



# JSS Medical College

Constituent College

JSS Academy of Higher Education & Research, Mysuru

(Accredited 'A++' Grade by NAAC)



# ಸಮರ್ಥ್ಯಾ Samarthya

## सर्वे भवन्तु सुखिनः

*For Every Life, For Every Tomorrow*

2024-2025

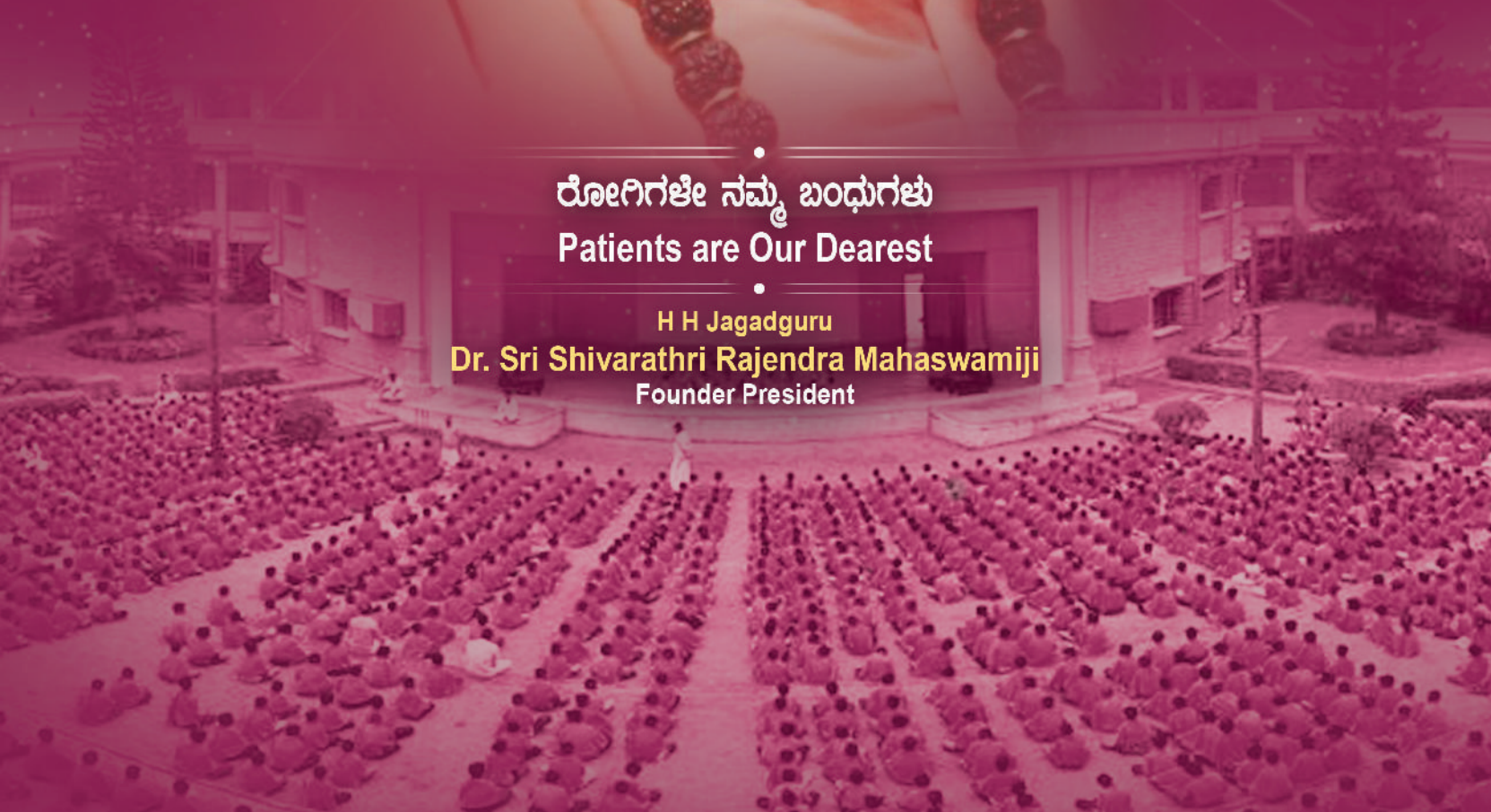






ರೋಗಿಗಲಿ ನಮ್ ಬಂಧುಗಲು  
Patients are Our Dearest

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





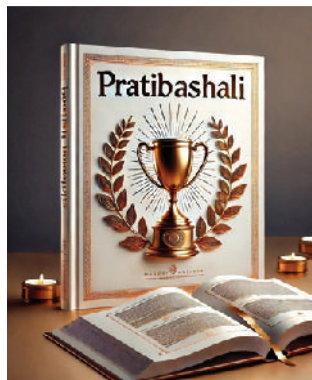
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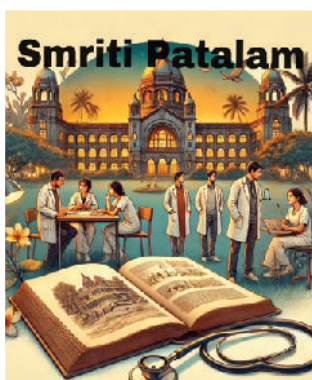


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# Committee Members and Crew



President	<b>Dr. H Basavana Gowdappa</b>	Vice Chancellor, JSS AHER
	<b>Dr. Narayanappa D</b>	Principal, JSS Medical College
Chair Person	<b>Dr. Tejashree A</b>	Professor and HOD, Department of Microbiology
Member Secretary	<b>Dr. Pushpa NB</b>	Associate Professor, Department of Anatomy
Advisors	<b>Dr. Suma MN</b>	Vice Principal (Pre-Clinical), JSSMC
	<b>Dr. Praveen Kulkarni</b>	Vice Principal (Para-Clinical), JSSMC
	<b>Dr. Manthappa M</b>	Vice Principal (Clinical), JSSMC
	<b>Sri S.R. Satish Chandra</b>	Administrative Officer, JSSMC
Members	<b>Dr. Shashidhara KC</b>	Professor, Department of General Medicine
	<b>Dr. Adarsh T</b>	Associate Professor, Department of Orthopaedics
	<b>Dr. Kusuma KS</b>	Associate Professor, Department of Biochemistry
	<b>Dr. Amoghashree</b>	Assistant Professor, Department of Community Medicine
	<b>Dr. Nagashree</b>	Assistant Professor, Department of Physiology
	<b>Dr. Neetha Murthy</b>	Assistant Professor, Department of Microbiology
	<b>Mr Shridhar</b>	PA to Principal



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Prisha Mehta  
Tanishka Kochhar

## Student Members

Dhrish Vasa  
Dyuksha Arora  
Arushi Kaushik  
Chethna Rajesh  
Shruti Mehta  
Vannya Srivastava  
Ankit Agarwal

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Anvita Sreekanth  
Pramita Tewari  
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Tanvi Gudipalli

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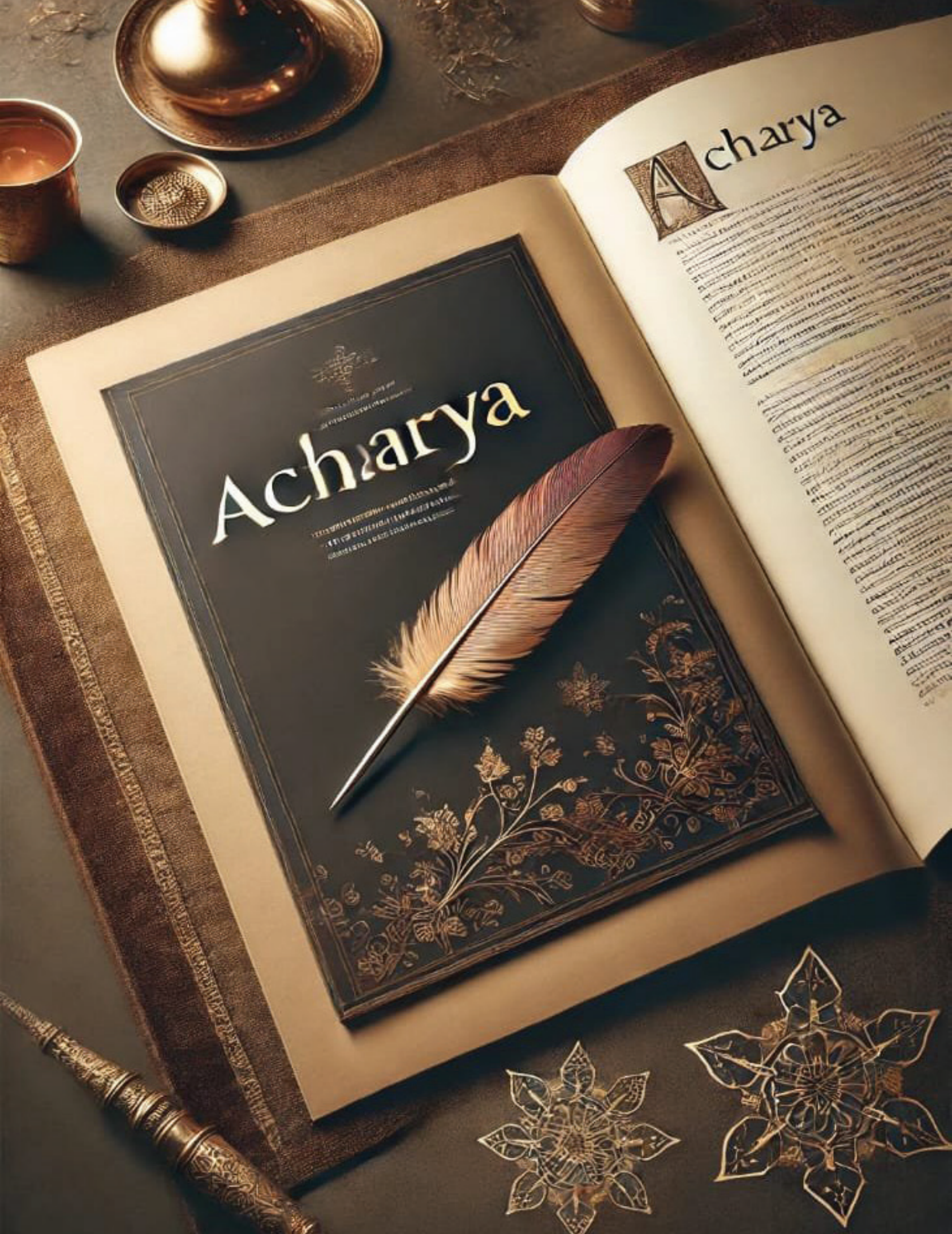




**Big ear, bigger hearts  
and endless wisdom**

© Dr Bernice Roberts  
Senior Resident  
Dept of General Medicine





# Acharya

# Acharya









॥ 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

5-2-2025

## Message

*We are happy that JSS Medical College, Mysuru is bringing out its Annual Magazine 'Samarthya'. The effort to showcase the literary talent of the faculties and the students continuously for years is appreciable. The hard work, dedication and passion put into exhibiting the vibrant spirit of the medical community are noteworthy. This magazine not only highlights the achievements of many stakeholders but also fosters a sense of unity and pride within the community.*

*The creativity, thoughtfulness and commitment to excellence are visible in the magazine. May this magazine continue to inspire, inform and celebrate the remarkable individuals who contribute to the field of medicine. The Editorial Committee deserves accolades for the hard work.*

*We wish continued success and looking forward to many more editions to come!*

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**Yaduveer Krishnadatta Chamaraja Wadiyar**

Member of Parliament  
Lok Sabha - Mysore & Kodagu



Letter No: Mysore-Kodagu/MP/199/2024-25

Date: 22/02/2025

## Message

*Dear Students, Faculty, and Readers of Samarthya,*

*It is a privilege to address the bright young minds of JSS Medical College through this esteemed magazine. Your institution has been a beacon of excellence in medical education and healthcare, shaping professionals who serve society with dedication and compassion.*

*As you embark on this noble journey, remember that medicine is not just a profession but a calling to heal, to innovate, and to uplift lives. The challenges may be great, but the impact you create will be even greater. Stay committed to learning, embrace new advancements, and uphold the values of integrity and empathy.*

*India needs skilled, ethical, and passionate doctors like you. Your dedication today will define the future of healthcare tomorrow. Keep striving, keep believing, and keep making a difference.*

*Wishing you all success in your academic and professional endeavors.*

Warm regards,

**(Yaduveer Krishnadatta Chamaraja Wadiyar)**

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**Dr. C.G. Betsurmth**  
KAS (Retd.), Ph.D., MBA  
Executive Secretary



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



March 17, 2025

## Message

*I am happy that JSS Medical College is bringing out its college magazine "Samarthya" this year.*

*The college magazine gives an opportunity to the students and staff to exhibit their talents in the form of various extra curricular activities.*

*I am sure it will continue the tradition of excellence that has marked the previous editions. On this occasion, I greet all the students and staff and wish them the very best of luck in all their future endeavours.*

*Wish the magazine all success.*

(Dr. C G Betsurmth)





January 25, 2025

## Message

*It gives me immense pleasure that JSS Medical College, a constituent college of JSS Academy of Higher Education & Research, is bringing out its annual college magazine “Samarthya” with the theme सर्वे भवन्तु सुखिनः “For Every Life, for Every Tomorrow”.*

*I am glad that the theme rightly depicts the quote, “Every life, every tomorrow” means that each individual has the potential to shape their own future and create a better tomorrow for themselves, regardless of their current situation and emphasizes the idea that every life holds the possibility for positive change and new beginnings every day.*

*College magazine is an important medium to depict the college activities. It offers vast opportunity to young writers to express their views on various topics and creative talents. I am confident that the entire student community of the college will make the best use of this opportunity by contributing to the college magazine and the readers will benefit from the knowledge and contents of the Articles published in the magazine.*

*I congratulate the Principal, the editorial team and all staff concerned and convey my best wishes.*

**Dr B Suresh**

Pro Chancellor,

JSS AHER, Mysore





January 25, 2025

## Message

*I am very much happy to note that JSS Medical College, Mysore is bringing out its annual college magazine “SAMARTHYA-2024-25”*

*The theme of this year’s magazine “सर्वे भवन्तु सुखिनः For Every Life, For Every Tomorrow” captures the essence of living fully in the present while recognizing the potential of the future, emphasizing that every life matters and every tomorrow holds new possibilities. In this magazine the progress of a medical student right from the beginning till the culmination including promise of brighter future is depicted in the form of photos, articles, poems cartoons etc., it also showcases the literary, sports and cultural talents of our students.*

*Students are bringing laurels to our University in both curricular and co-curricular activities.*

*I congratulate the Principal, staff, students for all their efforts due to which JSS Academy of Higher Education & Research is one of the top universities in India.*

*Special thanks to the editorial team for their hard work and untiring efforts.*

*With best wishes,*

**Dr. B. Manjunatha**

Registrar

JSS AHER Mysore





January 25, 2025

## Message

*I am glad to know that JSS Medical College, Mysore is bringing out its college magazine “Samarthya” in the month of March 2025, with the theme सर्वे भवन्तु सुखिनः FOR EVERY LIFE, FOR EVERY TOMORROW”.*

*सर्वे भवन्तु सुखिनः - The theme is apt which is prayer in Sanskrit for being whole of the world and whole things of the world may all be happy may all be free from illness (MAY EVERYONE BE HAPPY). The tagline & core Consent of IMA prayer also has the similar theme. The college magazine is a platform for exhibiting the literary talent of staff and students. I hope there will be good article addressing the theme.*

*I am sure that this issue of the college magazine highlights various aspects and touch upon the importance of collaborative efforts for universal health care.*

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

*with best wishes*

**Dr. H. Basavanagowdappa**

Vice-Chancellor

JSS AHER Mysore





January 25, 2025

## Message

*It gives me immense pleasure to convey my heartfelt wishes for the annual magazine Samarthya, an endeavor that beautifully captures the essence of our vibrant academic and cultural community at JSS Medical College.*

*This year's theme, "For Every Life, For Every Tomorrow," resonates profoundly with the values and vision of our institution. It underscores our unwavering commitment to serving humanity, nurturing lives, and building a healthier and brighter future for generations to come. At JSS Medical College, we take pride in shaping compassionate healthcare professionals who are not only equipped with knowledge and skills but are also deeply driven by empathy and ethics.*

*The theme is a call to action—a reminder of our shared responsibility to make every effort count in safeguarding and enriching lives. Whether through groundbreaking research, dedicated patient care, or fostering an environment of innovation and inclusivity, each one of us has a role to play in creating a tomorrow filled with hope and possibility.*

*I extend my appreciation to the editorial team and contributors who have worked tirelessly to make this magazine a treasure trove of inspiration, talent, and creativity. May this edition of Samarthya ignite new ideas, celebrate achievements, and strengthen our collective resolve to make a meaningful difference in the world.*

*Let us continue our journey with purpose and passion, keeping the spirit of "For Every Life, For Every Tomorrow" alive in all that we do.*

*With best wishes,*

**Dr. Vishal Kumar Gupta**

Dean (Academics)

JSS Academy of Higher Education & Research, Mysuru





**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 aims 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 "FOR EVERY LIFE, FOR EVERY TOMORROW" keeping in view of good health and wellbeing.*

*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*

Accredited 'A++' Grade by NAAC



## JSS Medical College

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Date: 07.03.2025

## Message

**“D**ear Students, Faculty, and Alumni,

As we proudly present this edition of Samarthya annual magazine of JSS Medical college, I am reminded of the ancient Sanskrit blessing, “सर्वे भवन्तु सुखिनिः” - May all beings be happy.

Our theme, “*For Every Life, For Every Tomorrow*,” resonates deeply with the values of our institution. As healthcare professionals, we are committed to serving humanity with compassion, empathy, and excellence.

This magazine is a testament to the talent, creativity, and dedication of our students, faculty, and staff. It showcases our achievements, challenges, and aspirations.

As we strive to make a positive impact on the lives of our patients, their families, and communities, let us remember that our work is not just about healing bodies, but also about touching hearts and minds.

I congratulate the editorial team and contributors for their outstanding efforts in creating this wonderful publication.

May Samarthya continue to inspire us to work together towards a brighter, healthier future for all.

With best wishes,

**Dr. Narayanappa D**

Principal

JSS Medical College

Mysore





January 25, 2025

## Message

*We are delighted to extend our warmest congratulations to the team “SAMARTHYA” for coming out with another piece of pride, “the Annual College Magazine for the year 2024.*

*This year’s theme सर्वे भवन्तु सुखिनः - “For Every Life, For Every Tomorrow,” emphasizes, the strong and sustained commitment of JSS Medical College, JSS Academy of Higher Education and Research for ensuring healthy living for every person in the society. This theme also resonates our success in securing WORLD’S NUMBER ONE ranking in Times Higher Education Impact rankings-2024 for the United Nations Sustainable Development Goal-3 Good Health and Wellbeing”.*

*Equitable distribution of essential health care and welfare services is the key to achieving universal wellbeing. Strong populace with physical, mental and social wellbeing can build a strong nation. Sustainability implies to, “the ability to meet the needs of the present without compromising the needs of future generations. It’s a social goal that involves balancing the environment, economy, and equity. “Proving sustainable health care to the people concentrating the domains of socio-economic development which is based on the principle of equity by not harming the environment should be the MANTRA for future. I congratulate the team SAMARTHYA for selecting this apt theme for the annual college magazine.*

*This magazine serves as a treasured keepsake for all of us to cherish the artistic, literary and cultural talents of our students and faculty members. We acknowledge the contributions of each student and faculty to making this endeavor a successful one. We express our heartiest congratulations for successfully completing this mammoth task.*

*Let us all take an active step in making every life a worthy one and every action an estimable one for today and tomorrow and forever.*

**Dr. Suma M N**  
Vice Principal (Pre - Clinical)  
JSS MC

**Dr. Praveen Kulkarni**  
Vice Principal (Para - Clinical)  
JSS MC

**Dr. Manthappa M**  
Vice Principal (Clinical)  
JSS MC

## JSS Medical College

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Date: 01.01.2025

## Message

*I would like to extend my warmest greetings to the editorial team and contributors of our medical college magazine "Samarthya".*

*The theme 'For Every Life, For Every Tomorrow' is a reminder of our institution's mission to provide quality healthcare and education to all. As we strive for excellence in our pursuits, let us not forget the concern we have on the lives of our patients, students in particular and community in general.*

ದಿನ್ಯ ನಲತ್ಯದ ಬದುಕಿನಲ್ಲ ಯೋಗ, ಧ್ಯಾನ, ಮಂತ್ರ ಪಠನ, ಮತ್ತು ಸುತ್ರ ಮುತ್ರಲನ ಪರಿಸರವನ್ನು ಸ್ವಚ್ಛತೆಯಿಂದ ಇಟ್ಟುಕೊಳ್ಳುವುದು ಈ ಒಳ್ಳೆಯ ಹವ್ಯಾಸಗಳನ್ನು ಅಳವಡಿಸಿಕೊಂಡಲ್ಲ ಸುಂದರವಾದ ಆರೋಗ್ಯರವಾದ ಜೀವನ ನಮ್ಮದಾಗಿರುತ್ತದೆ. ಈ ಎಲ್ಲಾ ಸದ್ಗುಣಗಳನ್ನು ನಮ್ಮ ಬದುಕಿನಲ್ಲ ಅಳವಡಿಸಿಕೊಂಡು ಎಲ್ಲರೂ ಸಹಬಾಳ್ವೆಯಿಂದ ಜೀವನ ನಡೆಸಿದಾಗ, ಸಮಾಜ ಚೆನ್ನಾಗಿದ್ದರೆ ಊರು ಚೆನ್ನಾಗಿರುತ್ತದೆ, ಊರು ಚೆನ್ನಾಗಿದ್ದರೆ ನಾಡು ಚೆನ್ನಾಗಿರುತ್ತದೆ, ನಾಡು ಚೆನ್ನಾಗಿದ್ದರೆ ದೇಶ ಚೆನ್ನಾಗಿರುತ್ತದೆ ಎಂಬ ಮಾತು ನಿಜವಾಗುತ್ತದೆ.

*"ಸರ್ವೇ ಭವಂತು ಸುಖಿನಃ" "ಎಲ್ಲರಿಗೂ ಸಂತೋಷ ಸಿಗಲ ಎಲ್ಲರೂ ಆರೋಗ್ಯವಂತರಾಗಿರೋಣ"*

*I am proud to see our medical college magazine serve as a platform for our students, faculty, and staff to share their experiences and achievements. It is a testament to our institution's commitment to fostering a culture of innovation, compassion, and teamwork.*

*As we look to the future, I encourage everyone to continue working together to create a better tomorrow for all. Let us harness our collective talents, skills, and expertise to make a positive difference in the lives of those we serve.*

*I wish the magazine all the best for its upcoming edition and look forward to reading our medical college community's inspiring stories and achievements.*

**(Sri S.R. SATISH CHANDRA)**

Administrative Officer





## Message

Dear Readers,

*The spirit of interconnected wellbeing brings with it existential bliss & tranquillity for us mortals. सर्वे भवन्तु सुखिनः a benevolent chant from the Upanishads is a universal prayer seeking this state of blissful existence for all humans, emphasizing the spirit of interconnectedness in this volatile life.*

*Everyone is frantically looking for happiness all around without knowing where to find it. At this point I'm reminded of a story. A bunch of teenagers were asked to fish out a balloon inked with their name in a room filled with inscribed balloons. In a jiffy everyone was desperately searching for their name, colliding with each other and there was utter chaos. However, when the same group of teenagers were asked to randomly collect a balloon and hand-over to the person whose name was written on it, everyone found their balloons within a matter of minutes. This story highlights the fundamental law of circulation which states: "all things in the universe are always flowing in circulation but at an ever expanding rate." i.e. what we give to one person will come back multiplied from uncharted sources. On a similar note what we hold on to will keep slipping away until there is nothing left of it!*

*Extrapolating the essence of this law of circulation to our pursuit of happiness we doctors play a significant indirect role in doctoring the world happiness quotient. While paving a happy way for our patients and fellow humans let's not forget another fundamental fact that we cannot pour from an empty cup. Looking inwards & dwelling on our strong roots let us find time to refurbish our cup of happiness and continue this onward journey enriching the lives of the people crossing our paths evincing the law of circulation - "For every Life, For every tomorrow."*

With Best wishes,

**Dr. Tejashree A**

Professor & Head, Department of Microbiology

Chair Person,

Literary and Magazine Committee



## Message

*Dear Readers,*

*It is with profound elation that we present before you the latest issue of Samarthya- The College magazine of JSS Medical College for the year 2024-2025. Through the columns of the written word, all of us can participate in fruitful discussions regarding the future of healthcare and make a pivotal impact in shaping the health landscape of our country. It was this ideology that led us to our theme for this year.*

*We believe that the phrase, 'सर्वे भवन्तु सुखिनः', which translates to, "May all be happy, may all be free from illness" is apt to describe the ultimate goal of doctors across the world. Every tomorrow we witness presents an opportunity to heal humanity, one life at a time. With this year's magazine we aim to remind ourselves as to why we chose this noble profession, and to strive towards a more holistic approach to healing.*

*The magazine is an ode to the exceptional year we have had. We have made an attempt to capture some of the most memorable moments through words and pictures..We are excited to introduce a new section of Debate Desk this year, hoping to spark conversations on thought-provoking issues of the current era.*

*We would like to express gratitude towards the administrative staff, esteemed Professors, post graduates and undergraduates for their contribution towards curating this year's magazine. Their hardwork and dedication are evident on every page.*

*We hope our magazine ignites a renewed passion for healthcare in you and we sincerely wish that you have a great time reading it!*

*Thanking You*

**Dr Prisha Mehta**

Chief Editor


Intern, MBBS Batch 2019-20

**Dr Tanishka Kochhar**

Co-Editor

Intern, MBBS Batch 2019-20





*In me is  
the sky  
in me lies the  
earth*

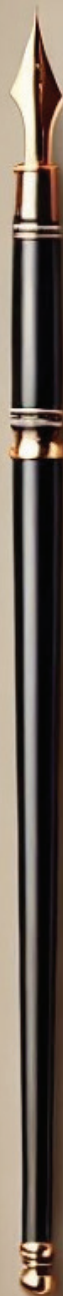
- Kuvempu

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# ಶಿಕ್ಷಕರ ಸಂವಾದ

SHIKSHAK SAMVAAD







# GATEWAY TO *Heaven*

© Rasmi S  
Final year MBBS student



# Shaping the Future: Exclusive Insights from the New Vice Chancellor on Leadership and Progress

The appointment of a new Vice Chancellor marks a defining moment for any institution, bringing fresh leadership, strategic vision, and renewed enthusiasm for growth. As JSSAHER moves forward on its path of academic excellence and innovation, we had the honor of engaging in an insightful conversation with our esteemed BG Sir, the newly appointed Vice Chancellor. In this exclusive interview, BG Sir shares his vision for the university, his leadership approach, and his commitment to fostering academic excellence, advancing research, and enhancing student success. He also discusses the challenges and opportunities ahead, offering valuable insights into the future of JSSAHER under his leadership. Join us as we gain valuable insights into the future of JSSAHER under his inspiring leadership.

## 1. Stepping into the role of Vice Chancellor, what unique challenges and opportunities do you foresee compared to your time as principal?



**Dr .H. Basavana Gowdappa**

*Vice Chancellor, JSS AHER, Mysore*

ANS: Unique challenges are

A) To maintain the High standards of quality work in the academy in terms of NIRF rank, SDG impact Rank of world number 1 in SDG-3 and NAAC: A++

B) The second challenge is to expand the quality and quantity of academic programs, keeping Varuna global campus in mind, to achieve 20,000 students and 2000 faculty in next 5 years.

C) The third challenge is to sustain and enhance the quality, commitments and motivation of teaching & non-teaching staff

D) The fourth challenge is to enhance the quality of research and innovation to produce more translational research to benefit the society and fulfil our vision statement

## 2. As the new leader of the institution, what immediate initiatives or long-term plans are you prioritizing to strengthen the college's academic and research reputation?

ANS: To plan and execute strategic process to achieve higher academic quality and better research output by: frequent workshops, FDP programs and upgrading the infrastructure. Supervise and expedite the work at Varuna campus to move in good number of programs by 2026. Into a



well-planned state of the art GLOBAL campus. My immediate initiative would be to keep the faculty motivated with timely promotions for eligible and committed staff and try to impress upon the authorities to implement 7th pay scale.

### **3. The college's achievement of the NAAC A++ grade is a significant milestone. How did the college's faculty, students, and administration contribute to this success?**

ANS: There was commendable commitment from all stake holders, The teaching faculty, students, alumni, non-teaching staff and management representatives were visibly involved in the assessment process. The peer team also made a special mention about the visible belongingness of the staff. This is our strength, and our students were appreciated by NAAC peer team for being very vocal and transparent in their expressions.

### **4. What innovative practices or policies would you like to introduce to ensure continuous improvement and readiness for future accreditation cycles?**

ANS: A) Make the university as an academy with more diversity by inclusion of technical professional courses and adding law courses.

B) Enhance the infrastructure and facilities for more patentable / translational

research C) Enhance the perception by stake holders and academic peers with appropriate strategies D) Enhance alternate modes of learning with online courses and make provisions for asynchronous learning modules.

### **5. The SDG ranking highlights the college's leadership in addressing social developmental goals. How do you plan to encourage even greater**

### **student and faculty participation in SDG-aligned initiatives?**

ANS) To appraise and augment the process of impactful work area with special reference to "good health and wellbeing". Strategies to improve more outreach programs to reach the unreachable, to enhance SDG directed research and publications and work towards frugal research to contribute and influence the policy makers for better health of the community.

### **6. How do you envision the SDG framework shaping the college's long-term institutional strategy and impact?**

ANS: Structured alignment of curriculum, strategies to plan and execute outreach activities and research and publications to be aligned to specific SDG

### **7. The theme of this year's magazine emphasizes inclusivity and holistic**



### **well-being. How do you see this vision reflected in the college's academic and healthcare initiatives?**

Ans: All along from the inception, the institute is emphasizing the inclusivity and addresses

The holistic well being components at patient care at hospital and as well as community level works through public health programs and family adaption strategies

### **8. What steps is the college taking to ensure that medical education**



**incorporates the ethos of serving "every life" with compassion and equality?**

ANS: This institution is different from other medical education academies, as we are driven by spiritual ethos and our founder president of JSS Mahavidhyapeeth, Jagadguru Sri. Shivaratri Rajendra Mahaswamiji always believed in the holistic health care approach with this statement: tagline "ROGIGALELLA NAMMA BHANDUGALU"

**4. What innovative practices or policies would you like to introduce to ensure continuous improvement and readiness for future accreditation cycles?**

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ANS: Structured alignment of curriculum, strategies to plan and execute outreach activities and research and publications to be aligned to specific SDG

**7. The theme of this year's magazine emphasizes inclusivity and holistic well-being. How do you see this vision reflected in the college's academic and healthcare initiatives?**

Ans: All along from the inception, the institute is emphasizing the inclusivity and addresses

The holistic well being components at patient care at hospital and as well as community level works through public health programs and family adaption strategies

**8. What steps is the college taking to ensure that medical education incorporates the ethos of serving**



### **"every life" with compassion and equality?**

ANS: This institution is different from other medical education academies, as we are driven by spiritual ethos and our founder president of JSS Mahavidhyapeeth, Jagadguru Sri. Shivaratri Rajendra Mahaswamiji always believed in the holistic health care approach with this statement: tagline "ROGIGALELLA NAMMA BHANDUGALU"

### **9. In your opinion, how can the medical fraternity balance technological advancements with the age-old principle of "सर्व भवन्तु सुखिनः"?**

ANS: Medical fraternity should be trained to take advantage of technological advancements to retain the philosophy in principle. This can be achieved by integrating the advances into curricular design and implement with skill full balance.

### **10. Finally, how do you envision the college becoming a model institution that not only creates excellent healthcare professionals but also leaders who contribute to a healthier, happier society?**

ANS: With the optimal utilisation high end SKILL & SIMULATION lab, our students are being trained with lots of competencies. The effective implementation of AETCOM model will add to ethical values with good communication skills of our graduates. We have incorporated and implemented the "Humanities" as elective for medical graduates to enhance the attitude and practice of human values.

I appreciate the theme for this year's college magazine "for every life for every tomorrow" the style of functioning of our institution and spiritual blend of our organisation will definitely support and uphold the theme.

**FOLLOWING**  
*the sun*

# Behind the Desk: A Conversation with Our Administrative Officer

**Sri. Satish Chandra SR** *M Com, MBA.*  
Administrative officer, JSS Medical College, Mysore

**M**eet our esteemed Administrative Officer, Sri. Satish Chandra SR, who brings vast experience in the field of human resources, public relations and general administration. Having recently turned 70, he possesses expertise in managing faculty and student affairs, as well as coordinating academic and administrative activities. We had the privilege of interviewing him to gain insights from his extensive experience.

## Can you please briefly describe your experience with the NAAC accreditation process?

I firmly believe that any milestones that we have achieved so far have been due to the combined effort of the teachers, staff and students. I have been involved in the NAAC accreditation process, coordinating the Self-Study Report, facilitating data collection, and liaising with the NAAC peer team. This experience has given me a thorough understanding of the accreditation framework and quality assurance in medical education. Always open to feedback from the students, I can confidently say that the process has truly been a wonderful learning experience for all of us.

## As we take pride in the NAAC A++ grading, what steps would you take to maintain this position?

“Learning and updating knowledge is a never-ending process”.

Having achieved such an important accreditation we must not let this satisfy us, instead, we should focus on achieving consistency and instead of decreasing the efforts once someone has achieved



something, we must focus on increasing our standards so that it motivates us to become bigger and better!

## How do you ensure smooth coordination between academic departments, faculty and Students?

Rapport building with the staff and students is crucial. As an administrative officer, there are no boundaries. You are involved in every aspect of the college, including academic issues. The role of the administration is to support both students and staff in discharging their duties by providing necessary facilities and timely assistance, such as arranging logistics, security, and transport—everything falls under the purview of the administrative officer.

“To err is human”

That’s why I must think twice before making any decision. One must consider the pros and cons: What will happen if I make this decision? What could be the results? Not all decisions we make are right; sometimes they may backfire, but we should be in a position to control such situations. Students also play a vital role in maintaining discipline inside the campus by adhering to the rules





and regulations prescribed by the authorities from time to time.

We are here to provide all the necessary infrastructure to ensure the smooth functioning of academic activities. It's equally important that students are satisfied and motivated, as their well-being directly impacts the overall learning environment. Everyone is involved in this process, and no single person should take all the credit. No one is indispensable. If someone more qualified or capable comes along, they should contribute to the betterment and growth of the institution. This is why I am proud to say that, through our collective efforts, we have established ourselves as a benchmark in medical education, setting standards that inspire excellence and innovation.

### **As students, how can we contribute towards the smooth functioning of the administration?**

When we make decisions, there might be mistakes. We request that the students should not take it personally and cooperate. For example, sometimes transportation might not be on time, the food court facility might not meet expectations, or there could be issues with the hostel. In such cases, we should all work together to redressal the problems and help one another. It's our responsibility to provide clear directions. No one should take matters into their own hands; instead, students should advise us on what they need, and we will do our best to fulfil those needs. If the suggestion is good, we will accept it

positively and implement it effectively. Like the five fingers on a hand—each one is different, but when they come together, they are strong and effective in achieving a common goal—everyone's input is valuable and contributes to the solution.

As students, you can contribute by:

- Providing timely feedback and suggestions.
- Participating in student councils and committees.
- Adhering to college rules and regulations.
- Volunteering for college events and activities.
- Maintaining open communication with faculty and administration.

By doing so, you help create a more collaborative environment, ensuring that our decisions reflect the needs and input of the entire community.

### **Can you describe your role and your strategic approach to managing administrative functions, thereby ensuring academic excellence?**

As an Administrative Officer, my role involves overseeing daily operations, managing resources, and implementing policies. My strategic approach includes:

- Streamlining processes for efficiency.
- Fostering collaboration among departments.
- Ensuring compliance with regulatory requirements.
- Supporting faculty and student development.
- Continuously evaluating and improving administrative services.

By adopting this strategic approach, I aim to create an administrative framework that supports academic excellence, fosters innovation, and promotes student success.



# Pratibashali





ॐ नमो भगवते वासुदेवाय





## LIST OF MERITORIOUS STUDENTS

Sl. No.	Name of the Student	No. of Awards	Subject	Instituted by
1	<b>DR.NIMISHA SINHA</b> 	6 Gold Medal	<b>Smt.Ambabai Nanjundaiah Memorial Gold Medal</b> For the Best Out going student	<b>Smt.Asha Prasanna Kumar D/o Dr.T.B.Basavarajendra</b> Former Principal, JSS Medical College, Mysuru
			<b>Dr.M.K.Meera Gold Medal</b> For topper in <b>Pathology</b>	<b>Dr. 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</b> For topper in <b>Community Medicine</b>	<b>Dr.Smitha M C</b> Asso. Professor, Dept. of Community Medicine, JSS Medical College, Mysuru
			<b>Dr.D.S.Sivappa Memorial Gold Medal</b> For topper in <b>Pharmacology</b>	<b>Smt.D.S. Prema</b> Vijayanagar, Bangalore
			<b>Sri M.N.Basavarajaiah Memorial Gold Medal</b> For topper in <b>Medicine</b>	<b>Smt.M.N Sharada,</b> VV Mohalla, Mysuru
			<b>Sri Chintamaneni Sarojeni Devi Memorial Gold Medal</b> For topper in <b>Medicine</b>	<b>Sri.Chintamaneni Srinivasa Rao,</b> Hyderabad
		3 Cash Prizes	<b>Sri Vijayaraghavachar &amp; Smt. Sathyavathi endowment</b> For topper in <b>Medicine</b> Cash Prize	<b>Smt.Pushpa Aiyengar &amp; Smt.Vaidehi,</b> Mysuru
2	<b>DR.ISHA KUMTHEKAR</b> 	2 Gold Medal	<b>Dr.Mannarkrishna Memorial Gold Medal</b> For topper in <b>Anatomy</b>	<b>Smt. Nagamanni Sister of Dr.N.M.Shamasundar,</b> Former Prof. of Anatomy, JSS Medical College, Mysuru
			<b>Smt. Sarojini Siddappa Manoli Memorial Gold Medal</b> For topper in <b>O.B.G</b>	<b>Dr.Nandish S Manoli,</b> Former Prof. of O.B.G, JSS Medical College, Mysuru
		4 Cash Prizes	For topper in <b>MBBS Phase-I</b>	JSS Medical College
			For topper in <b>MBBS Phase-III, Part-I</b>	
			Topper in <b>Paediatrics</b>	
			Topper in <b>Ophthalmology</b>	



3	<b>DR.UDISHA ARYA</b> 	<b>2 Gold Medals</b>	<b>Dr.M.N.Channabasappa Memorial Gold Medal</b> For topper in <b>Surgery</b>	<b>Smt.Vishalakshi Channabasappa,</b> Premier Studio, Mysuru
			<b>Smt. Sarojini Siddappa Manoli Memorial Gold Medal</b> For topper in <b>O.B.G</b>	<b>Dr.Nandish S Manoli,</b> Former Prof. of O.B.G, JSS Medical College, Mysuru
		<b>2 Cash Prizes</b>	<b>Dr.Jayanandaiah H P endowment</b> For Topper in <b>Final year MBBS</b> cash prize	<b>Dr.Nirmaladevi Jayanandaiah H P,</b> C/o Profulla Nijagunaswamy Temple Street, Ramagiri Post, Holalkere (T), Chitradurga
			Topper in <b>Forensic Medicine</b>	JSS Medical College
4	<b>DR.KEERTHANA R</b> 	<b>1 Gold Medal</b>	<b>Mr.M.D.Chikkaveerappa Memorial Gold Medal</b> For topper in <b>Biochemistry</b>	<b>Dr.M.N.Suma,</b> Vice Principal (Pre Clinical) Professor of Biochemistry, JSS Medical College, Mysuru
		<b>1 Cash Prize</b>	Topper in <b>E.N.T.</b>	JSS Medical College
5	<b>DR.VAISHNAVI BHARDWAJ</b> 	<b>1 Gold Medal</b>	<b>Dr.Sumana S Rao award</b> for the Best student in <b>Psychiatry</b>	<b>Dr.T.S.Sathyanarayana Rao, Dr.Vasumathy S Rao &amp; Dr.Suman S Rao, Mysuru</b>
6	<b>DR.SHRISTI KISHORE</b> 	<b>1 Cash Prize</b>	Topper in <b>Physiology</b>	JSS Medical College





Reflecting  
*beauty*



*Veerbhadrha*  
pride of Iepakshi

© Dr Punith N  
Senior Resident  
Department of Orthopaedics



ELONGATION

[illegible]





*Majestical/  
Mysore*

© Dr Bernice Roberts  
Senior Resident  
Dept of General Medicine





## Biblichor Report

In a world often dominated by relentless academia and the dizzying rush of medical education, Biblichor—The Official Literary Club of JSS

Medical College—has continued to be a beacon for creativity and literary exploration. The year 2024 was a testament to the club's vibrant spirit, weaving together a series of events that brought bibliophiles and curious minds into a shared space of dialogue, imagination, and camaraderie.

On February 25th, 2024, *Trading Tales* opened the year's chapter with a warm gathering of avid readers, eager to dive into insightful book discussions. Each attendee brought a book close to their heart, sharing why it resonated with them and why it deserved to be passed along. From Orwell's dystopian 1984 to Murakami's introspective Norwegian Wood, the event spanned genres and generations, fostering passionate exchanges.

May 12th, 2024, brought *Bibli-Code*, a spirited fusion of fun and literature. This wasn't just another literary quiz—it was an interactive, laughter-filled competition designed to test both wit and knowledge. From Book Title Pictionary, where participants sketched their

favorite novels, to Character Charades featuring icons like Sherlock Holmes and Harry Potter, the event was a rollercoaster of creativity. Unique challenges like Pass

the Perspective—where storytelling met grammar precision—and the hilarious Bad Plots round showcased the diverse literary prowess of JSSMC students. Designed as a prelude to Tatvam 2024's literary events, Bibli-code not only entertained but also prepared participants for the competitive spirit ahead.

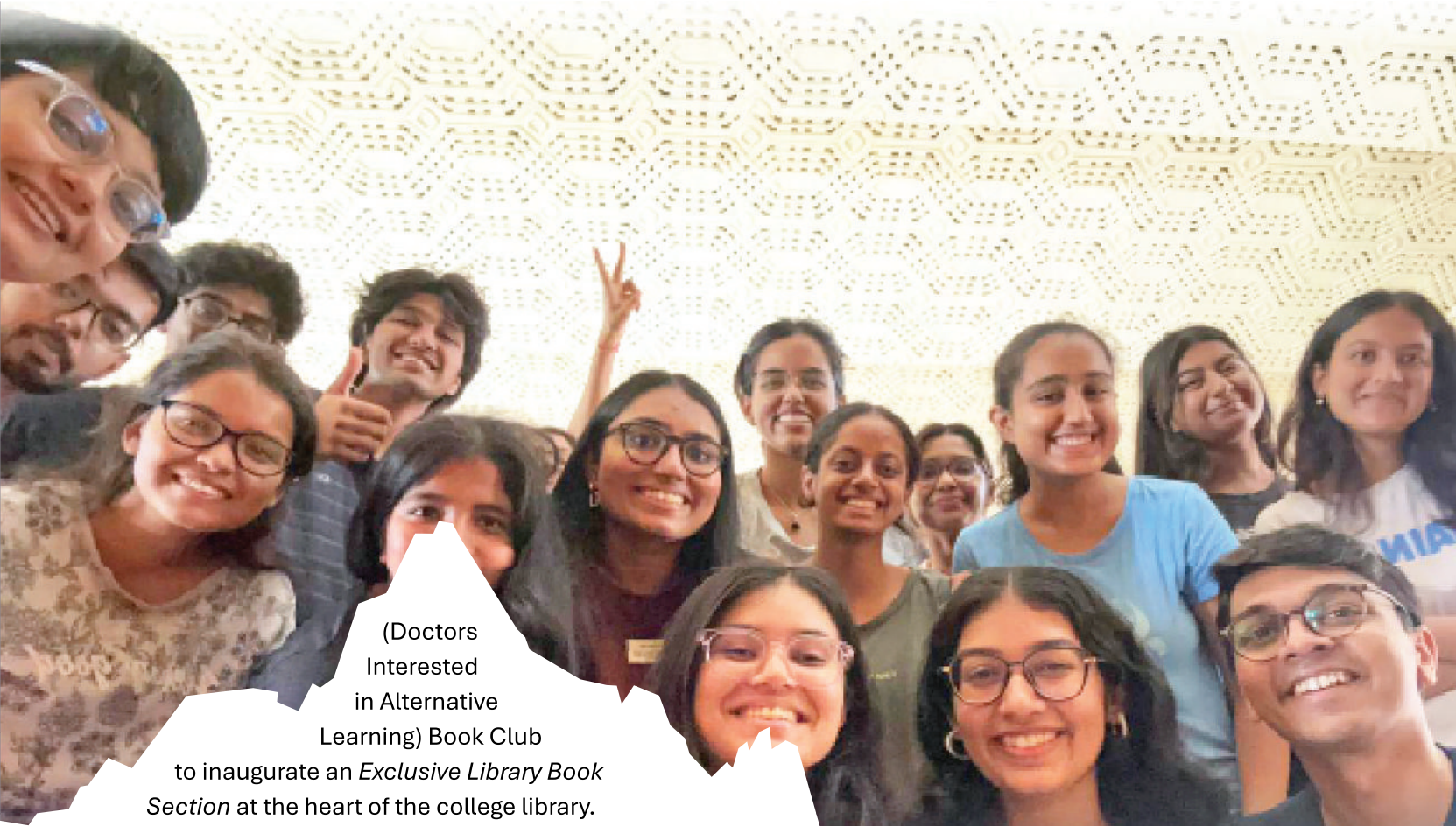


In a more somber yet powerful tone, August 12th, 2024, saw Biblichor collaborate with Oculis Iuris – The Forensic Club for the making of the *Speak Up Wall*, an Anti-Ragging Week initiative. Students and faculty shared personal stories and thoughts on ragging, scribbled on sticky notes that were displayed prominently, turning Gallery 6 into a canvas of courage and solidarity. The installation, later moved to the college reception, became a silent but impactful

testament to the collective resolve to combat ragging and foster a culture of inclusivity.

October 2024 was a defining month for Biblichor. On the 1st, the club collaborated with JSS DIAL





(Doctors  
Interested  
in Alternative  
Learning) Book Club

to inaugurate an *Exclusive Library Book Section* at the heart of the college library. Featuring books spanning multiple genres and languages, this cozy new space was a haven for readers seeking respite from their medical routines. The inauguration, graced by Dr. Sunanda Kulkarni—a respected OB-GYN and accomplished author—emphasized the importance of reading physical books in a digital age. Her anecdotes and reflections on literature inspired both students and faculty, igniting renewed passion for the written word.

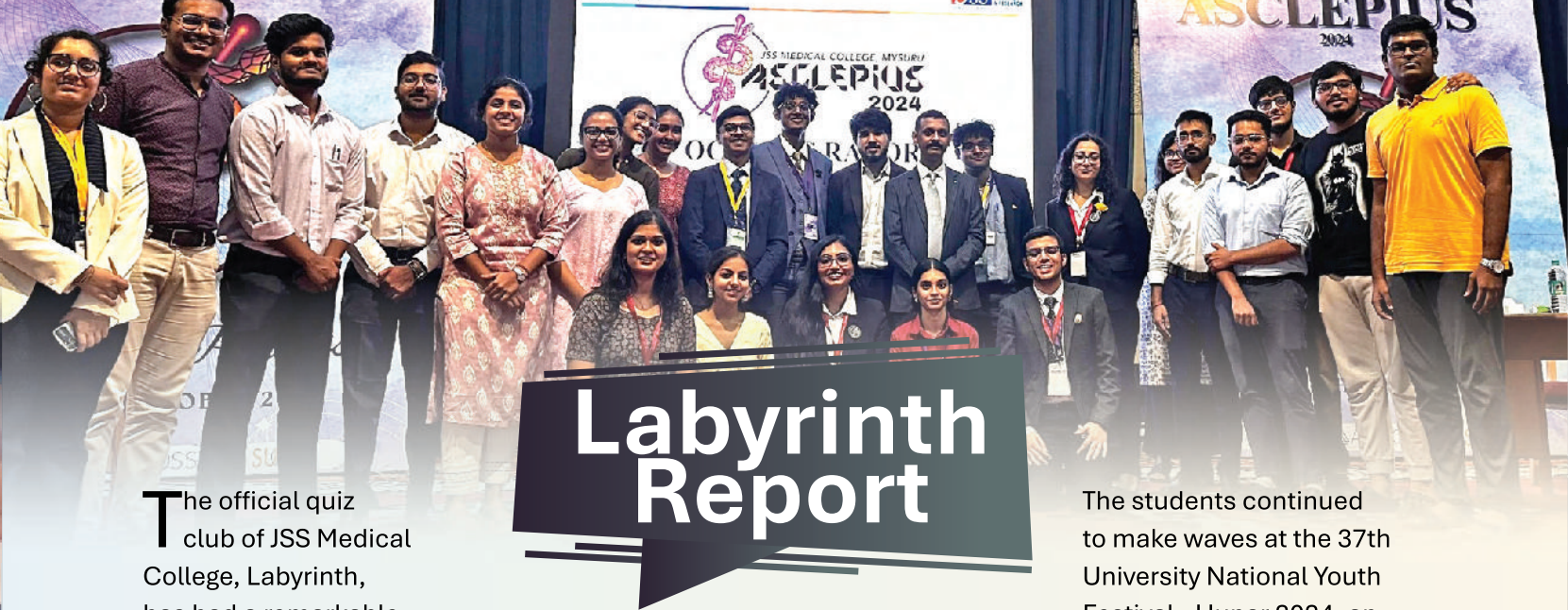
Later in the month, on October 15th, 2024, *Lit-MEDley* brought a unique twist by blending medical knowledge with literary flair. As a promo event for Asclepius 2024, it featured rounds like Medical Pictionary, Fever Olympics, and Panacea Under a Minute, where participants combined their

diagnostic acumen with creative thinking. The debate round, filled with sharp arguments and quick wit, added intellectual rigor to the fun. The event not only thrilled participants but also paved the way for heightened enthusiasm for Asclepius.

From book discussions to literary games, from tackling social issues to integrating literature with medicine, Biblichor's 2024 journey was nothing short of transformative. The club has not only provided an outlet for creative expression but also built a strong, supportive community within the halls of JSSMC. As the year drew to a close, Biblichor stood as a testament to the power of words—to inspire, unite, and transform. And with the pages of 2025 yet unwritten, the story of Biblichor is just getting started.







## Labyrinth Report

The official quiz club of JSS Medical

College, Labyrinth, has had a remarkable

year, showcasing its dominance across various competitions and fostering a culture of intellectual curiosity. From general knowledge battles to specialized fandom quizzes, the club has consistently provided students with opportunities to test their knowledge, sharpen their analytical skills, and engage in friendly competition.

The year began on a high note with Yuva Bimba, the South East Zone Unifest 2024, where JSSMC's Arush Sudan, Yashwardhan Gaur, and Krishna Rajmohan participated in a platform that encouraged students to exchange ideas and celebrate culture through knowledge and the arts. Their outstanding performance earned them a spot in the final national competition, marking a significant milestone for the college.

Adding to the excitement, Mysuru Book Clubs hosted Mindfest: The College Quiz Extravaganza, a highly competitive event that saw 4 teams from JSSMC go to the finale in a battle of wits as well as bagging the first place. The event combined fun and learning making it a memorable experience for all involved.



The students continued to make waves at the 37th University National Youth Festival - Hunar 2024, an

inter-university national competition representing JSS Academy of Higher Education and Research. The team showcased their brilliance reaffirming the institution's reputation as a hub for quizzing excellence.

Back in campus, in TATVAM 2024, the intercollegiate fest of JSSMC, Labyrinth organized Sphinx's Riddle, a high-stakes general quiz that drew 37 teams vying for a prize pool of ₹8,000. The momentum carried into Obelisk of Obsessions, a fandom quiz that saw

19 teams competing, with six advancing to the finals. The showdown was intense, and two teams ultimately clinched victory. Meanwhile, anime enthusiasts faced off in The Millennium Puzzle, a quiz that featured a

gripping Jeopardy-style round and a high-stakes gamble round. JSSMC students continued their winning streak at Samskriti, Mysore Medical College's cultural fest, where 30 teams battled it out in a competitive fandom quiz event. After intense rounds, six teams reached the finals, and JSSMC's own team secured second place, further solidifying their standing as top quizzers.





At the prestigious Asclepius 2024 conference, Labyrinth collaborated with both students and faculty across various departments to organize the Pre-Para Clinical Quiz, Clinical Quiz, and for the first time in the event's history, the General Medical Quiz. This initiative brought together some of the brightest medical minds from institutions across the nation. Under the guidance of Dr. Nithin K.B. and Dr. Neetha S. Murthy, each round challenged participants to think critically and apply their knowledge in demanding scenarios.

In an effort to nurture new talent, Labyrinth introduced FYI, an event designed specifically for first-time quizzers at JSSMC. This initiative provided an exciting and competitive introduction to the club, with freshers competing for grand

cash prizes and experiencing the thrill of quizzing firsthand.

Adding a creative twist to the year's events, Labyrinth collaborated with MMM, the college's music club, to host Q-Major, a unique musical quiz. The event blended trivia with a jam session, offering participants a refreshing break from traditional quizzing while still engaging their minds.

Through its numerous victories, engaging events, and commitment to fostering a love for quizzing, Labyrinth has reinforced its position as one of JSSMC's most dynamic student organizations. With each passing year, the club continues to inspire students to push their intellectual boundaries, compete passionately, and celebrate the joy of learning.





## M.I.N.D.S. Psychiatry Club

This year, The M.I.N.D.S. Club the Psychiatry Club has truly outdone itself, making waves in mental health awareness with an exciting lineup of events! From thought-provoking workshops to interactive discussions, we've engaged and inspired our community to break the silence around mental health.

Here's a highlight of the events organized this year:

### **Cognito (5th May, 2024)**

Cognito was an action-packed Sunday event that brilliantly fused fun with learning! Participants dove into movie rounds, thrilling dumb charades, and intense 90-second tiebreakers, all designed to raise awareness about psychiatric illnesses. With creative challenges and a competitive edge, the event was a massive hit, earning rave reviews from the winning teams. They loved how the games tested their medical knowledge while keeping things engaging and fun. The event's success was undeniable, leaving everyone excited for more exciting and impactful events in the future





### Charity Drive (10th May, 2024)

In a collaborative effort of The Kalakriti and M.I.N.D.S. Clubs of JSSMC, a heartwarming visit to Sri Chayadevi Anathashrama was organized, bringing joy to 26 children. They gifted board games, sports items, stationery, and treats like chips, biscuits, and juice, creating a memorable day for the kids.

### Pharaoh's Mind Maze (July, 2024)

M.I.N.D.S. club's event for tatvam was a thrilling blend of strategy, intellect, and physical challenges. Participants tackled a bingo game with hidden clues and navigated a life-size board game filled with riddles, blessing cards, and obstacles, testing their wits and teamwork.

### Suicide Prevention Workshop (10th September, 2024)

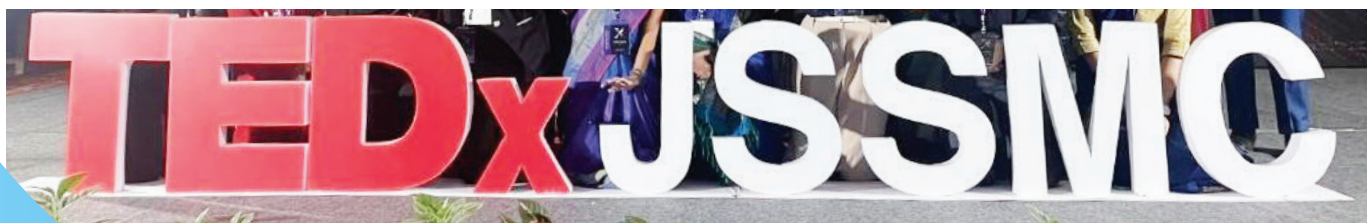
The Psychiatric Club hosted an impactful workshop on suicide prevention, featuring the SAFL App and led by Dr. Kishore. The session was filled with engaging skits, lively discussions, and powerful insights, sparking conversations about empathy, mental health, and actionable steps for change.

### TEDxJSSMC: The Ripple Effect (23rd November, 2024)

Ending the year with a bang, the last event the club organized was the TEDx event, themed "The Ripple Effect". It was a whirlwind of inspiration, bringing together powerful speakers to explore how small actions create big change. JSS AHER Pro chancellor Dr B Suresh gave a talk on "I had a dream transforming pharmacy



education for a globalized India". From Dr. Pratima Murthy's insights on mental health to Dr. D. N. Rao's groundbreaking research, each talk showcased the immense impact of individual actions. Dr. Usha Hegde's tale of Everest resilience, Ms. Srina Bose's call for youth activism, and other trailblazers like Mr. M. R. Ananth Kumar and Dr. Harshita Umesh captivated the audience, proving that one small ripple can spark global waves of transformation. The event ignited a wave of motivation, leaving attendees eager to make their own impact.





# MMM Report

## 1. MMM Unplugged :

MMM organized 2 jam sessions in 2024 both of which showed great turnout. The first one on Sunday, March 3rd, 2024 in Sri Rajendra Auditorium, by the ex-core of MMM. The event welcomed a huge number of new talents from the new batch of 2023-24 and the veterans as well. The second one on Saturday, December 14th, 2024 in Sri Rajendra Auditorium, by the current core of MMM which included segments like musical dumb charades.

It was a huge success due to the tremendous support from the fresh talents and the healthy interaction between the core, and the audience present there.

### March 3rd. 2024



### December 14th 2024



## 2. TATVAM 2024:



### a) Solo classical

The event conducted on 14th June'24 showcased impressive talents from around the state. 1st place was bagged by Nihal Prakash representing Mandya Institute of Medical Sciences. 2nd place won

by Srishti Dutta of JSS Medical College.

### b) Solo non-classical

The event held at Sri Rajendra Auditorium had some incredible participants with 1st place won by Muktakshi Sonkar of JSS Medical College and 2nd place won by Srishti Dutta of JSS Medical College.

### c) Solo western

Getting inspired by the west some very extraordinary performances were witnessed. 1st place won by Dr. Ramith of SABVMCRI, Bengaluru and 2nd place won by Muktakshi Sonkar of JSS Medical College.

### d) Solo Instrumental

It was an online event with head-to-head competition. Each performance demonstrated technical mastery and artistic interpretation with 1st place won by Dhruv Rajesh (playing the guitar) of JSS Medical College and 2nd place won by Aditi (on the violin) of JSS Medical College.

### e) Duet singing



All the contestants mesmerized the audience and judges with their vocal range and stage presence. 1st place was won by Yashvarshan Gaur and Swapnanil Chaudhuri of JSS Medical college and 2nd place won by Nihal

Prakash and Isha Dhar representing Mandya Institute of Medical Sciences.



### f) Battle Of Bands (B.O.B)

It was a thrilling showdown between bands on 15th June'24 competing for the title of the best college band. The band 6th sense from Bangalore Medical College impressed with their soulful fusion of classical and contemporary music. But the 1st position was bagged by FREMITUS, JSS Medical College having the following performers: -

Yashvardhan Gaur- 4th year, Swapnanil Chaudhuri- 4th year, Rashmi Sahoo – 4th year, Srishti Dutta – 3rd year, Muktakshi Sonkar- 2nd year (2022 batch), Raghav Agarwal- 2nd year (2022 batch), Aditya Kumar- 2nd year(2022 batch), Aditi Vasudevan- 2nd year (2023 batch)



### g) Music Marathon

The Music Marathon event was held on the 16th of July in Gallery 4 of the College. 1st place – Arush, Arushi, Aviral of JSS Medical College, 2nd place- Hemant Kumawat, Karan, Joshua, Sagar of JSS Medical College

### 3. AMSA Singing Event:

Amidst the routine events, 2 students from MMM: Muktakshi Sonkar and Nidhish Agarwal showcased their talents by performing in front of National Defense University, Malaysia of Under the Asian Medical Students' Association International Student exchange.

### 4. Band Auditions:

Extensive auditions were conducted on 2nd October, 2024 to make ASCLEPIUS cultural night's band performance a huge success. The event saw an overwhelming response, with 22 students auditioning.

## 5. ASCLEPIUS 2024:

The opening performance of the cultural night was a magnificent band performance by FREMITUS, our college band. The following people performed:

3rd years: Srishti Dutta: vocals

Yashaswini Mohanty: drums+keyboard

4th years: Yashvardhan Gaur: acoustic guitar + electric guitar+ drums+vocals

Swapnanil Chaudhuri: electric guitar + bass

Rashmi Sahoo: Tabla

2nd years (2022 batch): Aditya Kumar: bass + electric guitar, Muktakshi Sonkar: vocals, Nidhish Agarwal: vocals

2nd year (2023 batch): Aditi Vasudevan: violin

Md. Asif: vocals, Manasvini: vocals, Naman Ajit: keyboard

### External events:



### 1. Yuva Bimba Feb'24

2 students from JSS Medical college participated in western and classical solo singing competitions held at JSS Science and Technology University on 23rd and 24th february 2024 respectively making it the first ever representation of JSS Medical College in Yuva Bimba events.

Yashvardhan Gaur – Western solo singing, Muktakshi Sonkar accompanied by Nidhish Agarwal and Rashmi Sahoo– Classical solo singing

### 2. AFMC Silhouettes 2024



Srishti Dutta bagged the 2nd position in solo singing and Muktakshi Sonkar got the 3rd place in Western solo singing,

marking it as the first ever representation of JSS Medical College in AFMC Silhouettes opening door for new opportunities.





Oculus iuris has been on a roll, bringing thrilling and brain-bending events to campus all year long, a whirlwind of forensic adventures indeed!

Here is a highlight of our events of the year:

### **A Crime-Solver's Dream: RFSL Visit (23rd February 2024)**

Beginning 2024 with an absolute banger, 25 eager students took a deep dive into the world of forensic science with a visit to the Regional Forensic Science Laboratory (RFSL). From identifying human samples at crime scenes to analyzing toxic substances, students were introduced to everything from forensic psychiatry to the secrets behind crime scene photography. The chemistry of crime was never more fascinating!



### **Debating the Big Questions: Oculus Iuris Debate (16 March 2024)**

In March, the debate competition brought out some fierce intellectual battles around the theme, "Revolutionizing Rights: Is 18 the New Age of

Authority or a Dangerous Gamble?"

Students debated everything from driving licenses to voting rights, all while sharpening their oratory skills and challenging societal norms. The result? A buzzing exchange of ideas and a lot of food for thought!

### **Reels and Real-World Issues: Forensic Frames (24 April 2024)**

The Oculus Iuris Club, in collaboration with the Myriad Drama Club, hosted a fantastic film screening of *Seven*, a dark thriller that delves deep into human psychology. The movie set the



stage for a Reel-Making Competition, where participants creatively tackled important social issues like ragging, drug abuse and suicidal prevention. Art, cinema, and social consciousness collided in one unforgettable event.



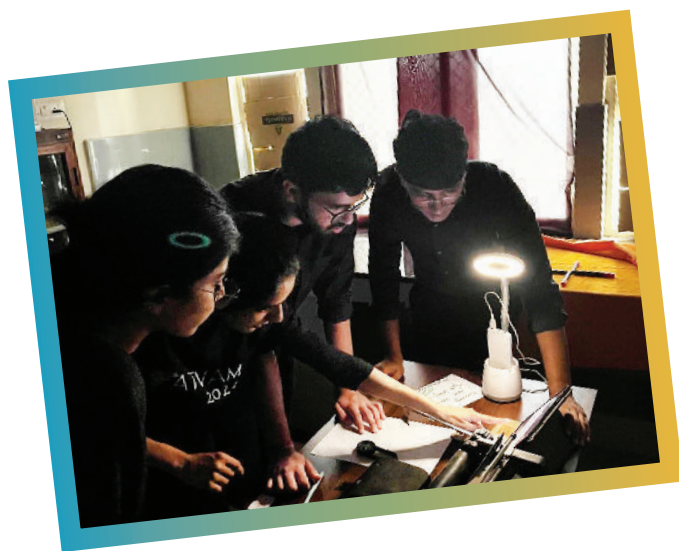


### **A Walk for Unity: Anti-Ragging Walkathon (16 Aug 2024)**

In August, the JSS Medical College community came together for a Walkathon to raise awareness about the dangers of ragging. Students and staff marched in solidarity to promote respect and inclusivity on campus. It was a powerful reminder that the campus is a space for everyone to feel safe and valued.

### **A Journey Through Ancient Mysteries: Osiris Ascent (15 June 2024)**

At Tatvam 2024, participants took part in an epic adventure Osiris Ascent, a forensic challenge with an Egyptian twist! With stations that tested everything from puzzle-solving to brainpower, participants had a blast navigating clues and solving mysteries—along with some tasty rewards!



### **Escape Room: Forensic Mystery at Tatvam 2024**

For those who wanted to put their minds to the test, the Escape Room event at Tatvam 2024 was an absolute hit! Participants raced against the clock, solving complex forensic mysteries while working together to “escape” the room following Dr. Patel's instructions. It was an adrenaline-pumping experience that kept everyone on their toes.

### **Cracking the Case: Crime Scene Investigation Workshop (24 October 2024)**

During the Asclepius Conference, students got their hands dirty in a Crime Scene Investigation Workshop. Delegates investigated three carefully crafted crime scenes, collecting evidence, analyzing blood samples, and even testing fingerprints. The icing on the cake? A gripping story behind the crime, which culminated in a dramatic reveal of the murderer!



### **Medisleuth 2024: The Ultimate Forensic Challenge (25 Oct 2024)**

In October, Medisleuth 2024 took participants on a thrilling forensic journey filled with crime scene investigations and intellectual challenges. With three dynamic rounds that tested forensic insight, the event set a new benchmark for competitions at the college.





## THANDAVAM REPORT

### 1. Tatvam 2024 – Inter College Fest

The Tatvam 2024 Inter College Fest was a major event where the club showcased its diverse talent across various dance categories. The Solo Classical competition saw Aditi Trivedi and Bhoomika from JSSMC secured the second prize. In the Solo Non-Classical category, Vanshika Singh from JSSMC won first place.

In the Spot Choreography challenge, Vanshika Singh from JSSMC impressed the judges with her quick thinking and creativity, winning the first prize. The Reflections: The Sync Challenge, focused on synchronization and perfect timing, saw Devika Sanjayan and Malavika Vidhugopan from JSSMC securing first place, with Anishka and Sowmika from JSSMC taking second.

### Teacher's Day and Independence Day Celebrations

The club also participated in several internal events, such as the Teacher's Day celebration on September 10, 2024, where a group of students from the Batch of 2022 performed a heartfelt Bharatnatyam piece as a tribute to their teachers.

On Independence Day, the Dance Club presented a spectacular fusion of Bharatnatyam, Marathi Lavani, and Punjabi Bhangra, showcasing the unity in diversity that defines India's cultural heritage.







### **Sammscrithi 2024 and Asclepius 2024**

performances receiving rave reviews for their energy and passion.

The Sammscrithi 2024 festival at Mysore Medical College was another platform where the club excelled. In the Solo Classical category, Aditi Trivedi earned third place for her Kathak performance. Vanshika Singh took first place in the Solo Non-Classical category, excelling in the hip-hop division. The Asclepius 2024 conference hosted by JSS Medical College featured a classical dance performance by

### **Thandavam Dance Meet and Crew Meets**

In January 2025, the Dance Club organized the Thandavam Dance Meet, introducing the new core team and offering a platform for members to showcase their talent. The event featured a dance showcase, a hook-step challenge, and a reel-making challenge, promoting fun and confidence-building among participants.



### **Revelations 2025 and Suttur Jatra Mahotsava**

The club's participation in Revelations 2025, the cultural fest organized by SIBM Bengaluru, was another high point. JSSMC students competed in various dance styles, bringing recognition to the college. The Suttur Jatra Mahotsava on January 26, 2025, saw the Dance Club shine with a captivating Bharatanatyam group performance, winning first place. Aditi Trivedi also secured second place in the Solo Classical Dance category for her exceptional Kathak performance.

second-year students at the grand inauguration. The Cultural Night, which included street plays, music, and dance, was a major highlight, with the dance



# Myriad Report

A Recap of Cultural & Drama Events at JSS Medical College

## Cultural Night 2024 - Baat Pe Bawaal

On October 23, 2024, JSS Medical College's Drama Club, Myriad, performed Baat Pe Bawaal, a comedic talk-show parody. The skit humorously explored debates on HIV vs TB, Diabetes vs Hypertension, and a musical clash between Bhojpuri pop star Pawan Singh and Bengali classical singer Komolika. The performance entertained and educated the audience.

## Chitrahaar - Reel-Making Competition

Held on August 12, Chitrahaar engaged participants in short-form storytelling. Judged by Myriad's founders, Dr. Ankita Drolia and Dr. Jay Ghori, the contest had two winners: Shilin and Team (People's Choice) and Adit and Team (Judges' Choice), both awarded Rs.500.



## JSS: Mini India - Skit on Cultural Diversity

On September 22, 2023, during Asclepius 2023, Myriad performed JSS: Mini India, showcasing JSS Medical College as a microcosm of India's diversity. Using humor and cultural stereotypes, the skit highlighted unity in diversity, resonating deeply with the audience.

## Inglorious Theatres - Drama Workshop

On March 17, 2024, Myriad hosted Inglorious Theatres, featuring improv games, mime, movie

discussions, and street plays, fostering creativity and teamwork.



## Monoact

Held on June 14, Monoact was a solo performance contest won by K. Tejas Rao. Participants delivered captivating monologues, showcasing theatrical talent.

## IMPROV

On June 16, teams competed in improvisation challenges, enhancing their spontaneity and performance skills.



## Ad Making

Participants created advertisements based on assigned prompts, demonstrating creativity and marketing skills. The best entries were showcased.

## Street Play

On June 16, teams performed socially relevant plays; Prashansa Sharma & Team emerged as winners. The event highlighted impactful storytelling.





# Sky is the limit



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Senior Resident  
Dept of General Medicine









*The Web of Tomorrow*  
**Connecting Life and Future**

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Senior Resident General Medicine



# Asclepius 2024

## A Grand Celebration of Medical Excellence

The 5-day International Undergraduate Medical Conference, Asclepius 2024, organized by JSS Medical College under JSS Academy of Higher Education, commenced on 22nd October 2024 with a grand inauguration at the Sri Rajendra Auditorium. The event was graced by esteemed dignitaries, including Dr. Prashant N S, Director of the Institute of Public Health, Bangalore, who emphasized the integration of humanity and medicine, and Dr. Praveen Kulkarni, Vice Principal, whose motivational words set the tone for the conference.

### World-Class Workshops

The conference featured a series of hands-on workshops that showcased the pinnacle of medical training. The Suturing 101 Masterclass, coordinated by Dr. Nithin K. B. and Dr. Ganashree M., provided 70 delegates with practical experience in suturing, knotting, and catheterization using pig skin under strict safety protocols. Delegates praised the personalized attention and confidence gained in handling surgical instruments.

The Point of Care Ultrasound (POCUS) Workshop, led by JSS Hospital's Emergency Medicine faculty, offered cutting-edge training in respiratory, cardiovascular, and gastrointestinal ultrasound techniques. Participants from across India lauded the rotational teaching method and live demonstrations,



which enhanced their diagnostic skills for emergency scenarios.

The Olympian's Aid Workshop revolutionized orthopedics and sports medicine training, offering MBBS students hands-on experience in arthroscopy and first aid techniques. The event, held at the state-of-the-art JSSAHER Skill & Simulation Lab, received glowing feedback for its focus on emerging fields like sports medicine.

### Innovative Learning Experiences

The Illumineyes Ophthalmology Workshop redefined undergraduate education by offering hands-on training in advanced procedures like direct and indirect ophthalmoscopy, suturing on goat eyes, and anti-VEGF injections. Delegates expressed immense satisfaction with the immersive learning experience.

The USG-Guided Nerve Block Workshop, in its second edition,







provided delegates with hands-on experience in nerve block administration using cadavers and live volunteers. The event was a testament to JSS's commitment to advancing clinical education.

The Dialysis Workshop offered a unique insight into nephrology, with a guided tour of the dialysis unit and an engaging case series session led by Dr. Sowrabha R and Dr. Manjunath Shetty. Delegates gained practical knowledge and a deeper appreciation for dialysis care.

### Forensic and Neurological Excellence

The Crime Scene Investigation (CSI) Workshop immersed participants in a simulated murder mystery, teaching forensic skills like blood analysis, fingerprinting, and case-solving. The interactive session left delegates with a newfound interest in forensic medicine.

The Symposium Cerebri, a neurology symposium, provided an in-depth understanding of stroke management. Through case discussions and hands-on training, participants gained critical skills in acute stroke interventions, reinforcing JSS's leadership in medical education.

### Scientific and Literary Events

The Scientific Events saw fierce competition in case presentations, oral paper presentations, and poster presentations, with participants from across India showcasing their diagnostic and research prowess. The Shark Tank event highlighted innovative healthcare solutions, including FIXSTAIN, an automated slide stainer, and Supth, a sleep-tracking app.

The Literary Events added a creative flair to the conference, with debates, medical Pictionary, and diagnostic challenges like Panacea Under A Minute and Fever

Olympics. These events combined intellect and fun, fostering camaraderie among participants.

### Diplomacy and Academic Rigor

The JSSMCMUN 2024 brought together delegates to debate global issues like drug policies and healthcare reforms. The event emphasized the importance of diplomacy and collaboration in addressing international challenges.

The Occam's Razor Medical Quiz, with a prize pool of ₹55,000, tested the academic excellence of 152 teams from 32 medical colleges. The event solidified its reputation as a premier platform for intellectual competition.

### Career and Financial Insights

The Post-MBBS Panel Discussion provided valuable career guidance, with speakers sharing their journeys and tips for success in various medical fields. The Financial Literacy Panel equipped students with essential skills in investment and risk management, addressing a critical gap in medical education.

### Conclusion

Asclepius 2024 was a resounding success, setting new benchmarks in medical education and training. The conference's world-class workshops, innovative events, and emphasis on practical skills reinforced JSS's legacy as a pioneer in nurturing future medical professionals. The event not only enriched participants' knowledge but also inspired them to excel in their careers, leaving an indelible mark on the medical community.







## Cultural Committee Report 2024

The first half of 2024 at JSS Medical College was a vibrant tapestry of cultural brilliance, artistic excellence, and intellectual triumphs. From mesmerizing performances to stellar victories on national platforms, students showcased their unwavering talent, passion, and competitive spirit, leaving an indelible mark on every stage they graced.

The year commenced on a high note with the Suttur Jathra Mahotsava on February 6, a grand spectacle celebrating Karnataka's rich heritage. Students from Phase I and II captivated audiences with spellbinding performances, presenting traditional art forms such as Kamsale, Karga Kolatta, and a breathtaking fusion of Bharatanatyam and Kathak. Their dedication to preserving classical traditions was commendable, with Ms. Anika from 1st Year MBBS securing 4th place in Solo Classical Dance, while the Classical Group Dance team earned a well-deserved 5th place.

JSSAHER continued its legacy of competitive brilliance at Yuva Bimba

2024, the 37th Annual South-East Zone Inter-University Youth Festival, hosted from February 22-25 at JSS Science and Technology University. The festival featured an array of intellectually stimulating and artistically enriching events, including mime, classical dance, vocals, debate, painting, and quizzes. Among the many exceptional performances, the JSSAHER Quiz Team stood out, securing a remarkable 2nd place and earning the prestigious honor of qualifying for the National Youth Festival 2024. Further demonstrating intellectual prowess and resilience, the General Quiz Team represented JSSAHER at Hunar 2024, a prestigious national inter-university festival held at Punjab Agricultural University from March 29 to April 2. Competing against India's top institutions, the team showcased remarkable analytical skills and teamwork, further strengthening JSSAHER's





reputation on a national level.

Beyond competitions, JSS Medical College students embodied the spirit of compassion and community service. On May 10, the JSSMC M.I.N.D.S Psychiatry Club: Sapiens, in collaboration with Kalakriti, orchestrated a heartfelt initiative at Sri Chayadevi Anathashrama. The visit was filled with warmth and joy as students distributed refreshments, stationery, and sports equipment, fostering creativity and emotional well-being among the young residents.

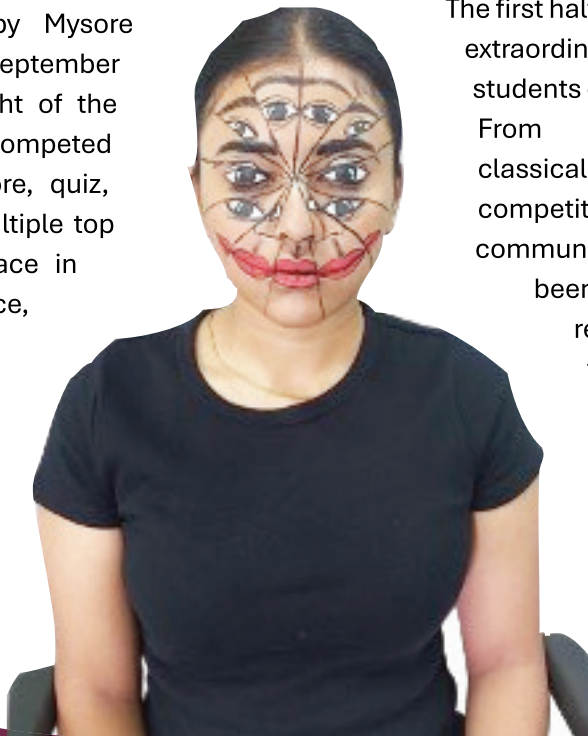
The artistic brilliance of JSSMC students was on full display at Silhouettes 2024, AFMC Pune's premier cultural fest, held from May 8-15. Competing in singing, dance, and fine arts, students delivered outstanding performances, earning 2nd place in Duet Dance, 3rd place in Face Painting, and 3rd place in Solo Dance (Kuchipudi). The street play team captivated audiences with a thought-provoking performance on the profound impact of social media on mental health, leaving a lasting impression with their powerful storytelling.

Samskriti 2024, hosted by Mysore Medical College from September 21-23, was another highlight of the year. JSSMC students competed fiercely in dance, extempore, quiz, and Pictionary, securing multiple top positions, including 1st place in Solo Non-Classical Dance, 2nd place in Group Dance, and podium finishes in Extempore, Pictionary, and Quiz. The NAAC Cultural Showcase on October 3 was a

magnificent tribute to India's classical dance heritage. Faculty and students came together to celebrate the richness of Bharatanatyam, Kathak, Odissi, Kuchipudi, Mohiniyattam, and Yakshagana, fostering a deeper appreciation for India's artistic legacy and uniting the campus in a celebration of cultural excellence.

Brimming with patriotic fervor and cultural pride, Kannada Rajyotsava was celebrated with grandeur on November 11. Avibrantly, rhythmic dhol procession, and soul-stirring performances illuminated the event, where students and faculty came together to honor Karnataka's glorious heritage through traditional dance, music, and heartfelt speeches. The year's cultural journey reached its crescendo at Cobalt Skies, the flagship fest of Bangalore Medical College, on November 17. Vanshika Singh, a second-year MBBS student, emerged victorious, securing First Place in "Celestial Spurs," the Western Solo Dance event. Her electrifying performance captivated both judges and audiences, bringing immense pride to JSSMC and inspiring future artists.

The first half of 2024 has been nothing short of extraordinary for JSS Medical College, with its students excelling across diverse platforms. From preserving tradition through classical arts to dominating intercollegiate competitions and spreading joy through community service, the year so far has been a testament to their dedication, resilience, and multifaceted talents. As JSSMC continues its journey, these milestones serve as a beacon of inspiration, shaping a legacy of excellence, unity, and cultural pride.







## Echoes of the Nile: An Egyptian Odyssey

JSS Medical College, June 11th – 16th, 2024

Tatvam 2024, the grand intercollegiate cultural and sports fest of JSS Medical College, was a vibrant celebration of talent and creativity. With participation from over 30+ colleges nationwide and online events reaching 40+ colleges, the fest showcased music, dance, drama, literature, and fine arts competitions, alongside exhilarating sports contests.

Key Highlights:

### Inauguration & College Day:

Tatvam commenced with an inaugural ceremony graced by Dr. Vishal Kumar Gupta and other dignitaries. The batch dance performances and ethnic walk brought cultural vibrancy, followed by a captivating live performance by Fremitus, the college band.

### Cultural & Literary Events:

- Dance: Solo (Classical/Non-Classical), Duet, Group, Dance Face-Off, Sync Challenge.
- Music: Classical & Non-Classical Singing, Duet

# Tatvam 2024

Singing, Instrumental, Battle of Bands.

- Drama: Street Play, Mono Act, Mad Ads, Short Skits.

- Literary: Debate, Poetry, Just A Minute, Shipwreck, Literary Marathon.

- Fine Arts: Art Venture, Face Painting, Photography, Costume Design.

- Quiz & Assorted Events: General Quiz, Anime Quiz, Escape Room, Fashion Show (Panache), E-Sports (Valorant, FIFA).

## Special Performances & Entertainment:

Tatvam 2024 was filled with electrifying performances, from Fremitus' live concert to students showcasing stunning dance and music performances.

### Impact & Success:

Tatvam 2024 stood as a testament to artistic and intellectual excellence, fostering camaraderie and cultural exchange. The overwhelming participation and enthusiasm ensured its success, making it a truly unforgettable experience for all.









## The Ripple Effect One Drop, Infinite Waves: Amplifying Ideas That Matter

The Psychiatry Club at JSS Medical College achieved a significant milestone by securing the license to host TEDxJSSMC, bringing the globally renowned TEDx experience to its campus. Held on November 23, 2024, the event featured an inspiring lineup of speakers who shared groundbreaking ideas, personal journeys, and innovative perspectives, leaving the audience deeply moved and motivated.

### **TEDxJSSMC Team**

#### **Keynote Speakers**

Transforming Pharmacy Education for a Globalised India | Dr. B. Suresh

One of the most insightful talks of the day was by Dr. B. Suresh, Pro-Chancellor of JSS Academy of Higher Education and Research. He shared the inspiring journey behind introducing the Pharm D program in India. His talk detailed the challenges of revolutionising pharmacy education and the vision that placed Indian pharmacists at the forefront of global healthcare. His leadership in shaping regulatory policies and pharmaceutical education has left an indelible mark on the profession. As the Pro-Chancellor of JSS Academy of Higher Education and Research, Mysuru, and former President of the Pharmacy Council of India (2003–2021), his efforts have reshaped pharmacy

education and practice in India.

### **Advancing Mental Health Care | Dr. Pratima Murthy**

Dr. Pratima Murthy, the Director of NIMHANS, delivered a powerful talk on the evolution of mental health care in India. She shed light on the critical need for accessible mental health services, the stigma surrounding psychiatric disorders, and the policies shaping the future of mental healthcare. Her talk resonated deeply, emphasising that healing is not just about curing diseases but about restoring dignity, hope, and life itself.

### **evolUSHion – Turning Mountains into Milestones | Dr. Usha Hegde**

Dr. Usha Hegde, an Ironman finisher and Everest summiteer, took the audience through her incredible journey from dentistry to endurance sports. Her talk highlighted how determination and resilience can break barriers, encouraging individuals to push past self-doubt and embrace challenges head-on.

The Challakere Experiment – Sparking Transformation Through Education | Dr. D. N. Rao

Dr. D. N. Rao, a renowned scientist from IISc, introduced the audience to the Challakere



Experiment, an initiative revolutionizing education through teacher training and experiential learning. His insights into the ripple effect of quality education emphasized the transformative power of well-trained educators in shaping future generations.

### **Why Your Dreams Still Matter | Dr. Harshita Umesh**

Dr. Harshita Umesh, Founder of Vaada and a UN climate policy advocate, emphasised the importance of nurturing childhood dreams and turning them into meaningful global impact. As a delegate at multiple UN conferences, she has worked extensively in mental health, sexual and reproductive health, and climate advocacy, proving that passion and persistence can create lasting change.

### **How Art Can Inspire Change | Srina Bose**

Youth activist and political entrepreneur Srina Bose explored the intersection of creativity and activism, demonstrating how art can serve as a tool for social justice and youth empowerment. She cited global examples like Detroit's Heidelberg Project and Indian youth protest art, illustrating the power of creative expression in civic engagement.

### **Citizen Science: The New Movement for the Planet | Dr. Suhel Quader**

Dr. Suhel Quader, a conservation scientist, introduced the audience to citizen science, a revolutionary approach where everyday people contribute to scientific discoveries. His talk inspired individuals to engage in conservation efforts and highlighted the role of collective curiosity in solving environmental challenges.

### **The Ripple Effect of Education | M.R. Ananth Kumar**

M.R. Ananth Kumar, founder of Kaliyuva Mane, shared his impactful work in alternative education for marginalised children. His school's innovative approach has provided countless children a second chance at learning, proving that personalised education and emotional support can transform lives.

### **The Magical Power of Storytelling | Madhavi Menon**

Renowned storyteller Madhavi Menon

captivated the audience with the story of LumLang, a young girl from Meghalaya. Using puppetry and narration, she demonstrated how storytelling fosters empathy, preserves culture, and empowers self-expression. Her performance was a beautiful testament to the timeless power of narratives in shaping human emotions and society.

### **Cultural Performance – Dr. Mysore Manjunath's Spellbinding Violin Recital**

Adding to the intellectual and artistic richness of TEDxJSSMC was a stellar performance by Dr. Mysore Manjunath, a world-renowned violinist known for his deep-rooted expertise in Indian classical music.

With a career spanning over four decades, Dr. Manjunath has performed at prestigious global venues, including the Royal Albert Hall, Sydney Opera House, Cambridge University, and Oxford University. His music blends Carnatic classical traditions with contemporary and global styles, making him one of India's most innovative violinists.

Honoured with prestigious awards such as the Rajyotsava Award and the Sangeet Natak Akademi Award (becoming its youngest recipient), he has played a pivotal role in promoting and evolving Indian classical music worldwide.

His soul-stirring recital at TEDxJSSMC was nothing short of mesmerising. As he weaved intricate ragas with effortless fluidity, the audience was left spellbound by the emotional depth of his music. His performance added a transcendent dimension to the event, reinforcing the universal power of art and making his recital a true highlight of the day.

### **A Resounding Success**

TEDxJSSMC was a monumental success, igniting thought-provoking discussions, artistic inspiration, and a collective vision for change. The event embodied the TEDx spirit—"Ideas Worth Spreading"—and left attendees enriched with new perspectives and the motivation to pursue innovation, creativity, and meaningful impact.

For those who missed it, all TEDxJSSMC talks are available on YouTube, ensuring that these powerful ideas reach a broader audience.



# Literary & Magazine Committee Report

## Student Achievements

### Essay Competition

1. Ms. Yashika Sharma (4th MBBS) won first place in the essay competition on “Role of Women as Single Parent” organized by JSS Law College, Mysuru.

### National & State-Level Quizzes

1. National Anatomy Quiz (Feb 1, 2024, SIMSRC, Bengaluru): Aniketh Venugopal & Rahul Sreenath (MBBS Phase-2) represented JSSMC against 178 teams and received participation certificates.
2. Dr. A. Krishna Rao Memorial Physiology Quiz (March 15, 2024, Kasturba Medical College, Manipal): Aniketh Venugopal & Sharanya Chowdhury (MBBS Phase-2) participated in this state-level event and received participation certificates.
3. ICTD Quiz 2024 (May 20, 2024): Shaurya Kant & Kanishka Garg (2nd MBBS) cleared the preliminary rounds in this quiz organized by the Indian Society of Clinical Research.
4. EREVNA 2024 – National UG Medical Conference (May 3-5, Kasturba Medical College, Mangalore)
5. Shruti Shambhavi (2nd year) participated in the poster presentation and quiz competition.
6. Sharanya Bose (Final MBBS) was one of 14 selected from 160 abstracts for a paper presentation on LGBTQ+ awareness among medical students.
7. Riddhi & Rasha (3rd MBBS) participated in quiz prelims and a poster presentation on congenital anomalies in fetal autopsies.
8. Several other students attended and presented research on various medical topics.
9. Anat Art Fest 2024 (May 18, Father Muller Medical College, Mangalore)

10. Stuti Jajodia, Vanshika Jaimini & Sana Singh (Phase II MBBS) secured 3rd place in a three-round anatomy-based event.

## Literary & Cultural Events

1. Trading Tales – Book Exchange (Feb 25, 2024)
2. A book discussion and exchange event featuring works such as 1984 by George Orwell, Fahrenheit 451 by Ray Bradbury, and Norwegian Wood by Haruki Murakami.
3. Graduation Day & College Magazine Release (March 23, 2024)
4. Samarthya 2023-24 was released in the presence of dignitaries, including His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji and leading medical faculty.
5. Samarthya 2022-23 won first prize in the Medical & Technical Institute category at the 109th Jayanthi Mahotsava.

## Research & Clinical Presentations

### Conference Awards & Recognitions

1. Nilanjana Dutta (Intern) won 1st prize at the Indian Rheumatology Association CME for a case presentation on Andersson Lesions in Ankylosing Spondylitis.
2. Aditya Rao & Aman Kumar Singh (3rd-year MBBS) secured 1st prize for a clinical case presentation at Cognitaire 3.0, an UG conference at BGS Institute of Medical Sciences.
3. Devesh Chandra (Intern) represented the college at the 45th Asian Medical Students' Conference (Tokyo, Japan).
4. Sharanya Bose (Final MBBS) won multiple awards, including:
5. 1st in oral presentation and 2nd in poster presentation at Asclepius 2024.
6. A Gold Medal for securing 1st rank in Forensic Medicine & Toxicology at KAMLSCON 2024.
7. National Conference on Psychiatry Teaching & Learning Practices (Nov 16-17, 2024, St. John's Medical College, Bangalore)



8. Multiple students presented research on mental health topics, including substance use in medical students, eating disorders, and telepsychiatry.
9. Sharanya Bose won 1st prize for her model on training medical students in suicide risk assessment.
10. Asclepius 2024 (JSS Medical College, Mysore, Oct 22-26, 2024)
11. Several students presented research on HPV vaccination, PCOS management, and vitamin B12 deficiency.
12. Kumud Dhankhar (4th MBBS) secured 2nd place in the Medicine Case Presentation event.
13. Other Conferences & Workshops
14. VAGUS 2024 (MMC, Mysore): Sharanya Bose presented a case study.
15. INSIGHT'24 (AIIMS Delhi): Sanskriti Jain (2nd MBBS) participated in a Laparoscopy Workshop.

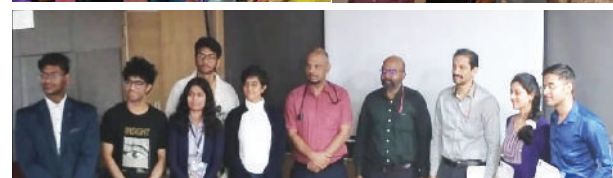
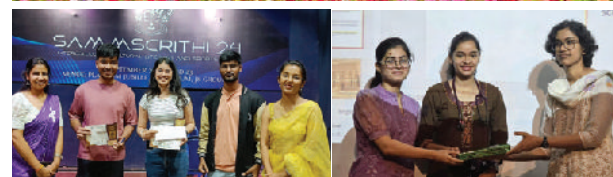
## Cultural & Literary Achievements

1. Sammscrithi 2024 (Intercollege Fest - Mysore Medical College, Sep 22, 2024)
2. Arushi Kaushik (Final MBBS) was Runner-up in the English Extempore competition.
3. Arushi Kaushik & Ankit Agarwal (2nd-year MBBS) participated in the Pictionary Competition.

## AIIMS MEDHACKATHON-INSIGHT 2024

Aryan Pandit and C.S. Kalyani, MBBS students at JSS Medical College, Mysuru, won first place at the MedHackathon 2024, part of the INSIGHT Scientific Conference at AIIMS, New Delhi. Their product, "Stain-At-Ease," is an automated, low-cost microbiological slide processor designed for diagnosing bacterial (including tuberculosis) and some fungal infections in peripheral health centers. Guided by Dr. Prashanth S. and Dr. Vidyavathi B. Chitharagi, they received support

from Dr. Basavana Gowdappa H. and Dr. Praveen Kulkarni.





## SPORTS ACTIVITIES – JAN.2024 TO DEC.2024

Sl. No.	Name of the Tournament & Place	Date	Games	Men/ Women	Result
1	Mysore City Inter Collegiate Sports Fest Organised by Teresian College & Department of Physical Education, University of Mysore, Mysore.	21 <sup>st</sup> and 22 <sup>nd</sup> February 2024	Swimming	Men	Mr.Adith Smaran Olety Individual overall champion.
2	Mysore City Inter Collegiate Sports Fest Organised by Teresian College and MIT First Grade College, Mysore	22 <sup>nd</sup> & 23 <sup>rd</sup> February 2024	Table Tennis	Men	Third Place
3	Mysore City Inter Collegiate Sports Fest Organised by Teresian College & Department of Physical Education, University of Mysore, Mysore.	14 <sup>th</sup> to 26 <sup>th</sup> February 2024	Football	Men	Third Place
4	Mysore City Inter Collegiate Sports Fest Organised by Teresian College & Department of Physical Education, University of Mysore, Mysore.	22 <sup>nd</sup> and 23 <sup>rd</sup> February 2024	Table Tennis	Men	Third Place
5	Mysore City Inter Collegiate Sports Fest Organised by Teresian College & Department of Physical Education, University of Mysore, Mysore.	13 <sup>th</sup> and 14 <sup>th</sup> March 2024	Basketball	Men	Winner
6	Mysore City Inter Collegiate Sports Fest Organised by Teresian College & Department of Physical Education, University of Mysore, Mysore.	13 <sup>th</sup> and 14 <sup>th</sup> March 2024	Basketball	Women	Third Place
7	Mysore City Inter Collegiate Sports Fest Organised by Teresian College & Department of Physical Education, University of Mysore, Mysore.	16 <sup>th</sup> March 2024	Chess	Men	Third Place
8	Open Rapid Chess Tournament held at Ranebennur	March 2024	Chess	Men (Dr.Shet Prajwal P.)	Winner
9	JSS Medical College Annual Sports Meet-2024	15 <sup>th</sup> April to 25 <sup>th</sup> May 2024	Sports Activities	Men Individual Champion Mr.Pranav K.M. (II MBBS)  Women Individual Champion Ms.Pavani- (I MBBS) Overall championship II MBBS students	Sports Meet inaugurated by Dr.M.R.Savitha Prashanth, National Basket Player (Ekalavya Awardee)  Prizes distributed by Dr.Prashanth Vishwanath Dean, IQAC, JSS AHER.
10	CROSSOVER Sports Fest-2024 organised by SDM Dharwad	9 <sup>th</sup> to 12 <sup>th</sup> May 2024	Basketball	Men & Women	III Place

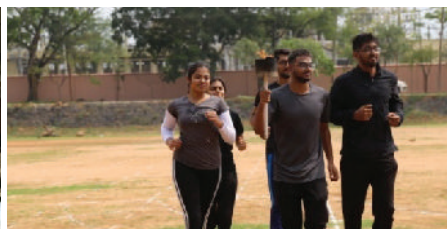


11	SILHOUETTES & AIIMBT Sports Fest-2024 AFMC Pune	8 <sup>th</sup> to 11 <sup>th</sup> May 2024	Chess	Dr.Shet Prajwal P. Internee	Obtained three gold medals and got individual champion.
12	SILHOUETTES & AIIMBT Sports Fest-2024 AFMC Pune	8 <sup>th</sup> to 11 <sup>th</sup> May 2024	Swimming	Mr.Adith Smaran Olety (First Year MBBS student)	Obtained five gold medals and got Men individual champion.
13	TATVAM-2024 National Sports & Cultural Fest  (More than 25 plus Medical Colleges participated in the TATVAM-2024 Sports Fest)	12 <sup>th</sup> to 16 <sup>th</sup> June 2024	Organised games Basketball  Table Tennis  Volleyball  Throwball Badminton  Chess	Women Men  Men Men Women Men Men – Team game Women-Team game	Winners Runners-up  Winners Runners-up Runners-up Runners-up Winners Runners-up Overall individual champion Dr.Shet Prajwal P., Internee

## MYSURU CITY INTER COLLEGIATE SWIMMING, BASKET BALL & OPEN RAPID CHESS TOURNAMENT WINNERS (FEBRUARY & MARCH 2024)



## JSS MEDICAL COLLEGE ANNUAL SPORTS MEET INAUGURATION - 24.05.2024





## JSS MEDICAL COLLEGE ANNUAL SPORTS MEET



## PRIZES DISTRIBUTED ON 25.05.2024



## TATVAM 2024 SPORTS FEST 12 TO 16 JUNE 2024

## AFMC (PUNE) SWIMMING AND CHESS TOURNAMENT INDIVIDUAL CHAMPIONS (08 TO 11 MAY 2024)



Dr.Arunudhaya Siddarth S., Associate Professor of Orthopaedics winner 2k run, fun & walk at Karnataka Orthopaedics Association (KOACON), Shivamogga on Feb.2024.





Dr.Kshama S.Ramesh, Asst.Prof., Department of Geriatrics, won 1<sup>st</sup> Place in Swimming competition (50 mtr. Breast Stroke category) in the age group of 25-34 at IMA-KSB State level swimming competition-2024, Shimoga on 24<sup>th</sup> & 25<sup>th</sup> February 2024.



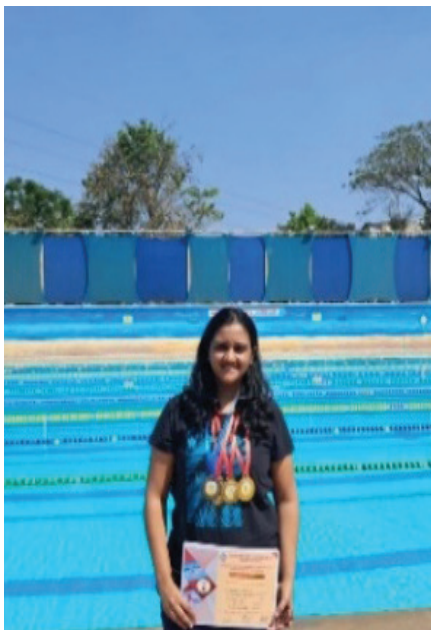
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Dr.Kshama S.Ramesh, Asst.Prof., Department of Geriatrics, won 1<sup>st</sup> Place in Swimming competition (50 mtr. Free Style category) in the age group of 25-34 at IMA-KSB State level swimming competition-2024, Shimoga on 24<sup>th</sup> & 25<sup>th</sup> February 2024.



Dr.Kshama S.Ramesh, Asst.Prof., Department of Geriatrics, won 2<sup>nd</sup> Place in Swimming competition (100 mtr. Free Style category) in the age group of 25-34 at IMA-KSB State level swimming competition-2024, Shimoga on 24<sup>th</sup> & 25<sup>th</sup> February 2024.





## SPORTS ACTIVITIES

Sl. No.	Name of the Tournament & Place	Date	Games	Men/Women	Result
1	TATVAM-2024 National Sports & Cultural Fest  (More than 25 plus Medical Colleges participated in the TATVAM-2024 Sports Fest)	12 <sup>th</sup> to 16 <sup>th</sup> June 2024	Organised games Basketball  Table Tennis  Volleyball  Throwball  Badminton  Chess	Women Men Men  Men  Women  Men  Men – Team game Women-Team game	Winners Runners-up Winners  Runners-up  Runners-up  Runners-up  Winners Runners-up Overall individual champion Dr.Shet Prajwal P., Internee
2	Mcubes Alleppey Open 2024 Fest organised by Midhun Raj, founder the Mcubes, Kochi	3 <sup>rd</sup> to 5 <sup>th</sup> August 2024	Mcubes Alleppy Open 2024	Individual champion	Winner
3	EQUINOX 2024 SPORTS FEST organized by Rajarajeswari Medical College, Bangalore,	8 <sup>th</sup> to 13 <sup>th</sup> August 2024	Basketball  Futsal & Cricket  Throw ball  Volleyball	Women Team  Men Team  Women Team Men Team	Winners  Lost their match in semi finals  Lost in second match Lost in second match
4	SaMMsCRITHI 2024 State Level SPORTS FEST organized by Mysore Medical College, Mysore	20 <sup>th</sup> & 21 <sup>st</sup> September 2024	Cricket	Men	Runnerup
5	Mysore City Inter Collegiate Sports Fest organized by University College of Physical Education Mysuru jointly organized by Teresian College	15.10.2024	Swimming	Men   Women	Mr.Adith Smaran Olety got overall individual men champion.  Ms.Anjali Chandra Adari got silver medal
6	Mysore City Inter Collegiate Sports Fest organized by University College of Physical Education Mysuru jointly organized by Teresian College	21.10.2024	Chess	Women	Our chess team got overall championship trophy
7	Mysore City Inter Collegiate Sports Fest organized by University College of Physical Education Mysuru jointly organized by Teresian College	24.10.2024	Table Tennis	Men	Our Table Tennis Men team got overall championship trophy



8	Mysore City Inter Collegiate Sports Fest organized by University College of Physical Education Mysuru jointly organized by Teresian College	30.10.2024	Chess	Men	Our Chess Men team got runner up trophy
9	Cobalt skies Sports Fest-2024 State Level Table Tennis Tournament Organised by Bangalore Medical College, Bangalore	14 <sup>th</sup> & 15 <sup>th</sup> November 2024	Table Tennis	Men	Our Table Tennis Men team got overall championship trophy
10	Cobalt skies Sports Fest-2024 State Level Chess Tournament Organised by Bangalore Medical College, Bangalore	16.11.2024	Chess	Men	Dr.Shet Prajwal P. got individual champion trophy.
11	National Level Body Building Competition Organised by ICN (I compete natural) Goa 2024	29 <sup>th</sup> Nov. to 1 <sup>st</sup> Dec.2024	Body Building competition	Men	Mr.Sohan S.Rodrigues 7 <sup>th</sup> Sem. B.Sc., Honour in Medical Genetics & Genomics
12	International Chess Championship organised by JAFFNA (JICC 2024)	30 <sup>th</sup> Nov. to 4 <sup>th</sup> Dec.2024	International Chess Championship	Men	Dr.Shet Prajwal P. Champion in blitz event
13	National level Chess Championship organised by First Manipal Academy of Higher Education, All India Open Rapid Championship	7 <sup>th</sup> & 8 <sup>th</sup> December 2024	National level Chess Championship	Men	Dr.Shet Prajwal P. Topper in Open Rapid event







## NSS Activities Report – 2024

National Service Scheme (NSS), JSS Medical College, Mysuru

NSS Medical Camp (Feb 26 – Mar 3, 2024)

The NSS unit of JSS Medical College organized a free medical camp across villages in Hosahalli and Palahalli Gram Panchayats. Guided by Principal Dr. H. Basavana Gowdappa and Vice-Principals Dr. Suma N.M. and Dr. Praveen Kulkarni, the camp provided health screenings and medical consultations. It was supported by local leaders, including Mrs. Shashikala S.D. (Panchayat Development Officer) and Mr. Vivek, who facilitated arrangements and community participation.

A team of specialists, MBBS students, and NSS volunteers provided services including BP checks, blood sugar tests, BMI assessments, and free medication distribution. Around 760 people benefited, with 280 undergoing blood sugar tests and 643 receiving free medicines. Additionally, students conducted door-to-door awareness campaigns on nutrition, hygiene, and social issues like child labor and education. Interactive sessions in schools helped students understand these topics better.

### **Shramadaan at K.R. Mills (Mar 9, 2024)**

As part of the Family Adoption Program, NSS volunteers cleaned the premises of K.R. Mills Subcentre, Government Schools, and surrounding areas. Health education sessions on waste segregation, personal hygiene, and hand hygiene were conducted. The event was coordinated by faculty from the Department of Community Medicine and supported by local health officials.

### **Voting Awareness Program (Apr 24, 2024)**

An awareness session titled “Empowering Tomorrow: The Role of Youth Voting in India’s 2024 Elections” was held at JSS Medical College. Guest speakers from JSS Law College emphasized the importance of voting, dispelled myths, and educated students on the electoral process. Over 250 medical students attended and took an oath to fulfill their democratic responsibilities.

### **World Blood Donor Day – Drawing Competition (Jun 1, 2024)**

A drawing competition was held on the theme “Give Blood and Keep the World Beating”, highlighting the importance of blood donation. The event, judged by faculty from JSS Medical College, saw participation from various medical and allied health science students. Winners were felicitated with certificates.

### **International Yoga Day (Jun 21, 2024)**

NSS students participated in “Yoga for Society”, a large-scale event at Palace Ground, Mysuru. The event, led by district officials, included yoga demonstrations and speeches emphasizing its role in mental and physical well-being. Around 100 JSS Medical College students participated.

### **Tobacco-Free Youth Campaign (Aug 9-10, 2024)**

NSS organized an awareness campaign at government high schools in Udbur and Kuvempunagar. Topics covered included the harmful effects of tobacco, child labor, and child marriage. NSS volunteers used visual aids and interactive discussions to educate students, culminating in an oath-taking ceremony against tobacco use.



### Sadbhavana Diwas (Aug 20, 2024)

Observed to commemorate former PM Rajiv Gandhi's birth anniversary, the event included a speech on national unity and harmony by Mr. Sathish Chandra (Administrative Officer, JSS Medical College). NSS volunteers administered the Sadbhavana Diwas oath, reaffirming commitment to national integration.

### Democracy Day (Sep 15, 2024)

NSS volunteers participated in a Human Chain for Democracy event in Mysuru, in collaboration with district officials. The human chain, captured via drone, symbolized commitment to democratic values and civic responsibility. The event concluded with the singing of Mysore's state song.

### Voluntary Blood Donation Oath (Oct 1, 2024)

To mark National Voluntary Blood Donation Day, around 200 MBBS students pledged to donate blood. The session educated students on the significance of voluntary blood donation in saving lives and maintaining a sustainable donor pool.

### Swachhata Hi Seva (Oct 9, 2024)

A cleanliness drive was conducted in and around JSS Medical College as part of Swachh Bharat Abhiyan. Thirty volunteers collected waste, promoted hygiene awareness, and discussed the importance of a clean environment.

### Plantation Drive (Oct 23-24, 2024)

Under the Family Adoption Program, NSS volunteers distributed and planted herbal saplings in Hanchya and Ramanahalli villages. The initiative, organized by the Department of Community Medicine, also honored local healthcare workers for their contributions.

### Constitution Day (Nov 26, 2024)

The 75th Samvidhan Divas was celebrated with an address by Vice-Principal Dr. Praveen Kulkarni, highlighting Dr. B.R. Ambedkar's role in shaping India's Constitution. An oath ceremony emphasized constitutional values.

### Poster Competition – Tobacco Awareness (Nov 28, 2024)

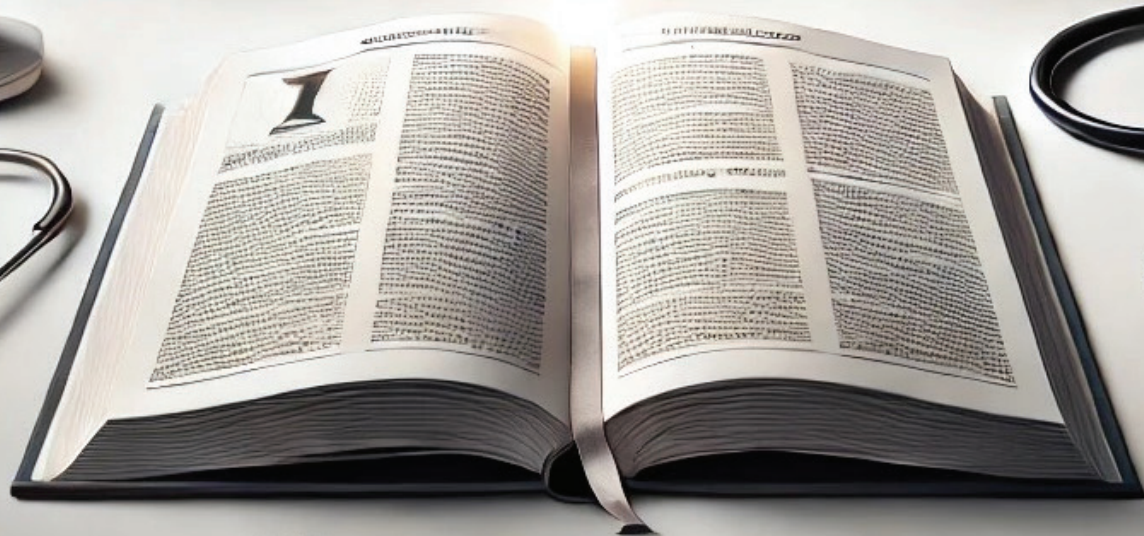
A poster-making competition on "Stop Smoking, Say No to Tobacco" was held as part of the Tobacco-Free Youth Campaign 2.0. Nine participants showcased their artistic skills, and winners were awarded certificates by faculty members.

### Conclusion

The NSS activities in 2024 effectively combined healthcare initiatives, social awareness programs, environmental conservation efforts, and civic engagement. These events not only provided hands-on learning for medical students but also made a tangible impact on communities.







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## DEPARTMENT OF ANATOMY

*"For every Life, For every tomorrow"*

“ॐ सर्वे भवन्तु सुखिनिः” May all be happy, **T**his profound concept highlights universal happiness, health, and harmony, aligning closely with the core principles of Medicine. The department of Anatomy plays a pivotal role in laying the foundation for understanding the human body—its intricate design, functions, and vulnerabilities. In the medical field, this knowledge becomes the cornerstone for addressing illnesses, promoting health, and, ultimately, ensuring the well-being of all. In the pursuit of “Sarve Jana Sukhino Bhavantu, as we delve into the intricacies of human anatomy, we are reminded of the resilience and fragility of life. This duality inspires us to work diligently toward improving healthcare outcomes, advancing medical education, and fostering a sense of responsibility in future healthcare professionals.

Our department is equipped with cutting-edge laboratories and advanced teaching aids, offering students an unparalleled learning experience. The dissection hall is the heart of our department, providing hands-on training that bridges the gap between theoretical knowledge and practical application. Additionally, the department houses an extensive collection of anatomical models and specimens that enrich the learning process.

By equipping students with the knowledge to heal and the empathy to care, we aim to contribute to a world where everyone can experience health and happiness. This is aided by state of art facility available in the department like VIRTUAL DISSECTION TABLE, trinocular fluorescence microscope and anthropometry instruments. The Anatomy Department prides itself on its team of highly experienced and dedicated faculty members. They are not only educators but also mentors who guide students through the challenges of medical education. Their passion for teaching and research fosters an environment of curiosity and continuous learning. The research endeavours contribute to the advancement of medical science and provide students with opportunities to present their findings at national and international platforms.

“For every life, for every tomorrow” is a call to action. It urges us to embrace the present and shape the future with courage and conviction. It’s a reminder that what we do today ripples into tomorrow, shaping not only our lives but also the lives of others.

Let us walk together on this path, guided by the wisdom of our ancient heritage and the promise of a healthier future for all. सर्वे भवन्तु सुखिनिः - for every life, for every tomorrow.





# DEPARTMENT OF PHYSIOLOGY

*“By wishing for the happiness of others, we sow the seeds for a compassionate and harmonious world”.*

It is the first step to wish for universal peace and well-being. The relevance extends beyond the individual, reaching every life and every tomorrow and every corner of the world.

In the world where disagreement and conflict often dominate, the message “SARVE JANAH SUKHINAH BHAVANTU” Serves as reminder that humanity’s progress lies in the upliftment of all.

In the view of betterment and upliftment of all, our department conducted the CME on AI (Artificial Intelligence) usage on 15th March 2024.

The aim of CME was to educate students on the better usage of AI and how to incorporate the AI into our life so that it will benefit the society and serve a better tomorrow.

AI is an inevitable thing of our recent life and if the youths utilize it in a better way, they can build a greater tomorrow, which makes the nation strong and develop the country.

In students the better usage of AI helps them to do various research projects with better understanding and with better knowledge which paves a way for many new solutions for various problems, and for the betterment of society.

For better tomorrow, its necessary to give our best today, the youth are the flag bearer of the country and they are the solution for the future problems, so with all the efforts we can tackle every problem before it influences the society.





# DEPARTMENT OF BIOCHEMISTRY

*Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin”, said Mother Theresa. “For every life, For every tomorrow”, conveys a sense of hope, continuity and universality. Our department has strived to uphold this ideal since the inception of the JSSAHER university. The staff of the department are working towards this under three wings*



**A. Academics** – Every student who enters the medical college, needs to learn Biochemistry which is the basis for medicine. The staff strive to achieve this objective by using newer teaching methodologies, newer medical education technologies and creating interest in medical students through role play, dumb charades and other play techniques so that the students are there for every life and for every tomorrow at present and in future.

**B. Health and Well-Being of all through the Diagnostic Laboratory** – The clinical biochemistry laboratory has the state of art instruments and facilities in order to do the investigations for diagnosis of diseases and provide the results at the earliest. Staff from other institutes across the globe visit the department for a training through the International

Federation for Clinical Chemistry - Professional Scientific Exchange Programme (IFCC-PSEP). Newer tests are added as and when there is a request by the clinical departments. In this regard, the department strives to be there for every life and every tomorrow.

**C. Research and Innovation** – The department was supported by VGST/FIST initially and at present is being maintained by several external funding agencies such as DBT, DST, ICMR and is recognized as the ICMR Collaborating Centre of Excellence with the latest cutting edge tools and technologies for performing high end research and innovations at the CEMR laboratory. There are more than two dozen translational research projects running at the CEMR and department laboratories in a sustainable fashion for a better tomorrow that will help in the betterment of every life.







## DEPARTMENT OF PATHOLOGY

*'May all sentient beings be at peace, may no one suffer from illness'*

The department of pathology is honored to be part of the healing process that is the great privilege and responsibility that is accorded to the medical profession.

Pathology is the art of seeing what appears to be invisible at first glance. Dr Richard J. Reed (1928–2021), a brilliant pathologist, once wrote that “the ability to integrate microscopic findings into a meaningful interpretation is the distinguishing characteristic of a pathologist and is the art of pathology”.

The main message to be derived from this year's theme is that a significant part of healthcare should be prevention and that early detection of diseases will ensure that all sentient beings are at peace. Though illnesses may afflict them, the endeavor should be to do minimize and do away with suffering.

Pathologists are crucial as medical detectives and are making a big impact in reducing global illnesses and improving medical practices. Pathology serves as the frontline defender in the journey towards good health. Through a range of tests and screenings, it facilitates the early detection of potential health issues, empowering individuals to take proactive measures before the escalation of diseases. In keeping with this the department of pathology has introduced liquid

based cytology to improve the diagnostic reliability of pap smears in 2024. Recognizing carcinoma cervix, a major public health problem in its early stages not only enables more effective management but also enhances the chances of positive outcomes through improved handling and treatment.

Our department has analysed a record number of intra-op frozen sections during surgery in 2024 and this collaborative approach strives to optimize patient outcomes and postoperative care. Also vital to the smooth recovery of patients are the voluntary blood donation camps are organized at regular intervals in and around Mysuru, where blood collected from healthy non-remunerated donors.

Point-of-Care Testing (POCT) is clinical laboratory testing conducted close to the site of patient care where care or treatment is provided. This provides rapid turnaround of test results with the potential to generate a result quickly so that appropriate treatment can be implemented, leading to improved clinical or economic outcomes which significantly decreases mental and economic stress for the patients. In this context, sonoclot, was introduced by the department to detect changes in viscoelasticity of whole blood following coagulation. It is now accepted as best integrated solution that



addresses both convenient and cost-effective anticoagulation management with global hemostasis monitoring for managing clinical bleeding.

The department's theme in the Suttur medical exhibition was "Healthy heart, Healthy life". Models of different cardiovascular pathologies were demonstrated and discussed which represented the commitment of the department towards preventing cardiovascular diseases.

The 3-month mandatory training of pathology postgraduate medical students within their residency tenure has allowed our residents to watch, examine, and treat while learning about locally prevalent conditions ("learning while serving"). Acknowledging and excelling in a resource-limited environment has its own benefits as it offers different perspectives and may spark ingenious or innovative solutions to the problems affecting society. The unmet needs of the health-care mechanism at the grassroots level helps sensitization toward an empathic and holistic attitude during patient care.

Every individual is unique, and pathology acknowledges this diversity. Pathology now is at the realm of personalized medicine, enabling the physician to tailor treatments according to distinct genetic profiles, thereby optimizing therapeutic outcomes. The department collaborates with many labs to offer tailored therapeutic options for cancer treatment.

Pathology is a catalyst for scientific breakthroughs which is crucial towards improving healthcare and mitigating suffering. In keeping with this, the department regularly invites senior dignitaries to encourage staff and residents to embark on ambitious research projects laying the groundwork for innovative treatments and medical advancements for the betterment of human health.

In conclusion, pathology department remains committed to promoting wellbeing and reducing the incidence of diseases, honoring the theme सर्वे भवन्तु सुखिनः— For Every Life, For Every Tomorrow.



## DEPARTMENT OF PHARMACOLOGY

The Department of Pharmacology, JSS Mysuru, upholds this theme by training future healthcare professionals in rational medication use and adverse drug reaction prevention. We actively

raise public awareness about drug interactions, address antibiotic resistance through antimicrobial stewardship programs, and host impactful CMEs to protect lives and promote a healthier future.





# DEPARTMENT OF MICROBIOLOGY

*Happiness is the universal pursuit of every earthling transcending boundaries of culture, age and circumstances. While happiness is often perceived as an elusive goal tied to external achievements, its true essence lies within. For every life and every tomorrow, happiness is the beacon that guides us toward meaningful existence.*

The Department of Microbiology believes that the power of service brings happiness that transcends time. Service is the most profound way to foster personal growth, abundance & lasting happiness. Mahatma Gandhi once stated, “The best way to find yourself is to lose yourself in the service of others. The Microbiology team of Laboratory Physicians craft homegrown happiness by providing accurate, timely, reliable & quality ensured results to our patients on the diagnostic front. Happiness is never a solitary pursuit. Our team strongly intertwines this interconnectedness for a better tomorrow by pursuing academic teaching & learning activities rooting in the

next generation of medics & paramedics. Keeping up the Eudaimonic happiness we as a department partake in several research activities moving from known to unknown by partaking in research activities thereby collectively improving the quality & longevity of human life.

Workplace environment significantly impacts employee happiness. We foster ergonomically & culturally safe workspaces. Colleagues derive happiness from work that aligns with their values and allows them to contribute to meaningful outcomes.

We practice gratitude & timed spiritual breaks to improve productivity & turnover by filling our pots of happiness so as to enrich the lives that we touch in our everyday life. To conclude eudaimonic happiness is the beacon that guides us towards meaningful existence. It is a dynamic state, shaped by daily actions and broader societal frameworks which helps us to lead abundantly fulfilling lives and paves a path for thriving communities.







## DEPARTMENT OF FORENSIC MEDICINE & TOXICOLOGY

*"In reality, those rare few cases with good forensic evidence are the ones that make it to court".*

**F**orensic Surgeon work to uncover the truth behind every death, ensuring that no life is overlooked by determining cause of death.

Forensic surgeon help identify public health risks  
(Ex: drugs over doses, infectious diseases, work place hazards)

Their work contributes to improve safety regulations, medical treatments and crime prevention.

For every life for every tomorrow "symbolizes both honoring the dead and safeguarding the living. Every case they handle is not just about the past but about creating a safer more just future.



## DEPARTMENT OF COMMUNITY MEDICINE

*Like a beacon of hope,*

**O**ur Department of Community Medicine illuminates paths to better health. "For every Life, For every Tomorrow" (सर्वे भवन्तु सुखिनि) guides our journey from urban streets to rural lanes. Where others see statistics, we see stories; where others see

patients, we see families; where others see disease, we see opportunities for transformation. Being staunch followers of this theme we paint tomorrow's canvas with innovation, prevention, and care.





## DEPARTMENT OF OTO-RHINO-LARYNGOLOGY (ENT)

*The Ear Is Avenue to The Heart*

The mission of ENT, Head and Neck Department, JSSMC is to provide compassionate, expert, patient centered care to individuals suffering from ear, nose, throat, head and neck diseases, is in tune with

the theme “Aturasya Vikara Prashamanam” which translates as helping the individuals to overcome their diseases and improve their quality of life.



## DEPARTMENT OF OPHTHALMOLOGY

*Eyes are the window to the world*

Department of Ophthalmology at JSS Medical college, Mysore is a firm believer of that. The department offers a multidisciplinary approach in that aspect by offering multiple inhouse procedures for all existing age groups and also focusing on the community by conducting camps twice a week, ROP screening and diabetic retinopathy screening. Initiatives like Retina clinic, Glaucoma clinic and Cornea clinic are also taken by the department to

extend a laser focus to the patients that visit the hospital and address their issues. The approach is multidimensional as they are also involved in research regarding cataract, glaucoma and uveitis. The department also offer multispeciality clinics like orbit and oculoplasty. The department remains committed to provide a better quality of life to all the patients and innovate new curative methods.





## DEPARTMENT OF GENERAL MEDICINE

*All interest in disease and death is only another expression of interest in life. ...*

The focus of the Department of General Medicine for this year reflects on the tagline, सर्वे भवन्तु सुखिनि: – For Every Life, For Every Tomorrow, and it resonates with our understanding of patients’ and their families’ needs as it relates to medicine and well-being. Medicine is not just about treating illnesses; it is about ensuring that every individual receives compassionate, comprehensive care that enhances both longevity and quality of life. We aim not only to take care of the

body but of the mind and the spirit so that we can have a better world tomorrow. Preventive medicine, as well as timely interventions, weed out the problem at its root and guide diagnosis and treatment. We seek cures through unending education, clinical trials, and dedicated efforts towards the patients so that the world may have health and joy. Our dedication lies in upholding the essence of this theme—because every life matters, and every tomorrow deserves hope



## DEPARTMENT OF GENERAL SURGERY

*“The key to successful surgery is not only a steady hand and a sharp scalpel, but also a cool head and a compassionate heart,”*

The Department of General Surgery has always stood as a pillar of strength and compassion, working tirelessly to improve the health and well-being of individuals. At the heart of our mission is the belief that every life matters, and every action we take is geared toward ensuring a healthier, brighter tomorrow for our patients and community.

Our surgeons are dedicated not only to

providing the highest quality care for patients in need of urgent or elective surgery but also to ensuring that this care is delivered with empathy, precision, and excellence. The theme “For Every Life, For Every Tomorrow” resonates deeply with our values, as we recognize that every surgical intervention, no matter how routine or complex, plays a crucial role in shaping the future of our patients.





## DEPARTMENT OF OBG

*compassionate person who is focused on well-being of others. natural born problem solver who often thinks outside the box.*

**W**omen's health is the cornerstone of a thriving society, and the Department of Obstetrics and Gynaecology remains dedicated to nurturing it. With a holistic and compassionate approach, it strives to provide comprehensive care, addressing concerns across all stages of life.

Beyond treatment, the department believes in proactive care, ensuring that every woman receives the attention she deserves. A focused effort is made to understand, innovate, and enhance well-being, with continuous exploration of new possibilities in healthcare. With an unwavering commitment to progress, the department envisions a future where every woman experiences the best quality of life, empowered by medical advancements and compassionate care.

The department serves as a referral center, providing focused care for High Risk Pregnancies and critically ill antenatal patients. A dedicated State of the Art Endoscopic unit is available, with one operating theatre exclusively reserved for endoscopic surgeries. Our staff are well trained in basic and advanced gynae endoscopy procedures. The department offers a wide range of special services; such as Preventive oncology, Family planning services and Menopausal well-being.

A dedicated facility for Assisted Reproductive treatment, with advanced fertility services, aims to provide affordable and compassionate care for sub

fertile couples. A special initiative was taken as part of Mother's Day to offer Free Delivery services to underprivileged women.

### Teaching and Research Activities:

The department offers MBBS, MS and MSc clinical embryology courses. The students are well trained in Obstetric drills and Surgical skills, ultrasound and endoscopic procedures, both clinically and with a well-equipped Skill and Simulation lab. Regular Hands on workshops are conducted to upskill and update the staff, students and paramedics. The faculty and students are actively involved in research and have many high quality publications to their credit. Alumni students secure good placements and continue to serve the society and bring laurels to the parent institution.

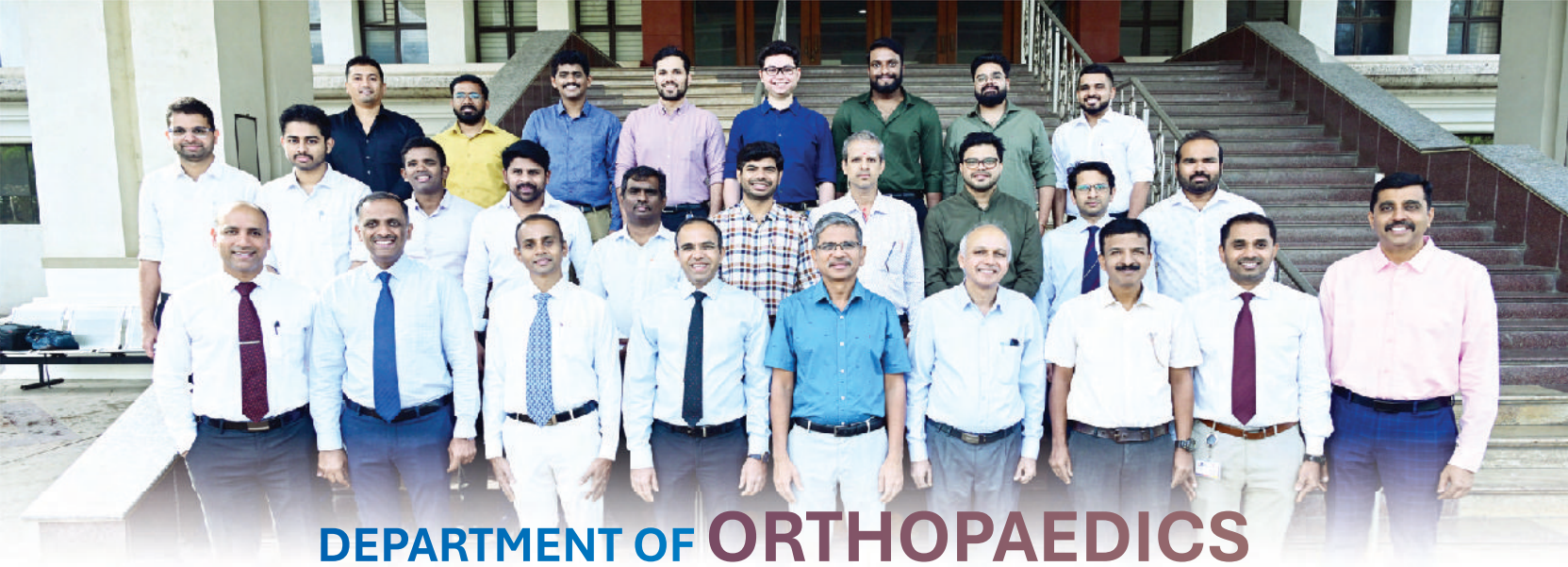
Outreach programs are conducted regularly in order to reach the rural and less accessible communities.

**Rural Healthcare Services:** The department extends healthcare services to women attending JSS Hospital in Chamara Nagar, Mysore UHC and Hadinaru PHC addressing the needs of rural communities.

Through these comprehensive academic and outreach initiatives, the Department of Obstetrics and Gynaecology at JSS Hospital demonstrates its commitment to advancing women's health and medical education in the community.







## DEPARTMENT OF ORTHOPAEDICS

*The art of fixing all the broken pieces in you*

Orthopaedic department at JSS Hospital has been treating various cases of bone infections, paediatric deformities, fractures, tumours and many more. A few years back, we started with speciality clinics for joint replacement, spine, arthroscopy, paediatric orthopaedics and deformity correction. The purpose of initiating this method is to provide the best health care for specific health ailments. Here, patients visit specific speciality clinics for precise treatment under the concerned specialist. We are not only aiming

at health for all....but best treatment for all.

Health is not valued till sickness comes. Osteoporosis is called a “silent disease” because there are typically no symptoms until a bone is fractured. With the recent upgrade of investigating modalities in our hospital, we have started identifying and treating patients with osteoporosis who are prone to fractures in the near future. Let us all build wellness rather than treat disease.



## DEPARTMENT OF DERMATOLOGY

*“Never abandon a case as hopeless,*

The department of dermatology at jss hospital mysore is committed to providing comprehensive medical and cosmetic dermatological services. With a dedicated team of specialists, it caters to a wide range of skin, hair and nail conditions. The department is equipped with modern lasers, phototherapy units and advanced procedures for managing chronic conditions like acne, vitiligo, psoriasis and eczema.

Various cosmetic dermatology services like chemical peels, botox , prp are available, enhancing patients’ aesthetic confidence. Expertise in dermatological surgery offers minimally invasive solutions for skin tags, cysts and other lesions, nail surgery and vitiligo surgery. Apart from clinical excellence, the department actively participates in academic and research endeavours, contributing to advancements in dermatology.





## DEPARTMENT OF PSYCHIATRY

*"Never abandon a case as hopeless,*

The mission of Psychiatry Department, JSSMC closely aligns with the theme "Sarve Bhavantu Sukhinah," meaning "May all beings be happy." Mental peace and stability are fundamental to human flourishing, and psychiatry works towards alleviating suffering and fostering well-being

through compassionate care. This Sanskrit saying encapsulates the core values of our department, encouraging a compassionate approach to mental health that seeks to ensure happiness and tranquility for all individuals, regardless of their challenges.

## DEPARTMENT OF PEDIATRICS



## DEPARTMENT OF RADIOLOGY

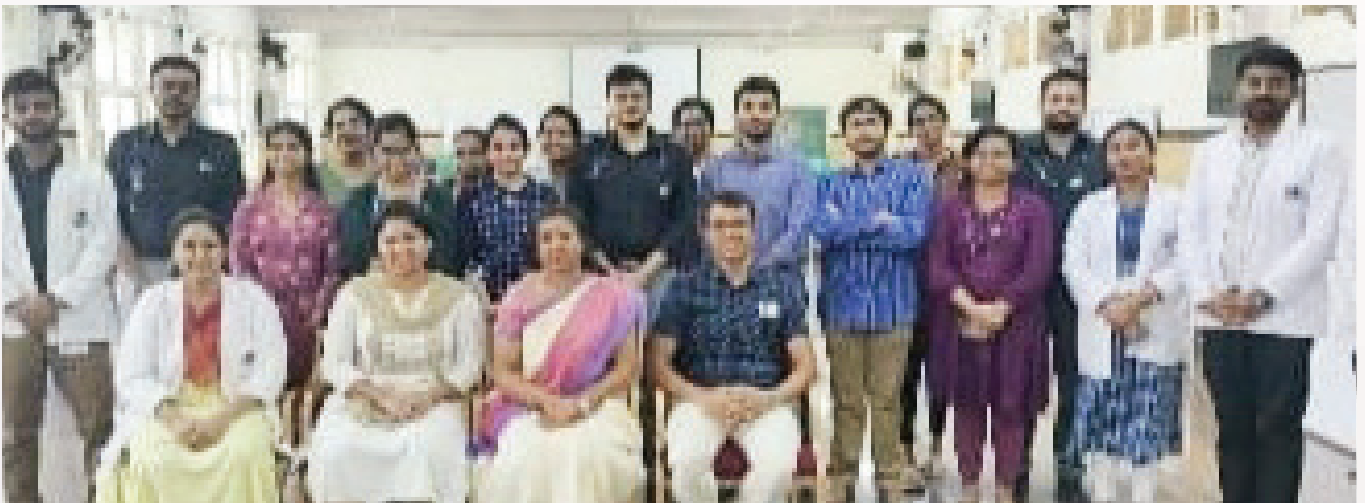




## DEPARTMENT OF EMERGENCY MEDICINE



## DEPARTMENT OF ANAESTHESIOLOGY







# DEPARTMENT OF PHYSICAL MEDICINE & REHABILITATION

*We believe patients reclaim their lives step by step.*

In the journey of healing, a patient's suffering is never theirs alone—it deeply affects their family as well. When illness or disability strikes, the emotional, physical, and financial burden can be overwhelming, altering the quality of life for everyone involved. This is where the role of Physical Medicine and Rehabilitation (PM&R) becomes crucial.

Our department does not just focus on treating an ailment; we adopt a holistic approach that addresses the overall well-being of both the patient and their family. Rehabilitation is more than just physical recovery—it is about restoring independence, confidence, and dignity. It is about guiding individuals back to a fulfilling life, where they can actively participate in society and regain their sense of purpose.

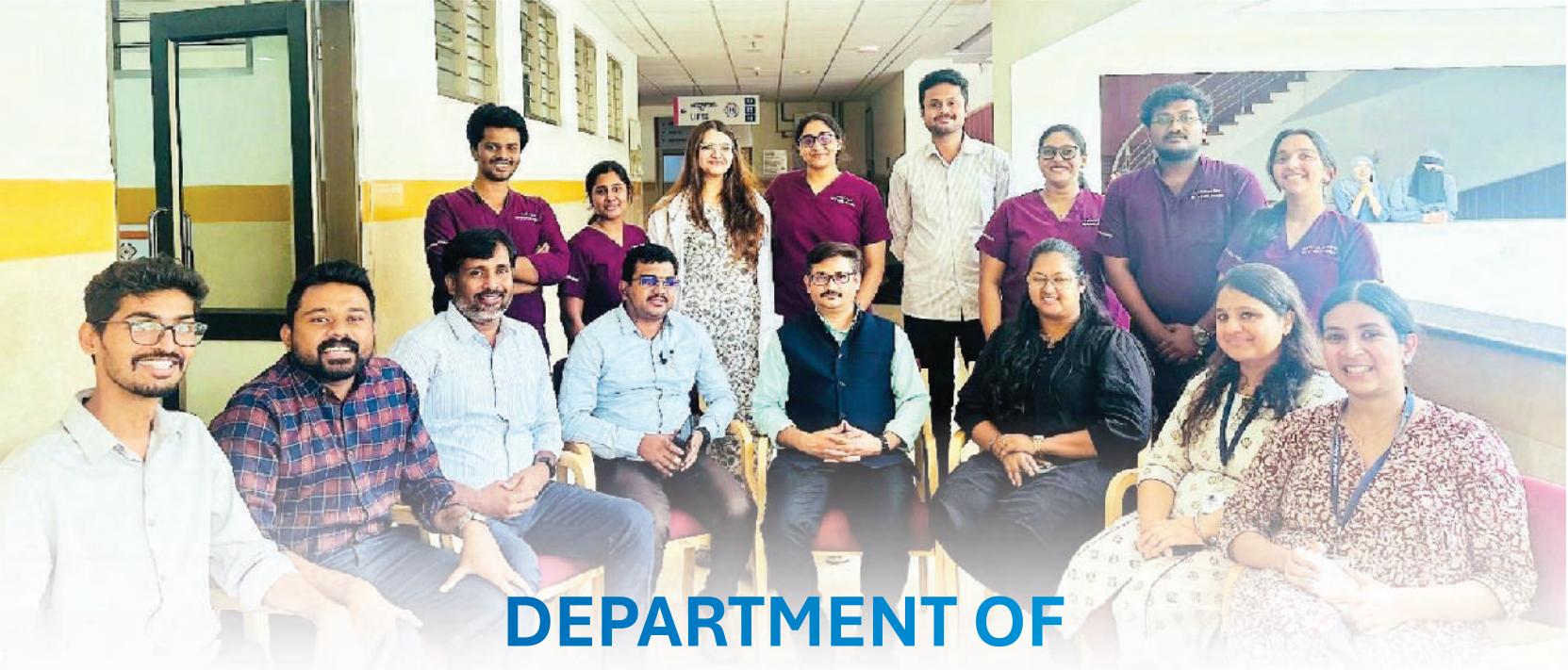
The journey from illness to recovery is filled with challenges, uncertainties, and emotional turmoil. A patient recovering from a stroke, spinal cord injury, or chronic pain does not suffer in isolation. Their loved ones, too, endure stress, anxiety, and lifestyle adjustments to support their recovery. Our team

ensures that families are not just caregivers but also partners in the rehabilitation process, equipping them with the knowledge and emotional strength needed to navigate this journey.

With this multidisciplinary team approach in mind we have a full-fledged rehabilitation team comprising of the Psychiatrist, Physiotherapist, Occupational therapist, Rehabilitation nurse, Rehabilitation psychologist, Speech and language therapist and Medical social worker fully dedicated for the cause of patient and family.

With specialized therapies, assistive technology, psychological support, and community reintegration programs, we help patients reclaim their lives step by step. Whether it is helping a paralyzed individual walk again, a brain injury survivor regains cognitive function, or a pain-ridden patient find relief, our mission remains the same—to rebuild lives, restore hope, and ensure that every individual, along with their family, can look forward to a healthier, happier tomorrow.





# DEPARTMENT OF CLINICAL PSYCHOLOGY

*A flowing river of change, not a block of solid material*

In The Department of Clinical Psychology at JSS Medical College, Mysuru, is a distinguished center for mental health education, research, and clinical services. Established with the aim of fostering academic excellence and providing evidence-based psychological care, the department is recognized for its robust academic programs and multidisciplinary approach.

The Department offers PhD and postgraduate programs, including MSc and MPhil in Clinical Psychology and MPhil in Rehabilitation Psychology, which adhere to the guidelines of the Rehabilitation Council of India (RCI). These programs equip students with the theoretical knowledge and practical skills necessary to excel in clinical settings. Faculty members are experts in various domains of psychology, contributing to research and clinical advancements.

A cornerstone of the department is its comprehensive

clinical services, including inpatient and outpatient care, psychological assessments, psychotherapy, and rehabilitation. The Student Mental Health Program and Student Support Centre are unique initiatives designed to address the mental health needs of students within the institution.

The Department also emphasizes interdisciplinary collaboration, engaging with psychiatry, neurology, geriatrics and Physical Medicine and Rehabilitation Centre (PMRC) other medical specialties to provide holistic care. Research initiatives span diverse areas such as behavioral addictions, emotional regulation, and psychosomatic disorders, reflecting the department's commitment to advancing mental health understanding and treatment.

The department remains dedicated to nurturing competent professionals and contributing to the mental health landscape.

can look forward to a healthier, happier tomorrow.



## DEPARTMENT OF ENDOCRINOLOGY



## DEPARTMENT OF GERIATRICS



## DEPARTMENT OF NEUROLOGY



## DEPARTMENT OF NEUROSURGERY



## DEPARTMENT OF RHEUMATOLOGY





## DEPARTMENT OF NEPHROLOGY



## DEPARTMENT OF UROLOGY



## DEPARTMENT OF PLASTIC SURGERY





## DEPARTMENT OF CRITICAL CARE MEDICINE



## DEPARTMENT OF SURGICAL ONCOLOGY



## DEPARTMENT OF SURGICAL GASTROENTEROLOGY



## DEPARTMENT OF MEDICAL ONCOLOGY





## DEPARTMENT OF RESPIRATORY MEDICINE



## DEPARTMENT OF GASTROENTEROLOGY



## DEPARTMENT OF PAEDIATRIC SURGERY



## DEPARTMENT OF CARDIOLOGY





## DEPARTMENT OF MEDICAL GENETICS



## DEPARTMENT OF HOSIPTAL ADMINISTRATION



## DEPARTMENT OF CTVS





## DEPARTMENT OF CARDIAC ANESTHESIA



## DEPARTMENT OF OCCUPATIONAL THERAPY

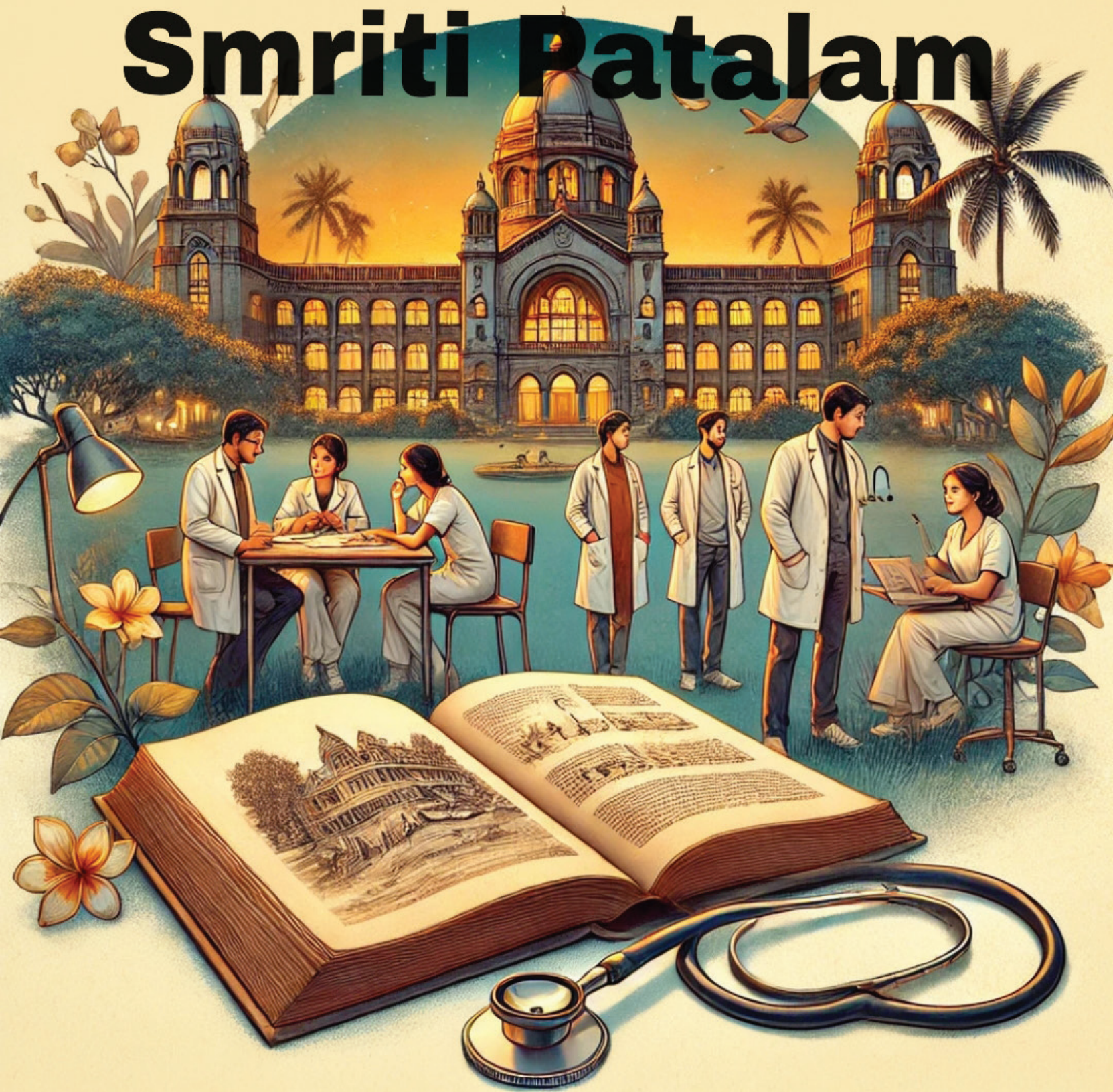


## ADMINISTRATIVE STAFF





# Smriti Patalam





Dr. Krishna Ananya



"From scribbling notes to writing prescriptions, from late-night study sessions to saving lives—our journey has just begun"

Swathi S



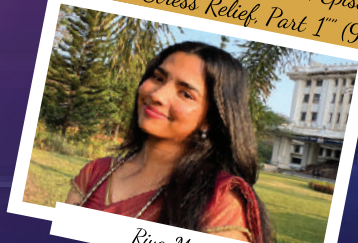
Dose idli, sambhar, chutney chutney

Nilanjana Dutta



Guided by knowledge, we strive to heal.

The Office "Season 5, Episode 14: Stress Relief, Part 1" (9.17)



Riya Mathew

Tension kaithe leta hai? Yele chana kha



Nikita Singh

Dr Fousa Salim



I am still stuck in that part of life 'what do u want to become in future' well it has an answer now that took a long journey full of memories to look back and smile one day.

Shambhvi Gupta



Seh lenge thoda

Anita Dwarak



I am trying to become the best version of myself

Sakshi Anurika



Decoded the past, mended the present, and prescribed myself a future brimming with possibilities.

stress mat lo baal udd jaayenge



Varuni Pragya

Ram Charan



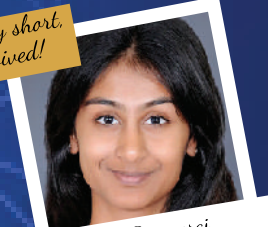
"Per Aspera Ad Astra."

Sinchana S



Here's to the one's who dreamed it and the one's who helped make it a reality.

Long story short, we survived!



Nidhi Basavaraj

P Chetan Rahul Reddy



3/5. Met expectations

Ishita Pandey



Cherish the memories, embrace the journey and never stop growing

It's beautiful when career and passion come together



S Swathi

Proving that ur internet diagnosis is wrong



Meda Sai Mourya

Vishal Juneja



Love the life you live. Live the life you love.

Hithika Madhavan



Famous last words "NAHH this won't come up in the exam"

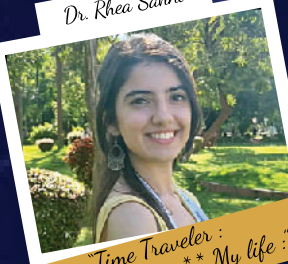
I never wish to be easily defined



Manasa Y



Dr. Rhea Sahni



"Time Traveler :  
\*\* moves a chair \*\* My life :"

Amulya S



Just keep  
swimming

Maksh



He has the most who is  
most content with the least

Harshita Thakur



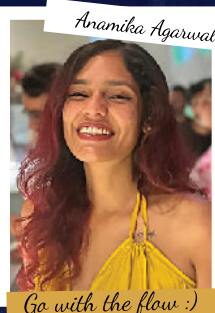
5 years of journey with infinite  
memories and finding out my  
new self.

Rishi Ranjan



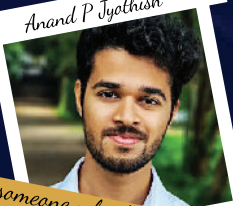
5 yrs of  
unforgettable  
memories ,  
unforgettable night-  
mares and unforget-  
table friendships

Anamika Agarwal



Go with the flow :)

Anand P Jyothish



Be someone who brings joy and  
the best in people, than someone  
who brings out the worst in  
them.

I came.  
I learned.  
I procrastinated.  
I graduated

Sona Abraham



Tanshi Anand



Survived MBBS, now  
let's hope my patients  
do too!

Finally, hard work  
over hard luck.



Dr. Vatsala Godara

Aishwarya Mathews



There's  
nothing  
some hot water  
cannot solve

Timeless  
memories,  
unforgettable  
experiences



Smaran K R

Aleena Susan Eldho



Saving lives in one  
timezone exploring in  
another.

Samarth H D



Say Yes To New  
Adventures

Aabhas Singh



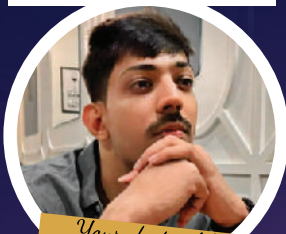
I  
take my job  
seriously... but not  
myself. A little goof-  
iness goes a long  
way in healing!

Not enough yeast in the  
world for all the bread  
im about to make



Karthik Shankar

Devansh Kumar Raghav



Your doctor lifts  
weights and your  
health—both at the gym  
and in the Hospital!

The first rule of Fight  
club is you do not talk  
about Fight club.



Joseph Chandly

Not all angels have  
wings.some have  
stethoscopes



Kshitij prasad

Abhinav kumar



"My medical advice: sleep more,  
drink more. Repeat.  
Also, if you see me running it's  
either in the ground or to a code."



Ananthalakshmi v kamath



Smile spreads when mind glows

Shariq



JO HOGA DEKHA JAYEGA

Isha Shandilya



"Med school tried to kill me, but I wrote the discharge summary."

"Wrapped in tradition, draped in grace"



A Chaitra

Carpé Diém



Hrishab Parvez

Sumit Jaiswal



Gym, rehab, repeat—my real major.

Merin John



the one you wish you were

Hiba Aysha



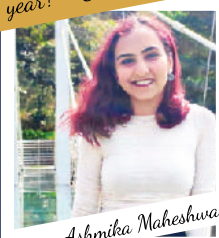
The Office 87 Ep 19 14:45

Dhruv Y Rao



Not Perfect just Perfectly happy !!

"Can I please stay another year?" - Said no one



Ashmika Maheshwari

Aryasmita Nayak



Saree Grace In Motion

Sabi Saji Simon



I came, I learned, I procrastinated and somehow, I graduated!

"My sincerest apologies to you if I broke your heart."



Harsh Pal

Jaswant Arjun Sujaram



"Waves on the sea shore, Soft and harsh, they come and go. Yet the shore remains."

Mohit P Sarathy



Inmate 19M01108 has been released

The lessons learnt in the classroom were important, but the ones learnt from life and friends are the ones I'll hold closest



Dhruv Garg

Happy-go-lucky! MBBS isn't hard when you play it right.



Shet Prajwal P

Ishan P Khurana



Thanks to all the friends and batchmates for the memories, lessons and personality development. Hope the best professional and personal Success for u.

Ranya Prasanna



It wasn't Hogwarts, but it was magical regardless

A serious mind is just a brain in stealth mode, waiting to drop some wisdom... or sarcasm.



Nitish Kumar



Punita Kondur



It's been a long ride, but now that it's over I don't want it to end.

Prisha Mehta



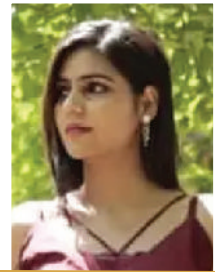
Miles to go before I sleep

Muskan Jindal



Started with a dream, survived on coffee and now succeeding with a stethoscope!

Dr. Preeti Shukla



From Ramp stage to stethoscopes, love to lifelong friendships - MBBS was where I became more than just a doctor

Isha Kumthekar



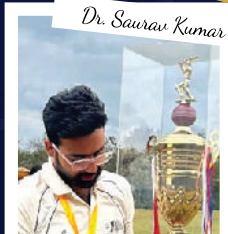
I thought my life was boring then NMC came through with its plot twists

Dr. Tauhid Akhtar



From cricket fields to the hospital, love, friends, and healing - MBBS was everything!

Dr. Saurav Kumar



MBBS: A journey of cricket, love, lifelong friendships, and making a difference in people's lives

Strength training is the best preventative medicine in which a human being can engage



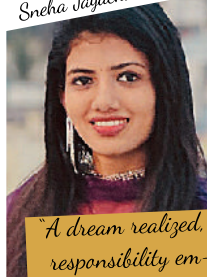
Naveen

Getting work done while being late to everything is a skill, you should learn it



Snigdha

Sneha Jayachandran



"A dream realized, a responsibility embraced."

"one step forward, forever to go"



Kanishka

Nimrah Rehman



Be you Unapologetically!

Manas Rastogi



Manas Rastogi was released from his 6 year sentence.

Dr. Anushka



Do it with passion or not at all

Karishma varshney



Be imperfectly real, it's perfectly rare

Wore a white coat before it was cool, so mess with me, and I'll definitely write your prescription for regret



Dr. Sugandha Kumari

Antriksh Garg



"One journey down, endless adventures to go."

Utkarsh Kaushik



They called it med school, I call it my villain origin story.

It challenged me, it changed me! My reward for all of it is the journey itself!



Dr. Tanishka Kochhar

for the hope of it all x



Pallavi



Anusree T Ajith



"You have danced through the challenges, learned the steps, now you are ready for the next big performance"

Riya Agrohi



"Isn't it funny how day by day nothing changes, but when we look back everything is different."  
- C.S. Lewis

Yash budania



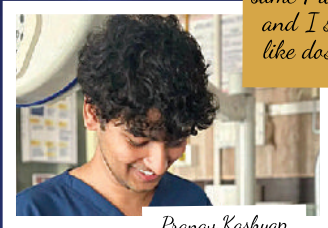
And yet memories are the most precious thing we'll ever have

From 'I have no idea what I'm doing' to 'I still have no idea, but now I have a degree'.



Srajan Katiyar

5.5yrs and I'm still the same Pranav and I still like dosas.



Pranav Kashyap

Bhanu



5.5 years of learning, laughing, living- memories of lifetime!

Akuli Khanna



See, kids?  
I told you your mom was hot (and a psyc-hoe) even back then— even after 5.5 years, 100 personalities, gazillion breakdowns, and 1 degree later

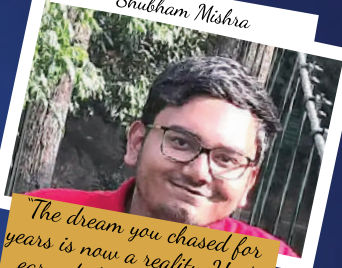
Ashana Jain



It's all good until someone says...is anybody here a doctor?

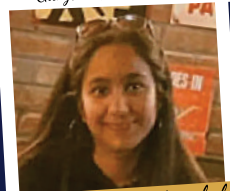
"Failed exams, aced comebacks. Lost sleep, kept the spirit. Now holding a degree in one hand and a beer in the other."

Shubham Mishra



"The dream you chased for years is now a reality. You've earned the title— Doctor!"

Gunjan Chauhan



The journey was tough but the purpose is stronger, the best is yet to come.

Arushi Bansal



"Do what you can, with what you have, where you are."

Anurag rai



Shivam Rathore



This Chapter may be ending but the story is just beginning. Excited to write next pages of my life.

Your search is never gonna end...



Devesh Chandra (DC)

Cribbed and cried, celebrated and thrived !!



Manasi Jain

"When you really want something the whole universe conspires for you to achieve it. So I achieved it. Signing off, Dr. Jovina"

Jovina Jaison



Dr. Vaishnavi Bhardwaj



Mischief Managed

Joel Joshy Neelankavil



Faith. Family. Football.

My prognosis for humor? Excellent!



Dr. Yashu Juneja

And it's inside myself that I must create someone who will understand.



Dr. Varnika Mahabwal



Anusha C



These 5.5 years happened in the blink of an eye. Learnt to appreciate every bit of it & cheers to this bittersweet end of a rollercoaster journey...

Dr. Shruti kishore



Safar bahut lamba hai, be your own humsafar! Mehfil tumhari hai, dont bother about echos from others....

Arif Mohammed Salim



Life awaits you with lot of surprises, embrace it and move on

Gautam Juneja



One day my handwriting will be unreadable and that's when you'll know that I made it

Dhamini S



To learning, growing, living! FREEZE EVERY MOMENT!

Arjati Aggarwal



Soundtrack. Scalpel.

Varuni Maham



Keep growing! but always keep your weeee fam closer we made it

was released from her 4 year sentence

Srishti Arya



Don't just get high on books & studies, make memories, not just marks! (Do it for the plot :P)

Vaishali



Kalyani Krishna P R



Was the degree worth the debt? Guess we'll never know

Put off one full MBBS scene.



Hema Sameera Pinnam

Ritik Khanna



Yaadein mithai ke dibbe ki tarah hoti hain... Ek baar khula, toh sirf ek tukda nahi kha paoge

Diksha



Life's too short for regrets... go on, conquer the skies give it your best!

Mandvi Vashistha



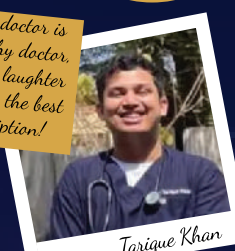
You know better you do better

Krati Singh Yadav



From 'one day' to 'day one' - closing one of the most important and memorable chapter of my life

A fun doctor is a healthy doctor, because laughter really is the best prescription!



Tarique Khan

Swathika Devi Selvam



I don't drink tea, I drink vodka

Madhuvanthi

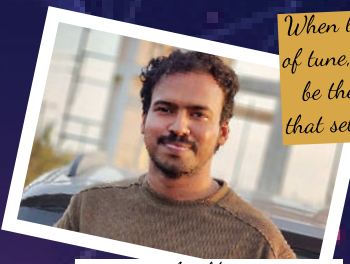


Time to settle Splitwise, guys. It's been 5.5 years. - Asking for my Financially Traumatized Mother



Dr. Kaustubh Gaur

When life is out of tune, let music be the doctor that sets it right.



Amaldev s



Theertha Prasanth



The best part of college wasn't the classes, it was the friends I made

Sneha B Ravi



"Laughter, late nights, and life long memories"

Udisha Arya



Five years of MBBS taught me five stages of grief, and i accept it.

"nothing lasts. nothing finished. nothing is perfect."



Varshini R

"Yayy I've made it out not completely bald! A win."



Annapoorna P Manoj

Daryani sinha



Dobby is free!

Gokul Krishnan



"Drifting but not straying."

Meenakshi Krishna



"Core Memory Storage Full"

Mithun A S



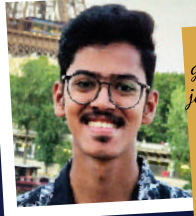
"Final zone cleared. Now it's time for the open world."

Full send



Govind Venugopal

Chris Merison Parakadavil



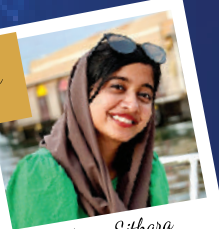
"Just like a great photo, my journey has had it's highlights, shadows and the perfect moments in between."

Dr. Vishal Kanurani



The best part about graduating is realising you can finally wear shorts in public without judgement.

Prescription: Laughter with extra fries



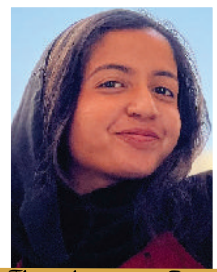
Fathima Sithara

Mariya Reji



Smiling because i've no idea what's going on...

Fathima Thanzha



The only exercise I get is running late!

"Goals Grace Growth Gratitude"



Shreya HC

Fin-ished med school! Now I'm hoping my residency convinces me to be a doctor.



Dr Nikunj

Rishi Tripathi



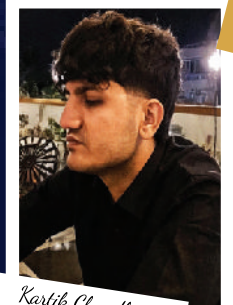
Don't let fatigue make a coward of you - Prefontaine

Lakshmi Rajeswari Nair



I walked into college hoping to find my path. I walked out with memories, friendships and a version of myself I never knew existed

Caps off. future on



Kartik Choudhary



Debabrata Sahu



Cheers to You,  
Cheers to me,  
Cheers to Life.

Shilin Senthil



Unnai mudigath thambi

Dr. Shashvy Mittal



खूबसूरती में रखा ही क्या है, जब समय  
के साथ हर एक गुलाब को टूटकर बखिर  
ही जाना है।

Yash Agarwal



I believe that 99% of battles  
are lost in our minds first.

Ann Maria Dominic



For god  
will give you  
evermore the name  
"Righteous Peace,  
Godly Glory"

Keerthana R



Nothing beats a great smile!

Nikshubha



Understand that you're a soul  
of universe, good and bad you're  
capable of doing/becoming both.  
CHOOSE RIGHTLY.

I came here against  
my will, I'm leaving  
against my will.

Sarthak vats



Weeeeeee happened  
to be the most magical  
moments of my life.  
Innumerable adventures.  
Greatful to all the people  
I met along the journey  
making the ride mem-  
orable.



Nivedita rupmandla

Parth Rangan



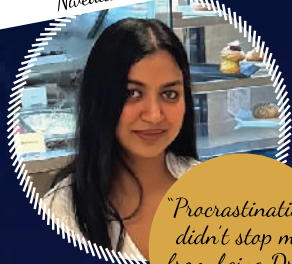
Never again.

"Turns out, the  
best memories are  
made when you  
step out of your  
comfort zone and  
into the chaos. No  
regrets!"



mounya

Nivedita sanith



"Procrastination  
didn't stop me  
from being Dr.!"

Riti Gireesh



"doctors shouldn't work for  
money" - aetcom

CV Goutham



"Many  
ups, probably more  
downs but the past 5.5  
years have shown us to handle  
things, alone or in tandem. Hon-  
oured for our time here together. I  
leave you and will always greet  
you in the future, with this -  
Potato"

Life is short, but  
it is long enough  
to achieve some-  
thing remarkable



Shrey Saxena

Pratham Mehta



Hey look Ma I made it !

Aakash pavan kumar



The future belongs to those  
who believe in the beauty of  
their dreams

Manya Shivam



"\*A  
healing soul  
with a joyful heart,  
striving to elevate  
medicine and touch  
lives.\*"



Nimisha Sinha



Started med school to save lives. Now, endless crying sprees, lost sleep and an expensive degree later. I wonder if I truly wanted to heal others or was I simply into masochism?

Kriti



"From students to doctors—same stress, different paycheck (hopefully)."

Hardik Kansal



"After years of sleepless nights, caffeine overdoses, and questioning my life choices... I am officially a doctor! (No refunds, sorry!)"

Cheers to the endless laughter, jamming on our fav songs & countless other memories



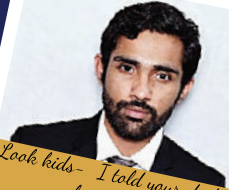
Disha Bharadwaj

Quote- 5.5 years of my journey from day 1 to ONE DAY



Eaashan Singh

Manoj Gopi



Look kids- I told your dad was hot in college

Karsihma Agarwal



Trust me, i'm (almost) a doctor

Rohith R Ganesh



Be yourself there is no one better

Harshita Tiwari



Created best years of life with some beautiful souls



Qanitha Kareem

Gaurav Khari



Mansi



"Wubba Lubba Dub Dub!" - Rick Sanchez

Lakshmi Narayan



Naan veezhven endru ninaitthaya

Shubham Yadav





# graduates



**Batch of 2019-20**



# graduates



**Batch of 2019-20**



# Alokalekhya







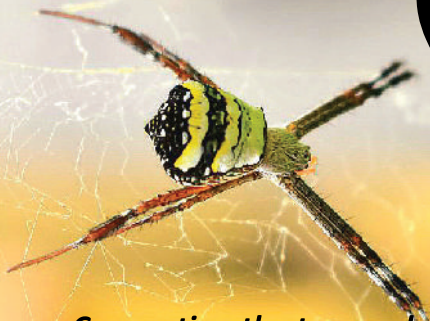
*Shivanasamudra*  
*the roar of*  
**nature**

*Blooming into the*  
**spring**



*In the lap of*  
**CHIKKA, MAGALURU**





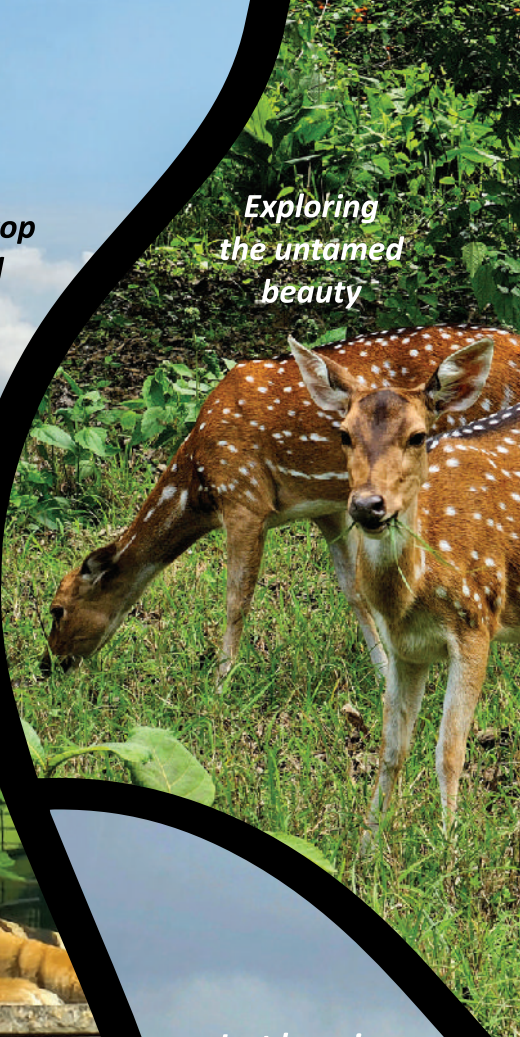
*Connecting the two ends*

*Meet me in the  
pouring rain*



*On the top  
of world*

*Exploring  
the untamed  
beauty*



*Captivated by  
the untamed  
beauty*

*Just hanging  
around*



*Timeless  
elegance*



*Bird's eye view*









*Standing  
the test of  
time*



© Rashmi S





CHASING SUNSETS



DIGITAL PLAYGROUND



IN THIS MOMENT,  
WORLD FELT STILL



SMALL HAND  
BIG DREAM



SOME MOMENTS ARE GOLDEN



SMALL HANDS, BIG HEART





*A cosmic cradle*

© Renibi Lepcha



***"NATURE DOES NOT HURRY, YET EVERYTHING  
IS ACCOMPLISHED- A TALE OF TRIPLETS"***



**Bulbuls building "Home Sweet Home"**



**"Bulbul eggs"**



**"Mommy Bulbul taking care of eggs"**



**"Happy Birthday"**



**"The next generation"**





CHITRAKARI





©Dr. Jaswant Arjun  
Intern







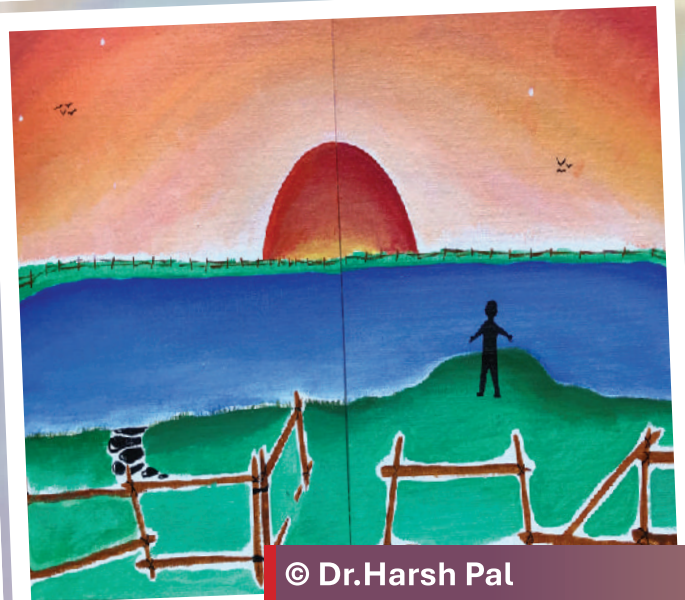
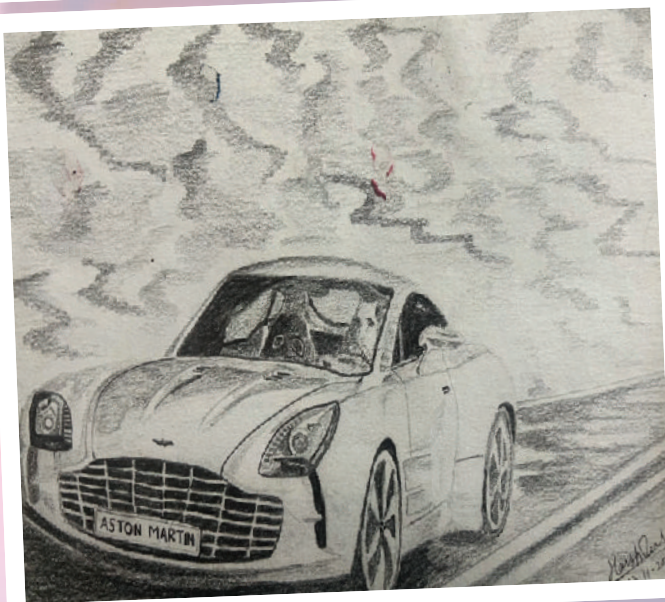
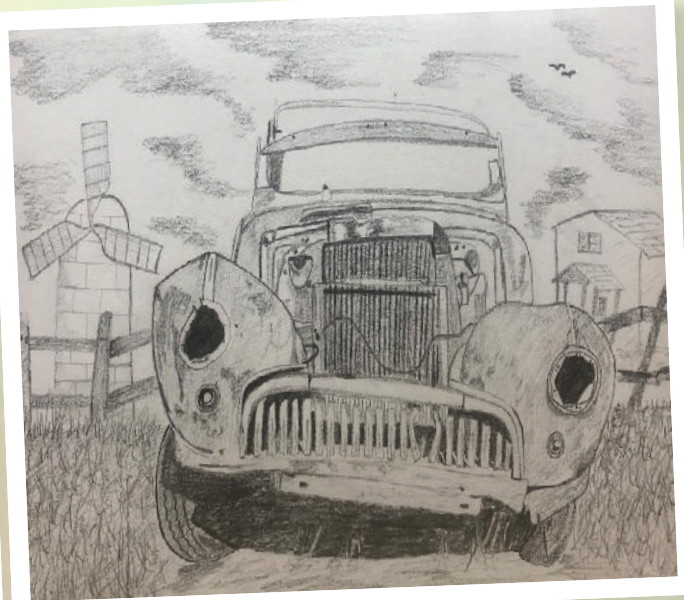




© Dr. Udisha Arya  
Intern

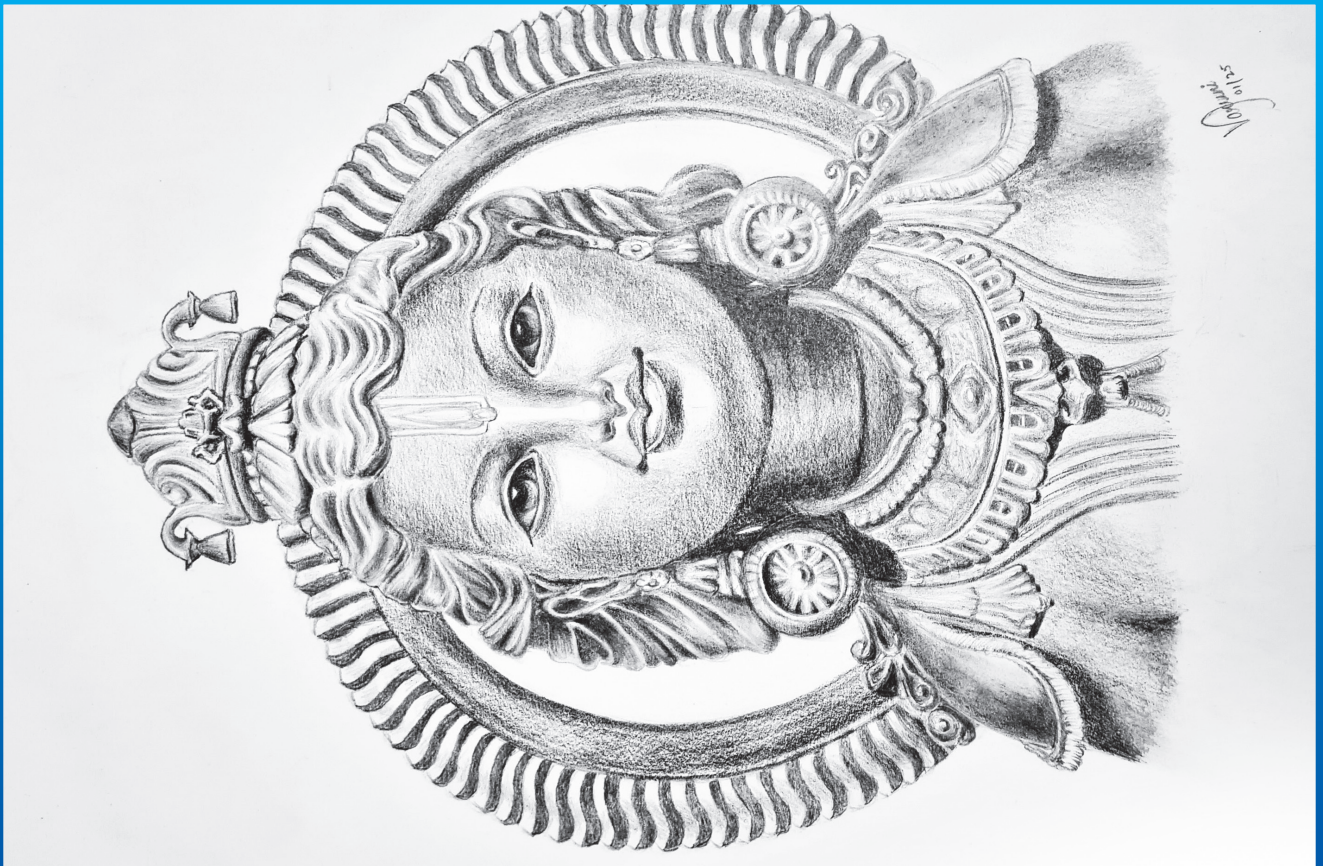






© Dr. Harsh Pal  
Intern







A still life composition featuring various calligraphy and writing tools on a rustic wooden surface. In the foreground, a quill pen with a detailed, textured handle lies diagonally across the bottom right. To its left, a small, square glass inkwell is partially filled with dark ink. Further back, a larger, ornate wooden inkwell with a circular opening sits on a square wooden base. To the left of the inkwells, a glass bottle with a cork stopper contains a golden-brown liquid. In the background, a quill pen and a small wooden bowl are visible. The central focus is a piece of parchment or paper with the word "Lekhman" written in a bold, black, Gothic-style font. The word is embellished with elaborate, swirling calligraphic flourishes that extend to the right. The lighting is warm and directional, creating strong highlights and shadows that emphasize the textures of the wood, paper, and ink.

Lekhman





## ಹೂ ಅರಳಿತು, ನಾಳೆ ಹೂ ಬಾಡಿತು

ಹೋವು ವು ವೋ ನನ್ನ ಜೀವದ ಹೂವೇ  
ಇವತ್ತಿನ ಸುಗಂಧ ನಾಳೆ ಇಲ್ಲದಯಿತಲ್ಲ  
ಯಸ್ಸೊ ಕಷ್ಟಗಳಲ್ಲಿ ಬೆಳೆಯುವ ನೀನು  
ಕಲ್ಲಾಗಿ ಕಲ್ಲಿನ ಬೆರುಕುಗಳಲ್ಲಿ ಜಿಗಿರುಸುವ ನಿನ್ನ ಪಿಳಿಗೆ  
ಕಾಲಕ್ರಮೇಣ ಗಿಡವಾಗಿ ಹೂ ಬಿಟ್ಟು ನಾಳೆ ಬಾಡಿ ಒಯಿತಲ್ಲ

ಹಾಗೆ ಜನರ ಪ್ರೀತಿ ಮನ್ನಸು  
ಯಲ್ಲ ಬಾಡಿ ಹೋದ ಹೂ ಇದ್ದಹಾಗೆ  
ಇವತ್ತು ಕಷ್ಟ ಪಟ್ಟರೆ  
ನಾಳೆ ಸುಖದಿಂದ ಮೇರೆಯುವ ಹಾಗೆ  
ಇವತ್ತಿನ ಪಿಳಿಗೆ ಕಷ್ಟ ಪಟ್ಟಿಲ್ಲಂದರೆ  
ನಾಳೆ ನಮ್ಮ ಪರಿಸ್ಥಿತಿ ಬಾಡಿ ಹೋದ ಹೂ ಇದ್ದಹಾಗೆ



### ಡಾ.ಜಗದೀಶ್ ಬಿ.ವಿ.

ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕ  
ವೈದ್ಯಕೀಯ ತಳಿಶಾಸ್ತ್ರ ವಿಭಾಗ  
ಜೆಎಸ್‌ಎಸ್ ವೈದ್ಯಕೀಯ  
ಕಾಲೇಜು ಮತ್ತು ಆಸ್ಪತ್ರೆ,  
ಮೈಸೂರು

## ಸರ್ವೇ ಭವಂತು ಸುಖಿನಃ

ಬದಲಾಗಲಿ ಬದುಕುವ ಪರಿ  
ಕಂಡುಕೊಳ್ಳಲಿ ಜೀವಿಸುವ ದಾರಿ...  
ಇರಲಿ ಹಿಡಿತ ನಕಾರಾತ್ಮಕ ಭಾವನೆಗಳ ಮೇಲೆ,  
ಸಾಗಲಿ ಜೀವನ ಸಕಾರಾತ್ಮಕ ಚಿಂತನೆಗಳೊಡನೆ....  
ಅಲಸ್ಯ ಬಿಡಿ, ಆರೋಗ್ಯ ಹೆಚ್ಚಲಿ,  
ವ್ಯಾಯಾಮ ಬೇಕು ಕಾಯಕ್ಕೂ ,  
ನಮ್ಮೊಳಗಿರುವ ಮನಸಿಗೂ...

ಪರದೇಶಿಯ ತಿನಿಸುಗಳ ಮೋಹ ಬೇಡ,  
ಸ್ವಾಧೀನಕ್ಕೆ ಸ್ವದೇಶಿ ಉಪಚಾರ ಸಾಕಲ್ಲವೇ..  
ಪ್ರೀತಿ, ವಿಶ್ವಾಸ, ನಂಬಿಕೆ ಇರಲಿ ಎಲ್ಲರಲ್ಲೂ..  
ಬಾಡದಿರಲಿ, ಸದಾ ನಗುವ ಹೂವಿನ ಮನಸು...  
ಸುಖ ನಿಧ್ರೆ ಬೇಕು, ಸುಖ ಜೀವನಕ್ಕೆ ,  
ನೆಮ್ಮದಿ ಬೇಕು ಸುಖ ಬಾಳ್ವೆಗೆ,  
ಈ ಎಲ್ಲ ಸುಖಕ್ಕೂ ಸೂತ್ರವೇ,  
ಆರೋಗ್ಯವಲ್ಲವೇ...



### Dr. Niharika T J

1st sem MPH student  
School of public health





# ಪ್ರತಿ ಜೀವನಕ್ಕಾಗಿ, ಪ್ರತಿ ನಾಳೆಗಾಗಿ

“ಪ್ರತಿ ಜೀವನಕ್ಕಾಗಿ, ಪ್ರತಿ ನಾಳೆಗಾಗಿ” ಎಂಬ ವಿಷಯವು ನಮ್ಮ ಜೀವನದ ಸಾರವನ್ನು ವ್ಯಕ್ತಪಡಿಸುತ್ತದೆ. ಪ್ರತಿಯೊಂದು ಜೀವನವೂ ಅಮೂಲ್ಯವಾದುದು, ಅದರ ಸೌಕರ್ಯ, ಭರವಸೆ ಮತ್ತು ಕನಸುಗಳು ಅದನ್ನು ಅರ್ಥಪೂರ್ಣಗೊಳಿಸುತ್ತವೆ. ನಮ್ಮ ನಾಳೆಯನ್ನು ರೂಪಿಸುವ ಪ್ರತಿಯೊಂದು ಜೀವನವೂ ಪ್ರೀತಿ, ಕರುಣೆ ಮತ್ತು ಜವಾಬ್ದಾರಿಯ ತತ್ವಗಳ ಆಧಾರದ ಮೇಲೆ ಬೆಳೆಯಬೇಕು.

ಇಂದಿನ ತಕ್ಷಣದ ಕಾರ್ಯಗಳು ನಾಳಿನ ಸಾಧನೆಗಳಿಗೆ ಪೂರಕವಾಗಿರಬೇಕು. ಆರೋಗ್ಯ, ಶಿಕ್ಷಣ ಮತ್ತು ಪರಿಸರ ಸಂರಕ್ಷಣೆ ಕೇವಲ ಸಾಮಾಜಿಕ ಮೌಲ್ಯಗಳಲ್ಲ, ಪ್ರಪಂಚದ ಮುಂದಿನ ಪೀಳಿಗೆಗೆ ದಾರಿ ಮಾಡಿಕೊಡಲು ಅವು ಅವಶ್ಯಕ. ಬದುಕುವುದು ಪ್ರತಿಯೊಬ್ಬರ ಹಕ್ಕು ಮಾತ್ರವಲ್ಲ, ಜೀವನದ ಅರ್ಥವನ್ನು ಕಂಡುಕೊಳ್ಳಲು ಸಹಾನುಭೂತಿ ಮತ್ತು ಸಹಕಾರವನ್ನು ತೋರಿಸುವುದು ನಮ್ಮ ಜವಾಬ್ದಾರಿಯಾಗಿದೆ.

ಇದು “ನಾಳೆಗಾಗಿ ತಯಾರಿ” ಎಂಬ ಸಂದೇಶವನ್ನು ಕಳಿಸುತ್ತದೆ, ಪ್ರತಿ ಜೀವನವನ್ನು ಪರಿಪೂರ್ಣಗೊಳಿಸಲು ಮತ್ತು ಪ್ರತಿ ನಾಳೆಯನ್ನು ಬೆಳಗಿಸಲು ಪ್ರತಿಯೊಬ್ಬರೊಂದಿಗೆ ಕೈಜೋಡಿಸೋಣ.



**Dr. Praveen Kumar K.S.**  
Assistant Professor  
Medical Genetics



## ನೀ ಏಕೆ ದೂರವಾದೆ?

ನಿನ್ನ ನೆನಪು ಕಾಡುತ್ತಿದೆ ಇಂದು ಎನಗೆ,  
ಹೇಳಲಾರದ ನೋವು ತುಂಬಿದೆ ಇಹಕ್ಕೆ,  
ಎಲ್ಲಿ ದೂರವಾದೆ ನೀನು ಇಂದು,  
ನಿನ್ನ ಸ್ನೇಹ ಬೇಕಾಗಿದೆ ಇನ್ನೂ ಮನಕ್ಕೆ.

ಉಸಿರು ಮುಗಿದರೆ ಪ್ರಾಣವಿಲ್ಲವೇನು?  
ಜೀವ ಹೋದರೆ ಎಲ್ಲ ಮುಗಿದಿರುವೇನು?  
ಉಸಿರು ಜೀವವನ್ನು ದಾಟಿ ನೀ ಬೇಗ ಬಾ,  
ಕಾಯುತ್ತಿರುವೆನು ನಿನಗಾಗಿ ನಾ ಬೇಗ ಬಾ.

ಒಮ್ಮೆ ನಿನ್ನ ನಗು ನೋಡುವೆ ನೀ ಬಾ,  
ನಮ್ಮ ಮಾತುಗಳನ್ನು ಮುಗಿಸಲು ನೀ ಬಾ,  
ನಿನ್ನ ಎರಡು ಹೂವುಗಳು ಬಾಡುವ ಮುನ್ನ ನೀ ಬಾ,  
ಒಂಟಿಯಾಗಿ ಬಾಳುತ್ತಿರುವ ಜೀವಕ್ಕಾಗಿ ಯಾದರೂ ಒಮ್ಮೆ ಬಾ.  
ಬಾ ಬೇಗ ಓಡಿ ಬಾ ಇಂದು ನೀನು,  
ಕಾಯುತ್ತಿರುವೆನು ಕೈಯನ್ನು ಚಾಚಿ ನಾನು.  
ಭಾನು, ಏನೋ ಕಾರಣ ಹೇಳಿಯಾದರೂ ಸಾಕು ನೀ ಬಾ.

**Dr Sunitha Singh**

Department of Community Medicine  
JSS Medical College

## ಮೂಡಲ ಕೆಂಪಿಗೆ

ಮೂಡಲ ಕೆಂಪಿಗೆ  
ಅರಳಿದ ಸಂಪಿಗೆ  
ನಗುವ ಬೀರಿದೆ

ಇಬ್ಬನಿ ಕರಗಿ  
ಹೊಸ ದಾರಿಯ ತೋರಿದೆ  
ಹಕ್ಕಿಗಳ ಚಿಲಿಪಿಲಿ ಕಲರವ  
ಸ್ವಾಗತ ಬಯಸಿದೆ

ತಣ್ಣನೆಯ ಗಾಳಿ  
ಬೆಚ್ಚನೆಯ ಬಿಸಿಲು  
ಮನಕ್ಕೆ ಮುದ ನೀಡಿದೆ

ದೂರದ ದಿಗಂತವರೆಗಿನ ನೋಟ  
ಕೈ ಬೀಸಿ ಕರೆದಿದೆ  
ಅನಂತ ಆಗಸದಲ್ಲಿ ಚಲಿಸುವ ಮೋಡಗಳು  
ಮಾಯಾಲೋಕವ ಸೃಷ್ಟಿ ಮಾಡಿದೆ

ನೆನಪಿನ ಬುತ್ತಿಯೊಳಗೆ  
ತುಂಬಿಕೊಳ್ಳುತ್ತಿರುವೆ  
ಈ ಅನುಭವವೆ

**Dr Pavan K H**

PG Student  
MPH  
School of Public Health  
JSSAHER



# Doctors & Songs !!

Paediatrician	: ಮಕ್ಕಳಿರಲಮ್ಮ ಮನೆ ತುಂಬಾ.....
Orthopedician	: ಮಾನವ ಮೂಳೆ ಮಾಂಸದ ತಡಿಕೆ.....
Gynecologist	: ಧರಣಿಗೆ ಗಿರಿ ಭಾರವೆ, ಗಿರಿಗೆ ಮರವು ಭಾರವೆ, ಬಳ್ಳಿಗೆ ಕಾಯಿ ಭಾರವೆ.....
Pulmonologist	: ಉಸಿರೇ ಉಸಿರೇ.....ನೀ ಉಸಿರ ಕೊಲ್ಲಬೇಡ.....
Gastroenterologist	: ತುತ್ತು ಅನ್ನ ತಿನ್ನೋಕೆ ಬೊಗಸೆ ನೀರು ಕುಡಿಯೋಕೆ.....
Dermatologist	: ಈ ಟಚ್ಚಲಿ ಏನೋ ಇದೆ.....
Psychologist	: ಮನಸೇ ಓ ಮನಸೇ ಎಂತಾ ಮನಸ್ಸೇ.....
Radiologist	: ಏನೈತಿ ಒಳಗೆ ಏನೈತಿ.....
Ophthalmologist	: ಕಣ್ಣು ಕಣ್ಣು ಕಲೆತಾಗ.....
Cardiologist	: ಹೃದಯದಲಿ ಇದೇನಿದು ನದಿಯೊಂದು ಓಡಿದೆ.....
General Practitioner	: ಎಲ್ಲೆಲ್ಲಿ ನೋಡಲಿ ನಿನ್ನನ್ನೇ ಕಾಣುವೆ.....
Anesthetist	: ಮಲಗು ಮಲಗು ಜಾರುಲತೆ ನಿನಗೂ ನೆರಳಿದೆ.....
Psychiatrist	: ಏಕೋ ಏನೋ ಈ ನನ್ನ ಮನವು ಉಯ್ಯಾಲೆಯಾಗಿ ತೂಗಿದೆ.....
ENT	: ಕಿವಿ ಮಾತೊಂದು ಹೇಳಲೆ ನಾನಿಂದು ದಾರಿ ನಿಂತಾಗ ಸಾಗಲೆ ಬೇಕೆಂದು..... !!



(ಸಂಗ್ರಹ)

**ಶ್ರೀ ಎಸ್.ಆರ್. ಸತೀಶ್ ಚಂದ್ರ**  
ಆಡಳಿತಾಧಿಕಾರಿಗಳು.





# 'ಸರ್ವೇಜನಾ: ಸುಖಿನೋ ಭವಂತು'

ನಮ್ಮ ಕಾಲೇಜಿನ ವಾರ್ಷಿಕ ಸಂಚಿಕೆ ಪ್ರತಿ ಬಾರಿಯೂ ಒಂದು ವಿಷಯ (ಥೀಮ್)ನೊಂದಿಗೆ ಓದುಗರಿಗೆ ಪ್ರಸ್ತುತವಾಗುತ್ತದೆ. ಈ ಥೀಮನ್ನು ನಿರ್ಧರಿಸುವ ಪ್ರಕ್ರಿಯೆ ಹಿಂದೆ ಸಾಕಷ್ಟು ಪ್ರಯತ್ನ ಮತ್ತು ಪರಿಶ್ರಮವಿರುತ್ತದೆ. ಈ ಬಾರಿಯ ವಿಷಯ ತುಂಬಾ ಸಂಕೃಷ್ಟ ನೀಡಿದ್ದಾಗಿದೆ. ಪ್ರತಿ ಬಾರಿಯೂ ಓದಿದಾಗ ಅದರಿಂದ ಹೃನ್ಮನಹರುಷಗೊಳ್ಳುತ್ತದೆ. ಇದಕ್ಕಾಗಿ ನಮ್ಮ ಮ್ಯಾಗ್ ಜಿನ್ ತಂಡಕ್ಕೆ ಅಭಿನಂದನೆಗಳು.

'ಸರ್ವೇಜನಾ: ಸುಖಿನೋ ಭವಂತು' ಎಂಬುದು ಸಂಸ್ಕೃತ ವಾಕ್ಯವಾಗಿದ್ದು ಇದರ ಅರ್ಥ ಎಲ್ಲಾ ಜನರು ಸುಖವಾಗಿರಲಿ ಎಂದು ನೆನಪಿಸುತ್ತದೆ. ಈ ವಾಕ್ಯದ ಮೂಲವು ಪುರಾತನ ಭಾರತೀಯ ಜ್ಞಾನದಲ್ಲಿ ಅಡಕವಾಗಿದ್ದು ವಿಶ್ವದ ಒಗ್ಗೂಡುವಿಕೆಯ ಮತ್ತು ಸಮಗ್ರ ಶ್ರೇಯೋಭಿವೃದ್ಧಿಯ ತತ್ವವನ್ನು ಪ್ರತಿಬಿಂಬಿಸುತ್ತದೆ.

ಈ ವಾಕ್ಯವು ವೇದಗಳು ಮತ್ತು ಉಪನಿಷತ್ತುಗಳಂತಹ ಹಳೆಯ ಹಿಂದು ಗ್ರಂಥಗಳಲ್ಲಿ ಪತ್ತೆಯಾಗಿದ್ದು, ಸರ್ವರ ಹಿತ ಮತ್ತು ಕ್ಷೇಮವನ್ನು ಕೋರಲು ಪ್ರಾರ್ಥನೆಗಳಲ್ಲಿ ಮತ್ತು ಶುದ್ಧೀಕರಣ ಕ್ರಿಯೆಗಳಲ್ಲಿ ಬಳಸಲಾಗುತ್ತದೆ. ಇದು ವಿಶ್ವದ ಒಗ್ಗೂಡುವಿಕೆಯ ಮತ್ತು ನಿಸ್ವಾರ್ಥತೆಯ ಶಕ್ತಿಯುತ ಸಂದೇಶವಾಗಿದೆ.

ಇಂದು ಅಶಾಂತಿ, ಒತ್ತಡ ಮತ್ತು ವಿಭಜನೆ ಎಲ್ಲೆಡೆ ಸಾಮಾನ್ಯವಾಗಿರುವಾಗ 'ಸರ್ವೇ ಜನಾಃ ಸುಖಿನೋ ಭವಂತು' ಎಂಬ ವಾಕ್ಯದ ಅರ್ಥ ಇನ್ನಷ್ಟು ಪ್ರಸ್ತುತವಾಗಿದೆ. ಇದು ನಮ್ಮ ಮೌಲ್ಯಗಳನ್ನು ಉತ್ತೇಜಿಸುತ್ತದೆ.

ಈ ವಾಕ್ಯವು ವಿಶಾಲಾರ್ಥದಲ್ಲಿ ಧರ್ಮ, ಜಾತಿ ಅಥವಾ

ದೇಶದ ಗಡಿಗಳನ್ನು ಮೀರಿ ಸಮಾನತೆಯನ್ನು ಸಾರುತ್ತದೆ. ಇತರರತ್ತ ಸಹಾನುಭೂತಿ ಮತ್ತು ಕಾಳಜಿಯನ್ನು ಬೆಳೆಸುವುದು ವೈಯಕ್ತಿಕ ಸಂತೋಷವೂ ಸಮಾಜದ ಒಟ್ಟಾರೆ ಸಂತೋಷಕ್ಕೆ ಅನುಗುಣವಾಗಿದೆ ಎಂಬ ಸಾರವನ್ನು ಬಿಂಬಿಸುತ್ತದೆ.

ಸರ್ವೇಜನಾಃ ಸುಖಿನೋ ಭವಂತು ಮಾನವ ಕುಲಕ್ಕೆ ಬೆಳಕಾಗಬಲ್ಲ ಶಕ್ತಿಯುತ ತತ್ವಶಾಸ್ತ್ರವಾಗಿದೆ. ಇದರ ಸಾರಾಂಶ ಅನುಸರಿಸಿದರೆ ನಾಮ, ಪ್ರೇಮ, ಶಾಂತಿ, ಸಂತೋಷದಿಂದ ತುಂಬಿದ ಜಗತ್ತನ್ನು ನಿರ್ಮಿಸಬಹುದು. ಈ ಪ್ರಾರ್ಥನೆಯು ನಮ್ಮ ದೈನಂದಿನ ಜೀವನದಲ್ಲಿ ದಾರಿದೀಪವಾಗಲಿ, ಎಲ್ಲರನ್ನೂ ಒಗ್ಗೂಡಿಸುವ ಮತ್ತು ಸಂತೋಷದ ಸ್ಫೂರ್ತಿಯನ್ನು ಬೆಳೆಸುವಂತಾಗಲಿ, ಇತರರನ್ನು ಪ್ರೀತಿಯಿಂದ ಕಾಣುವ ಸಹಿಸಿಕೊಳ್ಳುವ ಮತ್ತು ಪರರ ಶ್ರೇಯವನ್ನು ಬಯಸುವ ವಿಶಾಲ ಮನಸ್ಸು ಇಂದಿನ ಅತಿ ಮುಖ್ಯ ಅವಶ್ಯಕತೆಯಾಗಿದೆ. ಏನಾದರೂ ಆಗು ಮೊದಲು ಮಾನವನಾಗು ಎಂಬ ಕುವೆಂಪು ಅವರ ಬಯಕೆ ಪ್ರತಿಯೊಬ್ಬರಲ್ಲೂ ಸಹಕಾರಗೊಳ್ಳಬೇಕು. ಅಗಲೇ ಈ ಜಗತ್ತು ಸರ್ವರಿಗೂ ಸುಂದರ ಶಾಂತಿಯ ತೋಟವಾಗುತ್ತದೆ. ನಾವು ಎಲ್ಲರೂ ಈ ನುಡಿಯ ಸಾರವನ್ನು ಅರಿತು ಉದ್ದೇಶವನ್ನು ಸಹಕಾರಗೊಳಿಸುವ ಪ್ರತಿಜ್ಞೆ ಮಾಡೋಣ. "ಸರ್ವೇಜನಾಃ ಸುಖಿನೋ ಭವಂತು"



**ಡಾ.ಪುಷ್ಪ ಎನ್.ಬಿ.**

ಸಹ ಪ್ರಾಧ್ಯಾಪಕರು, ಅನಾಟಮಿ ವಿಭಾಗ, ಸದಸ್ಯ ಕಾರ್ಯದರ್ಶಿ ಲಿಟರರಿ ಮತ್ತು ಮ್ಯಾಗಜಿನ್ ಕಮಿಟಿ, ಜೆಎಸ್ಎಸ್ ಮೆಡಿಕಲ್ ಕಾಲೇಜು, ಮೈಸೂರು





# Don't Cut the Shoots, Treat the Roots

Being a pharmacologist and medical educationist by profession, I rarely encounter patients for consultation, and sometimes relatives approach me for a second opinion. I used to gain a bird's-eye view of this process by watching people who were looking for hospitals and doctors because of unsolved issues. This is one of the stories that gave potential to the perspective I've been developing over time.

## A story

My wife, an Ayurvedic doctor and a lifestyle coach on online platforms, had a client suffering from chronic gastritis who had tried various treatments across medical systems. She shared the severity of the case with me, and I empathize with the client, feeling compelled to offer my perspective as well.

As I began taking his history, it became evident that he was dealing with gastroesophageal reflux disease (GERD) and hiatal hernia with severe symptoms including regurgitation, heartburn and difficulty in swallowing etc., for which he had already undergone surgery. Despite the procedure,

most of the symptoms remained unresolved. His gastroenterologist assured him that, anatomically, everything was fine and emphasized the need to focus on diet and lifestyle changes.

However, after consulting a dietitian, his symptoms worsened, leaving him feeling helpless. When he approached us, I noticed his voice was subdued and his demeanor reflected a sense of despair, indicating he was an “experienced patient” who had endured much. Trusting my instincts, I directed my questions toward his personal life and discovered the underlying issues. He was on the brink of divorce and struggling with poor sleep. He has a well-paying job but also a time-consuming one, where he was not able to maintain a healthy routine. He is living with his mother at present and lacks any emotional support group, such as friends and relatives. It became clear that he was experiencing a psychological crisis and was overwhelmed by stress.

My theoretical analogy was that his unhealthy work routine, poor dietary habits and marital issue



stress over a long time worsened his GERD and might have contributed to the hiatal hernia as well. If the psychological part had been addressed at an earlier stage, most likely he would have recovered in a different way. The patient didn't have awareness about it, and I found no doctors on his journey of illness who highlighted his psychological well-being, which can lead to a distressful situation for the patient and a lot of economic burden.

I reassured him first and then counselled him regarding the major contributory role of stress in his condition and the need to address that as a priority. I suggested he visit a psychologist immediately for counselling and recommended possible dietary and lifestyle modifications. He was able to follow most of it and got better in the span of 2 months with significant improvement. At the same time, he was unable to establish some of the suggestions, such as work-life balance and improving social support. I thought it takes a lot of time and energy to balance everything to a super-optimal condition. It is a long way to go. Overall, it was a story of betterment by identifying the root cause.

### **Psychological Stress: A Silent Epidemic**

Moving ahead from this story, we can see a lot of similar conditions if we try to do a root cause analysis for many physical illnesses. Stress can touch every system of the human body.

### **Stress-Related Cascading Health Issues**

- Stress → Constipation → Hemorrhoids → Surgery
- Stress → Eating disorders → Poor diet → Obesity → Insulin resistance → Diabetes
- Stress → Insomnia → Immune Suppression → Frequent Infections
- Stress → Hypertension: cholesterol dysregulation → Cardiovascular diseases
- Stress → Gastrointestinal Issues → GERD → Oesophageal Damage
- Stress → Substance Abuse → Liver/Kidney Damage
- Stress → Migraine: Chronic Pain → Psychosomatic disorders

Additionally, stress was a hot topic during COVID-19, as it is associated with abnormal immune response. Autoimmune disorders and skin disorders (acne, eczema, hives, and rashes) are other extreme ends of complications of stress. Conditions like Irritable Bowel Syndrome (IBS) often go unrecognized and are self-medicated until they develop into more serious issues, while stress also exacerbates sexual dysfunction, leading to significant emotional distress.

### **Why Do We Fail to Identify the Roots?**

- Short Consultation Times: As per Times of India and British Journal of Medicine, Indian doctors spend very little time, an average of just 2 minutes, with each patient.
- Disease Mongering: Emphasis is placed on diagnosing and treating diseases rather than addressing underlying causes.
- Neglect of Holistic Care: There is insufficient focus on lifestyle changes, mental health, and nutrition.
- Fragmented Care Delivery: Specialization often results in isolated diagnoses as well as treatments rather than holistic, integrated care. Decreasing concept of family doctor or general practitioner

### **Why do we cut only the shoots?**

- Profit-Driven Healthcare Models: Healthcare systems and pharmaceutical companies often prioritize profit over patient care, pushing expensive drugs or procedures while neglecting preventive measures.







- **Overemphasis on Immediate Solutions:** Healthcare often focuses on quick fixes for symptoms, ignoring underlying causes.
- **Lack of Holistic Training:** Doctors are trained to treat diseases in isolation, missing broader emotional and environmental factors.
- **Limited Patient Awareness:** Even patients demand mostly symptom relief, unaware of the importance of addressing root causes like stress and diet.

#### What Is the Solution?

Promptly addressing the psychological aspects of physical illness is essential. Integrating non-

invasive approaches like mindfulness, yoga, relaxation techniques, sleep hygiene, social support, counselling, and proper nutrition can greatly enhance holistic healing.

When examining the root causes of stress, they often trace back to modern challenges like uncertainty, high expectations, competition, insufficient social support, financial strain, and more. A thoughtful approach to managing these issues offers a path to mitigating stress. This highlights the opportunity to align scientific advancements with spiritual wisdom, which holds valuable insights into stress management, and resonates with the theme “FOR EVERY LIFE, FOR EVERY TOMORROW.” Being under the roof of an organization with deep spiritual roots like JSS, we have great scope to integrate modern health science with spiritual wisdom to address the fundamental causes of chronic diseases, foster healthier lifestyles, and alleviate the strain on healthcare systems.

**Dr Venu D**

SR, Pharmacology, JSSMC

## For Every Life, For Every Tomorrow

### “Sarve Bhavantu Sukhinaha”

For every life that breathes today,  
For every soul that finds its way,  
A prayer rises, pure and bright,  
To fill the world with love and light.  
May hearts be free from pain and strife,  
May peace abound in every life,  
No tear shall fall, no shadow stay,  
Joy and hope light every day.  
The trees that sway, the rivers flow,  
The seeds of kindness we shall sow.  
In every hand, a helping touch,  
In unity, we achieve so much.  
Oh, may the earth in harmony sing,  
A symphony for everything.  
No walls to break, no lines to bind,

Just love that bridges humankind.  
“May all be happy, may all be well,”  
In every heart, let blessings dwell.  
For every life, for every tomorrow,  
Let’s heal the world, erase its sorrow.  
Together we rise, together we stand,  
Building a future, hand in hand.  
For every life, for every heart,  
From this sacred mantra, let peace start.



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## Building Resilience for Every Life and Tomorrow: The Significance of Mental Health

**M**ore and more people are realizing how important mental wellness is to overall healthcare. In order to promote resilience and guarantee future generations' well-being, mental health services must be strengthened. In the past, bodily health problems frequently took precedence over mental health, which was viewed as a secondary concern in healthcare. This view has changed, though, as more people are realizing how important mental health is for relationships, productivity, physical health, and general quality of life.

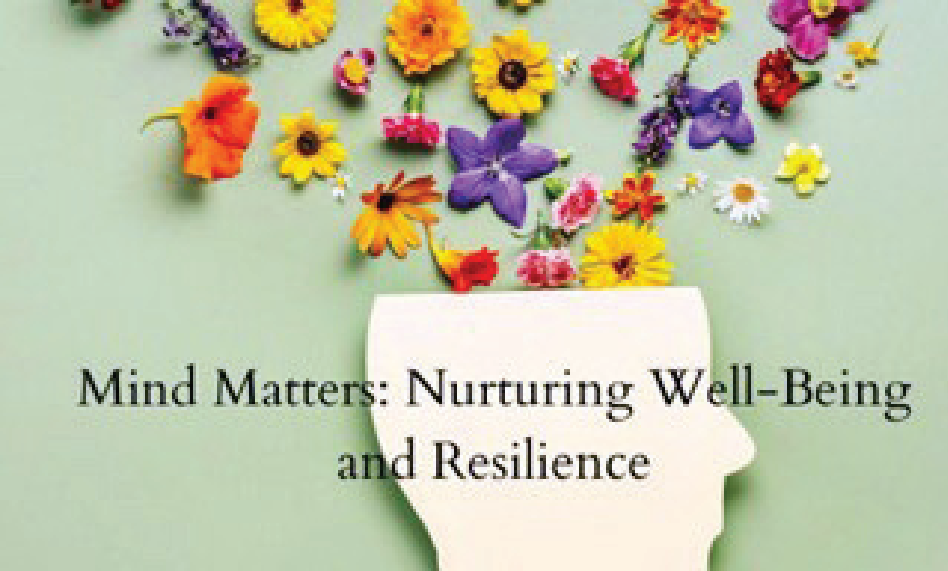
Millions of people worldwide suffer from mental health illnesses like depression, anxiety, and substance use disorders, which are the primary cause of disability globally, according to the World Health Organization (WHO). The relationship between the mind and body is well established, demonstrating how mental well-being can affect long-term physical ailments, including diabetes, heart disease, and high blood pressure. Furthermore, untreated mental health conditions can seriously impair relationships, day-to-day

functioning, and contributions to society. It is now obvious that mental health needs to be incorporated into healthcare systems as awareness grows. People are still unable to receive proper care in many nations due to underfunded and disjointed mental health services.

Strengthening mental health systems, especially in educational institutions, is essential to creating a resilient society. Due to social problems, academic expectations, and the complexity of modern life, students are increasingly experiencing mental health issues. According to a statistic, one in five students may have a mental health disease at some point throughout their academic career. Mental health issues like anxiety, despair, and suicidal thoughts are on the rise. Building mental health systems that offer prompt care, foster emotional intelligence, and foster a supportive atmosphere is therefore crucial for educational institutions.

Stronger mental health systems in colleges and universities are mostly dependent on early intervention and prevention. Many issues can be avoided or lessened by detecting mental health concerns early. Programs that educate on stress management, encourage mental well-being, and assist students in creating good coping strategies should be implemented by educational institutions. By including mental health education in the curriculum, stigma can be lessened, and candid discussions about mental health can be promoted. Students are more likely to seek treatment before problems escalate if they are able to identify symptoms of mental distress in others and themselves early on.





## Mind Matters: Nurturing Well-Being and Resilience

Another essential element is having access to mental health treatments. There are still too few counselors, psychologists, and mental health specialists in many educational institutions, which results in lengthy wait times and little access to therapy. Schools should increase the number of mental health specialists on staff and provide judgment-free, easily accessible, and confidential services in order to address this. Additionally, teletherapy and internet tools can enhance in-person treatments, making them more accessible to students.

Training staff and educators to identify mental health problems is crucial, as is expanding access to resources. Teachers and institutional officials are frequently the first to identify symptoms of mental health problems in pupils, but they might not have the necessary training to spot these symptoms or know how to react. Providing workers with mental health training for professional development can help them spot warning signals, offer the support they need, or connect them with the right resources. It's also critical to establish a classroom climate where students may talk about their mental health without worrying about being judged.

Establishing environments where students feel appreciated, encouraged, and understood should be a goal for institutions. This entails dealing with bullying, encouraging diversity, and providing chances for students to interact with their classmates. Extracurricular activities, mental health groups, and peer support programs can all help students feel less alone and more in control of their lives. Building a culture of support requires lowering the stigma associated with mental health by motivating students to get treatment when necessary.

Building a robust mental health system also requires cooperation across communities, families, and schools. It is important to educate parents and guardians on the value of mental health and how to provide emotional support for their children. Students can be provided with more resources and guaranteed that they receive all-encompassing help by collaborating closely with community organizations and mental health specialists.

In addition to helping children deal with present difficulties, addressing mental health in schools gives them the skills they need to overcome future setbacks with emotional intelligence and resilience.

A comprehensive approach to mental health is necessary to build a resilient society for the future. Resilience on both an individual and societal level depends heavily on mental health. A resilient society is one where people are enabled to deal with stress, endure hardship, and keep a good attitude in the face of difficulties. Societies may create stronger, more compassionate communities and individuals who are better able to handle modern life by enhancing mental health services.

Strong healthcare systems, social ties, education, economic stability, and environmental sustainability are all necessary for a resilient society in addition to mental wellness.

Therefore, developing a resilient society requires strengthening mental health systems. Future generations can inherit a society where they are equipped to handle problems with resilience if we prioritize mental health in healthcare and educational institutions, integrate support networks, and promote a holistic approach to well-being.



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# Threads of Tomorrow: The Fragile Journey Through Rare Disease

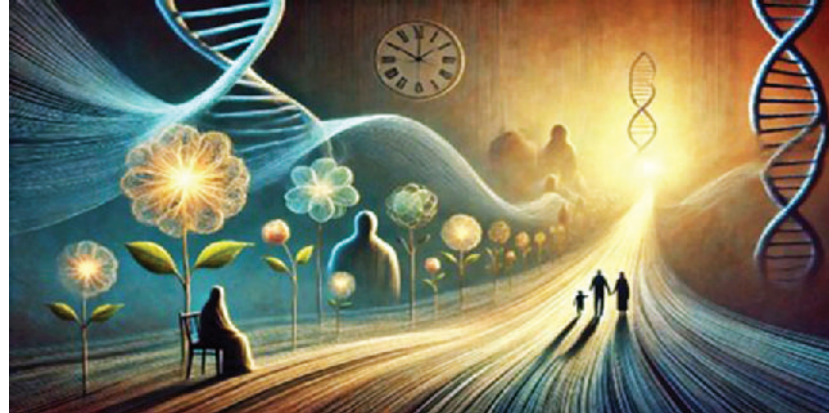
In the quiet corners of the world,  
Where light bends softly to unseen battles,  
A single gene whispers a story of change—  
Small, yet echoing through every breath.

A child with eyes bright as dawn,  
Held by the weight of questions,  
Feels the ripple of hope in each diagnosis,  
In every hand that dares to search deeper.

Yet the path is long and winding,  
For the answers do not come easy.  
A rare disease waits an average of seven years,  
A journey through uncertainty and perseverance.

For in these rare and fragile threads,  
Lies the power of one—  
One breakthrough,  
One answered call,  
One moment where science meets the soul.

A tiny shift, like the turning of a page,  
Can be the lifeline that rewrites a future.  
How grateful we should be for life,  
For its delicate defiance, its unrelenting beauty.



But even as molecular diagnosis unfolds the root,  
It is just the beginning.  
The treatment—costly, uncertain—  
Offers glimpses of hope, not guarantees.  
The diagnostic rate, a mere 50%,  
Leaves many still searching for light.

In laboratories filled with quiet resolve,  
Minds stitch together the fragments of tomorrow.  
A single, small but significant change  
Unfolds like petals of dawn for these patients—  
Their resilience, a lesson in grace.

Every rare disease carries a name,  
A heart, a family, a longing.  
For every life, there is a fight,  
For every tomorrow, a hope that blooms anew.

May we stand witness to this courage,  
And remember—  
Each day is a gift wrapped in tenacity.  
For every life, for every tomorrow,  
Let us be the light that carries it forward.



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## HEALING AMID CHAOS

In a land where life's pulse beats loud and clear,  
Where dreams and despair often intertwine near,  
Stand the healers, clad in white and hope,  
In the chaos of care, they learn to cope.

From bustling wards to the midnight's call,  
They mend the broken, they lift the fall.  
Through stethoscopes hum melodies of pain,  
Yet their hearts beat strong, again and again.

In cities grand and villages remote,  
They fight disease on a fragile boat.  
With hands that soothe and minds that strive,  
They keep the spirit of healing alive.

But oh, the burdens they quietly bear,  
Under the weight of a system unfair.  
Limited tools, but limitless will,  
Against the tide, they climb the hill.

Patients flock with prayers in their eyes,  
Doctors wrestle with time that flies.  
Yet gratitude comes as rare as gold,  
Their sacrifices remain untold.

Strikes and cries for justice rise,  
Under the sun of indifferent skies.  
For dignity, for respect, they plea,  
The healers too, deserve to be free.

Oh India, land of healers and lore,  
Honor these warriors who serve the poor.  
For in their hearts, a fire does burn,  
A promise to heal at every turn.

So here's to the doctors, steadfast and true,  
To their courage, their strength, their endless hue.  
May they find solace, may their efforts inspire,  
For they are the keepers of life's sacred fire



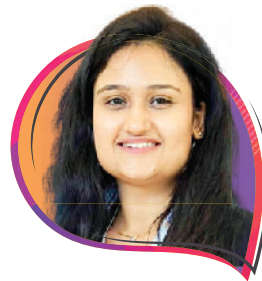
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and Hospital

## Empowering Tomorrows: The Art of Healing

Beneath the boundless sky, so wide,  
Dreams of joy and peace reside.  
Each heart beats with a silent prayer,  
A wish for love, a life that's fair.  
For every life that walks this earth,  
A spark of hope ignites at birth.  
Bound not by caste, creed or race,  
In every soul, a sacred space.  
Through purposeful acts, with care we strive,  
To help each soul regain their drive.  
In homes, in schools, in work, in play,  
We guide the steps to a brighter day.  
May every child's laughter ring,  
And every wounded heart take a wing.  
With hands to guide, we mend and restore,  
Independence crafted to thrive once more.

Through daily tasks, we pave the way,  
Rebuilding strength for a brighter day.  
With each adaptation, each thoughtful plan,  
We nurture the strength in every hand.  
Through tailored care, from rest to play,  
We empower lives in every way.  
Promoting wellness, preventing despair,  
A future of hope, beyond compare.  
For every tear, let kindness flow,  
For every shadow, let sunlight glow.  
With hearts that listen and eyes that see,  
We guide each path with dignity.  
सर्वेभवन्तुसुखिनः, our guide  
To uplift the world, to make it right.  
Through body, mind and spirit, we sow,  
Healing and strength for all to grow.  
सर्वेभवन्तुसुखिनः, this is our o  
A timeless vision, a melody.  
For every life, for every tomorrow,  
Let's banish strife, let's end sorrow.



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Assistant Professor,  
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JSS AHER, Mysuru





# EXPECTO PATRONUM

From the cradle of birth to the silent embrace of death  
 We watch the journey, of the fleeting human race  
 Every pulse, every breath a delicate thread  
 A dance with time, until we are dead  
 Life and death entwined in mysteries untold  
 As a healer, we question what truth will unfold?  
 In every patient a story to find, full of unanswered  
 questions and hidden pains  
 The moments that pass like whispers in air, a flicker of life  
 gone in despair  
 What can we offer when the hope fades so fast?  
 In the face of truth, too harsh to outlast  
 From the first cry to the final breath  
 We stand at the crossroads of life and death, is it our fate  
 or a test we must face?  
 As we walk through darkness, seeking light and grace  
 Every diagnosis a path to trace, every patient a mirror of  
 fragile space  
 A life in our hands, but we cannot control,  
 The turning of time or the healing of soul  
 Time fades like a silent stream; we cannot hold it back,  
 though we dream  
 Moments slip away, with no promises to stay  
 Like shadows that vanish at the break of the day  
 In search of peace, so endless, so deep  
 We find ourselves lost while others weep  
 Is this the calm where answers reside?  
 Or the storm where only questions collide  
 Life and death in their endless dance, both gifts and  
 burdens shaped by chance  
 Through every tear, through every loss, we heal we  
 hope, despite the cost  
 In this battle we find our way, to ease the suffering,  
 to brighten the day  
 For even in darkness light can be found, in every  
 heartbeat, in every breath



**Dr. R. HAREETH REDDY**  
 SENIOR RESIDENT  
 DEPARTMENT OF  
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Have you ever wondered why an Operating Theater is called a “Theater”? Well, in the olden days, students and interested people, eager to witness the steady hands of a surgeon working on a live human body, did so while assembling in a theater-like room. While you stick with that image in your mind, might I suggest replacing those steady hands with mechanical tentacles arising from a machine and the surgeons with electric cords reaching into a separate room? Does it sound surreal? Well, it shouldn’t because surgeries have been performed in the recent past in such a setup. From Gynecological surgeries and Colorectal surgeries to even Heart surgeries, Robotic setup-based surgeries are treading their way into a manifold of specialties.

The concept might sound very groundbreaking to some, especially doctors; while the idea of a surgeon going those few steps away from the operating table to his console to operate a robot may scare others, especially patients. If we were to look at the bigger picture, the idea of robotic surgery is not as simple as it sounds. The advantages of it are quite far-reaching from what we might expect and, additionally, it’s equally difficult to have the technology established afresh in our country. Firstly, as the name might confuse one, a robotic surgery is not a robot operating on the patient in its literal sense. After all, the robot hasn’t got a brain of its own, let alone making on-table decisions for the patient. In such surgeries, essentially, the surgeon sits over his control station or console and carefully controls the operating machine to make tiny incisions on the human skin and tissues, making most of these surgeries ‘minimally invasive procedures.’

Where the robotic machine makes a difference, is in how it allows the surgeon to make better, more efficient movements. A human hand, by the grace of pronation and supination, can only turn near 180 degrees, whereas the robot can provide the efficiency of a 360-degree motion. And needless to say, a robot’s arms have better dexterity than ours, but if coupled with a surgeon’s expertise and fine finger movements over the console, surgery can have better outcomes for the patients. Hence, the surgeon is in control of the robot at all times. In fact, the robot just translates the surgeon’s movements as its own in the human body.



## THE ROBOTIC SURGEON

One might question whether a surgeon will have a lesser ingress on the patient in such a setup. However, the ultramodern components of a robotic surgery machine suggest otherwise. With its highly magnified and high-resolution images of the field on a 3D viewing screen, a robotic surgical setup has the potential to provide even better access to the operating site of the surgeon. This helps the surgeon make better decisions for the patient, and make the surgery a safe and fruitful procedure.

Apart from making the surgeon’s job more efficient and clean, a robotic surgical system has multifold benefits for the patient’s healthcare. Secondary to the tiny incisions made through the robotic arms, such surgeries are usually scarless and hence, post-operative recovery is shorter. Furthermore, the incidence of surgical site infections is minimal, and the patient has a short hospital stay. The patients, hence, can undergo complex procedures with less blood loss and rarer needs for blood transfusions. Such ascendancy of our latter-day surgical systems makes them a perfect innovation for the upskilling of the medical fraternity and also a tool to boost healthcare, bringing forth surgeries that are ‘out of harm’s way’ for the patients.



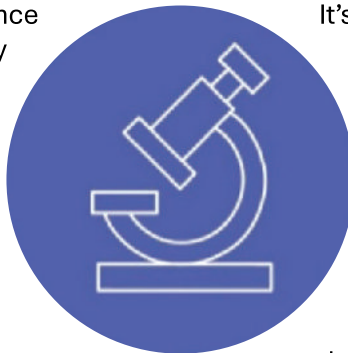
**Dr Tanishka Kochhar**  
Intern  
JSS Medical College



# “For Every Life, For Every Tomorrow: The Role of Pathology in Shaping the Future of Healthcare”

The art of diagnosis is where science meets pathology - what many professionals will refer to as the cornerstone of medicine. Life and the vision of tomorrow are saved on the contribution of every part of pathology. It creates microscopic observations that direct macroscopic decisions that in turn, affect the pathway of patient care and its outcomes.

The theme ‘For Every Life, For Every Tomorrow’ strikingly coincides with the essence of pathology: each blood smear, each biopsy, and each molecular test is not only a story of a disease, but also explore the opportunities for healing and innovation.



It's a lot like these two movies I watched in 2020, Kantara, with its journey through layers of cultural heritage and personal struggles, and the search for truth and purpose by the main character, For a pathologist, it's an exploration into the layers of tissues and cells that harbors the truth behind diseases. And as the pathways traverse just as much an attention to detail and perseverance into the examination of material findings, they lead to revelations that will change the lives of many.

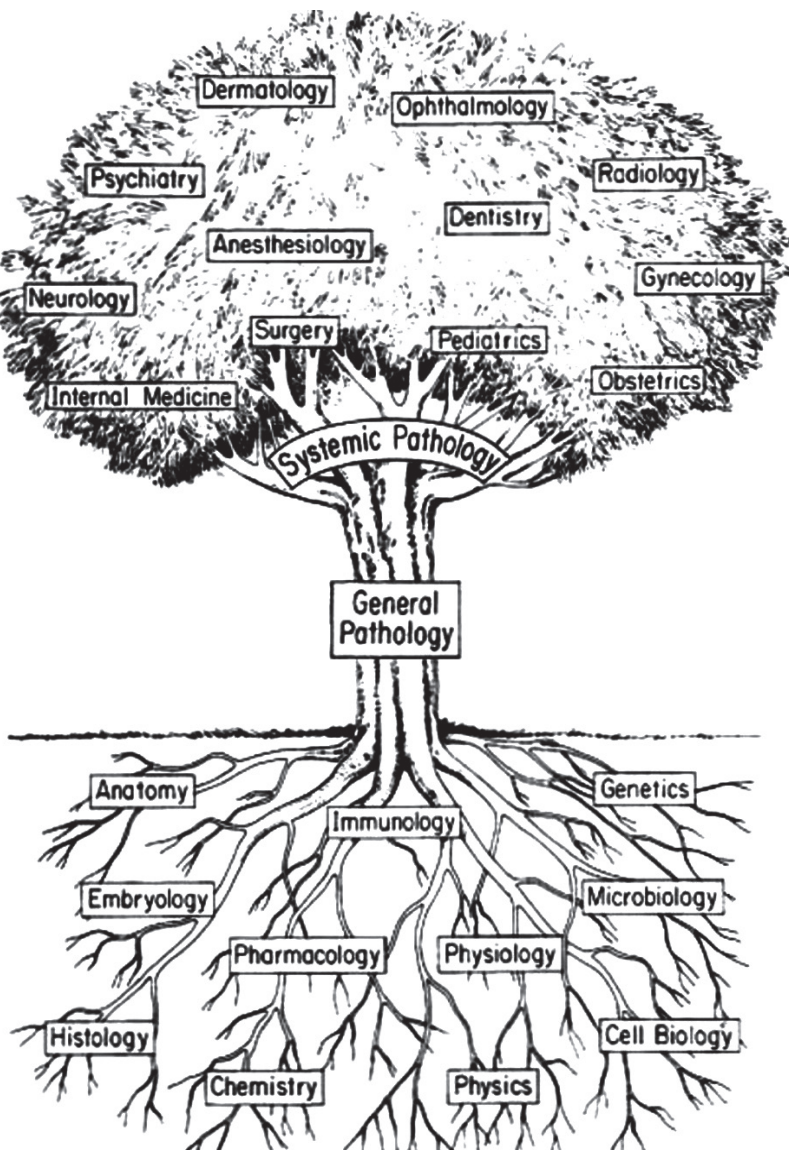
Going by films like Sherlock Holmes (2009) or Enola Holmes the morbid curiosity of the detective who squeezed the various clues together to solve cases wherein the end heaved great epiphanies, such is the deduction done by pathologists. These brave people who are out one moment, freeing human understanding and science-based understanding, then, with something simpler, perhaps, provide recognition in dark times and hope amid distress.

In a fast-paced healthcare world and, indeed, in the wider field of medicine, while the direction of future technology is such, the area of pathology is fostered by the most exotic of breakthroughs found in the incorporation of areas such as artificial intelligence, molecular diagnostics, telepathology and precision medicine. These developments in the field of Pathology represents its unwavering dedication and setting the trends that hinge on fixing diseases to cellular and genetic levels which, in best practice, become a new standard in healthcare that serves countless persons in the future.

As a pathology postgraduate student of JSS, I am privileged to be part of this transformative experience. It is our goal to be both rational and compassionate in dealing with the people. I will do my best to embody the essence of this concept, which involves recognition of the spirit, hard work and love for humanity as I study and do scientific work in order to best advance the future.

**Dr. Salman Rahiman**

3rd year Postgraduate  
Department of Pathology







## FOR EVERY LIFE FOR EVERY TOMORROW

Every path does not lead to a destination  
Not all doors open into mystical world  
Not all windows flood your room with freshness  
But your thoughts will encompass your future

Strive for your improvement  
For you will reach the heights of great achievements  
Never let go of your commitment  
Enjoy the selfless development

Hold hands and render hope  
For those who cannot cope  
Don't let your integrity elope  
In darkness, try not to mope

In times of strife, be the calm sea  
For all the challenges you hold the key  
Let your vision lighten the holy tree  
And may your thoughts let the despondent free

**RAKSHA.N**  
MBBS 2ND YEAR



## A FUTURE FOR EVERY SOUL

सुष्ठु निर्विकारत्वेनावतिष्ठति इति स्वस्थः ।  
स्वस्थस्य भावः स्वास्थ्य ।

Sarve Bhavantu sukinaha  
A prayer for all, both near and far  
And a torch to light the way,  
Through the darkness, come what may.

May you whine today  
And dine tomorrow,  
Because the present hardships,  
Keeps away the future's sorrow.

For every life, a purpose deep.  
For every soul, a chance to grow  
Each sunrise brings a path unknown,  
With seeds of wisdom gently sown.  
Let every voice sing out in peace,  
A melody that will never cease.

For every tomorrow full of grace and joy.

**Dr. Nisarga MS**

1st Sem MPH  
JSS School of Public Health,  
JSS AHER.



# Don't you get tired behind that mask?



**W**orking 365 days at absurd hours isn't that a big task?

To dedicate your life solely to your work, Knowing fully well you're missing out on quite some perks To work so hard, and get underpaid, Is this the kind of life for which you prayed ?

I look at them, a laugh escapes It is a genuine question, I have to say They don't know how good it feels, by healing them, something within me heals.

To be a source of joy for the unknown, To be their confidant when they are low To be seen with such honour and respect It makes me cry, it makes my heart melt

Half my life I may spend away from family I might spend my days working metaculously

But oh, the joy of being loved by a mother, other than your own, of having a brother, other than your own, of having a sister, other than your own, of having a father, other than your own, Just because I saved the life of someone unknown

It makes all the effort worthwhile It makes my soul smile

And if you ask would I do it all over again Yes my friend in every life, I'll happily take that pain



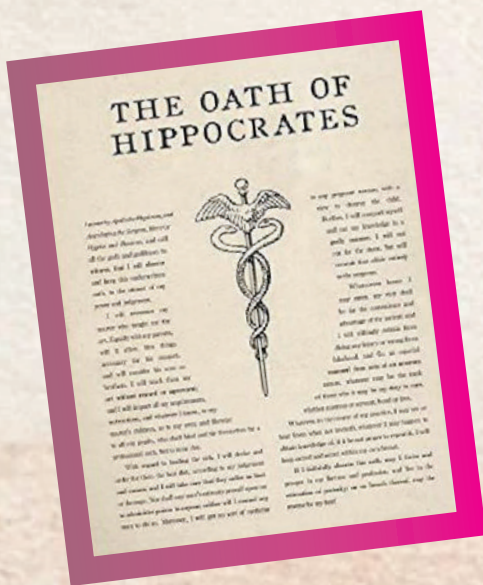
**Vidula Goel**  
MBBS phase 2







# The Hymn of a Medico



When a medico reflects on their journey in the field of medicine, a wide array of events and memories rush by. The white coat ceremony, the first day of dissection hall, the first ever patient interaction, the first delivery assisted, the exams and plenty others. However one memory particularly stands out. The moment they stood in unison, with the people they shared their initial years of rigorous medical training, and took the solemn oath to dedicate their lives to the welfare of humanity and healthcare - the moment they took the Hippocratic Oath. This rite of passage fills me with a quiet awe, as I recall the energy that reverberated through the hall while taking the oath on the evening of our graduation.

Healthcare at its essence has always surpassed the concept of borders and there is no other scientific discipline that reminds us more that at the end of the day, we are all just humans, irrespective of the differences that often divide us. It is only fair that such a science is accessible to every life and dedicated to the happiness and the hope for a better tomorrow, of every individual. Equipping new batches of doctors, brimming with energy and enthusiasm for their journey onwards in the world of medicine, with the wisdom and responsibility of the Hippocratic Oath, empowers them to take on the onus of several principles of ancient cultures that advocate good health for all. One such timeless principle is सर्वे भवन्तु सुखिनिः । सर्वे सन्तु नरिमयाः ।- May all be happy. May all be free from illness.



As one of the oldest documents in human history, alongside the Charaka Samhita, Sushruta Samhita, Ebers Papyrus, and the Code of Hammurabi, the Hippocratic Oath has ingrained certain moral and ethical standards in young physicians that, often said, should take precedence over individual judgement. Written over 2500 years ago, adopted as an oath in convocations about 300 years ago, this medical pledge has constantly been undergoing change to stay relevant to the times. Despite being a commitment to doing what is best for the patient, treating them to the best of one's ability, respecting privacy and using medical knowledge for the benefit and advancement of healthcare, the Hippocratic Oath cannot answer some pertinent questions of modern medicine.

With change being the only constant, especially with the advent of technology, both the epistemic and ethical landscape of medicine is a continually evolving one. Physicians are left wondering whether the teachings of the Hippocratic Oath are just an outdated vestige of a bygone era or actually a guide to the practical realities of medicine. Nevertheless, as the American Medical Association states, the principles of the oath "are not laws but standards of conduct which define the essentials of honorable behavior for physicians." And taking the oath is our promise to let our best judgement be guided and not governed by what the pledge stands for.

**Dr. Aishwarya V Bhat**  
Alumni (2018-19)



## For Every Life, For Every Tomorrow

**By Dr Manas Babu**

Tutor, Department of Anatomy

In quiet glades where whispers weave,  
And sunlight dances on the leaves,  
There blooms a thought, both soft and bright,  
For every life, for every tomorrow's light.

The brook, it sings a gentle tune,  
Beneath the watchful eye of moon;  
Each ripple tells of dreams anew,  
A promise made, a path to pursue.

The mountains stand, in majesty,  
Guardians of time and memory;  
With every dawn, their shadows grow,  
In silent grace, their wisdom flows.

Ode to the heart that dares to feel,  
In nature's grasp, our wounds can heal;  
For every sorrow, joy must tread,  
A tapestry of hopes, once spread.

So let us walk, hand in hand,  
Upon this earth, this sacred land;  
For every life, a tale to spin,  
For every tomorrow, the strength within.

In fields of gold, where wildflowers sway,  
Embrace the gift of each new day;  
For in this dance of time and fate,  
We find our place, we celebrate.



# 'SMART SALESMAN'

An Indian left his job in India and joined a salesman's job in a big departmental store in Canada!!

On the first day, the Indian worked with full vigour.

At 6 pm.....

Boss : "How much of sales did you do on the first day?"

Indian : "Sir, I attended to 1 (one) Sales call."

Boss : "Only 1 sale the whole day? Usually every salesman here does 20 to 30 Sale transactions a day. Well, tell me what is the value of your today's one sale?"

Indian : "\$93300....!"

Boss : "What?? Unbelievable! But how did you do that?"

Indian : "Sir, 1 customer came in and I sold him a small fishing hook. Then a mazola and then finally sold a big hook. Then I sold him 1 big fishing rod and some fishing gear..."

"Then I asked him where does he go to catch fish and he said to the coastal area...."

"Then I said to him that he would need a boat. So I took him down to the boat department and sold him a 20 ft double engine schooner boat."

"When he said the boat won't come in his Volkas Wagon, I took him to the auto mobile section and sold him the new Deluxe 4 x 4 blazer to carry the boat."

"And when I asked him where he would be going fishing ??? He didn't plan anything. So I took him to the camping section and



sold him a six sleeper camper tent."

"And then he took groceries worth \$ 200 and 2 cases of beer....!"

Now the boss took 2 steps back and asked :- "You sold all this to a person who came just to buy only 1 fish hook???"

Indian : "NO, SIR... He actually came in to Buy 1 Tablet For his Headache.... I explained to him that 'Fishing' is the Best Way to Get Rid of Headaches!!"

Boss : "Where did you work before ???"

Indian : "I was a PRO in a private hospital in India. For any patient who would come in for any 'Minor Complaint', we get the Patient Tested for Pathology, ECO, ECG, TMT, CT SCAN, X-Ray, MRI etc."

Boss : "Will You please sit in my chair?. I shall go to India and join a Private Hospital for Training."

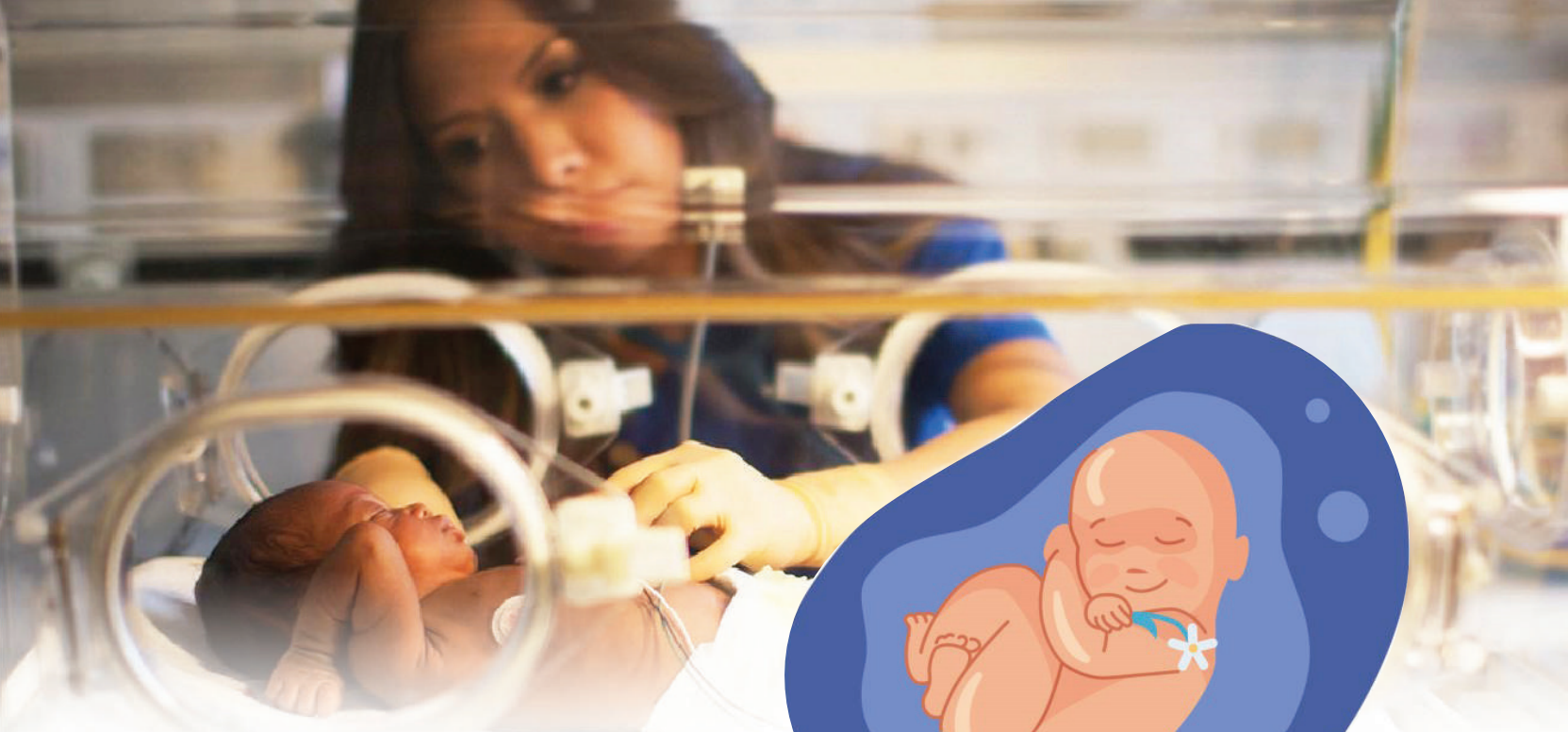


(Collections)

**(Sri. S.R.SATISH CHANDRA)**

ADMINISTRATIVE OFFICER





# Nicu baby ki katha-vyatha

I was tucked away in my mom's womb  
Like a warm and cosy hotel room  
With the best room service that one can get  
And security more than one can expect  
I kicked around and floated a lot  
But my fun stay was suddenly cut short  
They cut my mom open and held me by the head  
They pulled me out from my watershed  
And then they pat me to make me cry  
I said I'm not ready, but they won't buy  
They put tubes in my mouth and nose  
I'm forced to take the path I never chose  
But they won't stop bothering me I don't know why  
I was angry, but all they want is me to cry  
There is bright light and loud noises in this outside world  
I crave to be with you, mom, tucked in your arms,  
cosy and curled

The alarms scare me, the machines make sound  
They've got big needles mama, and if I cry, they hold me down  
I'm just learning to eat and poop on my own  
But the nurse with the NG tube won't leave me alone  
They tell I've gotten yellow, so they put me under blue light  
I'm supposed to breathe on my own with blood infections to fight  
I miss you, mama, I want to be with you  
This outside world is painfully strange and new  
There are so many things every day that I go through  
I may be small, but I've got feelings too  
I heard them say I'm doing better now  
I just want to run back to your embrace, but I don't know how  
I've got one wish if only they knew  
I just want to go back home with you



**Dr Anupama Pandey**

Assistant professor  
Department of Pediatrics



# Bhutan and the Buddha

**A**s you walk in the capital city, where many cars zoom, the moment you try to cross the road, the cars stop without a single honk ( or harsh warning ) to allow you to cross the roads. There are no signals in the country; there are just a few traffic personnel to navigate the congested roads in the peak hours! Surprisingly, on highways, around the mountains where the heavy vehicles move, they don't have a habit of honking ( or shouting ) anywhere, even when someone overtakes them or when the vehicles move from the opposite side. How do these people remain so calm and composed? Which is this country? Who are these people?

The people are simply from the land inspired by Buddha, Bhutan. But how did Buddha disappear from his land for hundreds of years, and who found his footprints? If these questions haunt you. To greatly learn about his life & time. Charles Allen does amazing work in his book " The Buddha and the Sahibs". It is a fascinating account of people and their experiences as they uncover

the great person who lived more than 2700 years ago. Coincidentally, I was reading this book, and some of the answers to the earlier questions can be deduced as to why Bhutanese people have imbibed those qualities of calm & composed attitudes in everyday life.

Bhutan is one of the highly evolved nations that value nature. Their constitution has mandated 60% green cover however, they have kept it at more than 70%!!

Buddha seems to have found a lot of followers in Bhutan, who seem to have redefined life parameters in terms of the Happiness Index. With sustainable development fees for every visit, they have also redefined tourism and insured Bhutanese guide accompanying every group across the country. That is clean and welcoming at every stage.

If you visit Bhutan, just ensure you don't go there with any sort of expectations !! As Buddha explained, detached from any desire. It is then that Bhutan will enchant you for long.



**Dr M Kishor** MBBS MD

Professor and Head, Dept of Psychiatry  
JSS Medical College & Hospital  
JSSAHER (Deemed to be University),  
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Consultant, JSS Hospital



# Financial education: A life skill

“I don't have time to learn finance.”  
“I don't know how to manage money.”

We often hear these comments. Many people consider it a matter of pride. However, it's not the case. There is nothing to brag about ignorance and dependency. Whether you agree or not, money matters are one of the most important aspects of life. Any sort of ignorance leads to a compromise of life.

If you are financially illiterate, then you will fall prey to Ponzi schemes and lose money.

If you don't know how money works, you might buy commission-loaded insurance plans, which give minimal returns.

If you are not aware of finance, then you may indulge in fancy products like cryptocurrency and intraday trading.

If you don't know what to do with money,, then you tend to spend it on products of prestige.

To avoid all these serious mistakes in life, you must need financial education. Financial education begins with financial literacy—the ability to understand and effectively use various financial skills, including personal financial management, budgeting, and investing. It helps individuals understand basic concepts such as savings, interest rates, inflation, and debt management. Financially literate individuals can avoid common pitfalls such as excessive debt, impulsive spending, or inadequate savings for emergencies. Understanding the power of compound interest enables individuals to grow their wealth over time.

One of the key benefits of financial education is its ability to foster responsible financial behavior. It teaches individuals to prioritize needs over wants, live within their means, and save for future goals. By understanding the long-term consequences of financial decisions, people can make choices that align with their financial objectives. For instance, a young doctor who learns about the importance of retirement planning early in their career is more likely to build a substantial retirement fund. Similarly, individuals who understand the risks associated with high-interest loans are less likely to fall into debt traps.

Beyond managing daily expenses, financial education is crucial for long-term wealth creation. It provides individuals with the knowledge to invest in various assets, such as stocks, bonds, real estate, or mutual funds. By understanding concepts like risk tolerance and asset diversification, individuals can make

informed investment decisions that align with their financial goals. Over time, these investments can generate passive income, providing financial independence and security.

Financial education is directly linked to personal well-being. Money-related stress is one of the most common sources of anxiety, often leading to adverse effects on mental and physical health.

By equipping individuals with the tools to manage their finances effectively, financial education reduces stress and enhances overall quality of life. For example, an individual who has a solid emergency fund is better prepared to handle unexpected expenses, such as medical bills or job loss, without experiencing financial strain.

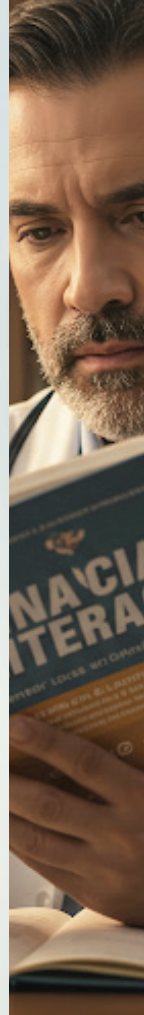
Learning finance is not as difficult task as it is portrayed. It's a seventh-grade subject. You can join wealthcon groups ([wealthconindia.com](http://wealthconindia.com)). It is the financial education platform for the doctors by doctors. It is an independent platform and not associated with any agent, financial adviser, insurance company, or fund management company. You can start learning the the basics of finance, debt products, mutual funds, taxation, insurance, and stock investment from the fellow doctors.

## Conclusion

In conclusion, financial education is a fundamental pillar of personal well-being. It empowers individuals to make informed decisions and fosters responsible financial behavior. Managing money is your own responsibility. You need to become self-reliant in managing your own money.

**Dr Ram**

Wealthcon founder

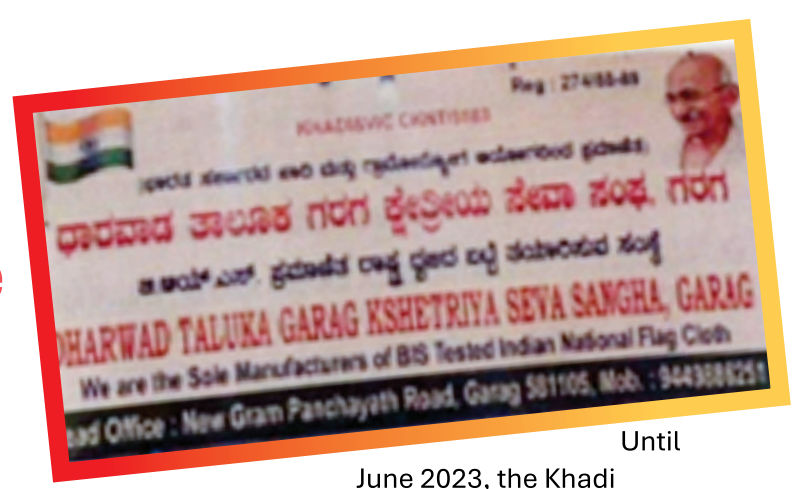




# Namuru Garag: The Proud Heritage of India's National Flag Khadi

hail from Garag, a historic village in Dharwad district, Karnataka, celebrated for its Khadi cloth production, particularly for the Indian National Flag. Since 1959, the Kshetriya Seva Sangh in Garag has been committed to producing high-quality Khadi products. The Khadi Gramodyog Commission formally recognised the Garag Khadi Centre in 1975 for its exemplary work in producing cloth specifically for the Indian National Flag.

The Khadi cloth produced here is certified by the Bureau of Indian Standards (BIS), ensuring strict adherence to quality norms. Each decimetre of the flag cloth must meet exacting standards, including 175 ends/dm, 165 picks/dm, and a weight of 205 g/m<sup>2</sup>. Producing such precise cloth from the Ambar Charkha (spinning wheel) is a challenging task, as the fabric must be hand-spun from clean, carded cotton, aligning with constitutional requirements for the National Flag.



Until

June 2023, the Khadi cloth from Garag was sent to the Mumbai Khadi Gramodyog Centre in Borivali for bleaching, dyeing, and cutting the flags. However, with the closure of the

Mumbai Centre's operations in 2023, the Union Government authorised the Garag Khadi Centre to handle the entire process of tricolour flag production, including with the dimensions of 2X3 feet (width and height), thus cementing its pivotal role in the nation's patriotic endeavours. The flags manufactured here are displayed at prestigious locations such as the Parliament House, Red Fort, Rashtrapati Bhavan, and various Defence Force establishments, further amplifying the village's iconic status across the country.

Garag's contribution to the nation has not gone unnoticed. In 2023, the Garag Khadi Gramodyog Sangh was honoured with the prestigious Mahatma Gandhi Seva Award, which included a cash prize of ₹ five lakhs. This recognition was a testament to the Sangh's noble and patriotic service. Additionally, the significance of Garag's Khadi weaving was immortalised in the Kannada movie Veerappa Nayaka, featuring the legendary actor Shri Vishnuvardhan, showcasing the intricate craftsmanship involved in producing Khadi cloth.

Since February 2006, the Khadi Gramodyog Samyukta Sangh in Bengeri (Hubballi) has also been authorised to manufacture the National Flag, with Garag providing BIS-certified Khadi cloth to support this effort. Together, these centres have upheld the heritage of Khadi flag production, reflecting the spirit of self-reliance and national pride.

However, recent developments have posed significant challenges to this legacy. The Union Government's amendment to the 2002 Flag Code of India now permits the production of machine-





made polyester flags. This decision was primarily driven by the need for more durable flags, particularly mammoth-sized ones that remain hoisted at night under adequate illumination. While this amendment addresses practical concerns, it has adversely impacted the traditional Khadi production at Garag and Bengeri, affecting the livelihood of artisans and the cultural heritage associated with hand-spun Khadi. Despite these challenges, Garag continues to inspire everyone, showcasing how a small village can contribute profoundly to the nation.



**Dr Shweta Neminath Kurkuri**

Senior Resident  
Department of Community  
Medicine,  
JSS Medical College, JSS  
AHER, Mysuru

## Yin and Yang

Little drops of rain fill the mighty ocean  
Little drops of tears drench our own emotions.  
Life is a miraculous fusion of elation and pain  
No creature is spared in this game of loss and gain.

Fragments of joy and sorrow are strewn on our lives  
Right path chosen, emphatically the toughest survives.  
Cherish the innate blessings bestowed on yourself  
Serenity prevails; compare not another soul to thyself.

Ponder not when hassles are showered on thee  
This time too shall pass, and obstacle will flee.  
Blessed are those who seek teeny bliss in their existence  
Long after we are gone, peers survive and reminiscence.

Build a life that is stamped with genuine fondness  
Adversities can be handled with utmost calmness.  
Let happiness you exude be terribly contagious  
Let your thoughts and deeds be highly audacious.

Simple are the questions in life, pledge not to complicate  
Picturesque is this journey, frequent smiles are a mandate.  
Forget the rotten past, that's a baggage of extreme negativity  
Worry less in the unforeseen future, embrace sheer positivity.



**Dr. Sarika**

Department of  
Anesthesia  
JSS AHER  
Mysuru



# Valuable Lessons from Ratan Tata for Medical Professionals and Educators

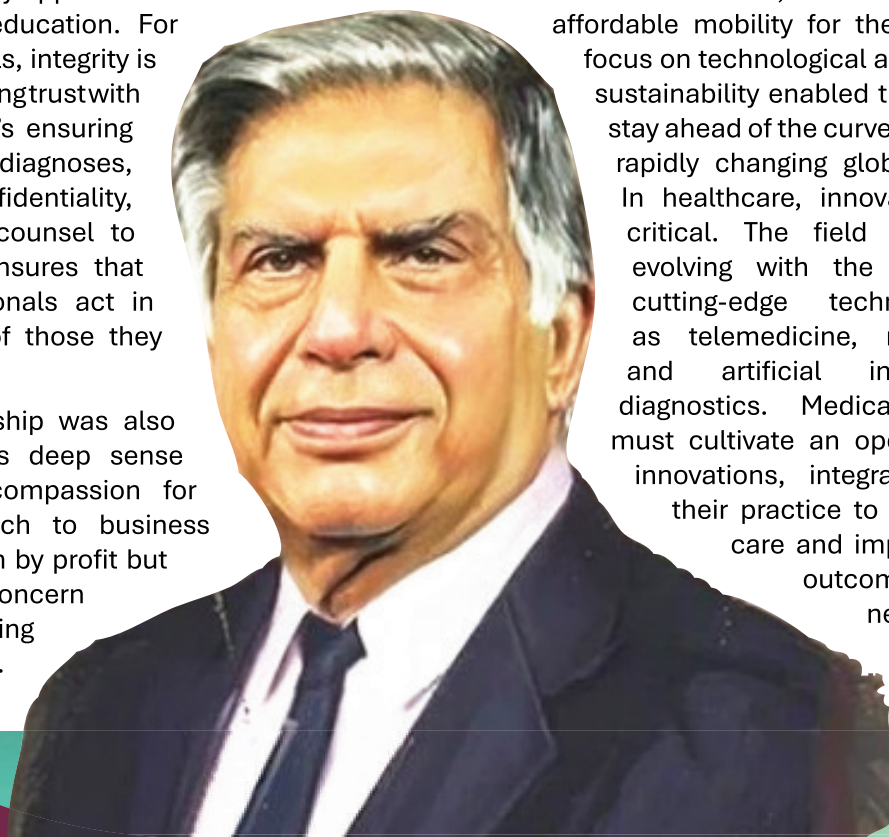
Ratan Tata, the former chairman of the Tata Group, is widely regarded as one of India's most respected business leaders. Renowned for his ethical standards, visionary leadership, and deep commitment to social welfare, Tata's influence extends far beyond the corporate world. Although his legacy is primarily shaped by his business acumen, the principles he upheld offer profound lessons for professionals across all fields, especially those in healthcare. The values of integrity, compassion, innovation, resilience, and leadership that defined his tenure and a commitment to long-term can significantly enhance the practice of medical professionals, contribute to the evolution of healthcare systems and offer invaluable lessons for medical educators. Given the crucial role of medical education in shaping skilled healthcare professionals, educators must impart not only technical knowledge but also the core values that promote holistic care.

One of Ratan Tata's most admirable qualities was his unwavering commitment to integrity. The principles that Tata exemplifies provide essential guidance that can be effectively applied within the realm of medical education. For medical professionals, integrity is foundational to building trust with patients. Whether it's ensuring transparency in diagnoses, maintaining confidentiality, or offering honest counsel to patients, integrity ensures that healthcare professionals act in the best interests of those they serve.

Ratan Tata's leadership was also distinguished by his deep sense of empathy and compassion for others. His approach to business was not solely driven by profit but by a genuine concern for the well-being of society.

Tata supported numerous philanthropic initiatives, focusing on healthcare, education, and poverty alleviation, and always emphasised the importance of improving the lives of the underprivileged. For medical professionals, compassion is at the heart of effective patient care. Empathy helps build rapport with patients, alleviating their fears and uncertainties during challenging times. A caring approach fosters a holistic healing process, where patients feel supported not only physically but emotionally and mentally as well. Tata's humanitarian perspective reminds medical professionals to approach their practice with kindness and a genuine desire to make a positive impact on the lives of others. Educators should encourage students to recognise the human element in healthcare. This can be achieved by incorporating patient-centred care, communication skills training, and fostering a culture where students learn to be genuinely concerned for their patients' well-being.

Ratan Tata's career was defined by his willingness to innovate and embrace change. His leadership saw the introduction of groundbreaking projects such as the Tata Nano, a car designed to provide affordable mobility for the masses. Tata's focus on technological advancement and sustainability enabled the Tata Group to stay ahead of the curve and adapt to the rapidly changing global marketplace. In healthcare, innovation is just as critical. The field is continuously evolving with the introduction of cutting-edge technologies, such as telemedicine, robotic surgery, and artificial intelligence-driven diagnostics. Medical professionals must cultivate an openness to these innovations, integrating them into their practice to enhance patient care and improve healthcare outcomes. Embracing new technologies not only optimises





## 10 LESSONS FROM RATAN TATA



1. Be a visionary.
2. Be a humble.
3. Never give up on values.
4. Take risks.
5. Motivate others.
6. Have faith in yourself.
7. Be open to criticism.
8. Use creative tendencies.
9. Get out of the safe mode.
10. Don't pull all your eggs in one basket.

healthcare delivery but also positions medical professionals to tackle the challenges of modern medicine effectively.

Ratan Tata's leadership during times of crisis exemplified his remarkable resilience. During the 2008 terrorist attacks on Mumbai's Taj Mahal Palace Hotel, Tata's calm and decisive actions helped guide the organisation through a devastating situation. His ability to remain composed and prioritise the safety and well-being of those affected set a powerful example of leadership under pressure. The medical field is fraught with challenges, whether it be dealing with public health crises, evolving diseases, or addressing issues like burnout among healthcare professionals. Educators should teach students how to approach challenges with a problem-solving mindset, encouraging them to remain resilient even during tough times. This can also be reflected in creating a learning environment where both faculty and students are supported emotionally and mentally, allowing them to thrive even under pressure.

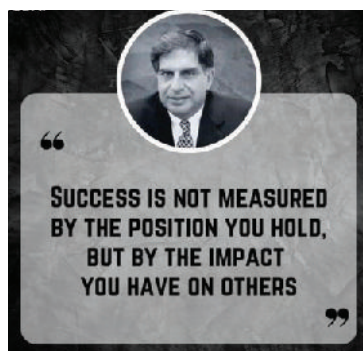
Under Ratan Tata's leadership, the Tata Group was known for its pursuit of excellence in all endeavours. Tata emphasised the importance of high-quality standards across every facet of business, from manufacturing to customer service. His insistence on excellence became a hallmark of the group, earning it respect globally. In the medical profession, a commitment to excellence is paramount. Healthcare professionals must consistently strive for the highest standards of care in every aspect of

their practice, from patient consultations to medical procedures and follow-up care. This dedication not only ensures better patient outcomes but also fosters an environment of continuous learning and improvement. By embodying excellence, medical professionals elevate the quality of healthcare and contribute to the trust that society places in them. Educators must encourage students to embrace lifelong learning, remain adaptable, and stay curious.

Despite his immense success, Ratan Tata maintained a humble and inclusive approach to leadership. He consistently emphasised the importance of teamwork, valuing the contributions of all individuals and recognising that collective effort leads to success. Tata's humility allowed him to remain grounded, focusing on the greater good rather than personal recognition. In healthcare, humility is a vital quality for fostering collaboration and teamwork. Doctors, nurses, technicians, and administrators must work

together seamlessly to provide the best care possible. Humility ensures that each team member's expertise is acknowledged and respected, leading to more effective communication and, ultimately, better patient outcomes. Medical professionals who embrace humility build stronger, more cohesive teams that are better equipped to address complex health challenges.

Ratan Tata's legacy offers invaluable lessons for medical professionals seeking to enhance their practice and contribute meaningfully to society. By embracing principles such as integrity, compassion, innovation, resilience, excellence, humility, and long-term thinking, healthcare professionals can build a more effective, ethical, and compassionate healthcare system. Just as Tata's leadership transformed industries and improved lives, medical professionals have the opportunity to leave a lasting, positive impact on the health and well-being of individuals and communities, shaping the future of healthcare for generations to come.



**Dr. Ramya C M**

Assistant professor  
Department of Physiology  
JSS Medical College  
Mysuru.



# MONDAY

## On a Typical Monday Morning

When you think life is as normal as the sun rising in the east – a peculiar incident happens and turns your life around – unannounced and unapologetic., I had my block set of procedures and consultations when A familiar face of my memory – a friend and junior from our hospital stopped by for a brief conversation where we exchanged the usual banter. He appeared healthy, asymptomatic, and full of energy. He had been ignoring a slight soreness in his throat for weeks, and that was his main worry nothing too serious to be bothered about.

I chose to take a closer look at him as a precaution and as a force of habit of the doctor mind that was hammered in me .After more thorough examinations, we found a little but dangerous tumor in his neck, a disease that might have significantly changed his life course if it hadn't been treated or evaluated in the first place

Given that he appeared to be in good health, the news was shocking. However, it served as a reminder that life is short and that our health may be deceiving, even when it appears to be great. Fortunately, the killer was detected early, and he recovered completely with prompt treatment. It was a humble experience—a tortuous one that strengthened my conviction that even a small benign problem can be a bigger one!

The entire staff came together as a family to support my friend during his treatment. Everyone had a role to play, from scheduling meetings with doctors to providing emotional support. It was evidence of the strength of solidarity and the grace of supporting one another during difficult times.

Although we frequently take on the role of caretakers as doctors, this event made me realize that even caregivers require care. Simply reaching out, saying something nice, or providing assistance may have a profound impact on both the patient and the healer.I now operate with the tenet that “help each other and help yourself.” It's simple to

overlook self-care in the hectic, high-stress world of healthcare.

The significance of maintaining a healthy lifestyle and enjoying the present was made more aware to by subconsciousness after this event fully unfurled Infront of me . As medical professionals, we promote mental health, regular exercise, balanced diets, and preventative care, yet we frequently disregard them in our own lives simply by dismissing them as we blatantly go around telling the public that we are overworked. Sadly life is unfair and every turnstone is full of challenges

I've been making minor but significant enough adjustments to my daily schedule, such as taking morning walks, mindful eating, and scheduling time for family and hobbies. These behaviours not only enhance my personal well-being but also serve as a model for my peers and patients that I can proudly advertise.

In 10 years, I see a society where this is the standard shared by everybody, where people are truly glad for one another and celebrate the little wins. As Naina said in Yeh Jawaani Hai deewani – there is almost something that you will miss out on in life, so why not just enjoy the present and what you have at hand ?

Imagine living in a society, where coworkers encourage one another, and where a patient's recovery is a shared victory. Why stop at imagining when we can make it a striking possibility?As an ENT surgeon, my path has never been one of straight roads and rewards at every corner but instead of all the adversities that was still full of development, education, and thankfulness.

For every life, every tomorrow, let us as a whole strive to be the best versions of ourselves. Let us heal, help, and hope. And above all, let us celebrate the beauty of being human—together.



**Dr Amulya**

Department of ENT





# Heaven on Earth

The gentle breeze, from the swaying leaves,  
The wagging tails, the joyful eyes.  
The chirping sounds of angels on earth.  
The gentle ripples, In streams nearby.  
Innocent smiles and the flowers that bloom,  
Joyful banter, no space for gloom,  
Isn't it funny, it never cost a penny,  
Find no dearth, create heaven on earth.  
be happy and smile, full of glee, for nature  
is free.

**Dr. Anjali Devi B.S**

Assistant Professor,  
Department of Biochemistry,  
JSS Medical College, Mysore

## Perfection is a fallacy

I look in the mirror and see  
Nothing but ugly.  
No comparison to the models on Instagram,  
With a slim waist, long legs, big eyes and beautiful  
smiles-  
Beauty that's only otherworldly.

I look at my phone and see  
Everything I cannot be,  
Perfection in every selfie,  
Productivity a part of their daily-  
People achieving my dreams.  
It makes me want to throw my phone across the room

But is it all true?  
Can the girl on my feed  
Be so unreal?

As I've grown older  
And earned my share of maturity,  
I can only speculate-  
When she looks into the mirror  
She sees;  
Beneath the glowing skin  
And silky hair,  
Behind the perfectly winged eyeliner,  
Beyond the stunning smile,  
Underneath the beauty that became her armour,  
She finds a monster  
Waiting to be unleashed.  
Not one that the stories tell you about,  
One that harms not a soul  
But crushes her own being.

**Saanvi Sharma**

Phase 1 (2024-25)





# The Modern Medicine: Medicine Meets Technology

“For he who has health has hope, and he who has hope has everything.”

This profound insight by Owen Arthur underscores the intrinsic link between health and hope, a connection that has become increasingly evident with the integration of modern medicine and technology.

The fusion of these fields has revolutionised healthcare, making it more efficient, personalised, and accessible. Artificial Intelligence (AI) and Machine Learning (ML) have become pivotal in analysing complex medical data, enabling early disease detection and the development of personalised treatment plans. For instance, AI has played a crucial role in drug development, with the first COVID-19 drug designed by generative AI approved for human use in 2023.

Telemedicine platforms have facilitated remote consultations, enhancing healthcare accessibility, especially in underserved areas. This approach has been particularly beneficial during the COVID-19 pandemic, ensuring continuity of care while minimising exposure risks.

Wearable health devices, such as smartwatches and fitness trackers, monitor vital signs like heart rate and blood pressure, providing real-time health data. This continuous monitoring allows for proactive management of chronic conditions, empowering patients to take charge of their health.

Robotic-assisted surgeries offer precision and minimally invasive procedures, reducing recovery times and improving surgical outcomes. Robots are also utilised in rehabilitation, aiding patients in regaining mobility and function, thereby enhancing their quality of life.

3D printing technology has enabled the creation of customised prosthetics and implants tailored to individual patient anatomy, enhancing comfort and functionality. This innovation has brought hope to many, providing once unimaginable



solutions.

Despite the numerous benefits, integrating technology into healthcare presents challenges. Protecting patient information from cyber threats is paramount, and robust cybersecurity measures are essential to maintain trust and comply with regulations. Ensuring seamless communication between diverse healthcare systems and devices is crucial for effective patient care. The use of AI in decision-making processes raises ethical questions regarding accountability and transparency. While technology can enhance healthcare delivery, disparities in access to these technologies can exacerbate existing health inequities.

As Robert Wachter aptly stated, “Starting now and lasting until forever, your health and healthcare will be determined, to a remarkable and somewhat disquieting degree, by how well the technology works.” In conclusion, the fusion of modern medicine and technology is revolutionising healthcare, offering innovative solutions to complex medical challenges.

While challenges remain, the ongoing advancements promise a future where healthcare is more efficient, personalised, and accessible to all.

**Aalika Thakur**

2nd Year MBBS





# Living Forever or Living Well? The Real Secret to Longevity



For as long as humans have roamed the earth, we've dreamed of living forever. From ancient myth to modern science, the hope of cheating death has enthralled us. But is immortality a blessing? Or a secret price?

Take the story of a young boy named Markandeya, hands clasped in prayer as death approaches him. In Hindu mythology, Yama, the god of death, comes to take him—but Markandeya, afraid of the unknown, prays to Lord Shiva to rescue him. Moved by his devotion, Shiva grants him eternal youth, free from the cycle of birth and death. Now, take the Greek myth of Tithonus. He, too, was immortalised—but not gifted with eternal youth. His body aged, his mind weakened, and he craved a release that would never be his. Across cultures and millennia, these myths reveal a timeless truth—our desire for longevity. But they reveal something else: living forever is worth little if we can't live well.

Today, we don't search for mythical potions or pray for divine intervention—we turn to science. Scientists such as Dr David Sinclair are attempting to slow aging at the cellular level. Stem cell therapy, gene editing, and regenerative medicine are

rewriting the rulebook. But here's the thing: longevity is not just what occurs in a laboratory. It's what occurs in our lives every day.

Consider this. What if the secret to a long, healthy life is already in your grasp? Food is medicine—a diet rich in antioxidants, healthy fats, and whole foods protects our cells. Movement is strength—exercise strengthens the heart, muscles, and brain. Sleep is repair—while we rest, our bodies repair, cleanse, and prepare for the day ahead. Longevity isn't about adding years to life—it's about adding life to the years.

Now, let's talk about something we often neglect: the mind. Imagine two individuals. One is constantly stressed, overworked, running on coffee, and barely sleeping. The other carves out time to breathe, to laugh, to spend time with loved ones. Who will live longer? Chronic stress floods the body with cortisol, damaging cells, weakening the immune system, and accelerating aging. However, research reveals that

mindfulness, meditation, and simple pleasures—such as music or a stroll—can even reverse some of these effects.

And then there's human connection. Did you know loneliness is as bad for you as smoking 15 cigarettes a day? In Okinawa, Japan—where some of the world's longest-living people call home—elders are part of lifelong social clubs called moai. These friendships bring laughter, love, and support throughout every stage of life. Maybe that's the true secret—not living longer, but living with people who make life worth living.

But let's take a step back and look at the big picture.

What if science could grant you another 50, 100, or even 500 years? Would you accept it?



A world where no one ever dies sounds like fiction, but consider the consequences. Overpopulation? Disparity? Would life be without meaning if we never had to say goodbye? Would only the privileged have access to life-lengthening treatments, and the rest of us be relegated to the side?

Perhaps the question isn't how long we live—but how well we live.

We conceive of aging as something we are powerless against. But the fact is, the habits of daily life control our fate. A healthy body fights off disease. Staying clear of diseases such as diabetes, heart disease, and obesity is not a function of genes—it's a daily choice. Ancient wisdom is just as relevant today. Ayurveda, yoga, and holistic living have always been about balance—something modern science is only beginning to catch on to. And sleep? Not a choice. It's when our brains remove toxins, our cells are replenished, and our bodies recharge for another day. So perhaps immortality isn't about living

perpetually. Perhaps it's about keeping our bodies and minds so strong that we value every year we do live.

Now, Close your eyes for a minute.

Imagine that you are 85. You are sitting at a window, drinking tea. The sun on your skin. Your body slows but is robust. Your mind is clear. Your heart is full.

You have lived in health, in purpose, in love.

You don't have to live forever—because in this instant, you already do.

And perhaps that's enough.



**Aanvi Singh**  
2nd Year MBBS

# The art of letting go

She,  
Sitting at the bay  
Looking at the sky  
When the sun hovers on the horizon  
Spreading a wave of unseasonable silence  
Pondering in her own thoughts of memories  
Full of sorrow and shadiness.  
Leading her into misery  
Recognized her drowning state of mind  
Decided to not let her emotions have the control;  
Stood up, collecting herself, wiping the tears  
Dived into the water deep and deep  
Letting her thoughts flow away;  
Came out after sometime and sat aside  
In the corner all alone  
With the winds whispering, birds chirping  
Smilingly she picked up the brushes  
And painted her world, her dreams  
On a canvas small;  
With boldness she answered the call  
Having a sigh of relief  
Made her mind, spoke to herself-  
"I'm bold and beautiful  
No one has the power to have my control."  
Acted in the same way thereafter.  
That day,  
Finally she learned the Art of letting go !



**Disha Agarwal**  
3rd Year MBBS



# The Healing Touch: Healing Ailments, Restoring Life



Since time immemorial, humanity has sought ways to heal ailments and restore life. From ancient herbal remedies to the latest medical technology, the science of medicine has continuously evolved, offering hope and recovery to millions. The idea of “The Healing Touch” is symbolic not only of compassionate care but also of the scientific advancements that have made modern medicine possible in its treatment of diseases and improvement of quality of life.

Modern medicine is based on evidence-based practices that have transformed healthcare. Antibiotics, vaccines, and surgical techniques have dramatically reduced mortality rates and increased life expectancy. Pharmacological advances have provided targeted therapies for chronic and acute conditions, while surgical innovations such as robotic-assisted procedures and minimally invasive techniques have transformed patient outcomes. Regenerative medicine, including stem cell therapy and tissue engineering, offers promising solutions for conditions previously deemed untreatable. Emergency and critical care interventions, such as defibrillators, ventilators, and organ transplants, further illustrate how medical science has become the cornerstone of life restoration.

Beyond conventional treatments, holistic and alternative medicine play a crucial role in healing. Chiropractic treatment, acupuncture, and osteopathy are based on the premise of the body’s natural self-restorative capability to regain equilibrium. Energy healing includes Reiki, Healing Touch Therapy, and massage therapy, which have been recognised as improving energy movement in the body, relieving stress-related illness, and achieving relaxation. Nutritional and lifestyle medicine is a new concept of medicine that reveals the powerful relationship between diet, exercise, mental health and overall well-being.

Healing involves psychology and emotions in

addition to physical recovery. Psychotherapy and counselling are some of the key treatments for those suffering from trauma, anxiety, or depression. Mind-body medicine, which ranges from meditation and mindfulness to cognitive-behavioral therapy, reminds us of the close relationship between mental and physical health. The placebo effect is another powerful demonstration that perception plays a deep role in healing.

The future of medical healing is being shaped by remarkable scientific advancements. Artificial intelligence personalized medicine are enabling healthcare providers to tailor treatments based on an individual’s genetic and biomarker profile. Nanotechnology offers possibilities for precision drug delivery and cellular repair, while bioengineering and 3D printing are paving the way for customised implants and organ regeneration. Immunotherapy and gene editing technologies such as CRISPR hold much promise for the cure of genetic disorders and cancers, pushing the boundaries of what medical science can achieve.

Medical healing is dynamic and ever-evolving, based on compassion, innovation, and scientific discovery. While conventional treatments continue to provide life-saving solutions, holistic and psychological approaches emphasise the importance of comprehensive care. As the future unfolds, advancements in personalised medicine, biotechnology, and regenerative therapies will redefine the way we heal, making once-unimaginable treatments a reality. The “healing touch” is no longer just a metaphor—it is the culmination of centuries of progress, restoring life and hope to individuals across the globe.



**Aanvi Singh**  
2nd Year MBBS





# The Dichotomy of the Doctor-Patient Relationship

Through the lens of science, medicine is a precision field involving just the technicalities of the human anatomy and the things that could go awry with it. Unsurprisingly, though, at its core, e-medicine is a profoundly human exchange based on the need to ensure the well-being of the community. The doctor-patient relationship is one of the most important aspects of healthcare, and it influences both the outcome of treatment. The importance of trust and improved communication between the healthcare provider and patient can't be undermined. Patients who are compliant and well-treated are more likely to be honest about symptoms and style choices. They are also more willing to honestly follow the advice given when they feel understood and respected. But this goes both ways, as this transparency allows the doctor to make a more accurate diagnosis along with feeling greater job satisfaction and a sense of purpose.

However, more often than not, there are challenges in this relationship. Doctors struggle to balance empathy with objectivity. This often makes it hard for the doctor to separate themselves from the troubles of their patient, and they end up making it hard to separate their emotions from the case at hand. They might develop emotional

attachments to patients and struggle with difficult cases like end-of-life decisions. At the other end of the spectrum, the increasing emotional exhaustion of an increased patient load makes it difficult for doctors to form a proper connection with the patient, resulting in an uncompassionate approach. Patients feel vulnerable and misunderstood then and thus are hesitant to ask questions. They come to doctors worried about their lives, and the fear can make it hard for them to think beyond their pain. And so this fragile connection wobbles, making it hard for either of them to be comfortable and open. In a field where burnout is the norm and exhaustion is an unshakable companion, meaningful connections with patients are not only necessary to provide the best treatment but also the only way to foster understanding and depth between the two.

The complexities of this relationship can be delved into even deeper when we consider the ethicalities of medical cases. Informed consent regarding medical procedures is an ethical necessity, along with being a legal one. The difficulty here is that patients might struggle with legal jargon or get worried when they hear the possible risks and adverse effects that might come up. It is hard to convince patients of life-saving treatment options when they are too



caught up on the probable risk they might be taking undergoing it. There is also the delicate navigation required when balancing patient autonomy with medical expertise. Cultural beliefs complicate understanding, shaping patient's views on illness, treatment and trust in healthcare. What should a doctor do when a patient refuses treatment that contradicts medical advice? Respecting the choice of the patient is important, but so is explaining the consequences of their decisions. If a doctor fails to acknowledge their beliefs, it may lead to the patient feeling disregarded. Then there is the biggest enemy of all: time constraints. There are tight schedules that result in doctors having to deliver rapid diagnoses, making the patients feel like mere

cases instead of individuals.

Addressing these challenges requires open communication and ethical mindfulness. The scientific precision of this field must be balanced by the human experience to ensure that both the doctor and the patient navigate their shared journey with understanding, respect and compassion. This relationship is messy, complicated and sometimes frustrating, but when it works, it is magic as it leads to the betterment of the healthcare system.

**Aashi Verma**  
2nd Year MBBS



## Letter to My Future Self

You'll find that pimples still appear,  
your dreams won't always shine so clear.  
Your child may struggle, trip, and fall,  
and life won't answer when you call.  
The sun will burn, the winds will howl,  
a flood may rise, foundations foul.  
You'll love, then doubt, then walk away,  
and wish you'd begged for them to stay.  
You'll miss the moment, lose the chance,  
forget to say I love you last.  
Regret will whisper, cold and tight,  
as work consumes your days and nights.  
But when the dusk begins to fade,  
you'll count the colours life has made.  
Mango gelato, warm July, your baby's laugh, your  
mother's sigh. The sea will lift your weary frame,  
your old dog's eyes will call your name. The nights  
you laughed till light was near,  
will be the echoes that you hear.  
So when the darkness starts to  
creep, hold close the love you  
fought to keep. For pain may  
linger, time may fly, but beauty  
stays—so lift your eyes.



**Dr Kaustubh Gaur**



# The Art of Surviving Medical School (and Life) Without Losing Your Mind

Six years ago, an 18-year-old walked into medical school, clueless, wide-eyed, and armed with nothing but a stethoscope he didn't know how to use and an unhealthy amount of optimism. Today, that same person (me, obviously) is standing on the edge of graduation, slightly sleep-deprived, a little more cynical, but undeniably transformed.

Medical school has been many things—a battlefield, a sitcom, a psychological thriller, and occasionally, a horror movie featuring my grades. It was a rollercoaster of emotions, full of moments that made me question my life choices and others that reminded me exactly why I chose this path in the first place.

## Welcome to the Emotional Gym

If life were a gym, medical school would be the ultimate full-body workout. My heart lifted the weight of grief, my mind ran a never-ending marathon of exams, and my patience was tested more than a diabetic's blood sugar. There were days I felt invincible, ready to take on the world. And then there were days I sat in my room questioning my entire existence because I couldn't differentiate between two very similar-looking rashes in dermatology.

## Friendships: Some Gained, Some Lost, Some... Unforgettable

Friendships in med school were like IV drips—essential for survival. Some lasted through the toughest times, while others were pulled out too soon. I met people who became family, who stood by me during breakdowns over viva exams and celebrated victories like placing a perfect cannula (yes, that's a big deal, okay?). And then there were the friendships that faded, the ones that couldn't survive the chaos, the ego clashes, or just bad seating arrangements in class.

But if I hadn't lost friends, I wouldn't have learned the true value of the ones who stayed—the ones who sent me notes when I missed class, who listened to me rant about the unfairness of pathology, and who reminded me that,

despite everything, I was doing okay.

## Heartbreak? Yeah, That Was a Thing

Ah, love in medical school. A beautiful concept—if you weren't drowning in exams and case presentations. I watched people fall in love between lectures, whisper sweet nothings over cadavers (okay, that might be an exaggeration), and support each other through rough times. Meanwhile, my relationship status could be summed up as: "Complicated..."

But heartbreak wasn't just about romance. It was watching patients slip away despite your best



efforts. It was delivering bad news to a family that looked at you with desperate hope in their eyes. It was realising that no matter how much you studied, some battles were unwinnable.

And yet, those heartbreaks taught me resilience. They reminded me that medicine isn't just about cures; it's about care, about being there when science runs out of answers.

## Failure: The Best (and Rudest) Teacher

Let's be real: I didn't ace every test. There were exams that humbled me so hard that I briefly considered alternative careers (stand-up comedy, anyone?). But if I hadn't known failure, I wouldn't have known the pure, unfiltered joy of passing a tough subject after sleepless nights of studying. Failures weren't just in exams. They were in diagnosis, in understanding, in misjudging situations and people. But each failure was a lesson, another



chapter in the grand textbook of life.

### **The Rage, The Loneliness, and The Highs That Followed**

There were moments of pure frustration—when sleep was a luxury, when the world expected me to be perfect, when everything felt unfair. I’ve known loneliness in its truest form, sitting alone in a library at 2 AM, staring at a pile of books that seemed to mock me.

But I’ve also known the high of success—winning competitions, being recognised for my work, and proving people wrong when they thought I wouldn’t make it. People tried to pull me down, but if there’s one thing I’ve learned, it’s this: the best revenge is success. Oh, and a well-timed sarcastic comment.

### **The Future is Bright (Even if I Still Don’t Know How to Adult Properly)**

As I step into the future, I do so with optimism, knowing that every struggle, every sleepless night, and every moment of doubt has shaped me. This journey wasn’t just about becoming a doctor; it was about becoming me.

And years from now, when I read this again, I hope I do so with a smile, knowing that despite everything, I made it. Maybe I’ll be sitting in my fancy home, sipping expensive coffee, being the successful doctor I always envisioned. Or maybe I’ll be in another library at 2 AM, still figuring things out. Either way, I’ll be okay.

Because if medical school taught me anything, it’s this—no matter how tough it gets, I will survive. And I’ll do it with style.



**Dr Kaustubh Gaur**

## **Doctor?**

I put on the white coat on 26th October, 2024. I accepted it and pledged it, taking the ‘white coat oath’. That was when it struck me. With my right hand in the air, my eyes on the screen projecting the oath, and my ears and mouth busy repeating it in unison with the rest, my head rattled, IT’S HAPPENING!! Somehow, the silent voice in my head was loud and, for the first time, proud.

‘I am going to become a doctor!!’

The emotions hit me like a tsunami, and the tears fought with my mascara to stream down my face. Wow! The lengths I had gone to during NEET preparation, the coffee that saturated my veins, the nights that missed my sleep, the people I missed, the parties I couldn’t be at, the bonds I couldn’t make, it was all somehow worth it. At that moment, a little five-year-old me who exclaimed to everyone, “I want to be a doctor when I grow up!” lived that dream.

Ha! What a silly thing, isn’t it? Being so proud over a piece of white cloth- stitched to fit ever so wonky, even hiding your outfit. Yet that is when I felt the most seen, my dreams, aspirations, and hard work on clear display. That day, I did not just pledge to honour the white coat, I pledged my life to the most noble profession there is.

**Saanvi Sharma**



# Short Story: The Hillock

The man stopped a few steps before his apartment to see a crowd of people gathered outside, many of them bringing flowers and cards. They were asking the receptionist about the man, where he went, and when he would come back, to which the poor girl could only shake her head and mouth the words “I don’t know.”

“Soulless condolences,” he murmured. “As if they even knew anything about her. None of them came when she was in the hospital. None of them came when they saw we were going through a tough time.” He said as he slipped past the crowd. “And now, to show what heroes they all are, they come bearing flowers and sorrys.”

“Yup. Same old people. Poor receptionist though,” said his inner voice.

“Yeah, I’ll owe her an apology later.”

He continued to walk through the streets, until the suburbs gave rise to trees. The wind was much stronger in these parts, far from the center of town. It wasn’t long before he arrived at his destination: a hillock on the edge of town.

To be fair, it was a very uninteresting place from the outside. A lone willow tree surrounded by shrubs and bushes, perched on the elevated plain.

You could see the entire town from this vantage point: the two towers of the cathedral, the residential high-rises, the local college campus, the central park. It

really was a picturesque spot.

Yet it was still tranquil, not a soul in sight.

And that contributed to its beauty.

He sat on an old bench beneath the tree, and watched as the clouds moved across the sky.

It reminded him of his childhood, when his mother took him to see the clouds every weekend. They used to gaze at the shapes they saw, and imagine what they looked like. Pretty cliché, but he liked it.

“Ha. Just like the good ol’ days! Ya remember?”

The man let out a monotonic “Hmmmm.”

“Hey, I mean, you knew this time would come, right? You can’t say you expected her to keep on living like that?” His inner voice said.

“Death waits for no one,” he replied. “And of course, I wouldn’t have wanted her to suffer any more than this.”

He got up and took a step forward. A fresh breeze hit his face. “But I still feel a large portion of my life has been lost. Like my core has been hollowed.”

He continued, “She was the one thing that loved me no matter what. No matter what I did or didn’t do. No matter what others did to me. She was my shield.”

He walked back to the bench, and said aloud, “And now that she’s gone, what should I do? What should I work for? Who should I love? Life seems insignificant from this point on...”

“Well, that’s a nihilistic way to put it,” a feminine voice chirped.

The man let out a small yelp as he nearly fell off the bench. The voice was of a young woman, not too far off from his age. She sat down beside him, as he



shifted to give her space.

“More fake sympathizers,” he said to his inner voice.

“So you lost a loved one too, huh,” she said, staring into the sunset.

He shifted his eyes towards the woman.

“Whether by tragedy or by normality, death itself isn’t what brings most to tears. It’s moving on without them that does.”

“But why should we move on?” he replied almost silently.

“Because such is the way of this world. Take this hillock for example. It may have been here since the cavemen, since the first civilization that settled here. It would have still been there since the monarch of this region was crowned, lived, died, and so on, until today, where we sit. It may be here in the future, or it may not. Who knows? The only thing constant is change. One day this hillock too will disappear, and something else would take its place.”

She leaned forward and cocked her head, with the sunlight filtering through her auburn hair.

“My point being, change is eternal. It’s one’s choice to embrace it or fight it. By fighting the inevitable, you only injure yourself. If you let it help you, it can take you beyond anything you imagine.”

“...”

The man thought about the changes that occurred in his life, to him, his mother, his childhood, growing up. It was true. Every thing, objects and phases alike, are transient. It is important to accept the change and move on, as there is the great unknown, which is bountiful with much more than you’d think of.

He smirked.

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“This is my stop, thanks,” he told the bus driver as he got off.

As he stepped off, he felt a paper in his pocket which previously wasn’t there. It had a phone number on it, underneath which was written, “Call me if you need any help.”

“Looks like she wasn’t a fake one after all.” said the inner voice.

He faintly smiled and stepped towards his apartment. Before he entered, he looked towards the hillock.

“Yeah... I guess not.”

The hillock and its tree were still there.

And serene as always.



**Yash Nautiyal**  
Phase 1 MBBS

A conversation with her younger self  
And if I could go back in the garden of time  
I’d tell her, just relax, it’s one hell of a ride  
It’s a rollercoaster ride, full of highs and lows  
Twist and turns, laughs and bellows.  
I’d tell her how diverse this journey will be  
Like a river coming from the mountains and going to the sea  
She’ll move through rocks and plains  
She’ll move through beautiful paths and some paths that are mundane  
But no matter what she faces, I’d tell her this  
Keep roaring, keep moving, let life be bliss  
Roar and murmur and gurgle like that river  
Let your voice be heard, don’t you shive.  
Enjoy this journey, while you can  
Because culminating, into the sea, that is God’s plan  
And after your end, you should be remembered  
Like a person who loved and lived her life, the one who never surrendered

## An 80-year-old on her deathbed



**Vidula Goel**  
Phase 2 MBBS





# Kumbhamela

that comprise thousands of Akhadas, who are chaired by spiritual gurus who have travelled far and wide to attend the mela and dispense their knowledge to the attendees.

At the river banks of Ganga lies the auspicious TriveniSangamm. It is the confluence of the holy Ganga and Yamuna rivers and the mystical Saraswati river. The devotees all gather there to take the holy dip. The mela is an amalgamation of social, spiritual and cultural traditions of the Hindu mythos.

A surprising trend was noted this year: the heavy influx of devotees from outside the country was also present. The most notable of them is Lauren Powell, co-founder and CEO of Apple. She came to do the ritual of kalpwas in the Mahakumbh. Kalpwas is a ritual followed by the devotees visiting the mela. This ritual is followed to clean the senses and the spirit.

In Hindu mythology, Amrit Manthan was done, which led to the production of a Kumbh (pot) that had Amrit (nectar). A fight broke out between the Asuras and Devtas that led to four drops falling on the earth. These places are Prayagraj (present-day Allahabad), Ujjain, Nashik and Haridwar. Present-day Kumbh Mela is done at these places in rotation. The Kumbh Mela is regarded as the biggest congregation in the world. It happens every 12 years when Jupiter completes one circle around the Sun. The timing in the year is planned after observing the alignment of the sun, moon and Earth.

This year, the auspicious mela was held in the city of Prayagraj. The entire city was lively with the hustle and bustle of the visitors who came to the city to have the holy dip. Young and old, men and women, poor and rich, all were there to celebrate the occasion. Due to the heavy influx of population, the government had police at every nook and cranny to control the crowd. Ambulance and firefighter services were present near the river bank to avoid any mishap and any loss of life.

The land of Melala in itself is an architectural marvel. The land that it is based on is a part of Gangetic plains that usually gets submerged in the rainy season. But, this year, the Uttar Pradesh government and the artisan of the state took the mammoth task of reshaping the plains into mela grounds. Forty thousand hectares of land are converted to mela grounds

In the end, this is a once-in-a-lifetime opportunity that everyone should take part in.

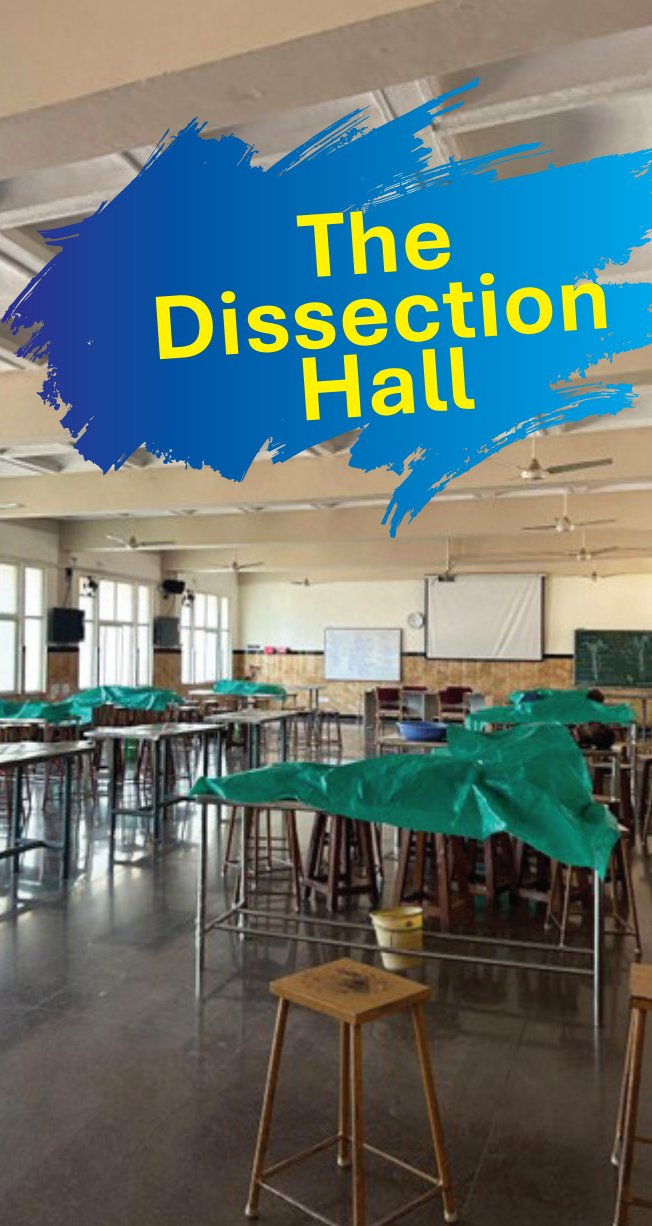


**Vannya Srivastava**  
3rd year





# The Dissection Hall



My day ends in the dissection hall. It is a beautifully curated place, really. With the vibrance of death blending into the dull lives of first-year medical students. I must admit, almost every component of that room holds significant value in my life. Be it my friends scattered across the hall, making eye contact at random occasions in those two hours, my “table teacher” making us stand for what feels like forever as he brings to life what has been dead, rescued and preserved for a while, students writing about a topic on the boards, people ranting about their day or the professors simply giggling to each other, and somehow I find my purpose there. Day in and day out, pulling apart pieces, learning more than any textbook has ever taught me, and it makes me want to know more.

Undoubtedly, I do wonder if what we do is truly sadistic. Joking around with your friends as you have a gross anatomy textbook on your lap and a dead body in front of you is most definitely not a normal experience. But then I wonder if that is what makes doctors- doctors. Next to insane life experiences, normalised. Yet before the cloud of my thoughts can thunder, pour and crumble into a conclusion, a voice yells, “You can leave”, and I am out of that hall, almost instantly forgetting it all, to once again find my post-lunch-sleepy-self dreading that two-hour class the next day. But I show up to fall in love once more.

**Saanvi Sharma**  
MBBS Phase I

## Perfections and Imperfections

They say,  
“None is perfect, try to improve yourself”  
But if asked the meaning,  
Most stay silent as dead.  
Some might say, “Make yourself perfect in this lesson,  
Or, be like your companion.”  
If I was asked, I would say,  
“The Universe does not define ‘PERFECT’  
Then, why should we?  
Do not change  
According to someone’s blame  
Instead, think about it, and,  
Change if you feel it’s right.

One’s imperfections,  
Help to connect with people

Then, why should we change this?

I ask you today,  
“Why do we run after  
Being better than people?  
Is it just to part ourselves from them?  
Then we are absolutely wrong.”

Life is too short to live alone,  
Run after neither perfection nor imperfection,  
Love yourself for who you are,  
Do not get misled by perspectives.



**Prisha Agarwal**  
first-year student  
(MBBS)



@urviadiga  
Short stories; Fiction  
28-02-2023

I take my glasses off, rub my eyes and squint as I stare at the screen. My eyes feel like they're burning. The lady in the video very passionately talks about how yoga aids cardiovascular health, which is something I would usually be interested in, but today, I just can't. I close the Coursera tabs on the laptop and decide to watch Modern Family, my comfort show.

I press play and lay back in my bed. A few minutes in, I hear something. I'm not sure what it is, it sounds like tapping. I ignore it and continue watching the show. I hear two more taps, and by the third time, I'm annoyed. I pause the video to listen more closely, but it stops immediately. I try to ignore the noises when suddenly, I feel a presence on the balcony that's attached to my room. I freeze. I don't see anything; I don't hear anything, but I just know that there's someone or something at the corner on the balcony. I sit frozen for a few minutes until I finally muster up the courage to go peek. I take unsure steps, telling myself it's probably a pigeon. I quickly scan the whole area - nothing. But this rather strong sense that I'm not alone settles in my mind.

I'm overwhelmed by the feeling. I go outside into the main balcony, sit on the floor, my back to the door, and light a cigarette. I've always loved the view of the Royal Embassy lit up at night. I could also see a bit of the beach from where I was sitting. The cold breeze feels nice on my tired eyes. I try to put all my focus on taking a slow drag and exhaling it. I want to distract myself from the fact that I'm alone in the whole house- why did my roommate have to stay out today, of all days?

I'm halfway through my cigarette, and I feel footsteps in the dining room behind me. Suddenly, I became very aware of myself. I could feel my heart racing faster, and yet I was not scared

- not like in horror movies, at least. I'm trying to use logic and rationale to keep myself calm, but something strongly tells me I'm not alone.

"Should I call somebody?" I wonder.

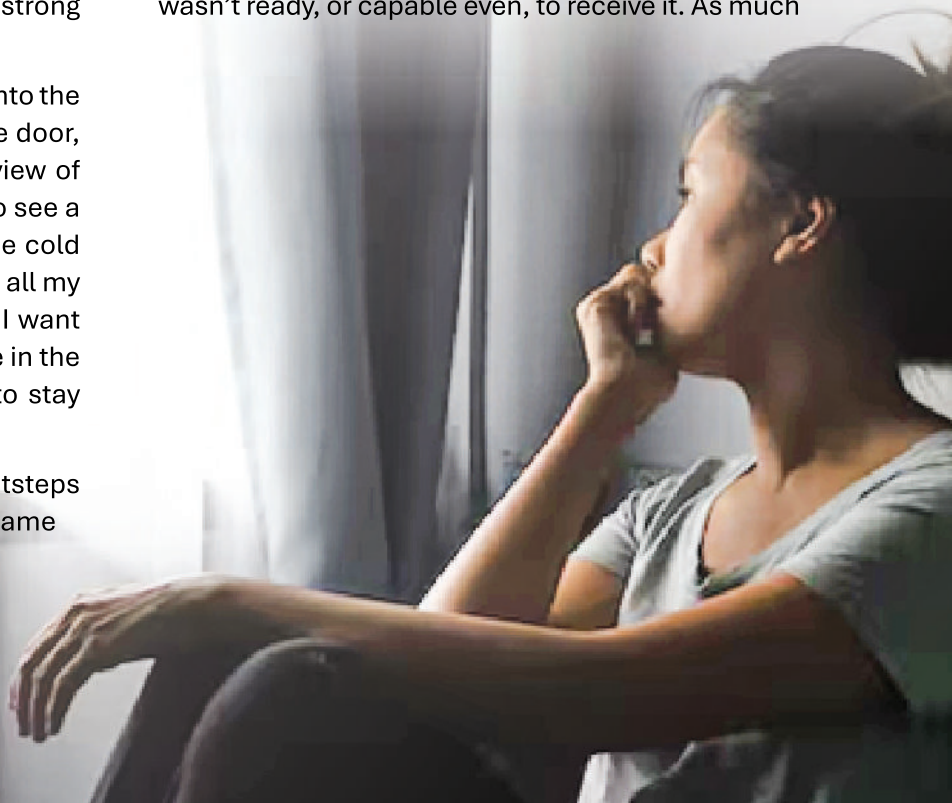
But it's 2 am, and I don't want to wake anyone up for no reason. It feels like an eternity before I finally get up. I check the kitchen and dining room, and then I go into my room and look under the bed and inside the bathroom - nothing. I sit down and continue to watch Luke try to get his head out of a pumpkin- he's so cute.

No matter how hard I try to focus on the show, my head keeps turning toward the balcony. I give in and check it out a couple more times. Every time I check, the feeling only grows stronger: I'm not alone, but I don't see anything in there.

"I'm probably just tired, I better sleep," I convince myself and fall asleep with the lights on.

I feel better after a few days since the incident. I speak to a few people about it. Some think I'm crazy, some swore never to come over to my house again, and others make jokes about it - my dad's theory actually cracks me up - he, for some reason, thinks it could be my dead grandmother. "Possible," I say, and we laugh.

I guess I was just tired. Only my uncle takes me seriously. He says I could have been receiving some sort of a message from a higher being, but I just wasn't ready, or capable even, to receive it. As much





as I would like to believe that something as exciting as that could happen to me, I think maybe that's too far-fetched. He seems to think that the fact that I didn't feel a negative energy was a good enough sign to not fret about it. I don't know what to think of it. It didn't happen again, so all good, I guess?

I'm on the phone with my boyfriend. "My period isn't due for another week, but I don't know, I think I want to take the test. I've been getting cramps, and my body is sore lately," I tell him. He's annoyed. He doesn't agree but doesn't want to argue, either. He tries to reassure me that that's very unlikely but also says I should do it if it will make me feel better. He knows I will do it anyway.

I come back home after a tiring day. I bring two home pregnancy test kits on my way back. I know that this is just something I need to do for me to stop overthinking about it as I do with everything else. For a moment, I even romanticise the idea of being pregnant, and I put my hand on my lower belly. There's no harm in taking in a little feel. In a moment, I know that the test is going to say negative, and I can get on with my day, just like every other thing I over-fixate on, and then end up proving myself wrong.

Negative! The second line doesn't appear. I smile and let out a sigh. But it takes a minute until it does. There's a faint pink line on the test. I'm not alone.

## Monday morning mantras

**Y**ou are not  
The size of your jeans  
The scars you're sick of tracing  
Or what you think your reflection means

You are not  
Your jaded gaze, your empty smile,  
Your hollow hellos  
Your clear skin, your pearly whites

You are not  
The times you almost jumped off the ledge  
The whispers of the wind or the daggers  
From the ones that pushed you to the edge

You are  
The loud laughter in the room,  
The warm hug  
That kills all gloom

You are  
The widest smile that can fit your cheeks  
The rebellious rouge that creeps  
A thousand words it silently speaks

You are  
All your retorts  
Clever and unclever  
All sorts

You are  
The truths in toothy grins  
The shift in your gaze  
The teasing thrills in your life, the so-called 'sins'

You are  
The hero your father called you  
All the wars you'd win, all the monsters you'd kill  
You didn't need a cape to fly, he just knew

You are  
The words your mother said to you  
When you withdrew strength from her arms  
After all, it's the best cure for a heart that's blue

You are all the love you've given  
You are all the love you have inside you  
All that you have left to spread  
There's enough, I promise it's true,  
To keep some for yourself



**Shruti Mehta**  
(2021 batch, 3rd year)



## YEARNING VOID

Seething in desolation  
Foraging for a sliver of warmth  
For a tincture of Amity  
A forlorn self that holds no semblance  
To the visages in her sight  
Bleak as her eyes remain  
The quantum of bright is ceased again  
A gossamer touch, a platitude chain  
The bosom they can't reclaim

**Shweta Gupta**

MBBS phase III PART 1



## Disparity

Raindrops linger on the windowsill,  
Misery clung unto my breath.  
Would they remember me, when all grows still,  
Would tears grace my funeral wreath?  
Tendrils of sun upon my windowsill,  
Blood coursing through tethered veins,  
Watched by those in white with solemn skill,  
Guardians of faith amid my pains.  
One met the pyre, the other, the blessing of  
a lyre, Compassion's hands holding threads  
of fate. With devotion shared, could the pyre  
Have been spared its cruel flame?



**Srijita Patra**

MBBS: Phase 1

## Drown

Have you ever drowned?  
No, seriously.  
Submerged at the mercy of Zeus,  
Your head goes under the sea,  
And over again  
And under again  
Help, water, help!

Have you ever drowned?  
Surrounded by water,  
Water in your mouth,  
So, you can't scream.  
Water in your eyes,  
Now you can't see.  
"Water, help, water in my lungs"  
You can barely breathe.  
It gushes around you,  
Tugging at your skin in a twisted mischief.  
Almost too pristine  
As it pierces through your being,  
Holding onto every inch,  
Turning every move into a battle.  
You give in eventually  
To the savage beating.

You lay there,  
Accepting your fate,  
Believing in your demise,  
And finally, close your eyes.  
In your last moments,  
Their words are clear in your mind.  
You failed.  
No, you didn't try hard enough.  
No, it doesn't matter you fought.  
You gave up.  
I don't care if it was hard,  
You should've done it.  
It is not like you were against a God!  
You are not even worthy of a funeral.  
Oh, good grief! Couldn't even survive.  
How pathetic!  
What a waste of life.

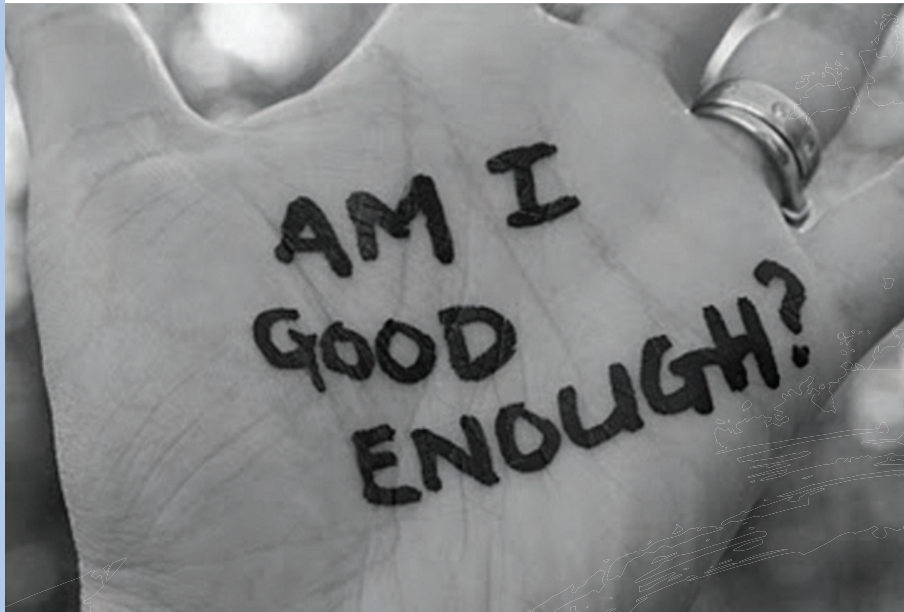
- Saanvi Sharma



# Blackbird

I don't remember exactly  
When the birds started feeling like home.  
Somehow, they were no longer just pretty.  
Maybe it was  
The way they flew away  
To a new horizon every day,  
Swallowed by an endless future,  
Full of certain uncertainties.  
Here, I sit and stare.  
And wonder, were they afraid?  
Perhaps it could've been  
The way they parted ways,  
Never looking back.  
And I still wonder,  
Were they scared?  
It could be  
How the wingless birds  
Resonated with me.  
From a different tribe,  
But the same family,  
Somehow leading a different life.  
Are they black sheep?  
Yet I look for peace  
In each time they flap their wing,  
Eloping to a life,  
That may not be better,  
That may not be worse,  
I find home  
In the colours,  
In the wings,  
In the nests,  
In the bones.

Saanvi Sharma



# Insecurity

They don't say good things about you.  
They roll their eyes when you try,  
They criticise you when you lose,  
They laugh when you cry.

They don't say good things about you.  
But you don't too.  
Now, do you?

You roll your eyes, too,  
Your criticism shines the brightest,  
You laugh louder than the rest,  
You don't say good things about you.

When you look in the mirror,  
Your mind silently screams ugly.  
You find excuses to not love yourself  
Because you don't like what you see.

That is why it hurts.  
When they fall into your shoes,  
When you hear them repeat your insecurities,  
Believing it must only be true.

Here is to remind,  
You that 'they' are just demons,  
Getting inside your mind,  
And you have the power to end  
Them.

Saanvi Sharma





# विश्व कल्याण की अवधारणा- सर्वे भवन्तु सुखिन

**भ**ारतीय दर्शन में विश्व कल्याण की संकल्पना अत्यंत प्राचीन और व्यापक है। यह विचार केवल भौतिक सुख तक सीमित नहीं, बल्कि आध्यात्मिक, मानसिक और सामाजिक उत्थान से भी जुड़ा हुआ है। “सर्वे भवन्तु सुखिनः” अर्थात् “सभी सुखी हों”, यह केवल एक प्रार्थना नहीं, बल्कि मानव जीवन की एक आदर्श स्थिति का संकेत है, जहाँ हर प्राणी के सुख और कल्याण की कामना की जाती है। इस श्लोक के माध्यम से भारतीय संस्कृति संपूर्ण विश्व को एक कुटुंब (परिवार) मानते हुए सबके कल्याण की भावना प्रकट करती है।

भारतीय विचारधारा में यह विश्वास किया जाता है कि जब सभी प्राणी सुखी और संतुष्ट होंगे, तभी सच्ची शांति की स्थापना संभव होगी। यह केवल मानव मात्र तक सीमित नहीं, बल्कि संपूर्ण सृष्टि के प्राणियों के कल्याण की कामना करता है। यही कारण है कि भारतीय दर्शन में अहिंसा, प्रेम, दया और सेवा को विशेष स्थान दिया गया है। महात्मा गांधी, गौतम बुद्ध और स्वामी विवेकानंद जैसे महान विचारकों ने भी विश्व कल्याण की भावना को अपने जीवन का आधार बनाया।

“सर्वे भवन्तु सुखिनः” की अवधारणा केवल आध्यात्मिकता तक सीमित नहीं है, बल्कि इसका गहरा सामाजिक और व्यवहारिक पक्ष भी है। यदि समाज में सभी व्यक्तियों को समान अवसर और अधिकार प्राप्त हों, यदि कोई भूखा न रहे, यदि शिक्षा और स्वास्थ्य सभी को उपलब्ध हो, तभी यह आदर्श साकार हो सकता है। आज की आधुनिक दुनिया में भी यह विचार अत्यंत प्रासंगिक है। जब एक



राष्ट्र केवल अपनी समृद्धि के बारे में सोचने के बजाय वैश्विक शांति और सहयोग की दिशा में कार्य करता है, तभी संपूर्ण मानवता का उत्थान संभव होता है।

इस विचार को अपनाने के लिए व्यक्तिगत स्तर पर भी प्रयास आवश्यक हैं। जब व्यक्ति अपने स्वार्थ से ऊपर उठकर दूसरों के कल्याण के बारे में सोचता है, जब वह परोपकार और सेवा को अपने जीवन का हिस्सा बनाता है, तब न केवल समाज, बल्कि संपूर्ण विश्व में सकारात्मक परिवर्तन संभव होता है। पर्यावरण संरक्षण, सामाजिक समानता, आर्थिक संतुलन और वैश्विक शांति जैसे विषय भी इसी भावना से जुड़े हुए हैं। यदि मनुष्य प्रकृति का सम्मान करे, समाज में सौहार्द बनाए रखे और अपनी शक्ति का उपयोग विनाश के बजाय सृजन में करे, तो “सर्वे भवन्तु सुखिनः” की संकल्पना साकार हो सकती है।

अंततः, यह विचार भारतीय दर्शन की सबसे महत्वपूर्ण देन है, जो संपूर्ण विश्व को प्रेम, सदभाव और एकता के सूत्र में बांधने का प्रयास करता है। आज जब संसार अनेक संघर्षों और समस्याओं से जूझ रहा है, तब इस शाश्वत संदेश को अपनाने की आवश्यकता और भी बढ़ जाती है। यदि हर व्यक्ति और राष्ट्र इस सिद्धांत का पालन करे, तो निश्चित रूप से एक शांतिपूर्ण, समृद्ध और संतुलित विश्व की स्थापना संभव हो सकेगी।



**Pramita Tewari**

MBBS (Batch of 2023)





# धर्म, जाति और सीमाओं से परे है मानवता

जन्म दिया। किसी भी व्यक्ति की पहचान उसकी जाति से नहीं, बल्कि उसके कर्म और विचारों से होनी चाहिए। आज जब विज्ञान और तकनीक के क्षेत्र में विश्व आगे बढ़ रहा है, तब जाति जैसे पुराने भेदभाव को समाप्त करना आवश्यक है। अगर समाज में सभी को समान अवसर और सम्मान मिले, तो एकता और समरसता का निर्माण संभव हो सकता है।

देशों की सीमाएँ भले ही राजनीतिक और भौगोलिक रूप से तय की गई हों, लेकिन मनुष्यों की भावनाएँ सीमाओं से परे होती हैं। जब किसी देश में प्राकृतिक आपदा आती है, तो कई अन्य देश सहायता के लिए आगे आते हैं।

कोविड-19 महामारी के दौरान भी देखा गया कि किस प्रकार अलग-अलग देशों ने एक-दूसरे की मदद की। युद्ध और राजनीतिक मतभेदों के बावजूद, आम जनता हमेशा शांति चाहती है। सीमाओं के नाम पर जब नफरत फैलाई जाती है, तब असली नुकसान मानवता का ही होता है। अगर सभी देश सहयोग और भाईचारे की भावना को अपनाएँ, तो विश्व में शांति और स्थिरता आ सकती है।

**मा**नवता वह मूल भावना है जो हमें एक-दूसरे से जोड़ती है। मानवता किसी भी धर्म, जाति या भौगोलिक सीमा से बड़ी होती है। जब मनुष्य अपनी संकीर्ण सोच से ऊपर उठकर सभी को समान दृष्टि से देखने लगता है, तभी सच्चे सुख और शांति की स्थापना संभव होती है। दुर्भाग्यवश, समाज में अक्सर धर्म, जाति और सीमाओं के नाम पर विभाजन देखा जाता है, लेकिन इतिहास गवाह है कि जब-जब मानवता को प्राथमिकता दी गई है, तब-तब समृद्धि और शांति का मार्ग प्रशस्त हुआ है।



धर्म का मूल उद्देश्य हमेशा मानव कल्याण रहा है। संसार के सभी प्रमुख धर्म प्रेम, दया और परोपकार की शिक्षा देते हैं। हिंदू धर्म में “वसुधैव कुटुम्बकम्” अर्थात् संपूर्ण विश्व को एक परिवार मानने की बात कही गई है। इस्लाम करुणा और सेवा को प्राथमिकता देता है, तो ईसाई धर्म में भी पड़ोसी से प्रेम करने की शिक्षा दी गई है। बौद्ध धर्म और जैन धर्म अहिंसा के सिद्धांत पर आधारित हैं। वास्तव में, कोई भी धर्म मनुष्य को दूसरे से भेदभाव करना नहीं सिखाता, बल्कि सह-अस्तित्व और सहयोग का संदेश देता है। लेकिन जब धर्म को संकीर्ण स्वार्थों के लिए उपयोग किया जाता है, तब समाज में संघर्ष और असहिष्णुता जन्म लेती है।

जाति प्रथा भी समाज में एक बड़ा विभाजन पैदा करती रही है। यह एक ऐसी कुप्रथा रही है जिसने मनुष्यों को ऊँच-नीच में बाँट दिया और सामाजिक असमानता को

मानवता की सबसे बड़ी विशेषता यह है कि यह प्रेम और सहानुभूति के माध्यम से नफरत को मिटा सकते हैं। जब व्यक्ति धर्म, जाति और सीमाओं से ऊपर उठकर सोचना शुरू करता है, तो समाज में सकारात्मक परिवर्तन होने लगता है। एकता और सहयोग से ही समाज और राष्ट्र उन्नति कर सकते हैं। मनुष्य का असली धर्म मानवता ही है, और यदि हम इसे अपनाएँ, तो सुख और शांति का वास्तविक अर्थ हम समझ सकते हैं।

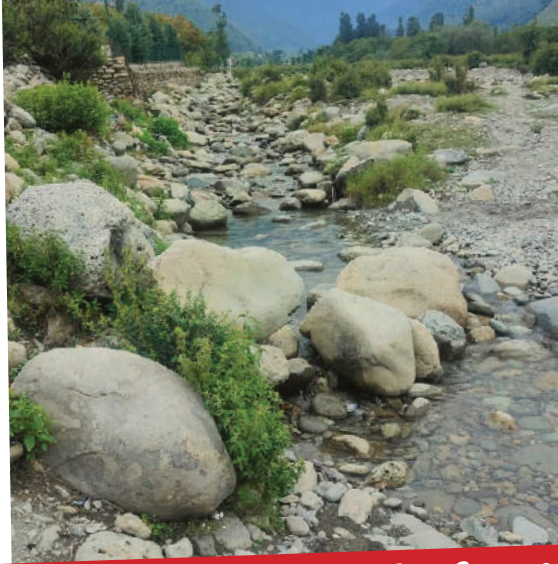


**Pratham Mehta**

MBBS

(Intern, Batch of 2019)





## My Sojourn in the Vale of Kashmir

### *My Sojourn in the Vale of Kashmir*

Kashmir's serene beauty, warm people, and rich culture feels like paradise on earth.

The serene morning, and the chill in the air was just enough to make me cozy in blanket. As I step onto the deck of houseboat, I was greeted by a breathtaking view of snow-capped mountains reflecting in the still waters of the lake.

### *Shikara ride on dal lake*

The highlight of first day was a leisurely shikara ride on the lake. The gentle sound of water lapping against the boat and the vibrant floating markets create an almost dreamlike atmosphere. As the boat glides through the water, vendors approached with fresh flowers, saffron, and handcrafted souvenirs. A cup of hot Kahwa (traditional Kashmiri tea) served on the boat adds to the magic.

### *Snowfall in Gulmarg*

Later, in Gulmarg, the experience turns into a winter wonderland. The first snowfall begins, and the sight of snowflakes gently covering the pine trees is unforgettable. Taking the Gulmarg Gondola ride to one of the highest peaks is exhilarating, with sweeping views of the valley below.

### *Pahalgam*

The next day, Pahalgam enchants with its lush green meadows and gurgling streams. I took a peaceful walk along the Lidder River, dipping fingers into its icy waters. A local shepherd offers to share stories about life in the mountains, giving a glimpse into their simple yet fulfilling lifestyle. Sonmarg: "Meadow of Gold," with its pristine glaciers and snow-capped

peaks, is a must-visit.

### *Reflection at Shankaracharya temple*

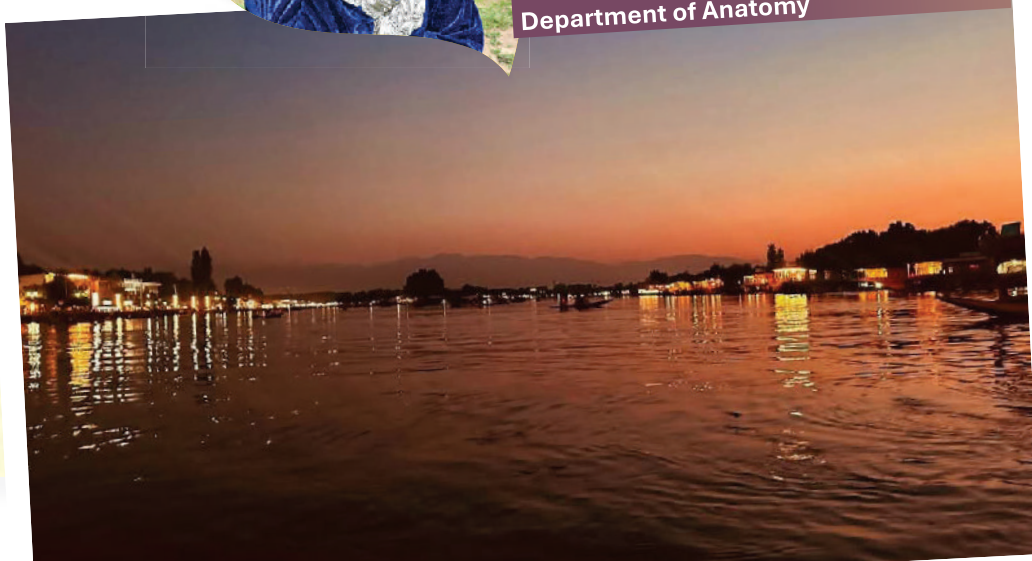
On the last day, a visit to the Shankaracharya temple offers a moment of reflection. Standing on the hilltop, I looked over Srinagar, Dal Lake, and the vast beauty of the valley. The calmness and spirituality of the place left an indelible mark in my heart.

### *Takeaway message*

The combination of natural beauty, cultural richness, and heartfelt connections makes the Kashmir trip unforgettable. Whether it's the thrill of adventure, the serenity of nature, or the warmth of the people, every moment feels like a cherished memory I'll carry forever.



© Dr. Vidya C.S  
Prof & HOD,  
Department of Anatomy





# VINODA





The image is a vertical composition of two photographs. The top photograph shows a city skyline at sunset, with a large, ornate building on the right and other smaller buildings to the left. The sky is filled with dramatic, dark clouds illuminated from below by the setting sun, creating a warm orange and yellow glow. The bottom photograph shows a group of people playing volleyball on a beach at dusk. The players are silhouetted against a sky with soft, pinkish-orange clouds. A volleyball is visible in the air above the players. A volleyball net is partially visible on the right side of the frame.

GOD'S OWN CANVAS

KARAVALI VOLLEYBALL

© urviadiga





# Debate Desk

## Arguing For the Motion.

### Euthanasia: A Compassionate Medical Choice Modernising Healthcare Ethics

**T**he basic aim of medicine for all time has been to relieve suffering and promote human well-being. In today's medical world, where it is technologically possible to supplement life beyond natural limits, it is time to rethink whether any prolongation of life serves the best interests of our patients. I would argue that physician-assisted euthanasia is not a violation but a fulfilment of the healers' oath, offering a humane place to respect patient autonomy and dignity. The classical interpretation of "first, do no harm" needs to be carefully examined in the light of terminal illness and intractable suffering. When we force people to undergo unbearable pain or to tolerate a quality of life they consider unacceptable, do we not harm them by our inaction? The medical community has long accepted that withdrawing life support in futile cases aligns with ethical practice, and euthanasia is simply a logical development of this principle: an acknowledgment that active assistance in dying may at times be the most humane course of action.

Evidence from jurisdictions where euthanasia is permitted shows clearly that well-regulated programs do not compromise safer populations and instead define lifesaving options for people who most need them. Thus, the Netherlands, Belgium, and several states in the United States have established strong safeguards, including mandatory intervals, multiple physician assessments, and mental health evaluations. It ensures that decisions are well-considered rather than impulsive and that the patients are acting autonomously without external pressure.

Critics always argue that better palliative care could suffice; hence, euthanasia should be outlawed entirely. Despite the wonderful advances in palliative medicine, it is important to realise that there are still limitations with-

in its approaches. Some forms of suffering are too strong even for the finest palliative interventions. For other patients, loss of autonomy and dignity are by far greater problems than those presented by bringing physical pain. It gives such people control over the end of their last chapter, dying in their own time and manner.

The physician's role has changed to enhancing well-being rather than merely preventing death. In modern medical ethics, patient autonomy is one of the most crucial principles. Patients should be fully informed and able to make their decisions regarding ending life, depending on the opinions of competent people such as doctors and family. By denying such a request, the priority would be on the physician's moral comfort rather than that of the patient.

From the practical side, legalised euthanasia brings death discussions into the open, promoting frank talk between the patient and the doctor. This brings planning to a higher level and ensures that wishes patients want to express are known and respected. Legal euthanasia countries show much better continued care even at the close of life because of the availability of this option, which encourages more discussions about the event of death and dying.

As healers, we therefore pledge ourselves to act in our patients' best interests and not to preserve life in all circumstances. In those instances in which medicine can no longer cure or even palliate adequately, the last act of compassion is to provide death without pain. A physician who helps a suffering patient through that patient's carefully considered wishes to achieve a dignified death is honouring rather than violating his or her professional obligations.

As medical professionals, we should evolve beyond simplistic interpretations of medical ethics that fail to account for the complexities of contemporary health care. Properly regulated and carefully implemented, euthanasia is a fundamental pillar of comprehensive end-of-life care. It affirms our commitment to patient autonomy, testifies to our moral courage in taking compassionate actions in difficult situations, and ultimately upholds the deepest principles of medical ethics: heal when possible, comfort always, and promote the well-being of those in our care.

**Hargun Loomba**  
1<sup>st</sup> year MBBS



## FOR THE MOTION

# EUTHANASIA

When one thinks of hospice care, curative treatments and symptomatic relief becomes paramount. But such practices are well suited for diseases which either have a good prognosis or where a good future is expected for the patient. But what about terminal illnesses? What about those patients, where there is no improvement, or worse still, no hope for any? As medical students, if we were to actually peep into our hearts while we see those patients lying in the ICUs or those coming for palliative care, those visiting onco-surgeons regularly; wouldn't we find a profound feeling of grief? Those patients might have undergone surgeries to have a possible tumor removed, or might be on continuous treatment, but the question is about the life they are leading. Is it comfortable? Or, if I may ask, is it worth the pain?

As doctors, it is important to have our first goal as to relieving the patient of their illness completely and forever. To prescribe them a treatment which relieves them of their suffering the fastest. But we should also not overlook the idea of letting our patients have a dignified death. A death where we can help the patient avoid suffering and let them have a sense of control and autonomy over the end-of-life process. Merely keeping a patient on treatment just because their organs have not given up yet, or that there are modalities present, only to prolong their life, does not count as good care. That "prolonged life" that we might be able to give the patient, should be comfortable within all facets, physical, emotional, spiritual.

Be it commercialised today, ours is the only profession with room for nobility and genuine human care. As a result of that, we must spend a moment to think about what effects our treatment can have on the last days of a person, will they be able to eat decent food? Interact with their family members? Mobilise to a decent extent? One should make it a point to inform patients and their family members about the after effects of any therapy, so that they can opt for a better option.

Passive euthanasia, which is the act of with-holding life support treatments,

has become legal in our country not so long ago. However, it still doesn't allow patients to have complete autonomy, and they would still undergo a long time of suffering. Active euthanasia, where the patient themselves take a decision to end their suffering, is an option which should also be made a part of patient care. One might believe that by being an aid to death, Doctors will be abandoning the healer's oath, but if we were to establish a law on Active Euthanasia through proper channels, we could in fact help patients and still stand strong by the healer's oath. This concept is not a new one. Many countries, developed ones at that, have had Euthanasia legalised since a long time such as the Netherlands, Switzerland, Luxembourg. The State of Karnataka, India has also taken a positive step towards the same.

To avoid malpractices, and to keep an autonomous euthanasia away from an aided-suicide, the surrounding laws must be well-structured. When and If a patient admits to the choice of wanting to end their suffering, the case must be thoroughly evaluated by the concerned doctor, a palliative care physician, and a psychologist; so that if any hope of a more comfortable life is possible, the option of the same shall be presented to the patient. At the same time, doctor's should also have a certain autonomy about whether they want to perform euthanasia, because every doctor might not be comfortable with the idea of delivering the lethal dose of a drug to their patient.

In such cases, the patient can be referred to a different doctor. In the end, I would like to reiterate that Euthanasia instead of being perceived as mercy-killing can actually be an aid to patient care if performed in an ethical manner. As doctors, we must strive every day to make our patients healthier living beings, it is because of the manifold medical advancements that we see such a higher life expectancy compared to the earlier days. But we should also keep in mind the plight of those who are spending their lives lying on their bed, unable to carry out the most basic habits of the day; for whom; life might be turning more painful than death.



**Dr. Tanishka Kochhar**  
Intern



## FOR THE MOTION

# EUTHANASIA

In medical science students are taught the 5 pillars of ethics. The most important of them being autonomy. Autonomy states that the patient or subject should be informed of all the existing methods of treatment and all the pros and cons of the selected treatment should be discussed before the beginning of the treatment. If the practitioner fails to do so they can be charged with negligence. This law came to formation after the 2008 case of Samira Kohli vs Dr. Prabha Manchanda.

But, after the advent of different procedures time and again the morality code of the practice is challenged. The recent challenge faced by the fraternity is the debate of euthanasia. Euthanasia is not a new concept, rather it has existed from a long time, it exists from 1800. The idea states that incurable sufferers should have the right to choose a merciful death. On 1st April 2002, Netherlands became the first country to legalize it, the suit was shortly followed by Belgium. They legalized euthanasia on 28 May 2002.

Many people from the medical field believe that the practice in itself is a violation of Hippocratic oath as patient care is a paramount pillar of it. But a lot of practitioners tend to forget that a part of that oath is compassion and empathy, and according to my opinion practitioners after so many years and facing so many patients face tiny yet deep conundrum, that is the condition they are treating or managing that is the patient's life.



**Vannya Srivastava**  
3<sup>rd</sup> year MBBS

Euthanasia also has multiple types as active euthanasia and passive euthanasia. Active euthanasia is defined as an act of lethal dose injection to terminate the course of life. Whereas passive euthanasia is an act by omission, doctors usually withdraw or withhold life saving treatment or surgery. These practices can be as basic as to refuse treatment in terminal cancer patients to as intricate as execution of a do not resuscitate or do not intubate order according to a patient's wishes. Out of the two forms passive is the widely accepted method.

In my humble opinion the act should not be treated as a decision but an event, rather as an acknowledgement of empathy for patients who have been suffering for a long time and have no cure or management to improve quality of life. If it is a fundamental right to live with dignity, then the same courtesy should be extended to the person in death. While the practice in itself is Nobel, there should be measures to make sure that it is not misused. The patient should be thoroughly assessed before by multiple practitioners and counseled, if these steps also don't convince the patient, then only euthanasia should be initiated.

In the end I believe that the Hippocratic oath taken by the practitioner is eternal. It doesn't end with life; rather it extends to beyond death also in multiple forms, like organ donation and forensic medicine. So, it is time to embrace the fine line between life and death.



## AGAINST THE MOTION

# EUTHANASIA

Euthanasia is perhaps the most contentious decision facing modern medicine. At its root, it is an act of compassion—a wish to relieve suffering and let people die with dignity. There is no denying the humanity that this choice represents, and in many cases, it might appear to be the only way to respect a patient's autonomy and relieve their suffering. But when asked to argue against euthanasia, one must take into account the ethical, moral, and practical issues it creates. Although responding to the plight of dying people with euthanasia might seem like a humane practice, legalizing it poses serious risks that threaten the very core of medicine.

Physicians swear to heal, to comfort, and above all, to “do no harm.” Their role is to preserve life and care for patients until their natural end—not to facilitate death. While some may argue that ending suffering through euthanasia is a form of care, this fundamentally changes the doctor-patient relationship. It places physicians in the position of determining when life should end—a responsibility that extends beyond the traditional scope of medical practice. In countries where euthanasia is legal, many doctors have reported experiencing emotional distress and moral conflict after performing the procedure. Medicine should be centered on enhancing the quality of life, not on normalizing death as a response to suffering.

A major criticism of euthanasia is the danger of a “slippery slope.” Evidence from countries where it is legal shows a gradual expansion of criteria. Initially intended for terminally ill individuals experiencing unbearable pain, it has, in some cases, extended to people with psychiatric illnesses, disabilities, or even those experiencing social isolation. If euthanasia becomes a normalized medical practice, societal perceptions of vulnerable populations may shift. The elderly, disabled, or those with chronic illnesses may begin to feel that they are a burden on their families—choosing death not out of genuine personal desire but due to financial or emotional pressures. What begins as a compassionate choice for some could quickly evolve into an expectation for many, leading to tragic consequences that devalue human life.

Another critical issue is informed

consent. Euthanasia assumes that patients requesting it are in a rational state of mind and making a fully informed decision. However, suffering and terminal illness often come with depression, anxiety, and emotional distress, all of which can impair judgment. Someone who wishes to die today may feel differently if provided with proper palliative care, psychological support, or even a new treatment option. There is also the risk of misdiagnosis or underestimating a patient's prognosis—many individuals once given months to live have survived for years. Can society truly guarantee that every case of euthanasia is based on a stable, rational choice? The potential for regret or coercion makes legalizing euthanasia a dangerous decision.

A better alternative to euthanasia is the expansion of palliative care and end-of-life support. Advances in medicine have made it possible to manage even the most severe pain and discomfort, allowing patients to die naturally and with dignity. Palliative care focuses not only on physical pain relief but also on emotional, psychological, and spiritual support. If all patients had access to high-quality palliative care, would euthanasia still be seen as necessary? Instead of legalizing euthanasia, healthcare systems should focus on making pain management and psychological support universally accessible. Death should never be the first solution—it should be the absolute last resort, only considered after every other avenue of care has been explored.

Euthanasia is an incredibly emotional and morally complex issue. The arguments in favor of it cannot be dismissed lightly, as they stem from compassion and respect for individual autonomy. However, when examined critically, euthanasia presents more risks than benefits. It undermines the ethical foundation of medicine, introduces the possibility of coercion, and risks harmful societal consequences. While I do not entirely oppose euthanasia, if asked to argue against it, I would urge caution. The solution to suffering should not be the legalization of euthanasia but rather an investment in palliative care and a reaffirmation of the medical profession's duty to preserve life with dignity and compassion.



**Pramita Tewari**  
MBBS Phase II  
(Batch of 2023)



## AGAINST THE MOTION

*"Once you open the door to assisted suicide and euthanasia it only becomes wider and wider, and before you know it what starts as an option for a few becomes what's expected for the many." -Alex Schadenberg*

Euthanasia is essentially described as the practice of intentionally ending life to eliminate pain and suffering. However, one is faced with the question of whether this practice is humane and empathetic or an absolute violation of the healer's oath. The answer is evident, gut-wrenching and the furthest from humane. The practice of physician-assisted suicide completely obliterates the primary moral duty of a caregiver to do no harm to their patient. Additionally, a component of the Hippocratic oath includes, "I will neither give a deadly drug to anybody if asked for it nor will I make any suggestion to this effect." Yet that is exactly what euthanasia is. In doing so, not only does a physician let go of all hopes of recovery for a patient but he also sets ablaze any future prospects of recovery and research of the same.

"The world is more malleable than you think, and it's waiting for you to hammer it into shape." But euthanasia is not a hammer that can mould the world into a place without suffering. Instead, it's an axe whose unmediated use to "shape" the medical realm will do the exact opposite. Yet, a 2024 review published by Healthline found that in countries where it's legal, euthanasia accounts for 0.26% to 3.03% of nonviolent deaths. So, the question arises, what is life? And who decides to end it? Multiple religious sects argue that life is a test and a journey through which one realizes their true self.

Thereby the act of euthanasia could threaten the beliefs of billions of people as it not only goes against the laws of nature but also threatens the sanctity of life itself. All human beings are paramount, every life is worthy, and every breath is sacred. Isn't taking this breath away a cardinal sin? Is it not a simple answer to a larger issue? I believe it is the easy way out on the physician's end and complete malpractice by ignoring the issue that caused one to reach the point of wishing death.

Beyond the existing pitfalls, the greatest issue with euthanasia lies in its regulation. As stated by Lord Walton, Chairman, of the House of Lords Select Committee on Medical Ethics looking into euthanasia, 1993, "We concluded that it was virtually impossible to ensure that all acts of euthanasia were truly voluntary and that any liberalisation of the law in the United Kingdom could not be abused. We were also concerned that vulnerable people - the elderly, lonely, sick or distressed - would feel pressure, whether real or imagined, to request early death." Though critics might argue that euthanasia is a form of "dying with dignity" and having control over one's own life and death. It is not long before lethal decisions are either made on behalf of the needy or forced onto them. Also, the judgement of whether a terminally ill patient deserves euthanasia instead of hospice and end-of-life care such that they can live their final days in dignity is not one to be made by a doctor, family or the patient themselves.

Additionally, hope extends beyond logic. Stephen Hawking famously said, "If there's life, there is hope." Could you imagine if Dr. Hawking had lost hope? The world would've lost great intellect and intelligence. Heather Von St. James is another example. Without treatment, she was given 15 months to live. Yet, as of 2024, she is a 19-year mesothelioma survivor. Doctors treated her pleural mesothelioma with surgery, chemo and radiation. Considering death as an option for treatment only takes away a patient's faith in life.

In conclusion, it is a physician's duty to care for his patients and attempt to serve them till their very last breath. Even considering assisted suicide as an option for treatment is a crime against their moral duty. Each time a physician prescribes euthanasia, they become an accomplice in the murder of the medical society and its beliefs, violating completely, wholly and truly the healer's oath.



By Saanvi Sharma  
1st Year (2024-25)



## AI IN HEALTHCARE: A BREAKTHROUGH IN PRECISION MEDICINE OR A THREAT TO CLINICAL JUDGMENT?

# FOR THE MOTION

**A**rtificial Intelligence (AI) is transforming the healthcare industry in many positive ways. It is helping doctors provide more accurate diagnoses, improve patient care, and create treatments that are personalized for each individual. While some people worry that AI might replace human judgment, it's important to remember that AI is not a threat to doctors. Instead, it is a powerful tool that can help doctors make better decisions. AI is a breakthrough in precision medicine, which focuses on giving patients the right treatments based on their unique genetic makeup and health history.

One of the biggest advantages of AI in precision medicine is its ability to process huge amounts of complex data quickly and accurately. Precision medicine aims to tailor treatments to the individual, using genetic data and other factors. AI can analyze large amounts of this data in a way that no human could do on their own. For example, AI programs like IBM Watson Health can look at medical records and suggest personalized treatments based on a patient's genetic information. This helps doctors make more accurate decisions about the best treatment options for their patients, increasing the chances of success.

AI also helps improve diagnosis. In fields like imaging and pathology, AI has shown the ability to detect diseases such as cancer or heart conditions much earlier than doctors can on their own. For example, AI systems created by companies like Google Health have done better than radiologists in some tests at spotting breast cancer. With its ability to detect issues early and accurately, AI provides doctors with more reliable information. This allows doctors to make better decisions, but it does not replace their judgment. Instead, it helps them make decisions based on the most accurate and up-to-date information available.

AI doesn't aim to replace doctors; it is meant to work alongside them. AI tools

don't take away from a doctor's expertise but help them make more informed decisions. AI can act as a second opinion, ensuring that medical choices are based on the best evidence. For example, AI can help doctors identify potential drug interactions, allergies, or other issues that may be missed due to the large amount of information doctors must manage. This reduces the chance of mistakes, making it easier for doctors to give their patients the best care possible.

Moreover, AI can ease the workload for doctors by handling tasks like data entry and administrative work. This gives doctors more time to spend with patients, which can improve the overall experience for everyone. By handling routine tasks, AI can help doctors focus on what truly matters: treating patients and making the right decisions for their health.

Some critics argue that AI could harm clinical judgment, but this concern is based on a misunderstanding. Clinical judgment requires knowledge, experience, and empathy—qualities that AI simply doesn't have. AI is not designed to replace these qualities but to support them. It gives doctors valuable insights that help them make better decisions. When used correctly, AI enhances clinical judgment, making it stronger and more informed.

In conclusion, AI is a breakthrough in precision medicine that can improve patient outcomes and support doctors in their decision-making. Instead of replacing doctors, AI works alongside them to provide better care. It helps doctors make more accurate diagnoses, recommend personalized treatments, and prevent mistakes. As AI technology keeps improving, its role in healthcare will continue to grow, helping doctors provide better care and giving patients the best possible treatment.



**Dr. Pratham Mehta**  
Intern



## AI IN HEALTHCARE: A BREAKTHROUGH IN PRECISION MEDICINE OR A THREAT TO CLINICAL JUDGMENT?

The application of AI in health creates considerable excitement, with its advocates claiming it is a revolution in precision medicine. However, in their opinion, considerable issues regarding quality patient care, clinical decision-making, and the very essence of medical practice are brushed aside. We strongly oppose the proposition that AI is an unqualified boon for precision medicine because its implementation tremendously compromises clinical judgement and patient outcomes.

Human factors in health care cannot be substituted by algorithms in any way. Medical practice is one of the most complex fields, requiring doctors to consider not only quantitative data but also light qualitative data such as the patient's emotional state, social factors, and personal values that come into play. AI does well concerning pattern recognition against structured data; however, it does not consider personal relationships that often tip the balance of treatment. What an experienced doctor reads in non-verbal cues, cultural contexts, and those therapeutic relationships is irreplaceable.

Moreover, the reliability of such AI systems in healthcare is also doubtful. These systems are trained on historical data that contain prejudices, which may reinforce or even worsen healthcare disparities. Studies have shown that AI algorithms have significant demographic bias embedded in them, which may result in discriminatory treatment recommendations. For example, certain AI diagnostic tools were shown to be less accurate for minority populations due to under-representation in training datasets.

Unjustified dependence on AI systems could also lead to a decline in clinical skills among the personnel. As doctors continue to accede to automated systems, there is an increasing risk of degradation of critical thinking and diagnostic reasoning, which are the cornerstones of the conduct of medicine. This “automation complacency” can be downright dangerous, especially in cases where AI systems have an obvious failure or even provide harmful recommendations, leaving the physician unprepared to trust their judgement.

Another important argument against the unrestricted acceptance of AI in health care

## AGAINST THE MOTION

is data security and patient privacy. The massive amounts of sensitive data about patients needed for training and functioning of these systems could give them significant security vulnerabilities in terms of internal or outside breaches and unauthorised access. The unlawful use of such information might grossly impair patient confidentiality and trust in the existing healthcare system.

The legal and ethical ramifications of medical decisions involving AI are largely unresolved. When adverse outcomes occur, it becomes complicated to untangle liability and accountability issues. Who is held accountable for an error an AI system commits—the healthcare provider, the software developer, or the institution deploying the technology? Such ambiguity poses greater obstacles to medical practice and patient rights.

There are also financial implications for implementing AI systems. Proponents say AI will reduce healthcare costs; initially, however, AI systems will require a heavy infusion of capital and constant upkeep, and these costs may detract from improving accessibility to healthcare services, widening the gulf between well-endowed and resource-limited healthcare institutions.

Regarded as likely to erode clinical judgement, instead, we've got to channel our energies towards actualising AI systems as tools that deliver augmentation and support of human decision-making; hence, allowing for humane practice in knowledge-based health care.

In summary, while AI could be a good assisting tool in health care, positioning AI as a breakthrough in precision medicine diminishes the potential risks and limitations. Maintenance of clinical judgement with thoughtful, critical implementation of AI knowledge ensures a viable future for healthcare advancement. Therefore, our focus should remain on preserving the humanitarian aspect of medicine while introducing technological advancements that are appreciated for their work in benefitting patient care.



**Arushi Dubey**  
1<sup>st</sup> year MBBS



## AI IN HEALTHCARE: A BREAKTHROUGH IN PRECISION MEDICINE OR A THREAT TO CLINICAL JUDGMENT?

The integration of artificial intelligence (AI) into healthcare has generated significant excitement, especially for its potential in precision medicine. AI systems can process vast amounts of data and provide insights that could improve diagnosis and treatment. However, while AI offers numerous benefits, it also presents significant risks, particularly to clinical judgment, which is a critical element of effective healthcare. Clinical judgment involves the ability to make informed decisions based on a wide array of factors, including the patient's medical history, personal circumstances, and emotional well-being. This human-centered approach to healthcare could be compromised if AI is relied upon too heavily, leading to concerns about its potential to undermine medical practice.

At the core of medicine is the need for doctors to make nuanced, patient-centered decisions that go beyond medical facts alone. Doctors use their years of training, experience, and intuition to assess not only physical health but also the emotional and

## AGAINST THE MOTION

social factors that influence a patient's condition. AI, on the other hand, operates based on data, patterns, and algorithms, lacking the ability to understand the full context of a patient's life. For example, while AI may be able to identify a high risk of a particular disease based on genetic markers or medical history, it cannot appreciate the personal reasons why a patient might refuse or delay treatment. It also lacks the emotional intelligence required to establish trust and provide compassionate care. Doctors' empathy and ability to understand their patients' unique needs are critical elements of healthcare that AI cannot replicate.

Despite its impressive data processing capabilities, AI is not without its limitations. One of the primary concerns is that AI systems are trained on large datasets that may contain inherent biases. If these datasets are not diverse or representative, AI models could deliver inaccurate or skewed results, especially for underrepresented populations. In contrast, clinical judgment allows healthcare professionals to consider the individual's background and context, which can be crucial for making accurate decisions.

Additionally, AI lacks the ability to deal with ambiguity and uncertainty, both of which are common in clinical practice. Medical decisions often require doctors to consider various, sometimes conflicting, factors, many of which are not fully understood. While AI can analyze data and identify patterns, it struggles to handle situations where the data is incomplete, ambiguous, or where unexpected factors come into play. In these cases, clinical judgment—based on experience, intuition, and reasoning—becomes essential for determining the best course of action.

As AI becomes more advanced and integrated into clinical practice, there is a concern that healthcare providers may become overly reliant on technology. If doctors begin to trust AI more than their own judgment, they





[A4] may lose essential critical thinking and diagnostic skills. Over time, this could lead to a decline in the quality of care, as healthcare providers may rely on AI-generated insights without considering the full range of factors that contribute to a diagnosis or treatment decision. Clinical judgment is not simply about following algorithms; it is about interpreting data in light of the unique circumstances of each patient. AI, despite its advanced capabilities, cannot replace the skills and judgment honed through years of practice.

Furthermore, over-reliance on AI could contribute to a more standardized and impersonal approach to healthcare. AI systems may prioritize efficiency and accuracy, but they cannot provide the individualized care that patients often need. A doctor's ability to consider factors like a patient's emotional state, values, and preferences is integral to delivering quality care. By delegating too much authority to AI, we risk dehumanizing the practice of medicine.

The use of AI in healthcare also raises significant ethical concerns. One of the primary issues is accountability: if an AI system makes an error in diagnosis or treatment, who is responsible? Is it the AI developers, the healthcare providers who rely on the system, or the system itself? This shift in responsibility from human professionals to machines could complicate the legal and ethical frameworks surrounding medical practice. Additionally, AI systems are only as reliable as the data they are trained on. Inaccurate, incomplete, or biased data can result in faulty decisions that negatively impact patient outcomes. Clinical judgment, in contrast, allows

healthcare providers to question and interpret the data, ensuring a more thorough and accountable decision-making process.

Moreover, healthcare decisions are not solely based on medical facts but also involve ethical considerations, such as patient autonomy, dignity, and the potential consequences of various treatment options. AI systems are not capable of understanding or weighing these ethical dilemmas. They can analyze data, but they cannot take into account the complex human and ethical factors involved in patient care. By relying too heavily on AI, we risk reducing complex healthcare decisions to mere calculations, ignoring the emotional and ethical aspects of care that are central to the doctor-patient relationship.

AI holds great promise in healthcare, particularly for enhancing the accuracy of diagnoses and treatment plans. However, its widespread use should not come at the expense of clinical judgment. Medicine is not just about analyzing data; it is about understanding the human experience and providing care that is empathetic, personalized, and ethically sound. While AI can assist doctors by providing valuable insights and analyzing large datasets, it cannot replace the human qualities that are essential to patient care. Rather than viewing AI as a replacement for clinical judgment, it should be seen as a tool to complement and enhance it. By ensuring that AI is used responsibly and alongside human expertise, we can harness its potential without compromising the integrity of medical practice.



**Dr. Prisha Mehta**  
Intern



## AI IN HEALTHCARE: A BREAKTHROUGH IN PRECISION MEDICINE OR A THREAT TO CLINICAL JUDGMENT?

The application of AI in health creates considerable excitement, with its advocates claiming it is a revolution in precision medicine. However, in their opinion, considerable issues regarding quality patient care, clinical decision-making, and the very essence of medical practice are brushed aside. We strongly oppose the proposition that AI is an unqualified boon for precision medicine because its implementation tremendously compromises clinical judgement and patient outcomes.

Human factors in health care cannot be substituted by algorithms in any way. Medical practice is one of the most complex fields, requiring doctors to consider not only quantitative data but also light qualitative data such as the patient's emotional state, social factors, and personal values that come into play. AI does well concerning pattern recognition against structured data; however, it does not consider personal relationships that often tip the balance of treatment.

What an experienced doctor reads in non-verbal cues, cultural contexts, and those therapeutic relationships is irreplaceable. Moreover, the reliability of such AI systems in healthcare is also doubtful. These systems are trained on historical data that contain prejudices, which may reinforce or even worsen healthcare disparities. Studies have shown that AI algorithms have significant demographic bias embedded in them, which may result in discriminatory treatment recommendations. For example, certain AI diagnostic tools were shown to be less accurate for minority populations due to under-representation in training datasets.

Unjustified dependence on AI systems could also lead to a decline in clinical skills among the personnel. As doctors continue to accede to automated systems, there is an increasing risk of degradation of critical thinking and diagnostic reasoning, which are the cornerstones of the conduct of medicine. This “automation complacency” can be downright dangerous, especially in cases where AI systems have an obvious failure or even provide harmful recommendations, leaving the physician unprepared to trust their judgement.

Another important argument against the unrestricted acceptance of AI in health care is data security and patient privacy. The massive

## AGAINST THE MOTION

amounts of sensitive data about patients needed for training and functioning of these systems could give them significant security vulnerabilities in terms of internal or outside breaches and unauthorised access. The unlawful use of such information might grossly impair patient confidentiality and trust in the existing healthcare system.

The legal and ethical ramifications of medical decisions involving AI are largely unresolved. When adverse outcomes occur, it becomes complicated to untangle liability and accountability issues. Who is held accountable for an error an AI system commits—the healthcare provider, the software developer, or the institution deploying the technology? Such ambiguity poses greater obstacles to medical practice and patient rights.

There are also financial implications for implementing AI systems. Proponents say AI will reduce healthcare costs; initially, however, AI systems will require a heavy infusion of capital and constant upkeep, and these costs may detract from improving accessibility to healthcare services, widening the gulf between well-endowed and resource-limited healthcare institutions.

Regarded as likely to erode clinical judgement, instead, we've got to channel our energies towards actualising AI systems as tools that deliver augmentation and support of human decision-making; hence, allowing for humane practice in knowledge-based health care.

In summary, while AI could be a good assisting tool in health care, positioning AI as a breakthrough in precision medicine diminishes the potential risks and limitations. Maintenance of clinical judgement with thoughtful, critical implementation of AI knowledge ensures a viable future for healthcare advancement. Therefore, our focus should remain on preserving the humanitarian aspect of medicine while introducing technological advancements that are appreciated for their work in benefitting patient care

**Hargun Loomba**  
1<sup>st</sup> Year MBBS



## Across

3. I make your vessels squeeze the tightest of all. More potent than adrenaline, I heed the body's call.
4. I control movement but don't have a remote. Found deep in the brain, I help you stay afloat. What am I?
6. What remains in your lungs, no matter how hard you blow?
7. A tissue graveyard in solid organs, but not in the brain. What type of necrosis am I?
10. Break me down, and phenylalanine will pile. My deficiency makes newborn screening worthwhile.
13. In my phase, drugs oxidize, reduce, or hydrolyze. I'm part of metabolism—what am I?
14. Your muscles weaken when I attack, blocking ACh at the synaptic track. What disease am I?
15. I'm a cell that swallows, digesting invaders inside. The immune system's cleanup crew—I take it all in stride.

## Down

1. I pull calcium from bone when levels are low. What hormone am I?
2. I cause coughing fits, make babies cry, a Gramnegative bug—who am I?
5. I'm the only cranial nerve that crosses before I leave the brainstem. Who am I? (
8. First-line drug for anaphylaxis, keeps your airway open fast
9. I thrive in CF lungs, making infections severe. My name starts with 'P,'—guess who's here?
11. I house Meissner's plexus in the gut's layered stack. I sit under the muscle—what's my name, Jack?
12. Low in Parkinson's, I help you move. Without me, you shake—what chemical am I?

**c**  
**r**  
**w****o****r****d**  
**s**  
**s**



**Across**  
3. Endothelin, 4. Putamen, 6. Residual, 7. Coagulative, 10. PhenylalanineHydroxylase, 13. Phaseone, 14. MyastheniaGravis, 15. Phagocyte,  
**Down**  
1. Parathyroidhormone, 2. Bordetella 5. Trochlear, 8. Epinephrine, 9. PseudomonasAeruginosa, 11. Submucosa, 12. Dopamine



# Nobel Prize

**2024 Nobel Prize in Physiology or Medicine- jointly to Victor Ambros and Gary Ruvkun for the discovery of microRNA and its role in post-transcriptional gene regulation.**

- 1. Lenacapavir:** A Long-Acting HIV Injectable Gilead introduced Lenacapavir, a six-month injectable medication for HIV prevention. It targets the HIV capsid- the virus's protein shell - which is a new approach for HIV drugs. Clinical trials have demonstrated its exceptional efficacy, offering a promising alternative to daily oral antiretroviral therapies.
- 2. Xenotransplantation Milestones** 2024 witnessed the world's first genetically-edited pig kidney transplanted into a living recipient at Massachusetts General Hospital. The recipient not only survived but thrived, marking a major step forward in addressing the global organ shortage.
- 3. Malaria Eradication Efforts** A groundbreaking malaria vaccine was rolled out in sub-Saharan Africa, demonstrating over 80% efficacy. Combined with genetic engineering techniques to control mosquito populations, the world is closer than ever to eradicating this deadly disease.
- 4. Psychedelic Therapy Gains Traction** Psychedelic compounds like psilocybin and MDMA entered mainstream mental health care in 2024. Approved for treating conditions like PTSD and major depression, these therapies showed remarkable results in clinical trials, offering new hope for patients unresponsive to conventional treatments.
- 5. CART-Cell Therapy for Glioblastoma** Researchers have applied CAR T-cell therapy to treat glioblastoma, an aggressive brain cancer. Early studies indicate that infusing CAR T-cells into the brains of patients has shown promising results, offering new hope for treatment.
- 6. CRISPR for Preventing Inherited Diseases** For the first time, CRISPR was used in embryo editing to prevent the inheritance of severe genetic disorders. While controversial, this development sparked global discussions on the ethical implications of gene editing and its potential to eradicate hereditary diseases.
- 7. Novel Cholesterol-Lowering Drugs** Researchers unveiled a new class of cholesterol-lowering drugs, known as PCSK9 inhibitors, that significantly reduce the risk of heart attacks and strokes. These drugs offer an alternative for patients who cannot tolerate traditional statins.
- 8. Regenerative Medicine Breakthroughs** Stem cell therapy took a leap forward in 2024, with applications ranging from spinal cord injury repair to treating diabetes. In particular, researchers successfully grew insulin-producing beta cells, offering a potential cure for type 1 diabetes.
- 9. Growing Replacement Heart Valves** Surgeons performed a pioneering procedure by transplanting living heart valves into a baby born with faulty valves. These transplanted valves continue to grow and repair themselves, eliminating the need for lifelong anticoagulant therapy and offering a sustainable solution for pediatric patients.





# Trivia

# Trivia

1. X is derived from the medieval term for slimy liquid and a genus of this shares its first name with a lake in Europe with plants being its natural host. What is X?

**X= Comovirus**

2. What mosquito-borne tropical disease infects up to 500 million people per year, is typically transmitted by the *Aedes aegypti*, has the alternate name “break-bone fever,” and is referred to in a Jin Dynasty Chinese encyclopedia as “water poison”?

**Dengue**

3. X is the name of a disease, discovered by a man hailing from the country of souvenirs. originally referred to as “struma lymphomatosa”, which is presumably caused due to endogenous immune dysfunction. Identify X?

**Hashimoto’s thyroiditis**

4. X is the name of a disease, found first in rhesus monkeys, due to a distinctive behavioural pattern, which involved bilateral temporal lobectomy, that resulted in placidity, increased oral exploration of objects and hyper sexuality. What is X?

**Klüver-Bucy Syndrome**

5. I start with a tingle, then weakness takes hold, Your limbs may feel heavy, like stories untold. Ascending I climb, from toes up to thighs, Your reflexes vanish—no more quick replies. Though fear may arise, don’t lose all your hope, With time and good care, you’ll learn to cope. What am I?

**Guillain-Barré Syndrome**

# Unscramble

- ALVLEIC:** It is a beauty, long and slender but only one of it’s kind lying gracefully down
- IAHAPMDGR:** It is like a thin crescent moon, following the rhythms of our breath, changing its form from one breathe to another
- ARATCLGIE:** Giving structure is its job but its hidden talent is its flexibility, once present in bulk at infanthood but tends to change form as the years go by

1. Clavicle
2. Diaphragm
3. Cartilage

**ANSWERS:**



# SHADES OF NATURE

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