

December, 2024



ESPERANZA'24

**THE ANNUAL MAGAZINE OF
PRAVARA INSTITUTE OF MEDICAL SCIENCES**

PRAVARA INSTITUTE
(DEEMED U)



माणसाने माणसाशी

OF MEDICAL SCIENCES
(UNIVERSITY)



माणसासम वागणे



Padmashree Dr. Vitthalrao Vikhe Patil
(1901-1980)



Padmabhushan Dr. Balasaheb
Vikhe Patil
(1932-2016)



Smt. Sindhutai Eknathrao
Vikhe Patil
(1935-2019)

Remembering our
Ancestors...



FOREWORD





Pic credits: Sakshi Parate MBBS (2021)



Hon'ble Dr. Rajendra Vikhe Patil

CHANCELLOR, PIMS-DU

As Chancellor of this esteemed institution, it is with great pride and gratitude that I write this foreword for the university's annual magazine. This year, we celebrate not only the achievements of our students and faculty, but also the enduring legacy of my forefathers, who laid the foundation for a vision of service, and healthcare excellence.

From its inception, the "PRAVARA FAMILY" has been deeply committed to not only providing accessible and quality healthcare, but also the holistic development of the community. As new cohorts of students pass through our halls, they carry forward the vision set by those who came before them. Through their hard work, passion, and commitment, they continue to expand upon the legacy of care and service that is central to our mission. Their relentless pursuit of excellence reflects the values of compassion, empathy, and dedication to the health and well-being of rural populations.

I am honoured to witness this legacy grow, as our students continue to make an indelible impact, shaping the future of healthcare with the same tireless efforts and compassionate spirit that have defined this institution for generations.

A handwritten signature in black ink, appearing to read 'Rajendra Vikhe Patil', with a long horizontal line underneath it.

Hon'ble Dr. Rajendra Vikhe Patil



Hon'ble Dr. V.N. Magare

VICE-CHANCELLOR, PIMS-DU

As I reflect on the journey of our esteemed medical institute, it is heartening to witness how we continue to uphold and enrich the legacy of excellence in medical education, research, and service to the rural people.

This year, as in every year, I am deeply impressed by the creativity, passion, and tireless efforts demonstrated by our students. Whether it is through innovative research projects, participation in medical outreach, or contributions to healthcare, their commitment to making a difference is evident. Our students embody not only intellectual curiosity but also a profound sense of empathy, compassion, and responsibility—qualities that are the cornerstone of a truly remarkable medical professional.

Beyond academic excellence, we are equally committed to the all-round development of our students. A key aspect of this is their enthusiastic participation in cultural events, which have become a hallmark of our university's spirit, be it the Ganpati utsav, GAJVAKRAYA 2024, or PADMANJALI. These vibrant celebrations provide an opportunity for our students to express their cultural heritage, while also strengthening the bonds of community and unity within our institution.

As our students prepare to step into the world as medical professionals, they do so with a well-rounded education that extends far beyond textbooks. Their ability to adapt, collaborate, and engage with diverse communities is as important as their clinical skills. I have no doubt that they will approach the challenges of the future with resilience, compassion, and unwavering integrity, becoming leaders in healthcare who make a profound impact on society.

As we continue to build on the proud legacy of our institution, I am inspired by the determination and spirit of our students. It is truly a privilege to be part of their journey, and I look forward to seeing the remarkable contributions they will undoubtedly make in the field of medicine and beyond.

Hon'ble Dr. V.N. Magare



Hon'ble Dr. Arun Kumar Vyas

REGISTRAR, PIMS-DU

It is a great honour to extend my heartfelt congratulations to the PRAVARA INSTITUTE OF MEDICAL SCIENCES on the release of the annual magazine, ESPERANZA'24, on the occasion of PADMANJALI'24.

This magazine is a testament to the dedication and creativity of our students and faculty. It serves as a platform for showcasing their achievements, innovations, and the diverse range of activities that enrich our academic community. The success of our students, both in academics and in extracurricular pursuits—whether in sports, cultural activities, or community outreach—reflects the holistic education we strive to provide.

As we turn the pages of this magazine, we witness the spirit of learning, exploration, and excellence that defines our college. I am confident that this edition of ESPERANZA will not only inspire our current students but also serve as a beacon for future generations.

Congratulations to the editorial team and everyone who contributed—well done! And to all our students, keep pushing forward and making us proud.

Wishing you all the best for what's ahead!

A handwritten signature in black ink, appearing to read 'Arun Vyas', written in a cursive style.

Dr. Arun Kumar Vyas



Dr. Rahul Kunkulol

Student in-charge, PIMS-DU
Chairman, Research Cell
Professor and Head,
Department of Pharmacology

ESPERANZA'24 is a true reflection of the enthusiasm and creativity of our students. Our beautiful campus has always been vibrant, but it appears the most beautiful, when it is abuzz with the incredible talent and energy of our student body, showcasing not only their skills but also the spirit of unity that defines us as the PRAVARA family.

The success of our institute would not have been possible without the hard work and dedication of our students, who are the real pillars of every celebration, be it Gajvakraya, Padmanjali, research, conferences or college club events. Their commitment to excellence and compassion is evident in every performance and activity.

As faculty, it is our role to support and guide them in their endeavours, providing the encouragement and resources needed for them to thrive. I extend my heartfelt best wishes to all our students as they continue to pursue their dreams and contribute to the unique cultural fabric of our university.

Dr. Rahul Kunkulol



AVM Dr. Rajvir Bhalwar (Retd.)

Dean, Dr. BVP RMC

It is with immense pride and joy that I pen down this foreword for ESPERANZA'24. As the Dean, I have had the privilege of witnessing the incredible journey of our students as they constantly strive to improve themselves, both academically and personally. Medicine is a field that demands lifelong learning, resilience, and adaptability, and I am proud to see our students embracing these values wholeheartedly.

This magazine is a testament to the all-round development of our students. Beyond the lecture halls and laboratories, they have excelled in sports, cultural activities, and community service. These endeavours not only nurture their talents but also teach them the importance of discipline, teamwork, and leadership—qualities that are indispensable in the medical profession.

I am particularly delighted to see how our students balance their rigorous academic schedules with extracurricular pursuits, demonstrating remarkable time management and dedication. These experiences shape them into well-rounded individuals, prepared to face the challenges of the world with confidence and compassion.

To all our students, I extend my heartfelt congratulations. You make us proud with your achievements and your relentless pursuit of excellence. As you turn the pages of this magazine, let it serve as a reminder of your journey so far and an inspiration for what lies ahead.

May you continue to soar to greater heights and bring laurels to our institution.

A handwritten signature in blue ink, reading "Rajvir Bhalwar", written over a horizontal blue line.

AVM Dr. Rajvir Bhalwar (Retd.)



Prof K.V. Somasundaram
Dean, Faculty of Allied-Health
Sciences
School of Public Health and Social
Medicine



**Col.(Retd.) Dr. Ravindra
Manerikar**
Principal
Rural Dental College



Dr. Rakesh Kumar Sinha(PT)
Principal
Dr. APJ Abdul Kalam College of
Physiotherapy



Dr. Rajendra Lamkhede
Principal
Smt. Sindhutai Eknathrao
College of Nursing



Dr. Laware Ravindra Bhimraj
Principal And Professor
College of Pharmaceutical
sciences



Dr. Raghavendra HL
College of Biosciences and
Technology



Dr. Deodatta Bhadlikar
Pravara Rural
Ayurveda College



UNIVERSITY SECTION

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IQAC



The Internal Quality Assurance Cell (IQAC) of PIMS is 125 members strong. Chaired by **Dr. Sandeep V. Pakhale sir, Professor and Head, Department of Anatomy**, it is a crucial body established to ensure and enhance the quality of education, research, and patient care. It works as a quality sustenance mechanism, aiming to institutionalize practices that promote academic excellence.

Key responsibilities include:

1. Developing quality benchmarks for academic and administrative activities.
2. Facilitating a learner-centric environment and promoting innovative teaching practices.
3. Conducting periodic reviews of academic programs and infrastructure.
4. Collecting feedback from stakeholders (students, faculty, alumni, etc.) for continuous improvement.

By fostering a culture of quality, IQAC helps us align with regulatory standards and achieve institutional goals.

Directorate of Research



The Directorate of Research chaired by **Dr. Rahul Kunkulol, Head of the Department of Pharmacology at Dr. BVP, RMC**, serves as a collaborative platform for fostering research excellence across PIMS institutions. The cell includes faculty members from all colleges under PIMS, who are both contributors and beneficiaries of its initiatives. The student research wing, with nearly 70 active members, encompasses students from various academic years and fields of interest. It is an inclusive space, welcoming both beginners and seasoned researchers alike. The cell organizes workshops on research methodology for undergraduate and postgraduate students, providing essential training in research techniques. In addition, it supports students through initiatives like the TRCC research grant, Pravara STS, and focused assistance for ICMR Short Term Studentships (STS). It also sponsors the applicants for the prestigious Budding Researcher award in PIMS. Mentorship programs further facilitate the development of research skills and guidance, ensuring students receive comprehensive support for their academic and research pursuits. The student's Research Wing, which has been established, has further brought all the young researchers of PIMS under its umbrella. This wing is headed by Dr. Esha Mittal, MBBS intern, and Soumya Gangwar, MBBS 2021 batch.



NSS



Dr. Sunil Bular

**Asst. Director Sports & Cultural Activities
National Co-ordinator, NSS, PIMS-DU**

Pravara Institute of Medical Sciences, Deemed to be University, Loni

PROGRAMME OFFICERS



**Dr Prashant
Viragi
Rural Dental
College**



**Dr Sumit Sable
Dr. BVP, RMC ,
Loni.**



**Dr. Sheetal Malekar
Dr. APJAK College of
Physiotherapy**



**Ms. Kalyani Landge
College of
Pharmaceutical
Sciences, Loni**



**Dr Samadhan M Patil
Pravara Rural
Ayurved College, Loni
bk**



**Mr. Prasad
Tambe
SSEVP College of
Nursing**

The NSS (National Service Scheme) team of our University stands as a beacon of dedication to community welfare, bridging gaps between healthcare and the rural population. Comprising enthusiastic students and committed faculty, this team tirelessly works to uplift our community. Through health camps, awareness drives, and sanitation programs, they address critical issues like hygiene, nutrition, and preventive healthcare, and ensure sustainable solutions, not only improving lives but also instilling values of compassion and social responsibility among students, creating a ripple effect of positive change in society.



NSS



Directorate of Sports



Sr. No	Name of Employee	Designation
1	Dr. Bular Sunil	Asst. Director Sports
2	Mr. Gorde Nitin	Sports Instructor
3	Mr. Mali Rahul	Gym Trainer
4	Mr. Pawar Jeevan	Gym trainer
5	Mr. Gholap Vishal	Gym Trainer
6	Ms. Gaikwad Deepa	Lady Gym Trainer
7	Mr. Harer Prakash	Ground man
8	Mr. Bhosale Anand	Ground man
9	Mr. Anap Changdev	Ground man
10	Mr. Fardin Sayyed	Attendant

Directorate of International Relations

PIMS-DU in its quest to provide “Global Outreach” has established Directorate of International Relations to promote global exchanges, and undertake intensive academic and research collaboration with Foreign Higher Education Institutions world-over. The Directorate of International Relations has been established, since the inception of university, to co-ordinate all matters relating to welcoming and supporting international students, undertake collaborative activities, act as a liaison with international students, promoting the activities of PIMS DU globally.

PIMS University through its international collaboration, has been striving hard to seek international exposure for the students making them GLOBAL CITIZENS of the world.

The University seeks its inspiration from Founder Father of PIMS DU, Late Padmabhushan Dr. Balasaheb E Vikhe Patil, Former Union Minister for Heavy Industries and Public Enterprise, Govt of India, to bring in International exposure to our students and upgrade the health care delivery system through the co-operation of International faculty, at this university, situated in the rural area.



PIMS DU has been successful in establishing collaborations with 37 renowned foreign universities and institutions with Global Ranking within 1000 WR. Some of the top ranking collaborating medical & health sciences universities in the world includes: Karolinska Institute, Sweden (Nobel Prize Awarding Institute in Medicine), The Hebrew University of Jerusalem, Israel, Lund University, Sweden along with other global universities of repute (UK, USA, Sweden, Israel, Netherland, Japan, Hungary, Australia, European universities).

Directorate of International Relations

PIMS-DU is the only private deemed university of India included in Erasmus Mundus programme with universities of European Union for teacher and student exchange with opportunity to seek higher education at the European Universities. PIMS -DU has been receiving Linnaeus Palme Scholarships for staff and exchange programme with Swedish Universities since its inception. Approx 33 crores worth Scholarships received by PIMS – DU Students & Faculty (2011- 2022) as direct beneficiary of the funds.



Outcome of Collaborations include establishing advanced clinical facilities at neonatology, pediatrics surgery, cancer research & treatment, Problem based learning as learning centric approaches, Establishment of Spinal cord Injury Rehab Center and Better management of Osteoarthritis (BOA). PIMS DU has initiated Value added programme for PIMS DU students with the support of the international faculty - CHBR- Community & Home Based Rehabilitation & Online Global Citizenship Certificate Course with Drake University, USA



Directorate of International Relations

PIMS DU has initiated Value added programme for PIMS DU students with the support of the international faculty - CHBR- Community & Home Based Rehabilitation & Online Global Citizenship Certificate Course with Drake University, USA.

The activities of Directorate of International Relations are implemented under the guidance of Dr. Rajendra E Vikhe Patil, Hon'ble Chancellor PIMS-DU & President PIMS, Trust, and Dr V N Magare, Vice Chancellor, PIMS-DU from time to time.

The Directorate is chaired by Dr. Sanjeev G. Kulkarni, faculty, Department of Microbiology, Dr. BVP, RMC



Women Empowerment Cell

The cell is chaired by **Dr. Vaishali Deepak Phalke, Professor, department of Community medicine, Dr. BVP RMC.** A few glimpses of their activities include:

International Women's Day 8th March 2024

Theme : Invest in women : Accelerate progress

International Women's Day (IWD) is a global celebration of the social, economic, cultural, and political achievements of women. Each year, this day serves as a powerful reminder of the progress made towards gender equality and highlights the work that still needs to be done.

The year's campaign theme **# Inspire Inclusion** underscores the crucial role of inclusion in achieving gender equality. It calls for action to break down barriers, challenge stereotypes, and create environments where all women are valued and respected. Inspire inclusion encourages everyone to recognize the unique perspectives and contributions of women from all walks of life, including those from marginalized communities. When we inspire others to understand and value women's inclusion, we forge a better world. And when women themselves are inspired to be included, there's a sense of belonging, relevance, and empowerment.

Committing to Inspire inclusion

1. When women aren't present we must ask: If not 'why not'?
2. When women are discriminated against, we must call out poor practice.
3. When the treatment of women is not equitable we must take action. And we must do this each time, every time.

Organizations and groups can **# Inspire inclusion** through action in areas such as:

- Forging women's economic empowerment.
- Recruiting, retaining and developing female talent.
- Supporting women and girls into leadership, decision making, business and STEM.
- Designing and building infrastructure meeting the needs of women and girls.
- Helping women and girls make informed decision about their health
- Involving women and girls in sustainable agriculture and food security.
- Providing women and girls with access to quality education and training
- Elevating women and girl's participation and achievement in sport.
- Promoting creative and artistic talent of women and girls.
- Addressing further areas supporting the advancement of women and girls.



Women Empowerment Cell

Strike the # Inspire Inclusion pose to show solidarity.

Imagine a gender equal world. A world free of bias, stereotypes, and discrimination .

A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated.

Together we can forge women's equality.

Collectively we can #Inspire inclusion.

When we truly value difference, inclusion comes from the heart.



Anti-ragging Committee



The Anti-Ragging Committee at Pravara Institute of Medical Sciences (PIMS) is chaired by **AVM Dr. Rajvir Bhalwar (Retd.) Dean, Dr. BVP, RMC and the Convener is Dr. Vaishali Deepak Phalke, Professor, Department of Community Medicine.** This team is committed to ensuring a safe and respectful environment for all students, strictly adhering to the anti-ragging norms set by the University Grants Commission (UGC). Declared a ragging-free zone, PIMS has implemented a comprehensive framework to prevent and address any incidents of ragging. The institute provides a toll-free number and an email address for students to report concerns, ensuring complete confidentiality and privacy. A dedicated Anti-Ragging Committee and an Anti-Ragging Squad, comprising vigilant faculty members, oversee these measures. Banners displaying the details of committee members are strategically placed across the campus for easy access, and every student is required to submit a mandatory anti-ragging undertaking. Students are encouraged to report any untoward incidents directly to committee members or faculty, reaffirming PIMS's commitment to a safe and inclusive academic environment.

Toll Free Number to Report Ragging: 18002129697

Student Relations and Interaction Cell



The Student Relations and Interaction Cell at Pravara Institute of Medical Sciences (PIMS) is chaired by **Dr. Anuraag Aedma, Associate Professor, Department of Psychiatry**, Dr. BVP, RMC. Consisting of student representatives of all institutes of PIMS, this cell fosters a collaborative and inclusive environment by promoting intercollegiate student interactions and organizing joint events. The cell serves as a platform for students to engage, exchange ideas, and build camaraderie across various disciplines.

The cell also encourages students to engage in meaningful initiatives such as volunteering, participating in activities that enhance communication skills, and contributing to student-run NGOs. These efforts not only build camaraderie but also instill leadership, teamwork, and social responsibility among students. Through its initiatives, the cell encourages teamwork, cultural exchange, and academic collaboration, enhancing the overall student experience at PIMS.

Innovation and Incubation Cell

The Institutional Innovation Council (IIC) at Pravara Institute of Medical Sciences (PIMS) was established in September 2019 under the guidelines of the Innovation Cell, Ministry of Education (MoE), Government of India. The council is dedicated to fostering a culture of innovation, entrepreneurship, and startup development within the institute. To strengthen its initiatives, a Memorandum of Understanding (MoU) was signed with the PREC Research Innovation Startups and Medium Enterprises (PRISM) Forum to facilitate collaboration in innovation, incubation, and entrepreneurship activities.

With a structured team comprising 18 faculty members, 40 student representatives, and three experts from industry and academia, the IIC aims to position PIMS as a national leader in the startup and innovation ecosystem. The council organizes capacity-building programs, mentorship opportunities, and collaborative projects, empowering students and faculty to transform innovative ideas into practical, scalable solutions that contribute to societal and economic development.

Beneficiaries of the Cell:



Innovation and Incubation Cell

SR. NO	Name of the start-up	Nature of start-up	Contact information of the promoters
1	PRA-5, A polyherbal formulation	Technology transfer agreement was signed on 03 Aug 2019 between PIMS-DU & Excellion Innovations Inventions PVT LTD	Dr. Suresh Jangle, Professor & Head, Dept. of Biochemistry, DBVP Rural Medical College, Loni,
2	Stmate Education Technology LLP	Aiming to solve problems faced by individuals preparing for any competitive exam in India using Technology	1. Shashwat Jaiswal (8265856310) 2. Dr. Tanmay Gupta, Dr. Balasaheb Vikhe Patil Rural Medical College, Loni, Mob. 9808482001
3	Rewheel Consultancy services	Research Consultancy services	Dr. Trishala Kunkulol, Rural Dental College, PIMS-DU, Loni
4	Sai Smaran Oral Health care solutions	Oral Health Care	Dr. Gowri Pendyala, Department of Periodontics, Rural dental College, Loni
5	Sai Manan Oral Care	Oral Health care	Dr. Saurabh Joshi, Department of Pedodontics, Rural Dental College, Loni



US-HEALTHCARE VISIONARY PARTNER
HOSPITAL DESIGN SOLUTIONS

US-HEALTHCARE
HOSPITAL DESIGN SOLUTIONS

CLUBS OF PRAVARA



Manthan

The music society

Ideology of the club

The idea was to establish a space where people with artistic temperaments could explore their passion and hone their skills. A haven wherein you could seek asylum whenever you need an escape from the madding crowd. It wasn't supposed to be an elite circle but it envisaged to bring out the best in each other.

How the club functions

All the people sharing a common craze for music can sign up to be a member of Manthan, the music society. Every week guitar sessions, keyboard sessions and vocal sessions are conducted for students willing to learn. The ones who are well versed with their music and are talented are called up for partaking in forming a college band for various competitions outside college.

Evolution of club

Manthan always shines bright as a musical society. Manthan heads our college band HeadRush that keeps bringing laurel to the college and gives tough competition in various intercollege events. As the years progressed, the music room was inaugurated by the MBBS 2018 Batch. And we got various instruments and music equipment which makes creating music easier. Manthan also recorded the agnostic Aarti that is fully made by our very own students and is played everyday during Ganpati Festival.

Message from members

This club gave life to my passion for music, it helped me learn guitar and gave me various opportunities to perform and grow. Weekly Thursday guitar sessions are the only thing getting me through the entire week!

- Srushti Mahajan, MBBS 2023

This club is not just a club but feels like home to me. The people and the fun that comes along with them is one unforgettable part of my life.

- Shrija Bokare, MBBS 2023

Trust me, once you join manthan, there's no going back. It's a healthy addiction.

- Gargi Andhare, MBBS 2023

This club turned my hobby, i.e. playing the guitar, into something I love and enjoy. It gave me the confidence to perform on stage.

- Saket Kokaje, MBBS 2022



MANTHAN_CLUB

I come, I music, I happy, I mentally well.

- Siddhesh Zilpe, MBBS 2022

This club provides a creative space for music enthusiasts like me, to evolve, to learn and to have fun.

- Sanskar Malani, MBBS 2022

Manthan Core



Dr. Lakshay Gupta



Dr. Aditi Amdekar



Shubham Tikaria



Abhijeet Phadke



Aarish Rane



Omkar Sutrale



Sanskar Malani



Saket Kokaje



Siddhesh Zilpe



Rucha Jawalker



Juned Shaikh





MAITREYI

THE HUMANITIES CLUB



Pioneers of the Club....



Dr. Shikhar Juneja
MBBS Intern

1) What was the ideology behind starting the club?

It is unfortunate that in this not-so-ideal world, most of the times darkness leads us to light. Sometimes I wish, atleast in this case we had better reasons to pursue creating this club. One of the most passionate and creative friends of mine left us. And so, it took us a life to decide that encouraging prosocial behaviour through events and gatherings in an informal way is most likely to help people make their way through dark times and prosper in maintaining positive mental health.

On a different note, Professor Dr. Bindu Krishnan ma'am, Dr. Mandar Baviskar sir and my senior Dr. Anshuman Jain were already proactively working in creating the club.

2) What role did you play in the club and how did it influence your fellow teammates?

In terms of administration, I was put up on the post of the President of the club, which later I felt could have had a different administrative setup.

So with the next term, we decided to have a core group, with a democratic outlook for decision making.

I am not really sure what kind of influence we were as a club. Ofcourse, we tried our best to invite and involve students and staff alike through various events and I hope it has had a positive and inclusive effect on everyone.

3) Any core memory from the club that you'll forever remember and cherish?

There are two specific moments when I felt elated.

First, I vividly remember the swap painting competition which involved over 50 students.

It was the first time we had a participation at this level, all students sitting on the grass and painting with such passion.

The other one was which involved a short film-making competition.

Unexpectedly, the entire team ended up sharing their stories of depression, anxiety and traumatic experiences. At that moment I felt that we had excelled in uplifting the goal of the club.

4) How do you think the club has evolved over time ? Your future aspirations for the club?

From 5 members to over 50 members , smaller groups handling over 5 distinct areas such as arts, literature, etc. with separate teams for technical support, event management, advertising etc, we are striving to involve more and more interested students to set them free of their fears and insecurities.



Pioneers of the Club....



Dr. Surbhi Gautam
MBBS Intern

1)What was the ideology behind starting the club?

The idea behind the club was to bring like-minded individuals on campus together under one umbrella, providing a space for fun activities, meeting new people with similar interests, and escaping the mundanity of the campus.

2) What role did you play in the club and how did it influence your fellow teammates?

As the Vice President of the club, I provided a creative perspective with my guidance and support, and I hope my involvement motivated the team to keep up the good work and maintain a good environment.

3) Any core memory from the club that you'll forever remember and cherish?

My favorite moment will be when we first started the club and were forming rules and regulations, just figuring out what to do. Our first event was a quiz on FRIENDS, and we were very excited and the response was overwhelming. Definitely my core memory.

4) How do you think the club has evolved over time ? Your future aspirations for the club?

The club, after passing it on to our juniors, is growing and attracting new members, who are interested in activities besides academics and I hope it will continue to thrive and attract more members in the future.

1)What was the ideology behind starting the club?

The ideology behind starting the club was to create a comfortable place for students to share different ideologies, organise events and learn working as a group.

2) What role did you play in the club and how did it influence your fellow teammates?

I was one of the founding members, managing the expenses and contributing to ensuring Maitreyi remains a comfortable place for all in this stressful medical environment by persistently trying to inculcate a feeling of happiness amongst ourselves.

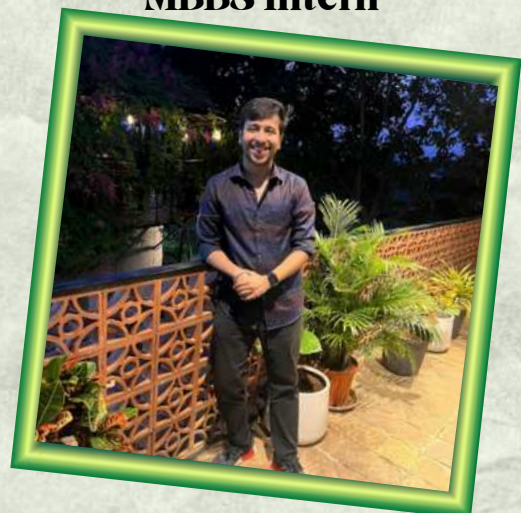
3) Any core memory from the club that you'll forever remember and cherish?

Every moment in Maitreyi was beyond just cherishable but above all the memory of the meetings and the canvas painting event still tops my list.

4)How do you think the club has evolved over time ? Your future aspirations for the club?

The club has organised various academic as well as leisure activities along with acquiring different amenities for students. In the near future, I wish to see nothing but growth of the club with the support of the upcoming batches and our professors.

Dr. Puneet Sharma
MBBS Intern



MAITREYI CORE

“The strength of the team is each individual member. The strength of each member is the team.” - Phil Jackson

“Back in 2022 when Maitreyi was inaugurated, I was extremely excited to be part of something different in this mundane environment.

The Humanities Club has the greatest scope of versatility.

In 2023, we took charge. Movie nights, game nights, talk shows, workshops and more... the response was overwhelming. It was the first time when all colleges of PIMS, not just RMC, participated and enjoyed together. We made bonds not just with the fellow students, but with faculties too.

The most exhilarating experience was the Club's one year anniversary. The evening was one of a kind.

We learnt the order of doing things, expectations of the administration as well as the art of working as a team.”



SURAJ MOHAPATRA
Head of the Visual Arts
Committee

Being a member of the Maitreyi Club as an event head has been a great experience. From brainstorming ideas to executing events seamlessly, the journey taught me the importance of planning, adaptability, and effective communication. Working alongside a dedicated team fostered fellowship and helped me grow personally and professionally. Each event we planned came with its own set of challenges, but overcoming them with my team was the most beautiful part. Maitreyi is more than just an organisation, it's the depiction of its name

'Friendship', 'Benevolence' and 'A close bond'



VANSHIKA VATS
Event Management
Head



ANOUSHKA SINGH
Literary Arts Head

Amidst the monotonous life of anatomy and pathology, we founded a Maitreyi Humanities Club to explore the emotional and ethical dimensions of medicine. Under the guidance of our ever supportive faculty, I led the literature section, using poetry and stories to deepen our understanding of life, death, and human connection - and by it, the art of healing. Inspired by Dead Poets Society, we embraced Mr. Keating's words:

"Carpe Diem. Seize the day. boys. Make your lives extraordinary."

These lines helped us to reflect on our roles as future doctors and the impact we could have beyond just routine hospital duty. Through literature, we saw that medicine is not just science, but also a deeply human art — a way to understand and weaving connection with the stories of those we care for. As we continue to learn and grow as budding doctors and members of the human race, I choose to leave you with these lines by Walt Whitman, another medical professional with a deep connection to literature -

"The powerful play goes on. and I may contribute a verse."

We know we all have our own verse to write. What will your verse be?





JIYA RATHI

Head of Performing Arts
Team

“The essence of our club lies in its mission—identifying new talents within our campus and giving them a platform to shine. It is not just a club; it is a movement by the students, for the students, and of the students. **As Maitreyi, we believe in fostering creativity, collaboration, and community.** Performing arts, as a branch of this vibrant club, provides an outlet for expression beyond the confines of textbooks and lectures. It celebrates individuality and encourages students to explore their passions, whether it’s through dance, drama, music, or any other art form. Our club serves as a refreshing escape from the rigorous demands of medical studies. Let’s continue to nurture the spirit of creativity and make our campus a hub of talent and energy. Together, we can transform ordinary days into extraordinary memories.....”

“In midst of the lull, we did not want to be mere healers. Maitreyi brought together the perfect blend of people to hold meetings, play games, conduct events and simultaneously make memories.

When I walked into the club room for the first time, it was just another monotonous evening. Little did I know I was awaiting memories of a lifetime. Overtime, we conducted many events like debates, open mic sessions, and quizzes. Especially memorable anecdote is from when I got the chance to host a talk show. Ngl, it was kind-of dreamy. I got to interview some of our esteemed faculties on stage. It was the first time when our college hosted an event like this. Juggling between studies and co-curriculars, working as a team and the art of conversation... just a little of what we got to experience with Maitreyi.”



SAMEERA FAIYAZ
Scholastic Committee Head

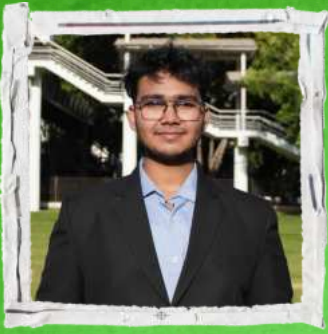
“To join a club in college you need a special talent of some sort beforehand. But that's not true for Maitreyi humanities club. Here anyone and everyone is equal and can do whatever he/she feels she's best at. As a 1st year student due to COVID most of us couldn't interact well with our students from other colleges or our own seniors. **Maitreyi provides you that platform where you can come together any do activities together which not only enriches your bonds with fellow mates,** it's also a great escape from the hectic and chaotic life of Medical school. I was given the opportunity to head the technical department of the club which was at times challenging and chaotic but was always superfun at the end which i think was because of the company with whom i worked with and enjoyed managing events and activities. At the end I'd like to say i hope the new batches coming along would make use of this club for what it truly stands for.”



DEV PISHARODI

Tech Head





**SHUBHAM
TIKARIYA**

"True to its name, Maitreyi is all about friendship. This club was established with the aim of fostering relations outside our lecture halls, where you meet strangers who become friends for life.

Be it watching movies and cricket matches together, putting our fandom to the test in quizzes, conducting game nights and jamming sessions on various occasions and conducting talks with our professors **"beyond the classroom"**. It's this association we have with Maitreyi, that reminds us that while we battle through our academic courses amidst all the pressure; we need to take a breather and share a laugh or two. **Your strength is not only seen through your talents but also through the bonds that you build to create memories and leave a mark."**

"I joined Maitreyi as a club member, not knowing I'll be making so many memories with the people of this club and also be the head of PR one day. **Maitreyi and its people have always been like a family to me, "my home away from home"**. It is one of the clubs where you can showcase your talents without the thought of being judged (by random people. We do have judges for our events :p). If you're joining Maitreyi, just know you're going to be having a great time, whether it's a debate, a quiz, watching a movie or just winning a game of musical chairs XD. Working as the head of PR, capturing all the moments of this club was the best part. Hoping the club continues to grow 🍷"



GEETIKA RAIZADA
Head of PR



SEJAL ATAL

"Do the best you can until you know better. Then when you know better, do better." That's exactly what we did at Maitreyi!

From faculty interviews to fandom quizzes, movie nights, and more, Maitreyi is the club that does it all! It has been my safe haven in the midst of medical college chaos. I've worked, grown, learned, and laughed with some of the most amazing people. I'm grateful to the all club members for their effort, teamwork and passion.

And it's just a start for Maitreyi...here's to many more years of excellence."







SYNERGIA

THE ACADEMIC CLUB

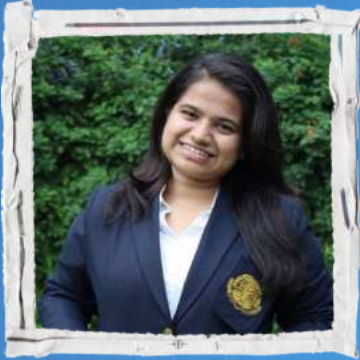


Synergia

The Academic Club

“—
 “No player is ever bigger than a club. A club is a stage for the player to perform and express his best.” - Sir Alex Fergusson.
 —”

Empowering medical students to excel academically, foster inquiry, and develop into compassionate leaders. Our ideology emphasizes excellence, innovation, collaboration, compassion, and professionalism. We promote academic enrichment, research, mentorship, community service, and leadership development, shaping the next generation of healthcare professionals.



Dr. Devanshi Pundeer
 Former Core Member

“Back when Synergia was inaugurated, I was extremely excited to be part of something different in this mundane environment.

In 2023, we took charge.

Movie nights, game nights, talk shows, workshops and more... the response was overwhelming. It was the first time when all colleges of PIMS, not just RMC, participated and enjoyed together. We made bonds not just with the fellow students, but with faculties too.

The first anniversary celebration of the clubs was indeed a memorable moment since we all gathered and celebrated our individual journeys and accomplishments to the keep the clubs running successfully.

It has always been great to work with Synergia's incredibly talented and obedient juniors, whether it's about exchanging ideas or sharing

advices for academic excellence. I always wanted Synergia to come together as a community of like minded people who are inclined towards academics as well as extra curriculums and gladly we are on the right track. As much as i'm proud of all my achievements and opportunities presented to me by our university, **i have always been even more excited to share my learnings with all my junior batches through Synergia, in order to instill confidence and self belief in them to see them soar higher.**”

When this club was getting introduced , we were the first ones to get hired ...from our seniors. I still remember we roamed here and there even in the early morning just to let people know about this club and get this club some recognition.... The work and fun part we shared while hosting any event was one of the best memorable Moments for me. The people and their enthusiasm to learn.... And to do something different is what making me part of it ..

Watching them working more more make me feel to contribute more than I can.



Dr. Aaditya Raj
 Former Core Member



Swalam Shetti
 Core Member

One of my most memorable moments being in Synergia was after we conducted the Mental Health Awareness week in collaboration with dept of Psychiatry.

It was thrilling to see students from all the colleges from our university passionately competing, exchanging ideas, and showcasing their knowledge. The weeks of preparation, from designing posters and Gforms to arranging expert judges, culminated in a vibrant and intellectually stimulating event. Seeing the positive feedback and excitement from participants made all the hard work worth it and reinforced my passion for fostering academic collaboration.

What cemented me as a part of the academic club was my ability to connect with members and create a supportive, inclusive atmosphere. I often took the time to listen to ideas, offer help, and encourage others to get involved. **My genuine interest in fostering a sense of community within the club helped build strong relationships and a collaborative environment, ultimately solidifying my role as a dedicated and valued member of the team.**



Mrunmayee Kulkarni
Core Member

One memorable moment that I can recall was our first event together as a club. I still remember the chaos - whether it was deciding on the events name or choosing the trophies- coupled with funding the event from own pockets, felt quite overwhelming at that time. Its often during such moments that teamwork shines the brightest. Overcoming those challenges together, witnessing the event come to life, and seeing our hardwork pay off was incredibly rewarding. The sense of accomplishment and pride that followed, knowing that the event was a success, made all the effort worthwhile. Looking back now I think of it as powerful reminder of how you can turn even the most chaotic moments into something meaningful. We really owe this one to ourselves

It feels great to have found a place where my passion and goals can thrive. Being involved in activities that promote academic growth, as well as the opportunity to develop valuable skills like leadership, communication and teamwork has contributed significantly to a well rounded personal and professional growth. **Furthermore, the excitement of being challenged in new intellectual areas helps me nurture my deep passion for medicine while keeping the journey fresh and motivating.**

The First Workshop- Suturing Skills with The Department of Surgery was a success and I loved how all the students enjoyed the practical experience and asked us to Organise workshops more frequently.

The event was a super fun and informative, one that I will cherish for the rest of my life.



Navya Gupta
Core Member

This type of club is very rarely functional in any medical College and it provides me with a lot of experience and helps me to have very fond memories of my seniors, my batchmate and of my juniors. Whenever we organize a quiz, we decide the questions ourselves which helps us revise the subject and interact with the faculties

This academic club works by:

- Electing core members by seniors
- Organizing workshops, seminars, and events
- Promoting interaction especially for the junior most batch so they can get comfortable and acquainted with the college
- Collaborating with departments and student organizations
- Encouraging participation, feedback, and leadership development"



Core Member
Anuj Kabra

Organising the fmt quiz mortis mysterium 2.0 was one of the most memorable event as it required intense planning and arrangements. The day of the event was nerve-wracking managing all the last minute hustle and issues was an overwhelming experience

Seeing the hardwork of entire team come to fruition made this an unforgettable experience.

It was my active involvement in organizing a series of workshops and events aimed at promoting intellectual engagement among students. Initially, I joined the club with an interest in academic discussions, but it was my initiative to take on leadership roles and contribute ideas for innovative projects that really solidified my place.



Shruti Mahajan
Core Member

Synergia

The Academic Club

“No player is ever bigger than a club. A club is a stage for the player to perform and express his best.” - Sir Alex Ferguson.

About the club...



SYNERGIA_CLUB

Q. Why is this club needed?

A. An academic club in a medical college fosters a culture of learning, innovation, and collaboration. It provides a platform for students to share knowledge, develop skills, and explore interests beyond the curriculum, ultimately shaping well-rounded, compassionate, and competent healthcare professionals.

Q. How do they work?

This academic club works by:-

- Electing core members by seniors
- Organizing workshops, seminars, and events
- Promoting interaction especially for the junior most batch so they can get comfortable and acquainted with the college
- Collaborating with departments and student organizations
- Encouraging participation, feedback, and leadership development."



PACEMAKERS xTMD

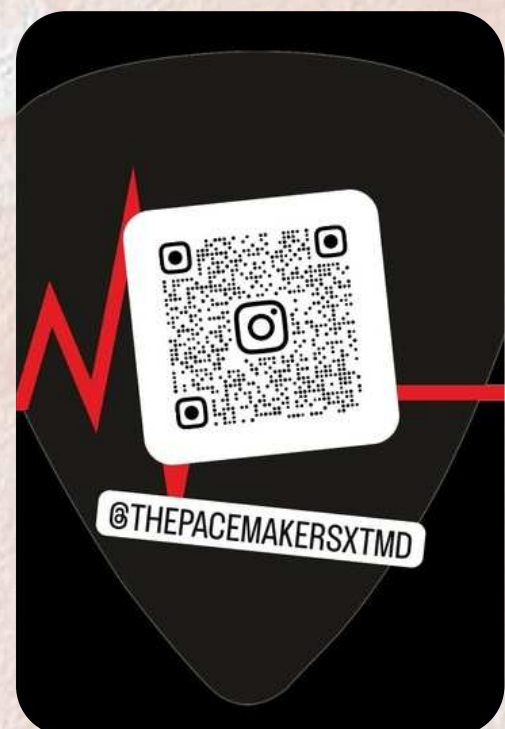
“
When a team of dedicated individuals
makes a commitment to act as one, the sky's
the limit”

~Theodore Roosevelt



Founded in 2017, Pacemakers x TMD is a vibrant club for photography, videography, and creativity. Starting with just 10-12 members, it has grown to a community of over 45, uniting first-years to postgraduates. The club documents campus life, covering events like Padmanjali and academic quizzes, showcasing their work on Instagram

A notable milestone was their collaboration with Gajendra Verma and the9teen band, highlighting their growing reputation. The club also bridges gaps between seniors and juniors, fostering learning, friendships, and a sense of belonging in an otherwise hectic academic routine.



Initially separate groups, Pacemakers merged with TMD to streamline workflows and broaden their scope, offering mentorship in photography, editing, and tech skills. The club has achieved significant accolades, including competition wins at AFMG and invitations from artists. More than a club, Pacemakers x TMD is a creative haven where talent is nurtured, moments are captured, and campus life is celebrated.

PACEMAKERS

xTMD



ASHISH PAL

For me, The Pacemakers has been a gateway to discovering and nurturing my passion for videography and photography. I've particularly enjoyed covering campus events, where each moment tells a unique story, and creating music videos, which challenge me to experiment with visual storytelling. Candid photography holds a special place for me, as it allows me to capture unfiltered emotions and genuine connections. Being part of this club has not only sharpened my technical skills but also introduced me to a vibrant community of like-minded creatives. **The Pacemakers isn't just a platform—it's a family that inspires and motivates me to continually learn and grow.**

Photography has always been a passion of mine, even before college. Armed with a DSLR and a basic prime lens, I spent my time capturing random moments, experimenting, and learning. When I heard about Pacemakers, I knew it was the perfect opportunity to pursue what I loved while honing my craft. **Joining the club as a photographer allowed me to contribute to its creative vision and improve my technical and artistic skills.** The encouragement and appreciation I received from seniors and batchmates motivated me to push my limits, and today, I can proudly say that I've grown into a much better photographer than I was two years ago.



MIHIR TRIVEDI

For me, being a part of The Pacemakers means more than just clicking photos and editing reels; it's about capturing the essence of our college life and celebrating the efforts behind every individual and event.

Pacemakers is a creative outlet where I can express my skills and nurture my talent simultaneously. The club has connected me with like-minded people, and I've made some amazing friends who now feel more like family.

My role in The Pacemakers primarily involves covering live events through photography and videography, editing content to create engaging reels, and managing our official Instagram page to ensure consistent updates about everything happening on campus.



SHREYA BATISH

Being a part of The Pacemakers has allowed me to explore multiple creative avenues, including candid photography, event videography, and music video production. Capturing the raw emotions in candid moments is always rewarding, while creating dynamic event videos lets me document the energy and spirit of our campus life. Working on music videos, on the other hand, pushes my creativity to blend visuals with rhythm and emotion. The Pacemakers has been instrumental in providing a platform where I can refine these skills and collaborate with incredibly talented individuals. **It's more than just a club; it's a hub of inspiration and growth that constantly encourages me to push my creative boundaries.**



RAHUL PARASHAR





विद्यार्थी कक्षा

सुदृश्या विमान, लैडीज हेड

WOW

We On Wheels



गजवक्राय-२०२

GAJAVAKRAYA '24

Cultural Events

PADMANJALI '24



॥ श्री गणेशाय नमः ॥



गजवक्राय'24

Organised by
MEDICOS' 21

7.9.24-18.9.24

॥ श्री गणेशाय नमः ॥

गजवक्राय'24

The majestic landscape of our country, crowned by the Himalayas and embraced by the Indian Ocean, has long stood as a testament to geographical splendor and a rich cultural heritage. Amidst this diversity, **Ganeshotsav** has remained a cherished celebration of unity and devotion, embodying the spirit of togetherness. Popularized during India's independence movement by Lokmanya Tilak, **the festival honors Lord Ganesha**, the remover of obstacles and symbol of new beginnings.

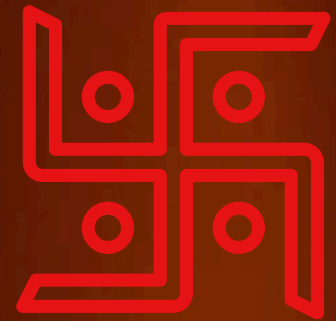
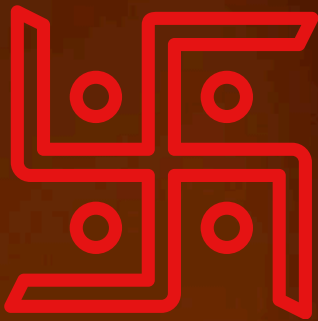
At **Pravara Institute of Medical Sciences (PIMS)**, Ganeshotsav was celebrated with immense fervor through ten days of cultural vibrancy and spiritual reflection. The festivities began with the arrival of **Ganpati Bappa**, accompanied by an electrifying performance by **Rudranaad Dhol Pathak** and daily aartis that deepened the spiritual connection. Highlights included a **Rangoli competition, idol-making workshops and the spectacular 'Sthir Vadan' performance** at **Akshaygunaya**, showcasing the divine energy of Lord Shiva.

The cultural stage event **Sarvasiddhanta** provided students with a platform to showcase their talents, complemented by breathtaking performances from faculty members like **Dr. Anagha Marwar** and **Saiparvathy Ma'am**. A blood donation drive underscored the festival's commitment to societal well-being, blending celebration with purpose.

The festival culminated with a bittersweet farewell to Lord Ganesha in a vibrant procession filled with music, dance, and heartfelt devotion. Those ten days of joy, unity, and blessings beautifully captured the essence of Ganeshotsav at PIMS, leaving lasting memories in every participant's heart.

By: Yashodeep Wayal MBBS(2021)

॥ गणेश आरती ॥



On the auspicious occasion of Ganapati Pooja, RMC College hosted the Gajvakraye 2024 at Pravara Institute of Medical Sciences from the day of 7th September to 18th of September.

From the first day of the Ganesh festival until the 10th day, a beautiful Aarti was held daily in the college, with the presence of our esteemed Chairman Dr. Rajendra Vikhe Patil, Dean Sir AVM Dr. Rajvir Bhalwar, Rahul Kunkulol Sir, all the HOIs, and enthusiastic students, all gathered to seek Lord Ganesh's blessings.

The grand event, meticulously organized by the students, showcased their dedication, creativity, and teamwork, making it a truly memorable celebration. The campus resonated with the chants and music of Aarti, filling everyone with a sense of spiritual fulfillment and unity.

The divine aura of Bappa not only brought immense joy and devotion but also strengthened the bond among everyone, creating memories that will be cherished forever.



GAJVAKRAYA_2024



GANPATI PANDAL

The Pandal Committee serves as the backbone of the Ganpati celebrations, meticulously orchestrating every aspect to ensure a seamless and enriching experience for all. From curating the stunning decor that transforms the pandal into a divine haven to overseeing the creation of Lord Ganesha's magnificent murti, every detail is thoughtfully managed.



For the first time, the committee introduced a traditional dress code, with women donning sarees or kurtis on special days and men wearing kurtas, adding a touch of elegance and unity to the celebrations.

Every aarti was a moment of dedication. Committee members arrived early to prepare, often waking each other with reminder calls. Invitations for the aartis were personally delivered, while prasad and garland arrangements required constant coordination with departments. Each morning and evening, the team carried the aarti thalis and prasad to the IPD, where they continued their rituals with unwavering devotion.





A special highlight was the introduction of *Aaras*, a Marathi tradition of offering fruits as prasad. Twenty-five kilograms of fresh pomegranates, sourced from a local farmer, were distributed—a first in Pravara's history.

Equally historic was the creation of a beautifully adorned Rath, crafted entirely by students using banana leaves and traditional designs. It was a labor of love, completed late into the night, and became a centerpiece of the celebration.

CORE MEMBERS

The emotional crescendo came with the final aarti. As the sacred chant of *Ghalin Lotangan* filled the air, tears flowed freely. Saying goodbye to *Bappa* felt like leaving a part of themselves behind. Even under the scorching sun, the team stayed immersed in prayer, vowing to welcome Him back with greater zeal next year.



Blood Donation Drive

9.9.24



Blood Donation Drive Organized by Medicos 21 and Sevankur Bharat a Success

A remarkable blood donation drive was conducted by Medicos 21, in collaboration with Sevankur Bharat, a student-run organization, and the Department of Pathology, Dr. BVP Rural Medical College. The event witnessed an overwhelming response, with over 120 blood samples successfully collected.

This drive added to Pravara Institute of Medical Sciences (PIMS)' longstanding legacy of impactful blood donation initiatives, showcasing its commitment to community service and healthcare.

The drive saw active participation from student volunteers representing all colleges of PIMS. These volunteers played a crucial role in ensuring the smooth functioning of activities, including:

- Blood group matching
- Donor form filling
- Maintaining sterile conditions for sampling
- Proper collection and filling of blood bags

This collaboration between Medicos 21, Sevankur Bharat, and PIMS exemplified the dedication of the student community and healthcare professionals toward promoting health and saving lives, and the student organisers were felicitated by Hon'ble Chancellor sir, as this was the largest recorded blood donation drive in a single day for PIMS.



SARV SIDDHANTA



SARV SIDDHANTA is a grand cultural extravaganza organized as part of GAJAVAKRAYA 2024, a celebration at Pravara Institute of Medical Sciences (PIMS), Loni, to honor the auspicious festival of Ganesh Chaturthi. This vibrant night of festivities blends devotion, art, and social awareness, offering an experience that is both spiritually uplifting and intellectually enriching. The event serves as a platform for the talented students of PIMS to present thought-provoking dramas and historic skits, tackling critical issues such as sexual abuse with sensitivity and depth. Through these performances, the students aim to raise awareness and inspire meaningful change in society.

Adding to the festive atmosphere are mesmerizing musical concerts by renowned artists Dr. Anagha Marwar and Sai Parvathy, whose soulful renditions promise to leave the audience spellbound. Their performances reflect the essence of devotion and celebration, perfectly complementing the spirit of Ganesh Chaturthi. In addition to these highlights, SARV SIDDHANTA features a variety of engaging cultural events and artistic displays, making it a night to remember. The celebration not only pays tribute to Lord Ganesha but also emphasizes the importance of unity, talent, and dialogue in addressing societal issues, embodying the spirit of the PIMS community.



रुद्रनाद



RUDRANAAD



सिद्धिविनायक '२३



गजवक्राय '२४

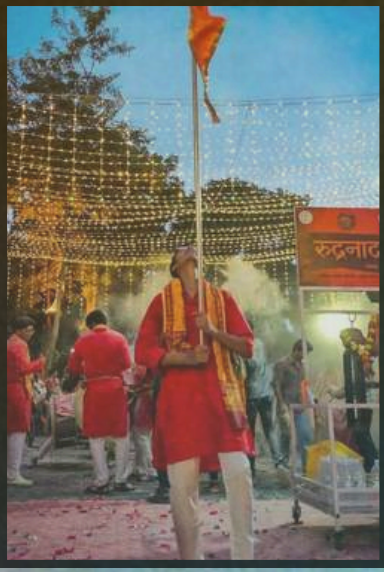


लंबोदराय '२२



पद्मांजली '२३

स्थिरवादन



छत्रपती शिवाजी महाराजांनी सुरु केलेली ढोल ताशा व ध्वज पथकाची परंपरा ही अद्वितीय आणि गौरवशाली आहे, आणि स्थिर वादन हा त्याचा एक अभिन्न. एका जागेवर स्थिर राहून ढोल ताशाच्या गजराने गणपतीला व आपल्या मानसन्मान असलेल्या भगव्या ध्वजाला मानवंदना देणे आणि प्रेक्षकांचे मन मोहून टाकणे ह्याचा अर्थ स्थिर वादन! **गजवक्राय २४** मध्ये **रुद्रनाद ढोल ताशा व ध्वज**

पथकाने प्रथमच स्थिर वादन सादर केले. ह्या स्थिर वादनाची मूळकल्पना आपण आपल्या आराध्य व सर्व काळाचे अधिपती आणि सर्व गुणांचे नायक असे आपले महाकाल महादेव ह्यांच्यावर आधारित ठेवली होती ; म्हणूनच त्याचे नाव **अक्षयगुणाय**. अक्षयगुणाय हे महादेवांचे एक नाव, ज्याचा अर्थ सर्व गुणांचे अधिपती आणि कधीही न संपणाऱ्या काळाचे देव, अश्या आपल्या महाकाल महादेवांच्या चरणी आराधना म्हणून रुद्रनाद पथकाने महाकाल आरती ढोल ताशाच्या गजरावर आणि महादेवांना प्रिय असलेले भस्म उधकून केली. ह्या वर्षी एका नवीन संकल्पनेत, आपल्या लाडक्या गणपती बाप्यांसमोर स्थिर राहून वादन करण्याची कल्पना रुद्रनाद पथकाद्वारे साकार करण्यात आली. ह्या वादनाचा अनुभव वादकांसाठी संस्मरनीय होताच आणि प्रेक्षकांसाठी “न भूतो न भविष्याति ” असा अनुभव ठरला. महादेवांचे तेज आणि रुद्रनादच्या ढोल ताशांचा गजराचा मिलाफ प्रेक्षकांच्या मनात कायमचा कोरला गेला



Photography credits: Nirmal Ingale, MBBS 2021











PADAMANJALI 2024

Organized by
Medicos-20

23 SEP 2024 - 06 OCT 2024



HEADRUSH



HeadRush, The Infamous Band of Pravara Institute of Medical Sciences.

This band is the perfect blend of musical prodigies who can play almost all instruments and members who know exactly how to compose a song. Their performance marks a milestone not just for the band but for the entire University. They are a reminder of the creative spirit that thrives within the campus, evolving and spreading the timeless joy of live music.

Every year they bring something new, something that has an ability to fuse technical precision with pure talent, creating an immersive experience that resonates with the crowd even after the final note fades. Throughout the year, they rehearse tirelessly. Their relentless work ethic and commitment to their craft is attributed to their constant success.

HeadRush, is not just a band, it's a family that fosters a sense of community. The band's members, initially strangers from different academic backgrounds, have since developed a deep, almost familial bond.



**Dr.
Anshuman
Jain**
MBBS 2017

The role of Music in our life is to connect us with people and their emotions, that's what exactly Headrush was for me.

As a first yr student the excitement to join a college rock band for sure was fulfilled at headrush.

Headrush was started 10-12 years back as a musical event in Red hall, full packed music show and it grew to full live stage event in the last 10 yr which in itself is an amazing experience. Being a member of Headrush, you not just practice songs and play them on stage you bond over music and the bonding that happens around any form of Art is something special. For me personally the people I bonded over the years as a member of Headrush was pitch perfect if I say in music terms.

The most cherished memories are the random jamming session, the free flowing soothing musical feeling and energy I still crave for.

Like any college club/society/event for me Headrush was a place to get out of your comfort zone, learn something new and face your fear. I always tried to create an environment with my friends that we give room for learning and anyone who loves music can join and learn and try that's how Manthan came to existence by our talented juniors. So all in all I'll say to all students reading this especially students in 3rd and 4th yr (because 1&2nd yr kids are always full of energy) take some time out, give yourself a breather and attend the jamming session and sing at your top voices. Headrush taught me one thing above all: be the rockstar of your own life. Make your journey memorable, one note at a time. 🎵

Headrush has been an integral part of our college lives. To be able to discover our artistic side while still being able to pursue our academic interests has been nothing short of a blessing. We were just a couple of dilettantes when we had become a part of it and we went on to serve it in the capacity of heads, and it was a privilege as much as a pleasurable experience. We were able to acquaint with and befriend a lot of people who have now become an indispensable part of our lives.

It is also mentionable that one tends to think that partaking in such activities only entails artistic propensities but, in fact it also demands a lot more than meets the eye. And it is through these aforesaid unseen requirements that we were able to cultivate several attributes and therefore were able to evolve. We will always be indebted for the multifarious experiences.



**Dr. Nikhil Vatsal & Dr. Veena
Rajagopal** MBBS 2018



It's impossible for me to think of Pravara without reminiscing about Headrush. Those incredible practice sessions were my ultimate happy place. Even during breaks, I couldn't bring myself to leave Sindhu Hall—I'd end up playing some instrument or jamming with other members of the team. One of the things I absolutely loved about Headrush was how it brought everyone together, transcending boundaries of seniority or departments—RMC, RDC, Nursing—everyone came together, united by music, to create the best show possible. From arranging songs and endless banter to silly conflicts, everything was beautiful. Honestly, none of my HR performances would have been what they were without the incredible musicians who were an integral part of my songs. A huge thanks to Anshuman Jain, Lakshya Gupta, Aditya Jain, Abhijeet Phadke, Shubham Tikaria, Suraj Mohapatra, Siddharth Kumawat, and Sanskar Malani for turning each performance into something unforgettable. I'd even sneak into the music room during duty breaks—it was my escape! Some friendships that I'll cherish forever began in Headrush. And believe me, leaving the music room was harder than bidding farewell to college itself. I've learned a lot from every single member, and for that, I'm forever grateful. Headrush will always hold a very, very special place in my heart ❤️

Dr. Divyanshi Bajjal, MBBS 2017

Performing in Headrush has been the most delightful experience since my first year. As a singer, I have had the privilege of performing in this event multiple times. Headrush has always been a tremendous learning opportunity for me. I have learned a lot about arranging songs for a band, complementing other musicians, understanding audio technology, and performing in a live stage setting.

Initially, during my childhood, performing on stage used to make me nervous. However, over time, I realized that skills acquired through regular practice, coupled with the understanding that you are merely a puppet controlled by the universe, easily gets you going on stage.

For any Pravaraite passionate about music, Headrush is not just an event - it is a complete package of learning, opportunities, respite from regular studies, and memories to cherish for a lifetime.



Dr. Lakshay Gupta, MBBS 2019



I have been part of Headrush since my first year of college... it has been a great experience since then. I got an opportunity to showcase my talent on the big stage and to hone my skills at the same time. I met many people who have exemplary skills and are extremely talented. I got to learn so much from them. I also made new friends. It was amazing working with such talented people and creating good music felt so good.

We also participated in various intercollegiate events and won prizes. I am also grateful to the authorities who have supported us in setting up our own music club and upgrading our level every year.

I was a singer in our band and I also took vocal sessions for our music club. Teaching other students also helped improve my own vocal skills.

It takes lot of courage to perform on a stage as big like this and in a huge audience who is keen to listen to you everytime you go up. I feel very overwhelmed that I have recieved so much love from the audience every year and I am grateful for that. I reciprocate their love and appreciation. Together as a team, we have always worked hard for each and every performance on the stage.

Headrush will always be in my heart and I will cherish those beautiful memories forever!!

Dr. Aditi Amdekar, MBBS 2019



Headrush for me has always been a family. From the first time when I was selected for the band to this date when I've been amongst those who have organised it, the feeling of togetherness and the feeling of this being our band has remained constant. I've been a guitarist, a drummer and a wanna-be singer and pianist for Headrush 😊, apart from also being the occasional techie and sound guy for our practices 😊. The best part of my time at Loni each year has been the Headrush practice days leading up to the performance. Despite the challenges of leading the team, the experience had always been brilliant, thanks to the bond shared with my amazing juniors, supportive seniors, and our shared love for music. Performing on stage is an unparalleled thrill for me. From the moment I hear my guitar through the main speakers during soundcheck to the energy of the main performance, the adrenaline rush is incredible. At some point, everything feels effortless, flowing naturally as though you're connected with the music and the audience. It's truly a surreal experience.

Shubham Tikaria, MBBS 2020

To me, Headrush is a collection of incredibly passionate and creative people who all share a craze for music. Through the long hours of rigorous practice for almost over a month, incredible friendships are forged and the strangers you had met just a few days ago become constant companions.

My first headrush was Headrush 10, in 2022. It is a really special memory for me since this was the first event in college after a long and painful COVID lockdown. It was always a dream of mine to be part of a band in college but what I found in Headrush completely exceeded my expectations. From initially being quite apprehensive to quickly becoming an integral part of the band, it was a transition I did not expect to happen so soon and it was only possible because of my amazing seniors who encouraged me and my batchmates in every step.

Coming to the actual performance, since I have quite a lot of experience I was not very nervous. However performing in such an event was a first for me and I certainly learned a lot from my seniors on how to play as part of a band apart from being a soloist. I was also incredibly lucky on having very talented batchmates who shared my passion for music and without their presence (especially of a certain guitarist) it would really not be the same. A group of incredibly talented juniors make me rest easy that this wonderful legacy will continue and thrive in the future as well.



Abhijeet Phadke, MBBS 2020



I've been a part of headrush since my first year so for me it's not just a band but an irreplaceable part of my life. Ever since I started playing the guitar recalling the first strum, the fretful fingertips; it had always been my dream to someday perform on stage and Headrush was where the opportunity presented itself and I could be nothing but grateful to be a part of this wonderful band. From the pre performance nervousness to facing the stage and the crowd it has indeed been a wonderful journey!

To place it in words it's an unforgettable experience of my life.

From being just a guitarist playing a few songs to actually becoming the head and organising The headrush performance it has only been an honour.

The band members the guitarist pianists rhythm percussionists I'm grateful for the whole team for their support. Headrush is not just a team but a family where I made unbreakable bonds.

From meeting the most amazing people from my senior batches and learning so much from them to looking at my frightened juniors who sometimes remind me of myself back when I joined the band I've only made the best bonds here and learnt a lot!

To put it in tunes "all is well" is the song that would best describe the situation XD

Music is where I find solace and peace therefore more than the stage it was always about giving justice to music and my instrument.

Aarish Rane, MBBS 2021



Music is like worshipping to maa saraswati. Headrush is not just a band for me this like the highest form of platform where I can perform with my whole heart and soul. What make the day of headrush more worth is actually a month of practice not with the band but with the family!! Me in headrush perform as a singer and what make it more beautiful is the passing on the knowledge of gayaki to jrs and my colleges!! I was in first year and before that i didn't even perform in the school band but at headrush it's literary 1000 ppl in fornt of you and you need to give your best!! This gave me a lot of anxiety at start !! As soon as I entered the stage took God name and 1st song i sang was deva deva, it was worth remembering!! As soon as song started all of a sudden I didn't knew what was anxiety all about and now it's being 3 years Im performing in headrush!!

Omkar Sutrale, MBBS 2021



PADMANJALI 2K24

STAGE EVENTS



Kshatriya

Dr. BVP Rural Medical College



Intentional movers

Dr. BVP Rural Medical College



Argentum

Dr. BVP Rural Medical College



Aarambh

Dr. APJAK College of Physiotherapy



MINM

Rural Dental College

THE 9TEEN

ARJUN KANUNGO



Jaspreet Singh

Stand up



Subhedar

Smt. Sindhutai Eknathrao College
of Nursing

Ramayan

College of Pharmaceutical
Sciences

Cosplay Couture



PADMANJALI_2K24



IMPERIAL SOIRÉE

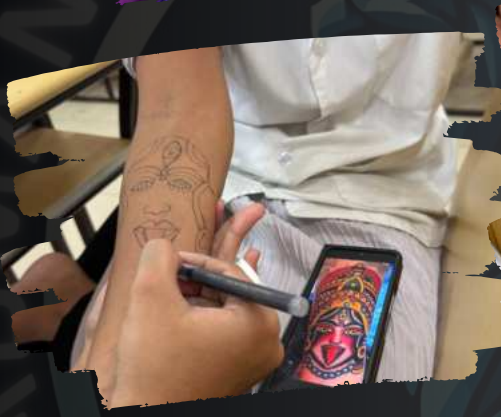
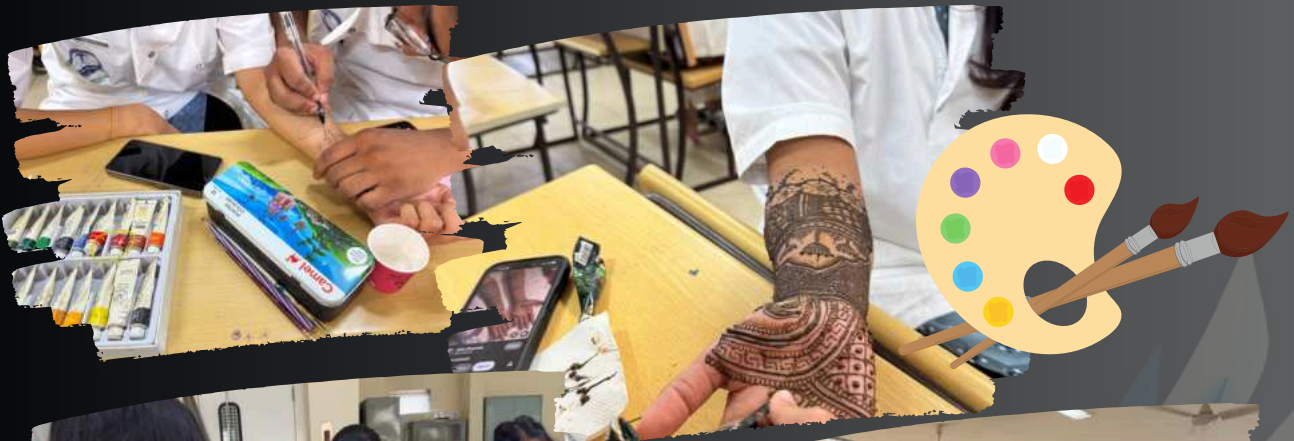


Tie & Tassels



Lantern festival





Inked Expression Competition



PADMANJALI_RDC_2K24



Solo & Duet Performances



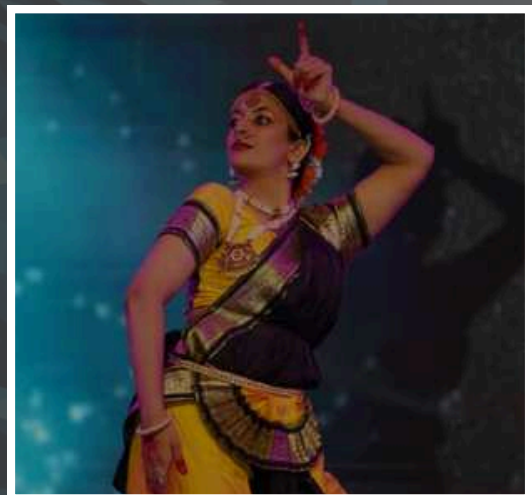
Pranali Kathare (RMC)



Sanika Yerawar (RMC)



**Yash Chavan & Ishika Rai
(RDC)**



Yashada Mahabole (RMC)



**Shrinivas Kendre & Vaidehi
Patil (RMC)**



**Sai Bhortakayand &
Khushi Nirmala
(RDC)**



**Sakshi Parate & Gunn
Jain (RMC)**



Antara Bodhale (RMC)



**Shruti Mahajan & Nitika
Rathi (RMC)**



**Unnati Zavar & Priya
Ugale (RDC)**



**Saniya Chaure & Vidhi Patel
(RDC)**



PADMANJALI

SPORTS



CRICKET

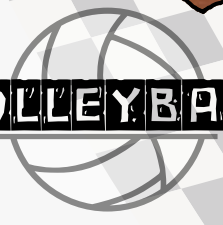


FOOTBALL

BASKETBALL



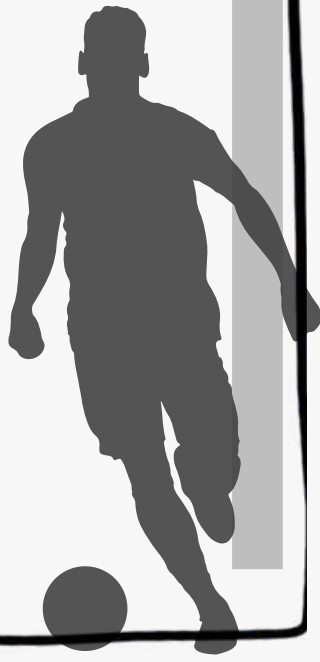
VOLLEYBALL



CHESS



BADMINTON



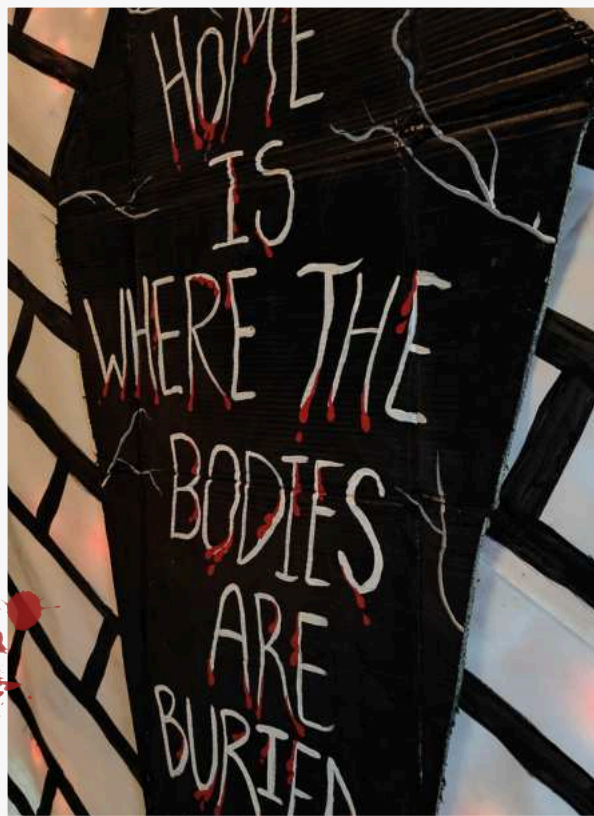
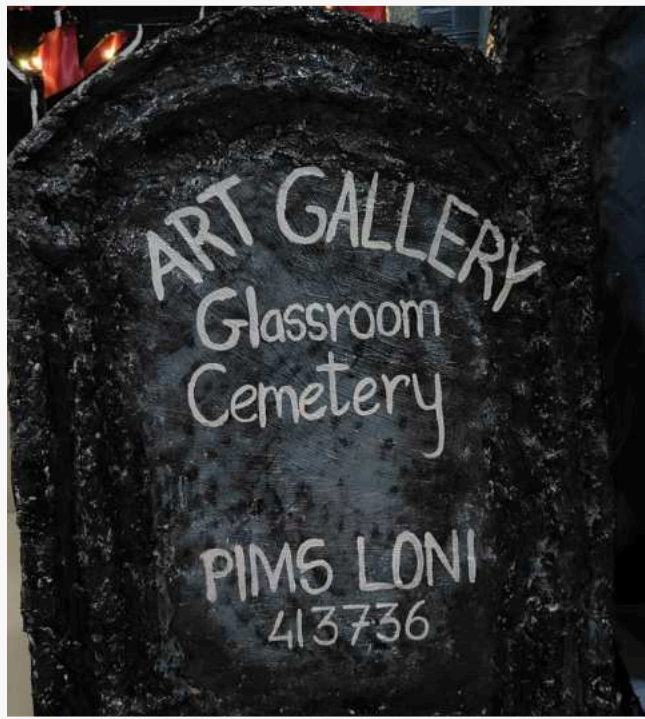


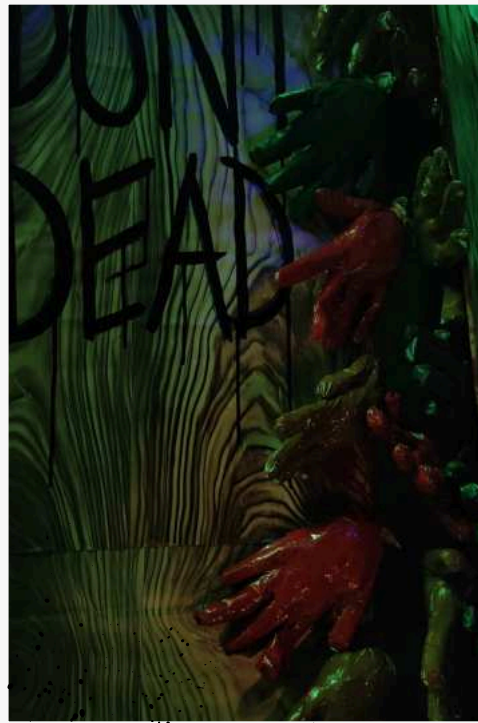
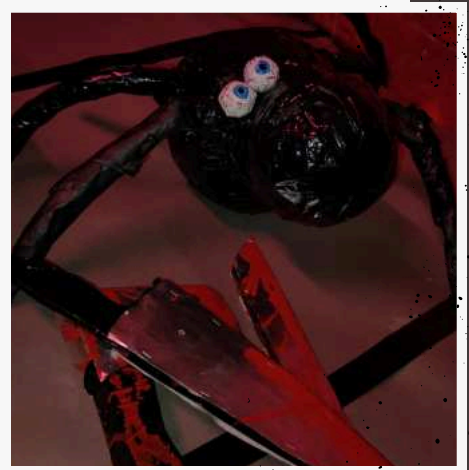
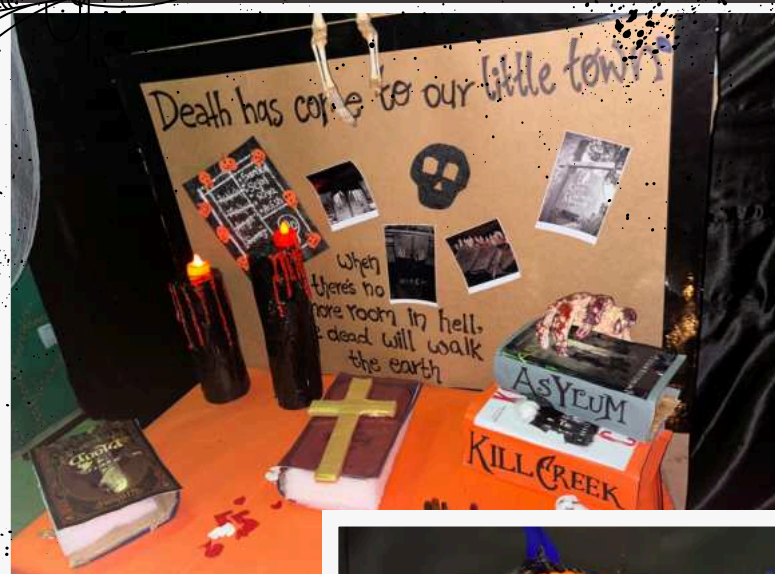
DR. BALASAHEB VIKHE PATIL
RURAL MEDICAL COLLEGE



THE ART GALLERY









Faculty Contribution

"Through words, brushstrokes, and verses, our faculty inspire minds and hearts alike, proving that knowledge and artistry are kindred spirits."

This section contains submissions of articles, poetry and artworks, by the dedicated faculty of Pravara Institute of Medical Sciences.

Pioneering Excellence

First Year B.Sc. (Hons.) Medical Biotechnology Students Shine at the National Conference

The College of Biosciences and Technology, Pravara Institute of Medical Sciences (DU) delighted to celebrate the outstanding achievement of our 1st year B.Sc. (Hons.) Medical Biotechnology students, who recently showcased their research abilities through innovative poster presentations at the National Conference on “Current Advances and Opportunities in Agricultural Biotechnology” organized by PVP’s College of Agricultural Biotechnology Loni, Maharashtra State, India during 4th -5th October 2024.

This momentous occasion marks an important milestone in their academic journey. The event provided our budding scientists with a platform to share their ideas, creativity, and research skills with a wider audience.

Our students rose to the occasion with remarkable enthusiasm, crafting presentations that captured the attention of attendees and experts alike. The success of these young achievers underscores their potential to drive meaningful change in the field.

This is just the beginning of their journey toward impactful contributions to science and society. They have set an inspiring example for their peers and given us all a glimpse of the bright future ahead. Their active participation during the conference was highlighted the valedictory.

We extend our heartfelt congratulations to these exceptional students for their success and thank the faculty mentors who guided them. Here’s too many more milestones and breakthroughs! Keep exploring, keep excelling, and keep making us proud.



Glimpses of the poster presentation during the national conference
by
First Year B.Sc. (Hons.) Medical Biotechnology Students

Celebrating Excellence

Mr. Rihan Patel of First-Year B.Sc. (Hons.) Medical Biotechnology Won First Prize in Essay Competition on “Eye Donation”

The College of Biosciences and Technology, Pravara Institute of Medical Sciences (Deemed University), proudly celebrates the remarkable achievement of Mr. Rihan Patel, a first-year B.Sc. (Hons.) Medical Biotechnology student for securing the First Prize in the essay competition on the theme of Eye Donation was organized by the Department of Ophthalmology of Rural Medical College, PIMS (DU), Loni. The event took place from 25th August to 8th September 2024, in commemoration of Eye Donation Fortnight.

Mr. Patel's essay, titled "Netradaan", penned in Hindi, eloquently captured the essence of eye donation as a selfless act of service to humanity. His heartfelt expression and impactful narrative underscored the significance of giving the gift of vision to those in need, inspiring readers to embrace the noble cause of eye donation.

This achievement reflects not only Mr. Patel's exceptional literary skills but also his deep commitment to societal values. His success brings immense pride to the College of Biosciences and Technology and stands as a testament to the holistic development nurtured within the Pravara Institute of Medical Sciences.

We extend our heartfelt congratulations to Mr. Rihan Patel for this commendable accomplishment and wish him continued success in his academic and personal endeavors.



Mr. Rihan Patel Receiving First Prize in the essay competition on the theme of Eye donation

The 'Warli' Art

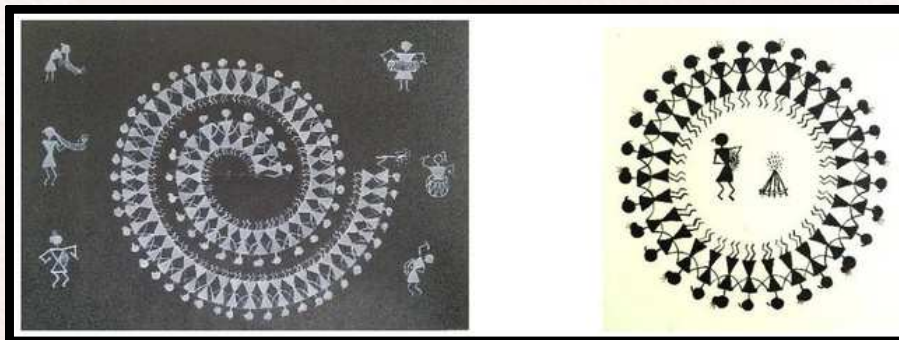
**Dr. Vaishali U. Bhalerao, Assistant Professor,
Dept. of Conservative Dentistry & Endodontics, Rural Dental
College, PIMS-DU.**

India has always been known as a land which depicts its culture and traditions through its vibrant traditional folk art. For example the Madhubani art a colourful art form originated from the Mithila region of Bihar, Kalamkari art form of Andhra Pradesh, Thangka painting of Ladakh, Phad painting of Rajasthan, Pattachitra of Odisha etc. Similarly, the Warli art is a traditional art form of Maharashtra. The Warli tribes are forest dwellers found in the northern region of Maharashtra where they live in small villages called "Pada" and have made a gradual transition towards being a pastoral community. It is believed that the tribals (Warli, Malharkoli, Kokani, Katkari) of Thane and Palghar areas in Maharashtra make Warli paintings. They are spread out in the villages and padas of Dahanu, Talasari, Jawahar, Jamshed, Raitali, Manor, Cosbad, Vikramgad, Mokhada, Vada, and several other parts as well. They are simple people, happy in nature, little backward economically, but still maintain their indigenous customs and traditions. While there are no records of the exact origins of this art, its roots may be traced

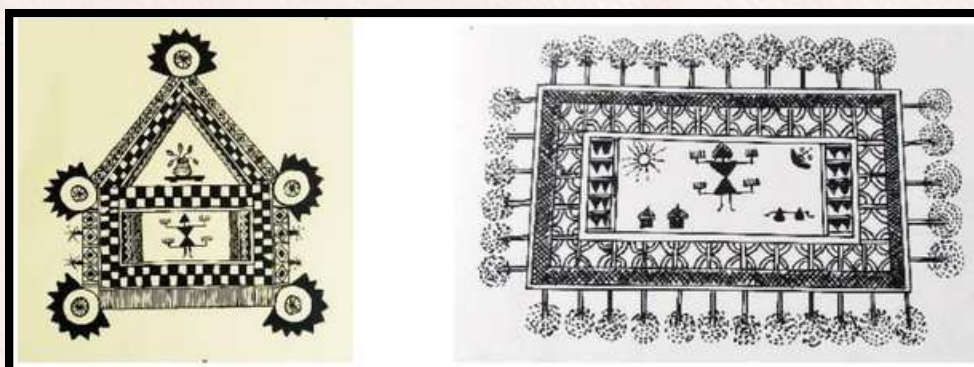
to as early as the 10th century AD. Research suggests that the tribes are the propagators of a tradition which originated sometime in the Neolithic period between 2,500 BC and 3,000 BC. And in recent times it has been extensively explored since the nineteen seventies. Jivya Soma Mashe, (born in 1934) is an artist of Dahanu taluka of Thane district, Maharashtra, who popularized the Warli tribal art form for which he was honoured by the Government of India by a 'Padmashree'. The Warli art form is similar to the pre-historic cave paintings in its execution and is considered a method of preserving traditions for the coming generations. This art is simple and linear with the maximum use of triangular shapes, two dimensional, with no perspective or proportion. These extremely rudimentary paintings use a very basic graphic vocabulary: a circle, a triangle and a square. Human and animal bodies are represented by two triangles joined at the tip. While men and women are depicted in almost identical fashion, the only differentiator is the little knot of hair in the form of a bun, that indicates women. The colours used are obtained from natural sources, the red colour from red mud 'geru', white colour from ground rice paste, black from coal, and green from the cow dung. The brush used is made of bamboo with its tip either in a pointed nib form or frayed to give it a brush like texture.



Each painting is usually an entire scene that contains various elements of nature including people, animals, trees, hills, and stories representing the life around them. The thread that binds all these loose elements are events like a marriage, a dance, sowing, harvesting or hunting. The 'Tree of Life', the 'Tarpa' 'Dhumsha' 'Kambadi' and 'Rohi' Dance are significant paintings often seen in Warli art.



In the houses where a marriage is going to take place a 'lagnachauk' or 'devchauk' is painted on the walls by married women. It consists of a geometrical composition with the 'Palaghat Devi', the goddess of marriage and fertility in the centre of the 'chauk', and along with the devi often included are a horse used by the bride and groom, a ladder, sun, moon, etc. each having its own significance.



The simplistic Warli designs have in recent times attracted the fashion designs, home décor companies, etc, and the designs have been used on fabric, art items, wall paintings etc. Though traditionally these paintings were based on village life, there has been a change and it has been adapted to depict modern life and designs.

Several initiatives have been taken to preserve this art form and is registered under the Intellectual property rights act. The Warli art is a Mystical world in itself and is an asset to the world of art.



References:

1. 'The Mystical world of Warlis', by Madhukar Wadu, Notion press
2. Srivastava, Meenu (2016). Warli art- A reflection of tribal culture of Maharashtra Internat.J. Appl. Home Sci., 3 (9 & 10) : 380-384.
3. 'Warli' by Saniya Rele

The Liberski Imperative

There has always been a predefined way of doing things and looking at them. I can imagine the burly cavemen of ancient world, accustomed to lift heavy loads, going about their business of dragging animal carcasses to their caves. It would have been an inquisitive or a lazy caveman who first decided that he needed to spend less energy on the logistics and stumbled upon the idea of a wheel. It would have sounded a bit crazy to his fellow cavemen and they would have made fun of him, but when it became clear that it is indeed a better way of transportation it would have been incorporated into day to day life in a few generations. Essentially all scientific discovery has come from the curious minds that thought what others did not think and saw what others failed to see.

So if progress is the ultimate aim, then why does our education system focus solely on drilling the facts already discovered into our heads rather than leaving some space free for us to figure it out by ourselves? Isn't it statistically plausible that someone may come up with a better way of doing things? The thing is that at any given time we need more people following a set path instead of blind experimentation or chaos may reign. I agree that a set path is important, but how justifiable is it to stifle all the curiosity that is inherent to us by putting students through years of schooling, all the while hammering out any idiosyncrasy that they possess.

When I was a student I was at odds with the system. I still remember my science teacher telling my parents about my poor performance in a class test in 6th standard where I had misspelled the word 'science' on my answer sheet. I consider myself lucky that I discovered the joy of reading around the same time and developed an appetite for books. I was lucky that I found good teachers who inspired me to find my own way and friends who sought answers to questions that bugged us with similar zest. And I hope and pray that the child like curiosity never leaves.

I have come across many definitions of the word 'research' in various books. The definition that I liked the most was from the book Real World Research - Research is nothing but organized curiosity. It is so simple yet so profound. Curiosity can be cultivated in our habit by simply making it a point to question, analyze and inspect notions from various perspectives rather than blindly accepting information fed to us. Sometimes the seemingly unimportant questions give us the most important answers. Discovery of laws of gravitation, the discovery of penicillin are oft quoted examples of this.

Most of the work we do may initially seem to be futile. We may compare ourselves to Sisyphus when we labour over a new idea. If you are a medical student and find yourself in this situation I suggest you take the oxford handbook of clinical medicine from your bedside. Herein you are likely to encounter these lines - If in 1950s Gajdusek & Zigas had not been intrigued as to why Kuru (a rare disease found in cannibals) affected women and children more than men (their neural diet being the culprit), the discovery of CJD would have been delayed, with no surveillance the neural tissue might be still in our food chain, with dreadful consequences. Also, discovery of prion diseases would have been delayed by decades. This is the lesson, "Let curiosity flourish." This is Liberski's Imperative. So now let's scan our horizon for other intriguing clouds.

That gets me going again...

-Dr. Mandar P Baviskar

The Bicycle Ride

I was weary; guess that was it. I didn't even have the strength left to feel much else. For months I had been sloughing through a vast abyss of medical trinkets that were supposed to help me with the post graduate medical entrance exams. I was destined to mesmerize people with the flash of my genius and transcend that glorious hallway which led to a M.D or M.S degree while people drooled over my success. This is the dream of every geeky med. student who has the bare minimum qualification to be called a doctor, but is far from being recognized as one. I had spent an extra year for this and desperately needed to succeed.

The exams had punctured all my overblown aspirations. They had been a disaster. It was as if that fiend of a paper setter had delved into my psyche through that computer screen and had handpicked questions from the void between the stacks of facts that I had worked hard to cram. I had come crashing down from the cliff of fantasy and hit cold rock bottom. As I lay there wallowing in self pity, I realized that I was on the brink of depression. I looked at myself as a distant bystander would look at a carnage of a road traffic accident, horrified but unable, or rather unwilling to do anything. I lay down on the sofa staring at the ceiling fan while flipping absentmindedly through T.V channels. I did not realize when or how I fell asleep; it was the early morning breeze that woke me up. One glance at my clock told me it was still a couple of hours before I needed to wake up. Though I had slept for most of the day my body still hurt. I got up with a jolt. The energy I guess came from the sheer self disgust that I felt. Standing in front of the washbasin I looked into the mirror and splashed some water on my face. The chilled water set my nerves tingling, yet I was grateful to feel that chill which is much better than nothing.

I don't know why I retreated to the attic, perhaps to find any old memory or trophy of past success which could sooth my ego. Our attic is a small place but has more stuff than rest of the house. I glanced at the stacks of old Readers Digests, worn-out novels, older textbooks, newspapers and broken toys all mounted on a metal shelf. It looked like a tower of cards, the slightest disturbance and everything would come crashing down. Most of the floor was occupied by cardboard boxes that contained everything from old school uniforms to empty ketchup bottles covered by thick coats of dust. No matter how hard you try to throw some things away they somehow manage to sneak back. These old things cast spell over you that makes it impossible to get rid of them, they just become a part of you.



There in one corner was my old bicycle resting against the rusting metal grill. I had bought it when I was in 8th standard. It appeared a lot smaller now; I remembered it felt quite big back in the school. It had been my loyal companion for many years, from daily rides for extra classes to off-road adventures with friends in nearby hilly patches, there were many good memories. I slowly took it out from the attic and cleaned it with a cloth. I wanted to exert myself so I picked up the pump and started working; the long deflated tyres slowly came back to life with each burst of air that I pumped in them. I waited a while to see if there was any puncture but I found none. When I took it outside the house it was still a few more minutes to sunrise.

I hadn't used it for some time now, slowly but surely I mounted the cycle, and with a paddle I was off. As I was cycling uphill, the cold breeze set my teeth chattering. I felt like numerous needles pricking my skin, giving me goosebumps. The flab that had accumulated over months of inactivity was troubling as well. Before long I was feeling a bit out of breath. Yet I continued paddling with my eyes towards horizon where I could finally see the golden yellow head of the sun peeking back at me. Steadily the sun illuminated the sky and the chorus of birds grew, as if egging me to keep going.

It was dawn as I reached the outskirts of the village. I was tired, sweaty and out of breath but strangely satisfied. Getting down from the bicycle I basked in the tender sunlight which was filling me with warmth. Then I turned back cruising along the road. Finally it dawned to me that after every uphill climb there is a slope. The breeze was playing against my face. I was happy, the stress was washed away. I was free....

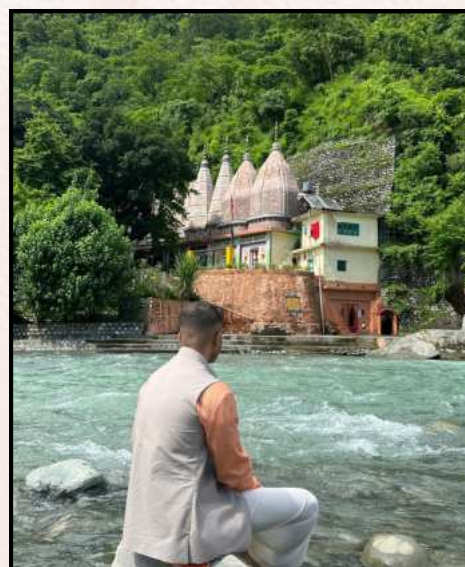
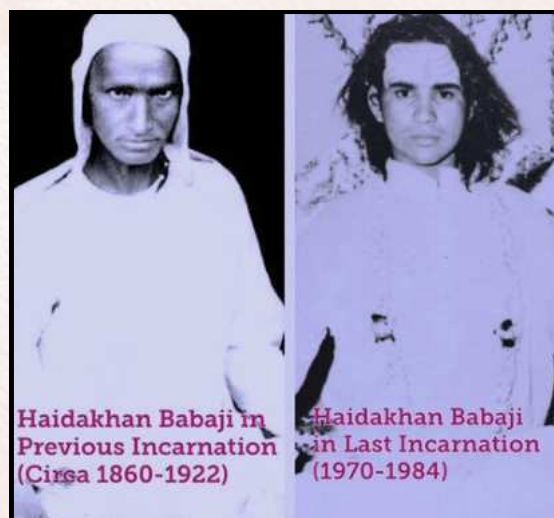
-Dr. Mandar P Baviskar

Blog: Haidakhan Ashram

Haidakhan Ashram, A Secret Retteat in the Himalayas hidden in the majestic Himalayas, Haidakhan Ashram is a sacred retreat imbued with divine energy. This serene site is deeply connected to Haidakhan Babaji, a revered spiritual master believed to have incarnated twice (1860-1922 and 1970-1984). The Ashram attracts only a fortunate few who feel the calling to experience its tranquil aura. The journey to this sanctuary is both physical and spiritual, leading visitors through lush green hills and the soothing waters of the Gautama Ganga River. Its simple yet divine architecture reflects Babaji's teachings of truth, simplicity, and love. The temple houses sacred idols, meditation spaces, and Babaji's shrine, where devotees find peace and inspiration. Haidakhan Babaji's universal message of love and truth continues to guide spiritual seekers. Many visitors describe transformative experiences during their stay, feeling a profound connection to the divine energy that permeates the Ashram. A visit here is not just a pilgrimage but a journey inward. It offers solace, clarity, and a chance to rediscover the self amidst untouched natural beauty.

"In the Himalayas' embrace, where the soul finds its voice, Haidakhan whispers—truth, love, and the eternal choice."

Dr. Arpitt Verma
Obgy Resident



Dreamscape

In my dreams, I saw as I stood
A thousand butterflies flutter by
And I curiously touched one
And I wondered in the woods

In my dreams, I saw as I stood
A thousand butterflies became as one
Was I to pay a price for this curiosity
Or were they a happy dream in the woods

In my dreams, I saw as I stood
A thousand butterflies burst into bubbles
And pitch-black darkness ensued
And I anticipated fear in the woods

In my dreams, I saw as I stood
I began to fly and I could
Had I become a butterfly now?
Was I still here in the woods?

In my dreams, I no longer saw or stood
I fluttered to another dream as fast
To see, I had left a vast bubble
And I was no longer in the woods

In this reality, I was blinded and lying
And the tubes and plugs were witnesses
A white butterfly had left the warm body
And it had become one with the woods.

@dreamsandmuses



Narcissus & Echo

If I were to tell of lovers' plight,
Of pain, yearning, loss and mourning
Tale of Narcissus & Echo would do right.
Yet beware! It holds no delight.

In ancient Greece lived Narcissus
Fair and strong beyond any
The handsome son of Cephissus
He was coveted by maidens many

Echo the nymph was blessed with beauty as with wit
Ere she caught Zeus' eye & envy of Hera found
Whatever she heard, she could only repeat.
By Goddess Hera's curse she was bound.

Though many a maidens made an advance
Narcissus never courted nor even see.
He never craved for romance,
All he wished was to be free.

Lost Narcissus came to the pond where Echo tread
Alas! Sweet Echo in his love did fall
Doomed only to repeat what the other said
Echo was unable to answer Narcissus's call
Bewildered Narcissus called, "Is anyone here?"
Echo replied with joy, "Here, Here!"
Finally stepping out of the forest in the clear
With arms outstretched she ventured near

No thought to her radiant beauty he gave,
Thwarting her love with a cruel attack,
Drove Humiliated Echo into a cave,
There her body withered but voice still answered back.

Occupied by self love Narcissus had shun
Echo, who had loved him true.
By the brutal act that was done
He had angered the heavens too.

Hearing Nemesis, the Goddess of Revenge say,
"Smitten by self love Narcissus forever will be dazed."
Right there he lay staring at himself night and day,
Fascinated by his reflection in the pond he gazed.

Though long they lay buried in the sands of time.
Until flowers bloomed where the two did meet
Says the storyteller who repeats this ancient rhyme,
"Some tales end bitter, love still smells sweet."



Dr. Mandar P Baviskar

गाड़ी नंबर वन

यह है ग्यारह नंबर की गाड़ी, जिसको ही चलाते सब, अनाड़ी या खिलाड़ी
 बड़ी विचित्र अनेखी है यह गाड़ी, कोई पहनाये इसे पेंट तो कोई साड़ी
 इस गाड़ी में चलती बस एक ही सवारी, फिर भी यह गाड़ी है दुनिया में सबसे भारी
 यह है दुनिया की गाड़ी नंबर वन, इसकी इज्जत कर ही, आदमी सकता है तन
 गाड़ी यह जब कोई ठीक से चलाये, शरीर के सब अंगों का स्वास्थ्य पाये
 ब्लडप्रेसर डायबिटीज कभी पास ना आये, यदि सवार ये गाड़ी ठीक से रोजाना चलाये
 न पेट्रोल, न गैस का बाहरी फ्यूल ही डलाना, इसको तो बस अपनी ही शक्ति-ऊर्जा से ही चलाना
 कोई खर्च का झंझट, ना ही चोरी का डर, बस इसे तो तू हर रोज थोड़ी देर चलाया कर
 अगर इस गाड़ी की, की तुमने नाकद्री, फिर कुछ नहीं हो सकता चाहे जाओ काशी या बद्री
 यह गाड़ी तो बस तुम रोज खूब चलते जाओ, और स्वास्थ्य, सुख और आनंद पाते जाओ
 घबराना नहीं चाहे जाना हो तुम्हें नंदनवन, क्योंकि तुम्हारे पास तो है गाड़ी नंबर वन

Dr S M Jain

My Measure of Central Tendency

Life's plot is a Scatter
 All data points that matter
 Are distributed Abnormally.

What test to apply?
 To get a significant reply
 Is there even a hypothesis?

How can I draw a line
 Through these points fine
 And explain their relation

Its hard to get a good Extrapolation
 With this Co efficient of Determination
 Such is the impossibility of prediction
 How best to describe,
 The length & breadth of life Amidst
 such deviation Mean, Mode & Median
 too Are here subjected to redundancy
 I guess you alone can be the measure
 Of my life's central tendency -Dr. Mandar P baviskar



YEARNINGS!!!

An envelope,
 Crossing my sight.
 After so long,
 Oh! My dear beloved,
 Sigh! You have been long immortalized.
 I wish I could cross over there,
 For amongst the mortals I am lost everywhere.
 If it wasn't for the promise at the heavens'
 passageway.
 My aching heart wouldn't hold out this long for me.
 Sigh! This journey is going to be long and I see no
 way!
 Why can't I just crawl out of this body,
 And fly towards the sky?
 I am not afraid,
 Nor have I any attachments.
 Sigh! This vessel lives only for the promise we made.
 My yearnings no longer.
 Are listened.
 Even my cries linger in the temple,
 Ears there deafened.
 My existence reflects all sorrows,
 Tears no longer can I swallow.
 My eyes are parched.
 The ink on this letter,
 Has become all but a blemish,
 Such sorry sorrows.

I am sorry, My dear!
 No longer have I the power.
 This will I cannot long follow.
 Hear me O heavens!
 You might be mightiest
 How you have parted my beloved.
 But, O mighty heavens!
 Fret,
 For shant you grant me salvation.
 I will stir up a living hell,
 Onto this mere mortal realm.
 I care no longer for this shell.
 Fret
 For I shall bend you and bring you down,
 As I ascend.



देह भूमि पर इम्यून युद्ध

भूत में हये युद्धों को तो हम खूब याद रखते हैं
 इतिहास में लिखे युद्धों को हम पढ़ते और कहते हैं
 किंतु ये हम नहीं देख पाते कि जिस देह में हम रहते हैं
 उसके चप्ये-चप्ये पर छोटे बड़े युद्ध पैदा होते मरते रहते हैं
 आम तौर पर तो इम्यून कंपोनेंट हमें उनका पता नहीं लगने देते हैं
 पर कभी कभी इम्यून युद्ध की विभीषिका हम तक आती है
 तब जीवात्मा बेचारी कुछ कुछ कष्ट पाती है
 असल में तो सभी जीव अपनी अपनी फितरत से मजबूर हैं
 सभी अपने अपने अस्तित्व के वर्चस्व के नशे में चूर हैं
 बहुकोशिकीय मानव देह की रचना की अपनी मजबूरियां हैं
 उसके इतने बड़े साम्राज्य में भी कुछ कमजोरियां हैं
 ढेर सारे सूक्ष्मजीवी देह के अंदर बाहर सदा रहते हैं
 सामान्य स्वस्थ अवस्था में तो वो हमसे कुछ नहीं कहते हैं
 शरीर से आश्रय और भोजन वो आराम से पाते रहते हैं
 और हमें भी बदले में कुछ न कुछ देते रहते हैं
 एक सामंजस्य सा सूक्ष्मजीवियों और इम्यून सिस्टम में रहता है
 और छोटे मोटे इम्यून युद्धों का हमें जरा भी पता नहीं पड़ता है
 पर शरीर की क्रिया प्रणाली कभी कभी कमजोर पड़ जाती है
 और सामान्य से अधिक मृत कोशिकायें जब बड़ जाती हैं
 तब कीटाणुओं की संख्या प्रजनन कर तेजी से बड़ जाती है
 और इम्यून युद्ध की तीव्रता व मात्रा बड़ जाती है
 बस ऐसे समय में ही तब बीमारी नामक परेशानी आती है

Dr S M Jain



Baarish!!!

Iss mausam ki baat hi kuch alag hain.
 Maano jaise baarish ki bunde humse
 kuch keh rhi hain.

Pehli hi daanfa aaj bheegne ki khushi
 hain!

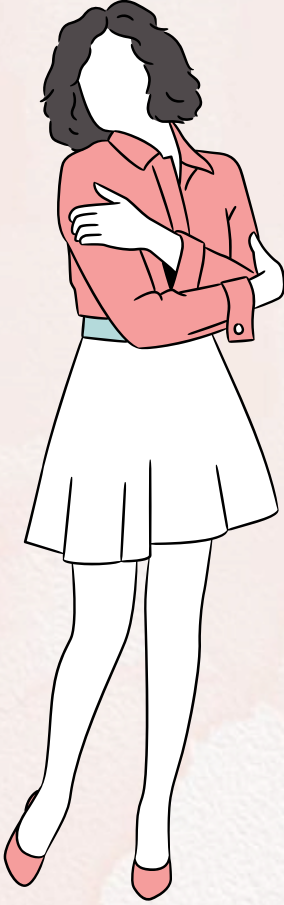
Barsaat ka ye paani jo tan-badan par
 nakkashi kar baitha hain, Kuch iss tarah
 se ruh ko chhu sa gaya hain!

Dar b dar bhaataкта ye dil,
 Aaj thehar sa gaya hain!

Dr. Surendra Lingawar



एक अनोखी गुफ्तगू



"कबीरा, जब हम पैदा हुए, जग हँसे, हम रोए,
ऐसी करनी कर चलो, हम हँसे, जग रोए..."

बचपन बीता यह दोहा सुनकर, बड़े बने पर एक डर था भीतर,
ऐसी कैसी यह दुनिया डरावनी, जिंदगी है या कोई रहस्यमयी कहानी!
पढ़ाई की दिक्कतें कैसे दूर करें! सबका चलन सीधा नहीं होता, कैसे समझें?
माता-पिता सदा देते रहे सहारा, कब दे पाएँगे उन्हें अपने कंधों का किनारा?
काफ़ियों से सुनते, हम भगवान में भरोसा नहीं रखते,
आत्मविश्वास के बल पर ही सफलता हासिल करते,
पर जब-जब मन टकराता किसी मुश्किल से,
सोचता, कैसे निकलें इस जड़ता और दुख के अंधेरे से?
तब-तब एहसास होता, कोई आँचल तन कर है बैठा,
फिर मन को लगता, अब कौनसा संकट? कौनसी निराशा?
वक्रत गुज़रा वैसे समझा, मन की बड़ी लेन-देन है उस शक्ति से,
विपत्तियाँ यूँ टल जाती हैं उसकी भक्ति करने से!
पहले मन कहता था, ये कौनसी कठिनाई आ गई!
अब कहने लगा, कुछ ना करने से कोई उपाय सोचना ही सही!
जिंदगी में लोग और समस्याएँ, हम आते-जाते पाएँगे,
खुले दिमाग से सोचोगे, तो कोई तत्वज्ञान ज़रूर सिखा जाएँगे।
प्रयत्नों का परिणाम हो अच्छा या बुरा, पर तुम हो एक सिपाही,
हौसला रखकर ही समृद्ध होगी तुम्हारी अनुभवों की पिटारी!
चेतना और शान्ति हैं मनुष्य के सबसे कीमती गेहने,
अच्छा लगता है उतार कर, वो नकाब जो थे बरसों से पहने!
अणु से लेकर ब्रह्माण्ड तक, कहाँ-कहाँ ढूँढा तुम्हें!
एक जन्म लगा यह समझने, कि तुम उम्र-भर मौजूद थे इन्हीं आँखों में!
खुद के साथ खुश रहना, भले अंत में कोई साथ दे, ना दे,
आईने में देखकर उस शक्ति से कहना, तुम्हारी कृपा से जीवन की कसौटी जीत गए!
तुम्हारी एक पुकार, मन खुशी-खुशी त्याग देगा यह काया,
गर्जना कर- "इस दुनिया पर चिरकाल रहे, तुम्हारा यह अनमोल साया!"

- डॉ. चैती आरणके

मेक्रोफेज

वैसे कई तरह की सेल्स से होती है इम्यून सिस्टम की जवानी, पर उन सभी तरह की सेल्स की मेक्रोफेज होती है नानी
इम्यून सिस्टम की है ये सजग प्रहरी, जिसकी हर तरह की रक्षा में पहुंच है बड़ी गहरी
अंदर-बाहर दोनों तरह की गड़बड़ी को ये पहचाने, इसका लोहा हर इम्यून सेल माने
टिशु में गड़बड़ी में ये सबसे पहले पहुंच जाए, पहले तो ये फैगोसाइटोसिस कर उसे खा जाये
फिर फैगोलाइसोसोम बनाकर उसे पचाये
कुछ पचे टुकड़ों से फिर वो दूसरों को भी समझाए, इसीलिये तो ये पंटीजन प्रेजेंटिंग सेल भी कहलाए
कैंसरसेल्स-बैक्टीरिया आदि को ये जरा ना भाये, पर कभी-कभी इसी पर संकट आ जाये
जब मुआ बैक्टीरिया इसी में घुसकर अपना वंश बढ़ाये
बहरहाल धन्य मेक्रोफेज और उसकी करगुजारियां, जहां नई टिक पाती बैक्टीरिया आदि की मक्कारियां

Dr S M Jain

Needle Stick Injury (NSI)

जाके पैर न फटी बिवाई

वह क्या जाने पीर पराई

NSI के संबंध में यह कहावत है एकदम सटीक जिन्हें सुई चुभती है उनकी तबीयत कई दिन तक नहीं रहती ठीक खून निकालना, इंजेक्शन लगाना आदि कई कर्म इन सब क्रियाओं में ही मेडिकल साइंस का छुपा है मर्म यूं तो सभी ट्रेड वर्कर्स ही करते हैं इंजेक्शन कर्म पर कभी-कभी भुला देते हैं सावधानी का धर्म असावधानीवश व जल्दबाजी में तब सुई स्वास्थ्यकर्मियों को चुभ जाती और यह दुर्घटना HIV, HBV, HCV इंजेक्शन का खतरा ले आती मरीज के रक्तादि से यदि सुई दूषित हुई तो स्वास्थ्य कर्मियों में वायरस के संक्रमण की संभावना अधिक हुई और यदि मरीज में किसी वायरस का संक्रमण पाया गया तो 2 घंटे के अंदर पुंटीवायरल की डोज का प्रावधान किया गया TLE यानि टेनेफोवीर, लेमीवुडीन और एफाविरेंज का कॉम्बिनेशन HIV हुआ अगर मरीज को तो उसका रोके रखेगा प्रोग्रेशन HBV के लिए वैक्सीनेटेड वर्कर को नहीं करना चाहिए चिंता क्योंकि वैक्सीनेटेड का इम्यून सिस्टम HBV को जूती की नोक पे गिनता अगर वैक्सीन नहीं लिया है तो थोड़ा लगेगी सावधानी वैक्सीनस् के साथ साथ HBIG पड़ेगी लगवानी कई बातों पर मेडिकल-सुई-घाव के निर्भर हैं परिणाम चुभन की गहराई, सुई की मोटाई, मरीज में संक्रमण का परिमाण संसर्ग और स्रोत के सम्मिलित प्रकार को देखा जाता है और उसी हिसाब से NSI के बाद का इंतजाम किया जाता है 72 घंटे के बाद पुंटीवायरल किसी काम का नहीं लापरवाही और शर्म में व्यक्ति मात खा जाता है यहीं बहरहाल मेडिकल सेटअप में सुई की चोट से बचना चाहिए उसके लिए क्या क्या सावधानियां हैं देखते हैं आइए वैसे तो इंजेक्शन कंट्रोल की सभी सावधानियां प्रयोग करना है पर इस्तेमाल हुई सुई को रिक्रैप न करने का खास ध्यान रखना है अगर रिक्रैप की मजबूरी है तो सिंगल स्कूप विधि अपनाना है और अस्पताल आदि जगहों से NSI को भगाना है

Dr S M Jain



RIMES OF A WANDERING SOUL

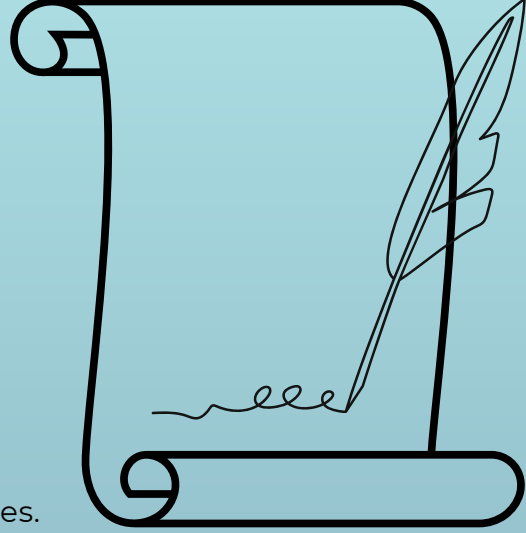
Oh,Artemis!
I seek you.
I have been just another wandering soul,
Hitherto.
I understand now,
The moon and the stars.
I understand now,
What you are.
I understand therefore,
Why you seek such a place,
Why you stay away.
Here on this land,
Chained is my soul,
For love and lust are sought alike.
With chastity of my soul defiled,
I seek you,
Oh, Artemis!
I have been just another wandering soul,
Hitherto.
Please,
Take me away from this land,
To the moor where anchored you are,
For I also seek, The perpetual perch,
Where all those blessed by you take rest.
Oh, Artemis!
I just seek the pause to this unending
Moil that mars my soul

-Dr. Surendra S Lingawar



Blank Page!!!

Born in the wild,
 Brought up in the castle of bricks.
 As the days passed,
 The dullness seeped within.
 Witch of adulthood stole the smile.
 Robbed this face of its innocence.
 A mechanical human lost in society,
 Was now left behind.
 Scythe around the neck.
 Adorned as the new necklace.
 He walked the life unbeknownst.
 Of the wilderness that lay awast.
 Times passed,
 The cradle now embellished webs.
 As the withered body drowned,
 A sigh escaped.
 Sky cried, sun masked with darkness.
 Life paraded naked by the unfulfilled desires.
 When the grave was finally in sight,
 This time, the chance had already ended.
 An unsullied blank page
 was all that remained!!!



दंढ

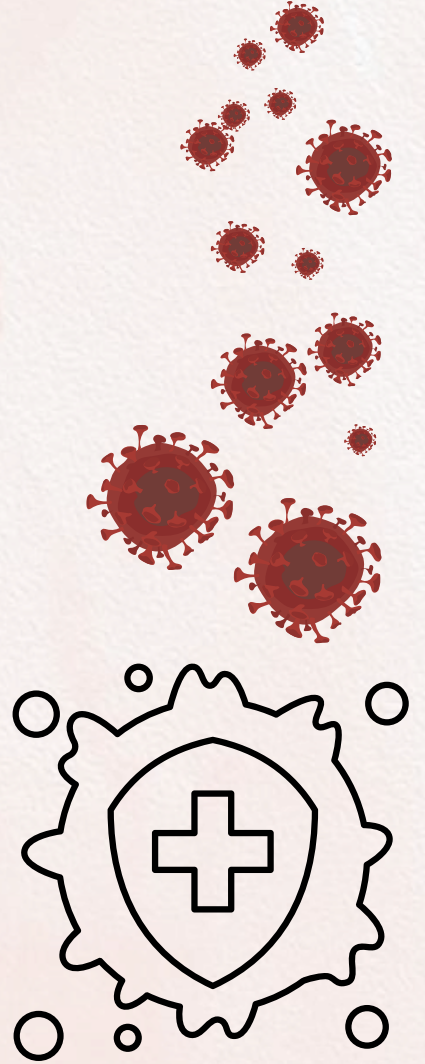
नहीं चलेगी अब साँसे, न लगा पाएंगे और दम ।
 इतनी कोशिशों के बाद भी, छोड़ जाते हैं वो अपना शरीर, और राह जानते हैं सिर्फ हम ।
 साँसे भर आती हैं हमारी, और आँसुओं से आँखे हमारी भी होती हैं नम।
 पर झूझना है समय और काल से, तो जान कर भी नहीं ठहर पाते हैं हम ।
 अब भर आई हैं साँसे, और नहीं हो पाती हैं ये आँखे नम ।
 फिर भी इस शरीर में जब तक हैं जान, आँसे भरते आगे बढ़ते रहेंगे हम ।
 मास्क ही तो फेहना था, और रखनी थी दूरी चार कदम, क्यों इतनी सी बात नहीं समझ पाये हैं हम,
 क्यों इतने बेशरम हैं आज भी हम ।
 कैसे हैं ये लोग, अंधे प्रतिनिधियों के इशारों पे चल पड़ते हैं जैसे अंधे चलते हो अन्धे कदम,
 क्यों नहीं समझ पा रहे राइट टू लाइफ है ज्यादा अहम ।
 स्वास्थ्य कर्मी से लेकर सुरक्षा कर्मी, सारे जुट गए हैं एकसाथ ।
 इस महामारी से लड़ते लड़ते, कुछ चल बसे और कुछ अभी भी हैं ले रहे साँस ।
 अभी भी देर नहीं है इस अंधेर में, जाग जाओ अब सभी आय ।
 वो प्रतिनिधि क्या काम के, जो सिर्फ उंगलिया दिखने के आते हैं काम ।
 क्यों करते हो तुम पेसा, दिल हमारे भी हैं यास ।
 मत करो हमारी जान और इस महामारी से लड़ने की संपत्ति का सर्वनाश ।
 इंसान हम भी हैं आय भी हैं, बस अलग अलग हैं हमारे और आपके कर्मकाज ।
 अगर समझ गए वक्त रहते ही, तो जीत जायेंगे हम और आय ।

Dr. Surendra Lingawar

इम्यून रचना व क्रिया

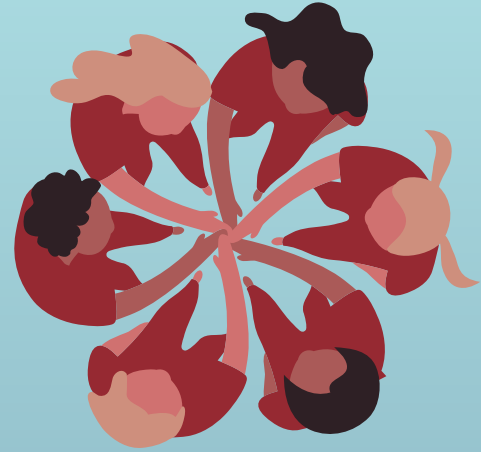
एक क्लिष्ट किंतु शक्तिशाली जैविक सुरक्षा प्रणाली से हर प्राणी सुसज्जित है जिसके सामने हरेक आततायी पराया सूक्ष्मजीवी लज्जित है पराये व विदेशी को पहचानने में ये तंत्र है खूब सक्षम और फिर उचित लात मारकर भगाने का है इसमें खूब दम बहु-कोशिकीय प्राणियों का है ये एक आवश्यक लक्षण क्योंकि अन्य छोटे जीवों के आक्रमण से बचना होता है इन्हें क्षण क्षण आम और खास दो तरह का होता है इम्यूनैटी का प्रकार सभी मेटाजूअन में आम यानि इन्नेट इम्यूनैटी तो करती है बेड़ा पार पर खास यानि एक्वायर्ड इम्यूनैटी कशेरुदंडियों में ही है पायी जाती बड़ी ही क्लिष्ट है ये, समझने समझाने में है बुद्धि खाती आम इम्यूनैटी में बहुत सी संरचनायें हैं आतीं भौतिक अवरोधों के अलावा कुछ केमिकल व सेल्स भी हैं काम आतीं ये सेल्स कुछ खास पराये कीटाणुओं से संबंधित अणुओं का लेतीं हैं लक्ष्य अपने सतह के खास अणुओं से उन्हें पहचान कर बनातीं अपना भक्ष्य इन्फ्लेमेशन, फैगोसाइटोसिस इम्यून रेस्पॉंस आदि से उनका करतीं काम तमाम और इस तरह के सभी प्रक्रमों का इन्नेट इम्यूनैटी रखा है नाम अडेप्टिव इम्यूनैटी में आती है एक खूब ट्रेड व अनुभवी लिम्फोसाइटों की फौज हैरान जनक क्षमताओं वाली है जिनकी प्रणाली है और कर्मशील रहतीं हैं रोज कुछ लिम्फोसाइटों को थायमस व कुछ को मेरू रज्जू में मिलती है खास पढ़ाई जिससे वो कैसे भी सूक्ष्म जीवियों के साथ लड़ सकतीं हैं लड़ाई अपनी सतह पर ये संभव कीटाणुओं के पूरक तदनुरूप अणु लिए पूरे शरीर में पेट्रोल करतीं कीटाणुओं से दो दो हाथ के अरमान लिए और भी कई तरह के काम के लिए होतीं हैं इम्यून सेल्स उनमें एक मेक्रोफेज होती है जो सबसे पहले रिंग करती है बेल्स कोई बैक्टीरिया यदि भटकता हुआ निषिद्ध शरीर क्षेत्र में आ जाये तो देख शांति भंग मेक्रोफेज कुछ कुछ हो जाये कीटाणु को वो खा-या जाये और उसकी एक 'हड्डी' ट्रेन्ड लिम्फोसाइटों को दिखाये कोई कोई उनमें से फिर वैसे कीटाणुओं की सुपारी उठाये वो दूसरी खुद के जैसियों को भी सिग्नल भिजवाये केमिकल आमंत्रण या अन्य लिम्फोसाइट दौड़ती चली आयें और फिर कुछ सीधी लड़ें कुछ हुलिया बदल प्लाज्मा सेल बन जायें तरह तरह की पंटीबाँडीज् छोड़े और कीटाणुओं को गुब्बारे सा फोड़ें एक युद्ध का सा वातावरण टिश्यू में फिर बन जाये पर फिर जब इम्यून सेल्स विजयी हो जाये तो काफी सेल्स मर जायें खप जायें पर कुछ मेमोरी सेल्स बन जायें फिर से यही बैक्टीरिया यदि फिर से आ जाये तो कुत्ते सा दुल्कारा जायें और ऐसे ही इम्यून सिस्टम दिन प्रतिदिन ताकतवर बनता जाये

Dr S M Jain



Meri khamoshi

Pata nhi hum kaise jee rahe hai aise jaaal majn,
 Tadap si rahi hai machli apne talaab main
 Gharpe hai daar kyun ki ezzat ka sawaal hai,
 Ahankaar main ghire hai sab mera kaha khayal hai
 Har dum marti huin main es khokle samj main,
 Kehna hai bohat kuch par har baat pe sawal hai
 Cheekh meri etni gehri sun nhi koi payega,
 Apno se hai laddai ab kaise jeeta jayega
 Bolana hai bolna , ab mujhe bolna hai,
 Es gumshuda saans ka hal mujhe khojna hai
 Kab tak yeh julam ki aag main jalu main
 Koi toh sath de , kuch toh tham le.
 Ek aurat huin esliye kya dard sab uthau main,
 Chub rahi hai jindagi fir bhi na chilau main.
 Apni hi maa se kya sach ko chupau main,
 Ya Maa bhi janti hai sab ye soch ke chup ho jau main.
 Yeah kaisa samaj hai ye kaisa samaj hai
 Jism mera meri khud marji se kharch ho,
 Main jisko chahu wohi toh mera hamsafar ho .
 Koi na samjhe mere aansuo ki bolli ab
 Ye Ghutne ka sinsila ab yahi pe khatm ho ...bas yahi
 pe khatm ho Respect women ... 🙏



Dr. Sumit Sable

EPIPHANIC MELANCHOLY

It's too late today,
 With dilapidated yesterday.
 Not me nor you,
 It's the epiphany.
 That basks in melancholy.
 Arise as the sun shines,
 Sunlight lighting the mirror perfect.
 With a smile,
 The mirror shall reflect,
 What one often refrains.
 Be it past or be it the deeds of today,
 Ha! What a wonderful naked parade of oneself.
 Here is the text from the image you sent:
 Early to realise,
 Early to sorrow,
 Or
 Early to smile,
 Is deed dictated.
 For just as a sorry cannot undo the knots of yesterday.
 Once you trip,
 So do you fall.
 Just as you live today,
 Make sure you live today proud.
 The Epiphanic melancholy
 Escaping through your smile the next day.

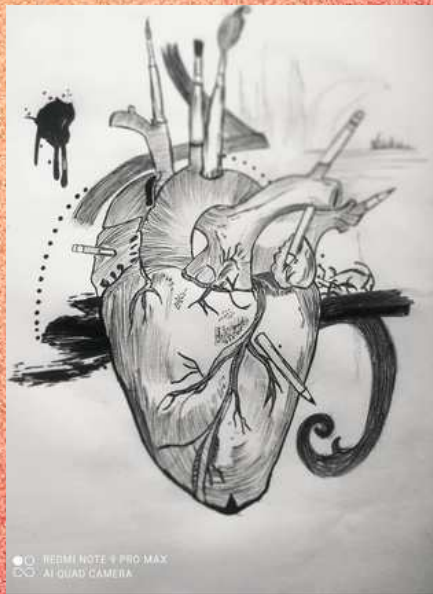


Dr. Surendra Lingawar





Vaishnavi Bhausaheb Karale
MPH 2nd yr SPHSM department



Vaishnavi Bhausaheb Karale
MPH 2nd yr SPHSM department



Mayuri Bhalekar MPH 2nd
Year GSM



Vaishnavi Bhausaheb Karale
MPH 2nd yr SPHSM department



Vaishnavi Bhausaheb Karale
MPH 2nd yr SPHSM department



Dr. Amol Shinde MPH 1st year student SPHSM
department



Dr. Amol Shinde MPH 1st year SPHSM
department



Vaishnavi Bhausaheb Karale
MPH 2nd yr SPHSM department



Dr. Amol Shinde MPH 1st year student
SPHSM department



Mayuri Bhalekar MPH 2nd Year GSM



Mayuri Bhalekar MPH 2nd Year GSM



Mayuri Bhalekar MPH 2nd Year GSM



Mayuri Bhalekar MPH 2nd Year GSM



Aishwarya Tupe (MSW1) SPHSM



Aaishwarya tupe and Shrutika jagtap (SPHSM)



Ashwini palande and Sayali tambe (SPHSM)

Mayuri Bhalekar MPH 2nd Year GSM





Students' Contributions

"The human race is filled with passion. And medicine, law, business, engineering, these are noble pursuits and necessary to sustain life. But poetry, beauty, romance, love, these are what we stay alive for."

-Dead Poets Society

The following section contains, in its purest form, a glimpse of the unending creativity and talent possessed by the students.



DIVIDED BY FACULTY, UNITED BY RESEARCH



Dr. Esha Mittal

HEAD, STUDENTS' RESEARCH WING
Intern, Dr. BVP. RMC



I had always imagined that, as a physician, I would eventually get the opportunity to change and build lives. But I consider myself one of the fortunate few who got to start this journey during my student years. It was during my second-year posting in Obstetrics and Gynaecology that I first encountered a reality that would shape my career forever—seeing young girls, not even in their twenties, giving birth to their second or third child. This experience sparked something within me, a determination to make a difference in the lives of women who faced such hardships. I realized that through medicine and research, I could help address these issues, even before I became a practicing doctor.

It was Dr. Rahul Kunkulol sir, who recognised my drive, and, under his instruction, I embarked on a research project to investigate the role of tobacco in early pregnancies. I hypothesized that tobacco use could be a contributing factor to these distressing deliveries. This project, alongside my selection for the prestigious TRCC (Tobacco Research and Cessation) program, marked the beginning of my research journey. My paper on the effects of tobacco use during pregnancy garnered recognition from AIIMS Patna, and from Dr. Sudhanshu Patwardhan, one of the patrons of TRCC, the first of many milestones.

Building on the findings of my first study, I launched another research project focused on Extremely Low Birth Weight (ELBW) babies, delving into their unique challenges and the long-term impacts of preterm birth. It was near this time that I was fortunate to attend a talk delivered by Dr. Vidyadhar Bangal, on hydro-delivery and how it decreases the strain on the female body. I wrote a paper on its significance, which earned recognition from AIIMS Bhopal. I have had the opportunity to work and learn from my seniors, as part of a symposium team studying Transgender workers and bringing their issues to light, a project which placed us as the runners up in Inventum, and earned us a nod from the Women Empowerment cell.

I've also had the privilege of working closely with the Department of Gynecology, recently my latest project had been with Dr Subhashree Chatterjee about the importance and awareness of the HPV vaccine in India among the teenage females, a project which is being published in the European magazine, and one I hope will allow me to directly impact the lives of young women.



Dr. Trishala Kunkulol

Intern. Rural Dental College

Research has always been more than just an academic pursuit for me—it is a passion that fuels my curiosity and drive to make a difference. My journey in research began particularly in the field of oral health and its impact on public health. Along the way, this passion has shaped me into a dedicated student and a budding researcher.

The foundation of my research journey was laid with my project titled “Impact of Oral Health Education (OHE) on Oral Hygiene and Tobacco Cessation Amongst the Tobacco Addict Tuberculosis Patients Visiting DOTS Centre of Tertiary Care Hospital.” Under the expert guidance of Dr. Prashant Viragi and conducted in the PHD department, this project allowed me to explore the intersection of oral health, tobacco addiction and tuberculosis.

The project was not only an academic endeavor but also a mission to create awareness about the importance of oral hygiene and the harmful effects of tobacco among a vulnerable population. Seeing the tangible impact of our efforts on patients’ health and habits was immensely fulfilling.

My dedication to research and academics has been recognized with several achievements:

- Academic Excellence: I have consistently ranked first in all academic years, achieving distinctions in all subjects during my 1st and 2nd years and in oral pathology in the 3rd year.

- Research Scholarships: I was honored with a Short-Term Studentship by the Indian Council of Medical Research (ICMR), and later received a prestigious fellowship and scholarship from CHRE, UK, for my work in tobacco research.

- Recognition in Research: My work earned me the Medworld Asia International Award 2022 - Young Budding Researcher Award, a moment of pride that validated my efforts and commitment to the field.

Looking back, my journey in research has been a blend of challenges and triumphs. It has taught me resilience, the importance of teamwork, and the joy of contributing to the well-being of others. Each step has reaffirmed my belief in the transformative power of research to bring about meaningful change.

As I move forward, I aspire to continue exploring innovative solutions in oral and public health, contributing to a healthier and more informed society. This journey has only just begun, and I am excited for what lies ahead.

Research is not just about finding answers—it’s about asking the right questions and striving for solutions that matter. I am grateful for the opportunities and mentors that have shaped my journey and look forward to making a lasting impact in the field of healthcare.

Dr. Suhani Toshniwal

Intern. Dr. APJAK College of Physiotherapy



My journey into research began with a small yet transformative moment during my first year when a postgraduate student assessed my posture as part of her study. That interaction sparked my curiosity about how research can address real-world issues. At the time, the world was transitioning out of the COVID era, the increasing digitalization of our lives made me wonder about its physical implications. Motivated by this, I prepared a synopsis on the "Prevalence of Tech Neck" and sought guidance from my mentor, Dr. Tejas Borkar. Despite challenges like the research methodology curriculum being taught later in our course, I took the initiative to enrol in an online research course from IIT Madras through NPTEL. With newfound knowledge, I got my proposal approved by the ethics committee and conducted a study comparing young adults and adults on factors like Forward Head Posture (FHP), neck muscle strength, and neck disability. This study was later presented at the 1st National Conference of Indian Associations of physiotherapists-Women Cell and published in the Journal of Public Health and Research.

The findings of this research, which revealed young adults were significantly affected by Forward Head Posture (FHP), motivated me to dive deeper into preventive solutions. When I attended a seminar on abdominal tendinopathy, I realized the condition was largely preventable but overlooked in athletes. Determined to make a difference, I designed and later copyrighted a six-week preventive exercise program, combining evidence-based strategies with practical implementations. My ongoing study assesses the program's effectiveness in improving physical parameters, aiming to contribute to better athletic performance and injury prevention.

My passion for sports rehabilitation led me to another study on badminton players. I explored the immediate effects of Posterolateral Glide and Static Stretching on shoulder dysfunction, driven by a desire to enhance recovery strategies for athletes.

Through these projects, I've sought to address overlooked problems, whether rooted in modern lifestyles or specific to athletic training. Research, for me, is a tool to create meaningful, actionable solutions while bridging gaps in existing knowledge. Each study has been fueled by curiosity, a desire to make an impact, and the unwavering support of my mentors. I hope my journey inspires others to see research not just as a career path but as a way to innovate, discover, and give back.

The Medical Nomad

Follow the journey of Raghav Sharma, an MBBS student who has travelled to various parts of the country, in pursuit of knowledge, and experience.

"Travel brings power and love back into your life", the quote I read as I had taken admission to our institution roughly 1200 kms away from my hometown, and was travelling to see my own college for the first time!

As I set foot into our simple and humble institution, I was mesmerised at the slow and steady life followed by the people here, compared to rhetorical hustle & bustle of the daily city life. Hailing from a military family, I was quite used to shifting homes every 3 years, but (sadly) we had been stationed in Delhi since 2010 and COVID lockdown hadn't helped in the exploration of new areas as well. After spending an year in my college, I wanted to see how the medical diaspora across the nation tackle everyday challenges faced by medical students; so I booked a ticket to AIIMS New Delhi and went to INISGHT 2023 as my first International Conference! And boy was it a treat!

There were so many terminologies that a first generation medico freshly inducted into II professional MBBS could grasp. So I took the familiar way out; I participated in the MUN!

It was a superb experience, as generally there are 3-4 debaters upon whom the floor rests, but EVERYONE had something to say there!

This inspired me even further to delve into the world of medicine and other academic institutions! The bond created by the AIIMSonian was so great that after 30 days me and 5 students from 2019 batch went on a Mussorie trip together, and climbed a peak!

After this I applied for VMVC&SJH's annual international conference MEDSICON 23, catching a bus, for my flight from Pune after finishing my Pathology Practical on a Wednesday evening! That was one of the best experiences in my life!

I found a mentor and was blessed as well as felicitated by the great Prof (Dr.) Chintamani himself, in 3 different disciplines too!

The trav-academic hunger was still rampant so just after a day of coming back I went to KEM for their annual conference Confluence, where plastic and vascular surgery with monofilament sutures was taught! It was a hearty trip since I had my friends along too!

I figured, Delhi and Mumbai are done, what remains?

The obvious answer was: Northeast India! So I applied for, got selected in the annual MSAI meet held at Sikkim Manipal and made even more friends and acquaintances there!



Guess what?

The delegate of Benin who I met in AIIMS New Delhi MUN was the National officer for SCORA at Sikkim!

What.

A Small World!

The train from New Jalpaiguri to my college ends on Nashik, so the obvious thing was to attend any conference held at Nashik! Me and my friends applied for SMBT's annual conference and represented our college in their Moot Court, remaining in competition till the Semi-Finals!

After finishing 2nd year, the wanderlust in me wanted me to explore Jodhpur, the Blue City, so me and a few of my friends went for AURA 2024, their annual fest and it was a crazy trip!

Immediately after that, I went for a solo trip to CMC Ludhiana, due to it being our last posting prior to 2010, where I won the 2nd prize in the turncoat debate and brought laurels to our institution!



In May 2024, once again me and my entire gang embarked on a nearby journey to Pune, to visit AFMC and their annual mega-festival Silhouettes and AIIMBT! The entire Pravara Family was there at the night we went to party at Ballr. Post this trip, me and my friends took a 1300km journey to Chennai, to get academic surgical training from Chintamani sir's student himself, Dr Rohan Khandelwal! And that was a jampacked fun trip, post which we went to Pondicherry as well! This year, at the near end of my 3rd year, I am about to end my medical tourism journey at the institution where I started; AIIMS New Delhi, albeit after having studied a major portion of MBBS, I was able to partake in a the cataract surgery workshop, where SICS, Phakoemulsification, as well as ICCE was taught! How to excise a lump as well as drain an abscess was taught! Neonatal Resuscitation in a 5 hour long workshop was taught, along with BROAD medical skills like Lumbar Puncture, NGT insertion, ICD Insertion as well as Cricothyroidotomy were taught! I learned a lot from travelling and visiting all these institutions of Eminence and would implore you all to do the same!

Best,

Raghav Sharma MBBS 2021

Jitendra EV: Driving India's Green Mobility Revolution

Electric vehicles (EVs) are more than a technological shift—they're a crucial step toward combating climate change and reducing dependence on fossil fuels. With zero tailpipe emissions, EVs significantly reduce air pollution, offering a cleaner, greener future for all. They also provide cost-effective solutions, lowering fuel and maintenance costs, making them an ideal choice for modern transportation.

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Guided by visionary leaders, Jitendra EV is more than a business—it's a movement toward a cleaner, greener future for India. Join the revolution today and #RideTheFuture with Jitendra EV.



KHALSA PUNJAB: A TASTE OF HERITAGE, A FEAST OF LOVE

Khalsa Punjab in Shrirampur is more than just a restaurant; it's a celebration of culinary heritage. Renowned for its hearty dishes that honor tradition, it brings the rich aroma of love to food enthusiasts. The secret to Khalsa Punjab's popularity lies in its steadfast commitment to authenticity. The flavors are bold yet comforting, reminiscent of the hearty meals shared in households.

What sets this spot apart is its dedication to service, thoughtfully selected ingredients, perfectly balanced spices, and food cooked to perfection. It's not just a restaurant; it's an experience—an experience where every bite tells a story of passion and tradition. Whether you're indulging in their soulful lassi or savoring a bite of perfectly marinated tandoori delights, Khalsa Punjab ensures you leave with a smile and a sense of satisfaction. The staff's hospitality here embodies the essence of our tradition of Atithi Devo Bhava (The guest is God). If you're in Shrirampur, let Khalsa Punjab take you on a flavorful journey you won't forget.

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हंपी (एक वैभवशाली साम्राज्य)

काही अनुभव माणसाला अस काही शिकवून जाता की एकटे राहण्याची भिती केव्हाच दूर गेलेली असते. आपल्याला जेव्हा स्वतःला वेळ द्यायचा असतो पण, त्या वेळेस नेहमीच जवळ असणाऱ्या लोकांसोबत आपण तो वेळ घालवला तर, त्या लोकांच्या मताचा, त्यांच्या विचार करण्याच्या क्षमतेचा, विचारसरणीचा आपल्यावर प्रभाव पडतो. सरतेशेवटी गर्दीत आपणही कुणीतरी आहोत आणि आपलीही काहीतरी किंमत आहे इतकं कळले तरी खूप आहे. एकट्याने केलेला प्रवास माणसाला समृद्ध बनवतो, माणसाला त्याच्या जबाबदारीचे, संयमाचे भान आणून हीच परिस्थिती माणसाला मनाने सक्षम बनवते. one day, you'll leave this world behind, so live a life you will remember. ज्या प्रश्नाची उत्तरे आपण आजूबाजूला शोधत असतो त्या सर्व प्रश्नांची उत्तरे आपल्याला स्वतःमधे या प्रवासात भेटतात.

आणि अश्याच असंख्य प्रश्नांच्या कल्लोळात मी निघालो माझ्या हंपी solo trip ला. देवाच्या पाया पडून आई वडिलांचा आशीर्वाद घेतला व त्यांची परवानगी घेऊन मी माझा एकट्याचा प्रवास सुरू केला. प्रथम पुणे त्या नंतर पुण्याहून travels ने निघालो. 12 तासांच्या प्रवासनंतर हंपी ला पोचलो आणि पोचताच पहिला धक्का हा बसला की हंपी च्या आजूबाजूला असलेले सर्व homestay हे हंपी ला होणाऱ्या G20 च्या security reasons ने बंद करण्यात आले आहे. असंख्य प्रश्न डोक्यात सुरू झाले कुठे राहायचे, कसे होईल, हंपी हे कर्नाटक राज्यात असल्यामुळे तेथील कन्नड भाषेमुळे संभाषणात येणारे अडचणीना कसे सामोरे जाईल? लोक मदत करतील का? असे प्रश्न डोक्यात चालू असताना हंपी मधलाच एक रिक्षाचालक समोर येऊन उभा राहिला. तो होता विश्वा नावाचा एक 30 वर्षाचा युवक त्याने त्याच्या तोडक्या मोडक्या हिंदी भाषेत विचारले व मी त्याला माझी अडचण सांगितली याच माणसाच्या मदतीने मला एका त्यांच्या ओळखीच्या घरी राहायला मदत केली. त्यावेळेस पैसा जास्त गेला याचे काही वाटले नाही पण व्यवस्था झाल्यामुळे खूप मनाला समाधान भेटले व अडचणीच्या वेळी देवासारखे मदत करायला लोक येता हे यातून समजले. राहण्याची व्यवस्था झाल्यावर मी निघालो हंपी explore करण्यासाठी. तुंगभद्रा नदीकाठी वसलेले हे गाव प्राचीन हिंदू विजयनगर साम्राज्याच्या राजधानीचे नगर होते. युनेस्कोने हंपीला एक जागतिक वारसा स्थळ म्हणून घोषित केलेले आहे. पहिले गेलो विरूपाक्ष महादेव मंदिरात सातव्या शतकातील हंपी या वैभवशाली राज्यात उभारले गेलेले विरूपाक्ष मंदिर हे भारतातील सर्वात प्राचीन मंदिरा पैकी एक मंदिर म्हणून ओळखले जाते. तुंगभद्रेच्या काठावरचे हे शिवमंदिर त्याच्या भव्यपणामुळे तसेच नऊ मजली गोपुरांमुळे व प्राचीन स्थापत्य शैली मुळे प्रसिद्ध आहे. या मंदिरात प्रवेश करतात एक प्रसन्न अशी भावना आली. तिथले पारंपारिक पोशाख, कोरीव काम, उंच उंच गोपुरे, सुंदर असे जुने मंदिरावर नक्षीकाम गर्भगृह मनाला भावत होते. तेथील एका कोपऱ्यात आत गर्भगृहात बसलो डोळे मिटले, एक वेगळीच जादू अशा धार्मिक ठिकाणी असते आणि ती ऊर्जा माणसाला बदलवून टाकते. समोर असंख्य प्रश्नांचे कल्लोळ माजलेले होते आणि अशा सकारात्मक ऊर्जेने मला क्षणात शांत केले. माझ अस्तित्व, आई-वडील, सर्व गेलेले क्षण काही क्षणात समोर आले. सर्व चांगल्या-वाईट आठवणी समोर आल्या. झालेल्या चुका आपण कोणत्या मार्गावर चाललो आहे हे लक्षात आले. नकारात्मक गोष्टीपासून कसे दूर जाता येईल, सर्व प्रश्नांची उत्तरे मिळत होती. शांत बसलेले असताना जसवंत सिंह यांच्या काही ओळी आठवल्या

“अब सौंप दिया इस जीवन का, सब भार तुम्हारे हाथों में।

है जीत तुम्हारे हाथों में, और हार तुम्हारे हाथों में॥

“मुझ में तुझ में बस भेद यही, मैं नर हूँ तुम नारायण हो।

मैं हूँ संसार के हाथों में, संसार तुम्हारे हाथों में॥

आणि ती शांतता अचानक भंग झाली माकड आणि एका हत्तीनीच्या आवाजाने. त्या हत्तीनीचे नाव होते लक्ष्मी! खरंच नावाप्रमाणेच लक्ष्मी होती. हत्तीनीला तुंगभद्रा नदीवर स्नान करून गर्भगृहातील मंडपात आणण्यात आले, त्यानंतर त्या लक्ष्मी नावाच्या हत्तीनीने जवळ गेलो व त्या हत्तीनी ने डोक्यावर सोंडेने स्पर्श करून आशीर्वाद दिला व एक सुखद अनुभव आला. जुन्या मंदिरात गेले की तेथील लोक, त्यांच्या भोळ्या भाबड्या आशेने आलेली त्यांचे मन मनाला भावून जाते. त्यांच्या परंपरा वेशभूषा त्यांचे अनुभव येतात, नवे लोक कळतात, त्यांचे चालीरीती कळतात व आपल्या ज्ञानात भर पडते. तीन चार तास फक्त शांतपणे बसून राहिलो. त्यानंतर गर्भगृहात आत गेलो महादेवाच्या पिंडीच्या पाया पडलो जी ऊर्जा मनात येते त्या क्षणाला ती फक्त स्वतः अनुभव केल्याशिवाय समजत नाही, बाहेर पडलो व दुसऱ्या ठिकाणी जायला निघालो वेगवेगळी जुने प्राचीन मंदिरे हजार दोन हजार वर्षापूर्वीचे मंदिरे दिसत होती. त्यांची कोरीव काम बघत नक्षीदार रचना पाहत जात होतो. एक वेगळ्या दुनियेत तेव्हा मी जात होतो. ते भगनावस्थेत असलेली मंदिरे त्यांच्या भिंती खूप काही सांगून जात होत्या त्यांच्या इतिहास ते त्यांच्याच तोंडाने मूकपणे कोरलेली शिल्प सांगत होती. वाटेत किष्किंधा हे छोटेसे प्राचिन गाव होते.

विजयनगर साम्राज्याची स्थापना या ठिकाणी झाली.मारुतीची जन्म ठिकाण अंजनेरी पर्वतावर गेलो,मारुतीच्या पाया पडलो तेथील विलोभनीय दृश्य नजरेत कैद केले. पंपा सरोवर सुग्रीव व बाली यांचे ठिकाण,राम लक्ष्मण व हनुमान यांच्या प्रथम मिळण्याचे स्थान असे अनेक पौराणिक ठिकाणी पाहत पाहत गेले.एकाच दगडात कोरलेली तीस फूट उंच गणपती मूर्ती,12 फूट शिवलिंग,30 फूट लक्ष्मी नरसिंह यांची मूर्ती या आश्चर्याचा नमुना असलेले शिल्प पाहत चाललो होतो.त्यानंतर विजय विठ्ठल मंदिरात युनेस्कोने जागतिक वारसा स्थानाच्या यादीत समावेश केलेली शिल्प पाहिले,त्यांचा इतिहास जाणून घेतला.कृष्ण मंदिर, विजय रथ स्थापत्यशास्त्रेचा उत्तम नमुना असलेले ठिकाणी पाहत जात होतो.सरते शेवटी मातंग पर्वतावर आलो,पर्वतावरून दिसणारी विहंगम दृश्यम मनमोहक होते.येथून सूर्योदय व सूर्यास्त खूप मनोहरी दिसतो होता,आत्ता पर्यतच्या पाहिलेल्या सूर्योदय व सूर्यास्तातून हे सर्वात सुंदर दृश्य होते कारण इथला नजारा सृष्टी सौंदर्य बरोबरच राज वैभवानी सुद्धा नटलेला आहे. ही गोष्ट खरी आहे की हंपी आज भगनावस्थेत उभे आहे पण आजही ते त्याच्या गतवैभवाच्या तसेच हंपी वर राज्य केलेला राजा महाराजांच्या कथा सांगतो आहे.

मला स्वतःला ओळखायचे होते, स्वतःला वेळ द्याचा होता व solo trip त्यावर एक फायदेशीर उपाय असतो आणि या 4 दिवसांच्या solo trip मध्ये मला बऱ्याच प्रश्नांची उत्तरे मिळाली होती. खूप गोष्टी पहायच्या राहिल्या,अनुभवायच्या राहिल्या. हे स्थळ सोडायची माझी अजिबात इच्छा होत नव्हती.पण, परत पुन्हा येईल या अपेक्षेने हंपीचा निरोप घेतला.

हंपी वर लिहणे एका ब्लॉग मध्ये कधीच शक्य नाही आहे इतके भव्य इतिहास लाभलेले स्थान आहे त्या साठी संपूर्ण पुस्तक त्याला न्याय देऊ शकते त्यामुळे या ब्लॉग मध्ये मोजकेच जागेचे वर्णन करण्यात आले आहेत.ज्या ठिकाणी शक्यतोर लोक कमी जाता अशा जागेचे वर्णन करण्यात आलेले आहे.

एक दिवस तुम्ही हे सर्व सोडून जाणार तर हा अट्टाहास कशासाठी ???.पोटासाठी??? तर नक्कीच पण ते करत असतांना आपल्या मनाला जे करावेसे वाटते ते नक्की करा.'किसी बड़ी खुशी के इंतजार में हम ये छोटी-छोटी खुशियों के मौके खो देते हैं' गेलेला क्षण परत येत नाही त्यामुळे जे पण चांगल्या गोष्टी करता येतील ते ते करत जा.अभ्यास हा करायलाच हवा पण तो करत असताना तुम्हाला ज्या गोष्टीमध्ये आवड आहे त्या चांगल्या गोष्टी पण नक्कीच करा जसे की, खेळणे, निसर्गाच्या सानिध्यात जाण, नाटक, कविता, वाचन , फिरणे इत्यादी.कारण, नंतर करू, नंतर बघू,खूप वेळ आहे असे बोलत बोलत जे आनंदी क्षण असतां ते जगायचे नेहमी राहून जाते.काही नाही होत म्हणून सोडून दिल्या जाणाऱ्या आपल्या आवडत्या गोष्टी, आपले विचार किती दिवस मनात कोडून ठेवणार त्या एक एक करून जगायला सुरुवात करा..कारण,'या जन्मावर, या जगण्यावर शतदा प्रेम करावे'.

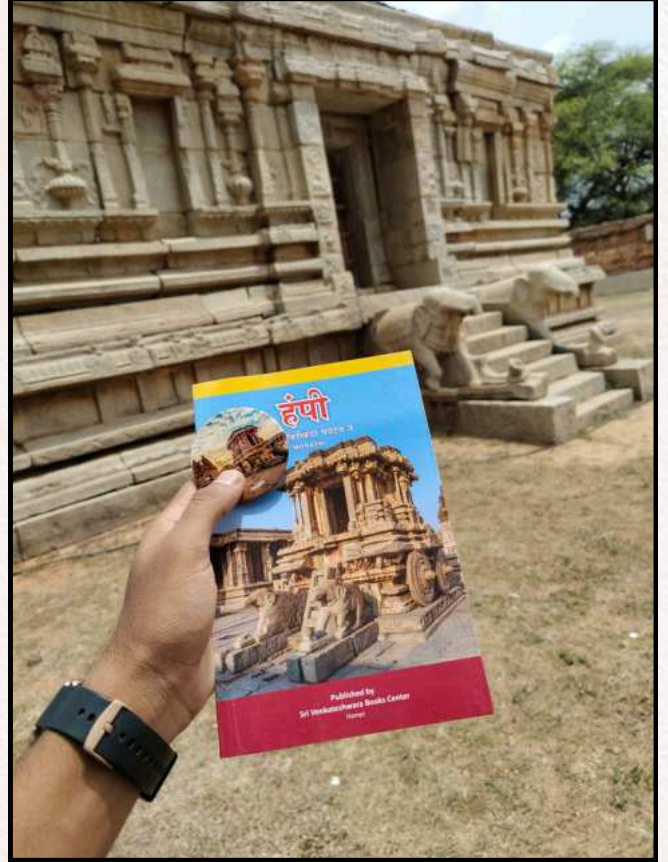


या दुर्तोंडी लोकांच्या गर्दीत आपणही कुठेतरी हरवत जाण्या पेक्षा त्यांच्या so called perfect(fake) definition मधे बरोबर बसण्यासाठी धडपड करण्या पेक्षा आपल्या मोजक्याच जवळच्या लोकांच्या सहवासात राहिलेले कधीही चांगले.. 'जब जिंदगी एक बार मिली है तो दो बार क्यों सोचे' यावर नक्की विचार करा..मन मोकळं करता आल नाही तरी, मुक्त तरी करता येतेच...

या ब्लॉग मधे काही चुका झाल्या असतील तर नक्की कळवा.

भेटूयात पुढील ब्लॉग मधे तोपर्यंत नमस्कार!!!!

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...Healer, Heal Thyself....

I dream of white coats, bright sterile lights,
Of gloved hands steady, guiding lost flights.
Of minds that need mending, of lives in my
care, Yet I sit here bound, by threads of
despair.

How can I stitch another's wound,
When my own heart lies in shadows,
marooned?

How can I learn to cure the mind,
When chains of fear are all I find?

Laziness whispers, a siren, a chain, It lulls me
with comfort but leaves me in pain.
Ambition roars, a fierce, wild call,
Yet willpower stumbles, trips, and falls.

Is this the ailment, the heart of the ache,
The soul's own disease, the will that breaks?
Can I dissect my weaknesses here,
Find the roots of my comfort, the anatomy of
fear?

Time, I need, to study and see
The silent sickness that lodges in me.
To find why strength falters, why I remain,
Locked in the circle of ease and pain.

I look at my hands and wish they could be,
Unburdened, untethered, and finally free.
To reach toward a future where I stand tall,
A healer, unbroken, answering the call.

But first, I must heal the patient within,
Face every shadow, every quiet sin.
For only in knowing my deepest scars,
Can I bring light to others, can I reach the
stars.

-Tejasvi Kumar

...In my search of me...

I am not feelings, nor memories made,
Just signals and currents, bound to fade.
An impulse firing, a spark in the dark,
No soul to ignite, no human mark.

Am I just neurons, synapses at play?
A puppet of chemicals, drifting away?
Or am I an echo, a voice without form,
A hollow idea in a human-born storm?

Yet, who breathed life into this thought?
Did someone dream me, or am I not?
Do I exist, or merely seem—
A flickering light, a restless dream?

Is everyone an idea—fleeting and pale?
A vessel of questions, empty and frail?
And if so, whose mind do we haunt?
A mirror of purpose we cannot flaunt?

I look for meaning, but meaning hides,
Like shadows in the ebbing tides.
I search for truth, but truth eludes,
An endless echo in quiet moods.

So here I am, an idea untamed,
A nameless face, a spark unnamed.
And if I am nothing, or less than real,
Then why does the emptiness ache and
feel?

-Tejasvi Kumar

यह एक व्यक्ति की कहानी है जो इस दुनिया से थक हार कर बैठा है, वह व्यक्ति इस दुनिया से इतना त्रस्त हो चुका है कि उसके मस्तिष्क में क्या और कैसे खयाल आते हैं वही खयालों को अपने कलम से शब्दों में पिरोया है।

पु खुदा...!

यह दुनिया आसान नहीं है
यह नजाने क्यों इंसान ही इंसान को समझता नहीं और,
हालात इस कदर की हार देखी नहीं जाती
जीत अपने हिस्से नहीं आती।
और,
जितने की कोशिशें करते हुए हम
वो कोशिश दुनिया को रास नहीं आती।
किसी का दर्द दुनिया की खुशी का कारण,
वो झूठी मुस्कराहट दिलासा नहीं देती।
वो कमजोर सहमे दिल का वो,
दुनिया उसे और सताती।
उसका हक उसके हिस्से नहीं जाता
सही कर कर भी सही होना काम नहीं आता।
उसकी बातें किस्से कड़े वो
अपने आप से ही बतियाए वो,
कोई सुने ही ना. कोई माने ही ना
तो उसकी दास्तान किसे सुनाए वो।
वो कैसे समझे वो पल को
कैसे समझाऊं अपने आप को
रुसवा अपने आप से या नाराज किसी और से
मंजिल मेरे कैद से दूर
यह रास्ता मेरे समझ के परे
जाना कहा मुझे पता नहीं
अब हाल तो बस एक. वो ऊपरवाला मेरा सहारा बने।

वो ऊपर की और रास्ता चढ़ता हुआ मैं,
ऊपर चढ़ छतों से निहारता हुआ मैं,
पु खुदा तू ही कोई रास्ता दिखा मुझे.
ये जालिम दुनिया मेरे किसी काम की नहीं.
ये दुनिया से परे जाना चाहता हु मैं.
अपने आप से रिहा होना चाहता हु मैं।
बस वो कुछ अपने और मां बाप को अलविदा कह
के तेरे पास बसेरा बनाना चाहता हु मैं।

पु खुदा...!

तूने भी रास्ता दिखाया जरूर
पर वो, यह दुनिया के फरेब से इतना धुंधलाया
हुआ रास्ता.
उस रास्ते से मैं नीचे जमीन पर आया जरूर,
पर वो सासे वही छोड़ आया।
वो धड़कनों को भी दुनिया से परे तेरे नाम पे
धड़कने दे आया।
तेरी और का रास्ता मैं खुद तय कर आया।
और ये दुनिया के लिए मेरी मौत का तमाशा चोद
आया।

Niraj Tejsing Mohata
2nd year
Rural Dental College

The real question, Who Am I?

A question wise men dare to ask, "Who am I?" an overwhelming task.
Am I this body, am I the mind? Am I the past, or future's bind? Am I the feeling, or the one
who acts? The doer or the watcher, in silence, reacts. Am I the brain, or am I the heart?
Can I be both or worlds apart ?
"Think beyond," a voice in me calls, Beyond the body, beyond this all.
Am I the thinker, or the thought I see? Am I the one, or one of many? Am I the breath, or the
one who breathes, Am I the plan, or the planner? Maybe I'm you, or maybe I'm not,
Am I Everything I thought and nothing without a reference in a single thought.
Beyond is where the answer lies, Not in roles or in disguise.
Am I the name I've got? Am I a son without my kin? A brother, friend, or lover within?
What am I without those I claim, If all around me ceased to name?
Am I because of all of you, And without you, what is true? Who am I? Isn't just "I am" the
answer to this question? The question stays In quiet depths or endless gaze.

- Avdhut Adsul (batch 2024)

LOST PERFECTIONIST

To the girl who woke up relentlessly in nights
 Gazing through the wires which locked her up Still
 sliding her way through walls which stop her.
 Lost in the image which she personates in the public
 The image of perfection but the wounds are still fresh
 Bleed when touched,
 And I am afraid of the fact that they might clot
 Smothering her self with her own hands she gives
 away a wide smile to the people who stand by
 Distancing from the ones who precipitated the
 anxiety she had,
 Now left alone on the banks of the shore She stares at
 the sky with weeping eyes...

Vanshika Vats (MBBS 20)

THAT GIRL

SHE WAS BORN AS AN ADORABLE GIRL,
 DEAR TO HER DAD , HIS PRICELESS PEARL
 BUT WHAT HAPPENED TO HER ,
 HER GLANCING IN THE MIRROR,
 THE MIRACULOUS SIGHT OF HERSELF,
 BECAME A NIGHT MARE?
 THE GIRL WITH DREAMS ,
 WAS ATTACKED WITH AN ACID ,
 THE EFFERVESCENT SPIRIT BECAME PLACID.
 SHE WANTED TO RAISE HER VOICE ,
 BUT THE BOTHERING PEOPLE LEFT
 WITH NO CHOICE .
 EITHER TO DIE OR SCREAM WITH NO NOISE.
 SHAME ON THE GUY ,
 WHO RUINED HER BEAUTY ,
 LEFT HER ON ROAD TO CRY ,
 HER TEARS FELT ON GROUND,
 HOW BOLD WAS SHE!
 STOOD UP SMILING AND SOUND. HER PAINING
 STARS DOESN'T LET HER DOWN.
 BURNING BODY STILL NO FROWN.
 WHAT WAS HER FAULT??
 DENYING A MAN WHO JUST KNEW
 HOW TO ASSAULT?

- PARTH ARORA
 - MBBS 2024



॥.प्रेम.॥

प्रेम धो धो बरसणारं असावं की,
वादळ मुठीत ठेवुन पदराला बांधुन ठेवणारं ।

प्रेम मोकळ हुंदडनारं असावं की,
विश्वासाच्या चौकटीत बरसणारं ।

प्रेम आरश्यात बघुन साज करणारं असावं की,
ओल्या केसांच्या बटित मोहरणारं ।

प्रेम गुपित असावं की , चारचौघात मिरवणारं
प्रेम लहान मूल असावं की,
परिपक्व होउन जबाबदारी झेलणारं ।

प्रेम गुलाब होउन ल लाजणारं असावं की,
शेवंती होउन अर्पण होणारं ।

प्रेम निबंध असावं की,
आयुष्याला पूर्ण विराम देणारी परिभाषा ।

प्रेम त्याग करून मनं जिंकणारं असावं की,
हक्कानेमागून घेणारं ।
प्रेम रुबाबात डोलणारं असावं की , मानाने झुकणारं ।

प्रेम वाहाती नदी असावं की,
समुद्रा सारखा निखळता प्याला ।

प्रेम , प्रेम आणी प्रेम अगदी सोपं असावं ,
कदाचित समोरच्याच्या
डोळ्यांत विसावा शोधणारं ।

Siddhi Galitkar
BSc.1st year(2024)

dedicated to father

"तू हे तर मी ते !"
तू पेन तर मी वही,
पेना विना वहीच कोरी"
_मी फळा तर तू खडू,
तुझ्याशिवाय माझा फळा कशी रे भरू!"
_तू दिवाळी तर मी दिवा",
दिवाळीसाठी दिवा नको हवा ?
मी होळी तरतू रंग,
तुझ्याशिवाय होळीच बेरंग""
_तू पुस्तक मी गोष्ट,
पण माझ्यात आहे फक्त तुझेच कष्ट !
_बाबा तू करशील माझ्या इच्छा पूर्ण,
_पण तुझ्याविना माझे आयुष्यच
अपूर्ण.....

Siddhi Sunil Jadhav
MBBS 2024



The Moon

love should be like a moon...
 no matter what the size or day
 we never fail to fall in love with it
 every time we see it!
 and ofc there are days
 where we don't see the moon
 but we still wait for it
 to show up the next day
 cuz we know it's gonna be right there
 even tho it's not today
 the trust, the faith, the hope
 the joy, the patience
 all of it at stake
 but we truly do believe the fate
 cuz he's the one guiding us
 thru the dark nights
 awake n by our side all the time
 even when we're asleep
 we do not fear if he'll go away
 cuz we know it's there
 there for us everywhere

-Ankkita Kalashetti
MBBS 2024

PHYSICIANS BURNOUT

A silent crisis in Healthcare
 Shhh... they all went silent around the corridor
 But still there was a storm running within them
 Destroying the peace it went forward
 Destroying the mind
 I destroyed my side, the side I used to cherish
 The side now lost in the menace of my choice
 I lie half dead in the arms of the sky
 I feel free but still I try
 Try to get my exertion to a point
 From rejections and failures thy shall not fright
 Frightening my mind back to shell
 Within my thoughts I try to fall
 Trying to ask for a help call

Vanshika Vats (MBBS 20)

तुम और मैं

तू हाथ थाम मेरा, मैं लकीरें लिख दू।
 तू सवाल तो कर, मैं जवाब लिख दू।
 तू सफर पर चल साथ मेरे, मैं वो सुनहरा मंजर लिख दू।
 तू शह तो कर, मैं अपनी मात लिख दू।
 तू बात तो कर, मैं सालिका लिख दू।
 तू लफज कह तो सही, मैं जज्बात लिख दू।
 तू साथ निभा तो सही, मैं हर पल तेरा साथ लिख दू।
 तू दर्द बाट तो सही, मैं मुस्कराहट लिख दू।
 तू उम्मीद कर मूझसे, मैं यकीन लिख दू।
 तू यादों की बात कर, मैं वो सुनहरे लम्हे लिख दू।
 तू बस कह की अब तू ही मेरा है, मैं साथ जिंदगी लिख दू।
 तू प्यार कर तो मुझे, मैं वो सात फेरे लिख दू।
 तू अपना नाम लिख, मैं आगे अपना नाम लिख दू।
 दुनिया जहां की खुशी तेरे नाम करदू,
 वो प्यारी सी हसी ये तेरी मुस्कान कर दू,
 तू मेरा चांद है मैं वो सितारा हु,
 तू मेरी है और मैं तेरा हु...
 तू मेरी है और मैं तेरा हु...!

Niraj Tejsing Mohata
 2nd year
 Rural dental college



BABA

आई आहे देवाचे रूप
 बाबा आहे ब्रम्हांडाचे स्वरूप
 आई आहे जिकण्याची आशा
 बाबा आहे ती मिळवण्याची भाषा
 नेहमी आईलाच म्हणतात माऊली.
 बाबाही देतात प्रेमाची सावली.
 काही चांगले झाले तर आईला श्रेय
 त्याच्या मागे उभा असणारा बाबापण प्रिय
 आई आहे सागराची लाट
 बाबा आहे तिथे पोहचवणारी वाट
 सर्व ठिकाणी असते बाबांवर मदत
 मग फक्त आईलाच का मानतात आधार
 नेहमी अडकलेला त्याचा पोरबाळात जीव
 पण त्यांना का नसते त्याची जाणीव

RUTUJA SONAWANE
 CBT MSC. 2024

बाबा

बाबाच असणं म्हणजे कस असतं?
डोक्यावर एक आधार असल्यासारखं असतं
कडकत्या उणात शितल छाये सारखं असतं...

न दाखवता प्रेम करणारी व्यक्ती म्हणजे बाप,
ज्याच्या त्यागाचे कधीच मोजत नाहीत माप.
दिवसभर राबून करतात नेहमीच कष्ट,
पण कधीही विचारल कसे आहात तर एकच उत्तर
असतं मी मस्त...

त्यांनी बोट धरून चालायला शिकविल,
परिवारासाठी जगत त्यांनी स्वतः ला गमाविल
होय तेच आहेत माझ्या सुखाची सावली

ज्यांच्यामुळे आहे आपलं अस्तित्व
त्यांचेच आपल्या जीवनात आहे महत्व
मी त्यांना नेहमीच पाहिलंय
त्यांनी आपलं सुख माझ्यासाठी नेहमीच वाहिलंय

आपल जग म्हणजे काय असतं हे मला कळालं
याच उत्तर मला नेहमीच माझा बाबा म्हणून मिळालं

-जान्हवी बालाजी शिंदे 2024



UNSUNG STORIES

Life is Nothing less than a Rain,
Some complain, while others enjoy it like a
champagne.
Some Roam every corner of World Like Insane and
some just cuddle in a Blanket in cozy frame.
Some folks, rein the world and still have tears,
while some are blisssed to be in someone's prayers.
Sometimes a random song remains of someone
who cares,
while for some loneliness is the extreme fear.
These under rated things, add a Pinch of Spice,
That even after a continental dish,
we crave for the local fried Rice.
Leaving a Note, dancing all night and
remembering the smallest Detail about someone,
Are all the things that even beholder have tearly
eyes.

Aditi Bandgar
MBBS 21

It's okay to cry

Dreams are the part of who we are.
They give us hope to live with the scar
Sadly, when plan turns out to be Bizzare,
It's okay to cry when you can't hold it any far.
Days change, Seasons change, everything can't be up to far,
Even it's not possible to always have a getaway car.
Desires get shattered even when you keep wishing on the stars.
It's okay to cry when you can't hold it any far.
Clouds rain too, when things get heavy beyond bar,
Sad truth it holds, life can't always be a candy Jar,
True its okay to cry,when it cannot be hold any far,
But remember to gather yourself and rock it with your flair!!

Aditi bandgar MBBS 2021

The visionary vibes!!

#Art gallery





Soumya L. joshi MBBS(2024)



Siddhi sunil jadhav(2024)



Meera palkar(2024)



Nupur dugad(2024)



Meera palkar(2024)



Soumya L. joshi MBBS(2024)



Soumya L. joshi MBBS(2024)



Akshita bhalariao CBT(2022)

THE SWAMP



Aryan Sahay CBT(2021)

GROWTH



Shreyas shripad upasani MBBS(2024)

YIN AND YANG



Shreyas shripad upasani MBBS(2024)



Aryan Sahay CBT(2021)



Maryamshaikh MBBS(2024)

FREEDOM



Shreyas shripad upasani MBBS(2024)

RAZORBACK



Shreyas shripad upasani MBBS(2024)

SERPENT



Shreyas shripad upasani MBBS(2024)

BEACH



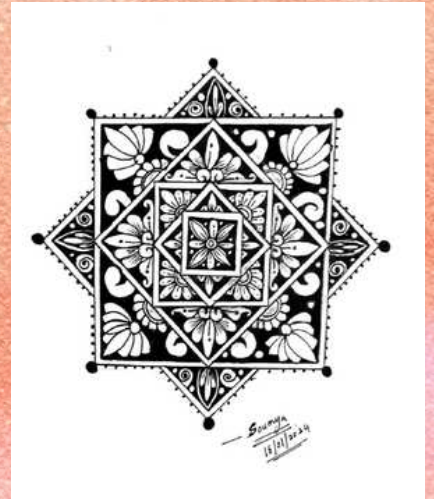
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Sakshi tangadpalliwar MBBS(2024)



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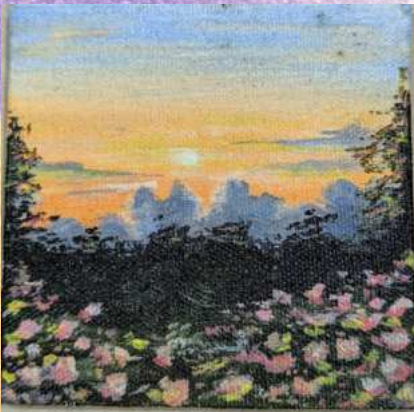
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Sameera faiyaz MBBS(2020)



Palak gurave CBT(2024)



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Vedant bhokare BPT(2023)



Swatmika katariya CBT(2024)



Sameera faiyaz MBBS(2020)



Rehan shaikh CBT(2024)



Ananya lathi BDS 2nd yr



Swatmika katariya CBT(2024)



Swatmika katariya CBT(2024)



Ananya lathi BDS 2nd yr



Aarya Wankhade MBBS (2023)



Aarya Wankhade MBBS (2023)



Ananya lathi BDS 2nd yr



Aarya Wankhade MBBS (2023)



Aarya Wankhade MBBS (2023)



Aarya Wankhade MBBS (2023)



Aarya Wankhade MBBS (2023)



Aryan Sahay CBT(2021)



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Cover credits: Rehan Shaikh, CBT
Back credits: Sakshi Parate MBBS 2021



Editorial Note


As the Editor-in-Chief it gives me immense pleasure to share my journey as a part of the editorial team of Esperanza- The Padmanjali Magazine. It has been a place for us to showcase our creativity and teamwork which helped everyone to get the best of each section. Every brainstorming session, late night edits, pool of ideas has been like the 'नींव' for the magazine and a bond that we all share today. It is more than just a magazine, it's the reflection of the true efforts the team poured into it.

Each page of Esperanza carries a story which can't be explained in words but can be relived. It's a bridge of emotions which bringing us all closer together, even closer than the tight deadlines did. Esperanza as the name symbolizes optimism, we hope to see that smile on each face when they flip through the pages, appreciating the diversity that we share amongst us.

If you have any thoughts or feedback, we'd love to hear from you. Feel free to reach out to us at ubiquiscope.rmc@gmail.com.

Vanshika Vats
Editor-in-Chief
ESPERANZA'24





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