

VAMC

साहित्य दर्पण

2025 Edition, Volume 1

E-magazine

Page:-4



Look forward to :-
Special interview with Dean Sir about his life,
managing a medical college and more
including a podcast with our editorial team

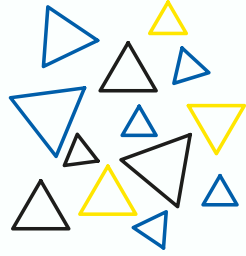


CLICK HERE

Scan the QR code or click on the link
for podcast with dean Sir



Foreword



Welcome to the first edition of the Sahitya Darpan, your gateway to the creative spirit of VAMC. This edition begins by bringing together a diverse collection of articles, art, poems, facts, and photographs from the VAMC community.

This forms a digital space for all to showcase their creativity, and knowledge and share their experience with everyone

This magazine would not have been possible without the support of our honourable Chancellor VAU and Chairman VAMC Dr. Keshav Agarwal Sir, honourable Pro-Chancellor VAU and President VAMC Dr. Ashok Agarwal Sir, honourable Vice Chancellor BIU Bareilly and Vice Chairman VAMC Dr. Lata Agarwal Ma'am, honourable Vice Chancellor VAU and Vice President VAMC Dr. Kiran Agarwal Ma'am, honourable Dean and Principal VAMC Dr.(Col) R.N Shukla Sir, Respected faculty in-charge and Professor ENT Dr. Poornima S Bhat Ma'am, the dedication of our talented student contributors and the relentless efforts of our editorial team. We extend our heartfelt gratitude to everyone involved. As you flip through these pages, we hope you find inspiration, laughter, and a newer perspective.

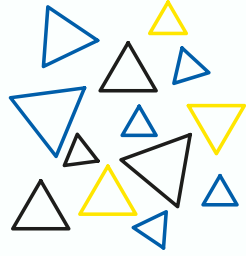
Thank you.

Warm regards,

The Editorial team



Literature in the digital age : The argument for E-magazines



The digital age has brought about countless changes, good and bad ones alike. While technology has made our lives easier, one cannot overlook the damage it has done, mostly to one's mental health. With the introduction of social media, our attention span and memory have decreased significantly. One way to tackle this is through literature. Research suggests that interaction with literature has an overall positive effect on one's attention, stress and emotional resilience.

Literature, unlike digital media or rather social media, does not promote passive consumption and mental fatigue.

Now there is one problem with traditional literature, that it is a bit inaccessible at times. In our fast-paced life, one might find it difficult to read a book or a print magazine.

This is where e-magazines or e-books come into play. They offer all the benefits that literature has and also the accessibility of digital media. E magazines also has features that traditional print cannot have such as video integrations. This makes the overall experience more vivid.

Literature is not just read or consumed but it is rather practiced. E-magazines offer a platform for people to showcase their creativity or their opinions. As skills like storytelling or creative expression do not come overnight and require a lot of practice E-magazines create a perfect environment for people to showcase and practice their skills.



**By Editor:-
Ahmad Mamoon Ezaz**

Beyond the Grades: Dean Dr.R.N Shukla sir on Cultivating Future Physicians

Interviewer:- What motivated you to be a doctor, was it always your dream?

Answer:- Well initially I wanted to be a research scholar and teach. So my goal was to pursue Bsc, Msc and Phd. But when I was pursuing my bsc, emergency was imposed and I saw the condition of the teachers and the disrespect they received. I decided that an alternative path should be taken. So I decided to pursue medicine and join the army.

Interviewer:- How was army life ?

Answer:- The life in army is a very disciplined life and there are not many variations in it. There is a routine for every thing and you cannot do random things. Also being in the military you have to be very punctual, so if you are supposed be somewhere at 9:00 then you are supposed to be there 5 minutes before and this is something that is lacking in civilian society.

Interviewer:- Is there someone that you consider your role model?

Answer:- When I was a child, just like all children my role models were my parents. As I moved into school, my teachers became my guide. Among them was my high school principal and he motivated and guided me and was my role model.

Interviewer:- Was there any specific methods you used to learn during college days?

Answers:- As I have been telling you, you must choose your friends well, enjoy life and study systematically. You must discuss and teach each other to understand and memories any topic better.

Interviewer:- How do you spend your free time?

Answer:- Well now as you know work is 24/7 so it is a little difficult. But I do enjoy reading books and playing sports. Earlier it used to be badminton but with age it shifted towards golf.

Interviewer:- Do you think work life balance could be maintained?

Answer:- Yes, most certainly. I think in current times the biggest waste of time is social media, you open it for 5 minutes and you end up scrolling for 2 hours that could have been used for other activities.

Interviewer:- Do you think spirituality and faith are important in life?

Answer:- Yes, I believe it is very important. As a practicing hindu myself, I believe in total surrender to god. So you do your part and leave the rest to god and it always works.

Interviewer:- Do you read any spiritual books?

Answer:- Yes, I have got the whole set set of bhagavata purana and I do try to read it from time to time.

Interviewer:- Do you think Ed tech has changed the way of medical education?

Answer:- Yes, most certainly. And I personally feel that it has negatively impacted medical education in some aspects.

Interviewer:- What are your book recommendations?

Answer:- Well I would mention a few books, the first being Catch-22 by Joseph Heller, the second being "Atlas Shrugged" by Ayn Rand, "Coma" and "Fever" by Robin Cook and Final Diagnosis by Arthur Hailey.

Interviewer:- What are your views on extracurricular activities like sports?

Answer:- In my view these are the biggest stress busters and they immensely help in the overall development of a person.

Interviewer:- Do you think AI will transform our field?

Answer:- Yes, most certainly. But I also believe that the human touch will remain ever important.

Interviewer:- What is your final message to the students?

Answer:- My message to the students is that we in the management are there to help you and we want you to come out as good Indian medical graduates. And we are there to support and help you in all possible ways. At the same time it is your duty to take care of somethings as well, so on your part you are supposed to be following the general code of conduct and refrain from any activities that may harm you and curtail your potential. And most importantly take care of your peer group, your friends as they can greatly influence what you do, so surround yourself with positive and good people.



Medical Scrubs

Medical Scrubs

Medical Scrubs are the sanitary clothing worn by physicians, nurses and others involved in patient care. Today, any medical uniform consisting of a short-sleeve shirt (sometimes long-sleeve) and pants is known as "Scrubs". Scrubs are usually made up of materials that are resistant, easy to maintain and comfortable.

Medical Scrubs are more than just fashion statement to set them apart from the crowd. Scrubs are required protective clothing that helps keep cross contamination to a minimum. Healthcare professionals often work long hours and require uniform that allows them to move freely and be comfortable while also retaining functionality. Scrubs are designed to meet these needs, with features like adjustable waistbands, stretchy and breathable fabrics and large pockets to carry essential tools and supplies.

Historical Evolution of Medical Scrubs

Medical Scrubs were not always the norm, up until the 20th century there were no special garments for medical professionals so much so that even the surgeons did not wear any special or sterile clothing and performed the surgeries in their usual cloths, only donning a butcher's apron.

With the Spanish flu and the growing medical interest in Lister's antiseptic theory, some surgeons started wearing some protective clothing. By 1940s, advances in science of antiseptics and the science of wound healing led to the adoption of antiseptic drapes and gowns for operating room use.

Initially the attire was white but that created problems as the operating room was also white. To avoid this problem the use of different shades of green came into use. This uniform was originally called "surgical greens" because of its color, but later came to be known as "Scrubs" because it was worn in a "scrubbed" environment.

In recent times the use of Scrubs expanded beyond the surgical theater and this came to be known as Medical Scrubs. This type of Scrub usually consists of a t-shirt like top and pants. These come in various colors and designs, the most popular being the V-neck scrub top.

What makes a Medical Scrub different from any other piece of clothing

You must have wondered what makes a Medical Scrub different or special. Well, starting off it distinguishes the medical worker from the patient but that is not all. Let's discuss 3 things that set the Medical Scrubs apart from other cloths:

(a) Material and fabric:

Medical Scrubs can be made from a variety of material including blends of different fabrics to provide optimum comfort and functionality. These are generally made with fabrics that are durable, easy to maintain and breathable. Factors such as ease of cleaning, stretchability, microbial properties and strength of the fabric are also important factors.

(b) Design and features:

Medical Scrubs come in wide variety of designs, colors and features. The most popular and preferred are the V-neck scrubs as it allows optimum airflow and freedom of movement. Design of the Scrub can be customized with name tag, placement and size of the pockets, and fitting to suit one's personal needs.

(c) Functionality:

Medical Scrubs incorporate pockets and other design features that allow healthcare workers to conveniently store essential items while carrying out their duties. Medical Scrubs also comes with features like adjustable waistband, stretchable and breathable fabric.

Are Medical Scrubs same as Surgical Scrubs

Medical Scrubs and Surgical Scrubs are not exactly the same thing. Although they are both worn by medical professionals, they vary in their role and function. Surgical Scrubs are specifically made for surgical purposes keeping sterility in mind. Whereas Medical Scrubs are designed to be worn outside the operation theater by healthcare professionals. Key disparities encompass fabric and material, design, sterility, and cost considerations. Each type of scrub is meticulously tailored to specific scenarios and role within healthcare setting.

Colors and Medical Scrubs

Have you ever wondered what the colors of the scrubs signify or they if signify anything at all. Well under most circumstances the color of the Scrub depends on personal choice or institutional guidelines. The most popular colors are blue, green, black, and grey. Let's see what each signify.

- Blue- A Symbol of Calmness and Reliability.
- Green- The shade of Healing and Trust.
- Black- A Legacy of Boldness and Professionalism.
- Grey- Neutral Elegance with a Touch of Authority.

Advantages of Medical Scrub

Why wear a Medical Scrub? This is a question that comes to mind when you think about Scrubs, why not just wear normal cloths? To answer these questions lets discuss few advantages of Medical Scrubs:

- Medical Scrubs provide adequate protection against bodily fluids- High-quality Medical Scrubs are made of fabrics that prevent a patient's bodily fluids from making a direct contact with the wearer's skin.
- Medical Scrubs provide comfort and a better range of movement for the wearer- It's no secret that healthcare professionals have some of the most physically straining jobs around. They are the ones expected to be on their feet throughout shift, work long hours, move patients around for hours on end.
- Scrubs are functional- Scrubs are designed to help make the job easier for the wearer, with their large pockets and their range of motion.
- Scrubs make healthcare professionals easily identifiable- Like every uniform, Scrubs provide easy identification of the professionals. These are enhanced by custom print, name tags, and color codes.

- **Scrubs help protect against cross contamination-** Cross contamination is not just a problem within a facility but is also a community health concern. These Scrubs help keep normal cloths from getting contaminated. These are washed and stored separately to avoid any infectious agents from contaminating the other cloths. This helps protect the healthcare professional and the people around them.

The Argument Against Medical Scrubs

Medical Scrubs just like any other piece of clothing has its disadvantages. Let's go through some of them:

- **Spread of pathogens-** The main disadvantage of scrubs is not taking them off. If you wear your Scrubs to your home, you've exposed everyone in your home to the pathogens that you may be carrying.
- **Maintenance-** Scrubs require special care while washing and storing to avoid contamination. This makes it difficult and expensive.
- **Changing into Scrubs-** As you cannot wear Scrubs outside you have to change into and out of Scrubs every time you leave or enter into the hospital. This sometimes can be exhausting and frustrating.
- **Discomfort-** Some manufactures use cheap quality fabrics or have poor design features, this makes wearing a Scrub really uncomfortable. It is therefore very important to choose the right product.
- **Size and fit-** Some hospitals use unisex scrubs which makes it difficult for some people to fit into them. Therefore, it is important to keep this in mind when purchasing your own Scrub to make sure you buy it from somewhere that makes tailored pieces for men and women.

Affordability

Sometimes Scrubs can be unnecessarily expensive. Some companies sell their Scrubs at a very high price or they make poor quality products. In both cases, it becomes unaffordable for people to buy and maintain them. Also, since it is a niche product it becomes hard to find a good product that is also affordable.

Conclusion

Medical Scrubs are an essential part of healthcare profession. Each type of Scrub is specifically tailored for specific scenarios and roles within healthcare setting. Medical Scrubs are a powerful symbol of dedication, expertise, and care. Ultimately, selecting the right uniform is instrumental in upholding professionalism, infection control, and operational efficiency in the healthcare industry.

Ahmad Mamoon Ezaz
MBBS -Batch 2022



TUG OF WAR





Dr.Saquib Reyaz Khan
Associate professor
Department of ENT

*Mohabbat ke safar me to hasee agaaz hota hai
Fir dil toot jata hai na koi awaaz hota hai*

*Ye riste naate Aur apne to bs kahne ki bate hai
Bhrosa dil kre jis pr wahi humraaz hota hai*

*Mohabbat ki ye gliyan hai sambhal kr paanv tum rkhnai
Yha aksar tera qatil tera humraaz hota hai*

*Meri naraazgi ka tum bura kyo man jate ho
Jo apna khaas hota hai wahi naraaz hota hai*

*Jo duniya ko badalte hai wo bhi hum me se hote hai
Magar jeene ka unka ek alag andaaz hota hai*

*Wo girte hai sambhalte hai sambhal kr fir se chlte hai
Har ek thokar pr unka ek nya agaaz hota hai*

*Rha kya farq jeene ka hmare aur gairo me
Bs yu hi kal guzarta hai aur yu hi aaj hota hai*

*Unhe roke koi kaise chattano ki bulandi se
Ki jinke hauslo me hi bhra parwaaz hota hai*

*Mita dete hai khud ko wo kbhi mitti ke dhelo me
Ki Ek dane se paudhe ka yhi to raaz hota hai*

*Taqabbur aur dikhawa to jahalat ki nishani hai
Jo ahal e zarf rkhte hai naram mizaaz hota hai*

*Kyo taula jaye har ek ko apni hi tarazoo se
Har nagme ka apna dhun aur apna saaz hota hai*

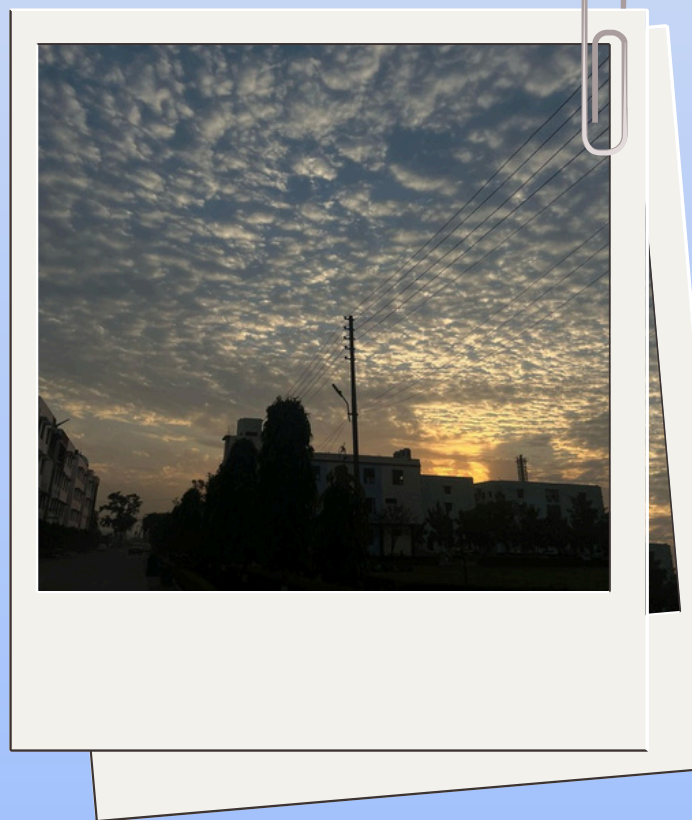
*Mere halaat mushkil hai magar fir bhi gila kaisa
Mera khalique mere har gam ka charasaaz hota hai*

*Hzaaro gam hai duniya me udaasi ke lea Saquib
Gamo me muskura de jo wahi jabaaz hota hai*

PICTURESQUE



Suhel Alam
MBBS Batch 2022





Komal Singh
MBBS -2023 Batch

मुश्किल की इस घड़ी मे है भगवान डॉक्टर
इन्सान के शक्ल मे है भगवान डॉक्टर।

शब्दों के कमी पड़ रही तारीफ के लिए
है देवी देवता से तु महान डॉक्टर।

पत्थर भी खाके टूटता नहीं हौसला तेरा
घायल भी होके देते फर्ज को अंजाम डॉक्टर।

ये जानते हुए भी ये है छुआ छूत की बीमारी
मुश्किल मे डालते है अपनी जान डॉक्टर।

तेरे हुनर से मिली है नयी जिंदगी जिसको
जीवन भर ना भूलेंगे वो तेरा ऐहसान डॉक्टर।

फिके है तेरे सामने सब फिल्मी सितारे
इस दुनिया में है सबसे तु महान डॉक्टर।

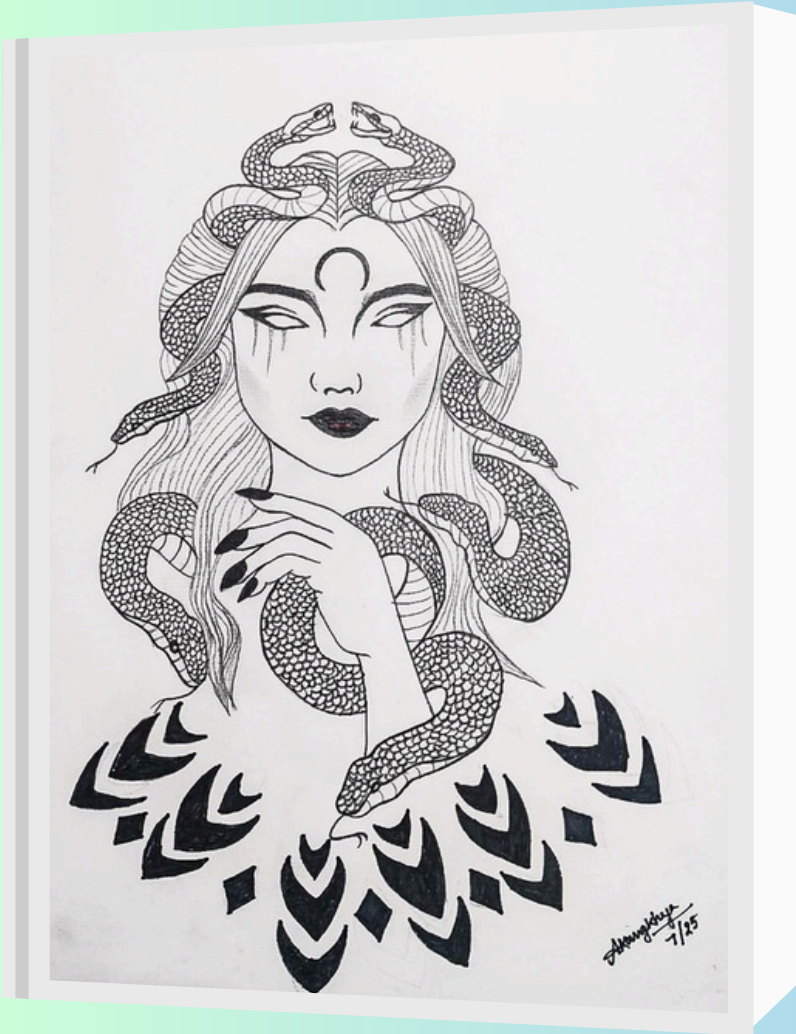
दुनिया मे किसी और के सम्मान से पहले
सबसे पहले होना चाहीये तेरा सम्मान डॉक्टर।

झुकता है मेरा शीश तेरे इस नेक काम पर
करता हूँ तुझे दिल से मै सलाम डॉक्टर।

ARTSY



Akangkhyia Parasar
MBBS- 2023 Batch



The first successful heart transplant was performed by a South African doctor.

Dr Christian Bernard performed the first successful human to human heart transplant in 1967 at Groote schuur Hospital in Cape Town, South Africa.

VASANT PANCHAMI

ॐ सरस्वति नमस्तुभ्यं वरदे कामरूपिणि ।
विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ॥





Dr.Khushi

Department of Radiology
JR-1

कौन ?

कुछ अल्फाज़ों कुछ बंद से राज़ों
को पंक्तियों में बहाना हैं

कुछ अन कही सी बातें और कुछ पुरानी यादें
समेट कर गुनगुनाना है

चलती ही जा रही है ज़िंदगी किसी बिना गियर की कार की तरह

इसे धीमा कर ब्रेक लगा, आज ठहर जाना है

बीत तो गया था बचपन अब लौट के आ पायेगा ना
पर आज फिर उस बच्चे को अपने अंदर जगाना है

खामोशियां भी हैं, आँसू भी हैं, और शिकवे भी
मगर अब हर दर्द को बक्से में बंद कर मुस्कुराना है

लोगों की तो हर वक्त सुनते हैं इस दुनिया में
पर आज बस खुद की सुनी है और सुनाना है

वक्त तो नहीं है बैठ कर पंक्तियों की उड़ान देखने का
फिर भी किसी पिटारे से वक्त निकाल, आज बस थम जाना है

कई दफ़ा बंद किया है अल्फाज़ों को खामोशियों में
पर आज तो इस डरपोक दिल को बेपरवाह बनाना है

ग़म तो बहुत हैं ऐ ज़िंदगी तुझमें
लेकिन आज तुझे बस खुशियों से सजाना है

BASKETBALL





BY :-Sejal Patil
MBBS-2024 Batch

अलविदा

उस भीड़ में अकेली हूँ
उन आवाजों में भी अनसुनी हूँ।

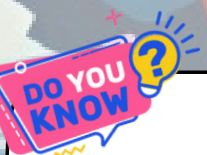
उस भीड़ में भी अकेली थी
जहाँ अपनों को अपना कहने से कतराती हूँ।

जिस पहचान से दिखती
उसी पहचान को छुपाती हूँ।

थोड़ा सा इस मंज़ील पर ठहरकर
अपनी उस पहचान को अपनाना चाहती हूँ।

जो कहानियाँ अधूरी थी
उन्हे एक नई दास्तान बनाना चाहती हूँ।

जो पन्ने खोए थे
उन्हे फिर से खोज के
एक अलविदा आखरी कहना चाहती हूँ।



The world's first test tube baby was born in 1978.

Louis Brown the first baby conceived through In-vitro fertilization (IVF) was born on July 25 1978.

WHEN THE WILD MET FIRE



Manasvi Mukherjee
MBBS 2023 Batch

In the heart of a forest, deep and wide,
I met a lion with unmatched pride.
Golden and bold, he walked like flame,
And somehow still, to me he came.

He spoke in silence, I moved in song,
Our worlds so different, yet we belonged.
He guarded his ground, I wandered free,
Yet love bloomed in our untamed symphony.

We held each other, claw to claw,
Learning to bend without breaking law.
His roar was thunder, my touch was rain,
Together we danced through joy and strain.

Not always easy, never quite still,
But we met each other with quiet will.
Respecting space, holding tight,
Even in shadows, we found light.

And now, as the stars begin to rise,
I watch him sleep with wondering eyes.
Can this fierce, wild thing we've grown
Truely stand when the storms are blown ?

PICTURESQUE



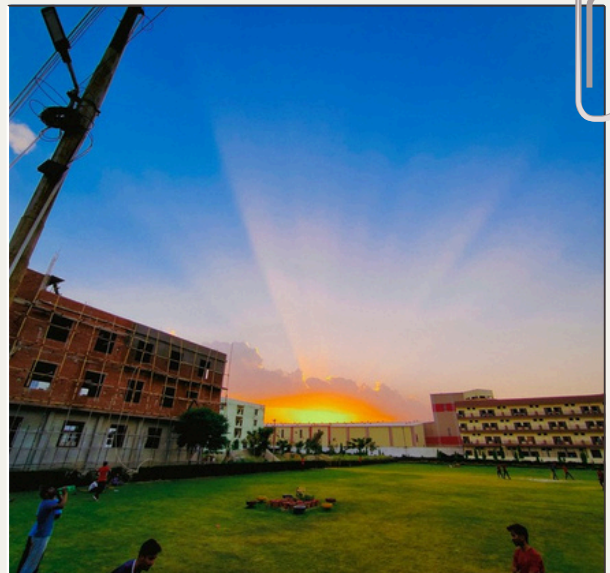
By :- Fazle Alam
MBBS 2022 BATCH



"No sun outlasts its sunset but
will rise again and bring the
dawn."



One can lead a healthy life with only half a brain.
In some cases people have undergone have
hemispherectomy , a surgical procedure that
removes half of the brain, and have still been able to
lead relatively normal lives.



UNITED IN DIVERSITY, STRONG IN UNITY

THE 76TH REPUBLIC DAY

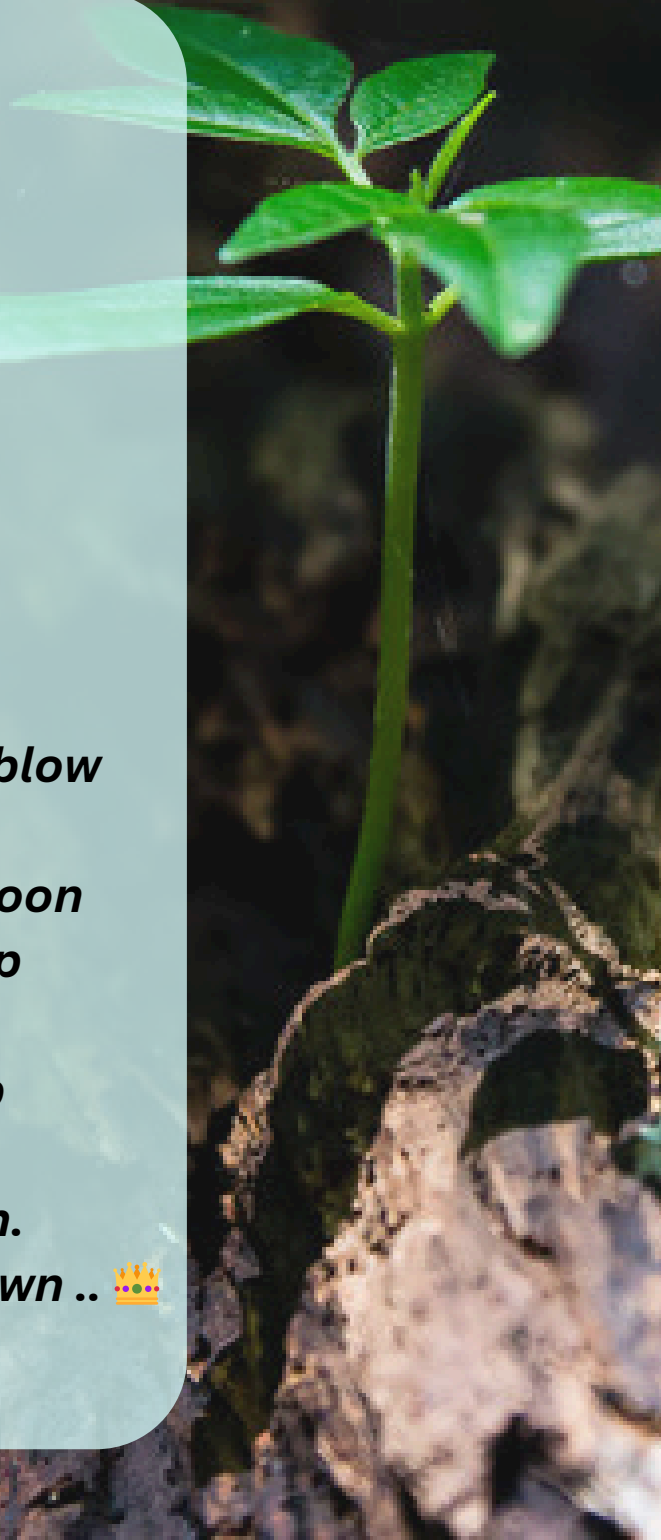


Life



Mizba Khan
MBBS-2023 Batch

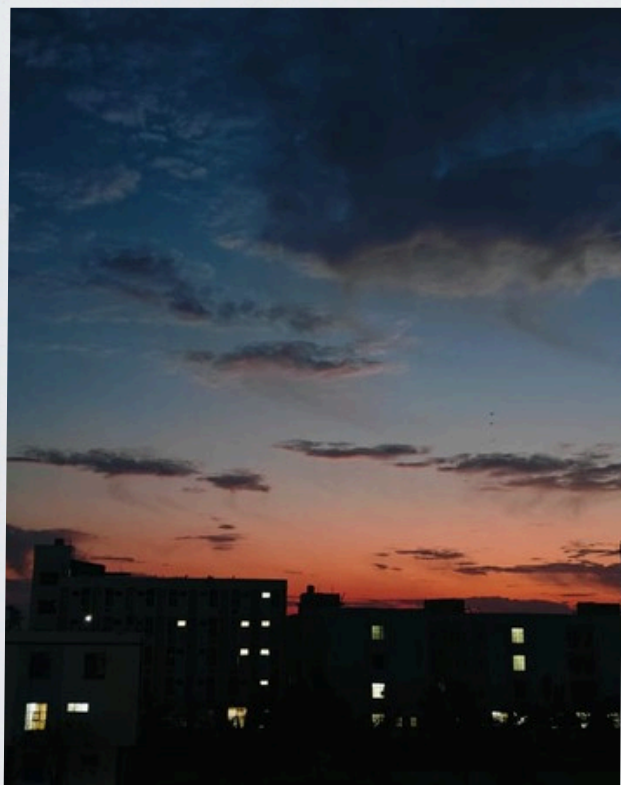
*Life is a queer with its ,
twist and turns.
As everyone of Us,
Some time learns.
And may a failure ,
Turns about
When be might have won,
Had be struck it out
Don't give up through,
the pace seems slow
You might succeed with another blow
Often the goal is nearer than
It seems to faint and faltering moon
Often the struggler has give up
When be might have
Captured the victor's cup
And be learned to late.
When the night slipped down.
How close be was to the golden crown .. 🏆*



PICTURESQUE



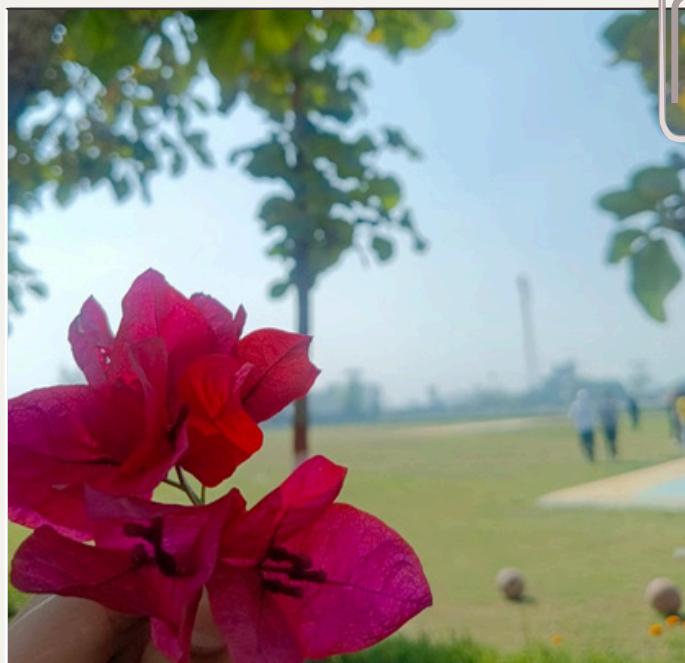
By :- Aditi Rai
MBBS 2024 BATCH



"No sun outlasts its sunset
but will rise again and bring
the dawn."



You have a unique tongue print just like
fingerprints.
Everyone's tongue print is unique just like
different fingerprints





1. What is the name of surgical procedure that involves removing a portion of the stomach to treat obesity?

- (a) Gastrectomy
- (b) Gastric bypass
- (c) Sleeve gastrectomy
- (d) Laparoscopic adjustable gastric banding.

2. What is the name of the neurological disorder characterized by the accumulation of tau protein of the brain, leading to memory loss and cognitive decline ?

- (a) Alzheimer's disease
- (b) Frontotemporal dementia
- (c) Lewy body dementia
- (d) Corticobasal degeneration

3. Name the reflex that helps to regulate blood pressure by increasing heart rate and vascular resistance in response to decreased blood volume?

- (a) Chemoreceptor reflex
- (b) Baroreceptor reflex
- (c) Brainbridge reflex
- (d) Stretch receptor reflex

4. What is the mechanism of action of medication rivaroxaban, used to prevent stroke in patients arterial fibrillation?

- (a) Factor Xa inhibition
- (b) Factor IIa inhibition
- (c) Platelet aggregation inhibition
- (d) Fibrinolysis enhancement

5. What is the name of the skin condition characterised by itchy, blistering rashes?

- (a) Psoriasis
- (b) Acne
- (c) Rosaceae
- (d) Eczema

6. What is the primary function of enzyme dehydrogenase ?

- (a) To convert lactate to pyruvate .
- (b) To convert pyruvate to lactate.
- (c) To convert glucose to glycogen.
- (d) To convert glycogen to glucose.

7. Which cranial nerve is responsible for transmitting sensory information from the face to the brain?

- (a) Cranial nerve V
- (b) Cranial nerve VII
- (c) Cranial nerve IX
- (d) Cranial nerve X

8. Which vitamin is essential for the conversion of tryptophan to niacin?

- (a) Vitamin B6
- (b) Vitamin B2
- (c) Vitamin B3
- (d) Vitamin B12

9. Which of the following is a complication of fatty liver disease?

- (a) Liver cancer
- (b) Liver failure
- (c) Kidney disease
- (d) All of above

10. What is the primary stage of syphilis characterised by?

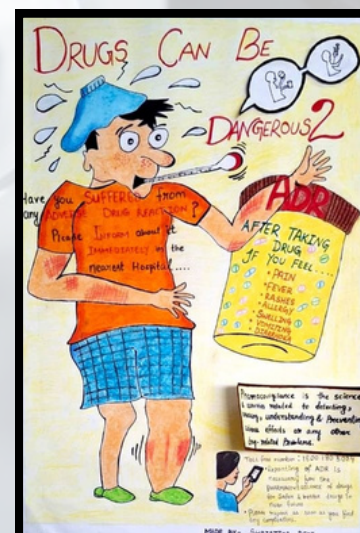
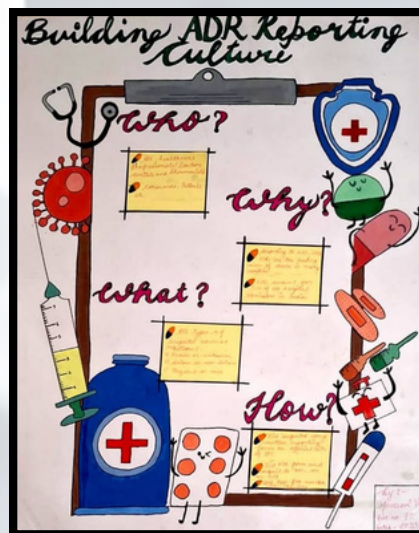
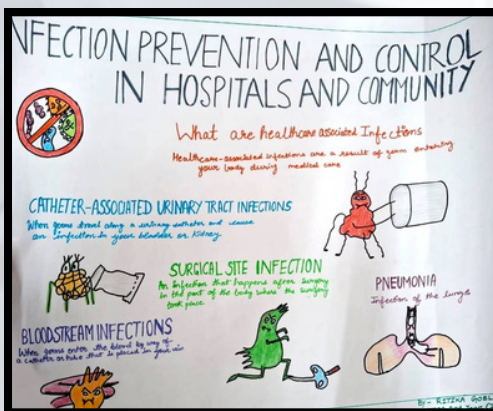
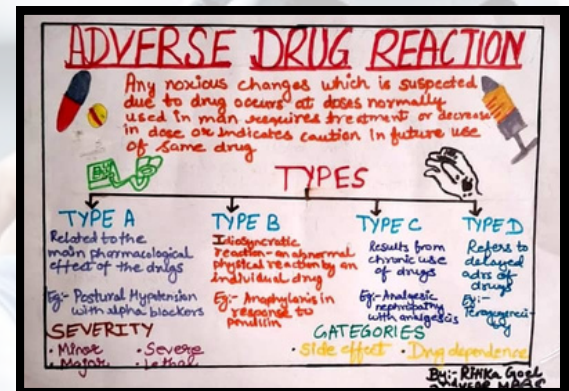
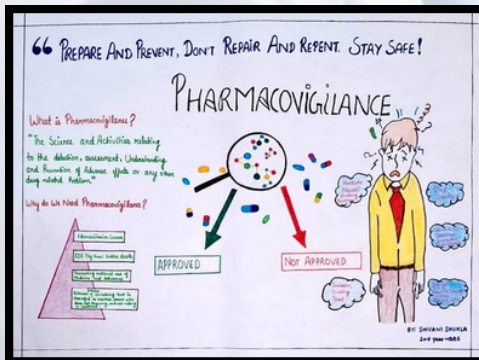
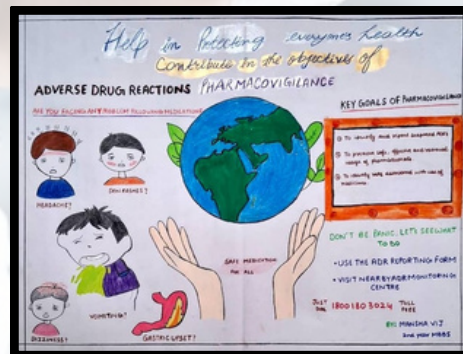
- (a) Swollen lymph nodes
- (b) Fever and headache
- (c) Painless ulcer on the genitals
- (d) Rash on palms and soles

ANSWERS

1.C 2.B 3.C 4.A 5.D
6.B 7.A 8.C 9.D 10.C

Anti-Microbial Resistance Poster Making Competition

Department of Pharmacology



कितनी खास हो तुम



Aishlesha Chaudhary
MBBS 2024 Batch

तुम्हे मालूम नहीं, कितनी खास हो तुम
चांद से भी खूबसूरत दिखती हो तुम,
जो सिर्फ मैं सुलझा पाऊं , वो सवाल हो तुम
तुम्हे मालूम नहीं, कितनी खास हो तुम

होते होंगे तुम्हे चाहने वाले ज़हनसीब,
हां ,होते होंगे तुम्हें चाहने वाले खुशनसीब,
पर डूबने को इस दरिया में,
मिलेगा न कोई मुझसा हबीब

तुम हो बरसातों की खुशबू ,
तुम हो रातों की नूर
तुम हो रेतों की आरजू
तुम हो फ़िज़ाओं कि धूप

इन फ़ूटे फ़ूटे मकानों की ,
सीलन लगी कच्ची दीवारों की,.
इन नाकामयाब कोशिशों की दवा हो तुम ,
तुम्हे मालूम नहीं कितनी खास हो तुम

PICTURESQUE



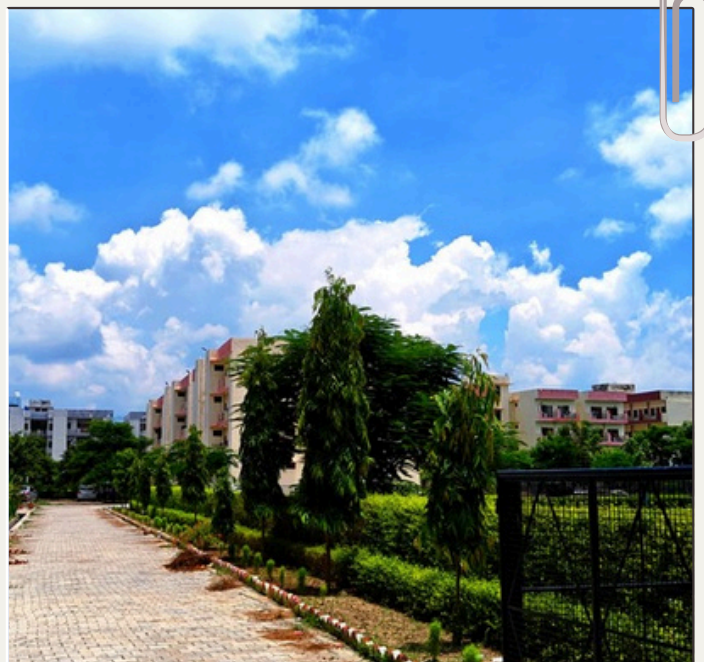
By :- Pranav Wadkar
MBBS- 2023



**JUST TAKE THAT TRIP AND ,
LIVE YOUR LIFE TO FULLEST**



Human eye can process 36,000 bits of information every hour.
Our eyes are incredibly powerful and can process a vast amount of visual information every hour.



बचपन के वो पल



By:-Nimisha
MBBS-2024 Batch

बीते लम्हों की कुछ तस्वीरें ,
आज सामने आई है,
धुंधली सी यादों का
एक पैगाम लाई हैं
सफर जो तय कर चुके हैं हम,
झलक उसकी ,बयां कर रहीं हैं

वो सफर ,
मासूमियत ही जहां हमारी पहचान हुआ
करती थी,.
मां के गले लग सोते ही
सारी शिकन,
दूर हो जाया करती थी ,
न होती थी रिश्तों में दरार,
न किसी से कोई शिकवे
जिंदादिली के साथ जिंदगी यूं चहक उठ ती
थी !

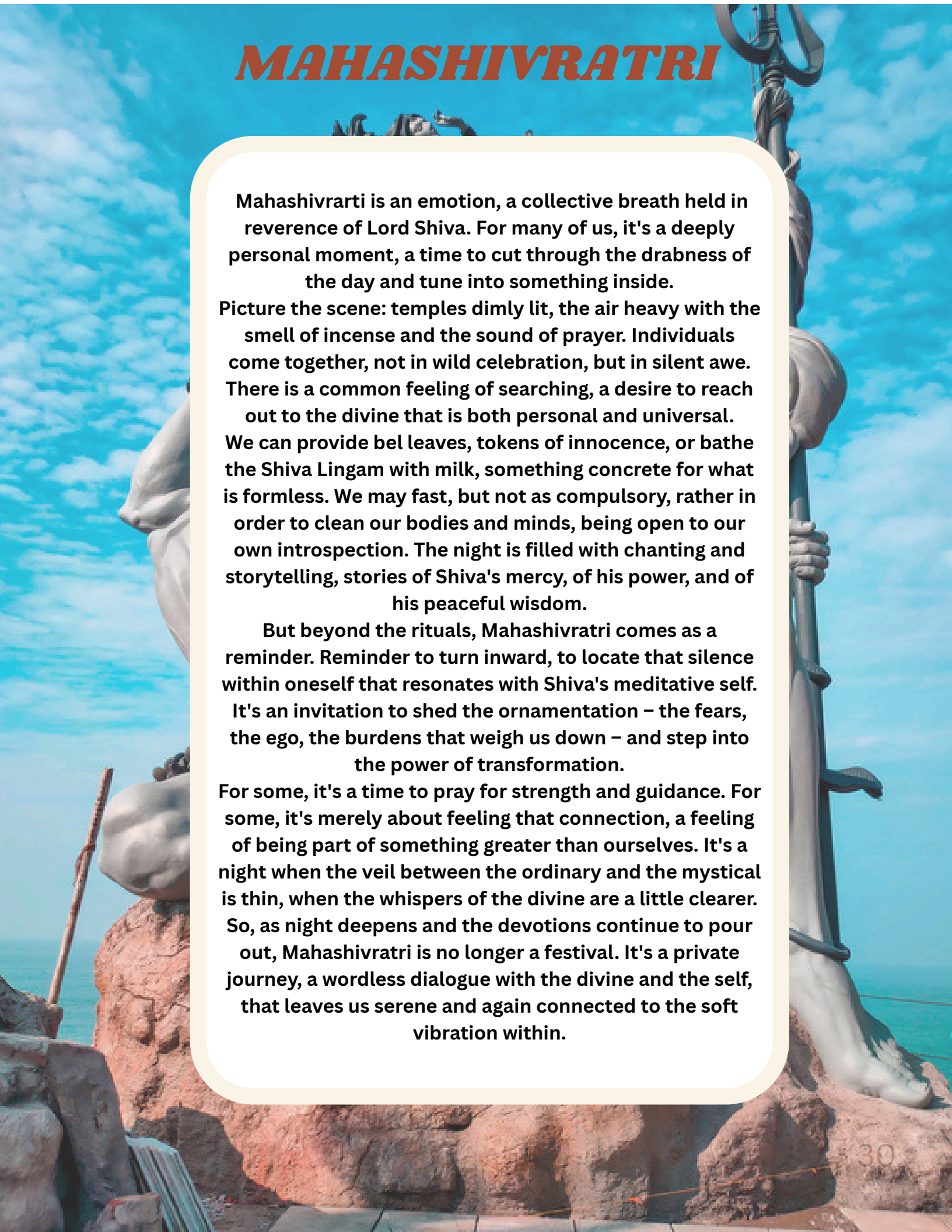
न समझ थी दुनियादारी की ,
खिलौनों की दोस्ती ही
खूब हुआ करती थी ,
तोहफे जो लाया करते पापा ,
उसकी खुशी जाने क्यों ,
सारे सप्ताह चला करती थी ,
वक्त ने गुजरके मोड़ कई लिए हैं,
लम्हों की किताब के पन्ने दिन ब दिन बदल
रहे हैं ,

उम्र से पाई समझदारी में,
वो शरारतें,
वो नादानियां
कहीं छिप सी गई है,
काश फिर कोई लौटादे वो वक्त ,
दोस्तों के साथ करी अठखेलिया ,
मिट्टी में बनाए वो घर ;
' बस आखिरी निवाला और '
कहती मां हमारे पीछे पीछे सारे
घर में घूम जाया करती थी ,
गड्डे गुड्डी के खेल,
दादी की वो कहानियां ,
आज भी याद बहुत आती हैं
आखिर ,
सुकून की परिभाषा तो वही थी ,
असल मायने में सुकून की जिंदगी,
तो बचपन की ही हुआ करती थी ,
आंखों की नमी भी ,
सच कहा हुआ करती थी
बेवजह की वो मुस्कुराहट आम ,
जो होती थी

MAHASHIVRATRI



MAHASHIVRATRI

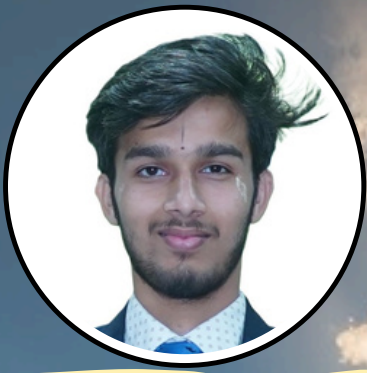


Mahashivrati is an emotion, a collective breath held in reverence of Lord Shiva. For many of us, it's a deeply personal moment, a time to cut through the drabness of the day and tune into something inside.

Picture the scene: temples dimly lit, the air heavy with the smell of incense and the sound of prayer. Individuals come together, not in wild celebration, but in silent awe. There is a common feeling of searching, a desire to reach out to the divine that is both personal and universal. We can provide bel leaves, tokens of innocence, or bathe the Shiva Lingam with milk, something concrete for what is formless. We may fast, but not as compulsory, rather in order to clean our bodies and minds, being open to our own introspection. The night is filled with chanting and storytelling, stories of Shiva's mercy, of his power, and of his peaceful wisdom.

But beyond the rituals, Mahashivratri comes as a reminder. Reminder to turn inward, to locate that silence within oneself that resonates with Shiva's meditative self. It's an invitation to shed the ornamentation – the fears, the ego, the burdens that weigh us down – and step into the power of transformation.

For some, it's a time to pray for strength and guidance. For some, it's merely about feeling that connection, a feeling of being part of something greater than ourselves. It's a night when the veil between the ordinary and the mystical is thin, when the whispers of the divine are a little clearer. So, as night deepens and the devotions continue to pour out, Mahashivratri is no longer a festival. It's a private journey, a wordless dialogue with the divine and the self, that leaves us serene and again connected to the soft vibration within.



Amryutesh Kulkarni
MBBS - 2024 Batch



The human genome project.
Human genome project completed in 2003 is the largest and most complex biochemical research project, involving over 2800 researchers from 20 countries.

Oh Lord!
How amazing are you!
Countless are the devotees of you,
I'm sure you too!

You are the form,
The form of no form.
Still, you have
Infinite forms.

What's your grace?
The grace of every second.
Even time needs permission—
Permission to even never end!

The feel of divineness
Is the path to happiness.
Worship of work with you
Is the feel of fulfillment.

I feel happy but crazy
To say, "You did."
I know you were
Helping me in all my deeds.

I get amazed
Every moment I think,
Thinking of your creation—
Unknowingly, my eyes don't even blink.

Understanding Milk Alkali Syndrome



Pritam Baidya
MBBS 2023 Batch

Milk-alkali syndrome (MAS) is a disease characterized by elevated blood levels of calcium, alkalosis and impaired kidney function. Despite being a rare condition in the past, MAS is becoming progressively more common again due to increased use of antacid and calcium supplements, particularly among individuals seeking to prevent or treat osteoporosis.

Clinical symptoms

The clinical presentation of MAS is diverse based on the severity and duration of the illness. All but one of the symptoms originate from hypercalcemia

Digestive Symptoms:-

- People commonly feel nauseated or vomit.
- Appetite may become suppressed, and constipation also results in the slowing of intestinal activity.
- Occasionally the individual complains of abdominal pain or merely complains of stomach aching.

Neurologic Signs:-

- Mental confusion and fatigue are typical complaints.
- Dizziness, weakness in the muscles, or irritability may be experienced by others.
- Severe hypercalcemia has resulted in confusion, lethargic reflexes, or even coma.



Kidney Complications:-

- Thirst and polyuria often follow because high calcium interferes with the kidney's ability to concentrate urine.
- Dehydration can occur as a secondary effect of this increased fluid loss.

Cardiovascular Problems:-

- Increased blood pressure is a common finding, primarily due to fluid imbalance.
- Extreme calcium rise can also result in irregular heart rhythms, and ECG changes like decreased QT interval may be observed.

Pathogenesis:-

The MAS issue is an excess of calcium and alkali products, usually from antacids or dietary supplements. These interfere with normal body regulation:

Excess Calcium

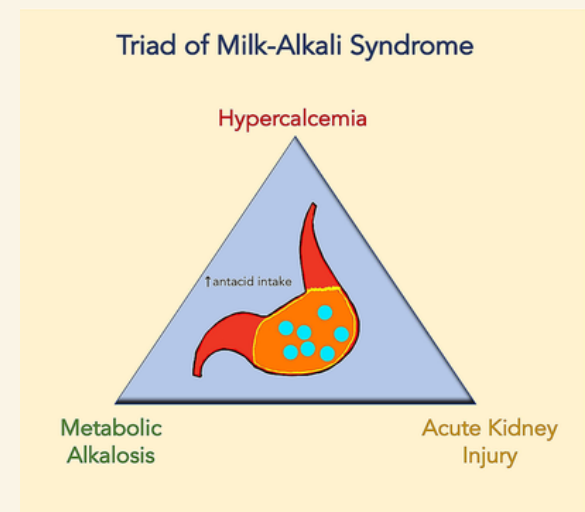
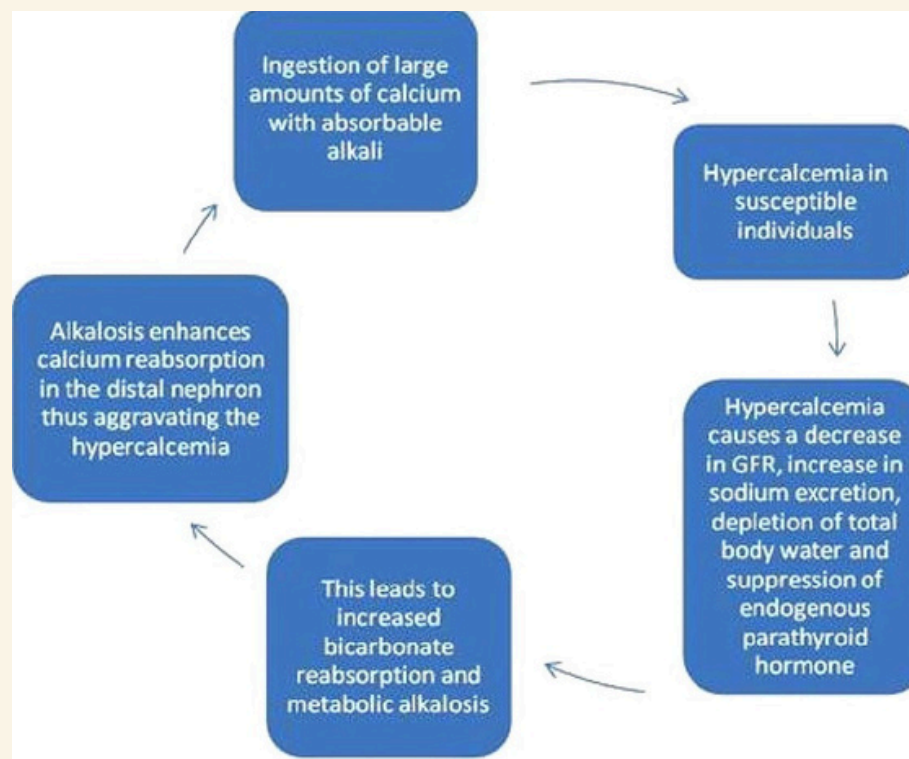
- The body normally regulates the level of calcium going into the bloodstream, but over-supplementation bypasses this mechanism. The kidneys, responsible for filtering out and removing excess calcium, cannot keep up.
- The parathyroid hormone (PTH), responsible for maintaining calcium levels in balance, gets suppressed.
- Excess of calcium restricts blood flow to the kidneys and reduces the filtration capacity, thereby inhibiting the clearance of calcium.

Increasing Blood Alkalinity

- Absorbable alkalis like calcium carbonate (commonly in supplements) load a lot of bicarbonate into the bloodstream. This raises blood pH, producing alkalinity. When dehydration occurs, the body holds onto more bicarbonate, worsening the condition.

Kidney Stress

- Hypercalcemia and alkalosis both stress the kidneys:
- They receive decreased blood flow since the blood vessels constrict.
- Calcium can begin to deposit in kidney tissue itself, leading to permanent damage.
- Fluid loss through excessive urination further complicates the job of kidneys.



Diagnosis :-

MAS is diagnosed by integrating the patient's history, symptoms, and laboratory results.

Patient History and Symptoms :-

-Careful examination of medications and supplements is crucial. Numerous patients, especially older adults, might be unknowingly taking over-the-counter calcium and vitamin D supplements. Dehydration, confusion, or changes in heart rhythm can also be warning signs.

Laboratory Work

- Serum blood work usually indicates:
- Increased calcium (often many times the normal amount)
- High bicarbonate, which indicates metabolic alkalosis
- Increased BUN and creatinine that suggest poor functioning of the kidneys
- Hypoparathyroidism due to unchecked feedback from too much calcium
- Possible changes of magnesium, potassium, or phosphate levels

Urine Tests :-

- Urinary calcium levels are low because more calcium than needed is reabsorbed by the kidneys.
- Urinary chloride is also reduced, consistent with some types of metabolic alkalosis.

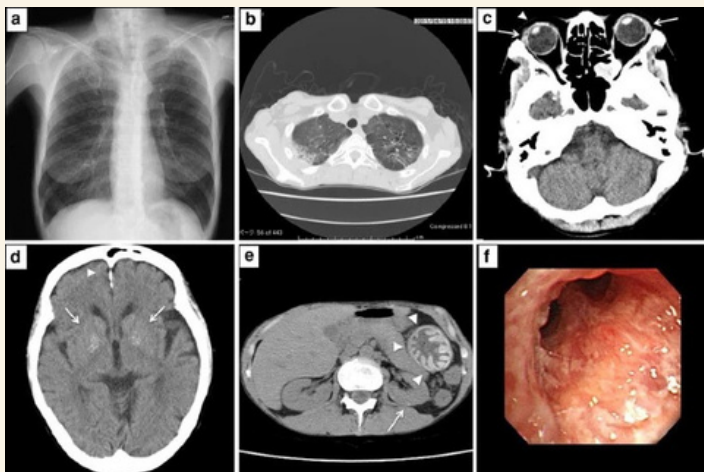
Imaging and ECG

-In long-standing cases, imaging may show calcium deposition in the kidneys. An ECG may demonstrate change in heart rhythms if calcium is highly elevated.

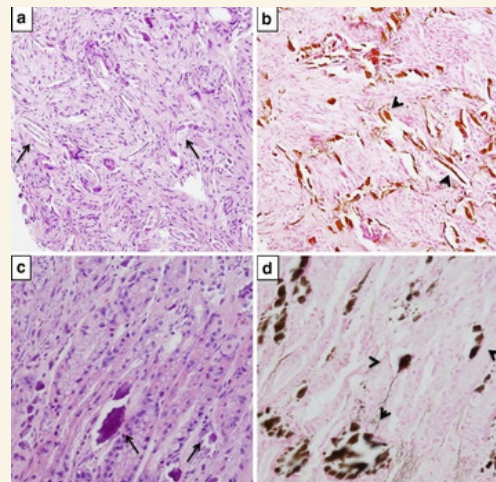
What Else Could It Be?

Doctors also exclude other conditions that mimic MAS, such as:

- Hyperparathyroidism due to parathyroid glands that are overactive
- Certain cancers that cause an increase in calcium
- Vitamin D toxicity
- Granulomatous diseases, such as sarcoidosis
- Side effects of medication (e.g., thiazide diuretics)



a.Chest x-ray revealing a tumor lesion in the right upper lung and slight diffuse shadows in the bilateral upper lungs. b.Computed tomography revealed diffuse ground-glass opacities in the bilateral upper lungs and a tumor-like lesion with a cavity in the right upper lung. c, d, e.Computed tomography revealed multiple organ calcification: in the cornea (c; arrowhead) bulbar conjunctiva (c; arrows), falx cerebri (d; arrowhead), globus pallidus (d; arrows), gastric mucosa (e; arrowheads), and kidney (e; arrow). f.Bronchoscopy revealed a diffuse white nodular lesion on the surface of the trachea



Histopathology of the bronchial mucosa revealed calcified lesions via H&E stain (a; arrows) and von Kossa stain (b; arrowheads), and gastric mucosa revealed calcified lesions via H&E stain (c; arrows) and von Kossa stain (d; arrowheads)

Treatment of the Condition

The overall goal is to remove the excess calcium and source of alkali and then support the body as it returns to balance.

Step 1: Remove the Cause

- An immediate halt should be placed on all calcium and vitamin D supplements, along with any antacids containing calcium carbonate.

Step 2: Rehydrate

- Patients typically receive IV fluids (most often normal saline) to re-hydrate, help kidneys get rid of excess calcium, and improve overall kidney function.

Step 3: Balance Electrolytes

- Potassium or magnesium levels need to be corrected if low. Phosphate supplements might be needed if phosphate is extremely low.

Step 4: Monitoring and Support

- Patients are closely monitored with regular blood draws. Most patients improve significantly as soon as calcium intake is stopped and fluids are replaced.

Step 5: More Intensive Treatment (If Necessary)

- In more severe or atypical cases, medications like bisphosphonates or calcitonin may be administered to lower the amount of calcium. In very poor kidney function, dialysis might be necessary.

Prevention Tips

- Avoid excessive consumption of calcium and vitamin D except on a doctor's advice.
- Adhere to the prescribed daily calcium intake (usually 1000–1200 mg for adults).
- Check blood calcium levels if you're on supplements, particularly if you have kidney disease or are old.

CONCLUSION :-

Milk-alkali syndrome is a newly emerging health issue of the age of supplement overuse. While originally associated with the treatment of ulcers with milk and baking soda, the contemporary presentations of MAS are most frequently due to self-medication with vitamin D and calcium. The good news about MAS is that the vast majority of these cases can be reversed if identified early. Physicians must remain on guard for this syndrome when evaluating patients with unexplained hypercalcemia and renal insufficiency.

“You’re Enough”

Ever since I was a kid,
I had this habit of apologizing -
apologizing for others mistakes,
apologizing even without doing mistakes.

Because,
I was scared
I was scared of people leaving me,
I was scared of being left behind.
But still I lost a lot of people in my life
who promised to stay with me forever.
Not that, I didn't try to make them stay.

I apologized ,
I begged,
I cried,
I did everything I could,
But they left me.

They left me with a carousel of questions and self doubt.
Time and again I have blamed myself for others leaving me.

I tried to change myself
to please others,
to make them stay,
and in the process
I lost myself.

Because,
I was too scared of people leaving me
that I forgot to bother about my own self.

Only to realise
late, very late
that I can't force others to stay
at the cost of,
changing and losing myself.
But better late than never
today I want you to know,
It's okay

People leave, darling.
You can't make them stay even after doing everything.
It will be hard letting people go,
but you should do it.

You should do it for yourself.
You don't owe apologies to everyone and for everything.
The only person who deserves you and your apologies is you.

Today I want you to promise to yourself-
To be there for yourself,
To never lose yourself.

Because,
You alone are enough.



Ananya Singh
MBBS-2023Batch



Nanotechnology in medicines.

This is being applied in medical research to develop
new diagnostic tools, treatment and drug delivery
system

ARTSY



Charmee
MBBS Batch 2023





Fly Girl Fly

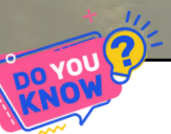
-Anonymous

**Fly girl fly
into the world openwide,
stretch your wings ,
For once take your side...**

**Take a step
before it's too late
don't give linger
Be the maker of your fate**

**I know there are mountains for you to melt
heavyweight
stretch on your belt**

**The world is scary
but it won't kill you
You will learn
it's not a drill
mark my words
fly girl fly**



Doctors are more likely to be left handed.
Research has shown that doctors are more likely to be left handed than general population . This is due to the fact that left handed people tend to have better spatial reasoning skills.

PICTURESQUE



Pranjal Gupta
MBBS Batch 2021



आज हल्की हल्की बारिश है
और सर्द हवा का रक्स भी
आज फूल भी बिखरे बिखरे हैं
और उनमें तेरा अक्स भी



Bowls of Hope



Event Day

Date - 19/04/2025
(Saturday)

Time: 3:00 PM to 5:00PM

Team division:
YELLOW, ORANGE, BLUE, RED
Each team will have 1 Boy & 1 Girl

Activities-

- Distribution
- Colouring
- Decoration
- conservation
- Treasure hunt

Note- Students should bring their own colours/decorative materials & 1 newspaper (to avoid stains)

"Bowls of Hope"

Organised by-
VARUN ARJUN MEDICAL
COLLEGE & ROHILKHAND
HOSPITAL

An initiative To care For
our feathered friends

Registration
deadline-
17/04/25

Contact us-
Mr.Krishna Lakhera
(1st MBBS)
8770625365,
Ms.Nimisha Arya (1st MBBS)
8690872501

Post-Event
(For 15 Days)

- # Daily photo updates in Team WhatsApp Group with-
- Bowls filled with water
- Birds drinking from the bowls
- # Random Monitoring by Flock Squads (seniors/Faculties)

Prize Criteria (Total=70 point)

- 1.Decoration of bowls-10points
- 2.Diverse Placement-10points
- 3.Regular Group Updates-10points
- 4.Birds Drinking from bowl-10points per day
- 5.Regular Filling (as monitored)-30points

- Top 2 Teams with Highest Scores.
- Certificate for All Participant.



खुद से खुद को ही छांट रही हूं,
बिखरी नहीं हूं पर शायद खुदमे शून्य भी नहीं,
कवि कहलाती हूं, पर प्रेमिका भी,
हृदय की संपूर्ता को खुद से पहचान दिलवाने की चाह,
कभी पूरी, कभी आधी, तो कभी शून्य।



Bharvi Dubey
MBBS - 2023 Batch

मैं हूं कौन?

एक कवि या प्रेम में उलझी एक मामूली नारी?

यदि मुझे कविता करनी आती होती,

तो सबसे पहले उस ढलते सूरज की अरुणिमा को,

उस मनमोहक दृश्य को, अपने गीतों का सहारा बना लेती,

ये जो बाग में उगते फूल हैं, इनमें छुपी एक कहानी सफ़्त नजर आती,

आसमान को खुला और चौड़ा मुस्कुराता देखकर,

चार अक्षर तो बन ही लेती,

किंतु देखो, जब भी ये कलम उठती है,

प्रेम बढ़ जाता है,

एक तुम्हारी मुस्कान पे आके ये मेरे सब शब्द ही कुछ फींके से रह जाते हैं,

बिना चीनी की चाय भला पिए कौन ?

ये नजारे, ये फूल, ये समस्त संसार, ये देखे कौन?

तो, बताइए, मैं हूं कौन?

एक कवि?

तो खुद में तलाशा तो जाना की,

कविता तो कही दबी बैठी नहीं मिली,

पर हां ये हृदय की संपूर्णता,

आपकी और सिर्फ आपकी जरूर है।

अजीब है न? कविता लिखी भी है, प्रेम किया भी है,

जंग है खुद में खुद से और खुद में डूबा हुआ सुकून भी,

अब ये कविता का असर है या प्रेम का,

ये मैं शायद कभी न जान पाऊं।

चलिए छोड़िए कविता की बात,

मुझे बस प्रेम की ध्वनि समझनी है,

प्रेम की जीवनी लिखनी है,

प्रेम में ढल जाना है,

और आप में घुल जाना है।

हो गई न कविता पूरी?

बस आपको प्रेम करने की अनुमति बाकी है,

और इसलिए मेरा कवि होना अभी बाकी है,

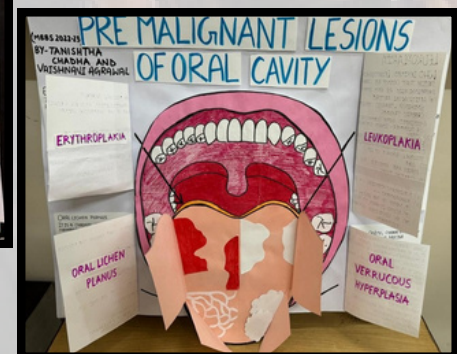
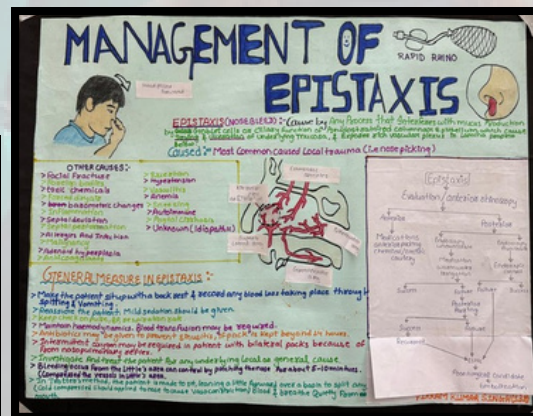
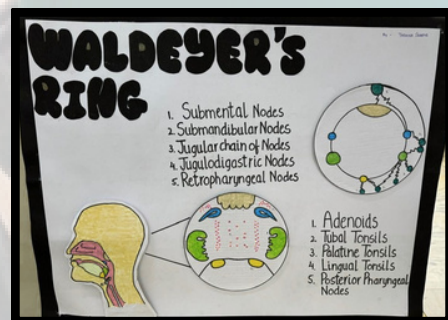
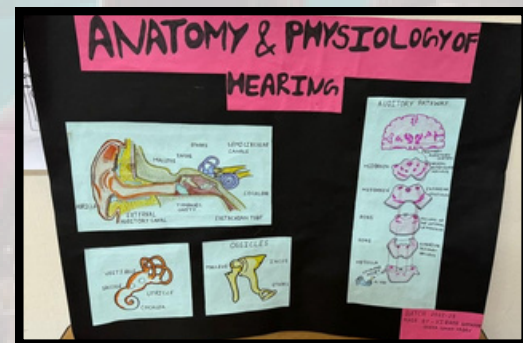
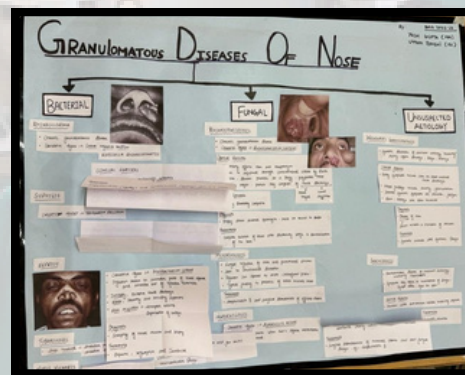
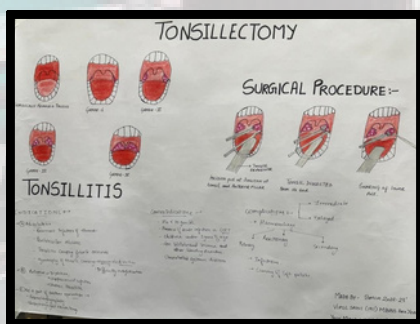
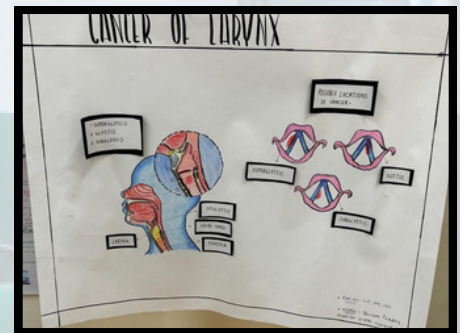
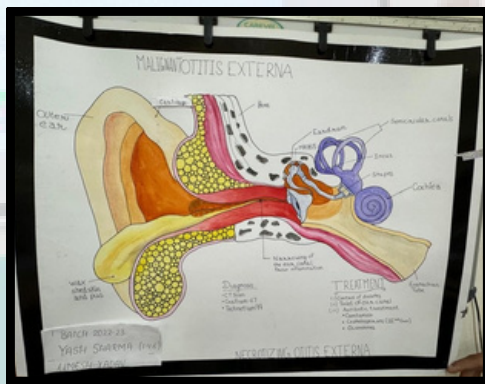
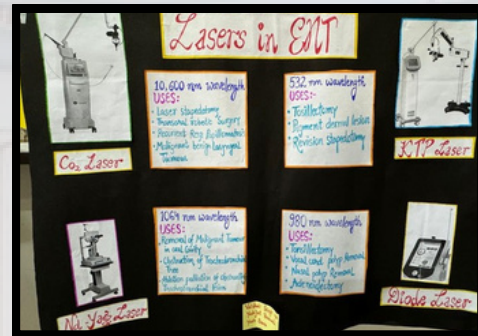
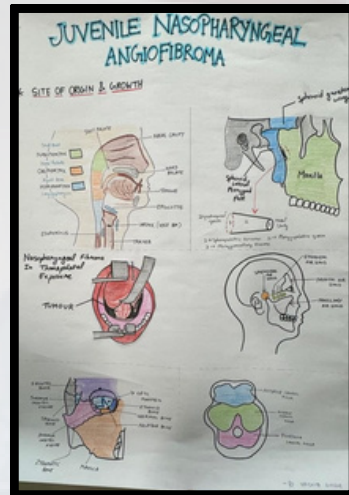
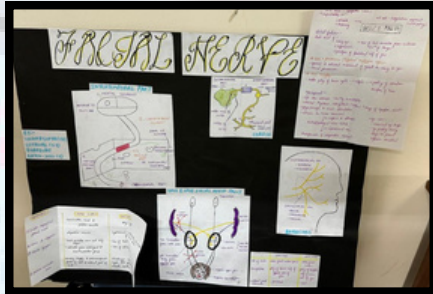
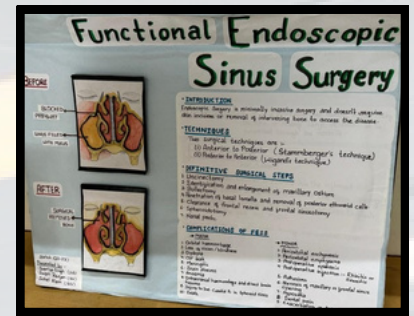
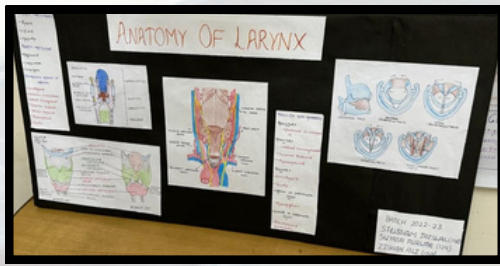
प्रेमिका बन जाना अभी बाकी है,

मैं खुद में पूर्ण नहीं हूं,

कही आपका मुझे खुद में लौटा देना अभी बाकी है।

DEPARTMENT OF ENT

CHART PRESENTATION





Shashank chaugule
MBBS 2023 Batch

तुम अधूरा चाँद का टुकड़ा हो,
जो तारों से भी ज्यादा चमकता हो।
तुम एक ख्याल सा हो, जिससे हर कोई सोचता है,
तुम एक अधूरी चाहत सा हो, जिससे हर कोई माँगता है।
बस ये कहानी मुकम्मल रहे, यही दुआ हो।

हजारों बार देखकर भी मन नहीं भरता,
जितनी भी बातें करूँ चैन नहीं पड़ता।
आपकी आगोश में दिल बैठ गया है,
क्या करूँ, किसी और को चाहने का मन ही नहीं करता।



Doctors can develop a condition called compassion fatigue. Compassion fatigue is a condition where doctors and other healthcare professionals become desensitized to suffering of their patients. This can lead to decreased empathy.

ARTSY

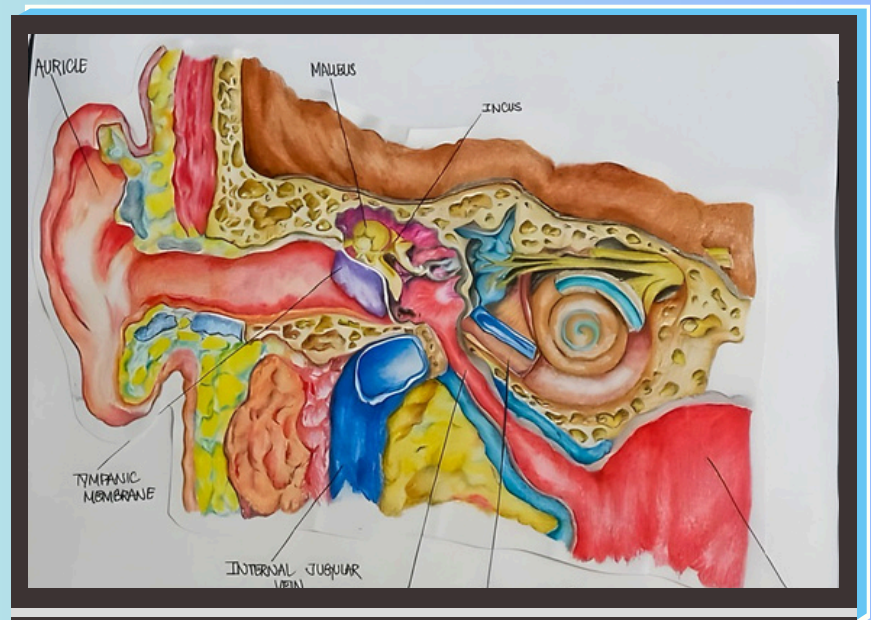


Mansi Joshi
MBBS BATCH 2023



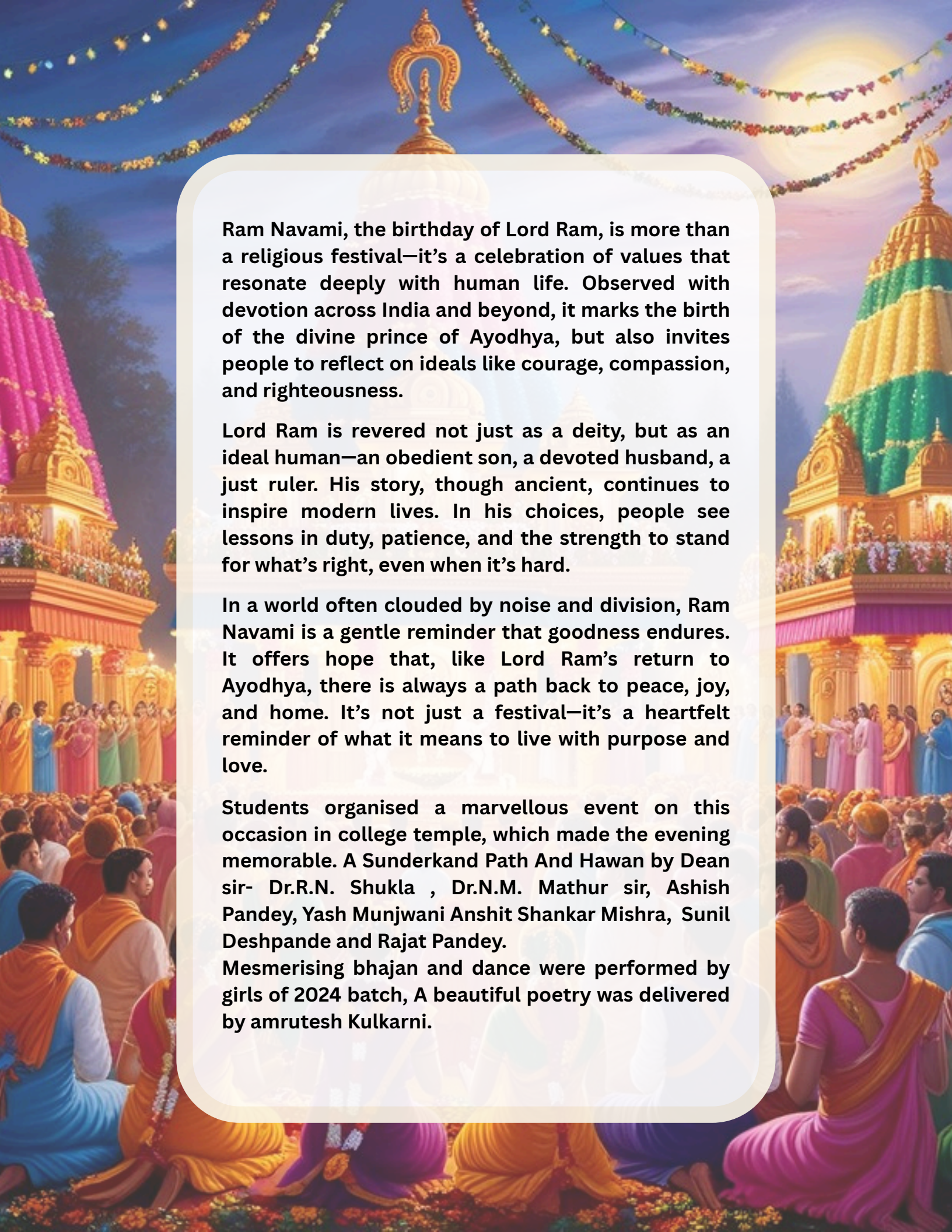
**Hand drawn anatomical
sketchs**

**Painted Anatomical;
Structure of Ear**



Ram Navami: A Celebration of Virtue and Hope





Ram Navami, the birthday of Lord Ram, is more than a religious festival—it's a celebration of values that resonate deeply with human life. Observed with devotion across India and beyond, it marks the birth of the divine prince of Ayodhya, but also invites people to reflect on ideals like courage, compassion, and righteousness.

Lord Ram is revered not just as a deity, but as an ideal human—an obedient son, a devoted husband, a just ruler. His story, though ancient, continues to inspire modern lives. In his choices, people see lessons in duty, patience, and the strength to stand for what's right, even when it's hard.

In a world often clouded by noise and division, Ram Navami is a gentle reminder that goodness endures. It offers hope that, like Lord Ram's return to Ayodhya, there is always a path back to peace, joy, and home. It's not just a festival—it's a heartfelt reminder of what it means to live with purpose and love.

Students organised a marvellous event on this occasion in college temple, which made the evening memorable. A Sunderkand Path And Hawan by Dean sir- Dr.R.N. Shukla , Dr.N.M. Mathur sir, Ashish Pandey, Yash Munjwani Anshit Shankar Mishra, Sunil Deshpande and Rajat Pandey.

Mesmerising bhajan and dance were performed by girls of 2024 batch, A beautiful poetry was delivered by amrutesh Kulkarni.

PICTURESQUE



Gargi Mani
MBBS 2022 BATCH



आत्मविश्वास



Shrishti Mishra
MBBS 2024 Batch

कभी मत देखना उन्हें, जो न चाहते हों तुम्हें
न मुस्कुराना देखकर उन्हें, जो रुलाना चाहते हों तुम्हें।।

क्या मिलेगा ईर्ष्या से,
कर्म करो फल मिलेगा तुम्हें
यूं मायूस बैठोगे तो,
क्या होगा उनका जो देखते हैं तुम्हें।

जो चाहो वो पाओ, इतना सामर्थ्य पाओ
न पड़े तरसना किसी चीज़ के लिए तुम्हें।।

बल, बुद्धि, गुण, सामर्थ्य
सभी तो दिया है ईश्वर ने तुम्हें
फिर क्यों जलन होती है
दूसरों को देखकर तुम्हें।

खुद पर विश्वास करो
अब न आत्मविश्वास खोना है तुम्हें।।

स्वयं को जानो, तौलो, तराशो
सोचो कितना कुछ मिला है तुम्हें।।

प्रयास करो उपलब्धियां पाओ
रास्ते के पहाड़ तोड़ना है तुम्हें।

चुप रहना मत कभी
आवाज बुलंद करनी होगी तुम्हें
जो गूंजे चहुँ ओर
ऐसा शंखनाद करना है तुम्हें।।

पीछे मुड़कर मत देखो
जो बीता उसे भी भुलाना होगा तुम्हें
आगे सफलता चल रही है
दौड़ कर उसे पकड़ना है तुम्हें।

ज़माने को दिखला दो
सितारों-सा चमकना भी आता है तुम्हें
बुलंद इरादे करो क्योंकि
इस दुनिया को जीतना है तुम्हें।।

ARTSY



Shrishti Singh
MBBS 2024 Batch



PICTURESQUE



Kritika Yadav
MBBS Batch 2024-25





Sayali muyla
MBBS Batch 24

१ .अब जाकर पता चली है माँ बाप के खुशी की कीमत
बड़ी मुश्किल से मिली है ।
मैंने अपने सपने बेचकर जो खरीदी है ।

२ पानी सा मन है मेरा , बड़ा चंचल है
इस मन को गहरे दिल का कुआँ मिल जाए
जो की इस नायाब चिज को संभालकर रख पाए ।

३ रंगों से जज्बातों को कागज पर उतारना शॉक है मेरा
कभी कभी रंगों को मिलाने खातीर पानी की जगह आँसू ही काफी हो जाते
हैं।

४. बड़ी ज़ालीम चीज होते हैं ये जानवर .
जान से प्यार करके खुद मर जाते हैं ।
और हमें उनकी यादें में मरने के लिए छोड़ देते हैं।

५.किसीने क्या कहा है खूब,
बिताये जिसके साथ वक्त, हो जाती है उससे महोब्बत
ए मेरे गम, अब हो गया है तुझसे प्यार, बस करना बाकी है इकरार ।

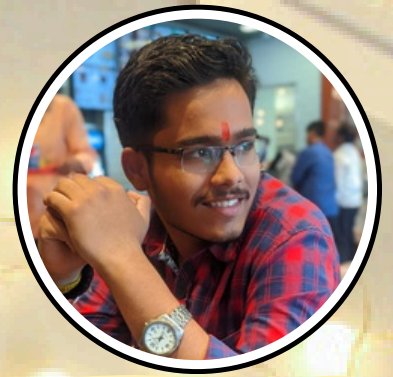
६.बिल्ले ने कहा बिल्ली से,
मुझे छोड़कर मत जाना,
बिल्ली बतिआयी , मैं इन्सान नहीं, जिनकी फितरत ही है धोका देना।

७ .वो सपने टूटे हैं मेरे
जिनके खातीर मैंने रात में सपने नहीं देखे ।



The first women doctor-
Merit Ptah, an Ancient Egyptian physician is believed to be the first
recorded women doctor in history .She lived around 2700 BCE.

"यादो कि बरसात"



Anshit Mishra
MBBS Batch 2023

"यादो कि बरसात"

यादो का मन जब ये हो जाता है
यादो में अपनी ये खो जाता है।
खुशी कि वो यादें, हसीं कि वो यादें
हस्ते हस्ते हि वो उसमें रो जाता है।
दुःखी ना हो तेरी यादें तेरे साथ है
हो रही तेरे यादो कि बरसात है।

कुछ काले दिन आए कुछ काली राते
कुछ मीठी-मीठी, कुछ कड़वी बातें।
रोना है तो दिल खोल के रोना
रुलाने है आयी वो मीठी यादें।
हंसते रहो-तुम हस्ते रहो, रोने की क्या बात है
हो रही तेरे यादो कि बरसात है।

यादें ये तुमको हँसा जाती हैं
यादें ये तुमको रुला जाती हैं।
खुशी कि पल जब तू सोचे
आज के दुःख को भुला जाती हैं।
खुशी तब तक रहे, जब तक मुँह पर हसीं जिन्दाबाद है
हो रही तेरे यादो कि बरसात है।



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