

# *The Glimpse 2015*

**GOVERNMENT MEDICAL COLLEGE & HOSPITAL, CHANDIGARH**



# ਨਿੱਕੀ ਜਿਹੀ ਆਸ

ਗੁਆਚ ਗਿਆ ਸੀ ਮੈਂ,  
ਨਾ ਕੋਈ ਨਕਸ਼ਾ ਮੇਰੇ ਪਾਸ ਸੀ।  
ਪਰ ਚਲਦਾ ਰਹਾਂਗਾ ਤਾਂ,  
ਘਰ ਜਾ ਪਹੁੰਚਾਂਗਾ, ਇੱਕ ਨਿੱਕੀ ਜਿਹੀ ਆਸ ਸੀ।

ਸਾਹ ਸੁੱਕ ਗਿਆ ਸੀ ਮੇਰਾ,  
ਨਾਲੇ ਲੱਗੀ ਬਹੁਤ ਪਿਆਸ ਸੀ।  
ਪਰ ਚਲਦਾ ਰਹਾਂਗਾ ਤਾਂ,  
ਨਦੀ ਕਿਨਾਰੇ ਪਹੁੰਚਾਂਗਾ, ਇੱਕ ਨਿੱਕੀ ਜਿਹੀ ਆਸ ਸੀ।

ਸਭਨਾ ਤੋਂ ਦੂਰ ਹੋ ਗਿਆ ਸੀ ਮੈਂ,  
ਨਾ ਕੋਈ ਆਪਣਾ ਤੇ ਨਾ ਕੋਈ ਖਾਸ ਸੀ।  
ਪਰ ਚਲਦਾ ਰਹਾਂਗਾ ਤਾਂ,  
ਜਾ ਆਪਣਿਆ ਕੋਲ ਪਹੁੰਚਾਂਗਾ, ਇੱਕ ਨਿੱਕੀ ਜਿਹੀ ਆਸ ਸੀ।

ਲੋਕਾਂ ਦਾ ਕੀਤਾ ਸਭ ਵਧੀਆ,  
ਤੇ ਮੇਰਾ ਕੀਤਾ ਬਕਵਾਸ ਸੀ।  
ਪਰ ਚਲਦਾ ਰਹਾਂਗਾ ਤਾਂ,  
ਵਧੀਆ ਮੁਕਾਮ ਤੇ ਪਹੁੰਚਾਂਗਾ, ਇੱਕ ਨਿੱਕੀ ਜਿਹੀ ਆਸ ਸੀ।

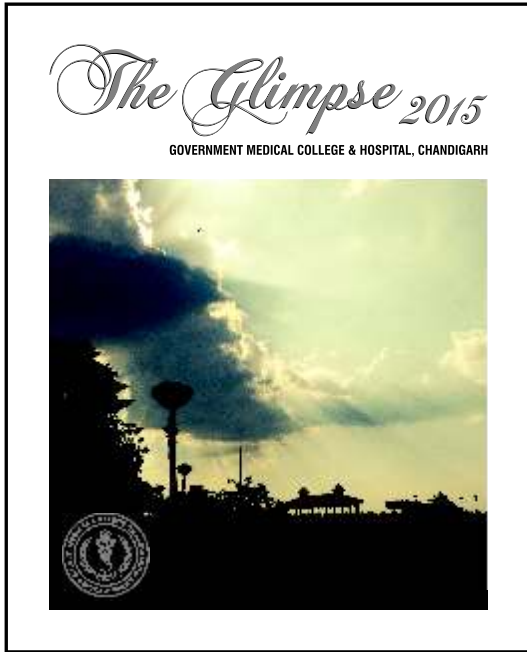
ਦਿਲ ਮੇਰਾ ਢਹਿ ਸੀ ਗਿਆ ,  
ਤੇ ਕੁਝ ਵੀ ਨਾ ਆਉਂਦਾ ਰਾਸ ਸੀ।  
ਪਰ ਚਲਦਾ ਰਹਾਂਗਾ ਤਾਂ,  
ਖੁਸ਼ਹਾਲ ਥਾਂ ਜਾ ਪਹੁੰਚਾਂਗਾ, ਇੱਕ ਨਿੱਕੀ ਜਿਹੀ ਆਸ ਸੀ।

ਆਸ ਨਾਲ ਹੀ ਚਲਦਾ ਸੀ,  
ਤੇ ਬਦਲੇ ਚ' ਮਿਲਦੀ ਵੀ ਆਸ ਸੀ।  
ਚਲਦਿਆਂ ਸਭ ਗੁਆਚ ਚਾਹੇ ਜਾਵੇ,  
ਪਰ ਗੁਆਚੇ ਨਾ ਇਹ ਜੋ ਮੇਰੀ ਨਿੱਕੀ ਜਿਹੀ ਆਸ ਸੀ।

– ਸ਼ੁੱਭਕਰਮਨਜੀਤ ਸਿੰਘ



# *The Silver Lining*



*"Sadness gives depth. Happiness gives height. Sadness gives roots. Happiness gives branches. Both are needed. In fact, it is always in proportion. That's its balance."*

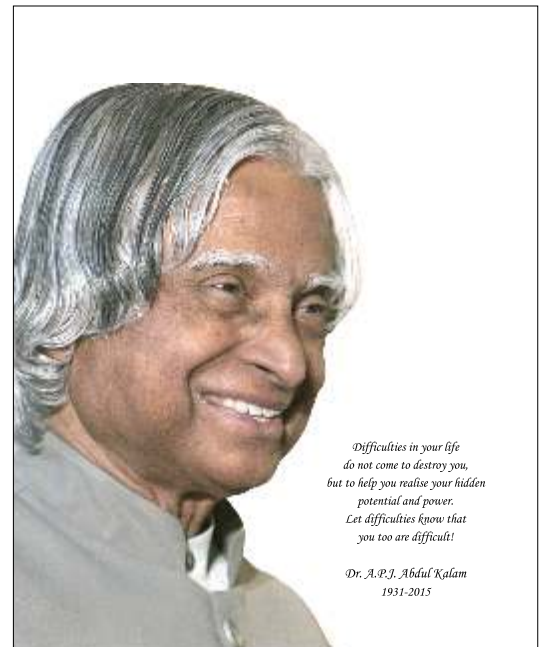
- Osho Rajneesh.

It would be unrealistic of us to believe that the world we live in and the life we lead are destined to be faultless. We seek perfection in every stage of life, bearing the burden of disappointment when we fail. But one should never forget that to achieve anything in life, numerous hurdles and failures must be endured. One should never lose hope, for even in the gloomiest of times there is hidden sanguinity; for every cloud has, a silver lining. An original photograph taken by Kanwalpreet Singh, Batch 2012, magnificently depicts a silver outlining of the storm-stricken clouds, subtly shedding rays of "hope" on the world that lies below. This is a symbolic and in fact literal representation of our theme, 'The Silver Lining'.

*"Difficulties in your life do not come to destroy you, but to help you realise your hidden potential and power. Let difficulties know that you too are difficult."*

- Dr. APJ Abdul Kalam.

Our nation suffered a great loss recently, as the 'Missile Man' himself passed away. However, Former President of India, Dr. APJ Abdul Kalam, contributed immensely both as an ingenious scientist and one of the most inspirational Presidents this nation has ever witnessed. We, as the editors of this year's Glimpse 2015 Annual Magazine would like to pay our respects to him. Dr. Kalam's gripping speeches and motivational quotes have left a significant impact upon the inhabitants of our homeland, providing strength and direction to all those in need. As Dr. Kalam so appropriately phrased, difficulties are inevitable in life, however it is the power and potential within us to have an optimistic outlook, with a hope to succeed, that helps us overcome them.



**Prof. Kaptan Singh Solanki**

Administrator  
Union Territory, Chandigarh



It gives me immense pleasure to know that students of the Government Medical College and Hospital, Chandigarh (GMCH), are bringing out their own annual magazine: GLIMPSE 2015.

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 extracts its toll on these young minds. The tremendous burden and responsibility of pursuing a career in medicine, and that too from one of the most highly ranked and critically acclaimed teaching medical institutes in India, deprives the students of their extra-academic creative pursuits at times. This apparently unfortunate 'dark cloud', however, does have a 'silver lining', in the form of regularly organized extra-academic activities and events by the GMCH, for which it has earned as much applause and appreciation as it has for its medical mission.

GLIMPSE-2015, the annual students' magazine of GMCH, is one of these vital activities that provides this 'silver lining' alluded to above. And what can be more apt a theme for this year's magazine: THE SILVER LINING!

I wish the best for all who have toiled hard to bring out GLIMPSE 2015, and all who will enjoy the fruits of their labour of love, so that all can re-dedicate their energy to training and service after getting the fresh breather and outpour of creativity contained between the covers of GLIMPSE 2015

(Kaptan Singh Solanki)



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**Vijay Dev, IAS**

Adviser to the Administrator  
Union Territory, Chandigarh



I am delighted to know that the students of the Government Medical College & Hospital are bringing out the annual edition of the journal “Glimpse”.

It is admirable that the students of medicine are also keen on pursuing literary activities and exploring life beyond the classroom.

Such dynamic activities would support the 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 an intelligent tool 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.

A handwritten signature in blue ink, appearing to read 'Vijay Dev', with a stylized, cursive script.

(Vijay Dev)

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**Professor A.K. Grover**

Vice Chancellor  
Panjab University  
Chandigarh



I am pleased to know that the students of Government Medical College and Hospital have planned to bring out the annual literary journal titled “GLIMPSE” by incorporating various achievements of the college and extracurricular and literary activities.

On the occasion, I congratulate all students of the college and faculty for devoting time for literary pursuits in addition to their studies and teachings. This forum is indeed the right place to showcase the talent of creative writing of the students. I trust the publication will prove an excellent tool for students to become more balanced in their outlook towards life.

I wish all the students best of luck in their medical profession and grand success to the publication.

A handwritten signature in blue ink, appearing to read 'A.K. Grover', with a stylized, cursive script.

(A.K. Grover)

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**Sh. Anurag Agarwal, IAS**

Home Secretary  
Chandigarh Administration  
Chandigarh



It is a highly commendable initiative of the Government Medical College and Hospital to tap the literary talent of the aspiring doctors through the medium of their Annual Literary Journal 'Glimpse'.

With the publication of their issue for the year 2015, I am certain that not only would the management motivate the students to pursue their studies with utmost dedication, but also empower them to hone their literary skills.

I greatly appreciate the efforts and devotion of all those associated with publication of this journal. I convey my best wishes to all the students and wish them a great future ahead.

  
(Anurag Agarwal)

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**Prof. Atul Sachdev**

Director-Principal  
Government Medical College & Hospital  
Chandigarh



I am very happy writing this message for the college magazine- GLIMPSE.

Glimpse means a peak or a gleam into situations and in the context of Government Medical College also, it is no different. This magazine provides a peak into the hidden talents of the medicos and provides them an opportunity to display their literary talents,

Glimpse is truly a glimpse into the extracurricular and literary activities of the students.

I congratulate all the students and faculty for bringing out this edition. The editorial team has again done a wonderful job under the leadership of Prof. Sukanya Mitra and needs to be complemented.

On this occasion, i also send my blessings and best wishes to the budding doctors for their bright future in the medical field.

*Atul Sachdev*  
(Atul Sachdev) 14.8.15

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## FROM THE EDITOR'S DESK...

It's again that time of the year, time to let your own hibernating creative energy unleash itself, time to savour the creations of others'..... Time to hold your own copy of GLIMPSE 2015 in your hands!

I have been fortunate enough to closely watch the process of bringing out this magazine for some years. But every year I have waited with bated breath, like watching a suspense thriller: Will it? Will it not? Will the magazine come out in time? And come out well?

Pursuing an academic career in medicine is not easy. And when it comes to being a medical student of our prestigious Govt. Medical College Chandigarh, with its consistently high ranking among the top grade medical colleges in India year after year, the challenge is compounded manifold. Being a part of this College is an exalting experience, but it exacts its toll. By the time one hits the bed after a day packed with patients, classes, lab and library, it is indeed difficult if not impossible to write a piece of poetry, story or jokes! Along with this comes the tremendous hurdle of collecting articles from others, editing and formatting and finally meeting the deadlines.....I am sure you will agree that to be a part of the roller coaster journey of the making of the GLIMPSE 2015 is quite a challenge!

But all these dark clouds of brooding, suspense and apprehension do have a silver lining. It is an unspeakably rewarding experience to witness human creativity being unleashed as a powerful fountain stream. This restores my faith in my students, my College, and in my belief in human strength and spirits. And so is also probably true with our medical students whose faith in human beings would be the silver lining in their arduous journey of medical career! It would be like the hope that comes out of the mythological Pandora's Box, which will act like a beacon in their journey towards excellence! Hence the apt theme of this year's magazine: THE SILVER LINING.

On behalf of the Literary Committee, it is my pleasure and pride to hand you your own magazine: GLIMPSE 2015. Please take out some time to have a glimpse of it!

A handwritten signature in black ink that reads "Sukanya Mitra".

**Dr Sukanya Mitra**

On behalf of the Literary Committee



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# STUDENT EDITORIAL BOARD

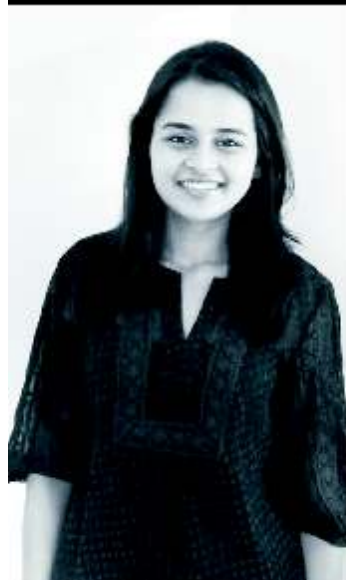


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Mugdha  
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Tanima  
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## FROM THE STUDENT EDITOR'S DESK...

After 3 months of hard work, dedication and perseverance, it gives us, The Student Editors, immense pleasure to present to you the annual college magazine, Glimpse 2015!

Life as a medical student is not easy. More often than not we find ourselves burdened with the workload and bombarded with the pressure to perform well. However, almost all of us discover our very own unique way to overcome these stresses. Even in the darkest and gloomiest of times, we find the courage to go on, to do the best of our ability and to achieve the impossible! There is always a guiding light that we anticipate; a ray of hope in the shadows; a silver lining surrounding a dark cloud. Keeping this in mind, the theme for this year's magazine is 'The Silver Lining', as we wish to provide our readers with an insight into the way different personalities, alongside our very own students, have crossed various obstacles and achieved success in life.

We would like to extend a warm thank you to our Director Principal, Prof. Atul Sachdev for providing us with the opportunity to showcase our literary and creative talent. We thank Prof. Sukanya Mitra, alongside every member of the Literary Committee for their constant support, guidance and suggestions. This magazine would not have been a success without the cooperation of the faculty. Further, special mention must be given to our very own batch, Class of 2012, especially Aman Kumar, Amtoj Singh Lamba, Bhavneet Singh, Ira Domun, Kanwalpreet Singh and Siddharth Singh for helping us so generously with the magazine. We are grateful towards the GMCH Librarians for allowing us to work in the library and coping with our hyper-excited squealing on many occasions. Thank you to Mr. Gupteshwar for providing us with photographs of college events. Last but not least, we would like to thank our printers, Capital Graphics, especially Mr. Kulwinder (our designer), for giving us their time and cooperation in designing a beautiful magazine!

No amount of words would give justice in expressing the course of this journey we have had in designing and putting together Glimpse 2015- The Silver Lining. It has taught us not only more about literature and its significance in life, but also about growth and how we must always keep hope and look towards the light when difficulties arise.

We would request any feedback to be sent to [glimpse2k15@gmail.com](mailto:glimpse2k15@gmail.com). We apologize for any omissions and mistakes. We look forward to your response and genuinely wish you enjoy this year's magazine!

*A tiny Glimpse of hope, love and laughter,  
that is all what makes life shining.  
But what of this hope, love, laughter and life,  
without a Silver Lining.  
(Tanima Arora)*

**Student Editorial Board**  
Glimpse 2015

# INTERVIEW

Any amount of praise for this renowned and humble cardiovascular and cardiothoracic surgeon will not be enough. A graduate of King George's Medical College, and after attaining much experience from USA, Dr Naresh Trehan founded the Escorts Heart Institute and Research Centre, and is now the chairperson of the state of the art Medanta-The Medicity hospital in Gurgaon. Having received numerous awards such as Padma Shree, Padma Bhushan and Lal Bahadur Shastri National Award, it is no surprise that he was the personal surgeon for the president of India! We are honoured to have met this inspirational personality!







**Q. With a gynaecologist and ENT surgeon as your parents, did their choice of career have a great influence on yours?**

I'm sure it did! There were 2 factors I think : one was merely the fact that I was living in such close proximity to what was happening in the life of doctors, with stressed patients leaving relieved of their ailments. And secondly, and I'm not sure if this still applies, but back in those days you wanted to do exactly the opposite of what your parents wanted you to. As my parents felt guilty for not having time for the kids, they always preached "never become a doctor!". And well, here I am, having done exactly the opposite of what they said!

**Q. Did you ever feel frustrated or uninspired back in your college days?**

See, frustrated is the word. We were in that stage of our medical life where we had the basics but did not have the advanced technologies and treatments available. So what we used to see was patients just dying in front of us due to the lack of resources available in institutions here. It was quite frustrating. But I must say the knowledge we develop in India is immense, but there is a technological gap that only got filled when I went abroad to pursue my higher studies.

**Q. What was your most detested subject in college?**

BIOCHEMISTRY! I mean you just don't know when you will ever get to use it again.

**Q. What prompted you to set up a department of integrated and holistic medicine in a state of art hospital such as Medanta?**

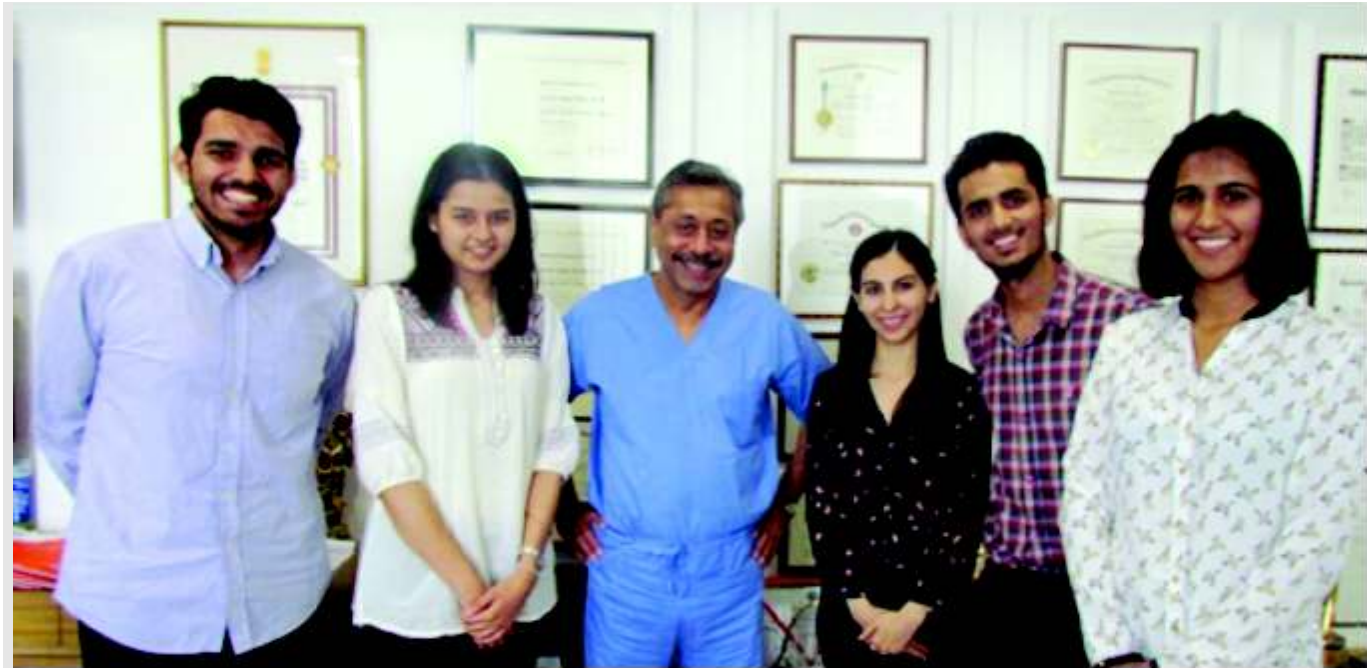
Even though I pursued higher studies in the USA, I have always believed that the Indian brain is better than the American brain : we can lick theirs anytime we want. I had always wanted to come back and do what I was best at : teach and train. But at that time India did not have any of those Harvard type of institutions. Plus I am an extremely nationalistic and proud Indian, so when India became listed as an "emerging market" due to the macroeconomics of health care in India (which reveals that no more than 20% of Indians will ever be able to afford front line medicines), well, I had to amend this. So I thought, what do we do? What medicine is very effective, least invasive and cheap? My thoughts ran over the traditional medicines which kept our country and the world alive for almost 5000 years before modern medicine. They surely must've had some potential right? The basic principle of modern medicine is that if you have a disease I will either give you medication or cut you up or radiate you. You don't have to do anything, except empty your pockets! On the other hand, traditional medicines aim at strengthening your body to fight the disease. So you tell me, isn't there a logic to combine the army and the navy to treat a disease and to reduce the cost to half? That was the research that prompted me for this setup : to strengthen the body and apply the techniques of modern medicine to effectively cure our patients.

**Q. Do you encourage students to go abroad?**

See I encourage people to go overseas. Do I encourage them to come back here? Yes, as by the time you guys finish you will be better off coming back to India than working in those places. If you ask me, I am very happy that I am back, even though I may not be making as much money as I would have. I think exposure overseas is a very important thing. You broaden your horizons, you think different, you treat patients differently. If you are motivated to do things for others and take risks then this is the place for you. There are many people who are happy but it was not for me, my wife or my children. We believed that they should get the emotional upbringing that we did as the emotional strength and connection of people here in India is so strong.

**Q. Med is infamous for having long working hours. How did you manage to balance between professional and personal life?**

Yes you're right medicine has very long working hours, but if you consider your work to be exciting then time doesn't matter! If you are counting hours there are of course easier softer options, but being a cardiac surgeon you need that stamina. So I would work all weekend starting Friday morning , finish Sunday night, and by the time you come home you get another call and back you are at the hospital. This happens but never then nor now did I consider it a tragedy. But do I recommend it for you ? No, it's different for everyone, especially for women it is



*Dr. Naresh Trehan with the Student Editors*

difficult. It all really comes down to, are you enjoying it or not? If you are looking forward to being on call then you are okay but not if you hate it. I deprived myself of spending time and having fun with my kids, but I am doing that with my grandchildren now. You have to pay the price somewhere. I personally believe that mediocrity is a crime, punishable by death and one should aim to be excellent.

**Q. What is your mantra for success in life?**

For many doctors, success is equivalent to the amount of money one makes. As for me, even though I know all the rich people in this country, I would never swap places with them. For me success is satisfaction. I work 12-14 hours a day and still make time to attend social events much more than other doctors of my calibre. I have a satisfying life. And the mantra to this is, **YOU NEED TO BE THE BEST, AT EVERY STAGE!** That doesn't necessarily mean you have to be a topper, but aim for the next 10-20%. Yes the road is long, and yes there is a lot of money involved (if that is your driving force), but you must get excellent before you get there. So once you choose your field, master that, then the whole thing is attitude ; offer yourself emotionally and have sufficient knowledge. That is the only mantra.

**Q. Keeping your college life and medical career in mind, what advice would you like to give to the medical youth of this nation?**

As a student if you believe that you are doing a favour to people by taking care of them then well, I don't think you should be a doctor. This is a selfless profession and you must be able to give yourselves up for others, no matter who they are. Yes, many of you will be wondering at this stage that how come my commerce friends are all getting jobs and already earning much more while I am still sitting here reading this Harrison, but honestly speaking, in the long run I have never encountered a doctor who does not have a job, or is starving or not making money, even in times of recession. I feel that it is your own fault if you do not want to work. I suggest you should firmly decide what you want, as there are just so many choices in medicine and salaries are well in all fields, but choose what you have a knack for. Take me for example, I was always interested in aerodynamics and building things so fortunately and naturally I landed up in cardiac surgery. I like doing things and reaping immediate results. So take a little journey into yourself and see what your natural talent is and pursue that natural talent.

**Courtesy: Tanima Arora**

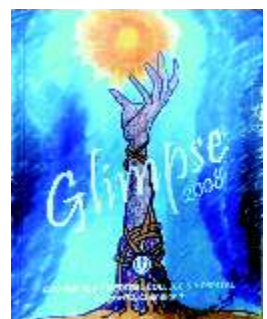
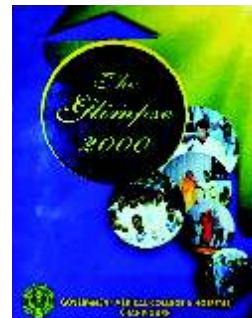
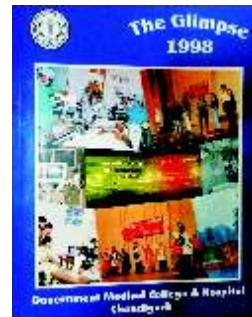
Batch - 2012

# Journey of Glimpse

When we, the student editorial team 2015, were in first professional we had our initial encounter with this magnificent magazine – Glimpse issue 2012. Back then, our curiosity was limited to spotting a picture of ours, scanning for our articles and browsing through the polls (with dread). For the following issues we were less inquisitive since we were aware of what to expect. To say the issues were similar is entirely incorrect, for every article is one of a kind and so is the design as each year the editorial team changed. However, they all had a set format.

As editors, we wanted this issue to be unique, stand out in some way! So we went to the college library and retrieved all the former glimpse issues we could get our hands on. It took us over 2 hours to access them but when we were done, we had an astounding realisation – Glimpse is not merely a college magazine, it is a legacy. No building, no person, no website or newspaper could describe the ever changing face of GMCH better than Glimpse. Glimpse holds the history of our college and records within it the work of all former intelligent minds that have built the present glorious reputation of GMCH which we, at present take for granted. This realisation brought the knowledge that we can only contribute to a legacy, not mould it into something completely different.

The earliest issue we read was of year 1998. It was a neat, sober and meticulous magazine as opposed to what we have had in the past recent years. The cover page was not themed instead it had a square bordered collage on a blue background and it read – ‘The glimpse 1998’ on upper right corner. Inside, it had colour pages only for photographs and not more than 20 in an otherwise magazine of about 135 pages. Impressive however was the fact that it had about 80 something poems and articles, including Hindi and Punjabi section. The articles were well written and boasted of good literary hold on the language. Most surprisingly, they were written on social issues which even in 2015 are matter of grave concern. In the photographs, we could recognise many of our professors and it was a delight to see a youthful smile on their faces which now is a rare treat. Some pictures were of Sarai Auditorium and it is with great relief I inform you, that the





seats were once cushioned in jarring red. A special page called 'flash back' which had all the newspaper clippings of GMCH activities in the past year, needs special mention since we observed it was present in all the forth coming issues but absent from 2008 and all those that followed. It was a simple yet well-made magazine successfully showcasing the talent of the students.

Next edition was sadly missing so we went through the one of year 2000. It was still titled 'The Glimpse' on its blue cover page yet was significantly different from that of '98. The pages were glazed and the letter print was coloured. Most pages were bordered and a funny cartoon here n' there broke the solemn layout bringing in a new ideology of graphic description of humor. This ideology only enhanced in the following years, increasing the fun factor to a level which later we noted became constant.

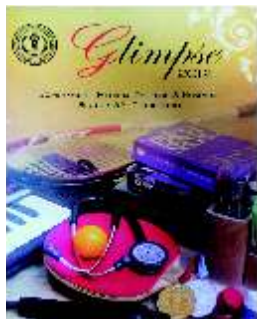
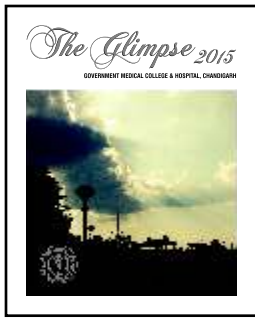
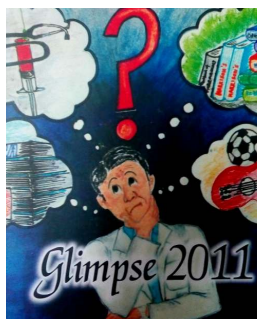
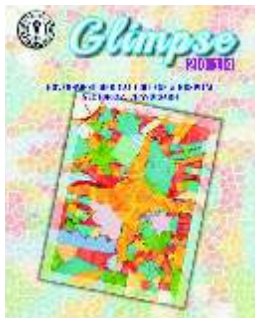
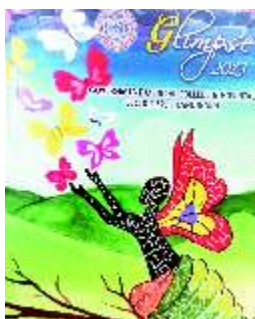
Glimpse of year 2004, 2005, 2006 and 2007 were somewhat similar – A modification of the original 2000 issue. Each only varied in text colour and number of pages. The covers had differently designed collage and all titled 'The Glimpse'. In these an interesting change in dress code of editors from formals to informal jeans was starkly noticeable.

It was in the year 2008 when Glimpse was revolutionized. It was now simply called 'Glimpse', both front and back covers were themed, a 'Poll' section was added and liberal use of colour was evident. A special section for photography and paintings was present, however the content page was no longer as informative as was in former issues. This daring and vibrant Glimpse was a breath of fresh air in an otherwise series of formal college magazines. They initiated the custom of writing a word or two for the passing out interns which over the years has turned into a small stanza. It is necessary to highlight the fact that the editors of 2008 Glimpse were truly the Godfathers of all those that followed.

Over the years with the advancement in printing press and designing, 'the Glimpse' has changed. There have been addition and omission of various sections every year according to the changing times.

When we took the post of editors, we were not aware of what honour it is to be one. Not until we dug up the past and looked into its history, did we realise the responsibility of making our college magazine.

Glimpse is made not only by the effort of editors but with the many contributors who share their literary talent in the form of poems and articles, who unknowingly leave behind their essence in the history of GMCH.



# 21

## LESSONS LEARNT IN 21 YEARS



It is said that life has a way of teaching you exactly what you need to know, at exactly the time when it is required the most. In the 21 years of my life, I have been at the receiving end of a multitude of lessons. However, not many left an impact huge enough to never be forgotten. On the contrary, the following did, and are listed in no particular order of importance.

### 1. Don't Sweat the Small Stuff

I used to be a pro at over thinking the most minor of issues, convinced that any teeny tiny mistake that I made would haunt me forever. Not so much anymore. What I always keep in mind is how much will this matter 5 years down the line? Because nothing is ever as bad as it first seems.

### 2. Be Grateful

Especially to your parents. It is their endless efforts and boundless faith that have gotten me where I am. Be grateful to God. I have quite a lot of what I desire and all of what I need.

That is enough to be grateful for. I don't need to have what someone else does to be happy. "Comparison is the thief of joy".

### 3. Stop and Smell the Roses

The lyrics of this song go as, "There's more to life than work and worry" and it could not be truer. Even when we are consumed by agony, there is joy to be found in the little things. So many things become beautiful when you really look.

*"When it rains,  
look for the rainbow.  
When it is dark,  
look for the stars".*

### 4. Have a Goal

I have been on both sides of the fence for this one. I have experienced the

aimless abandon of being without a goal. I have felt the direction that having one can give you. Agreed, it is good to live in the moment, without fretting over the future but having an ambition keeps you away from chaos and on track. A little discipline never hurt anyone.

### 5. Have Faith in Your Abilities

It is in our natural state to survive. I have lived my life up until now, nobody came and did it for me. If I have in the past, I will in the future. Our capabilities are immense and beyond our imagination. Tough situations are designed to extract the best out of you.

### 6. Be Your Own Adviser

Because nobody else knows you better than yourself. You're in charge of yourself. Don't hand over the reins to others. Value your opinion. Its highly advisable to listen to everyone else's, but do what you think is right.



## 7. Don't Judge

We judge people on the way they dress, how they talk, their profession, their interests. And the opinions we form influence our dealings with them. Not only is it shallow but it'll leave you wallowing in guilt once you realise how off the mark you were.

## 8. Stop Worrying About the Past

Stop worrying about what has been. Whatever happened was meant to happen. Unless you have a way of going back and altering the past, leave it be.

## 9. Stop Worrying About the Future

I have no control over the future. It takes the same amount of energy to worry as it does to believe. "What's coming will come and we'll meet it when it does".

## 10. Don't be a People Pleaser

I could bring them the stars and still not please all the people around me. So why waste my breath trying. There will always be people talking about you but it's not your job to worry about that. "A lion does not worry about the opinion of sheep"

## 11. Pick Your Battles

For sometimes peace is better than being proven right. And walking away doesn't always mean that you have lost, it shows that you had the courage to step away with your pride intact.

*"You'll never reach your destination if you stop and throw stones at every dog that barks"*



## 12. Don't Keep Expectations

Depending on other people is an insult to your abilities. It also sets you up for disappointment. You are capable enough to attain what you desire.

## 13. Don't be Generous With Your Trust

There are a limited number of people who deserve your trust. Trusting freely is not the most intelligent thing to do. And be smart about the people you choose to confide in.

## 14. Don't Complain

Life is too short to be spent whining. Deal with your problems if you can or learn to ignore them.

## 15. Fake it Till You Make it

Especially if it is your confidence! Pretending to be confident for a long period of time makes it seem genuine enough. And even if it doesn't, fake confidence is better than no confidence!

## 16. Create Opportunities

And seize all which come your way. You'll have to take every little chance you get, to prove your worth for a big-break.

## 17. Mistakes Are Inevitable

They are also surprisingly frequent since you obviously cannot know everything. So forgive yourself, swallow your pride and ask for help.

## 18. Be Multi-faceted

Dabble in fields outside of your profession. Find a hobby and keep at it. Preferably a skill which can be honed over time. Let it be your refuge in difficult times.

## 19. Life is Never Fair

Don't expect it to be. You win, you win; you lose, you learn.

## 20. Dream Big

And then work tirelessly to fulfil it. "Aim for the stars, for even if you fall you shall reach the sky"

## 21. Focus on the Positive

No matter how bad you have it, it could have been a million times worse. Look for the upside, it'll make getting by easier. "Happiness can be found in the darkest of places, if only one remembers to turn on the light".



**Mugdha Singh**  
Batch-2012



*"If you could take a selfie of your soul, would you find it attractive enough to post?"*

Late night, scrolling down my instagram account my eyes lingered for more than a few seconds on this post. I tapped my fingers twice, the big heart filling my screen. Usually I would just scroll further, but there was something about this post that held my gaze.

### *Selfie Soul*

These two words I had never seen together before. And so my relaxed and lazy mind (very responsibly nagging me to go to sleep and wake up in time for the surgery lecture at 8am) immediately leapt into action.

I pursed my lips and wrinkled my forehead as my thought processes warmed up. Selfie. This word had become the craze of the century, if we may call it, and one of the most commonly used lingo in every household, school and workplace. Whether it be a birthday party, vacation, new haircut, a hot outfit or just like that, it's not hard to catch someone lifting their phones to a 30degree angle, contracting their zygomaticus majors and staring hopefully into that tiny black camera hole on their phones (please don't make me look weird!). And then there is the all time favourite "pout". Yes, we all love ducks but there really is no need to imitate them at every chance you get, save that loving for the bathroom mirror!

But hold on now, let's take a moment and think, what are these selfies for? Is it to highlight your features and showcase how attractive you are? Is it just because that's what all the popular kids are doing these days? Or maybe it is so prove to the world that you also have a very happening life, if you manage to get some of the place you visited in the background over your head also! Ahan, bingo!

Whatever may be the reason; the selfie you take has no greater depth and is merely, a photograph. A photograph of what you have presented to the world, of what you want to show to the world. Maybe in reality your skin is not so fair, your hair is not so shiny and your eyes do not sparkle like that. Maybe you never smile that much and I can place high bets on the fact that you don't walk around protruding your lips all day (boy, that could lead to some serious complications!). But that is what you have shown, and that is what will be perceived by all those who view your post. But is

that really who you are? Are you afraid of showing the world what actually lies within?

This brings my thoughts back on track as my eyes linger over this heavy, heavy word: Soul. Now, I know not everyone has the same beliefs, but my beliefs lie in that fact that we as living beings all have possession over only 2 things in our life: our soul, and our bodies. These forces, I like to call them, are highly magnetic in nature. What we become as a person, our traits, personalities and character is all acquired over many years. But souls, souls are what we are born with. We tend to revolutionise over time as to keep up with our ever-changing surroundings, but this soul is the only constant.

You must have heard philosophizers encouraging bewildered and lost people to dig deep within their souls in order to discover who they really are, but what if, and this is merely hypothetical, you discover your soul. Then what? What if you are not impressed?

If you could take a selfie of your soul, would you find it attractive enough to post? As I lie awake in bed I ponder further & further into the depth of it. If souls really are the true reflection of who we are, then what is the harm in allowing the world a sneak peek into them? After all, no matter how much of a facade we create, at the end of the day an individual's true mirror image comes forward.

Personally speaking, yes I would most certainly post a selfie of my soul. One has to first be comfortable with who they are and know the fine boundary between fiction and reality. The earlier we accept this, the more blissful life will seemingly be. Even if you do not have the same qualities you admire in your friend, there will always be something that highlights you for who you are. There will always be something special that holds your soul together. So yes if technologies develop imaging for souls in the future, I would highly suggest you consider posting it! Who knows, it may just get more 'likes' than your selfies!

**Tanima Arora**  
Batch 2012



# "GABBAR IS BACK"

- What ails Medical Practice

How much could it cost to get a tooth extracted? Well, it could be up to rupees 1,16,777!! That is the bill handed over to a Kolkata resident for getting his son's tooth extracted at a private hospital. The hospital says the extraordinary charge is because the patient developed complications and had to be shifted to the ICU. [A lakh and more to pull out teeth. Telegraph November 20, 2003]

Recently, on 9th July, 2015, news papers carried an article highlighting that NCERT's Social Sciences text book for 7th class students in Chapter 2 on "Role of Government in Health" stated "Private Hospitals, in order to earn more money encourage practices that are incorrect. Cheaper methods of treatment though available are not used....".

Champak, a children's magazine, in its May 2008 publication carried a story about a doctor who is a kidney thief.

Who has not read the books by Robin Cook – Coma, Fever or by Arthur Hailey - Strong Medicine; describing the horrific and murky world of certain "hospitals". We had number of movies showing corrupt/ unethical practices by doctors, particularly - Hindustani (Kamal Hassan), Tagore (Chiranjeevi) and its remake - Gabbar is Back (Akshay Kumar).

What do all these have in common? ..... That - all is not well with the medical field - Daal Mein Kuch Kala Hai!! Agreed, corruption is rampant in the society, but we being doctors, let's concentrate about our field only.

The kidney scams came to light in our country way back in 1995, when on 29th Jan 1995, police busted a massive racket in Bangalore, in which it was found that kidneys of nearly 1000 unsuspected people were removed by prominent surgeons of the city in a leading hospital; most of the alleged victims being young men [The Lancet. 1995;345:376]. Because of the illegal trade in Kidneys, a rehabilitation colony near Chennai, Villivakkam was renamed "kidney vakkam".

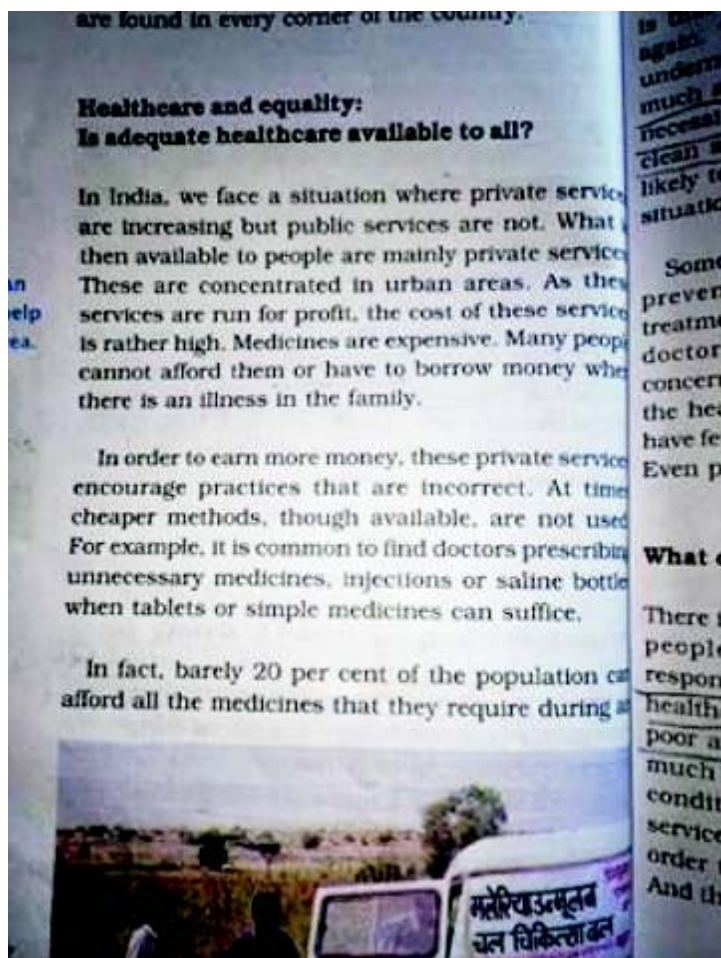
How can we forget the infamous Punjab Kidney Scam of the early 2000s which is said to be worth around \$3.5 million.

The chief perpetrators of this scam were the then Principal and the HOD, Forensic Medicine, GMC, Amritsar; along with Dr. P.K. Sareen of Ram Saran Kakkar Hospital, Amritsar, the master-mind [Frontline, 2003. 20(3)]. Even some of the hospitals of the tricity have been alleged to be involved in Kidney scams at times

## Medical Education -

The National regulatory body of medical education, the MCI, has been termed to be synonymous with corruption. Each and every step of setting up of a private medical colleges is alleged to involve huge amounts of money changing hands. The Ex-President of MCI, Dr Ketan Desai was put behind bars citing innumerable charges of corruption. The MCI was disbanded and a "Board of Governors", was established by the Government to stem the corruption. Now MCI is back in business, but the present President is alleged to be the protégé of Dr.Ketan Desai.





The mushrooming of private medical colleges has drastically brought down the quality of medical education in the country, be it UG or PG. If you cannot clear the competitive entrance exam, do not worry; you can always buy a seat – a UG seat may cost you up to 50-70 lakhs and a PG seat in some of these colleges can make you poorer by about 2-3 crores of rupees. One important question here is – where does this sort of money come from ?? No regular, “above board” practice can earn you this kind of money. Again, a doctor who has shelled this sort of money to get his degrees, will enter the field with only one goal in mind – to earn the money back and with interest. We know how he does that .....

Then there is the problem of "Ghost teachers" - teachers who are present on paper but never attend the college/ hospital. Recently, the President of Punjab Medical Council, Dr GS Grewal, issued an official release in which he named four medical colleges with about 400 ghost teachers, including Maharishi Markandeshwar University, Ambala; Maharishi Markandeshwar University, Solan, Adesh Institute of Medical Sciences & Research, Bathinda and Gian Sagar Medical College, Banur. Just the MMU had around 320 ghost faculty members. ([http://economictimes.indiatimes.com/news/politics-and-nation/400-ghost-teachers-in-private-medical-](http://economictimes.indiatimes.com/news/politics-and-nation/400-ghost-teachers-in-private-medical-colleges-in-Punjab/articleshow/46593210.cms)

[colleges-in-Punjab/articleshow/46593210.cms](http://economictimes.indiatimes.com/news/politics-and-nation/400-ghost-teachers-in-private-medical-colleges-in-Punjab/articleshow/46593210.cms))

PGI, NEET and AIPMT exams, among others, have had to be cancelled at times and the strict security measures being employed by the authorities at the centers of exam now a days only emphasizes that the so called “examinees” can go to any level to secure a seat. If this is not corruption, what is?

### Government hospitals:

There is an utter lack of infrastructure and qualified personnel in most government hospitals in the country. Touts lurk in the hospital corridors and everything from a hospital bed to investigations, surgeries, etc is up for sale and is available for a price [www.telegraph.com]. MRIs, CAT Scans and other costly investigations are invariably got done and from outside even when such facilities are available in-house. This is because of the up to 30 - 40% commission that the lab gives the prescribing doctor. [you are studying in one of the finest medical colleges in India with state of the art facilities and dedicated faculty.....]

### Corporate hospitals:

The corporate hospitals have completely changed the health care scenario. As per the “Network of Doctors for ethical, rational and de-commercialized Health Care”, “The once God like doctor has metamorphosed into a commercial, profit oriented businessman....”. “Doctors in these hospitals are given targets – admitting so many patients per day, getting so many investigations done, etc. So the minute a patient walks in, the doctor wonders how to get him admitted or prescribe more investigations / medicines than are necessary, so as to meet the targets.” [TOI Mumbai, July 2,

2015:PP:7]. Such hospitals also enter into a commission based contract with the doctors wherein a doctor gets a certain share of the income generated by him, thereby further motivating him to generate more income at the expense of the patients. The doctors generating maximum income for the hospitals are rewarded in the form of cars / foreign tours etc. The actual “health care” takes a back seat in all these cases.

### Pharmaceutical companies:

The nexus between pharmaceutical companies and doctors is well known and frightening. According to Padma Bhushan Dr. B M Hegde, (Cardiologist, author, FRCP, FACC, FRCGP, MRCP, FAMS, B C Roy awardee, etc), “Doctor has become a menace on the society..... Unless we delink medicine from money, this medicine will kill mankind.... Today medicine is the biggest industry in the world. “Cholesterol lowering” alone is a 1.72 trillion dollar business. One company which sells cholesterol lowering drugs gets an average profit of 15-18 billion dollars. A cardiac stent is manufactured at an average cost of 10 dollars apiece, but is sold for at least 2000 dollars. The budget is - 500 dollars – doctor’s hospitality and company’s profit is the rest 1490 dollars per stent.... The change has to come from within and the future generations have to be taught not to be as greedy as we are now. It is the human greed that kills another human being”. [Talk given at Prabodh Educational Trust, Nagpur on 12th Jan 2012]

Some of the top doctors from reputed medical research institutes are alleged to be in nexus with various national and international drug manufacturers in getting "clinical trials" done for these companies and issuing reports in favor of the companies at the cost of the patient's lives..... "These doctors wrote that clinical trials were not even required for the drug. Is it sheer co-incidence that doctors, sitting hundreds of miles away from each other, gave opinions on a drug which is word-by-word identical?" the Parliamentary Standing Committee on health and family welfare asked. [<http://www.dnaindia.com/india/report-dna-special-the-shocking-medical-scam-1688378>]

We are now faced with the pandemic “selective feticide”. In almost every state of the country, particularly the Northern Regions, the sex ratio has dangerously tilted towards the male gender. Doctors have an all important role to play in this crime – right from determination of the gender of the fetus to aborting it. The many Acts that had to be brought into force and their failure to put an end to this declining ratio only shows that we, as doctors, have failed miserably in the eyes of the society.

It is raining hospital advertisements - from pamphlets about slashed rates for check-ups, procedures and IVF - falling out of morning newspapers to sentimental, tearjerker ads about cancer treatment, surgeries, ophthalmological procedures, replacement surgeries, etc on television and radio, day in and day out. This despite the MCI regulations forbidding a doctor to advertise.

There are numerous other instances to highlight the level of corruption, wanton indifference to the health of patients and the ever increasing greed among doctors to prove the fact that “All is not well with the medical field”.

Agreed, that this does not speak of all the doctors and that for every one such doctor, there are many who are upright, ethical and "above board". But, as they say, "taali ek haath se nahi bajti"

We have to change this.  
You dear students and  
budding doctors and  
we, your mentors - should be  
the change that  
we want the society to be.  
Act now. Before it is too late....



**Dr Dasari Harish**

Prof. & Head  
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# Dial “M” for Mentor

The word “Mentor” has its roots in Greek mythology. Mentor was the son of Heracles and Asopis. In his old age Odysseus placed Mentor in charge of his son Telemachus, when he went to fight the Trojan War. When Athena, the goddess of heroic endeavour visited Telemachus she took the disguise of Mentor to hide herself from the suitors of Telemachus' mother, Penelope. As Mentor, the goddess encouraged Telemachus to stand up against the suitors and to find out what happened to his father. Because of Mentor's relationship with Telemachus, and the disguised Athena's guidance for dealing with dilemmas, the name “Mentor” has been adopted in English as a term referring to a person who imparts knowledge and shares his/her experience with someone less experienced.

In Indian mythology too, we know that in Mahabharata, Sri Krishna became Arjun's mentor; he guided Arjun at every step to proceed in the right direction and win the war.

In the present era also mentoring has been found to be imperative for facilitating a young medical professional's acquisition of clinical and research skills and career advancement.

A good mentor helps kindle a fire in his/her disciple's head and heart and helps them tread on a career path in a manner that they find greater fulfillment in their chosen direction. A good mentor not only provides guidance and inspiration, but also helps in networking and introducing protégés to opportunities and people that he/she would not otherwise have access to.

## **How to choose a mentor?**

When you decide to go in for a mentorship program it is important that you are clear about what it is that you want in your mentor, and what kind of help and advice you are seeking. Do not choose a mentor just for having credible reference for grants, awards and professional positions.

Choose someone with the necessary expertise in your specific field. It helps if you admire and respect this teacher for his/her achievements, because there may be occasions when you will have to follow your mentor's advice against your better judgement. It helps to know the experience of past mentees. A good mentor will not like to make a clone out of his/her mentee but will direct you towards your goals.

You don't need to find someone who has achieved the most in his or her field: just someone who has enough generosity of spirit to let you learn from their past experiences. Most accomplished people have this quality and are secure enough to acknowledge your efforts whenever it is due. Again, speaking to those who have been mentored will provide you enough insight to arrive at an informed decision. If one-on-one interaction is not possible, contact by email or social networking sites. If surgical grooming is the aim, try to find a

centre which not only has a good wetlab but also archives of training videos.

A very busy teacher may be able to give you tips in an intensive, short mentorship program. This short burst of teaching requires you to be focussed, well read and receptive. But, for a holistic, more thorough training program, your best bet would be a teaching hospital with a structured training program. A mentorship program headed by a truly accomplished clinician-teacher, supported by an able mid-level supporting crew is best suited. Where the humdrum and the routine is learned by passive and active imbibition of clinical practices and the truly inspirational quality is attained by association with the head mentor.

Financial expenditure may be a major deterrant for many students when choosing a training program. A mentor who can provide part or complete financial aid to support the training is an obvious choice in such a scenario. Students may apply for local and national societies for help; most offer small to medium term grants to help doctors in training.

Keep your personal goals in mind. If your aim is to be involved in research and publications, the number of publications from the proposed mentor's team in the last five years is an indication of the group's research interests. If your interest is primarily surgical training, then it is imperative to associate with a high volume practice. Surgeries that percolate down to a surgeon in training are a fraction of the total pool, therefore, it is logical that a busy surgeon will be the best suited for your needs.

As regards overseas training, it is a good idea to get out of your comfort zone. It is not just academic but a cultural exercise as well. I have had the opportunity of an overseas training and being mentored by one of the best Glaucomatologists in the world and trust me it has made an immense difference in not only my clinical acumen but also changed the way I think as an individual. So, choose a mentor wisely to make your professional journey an enriching experience.



**Dr. Parul Ichhpujani**

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# ਪਰਾਹੁਣੇ

ਭਾਰਤੀ ਸਮਾਜ ਵਿੱਚ ਪਰਾਹੁਣੇ ਬਹੁਤ ਹੀ ਉੱਚਾ ਅਹੁਦਾ ਰਖਦੇ ਹਨ। ਪਰਾਹੁਣੇ ਵਧੀਆ ਤੋਂ ਵਧੀਆ ਪਕਵਾਨਾਂ ਦਾ ਬਿਨਾਂ ਹੱਥ ਪੈਰ ਹਿਲਾਏ ਭਰਪੂਰ ਆਨੰਦ ਮਾਣਦੇ ਹਨ। ਮੇਜ਼ਬਾਨ ਲੋਕ ਪਰਾਹੁਣਿਆਂ ਦੀਆਂ ਹਰ ਕਿਸਮ ਦੀਆਂ ਜਾਇਜ਼ ਨਾਜਾਇਜ਼ ਇੱਛਾਵਾਂ ਪੂਰੀਆਂ ਕਰਨ ਦੀ ਪੁਰਜ਼ੋਰ ਕੋਸ਼ਿਸ਼ ਕਰਦੇ ਹਨ।

ਉੱਤਰੀ ਭਾਰਤ ਵਿੱਚ ਜਵਾਈ ਅਤੇ ਜੀਜੇ ਨੂੰ ਪਰਾਹੁਣਾ ਕਹਿ ਕੇ ਹੀ ਸੰਬੋਧਨ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਪਰਾਹੁਣੇ ਆਮ ਤੌਰ ਤੇ ਮੇਜ਼ਬਾਨ ਪਰਿਵਾਰ ਉੱਪਰ ਪੈਰਾਸਾਈਟ ਦੀ ਤਰਾਂ ਪਲਦੇ ਹਨ।

ਜਿਵੇਂ ਕੀ ਘਰੇਲੂ ਪਰਾਹੁਣੇ ਸਮਾਜ ਵਿੱਚ ਪੈਰਾਸਾਈਟ ਵਾਂਗ ਪਲਦੇ ਹਨ, ਠੀਕ ਉਸੀ ਤਰਾਂ ਕੁਝ ਪਰਾਹੁਣੇ ਇਹੋ ਜਿਹੇ ਵੀ ਹੁੰਦੇ ਹਨ, ਜੋ ਕੀ ਸਰਕਾਰੀ ਸੰਸਥਾ ਉੱਪਰ ਪੈਰਾਸਾਈਟ ਦੀ ਤਰਾਂ ਪਲਦੇ ਹਨ।

ਜੀ ਹਾਂ, ਅਸੀਂ ਗੱਲ ਕਰ ਰਹੇ ਹਾਂ ਉਨ੍ਹਾਂ ਸਰਕਾਰੀ ਕਰਮਚਾਰੀਆਂ ਦੀ ਜੋ ਆਪਣੇ ਆਪ ਨੂੰ ਕਿਸੇ ਪਰਾਹੁਣੇ ਤੋਂ ਘੱਟ ਨਹੀਂ ਸਮਝਦੇ।

ਜਿਸ ਦਿਨ ਇਹ ਸਰਕਾਰੀ ਨੌਕਰੀ ਵਿੱਚ ਪੈਰ ਰਖਦੇ ਹਨ, ਠੀਕ ਉਸ ਦਿਨ ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਤਾਂ ਇਹ ਪਰਾਹੁਣੇ ਆਪਣੇ ਸੁਪਰਵਾਈਜ਼ਰ ਤੋਂ ਦੋ ਤਿੰਨ ਦਿਨ ਦੀ ਇਹ ਕਹਿ ਕੇ ਨਾਜਾਇਜ਼ ਛੁੱਟੀ ਮਾਰਦੇ ਹਨ ਕਿ ਉਨ੍ਹਾਂ ਨੇ ਘਰ ਲਭਨਾਂ ਹੈ ਅਤੇ ਆਪਣੇ ਪਰਿਵਾਰ ਨੂੰ ਸ਼ਿਫਟ ਕਰਨਾ ਹੈ।

ਉਸ ਤੋਂ ਬਾਅਦ ਇਹ ਅਕਸਰ ਆਪਣੀ ਕੰਮ ਵਾਲੀ ਜਗ੍ਹਾ ਤੇ ਕੁਝ ਦਿਨਾਂ ਤਕ ਲੇਟ ਲੜੀਫ ਰਹਿੰਦੇ ਹਨ। ਕੰਮ ਤੇ ਆਉਣ ਤੋਂ ਬਾਦ ਵੀ ਪਹਿਲਾਂ ਤਾਂ ਇਧਰ ਉੱਧਰ ਤਫਰੀ ਕਰਦੇ ਹਨ, ਅਤੇ ਮੌਕਾ ਮਿਲਦੇ ਸਾਰ ਹੀ ਆਪਣੇ ਕੰਮ ਵਾਲੀ ਜਗ੍ਹਾ ਤੋਂ ਫਰਾਰ ਹੋ ਜਾਂਦੇ ਹਨ।

ਸ਼ੁਰੂ ਸ਼ੁਰੂ ਵਿੱਚ ਤਾਂ ਇਨ੍ਹਾਂ ਦਾ ਸੁਪਰਵਾਈਜ਼ਰ ਇਹ ਸੋਚ ਕੇ ਕੌੜਾ ਘੁਟ ਭਰ ਲੈਂਦਾ ਹੈ ਕਿ ਪਰਾਹੁਣਿਆਂ ਦਾ ਹਨੀਮੂਨ ਪੀਰੀਅਡ ਚਲ ਰਿਹਾ ਹੈ, ਪਰ ਜਦ ਉਸਨੂੰ ਹਨੀਮੂਨ ਪੀਰੀਅਡ ਖਤਮ ਹੁੰਦਾ ਨਜ਼ਰ ਹੀ ਨਹੀਂ ਆਉਂਦਾ ਤਾਂ ਉਸ ਦੇ ਸਬਰ ਦਾ ਬੰਨ ਟੁੱਟ ਜਾਉਂਦਾ ਹੈ। ਉਹ ਕੋਸ਼ਿਸ਼ ਕਰਦਾ ਹੈ ਕਿ ਉਹ ਪਰਾਹੁਣਿਆਂ ਨੂੰ ਕੋਈ ਕੰਮ ਦੇ ਕੇ ਵਿਅਸਤ ਕਰੇ। ਪਰ ਉਸ ਨੂੰ ਇਸ ਗਲ ਦੀ ਜਮਾਂ ਵੀ ਭਨਕ ਨਹੀਂ ਹੁੰਦੀ ਕਿ ਇਹ ਕਰਮਚਾਰੀ ਤਾਂ ਪ੍ਰਾਹੁਣੇ ਹਨ ਜੋ ਕਿਸੇ ਵੀ ਹਾਰਡ ਨਟ ਤੋਂ ਕਿਤੇ ਜਿਆਦਾ ਹਾਰਡ ਹਨ।

ਪ੍ਰਾਹੁਣੇ ਸੌਪੀ ਗਈ ਜ਼ਿੰਮੇਦਾਰੀ ਨੂੰ ਬੜੀ ਚਲਾਕੀ ਨਾਲ ਜਾਂ ਤਾਂ ਟਾਲ ਜਾਉਂਦੇ ਹਨ, ਜਾਂ ਫਿਰ ਇਨ੍ਹਾਂ ਕੁ ਘਟੀਆ ਕੰਮ ਕਰ ਕੇ ਦੋਂਦੇ ਹਨ ਤਾਂ ਜੋ ਉਨ੍ਹਾਂ ਦਾ ਸੁਪਰਵਾਈਜ਼ਰ ਦੁਆਰਾ ਉਨ੍ਹਾਂ ਨੂੰ ਕੋਈ ਕਮ ਦੇਣ ਦੀ ਰਿਮੰਤ ਵੀ ਨਾ ਕਰ ਸਕੇ।

ਸਭ ਤੋਂ ਖਾਸ ਲੱਛਣ ਇਨ੍ਹਾਂ ਪ੍ਰੋਹਨੀਆਂ ਦਾ ਇਹ ਹੁੰਦਾ ਹੈ ਕਿ ਇਹ ਆਪਣੇ ਦੋਵੇਂ ਹੱਥ ਹਮੇਸ਼ਾ ਆਪਣੀ ਪਤਲੂਨ ਦੀਆਂ ਜੇਬਾਂ ਵਿੱਚ ਪਾਈ ਮਿਲਦੇ ਹਨ। ਇਨ੍ਹਾਂ ਦੀ ਪੈਂਟ ਦੀ ਕ੍ਰੀਜ਼ ਅਤੇ ਕਮੀਜ਼ ਦੇ ਕਾਲਰ ਹਮੇਸ਼ਾ ਖੋਤੇ ਦੇ ਕੰਨ ਵਾਂਗ ਖੜੇ ਰਹਿੰਦੇ ਹਨ।

ਕਿਸੇ ਵੀ ਕੰਮ ਵਿੱਚ ਗਲਤੀਆਂ ਕੱਢਣ ਦੀ ਸ਼ਕਤੀ ਇਨ੍ਹਾਂ ਨੂੰ ਜਨਮ

ਤੋਂ ਹੀ ਮਿਲ ਜਾਂਦੀ ਹੈ। ਇਹ ਲੋਕ ਆਪਣੇ ਕੰਮ ਨੂੰ ਛੱਡ ਕੇ ਕਿਸੇ ਵੀ ਵਿਸ਼ੇ ਉੱਪਰ ਸਲਾਹ ਦੇਣ ਅਤੇ ਬਹਿਸ ਕਰਨ ਵਿੱਚ ਮਾਹਿਰ ਹੁੰਦੇ ਹਨ।

ਪ੍ਰਾਹੁਣੇ ਹਰ ਕਿਸਮ ਦੀ ਸਰਕਾਰੀ ਛੁੱਟੀ ਦਾ ਬੜੀ ਬੇਸ਼ਵਰੀ ਨਾਲ ਇੰਤਜ਼ਾਰ ਕਰਦੇ ਹਨ। ਆਪਣੀਆਂ ਨਿਰਧਾਰਿਤ ਛੁੱਟੀਆਂ ਜਲਦੀ ਨਾਲ ਖਤਮ ਕਰ ਕੇ ਪ੍ਰਾਹੁਣੇ ਅਕਸਰ ਇਕ ਦੋ ਘੰਟੇ ਦੇ ਕੰਮ ਦਾ ਬਹਾਨਾ ਬਣਾ ਕੇ ਸਾਰਾ ਸਾਰਾ ਦਿਨ ਗਾਇਬ ਹੋਣ ਦੀ ਮਾਹਰਤ ਰਖਦੇ ਹਨ।

ਪ੍ਰਾਹੁਣੇ ਅਕਸਰ ਸਰਕਾਰੀ ਤੰਤਰ ਦੀ ਢਿੱਲੀ ਰਫਤਾਰ ਨੂੰ ਮੈਟੀਕੁਲਸ (Meticulous) ਹੋਣ ਦਾ ਨਾਮ ਦੇ ਕੇ ਆਪਣੇ ਆਪ ਨੂੰ ਸਿਸਟਮ ਦੀ ਨੀਹਾਂ ਸਮਝਦੇ ਹਨ। ਸਹੀ ਮਾਅਨਿਆਂ ਵਿੱਚ ਪ੍ਰਾਈਵੇਟ ਸੰਸਥਾਵਾਂ ਨੂੰ ਸਮਾਜ ਵਿੱਚ ਜਗ੍ਹਾ ਅਤੇ ਸੰਮਾਨ ਬਖਸ਼ਾਉਣ ਵਿੱਚ ਪਰਾਹੁਣਿਆਂ ਦਾ ਭਰਪੂਰ ਯੋਗਦਾਨ ਹੁੰਦਾ ਹੈ।

ਪਰ ਹੁਣ ਸਾਡਾ ਦੇਸ਼ ਬਦਲ ਰਿਹਾ ਹੈ। ਬਹੁਤ ਸਾਰੀ ਸਰਕਾਰੀ ਸੰਸਥਾਵਾਂ ਦਾ ਕੰਪਾਊਟਰਾਈਜ਼ੇਸ਼ਨ ਹੋ ਰਿਹਾ ਹੈ। ਹਰ ਥਾਂ ਤੇ ਸਿਟਿਜਨ ਚਾਰਟਰ ਬਣ ਰਹੇ ਹਨ। ਹਰ ਬਛਿੰਦੇ ਨੂੰ ਚੰਗੇ ਦਿਨ ਆਉਣ ਦੀ ਉਮੀਦ ਹੈ। ਪਰ ਇਹ ਗਲ ਪੱਕੀ ਹੈ ਕਿ ਜਦ ਤਕ ਸਾਡੀਆਂ ਸਰਕਾਰੀ ਸੰਸਥਾਵਾਂ ਮੁਸ਼ਤੈਦ ਨਹੀਂ ਹੁੰਦੀਆਂ, ਚੰਗੇ ਦਿਨ ਕਦੋਂ ਵੀ ਨਹੀਂ ਆ ਸਕਦੇ। ਸੋ ਮੈਂ ਆਪਣੀ ਗੱਲ ਪਰਾਹੁਣਿਆਂ ਨੂੰ ਇਹ ਕਹਿ ਕੇ ਬੰਦ ਕਰਨਾ ਚਾਹੁੰਦਾ ਹਾਂ ਕਿ ਪ੍ਰਾਹੁਣੇ ਸਾਵਧਾਨ ਹੋ ਜਾਓ ਕਿਉਂ ਕਿ ਸਿਆਣਿਆਂ ਨੇ ਕਿਹਾ ਹੈ ਕਿ:

ਇਕ ਦਿਨ ਪਰਾਹੁਣਾ  
ਦੋ ਦਿਨ ਪਰਾਹੁਣਾ  
ਤੀਜੇ ਦਿਨ ਤੋਂ ਨਹੀਂ ਰਹਿਣਾ



**Prof. Ravi Gupta**  
Department of Orthopedics

# Broken Hearts & Wilted Flowers

*I have been dating her for the past 1 year.*

*January was when we first met. The winter was at its icy best and coffee at the little cafe by the church square was the perfect elixir for frosted souls. She had asked for the ochre shots. Something most newbies never crave or order for. I will not lie she was pleasing to the eye; the winter coat gave her curves, prowess that the angels would be proud of. Little flecks of snow in her hair gave the appearance of sparkling starlight under the lowly light cafe counter. Tinge of red on her face was just like 'Kothkhai' apples back at our farm and well let's not talk about her voice because I can still hear her saying the three words that changed my life forever...*

*March was the month we started sharing space. The privilege of young love is that you simply feel at the top of the world. Nothing makes your day like a sight of your beloved, a glance stolen while she goes to work, a touch partaken while we hoped no one looked and other such countless little gestures of affection. The hours seemed to dart like seconds and we barely had any time together, though all we ever did outside of our jobs was spooning and swooning over each other...*



To be continued at <https://lettrs.com/sahilthakur2#>

*February was when finally after a month of informal chats, I finally managed to formally ask her out for a date. Well it wasn't actually a date but when the fates tie strings to bring people together, little knots of office projects bring people close. It started just like another brainstorming session, having rich sinful cocoa, back at her house, while it snowed outside, however the afterglow from the fireplace danced around us, eyes finally started to talk, words were spoken, passions exchanged and while the lips met, all that made sound was the crackles from the wood in the hearth...*

*April was taking relations to the next level. There are lines that should never be crossed in any relationship, unless you are willing to invest heavily with emotional assets. While money can be easily multiplied, lost, recovered and lost again, it's difficult to loose and recover your emotions that easily. The debts that broken hearts leave cannot be repaid in easy instalments. It was spring and she had just come over to wake me up and insist that we take a day off and venture forth to the mountains to satiate her wild side. Wilderness, they say has its own charm; people who get addicted can seldom get out of the hangover it bestows on you. I too became an addict that day, hung over in love for this sojourn to never end its 'surroor'. True love is best served on a platter and when that platter is your veritable soul, the taste is simply cataclysmic, the flavour irresistible and the price that you pay is fortunately just your soul in return. I was truly hers and she was mine for eternity however in our times who knew eternity was to be just a year long...*



**Sahil Thakur**  
PG/JR Ophthalmology



# CERTAIN UNCERTAINTIES

Ever since the day we are born to the day we die, there are so many changes that we come across and so many changes that come across us. We all grow up, that's what they say...

We go to school. We go to college. We get a job. "We grew up". Well, I can only laugh at that. Maybe it's my rebellious nature, what people call impractical approach towards life or something else that gets me tempted to refute such school of thought every single time.

The question is: do we really grow?

I truly believe in empiricism. I think it is the things we get to experience that help us accumulate knowledge and foster in our growth as a person. Most of us live everyday worrying about the future. We have this natural tendency to fall for security, be it in a job, a profession, a relationship...for that matter anything. We are expected to be ready with a plan every time. What is the real problem with us?

Well, if you ask me, we are all paranoid of something we should really be excited about in our lives. We are scared to fall despite the fact that deep down inside, we know that we will be able to stand upright once again. We are scared to experiment, to do things we really want to do, because we are not valiant enough.

This is the thing about life; it has only one certainty...that fact that one day we will all die. Death is the inevitable truth of life. We know everything about it, but we can never be prepared enough to face it in the eye.

We will cry, we will sulk and we will be gloomy if we lose someone close to our heart. So if being paranoid about a thing sure to happen is justified, why are we afraid of all the uncertainties? Things that might not even befall us.

Some time back I watched a movie called 'About Time' in which the protagonist has the power to go back to the past and live it once again. What he ends up inferring from this is that whatever is destined to happen will happen. God will take us where we are meant to be. We have to try different things differently with sincerity and dedication. There is enough room for the ardent ones. They always get to the sky despite their weaknesses because they were man enough to take a chance. Life is too short to waste it worrying about tomorrow. Start living in the moment, for the moment and with the moment, and you will see something wonderful for yourself! Take hold and behold. Just be fine and you'll be fine!



**Mehak Trehan**  
Batch 2013

# In pursuit of happiness



Life has different interpretations for different people. An optimist puts up a brave front in the battle of life than a pessimist. Life is like a two dimensional graph, plotted between our expectations and god's will. When the two curves intersect, a moment of happiness takes birth. While the other points on the graph continue to show the darkness and despair in the name of our unreasonable expectations or unfavourable God's will. The human mind winds itself in the pursuit of happiness and chases the two curves till they unite forever and ever.

Apprehensions for the future have always bothered mankind. The race has tried to rule all, from the least to the greatest, in existence and beyond. I am no exception. In the quest to gather more, I have forgotten my true self. To add more wings of happiness to the future, I have sacrificed my today and started living for tomorrow. My persona and very existence seem to be lost somewhere on the unknown path. Tomorrow is to come but what if it doesn't. I never spared a thought on what I would leave behind, if I die today? All my gathering would go down the drain and my wills would subside.

In the journey towards the achievement of set goals and ambitions, we often forget the true essence of life. The ego and false perceptions that all have nurtured would eventually lead us to the path from where coming back is not possible as the spiral of dejection and anguish gets deeper and deeper. It is all about realising that the short span of life gifted to us is meant to be decorated with joyous thoughts, love, affection and brotherhood. This perhaps is the only way to taste the happiness while not striving in the pursuit of happiness.



**Apurva Rathour**  
Batch - 2013





# WHAT GOES AROUND COMES AROUND

*"Beta, Jaisi karni, waisi bharni. Rabb sabh dekhta hai. "*

More often than not my mother used to preach this to me in the early days of my childhood, fulfilling her duty as a mother who wants her child to grow up into a respectful and kind woman. After, let's say around 10 years, whenever I hear or read the phrase "what goes around comes around", I can't help but remember my mother's wise words and how my own observations and experiences give justice to it. Whether it be by God's command, destiny, fate or just like that, what we do to others always has a way of getting back at us.

You must have heard of and commonly used the term Karma, but have you ever really understood its real meaning and/or its implications? Yes, Karma is the law of moral causation, constituting all good and bad actions. This fundamental doctrine of Buddhism has 2 main root causes : ignorance and craving. That is, that it is our human nature that tends to overlook or ignore our actions in regards to others, as well as the craving to fulfil our selfish desires that makes us take a step seemingly right at a particular moment in time, blinding ourselves to its consequences. It is only when these consequences arise, what seems like out of nowhere to our not so innocent little souls, that we turn to God, or destiny or any faith and ponder in desperation as to what could have possibly led to this!

In India, where the poor population overshadows the rich it is quite funny to note that the minority, if we may call it, of the rich which tends to treat those who are less advantaged than them with humility and disgust. But what if one day these lesser advantaged people rise up and become more successful than the rich, maybe even overtaking their empire? What if one day your oblivious partner opens their eyes and catches you cheating on them, filing for a divorce and getting more than half the property you flaunt? What if one day the police tracks down

the fraud you committed and seizes your dream hotel that you spent years constructing? These are all just "what ifs", which tend to be overlooked by most of us as we bask in the glory of our present, tuning all our energy into enjoying the moment and shadowing what lies in the future. But till when can we hide from ourselves, from our future, from karma?

I came across a short story recently, where a proud King used to send his men up a dangerous mountain to retrieve diamonds, promising the men to be paid for their worth. However, as these oblivious and obedient men returned with diamonds and high hopes, they were shot dead. Much sooner than later, the men of the kingdom refused from this uphill adventure, so the King decided to go himself, retrieving all diamonds once and for all. Alongside his bodyguard, he made the treacherous journey uphill, but upon nearing the diamond site he was so dazzled and overcome with greed that he turned around and shot his bodyguard, not wanting to take any chances of a theft. However, what this haughty King did not realise is that he was unaware of the route back to the kingdom, and was not carrying any ammunition to guard himself against the wild animals. So the King with his dear diamonds was left to die all alone. Karma had finally gotten to him, his death being caused by what he prized the most.

See, It would be hypocritical of me to say that we should always be nice and polite and generous towards others, as mankind is built with his many flaws. The youth of this nation is subject to so much, well let's call it 'drama', in their day to day life that deep thinking has become so overrated. In this fast thinking and fast acting 21st century, no one has the time to stop and think about what could happen to them in the future because of what they are doing now. Or maybe I should say, no one WANTS to really think about what could happen. Why waste a perfectly happy and satisfying moment by the would've, should've, could've?

But then, if we can be so adamant about just doing what we please with the famous "bnm" (because nothing matters :P) attitude towards life, then why is it that when something goes wrong we whine and cry and sulk and regret? Should we not handle that with grace also? It is no one else but ourselves who construct and determine what the future holds for us. You do something bad to someone, and sooner or later, the same bad will come right back at you, in any way, shape or form. That is karma. That is what goes around comes around.

Every action has an equal and opposite reaction. Newton may have passed away but his theory was applicable then and still applicable now. What we do, how we treat others, how we behave, it always has a way of finding us and coming back to us. And when it does, the hurt may be unbearable. So save yourself the impending doom and be good on your own part! Be true to yourself, because if you are not, then how can you expect anyone else to be? Do good, Say good, hear good ; be the live example of Gandhi's monkeys! After all, they don't say it for no reason : karma is a b\*\*\*h!!

# The Dawn

The light is getting brighter love, Find me a shadow to hide in,  
These four walls, My fortress.  
I see cracks and I see fire.  
For, once I was a lamb afraid, Loved under this roof  
Dark and silent- This comfort.  
Now the light is getting brigher love,  
Have to leave. Or can I stay?  
Chipped the walls, floor a little dusty Oh! How can I say?  
For dark and silent, this comfort, Now bites my very bones.  
Wondering if it was a Tavern just,  
Another stop on a long long road?  
Its a strange creepy forest out,  
But these walls now scare me too,  
Dirty and weak They feel unreal.  
And this bed is sweet, oh love!  
And sweeter the kisses unkissed,  
But the light is getting brighter love,  
Bright and silent, I'm afraid.  
The forest calls and  
the answer waits Just in the lump of my throat  
(somewhere between the heart and the head)  
The howl, the scream encaged  
For the light is getting brighter,  
my love Have one foot out the door  
I'm asking you But I'm not gonna say  
Love, make me stay.



Divesh Anand (2014)

# ADVENT OF ANDROID

Biology says "cell" is the fundamental unit of life and our  
generation has taken that just too seriously  
Life is short..  
And the world so Big  
Luckily now, you can do without a jig  
With the advent of "Android"  
Alas! The globe is less wide  
Gingerbread and Jellybean once a delicacy  
Now, just a measure of your phone's efficacy  
Just "Google" your way out, And leave not a doubt  
Enhance your General Knowledge  
Learn things not taught at College  
Loved ones far apart, Oh! Dont lose heart,  
But only if your phone is smart  
Parents just a click away with Skype  
A tear trickles down your mother's cheek which you  
sadly you can't wipe  
All brands at your disposal  
Shopping is less of a puzzle  
Use judiciously your gray matter  
Simply, thank your "SD Card's" inventor  
Social Media, is the Gen Y encyclopedia  
Add people you like, On Facebook & Hike  
Show or hide your last seen  
For people on Whatsapp are just so keen!  
Waiting for likes on your post??  
'Coz its a new way to boast  
Share with your friends whatever you wear  
Ah! Privacy is an affair of yesteryear...



Ira Domun (2012)

# A SALUTE!

As I close my eyes after the day's toil,  
a thought does strike my mind,  
The image of the brave souls flashes across and  
a chill does run down my spine.  
A peaceful sleep each night,  
Ah, indeed I feel blessed,  
But the real blessing are those men of steel,  
full of strength, zeal and zest.  
An unparalleled love for the nation and their motto of  
discipline, devotion and sacrifice ,  
These valiant beings are ready to face all barriers, only to  
make our lives a paradise!  
Their's is indeed a life so virtuous, so worthy,  
That always only words of praise flow in respect and glory!  
I pray that supreme honour  
be bestowed upon them by the Almighty,  
Because they are the special ones chosen to reach the  
zenith of eternity!



Jannat Kang (2011)

I saw an old lady dying  
by the side of the road.  
Perhaps she was Naseeban.  
Perhaps she was Nessi-Ban.  
Perhaps she was Naseeb Kaur.  
Or, perhaps she was Mother India.

**Prof. C.S Gautam**  
Department of Pharmacology

# THE LOCAL GIRL

She looked at the stars every night,  
She never let the hope go away,  
She was a being of her own,  
With the dancing leaves she would sway.

She got her heart broken at times,  
But she never shed a tear,  
She is still scared to trust people,  
But soon overcomes the fear.

All the small things made her smile,  
And with the rain she would twirl,  
No one could see the dreamy eyes,  
And the heart of the local girl.



Pratiksha Tyagi (2013)



# Sestina

This sestina I write has its roots in a marvel,  
And proclaims to all the greatest treasures of life.  
'Love', with its yearnings and passion does say,  
My bittersweet sting all far and wide await.  
Warm embraces, stolen kisses remembered oft;  
Nimble as a bee, with a banyan's strength; it's true,

'Blood is thicker than water' stands true,  
How 'Family' withstands all tests makes me marvel.  
Trials and afflictions mark our paths oft,  
But close of kin are our beacons in this life.  
For you to stumble and bruise, the world might await;  
Hold their hand and you shall heal, I say.

All the things in a day that we do or say,  
All the chatter and banter, you know this is true,  
Every moment of leisure, our 'Friends' does await,  
How they light up any dreariness is sure a marvel.  
And when age goes against us, the sun sets on our life;  
The ribbing and merriment, we shall reminisce oft.

Caught in a quagmire you might find yourself oft.  
To such, the voice of reason does say  
That 'Knowledge' is the force that shall streamline your life.  
'Knowledge is power', the dictum holds true;  
The learned mind will know, the learned mind will marvel  
At the universe's mysteries, and wisdom does await.

Sometimes the burned out, weary senses await  
A haven, some calm - they need refuge oft.  
How 'Music' is food for the soul makes me marvel,  
Some musings, obscurities hidden deep helps us say.  
Music can soothe wounds, music will stay true,  
And help you capture another tangent of life.

Of all the things one might see in life,  
The wonders of Mother 'Nature' I await.  
That heaven resides on earth, I believe is true;  
The rain, the skies, the water; are beauties witnessed oft.  
All of its glory and magnificence makes me say,  
Every inch of this bountiful earth is a marvel.

What I ponder oft, today I shall say,  
That I think it true, these treasures await,  
Each of them a marvel, make up the essence of life



Smriti Mahajan (2011)

बरगद के पेड़ पर कल गिरिगिट मृत पाया गया।  
सुबह जब पुलिस इन्वेस्टिगेशन के लिए पहुँची तो वहाँ पर एक  
सूअसाइडल नोट लिखा था  
उसमें उस मरते हुए गिरिगिट ने यह दर्ज किया था-  
'आज दुनिया में शायद मेरी ज़रूरत  
नहीं रही क्योंकि आज  
हर इन्सान अपना रंग गिरिगिट की तरह बदल रहा है।'

मुझे अंधेरे में ही रहने दे ऐ मेरे दोस्त,  
उजालों में दोस्तों के असली चहरे नज़र आजाते हैं।



Prof. CS Gautam  
Department of Pharmacology

## Mother's Laugh

Every now and then  
When I see her,  
I see the fatigue,  
The toll of life, and  
The endless worries.  
Her frown,  
Always in place.  
All these eighteen years  
That I've spent with her,  
I've seen her like this.  
But then we talk,  
Talk stupid and insane,  
Pointless and meaningless.  
And she laughs,  
Just like that.  
I see her laughing,  
Uncontrollably.  
Turning tomato red.  
Her tinkling sound,  
The merry sight, I love.  
I savour the moment  
Live it again and over  
In my mind.  
Every now and then  
I realise,  
This is what I live for.



Yakshi (2014)

## FRIENDSHIP'S ROAD

Friendship is a priceless gift,  
It cannot be bought or sold.  
But its value is far greater,  
Than a mountain made of gold.  
  
Friendship is a bond, spun with silk,  
Bound together with honey and milk.  
Caring and love strengthens each strand,  
Helping each other, lending a hand.  
  
Friendship is a lasting treasure,  
For it can bring so much pleasure.  
A smile can make you feel so good,  
When feeling down, it does you good.  
  
Don't forget your friends at all,  
For they pick you up when you fall.  
Don't expect to just take and hold,  
Give friendship back, it's pure gold.  
  
Friendship is a chain of gold,  
Shaped in God's perfect mould.  
No matter how far or heavy the load,  
Sweet is the journey on friendship's road.



Arunjeet Gosal (2012)



मिस्टर ज. स. जयरा – ब्लाइंड स्कूल (सेक्टर 26 चंडीगढ़) के हेडमास्टर हैं 1998 से, उन्हें 18 साल का अनुभव है स्पेशल एजुकेशन के फील्ड में, वे दोनों आँखों से विजुअली इम्पेयर्ड हैं। उन्हें काफी पुरस्कारों से भी नवाजा जा चुका है जिनमें से एक उन्हें 2009 में टीचर्स दिवस के अवसर पर मिला था। विजुअली इम्पेयर्ड होने के बावजूद भी उन्होंने ब्लाइंड स्कूल को बढ़े ही सटीक तरीके से संभाला हुआ है। उनसे मुलाकात का मकसद यही है कि इस मैगजीन को पढ़ने वाले लोग कुछ उनसे सीख सकें और अपनी जिंदगी में कुछ बदलाव ला सकें।

**प्रश्न:** सर, आपने अपने बचपन के दिन कैसे बिताए ?

उत्तर : मैं उत्तरांचल घढ़वाल का हूँ (उत्तरकाशी जिला), जब मैं पाँचवी कक्षा में था तब मैंने आँखों की रोशनी खो दी, वो मेरे लिए बहुत मुश्किल वक्त था, पर मैंने हार नहीं मानी और आगे की पढ़ाई करी। 1988 देहरादून (न.इ.व.एच.) से ब्रेल सिखने के बाद मैंने स्पेशल एजुकेशन फॉर विजुअली इम्पेयर्ड में डिग्री करी, 10 जुलाई 1998 को मैंने ब्लाइंड स्कूल में प्रिंसिपल के पद को संभाला। मुझे ऐसा लगता है “डिसेबिलिटी इस नोट आ कर्स, इट्स आ चैलेंज” मेरे पास दृष्टि नहीं है पर दृष्टिकोण है।

**प्रश्न:** लोग अक्सर कहते हैं “भगवान ने मेरे साथ अच्छा नहीं किया, अगर भगवान ऐसा ना करता तो मैं कामयाब होता”, क्या आपके मन में भी कभी ऐसा ख्याल आया है?

उत्तर : हाँ, मैं कर्मों की थियरी में विश्वास रखता हूँ। पिछले जन्म में मैंने कुछ किया होगा तभी इसी जन्म में मुझे उसी का फल मिल रहा है, अगर हम इस जन्म में अच्छे काम करेंगे तो अगले जन्म में अच्छा करेंगे। मेरे अनुसार जो कुछ हुआ ठीक हुआ, जो नहीं है उसका गम नहीं है, जो है वो कम नहीं है।

**प्रश्न:** जब लोग आपको “अँधा” कह कर बुलाते हैं तब आपको कैसा लगता है?

उत्तर : मुझे इस बात का बुरा नहीं लगता, मैं इसको एक चैलेंज की तरह लेता हूँ, इंसान की मेंटल फैकल्टीस ज्यादा इंपॉर्टेंट होती हैं ना की फिजिकल पार्ट “काम करो ऐसा कि मिसाल बन जाए, हर कदम चलो ऐसा की निशान बन जाए, लोग जिंदगी सभी काट लेते हैं, जिंदगी जियो ऐसी की मिसाल बन जाए”।



**प्रश्न:** आपके अनुसार "दृष्टि" क्या चीज है?

उत्तर : जो बंदे हारते हैं, उन्हीं को विजय का ज्यादा पता होता है, जो जीतते हैं उन्हें विजय का इतना पता नहीं होता। दृष्टि की महत्वता मुझसे बेहतर कोई नहीं जान सकता, किंतु कोई बात नहीं, दृष्टि नहीं है तो जीवन नहीं गवाएँगे, मन की आँखों से दुनिया नयी सजाएँगे।

**प्रश्न:** एक अच्छे इंसान की "पहचान" क्या होती है ?

उत्तर : एक अच्छे इंसान की पहचान उसकी लगन, मेहनत, मानविया गुण से होती है। कुछ बनो ना बनो पर एक अच्छा इंसान जरूर बनो।

**प्रश्न:** दुनिया की सबसे खूबसूरत चीज क्या है?

उत्तर : मानविया सेवा, अच्छे काम करो,

अच्छे वचन बोलो ( ऐसा करने से काफी सुख मिलता है)

**प्रश्न:** सर, आप हमारे बडिंग डॉक्टर्स को क्या मैसेज देना चाहेंगे?

उत्तर : डॉक्टर्स भगवान का रूप होते हैं, जितना भी हो सके शांत भाव से मरीज की बात सुननी चाहिए, हमेशा यह सोचो की उसकी जगह अगर मैं होता तो क्या होता।

**प्रश्न:** सर, इस साल हमारी मैगज़ीन का थीम है "सिल्वर लाइनिंग" आपकी लाइफ में क्या सिल्वर लाइनिंग है?

उत्तर : सकारात्मक सोच ही मेरी ज़िंदगी की सिल्वर लाइनिंग है। इसी से मुझे ज़िंदगी में आगे बढ़ने की प्रेरणा मिलती है।



अरुण कुमार (2012)  
के सौजन्य

# सोच

## ज़िंदगी

ज़िंदगी मुश्किल है ना जाने क्यूँ लोग कहते हैं  
कुछ अजीब से डर् हमेशा उनके दिलों में रहते हैं  
माना ज़िंदगी जीना मुश्किल है, ये देती है ज़ख्म  
पर गिर कर भी जो उठ जाए उसी में होता है असली दम।

ज़िंदगी जंग है, ना जाने क्यूँ लोग कहते हैं  
डर् डर् के जीने को ही ज़िंदगी समझते रहते हैं  
डर से जितना दौड़ोगे, उतना ही तुम्हें डराएगा  
डर् का सामना करोगे, तो खुद ही डर् के भाग जाएगा।

ना जाने क्यूँ लोग हमेशा अपनी खुशियों को कम है मानते  
नहीं मिल पाती इतनी भी खुशी किसी और, को शायद वो नहीं जानते  
कोशिश करते रहो कामयाबी पाने के लिए  
आज हार गये तो क्या, कल फिर आएगा कुछ नया आजमाने के लिए।

ज़िंदगी में आती हैं बहुत सी मुश्किलें  
जिनसे कोई नहीं बच पाया है  
पर मुस्कुरा कर इन मुश्किलों का सामना करने वाला ही  
हर जंग जीत पाया है।



उमंग (2014)

सोच है एक ऐसा तीर,

जिससे बदल जाती है तकदीर।

दुनिया में भिन्न भिन्न सोच के लोग हैं रहते,

जो हर वक्त कुछ ना कुछ सोचते रहते।

कोई है सोचता आगे बढ़ने की,

कोई है सोचता उँचा उठने की।

कड़ियों की सोच उन्हें है पंख लगा देती,

कड़ियों को है दफन करा देती।

सही सोच ही करती है चरित्र का निर्माण,

इतिहास भी देता है इसका प्रमाण।

दुनिया से एक बात कहना चाहता भवि,

सोच से ही बनती है आदमी की छवि।



भवनीत सिंह (2012)

## ॥ दास्ताँ डॉक्टर की ॥

कुछ साल पहले की बात है ,  
दुनिया कहती थी मेडिकल क्यों ले रहे हो हुजूर ,  
बहुत पढ़ाई है की हो जाओगे चूर चूर ,  
हमें डॉक्टर बनने का हो गया फुतूर ,  
क्योंकि लोगो की सेवा करने से मिलता है गुरुर ॥  
लेकिन अब पढ़ाई का इस कदर बोझ है ,  
बाहर बीकॉम आर्ट्स के बच्चों को देखकर ये शेर याद आता है —  
" अब के सावन में यह शरारत हमारे साथ हुई ,  
हमारा घर छोड़के सारे शहर में बरसात हुई"  
फिर ये ख्याल आता है ,  
हम डॉक्टरों को रहना पड़ेगा व्यस्थ ,  
ताकि पूरे देश को रख सके स्वस्थ ॥



आयुष गोयल (2014)

# “बिछड़े साथियों की याद”

इन अन्जानी राहों में, कुछ अन्जाने गम हैं,  
सब कुछ है पास अब, फिर भी तन्हा हम हैं ।  
हर खुशी अधूरी है, जो तुम सब नहीं जिंदगी में  
क्योंकि आज इस जिंदगी में, कुछ शक्स कम हैं ।  
आज फिर से वही एहसास , जहन में लौट कर आया है ।  
भूल चुके थे जिन्हें हम, आज लगा उन्हीं का साया है ।  
आज भी याद है वो दिन , जब हमारी राहें बदली थी,  
जब वक्त ने कहा कि उठ जा , अब बिछड़ने का समय आया है ।  
पता नहीं चला की कुछ पल में , हम इतनी दूर हो गए ।  
वक्त ऐसा आया की एक दूसरे से दूर जाने को मजबूर हो गए ।  
उस रंगीन दुनिया से हम सबने , खुद ही नाता तोड़ लिया  
और ऐसा लगा जैसे सब रंग, खुद ही जिंदगी से दूर हो गये ।  
आज फिर से यह रंगीन मौसम है, और साथ तुम्हारी याद है ।  
तुम सब खुश रहो , बस यही मेरे दिल की फरियाद है ।  
माना की जिंदगी में शायद अब, तुम चाह कर भी नहीं हो  
फिर भी हमारे जज़्बातो का शहर , तुम्हारी यादों से आबाद है ।  
जिंदगी आगे बढ़ती रही , नये लोग मिलते रहे ,  
जिम्मेवारियाँ बढ़ती रही, यू ही हम उलझते रहे ।  
“बिछड़े साथियों की याद” को दिल से मिटा नहीं सके,  
चाहे खुशियाँ पाते रहे, सुख सोर मिलते रहे ।



**संजीव बाली**  
सर्जरी विभाग

# वो वीर

हर पल मौसम बदलते होंगे  
वो वीर फिर भी कदम से कदम  
मिलाकर चलते होंगे ।  
इतने रंगों में कुछ रंग  
लहू के भी होंगे  
फिर भी आसमान में उड़ान  
वो वीर भरते होंगे ।  
कितना भी अंधकार छा जाए  
आशा के दियों से  
रौशनी करते होंगे  
कितना ही तूफ़ाँ आये  
फिर भी वो वीर  
सरहद की रक्षा करते होंगे  
जिंदगी को अपनी  
मौत के हवाले  
वो वीर रोज़ करते होंगे  
हर पल मौसम बदलते होंगे  
वो वीर फिर भी कदम से कदम  
मिलाकर चलते होंगे ।



**अमरजीत कौर**  
(पुस्तकालय विभाग)



# ਲੋਗ ਕਯਾ ਸੋਚੇਂਗੇ?

ਸਮਾਜ ਆਧੁਨਿਕਤਾ ਦੀ ਔਰ ਬਢ ਰਹਾ ਹੈ । ਦੇਸ਼, ਸਮਾਜ, ਸੰਸਾਰ  
ਯਹੌਂ ਤਕ ਦੀ ਹਰ ਙ੍ਹੰਸਾਨ ਤਰਕਕੀ ਕਰ ਰਹਾ ਹੈ । ਕਹਾ ਜਾਤਾ ਹੈ  
ਪੁਰਾਨੇ ਖਬਾਲ, ਰੀਤਿ ਰਿਵਾਜ ਸਬ ਛੋਡ਼ ਦੋ ਆਧੁਨਿਕ ਬਨੋ ਪਰ ਕਯਾ  
ਸਚ ਮੇਂ ਏਸਾ ਹੈ, ਹਮ ਲੋਗ ਦਿਖਾਵਾ ਛੋਡ਼ ਚੁਕੇ ਹੈਂ ? ਕਯਾ ਹਮਨੇ  
ਸਮਾਜ ਮੇਂ ਝੂਠੀ ਪੋਜਿਸ਼ਨ ਦਿਖਾਨੀ ਬੰਦ ਕਰ ਦੀ ਹੈ ? ਕਯਾ ਹਮਨੇ  
ਅਪਨੀ ਸੋਚ ਮੇਂ ਬਦਲਾਵ ਕਿਆ ਹੈਂ? ਕਯਾ ਹਮਨੇ ਸੋਚਨਾ ਛੋਡ਼ ਦਿਆ  
ਹੈ ਕਿ ਲੋਗ ਕਯਾ ਸੋਚੇਂਗੇ?

ਸ਼ਾਦੀ ਮੇਂ ਦਹੇਜ਼ ਕੇ ਰੂਪ ਮੇਂ ਮਿਲਾ ਸਾਮਾਨ ਜੈਸੇ ਫ਼ਿਜ਼, ਕੂਲਰ, ਟੀਵੀ,  
ਵੱਸ਼ਿੰਗ ਮਸ਼ੀਨ ਆਦਿ ਅਤ੍ਯਾਧੁਨਿਕ ਸਾਮਾਨ ਸਸੁਰ ਜੀ ਨੇ ਬੇਚ  
ਦਿਆ । ਘਰ ਮੇਂ ਆਈ ਨਧੀ—ਨਵੇਲੀ ਬਹੂ ਫ਼ਟੁ ਧੇ ਕਯਾ ਸੁਨ ਰਹੀ ਹੈ  
ਜੋ ਸਾਮਾਨ ਪਾਪਾ ਨੇ ਦੇਹਜ਼ ਕੇ ਰੂਪ ਮੇਂ ਦਿਆ ਥਾ ਉਸਸੇ ਘਰ ਪਰ  
ਦਸ ਦਿਨ ਭੀ ਨਹੀ ਰਹਨੇ ਦਿਆ । ਆਖਿਰ ਕਯੋਂ? ਏਕਲੋਤਾ ਬੇਟਾ  
ਔਰ ਸਰਕਾਰੀ ਪਦ ਹੋਨੇ ਕੇ ਕਾਰਣ ਧਹ ਰਿਸ਼ਤਾ ਤਧ ਹੁਆ ਥਾ ।  
ਲਡਕੇ ਵਾਲੋ ਕੇ ਘਰ ਮੇਂ ਕਿਸੀ ਚੀਜ਼ ਦੀ ਕਮੀ ਨਹੀ ਥੀ ਬਢਾ ਘਰ,  
ਸ਼ਾਨੋ ਸ਼ੌਕਤ, ਸਕੂਟਰ —ਕਾਰ, ਅਤ੍ਯਾਧੁਨਿਕ ਸਾਮਾਨ, ਕਿਸੀ ਚੀਜ਼  
ਦੀ ਕਮੀ ਨਹੀਂ ਧਹੌਂ ਤਕ ਦੀ ਜੋ ਸਮਾਨ ਪਾਪਾ ਨੇ ਦਿਆ ਉਸਸੇ

ਰਖਨੇ ਤਕ ਦੀ ਘਰ ਮੇਂ ਜਗਹ ਨਹੀ ਥੀ ਫ਼ਿਰ ਦਹੇਜ਼ ਕਯੂ ਮਾਂਗਾ  
ਗਯਾ? ਫ਼ਟੁ ਕੇ ਮਨ ਮੇਂ ਨਾ ਜਾਨੇ ਕਿਤਨੇ ਪ੍ਰਸ਼ਨ ਘੂਮ ਰਹੇ ਥੇ । ਉਸਨੇ  
ਅਪਨੇ ਪ੍ਰਸ਼ਨੋ ਕੇ ਉਤਰ ਜਾਨਨੇ ਕੇ ਲਿਏ ਅਪਨੇ ਪਤਿ ਕਾ ਮਨ ਟਟੋਲਾ  
। ਉਤਰ ਸੁਨ ਕਰ ਫ਼ਟੁ ਸੁਨ ਰਹ ਗਈ— ਲੋਗ ਕਯਾ ਕਹੇਂਗੇ? ਹਮਾਰਾ  
ਸਮਾਜ ਮੇਂ ਅਛਲਾ ਨਾਮ ਹੈ ਅਛੀ ਪੋਜਿਸ਼ਨ ਹੈਂ ਅਗਰ ਹਮ ਬਿਨਾ ਦਹੇਜ਼  
ਕੇ ਸ਼ਾਦੀ ਕਰਤੇ ਤੋ ਲੋਗ ਕਯਾ ਕਹਤੇ? ਕਯਾ ਸੋਚਤੇ? ਅਗਰ ਹਮਨੇ  
ਸਮਾਜ ਮੇਂ ਅਪਨੀ ਪੋਜਿਸ਼ਨ ਦਿਖਾਨੇ ਕੇ ਦਹੇਜ਼ ਮਾਂਗਾ ਤੋ ਗਲਤ  
ਕਯਾ ਕਿਆ । ਅਗਰ ਹਮ ਦਹੇਜ਼ ਨਾ ਲੇਤੇ ਤੋ ਲੋਗ ਕਹਤੇ ਦੀ ਹਮਨੇ  
ਕਿਸੀ ਗਰੀਬ ਕੇ ਘਰ ਸ਼ਾਦੀ ਦੀ ਹੈ । ਲੋਗੋ ਕੋ ਦਿਖਾਨੇ ਕੇ ਲਿਏ  
ਧਹ ਸਬ ਕਰਨੇ ਪਢਤਾ ਹੈ । ਪਤਿ ਕੇ ਇਸ ਤਰਹ ਕੇ ਵਿਚਾਰ ਸੁਨ ਕਾਰ  
ਫ਼ਟੁ ਸੁਨ ਰਹ ਗਈ ਔਰ ਉਸਕਾ ਦਿਮਾਗ਼ ਸ਼ੂਨਧ ਸਾ ਹੋ ਗਯਾ ।



ਦਵਿਨ੍ਦਰ ਕੌਰ  
(ਪੁਸਤਕਾਲਧ ਵਿਭਾਗ)

## ਮਹਿੰਗਾਈ

ਇਸ ਮਹਿੰਗਾਈ ਦੇ ਆਲਮ ਵਿਚ ਜੀਣਾ ਹੈਂ ਮੁਸ਼ਕਿਲ ,  
ਅੰਬਰੀ ਛੋਹ ਗਏ ਖਰਚੇ ਯਾਰੋ, ਹੋਸ਼ ਨੇ ਜਾਂਦੇ ਹਿੱਲ ।

ਲੰਮੇ - ਲੰਮੇ ਕੱਟ ਨੇ ਲੱਗਦੇ, ਸਰਤ ਹੈ ਭੁੱਲੀ ਰਹਿੰਦੀ,  
ਪਤਾ ਨੀ ਕਿਧਰੋਂ ਬਣ ਜਾਂਦਾ ਹੈ, ਬਿਜਲੀ ਦਾ ਇੰਨਾ ਬਿੱਲ ।

ਕੀ ਪੇਟ੍ਰੋਲ ਕੀ ਡੀਜ਼ਲ ਯਾਰੋਂ, ਚੰਹੁ ਪਾਸੇ ਅੱਗ ਲੱਗੀ ,  
ਅੱਜ- ਕੱਲ ਤਾਂ ਹੈ ਭਰਨਾ ਪੈਂਦਾ, ਪਾਣੀ ਦਾ ਵੀ ਬਿੱਲ।



ਸਰਬਜੀਤ ਸਿੰਘ

ਟੈਕਸ ਨਾ ਲੱਗਿਆ ਹਾਲੇ ਸੋਚੋ, ਤਾਜ਼ੀ ਹਵਾ ਦੇ ਉੱਤੇ,  
ਉਹ ਵੀ ਯਾਰੋਂ ਲੱਗ ਜਾਣਾ ਸੀ, ਜੇ ਜਾਂਦਾ ਮੌਕਾ ਮਿਲ।

ਲੋਕੋ ਸੋਚਣਾ ਪੈਣਾ ਆਖਿਰ, ਇਸ ਮਸਲੇ ਦਾ ਹੱਲ,  
ਤਾਂ ਕੀ ਕਰੇਗਾ ਦੇਸ਼ ਤਰੱਕੀ, ਵਰਤੀਏ ਹੁਣ ਨਾ ਢਿੱਲ।

# ਯਾਰ ਮੇਰੇ

ਯਾਰੀ ਤੋਂ ਬਿਨਾਂ ਹੈ ਦੁਨੀਆਂ ਬਹੁਤ ਵਿਚਾਰੀ ,  
ਯਾਰੀ ਤੋਂ ਬਿਨਾਂ ਇਹ ਜਿੰਦਗੀ ਬਣ ਜਾਂਦੀ ਬਿਮਾਰੀ  
ਮੇਰੀ ਜਿੰਦਗੀ ਵਿਚ ਵੀ ਹੈਗੇ ਕੁਝ ਯਾਰ ਨੇ,  
ਸਾਰਿਆਂ ਤੋਂ ਨਿਆਰੇ ਇਨ੍ਹਾਂ ਦੇ ਕਾਰ ਨੇ

'ਸੁਭ' ਹੈ ਜੋ ਕਰਦਾ ਚੰਗੇ ਕਰਮ,  
ਸੁਭਾ ਹੈ ਉਸਦਾ ਬੜਾ ਹੀ ਨਰਮ  
'ਲਾਂਬੇ' ਦੇ ਚੁਟਕੂਲੇ ਬੜੇ ਕਰਾਰੇ ਜੀ,  
ਹੱਸਾ ਹੱਸਾ ਕੇ ਲਿਆਂਦੇ ਵਡੇ ਨਜ਼ਾਰੇ ਜੀ  
'ਅਰਸ਼' ਜਿਹੀ ਸੁਝ ਬੂਝ ਹੈ ਹਰ ਕੋਈ ਭਾਲਦਾ,  
'ਢਿਲੋਂ' ਨਾਮ ਤੋਂ ਹਰ ਕੋਈ ਇਸਨੂੰ ਜਾਣਦਾ  
'ਕੇਸ਼ਵ' ਦੀ ਸੁਸਤੀ ਦਾ ਹਰ ਕੋਈ ਹੈ ਫੈਨ,  
ਗਲਾਂ ਉਸ ਦੀਆਂ ਹੁੰਦੀਆਂ ਨੇ ਸਭ ਤੋਂ ਕੈਮ  
'ਕੈਵਿਨ' ਤੇ ਲਿਵਰ ਪੁਲ ਦਾ ਹੈ ਰੰਗ ਚੜਿਆ ਰਹਿੰਦਾ,  
'ਬਫੇ' ਖਾਣ ਨੂੰ ਉਹ ਸਦਾ ਹੀ ਤਿਆਰ ਰਹਿੰਦਾ

'ਤਨਿਮਾ' ਏ ਸਾਡੀ ਬੈਚ ਦੀ ਬਿਉਟੀ ਕੁਈਨ ,  
ਨੱਚਣ-ਟੱਪਣ ਤੇ ਪੰਜਾਬੀ ਗੀਤਾਂ ਦੀ ਬੜੀ ਸ਼ੁਕੀਨ  
'ਅਰੁਨਜੀਤ' ਏ ਰੋਜ਼ ਆਂਦੀ ਸੱਜ ਧੱਜ ਹੋ ਤਿਆਰ ,  
ਸ਼ੀਸ਼ੇ ਨਾਲ ਉਹਦਾ ਹੈ ਰਹਿੰਦਾ ਬੜਾ ਮੋਹ ਪਿਆਰ  
'ਦੀਕਸ਼ਾ' ਸਾਡੀ ਹਮੇਸ਼ਾ ਹੈ ਖੁਸ਼ ਰਹਿੰਦੀ  
੨੪ ਘੰਟੇ ਨਾਵਲ ਜਪਦੀ ਰਹਿੰਦੀ  
'ਅਵਲੀਨ' ਨੂੰ ਆਪਣਾ ਆਈ - ਫੋਨ ਜਾਨੋ ਪਿਆਰਾ,  
'ਜਿੰਦਗੀ ਬਰਬਾਦ ਹੈ' - ਲਾਂਦੀ ਉਹ ਨਾਰਾ  
'ਅਲੀਸ਼ਾ' ਸਮੁੰਦਰੋਂ ਡੁੱਬੀਆਂ ਸੋਚਾਂ ਚ ਰਹਿੰਦੀ ,  
ਕਿਸੇ ਨੂੰ ਨਹੀਂ ਪਤਾ ਉਹ ਕਿਹੜੇ ਖਿਆਲਾਂ ਵਿਚ ਰਹਿੰਦੀ

ਬੱਸ ਇਨ੍ਹੀ ਕੁ ਕਵਿਤਾ ਪ੍ਰਵਾਨ ਕਰਿਓ ਦੋਸਤੋ ,  
ਭੁੱਲਾਂ ਚੁਕਾਂ ਲਈ ਆਪਣੇ ਯਾਰ 'ਭਵੀ' ਨੂੰ ਮਾਫ਼ ਕਰਿਓ ਦੋਸਤੋ



ਭਵਨੀਤ ਸਿੰਘ (2012)

# ਪਾਣੀ ਦਾ ਬੁਲਬੁਲਾ

ਹੋ ਮੇਰੀ - ਮੇਰੀ ਕਰਦਾ ਬੰਦਿਆ,  
ਭੁੱਲ ਗਿਆ ਰੱਬ ਤੇ ਨਾ ਡਰਦਾ ਬੰਦਿਆ  
ਲੱਕੜੀਆਂ ਆਖਰ ਤੇਰੀਆਂ,  
ਪਾਣੀ ਦਿਆ ਬੁਲਬੁਲਿਆਂ  
ਕੀ ਮੁਨਿਆਦਾ ਤੇਰੀਆਂ

ਹੋ ਮੁੱਠਿਆਂ ਮੀਚ ਕੇ ਆਇਆ ਬੰਦਿਆ,  
ਖਾਲੀ ਹੱਥ ਵਿਖਾਇਆ ਬੰਦਿਆ  
ਗਿਆ ਨਾ ਮੁੜ ਕੇ ਆਇਆ ਬੰਦਿਆ,  
ਟਿੱਡਾ ਪਾਪਾਂ ਦੀਆ ਗੋੜੀਆ  
ਪਾਣੀ ਦਿਆ ਬੁਲਬੁਲਿਆਂ,  
ਕੀ ਮੁਨਿਆਦਾ ਤੇਰੀਆਂ

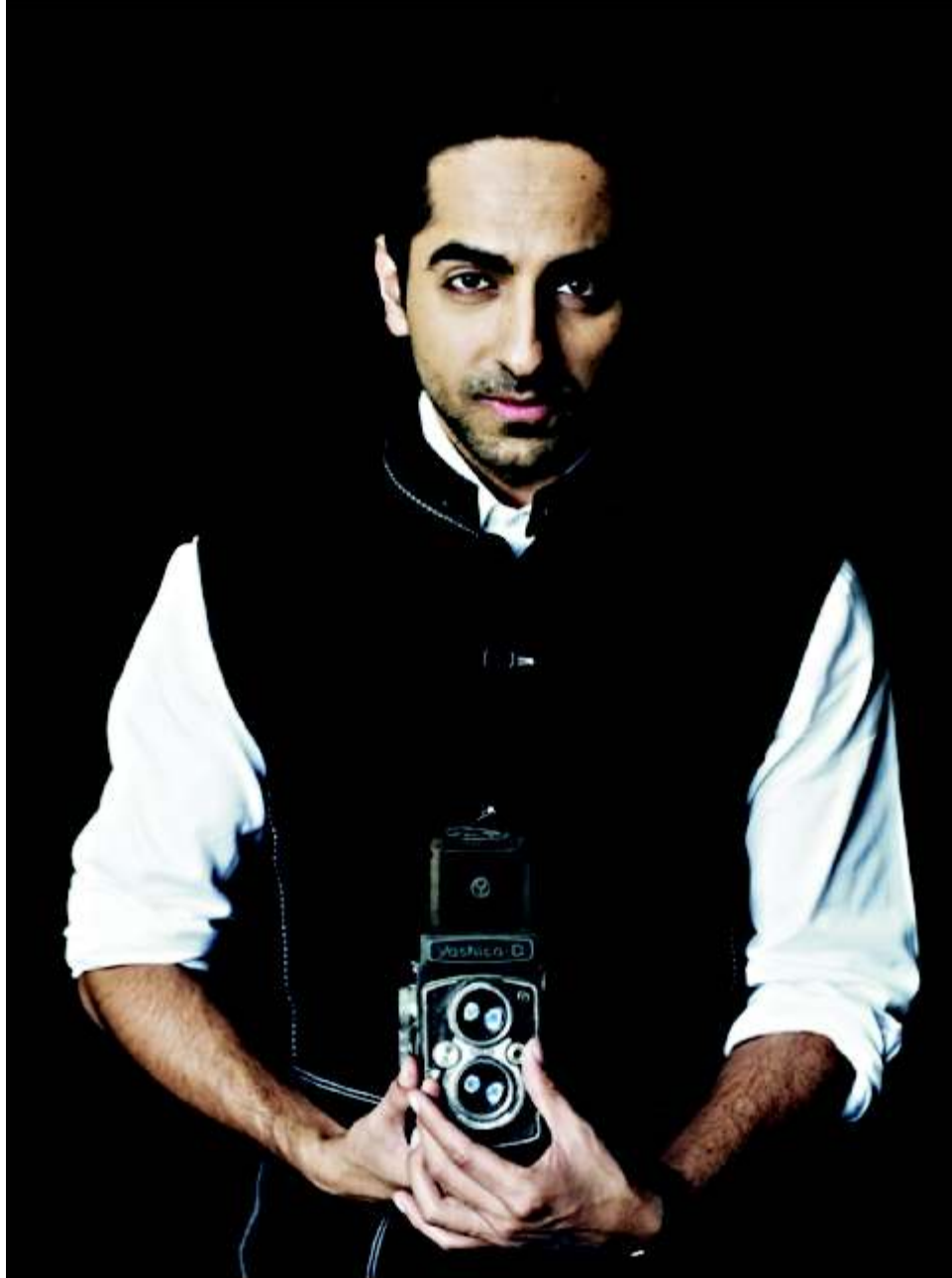
ਹੋ ਸੁੰਨੇ ਰਹਿ ਗਏ ਮਹਿਲ ਮੁਨਾਰੇ,  
ਤੁਰੀ ਨਾ ਜਾਦੋਂ ਨਾਲ ਉਸਾਰੇ  
ਸੰਗ ਛੱਡ ਗਏ ਤੇਰਾ ਮਿੱਤਰ ਪਿਆਰੇ,  
ਕਰਦਾ ਸੀ ਮੇਰੀਆ ਮੇਰੀਆ,  
ਪਾਣੀ ਦਿਆ ਬੁਲਬੁਲਿਆਂ,  
ਕੀ ਮੁਨਿਆਦਾ ਤੇਰੀਆਂ

ਹੋ ਇੱਕ-ਓਅੰਕਾਰ ਦਾ ਨਾਮ ਹੈ ਰਹਿਣਾ,  
ਭਲਿਆ ਲੋਕਾ ਬੈਠੇ ਨਹੀਂ ਰਹਿਣਾ ।  
ਵਾਰੋ- ਵਾਰੀ ਜਾਣਾ ਪੈਣਾ,  
ਭਰੀਆ ਛੱਡ ਕੇ ਬੇੜੀਆ,  
ਪਾਣੀ ਦਿਆਂ ਬੁਲਬੁਲਿਆਂ,  
ਕੀ ਮੁਨਿਆਦਾ ਤੇਰੀਆਂ

ਹੋ ਤੂੰ ਕਦੇ ਨਾ ਰੱਬ ਦਾ ਨਾਮ ਧਿਆਇਆ,  
ਲੱਗ ਗਈ ਤੈਨੂੰ ਮੋਹ ਤੇ ਮਾਇਆ  
ਐਵੇ ਹੀਰਾ ਜਨਮ ਗਵਾਇਆ,  
ਕੀ ਚਮਕੀਲੇ ਤੇਰੀਆਂ,  
ਪਾਣੀ ਦਿਆਂ ਬੁਲਬੁਲਿਆਂ,  
ਕੀ ਮੁਨਿਆਦਾ ਤੇਰੀਆਂ



ਗੁਰਦੀਪ ਸਿੰਘ  
(ਐਨਐਸਬੀਜੀਆ)



*Youth Icon - Ayushmann Khurrana*



We've known him in our childhood as a Roadie, in our teens as an MTV Video Jockey and after release of *Vickey Donor* as India's heart throb. He is multi-talented yet down to earth and from our very own city - Chandigarh. We, the Editorial team, are honoured to share with you our conversation with Ayushmann Khurrana.

**Q. We are aware that you took medical in 11th and 12th grade. How did a medical student such as you land up in Roadies?**

A. It was a wrong choice - taking medical. I was always interested in taking Arts and performing arts. Even in St John's High School I was the co-curricular captain. I was very active in theatre and music- Always! And it was in 11th and 12th when I thought it would be quite redundant if I study arts because I always thought people who studied science get more into the habit of working hard in their life. Coming from the science background, it really helped since my mind was more analytical and there is a funny reason why I opted for medical that is I was very bad with numbers.

**Q Since you were once a part of the educational rat race, what is your take on tuition based learning?**

A. That has become a part of the routine now as far as medical and non- medical is concerned. I remember there was a boy who cleared AIIMS back in the day and also cleared AIPMT, then did MD from AIIMS later on. He never took tuitions! He was not a part of the rat race yet he cleared all exams. That's an aberration. Exception is the only rule. It's more of a personal hard work for sure. Having said that, by joining these tuitions we at least get to know where we stand. You can be more objective with your own self. You are in the habit of giving tests every day in and every day out. It's this practice which makes you less nervous when you are giving the exam.

**Q. Do you believe that age 16 is apt for making a career choice and that parents should make the choice instead for them, since you are a father yourself?**

A. I think I am quite a young father (laughs). I think 16 or 60, you are in that confused state always. I am still confused whether I am a singer or an actor. Having said that, 16 is quite young to take a decision but you also get to know what is your natural tendency. You get to know your talent for sure. I always knew I was meant to perform, to be an actor or a singer or a musician. Your natural talent can be gauged when you are 16 and take a decision according to that. As a parent, it is hard to support your kid when he's an artist. That's a tough call. I think it's easier for the parents to support you in a professional white collar vocation.

**Q. Did your parents support you?**

A. Of course they did. More than anything else I think it was a confidence building exercise. I was quite nervous as a kid but by doing a lot of theatre and performing arts I became confident as a person but they never thought I would be a main



stream commercial hero because I was a skinny guy, not a great looker as a kid and used to wear braces and spectacles.

**Q. What induced you to take up acting as a choice of profession?**

A. I was always into music and performing arts even in school and college. And more than anything else if you are not objective with your own self, your peers can let you know if you are good or not. Art is very subjective. It's not like plus or minus as seen in science. Out of 10 people, 7 may say you are a good actor and 3 say bad. Your peers and immediate family members can tell you if you have the potential as an artist. It really helps if you have an objective peer group.

**Q. Being from Chandigarh what was your initial opinion of Mumbai?**

A. I was always fascinated by this city. Even now, I don't want to be one with the city because I always want to see it as a traveller, not as somebody who stays there forever as its citizen. Having said that, I always thought I belonged there in Mumbai. It was in 2001 that I came to

Mumbai for the first time and it was IIT Mumbai festival -

Mood Indigo, we used to take our theatre group over there and win prizes every year. I've always had a connection with this city. This city is a great leveller, it tells you more about life. Never, in any of the cities in India you will see slums and five stars together or local trains running parallel to the posh lanes of south Bombay.

**Q. Out of all the songs you have sung which one is the closest to you and why?**

A. I think 'pani da rang' as it was my first song but apart from that my latest one 'mitti di khushboo' because from lyrical point of view it's more deep, more emotional and I think it's meant for people who are away from their families. So I think mitti di khushboo is closest to my heart.

**Q. What is the one downside of stardom?**

A. Loss of freedom of anonymity. I cannot go to Juhu beach sometime and have gol guppas in Bombay any more. I can't go to LNT mall, watch a film easily or go out for geddi on a bike without a helmet. (Of course, you should always be wearing your helmet). I remember when I was a radio presenter, I felt that radio jockeys are anonymous stars - once I was preparing for my show for the next morning and there was this bunch of boys and girls who were discussing me and praising me, they didn't know that I was sitting right next to them. That was like being an anonymous star. You cannot be yourself most of the times, roam around in your boxers and chappals in the market. Otherwise, bring it on! It's an altogether different feeling when you are famous.

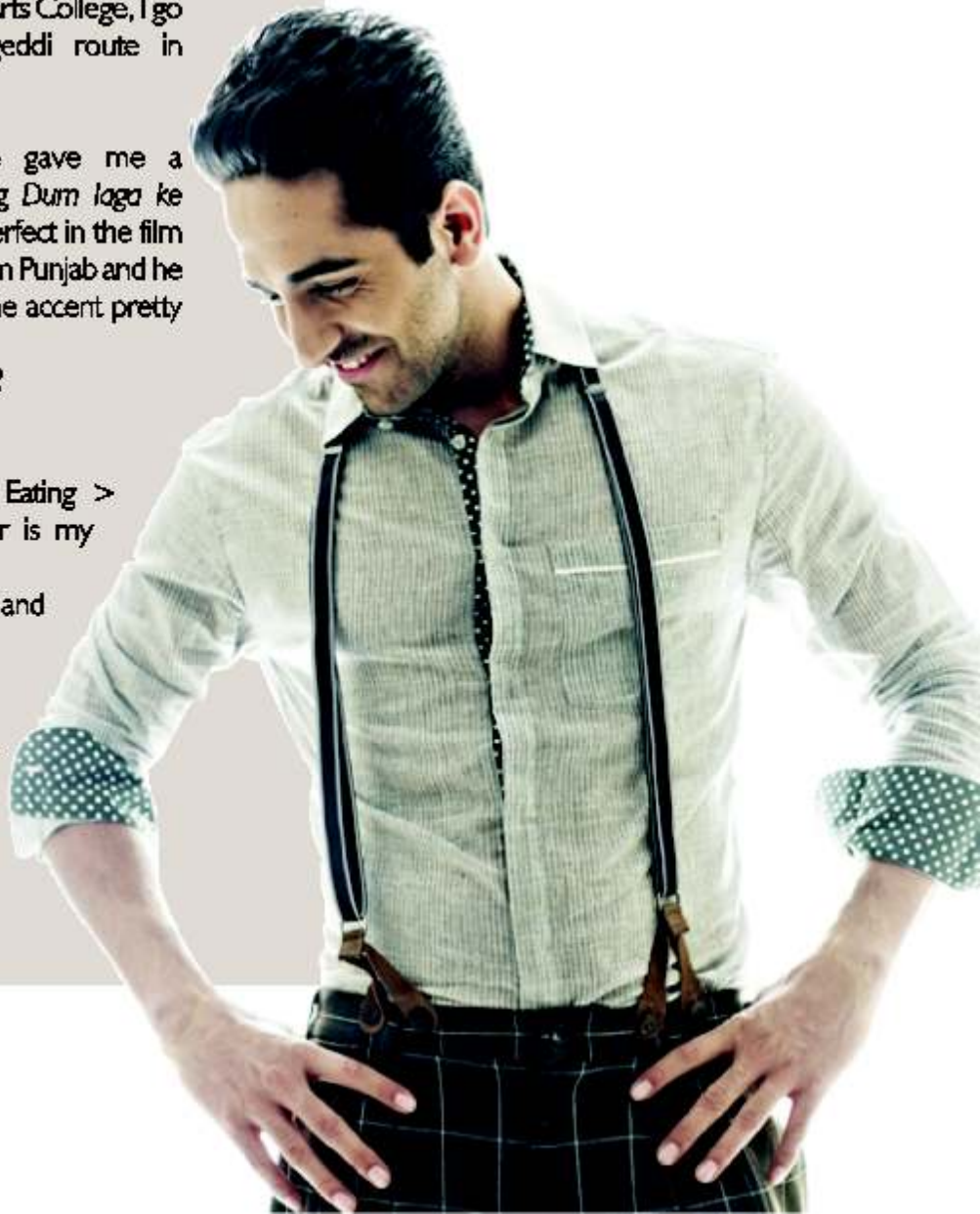
**Q. Our magazine theme is silver lining, keeping it in mind sir, would you share an incident from your life which had a silver lining?**

A. I remember, In 2004 I was preparing for a stage play in Chandigarh and I was the protagonist. I had to leave that

play to be in Roadies. Everybody told me not to because that was going against my nature as I am not bitchy as a person and Roadies tests you emotionally, mentally and physically! So initially I was regretting being a part of Roadies since I wanted to be an Actor. Roadies was never a talent show it was a reality show, but I made amazing friends like Raghu and everybody in MTV. In 2008, I joined MTV as a VJ. I think I became a VJ because of Roadies. I always thought I missed out on a big opportunity of doing a play in Chandigarh as a protagonist and opted for Roadies instead. That was the silver lining situation in life. It paid really well. You never know what connects what in life. A small incident in your life could have a huge ripple effect and it did create one. I performed a sperm donation task in Allahabad in Roadies and because of that task I chose *Vicky Donor* as my first film. Everybody was thinking this could be quite sleazy as a film before it was released but I knew this (sperm donation) was for a noble cause, a childless couple would be getting a bundle of joy. A small incident in Allahabad in 2004 triggered me to choose Vicky donor in 2012, so that was a silver lining again.

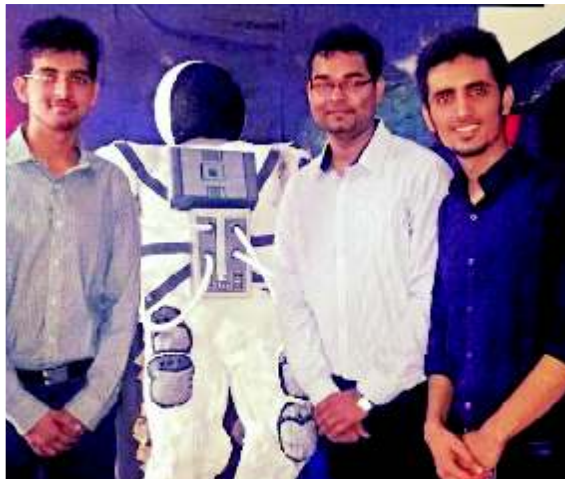
## RAPID FIRE

1. Places you still visit in Chandigarh.
  - A. There is this small area in front of **Arts College**, I go there and I always go on **geddi route** in Chandigarh with my friends.
2. Best complement ever received
  - A. From Amitabh Bachchan, he **gave me a** personalised note after watching ***Dum laga ke haisha***. He said my accent was **perfect in the film** because I am not from UP but from **Punjab** and he was surprised I caught up with **the accent pretty** neatly in the film.
3. Do you trust anyone with your life?
  - A. My wife.
4. Greatest weakness.
  - A. I have a terrible sweet tooth. **Eating >** Sleeping > Acting in that order **is my** passion in life.
5. Ugly and live forever or attractive **and** die in a year.
  - A. Attractive and die in a year.
6. Your man crush
  - A. Hollywood - Robert Downey Jr  
Bollywood- Ranbir Kapoor
7. Top three attractive actresses
  - A. Deepika Padukone, Kangana  
Ranaut, Katrina Kaif



Courtesy: Mannat Giran  
Batch - 2012





# PLEXUS 2014

This event was awaited the most and postponed most often! PLEXUS 2014 organised by Batch 2012 and themed 'Extra-terrestrial' made history as they decorated the whole College auditorium in just one day since that was all the time they had after Annul day celebration. The highlight and most talked of event was the age old - Made for each other (MFU) However certain dance performances were absolutely gripping. It can be said without a doubt that Plexus was a complete success.





# EUPHORIA

## 2015



# RAPID FIRES



**Dr. Dasari Harish.**  
Prof. and Head,  
Department of  
Forensic Medicine

1. Favourite drink? Chivas Regal
2. Proudest moment? When my son was born.
3. Are you a supporter of love marriages or arranged? Arranged
4. If not a doctor, what would you have been? A historian of course!
5. Favourite subject in MBBS? Forensic Medicine. Most hated subject? Medicine.



**Dr. Parul Ichhpurani**  
Asstt. Prof.  
Department of  
Ophthalmology.

1. What was your Favorite Subject: Pharmacology. And least Favorite Subject: Obstetrics and Gynecology
2. Which Sunny do you prefer- Deol or Leone? No interest in the genre of cinema which either of them, contribute to.
3. Favourite Drink? Red Bull; love the caffeine kick
4. Describe yourself in three words: Workaholic, dedicated in whatever I pursue and super-loyal to my friends and family.
5. What was the highest point in your life: Being chosen amongst the world's top upcoming ophthalmologists and listed in "The Power List 2015: Top 40 Ophthalmologists Under 40 years."



**Dr. C.S. Gautam**  
Prof.  
Department of  
Pharmacology

1. Dream travel destination? Italy
2. Favourite drink? Tea
3. 3 words to describe yourself? Hardworking, knowledgeable and does not succumb to pressure.
4. Do you support love or arranged marriages? Love cum arranged.
5. Proudest moment? Publication of my article in the BMJ Magazine.



**Dr. Mohit Bhutani.**  
Department of  
Ear, Nose,  
Throat. Batch 2005.

1. The most inspirational faculty member? Dr. Atul Sachdev and Dr. Arjun Dass
2. Favourite drink? Mojito
3. Favourite and hated subject in MBBS? Physio (F) & Anatomy (H)
4. Wildest thing done in college? For all due purposes of this magazine, probably slept on the first bench of class, many a times!
5. Which Sunny do you prefer- Deol or Leone? Leone!
6. Only regret in college life? Looking back I really wished I had enjoyed some more at all the college parties!
7. Any secret hangout spot in the college campus? Unfortunately, none.
8. Did you ever approach your crush in college? No, I was a bit shy back then...



**Dr. Rahul Katyal**  
Department of  
Pulmonary Medicine  
Batch 2005.

1. Most inspirational faculty member? Dr. Atul Sachdev
2. Favourite drink? Mango-shake! :P
3. Favourite and most hated subject in MBBS? SPM (F) Paediatrics (H)
4. Wildest thing you ever did in college? Too wild to mention.
5. Which Sunny do you prefer? Deol or Leone? Obviously... DHA! KILO KAHAATH!
6. Only regret in college life? Humare time pe acchi ladkiyan nahi hoti thi itni, I really wish I could change that!
7. Any secret hangout spot in the college campus? D-Block parking:P
8. Did you ever approach your crush in college? Yes as a matter of fact I did. At plexus. With a rose. (Hats off to you sir)



**Dr. Harshwant Grover**  
Department of  
Pulmonary Medicine  
Batch 2006.

1. Favourite drink? You would confuse it with apple juice :P
2. Wildest thing you ever did in college? I played the role of a pregnant female in Eutopia 2011!
3. Which Sunny do you prefer- Deol or Leone? Leone all the way!
4. Only regret in college life? I wish my time here had been extended. My college years were truly memorable and I wish I had lasted longer!
5. Any secret hangout spot in the college campus? Haha, my friends and I used to visit 'Paradise' quite often. The girls in SD college I tell you, uff!
6. Did you ever approach your crush in college? Crushes tabh bhi the uar abh bhi hain! :P Well actually a lot of girls approached ME in college, but I never approached them. I thought that if I did approach them maybe they would become all haughty and proud, so what's the point.



**Dr. Anubhav Malhotra**  
Department of  
Orthopaedics  
Batch 2007.

1. Most inspirational faculty member? Dr. Balbir Singh
2. Favourite drink? Ice-cold water
3. Favourite and most hated subject in MBBS? Anatomy (F) Medicine (H)
4. Wildest thing you ever did in college? Ahem, I have no memories of that night!
5. Which Sunny do you prefer- Deol or Leone? Deol of course!
6. Only regret in college life? I really wish we had the power to build a cricket ground of our own!
7. Any secret hangout spot in the college campus? Ahh yes, B-Block Rooftop!
8. Did you ever approach your crush in college? Haha well I did not and I have no regrets for it!



**Dr. Dinesh Sandal.**  
Department of  
Orthopaedics  
Batch 2007.

1. Most inspirational faculty member? Dr. Rohit Jindal
2. Favourite drink? Corona!
3. Favourite and most hated subject in MBBS? Forensic medicine. (F) Biochem (H)
4. Wildest thing done in college? Well let's just say I crashed my car, beyond repair, into a roundabout one very very interesting night that I do not recall much! :P
5. Which Sunny do you prefer? Deol or Leone? Sunny Paaji!!
6. Only regret in college life? I wish I had started a college band during my time of college. I would have been the lead guitarist! (wow, didn't know this about Danny sir!)
7. Any secret hangout spot in the college campus? There are some secret gardens, past B-Block. We used to hang out there quite often.





## Annual Day 2014

On September 9 last year, our college celebrated the annual day. This grand event was graced by Kirron Kher, MP, as chief guest along with Prof. Atul Sachdev, Director Principal, all former director principals, faculty members and the parents of students. The event included a cultural programme, awarding the achievements of students and release of last year's Glimpse magazine.





# Ladakh

## The journey within



I love Chandigarh but I can't deny that summers here can be cruel. The fact is after a grueling first half of the year I definitely needed a break, dreaming about restful holidays and the treasured times they bring after Organizing Euphoria 2015 and the ceaseless barrage of studies. But like all good things in life getting there took a lot of perseverance and patience.

To put it mildly sending your kids off to a far off hostile land where the threats are real is no mean feat for any parents. Unfortunately only four 2k1 lites i.e. me, Mohit aka Phunn, Mani and Abhishek managed to come on board finally. A couple of our friends Rahul aka Basanti and Lovish from VMMC too joined us. We decided to go via Manali which were to be our first stopover on this long journey fraught with real danger. This road is open only for a few summer months every year and is snowbound the rest of the time.

Leaving for Rohtang early was imperative to ensure that we reached Sarchu one of the highest altitudes of our trip before dark set in. The beauty

of the land had already begun to overwhelm us. This was the first time most of us were experiencing snowfall in front of our eyes. Before we realized it the fun and excitement gripped us so much that we lost track of time. From the slides down cliffs on a tyre tube, riding on snow scooters, skiing down the top to rolling strapped inside a huge balloon we all had a blast! We even witnessed the site from where Maharshi Ved Vyas is said to have created Beas River which flows into the Satluj. Having Maggi in a time when it had been banned everywhere gave us a false feeling of importance.

Heading towards Sarchu, this particular stretch proved to be dicey. The ascent was very steep making acclimatization difficult. By the time we reached Sarchu at 14,070 feet the night had fallen and harsh intense cold weather had set in. The Acetazolamides we had been religiously taking every day helped us acclimatize. All in all there was just one room in the couple of camps in the vicinity we managed to find. We were grateful to God for this tent we eight



shared and the food we were served which felt quite heavenly to say the least at that time. Despite the three layers of clothing and couple of blankets on top we wore on top of that it was quite evident that it was freezing outside in the rain and snow that was pouring.

With nothing more than ice chilled water to wash our selves we performed our ablutions as quickly as possible and left by 4 am. The day was finally here when we would reach our destination finally. The humor and jokes kept coming despite the fatigue which had begun to set in. The pristine beauty all around had left us flabbergasted. We were behaving like girls when it came to clicking photos here! You know what I mean. By the time we touched base in Leh we

were all only thinking about what lay in store for us in this far away land. After freshening up we decided to try some local Thupka in the local market which was at walking distance from our guest house. The people there were strikingly helpful and friendly and that just added to the overall good experience there. There a feeling of unity in the few thousand people residing there which I guess has something to do with the adversities they face together. Pardon the digression. We decided to rent bikes later that night for the rest of our journey in Ladakh. We hired a Royal Enfield 500 aka bullet and three



Avengers. It was here that most of our plans were forged in our unplanned 'go with the flow' trip.

And thus, we embarked on our Leh Journey! First was the Hall of fame. The museum displayed and presented the many glorious achievements of the Indian army including the Kargil war and the heroic of Captain Vikram Batra. The knowledge of all the sacrifice a group of brave soldiers make for us every day made us bow our heads in respect. They also had a pseudo military exercise facility where we completed tasks like rope grappling; rock climbing and archery. Next our stop was the Spituk Gompa monastery. The ambience there was truly very enchanting as it holds the throne of Dalai Lama the Tibetan

religious and political head. We left on our bikes for Gurudwara Pathar Sahib by noon and then climb up the hill from where the demon attacked too. Climbing to the top was a herculean task but the spectacular view from the top made it all worth it.

By now the Sun had begun to set. We decided to go towards Magnetic Hill where fascinatingly enough our bikes 'magically' moved up the hill. More fascinating however was how a group of couples in their mid-sixties came up to us and started inquiring about how we hired bikes etc. The ladies also requested us to give us a ride on our bikes. We were happy to oblige.



The third day in Ladakh proved to be the most challenging. We battled through heavy snowfall, rain, slippery roads, waterfalls and harsh rays of the Sun to reach Pangong Lake in the first place. The journey however was probably the most picturesque too. Heavy snowfall was immediately followed by desert terrain. It was a moving experience. More than half of it lies in China but even the distant horizon made it seem unfragmented being beautifully lined by snow clad mountains. We took the biggest gamble of our trip when we decided to take a far-flung shortcut via Agam to Nubrah Valley our final destination in Ladakh. . Ladakh is a cold dessert and that became most evident here with the sand dunes visible. We took the camel ride and had a laugh riot on the

majestic two humped creatures

We had decided to return back via Srinagar, and on our way back the beauty of the Kashmir valley had begun to cast its spell on us from the gorgeous Drass to the famous Kargil. We witnessed the amazing richness of our Indian land at Sonmarg and Gulmarg.. Among the many gardens we visited Cheshma Shahi was the one that stood out most for its beautiful landscape. The Pari Mahal gave us a bird's eye view of the Srinagar valley and the Dal Lake. Emperor Jahangir once said about Kashmir: "Agar Firdaws ba roy-i zamin ast, hamin ast-u hamin ast-u hamin



ast," meaning, "If there is Paradise on earth, it is this, it is this, it is this." Further, The Shankaracharya temple was heavily guarded by security but left an indelible impression on our minds of the unity in diversity of our great nation. This firsthand experience made us realize how much more we need to do to settle the unrest in Kashmir.

To end as Lyndon B. Johnson said "Peace is a journey of a thousand miles but it begins with just one step."



**Siddharth Sood Duggal**

Batch 2011



# BEYOND THE BEACHES



Bored of the tiresome MBBS life known to us all, most of us think of going for a fun trip away from this stagnant and monotonous life. Siddarth Singh was the first one to come aboard Goa bandwagon and started uploading this virus in us. So there we were, ready and excited for upcoming college given vacation for trip, only thing was we weren't going where they wanted us to go.

GOA... Isn't it the dream trip to be taken at least once in the MBBS tenure?? so we seized the first opportunity that presented itself in the spring of our pre-final prof.. People said it wasn't a good time for Goa but who listens to "people" when you get to go to "The Tourist destination of India". We were pretty excited about this all boys trip but excitement doesn't get you emergency tickets. Airplane tickets were hard to come by and trains were booked for another two months. But somehow we got seats in a new premium train that would get us to Mumbai, well we weren't complaining.

We caught our train running all over the platform. Train journey was spent playing games that made our fellow passengers indignant but we remained oblivious to that fact. However, the highlight of the journey would remain the incident comprising of Siddarth falling on the back of a train steward while trying to climb to the upper most berth. As you can imagine it was very hilarious. We took a photograph of the whole gang when we reached Mumbai as it is a ritual in all our trips. We spent the whole day in a hot humid Mumbai, ate at Juhu chopati and roamed around near Juhu beach. Sixteen hours of bus ride later we stood, jaw dropping with awe, in front



of Baga beach. There is something special about every beach that we visited but the coolest and most happening beach was this beach that we stayed at. The cool waves drove away all the exhaustion of the journey. First thing that I found out about the sea was that the waves take your specs away if you don't take them off before going in. A lesson shared with every specky guy on this trip.



Next day we made Aguada Fort, our first stop. The view was mind numbing from atop of the high walls of the fort. Someone, and I'm pretty sure you know whom I'm talking about, started formulating best strategies to annex this fort, we, on the other hand were just interested in getting beautiful profile pictures. Then we visited peaceful and calm Candolim beach which was kind of rocky and just adjacent to one of the fort walls. I know I cannot possibly paint a word picture here that would do justice to the scene so I'll just say that evening was legendary. We enjoyed the sunset and returned to our home beach. Every night in Goa was spent either in one of the beach side clubs or sitting on the cool sand and arguing about next day's itinerary.



Next morning found us on a boat to Butterfly Island. They let us swim in open sea. Most of us didn't know how to swim so it turned out to be a paralytic ally terrifying as well as ecstatically joyful experience. We also tried our hand at fishing, didn't catch anything though. Marine fishes were mocking us, it seems, as they cleverly ate our baits without getting caught. As we were stationed at pretty much centre of the state, last days were spent sight-seeing both ends of the state. The bike ride to the northern end is the longest bike ride I've ever experienced. We cruised at breath taking speeds on the wild roads, cold damp wind soothing our tanned skin.

In South Goa we visited the largest and one of the oldest churches in India, St Cathedral. It was built by the Portuguese in 16th century after they conquered Goa. Then we were awed by various aircrafts and missiles showcased in the outdoor exhibition of Indian Naval Aviation Museum. After getting saturated of these educational detours that John forced on us, we finally headed to our final and most beautiful destination, Palolem beach. Being in the south most beach of Goa, we had achieved one of our primary objective of tracing the coastline of this state. We returned that night tired and satisfied to our sanctuary, chatting and indulging in our favourite sport, Bhatia-bashing.



On the final day of our trip, quite unwillingly, we all packed our bags to check-out of our guest house and left for Chapora fort. Despite being in ruins, its location over a high cliff offers a panoramic view of Chapora river and Arabian sea beyond it. That evening, fifty feet above the Calangute beach, para-sailing into the wind, we said our final good bye to the land of beaches.

Arush Singla  
Batch 2012



# Més Que Un Club

**M**és que Un club, a Spanish phrase which means more than a club, is the motto of my favourite club, FC Barcelona. Being a supporter of Barca for the past 7 years it had been my dream to visit Barcelona.

Like most parents, my parents too didn't like me staying up till late just to watch a football match. For them, it was just a football match, but for me it was something else. It was love. Sooner or later, my parents realised how crazy I was about Barca and promised to take me to Barcelona if I got admission into a medical college. That was my main incentive I must say! And

so I got admission into GMCH and as promised I was in the streets of Barcelona just within a few days of my result. Although I visited many other places like Paris, Rome, Florence, Venice; Barcelona was the highlight of the trip

My excitement knew no bound and I had Goosebumps just thinking about Camp Nou, the home ground of FC Barca, a stadium that I had only seen in

television or videos.

And so the tour began, as we reached the nearest subway station to Camp Nou and walked till the main gate. The stadium looked more beautiful than it looked in the television. I was awestruck. I just couldn't take my eyes off it. As we entered the gate I must have taken almost a thousand photos as I wanted to capture each and every moment inside the stadium.

We entered the club museum,

associated with the club. I was mesmerized beyond words!

After the museum, the tour proceeds towards the stands. With a capacity of over 99000, the Camp Nou is the largest stadium in Europe. We made our way into the press conference room where I was received the opportunity to hold the replica of the Champions League Trophy! I know it was not real but still, wow!

A quick glance into the locker rooms and off we were,



which was decorated with the numerous trophies the team has won, including the famous Sextuple won in the year 2009. The museum had a separate "Messi Area" which has Lionel Messi's four Ballon d'Ors and the golden shoes which the Argentine was honoured with. Alongside this, the walls displayed the evolution of the Barca's Crest during its 116 years, the famous jerseys, and all the history

descending the tunnels stairs, the same stairs on which the players once walked. We found ourselves on the pitch, the same pitch on which many legends of world football have played, the pitch that has witnessed magical moments, has been part of the club's decorated history. It was one hell of an experience. I sincerely wished I could stay there for the rest of my life, day in day out just taking it all in.

From the pitch we went to the commentary boxes which had a panoramic view of the entire stadium. After that we were taken to the interactive area which had hundreds of screens, each with a different memory of the club's history. The famous victories, the club legends, the historic sextuple, the Guardiola era, all playing at once in a single room. I was overwhelmed. So much so that

my eyes just weren't fixing on one single screen.

Rather too soon, the tour ends in the FC Botiga, which is the club's official souvenir shop. I bought various souvenirs and saved the carry bag as well as those passes with me. There was no way that I was going to let go of these memories. Like ever!

It was surely one of the best days in

my life. Now every time I see Camp Nou on TV, it reminds me of my experience. I wish i could relive my experience and watch an El Clasico this time! One day, I hope!

**Shubham Kamal**

Batch 2014

# Stimulus 2015

Every batch gets the opportunity of going to Shimla for the IGMCM festival – Stimulus. However, we being a batch of one hundred students found this opportunity hard to come by! Not letting that put a dent in our enthusiasm, some of us did manage to get the official permission to go. We were overjoyed at the prospect of taking a three day break from our hectic schedules and head over to the queen of the hills. Although quite a few of us had already been to Shimla, experiencing it all over again with friends was splendid. We left for Shimla on the evening of 11th June, mesmerized by the cedar scented air of the hills and the cool breeze. The enthralling music collection of our 'in-house DJ' – Sarthak ensured that the five hours of the journey passed by in a blink. Despite all the walking that we had to do, none of us were tired enough to sleep. The entire night was spent chatting, playing games and celebrating Rathee's birthday. The three days spent in Shimla were a much needed breather for all of us. More than that, it was three days worth of memories that we will never forget.



**Sunanda Kanojia**

Batch 2013



# MY UNFORGETTABLE TRIP TO MIZORAM

## A CHRISTIAN STATE WITH 'RAM RAJYA'

**Can you believe that India has a place where still people do not lock their home?**

Yes, I was fortunate enough to see Aizawl, the cleanest city in the northeastern India. Aizawl is capital city of Mizoram, 23rd state of India since February 1987. In June 2015, I visited Mizoram with my family accompanied with an engineer friend. Those memorable 5 days cannot be forgotten in my life. New place, new horizons and new

arrangements. I saw my left over movie Mary Komb. We reached Kolkata airport and after 1.30 hours we flew to Aizawl airport.

The Airport is small yet beautiful, clean and comfortable. Mizo people are considered very warm, nice and decent. We took a prepaid taxi and reached the guest house of Veterinary College, 6 km away from Aizawl city. Wow! What green mountains; the pleasant air added positivity in the environment. Pure

us as he was informed before. Everything settled, nice vegetarian dinner was served. Next morning, birds sat chirping near my window early in the morning and we were amazed to see the clouds surrounding our guest house. The clouds and the sun were playing hide and seek. We went to Veterinary hospital to visit veterinary departments. Anatomy department had huge skeletons of bull, goat, sheep, dog, deer, jackal etc. Yes! you will not be able to



people. Aizawl airport is accessible through Kolkata airport. We went via Delhi to Kolkata and the amazing journey of Dreamliner Air India plane made my experience awesome. The wide open plane looked like a big room from inside. I was astonished to see the

oxygenated air made me feel on top of the world. Veterinary college at Aizawl is one of the best in the north east states. Comfortable guest house, well maintained garden and cool breeze made us fresh even after the a tiresome journey. The cook was waiting for

remove your eyes from these skeletons. Horrifying looks and giant skeletons made children afraid.

From there we moved to the piggeries and poultry section. Hundreds of chickens were running here and there. The chicks

were really looking beautiful and pure white in colour.

Then we moved to 'Pig section'. At least 20 pigs, huge ones with numbers written on the back of ears, were lying. A distinct sound in chorus and their enjoyment in sun reflected their peaceful behaviour. Then we moved to a museum in the hospital. It had huge collection of specimens of different wild and domestic animals.

We reached our Guest house and prepared for the next trip tomorrow. You know the days are shorter as it is in the east and people sleep at around 8 PM. Next morning we went to Mizo village and a high peak of the mountain. It was an adventurous and a very tiring trip. Although we did not meet the native people but their huts are still preserved that reflects their cultural diversities, eating habits, utensils, rooms, huts etc. We did trekking on a narrow, slippery track to the top of the mountain.

A small, beautifully constructed restaurant served us exotic delicacies. From hilltop one can see whole of Mizoram with clouds in the valley and sun above you. Later, we went to a lake and waterfalls nearby next day and in the evening we went to the main Aizwal city. This city has all the modern facilities, technology parks, banks, malls etc. And the city is one of the cleanest cities I had visited in India. No littering on the road, no trash outside. Beautiful trashcans, dustbins are placed. No incessant honking, no road rage, no police

and no traffic jams characteristically make this city distinct. We roamed the city for 4 hours and returned back.

Mizos have only one religion, Christianity. They have full faith in Christianity and numerous church organizations directly or indirectly sense the values of Christianity. There is 89% literacy rate and it is second most literate state in our country. Mizoram females are very bold and handle all the business in the state. They have no fear of any eve-teasing or any woman crime there. So it is one of the safest places for the women. They live in close knit families and males usually have high education standards with any profession. Even a taxi-driver cannot be underestimated, as he can be an engineer, IAS aspirant or from any profession. In villages they live together in big families with agriculture can be their hobby and profession. Birth of child, death, marriage etc are main occasions for village community feast where all members of village families are called for big party. Foodwise apart from vegetarian food they eat beef, pork, chicken and sheep or goat.

We were not able to go to one big Mizo family of Ziona Chana due to rain. Ziona Chana is head of the world's biggest family - and says he is 'blessed' to have his 39 wives, 94 children, 14-daughters-in-law and 33 grandchildren. They live in a 100-room, four storey house set amidst the hills of Baktwang village in Mizoram, where the wives sleep in giant communal dormitories. The family is organized with almost military discipline, with

the oldest wife Zathiangi organising her fellow partners to perform household chores such as cleaning, washing and preparing meals. One evening meal can see them pluck 30 chickens, peel 132lb of potatoes and boil up to 220lb of rice. Coincidentally, Mr Chana is also head of a sect that allows members to take as many wives as he wants. He even married ten women in one year, when he was at his most prolific, and enjoys his own double bed while his wives have to make do with communal dormitories.

The culture is almost western culture in Mizoram and there is complete RAM RAJYA in this Christian state with no fights, no terrorism, no rages and no police even.

On fourth day, I got the opportunity to teach Basic Life Support to the faculty of Veterinary College and it was very enthusiastically appreciated by all the faculty and Dean of the college. This session lighted a spark of knowledge at a place where these programmes are required more. Next day we took farewell from college staff and Dean and returned back to Delhi.

This is my unforgettable and memorable trip of 5 days at a state Mizoram. I suggest to all the readers of this article must visit this place in India-a perfect 'Ram Rajya' at Christian state.

**Dr Manpreet Singh**

Assistant Professor  
Department of Anaesthesia



# BATCH TRIP-CORBETT,

Trading the summer vacations for our last great time together was certainly worth a shot. It was like turning on the 'survival mode' before being destroyed by the insanity, extreme boredom and uneasiness of the times to come. We were accompanied by Dr.Navpreet and Dr.Anupama and had a delightful experience in their pleasant company.

After the bus drank out of a petrol station, we set off...away from profound urbanity towards a simpler life...to UK(India). The journey to the first destination, Jim Corbett National Park, was as long as a lifetime (afterlife included). All we had, was a short maggi break which will certainly remain as the most cherished in history.

The Corbett safari was indeed breath-taking. We got the opportunity to see an elephant, a deer, another elephant, a peacock, massive beehives (in which a human could reside quite effectively), a

parade of elephants, a few finches etc.(this brilliant word covers the rest of the animal kingdom, including tigers!)

The following night was dedicated to growing backwards in time. We played kho-kho, some chain game, ice-water, musical chairs with the batch divided into two very conceivable teams, 'Babbi Boys' and 'Walia Warriors', under the able captaincy of quite able captains. The energies were at the zenith; we shrieked, laughed, cried and had the best time ever. There was dust in the air which refused to settle. Ultimately we did calm down. Then began the ghost stories, from the hills of Himachal to the army cantonments, from silly experiences to the ones which remain unexplained otherwise. Every single day seemed like an energy epidemic. Songs were sung in the best and worst of voices, and there were people who lost their way (to Chandigarh perhaps) only to be found at a nearby place chatting with dogs in the middle of the night!





# NAINITAL, RISHIKESH

The next place to be honoured by our visit was Nainital. This place was by far too clean to be a part of India (or perhaps participated in the 'Swacch Bharat Abhiyaan' too seriously). The Naina Devi temple and the Tibetan Market were appropriately located by the beautiful lake 'Naini' which added to their charm. The 'Cave Garden' was one of its kinds and it made us realise how truly and wonderfully, the forces mentioned in our geography books, actually work. The place where we were staying was surreal, but there was quite a lot which made all of it better- the beauty of the surroundings, the amazing weather, bewitching candles and not to forget 'the cards' (an extra deck=extra people=extra fun)

Then came the last place to be graced by our presence, Rishikesh it was. This place was purposely added perhaps, to help with our status as sinners. We reached there in the middle of the night. We descended down a mountain in the dark and innocently expected our baggage to follow

(Thankfully it did! The God's Land miracle). The setting was quite perfect with small huts and tents, a stream which flowed in utmost serenity. The water was pristine and clear and never did we feel more close to nature's bounty as here. The best part was rafting, we rafted our way to the bus, through the Ganga. Our hearts raced as we passed the rapids. Fortunately all four rafts reached safely and the 'bhelpuri wala' at the bank was taken by surprise at the sudden increase in his clientele.

Ultimately we headed back to Chandigarh. The journey was long again, after three fourths of the day we were back to the zone but not yet back in the vibe, or I should say the time, place singularity was yet to be established. The life ahead would never be the same.

**Shriya Dhawan**

Batch-2012



# PULSE 2014



"Pulse- the most longed for fest since the day you step into MBBS"- true indeed! The excitement for our first college trip started even before we managed to get into 2nd prof. Most of the students (except for the nerds :P) were studying not because they wanted to clear 1st prof, but because "pulse pe jaana tha!" Finally the day came - 15th September. With 100 students in the batch, it was rather difficult for us to decide who would be going in the 'COLLEGE KI MINI BUS'. So we started our journey at 4pm, the bus filled with us singing, dancing and playing dumb-charades. And of course, Antakshri!

We reached AIIMS at around 11pm. The campus was hustling and bustling with thousands of students from all over the country! It was rather difficult to find a place to stay but somehow we managed to get some hostel rooms. And so, our journey began...

The fest started with the 'P-Wave)- an inexplicable mix of dance, drama and emotions. Then there were fashion shows, rockshows, dance parties and of course the biggest star nights - Salim Sulaiman and Mohit Chauhan! Wow!! The star nights totally blew our minds! But I must mention that the best thing at Pulse were the "food stalls!". Mouth watering Golgappas to Pav Bhaji, Channe Bhature to Kathi Roll and the amazing Bubble Tea!

Our fun didn't end here! Besides the fest, we had a full week to explore Delhi. What an adventure it was! Every night we used to plan our activities for the next day- shopping, parathe wali gali, visits to historical monuments, ice-skating (which for most of us was an entirely new experience, with 1-2 broken legs also :P). However, the most exciting of all was our visit to WOW (World of Wonder). Those rides which hung us upside down, water rides, rain dances- BEST TIME EVER! The Delhi Metro was an experience in itself (Ps. we clicked photos in the metro also, despite it being not allowed :P).

Much too soon the fun week was over and no one wanted to leave, but we had no choice. We entered into the phase of 'Post Pulse Depression'. But it was a bonding experience for all of us, making new friendships, strengthening old ones and most important of all, making memories that we will cherish for a lifetime!



Harveen Arora  
Batch 2013



# Achievements

## FINAL PROF Part-II



## FINAL PROF Part-I



## SECOND PROF



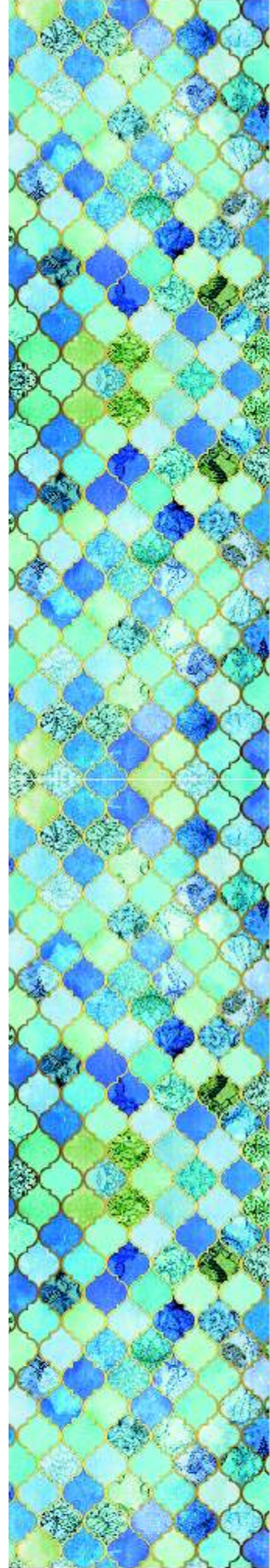
### **Distinctions:**

Paediatrics- Bhanu Malhotra

Pathology- Dinesh Walia

Pharmacology- Bhavneet Singh, Dinesh Walia, Monika Gautam

Microbiology- Bhavneet Singh, Dinesh Walia, Monika Gautam





# INTERVIEW



Abhinav Bindra quite literally shot to fame in the Olympic Games of 2008, when he became the first Indian to ever win an individual Gold. He has since, followed it up with a long list of medals and awards. We were privileged to get an opportunity to put the sports star on the hot-seat. Here is what transpired...

**Q- You took up shooting around 17 years back, at a time when the sporting scene was almost completely dominated by cricket and tennis. How did you make your choice?**

A- I took it up as a pass time. I was not very talented, I was looking for an activity after school. I was always interested in shooting and guns fascinated me. I think Indians are genetically better at skill oriented activities. So I took it up and I was better at it than I was at any other sport. Once I took it up I liked it and progressed step by step. I did not have a chance in anything else!

**Q- Sir, you have won a number of medals; Beijing Olympics (gold), Glasgow CWG (gold), World Championship (gold) and many others along with other awards like the Arjuna award, Rajeev Gandhi Khel Ratna and the Padma Bhushan. Which one holds the most special importance for you?**

A- I think they are different medals from different championships. Every championship you go to is a lot of hard work, there's a lot of struggle involved in every competition so I don't want to single anything out. You can argue that the Olympics is big, yea it is the biggest thing but everywhere I have gone I have tried to put my best foot forward. At the end of the day it's the efforts which you have put in which give you the most pleasure.

**Q- Shooting is more of a mental sport, requiring a lot of composure. How do you manage to stay calm and focused amidst the intense pressure of the shooting events?**

A- I don't buy the fact that it's only a mental sport. It's a combination of both mental and physical. It involves a lot of mind and body coordination. In terms of calm and composure, it's easy to look at as a spectator but I think anybody who's competing will find it difficult to stay calm at the heat of the moment. Everybody has to go through a lot of pressure. The level changes from one person to other and the ability to handle it changes, some people are able to enjoy it a bit more, others don't like it.

**Q- Which one of the two describes you?**

A- I don't like it. I have to fight against it. It's not my natural instinct. My natural instinct is to run away. It's not a place I'm comfortable in.

**Q- So how did you overcome that urge to run away? How did you deal with the chaos?**

A- No, you have to stay, you have to suffer. You have to be ready to endure the pain and the hardship. You have to do that to succeed.

**Q- In your book, A Shot at History, you refer to your mentor, Dr.Amit Bhattacharjee as your ally, guide and sounding board. How did he help you deal with the stress?**

A- He helped me a lot in trying to get comfortable with these situations. He knows the fact that I like to run away so his role was to try to keep me focused. The important thing is that the competition last for 2-3 hours, it is very hard during that time but it doesn't last forever.

Game is all about tricking your mind. He played a major role with that.

**Q- Shooting is a sport that has to be practised in isolation. How has the solitude of all these years affected you, if at all, as an individual?**

A- I'm not a people's person, I think that may be a reflection of all the time I have spent shooting. Maybe it has had an impact and it reflects in my natural state. I don't know how I would be when I stop shooting, it would be interesting to see that.

**Q- Because of your unmatched feats in this sport, you can solely be credited for a drastic change in the shooting scene. What are the changes that you have seen over the years which have helped widen the scope of shooting?**

A- I don't think it's just due to me, we have had a lot of successful shooters. But the sport has grown a lot over the years. When I competed in my first nationals, we had a hundred participants and now we have five to six thousand people coming in. It is said that shooting is a very elitist sport but the people competing are from all walks of life. It's obviously never going to be a mass sport but the growth has been quite a lot.

**Q- You had said that for many years the bull's eye was the single most important thing in your life for a very long time. Suddenly coming out of it and leading a normal life, was that tough for you? How did you deal with that?**

A- When you suddenly achieve what you wanted to do, it creates a big void in your life because you don't know what to do next. And that takes time, it takes time to channel the energy from deep down within to find new goals and find new motivation. Failure is something that is hard to deal with but success also comes with its own set of challenges. It passes off with time, time is the best healer.

**Q- Sir, parents in India almost always encourage their children to prioritise academics over extra-curriculars and they would prefer them having a career in academics than in sports. Did you have to fight that ideology?**

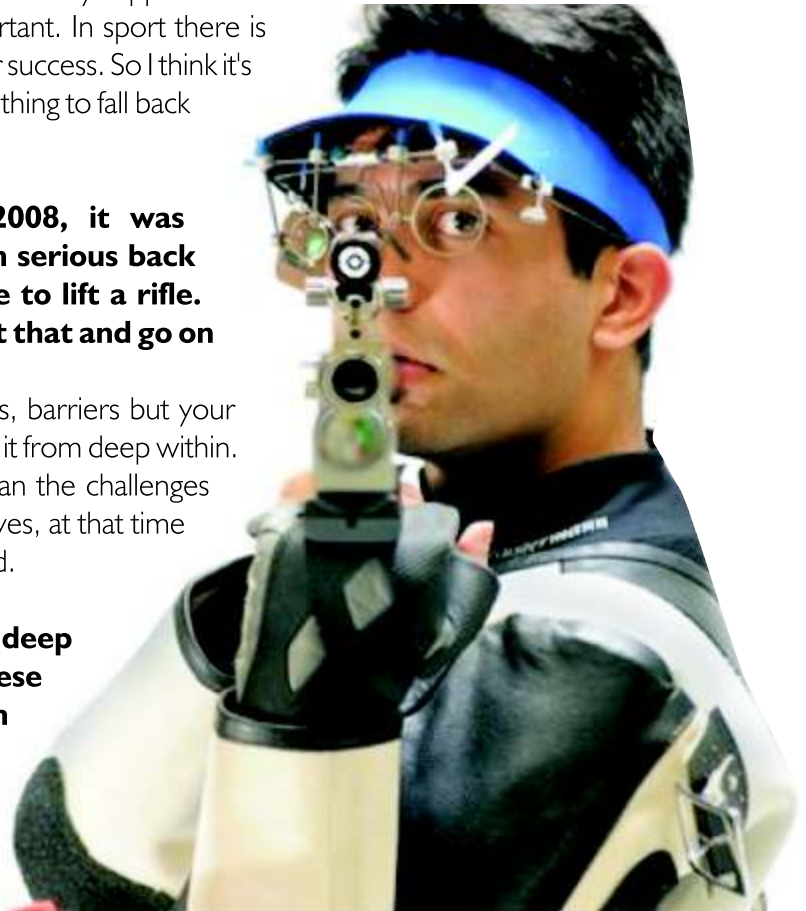
A- I didn't have to fight that idea. My parents were very supportive. But having said that, I think education is very important. In sport there is only one guarantee and there is no guarantee for success. So I think it's necessary to have a back-up plan, to have something to fall back on. Education plays an important role there.

**Q. Before the Beijing Olympics in 2008, it was speculated that you were suffering from serious back injury, so much so that you weren't able to lift a rifle. What gave you the strength to move past that and go on to make sporting history?**

A- It was very challenging. There are hardships, barriers but your goal should be strong enough, you should want it from deep within. It's all about desire, if your desire is greater than the challenges then you'll find a way to overcome them. And yes, at that time my desire was incredible so I was able to succeed.

**Q- As a child, have you always had a deep belief in the fact that you can achieve these things? Because to overcome such obstacles, a deeper belief is required that things can work out with training and hard work.**

A- No, I had low self esteem and did not have such strong beliefs. I had desire and I







worked very hard. When I go to a competition I try to slog it out and be the best I can be. I hope for the best outcome. But yes, it can only work if it comes from a very deep level and maybe at that level there is belief but I can't tap that. It's at a very subconscious level but at a conscious level I have question marks.

**Q- You forayed into professional shooting at the age of 15 in the CWG of 1998. You were the youngest participant in the 2000 Olympics. What was your motivation at that age, when most other youngsters are not similarly inclined towards their careers?**

A- I think I had the desire so I was motivated. At a young age, I wanted to make a name for myself. This was my chosen path and I wanted to be the best in that. That's what motivated me.

**Q- With all the pressure that you have to deal with, what do you do to let out the steam?**

A- The biggest relaxation is to get back to training because that is my space. When there is chaos, when there is pressure, the only thing that works is to get back to my sport. Training, ironically, is very relaxing. It's something that I enjoy doing. So when it gets really tough, I train.

**Q- Being a sportsperson you obviously have to go through a lot of ups and downs. How do you stay positive through it all? Where do you find your silver lining?**

A- As the saying goes, every dark cloud has a silver lining. Whenever the going gets really tough and you want to quit, the most important thing is not to throw in the towel at that time because on most occasions, success is very close. You just have to hang in there and wait for it!

**Courtesy: Mugdha Singh**

Batch - 2012

# FOOTBALL IN GMCH

## What it means to us



"The thing about football- the important thing about football- is that it is not just about football"  
– Terry Pratchett

These words perfectly describe how I feel about football. Over the past few years in this college, football has taken the center stage in my life. I am often asked by many people that why is it so important to me. Well, football is not just a game that you play or watch for 90 minutes and carry on with your life, for me it is a way of life. Most of the friends I have were made through the game and even in college the best days are those when I get to train with my team. In college, I have met amazing people through football, be it Tarun sir who has been the best captain and mentor I have ever played under or Jatta sir the EL CAPITANO.

Most people do not understand what football means to us (by us I mean all those who are closely associated with football in college), it is not just about playing the GPL or Euphoria Football tournament, its

more than that. Tony Adams in his speech in year 2001 has accurately expressed the depth of our allegiance towards football -

*"Game after game after game, I realize now what's most important in my life: Football. Show me something more thrilling than a perfect volley; tell me you never dreamed the immaculate strike or the passionate moment when the entire nation holds its breath. Tell me that football isn't that one common language when the whole planet stops for 90 minutes, to be witness to that one thing we all understand!"*

*You can tell me that I am wrong. Some may say 'ITS JUST A GAME'. But this is about heroes and tribes, loyalty and devotion. It's our commitment and our passion, our battle and our belief. This is our faith."*

**Siddarth Singh**  
Batch 2012



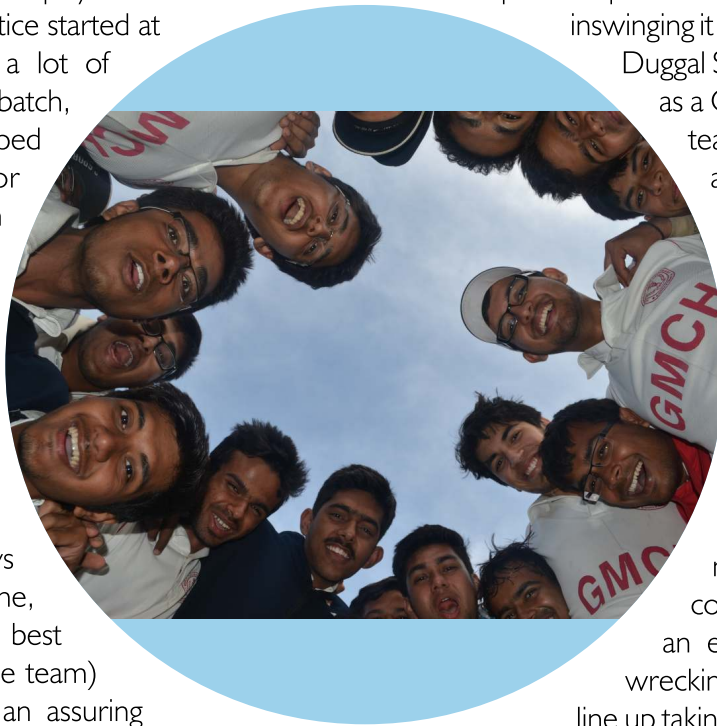
# Remember the Titans

New Year has always been a great time of the year for me. Before the January of 2013 it was so, because I would still be in the birthday mode but ever since Jan 2013, it signals the beginning of cricket practice. In Jan 2015, there was a bit of apprehension as we started out. Although this year we were defending champions, we weren't feeling very confident as we had lost 6 of our team players and to compensate for that, practice started at full throttle. There was a lot of exciting talent in the new batch, something we really hoped we would find. As for stabilising the shaken batting line up, our captain Sagar Sir, took it upon himself to play the anchor role and Gurpreet was given the freebie to unleash his ferocious whips through the on side. Also Devan found the form we always knew he would (the one, which as a bowler is best enjoyed when in the same team) and kept the stumps in an assuring manner (who knows it better than I!).

Shubham was the perfect solid cover fielder and a batsman who held his end. Mohit Meharda was his usual self - Streaming in, unleashing thunderbolts. There was also our 'Virat kolhi', Mohit Bhatia with his over the covers inside out shots. Ayush showed great promise with the ball as did Lovepreet with the gloves. Shyama with his unorthodox action troubled the batsmen. Vivek Pandit with his prodigious ability to swing the ball made the batsmen dance. Himmat was striking the ball sweetly and Harry was causing all

sorts of problems for the batsmen with his clever use of cutters and unique angle (ask Devan!). Gagan proved to be a very quick learner. Vaibhav albeit silently, went about regularly improving his level. As for the seniors, Sagar Sir went about the usual spin-it-a-mile-make-the-batsman-attack strategy. Manmohan Sir was the 'battery' in the field and the spinner specialist batsman. Singhal Sir was inswinging it like never before! Siddharth Duggal Sir was a great support both as a CC and as a member of the team. Then there were Aman and Shubhkarman who regularly came for practice to help us improve with their invaluable inputs!

A month and a half passed very quickly. Just before Euphoria started I remember feeling a very strong bond in the team. We played our opening match against HKL nursing college in PCA Mohali. It was an easy match with Sagar Sir wrecking havoc in the opposition line up taking 6 (yes 6) wickets, bowling them out for 48 runs and the run chase wasn't much of a task. We played the next match against Jammu Dental College in Govt. Model School sector - 26. That morning, one look at the turf and I was very excited. It was a fast bowler's delight- Lush green, hard surface promising pace and bounce! It played true too and we found our team tottering with the score around 50. Cometh the hour, cometh the man. Manu Sir stepped up and played one of the grittiest innings I have ever seen along with Shubham,







who played the ideal foil to him, playing shots with sheer timing. Just when it seemed we would not cross the 90 run mark, in stepped Vaibhav. He played a whirlwind knock scoring 22 off 10 balls. Our bowling attack did extremely well with Harry being the pick of the bowlers taking 4 wickets. Mohit Meharda bowled with venom, miserly and deadly as ever and we won by a margin of 60 runs.

And then the anti-climax, it rained on the 3rd day of Euphoria. The semi- final was postponed to the next day which meant playing 2 matches in one day.

The semi-final was a comfortable victory over GMC Jammu with Mohit Bhatia picking up 3 wickets dishing out skiddy, accurate stuff. Harry was a tricky customer picking up a couple of wickets. Sagar Sir again top scored to chase down the target of 81 runs.

Then was the final match against GMC Patiala! We lost the toss and had to bowl first. The bowling department did a great job and dismissed the whole team at 91 (no team reached a score of 100 against us this year!) while chasing we were in a comfortable position with il capitano playing an elegant innings along with Gurpreet, who played the most satisfying kind of innings for any batsman against his natural

instincts to attack! Although we had a mini collapse as we lost 3 wickets in quick succession. Anyhow, we reached the target comfortably in the end and Voila! The cup was all ours again! Sagar Sir finished as the man of the tournament having scored more than 100 runs and picking up 13 wickets.

This victory holds a special place in my heart. The team was awesome not because of individual performances but because everybody executed their part to perfection. It won because it played as a team and for that we have batch 2k10 to thank.

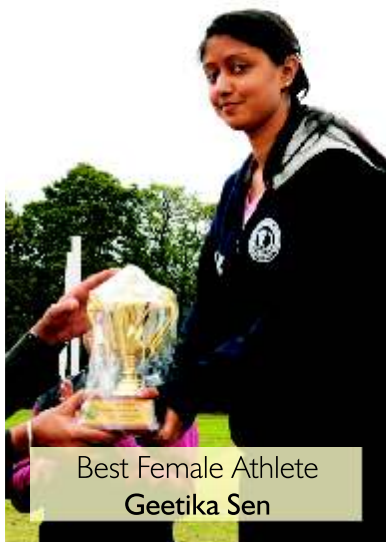
It was a great experience- the team, the moment, the trophy! Now begins a phase of rebuilding yet again, but who minds? It's a shot at a hat-trick. Oh January 2016 come soon!!



**Sumukh Kalra**  
Batch 2012



# SPORTS DAY 2015





**Q1. What is the CR to you?**

- a. PIN (Pain in the Ass) - 8%
- b. jugaadu- 63%
- c. bali ka bakra- 27%
- d. I am too cool to be represented- 2%

**Q2. What do you think of the hottest girl in class?**

- a. I could turn lesbian for her- 10%
- b. Kya maal hai!- 31%
- c. Kya samajti hai apne apko!- 41%
- d. FOSLA (Fellows Of Single Lovers Association) Diaries- 18%

**Q3. Why do you visit library?**

- a. Wifi hotspot – Chalo aaj phone update kar lete hain- 37%
- b. To see your crush- aankhon hi aankhon mein ishare- 5%
- c. Nap zone – chalo AC mein sote hain- 40%
- d. Study! :/ Chup chup ke padhne ki aadat jo hai- 18%

**Q4. Who do you think has the most awesome facial hair style (moustache / beard)?**

- a. Dr.Dasari Harish—the mafia.-52 %
- b. Dr.Sunandan Sood – the classic old style.-17%
- c. Dr.Preetam – the French connection-13%
- d. Dr. Rajeev Sharma - the clean shaven gentleman-18%

**Q5.How does dissection table serve you best?**

- a. Gossip Zone – Uska breakup, uska patch up- 60%
- b. Gaming Zone – aj meine candy crush ka difficult level cross kiya! - 17%
- c. Lovers point – most love stories start here..if you get it-12%
- d. Dissection – hum toh yahan padne aaye hai - 11%



**Q6. Which of these is the most terrifying situation**

- a. When the HOD calls you to his office- 34%
- b. Jab attendance sheet lagti hai- 10%
- c. Declaration of results- 10%
- d. When you have to answer a question to get attendance.-46%

**Q7. What do you think about the attendance criteria?**

- a. Should be 33% - 30%
- b. Should not be there at all - 39%
- c. It's for our own benefit - 6%
- d. Jo bhi ho classes lagani toh hai nahi- 25%

| BATCH             | 2011    | 2012        | 2013                        | 2014            |
|-------------------|---------|-------------|-----------------------------|-----------------|
| Kiss- ass         | Kanav   | Bhavneet    | Akash                       | Arpit           |
| Show-off          | Sandeep | Kanwalpreet | Sunanda, Radhika<br>Upinder | Shubham         |
| Sleeper           | Parth   | John        | Aman                        | Anmol Singh     |
| Blabber mouth     | Roohan  | Ruchi       | Sunanda                     | Harshita        |
| Book of knowledge | Shagun  | Raghav      | Pavneet                     | Gursimran       |
| Frenemy           | Shreyak | Bhavneet    | Harmehak                    | Arpit           |
| Miss Curvy        | Roop    | Amtoj       | Meher                       | Rupali, Sunidhi |
| Mr. Swagger       | Prakhar | Raghav      | Azam                        | Anmol(NRI)      |

**Q8. Which of the following pick-up lines do you like the best?**

- a. My Adductor is not the only thing longus- 38%
- b. Is your name osteoporosis? Because you are giving me bone (r) condition- 27%
- c. Are you a doctor? Because you can be my Sildenafil... - 8%
- d. Let me stimulate your Pudendal nerve- 27%

**Q9. How do you pass your time during lectures?**

- a. Chalo kal raat ki Chat poori karen- 6%
- b. I listen to every word- 6%
- c. Check out the teacher- 3%
- d. Academic narcolepsy- 85%

**Q10. Songs which best describes you during exam preparation?**

- a. Kuch kariye (Chak de India) - 16%
- b. Yunhi chala chal rahi (Swades)- 42%
- c. Bhag DK bose (Delhi belly)- 30%
- d. Sun mitwa, sun mitwa! Tujh ko kya dar hai re! (Lagaan)- 12%

# KNOW YOUR IDIOMS?

Idiom is a group of words established by usage as having a meaning not deducible from those of the individual words. Can you identify the Idiom from its graphic representation?

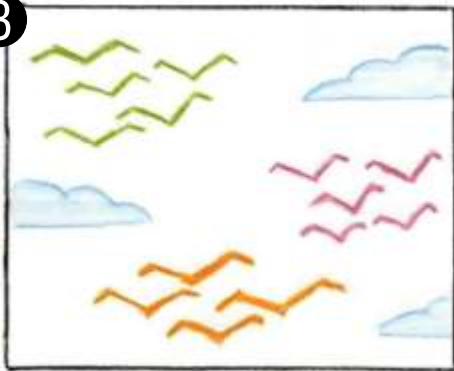
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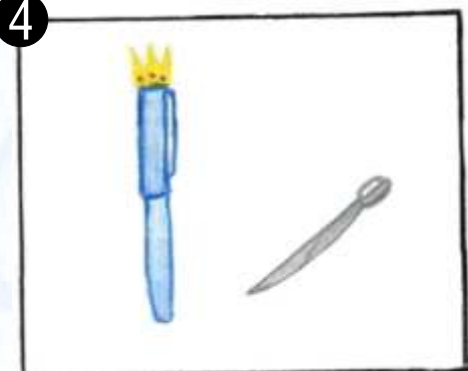
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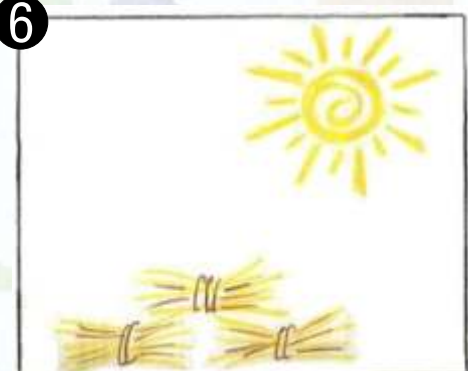
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5



6



Answer key -  
1. Butterflies in the stomach - expression used for nervousness. 2. Between the devil and the deep sea - between two great dangers and not knowing what to do. 3. Birds of a feather flock together - people who are alike often become friends. 4. Pen is mightier than the sword - writing is more powerful than fighting. 5. Skeleton in your closet - a shameful and shocking secret that people try to keep hidden. 6. Make hay while the sun shines - to make the best of a limited opportunity.

By Mannat Giran  
Batch 2012



# SPOT THE DIFFERENCES



There are 19 subjects we study in the course of MBBS. How many can you find?

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| X | P | V | B | D | N | L | I | W | B | O | S | M | P | P |
| M | T | A | Z | I | J | I | A | Y | R | X | I | E | J | H |
| A | H | O | T | T | O | N | R | D | Z | C | Y | D | W | A |
| I | D | D | X | H | A | C | R | W | R | W | K | I | O | R |
| S | I | H | S | T | O | X | H | O | X | B | F | C | F | M |
| E | D | F | O | C | I | L | B | E | F | J | E | I | Y | A |
| H | B | M | Z | C | I | I | O | X | M | J | Y | N | Y | C |
| T | Y | P | X | S | O | R | Q | G | M | I | J | E | C | O |
| S | Q | S | L | L | R | K | T | Y | Y | G | S | D | R | L |
| E | Y | G | O | L | O | C | E | A | N | Y | G | T | N | O |
| A | T | G | I | J | W | Q | W | E | I | F | N | X | R | G |
| N | Y | R | E | G | R | U | S | I | H | D | C | C | J | Y |
| A | P | H | Y | S | I | O | L | O | G | Y | E | Q | V | W |
| N | Y | R | Z | C | R | K | H | D | A | O | S | A | J | W |
| O | P | H | T | H | A | L | M | O | L | O | G | Y | P | I |



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Prof. A.K. Janmeja, Prof. B.S. Chavan, Prof. Arjun Dass, Prof. Sudhir Garg  
**Standing (L to R):** Prof. G.P. Thami, Prof. Mahesh K. Sharma, Prof. Dasari Harish, Prof. N.K. Goyal, Dr. Nandini Kapoor, Prof. Ravneet K. Bedi, Prof. Jasbinder  
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**Standing :** Mr. Bhagwant Singh

Not in picture: Dr. Anita Malhotra

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**Standing :** Mr. Bhagwant Singh.



## Sports Committee



**Standing (L to R):** Dr. Manpreet Singh, Dr. Reeti Mehra, Dr. Nidhi Singla, Mr. Bhagwant Singh.  
**Sitting (L to R):** Dr. Jagjit Singh, Prof. Vishal Guglani, Dr. Sanjay D'Cruz, Prof. Rajiv Sharma, Prof. Atul Sachdev, Prof. S.S. Lehl, Dr. Mala Bhalla, Dr. Anshu Palta.  
 Not in picture: Dr. Sandeep Gupta

## Hostel Wardens



**Sitting (L to R):** Sister Anita, Dr. Ajit Sidana, Prof. Dasari Harish, Prof. A.K. Attri, Prof. Atul Sachdev, Prof. A.K. Janmeja, Prof. Varsha Gupta, Dr. Anumeha Bhagat



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Dr. Sanjay D'Cruz, Dr. Nidhi Singla

Standing (L to R): Dr. Sanjay Gupta, Dr. Deepak Aggarwal  
Not in Picture: Dr. Anita Malhotra

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Not in picture: Dr. Monica Gupta

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Prof Ram Singh, Dr. Kislay Dimri, Mrs. Har Kaur, Dr. Sabina Narang

Not Present: Prof. R.P.S. Punia



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 Standing (L to R): Aastika Mahajan, Harsh Arora, Siddharth Sood Duggal, Harangad Singh, Arun Kumar, Mugdha Singh, Jasmine.  
 Not in Picture: Aakanksha Sharma

## Student Editorial Board



Sitting (L to R): Prof. Atul Sachdev, Prof. Sukanya Mitra  
 Standing (L to R): Abhitesh Badhan, Arun Kumar, Mannat Giran, Mugdha Singh, Tanima Arora





About half a decade ago, (long time isn't it?) fifty teenagers entered the portals of GMCH with a sense of achievement, enthusiasm and dreams of a colourful college life. With bright faces and high spirits, batch 2k10 entered 'The D Hall', knowing very little what a 'Professional' college actually meant. What followed were teary eyed dissections, series of sub stages, stages and grand stages. Interspersed were our so called breathers, Plexus, Annual function, Euphoria, Sports day and the numerous dance parties which we enjoyed like there was no tomorrow. But, there is always a tomorrow and being MBBS students and potential future doctors, we slipped back to work, sooner or well, sometimes later. As time passed by, friendships grew; some found love; for some it was heartbreak. Nevertheless, the events that we successfully organised and the unforgettable batch trips that we had, helped us consolidate as a unit. The carefree L.T. chats, the impromptu mass bunks, the batch parties, the heated arguments followed by sentimental patch ups, the late night library studies, the three hundred plus messages on the whatsapp group every time you went online, all this and much

more kept us going. Through this journey each one of us experienced our own ups and downs, learning through the process, imbibing goodness from one another and transforming from confused kids into responsible young men and women. Today as we are about to step out of these secured walls, we have to thank our guides, professors who have always tried to bring out the best in us. We will never be completely home again, because a part of our hearts will always be here, at GMCH, our alma mater. But as has been rightly said, 'Don't be sad because it's over, be glad because it happened', thus we are happy to leave with a treasure of countless memories of yesteryears and amazing experience for a brighter future. It certainly has been the golden period of our lives. Finally, to all my fellow batch mates I wish lots and lots of success and happiness and till we meet again..it's a Hasta La Vista..Baby..

**Akanksha Sharma**  
Batch 2010

# CLASS OF 2010



**Aakanksha** – Roll.no. 1 goes well with her spirit to excel. This girl with a cute smile has been an all-rounder, from editing Glimpse to Euphoria and representing GMCH in IAP quiz zonal round.



**Abhishek** – Mr. Shy of our batch is a guy with an everlasting smile. Very few know that he can actually play a guitar very well and has a deep love for music. An active participant at the athletic meets.



**Akash** – known for his great organisational skills be it as the CC Euphoria or during our batch trip to Rishikesh. A superb cricketer and an athlete, ends every endeavour with a bang!



**Akhil** – A man of few words and fewer expressions, this Harry Potter look alike is still a mystery for many. A studious guy who won't look up from his books even if hell broke loose, and mind it – foreign authors only.



**Akhilesh** – He is so respectable that even the seniors refer to him as 'ji'. This guy with a baritone is known for saving girls from 'chipkalis' at Palsora and for never saying no when asked for help.



**Aman** – A wonderful guitar player, an amazing photographer and a hair stylist, this cool girl has a different outlook for life. She is known for always taking a stand and her winning spree at shot-put year after year.



**Amish** – The most hardworking guy of our batch, he has taken the most number of cases during clinics in the history of GMCH. An important member of the basketball team, is known for his disciplined routine and not to forget his dramatic skills..



**Anam** – The talent house of our batch, she is a melodious singer and a versatile dancer. A first bencher known for generously sharing notes. Emotional yet a strong girl she will always be remembered for the amazing Eid parties we had at her place..yum..



**Arshpreet**- A beautiful and soft spoken Punjabi girl who is always cheerful. Balances studies with other activities like dance, brainstorm and magazine..(PS had the pleasure of dancing with some amazing dancers ;P)



**Arjun** – This sweet, ever smiling Himachali boy is one of the most gentle people you would come across. He is an amazing cricketer, a football player and a guitarist, whose paintings would leave you awe struck.





**Ashish** - The Dua Saab of class 2010 is one of the most polite and well-mannered people you will ever come across. His ability to impress his peers (especially those of the opposite gender) make many envy him.



**Astha** - 2010 Euphoria would not have been the same without her pragmatic and methodical way of working. Always has a smile on her face and is the "to go to" girl for every problem.



**Asmita** - Excellence does not lie just in academics for her, as she shines on the ramp also. Well known for her smile. IHE would never have been a success without her.



**Bhanu** -The topper of our batch, she is a frequent visitor of the library. She has represented GMCH in IAP quiz zonal round, prepared question papers for Brainstorm and everything else that has anything to do with academics.



**Deepam** : IHE 2014 owes its success to the hard work and determination of this "himachli" boy. Skilled hands and an astounding capacity to work for long hours are his attributes.



**Harangad**- This basket baller is well known for his dunks in Euphoria! Think twice before saying anything to him as his responses will leave you astounded. CC Plexus and a great debater, Must watch him play the role of 'Daaku' in the play of Annual Day'11.



**Hardeep** - Indian by birth and a Russian by heart! This guy has immense knowledge about Russian weapons and holds secret "spy" information! He has a fascination with driving and is well known for his little green bottle in the library.



**Hari** : back to back winner of Mr Dashing, this "hatta katta" guy is one of the best basketball players and an absolute party freak! His crazy dance moves draw more than an eye or two, and his liver capacity is really admirable!



**Harpreet** - The 'Gold Medalist of GMCH', this well groomed girl fits the title of "beauty with brains". She has vibrant nature and enjoys partying as much as any others! This makes her stand out in the crowd of toppers!



**Himmat** - Mr. All Rounder of Batch 2010, this talented guy has won the most titles in this college. From basketball trophies, singing, Mr Euphoria 2011, to back to back Best Athlete, this guy is the only "sufi" member of his group. Well known for his song : Adhi kick te start mera yama!





**Ishani** - She can make you smile at your worst. Well known for her dancing skills, scholastic performance and national level quizzes along with mind boggling research projects. Wishing her all the best in life!



**Karishma** – She exudes brilliance and confidence like none. You will always find her with a smile. A fashionista in true sense. Known for her trademark witty statements. A praise worthy senior.



**Maninder** - The Defender of GMCH Football team, this joyful personality is well known for his "golis" amongst his friends. He is super active and ever ready for a trip. A member of the legendary "cholle bhature" cacophonics group!



**Manju** : Energetic athletic 'Centre alli chori'. Plays any sport you name be it football, volleyball or badminton. Hates lies and cant stand a word against SRK. A friend you can rely on. Kudos to her spirit.



**Manmohan** - this helpful and ever smiling guy is well known for his wicket keeping and batting skills in the college cricket team. He is always there for his friends and on special request by them, the kheer is still pending! Shabha Mannu bouy!



**Md Imran** – A generous and warm person, his well-mannered personality manages to impress many. An easy going guy you feel comfortable around. With his Chocolate boy looks and kind smile, he is a forerunner in all fields!



**Megha**- simple and sweet . this rajasthani is definitely the most humble person in 2010. You will always see her with a smile. Friendly gentle and studious. This girl will do great in life



**Nidhi** – Down to earth, decent, friendly and helpful. Enjoys cooking and protects her comrades like scabbard. A pure soul who sees good in others. Her gusto and stamina are amazing. Future gynaecologist of our batch.



**Gurbaj** : The Rockstar Of GMCH, would be an apt title to give the first CR of his batch. He is a doctor by profession but mechanic by heart. Infamous for spoiling all plans at the last minute!



**Purva**- Cutie little pie of 2k10. She has a lively attitude and aura. Always at the pinnacle of her jolly nature. A true testament to the fact that final year can be passed with a smile. A good on stage event host!



**Raman** : Friendly and a consistent rank holder. Her helpfulness is her best quality. Regular participant of all plexus and euphorias. She best expresses the phrase: action speaks louder than words!



**Ranjan** : a man of many talents! Amongst his football, table tennis and badminton skills, this guy has the brains! The most cool minded and neutral person in our batch. Must ask him, "khatti hai kya?"



**Sagar** – Mr All-rounder of 2010. Captian of euphoria Champion Cricket team. Only spinner with a hatrick in euphoria. Genuine, witty and modest, you name the quality he has it. All the best to this pokemon lover!



**Sahil** : definitely the most entertaining and "kalloli" person of our batch! His obsession with body building cannot be justified with words! The CC of plexus and euphoria, but has one doubt: munde kamzor kyun hai?!



**Sandeep** - Her calmness and helpfulness is very popular among her friends. Think twice before playing pranks with her, her replies will definitely leave you speechless.



**Seema** - This pretty Haryanvi Jatt is surely the best female athlete of our batch! Her fun loving, ever smiling and caring nature makes her favourite among all. A Must watch NH10 before asking her out!



**Shraddha** - The "Dude" of 2010, this girl is the epitome of "bindaas"! Known for her laughing antics, bhangra moves, sport enthusiasm and the ability to lighten up any situation. only a few lucky ones know her emotional side and lovable nature.



**Sumiti** - this Punjabi Kudi is tagged as "Miss Speedy" in the batch! Vibrant, very cheerful, always helpful and the most talkative person you'll come across.



**Tanvi** - Beauty with brains, also known as the wise one. the most reliable person of 2010. A foodie, and a true blue dog lover, this CC Plexus has always demonstrated great leadership qualities.



**Tejveer** – Dude of the batch and a ladies' man, is the life of all dance parties. He has been the winning captain of the White Stallions and has a wacky sense of humour. He also has a special inclination towards wildlife.



**Urvi**- A perfect mix of cuteness and talent. She has been a part of almost all college events. Famous amongst senior and juniors for her helping nature and will be severely missed when she leaves GMCH.



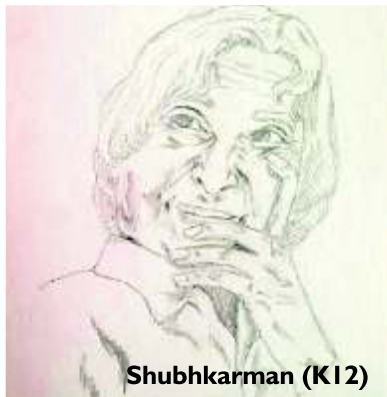
**Usha**- With her Evergreen Smile, this focused and hard working girl loves to live her life to the fullest. Ek baari commitment karli toh fir yeh khud ki bhi nahi sunti!



# EARNEST GRATITUDE...











Tanvi (K10)



Jasmine (K14)



Arpit (K14)



Tanvi (K10)



Aman (K12)



Tanvi (K10)



Tanvi (K10)



Arpit (K14)



Aanchal (K14)



Harsh (K13)

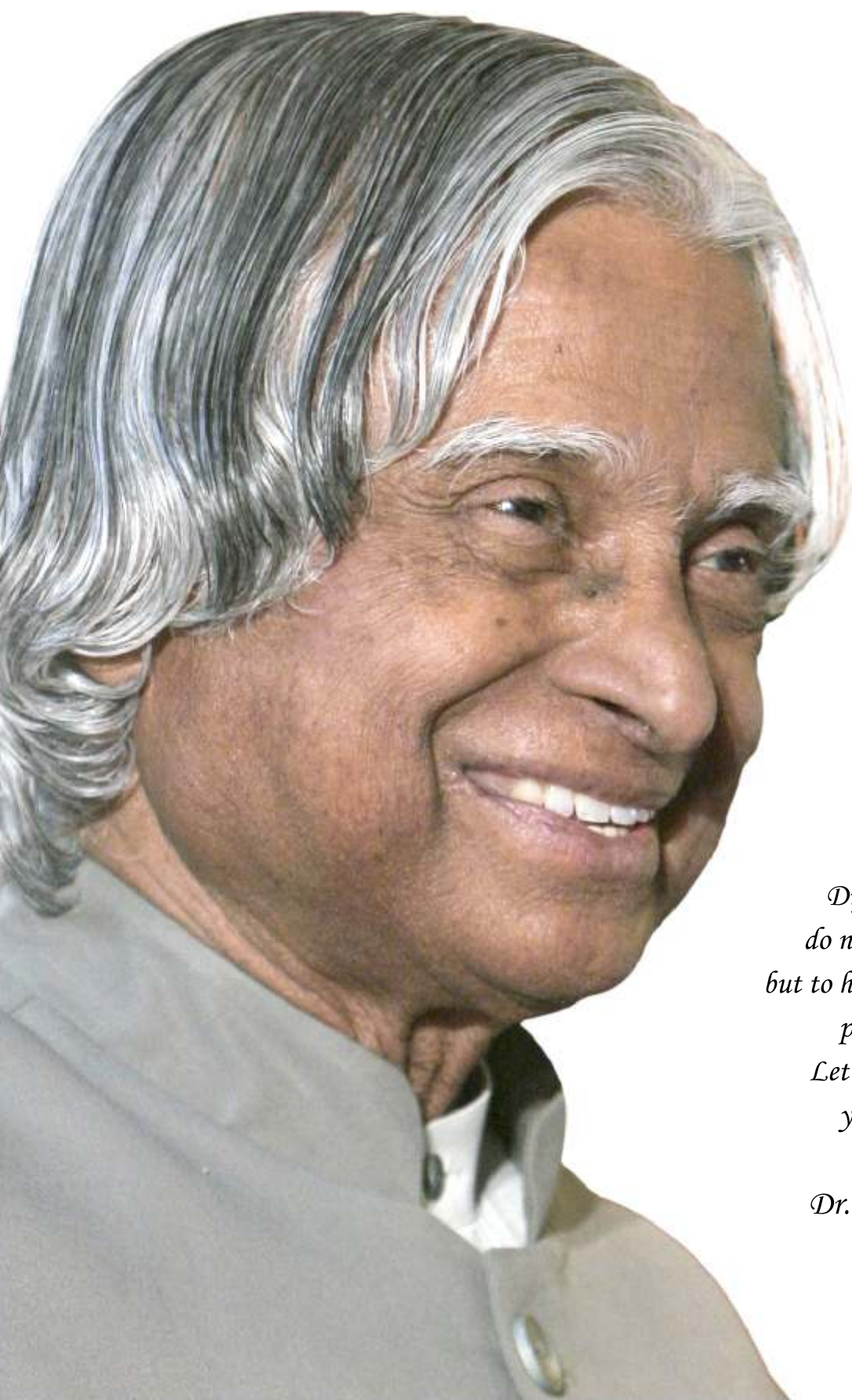


Shriya (K12)



Aman (K12)





*Difficulties in your life  
do not come to destroy you,  
but to help you realise your hidden  
potential and power.  
Let difficulties know that  
you too are difficult!*

*Dr. A.P.J. Abdul Kalam  
1931-2015*