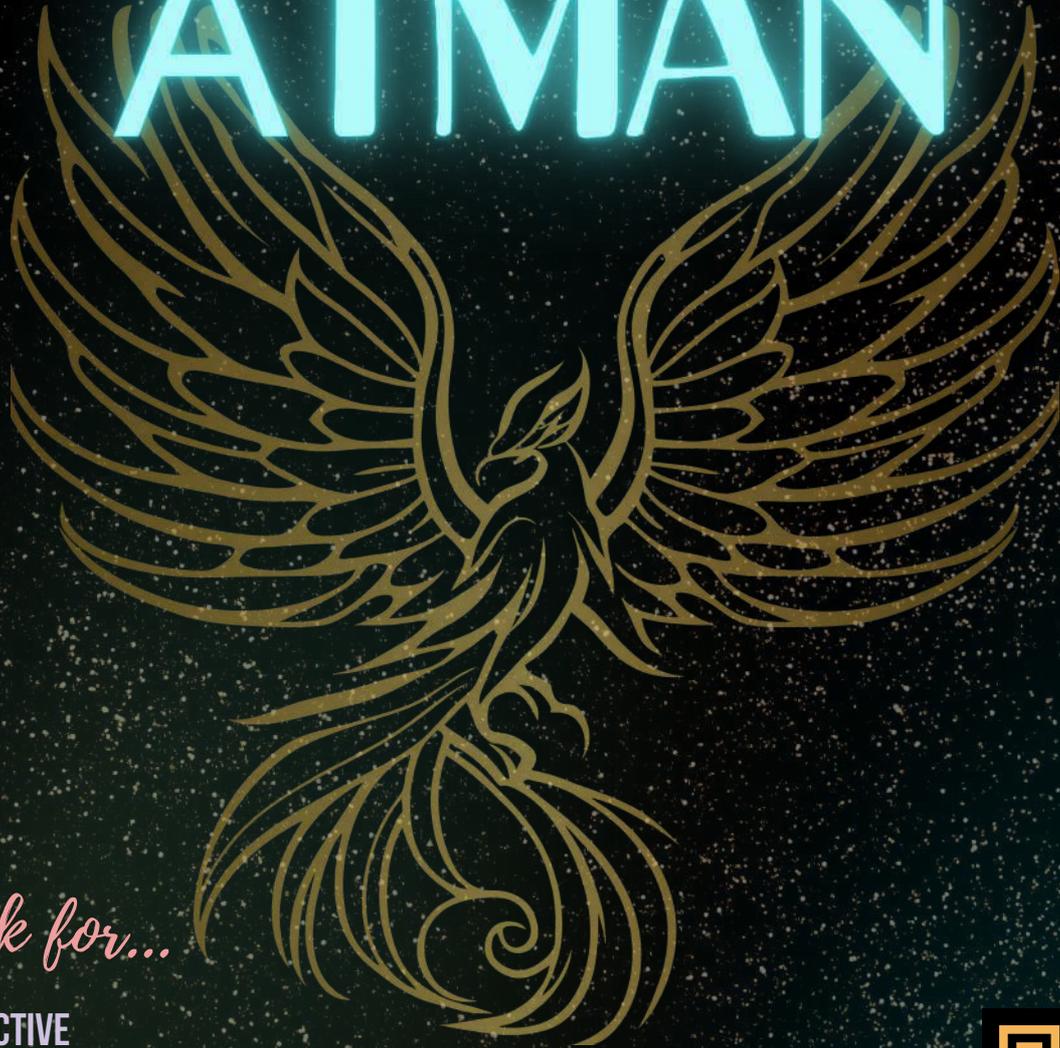




2024

आत्मन्

ĀTMAN



 *Look for...*

PROSE-PECTIVE

BEHIND THE WHITE COAT : DR MAHESH V

VERVE-VISTA



The essence of AIIMS Mangalagiri

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Editorial



**HAPPY NEW YEAR DEAR AIIMS MANGALAGIRI FAMILY.
HERE'S HOPING THE COMING YEAR IS EVERYTHING YOU WISH.**

ATMAN TURNS 3, AND ITS TIME FOR A CHANGE!

OVER 2 YEARS WE COVERED THE "STORY OF AIIMS" FROM THE FOUNDATION STONE STAGE, THROUGH BRICKS AND MORTAR IMAGES AND ANECDOTES, TO ITS PRESENT IMPOSING BUILDINGS. AS WE END THAT SEGMENT, WE HOPE TO CARRY FORWARD THE VIBRANCY OF OUR CAMPUS THROUGH PROSE, POETRY AND IMAGES.

WE INTRODUCE A FEW NEW SEGMENTS, RETAINING THE POPULAR ONES, BUT IT'S NOT JUST OLD WINE IN NEW BOTTLE! STUDENTS HAVE THOUGHTFULLY CURATED SEGMENTS AND IT WILL BE A REFRESHING CHANGE FOR THE BETTER. TO DELVE INTO ASPECTS BEYOND MEDICINE AND BEYOND CAMPUS LIFE, WE HAVE "GREY MATTER" AND "BODHA".

"TAPESTRY OF TRADITIONS" WILL SHARE THE MAGIC OF INDIAN CULTURE AND GIVE US INSIGHTS INTO OUR AGE OLD AND VARIED CUSTOMS.

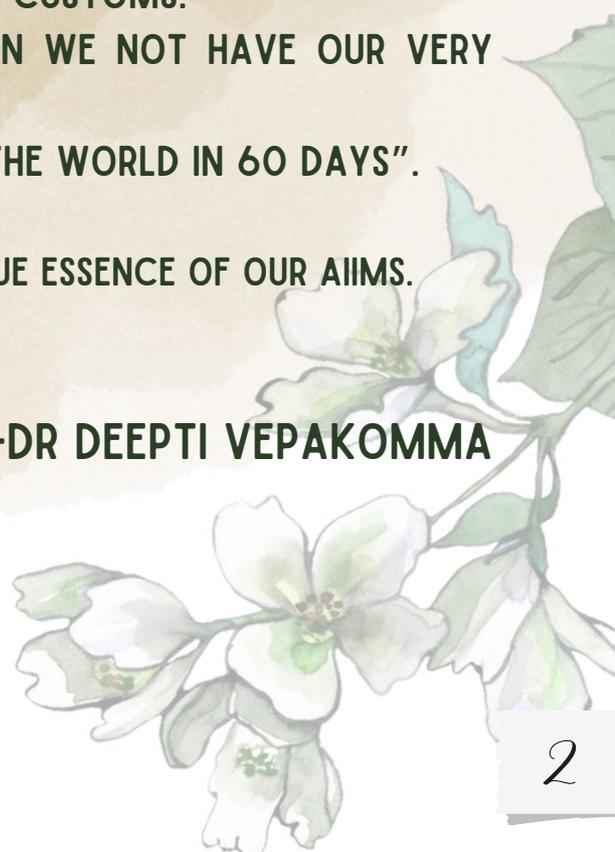
IN THE TWITTER AND INSTAGRAM AGE HOW CAN WE NOT HAVE OUR VERY OWN "BYTE SIZED BANTER"??

WANT NEWS AT A GLANCE?? FOLLOW "AROUND THE WORLD IN 60 DAYS".

READ, SHARE, CONTRIBUTE AND MAKE ATMAN THE TRUE ESSENCE OF OUR AIIMS.

JAI HIND

-DR DEEPTI VEPAKOMMA





Behind the White coat

With
Dr Mahesh V Acharya,
Department of Pediatrics

*An interview by
Nandana and Aradhya (2021)*

Behind the white coat

? *Could you tell us something about yourself?*

I was born in Chintamani, Karnataka. I completed my schooling from Pragati Composite School, Chintamani. I completed my undergraduate studies at Mysore Medical College, Karnataka, and went on to pursue my PG in Pediatrics and DM in Pediatric Nephrology from AIIMS, New Delhi.



? *What inspired you to take up medicine as a branch?*

One incident that greatly motivated me to pursue medicine was my grandfather being diagnosed with lung cancer, which had progressed to a much later stage, due to which we were unable to save him.



? *What inspired you to take up Pediatrics and Pediatric Nephrology as a specialization?*

Our postings started in the 2nd year and one of my Pediatrics Professors, Dr. Savitha M.R., greatly inspired me as a student. She had excellent clinical reasoning skills. Whatever she taught was very practical and clinically oriented. This piqued my interest and inspired me to take up Pediatrics. Prof. Arvind Bagga greatly inspired me during my PG days. He was extremely punctual, disciplined, knowledgeable, and had great concern for his patients. This motivated me to take up Pediatric Nephrology where I got the opportunity to work under Prof. Bagga and learn from him.



? *Whom did you look up to during your childhood?*

My school teacher, Vijaya Ma'am, was someone I had a lot of respect for during my childhood. She helped me both morally and financially during my school days.



Behind the white coat

? *What is your greatest strength and weakness?*

Professionally, I feel my greatest strength is the fact that I'm very quick at learning new things. But I also have the habit of delving way too deep into each case, which I consider a weakness.



? *Who has been your favorite student till date?*

My junior at AIIMS, New Delhi, Dr. Vishaka Varshney.



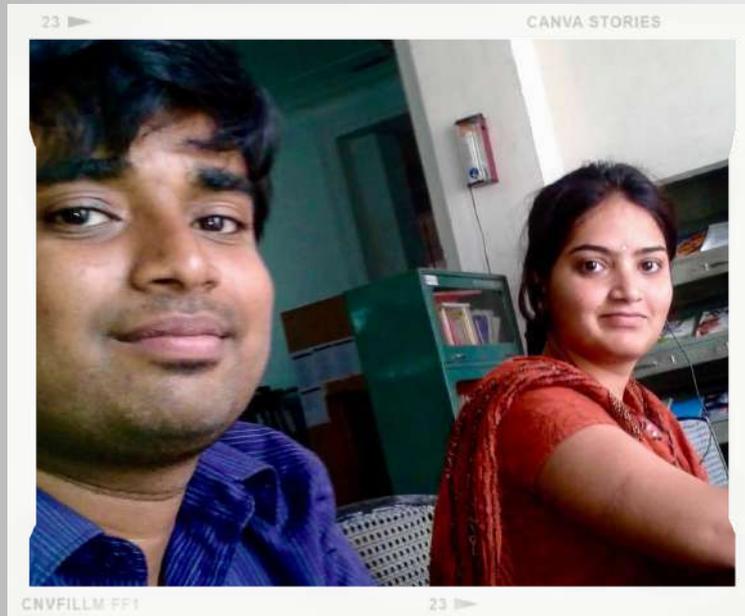
? *Could you tell us something about your love life?*

I met my wife, Dr. Laxmi, during my MBBS days. I used to be quite nerdy during my MBBS days. When our 1st-year final exams were nearing, she approached me to ask a few doubts about how to prepare for the physiology exams. That was the first time we had spoken. When the results came out, I received a distinction in Physiology, and she congratulated me through SMS—maybe initial cues? In my 3rd semester, popularly called “The Honeymoon period” during my days, I managed to buy a 2nd-hand bike. Around the same time, our Forensic Medicine department got a call for an exhumation case, for which everyone in the batch was supposed to make their own transport arrangements to reach the site to learn about the process.



Behind the white coat

<Laughs> Naturally, we both decided to go together to that place. Unfortunately, though, our visit to that site was canceled, and both of us were quite disappointed. We managed to go out to eat on some other day after which we started to meet more frequently. Our relationship culminated in marriage after 11 long years. My wife helped me become a more balanced person. She taught me that while it is necessary to study hard, we should not give up on the things that really matter, like going out once in a while, enjoying with your friends, and creating good memories



? *Can you tell us about your hobbies?*

A year ago, my daily routine revolved around rigorous gym sessions, dedicating 1-2 hours daily even during the demanding period of my DM exams. Currently, I've shifted my focus to morning jogs within the campus. However, with a growing emphasis on settling into family life, I foresee a potential return to a more intensive gym routine once I've achieved greater stability.



Behind the white coat

? *Can you name some movies, books, or songs that have inspired you?*

While it might sound somewhat clichéd, the film "Swayam Krushi" featuring Chiranjeevi left a lasting impact on me. His character's resilience in overcoming adversities and consistently rising after each setback served as a profound inspiration during challenging phases in my own life.



? *If God appeared in front of you and asked you for a wish, what would you ask for?*

Maybe for an easier childhood. During my childhood, my father worked as a goldsmith, specializing in embellishing ornaments by fixing diamonds into earrings. Our family income hinged on the fluctuating demand for his craftsmanship. Despite being in 7th grade and aware of my limited ability to contribute, my concerns gravitated towards the household's financial dynamics rather than typical childhood preoccupations, such as anticipating age-appropriate toys, playing with friends, etc. But then, the hardships I faced made me the person I am too.



Behind the white coat

 *If you could have dinner with a historical figure, who would it be and why?*

I might have invited and advised Vasco da Gama against discovering the sea route to India <laughs>, envisioning a scenario where our nation could have evolved into a more advanced and prosperous entity. Additionally, while respecting individuals' choices to migrate, I hold the perspective that it could have been beneficial for the country if more people chose to remain and contribute to its growth and development despite the hardships one would face here.



 *What has been the secret mantra behind your achievements?*

While I may not claim numerous accomplishments, completing a continuous six-year tenure (MD and DM) at a stretch in a premier institute stands as a testament to the value of sustained effort. In my experience, the key lies in diligent work, accompanied by a strategic infusion of smart approaches. It underscores the importance of a harmonious blend of hard work and astuteness to navigate the path to success.



 *If given the chance to counsel your younger self, what would it be?*

I would advise embracing a more social approach instead of solely prioritizing studies. Reflecting on my past, I recognize that my initial inclination towards solitude affected my social interactions. I missed out on events like 'Socials' during the first year and remained behind the scenes during fests. Surprisingly, I even skipped my graduation, considering it less significant at the time.



Behind the white coat

It wasn't until after completing my super specialization, amid the COVID lockdown, that I finally participated in the graduation ceremony. The transformation into a more sociable and jovial person came with hindsight.

What is the biggest regret in your life?

While I don't harbor major regrets, in retrospect, there are minor nuances I wish had unfolded differently. Specifically, I ponder on the idea that if I had encountered my wife earlier, her support might have contributed to me becoming a better person at an earlier stage, fostering a positive impact on my journey.



What advice would you like to give to students?

Prioritize reading quality books over fixating on academic excellence. The essence of MBBS lies in comprehending the intricacies of human pathologies to effectively treat them. Focus on studying from authoritative sources, fostering a profound understanding of the subject matter. Avoid relying on shortcuts for exam success, as true proficiency is cultivated through a genuine and in-depth grasp of the material. Embrace social connections and maintain regular communication with your parents. I believe it's valuable for individuals to experience a relationship during their MBBS journey, provided it is a healthy and enriching one. My personal transformation serves as an example – I used to be excessively rigid in my schedule, easily agitated by minor disruptions. However, meeting my wife played a pivotal role in positively shaping my personality.





Disha: What after MBBS?

Dr A Sridhar
Assistant Professor
Department of General Medicine





NAVIGATING THE PATH OF RESEARCH AFTER MBBS IN INDIA (true, path breaking research)

As a neurologist with a background in molecular research and publications, I have worked in the complex terrain of medical research in India. This essay delves into the realities and challenges faced by MBBS graduates in India who aspire to pursue a career in honest core research.

The Societal Paradigm and What It Means

Students in India often follow what their family and society expects of them when they want to pursue medicine. Most people who go to MBBS schools do so because they want a stable and well-paying job in medicine. Those who want to go into research, on the other hand, have to fight their most loving people and society every day.

The First Steps in Research

Those interested in research usually start with small projects supervised by faculty. This experience is very important because it gives people a realistic picture of the research world, where failure is 99% and success is 1%. A very small percentage of research projects lead to breakthroughs, which shows how persistent people need to be in this area.

What role does higher education play?

After getting an MBBS, there are a number of Indian schools that offer PhD programs. If you choose this road, you will have to work hard for 7 to 8 years (compared to a typical PhD of 3 to 5 years abroad) and often have to compete with MSc students. Even if you do well in this field, you'll have to improve even more by doing postdoctoral studies abroad.

Problems in the research centers run by the government...

Doctors who try to do research in Indian government institutions often have a hard time because they have a lot of patients, not enough money, and systems that don't work well (read bureaucracy, nepotism, corruption and that you know is not right with us). These things can use up a lot of time and money, which can hurt the quality and progress of research. And might even break you.

The Choice of Doing Research Abroad

Through exams like the USMLE and PLAB, some Indian MBBS graduates choose to study abroad. You can do research while going through this route while also finishing postgraduate or MD-PhD programs. When people do research abroad, they often find it easier because there is more funding, stricter oversight, and higher standards of accountability. The results are obvious. How many Nobel prizes in medicine does the subcontinent carrying the highest number of people in the entire world have? (More personally, do you read Harrison or Davidson?)

In conclusion, in India, being a honest researcher after getting your MBBS is a tough and determined life long journey. But, if you love research...

Remember -

Some fools think they are greater than the rest
they waste their time and resources on a quest
to prove others wrong and boost their ego
But they don't realize how much they forgo

they miss the best path for their goals and dreams
they ignore the wisdom and advice of their teams
they chase the shadows and illusions of their pride
But they don't see the truth and reality that they hide

they end up losing more than they gain
they cause themselves and others pain
they could have been happier and wiser
But they chose to be sadder and miser



Chitra Lekhan

An expression of our feelings as stories / poems, with the aid of photos or images showing the essence.

Whispers in Silence

Dear ME,

Thank you for hanging there. It's funny how we outgrow what we once thought we couldn't live without, and then fall in love with what we didn't even know we wanted. You need to keep in mind that "It's okay..that you cry even if you don't know exactly what you're crying for." Sometimes, we're just too tired of many things. Also, know that it's alright to be too tired because, sometimes it means you did and kept doing the right things. I've been with you for 20 years, still I really don't understand what you are.

Over these years, we have gathered memories, shared endless secrets, created innumerable inside jokes and conversations which weren't meant to be heard by others. I love how comfortable your presence makes me feel. You were the best thing that happened to me.

A small reminder to you, please stop overthinking life like you have an answer to every feeling or situation. That's not how life works. We figure it out by just living, by seeking advice and not taking it, by missing an opportunity. We learn what's important and what isn't. Sometimes, we don't have an idea what to do, you feel restless and it's scary but it's okay. Always trust your gut and know everything will work out exactly the way it is supposed to.

There were days you sat and daydreamed, about things like would I die if the ceiling fan drops right now. You keep postponing doing the laundry till you have nothing left to wear. You set alarms every five minutes and still you snoozed it, you wake up, take forever to get out of the blanket. So on some days, I let it be. Because I know you can figure this all out some other day.

I know you're imperfect, you suck at telling people how you feel. You've habits that you can't let go. You bail out on plans if you don't feel like going. You shut your door when you have an argument with your mom. You tell the wrong people your secrets. You find it hard to let go. Every night, you'll plan to start the day early, but force yourself to stay up late. Little things hurt you.

These are your little imperfections. But it's okay, sometimes you don't have to apologize for being yourself. Just don't be too hard on yourself. You are imperfect and so is everyone else.

I hope whatever is hurting you, you have the patience -"sabr". As everyone says "Trust the process". You will realize, you won't find peace on Monday mornings or in a random person. You have to find it in yourself.

There's a little kindness in this world, be gentle towards yourself. You're someone who puts everyone else before yourself. You've friends who take your kindness for granted. You never really learnt to say "NO" to others. Being good to others doesn't mean that others will be good to you too.

I think I have said a lot and will end this letter here. Embrace your imperfections, keep being the wonderful 'evolving you'.



-Fathima Sumiyya
Bsc. (H)Nursing Batch 2023



NEW YEAR – A REFLECTION OF HOPE!

AS NEW YEAR'S CLOCK STRIKES THE BELL,
MEMORIES TOOK A REPLAY IN MIND
THE YEARS I SPEND WITH MY DAD AND MOM
THE GIFTS I RECEIVED, SMILED AT ME
YEARS WENT BY, AND I TOO GREW UP
THE WARMTH OF JANUARY REPLACED THE DECEMBER CHILL.
ME TOO TRANSFORMED FROM CHILDHOOD TO ADOLESCENCE,
THE PLAY TIME CHANGED TO SEARCH OF ASSIGNMENTS.
RESOLUTIONS BLOOM LIKE FLOWERS IN THE SPRING,
IN THE GARDEN OF HOPE, WHERE ASPIRATIONS CLING .
THE NEW BORN YEAR A BLANK SLATE,
A CHANCE TO REINVENT WHAT LIFE MIGHT ENTAIL.
THIS IS MY LIFE. NOW IT REMINDS ME OF MY MOM,
A HOUSEWIFE,
FOR WHOM IT WAS NOT HER YEAR.
AS SHE FIXED THE SHABBY ITEMS
AND TIDIED UP THE KITCHEN DRAWER,
A LIFETIME'S WORTH OF TRASH,
SHE RESUMED HER ROUTINE TASKS.
FOR ONE WHO WAS BORN AS A GIRL,
THE MOVEMENT OF DEC TO JAN IS JUST
A MOVEMENT OF FRAGRANCE OF BLOSSOMED FLOWERS
TO THE AROMA OF COOKING AND THE SMELL OF GARBAGES .
CENTURIES HAD PASSED,
BUT THE MINDSET OF SOCIETY HAD NOT ALTERED.
THE CHANGE IS ONLY FROM DAD'S PRINCESS TO THE MAID OF HUS.

-Nivya Rajesh
BSc. (H) Nursing 2023 Batch

Beginning of New Hopes

I have finished another year
In grey green white and brown
Something somewhere had gone amiss
This isn't at all
How I thought it would be
And the time passes by without any say

Looking back on the month gone by
As the new year starts and an old one ends
Recalling all the happy times
Remembering how it enriched our lives

In the trips to hill station
I met a girl of kindness and love
Her smile makes eyes shine and twinkle
I love how she stared at my smile

She was as good as fair
When standing by her mound
Such passing sweetness
What living love can catch
Her bloom and bonhomie

Yearlong celebration of love will refresh to stay
Years, decades, centuries will always be in circle
Emotions will excite to explore and delight the cycle
Adventure will mark the calendar turning into chronicle

This is the year for leap of imagination
The year for celestial navigation
The year to finish the book
To leap before you look

Happy Leap Year!!!

-Supriya Kumari
BSc. (H) Nursing Batch 2023

ओ मेरे सुनहरे कल
आज की उलझनों का सिर्फ तू जाने हल !

सवाल आता होगा या नहीं
जो मैं सोचता दिन- रात
तू बताना मुझे कल; हुआ या नहीं!

सवाल आता खुश रहूंगा या नहीं
जिस राह पर मैं चल दिया हूं
तू बताना मुझे कल; सही राह थी या नहीं!

सवाल आता कि संतुष्ट होऊंगा या रहेगा अफसोस
तू बताना मुझे कल;
कि जी रहा हूं मैं या जिंदगी बची ही नहीं।

कल सुनाऊंगा मैं किस्से उन लम्हों के
जो आज मैं अकेले में गुजारा करता हूं

कल मुस्कुराऊंगा उन उलझनों पर
जिन उलझनों में आज उलझा करता हूं

कल दिखाऊंगा मैं उन्हें मेरा कल
जो मेरे आज से गुजरे,

फिर कल मैं न घबराऊंगा
जैसे आज घबराया करता हूं।

-Monika Jangir
BSc. (H) Nursing Batch 2023



Tapestry of Traditions

A journey through the tapestry of our traditions and the lesser known and interesting facts about them.

UNWRAPPING TIME:

Evolution of Christmas

*Single bells, jingle bells,
Jingle all the way;*

Oh, what fun it is to ride in a one horse open sledge.

With the chilling of winter and veiling ourselves under the blanket, the arrival of Christmas and the anticipation of New Year begins. Remembering the word Christmas makes us imagine the birth of Lord Jesus, the jingling of bells and the Christmas cake. But not many are aware that Christmas was not celebrated in the same way as it is today, previously. With the shifting sands of time, Christmas has undergone several episodes of transition. In the earlier days, the pagan festival celebration marked the beginning of the Winter Solstice. In the Victorian era, Christmas was celebrated with great enthusiasm. Queen Victoria and Prince Albert popularized the art of decorating the evergreen trees. This culture was borrowed from the German traditions. The festival got its wings with the blooming of Charles Dickens' "A Christmas Carol ". The kaleidoscope of celebrations over the centuries gave newer and newer shapes to the clay of celebrations.

In the 20th century, technology has woven its own threads into the fabric of festivities. Christmas started being celebrated ambitiously. With the arrival of Santa Claus, Christmas got its new shape. The modern figure Santa took its roots from Saint Nicholas who was known for sharing gifts to the children and the needy people. Santa Claus has been portrayed in the modern era as a jolly man who carries with himself a sack of toys and gifts for the lively little ones. The fireworks and the parties have left an indelible mark. The digital age has made people more modernized as the social media and online communication has taken its stage. Though Christmas has undergone constant metamorphosis, the spirit of inclusivity and sharing of traditions will always remain intact in the hearts and minds of the people all around the globe.



-Trisha Adhikari
BSc. (H) Nursing 1st year

VAIKUNTHA EKADASHI

Vaikuntha Ekadashi, an auspicious day for all the Hindus, is celebrated on the 11th day of *Shukla Paksha* (waxing phase) of *Margashira-masam* according to the Solar Calendar, which usually falls in the months of December and January.

As the legend describes it, this is the day when Lord Vishnu, who resides in the holy place - *Vaikuntha*, opens the gates to his abode for souls who realised their Self and those who accumulated a lot of *Punya* in their account called - *Life*.

Ekadashi in itself is a special day, when many devotees and spiritually oriented people tend to follow certain practices. One of the most commonly observed one is - *Ekadashi Upavaas*, i.e., fasting on the day of *Ekadashi*.

It comes twice every month, so 24 times a year. *Ekadashi* is known as the Day of Lord Hari - *Harivasaraha*, or *Madhavatithi*.

Scientifically, many preachers talk about how our body requires a break from the food that we daily consume - consisting of beans and grains; that the human body can stay for one single day without food once in a while and still go about doing its daily work. So, tying it up with something auspicious usually motivates many people into doing it, hence, it has become a tradition observed wide across our nation.

Spiritually, a few intellectuals define '*Ekadashi Upavaas*' as: *Ekadasha* - 11 gates through which we, '*Vaas*' - stay, '*Upa*' - close to the Lord.

The 11 gates are - the 5 knowledge acquiring senses → eyes, ears, nose, tongue and skin, the 5 working senses → voice, legs, hands, anus and genitals and 1 mind. As a thoughtful saying goes, "It is important to stay spiritual than ritual." Following the written rules blindly just because we have to makes it a meaningless ritual but, following it by involving your entire spirit, believing in - "Getting so absorbed into Madhava Seva, that we put food and sleep behind" makes it a spiritual act, an act of ultimate purity.

Getting into a few mythological facts: -

Vaikuntha Ekadashi is known to be the day when the Devas and the Asuras had churned the Great Ocean of Milk - *Ksheer Sagar*, where Lord Vishnu usually resides, to find great treasures hidden in the vast infinite universe. This episode was called *Samudra Manthan*. This was the day the Nectar of the gods - *Amrita* took birth and the wealth-providing deity, Goddess Lakshmi was born.

Another interesting story linked to this day is a story from the *Padma Purana* - one of the holy scriptures of India, which describes about a demon called *Muran* and the female incarnation of Lord Vishnu called as - *Ekadashi*.

Lord Vishnu had been fighting the demon named Muran for a long time, then he takes rest in a cave, where the demon tries to harm him. Then, the female incarnation - Ekadashi takes her form and with her glance, she takes the demon down. Impressed with her, Lord Vishnu asks her to wish for a boon. She wishes - Whoever does the Ekadashi Upavaas on this auspicious day will get a place in Lord Vishnu's own abode, the Vaikuntha, after death, and will be blessed with all the wealth and health during their stay on the Earth.

Coming to what everyone does on this day in our era; we observe fasting for the entire day and break it in the evening, by consuming beans and grains.

One more significant practice is to enter any of Lord Vishnu's sanctum Sanctorum through the Northern Gate - *Uttara Dwara Darshanam*, and then we see the lord - in one of his incarnations. This act is said to resemble entering the Vaikuntha itself. So, all the temples of incarnations of Lord Vishnu open the northern gate on this day, and let the devotees enter through it for the *Darshanam* of the Lord.

Mythology tells us that Lord Vishnu left Vaikuntha to kill the demons *Madhu* and *Kaibata*, who stole the *Vedas* and then, he entered the Vaikuntha victorious through northern gates, after a thousand years of battle.

So, as much as spiritual a day it sounds, it also comes in with healthy benefits. It is fair to assume that our ancestors have conglomerated the spiritual and health-conscious narratives of the significance of this day to tell people that following conscious health practices indeed gives us a place in heaven, might not be the place our mythology extravagantly describes, but surely the essence of it.

-N Lakshmi Keerthana
Batch 2020





Shreyas

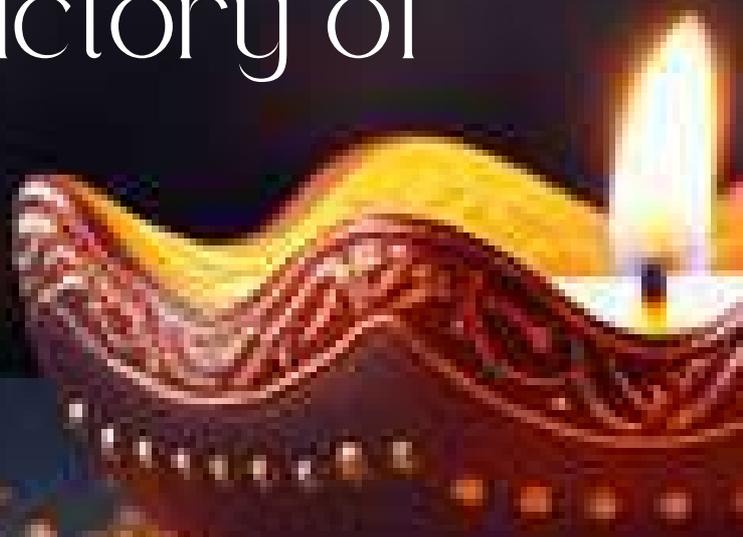
Time, energy and resources are spent in our constant endeavour to enhance patient care and improve academics, brighten our campus and help the community around. This segment will showcase such events that transpired in the preceding months

Diwali 2023

A Festive of lights

Diwali derived from
sanskrit word dipavali
meaning
“row of lights”

Diwali symbolises the
spiritual victory of

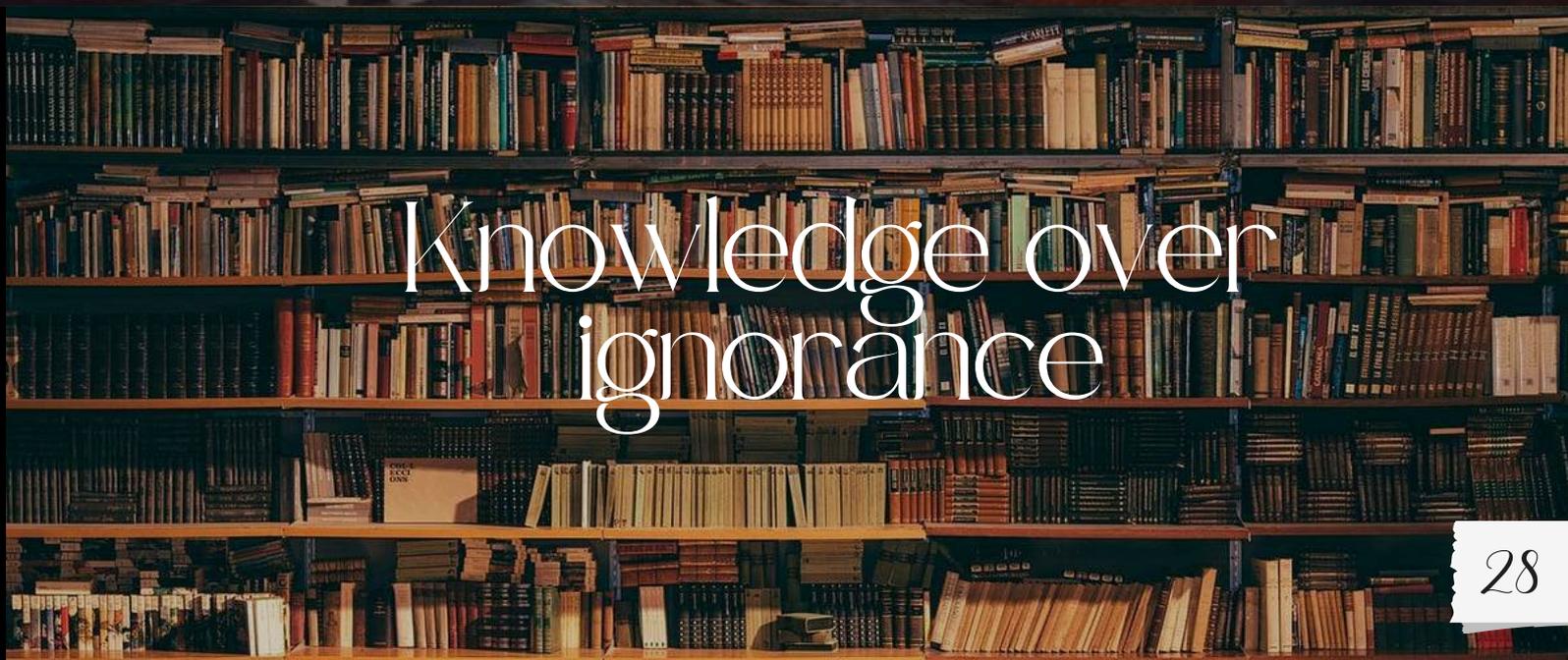




Light over darkness,



Good over evil



Knowledge over
ignorance

MAN SE DIWALI 2.0



“Man se Diwali 2.0” was celebrated with great joy and pleasure by S & E club with the kids @ Sharon Home on 11 - 11 - 23. We all went there in the evening and distributed Diwali sweets to them, after which we interacted and played with them. Their smiles were brighter than the diyas and laughter were louder than crackers.

Books and dresses were given around with bliss.

A joyous beginning for the celebrations were started a day before by visiting the orphanage which without any doubt made this Diwali brighter. As the name describes it perfectly, it was a celebration from the heart. “Man Se Diwali”.



Gallery



-Ahlam Subair
Batch 2021





DIWALI 2023

@aiimsmgMBBSstudents

We all cherish the memories of Diwali celebrations at our homes. From creating beautiful rangolis to lighting up diyas, cleaning the house, and setting off fireworks, it was always a special time.

However, this year was different yet the same. We celebrated Diwali with our very own "AIIMS family". Students from all batches of MBBS and nursing came together to decorate for the occasion. This year, we added an extra element to our decorations - "Waste to Best."

For this year's Diwali decorations, we crafted colorful diya holders using old cardboard boxes to reduce waste.



Additionally, cardboard boxes were painted with mandalas and repurposed as decorative pieces. We also used old colour papers and repurposed them for covering the cardboard boxes. In a way we tried as much as we could to reduce wastage and also increase sustainability of the decoration items so that they could be used in the future for other events.

It's always a great idea to reduce waste and protect the environment, and I'm glad that I was a part of it. On the day of Diwali, we started with a puja ceremony followed by distributing sweets to all the beloved members of the AIIMS Mangalagiri family.

We then had cultural events where everyone enjoyed themselves by singing, dancing, and dandiya. In another corner, crackers were being lit up, providing an amazing show in the sky. Lastly, we concluded with serving special Diwali dishes.

I thank everyone who was a part of it for making this Diwali so memorable and making us feel at home despite being miles away from home.

-Prasanna Eppa
Batch 2020





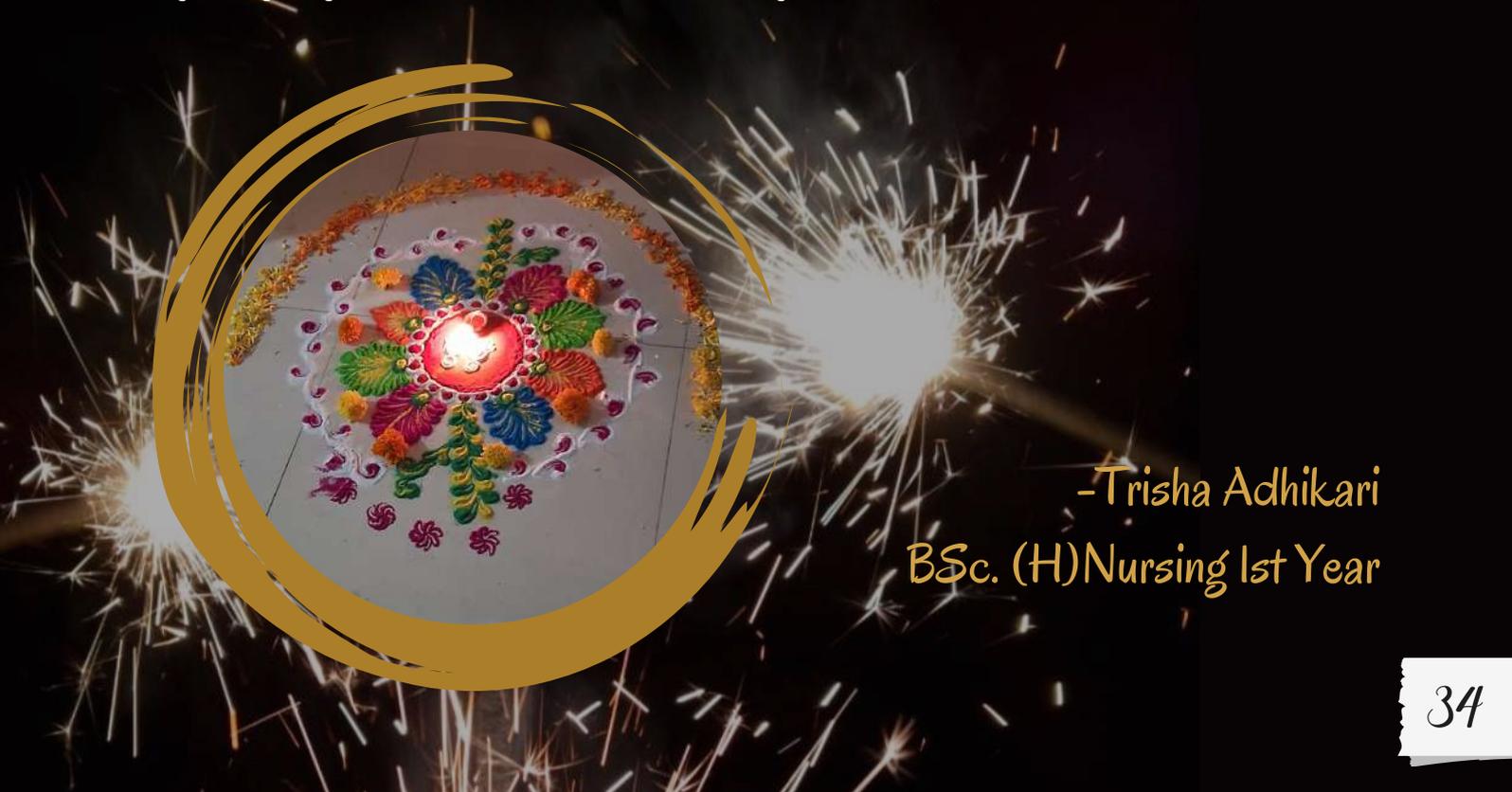
DIWALI MAGIC UNVEILED: ACADEMIC BRILLIANCE MEETS DIWALI BLISS

@aiimsmgNURSINGstudents

Diwali, the Festival of Lights, was celebrated with great enthusiasm by the BSc. (H) Nursing first year students in the girls' hostel's main hall on 12th November 2023. The event showcased various cultures and traditions followed by different people throughout India. It was a kind of teamwork where each and every student contributed something or the other. The journey commenced with the collaborative effort of cleaning the hostel's hall. Everyone started cleaning brooms and brushes. It was fun for everyone. The air was filled with the buzzing creativity of the beautiful rangolis and vibrant festoons. The kaleidoscope of traditions became more vivid with the ideas decorating the hall, the dais and the Puja stage coming out. The students dressed up in colorful ethnic wear to celebrate the festival.

The shimmering of the diyas and candles wiped out all the gloominess and worries and filled the gaps with joy. It commenced with the traditional rituals of an Aarti to Lord Ganesha and Goddess Lakshmi. A medley dance performance was performed by the students to bring out the spirit of inclusivity. The exchange of traditions and cultures charged the air with energy and enthusiasm. A sumptuous Diwali feast was served. One of the highlights of the celebration was the "pass the ball" game where every student tried their best to save themselves from keeping the ball. The AIIMS skyline was filled with the spectacular fireworks display, which added flair to the event.

Thus, the Diwali celebration of the budding healthcare professionals echoed with joy and laughter giving us a new start for the upcoming days.



-Trisha Adhikari
BSc. (H) Nursing 1st Year

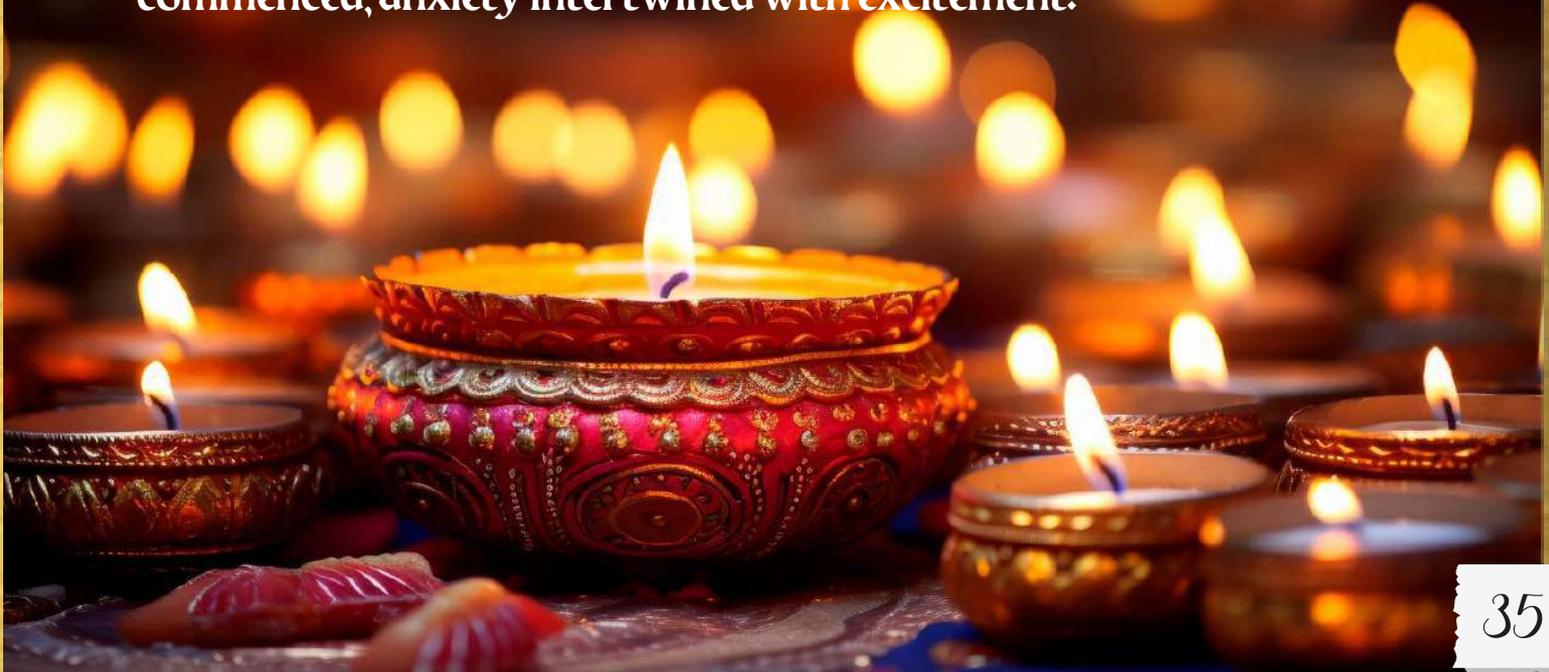
Brushstrokes of Joy

“My Thrilling Journey in Diya Painting Competition”

Participating in Diya painting competition was a leap into the unknown for me, a canvas waiting to be filled with colours and emotions. The anticipation was palpable as I approached my easel, armed with brushes and a heart full of passion.

As the theme unfolded, each dab of paint was a dance of creativity. The competition wasn't just about winning; it was a celebration of self-expression and artistic exploration.

The fellow artists created a vibrant atmosphere, a shared language spoken through the strokes of our brushes. Witnessing the diverse interpretations of the theme was a testament to the kaleidoscope of perspectives within the room. It was an artful symphony, each participant contributing a unique note to the melody. When the judging commenced, anxiety intertwined with excitement.



The panel's discerning eyes scanned each creation, and as they announced my name, a surge of euphoria engulfed me. Winning a prize was more than validation; it was a recognition of the soul I had poured into the work I had done, an affirmation that my art had resonated with others.



Accepting the award was a moment frozen in time. The applause from the audience echoed the collective appreciation for creativity, bridging the gap between artist and admirer

In the aftermath, the accolades and congratulations poured in, weaving a tapestry of encouragement. Connecting with fellow artists, sharing stories, and absorbing the diverse artistic influences enriched my own creative journey





Participating and winning in the Diya painting competition wasn't just a solitary act; it was a communal celebration of art's transformative power.

It reinforced the belief that within every stroke lies the potential to evoke emotions, spark conversations, and leave an indelible mark on the canvas of life.

Dwara Sai Lasya Sree
Batch 2022



verve-vista

*"On this freshers' day, where excitement's in the air,
new faces, new stories, we all gather and share.*

*May your college journey be beyond compare,
To knowledge, laughter, and memories rare!"*

"The Fresher's Party" is the most anticipated day in the lives of every college freshman. This day arrived as "VERVE-VISTA" for us. This was such a brilliantly organised event by our seniors that it will live on in our memories forever. The event started with a warm welcome extended by our respected teachers and seniors. The atmosphere echoed with laughter and cheers. Dressed in a kaleidoscope of colors, the students showcased their unique personalities through creative and quirky outfits.



The fashion show, the highlight of the day, turned the spotlight on diversity of styles. The cultural performances that followed were a mesmerising showcase of talent. From soulful melodies to energetic dance performances, the stage came alive with artistic expressions. Each performance created a lasting impression on the audience.



Later, a photo session continued the event with group photos of faculties and students of both batches. As the event continued, the dance floor became a hub of infectious energy, with students showcasing their dance moves and grooving to the beats.

Laughter echoed through the hall, and friendships were forged on the dance floor, symbolizing the beginning of a journey that promises lifelong bonds.

*-Tamanna
BSc. (H)nursing*

Anusandhan decor

We were filled with excitement when initially tasked with decorating for Anusandhan. Our plan included three main elements:

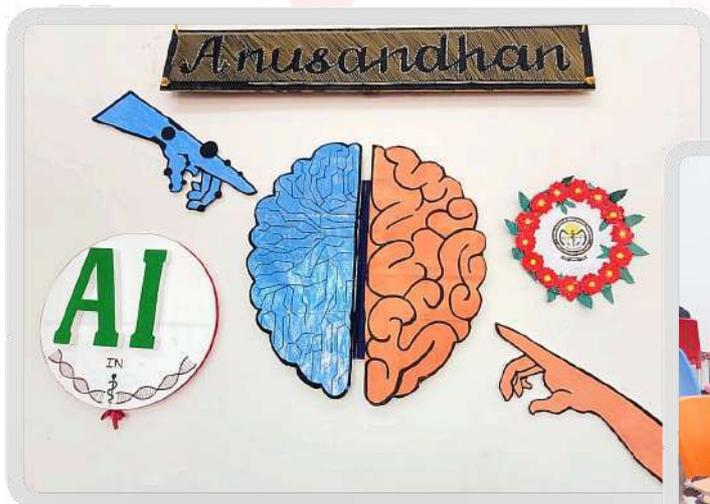
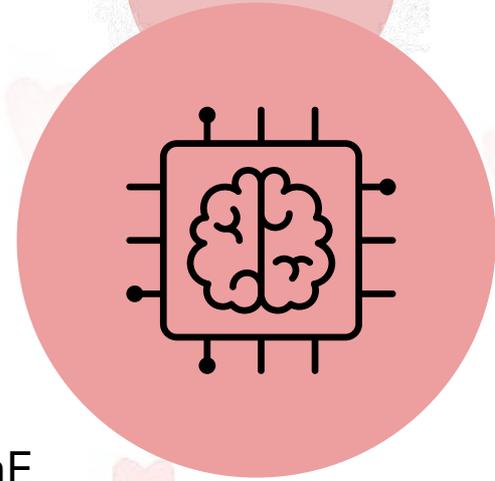
creating a backdrop at the entrance, setting up a photo booth, and prominently displaying the name 'Anusandhan. After several

meetings with interested members from the SnE

club, we finalized innovative designs aligned with this year's theme of collaborative research and AI. We divided the work among ourselves and compiled a list of additional items required for decoration, focusing on using recycled materials for the main part of the decor.

The true enjoyment kicked in as we began working, right there in the mess! We enjoyed all the late nights we spent there planning, executing, tweaking plans, and making modifications.

The conversations kept on going while we were sticking the wires for the electronic part of the cerebrum, with some random jokes in between and the way the boys hammered nails into the wood in the shape of the letters. ‘



Anusandhan', which almost shook the entire mess for a few minutes were some of the coolest experiences. On the final day, we transformed the auditorium by incorporating recycled Chandrayan Mahotsav decorations and reusing materials from previous events. The interest that our juniors showed kept us motivated throughout the process. Dr. Bakshi sir has been so patient with us even though we took an extra day in completing the work. The only regret was that we were not able to put the lighting for the wooden anusandhan part due to some voltage & electricity issues, its appearance pleased us nonetheless. We felt even happier on the day of Anusandhan when everyone praised the decorations and showed great enthusiasm while taking pictures at the photo booth we had set up. Our heartfelt gratitude to the organizing team of anusandhan for giving us this opportunity to not only decorate but also to make many more memories throughout this process.



-A Hansika
Batch 2020

Orphanage Visit

Stepping into the orphanage through the lens of an "AIIMS student" was a poignant journey, the feeling of happiness and unease wrenching at the same time. As we entered, eager eyes lit up with anticipation. Though hurdled by the barrier of language, the innocence on their face made us all talk with whatever broken Telugu, English, Hindi we knew. The distribution of toys, books, clothes and chocolates felt like sowing seeds of happiness. They were keenly interested in books, and they even showed us a mini library of their own. Dancing with the children became a spontaneous celebration of life, transcending the boundaries of circumstances and shyness. Spending time with them revealed resilience beyond measure, paving connections that defied societal divides.



The visit marked the power of compassion, leaving an enduring impression of the profound impact small gestures can have on the lives of those who have faced adversity. "When you come, we are happy", said a girl with a warm smile, which made us all guilty because of the situational pressure we're under owing to which we couldn't spend more time with them. When we waved them goodbye while parting, even in the dark we could see their shiny eyes sparkle.



-Swathi Raj M
2022 batch



44th

NATIONAL CONFERENCE ASSOCIATION OF ANATOMISTS TAMILNADU

On October 13 and 14, I presented my research paper titled "A Study to Assess the Cytogenetic Toxicity and the Expression Pattern of E-Cadherin in Buccal Epithelial Cells of COVID-19 Patients" at the 44th National Conference of Anatomists in Tamil Nadu. The presentation took place on the stage organized by the Department of Anatomy at Sree Balaji Medical College in Chennai.



I felt a mix of excitement, anxiety, and worry. The thumping of my heart echoed loudly until my pulse gradually normalized, perhaps due to my intense focus on delivering the paper. My guide, Dr. P. K. Sankaran, helped me from the start of the research process until the very end, guiding, motivating and teaching me how to proceed further.



Words fall short in expressing my profound gratitude. I owe an immeasurable debt to him, my esteemed teacher, mentor, and counsellor, for his instrumental role in all my accomplishments. I'm proud to credit his guidance for my achievement in winning the Best Presentation Award in the UG category at the conference. I'm grateful to all my teachers, seniors, and staff members for their support in successfully completing the research paper.

Vishnu B
Batch 2020

NATIONAL JOURNAL OF CLINICAL ANATOMY

An Essay Writing Competition

My experience in the National Journal of Clinical Anatomy (NJCA) Essay Writing Competition, on the topic "The Conundrum of National Exit Test (NeXT) in India," was definitely unforgettable. I was unsure about how to begin my essay at first, but I loved coming up with the few ideas I wanted to convey about it and was eventually able to organize it into an essay. Even I wasn't quite convinced of my position until I made the decision to express my opinions about the NeXT test in its entirety on this essay writing platform.



Likewise, the NeXT exam has its own advantages and disadvantages. Although the exam's concept is sound and offers recognition and standardization, the Indian medical system had to overcome many obstacles in order to administer the test fairly across the country.

The NeXT exam's conductance, after the problems have been resolved, will significantly transform the Indian medical system. And I'm happy to report that I was successful in winning the essay-writing contest. I thank Dr. Sankaran PK, my mentor, for helping me with this program.

Vishnu B
Batch 2020



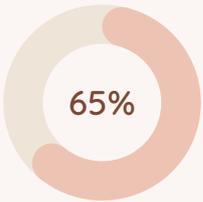
Byte-sized Banter

*You can rant, pose and get creative
in your very own #trendy ways.*

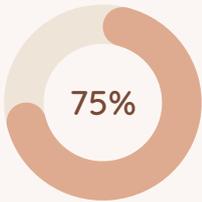
#happynewyear2024

AKHEEL AHAMMAD PT

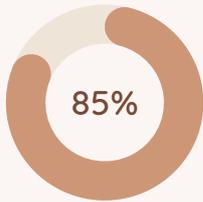
Caption:
'Mangalagiri is Orange'



New me

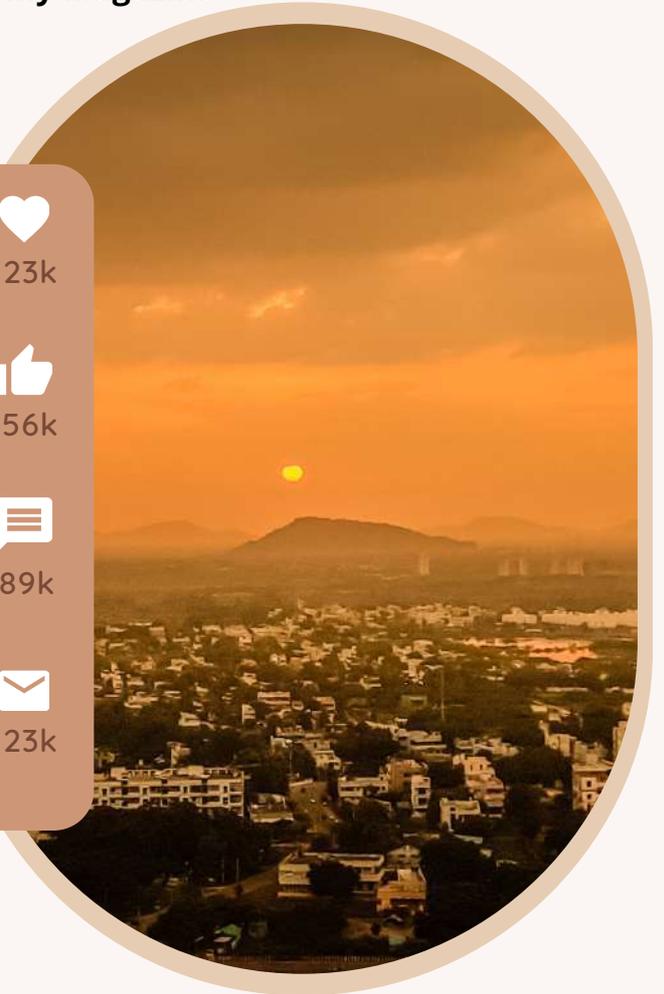


new resolutions



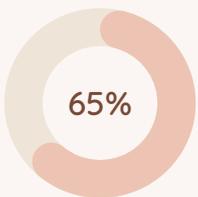
New memories

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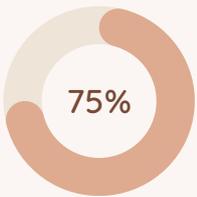


SWATHI RAJ M

Caption:
my life through the
flow
happy 2024



New me



new resolutions



New memories

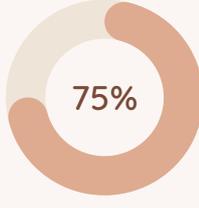
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SWATHI RAJ M

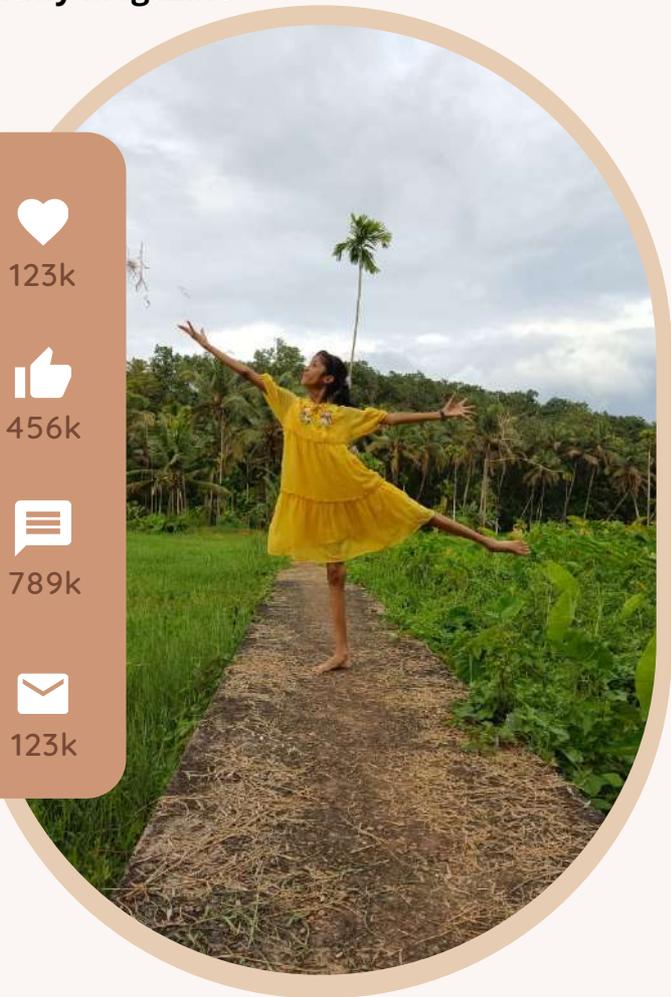
Caption:

my cousin says' the best is yet to come '



New me new resolutions New memories

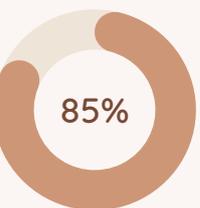
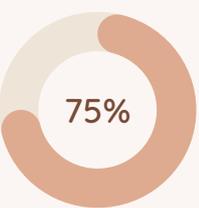
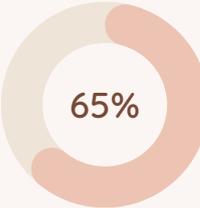
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PADMINI SARANYA ANNE

Caption:

date of
enlightenment
1-01-24



New me new resolutions New memories

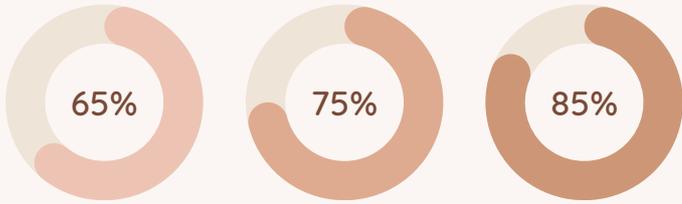
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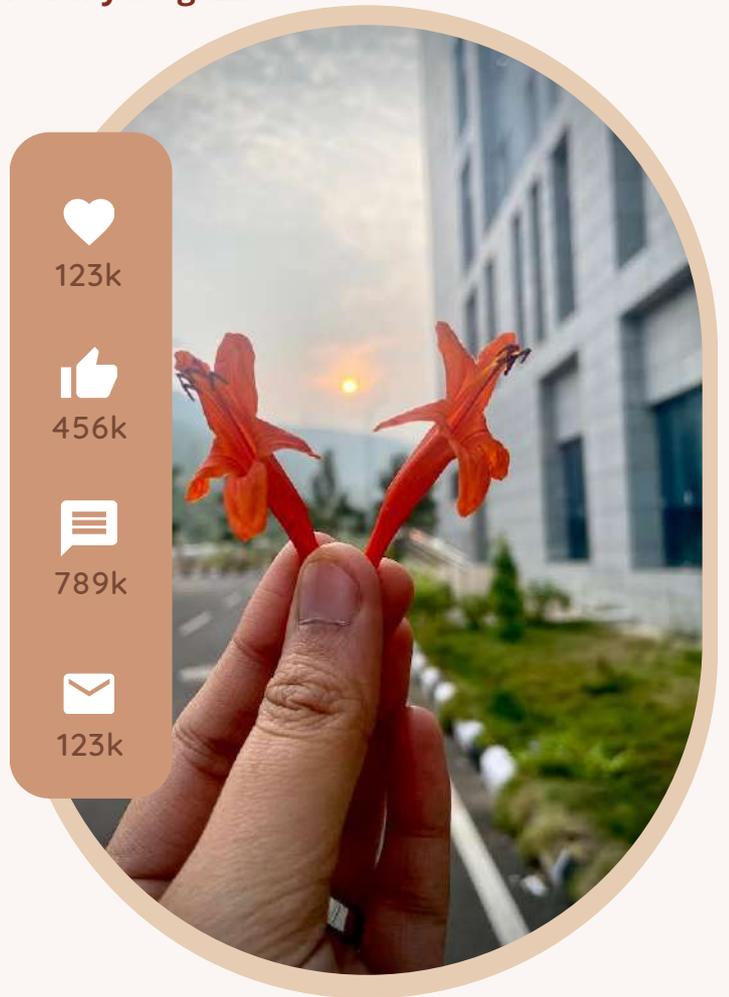
N LAKSHMI KEERTHANA

Caption:

As the sun sets over another
glorious dozen months
That had seen flowers and
thorns
On various fronts
We bid goodbye to the past
To let 2024 slide in at last



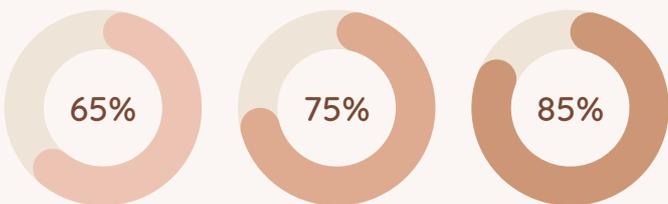
New me new resolutions New memories



PRANEETH VENKATA

Caption:

I know, the first two are not
possible!!



New me new resolutions New memories





Around the World in 60 Days...

For those who love to have the latest happenings and advances at their tips, this is a curated section, featuring the headlines of the previous two months.

November News

ODI MEN'S CRICKET WORLD CUP 2023



- Shami's Five-Wickets Hauls
- Virat Kohli surpassed Tendulkar's record of 49 ODI hundreds
- India's dream run ended as Australia won for a record extending sixth time; created a wave of despair all over the country

TECH



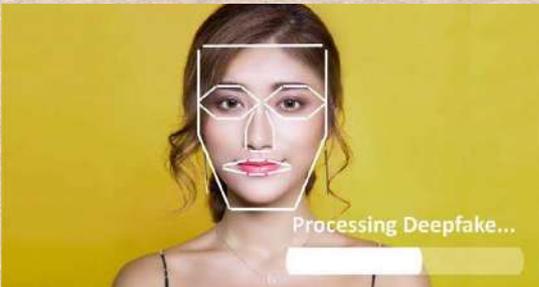
Bletchley Declaration

India, EU and 27 nations inked first ever global pact to mitigate AI risks

OpenAI

Sam Altman's exit shocked the tech world; Mira Murali became interim CEO

VIRAL NEWS



Deepfake

Rashmika Mandanna's Deepfake video took the internet by storm caused legal and regulatory concerns

Palestine Boy

A video of a Palestine kid expressing happiness about ceasefire in Palestine went viral

ENVIRONMENT



COP 28 Summit UAE

The 2023 UN Climate Change Conference convened on 30th of Nov in Dubai; Loss and damage fund gets approved

Delhi pollution highlights

Capital choked as AQI records at 395; Stage 4 of GRAP gets implemented

PM2.5

Long-Term Research on Chronic diseases linked PM2.5 particles to Diabetes in India

CONTROVERSIES



Collegium Controversy

SC flagged issue of 'pick and choose' by centre in clearing names recommended by collegium for transfer of judges

Patanjali Controversy

SC rebuked Patanjali for attempt to discredit allopathy, warned of hefty penalty

REPORTS

Massive Data Breach at ICMR

Data of 81.5 crore citizens up for sale in 'biggest' data breach in India

Saab FFV India

Govt cleared first 100% FDI in defence project to manufacture Rockets

DEMISE

Sahara Group owner Subrato Roy Sahara died at the age of 75

POSITIVE NEWS

Manipur

UNLF signed peace agreement with Centre and Manipur govt

Uttarakhand

Chardhaam Tunnel ordeal ended, all 41 trapped workers were rescued

Pune

Pune got new Korean Language Centre



PMGKAY

Centre to extend free ration scheme for over 80 crore people for next five years



51st International Emmy Awards

Vir Das created history with International Emmy for best comedy

December News

ELECTION RESULTS



Mizorm

- Former IPS officer Lalduhoma took oath as Mizoram CM (right)
- Lalrinpuii became state's first woman cabinet minister (left)



BJP wins Big in 3 states

- Rajasthan- Bhajan Lal Sharma (right)
- Chhattisgarh- Vishnu Deo Sai (centre)
- Madhya Pradesh- Mohan Yadav (left)

GLOBAL

COVID New Variant

WHO declared New COVID-19 strain JN.1 as 'Standalone Variant of Interest'

China's BRI

Italy withdrew from Belt and Road Initiative of China, four years after signing the pact: Report

VIRAL NEWS



WFI's Election Result

'I quit wrestling', said Sakshi Malik; Bajrang Punia to return Padma Shri after Sanjay Singh's appointment as WFI chief

PARLIAMENT



New Criminal Laws

Lok Sabha passed the three revised criminal law bills, namely

- Bharatiya Nyaya Sanhita to replace Indian Penal Code
- Bharatiya Nagarik Suraksha to replace Code of Criminal Procedure
- Bharatiya Sakshya Sanhita to replace Indian Evidence Act



New Bill

Parliament passed the Telecommunications Bill, 2023 to replace Indian Telegraph Act 1885

CONTROVERSIES



Parliament Security Breach

In a major security Breach, two men posing as visitors released smoke cans on 22nd anniversary of Parliament attack



Paid Menstrual leaves

Smriti Irani opposed paid period leave for women, said 'menstruation not a handicap' sparking an outrage all over the country

POSITIVE NEWS



Jal Jeevan Mission Meghalaya

surpassed national average in providing Jal Jeevan Mission connections to households, achieving about 72.37% in 4 years



Influencer v/s Bournvita

Bournvita has reduced added sugar by 14.4% after heavy criticism from food influencer



Maha-Laxmi Scheme

Telangana new CM Revanth Reddy launched Free Bus travel for girls, women, transgender persons of all ages



Bodha... Thoughts

*Reflections on subjects beyond the
mundane and delving into holistic
living*



Thoughts, like the complex neural networks of our brain, intricately weave the fabric of our personality. And yet our mind and our brain are not the same. Thoughts drive our brain to signal our body into action. And our thoughts make us who we are.

Every achievement of humankind started with constructive thoughts and all of human suffering from destructive ones! Thoughts are architects that design our actions and shape our lives, individually and collectively. Gadgets like mobile phones, from being instruments to assist and communicate have instead become our life-breath and enable social media to drive and direct us. The master and creator is ironically now the slave. So too with our thoughts. If there is mastery over our intellect, we would not be grappling with life and its consequences, blaming all and sundry, God and fate if and when we face a downturn.

The fuel in our car makes it move, yet fuel does not determine the quality of the ride, performance depends on the vehicle.



Fuel makes the car move, yet it is in no way responsible for an accident as that is the fault of the driver! Taking this analogy, God is fuel, and our body the vehicle, our mind and intellect the driver. All beings are inherently driven by that same source of energy and power, call it by any name. Life takes on different trajectories because we are not servicing our vehicles regularly, inadvertently driving in a direction away from our desired goals or driving ineffectively. Simple fact that we all are aware of but can't always follow – exercise keeps the body healthy and 'bodha' keeps the mind healthy and guides us to fulfilment. Bodha is a beautiful word originating in Sanskrit, and found in several Indian languages. It has several meanings that change contextually to mean thought, knowledge, idea, perception, awakening, wisdom and many more, all positive and all good.

All of us are consciously and subconsciously driven to find happiness. Life is a steeplechase. To reach "happiness" we have to jump over the hurdles. Mind has to be trained to negotiate the obstacles and do so with dexterity to reach the finish line where joy and contentment abounds.

Preconceived notions hamper learning. A true seeker explores the possibilities of development in both physical and mental dimensions. In awakening the mind, the ideas expounded in various scriptures, across religions, is given succinctly in the Bhagavad Gita. The Gita is not a religious book. Having said that, it is not a book at all! A flippant reading to satiate curiosity won't help. It may lead to misinterpretation and be counterproductive. It needs to be taught. As one explores and contemplates on the absolute truth and wisdom in the verses, life's travails dwarf and one becomes equipoised. The joy sought for is the very nature of the seeker ! We are like the musk deer who runs chasing the intoxicating scent unaware that's it is emanating from within it !!

Gita unveils this joy for us

Dr Deepti Vepakomma
Pediatric Surgery



A MEDITATIVE EXPLORATION OF LIFE AND MEDICINE IN "WHEN BREATH BECOMES AIR"

- BY PAUL KALANITHI

"When breath becomes air" transcends a personal narrative, it becomes a crucial guide for medical students navigating the complexities of their chosen profession while grappling with the fundamental questions of life and death. Kalanithi, a neurosurgeon facing his own mortality, crafts a beautifully written memoir that reflects on the fragility of existence.

At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon he was diagnosed with stage four lung cancer. One day he was a doctor treating the dying and the next he was a patient

struggling to live. Kalanithi's eloquence and vulnerability make this a powerful and thought provoking read. Kalanithi's meticulous descriptions of cases, surgical procedures, and the challenges faced in the healthcare system provide valuable insights for aspiring doctors. It is definitely a Book that will not make you shed any tears at the end, but it will make you really numb and tingly. When he said "only 0.0012% of 36- years-olds get lung cancer," It will make you think goodness! Life sure has its ways to bully people who are actually well- off and people couldn't forget about the sad epilogue, Lucy, his wife wrote at the end. "What's the meaning of life if we are all just going to die?" Kalanithi found his answer and he hopes that most people will do the same with theirs.

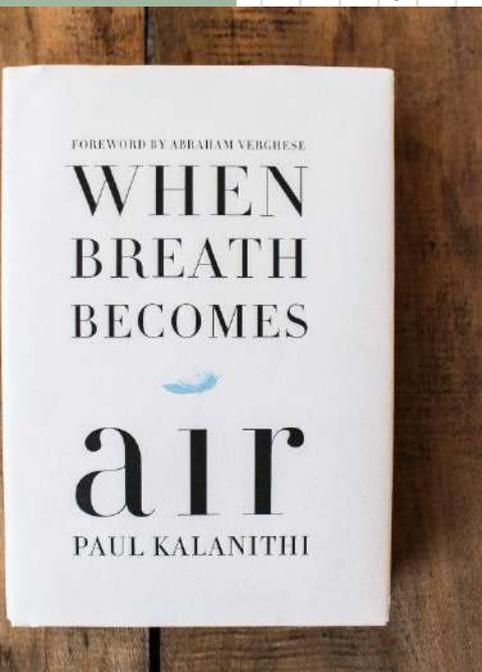
Kalanithi died in march, 2015, yet his words live on as a guide and a gift to us all. If you are a hopeless enthusiast of memoirs, autobiographies and most importantly, a medical student, then this book is for you!

— LABITHA VISHNU PRIYA. B

BATCH 2022

PROSE-PECTIVE

BOOK REVIEW



OUR TEAM

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GOURAV J

(2022 BATCH)

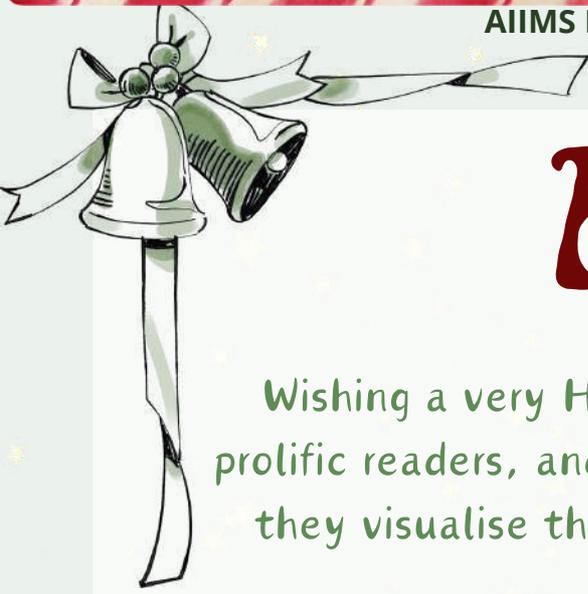
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GOPIKRISHNA



ALPAVIRAAM

Wishing a very Happy New Year once again to all our prolific readers, and hoping everyone's dreams come true & they visualise the path that would take them to their goals.

We come to an end of a very special issue, the very first of the year 2024 and a metamorphosed version.

We sincerely hope that our readers experienced a new-found interest as they flipped through the pages filled with love and creativity.

We are expecting many more enthusiasts to join our crew as we sail through the vast ocean of literature and imagination.

We will soon share the theme of our next issue, until then, alpaviraam.

The next issue will be released in the first week of March 2024.

Last day for sending in your entries is 15th February 2024.

Meanwhile, Stay Tuned, and Happy Reading.

-Team Ātman

