



PHOTOGRAPHY BY-RUDRA RAJESH NAIR

SPARSH

RECREATING REUNITING REJUVINATING

20
19

AUTHORITIES'
NOTES'



MESSAGE

**HON'BLE SHREE DATTAJI
MEGHE**



**CHANCELLOR
DMIMS DU**

It gives me immense pleasure to know that the students' magazine SPARSH 2019 is being brought out. The students' magazine is the perfect avenue to surface the concealed literary talent and creativity of the students. It is a document of collective wisdom of students. I'm sure that SPARSH would be an apt milestone on the path towards our mission of knowledge, service and health.

I extend my words of appreciation towards the editorial board and the students who have worked hard for this creative venture. This is the time when we have to stretch our ability and step out. If we go through the same motions we will end up with the same results. We have to put more time, energy, thought and creativity to reach higher. My best wishes are with each one of you to keep learning and growing.

MESSAGE



**SHREE SAMEERJI
MEGHE**

**SECRETARY
BOARD OF MANAGEMENT
DMIMS DU**

I'm very happy to know that the students of JNMC are bringing out their magazine SPARSH 2019.

The students magazine provides an important stage and wonderful platform for the creativity and hidden talents of the students.

I believe that the magazine will reveal the projects, activities, achievements of the students along with their literacy zeal.

I wish the editorial staff and students all the luck and extend my sincere appreciation for their creative venture.

I wish the editorial staff and students all the luck and extend my sincere appreciation for their creative venture.

MESSAGE

**SHREE SAGARJI
MEGHE**



**TREASURER
BOARD OF MANAGEMENT
DMIMD DU**

It gives me immense pleasure to note that the students' magazine SPARSH 2019 is being released.

The students' magazine is the mirror of innate creativity of the students in the field of literature and fine arts which are as much essential to the students as their regular curriculum.

The articles in the magazine reveal wisdom, enthusiasm and knowledge of the students to the fullest.

I extend my heartiest congratulations to the students' staff and editorial board of SPARSH 2019.

MESSAGE

**DR VEDPRAKASH
MISHRA**



**PRO CHANCELLOR
CHIEF ADVISON
DMIMSDU**

It gives me immense pleasure to note that the students' magazine SPARSH 2019 is being released. The title itself is apt as it depicts an intimate 'touch' on shores of human consciousness.

Biologically speaking 'touch' per se is an important manifestation of sensory perception, but the philosophical contours that are associated with it are wide and vivid. If the man was not touched by the pain of the feelings of fellow beings then the entire edifice of the human civilization would have collapsed like a pack of cards.

I sincerely feel that the emotional bondage in the domain of 'SPARSH' all one can transcend the demarcation of caste, colour, creed, sex, race, faith, beliefs, profession and vocation and integrate human society into unified one. Let us work out to attain this highest endeavour in the name of pervasive humanity. I extend my heartiest congratulations to the editorial board and record my appreciation for the students who have put in immense efforts. I extend my heartiest congratulations to the students' staff and editorial board of SPARSH 2019.

MESSAGE

DR RAJIV BORLE



**VICE CHANCELLOR
DMIMS DU**

Our college is collectively embarking on a great voyage to the frontiers of medical college which is where our students will begin their individual exploration in the yet uncharted territory of sufferings and disease. I wish my students all the very best to achieve their goals. But in the midst of all this, the students must not forget that the character cannot be developed in ease and quiet. Only through experience of trial and toil can the soul be strengthened, vision cleared, ambitions inspired and success achieved.

I'm very happy to congratulate the staff and students of our college who have helped the editorial board to unleash the magazine of our college 'SPARSH 2019'.

MESSAGE



DR A. J AJANKAR

**REGISTRAR
DMIMS DU**

I'm extremely pleased to give this message to SPARSH 2019. College magazine is the true reflection of creative minds paired with education in curricular and co-curricular activities by the institution. It is also an avenue for the expression of their feelings, thinking and creativity which is also equally vital as these are the thoughts based on high literary value acting as an oasis in an otherwise day to day routine.

It is also reflection of academic and other achievements of the institution in its total for the preceding year.

The magazine is also a place where under the able guidance from their teachers, an outlet is given for their creativity and thoughts.

MESSAGE



DR S.S PATEL

**CHIEF CO-ORDINATOR
DMIMS DU**

I'm extremely pleased to learn that this year's students' magazine of JNMC is about to unfold.

The magazine I believe is a true creation and representation of and by the students. It is a rare opportunity to not only exhibit but also share their experience and enhance their talent amongst their contemporaries and faculty members.

I'm sure that students' magazine will not only boost the morale amongst the younger generation of students towards creativity but will also reflect the high

culture and aesthetic values which are universal and genuinely radiate about.

My sincere wishes and blessings to the staff and editorial board.

MESSAGE



DR ABHAY MUHEY

**DEAN
JNMC
DMIMS DU**

It is a feeling of immense joy to witness the literary culture of our institution unfold through the latest edition of our magazine 'SPARSH 2019"

The previous edition of SPARSH brought laurels to our college. I'm sure that the untiring efforts put in by my editorial colleagues, magazine staff, authors and students will be rewarded again through better achievement.

I take this opportunity to congratulate the SPARSH team for their successful endeavour

.
Best wishes!

MESSAGE



DR MOHITE

**VICE DEAN
JNMC
DMIMS DU**

JNMC today renders a new spirit of learning in the field of medical enterprise. It is our earnest endeavour to make students a right combination of skill, knowledge, attitude and aptitude.

SPARSH is the portrayal of right blend of intellectual application of art, poetic ideas, literary skills, technical knowledge along with the academic brilliance. I congratulate the wonderful editorial board for bringing out the new edition of our magazine.

I applaud their hard work and team efficiency and wish all students all the luck in their future endeavours.

MESSAGE



DR. JAYANT VAGHA

**EDITOR IN-CHIEF
SPARSH 2019**

I'm extremely pleased to present you 'SPARSH 2019'. With a fresher and newer look, I sincerely hope you all will like it.

When the idea was put up by my team to hold the magazine in the form of a blog, it instantaneously hit everyone, from the Dean to the Director, given today's rampant use of the internet.

I would like to extend my personal thanks to everyone who have been integral in the making of the magazine. I personally believe that every page of the magazine reflects the spirit and dreams of every JNMCian. I hope our dear readers keep the magazine dynamic by giving their valuable comments and inputs on the blog, thus keeping the spirit of SPARSH alive always.

Letter from the Editorial Team

The copy that you're holding in your hands is the brainchild of diverse, multitalented creative young minds who belong to the JNMC family, which beholds within it the secrets to success, recipes for disaster, memes to make you choke, a plethora of clinical adventures and a short trip to the world of art.

Consider yourself lucky that you've found the key to unlock the many mysteries of medical life in JNMC.

We hope that by reading this magazine, you will experience the whirlwind of emotions that we felt while making it.

We'd like to thank our university and our professors for their guidance, encouragement and for providing the necessary resources, all of which were required to give birth to what was just a mere idea, consider this the longest labor ever!

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ABOUT THE COLLEGE

The JNMC celebrated its Silver Jubilee in 2015 , completing 25 years of its excellence in medical education. Committed to be the best, it caters to every aspect of medical education. It has world class infrastructure with sprawling campus spread over 122 acres having E- classrooms, a Globally relevant updated Curriculum and ICT intense learning opportunities. It runs full spectrum of health education courses from Certificate to Doctoral (Ph.D). It has an under-graduate intake capacity of MBBS for 200 ; Post-graduation (MD/MS/ diploma) of 120 and super-specialisation (DM/MCh) in Cardiac Anaesthesia and CVTS. These are recognised by the Medical Council of India. It is the Nodal Centre for Faculty development of Medical council of India. It has Acharya Vinobha Bhave Rural Hospital, which is the largest teaching hospital with 1300 beds in central India . It offers services in all Broad Specialities. Super speciality services in CVTS, Neurosurgery , Urology, Plastic surgery & Paediatric surgery ; Cardiac anaesthesia, Cardiology ,

Interventional Radiology , Neurology , Haematology , Oncology & Nephrology and Sub speciality services ranging from Endoscopy, Minimal access surgery, Dialysis , Infertility centre, Joint replacements , Arthroscopy , Limb deformity correction to Wound care clinic (Regenerative medicine division) etc . Flocked with patients ,the hospital is a very popular destination across the region, famously catering with low cost and quality health care services

The JNMC is lead from front by its a highly qualified and trained faculty , having decades of teaching experiences, scores of publications and many Books, Copyrights & Patents.



THE CLASS OF 2015



THE CLASS OF 2016



THE CLASS OF 2017

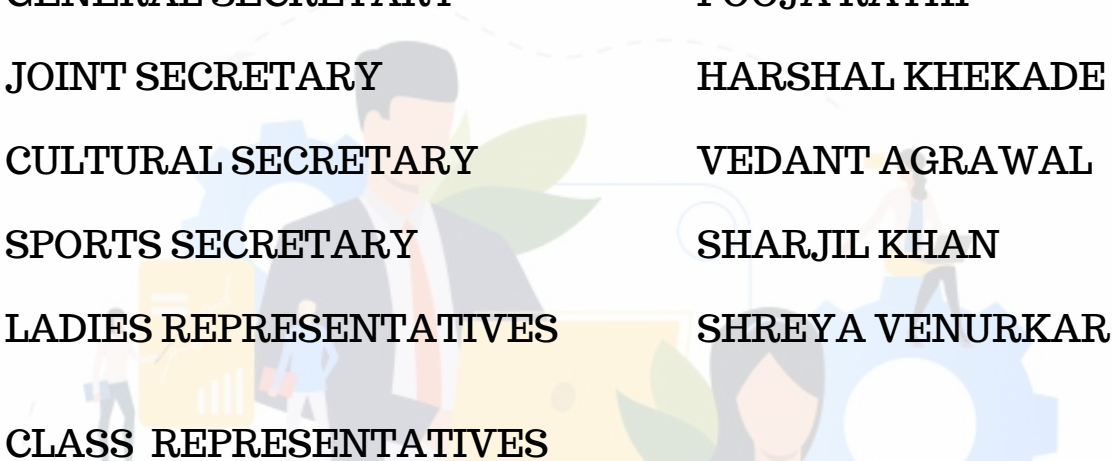


THE CLASS OF 2018



"PASSING THE BATON"

STUDENT COUNCIL 2018-19



PRESIDENT	KAVERI ROOSIA
VICE PRESIDENT	DIVIT GOEL
VICE PRESIDENT	AISHWARYA DIWAN
GENERAL SECRETARY	POOJA RATHI
JOINT SECRETARY	HARSHAL KHEKADE
CULTURAL SECRETARY	VEDANT AGRAWAL
SPORTS SECRETARY	SHARJIL KHAN
LADIES REPRESENTATIVES	SHREYA VENURKAR
CLASS REPRESENTATIVES	

2015 BATCH

**SONAL GOPLANI
MUSTAFA AMDANI**

2016 BATCH

**ABHINAV GOYAL
ANUBHA DANDE**

2017 BATCH

**ADITYA NANOTE
AMEY BAKSHI**

2018 BATCH

**ARYA BOMANWAR
NACHIKET RAHATE
SHREYA VENURKAR**

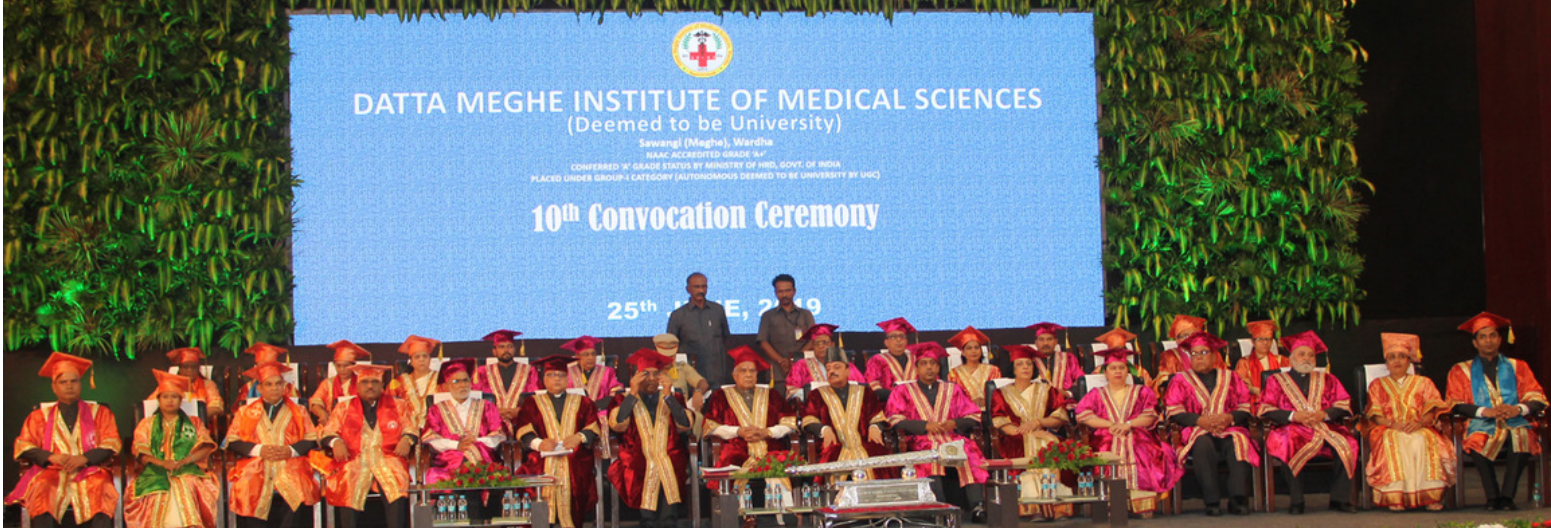
10th

CONVOCAATION CEREMONY



दत्ता त्रेषे आसुर्विज्ञान संस्था
(अधिकृत विद्यापीठ)
साल्हे (०६), रत्न
राष्ट्रीय सेवा योजना अंतर्गत
स्वच्छ भारत अभियान
गांधी जयंती निमित्त
कृपया स्वच्छता राखावी

DMMMS



10TH CONVOCAATION CEREMONY

HIGHLIGHTS

The 10th Convocation Ceremony of Datta Meghe Institute of Medical Sciences (Deemed to be University), was held on 25th June, 2019 from 11.00 am at Datta Meghe Auditorium in the premises of the University at Sawangi (Meghe), Wardha.

During his address, he specifically mentioned the grant of 'A+' grade to the University by the NAAC in its 3rd cycle of accreditation which is a unique distinction of the University. He also mentioned the grant of autonomous status to the University by placing it under elite Group-1 Category of autonomous deemed to be Universities, by the UGC.



Hon'ble Chancellor Shri Dattaji Meghe, Hon'ble Chief Guest His Excellency Governor of Tamil Nadu Shri Banwarilal Purohit, Dr. Ved Prakash Mishra, Hon'ble Chancellor of Krishna Institute of Medical Sciences (DU) & Pro Chancellor of DMIMS (DU), Dr. Rajiv M. Borle, Hon'ble Vice-Chancellor, Hon'ble Shri Sagarji Meghe, Member BOM, Dr. Neelamji Mishra, Hon'ble Pro Vice Chancellor, Hon'ble Members of Board of Management, Registrar Dr. A. J. Anjankar, Dr. Minal Chaudhary, Director Examinations, Evaluation & Assessment, Deans of Constituent Colleges, Deans of Faculties and Officers of the University, were present on the dais. Hon'ble Vice-Chancellor Dr. Rajiv M. Borle delivered the welcome speech followed by presentation of the Report of the University highlighting the achievements and the prospective developmental profile of the University and its teaching hospitals.

Hon'ble Vice-Chancellor also stated that the institution has grown steadily but surely to its present stature and has 6 Faculties under its ambit, the Faculties of Medicine, Dentistry, Ayurvedic Sciences, Nursing Sciences, Interdisciplinary Health Sciences and the Paramedical Sciences and shall have four more Faculties from the Academic Year 2019-20. The University runs more than 200 educational programs which range from UG PG, Super-specialty to Doctoral programs and one of the unique features of the university is its M.Phil Program and doctoral program in Health professional's education.



The University has started 36 skill development programs under School of Allied Health Sciences, to name a few, CT technician, Medical record technician, OT technician, MRI technician, Perfusionist and also started degree programs in allied health sciences like B.Sc MIT, B. Optometry, B.Sc. dialysis technology, B.Sc. respiratory therapy, etc... We construe it as our modest contribution to the 'Skill India program' envisaged by the Hon'ble Prime Minister.

Dr. Ved Prakash Mishra, Hon'ble Pro-Chancellor was conferred with the Honor of 'Professor of Eminence' in recognition of his academic excellence, rich experience and expertise in the field of Health Professional Education. The Hon'ble Pro-Chancellor expressed his gratitude to Hon'ble Chancellor Shri Dattaji Meghe and the Chief Guest His Excellency Governor of Tamil Nadu Shri Banwarilal Purohit for conferring the Honor of 'Professor of Eminence'. He dedicated the Honor to his beloved Mother who was always an inspiration to him and to his illustrious wife Dr. (Mrs.)Neelam V.Mishra for always extending her unflinching support to him in all the endeavors undertaken by him. The distinguished Chief Guest Hon'ble Shri Banwarilal Purohit, delivered the Convocation address. During his address he congratulated all the graudands and advised them to follow the commitment to the Society with respect, dignity and human face. He reminded them that the service of the poor, weak and needy is the greatest service to humanity.

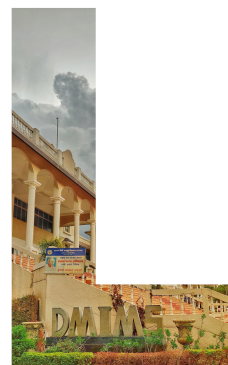
A total of 716 students were conferred with UG, PG, Super Specialty, M.Phil Degrees which included 04 Doctoral degrees. Apart from conferment of degrees. 86 gold medals, 7 silver medals and 13 cash prizes were awarded to 106 meritorious students for their academic excellence. Under the Faculty of Medicine, Dr. Akshada Sharma, topped the medals tally with 8 gold medals and 3 prizes, Dr. Daphale Amit Ajay was awarded 7 gold medals, Dr Shamolina Bhuyan bagged 5 gold medals and one prize, Dr. Sharnya Ray bagged 3 gold medals and a prize, Dr.Sushma S. received 2 gold & 2 silver medals, Dr.Vivek Sharan Sinha received 4 gold medals, Dr. Mundhada Priyal Vishnukant received 2 gold medals and 1 prize and Dr.Sheikh Rozina Mohammad Raza from Ayurved Faculty received 3 gold medals, one silver medal and 3 prizes. The convocation ceremony was concluded with the recital of Pasayadan by Dr.Sanjana Basu followed by singing of National Anthem.

**-Registrar
DMIMS(Deemed to be
University)**





STUDENT LITERARY SOCIETY



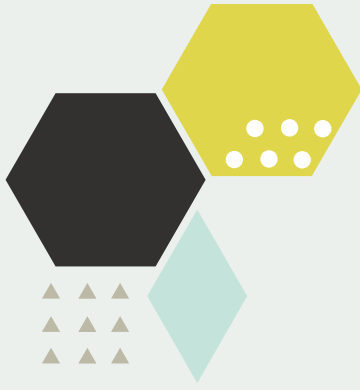
JAWAHARLAL NEHRU MEDICAL COLLEGE

Student Literary Society

Students' Literary Society began as a suggestion by the students in the annual meeting with the management. The suggestion was driven owing to deprivation of a platform which could provide an opportunity for students to culminate their covert ideas into reality. It would, at the same time, introduce innumerable talents of brilliance, acting, singing, creativity and oration to the lime-light of the campus. The talent of not just capturing the attention of the audience on stage but also the talent of working hard, the talent of responsibility, the talent of togetherness across the campus.

The Society began as a suggestion by the students in the annual meeting with the management. what began with a simple idea to host a quiz club eventually turned into a magnanimous structure inculcating all possible domains of extra-curricular events. At the heart of the society, lies the core committee .





Our core team consists of :



**MS. PRIYAL
SHRIVASTAVA
(2016 BATCH
JNMC)**



**MR. SATYAM
SINGH (2016
BATCH JNMC)**



**MS. SUSHMA S.
(2016 BATCH
JNMC)**



**MS. PARIDHI
DOLAS (2016
BATCH JNMC)**



**MR. RAZA
SHAHEED (2016
BATCH JNMC)**



**MR. SIRJAN
SINGH (2016
BATCH JNMC)**



**MS. ANNA MARY
JOSE (2016
BATCH JNMC)**



**MS. RACHANA
MENON (2016
BATCH JNMC)**



**MR. GAURAV
SAHU (2016
BATCH JNMC)**



**MR. UPLABDH
GOPAL (2017
BATCH JNMC)**



**MS. VISMAYA
D'SILVA (2017
BATCH JNMC)**



**MR. FADI
MOHAMED
(2017 BATCH
JNMC)**



**MS. JULIANNA
JINSON (2017
BATCH JNMC)**



**MS. ANIES
SIYA K.S. (2017
BATCH JNMC)**



**MR. SHANTANU
SAWALE (2017
BATCH JNMC)**



**MS. NISHI
CHELWANI
(2017 BATCH
JNMC)**



It includes 5 different clubs namely:

The Literature Club

The Arts Craft Club

The Theatre Club

The Music club

The Quiz Club

Online portal

for Clinical snippets. The portal provides a platform for short clinical videos in order to enhance understanding & interest of the students.

HEADS

LITERATURE CLUB

Ayushi Shashtri & Vishwin Doda

THE THEATRE CLUB

Anna Mary Jose & Yashika Sharma

THE MUSIC CLUB

Shivangi Ghildiyal , Ketki , Spandan and Abhishek Dhawan

THE ART CRAFTS CLUB

Anubha Dande , Nandini Bansal & Shiviika Malik ,

THE QUIZ CLUB

Gaurav Sahu & Sushma S

THE ONLINE PORTAL

Sirjan Singh.

Our Events

MIRROR 1.0

The very first event, organized by SLS was hosted by The Literature Club .



The event was "Mirror" –a convention of inspirational talk in June 2019. It was an auspicious afternoon of learning and reflection where the star speakers shared their life experiences, adventures and stories and helped in providing an insight into what life had taught them.

The speakers were:

Dr. Sandeep Shrivastava

Dr. Suhas Jajoo

Dr. Chandak

Dr. Arpita Jaiswal

Aditya Khandekar (Batch 2014 JNMC)

Sanaea Daruwalla (Batch 2015 JNMC)

Sirjan Singh (Batch 2016 JNMC)

Anna Mary Jose (Batch 2016 JNMC)

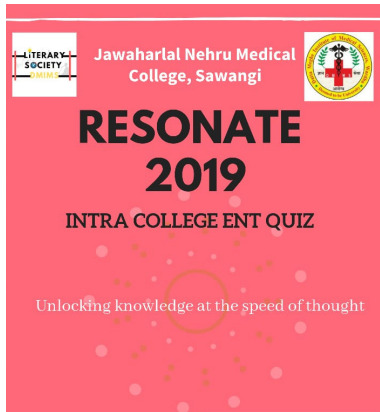
INCIZE – the UG Surgery Quiz



In the same month, we organized the very first intra-college quiz "INCIZE – the UG Surgery Quiz "for batch 2015. The Quiz was conducted by the Department of Surgery, JNMC in association with the Quiz Club, Students' Literary society, DMIMS(DU) on 27.06.2019 at the auditorium. The quiz master was
Dr. R.K.Shinde, Professor, Department of Surgery.
A total of 6 teams with 3 students in each team had participated.

The winners were:
Pooja Radheshyam Rathi (Batch 2015 JNMC)
Siddhaarth Kumar (Batch 2015 JNMC)
Vishvata Chouhan (Batch 2015 JNMC)

RESONATE 2019 – Intra-college ENT Quiz



*In the second week of July 2019, “RESONATE 2019 – Intra-college ENT Quiz “ was conducted by the Department of ENT, JNMC in association with the Quiz Club, Students’ Literary Society, DMIMS(DU) on 17.07.2019 at the auditorium. The quiz master for the day was **Dr. Sagar Gaurkar, Asst. Professor, Department of ENT.** A total of 6 teams had participated.*

*The winners were :
Priyal Shrivastava (Batch 2016 JNMC)
Rudra Nair(Batch 2016 JNMC)
Sushma S. (Batch 2016 JNMC)*

MIRAGE 2019 – Intra-college Ophthalmology Quiz



*On 29th July 2019 "MIRAGE 2019 – Intra-college Ophthalmology Quiz" was conducted by the Department of Ophthalmology, JNMC in association with The Quiz Club, Students' Literary Society. This quiz was also held in association with **Asian Medical Students' Association (AMSA) – India**. Which for the lucky winners, has sponsored the winning prizes of Wolters Kluwer Lippincott Medical Review Books along with lifetime membership worth rs.1000 to AMSA-International.*

*The quiz master for the day was **Dr.Sumant Shekhar & Dr.Sana Beg, Dept. of Ophthalmology***

*The winners for the quiz were :
Anubha Dande (Batch 2016 JNMC)
Pranjal Toshnival (Batch 2016 JNMC)
Deepanjali Gupta (Batch 2016 JNMC)*

*To add to our list of activities, we have an array of delightful events coming up
Like -*

1. CHROMA: THE ART COMPETITION with collage making, poster making & Themed competition

2. MIRROR 2.0 with diverse speakers & bigger audience!

3. DEADFALL - the theatrical play

4. DHWANI - the musical event

We aim to bring to our institution a milieu of better student dynamics, illustrious representations across all possible student platforms and perhaps, a legacy for batches to come.

For latest updates - Follow us on



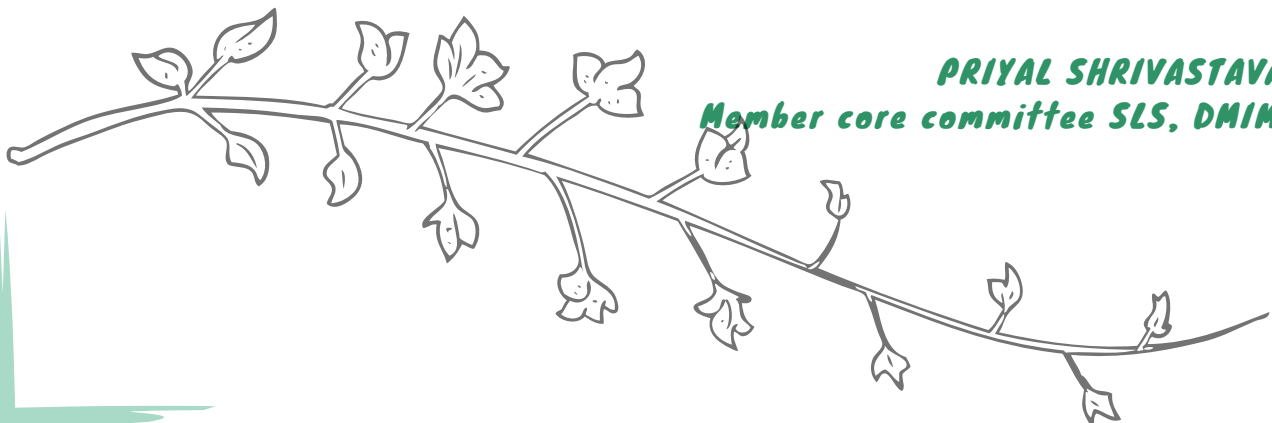
INSTAGRAM @E.LITGRAM



**ON FACEBOOK @STUDENTS' LITERARY SOCIETY ,
DMIMS**

LINK TO CLINICAL SNIPPETS

[HTTPS://WWW.YOUTUBE.COM/CHANNEL/UCPL3AIP17PNHQ1ULCDBK5MA](https://www.youtube.com/channel/UCPL3AIP17PNHQ1ULCDBK5MA)



**PRIYAL SHRIVASTAVA ,
Member core committee SLS, DMIMS.**

PEDIATRICS QUIZ



RadioTalk 90.4



**Radio Talk on 90.4 FM, Wardha
Radio MGIRI.
Dr Vagha, Dr Borkar and the UG
Students of Final MBBS.
Presented in view of WBW 2019.**



Alumni



Picture Credit - Shreesh Trivedi

Can you please introduce yourself?

Dr. Alma Joseph 2010 batch - convocation 2016

What are you doing at present ?

I am currently caring for my 7 month old baby and preparing for NEET-PG.

What was your preconception about college life before joining DMIMS?

I thought people in MBBS were all single objective focused people who didn't have any fun and focused their entire life efforts into helping people and gave their all to society. I didn't know about DMIMS - my father ran into a representative at a college fair in Kuwait.

Can you share the experience of our first day at college?

First day I had my hair tied in a bun and wore the most aunty clothes because I thought I would fit in like that. I looked silly. First class was Anatomy, and until the end of the class I didn't understand a word due to the difference in the accent.. I thought the professor was talking about "sale" But he actually meant "cell" ☹️

Dissection: - waiting for each other to pass out and making our minds not to pass out and preparing to face the most gross and most disgusting. But we were surprised to see bodies which didn't even look human and it was just the strong smell which felt unbearable.

We were feeling sad for that someone's 'relative'.

What was your favourite subject and why?

Favourite subjects- Anatomy, Pathology, PSM and Orthopaedics.

Who was your favourite teacher and why?

My favourite teacher is Dr. Gajbe.

One day, Dr. Gajbe walks into the class with her beautiful saree and short hair and she said, "You have 30 days for the final exams and 10 days per subject. If you haven't started, then forget about it because finishing it is not possible in 10 days." We were clueless and that made us more serious.

I liked reading PSM and the field visits all the three years.

In final year, my favourite subject was Orthopaedics.

Orthopaedics got me looking into the field of research. It inspired me to join CMC Ludhiana as Coinvestigator in research .

Dr. Anita Kale in Biochemistry.

Dr. Sourya in Medicine.

They motivated me and I liked them as professors

Your favourite spot in the college campus and why?

In front of the library, we used to go early in the morning.

Even before the guard came, and we considered it an accomplishment to reach there before anyone. But the view with nobody around, and to feel that crisp fresh air early in the morning, that's my favourite spot.

Your first encounter with your seniors?

They were really kind to us and thankfully we were not ragged, although they wanted us to address them as ma'am and sir, and wanted us to maintain a low profile. It was more of a dearly friendship than a senior-junior relationship.

They were really down to earth people who were always ready to help anyone.

When you hear the word "college", what's that first thing that comes to your mind and why?

I still wonder how I finished it.

A lot of moments, I felt it was hard, and that I couldn't do it

The pressure was intense.

I felt like it was more on me individually than others, but it was all the same.

Coming from a non-medical background, I had to teach myself the studying pattern, answering questions, it was really hard.

I am so thankful that I could complete my college. When I hear the word "college", the first thing that comes to my mind is HOW DID I DO I ??

I am grateful to God that I could graduate and I got the strength to focus and study at the right time.

Can you share an unforgettable classroom experience?

PCT 2 second year - Patho practical

I wasn't prepared for it, I didn't even know the chapters.

And unfortunately, I was called first for viva, and I was asked the questions in hindi, marathi and finally, even English. But all I could hear were my friends giggling in the back, and I told I didn't know, because that's how unprepared I was. It was funny, unforgettable and clearly embarrassing.

What do you have to say about GFC n our college?

(1) Pre-GFC preparation experience

(2) Pooja experience

(3) Your favourite day and one unforgettable incident

I'm so glad we had GFC, it is such a stress buster. It is a time for celebration and such a good ice breaker and time for interaction between juniors and seniors, and batch mates. Relations are made, but some break too.

There is so much drama, all cramped up in one month of preparation and classes, and helps us with multi-tasking, pushes us to be our best and gets the better out of us, and we work hard to showcase the best for our friends. We want our dance to be the best, and we want to win.

My favourite day was the time we hosted it, the fashion show, the Marathi folk night, and Bhangra night. It was very successful, and a one-of-a-kind experience.

The unforgettable memory is when we danced, we don't get to see the audience. All we see are flashes of light and the flow of the intense energy. It feels amazing to execute the performance that you put so much hardwork into.

Tell us about your friends and your bonds.

I categorise them into batch mates, senior friends and juniors.

I got along well with my seniors. I had good memories, good advice. I also ended up marrying my senior, Dr. Philipose Abraham from 2008 Batch.

I am still in touch with my batch mates.

I actually spoke to a lot of people and I do maintain a cordial relationship with a couple of them.

It is a bond I will cherish for lifetime. I learnt some lessons from my life and I did advice my juniors.

And the ones I am not in contact with, it's a very small world and I'm pretty sure I'll run into them sometime soon.

Can you share 5 basic yet beautiful life lessons you learnt from your college life?

I am a person who had to face some bad times and difficulties in Sawangi, it was extremely stressful. What I learnt from hardships is that we need to move forward, and not to dwell on it and be sad depressed and complain about life or cry, but to move forward.

There is nothing you cannot achieve. If you have given your 100%, there is no way it won't happen. Every single person is capable to achieve what they want.

But if at times, it doesn't happen, keep trying. You don't lose by trying.

Failing in exam doesn't make you a loser. You learn a lot more through failing.

You have learnt to lose, to fail, to face it, learn a bunch of new topics, relearn some topics, it gets consolidated.

Failing in an exam is not an insult and it doesn't mean you are failing in life. It's just a learning curve.

Don't make decisions when you are emotional, angry or hurt. Give it some time. Time heals wounds.

During college, we are at the age when we are at the peak of our hormones and we take decisions at the spur of the moment and that's a horrible thing.

Calm down, give things its time, think rationally, see all sides of the story and then decide.

People come and go in your life. Don't be upset that they are gone. but don't forget to celebrate the happy, good moments you had with them.

Don't hold grudges, it's not going to benefit you or them in any way. It's just going to spoil your mood for the day. Just cherish those good memories.

Best stress-free with whatever life throws at you. It makes life interesting. If life was mundane and boring, it wouldn't be worth living. So problems keep coming and going. That's what is going to make you better.

If you feel like you're depressed, don't hesitate to seek help from peers, seniors, teachers or doctors. It is very common among us students. Help your friends out and be there for each other. Celebrate life.

Did your batch have any mass bunk experience and how was it after that.? (the yearly epic punishments)

We had plans to do it in first year (two times). But it didn't work out because of some "over interested" students.



Can you please introduce yourself?

Christina Mathew Batch 2013 Convocation - 2019

What are you doing at present?

Preparing for USMLE Step 1 in October

What was your preconception about college life before joining DMIMS?

JNMC was not the picture of college that I had in my mind.

I had more of an "English" college in mind, but this turned out to be a beautiful rural college, like a Bollywood movie.

I came to know about this college from a few senior friends and a best friend of mine had joined a day before me.

Can you share the experience of our first day at college?

Technically I didn't have a first day as such because I joined 10 days late.

I had to directly go to the dissection hall and without any previous "sensitization", the first thing I did after joining this college was cut the skin of the cadaver.

Me, being completely new to it, not knowing what I was supposed to do, did something much like butchery as a coping up mechanism, imagining it to be some food, but then I started learning and loving it.

What was your favourite subject and why?

My favourite subject was Anatomy.

I loved drawings and I ended up scoring in anatomy because of the diagrams though I used to do horrible on the paper. I found my new love in medicine and gynaecology by the final year and I love it till date.

Who was your favourite teacher?

Not to sound diplomatic, but all our teachers were amazing.

But I had this special bond with Dr. Wanjari from medicine because he was my ICMR guide for a year, And of course, Dr. Sourya was my all time favourite teacher.

When you hear the word "college", what's that first thing that comes to your mind. and why?

Your first encounter with a senior?

I didn't have any type of ragging from my seniors. they were really sweet. Infact, they even taught me how to play guitar and that was some of my treasured moments till date,

Your favourite spot in the college campus and why?

The pool side near the gym area. It was more like a mood booster. Taking a stroll around that area would make it all fine, it was a magical place.

Can you share an unforgettable classroom experience?

When I got kicked out of the class for finishing my journal in a micro lecture. and then so many, for running late to the lectures.

Can you share an unforgettable experience with a patient, while take history or during clinical postings?

It was during surgery posting in second year. I was taking a case of hydrocoele. Because of my broken Hindi, I was conversing more with my hand gestures. The patient ran off during the history taking and I had to run behind him and chase him to the bed so that the batch and I got my attendance.

What do you have to say about GFC n our college?

(1) Pre-GFC preparation experience

(2) Pooja experience

(3) Your favourite day and one unforgettable incident

Anyone who is a part of JNMC knows what the one year wait for the huge festival that is GFC means.

Dancing and playing around and staying out late nights.

Not being involved in the puja area because we didn't know much about it,

Other than that, participating in as many as events as I could (11 -12 events)

I was the incharge of Arabiannights, in 3rd year. It was a beautiful experience. It taught us how to coordinate or organise better or think better.

They are all sweet memories.

Tell us about your friends and your bonds.

I had my friend from my school join this college with me, that actually let me get rid of initial awkward introductory phase.

I'm still in contact with most of my friends.

Most of them are busy and trying to fix and fit into their lives.

Can you share 5 basic yet beautiful life lessons you learnt from your college life?

Be bold

Stand up for yourself

Cherish every moment of your life.

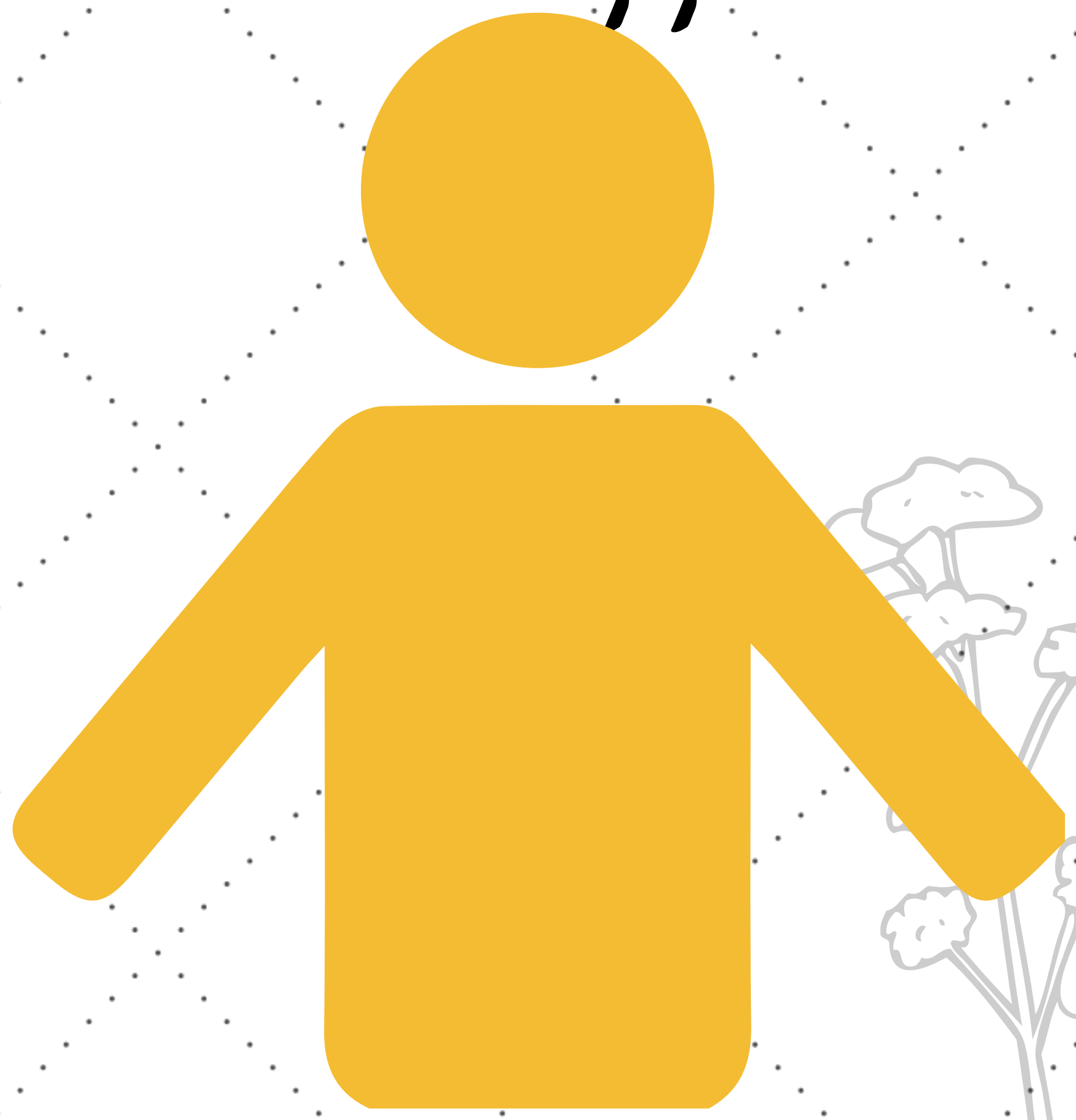
keep your friends close to your heart.

Be prepared for a completely unexpected tomorrow.



longest Working

Staff



Pandu Kaka

What is your name?

Pandurang G Bhise.

And what does everybody call you?

Pandu kaka or Pandu bhaiya

Where do you live?

Sawangi, Meghe

Since when have you been working here?

I have been working here since 1988.

Do you live alone or with your family?

I live with my family.

Whenever there are arguments between students and teachers? Whose side do you pick?

Well I cant really pick a side because I support both, So I'd say 50/50.

How has the college changed in these many years?

When I had joined the college was really small and situated where the old surgery ward used to be located and the mortuary was situated there too. And this new big college came about in 1991.

What do you like best about this college?

The children, that's what I love most.

What is the one change that occurred in this span of time that you particularly did not like?

There's no such thing. I have enjoyed each and every moment of growth this college had to get through to be the way it is now and I like every thing about it. But I dislike people who talk ill of the management and about my boss.

Do you love your job?

Yes I like it.

Where do you see yourself in the next 5 years?

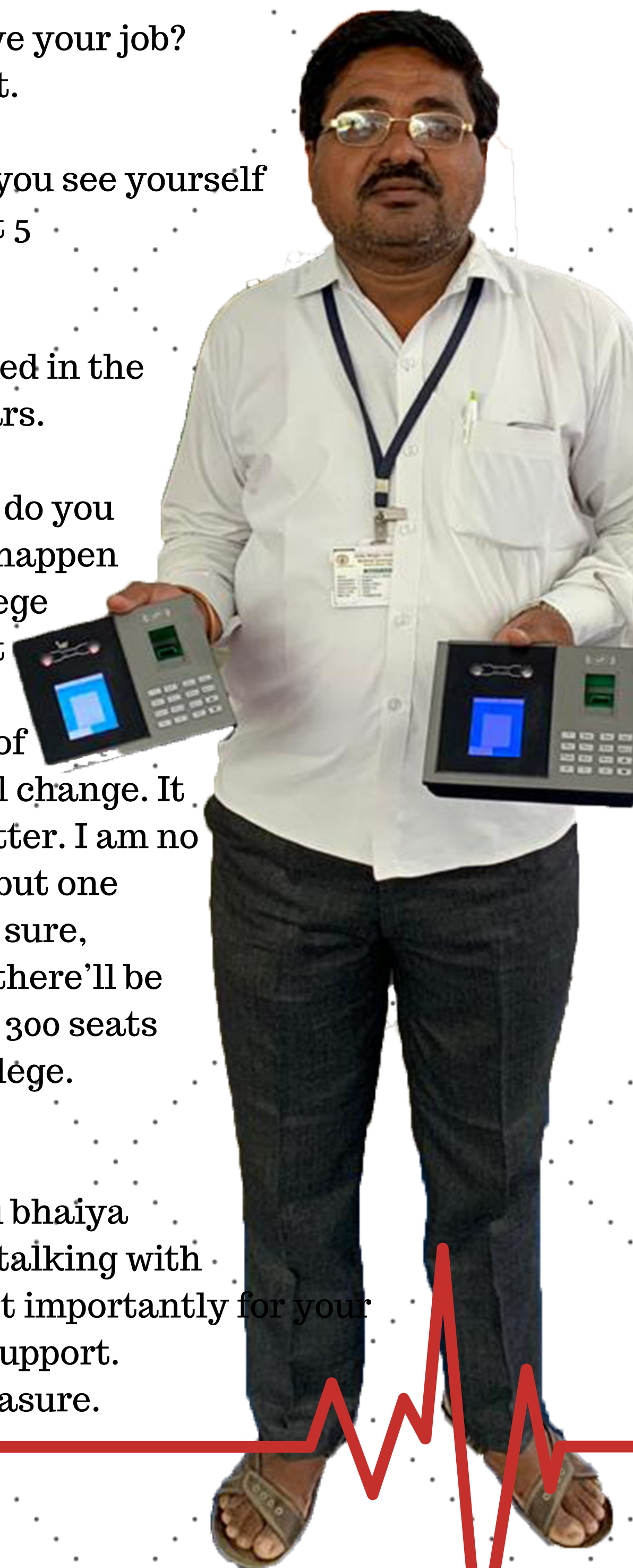
(Laughs)

I'll be retired in the next 5 years.

And What do you think will happen to the college in the next 5 years?

Well a lot of things will change. It will get better. I am no predictor but one thing's for sure, in 5 years there'll be more than 300 seats in this college.
(Laughs)

Thank you bhaiya for all the talking with us but most importantly for your constant support. It's my pleasure.



attendance
MATTERS

**WE AIM FOR
GREATNESS**

A C H I E V E R
S E C T I O N





**Jawaharlal Nehru Medical
College, Sawangi**



RESONATE 2019

INTRA COLLEGE ENT QUIZ

Unlocking knowledge at the speed of thought

Date: 17 July 2019

Time: 2-4 pm

Venue:

Auditorium

Conducted by

Department of ENT
in association with
DMIMS Literary
Society, Student
Welfare Cell

IF YOU GIVE UP ON YOUR DREAMS, WHAT'S LEFT

1. WHERE ARE YOU FROM ?

I am from Kharsia, Chhattisgarh and i stay with my parents.

2. STUDY PLAN AND TIME MANAGEMENT

There are only two things for NEET PG, consistency and revision. You have to read everyday and revise everything. U have to do 19 subjects with atleast 3 revisions with mcqs and test series in one year, so its got to be tough. So everyday, if in internship year, u got to take some time off after the shifts and read everyday. Give more time to scoring subjects like gynae which actually makes a difference.

3. IDEAL TIME TO STRT PREP

Ideally it is when u realise that MBBS is not the end. But per se whatever any student is reading throughout, if he is doing that with sincerity, thats his preparation started. For full fledged PG preparation, one can begin from final year.

STRESS BUSTERS, MOTIVATION

I always had motivational posters in my room, and quotes as my wallpaper. It really helps a lot when u feel low. I always followed this one "If you give up on your dreams, what's left". And my friends were my biggest stress busters, they were so supportive and always motivated me.

1. HOW DO U FEEL ABOUT THE ACHIEVEMENT

It is a really nice exam to prepare for, it helps you think and apply your medical knowledge to practical and clinical use. It's an exam where you actually enjoy studying for.



2. IDEAL TIME TO STRT PREP ACC TO U(REGISTRATION AND TIME TO GIVE EXAMS)

It took me almost a year to get done

I would suggest that you do your research and get started during internship itself.

During internship you're eligible to give ielts, plab 1 as well as plab 2. You can apply for GMC registration only after completion of Internship.

3. BOOKS REFERRED

books referred - Oxford handbook of clinical medicine and Oxford handbook of clinical Specialities. Also subscribe to online mcq portals and refer previous exam questions.

4. HOW TO DEVELOP A GOOD RESUME?

Good resume would consist of paper presentations, publications, research projects, poster presentations, completing BLS & ACLS courses, attending various workshops etc.



ITS ABOUT HOW MUCH U WANT IT

1.HOW DO U FEEL ABOUT THE ACHIEVEMENT:

I feel I am still on my way to accomplishment. But yes, its about how much u want it and not only about how much u deserve it.It is just another exam. Just opening new doors.

2.IDEAL TIME TO START PREPARATION ACCORDING TO YOU(REGISTRATION AND TIME TO GIVE EXAMS):

6th semester is the ideal time for step1. It gives time enough to publish researches and do electives.

3.BOOKS REFERRED:

Step1: Online. U world or usmle world question bank. Next book is First aid. And then Pathoma.

Step 2: U world and youtube videos

4.HOW TO DEVELOP A GOOD RESUME?

Extracurricular activities. Conferences. Managing conferences. Publish researches.Researches to be published in Scopist index journals.

5.THINGS TO BE AWARE OF DURING THE PROCESS OF REGISTRATION AND TRAVEL

Requires 2-2.5 month prior to book a date for exam. 7 days to reach the authorities and to be posted as they dont reply via mails. Know your budget for travel . Expense is around 7-10 lakh before reaching US

1.HOW DO U FEEL ABOUT IT?

Happy surprised shocked!

2.PEOPLE BEHIND UR SUCCESS?

Parents are always there behind me... but I really wanna give it to the professors and my friends.

3.STUDY PLAN AND TIME MANAGEMENT

As such I don't have any plan. I study only when I feel like. Always try to thorough your basics and then read advanced concepts .

And one of the best study method is to teach others.

In that way you have revised your topic, your concepts becomes clear and your friends will ask doubts which will make you think in different angle. And eat proper food and sleep properly.

4.STRATEGY OF WRITING THE EXAM

The way you present the answer really matters... you wont read anything until it looks catchy, likewise the way you write with good diagrams matters the most.

5. STRESS BUSTERS, MOTIVATION

5.stress busters: my friends ,those little dinners we do together ,dance together like crazy is my way of relaxing... If they are there ,I could do anything.

6.ANY message

Relax its just exam



ITS ABOUT HOW MUCH U WANT IT

1.SINCE WHEN DID YOU DEVELOP INTEREST IN RESEARCH?

First off all I came to know about research in our induction program of first year, Dr. Zahir Quazi briefed us about it. My father is diabetic so I wanted to do something to help him cure so I started my first research work under Dr Meghali Kaple and Dr. Mahakalkar in biochemistry department eventually it got selected in ICMR-STs too, so that boosted me up. Second project was under Dr. Shailesh Nagpure, Pharmacology, after that under Dr. Zahir Quzai, Community Medicine last one was with Dr. Amar Takshande, Pediatrics.

2.HOW DID YOU PLAN FOR THE STUDY ACCORDINGLY?

Starting my project under icmr and guidance from the guide really helped me lot to the plan the study as it was a short project it had to be completed in a span of two months with a set of protocols so deadline was also there so that way we managed to do it.

3.WHAT ARE THE ADVANTAGES OF DOING RESEARCHES ACCORDING TO YOU?

Advantages of doing research are many firstly it helps us keep ourselves updated with the everyday changing knowledge of medicine also learning to do research at the very grass root level helps us apply the same principles more actively and efficiently in future researches. It gives a chance to make our impact in the world and spread our knowledge.

1.HOW DO YOU FEEL?

Felt great and happy.

2.STUDY STRATEGY

Just keep on revising the notes and the notes which you make are the best ones. Also group study is a good option.

3.BOOKS REFERRED

Referred my own notes and tuition notes. And Bailey definitely is a good book.

4.TEACHERS HELP

Teachers are the best guides so whatever doubt I had I used to get it cleared by any teacher on that day itself.

5.DEALING STAGE FEAR

Truely speaking I always had stage fear but once you get onstage and have that amount of confidence in you..it's worth it.



**DANCING ON THAT STAGE
UNPREPARED TO WATCHING
THE WHOLE AUDITORIUM
GIVE YOU A STANDING
OVATION**

1.WHAT WAS THE TOPIC OF YOUR PAPER/POSTER?

Post traumatic intractable epistaxis due to angiodysplasia with bleed in Concha Bullosa.

2.HOW DID YOU CHOOSE THE TOPIC?

After visiting and seeing many cases in wards.

3.HAVE YOU DONE ANY OTHER PAPER/POSTER PRESENTATIONS?

No.This was my first presentation in any conference. Looking forward for more such opportunities.

4.ABOUT THE GUIDE

My guide was Dr. Shraddha Jain Kumar ma'am. She helped in every possible way. She explained to me the whole case and its management.

5.ANY MESSAGE

If you are preparing for such type of presentations and competition or if you want to do so... Make sure you also prepare for the background study of topic or case very thoroughly.

You should know everything right from anatomy, physiology to its management very well.

1.WHAT DEVELOPED INTEREST IN UR TALENT AND WORK TO IT?

Its funny . I remember watching bollywood songs and copying their steps as a child. Bollywood movies earlier, and dance reality shows later in life had a great influence on me. That's how i was introduced to different dance forms.

2.SINCE WHEN HAVE U BEEN TRAINING?

I haven't taken any particular training. Its always been different sources of inspiration put together when i dance. Earlier in my school it was compulsory for us to do kathak in dance period and that did act as a stepping stone. Although I have attended Shaimak's summer funks which was always an enthralling experience.

3.WHICH ONE WAS UR BEST EXPERIENCE OF UR TALENT ACCORDING TO U?

Definitely 'Freshers 2015'. Dancing on that stage unprepared to watching the whole auditorium give you a standing ovation. Omg! Never forgetting that feeling. Still gives me goosebumps.

4.HOW IS THE ACTIVITY HELPFUL TO U?

It makes me centre my life in a very essential way, gives me a sense of peace no matter what life brings next.



**DANCING ON THAT STAGE
UNPREPARED TO WATCHING
THE WHOLE AUDITORIUM
GIVE YOU A STANDING
OVATION**

1.SINCE WHEN DID YOU DEVELOPED INTEREST IN PARTICULAR SPORT?

When I was in standard Kg1 (lower kg) I used to see my sister go to play badminton, so since then I developed the interest in badminton and I joined badminton at the end of kg1.

2.ABOUT ACHIEVEMENTS

- a)I have a degree -- Visharad in Tabla (that's the highest degree) ,
- b)Won Indonesia open in Jakarta 2012 ,
- c)Youngest men's district champion title in Nagpur ,
- d)First to win 4 crowns/titles in Nagpur district championships ,
- e)Won twin titles in 2 state championship (this I have won in 2009 and 2011) ,
- f)Won badminton national title in under-17 category



.FAMILY SUPPORT

Well my family has been supporting me throughout in playing this game and with both my mom and dad's support I have been able to achieve whatever I could in the sport of badminton!!! I am thankful to them in helping me and supporting me throughout and without them I couldn't have achieved what I have.

TIME MANAGEMENT BEING A MEDICO

Well first of all being a player,I have learnt how to face difficult situations in life with presence of mind, and calmness!!! This sport has taught me so much,that facing any difficult situation in life,would be quite easy going for me!! It has made me tough mentally, taught me never to give up in life no matter in whatever situation you are in,taught me the key to success is hardwork which is to be done smartly!! So it has ultimately made my mind so strong that I am mentally prepared to face any situation in life at any point of time!! This whole game has my soul attached to it,so playing badminton makes me feel relaxed and it gives me immense happiness





How would you manage stress as a medical student?

- 1. Get out of your rooms. Socialize. This is necessary so that you realize that everyone is on the same boat.**
- 2. Open your books everyday even if you read just a page. Any subject, but every day.**
- 3. Every month, take one day to yourself. Bonus if it's a Saturday or Monday. Trust me, it'll do wonders and will not affect your attendance.**

Can you introduce yourself?

**Ayushi Shastri
2016 Batch
7th Semester**





**Most Inspirational Teacher –
Dr Ninave sir, HOD of Forensic
medicine inspired me the most.**

Can you introduce yourself?

**Sadhana Mishra
2015 batch, 7th semester**

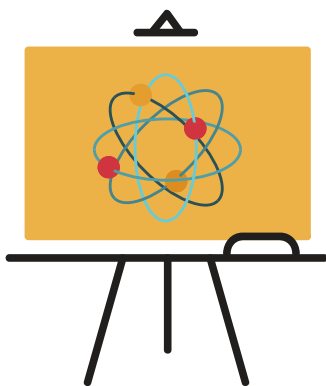
**What do you feel about the
food court being replaced by
central mess?**

**The food court was a place for
fun and frolic . After our
tedious college hours we used
to go to the food court to relax
and socialize with one another.
Sipping on our cold coffees or
Oreo shakes we used to
complain about almost
everything we could.**

**Now that the food court is gone
we're complaining about that,
hysterical.**

**My favorite memory of the
food court would be RG COLD
COFFEE and BABLOO
CAFE'S dahi samosas.**

**The central mess is going to be
very crowded with students
from all the hostels coming and
eating there. I hope the food is
good though.**



**Amit Tandil
2018 batch, 3rd semester**

LITERATURE





JAWARHARLAL NEHRU MEDICAL COLLEGE,
SAWANGI



MIRAGE

INTRA-COLLEGE OPHTHALMOLOGY QUIZ 2019
29TH JULY 2019

**K
N O
W L E D G E
I S T H E
T R U E O R G A N
O F S I G H T,
N O T J U S T
T H E E Y E S**

For Queries, Contact:

Gaurav Sahu :- 7558339363

Priyal Shrivastava :- 8600769739

Madiha Ali :- 7447533028

DEPARTMENT OF OPHTHALMOLOGY

IN ASSOCIATION WITH

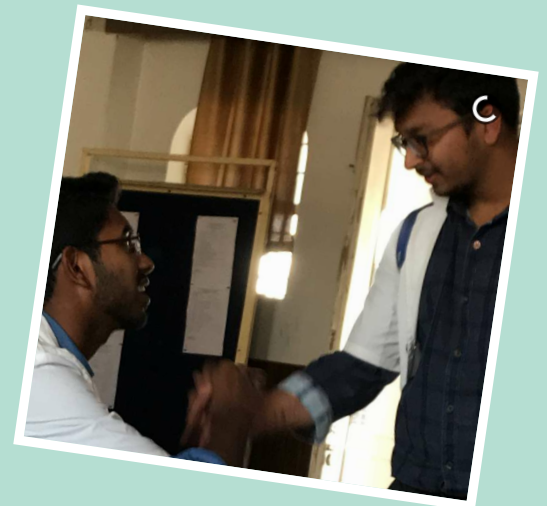
STUDENT'S LITERARY SOCIETY, JNMC

Things they don't teach you in Medschool

Dear sibling,

Welcome to this phase of your life. It sucks but you will learn to love it.

College is a wonderful place it has got opportunities, people, friends, lessons and most importantly wonderful memorable time of your life, free from adult responsibilities. You can do night outs, pass outs, makeup nights, dance nights or just talk nights, tv series binge nights and even sleep in and bunk morning lectures. You can go roam around your city explore places. You can participate in events, games as many as you can go on a college trip don't miss those any chance you get. Also, be kind and learn as much as you can. Respect elders and learn from their experiences, you may be smarter but experience is always a better teacher remember that. You will experience butterflies in stomach, heartache from a mean friend or a lover. Sometimes you will be left out but that's okay. It's supposed to be like that if we didn't suffer we won't learn the intricacies of life. People who want you will do everything to keep you. So, don't chase them. Chase yourself, chase your dreams, your hobbies, your happiness. Remember take some time out for yourself everyday and keep your hobby alive it will help you in your tough times. You will have something to fall back to. Also remember we are always here for you but incase we fail, you should keep your safety net ready. You got to find your safety net every one has a different one. The connections you make now will remain for lifetime.



No Matter how painful and terrible things come in your way, always remember the end will be the best. The homesickness, the nostalgia will keep you up at nights but never forget that one day, it'll pay off. The pain, the hardships you will go through will make you feel like running away at times but it'll teach you how to live, how to love.

Also remember there are big bad wolves out there sitting there to take advantage of you. Beware of them! They may look sweet and caring but in the end they end up poisoning you. So, be a better judge of people and always remember to prioritize yourself first. You can't save anyone if you are still unhealthy or chasing targets and never ever put your own happiness second, good people will love you for who you are. Always look into ACTIONS not words. Usually your old friends, siblings family are better judge of big bad wolves. So, take up new things learn karate, basketball, painting, art or french anything you want to. Paint your hair. Get a tattoo. Have no regrets. Seize the day, seize opportunities. In this process never forget your parents. Give them love every chance you get. They sacrificed their life to give you this opportunity. And remember I'm always here no matter how hard you mess up. I promise to never judge you, be there for you and fight with you to get back. I got your back. And try to be a little bit safe. Also, tell your friends to call me when you pass out. 😊

Love,

The more loved child

Nikita chhablani

2k16 batch

Self Love

You arent an ornament meant to please the public

True beauty is not defined by the idealistic body shots

It is the women around u who define true beauty and strength.

Not everything that shines is gold and not every glow acquired is a natural mould.

This race in a fast paced world have crossed borders of self love and have reached the lands of insecurities.

Self love, a term that some amongst us are still on a quest to be enlightened by.

Some amongst us struggle to try,

Some amongst us develop as night cries,

But as time flies,

That soft shld be strong

And may this boldness prolong

Coz this is ur territory

And queens dont allow cowards to invade their land

Rudra rajesh nair

2k16 batch

live
laugh
love

**"Patience, persistence and perspiration
make an unbeatable combination for success."**

Napoleon Hill

SECOND HOME!

*Every stage of life is a transition.
Sometimes we are Euthymic.
Sometimes we go through dysthymia.
Sometimes we are phobic.
Sometimes we feel pathetic.
Sometimes we spill our guts out.
Sometimes we gulp as if starved for an entire year.
Sometimes we are thrilled.
Sometimes we feel vanquished.
Sometimes we twinkle like a star.
Sometimes we squall.
Sometimes we love the moon in shining armour.
Sometimes we wait for the ray of hope.
Sometimes we anticipate for the band of 7 colours.
Sometimes we are satisfied with silver lined clouds.
Sometimes we have brugada.
Sometimes we are frozen in asystole.
Sometimes we get love.
Sometimes we give love.
Sometimes we miss our four walls.
Sometimes we miss our gang.
Sometimes we miss being callow minded.
Sometimes we miss being an adult.
Sometimes we badly spend time out.
Sometimes we shut ourselves indoors.
At somepoint hostelite becomes a freebird.*

-Sagnik Mukherjee

Sudhanthira C.S
Final year MBBS
2015 batch



**"Patience, persistence and perspiration
make an unbeatable combination for success."**

Napoleon Hill

*The day she decided to shear her arm
Was it the day life lost its charm?
Perhaps it was the day
she Didn't wanna see it any more
But hey just wait for what else life
has to pour.*

*Was it the day people lost empathy
Or maybe she just gathered pedantry
Life's sometimes just hard
And its difficult to cope
With destiny placing each of its Card
All you need is a beauty called hope*

*Circumstances will make you fall
Melancholy will surround,
But thing to do is wake up and crawl
Just matter of time, happiness will
rebound.*

*The other day I heard someone say,
We doctors are indeed the 'wounded healers'.*

And it just got to me.

*I thought besides my vitamin deficiencies
and my last night's paper cut ,
How much more am I wounded or
damaged!?! Then my philosophical self
popped up , and there I lied with all those
cuts and pieces with not enough vicryl to close
up. Maybe because I was just not yet an
intern , but mastering the skills to get there*

The skills to heal myself

Alas which wasn't on any bookshelf.

*On inquest I got to know , that not
everything has a effect of domino.
At times you save , at times you lose .*

No matter what ,

Each time you'll be left with a bruise.

So it's not a classic rhapsody.

But just a stroke of gravity, providing sanity.

*Dissecting my way through
I finally got my ways out too.*



Rutuja Parihar -2k15 JNMC



Diary of a Doctor

Today is the start of a new semester, a new beginning. Today, I enter a prestigious institution

with a new title that will henceforth define my existence. Doctor.

Doctors are a type of humanity that dedicate their lives to saving other people's lives by a method more commonly known as the art of Miracle Making.

It is not an identity many would gladly overtake. I, myself, come from a very well-known family of Doctors who have prepared me all my life for this very moment. I was born for this.

I hear my parents call me downstairs. This is it . I'm finally going to attend the same place as my parents and their parents before them. I could not be more excited.

On our way, we stop at Chiron Medical Emporium for school supplies. We are greeted by hordes of excited teens and their anxious parents shopping for the new term.

"Do you have the list, Angie?", my dad asks my mum, a hint of nervousness in his voice.

"Of course I have the list, George! Even if I didn't it's always the same old every year.", my mum

retorts. "Hurry up, I see a bit of a crowd gather around Mr. Chiron. We don't want to be late for our child's first day."

After an agonising wait in line, it's finally my turn. As I'm gazing around in awe, I meet a pair of twinkling eyes. Mr. Chiron regards me for a few seconds, smiling. "What's your name, child?"

"Sirona William", I answer. "Ah, Sirona, the Celtic goddess of healing. An excellent choice, Mr. and Mrs. William.

Now, let's see, what do I have here for you."

Mr. Chiron turns around and starts rummaging through the stack of boxes behind him. "I always say, the stethoscope chooses it's owner. And my dear child, I believe this would suit you perfectly." He brings out a majestic ruby red Littmann stethoscope . "Go on. Try it." I hesitantly take it and examine my chest. I hear a vigorous and steady thumping, aptly representing my current state of excitement and restlessness. I wish you all the best in your future endeavours, child." Mr. Chiron bows and turns to the next customer.

We go around buying books and instruments. My hands get heavier and heavier while my mum berates my dad for buying too much.

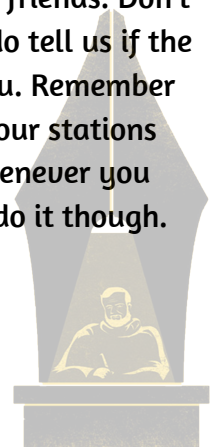
Right next door was Matilda's Robe fittings. We quickly pop in and buy three sets of white robes each neatly embossed with the institution logo.

An hour later, we manage to shove everything into the car and drive off towards the train station.

At the station, the porter arrives as soon as we reach and helps me hoist my luggage.

When the last of it is done, I turn around to face my parents. My mom merely smiles with tear-filled eyes while my dad furrows his eyebrows in anxiety. "Alright, darling? You'll be able to manage?"

I do hope you find some good friends. Don't forget to call every day and do tell us if the food's not working out for you. Remember mummy and daddy are just four stations away. You can come back whenever you feel homesick. But don't overdo it though. Your attendance matters too.



Pay attention in class. And a few distinction marks here and there would be nice."

"Dad!"

"Alright George, that's enough. The train's about to start now. Let's go. Love you Sirona.

Do your best."

"Bye mom, bye dad. Love you guys."

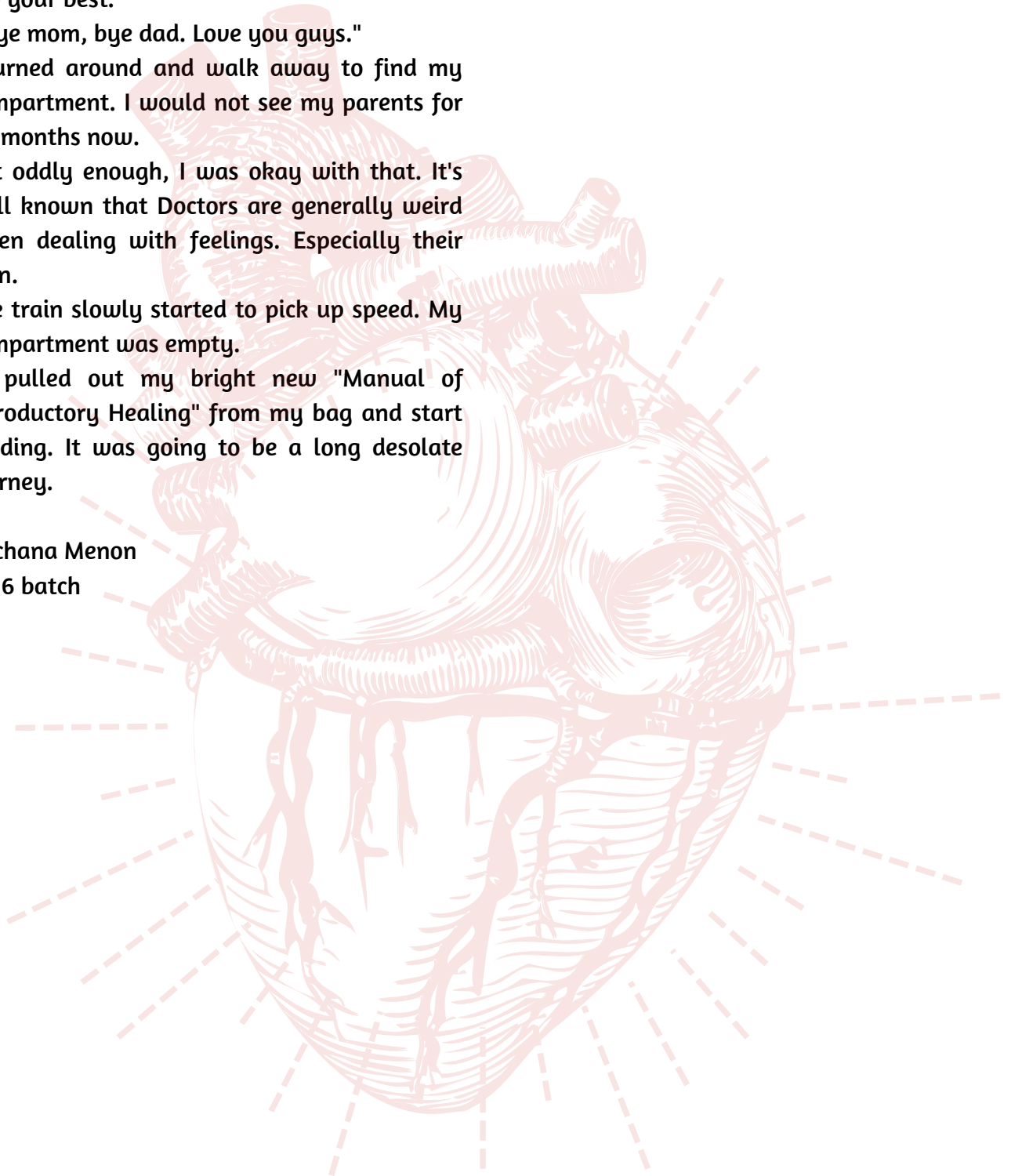
I turned around and walk away to find my compartment. I would not see my parents for six months now.

But oddly enough, I was okay with that. It's well known that Doctors are generally weird when dealing with feelings. Especially their own.

The train slowly started to pick up speed. My compartment was empty.

I pulled out my bright new "Manual of Introductory Healing" from my bag and start reading. It was going to be a long desolate journey.

Rachana Menon
2016 batch





NAAC Re-accredited Grade 'A+'

DATTA MEGHE INSTITUTE OF MEDICAL SCIENCES



6 AUGUST 2019

CHROMA:THE ART COMPETITION!

Showcase your creativity in:
Poster making (maximum 4/group)
Collage making (maximum 4/group)
Themed competition with any medium
(individual participation)

**GET THE CHANCE TO PRESENT
YOUR MASTERPIECE IN DMIMS'S
FIRST ART GALLERY!**

THEMES TO BE REVEALED SOON

For registrations and queries, contact:

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What does MS stand for?...
Massive Sacrifice ? Mental
Sickness? Must commit Suicide?



Police: *shoot a criminal
Doctor : *save his life
Court: sentence him to death
Doctor :



The only #virginity #surgeons do
Care about is virgin abdomen.



Medical Students are in constant
battle of should they work out, eat,
study, socialize, or cry.

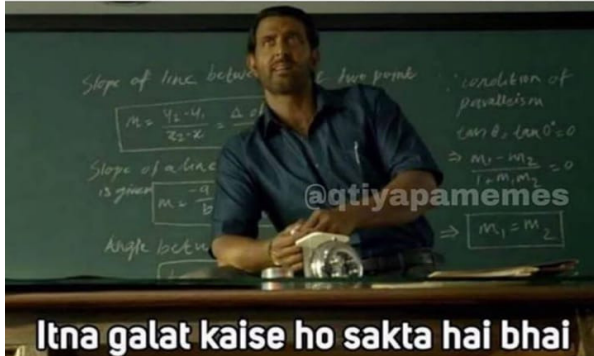


*When you were in coma but
your attendance is less than*

75%



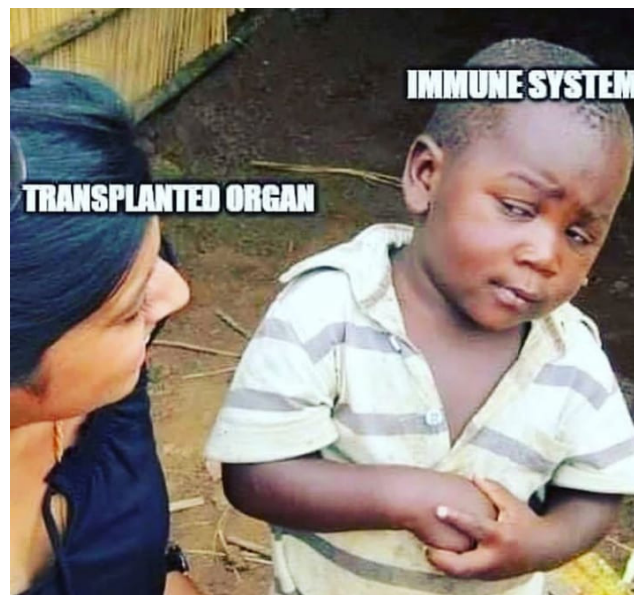
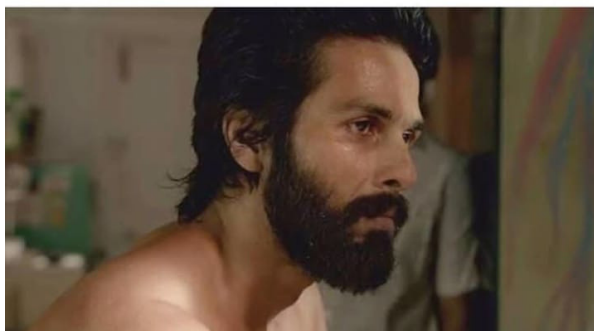
Examiner to all my confident answers during Viva-



Now whenever a patient comes to me for any advice or treatment I will say- Mat puch mujhse, mai doctor hai, Mar jayega re tu!

#savethesaviours
#standwithdoctors

When 2 Marks question comes for 10 marks Me- Kaise hua, Kaise hua, Tu Itna jaruri Kaise hua



Pic 1 Mentoring Juniors in Dermat department

Pic 2 mentoring juniors in Orthopaedics



Earth ke mummy daddy hote to earth
Ko kitni daant padti .

Saara din ghoomti Rehti hai

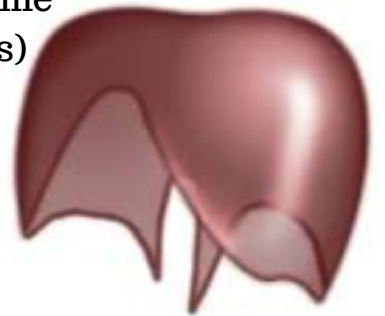
College: demands fees for attending lectures.

Also college: demands fine for not attending lectures

*Students:



Even on Diaphragm has 2 Crush,
But not a single on me
(Right and Left crus)
#thuglife



THE TASTE
OF
SAWANGI



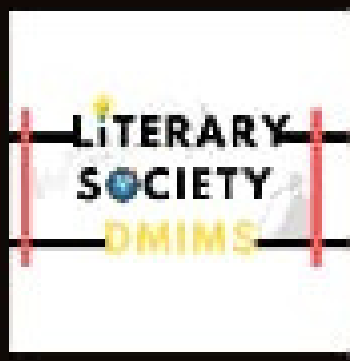
Featuring Akshat Jain

La còccina

MENU:

1. Maharashtrian cuisine
2. Special dishes
3. Popular street foods
4. D.I.Y snacks for hostel





JAWAHARLAL NEHRU MEDICAL COLLEGE,
SAWANGI



INTRA COLLEGE SURGERY QUIZ 2019

Unlocking knowledge at the speed of
thought

27TH JUNE

Venue: Auditorium

Timing: 2-4 pm

Attendance compulsory
for 2015 batch

CONDUCTED BY THE
DEPARTMENT OF
SURGERY JNMC

in association with Quiz
Club, Literary Society,
Student Welfare DMIMS

Maharashtrian cuisine

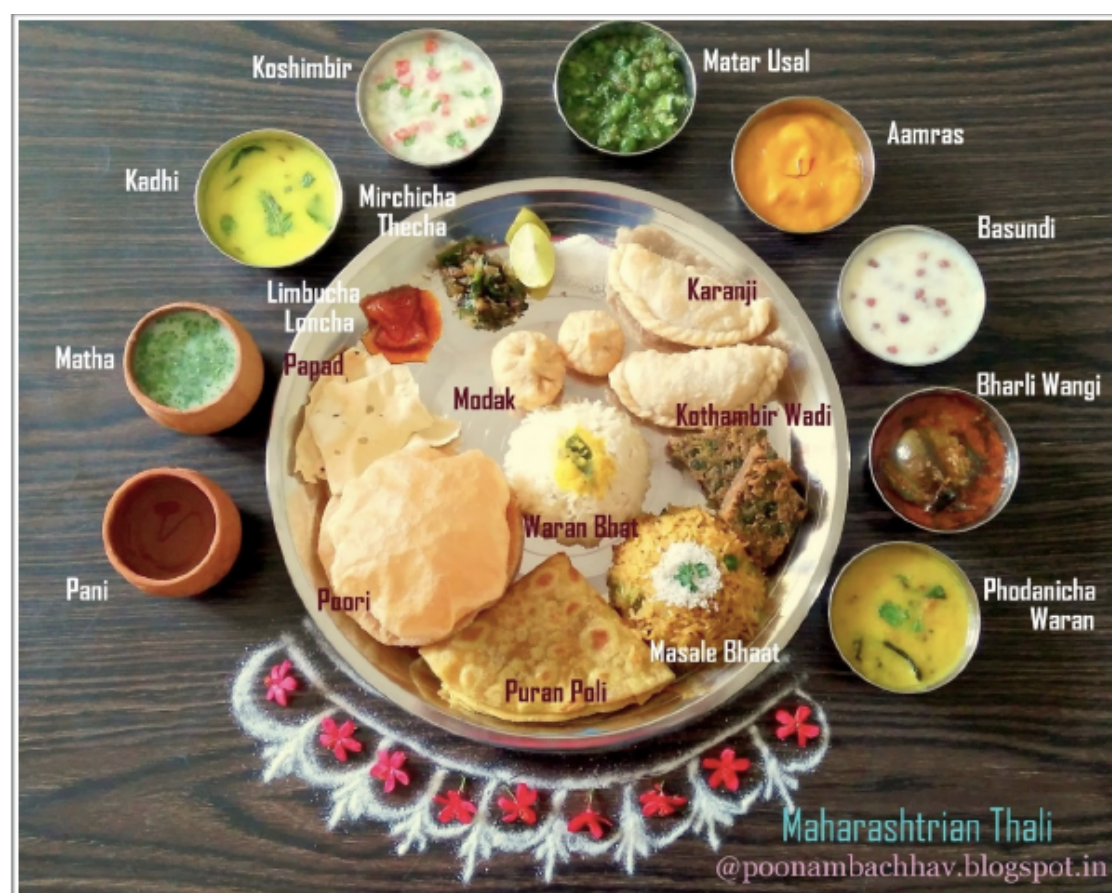
When I hear Ganpati bappa moriya the sweet and flavourful Modak comes to my mind. These dainty dumplings are stuffed with a mixture of grated coconut, jaggery, poppy seeds and dry fruits.



You will agree with us that the beautiful beaches of Mumbai are incomplete without the quintessential vada pav, bhelpuri and pav bhaji.

Food is an integral part of maharashtra's cultural heritage. It's prominence increased in the 17th century with his of Shivaji Bhosle who established Maratha empire.

Maharashtrian food prepared in the royal kitchen was an extraordinary treat. The meal included a variety of vegetarian and non vegetarian dishes balanced with different tastes and flavours.



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Special Dishes

1. Puran poli

It is one of the most popular sweet items in the maharashtrian cuisine .It is a buttery flatbread stuffed with a mix made of jaggery (molasses or gur),yellow gram, plain flour, cardamom powder and ghee.It is consumed at all festivals.It is usually served milk or a sweet- and -sour dal preparation called “Katachi Amti”.In rural areas, it used to be served with a thin hot sugar syrup called “Gulawani



2. Kairi Cha Panha

A raw mango and jaggery based drink which is popular during early summer. It is served cold.

3. Zunka Bhakri

It is traditional maharashtrian dish, zunka bhakri has a chickpea flour base and a tempering of fried onions, mustard seeds, ginger garlic. This dish is eaten with jowar or bajra roti.



4. Saoji chicken curry

It is the traditional food of Nagpur, Maharashtra. The cuisine also called “saoji waradi” is famous for its spicy taste.



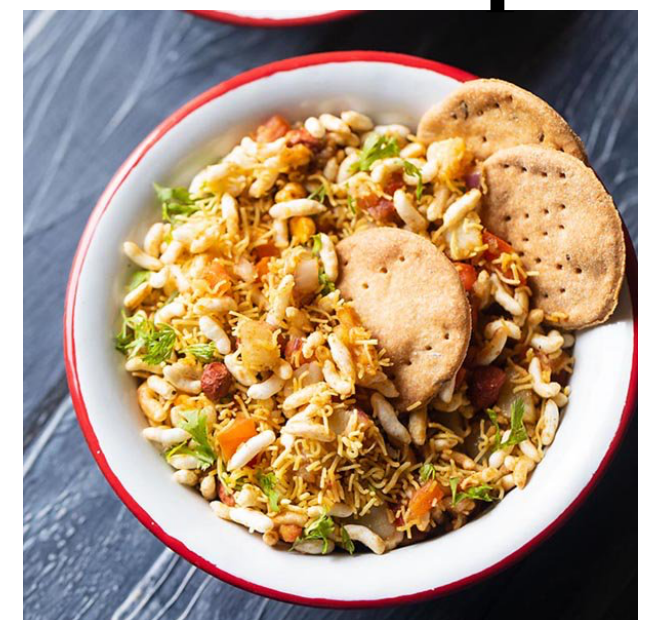
Street food

If you've ever wondered why it keeps the Indian cities going, you'll find your answer in its buzzing streets, filled with a thousand hawkers dishing out cheap eats.



Locals always find time to pause at rickety carts in narrow by-lanes for a street food treat helping a million strong workforce get on with their day. As you roam the streets of Maharashtra, seek out delicacies such as Pav bhaji, dabeli, bhelpuri, missal pav, vada pav and kothambir wadi. Here are our top picks of tantalizing street food on offer in Nagpur and Wardha.

Bhelpuri



Pav bhaji



Missal pav



Dabeli



Kothambir wadi

HAPPINESS IS



...street-food.

D.i.y food items for hostel

Dear hostel mess,

The food you serve is almost always bland and tasteless, or it's just absolutely horrible. There are good days, sure. But there are more bad days. It's disconcerting to have to make our way to the mess day after day to find food that we don't want to have. You are literally our last resort. Most of everyone who's ever had food at any hostel mess had preferred other options. It's not fair that we have to pay a fee to eat at hostel and still not get good food, and there is no way to opt out later. The food doesn't even have to be fancy, just use your resources in more effective manner. It should just be flavourful. Sincerely,
Every student who has ever had mess food. Let's just put an end to this horrible mess food. Here we bring before you some mindblowing recipes that you can make in your hostel room.

All time favourite Maggie

- Recipes:

- Classic maggie

- Ghee - 1 tbsp
- Cumin Seeds - 1 tsp
- Onion - 1/4 cup (Chopped)
- Green Chilli - 1 tsp (Chopped)
- Dry Red Chilli - 1
- Ginger Garlic Paste - 1/2 tsp
- Tomato - 1/4 cup (Chopped)
- Maggi Masala - 1 packet
- Lemon Juice - 1 tsp
- Fresh coriander - 1 tbsp (Chopped)



- Method

- Heat ghee in a pan.
- Once the ghee is hot, add cumin seeds
- and let them crackle for a few seconds.
- Add onion and green chilli and fry for a minute.
- Add ginger garlic paste and tomato and cook for 3-4 minutes.
- Add Maggi Noodles along with the taste maker.
- Add 1 cup water and cook until Maggi is done.
- Add lemon juice and garnish with fresh coriander.
- Serve hot.

Italian Maggie recipe

The next Maggi Recipe is Italian Maggi. Loaded with Italian Flavours, this recipe packs a punch and I am sure you are going to love this mélange of Maggi Flavour combined with the slightly sweet and tangy Italian touch to it.

Ingredients

- Olive oil - 1 tbsp
- Garlic - 1 tsp (Chopped)
- Onion - 1/4 cup (Chopped)
- Mushroom - 2-3 (Cut into pieces)
- Pasta sauce - 1 tbsp
- Oregano - 1 tsp
- Maggi Masala - 1 packet
- Parmesan Cheese - 1 tsp (Grated)

Method

- Heat olive oil in a pan.
- Once the oil is hot, add garlic and onion and fry for a few seconds.
- Add mushroom and fry for 2-3 minutes.
- Add pasta sauce and cook for 2 minutes.
- Add oregano and Maggi Noodles along with the taste maker.
- Add 1 cup of water.
- Cook until Maggi is done.
- Garnish with grated Parmesan Cheese.
- Serve hot.



Chilli Cheese Maggi Recipe

Maggi when combined with Chilli and Cheese create magic. Try out my recipe of Chilli Cheese Maggi and see for yourself.

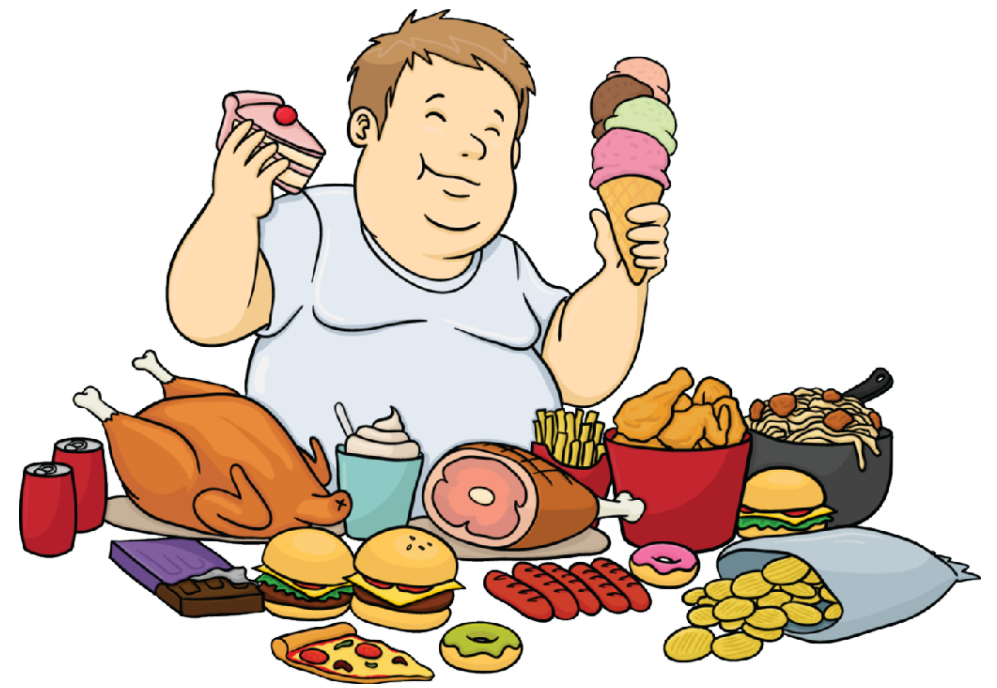
Ingredients

- Vegetable oil – 1 tbsp
- Onion – 1/4 cup (chopped)
- Green chilli – 2 tsp (Chopped)
- Peas - 1/4 cup
- Carrot - 1/4 cup (Chopped)
- Processed cheese – 1/2 cup (Grated)
- Maggi – 1 pack
- Fresh coriander – 1 tbsp (Chopped)



Method

- Heat vegetable oil in a pan.
- Add onion and green chilli and fry for 2-3 minutes.
- taste maker along with 1 cup water.
- Stir nicely and cook for another minute.
- Garnish with fresh coriander and serve hot.



Are you making this recipe? I LOVE to see your creations so snap a photo and tag us if you love it.

Healthy gluten-free food - OATS

1. Milk oats

Ingredients:

- Milk
- Saffola oats
- Sugar
- Raisins
- Almonds

Method:

- Pour milk in a pan
- Once milk starts heating up , add saffola
- oats and sugar .
- Now add raisin and almonds and stir for 10-12 mins
- Serve hot 😊☐



2. Masala oats

Ingredients :

- water
- Saffola oats
- Magic masala
- Salt
- Tomato
- Onion
- Capsicum

Method:

- Pour water in a pan.
- Once water starts heating up , add
- saffola oats.
- Instantly add magic masala.
- Stir well.
- Add chopped vegetables.

Let it cook for 5 to 7 mins.

Serve hot and garnish with fresh coriander.



We hope you liked this food section of magazine.

Thanking you,

Divya dhaked

Itisha ghiya.

Bablu's ka dahi samosa...
Mtlb pura aise dahi, chutney,
proper amount me pyaaz
aur sev ke saath daalke with
spoon proper serving ke
saath !!! ♥️👍

Aalu tikki kathi crossing
waali,
mtlb aalu tikki aalu tikki
Burger waali aalu tikki
Jo normal waali aalu tikki
hoti h vo nhi
😊👍
Hot n spicy maggie 🍲 of
breakfast café

Cold bournvita, of bablu's
café, jo phli baar yhi aakr
piya

Hot coffee of RG cafe ☕

.....

Gynae ka case tha, last din tha..
maine aur mere friend ne milke case
liya tha. Mere friend ne case likha
tha, mai present kr rha rha...uska
likha hua padh rha tha. Uski writing
bohot ajeeb hai !! Toh... Mai case
padh rha tha, meri 1-1 krke udhti jaa
rhi thi ma'am ke saamne... Uske
baad examination me mne bola
"bilateral FETAL EDEMA" ... Kuki
fetal hi pdhne me aaya tha, mai toh
neend me tha...bss bole jaa rha tha.
Ma'am ne bola FETAL EDEMA kya
hota h, PEDAL EDEMA hota hai.. fr
meko realize hua isne mera lol kra
diya hai !! 😂😂

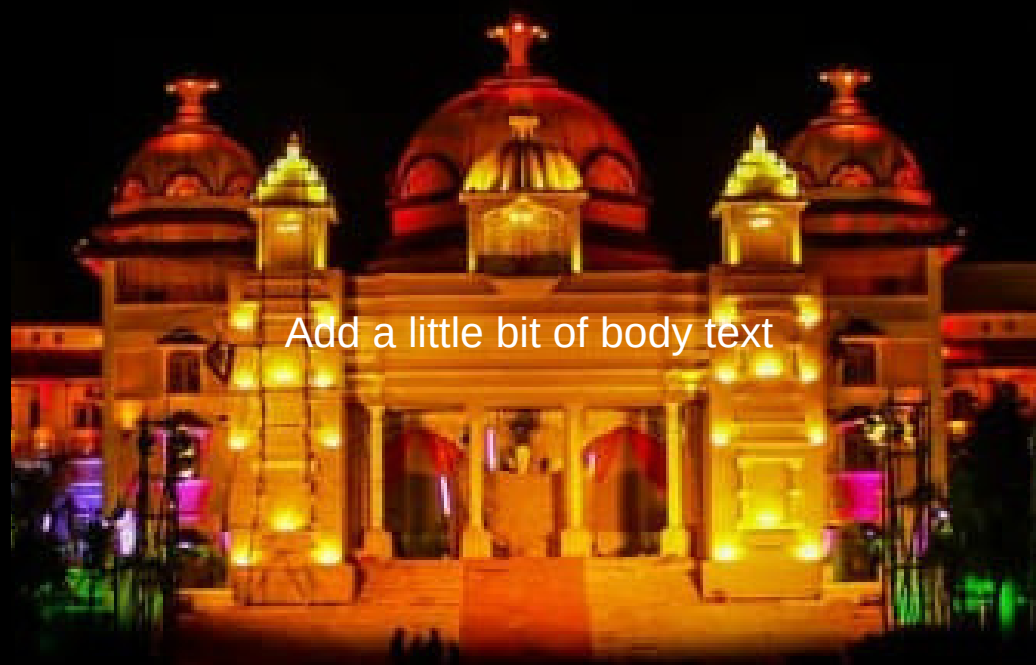
So 1 baar kya hua, there was a
patient in medicine ward and
resident said ki isme murmurs vgrh
kaafi acche sunai de rhe h
auscultate krne pe...one of my
batchmate was very
enthusiastic...he placed his
stethoscope at mitral area and he
said, "yeah, systolic murmur hai"
and the whole batch followed him
aur everyone was saying systolic h...
diastolic h... Then professor came
and during case presentation, when
we reached examination part.. toh
professor ko apex beat nhi feel hui,
S1 S2 bhi absent aa rhe the... Then
further hume pta chla ki patient ko
"Dextrocardia" tha and resident
hume btana bhool gya tha ki iske
right side me sb aa rha h.... And this
whole time hum log bohot stupid
feel kiye 😊

Ek baar hum breast cancer ka case
lene gye the, surgery female ward
me.. 2 daadi baithi thi, ek daadi
right me aur ek daadi unke saamne.
Ab vo kya hai bohot din se admit
the, toh vo ek-dusre ke friend bann
gye the, unhe ek-dusre ki aadat bhi
pta chal gyi thi. Daily unn dadi ka
case lene koi na koi aata tha aur vo
unse rishvat maangti thi... 1-1
biscuit ka packet chahiye hota tha
unko 😊. .. toh jb hum gye tb unhone
case dene se mana kr diya ki kya
daily ki daily aa jaate ho !! Itne me
dusri waali dadi bolti h, "isko biscuit
ka packet chahiye hota h, iske liye
bhi laya kro aur mere liye bhi👍"

S P A R S H

Presents

T H E J O U R N E Y



S T U D E N T ' S P H O T O G A L L E R Y



MIRRORED

*a
blessed
reflection*

Teachers.
Students.
The Story of Life

—
An afternoon of
inspiration, experiences,
adventures and
stories

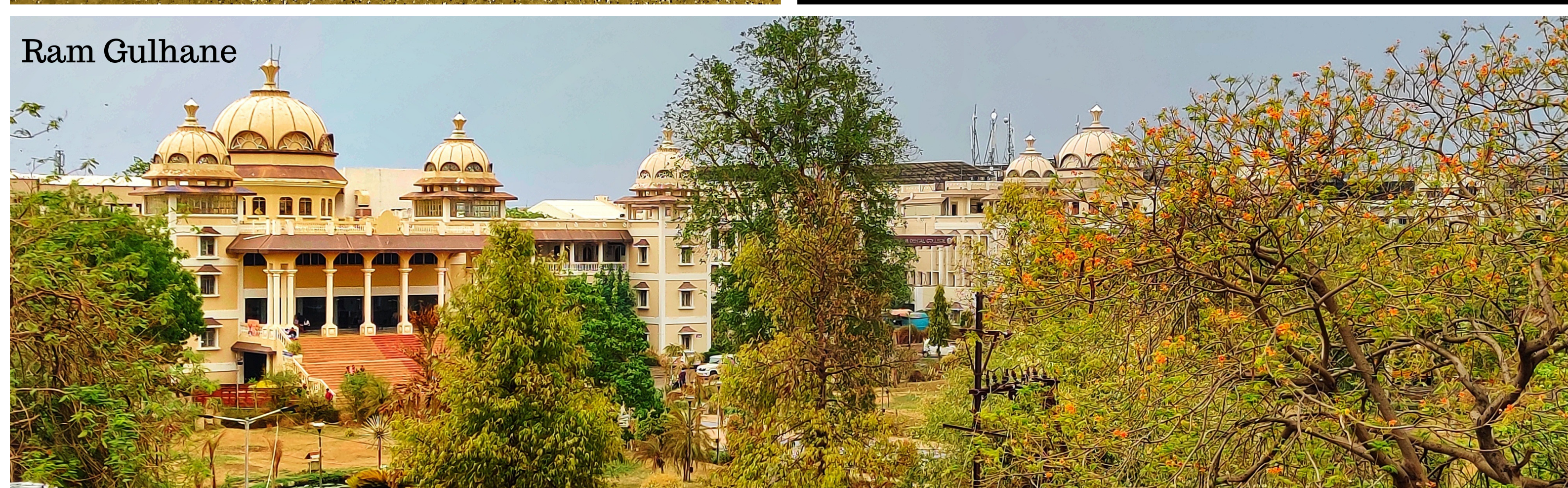
THE
WANDERER



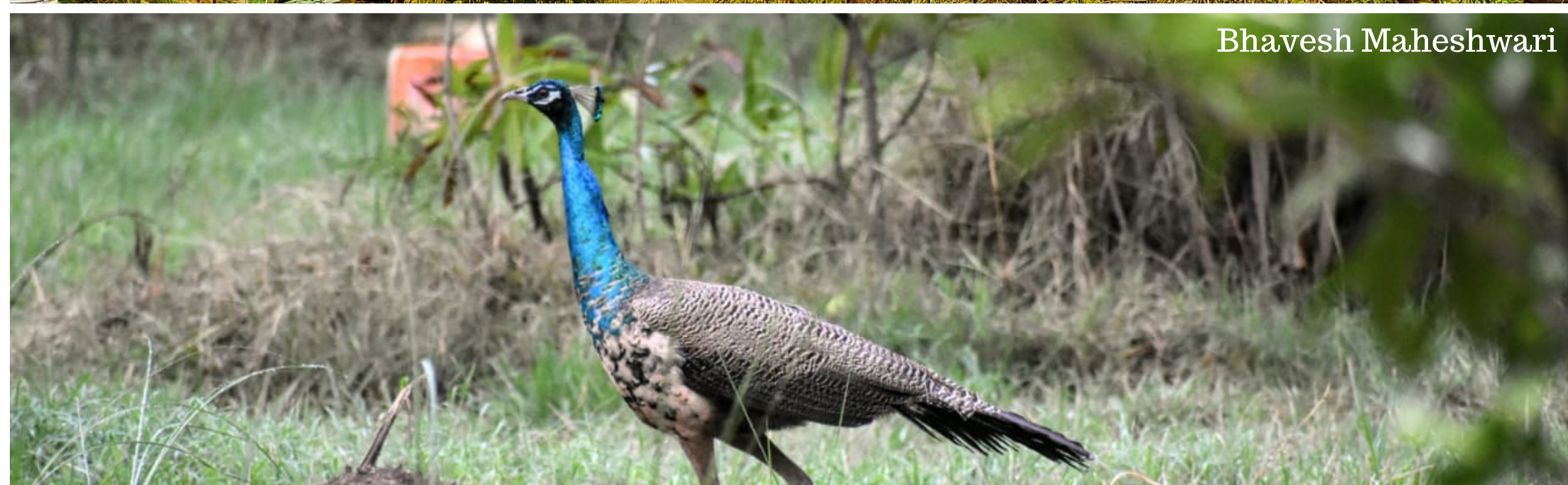
Kritika Upadhaya



Sagnik Mukherjee



Ram Gulhane



Bhavesh Maheshwari

Akshat Jain



Shiksha Dubey



Shalini Dasari



Gaurav Sahu