



# JSS Medical College

(A Constituent College of  
JSS Academy of Higher Education & Research, Mysuru)  
(Accredited 'A+' Grade by NAAC)



# ಸಮನ್ವಯ Samanvaya

2023-2024



vaṣudhaivā  
kuruṭobhavaṃ

Healing Humanity Beyond Borders

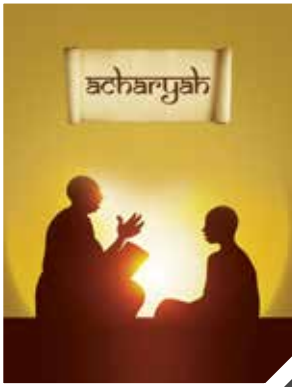


**ರೋಗಿಗಳೇ ನಮ್ಮ ಬಂಧುಗಳು  
Patients are Our Dearest**

**H H Jagadguru  
Dr. Sri Shivarathri Rajendra Mahaswamiji  
Founder President**



# Index



7



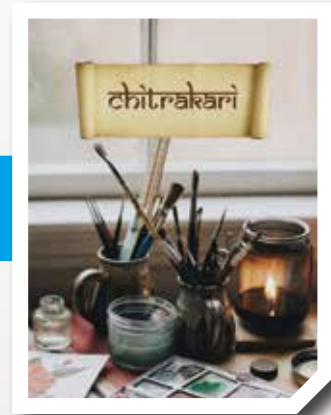
55



25



35

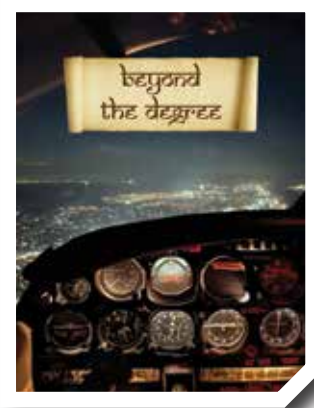


73

# Index



85



163



95



171



155

# Committee Members and Crew



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<b>Chair Person</b>	<b>Dr. Tejashree A</b>	Professor and HOD, Dept. of Microbiology
<b>Member Secretary</b>	<b>Dr. Pushpa N B</b>	Associate Professor, Dept. of Anatomy
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	<b>Dr. Shreyas Eswaran</b>	Intern, MBBS

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	Tanishka Kochhar	4 <sup>th</sup> Year, MBBS
	Shristi Kishore	4 <sup>th</sup> Year, MBBS
	Dhrish Vasa	3 <sup>rd</sup> Year, MBBS
	Dyuksha Arora	3 <sup>rd</sup> Year, MBBS
	Purna Bansal	3 <sup>rd</sup> Year, MBBS
	Chethna Rajesh	2 <sup>nd</sup> Year, MBBS
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	Ankit Agarwal	1 <sup>st</sup> Year, MBBS
	Prerana T Das	1 <sup>st</sup> Year, MBBS
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	Aalika Thakur	1 <sup>st</sup> Year, MBBS
	Anvita Sreekanth	1 <sup>st</sup> Year, MBBS
	Pramita Tewari	1 <sup>st</sup> Year, MBBS
<b>Literary Club Head</b>	Arushi Kaushik	3 <sup>rd</sup> Year, MBBS
<b>Fine Arts Club Head</b>	Jahnvi Mittal	3 <sup>rd</sup> Year, MBBS
<b>Cover page design</b>	Sanchi Kapoor	2 <sup>nd</sup> Year, MBBS
<b>Magazine Design</b>	The Rangu, Mysuru	





Aishwarya Bhat Intern (2018-19)

acharyah









|| Sri Shivarathreeshwaraya Namaha ||

**Jagadguru Sri Shivarathri Deshikendra Mahaswamigalu**

Jagadguru Sri Veerasimhasana Mahasasmsthana Math Suttur Srikshethra 571 159

Sri Suttur Math (Mysore Branch), Mysore 570 025

29-11-2023

## Message

*JSS Medical College is bringing out its annual magazine, SAMARTHYA 2023, as in the past. The magazine should contain the academic activities of the year and provide a window of opportunity for the students to display their unique creative abilities.*

*The Medical School Magazines normally carry research highlights, student spotlights, alumni achievements, medical breakthroughs, event coverage, opinion pieces, etc. But it should never end up as a mere chronicle of past events. The creative and academic talents must take precedence over mundane issues. Such write-ups really stand out for a different reason, wherein the students express themselves through their literary skills. This art will no doubt create a sense of self-belief and help them increase their leadership qualities as well.*

*We are happy to note that this year's magazine has a specific motto: Vasudhaiva Kutumbakam: Healing Humanity Beyond Borders. The theme is fascinating and encompasses all humanity in the spirit of "ಇವ ನಮ್ಮವ ಇವ ನಮ್ಮವ". We appreciate the efforts of the editorial committee for their hard work and wish all the stakeholders a bright and fruitful future.*

Om tat sat

Srimath (Mysuru) : 0821-2548220, 2548221, Suttur: 08221-232 223, 232 224

Mahavidyapeetha: 0821-2548201, Fax: 2548218

Suttur Sadana, Bengaluru : 080-22970101 Fax: 22970100 \* e-mail: jssashram@yahoo.com



ಥಾವರ್ಚಂದ್ ಗೆಹ್ಲೋಟ್  
थावरचंद गहलोत  
THAAWARCHAND GEHLOT  
Governor of Karnataka

No. GS 68 MSG 2024

## Message

*I am happy to know that JSS Medical College is bringing out Annual College Magazine "Samarthya" with the theme of "वसुधैव कुटुम्बकम्- Healing Humanity Beyond Borders", which documents the academic and other achievements and also provides a medium for creative expression and artistic talent of students & staff.*

*JSS Medical College serving the society with socially meaningful medical education research and Healthcare. The college has emerged as one of the Pioneer Institutions of Karnataka by providing quality medical education and compassionate Health Care at an affordable price.*

*I send my best wishes and Warm greetings to the Management, Students and magazine team and wish a great success in its future endeavours.*

(Thaawarchand Gehlot)

Raj Bhavan, Bengaluru - 560 001 (Karnataka) Ph. 080-22254102 - 108

भारत सरकार  
अंतरिक्ष विभाग  
इसरो दूरमिति अनुवर्तन तथा  
आदेश संचारजाल (इस्ट्रैक)

प्लॉट सं. 12 व 13, 3 मेन रोड, 2 फेज  
पीण्या औद्योगिक क्षेत्र बेंगलूर-560 058.  
दूरभाष (का) : +91 80 2839 5395, +91 80 2809 4001  
फैक्स : +91 80 2839 4515, +91 80 2809 4003  
ई-मेल : director@istrac.gov.in/ramki@istrac.gov.in



GOVERNMENT OF INDIA  
DEPARTMENT OF SPACE  
ISRO TELEMETRY TRACKING AND  
COMMAND NETWORK (ISTRAC)

Plot No. 12 & 13, 3rd Main Road, 2nd Phase,  
Peenya Industrial Area, Bangalore - 560 058  
Tele : +91 80 2839 5395, +91 80 2809 4001  
Fax : +91 80 2839 4515, +91 80 2809 4003  
E-mail : director@istrac.gov.in/ramki@istrac.gov.in

बी.एन. रामकृष्णा  
B N RAMAKRISHNA  
निदेशक/Director



## Message

*I am pleased to note that the JSS Medical College is coming with its annual college magazine "Samarthya" as a platform for its students and faculty members to exhibit their literary and artistic talents. The reason for my pleasure is the fact that the chosen theme of this year is Vasudhaiva Kutumbakam- Healing humanity beyond borders. The organizers have rightly chosen the theme as it symbolizes all aspects of Bharath, our great nation. The theme also represents the essence of holistic health care leveraging the ancient wisdom of Ayurveda and Siddha schools of medicine. If all humanity is to have access to quality health care, then it is very essential and imperative that we go back to our roots.*

*An in-house magazine or a newsletter reflects the spirit of an organization and in this context, the name and the theme of the magazine aptly represent the spirit of JSS Medical College. The endeavor by JSS Medical College is laudable and I am sure that this annual magazine will open many possibilities for the students to exhibit their skills and talents not just in the field of medical and health care but in many other areas. I am sure that our country's contribution in the field of health care and healing will be eminently depicted in the contributions.*

*While reiterating that Samarthya is well-timed a step in the right direction I wish all people involved in the magazine, the authors, editors and the readers at large all the very best for a successful edition.*

(B N Ramakrishna)  
Director, ISTRAC

**Dr. C.G. Betsurmath**  
KAS (Retd.), Ph.D., MBA

Executive Secretary



**JSS Mahavidyapeetha**

Jagadguru Dr. Sri Shivarathri Rajendra Circle  
Ramanuja Road, Mysuru 570 004



## Message

*I am pleased to learn that JSS Medical College, Mysore, is once again releasing its annual magazine "Samarthya" this year, with the theme "Vasudhaiva Kutumbakam Healing Humanity beyond Borders." This theme reflects upon the college's dedication to global education, diplomacy, healing and unity.*

*The magazine serves as a testament to the college's progress and notable achievements, showcasing its commitment to providing high-quality education and fostering holistic student development. I am confident that "Samarthya" will offer students a platform to showcase their talents and create meaningful and lasting memories. My heartfelt congratulations and best wishes to the principal, faculty, staff, and students, and I commend the entire editorial team for their creativity and dedication in bringing this magazine to fruition.*

*I convey my best wishes and all success to the staff and students.*

(Dr. C G Betsurmath)



Dr. B.Suresh  
Pro-Chancellor

November 07, 2023

## Message

*I am glad to know that JSS Medical College, Mysore is bringing out its college magazine "Samarthya" in the month of March 2023, with the theme "ವಸುದೈವ ಕುಟುಂಬಕಂ: Healing Humanity Beyond Borders" As the theme indicates, I am sure that this issue of the college highlights various aspects and the importance of collaborative and universal health care, and also exploring India's contribution in the global health scenario.*

*I take this opportunity to congratulate the Principal. Faculty, staff and students for bringing out "Samarthya" and convey my good wishes.*

*With best wishes,*

(Dr. B. Suresh)  
Pro-Chancellor



Dr. Surinder Singh  
Vice-Chancellor

## Message

*It gives me immense pleasure that JSS Medical College, Mysore is bringing out its college magazine “Samarthya” in the month of March 2023, with the theme “ವಸುಧೈವ ಕುಟುಂಬಕಂ: Healing Humanity Beyond Borders” highlighting the importance of collaborative and universal health care, and also exploring India’s contribution in the global health scenario.*

*I congratulate the Principal, Faculty, staff and students for bringing out “Samarthya” and convey my good wishes and hope that this issue of “Samarthya” would be meaningful, enjoyable and memorable in achieving its objectives.*

*With best wishes,*

Dr. Surinder Singh  
Vice Chancellor



Dr. B. Manjunatha  
Registrar

## Message

*I am happy to know that, JSS Medical College, Mysuru is bringing out its college magazine “SAMARTHYA” with the theme “ವಸುದೈವ ಕುಟುಂಬಕಂ: Healing Humanity Beyond Borders”.*

*This theme is inline with the G20 New Delhi Leaders Declaration during India’s G20 presidency in 2023 and is very much the need of the hour.*

*I congratulate the Principal, faculty, staff, students and particularly the editorial team for bringing out “SAMARTHYA”.*

*With best wishes,*

Dr. B. Manjunatha  
Registrar



## JSS Medical College

Sri Shivarathreeshwara Nagara, Mysuru-570015, Karnataka, India  
P: +91-821-2548337/338 | F: +91-821-2548345  
E: jssmc@jssuni.edu.in | www.jssuni.edu.in



Dr.H.Basavana Gowdappa  
Principal



## Message

*I am extremely happy to know that our Institution is bringing out the college magazine “Samarthya” on the theme “ವಸುದೈವ ಕುಟುಂಬಕಂ: Healing Humanity Beyond Borders” The theme for this year has been rightly chosen to highlight the importance of collaborative and universal health care, and explore India’s contribution in the global health scenario. I hope the magazine will bring out the creative talents of the Staff & students of the institute.*

*India’s current role in global health has a long-earned reputation of being the ‘pharmacy of the world’. It is the largest global vaccine manufacturing hub, supplying 60 percent of the world’s vaccines. Indian manufacturers export low-cost, quality-assured vaccines to over 170 countries. India is the 3 largest pharmaceutical manufacturer in the world and contributes to the availability and accessibility of quality medications at affordable prices.*

*The healthcare manpower who are trained in India are serving humanity across the world with nearly 1/3 of the working doctors in the USA, being catered by the Indians. This succeed in the meaningful contribution of Indian healthcare workers to fulfill the theme of “ವಸುದೈವ ಕುಟುಂಬಕಂ: Healing Humanity Beyond Borders”*

*The Sustainable Development Goals (SDGs) explicitly strive to engage the private sector in addressing the world’s most pressing challenges and emphasize the importance of cross-sector collaborations. The private sector, as a significant providers of health products and services, makes vital contributions to advance UHC and health security. It is a leader in innovation and new products, techniques, and insights that can improve health care, strengthen health systems, and increase efficiencies.*

*I wish the magazine editorial committee a grand success in their efforts of bringing out a wonderful monumental illustrative publication the “SAMARTHYA”.*

*With best wishes,*

(Dr. H. Basavana Gowdappa)  
Principal



**Dr. Vishal Kumar Gupta**  
Dean (Academics)

## Message

*It is my pleasure to address you all through the college annual magazine - Samarthyaa. As the Dean (Academics) of this esteemed institution, I am proud to say that JSS Medical College has achieved significant milestones in the past year. It has been a year full of challenges and opportunities, and I am glad that we have overcome them with determination and resilience.*

*The college annual magazine serves as a platform to showcase the achievements and progress of our students and faculty. The college annual magazine is a platform that showcases the creativity and skills of students across various disciplines. It serves as a testament to the hard work and dedication put in by the student body throughout the academic year. Through vibrant artwork, thought-provoking essays, and captivating photography, the magazine captures the essence of campus life and serves as a keepsake for students to look back on their college experiences with pride. The college annual magazine provides a glimpse of the various events, seminars, and workshops conducted throughout the year to enhance the overall development of our students. The annual magazine highlights the various cultural events, clubs, and societies that provide a platform for students to explore their talents and interests. These extracurricular activities help in shaping well-rounded individuals who are not just academically competent but also socially responsible.*

*I am also proud to mention that your college has been recognized for its research and innovation in various fields. The faculty members have received accolades for their contributions to their respective fields of expertise. The students have also participated and won laurels in various national and international competitions, bringing pride and glory to the institution.*

*The annual magazine is a reminder of the achievements and a motivation to strive for more. I wish you all the best for your future endeavors and hope that you will continue to make us proud.*

**Dr. Vishal Kumar Gupta**  
Dean (Academics)



**JSS HOSPITAL**  
IN SERVICE TO LIFE



Dr.C.P.Madhu, MBBS,MS  
Professor of Surgery,  
I/c Director & Medical Superintendent  
JSS Hospital, Mysuru

## Message

*The JSS Medical College, Mysuru established in 1984, a constitute College of JSS Academy of Higher Education and Research Accredited A+ Grade by NAAC has alms at imparting excellent quality medical education and consistently producing excellence medical staffs & students with contemporary knowledge and innovative skills who can promote advancement and appropriateness in the health field.*

*I am very happy to know that JSS Medical College is bringing out with its annual College Magazine “SAMARTHYA” with the theme of “HEALING HUMANITY BEYOND BORDERS” and expecting “SAMARTHYA” may justify with articles related to experts, faculties and budding doctors.*

*I wish the Magazine all success. I send my felicitations and best wishes to all associates of “SAMARTHYA”.*

**Dr. C.P Madhu**  
I/c Director &  
Medical Superintendent

Mahathma Gandhi Road, MYSURU-570004, Ph: 0821-2335555 Fax: 0821-2335556  
Email:contact@jsshospital.in | Website: www.jsshospital.in



## Message

*Attainment of level of health which enables every individual in the globe to lead socially and economically productive life is the goal towards which all the international health policies and strategies are directed. Human health is considered to be the only entity which connects various parts of the world with the common thread of humanity, which implies that there is nothing more international than health. Networking for health care breaks all the borders of geography, religion, ethnicity, race, colour, caste and creed in order to serve the populace with humane care and altruism. Medical profession always strives to share the knowledge and skills across the communities, societies and countries breaking all the physical and psychological barriers. Increasing scope of telemedicine, medical tourism, digital health, wellness tourism, artificial intelligence, robotics and global marketing of medical devices have opened wider opportunities to make quality health care accessible to every corner of the world.*

*Considering, India's G20 presidency for the year 2023, we have chosen the theme, वसुधैव कुटुंबकम्: HEALING HUMANITY ACROSS BORDERS. This theme provides an opportunity for the medicos to think and collate thoughts on global health perspectives. As Indian Medical Graduates are expected to be globally competent and locally relevant, 'Samarthya', the magazine of JSS Medical College would act as a best platform to showcase their global competencies with the mix of culture and art. We extend our heartfelt gratitude to all the editorial board members and contributors for this magazine.*

Dr. Suma M N

Dr. Praveen Kulkarni

Dr. Manthappa M

## JSS Medical College

Sri Shivarathreeshwara Nagara, Mysuru-570015, Karnataka, India  
P: +91-821-2548337/338 | F: +91-821-2548345  
E: jssmc@jssuni.edu.in | www.jssuni.edu.in



**S.R. Satish Chandra**  
Administrative Officer

November 07, 2023

## Message

*It gives me immense pleasure in writing this message for our College Magazine "Samarthya" - 2023-2024. JSS Medical College has a long and commendable tradition of nurturing talents and supporting creativity.*

*The magazine can be source of inspiration and platform for expression of their literary talent of the students and faculty. I hope this magazine will serve the purpose of uninhibited expressions from students and faculty.*

*The theme of this year Annual College Magazine "ವಸುದೈವ ಕುಟುಂಬಕಂ: Healing Humanity Beyond Borders" It promotes the values of unity, cooperation, and the idea that we should treat everyone with kindness and empathy, regardless of their nationality, race, or religion. It's often used to emphasize the importance of global peace and understanding among different cultures and nations. Vasudaiva Kutumbakam means the whole world is one single family.*

*I wish the magazine editorial committee a grand success in their efforts of bringing out a meaningful illustrative publication the "SAMARTHYA - 2023-2024."*

(S.R.SATISH CHANDRA)  
Administrative Officer



## Healing across frontiers..

*Humans are often tranquilized by the false sense of security vested in them due to perspicacious thinking. The delusion of “I-me-mine” brings with it perceived separation. Perceived separation molds the seed for physical & mental conflict obliterating the fragility of our life on this planet..*

*Quoting the Maha -Upanishad “वसुधैव कुटुम्बकम्” captures the deep all-embracing philosophy of picturing the world as one family transcending borders, languages & ideologies. Extrapolating this concept to healthcare calls for collaboration among nations to ensure well-being and healthcare access for all humans. It emphasizes the importance of sharing knowledge, expertise, and resources to address health inequalities and promote universal health coverage. Segregation creates manmade separations. These factitious separations are like virtual mirror images. Acting upon reflected virtuality is undoubtedly futile. The simple truth of life is to envision the truth of universal oneness. Altruistic principles have perpetually guided humanity. However, the ever changing realm of reality bearing the brand of modernization has procreated manmade boundaries encompassing creed, race, ethnicity & nationality.*

*Today, global health shoulders the humongous responsibility of bridging cross-border gaps to avert infectious and non-communicable lifestyle related pandemics. Universally medical practitioners are bestowed with a responsibility of higher thinking alongside with the key aptitudes of professionalism, reliability and teamplay for the greater wellbeing of mankind . Delivering equitable, inclusive healthcare must therefore be the objective of every medical practitioner. Let us effervescently grow together unbound across disciplines to envision the Crystallization of healing humanity across borders.*

*With Best wishes,*

**Dr. Tejashree A**  
Professor & Head  
Department of Microbiology



## Reflections

*Dear Readers,*

*It is with immense joy and profound appreciation that we introduce to you - Samarthya 2024, the newest edition of JSS Medical College, Mysuru's annual collegiate magazine publication. In this year's release, we have adopted the theme of Vasudhaiva Kutumbakam - Healing Humanity Beyond Borders, drawing inspiration from India's triumphant stewardship at the G20 summit.*

*The editorial team and members of the magazine committee have diligently endeavored and worked to not only encapsulate the perspectives of the college community on the said theme, but to also create a medium of expression for our esteemed professors, erudite staff and students through the avenues of writing, artwork, photography and myriad other creative expressions. We have aimed to foster a dynamic space for dialogue and artistic exploration.*

*In the wake of the recent global pandemic, we realise more than ever that we need to look beyond the borders and differences that divide us, especially when it comes to healthcare. The need of diplomacy and equity in ensuring global health, is relevant now more than ever. The saying to embrace the world as one family "वसुधैव कुटुम्बकम्" may be from our ancient scriptures but it is of paramount importance in this day and age to ensure health and well-being for all.*

*We extend our humble apologies for any shortcomings and earnestly hope that you find as much joy in reading this magazine as we did in crafting it, if not more.*

*Thanking You*

**Dr. Aishwarya V Bhat**  
Chief Student Editor  
Samarthya 2023-24  
MBBS Intern, 2018-19 Batch



## Reflections

*Dear Readers,*

*If we read the news today, we often see stories of war, unrest, suffering and pain around the world. The world is increasingly becoming more fractured and disjointed. In these turbulent times, we bring to you Samarthya 2024, the latest and finest edition of JSSMC, Mysuru's flagship college magazine. We have chosen the theme Vasudhaiva Kutumbakam - Healing Humanity Beyond Borders, an ode to India's successful hosting of the G20 summit last year and our humble attempt at showcasing the unifying powers of healthcare.*

*The motive behind the theme is to portray how we need to broaden our mindsets and understand that working together towards the aim of collective global health is of paramount importance in today's world. Building trust and collaborative relationships is the key to ensuring that no human on the planet is deprived of quality healthcare facilities. Our strength, after all, lies in our unity in diversity, our commonalities despite our differences, our common goal of serving and curing humanity.*

*Just as the world comes together in the field of health, this magazine, too, is the fruit of labour of a huge number of people. We appreciate the contributions of our esteemed administrative board, our distinguished professors, tireless postgraduates and bright and creative undergraduates and thank them for their efforts.*

*We hope you have a great time perusing the magazine and are inspired to leave your little mark towards a healthy and safe world. Happy Reading/Viewing!*

*Thanking You*

**Dr. Shreyas Eswaran**  
Chief Student Editor  
Samarthya 2023-24  
MBBS Intern, 2018-19 Batch





# क्रियाकालाप







## BIBLICHOR REPORT

**B**iblichor has, since its inception, been a group that is all about inclusivity, self expression and a place that allows creativity to run amok. It achieves this through the various literary events it conducts. The academic year of 2022-23 has been a stellar year for Biblichor, in which we witnessed a number of students partaking and participating in a multitude of activities, pushing their boundaries and exhibiting their talent and love for literature.

Biblichor's flagship event, the Literary Marathon, was hosted during the annual cultural and sports intercollegiate fest, Tatvam. It was a Triwizard Tournament style literary extravaganza that was spread over multiple days. Multiple other fun events were also organised by Biblichor, such as Just A Minute. Shipwreck was also introduced, a literary game in which the participant has to mimic a character and try to convince the captain to let them aboard the sole lifeboat, the participants being judged on the basis of the rationality of the points they present. Biblichor also hosted an anime quiz, a challenge of the participants' anime intellect, that was spread over multiple rounds.

A debate competition was hosted, providing a stage for discourse and deliberation on widely talked about topics. Multiple other fun variations on the classical debate were

also included such as block and tackle. Tatvam's poetry event gave the participants a chance to let their inner Shakespeare run wild, displaying their literary prowess, and their uninhibited imagination.

The Biblichor club collaborated with the Asclepius team to host a teaser event which showcased the variety of events that were being hosted in the Asclepius event, the intercollegiate academic fest organised by JSS Medical College. The Tatvam and Asclepius events were very well received with great enthusiasm and saw extensive participation in all the events.

Biblichor sought to increase its online presence, which it achieved by introducing weekly online events such as crossword, connect and weekly book recommendations, which garnered interest on Instagram. Other events hosted were Pictionary, online prose and poetry events. With the end of the year around the corner, the team at Biblichor propels itself into the new year with the same momentum and enthusiasm, hoping to serve as a place for discussion for book lovers, as a stage for people to put their oration skills on display, as a page for students to display their penmanship and literary excellence, but most importantly, to serve as a gateway to introduce more and more people into the wonderful world that is of literature.

2023-24 was a diverse year for Kalakriti, the fine arts club of JSSMC. A variety of events were organised by the core team and members of the club, for students of the college and other colleges as well.

The club organised the Art Marathon in TATVAM 2023, which featured three rounds, showcasing creativity with themes chosen spontaneously. Judges Ms. Sayema and Dr. Premlata evaluated and awarded the top five teams in the final rangoli round. The "Just Reel It" event presented several short films that impressed the audience and judges alike. Collage making had 21 teams creating captivating collages on themes like fashion in royalty. The "Art Attack - Celebrating Festivals Through Sustainable Art" event aimed at promoting environmental consciousness through festival-themed art from waste materials. Photography showcased the artistic talents of 18 students.

"Art Venture" involved 16 teams of the college students in a treasure hunt, knockout challenge, and Pictionary round, promoting artistic expression and camaraderie on a weekend.

"Artclepius," a merch designing competition for Asclepius 2023, showcased pop culture characters reimagined as doctors, won by Ananeya Singhal and Prerana Tulsidas.

"Kalakriti-Inktober" featured weekly segments like Meme Monday and Doodle Wednesday, and had Pawan Singh, Kashish Goyal, and Ayushka Singh



winning the conducted segments. The Bollywood Gala on October 29th celebrated Bollywood with trivia, Pictionary, individual performances, and awards for best-dressed participants. Overall, these events demonstrated the diverse artistic talents and creativity within the JSS Medical College community.



The Quiz Club of JSS Medical College- "Labyrinth", is a relatively new entrant into the diverse tapestry of student activities on campus. Born out of a shared passion for trivia and curiosity, this club has quickly evolved into a hub for intellectual exchange. Despite its recent inception, Labyrinth has become a collection of diverse minds, attracting a large number of students. It's a testament to the universal appeal of quizzing and the club's ability to resonate with the eclectic interests of the students.

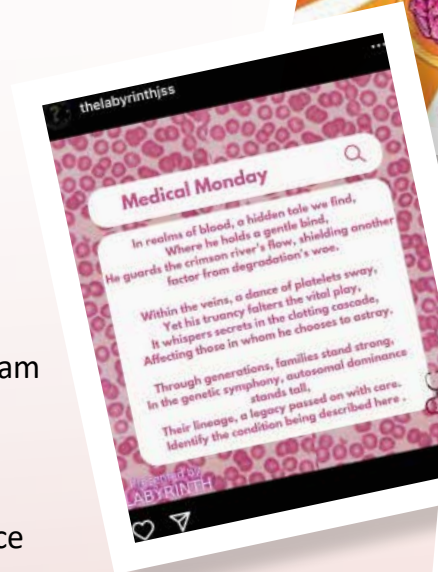
The academic year 2022-23 witnessed the club attract a large number of students, with its members representing the college in various events. The club organized the highly anticipated General quiz during the annual cultural cum-sports intercollegiate fest, Tatvam, which saw the participation of more than 30 teams.

To commemorate the official launch of Labyrinth under our president and the recently appointed core, Labyrinth threw a trivia night on November 6, 2023. This was preceded by an online preliminary round attended by 21 teams, each consisting of 3 members. Out of these teams, 6 entered the finals, selected based on accuracy and time. During the finals, contestants were tested across various fields and multiple enthralling rounds which resulted in one team emerging as the winner.

Labyrinth introduced trendy brand new online segments on social media platforms to feed the growing curiosity of the audience alongside instilling a sense of healthy competition. To do so questions across genres were curated and presented to the audience. Segments included medicine monday, takeover

## LABYRINTH REPORT

tuesday, wordle wednesday, trivia thursday and fandom friday. This ensured diligent participation of budding quizzers and quizzing enthusiasts.

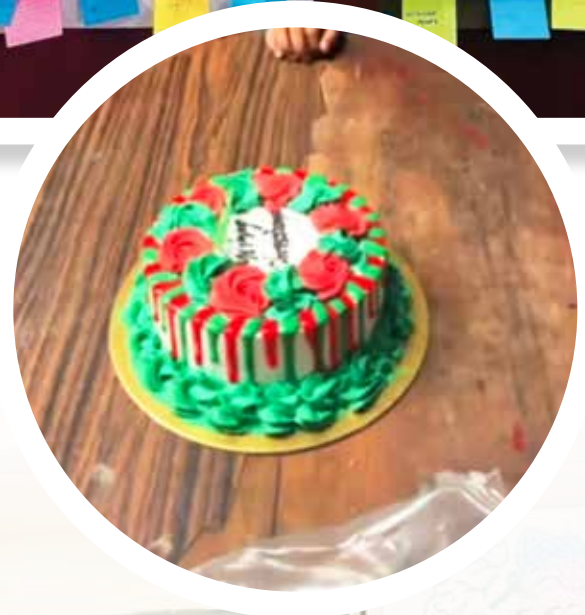


## M.I.N.D.S - PSYCHIATRY CLUB

The M.I.N.D.S. Club is the most recent addition to the student clubs of JSSMC and was officially inaugurated on 20th November, 2023 by Dr Basavanagowdappa, Principal, JSSMC, along with Dr. Kishor, HOD Psychiatry. At the National CME on 'Trends in Psychiatry Practices and Services', held on 2nd December, the club was introduced. The CME featured a keynote address by Dr. Pratima Murthy, Director and Senior Professor of Psychiatry, NIMHANS Bengaluru.

Furthermore, during the Asclepius Medical Conference a booth was set up, offering roses for delegates to pen down notes expressing gratitude. It evolved into a heartwarming journey radiating happiness and positivity.

The Club also initiated a fundraiser, culminating in a Christmas Charity Drive that provided food to underprivileged children at Chayadevi Orphanage.





# MMM REPORT

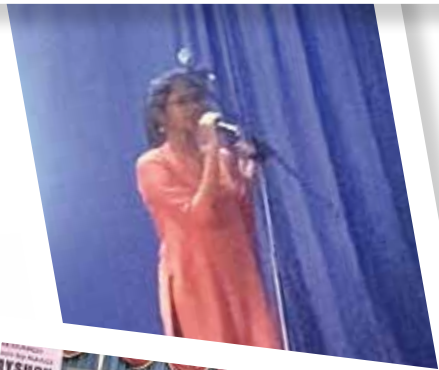
**M**MM, the music club, has been an active extracurricular student club of JSSMC since its creation. The events conducted see a variety of students from across different years taking part.

Two successful jam sessions were conducted in the month of April and September, featuring creative segments and games like Trivia, Musical Paraphrasing and games like Render or Surrender.

TATVAM 2023 had several music events organised by MMM like solo classical and non-classical singing, duet singing, Battle of Bands and Music Marathon. The club's band FREMITUS gave an amazing show on the opening day of TATVAM as well. Asclepius 2023's cultural night showcased a classical jugalbandi by the club members and an acoustic band performance by the band FREMITUS.

Outside JSS, Srishti Dutta from 2nd year won the 2nd prize in Solo Singing: Eastern Category in Pegasus 2023 on 12th September 2023, the college fest of Christian Medical College, Vellore. She also won the 1st prize in Non Classical Solo Singing in Sammscrithi 2023 on 5th October 2023, the college fest of Mysore Medical College.

The new core team of the club also introduced Instagram segments and the MMMixtape playlist, this year, and thereby enhanced MMM's cultural impact.







## MYRIAD REPORT

The period of 2023-24 was an eventful one for the drama club, Myriad. Not only were several entertaining events conducted in the annual intercollegiate cultural fest, TATVAM 2023 but also on various other occasions throughout the year.

The core members of the club, directed and performed a skit “JSS: A Mini India,” at the Asclepius 2023’s Cultural Night, depicting the cultural diversity within the college. “CHITRAHAAR: REEL IN YOUR TALENT” a unique drama expression venture, was introduced. As the punny tagline indicates, participants were asked to make ‘reels’ that could be a mono-act, a movie spoof, a soliloquy or any mode of dramatic

expression. The entries were judged by Dr. Ankita Drolia and Dr. Jay Gohri, the founding presidents of Myriad.

In the drama events outside of the college, members excelled in the Christian Medical College fest - PEGASUS 2023, with notable achievements in Dumb Charades, Pictionary, and Shipwreck. Yashvardhan Gaur and Krishna Rajmohan secured the first position in Pictionary. Yashvardhan Gaur and Sagar Shaji also claimed top positions in Shipwreck. In YOUTHOTSAVA '23 conducted by RED FM, the team of Yashu Juneja, Sugandha Kumari, Payal Tada, and Prashansa won the first position in Mad-Ads. Yashu Juneja also won the second position in Mono-Act.



# OCULIS IURIS - FORENSIC MEDICINE & TOXICOLOGY CLUB

**O**culis I2uris -  
The Forensic  
Medicine Club was  
inaugurated on

June 26, 2023, with Dr Elizabeth Frank as the chief guest. The event blended informative sessions, thought-provoking performances, and the launch of a creative photography contest in the inaugural function.

The Forensic Medicine Club organized a captivating activity session on July 7, 2023, exclusively for AMSEP exchange students from Taiwan. The students had the opportunity to visit and observe the Clinical Forensics Room and allowed them to witness firsthand the application of forensic principles in a clinical setting, enhancing their understanding of the subject. A highlight of the event was an intriguing moot court session, offering a simulated courtroom experience. The students participated in a hands-on fingerprint development activity which provided valuable insights into the meticulous

techniques  
involved  
in forensic  
investigations.

The “Murder at the Manor” was a forensic-themed murder mystery event aimed to challenge the participants’ investigative skills and knowledge while immersing them in a thrilling fictional royal storyline, conducted by the club. “Forensic Frames” an event aimed to stimulate insightful discussions on the movie, “83 days”, was also organised.

A crime scene investigation workshop and a mystery room themed event named ‘Medisleuth’ were conducted by the club during Asclepius 2023. A regional forensic science laboratory visit was organized by the forensic club on 18th November, 2023. A total of 25 students were explained the working of each sector which included a briefing about the types of tests conducted in different cases.





## THANDAVAM REPORT

**T**handavam, the dance club, conducted a wide array of dynamic events and had their members representing the college in various dance events of other colleges as well in the year of 2023-24.

The first year members took part in a dance competition held in the Suttur Jatra Mahotsava on January 18, 2023. The newest batch of first years were introduced to the club through an engaging and interactive dance session on February 26th. Another dance jam session was conducted in April which not only showcased the talent and creativity of students, but also gave the students a fun break between their normal curriculum.

The members of Thandavam also put up captivating dance performances on Women's Day, Teacher's Day, Kannada Rajyotsava, in the Sports Day Inauguration Ceremony and in the Cultural night of Asclepius 2023. The team also put up an enthralling flash mob performance, at the Nexus Mall and Mall of Mysore as a part of Nutrition Week celebrations conducted by Department of Community Medicine in order spread awareness about unhealthy eating.

A talent hunt competition "YOUTHOTSAVA" was organised by RED FM, to hunt for talents in Mysore. The team comprising of Anusree T Ajith, Theertha Prasanth, Sneha B Ravi,

Meenakshi Krishna, Mariya Reji, Lakshmi Rajeswari Nair(Phase III

Part II, MBBS 2019-20 batch) participated in group dance and secured the first position. CMC Vellore had organised its intercollegiate fest PEGASUS for college students throughout India. Our college had actively participated in most dance events in which interns, Arsha P A and Avinash Gopalakrishnan won first place for duet dance and Aishwarya Bhat secured third place for classical dance. Overall, it has been an eventful year for the dance club, within and outside the college. The core team and members hope to keep up the active participation and help the college community dance all their worries away!



pratiVEDan





# India x Taiwan Exchange Program at JSS Medical College, Mysore

Uniting the realms of medicine and culture, the AMSEP India x Taiwan Exchange Program at JSS Medical College, Mysore, unfolded under the banner of AMSEP (Asian Medical Students Exchange Program), a subsidiary of AMSA (Asian Medical Students Association).

Delegates engaged in diverse activities, from hands-on anatomical dissections in the dissection hall to an introduction to Forensic Medicine, to acquiring medical skills in the dedicated skill lab. These experiences, complemented by cultural activities like pottery and rangoli adventures, created a unique fusion of medical education and cultural exploration.

Iconic landmarks such as the Chamundeshwari Temple and St. Philomena Church added a local touch to the cultural journey. Behind the scenes, the local AMSEP board, including Sanjana GS, Deetya

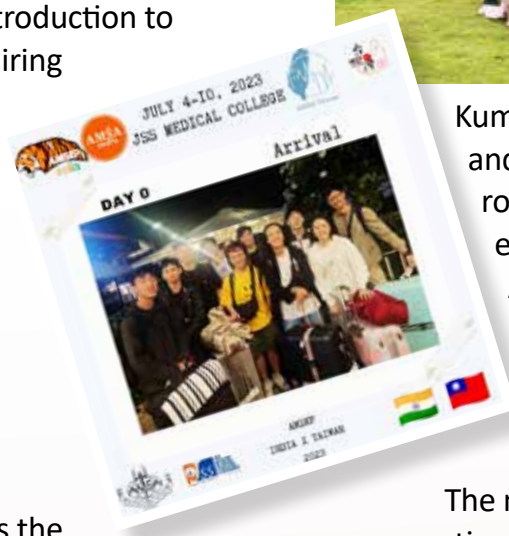


Kummeta, Shruti Singh, Darshith Pillai, and Ananya Thaker, played a crucial role in meticulous planning and execution. Guided by the National AMSEP Board, their collaborative efforts ensured a seamless integration of medical education and cultural immersion, leaving a lasting impact on participants.

The national board members, representing different colleges, added invaluable guidance. Dyuksha Arora from JSS Medical College, as a host member, with Khooshi Patel from SMIMER, Surat, and Pratheek Kashyap from DMMC, Nagpur, brought diverse perspectives.

Their collective support enhanced the program, making it a memorable and enriching experience for all participants.

The exchange program proved to be a resounding success, seamlessly intertwining cultures and forging enduring friendships among participants.





# Asclepius 2023

The sixth edition of Asclepius, the International Undergraduate Medical Conference hosted by JSS Medical College, Mysore, unfolded over four dynamic days, showcasing a diverse array of events that left an indelible mark on participants and attendees alike.

Asclepius 2023, an annual flagship event, proved to be a triumph of knowledge exchange and collaborative learning. The conference aimed to provide a platform for medical enthusiasts to engage in insightful discussions, enhance practical skills, and explore the latest advancements in the field.

The conference featured a meticulously curated series of workshops, quizzes, presentations, and literary events, reflecting the multifaceted nature of medical education and practice. From hands-on surgical skills workshops to intellectually stimulating panel discussions on career pathways, Asclepius 2023 offered a holistic experience for

aspiring healthcare professionals.

Hands-on experiences were a cornerstone of Asclepius 2023, with workshops covering essential topics such as basic surgical skills, life support techniques, forensic medicine, and ultrasound-guided nerve blocks. These sessions provided participants with practical insights

and a platform to refine their clinical skills under the guidance of seasoned professionals.

The conference witnessed the culmination of competitive spirit through engaging quizzes like

Occam's Razor and the innovative Medical Shark Tank. These contests not only tested participants' medical knowledge but also fostered camaraderie and healthy competition among peers.

A significant emphasis was placed on intellectual exchange through paper and poster presentations. Participants had the opportunity to share novel research findings,



discuss clinical cases, and engage in thought-provoking discussions on diverse topics.

Adding a touch of creativity and fun to the academic atmosphere, events like Medical Taboo and Medical Pictionary provided participants with a break from intensive learning, promoting teamwork, vocabulary, and artistic expression.

The cultural night, as a breather for the International Medical Conference, Asclepius was held on September 22nd, 2023. The event started off with a classical jugalbandi of hindustani and carnatic music.

The students then mesmerized the audience with several dance performances and a short skit. The last performance of the night was an acoustic band performance that comprised the essence of mini India by FREMITUS, the college band.

Asclepius 2023 embraced a global perspective, with participants from different countries and states contributing to the rich tapestry of discussions and knowledge sharing.



Asclepius 2023 concluded with a resounding success, leaving participants with enriched knowledge, lasting memories, and a sense of camaraderie. The conference not only achieved its goal

of advancing medical education but also laid the groundwork for future editions, promising continued excellence in fostering learning and collaboration within the medical community.







# Karunada Utsava 2023



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On the 3rd of November 2023, a vibrant and culturally enriching celebration of Kannada Rajyotsava, "Karunada Utsava," took place at JSS Medical College in Mysuru. The event began with a spirited procession that commenced at 3:30 PM, starting from the college back gate and proceeding to the entrance. The atmosphere was filled with the resonating beats of the traditional Dollu Kunitha, and students energetically grooved to their rhythms, creating an aura of enthusiasm and unity.

Following the colorful procession, a grand cultural program unfolded at 4:30 PM. The program began with the ceremonial lighting of the lamp, symbolizing the dispelling of darkness and the welcoming of light. This auspicious moment was graced by the presence of esteemed dignitaries, including Dr. M.N. Suma, Vice Principal (Pre-Clinical); Dr. Praveen Kulkarni, Vice Principal (Para-Clinical); Dr. H.L.

Kalabharathi, Chairperson of the Cultural Committee; and Mr. Satish Chandra, Administrative Officer of JSS Medical College. The lighting of the lamp was accompanied by a traditional Puspharchana.

The dignitaries delivered addresses that enriched the cultural experience for the audience. Mr. Satish Chandra spoke eloquently about the rich cultural heritage of Mysore, emphasizing the city's historical significance and the importance of preserving its traditions. Dr. M.N. Suma led an interactive quiz session focused on Karnataka, engaging the audience in a lively exchange of knowledge about the state's history, culture, and heritage. Dr. Praveen Kulkarni shared insights on the importance of one's mother tongue and Karnataka's linguistic heritage, emphasizing the need to cherish and promote our linguistic diversity.

The cultural program itself was a spectacular showcase of talent, featuring multiple theatrical,



singing and dance performances that captivated the audience and celebrated Karnataka's rich artistic traditions. The vibrant and colorful performances left an indelible mark on the event, uniting everyone in a shared appreciation of Kannada culture. The festivities culminated with a closing address by Dr. Aishwarya Bhat, Member Secretary of the Cultural Committee at JSS Medical College. Her words of gratitude and encouragement reflected the spirit of unity and celebration that defined the Karunada Utsava.

The Kannada Rajyotsava celebration at JSS Medical College, Mysuru, was a resounding success, bringing together students, staff, and dignitaries to celebrate Karnataka's cultural heritage and linguistic diversity. The event served as a reminder of the importance of



preserving and cherishing our roots while embracing the future. Karunada Utsava was not only a celebration but also a reaffirmation of the values that bind us as a community and a testament to the enduring legacy of Kannada culture.

## Graduates' Reception 2023



On the 19th of May 2023, the students of 2017-2018 Batch graduated. The ceremony was held in an outdoor auditorium of JSS Medical College grounds. Dr. Pratima Murthy, Professor and Head of the Department of Psychiatry, NIMHANS graced this event with her presence. There were various events that took place like the Fashion show performed by teachers and interns, dances performed by teachers and lastly dances and singing events by the interns of 2017-2018 batch.



# TATVAM 2023

The annual inter-collegiate cultural and sports fest of JSS Medical College, TATVAM, transpired from July 11th to 16th, 2023. This highly anticipated event, distinguished by the theme “A Royal Affair: Where History, Culture, and Grandeur Meet,” plunged attendees into the realms of Indian royalty’s dynastic past.

In a significant development, the cultural committee expanded the fest’s scope by transforming it into a national intercollegiate event, attracting over 30+ colleges from across the country. Additionally, the fest’s online offerings garnered participation from more than 40+ colleges, culminating in a diverse and engaging gathering.

## Inauguration and College Day

Commencing on July 11th, the event was inaugurated with an esteemed gathering. Dr. B. Manjunatha,

Registrar of JSS AHER, and Dr. Vishal Kumar Gupta, Director (Academics) of JSS AHER, graced the event as presiding dignitaries. Accompanying them were distinguished guests including Dr. H. Basavana Gowdappa, Principal of JSSMC; Dr. MN Suma, Vice Principal of JSSMC; and Dr. H. L. Kalabharathi, Chairperson of the Cultural Committee. The inauguration ceremony commenced with the ceremonial lighting of the lamp, followed by an invocation delivered by Srishti Dutta, a student of MBBS Phase II Part I. Subsequent to the inauguration, the college day celebrations unfolded on July 11th. The occasion treated students to a medley of experiences including captivating batch dances, an ethnic walk, and an enthralling performance by the college band, “Fremitus.”

## Sports Events

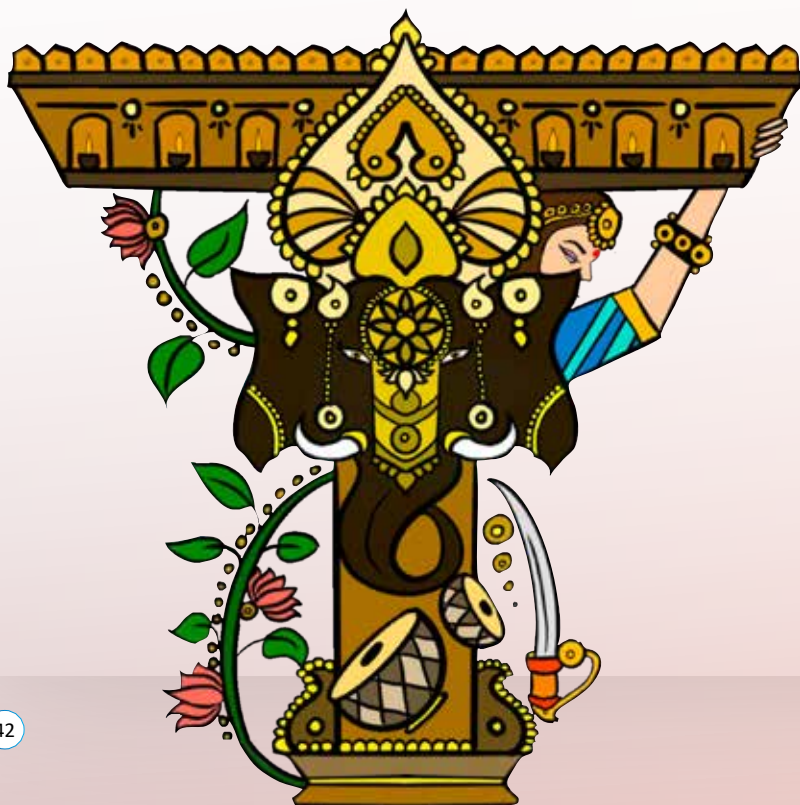
From July 12th to 14th, the sports events held the spotlight, featuring an array of activities such as Basketball, Futsal, Throwball, Volleyball, Table Tennis, Badminton, Cricket, and Chess.

## Cultural and Literary Events

From July 14th to 16th, the campus of JSS Medical College came alive with a vibrant and dynamic atmosphere as the various clubs, including dance, music, fine arts, drama, literary, and quiz, orchestrated a captivating array of cultural and literary events. These days were marked by a convergence of artistic talents, innovative minds, and



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enthusiastic participants from diverse colleges, transforming the campus into an epicenter of creative expression and vibrant engagement. The dance club enthralled audiences with mesmerizing solo and group performances, while the music club resonated with soulful melodies and lively rhythms. The fine arts enthusiasts showcased their skills through captivating displays of visual artistry, and the drama club stirred emotions with thought-provoking acts. Literary enthusiasts engaged in spirited debates, enthralling poetry, and insightful discussions, while the quiz club ignited intellectual battles. The collective enthusiasm and creativity showcased during this period underscored the fest's success in fostering an environment where talent thrived and artistic minds converged.

The fest boasted an array of captivating events including:



-Dance Events: Solo Dance (Classical), Solo Dance (Non-Classical), Duet Dance, Dance Face-Off, Anybody Can Dance, and Group Dance.

-Music Events: Solo Singing (Classical), Solo Singing (Non-Classical), Duet Singing, Instrumental, Battle of Bands, and Music Marathon.

-Fine Arts Events: Art-A-Thon (Art Marathon), Art Attack, Book Cover Painting, Collage Making, Tatvam Photography, and Just Reel It.

-Literary Events: Literary Marathon, Debate, Jam, Shipwreck, Poetry, Anime Quiz, and Potpourri.

-Drama Events: Street Play, Mono Act, Si-two-ation (Improv), Mad Ads, and Lights Camera Action.

-Assorted Events: Roop-E-Shringar (Fashion Show), Wizengamot, Munder at the Manor, Call of Duty (Mobile), Valorant, General Quiz, and a Teacher's Event.





## Valedictory Ceremony

The festivities reached a crescendo on July 16th, 2023, with a valedictory ceremony that hailed and acknowledged the victors of the diverse cultural and literary contests. Dr. Praven Kulkarni, Vice Principal (Para Clinical), JSSMC, inaugurated the valedictory proceedings. Subsequently, the musical talents of the band “Mysore Xpress” took center stage, delivering a repertoire of popular tracks in various languages. This performance served as an exuberant finale, infusing energy and vibrancy into the fest’s culmination. All in all, TATVAM 2023 was an

extraordinary and vibrant inter-collegiate fest that skillfully blended culture, sports, and camaraderie. The event’s evolution into a national intercollegiate celebration underscored its increasing prominence on the academic and cultural landscape. The success of TATVAM 2023 is a testament to the dedication and collaborative efforts of the Cultural and Sports committee under the constant support and guidance of the college authorities and JSSAHER. This event provided an enriching platform for students to showcase their talents, celebrate diversity, and forge lasting memories.

# TEACHERS' DAY 2023

On September 5th, 2023 the college community gathered at Gallery 6, JSS Medical College to celebrate Teachers' Day, an occasion dedicated to honoring our exceptional educators, organised by the cultural committee of JSS Medical College. The event was graced by our esteemed Registrar - Dr. Manjunatha. B, Principal - Dr. H Basavana Gowdappa and Vice-Principals - Dr. M N Suma and Dr. Praveen Kulkarni, whose encouraging words and acknowledgment of the teachers' pivotal role uplifted the spirits of everyone present.

The event began with an invocation by Srishti Dutta, MBBS Phase 2 student. The afternoon unfolded with captivating dance performances by our talented 1st and 2nd year students, poetry recitations and musical performances, sharing expressions of gratitude for the hard work and dedication of our professors. The 1st year students showcased a heartfelt play, symbolizing the profound respect we hold for our teachers. As a gesture of appreciation, entertaining games and engaging competitions



were organized for our esteemed professors, providing a moment of enjoyment and relaxation amidst the celebrations. The vote of thanks was proposed by Pratham Mehta, MBBS Phase 3 Part 2 student. It was an event filled with appreciation, respect and heartfelt acknowledgment for the tireless efforts of our teachers in guiding and shaping our collegiate experience and futures.





# Yuvamanthan Model United Nations Report

The Yuvamanthan Model United Nations was held on 5th February 2024 in JSS Medical College, Mysore. The event entailed intense debate, discussions and negotiation on the important topic of climate change in the year 2047. The MUN hosted two committees namely All India Political Party Meet (AIPPM) and United Nations Framework Convention on Climate Change (UNFCCC).

AIPPM offered a bird's eye view of the inner workings of the Indian polity in the foray of climate control and environment resource management. The committee gave an open stage to all to discuss their opinion and their parties vision in terms of climate management and how socio economic pitfalls of the Indian demographic are associated with unmanageable climatic atrocities. But even with odds stacked up against them the



committee progressed towards a fruitful resolution that promised development of Bharat with preservation of its diverse flora and fauna and they devoted themselves to the movement towards more renewable energy resources.

On the other hand was the International committee of UNFCCC. The congregations hosted 27 countries that had an intense debate about the International policies and internal resource management in a sustainable way to preserve the precious resources for future investment. They also discussed important topics like climate finance, emission trading, phase down and global stocktake. After an intense discussion they arrived at a resolution which was passed with a high amount of majority. The resolution captured the essence of global coalition and powerful leadership. The committee agreed to review the apt usage of exhaustible resources and progression towards cleaner fuels that will help to curtail unwanted climatic changes.





# Literary Report

## WHO conference at the General Assembly of United Nations Headquarters, New York City



Sarada Samanta, 9th Term MBBS student, participated in WHO conference at the General Assembly of United Nations Headquarters, New York City on 26th March, 2023.

The conference was on “Building national capacities for health emergencies and disaster management and health system resilience.” Attended by thousands of young leaders from around the world, Sarada represented India. The guest speaker was Mr. Boris Tadic, Ex President of Serbia and had a panel discussion on geopolitics.

## Graduation day - Release of College Magazine



Annual college magazine Samarthyaa 2022-23 was released on 19th April 2023. Divine Presence of His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji by

Dr. C.G.Betsurmath (Executive Secretary JSS Mahavidyapeetha). Dignitaries present during the occasion were Dr. Prathima Murthy (Director, NIMHANS, Bangalore), Dr. B. Suresh (Pro Chancellor), Dr. Surinder Singh (Vice Chancellor, JSSAHER), Dr. Prashanth V (Director - Research), Dr. R. Sudeendra Bhat (Controller of examinations), Dr. B. Manjunatha (Registrar, JSSAHER), Dr. H. Basavana Gowdappa (Principal, JSS Medical college), Dr. C P Madhu (Medical Superintendent, JSS Hospital), Dr. M N Suma (Vice principal- Pre clinical), Dr. Praveen Kulkarni (Vice Principal- Para clinical), Dr. Manthappa M (Vice principal - Clinical), Dr. Tejashree A (Chairperson – Literary & Magazine committee) Dr. Pushpa N B (Member secretary, Literary & Magazine committee), Dr. Adarsh T, Mr. Pulastya Gangopadhyay.

## National CME on “Scope of Anatomy in Future”



Dr. Tejashree SM and Dr. Rohith B Rajeev (Interns) participated as panelists in the panel discussion on 17th June, 2023 challenges, solutions, and future directions for Anatomists during the National CME on “Scope of Anatomy in future” 17th June 2023 organised by the department of Anatomy, JSS Medical college, JSS AHER, in association with Karnataka Chapter of Anatomists.

## Magazine Prize Distribution



“Samarthya” the Annual College Magazine 2021-22 secured first prize under the Medical and Technical Institute category. The prize distribution was during the celebration of 108th Jayanthi Mahotsava of Shri Shivarathri Rajendra Mahaswamiji on 29th August, 2023. Dr. M N Suma, Vice Principal; Dr. Tejashree A, Chairman, Dr. Pushpa NB, Member Secretary, Literary and Magazine Committee and Mrs. Shilpa P, Assistant AO, JSSMC received the prize from His Holiness.

## Magazine Committee Thanksgiving Programme



Having secured the prize for the magazine three times consecutively, the Literary and Magazine Committee organised a thanksgiving programme for the students and faculty of the committee. Principal - Dr. H. Basavana Gowdappa, Vice Principal - Dr. M N Suma, Vice Principal - Dr. Praveen Kulkarni, Administrative Officer Mr. Satish Chandra

graced the occasion. Students and faculty were appreciated with a certificate and token of appreciation. The event was coordinated by Dr. Pushpa N B, Member secretary, Literary and Magazine committee.

## Cover Page Design Competition and Prize Distribution



The Literary and Magazine committee also called for submissions for the upcoming 2023-24 magazine and announced a cover page competition for the same in the month of October 2023. The Prize Distribution for the same was held in December. The competition was won by Sanchi, 2nd year MBBS.

## PAN India CME



A role play was organized in the CME by Physician Association for Nutrition India on evidence based nutrition (PAN INDIA). It was a successful program held in the Mysore Medical College on 29th November 2023, to spread awareness about

the importance of nutrition. In total there were 8 teams who took part in the competition, out of which 2 were of JSSMC – Harshitha, Devam, Harshith, Vrindesh and Dhanushya of 1st year, MBBS. The theme of our role play was Anorexia Nervosa. Totally 4 teams qualified for the finals and the one among those 4 was the team from JSSMC. The team, with great efforts, participated and secured the third prize in the overall final competition.

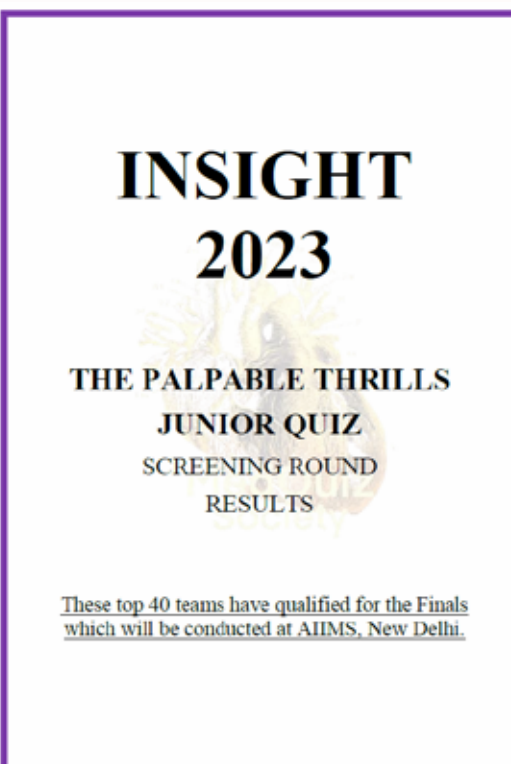
Our students also took part in various conferences of medical colleges like Bangalore Medical College, Madras Medical College, Mysore Medical College, AIIMS Bhubaneswar, AIIMS New Delhi, PSG IMSR Coimbatore and KGMU, Lucknow. They took part in case presentations, poster presentations, debates, hackathons and quizzes.

Sharanya Bose and Ayushi, 3rd year students secured the 3rd prize in 'Axon' - PSG IMSR Coimbatore, Junior Quiz. Sharanya also secured the 1st prize in Canvassio (online) competition. It was held between 3rd – 5th August 2023. Yashika won the best delegate prize in Model

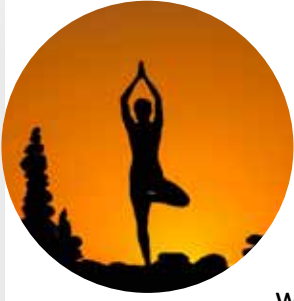


United Nation of the AXON'23 conference on 3rd August, 2023. Om Priyadarshini M and Pratham Mehta achieved the first prize in the Medical Case Presentation held on August 7th and also won a cash prize of 1000 rupees. They also participated in medical debate and emerged as the Best Speaker. Rupashi, 3rd year student secured the first prize in Poster Case presentation in BMC PANACEA conference held on 10th October. Shiv Swaney and Drish Vasa, 3rd year MBBS students had participated in the Palpable Thrills Junior (Pre and Para Clinical) Quiz at AIIMS New Delhi, in which they qualified for the written final round.

Team Member 1	Team Member 2	College
Sibanuj Borkotoky	Abhinav Sai Krishna	JIPMER, Puducherry
Anshu Budhiraja	Tarunim Mukherjee	ABVIMS, New Delhi
Ajinkya D Naik	Kartik Garg	AIIMS, New Delhi
Medhaash Kapoor	Ashish Pant	VMMC, New Delhi
Ashvin Kishore	Vedanshi Verma	SRMC, Chennai
Shiv Sawhney	Dhrish Vasa	JSSMC-Mysore
Sirja Datta	Digvijay Singh	AIIMS, Patna
Vartika	Vidhi	LHMC, New Delhi
Aryan Saxena	Abhishek Gaur	VMMC, New Delhi
Om Shah	Meghal	BJMC, Ahmedabad
Haemlatha	Hariprasad	JIPMER, Puducherry
Priya	Nikhlesh	MAMC, New Delhi
Zahid Sayid Iqbal	Sirigreddy Havish Reddy	JIPMER, Puducherry
Madhupriya S	Varsha	MMC, Chennai
Neha Bansal	Shashank Pai	JNMC, Belagavi
Bikash Aggarwala	Sahil Agrawal	SCBMCH, Cuttack
Krithika S	Jasmine	MMC, Chennai
Akash Dimri	Nitika Chaudhary	KGMU, Lucknow
Pankaj Singh	Archit Saini	AIIMS, New Delhi
Abhay Chillarge	Smit Walke	AIIMS, New Delhi
Anwasha Santara	Harshita Rastogi	KMC, Mangalore



# NSS Report



## Yoga Day

21st June 23

International Yoga Day 2023, with the theme 'Yoga for Vasudhaiva Kutumbakam' was celebrated with zeal. Yoga sessions were conducted where various types of postures and pranayama techniques were taught and demonstrated by yoga coach Ms. Jahnvi V Madhu and Ms. Monika D. The yoga session involved the active participation of students and faculty members of JSS Medical College, Mysuru.

## World Environment Day

25th July 23

To create awareness and to take appropriate action for the protection of the environment; on the occasion of World Environment Day, NSS unit JSS Medical College, Mysuru, conducted the sapling implantation program on 25th July 2023 in the medical college campus garden. Faculty and NSS student volunteers actively participated and witnessed the event.

## Walkathon 2023

As part of NSS Day Celebrations, WALKATHON 2023 was conducted by JSS AHER and its constituent colleges. The program was conducted under the aegis of "Scope Foundation" U.S. The NSS student volunteers came together on the 29th of October, for the walkathon which started from the Anjaneya Temple in front of Mysore Palace, and students took a full circle around the palace covering a distance of 5 kilometres.



## Swachhata Seva

Day 1st October 2023

To prelude "Swachh Seva" activities, many students and faculty volunteers conducted cleanliness activities on 1st October 2023. The program involved the commissioner, deputy mayor, and regional corporator of Mysuru city corporation who actively took part and supported the whole event. Volunteers actively participated in the event and cleaned the streets and parks coming under the jurisdiction of Sri Shivarathreshwara Nagara.

## Shree Jayanthi 108

9th September 2023



Dr. Sri Shivarathri Rajendra Mahaswamiji, the 23rd pontiff of the Srimath, Mysuru, was born on 29.8.1916. His 108th birth anniversary was celebrated meaningfully through a special camp activity by donating wheelchairs for 25 specially-abled unprivileged patients who are suffering from various movement disabilities. The program was held on 9th September 2023.

## NSS Tribal Village Visit Report

On the eve of NSS Day celebrations, students from all over the university came together to serve the Tribal Community School at "ASHRAMA VASATHI SHALE". Core activities involved nutrition awareness by showing various types of millets including grains, cereals, pulses, etc and stressing their nutritional importance, deficiency disorders, and effective cultivation of each. Later a health check-up was conducted as well.

## Blood donors day

The NSS Unit of JSS Medical College, Mysuru, collaborated with the Blood Bank, Department of Pathology JSS Hospital Mysuru, to organize the “World Blood Donors Day 2023” on June 9, 2023, in the Clinical Physiology Lab from 10 am to 3 pm. Over 129 student volunteers registered for the blood donation drive, with 70 found eligible after initial fitness screening. Fourteen NSS volunteers from JSS Medical College facilitated the event, coordinated by Dr. M.V. Ravishankar and Dr. Manu G. The NSS Unit expresses gratitude to all higher authorities for their support in making the event successful.



## Election day

A voting awareness programme was organised for the students of JSS Medical College and AHER. The programme was held on 5th May 2023. An election

process trainer and master trainer of personality development, Mr. D. Parashivamurthy, was invited to deliver a guest lecture on the topic “Nothing Like Voting, I Vote for Sure.” The speaker explicitly stressed the importance of voting as a responsible citizen of the country.

## Best volunteer

Dr. Gayathri Sureshkumar Nair was given “Best NSS Volunteer Student Award” by JSS Academy of Higher Education and Research, by felicitating her with a certificate during the MBBS graduation ceremony which was held on 19th April 2023.

## Clean Mysuru

Mysuru city corporation (MMC) took the initiative to clean Mysuru city with the sole agenda of the event was “MY LIFE AND MY CLEAN CITY.” The cleanliness drive was carried out on 1st June 2023. Thirty-one NSS student volunteers from 1st year MBBS actively and enthusiastically participated in the event.

## Democracy day

A program was organized on 15th September 2023 by the NSS unit JSS Medical College. The “Preamble of the Indian Constitution” which explains its philosophy and objectives was instructed by an NSS student volunteer to all other students who took part in democracy day.

## Independence day

Under the concept of “Har Ghar Tiranga” it was a great honour to celebrate Independence Day with the chief guest Subadar-Major K R Kadam, Ex-Indian Army, Government of India, who hoisted the flag and reiterated the importance of independence, and stressed on the mantra of unity in diversity. The event was involving the participation of Dr M.V. Ravishankar, NSS officer, JSS Medical College, Mysuru, along with other 25 residents from various flats in the building premises.

## “Meri Maati, Mera Desh”

The event saw active participation from 25 dedicated student volunteers who represented their respective states adorned in traditional attire. The highlight of the event was the solemn oath-taking ceremony, where the students pledged their commitment towards social service and community development.



# Sports Report

Sl. No.	Name of the Tournament & Place	Date	Games	Men/Women	Result
1	National Level Inter Medical Sports Fest Organized by AFMC, Pune	3 <sup>rd</sup> to 6 <sup>th</sup> May 2023	Chess	Men & Women	<b>Team Game</b> 3 <sup>rd</sup> Position <b>Individual</b> (Mr.Shet Prajwal P. Got three gold medal 1.Classic Format 2.Rapid Format 3.Blitz Format
2	State Level Inter Medical Sports Fest Organized by Shri Dharmasthala Manjunatheshwara University, Dharwad	4 <sup>th</sup> to 7 <sup>th</sup> May 2023	Basketball	Men & Women	Both teams got bronze medal (3 <sup>rd</sup> position)
3	State Level Open Tournament organized by JSS Science & Technology University, Mysuru in the name JAYCIANA-2023.	19 <sup>th</sup> June to 24 <sup>th</sup> June 2023	Chess	Men	Individual Mr.Shet Prajwal P. Final MBBS
4	JSS Medical College Annual Sports Meet-2023	24 <sup>th</sup> April to 10 <sup>th</sup> June 2023	Team games and Athletic events	Men & Women	III MBBS students got over all championship 2023 Mr.Goutham and Mr.Rohinth awarded as best male Athlete (shared) & Ms. Nilanjana Dutta awarded as best female Athlete for 2023.
5	National level Sports & Cultural Fest Organised by JSS MC, Mysuru ( <b>Tatvam</b> )	12-07-2023 to 15-07-2023	Basketball Cricket Futsal Volleyball Throwball Table Tennis Badminton Badminton Chess	Men & Women Men Men Men Women Men Men Women Men & Women	Semi Finals Semi Finals Winner Winner Semi Finals Runnerup Runnerup Runnerup Both winners

6	National Level Inter Medical Colleges Sports Fest (Spandan 2023) organised by JIPMER Pondicherry	27-08-2023 to 04-09-2023	Chess	Men	Mr.Shet Prajwal P. Final MBBS Winner in Rapid & Blitz event.
7	National Level Inter Medical Colleges Sports Fest (PEGASUS 2023) organised by CMC,Vellore	11-09-2023 to 17-09-2023	Basketball Box Cricket Table Tennis  Table Tennis Chess Chess Athletics	Women Men Men's (Doubles) Dr.Khaushal Mr.Arush Men (Open) Dr.Khaushal Men team Mr.Shet Prajwal P. Mr.Rushab Vivek Men (individual) Mr.Pranav Keshavamurthy Ms.Meena Iyer	Winner Winner Runnerup  Runnerup Runnerup Blitz-Runnerup 1500 Mtrs Silver medal 800 Mtrs
8	District Level Inter Medical Sports Fest SaMMScrithi -2023 Organised by Mysuru Medical College, Mysuru	03-10-2023 to 05-10-2023	Volleyball	Men	



Mr. Prajwal P Shet, Final Year MBBS student, participated in 1st Mayor's Trophy International Grandmaster Chess Tournament, which took place in Indore from 1st April to 8th April 2023. He was placed 38th in the merit list. The tournament was an inter national event (above 1800 rated), where more than 200 players participated, 80+ Titled players from various countries took part. Prajwal P Shet ended the tournament with 6 points out of 10 rounds, beating Grandmaster Mirzoev Azer, from Azerbaijan in the first round.



State Level Inter Medical Sports Fest Organized by Shri Dharmasthala Manjunatheshwara University, Dharwad. Both teams got bronze medal (3rd position)

पदवी





Krishna Vishwanatha Kiri



Natsukashii

All according to keikaku.



Vishnu Sakotai

Shreya Agarwal



And in between freshers and farewell, life happened...



Vishaka V

That's what your 20s are for, to take chances, to make mistakes and to learn from them.



Pranjalee Verma

"Endings are beginnings in disguise"



Simlum N A

Long story short, I survived



Kiran Tess P Mathew

The most amazing thing that can happen to a human being will happen if you just lower your expectations



Anushka Rao

And I know exactly what to do. But in a much more real sense, I have no idea what to do!



Meghna Singh

Sanyak Shah



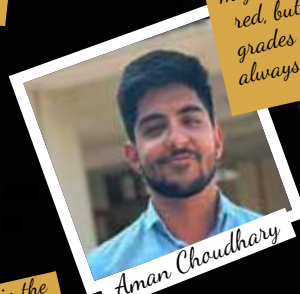
With great power comes great responsibility

Look back with a smile!



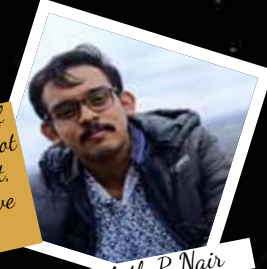
Sruthi Shyam

My flag might've been red, but my grades were always green



Aman Choudhary

The reward of our work is not what we get, but what we become



Rohith R Nair

How can I sum up about college when there is so much to talk about!



Pratish Khapekar

It is not in the stars to hold our destiny, but ourselves



Shishir Thakur

Where there is a will, there is a way



Aima Ptous

It's only going to get better from here



Shantvi Kumari

One degree later....



Gopika Gopan

Cheers!!!



Pooja Sharma

"I've learned from the bad times and was humbled by the good. Thank you for all of the great life lessons."



Sahil Jhanb

Just how fast the night changes!



Mahita Narla



Govind Rathore

Thank you, Dad :)



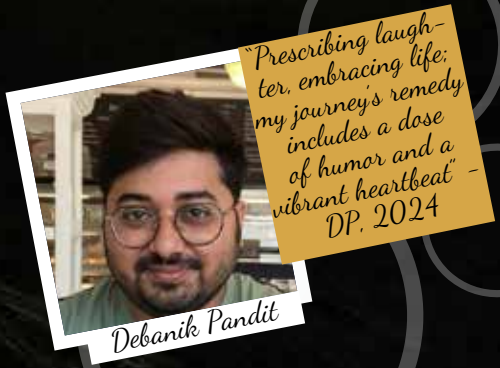
Mischief Managed!

Laya Vallatheril



Pragyans Borthakur

"Thanks college for memories, caffeine, and questionable life choices"



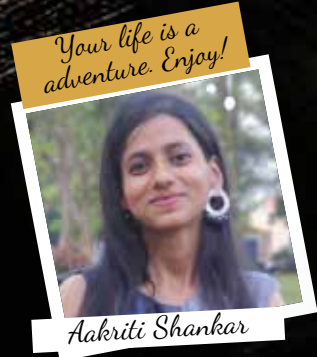
"Prescribing laughter, embracing life; my journey's remedy includes a dose of humor and a vibrant heartbeat" - DP, 2024

Debanik Pandit



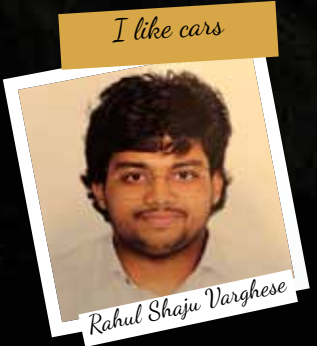
Ayushi Dandekar

If something makes you sad when it ends, it must have been pretty wonderful when it was happening :)



Your life is a adventure. Enjoy!

Aakriti Shankar



I like cars

Rahul Shaju Varghese



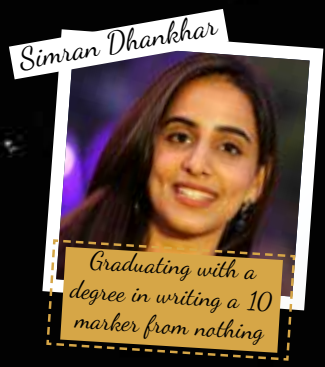
Supriya Kumari

Keep smiling and keep people around you smiling. A happy patient with healing smile is what I wanna achieve.



See good in all things

Isha Singh



Simran Dhankhar

Graduating with a degree in writing a 10 marker from nothing



Krish Chidambaram

Not all angels have wings, some have stethoscopes!! So let me congratulate you on the choice of calling which offers a combination of intellectual and moral interests found in no other profession!



We're All in this Together

Anjali Agarwal

- Better an Oops than a What If -



...Make it double

Aafta S Kumar



Things will fall in place... Just trust the process!!

Shubhangi Agarwal



Devika Menon



Aleena Anna James



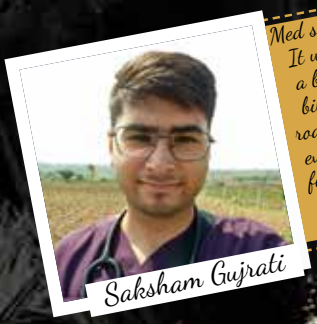
Nandini Gupta

Started from the top now we here



Keep smiling

Abhiram Reddy



Saksham Gujrati

Med school was easy. It was like riding a bike, except the bike was on fire, road was on fire & everything was on fire because it was hell!

The most beautiful things in the world cannot be seen or touched, they are felt with the heart.

Jyotsna C Rameshwara



Too lit to quit



Roshan Pramod

Abhishek Vabilsetty



It's ok to be yourself

"U become what u think about  
If u think u are poor then u become poor  
If u think u are billionaire u become billionaire  
Think like a billion-aire"

Satish Kumar



Underground hone ka samay aa gya hai



Devavrat Kumar

The most mundane to life-altering! Couldn't have asked for anything better.

Nihan Kouser



Cheers to 2018-2019



Neelanshi Gupta

Naime Vinai



Graduating with a degree in hand, enduring friendships in heart, and a transformed self in mind

In the darkest of times, hope is something you give yourself.



Anjali Haridas

"Finally am a doctor" - is there a doctor on this aircraft - "oh heeeeeeelllll noooo"

Bhadra Sandeep



Prepare for trouble...

Left my sanity around here somewhere



Namrata Kumar

"There are friends, there is family, then there are friends that become family.  
Cheers to the family i choose  
#HANGOUTS"



Arsha P A

Rizwan TK



DONT JUST EXIST . LIVE :)))



Muskan Bhayana

Its all worth it



Anjali Dayanand

"Cheers to all the good and bad moments that made me who I am...!"



Astaer C Alex

"THE TASSEL WAS WORTH THE HASSLE"

PS : Mysore will have my heart forever



Vibhuti Bhardwaj

We know what we are but not what we may be Because this is just the beginning of greatness



Himani Vashistha

Trust me Im (almost) a Doctor!



Nayan Mittal

Rahul Biju



This is my gift, my curse. Who am I? I'm Spider-Man.



Gopika Raj



Shreeyeta Nath

Lived my best memories.



Juby Ann Dominic

Ellathinum athintethaya samayam undu Dasa...

Escape the Ordinary



Kshitij Srivastava

Arpan Samaiya



What can I say about college? I laughed. I cried. It was fun.



Atif Naushad

It always seems impossible until it's done!

Ritish Reddy



And there, ladies and gentlemen that was hell

Nikita Tripathi

"Happiness flows when you allow it! So have some cupcakes & take it easy"



Neelima Chugh



Make someone smile everyday. But never forget you're someone too.

Manan Bajaj



...naam toh suna hi hoga

Apa Fer Milange.



Chetali Chanchal

Say i have "plot armour" and do it



Anirudh Sehrawat

And if you never bleed, you're never gonna grow.... said Physio Department



Sanskriti Shashank

It is what it is.



Insiya Rampurawala

Jyoti Yadav



Sup



Keerthan Alva

Its over ?!! Bb but ... i just got here



Hisana Nazreen

Down the line, see how far we have come



Shubhankar Panwar

Accepting problems and Enduring pain are the only ways to love forward to see more

Aishwarya Bhat

And now... we understand why Peter Pan didn't want to grow up



Tarun Kumar

Mrinal Thakur



"Live and let live :)"

One Last Time ....



Chinmay Sujith

"it aint about how hard you hit. it's about how hard you can get hit and keep moving forward; that's how winning is done!"

Nayana K



It's always a step at a time!



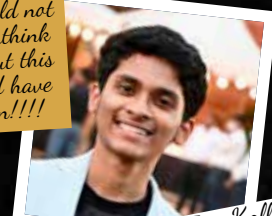
Shashwat Chaurasiya

Abhishek Sankhla



Just like that we became adults

Maybe u should not overthink about this and have fun!!!!



Jithin Teja Kalli

Jing bong ding dong



Gopikrishnan Shajil

Arunima Singh



The Carousel never stops turning

Passion, purpose, progress



Mokshagna Reddy

Where ever the art of medicine is loved, there is also love of humanity



Jeevan.M.

I'll mention y'all in my biopic.



Udbhav Rajhans



Shakeeb K P

Shubhangi Agarwal



Nothing lasts forever but atleast I got these Memories

live a little darling



Khaushal

The ups and downs were worth the high



Sruthi Koduri

Haye ni apa phir milange



Kashish Arora

Find yourself and be that!



S M Tejashree

A great doctor does not gamble with anyone else's life, just their own.



Aayush Gupta

Don't cry because it's over, smile because it happened.

Ishika Jindal

Ultimately, things tend to work out for the better.



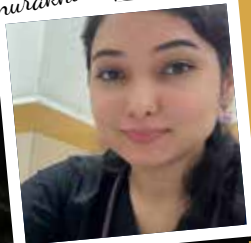
Gaganjeet Singh



Siddharth Ramesh



Anurakhi Gupta



Remember me as someone who laughed a little too much and dared to be a little different. Stay tuned for my award-winning performances!

The magic you are looking for is in the work you are avoiding

Chirakshi Phogat



Step by step, day by day



Kenz Saleem

Gautam Madugu



"What did it cost?" "Everything"



M P Harsha Deepa

Everyday is a new learning experience

Live each moment and experience life to its fullest !!!!



Madhav Muthu

Anjali Methil Anil



"Don't worry if you're making waves just by being yourself. The moon does it all the time." - Scott Stabile

Be Yourself



Stina Johnson



Mayank Jangra

As we close this chapter, may our hearts heal and our hands heal others.

Eat that apple, I need a day off

The only guy who got banned from our hostel mess for stealing chai for 7 months



Akhtar Zamil Sirajudeen

I had a marvelous time ruining everything.



Shartaj Dubey

It is always the simple that produces the marvelous...



Bharath Kumar HP



Priyal T Sanghvi

you have five years to be irresponsible here. go out on a Monday, spend \$ you don't have, party till sunrise. work never ends; college does.



Varun Siwach

One step at a time, Focus on what is right in front of you and not what is 10 miles away from you



Dheeraj Kashy

Health and welfare of human lives shall reflect the accomplishment of my knowledge, skills, empathy and utmost respect for God's best creation.



Subhradeep Dhar

Palak Talwar



Don't forget to enjoy the little things in life.

When it feels scary to jump, that is exactly when you jump, otherwise you end up staying in the same place your whole life



Yash Rajpurahit

Gabriel Charles Gonenpogu



Nobody ever lived without being hated, but nobody ever died without being loved.

Nevertheless she persisted.



Shreyasi Srivastava

Vinaykumar K Aladakatti



I think we forget things, if we have no one to tell them to.

My A's turned into B's, and so did my grades :)



Smriti Utreja

Bhavana Venkatesh



You need to dream big to fly high!

Abhishek Bhardwaj



Taking back millions of memories and a bunch of gems with me for a lifetime. Thank you JSS.

Didn't want these five years to end

The Office S5 Ep.9 20:08



Dhruv Kadan Sharma

Anchala ML



Thanks for all the memories

Be the change you wish to see in the world



PRNVV Viswas



Abha Shrivastava

You can do it!



Diviya Lakshman

"Sister Ji case sheet kodi" is a lifestyle now



Manas Karn

Paths are made by walking



Shashwath G

Have courage and be kind



Saumya Jain

Long story short, I survived :)



Tanya Murjal

Be Happy keep smiling



Aman Anand

Willpower is the architect of transformation, shaping intentions into the grand structures of accomplishment.



Naren Menon

That's me. And that's my power



Ridhima Bajaj

"Goodbye! I hope we same place again very now." - Derek, The Good Place



Shreyas Eswaran

If you love water, you already love 70 percent of me



Vimal Pillai

Don't let the Muggles get you down!



Vatsala Verma

"Goodbye everyone, I'll remember you all in therapy"



Vaishnavi Anil Gopal

JSS gave Harshita a degree, Harshita is free



Harshita Sherawat

"U Dont Understand the Value of Moment until it Become Memory"



Yaswanth Raj

Time flies... make every moments memorable!



R Gopika

I am grateful to these wonderful years, it made me strong guys



Akanksha

Don't live someone else's dream, live your own



Habiba

trips = life lessons



Ritik Raj

GRATEFUL for all of it!



Anchal Singla

If there is a will there's a way, if there's a test there's an A



Srishiti Khaitan

Sejal Agrawal



God knew I would be too powerful if I could do Math.

Grateful for this beautiful journey! - Excited for the next one...



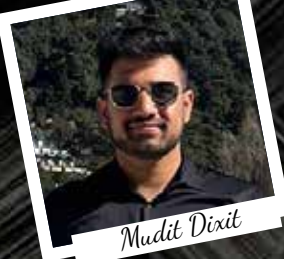
Lavisha Advani

"Study hard until you can say: Trust me, I am your Doctor."



Deepa Bharti

Chill Maadi



Mudit Dixit

The road goes ever on...




Shiwani Singh











# LIST OF MERITORIOUS STUDENTS

Sl. No.	Name of the Student	No. of Awards	Subject	Instituted by
1	<b>DR. SUBHRADEEP DHAR</b> 	6 Gold Medals	<b>Smt. Ambabai Nanjundaiah Memorial Gold Medal For the Best Out going student</b>	<b>Smt.Asha Prasanna Kumar D/o Dr. T.B. Basavarajendra</b> Former Principal, JSS Medical College, Mysuru
			<b>Mr.M.D.Chikkaveerappa Memorial Gold Medal For topper in Biochemistry</b>	<b>Dr. M.N. Suma,</b> Vice Principal (Pre Clinical) Professor of Biochemistry, JSS Medical College, Mysuru
			<b>Dr.M.K.Meera Gold Medal For topper in Pathology</b>	<b>M.K. Manjunath,</b> Former Prof. & HOD, Conservative Dentistry & Endodontics, JSS Dental College, Mysuru
			<b>Smt. T S Sarojamma – Sri M S Chandrashekarappa Gold Medal For topper in Community Medicine</b>	<b>Dr.Smitha M C</b> Asso. Professor, Dept. of Community Medicine, JSS Medical College, Mysuru
			<b>Dr. M.N. Channabasappa Memorial Gold Medal For topper in Surgery</b>	<b>Smt.Vishalakshi Channabasappa,</b> Premier Studio, Mysuru
			<b>Smt.Sarojini Siddappa Manoli Memorial Gold Medal For topper in O.B.G</b>	<b>Dr.Nandish S Manoli,</b> Former Prof. of O.B.G, JSS Medical College, Mysuru
		2 Cash Prizes	<b>Dr. Jayanandaiah H P endowment</b> For Topper in <b>Final year MBBS</b> cash prize For topper in <b>MBBS Phase-I</b>	<b>Nirmaladevi Jayanandaiah HP,</b> C/o Profulla Nijagunaswamy Temple Street, Ramagiri Post, Holalkere (T), Chitradura JSS Medical College
		2	<b>DR. ROHITH R NAIR</b> 	3 Gold Medals
<b>Dr. D.S. Sivappa Memorial Gold Medal For topper in Pharmacology</b>	<b>Smt. D.S. Prema</b> Vijayanagar, Bangalore			
<b>Dr.SumanaS Rao award for the Best student in Psychiatry</b>	<b>Dr. T.S. Sathyanarayana Rao, Dr. Vasumathy S Rao &amp; Dr. Suman S Rao, Mysuru</b>			
4 Cash Prizes	Topper in <b>Physiology</b>			JSS Medical College
	Topper in <b>Microbiology</b>			
	For topper in <b>MBBS Phase-II</b>			
	For topper in <b>MBBS Phase-III, Part-I</b>			

3	<b>DR. TEJASHREE S M</b> 	2 Gold Medals	Sri M.N. Basavarajaiah Memorial Gold Medal For topper in <b>Medicine</b>	Smt. M.N Sharada, VV Mohalla, Mysuru
			Sri Chintamaneni Sarojeni Devi Memorial Gold Medal For topper in <b>Medicine</b>	Sri. Chintamaneni Srinivasa Rao, Hyderabad
		2 Cash Prizes	Sri Vijaya raghav achar & Smt.Sathyavathi endowment For topper in <b>Medicine</b>	Smt. Pushpa Aiyengar & Smt. Vaidehi, Mysuru
			Topper in <b>Paediatrics</b>	JSSMedical College
4	<b>DR. SRISHTI KHAITAN</b> 	1 Gold Medal	Smt. Sarojini Siddappa Manoli Memorial Gold Medal For topper in <b>O.B.G</b>	Dr.Nandish S Manoli, Former Prof. of O.B.G, JSS Medical College, Mysuru
5	<b>DR. JYOTSNA C RAMESHWARA</b> 	Cash Prize	Topper in <b>Forensic Medicine</b>	JSS Medical College
6	<b>DR. SAMYAK SHAH</b> 	Cash Prize	Topper in <b>Forensic Medicine</b>	JSS Medical College
7	<b>DR. NAYANA K</b> 	Cash Prize	Topper in <b>E.N.T.</b>	JSS Medical College
8	<b>DR. SHANTVI KUMARI</b> 	Cash Prize	Topper in <b>Ophthalmology</b>	JSS Medical College



# graduates



Batch of 2018-19

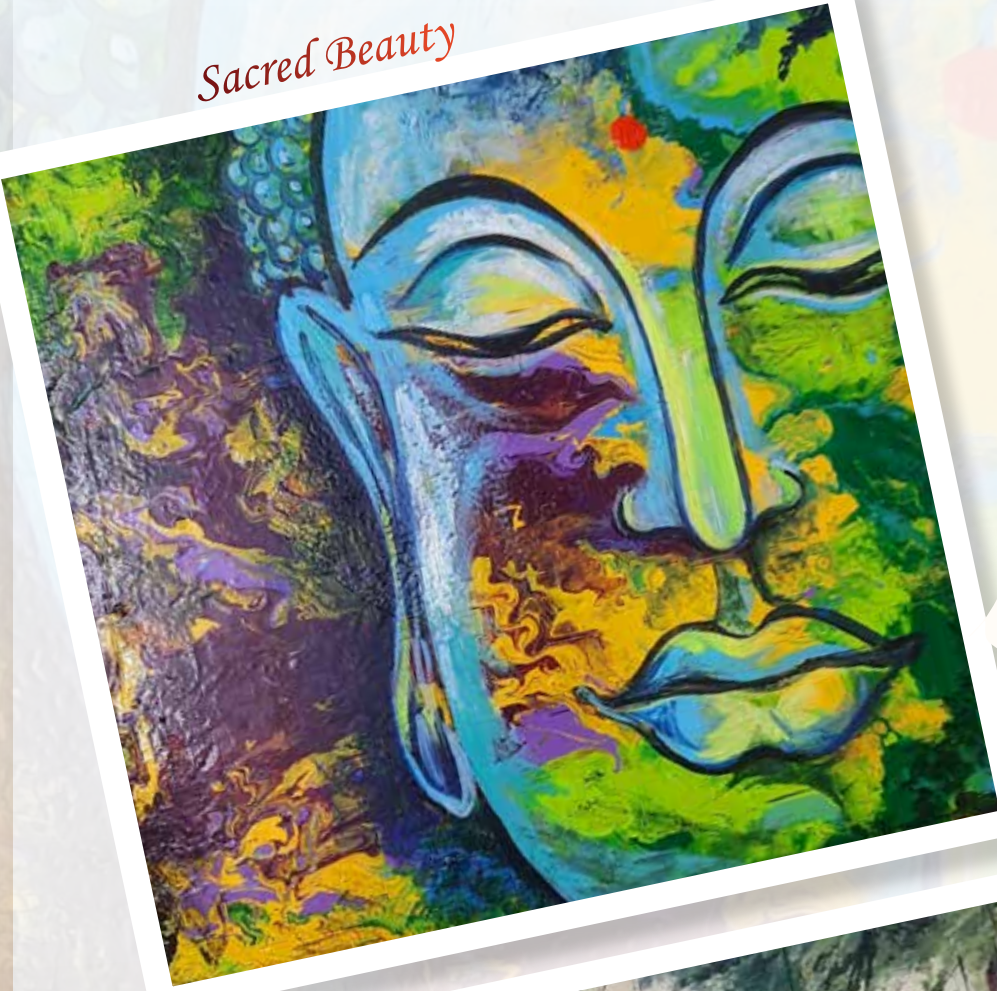


# Chitrakari





*Sacred Beauty*



**Dr. Varsha T**  
Assistant Professor  
Dept. of  
General Medicine

*Enchanting  
Silence*



ಸಾಯಂಜ್ಯೆ Samanjya

*Colors of Nature*

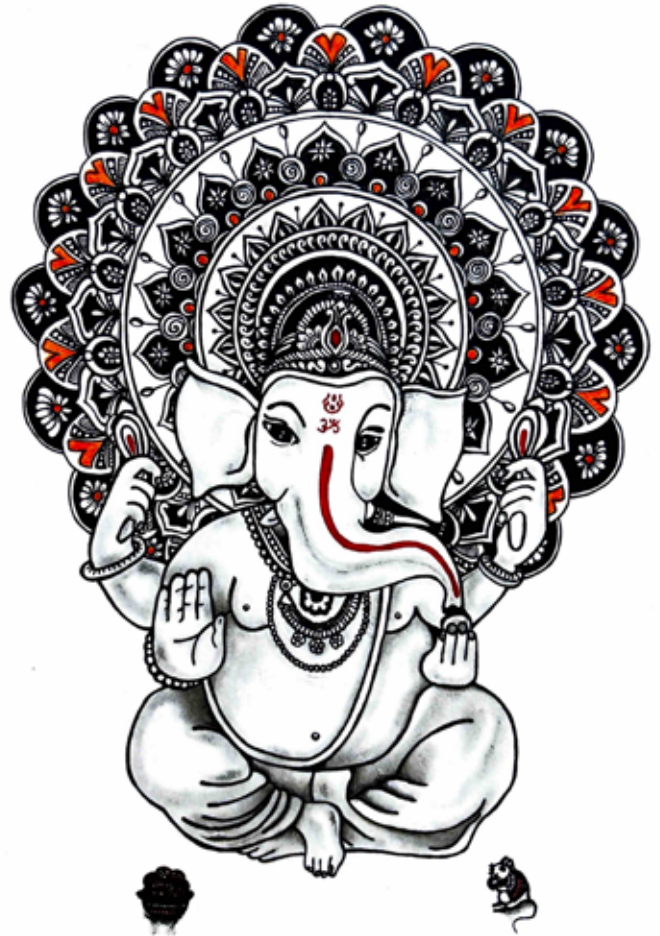


**Tejashree S M**  
Intern (2018-19)





*Divine Elegance*



Aishwarya Bhat  
Intern (2018-19)

In celebration of Ramamandir



अनुराग सैनी

21 सई 2020

तपस्या, शाकना, भोजन, अराधना  
जीव का अत्युत्तम धर्म है।

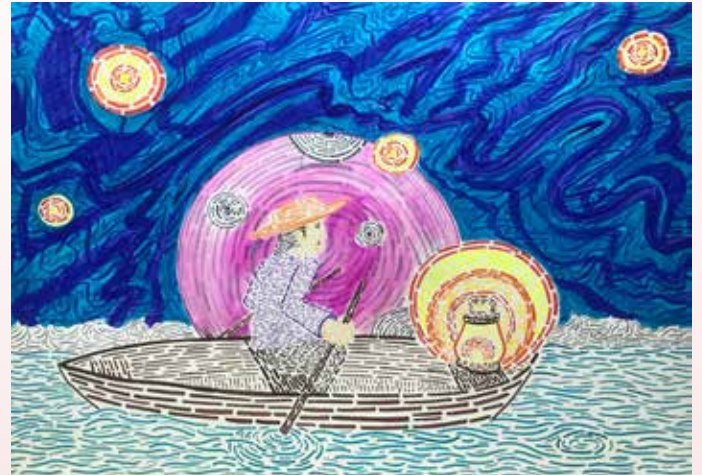
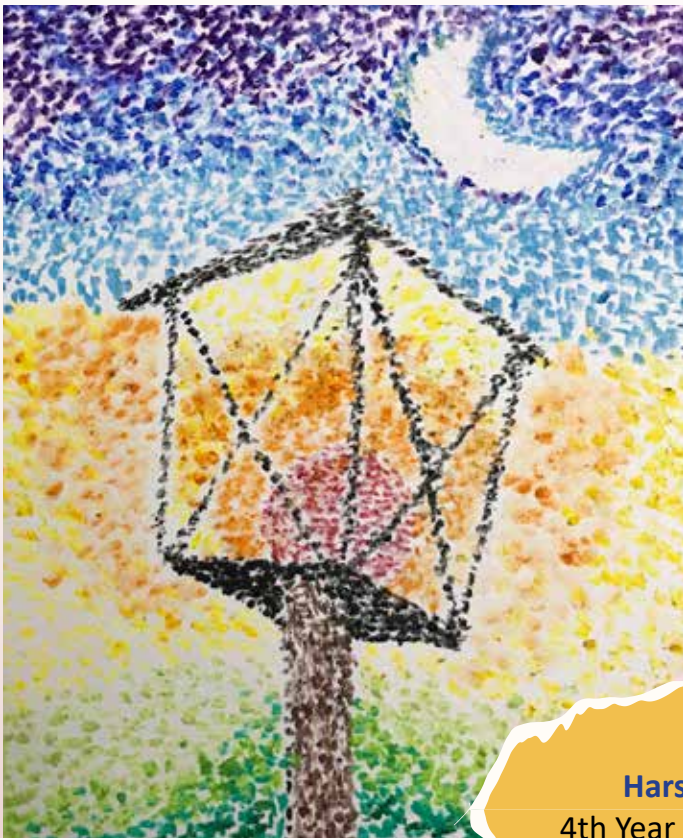
श्री राम

माता-सीता

जय श्रीराम

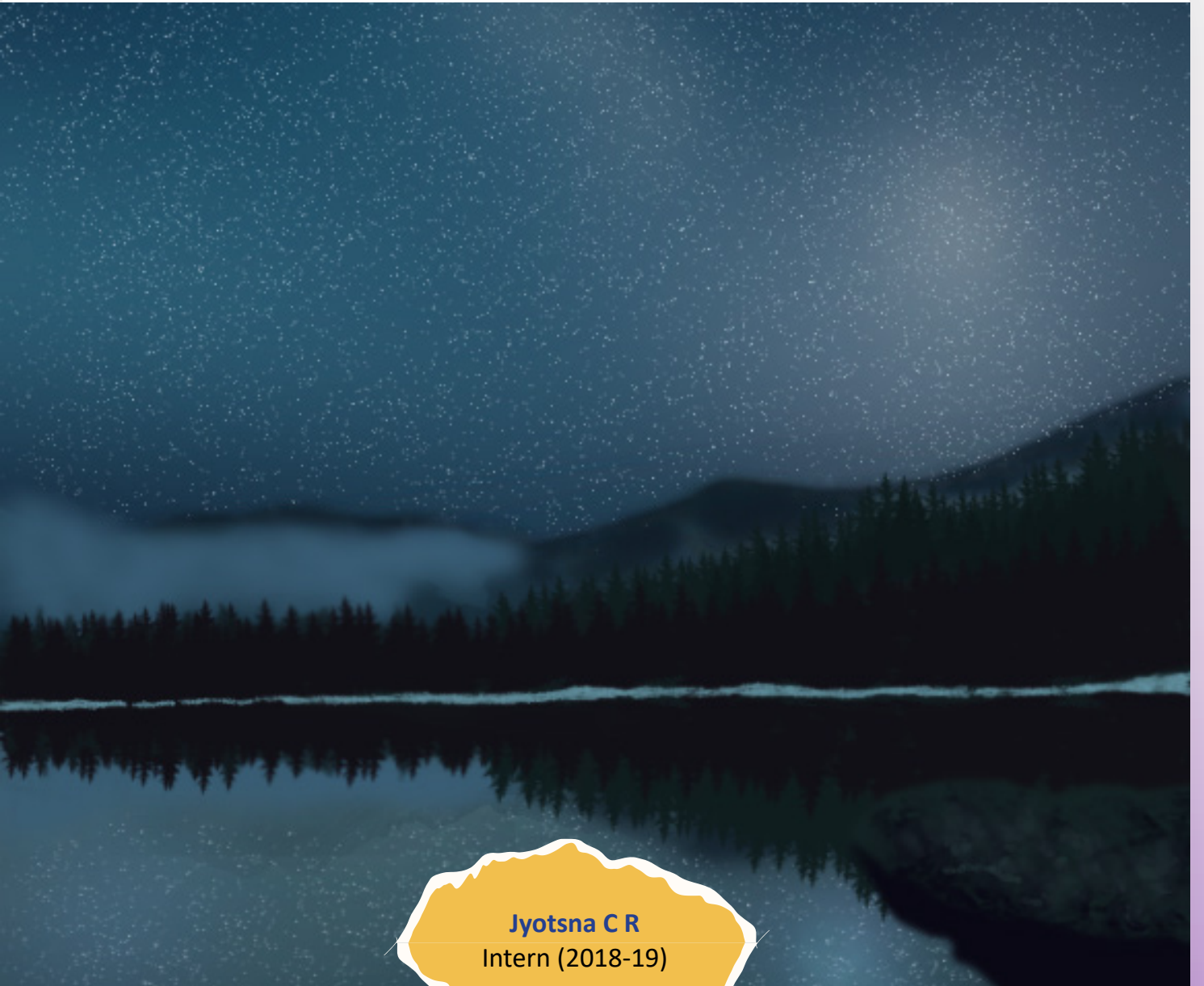
Anurag Saini  
1st Year (2022-23)

Pop of Colors



Harsh Pal  
4th Year (2019-20)

# Tranquil Serenity



**Jyotsna C R**  
Intern (2018-19)



DR JYOTSNA C R  
2018 MBBS BATCH



Pammukale, Turkey

Dr Jyotsna C R  
2018 MBBS Batch

*Melodic Flow*



**Kratika Singh**  
Intern (2018-19)



*Prismatic Portraits*

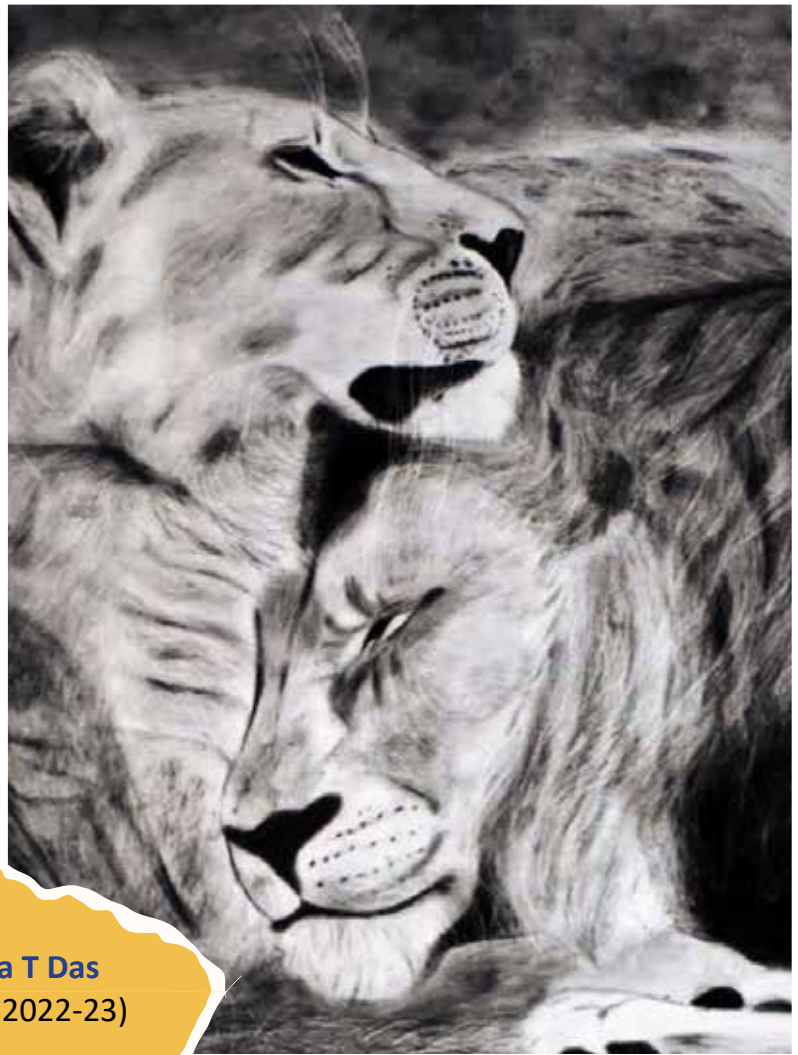


**Manasa Yaragalla**  
4th Year (2019-20)





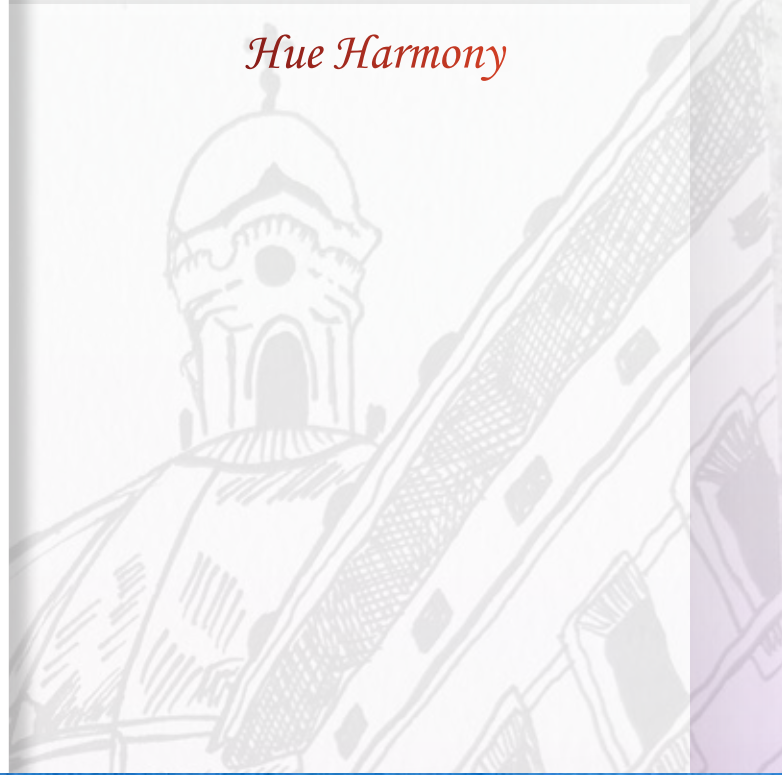
*Chromatic Bliss*



**Prerana T Das**  
1st Year (2022-23)



*Hue Harmony*



**Teena Gupta**  
2nd Year (2021-22)

*Monochrome Melancholy*



**Vaishnavi Anil  
Gopal**  
Intern (2018-19)

હોતોકાલેકેપ્યા



*On earth, there is no heaven, but there are pieces of it - from the tiny garden*



**Dr. Smitha** Associate Professor, Dept. of Community Medicine

*Crimson Horizon*



*Nature*



*Fort Kochi*



*Sunset*



**Sahana 1st Year (2023-24)**

*"Sometimes the smallest things take up the most space in your heart"*



**Afreen Fathima 1st Year (2023-24)**

*An Ivory Embrace*



*Blush of the Golden Hour*



*Palette of Petals*



*Floral Elegance*

*Song of the Willow*



**Aishwarya Bhat** Intern (2018-19)



*A Moment in Wilderness*



**Bharat Anand** 1st Year (2023-24)

*The Mosaic of  
Life*



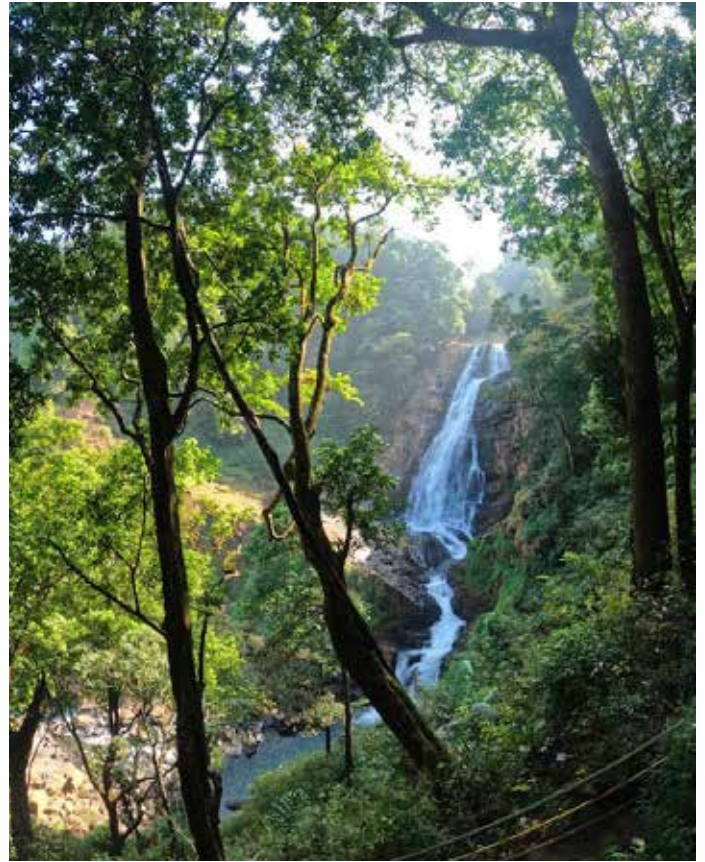
**Kanishk 1st Year (2023-24)**

*Solitude... The Guide to Life*



*Lake of Serenity\_*

*Chasing Waterfalls*

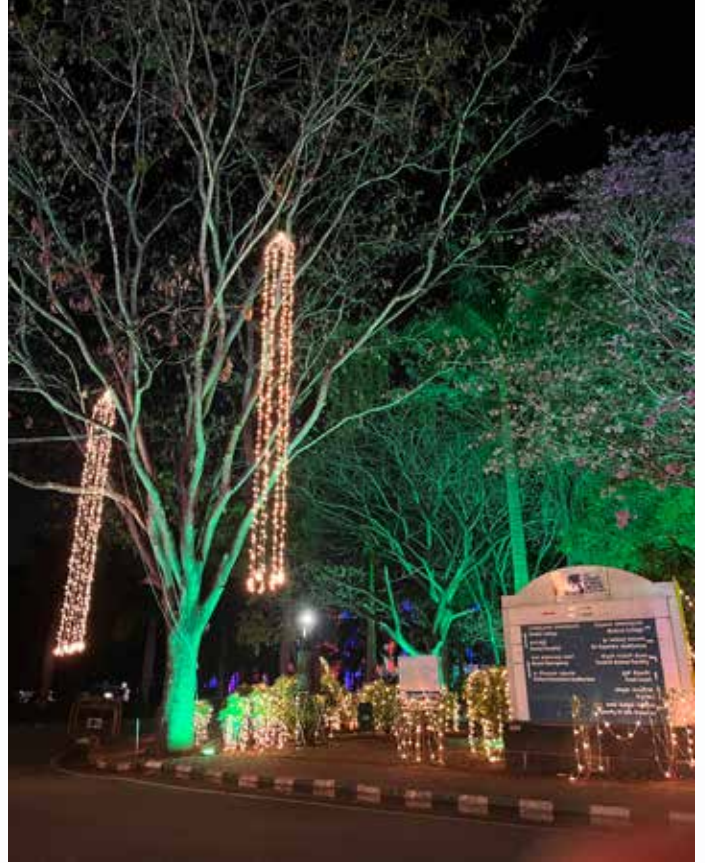


*Nilgiri Wildflowers*



**Madhav Muthu Intern (2018-19)**

*JSS Through My Lens*



**Prashansa Sharma 1st Year (2022-23)**

*Unscripted Serenity*



**Prerana T Das 1st Year (2022-23)**

Lehana



The image shows a close-up of a black fountain pen with gold-colored accents, lying diagonally across a document with handwritten text. The pen is uncapped, and its nib is visible. The background text is in cursive and includes phrases such as "of Israel. Let me be", "without. There are", "I have seen in", and "and an". The lighting is warm, highlighting the texture of the paper and the metallic sheen of the pen.

# Vichara





## ವಿಶ್ವವೇ ಒಂದು ಕುಟುಂಬ - ಶುಶ್ರೂಷೆಗೆ ಸರಹದ್ದುಗಳ ಮಿತ್ರಿಯಿಲ್ಲ

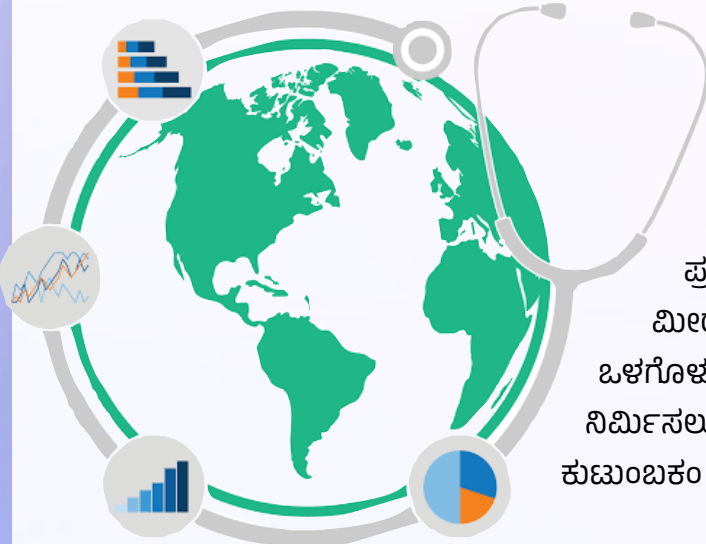


**Dr. Pushpa N B**  
Associate Professor  
Dept. of Anatomy

ವಸುದೈವ ಕುಟುಂಬಕಂ - ವಿಶ್ವವೇ ಒಂದು ಕುಟುಂಬ ಎಂದು ಭಾವಿಸುವುದು. ಇದು ಅತ್ಯಂತ ಸುಂದರವಾದ ಕಲ್ಪನೆ. ಜಗತ್ತಿನಾದ್ಯಂತ ಇರುವ ಜನರು ತಮ್ಮ ವಿಭಿನ್ನ ದೃಷ್ಟಿ ಕೋನಗಳ ಹೊರತಾಗಿಯೂ ಒಂದೇ ಎಂದು ತಿಳಿಯುವುದು. ಈ ಒಂದು ಭಾವನೆ ಇಂದು ಅತ್ಯಂತ ಪ್ರಸ್ತುತವಾಗಿದೆ. ವಿಶ್ವವೇ “ಒಂದು ಕುಟುಂಬ - ಶುಶ್ರೂಷೆಗೆ ಸರಹದ್ದುಗಳ ಮಿತ್ರಿಯಿಲ್ಲ” - ಈ ನುಡಿಗಟ್ಟು ರಾಷ್ಟ್ರೀಯತೆ, ಜನಾಂಗೀಯತೆ ಅಥವಾ ಸಾಮಾಜಿಕ ಆರ್ಥಿಕ ಸ್ಥಿತಿಯನ್ನು ಲೆಕ್ಕಿಸದೆ ಎಲ್ಲಾ ಮಾನವರಿಗೆ ಸಹಾನುಭೂತಿ ಮತ್ತು ಕಾಳಜಿಯ ಸಾರ್ವತ್ರಿಕ ಮೌಲ್ಯವನ್ನು ಒತ್ತಿ ಹೇಳುತ್ತದೆ. ಸಹಕಾರ ಒಗ್ಗಟ್ಟು ಮತ್ತು ಪರಸ್ಪರ ತಿಳುವಳಿಕೆಯ ಮೂಲಕ ಬಡತನ, ರೋಗ, ಸಂಘರ್ಷ ಮತ್ತು ಅಸಮಾನತೆಯಂತಹ ಜಾಗತಿಕ

ಸವಾಲುಗಳನ್ನು ಎದುರಿಸಲು ಇದು ಬದ್ಧತೆಯನ್ನು ಸೂಚಿಸುತ್ತದೆ.

ಈ ಪರಿಕಲ್ಪನೆಯು ವ್ಯಕ್ತಿಗಳು ಮತ್ತು ಸಮುದಾಯಗಳು ದುಃಖವನ್ನು ನಿವಾರಿಸಲು, ಆರೋಗ್ಯ ಮತ್ತು ಯೋಗಕ್ಷೇಮವನ್ನು ಉತ್ತೇಜಿಸಲು ಮತ್ತು ಪರಸ್ಪರ ಸಂಬಂಧ ಮತ್ತು ಹಂಚಿಕೊಂಡ ಮಾವವೀಯತೆಯ ಪ್ರಜ್ಞೆಯನ್ನು ಬೆಳೆಸುವ ಪ್ರಪಂಚದ ದೃಷ್ಟಿಕೋನವನ್ನು ಸೂಚಿಸುತ್ತದೆ. ಇದು ಗಡಿರೇಖೆಗಳನ್ನು ಮೀರುವ ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ತಿಳಿಸುತ್ತದೆ ಮತ್ತು ಎಲ್ಲರನ್ನೂ ಒಳಗೊಳ್ಳುವ, ಸಮಾನವಾದ ಮತ್ತು ಸಹಾನುಭೂತಿಯ ಜಗತ್ತನ್ನು ನಿರ್ಮಿಸಲು ಪ್ರಯತ್ನಿಸುವ ಭಾವವನ್ನು ಅನುರಣಿಸುತ್ತದೆ. “ವಸುದೈವ ಕುಟುಂಬಕಂ - Healing Humanity beyond Borders”





# ವಸುದೈವ ಕುಟುಂಬಕಂ

ಸೌಸ್ಕೃತದ ಅತ್ಯಂತ ಪ್ರಭಾವಶಾಲಿಯಾದ ಒಂದು ಚಿಂತನೆ. ಮಹಾ ಉಪನಿಷತ್ತಿನ, ಎಲ್ಲಾ ವೇದಗಳ, ಗ್ರಂಥಗಳ ಸಾರವಿದು. ಅಂದಿಗೂ ಇಂದಿಗೂ ಎಲ್ಲಾ ಸ್ತರಗಳಲ್ಲೂ, ಜಗತ್ತಿನ ಎಲ್ಲಾ ದೇಶಗಳ, ಎಲ್ಲಾ ಮತಗಳ, ವಿವಿಧ

ಆಚರಣೆಗಳ ನಡುವೆಯೂ ಪ್ರಸ್ತುತ ಹಾಗು ಪ್ರಮಾಣಿತ. ಅತ್ಯಂತ ಎತ್ತರದ ಭಾವೈಕ್ಯತೆಯನ್ನು ಈ ಉಕ್ತಿಯು ಪ್ರತಿಬಿಂಬಿಸುತ್ತದೆ.

'ವಸುದೈವ ಕುಟುಂಬಕಂ' ಆರೋಗ್ಯದ ಹಾಗೂ ವೈದ್ಯಕೀಯ ಕ್ಷೇತ್ರದಲ್ಲಿನ ಅಭಿವೃದ್ಧಿಗೆ, ವಿವಿಧ ದೇಶಗಳ ಸಹೋದರತ್ವ ಸಹಭಾಗಿತ್ವವನ್ನು ಕೋರುತ್ತದೆ. ವೈದ್ಯಕೀಯ ಸೌಲಭ್ಯಗಳು, ಮೂಲಭೂತ ಆರೋಗ್ಯ ಸೌಕರ್ಯಗಳು ಎಲ್ಲರನ್ನೂ ತಲುಪಬೇಕೆಂದು ಆಶಿಸುತ್ತದೆ.



**Dr. Soumya H V**  
Associate Professor  
Dept. of Ophthalmology

ಸುಧಾರಣೆಗೆ 'ವಸುದೈವ ಕುಟುಂಬಕಂ' ಒಂದು ಮೆಟ್ಟಿಲು.

ನಾವು 'ಕೋವಿಡ್ - 19' ಸಾಂಕ್ರಮಿಕ ರೋಗದ ತಡೆಗಟ್ಟುವಿಕೆಯಲ್ಲಿ ಬಹುಪಾಲು. 'ವಸುದೈವ ಕುಟುಂಬಕಂ' ತತ್ವವನ್ನು ಅನುಸರಿಸಿ ಜಗತ್ತಿನಲ್ಲಿ ಎಲ್ಲರಿಗೂ ಸಮಾನವಾದ ಆರೋಗ್ಯದ ಹಕ್ಕನ್ನು ನೀಡಿದ ನಿರರ್ಶನವಿದೆ.

ಆರೋಗ್ಯ ಹಾಗೂ ವೈದ್ಯಕೀಯ ಕ್ಷೇತ್ರದಲ್ಲಿ ಸಮಾನಾಂತರ ಶಿಕ್ಷಣ, ಉದ್ಯೋಗಾವಕಾಶ ದೊರೆತಲ್ಲಿ ಇಡೀ ಜಗತ್ತೇ ಒಂದು ಕುಟುಂಬದ ರೀತಿ ಆಗುವುದು. ವೈದ್ಯಕೀಯ ಶಿಕ್ಷಣದಲ್ಲಿ, ವಿವಿಧ ದೇಶಗಳಲ್ಲಿ ಒಂದೇ ತೆರನಾದ ನಿಯಮಗಳನ್ನು, ನೀತಿಗಳನ್ನು ಪಾಲಿಸಿದರೆ, 'ವಸುದೈವ ಕುಟುಂಬಕಂ' ತೆರನಾಗಿ ಸಮನಾದ ಜ್ಞಾನದೊಂದಿಗೆ, ಚಿಕಿತ್ಸಾ ಕ್ರಮವೂ ಸಹ ಏಕಪ್ರಕಾರವಾಗಿರುತ್ತದೆ.

ಇನ್ನು ಚಿಕಿತ್ಸೆಗೆ

ಉಪಯೋಗಿಸುವ ಔಷಧಿಗಳು, ಅವುಗಳ ಬಳಕೆಯ ಕ್ರಮ, ಲಸಿಕೆಗಳು ಹಾಗೂ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆಗಳಲ್ಲೂ ಬಹುಪಾಲು ಒಂದೇ ತೆರನಾದ ಅಭಿಪ್ರಾಯವಿದ್ದಲ್ಲಿ, 'ವಸುದೈವ ಕುಟುಂಬಕಂ' ಖಂಡಿತವಾಗಿಯೂ ಸಾಧ್ಯ. ಆರೋಗ್ಯದ ಬಗ್ಗೆ ಜನರ ತಿಳುವಳಿಕೆ, ಅಭ್ಯಾಸಗಳೂ ಏಕರೀತಿಯಿಂದ ಕೂಡಿದ್ದು, ಭಾಷೆ ದೇಶಗಳ ಗೊಡವೆಯೇ ಇಲ್ಲದಿದ್ದಾಗ ಸರ್ವತೋಮುಖ ಬೆಳವಣಿಗೆಗೆ, ಅರ್ಥಿಕ



# The Role of Occupational Therapy in the Pursuit of Healing Humanity



**P**ersonalized Care Central to the tenets of occupational therapy is its bespoke and client-centered approach. This approach transcends geographic boundaries as it addresses the idiosyncratic needs and aspirations of each individual, regardless of their cultural or geographical provenance. Occupational therapists collaborate with clients to formulate individualized treatment regimens, taking into consideration their distinct challenges and aspirations. This person-centric modus operandi nurtures a sense of belonging and empathy that transcends geographic borders.

Occupational therapists are imbued with cultural competence, an attribute that acknowledges the importance of respecting and apprehending cultural diversity. This facet assumes paramount importance in our progressively interlinked world, wherein individuals from diverse cultural backgrounds often seek healthcare services that traverse borders. Occupational therapists' cultural competence ensures that patients receive care that is mindful of their unique cultural values and beliefs.

Occupational therapy extends its purview beyond borders through sundry global initiatives. Occupational therapists frequently participate in international collaborations, disseminating their erudition and expertise to serve underserved communities. Whether through disaster relief endeavours, global healthcare missions, or pedagogical programs, occupational therapists emerge as pivotal actors in the promulgation of well-being and healing beyond the confines of their home nations.

Occupational therapy assumes a quintessential role in the restoration of humanity beyond borders. Refugees and displaced persons often grapple with arduous physical and psychological tribulations. Occupational therapists empower these individuals to rebuild their lives by delivering rehabilitation services that reinstate their autonomy and fortitude.

The vanguard of technological advancement has facilitated the provision of occupational therapy services through remote modalities, transcending geographical demarcations. Telehealth services enable therapists to reach clients

in remote or underserved locales, proffering guidance and support for the management of diverse conditions. This assumes particular relevance in today's landscape, where the COVID-19 pandemic has precipitated the acceleration of telehealth adoption, further expanding the reach of occupational therapy.

Occupational therapy epitomizes the ethos of healing humanity beyond borders by conferring bespoke, culturally astute care, and participating



**Dr. Amitabh Kishor Dwivedi**

Professor  
Dept. of Occupational  
Therapy



in global initiatives that propagate well-being. This healthcare discipline underscores the indispensability of engagement in activities imbued with meaning, irrespective of an individual's circumstances, and espouses the significance of cultural diversity. Occupational therapists are not only instrumental in enhancing the lives of their clients within the precincts of their home countries but also contribute to the global healing enterprise through sundry initiatives and remote interventions.



In an increasingly interconnected world, occupational therapy stands as an exemplar of hope, underscoring the potency of healthcare professions to transcend borders and advance the healing and well-being of humanity on a global scale. Through their dedication to individualized, culturally perceptive care and their participation in international initiatives, occupational therapists assume a pivotal role in ameliorating the world, one individual at a time.

## “Stitching Peace: A Medic’s Ode”

A female army doctor working at the Radcliffe Line- the international border line between India and Pakistan treats an anguished Pakistani soldier, lamenting in pain with multiple lacerations.

“In the poetic theater of healing, ‘Harmony Across Borders’ orchestrates verses that transcend geopolitical divides. A doctor’s compassion, a soldier’s resilience, and the cadence of care blend seamlessly in this symphony of unity.

In a terrain defined by etched border,  
A doctor’s heart radiates unyielding fonder.  
Over the chasm, a curative hand held,  
Humanity ascends where camaraderie meld.  
Clad in the unfaltering mantle of care,  
A healer attends to all without a moment’s despair.

A Pakistani soldier, wounded yet resolute,  
In your grasp, hope resounds to salute.  
Borders may demarcate, but hearts unite,  
In the domain of healing, unity seamlessly ignites



Past the tumult, where conflicts quiver,

You administer a curative touch, an empathetic giver.

In the unspoken dialect of wounds and anguish, a poem of compassion echoes, a healing refrain. Through the stethoscope pulsates a universal rhythm, in the lyrical realm of healing, unity manifests.



**Dr. Amulya T M**  
Senior Resident  
Dept. of ENT

# Musings of a commoner

**V**asudhaiva kutumbakam. The whole world is one family, the verse from Maha Upanishad of Rig Veda, is the central pillar on which the Universe stands.

Even though the whole world is divided on many criteria like race, religion, economy, and other criteria. Whenever some great mishap occurs. it comes together.

The best example in front of our eyes is the combat against Covid.

Does this mean that only Humans are part of the world?

No. Animals, insects, plants also come into the realm of the family.

Imagine a world with only humans and no other species. How lacklustre it would seem. My day starts with the birds chirping, 5 AM live alarm. As I set out to do my daily chores. open my kitchen window, the hitherto quiet squirrels start chirping, become silent only when I give them some eatables. As I continue preparing breakfast, I can see them running up and down. chasing one another, swinging on the bird feed, birds on the other hand, searching for grains, chirping sometimes competing with squirrels for food.

As I leave home, I see dogs, cats and cattle coexisting peacefully with humans.

At the workplace we meet so many people. from various cities of India and sometimes the world, living and learning together.

Hostel life is a mini world, where. We have another family related by goodwill friendships and a common goal. This brings back the memories of my hostel life. In the early 90s, a small-town girl like me with a lot of hope and interest to learn had to go to another town to study. It was a whole new world. new place and new people. I was away from home and on my own for the first time in my life. There I made friends, who were in the same boat as me. and shared similar feelings. We have all parted to move on



**Dr. Anjali Devi B S**  
Assistant Professor  
Dept. of Biochemistry

with life. but still are in contact. and these still bring a smile to my face. We faced a lot of issues together like exams, giving seminars, and VIVAS for the first time away from home. We applauded successes and consoled when let down. We did not have the luxury of mobile phones back then

and had to wait for a long time to call home from a public phone booth. We also shared a friendly chat with the phone operator, mess workers, security guards as we had real life interactions and social media had not taken over. Thus, I feel lucky to have experienced hostel life. which made us dependent and independent at the same time.

After studies. your job adds on more people interactions and marriage, an extended family.

The lanes where we have lived, living right now, the milkman, maid, delivery personnel, shop attendants all form an even bigger family.

The growing scope of social media. and platforms. online shopping, chats. webinars have made the world a very large family.

As I return home. I am greeted by my neighbor's dog Rani, who considers my house as her own and is really an example of Vasudhaiva Kutumbakam.

Finally, when I look back and reflect. I really feel so humble and puny at the vast amount of knowledge our ancient scriptures are filled with. It also makes me realise that we are just a tiny spot on the vast colourful canvas called the Universe.



# Healing Humanity Beyond Borders, Breaking The Protocol !!

In the peak of CoVID19 pandemic in India, in all hospitals, numerous protocols were enforced. Some glimpses can be seen in many hospitals even today (we repeatedly tried newer variants!). One of the major aspects of CoVID19 protocol was distance between two individuals and the masks. Many barriers were built to keep the distance and reduce the transmission of infection. One such protocol was in our Outpatient Department, we ensured patients and consultants were a few feet apart, there was a big table that separated. One of our patient one day, a lady in her 50s, just pushed it apart as I was warning her and as she approached me, I raised my voice, "why are you breaking protocol when it was done for your and our safety!" Smilingly, she said "Sir, I have brought some sweets, I am a grandmother now, my daughter in Sweden delivered a baby just yesterday, how can I give sweets to you from such a distance, from the other end of this long table?"

For a moment, I was dumbfounded, I thought "will we be able to break the protocol, build humanity beyond barricades to connect with each



other beyond illness & health?.

In the same pandemic period, one of my senior colleagues was unwell and infected with Covid19. She was admitted to the ICU. She called me up from the ICU and said she was concerned about her daughter, who was a physician herself and was becoming extremely anxious at home. She enquired if I could see her. At the peak of CoVID19 pandemic, the house of infected people was barricaded and no one would be allowed to contact even the non infected family members. I just broke the protocol, looked at Humanity and visited them, to have conversation with the anxious daughter. Over the years in the profession, all that matters is "How much wisdom we have gained, to break or accept the protocols, build humanity?"



**Dr. M Kishor**

Professor and HOD  
Dept. of Psychiatry



**H**ealing humanity across borders is something that everyone should try. It may or may not be possible at an individual level at all times. However, everyone at home can try instilling human values in children. It is also a way of healing the world at a small scale. Beginning the healing at home can be the motto.

Parents / Grandparents would be thinking that they have taught the right values to their children since birth. They would be feeling really at the top of the world when they see their child behaving well, being honest, helping others and so on. They would feel so proud of themselves looking at their efforts being rewarded.

They have to just wait until the same children turn into teens -thirteen, fourteen and so on. They will then see the children's true-selves morphing out. They will get to know their child only when they turn into teens. Teenage is a taxing age for both parents and children and none other than Mother Theresa has explained their behavior through a beautiful poem.

You will teach them to fly,  
But they will not fly your flight.  
You will teach them to dream,  
But they will not dream your dream  
You will teach them to live,  
But they will not live your life  
Nevertheless, in every flight,  
In every life, in every dream,  
The print of the way you taught  
Will always remain.

-Mother Theresa

## Teaching Human values to a teenager!!!



You try so hard to be with them and they with you during the teenage years but yet there is an unseen divider between you and them. They trust their friends or school mates so much that you might feel left out of their life. At other times, it's like they are clinging to you. It leads you and them into confusion. They pull you into their chaotic life and make you feel dizzy.

All said and done, it is during this period that the teenager feels

he is growing into an adult and should be treated like one. He/She wants to have a say in everything you do at home or outside. They want to be heard and appreciated. Their bodies are changing, the hormones are raging inside their body turning them into mini-adults. They feel attracted towards the opposite gender and are not aware as to why they are feeling so?? Above that they need to make several decisions on what is right for them regarding their

career. Though they can take help from parents, most teenagers want to feel independent while making the decision regarding their career. If forced upon by parents, the consequences may not be good for either of them.

It's a very fine art that the parents need to learn to let go or hold the teens like a kite. Or else as you would lose your kite you might lose touch with your teens when you hold them too strongly or too lightly. It does not mean the physical touch. It is the way we are with them, the way we treat them and the way we let them go when they can manage... This is the art we need to learn during



**Dr. Kusuma K S**  
Assistant Professor  
Dept. of Biochemistry

their teenage years.

I am here to share one very memorable experience with my son who is a teenager and how we both went through the turmoil of understanding each other's perspectives and respecting them irrespective of our interest or liking.

Being Truthful – This is something which we both parents always insisted our son to be, as it's one of the greatest quality a human being can possess. He was a nice child as a youngster and never lied to us or to his school teachers. But as a teenager I saw him change and he would often be caught lying to me or the school teachers and it worried me so much. I kept punishing him by beating him up, scolding, being non-co-operative and whatever I knew that could help him. All was of no avail. It was a wonder for both of us as none of us at home would lie for any reason. We would be truthful and it had gained us mutual trust and respect in each other.

So, we as parents first discussed amongst ourselves as to how to help him and then we spoke to him and asked him what was the reason for lying. Initially he refused to talk, then he said he did not lie. But sitting beside him, looking him eye to eye and telling him the after effects of lying, he opened up slowly.

We asked him three questions and they are - How does he feel when he lies to us? How does he feel when somebody else lies to him? How does he feel when he sees someone else lying?

These are the answers we got –

**Q1. How does he feel when he lies to us?**

Answers – 1. He feels very scared 2. He can't have eye to eye contact after lying while talking to us. 3. He feels he might be discovered any minute and is waiting for a thrashing. 4. He does not feel confident. 5. He can never be at peace. 6. He does not get sleep.

**Q2. How does he feel when somebody else lies to him?**

Answers – 1. He feels sad and bad. 2. He feels betrayed and cheated. 3. He loses trust in the person who lies to him. 4. He does not want to continue the friendship with them. 5. He has anger towards them.

**Q3. How does he feel when he sees someone else lying?**

Answers – 1. He feels that he can never trust that person, no matter how good he is. 2. He feels pity on the person. 3. He feels like immediately exposing them.

When he answered all the three questions, he realized the importance of telling the truth in whatever situation he might be in. Now he feels that if he says the truth, people will always trust him and be kind to him. Even if he makes a mistake, he has realized that if he owns up, the punishment that he will receive will be to a lesser degree and he would feel brave and talk to us or his teachers very confidently as he has nothing to hide with them.



# Microbiology Renaissance: Plunging into Autonetics!

About a decade ago, walking through the hallway into the Microbiology laboratory on my first day as a resident...I remember telling myself this is a solvable puzzle. Initial years rolled by gulping in rock-solid sessions of basic diagnostic microbiology and immunology. Preparing media, growing happy pathogens, dispatching susceptibility reports, pipetting reagents, titrating the end results of serological tests and happily incubating in the warmth of the laboratory.

The turntable event was facing the 1st wave of the COVID pandemic as a fresh consultant microbiologist. For me, this is when the true potential of microbiology as a subject slowly started surfacing. The field of microbiology has evolved over the past decade given the exposure to impactful events that have modified public perception towards microbes. Given the wide assortment of ensuing hurdles ranging from

stressful infectious pandemics, to overseeing routine antimicrobial molecules



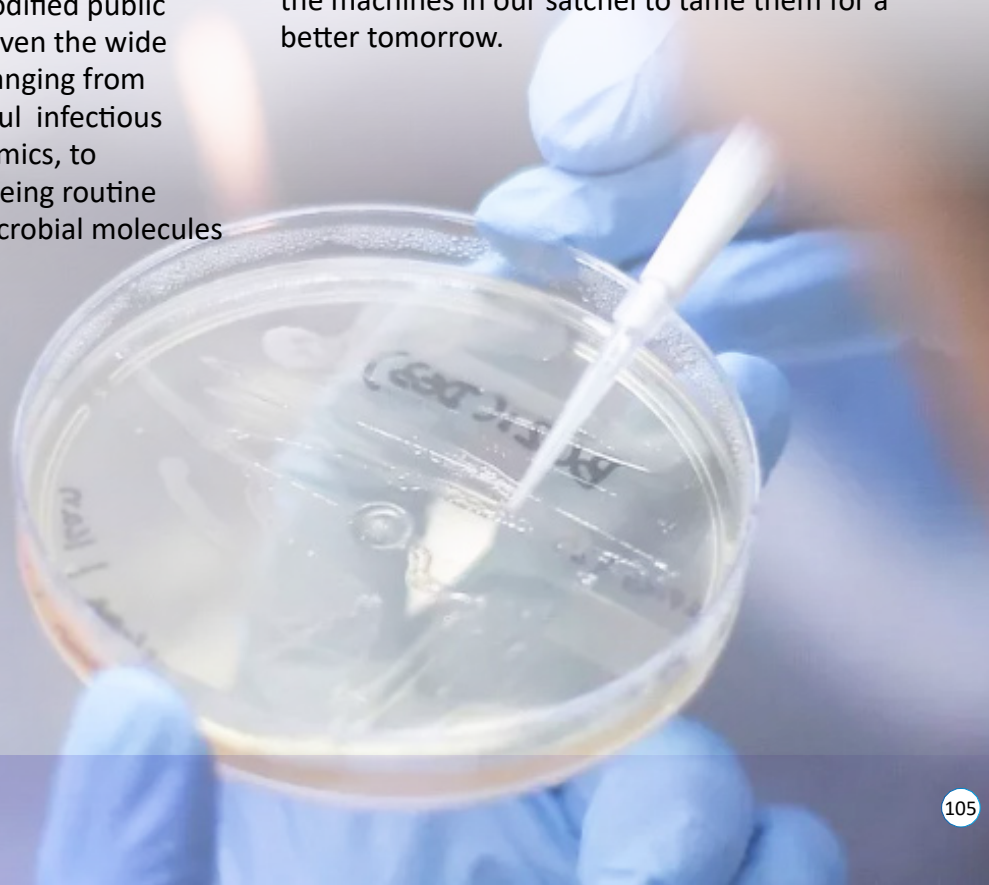
**Dr. Neetha Murthy**  
Assistant Professor  
Dept. of Microbiology

lose their efficiency and to the looming threat of bioterrorism over the years.

Hurdles are no doubt intimidating, but they do come with cherished transmutational opportunities. The preliminary endeavour is to mentally disregard the magnanimity of the hurdle, then turning around to break down the hurdle would be a feasible reality. Today the field of Microbiology is shouldering the concern in adjunction with artificial intelligence (AI) and hardcore technological advancements by rapidly advancing towards genomics, molecular diagnostics, nano-diagnostics and proteomics as the basic areas of biological complexity to engineer rapid infectious disease diagnostics and thereby revolutionizing the subject in totality.

The entire world of diagnostics stands forward faced to watch

Autonetics take over as next generation diagnosticians. Foreshadowing change is always better than stagnancy, however moderation is the fundamental latchkey. Machines lack novelty, creativity, judgement, common sense & contextual understanding. The challenge is to join hands with diagnosticians across frontiers, embrace the interdisciplinary approach and together master the machines in our satchel to tame them for a better tomorrow.





# Daily Rounds In Neurology OPD - Pun Intended

This is an article filled with fun, about how a neurologist's life looks like in a busy Neurology OPD. We have a plethora of patients who have gathered to welcome us the moment we step into the OPD. From leg pain to back pain, arm pain to shoulder pain, headache, face pain, tiredness to feeling lost in life. Patients narrate their complaints non-stop like a flowing river unabated!

A lady in her 50s comes with her husband, who unfortunately doesn't allow her to speak at home. She removes all her frustration and being suppressed at home, she un.masks in front of the doctor. "Sir, listen to me I have a headache", the poor resident starts taking history of the headache which will go on for 15 minutes and then the resident presents the same to the consultant. With the consultant, the patient changes her history entirely and tells a story of her back pain instead of headache. The poor resident looks into the angry eyes of the consultant and into the eyes of the patient with a question mark and the patient gives a sarcastic laugh!

Long standing histories of Neurology cases like muscular dystrophies, myopathy, spino-cerebellar ataxias are similar to the game we used to play in our school days, where we used to whisper into our classmates' ears and the final outcome of the whisper would have been diagonally opposite to the first word whispered!

Old ajjis who visit the neurology department will never go that easily unless they have been completely satisfied by the doctor's detailed counseling! A huge list of medications come out of their bags, which they shower on the table of consultants. It includes medications of Allopathy, Ayurveda, Homeopathy and essentially Mixopathy will unfold itself in front of the resident and consultant! And the funny part is the patient

asks "There is no interaction or side effects with your drugs, no sir?" Doctor shopping goes to the next level where they visit multiple doctors just like how they visit many temples and deities on a pilgrimage. They pull out multiple files from their carry bag and still seem to be in search of a new face. Sometimes, husbands become the spokesperson of their wives and will keep their wives' mouths shut and unfold the history of wives' headaches as if they are experiencing it (which is actually true!)

Some patients want admission when it is not required and some patients do not want admission when it is required. The puzzle of this is very difficult to solve. When the doctor is about to leave the OPD, there comes a request from a patient who has not come for follow up since several years, with an OPD card drenched in rain, sheets turned yellow, some with partial amputation, their CT or MRI film folded and used as a dust pan in the past. They come with a stern request, "Doctor I've come from far, I have a bus in half an hour and a train which is already booked, before you go please see me". This patient is joined by another set of patients who tell us we have come earlier than this patient, please see us also!

Then comes a patient who is modern and digital, with Google reviews. He pulls out all the records from his phone and gives it to the doctor. The sugar control is the biggest mystery. With the RBS of 550 mg/dl, the patient still asks what he can eat even after a thorough diabetic diet counseling. Next comes a new attendant of the patient after 3 rounds of counseling, "Doctor can you please explain to me regarding the disease?" Epileptic patients of our department have got ultimate freedom to stop and start the drugs by themselves. The AED protocol is unimaginable! Despite the challenges, we continue to love working in our Neurology Out-Patient Department which is like a miniature India in itself, having no boundary of caste, cult, status and ideology. It truly represents UNITY IN DIVERSITY!



**Dr. Shasthara P**  
Assistant Professor  
Dept. of Neurology



## ‘Bridging Borders: Perspectives on Global Healthcare and Education’

*It is not every day that one gets the opportunity to interview the Pro-Chancellor of a distinguished healthcare and educational institution, especially when the topic directly aligns with his fervent aspirations for the institution. Despite his demanding schedule, he graciously dedicated time to provide insightful responses to our inquiries regarding global healthcare and education, showing his unwavering commitment to the cause.*

**Sir, what is your interpretation and personal perspective on the concept of ‘Vasudhaiva Kutumbakam’ and how does it influence your approach to global healthcare and education?**



For me, Vasudhaiva Kutumbakam is not just a philosophical concept; it’s a guiding principle that has shaped my perspective on global healthcare and education throughout my tenure at JSS Academy of Higher Education and Research. It’s about recognizing

the interconnectedness of our world, emphasizing our shared responsibility in healing humanity beyond borders. This philosophy has been the cornerstone of our approach in creating a learning environment that transcends geographical boundaries in our pursuit of knowledge and well-being.

**Under the presidency of India, the G20 summit has declared several revolutionary policies under global healthcare. What has been the contribution of India in the**



Our commitment to diplomatic relations is a testament to our belief that a shared approach is essential in addressing global health challenges.

### **How can we, as an institution and as students, contribute to meeting the goals set by our global leaders in globalization of education?**

As an institution, we actively foster an environment where students can contribute to global education goals. Whether it's through cultural exchange programs, collaborative research, or embracing diversity in the classroom, we aim to instill in our students a sense of responsibility and a global perspective that extends beyond textbooks.

### **global healthcare scenario, according to you?**

Having witnessed India's active involvement in the G20 summit under the leadership of our nation, I am proud of the revolutionary policies it has championed in global healthcare. It's not just about providing quality healthcare to our own citizens; it's about actively participating in global collaborations, sharing our unique expertise, and advocating for a healthcare system that knows no borders.

### **How important is diplomacy and maintaining diplomatic relations in ensuring equitable healthcare?**

In the context of our institution, diplomacy plays a pivotal role in ensuring equitable healthcare. It's about forging partnerships, sharing best practices, and creating an atmosphere where nations collaborate for the greater good.

### **Sir, in your opinion, how can medical education and practice transcend borders to create a more equitable and healthier world?**

In my experience, medical education transcends borders when we embrace innovation and international partnerships. Our students benefit from shared clinical experiences, collaborative research projects, and exposure to diverse healthcare systems. This enriches their education and contributes to a more equitable and healthier world.

### **In what ways does the institution inculcate values of global citizenship and compassion in students?**

Having been closely involved in our institution's initiatives, I've seen firsthand how we instill values of global citizenship in our students.

From multicultural exposure to community service projects, we are dedicated to shaping compassionate healthcare professionals who understand their role in the broader global community.

### **Is there any initiative of the institution that you're strongly positive of, in the context of its contribution to global healthcare?**

One initiative that I'm particularly proud of is our collaborative research endeavors with international institutions. These projects advance medical science and position our institution as a key player in addressing global health challenges.

### **Sir, what challenges and opportunities do you see in the endeavor to achieve quality healthcare for all irrespective of borders?**

Navigating the challenges of healthcare disparities and advocating for equitable distribution of resources is an ongoing effort. Yet, the opportunities presented by technology, international collaborations, and evolving healthcare policies provide us with the tools to make a meaningful impact.

### **In your opinion sir, what are the most pressing global health challenges that should be addressed?**

From my perspective, pressing global health challenges include addressing infectious diseases, promoting universal vaccination, raising awareness about mental health, and confronting the health implications of climate change. These challenges require a united effort from the global community.

### **Being a developing nation, how do you think the demands of local healthcare should be balanced with the commitment to healing humanity beyond borders?**

Striking a balance between local healthcare demands and our commitment to global healing involves strategic investments in local infrastructure, tailored training for healthcare professionals, and active participation in global health initiatives. It's a delicate equilibrium that we must navigate conscientiously.

### **What are your hopes and aspirations for the future in terms of the institution's contribution to global healthcare sir?**

Looking ahead, my hope is to see our institution continue to lead in cutting-edge research and international collaborations. I envision our graduates making significant contributions to global healthcare, carrying forward the legacy of shaping a healthier world.

### **Lastly, what advice would you give to aspiring healthcare professionals who want to make a difference in healthcare on a global scale?**

To those aspiring healthcare professionals, I'd say, embrace diversity in your learning journey, stay informed about global health trends, actively seek international collaborations, and above all, cultivate a deep sense of compassion. Your commitment to making a difference on a global scale will define the impact you have in the world of healthcare.



Interview by  
**Aishwarya V Bhat**  
Intern (2018-19)

# ಸರ್ವೇ ಭವಂತು ಸುಖಿನ ಸರ್ವೇ ಸಂತು ನಿರಾಮಾಯ



ಆರೋಗ್ಯಕ್ಕೆ ಸಂಬಂಧಿಸಿದ ಮಾಹಿತಿ ತಂತ್ರಜ್ಞಾನ ಎಲ್ಲರಿಗೂ ಕೈಗೆಟಕುವ ವಿಶ್ವದರ್ಜೆಯ ವೈದ್ಯಕೀಯ ಸೌಲಭ್ಯಗಳು ನಮ್ಮ ದೇಶವನ್ನು ಮುಂಚೂಣಿಗೆ ತರುತ್ತಿವೆ. 'ಮೆಡಿಕಲ್ ಟೂರಿಸಂ' ಎಂಬುದು ಬೃಹತ್ ಉದ್ಯಮವಾಗಿ ಬೆಳೆಯುತ್ತಿದೆ. ದಶಕಗಳ ಹಿಂದಿನಿಂದಲೇ ನಮ್ಮ ದೇಶಕ್ಕೆ 'ಪ್ರಪಂಚದ ಔಷಧಾಲಯ' (Pharmacy of the world) ಎಂಬ ಹೆಸರಿದೆ.

ಕೋವಿಡ್-19 ಸಮಯದಲ್ಲಿ ನಮ್ಮ ಭಾರತ ವಿಶ್ವದ ಆಗ್ರಗಣ್ಯ ರಾಷ್ಟ್ರವಾಗಿ ಹೊರಹೊಮ್ಮಿತು. ನಾವು ಈಗ ಪ್ರಪಂಚದಲ್ಲಿ ಅತಿ ದೊಡ್ಡ ಲಸಿಕಾ ತಯಾರಕರು, ಪ್ರಪಂಚದ ಶೇಕಡ 60 ಲಸಿಕೆಗಳು ನಮ್ಮ ದೇಶದಲ್ಲಿ ತಯಾರಾಗುತ್ತವೆ. ನಮ್ಮದು

ಶ್ರೇಷ್ಠದರ್ಜೆಯ ಎಲ್ಲರಿಗೂ ಕೈಗೆಟಕುವಂತಹ ಲಸಿಕೆಗಳು, ಭಾರತದ ಪುನೆಯ "ಸೀರಮ್ ಇನ್ಸಿಟ್ಯೂಟ್ "ಆಕ್ಸ್ ಫಾರ್ಡ್ ವಿಶ್ವವಿದ್ಯಾಲಯದ ಜೊತೆಸೇರಿ ಉತ್ಪಾದಿಸಿದ ಲಸಿಕೆಗಳು ಪ್ರಪಂಚದಲ್ಲಿ ಕೋಟ್ಯಂತರ ಜನರ ಜೀವ ಉಳಿಸಿದವು. ಬಡ ಮತ್ತು ಮಾಧ್ಯಮ ದೇಶಗಳು ಕೋವಿಡ್ ಅಲೆಗಳಲ್ಲಿ ಕೊಚ್ಚಿಹೋಗುತ್ತಿದ್ದಾಗ ಅವರಿಗೆಲ್ಲಾ ಲಸಿಕೆಯನ್ನು ಉಚಿತವಾಗಿ ವಿತರಿಸಿ ಹೃದಯ ವೈಶಾಲ್ಯತೆ ಮೆರೆದವರು ನಾವು.. ಅಕ್ಷರಶಃ ಸರ್ವೇ ಜನ ಸುಖಿನೋ ಭವಂತು' ಎಂದು ವಿಶ್ವಕ್ಕೆ ಸಾರಿದವರು

ನಾವು.

ನಮ್ಮ ದೇಶ ಜೆನರಿಕ್ ಔಷಧಿಗಳ ಅಗ್ರಮಾನ್ಯ ಉತ್ಪಾದಕ ಮತ್ತು ರಫ್ತುದಾರ, ಶ್ರೇಷ್ಠದರ್ಜೆಯ ಅಲ್ಪದರದ HIV ಔಷಧಿಗಳು,

ನಮ್ಮ ಮಹೋನ್ನತ ಋಷಿ ಮುನಿಗಳು ರಚಿಸಿದ ಶಾಂತಿ ಮಂತ್ರ ಬೃಹತ್ ಅರಣ್ಯಕ ಉಪನಿಷತ್ ನಲ್ಲಿ ಈ ಶ್ಲೋಕ ಕಂಡು ಬರುತ್ತದೆ. ಇಲ್ಲಿ ಸಮಸ್ತ ವಿಶ್ವಕ್ಕೆ ಶಾಂತಿಯನ್ನು, ಶುಭವನ್ನು, ಆರೋಗ್ಯವನ್ನು ಬಯಸುತ್ತೇವೆ. ಪ್ರಾಚೀನ ಭಾರತದ ದೃಷ್ಟಾರರು ಹೇಳುತ್ತಾರೆ- ಅಣು, ರೇಣು ತೃಣಮಾತ್ರಗಳಿಗೂ ಶುಭವಾಗಲಿ ಎಲ್ಲರ ಒಳಿತಿನಲ್ಲಿಯೇ ನಮ್ಮ ಒಳಿತೂ ಅಡಗಿದೆ.

ಐತಿಹಾಸಿಕವಾಗಿ ನಮ್ಮ ಪ್ರಾಚೀನರು ಜಿಜ್ಞಾಸುಗಳು ಪ್ರತಿಯೊಂದನ್ನು ಪ್ರಶ್ನಿಸಿದವರು ಚಿಂತನ - ಮಂಥನದಿಂದ ನಮ್ಮ ಬೃಹತ್ ಗ್ರಂಥಗಳು ಉದ್ಭವಿಸಿದವು. ಜ್ಞಾನ ಪ್ರಸರಣೆಯು ಇವುಗಳ ತಳಹದಿ, ಸಾವಿರಾರು ವರ್ಷಗಳಿಂದ ನಮ್ಮಲ್ಲಿಗೆ ವ್ಯಾಪಾರಕ್ಕಾಗಿ ಗ್ರೀಕರು, ರೋಮನ್ನರು, ಚೀನಿಯರು, ಅರಬ್ಬರು ನಮ್ಮ ಜ್ಞಾನವನ್ನು ಬರುತ್ತಿದ್ದ ವಿಶ್ವದೆಡೆ ಪಸರಿಸಿದರು. ನಮ್ಮ ಆಯುರ್ವೇದ, ಚರಕ ಸಂಹಿತೆ, ಶುಶ್ರುತ ಸಂಹಿತೆ ಎಲ್ಲಾ ವೈದ್ಯಕೀಯ ಜ್ಞಾನ ಭಂಡಾರಗಳು 'ವೈದ್ಯೋ ನಾರಾಯಣೋ ಹರಿ' ಎಂದ ದೇಶ ನಮ್ಮದು.

ಪ್ರಸ್ತುತ ಪ್ರಪಂಚದಲ್ಲಿ ಭಾರತದ ಪಾತ್ರ ಇಂದಿನ ಭಾರತ ಬಲಿಷ್ಠ ಭಾರತ. ನಮ್ಮ ದೇಶ ವೈದ್ಯಕೀಯ ಕ್ಷೇತ್ರದಲ್ಲಿ ದೊಡ್ಡ ಹೆಸರು ಗಳಿಸಿದೆ. ಆರೋಗ್ಯ ಸೇವೆಗಳು,



**Pushya K Babu**  
1st Year (2022-23)



ಕ್ಷಯರೋಗದ ಔಷಧಗಳು ವಿಶ್ವವೇ ನಮ್ಮತ್ತ ತಿರುಗಿ ನೋಡುವಂತೆ ಮಾಡಿವೆ.

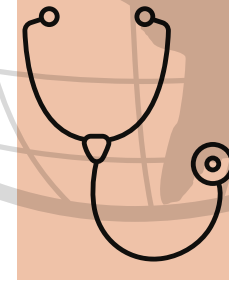
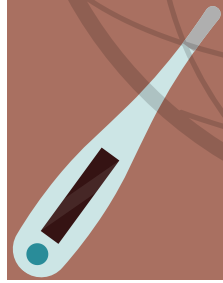
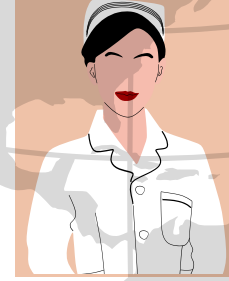
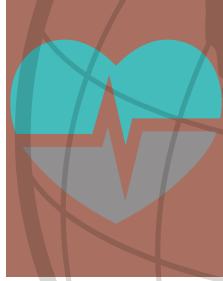
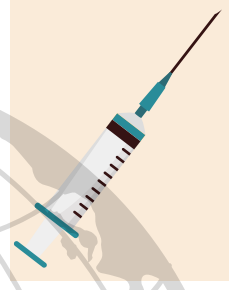
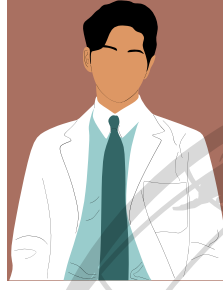
ಇಷ್ಟೆಲ್ಲಾ ಹಿರಿಮೆ/ಗರಿಮೆಗಳ ಮಧ್ಯೆ ಇನ್ನೂ ಗಮನ ಹರಿಸಬೇಕಾದ ವಿಷಯಗಳು ಸಾಕಷ್ಟು ಇವೆ. ಕಳಪೆ ದರ್ಜೆಯ ಔಷಧಿಗಳನ್ನು ರಫ್ತು ಮಾಡಿ ಕೆಟ್ಟ ಹೆಸರು ಬಂದಿದೆ. ಭಾರತದ ಔಷಧಿಗಳ ಗುಣಮಟ್ಟವನ್ನು ಪಾಶ್ಚಿಮಾತ್ಯ ರಾಷ್ಟ್ರಗಳು ಅನುಮಾನಿಸಿ ನೋಡುವಂತೆ ಆಗಿದೆ.

ಭಾರತ ಮಾಹಿತಿ ತಂತ್ರಜ್ಞಾನ ಕ್ಷೇತ್ರದಲ್ಲಿ ದೈತ್ಯವಾಗಿ ಬೆಳೆದಿದ್ದೇವಿ. ನಮ್ಮ ವಿಶಿಷ್ಟವಾದ UIDAI -ಆಧಾರ್ ಕಾರ್ಡ್ ನಿಂದ ನಾವು ಆರೋಗ್ಯ ಸೇವೆಗಳನ್ನು ಅದಕ್ಕೆ ಸಂಬಂಧಿಸಿದ ಮಾಹಿತಿಗಳನ್ನು ಮನೆ ಮನೆಗೆ ತಲುಪಿಸುತ್ತಿದ್ದೇವೆ. 140ಕೋಟಿ ಜನಸಂಖ್ಯೆಯ ಈ ದೇಶದಲ್ಲಿ ಹಳ್ಳಿಹಳ್ಳಿಗಳ ಆಶಾ ಕಾರ್ಯಕರ್ತೆಯರು, ಅಂಗನವಾಡಿ ಕಾರ್ಯಕರ್ತೆಯರು ನಿಖರವಾಗಿ ಮಾಹಿತಿ ಕಲೆಹಾಕುತ್ತಾರೆ. ಸರ್ಕಾರದ 'ರಾಷ್ಟ್ರೀಯ ಆರೋಗ್ಯ ಆಯೋಗ \* ಆಧುನಿಕವಾಗಿ ಕೆಲಸ ಮಾಡುತ್ತಿದೆ. ಒಂದು ದೇಶದ ಆರೋಗ್ಯವನ್ನು ಅಳೆಯುವ ಮಾನದಂಡ, ಶಿಶು ಮರಣ ಪ್ರಮಾಣ

33 9 : (INFANT MORTALITY RATE AND MATERNAL MORTALITY RATE) ರಾಷ್ಟ್ರೀಯ ಆರೋಗ್ಯ ಆಯೋಗ ಮುನ್ನಡೆಸುತ್ತಿರುವ ಈ ಎರಡೂ ಮಾನದಂಡಗಳು ನಮ್ಮಲ್ಲಿ ಉತ್ತಮವಾಗುತ್ತಿವೆ.

1. ಜನನಿ ಸುರಕ್ಷಾ ಯೋಜನೆ
2. ಇಂದ್ರ ಧನುಷ್ ಲಸಿಕಾ ಯೋಜನೆ
3. ನವಜಾತ ಶಿಶು ಸುರಕ್ಷಾ ಯೋಜನೆ
4. ರಾಷ್ಟ್ರೀಯ ಕುಟುಂಬ ಕಲ್ಯಾಣ ಯೋಜನೆ
5. ಅನಿಮಿಯಾ ಮುಕ್ತ ಭಾರತ ಯೋಜನೆ
6. ಆಯೋಡಿನ್ ಕೊರತೆ ನಿಯಂತ್ರಣ ಯೋಜನೆ
7. ರಾಷ್ಟ್ರೀಯ ಕ್ಷಯರೋಗ ನಿಯಂತ್ರಣ ಯೋಜನೆ
8. ರಾಷ್ಟ್ರೀಯ ಕುಷ್ಠರೋಗ ನಿವಾರಣಾ ಯೋಜನೆ
9. ರಾಷ್ಟ್ರೀಯ ಏಡ್ಸ್ ನಿಯಂತ್ರಣ ಯೋಜನೆ

ಕಳೆದ ವರ್ಷ ಆರಂಭಿಸಿದ ಆಯುಷ್ಮಾನ್ ಭಾರತ ಯೋಜನೆ ಮಟ್ಟವನ್ನು ಈ ಎಲ್ಲಾ ಯೋಜನೆಗಳು ಜನರ ಆರೋಗ್ಯ ಮಟ್ಟವನ್ನು ಗಣನೀಯವಾಗಿ ಸುಧಾರಿಸಿವೆ. ಶಿಶು ಮರಣ ಮತ್ತು ತಾಯಿ ಮರಣಗಳು ಗಣನೀಯವಾಗಿ ತಗಿವೆ. ಭವಿಷ್ಯದ ಆರೋಗ್ಯವಂತ



Healing

Across

Borders

# SAMARTHYA

ಭಾರತ, ಸದ್ಯಡ ಭಾರತವಾಗಿ ಹೊಮ್ಮುತ್ತಿದೆ.

ವಿಶ್ವ ಆರೋಗ್ಯದಲ್ಲಿ ಭಾರತದ ಪಾತ್ರ ಭವಿಷ್ಯದಲ್ಲಿ: - ಕೋವಿಡ್-19 ಮಹಾಮಾರಿಯನ್ನು ನಿಭಾಯಿಸಿದ ರೀತಿ ಭಾರತವನ್ನು ವಿಶ್ವದರ್ಜೆಯ ನಾಯಕನನ್ನಾಗಿ ಮಾಡಿವೆ. ಭಾರತದ ಯೋಜನಾ ತಜ್ಞರು, ಭವಿಷ್ಯದಲ್ಲಿ ಆರೋಗ್ಯ ಮತ್ತು ತಂತ್ರಜ್ಞಾನದ ಕ್ಷೇತ್ರಗಳಲ್ಲಿ ಪರಸ್ಪರ ವಿನಿಮಯ ಮತ್ತು ಪರಸ್ಪರ ಲಾಭದಾಯಕ ಯೋಜನೆಗಳನ್ನು ಕೈಗೆತ್ತಿಕೊಳ್ಳಬೇಕು. ನಮ್ಮ ಡಿಜಿಟಲ್ ತಂತ್ರಜ್ಞಾನ ಯಾವುದೇ ರೀತಿಯ ತುರ್ತು ಸಂದರ್ಭದಲ್ಲಿ ಕಾರ್ಯ ನಿರ್ವಹಿಸಲು ಮತ್ತು ಕಾವಲು ಇಡುವಂತೆ ಅಭಿವೃದ್ಧಿ ಪಡಿಸಬೇಕು. ಸರ್ಕಾರಿ ಮತ್ತು ಖಾಸಗಿ ಸಹಭಾಗಿತ್ವದಲ್ಲಿ ಶ್ರೇಷ್ಠದರ್ಜೆಯ ಕಾರ್ಯವೆಡೆ ರಚಿಸಬೇಕು.

# Military Medicine Through the Ages



Since ages men have waged war against each other. The rise of civilization was accompanied by the rise of conflict. Wherever there is conflict, there is healthcare. Across communities, across borders and even ages, healthcare workers have worked to help people survive the worst of the human characteristics: violence.

Ancient Egyptians had specialized medicine for conflicts. While these practices did rely on magic and rituals, it was the precursor to organized military medicine practitioners. Another example of early military medicine are the Romans. They had field sanitation along with camps and wound treatment. They even had front line treatment, in which soldiers treated one another. With 1700 came the use of gunpowder. For years, wounded soldiers were on their own if hurt on the field. Ambrose Parè started using ligatures to tie off bleeding vessels and even discovered usage of antiseptic.

It is famously said "Necessity is the mother of

invention", and gunshot wounds soon led to a plethora of medical science advances. Tourniquet was introduced in 1718, followed by use of forceps to remove bullets. This was followed by books on principles of war medicine.

Dominique Jean Larrey, the surgeon in chief of Napoleon's army invented ambulances which were horse drawn carriages at the time. Soon healthcare staff went along with the army.

The First World War came with a new set of difficulties. Trenches were a sanitation hazard leading to contamination of most wounds. Tetanus toxoid was given to soldiers and a casualty clearing station was put up to care for difficult wounds.

Anesthesia was used and intravenous fluids were made available. By the Second World War, military medicine had advanced beyond just basic health care to caring of disfigurements and treatment of PTSD.

Modern military medicine has way more resources which has allowed decrease in overall casualty rate. Medical staff are often trained by simulating war-like injuries on cadavers. Though the horrors of war persist, the system of military medicine developed is an accomplishment. It has ensured that we can help as many soldiers as possible survive the damage caused by war.

Through the chaos we persevere.



**Aashi Verma**

1st Year (2023-24)



## DIPLOMACY IN HEALTHCARE: INDIA'S PRESIDENCY AT THE G20

Jared Diamond, an American author and scientist, in his seminal text 'Guns, Germs and Steel' explored the idea that throughout history the fates of societies have been determined by their strength at war, economic capacities and resistance to diseases. The last couple of years have been about the 'Germ' as a virus ravaged the globe, claiming lives and livelihoods. The experience has been a true reiteration of the saying, "It is health that is real wealth and not pieces of gold and silver"

Similarly, it is astonishing how the last decade moved our focus from the global 'GDP race' to an evaluation based on the robustness of our healthcare systems. The pandemic had the most prosperous nations down on their feet at times, watching the chaos unfold as people sought to save their near and dear ones. The importance of having a developed healthcare system remains the biggest lesson of it all.

The pandemic put to test India's already ailing healthcare sector but this time, there was a dent for everybody to see, for each one to feel, though none



**Ankit Agarwal**  
1st Year (2022-23)

could do it with the same anguish as those who had lost a friend.

Healthcare should not be a matter of privilege but of basic human rights that every individual is entitled to, irrespective of caste, creed, religion or any other boundaries that we have erected for ourselves. There are shortcomings, but there is hope. It emanates from our belief that a vibrant and growing economy can help ensure these rights and prove to be the

liberating rain that wipes out the ills. Healthcare which was a peripheral subject has become a central agenda for us to address and fix. Establishing an equitable, affordable, and accountable healthcare system is crucial for ensuring a healthy India.

India is slowly and steadily becoming the world leader when it comes to addressing Global issues. The G20 Summit, under India's leadership, has elevated the nation's contribution to global health issues and positively impacted the healthcare system. India has played a pivotal role in leading the G20 in shaping global health agendas. India assumed the year-long presidency of G20 in December 2022





and has emphasized strengthening pandemic prevention, preparedness and response through global cooperation in public health. This involves enhancing early warning systems, improving data sharing, and promoting collaboration to tackle health emergencies. Creation of an affordable and equitable healthcare system remained the primary idea of the summit.

Under India's presidency, the G20 health ministers announced the creation of a "Global Initiative on Digital Health" which will operate as a WHO managed network to ease the implementation of WHO's Global Strategy on Digital Health. This will advance Global Health coverage and the SDGs and improve healthcare delivery systems. This underscores India's leadership in promoting international collaboration on digital health.

Expanding more on Global Collaboration, India focused the agenda on adopting a One Health approach and tackling zoonoses, antimicrobial resistance and vector borne diseases. This will allow collaboration across sectors such as animal health, human health and the environment. Antimicrobial

Resistance was a key priority in India's dialogue. The recommendations were to include prudent antimicrobial uses, surveillance, R&D of new antibiotics and infection control and prevention.

The G20 summit committed to prioritizing climate-resilient health systems, building sustainable and low carbon emissions healthcare supply chains that deliver high-quality healthcare.

India has tried and definitely proved to be a driving force in enhancing healthcare in all aspects through global collaboration and action and ultimately made the G20 summit in New Delhi, a notable success. The motto

of the G20 summit— "Vasudhaiva Kutumbakam – One Earth One Family One Future" beautifully explains India's ideology in moving forward and provides a roadmap for Global empowerment.

Vasudhaiva Kutumbakam taken from the Maha Upanishada was earlier cited to dismiss the concept of 'first, second, and third world' countries. Today it is a reflection of India's perspective of the world which believes that humanity can progress only when every 'member' of the 'family' progresses.



# TECHNOLOGY AS A TOOL OF UNIFYING AND EQUALISING HEALTHCARE AND EDUCATION OPPORTUNITIES



As we enter an era of digital transformation, blurring the lines between technology and healthcare play a pivotal role in fostering inclusivity and equality in the vast field of medicine. While we see technology reshaping education in a number of fields around us, it has certainly been difficult to bridge the gap between healthcare, education and use of these advancements to our benefits. However, the integration of technology into healthcare and education stands as a powerful catalyst for unifying and equalising opportunities.

The use of digital teaching methods are not only being successfully used to break geographical barriers like never before, but are also being used to tackle certain ethical qualms which cannot be overlooked. Striking the right balance between progress and ethical considerations is imperative for fostering a healthcare ecosystem that prioritises patient welfare, privacy, and inclusivity. Technology in the field of healthcare helps democratising education to whole new level. E learning platforms offer a diverse range of courses, catering to different learning styles and speeds. From interactive modules to virtual classrooms, technology empowers individuals

to pursue learning on their own terms, erasing traditional barriers like distance and resource limitations. Use of online platforms has led to development of accessibility features, benefiting individuals with disabilities. From screen readers in education to health apps designed for those with specific health challenges, technology is a powerful tool for creating environments that accommodate diverse needs, a tool that benefits healthcare tremendously.

One of the greatest tools revolutionizing the use of technology in medicine is the advent of telemedicine. It has been successful in providing remote and underserved communities with access to quality healthcare. Virtual consultations through audio and video calls, remote monitoring, and digital health records enhance inclusivity, ensuring that individuals, regardless of location or socioeconomic status, can receive timely medical attention

and reliable information that would normally be inaccessible. Along with obvious convenience, cost savings, adaptability, and improved overall efficiency in delivering healthcare services ensure us that the potential for telemedicine to impact the healthcare landscape positively, remains promising.

The transformative impact of technology on healthcare and education is undeniable. By harnessing the power of innovation, we can dismantle barriers, create opportunities, and work towards a future where everyone has equal access to the benefits of education and healthcare. The synergy between technology, healthcare, and education inspires us to pave the way for a more equitable and interconnected future in healthcare and education.



**Divya Gupta**  
2<sup>nd</sup> Year (2021-22)

# Healing Humanity Beyond Borders - Vasudhaiva Kutumbakam

“**V**asudhaiva Kutumbakam”, literally, the World is a Family.

This phrase, taken from the Maha Upanishad, has been considered to be one of the most important moral principles of Hinduism. So much so, it has found itself etched into the entrance halls of our Parliament building, and was presented as one of the themes in the G20 meetings that our country proudly presided the previous year.

In these modern times, it is hard to go by without pulling apart this phrase and pondering over all the different things it means, the attributes it intends to touch and a way of being it intends to bring forth.

On one hand, it intends to ignite a worldly view onto the reader, to bring about the feeling to “look at the big picture”; it intends to evoke feelings of unity and oneness; and to prioritize the collective well-being over our individual or family interests. A way of looking forward to a bright



future together. For those of us in the medical field, these are certainly attributes we love to think we can get behind.



**Dr. Pulastya  
Gangopadhyay**  
Alumni (2017-18)

But on the other side of the spectrum, the realities of our society begin to bite us back . We live in a world divided by borders, economic strata and social strata. More than ever, our generation has felt a growing sense of distrust in one another hanging over our societies and the world. And of course, there are those pesky real-world expectations and responsibilities to manage, one simply can't go on to

think about the world before looking at their own backyard. The previous year has been a hard one too, for many of us in our personal lives, as well as some of those cracks in society showing through, both in our own country and the world over. I know I'd speak for many when I say there were a lot of examples that made one lose hope for our humanity, and that ability to come together itself.

So how did we get here, and what has any of this got to do with Healing and Humanity?

What I love, personally, about being a doctor is that these values are embedded in our own Hippocratic Oath, that we are all morally bound by. It lays forth a way for us to take responsibility for not just our patients, but also our wider communities, in a way that transcends diktats and the order of states, that no legislature can countermand. It makes it very simple in my mind; to do what we do with sincerity and the right intentions.



When it comes to going beyond borders, especially in our field, we know there are plenty of standards and requirements to meet, and papers to give before being authorized to “heal”, to so much so as to touch a patient. I myself have had dreams drive me in this profession, some of which I have chased, serving in some of the most disadvantaged areas of our country and outside of my own community with the skills I learnt, and they have been the most rewarding experiences I’ve had, not merely academically and personally; experiences that have helped me grow and shape my own understandings of what a community, of what living with one another means, and giving me hope and happiness when I was in a whirlpool of sinking emotions. I go on to crave it more and more, hopefully going beyond more borders wearing a white or blue vest. That has been my way of embracing this way of thought.

Vasudhaiva Kutumbakam, I feel, is a way of invoking community action. As any medical practitioner knows, healing goes well beyond what an individual clinician can or cannot do. It encompasses not simply physical and mental, but also social wellbeing. To cover all the aspects of health as we know it today, requires everyone to be a part of a process and a mentality, one where we can all truly envisage growing together, to keep our own interests aside for a time being and refrain from making them at the cost of “another”. With mentalities, the thing about them is that they are tremendously contagious, especially when they have positivity about them, it rubs off on the people around us.

And that, I believe, is how we can truly go beyond borders to heal – to first think of ourselves as one family, on this little planet we call home.



## Health for all: A vision for Universal Wellness

**W**HAT IS “HEALTH FOR ALL”? “Health for all” means that health is to be brought within reach of everyone in a given country. And by “health” is meant a personal state of wellbeing, not just the availability of health services—a state of health that enables a person to lead a socially and economically productive life.

Health is not a privilege; it is a fundamental human right. The vision of “Health for All” embodies the aspiration to ensure that every individual, regardless of their background, socioeconomic status, or geographical location, has access to high-quality healthcare services and the opportunity to attain the highest level of physical, mental, and social well-being.

Health for all is a global goal that aims to

ensure that everyone can access the health services they need without facing financial hardship.

Achieving health for all necessitates addressing multifaceted barriers that impede access to healthcare. Financial constraints, inadequate infrastructure, insufficient healthcare facilities in remote areas, and disparities in healthcare services are among the many challenges that need to be overcome. Governments, healthcare organizations, NGOs, and communities worldwide must collaborate to eliminate these barriers. This involves investing in healthcare infrastructure, training healthcare professionals, implementing health education programs, and ensuring the availability of essential medicines and technologies.

Prevention is pivotal in the pursuit of universal health. Encouraging healthy lifestyles, regular check-ups, vaccinations, and early screenings can significantly reduce the burden of diseases and contribute to a healthier society. Empowering individuals with knowledge about healthy habits and preventive measures equips them to take



**Dr. Srishti Mishra**  
Alumni (2016-17)



charge of their well-being. In the contemporary era, technological advancements play a crucial role in revolutionizing healthcare accessibility. Telemedicine, wearable devices, AI-driven diagnostics, and remote monitoring offer avenues to reach individuals in remote areas, bridge healthcare gaps, and provide timely interventions. Embracing these innovations can enhance healthcare delivery and make services more inclusive.

Along with “Health for All” comes public health emergencies which are situations that pose a serious threat to the health of a population, such as infectious disease outbreaks, natural disasters, or chemical incidents. These emergencies can have devastating impacts on health, social, and economic systems, especially for vulnerable groups.

In 1978, WHO launched the Alma-Ata Declaration, emphasizing the importance of primary healthcare as a means to achieve health for all by the year 2000. This declaration underscored the significance of accessible, affordable, and comprehensive healthcare services for everyone. Also, the World Health Organization (WHO) and other partners support countries and regions to develop and implement policies and strategies that promote health for all and address public health emergencies. Some of the initiatives and frameworks that guide this work are the International Health Regulations, the National Action Plan for Health Security, the Health for all Policies approach and the National

Prevention Strategy etc.

From the PSM perspective, achieving “Health for All” requires a comprehensive, holistic approach that focuses not only on treating diseases but also in engaging communities in the journey towards better health for everyone. Their emphasis on prevention, addressing social determinants, data-driven approaches, crisis preparedness, and collaboration underscores their crucial role in promoting the well-being of populations worldwide. Through their multifaceted efforts, PSM professionals work tirelessly to create healthier communities and strive towards the universal goal of health equity and well-being for all.



# Vasudhaiva Kutumbakam: Healing Humanity Beyond Borders

In the intricate web of medical education, where every thread weaves the narrative of compassion and healing, the theme of “Vasudhaiva Kutumbakam” finds resonance. This ancient Sanskrit phrase, translating to “The World is One Family,” encapsulates the essence of our shared humanity, transcending borders and boundaries.

As aspiring healthcare professionals, our journey is not confined to the walls of our classrooms or the boundaries of our nation. Instead, it extends to the global canvas where illnesses don't recognize borders, and the need for healing surpasses geographical constraints.

In our college, we are not merely students; we are ambassadors of empathy, stewards of health, and advocates for the universal right to well-being. Each diagnosis, every treatment plan, echoes the spirit of Vasudhaiva Kutumbakam – an acknowledgment that the welfare of one is intricately linked to the welfare of all.

The diversity within our college mirrors the diversity of the global community we aspire to serve. Our classmates hail from different corners of the world, bringing with them unique perspectives, cultural nuances, and medical practices. This amalgamation of experiences enriches our understanding of healthcare, reminding us that healing goes beyond textbooks—it embraces the

human stories that unfold in every corner of our interconnected world.

As we immerse ourselves in the rigorous curriculum, let us not forget the essence of Vasudhaiva Kutumbakam. It is a call to action, urging us to look beyond our immediate surroundings and consider the broader canvas of global health. Our responsibility doesn't end at the hospital doors; it extends to communities, regions, and nations where disparities in healthcare persist.

The spirit of Vasudhaiva Kutumbakam challenges us to bridge gaps, break down barriers, and foster collaborations that transcend geographical lines. It encourages us to embrace cultural competence, recognizing that the healing process is as diverse as the communities we serve.

In an era where connectivity knows no bounds, our commitment to Vasudhaiva Kutumbakam positions us as healers with a global perspective. Whether through international medical missions, collaborative research ventures, or advocating for equitable healthcare policies, we carry the torch of healing beyond borders.

Embracing this theme, we embody the timeless wisdom that healing humanity knows no borders—our collective efforts in this noble pursuit make us stewards of a global family, where the well-being of one reflects the well-being of all.



**Dyuksha Arora**

3rd Year (2020-21)



# Traditional and complementary medicine- an integral source for health

The population is observing a significant change in lifestyle and by extension every aspect of their lives including health and wellbeing. Recently, there has been increased global interest in traditional medicine. Traditional medicine, as defined by the World Health Organization, is the sum total of the knowledge, skills, and practices based on the theories, beliefs, and experiences indigenous to different cultures used in the maintenance of health by incorporating plant and exercises that help in the prevention, diagnosis, improvement, or treatment of physical and mental illness. Traditional medicine may be termed complementary medicine for its popular use in parallel with allopathic medicine. It serves the purpose of preventing diseases as well as healing completely by usage of traditional therapies and non-prescription medicines during and after allopathic treatment. This forms the basis of Integrative medicine. Traditional alternative therapies have been practiced for centuries worldwide. They include Whole medical systems like Ayurveda, Traditional Chinese medicine, Naturopathic medicine and Homeopathy, Acupuncture and Mind- body techniques like Yoga, Tai Chi, Meditation and biofeedback. It also has under its umbrella the fundamental dietary approaches to tackle health problems.

Although many traditional medicines like ayurveda and Yoga have scientific and evidence-based reasoning behind their practices, they have only been recently studied and accepted worldwide. Scientists have always been sceptical of the authenticity and effectiveness of several traditional medicines due to the lack of proper understanding of the working. But, to date, in some parts of the world, the majority of the population continue to rely on their own traditional medicine to meet their primary health

care needs. Conventional medicine is more difficult to access than the alternative treatments available within their communities which they find to be more accessible, affordable, familiar, and consistent with their cultures.

The high prevalence of traditional medicine use in low-income countries has important clinical implications, especially when traditional medicine and conventional treatments are used concurrently. Integral medicine comes into play here. Integrative medicine describes an approach that combines conventional and less conventional methods in a coordinated, evidence-based way. Doctors

may use complementary treatments to alleviate the side effects of conventional medicine and improve the person's overall quality of life. While allopathy remains the tried and tested way to treat symptoms and treat diseases, Traditional therapies focus on the prevention of diseases, rehabilitation and improving overall physical and mental health following a disease and not just treatment of the disease. At the primary care level, the positives of

both conventional and complementary medicines must be skilfully combined and utilised for a holistic outcome.

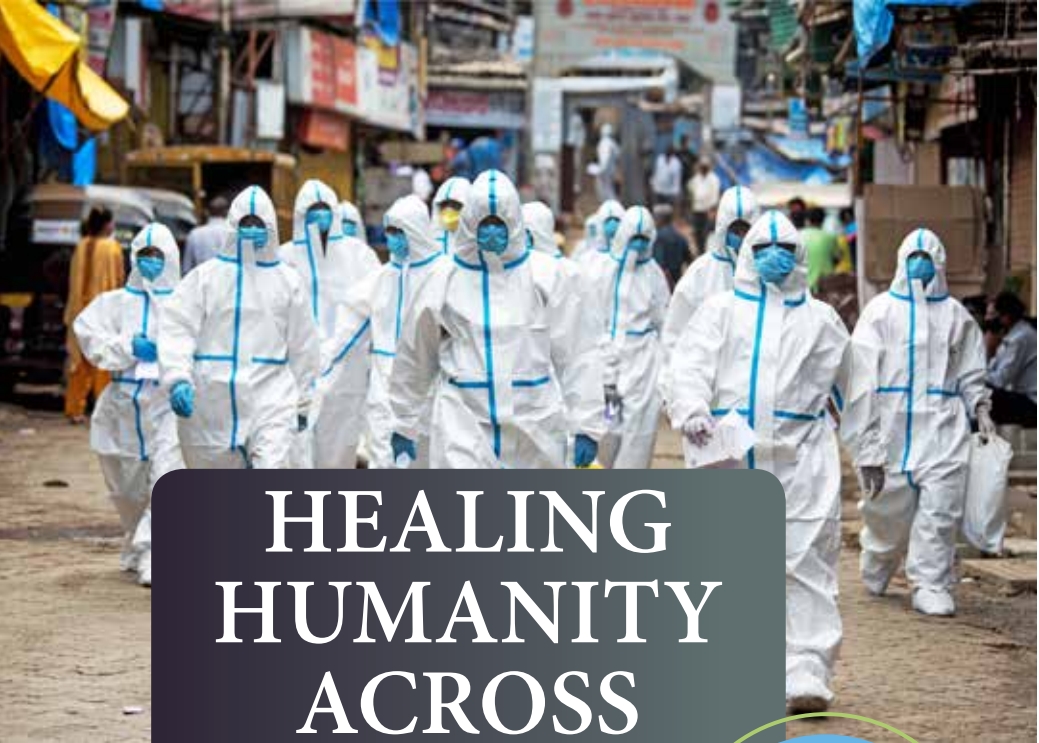
The Indian ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homeopathy (AYUSH), serves as a positive step taken by the government in the direction of cultivating the traditional medicine already present in the country which will be beneficial in the future of integral medicine. If integral medicine is adopted

properly by countries with a rich history of traditional medicine, the healthcare system of that country will definitely become well-rounded and more patient-friendly. Integral medicine has the potential to revolutionize the future of healthcare especially in countries like India.



**Manasa Shriram**  
1st Year (2023-24)





# HEALING HUMANITY ACROSS BORDERS

As societies become more intertwined, the challenges faced by one nation often have ripple effects that extend far beyond its borders. Whether it's a global pandemic, climate change, or economic disparities, the solutions to these issues require collaborative efforts that transcend national boundaries. The doctors have never set a foot back in responding to a pandemic, managing chronic and deadly diseases or offering a simple routine checkup. The medical community all over the globe has synergistically worked to share resources, knowledge and expertise for the greater good.

Rising sea levels, extreme weather events, and the depletion of natural resources affect people everywhere. Addressing these issues necessitates a united front, with nations coming together to create a collective resilience against the challenges that transcend borders. In the case of Israel and Palestine, a commitment to finding a just and lasting solution is paramount. The international community must engage diplomatically to encourage dialogue, empathy, and compromise. A resolution in this volatile region could serve as a testament to the possibility of healing even the deepest of historical wounds. A united front is what the world needs today, so the nations should help each other in their upliftment and reach towards



**Prashansa Sharma**  
1st Year (2022-23)

excellency. The global community turns to physicians for their proficiency in disaster response and humanitarian aid. Unbiased in their impact, natural disasters, conflicts, and health emergencies indiscriminately affect populations regardless of the borders we live in. Doctors play a pivotal role in furnishing prompt medical assistance during these critical times. Collaborative endeavors involving healthcare enhances the expeditious response to a cross-border crisis —an embodiment of medical diplomacy in action.

In their interactions with patients from diverse backgrounds, doctors contribute to promoting cross-cultural understanding. Global solidarity in times of crisis not only saves lives but also reinforces the idea that we are all members of a single human family. India has played a poignant role in providing foreign aid to Palestine in times of crisis by offering 32 tonnes of aid for the El-Arish Airport in Egypt.

Healing humanity across borders is not merely a lofty ideal; it is an imperative for the survival and prosperity of our planet. Doctors, as healers and advocates for the well-being of humanity, play a crucial role in transcending borders and fostering a more interconnected world. We, being a part of the medical community, can strive to heal the wounds of the past and forge a path towards a more harmonious and sustainable future for anyone and everyone.





# The ray hope: cohesive international healthcare

They say that when you look at the Earth from space, it can be quite life-changing. You feel a deep connection to the planet and humanity as a whole. Borders and identities no longer matter, and as you see the world you call home suspended in the vast space, full of chaos and inhospitable elements, all you can think of is how much Earth matters and how important it is to keep it safe. This is called the 'overview effect' and is often felt by astronauts in international space stations. One such phenomenon that recently triggered this overview effect, which was larger than our differences and caused us to act in unison, was COVID-19.

It reminded us that health is a basic human necessity. Everybody needs adequate and accessible healthcare. This applies more to some of the most vulnerable communities on Earth - refugees and those dealing with conflicts and war.

When war happens, resources move from being used for essential needs into war efforts. There are massive casualties. Among the survivors, some may choose to flee in hopes of surviving, while some aren't as lucky. And even among those who manage to escape, suffering ensues. Education gets disrupted, people lose their loved ones, and people start depending on refugee camps and international organizations for food and shelter. Central to that, it causes a public health crisis that can result in long-term consequences.

Lack of access to nutritious food, lack of



**Sahana**  
1st Year (2023-24)

sanitation, and poor living conditions within displaced populations can cause communicable diseases to spread easily. This was seen with the Rohingya population in Bangladesh. In August 2017, a deadly crackdown by Myanmar's army on Rohingya Muslims sent hundreds of thousands fleeing across the border into Bangladesh. Many took shelter in temporary overcrowded camps with poor water and sanitation services. Since then, these camps have seen multiple disease outbreaks, including a sudden outbreak of diphtheria in November 2017 and a measles outbreak in December 2017-April 2018. There is also a high prevalence of infections like diarrhea, which could be otherwise easily treatable but proves fatal due to limited healthcare access.

These communities are also susceptible to non-communicable diseases like the rest of the population. Conditions such as diabetes, hypertension, obesity, and even vision loss need proper treatment and care. Studies among Syrian refugees residing in Jordan and Lebanon reported a Cardiovascular disease prevalence of 8.2–20.9%.

These are often not diagnosed in the early stages where they are easily treatable much like communicable diseases.

Another aspect of health that is continuously deteriorating among not just refugees but all sections of society with not enough effort provided is mental health. Mental health is an exceptionally overlooked issue. These are

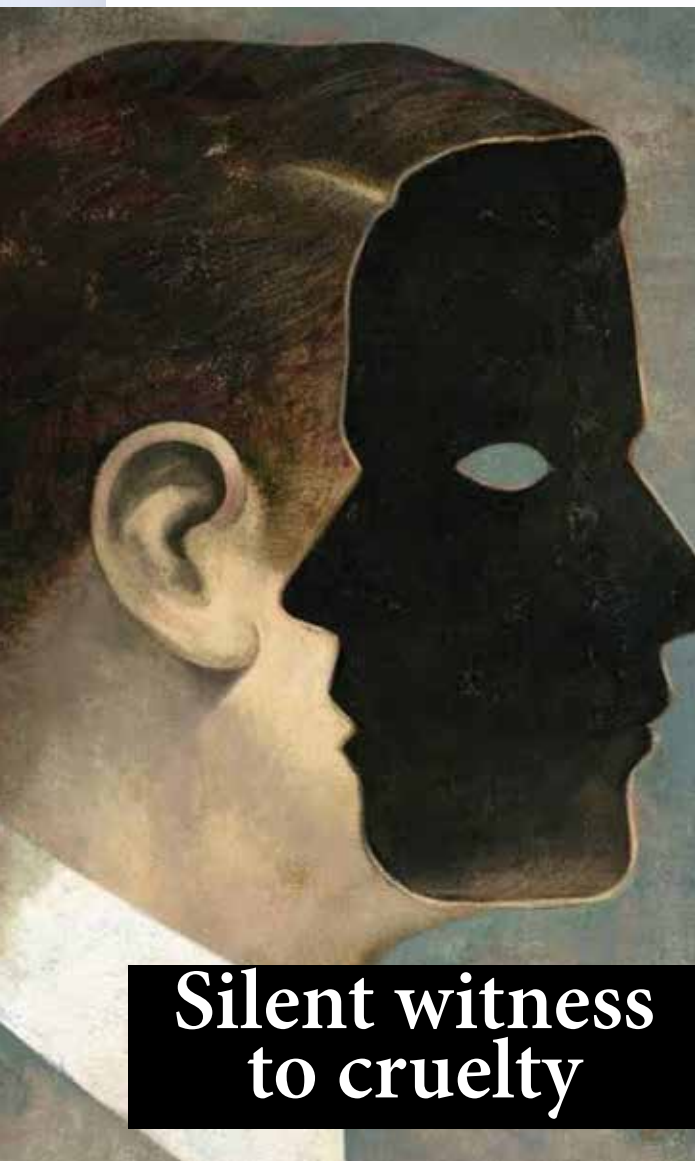


people who have seen their homes destroyed and their lives uprooted. They can be exposed to various stress factors that affect their mental and psychosocial well-being before and during their migration journey and during their settlement and integration. A lot of them survived violence, which can leave long-lasting mental scars as much as physical ones.

The subject of the health and well-being of refugees should be seen with the understanding and compassion it deserves. It is a global issue, and it is only getting worse. By the end of 2022, 108.4 million people were forcibly displaced worldwide as a result of persecution, conflict, violence, or human rights violations. They are, after all, just people like you and me, studying, taking up jobs, and contributing to their community when something beyond their control

completely changed their lives. People fleeing persecution has always happened throughout history, and your ancestors likely did at some point too.

Plenty of international organizations such as WHO, Doctors without Borders, and other charities make a difference, one small change at a time. But a sustainable solution needs to be found. One possible solution could be focusing on universal healthcare, which will help mitigate the issues of availability, accessibility, and affordability, perhaps most important for marginalized sections of society. With universal healthcare, one need not worry about affordability and accessibility as it is guaranteed that everyone will be treated the same with no discrimination or differential treatment solely because they have fled for their lives.



## Silent witness to cruelty

when my eyes opened,  
it took me some time,  
to realize I was safe,  
that I had been lucky enough  
to escape.

what must be a nightmare  
for others,  
had been my daily reality,  
for countless others,  
everyday, it becomes their  
story.

the world sits silent,  
supporting sides, as their  
coffers fill,  
hoping the war ends,  
just because, they want to  
avoid,  
glimpses of cruelty's chill.

I wonder what sort of place it  
has become,  
where we can watch  
the tales of horror and  
cruelty,  
with a cup of tea or coffee,  
cracking jokes about why  
they deserved it.



**Saumya Upadhyay**  
1st Year (2023-24)

As if taking a child's  
innocence,  
voice education and peace,  
Could ever be,  
justified for on anyday.

How much has these  
boundaries separated us  
that someone's horror,  
can be someone's prize?  
let's come together and build  
a place where,  
empathy stands a chance to  
win.

*This poem was inspired from  
war survival stories that the  
poet found on UN chronicle's  
website*

# Vasudhaiva Kutumbakam - Globalization of Vaccine Manufacturing Process

As we continue to recover in the post pandemic period, we can recognise how immensely successful the pandemic was in bringing our global healthcare infrastructure to its knees, exposing various potholes including vaccine distribution deficiencies underlined by the global geopolitical climate. Inspired by the motto of the G20 summit 2023, here is an understanding of how globalization of the vaccine manufacturing process is emerging as an important strategy in not only strengthening international healthcare systems, but also diplomatic relations transcending borders.

The eradication of smallpox without the risk of reintroduction is perhaps one of the greatest feats of the public healthcare system. The solidarity expressed by nations out of humanitarian concern, proved instrumental in ridding the world and its people of this global menace. In modern times, the decentralization of the vaccine manufacturing process is conceivably the confidence that is crucial in ensuring healthcare security and building resilient communities.

Encouraging local production of vaccines will increase both affordability and accessibility of these live saving serums to overcome distribution disparities by eliminating supply chain vulnerabilities while promoting self sufficiency.

International cooperation shall include effective pooling of both resources and expertise that accelerate the overall manufacturing process. The lack of preparations, planning and appropriate response to emerging health threats, especially infectious diseases, was certainly highlighted by the Covid 19 pandemic. Both timely production and deployment of vaccines may only be ensured by collective global efforts.



**Sona Sudhi**  
2nd Year (2021-22)

While exploring the various benefits of global vaccine manufacturing processes, it is equally important to address potential challenges. It is almost too naive to expect such collaborations among nations without taking into consideration the various diplomatic relations a country is flanked by. There is a requirement of establishing

transparent communication channels, regulatory frameworks and governing bodies in order to ensure effective communication and data sharing. Other major threats include the protection of intellectual property rights, accounting for ethical concerns, striking a balance in public private partnerships, etc.

Analyzing the pros and cons of globalization of the vaccine manufacturing process, we realize that continued international efforts are imperative in securing a robust and equitable global healthcare system. It is the need of the hour to not only comprehend the significance of healing humanity beyond borders but also recognise that the world is one family and hence it is essential to bring about a novel compassionate paradigm in vaccine production.





## Health for all: path to the universal healthcare

**U**niversal health care encompasses two aspects: preventive and diagnostic. The preventive measures entail all the aspects of human life "from the womb to tomb". The preventive aspect has a laser focus on the few prone groups, as in mother and child, pubescent children and geriatrics; as the former two encompass the prominent growth phase of life any lack in its management leads to life altering complications and many preventive abnormalities. Geriatrics on the other hand is a work towards the improvement of the life expectancy and quality of the people past their prime.

Let's focus on each target group individually, maternal health focuses on the wellbeing of both mother and unborn child. Janani suraksha Yojana provides delivery services and postnatal care. National health mission focuses on promoting institutional delivery and antenatal care. The post delivery comes under the institutional purview Anganwadi services and integrated child development services. Accredited social health activist (ASHA) works as the communicator between the community and health system.

Health policies in India about the pubescent

population mainly targets on spreading awareness and prevention of venereal diseases ASHA worker helps by generating point to point contact maintaining interpersonal relationship with people of the said age group. Rashtriya Kishor Swasthya Karyakram aims to address the health and developmental needs of adolescents, providing a comfortable and confidential environment.

The last group to be explored is geriatrics, all the policies and services are targeted to increase life expectancy and improve the quality of life for the yesteryear's workforce. National programme for the health care of the elderly which provides comprehensive healthcare to the elderly, including geriatric clinics, day care services and home based care. Rashtriya Vayoshri Yojana provides the elderly who are

living below the poverty line with wheelchairs and walking sticks to enable them to help them live a more independent life.



**Vannya Srivastava**  
1st Year (2022-23)

The diagnostic aspect of universal healthcare is far more evolved in the first world countries like the United Kingdom has national health services; Australia and Canada have the structures called Medicare which help people in receiving the medical care they require without having extensive financial burden.

In India such policies are in its initial stage as the sheer population of the Indian subcontinent and management of the allocated resource. Such plans are formed and then are revised and adjusted according to the changes in the demographic and population targets set by the government. India in next 5 year will see a radical change in terms of healthcare as the policies like Ayushman Bharat Pradhan mantri jan arogya Yojana(which already has 27 crore members), national health mission and rural and urban healthcare mission are going to supplement the astronomical growth of the country and ensure that basis medical treatment won't lead major economic setback.

# *Alochaanca*



# ಕನ್ನಡಮ್ಮನಿಗೆ ವಂದನೆ

ಗುರುಗಳೇ,  
ಏನಿದು ನಿಮ್ಮಯ ರಗಳೇ?  
ಬರೀ ಎಂದ ಕೂಡಲೇ,  
ಬರೆಯಲಿ ನಾನು ಯಾವ ಗೀತಿಕೆ?

ಮನದ ಮೂಲೆಯಿಲ್ಲೋ  
ಅಡಗಿರುವ ಪ್ರಣಾಳಿಕೆ,  
ನೋಡುತ್ತಾ ನಿಂತಂತೆ,  
ಬರುವುದು ಮನದ ದಡಕ್ಕೆ,  
ಎನಿತೆನಿಸೋ ವಿಚಾರ ಮಾಲಿಕೆ.  
ಆಗಸದ ತುಂಬೆಲ್ಲಾ ಹರಡಿಹವು ನಿಹಾರಿಕೆ,  
ಎನ್ನ ಕೈಯೊಳಿರುವುದು ಮಾತ್ರ ಕನ್ನಡ ಪತ್ರಿಕೆ.

ನುಡಿಯಿತು ಎನ್ನಯ ಒಳಮನ,  
ವೀರಕನ್ನಡಿಗಳೇ ಮಾಡು  
ನೀನೊಂದು ಪೂನ್ನೆ  
ಕನ್ನಡವ ಉಳಿಸಿ ಬೆಳೆಸುವುದೇ ಎಂದು,  
ಮೂಡುವುದು ಎಲ್ಲರ ವದನದಿ ಪ್ರಸನ್ನತೆ,  
ಆಗುವುದು ಎಲ್ಲರ ಬಾಯಲ್ಲೂ ಕನ್ನಡದ  
ಬಳಕೆ.

ಹೋಗಿ ಬರಬೇಕು ಕನ್ನಡಿಗರು ನಾವೆಲ್ಲಾ,  
ರನ್ನ, ಜನ್ನ, ಪಂಪ, ಲಕುಮಿಪತಿಗಳ  
ಬಿಡಾರಕ್ಕೆ,  
ಆಗ ಹೊಂದುವುದು ನಮ್ಮಯ ಜನ್ಮ ಸಾರ್ಥಕತೆ



**Dr. Kusuma K S**  
Assistant Professor  
Dept. of Biochemistry

## ಜೀವನ ಚಕ್ರ

ಪುಟ್ಟದೊಂದು ಬೀಜ,  
ಮುಷ್ಟಿಗಾತ್ರದ ಮಣ್ಣು,  
ಬಣ್ಣಲಪ್ಪು ನೀರು,  
ಚೂರು ಬಿಸಿಲು,  
ಕೊಂಚ ನೆರಳು,  
ಸ್ವಪ್ನ ಕಾಲ,  
ಮೊಳಕೆ, ಚಿಗುರು,  
ನಾರು, ಬೇರು,  
ಹೂವು, ಹಣ್ಣು,  
ಹಣ್ಣು, ಮೊಗ್ಗು,  
ಕುಳಿತು, ಬಲಿತು  
ಬೀಜ ಸೇರಿ, ಮಣ್ಣು  
ಚಿಗುರಿ ಗಿಡವಾದದ್ದು



**Dr. Anjali Devi B S**  
Assistant Professor  
Dept. of Biochemistry



# ಗುರುಚರಣ ನಮನ

ಸುತ್ತೂರು : ಹತ್ತೂರಿಗೆ ಜ್ಞಾನ ಅನ್ನ ಧರ್ಮ ದಾಸೋಹದ ಕಸ್ತೂರಿಯನ್ನು ಪರಿಪರಿಯಾಗಿ ಸರಿಸರಿಯಾಗಿ ಬೆಳಗಿಸಿದ ಮಹಾಸಂಸ್ಥಾನ ಜಗದ್ಗುರು ಶ್ರೀ ವೀರ ಸಿಂಹಾಸನ ಮಠ. ಕಪಿಲ ನದಿಯ ತಟದಲ್ಲಿ ಊರು-ಕೇರಿ ರಾಜ್ಯ-ದೇಶಗಳ ಎಲ್ಲೆಯನ್ನು ಮೀರಿ ಅಭಿವೃದ್ಧಿಯ ಹರಿಕಾರಿವಾಗಿರುವುದು ಅಚ್ಚರಿ. ತಪವು ಇಲ್ಲ ಕಾಯಕವೇ ಕೈಲಾಸ ಎಂಬ ಶೀವತತ್ವದ ಸಮಾನತೆಯ ಸಮಾಗಮದ ಶೈವಪರಂಪರೆ ಇಂದು ಮಾನವಧರ್ಮದ ಏಳಿಗೆಗೆ ನೀಡಿರುವ ಕೊಡುಗೆ ವಿಶೇಷವಾದದ್ದು ಆಧ್ಯಾತ್ಮಿಕ ಶಿಕ್ಷಣದಿಂದ ಲೌಕಿಕ ಶಿಕ್ಷಣ ವರೆಗೂ ಕೃಷಿ ವಿಜ್ಞಾನ ಕೇಂದ್ರದಿಂದ ಸಾಮೂಹಿಕ ವಿವಾಹದವರೆಗೆ ಕೆಜಿ



**Dr. Shasthara P**  
Assistant Professor  
Dept. of Neurology

ಯಿಂದ -ಪಿಜಿಯವರೆಗೆ, ಕಲೆ ಸಂಸ್ಕೃತಿಯಿಂದ, ಸ್ವಶಕ್ತ ಆತ್ಮನಿರ್ಭರ ಭಾರತದವರೆಗೆ ಆಡು ಮುಟ್ಟದ ಸೊಪ್ಪಿಲ್ಲ JSS ಮಹಾವಿದ್ಯಾಪೀಠದ ಸರಹದ್ದಿನಲ್ಲಿ ಇಲ್ಲದ ಸೇವೆಗಳಿಲ್ಲ, ನಂಜುಂಡ ನಂಜುಂಡೇಶ್ವರನ ನಂಜನಗೂಡು ತಾಲೂಕಿನ ಸಣ್ಣ ಗೂಡಿನೊಳಗೆ ಜನ್ಮ ತಾಳಿದ ಸುತ್ತೂರು ಸೊಗಡಿನ ಕೀರ್ತಿ ಶ್ರೀ ಶಿವರಾತ್ರೀಶ್ವರ ಶಿವಯೋಗಿ ಮಹಾಸ್ವಾಮಿಗಳಿಗೆ ಸಲ್ಲುತ್ತದೆ. 1000 ವರ್ಷಗಳಿಗೂ ಅಧಿಕ ಇತಿಹಾಸವುಳ್ಳ ಸುತ್ತೂರು ಮಠದಲ್ಲಿ ಪ್ರಮುಖ ಹೆಸರು ಶ್ರೀ - ಮುನೀಂದ್ರ - ಯತೀಂದ್ರ - ಜ್ಞಾನೇಂದ್ರ - ರಾಜಗುರುತಿಲಕ ಶ್ರೀ ಶಿವರಾತ್ರಿ ರಾಜೇಂದ್ರ ಮಹಾಸ್ವಾಮಿಗಳದ್ದು. ಶ್ರೀಗಳ ಜೀವನ ಸಂದೇಶದ ಸವಿಯನ್ನು ಉಣ್ಣುವುದು - ಉಣ್ಣಬಡಿಸುವುದು ಪೂರ್ವಜನ್ಮದ ಸುಕೃತವಂದೇ ಬಾವಿಸುತ್ತೇನೆ ಸುತ್ತೂರು ವೀರ ಸಿಂಹಾಸನ ಮಹಾಸಂಸ್ಥಾನ 23ನೇ ಗುರು ಪರಂಪರೆಯ ಜಗದ್ಗುರು. ಶ್ರೀ ಶಿವರಾತ್ರಿ ರಾಜೇಂದ್ರ ಮಹಾಸ್ವಾಮಿಗಳು ಈ ಮಲ್ಲಿಕಾರ್ಜುನ ಸ್ವಾಮಿ ಹಾಗೂ ಮಾರಮ್ಮನವರ ದಿವ್ಯ ಗರ್ಭಾಂಬುದಿಯಲ್ಲಿ 29-08-1910 ರಲ್ಲಿ ಜನನ. ಪಟ್ಟಣ ಶಿವರಾತ್ರೀಶ್ವರ ಸ್ವಾಮೀಜಿಗಳು ಶ್ರೀ ಮಲ್ಲಿಕಾರ್ಜುನ ಸ್ವಾಮಿ -ಮಾರಮ್ಮ ದಂಪತಿಗಳ ಬಳಿ ಶ್ರೀ ಶಿವರಾತ್ರಿ ರಾಜೇಂದ್ರ ಪ್ರಭೆಯನ್ನು ಗುರುತಿಸಿ, ಬಾಲಕ ರಾಜೇಂದ್ರರನ್ನು ಶ್ರೀಕ್ಷೇತ್ರಕ ಸಮರ್ಪಿಸಲು ಕೋರಿದರು. ಶ್ರೀ ರಾಜೇಂದ್ರ ಗುರುಗಳ ಪ್ರಾಥಮಿಕ ಶಿಕ್ಷಣ, ಸುತ್ತೂರಿನಲ್ಲೇ, 12 ರ ಎಳೆಹರೆಯದಲ್ಲಿ ಸನ್ಯಾಸದ ದೀಕ್ಷೆಯ





ಪವಿತ್ರ ಆರೋಹಣ. ಸುತ್ತೂರು ಗುರುಪರಂಪರೆಗೆ 23 ನೇ ಯತಿವರೇಣ್ಣರ ಆಗಮನ, ಸುತ್ತೂರಿನ ಸಾಮ್ರಾಜ್ಯದ ಬದಲಾವಣೆಯ ಸಂಕ್ರಮಣ, ಅಭಿವೃದ್ಧಿಯ ನವಶಕೆಯ ಆರಂಭನ.

ಶ್ರೀ ಗುರುಗಳು ಪ್ರಥಮ ಸಮಾಜ ಸೇವೆಯ ಕೈಂಕಾರ್ಯ - ವಿದ್ಯಾದಾನದಿಂದ ಆಹಾರದಾನವರೆಗೆ - ಬಡವಿದ್ಯಾರ್ಥಿಗಳ ಹತಾಶೆ, ವಿಶ್ರಮ ಆರ್ಥಿಕ ಪರಿಸ್ಥಿತಿ ಕಂಡು, ಮಮ್ಮಲಮರುಗಿತು ಶ್ರೀ ಗುರುಗಳು ಕರುಣ ಮನ. ಮೈಸೂರಿನ ವಿದ್ಯಾರ್ಥಿನಿಲಯಗಳ ಪರಿಸ್ಥಿತಿ ಶೋಚನೀಯವಾಗಿತ್ತು ಬಡಬಗ್ಗರ, ಆರ್ಥಿಕವಾಗಿ ಹಿಂದೂಳಿದ ರೈತರ ಮಕ್ಕಳಿಗೆ ಸಮರ್ಪಕ ಶಿಕ್ಷಣ ದೂರೆಯದ ಹೊರತು

ಸಮಾಜಲುದ್ದಾರ ಅಸಾಧ್ಯವೆಂದು ಅಂತ ಶ್ರೀ ಗುರುಗಳು ವಿದ್ಯಾದಾನ ಭಗೀರಥ ಸಂಕಲ್ಪ ಕೈಗೊಂಡರು, ಅದೇ ಸಮಯಕ್ಕೆ ಶ್ರೀ ಗುರುಗಳಿಗೆ ಕಾಶಿವಿದ್ಯಾಪೀಠದ ಶ್ರೀ ಗೌರಿಶಂಕರ ಸ್ವಾಮಿಜಿಗಳ ಪರಿಚಯ, ವಿದ್ಯಾದಾನದ ನಿರ್ಧಾರಕ್ಕೆ ಇದೆ ಭದ್ರಬುನಾದಿ, ಜನಮನದ ಸಹಾಯದ ಜೊತೆಗೆ, 'ಪ್ರಸಾದ ನಿಲಯ'ದ ಆರಂಭ.

ಬಡಮಕ್ಕಳ ವಿದ್ಯಾದಾನ, ಆಹಾರದನಕ್ಕೆ ಇದೆ ಪುಷ್ಟಿ, ಸುತ್ತೂರಿನ ಹತ್ತೂರಿನ ಸಮಷ್ಟಿಯಲ್ಲಿ ಆಹಾರ - ಕಾಯಿಪಲ್ಯಗಳ ವ್ಯವಸ್ಥೆ, ಈ ವಿದ್ಯಾರ್ಥಿನಿಲಯ ಜಾತಿ - ಧರ್ಮದ ಎಲ್ಲೆಯನ್ನು ಮೀರಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಪೌಷ್ಟಿಕ ಆಹಾರವನ್ನು - ನೆಲೆಯನ್ನು ಒದಗಿಸಿತ್ತು. 1950 ರ ಹೊತ್ತಿಗೆ 3 ವಿದ್ಯಾರ್ಥಿನಿಲಯಗಳು ಸಜ್ಜಾದವು 'ಪ್ರತಿ ಮಹಾ ಪ್ರಯಾಣ ಮೊದಲ ಹೆಜ್ಜೆಯಿಂದ ಆರಂಭವಾಗುತ್ತಿದೆ' ಎಂಬ ನಾಣ್ಣುಡಿಗೆ ಇದೇ ಸಾಕ್ಷಿ.

1954 ರಲ್ಲಿ ಶ್ರೀ ಶಿವರಾತ್ರ ರಾಜೀಂದ್ರ ಮಹಾಸ್ವಾಮಿಗಳ ಕನಸಿನ ಕೂಸು - ಶ್ರೀ ಶಿವರಾತ್ರೇಶ್ವರ ಮಹಾವಿದ್ಯಾಪೀಠದ ಜನನ, - ನಿಧಾನವಾಗಿ ಸಮಾಜದ ವಿದ್ಯಾರ್ಥಿನಿಲಯಗಳು ಯಳಂದೂರು, ಕೆ ಆರ್ ನಗರ, ಟಿ ನರಸೀಪುರಗಳಲ್ಲಿ ಆರಂಭ. "ಓದಬೇಕಾದರೆ ಸುತ್ತೂರು ವಿದ್ಯಾರ್ಥಿ ನಿಲಯಕ್ಕೆ ಸೇರು". ಇವು ಜನಪ್ರಿಯವಾದವು ಸಣ್ಣ ಕಿಡಿಯಿಂದ ಪ್ರಾರಂಭಗೊಂಡ, ವಿದ್ಯಾದಾನ 1963 ರಲ್ಲಿ JSS

ವೈದ್ಯಕೀಯ ಸಂಸ್ಥೆಯ ಹುಟ್ಟಿಗೆ ಕಾರಣವಾಯಿತು.

ಶ್ರೀಗಳ ಜೀವನದ ಕಾರುಣ್ಯ - ಫಲ. ಸಾರುವ ಕರುಣ - ಕಥೆಯನ್ನು ಕೇಳಬೇಕು ವಿದ್ಯಾರ್ಥಿಗಳ, ಸಂದೋಹ ಬೆಳೆಯುತ್ತ ಹೋದಂತೆ ಆರ್ಥಿಕ ಸಂಕಷ್ಟ ಎದುರಾಗಿತ್ತು ಫಲದಂಕಮಲ್ಲ ರಾಜೀಂದ್ರ ಶ್ರೀಗಳು ಸಾಲ ಮಾಡಿ ಆದರೂ ವಿದ್ಯಾದಾನದ ನಿರ್ಧಾರಕ್ಕೆ ಬಂದಿದ್ದರು, ಸಮಾಜದ ಹತ್ತುಸಮಸ್ತರ ಕೈ ಜೋಡಿಸಿದರೂ ನಿಧಿ ಸಾಕಾಗದಾಗ ಶ್ರೀ ಗುರುಗಳು ತೆಗೆದುಕೊಂಡ ನಿರ್ಧಾರ ಮೈ ನವಿರೇಳಿಸುವಂತಾದ್ದು 'ಸ್ವರ್ಣದ ಕರಡಿ'ಗೆ -



ಶ್ರೀಗುರುಗಳ ಬಳಿ ಹಲವು ಸಮಯದಿಂದ ಇತ್ತು. ವಿದ್ಯಾದಾನದ ಅನಂದ ಸ್ವರ್ಣ - ಭೌತಿಕ ಸ್ವರ್ಣ ಕರಡಿಗಿಂತ ಶ್ರೇಷ್ಠವೆಂಬ ನಿರ್ಧಾರಮಾಡಿ ಶ್ರೀಗಳು ಸ್ವರ್ಣ ಕರಡಿಗೆಯನ್ನು ಒತ್ತೆಯಿಟ್ಟು ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ "ವಿದ್ಯಾ - ಅನ್ನ ಸ್ವರ್ಣವನ್ನು ಉಣ್ಣಬಡಿಸಿದರು. ಶ್ರೀ ಗುರುಗಳದ್ದು ನುಡಿದಂತೆ ನಡೆಯುವ ದಾರ್ಶನಿಕ ಸರಳಜೀವ, ಐಷಾರಾಮ, ಆಡಂಬರ - ಅವರಿಂದ ದೂರ, ಒಮ್ಮೆ ಮೈಸೂರಿನ ಹಳ್ಳಿ ಒಂದರಲ್ಲಿ

ಶ್ರೀಗಳು ಸಮಾರಂಭದಲ್ಲಿ ಭಾಗವಹಿಸಿದರು, ಸಮಾರಂಭದ ನಂತರ, ದಲಿತರ ಮನೆಯಲ್ಲಿ ಆಹಾರ ವ್ಯವಸ್ಥೆಯನ್ನು, ಜಾತಿ ಪದ್ಧತಿ ಬೇರೂರಿದ್ದ ಸಮಾಜದಲ್ಲಿ ಈ ಅನಿಷ್ಟವನ್ನು ಕಿತ್ತೊಗೆಯಲು ಇದ್ದನ್ನು ಸದುಪಯೋಗ ಪಡಿಸಿಕೊಂಡರು ಶ್ರೀ ಗುರುಗಳು. ಆ ಮನೆಯ ವಯೋವೃದ್ಧರೊಬ್ಬರು - "ಗುರುಗಳೇ ನೀವು ಬಸವಣ್ಣರ ಪುನರ್ಜನ್ಮ" ಎಂದು ಉದ್ಗರಿಸಿದ್ದು ಇತಿಹಾಸ. ಕೆಳಜಾತಿಯವರ ಮದುವೆಗಳಿಗೆ ಹೋಗಬಾರದು ಅಂತಿದ್ದ ಮತೀಯ ಭಾವಗಳನ್ನು ತೊಡೆದು ದಲಿತನೋವು ತನ್ನ ಮಗಳ ಮದುವೆಗೆ ಕರೆದಾಗ ಹೋಗಿ ಆಶೀರ್ವದಿಸಿದ್ದನ್ನು ಕಂಡು, ಆತನಿಗೆ ತನ್ನ ಕಣ್ಣುಗಳನ್ನೇ ನಂಬಲಾಗಲಿಲ್ಲ.

9 ನೇ ವೀರಶೈವರ ಸಮಾಗಮವನ್ನು ಅಮೇರಿಕಾದಲ್ಲಿ ಉದ್ಘಟನೆಗಾಗಿ, ಶ್ರೀಗಳು ಎಲ್ಲೆಗಳನ್ನು ಮೀರಿ, ಭಕ್ತರ ಪ್ರೀತಿ - ಶ್ರದ್ಧೆ ಸಂಪಾದಿಸಿದರು, ಶ್ರೀಗುರುಗಳ ಪಾದಾರವಿಂದಗಳಿಗೆ ಕಾಯಾವಾಚಾಮನಸ ವಂದಿಸುತ್ತೇನೆ.





**Mr. Satish Chandra**  
Administrative Officer



## “ಬದುಕಿನ ಸಾರ”?

1. ಕೋಧ ಬುದ್ಧಿಯನ್ನು ತಿನ್ನುತ್ತದೆ, ಅಹಂಕಾರ ಜ್ಞಾನವನ್ನು ತಿನ್ನುತ್ತದೆ, ಪ್ರಾಯಶ್ಚಿತ ಪಾಪವನ್ನು ತಿನ್ನುತ್ತದೆ, ಮೋಹ ಮರ್ಯಾದೆಯನ್ನು ತಿನ್ನುತ್ತದೆ, ಲಂಚ ಗೌರವವನ್ನು ತಿನ್ನುತ್ತದೆ, ಚಿಂತೆ ಆಯುಷ್ಯವನ್ನು ತಿನ್ನುತ್ತದೆ
2. ಎಷ್ಟು ಜನರ ಮಧ್ಯೆ ಇರುತ್ತೇವೆ ಅನ್ನೋದು ಮುಖ್ಯವಲ್ಲ, ಎಷ್ಟು ಜನರ ಮನಸ್ಸಿನಲ್ಲಿ ಇರುತ್ತೇವೆ ಅನ್ನೋದು ಬಹಳ ಮುಖ್ಯ
3. ಎಲ್ಲವನ್ನೂ ಗಮನಿಸಿ ಆದರೆ ನಿಮ್ಮ ತಾಳ್ಮೆಯನ್ನು ಯಾವತ್ತೂ ಕಳೆದುಕೊಳ್ಳಬೇಡಿ ನಿಮ್ಮನ್ನು ನೋಯಿಸಿದ ವ್ಯಕ್ತಿಗಳಿಗೆ ಕಾಲವೇ ಉತ್ತರ ನೀಡುತ್ತದೆ.
4. ಯಾರೊಂದಿಗೂ ಆಳವಾದ ಬಾಂಧವ್ಯವನ್ನು ಬೆಳೆಸಿಕೊಳ್ಳಬೇಡಿ. ಇದು ನಿಮ್ಮ ಭವಿಷ್ಯದಲ್ಲಿ ದೊಡ್ಡ ನಿರಾಶೆ ಮತ್ತು ದುಃಖಕ್ಕೆ ಕಾರಣವಾಗುತ್ತದೆ.
5. ನೀವು ಎಷ್ಟೇ ಸಿರಿವಂತರಾಗಿರಬಹುದು, ಮೊದಲು ನಿಮ್ಮ ಮಕ್ಕಳಿಗೆ ಬಡತನದ ಪಾಠ ಹೇಳಿಕೊಡಿ, ಬಡತನದಿಂದ ಕಲಿತ ಪಾಠವೇ ನಿಮ್ಮ ಮಕ್ಕಳ ಭವಿಷ್ಯದ ಭವ್ಯ ಬುನಾದಿಯಾಗುತ್ತದೆ.
6. ಯಾರ ಮನಸ್ಸು ಪವಿತ್ರ ಮತ್ತು ಸ್ವಚ್ಛವಾಗಿರುವುದೋ ಅವರಿಗೆ ಸಂತೋಷವು ನೆರಳಿನಂತೆ ಹಿಂಬಾಲಿಸುತ್ತದೆ.
7. ಜೀವನದಲ್ಲಿ ಒಂದು ಸಲ ಗೊತ್ತಿಲ್ಲದೇ ಮಾಡಿರುವ ತಪ್ಪನ್ನು ಮತ್ತೆ ಮತ್ತೆ ಮಾಡಬೇಡಿ, ಯಾಕೆಂದರೆ ಗೊತ್ತಿಲ್ಲದೇ ಮಾಡಿದ ತಪ್ಪಿಗೆ ಮಾತ್ರ ಕ್ಷಮೆ ಇರುತ್ತದೆ. ಆದರೆ ಗೊತ್ತಿದ್ದು ಗೊತ್ತಿದ್ದು ಮಾಡುವ ತಪ್ಪಿಗೆ ದೇವರು ಕೂಡ ಕ್ಷಮಿಸಲ್ಲ
8. ಅಂದುಕೊಂಡಂತೆ ಬದುಕಲು ತುಂಬಾ ಹಣ ಬೇಕು ಹೊಂದಿಕೊಂಡು ಬದುಕಲು ಒಳ್ಳೆಯ ಗುಣ ಸಾಕು
9. ಜೇನು ತುಪ್ಪದಂತೆ ಸಿಹಿಯನ್ನು ಪಡೆಯಬೇಕೆಂದರೆ ಜೇನುನೋಣಗಳಂತೆ ಒಟ್ಟಿಗೆ ಇರುವುದನ್ನು ಕಲಿಯಬೇಕು.
10. ಬದುಕು ಬದಲಾಗಬೇಕಾದರೆ ಬದುಕುವ ದಾರಿ ಇಲ್ಲದಾಗ ಬೇಕು ಎಲ್ಲಾ ಇದ್ದಾಗ ನಮ್ಮವರು ಅಂತಾರೆ, ಏನು ಇಲ್ಲದಾಗ ಯಾರು
11. ಸಮಸ್ಯೆ ಇರುವ ಪ್ರತಿಯೊಬ್ಬ ವ್ಯಕ್ತಿಯು ಸೋಲುವುದಿಲ್ಲ ಆದರೆ ಯಾರು ಸಮಸ್ಯೆಗೆ ಪರಿಹಾರವನ್ನು ಹುಡುಕುವುದಿಲ್ಲವೋ ಅವನು ಮಾತ್ರ ಸೋಲುತ್ತಾನೆ

12. ಜೀವನದಲ್ಲಿ ನಾವು ಮತ್ತೊಬ್ಬರ ಮೆಚ್ಚುಗೆಗಾಗಿ ಬದುಕುವುದಕ್ಕಿಂತ, ನಮ್ಮನ್ನು ಸೃಷ್ಟಿಸಿದ ಆ ಸೃಷ್ಟಿಕರ್ತ ಭಗವಂತ ಮೆಚ್ಚುವಂತೆ ಬದುಕಿದರೆ ಸಾಕು.
13. ಕಾಲಿಗೆ ಆದ ಗಾಯ ಹೇಗೆ ನಡೆಯಬೇಕೆಂದು ಕಲಿಸುತ್ತದೆ ಮನಸ್ಸಿಗೆ ಆದ ಗಾಯ ಹೇಗೆ ಬದುಕಬೇಕೆಂದು ತಿಳಿಸುತ್ತದೆ.
14. ಜೀವನವಿರುವುದು ಅಲ್ಪಕಾಲ, ಆದ್ದರಿಂದ ನಗು, ಮಮತೆ, ಹೃದಯವಂತಿಕೆ ತುಂಬಿದ ಜನರ ಬಳಿ ಸಮಯವನ್ನು ಕಳೆಯಿರಿ.
15. ಕೈಯಲ್ಲಿರೋ ರೇಖೆಗಳನ್ನೋ ಅಥವಾ ಹಣೆಯಲ್ಲಿ ಕಾಣದ ಹಣೆಬರಹವ ನಂಬಿ ಕುರುಡು ಜೀವನ ನಡೆಸುವುದಕ್ಕಿಂತ ನಮ್ಮ ತಲೆಯಲ್ಲಿರೋ ಜ್ಞಾನವನ್ನು ಮತ್ತು ಮನಸ್ಸಿನಲ್ಲಿರೋ ಆತ್ಮವಿಶ್ವಾಸ ನಂಬಿ ಅರ್ಥಪೂರ್ಣ ಜೀವನ ನಡೆಸಿದರೆ ಯಾವುದು ಅಸಾಧ್ಯವಲ್ಲ.
16. ಕೀಳರಿಮೆ ಮತ್ತು ಭಯವನ್ನು ಕಿತ್ತೊಗೆದರೆ ಅದ್ಭುತವಾದುದನ್ನು ಸಾಧಿಸಲು ಸಮರ್ಥರಾಗುವಿರಿ. ನೀವೂ
17. ಯಾವ ವ್ಯಕ್ತಿಗಳು ಸ್ವಚ್ಛವಾಗಿ, ಸ್ವಚ್ಛವಾಗಿ, ನೇರವಾಗಿ, ಮಾತನಾಡುತ್ತಾರೋ ಅವರ ಮಾತುಗಳು ತೀವ್ರವಾಗಿ, ಹರಿತವಾಗಿ ಅಥವಾ ಕಠೋರವಾಗಿಯೂ ಇರಬಹುದು...!! ಆದರೆ ಅವರ ಮಾತಿನಲ್ಲಿ ಅಥವಾ ಮನಸ್ಸಿನಲ್ಲಿ ಯಾವುದೇ ಮೋಸವಿರುವುದಿಲ್ಲ..!
18. ಕೋಪ ಬಂದಾಗ ಆತುರದಲ್ಲಿ ಯಾವುದೇ ನಿರ್ಧಾರ ತೆಗೆದುಕೊಳ್ಳಬಾರದು ಸಂತೋಷವಾದಾಗ ಯಾರಿಗೂ ಭರವಸೆ, ವಾಗ್ದಾನ ನೀಡಬಾರದು.
19. 'ದಡ್ಡರನ್ನು ತಿದ್ದುವುದು ಸುಲಭ. ಬುದ್ಧಿವಂತರು ಕೂಡ ತಮ್ಮ ತಪ್ಪುಗಳನ್ನು ಸುಲಭವಾಗಿ ತಿದ್ದಿಕೊಳ್ಳುತ್ತಾರೆ. ದಡ್ಡರೂ ಅಲ್ಲದ, ಬುದ್ಧಿವಂತರೂ ಅಲ್ಲದ ಅರೆಬರೆ ತಿಳುವಳಿಕೆ ಉಳ್ಳವರನ್ನು ತಿದ್ದುವುದೇ ಬಹಳ ದೊಡ್ಡ ಸಮಸ್ಯೆ,
20. 'ಸಾಧ್ಯವೇ ಇಲ್ಲ ಎಂದುಕೊಂಡರೆ ಏನನ್ನೂ ಸಾಧಿಸಲಾಗದು, ಪ್ರಯತ್ನಿಸುವುದರಿಂದ ನಷ್ಟವೇನಿದೆ, ಗೆದ್ದರೆ ಸಂತೋಷವಾಗುತ್ತದೆ. ಸೋತರೆ ಅನುಭವ ಸಿಗುತ್ತದೆ.

(ಸಂಗ್ರಹ)

# ಕೋವಿಡ್ ಮಹಾಮಾರಿ ನನ್ನ ಅನುಭವ

ಕೋವಿಡ್ ಲಾಕ್ಡೌನ್ ಶುರುವಾದಾಗ ನಾನು 5 ತಿಂಗಳ ಬಾಣಂತಿ. “ತೋಟಲು ತೂಗುವ ಶಾಸ್ತ್ರ” ಮುಗಿಸಿ ಅಮ್ಮನೊಂದಿಗೆ ನಾನು ಮೈಸೂರಿಗೆ ವಾಪಸ್ಸು ಆದೆ. ಅಮ್ಮ ಒಂದೆರಡು ದಿವಸ ಬೆಂಗಳೂರಿಗೆ ಹೋಗಿ ಬರುತ್ತೇನೆ ಎಂದು ಬೆಂಗಳೂರಿಗೆ ಹೊರಟರು - ಮರುದಿನವೇ ಲಾಕ್ಡೌನ್! ಅಮ್ಮ ಬೆಂಗಳೂರಿನಲ್ಲೇ ಲಾಕ್ಡೌನ್, ನಾನು ನನ್ನ 5 ತಿಂಗಳು ಶಿಶು ಮತ್ತು 6 ವರ್ಷದ ಮಗಳೊಂದಿಗೆ, ಪತಿಯೊಂದಿಗೆ ಮೈಸೂರಿನಲ್ಲೇ ಲಾಕ್ಡೌನ್! ಕರೋನ ವೈರಸ್ ಹರಡುವ ಭಯದಿಂದ ಮನೆಗೆಲಸದವರನ್ನು ಬರಬೇಡ ಎಂದು. ಒಂದು ತಿಂಗಳ ಕಾಲ ಮನೆಕೆಲಸ, ಅಡುಗೆ ಕೆಲಸ, ಮಗು ನೋಡಿಕೊಳ್ಳುವ ಕೆಲಸ ಎಲ್ಲಾ ಮಾಡಿ ರಾತ್ರಿ ಮಲಗುವ ಹೊತ್ತಿಗೆ - ಭುಜಗಳೆಲ್ಲ ನೋವು, ಕಾಲು ನೋವು, ಮೈಕೈ ನೋವು. ದೇವರ ಕೋಣೆಗೆ ಹೋಗಿ ದೀಪವನ್ನು ಹಚ್ಚಿ, ಭಗವಂತನಿಗೆ ಪ್ರಾರ್ಥಿಸಿದೆ - “ನನ್ನ ಕೈಯಲ್ಲಿ ಒಬ್ಬಳೇ ಈ ಸಂಸಾರವನ್ನು ನಿಭಾಯಿಸಲು ಆಗುವುದಿಲ್ಲ, ಮನೆಗೆಲಸದವರನ್ನು ವಾಪಸ್ಸು ಕರಿಸಿಕೊಳ್ಳುತ್ತೇನೆ - ನೀನೆ ನಮ್ಮನ್ನು ಕಾಪಾಡಬೇಕು” ಎಂದು ಪ್ರಾರ್ಥಿಸಿ ಇಬ್ಬರೂ ಕೆಲಸದವರನ್ನು ಕೆಲಸಕ್ಕೆ ಬರಲು ಹೇಳಿದೆ.

ದೈವದ ಅನುಗ್ರಹವೇ - ನನಗೆ ಮುರೂ ಬಾರಿ ಕೋವಿಡ್ ಲಕ್ಷಣ ಇದ್ದಾಗ RTPCR ಮಾಡಿಸಿದಾಗ ಮುರೂ ಬಾರಿಯೂ ನೆಗೆಟಿವ್ ಬಂತು. ಆ ಒಂದು ತಿಂಗಳಲ್ಲಿ ನನಗಿದ್ದ ಹೆಲ್ತ್ ಅಂದ್ರೆ ನನ್ನ 6 ವರ್ಷದ ಕೂಸು ಎಲ್ಲದರಲ್ಲಿಯೂ ಸಹಕಾರ ಮಾಡುತ್ತಿತ್ತು. ಅದಕ್ಕೆ ಎಸ್. ಎಲ್. ಭೈರಪ್ಪನವರ “ಅನ್ವೇಷಣ” ಕಾದಂಬರಿಯಲ್ಲಿ “ಅಯ್ಯೋ ಎಂದಾಗ, ನೋಡಲು ಹೆತ್ತ ತಾಯಿ ಇರಬೇಕು ಅಥವಾ ಹೆತ್ತ ಮಗಳಿರಬೇಕು” ಅನ್ನೋದು ನನ್ನ ಪಾಲಿಗೆ ಸತ್ಯವಾಯಿತು. ಮಗು ನೋಡಿಕೊಳ್ಳುವವರು, ಮಗುವಿಗೆ ಹೊಂದಿಕೊಂಡ ಮೇಲೆ ಆಸ್ಪತ್ರೆಗೆ ಕೆಲಸ ಮಾಡಲು ವಾಪಸ್ಸು ಆದೆ. ಕೋವಿಡ್ ರೋಗಿಗಳು ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ತುಂಬಿ ಹೋಗಿದ್ದರು. ಮಹಾಸ್ವಾಮೀಜಿಯವರಿಗೆ ಇಂಥದೊಂದು ಮಹಾಮಾರಿ ಮುಂದೆ ಬರುತ್ತದೆ ಎನ್ನುವ ದೂರದ್ರಿಷ್ಟಿ ಇದ್ದಿದ್ದರಿಂದಲೇ ಏನೋ ಮೈಸೂರಿಗೆ ಹಾಸಿಗೆ ಇರುವ ಆಸ್ಪತ್ರೆಯನ್ನು ಮುಂಚೆಯೇ ಕಟ್ಟಿಸಿದ್ದಾರೆ. ರೋಗಿಗಳಿಗೆ ಈ ಭೂಮಿಯಲ್ಲಿರುವ ಋಣವಿದ್ದರೆ ನಿಮಗೆ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಹಾಸಿಗೆ ಸಿಗುತ್ತದೆ. ಈ ಭೂಮಿಯ ಋಣ ಮುಗಿದಿದ್ದರೆ ನಿಮಗೆ ಹಾಸಿಗೆ ಅಥವಾ ಚಿಕಿತ್ಸೆ ದೊರಕುವುದಿಲ್ಲ. ಅರ್ಧ ಜನ ಭಯದಿಂದಲೇ ಸತ್ತರು. ಅದ್ಯಾಕೆಂದರೆ ಇರುವವರಲ್ಲಿ, ಪಾಸಿಟಿವ್ ವೈಬ್ಸ್ ಇರುವವರಿಗೆ - ಕಡಿಮೆ ಕೋವಿಡ್ ಇನ್ನೆ ಕ್ಷನ್. ಮನಸ್ಸಿನ ತುಂಬ ಕಲ್ಪಿತ ತುಂಬಿರುವವರಿಗೆ, ಇಮ್ಮೂನಿಟಿ ಕಡಿಮೆ ಆಗಿ - ಜೋರು ಕೋವಿಡ್ ಇನ್ನೆ ಕ್ಷನ್. “ಮನ್ನಸ್ಸು ಶರೀರವನ್ನೇ ಬಗ್ಗಿಸುತ್ತದೆ. ಮನಸ್ಸಿನಂತೆ ಮಹಾದೇವ” ನಾನು ಮೊದಲ ದಿನ ಕೋವಿಡ್ ಗ್ರೀನ್



**Dr. Savitha V**  
Assistant Professor  
Dept. of General Medicine

ಜೋನ್ ರೌಂಡ್ಸ್ ಹೋದಾಗ, PPE ಕಿಟ್ ಹಾಕಿಕೊಂಡಾಗ ತುಂಬಾ ಉಸಿರುಕಟ್ಟಿತು. ಇಷ್ಟು ದಿವಸ ನಮ್ಮ PGs, ಇಂಟರ್ನ್ಸ್ ಹಾಗೂ ಸಿಸ್ಟರ್ಸ್ ಇಡೀ ಹನ್ನೆರಡು ಗಂಟೆಗಳ ಕಾಲ ಹೇಗೆ ಈ ಕಿಟ್ ಒಳಗೆ ಇದ್ದು ಕೆಲಸ ಮಾಡಿದರೋ ಅಯ್ಯೋ ಆ ದೇವರೇನು ಬಲ್ಲ? ಎಂದು ಅನಿಸಿತ್ತು. ನಾನು ರೌಂಡ್ಸ್ ಒಳಗೆ ಹೋದಾಗ ನನಗೆ ಊಸಿರಾಡಲು ಆಗಲಿಲ್ಲ. ಆಗಿದ್ದು ಆಗಲಿ ಅಂತಾ ನಾನು ಲೆಡ್ ಕ್ಯಾಪ್ ತೆಗೆದು, ಡಬಲ್ ಮಾಸ್ಕ್‌ನಲ್ಲಿ ರೌಂಡ್ಸ್ ಮಾಡಿದೆ.

ಮನೆಯಲ್ಲಿ ನನ್ನ 9 ತಿಂಗಳ ಕೂಸು ಅಮ್ಮ ಬರುತ್ತಾರೆ ಅಂತ ಕಾಯುತ್ತಿತ್ತು. ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಕೋವಿಡ್ ಪೇಷಂಟ್ಸ್ ನೋಡಿ ಮನೆಗೆ ಬಂದ ಕೂಡಲೆ ಕಾಯುತ್ತಿದ್ದ ನನ್ನ ಮಗುವನ್ನು ಅಪ್ಪಿ ಮುದ್ದಾಡಿದೆ, ಮೊದಲು ವ್ಯಾನಿಟಿ ಬ್ರ್ಯಾಗ್, ಸ್ಟೆಪೋಸ್ಟೋಪ್, ಮೊಬೈಲ್ ಅನ್ನು UV ಸ್ಟೆರಿಲೈಜರ್ ಬ್ರ್ಯಾಗ್ ಒಳಗೆ ಇಟ್ಟು ಸ್ನಾನದ ಮನೆಗೆ ಹೋಗುವುದು - ನನ್ನ ಮಗು ಅಳುವುದು. ನಾನು ಪೂರ್ತಿಯಾಗಿ ಸ್ಟೆರಿಲೈಸ್ ಆದ ಮೇಲೆ ನನ್ನ ಮಗುವನ್ನು ಎತ್ತಿ ಮುದ್ದಾಡುತ್ತಿದ್ದೆ.

ಮರುದಿವಸ ಕೆಲಸದವಳಿಗೆ ಮುಂಚೆಯೇ ಫೋನ್ ಮಾಡಿ ನನ್ನ ಮಗುವಿನ ಗಮನವನ್ನು ಬೇರೆ ಕಡೆ ಸೆಳೆದು, ನಾನು ಸ್ನಾನ ಮಾಡಿ, ಆಮೇಲೆ ನನ್ನ ಮಗುವಿನ ಕಣ್ಣಿಗೆ ಕಾಣಿಸಿಕೊಳ್ಳುತ್ತಿದ್ದೆ. ಒಟ್ಟು ದಿವಸಕ್ಕೆ ಮೂರು ಬಾರಿ ಸ್ನಾನ ಮಾಡುತ್ತಿದೆ. ಈ ಕೋವಿಡ್ ಮಹಾಮಾರಿಯ ಪ್ರಭಾವದಿಂದ.

ಕೋವಿಡ್ ಬಂದಿದ್ದರಿಂದ ಕುಟುಂಬದವರ ಒಟ್ಟಾಗಿ ಕಾಲ ಕಳೆಯುವುದು. ಮನೆ ಊಟ ತಿಂದು, ಮಾಸ್ಕ್ ಹಾಕಿದ್ದರಿಂದ ಅಲರ್ಜಿಕ್ ಬ್ರಾಂಕೈಟಿಸ್, ದಮ್ಮು ಕಾಯಿಲೆಗಳು ಕಡಿಮೆಯಾಗಿದ್ದವು. ನಮ್ಮ ಹತ್ತಿರ ಕೋಟಿ ದುಡ್ಡು ಇದ್ದರೂ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಒಂದು ಹಾಸಿಗೆ ಖರೀದಿ ಮಾಡಲು ಆಗುವುದಿಲ್ಲ - ಇನ್ನೂ ನಿಮಗೆ ಈ ಭೂಮಿಯಲ್ಲಿ ಬದುಕಿ ಬಾಳುವ ಋಣವಿದ್ದರೆ ಹಾಸಿಗೆ ಸಿಗುವುದು, ಇಲ್ಲವಾದರೆ ನಿಮಗೆ ಶಿವನ ಪಾದವೇ ಋಣ. ಮನುಷ್ಯನಿಗೆ ಜೀವನದಲ್ಲಿ ದುಡ್ಡು ಒಂದೇ ಮುಖ್ಯವಲ್ಲ. ಜೀವನದಲ್ಲಿ ಪ್ರೀತಿ, ಸಂಬಂಧಗಳು ಮುಖ್ಯ! ನಾವು ಮಾಡಿದ ಪಾಪ ಪುಣ್ಯದ ಲೆಕ್ಕ ನಮ್ಮನ್ನು ಕಾಪಾಡುತ್ತದೆ.

“ಧರ್ಮೋ ರಕ್ಷತಿ ರಕ್ಷಿತಃ.” ನಾವು ಧರ್ಮದಿಂದ ನಡೆದರೆ ಧರ್ಮ ನಮ್ಮನ್ನು ರಕ್ಷಿಸುತ್ತದೆ. ಭಾರತದಲ್ಲಿ 3 ವರುಷಗಳಲ್ಲಿ ಕೋವಿಡ್ 3 ಅಲೆಯಾಗಿ ಬಂದು ಹೋಯಿತು. ಆದರೆ ಅದು ಕಲಿಸಿದ ಪಾಠ ನೂರಾರು. “ಧೈರ್ಯಂ ಸರ್ವತ್ರ ಸಾಧನಂ” ಅಂತ ನನ್ನಲ್ಲಿರುವ ಧೈರ್ಯವನ್ನು ಬಡಿದು ಎಬ್ಬಿಸಿದ್ದು ಈ ಮಹಾಮಾರಿ ಕೋವಿಡ್.

ನಾನು ಈ ಕೋವಿಡ್ ಚಿರಋಣಿ. “ವಿಕಾರಿ ಸಂವತ್ಸರದಲ್ಲಿ ಶುರುವಾಗಿ, ಶುಭಕೃತ ಸಂವತ್ಸರದಲ್ಲಿ ಕೋವಿಡ್ ಅಲೆ ಮುಕ್ತಾಯಗೊಂಡಿತು.” ಆದ್ರೆ ಅದು ಜನರ ಜೀವನದಲ್ಲಿ ಬದಲಾವಣೆ ತಂದಿದ್ದು ನೂರು ಪಟ್ಟು.





**Dr. Shashidhara K C**

Professor  
Dept. of General Medicine

## ಜೀವಾನುಭವ

ಜೀವನದ  
ಆದಿಯಲ್ಲೇನಿದೆ  
ಅಂತ್ಯದಲ್ಲೇನಿದೆ  
ಹಾದಿಯಲ್ಲಿದೆ,  
ಜೀವನದ ಹಾದಿಯಲ್ಲಿ  
ನೋವು ನಲಿವನ್ನು  
ಅನುಭವಿಸಿ  
ಮುಂದೆ ಮುಂದೆ  
ನಡೆಯುವದರಲ್ಲಿದೆ  
ಮೈಸೂರು ತಿಮ್ಮ

## ದೈವಾನುಭವ

ಹಕ್ಕಿಗಳ ಜಿಲಿಪಿಯಲ್ಲಿ  
ಹೂವಿನ ಸುವಾಸನೆಯಲ್ಲಿ  
ದುಂಬಿಗಳ ಜೀಂಕಾರದಲ್ಲಿ  
ಪ್ರಕೃತಿಯ ಸೌಂದರ್ಯದಲ್ಲಿ  
ಸಮುದ್ರದ ಅಲೆಗಳಲ್ಲಿ  
ಆಕಾಶದ ಅನಂತದಲ್ಲಿ  
ನಕ್ಷತ್ರದ ಹೊಳಪಿನಲ್ಲಿ  
ರವಿಯ ಕಿರಣಗಳಲ್ಲಿ

ಚಂದ್ರನ ತಂಪಾದ  
ಬೆಳಕಿನಲ್ಲಿ  
ಹಿತವಾದ ತಂಗಾಳಿಯಲ್ಲಿ  
ಇದೆಲ್ಲವನು ಅನುಭವಿಸುವ  
ಪಂಚೇಂದ್ರಿಯಗಳಲ್ಲಿ  
ಕಾಣದಾ ದೇವರು  
ಮತ್ತೆಲ್ಲ ಕಾಣುವನು!  
ಮೈಸೂರು ತಿಮ್ಮ

## ಪ್ರಶ್ನೆ

ತರಲು ಇಬ್ಬರು, ಹೊರಲು ನಾಲ್ವರು  
ನಡುವೆ ನೂರಾರು, ಇಷ್ಟರೊಳಗೆ  
ಎನ್ನವರಾರು ?  
ನೀಡಲು ಮಣ್ಣು , ನೋಡಲು ಕಣ್ಣು  
ಸಂಗೆ ಹೆಣ್ಣು , ಇವು ನನ್ನ  
ಸುಖವಲ್ಲವೇ ?  
ತುಂಬಲು ಹೊಟ್ಟೆ , ಉಡಲು ಬಟ್ಟೆ ,  
ಪವಡಿಸಲು ಕಟ್ಟೆ , ಇದು ನನ್ನ  
ಬದುಕಲ್ಲವೇ ?

ಅನುಭವಿಸಲು ಕಾಸು, ಕಳೆಯಲು  
ತಾಸು  
ಕನಸು ಹೊತ್ತ ಮನಸು, ಈ ಸಿರಿ ಎನ್ನ  
ಇಸಿರಿ ಅಲ್ಲವೇ?  
ಬೇಡಲಿಲ್ಲ ದೇವರನು, ಸ್ಮರಿಸಲಿಲ್ಲ  
ಸಾವನು,  
ಸೇರಲಿಲ್ಲ ಸುಡುಗಾಡನು, ನಾ ಹೇಗೆ  
ಸತ್ತೆ ?



**Dr. Vinay Kumar Rao**

Assistant Professor  
Dept. of Medical Genetics

# If I had another chance

If I had another chance I would  
have met you differently

I would have not waited for you  
to meet the lost loner version of  
me

If I had another chance I would  
like to have known you as a child

I would want to see all the  
things that made you so resilient  
yet mild

If I had another chance I would  
tell you how you meant the world  
to me

I would have shown you how  
you touched my life in ways you  
couldn't even see

If I had another chance I would  
never let you go out of touch

Just because we were adulting  
and sometimes life can become  
too much

If I had another chance I would  
hold your hand and sit with you for  
a while

I'd want you to know that  
you were my inspiration and the  
reason for my smile

If I had another chance I would  
change everything in that blood  
report

A piece of paper can't wrap up  
our life and cut it short

If I had another chance I would  
sit with you through all the pain

I'm sorry I was oblivious to it,  
I'm sorry again

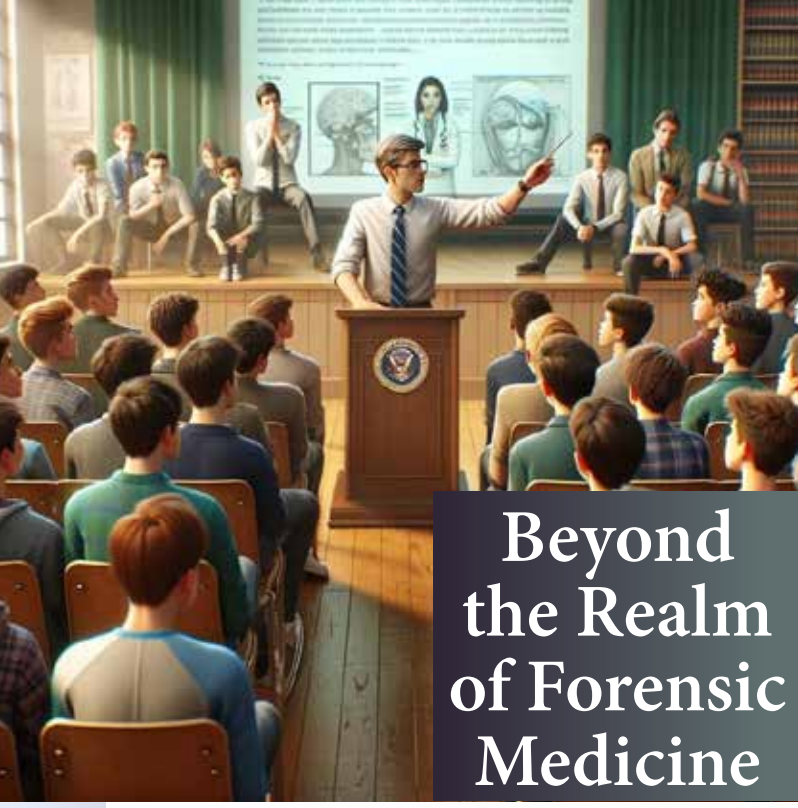


**Dr. Anupama Pandey**

Senior Resident  
Dept. of Paediatrics

If I had another chance I would  
do everything a bit more  
Because now that you're gone  
my life will never be like before

*"This poem is dedicated to my best friend of 17 years who I lost to cancer. We met during our days of struggle as medical aspirants and she was my rock. She was a gynaecologist, a mother and the most wonderful and hard-working woman I've known. Just when she had started to enjoy the fruits of her hard work she was diagnosed with a poor prognostic CML and passed away within a few months. My only purpose in writing for her is to immortalise her contribution in my life and so many others' lives. She will always be my most favourite human."*



## Beyond the Realm of Forensic Medicine

**‘G**ood Morning Sir, may I come in..?’ Professor Pandith raised his head and noticed a well dressed young gentleman at his door. He nodded his head indicating the visitor to get in. ‘Thank you Sir’ the visitor came in and said, ‘Sir, my name is Avinash and I am the Principal of Government College of Arts for Boys.’

‘Please be seated Mr. Avinash. How could I help you?’

‘Sir, I came to invite you to deliver a lecture to our boys of 11th and 12th Grades about your specialty field of Forensic Medicine. Could you, please?’

‘Well, Mr. Avinash, what exactly you want them to be told?’

‘Sir.. ours is a Boys’ College. It would be nice if your lecture tells some valuable message for them and their well being, through your professional experience’

‘Fine Mr. Avinash, I will confirm my acceptance for next Friday..’

\*\*\*\*\*

Professor Pandith sat down thinking about his lecture for the adolescent boys, which had to convey a useful message through his professional experience as a Forensic Examiner. As he browsed through his case snippets, he got a clue of what he would speak about. He began joining the dots and very soon he drew a plot for his lecture.

\*\*\*\*\*



**Dr. Arun M**  
Professor  
Dept. of Forensic  
Medicine

Professor arrived at the venue well in time and Mr. Avinash escorted him to the Auditorium.

‘Good Morning dear students, I am glad to welcome Professor Pandith who will be speaking to you about the scope and importance of Forensic Medicine. Over to you Sir..’

‘Thank you Mr. Avinash’.

Professor took to the podium and made a swaying gaze over the audience. He observed that none of the boys were interested in the happenings there. Professor thought that first he shall become good friends with them.

‘My dear boys’... he said.... ‘Could any one of you tell me what Forensic Medicine is?’ One from the middle row said.. ‘Sir, it is treating sick people from foreign..!!’ For a while, Professor went blank. Then he smiled and felt that it is great on the part of this young one to assemble ‘Forensic’ as ‘Foreign Sick’ and he thoughtfully said... ‘Magu, I appreciate your sense of timing but it is not so..’ He continued, ‘Here my dear boys, let me tell you this first.’

‘A Forensic Medicine specialist would exclusively deal with Medicolegal Cases which common folk call as ‘Police Cases’. I would like to share an incident that I came across in my Office while discharging my duties as Forensic Examiner for examination and certification of an alleged accused of rape. My sincere attempt here is to create awareness amongst you about the nuances of the Indian Legal System in relation to gender discrimination in reverse order’.

Very soon, the disinterested bunch of boys, after hearing to the much stigmatised words of ‘accused’ and ‘rape’, sat straight to listen to the speech.

\*\*\*\*\*

Here let us get going. One day, a seemingly frightened and exhausted young man, aged around 25 years with a decent demeanor was presented in my office by two Police Constables for examination. The offense said to have committed by him was that ‘he had forcibly entered into the home of a minor girl, aged around 17 years and had raped her’

As per protocol, I obtained a written consent from him before examination. When I began eliciting the details of the incident, I was surprised to learn that he was never made to know that he

had been booked as an accused of a rape case, which broke him down.

\*\*\*\*\*

Professor took a pause and looked at the boys. They were mesmerizingly listening to him. He continued... 'I thought I need to extract a detailed history from this boy as my inner mind was not permitting me to label him as an accused of rape. Meanwhile, he wiped off his tears and narrated the entire incident.'

'Sir.. I am from a decent middle class family. My parents have provided me with a good culture and education to the best of their ability. I completed my graduation and got a job in Dubai. My joy knew no bounds and my parents too have felt that their sacrifices made for my upbringing have yielded great dividends. I went to Dubai last year. Previous week I came back home on my annual vacation..'

He continued and said.. 'Sir I knew this girl who stays in my colony. We were good friends and were in regular contact through social media. She had expressed her love towards me, wanted to marry me and settle in Dubai. But I had always denied her proposal as I had considered her as nothing more than a good friend. When I came home on vacation last week, we exchanged pleasantries. Yesterday she invited me to her home for dinner. When I went there, she was alone. We had dinner. All of a sudden she got up, hugged me tight and started crying and told me that she can't live without me, we should get married and settle in Dubai. I tried consoling her and told her that I had never seen her as my love interest and my career was the first priority for me. She grew furious and insulted but remained tightly hugging me. At the same time her mother entered home and saw both of us hugging each other. She completely mistook the entire situation and yelled at me telling that she will see to it that, I and my entire family get ruined, as I have violated her daughter. I just took leave and came home. I was under the impression that she would calm down on her own. Today morning to my utter shock, I was confronted by the Police and brought here. Now I get to know from you that I



have been accused of tress-passing her home and raping her daughter. She had kept her promise Sir. She has claimed my career and my entire life. Even my family is shattered Sir..'

\*\*\*\*\*

'Well boys', the Professor said, 'that was the story. As a Forensic Examiner my duty would cease with providing my report in a sealed envelope to the Police. But my inner conscience was alerting me about the nuances in Indian Legal System with respect to gender. Here, I am giving you all a very important message to follow in your life from the crux of this story. When a girl is less than 18 years of age, even though she were to have volunteered for a sexual act, it would amount to rape.

Ignorance of the boys on this legal implication make them accused of rape. This is an apt situation to narrate the 'unseen face' of the coin of Indian Legal System. According to the Legal Provisions dealing with Sexual Offences in our country, the woman is always a 'victim' and the man is always an 'accused' in sex related crimes. As a Forensic Specialist, I would rather say that, several innocent men are 'victimized' and their rightful and precious lives are

buried in an attempt of over-empathising with women, thus proving the 'gender discrimination in reverse order'. Hence, when I see beyond the realm of Forensic Medicine, I strongly feel that it is the bounden duty of my specialty colleagues to make sincere attempts of creating awareness amongst adolescent boys and young men about the nuances of the Indian Judiciary System. The fact that your vulnerability of being 'victimized' in a case of Sexual Offence, even though Law always views you as 'accused' shall be understood.

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Professor observed that all the boys were still sitting shell-shocked in disbelief at knowing how things could go around in an unexpected way. He thus said, 'With this, I conclude and wish you the very best future.'

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(Special thanks to Dr. M Jayakshimman for his insightful inputs in framing the script)



Shades of green in the past, trending is the swanky dyed scrubs,  
 Printed funky caps with flowers, muffins and cute little cubs.  
 Striving to balance the weight, crocs most often embrace the feet,  
 Masks found dangling, pleading for mercy so that the ends meet.

Auscultation cannot be replaced, hand on pulse is an obsession,  
 Monitors, gadgets, machines and ultrasound, my comfort possession.  
 Anatomy and physiology exaggerated and entangled in every technique,  
 Pharmacology is blended with all the organ functions of human physique.

No subject of graduation is spared, no aspect of medicine is unturned,  
 Pregnancy is intriguing, the cardiorespiratory system is thoroughly churned.  
 When life originates in infants to the attempts of resuscitation in geriatric,  
 Preserve homeostasis, restore haemostasis, the feeling is ecstatic.

Discerning the challenges of a simple or difficult airway and spine,  
 Understanding the peripheral nerves is a necessity to define.  
 Scopes and tubes, needles and catheters of all sizes and shapes,  
 Secure and comfortable shall be my patient under the drapes.

Conversing with the patient and custodian is vital, consent is prime,  
 Habitual amendment of knowledge and skill, lasts for a lifetime.  
 Care and safety shall never be compromised, 'call for help' I insist,  
 Constant vigilance and timely intervention, words of a proud Anaesthesiologist.

## The valiant guardian of life!!



**Dr. Sarika M Shetty**  
 Associate Professor  
 Dept. of Anesthesiology





## Nurturing Spiritual Health: A Vital Journey for Medical Students

Dear all,

let's explore the need for spiritual health for medical students. We will delve into the significance of nurturing spiritual well-being amidst the demanding and rewarding world of medicine. Let's embark on a journey to discover how spirituality can enhance our overall well-being and growth as a future healthcare professional.

### Understanding Spiritual Health:

It encompasses a sense of purpose, connection, and inner peace first of all. It involves exploring one's values, beliefs, and finding meaning in life. For medical students, it extends beyond religious or cultural boundaries, embracing a broader perspective that supports holistic patient care and interpersonal relationships. Prioritizing spiritual well-being promotes resilience, empathy, and compassion which are crucial qualities for providing patient-centered care.

**Balancing Demands:** Medical school can be intense, leaving little time for personal reflection. Finding balance is the key. Exploring practices such as mindfulness, meditation, or journaling can help us create moments of self-awareness. Engaging in activities that bring us joy and connect us with nature, art, or music, taking breaks amidst monotonous routines, celebrating tiny accomplishments, and cultivating a supportive

network that understands the unique challenges of our journey can all reform and rejuvenate us.

**Exploring Meaningful Connections:** Connecting with people who share our values and beliefs can be an invaluable tool for spiritual growth. One can seek out student organizations, support groups, or mentorship programs that foster discussions on spirituality in healthcare. Also engaging in interfaith communication can broaden our understanding of diverse perspectives and enhance our ability to provide compassionate care to patients from all walks of life.

**Integrating Spirituality in Patient Care:** Start to recognize the significance of spirituality in patient's well-being. Incorporating open-ended questions about spirituality during patient encounters, and respecting their beliefs and values can add a whole lot of change to the situation. Actively listening and thereby creating a safe space for patients to share their spiritual concerns will do wonders. This approach can deepen the patient-doctor relationship, enhance shared decision-making, and contribute to a more comprehensive and patient-centred approach to healthcare.

**Embracing Self-Care:** We should realize that caring for others starts with caring for ourselves. Prioritizing self-care routines that align with our spiritual beliefs is the need of the hour. Engaging in practices like yoga, exercise, or spending quality time with our loved ones are some self-love techniques. Finding solace in nature or engaging in acts of kindness are really rewarding too. By nurturing our own spiritual health, we will be better equipped to support the well-being of our patients.

Finally, as you embark on your medical journey, don't underestimate the importance of nurturing your spiritual health. By exploring your own beliefs, finding balance, and integrating spirituality into patient care, you'll not only enhance your well-being but also contribute to a more compassionate and holistic approach to healthcare. Remember, a compassionate heart and a curious mind go hand in hand on the path to becoming an exceptional healthcare professional.



**Dr. Ramya C M**  
Assistant Professor  
Dept. of Physiology

# JSS Hospital Spearheading Comprehensive Rehabilitation



**Collaborative Excellence in PMR Care Teams**  
**Unified Approach:** PMR champions a holistic care model, driven by a collaborative team ethos.  
**Diverse Expertise:** This dynamic team comprises various specialists, such as Psychiatrists, Occupational Therapists, Physical Therapists, Speech and Language Therapists, Medical Social Workers, Vocational Counsellor's, Rehabilitation Trained Nurses, Clinical Psychologists, Nutritionists, and Prosthetists and Orthotists.

**Focused Roles:** Each specialist contributes uniquely – from enhancing mobility to addressing mental health and nutritional needs.

**Comprehensive Support:** From daily tasks to emotional well-being, the team ensures holistic care for patients and their families.

## PMR : Introduction

- In the realm of modern medicine, the discipline of Physical Medicine and Rehabilitation (PMR), also referred to as Physiatry or Rehabilitation Medicine, stands as a beacon of hope for those grappling with physical impairments. At the forefront of this noble cause, JSS Hospital in Karnataka

distinguishes itself as one of the three institutions offering specialised PMR services.

- The essence of PMR lies in its mission to enhance and restore functional ability, improving the quality of life for individuals affected by

impairments spanning the brain, spinal cord, nerves, bones, joints, ligaments, muscles, and tendons. This comprehensive approach extends to addressing physiological dysfunctions, including

neuromuscular functions, cognitive deficits, speech and swallowing issues, as well as bowel and bladder problems.



**Dr. Jayasree Ramesh**  
 Associate Professor  
 Dept. of Physical  
 Medicine and  
 Rehabilitation

The theme of Vasudaiva Kutumbakam, emphasising the world as one family, resonates deeply with the inclusive and collaborative nature of PMR. In the pursuit of restoring functional abilities and improving the quality of life, PMR embraces individuals from diverse backgrounds and conditions, fostering a sense of unity and shared humanity. The holistic care provided at JSS Hospital aligns with the ethos of Vasudaiva Kutumbakam, where every patient becomes an integral part of a compassionate and supportive healing community.







• JSS Hospital proudly houses a 24- bedded inpatient facility within its premises, where a multidisciplinary, comprehensive rehabilitation care is extended to patients. Operating on both

inpatient and outpatient bases, the institution acknowledges the chronic nature of certain conditions, accommodating longer patient stays. The unique family oriented environment ensures the comfort of patients, marked by celebratory moments like birthdays and festivals, fostering a sense of belonging.

• In a groundbreaking move, JSS Hospital orchestrates therapeutic outings every three months, offering patients an opportunity to reconnect with the community. These outings not only break the monotony of prolonged home confinement but also instill confidence in patients to venture outdoors.

Background: This poem is dedicated to all the precious women of our society who has been through a torturous experience of rape. Sincere condolences and prayers for all the lost souls and family because a woman goes through a lot and she is the best gift a man can ever get!

## एक रूह के आंसू

थी वो काली रात कैसी, सांस जब मेरी थमी ,  
क्या पता था सुबह मेरी, अब कभी मुमकिन नहीं।  
गूँज उठी आवाज़ तन से, रक्त मेरा जब बहा,  
छीनी मेरी खुशियां लब से, करके मुझको लापता॥

थे जो इंसान ही नहीं, दर्द क्या उनको पता,  
चीख भी ना मेरी सुनी, खौफ था उनको कहाँ।

पाक था वो जिस्म मेरा, नाम मेरा दामिनी,  
गम उसे ही प्यार मेंथा , जिसकी थी मैं शबनमी।

जन्म जिसने है दिया, दी मुझे ये जिंदगी,  
पल-दो-पल भी आज उससे, मिल ना पायी मैं कहीं।  
वादा मुझसे ये तू करना, बस ये ख्वाहिश है मेरी,  
माँ! मुझे ना याद करना, तेरी बेटी है यहीं ॥

इस जग से ये है कहना, बेटियां हैं रब का गहना,  
जन्म जिसने है दिया, शून्य से ऊंचा किया।  
प्रण ये तुम बस आज लेना, इतना मेरा साथ देना,  
फिर कभी न ज़ालिमो का, जुल्म इस तरह से सहना॥

आखिरी ये विनती मेरी, आप सब से है यही,  
बहने देना ना किसी की, राख जैसे दामिनी।  
बहने देना ना किसी की, राख जैसे दामिनी...॥



**Dr. Prince Jacob**  
Assistant Professor  
Dept. of Medical Genetics



**Sakshi Bhagat**  
3rd Year (2020-21)

## तुम्हारे इंतजार में

### परिचय

नींद भरी है आँखों में, पर अब खुद को उठाना जरूरी है,  
आज देर तक सोए हो, ये सात बज रही घड़ी बोली है।  
ये अस्पताल है जनाब! यहाँ बिन कन्धों के उठती अर्थी है,  
जिंदगी अब कुछ सफेद कपड़ों से घिरी हुई सर्दी है।  
कई शख्स आते हैं हर रोज़ हमारे पास,  
कि ठीक हो जाएंगे हम....लेकर यह आस।

माना मेरी लिखावट अधूरी है,  
तुम्हारा मुझसे वापिस पूछना जरूरी है।  
बरसों लग गए मुझे ये लिखने में,  
लाज़मी है कुछ वक्त लगेगा तुम्हें इसे पढ़ने में।

यूँ बिलों का बोझ तो हमें भी पता है जनाब,  
क्योंकि फीस की किश्तें कभी हमने भी भरी है साहब।  
ये बेड पर पड़े कुछ जिंदा तो कुछ मुर्दे तो अनजान नहीं,  
पर बाहर उनके अपनों की भीड़ तो हमारी मेहमान नहीं।  
माना उन कागजों पर हस्ताक्षर तुम्हारा है,  
पर ओ.टी. में चल रही जंग का मसला हमारा है।  
मैं डॉक्टर, तुम मरीज़ हो पर शायद तुम फिर भी अजनबी हो,  
इसलिए कह न पाऊँ वो बात जो मेरे मन में अनिश्चय हो।  
हर रात कुछ सच सिरहाने रखकर सोया करते है,  
और फिर बेबाक सा चेहरा लेकर उसे ढोया करते है।  
कुछ बूँद आँसुओं के साथ दवा लिखी है मैंने,  
उसने मुस्कुराते हुए पूछा क्या कभी झूठ बोला है आपने?  
बाहर खड़ी कतारें आज काफी लंबी है,  
घर जल्दी जाना था पर क्या करे मियाँ मजबूरी है।

पूछ रही हूँ कुछ सवाल तुमसे,  
इनका जवाब तुम दोगे क्या?  
अगर खटखटा दूँ दरवाजा तुम्हारा,  
यूँ एक टुक होकर देखोगे क्या?  
मिले अगर कोई निशां हमारा,  
उसे संभालकर रखोगे क्या?  
तुम्हें अगर आवाज लगा दूँ,  
यूँ पीछे मुड़कर देखोगे क्या?  
अगर पढ़ लो मेरा नाम कहीं,  
कुछ पल मेरे बारे में सोचोगे क्या?  
मिल गई अगर राह में तुम्हारे,  
एक कदम मेरी ओर बढ़ाओगे क्या?  
न कह पाऊँ तुमसे अगर कुछ,  
मेरी खामोशियों को समझोगे क्या?  
नम पड़ी हों आँखे अगर,  
आँसू पौँछने आओगे क्या?  
हर साँझ करूँ इंतजार तुम्हारा,  
मुझसे मिलने आओगे क्या?  
बिखर जाऊँ अगर हर दिशा में मैं  
मुझे समेटने आओगे क्या?  
खो जाऊँ अगर खुद मैं कहीं मैं,  
मुझे ढूँढने आओगे क्या ?  
तुम्हारे नाम अगर खत भेज दूँ,  
एक चिट्ठी तुम भी लिखोगे क्या?  
कुछ वादे किए थे तुमने,  
उन्हें निभाने आओगे क्या?  
कहो न....  
इन सवालों के जवाब दोगे क्या?

# ವೈದ್ಯಕೀಯ ಪ್ರಪಂಚದ ಅನಾಮಧೇಯ ನಾಯಕರು

ತೆರಿಮರೆಯಲ್ಲಿ ಸರಿದುಹೋದ ಧೀರೋದಾತ್ತ ವ್ಯಕ್ತಿಗಳು ಇದನ್ನು ನೋಡಿದಾಗ ಬರುವ ನೆನಪೇ ಹೆನ್ರಿಯೆಟಾ ಲಾಕ್ಸ್

ಹೆಚ್ಚಿನವರಿಗೆ ಪರಿಚಯವೇ ಇಲ್ಲದ, ಅವಳಿಗೆ ಗೊತ್ತಿಲ್ಲದೆಯೇ ವೈದ್ಯಕೀಯ ಲೋಕವನ್ನೆಲ್ಲಾ ಅವರಿಸಿರುವ ಹೆನ್ರಿಯೆಟಾ ಲಾಕ್ಸ್ ಹೆಲಾ ಜೀವಕೋಶಗಳು ಇದುವರೆಗೆ 60, 000ಕ್ಕೂ ಹೆಚ್ಚಿನ ಸಂಶೋಧನಾ ಪ್ರಬಂಧಗಳು ಹೆಲಾ ಜೀವಕೋಶಗಳ ಮೇಲೆ ಆಗಿವೆ. ಈಗಲೂ 300ಕ್ಕಿಂತ 300 ಸಂಶೋಧನೆಗಳು ಇದರ ಮೇಲೆ ನಡೆಯುತ್ತವೆ . 11.000 ಪೇಟೆಂಟ್ ಗಳು ಇದಕ್ಕೆ ಸಂಬಂಧಿಸಿವೆ. ಹೆನ್ರಿಯೆಟಾ ಲಾಕ್ಸ್ ಅಮರ, ಅಜರಾಮರ, ಅಂತ್ಯವೇ ಇಲ್ಲದ ಹೆಸರು.

1920, ಆಗಸ್ಟ್ 1ರಂದು ವರ್ಜಿನಿಯಾದಲ್ಲಿ ಜನಿಸಿದ ಈ ಆಫ್ರಿಕನ್ ಅಮೆರಿಕನ್ ಮಗು, ತಾಯಿ ಹತ್ತನೇ ಹೆರಿಗೆಯಲ್ಲಿ ತೀರಿಕೊಂಡಾಗ ಅಜ್ಜಿ ಮನೆ ಸೇರಿದಳು ತಂಬಾಕು ಹೊಲ ಮತ್ತು ಕೃಷಿ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ತೊಡಗಿದ್ದ ಹೆನ್ರಿಯೆಟಾ, ~ - 1941 0 ಮದುವೆಯಾಗಿ ಬಾಲ್ಟಿಮೋರ್ ಗೆ ಬಂದಳು. 1951 ರಲ್ಲಿ ರಕ್ತಸ್ರಾವ ಸಮಸ್ಯೆಗೆ ಜಾನ್ ಹಾಪ್ಕಿನ್ಸ್ ಬಾಲ್ಟಿಮೋರ್ ನಲ್ಲಿ ದಾಖಲಾದ ಈಕೆಗೆ ಬಯೋಪಿ ತೆಗೆಯಲಾಯಿತು. ಅಡಿನೋ ಕಾರ್ಸಿನೋಮ್ ಕ್ಯಾನ್ಸರ್ ಪತ್ತೆಯಾಯಿತು. ರೇಡಿಯೋ ಥೆರಪಿ ನೀಡಲಾಯಿತು. ಮತ್ತೆ ಮತ್ತೆ ಬಯೋಪಿ ತೆಗೆಯಲಾಯಿತು. ಅಂದಿನ ದಿನಗಳಲ್ಲಿ ಬಯೋಪಿ ತೆಗೆಯಲು ಮತ್ತು ಅದನ್ನು ಪ್ರಯೋಗಾಲಯಗಳಲ್ಲಿ ಬಳಸಲು ಯಾವ ರೀತಿಯ ಅನುಮತಿಗಳ ಅವಶ್ಯಕತೆ ಇರಲಿಲ್ಲ. 1951 ಅಕ್ಟೋಬರ್ ನಲ್ಲಿ ಅವಳು ತೀರಿಕೊಂಡಳು.

ತೆಗೆದ ಅಂಗಾಂಶವನ್ನು ಜಾರ್ಜ್ ಗೆ ರವರು ಪ್ರಯೋಗಾಲಯದಲ್ಲೇ ರೋಗಪತ್ತೆ ಮತ್ತು ಸಂಶೋಧನೆಗೆ ಬಳಸಿಕೊಂಡರು. ಆ ಜೀವಕೋಶಗಳಲ್ಲಿದ್ದ ಅಸಾಮಾನ್ಯ ಶಕ್ತಿ ಎಂದರೆ ಅವು ಸಾಯುತ್ತಲೇ ಇರಲಿಲ್ಲ, ಸಂಶೋಧನೆಯಲ್ಲಿ ಬಳಸುವ ಎಲ್ಲಾ ಕೋಶಗಳು ಕೆಲದಿನಗಳ ನಂತರ ಸಾಯುತ್ತವೆ, ಹೆನ್ರಿಯೆಟಾಳ ಜೀವಕೋಶಗಳು ಅಸಾಮಾನ್ಯ ರೂಪದಲ್ಲಿ ಬೆಳೆಯುತ್ತಲೇ ಬಂದವು. ಸಾವೇ ಇರಲಿಲ್ಲ, ಇಂದಿಗೂ ಸಾವು ಬಂದಿಲ್ಲ, ಬರುವ ಹಾಗೆ ಕಾಣುವುದೂ ಇಲ್ಲ. ಅವು ಅಮರ.

## ಸಂಶೋಧನೆಗಳು :

1. 1953ರಲ್ಲಿ ಮನುಕುಲದಲ್ಲಿ 23 ಜೊತೆ ಕ್ರೋಮೋಸೋಮ್ ಗಳಿವೆ



**Pushya K Babu**

1st Year (2022-23)

ಎಂದು ಗೊತ್ತಾಗಿದೆ ಹೆಲಾ ಜೀವಕೋಶಗಳಿಂದ, UNSUNG LEADERS OF MEDICAL WORLD ವೈದ್ಯಕೀಯ ಪ್ರಪಂಚದ ಅನಾಮಧೇಯ ನಾಯಕರು

ತೆರಿಮರೆಯಲ್ಲಿ ಸರಿದುಹೋದ ಧೀರೋದಾತ್ತ ವ್ಯಕ್ತಿಗಳು ಇದನ್ನು ನೋಡಿದಾಗ ಬರುವ ನೆನಪೇ ಹೆನ್ರಿಯೆಟಾ ಲಾಕ್ಸ್

ಹೆಚ್ಚಿನವರಿಗೆ ಪರಿಚಯವೇ ಇಲ್ಲದ, ಅವಳಿಗೆ ಗೊತ್ತಿಲ್ಲದೆಯೇ ವೈದ್ಯಕೀಯ ಲೋಕವನ್ನೆಲ್ಲಾ ಅವರಿಸಿರುವ ಹೆನ್ರಿಯೆಟಾ ಲಾಕ್ಸ್ ಹೆಲಾ

ಜೀವಕೋಶಗಳು ಇದುವರೆಗೆ 60, 000ಕ್ಕೂ ಹೆಚ್ಚಿನ ಸಂಶೋಧನಾ ಪ್ರಬಂಧಗಳು ಹೆಲಾ ಜೀವಕೋಶಗಳ ಮೇಲೆ ಆಗಿವೆ. ಈಗಲೂ 300ಕ್ಕಿಂತ 300 ಸಂಶೋಧನೆಗಳು ಇದರ ಮೇಲೆ ನಡೆಯುತ್ತವೆ . 11.000 ಪೇಟೆಂಟ್ ಗಳು ಇದಕ್ಕೆ ಸಂಬಂಧಿಸಿವೆ. ಹೆನ್ರಿಯೆಟಾ ಲಾಕ್ಸ್ ಅಮರ, ಅಜರಾಮರ, ಅಂತ್ಯವೇ ಇಲ್ಲದ ಹೆಸರು.

1920, ಆಗಸ್ಟ್ 1ರಂದು ವರ್ಜಿನಿಯಾದಲ್ಲಿ ಜನಿಸಿದ ಈ ಆಫ್ರಿಕನ್ ಅಮೆರಿಕನ್ ಮಗು, ತಾಯಿ ಹತ್ತನೇ ಹೆರಿಗೆಯಲ್ಲಿ ತೀರಿಕೊಂಡಾಗ ಅಜ್ಜಿ ಮನೆ ಸೇರಿದಳು ತಂಬಾಕು ಹೊಲ ಮತ್ತು ಕೃಷಿ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ತೊಡಗಿದ್ದ ಹೆನ್ರಿಯೆಟಾ, ~ - 1941 0 ಮದುವೆಯಾಗಿ ಬಾಲ್ಟಿಮೋರ್ ಗೆ ಬಂದಳು. 1951 ರಲ್ಲಿ ರಕ್ತಸ್ರಾವ ಸಮಸ್ಯೆಗೆ ಜಾನ್ ಹಾಪ್ಕಿನ್ಸ್ ಬಾಲ್ಟಿಮೋರ್ ನಲ್ಲಿ ದಾಖಲಾದ ಈಕೆಗೆ ಬಯೋಪಿ ತೆಗೆಯಲಾಯಿತು. ಅಡಿನೋ ಕಾರ್ಸಿನೋಮ್ ಕ್ಯಾನ್ಸರ್ ಪತ್ತೆಯಾಯಿತು. ರೇಡಿಯೋ

ಥೆರಪಿ ನೀಡಲಾಯಿತು. ಮತ್ತೆ ಮತ್ತೆ ಬಯೋಪ್ಪಿ ತೆಗೆಯಲಾಯಿತು. ಅಂದಿನ ದಿನಗಳಲ್ಲಿ ಬಯೋಪಿ ತೆಗೆಯಲು ಮತ್ತು ಅದನ್ನು ಪ್ರಯೋಗಾಲಯಗಳಲ್ಲಿ ಬಳಸಲು ಯಾವ ರೀತಿಯ ಅನುಮತಿಗಳ ಅವಶ್ಯಕತೆ ಇರಲಿಲ್ಲ. 1951 ಅಕ್ಟೋಬರ್ ನಲ್ಲಿ ಅವಳು ತೀರಿಕೊಂಡಳು.

ತೆಗೆದ ಅಂಗಾಂಶವನ್ನು ಜಾರ್ಜ್ ಗೆ ರವರು ಪ್ರಯೋಗಾಲಯದಲ್ಲಿ ರೋಗಪತ್ತೆ ಮತ್ತು ಸಂಶೋಧನೆಗೆ ಬಳಸಿಕೊಂಡರು. ಆ ಜೀವಕೋಶಗಳಲ್ಲಿದ್ದ ಅಸಾಮಾನ್ಯ ಶಕ್ತಿ ಎಂದರೆ ಅವು ಸಾಯುತ್ತಲೇ ಇರಲಿಲ್ಲ, ಸಂಶೋಧನೆಯಲ್ಲಿ ಬಳಸುವ ಎಲ್ಲಾ ಕೋಶಗಳು ಕೆಲದಿನಗಳ ನಂತರ ಸಾಯುತ್ತವೆ, ಹೆನ್ರಿಯೆಟಾಳ ಜೀವಕಣಗಳು ಅಸಾಮಾನ್ಯ ರೂಪದಲ್ಲಿ ಬೆಳೆಯುತ್ತಲೇ ಬಂದವು. ಸಾವೇ ಇರಲಿಲ್ಲ, ಇಂದಿಗೂ ಸಾವು ಬಂದಿಲ್ಲ, ಬರುವ ಹಾಗೆ ಕಾಣುವುದೂ ಇಲ್ಲ. ಅವು ಅಮರ.

**ಸಂಶೋಧನೆಗಳು :-**

1. 1953ರಲ್ಲಿ ಮನುಕುಲದಲ್ಲಿ 23 ಜೊತೆ ಕ್ರೋಮೋಸೋಮ್ ಗಳಿವೆ ಎಂದು ಗೊತ್ತಾಗಿದೆ ಹೆಲಾ ಜೀವಕಣಗಳಿಂದ, 2. 2010ಜಾನ್ ಹಾಪ್ ಕಿನ್ಸ್ ಸಂಸ್ಥೆ ಅವಳ ಹೆಸರಿನಲ್ಲಿ ಸಂಶೋಧನಾ ಸಂಸ್ಥೆ ತೆರೆಯುತ್ತದೆ. ಶಾಲೆಗಳು, ಸಂಸ್ಥೆಗಳು, ಕಾಲೇಜುಗಳು ಗೌರವ ಸಲ್ಲಿಸಿವೆ.

3. ಅವಳ ಹೆಸರಿನ್ನು ಒಂದು ಕ್ಷುದ್ರ ಗ್ರಹಕ್ಕೆ ಇಡಲಾಗಿದೆ.
4. ಅಕ್ಟೋಬರ್ 13 - 2021, WHO ಅತ್ಯುನ್ನತ ಗೌರವ ಸಲ್ಲಿಸಿದೆ.
5. ಅವಳ ಮೂರ್ತಿ ಬ್ರಿಸ್ಟಲ್ ವಿಶ್ವವಿದ್ಯಾಲಯದಲ್ಲಿ ನಿಲ್ಲಿಸಲಾಗಿದೆ.
6. ಅಮೆರಿಕನ್ ಸರ್ಕಾರ ಸಂಸತ್ತು ಗೌರವ ಸಲ್ಲಿಸಿದೆ.
7. ಅಮೇರಿಕಾ ರಷ್ಯಾದ ನಡುವೆ ನಡೆದ ಶೀತಲ ಸಮರದಲ್ಲಿಯೂ ಇದರ ಪಾಲಿದೆ.

ಇವೆಲ್ಲವನ್ನೂ ಮೀರಿ ಹೆಲಾ ಜೀವಕಣಗಳು ಅಮರತ್ವ ಪಡೆದಿವೆ, ಬೆಳೆಯುತ್ತಲೇ ಇವೆ. ಎಷ್ಟರ ಮಟ್ಟಿಗೆ ಎಂದರೆ ಅವಳ ಜೀವನ ಚರಿತ್ರೆ ಮತ್ತು ಹೆಲಾ ಜೀವಕಣಗಳ ಅಮರತ್ವದ ಬಗ್ಗೆ ಪುಸ್ತಕಗಳನ್ನು ಬರೆದಿದ್ದಾರೆ, ಚಲನಚಿತ್ರಗಳನ್ನು ನಿರ್ಮಿಸಿದ್ದಾರೆ. ಮೂಸಿಯಂಗಳನ್ನು ತೆರೆದಿದ್ದಾರೆ. ಲೀವಾನ್ ವ್ಯಾಲೆನ್ ಎಂಬ ವಿಕಾಸವಾದದ ಸಂಶೋಧಕರು ಇದು ಎಲ್ಲಿಯವರೆಗೆ ಎಂದರೆ ಈ ಜೀವಕೋಶಗಳು ಬೇರೆಯೇ ಸ್ವತಂತ್ರ ಜೀವಿಗಳು ಇರಬಹುದೆಂದು ಚಿಂತನೆ ಮಾಡುವಷ್ಟು ಒಂದು ವಿಷಯವಂತೂ ಸತ್ಯ ಹೆನ್ರಿಯೆಟಾ ಇಲ್ಲದೆ ಇಂದಿನ ವೈದ್ಯಕೀಯ ಲೋಕವೇ ಇಲ್ಲ. ಅವಳು ಅಮರ, ಮನುಕುಲಕ್ಕೆ ಅವಳ ಕೊಡುಗೆ ಅಪಾರ.



# An understanding

sometimes i wonder what's the point of it all  
 endlessly reading piles of books,  
 only to have to convince people  
 of your good intentions and then  
 i see that a rightly identified drug reaction  
 hidden away amongst all those pages  
 is probably what made a patient  
 see another day and suddenly, i understand

sometimes i wonder what's the point of it all  
 spending your prime years of youth  
 working or studying long hours and then  
 i see an old lady going home  
 with a look of absolute relief  
 just upon hearing  
 her regular family physician say  
 her BP is normal and suddenly, i understand

sometimes i wonder what's the point of it all  
 seeing health workers  
 getting abused for something that in no way  
 is a fault of theirs and then  
 i see my mother and father  
 filled with pride  
 telling people that their daughter  
 is in medicine and suddenly, i understand



**Aishwarya V Bhat**  
 Intern (2018-19)

sometimes i wonder what's the point of it all  
 working tirelessly and endlessly  
 only to be told off by a senior  
 for the smallest error and then  
 i see a pregnant woman  
 asking if the intern who calmed her anxiousness  
 would be in the operation theatre  
 for her delivery and suddenly, i understand

sometimes i wonder what's the point of it all  
 if i keep questioning  
 about my purpose in this field  
 or my ability to make a difference and then  
 someone asks me why i took this field  
 and i remember all the moments  
 that kept me going and suddenly, i've come  
 to an understanding

# Petition for Self Defence in Medicine

Remember that night  
when your mother had high fever  
the clinics were closed  
you called up your doctor  
he didn't say no  
he was there

Remember when  
your little child  
was crying  
and refused to take medicines  
you found a helping hand  
he was there

Remember when  
your little brother  
wasn't able to breathe  
the pandemic had your mother  
worried out of her wits  
at the end of a long shift  
he stood up to his duty  
he was there

Today you were in his clinic  
When he was being beaten up  
for a reason he had no control over  
And alas,  
you were not there  
REMEMBER THAT.



**Aayushi Dandekar**  
Intern (2018-19)

## The Doctor is a Wise Guy

Everyday so many patients come by,  
Some with a teary eye,  
Some unable to see the sky,  
Some with a painful sty

But the doctor is a wise guy,  
Recommends ointments to apply,  
Teaching the students that stand by,  
About this technique and that dye,  
Finally rewarding a day's hard work  
with some hot evening chai.



# I wonder what drew me towards the medical profession.

The hospital environment is not new to me. Having been single-parented by my dad, I've spent hours in the ER while my dad attended to emergencies. The beeping monitors, the ICU corridor, and the ventilator tubing seemed like a Sci-Fi movie, constantly mesmerising my young mind. The tranquil smile I noticed on my dad's face after handling an emergency or the acknowledgement of a parent whose child was rescued years ago and the respect earned by my dad might have influenced me to take this profession.

"Feed the famished, tend to the penurious, relieve the person in pain, be a part of condolences in one's loss" is a phrase echoing in my ears all the time.

From Dr. House to Grey's Anatomy, Chicago Med to Good Doctor, these are my favourite television series and have made me ponder how these might have impacted my decision.

No one knows the importance of the golden hour better than me.

At a young age, I lost my mother in a tragic accident. That might have kindled my passion for this profession, to see that no child is orphaned.

I am all geared up to give my 100% and develop a potential to impact human life in a way that is truly unique and a job where satisfaction is unparalleled.

Wish me good luck!



**Aayush Patel**  
1st year (2023-24)

## The Right Path

A young impressionable mind; with a passion to heal,  
Put day and night together, worked with zeal,  
Faltered steps, but never failing to strive,  
To don a white coat, bring her dreams to life,  
Little did she know,  
That one day this dreamy bubble will burst,  
That this world isn't a place fair and just,  
That one day no matter how hard she tries,  
When she isn't able to save a life,  
That in spite of doing everything right,  
The skies would fall on her with all their might,

Blames, accusations, questions-  
she'll have to endure,  
Maimed by the very hands  
she wanted to cure,  
As she lay there, her lungs  
gasping for air,  
The world around her seeming  
to fade,  
Her white dream tainted with a  
crimson shade,  
Another young mind looks upon,  
With a shaken soul, a dreaded heart,  
Wondering if he is walking on the right path



**Prisha Mehta**  
4th Year (2019-20)



## Congratulations, we did it!

Carefree teenagers, without a single worry in the world, entered gallery six, rushed through the corridors of college, almost fainted but beamed with joy entering the dissection hall, we were scared to prick ourselves during physiology practical but made Neubar's chamber with precision and devotion.

The first visit to the hospital seemed like it was a new world, totally unknown, I was not sure if I'd remember all the turns and where each staircase takes.

It seems like it was just yesterday that all of us were setting multiple alarms for final year exams so that no one dozes off in the middle of the night.

Time surely does fly.

Looking at myself this year, running up and down the hospital even at midnight, knowing where each stair



**A Anushka Rao**  
Intern (2018-19)

leads, seeing familiar faces, feeling a sense of belonging, barely knowing how to interact with patients to counselling them, from begging, borrowing and even stealing of discharge summary sheets, whether it be carrying blood and running as fast as possible for ABG, looking at the door creak in the emergency department at 2 am and searching for the initial assessment chart, 130/90 being the favourite BP recording, multiple IP sheets, aPTT and INR forms, NABH consents, scrubbing in and out of OTs, and everything in between Here's to the last batch of the "old curriculum" surviving all the odds, to the batch of 2018, we are finally doctors. Cheers!



# REASSIGNMENT SURGERY

Reassignment is the act or process of changing from living as a person of one sex to living as a person of the opposite sex by undergoing surgery, hormone treatment, etc. to obtain the physical appearance of the opposite sex. This unease that a person might have because of a mismatch between their biological sex and the gender they identify with, is termed as gender dysphoria. Such a conflict had long been observed in transgender individuals, but the advent of successful sex reassignment surgeries came much later. Though this surgery proved to be a boon for many transgenders who were relieved of their gender dysphoria, it remains a topic of intense discussion among medical professionals and researchers.

The world's first documented sex reassignment surgery was done not earlier than 1931 on a Danish painter Lili Elbe (birth name - Einer Wegner) who was assigned male at birth, later operated by a German gynecologist Kurt Warnekros. Unfortunately, she died of complications not long after the fifth procedure in 1931. From 1931 till the present, a large number of transsexuals have undergone sex reassignment, many of them being huge successes showing a significant decrease in death rates. A US study showed that from 2000 to 2011, the rate of surgical sex reassignment measures among trans persons rose from 72% to 83.9%. Despite these promising results, these surgeries remain a matter of concern amongst physicians.

To start with, an SRS (Sex Reassignment Surgery) predisposes a healthy body to a bunch of unnecessary risks, many surgical attempts facing rejection of surgical organs. Even if the surgery goes well by the grace of modern surgical and hormonal techniques; transsexuals having undergone SRS have been observed to face many psychiatric problems. Their suicide rate has been found to be 20 times above the comparable population. In addition to this, they have an increased risk of depression, anxiety



disorders, and self-harm without lethal intent.

Many transgenders have revealed their persistent sense of confusion about their gender, even after the surgery. Such observations challenge the surgery prescription.

Intensive research and observations on this topic have paved the way to new techniques such as special skin grafts and hormone treatments to accommodate the genital implants and hormone administration to make the transition

easier. Alongside, it has been seen that a clinical protocol consisting of a multi-disciplinary team is essential in which the patient can seek psychological help regarding dysphoria so that they develop a sense of well-being post-surgery.

A long-term follow-up with the physician as well as a therapist would also improve the quality of life of the individual.

Considering risks associated

with SRS along with keeping the protection of transsexual rights in place, countries have come up with certain laws and medical policies on SRS. These include maintaining an age bar before which SRS won't be allowed. Alongside, abuse of drugs containing sex hormones has been curtailed under law. A patient can ask for an SRS only if a sanctioned letter for the same is present and drugs prescribed must be endorsed by World Professional Association for Transgender Health. Everything about an SRS makes it paramount that potential risks and consequences be discussed in detail with the patient as well as their family by the physician.



**Tanishka Kochhar**  
4th Year (2019-20)





# LETTERS TO THE LOST

There was a time wherein,  
The sky would open up in bits and pieces,  
And a girl, all freckles, unruly hair, green eyes,  
Would stretch herself to the tallest,  
And watch, as the sky is sent asunder  
She'd look hungrily for the one she lost,  
And wonder, whether they were stealing glances at her too.

The first little drops of rain that flecked her face,  
Told her stories she had long forgotten,  
Stories wherein she was the best of all,  
A smart mouth, a defiant gaze, that tiny chin jut against the world,  
Stories she hardly recognised.  
The bigger drops that came right after told her,  
Stories more familiar, stories that showed her dull eyes, a hesitant smile, fidgety hands.

Then came an image, a memory that she had kept carefully tucked away,  
A grey nest of hair, obsidian eyes, freckles a tad too familiar,  
A face that was beautiful, and always growing even more beautiful,  
A pair of calloused hands that would ruffle her hair,  
A forgotten kiss on the forehead, while the girl slept.

The girl felt for her heart, a heart that beat now in a strange rhythm,  
As if it had grown tired of beating valiantly,  
A film of images appeared, all fleeting  
An ashen face, the obsidian eyes with no light, calloused hands that grew cold.  
And the girl felt her heart twist upon itself, and her world started to blur,  
So she tilted her red rimmed eyes to the sky and screamed,  
For she was told that where good souls resided, God did too.  
But the sky remained impassive to her cries.  
And no matter how hard she looked,  
There was no sign of those obsidian eyes.

After a while that seemed like a forever,  
The sun appeared from behind the silver veils,  
And the girl watched, as the sky burst into its vibgyor of colours.  
Colours that showed her stories she had never seen before,  
Stories wherein she saw herself,  
No longer shy, big strides,  
A little more stronger, eyes that bore all the fire in the world  
Gone were those fidgety hands,  
And the girl watched in fascination,  
As the girl from the future put a hand to her heart,  
A heart that'd cower away from love, a heart that wouldn't beat the same way again, a heart she kept  
chained away,



**Hiba Aysha**  
4th Year (2019-20)

Warmed at her touch and beat,  
 Tiny little beats, as if to tell her,  
 That the scars have started to heal and that,  
 She has come a long way,  
 And that she'd go a longer way still.

So the girl from the present mirrored her, put her palm  
 over the place where she carried her love, her joy, her  
 despair,  
 And listened, as it thrummed, falling into a beautiful  
 rhythm,  
 "Its all going to be okay" it said,  
 And the girl realised with a start,  
 That the obsidian eyes she searched for hadn't gone too far away,  
 They were right there, under her fingers.  
 And unknowingly the curves of her lips stretched into a smile,  
 And she sung the lullaby, one she'd never get tired of,  
 "Grow my little one, grow all strong and brave,  
 And meanwhile sing a little song,  
 When storms rage within you and the world grows cold,  
 Sing it a little louder,  
 And I'll be here, to dance along."



## A Precarious Position

Mother's sorrows and father's vices, concealed in sobriety  
 Unveiled through drunken taunts and painful cries, A stifling  
 atmosphere, with embers of tension waiting to ignite, Trifling  
 events call forth incessant rebukes for a sliver of respite. Father's firm shoulders bent in  
 remorse,  
 Mother's warm embrace tepid in apprehension,  
 Riddled with allegiance, the child treads in indecision.



**Shweta Gupta**  
 2nd Year (2021-22)



## Desolate

Amidst the stampede's roar  
 Bustling and surging, without a shove  
 An impenetrable carapace, resolute and  
 tough A Dense exterior, a robust facade  
 Concealing the blight within Crafted with  
 intent, it must endure  
 Mighty, in reverence of its engineer The  
 shield's triumphant pace  
 Smothering the architect's whispers of  
 remorse Dazzled by power, unyielding  
 Blind to the forlorn being within  
 Unheard and unseen  
 Perishing in the shield's routine



# The Doctor's Heart

At nighttime, changing the hospital gown,  
I sometimes wonder if I am a clown,  
For who's a better circus man,  
Than one who without a flutter can,  
Perform laughably useless tasks,  
On the soul brought in a van.

What foolishness is bestowed upon me,  
When I fix the drunkard's knee,  
For he'll die with cirrhosis faster,  
Even if the leg ever be.

Why save even one, when death spares none?

Sooner or later they'll give out,  
Leaving me with the anger they spout.

Alas! I can never think that,  
For Hippocrates said so,  
'Save every man you can,  
Be it Ram, Iqbal or Joe'

Every life is precious, every second is sacred

I'll practice my art.  
My duty is to change their fate,  
And as He told me,  
I'll let Love overcome the Hate



**Parishkrit Parashar**  
1st Year (2023-24)



# The Role of Mental Health in the Lives of Indian Medical Students: A Critical Analysis

Parishkrit Parashar  
1st Year (2023-24)

In the demanding realm of medical education in India, mental health plays a crucial, yet often overlooked, role. The high-pressure environment, characterized by intense competition and rigorous academic demands, has significant implications for the mental well-being of medical students. Recent studies and real-life instances shed light on the mental health crisis in this demographic, underscoring the need for immediate and effective interventions.

Statistically, the mental health scenario among Indian medical students is alarming. A 2018 study in the *Journal of Clinical and Diagnostic Research* found that about 30% of medical students in India suffered from depression, while a staggering 25% exhibited signs of anxiety. Another study in the *Indian Journal of Psychiatry* highlighted that nearly one in every five medical students had thoughts of suicide, a rate significantly higher than the general population.

The high incidence of mental health issues can be attributed to various factors. The highly competitive entrance exams like NEET (National Eligibility cum Entrance Test) set a high-stress precedent even before students step into medical college. The immense pressure to perform, coupled with long study hours and the fear of failure, creates a breeding ground for anxiety and depression.

Real-life examples bring these statistics closer to home. In 2019, a medical student from AIIMS, Delhi, one of India's premier institutions, committed suicide due to academic pressure and depression. This incident was not isolated; such tragic events have been reported from various medical colleges across the country, reflecting the dire need for mental health interventions in these educational settings.

Moreover, the stigma surrounding mental health in Indian society exacerbates the problem. Many students refrain from seeking help due to fear of being perceived as weak or incapable. This societal attitude mirrors the educational environment, where there's a lack of adequate support systems like counseling services or mental health awareness



programs.

However, recognizing the gravity of this issue, some institutions have begun implementing measures to address it. For instance, AIIMS has initiated a wellness program that includes counseling services and stress management workshops. Similarly, other colleges have started peer-mentoring programs and mental health awareness campaigns. These initiatives are pivotal steps towards fostering a supportive environment for the mental well-being of medical students.

The impact of poor mental health on medical students is multifaceted. Not only does it impair their academic performance and personal lives, but it also affects their future professional practice. Medical professionals with a personal understanding of mental health issues can empathize better with patients facing similar challenges, thereby enhancing patient care.

In conclusion, the mental health of medical students in India is an issue of critical concern. The high prevalence of mental health disorders, compounded by societal stigma and a lack of support systems, calls for comprehensive strategies to address this crisis. Educational institutions, along with the healthcare industry and government bodies, must collaborate to develop robust mental health programs. By nurturing the mental well-being of future doctors, we pave the way for a healthier society and a more empathetic healthcare system.

# THE LAST PRESCRIPTION

Sakshi Bhagat

3rd Year (2020-21)

From savoury bakes to doxorubicin tabs,  
Life wobbled from its peak.  
It was not prior I accepted,  
That is yes, I was not immortal.

I craved for skinny figure,  
With a crown of short hairs.  
It seems I received my present,  
Alas! With a major surprise.

I loved gazing at the sky and mimicking  
the chameleon,  
And now the nevus adapts to do the  
same.

I did spend my days counting scars,  
It was not pretty then but ugly now.

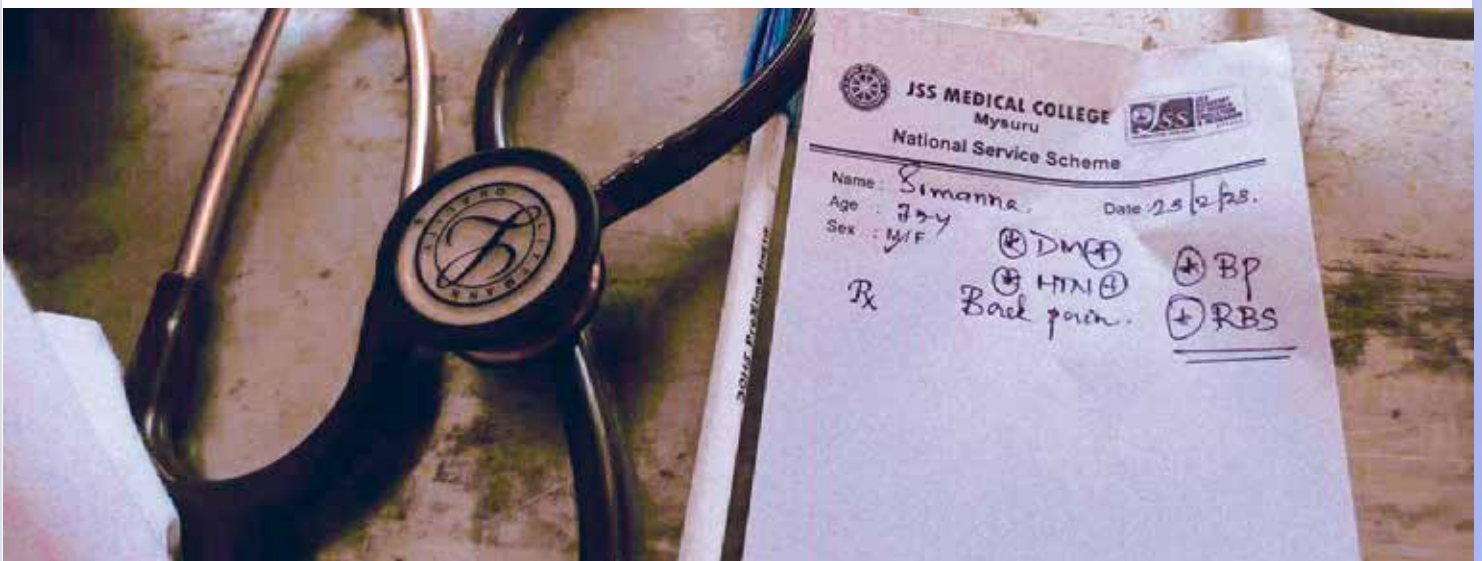
The radiotherapy did not hurt me,  
But the beloved screaming was painful.  
With the silent faith when lit up,  
Was buried by the bills which stood up.

Every dark I slept with corroded hope;  
And woke up with suppressed courage.  
If I survived, it would be my luck,  
If I lost, I will meet my destiny.



I still remember the day,  
When I switched my sentence.  
I am at the hospital,  
I am in the hospital.

The climax was just beside,  
And the chum realised that.  
Instead of prescribing medicine,  
Its time to prescribe me enjoy life.



# Insatiate

Its exactly 11pm  
My head on the pillow, my body on my bed  
My eyed are closed and my mind starts wondering  
And me to myself  
I need to sleep, I need to sleep.

Mind with continuously running thoughts....

Its about 12am  
My eyes are still closed,  
Wait, I need to check geyser,  
Is it off? What if not?  
I got up to see, Yeah!! It is all fine.  
Let me check the gas stove too;  
Yeah! It is closed, it is alright.  
I jumped onto the bed again  
And me to myself, I need to sleep.

My mind still with continuous running thoughts...

It's about 1am,  
My mind starts questioning,  
Are all doors closed?  
Did my parents do it? Shall I check it once?  
Yeah, it is. Let's sleep now.  
Me to myself... I need to sleep.

My mind with continuous running thoughts.

It's exactly 2am,  
Are all fans and lights off? Am I hearing  
footsteps?  
Is it a delusion? I need to check.  
Yes, it's alright. Everything is fine.  
I am back to bed  
And me to myself... I need to sleep

Mind with continuously running thoughts,

Exactly 3am  
Am I thirsty? Let me drink a glass of water,  
It would save me from heart attack.  
What if I go to washroom at last,  
And then I will sleep undisturbed.  
I did all the task now, I am on my bed.  
And me to myself, I need to sleep.



**Sakshi Bhagat**  
3rd Year (2020-21)

Mind with running thoughts....

I look upon the clock  
It's about 4am  
A dim light coming from curtains,  
A sedative mind, a strong beating heart.  
A sudden pain in my chest, an emptiness in my  
stomach.  
A restless body, an unsatisfied soul,  
And I start murmuring,  
I need to sleep,  
I need to sleep.

# Endorphins & Cold water



Sitting in delirium, on the sea side;  
Felt a wave of cold air touching me  
Made me shiver to energetic mind & set it free  
Free to fly, free to scream & opening my intellectual wide.  
An icy cold water dive hugging me tight.

Forgetting everything, everyone & of course that fight  
That icy cold water gave me a decree  
As if asking me to dive in with the happiness key!  
Floating on the cold water made me light 'n' bright.  
An icy cold water dive hugging me tight.



**Disha Agarwal**  
2nd Year (2021-22)

Some days I wonder why is it so lonely  
Why do i feel this emptiness  
This void of nothingness  
My thoughts and emotions swirling around  
like a labyrinth  
Forcing my mind to crumble in the heat and  
face defeat  
Desperate for someone to pull me out of  
this nightmare  
Only to find out that its always been me  
alone on a land this bare  
Maybe one day I'll wake up and this will  
just be dream  
But until then how much more can i scream  
How much more can i cry  
Until my eyes run dry  
My cries for help echoing in the darkness of  
solitude  
Waiting for someone to save me so i can  
feel a little gratitude  
Waiting for a day where I don't feel alone  
anymore  
Knowing that I've made it through  
everything and more  
Waiting for that day all alone

# I wonder



**Mohammed Adnan  
Ibrahim**  
2nd Year (2021-22)

# The Art of Medicine

For people I am a doctor, knowing the  
art of medicine  
An art known to God, and his chosen  
men  
The art of saving a life, what could be  
better then?

I go to the hospital everyday  
Surrounded by a new life that was just  
born, and a body that decays  
I've seen a mother giving birth and  
that very day I saw a mother losing her  
worth, for her son's soul she prayed  
I cried tears of happiness and within  
seconds I'd say  
I cried tears of sadness for that mother  
who lost her son that day.

Life comes full circle, at this place  
I become a new person with every  
new case  
I see people praying to live, people  
praying to die  
Some come to say their first hello and  
others their goodbyes  
10 minutes ago, I told somebody they  
were cancer free  
Now how do I tell this kid she won't  
make it? I ask you, I plea

At the hospital I've learnt so many  
lessons  
Each day this place leaves me with so  
many questions  
Questions on why life is fair and unfair  
Questions on how for unknown  
people, so much, I can care.



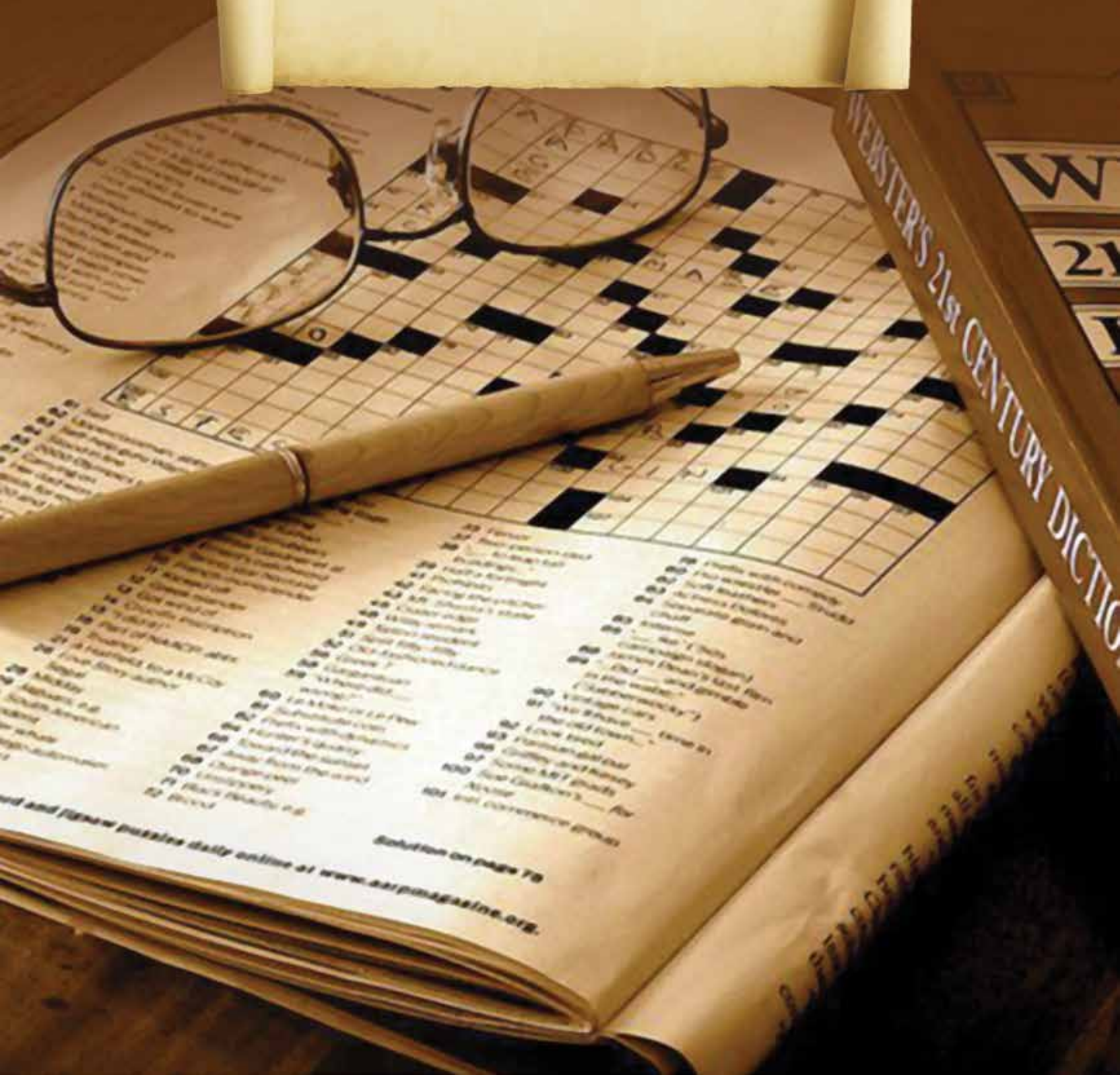
**Vidula Goel**  
1st Year (2023-24)





Aishwarya Bhat Intern (2018-19)

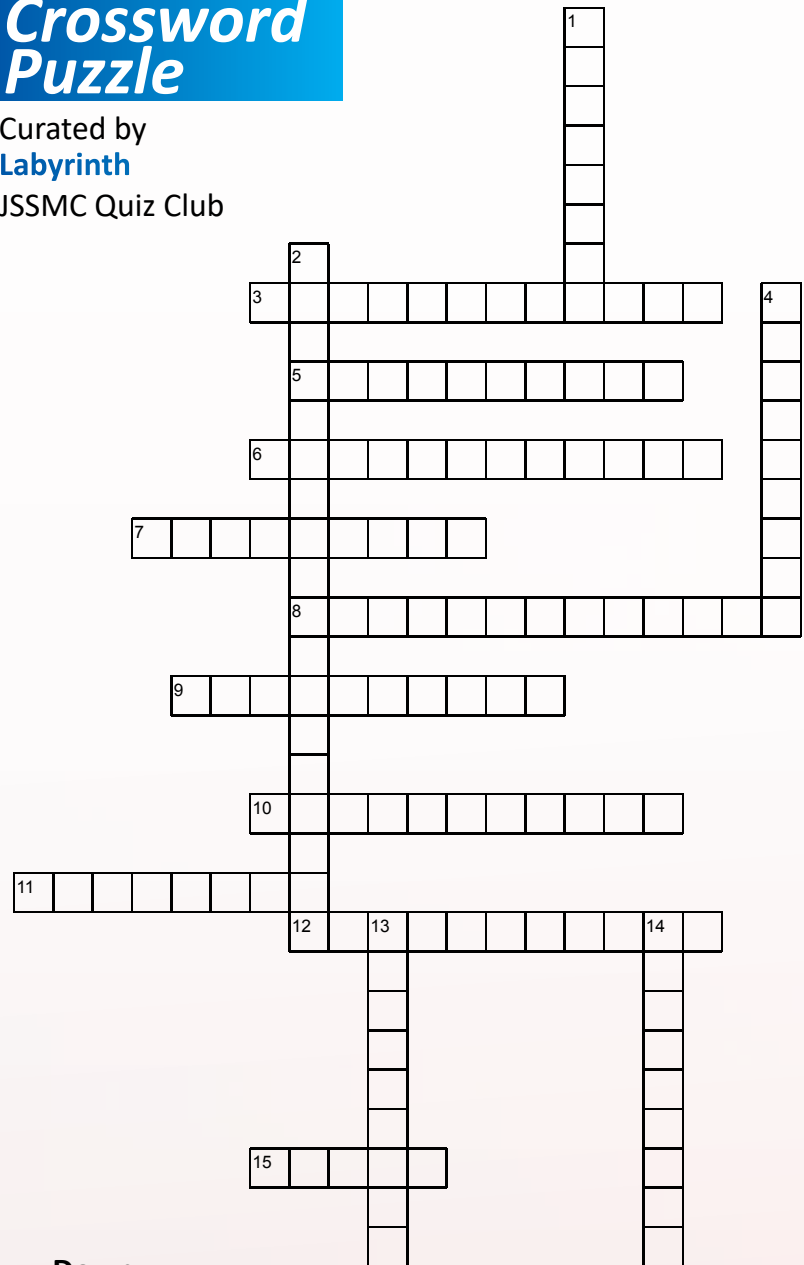
# चिनोदक



and figure puzzles daily online at [www.aarpomagazine.org](http://www.aarpomagazine.org)  
Solution on page 78

# Crossword Puzzle

Curated by  
**Labyrinth**  
JSSMC Quiz Club



## Across Down

3. the rebellious art of turning every heartbeat into a drum solo, giving your arteries a standing ovation they never asked for
5. The ultimate unboxing experience where the living meets the dead
6. When your heart decides to throw a surprise party, complete with fluttering sensations, just to keep you on your toes
7. In the Chronicles of Tissue Tales, a microscopic delight, Where cells unfold their stories, in the body's silent night.
8. The bone marrow's role as a cellular orchestra conductor, turning stem cells into the symphony of blood cell creation.
9. where shaky moments turn life into an unintentional interpretative dance.
10. The unexpected guests that make sitting down a theatrical performance, turning a simple chair into a throne of discomfort.
11. Like the bikes, this disease is taking your immune system on a wild ride of fevers and inflammation
12. The condition where the brain decides to take a raincheck on its development, turning the cranium into a vacant room.
15. nature's dangling punctuation mark in the oral symphony.

## Down

1. The ears' decision to host a constant ringing party, turning silence into an auditory fiesta.
2. A tongue-twister both in name and in practice but for your cerebellum
4. the orchestra of aging, bringing a symphony of creaks and cracks to your daily movements.
13. when your nerves decide to take a detour, giving your arm a surprise vacation from coordination.
14. What the inner ear, the body's backstage pass to balance and concert acoustics is also called

**ACROSS:** 3- Hypertension, 5- Dissection, 6- Palpitations, 7- Histology, 8- Hematopoiesis, 9- Parkinson's, 10- Hemorrhoids, 11- Kawasaki, 12- Anencephaly, 15- Uvula  
**DOWN:** 1- Tinnitus, 2- Dysdiadochokinesia, 4- Arthritis, 13- Erb's Palsy, 14- Labyrinth,



We are thrilled to introduce “Campus Echoes at JSS”, a collaborative playlist aiming to capture the musical spirit of our college experience!

Filled with melodies that resonate with our shared memories, from jam sessions in the corridors to the beats echoing in our hearts during college events, this playlist is a celebration of our diverse musical taste. Open the Spotify App on a device, click on the search option and scan the above code. Press play and let the echoes of our campus life fill your ears with melodies and memories!

2023 Nobel Prize in Physiology or Medicine: Katalin Karikó and Drew Weissman - for their discoveries concerning nucleoside base modifications that enabled the development of effective mRNA vaccines against COVID-19

Medical advancements in 2023:

- 1** Green light for CRISPR gene editing: U.S. Food and Drug Administration approved the world’s first CRISPR/Cas9 gene-editing therapy. The treatment, called Casgevy, targets sickle cell disease by helping patients produce healthy hemoglobin.
- 2** Slowing down Alzheimer’s: The Alzheimer’s drug lecanemab won full FDA approval in July. Like the drug aducanumab approved in 2021, lecanemab removes the amyloid plaques that build up in the brains of people with Alzheimer’s. The drug doesn’t stop the disease, but in a clinical trial, lecanemab

slowed cognitive decline by about 30 percent over 18 months compared with a placebo.

**3** Gene therapy for muscular dystrophy: FDA approved the first gene therapy for children with Duchenne muscular dystrophy. The therapy helps the body produce a version of dystrophin.

**4** World’s first whole eye transplant: In the United States, in November 2023, surgeons performed the world’s first transplant of an entire eye.

**5** AI boosts breast cancer detection rates: Artificial intelligence (AI) has been increasingly used in scientific trials, and a new tool developed in 2023 is helping spot more breast cancer than human screenings. The tool, named Mia and developed by Imperial College London and Kheiron Medical Technologies detected 13% more early breast cancers.



# Unscramble

Curated by  
**Labyrinth**  
JSSMC Quiz Club

## YAMPSHMEE

where the breathless poetry of life transforms into a struggle, leaving behind a canvas of wheezing whispers.

## EMRUBALLCE

nature's conductor, orchestrating seamless movements and balance in the grand symphony of the brain.

## OTOADCRHPEIS

the architects of the skeletal symphony that harmonizes movement and strength, restoring the body's dance with resilience.

## ITUSORSAR

a slender ribbon in the leg's choreography, weaves its way from hip to knee—a silent performer in the ballet of human movement.

## NSIOYAC

where whispers of blue paint the skin, a spectral palette revealing the quiet dance between oxygen and the shadows of breath.

## IFDSOIBR

Nature's whimsy in the female tapestry, benign growths weaving their presence within the uterine canvas, a silent dance that sometimes whispers discomfort but rarely raises a storm.

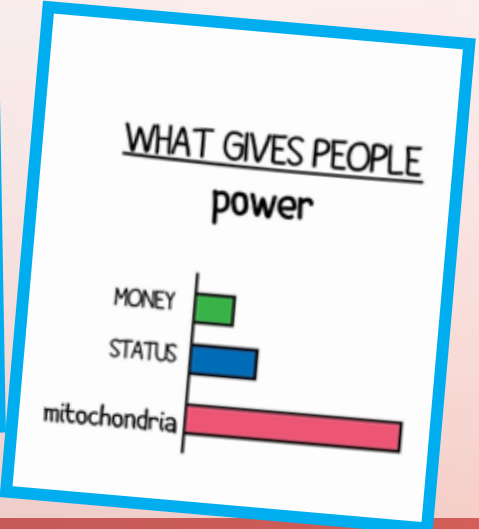
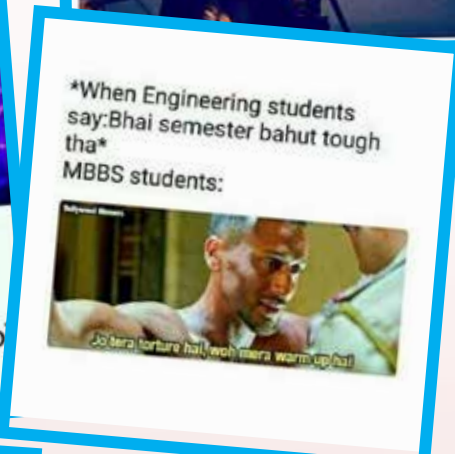
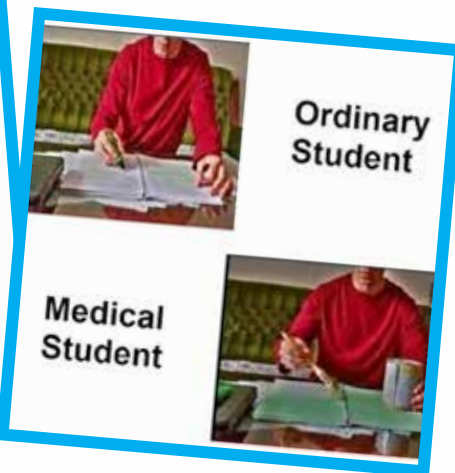
## ALEATPL

The knee's fabulous fashion accessory, a 7-letter strut to joint stardom.

## LRUEC

A stealthy disruptor beneath the surface of the stomach where the it bears the scars of acidity, leaving a fiery tale etched lining

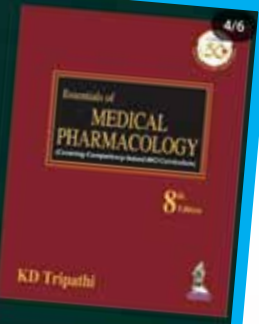
- Answers
- |    |              |
|----|--------------|
| 1. | Emphysema    |
| 2. | Cerebellum   |
| 3. | Orthopaedics |
| 4. | Sartorius    |
| 5. | Cyanosis     |
| 6. | Fibroids     |
| 7. | Patella      |
| 8. | Ulcer        |



Med students borrowing notes from each other is the scariest thing ever 😱.

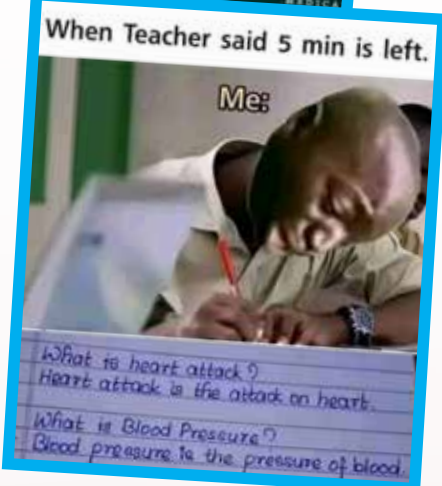
"Give me your head and neck"  
 "Can I borrow your abdomen?"  
 "I want a photocopy your blood"  
 "Can you lend me your HIV?"

KDT's book be like:  
 "So guys & gals, you can mug up as many side effects you want, par exam me teko 'nausea-vomiting' hi yaad aega. Chal ab jake cephalosporin ki classification yaad kar chaparganjul!"



**Medical Student:**  
 I'll prepare it later.  
 i study better at night

At 10 pm:



# Hampi

Hampi is a UNESCO World Heritage Site located in the state of Karnataka, India. It was once the capital of the Vijayanagara Empire and is known for its rich cultural heritage, stunning architectural ruins, and spiritual significance. Located 427 km away from Mysore, it is a town that is well connected and easily accessible for tourists. Following the defeat of the glorious Vijayanagara Empire, the army of the Sultanates plundered the beautiful city of Hampi and reduced it to ruins. Now, it is just a ravaged barren area of land scattered with ruins that narrate the story of a violent past.



**Dr. Adarsh T**

Assistant Professor, Dept. of Orthopaedics

**Some of the must-visit places are**  
(pictures shown)

Virupaksha Temple, Jalakanteshwara temple, Kadalekaalu Ganesha, Elephant Stables, Shree Lakshmi Narasimha swamy Temple, Lotus Mahal, Dining area, Stone Chariot Hampi, Remains of Palace of Krishnadevaraya, Musical pillars at Sree Vijaya Vittala Temple, Step tank





# Magic Moments of MYSURU



Scan for Video

**M**ysuru, the cultural capital of Karnataka, is known for its rich heritage and culture. But very few know that it's also a city for the dream college life. My college memories in Mysuru are always going to be fresh in my mind for the rest of my life.

Chamundi, the magnificent hill of this beautiful city, has always fascinated me. I've seen it more like a person, so dynamic and different every time I visit. Parents with their kids, teenagers on their bicycles, couples in their own little world, friends hanging out, fitness freaks, grandparents, devotees of every kind can be seen having their own special moments.

As Sadhguru said, "There is a tradition in Mysuru, if you have something to do, you go to Chamundi hill, if you have nothing to do, you go to Chamundi hill, if you fall in love, you go to Chamundi hill, if you fall out of love, you go to Chamundi hill."

An early morning ride to the nearby KRS Road will give you a view of pristine fields on both sides of the road with its ever changing colors, green to golden to brown and back to green. You will see soft-hearted farmers who always welcome anyone into their fields to see or learn. Don't be surprised if they invite you over for lunch in the middle of the field.

Meenakshipuram, a small village adjacent to KRS, is the most underrated place and a hidden gem of Mysuru. The vast grassland merging into the KRS reservoir, with the sun setting over the small waves created by the winds is one of the best sunsets you will witness in Mysuru and one should definitely not miss out. It is also the best spot for camping

and having a picnic. The peaceful nights with the moonlit grassland and background sounds of waves, is another beautiful moment I say one must relish. Why go to Kabini, when we have Meenakshipuram?

In the scorching summer heat, riding through KRS Road to Yedamuri falls to beat the heat has been a college tradition in Mysuru for years. Swimming around in the flowing waters of Kaveri till exhaustion and at last eating the fish fry of the fish freshly caught while watching the sun set over the glistening surface of Kaveri is the perfect ending for the evening.

## The Heart of Mysuru

The palace and the 3 main circles - Hardinge, Jayachamarajendra and Devraj URS circles are the heart of the city. The Indo-Saracenic architecture and stunning beauty of Amba Vilas Palace is world renowned but a midnight stroll in front of the Jayamarthanda Gate with your

favourite people will always be missed once you go back to your respective hometown.

The beauty of the 3 circles in the heart of the city is best seen at midnight when there are a few people around and the lights are out. The circle stands apart and you can't help but just marvel in its magnificence. And don't forget to pay your respects to the kings for they are the ones who built this beautiful city and several other important structures around, that makes the wonderful region of Mysore what it is.

These are just some of the Magic Moments of Mysuru that my eyes have spotted. Go out, find and make you own Magic Moments of Mysuru.



**Madhav Muthu**

Intern (2018-19)

beyond  
the degree



# Our Degree cannot define who we are

I joined JSS Medical College in September of 2016. "The First NEET batch!" everyone called us. Everything seemed right. Hailing from a family of doctors, a career in medicine seemed like the most appropriate career choice at that time.

From the very first year, I participated in extra-curricular activities - from being a part of the basketball team to taking part in the fashion events. I also traveled solo a lot. But the one thing that was exciting to me, the one thing that piqued my interest the most, were the airplanes in the sky.

I started working as an intern in May of 2021 and at first, the excitement of passing final year, getting to work for the first time in my life, felt great. But as time passed and the initial spark seemed to fade away, I realised I didn't belong in a hospital. The best parts of internship, like getting to scrub in on a surgery or EMD duty, didn't excite me. I couldn't help but remember the way I'd felt watching the planes in the sky and the interest I still had towards Aviation. These thoughts were resounding in my head, all the time. So, I gathered some courage and spoke to my parents about it.

My parents have always been extremely supportive of me. I am very grateful to have parents who listened to my concerns, understood them and supported the possibility of a career change.

After graduation I started actively preparing for the exams for aviation, including 12th grade Mathematics. I wrote the exam through the National Institute of Open School in September of the same year to get eligibility for a flying school. After that in the next 4-5 months I cleared all the Aviation exams in India and shifted to Orlando for Flight training.

Currently I am a private pilot with Instrument Rating and awaiting my final check-ride to become a commercial pilot with 245 hours of flying experience. I hope to be back in India soon and fly for Air India. I am very glad that I had the courage to make this switch in my career, and follow my dreams. So remember - If you can dream it, you can do it.



**Dr. Navneet Gupta**  
Alumni (2016-17)

# Soaring to Greater Heights Together

I am very happy that Samarthyia has chosen the theme as: Healing humanity beyond Borders.

I currently lead the ICATT Air Ambulance Services, a premier air ambulance company in Asia, where I have spearheaded groundbreaking initiatives since its inception in 2017. The company has recently expanded its operations into the Maldives, employing sea planes and speed boats for patient retrieval from islands and resorts.

During the Kerala floods, ICATT Air Ambulance, a private player in the healthcare sector, made history by deploying a fully loaded ICU chopper for relief efforts. We assisted in airlifting

patients from relief camps and established a command centre at the Chengannur

National Health Mission hospital. Additionally, ICATT Air Ambulance implemented a “Track and Trigger” system, which monitored patients and enabled prompt medical intervention as required. Notably, all these services were provided free of cost, showing the team’s commitment to humanitarian aid in times of crisis.

Overall, ICATT Air Ambulance’s involvement in the Fellowship in Aviation Medicine Programme and their initiatives during the Kerala floods demonstrate their dedication to advancing emergency medical care and providing vital assistance during critical situations.

Furthermore, ICATT Air Ambulance has accomplished the India’s longest aeromedical transfer, which involved transporting patients from Johannesburg to Chennai and from Portland to Chennai. These transfers encompassed a remarkable journey of 21,000 kilometres over a duration of four days.

Throughout this extensive journey, ICATT Air Ambulance crossed seven countries and four time



## About the author

**Dr. Shalini Nalwad, a distinguished medical professional has done her MBBS from JSS Medical College, Mysore University, along with a prestigious Fellowship in Anesthesia from the College of Anesthesia, Ireland, and Membership from the Royal College of Anesthesia, UK. She holds several key positions and roles in various organizations and campaigns, highlighting her commitment to healthcare, emergency medicine and public health. Recently, she was recognised at the 6th Global Alumni meet: SAMAGAMA held on December 2, 2023, at JSS Medical College, Mysore and was awarded the Distinguished Alumni Award, 2023. This award is one among many of her accolades and achievements.**

zones, conducting 30 hours of flying while coordinating with five different ministries. The mission required careful logistical planning and effective coordination with authorities in various countries.

The successful completion of these complex aeromedical transfers highlights the expertise in long-distance air transportation and showcases commitment to providing critical medical care to patients in need, regardless of geographical constraints. Execution of such demanding operations require professionalism, dedication and capability to overcome challenging circumstances in the pursuit of delivering exceptional medical services.

Connecting patients across countries has helped bridge the gap in access to healthcare and health education to individuals. It has helped us prove that healthcare can exist beyond borders and health of an individual is the most important aspect to a doctor and society as large.

# Healthcare Management for Doctors

**M**ost doctors coming out of Medical College gravitate towards clinical specialties for a choice of career, and rightly so. They have worked hard to get their degrees in Medicine and have a passion to treat patients and build a connection with their communities in that manner. An up-and-coming field of study nowadays is Healthcare Management, which has proven to be an exciting field of expertise for doctors with an inclination towards building health systems with a larger view of community health.

It is a field which is off-center in its approach and can be unnerving for doctors. This is especially so because of the disconnect from finance, mathematics, and general management principles. Doctors have not dealt with subjects like math since 12th Standard and have often discouraged themselves from venturing into such alien fields. But the importance of being a good administrator is evident now with a significant number of senior clinicians exploring management degrees from top business schools in India and abroad.

The Indian private healthcare industry is a complex one, with most of the care provided in small clinics, polyclinics, and doctor owned nursing homes. There is very little scope for scalability and expansion in these setups, and so carries very little involvement of formally trained healthcare administrators. But there is a growing dependency on medium and large sized corporate hospitals in tier 1 and tier 2 cities. This growth has created a huge demand for formally trained management professionals. Any person with or without a clinical background can fill this requirement, but it is only obvious that someone with clinical or medical experience/education will



## About the author

**Dr Nitin Manjunath is an alumnus of JSS Medical College, completing his MBBS in 2011. He further graduated from Boston University with dual degrees, MBA in Health Sector Management, and MPH in Health Policy & Management. He is currently the Facility Director at Narayana Health City, Bengaluru, Narayana Hrudayalaya Ltd's flagship campus where he oversees Operations, Strategy, and Business of the two hospitals located there. He can be reached at [nitin.manjunath@gmail.com](mailto:nitin.manjunath@gmail.com) or on LinkedIn.**

have a deeper understanding of the health systems and clinical operations.

There are multiple ways to enter the healthcare management space after MBBS. It is however preferable that candidates gain work experience or higher clinical training before pursuing a management degree. This

work experience on the floors of hospitals will provide greater insight and expertise in managing them.

The various degrees available to be pursued channel students towards a certain career path, but the lines between the various paths are blur enough to allow for cross-movement. These degrees include MHA, MPH, MD, and MBA amongst others.

The MHA program is traditionally sought after by medical, dental, and allied medical personnel who want to transition into Hospital Administration roles. These courses provide an in-depth understanding of clinical quality, clinical operations, and basic hospital management principles. Graduates from these programs usually go into Asst. Medical Superintendent, Deputy MS, and MS tracks handling a myriad of clinical issues in hospitals. Few candidates do specialize into particular streams such as Quality Management, Pharmacy and Supply Chain, or Digital Initiatives.

The MPH program is pursued by candidates interested in Public Health, Epidemiology, Community Health, and Public Policy in Health. Graduates from this program usually move into

NGOs working in the public health space, or for the government working on the various health programs in urban and rural areas.

The MD in Hospital Management program is similar to the MHA program, except that only MBBS graduates are eligible to pursue this program.

The MBA program is similar to every other MBA program in non-healthcare industries. This degree provides an overview of health systems, but most importantly sets up the graduates for a career in Healthcare Business management. The MBA focuses more on Finance, Strategy, Marketing, Supply Chain Management, HR Management, and Operations and is most useful for those interested in the business side of healthcare.

The eligibility criteria, curriculum, and duration of each of these programs vary not only between themselves, but also between the various colleges and institutes that offer them. Planning the right next step would have to be a carefully strategized and implemented process.

Healthcare Management is an exciting field for anyone with an aptitude for administration and a passion for solving problems.



In early 2021, a striking WhatsApp status caught my attention – a captivating green poster set against a backdrop of trees, mountains, and joyous travelers. It featured a spirited girl with a backpack and the poster read, ‘Travel fellowship in primary healthcare.’ A 12-month fellowship for MBBS graduates willing to explore health in the grassroots through an immersive experience across rural India at centers dedicated to primary and secondary care across the country.

It felt as though the poster was tailor-made for me - A recent MBBS graduate, uncertain, intimidated and lost in the vast landscape of medicine. This poster, seamlessly blending my medical degree with my passion for travel, felt like an opportunity too perfect to pass up. Craving meaning before the never-ending race to post-graduation and beyond, I applied without hesitation.

After a virtual interview process, I was invited to the orientation at Tribal Health Initiative in Tamil Nadu where I met my mentors and fellow travelers for the first time. Beneath starlit and clear blue skies, we soaked in decades of wisdom and stories of change - by the stream or a distant waterfall, during swims, games or walks. Little did I know that this would challenge everything I have known, learnt and seen so far.

I soon understood that, unlike college, learning here meant flexibility - freedom to select my destination, purpose and duration of stay during the year. There was ample room for thought and expression, providing an opportunity to discover what truly resonated with me.

I chose Jan Chetna Manch, Bokaro - a



## A deep dive into the Heartlands of INDIA

birthing center run by tribal women in Rural Jharkhand as my first centre. The local women welcomed me into their world, taught me their way of village life, and ensured I felt at home here. During my initial few months here, I spent time observing and understanding, as I learnt practical aspects of social obstetrics and childbirth from these highly skilled women.

The next few months were spent in the tribal belt of Southern Rajasthan; Basic Healthcare Services introduced me to holistic primary care and trained me to see patients confidently as a primary care physician. Young motivated women spearheading nurse-run primary clinics in a

society entrenched in caste and patriarchy, strengthened my understanding of what real empowerment looks like.



As I traveled further north towards the end of the year, I reached Aarohi that runs a beautiful hospital nestled in the interiors of Uttarakhand. Here, I had the opportunity to channel my understanding and experience in running a secondary hospital in the remote mountains. The warm-hearted Pahaadis of Kumaon became my guides and mentors, unveiling the secrets of life in the mountains—one story, one hike, one stream crossing and shared meal at a time.

This journey further led me to Kalahandi in remote Orissa towards the end of the year, where Swastya Swaraj introduced me to the simple lives of forest dwellers largely untouched by the outside world. They shared wisdom about their home, emphasizing the delicate balance between forests, farming, flowing rivers, and sustenance. Although my fellowship ended, my travels continued. I continued working and exploring other models of healthcare while taking up larger roles at the organizations I had previously visited.

I wouldn't say it was all easy. Leaving the comforts of home with no fixed agenda or plan was terrifying at first. Convincing my parents to let me take some time off to explore while my classmates prepared for PG was a start. Once I made the decision to leave home, traveling alone to a new place every couple of months, acclimatizing to new customs and ways of life,

managing to get around stuffed in local trains or buses, learning languages, and adapting to new food habits while carrying out my duties as a doctor did come with its own set of challenges.

The grim reality



of communities pushed into the margins, the stark inequality, poverty and suffering became all the more evident. Tiny babies born to mothers not older than 15-16 managed to pull through without intervention. Severely anemic children with massive spleens gleefully ran around the villages playing in the mud. Pregnant mothers walked kilometers a day to fetch water with pots and pans on their heads. The multitude of men and women whose lungs TB has eaten into, still toiled each day working till their lungs give way. During birth or death, in sickness or pain, life went on for them.

There's an incident from my early days of the fellowship that remains etched in my head. We had to manage a very sick home-born preterm baby. Unable to get any IV access, I was very scared! I remember telling my staff nurse, a young tribal girl, that I didn't think I could do it and it would be best to send them to the closest referral 2 hours away. Right that instant, she gave me a stern glance and said, "Didi, if not you, who? look it up on your phone and see what else we can do. If we give up, they will only take the baby home leaving it to die. At least this way, we will know we tried." It was this resilience and strength that always helped me challenge myself and take risks I wouldn't have had the courage to otherwise.

These experiences were not just life lessons; they expanded my understanding of health. This compelled me to shed the false pride that accompanied my doctor tag and hierarchy





ingrained in me as a medical student. Letting go of a system that trained me to view patients as cases rather than people in need of care, I began to see health differently.

No one had prepared me for the complexity and diversity of challenges and solutions that I would encounter in these remote settings. Many healthcare needs in these communities were addressed with just minimal intervention, common sense, local knowledge, and the promotion of healthy habits. As a healthcare worker in resource-limited settings, I had to adapt to a world where many advances of well-equipped centers were unavailable. Learning from the locals about resource management, finding the courage to make crucial decisions, trusting my instincts, and honing the right skills to tackle any challenge became inevitable.

Looking back, I realize that no conventional form of education could have provided the knowledge I gained through this unstructured, experiential learning. Interactions with travelers from all walks of life and embarking on this transformative journey with them was a testament to the power of human connection and the collective pursuit of knowledge. These ties are not just professional connections but bonds of shared experiences and growth.

Now, nearly three years after completing my internship and countless adventures later, I find myself with a new understanding of healthcare and my place within it. Rather than feeling overwhelmed, I eagerly look forward to new opportunities and challenges. As I prepare

for my post-graduation entrance exams, I look forward to working at the grassroots armed with the skills and experiences I aspire to gain. The stories of resilience and wisdom have become integral of my medical ethos. I am ready to channel this newfound understanding into my life and practice.

I encourage any of you considering taking a step back from the never-ending race to explore experiences like this unique fellowship, whether for a few days or a more extended journey. It will open your eyes to healthcare beyond the confines of the hospitals we know, exposing you to a world of possibilities. From learning essential skills to discovering new paths that await your exploration, the rich experiences you gather will leave an indelible mark on your life and practice, regardless of your future field or setting.



[www.ruralhospitalnetwork.org](http://www.ruralhospitalnetwork.org) can help give you a comprehensive guide and contacts to various organizations across the country open for volunteers and doctors. Additionally, [www.travelfellowship.org](http://www.travelfellowship.org) will give you more details

about the fellowship including the 3-day 'rural sensitization program (RSP)' - a rural immersion program for medical students happening across various organizations through the year.

Not sure where to start?

Write to me at [surabhisanjay@gmail.com](mailto:surabhisanjay@gmail.com)

**Dr. Surabhi Sanjay**  
Alumni (2015-16)

इष्टावद् इष्टान्तु  
निरालया







## Department of **Anaesthesiology**



The most diversified, yet integrated unit if considered, is the anaesthesia department. Diversification in terms of services rendered to almost all the clinical specialities and integrated, due to the deliberation of coordinated teamwork. Anaesthesiology has evolved from the primitive stages of “blow on the head” to the most sophisticated modern day safe anaesthesia practices. Insertion of a nasogastric tube to resuscitation of cardiac arrest has been our wide range of expertise. Providing anaesthesia with sound theoretical knowledge and skill application is the main crux, safety of the patient being the

only objective during the whole process. We bear the immense responsibility of providing comfort to the patient, relieving him of pain and maintaining the internal homeostasis, irrespective of the borders and barriers that divide humanity. Watching silently from behind the screen, actively indulging the senses along with the neuronal circuit and exhibiting the physical skills, we are a bunch of magicians who take great pride in navigating the functions of life under anaesthesia towards a safe horizon. We are the inconspicuous guardians, invincible angels.



## Department of **Biochemistry**



The Dept of Biochemistry is collaborating with several universities in India and abroad and is involved in Basic Science and Clinical Research which will open doors to several newer inventions and discoveries in healing humanity across borders.



## Department of **Anatomy**



**D**epartment of Anatomy, JSSMC, firmly believes that the pursuit global healthcare as a goal, involves extensive, active Research and understanding of the Human Anatomy, in order to understand and bridge the diversity in healthcare needs among different populations. Here are the initiatives taken towards that goal ;

Cadaver based Ultrasound Guided Educational Model for Regional Anesthesia was a workshop conducted by Orthopedics department along with Anatomy department to learn sonographic anatomy , brachial plexus and forearm nerve block, and develop their surgical knowledge to give better surgical outcome.

Genetic Counselling Unit under Department of Anatomy, JSSMC is involved in:

1. Understanding the natural course of disorder.
2. Inheritance pattern.
3. Risk of recurrence.
4. Implication to other family members.
5. Genetic testing & its limitation.

Genetic Counselling stands on the pillars of Diversity, Equity and Inclusion. The interconnectedness of diverse cultures, fostering a global understanding of shared human experiences. It transcends geographical limits, promoting empathy and enriching our collective tapestry of knowledge and appreciation for the richness of human expression.

Ongoing Research Among Tribal Groups in Sickle Cell Anaemia

In 2021, 2 Primary healthcare Centres in Heggadadevankote, in Mysore district were covered by JSS Medical college under the SCD program. This has been done by DR.DEEPA BHAT, DR.BASAVANAGOWDAPPA, DR.SUNIL KUMAR D, DR. JAGADISH KUMAR K. 50 homozygous and 200 traits have been detected, educated and managed.

Genetic therapies help to provide new treatment or cure sickle cell disease. Researchers used patient blood or bone marrow and modify their stem cell using genetic therapies.



## Department of **Endocrinology**



In the realm of endocrine care, our department envisions a future where healing transcends borders. Endocrine conditions like diabetes, hyperthyroidism, hypothyroidism, Cushing's syndrome, PCOS are conditions plaguing the world population irrespective of borders, age, gender, creed or culture. Striving for a global impact, we aim to extend compassionate and advanced medical solutions to endocrine conditions worldwide. Our commitment is to nurture health, fostering a world where well-being knows no boundaries.



## Department of **Critical Care Medicine**





## Department of Community Medicine



**A** Sanskrit phrase “Vasudhaiva Kutumbakam” means the world is one family. Department of Community Medicine aligns with the same ideology, which emphasizes a holistic approach to health that extends beyond individual care. Our department focuses on the health of the community through promotive, preventive, curative and rehabilitative measures along with addressing social and environmental determinants of the ill health. It seeks to create healthier communities by ensuring access to healthcare for all.

The Department operates with a strategic plan encompassing 1) Education and training- emphasis on imparting knowledge and skills thus ensures that all are trained to address community health needs, 2) Research and innovation- To stay at the forefront of healthcare advancements, the department actively engages in research and fosters an environment of innovation, seeking new solutions and approaches to enhance community health, 3) Community engagement and advocacy- Recognizing the importance of involving the community, the department actively engages with local populations, seeking their input and participation, 4) Quality improvement and evaluation- Monitor the health indicators, evaluate the program and ensures that the quality of services provided meets benchmarks, and 5) Collaboration and networking- Understanding the interconnected nature of healthcare, the department actively collaborates with other entities, fostering partnerships and networks that amplify its impact and contribute to a broader community health ecosystem.

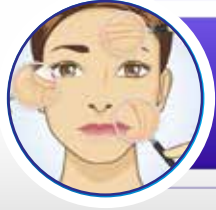
Extensive community-based activities are conducted in the department to provide

comprehensive health care to the community. Students adopt the families in the villages during their course and help those families by addressing their health concerns. Research activities across the life course by research scholars helps in finding the solution at grassroots level. Implementation of technology and AI in the research projects is working towards easy access of health services. “Health for all” is achieved by the free health camps in the community. Observation of important public health days like World Health Day, World No Tobacco Day, World Tuberculosis Day, World Hypertension Day, World Population Day, Breastfeeding Week, National Nutrition Week, World Mental Health Day, World AIDS Day has created awareness among the medical students as well as in common man.

Recognizing that today’s children are the future citizens, our department strives to promote health awareness, contributing to a healthier nation. The active involvement of school children in observing health days has been widely appreciated, fostering community-wide knowledge. School students took part in initiatives such as essay and drawing competitions, medical students in role plays, reflective writing, and posters to educate the community.

Events like Zumba to the staffs to promote their physical fitness, Webinar series as a academic highlight, TB CME and International Tuberculosis Conclave towards ending TB where eminent speakers beyond borders shared their knowledge, awards bagged by staffs and postgraduates during various events added feather to the cap.

Our department reclaims health with a holistic approach, today and for tomorrow.



## Department of **Dermatology**



## Department of **Nephrology**







## Department of Emergency Medicine

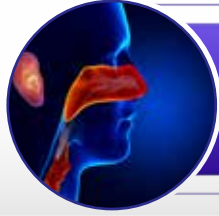


**T**he Department of Emergency Medicine (EM), JSS medical college, Mysuru was established over 10 years ago. We have grown in strength since then, adding many feathers to our cap. Over 25,000 patients with emergent conditions pass through the doors of our department every year. Currently, there are 9 Emergency Physicians covering the Emergency Department round the clock. The EM faculty are active in their academic and research roles and work towards building Emergency Medicine nationally. The faculty members aspire for comprehensive progress in accomplishing the goals they set by serving as domain leaders in several aspects of emergency medicine management and academics.

The department was recognised for training a new breed of emergency physicians with the grant of Postgraduate Residency seats by the erstwhile Medical Council of India started in the year 2014. In our 10th year now, we take pride that our alumni form the core faculty of new departments of emergency medicine in high quality institutions around the country. The postgraduates are trained in a conducive environment with optimal case

load, topped up by case presentations, bed side teaching, care plan formulation, in situ simulation and debriefing, role plays, clinical care audit and research update sessions keeping in mind that they are not only consultants in making but also future academicians, researchers and policy makers. The medical students, Interns and students from allied health sciences are rotated along and are taken through the training of managing acutely ill cases.

Most of the healthcare emergencies are time sensitive. One of the contributory factors for the significant delay in definitive treatment, is the lacunae in the pre-hospital care. We felt the need to bridge this gap in chain of emergency health care. To this end the Department has started a course offering specialised training, leading to a degree in emergency medical and trauma care. In fact, JSS AHER, was one of the first institutions in the country to offer this 4 year Bsc. course in Emergency medicine technology. We offer a unique nurturing environment for the students to grow and achieve their potential.



## Department of Oto-Rhino-Laryngology (ENT)



**ENT**, as a fraternity, has grown leaps and bounds over the last couple of decades. It deals with three of the five sense organs in the human body. Our ENT Department has been reaching out to the needs of people from across the state, providing advanced care and treatment to all. Providing the best possible treatment for everyone alike has been our motto and with this intent, we have been conducting camps for Cancer detection, Hearing screening and general ENT check-up camps explicitly in the rural areas where health care facilities are minimal. This has helped thousands in terms of early diagnosis and treatment thus improving their quality of life. Our Department is a referral centre for patients suffering from head and Neck malignancies and offers specialised surgeries in this regard for the needy, many of which are routinely done under Government schemes and programs for the economically weaker sections, who would have

otherwise never had an access to such modalities of treatment.

The Department developed the 'JSS Shravana Mitra' app, a unique app of its kind which can help patients identify their hearing loss in their homes and thus can seek professional help at the earliest.

Young children born with severe hearing loss benefit from our Cochlear Implant program and nearly a hundred children have been implanted so far. These surgeries, which would have otherwise cost several lakhs, are done free of cost to the patients under Government programs.

We have been routinely organising World Hearing Day and several awareness programs for deafness, Cancer detection, Dysphagia and so on every year which has benefitted many underprivileged in our state.

Our motto is to extend our healing touch to everyone seeking it.



## Department of Surgical Oncology





## Department of Forensic Medicine & Toxicology



**H**umanity, as a defunctive word, exists within the collaborative realm of all human emotions. Humans are the sole beings known to grieve, show compassion, and find joy in life.

“Healing,” a word imbued with extensive, profound meaning in human life. Within the Department of Forensic Medicine and Toxicology, we endeavor to return to humanity the essence of closure, which stands as the prince point of healing.

According to Kübler-Ross’ stages of grief, ‘acceptance’ and ‘moving on’ in life are pivotal aspects of grief resolution. While varying from one

individual to another, the general framework of emotions remains consistent. Grief accompanies healing, laden with a lot of strong emotions that individuals may or may not overcome.

Suicides, murders, assaults, and sexual offenses constitute the daily realities faced by doctors who have dedicated their lives to forensic medicine. We confront pain, revenge, and a plethora of negative or painful emotions. However, this field of medicine has evolved to provide closure and comfort to the bereaved, a responsibility we proudly and rightfully fulfill.



## Department of Surgical Gastroenterology





## Department of General Medicine



The Department of General Medicine has been one of the core departments from the time inception of the hospital. In addition to Compassionate, Contemporary and evidence based care of the patients, the department has also been teaching UG MBBS, MD, BDS and Physiotherapy students since the department was established and hence has been shaping students into able health care professionals who can meet the demands of healthcare, throughout the world. The Department is also part of the outreach programmes of the Medical college and hospital, viz Suttur PHC and

Chamarajanagar JSS General Hospital, thereby meeting healthcare requirements at a grassroots level as well. The Department has had 165 Publications in the last five years. Department also has many Funded projects and conducted many clinical trials in the last five years, making us a significant contributor of global health research as well. In addition to the above, some our faculties have been awarded globally recognised fellowships like FRCP, MRCP, Fellow of the American College of Physicians, Fellow of Indian College of Physicians, FAIMER and so on.



## Department of Respiratory Medicine





## Department of General Surgery



### Healing humanity across borders

In a world intertwined by diverse cultures and shared aspirations, let us bridge gaps, not with walls, but with understanding. Healing humanity across borders requires empathy, cooperation, and a commitment to shared well-being. In the noble pursuit of healing, doctors transcend borders to mend not just bodies but the fabric

of humanity itself. Their tireless dedication, expertise, and compassion know no boundaries. Across nations, they stand as beacons of hope, showcasing that the language of healing surpasses geopolitical lines. Together, let's build a world where compassion knows no boundaries, uniting us in our shared humanity.



## Department of Neurosurgery



Neurosurgery is the queen of supercialities. Honing a technically challenging branch and bringing it to the level of excellence requires expertise with advanced armamentarium. Department of Neurosurgery in JSS Hospital boasts of many of the modern equipments and caters to varied type of quality and quantity of intricate surgeries in brain and spine which is affordable and is at reach of the common man.



## Department of Geriatrics



**G**eriatrics or Elderly medicine is a medical speciality that addresses the complex medical needs of older patients and emphasizes maintaining functional independence even in the presence of chronic diseases. The Department of Geriatrics was set to meet the challenges in care of the elderly and offers MD Geriatric courses. We have 6 post graduates as of now.

VISION and Mission of the department.

- To strengthen the community by improving quality of life of older adults
- To provide the highest quality clinical care to

improve the health of older adults and society by creating and translating knowledge through education and research

Key principles addressed

- 1] Holistic approach rather than organ specific.
- 2] 4 Giants: intellectual impairment , incontinence, instability . immobility
- 3]community care[ day care clinics , support groups]

As a part of G20 our department was in the policy making group of G20 healthcare vertical of “elderly care” for all G20 countries, befitting to partake in Vasudeva Kutumbakam - world is one family



## Department of Gastroenterology





## Department of **Microbiology**



**T**he Department of Microbiology believes in holistic healing. A journey that begins with self-interrogation. In a world filled with uncertainty borders create barriers between people, resources & ideas. We overcome these man made barricades by applying spirituality to channel our concoct of self-interrogation. We continue to bond as a department by practicing the truth of Universal brotherhood & Interconnectedness orated in the Bhagavad-geeta. This collegiate year we as a department came forward to host a Bhagavad-geeta concise expert discourse for the benefit of our hospital colleagues. On the academic front, we enthusiastically implement newer & cheerful modes of teaching microbiology. Active mentoring via student interactions is undertaken by the teaching staff. As Dr.Sarvapalli Radhakrishnan once said: "true teachers are those who help us think for ourselves." We motivate students to think & involve themselves

in self-paced learning by the application of online platforms such as Tag-AI, Ed-puzzle and quizizz. Being strong believers of habitual learning the members of our department constantly sort to personal academic improvements by completion of NPTEL, CAHO courses and research oriented learning. Delivering precise diagnostics is the basic activity berth of our department. We deliver conglomerate state of art diagnostics while remaining rooted empathetically to our human values. This academic year we have introduced CBNAAT based testing for tuberculosis,  $\beta$ 2galactomannan assay for fungal diagnostics and an array of rheumatological diagnostic ELISAs. We continue to provide a strong antibiotic stewardship & infection control program which is quintessential for a prestigious hospital like ours. We wish to advance in our pursuit of unerring diagnostics thereby doing our bit to heal humanity across borders.



## Department of **Paediatric Surgery**





## Department of **Neurology**



The Department of Neurology has a unique, one of a kind DM neurology course in Mysore. All types of neurological illness from pediatrics to geriatrics including headache, neurological movements disorders, comprehensive epilepsy, neuromuscular disorder and neuro genetics are treated. There is no boundary of age, gender or region. The faculty have the distinction of being speakers in various international forums and conferences and also

have authored various chapters in neurology textbooks, thereby significantly contributing in the international forum as well. Faculty also have been actively involved in podcasts, public awareness campaigns, social media, messages on neurological awareness, various TV and radio programs. We strive hard to give comprehensive neurological care and to teach our students to make a better tomorrow.



## Department of **Medical Genetics**







## Department of Rheumatology

**D**epartment of Clinical Immunology and Rheumatology was established on October 2011. It was the first Department to offer Rheumatology services in Mysuru.

The department provides OPD and IPD services for management of Autoimmune diseases like RA, SLE, systemic sclerosis, Spondyloarthropathies, Myositis, Sjogren Syndrome, Vasculitis, Tropical Rheumatology, Osteoarthritis, Gout in various age groups. Pediatric patients also fall under our scope of services. OPD services which were initially thrice a week have been now expanded to all weekdays.

As a Department, we have been catering to nearly 1100 outpatients with Rheumatological problems per month along with approximately 110 inpatients per month. Patients from Mysuru, Chamarajanagar, Mandya, Kodagu, Hassan, Chikkamagaluru districts are benefitted by our services.

Diagnostics such as specialized tests pertaining to the disease is done in coordination with Department of Microbiology for serological tests, Department of Pathology (for biopsies esp nerve, muscle and salivary glands, Department of Radiology (Targeted Ultrasound and Joint MRI). Research activities and opportunities include STS projects by ICMR, Drug profiling in association with Clinical Pharmacy and



Thesis guidance to medicine postgraduates along with interdepartmental activities are being actively carried out. The Department of Rheumatology faculty members strive to provide quality care to all patients. We are awaiting approval from the National Medical Commission (NMC) to launch DM residency programme in Clinical Immunology and Rheumatology.

Drug monitoring, joint injections, Biological disease modifying agents, follow up and clinical trials are also undertaken by the department. We are now equipped with Nailfold Capillaroscope.

The department hopes to grow in numbers in terms of manpower, research activities and patient centric comprehensive care for Rheumatological problems so as to alleviate manifestations of diseases such that patients have a near normal professional and social life.



## Department of Cardiology





## Department of OBG



**A** Sanskrit phrase “the world is one family” Vasudhaiva Kutumbakam derived from Maha Upanishad, has a greatest significance for promoting maternal health and safety. It is one of the principles for the effective health care for women, emphasizing interconnectedness and collective responsibility. G20 2023 New Delhi summit has emphasized the theme Vasudhaiva Kutumbakam (one earth, one family, one future). We the department of OBG of JSSAHER as the healthcare providers view the care of women as a holistic endeavour that extends beyond individual medical interventions. We also embrace this philosophy promoting the physical health of the women, emotional well-being and cultural context in women’s care.

This concept encourages global collaboration in advancing women’s health. We the department of OBG of JSSAHER, are working together with the medical professionals, researchers, and policymakers across borders to share knowledge, best practices, and resources, ensuring that advancements in women care for the benefit of women worldwide. It is contributing to a more positive birthing experience for mothers across different cultural backgrounds.

Education has become a key component of maternal care. We are providing women with comprehensive information about pregnancy, childbirth, and postpartum care, gynaecological complaints, healthcare providers can empower women to make informed decisions.

Telemedicine and digital health tools will enhance the approach to health care facilities, particularly in regions where healthcare resources are limited. And JSSAHER is proudly part of this facility promoting health care across the borders. Vasudhaiva Kutumbakam is offering the comprehensive framework for women care. By embracing the interconnectedness of our global family, healthcare providers can work towards ensuring that every woman receives an expert medical attention. The spirit of the theme focus on women’s health has become a shared responsibility, and a global commitment to the well-being of women’s across diverse communities. The theme embarks the journey towards a healthier, more harmonious world through the principles of one health. The ultimate aim to our women we are catering, we would like their health index on par with the global status.



## Department of Occupational Therapy



In accordance with the wisdom of the celebrated author and humanitarian, Helen Keller, who eloquently expressed “Alone we can do so little; together we can do so much.” In harmony with Keller’s sagacity, the thematic examination of “healing humanity beyond borders” surfaces as a timely and resonant dialogue, emphasizing the vital importance of worldwide solidarity and empathy. In a milieu characterized by cleavages and socioeconomic disparities, it is imperative to discern the salience of practices that foster convalescence and well-being, irrespective of geographic, cultural, or socioeconomic demarcations. Occupational therapy, a venerated healthcare discipline dedicated to facilitating individuals in the pursuit of purposeful and gratifying lives, exemplifies the quintessence of healing humanity beyond borders. This treatise

expounds upon the role of occupational therapy in this noble endeavour, accentuating its global resonance and contribution to the well-being of individuals worldwide.

Occupational therapy is an empyreal healthcare vocation, it is ardently oriented toward the enhancement of health and well-being by affording individuals the avenue to contribute in activities instilled with meaning and significance to them. It is singularly concerned with augmenting the quality of life for individuals of all ages and capacities, whether they be physical, mental, emotional, or societal in nature. Occupational therapists labour assiduously to identify and surmount obstacles that curtail individuals’ participation in quotidian activities, be they associated with self-care, vocation, leisure, or other facets of existence.



## Department of Paediatrics



In the present times when we are all divided by physical, mental and spiritual boundaries these lines knit the loose threads of diversity into the fabric of humanity. It is one of the most powerful contributions of the ancient Vedic literature to our modern world. A principle which signifies that we can love truly only when free ourselves from the shackles of religion, race and borders and accept the earth as our home and its people as our family. As Pediatricians, we are fortunate

to have a chance to embrace life in its purest form, i.e. children. Children are the future of the world and it is immensely gratifying to be able to extend healing hands for the future of the planet. So to be able to overlook every difference and change a Child's life is not only a responsibility but also a Godsend opportunity. And we at Pediatrics department are committed to imbibe the principles of Vasudhaiv kutumbakam in every sphere of our practice.



## Department of **Psychiatry**



**A**s the awareness towards psychiatric disorders is increasing so does the medical fraternities efforts to transcend boundaries and advance treatment strategies in these area have expanded and yet all these efforts are just the tip of the iceberg.

We, at psychiatry department of JSS Hospital firmly believe and represent the notion of connecting beyond professional settings, our work to involve school teachers & community based deaddiction camps are some examples.

Psychiatry department strives towards making affected people & families self-reliant, resilient and provides them with safe space to approach without hesitation. Department, has leadership role in engaging undergraduate and postgraduate students to develop skills to promote services as much as we can to the society.

Our belief rests in the fact that our role as mental health professionals empowers people affected to open up for dialogues regarding the mental suffering; creating a safe environment, non- judgemental outlook, and cost effective treatment strategies and build essential step along the treacherous road of de-stigmatising the mental health care.

We have a long way to go; and learning from the past, building on the progress and just practising simple acts of skill based interventions with empathy, that will go a long way.

On the subject of boundaries, we strive to work with all stakeholders and health care professionals in order to shift the focus on the factors that unite us and strive to achieve the same end goal of safe and holistic space for mental health.



## Department of Ophthalmology



**H**ealing humanity beyond borders was never a new concept for ophthalmology. It is a field which has spread its wings beyond the hospital perimeters always and will continue to do so. Our healing touch extends to many in need, particularly in rural areas on a frequent basis where we catered to comprehensive, speciality and surgical care pertaining to ophthalmology. As a part of camp services we also screen patients for diabetic retinopathy and advise regular follow ups for a better quality of life.

'Nethradaana Mahadaana' has been our moto forever and we have promoted and encouraged eye donation and continue to create awareness about the

importance of the same.

This year we also conducted 'Glaucoma awareness week' in the month of June and many patients availed our services with free screening and glaucoma work up at subsidised rates.

On 'World sight day', we provided free screening programmes and hence spread awareness about different causes of preventable blindness and importance of their early detection and treatment.

In conclusion, healing humanity beyond borders is not only a noble gesture but also a necessity for the well being of our society.



## Department of Pathology



**P**athology is a medical discipline that provides diagnostic information to patients and clinicians with an impact on nearly all aspects of patient care. It has been contributing to the medical science since its evolution.

The hospital blood centre, which is an integral part of the Pathology department, ensures the transfusion of safe blood and blood products, for various conditions and medical procedures. It is involved in community services since its inception in the hospital. Effective quality systems, including quality management, standards, good manufacturing practices, documentation, training of all staff, and quality assessment are implemented. Successful transfusion services contribute to saving millions of lives each year in both routine and emergency situations, permits increasingly complex medical and surgical interventions and dramatically improves the life expectancy and quality of life of patients with a variety of acute and chronic conditions. The timely availability of blood which is the core of the hospital blood centre is one of the determinants of patient survival.

Voluntary blood donation camps are organized at regular intervals in and around Mysuru, where blood collected from healthy non-remunerated donors is used for the needy and caters to the patients of the government hospital. Creating

awareness to the public regarding the voluntary blood donation is an integral part of any camp. Every year with a motto of motivating the public for voluntary blood donation and to create awareness about the importance of donating blood, world blood donor day and national blood donor day are celebrated in the hospital. On such occasions, voluntary blood donors, who donate regularly are felicitated.

A registry of blood donors with rare blood groups is maintained, who will be contacted when there is a requirement and who readily come forward to facilitate timely donation of blood. The hospital is also a part of the Society for the chronic genetic blood disorders like haemophilia and thalassemia, who are registered in the department and transfusion services are provided to them free of cost. In collaboration with other medical centres and local NGOs and transplantation clinics, camps are organised where paediatric thalassemia patients and their siblings are offered HLA typing and awareness is created regarding stem cell transplants. Through the aforementioned outreach programmes, the department of pathology and transfusion medicine is focused on making humanism a much higher priority. This perspective is important as our profession revolves around healing humanity.



## Department of Pharmacology



In alignment with our university's commitment to global healthcare, the Pharmacology Department plays a pivotal role in "Healing Humanity Beyond Borders." We shape future doctors by emphasizing ideal prescription practices, minimizing errors, and instilling ethical healthcare values. Actively engaged in the Antimicrobial Stewardship Programme, we combat antibiotic resistance and reduce patient

costs, promoting responsible medical care. These initiatives not only ensure treatment efficacy but also make quality healthcare accessible globally. Our multifaceted approach reflects our dedication to nurturing healthcare professionals who will positively impact societies worldwide through their commitment to ethical and responsible medical practices, transcending geographical boundaries.



## Department of Hospital Administration







## Department of Physical Medicine and Rehabilitation



The theme of Vasudhaiva Kutumbakam, emphasizing the world as one family, resonates deeply with the inclusive and collaborative nature of PMR. In the pursuit of restoring functional abilities and improving the quality of life, PMR embraces individuals from diverse backgrounds and conditions, fostering a sense of unity and shared humanity. The holistic care provided at JSS Hospital aligns with the ethos of Vasudhaiva Kutumbakam, where every patient becomes an integral part of a compassionate and supportive healing community.



## Department of Clinical Psychology





## Department of Physiology



The quality or state of being humane encompasses compassion, sympathy and generosity. Humanities beyond borders empower people to create a better everyday life going beyond the physical, social, or political boundaries for as many people as possible. This can be achieved by extending knowledge, cooperation, or understanding leading to casting a lasting solution to poverty, hunger, disease or infirmity.

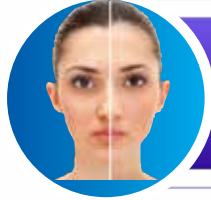
The unconditional love and kindness for all human beings is the foundation of humanity. The universal Human Values of Love, Truth, Right Conduct, compassion and concern for others, Peace and

Non-violence is deeply embedded within every human being in full measure. Medical ethics is a system of moral principles that apply values to the practice of clinical medicine and in scientific research. These values include the respect for autonomy (self-determination), non-maleficence (non-violence), beneficence (charity), justice (equity). Human values in medicine, play a vital role in being the moral benchmark for relationship between physician and patient. Human Values are the foundation, the substance and the essence of every cell and atom in the universe.



## Department of Medical Oncology





## Department of Plastic Surgery

The Department of Plastic Surgery, established more than 15 years ago, has flourished into a center of expertise within JSS Hospital. It is headed by Dr. Ravi H S (professor & HOD) and supported by Dr. Chethan L (Associate Professor), Dr. Abhishek C B (Assistant Professor), Dr. P Shivanandini (MCh Resident).

We cover a broad spectrum of procedures, including microsurgery, hand surgery, burn surgery, craniofacial surgery, oncoplastic reconstruction and cosmetic surgeries. We are equipped with state-of-the-art facilities, enabling us to perform intricate surgeries with precision and provide services to all people.

Now that we have started an MCh course, our commitment extends beyond the operating room, as we engage in research with a focus on continual education and skill development, thereby enabling us to contribute to global health and education



as well. Our department stands committed to fostering innovation and positively impacting lives making high-quality plastic surgery services accessible to a diverse range of patients, aligning with our mission to enhance lives through both excellence in care and financial feasibility.



## Administrative Staff





## Department of **Radiology**



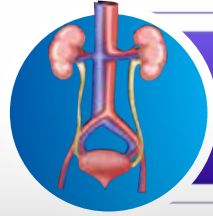
Radiology is an indispensable component of modern healthcare, significantly contributes to healing humanity beyond borders. The role of the radiology department extends far beyond mere diagnostics, profoundly impacting patient care, medical research, and global health initiatives. Patient care is now evidence based and is incomplete without radiological team support. The field encompasses various imaging modalities such as X-rays, computed tomography (CT), magnetic resonance imaging (MRI), ultrasound, and nuclear medicine.

- Radiology aids in the early detection and accurate diagnosis of diseases, allowing for timely intervention and treatment. This is especially crucial in resource-limited regions, where access to healthcare might be constrained. Portable imaging devices and telemedicine initiatives further extend the reach of radiological expertise, facilitating remote diagnosis and consultation.
- In collaboration with other medical disciplines, radiology assists in formulating effective treatment plans. For instance, pre-surgical imaging provides crucial insights for surgeons, enhancing precision and minimizing risks. Follow-up imaging helps monitor treatment progress, ensuring adjustments are made as needed. This continuous evaluation is essential for successful patient outcomes.

- Radiology plays a vital role in international health programs and initiatives. Imaging technologies aid in epidemiological studies, allowing for a better understanding of disease patterns and facilitating preventive measures. Additionally, collaborative efforts between radiologists from different countries promote knowledge exchange, skill development, and the establishment of standardized protocols for improved patient care globally.

- Radiological research contributes to medical advancements, driving innovation in diagnostic and therapeutic techniques. This not only benefits individual patients but also fosters a collective global progress in medical science. Collaborative research endeavors involving radiologists from diverse regions lead to the development of more accessible and cost-effective imaging solutions.

- During emergencies and natural disasters, portable imaging equipment becomes a lifeline for rapid assessment of injuries and medical conditions. Radiologists often play a critical role in humanitarian missions, providing on-the-ground support and expertise to medical teams in crisis-stricken areas. This immediate response aids in efficient triage and prioritization of medical interventions.



## Department of **Urology**



**T**he Department of Urology in JSS Hospital, has grown in line with the philosophy of institution and have successfully implemented cost effective, evidence-based practice catering to the needs of the community. State of the art technology has been incorporated in a judicious manner to serve the common urological problems in the community.

Our department offers dedicated clinics in Andrology, Female urology, Neuro-urology, Uro-oncology and Renal Transplant. We also regularly perform advanced surgeries for Kidney

stones like RIRS, laparoscopic procedures, radical cancer surgeries such as Radical nephrectomy, radical cystectomy and retroperitoneal lymphadenectomy. Hence, our aim is to offer highest urological care in cost effective manner, through various government schemes to the community.

The department of Urology is also recognized by National Medical Commission of India for M.ch Urology over the last decade.



## Department of **C.T.V.S**





## Department of **Cardiac Anesthesiology**



## Department of **Orthopaedics**







## **JAGADGURU SRI SHIVARATHREESHWARA MEDICAL COLLEGE**

(A Constituent College of JSS Academy of Higher Education & Research, Mysuru)

(Accredited 'A+' Grade by NAAC)

(Recognised by Medical Council of India, New Delhi)

Sri Shivarathreeshwara Nagar, Mysore - 570 015, Karnataka, India

College: 0821-2548337, Fax : 2493819, 2548345, Hospital : 2335555

Website : <http://www.jssmedicalcollege.in>, E-mail: [jssmc09@gmail.com](mailto:jssmc09@gmail.com)

[jssmcmagazine@gmail.com](mailto:jssmcmagazine@gmail.com), [newsletter@jssmedicalcollege.in](mailto:newsletter@jssmedicalcollege.in)