



GOVERNMENT MEDICAL
COLLEGE & HOSPITAL
CHANDIGARH

Glimpse 2016



.... and The Next Voyage

"Hoist sails, wind's fair; shout out, spread the message:
No halt here!" captains declare; "and the next voyage!"

Embrace the sea and salute the sky,
Gather strength, let soul and spirit fly!
The crew abided by, hardened the rope.
We realise, we must fathom a long passage.
For neither should life rest on a solitary hope,
Nor should a ship rely on one anchorage.
Let's sing of our own along this trope,
and the next voyage!

Success, struggle and sea, all have connection,
Along waves of change, we'll find our direction.

Our chronicle of conquest and of adversity,
The sailors and folks read from same page.
For our ship is built to triumph over the sea,
Must depart from safe harbour with courage.
Let's offer our prayer to power that be,
and the next voyage!

To fear and dare, freedom and bondage
The immortal ocean, and the next voyage.

Exorbitant is the land we arrived at today,
Saga of Roaring Ocean we cannot assuage.
For countless obstacles has fate put in way,
We battled through all of the ship wreckage.
Let's call out for festivity in fray,
and the next voyage!

The land and the sand beneath toes,
Reminiscences wash away our woes.

Prateek Upadhyay
Batch 2013

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V.P Singh Badnore
Governor of Punjab
and
Administrator
Union Territory, Chandigarh



Raj Bhavan
Chandigarh

I am glad to know that students of the Government Medical College and Hospital, Chandigarh (GMCH), on the occasion of the Silver Jubilee of the College are bringing out their own annual magazine: GLIMPSE 2016.

Young minds bring with them creativity, energy and the will to do new things. This is the time of their life when ideas are born, dreams are generated, and new projects are pursued. Medicine, being one of the noblest of all professions, also exacts its tolls on these young minds. The Tremendous burden and responsibility of pursuing a career in medicine, does put extra burden on the students, in their pursuing extra-academic creative pursuits at times.

GLIMPSE-2016, the annual students' magazine of GMCH, will highlight the literary talent of students who are the future doctors of the society.

I wish the best for all who have toiled hard to bring out GLIMPSE-2016.

V P Singh

(V.P. Singh Badnore)



Parimal Rai, IAS
Advisor to Administrator
Union Territory, Chandigarh



I am delighted to know that the students of Government Medical College and Hospital are bringing out the annual edition of the magazine 'Glimpse'.

It is admirable that the students of medicine are not only keen on pursuing literary activities but also exploring life beyond the classroom.

Such dynamic activities support students in expressing their feelings and emotions. These would prove to be of great help in blossoming them into bright and intelligent doctors with a balanced life and outlook.

I am sure that this platform will be a creative channel to motivate youngsters who intend to study medicine in the future.

I convey my best wishes to all the students and wish them a great future ahead.

(Parimal Rai)



Anurag Agarwal, IAS

Home Secretary,
Chandigarh Administration, Chandigarh



It is a matter of pleasure that Government Medical College and Hospital Chandigarh is bringing out their annual literary journal "Glimpse" for the year 2016.

Government Medical College and Hospital, Chandigarh has been imparting quality education in the field of medicine and is contributing to the needs of the healthcare system by introducing talented and groomed students to the world of medical science.

Due to the efforts of the faculty, staff and students, Government Medical College and Hospital, Chandigarh has a unique reputation amongst the medical institutions in the country. It has been consistently ranking amongst the top 20 Medical Colleges.

I am sure that the magazine "Glimpse" will provide a platform for both students and teachers to share creative ideas. Good wishes to all.


(Anurag Agarwal)



Prof. A.K. Grover
Vice Chancellor,
Panjab University, Chandigarh



It is a matter of pride that the students of the Government Medical College and Hospital are coming out with another edition of the annual literary journal Glimpse by incorporating various achievements, extra-curricular and literary activities of the college.

I congratulate the students and the faculty for devoting time for literary pursuits in addition to their studies, teaching and research. I trust the publication will prove a successful document for students to achieve a balanced life in society.

On this occasion, I send my best wishes to all the aspiring medical students for their productive career in the medical profession and for the grand success of the publication.


(A.K. Grover)



Prof. Atul Sachdev

Director Principal,
Government Medical College and Hospital,
Chandigarh



I am very happy to note that students of Government Medical College and Hospital are bringing out their Annual Literary Journal "Glimpse" with the theme "... and the next Voyage".

GMCH has completed 25 years of its existence. It has achieved a lot and is currently ranked in the top 15 medical colleges of the country and has also been ranked at the 21st position amongst the 579 medical institutions involved in research activities. This has been possible through concerted efforts of the faculty and staff of GMCH.

Time has come to move onto the next voyage, as per this year's theme of the college magazine Glimpse.

We need to introspect and examine:

Where we were,
Where we could have been and
Where we want to be and
Then plan for the new voyage.

The editorial team under the leadership of Prof. Sukanya Mitra has again done an amazing job and needs to be complimented.

Hope you enjoy sifting through this "GLIMPSE".

Atul Sachdev
(Atul Sachdev)

Captain's notice

From The Editor's Desk



It is again that time of the year! This is the time when the medical students take a break from their gruelling study schedule to re-discover their hidden creativity, their rusty non-medical talents and get a glimpse of their own sunny sky. This is the time when another GLIMPSE is born.

Year after year, steady stream of students enter the high portals of the GMCH and walk through its hallowed corridors. It is quite a feat for most students to get into our College to realize their dream to become bright doctors who would serve the ailing humanity and also advance the boundaries of medical science. The students start their journey from the dissection hall and anchor at biochemistry lab, physiology sessions, the pharmacopeia and pathology slides, community visits and forensic lectures to finally coming of age by seeing their real patients first time. This is the time for testing both the pride and the humility of becoming a real doctor. And, undoubtedly this journey is full of trials and tribulations, trepidations and triumph, turbulence, turmoil and finally tranquillity. A journey of becoming a doctor is like a voyage on the sea with the winds on its sail.

But it's not only the journey of becoming a doctor that is a voyage. Our medical college too has its own story to tell, its own voyage to recall. Starting in 1991 as the only graduation-level medical college in the Union territory of Chandigarh, it started its own voyage through an uncharted sea, setting its own sail. From a modest beginning as a toddler, and after crossing many hurdles and challenges on its way, GMCH is a fully grown young adult all of a full 25 years, with admirable power and grace. It has established itself as an undeniable major ally in the field of medical teaching, service and research, and can boast of attracting the top talents of the country both in terms of its students as well as its faculty. Our GMCH has come of age, sailing strong beneath a sunny blue sky in the middle of its great voyage.

But of course, this is only the beginning. Now that we have established our college as the major player in the country in this area, we must look forward to the many more "miles to go before I sleep", before the ship reaches its safe haven. There are promises to be kept. There are newer milestones to be crossed. There are more tempests to be tamed. There are more uncharted areas to reach. And the next voyage is on...

Standing at this crucial juncture of the glorious past, promising present and beckoning future, I, on behalf of the Literary Committee of GMCH and editorial board of the magazine, invite you to launch your own next voyage by becoming a part of our journey to the making of this year's "Glimpse 2016".

Prof. Sukanya Mitra
On behalf of the Literary Committee

Editorial Board

Hindi Section



Dr. Anshu Palta



Dr. Anshu Sharma



Dr. Sangeeta Bhanwara



Prof. Atul Sachdev
Patron



Prof. Sukanya Mitra
Editor-in-Chief

Punjabi Section



Prof. Kanchan Kapoor



Dr. Deepak Aggarwal

English Section



Dr. Parul Ichhpujani



Dr. Roosy Aulakh



Dr. Subhash Das

Sailors speak

From The Student Editors' Desk

Six months of running around, not only the campus but the whole city, endless phone calls/texts/e-mails, waiting, arguing, arranging, negotiating, staying up countless nights and of course reading, writing and drawing: all for bringing about Glimpse 2016 in the best form possible finally comes to a halt. We have our fingers crossed for reaching upto the expectations and a concoction of relief, apprehension, gratitude, trepidation and immense pleasure triumphs over us as we present to you the magazine in the silver jubilee year of our college.

Glimpse 2016 aspires to be viewed as a launchpad for our creative urges to blossom naturally since our mind is not a vessel to be filled but a fire to be kindled. Blessed are the magicians who can express themselves eloquently- for not only do they have the ideas, thoughts and imagination but also the necessary skills to pen them down in order to captivate and mesmerise the readers while making us laugh, cry and rejoice in the happiness and loss of their characters.

"Of all those arts in which the wise excel, nature's chief masterpiece is writing well." - Andre Breton

Our magazine encaptures the spectacular journey of 25 glorious years, a milestone in the history of GMCH with the theme "... and the next voyage!". It narrates the journey of painstaking effort and progress, the story of trials and tribulations, of striving and success and the story of us. It symbolises that the end of every voyage signals a new road. Like Marcel Proust very aptly puts it - "The real voyage of discovery consists not in seeking new landscapes but in having new eye". As GMCH crosses another milestone and as we look towards a new horizon, our values remain deeply rooted in the principles propounded by our patron providing us with the wind beneath our wings.

*On the wings of a dream, flowing freely like a stream;
With hopes to reach stars, look we've come so far.*

We wish to thank our Director Principal Prof. Atul Sachdev for providing us with the opportunity to exhibit our creativity. We also extend our heartfelt gratitude to Prof. Sukanya Mitra and the entire Literary Committee for being our lighthouse when we needed navigation. We appreciate the selfless team players who offered their constant support and heartily acknowledge Meher Chahal, Shruti Muralidharan, Pavneet Kaur, Sarthak Kansal, Arjun Prabhu Sharma and Pooja Bhatia for the same. Also, a special thanks to Abhitesh Badhan and Anmol Singh for bearing with us with our photography needs and demands. Many thanks to academics branch for their great help; to Mr. Gupteshwar, who generously provided us with innumerable pictures we needed and to Mr. Manoj Vohra, System analyst, IT Center for helping us with interviews on Skype. In the end, we would like to thank Chandika Press Pvt. Ltd. (Printers) and our friend Arjun Khanna for helping us realize this vision with designing and printing work. Thank you so much!

Feel free to send your feedback at gmchglimpse2016@gmail.com. We apologise for any omission and mistakes.

*Life is a voyage to reach your ultimate form,
By constantly evolving through every storm.*

Wish you a pleasurable reading!
Bon Voyage!

- Prateek Upadhyay and Mehak Trehan
On behalf of Student Editorial Board

Students' Editorial Board

Mehak Trehan: Chhota Packet, Bada dhamaka!

From compering mic of annual function, all the way to winners podium of TT court, with tag of Plexus-CC to oath taker of sports day, along academic brilliance and the favourite of faculty - this ocean of talent never stops pouring. In Glimpse, she's driving force, the connecting link, the motivator and the critic. This hyperactive girl was event manager who kept a list of things to do and astounded us with her contacts in the college! Everybody knows Mehak, everybody loves Trehan.



Akash Deep Singh: Jack of All Trades!

"Dang, sounds like a plan" is his patent dialogue. The people's person- he's the most cheerful of the lot. Kept us all entertained with his double meaning jokes. This, Mr quick, is yet to cross a deadline given to him. Always ready to work, he's the go-to-guy when work needs to be done. Our selfie stick cum typewriter cum the manager of the printing work. He is all. Not to forget his technical and photography skills. Simply impeccable.



Pratiksha Tyagi: The Million Dollar Smile!

The "girl with the plan, who executes them with élan", she personifies the vibrant diversity in team coupling it with her infective smile and artistic flair. Her dedication to work is only paralleled by her devotion to food. The problem solver with "chill bro" as tagline, she held the group together and in a unified artistic direction. Her photography skills finds beauty a common man finds so hard to appreciate



Prateek Upadhyay: The Flash!

The one guy who will always greet you cheerfully early in the morning with a song. This guy is a constant source of entertainment (even better at it with a mic!) and an instant mood lifter! When it comes to work, no one takes responsibilities more seriously than he does. He'll get the job done by hook or by crook. He is our go to guy when we need help. Prateek surely has some never dying charged batteries in him- always on the go! Beware, he might zoom past you and you'll never know!



Kanika Sehgal: The Wonder Woman!

The 'Beauty with brains' of team. She made sure that we're aware of the deadlines and made glimpse popular on social media by posting religiously. The grammar nazi who surprised us with her command over the language and expressions eloquently. Even with tiring clinical postings, she was encore with all the work. Juniors' favourite and seniors' beloved, when we needed anything, we went to her: the ally to understand, the advisor to trust and friend who would never judge.



Sabari Girish Nair: Southie Surprise!

Rightly polled for 'Main hoo Na' in the first glimpse edition which our batch received, this guy has been there as and when required. From jokes to lighten the mood to the ice tea he got which cooled you off from a hot day of May; he's helped shape "Glimpse" from scratch. A special mention to his car helping us in any travel work, especially the backseat which has been very accommodative. (no pun intended)



All Ahmad

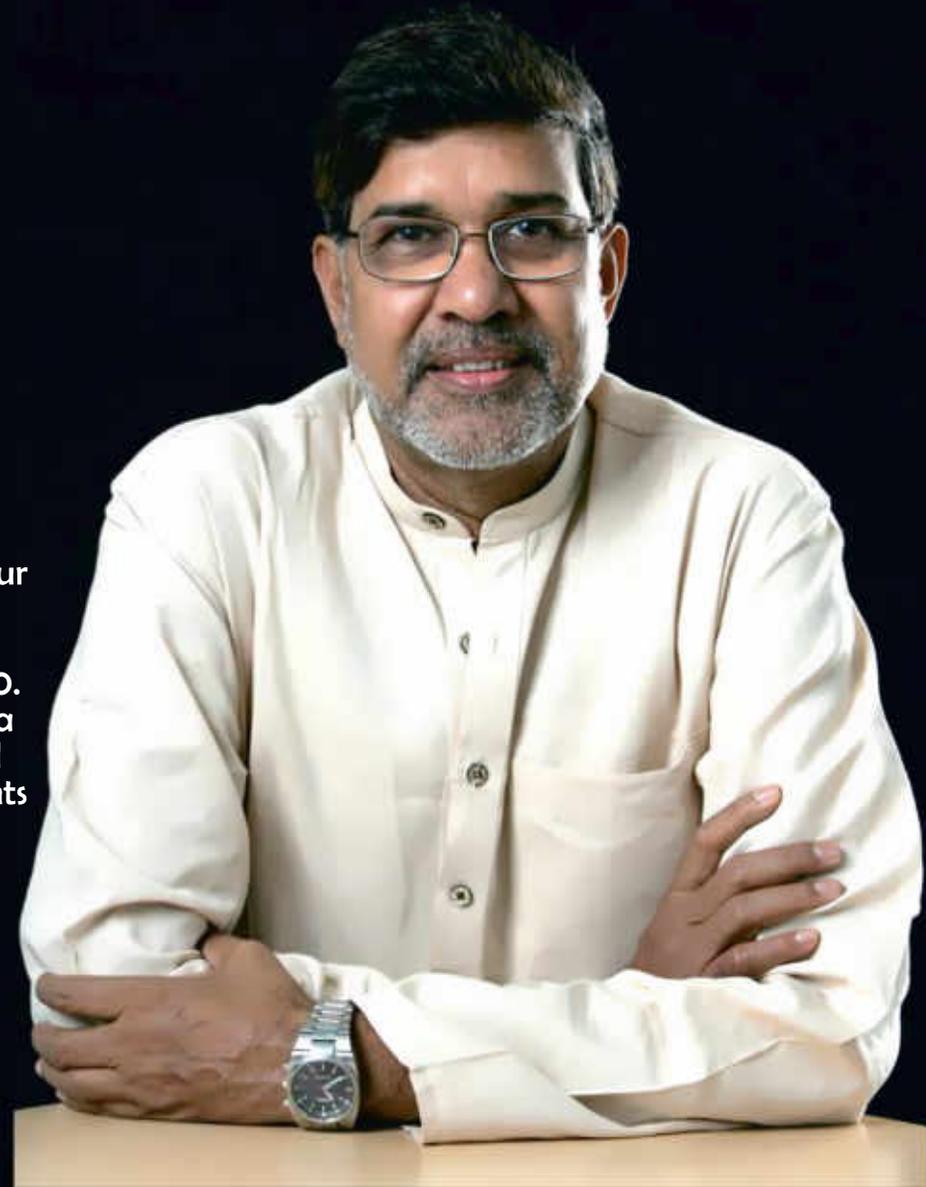
In Conversation With ...

Kailash Satyarthi

Children's Rights and Education Advocate
Nobel Peace Prize Laureate, 2014

Founder of the Bachpan Bachao Andolan (BBA) an organization dedicated towards the eradication of child labour and rehabilitation of the rescued former child workers.

Satyarthi has liberated over 80,000 child labourers since 1980. He studied to become an electrical engineer but he ditched a lucrative engineering career to work for the welfare of child labourers, many of whom were forced to work by their parents while others were held as bonded labourers by business houses



Q1: From a sought after field of engineering to a life of serving the society, what inspired you to change your path?

A. On my very first day of school I saw a boy of my age sitting outside – he was a cobbler and I could not understand why he was sitting outside and why all of us were going to school with new uniforms, new books and dreams and aspirations. One day I gathered all my courage and ran straight to the father of the boy who was sitting outside and asked him why he didn't send his son to school. He looked at me as if it was such a tough question. Then he replied: "Babuji [Sir], I have never thought about it. My father, my grandfather and I started working since childhood and so does my son. Perhaps you don't know that we are born to work."



So that was his reply. But for me this is a question to which I am still trying to find the answer – why are some children born to work at the expense of their schooling, childhood and freedom? And why are others born with dreams and a future? I gradually made up my mind that I was not born to become an engineer and that I was not going to embark on a typical career path.

Q2: This path you walk has not been a bed of roses, what thorns have you come across?

A. Mahatma Gandhi had predicted the journey of ordinary people like me several decades ago: "First they ignore, then they laugh, then they fight and finally you will win." I started at a time when child slavery and child labour were non-issues; so there was nothing to learn. It's difficult to find new roads but even more difficult to make your own road levelling the rocks and mountains. My fight was against the ignorance, the neglect, the mindset, the greed that encouraged lack of respect for children and the vested interests of organized criminal gangs, corrupt officers and politicians. In my early days of work, I lost two of my colleagues. My office was ransacked and gutted several times, the last one being our Delhi office in 2010. What I have come to realize is that those trying to kill me or my loved ones are notorious people who feel challenged by my work.

Q3. What is the most efficient way to deal with child labour—through legislation or social awareness?

A. They should not be separate, they should be complementary. I would say the most important thing is to invest in children. The government at state and central level must invest in education and ensure the enforcement of all laws that involve children. So it is through legislation, combined with political will



and substantiated with adequate funding.

Q4. Do you think the awarding of such accolades, like the "Nobel Peace Prize" in your case, helps the activists in furthering their cause?

A. Yes, definitely. The most significant evidence is at the global level. The issue of child labour, trafficking is now included in the United Nations' latest Sustainable Development.

Goals were not the case with the earlier version of the UN's Millennium Development Goals (MDG). In those days, I was the lone voice in the MDG debate saying we could not achieve these goals without the abolition of child labour. My argument was that we should see children's issues as part of the development paradigm and not just as a human rights issue. That means governments are supposed to make their development planning keeping in mind these issues. Finally, in September this year, the UN general assembly has accommodated all my demands and adopted the new set of goals. This means the world now can't talk about development without abolition of child labour and exploitation.

Q5. In your 35 years, what would you say is your biggest success?

A. I was able to make child labour and exploitation of children a part of the global agenda and make it an issue. When I began, it was a non-issue. The whole notion of child rights was not yet known. There was no single organization that was working for it. But what has happened in the last 30 years will serve the communities for generations to come. I'm happy now that there are so many more people who have joined this cause.

Q6. In the same vein, what is your biggest regret ?

A. To put an end to child labour as it has been given (due attention) for the first time to this cause, and it has come to the Indian soil. It becomes the moral responsibility of every Indian to do something about it but we have not achieved much in the one year considering that.

Q7: In your words, "Don't stand on the edge and cheer, jump in the ring!" So we as medical students, what message would you convey to us to bring a difference in our own way?

I would say that, in spite of all the intolerance and violent attitudes, most young people are still very idealistic. They are looking for a better life for themselves, for the community and the world. We should give these young people voices, build their leadership abilities, and give them the driving seat to become pioneers and champions for their cause. Involving young people in the betterment of the world is a challenge, but it is also an opportunity we should all work on together.

Sometimes I tell young people that we already live in the age of 3-D. We wanted to see our televisions in 3-D; even our smartphones will be converted into 3-D so that we can shake hands without coming too close. So my 3-D suggestion for young people is: The first 'D' is to Dream—dream big, dream for something better; dream for betterment of yourself and for the whole world, for all of humanity. The second 'D' is to Discover—every young person has tremendous potential inside, and it has to be discovered and explored. The third 'D' is Do—don't be lazy, act now on what you believe in. Time is running out.





Padmashree Dr. Kirpal Singh Chugh

The Father Of Nephrology In India

Dr. Chugh did his MD in Medicine with specialization in kidney diseases in 1961 and became the first qualified Nephrologist of India. This world renowned Nephrologist is an Emeritus Professor of Nephrology, Chairman of the Institute's Ethics Committee and a former Chairman (Dept. of Medicine) and Professor and Head (Department of Nephrology) at PGIMER, Chandigarh. The International Society of Nephrology (ISN) has included him amongst the 50 top nephrologists of the world and has made a videofilm on his lifetime work for inclusion in the World Nephrology Legacy Library.

A few of the recognitions:

- B. C. Roy Award (1993)
- Motashaw Memorial Award (1975)
- Indian Society of Nephrologists Award (1976)
- Association of Physicians of India Award (1978)
- ICMR Outstanding Research Award (1978)
- Nihon University Medical School Gold Medal (1979)
- Honorary Physician to the President of India (1983-87)
- Dhanwantari National Award (1993)
- Nishan-e-Khalsa Award (1999)
- Padmashree, Government of India (2000)
- Bharat Gaurav Award (2002)
- First Fifty Nephrologists of the World (2005)
- Lifetime Achievement Award by the Indian Society of Nephrology (2005)
- Bywaters Award (2015)
- Belding H Scribner Trailblazer Award (2016)
- Dr Zbylut Twardowski Lifetime Achievement Award (2016)
- Bhishma Pitamaah Award (2016)

Q1. What sparked your love in Nephrology and whom do you look up to as your guru in your journey?

A. The time I started Nephrology the name 'Nephrology' didn't exist. I graduated in 1955. While I used to go through the wards, no patient survived due to lack of treatment or knowledge in context to kidney diseases. Also, I had read about renal biopsy in my final year so I thought to take up kidney as my specialty in post-graduation. So I applied for post-graduation, although at that time only Gastroenterology, Neurology and cardiology were the branches offered for the same. And by rule, my thesis was to be on the subject which I was to pursue for my post graduation so my choice was Nephrology without doubt. After sharing my plan with Dr. Chaotani with whom I was working, he displayed disinterest and wanted me to take up post-graduation under him as a gastroenterologist. I refused, and applied for working on kidney biopsy in Panjab University although the idea of Nephrology didn't appeal to them on a whole. I worked in full swing on kidney biopsy, dialysis, as well as on kidney transplant in due course of which I received a letter in which I was asked to take Gastroenterology which I refused. Another letter I received was to take Cardiology due to the connection of the kidney with hypertension. I refused to it again and persisted that I should take up kidney diseases only as my specialty. After my 9 months of struggle and even being called a



"mad man" I was finally given the chance to take up kidney by Dr. Sachdev from Amritsar under the name of MD medicine with 'urinary diseases.' I passed the same in 1961 during which I published a thesis on renal biopsy submitted in 1958.

Answering the second part I would like to mention the fact that since I started everything in context to Nephrology myself, there wasn't a guru as such but I give credit to Dr. Chutani, my mentor, who was my constant guide.



Q2. You faced many obstacles in your journey so far. What were the key challenges and what kept you strong in face of these troubles?

A. I faced a lot of challenges because nephrology was a new field at that time: an unrecognized specialty. The first dialysis machine arrived in India in 1961 at CMC, Vellore but remained unused since no one knew how to operate it. Dr. Nakamoto started the first dialysis sessions in India (May, 1961) after he was approached by the Maharaja of Bihar for his treatment of chronic uremia. I travelled from Amritsar to Vellore to see the working of the dialysis machine. After coming back, I joined PGIMER, Chandigarh in January, 1963 where I wanted to start dialysis, but the economic condition of our country was poor and getting an import license was next to impossible. So, I wrote an application to the concerned authorities asking for an import license of a dialysis machine. Finally, we received the machine in April, 1963. We didn't have the chemicals and the catheter since they were manufactured abroad, therefore I prepared them all by myself and finally the first dialysis was performed on July 3, 1963 at PGIMER, Chandigarh. As it was only possible for acute cases due to absence of shunt, so I made my own by molding Teflon with a candle. In this way, dialysis started in the remaining centers of the country as well.

Q3. Did you come across any patient whose story has stayed with you?

A. I remember all my patients well. The first patient we dialyzed in PGI, Chandigarh was a case of Obstetrical Acute Renal Failure. When she

recovered, the impression was created and it all began here. When I did the first kidney biopsy, I did not come home even to sleep at night and kept checking on my patient. In fact, I used to be really concerned for all of the biopsy patients and never came home to sleep after conducting biopsies. Unfortunately, one hypertensive patient in Patiala had bleeding and hematoma. When the surgeon opened it up, blood gushed out reaching the ceiling. We managed to save him and reported the case.

Q4. Do you see a difference in the attitude of doctors of today as compared to yesterday?

A: Very much. The advent of specialization and commercialization has caused the attitude of doctors to drastically change. Many have lost faith in the medical profession. Doctors should think of the patient as a human being first and then as a subject matter. Students like you are the ones who can bring a change. You should become doctors who run not after money, but the betterment of treatment standards and the care with which they are dispensed. You and your generation should bring back the much needed touch of humanity to medicine, which the advent of commercialization has ground into a simple memory from the past. We, of the pioneering generation have passed the baton to you.

Q5. As a person with so much of experience and as someone we all look up to, do you have any message that you would like to convey to us budding doctors?



A. Yes, most importantly you should know that there is nothing like the word "impossible": everything is possible! Firstly, you need to have an aim in life and with that aim you should start working with dedication, work hard to pursue your goals and set your goal for better than the best and then achieve it. Secondly, have faith and confidence in yourself. Thirdly, be involved in research as it teaches us honesty and openness of mind, which gives ability to stand criticism by others because anyone can criticize your work but your reaction is not necessary. Hence science also teaches

us tolerance. Thirdly, achievers and winners haven't done anything different. They only do it differently. Fourthly, be humble. Never be too proud of your work. It's never your own personal effort that results in your success, it's the combined effort of so many people to whom you should be grateful. So my message is, work hard, with dedication and with the determination of a mountain rock.

RAPID FIRE

Q1. Three words that describe you?

1. Capability to overcome difficulties
2. Leadership (I always led by example and improved peoples' vision)
3. Originality in my work due to which my work was accepted and my research was labelled authentic.

Q2. What do you like to do in your free time?

Even after retirement, I have no free time (laughs). My hobby is playing golf (I have the distinction of playing hole-in-one). Also, I am very fond of classical music and reading Urdu poetry.

Q3. What has been the proudest moment of your life so far?

The proudest moments have been when I was able to stand against the atrocities. God has been kind and I have been lucky. I have seen Nephrology in India grow from zero to world class and established this specialty with training DM in 1969 and first student batch passed out in 1971. The American Board of Nephrology had their first examination in 1972 and we are one year ahead of USA. Now, generation of nephrologists are being trained by my students, so all of the nephrologists of India learned from me somehow-directly or indirectly!

Q4. What's your favorite vacation spot?

My wife and I have travelled around the world! Just two years ago at the age of 82 my wife and I went to Leh! We reached a place called Khardung La, which is the highest motorable road in the world. If you had to name my favorite place, I must say it has to be my home!

Q5. What's the secret of your success?

Set a standard for your people, only then can you set an example. Also luck is important and a supportive family.

Yugratna Srivastava

The Green Girl of India

Addressing the UN at the age of 13, this 20 year old raised her voice for climate change which lead her to win the National Youth Icon award; has been a speaker at multiple TED talks and a part of United Nations Environment Programme (UNEP); UNFCCC; Vice President, Global Youth Board, Plant-For-The-Planet and endless other organisations working on the issue of climate change and environment. Here we are in conversation with the environment ambassador, "India's Green Girl"



TEDx

Q1. "Lucknow to UN, through a million hearts!" How would you describe your journey so far?

A. I would like to describe my journey as a mix of emotions, challenges, successes and failures. I feel that it has been a great learning experience for me, to be a part of decision-making process since a young age and I think that it has given me a deep understanding of certain things. For instance, I am strong believer of dialogue and have a deep faith in the UN system, despite the challenges. I was barely 12 when I became a part of UNEP and 8 years since then, I feel that it has become an integral part of the kind of person I am. There have been tough times too, for example, seeing the Conference Of Parties (COP15) Copenhagen to not succeed, but there have been defining moments too - to see the COP21 Paris Agreement being adopted.

Q2. When did you start becoming aware of environmental issues? What drove you to this topic, amongst all the dilemmas our world is facing today?

A. I think it was somewhere in 2006 when I was around 10 years old and I was travelling to Lucknow. I saw huge trees chopped down by the highway and it literally broke my heart and gave me shivers. That was the time; I mentally decided that I need to do something about it. And I started my journey right from the school in district of Shamli, when our school became a part of the NGO "Tarumitra". We started our own eco-clubs and did various campaigns and visits to Tarumitra Ashram in Patna.

Q3. According to you, has India made any progress towards climate justice and climate equality?

A. At COP21, India submitted its INDC(Intended Nationally Determined Contributions) to UNFCCC. INDC are the commitments each nation makes to the UN as their contribution to solving climate crisis. India has been doing remarkably well in the renewable energy sector and has targeted to produce 175 GW of clean energy in next few years. While the per capita emission of India continues to be low, the overall emissions are at par with other developed countries. Climate Justice is a broad term and it has to do with equal emission rights, which till now is a high goal. Today,



the key environmental issues we need to address include energy consumption, biodiversity, and global decision-making. We have to make lifestyle changes, lower emissions from household usage, create green and inclusive markets, and gradually shift to a carbon neutral economy.

Q4. How do you manage between international commitments and academics so well?

A. To be honest, it gets difficult at times. There have been times where I have been travelling two days before my mid-semester exams and it gets hectic. But I think that the key lies in organizing and prioritizing everything. All along this way, I have made many sacrifices on personal level. But when I look back, I think it was worth it.

Q5. You have been titled as 'The Green Girl of India' and even 'The Green Crusader', does all this give you a sense of fulfillment, a sense that your work and efforts are reaching to people and are paying off?

A. It does not give me a sense of fulfillment. I would rather say that it gives me a sense of responsibility and motivation. There are times when I feel burnt out in the process, and it is during these times that the immense support given by people really pays off. I am very thankful to everyone who has supported me throughout this continuing process.

Q6. You've been working for this cause for many years. Do you think more awareness has been brought in people over all this time?

A. Well, I started working for this cause since I was 12 years old, in 2007. I further switched to stuff like campaigns later on, followed by working with the UNEP in 2008. It was followed by the United Nations Climate Change Meet at Copenhagen which aimed at forming laws and policies on climate change. Another milestone would be the much talked about Paris Agreement involving 193 countries which worked for this concern as it needed undivided attention. I personally feel there has been more awareness for the past 6 years and people also know how to tackle the same. From solar energy being adopted in villages including mine to companies switching to renewable sources for fuel, I feel we're close to putting a full stop to our old incorrect practices. Another venture I would like to talk about is Plant for the Planet which involved UN intervention at school level and interactive sessions for the students in order to create further awareness for the same. Though, I still feel the need for action from the people to "Oh my planet is on fire" should be the same as "Oh my house is on fire." Only then will our future generations thank us for what we did for them!

Q7. At the UN conference, you have quoted Mahatma Gandhi "Earth has enough to satisfy humans need, but not their greed" could you elaborate and enlighten us on human greed and its impact on the environment presently?

A. I would like to actually start with what has been in focus recently that is the illegal wildlife trade that was also the theme of the World Environment Day 2016. The United Nations also currently launched a programme called "Wild for life" which has been focused on illegal wildlife trade. If you go back and look at the facts and figures, you find a shocking statistic that a 100,000 elephants were killed only for their tusks. Along with this process what happens is that this money is being used to fund terrorism. Crimes are connected. And because of this, illegal trade small arms have become the largest enterprise in Africa. Illegal wildlife trade is the biggest trade after money laundering,



In Conversation With Yugratna On Skype

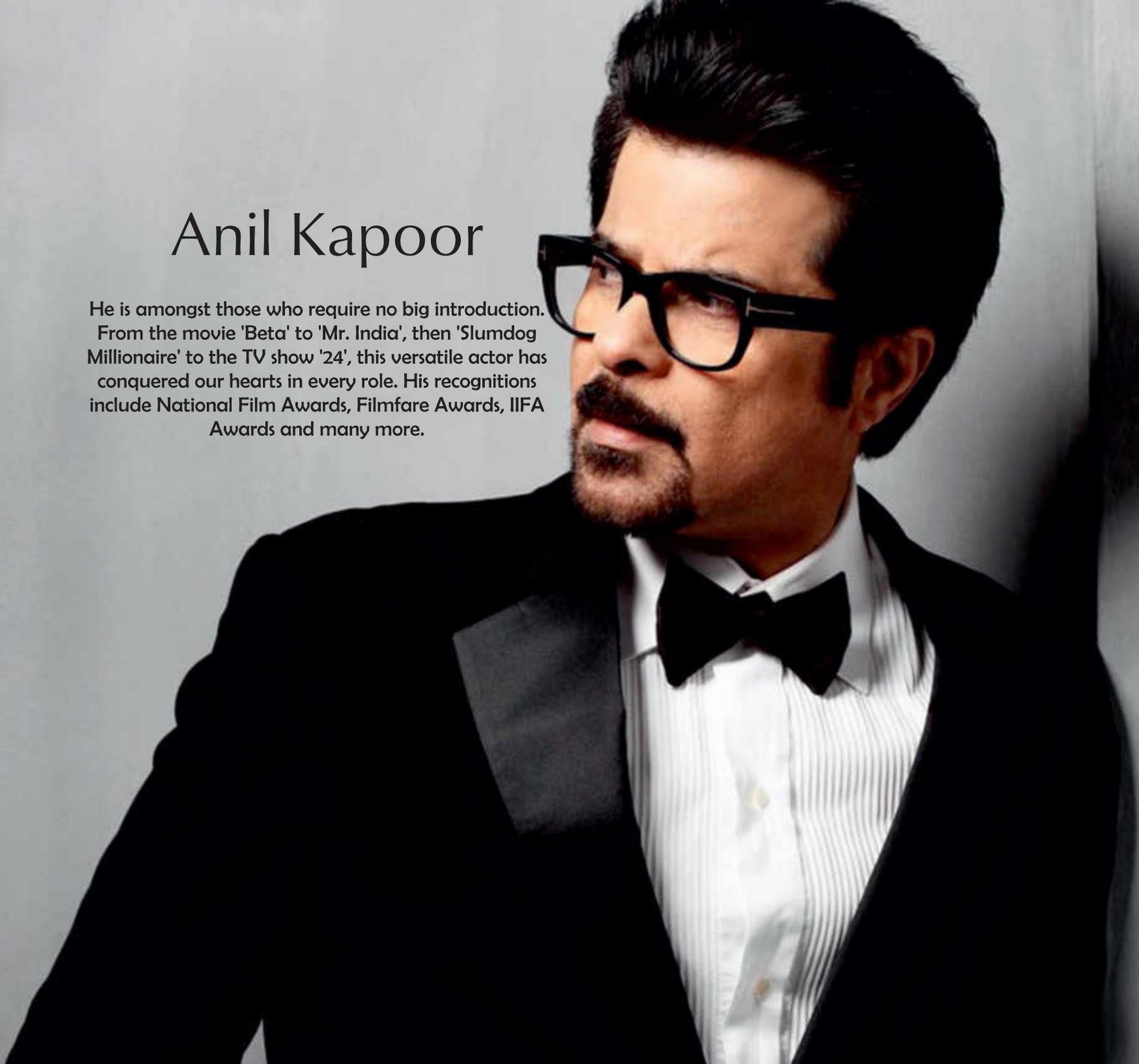
drugs and human trafficking. This is a direct consequence of where human greed is taking us. The flora and fauna, they suffer silently and bear the brunt of our actions. I would also like to talk about the Amazon forests in Latin America. They're being cut down at a higher rate than they can ever grow back in 30 years. This is especially bad as they are the largest carbon sinks in the world. At a conference last month we came up with the concept of talking about "gratitude." We have forgotten to have gratitude for things we are given, water, land among other things. Unless we imbibe such values, right from our childhood in a person as they grow up into a human being, solutions to climate change and sustainability are going to be difficult. The solutions are going to come from inside your heart, not from outside the planet. That is what I'm trying to say. You can always satisfy your need, but you can never satisfy your greed.

Q8. How can we, as medical students contribute to help you achieve the goal of saving the planet?

A: I am very happy this question has been brought up because good health and well-being is Goal 3 of Sustainable Development. This is where the job of medical professionals becomes pivotal to this entire concept: healthy people and healthy environment. Shockingly, 13 million people are dying each day because of the ill effects of environmental hazards on their health and 7 million deaths are because of air pollution alone; and these are just recorded statistics while many go unreported thus, unnoticed. Now, whoever is involved in fighting climate crisis or taking a stand against climate change has to step out of their contemporary ways of living and career choices? What I mean to say is that working for climate change right now might not be a paid opportunity but a voluntary task. Many of UN medical volunteers go to ground zero in affected areas of conflicts and disasters to serve people there with what is needed. You can join in! Besides, WHO keeps on hiring interns and campaigning managers between 22-25 years of age to start or mobilize new campaigns? So, this is where the role of those engaged in field of health services becomes very crucial. In fact, one of my friends from Philippines who has been working on the issue of health and environment and running for the post of Executive Director of WHO is hardly 28 years old. I think what we do as a whole is a lot managed and definitely you as medical professionals can research in this field because climate change is an area which lacks research to be very honest- in spite of being equally or more crucial like much researched fields of IT or technology. We need more statistics, especially in India. I also invite you to work with "Plants for Planet" and let's see what we can do in coming years or maybe weeks

Anil Kapoor

He is amongst those who require no big introduction. From the movie 'Beta' to 'Mr. India', then 'Slumdog Millionaire' to the TV show '24', this versatile actor has conquered our hearts in every role. His recognitions include National Film Awards, Filmfare Awards, IIFA Awards and many more.



Q1. You've been in this film industry for about 38 years now, how do you feel Bollywood has changed over this span of time?

A. See, now it's not a film industry, it's a digital industry, that's the biggest change. I'm speaking to you here over FaceTime, this is digital. Was this possible 38 years back? Of course not. The consumption of entertainment in this industry has changed. Even the way films are made now! At the moment I'm shooting for "24", that's through a digital camera and it will be transferred digitally too. Apart from this, the scale, the budget, the colors, the technique, of course all that too has evolved with time. Even the audience expects different movies, they would all rather see more realistic movies. Youngsters like to see movies that make them think, so that's how the tastes too have changed. Social media too has come into play, which is given importance to by the actors of our industry. It helps us actors to help convey our feelings, our point of view, our opinions, rather anyone can. It's even used now to build a huge fan base for actors. But at the same time there are actors who have millions of followers on social media, but when their films come out, nobody goes to watch them. Also there are actors who barely have any fan following on these networks, yet their films do so well.

Q2. Do you think the medical field is affected by films? If so, how?

A. It totally depends upon the kind of film and what the viewers take from it. No doubt fiction is all about entertainment but certain films and TV shows made on the medical background like "ER", "Tere Mere Sapne",



"Armaan" and a lot more are educating and inspiring. Such human portrayals depict the nobility of medical profession and help people relate to the physicians which certainly improves the doctor-patient relationship thus giving a positive message.

Q3. Be it the cool father of *Dil Dhadakne Do* or the tough cop from *24*, you seamlessly ease yourself into these myriad characters. How do you do that?

A. You are making me emotional. So good to hear that. I think it is only possible if you put your heart and soul into your work. When you believe in something, you have to do it to the best of your abilities. I love what I do. The seamlessness is because I love my work.

Q4. To make a movie commercial success, acting is not given as much important as the entertainment quotient. What is your take on this?

A. I think it depends on films and film-makers but yes, in majority of cases since it is a commercial business and a lot of money is being invested, entertainment over acting becomes a compulsion. Many people are not educated in our country and many people are in stress and problems of their personal lives. If we make a film with lot of preaching and acting, it gets very boring for the general masses that have gone there get entertained. So, we have to focus on entertainment mainly and there is nothing wrong in entertaining people but of course, good entertainment needs good acting. People today are conscious; they know what good acting is! In fact, for a film to become a bigger success, it has to have both;



In Conversation With Anil Kapoor On FaceTime

like Mr. *India*, *Sholay*, *Lagaan* and *Slumdog Millionaire*.

Q5. At 59, what keeps you motivated?

A. My priority is my family. Of course, I am passionate about my work, but the motivation comes from them. I work hard for them. In that sense, I am an Indian — an emotional family man, at heart.

Q6. We have all heard, "Anil Kapoor doesn't age!" How do you manage yourself to look so fit and so young?

A. I look young because I'm not delusional. I'm a very happy person and I love making people happy, if there is a serious situation. I bring positivity into it by doing something or the other. That's what everyone should do. Also, a lot of hard work has gone behind achieving and maintaining my youthful looks. It's not easy to stay fit. There is discipline involved. I work out every single day. I drink four liters of water daily and follow a strict diet. Somewhere, it's genetic too. My grandfather, my father, the Punjabi blood and the North India power is in my blood.

Q7. What is your message for the students of GMCH?

A. "For all of you, I would like tell you to keep on trying, again and again, and not give up. Work harder. If you're good, aim at being better, when you're better, aim at being the best! There is no substitute for hard work guys. When everyone's partying, work; they might call you boring, but you have to work and be at your best because at the end of the day, nothing else will matter."

Rapid fire

Q1. Bollywood or Hollywood –Bollywood

Q2. What are the kind of movie you enjoy doing most- action, drama or comedy -That depends on my state of mind.(smiles) Once I do two-three intense roles, then I start itching for comedy. If I do too many comedies,

then I like to do something serious.

Q3. Father/ husband/ son –Friend

Q4. Oscar or Filmfare - Oscar

Q5. Which are your all-time favorite films - *Gone with the wind*, *Mughal-E-azam* , *Ganga Jamuna*, *Titanic*, *Sholay* , *Forrest Gump*, *Philadelphia*, *Taxi driver*

Q6. If not an actor, what would you have ended up as? -I am a fighter. I am a survivor. I would have done something and definitely been a success in whatever I did.



Footprints

Memories & Reflections

The GMCH I Know

GMCH evokes kaleidoscopic images. The initial D hall horrors, Physiology Frog experiments, pipetting in Biochemistry, files and their last minute completion in Pathology, the Heroin/Heroin analogy in Forensic Medicine, the adopted family visits in Palsora during SPM, the sound proof room antics in ENT, the life lessons in Eye lectures, the dreaded and attendance deadly 8 AM sharp lectures in Final Prof, the ward rounds and welcome ward leavings, multiple Euphorias and the controversy bandwagon, Glimpse and the publication world, class trips that were so heroic and trendsetting, all these and many more memories chug pass the proverbial life station. This journey has had its downs but the countless ups make this 'tapasya' worthwhile. You can bicker about the college to your hearts delight but believe it or not deep down, it evokes a camaraderie that nothing else can match. Viva la GMCH!

Dr. Sahil Thakur
Batch 2009
(PG-JR, Dept. of Ophthalmology, GMCH)



The Last Get Together

"This was the photograph taken after midnight on the day when we had our last get together before leaving for different places to do our residency. The Sarai building was the place where we all met, and thus was the logical place from where we parted our ways.

Kartikeya : In Medstar ,Washington
DC Dixit : In PGI, Chandigarh
Anubhav : In GMCH itself and
Myself : In AIIMS, New Delhi
Cheers!"



Dr. Aayush Singal
Batch 2007
(PG-JR, Dept. of Internal Medicine, AIIMS, New Delhi)

Look ! How Far We Have Come...

One of the biggest changes is in the infrastructure, I used to attend first Prof classes in Prayaas building, second prof in Sarai building and final Prof on B4. I've honestly spent most of the time in the library, which earlier was in Prayaas building, then shifted to the second floor of Sarai (now the Anatomy Dept), then to A4 and finally to B5. As far as fests are concerned, Euphoria started at my time, organised by batches '95 & '96 and was held in Sarai building next to the basketball court with a tent as a set up. It was just a start up and was relatively small scale as compared to now."

-Dr. Rajeev Kansay, Batch 1996, Assistant Professor in the Dept. of Orthopaedics, GMCH

"GMCH has undergone major expansion over the years, First Prof. classes used to be in Prayaas building Sector 38 and hospital was limited to A and B block only. GMCH has maintained it's teaching, research and clinical care standards. PG courses have now been started in many subjects. Euphoria and Plexus are now organised at a bigger scale. Visiting the same lecture theatres where I had studied, helping in organizing Plexus and editing Glimpse all make me re-live the fond memories of undergraduate years spent in GMCH."

-Dr. Roosy Aulakh, Batch 1997, Associate Professor in the Dept. of Pediatrics, GMCH

"With the increase in number of students to a hundred, the lecture theatres have been modified to accommodate them, with LCD projectors. Departments like Community Medicine and Forensic Medicine as well as Academic branch were part of Sarai building earlier. Now they are shifted to hospital building. However the focus of students has diverted now, they are more involved in preparation of PG entrance exams. When it comes to the faculty, it continues to be sincere and hard working, as always"

-Dr. Navpreet Singh, Batch 1999, Assistant Professor in the Dept. of Community Medicine, GMCH

"My batch was the last to be in Prayaas building. Honestly being in Prayaas worked in our favour because we used to go to Panjab University (Stu-C) everyday! Also with more students we have more cars and thus parking problem is usual! Students with time have rather become smarter and well , more fashionable. With the development of research opportunities, the students now have a lot of exposure. All in all, I am proud to be a part of this institution ."

-Dr. Mohit Bhutani, Batch 2005, Senior Resident in the Dept. of E. N. T., GMCH

"I feel that until second Prof, teachers are closer to the students, focussing more on how they perform and helping them individually. Once we get into final Prof, we're expected to be more independent and are not spoon-fed. The positive point about our college fests is that juniors and the seniors end up being closer and develop a strong bond. The students with whom I never interacted during my MBBS days turned out to be really nice ones. I interact with them during their postings that are with me as a JR. Once given a chance, we all can gel well, in the right environment. That includes teachers, seniors and juniors."

- Dr. Ridhima Sharma, Batch 2008, PG-JR in the Dept. of Community Medicine, GMCH

In conversation with Dr. Vishal Pall, one of the first graduates of our college

Q1. GMCH is completing its silver jubilee this year and has been recently ranked as the 10th best in the country. How do you feel about it?

A1. Given who we were taught by, and how we were taught, I had the feeling this was true since the first time I joined this college as a part of the first batch. It has only been formally recognized now.

Q2. Without any seniors to rely on, you must be the first and only batch to have read the academic books cover to cover. Is that how it was back then?

A2. I didn't personally read any book cover to cover, although I suspect a few of my batch mates did. There was a plenty of guidance from our faculty and peers at other medical colleges. Even if we didn't have any seniors, our world to seek advice from was wider and I loved that.

Q3. How did this college shape your personality and help you become what you are today?

A3. Besides the obvious foundation of medical training, our experience of being the first batch of a yet to be recognized medical college led us to learn the value of making our own path towards places scarcely discovered, versus following the marked path leading to similar destinations.

Q4. How was your experience in the Literary Committee in your time?

A4. There was barely anything formally constituted at the time. We all just went for it, with the raw and amateur talents we had and with full enthusiasm to display them. Some people stood out - I clearly remember Navneet Singh, Harminder Singh for their organizational and editorial skills, Harvinder Taneja wrote poems, Jagdeep Kaur sang and so many more I can think of!

Q5. How would you define yourself as a student?

A5. As part of a close knit group, I'd say I was fun loving, exploring the world of medicine with the naivety and curiosity of a beginner. Thinking we knew it all, only to discover that the more we learnt, the less we really knew.

Q6. What would be your message to us fledglings who have yet to make their names in the world as you have?

A6. Follow your heart; don't follow the well-trodden path just because it seems safe and familiar; let the training of medicine make you an instrument of service, so you may bring healing, hope and comfort to the ones you serve.

Rapid fire:

- 1. First word that comes to your mind when someone says 'GMCH'.
-Chandigarh**
- 2. Your fondest memory of GMCH.
-Hanging out at the Punjab University Students' Center during lunch time.**
- 3. First favourite faculty.
-Dr. Jaswinder Kaur**
- 4. What did you wish for in GMCH that students now have?
- Clinical research options and postgraduate courses.**
- 5. One word for your first day of college.
-Chaotic pride**
- 6. Do you miss your college days?
-For sure!**

Against The Odds

Soliloquy

None About The Bass, All Treble!

Remember that one unfortunate time when you made fun of someone obese? Didn't you get the oh-you-did-not or do-you-worship-Satan look from everyone around? Yes, you must have because making fun of (fat) people is bad. Really bad. Depraved. Discourteous. Derogatory. Black-hearted. Appalling. Awful. Well, you get the drift by now. So do you even remember the last time when you shamed someone skinny and felt sorry? Me neither. More often than not, we do discuss about the issue of body bashing but it doesn't take into account how skinny people face the same ordeal, how they too are placed on a pedestal and are required to meet certain standards. Let's talk the talk less talked about. (Trigger: watching body image part in the music video of 'Demons' by Imagine Dragons.)

"Please have some more food, you really need to!"

"Stay inside, it's windy today!"

"How do you manage to fit your organs in such a little space?"

Skinny people have heard it all but why does this fun and games affect them? Honestly, no matter how thick you make your skin, words pierce through and if you hear it constantly throughout the day, it gets hard. It is hard because time and again (and yet again..) you are reminded of how scrawny you are. In fact, you wonder how it is so easy for the 'normal ones' to point their sauce dirty fingers at you and laugh with a mouth which spits more food than saliva out.

"Why don't you put some flesh on these bones?"

Or the innovative ones like "What do you need an umbrella for? Just run between the raindrops."

And the most often of all, your parents are asked "Don't you feed him/her?"

Living life as a rawboned person is not everyone's cup of tea. For instance, even buying clothes for yourself is exasperating because you are undersized and you end up with something from the kids section. Brace yourself for the clichéd "you look like a hanger under these clothes". Your friends get a complex because they look relatively too plump and they will make sure to complain about this while hanging out with you, but you find a complex all day long because you see "normal-er" public around all places and no, you can't whine! Ever tried to lift or pull or push? Then you must have had the glory of hearing the famous "Rehne do beta, tumse na ho payega!" Relatives can be mean. You will be judged for being depressed and you will be judged for being a spoilt brat who is too rebellious to eat. And while travelling, nobody counts you in; everybody grabs a comfortable seat and you are always fitted in. Somehow.

"Your bones stick out like the neglected dog of my street!"

"I could break you over my knee, twig!"

We all hate falling sick but when you are skinny, you give your mom a mini heart attack every time you fall sick because the dictum states: Skinny People Are Weak People. Go to sleep and in your nightmares, you see weighing machines and how dreadfully you make sure no one is looking when you step on one. Talking of nightmares, you are always a buzz kill about outings because the humiliation around sure is mortifying. You aren't much of a people person because whenever you meet someone, you have to be prepared for their list of criticisms (as if you already don't know about yourself). You habitually assume people won't like you and

consequently, you can't become a part of crowd because you can't get past the feeling that you do not fit in. Well, you might be low on the fat scale but you are quite high on feelings scale.

"When I look at you, I want to shove an entire feast in your mouth."

"You will disappear someday."

Let us get it straight: do not ask the thin guy to eat a cheeseburger and bulk up, the fat girl to put down her fork, the dark ones to rub fairness creams, the short guys to hang from monkey bars or the tall girls if the weather is cooler above. What is it about our social standing today that demands us to criticize and bash each other just to get a few laughs out of others? Is it to feel like the bigger person or to hide our own insecurities by transferring them elsewhere?

To those who have faced the shaming- when it finally takes its toll on you, making you believe that you're not good enough; bear in mind that you're more than all the negativity heaped upon you. You're a great personality with all your organs and limbs working fine and just the fact that you have a heart that is bigger than this whole world, makes you more gorgeous than people will ever understand.

This is for you who notice the moon at noon on a day when the world has slapped you in the face with its lack of light.

More power to you!



- Prateek Upadhyay
Batch 2013

What good it was?

What good it was, when it had to lose
And see the evil win every time
Those fairy-tails, superhero stuff
Good was great only in nursery rhymes.
My mind asked me why should I do
Something that's of no worth
Rather pressed by the society
With words unsaid unheard
Was this a reason good enough
That it was taught to me since birth
I was also taught to win the race
And to prove everyone my worth
Then I encountered a strange voice from within
Was it conscience I didn't know
It said no worth is proved by bad
Even if it wins the show
It was never about gain or loss
Success isn't that should matter
Because we are not here to be the best
We are here to make the world better
The foundation based on degenerated values
May make my destiny
But I'll prefer to lose the game
Than to lose my morality.



- Vanaja Jain
Batch 2015

Attendance Issues?

With the students getting detained in such high numbers in our college we must take a moment to think and reflect on the '75% attendance' rule and how necessary it really is! Although made compulsory by the MCI a large part of its implication rests with the teachers. Blindly following rules is no solution we must think and act for ourselves sometimes. I believe in college as adults we should have some responsibility and a choice to manage our time as we require. To make all classes compulsory all the time perhaps makes attending classes a forced task instead of being an opportunity to learn as it should be. With a number of professors teaching right out of the textbook, which the students can just as easily do with self study much more effectively, I must ask you, is this way of teaching doing anything but wasting countless hours of both faculty and students. After all its not uncommon in a class to see students chatting online, playing games, sleeping, eating, pretending to look at the board, doing pretty much anything but actually learning anything. Maybe the teachers should make it so that the students come to class for information they can't get anywhere else or understand on their own. A mere physical presence of the students should not matter in deciding if a student is allowed to sit for the exams. I probably sound like someone who just got detained, but actually it was some of my friends who suffered. Nevertheless they were at fault as well. I think the saying 'rules are meant to be broken' is not right, rules are meant to be changed as and when required. I don't think you can deny in most classes knowledge isn't being given, just bland information forced on blank faces. With all that said, some professors make an exceptional effort to help us understand the concepts and we will forever be in their debt. I guess what I intend to do with this article at most is get some people to ponder on this issue like I have and to see what I see, that maybe, just maybe there is some flaw in the system. Or perhaps it is just some wishful thinking on my part. Food for thought?

-Anonymous (for obvious reasons)

Teaching a Batch of 100 Students

As I entered the classroom with my PowerPoint in hand
The room felt crowded with a lot of students on stand.

The din and noise was more than before,
I realised we had batch of 100 students on troll.

Chairs were few and desks were small,
The connect was slow and it was hard to call.

But as I began my talk anew,
Answers came fast and questions were on cue.

Numbers don't matter then I thought,
Eagerness to learn is all we want.

For doctors the nation will have now many,
My heart is tight and mind is happy.



Dr. Pooja Menon,
Assistant Professor
Dept. of Paediatrics

LOOK IN THE FRONT AND WALK

We don't see the step right in front of us, but try to be clever and see the whole world spanning across us and beyond. The result? We stumble and fall down at the very first move we make. I remember while walking with my parents on the pavement as a little child, I used to be constantly reminded, "Look in front of you when you walk then you'll not fall down and will not wander away." Sometimes, I used to bump into a stone and hurt my toe and would cry, "I can't look on the ground at the same time as I walk."

My mother used to say, "Well, if you look in the front, you will automatically take care of the ground." Whilst this is a childhood episode, I have come to believe that it is as much true today when I am adult as it was eighteen years ago. We often stop looking in the front and look all around us, distracted by what is going everywhere except in the direction we are going.

As a result, we face obstacles, get 'hurt' and 'wounded', have to stop to nurse our 'injuries' and spoil our own journey. Meanwhile, the world around us- the same world that has caused us this 'woe'- seems to move on just the same as before. We consider ourselves grown up.

We don't want to be guided by anyone. And indeed, that is how it should be! But unfortunately, our ability to guide our own direction is quite questionable. We want what others have, do what others do, follow all "that's-in". Where is our own sense of direction? To pursue the life of our instincts, our own internal desires, our own real stuff is really very

simple. But who wants to live such a simple life these days?

The more complex it is, the better it looks and sounds to us, the oblivious people. If only we reflect who we are, where we started our journey from and what our destination is, we would realize that we need not follow the world or gaze at it longingly.

As long as our goals are in line with our capabilities and our values, our journey will be self directed- well directed indeed! All we have to do is to focus on the next step we are going to place, forgetting about where the world is going. So all we need to do is simply look in front of us and walk!!!



Mehak Trehan
Batch 2013

The Five Phases We All Know

It's a fresh prof, a new year, a new beginning. Starting a new prof somehow leaves me a little determined and hopeful, determined to not repeat the same mistakes I made in second prof and hopeful that I'll actually stick to what I've planned for this year. Having gone through almost three MBBS professional examinations now, with the third one coming to a close, I find myself, and mostly everyone else, in a pattern we manage to stick to throughout the years. So here I present the five broad phases that almost everyone goes through in one year, starting from the beginning of a new session to its end -

1. Bring It On - This is the first phase which begins right after taking our final exams, when we enter our new session. Infused with a strange new energy, we start the year with a lot of optimism. But we spend too much time on sitcoms, novels and movies without any regrets. We master the art of bingeing, a lot of F. R. I. E. N. D. S. and Game of Thrones, might I add. We don't want to think about even picking up our new books just yet, because well, there's plenty of time left for that, right? We can "bring it on" a little later.

2. Let's Try - About a month or two into the new session and we think, okay, let's get things together. If we start studying now, we can manage. Not much has been covered in lectures and it won't take much of an effort for us to be up to date. Can't say that we leave our bingeing behind, we're already experts of our shows! We discuss at length every tiny detail of our favourite episodes, I mean, how can we stop ourselves? Nevertheless, we still try, or think that we will try and we do not let hope leave our side.

3. Let's Try Again - We clearly didn't stick to the great plans we had for ourselves in the last phase but we don't lose our faith! Let's try again for it still is manageable. Give yourself some credit here into thinking that you will now get a hold of your life and get on track. But you don't, do you? Still shamelessly mentally stuck at Central Perk or King's Landing. Only some class tests come to your rescue, which at least help you cover a bit of what you wanted to.

4. We Never Did It - We're a bit more than halfway through our prof and let's just say that things haven't shaped up as planned. We're way too close to our exams and we know in the back of our heads that we're doomed. But we still fool ourselves into thinking "Ho jayega, don't worry, abhi padhlo, sab theek hoga." We devise various strategies and plans to get us through what lies ahead, trying and failing to stick to our schemes, yet we don't stop. But, winter is coming (Game of Thrones references all day, every day) and it brings exams.

5. We're Doomed - Winter is here. We're walking zombies (white walkers?) now surviving on mugs of coffee a day (and night), not registering what's happening around us. We finally accept our fate and admit to ourselves that we basically lived in fool's paradise throughout the year. It's too late to fix things now, exams are here already. We muster whatever courage and determination we have left to get through the last three months of the year, hoping to make it out alive. The days and nights pass by in a blur and you don't remember much until it's the last day.

We walk out of the examination hall, take a deep breath and mentally pat ourselves on our backs for surviving the terror. This is a time to not look back and surge ahead, look forward to a new prof and a new illusion of bettering yourself this time. Never give up hope, is the motto.



Kanika Sehgal
Batch 2013

DEPRESSION DIARIES

June 10, 2014

Today when I woke up, I was again submersed in this feeling of never ending sadness. It stuck to my body like an over-coat and followed me everywhere I went. When I took my anti-depressants, the coat started thinning out.

My day went pretty passively. I avoided every eye contact possible. I carried this invisible weight of guilt, worthlessness and sorrow on my sagged shoulders. My shoulders have already stooped beyond the possible. This weight, it slowed me down and kept me from moving to anywhere possible. It restricted my each and every movement. It felt quite heavy on my already broken shoulders.

Even today my heart felt hollowed out as if my sorrow ate whatever was inside it scoop by scoop. My legs run on lead rather than blood and it's almost impossible to walk around just as I please, let alone going upstairs to my garden.

The man I talk to day and night is invisible to all. He's always right beside me. They say hallucinations occur in severest of depressions but he feels real to me, as real as any other person on Earth.

When I'm here buried inside the weight of my sorrow and nothingness, my friends take it as sadness. Sadness is not depression. Sadness is a feeling that goes as fast as it comes whereas depression comes slowly, gripping your throat, your heart and everything else. Slowly and slowly the grips get so tight that you break completely.

I'm fighting everyday to keep myself from breaking.



Yakshi
Batch 2014

FACEBOOK OR 'WASTEBOOK'

Remember, 4th February 2004!! The brain wave of Marc Zuckerberg and Andrew McCollum, Facebook is barely 12 yrs old and has more than a billion users! Facebook is the most popular and free social networking site of all times. Well it seems that in today's society if you don't have a Facebook account then you are different and you don't "fit in". The plus points about Facebook are too many and too well known. Facebook is free! It's also one of the best mediums for communication across the world, crossing the barriers of distance, culture, and background. Facebook is the most convenient tool for finding old buddies, keeping friendships alive, and an easy way to share feelings and what's happening in our daily life. It is also a great educational tool. Facebook fan pages, groups, events, etc. are getting more popular by the day. Various experiences related to health and latest medical advancements also can be shared on the Facebook thus helping people in need. Finally, although it's a virtual world, relationships can blossom on Facebook. Facebook online games are popular and addictive. Besides the games, there are thousands of applications, quizzes, etc. available. In a nutshell, Facebook is the full package of communication, education, entertainment and addiction! However, It becomes an obsession and rightly coined wastebok! It distracts students and steals away their precious time. Eyes, spine and brain cells all are adversely affected. Time that is meant for family, academics, sports, etc. is spent on Facebook. Ironically, as a wastebok it leads to disharmony in families and interpersonal ties. Facebook that on one side can bring about matrimonial alliances can be a reason for divorce as well. Teenagers are very vulnerable for online harassment and may be stalked. Fake profiles are created, so be wary! Every user should use the site carefully to minimize risk by turning on privacy settings and be wise in uploading self details and making online friends. A few may even use it to propagate antipathy against a particular religion, community or race. In conclusion, Facebook is a site for sharing and bonding, to be used judiciously so that it does not become a wastebok. Do not let it affect you in any way - after all, it is just a website!



Dr. Manpreet Singh
Associate Professor
Dept. of Anaesthesia

Rage, Rage Against the Dying of Light

Let the fire burn. Don't be afraid of the burning you feel inside your heart. What do you think creates your being? Fire began your start... Passion and fire keep life turning multiplied with energy, helps keep us alive. If it wasn't for creation's yearning, the life would have died inside. Without a burning ball of gas, you and I surely wouldn't survive. Embody all that you feel, for the purpose of life is life longing for itself. But a life without emotions is a life devoid of wealth. Some repress their burning that they think they get, mistaking it for rage and lack of self respect. Yet it is only life we have right now and continue to protect. Nobody fights to look after death when all is gone and nothing left. "Why are we here?" is analysed, scrutinised and still we will dissect trying to explain our feelings that are manifested as vibrations and quantified by our vessels, perceiving the overwhelming experience of what it is to be. Not a human. Not an android. But, to be. Channel that passion for life and more to come. Realise every energy manifests as our destiny. And that everyday might be your last. Yet today we are still young. And, right now is all we have. And we can't keep forever. Accept the moment for what it is, embrace it, for as you do you keep the fire alive. The same fire that is your existence, the same infinite energy continues to provide. For even though we are made of mostly liquid, we are solidly woven into the fabric of a gas, as we inhale inspiration and exhale expectation.



*Upinderjeet Singh
Batch 2013*

The Dark Clouds, the Unforgettable Rain

*The dark sky has its own charms,
As if a scene of harry potter movie;
Or some may say 'heaven warns'
Still something it has got to say.
See the lightning flashes
and hear the thunder with amaze!
The touch of raindrops as I feel
washes away all the sorrow
Takes along my tears
and gives a desire to grow!
Something I hear,
it speaks in my ears
'Here I take the sadness and tears
Let go of all the fears;
Just move with your head up high,
You'll see Him looking towards thy'
slowly the dark clouds do separate
Giving way to light
Telling me that all is fate'
another valuable insight!*



*Jasmine
Batch 2011*

A Close Up of The Glimpse

Government Medical College and Hospital, Chandigarh. A dream to get in for many, this 'industry' literally 'handcrafts' sterling doctors and has always been a place where I learnt many things, in context to not just academics but life lessons, as well.

It all started with 'quality' over 'quantity' talk in vivas, knowing "8 AM" means "8 AM" in lectures; to the fact that, the more you know about the subject is always less; but when it comes to drama the, "less you know, the better" (I'm sure a lot of you can relate to this).

Fast forwarding to what has been my last experience in the college magazine.

I personally feel nothing stays with you better than your own experience and I've been lucky enough to get many during this course of a few months.

The constant guidance by the Editorial committee needs a special mention.

By giving an insight to see, how stuff gets done- impeccable managing, smart negotiations and the virtue of patience ; I got a peek-a-boo of what is in store for me as an adult. (Who said I'm looking forward to it?)

Just like being in a ship whose sailors knew exactly what the coordinates of the destination were, the journey wasn't all that tough for us juniors.

Secondly, talks with personalities like that of Mr. Kailash Satyarthi, Dr. K.S. Chugh, Mr. Anil Kapoor and Ms. Yugratna Srivastava, are not only something which will stay with me forever but they showcase what the human mind can do for himself and the society; and it's remarkable. "Work while the others party, the difference is going to show." These words by Anil Kapoor shows how exactly he is where he is. (Maybe the struggle we doctors go through will bear fruit too someday.)

"I have goals, not dreams" maybe Harvey Specter from Suits but for me it was Dr. K.S. Chugh.

The selflessness and hard work put in by Mr. Kailash Satyarthi and Ms. Yugratna Srivastava showed me the sky is the limit when it comes to achieving your dream.

Lastly, I would just say from all what I learnt is, hard work has no alternative. Also, be smart in your dealings for there is always room for negotiation (you can use the same in your relationships too with people provided I don't get quoted)

Finally, I'd say to make the best use of 'what' you have, 'when' you have it, to use it exactly 'how' you want it!

All in all, to fit the theme, this voyage and experience it brought with it, just makes me look forward to the next one.

Until then,

"Don't downgrade your dream just to fit your reality, upgrade your conviction to match your destiny."



Akash Deep Singh
Batch 2013

A Thing Of Beauty

*Butterfly O'butterfly!
Pause a while,
Who made you smile?*

*"Seven colours of rainbow,
Lent me colours so bright!
Sparkling beads gave the,
Twinkle to my eyes!!"*

*"The breeze let me flutter,
and the flowers let me dance!
The freezing snowy peaks,
Left me in a trance!"*

*"My silky shiny threads,
Makes gowns for you.
That makes you shine as me,
And makes you look so new."*

*"That is why I dance,
And flutter with pride.
Touch me not I am,
So brittle and bright!!"*



Harsh Arora
Batch 2013

Paper Boats

*With utmost precision
He creases the paper,
Folding it into his
fantasy.
He places it in the
puddle,
With the rest of them.
He brings it to life by
Blowing at its back.*

*As it sails on,
Tracing a zigzag
pattern
On the water
Sometimes in control
Sometimes not.*

*As it sails on,
Like a survivor
Amongst the rest
It crosses enemies
And friends.*

*It brings a smile on his
face
As it nears its
destination,
The Red Flag*

*Swaying in its glory.
He knows he will win.
Today at least if not
Yesterday or tomorrow.*

*Today he'll bathe in
pride.
I watch him closely,
I watch him intently.*

*As he jumps about
Over an empty victory,
I wonder if,
The emptiness doesn't
Swallow him like me
Or if happiness of a
victory
How-so-ever small, is
Enough to bring satiety
In a child's mind.*



Yakshi
Batch 2014

Internship Blues

Confessions of a Disenchanted Doctor

This is a rant, my friends. A rant that is brought on by a state attributable to many factors; namely - having slept for just four out of the past thirty six hours; having realized that halfway through my internship I have managed to turn myself from a fresh doctor into a syringe wielding savage who works at a spinal level; and having resigned to the fact that I no longer care about people's opinion about me, about how my writing seems disoriented, and how my sentences are way too long. I will fix the sentences though.

I had the unparalleled experience of working in the emergency recently. It made me feel things I had never felt... pure, unadulterated disgust at how other people can be; and pure, unadulterated disgust at myself for getting lulled into this rut that makes you numb to things. Not numb in an unfeeling kind of way. Numb in a way that stings like hell when something does get to you.

In a colossal cauldron of every stench imaginable, you will find your soul. You will find if your conscience allows you to close your eyes and play dead when someone is dying for real, or if it pinches you enough to make you try despite your lowly position and majorly lacunous knowledge. You will find that some men will deem it appropriate to leer at you while you try to treat them. And you will find yourself in a situation where you cannot do much about it apart from doing your job.

You will see death; left, right and center. You will come back, crash on the bed, only to dream of the wailing people you so conveniently ignored while walking towards your morning fix of caffeine. You will hear their screams and see their scalded skin in your sleep. A lay person who knows nothing about how a hospital works will repeatedly tell you how you doctors are useless and do not care. You have no motivation to tell them that you do care but the sheer load can defeat anyone's enthusiasm for this job. You will find yourself wishing for that gratitude everyone says people show to our profession. Because you don't see it. Maybe there is none. Maybe it's a lie spun at some high level to trick you into this life.

I know that i promised I'd fix the sentences. But like I also said, I do not care.



Smriti Mahajan
Batch 2011

Internship Philosophies

"How do you feel today, Mrs Reena?"

"I m fine, good to see you Sister ji."

My heart takes an instant summersault. After four and a half years of slogging, cramming, toiling and spending unending sleepless nights; internship is when you feel that your shining apron and Steth will get due notice . From having the Dr. prefix before your name to being called "doc sa'ab", the fantasies are just too amusing. And then 1st of January happens and reality hits you, hard. Gradually as the weeks pass, you realise that you have turned into a little vampire with the supernatural ability to suck blood from any possible vein (not to forget arteries of course). Oh well, that's the easy part. You learn to take out samples blindly as well with the needle going left, right, haywire and hey, we can do sampling half asleep as well! (Pros, you see). But what about the patient? Who cares! She just called me sisterji.

Ah well, that's where most of us falter. Having spent a good six months of my stay on earth into the mosquito business, you do tend to realise you are doing your bit towards patient care; and what is the most important of all? A smile, addressing the patient by his/her name and talking in a polite manner. Believe me, it does wonders. It is obviously hard in an emergency set up. One tends to lose their calm but what's the harm in trying. You might feel- "How can an intern think about giving us such philosophical talks? Has she even seen the world? We know more." Of course, you know more but as the universal law states, it is always easier to preach. Trust me, one kind word can change someone's entire day . Try and be the person that makes others feel special. Be known for your kindness and grace. Believe in the magic of kindness.



Jannat Kang
Batch 2011

Lessons

*The people that come into our lives do so for a reason.
It may be for a day, or a month or an entire season.
But when two paths cross
No matter how brief,
There is a lesson somewhere to be learned.
It may be to tell us that we are on the wrong path,
and there is a corner that needs to be turned.
It may be to teach us that we can still fly and soar in the
heavens above.
Or it may be a brief and torrid affair,
To teach us that we can still love.
And maybe my words are speaking to you and I'm part of
some message you need,
To show you the signs that surround you
So that in between the lines you can read.*



*Mehak Trehan
Batch 2013*

Cherry Blossoms

*Embedded in conscious the vision so vivid
Are beauty, volatility and ambience so timid
Of delicate looks of cherry blossoms,
Blooming in millions that look just awesome
At right temperature the buds just open
Bent and loaded branches look drunken
They adorn the trees for just two weeks
Then spread on the floor like pretty sheets
The gentle breeze blows petals so light
Mimicking a snow fall under sky so bright
The floating petals on the lakes below
Gives looks of paradise for thoughts to flow
For Japanese these are special occasion
for tourists they carry special attraction
Thousands of tourists flocking the streets
Makes you just wonder at nature's feet
transient but meaningful life of pleasantries
smiling for humanity like colorful deities*



*Prof. Alka Sehgal
Dept. of Obstt. & Gynae*

THE POWER OF SOCIAL RESPONSIBILITY

People are living in a society where they are bound with numerous social evils. People are fond of complaining but they do not like to take initiative. They cannot dream of a superhero with supernatural powers who would take on their 'social responsibility' and save the day for the world. It is the youth which shall have to bear the social responsibility to build a better society.

Social responsibility means that every individual in society is duty-bound to work for the betterment of society. There is a need to eradicate the numerous social evils and the youth as a whole has the power to do it. Social issues like child labour, drug abuse, violence, gender inequality, poverty and ill-treatment to the elderly are interfering in the nation building process. The youth has the power because they are Young, Optimistic, Useful, Trustworthy and Honest and that is what "YOUTH" stands for. They can fulfill their duty by planting a tree to start with, spreading awareness about the need for education of the girl child, the need to cease the usage of drugs and violence and the need to give women equal rights. They can simply do service in old age homes and slums. The feeling of standing with the people, not above them, spreading the message of peace and brotherhood is something which shall entail responsibility and sensibility in the citizens.

Youth is a power, a force which has the ability to bring the society together, to instill peace among people. The religion of universal humanity shall be realized if the youth realizes its power. Remember,
"We make a living with what we get, but we make a life with what we give"

-Winston Churchill



Pooja Bhatia
Batch 2013

INSOMNIAC

Lying down in my bed at 10 pm
I hear dogs barking in the street
I set an alarm for 6 am
As I shut my eyes and try to sleep
I start to think too deep
I can hear my heart weep
My mind running wild
Like that of a young child
I wake up from bed
My tears beginning to shed
Feeling that I should rather be dead
I feel so lonely in this dark place
I can't find any solace
No one to talk to
No one to hear
I gently scream- "why am I here?"
"Then again, I try to sleep
I can hear my heart beat
I look at the clock its 2 am
But my brain won't stop
My head keeps on spinning day

and night
With my eyes wide open
I start looking what I've achieved
so far
All I could see were wounds and
scars
This lonely place its scaring me
I don't know where to go
Its dark and I can't see
Its like a room with no walls
But yet I'm trapped inside
An enclosed open space
With nowhere to hide
I'm losing myself
In a place called the brain
I'm on my way to be called insane
thoughtfulness thinking
I'm gravely confined
I'm just wandering around
aimlessly
In this place called my mind



Lakshya Nagpal
Batch 2013

Are we there yet?

Okay, so I was watching this incredibly-cheesy-but-also-kind-of-cute TV series the other day and something that the protagonist said stuck with me. The dialogue was: *"It's the oldest story in the world. One day you're seventeen and planning for someday and then quietly and without even noticing, someday is today and then someday is yesterday. And this is life"*

Being the born thinker that I am, naturally I started applying it to my life. It seems like yesterday when I was studying for medical entrance exams and the only worry in my life was to get into a good medical college. I can still clearly remember the giddy feeling of entering the dissection hall for the first time; the overwhelming stench of formalin and the excitement of dissecting a cadaver. Or the accidents in the biochemistry lab. The mind boggling puzzle of telling the pathology specimens apart. (Golden rule: Never rely on slide numbers.)

But soon, I will be expected to handle a patient's life. I will be expected to know what medicine to prescribe, right to their exact doses and brand names. I should be knowing what investigations to order; how to reach to a diagnosis; where to cut, what to cut and how to cut. Most of us just live in the day, one at a time; but if you actually give it a thought, the realization is grounding. The difference between Second and Pre Final prof. is not just that between Sarai building and the hospital. It is the difference between being 'still kids' and 'almost doctors'. You can no longer say "I don't know how to treat this disease practically. Can I interest you in the pathology behind it?" or "Hold on, let me consult KD Tripathi for the exact dose." One miscalculated dose or a spelling mistake could be a fatal error. In a few years we wouldn't be able to deflect responsibilities. We are getting labeled as 'DOCTORS', the saviours. You are supposed to know how to stabilize an RTA victim. You are supposed to make quick and correct judgements. We are going to be pinned by hopes of many.

They say doctors are next to God. (Or a universal non denominational force/entity: if you're an atheist) I, for one, am not ready for this huge responsibility. Most days I can't even guide the patients to the correct department. (It may have something to do with my terrible sense of

directions.) It is a huge feat for us to even wear our scrubs right, or take a good history or even remember all the steps of a proper hand wash. Let alone stop our hands from shaking every time we're asked to do something. At times, I look around the class and think, am I the only one freaking out? But then I remember the universal truth "Being an adult is terrifying." So maybe some of us are just better at covering it up (and crying internally).

I know most of you must be thinking by now: "You're having a midlife crisis." Or

"Yeah, you're the only one thinking that (scoff)." Or

"This is so depressing." (Hey Newbies!)

I must tell you, it's not all so gloomy. Pre Final prof. is actually quite cool. You get more clinically oriented. Sometimes, you nail the history. Or even get the diagnosis right (without sneaking a peak in the file). Or even give the right directions to someone. (Side note to self: Request patients to not call you "sister" or "didi".) On those days you think "maybe I've got this" and after all, there've been thousands of doctors who have went through the same rite of passage. I guess all you can do is your best and hope that's good enough. (And maybe read Harrison). So get your stethoscopes and lab coats, because this is show time for us 'almost doctors'. Kudos to us!



Mandira Sharma
Batch 2013

Rethinking Conservation

Life originated on a blistering, toxic and hostile Earth in the form of humble cyanobacteria. And now, 4.1 billion years, five mass extinction events and seven ice ages later; human beings find themselves in the unique position of being indisputably the dominant species on the planet.

Some of us have abused this absolute supremacy in an attempt to quench our insatiable avarice, erecting skyscrapers, 12 lane expressways, 4 kilometer deep gold mines, artificial islands and innumerable other examples of our needless exploits. However, others among us have an ingrained fondness for the innumerable others we share this Earth with. We have always inherently seen ourselves as a caretaker or guardian species for all the critters roaming the earth.

Or so most of us would have ourselves believe.

But how many of us really understand the earth as the delicate system of intricately interwoven micro-ecosystems that it is; and how many of us are guilty of happily indulging our inner hippie, puffing out our 'Save the tiger' tee clad chests with pride, sipping our organic coffees in our biodegradable cups, blissfully unaware of the actual threat to our planet's life systems.

How many of us switch on Nat Geo for the latest on Panda conservation, while failing to recognize the individuality of the poor yeast cells on that piece of mouldy bread we just tossed in the bin a couple of hours ago?

From the psyche of the common man to the public policy we find a severe disregard for the preservation of biodiversity per se and a severe bias towards 'celebrity species'. At this point, we are losing species at a rate 1000-10,000 times the natural extinction rate, with literally dozens going extinct every single day; but unfortunately for most of the casualties, they are not glamorous enough to make the news or rouse protests. In India itself, there are 132 species of critically endangered plants and animals in the IUCN Red List. The tiger is not on this list. The Great Indian Bustard, Ganges shark, Red-headed vulture, Gharial, Hangul, Bengal florican and the Kashmir stag however, are on the list. How much funding, effort and public attention is going into their preservation, while most of

the resources are being siphoned off into Project Tiger? The endangered plants and insects are suffering from even greater obscurity and neglect.

What is their fault in the grand scheme of things? Not being 'cute' enough to make for a great instagram post or not being captivating enough to steal all the traffic at twitter?

No one can accuse these species of not pulling their weight in the ecosystem; many of them act as keystone species in their environment. These are the guys sweating it out behind the scenes, keeping it all together, making the planet hum along. Our wildlife conservation strategies are lopsided and deeply flawed, and our bias towards cute, fuzzy and crowd-pleasing animals diverts precious resources away from less fascinating species that are actually far more crucial for our planet, leaving them in dire straits.

My aim here is not to discredit all the commendable efforts that have gone into conservation to date, but to ask for a shift in mindset and policy to a broader scope. We need to stop lying to ourselves if we cannot look beyond the usual suspects, the poster boys of conservation, the pandas, the tigers and the koalas; and provide support to those who deserve a greater amount of our attention and resources for their survival.

We are all but one in the all, another cog in the great wheel of life, with each species playing its own unique unadulterated role; and we need to begin to start treating the more modest ones with the respect they deserve; taking conservation on its own new voyage.



Arjun Prabhu Sharma
Batch 2013

Vaidyo Narayano Harih

शरीरे जर्जरीभूते व्य । धिग्रस्ते कलेबरे

औषधं जाह्नवीतोयं वैद्यो नारायणो हरिः

śarīre jarjarībhūte vyadhigraste kalebare
auṣadam jāhnavītoyam vaidyo narāyaṇo hariḥ

"When the Sarire (Body) is suffering due to disease, medicine is as sacred as the water of Ganga and the doctor is naaraayana Himself!"

It is true that the doctors earned the same respect as God. But what went wrong. We hear so many news of doctors being assaulted by patient's relatives/ the patients suing the doctors in the court of law.

If we go back to the history of modern medicine, the physicians practiced medicine as a mission. The service to the society was truly based on the principle of "altruism" which means patient's interest is higher than the self-interest. The society paid huge respect to the medical men and did take care of their status and the needs. I fervently believe that when one achieves this state of mind of selfless service, the qualities of God automatically transcend on the being. With time, the missionary service transformed into profession, where the professionals would provide a service in lieu of a fixed fee. The patients were provided care in line with the professional ethics of not let the life suffer. They learnt the ethics from their Gurus/ teachers as they imbibed the personal traits and qualities during the period of training. The teachers would put their entire effort to impart their knowledge and skills to the students. The relation was so pure that in the original Hippocratic oath, it is mentioned that

"To hold my teacher in this art equal to my own parents; to make him partner in my livelihood; when he is in need of money to share mine with him; to consider his family as my own brothers, and to teach them this art, if they want to learn it, without fee or indenture"

In the meantime the society, in general, moved towards more physical world. The doctors too fell in the same trap and made medical profession as a business. The business- which is always based on the principle of attaining profit. When the business houses learnt about the potential of profit in medical profession, they started pouring in money for creating fancy infrastructure. The cost of the medical treatment went up exponentially. So much paraphernalia was added to these temples of medical treatment that they provided facilities equivalent to five star hotels, but of course for a cost. And the cost was recovered from the patients, who even, required no medical treatment but visited the hospital for minor ailments. When the cost of medical treatment went high, the insurance companies came in picture. Since numbers of men sharing the profits of medical treatment swelled by the addition of corporate houses and their HR teams, the insurance people, etc, the cost of the medical treatment further escalated.

Now in majority of the capitalist societies, the private models are replacing the public models. Since majority of our population could not afford the expensive

private treatment, the government run health institutions became overcrowded and started clogging. The facilities got stretched beyond limits. Ultimately, the quality of treatment went down. Lack of accountability by government doctors, like most of the other government offices acted like the last nail in the coffin. While in the corporate sector, society started pulling doctors to courts for not being able to get back their worth of money. The doctors had to face the wrath of public for even accidental medical errors. The poor outcome of the treatment even due to the bad natural history of the disease also attracted the wrath of the public because they spent huge money.

Simultaneously, the medical teaching institutions also followed the model of business. The MBBS and MD/MS seats were now being sold for huge sums of money. When the selection of a student was mainly based on money transactions, the motive of medical students changed from 'serving' to 'earning'.

Simultaneously, the medical teachers, with a fear of getting competition from their own students became reluctant in passing their knowledge and skills to them. Thus the doctor-patient as well as teacher-student relationship got eroded. And the very essence of Hippocratic Oath, which was narrated above, was altogether lost. In the recent times, the greed and urge to earn more money transformed the doctors' profession from business to scams. Selling of human organs and unnecessary surgeries/medical investigations instilled fear in the minds of common men of being subjected to unnecessary interventions.

But we should never forget that God lives amongst common and ordinary masses only, as an old saying goes - "Awaz-e-Khalkat, Nagada-e-Khuda"-which means the voice of common men is like the drum of God. Therefore, it hurts me severely to say that Narayana is nowhere near to doctors today. I feel that there is a dire need for introspection at the level of doctors as well as the society, as to how can we restore the glory of the medical profession so that the meaning of the age old shloka- "Vaidyonarayano Harih" is restored.



Prof. Ravi Gupta
Professor , Dept. of Orthopaedics

INDIA'S DAUGHTER

Imagine this: you are going back home after watching a movie with your friend and suddenly a bus seems to be going your way and offers you a ride, and you innocently accept it. The bus has dark windows, and inside it, six determined rapists waiting for their prey, but now there is no way out. These six rapists then proceed to rape you with extreme brutality and literally pull your intestines out. How would you feel after being treated like this? If I were a woman, I would not know what to do. A girl was brutally gang raped and killed on December 16th, 2012 in Delhi in the exact same way. This gang rape was not only the headlines of every newspaper in India, but also received coverage around the clock all over the world. Rape is a huge problem in India and despite it being a woman's worst nightmare, it is one of the most common crime committed against them. According to the National Crime Records Bureau of India, the reported rape rate is 2 per 100,000 people, which is much lower than the actual incidence reported by the media and even lower than that reported to the authorities. "India's Daughter" is a brief documentary, directed by Leslee Udwin that documents the brutal gang rape that took place back in 2012.

It penetrates facts and attitudes only in a single case, and it does so with such innately powerful material that it does not necessitate the use of any fancy cinematographic gimmicks. The documentarian does a miraculous job by gaining access to every side of the story by even interviewing one of the rapists, who was also the driver of the bus.

Some of the highest moments in the film are the declarations provided by the defence attorneys. He refers to a woman's virtue as a "flower" that must be protected at all times but "if you put it in the gutter it will be spoilt."

The film also gives us the opportunity to hear from the victim's family. It speaks up for those twenty-three thousand five hundred and eighty-two women that were raped in the year of 2011, in India, and countless others

around the world.

India's Daughter was initially released on March 9th, 2015 in New York City. It called attention to a great threat posed to women by the fellow members of our community. But most importantly, it also questioned a nation's ability to protect its citizens; mainly women. India banned the showing of this film, because the documentary "brought shame on India". It certainly did bring shame to such a reputable nation, but it was high time that people found out about the inhumane acts of crime committed against women, and the way in which they undeservedly suffer on a daily basis because of an egoistical patriarchal society.

In the documentary, Udwin also lays emphasis on the anger that tore through the country in the days followed by the event. All women who were angered by the occurring of this event gathered and protested, but the mere fact that armed male police officers used barricades and water cannons to prevent women from speaking up against the harshness and rape, demonstrates a great deal about whose side the government is really on.

The banning of this documentary definitely questions the ability of democratic India to protect its citizens. The people of the Indian government believe that the documentary has brought shame, but what they have completely chosen to ignore is the salient existence of male dominance. The entire incident begs the question if the government really can be trusted to protect its female population against violations of their constitutional, and more importantly, basic human rights.



Aazam Singh Jauhal
Batch 2013

THE HEDGEHOG AND THE FOX

Life is a see saw, there are ups one moment and downs the next. Should we fret during the lows or accept them as passing phases, remains a big question we are looking for an answer to. While we search and wait for the answer, let me present something I found and have adopted to comfort myself, when I am down and out. I title my optimistic vision as "THE OXYMORON OF EXPERIENCES" as I have countered each sad experience with a happier one and each negative thought with a positive one in my article.

"It was the best of times," Dickens says in 'A Tale of Two Cities', "it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity." These lines echo in my mind time and again. The opposite experiences in life resolve into a discernible meaning. "The really efficient laborer will not crowd his day with work", said Thoreau, "but is only earnest to secure the kernels of time, and does not exaggerate the value of the husk."

Absence has an imprint. US rear admiral Zeimer had lost his father in the Vietnam War. Years later he served as coordinator of US Malaria Initiative there. Without any grudge, he famously quoted the Bible "Vengeance Is Of Lord's And U Defer To That". Imprint was sense of duty of his father. Yet We Humans Are Intrepid. Dev Anand, the immortal star developed his style copying Hollywood star Gregory Peck because his beloved Saraiya loved Peck. Saraiya found a better Man; Dev a better career.

Appearance is said to proclaim a man. Élan And Éclat are adored. Some others believe foppishness is more sneer than value. The notion may be limited. Epitome is Bob Marley's Redemption Song on Anti racist struggles written by a white. Notions about good looks too evolve. Even Mona Lisa Was Once Deemed Ordinary.

I'm sure after reading this you will enjoy reading the following by wearing a smile on your face.

"Too many cooks spoil the broth", but "Many hands make work light"
 "Absence makes the heart grow fonder", but "Out of sight, out of mind"
 "Fine feathers make fine birds", but "Fine clothes do not make a gentleman."
 "Appearances are deceitful", but "Apparel oft proclaims the man."
 "You can't teach an old dog new tricks", but "It's never too late to learn."
 "Fine words butter no parsnips", but "Honey catches more flies than vinegar."

So you see how simple things can get philosophical. What you have today may not be with you tomorrow so never get absorbed and obsessed by your achievements- societal or monetary. Balance your emotions, life gets easier then. We shouldn't give up our questioning, skeptical selves. Hereby, I leave you with a thought to ponder upon; after victory Romans cautioned Caesar, "Thou art Caesar you art mortal this too shall pass", apt for the bad days and the good ones as well!

We need lateral silos in our thinking. As Isiah Berlin divided thinkers into hedgehogs who viewed the world through the lens of a single idea and foxes for whom the world cannot be boiled down to a single idea.

"Experiences Should Be Faced As Foxes."



Parneet Kaur Grover
Batch 2015

My Idol – My Role Model – My Father

Every child's greatest hero, idol and 'Super man' is his dad. To him / her, "dad" is the Strongest, Greatest and the "Best" person in the whole Universe. I am no different. Even now, at the age of 52, to me my father, going strong at 83 years, is still the greatest and the Best Person in the world, the "One" to whom I look up to if I hesitate at something or need advice.

I can vouch for the fact that even at this age, he is mentally and physically a very strong man. Only up to 2 years back in summer holidays, when I would go out to help him in our garden and the kitchen garden at our residence in Hyderabad, after around 10-15 minutes, he would tell me, "Harish Babu, go inside, you will get tired" and continue working!! After some time, I would really go inside, tired; and he would continue to work.... That's when he was 80-81 years and I was 49-50 years!! Dasari Divakara Rao or "Divakaram" as he was fondly addressed to by his friends and relatives, was born on November 26th, 1933, in Rajahmundry, Andhra Pradesh. Fifth in line of six siblings from a lower socio-economic family, he had an ordinary childhood just like any kid in his area. What separated him from others was his anger and his firm belief in the sanctity of hard work and truth. He was always getting into fights with other street kids and being stronger, would end up physically harming them. There would be complaints galore to my grandparents from the parents of the kids who were bitten / beaten or thrashed by him. Finally, when he was around 13-14 years, my grandmother took him to a temple and made him promise not to fight with other kids. He used to tell me that since his was a large family, he and his elder brother would work in a quarry, part time, after school, to help in the family finances.

During his early days (pre-Independence) the street lights in Rajahmundry were of Kerosene Lanterns. When his family slept in the evenings, he would sit under these lanterns to study, complete his assignments etc. My grandmother would wake him up in the mornings at dawn, so that he could exercise - he was an active member of the Rashtriya Swayam Sewaks (RSS) even at that age and would go for the daily drill at dawn. Of the six siblings, he was the only one interested in studies.

Having passed Matric in upper IIInd division, (a first in our community) he went to enrol himself in the Intermediate College. He wanted to take Science but did not have the requisite amount to pay the fee (he was 5

rupees short) and so had to contend himself with Humanities. He completed his BA in first attempt and became the first person in the whole community in Rajahmundry to do so. He was felicitated by the community elders for this achievement (I belong to the "Weaver" Community which in Andhra Pradesh, is counted under Backward Class - and we are discussing the achievements in the 1940s and 50s).

He then went to BHU, Varanasi, to pursue MA in English and then completed B.Ed., all in first attempt and with good division. He thus became the only postgraduate in the Community and also the first person to take up teaching "English". The reward he got for that - he was married to a very beautiful girl from the richest family (of our community) in Rajahmundry - Uma Bala - My dearest mother.

Whichever institute he went - St. Gabriel's Senior Secondary School, Guntur; Sainik School, Korukonda; Lewis Cass High School, Indianapolis, USA, Kendriya Vidyalayas, Univ. of North Wales, U.K., etc. - he commanded respect of the students, teachers and the people of the area because of his hard work.

Twice in his life, he had the chance to settle in foreign land and make his and his family's life more comfortable - once when he was in USA in 1971 and then in UK in 1976 - but because my grandfather wanted him to be by his side, my father had to forego these and settle here only. However, as luck would have it, he was out on a foreign assignment, when my grandfather passed away! He never regretted these decisions as it was his father's will.

He was a very strict disciplinarian and I was always in 'awe' of him. I had to muster courage even to talk to him. My mother was always the 'go between' for us. If he was angry with me, he would vent it on her and if I was to show my resentment, it was through her only! Even after my marriage, I could not talk freely with my dad, unlike my sisters and my younger brother. My wife and my son make fun of me for this, even in his presence! It is only now when I myself have approached the other side of 50 that I have been able to talk to him freely, man to man.

Contrast this with the way my son, Anshuman aka Montu behaves with me - I still remember that when he was 7 or 8 years old, I had hit him for something. At that time, he left the room silently, but after sometime,

when he saw that I was calm and cool, he demanded an explanation for getting angry with him! I have not laid my hands on him since then. Now that he is in college and away from home, I try to be his friend and confederate.

My father was the Principal of the schools where we, his four children studied, right from my 5th – 12th. Anything and everything that we did in the school was known to him before we reached home. It had some very horrible and painful consequences, if I may add!

I have been successful in inculcating the respect for money to Montu. During his schooldays, whenever he wanted something, I would not give him on first demand. I would explain to him in terms he could comprehend - suppose something cost 200 rupees, I would tell him that this was the amount we paid to the rikshwala to take him to the school for one whole month! Eventually, after we felt that he understood its worth and would take care of it, we would get it for him. Now that he is in a hostel and has to make do with a particular amount of money for the whole month, his respect for the value of each rupee has increased, so much so that he even saved money to gift me a watch worth two thousand five hundred rupees from his pocket money!!

One childhood incidence, which is very clearly etched in my mind was during one of our LTC trips. We were in Puri at that time. We were all taking a dip in the ocean. My younger brother, Satish and I went slightly deep. Then, Satish suddenly lost his foothold and slipped. He grabbed me and before I realised what was happening, he started dragging me down. The water was up to my neck and I was unable to come out. I shouted for help. My sisters came towards me but were of no help and we were all going down. My father, when he saw this, came and he and other people there pulled us all out. That evening, he took us to the beach again. He encouraged us all to get into the water even though we were terrified. He said that was the only way to overcome the fear - Face the challenge and get rid of the fear! When Satish refused and started crying, my father lifted him and just threw him into the sea! By about 15 minutes or so, even Satish lost his fear and started enjoying the sea!.

In 1985, when he was 52 years old, he enrolled himself in Punjabi University, Patiala to pursue his M. Ed, teaching us once again that age is no bar for education! Even now, at the ripe age of 83, he follows a strict regime - wake up at 5 AM sharp, meditate for an hour, followed by exercise for half an hour, tend to the garden - we have a huge one at that! He still reads for at least 3 to 4 hours daily, has learnt the use of many apps in his android phone

and is active on the net - interacting with his friends, students, children and grandchildren. In the evenings, he would go for walk for an hour. I wish I could do at least half of what he does daily and at this age!

It was his hard work, determination and sincerity that enabled him, a kid from a lower socioeconomic family of a backward community from Rajahmundry to be selected to represent India as an Exchange Teacher to teach English in USA, UK, become Principal of KVs and retire as a consultant to the CBSE! Like every child, I can go on and on about my father and never get tired of it. My whole life is influenced by him. Like him, I am a firm believer of sincerity, hard work and the sanctity of truth. He taught me that there are no shortcuts in life. I try my level best to be honest to my work and just in my dealings with people.

As my students, you would have seen that nothing influences me more than sincerity in your approach. I keep no bias in my interactions with my students, colleagues and staff and this is what I tell you on the first day that I meet you in the class, "Do not try to use any means to influence me in any way other than your sincerity and hard work and if you do so."

God Bless You



Prof. Dasari Harish
Professor & Head
Dept. of Forensic Medicine & Toxicology



College: Self Esteem Tester?

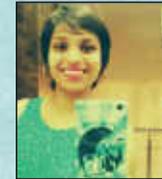
First prof. is over and I have successfully concluded that college life is nothing less than a TV high school drama with all our stereotypes playing their roles perfectly.

The Miss Popular doesn't stop being spiteful about the Beauty Queen's new date, while the Hunky Guy never leaves a chance to bully Skinny Legs, 'cause well, he can't really pick on someone his own size. Dreamy Boy carries the "awe" girl's books to her locker, too shy to ask her out. Were you there when the Joker got his new gig about the professor that made you laugh till you turned red, or when Brawns were showing off their biceps and triceps, leaving the second row chicks daydreaming? Gossip Girl is the Social Queen Bee surrounded by her hive as she feeds them with fresh updates of the morning: a necessary job because if she doesn't, then who will spread rumors like forest fires? Oh, the HORROR! While all this commotion reins the lecture hall, there is a loner in the corner sitting quietly, while a goofball pens down this article beside him!

Everyone has a role to play or the class loses its luster, and the circle of mingling people is incomplete. Beneath all of this lies a question: Does an interaction so extensive get so intimate that it intimidates your privacy? It could, since people know more about you than you know about yourself. You ultimately are scanned by the x-ray vision of your comrades- a scrutiny so strict, it highlights all your itchy-bitsy habits and God forbid, gets you a nickname based on it! (If it's royally embarrassing that is). Their curiosities may kill your cat when you hear rumours about yourself that may leave you gob smacked!

This may shatter your confidence, leave you in a self doubt and insecure about who you are and what you can do! On the other hand, it could be necessary. A criticism this shrewd may give you second thoughts and motivate you to bring about a change in your life. It never has to be taken in an unhealthy way because you can always do something about it. It may make you tougher and stronger while building the 'Haters gonna hate'

attitude, making you stand out from the crowd, because really all you want is that "I don't give a damn about what you think" drive. A drive that doesn't lower but enhance your self esteem, making you tough for the real world. You may discover a new you, more confident and certain about yourself. What you have, what you do can't be done by all. You are an individual, complete in yourself and it takes tough times to polish coal into a diamond. Your uniqueness never has to be a burden on you!



Kritee Shukla
Batch 2014

ROGER FEDERER – AN ODE TO HIS LEGACY

Roger Federer, the man I idolise (along with more than half of the world) and a name which each one of us, I am sure has heard/read.

Well, what do we know of him?

Current opinion- a veteran struggling for his 18th grand slam for 4 years now and trying to maintain his ground against present players.

Alas! This is not who he is actually, not the least. Federer is an institution in himself which has been proved by his awe inspiring performance on the court time and again. Truly speaking, he is a player from whom other sports people can learn the ways of the game from.

He is someone whom everybody can take inspiration from and a person from whom common man can learn to overcome obstacles and put in relentless efforts , today and always. Calling him an institution has many reasons.

For the naive ones, conquering an unbeaten record of 17 grand slams is no mean feat topped by the fact that he won his first title at the mere age of 22 years.(at the age at which you and me will not have even graduated, he had made a mark for himself). His journey to the top has been quite interesting. Prior to 1998, he played as a junior player and won various titles including the Wimbledon. In 1998, he entered the professional tennis world and took it by a storm. Officially, he bagged his first Grand Slam singles title at Wimbledon in 2003 and , with this started his dominance on the court for years to come . This triggered a series of consecutive wins at almost every other Grand Slam that came his way.

What followed were 13 years of pure grace , swift moves and never-seen-before one hand backhands(his trademark style) which conquered the hearts of many and also filled his closet with the most sought after trophies. He was the king on the grass court undoubtedly but the French open had been evading him for long which he finally tamed in 2009 ,thus completing his career slam. This year proved lucky for him in more ways than one as it was in the same year that he married his long time girlfriend and his once colleague, Mirka Vavrinec. Also he welcomed his first set of twins this year.

He clinched the no 1 position for the first time in 2004 and still holds the record for the maximum no. of weeks of being numero uno. (a whopping

302 weeks).

Currently he is ranked no. 3 and is still vying for the top spot.

He has been dodging questions of retirement since the last Olympics where he completed his silver slam. Meanwhile, eyebrows were being raised about his advancing age till he reached the next Olympics. But putting all the speculations to rest here he is gearing up for the Rio Olympics to be held this year once again eyeing to complete his golden slam.

Hats off to this man's never-say-die attitude that never fails him even post the injury that made him pull out of this year's French open.

Apart from being a marvel on court, he is a doting father too as he has already started coaching his elder set of twins to give us another generation of the Federer's.

What inspires me is his incessant grit and determination with which he still plays , and the faith with which he enters each grand slam and not to forget the spirit of a warrior with which he fights back every time he is there.

Fedex(as he is fondly called) has his name etched in golden letters in the world of sports and it will be there for generations and generations to come.

There is only respect and more respect for this champion.

Hats off to this living legend !

#foreverurfan.

Jimmy Connors rightly said "In an era of specialists, you're either a clay court specialist, a grass court specialist, or a hard court specialist... or you're Roger Federer."



Japleen Bhatia
Batch 2014

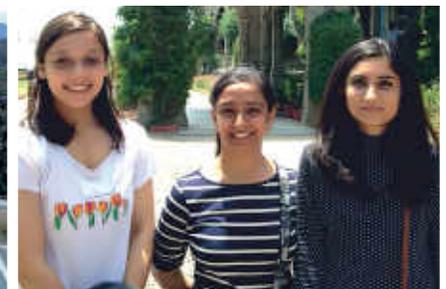
Batch Trip to Uttarakhand



Photographs Courtesy : Pratiksha Tyagi & Kanika Sehgal (Batch 2013)

Pulse 2015

Stimulus 2016



Photographs courtesy : Kishmita , Sanya, Kanav & Shubhangi (Batch 2014)

How Much Of A GMCHite Are You ?

1. Why do you bunk your classes?
a) To sleep.
b) To eat.
c) To study.
d) I don't bunk classes.

2. How many times have you been caught putting proxies?
a) Never (pro)
b) once or twice
c) tried once and caught
d) Never even tried

3. How many times do you ditch mess/home food for eating out?
a) Every other day.
b) Once in a week.
c) On occasions.
d) Very less.

4. By the end of a year, how much is your attendance?
a.) Below 70%
b.) 70-75%
c.) 75-80%
d) >85%

5. What is your favourite drink?
a) Ahem!
b) Canteen Ki coffee
c) Fruit-juice
d) water

6. What is your favourite slogan?
a) 1-2-3-4 band karo ke attachant!
b) Gali-Gali mei laa hai,
c) Rate ke piche kya hai?
d) Never used one.

7. When do you start studying for a test?
a) Padhma bhi Hota hai?
b) Outside the exam-hall.
c) A night before.
d) I study regularly, so revision is no problem.

8. How much battery does mini militia consume in your phone per day?
a) more than 50 %
b) 11-49%
c) less than 10%
d) I have a life instead

Score-card:
(a) 4 points
(b) 3 points
(c) 2 points
(d) 1 point

Result:

Above 28: Congrats, you are a typical GMCHite.

19-27: Almost there!!!

10-18: Buck up! There's still some scope.

Below 10: Sorry, you are hardly a GMCHite

ਰਾਸ਼ਟਰੀ ਸਿੱਖਿਆ ਦਿਵਸ

ਚੜ੍ਹਦੀ ਕਲਾ

ਮਾਂ-ਬਾਪ

ਜਦੋਂ ਤੁਸੀਂ ਧਰਤੀ ਉੱਤੇ ਪਹਿਲਾ ਸਾਹ ਲਿਆ ਤਾਂ ਤੁਹਾਡੇ ਮਾਂ-ਬਾਪ ਤੁਹਾਡੇ ਕੋਲ ਸਨ। ਉਹ ਆਖਰੀ ਸਾਹ ਲੈਣ ਤਾਂ ਤੁਸੀਂ ਕੋਲ ਹੋਵੋ। ਮਾਂ ਗਰਭ ਵਿੱਚ ਅਪਣੇ ਬੱਚੇ ਨੂੰ ਸੰਭਾਲ ਕੇ ਰਖਦੀ ਹੈ। ਬੱਚਿਆਂ ਦਾ ਫਰਜ਼ ਹੈ, ਕਿ ਉਹ ਵੀ ਆਪਣੇ ਮਾਂ-ਬਾਪ ਨੂੰ ਘਰ ਵਿੱਚ ਪੂਰੀ ਤਰਾਂ ਸੰਭਾਲ ਕੇ ਰੱਖਣ।

ਬਚਪਨ ਵਿੱਚ ਬਿਸਤਰਾ ਗਿੱਲਾ ਕਰਿਆ ਕਰਦਾ ਸੀ। ਜਵਾਨੀ ਵਿੱਚ ਅਜਿਹੀ ਕੋਈ ਗੱਲ ਨਾ ਕਰੀ ਕਿ ਮਾਂ-ਬਾਪ ਦੀਆਂ ਅੱਖਾਂ ਗਿੱਲੀਆਂ ਹੋਣ।

5 ਸਾਲ ਦਾ ਲਾਡਲਾ ਤੁਹਾਡੇ ਤੋਂ ਪਿਆਰ ਦੀ ਆਸ ਰਖਦਾ ਹੈ। 50 ਸਾਲ ਦੀ ਉਮਰ ਦੇ ਮਾਂ-ਬਾਪ ਵੀ ਤੁਹਾਡੇ ਤੋਂ ਪਿਆਰ ਅਤੇ ਆਦਰ ਦੀ ਉਮੀਦ ਰੱਖਦੇ ਹਨ। ਬਚਪਨ ਵਿੱਚ ਗੋਦੀ ਵਿੱਚ ਪਾਲਣ ਵਾਲੇ ਮਾਂ-ਬਾਪ ਨੂੰ ਧੋਖਾ ਨਾ ਦੇਣਾ।

ਪਤਨੀ ਪਸੰਦ ਨਾਲ ਮਿਲਦੀ ਹੈ, ਮਾਂ-ਬਾਪ ਕਰਮਾਂ ਨਾਲ। ਪਸੰਦ ਦੀ ਖਾਤਰ ਕਰਮਾਂ ਨਾਲ ਮਿਲੇ ਮਾਂ-ਬਾਪ ਦਾ ਦਿਲ ਨਾ ਦੁਖਾਉਣਾ।

ਮਾਂ-ਬਾਪ ਸ਼ੱਕੀ, ਕਰੋਧੀ, ਪੱਖ ਪਾਤੀ ਬਾਅਦ ਵਿੱਚ; ਪਹਿਲਾਂ ਉਹ ਪ੍ਰਤੱਖ ਦੇਵਤਾ ਹਨ।

ਮਾਂ-ਬਾਪ ਦੀਆਂ ਅੱਖਾਂ ਵਿੱਚ ਦੋ ਵਾਰ ਗੁੰਝੂ ਆਉਂਦੇ ਹਨ, ਇੱਕ ਬੇਟੀ ਦੀ ਡੋਲੀ ਵੇਲੇ, ਦੂਜਾ ਜਦੋਂ ਪੁੱਤਰ ਮੂੰਹ ਮੋੜ ਲਵੇ।

ਜਿਹੜੇ ਬੱਚਿਆਂ ਨੂੰ ਮਾਂ-ਬਾਪ ਬੋਲਣਾ ਸਿਖਾਉਣ, ਉਹ ਵੱਡੇ ਹੋ ਕੇ ਮਾਂ-ਬਾਪ ਨੂੰ ਚੁੱਪ ਕਰੋ ਕਹਿਣ, ਸ਼ਰਮ ਦੀ ਗੱਲ ਹੈ।

ਸਰਬਜੀਤ ਸਿੰਘ
ਲਿਫਟ ਓਪਰੇਟਰ



ਮਾਂ

ਪਤਾ ਨਹੀਂ ਉਸ ਉੱਪਰ ਵਾਲੇ ਦੇ ਦਿਲ ਵਿੱਚ ਕੀ ਆਇਆ ਹੋਵੇਗਾ ਜਦੋਂ ਉਸ ਨੇ ਮਾਂ ਨੂੰ ਬਣਾਇਆ ਹੋਵੇਗਾ।

ਪਥਰ ਦੀ ਇੱਸ ਦੁਨਿਆਂ ਵਿੱਚ ਰੁੱਲਦੇ ਨਾਂ ਰਹੀਏ ਅਸੀਂ ਇਸੇ ਲਈ ਉਸਨੂੰ ਸਾਡੇ ਤੇ ਤਰਸ ਆਇਆ ਹੋਵੇਗਾ

ਚੰਦ ਨਾਲੋਂ ਵੱਧ ਠੰਡੀ, ਸੂਰਜ ਨਾਲੋਂ ਵੱਧ ਰੌਸ਼ਨ ਉਸ ਨੇ ਕੀ ਕੁੱਝ ਕਰਨਾ ਚਾਹੁੰਦਾ ਹੋਵੇਗਾ

ਦਯਾ ਦੀ ਮੂਰਤ, ਦਰਦਾਂ ਦੀ ਦਵਾ, ਪਿਆਰ ਦੀ ਮੂਰਤ ਸ਼ਾਇਦ ਉਸਨੇ ਸਾਰਾ ਜ਼ੋਰ ਇੱਕ ਤੇ ਹੀ ਲਾਇਆ ਹੋਵੇਗਾ

ਪਿਆਰ, ਸੱਚਾਈ ਅਤੇ ਹੋਰ ਕੀ ਕੁੱਝ ਉਸਨੇ ਮਾਂ ਦੇ ਵਿੱਚ ਪਾਉਣਾ ਚਾਹਿਆ ਹੋਵੇਗਾ

ਦੁਨੀਆਂ ਵਿੱਚ ਜੋ ਕਿਤੇ ਨਹੀਂ ਕੋਈ ਖਰੀਦ ਸੱਕਦਾ ਮਾਂ ਵਰਗਾ ਅਨਮੋਲ ਤੋਹਫਾ ਸਾਡੇ ਲਈ ਬਣਾਇਆ ਹੋਵੇਗਾ

ਉਹ ਆਪ ਸ਼ਾਇਦ ਹਰ ਥਾਂ ਤੇ ਨਹੀਂ ਜਾ ਸਕਦਾ ਹੋਣਾ ਇਸੇ ਲਈ ਉਸਨੇ ਮਾਂ ਨੂੰ ਬਣਾਇਆ ਹੋਵੇਗਾ

ਰਤਨ
ਬੈਚ ੨K੧੩



ਨਵੀਂ ਸੋਚ ਦਾ ਸੂਰਜ

ਦਿਨ ਚੜ੍ਹਿਆ ਹੈ ਭਾਗਾਂ ਭਰਿਆ,
ਸੁੱਖਾਂ-ਮਲ੍ਹਾਰਾਂ ਦੇ ਨਾਲ ਭਰਿਆ।
ਲੱਗਦਾ ਸੂਰਜ ਨਵਾਂ-ਨਵਾਂ ਹੈ,
ਚਾਲ ਵੀ ਇਸਦੀ ਰਵਾਂ-ਰਵਾਂ ਹੈ।
ਜਿਉਂ-ਜਿਉਂ ਦਿਨ ਹੈ ਚੜ੍ਹਦਾ ਜਾਂਦਾ,
ਮਨ ਵਿੱਚ ਜੋਸ਼ ਉਮੰਗ ਹੈ ਭਰਦਾ।
ਸੋਚ ਹੈ ਬਦਲੀ, ਹੋਸ਼ ਹੈ ਬਦਲੀ,
ਝੜ੍ਹ ਕੇ ਪੱਤ ਪੁਰਾਣੇ ਸਾਰੇ,
ਰੁੱਖਾਂ ਦੀ ਤਾਂ ਜੂਨ ਹੈ ਬਦਲੀ।
ਤੰਗ-ਦਿਲੀ ਦੇ ਘੇਰੇ ਵਿੱਚੋਂ,
ਮਾੜੀ ਸੋਚ ਦੇ ਭੇਰੇ ਵਿੱਚੋਂ,
ਭੈੜੇ ਕਰਮਾਂ ਦੀ ਜ਼ਿੰਦਗੀ ਚੋਂ,
ਦਹਿਸ਼ਤ ਦੇ ਸਾਏ ਵਿੱਚੋਂ,
ਹੁਣ ਹੈ ਨਵੇਂ ਨੂਰ ਦਾ ਸਾਇਆ,
ਪੁੰਦ ਪਿੱਛੋਂ ਹੈ ਸੂਰਜ ਆਇਆ।
ਆਓ, ਰੱਲ-ਮਿਲ ਕਦਮ ਵਧਾਓ,
ਜਾਤ-ਬਿਰਾਦਰੀ ਦੂਰ ਭਜਾਓ।
ਆਪਣਿਆਂ ਨੂੰ ਆਪਣੇ ਸਮਝੋ,
ਦੂਜਿਆਂ ਦੇ ਵੀ ਦੁੱਖ ਵੰਡਾਓ।
ਨਵੀਂ ਸੋਚ ਦਾ ਚੋਲਾ ਪਾ ਕੇ,
ਪੁਰਾਣੀਆਂ ਲੀਰਾਂ ਗਲੋਂ ਹੁਣ ਲਾਹੋ।
ਨੱਚੋ-ਟੱਪੋ ਖੁਸ਼ੀ ਮਨਾਓ,
ਜਿੰਦਗੀ ਨੂੰ ਖੁਸ਼ਹਾਲ ਬਣਾਓ।
ਰੱਜ ਕੇ ਖਾਵੋ, ਰੱਜਕੇ ਹੱਸੋ,
ਹਰ ਪਲ ਜੀਵੇ ਹਰ ਪਲ ਮਾਣੋ,
ਹਰ ਪਲ ਜੀਵੋ, ਹਰ ਪਲ ਮਾਣੋ।।

ਸਵਨੀਤ ਸਿੰਘ
2013



ਭੁੱਲ ਗਈ ਹੋਣੀ ਏ

ਬਣ ਕੇ ਜਾਨ ਮੇਰੀ, ਤੁਰ ਗਈ ਦੂਰ ਜਿਹੜੀ,
ਕਾਹਤੋ ਛੇੜ ਲਈ ਏ, ਉਹਦੀ ਗੱਲ ਯਾਰਾ।
ਅੱਖਾਂ ਸਾਹਵੇਂ ਜਦ ਗੈਰਾ ਦੀ ਚੜ੍ਹੀ ਡੋਲੀ,
ਮਰਦੇ ਦਮਤੱਕ ਨਾ ਭੁਲਣੇ, ਪਲ ਯਾਰਾ।
ਸੀ ਮਜ਼ਬੂਰ ਉਹ ਵੀ, ਸੀ ਮਜ਼ਬੂਰ ਮੈਂ ਵੀ,
ਸਾਡੇ ਦੋਹਾਂ ਕੋਲ ਨਹੀਂ ਸੀ ਹੱਲ ਯਾਰਾ।
ਉਹਲੇ ਹੋਣ ਤੱਕ ਉਹਨੂੰ ਮੈਂ ਰਿਹਾ ਤੱਕਦਾ,
ਤੱਕ ਸਕੀ ਨਾ ਉਹ ਮੇਰੇ ਵੱਲ ਯਾਰਾ।
ਹੋਣੀ ਚੰਦਰੀ ਖੁਸ਼ੀਆ ਵਿੱਚ ਖੇਡਦੀ ਉਹ,
ਮੇਰੇ ਕਾਲਜੇ ਨੂੰ ਪੈਂਦੇ ਸੱਲ ਯਾਰਾ।
ਭੁੱਲ ਗਈ ਹੋਣੀ ਹੈ ਉਹ, ਮੇਰੇ ਯਾਦ ਹੁਣ ਤੱਕ,
ਤਾਹੀਂ ਆਈ ਨਹੀਂ ਮਿਲਣ ਲਈ, ਚੱਲ ਯਾਰਾ।

ਵਕਤ ਦੀ ਪੈ ਗਈ ਮਾਰ ਵਿਛੋੜਾ ਜਰਨਾ ਪੈ ਗਿਆ ਉਏ,
ਯਾਰਾ ਟੁੱਟੇ ਦਿੱਲ ਤੇ ਪੱਥਰ ਧਰਨਾ ਪੈ ਗਿਆ ਉਏ।
ਉਹ ਹੀ ਜਾਣੇ ਕੋਈ ਹਨੇਰੀ ਝੁੱਲ੍ਹ ਗਈ ਹੋਣੀ ਏ,
ਵਿਛੜੀ ਨੂੰ ਚਿਰ ਹੋ ਗਿਆ
ਲੱਗਦਾ ਭੁੱਲ ਗਈ ਹੋਣੀ ਏ।

ਜਿੰਦ ਬਿਨਾ ਵੀ ਜੀਉਣਾ ਪੈ ਜੂ, ਸੋਚ ਨਾ ਸਕਿਆ ਸੀ
ਅੱਖਾਂ ਮੁਹਰੇ ਜਾਂਦੀ ਨੂੰ ਮੈਂ ਰੋਕ ਨਾ ਸਕਿਆ ਸੀ
ਉਹ ਬੰਦਸ਼ਾ ਦੀ ਤੱਕੜੀ ਦੇ ਵਿੱਚ ਤੁਲ ਗਈ ਹੋਣੀ ਏ
ਵਿਛੜੀ ਨੂੰ ਚਿਰ ਹੋ ਗਿਆ
ਲੱਗਦਾ ਭੁੱਲ ਗਈ ਹੋਣੀ ਏ।

ਆਸ ਨਹੀਂ ਕੋਈ ਮਿਲਣੇ ਦੀ, ਐਸੇ ਵੱਖ ਹੋਏ ਆਂ
ਇੱਕ-ਦੂਜੇ ਨੂੰ ਪਤਾ ਨਹੀਂ, ਜਿਉਂਦੇ ਜਾਂ ਮੋਏ ਆਂ
ਉਹ ਸਿਦਕ ਦੀ ਪੱਕੀ ਹੈ ਜਾ ਫੁੱਲ ਗਈ ਹੋਣੀ ਏ
ਵਿਛੜੀ ਨੂੰ ਚਿਰ ਹੋ ਗਿਆ
ਲੱਗਦਾ ਭੁੱਲ ਗਈ ਹੋਣੀ ਏ।

ਮੈਨੂੰ ਤਾਂ ਹੁਣ ਰੋ-ਰੋ ਵਕਤ ਲੰਘਾਉਣਾ ਆ ਗਿਆ ਉਏ
ਮੇਰੇ ਵਾਗੂੰ ਉਹਨੂੰ ਵੀ ਜੇ ਝੋਰਾ ਖਾ ਗਿਆ ਉਏ
ਗੁਰਦੀਪ ਦੇ ਵਾਗੂੰ ਫੇਰ ਤਾ ਉਹ ਵੀ ਰੁਲ੍ਹ ਗਈ ਹੋਣੀ ਏ
ਵਿਛੜੀ ਨੂੰ ਚਿਰ ਹੋ ਗਿਆ
ਲੱਗਦਾ ਭੁੱਲ ਗਈ ਹੋਣੀ ਏ

ਗੁਰਦੀਪ ਸਿੰਘ
ਐਨਐਸਬੀਜੀਆ ਵਿਭਾਗ



ਸੱਚਾ ਇਸ਼ਕ ਤਾਂ ਦੁਨੀਆਂ ਤੋਂ ਦੂਰ ਹੋ ਗਿਆ

ਕੱਲ ਰਾਤ ਉਸਦੀ ਯਾਦ 'ਚ ਮੈਂ ਖੋ ਗਿਆ,
ਨੀਂਦ ਨਹੀਂ ਸੀ ਆਉਂਦੀ ਪਰ ਫਿਰ ਵੀ ਮੈਂ ਸੋ ਗਿਆ।
ਸੁਪਨੇ 'ਚ ਰੱਬ ਮਿਲਿਆ, ਕਹਿੰਦਾ ਤੈਨੂੰ ਕੀ ਹੋ ਗਿਆ ?
ਮੈਂ ਕਿਹਾ ਰੱਬ ਜੀ ਮੈਨੂੰ ਕੁੱਝ ਨਹੀਂ ਹੋਇਆ, ਮੇਰਾ ਤਾਂ ਬਸ ਸਾਹ ਹੀ ਖੋ ਗਿਆ।

ਰੱਬ ਹੱਸਿਆ ਤੇ ਬੋਲਿਆ ਤੂੰ ਤਾਂ ਲੱਗਦਾ ਪਿਆਰ 'ਚ ਝੰਲਾ ਹੋ ਗਿਆ,
ਜਿਹੜੇ ਯਾਰ ਦੀ ਤੂੰ ਗੱਲ ਕਰਦਾ ਉਹ ਤਾਂ ਹੁਣ ਕਿਸੇ ਹੋਰ ਦਾ ਹੋ ਗਿਆ।
ਮੈਂ ਰੱਬ ਨੂੰ ਪੁਛਿਆ ਕਿ ਰੱਬਾ ਸਾਡੇ ਤੋਂ ਕੀ ਕਸੂਰ ਹੋ ਗਿਆ ?
ਰੱਬ ਕਹਿੰਦਾ ਇਸ ਵਿੱਚ ਤੇਰਾ ਕੋਈ ਕਸੂਰ ਨਹੀਂ, ਬੇਵਫਾਈ ਤਾਂ ਮੋਹਬੱਤ ਦਾ ਹੁਣ ਉਸੂਲ ਹੋ ਗਿਆ,
ਹੁਣ ਕੋਈ ਸੱਸੀ ਨਹੀਂ ਰੋਂਦੀ ਜੇ ਉਸਦਾ ਪੁਨ੍ਹ ਉਸ ਤੋਂ ਦੂਰ ਹੋ ਗਿਆ।

ਮੈਂ ਰੱਬ ਨੂੰ ਪੁਛਿਆ ਕੇ ਤੈਨੂੰ ਇਹ ਸਭ ਕਿਵੇਂ ਮੰਜੂਰ ਹੋ ਗਿਆ ?

ਰੱਬ ਅੱਖਾਂ ਵਿਚ ਹੰਜੂ ਭਰ ਕੇ ਬੋਲਿਆ ਇਸ ਵਿਚ ਮੇਰਾ ਕੋਈ ਕਸੂਰ ਨਹੀਂ, ਇਹ ਤਾਂ ਹੁਣ ਨਵੀਂ ਪਿੜੀ ਦਾ ਦਸਤੂਰ ਹੋ ਗਿਆ,
ਹੁਣ ਹਰ ਹੀਰ ਨੂੰ 'FASHION' ਅਤੇ ਹਰ ਰਾਂਝੇ ਨੂੰ ਪੈਸੇ ਦਾ ਸਰੂਰ ਹੋ ਗਿਆ
ਅੱਜ ਕੱਲ ਦੇ ਸੋਹਨੀ ਮਹਿਵਾਲ ਵਿੱਚ ਪਿਆਰ ਦਾ ਖੇਲ ਬਹੁਤ ਮਸ਼ਹੂਰ ਹੋ ਗਿਆ,
ਐਵੇਂ ਲੋਕੀ ਮਿਰਜ਼ਾ-ਸਾਹਿਬਾ ਦੀਆਂ ਕਸਮਾ ਖਾਂਦੇ ਨੇ ਜਦਕਿ ਸੱਚਾ ਇਸ਼ਕ ਤਾਂ ਕੱਦ ਦਾ ਦੁਨੀਆਂ ਤੋਂ ਦੂਰ ਹੋ ਗਿਆ।

ਹਰਵੀਨ
2013



School ਜਾਣ ਨੂੰ ਜੀ ਕਰਦਾ

ਉਹ School ਜਿੱਥੇ ਸਵੇਰੇ ਉਠਕੇ ਜਾਣ ਨੂੰ ਜੀ ਨਹੀਂ ਕਰਦਾ ਸੀ,
ਅੱਜ ਉਸਦੇ Gate ਦੇ ਸਾਹਮਣੇ ਜਾ ਖਲੋਨ ਨੂੰ ਜੀ ਕਰਦਾ।

Gate enter ਕਰਦਿਆਂ ਜਿਹੜਾ Guard ਮਿਲਦਾ ਹੁੰਦਾ ਸੀ,
ਉਸਨੂੰ ਫਿਰ ਇੱਕ ਵਾਰ "ਗੁਡ ਮਾਰਨਿੰਗ ਭਈਆ" ਬੁਲਾਉਣ ਨੂੰ ਜੀ ਕਰਦਾ।

ਜਿਹੜੇ cycle stand 'ਚ cycle ਡਿੱਗੇ ਪਏ ਹੁੰਦੇ ਸੀ,
ਅੱਜ ਉਹਨਾਂ cycles ਨੂੰ ਜਾ ਉਠਾਉਣ ਨੂੰ ਜੀ ਕਰਦਾ।

ਜਿਹੜਾ ਰਾਹ ਤੁਰਕੇ class ਵੱਲ ਜਾਈਦਾ ਸੀ, ਅੱਜ ਉਸੇ ਰਾਹ ਦੇ ਗੇੜੇ ਫਿਰ ਲਾਗਾਉਣ
ਨੂੰ ਜੀ ਕਰਦਾ।

ਜਿਹੜੀ class ਦਾ ਰੌਲਾ ਰੱਪਾ ਕੰਨਾਂ 'ਚ ਚੁੱਭ ਜਾਂਦਾ ਸੀ, ਅੱਜ ਉਸੇ class 'ਚ ਜਾ
ਰੌਲਾ ਪਾਉਣ ਨੂੰ ਜੀ ਕਰਦਾ।

ਜਿਹੜੀ assembly 'ਚ ਖੜਿਆਂ ਧੁੱਪ ਲੱਗਦੀ ਹੁੰਦੀ ਸੀ,
ਅੱਜ ਉਸੇ assembly 'ਚ "God is so good" ਗਾਉਣ ਨੂੰ ਜੀ ਕਰਦਾ।

ਜਿਹੜੀ class 'ਚ ਜਾ ਚੁੱਪ ਕਰਕੇ ਬੈਠਾ ਰਹਿੰਦਾ ਸੀ,
ਅੱਜ ਉਸੇ class 'ਚ ਜਾ ਗਾਣੇ ਸੁਣਾਉਣ ਨੂੰ ਜੀ ਕਰਦਾ।

ਜਿਹੜੇ PT Period ਦੀ exercise boring ਲਗਦੀ ਸੀ,
ਅੱਜ ਉਹੀ PT exercise ਸਾਰਿਆਂ ਨੂੰ ਕਰਵਾਉਣ ਨੂੰ ਜੀ ਕਰਦਾ।

ਜਿਹੜੀ Sister ਦੀ ਸੋਟੀ ਤੇ ਬੜਾ ਡਰ ਲਗਦਾ ਹੁੰਦਾ ਸੀ,
ਅੱਜ ਉਸੇ Sister ਅੱਗੇ ਜਾ ਹੱਥ ਵਧਾਉਣ ਨੂੰ ਜੀ ਕਰਦਾ।

ਜਿਹੜੀ canteen 'ਚ ਜਾ "O yes" ਖਾਂਦਾ ਹੁੰਦਾ ਸੀ,
ਅੱਜ ਉਹੀ ਪੁਦੀਨਾ ਵਾਲੇ O Yes ਖਾਣ ਨੂੰ ਜੀ ਕਰਦਾ।

ਜਿਹੜੀ Stage 'ਤੇ ਚੜਨ ਤੋਂ ਬੜਾ ਹੀ ਡਰ ਲਗਦਾ ਹੁੰਦਾ ਸੀ,
ਅੱਜ ਉਸੇ Stage 'ਤੇ ਇੱਕ ਵਾਰ ਫਿਰ ਭੰਗੜਾ ਪਾਉਣ ਨੂੰ ਜੀ ਕਰਦਾ।

ਜਿਹੜੀ School ਵਾਲੀ ਘੰਟੀ ਸੁਣਕੇ ਮੰਨ ਖੁਸ਼ ਹੋ ਉੱਠਦਾ ਸੀ,
ਅੱਜ ਉਹ ਘੰਟੀ ਇੱਕ ਵਾਰ ਫਿਰ ਸੁਣਕੇ ਮੰਨ ਖੁਸ਼ ਹੋ ਉਠਦਾ,
ਅੱਜ ਉਹ ਘੰਟੀ ਇੱਕ ਵਾਰ ਫਿਰ ਸੁਣਨ ਨੂੰ ਬੜਾ ਹੀ ਜੀ ਕਰਦਾ।



ਸੁਭਕਰਮਣ ਜੀਤ ਸਿੰਘ
ਬੈਚ ੨K੧੨

ਇੱਕ ਮੁੰਡੇ ਦੇ ਟੁੱਟੇ ਦਿਲ ਦੀ ਕਹਾਣੀ

ਕਾਲਜ ਚ ਜਦੋਂ ਇੱਕ ਸਾਲ ਸੀ ਮੈਨੂੰ ਹੋਇਆ
ਸਰਾਈ ਚ ਮੈਂ ਕੱਲਾ ਸੀ ਖਲੋਇਆ।
ਇੱਕ ਹਸਦਾ ਖਿਡਦਾ ਚਿਹਰਾ ਸੀ ਮੈਂ ਦੇਖਿਆ,
ਯਾਰਾ ਨਾਲ ਮੁਸਕਰਾਂਦੇ ਸੀ ਮੈਂ ਉਹਨੂੰ ਦੇਖਿਆ।
ਭੰਗੜੇ ਦੇ ਸੱਦਕਾ ਉਹ ਮੇਰਾ ਯਾਰ ਸੀ ਬਣ
ਗਿਆ,
ਮੌਜਾਂ ਕਰਦੇ ਇੱਕ ਸਾਲ ਸੀ ਫੇਰ ਲੰਗ ਗਿਆ।
ਹੌਲੀ ਹੌਲੀ ਦਿਲ ਯਾਰੀ ਤੋਂ ਤੱਪ ਗਿਆ,
ਲਗਦਾ ਸੀ ਮੈਂ ਉਹਦਿਆਂ ਗੱਲਾਂ ਤੋਂ ਪੱਟ ਗਿਆ।
ਇੱਕ ਦਿਨ ਮੈਂ ਜਾ ਉਹਨੂੰ ਦਿਲ ਦਾ ਹਾਲ ਸੀ
ਸੁਣਾਇਆ,
ਕਮਲਾ ਦਿਲ ਬਸ ਉਸਦੇ ਲਈ ਸੀ ਲਾਇਬਰੇਰੀ
ਆਇਆ।

ਉਹਦੀ ਨਾ ਸੁਣ ਕੇ ਧੰਕਾ ਬਹੁੱਤ ਲਗਿਆ।
ਪਰ ਉਹਦੇ ਘਰਦਿਆ ਦੀ ਸੌਚ ਉਸ ਦਿਨ ਜਾ
ਪਤਾ ਲਗਿਆ।

ਵੱਕਤ ਨੇ ਮੇਰਾ ਜਖਮ ਸੀ ਭਰ ਦਿਤਾ,
ਸੌਚਿਆ ਇਹ ਚੈਪਟਰ ਮੈਂ ਏਥੇ ਹੀ ਖਤਮ ਕਰ
ਦਿਤਾ !

ਕੁਛ ਦਿਨ ਬਾਦ ਉਹਦੇ ਯਾਰ ਬਾਰੇ ਸੀ ਪਤਾ
ਲਗਿਆ,
ਸਾਰੇ ਜੱਖਮਾ ਤੇ ਨਮਕ ਸੀ ਲਗਿਆ।

ਦਿਲ ਮੇਰਾ ਰੋ ਰਿਹਾ,
ਉਹ ਵਾਰ ਵਾਰ ਏਹੋ ਜੇਹਿਆਂ ਠੱਕਰਾਂ ਤੋਂ ਸੀ ਡੱਰ
ਰਿਹਾ।

ਮੈਂ ਹੋਲੇ ਜੇਹੇ ਕਰਕੇ ਏਸ ਦਿਲ ਨੂੰ ਚੁੱਪ
ਕਰਾਇਆ,

ਮੈਂ ਹੋਲੇ ਜੇਹੇ ਕਰਕੇ ਏਸ ਹੰਜੂਆਂ ਨੂੰ ਸੀ
ਹਟਾਇਆ,
ਯਾਰੋ ਮੇਰਾ ਦਿਲ ਰੌਦਾ ਰੌਦਾ ਸੀ ਚੁੱਪ ਹੋ ਗਿਆ।
ਉਸ ਕਾਲੀ ਦੁਨਿਆਂ ਚ ਫੇਰ ਉਹ ਖੋ ਗਿਆ।
ਉਸ ਕੁਡੀ ਦੀ ਮਸੂਮ ਜੇਹੀ ਆਵਾਜ਼
ਹਾਂ ਮੈਂ ਹਾਂ ਦੋਸ਼ੀ ਤੇਰੀ,
ਕਰ ਗਈ ਮੈਂ ਉਹੀ ਗਲਤੀ,
ਜਿਸ ਤੋਂ ਸੀ ਰਹੀ ਡਰਦੀ।
ਕਹਿੰਦੀ ਸੀ ਮੈਂ ਅਪਨੇ ਆਪ ਨੂੰ,
ਕਿਸੇ ਦੇ ਕਾਬਿਲ ਨਹੀਂ ਤੂੰ !

ਇਹਸਾਸ ਸੀ ਕਰਾਇਆ ਕਿਸੇ ਅਪਨੇ ਨੇ ਹੀ ਮੈਨੂੰ,
ਜੱਦ ਰੌਲ ਦਿੱਤਾ ਸੀ ਉਹਨੇ ਮੇਰੇ ਦਿਲ ਨੂੰ !
ਰੱਬ ਵਰਗਾ ਦੋਸਤ ਆਇਆ ਸੀ ਸਾਹਮਣੇ ਮੇਰੇ,
ਖੋਨਾ ਨਹੀਂ ਸੀ ਚਾਂਦੀ ਉਹਨੂੰ ਕਿਸੇ ਹੋਰ ਨੂੰ
ਕਰਕੇ ਨੇੜੇ।

ਸੋਹਨਾ ਤੇ ਮੰਨ ਮੋਹਨਾ ਸੀ ਉਹ ਦੋਸਤ,
ਸ਼ਾਇਦ ਖੋ ਗਿਆ ਸੀ ਕਰਕੇ ਕਿਸੇ ਜਾਲਮ ਦੀ
ਖੱਟ !

ਕੋਸਿਸ਼ ਰਹੇਗੀ ਮੇਰੀ ਖੁਸ਼ ਰਖਾਨ ਉਹਨੂੰ ਮੈਂ,
ਪਰ ਡਰਦੀ ਹਾਂ ਉਹੀ ਗਲਤੀ ਕਰਨ ਤੋਂ ਮੈਂ !
ਹਾਂ ਹਾਂ ਮੈਂ ਹਾਂ ਉਹੀ ਗਲਤੀ ਕਰਨ ਤੋਂ ਮੈਂ !

ਸੁਨਦੱ ਕਨੌਜਿਆ
ਬੈਚ ੨K੧3





Arpit
2k14



Avinash
2k13



Ramanjot
2k15



Shruti
2k13



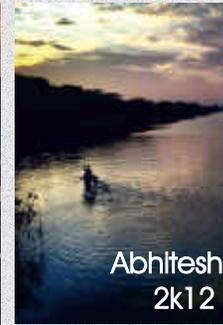
Diksha
2k13



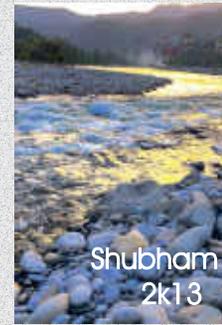
Aanchal
2k14



Rohanbir
2k9



Abhitesh
2k12



Shubham
2k13



Navneet
2k11



Twinkle
2k13



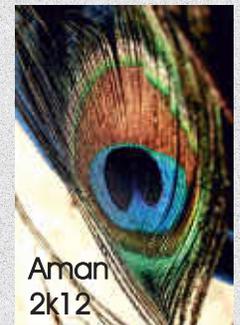
Shweta
2k13



Harveen
2k13



Shriya
2k12



Aman
2k12



Sabari
2k13



Rishabh
2k13



Tanvi
2k10



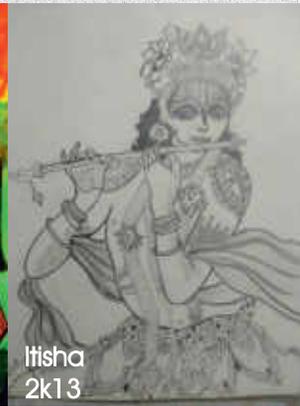
Abhijeet
2k15



Harsh
2k13



Pooja
2k13



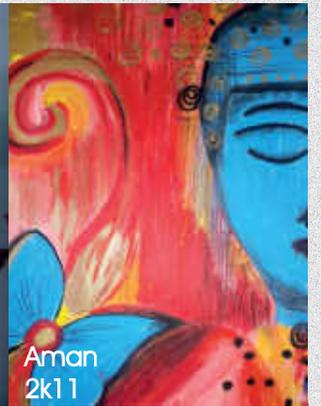
Itisha
2k13



Yamini
2k14



Tanya
2k13



Aman
2k11



Aayushi
2k13



Kanika
2k13



Astha
2k10



Shivam
2k15



Bavneet
2k13



Pratiksha
2k13



Umang
2k14

The Great Rejoice

Fests & Celebrations

ANNUAL DAY- 2015

The Government Medical College and Hospital, Sector-32, Chandigarh, celebrated its annual day on 9th September, 2015. The honorable chief guest of the function was Mr. Vijay Kumar Dev, former Advisor to Administrator, UT and the guest of honor was Mr. Anurag Aggarwal, Home Secretary, Chandigarh. Prof. Atul Sachdev, Director-Principal presented the annual report of college and enlisted the future plans of the institute. Prizes were awarded to the outstanding students for their achievements in the various fields. Students showed the essence of their ethnicity and respective culture through songs, dance performances and skits.





PLEXUS 2015

Batch 2K13 has the habit of working hard and taking things to the next level. PLEXUS-2015 was no exception to it. Right from the co-ordination and execution of the various events to the decoration depicting the theme 'Cartoons of the 90s' to the band night- everything was A-class. The energy and zeal with which the students got involved in it is beyond compare. Clichéd as it may sound, the fest is over long ago, but the sounds of it will always remain fresh in everyone's memories.



SPORTS DAY- 2016



Best Athlete :
Harsh Arora (Boys) & Geetika (Girls)

'The pleasant weather, wind whistling through your hair; the sun, just about the right amount, along with a nip in the air due to the energy of hundreds of doctors cum athletes, is a typical day at the GMCH Sports Meet, but it wasn't the case this time . The rain, ongoing since hours, might have washed away some 'time' but the spirits and the energy was something beyond it.....and so it started! After a slight delay, the Director Principal declared the meet open! To the drum beat, GMCH marched, for the rain did little to dampen their ardor. It was followed by various



events including the heats, track and field events which was concluded by the prize distribution ceremony. Bhangra performed by the students of batch 2k14 was a cherry on the cake following which yet another Sports Meet of the 10th best college in the country was declared closed by the Chief Guest.



Best March Past : Batch 2013



Best Batch : Batch 2014



The Kick - Start !

A riveting buzz, an anxious wait, no sleep, no thoughts, just hours of waiting. And more waiting till....the referee blows his whistle and The game kicks off....' The world only stands still a few times, it stood still when Einstein worked his mind, when Ayn Rand and Da Vinci wielded their pen and now, it stands still when Messi works his feet, when Cristiano Ronaldo leaps to the stratosphere, when Zlatan Ibrahimović tries a bicycle kick from 40 yards!

The world stands still for FOOTBALL! A game played with a ball at feet with no fixed dimensions, shapes of the ground has leapt itself in hearts so deep that is now almost ingrained! Go to the class before a 'big European Night' and all the talk is about the game, the players, the managers, the history and even the tactics! When Chelsea flexes its financial muscle, Mr. Liverpool rakes up history. It's never ending, it is eternal! An epitome of all this craziness is our annual Euphoria football championship! The practice start a month before and the preparations even before! From talks of a '3 mandefense' to '2 striker system'...It's mind boggling! If even half of this effort was put into studies, the world would have many better doctors!

To add to the craziness, the GMCH football team has become a formative force from the underdogs we were before! For a brilliant passer like Aazam we have the dribbler Sarthak, Rishabh has the eagle eye, Ameek and Basra form a wall at the back with the Benny, Sid sir is the leader, the brain and then to complete every move there is the ever present Shreyak Sir! Harsh, from being the last defender to the goal scorer in the blink of an eye, one day he will score of his own cross; and DP (Deepinder) : he runs, he scores, he runs again and he scores again! Aditya sir is the indomitable winger, Anmol and Kante (naam Nahi pata) the new breed of Mfs! From Sid to Basra to Ameek to Aazam to Chavan on the run to Rishabh, the pass only he can see to DP and Shreyak sir to score! WOW! Football has the romance, the anger, the happiness, and the tears! It takes you place you didn't know you could go to. It takes you places you never knew existed...Pep Guardiola, the great football manager was asked before he wanted to jump into management, "Why, despite spending years on the field, do you want to come back, again? You want the blood so much?" He replied, "I need it".

"That's what football does to you. It makes you more anxious than an exam can ever, it keeps you waiting more than a girlfriend could ever, it gives you goosebumps. It gives you joy and it gives you tears, it drives you insane till you vow to never watch it again. Until you come back. Wanting, not needing more. The blood!

Angad Sethi
Batch 2013



The Cricket Hatrick

Once again it's January, the start of a new year, the start of Euphoria cricket time. After 2 years of defending the championship title, this was the perfect chance to complete the ever elusive hat trick! This year we had the additional responsibility to fill the shoes of our great seniors but we were too fortunate to still have the all-rounder captain Siddharth sir leading us. As usual this year also the junior newcomers brought energy and spark to the team.

Our real journey started with the 1st match of Euphoria with Chintpurni Medical College at Sec 16 stadium. I could see the passion to win burning in all of us. We won the toss and elected to bat first. Even though we got off to a slow start, Duggal sir and Gurpreet were looking solid. In the last few overs we paced our inning by scoring runs by making use of the big ground. Our batsmen did a great job by putting a good total of around 140 on the board and bowling has been the strength of the GMCH cricket team from the beginning. Our opening bowlers 'Jodi', Sumukh sir and Duggal sir did exceedingly well to restrict the opponents in the power play overs. We won the match and got the ideal start to the tournament. Then we had our next match with ASCOM Jammu, again we won the toss and chose to bat, this time scoring a mammoth score of 241. Our bowlers did a great job getting them all out. We won the match by a huge difference of 160 runs. Now came the hard part. The semifinal against DMC Ludhiana, our rival team. They won the toss and chose to bat and got off to a flying start. I could see the fear of losing in everyone's eyes. None of our experienced bowlers worked for us, not me, Sumukh sir, Duggal sir but the young spinner Abhinav provided us the much required break. They were at 66 in first 8 overs. Our spinners Bhatia sir and Abhinav slowed their inning by picking up wickets in quick succession.

Then our death bowlers did well to restrict them to 122. This time Shubhi sir and Duggal sir opened the innings in style. On the other hand our captain's effortless straight drive and back foot punch were unmatched. Both the openers gave the ideal platform for Devan sir to win the match for us. Now was the time to convert all our hard work and practice into the ever elusive victory. We had a great burden on our shoulders to complete the hat trick this time because no one knew when we would have such an opportunity again.

The final match was once again with last year's finalist GMC Patiala, a team with lots of talented players like ours. They decided to bat first and put us to chase. The match started with Sumukh sir's over and we had the opener on the 2nd ball. Then in the 3rd over he took 2 wickets. This was Sumukh sir (Our Steyn) at his best. They were 3 down on the score of 4. GMC Patiala lost half their side under 40 but one of their batsman scored a half century putting their team in a solid position. The momentum shifted in last 2-3 overs towards the opposition. The game was on, both the teams had equal chances of winning. It was a team effort with not only the playing 11 on the field but the rest of us who supported and cheered for the team. Finally we won the Euphoria title thrice in a row, a miracle bestowed upon us as we felt it. None of us imagined that it would be possible to achieve, but our hard work and everyone's goodwill pushed us onward to the dream like title of CHAMPIONS!! All our blood, sweat, tears, spirit, passion and bonding helped us defend the Euphoria champion's title once again. The pleasure of lifting the trophy is such that it cannot be put into words.

It has been a proud and memorable journey. Let's see what next season brings.



आशा उषा शर्मा

संपदन

जीवन

जीवन एक खुली किताब है, बस शब्द ही उलझे-उलझे हैं,
दूसरों का तो सोचें क्या ? खुद के ही राज न सुलझे हैं ।
बातें जहाँ-भर की मैं, यूं तो सबसे ही करती हूँ,
पर इस मन में छिपी हुई, कविता कहने से डरती हूँ ।
यूं मुझको सबने जाना है, बाहर से पहचाना है,
पर भीतर मेरे रहता जो, वो आज भी अनजाना है ।
लोगों के पास होकर भी, कोसों मैं उनसे दूर हूँ,
न जाने कैसी बात है ये, न जाने क्यों मजबूर हूँ ।
मुस्कान का मुखौटा है, खुशियों का एक चोला है,
जो वाकई मेरे मन में था, वह राज न मैंने खोला है ।
कभी-कभी चंचल चित्त मेरा, सब खुल के कहना चाहता है,
पर खुद को समझने वाला, यह कभी कोई न पाता है ।
तब ये शांत हो कर के चुपचाप ही रह जाता है ।
फिर मुस्कान पहन कर के, लौट के घर को आता है ।
खुद-में ही छिप जाता है, खुद में ही रम जाता है,
फिर अकेले बैठ कर के, रोता और मुस्काता है ।
उन उलझे शब्दों में ये फिर, फिर से जाकर खोता है,
शायद खुदमें खोना ही, जीवन का मतलब होता है ।

प्रतीक्षा त्यागी
2013



बचपन की वो कागज़ की कश्ती

बारिश के पानी से समंदर तक,
छोटी चुनौतियों से बड़े बवंडर तक,
मीलों का सफर तय कर आई है.....
बचपन की वो कागज़ की कश्ती, काफी दूर चली आई है ।

लहरों से स्थिरता, मुकामों से उम्मीद,
तूफानों से साहस लिए,
अनुभवों की बुनियादों पर हमेशा कुछ नया सिखाती आई है.....
बचपन की वो कागज़ की कश्ती, काफी दूर चली आई है ।

बहुत मिले राह में साथी हमसफर,
थाड़ी देर साथ चले, फिर थामी अपनी डगर
कुछ को साथ लिए, कुछ को पीछे छोड़ आई है.....
बचपन की वो कागज़ की कश्ती, काफी दूर चली आई है ।

मंजिल कहाँ है, कुछ मालूम नहीं,
पर पाना है उसे इतना है यकीन,
शायद यहीं सोच के आगे बढ़ती आई है.....
बचपन की वो कागज़ की कश्ती, काफी दूर चली आई है ।

आगे कहाँ जायेगी, इसका कुछ पता नहीं,
समंदर पहुँचेगी या फँस जायेगी कहीं,
मेरी किस्मत तो यहाँ तक खींच लाई है.....
बचपन की वो कागज़ की कश्ती, काफी दूर चली आई है ।

अंजली शर्मा
2013



‘कल्लू की अम्मा’

बात उस समय की है जब भारत में अंग्रेजी शासन अपने स्वर्णिम दौर में था। लंदन से फरमान आया कि अंग्रेजी अफसरों को हिंदुस्तानियों से वार्तालाप करने में बड़ी कठिनाइयों का सामना करना पड़ता है, अतः हर हिंदुस्तानी को, विशेष रूप से ग्रामीणों को अंग्रेजी अक्षरों अर्थात् इंगलिश ऐल्फाबेट का ज्ञान तो होना ही चाहिए।

ब्रिटेन के विश्व प्रसिद्ध विश्वविद्यालयों के अंग्रेजी के जानकार (प्रोफेसर) इस कार्य के लिए नियुक्त किए गए और हुकम मिला कि हफ्ते भर के अंदर ही इस कार्य को समाप्त किया जाए, जिसके बाद एक विशेष जाँच दल कार्य की समीक्षा करेगा।

ऐसा ही प्रोफेसरों का एक दल हमारे गाँव, ‘बावलापुर’ में आ धमका। गाँव के सभी लोग चाहे बच्चें हो या बुजुर्ग, सदियों पुराने बरगद के पेड़ के नीचे एकत्रित हुए और कक्षा शुरू हो गई।

प्रोफेसर:— “यू विलेजर्स, टुडेय आई विल टीच यू इंगलिश ऐल्फाबेट”
गाँववाले:— “क्या ? क्या ? क कह रहों है जे कुछ समझ में न आ रही।”
प्रोफेसर:— “A (ए) फॉर एप्पल
B (बी) फॉर बॉय
C (सी) फॉर कैट”

पास ही बैठी एक बुजुर्ग महिला, जिनके पास किसी दौर में चम-चमाते सफेद दाँत हुआ करते थे – जिन्हें वो रोज सुबह नीम की डंडी को चबा-चबाकर साफ किया करती थी, पर आज कहने के लिए सिर्फ खाली दाढ़ है – जहाँ दाँतों का कोई निशान न होने के कारण सब-कुछ उजड़ा-उजड़ा नज़र आता है, बोली;
शल्ला, का कहूँ अब, कुछ कटतों ही न है, जबानी के दिनों में तेरे दददा के साथ गन्नों के खेत में बैठकर तीन-तीन गन्ने चबा जाया करती थी।”

प्रोफेसर:— “नो-नो, नॉट कॉट, इट्स कैट मीन्स ‘बिल्ली’। वही पास ही में बैठी एक नई नवेली-छैल-छबीली दुल्हन, जो अपनी सासू माँ की छत्राछाया में घुँघट डाले वहाँ बैठी थी,।
— “हाय! माँजी, मैं रसोई में दूध खुला छोड़ आई हूँ। विलोटिया आय गई तो सबरों दूध पी जाएंगी। मेरे ओजी-ऐजी शाम को घर पर आँएंगे तो चाय के लिए भी न बवेगो।”
सासू माँ – “अरे तो देखत क है? जल्दी जा और सुन मेरी ऊन-सिलाई भी लेते अइयों, बैठे-बैठे पोते-पोतियों के लिए ऊनी कपड़े भी बुन दूँगी।”

प्रोफेसर साहब समझ गए कि यह ब्रिटेन नहीं भारत है। यहाँ अंग्रेजी पढ़ाने के लिए दो-चार और डिग्रियों की ज़रूरत पड़ेगी।

जब सारे महान प्रोफेसर हार गए तो गाँव के प्राइमरी-स्कूल के मास्टर ने अंग्रेजी पढ़ाने का यह बीड़ा अपने सिर ले लिया और अपने देसी अंदाज़ में पढ़ाना शुरू कर दिया।

मास्टर:— “भाइयों-बहनों, सब मेरे साथ बोलो:-
(ए) फॉर अंगूरी।

गाँववाले – ए फॉर अंगूरी।
मास्टर – B (बी) फॉर बिल्लो।
गाँववाले – बी फॉर बिल्लो-रानी।
मास्टर – K (के) फॉर कल्लू।
M (एम) फॉर कल्लू की अम्मा।”

मास्टर मन ही मन सोचते हुए, “इतना काफी होगा, शुरू का ही पूछेंगे। ज्यादा पढ़ाऊँगा तो भूल जाएँगे। (हिंदुस्तानी जुगाड़)

बच्चे:— छुट्टी... छुट्टी... छुट्टी

अगले दिन, विशेष जाँच समिति आ पहुँची, इम्तिहान की घड़ियाँ शुरू हो गई।
पहला समिति सदस्य: “A’ फॉर”

गाँववाले : “अंगूरी”
सदस्य : “वैरी गुड... वैरी गुड”
दूसरा सदस्य : “B’ फॉर”
गाँव वाले : “बिल्लो रानी”
सदस्य : “वैल उन, वैल उन”
तीसरा सदस्य : “K’ फॉर”
गाँव वाले – “हमारा कल्लू”
चौथा सदस्य : “M’ फॉर”
गाँव वाले “कल्लू की अम्मा”
सदस्य दोबारा : “W’ फॉर”

गाँव वाले : एक दम शांत, जैसे अभी-अभी कोई शोक समाचार आया हो कि इस साल सूखा पड़ने के आसार हैं। अंग्रेजी सरकार ने लगान और बढ़ा दिया है। वगैरह-वगैरह....

मुख्य सदस्य (अध्यक्ष) :- “W’ फॉर, W’ फॉर?” पीछे से एक अति वृद्ध जिसका एक पैर लगभग कब्र में और एक पैर आसमान में था, “अरे, ओ मास्टर, जे लगे तो हमारी लुगाई (हमारी बोटी), हमारे कल्लू की अम्मा ही रही है, पर मेरी समझ में जे बात न आ रही कि जाहे उल्टे काहे लटका दओ है ?”

मानस गुप्ता

2015



“ज्यादा गम; खुशियाँ कम”

कहते हैं जीवन में ज्यादा गम और खुशियाँ कम हैं, पर कभी सोचा कि जीवन में ऐसा क्यों है ?
क्योंकि :
आज इंसान अपनों को ही, आगे बढ़ते देख नहीं सकता। किसी के लिए कुछ किया भी, जीवन भर उसे जताता रहता।

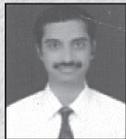
— ऐसी सोच हर इंसान, फिर क्यों रखता है ?
“ज्यादा गम-खुशियाँ कम” फिर क्यों कहता है ?

जैसे ही होश सम्भाली, अपना-पराया सीख गए।
अमीर-गरीब धर्म-जाती, फर्क करना सीख गए।
खून के रिश्तों को तोड़ा, पराये अच्छे लगने लगे।
अपनों को पीछे छोड़ा, औरों का विश्वास जीतने लगे।

सबके जीवन का एक ही लक्ष्य-खूब सारा पैसा कमाना,
खुद को सदा सच्चा कहना औरों को नीचा दिखाना।
“मैं” पर अहंकार “मैं” के ही लिए सोचना,
पैसे वाले की इज्जत करना, स्वार्थ के रिश्ते जोड़ना।

मूलमंत्र :
छोटी सी ये जिंदगी, बीता पल वापस ना आएगा,
पतले धागे जैसी जिंदगी, टूटा तो जोड़ ना पाएगा।
अपनों के लिए पैसा जोड़ा, सदा दूसरों का दिल तोड़ा,
मौज-शौक पूरे कर लो, पर पैसा साथ ना जायेगा।
जब बुढ़ापा आएगा, तब अंत समय पछतायेगा,
जीवन का अच्छा-बुरा तब तेरे सामने आएगा।

संजीव बाली
एम. एस. ऑफिस



यादें

राह देखी थी इस दिन की जब से,
सपना सजा के रखा था न जाने कब से।
बड़े उतावले हैं यहाँ से जाने को,
जिन्दगी का अगला पड़ाव पाने को।
पर आज न जाने दिल में, कुछ और आता है,
वक्त को रोकने को जी चाहता है।
जिन बातों को लेकर रोते थे, उन पर ही हँसी आती है,
आज बीतें पलों की याद बहुत आती है।

वो घर से लाया खाना बाँट कर खाना,
एक दूसरे के नए-नए नाम बनाना।
बिना मतलब के किसी से लड़ना,
बिना विषय के फ़ालतू बात करना।
वो मैस का बेहद बुरा खाना,
और रोज़ बिना काम मार्केट जाना।
अचानक किसी को भी देख पागलों की तरह हँसना,
और एक दूसरे पर पूरा दिन ताने कसना।

ऐसे दोस्त कहाँ मिलेंगे!
जो कहीं भी धक्का दे आएँ
पर फिर बचाने को खुद भी कूद जाएँ।

कहना बहुत कुछ चाहती हूँ
दिल में बातें और भी हैं।
अभी यहीं शेष करती हूँ अपनी कविता,
यूँ तो यादें और भी हैं।।

श्वेता संधू
2013



कर्तव्य की परख

एक मदहवास आशिक ने अपनी प्रेयसी से फरमाया
“मेरा सब कुछ तू है, तन-मन-धन धूप और छाया।
दिल से कर प्यार कबूल मेरी जान, मुझे अपना ले,
तन-मन-धन तो क्या दे दूँ जान चाहे आजमाले।”
“सुर्ख-लाल-पुष्प गुलाब लाओ,
और आते ही मेरा प्यार कबूल पाओ।”
सरपट दौड़ा बदहवाश पहुँचा एक बगीचे में,
लाल गुलाब न मिला, एक-दूसरे-तीसरे बगीचे में
भागते भागते गिरते पड़ते पहुँचा चौथे बगीचे में
एक बूढ़ी बुलबुल देख रही थी बैठी सब हाल बगीचे में
बुलबुल ने कहा — “ए मूर्ख! इन दिनों नहीं होता गुलाब
लाल सुर्ख।”
मूर्ख आशिक पर बुलबुल को रहम आया
स्वयं को गुलाब के कांटे पर कुर्बान किया
बुलबुल के लहू ने सफेद गुलाब को लाल बनाया
सुबह आशिक को जब होश आया
सरपट दौड़ा अपनी प्रेयसी के पास आया
“जानम मैं तुम्हारे लिए लाल गुलाब हूँ लाया।”
“It's only a Joke”, बोलकर प्रेयसी ने मुँह घुमाया
आशिक पछताता हुआ फिर उसी बाग में आया
तड़प भरी आवाज़ में एक नगमा गाया
“अंधा न हो प्यार में कोई मुझ जैसा
ए बंदे! कर्तव्य पथ पर बढ़
डॉक्टर है तो बचा जिंदगी
भगत है तो कर बंदगी
नेता है कर देश सेवा
इंजिनियर है तो वन कृति देवा
विद्यार्थी है तो केवल पढ़ और पढ़
ऐ बंदे! कर्तव्य-पथ पर बढ़।”

धर्मचंद वर्मा
डिपार्टमेंट ऑफ पिडियाट्रिक्स



रेलवे-स्टेशन

उस छोटी-सी बच्ची की माँ ने मुझसे पूछा – “कहाँ जाओगी ?” “कोलकता”, मैंने कहा। “किधर पड़ेगा ?” मैंने पापा से पूछ कर दाहिने तरफ इशारा कर दिया। फिर उसने किसी जगह का नाम लेकर पूछा कि वह किस तरफ पड़ेगा, पापा को और मुझे उसकी जानकारी नहीं थी सो मैंने कहा, “पता नहीं”।

जब हम स्टेशन पहुँचे तो मैं बहुत थकी हुई थी। सुबह परीक्षा थी और बारिश हो जाने के कारण उमस भी बहुत थी, जिस कारण और थकान व आलस महसूस हो रहा था। स्टेशन पर काफी भाग-दौड़ के बाद अपने प्लेटफार्म पर पहुँच कर उस एक पंखे की हवा भी कूलर-ए.सी. की टंडक को पछाड़ रही थी। वहीं मेरे सामने बैठी थी वह नन्हीं बच्ची और उसका परिवार। कपड़ों के नाम पर एक बनियान व स्कर्ट पहने हुए और हाथों में दो गुलाबी-सफ़ेद कंगन जो उसके साँवले-सलौने रंग को सुशोभित कर रहे थे। उसके माथे पर एक छुटकी-सी काली बिंदी लगी हुई थी और आँखों में था काजल। वो थोड़े में संतुष्ट प्यारी-सी बालिका और उसका परिवार।

थोड़ी देर में वहाँ आए दो छोटे लड़के व एक महिला। लड़कों में से एक की उम्र लगभग बारह-तेरह साल की थी व दूसरा आठ-नौ साल का रहा होगा। वो महिला शायद उनकी दादी थी क्योंकि वे काफी बूढ़ी थी। छोटे लड़के को अपनी दादी से काफी मोह था। वह पहले तो उनके लिए एक रुमाल गीला करके लाया, जिससे मुँह पोंछकर उन्होंने गर्मी से थोड़ी टंडक पाई। थोड़ी देर में जाकर वो एक एकदम रेलवे-ट्रैक के पास पैर लटकाकर बैठ गया। एक मुसाफ़िर ने उसे जोर से डाँटा और कहा “यहाँ क्यों बैठा है ? जा उधर जाकर बैठ।” वो थोड़ा नाराज़ होकर उठा और अपनी दादी के पास जाकर बैठ गया। उन मुसाफ़िर महोदय ने ठीक ही किया क्योंकि बात उसकी सुरक्षा की थी।

खैर अन्य बालकों की तरह, वो बालक भी क्षण-भर में बीती हुई बात भूलकर अपनी दादी से बतियाने लगा। कुछ समय बाद उसने अपनी जेब से एक कच्ची अमिया निकाली और उसे खाने लगा। थोड़ी अपनी अम्मा को भी दी और स्वयं भी उस खट्टे-मीठे स्वाद में खो गया। तब वहाँ आए वे बूढ़े व्यक्ति, जो शायद उनके दादा होंगे। शरीर के नाम पर वे थे बस हड्डियाँ, उन पर नाम मात्रा मांस और ऊपर झुर्रीदार त्वचा। आँखों पर ऐनक और जीवन में न जाने कितनी कठिनाइयाँ, किंतु फिर भी उनका एक रुतबा था। संतरी शर्ट व काली पैंट, जेब में कलम व एक छोटी-सी डायरी, हाथ में घड़ी और अपना ही अनोखा सम्मान। हालांकि उनकी आर्थिक स्थिति ठीक नहीं थी किंतु फिर भी वे पढ़े-लिखे और जागरूक व्यक्ति मालूम होते थे। उन्होंने लड़कों से व उनकी अम्मा से थोड़ी बात करी और फिर चल दिए अपनी ही धुन में, प्लेटफार्म की सैर करने। छोटे लड़के की अमिया अब खत्म हो चुकी थी पर उसके बड़े भाई ने अपनी भविष्य की भूख का अंदाजा लगाते हुए बड़ी समझदारी से आधी अमिया बचाकर अपनी पैंट की जेब में रख ली।

उस छोटी-सी लड़की के हाथ में अब कुछ पूरीयाँ थी और वो अपनी आनंदमयी और बहुत स्वादिष्ट दुनिया में, अपनी उम्र के अन्य बच्चों से काफी शांत थी और अभावों में भी उसका बाल-मन बहुत प्रसन्न और संतुष्ट था।

शायद हमारी इस छोटी-सी, दिखावे भरी दुनिया से कहीं बड़ी, कहीं खूबसूरत है इन बच्चों व उनके परिवारों का जीवन। हर दिन न जानें कितनी कठिनाइयों का सामना करते होंगे, किंतु फिर भी उनकी मासूमियत और उनके चेहरे की मुस्कान कुछ न कहकर भी बहुत कुछ कह जाती है।

प्रतीक्षा त्यागी

2013



वक्त

वक्त हाथ से फिसलता जाता है,
अपने साथ सब कुछ ले जाता है।
पल में किसी की जिंदगी छिन जाती है,
वहीं किसी ओर नई सुबह आती है।
सबसे बड़ा गुरु समय है,
हर बात सिखा जाता है।
अपने सपनों को आज ही साकार कर
लो,
क्या भरोसा जिंदगी का, कल हो न हो।
वक्त से लड़कर जो अपना नसीब बदल
ले,
इंसान वही जीतता है।
कल क्या होगा यह मत सोचो,
क्या पता वक्त ही अपनी तस्वीर बदल
ले।
कल किसने देखा है ?
कल क्या हो क्या पता ?
धूप हो या छाँव हो,
काली रात हो या बरसात हो,
बस तू वक्त के साथ चलता जा,
निरंतर अपनी मंज़िल की ओर बढ़ता
जा,
अपनी मंज़िल की ओर बढ़ता जा।

रिदम
2015



नानक दुखिया सब संसार

“आपका इस कोने में बैठे-बैठे सारा दिन कैसे निकलता है माँ ?” पुजारी जी ने मंदिर का थोड़ा सा प्रसाद एक बूढ़ी और बीमार महिला को देते हुये पूछा। उसने प्रसाद हाथ में ले लिया और थोड़ा रुककर भराये गले से कहा, “फिर कहाँ जाऊँ पुजारी जी, आप ही बतायें।”

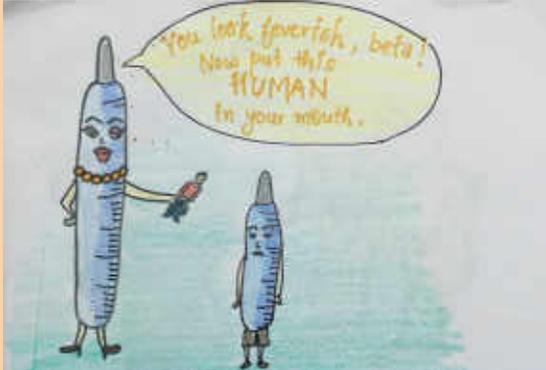
“नहीं-नहीं! मैं तो इसलिए पूछ रहा था कि आप कभी भी भीख नहीं मांगती। बस चुपचाप आसन पर बैठी रहती हैं और ठीक पांच बजे वापिस लौट जाती हैं।”

आखों में आँसू भर कर उस वृद्धा ने बताया कि इस महासागर में लोग अजनबी पर ही नहीं अपनों पर भी अविश्वास कर बैठते हैं। मेरे बेटे-बहू सुबह नौ बजे अपने पलैट पर ताला लगाकर मुझे घर से बाहर कर देते हैं और फिर शाम को उनके वापस आने तक मुझे यही मंदिर के कोने में समय गुज़ारना पड़ता है और ऐसी कौन सी जगह होगी पुजारी जी जहाँ प्रसाद-पानी और साथ में थोड़ी सहानुभूति भी मुफ्त में मिल जाती हो।

अपनी बात पूरी करके वृद्धा ने आंचल से आँसू पोंछ लिए। सुनकर स्वयं पुजारी जी की आखें भी नम हो गईं। वे भले ही कॉलोनी में बड़े सम्मानित वृद्ध थे, पर उनके घर में भी उनसे यही उम्मीद की जाती थी कि वे ज़्यादातर अपनी शक्ल शहर वालों को ही दिखाये और धर्मशाला की भांति सिर्फ़ रात्रि शयन के लिए घर पर आये। पुजारी जी उस वृद्धा को सांत्वना देकर वापिस मंदिर की सीढ़िया चढ़ ही रहे थे कि किसी प्रभु भक्त के मोबाइल की रिंगटोन बज उठी “नानक दुखिया सब संसार”!

दविंदर कौर
लाइब्रेरी रिस्टोरर





meanwhile in

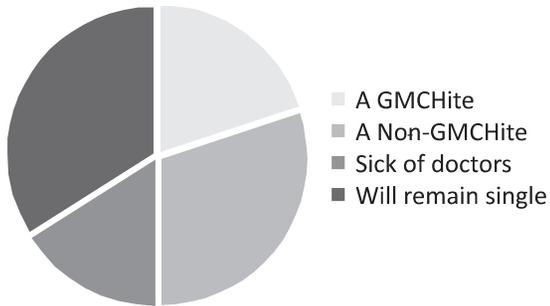


parallel universe

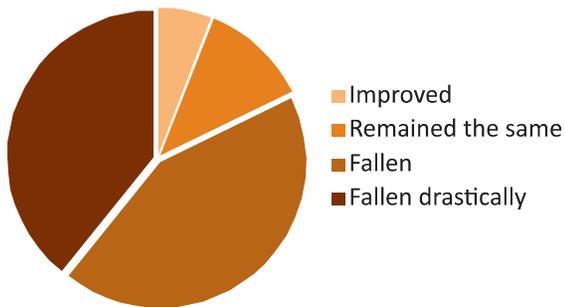


POLL KHOOL

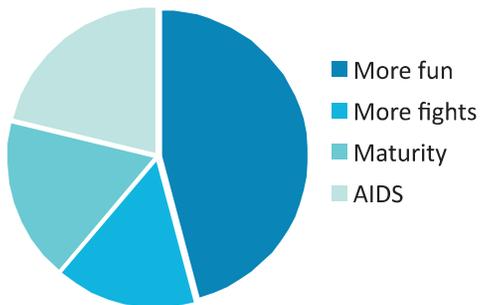
Q1. Whom do you intend to marry?



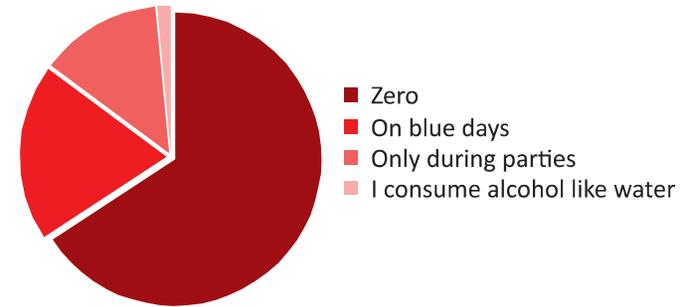
Q2. Rate your academic performance in comparison to your good old school days



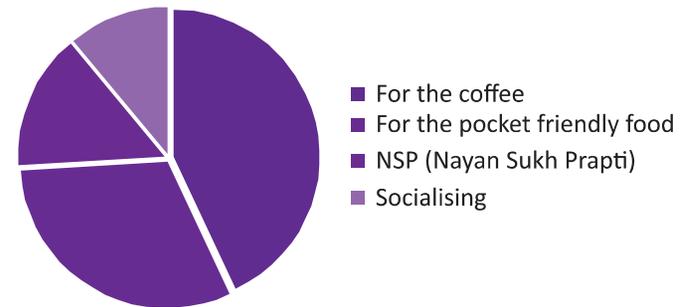
Q3. Consequence of co-ed hostels as a solution to the space crunch would be



Q4. Your alcohol intake?



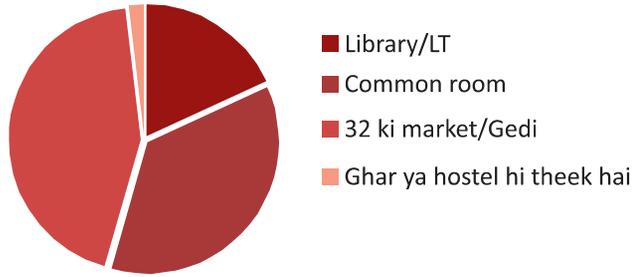
Q5. Why do you go to the canteen?



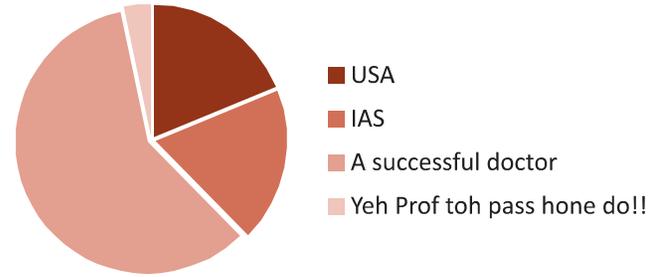
Q6. Which department do you dread the most?

Surgery	2K13, 2K12
Forensic	2K14
Anatomy	2K15
Microbiology	None

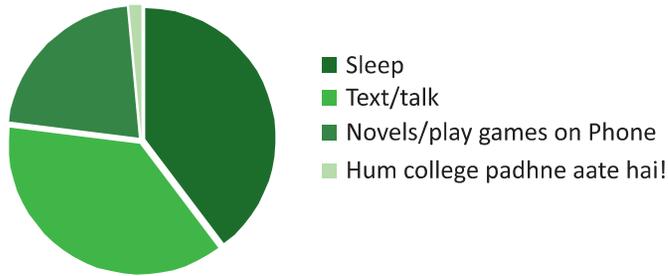
Q7. Where do you spend your leisure time?



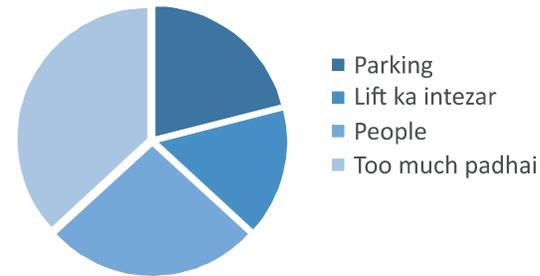
Q9. Where do you see yourself in 10 years?



Q8. What do you do during lectures?



Q10. Most annoying thing about GMCH?



Q.11 If you have a problem, which teacher would you go to ?

Batch 2k12 -Prof. A.K. Attri ,Prof. Ram Singh
 Batch 2k13 - Prof. Sunandan Sood , Dr. Parul Ichhpujani, Dr. Roosy Aulakh
 Batch 2k14 - Dr. Sangeeta Bhanwara
 Batch 2k15 - Dr. Jyotsna

TITLE	2k12	2k13	2k14	2k15	TITLE	2k12	2k13	2k14	2k15
Kis Kis Ko Pyaar Karu ?	Tanima	Harmehak/Sonika	Ishita	Megha	Ladies v/s Ricky Behl	Amtoj	Aazam/DD	Shubham Kamal	Shrey
Revolver Raani	Manjeet	Kushagrta	Klshmita	Parul	Dabangg	Raghav	Vashishth	Sunil/Vibhu	Anurag
Jaane Kahan Se Aayi Hal ?	Alkagri	Gunjot	Bhanupriya	Jaskran	Yamla Pagla Deewana	Arun	Judge	Mandeep	Sukhdeep
Garam Masala	Amtoj	Meher	Sunidhi	Rutvi	Devdas	Arshdeep	Agam	Simar/Umang	Pranay
Tamasha	Tanima	Sunanda	Sunidhi	Himneet/Tullika	Fukrey	Kevin	Upinder/Jatin	Anmol (NRI)	Abhrr
Seeta aur Geeta	Arjunjeet - Diksha	Venu - Cury	Ishita - Jasmine	Deepali - Nittika	Bunty aur Babli	Raghav - Ruchi	Bavneet - Rathee	***** - *****	Yajur - Arshl

What An Idea Sirjee!!



Q.1

- Ka Ka Ka Pyaar Karo! Amir Khan
- Revolver Rani Amir Khan
- Jaane kahan se aayi hai Amir Khan
- Garam Masala Amir Khan
- Tamasha Amir Khan

Q.2

- Ladka Vs Dicky Dill Amir Khan
- Dilwala Amir Khan
- Vande Patta Dharma Amir Khan
- Director Amir Khan
- Fakir Amir Khan

Q.10 Most annoying thing about GIRLS:

- Parking
- Lift ka sensor so chatty
- People 😊
- Too much Politics

If you have a problem, which teacher would you go to?
DM

954796495
Call Me !! Gm

Q.1

- Ka Ka Ka Pyaar Karo! Amir Khan
- Revolver Rani Amir Khan
- Jaane kahan se aayi hai Amir Khan
- Garam Masala Amir Khan
- Tamasha Amir Khan

Q.2

- Ladka Vs Dicky Dill Amir Khan
- Dilwala Amir Khan
- Vande Patta Dharma Amir Khan
- Director Amir Khan
- Fakir Amir Khan

Name in your batch:-
1. Smita and Gauri Amir Khan - Amir Khan
2. Nandini aur Nand Amir Khan - Amir Khan

Q.8 What do you do during lectures?

- Sleep mini militia
- Text/talk GMB SAHAD
- Novel/Play games on cell CLARA + FLORES
- Hum college padhne aste hai!

Amir Khan
Amir Khan
Amir Khan
Amir Khan

Amir Khan
Amir Khan
Amir Khan
Amir Khan

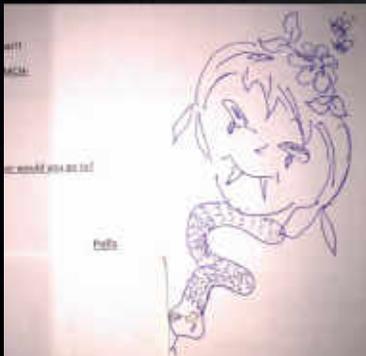
Q.1 Whom do you intend to marry?

- A GMCHite
- A Non- GMCHite
- Sick of Doctors
- Will remain single until college (mama's boy)

Revolver Rani Amir Khan

- Jaane kahan se aayi hai Amir Khan
- Garam Masala Amir Khan
- Tamasha Amir Khan

If you have a problem, which teacher would you go to?
DM my love 😊 😊



If you have a problem, which teacher would you go to?
BALJIT (Hostel incharge)

If you have a problem, which teacher would you go to?
Your mom / Jk

4. Garam Masala (NOT FOUND)

Anchored Well !

Final Prof. Part II



1st Harsimran Bhatia (Left)
2nd Tanya Sharma (Centre)
3rd Jannat Kang (Right)

Second Prof.



1st Savneet Singh (Centre)
2nd Pavneet Kaur (Left)
3rd Aayushi Gupta (Right)

DISTINCTIONS

Paediatrics - Harsimran Bhatia

Microbiology- Pavneet Kaur

Pharmacology - Mehak Trehan
Aayushi Gupta
Akash Deep Singh
Shruti Muralidharan
Savneet Singh
Soham Kapoor
Upinderjeet
Pavneet Kaur
Shubham Sood
Ritu Mittal
Harmehak Narula
Amanat Kang
Siddharth Sharma

Anatomy - Gursimran
Ekta Mishra
Japleen Bhatia
Aanandi Dhawan

Biochemistry - Gursimran
Ekta Mishra

Physiology - Gursimran
Anshul Bhartiyaam

Final Prof. Part I



1st Dinesh Walia (Centre)
2nd Monika Gautam (Left)
3rd Madhurima Sood (Right)

First Prof.



1st Gursimran Singh (Right)
2nd Ekta Mishra (Centre)
3rd Kishmita Sachdeva (Left)



In The Mind Of A Medico

In conversation with Dr. Aakanksha Sharma, the brilliant girl from batch 2k10 who has made GMCH proud by securing All India Rank 1 in AIIMS MD/MS entrance exam right after her internship.

Firstly, what is the secret of your success?

Everyone works tirelessly when it comes to PG exams and so did I, but I think the blessings that I received from the almighty, my family and my elders made all the difference. My close friends who believed in me more than I did, have always been my motivation (Not mentioning this could have been fatal). Some of my lovely juniors who said 'mam aap kar loge' even when the prognosis seemed poor, helped boost my confidence. If you ask me the key to success in one line I'd say just "Be good, work hard but do it smartly".

According to you, when should the PG entrance preparation start ideally?

I feel that the PG entrance preparation start from the day we enter M.B.B.S. These exams are not about rote learning anymore. They are more about concepts which have to be cleared during the professional years. So my advice would be to study well during M.B.B.S. keeping the MCQs aside (it's just a formality, really).

What was your studying strategy and how much time did you devote to the preparation?

During internship and 4 months after that I studied more than I thought I was capable of. Any spare time I had was devoted to studies. I had cut down on all my distractions. No Facebook, no WhatsApp, no parties and almost no shopping (I know it sounds like torture but eventually you start liking it and the outcome is mindblowing!). My strategy was to finish all subjects with full understanding at least twice prior to the exams. I tried to follow a strict schedule with one or two cheat days in a month.

How was it for you to manage the responsibilities of college life along with your studies, both exceptionally well?

I think if you love what you are doing then it doesn't remain a responsibility; it becomes a passion. With passion comes perfection. I have always loved my profession. I am an admirer of the art of medicine. Also I like to indulge into creative work as it acts like a stress buster for me.

Did you find yourself doubting your abilities at any juncture? If so, How did you overcome the trepidation?

Doubts do come up. It's very natural but I think the faster you overcome them the more your chances are of performing better. I am mostly a very happy and a positive person. Somehow I am also relatively relaxed during the exams. I think these attributes helped me cope up well. Also whenever you feel low, look for inspirational videos on youtube (I have seen so many of these that I can publish a meta analysis!). Try to have motivating posters in your room or as your phone wallpaper. Be around people who drive you forward. Trust me it helps big time.

Of all the 19 subjects, which were the ones to receive extra attention and which books guided you in them?

The basics are very important so the first and second prof subjects become indispensable since they are the foundation stones to a good rank. Ophthalmology is more technical and needs more revision. Medicine and Surgery are very vast and need to be done smartly. Books again depend



CREATE A GREAT IDEA

AND

YOU WILL LIGHT UP THE WORLD!

from person to person. I did individual MCQ books for almost all subjects along with coaching notes but you should do what you are comfortable with. Hard work is the only gold standard. Period.

What is your speciality of interest and where would you like to join for the same?

I have joined MD Paediatrics at AIIMS Delhi. I want to do my bit to make a difference to the lives of children. I was advised by many to take a relatively relaxed branch and I know paediatrics can be very emotionally and physically draining at times but I think the satisfaction of seeing a child getting better will be worth the effort.

What is your take on rank in college paralleling rank in PG entrances?

The pattern of the exams are very different but the essence is essentially the same. If you understand your subjects well you will do good in both. You don't always have to be the topper throughout to do well. Of course it's great but just try to get a decent rank in college. After all college life has more to it and it's never coming back (never ever). Enjoy it while you have it but do get back to business as soon as you can.

What roles do college studies play in getting a good rank?

I have always been a first bencher (even if it means getting a sprain in the neck). I have the highest respect for the faculty of GMCH because they take a lot of pains in teaching us. We have literally been spoon fed which is rare in any professional college. The practical and clinical knowledge is very important especially for AIIMS exam which can only be acquired during M.B.B.S. In fact internship has a role to play too.

Is there any advice you would like to give to the future aspirants?

I think I would be failing my duty if I could not motivate my fellow GMCHites. My advice would be to start early. Do not procrastinate. Do not compare yourself with others because if you turn back to see your

opponents in a race, you lose on both time and direction and eventually you will be overtaken. So just let go of your fears and keep moving ahead. Always remember 'impossible is nothing' and what my wallpaper for the longest time read 'believe you can!'. Wish you lots of good luck.

This is me signing off as a proud GMCHite, forever and always.

Adios!



Down The Memory Lane

Chapter 1

July 18, 2011; 8:50 a.m.; Sarai Building with the words 'Government Medical College and Hospital' inscribed in gold at the entrance (or it appeared to us, a delusion obviously!). New faces, familiar faces, meek faces, over confident faces: all with just one aim- to reach the coveted D-hall at 9 a.m. We entered as if we were "The blessed kids", His chosen few, the best sieved out who finally made it to one of the most sought after Medical College.

Chapter 2- D-Hall

The first step and we were shown our worth, thrown away to tackle a whole new endeavour of life. One could see kids taking in, or I would say-imbibing each word of what the HoD had to say. We were reminded of being a part of 14 (now, 10) most eminent college of India. This fact had been put forth to us 'n' number of times over a span of 4.5 years. Did it help? Well, it lessened the shock, the pain or the regret (varied perception) of being His chosen few and sitting in the dreaded hall. It proved to be a consolation prize of a sort but it did help then and it does even today in internship when we're told to collect blood samples of more than 200 patients each day (even night for that matter), fill in thousands of forms, prepare tons of discharge cards: Somewhere deep inside this feeling drives you through. Time fled by, flying through Grand Stages, Grand Vivas, Post Grand Stage elation, culminating in dejection or joy on getting a glimpse of the marks lists displayed on the notice board. Sad times passed though. Not to forget the painstakingly done Physiology hematology practical where one realised the 'value of a drop of blood'. The scenario where the teacher would praise PBF of one kid and everyone flocked to see the '5-lobed neutrophil', the "I am so cool, damn you!" expression on his face, while another voice in other corner of Lab saying "mere blood mein toh lagta hai ek bhi lymphocyte nahi hai"

Chapter 3- Bad Days

To add as exacerbations to the persistent sorrow that engulfed us was Biochemistry. Be it a 2 hours theory lecture or the very first practical of carbohydrates: the search and the urge for that perfect violet ring, that too at the junction of two liquids. Biochemistry never fails to disappoint you; to the extent that one's self esteem was time and again jolted or when you failed by 2.5, 2, 1.5 or 1 mark in the test series. God help us and God help our Biochemistry. God did help us! Finals came and went by, not as smoothly as I put, but they appear peanuts after passing Final Prof exams.

Chapter 4- Good times begin in 2nd Prof

A new LT. Check.

A brand new enthusiasm. Check.

4 new interesting subjects (or seemingly so). Double check.

(On personal note, I adored 2nd prof for its subjects, well not going into the details of my interest.) A newly found flock of juniors under you. Triple check. It feels so important to be wished by a junior; you do feel like a respected senior and that is when you realise why our seniors were so bent upon making us do so. What sailed us through this prof was confusion, ambiguousness, a dilemma- call it anything but it persisted throughout: Harsh Mohan vs. Robbins, Tripathi vs. Katzung and Reddy vs. Viji. Micro though was quite helpful in this respect with one standard textbook. While with 2nd Prof came new hopes, new aspirations, new resolutions; newer interests (love interests included) too tagged along. It was heartening to see new affinities develop between enemies and friends turning at loggerheads. You know you're in Second Prof when your excitement never ceases, when the word 'padhai' becomes unheard of and when even the most pathetic novels and movies seem over attractive. The weather maintained an appealing status throughout those 17-18 months. Long drives uphill and the windy Sukhna views never failed to impress us and proved to be a worthy consolation for bunking the clinics- they weren't important, you finally convince yourself.

Clinics. With 2nd prof comes the constant burden of attending clinics. Not that we do, but yes, carrying stethoscope and strolling all the way to the wards, oblivious of surrounding and getting taught basic history taking is something great. We were made to read the 1st 4 pages of S Das dozens of time. The irony- you still know nothing when asked. Add to it, patients favourite question "block C kahaan hai?" You want to say, "Dude, we ourselves don't have a clue where the hell we are." It's difficult to dodge their suspicious looks scanning you head to toe, "Lagta hai, ye doctor nahi hai!" Dreaded Forensic vivas, the oh-so-difficult to learn pharmacy preparations, the have-I-seen-you-before reaction of viewing HPE slides and "mere bacteria zyada blue kyon hain?", "Andey nahi mil rahe!" (ref. stool sample practical!).

Chapter 5- The Longest Exam Period in MBBS

All the excitement comes to an end with the last event of plexus, the fervor dashes down steeply resembling the T-1/2 curves. Adverse effects don't extend beyond nausea, vomiting and diarrhea. All the worms appear monozygotic twins sharing a common life cycle, culture

plates appear as alien saucer shaped spaceships and not even an inch of the HPE slide makes sense to you. Comes September and the entire atmosphere of GMCH takes a turn (for the better? Only results tell!) The party animals are seen sitting in library. B-block parking is flooded with cars and backbenchers befriend the toppers of the batch. Lists are exchanged like currency notes, always wanting to have a count more than the one studying next to you. We try spending 10 hours in the library, only to sleep there for say 6 hours. Actually THE REAL PICTURE is this:

1. DPs change to God-oriented/ God fearing pictures.
2. WhatsApp status become interesting. From DND to 'sab moh maaya hai!'
3. You crib for that 10:05 am show at Elante which you've resisted for long.
4. You end up spending at least a hundred rupees on photocopies.

That's it. Exams time spans over 2 months but the results indeed make you forget all the pain and suffering you went through. All's well that ends well.

Chapter 6- The Vella Prof- Pre Final Prof

PreFinal prof passed by as insignificantly as it started, with nothing much to do in eye, ENT and SPM (or PSM or Community Medicine). These 3 subjects crawled by as slow as possible throughout the year. Even if they gathered pace, you could not. The voluminous packing of Parks and its unappealing text failed to evoke the slightest interest in the subject. Medicine and Surgery clinics didn't make much sense because of our incompetence indeed; more so, of the unflinching relief that we were officially supposed to learn everything in final year! (How wrong we were!) We're just ignorant sailors with directionless sails, struggling to retain SPM text but end up dozing upon them every time we opened the 'granths' with intermittent awakening attributed to Harrison's lying beside Parks. The only event to look forward to was the much awaited batch trip. Other than that the much prof passed by rather peacefully.

Chapter 7 - The Final Prof

The Final Prof. The Deadly Prof. High morbidity, even higher mortality. The toughest exam in the world. Zero survival rate. "Tumhara time bhi aa gaya!"

With a 100 adjectives to describe the horrifying prof and 200 comments heard each day, out of which 199 were depressing, you enter the Final Prof battle- a battle you have already lost mentally. With 4 subjects to juggle, intense emotional outbursts, 4 high danger zone vivas, tons of cases to be presented; Final Prof tends to get worse by the day. Euphoria does distract you to a great extent. Those 2 months flew away leaving us standing aghast and staring into the darkness: a dark tunnel that had to be

crossed, the stopwatch ticking away, too dramatic, eh? Well, that's how it is.

Medicine: It is about rushing to C block, reaching just in time for rounds, trying to sneak though to get a CVD case (You love it!), area 63 and 64 becoming your favourite gossip spots while you try to divert the patients' attendants when they ask you, "Kab theek honge?", getting frustrated at their sister-ji enquiries, the word "CNS Case" sending shivers down your spine and LGBS being your consistent answer to any CNS question put forward to you.

Surgery: I still don't know how to inquire a patient about history of projectile vomiting. I quote a patient's response here, "Madam Ji, ulti hai! Kitni door giregi?" Most of your clinics are spent struggling away with formal clothes, counting the number of desired thing you require for attendance and examining hernias and surviving disastrous case presentations.

Pediatrics: Well, an interesting posting indeed- feeling for children's frontelles, trying to get the perfect Moro's reflex, calming down a crying child to conduct examination (undoubtedly the toughest job in the world!). In all, a fun posting, simply adored it. Obstt. And Gynae- A posting where prejudice comes into play. Girls definitely get an undue advantage. You teach guys examination a 100 times and they end up doing it wrong way always. Too many instruments, too may surgeries but the doll dummy mechanism-you must ace at it.

Chapter 8- Internship

I won't comment much upon internship so that I don't destroy the thrill and suspense. See for yourself what lies in the store for you. 5 years in this college have been extra ordinarily satisfying and rewarding. Entry into this college seems just like yesterday. Fond memories of the Sarai days, hospital years and batchmates shall remain etched upon our minds for a lifetime. We pass out from GMCH as academically sound doctors with GMCHians values imprinted on our minds, ready to take the world by storm. Long live our alma mater- the least I can say while wishing all the best to my batchmates, hoping we achieve excellence in the fields we choose.



Harsimran Bhatia
Batch 2011

Knots We Fathomed

Send offs



Abhishek Gupta

Gupta Sir- Billiyon wale! Being roll no. 1, he has been on top of the roll call, but it remained unanswered mostly. The proud director of Utopia 2015 who makes the whole batch laugh with his jokes and double meaning dialogues. His high speed driving has given goosebumps to many, and his carefree attitude remains an inspiration for juniors.



Chirayu Mohindroo

An ultimate brand-freak! His technical expertise was noticed as he volunteered to help the teachers with laptop problems everytime. He captured the most incredible photographs in his DSLR during the batch trip; but 'Iphone photography' is his speciality! He never forgets to crack his trademark jokes if you happen to cross paths with him. Attributable to his born-traveller instincts, he has toured many places, and single handedly managed the entire designing work for Euphoria!



Abhishek Taneja

- The dark horse, he made quite an entry into college with his winning act in MFU 2011. His association with IHE and Brainstorm over the years proved to be a valuable asset for the batch. His consistency in academics and his knack in sports are definitely worth a mention.



Harsimran Bhatia

Her list of academic achievements is endless! She passed final year as the university topper with distinction! She has been the host of numerous college events apart from being frequent winner at debates! She can be often spotted in the library studying hard. Her extensive cases never failed to impress consultants and students alike. She strived hard to make Brainstorm 2015 successful!



Aditi Aggarwal

Muscat girl who won the best female athlete every year and made the whole batch proud. Apart from being a basketball champ, she has excelled in academics too. Popular among seniors and juniors alike. But she is better not messed with DUDE! She contributed immensely to the work of Euphoria.



Harsheel Gupta

An introvert who speaks too less and lost in thoughts mostly. An active member of GMCH Cricket Team, famous for his car drifting stunts. His "legendary dance move" in the Ape-A-Video won't be forgotten ever. He sweat hard for making Brainstorm 2015 a success! He surprised everyone with his love for Harrison (the latest edition of which he preordered).



Aman Hans

This sweet and cute girl executed the tough task of choreographing a group of non-dancers in second prof itself. She contributed significantly to the grand success of Brainstorm 2015. Blessed with an artistic hand and caring heart, she always takes a stand for her friends! Spreading smiles and making friends, she is gained popularity among seniors and juniors alike!



Jannat Kang

Beauty with brains. She maintained her lead in academics throughout and proved to be an all rounder in all the areas. She brought gold medals as a basketball and football player; left everyone dumbstuck with her Gidda moves and won heart with her unmatched write-ups and poetry.



Ankita Sharma

This secretive girl dazzled everybody with her noteworthy rank and rocking dance moves! Her quick gait and wide smile are hard to miss. She works hard behind the curtains and proves to be a surprise package when her work comes to light!



Jaskaran Singh

A true believer of the 'YOLO' principle, he is a prime example of how much we travelled together far and wide. He has confidence in himself which he backs up with his easy-go-lucky attitude. He loves playing sports too.

**Jasmine**

Our female CR has her charm with words. Her love for the batch came to the fore with her poems which made everyone's hearts melt. A true friend in need, she's a force to reckon with. Her passion for Paeds took her through the prelims two years in a row and she went on to represent the college at IAP regionals. Full of initiative, always works with a smile. Apart from being the editor of college magazine, she has won prizes in debate and Antakshari!

**Mani Ratnesh Singh Sandhu**

His good looking face won many hearts and fitness won many laurels such as the 'Best athlete' time and again. Solely responsible for the security, star nights, parties and "refreshments"- he did all the heavy lifting for Euphoria 2015. Never the one to say No, he is the best friend one could ask for!

**Jaspreet Kaur**

One of the few girls who can crack you up with her jokes. She is faced with "What's your height?" endless times, to which she replies " 5'9" " with a beautiful smile. She has won everybody's hearts with her witty talks, volleyball serves, basketball skills and intelligent answers. Apart from winning college round of Paeds Quiz, she also helped many of us pass in exams! An amazing friend who shows dedication for her work and never shies away from doing the right thing.

**Maninder Kaur**

With her immense self-confidence, energetic talks and loud voice, she is hard to miss in any gathering. She has a passion for dancing that can be seen in her consistent stage performances year after year. Loves to party and has a never-say-never spirit. Owing to her friendly nature and vibrant personality, she can spread happiness even in gloomy times!

**Kanav Goyal**

He is probably the most unique guy in the batch. As the Boys hostel legend goes, he barely opens his room for anyone at all. His studious and secretive nature is known to all! The frequent questions he asked every teacher earned him the title of "Question Mark" once. He has a solution, or so to say 'jugaad' for every problem you can have and he never runs out of advice for anybody!

**Manisha Gulia**

An intelligent and hard working girl who transformed from being sweet, quiet and calm to being a friendly, outgoing and talkative person. Her simple and elegant style never fails to impress anyone, just like her grades! Always willing to help, never misses classes and shows utmost dedication in everything she did.

**Karuna Anot**

Mein jo bolti hun saamne bolti hun! Her boldness and strong voice can be held down by none. Known for her frank and bindaas attitude. She never steps down when it comes to fighting for the right thing or confronting anyone for that matter. It was her oration and skills that fetched most of the money for Euphoria including the main sponsor. Popular among juniors and seniors for her flamboyant attitude!

**Mehar Dhillon**

A simple yet elegant beauty whose expressions became memes for batch celebrations! She is oozing with calmness even in times of distress. Her easy going personality came to light when she won MFU at Euphoria! A jubilant girl with a golden heart who is always there for her friends!

**Komal Aggarwal**

With her always smiling face, she seems to be the sweetest girl of the batch! She never steps back when it comes to helping someone in need. Her friendly attitude has fetched her enormous popularity among seniors and juniors. Apart from being a storehouse of round-the-college gossip, her enthusiastic Bhangra moves on the stage remain unmatched!

**Mohit Garg**

He is the 'the Powerhouse' of our batch. From his heroics on the cricket field to his invaluable help in Euphoria he has had an electrical persona. Famously called 'Phunn' he loves to party and travel. He is a swift runner too.

**Kulsajan Singh Bhatia**

- He is the epitome of dedication. This smiling sardar is loved by all even as a sincere intern. His passion for football and studies has brought him much acclaim, most notably winning the Euphoria trophy this season as captain. His athletic abilities are noteworthy too.

**Navneet Sidhu**

Better referred to as the Netter of batch 2k11, she had everyone in awe of her neatness and precision. Extremely hardworking and intelligent, she dazzled everyone prof after prof. Known for her strong friendships and her endearing smile.

**Neha Sharma**

Height kam fight zyaada, Neha is known for her sincerity and determination. This Himachali cutie has no trouble making friends and is loved by seniors and juniors alike. Jolly and ----, her presence is hard to miss in the hostel.

**Preeti Dalal**

Her concepts and application, along with her zeal for knowledge, have her geared for success. Known to be upfront and honest, she is extremely admirable. Greets everyone with a smile, topped the class round of the IAP quiz 2015.

**Parth Bansal**

the ever dependable go to man of 2k11. Apart from being the brains behind Euphoria 2015 and plexus 2013 he is also a strategic football player. A passionate fellow be it for food or friends. He is loved and revered by all who know him well.

**Purna Nijhawan**

The dancing queen of 2k11, her presence on stage in dances and fashion shows over the years is unmistakable. Also blessed with a voice of gold and an easygoing attitude, she is a friendly face of k11.

**Parul Sood**

Soft-spoken, ever helpful and friendly with all. Her smile has a calming effect all around her. Her Antakshri skills has won 2k11 many prizes over the years. Her indomitable spirit is an inspiration to us all!

**Priya Goyal**

Sincere, hardworking and assertive, she's known to harbor strong friendships through the years. A strong presence in the hostel, is amicable and well liked by everyone due to her friendly personality. She always has a smile on her face and is the "go to" girl for every problem.

**Payal Maharana**

The cutest person in all of 2k11. Liked unanimously by everyone, she is known to go out of her way to help people. A child at heart, her innocence is a breath of fresh air. Her artistic skills and selfless contribution in Plexus and Euphoria, make her memorable.

**Sandeep Singh**

The selfie loving Diljit Dosanjh of 2k11, this good looking face is also a true Yaaron-da-yaar. CC 2015, has to his credit organizing the biggest Euphoria GMCH has seen so far. After trading the Pagg life for thug life, he's often seen in the gym or on social media. Known face amongst all batches, he's particularly quite popular amongst the juniors.

**Prabhroohan Pannu**

This CC plexus and Cultural incharge of Euphoria gave a new meaning to girl power. She made herself heard and got her way no matter what. A favorite with the juniors, she's a go to person whenever in a crunch.

**Sakshee Yogendra**

This dancer-singer combination has had everyone in awe of her talent over the years. With her smile and expressions on stage and her friendly demeanour off stage, she is well liked by everyone.

**Prakhar Agarwal**

Coming from the heart of India 'Bhopal' he etched a place of his own in the hearts of GMCHites too. A skilful footballer and organiser of both Plexus and Euphoria he is an essential cog in the wheel called 2k11. His hospitality is famous be it in his homeland or boys hostel.

**Sanjana Sharma**

This confident beauty stands out in the crowd. Her transformation from a simple girl to a diva for fashion shows and hosting fests often had people wondering about her many talents.

**Shagun Singh**

A treasure trove of knowledge, she's also one of the sweetest and most calm people of 2k11. Known for acing examinations year after year, she has an excellent academic record. This Anatomy topper also has some pretty amazing dance moves and art skills up her sleeve.

**Siddharth Duggal**

If you haven't heard of the all famous name "Duggal", GMCH might disown you. From being the CC of Plexus and Euphoria to the Editor of Glimpse to the captain of the cricket team to winning at tennis and singing, this all-talented CR of ours has donned every hat the college had to offer. His hardwork and sincerity towards the profession has been an inspiration for juniors and batchmates alike. His contribution in keeping 2K11 together as a big happy family can't be undermined.

**Shifali Narang**

With her bubbly charm and giggling manner, she is one happy-go-lucky person. An introvert though, she makes her presence felt by being a genuine friend.

**Sonia Sharma**

Fierce and undaunted, she knows how to get her way. Her jokes and excited banter always made waiting for clinics a little easier. Very generous with appreciation for her friends, she made for some great company.

**Roopjit Kaur Sahi**

She can literally light up any gathering with her energy and zeal for life. Known for her love for desserts and Punjabi music, she sure knows how to lift the spirits of all those around her. A fashionista and a basketball enthusiast, her creativity with words and her rollerball art are truly unique. A genuine and sincere friend, she is one of the most known faces of 2k11.

**Tanvi Singh**

This pretty Army kid from Agra was loved by all for her delicate mannerism and sympathetic attitude. Though a loyal friend and an integral part of her circles, her self sufficiency is remarkable. Her agility in sports and ferocity when unruffled were quite a surprise, contrary to her petite presence.

**Shivanjali Sood**

Though usually quiet, she's quite a treat to be with when she lights up during breaks and clinics. She was a keen organizer at Plexus, Sports meet and Euphoria and an integral part of Euphoriography.

**Tanya Sharma**

When people aren't falling head over heels for her gorgeous looks, they're surely tripping over her brains. From editing the college magazine to mesmerizing with her bhangra moves, from topping nearly every exam to shining in sports; this one has done just about everything and aced it. Trust her to be the finest friend one could find.

**Shiwani Mahajan**

Although an instant heartthrob on entering GMCH, she isn't just another pretty face. From dominating the football field to many-a-fashion show and Bhangra performances, this nimble footed cutie made fans in every sphere. Though soft and gentle in her demeanor usually, you do not want to cross ways with her. Her sincerity, grit and humility set her apart from the crowd.

**Tejasav Singh Sehrawat**

The handsome hunk of GMCH has been our first choice in all fashion shows. He is fiery in his commitment be it to friends or his goals. An enthusiastic sports lover especially football and basketball. Be it studies or oratory he acs them all.

**Shreyak Sharma**

Apart from his 'starry'skills on the football field, he's also uniquely gifted in the art of public speaking. From his famous 'chamatkar' speech to his witty one liners he is the man of choice for hosting events. This avid Arsenal fan is loved by seniors and juniors alike and is an irreplaceable part of the Boys hostel. Fun, intelligent and kind define The 'Pandit of 2k11'.

**Smriti Mahajan**

5 feet 11 inches of grace and brilliance and yet you wouldn't find a girl more grounded and humble than she is. If you ever saw her walking the ramp donning a saree, chances are you wouldn't forget it. One of the most well read people around, she is known for her quirky humour, wit and her iron rod with grammar. With her free spirit and a 'devil may care' attitude, she is truly a breath of fresh air.



Prof. N.K. Goel
HoD Dept. of Community Medicine

Love or Arranged marriage?	Love-cum-arranged marriage
What's your favorite song of recent times?	Only Krishna bhajans
God believer or God fearer?	God lover
What one thing do you miss about BHU?	Guru-Shishya Parampara
What role do you play best - teacher, father or husband?	I am a multipurpose worker.



Dr. Vipin Gupta
Dept. of General Surgery

Your idea of a perfect getaway?	Hill station: Trier, Germany
Has any student subtly hit on you?	Somebody might have
If not Neurosurgery, then what?	Neurosurgery, Neurosurgery, and only Neurosurgery
The craziest thing you've ever done?	Joined MCh, in fact MBBS
Secret behind achieving some much in so less time?	Its hard work and luck.



Dr. Anshu Sharma
Dept. of Anatomy

How do you feel about having your better half in the same college?	Great, he's easily approachable
"Ghar par kiski chalti hai."	Unki hi chalti hai
What's your favorite getaway?	Rajgarh, HP
Beauty or brains?	Brains
If you were a product, what would your tag line be?	Looking for perfection



Dr. Shiwani Jaswal
Dept. of Biochemistry

What is your favorite outfit?	Skirts
What do you like to do in your free time?	Read fiction
What's the one thing students will be surprised to know about you?	I like to cook
Which actor did you used to swoon over as a kid?	I still swoon over Shahrukh
What's your idea of an ideal Saturday night?	Movie or dining out

not so The ^ FAQs



Prof. Rajeev Sharma
Dept. of General Surgery

How do you feel about having your better half in the same college?	Very happy!
"Ghar par kiski chalti hai."	Of course, meri... wife ki.
What's your favorite getaway?	Hill station
What's the secret behind your compatibility?	None actually! *Laughs*
If not a surgeon then what?	Air force officer



Dr. Reeti Mehra
Dept. of Obstt. and Gynae

Should a girl wait for prince charming or go herself to search him in the woods?	Look out for him!
Beauty or brains?	Brains
"Aap ki khubsoorati ka raaz kya hai?"	All the love I receive from my students and by staying happy
What's the one thing students will be surprised to know about you?	I was a mother by the age of 22 years and did my MS after the birth of my first child
If you were a product, what would your tagline be?	Bringing smiles to whoever I can



Dr. Pritam Singh
Dept. of Medicine

Are you an early morning or a late night person?	Late night
A night at disc or library?	At Home
What's your favorite drink?	Absolut vodka
Delhi or Chandigarh?	Chandigarh
What's the most insulting thing a professor has said to you as a student?	When I answered "yes" to the question asked whether fat is present in brain, I was told "yes, indeed in medical students' brain."



Dr. Amandeep Singh
Dept. of Forensic Medicine

What's your favorite drink?	Coke... original answer dena hai kya?
What's the craziest thing you've ever done?	Threw eggs at girls on Holi
What's the dumbest answer you've ever got in a viva?	The answer to the question of 'Penal erasure'
What's your dream car?	Audi A4
Katrina, Deepika, Jacqueline?	Katrina

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*The path from dreams to success does exist. May you
have the vision to find it, the courage to get on to it, and
the perseverance to follow it.*

Wishing you a great journey.

– Kalpana Chawla