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# आत्मन् ĀTMAṆ

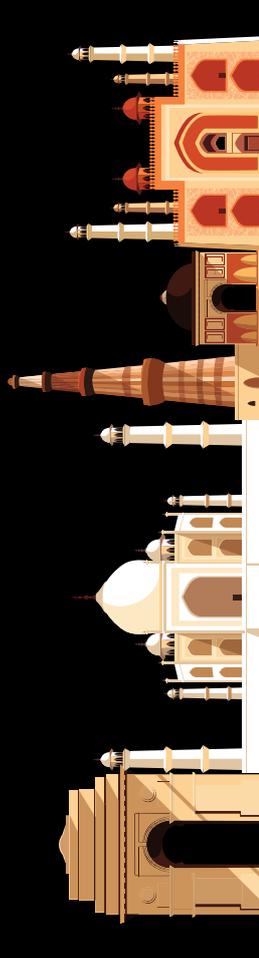


Travelogues  
of India

*The  
Essence of  
AIIMS Mangalagiri*



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# EDITORIAL

India is flying high and how ! All of us stood as one and cheered the success of Chandrayaan 3. As we bring out this issue to celebrate Independence Day, we showcase our beautiful nation through travelogues of AIIMS Mangalagiri family members.

Coincidentally, just a few days ago I too travelled to the summit of India, The Holy Amarnath Cave. I did the arduous trek walking up and down in 12 hours and though an extreme test of physical endurance, it was exhilarating. The one stand out feature was the bonhomie and unity in diversity that I witnessed. On the way down, in pouring rain and pitch darkness , it was the hand of a local Kashmiri horseman that guided my steps and helped me walk back to base camp. The most enduring of human values - kindness , compassion and helping one in need - I saw them all in him and many others along the way, even in the free Langars (food courts).

We are a country with deep rooted cultural and social values.

We hope you enjoy reading this issue and get enthused to visit the beautiful places described.

Jai Hind

Deepti Vepakomma

# Know Your Faculty



This section brings to you some unknown facets of our faculty members...

## Dr Soumyajit

### Department of ENT

## *Family and childhood:*

I am a Bengali and was born and raised in Assam, my home town is Silchar. My father is a retired officer in the electrical department, my mother is a homemaker and I have a younger brother. I did my schooling from multiple places. By the time I wrote my 10th boards, I was in my sixth school as we were moving around all the time because of my father's job. It was a very pleasant childhood.

## *UG & PG Days:*

I did my undergraduate in my home town only at Silchar Medical College and my postgraduate from Assam Medical College in Dibrugarh which is one of the oldest medical colleges in eastern India.

MBBS life was definitely memorable. I had a dream to get into medical college, which was my only goal, I had no backup plan, so obviously when you enter first year you are ecstatic and you already think of yourself as a doctor! I enjoyed my MBBS days with my close-knit friend group. I was a day-scholar but I still managed to enjoy a bit of the hostel experience. It was a fantastic journey and I cherish those memories till now.

## *Reason for choosing ENT:*

I was always interested in surgery and wanted a surgical branch. ENT was not my first choice but it came across my way and I picked it up.

## *Your favourite professors during your UG days:*

One of my teachers that I have the highest regards for was my Anatomy Professor Dr. Avinash Paul. He used to teach anatomy in such a beautiful way and he was such a dedicated teacher. If you looked at him, you can never guess the depth of knowledge he had. He was such a wonderful person and the way he taught anatomy was excellent. My medicine professor was also someone who made me see things in a different way.

From my PG days to where I am now, if there is one person I have to owe it all to, it is my teacher and guide, Dr. Debajit Das. He gave me so much confidence in the subject. You may not believe me but he told me, “You go and operate, if there is a complication, I am there for you”. So these 3 professors I remember very fondly.

## *How has your time at AIIMS Mangalagiri been?*

When we joined AIIMS Mangalagiri, the clinical departments had 10 to 12 people. We started in Siddhartha Medical College because this campus was not functional back then. When you start a department there is a lot of work that has to be done but leaving the work side apart from the department point of view also it has been a very good journey. I have my excellent colleagues, Dr. Bakshi and Dr. Ramesh who are more like a family. We share a very cordial relationship. We may have different perspective to various issues at times but at the end we always come up with a good conclusion. Overall this has been a great learning experience and a memorable journey for me so far.

## *Strengths & Weaknesses:*

My strengths are that I am hard-working, I can persevere so if I want to do something I do it. Discipline is very important for me and I have the ability to work with a team and get along with them in a coherent manner.

I can be short-tempered at times. I have tried to control it now because I feel that used to be my weakness at times.

## *When you have a tough day, what do you do to cheer yourself up?*

When I have no work, the only thing that relaxes me is sleep! When I have work, I will be working very hard, and the rest of the time I will be very relaxed and lazy. I like to watch some good movies at leisure times.

## *Hobbies:*

Before I started medical school I used to do painting and write. I have somehow become detached from that but I hope that maybe I can revive those interests.

## *Secret to success:*

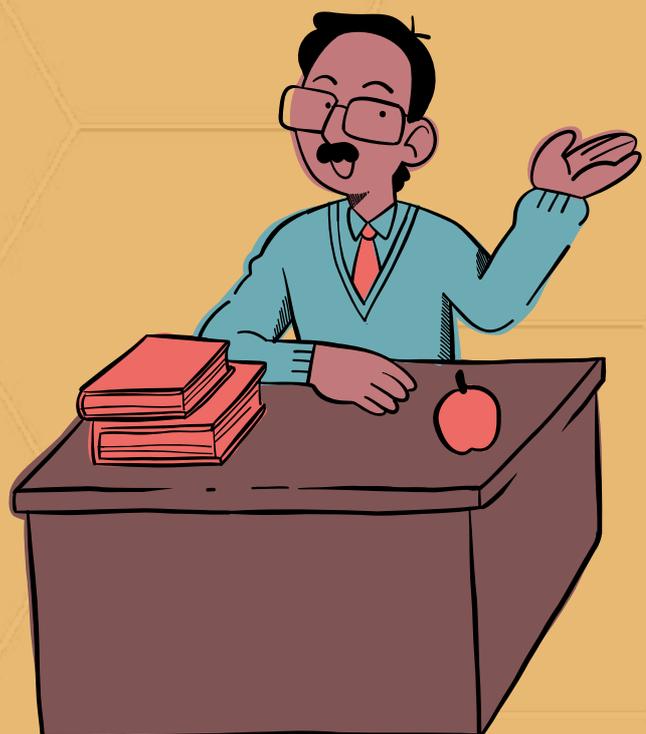
Hard work, perseverance, and integrity

## *Advice to Students:*

There is success and the other side of the coin is failure. Success should not go into your head and failures should not dishearten you. You should learn from your failures because failures are the best teachers. Have dedication and passion for your work. Make an honest attempt, if it does not give you the intended result, it will give you some experience. For all of you, there is a quote by Robert Frost: “The woods are lovely, dark and deep. But I have promises to keep, and miles to go before I sleep.” so just know that there is still a lot of work to do. This is just the beginning of the journey, a lot more responsibilities are going to come your way so do not shy away from them. Face them boldly.

*Interviewed by:*

*Shriya T  
Ramachandra  
Harshad*

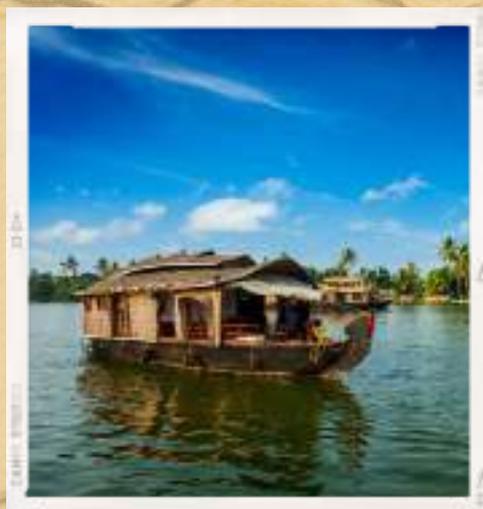
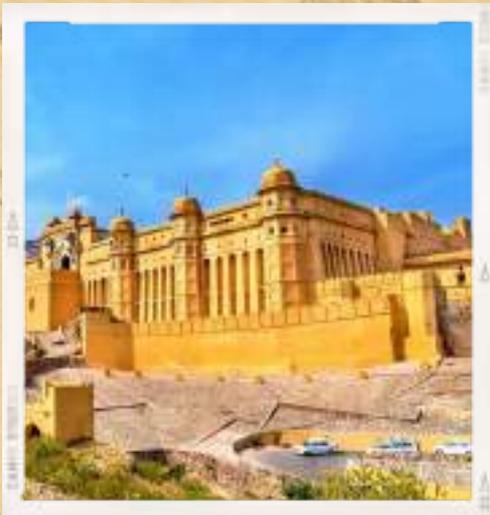




# Memories

# Intellection

**Intellection – an expression of our simplest to most complex thoughts as stories / prose or poems.**





*Through and through Travelogues*  
**INDIA**



## EXPLORE

# Konark Sun Temple



### **HISTORY OF KONARK SUN TEMPLE, ODISHA**

Though the original temple was built by Purandara Kesari (in about 1080-90 CE), the current structure was built in 1250 CE under the reign of Eastern Ganga King Narasimha Deva I. The temple continued to be in worship till 1570s, as mentioned in Ain e Akbari! However, by 1573, Kalapahada raided Konark and the building fell into disuse. By 1620s the deities here were shifted to Purushottam temple, over time, with lack of maintenance, the Deula / Tower collapsed!

### **FACTS & MYTHS ABOUT KONARK SUN TEMPLE**

In the entryway is the 2 mighty monolithic Gaja-Simha (a human crushed by an elephant (gaja) which is in turn crushed by Simha (lion) on either side of the staircase).

There are several philosophical and moral stories that float around about the symbolism, as explained by many guides, but none have any literary mention. The extremely unusual things I've read about Konark include,

*1) Presence of a magnet in the Siva Lingam that made a crystal above float... to the sunrays falling on the lingam 365 days a year (yeah, more often, this fake forwarded message, is accompanied by a digitally altered image of Angkor Wat!! Big no, again none of these have any proof - neither literary nor inscriptions nor sculptures!)*



### **BLACK PAGODA & WHITE PAGODA OF PURI**

The architecture is of typical to Orissa, with a Nata mandir, Jagamohana and the towering Deula! The towering Deula (perhaps the tallest when it stood) in black stone was in pure contrast to Puri Jagannath temple's Deula which was painted white - naming them Black Pagoda and White Pagoda. These were used extensively for navigation for sea traders!



### **ULTIMATE STEP TO PROTECT SUN TEMPLE KONARK**

By 1824 CE, only a small portion of the Deula was still standing which too collapsed by 1848 CE. By 1901 CE, Sir John Woodburn (when India was still under British raj) took the ultimate step to preserve the Jagamohana which was still standing - to close all the doors permanently, drill a hole atop and fill the whole structure with sand! It took 3 years to do it and till date, its standing safe!

## **NATA MANDIRA OF KONARK SUR MANDIR**

Soon after you enter is the Nata mandira, whose platform and pillars are still standing, but without a ceiling! A walk around the platform is just breath taking - there are soldiers, dancers, musicians, erotic poses, hunting scenes in slots surrounded by minute filigree work - all in stone!!! I don't know who that gentleman is, but I didn't crop him out of the picture, so you have an idea of the size we're talking about!!! On the platform are 16 (4 x 4) pillars, all carved again with beautiful women and mystical beings!

## **CHARIOT SHAPED TEMPLE - JAGAMOHANA OF KONARK SUR MANDIR**

From there somehow, I manage pull myself to Sun God's chariot shaped Jagamohana! The main structure seen today as the Konark Sun Temple is, only the Jagamohana which was filled with sand! Again here, instead of climbing the staircase, I first went around it! Being chariot shaped, it has wheels all around it and horses in front of it. There are 7 horses (4 on one side and 3 on another), named after each color of VIBGYOR (except B include white), of which only one is in an almost complete state.

There are 24 wheels (12 on each side) all around the platform depicting the 12 Rashis (sun signs)! Each wheel is 2.9m diameter with 8 spokes. While the structure of all the wheels is the same, the sculptural detail in each is different! The axle of the wheels extends out for a foot, though some are broken. At the end of these are miniature sculptures, and in one was Narasimha tearing down Hiranyakashipu!!! The swirling pattern in the thickness of the wheel needs to be looked into - and spot the animals inside each swirl!!! It's also said that the wheels are sun dials, with the space between each spoke as 3hrs and the whole wheel depicting 24hrs. Holding a stick parallel to the ground, at the center of the axle and measuring its shadow would tell the time! I did not personally try it out and can't vouch for it!

# KASHMIR



## *Where Heaven Touches Earth*

"Till the day I reached Kashmir, I wondered why it was called 'Paradise on Earth.' But after reaching there, I realized its amazing landscape and scenic beauty. It has beautiful snow-covered mountains, green valleys, and natural lakes.

### Day 1 - Dal Lake

We went to visit Dal Lake, integral to tourism and recreation in Kashmir, named the "Jewel in the crown of Kashmir." The ride was very peaceful and adventurous. In between, we met sellers on boats selling food items and jewelry. Floating boat shopping is very interesting and a rare experience. Boathouses were also popular for a stay though they're more expensive compared to hotels.

### Day 2 - Sonmarg

On the second day, we went to Sonmarg, which means "Meadow of Gold." Sonmarg is known to have a lot of significance in the old times as the gateway to the Silk Road, which connected Kashmir and China. It is also a base camp for Ladakh. Due to the high altitude and the tight curves of the road while traveling, I immediately experienced shortness of breath, vomiting and giddiness upon reaching Sonmarg, which took me 45 minutes to settle. From there, our horse-riding trip started to reach the peak of the hill. For the first time in my life, I saw such white snow, so pure and incredible; then, we spent some time on the bank of the Sind River (a tributary of the Jhelum River).

### Day 3 - Gulmarg

We went to Gulmarg, which is a "meadow of flowers". The scenery was beautiful, littered with different kinds of flowers. The Gulmarg Gondola is the second longest and second highest cable car in the world. The ride gave me a spine-chilling experience as I felt like I could touch the clouds.

### Day 4 - Tulip Garden

We traveled to Park Umroo and Indira Gandhi Memorial Tulip Garden in a local auto-rickshaw. It is the largest tulip garden in Asia. Unfortunately, we didn't see the Tulip Flowers as they are available only during the onset of the spring season. For the first time in my life, I ate an apple directly from the tree.

### Cuisine:

During our stay, we had tasted various delicious Kashmiri dishes like Lahabi Kebab, Rogan Josh, Goshtaba, Dum Aloo, and Kahva (herbal tea brewed with saffron and a host of other spices). Being a non-vegetarian, I didn't find much difficulty in food, but pure vegetarian food was hard to come by.

### Final Note:

We could see the military checkpoints everywhere, due to high tension in the Indo-Pak-China Border. I suggest everyone visit Kashmir at least once in their lifetime."

- Ms. Komakula NKS  
Santhoshi  
Nursing Tutor

# വയനാട്

പശ്ചിമഘട്ടമലനിരയിൽ പെട്ടതാണ് വയനാട്. വയലുകളുടെ നാട് ആണ് പിന്നീട് വയനാടായി മാറിയത്. കോഴിക്കോട് നിന്നും വയനാട്ടിലേക്കു വരുമ്പോള് നട്ടുച്ചയ്ക്ക് പോലും കോടമഞ്ഞ് മുടി നിലകുന്ന 9 ഹെയർപിന് വളവുകളുള്ള ചെങ്കുത്തായ ചുരം റോഡിലൂടെയുള്ള യാത്ര ഏറെ മനോഹരമാണ്. ചുരം കഴിഞ്ഞ് മുന്നോട്ട് പോകുമ്പോള് ഇരുവശത്തുമുള്ള തേയില തോട്ടങ്ങൾ മനസ്സു നിറയ്ക്കും. കൂടാതെ കുന്നിൻചെരുവുകൾ നിറഞ്ഞുനിൽക്കുന്ന കാപ്പി, കുരുമുളക് തോട്ടങ്ങൾ ഏറെ കൗതുകമുണർത്തുന്നവയാണ്.

ഇവിടെ കാരാപ്പുഴ,ബാണാസുര എന്നിങ്ങനെ രണ്ട് അണക്കെട്ടുകളാണുള്ളത്. ബാണാസുര അണക്കെട്ട് ഏഷ്യയിലെത്തന്നെ മണ്ണിനാൽ നിർമ്മിതമായ രണ്ടാമത്തെ വലു അണക്കെട്ടാണ്. ഏഷ്യയിലെ ഏറ്റവും വലിയ ഒഴുകി നടക്കുന്ന സൗരോർജ്ജ പ്ലാന്റ് സ്ഥിതി ചെയ്യുന്നതും ഇവിടെ ആണ്.

സമുദ്രനിരപ്പിൽ നിന്ന് 3900 ആടി ഉയരത്തിലുള്ള എടക്കൽ ഗുഹയിൽ BC 6000-ന് മുൻപ് എഴുതപ്പെട്ടതെന്ന് പറയപ്പെടുന്ന ശിലാലിഖിതങ്ങളും ചിത്രങ്ങളും കാണപ്പെടുന്നു.

കബനി നദിയിൽ സ്ഥിതിചെയ്യുന്ന കുറുവ ദ്വീപാണ് കേരളത്തിലെ ഏറ്റവും വലിയ നദീതീര ദ്വീപ് . ഇവിടെ വളരെ അപൂർവ്വയിനം മരങ്ങളും, ഔഷധ സസ്യങ്ങളും, പക്ഷികളും, മത്സ്യങ്ങളും കാണപ്പെടുന്നു.ഇവിടെ മുള കുട്ടിക്കെട്ടിയുണ്ടാക്കിയ ചങ്ങാടത്തിൽ വെള്ളത്തിലൂടെയുള്ള യാത്ര ഒരിക്കലും മനസ്സിൽ നിന്നു മായില്ല.

# Wayanad



ഗോത്രത്തനിമ നിറഞ്ഞു നിൽക്കുന്ന “എൻ ഊരു” മനുഷ്യനിർമ്മിതമായ ഗ്രാമമാണ് . എപ്പോഴും ചാറ്റല്മഴ പെയ്യുന്ന, ഇരുവശവും വനനിബിഡമായ കാട്ടുവഴികളിലൂടെയുള്ള ജീപ്പ് യാത്രയ്ക്ക് ശേഷം മലമുകളിലെത്തി അവിടെ ഗോത്രവർഗക്കാരുടെ തനതായ സംസ്കാരശൈലി വിളിച്ചോതുന്ന വീടുകളും, പാത്രങ്ങളും, ഉപകരണങ്ങളും, ആഭരണങ്ങളും കണ്ട് അവരുടെ ഭക്ഷണങ്ങളും കഴിച്ച് താഴെ ഇറങ്ങുമ്പോൾ, താഴ്വര കാണാനാകാത്ത തരത്തിലുള്ള കോടമഞ്ഞും കണ്ണെത്താദൂരം ഉയർന്ന മലകളും ഏറെ അതിശയമുളവാക്കുന്നതാണ്.

ബന്ദിപ്പൂർ ടൈഗർ റിസർവിനോട് ചേർന്ന് കിടക്കുന്ന, കേരളത്തിലെ രണ്ടാമത്തെ ഏറ്റവും വലിയ വന്യജീവിസങ്കേതമായ മുത്തങ്ങ 345 കിലോമീറ്ററിൽ പടർന്നു കിടക്കുന്നു.ഫോറെസ്റ്റ് ഡിപാർട്ട്മെന്റിന്റെ കീഴിൽ നടത്തപ്പെടുന്ന ആനപ്പുറത്തേറിയുള്ള സവാരി മൃഗങ്ങളെ തൊട്ടടുത്തു കാണാൻ അവസരമുണ്ടാക്കിത്തരുന്നു.

പക്ഷിപാതാളവും ചെമ്പ്ര കൊടുമുടിയും ഉറപ്പായും പോകേണ്ട ട്രെക്കിങ്ങ് സ്‌പോട്ടുകളാണ്.പക്ഷിപാതാളം ബ്രഹ്മഗിരി മലനിരയിൽ 1700 മീറ്റർ ഉയരത്തിലാണ് സ്ഥിതി ചെയ്യുന്നത്. അപൂർവ ഇനം പക്ഷികളും പണ്ട് ബുദ്ധസന്യാസിമാർ തപസ്സിരുന്നിരുന്നു എന്ന് പറയപ്പെടുന്ന ഗുഹയും ഇവിടെ കാണാം. 2100 മീറ്റർ ഉയരത്തിൽ സ്ഥിതി ചെയ്യുന്ന വയനാട്ടിലെ ഏറ്റവും ഉയരം കൂടിയ കൊടുമുടിയായ ചെമ്പ്രയുടെ മുകളിലുള്ള ഹൃദയാകൃതിയിലുള്ള തടാകത്തിലെ വെള്ളം വേനലിൽ പോലും വറ്റാറില്ല.

നവംബർ മാസം മുതൽ തുടങ്ങുന്ന കൊടിയ തണുപ്പ് ഫെബ്രുവരി വരെ നിൽക്കും. ചുടുവേനലിൽ പോലും വൈകുന്നേരമാവുമ്പോഴേക്കും തണുപ്പ് വീണുതുടങ്ങും. വയനാടൻ യാത്ര എപ്പോഴും കൗതുകവും ആശ്ചര്യവും ഉണർത്തുന്ന, ഒരിക്കലും മറക്കാൻ ആവാത്ത ഒരനുഭവമായിരിക്കും.

# हल्दीघाटी या रक्त तलाई

राजस्थान में राजसमंद जिला, जिसमें है कुंभलगढ़ किला।  
उस से 50 किलोमीटर की दूरी, पथरीली घाटियां है पूरी।  
हल्दी सा पीला रंग था, मेवाड़ी वीरों सा ढंग था।

1576 में रक्त से छन गई, हल्दीघाटी, रक्त तलाई बन गई॥१॥

उदयपुर से भी उत्तर की ओर, 50 किलोमीटर कुंभलगढ़ की ओर।  
महाराणा प्रताप संग्रहालय वहां, राणा के जीवन की झांकियां जहां।  
उस काल के दर्शन करवाएं, मन में जोश बार-बार भर जाए।  
मन भावुक हो जाता है जब चेतक समाधि को जाता है॥२॥

जब चेतक अंतिम बार सोया था, राणा भी तब खूब रोया था।  
उस स्वामी भक्त का यह स्मारक, याद दिलाता दृश्य हृदय-विदारक।  
थोड़ा ऊपर जाने पर दिखेगा नाला, जहां से राणा संग कूदा था  
चेतक मतवाला।

ऊपर का क्षेत्र है वन्यजीवों से भरपूर, तो हमें रहना है उससे दूर॥३॥  
अब घूम-घाम कर होटल में आओ, खाना खाकर प्लान बनाओ।  
अगर जानना है पूरा इतिहास, घूमो और भी कई जगह है खास।  
कुंभलगढ़, उदयपुर, चित्तौड़, जिस गढ़ की है ना कोई होड़।  
अब मैं एक कथा सुनाता हूं, हल्दीघाटी युद्ध का इतिहास बताता हूं॥

४॥

अकबर में बड़ी अक्कड़ थी, सामने प्रताप की टक्कर थी।

भेजी सेना एक लाख, बारूद और तोपों की धाक।

राणा के पास थे सिर्फ बीस हजार, आजादी पर मरने को तैयार।

एक तरफ सत्ता का गुमान, दूसरी तरफ मूंछों की तान॥५॥

आ भिड़े हल्दीघाटी में, मेवाड़ी पावन माटी में।

मेवाड़ी भीलों में जोश अनंत, मुगलों की अग्रिम टुकड़ी का कर दिया  
अंत।

भाले-भाटे-तलवारों का जोर, शांत हो गया तोपों का शोर।

अपने जूते वहीं पर छोड़, उल्टे पांव भागे मुगल पूंछ मरोड़॥६॥

लेकिन फिर बड़ी सेना आ गई, रणचंडी भयंकर छा गई।  
राणा के सेनापति हकीम खां सूरी, मानसिंह कर रहे अकबर की हुजूरी।  
राणा पूंजा के भील बलशाली, जिनका वार नहीं जाता कभी खाली।  
एक-एक ने दस को मारा, चढ रहा राजपूतों का पारा॥७॥

राणा थे चेतक पर सवार, ले 80 मन का भाला और रणचंडी तलवार।  
बहलोल खान ने अट्टहास लगाई, घोड़े संग अपनी जान गवाई।  
चीर दिया एक ही वार कर, भागे लगे मुगल हार कर।  
तब हाथी पर आया मान, था सेनापति के सिर पर गुमान॥८॥

राणा के चेतक का अद्भुत काम, हाथी पर चढ लगा दी लगाम।  
राणा ने भाले से किया प्रहार, ओहदे के पीछे छिप गया सवार।  
बच गया मान, सारथी मरा, चेतक भला कब तक रुकता जरा।  
पैर पर लगी जहरीली खंजर, दर्दनाक हो गया था मंजर॥९॥

चेतक का पैर लहू से भर गया, उसको वहीं घायल कर गया।  
हारती देख सेना को जब, हमशक्ल “झाला मान” बोले तब।  
आप जाकर देश बचाओ, मुझको अपनी पहचान दिलाओ।  
पहनकर प्रताप का बाना, शहीद हो गया वह दीवाना॥१०॥

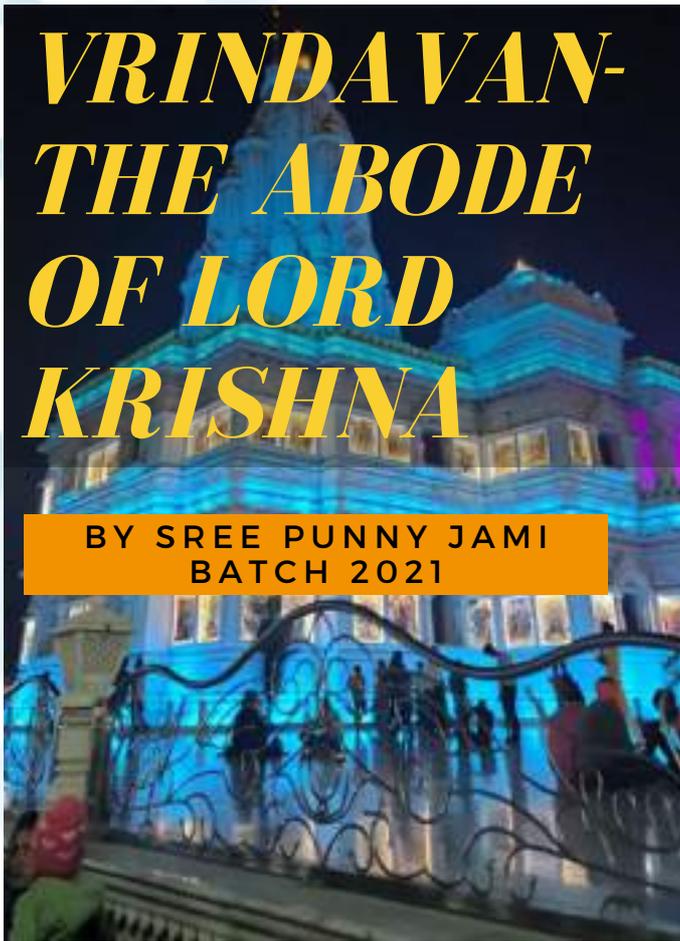
चेतक ले भागा प्रताप को, करने दूर युद्ध के संताप को।  
आगे आ गया 16 फुट नाला, पीछे पड़ा मुगलों से पाला।  
लगा दी उसने आखिरी छलांग, कर दी अमर शहादत की मांग।  
पसर गया वह स्वामी-भक्त मतवाला, राणा की जान बचाने वाला॥११॥

इस तरह हुआ समर का अंत, अकबर का गुस्सा था अनंत।  
ना मिला उदयपुर का किला, ना मेवाड़ का कोई जिला।  
ना प्रताप को पकड़ सके, ना विजयश्री को जकड़ सके।  
अकबर हुआ पूरा फजीता, राणा ने मनोवैज्ञानिक रण जीता॥१२॥

राणा ने फिर से करी तैयारी, अब एक-एक किला जीतने की बारी।  
पाई-पाई सेना जोड़ी, सारी मुगल चौकियां तोड़ी।  
चित्तौड़ व मांडल ना मिले, उसके अलावा जीते सारे किले।  
जिनके सामने हुई अकबर की हार, ऐसे वीर प्रताप की जय जय कार॥१३॥

# VRINDAVAN- THE ABODE OF LORD KRISHNA

BY SREE PUNNY JAMI  
BATCH 2021



'PREM MANDIR': It's a place of beauty that words fail to praise. The sculptures in there are mesmerising. The Mandir is full of lights and love. The delicious food in Vrindavan is one of its kind. The River Yamuna is seen in the backyards of each and every temple. Every person in Uttar Pradesh was well versed, or at least read the holy Bhagavad Gita which caught my attention.



*“CALMNESS, GENTLENESS,  
SILENCE, SELF-RESTRAINT  
AND PURITY: THESE ARE  
THE DISCIPLINES OF THE  
MIND.” - LORD KRISHNA*

BARSANA: It's a place in Mathura where Lord Krishna was born and Radha Rani was brought up. Holi in this place is so delightful to watch.

From saints to the devotees, everyone played wholeheartedly with the colours while dancing along to the chants of RadhaKrishna. I've visited the "Prison of Kans" where Lord Krishna was born and "Raval" where Radha Rani was born.

*"HE WHO HAS NO ATTACHMENTS CAN REALLY LOVE OTHERS, FOR HIS LOVE IS PURE AND DEVINE." - LORD KRISHNA*

ISKCON: People come here early in the morning to watch the alluring sight of the beautifully decorated sculptures of Lord Krishna and Radha Rani. I've visited the place where Sreela Prabhupadha translated the holy Bhagvath Gita into various languages.



# மாமல்லபுரம்

மாமல்லபுரம், மகாபலிபுரம் என்றும் அழைக்கப்படுகிறது, இது தென்கிழக்கு இந்திய மாநிலமான தமிழ்நாட்டின் செங்கல்பட்டு மாவட்டத்தில் உள்ள ஒரு நகரமாகும், இது மகாபலிபுரத்தில் உள்ள 7 மற்றும் 8 ஆம் நூற்றாண்டு இந்துக் குழுவின் நினைவுச்சின்னங்களின் யுனெஸ்கோவின் உலக பாரம்பரிய தளத்திற்கு மிகவும் பிரபலமானது. இத்தலத்தின் பழமையான பெயர் திருக்கடல்மல்லை.

பல்லவ இராச்சியத்தின் இரண்டு முக்கிய துறைமுக நகரங்களில் மாமல்லபுரம் ஒன்றாகும். பல்லவ மன்னன் முதலாம் நரசிம்மவர்மனின் நினைவாக இந்த நகரம் மாமல்லன் என்று அழைக்கப்பட்டது. பொருளாதார செழுமையுடன், இது அரச நினைவுச்சின்னங்களின் குழுவின் தளமாக மாறியது, பல வாழும் பாறையில் செதுக்கப்பட்டன.

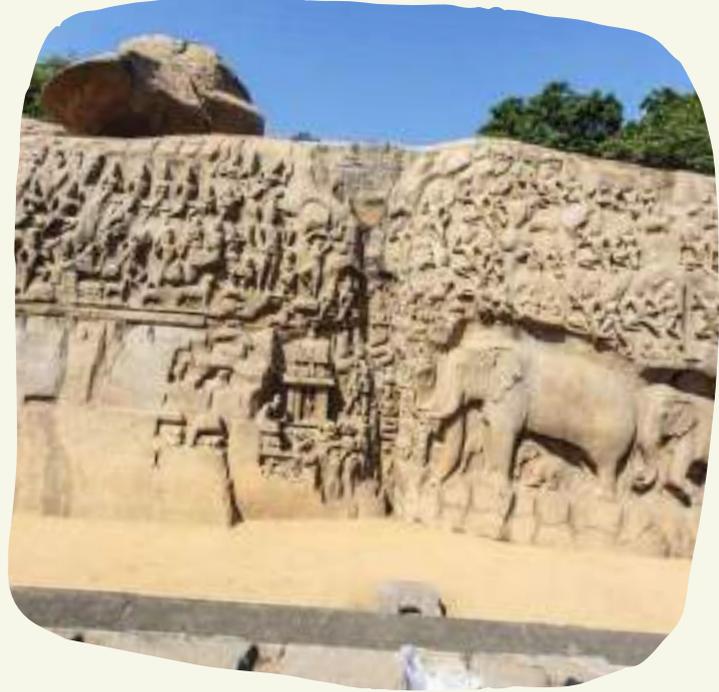
## கடற்கரைக் கோயில்

கட்டிடக்கலையின் தலைசிறந்த படைப்பான கடற்கரைக் கோயில் வங்காள விரிகுடாவை நோக்கி நிற்கிறது. இது மூன்று சன்னதிகளின் கலவையாகும், இது புராணக் காட்சிகள் மற்றும் அன்றாட வாழ்க்கையின் சித்தரிப்புகளுடன் நுணுக்கமாக செதுக்கப்பட்டுள்ளது.



## அர்ஜுனனின் தவம்

கங்கை நதி பூமிக்கு வந்த கதையை சித்தரிக்கும் இந்த பாரிய அடிப்படை நிவாரணம் உலகின் மிகப்பெரிய ஒன்றாகும். செதுக்கலின் விவரம் மற்றும் விவரிப்புத் தரம் பிரமிக்க வைக்கின்றன



## பஞ்ச ரதங்கள்

இந்த ஐந்து ஒற்றைக்கல் பாறைக் கோயில்கள் தேர்களை ஒத்திருக்கும் மற்றும் மகாபாரதத்தில் இருந்து பாண்டவ சகோதரர்கள் மற்றும் திரௌபதிக்கு அர்ப்பணிக்கப்பட்டவை. ஒவ்வொரு "ரதமும்" தனித்துவமான கட்டிடக்கலை அம்சங்களுடன் செதுக்கப்பட்டுள்ளது.



## வெண்ணெய் பந்து

ஒரு சரிவில் அமைந்திருக்கும் புவியீர்ப்பு விசையை மீறும் ராட்சத பாறாங்கல், உருளத் தயாராக இருப்பது போல், மகாபலிபுரத்தின் தனித்துவமான அழகின் அடையாளமாக மாறியுள்ளது.

## வராஹ குகைக் கோயில்

பாறையில் வெட்டப்பட்ட குகைக் கோயில், விஷ்ணுவின் வராஹ (பன்றி) அவதாரத்தில் பூமியின் தேவியை மீட்கும் பாரிய செதுக்கலைக் கொண்டுள்ளது



மகாபலிபுரம் பண்டைய இந்தியாவின் கலைப் புத்திசாலித்தனத்திற்குச் சான்றாக நிற்கிறது. அதன் பாறையில் வெட்டப்பட்ட கோயில்கள், சிக்கலான சிற்பங்கள் மற்றும் காலத்தால் அழியாத வசீகரம் ஆகியவை வரலாற்று ஆர்வலர்கள், கலை ஆர்வலர்கள் மற்றும் கலாச்சார செழுமை மற்றும் இயற்கை அழகின் தனித்துவமான கலவையை விரும்பும் எவரும் பார்க்க வேண்டிய இடமாக இது அமைகிறது. கடலின் அமைதியை அனுபவிக்கும் போது புகழ்பெற்ற கடந்த காலத்தின் எச்சங்களை ஆராய இந்த கடற்கரை நகரம் பார்வையாளர்களை அழைக்கிறது.

# UTTAR PRADESH



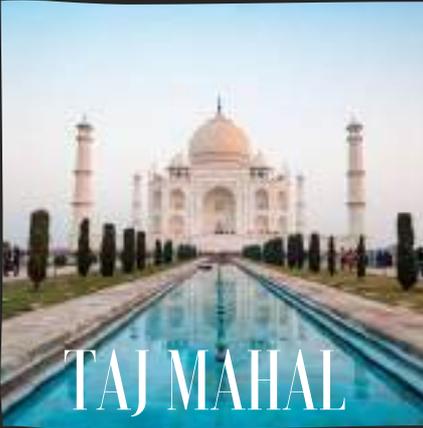
UTTAR PRADESH is a state of northern India. The state has a long and rich history, dating back to the Vedic period. Uttar Pradesh was the centre of the Mughal Empire in the 16th and 17th centuries and later became a part of the British Raj.

Uttar Pradesh is a culturally diverse state, with a number of different religions and languages represented. Hindi is the official language of the state.

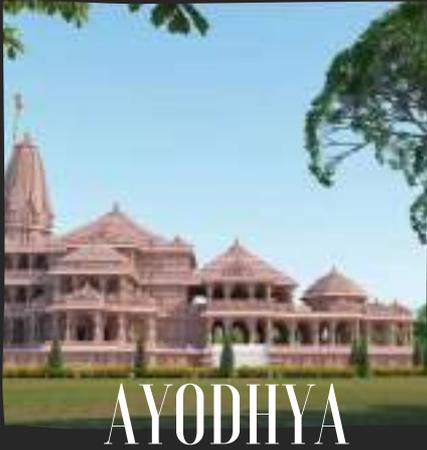
The state has a long and rich tradition of art and culture. Uttar Pradesh is home to a number of traditional performing arts, including kathak and sitar music.

There are also a number of folk traditions, such as the Holi festival, which are still widely celebrated.

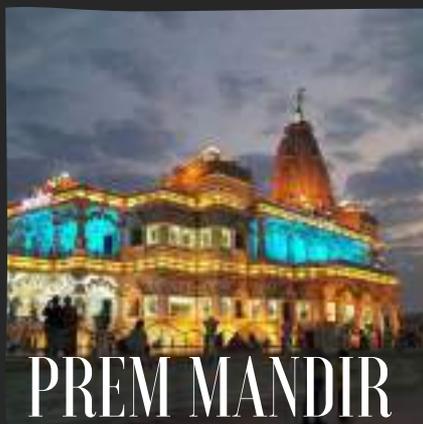
Uttar Pradesh is a favoured tourist destination in India with Taj Mahal, one of the eight Wonders of the World, located in Agra which sees millions of visitors each year.



Having one of the seven wonders of the world has created a major tourism opportunity for the state, and helps drive its service industry with the hospitality and tourism industry bringing in millions in revenues for the state as well as the country. In fact, the state stands number one in India on the basis of revenues generated from tourism. Having Taj Mahal certainly helps in this regard, but the rich topography of the state invites visitors to explore its many other wonders as well.



According to Hinduism, the divine King Rama of the Ramayana epic reigned in Ayodhya, the capital of Kosala. Ram Janmabhoomi, the site that is hypothesized to be the birthplace of Rama, believed to be the seventh avatar of the Hindu deity Vishnu. The Ramayana states that the location of Rama's birthplace is on the banks of the Sarayu river in a city called "Ayodhya". Modern-day Ayodhya is in the north Indian state of Uttar Pradesh.



Lord Krishna, who plays a key role in the Mahabharata epic and is revered as the eighth reincarnation (Avatar) of the Hindu god Vishnu, is said to have been born in the city of Mathura. Prem Mandir is a Hindu temple in Vrindavan, Mathura, India. It is the temple made for the love of lord Krishna and lord Radha.

DEVANARAYANA DURGA

# ದೇವರಾಯನ ದುರ್ಗ

ದೇವರಾಯನದುರ್ಗ: ನೈಸರ್ಗಿಕ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕ ಹಿಮ್ಮೆಟ್ಟುವಿಕೆ



## ಸ್ಥಳ

ದೇವರಾಯನದುರ್ಗ ಭಾರತದ ಕರ್ನಾಟಕ ರಾಜ್ಯದ ತುಮಕೂರು ಜಿಲ್ಲೆಯಲ್ಲಿರುವ ಒಂದು ಸಣ್ಣ ಗಿರಿಧಾಮವಾಗಿದೆ.

ಇದು ನಗರ ಜೀವನದ ಜಂಜಾಟದಿಂದ ಶಾಂತಿಯುತವಾಗಿ

ಹೊರಬರಲು ಬಯಸುವವರಿಗೆ ಇದು ಜನಪ್ರಿಯ ತಾಣವಾಗಿದೆ. ಗಿರಿಧಾಮವು ತನ್ನ ಪ್ರಾಕೃತಿಕ ಸೌಂದರ್ಯ, ಐತಿಹಾಸಿಕ ದೇವಾಲಯಗಳು ಮತ್ತು ಟ್ರೆಕ್ಕಿಂಗ್ ಹಾದಿಗಳಿಗೆ ಹೆಸರುವಾಸಿಯಾಗಿದೆ. ದೇವರಾಯನದುರ್ಗ ಬೆಂಗಳೂರಿನಿಂದ ಸುಮಾರು 70 ಕಿಮೀ ಮತ್ತು ತುಮಕೂರು ನಗರದಿಂದ ಸುಮಾರು 15 ಕಿಮೀ ದೂರದಲ್ಲಿದೆ ಮತ್ತು ಉತ್ತಮ ಸಂಪರ್ಕ ಹೊಂದಿದೆ ರಸ್ತೆ.

## ಇತಿಹಾಸ

ದೇವರಾಯನದುರ್ಗವು ಕನ್ನಡದಲ್ಲಿ "ದೇವರಾಯನ ಕೋಟೆ" ಎಂದು ಅನುವಾದಿಸುತ್ತದೆ; ಪಟ್ಟಣವು ಅದರ ಪ್ರಸ್ತುತ ಹೆಸರನ್ನು ಪಡೆದುಕೊಂಡಿದೆ ಮೈಸೂರು ಅರಸರಾದ ಚಿಕ್ಕ ದೇವರಾಜ ಒಡೆಯರ್ ಅವರು ತಮ್ಮ ಒಂದು ವಿಜಯದಲ್ಲಿ ಇದನ್ನು ವಶಪಡಿಸಿಕೊಂಡರು. ದೇವರಾಯನದುರ್ಗವು ಶ್ರೀಮಂತವಾಗಿದೆ. ಇತಿಹಾಸವು ವಿಜಯನಗರ ಸಾಮ್ರಾಜ್ಯದ ಹಿಂದಿನದು. ಈ ಪ್ರದೇಶವನ್ನು ವಿಜಯನಗರ ರಾಜರು ಆಳಿದರು ಪ್ರದೇಶದಲ್ಲಿ ಹಲವಾರು ದೇವಾಲಯಗಳು ಮತ್ತು ಸ್ಮಾರಕಗಳನ್ನು ನಿರ್ಮಿಸಿದರು. ಗಿರಿಧಾಮಕ್ಕೆ ಎರಡು ದೇವಾಲಯಗಳ ಹೆಸರನ್ನು ಇಡಲಾಯಿತು ಬೆಟ್ಟದ ಮೇಲಿರುವ ನರಸಿಂಹ ಮತ್ತು ಯೋಗ ನರಸಿಂಹ ದೇವರಿಗೆ ಸಮರ್ಪಿತವಾಗಿದೆ. ದಂತಕಥೆಯ ಪ್ರಕಾರ, ವಿಜಯನಗರದ ರಾಜ ದೇವರಾಜ ಒಡೆಯರ್ ಬೇಟೆಯಾಡುವಾಗ ಪವಿತ್ರ ಚಿಲುಮೆಯನ್ನು ಕಂಡುಹಿಡಿದನು. ಪ್ರದೇಶದಲ್ಲಿ, ವಸಂತವು ಗುಣಪಡಿಸುವ ಶಕ್ತಿಯನ್ನು ಹೊಂದಿದೆ ಎಂದು ನಂಬಲಾಗಿದೆ ಮತ್ತು ರಾಜನು ಸುತ್ತಲೂ ಸಣ್ಣ ದೇವಾಲಯವನ್ನು ನಿರ್ಮಿಸಿದನು ಇದು.

## ಪ್ರವಾಸಿಗರ ಆಕರ್ಷಣೆ

ದೇವರಾಯನದುರ್ಗವು ಟ್ರೆಕ್ಕಿಂಗ್ ಉತ್ಸಾಹಿಗಳಿಗೆ ಜನಪ್ರಿಯ ತಾಣವಾಗಿದೆ. ಗಿರಿಧಾಮವು ಹಲವಾರು ಚಾರಣಗಳನ್ನು ಹೊಂದಿದೆ ಕಷ್ಟದಲ್ಲಿ ಬದಲಾಗುವ ಹಾದಿಗಳು, ಇದು ಆರಂಭಿಕರಿಗಾಗಿ ಮತ್ತು ಅನುಭವಿ ಚಾರಣಿಗರಿಗೆ ಸೂಕ್ತವಾಗಿದೆ. ಚಾರಣ ಬೆಟ್ಟದ ತುದಿಯು ಒಂದು ಸವಾಲಿನ ಆದರೆ ಲಾಭದಾಯಕ ಅನುಭವವಾಗಿದ್ದು ಅದು ವಿಹಂಗಮ ನೋಟಗಳನ್ನು ನೀಡುತ್ತದೆ ಸುತ್ತಲಿನ ಬೆಟ್ಟಗಳು ಮತ್ತು ಕಣಿವೆಗಳು.

## ನಾಮದ ಚಿಲುಮೆ

ನಾಮದ ಚಿಲುಮೆಯು ದೇವರಾಯನ ದುರ್ಗದಿಂದ ಸುಮಾರು 8 ಕಿಮೀ ದೂರದಲ್ಲಿದೆ. ನಾಮದ ಚಿಲುಮೆ ತಿಲಕ ಅಥವಾ ನಾಮದ ನೈಸರ್ಗಿಕ ಚಿಲುಮೆಯಾಗಿದೆ. ದಂತಕಥೆಗಳ ಪ್ರಕಾರ, ಭಗವಾನ್ ರಾಮನು ಕಾಡಿನಲ್ಲಿ ಅಥವಾ ವನವಾಸದಲ್ಲಿ ವನವಾಸದಲ್ಲಿದ್ದಾಗ, ಲಂಕೆಗೆ ಹೋಗುವ ದಾರಿಯಲ್ಲಿ ಈ ಸ್ಥಳದಲ್ಲಿ ನಿಲ್ಲಿಸಿದನು. ಭಗವಾನ್ ರಾಮನು ತನ್ನ ಹೆಣೆಯ ಮೇಲೆ ನಾಮವನ್ನು ಅನ್ವಯಿಸಲು ಬಯಸಿದನು, ಆದರೆ ಅವನಿಗೆ ಎಲ್ಲಿಯೂ ನೀರು ಸಿಗದ ಕಾರಣ, ಅವನು ಬಾಣವನ್ನು ನೆಲಕ್ಕೆ ಹೊಡೆದನು ಮತ್ತು ಭೂಗತದಿಂದ ಬುಗ್ಗೆ ತೆರೆಯಿತು ಎಂದು ಕಥೆ ಹೇಳುತ್ತದೆ. ಆ ಸ್ಥಳದಿಂದ ಈ ಹೆಸರು ಬಂದಿದೆ - ನಾಮದ ಚಿಲುಮೆ (ರಾಮ-ನಾಮದ ಚಿಲುಮೆ) ಅಂದರೆ ತಿಲಕದ ವಸಂತ.

ಚಿಲುಮೆಯು ಇನ್ನೂ ಇದೆ ಮತ್ತು ವರ್ಷಪೂರ್ತಿ ನೀರನ್ನು ಹೊಂದಿರುತ್ತದೆ. ನೆಲದ ಸಣ್ಣ ರಂಧ್ರದಿಂದ ನೀರು ಹೊರಬರುತ್ತದೆ. ವಸಂತಕಾಲದ ಬಳಿ ಶ್ರೀರಾಮನ ಪಾದದ ಗುರುತು ಕೂಡ ಕಂಡುಬರುತ್ತದೆ. ಈ ಚಿಲುಮೆಯನ್ನು ಸಂರಕ್ಷಿಸಲು ಅರಣ್ಯ ಇಲಾಖೆಯು ಪ್ರಸ್ತುತ ಸುತ್ತುವರಿದಿದೆ. ಅರಣ್ಯ ಇಲಾಖೆಯು ಸ್ಪ್ರಿಂಗ್ ಅನ್ನು ಸಂರಕ್ಷಿಸುವುದರ ಜೊತೆಗೆ ಪ್ರದೇಶದಲ್ಲಿ ಮತ್ತು ಸುತ್ತಮುತ್ತಲಿನ ಪ್ರದೇಶದಲ್ಲಿ ಜಿಂಕೆಗಳನ್ನು ರಕ್ಷಿಸಲು ಬೇಲಿ ಹಾಕಿದೆ. ಮೂಲೆಯ ಸುತ್ತಲೂ ಅನೇಕ ಜಿಂಕೆಗಳು ಮೇಯುತ್ತಿರುವುದನ್ನು ಒಬ್ಬರು ಗುರುತಿಸಬಹುದು. ಅರಣ್ಯ ಇಲಾಖೆಯು ಅವುಗಳನ್ನು ರಕ್ಷಿಸಲು ಭರವಸೆ ನೀಡುತ್ತದೆ ಹವಾಮಾನವು ಆಹ್ಲಾದಕರವಾಗಿರುತ್ತದೆ ಮತ್ತು ನಾಮದ ಚಿಲುಮೆಯ ಶಾಂತ ವಾತಾವರಣವನ್ನು ಒಬ್ಬರು ನೋಡಬಹುದು ಆತ್ಮಕ್ಕೆ ಪರಿಪೂರ್ಣ ಹಿಮ್ಮೆಟ್ಟುವಿಕೆ.

ಅರಣ್ಯ ಇಲಾಖೆಯು ಸ್ಪ್ರಿಂಗ್ ಅನ್ನು ಸಂರಕ್ಷಿಸುವುದರ ಜೊತೆಗೆ ಪ್ರದೇಶದಲ್ಲಿ ಮತ್ತು ಸುತ್ತಮುತ್ತಲಿನ ಪ್ರದೇಶದಲ್ಲಿ ಜಿಂಕೆಗಳನ್ನು ರಕ್ಷಿಸಲು ಬೇಲಿ ಹಾಕಿದೆ. ಮೂಲೆಯ ಸುತ್ತಲೂ ಅನೇಕ ಜಿಂಕೆಗಳು ಮೇಯುತ್ತಿರುವುದನ್ನು ಒಬ್ಬರು ಗುರುತಿಸಬಹುದು. ಅರಣ್ಯ ಇಲಾಖೆಯು ಅವುಗಳನ್ನು ರಕ್ಷಿಸಲು ಭರವಸೆ ನೀಡುತ್ತದೆ ಹವಾಮಾನವು ಆಹ್ಲಾದಕರವಾಗಿರುತ್ತದೆ ಮತ್ತು ನಾಮದ ಚಿಲುಮೆಯ ಶಾಂತ ವಾತಾವರಣವನ್ನು ಒಬ್ಬರು ನೋಡಬಹುದು ಆತ್ಮಕ್ಕೆ ಪರಿಪೂರ್ಣ ಹಿಮ್ಮೆಟ್ಟುವಿಕೆ.

## ಅಂತ್ಯ

ದೇವರಾಯನದುರ್ಗ ಶ್ರೀಮಂತ ಸಾಂಸ್ಕೃತಿಕ ಪರಂಪರೆಯನ್ನು ಹೊಂದಿದೆ ಮತ್ತು ಹಲವಾರು ದೇವಾಲಯಗಳು



ಮತ್ತು ಐತಿಹಾಸಿಕ ಸ್ಮಾರಕಗಳಿಗೆ ನೆಲೆಯಾಗಿದೆ ಇದು ಹಿಂದೂ ಪುರಾಣ ಮತ್ತು ಸಂಪ್ರದಾಯದಲ್ಲಿ ಆಳವಾಗಿ ಬೇರೂರಿದೆ. ಪಟ್ಟಣವು ಹಲವಾರು ಹಬ್ಬಗಳನ್ನು ಆಚರಿಸುತ್ತದೆ ಭೋಗದಲ್ಲಿ ಆಚರಿಸಲಾಗುವ ವಾರ್ಷಿಕ ಹಬ್ಬವಾದ ಬ್ರಹ್ಮೋತ್ಸವ ಸೇರಿದಂತೆ ವರ್ಷವಿಡೀ ನರಸಿಂಹ ದೇವಾಲಯ. ಈ ಹಬ್ಬದ ಸಂದರ್ಭದಲ್ಲಿ ದೇವಾಲಯವನ್ನು ದೀಪಗಳಿಂದ ಅಲಂಕರಿಸಲಾಗಿದ್ದು, ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮಗಳು ನಡೆಯುತ್ತವೆ ನೃತ್ಯ, ಸಂಗೀತ ಮತ್ತು ನಾಟಕ ಪ್ರದರ್ಶನಗಳನ್ನು ಒಳಗೊಂಡಂತೆ ಆಯೋಜಿಸಲಾಗಿದೆ.

-Ashray SN  
Batch 2022

JOURNEYING  
THROUGH THE ABODE OF CLOUDS  
**MEGHALAYA**

Meghalaya is in the northeastern India, one of the seven sister states known for its rich cultural heritage and diverse ethnic communities. The culture of Meghalaya is vibrant, reflecting its people's traditions, rituals, and unique lifestyle. The place is inhabited by three major tribal communities: the Khasis, Garos, and Jaintias, with uniqueness from the rest of the states of India, symbolizing the 'Unity in Diversity of India.'

Meghalaya follows a matrilineal system, where family descent and inheritance are traced through the mother's line, and it is considered one of the largest surviving matrilineal societies in the world. Women hold significant social and economic positions in the community, and property is often passed down to daughters instead of sons. The children take their mothers' surnames, and husbands stay in the mothers-in-law's house or separately after marriage. I even found most of the shops and local businesses run by women during my visit to Meghalaya.

Meghalaya's traditional music and dance forms are integral to cultural expression. The Khasis celebrate their music through instruments like the 'Ksing' (a flat drum), 'Ka 'Jingrwai Lawbei' (a flute-like instrument), and 'Orchestra' (a collection of different instruments).



Regarding scripts, the major tribal communities of Meghalaya traditionally did not have scripts. Notably, the Khasi language now has its script called 'Khasi Script,' developed in the late 19th century by Thomas Jones, a Welsh missionary using Roman letters.

### The Capital city: Shillong

Upon arriving in Shillong, the capital of Meghalaya, I was immediately charmed by its pleasant weather and scenic beauty in summer. The bustling markets in the Police bazaar, adorned with vibrant local handicrafts, offered a glimpse into the region's rich cultural heritage. I enjoyed exploring local eateries, savoring delicious



Khasi cuisine, and interacting with the warm and friendly locals. The Khasi women wear Jainsem, which looks like an apron. The staple food/ Jingbam (Khasi language) is rice with meat, particularly pork, and dishes made with rice for breakfast like jadoh, putharo, and pumaloi. On festive occasions, they often eat their meals with famous red tea/ Lal cha (Khasi) or rice beer. Overall, the culture of Meghalaya is deeply rooted in its tribal traditions, matrilineal society, music, dance, and colorful festivals. It is a treasure trove of cultural diversity and offers visitors a unique insight into the state's rich heritage.

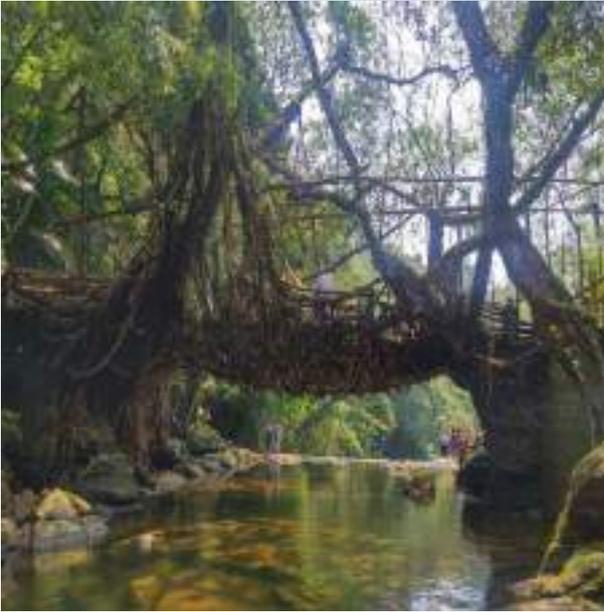
### Chasing Waterfalls

Embarking on a day trip to explore Meghalaya's famed waterfalls, I went to the breathtaking Nohkalikai waterfalls with an agonizing story behind its name—the majestic Nohkalikai, plunging from great heights into a deep blue pool. These waterfalls' sheer force and beauty left me in awe as the clouds slowly raised the curtain to show me its panoramic view. The next waterfalls I visited were seven sister waterfalls and many more throughout the way with gushing sounds playing music for me.

### Living Root Bridge of Sohra / Cherrapunjee

Venturing into the rain-soaked village of Cherrapunjee, I embarked on a thrilling trek to witness the remarkable living root bridges. These natural wonders, formed by tree roots, showcased a unique blend of nature and human ingenuity. Crossing these bridges, suspended over gushing rivers, was an exhilarating experience that filled me with a sense of admiration for the local communities and their sustainable practices to preserve nature.

Dawki - A Pristine Paradise Traveling to Dawki, I was greeted by the crystal-clear waters of the Umngot River. Boarding a boat, I sailed over the transparent riverbed, marveling at the underwater world beneath me. The surreal beauty of the surroundings, with the emerald green forests and imposing mountains, created a scene straight out of a fairy tale. This idyllic paradise left me longing for more time to soak in its serene ambiance.



Exploring the cleanest village of Asia

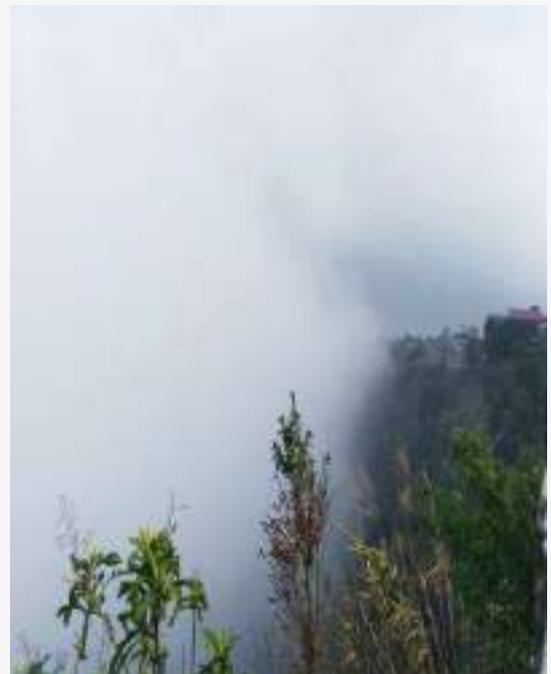
Continuing my journey, I visited the cleanest village in Asia, Mawlynnong. The people of the village are so disciplined about their practices that they keep their village clean with greenery all around, like using waste to produce manure or harvesting rainwater, and the village is plastic-free. The community initiatives mandate all the residents to clean the village. On the way, I came across the man-made bamboo bridge, an engineering marvel that takes you to Sky Viewpoint that offers a panoramic view of Bangladesh and waterfalls.

Caving Adventures

Delving into Meghalaya's underground wonders, I explored the intriguing caves that dot the landscape. The Mawsmai Cave, with its intricate rock formations illuminated by shafts of light, was a sight to behold. Venturing deeper into the Arwah caves, I marveled at the fascinating limestone structures and the hidden treasures within. It was an exploration that awakened my sense of adventure and filled me with a profound appreciation for the Earth's geological marvels.

## Farewell to Meghalaya

As my time in Meghalaya drew to a close, I couldn't help but feel grateful for the unforgettable experiences, kindness, and sweet gestures of the Khasi people and the natural beauty that surrounded me throughout this journey. Meghalaya left an indelible mark on my soul with its pristine landscapes, cascading waterfalls, sacred groves, and warm-hearted people. I found a treasure trove of natural wonders and cultural heritage in Meghalaya. It is where nature reigns supreme, and traditions thrive harmoniously with the environment. Meghalaya beckons travelers to immerse themselves in its pristine beauty and find solace in the gentle embrace of the Khasi Hills.



-Dr Sanghamitra Godi  
Department of Psychiatry

# TTD Tirupati

The Sri Venkateswara Swami Temple is a Hindu temple situated in the hill town of Tirumala at Tirupati in Tirupati district of Andhra Pradesh, India. The Temple is dedicated to Venkateswara, a form of Vishnu, who is believed to have appeared on the earth to save mankind from trials and troubles of Kali Yuga.



Hence the place has also got the name Kaliyuga Vaikuntha and the deity here is referred to as Kaliyuga Prathyaksha Daivam. The temple is also known by other names like Tirumala Temple, Tirupati Temple and Tirupati Balaji Temple. Venkateswara is known by many other names: Balaji, Govinda, and Srinivasa. The temple is run by Tirumala Tirupati Devasthanams (TTD), which is under control of Andhra Pradesh Government. The head of TTD is appointed by Andhra Pradesh Government.

- **Creator:-**Veera Narasingadeva Krishnadevaraya  
Veera Rakshasa Krishnadevaraya

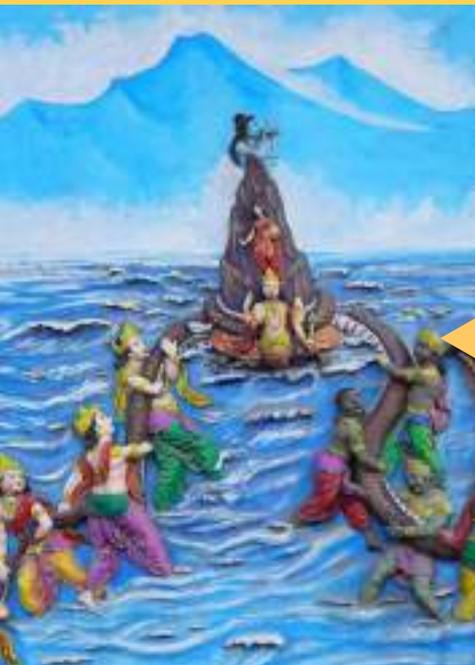
## Ranganatharaya

The temple is one of the Pancha Kshethram where Maha Lakshmi was born as Bhargavi – the daughter of Maharishi Bhrigu. The other four temples of the Pancha Kshethram are Sarangapani temple, Kumbakonam, Oppiliappan temple, Nachiyar Koil and Sundararaja Perumal Temple, Salem. It is one of the richest temples in the world in terms of donations received and wealth



# The Significance of Sawan: A Blend of Tradition and Science

Sawan, also known as Shravan, holds immense importance for Hindus as a holy month dedicated to Lord Shiva. This period is marked by fasting, offering prayers, and consuming specific 'Vrat' recipes. While these traditions have deep-rooted religious significance, there are also scientific reasons behind the practices observed during this time. Let's explore the scientific rationale behind the customs associated with Sawan.



## Lord Shiva and the Samudra Manthan:

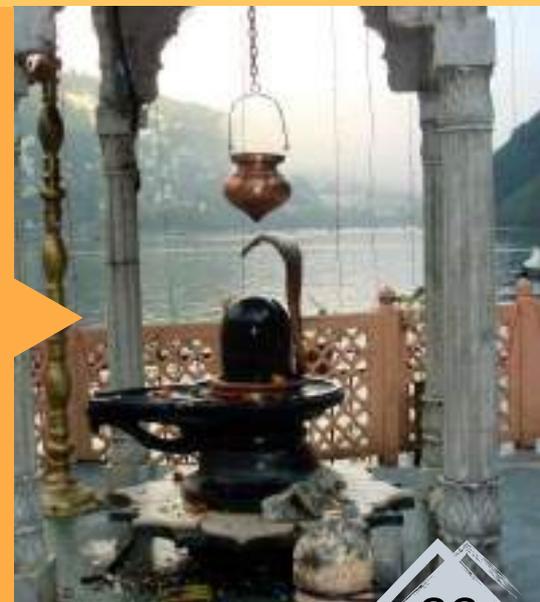
The story of Samudra Manthan, where the milky ocean was churned in search of the nectar of immortality, plays a vital role in understanding the significance of Lord Shiva during Sawan. During this event, Lord Shiva consumed the potent poison, Halahal, to protect the universe. As a result, his throat turned blue, earning him the name Neelkantha. To calm the effects of the poison, gods and demons offered Gangajal (water from the Ganges) to Lord Shiva. This event, believed to have occurred during the Shravan month, inspires devotees to observe fasts and offer Gangajal to the Shivling.

## Avoiding Non-Vegetarian Food:

During Sawan, it is customary to abstain from consuming non-vegetarian food and alcohol. Several reasons contribute to this practice.

### 1. Respect for Aquatic Creatures:

As the monsoon season provides favorable breeding conditions for aquatic creatures, refraining from eating seafood during Shravan was traditionally seen as a gesture of respect. It was considered inappropriate to harm or kill these beings, especially when they were pregnant or laying eggs.



## 2. Digestive System and Immunity:

The monsoon season is characterised by reduced sunlight, which can lead to a deficiency of Vitamin D in the body. Since our bodies are made up of various natural elements, such as air, sunlight, soil, and water, the absence of one element can impact our overall functioning and immunity. The digestive system tends to slow down, making it challenging for the body to digest non-vegetarian food. Thus, opting for lighter and Satvik (pure) food is considered beneficial.

## 3. Water-borne Diseases:

Sawan coincides with the rainy season when water-borne diseases become more prevalent. The belief is that non-vegetarian food items have a higher risk of contamination during this time. To avoid potential infections and stay healthy, people prefer consuming food that reduces the risk of water-borne diseases.



## 4. Staying Fit:

In the past, excessive rainfall during the monsoon season often forced people, especially farmers, to stay indoors and reduce physical activity. This sedentary lifestyle could lead to weight gain and digestive issues. To maintain good health, individuals would rely on a light 'vegetarian diet during this time.

## 5. Religious Festivals:

Sawan is also a month filled with important Hindu festivals such as Rakshabandhan, Teej, Krishna Janmashtami, and Naag Panchami. To maintain consistency and follow the same dietary practices throughout the month, people often adhere to a specific system.



While some may view these rituals as blind adherence, it is crucial to understand the origins and the impact they have on one's life. The customs and practices associated with Sawan blend religious significance with scientific reasoning. By observing these traditions, individuals not only pay homage to Lord Shiva but also prioritise health, respect for life, and overall well-being during this auspicious month.."



# ABHIVYAKTI

*Going beyond words and bringing out the artist within by sketch or painting, or letting the lens of a camera capture the moment which one wishes to share and experience forever...*



-Chigullapalli Bhavana  
Batch 2022

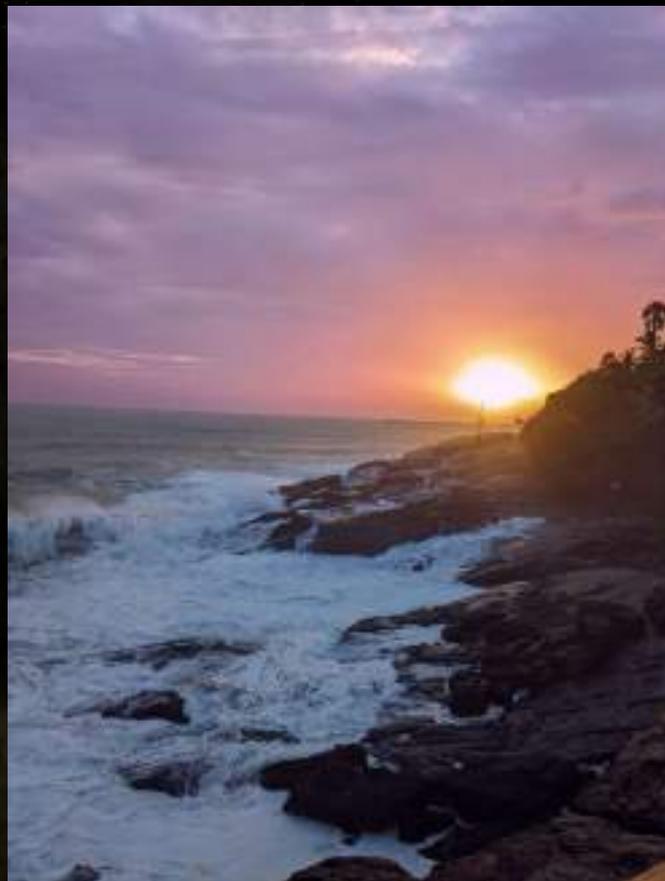


“Sunset is so marvelous that even the sun itself watches it every day in the reflections of the infinite oceans!”

Trivandrum, Kerala



-MRS. JOSHNA CHATADA  
NURSING OFFICER





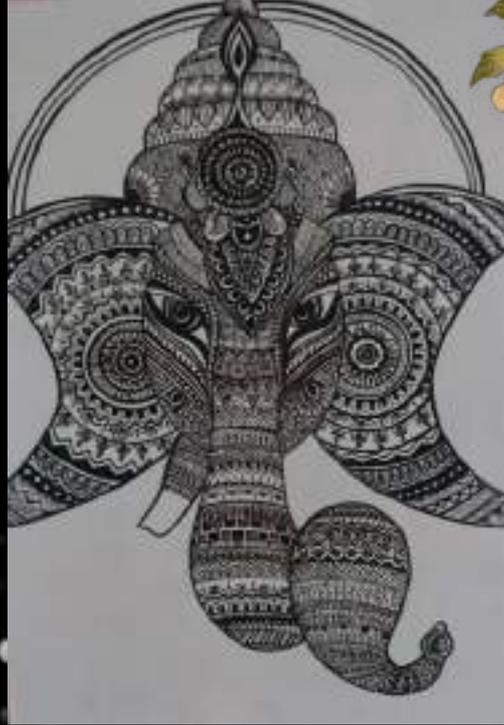
Tiger Roaring @ Kanha national Park Madhya Pradesh.

-Dr M.D.Nithin  
Department of FMT



TIGER from  
Kanha national Park-  
AMBUSH





Lakshmi sanjana Botta  
2022 batch



Madhumitha Karri

Batch 2021



# CHRONICLES OF MEDICINE

**“Poorly nourished, pale, weight 30kgs, odour of acetone on his breath, appeared dull, talked rather slowly, quite willing to lie down all day.” One senior medical student gave a blunt and grim prognosis.**

**“ All of us knew that he was doomed.”**

**At the start of the 20th century, a diagnosis of type 1 diabetes mellitus meant certain death. Little could be done for patients, other than to put them on a starvation diet of 450 calories a day!! People slipped into coma, died of starvation with no other treatments available.**

**Around 1921, Frederick Banting and Charles Best succeeded in isolating a hormone called “INSULIN” which seems to be responsible for the carbohydrate regulation in our body. This extraction is done from a dog’s pancreas, Later joined John MacLeod in this research of the two Toronto University scientists. They conducted their research in faster and efficient way.**



But yet once again they encountered problems with the impurities of their extract that was causing inflammation in a patient, L. Thomson, a ketotic diabetic patient. But J. Collip, their biochemist collaborator, prepared a cleaner insulin free from impurities, using alcohol to be exact. With this Thomson's dangerously high blood glucose levels dropped to near normal levels.

Following this, the medical firm Eli Lilly started large-scale production of insulin. This insulin was the first genetically Engineered, synthetic "human" insulin using E.coli. The bio synthetic human insulin did not cause any allergic reactions like it did with pig and cattle's insulin. It went popular under the name "HUMULIN." From humalog to novolog and insulin pens to pumps, it was a long way!

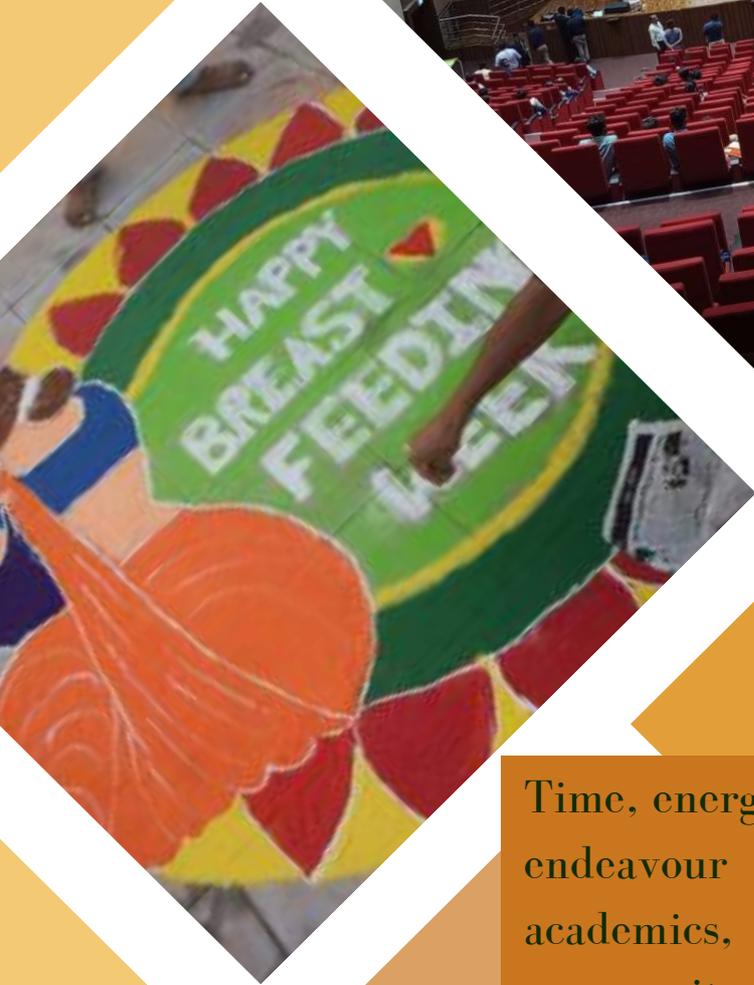


LÉONARD THOMPSON  
First patient to receive insulin in  
Toronto.

Reference: The history of a wonderful thing we called insulin, July 01 2019, American diabetes association



**Lalitha Vishnu Priya B**  
**2022 batch**



# Prudence

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

Doctor's Day  
01/07/2023

Freshers party- Astitva 5.0  
07/07/2023

Rangoli Competition  
05/08/2023

Cerebration  
10/08/2023-  
12/08/2023

Independence Day  
15/08/2023

Dil Se Daan  
15/08/2023-17/08/2023

Jeevandan  
03/08/2023

Hell Vs Heaven  
20/08/2023

The Big Student Debate  
21/08/2023

# **CELEBRATING DOCTOR'S DAY: HONOURING THE HEALERS**

**"Doctors are the guardians of our health, the unsung heroes who work tirelessly to heal, comfort, and save lives. Doctor's Day, celebrated on various dates worldwide, is a day to recognize and appreciate the significant contribution of medical professionals in enhancing the well-being of individuals and society as a whole. We are all moved by stories of soldiers martyred on the battlefield, but imagine a healthcare worker fighting death and diseases, losing their life on duty while trying to save someone else, and more shockingly, at the hands of the person they were trying to heal.**

**We, the students of AIIMS Mangalagiri, came forward to bring awareness among patients regarding the attacks on doctors. In the light of recent attacks on doctors, we chose a theme which says "Say No to Violence Against Doctors."**

**On 1st July 2023, we performed a flash mob in the hospital OPD. It was a mixture of dance and skits performed by the students, depicting the attacks on doctors. Patients were the audience who watched the role play from the beginning till the end. Initially, they had no idea what was happening there, but as the skit proceeded, they understood the theme of the play which we wanted to incorporate into their minds.**

**At the end of the play, we could see the respect towards doctors in their eyes, which has increased a thousand-fold.**

**Bringing our hands together when they save us and raising our hands on them when they can't isn't what they deserve. Doctor's Day serves as a reminder of the invaluable service doctors provide to humanity. Let us honor their contributions and pledge our support to their tireless efforts to keep us healthy and secure."**

**-Ramya Sree B.D.V**



# ASTITVA 5.0

## Freshers Party Decorations

Recycling works like magic, transforming ordinary unseemly 'waste' into brilliant pieces of art through diligence and creativity. This was precisely the point we, the batch of 2021, aimed to prove with the decorations of Astitva 5.0.

The centrepiece of the event, "The Peacock Mask," which stood tall above, welcoming everyone, was crafted using old cardboard boxes as a base and decorated with old CDs, table cover foil, and X-ray sheets. We created special mask stands by filling dustbins with rangoli sand and using wooden sticks found around the campus.

The prop box we assembled was actually an old thermocol box decorated with props crafted from cardboard boxes in our recycling pool. Last but certainly not least, our "Welcome to the Gala Corner" was fashioned by stacking old boxes together, spray-painting them, and illuminating them with lamps made from old glass bottles.

Our batch diligently scoured every nook and cranny of the campus for recyclable items to keep the event environmentally friendly. We extend our gratitude to the S and E club for sparking our creativity with innovative ideas and providing us with the necessary materials for recycling, which added an extra touch of magic to our masquerade gala night.



# Rangoli Competition

"Vibrancy and contrast were everywhere in the pattern."

On August 5, 2023, what may have seemed like an ordinary Saturday to others was a day to cherish for us. To showcase the talent and creativity of the students, the 'Social and Environmental Club' under the Swachhata action plan arranged a rangoli competition in the UG Amenity Hall at 4 pm. As usual, the response was overwhelming, with over 30 entries. Extensive participation was seen from all wings of the institute. Each team with 3 to 4 people, was provided with colors and a place for the rangoli.

The energy throughout the event was truly captivating, both from the participants' side and the volunteers' side. Every individual worked their own brand of magic with chalks, colors, and brushes, resulting in astounding outcomes. Some experimented with modern art, while others adhered to traditional styles. The competition was conducted under the Swachhata action

plan to raise awareness about the conservation of nature, and the participants effectively conveyed this message through their beautiful rangolis.



The judging was done by esteemed faculty members of AIIMS Mangalagiri: Dr. Purushottam, Dr. Chiranjeevi, and Dr. Saroja. After a tough judging round, three winners were selected based on the originality of ideas and themes portrayed in the art. The winners were as follows:



2nd prize

Vaishnavi, T Harshitha, Niharika  
2022 batch



1st prize

Devika, Geethika, Barnali, Snehitha  
2021 batch



3rd prize

K. Nalini, Preethiga, C Kamala  
Nursing



# DAILY NEWS

Word • Business • Finance • Lifestyle • Travel • Sport • Weather



## Cerebration

### The 5th colloquium

# Academic fest



**Cerebration, the 5th Colloquium is a first year MBBS Medical Gala organised by the Faculty and students of AIIMS Mangalagiri**

**Departments of Anatomy, Physiology, Biochemistry and students of 1st year MBBS students have been the formulators and torchbearers of the Cerebration 2023- the 5th Colloquium. The Groundwork, planning for the event were commenced from an interval of 10 days. Volunteers have engaged themselves in Organising, Stage, Scientific, Compering and Prize distribution committees. Perhaps, they have been the major leading ones and had left no stone unturned to make the event a successful one to look back in the history of AIIMS Mangalagiri.**



## seminar presenters

**PUNEETH Y  
SRI KABIISH  
G SRIRAM**



Fortunately, I was selected to represent our college for the anatomy seminar for which I'd really like to thank our Anatomy professors once again. The preparation for seminar began long before the event started and we came up with multiple seminar drafts and ultimately deciding on one. This event as a whole allowed greater interactions with our esteemed professors as well opened up a new window of interaction with peers from different colleges! The last day when it was announced that our college won back the Running trophy after 4 whole years, and that I was a part of the winning team brought me a sense of elation and euphoria. I was glad to take part in this event and form such amazing memories that I will definitely cherish for the rest of my life.

— Sri kabiish

I was allotted with a topic "Ernest Starling's contribution to Physiology". From very beginning of my 1st year, I was very much influenced by the teaching style of my Physiology professors which inspired me to participate in this seminar on behalf of Physiology. My friends also have provided me immense motivation which made me to nail the show. Fortunately, the presentation went very well, and the question-and-answer session was amazing. I was praised by my professors and my colleagues particularly for the way I answered the questions. Finally, the last day after a brainstorming presentation from Biochemistry department, we won the AIIMS Mangalagiri running Trophy, where all the hard work of our team was paid off. I am very happy to be a part of Cerebration 5.0 which is a platform to celebrate wisdom of knowledge, essence of creativity, innovation and intellectual exploration.

— G sriram

I remember the exhilarating moment when our College name was called out as the winners of Cerebration – The 5th Colloquium. We were bringing the running trophy back home after a 4 year long wait. When our team walked up to the stage to accept the award a rush of pride and satisfaction swept all over us. It was a culmination of weeks of hard work and preparation, from researching and crafting my presentation to practising my delivery countless times. My topic in the final round of biochemistry was about G-DNA QUADRAPLEXES and its implications. Of course, a not so known topic but recent evidences showing its numerous connections with cancer biology had opened up new opportunities in the area of cancer therapeutics. This very idea of a new approach towards cancer treatment that could potentially help the medical fraternity and our generation doctors in the ongoing fight against this formidable disease made me strive to gain all possible knowledge about the topic.

Finally the day of seminar arrived and I felt a mixture of nervousness and excitement. As I stepped on to the stage , I took a deep breath and began to speak. Fortunately my confidence outclassed my nervousness .

— Puneeth Y



## Charts and models

We chose cerebellar circuits as our topic because it was one of the most challenging part of neuroanatomy. To prepare, we referred Snell's anatomy, Barr's anatomy and Vishram Singh. We first discussed our ideas and came up with an outline first, then made all the drawings and crafts required. The best part was making circuits for the first time and to make the best possible lighting required for our chart. Putting all these efforts, finally we made our chart as best as possible. At the end we did it! We won first place. We also gained enthusiasm to participate in further events.



**KV SNEHA LATHA REDDY**  
**K SUMALATHA**  
**K SHAINIKA**

When my professor first described about counter current mechanism he told " this mechanism aims to achieve differential medullary interstitial osmolarity and a great deal of 1200 mosml at maximum" I was fascinated.

Before I could get an idea of how to depict, I put my full efforts to understand and research about the topic. The topic is more like playing with numbers. Making the chart was tedious, yet the most fun part. On the day of celebration when I saw nearly 13 more college people participating, I don't was stunned. Seeing new people around, getting a chance to mingle with them was a wonderful experience. Each chart was phenomenal and yet some fear did spark in my mind. But there was this confidence supporting my mind that I was taught by great professors and that I will prove myself and excel in this. When I explained my chart to my peers, my seniors, my professors I felt privileged. And when they announced my name for first prize for physiology chart I knew I did a good job.



**MANISHA RAJ**



2023 cerebation is an unforgettable memory. When I was thinking to participate in this cerebation, my mentor suggested to do synaptic transmission. Aim of the model is to show how impulses are getting transmitted between neurons and how the neurotransmitter is inhibited by certain blockers. My friend Komalee helped me a lot in making this model. I don't know how those three days went by. We learned many new things through these seminars, models and charts that were made by our friends.

## **M ANJALI PRIYA L KOMALEE**

It was really a tough competition. This experience gave us lot of motivation to perform our duty without expecting fruits. If we perform our duty with utmost consciousness, then definitely we will get the result. I'm glad to receive this medal in physiology model.

The hard-earned joys are the sweetest. One such experience was cerebation. Firstly, I am very thankful to my mentor for encouraging me to participate in this competition of model making. I made memories for a lifetime. This happened solely because of my friends Soumya, Bhanu priya and Mamatha. They helped me a lot. They are incredibly supportive and always cheered me on. I was refitting my model till the very last minute. Then on the day of presentation, I was little bit nervous, but surprisingly I got used to that environment and I just gave a flawless rendition. Before this, I wasn't expecting to win but later a small hope sprouted in my mind. At last, on the day of the results, when they announced my name I was overwhelmed. Since the past 3 years I didn't participate in any competitions so, this is very special for me.



## **MALAVEEKA P**



Meeting students from different colleges and discovering the creativity instilled in everyone was a great pleasure. I presented a model on the Development of Retinoblastoma. I started preparing the model from a week before and I still remember, in the morning, on the day of presentation, I was still making changes to the model. I was very anxious before presenting my model. But once I met the judges I felt very relaxed and aced it. I was extremely happy when my name was announced for 3rd place in Biochemistry Model. I couldn't have made my model without my friends - Parth, Sandeep, Akkshay, Varshini and many of my seniors have also advised me on how to present. It was an amazing experience and I wish that we can have more of these events in the future.

## ALAKANANDA S

Finally, it was the day when we had to present our biochemistry chart on a topic which we had no idea earlier. Our nerves were on edge. We set up our chart alongside those of our peer, each brimming with their own creativity. Judges, professors and fellow batchmates perused our exhibits, asking questions and deeply inspecting our creativity. It all went well and finally the moment of award ceremony arrived.

And when it was announced that, we secured first place in our category of biochemistry charts, our hearts overwhelmed with joy. It was quite exciting to win an unexpected first prize. It was the moment when we recollected the effort we put in and finally here comes the result for our hard work.

We spent many days and nights gathering information and putting it together. In this process, we got an opportunity to gather more knowledge about the subject and finding out new ways to present our thoughts.



## N NEHARIKA PRAJKTA LIHITKAR



## L. Komalee 2022 batch

Day 1 of Cerebration started off with the registration of all the participants from 14 colleges. The event officially commenced with the lamp lighting ceremony by the Honourable Director, Dr Mukesh Tripathi Sir, Honourable Dean Academics, Dr. Shreemanth Kumar Das Sir and the subject experts.

Presentation of Working Models and Charts along with Seminars were the main events of Day 2. Educational games, Cross words and jumbles added fun and festivity to the event and even made it more entertaining. The second day was fun indeed. A tense atmosphere had set in on the 3rd day as the performances of that day would determine the trophy holders of Cerebration 5.0. The most awaited moment of day was the announcement of the results. It was indeed a nerve-wracking moment for all the participants. Finally, the hardwork and efforts of participants were repaid with certificates of appreciation and medals were awarded to the winners of Seminars, Models and Charts by the chief guests. Then came the announcement of final trophy winners. Everyone's heart raced with anxiousness and excitement. The exact words of Director sir were "The first prize goes to All India Institute of Medical Sciences, Mangalagiri. No sooner was the announcement made, the auditorium erupted with cheers. And finally after 5 years, AIIMS Mangalagiri bought its trophy back home! Apart from winning, we utilised this occasion as an opportunity to communicate with our counterparts from other colleges and to explore and cultivate medical brilliance. Such occasions also provide us a moment to develop our skills to efficiently organise an event. Apart from all of these, events like Cerebration provide us a relief from usual hectic academic schedules for a few days. Finally, we are thankful to the Government of India for funding events like cerebration that cultivates medical brilliance among younger minds.



# Moments of joy



Compiled by  
Lalitha Vishnu Priya B  
2022 batch

FILM NEGATIVE

# INDEPENDENCE DAY



- PRAJAKTA LIHITKAR  
BATCH 2022

The day of independence. Every year, we gather to celebrate the spirit of freedom, unity and diversity. It is on this day that every individual of our country pays tribute to the great freedom fighters.

On Independence Day, initiating with flag hoisting, we sang the national anthem, a symbol of our nation's unity, followed by a welcome speech by Dean AIIMS Mangalagiri. Director sir addressed us with his thoughtful words and insights about the progress of our institute, and how everyone's efforts play a pivotal role in making our institute one of the best serving hospitals.

Cultural activities by the various talented members of AIIMS MG family were the highlight of the day. They filled us with the feeling of patriotism and love for our country. On this auspicious occasion, the log book for interns was launched. Prizes were distributed for various events and competitions that took place in the last few weeks, like Pathology E-poster competition on occasion of lung cancer day and international yoga day Webinar. Finally, my salute to every brave soul who was responsible for us to live and breathe the air of independence to this day.

Jai Hind!



# DIL SE DAAN PART 2



"Service doesn't have to be big and grandiose to be meaningful and make a difference."

CHERYL A. ESPLIN



The social and environment club is trying to make a small difference in the lives of our housekeeping staff. The club donated clothes and shoes collected during 'dil se daan' campaign. The smile on the faces of the staff was worth every effort. They were very thankful for the clothes which were not only meant for themselves but for their family members too. These people work tirelessly in our campus, keeping it clean and tidy and this just a small way for us to show our appreciation.

Thanks to all the faculty, nursing officers, administrative staff and most importantly our students for their generous donations.



-Dr Bakshi S  
Department of ENT (HOD)



**NATIONAL ORGAN DONOR DAY**



# JEEVANDHAN

“The loss of life could be the beginning of another...become an organ donor.”

The Department of Nephrology, on the occasion of National Organ Donor day, August 3rd, conducted Jeevandhan, which mainly focused on the brain dead people who can save at least eight lives, if they donate the organs while they can.

The seminar revolved around the causes of brain death which include allegations like trauma to brain, cerebrovascular accident, refractory brain elements and the patient has to lie on the bed all his life with the ventilator. These functioning organs of the brain dead people are retrieved and donated to needful patients.

While this was something really amazing, the field of organ donation also raises ethical questions about consent, equity and allocation. Respecting the wishes of donors and their family members while providing the best care to other parties is pretty challenging. A striking balance between these restrictions is what makes this magic happen.

Many of our mentors and dear doctors of AIIMS Mangalagiri have already done their part of donation and now it's our time!

Organ donation transcends the barriers of culture, religion and language. By dispelling myths, and embracing technological advancements, fostering a culture of giving, our society can ensure that the gift of life continues to thrive through organ donation.

AIIMS Mangalagiri has planned to initiate the cadaveric transplantation across the Andhra Pradesh state, which includes organ donation, organ allocation and transplantation. It also took the initiative of bringing awareness across the state.

**Lalitha Vishnu Priya B**

**2022 batch**

HELL



HEAVEN

Reflecting upon the vibrant moments that unravelled during an exhilarating evening, which resonated with the audience to the amusing activities that unfolded, this recap aims to capture the essence of the event in its entirety. The behind-the-scenes work, often unseen, involved hours of dedicated creative brainstorming amongst the volunteers, creating appealing ornamentations, transforming the venue into a breathtaking haven for the event to happen and designing an event flow that will keep guests entertained for the evening. This involved the combined efforts of several, all determined with a common interest - to create an unforgettable experience. The event day - evening of Sunday the 20th of August, had an atmosphere that was alive with infectious enthusiasm as attendees immersed themselves in an array of captivating activities. This included thrilling games such as saree draping, treasure hunt, PS3, HUKUM etc that ignited friendly competition amongst the attendees. The process of playing these games together, inculcated, amongst the team members, an immense teamwork amongst themselves. This was more than just a fun event; it was a kaleidoscope of shared happiness, rekindling the simple pleasures of togetherness.



# THE BIG STUDENTS' DEBATE

PRESENTED BY DEPARTMENT OF PHARMACOLOGY

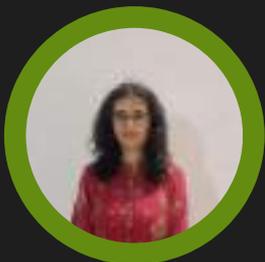
**WINNERS - RED TEAM**  
(ON THE LEFT SIDE)

**BATCH 2021**



**ATHIRA G**

First Best Speaker  
Winner Team



**KIRTIKA JAKHAR**

Second Best Speaker  
Runner Up Team

**TOPIC:**  
"ME TOO DRUGS" - DO WE NEED SO MANY OF THEM?

When asked about what their greatest fear is, students often mention that they fear speaking out in public. A similar thought crossed our minds when Sushil sir first walked into the class and announced the debate. Initially many of us were skeptical. A thousand different thoughts and fears crossed our minds. What if we forget our lines? What if someone asked us an unexpected question to which we did not have an answer? In the days that ensued, teams were formed. All of us prepared our speeches which involved a lot of research and going through research articles. We went to multiple departments to get the insight of clinicians. On the final day we rehearsed one last time and we were good to go. The process of participating in this event taught us a lot about teamwork- working with people whose opinions might not exactly match yours, coming up with ideas, strategising, coming up with deadlines and to think not just about ourselves but the entire team. On the day of the debate, both the teams put up a tough fight. The judges also provided us valuable insights about 'me too' drugs and the realities of the pharmaceutical industry. Overall, it was a wonderful experience getting to learn something new, working with our batchmates, getting to know each other's strengths and weaknesses. We are really grateful for this opportunity and want to thank the professors for all the time and effort they put into planning this event. Receiving medals and certificates for our effort and dedication from our professors was the icing on the cake!

#### **Aradhya Shivshankar Jain ( Winner Team )**

The 2023 Big Student Debate, organized by AIIMS Mangalagiri's Department of Pharmacology on August 21, 2023, tackled the topic of "Me Too drugs: Do we need so many?" I joined a team with Rajanya, Kirtika, Sruja, Nandana and Siddharth to represent the opposition, arguing against the need for numerous "Me Too" drugs.

The team selection process involved auditions in front of the Pharmacology department. I chose the opposition based on my research and the chance to deepen my understanding of the subject. After being selected, we prepared by researching, gathering data from various sources, and organizing our arguments. We practiced our speeches rigorously, providing feedback and rebuttals.

On the debate day, Dr. Sushil Sharma, Head of the Pharmacology department, introduced the judges and teams. Both sides presented their arguments confidently, and after a fierce debate, the results were announced. We were runners-up by a narrow margin.

This debate was a valuable learning experience, forcing us to explore multiple sources, refine our public speaking skills, and build strong teamwork. We are grateful to the Department of Pharmacology for this unforgettable educational opportunity.

#### **Meenakshi Rajesh ( Runner Up Team )**

Finally, the day of excitement had arrived with the topic of "Me-Too Drugs."

## THE BIG STUDENT DEBATE

A battle of words began with the argument "Yes, we want Me-Too Drugs." I was convinced by their arguments until I heard all those \*abbreviations\* (Propranolol, Esmolol, Timolol, Labetalol, ..... ) from the opposing team. Both teams had done great work collecting data regarding Me-Too Drugs; they provided evidence from many articles and statistics on the topic. This helped me gain practical and clinical knowledge. I felt that this debate leaned more towards pharmaceutical companies in the end, with arguments both for and against them. Eventually, the debate ended successfully.

Afterwards, the judges had some questions for the participants and also shared their opinions about the debate and the clinical usage of drugs. Marks were tallied, and the winner was announced. Participants received medals and certificates, followed by a vote of thanks from the moderator. Finally, what I learned was that no matter how many Me-Too Drugs become available on the market, the responsibility of prescribing the appropriate and affordable drug for the benefit of the patient lies solely in the hands of the treating clinician.

**Rishitha**

**Batch 2021**

# KAHAANI

## THE STORY WRITING COMPETITION

WRITING STORIES IS  
A KIND OF MAGIC,  
TOO

The literary Society organised an online story writing competition 'Kahaani' held in honour of National Reading Day, 2023.

This competition aimed to awaken the sleeping writer in all of us and encourage the exploration of creativity among our medical students. We received an overwhelming response from participants who poured their hearts into crafting captivating stories based on the given prompt ; " He felt apprehensive when he walked into the room ....".

The competition was open to all students of our college, providing them a platform to showcase their storytelling skills. After receiving numerous thought provoking and imaginative entries, it was a challenging task for our esteemed panel of judges to select the winners. We extend our heartfelt appreciation to the judges Dr. Jyoti Kulkarni (Dept.of Anatomy) , Dr. Soumyajit (Dept.of ENT) and Dr. Sangeeta (Dept.of Anatomy) , for their valuable time and expertise in evaluating the submissions.The judges were impressed by the exceptional quality and creativity displayed in the entries.

After careful deliberation, Vignesh from the batch of 2020 emerged as the winner and Sritha Reddy also from the same batch secured the second place with their outstanding talent and creativity.

We extend our heartfelt congratulations to all participants and we would like to take a moment to acknowledge the effort and dedication of each participant.

This competition has not only provided a platform for our students to showcase their talent but has also fostered love for literature and storywriting within our college community. We hope that this event has inspired us all to continue exploring the world of storytelling and to nurture our passion for literature.

Ajith K S  
2020 Batch

# DHANVANTRI 2.0



July -28 world's Nature Conservation day

On the occasion of world's nature conservation day , a plantation drive "DHANVANTRI 2.0" has been celebrated in aiims mangalagiri.

" if you cut a tree, you kill a life

If you save a tree, you save a life

If u plant a tree, you plant a life"

By holding on to this slogan lot of plants were planted in the AIIMS Mangalagiri premises. The area behind the AYUSH building has been cleared and new plants were planted in that area. Students and professors from various departments participated actively in this drive and made the event successful. Professors have organized this event very well. Every student was told to adopt one plant and to take care that plant, we are watering plants frequently and taking care of them. Having green campus is a boon . But maintaining it green and contributing our part to make it even more greener is our chance to show respect towards the nature which have given and still giving all the things that mankind needs.

So let's conserve mother nature by planting more plants.. ..



**-KARTHIK MT  
2022 BATCH**

# DISHA

What after MBBS?



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*Department of Pathology*

PR: Dr. Poongodi

JV: Dr. Jyoti Verma

RS: Dr. R Suneef

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### Why and when did you choose pathology as your main interest?

**PR:** At the end of my internship, I found myself deeply interested in OBG, dermatology, and pathology, Following the completion of my 6-month internship, I took entrance exams for PGI, Chandigarh, and JIPMER. The PGI results were the first to be released, and I was getting pathology at that time.

**JV:** While preparing for my exams I realised it is occupying a central position and all the departments are surrounding it because each and every department needs to have that discussion with pathology.

**RS:** Actually, my department of choice was paediatrics. I tried but I could not get. Then finally I decided I want to do anything in Central Institute either PGI or JIPMER. I got in JIPMER but I thought I will try once more. So, then I got in PGI, PGI is best for pathology

### How does your branch differ from other branches?

**PR:** Operating predominantly within a laboratory environment, pathology focuses on comprehending the underlying mechanisms of diseases, diagnosing them, and aiding in treatment decisions. This sets it apart from various pre and paraclinical disciplines

**JV:** The first thing is it is a very colourful branch because you would deal with all specific and very colourful stains and all. We are not directly associated with patients but yes, we play a very important role in diagnosing their problems, diseases.

**RS:** Our branch is known for diagnostics, based on our diagnosis, Surgeons or technicians will treat the disease, of course micro-biology is also a diagnostic branch, but histopathology is the gold standard

### For whom is this an ideal branch?

**PR:** A pathologist's responsibilities typically take place behind the scenes, with the efforts and diagnostic skills often going unnoticed. Therefore, those who harbour fewer expectations but are deeply dedicated to their work are well-suited for this field.

**JV:** Those who want to live a lifestyle, those who want to understand the pathogenesis of the disease, those who want to prevent occurrence of disease, they should be well-suited for this field

**RS:** So, if you want a cool life, once you become faculty. Not when you are JR or not when you are SR.

### The most common procedure is examining a slide, are there any long-term problems of viewing the microscope continuously?

**PR:** A common challenge faced by numerous pathologists involves back pain, often resulting from extended periods of maintaining a static posture while using a microscope. Some individuals may also encounter eye strain, although innovations in microscope technology such as the incorporation of infinity optical systems, LED illumination, and ergonomic viewing angles have helped alleviate this issue. Despite these advancements, it's crucial to uphold proper ergonomics, periodically rest the eyes through short breaks, and ensure adequate lighting conditions in order to effectively prevent eye strain.



*How should students approach pathology? Should the approach be different for both exam and practical needs?*

**PR:** Questioning the 'why' behind every statement and actively seeking answers stands as an effective approach to mastering any subject. During exams, the primary objective revolves around scoring points. This entails studying previously posed questions, emphasizing prevalent illnesses, and concentrating on a handful of pivotal organ systems that carry significant weight in the assessments.

**JV:** Yes, obviously but both are like different sides of the same coin. The thing is theory you have to have a very theoretical approach meaning to say you should know all the name, terminologies, to write an exam, to pass that exam, theory has to be collaborative with practical approach too. See, practical approach meaning to say how to go forward, how to approach a particular thing in what way you are going to because ultimately skills are important.

**RS:** No. Approach will be same. Once you read the theory, then you will understand what is there. You should see, you should read and you should compare with the slide, then only you will understand.



*what role does the department play in the patient care?*

**PR:** Understanding the significance of pathology in patient care necessitates a grasp of its primary divisions: Histopathology, Cytopathology, Haematology, and Immunopathology. This diversity underscores the multifaceted role it plays.

Among these branches, the most pivotal role lies in the conclusive histopathological diagnosis of diseased tissue, a determination that profoundly influences treatment strategies. However, the scope of this role extends beyond diagnosis, encompassing the evaluation of prognosis and predictions for therapeutic outcomes.

Within the context of patient care, collaboration is key, involving a multitude of disciplines. In this collaborative effort, pathologists occupy a substantial and indispensable position, their contributions extending well beyond mere diagnosis and playing a vital role in the broader realm of healthcare.

**RS:** So, if you give the correct diagnosis. Patient will get proper treatment. If Fungus is there and if you don't report as fungus. They also don't know what is there.

So, everything, Antibiotic, antifungal. Everything will be given. So unnecessarily all the drugs will be given for patients. So, if fungus. What fungus exactly. If lymph nodes are involved, they will send for squamous carcinoma of tongue. If lymph node involvement is there, the staging will change. So, they are exactly what lymph nodes involved. That one you should see properly. And you will tell. Thyroid also same thing. On cytology if you give malignancy. Suspicious malignancy or malignancy PTC. Then they will do neck dissection also- Lymph node dissection. If it's benign they won't do lymph node dissection. So, like that only frozen sections they will send. While operating they will send one tissue. The margin is involved or not. If it is involved, they will do further section. If it is free then they will stop there.



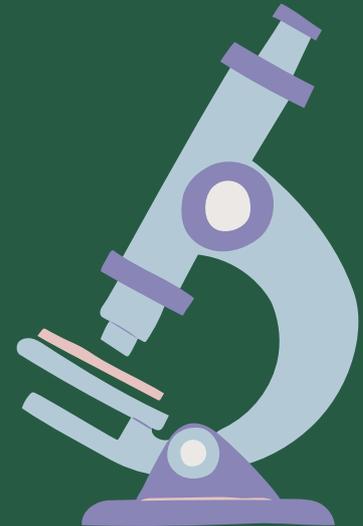
After working in this department for the last few years, what do you feel are the shortcomings that the pathology branch/department needs to overcome in the coming years?

**PR: Shortcomings regarding PG curriculum:** In the PG curriculum, akin to the brief training periods in clinical biochemistry, microbiology, and blood transfusion, a condensed training stint in radiology, general medicine, surgery, and dermatology would greatly enhance understanding of physicians' and surgeons' requirements. This would facilitate interpreting radiology reports and comprehending radiology images, aiding pathologists in formulating comprehensive differential diagnoses. Likewise, basic knowledge of dermatology would empower general pathologists to effectively address routine skin cases. Furthermore, for departments lacking flow cytometry, cytogenetics, and molecular techniques, arranging observer ship training at external institutes becomes crucial for acquiring expertise in these domains during their postgraduation.

**Regarding shortcomings in Pathology branch:** For holistic pathology support, the integration of cutting-edge equipment with evolving tests holds paramount importance. Workflow efficiency can be impeded by gaps in technology. Notably, a clear field deficiency is exposed when tests are partitioned between in-house and outsourced due to equipment inadequacy. Additional issues encompass staffing challenges, misinterpretation due to training gaps, and restricted research opportunities due to resource limitations.



Interviewed by  
Chaitanya Bhaskar  
Atharban  
Ajaay  
Kabiish



## YOUR NEXT GREAT READ....

As a reader, I cherish sharing my love for books with loved ones. One series I particularly enjoy sharing is "The Maze Runner" by James Dashner.

This YA mystery unfolds as teens wake up in a massive maze with wiped memories, facing challenges and dangers. As they attempt to escape, they uncover the secret behind their predicament, adding intrigue and suspense.

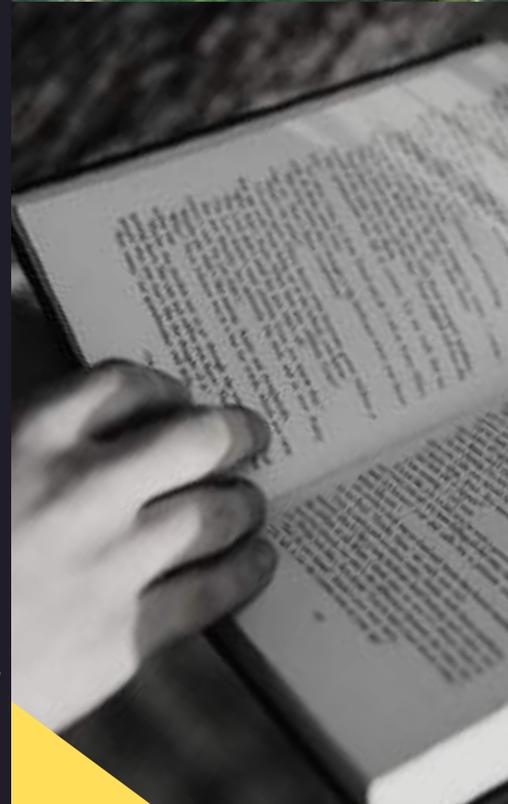
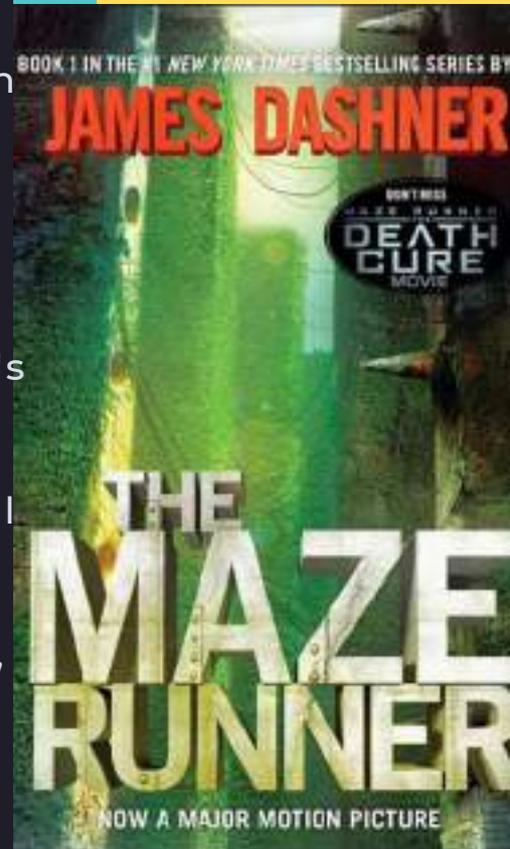
From the start, I was captivated by Thomas's journey and the mysteries surrounding the maze. The puzzles, complex relationships, and architectural elements in the setting all added to the intrigue.

"The Maze Runner" delves into disillusionment but also portrays resilience, which I find inspiring. The dedication, "Because trying is all anyone can do," resonates with me.

### *" The Maze Runner "*

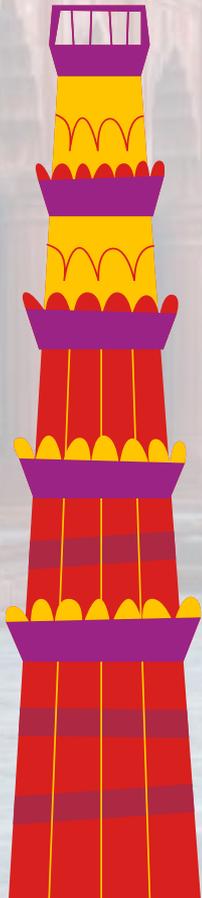
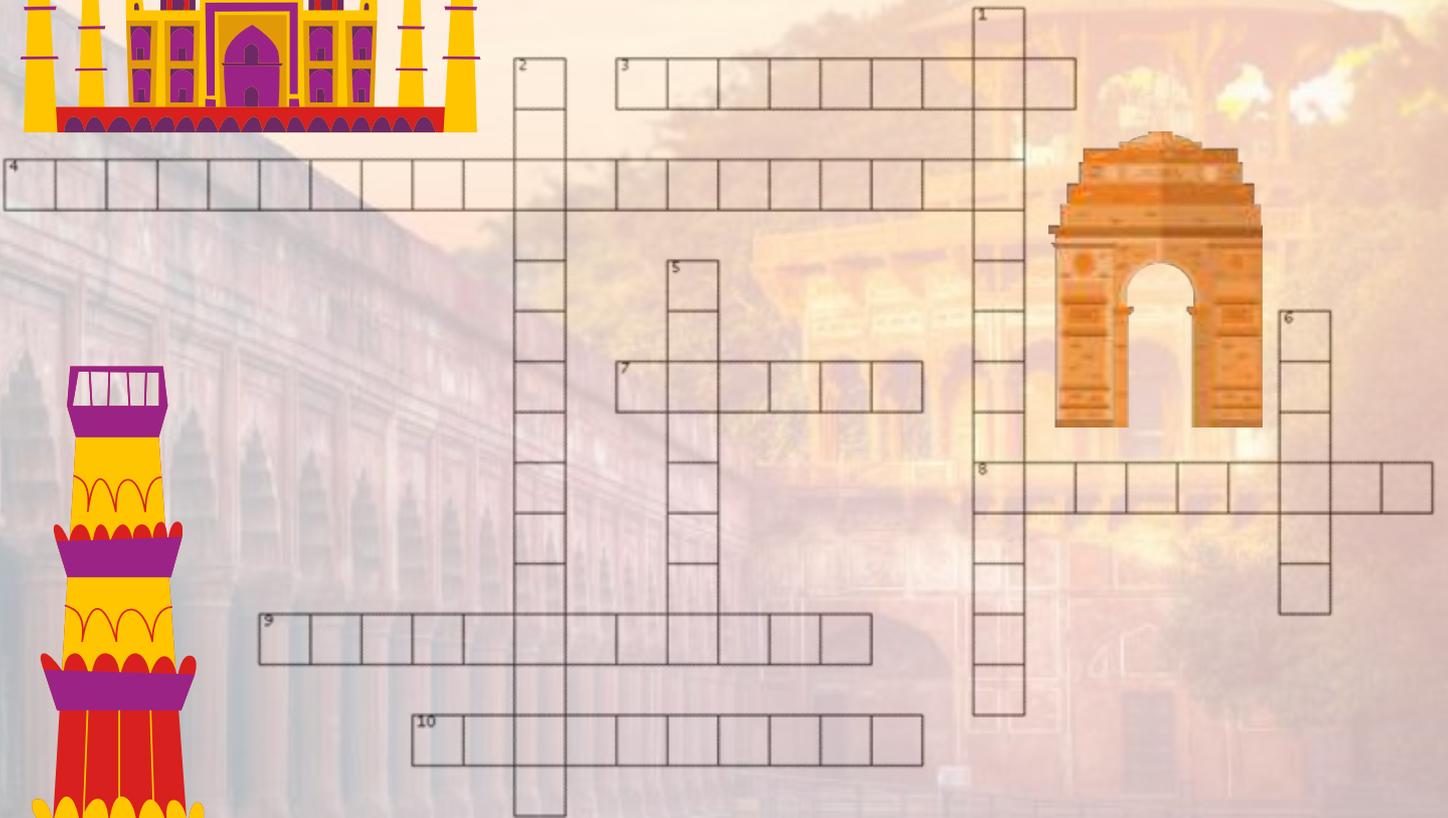
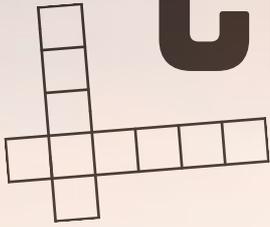
I recommend this read for both teens and adults. Although targeted at a young audience, its engaging plot appeals to mature readers. The unpredictable ending allows for speculations about the maze's origins.

In summary, "The Maze Runner" is a high-quality post-apocalyptic teen novel that offers an engaging reading experience. It explores the instincts of isolated teens, prompting meaningful questions about life, nature, and humanity.





# CROSSWORD



## **ACROSS**

3. IT'S BUILT TO COMMOMERATE THE END OF PLAGUE EPIDEMIC AND SITUATED IN HYDERABAD
4. LOCATED IN TAMIL NADU THE TEMPLE'S MAIN STRUCTURE SHADOW NEVER FALL ON THE EARTH
7. CAVE COMPLEX IN AURANGABAD KNOWN FOR FAMOUS FOR THEIR BEAUTIFUL PAINTINGS, SCULPTURES, AND ARCHITECTURAL DESIGN
8. THIS STRUCTURE IS SITE FOR AMAR JAWAN JYOTI
9. SECOND MOST VISITED TOURIST ATTRACTION OF INDIA, DECORATED WITH 100K LIGHTS DURING NIGHTS
10. IT'S THE TALLEST BRICK MINARET IN THE WORLD

## **DOWN**

1. INDO-SARCENIC STRUCTURE IN MUMBAI INSPIRED BY ARC DE TRIOMPHE
2. TALLEST STATUE IN THE WORLD
5. THIS MONUMENT CHANGES COLOR THROUGHOUT THE DAY AND LOOKS GOLDEN WHEN MOON SHINES
6. MOST FAMOUS SUN TEMPLE IN INDIA, SITUATED IN ODISHA

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# Alpaviraam

THIS BRINGS US TO THE END OF OUR CULTURALLY, LINGUALLY AND REGIONALLY DIVERSE TRAVELOGUE BASED EDITION OF THIS MONTH.

WE HOPE THIS SERVES AS A MINI-GUIDE TO TRAVEL THROUGH OUR MOTHERLAND - INDIA.

WITH THE RECENT LAUNCHES OF VIKRAM LANDER (CHANDRAYAAN -3) AND ADITYA-L1, OUR INDIA IS SOARING THROUGH THE SKIES OF SUCCESS. LET'S ALL TAKE OUR OWN STEPS TO CONTRIBUTE TO THE FAME.

STAY TUNED TO KNOW THE THEME FOR OUR NEXT MAGAZINE.

WE WILL BE RELEASING THE MAGAZINE ON **1ST NOVEMBER 2023**.

LAST DATE FOR SENDING YOUR ENTRIES IS **15TH OCTOBER 2023**.

SEND IN ARTICLES TO

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*Meanwhile Happy reading*

With Love  
Team ĀTMAN