

CONDENSED RESEARCH

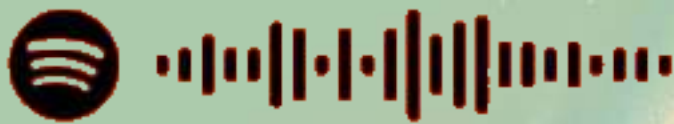


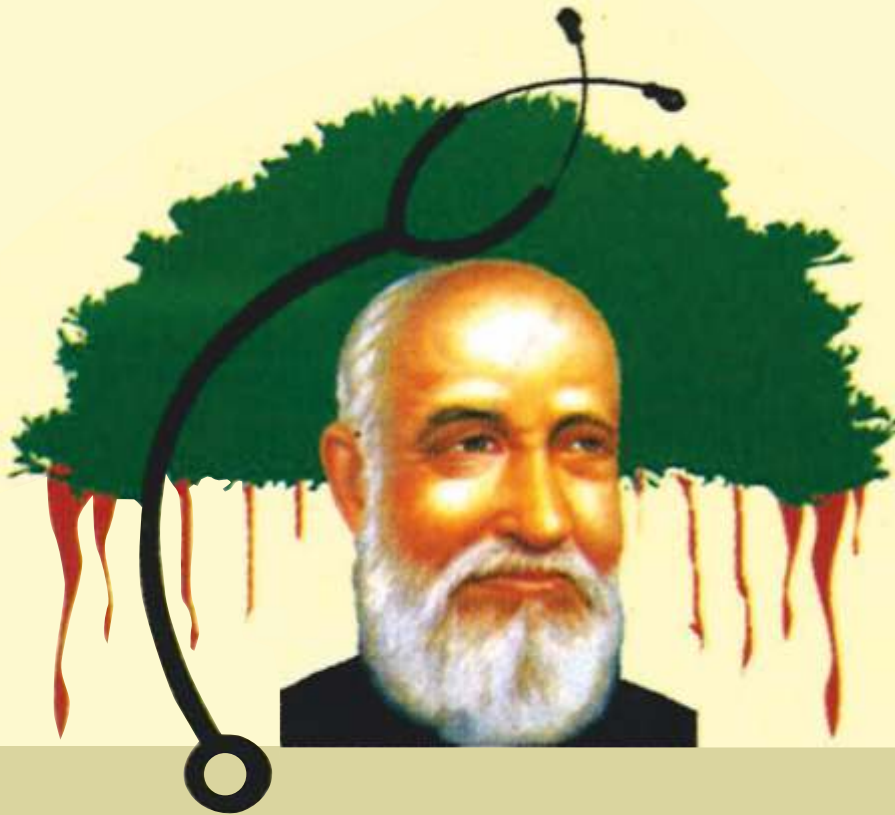
MULLERPULSE
2021 - 2022



"And those who were seen dancing were thought to be insane by those who could not hear the music"

FRIEDRICH NIETZSCHE





Sent from Venice to teach French and Mathematics, this graduate of Fordham University and trained homeopath reached the small town of Mangalore. He was moved by the lack of healthcare available to the sick and downtrodden. Believing that he had been chosen by God to use Homeopathy to care for the sick, Fr. Muller started his mission. He began taking care of the sick and suffering. He not only personally washed wounds of leprosy patients, he went even further by tirelessly working to rehabilitate them into society. He opened his own doors to accommodate the victims of plague.

Fr Muller did more than just treat the sick. He lived his life as an example to others. He inspired ordinary people. He made them believe.

Fr Muller passed away in 1910 but he left behind him a group of people who believed in his vision. Even today, years after his passing, his vision of "**Heal and Comfort**" is still passed on from generation to generation.

Crescendo

n; the peak of a gradual increase in intensity



CRESCENDO

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Message

Rev. Fr Richard Aloysius Coelho

DIRECTOR

FMMCH

“Life is a glass given to us to fill; a busy life fills it with as much as it can hold;
a hurried life has had more poured into it than it can contain.”

Dear Editor, team members and student fraternity,

My heartiest wishes to all of you for bringing out “Muller Pulse” for the year 2021-22.

It gives me immense joy to pen a few lines which I hope will encourage you to do better to nurture your own hidden talents. As students of Medicine and Allied Health Sciences you are on your toes with your academics, postings, classes and search in the Library. Remember as per above quote your life is like a glass to fill knowledge, experience and creative imagination as much as you could. Whenever new students join the College, they bring in a lot of ideas, innovative thoughts, new blood and creative brain. While the senior students with their rich experience blend the young talents and creative ideas which will result into a bundle of budding talents to blossom. All that is put together is this creative piece “Muller Pulse”.

Many of our students are eager to explore the unseen world. Here is an opportunity to show case your exploration. Sometimes strain, stress, loneliness and lack of physical exercise may lead you to depression. But when you students sit together, ideas will flow and you will be able to bring out from within the hidden talents to make it a reality. This will give you happiness, relaxation and also the satisfaction that you have used your time productively.

In a hurried life, one may pour into it more than what it could contain which is not nurturing your talents but rather burying them to be idle. So take time and bring out your hidden potentialities to light than to sweep them under the carpet. The “Muller Pulse” of our College is a matter of pride and joy to all of us. The variety of articles, poems, paintings and photographs speak volumes of your creative minds which is truly a legacy. Grow further and blossom in the garden of talents and ideas, as all of you have given to the College something beautiful and wondrous. Thanks to each one of you for giving a memorable contribution. All those who have contributed to the Magazine have enriched hundreds of students in a sweet way.

I congratulate the Editor and team for your untiring effort to bring out this master piece of your hard work. Keep always healthy and happy. God bless you and your studies.



Message

Rev. Fr Ajith B. Menezes

Administrator
FMMC & FMCOAHS

"If you have found meaning in your life, you don't want to go back, you want to go forward."

"The way you get meaning to your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose."

These two quotes from the book 'Tuesdays with Morrie' speak volumes on how one can be a blessing through the life they live and about how the medical fraternity works in making a difference.

The release of the annual magazine Mullerpulse is one of the most awaited events on the calendar.

Right from literature to art to photography and not forgetting the current trend of memes, these pages unleash the hidden talents that you all possess.

Education has come a long way from being limited only to books or a classroom, to now being a perfect mixture of knowledge and emotions. To be wise and humane, to be smart and compassionate, and to never stop growing and being a better version of yourself.

At Father Mullers, it is our mission to not only mold the best professionals but also individuals who are an asset to the society.

Dear students, you have all come here with different dreams and goals, while you keep your bigger picture in mind, remember to enjoy the small things that come your way. Growing and learning are two things that never stop, the college offers you multiple platforms to showcase your talents and many opportunities that you must grab. Participate in all the events that come your way, you either have a certificate to add to your collection, or a lesson that you have learnt.

There is nothing one cannot achieve or do, it's a simple mantra – Determination, Dedication and Discipline. Keep simple goals and make sure you always accept challenges as opportunities.

I take this opportunity to wish every student all the best in all their endeavors.

I would like to congratulate the editors along with their staff advisors and the entire editorial team for the efforts that they have put for the release of this magazine.

I would also like to congratulate all the students and teams who have won trophies, prizes in various competitions both academic and cultural and brought glory to the institution.

Keep your vision high but your feet always on the ground, and watch yourself grow to become a better version of yourself. Your comfort zone is only for rest, your mission is what keeps you on the go.

All the best and enjoy reading.

Message



Dr Antony Sylvan D Souza

DEAN
FMMC

The Institutional Magazine is to showcase the student activities and the ethos and morals of the institution. Education is not merely acquirement of facts but also of values which help us improve the different facets of mankind. The students graduate with the skills, mind sets and qualities that will best equip them for success in the world of future. Striving for a vibrant and dynamic academic atmosphere is a wholesome and holistic exercise. The College magazine is one such platform which promotes intellectual and emotional capabilities of the students, encourages the free exchange of ideas to celebrate diversity while ensuring inclusivity. A pivotal role of education lies in shaping the personality of a student into a healthy mind and happy soul. I laud the relentless efforts of all involved in bringing out the college magazine in the best possible way in a timely manner.



Message



Dr Hilda Dsouza

Principal
FMCOAHS

I am indeed very happy "Mullerpulse 2021-2022" the annual magazine is finally getting released. It is my pleasure to pen down a few words for the first time as the Principal of Father Muller College of Allied Health Sciences.

Over the years the quality of Mullerpulse has improved drastically. With each new batch, comes a new talent or new ideas and hence a better magazine.

Mullerpulse is a perfect blend of literary articles, art, photography, personal experiences and wonderful memories of students which reflects their creativity and potential.

I congratulate the Editorial Board for their painstaking efforts to bring this wonderful magazine out for us. I am sure it will be a feast for the eyes as well as the mind of the readers.





Message

Dr Anissa Mary Thomas Thattil

Staff Advisor
Assistant Professor
Community Medicine

We know that y'all have been waiting for this year's MULLERPULSE, unless you are new to the Muller family, in which case, WELCOME! MULLERPULSE is a stage to express who you truly are, a platform for open dialogue, and above all, a reflection of all that is Mullerian. Words cannot express how proud I am of this wonderful editorial team's accomplishments. Being a part of this amazing blend of individuals was an absolute honor and so much fun!

While I've always enjoyed submitting entries and loved poring over every page of the magazine, being BTS was a different experience. All those meetings in the lecture halls (a few of which I've skipped, I confess), brain-storming, WhatsApp messages (and many more) are testimony to the literal sweat and metaphorical blood that has gone into the creation of these pages that you hold before you. Considering that this was being done in the midst of other academic responsibilities (and several non-academic ones!), shows how insanely talented the editorial team is. It is with a heart full of gratitude, that I thank each and every single person who has contributed to this magazine.

The dream that was in our minds and hearts at the start of this journey, has finally come to fruition. It is with immense joy that we bring to you Crescendo. We hope these pages allow you to relive the best and most beloved moments of your life here at Muller's.

And finally, the inspirational quirky quote that's been running around in my brain of late: When life shuts a door, open it again. It's a door That's how they work. – Anonymous Brilliant, innit?



Message

Sreelakshmi L J

Staff Advisor
Lecturer
AT OTT

I am elated and honoured to be a part of this magazine, an open platform where you can express your interests and share some colours. Being a Staff Advisor was a challenge just as how we all have long waited for our Magazine. Eleanor Roosevelt, once said that "If life were predictable it would cease to live and be without flavours." Life is very unpredictable. Embracing the ups and downs, and bringing out the most of ourselves is what makes life beautiful.

Mullerpulse 2022: Crescendo celebrates the beauty of life on our campus. Great job done by our magazine editorial team, I appreciate the dedication and hard work.





Message

Esha Nobbay
Magazine Editor
MBBS 2017

At the start of my journey as Magazine Editor I was so intimidated by the idea, it being my first time working on such a big project and with such big shoes to fill in. I turned to music for solace and found my eureka moment! Welcome to Crescendo: Muller's first ever music inspired magazine!

From brainstorming ideas for the content and the design, to executing the same be it conducting interviews, arranging photoshoots or writing thinkpieces, to running to the printing press and back, Crescendo had me spread out thin. I could not have achieved anything without my talented, hardworking, and passionate editorial board behind me. They made every mountain seem movable, every hurdle seem trivial and brought to life every vague idea I threw their way. In the making of this magazine together, we learnt to overcome hardships, insecurities and stigmas for a common goal and to have fun in the process.

We're so excited to share this edition of Mullerpulse with you and we hope you find as much joy in perusing it as we did in creating it. We've tried to give you a wide variety of thought provoking articles, fun and playful pieces and loads of mullerian focused content all accompanied by Spotify playlists for an ~immersive experience~.

Pro tip: Scan the bar code on various pages of the magazine through your Spotify App to listen to some carefully curated tunes while flipping through the glossy pages of our magazine and feasting your eyes on the glorious content we've compiled just for you.



Message

Anjali Shalin
Magazine Editor
B.sc AT 2019

Sometimes it takes only one song to bring back a thousand memories.

I'm grateful for this esteemed opportunity and gladly present to you Crescendo : Mullerpulse 2022.

The continued success of this magazine is due to the efforts of the Management, Staff Advisors and the readers. I offer my sincere thanks to my staff advisor, the student council members, our predecessors and each and every student of the Allied Health Sciences College in making this magazine a success. A special thanks to Kristen, our President of AHS for his constant support.

I hope this magazine inspires you to actively participate in the college events and make unforgettable memories to cherish for a lifetime.



FATHER MULLER MEDICAL COLLEGE

Annual Report

2020

2021

Began in 1990 with an MD programme, the college started MBBS in the year 1999. The College has 1148 students studying in MBBS, Postgraduate and Super Speciality courses.

RESULTS

- MBBS all phases above 81%, PG Degree and Diploma above 95% and MCh Urology 100% result.

NEW APPOINTMENTS

Dr Ramesh Bhat M., Professor of Dermatology is appointed as Vice Dean of Father Muller Medical College from 01-10-2020.

IMPORTANT EVENTS

- PG Course Inauguration of 2020-21 batch was held on 17-08-2020.
- Orientation for Interns on Hospital Policies was organized on 01-12-2020.
- The annual Graduation Ceremony of Father Muller Medical College was held on 16-01-2021.
- Women Empowerment cell organized a talk on Money Management by Mrs Sapna Shenoy on 04-09-2020.
- The Alumni Association, in collaboration with Department of Physiotherapy, organized a talk on "Exploring PT: an Honest chat" by our Alumna Mrs Renuka Pinto, a former Physiotherapist of Beijing Olympics.
- MBBS Course Inauguration of 2020-21 batch was held on 01-02-2021.
- International Women's Day was celebrated by Women Empowerment cell on 08-03-2021. A talk by Dr Rameela Shekar, Mental Health Professional, Manashanthi, Mangalore on the topic "Knowing when to Lean in vs Lean Out" was organized.

STAFF IN NEWS

- Dr. Lulu Sherif Mahmood, Head of Healthcare Simulation Education, has been selected for the two years Masters course in Healthcare Simulation and Patient Safety at the National University of Ireland, one of the top Universities in global ranking. She is also the first and only Indian with Advanced Certified Healthcare Simulation Educator certification accredited by the International Society of Simulation in Healthcare, USA.
- Dr. John Joseph S. Martis, Professor of Surgery, Dr Nagesh K.R., Professor and HOD of Forensic Medicine, Dr. Venkatesha B.M., Professor of General Medicine, Dr. Arunachalam R., Professor and HOD of General Medicine, have been appointed as external members of Board of Studies in various universities.
- Dr. Aruna Yadiyal, Professor of Psychiatry, Dr. Sudhir Prabhu H., Professor of Community Medicine, Dr. Archana Bhat, Assistant Professor of Pathology, Dr Nagesh K.R., Professor and HOD of Forensic Medicine and Dr Shivashankara A.R., Professor of Biochemistry, have been appointed to the Editorial boards of various journals in the year 2020.
- Dr. Sumanth D., Associate Professor of Pathology, has completed the MCI Advance Course in Medical Education
- Dr. Karen Prajwal Castelino, Assistant Professor of Forensic Medicine, secured Second Place for her E-Poster during Forensic Medicine Conference held at Hyderabad.
- Dr. Smitha Bhat, Professor of General Medicine, was selected as the member of "State Level Expert Committee" constituted for COVID 19 by Government of Karnataka.

2020

2021

- **Dr. Venkatesha B.M.**, Professor of General Medicine and **Dr. Archana Bhat**, Associate Professor of General Medicine, are appointed as the President and Secretary of API DK Chapter 2020-2021, respectively.
- A Chapter, authored by **Dr. Jostol Pinto**, Assistant Professor of Cardiology, is published in a textbook titled 'Advances and Innovation in Heart Failure.
- Research paper of **Dr Mahesh**, Assistant Professor of Radio Diagnosis and **Dr. Lulu Sherif Mahmood**, Professor of Anaesthesiology, was selected for E-Poster Presentation at the Mohammed Bin Rashid University of Medicine and Health Sciences, Dubai, UAE.
- **Dr. Padmaja Udaykumar**, Professor and HOD of Pharmacology, has authored a textbook titled "Medical Pharmacology" – 6th Edition.

STUDENTS IN NEWS

The following under graduates and post graduates have brought honor to the institution.

- The Research paper of **Mr. Sudhan R.**, Final Year MBBS Student, titled "Complications of Mannitol Therapy in Patients with Acute Stroke" is accepted for ePoster presentation at the 6th EAN Congress in Paris, France.
- **Dr. Tia Teresa Thomas**, PG Resident of ENT Department, is appointed as the Student Editor of the Indian Medical Association's Doctors4Doctors Quarterly Magazine.
- **Ms. Suchetha Bhat**, **Ms. Careena Lobo** and **Ms. Monica Karanth**, MBBS Students, were selected by the University for Short Term UG Research Grant 2020-21.
- During the year 2020, the undergraduate and postgraduate students of our college took part and won prizes in various intercollegiate events- 6 students in quiz competition, 8 students in Debate competition, 3 students in Poster Presentation and 7 students in Paper presentation.
- 8 student Research proposals are selected by ICMR for STS Grants 2020.
- During the year 2020, 4 PG Degree / Diploma Students and 3 MBBS students have secured ranks in Rajiv Gandhi University of Health Sciences examination.

ACADEMIC PROGRAMS

- Over 50 Workshop / Conference/Seminar / CME / Guest Lectures were conducted in our college.

PUBLICATIONS

- Over 125 Scientific articles have been published by our staff in various Medical Journals during the year.

RESEARCH

- New Research Lab was inaugurated on 01-01-2021, which is headed by Dr Sanjeev Rai B under the guidance of Director Fr. Richard Aloysius Coelho. The unit has 3 divisions- Clinical Research Division headed by Dr. Ramesh Bhat (Vice-dean of FMMC), Microbiology and Infectious Diseases Division headed by Prof Beena Antony and Biochemistry & Molecular Diagnostics Division headed by Dr. Shivashankara.
- In 2020, 2 MOU were signed during the year for research and academic collaborations.

- A total of 71 Research Projects- 34 Institutional Grants, 14 External Grants, 13 Clinical Trials, 10 Student Grants worth Rs. 1.28 crores- was approved during the year 2020.
- Ms. Swathi Kulkarni, MBBS 2017 batch and Mr. Sudhan R, MBBS 2016 batch, in collaboration with NITK, Surathkal are the Innovators of Medical Device "OXY HEAL" (a localized Hyperbaric Oxygen Therapy).

Father Muller Simulation and Skill Centre completed 5 years in November 2020. It has continued to add new laurels to its credit. It is now recognized as the first JeevaRaksha Regional Training Centre under RGUHS for conducting the ECLS and ENLS courses which is first of its kind.

MEDICAL EDUCATION UNIT:

During this year, Medical Education Unit of the college conducted 5 activities, including E – learning workshop, Curriculum Implementation Support Program, Workshop on Essential Teaching Skills, Workshop on framing linker cases and Medical writing workshop, in collaboration with research centre for the staff of our college.

BIOETHICS

The Student's wing of Bioethics Unit of FMCI, UNESCO Chair in Bioethics (Haifa) in association with Debate Club, FMMC organized an Online Debate Competition through Google Meet on 9th May 2020 on "Commercial surrogacy in developing countries is exploitative".

NSS

During this year, NSS unit had observed Mask Day and International Yoga Day in June 2020. The volunteers took part in Fit India Run, conducted by Fit India Movement. Independence day, Breast Feeding awareness week, National Education Policy 2020 Jagruthi Abhiyan and International Women's day was also celebrated,

WOMEN EMPOWERMENT CELL

On the occasion of Womens' day, the cell organized a talk on "Women's rights and sexual harassment" by Mrs. Latha Holla, a practicing advocate, and also a talk by Mrs. Sapna Shenoy on "Money Management".

RED CROSS UNIT

A talk on "Food and Haemoglobin Levels – A Check" by Dr Rashmi Dsouza Rasquinha was organized on 01-10-2020 on the occasion of National Voluntary Blood Donation Day.

SPORTS & GAMES

RGUHS State Level Shuttle Badminton Tournament for Staff and Students was organized by our college from 3rd to 5th March 2020 at the Indoor Stadium.

FATHER MULLER COLLEGE OF ALLIED HEALTH SCIENCES

Annual Report

2021

2022

Father Muller College of Allied Health Sciences was established as a separate college, bifurcating from Father Muller Medical College as per the guidelines of Rajiv Gandhi University of Health Sciences, Bengaluru effective from 01-06-2020. All the teaching programs of Allied Health Professional Courses were brought under the newly named Father Muller College of Allied Health Sciences (FMCOAHS). It contributes at large for the training of Health Professionals and also focuses on service, patient care, diagnosis and therapeutic process with the motto of Heal & Comfort. Currently, the following undergraduate and postgraduate degree programs are offered:-

Existing degree & post graduate courses and the intake for 2021-22

• B.Sc. Medical laboratory technology	
• B.Sc. Radiotherapy Technology	-40 seats
• B.Sc. Medical Imaging Technology	-10 seats
• B.Sc. Anesthesia Technology & Operation Theatre Technology	-30 seats
• B.Sc. Renal Dialysis Technology	-40 seats
• M.Sc. Medical Laboratory Technology	-10 seats
• Bachelor in Hospital Administration	-15 seats
• M.Sc. Radiation Physics	-30 seats
• Master in Hospital Administration	-05 seats
New Courses Awaiting Approval :	-40 seats

- B.Sc. Optometry
- M.Sc. Clinical Psychology
- M.Sc. Medical Imaging Technology

New Courses applied:

- B.Sc. Respiratory Care Technology
- B.Sc. Cardiac Care Technology
- B.Sc. Emergency and Trauma Care Technology
- B.Sc. Neuro Care Technology

University Results

RGUHS Examinations was conducted in the month of January 2022. More than 70% of the students passed the examinations & few students secured distinction.

- 2nd year M.Sc. MLT 100%
- 2nd semester MHA 100%
- 4th semester MHA 100%
- 3rd year RTT 100%
- 3rd year MIT 94%

MHA – Total 88 ranks subject wise.

UG Allied – Total 54 ranks subject wise.

Convocation Ceremony

The convocation ceremony of the undergraduate and postgraduate students of the FMCOAHS was held on 18th August 2021. Most Rev Fr Dr Peter Paul Saldanha presided over the function. Professor Rajesh Shenoy, Director of the Padmashree group of Institutions, Bangalore, was the Chief Guest. Rev Fr Richard Alaysius Coelho, Director, FMCI, Rev Fr Rudolph Ravi D'Sa, Administrator FMMCH, Rev Fr Ajith B Menezes, Administrator, FMMC, Rev Fr Nelson Dheeraj Pais, Assistant Administrator, Rev Fr George Jevan Sequeira, Asst. Administrator, Dr Antony Sylvan D Souza, Dean AHS, and Dr Uday Kumar, Medical Superintendent were present and graced the function.

Installation ceremony of new Dean

Dr. Urban J A D'Souza was appointed as the Dean of FMCOAHS on 06-12-2021. Rev Fr Richard Aloysius Coelho, Director, FMCI, was the Chief Guest. Rev Fr Rudolph Ravi D'Sa, Administrator FMMCH, Rev Fr Ajith B Menezes, Administrator, FMMC, Rev Fr Nelson Dheeraj Pais, Asst Administrator, Rev Fr George Jeevan Sequeira, Asst. Administrator, Dr Antony Sylvan D Souza, Dean AHS & Dr Uday Kumar, Medical Superintendent graced the occasion.

Inauguration of new student council

The inauguration of the student council for 2021-2022 was held on 24-03-2022. Mr. C A Simon, Superintendent of Police- Anti-Corruption Bureau, Western Range, was the Chief Guest. He spoke on the malpractice case in Rajiv Gandhi University as a detective, and said, "As a Health Professional, you are playing a vital role in maintaining the health of the society and people. Not only qualification but moral and ethical values also play a vital role in the profession" and gave a clarion call to all the students to abide by the moral ethical values in their professional practices. Rev Fr Richard Aloysius Coelho, Director of Father Muller Charitable Institutions in his presidential address, said, "You are the leaders to express and not to impress. Do not strive for recognition but your absence should be felt. Uphold ethics and moral values with righteousness".

Department activities and achievements

• Department of Medical Laboratory Technology

◦ *Online Lecture Series / Workshop conducted by staff:*

- Scientia online lecture Series 1 – A road map to be a successful medical laboratory entrepreneur on 06-08-2022.
- Scientia online lecture Series 2 –Laboratory approach to inherited bleeding disorder on 06-09-2022.

◦ *Achievements by students:*

- Ms. Lia Maria (MSc. MLT) -1st Rank in the RGUHS EXAMINATIONS of 2021-22
- Ms. Amalu Xavier (MSc. MLT) -2nd Rank in the RGUHS EXAMINATIONS of 2021-22
- Ms. Anju Joy, Ms. Gita Nepal and Ms. Anju M (MSc MLT) -3rd Rank in the RGUHS EXAMINATIONS of 2021-22
- Ms. Jeshma Crasta, Mr. Adarsh Benny, Sr. Lini T.L (MSc MLT) -4th Rank in the RGUHS EXAMINATIONS of 2021-22
- MSc MLT students won prizes in TRANSCON 2022, a virtual National Conference held from 11th to 13th March 2022
- Ms. Jayashree K– 2nd Prize in Digital Painting Competition and 2nd prize in Paper presentation
- Ms. Angeline Olive – 3rd prize in Digital Painting Competition.

- **Department of Medical Imaging Technology**
 - Basic Foundation Course was held for the first year BMIT students on 23/10/2021.
 - Guest lecture by Mr Ninan Cherry Jacob on the topic "Scope of Medical Imaging, Now and the Future" was conducted on 8/11/2021 via Zoom meet.
 - *Achievements by students:*
 - Ms. Anupama Roy (III BMIT) won second place in online oral presentation (MRI) organized by ISRT held from 08-11-21 to 21-11-21 and second place in poster presentation in National Level Technical Symposium organized by Radiology, School of Allied Health Sciences, VMRF, Salem on 31-10-21.

- **Department of Renal Dialysis Technology**
 - The Department of Nephrology conducted a VIRTUAL SCIENTIFIC WEBINAR (CME) on 28-08-21 at 10.30 a.m. to 4 p.m. at Father Muller Central Library (Digital Library).
 - The Department of Nephrology has organized a "Poster Presentation & Awareness Programme" on 10.3.2022 and 11.3.2022 to enlighten World Kidney Day to all the staffs and students in the Hospital conference hall at 2.30 p.m. to 4.30 p.m.

- **Department of Radiotherapy**
 - *Achievements by students:*
 - Mcyln Fernandes: Received the Best Outgoing Student Award

- **Department of Anesthesia Technology & Operation Theatre Technology**
 - *Orientation Programme-* The Department of Anaesthesiology conducted Orientation programme for 1st year B.Sc. Anaesthesia and Operation Theatre Technology students on 24-11-2021. 33 newly admitted students attended the programme which was held in Anaesthesia department.
 - Department of Anaesthesia and Operation Theatre Technology organized Christmas celebration for all the students and staff on 21-12-2021.
 - *Freshers' Day-* The department of Anaesthesiology (Anaesthesiology and Operation Theatre Technology) conducted Fresher's Day titled "EUPHORIA" on 15-03-2022 at Silver Jubilee Hall, FMCI.

- **Department of Hospital Administration**
 - The department organized a workshop on NABH on 20th & 21st March 2021. The resource person was Mr. Santhosh Kumar, NBQP consultant & alumni.
 - Alumni connect series was initiated and a series of talks were organized
 - *Virtual Internship with SUNY (The State University of New York)-* The department was invited by St Aloysius Autonomous College to conduct a virtual internship for undergraduate students of Health Management from The State University of New York. Classes were online on daily basis from 08-03-21 to 18-03-2021
 - Training session on First Aid & CPR Skills in Simulation center was taken for the MHA students (1st & 2nd years) on 05-03-2022.

2021

2022

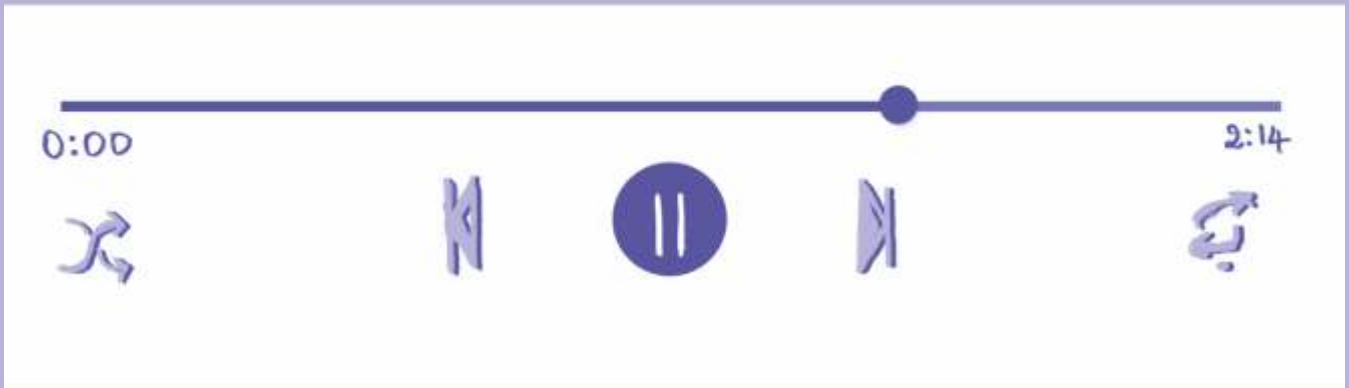
◦ *Achievements by students/ faculty.*

- Sr Ligy Johny – Gold medal in University exam
- Dr. Neema Audrey Pinto- Gold medal in University exam
- Dr. Neema Audrey Pinto - 1st Rank in the RGUHS EXAMINATIONS 2022
- Ms. Loveena Daniel Adina -2nd Rank in the RGUHS EXAMINATIONS 2022
- Sr. Perpeth Pereira -3rd Rank in the RGUHS EXAMINATIONS 2022
- Sr. Mini Sebastian - 4th Rank in the RGUHS EXAMINATIONS 2022
- Ms. Prashna Rai -6th Rank in the RGUHS EXAMINATIONS 2022
- Fr. Shijo Mon Augustine -7th Rank in the RGUHS EXAMINATIONS 2022
- Ms. Sahana Veigas - 10th Rank in the RGUHS EXAMINATIONS 2022

In conclusion, Father Muller College of Allied Health Sciences is committed to the all-round academic training of health professionals, shaping their clinical skills in different areas of clinical and laboratory degree programmes, to cater to the needs of the health sector both locally and globally with the motto of Heal & Comfort.



What's Popping in FM MC





Melisha G DSouza
General Secretary



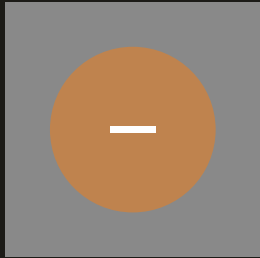
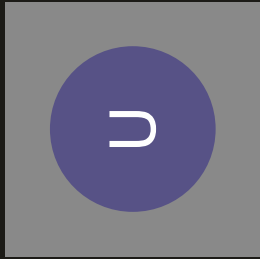
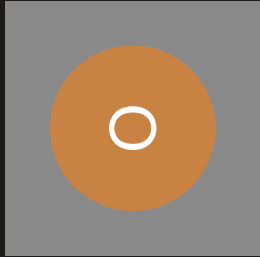
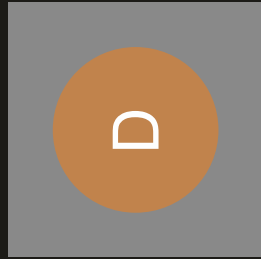
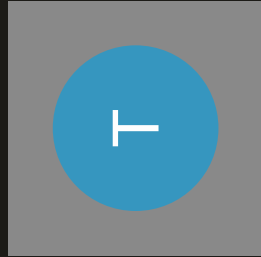
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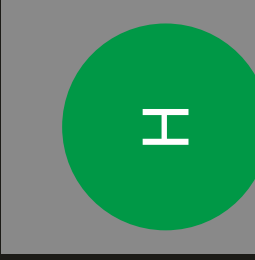
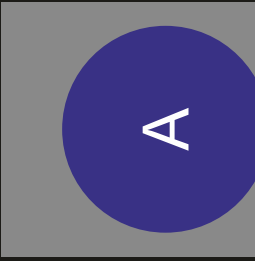
2021 - 2022



Anjali Shalin Shaju
Magazine Editor



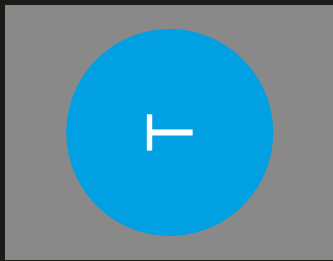
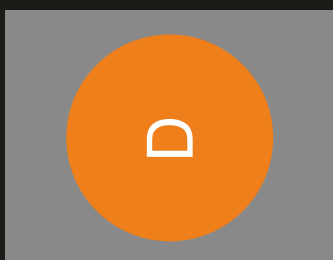
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Media Assistant

2021 - 2022

TROEZIANZ BATCH DIARY

“This is the dream! It’s conflict and it’s compromise, and it’s just ... It’s new every time. It’s brand new every night. It’s very, very exciting”

It was a whirl of emotions on the first day of transitioning from a medical student to a doctor- excited, clueless, intimidated, scared. The thrill of working & proudly wearing that stethoscope around your neck instead of stuffing it inside the pocket of your apron- the joy knew no bounds. The pictures of spotters, instruments & case reports that once dominated our phone galleries have now been replaced by pictures of investigations, references, reports of biopsies etc.

Here is when we realized that whatever we had learned in the past 6 years wasn’t enough- there is more to just books & clinical practices. There were times when it was just doom & gloom but even the worst of medicine taught us to become better practitioners. We often bump into each of our fellow interns while climbing 10 flights of stairs when the elevator runs out of service, while waiting outside L ward to take Covid swabs for our patients & also when our PGs took us for coffee. From patients looking at us as 'baby doctors' while we took their vitals & consents to holding our hands to enthusiastically thank us as they get discharged post recovery leaves us feeling immensely happy with ourselves & our choice of profession. To quote John Dorian from Scrubs “You should consider yourself lucky if you even occasionally get to make someone- anyone- a little better”.

Of course, we are going to make this final year of our undergraduate life memorable & also harness our professional skills as well. Years from now, as we go our separate ways to fulfill our dreams & when we see each other in our new lives, we will smile at each other with joy & remember how we spent the last 6 years under the beautiful Mangalorean sunsets & beaches, learning from each other & growing in love.

Here’s to the fools who dream, crazy as they may seem! *clink glasses

- **Angela Marion**
MBBS 2016





Asclepians : The Unbeat Champions

Feels like just yesterday we were little medico toddlers making our way into the dissection hall. We put on a smug smile, scrunched our nose and asked with a straight face hoping to make new friends-



And that's where it all began. One line broke the circle of awkwardness and strangers became friends and soon family.

It was always the battle of being the best, showing our top performance in academics and cultural. To us, our batch is the best after all. All who disagree-

Two and a half years of beautiful memories were etched into the sands of time. Family took on a whole new meaning when 160 of us were in it. Population explosion? Yes, please.

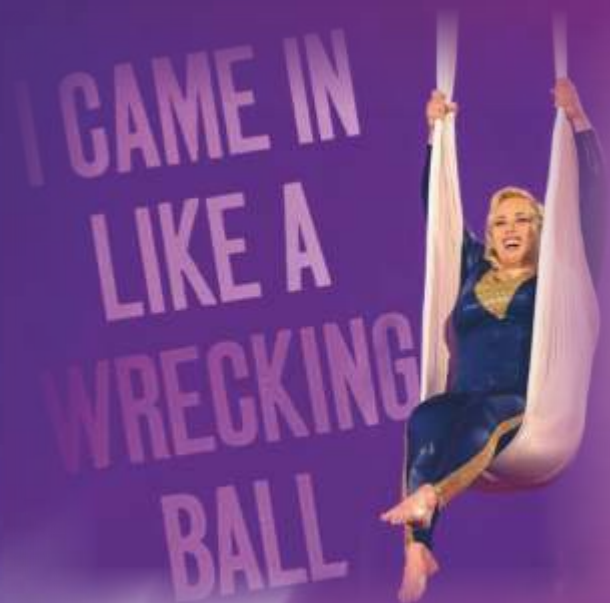
Until COVID struck, and shattered our unity. After 10 months of separation, the doors opened up again, although we now had to be like Darth Vader (wear a mask, be socially and emotionally distant, get it?), but we pulled through and the family was back again.

Time flew by way too fast for us, without warning fourth year came slapping us all like fat Amy's performance in the intro scene of pitch perfect 2

I came in like a wrecking ball - oh yes you did. Knocked us down pretty bad.

But, we are 2017, we've survived both times so there's no stopping us. Our legacy will carry on in the years that come.

Asclepians - the unbeat champions



- Shifal Sudhir
MBBS 2017

PROMETHEANS BATCH 2018

The Greatest Showman speaks to us as no other musical does. It's about bringing individuals with differences, together. So we the batch of 2018 present to you our story, in the best way we know how, through music.

We entered 2nd year with a million dreams and a million more expectations. The pandemic struck us down at our prime, confining us into our homes. Our Goa trips remained unplanned, our treks left untrodden, parties unattended. We saw some bizarre phenomena turn into the new normal. Birthdays celebrated online, zoom singalongs, the occasional group video call with the oh so common words "Macha, lockdown aadmele el hogana?" were something to break the monotony. Members of our batch organized online charades, quizzes, chess and poster making competitions, panel discussions to keep the spirits high. And who can forget the online classes in all their glory and glitches! Settling in took some time, but the internet and Netflix sure did make it easier.

Pre pandemic nostalgia did creep in once in a while. Sitting next to each other and dozing off in class or just fighting for an interesting case in the ward, the endless adrenaline prep nights and that competitive drive during culturals and sports events – ah! What a time to be alive!

The notice of our exams did jolt us out of our reverie. Multiple breakdowns and gazillion pep talks were a common occurrence but somehow we managed to pull through! We were in 3rd year! However the dreaded virus struck again! It was frustrating and anxiety inducing to be under lockdown again. All the insecurities held us down. 'Are we going to be online doctors? "How competent will we even be?' 'Will we ever be enough?'

But here's the thing but us: we are still learning. Learning to thrive, learning to live with our insecurities, learning to take it one step at a time, learning to persevere and to become the doctors of tomorrow.

We put on our OT gowns for the first time this year. We earned backstage passes to all sorts of surgeries which were as cool as the ones in Grey's Anatomy if not cooler. With each passing day, we're a step closer to the doctors that we want to become.

And yet, this is only just the beginning.

Are you ready for the greatest show ever?



*Prometheans
Batch of 2018*



The Misfits Club

Even back in 1985, John Hughes understood what it was like to be put under stereotypes and be expected to fit in. The batch of 2019 joined college at a very different time. The curriculum had changed and not to mention, we were hit by the corona virus. We were called the 'guinea pig' batch and 'corona batch' much to our disdain. In all honesty, the jump from school to MBBS is big enough without having to deal with a pandemic. We haven't spent much time together as a batch and the time we did, we spent on arguing about various things. We're all from different places, backgrounds and cultures and of different ages. It was hard for all of us to agree on anything. After the pandemic hit us, we were all sent home for eight months. Everything seemed new and unpredictable and we were all so glad to be back when it was over. We may not have been stuck together in detention, but we began to understand each other and work together. The lockdown was our version of a detention and we understood that however different we may be we can still come together at the end of the day.

"You see us as you want to see us—in the simplest terms, in the most convenient definitions. But what we found out is that each one of us is a brain...and an athlete...and a basket case...a princess...and a criminal. Does that answer your question?"

Yours sincerely, KRENOVIANTZ, The Batch of 2019

- Isai Saravanan
MBBS 2019



Nostalgia & Recaps

The Batch of 2020 going on 2021

the first MBBS batch to begin amidst the surge of the pandemic. A batch that had its first introductions and friendships made online, and a batch which gave and continues to give maximum attendance in the library.

The story of this batch? It all started with the infamous WhatsApp group- FMMC 2020 Official? We're never quite sure of what this group is called, because this group has a life of its own, and a tendency to change names as often as some of us change clothes owing to the febrile Mangalore humidity. This notorious group started off timid with a few HI's and Hellos which progressed to evolve into the chaotic batch we are today.

What started off with a few dozen messages changed overnight with thousands of messages a day. It seemed like everyone had something to say and oh so many shared interests. Right from "raindrops on roses and whiskers on kittens, brown copper kettles and warm woolen mittens," we began sharing some of our "Favourite Things" (But let's just say, our interests are a bit more modernised than brown copper kettles)

We do however spark at the thought of our "brown paper packages tied up with strings", as it arrives at the main gate, Amazon, this one's for you.

From getting acquainted to disha "ma'am", updating our "log book" and interacting through Impartus, To falling asleep every 5 mins in LH1, being the lucky batch of 'masking' ourselves from the formalin aroma, pricking ourselves, lifting weights with our middle finger, measuring each others pulses and establishing a diligent lost and found department within our unofficial whatsapp group

Well these were just few of our favorite things....

"Fellows will fall in line
Eager young lads and rogues and cads
Will offer you food and wine
Totally unprepared are you
To face a world of men
Timid and shy and scared are you
Of things beyond your ken"

And much more words of advice and wonderful remarks from mother Teresa's wardens

Our batch has been through a Rollercoaster ride
As we look back and reminisce our chill foundation course with innumerable lectures on attitude and ethics and ice breaker sessions.....

how we wish time could stand still as let us take a breather
Cause now it's either plexuses and pathways all muddled up in our Brains or a clean slate owing to our negligence

The ebb and flow of thoughts like
"Am I good enough for MBBS?",
"What happens if I fail university exam?"

Interspersed with dreams, hopes and aspirations to become someone who can heal and comfort people someday.

Just as the song goes ...
"I have confidence in sunshine
I have confidence in rain
I have confidence that spring will come again
Besides, which you see
I have confidence in me"

We try to instill in ourselves optimism and rekindle our faith ...

WITH LOVE,

Batch of 2020



Our life for 6 months of MBBS



FINALLY! EVERYONE IN ONE FRAME



The boys lookin Swell



If only our lives were this colorful



Munda's and Kudi's in lungis and sarees



Find a better combo :
Elegant women + The White coat



Dudes being Goofs



Parapets and Good times



Glee and green



In Hawaii, be back never



Scalpels, The Corpse and the Living



Defend until the end



Too Glam to give a damn



Dressed to impress



Our game is sick, Too bad it ain't contagious



When Cosplay meets Fashion



Graduation day volunteering >>> Classes

BEHIND THE SCENES WITH DR MANOHAR MARTIS



Q1: What is the best advice you have been given about being a surgeon or a doctor?

M: When in doubt, ask for help. A second opinion or a fresh perspective can be invaluable, especially in a sticky situation. Dr Erel Diaz, who has been like a mentor to me, gave me this advice when I started out as a surgeon. Also, when I did a fellowship in Endocrine Surgery at CMC Vellore, this was always encouraged from junior surgeons. It's always best to have somebody watching your back.

Q: Could you tell us a fun story from your UG days?

M: We had a cultural festival known as the Autumn Muse in St. John's Medical College, where I studied MBBS. This fest was completely organized and run by the students in those days. Collecting money was done by something called voluntary donations.

We were divided into groups to go knocking on doors around Bangalore. We would tell them that we were conducting a cultural festival, the proceeds of which would go towards a pediatric hospital.

One time when we went and knocked, a Doberman jumped out and got my friend by the ankle. His owner, instead of calling the dog off, laughed at the entire scenario. Eventually, he called his dog off and said 'get lost'. So we've had to run away from compounds, been chased away and made fun of.

Q2: What would you say are the pros and cons of being a surgeon?

M: -When you start any surgery, many times it's like a Pandora's box, you might have seen a thousand cases with the same diagnosis, but each case is unique. There are new challenges and you have to think on your feet.

-Surgery is quite satisfying and gratifying because you see a problem, you remove the problem, and you solve the problem in most cases. For example, in appendicitis, you do an appendectomy. Now as a surgeon that's a routine case and not a big deal, but for the patient it is a huge deal since you've relieved him of that pain.

-If you're into technology, you get to use a lot of cutting edge gadgetry.

So the cons:

-Surgery is a skill set. Even the most basic surgery has a learning curve. It takes time to become a good surgeon.

-There's a higher rate of burnout. If something has not gone right intraoperatively, it can leave you dejected and discouraged.

-Another thing is, you can be called upon at any time. Suppose I've operated on a patient today who later has an immediate postoperative complication like bleeding lets say, then it's my responsibility to reach there at the earliest and re-explore. This affects your family and social life too.

-We have to deal with medico-legal cases and lawsuits because patient's expectations are very high. A lot of it is because of how surgery is projected in the media. I may say that the surgery was successful but what I mean to say is, I was able to open, operate and close without any complications. Whereas when the patient's family hears that, they assume the problem is completely solved now.

-Hospital-acquired infections and injuries are common among surgeons because they're dealing with sharp instruments all the time.

-Since surgery is skill-based, you use your hands. If I end up injuring my hands permanently through some accident or something, it's over for me as a surgeon.

Q: Can you tell me about a time when you almost lost a patient on the table but were able to revive them?

M: When I was a second-year postgraduate, we had a young boy with quadriplegia who had a big, infected sacral pressure sore. We were debriding it in a prone position under spinal anaesthesia, when suddenly his blood pressure started dropping, and he became drowsy and unconscious. The single peripheral IV line had got dislodged. So we were not able to resuscitate him with fluids. We would've lost him for sure. After several tries, no peripheral lines insertions were successful.

I had worked in the ICU at St. John's for 1.5 years after my MBBS, where I had gained valuable experience in placing central IV lines. Because he was in a prone position, placing a central line was going to be a challenge. By the grace of God, we were able to turn him a bit, and I was able to place a femoral central line successfully in the first attempt. We were able to rush fluids and blood, finish the surgery and he survived.

Q: What is the coolest surgery you've ever been involved in?

M: While I was doing my fellowship in endocrine surgery at CMC, Vellore, they used to do something known as a transoral thyroidectomy. Here we make incisions on the inside of the lip, through which we laparoscopically dissect and take out the thyroid gland. You close this area with an absorbable suture, which heals well. It is a truly scarless surgery and the results are so good. I would love to start it here, hopefully.

Q: What are your favourite pastimes?

M: I love just lounging with a nice book with something to eat on the side. I'm a foodie. I love to read history, especially the history of medicine. I think it adds to your knowledge and gives you a sense of where you are now. You should read this book, called 'The Emperor of All Maladies' by Siddhartha Mukherjee. He's written the story of cancer, right from the beginning. All those tumour markers and genes, which we normally mug up start making sense.

Q: If you could have a superpower, what would you choose?

M: I wish that surgeons had some type of x-ray vision. Then you could identify the pathology in every case without having to rely and wait on expensive investigations.

Q: What do you think goes into good teaching?

M: To become a teacher, I think you should be able to generate interest in the students about the topic you are taking. I do this by telling them pertinent case stories from my experience, conduct quizzes, give them problems, give them that incentive to think for themselves.

Do you love teaching, Sir?

Yeah, I do. I like more of 'one on one' teaching or a small group teaching.

Q: What would you say to your UG self if you could go back in time?

M: During MBBS, we study mainly with an aim to pass the exam or come first in class, but all that doesn't matter at the end of the day. It's important to have a realistic and long-time goal. When you are passionate, you learn better.

Secondly, invest more in hobbies. You can always squeeze in time to fulfil your passions and hobbies. If it becomes all about work, you may not enjoy what you're doing at the end of the day.

The third thing is to invest in friendships. Since you are thrown together for 5 years, you build relationships with your college mates. Those are the people you will remember and cherish the most in your life.





Three newbie doctors met at their usual coffee hangout spot one evening for a catch-up sesh (which had become less frequent, thanks to internship). Among the various random things they talked about that day, they also spoke about how the pandemic brought out stories of pure resilience that left them equally inspired.

As cliché as it sounds, we picked up our steths, fully aware that this was more than a profession. Along the tedious way, we've come across some extraordinary stories. Of hard work, commitment and sacrifice of the medical fraternity. The more we talked about it, the more we realised that these were too precious to be unheard of. As the last bit of the coffee was gulped down, we made a decision.

Simply put, Crelevate was formed to amplify real-life stories. Stories that inspire, stories that stick with you long after you've read them. We strongly believed that everybody had a story to tell that would spark off something in the reader. And we could never run out of those in a world that's constantly evolving and changing, could we? This became the driving force behind Crelevate.

Super excited but still a little sceptical, we launched the website

and began the first set of interviews. The response we received made us speechless. People wanted to hear more. More of what went inside of the person in the PPE. And that became fuel for us to dig deeper. Soon we began receiving emails with some amazing personal anecdotes and stories that moved us. We simply put it out for the world to see. During a time when the healthcare workforce that should be celebrated was being pelted with stones and abuses, this came as a little 'I see you. You are appreciated and your work is not going unnoticed'.

Soon enough, the inbox became overwhelming, our internship rotations got more hectic and, what we thought would be a three-month thing was still going strong after a year, reaching phone screens across the country. The fact that we were graduating and moving to different parts of the world couldn't be the end of something this

Crelevate



precious! And that's when we found three amazing juniors of ours, super talented and enthusiastic who, stepped forward to take it up. We still check on the page sometimes and, they are the best things that could happen to Crelevate. They do it so much better than us and, we couldn't be happier.

Picking up the baton we have,

Sarah Joseph a final year medical student who enjoys doing pretty much anything that keeps her from studying, is good at reading people (according to a random BuzzFeed Quiz) and loves capturing moments through her lens or writing!

Imman Boban bakes cake, jokes(lame, most of them) and brews the most amazing coffee you will ever drink and the weirdest answer you will ever read.

Has a brain at fixing things that have gone haywire, may it be your school project or a problem that you've gotten yourself into.

Crelevate



Lives for beauty naps and post-exam vacations.

Anya Abraham truly lives up to the meaning of the younger child. Amongst books and dancing, small towns and country roads hold a big place in her heart.

"She is beauty, she is grace until she slips and falls on her face" are words she unintentionally seems to live by.

The three of us are excited to be a part of Crelevate and have the privilege to continue providing a platform for medical professionals from all across the country to reminisce, exhibit their best traits and educate. So, we would love for anyone reading this to send in your experiences. We're listening!

Follow us at Facebook/Instagram: crelevate
www.crelevate.com

YOUTH RED CROSS UNIT, FMMC IN ASSOCIATION WITH FMMCH BLOOD BANK

2021

To commemorate "World Red Cross Day", the FMMCH Blood Bank in Association with Youth Red Cross Unit, FMMC had organized an online Essay Writing Competition for students on 8th May 2021 on the theme "Safe Blood Saves Lives." Despite the pandemic, there was a very good response from our students, who participated in large numbers.

Dr Anissa Thomas, Assistant Professor, Department of Community Medicine was the judge for the competition.



1st Prize

Ms Shreya Raghu, MBBS 2019 Batch



2nd Prize

Ms Reema H M, MBBS 2017 Batch



3rd Prize

Ms K Jonica Johny, BPT, 2017 Batch

To commemorate World Blood Donor Day, the FMMCH Blood Bank, in association with the Youth Red Cross Unit, FMMC, organized an Online Drawing Competition on 14th June 2021 on the theme "Give Blood and Keep the World Beating".

Dr Vinay Vaidyanathan Rao, Associate Professor, Department of ENT was the judge for the competition.



1st prize

Ms Greshal Quadros, MBBS 2018 Batch



2nd Prize

Mr Snehith Laju, MBBS 2020 Batch



3rd Prize

Ms Michelle Rodrigues, MLT, 2018 batch

2022

To commemorate "World Red Cross Day" on 8th May 2022, the Youth Red Cross Unit, FMMC organized a talk by Dr. Sudhir Prabhu H, Professor of Community Medicine on the topic "Disaster Vulnerability India-Mitigation & Preparedness" on 5th May 2022 from 03:30 pm to 04:30 pm in the Decennial Memorial Hall for 3rd and 4th year of MBBS & BPT students and 2nd & 3rd year of B.Sc. MLT students.



WORLD BLOOD DONOR DAY

On the occasion of World Blood Donor Day, the Blood Bank staff (Dept of IHBT) in association with Youth Red Cross Unit, FMMC organised a Voluntary Blood donation camp on 14th June 2022 at Silver Jubilee Hall, with the theme "Donating blood is an act of solidarity. Join the effort and save lives."

The Asst. Administrators of FMMCH, a few of the students and staff of FMCI, had come to donate blood voluntarily. Around 66 of them were eligible to donate the blood, among which 33 of them donated in the camp and the rest 33 donated in the Blood Bank, FMMCH. Certificates were given to all the donors.



We thank all the donors for their noble gesture.





It was in 2019 when I first heard about Bookwallah. At the time, all I heard was that it involved reading books and storytelling, as the name suggested. And that is what piqued my interest.

Having joined the organization, I realized that we're much more than that. We are an amalgamation of beautifully knit stories sewn together by one mission. A small yet impactful organization and books are the media to communicate our morals and values in a way that our children would understand.

After all, who doesn't like listening to a good story, right? Powerful, inspiring stories are narrated to the kids and values are reinforced through activities so that they can be the HERO in their own story, to convince them that they're more than capable of making it on their own.

Our children were abandoned, left on the streets, left on their own and have undergone a lot of trauma, but this organization aims to alleviate that pain. At least to some extent. The transformation that our children have gone through is nothing short of magical.

Breaking through the hard shell that is heavy from all of the pain that they should never have been put through, to begin with, and coming out to face a bright future takes a lot of courage and support, and we're proud of them.

I began my journey as a storyteller and progressed to become the Co-President of this organization. Through the length of my journey, I've become friends with people whom I'd never thought I would become friends with, experienced personal growth and met and networked with people whom I would never have otherwise.

Our CEO, Ms Seena Jacob, is the founder of this wonderful organization and, without her, I wouldn't be writing this article right now. Ms Olivia Moraes is the advisor for Bookwallah.

Honourable mention to our managers, Ms Anjali Thakkar and Ms Priyanka Roy and our Research and Development head Ms Simi Susan Shibu.

And last but not least, our wonderful volunteers without whom story narration, activities and interaction would not have been possible. Although all our volunteers are Mullerians currently, we hope to expand and start new chapters all over Mangalore other than our two existing chapters, "CARDTS HOME FOR BOYS" and "CARDTS HOME FOR GIRLS".

Ms Seena Jacob loves to bring "abstract ideas to life" and this organization was one such idea hence proving that "everything you look at can become a fairytale and you can get a story from everything you touch," as Mr Hans Christian Anderson once said.



Rotaract is the world's largest youth movement with the main motto of "service above self". It has more than 250,000 members among 180+ countries and geographical areas. The Club has a mission to serve the community by providing exemplary health care services, education, research and community outreach. Here, we create a world where medical students and professionals unite and take action in creating lasting change – across the globe, in our communities, and in ourselves.

Rotaract Club Of Medicrew is a chartered non-profit organization under the Rotary International banner and exclusively consist of national and international medical and paramedical students and professionals of all healthcare fields.

HOW CAN RC MEDICREW BENEFIT US AS MEDICAL STUDENTS

1. As medical students and professionals, we can contribute to society through our volunteer work.
2. Become a global youth leader to gain leadership skills and organize and head your own project.
3. Professional development by gaining clinical and academic skills through on-ground campaigns and virtual simulation labs.
4. Better networking by connecting to experts and peers from all fields.
5. Academic and service opportunities.
6. International medical virtual youth exchanges and many more.

This club has exclusive branches such as the research and innovation wings and connections to world-renowned organizations like UNESCO and UNICEF.

Monthly paper presentation, ARCADIA- a literature club for those who love to read and write.
Crash course – a revision series for exam preparation and also monthly newsletters.

A Personalized Membership ID and year completion certificate validates you as a Rotaractor and officiates your contribution on a global level.

IMA MSN

Indian Medical Association Medical Students Network



Goals

Bonjour a tous!

With the pandemic creating chaos, the medical education system being hit the worst, we lost exposure to not only the medical education but to the amusement that we used to have in college union.

The “World of Medicos” IMA MSN Karnataka provides us exposure not only to medical education but also to other fields!

Engaging community established in 2018 gives us a sense of belongingness and helps us grow and connect.

By
Dikshika
Manaswitha M G

To connect medicos across Karnataka and help medical students in many ways, such as building a professional network that provides career resources.

IMA upholds high ethical standards and all members abide by ethical professional practice.

The diversity equity and inclusion commitment includes:

- Raising awareness of biases
- Attractive diverse talents
- Driving equity in career promotion
- Increasing accountability for progress
- Employment avenues

Creating eligible education programs improves medical knowledge and leadership potential.

It gives voice to the profession with insight and timely journals and newsletters.

It serves as a thought leader in cutting edge research and best practices in the medical field

Advocate the profession in a challenging regulatory environment.

IMA provides us with the platform for showcasing the diverse talent of medical students that includes different societies like literature, art and culture, quiz trivia and help them in further improvement.

It paves way for medical students to participate in different NHPs(National health programs).

IMA is not just a community but, it is a way to celebrate the medical field!

THE RESEARCH CLUB

Have you ever felt there is more you can do towards improving the understanding of disease process, human behavior, patient care and wish to join the missing pieces of the ginormous puzzle of medicine? Then this Club is the perfect place to do so! The core team under the leadership of Mr. Shashank Reddy, MBBS batch 2018 and staff Research Head Dr. Sanjeev Rai, has built a space where young medical minds come together to share innovative ideas, opinions and bring in new perspectives to improve healthcare. They have strived to introduce peer to peer programmes for undergraduates to take up research and work under the guidance of postgraduates, collaboration with the Quiz club with a quiz on Reseach methodologies and selection of students for research grants which can help develop skills, build confidence and most importantly boost the CV.



Picking up a scalpel, making the perfect incision and closing up with a quick and clean suture is something every medico has dreamed of at some point. The surgery club is the place where you get to dive into the art of surgery. The Surgery club - 'Tru Cut Society' was headed by Shreya Honarius of batch 2017 for the year 2021 - 22 under the guidance of our staff from the Departments of Surgery and Anesthesia, who have made it possible to have hands-on learning experience through workshops and events, one such headed by Dr. Rahul Nambiar who walked the students through basic suturing and knotting techniques. Johnson and Johnson institute's mobile unit travelling across the state offered learning sessions in handling laparoscopic instruments, basic laparoscopic suturing and probing. So join us, wield your scalpel and feel like a superhero!

THE SURGERY CLUB

A driven student who shares passion in the field of research and innovation, who looks up to David Copperfield, 'living one's life's rollercoaster journey to the fullest'- Ms. Swathi Kulkarni is an Intern of batch 2017. Hear her in here talking to us about her latest venture on developing a Hyperbaric Oxygen Therapy device named 'OxyHeal' in collaboration with NIT-K students

OxyHeal

Localised Oxygen Therapy
for Chronic Wounds



1. Hyperbaric Oxygen therapy is known to be a remedy to various conditions including gangrene, actinomycosis, CO poisoning among many others. In contrast to being placed in chamber rooms, your team has come with a portable localised acting device. How does this suffice for complicated cases and how effective is its working?

The proof of concept is based on an IEEE article by Barry and Feinsberg who in their experimental study suggested that the working of the HBOT chambers and localised hyperbaric oxygen therapy functions the same way i.e, increasing the tissue partial pressure of oxygen.

The device is very EFFECTIVE!

The efficiency of the device can be better analysed after Randomised clinical trials.

2. How did you get drawn into this collaboration with the NITK members? What portfolio did you cover in this project?

I first heard about OxyHeal when Dr Sanjeev Rai, the chief of research had shared a google form application for the recruitment of students for collaboration with NITK on the FMMC Research Club forum.

I got drawn by the story behind the making of OxyHeal.

The founder of the team stumbled upon a TED talk by Anusha Naikaware, a 13-year-old scientist researching on methods to improve chronic wound monitoring using a wearable technology in her garage.

On further discussion with his friends (now the current team) they pondered upon its implications,

giving inputs on how to achieve and maintain the sterility of a possible wound monitoring device.

They got critical feedback on having a discussion with a highly qualified surgeon regarding various treatment options like HBOT, Negative Pressure therapy.

They started researching in-depth about the working and complications of HBOT and they were surprised by the fact that there were very few HBOT centres given its benefits and demands. This led them

oxygen delivery mechanism which is safer and more accessible to the masses was the need of the hour.

I assisted the team from the medical standpoint for the development of the device and a key member in pitch meetings and various competitions.

I also assisted the team to procure medical graded equipments.

3. How would you convince me to use your product among competing devices in the market?

Our product reduces the risks and side effects which are present in the HBOT chambers.

The availability of our device is expected to be very good since it's a portable easy to use device and there is a lower cost of investment compared to the other products.

There are various other products such as Natrox, a UK based company and another emerging startup Advanced Oxygen Therapy Inc. Which employ normobaric oxygen therapy.

OxyHeal has got a very good competitive advantage over them, as it provides hyperbaric oxygen therapy.

4. Did you guys feel stuck, faced dead ends at any point of your work Also, what were some of the challenges in bringing OxyHeal to the desk and what was

your coping strategy?

Yes! We did have hurdles but we would have these fun zoom / google meets to relax and slowly come up with a new plan to tackle it.

In order to build our initial prototype device, we



Ms. Swathi Kulkarni

required a lot of funding and we wanted to do it independently without any external funding, so we bootstrapped our startup by enrolling for and winning various Business plan completions.

5. Tell us how you felt about this fledgling of an idea developing into the sensation that Oxyheal is today? Does this motivate you to embark on more research projects in the future?

It feels amazing and definitely motivates me to take cross-functioning projects because it's an

amalgamation of the tech, medical and business sectors!

6. Oxyheal has gone on to win so many laurels and accreditations from premier institutions like IIT Kharagpur, IIM Bangalore and even gained recognition and scholarship grants. Did you guys expect such trophy moments while you worked on this and what impact do you think it has generated?

When you're working on a product and you know about it inside-out, you're confident PERIOD!

Securing a Nidhi Prayas Grant of 9.3 Lakhs was the biggest milestone we've achieved. When the Govt of India acknowledged that our start-up "OXYHEAL" was worthy to be introduced into the health care system. At that point, we knew that we had the WOW factor.

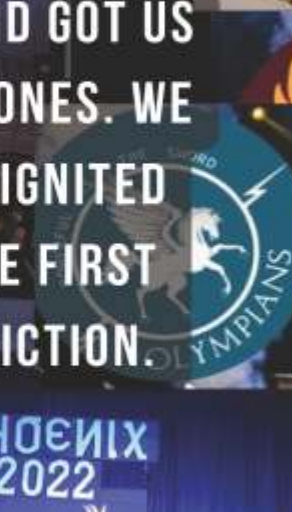
I'd be disappointed if we hadn't had such trophy moments.

The fact that undergraduates like us could reach so far and create such an impact proves that there are options outside of specialisation and superspecialisation.

PHOENIX 2022



BE IT ACADEMICS, SPORTS OR CULTURAL EVENTS, WE MULLERIANs, CAN DO IT ALL AND PHOENIX 2022 WAS A TESTIMONY TO THIS. THE FEST KICKING OFF WITH SPORTS AND MOVING AHEAD WITH CULTURAL AND ACADEMICAL EVENTS, GAVE US A STAGE TO SHOWCASE OUR TALENTS, CREATIVITY AND SPORTSMANSHIP. NEW EVENTS LIKE SPOOF, AIR-CRASH AND RIFF-OFF GAVE A REFRESHING TOUCH TO THE FEST AND GOT US VENTURING OUT OF OUR COMFORT ZONES. WE FORGED NEW FRIENDSHIPS AND REIGNITED OUR COMPETITIVE SPIRITS FOR THE FIRST TIME AFTER TWO YEARS OF RESTRICTION.



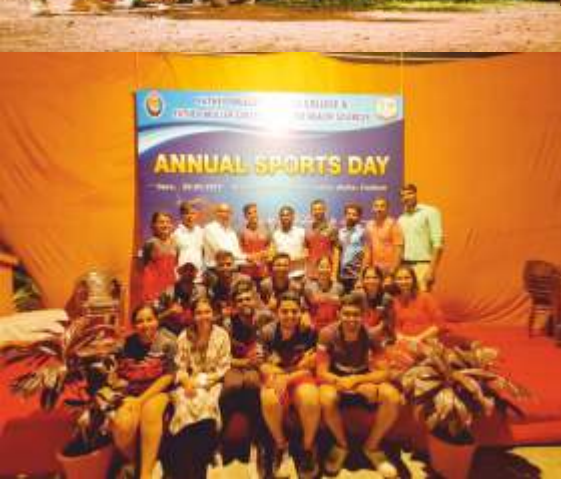
KALASAMBAMA

THE CULTURAL PROGRAM PUT UP BY OUR STUDENTS FOR THE NAAC INSPECTORS WAS A SPECTACULAR ARRAY OF DANCE FORMS AND MUSICAL ACTS. THE PERFORMANCES THAT PERFECTLY BLENDED TOGETHER, PORTRAYED THE BEAUTY THAT CULTURAL DIVERSITY BESTOWS UPON OUR COUNTRY. FROM BHARATNATYAM AND YAKSHAGANA, TO OUR VERY OWN COLLEGE ROCK BAND, THE PERFORMANCES LEFT THE AUDIENCE IMPRESSED AND WANTING MORE.



COLOSSEUM 2022

The much awaited Annual Inter-Batch Sports Tournament of Father Muller Medical College that was held in 2022 in the month of May was an event filled with enthusiasm with a stadium that reverberated with cheers and chants. The chief guest of the evening, Sr. Janet spoke on the importance of sports in students lives and declared the FMMC Annual Sports Meet open. The students entered into the spirit of the occasion in a grand way by participating in various events like football, throwball, basketball, volleyball, kabaddi, cricket, badminton, tennis, carrom, chess, tug of war, dodgeball and athletic events that brought out many athletic talents. The winners were awarded trophies, medals and certificates. The individual championship for athletics Male was awarded to Mr. Daniel from MBBS Batch 2021 and Female to Ms. Neha From BPT. The overall championship was awarded to the MBBS Batch 2018 whereas the students of BPT were runners up. The evening ended on a high note with a look of accomplishment and pride on the face of the students.



GRADUATION DAY 2022 - AHS



Jerseys on, minds equipped, livening the field with vibrance, this sports day was yet another display of talent and zeal ; the essence of every Mullerian.
The Annual Inter-Batch Sports Tournament of Father Muller College of Allied Health Sciences was conducted from 19th to 30th of April 2022.





As the darkness faded, the brilliance of the stars set ablaze a new milieu.

The First Cultural Festival of AHS - **AZURA 2022** was organised by the student council and staff advisors of Father Muller College of Allied Health Sciences from 8th to 10 May 2022.





Behind The Scenes: Doctors Of Father Mullers

From the moment we entered this field, we students have been told that pre and para-clinical fields such as pathology are an easy way out, a 9 to 5 job, and less stressful than clinical fields. To what degree do you agree with this? What made you choose your field? What are the challenges that come with being a pathologist?

I disagree with this. While there were many reasons to pursue a career in pathology, I developed a passion for the subject in my second year of MBBS itself. The challenges are too elaborate to answer, however in short, like any other medical speciality, pathologists do have to respond to the rising needs and challenges within the healthcare system.



Dr Cristol

The field of orthopaedics is thought to be plagued by playboys and distinguished by an easygoing nature. To what extent do you agree with this stereotype and what do you think are the origins of this impression? How do you set yourself apart from the idea people have of you?

Orthopaedics had been a male-dominated field of medicine for a long time. This field is usually considered easy-going but I feel it depends on the environment at the workplace. In our department, there is camaraderie amongst the staff that has created a positive impact on our interactions with each other. However, I don't completely agree with the stereotype as graduate students have very limited exposure to orthopaedic surgery in medical school and when it comes to our work, we are as completely focused and dedicated as every other field. Orthopaedics was considered physically demanding and I believe that is why women were sceptical to take it up as a profession. With the right techniques and tools, it's possible to treat patients without the need for physical strength and I'm glad to see the increasing number of women taking up orthopaedics.



Dr Aubrey

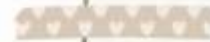


It's often said that high-stress jobs such as being a doctor/surgeon have to come at the cost of having a fulfilling family life. What are your thoughts on this? How do you balance work and home life?

As professionals, we should be in a position to manage both professional and family life, but it does get compromised at times due to late working hours, but family isn't about a single person. They do understand the intricacies of my profession. But at the same time you cannot compromise one for the other, my advice would be to plan occasional trips with your family and try not to bring the stressful work environment back home.



Dr Clement



Dr Nicole



During our school days when we expressed an interest in the medical field, we were told wow you have to be smart to become a doctor. As a teacher whose passion for her subject is infectious, what do you think plays a more important role in this profession, innate intelligence or hard work? Why?

The most important role in one's profession is not just intelligence or hard work but both and many other things! A profession is a path you believe in and eventually enjoy doing and by Working hard and smart, one can make an impact on their students, colleagues, patients and society at large. Be self-aware, and find a good role model and mentor (men or women). Listen and learn from them as long as you can. I read something very poignant today and that is that the most important skill is not pure talent, but it is the adaptability to change. Don't just be happy with the status quo instead aim for the stars so that you at least reach the skies!

Quoting Darwin "It's not the strongest that survive, nor the most intelligent, but the one who is most adaptable to change".



Dr Vinay

- How did you pursue art during your medical days?

While I was pursuing my ug studies, I stopped feeling the pull towards art and completely stopped creating. However, during the years, I pursued my pg studies I began restarting art slowly. Initially, I contributed when required which then built up to active pursuit.

- There is a common notion that artistic passions and medical studies do not go hand in hand. What is your take on that?

I have often found that at the end of the day, I find joy in creating art. I find myself contemplating life. It brings me peace, and joy and helps me focus on the positives. I view it as a stress buster

- How do you engage in art nowadays?

The lockdown presented me with a lot of free time. I would teach my children painting. My colleagues asked me to teach their children too. I particularly enjoy teaching children as they have a way of surprising you.

- What advice would you give to the young budding artists of our generation?

It's a tough world out there and there's an increasing need to stand apart and find refuge at the end of the day. People must stick to their talents no matter how small they believe it is. In the long run, it helps achieve a lot. In essence, keep at it and help your talent flourish.

There's a preconceived notion among Indian doctors that OB-GYN is a field tailored only for women. What inspired you to pursue a career in this field despite the stereotypes? What advice would you give to boys interested in taking up OBG?

Well, it was really a turn of fate that opened the door to take up this speciality but I have grown to love and respect the subject. We deal with both surgical and medical diseases so things are always interesting. And the field is extremely rewarding in terms of patient care, especially as an obstetrician where you have two patients, the mother and the child, and monetary benefits.

In my opinion, your gender is not a factor to consider. If one has a good command over his/her field and is strong in clinical knowledge, it hardly matters at all.



Dr Mahesh

THE MULLER

Aesthetic

Fashion is a means of expressing oneself. In a world full of formals and scrubs, you might think that keeping up with fashion trends would be impossible. However the Muller folks have brought hints of various trends like as cottage-core, dark academia, and e-girl/e-boy aesthetics into their day to day lives, be it for running around in the hospital or just for hanging out with friends after a tired shift.

Bringing to you our collection of fashion aesthetics on campus put together by Jane Adrianaa and Shifal Sudhir.

COTTAGE CORE



Cottagecore has a naturalistic colour palette often shown off with a breezy cotton floral kurta and palazzos. This rustic countryside aesthetic would be incomplete without nude sandals, dainty accessories, minimal accessories and don't forget the big tote bag stuffed with books of every genre and maybe a medical book or two!



GIRL THE VSCO



FASHION

They bring the laid back vibe to fashion with their long pastel kurthi paired with cotton pants and the ever so comfy crocs. Hair pulled into a messy bun with pastel scrunchies, one for the bun and one for the wrist of course! A kanken bag studded with badges and the iconic metal bottle scream sustainability and completes the look

BRUH GIRL

BRO CODE
BRO CODE
BRO CODE



A short cotton kurtha with Workout leggings/ripped jeans and for the minimal chunky high top sneakers. To top it off (literally and Figuratively) is the signature high ponytail.

Loose styles that are comfortable and practical is their choice of aesthetic. Their style can be best represented with a pair of beige utility pants and checkered shirt along with the some converse tops. Casually messy hair and a bag slung around one shoulder completes this minimal effortless look



SKATER BOY

STREETWEAR
STREETWEAR
STREETWEAR



E-BOY

Created as a counter culture to the mainstream aesthetics, an e boy wardrobe consists of a majorly black attire with checked shirt and cuffed black pants paired with classic sneakers. Silver rings, bracelets and chains accessorize this look. *Cue twenty one pilots music in the background*



This part anime, part goth inspired look can be achieved by pairing black chikankari kurthi with sleek black leggings. Chunky boots and graphic liner are a must to finish this look. Brownie points for dyed hair or bold silver jewellery

E-GIRL



THE CASUAL BOY



ESTD

The popular choice amongst all the reading room peeps. A casual cotton sweatshirt for that library AC weather along with some joggers or dark wash jeans. This look is finished with a pair of sneakers, a pair of Jordans might get those heads turning !



FORMAL GUYS



A classic long-sleeved well fitting formal shirt with dark straight-cut fitting trousers, formal shoes portray the formal guys look the best . A clean, well shaven face adds a finishing touch to this look

DARK ACADEMIA



Adding a Muller twist to this new fashion trend with a simple kurta in earthy tones and pants from the same colour family which gives it a classy monochrome look. Some high heels and a sleek ponytail elevates this look

indie boy

40.71455° N, -74.00712° E



This aesthetic breaks free from conformity with floral printed shirts and beige pants to give that casual look. Some iconic sneakers and a sunglasses are a must to finish this look

STREETWEAR MMXXII



So, pick your aesthetic or create your own and style your college attire to bring out the fun side of you. And of course, not to forget, aesthetics is the way of life



Nature-inspired colourful bright kurtas paired with leggings and hair tucked using bright hair barrettes. Subtle kawaii makeup with a not-so-subtle blush and breezy waves complete the look!

SOFT GIRL



Behind The Scenes With

A M A R E S H

MAIN GATE
SECURITY GUARD

What do you have to say about your job here?

"I like to think that I'm helping people. Working in a busy hospital doesn't only require doctors and nurses, it also requires hundreds of other people working behind the scenes to keep things functional. So, even just guarding our college and regulating the traffic here, I feel responsible and proud to guard the good name and people of our hospital and college. I feel glad to contribute to running this great hospital in any small way I can."



S U R E S H

RUNS FRESH
AND HONEST

What do you like about this job?

"Coffee is very important in a doctor and medical student's life. So I'm proud to say that I am the one providing them the fuel to start their day. Seeing the happiness in the students; eyes when I hand them their coffee or favourite snack makes me happy. I love the way the students always greet me, even if it's a smile, it makes my day. It's more than just coffee for me, it's about the warm interactions with the people over selling a cup of coffee."



S U J A T H A

RUNS COFFEE
HUT

What is your inspiration in running Coffee Hut?

"Food has always been my favourite thing. It's like a passion. So to be able to provide people with delicious food is a blessing to me. And the students moreover inspire me to run Coffee Hut, even with the rush at 9:30 AM for a samosa, they manage to greet me and ask me how I'm doing. I've established a close bond with some of them and even after they've graduated, they still come to see me. I like to think of them as my own children sometimes."



SUPPORTING STAFF *of FMCC*

KRISHNAPPA

B BLOCK
SECURITY GUARD

What was life like for you, before Father Mullers?

Life was very exciting, as I used to be an artist and a performer in Kalakshetra, where I had my best experiences. I also danced in a drama event in this college, 2 years ago, to my favourite Kannada song, Kannadanadina Jeevanhalli "proceeds to break out into song and show us a couple of his moves" I felt very happy when the students cheered me on, it made me feel like I was in my youth again."



L A N C Y

LAB ASSISTANT
ANATOMY DEPT.

What is your most favourite and least favourite part of your job?

"In a way, I feel like I help the students learn, by helping with the handling of cadavers and providing them with the necessary materials to learn. I'm always someone they can come to for help, so I love that part of my job. And also it's a very rare, different job and I myself have learned so much being here. I should also get this MBBS degree with how much I've seen and heard in the lab," he laughed. "The smell of formalin however is something I will never get used to, so that's my least favourite."



P R A V E E N

PHARMACOLOGY
LAB ASSISTANT

What is a memorable moment for you, in college so far?

"at a cultural event in March 2020, I performed the Yakshagana. It was an exciting experience and I'm glad they gave me the opportunity. The students and staff were very supportive and that gave me the confidence to perform. I'll never forget that moment."





MBBS - 2017

OUTGOING BATCHES



BPT - 2018



NOTES OF NOSTALGIA



Valyrians



2020



Krenoviantz



2019

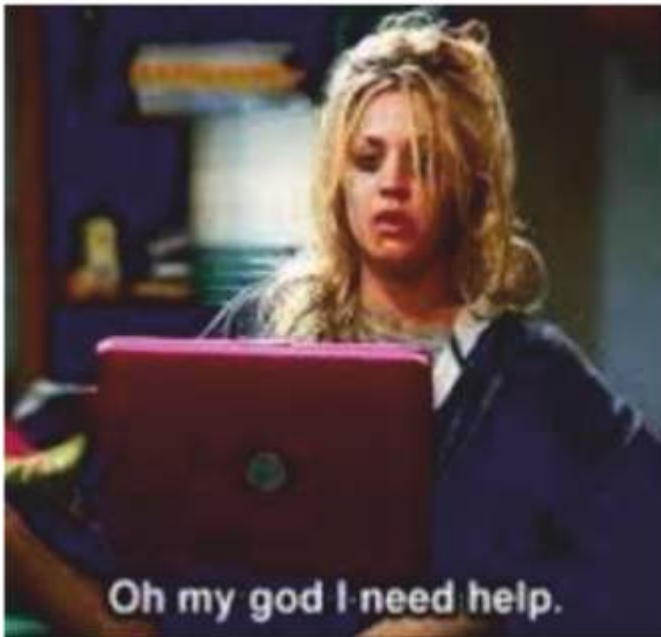


QUARAN-TINI TIMES



We humans have always been a very nostalgic bunch. We always tend to glorify the good old days and exaggerate the past. Need an example? Just ask your parents how far they walked to school, they'll probably add 5 extra kilometers and a river to their story. But there's been one aspect of our lives that even when downplayed still has a massive impact, and that is our lockdown diaries. It won't be a long shot if I say that everyone felt like Tom Hanks on

the island in Cast Away striking the days off on the metaphorical boulder (maybe even talking to a football face) and waiting for college and friends to rescue us from boredom. But it wasn't all bad, we got to be safe at home having good food (a well deserved break from the hostel mess food), taking the biggest holiday that we might ever! So let's see what our Muller medicos were up to this lockdown, shall we?



Oh my god I need help.

I guess its safe to say that our screen time has gone through the roof these past 2 years. If classes took up half the day, well then binge-watching took up the rest. I'm surprised my eyeballs are still in their sockets! With OTT platforms churning out new things to watch every month , binge watching was probably the easiest thing for us to do. Family movie nights turned into a well deserved bonding time and watching a movie with friends miles a way became a ritual. And when we felt low , there was always Michael Scott to tell us " SNIP SNAP SNIP SNAP" or Sheldon Cooper to yell "BAZINGA" or even Chandler to serve you up some good old sarcasm

If bingewatching is at one end of the spectrum bingereading was at the other end. People eating up a book or 2 a day and finally getting close to finishing the to read list of the year while lagging behind on the medicine syllabus was ironically funny.

EAT SLEEP BINGE REPEAT





MAKING A MARK ON SOCIAL MEDIA

Social Media was the place to be in this season of the pandemic as surfing the internet was probably the only thing we could do at that point. With the Instagram reels features taking over all of social media like a virus, everybody decided to join in on the hype and try their hand out on social media. People tried to get their art out into the world. Some created accounts to flaunt their aesthetic side, be it with aesthetic study accounts or just to highlight some beautiful moments of their day. Ann Elsa Neel, started putting her voice out into the internet, collaborating with people virtually and making beautiful videos on the internet. She's not the only one! People put their talents forward, from strumming their ukuleles to dancing and feeling the groove. Check out 'move with mullers' to see some amazingly talented people put their best step forward. Rajeela Ann started a quirky and relatable comic page that'll have you chuckling. You can find these on her wholesome account @and_thentheres_me



TRYING OUT SOME NEW THINGS

The lockdown did help us broaden our horizons and explore more hobbies talent. When the endless cycles of binge finally took a toll on the brain, people started exploring new things: Learning to skateboard was on Sharon Shajan's to do list for quite some time and she managed to do it after falling on her ass a bunch of times. Roshan sharpened up his martial arts skills and found a damn cool way to release all that pent up lockdown energy. Learning a new instrument was on most people's mind ; some succeeded and well some (like me) just weren't dexterous enough or grew lazy (also like me)! People also gave back to the community by organizing health camps and much much more!

But one thing that everybody tried was cooking. It started with the Dalgona coffee trend , where people whisked their arm off and like on MasterChef some peoples' journey ended quickly with a kitchen fire while a few others cooked their way to the top, effortlessly making a 3 course meal. Pani Puri withdrawal struck even the strongest ones and they had to make it at home themselves ! All cravings had to be satisfied by us, doing the cooking and with that, came the burden of cleaning up . I think kitchens all over the world were taken by storm when noobs like us used steel spoons on non stick pans, burnt a few cakes to coal and added enough chilli powder to set the world on fire . Nonetheless , some experiments turned out good and those made it in social media.

Instagram was filled with mouthwatering , momos, garlic bread and delicious cakes- showing off their culinary skills was all the buzz during lockdown. From ' the only thing I know to cook is water' to 'I can make chicken biryani' - the 'shef' to 'chef' transition was complete.

Gardening was another hobby that people took to and boy did people grow some amazing things! Developing a green thumb is amazingly satisfying and eating the stuff that you grew, the sense of accomplishment is joy in itself!

And then there's Ankitha Joy who started her own crocheting business on Instagram! She first started crocheting and soon turned it into a business , selling tops, scrunchies and much much more. Pretty cool right?

Samarth is conquering new peaks this lockdown, quite literally! He was out there, trekking and climbing. He reached the kumaraparvatha peak, which is a mammoth of a trek, The Devaramane betta of chikmagalur and the views at the peak are something to behold.



TODAY



I WILL!



FIXING THE COMMUNICATION CONUNDRUM



The pandemic has definitely thrown us and all our friendships into different parts of the country, the world even. So calling our friends for an hour long chat became the norm. It started with the never ending conference calls, birthday video calls where 90 percent of the time went in complaining about each other's internet connection. We were each other's alarms: be it waking each other up to log in to class or prompting answers online. And when things grew silent and monotonous, you could always count on a hilarious meme waiting in your DMs to brighten up your day!



ENJOYING

THAT

DOWN LOW

TIME



When the everyday college hustle got too much to handle, we always wanted to get out of it all and go home and chill. And that's exactly what we got this lockdown. I think we all enjoyed it even though we loathed it in the end. Just getting up late and eating a good breakfast (without having to shove down your throats) just walking around the house, annoying the crap out of your parents and unnecessarily stalking your pets until they grow tired of you: Ahhh this gives me the true sense of nostalgia

This is probably the gist of it all. Amongst boredom and FOMOing and a whole lot of anxiety, we managed to thrive and grow into better people than we were in 2019. As much as I don't want another lockdown to happen, I still believe that this was one of those experiences that one must have in their life. Plus it makes for a good story to exaggerate to your kids, am I right?

Promethans 2018



ବ୍ରହ୍ମ 2020 & 2021



Asclepians



2017



BEHIND THE SCENES

WITH DR. JEROME JOSEPH

A quick candid conversation with our alumni Dr Jerome Joseph (MBBS batch of 2014) about his reminiscence as a Mullerian. Dr Jerome Joseph is currently doing his post graduation in Dermatology at Mysore Medical College.

So looking at the point where you are, how has Mullers been a platform in your life that has shaped the person you are today ?

Mullers is that place you're never really grateful for until you've left. It's been a common consensus among my batchmates who have taken up PG programs in various other institutes and we all agree that we'd taken a lot for granted while we did our MBBS there. The infrastructure, the well-maintained hostels, how often there is non-veg on the hostel menu (even though I barely ate there), how accessible the staff are, the co-curricular activities and much more!

Mullers has instilled in me that strong work ethic and basic understanding that I'm treating a patient who is a person and not just a cluster of symptoms and signs. Being a Mullerian has helped me carry over desirable traits such as being punctual, being respectful to everyone around and having a keen desire to learn and improve myself.

I can say for certain that Mullers has left an indelible mark on me and has moulded me into perhaps a more compassionate doctor, and I think that is something the world desperately needs more of- kindness and compassion.

Your toughest subject ?

My toughest subject has been Anatomy right from the start. I used to be that guy who would stand and sleep at the dissection hall (God knows how many times I almost fell onto the cadaver). The dread of this subject carried over even to the time of my entrance prep and I had to dedicate a lot more time preparing for this subject to make sure that it wouldn't weigh me down.



The best memory you had at UG

I made some of the best memories and friendships during the weeks leading to Adrenaline, the intercollegiate Fest we hosted. I got to work with a bunch of exciting and talented people from different batches and ended up making some significant friends who have stuck around even to this day.

How would you describe yourself as a MBBS student?

I guess I was a totally different student in each year of my MBBS. In my first year, I

was super competitive and academically inclined and thought that marks were all that mattered (LOL). I got to second year and realised that passing was also a good option. Third year was a daze and my priorities were different with a lot more focus on co-curricular activities. I got a wake-up call in Final year and had to get back to some form of discipline to prepare and clear the university exams. Over-all, I'd say that I was an above-average student and made full use of the opportunities available to sing and participate in a bunch of fun events.

The best spot you used to chill around in college

My favourite spot to chill in campus was outside the reading room, complaining about how much there was to study, while not getting any studying done anyways. It had a great view of the evening skies of Mangalore and the campus doggos would grace us with their presence there.



One thing you miss doing in College

I miss the practice sessions with the insanely talented group of singers for every singing gig, be it in church or for fests or for any random program in college.

I also miss waking up and sometimes having the choice to not show up to college. Once you step into the post graduate life, you get consumed with responsibilities as you have patients under your care and you just HAVE to show up, no matter what.

The speciality you wanted to pursue while you were in UG

I always thought I'd take up Internal Medicine or Paediatrics while I was in my UG. During my year of pg prep, COVID hit and my perspective changed drastically. I realised that the effort and stress involved in being a medicine or paed's resident was insane and not worth the risk as violence against doctors was rampant and it was basically a thankless job. That's when I decided to work my ass off to take up Dermatology as I valued a decent work-life balance and a relatively stress-free lifestyle.



How was the feeling when you cracked up the most sought after entrances with flying colors?

I was relieved and ecstatic that my efforts had been blessed with good results. It was a gruelling test of endurance as the date of the entrance exam had been postponed multiple times and there was so much uncertainty and delay due to COVID. Though I had higher expectations, it all worked out in the end as I got the branch I desired, that too in a government institution, which was a dream come true.

If you wanted to say something to the person you were back 5 years back, what would it be?

I'd like to tell my younger self that everything eventually works out for the best. There is no point worrying about things not falling into place, especially things you have no control over. Just trust the process, learn something new everyday and don't force anything, be it your grades, your friendships or relationships.

Troezianz 2016



ବ୍ରହ୍ମ 2018 & 2019





MBBS 2015



MBBS 2016

You will be missed!



BPT 2016



BPT 2017



ADRENALINE

FROM THEN TO NOW ...



WANMANCY TARIANG

Cultural Secretary, 2014-2015

- 1) A brief overview of your experience conducting the fest:
The whole environment was wonderful and you could feel the adrenaline in the air: That's the very reason why we named this fest "Adrenaline" and "Feel the Rush" as a tag line. We were motivated and had no idea what was in store for us. We had to get so many stakeholders on board : The Administrators, teachers, medical staff because it was important to get students off classes for those days of the fest. We needed our students on the stadium cheering and bringing life to the fest, because this was for them - The Students. This was an opportunity to participate in cultural and sport activities and to also raise money for charity.
- 2) Any challenges faced while conducting the fest and how did you overcome them?
Plenty! Like I said, we had no idea what we had to do to kick start this Fest. Where will the money come from? How do we get sponsorship? How do we guarantee footfall for the food stalls that have paid money to sell food at the Fest? But, fortunately for me and George, we had Dr. Arun P Jose (fondly called APJ) who had conducted the 10th year anniversary Fest (DecaFest) for FMMC so we were able to navigate all these barriers. He was and is an excellent planner and could foresee potential issues that would creep up, and we had a mitigating plan for them.
- 3) Any mishaps that occurred while conducting the fest?
I cannot remember much but I am sure we had plenty. It was the first time conducting an event this large and no one is perfect, so mistakes were bound to occur, but all I could recollect from this event were wonderful memories - making new friends and working together with a large team of students, doctors , teachers and other supporting departments like the house cleaning department, design department, college photographer etc.
- 4) Your favourite/most memorable moments from the fest?
Everything! Each day was so different. We had a DJ, we had a "Fair night " where we had fire-performers come in. It was magical. The days were blurry and by 12 am "midnight" I would be exhausted but I loved each moment of that week.
- 5) How important was the role of your peers, classmates and juniors in making the fest a success?
VERY! I would have not been able to even suggest that we start Adrenaline if I knew that I would not have my friends and fellow students on board, George Josph and Anna Thomas for being there from day 1! Jeco Jacob from batch 2013 was my pillar for music & sound. Adeline Lasrado from batch 2011 and Nikita Crasta from batch 2014 did a great job with the Fest's beautiful decor! Daren Mascarenhas from batch 2012 for his wonderful poster that became our logo in a way. Dr. Nicole, Dr. Lulu, Dr. Preethi, Dr. Prithvi, in fact all the staff and PGs were so supportive. The list is endless and I am sure I am forgetting names, but this is not a thank you speech so I hope no one feels slighted :P. It is also important to remember that Adrenaline was not only a cultural and sports event, but we also raised a lot of money for the Snake Bite fund. I wanted to inculcate the spirit of giving and charity among students and we were able to raise a whopping amount because of everyone's participation in the various challenges. People who were posted at the Thumbay campus also participated. Adrenaline brought everyone together and we gave our best that year and I am sure it continues each year.
- 6) Any tactics used to get the sponsors?
We made a list of donors that we knew had connections to FMMC and would be unlikely to say no. The amount did not matter, we needed big names attached to the Fest to leverage for money later on. We were very lucky that Tata decided to launch a product with us and gave us a wonderful head start.
- 7) What were your feelings on the first and last days of the fest?
Happiness, Excitement and Exhaustion. The show ended but our work did not end with the last day. We had to make sure the field was clean and accounts settled. A lot of work was left, even after the dust had settled.

MAYURI BHAT
Cultural Secretary, 2019-2020



- 1) A brief overview of your experience conducting the fest:
For a person who is socially handicapped, conducting a college fest is a roller coaster ride for my ANS. It spanned from intense anxiety about the mammoth task that it is to absolute, genuine satisfaction and happiness at seeing things finally take shape and people filling their faces with all the food in the stall and raving to the music of the DJ. It has been a gamut of emotions and I've enjoyed every bit of it. It helped me be more organized, trust people with the work given to them, know my shortcomings and seek for help from outside when I'm not being able to do my best, control my anger and hunger. The last one lasted for a brief period.
- 2) Any challenges faced while conducting the fest and how did you overcome them?
Every day was a challenge. It began from having to talk to people. Well, it does seem like nothing at all but it was a huge one for me. To be consciously in conversation with tens of hundreds of people and be at the receiving end of favours was taxing. I don't think I got around it, I just waited for it to end.
Finding sponsors, figuring out exactly what is expected of me, trying to keep the festive vibe around the campus high, evading all the words of doubt and ambivalence, making sure we have participants; basically every part of organizing a fest is a challenge but of course a one that changes you for the better.
- 3) Any mishaps that occurred while conducting the fest?
I don't remember any mishaps in particular, everything went smoothly as it was supposed to!
- 4) Your favourite/most memorable moments from the fest?
My favourite memory of the whole fest has to be the last day when I stood right in the midst of the crowd and saw hundreds of people with their friends and loved ones grooving to music and having fun, the joy that we helped create, for a brief period but a period nevertheless, was gratifying.
- 5) How important was the role of your peers, classmates and juniors in making the fest a success?
I'm just the face of the fest, the actual work is of course done by all my classmates, friends, juniors, most voluntarily, others forcefully doing the ground work. If not for every single one of them, this fest would be non-existent. Period. So the scope or having to explain how integral they are a part of the fest is immeasurable and I can't even try it!
- 6) Any tactics used to get the sponsors?
Go to the Fathers and show them how much you actually managed to put together. They'll find the rest of the sponsors out of sheer embarrassment of your abilities.
- 7) What were your feelings on the first and last days of the fest?
First day- Oh God! I hope the coming days go by super-fast, smooth and nobody comes for my neck
Last day- Sir, I didn't ask for it to go by that fast. Can I do this all over again?!



ALLIED HEALTH SCIENCES





BEHIND THE SCENES WITH DR. JAYAPRAKASH ALVA

We had the pleasure of interviewing Dr. Jayaprakash Alva, a renowned physician with over a decade of experience as a physician and dean. Get ready to be inspired by his wealth of knowledge and passion for helping others!



How long was your tenure as the dean of Father Muller medical college?

I have worked as the head of the institution for 13 years and those years have been a very enriching experience, in terms of improving my level of patience, and my administrative skills.

What did you learn from your experience as the dean?

The challenges I faced as the head of the institution taught me a few valuable lessons. The first of which is the importance of keeping a good relationship with my colleagues. To me, keeping your colleagues in good humour, and encouraging them to keep growing, is a priority as far as growth as an institution is concerned. I was also exposed to the frequent changing of requirements in terms of infrastructure and facilities. I was fortunate to work with a management team who helped me to not only keep up with but exceed these requirements during my tenure. The most challenging aspect of the post as the dean was to keep the students in good humour. I had to ensure that all the facilities and amenities, be it the college, the hospital, or the hostel, meet the needs and demands of our students. These keep continuously flowing in and it is very difficult to meet all the needs of the students all the time, but I think I made a sincere effort to meet most of the requirements.

Favourite experiences :

The most satisfying experience as far as I am concerned is the development of the Father Muller skills and simulation centre. It started during my tenure and it took off in a great way. Though we had initial problems in the infancy of the simulation centre, the way it has been groomed and

built over the years is something unimaginable and far beyond my expectations. I have left with a sense of satisfaction as far as the simulation centre is concerned and I hope and pray that it will grow in a much bigger way in the coming years and continue to help the students in their educational journey.

The second thing that made me very happy was that the institution received much accreditation. It is not my sole effort. It is purely a team effort of the institution. Different levels by different groups. We were able to achieve NAAC, NABL, and NABH and it is continuing without a break. We have many other accreditations, but these are the stand-out national accreditations.

This made me feel very comfortable, when I stepped down from my position 6-8 months back.

What are your plans for now?

Right now I work as an adjunct faculty at the institution. I am involved in teaching postgraduates as well as undergraduates. Apart from that, I do a little practice. I am looking forward to better opportunities in terms of some social responsibilities.

I keep myself busy so, on the whole, I have no boredom and I have considerably improved my reading habits. I am trying to keep myself abreast with the latest advancements by attending classes and by reading as much as possible.

On the whole, I had a very satisfactory journey of about 13 years; No bad memories at all for the simple fact that I did not get on the bad side of my students (to the best of my knowledge), nor to the wrong side of the management and the teaching staff and I am enjoying this next phase of my life.



Avec l' Art



Musee du Muller



*The
Electronic
Exhibit*

*An Affray of
Authors*



Avec

L'

Art





Alishia Caston
BPT 2019



Ann Mariya Joy
MBBS 2017



Roshni Sequeira
MBBS 2018



Deekshith Acharya
3rd BPT



Sushmita Singh
MBBS 2017

Shreenidhi K
MBBS 2018



Greshal Quadros
MBBS 2018

Dr Manisha Sequeira
Paediatrics PG



Dr Anissa
Community Medicine



Maria Vidhishia Rebello
MBBS 2020



Zeina D'Silva
MBBS 2016



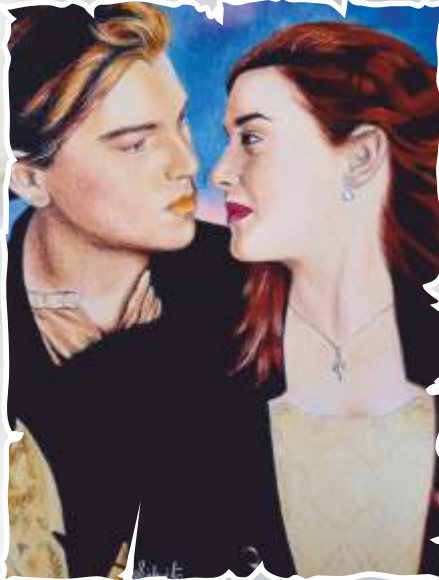
Dr Renier Borges
General Medicine PG



Snehith Laju
MBBS 2020 ⁹⁸



Mayank Kumar
MBBS 2019



Silvita Nazlin Crasta,
2nd year BPT

An affray of
authors



Doctors

The dictionary defines a doctor as "one trained in the art of healing",
But that simple, brief description is not especially revealing.
For good doctors have virtues that can't be revealed by a test,
Come each day, they can't do anything but simply give their best.

They fight each day on the frontline,
in the war between someone's life and death,
Providing hope to the hopeless,
by helping improve their health.

They are not allowed to make excuses,
"Oops sorry, I was feeling sleepy"
for the work they do is intricate,
they can't afford to be dreamy.

Society expects the world of them,
and while they balance between both their lives,
their families expect of them as much,
their youth is placed in the archive.

Here's to all the admirable doctors,
who fight for strangers day by day,
Caring for humanity and it's impersonations,
looking forward, come what may.

- Vrinda Pai





OPTIMISM

THE WINNING APPROACH

Plans – we may make,
But circumstances can break.
Don't you give-up ever,
Who stay positive – are the clever.

Smooth – the path may not seem,
But you must fulfil your dream.
Hurdles – come what may,
Always stay positive - I say!

Many problems? Don't run away!
Many fears? Don't shy away!
These encounters make you strong,
A pessimistic approach: always wrong.

Bitter experiences are a great Teacher,
Make your life filled with fun and laughter.
Day by day get better,
Always be optimistic – a gentle reminder!

- **Dr Archana Bhat**
Associate Professor
General Medicine

**Life has a simple dictum: “When you can stop, you don’t want to.
And when you want to stop, you can’t. Well, that’s addiction.”**

Aboard the 10:45pm Dehradun Express, Dr Sheena lay staring into the darkness of a night that would forever alter her life. The chugging train, her ticking wrist watch, her shivering body were the only stimuli she could get herself to process. She’d been raped and left on her berth aghast, helpless and shaken. Quietly understanding the gravity of the situation, she decided to keep the incident a secret and kept reassuring herself that she’d make it through on her own.

Arriving at the Government Hospital, Amwala, she quickly commenced her duties as the Registered Medical Officer, hoping her mind would receive the sufficient distraction it currently demanded. Despite hurling herself into her employment requirements, she failed miserably in attempting to put the traumatic episode behind her. As her mind continued to replay the night, she’d wake up in cold sweat during her naps. Near and dear ones commented on how quiet she’d become.

Frazzled and desperate, she began self-medication – Benzodiazepines were her new found safe haven. She continued to exploit her pharmacological knowledge in the hope of developing a coping routine. Days passed, Sheena was now a shadow of her former self – Irritable, sickly and withdrawn. In the midst of her turmoil, she met an underworld drug dealer- he was a powerful man, established in his trade. He’d give her access to compounds that were well beyond her reach. She’d consume them, frantically, trying to feel like herself again.



Life carried on in this manner for a few more days. One day while entering in patient details onto the system, she collapsed - A heart pounding against her chest, a body gasping for air accompanied with a pair of saucer pupils, a blood pressure reading that was through the roof and a temperature that was close to that of a furnace. Well, into the Intensive Care Unit she went, a condition critical with a slim chance of survival.

A little over a fortnight passed until miraculously Sheena opened her eyes. Her father sat by her bed-side his eyes swelled with tears, his pained heart trying to fathom the extensive trauma his little girl had endured. The subsequent 6 months, was torture – plain and simple. Enrolled in a closely monitored, scientifically backed rehabilitation programme, she slowly gained her strength. It was tough, particularly since she understood that her recovery would depend upon the self-acceptance of her life being in shambles and only, she had the power to overcome it.

Moment by moment she'd reiterate to herself that if she was facing the right direction all she needed to do was to continue moving even if it seemed like she was crawling. As she interacted with others in her rehab programme, she was stunned by how young some of the inmates were. One day she met a 10th grader who sought solace in drugs to overcome a separated household. When she saw him struggling to make progress, she knew she had to do something to ease his pain.

As the cloudiness of her mind made way for a clearer thought process. She slowly re-discovered her "why" – Why she wanted to do medicine? This realisation culminated in the foundation of "The Project Heal" – An NGO that lay emphasis on adopting a holistic approach in rescuing individuals who consumed drugs whilst simultaneously rehabilitating them and identifying the triggers that drove them to addiction. As The Project Heal established itself, it began dedicating a portion of its resources towards the primary prevention of drug abuse.

Today, her NGO is a pioneer in teaching individuals to say no to drugs as well as in sharing facts about drugs and in saving lives marred by drug abuse. Dr Sheena is truly a champion of change. She is fortunate to have been a survivor and now a crusader against drug abuse. However not all individuals get this lucky.

As per the WHO, every year, a little over half a million lives are lost to drug abuse. Recognizing, the urgency of the situation, the UNGA, formulated the 26th day of June as the International Day against Drug Abuse and Illicit Trafficking.

It is not a drug that makes one an addict but it's the need to escape one's reality that makes one an addict. In Sheena's case it was a traumatic episode, that drove her to drugs. The spectrum for the circumstances of drug abuse is often varied - they may include trivial reasons like academic pressure, the need to feel cool among peers and the wanting to fit in; Or - They may stem from a more serious aetiology - This would encompass causes like deep seated family history of drug abuse, an underlying mental health disease, a coping mechanism against violence, trauma or stress.

Causes that drive an individual to drug abuse may be multifactorial in nature but the consequences are almost always grim, making it imperative to take definitive action when we see warning signs in people we know. When dealing with a human being implicated in drug abuse, it's important to remember to never judge nor condemn but instead to adopt an empathetic outlook and a caring demeanour.

Drugs are capable of tricks well beyond the ordinary, showing one a life they've never seen before, as their noose over life tightens, they start making life's decisions, including the most crucial ones, leaving the addict crippled in more ways than one. Thus, drugs are no solution to any challenge and there is never such a concept as an addiction under control.

In conclusion, let us as a responsible society do our bit in combating drug abuse and illicit trafficking. May we pledge on this 26th day of June 2022, to be responsible individuals that say no to drugs whilst taking a firm stand against misinformation on drug abuse and thereby contribute to the creation of a drug free world.

THE WORLD IS BIG ENOUGH ONLY IF OUR HEARTS WANT IT TO BE

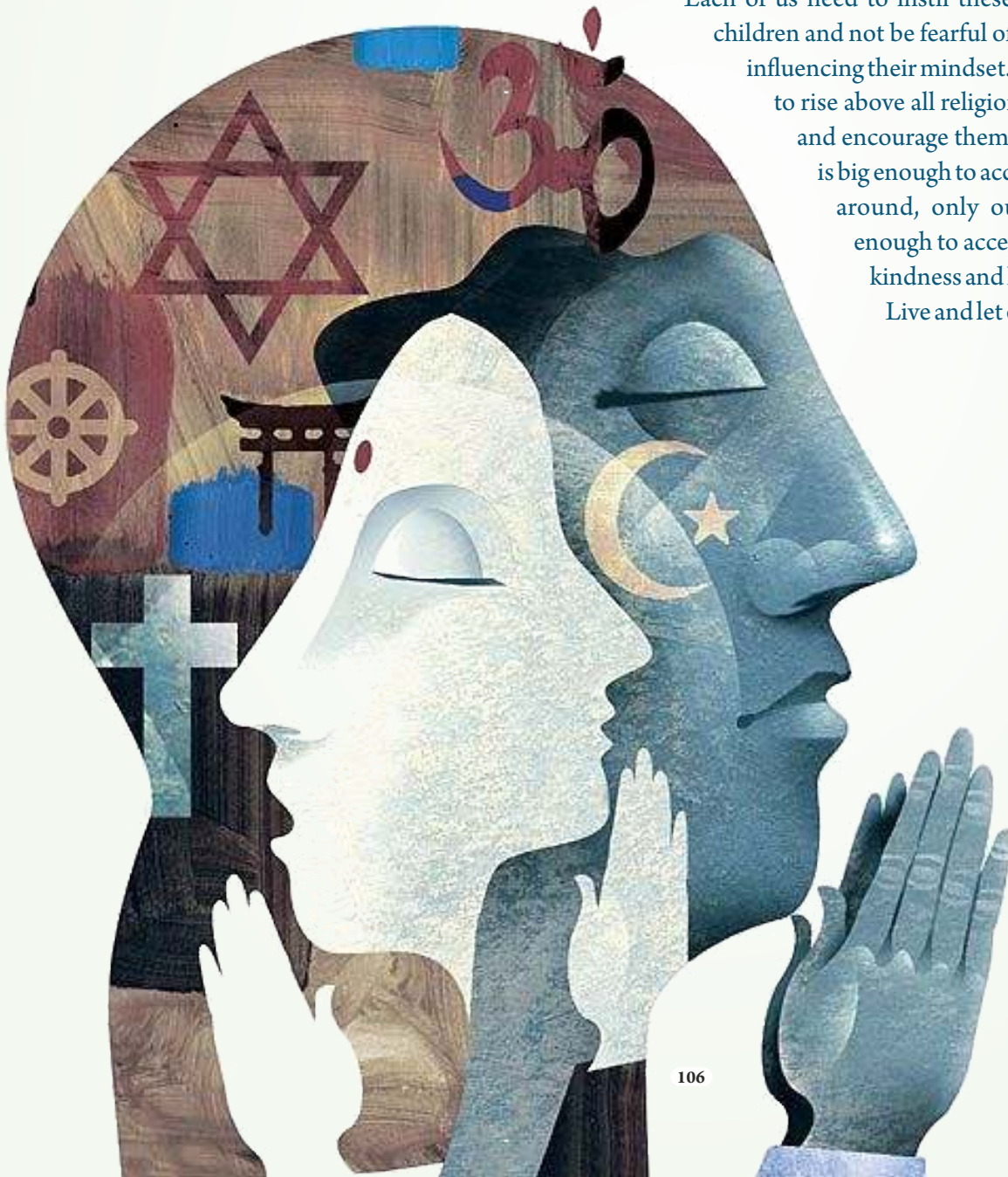
I decided to write this because of a few recent events in my life and because I continue to believe that there are billions of people who care to unite despite the thousands who struggle to separate us.

I was privileged to be born into a Muslim Mapilla family, where my parents instilled the foundations of the pillars of Islamic teaching and inspired me to be a kind human being more than anything else. I was sent to a Christian convent during my primary school where the nun sisters taught me discipline and moral values. I joined the choir, sang carols and counted my blessings each day. My higher education was in Swami Chinmayananda's school where I got an opportunity to recite asathoma and explore the Hindu rituals of Ayudha Pooja and many more. None of these experiences prevented me from praying my five daily prayers, or keeping my fast during the holy month of Ramadhan or giving my obligatory Zakaat charity. These definitely did not stop me from my strong faith in Allah and the Holy Prophet. Rather, these experiences taught me that we all believe in the Almighty, we all are taught to abstain from sins, give charity and above all to be kind to His creations.

Each of us need to instil these beliefs and values in our children and not be fearful of other religions or cultures influencing their mindset. I'm sure we can teach them to rise above all religions, caste, class and cultures and encourage them to live in peace. The world is big enough to accommodate all the diversity around, only our hearts need to be big enough to accept this diversity and spread kindness and love to all.

Live and let others live.

- **Dr Lulu Sherif Mahmood**
Professor, Anesthesiology





AFTERMATH

All the scribbled poetry
in restaurant receipts
And the canvases left incomplete
are all that's left of thee

Time bared it's cruelty
bestowed me a reason to weep
Tomorrow comes, tomorrow goes
and all that's left is me

You rented out a gallery
with all your saved up money
Now I'm haunted by the hallways
painted with your memories

You said you wouldn't live past your 20s,
was it an artistic temperamental metaphor
Or writers and their adderalls
this world will never know

Free falling from a mid air flight
marks the start of my one man journey
My hollow insides land me on my feet
anchored by the weight of growing grief

Echoes of your laughter tingle
every inch of my skin
Where the promises you let falter
stained in indelible ink

And they all pity a death so young
wonder if there's a price paid for one,
ponder on all that you could've done
to testify, you did it all, you won't be the one

Bodies rot and flowers rise
but I'm still at that funeral night
Pages burn and new proses read
but your story is not forgotten by human mind

When every last photograph fades,
one piece of you still remains
the part that gives more than it takes
and leaves a piece of you in every new face

Every little memory of you lives on,
In every futile endeavor
Tomorrow comes, tomorrow goes
And all that's left is me

- Jessica Chris

MBBS 2019

प्रौढ़ता

यह कविता है उसके बारे में।
प्रतीक्षा जो कर रही इसकी ज़ोरों से।
उल्लासित होकर उठेगी भौरों में।
कल्पना करते हुए कविता के किनारों पे।।

जब भी वह आती है,
सूर्य के प्रकाश की तरह छा जाती है।
शब्दों का आगमन जब उसके मुख से होता है,
माहील में हर्षोल्लास ले आता है।।

कैमरे की है बड़ी दीवानी।
अपनी हो या सब की प्रतिकृति लेना है चाहती।
हर पल को कैमरे में कैद है करना चाहती।
यंत्रोपयोग से जीवन की हर खुशी को।
रुक-रुककर याद करने पर इतराती।।

बात करना उसकी फितरत में है,
क्यों ना हो ?
यह हर व्यक्ति की किस्मत में है!
हमारे पास वक्त की रियायत कहां है ?
फिर भी क्यों हमें उससे यह शिकायत है!

पर इन सब के सिवा,
अन्तरण में पूर्णतः वह कुछ और ही है।
जीवन में संलग्न कुछ उसका कुछ और ही है।
सपनों का मधुवन कुछ और ही है।
शीर्षक का सुगंधन कुछ और ही है।

अनुभव मैंने उसका जो किया।
प्रौढ़ता का प्रतिबिंब उसने मुझे दर्शाया।
सजगता का प्रतिकार मैंने जो खोजा।
दृढ़ता और निश्चयता का प्रतिशोध मैंने पाया।।

हम तो धूसर हैं इस प्रौढ़ता के आगे,
समीप जाने से भी दूर भागे।
हम कैसे अपना मजाक बना कर हंसे
लक्षणता के डंके हमने कहां बाजे ?

अभिमान नहीं है, उसे इस चीज का
ना ही कोई क्षोभ है।
बस यह तो विधाता की बख्शीश है
जो लगती उसे बड़ी क्षीण है।।

अभ्युदय का आराम उसे जब मिलेगा।
यश का उल्लास उसे जब होगा।।
तब शायद समझ आ जाएगा कि
यह बख्शीश नहीं ईश्वर की करुणा है
जो चाह कर भी, अभी अंजाना है।।

इस माधुर्य को कविता से क्या बर्‍या कर पाऊंगा।
निशि में इस सौंदर्य के बारे में सोचता रह जाऊंगा। धर्मराज करते हैं जीव की चेष्टा जैसे
बस इसे हासिल करने का यत्न करता रह जाऊंगा।।

- अभिषेक शर्मा

खुले आसमान में उड़ने वाली वो पतंग ,
सुनेहरी, रंग बिरंगी, सबके दिलों पे राज करनेवाली
बाकी सभी पतंगों से अलग थी वो,
उसके अरमान जो आसमान को छूनेवाले थे
सिर्फ अपने मोहल्ले की सफ़ेद छतों पे घूमना नहीं भाता
था उसे,

उसे तो पूरा आसमान अपने नाम करना था,
हवा में उड़ते उन पंछियों के साथ उड़ना था
और एक दिन उसका ख्वाब पूरा भी हुआ
माँझा कच्छा निकला और वो चल पड़ी हवा के झोंके के
साथ

झूमते हुए, नाचते हुए, शर्मते हुए
चल पड़ी अपने सारे सपने पूरे करने
अब तो कोई माँझा भी ना था उसे पीछे खींचने के लिए
या उसे अपनी मर्यादा याद दिलाने के लिए
लेकिन फिर हवा का रुख बदला
गालों को सहलाने वाली हवा
एकदम से कठोर बन गई

और पतंग अपने आपको संभाल नहीं पाई
फिर कानों में गूँजी लोगों की हँसी,
बोले बड़ी आई थी उड़ने चली
अब देखो कैसे कटी सी, मैली सी
बेजान सी है पड़ी

ಕತ್ತಲಾಯಿತು

ಅಂದು ಕತ್ತಲಾಗುತ್ತಿತ್ತು
ಹಸಿರು ಪದರದ ಮೇಲೆ
ಹಸಿರು ನಿಂತಿದ್ದ
ಆ ಬಾಡಿದ ಹೂವು
ಆಕೆಯ ಶೋಕವನ್ನು
ಹೇಳುತ್ತಿತ್ತು !

ಝೇಂಕರಿಸುತ್ತಿದ್ದ
ಆ ದುಂಬಿಯ ಧ್ವನಿಗಿಂತ
ಹತ್ತರಷ್ಟು ಕಂಪಿಸುತ್ತಿದ್ದ
ಆಕೆಯ ಮೂಗ ರೋಧಕ್ಕೆ
ದುಂಬಿಯೇ ದುಃಖಿಸುತ್ತಿತ್ತು !

ಆಗಷ್ಟೆ ಆದ ಗಾಯಗಳಿಂದ
ಸುರಿಯುತ್ತಿದ್ದ ನೆತ್ತರು
ಆತನ ಕ್ರೂರವನ್ನು ತೋರ್ಪಡಿಸುತ್ತಿದ್ದರೆ,
ಮಾಗಿದ ಗಾಯಗಳ ಕಾರಣಕ್ಕೆ
ಸುತ್ತಲಿನ ನಾಲ್ಕು ಗೋಡೆಗಳೇ
ಸಾಕ್ಷಿಯಾಗಿತ್ತು !

ಧ್ವನಿ ಏರಿಸಲು ಕತ್ತಿಗೆ ಬಿದ್ದ
ಮಾಂಗಲ್ಯ ತಡೆಯುತ್ತಿದ್ದರೆ,
ಅಂಗಲಾಚಿ ಅರ್ಥೈಸಲು ಆತನ
ಶರಾಬಿನ ಅಮಲು !
ಗರ್ಭದೊಳಗಿನ ಜೀವಕ್ಕಾಗಿ ಬದುಕುತ್ತಿದ್ದಾಳೆ !
ವೈವಾಹಿಕ ದೌರ್ಜನ್ಯಕ್ಕೆ ಬಲಿಯಾಗಿದ್ದಳಾಕೆ !
ಕತ್ತಲಾಯಿತು. !

ನಿರಂಜನ್ ಶೆಟ್ಟಿ
ಎಂ.ಬಿ.ಬಿ.ಎಸ್. 2017

ನಮ್ಮ ಹೆಮ್ಮೆಯ ಫಾದರ್ ಮುಲ್ಲರ್

ಕನ್ನಡ ನಾಡಿನ ನಲೆಯ ಕುಡಿಯು
ಕಂಪನು ಬೀರುತಿದೆ ಸೇವೆಯ ಗುಡಿಯು
ಕಡಲ ತಡಿಯಲ್ಲಿ ಮಂಗಳೂರ ಮಡಲಲ್ಲಿ
ಕರೆಯುತಿದೆ ಎಲ್ಲರನೂ ಇಂಪಿನ ಧ್ವನಿಯಲ್ಲಿ //1//
ಫಾದರ್ ಮುಲ್ಲರ್ ಸೇವಾ ಸಂಸ್ಥೆಗಳು //

ಆಗಸ್ಟ್ ಮುಲ್ಲರ್ ಮಹನೀಯ ಕಂಡ ಕನಸು
ಆಗಸದತ್ತರಕೆ ಬೆಳೆದಾಗಿದೆ ನನಸು
ಜಗದಗಲ ಹರಡಿಹುದು ಈ ಭವ್ಯತೆಯ ಕಂಪು
ಜನರಿಗೆ ನೀಡುತಿದೆ ಆಸರೆಯ ತಂಪು //2//
ಫಾದರ್ ಮುಲ್ಲರ್ ಸೇವಾ ಸಂಸ್ಥೆಗಳು //

ಶತಮಾನೋತ್ಸರವು ಸೇವೆಯ ಇತಿಹಾಸ
ಆರೋಗ್ಯ ಭಾಗ್ಯ ನೀಡಿ ಬೀರುತಿದೆ ಮಂದಹಾಸ
ಶರಣೆನ್ನಲೇ ಬೇಕು ಶಿಕ್ಷಣದ ಗರಿಮೆಗೆ
ಆಗಿಹ ಅದ್ಭುತಕೆ ಸೇವೆಯ ಹಿರಿಮೆಗೆ //3//
ಫಾದರ್ ಮುಲ್ಲರ್ ಸೇವಾ ಸಂಸ್ಥೆಗಳು //

ಬಡವ ಬಲ್ಲಿದ ಎಂಬ ಭೇದವು ಇಲ್ಲದೆ
ಜಾತಿ ಮತಗಳ ತಾರತಮ್ಯ ಮಾಡದೆ
ಬದುಕಿಗೆ ಬೆಳಕಾಗಿ ನೊಂದವರ ಧ್ವನಿಯಾಗಿ
ಜಾಗೃತಿ ಮೂಡಿಸಿದೆ ಆಶಾ ಕಿರಣವಾಗಿ //4//
ಫಾದರ್ ಮುಲ್ಲರ್ ಸೇವಾ ಸಂಸ್ಥೆಗಳು //

ಆಧುನಿಕ ತಂತ್ರಜ್ಞಾನ ಮೇಳೈಸಿ ವಿಜ್ಞಾನ
ಆಹಾ ಎಂದರೆಲ್ಲ ಇದುವೇ ಸಮ್ಮಾನ
ದಿವ್ಯತೆ ಮೆರೆದಿಹುದು ಸರ್ವರ ಕರೆದಿಹುದು
ದಿನಮಣಿಯಂದದಿ ಬೆಳಗುತ್ತಲಿಹುದು //5//
ಫಾದರ್ ಮುಲ್ಲರ್ ಸೇವಾ ಸಂಸ್ಥೆಗಳು /

ಡಾ. ಶಿವಶಂಕರ ಎ. ಆರ್.

ಪ್ರಾಧ್ಯಾಪಕರು
ಜೀವರಸಾಯನ ಶಾಸ್ತ್ರ ವಿಭಾಗ
ಫಾದರ್ ಮುಲ್ಲರ್ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯ



ನನ್ನಾಸೆಯ ಹೂವೆ....*

ನನ್ನಾಸೆಯ ಹೂವೆ ನೀ ಹೇಳಿ....

ಮುಂಜಾನೆ ಮಂಜಿನಲಿ
ಮುಸ್ಸಂಜೆ ತಂಪಿನಲಿ
ನನ್ನ ಹೆಜ್ಜೆಗೆ
ನಿನ್ನ ಗೆಜ್ಜೆಯ
ತಾಳ ಹಾಕುವೆಯಾ.?

ತಿಳಿಮೋಡ ರಾತ್ರಿಯಲಿ
ಮುದ್ದಾದ ಸ್ವಪ್ನದಲಿ
ನನ್ನ ಹಾಡಿಗೆ
ನಿನ್ನ ಸ್ವರದ
ರಾಗ ನೀಡುವೆಯಾ.?

ನಿನ್ನೆಲ್ಲ ಕನಸುಗಳ
ಸಾಲು ಪಟ್ಟಿಯನು
ಎದೆಮೇಲೆ ಒರಗಿ
ನಾ ಕೇಳಲೇ.?

ನನ್ನೆಲ್ಲ ಮನಸಿನ
ನೂರಾರು ಆಸೆಯನು
ಕಿವಿಯೋಲೆ ಸರಿಸಿ
ನಾ ಹೇಳಲೇ.?

ನಾ ಬರೆದ ಕವಿತೆಗಳ
ಒಂದೊಂದೆ ಹಾಡುತಲಿ
ಆ ಕೆನ್ನೆ ಗುಳಿಯಲ್ಲಿ
ಮುತ್ತಿಡಲೇ.?

ಆ ನಿನ್ನ ಬರಿದಾದ
ಅಂದಾದ ಅಂಗೈಲಿ
ಚಿಂದಾದ ಮದರಂಗಿ
ನಾ ಹಚ್ಚಲೇ.?

ನನ್ನಾಸೆಯ ಹೂವೆ ನೀ ಹೇಳಿ....

ನಿನ್ನೆದೆಯ ಹೂದೋಟದಿ
ಕಾವಲುಗಾರ ನಾನಾಗಲೇ.?

ಆಸೀಫ್ ಕುದ್ರಡ್ಡ
ಎಚ್.ಎಸ್.ಎಸ್.

The electronic exhibit





Sandrilla Lobo
MBBS 2018

Anamika Aneesh
BSc OTT



Sweedyl Fernandes
MBBS 2017



Sonia Sebi
MBBS 2017





Shubhan S Shetty
MBBS 2020



Rosita Siby
MBBS 2020



Sheshank S
MBBS 2020



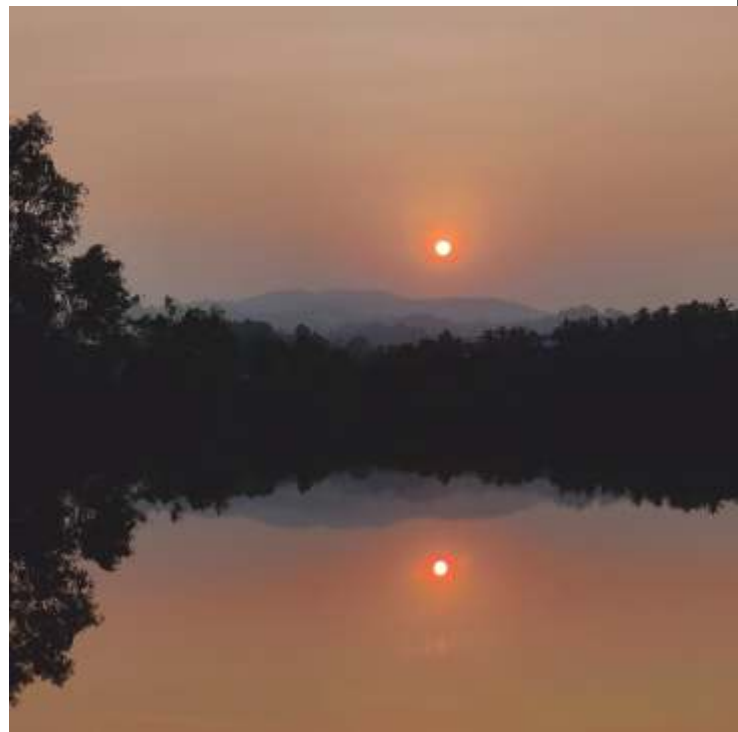


Raghav S
MBBS 2018



Resa Thomas
MBBS 2020





Prateeksha Prabhu
MBBS 2018



Raghav S
MBBS 2018



Rosita Siby
MBBS 2020



RELAX RECHARGE

RE-ENGAGE



0:00



3:15

When life isn't **PITCH PERFECT**

Cue the comfort playlist!

Classical music can help you relax and calm down. Slower tempos can help to silence the mind and makes it an effective stress management tool.

Music can also be a great tool for providing distractions as it absorbs attention & diverts focus.

Upbeat music can also help you to feel more optimistic and help you to better maintain a positive mind set.

Faster music can help you to feel more alert and help to increase productivity.

Listening to soothing music is a great way to help you wind down and relax before slumber.

Relaxing music can trigger the release of feel-good chemicals in the brain.

Music therapy is an upcoming field proven with multitude of benefits!



Vienna
LYRICS Billy Joel



As the World Caves In
LYRICS Matt Maitese



Solitude
LYRICS Billie Holiday



Ur So Beautiful
LYRICS Grace VanderWaal



Romeo & Juliet
LYRICS Peter McPoland



Everybody Loves Somebody
LYRICS Dean Martin



I Think I Like When It Rains
LYRICS WILLIS



All I Want
LYRICS Kodakline



Stolen Dance
LYRICS Milky Chance



A-O-K
LYRICS Tai Verdes



DON'T THINK ABOUT IT
LYRICS morgxn



Let's Fall in Love for the Night
LYRICS FINNEAS



Golden
LYRICS Harry Styles



Shut Up and Dance
LYRICS WALK THE MOON



Stargazing
LYRICS The Neighbourhood



Reno
LYRICS Juniper Park

Catch up on that

BEAUTY SLEEP

YOUR GUIDE TO TAKING NAPS THE RIGHT WAY!

TIMING IS CRUCIAL!



Restricted to NREM sleep-
Boosts your alertness and
energy, best for when you
need to get back to work.



Wakes up in REM sleep-
Causes sleep inertia and
hangover groggy feeling
lasting 30 minutes.



Includes slow wave sleep,
helps to improve memory of
facts, faces and names.



Full cycle of sleep including
REM sleep, improves
emotional and procedural
memory and creativity.
Sleep inertia is avoided.

SHH, SECRET TIPS BELOW!

Nap between 1 and 3 p.m. Utilise the post prandial slump to your advantage and it won't disrupt your sleep at night!

Invest in black out curtains or an eye mask. Set up your environment as you would at night.

Nap on a couch or cozy chair rather than in your bed, making it easier to wake up

Try the "coffee nap": Drink a cup of coffee right before you lie down, on waking, you're refreshed from the nap and the caffeine starts to kick in!

Make sure to nap at the same time every day.

A wind-down period before your nap may help, yes, that includes putting your phone aside.

Lastly, don't forget to set your alarm and happy napping!!!



THE SECRET LIFE OF



Dr. Nagesh (FMT) &
Dr. Shailaja (EM)
with Scooby



Dr Vinay
Ophthalmology
with



Dr. Robin
2017 batch
with Bright



Dr. Anissa
Community Medicine
Kitty, Blossom, Oreo



Dr. Pavithra
Psychiatry
with Mittu & Tofy



Dr. Rhea
Surgery PG
Zohan, Maximus



Jane
2019 batch
with Sunshine



MULLERIAN

PETS

Dr Chandralekha
Pharmacology
with Dasu



Dr. Lenon
Radiology
with Bruno

Dr Divya
Anesthesia
with Jimmy



Dr. Pooja
Pathology PG
with Cookie

Dr. Shivshankar
Biochemistry
with Peanut



Jessica
2019 batch
with Rio

Why feel **CLOUDY**
when you can
Eat to clear your mood!

Eat your favourite food, anything that puts a smile on your face, for me its marshmallows!



Along with the multiple benefits of green tea, it's a tremendous mood booster!



Probiotics improve your gut health and in turn your mental health



Dark chocolate is said to reduce stress in individuals and provides a sense of euphoria.



Citrus fruits like oranges improve immune function and helps reduce levels of cortisol



Green leafy vegetables contain folate, which produces dopamine.



Cherries contain melatonin, Improves sleep quality and duration



Relax.. while eating good food?

Perfect place to escape the crowd and also write your neverending commed record ✓



Albatross

Every mullerians go to place when you're craving some delicious cake!



Kaffine Hub



K9

You can eat AND play with furry friends? OH YES!



Trattoria

Unwind with friends over a delicious wood oven Pizza

TAP

Satisfying all your sushi cravings!!



Boba tea lovers assemble!

Dr. Bubbles



Kyoto

A Japanese cusine restaurant with anime references all around, need I say more?



Zen



Aromatherapy is like a spa day for your nose. You get to inhale the scents of different essential oils and let them work their magic. It's a natural way to relax, de-stress, and feel good strength & coordination!

Journaling can help you develop a deeper understanding of yourself. It can also be a source of creativity and inspiration, So grab a pen and paper, and start exploring the pages of your mind!



Meditation can reduce stress, anxiety, and improve your focus! It's a great way to start your day or wind down after a busy one. So take a deep breath, close your eyes, and let the relaxation begin.

By talking to someone, you can gain a new perspective on your problems, receive emotional support, and feel less alone. It's a way to validate your feelings and connect with others on a deeper level.



Zone

Time for a new hobby!

Reading can be relaxing, inspiring, and intellectually stimulating. It can broaden your horizons and help you understand other people's perspectives.



Playing an instrument is one of the coolest hobbies out there. It's like having a superpower that lets you create beautiful music. So grab an instrument and some tutorials to help you!

Gardening can be therapeutic, calming, and rewarding. It's a great way to get outside, breathe in some fresh air, and connect with nature. You can also harvest your own produce and enjoy the fruits of your labor!



Art can be therapeutic, inspiring, and challenging. It can help you express your emotions and communicate your thoughts visually. You can also showcase your art to others and share your vision with the world.

And the best part? You don't need to be good at a hobby to enjoy it. All you need is the willingness to try and the desire to have fun. So find a hobby that speaks to you, give it a go, and let it be your source of joy and relaxation.

Get moving!

Running improves cardiovascular and muscle strength while reducing stress and boosting confidence!



Yoga improves strength, balance and flexibility and also helps calm your mind!



Swimming works your entire body and lifts your mood!



- St. Aloysius pool
- Moti Mahal Pool
- City Corporation Pool

Pick up a sport!
Get the most out of the in campus sports- Badminton, Cricket, Basketball, Football, Hockey, and TT!



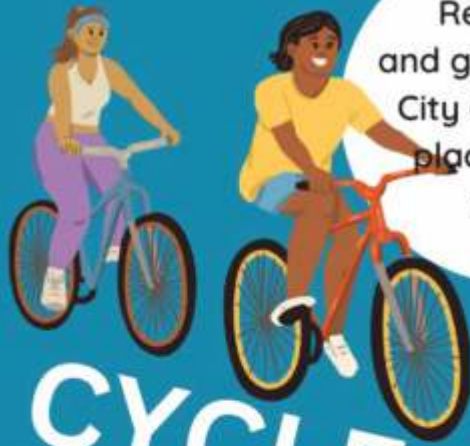
Try something new, like kickboxing!
Amp up your energy levels while improving your strength & coordination!



Regular physical activity, keeps you healthy in the long run, improves mood, boosts energy and helps improve your sleep quality!

Psst, Make the most of the in campus gym!





Rent a bike and go around the City and explore places on two wheels!

CYCLE

YOGA

Inhale and exhale the beach air!



Learn a new dance or join a Zumba Class!



Go for a walk or take run around Kadri Park



DANCE

SKATE

Grab a pair of skates & skate along the river at Mangalores own skating rink



RUN

Head over to the Mangalore rifle club for a fun evening of shooting!



GO KART

Join a kickboxing class and get some exercise in plus you never know when these kicks come in handy!



KICK BOXING

Don't miss out on the gokarting experience at Café Kart!



Turn a desert into your own version of utopia!



A fun chill snowboarding game with calming music!



Grow your own virtual pet Axolotl!



Some relaxing free-to-play mobile games to quieten the Ralph in you!



Tired of your boring day? join Tsuki on his adventures!

Play on a open world fantasy world with stunning visual in an action packed RPG



They say doctors don't have a life, well now you do! I mean at least your character does xD



If you like escape rooms, you will enjoy this short Indie game!

P.S. all games are available on iOS (App Store) and Android (Play Store) and can be played by anyone in a short time!

How to Hack it

Mark Reid once said, " Student, do not study to pass the test, but study for the day you are the one thing between life and death." Tests will always be a part of our medical curriculum and it's nice to be prepared for when we have one.

Listed below are simple steps that can make all the difference:

1) Preview your content

Before you attend a class, it's ideal to do a light read, so as to get an overview of the topic.



2) Organize and Set Goals



It is always a plus when you make a timetable. This doesn't have to be anything fancy, just allot a time slot to when a topic will be read. Determine what you'd need to learn from a chapter and keep this in your mind while reading.

3) Active over passive

Make notes, highlight essential information and engage with the text by asking questions/solving doubts. When done reading, summarize the information in your own words to help further your understanding in that topic.



4) Incorporate online material

The internet has many valuable resources that can present topics in a concise manner; personal favourites include pathoma, randy neil and boards and beyond. YouTube too has crisp videos and believe me these are saving grace. In addition use platforms like White Army, DAMS or Marrow to assist in conceptual understanding of the text.





5) Follow the pomodoro technique

Read with complete attention for 25 minutes, followed by a 5 minute break. After completing 3-4 such sessions, you'll notice a marked increase in productivity. Enjoy a good break post these sessions and repeat the cycle again:)

6) Regular review

We're all human and we can forget things. This is normal! To help tackle this, revise your learnings on a regular basis (whatever you feel comfortable with as its unique to each one) to help reinforce your understanding. This will assist in cementing the information in your mind for a longer duration of time. Revisions need not have to be elaborate, just a quick glance can help make the difference.



7) Practice questions

It's for a reason that it's often said that practice makes man perfect. Test yourself by solving questions related to the topic you've learned. Not only will it help you revise in an active manner but it will aid in identifying areas where improvement is needed. Always use practice tests as both a learning and a grading tool; with special emphasis on the former.



8) Manage stress and Seek Support

This could be different things to different people, but it helps to practice a few techniques like deep breathing, meditation or even a hobby to refuel yourself. Medical school is long both in its hours as well as in its duration. One can't pour from an empty cup and sometimes along the way you may feel overwhelmed. Take time out to talk to family, friends or qualified professionals when you feel burnt out or exhausted.



The most vital element of medical school is to take the time to learn and grow as a future professional and exams are just one step in that journey, they are in no manner a true reflection of your capabilities as a doctor; your future success will be determined by many a factor including your commitment and passion for the field.

Here's wishing each of you good luck and congratulations as you embark on the journey of becoming health care providers!



GET YOUR GEEK ON

0:00
↺



↻ 3:15

‘Retrospection on Changes that Matter’

GROUND ZERO

“Everything is theoretically
impossible until its done”
Robert Heinlein

The field of science and technology has never failed to mesmerize us with mind boggling innovations made every single day. We wake up every morning with news of inventions that open doors and change the course of humanity.

Medicine has always welcomed Research & Development in order to modify and advance its infrastructure, improve upon its procedures with the finest of equipment and expand its horizons to the latest advancements in medical care for the ultimate purpose of improving the quality of life of patients. Here’s a sneak peek into the latest medical breakthroughs during the past year.

- **Christin Mathew**
M.B.B.S. 2019

3D Bioprinting

From buildings to cars to food, the revolution of 3D printed objects has taken stride over last decade. Well, we have news that medical corporates have tried to bring to practice 3D Bioprinting in redefining the hospital sector by using 3D printed prosthetic limbs, stents, dental implants and even bioprinting of organs. Bioprinting has expanded the scope of readily available organs for transplantation in the field of regenerative medicine with bio printed liver, kidney, cornea and many more successful ventures underway. 3D-printed models have the potential to foster rapid learning and significantly improve the knowledge and confidence of trainees in the medical field. The benefits of 3D printing in education are the reproducibility and safety of the 3D-printed model in cadaveric study, the possibility to model diverse physiologic and pathologic anatomy from a large dataset of images, and the possibility to share 3D models among different establishments, especially with ones that have a paucity of financial resources. Anatomiz 3D, a pioneer in the field, has targeted ventures across the Indian subcontinent and recently partnered for a 3D lab with MAX Healthcare to exploit this technology in building patient specific Point of Care personalized healthcare solutions and hopes to reduce the need of organ donors in the near future. Remarkable progress made in printing of living skin patches and blood vessels has made bioprinting a lucrative investment for the biotech industry and clinical practitioners alike.

Robotic Surgery

Robotic surgery enables doctors to perform many types of complex procedures with more precision,

flexibility, and control than is possible with traditional techniques. Robotic surgery is commonly associated with minimally invasive procedures that are performed through small incisions. Robotic surgery has been rapidly adopted by hospitals in the United States and Europe for use in the treatment of a wide range of conditions and has recently made its way to AJ Hospital, Mangalore with the advent of the Da Vinci (4th Gen) Robot into its crew. The most widely used robotic surgical system includes a camera arm and mechanical arms with surgical instruments attached to them. The surgeon controls the arms while seated at a computer console near the operating table. It's only a matter of time before white coat machines are commonly seen strolling through our wards prescribing and dispensing drugs for various conditions!

Advanced Telemedicine

The sector of telemedicine in healthcare has taken a nearly unfathomable leap since the COVID-19 pandemic when it was coerced into functionality. Tele Med has opened frontiers to develop healthcare policies to accommodate tele med into existing healthcare programs to guide and assist primary care and later delve into collaborations with clinics for long term follow-up of patients.

Nanomedicine

Nanotechnology has helped achieve revolutionary drug delivery systems incorporating the properties of nanoparticles and nanomaterials. It is exciting to know that these drugs have the potential to cross natural barriers and access new sites of delivery and interact with DNA and miniscule proteins at all levels of organization, be it in blood, within organs, tissues or

cells. Researchers are finding new ways to use nanomedicine to target individual cells, and in 2021, that research will be put into action. CytImmune Sciences, a leader in cancer nanomedicine, has recently completed a Phase I trial of using gold nanoparticles to target drug delivery to tumors and Blue Willow Biologics, a biopharmaceutical company, has developed nanotech that fights viruses and bacteria.

Tricorders

For decades, tricorders have been medical technology's version of the flying car: its origins are in science fiction, and the concept is both elegant and abundantly useful. As far back as the 1960s, tricorders were imagined to be palm-sized devices that could quickly and accurately monitor a wide array of vital signs, while also performing simple diagnostics. Unlike flying cars, however, tricorders have finally made the leap from the screen and into users' hands.

Basil Leaf Technologies has rolled out a very real tricorder, known as DxtER. It can be used by the patient, in their own home, without any medical training. With a sophisticated diagnostics engine, DxtER pulls patient data from multiple sources and runs them through algorithms that recognize 34 different health conditions, including stroke, tuberculosis, pneumonia, and diabetes.

The ongoing development in the field of medicine and surgery is a testament to the will of humankind to increase the efficiency and precision of diagnosis, for better patient management and prognosis and a better overall quality of life. In the words of Tony Robbins, the only impossible journey is the one you never begin. Live long, and prosper !



CLIMATE CHANGE

The crackling Mangalore heat amidst the September monsoon season can make any climate change naysayer definitely change their mind.

'CLIMATE CHANGE': The words so ominous and the problem so grave and yet it has taken a back seat this pandemic. When it comes to environmental issues, It often feels like what changes you make are so miniscule that it doesn't matter in the big picture, that only multinational and governmental organizations can bring about change. And with other social and political issues which need our immediate attention, we forget about Mother Earth, choking on our carbon emission.

Yes, it sounds too damn hopeless. But turning back time isn't an option for us and nor is giving up . We

are creatures of hope and perseverance ; and the good news is that there is still possibility for real change. Human induced global warming is increasing at a rate of 0.2 degree Celsius per decade. Based on this rate, it has been determined that as long as we keep the temperature below 1.5 degree Celsius, the future may not be as apocalyptic as in the movies.

Large scale reduction can only be done at the level of governance. Cutting direct carbon emission from transport and industry will not be enough. Countries must also manage their land and resources, build smart

cities and curb deforestation and food waste. Halving deforestation by 2025 and stop net deforestation by 2030 globally is one of the main goals of United Nations Environment Programme along with afforestation and ecosystem restoration.

Carbon pricing is an effective theory. This works on the simple principle of prices being levied on carbon emission in the form of taxes. The revenue generated could be used to decarbonize the economy. The prices on fossil fuels would skyrocket, thereby pushing for investments in other sources.

Developed countries must explore renewable sources of energy and provide it at a cheap and affordable range to developing countries. Exploring alternate fuel sources must be given utmost importance as it contributes to one third of the total carbon emission. Worldwide cooperation is crucial at this juncture. We are all in this together aren't we ?

BUT WHAT CAN WE DO AS INDIVIDUALS?

This is a very controversial topic indeed. Making sustainable changes is all the buzz right now. Going vegan, zero waste and other white culture based sustainability solutions are all drastic changes which are not feasible in our country given our resources. By converting sustainability to a trend, a holier than thou attitude has emerged and people are expected to follow it completely, to the T. Those who cannot, often tend to feel small, and their actions, insignificant.

But here's the thing: no one is perfect and even the tiniest change in your lifestyle is a starting point and must be celebrated rather than looked down upon. And we Indians are already a sustainable bunch with sustainable habits that have been ingrained in us since childhood. If we nourish these habits even under the influence of western lifestyle, we can truly be a greener nation.

SO HERE'S SOME SUSTAINABILITY SOLUTIONS THAT ARE EASY TO FOLLOW

GET THE CONVERSATION ROLLING

Educate others on climate change. The more we talk about it, the more real the threat feels and the urge to make changes also increases. If you can get the ball rolling, there's no one who can stop the green movement from happening

HOLD YOUR GOVERNMENT ACCOUNTABLE.

Educate yourself on all things environment and question policies of the government: we have every

right to do so. Take 5 minutes of your time to sign that petition online, sit in on a protest if you can, use your voting privileges to bring about change. You have more power than you think you do!

SHOP LOCALLY

As kids, our mothers always sent us to local grocery shops. So why stop now? Locally sourced, seasonal produce are a greener choice that you can easily make. Supporting farmers is an added bonus here too!

CARPPOOL FTW

After industries, transport produces the largest carbon emissions. And the solution to this? Carpooling! Carpooling apps are on the rise now and you have other benefits like saving petrol, earning money and reducing traffic. In small cities like Mangalore, carpooling is the green way to go! Taking public transport, cycling and walking short distances are other green and pocket friendly ways to go.

MAKING SOME TOUGH FOOD CHOICES

The food and meat industry produces a hefty chunk of green house gases worldwide. While making big rapid changes in your eating habits (eg: veganism, fruit-only diet) are very difficult to follow when implemented immediately as we often tend to crave our old habits. So, start small. Go vegetarian for 2 days a week and increase the days when you please. Switch to plant milk (oat milk has the least carbon footprint). When you go out, split a meal with that vegetarian friend of yours! All these small things help form better habits for a better future:)

MAKE SMALL CHANGES

These are absolutely small modifications that you can make. They might not seem like much, but trust me, a little goes a long way. Bamboo toothbrushes and razors, LED bulbs, Reusable coffee cups, straws, cutlery and takeout containers (that you can take to restaurants) Menstrual cups, cloth bags are some small green investments in your life. Shorter showers, carrying your own water bottle and reducing screen time also help a lot.

COMPOST COMPOST COMPOST

Turning organic waste into compost is all the trend now but our grandparents and ancestors have been doing this for quite some time now. Using the manure obtained, you can take up gardening, grow your own vegetables. You don't need a sticker to tell you that these vegetables are organic!

- Samrudhi M. S.
MBBS 2018

- Arelle Pinto
MBBS 2020

YES, NO AND



EVERYTHING
IN BETWEEN

I have never been to a concert, never danced in a mêlée of people in a crowded pub, never got into a crowded bus, never found myself in a procession. You see the recurring theme here right? I hate people, especially a horde of them, with their sweaty, gyrating bodies and their stinky pits in my face, invading my personal space and breathing all my air. I have to brace myself for family gatherings so as to not flinch from all the octopus arms, granny smooches and the cheek pulling. Oh lord, the cheek pulling. I shudder. I wish this gross invasion of personal space was restricted to throngs. But I still find myself in situations with people leaning over me till I can smell their lunch on their breath. So, when did it become okay to invite yourself into somebody's space, to casually hug them, touch them, caress their hair, finger their clothes? That brings me to the idea of consent. Both non- sexual and sexual.

From all the discussion on me too movement, sexual consent has been getting its due attention. But to those living in the stone ages and to those who are still woefully blinded by patriarchy let me give you the cliffs notes of it. You need to ask for permission for every sexual act. Just because someone kissed you back, doesn't mean they're okay with taking it further. Consent isn't like your passport, that expires once in ten years. It need to be explicitly given every single time. It cannot be assumed; because let's face it you're not telepathic. It has to verbalised and that entails, words spoken out loud; borne from free will and not submission obtained under duress. The other person needs to understand all the caveats of the act their consenting to and yes, that means you need to be honest and upfront. Consent can also be revoked at any given time during an act. When in doubt, always err on the side of consent and ask.

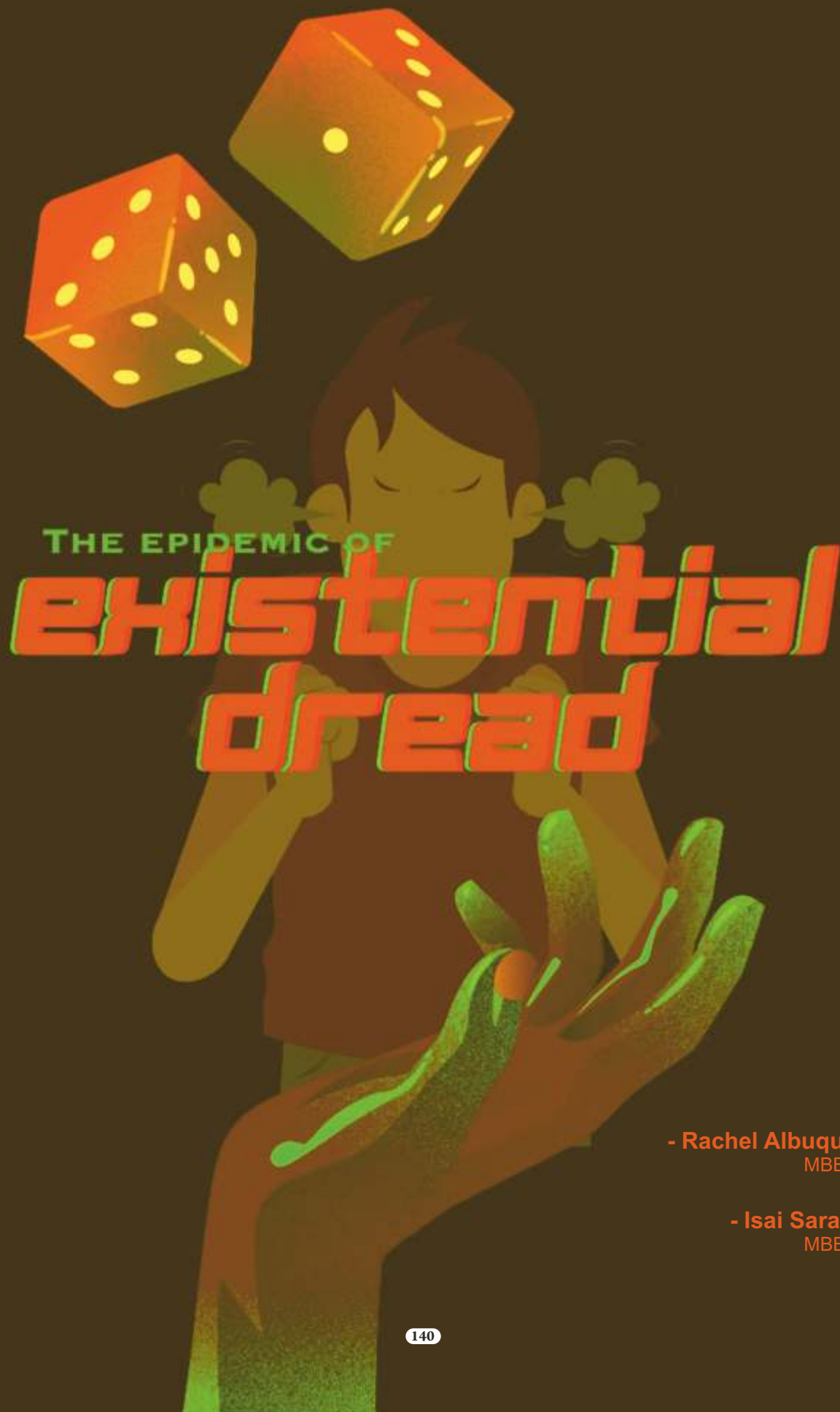
But before all the pomp on sexual consent got everyone in a tizzy, there was a fledgling concept of non sexual consent floating about. It begins at the grassroots level; first came the non sexual touches, then came the uncomfortable grabby arms and it culminated in a mute spectator unable to say it isn't okay to treat my body as if it were an extension of your arm. Your relatives giving you hugs as a kid, acquaintances greeting you with kisses, classmates running their fingers through your hair and the worst

of these are people in a grocery store who casually rub against you like you're the genie in the lamp and they're Aladdin. All of these instances warrant an open conversation on voicing your assent. Children need to be taught that they're allowed to refuse physical touch from people they're uncomfortable with and vice versa, to always ask before touching somebody. This concept when started early on will be carried forward into adulthood and will hopefully result in less horror stories about eve-teasing, molestation, sexual harassment and rape.

Its our failure as a society that nearly every other woman has a story about feeling violated. Although we predominantly hear of women being treated like commodities, that doesn't disregard the fact that women also need to ask for consent before approaching someone. Gender bares no regard on invading someone's personal space. Consent isn't heteronormative and it must not be reserved as a privilege for a select few. Although today's reality, thanks to all the item songs, suppressed sexuality and the gross sexualization of a woman's body is that rape culture dominates the fringes of our society. It unites women of all strata's and its the culmination of years of tradition steeped in toxic masculinity and an inability to accept no. We've protested, cried, screamed and raged just to tell that no, we're not asking for it. Our clothes aren't invitations and being out late is not a come hither. The next time you see someone being mistreated, instead of looking away, bear witness and if you can; prevent them from becoming another statistic. Just as you wouldn't let a drunk surgeon operate on you, understand an inebriated person isn't in a state where they can give consent.

The idea behind this isn't to vilify the male gender, nor is it meant as a personal affront to anyone. And still if you must take offence, then be offended that there ever was a need to teach you to listen and to respect another person's refusal. I think its common decency to respect someone's body and their opinions. All I'm asking for is, as a society we could be a little more humane. I'd like think that isn't a tall order to fill.

- Megan Dsouza
MBBS 2018



THE EPIDEMIC OF
**existential
dread**

- Rachel Albuquerque
MBBS 2018

- Isai Saravanan
MBBS 2019

"I think if we were to truly create a utopian society, the first thing we would do is to tear it down, just to have a purpose."

Who am I?

Does anything I do make a difference? What is the meaning of life?

If I disappeared today, would anyone notice?

If you've ever asked yourself these questions, hi, it's nice to meet you. You are a (privileged) member of the human race.

It's a privilege to be living in a war free zone, in a country without famine or drought, and with a decent healthcare system. These are things we take for granted every single day. Most people reading this, don't have to struggle for basic necessities anymore, and so we have the mental capacity to see beyond ourselves. We have so much more time now, to get a good look at the world. It's absolutely overwhelming to take notice of all the suffering around us. It's everywhere.

When was the last time you looked at a news app or newspaper and all the articles were good news? Modern day news articles dramatize what's wrong with the world, and we, the audience simply eat it up. One might even think we romanticise misery and disaster. We're all sympathetic

until we are distracted by the next piece of news from elsewhere. Ultimately, nothing is being done about anything. All this sympathy has no where to go. So instead, it turns into existential dread. It's that awful feeling that comes along with questioning the very foundation of our identity: our values and beliefs.

It's important to remember that perspective is everything. Questioning your identity can create an unhealthy self-image but it can also be an opportunity to change if you don't like what you see in the mirror. So instead of being hard on yourself, make an effort to evolve into the best version of yourself. Lastly, being grateful for all the things you have been given can go a long way. Life has been kinder to you, so remember to pass that kindness on.

"I live to enjoy life by the littlest things, feeling the grass between my toes, breathing fresh air, watching the wind sway the trees, enjoying the company of loved ones, a deep conversation, getting lost in a good book, going for a walk in nature, watching my kids grow up. Just the feeling itself of being alive, the absolute amazing fact that we are here right now, breathing, thinking, doing."

Breath

Hope

HUMAN CONNECTION

HEALTHY

AIR

- Anya Abraham
MBBS 2017

Lonely

Human touch is the single most powerful thing we experience, starting from the very second we take in our first breath of air.

These past couple of years, the raging pandemic of COVID-19 has, in a literal sense, stolen two of the few basic things we need to lead a sound life; human touch and lungs full of fresh air. If you can remember drawing in a big breath of clean air without the nagging fear of not pulling up your mask, hold on to that memory for as long as you can because the world we've entered into robs us of such simple joys in life that were once so easy to experience.

To augment the huge hit the medical force has taken and the crumbling economies, over 60% of the countries have reported disruption of mental health services owing to the COVID-19 pandemic. As much as the taboo of mental health is being lifted, not a lot of people find courage in coming out of the dark. And for the people who did find the courage to do so, their one access to better coping mechanisms and consequently a better quality of life was abruptly cut off. For anyone that believes therapy is just 'someone to talk to', it is more than just that. While someone to talk to does help move mountains, therapists are uniquely trained to help their clients make sense of their most complex feelings and direct them away from unhealthy patterns of thought and action and sometimes just 'someone to talk to' doesn't cut it.

As the situation gets worse, we realise that there's a lot more under the surface that goes unspoken. No doubt the ones already under treatment find it hard to cope without continual support from their helpers. But, what about the ones that never knew that they too could fall prey to the games our mind is capable of playing on us?

Standing in the medicine OPD on a gloomy morning a couple of weeks back, the harsh reality of this disease hit me. Three out of the maybe ten cases that morning were people who suffered from psychiatric illnesses after their diagnosis of COVID. Even after being cured of the virus, they still needed treatment for the problems associated with being in isolation. According to statistics, 18% of the people diagnosed with COVID later came back with mental health issues after completing their treatment.

We took human interaction a little too casually. Being stuck in a room, having your very existence stigmatised for the 17-day quarantine while you down tablets after tablets - takes a toll on the strongest of people. As much as it sounds like we're begging for a debate here, humans are not designed to lead an isolated life. Of course, solitude is one thing but loneliness in these trying times pulls out more from you than what it claims to do - cure you and save the world.

Somehow, it seems easier to empathise with those who came down with Covid and had issues with loneliness than those who didn't even have the disease but struggled to cope with the new changes. How do you try and empathise when you can barely comprehend why something happens?

Baffling researchers everywhere, the pandemic saw an alarming rise of depression and anxiety states even in people who were not diagnosed with COVID and recorded numbers reaching up to 56% of the population under study. Perfectly healthy individuals were struggling to deal with the ills of the mind because of the lack of social interaction.

Some researchers found that dopaminergic neurons in a brain region called the dorsal raphe nucleus were activated in response

to acute social isolation and triggered the motivation to search for and re-engage in social interactions. They compared acute social isolation to the state of hunger. But due to lack of social interaction, you can only imagine the chagrin of not being able to satisfy that 'hunger'.

Another research group came to similar conclusions by studying the serotonergic neurons and found out that the SK channels were responsible for the alterations in the serotonergic neurons after chronic social isolation. Once they figured this out, it became relatively easier to tackle anxious and depressive states by attempting to block these channels.

Although attempts are made, there's only so much help you can reach out with, especially if a good portion of the population remains oblivious to the effects of isolation.

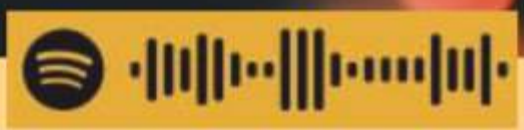
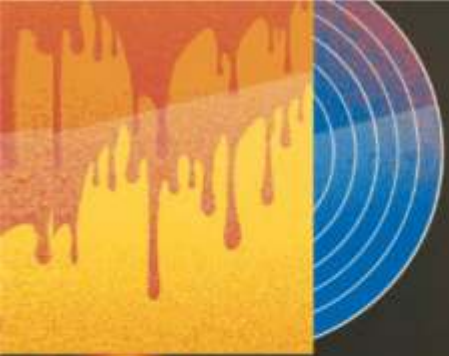
Thanks to the advent of technology, most of us are lucky to have something to while away the time. However, the dependant population who aren't too tech-savvy or aren't part of our new age can barely understand what's happening, let alone comply with the rules that seem so frightening to them. Especially now, with the trend of online consultations and online reach out programs on the rise, a huge chunk of our population miss out on these very important resources.

Although our generation is actively trying to shed light on the importance of taking mental health seriously and destigmatising it, some of us would rather not be associated with any illness. Even if we were clinically diagnosed with them. Because tell me this, who'd like to be 'depressed in your 20s'? 'Anxious during your prime years when you need to get out there and make the most out of life because it's only downhill after that'? 'Sitting holed up when you need to be taking risks during the only years you can afford to be reckless'?

It takes a lot to admit to the general public that you suffer from something mentally. Though the efforts to neutralise the monster of mental health stigma are remarkable, the monster still exists and, it's hard to pretend it doesn't. And this pandemic hasn't helped one bit on that front. This fact makes it harder to extend a helping hand.

Coming back to how we started this whole ordeal- the human touch. Oftentimes, a verbal 'it's going to be okay' makes a world of a difference. But, when the same is said with a hand on the shoulder or a light squeeze of your palm, the circuits in your brain recognise what it felt like the very first time you felt the most basic emotion when you were cradled skin to skin when things were truly okay. Seeing our medical professionals reach out to comfort patients with an empathetic touch every now and then, we realise that the smallest of gestures like the human touch will never be replaced. It's disheartening to know that it's going to be a long while before you can close that 2feet/6 meter distance where the magic truly happens. It makes it all the more frustrating that there is not a single thing we can do to alter our current reality.

That being said, it's imperative that we still maintain our distance from each other because if care isn't taken today, even our tomorrows will look just as bleak. So, use your words frequently and as loaded with emotions as you possibly can because these are the only weapons we carry right now against loneliness when everything else fails. We carry the hope of waking up to a day in the near future where we will be able to embrace our loved ones and comfort them with more than just our words and, the world will seem alright once again. But until then, c'est la vie. We carry the hope of waking up to a day in the near future where we will be able to embrace our loved ones and comfort them with more than just our words and the world will seem alright once again. But until then, c'est la vie.



Weekend to do list



Drama + fashion

- Dynasty
- Gossip Girl
- Made in Heaven
- Emily in Paris
- Suits
- Masaba Masaba

Crime thriller

- True Detective
- How To Get Away With Murder
- Mare of Easttown
- Broadchurch
- You
- The Assassination of Gianni Versace

Sci-fi

- Sense 8
- The Expanse
- Manifest
- Orphan Black
- Dark
- Altered Carbon

Drama

- Revenge
- Daisy Jones & the Six
- UnReal
- Squid Games
- The Newsroom

Girl gang

- The Bold Type
- The Marvelous Mrs Maisel
- Gilmore Girls
- The Summer I turned Pretty
- Bridgerton
- Sweet Magnolias
- Trinkets

WHAT ARE YOU IN

Fiction is better than reality. Let's be honest- you'd rather watch drama on TV than get involved in real life antics as such. While some watch for the plot or to see their favorite characters- based on books- come to life, others use it as a solace of happiness & comfort from their tedious, stressful or busy life. Some watch one episode per day or week, while the others binge one season in a day (or the whole series per day for some like me).

Crime + comedy

- Castle
- Monk
- Lucifer
- Sherlock
- The Mentalist
- White Collar
- Rizzoli & Isles
- Only Murders in The Building

Marvel

- Daredevil
- Moon Knight
- Jessica Jones
- Wandavision
- TFATS
- Agents of Shield
- What If?
- Loki

DC

- The Flash
- Gotham
- Watchmen
- Arrow
- Supergirl

Comedy

- Arrested Development
- Modern Family
- Schitt's Creek
- Scrubs
- Brooklyn 99
- Parks & Recreation
- Veep
- The Office
- Young Sheldon
- Atlanta
- New girl
- Ted Lasso
- Derry girls

Dark comedy

- Dead to Me
- The Boys
- Family Guy
- Bojack Horseman
- Rick & Morty
- Killing Eve
- Succession
- Russian Doll
- Barry

Political drama

- House of cards
- Homeland
- Impeachment
- The Good Wife
- Better Call Saul
- Scandal

Medical drama

- House
- Grey's Anatomy
- New Amsterdam
- The Good Doctor
- Chicago Med
- The Resident

Classic comedy

- Golden girls
- Seinfeld
- Everybody hates Raymond
- Full house
- Frasier
- Married... With Children
- The Fresh Prince of Bel Air

Sitcoms

- HIMYM
- Friends
- The Big Bang Theory
- The IT crowd
- Two & a Half Men
- 2 broke girls

Supernatural

- The Originals
- The Witcher
- Chilling Adventures of Sabrina
- Stranger things
- Supernatural
- Teen Wolf
- Wednesday

Psychological thriller

- You
- Dexter
- Mr Robot
- Severance
- Hannibal
- Anatomy of a Scandal
- Mindhunter
- Ratched

THE MOOD TO WATCH?

Here is an assortment of TV shows arranged by genre, catering to your mood- whether you need a comfort show to watch because of exam stress or when your senior staff gives you a mouthful, something to watch with your homies in the hostel or a show to host watch parties for your friends (virtually or at home), or just to enjoy alone with a glass of wine or a pint of beer in the comfort of your home/ hostel room.

- Angela Marion

Teen drama

- 90210
- The OC
- One tree hill
- Ginny & Georgia
- Outer banks
- Glee

Dark Anthology

- Black Mirror
- Love, Death & Robots
- Electric Dreams
- Westworld

Fantasy drama

- Game of Thrones
- House of the Dragon
- Shadow and Bone
- The Sandman
- The Last Kingdom

Gangster drama

- The Sopranos
- Breaking Bad
- Peaky Blinders
- Ozark
- Queen of the South
- Narcos

Period drama

- Downton Abbey
- The Crown
- Mad Men
- Reign
- The Queen's Gambit
- Bridgerton

If you feel dumb & wanna feel smart

- KUWTK
- Love Island
- Too Hot to Handle
- Dubai Bling

Disclaimer: The writer will not be responsible if you develop an addiction for a show, if you dislike a show, or if you fail your exams due to continuous binge watching!

Anime YUKŌ!!!



ATTACK ON TITAN!

The calm is shattered when a man eating titan manages to breach the impregnable outer wall, reigniting the fight for survival.

Episodes:88

Status:Ongoing

DEATH NOTE

A high school student stumbles upon a book, that states: those whose names are written in it shall die. He tests it, and wields its power.



Episodes:37

Status:Completed



NARUTO

A hyperactive and knuckle-headed ninja with a burning desire to become the Hokage of Konohagakure leads him to some great friendships, but also some deadly foes.

Episodes:500

Status:Completed

DEMON SLAYER

Rumors of man-eating demons lurking in the woods, hunted down by the legendary demon slayer. For young Tanjirou, these rumors will soon to become a harsh reality.



Episodes:26

Status:Ongoing



ASSASSINATION CLASSROOM

A mysterious creature chops the moon down to a permanent crescent. Students are determined to assassinate the creature, who happens to be their teacher.

Episodes:22

Status:Completed

MOB PSYCHO

Eighth-grader "Mob" Kageyama has tapped into his inner wellspring of psychic prowess at a young age. He enlists himself under the wing of a con artist, to effectuate control on his skills once he realizes the potential danger in his skills



Episodes:25

Status:Ongoing



HUNTER X HUNTER

Twelve-year-old Gon Freecss is determined to become the best Hunter possible in hopes of finding his father, who was a Hunter himself and had long ago abandoned his young son.

Episodes:148

Status:Completed

FULLMETAL ALCHEMIST: BROTHERHOOD

After a horrific alchemy experiment goes wrong in the Elric household, brothers Edward and Alphonse are left in a catastrophic new reality.



Episodes:64

Status:Completed



ONE PIECE

Great hidden treasure, One Piece, which was left by the now legendary pirate captain, Gold Roger. A young boy unknowingly eats the devil's fruit and turns into rubber. That doesn't deter him. He sets off on an adventure to become the greatest pirate of them all!

Episodes:981

Status:Ongoing

BINGE-READY



FILMS FOR YOUR INNER CHILD

- UP
- RATATOUILLE
- THE LION KING
- COCO

FILMS THAT WILL KEEP YOU ON THE EDGE OF YOUR SEAT

- NOCTURNAL ANIMALS
- PARASITE
- BLACK SWAN
- SEVEN

FILMS FOR THE ROMANTIC

- BRIDGET JONES'S DIARY
- LOVE ACTUALLY
- WHEN HARRY MET SALLY
- FOUR WEDDINGS AND A

FUNERAL

FILMS TO REVIVE YOUR FAITH IN HUMANITY

- THE THEORY OF EVERYTHING
- THE PURSUIT OF HAPPINESS
- SCHINDLERS LIST
- THE SHAWSHANK

REDEMPTION

FILMS TO CATER TO YOUR WANDERLUST

- EAT, PRAY, LOVE
- LITTLE MISS SUNSHINE
- THE SECRET LIFE OF

WALTER MITTY

- INTO THE WILD

FILMS THAT WILL HAVE YOU GIGGLING HELPLESSLY

- DUE DATE
- THE HANGOVER
- ZOMBIELAND
- BRIDESMAIDS

FILMS TO AID YOUR ESCAPE TO A BYGONE ERA

- PRIDE AND PREJUDICE
- ATONEMENT
- LITTLE WOMEN
- SHERLOCK HOLMES



BINGE-READY



FILMS THAT GET YOUR ADRENALINE FLOWING

- THE SHINING
- THE RING
- THE CONJURING
- IT

FILMS FOR ANIMAL LOVERS

- LIFE OF PI
- MARLEY AND ME
- WE BOUGHT A ZOO
- HACHIKO

FILMS FOR YOUR INNER GEEK

- INTERSTELLAR
- THE MARTIAN
- ARRIVAL
- STAR WARS

FILMS THAT TRANSPORT YOU TO ANOTHER REALM

- HARRY POTTER
- FANTASTIC BEASTS AND WHERE
TO FIND THEM
- THE LORD OF THE RINGS
- THE HUNGER GAMES

FILMS FOR FOODIES

- JULIE AND JULIA
- THE 100 FOOT JOURNEY
- BURNT
- NO RESERVATIONS

FILMS FOR WHEN YOU WANT TO SING OUT LOUD

- THE GREATEST SHOWMAN
- MAMMA MIA
- LES MISERABLES
- LA LA LAND

FILMS FOR COMIC AFICIONADOS

- THE X-MEN
- THE AVENGERS
- THE DARK KNIGHT
- THE SUICIDE SQUAD



GAME-ON!

MOBILE

APEX: LEGENDS

EA brings one of its finest Battle Royale Multiplayer games to mobile this year with the release of Apex mobile. Take to the battlefield with console level gameplay mechanics and some of the best graphics we've seen on a mobile game so far.



eFOOTBALL 22 MOBILE

After 3 years of relatively unchanged gameplay, Konami have finally released a stable build of eFootball on mobile, refined from the extremely bug and glitch-ridden initial release. Gameplay is not like anything we've seen from the series before and it remains the best football simulator on the Play Store.

NBA: JAM

A classic, often forgotten, NBA JAM is a game for the basketball enthusiasts and casual players alike, featuring a unique 2v2 format game, with the most absurd trickshots and slamdunks that are guaranteed to get a chuckle out of you. Local multiplayer option also makes it a perfect game to pitt yourself against your mates.



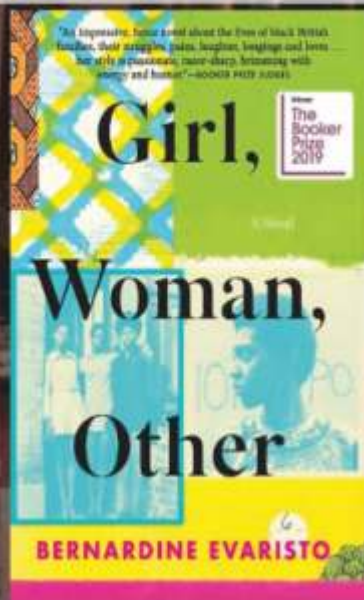
POKEMON: UNITE

One for the Pokemon nostalgics looking to rediscover their love for the game, Unite brings quick paced 5v5 battles to your mobile. Much more in tune with the legacy Pokemon games than something like Pokemon GO, while still introducing an array of new mechanics and customisation options in an RPG-like setting.

FALL INTO READING

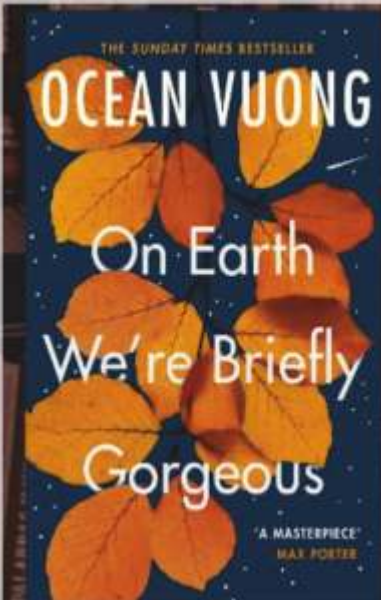
Book Recommendations





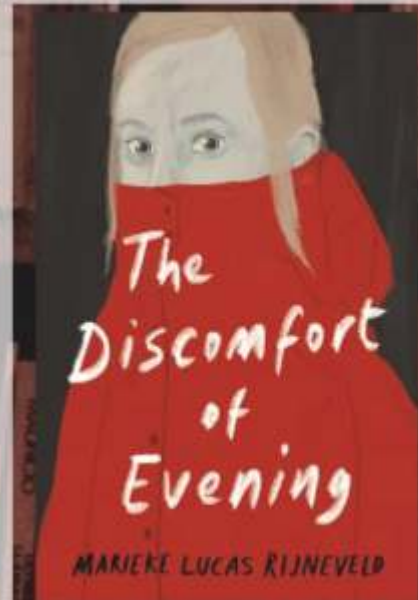
This book is unlike anything I've read, ever. A tale of twelve black women living in England, somehow related to each other, strive to be noticed and not discriminated in a society that is inherently racist. The book talks about gender fluidity, feminism, physical and mental needs of a woman in a sharp tone that keeps us hooked. The unconventional writing style of using no full stops did intimidate me in the beginning but its completely worth sticking around to finish this gem of a book which bagged The Booker prize 2019.

★★★★□



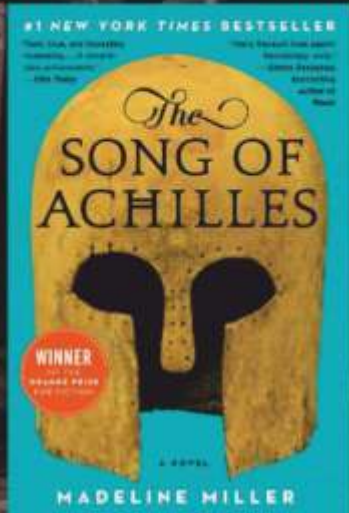
This book is a poignant and beautifully written debut novel that explores themes of identity, family, and love. The novel's protagonist, Little Dog, navigates his life as a Vietnamese immigrant in America, grappling with his relationship with his mother and coming to terms with his own sexuality. Vuong's prose is lyrical and poetic, evoking visceral imagery that stays with the reader long after finishing the book. Through Little Dog's journey, Vuong offers a profound exploration of what it means to be human and the ways in which our experiences shape us. "On Earth We're Briefly Gorgeous" is a powerful and unforgettable read

★★★★□



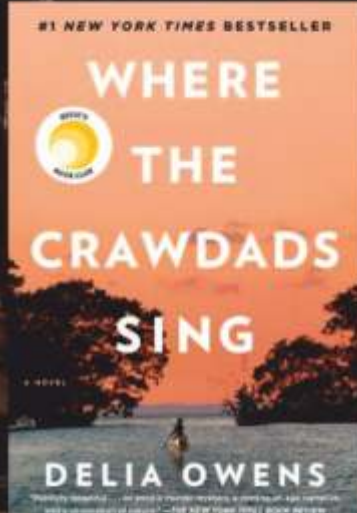
A devout Christian family living in a Dutch farm, surrender themselves into the hands of depression after loosing its eldest son in a skating accident on the eve of christmas. Jas, his ten year old sister narrates the incidents that take place after the demise of her brother. There's a feeling of impending doom imparted into readers, that will keep us on the edge of our seats, finding ourselves asking the universe to give Jas' family a break from the misery. Dysfunctional families and its effect on a growing mind is the central theme of this book . I'd like to add a trigger warning of animal abuse and child abuse as this book is definitely not tailored for faint hearted people.

★★★□



"The TSOA is a beautiful retelling that offers a fresh perspective on the Greek myth of Achilles and Patroclus. Miller's eloquent prose captures the essence of these characters, exploring their complex relationship and the impact it had on the Trojan War. The narrative, told from Patroclus' point of view, is both poetic and immersive and leaves a lasting impression on the reader. Moreover, Miller's portrayal of the gods and their influence on human affairs is masterful, adding a mystical element to the story. The novel seamlessly blends elements of love, friendship, war, and tragedy, creating a multi-layered narrative that is both engaging and poignant. Overall, "The Song of Achilles" is a must-read for anyone who appreciates exceptional storytelling and vivid characterization.

★★★★



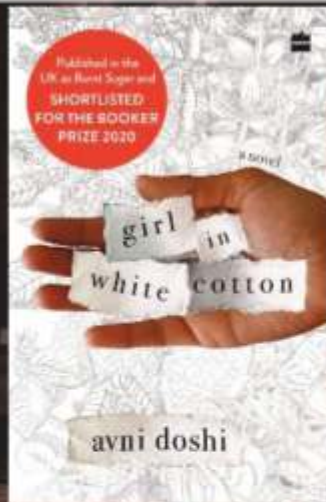
Delia's book, 'where the crawdads sing' celebrates nature and womanhood. Kya, a six year old child, abandoned by her family, forced to live in a creepy marsh, in the company of sea gulls and palmettos, embraces solitude and makes the shabby marsh her home. People of Bakely coove, a town nearby, have a pre conceived negative notion about this mysterious 'marsh girl'. When Chase Andrew's dead body is found in the very marsh, where Kya lives, it's only predictable that people of Bakely Coove suspect Kya's hands behind his death. Did Kya actually commit a murder? A perfect mix of celebration of nature, coming of age and murder mystery, I'd recommend this book to everyone, who'd love to dive into a world that is fictional yet something that we yearn for.

★★★★□



"The Sun is Also a Star" by Nicola Yoon is a captivating YA novel that tells the story of two teenagers, Natasha and Daniel, who meet and fall in love over the course of a single day in New York City. The novel explores themes of fate, love, and identity, and challenges the notion that life is predetermined. Yoon's writing is engaging and blends elements of romance, science, and social commentary. The alternating perspectives of the two protagonists offer a nuanced view of the story. Despite its breezy tone, the novel tackles complex issues such as immigration, cultural identity, and family dynamics with sensitivity and depth. "The Sun is Also a Star" is a heartwarming and compelling read that will appeal to readers of all ages.

★★★□



Antata has a strained relationship with her mother, Tara. The chronic hatred is fuelled with wrath when her mother gets diagnosed with Alzheimer's. Now Antara never gets a chance to make her mother understand how difficult the life was while growing up. In the ashram, the catholic school and on streets. It's so unfair how her mother got away with it, while Antara has to suffer the repercussions of her mother's inane and hasty decisions that were made when she was just a child.

The book is riveting and questions the type of parenting most of us were subjected to. It was short listed for The Booker prize 2020 and I'd say it rightly deserved the nomination.

☆☆☆ □



Scarlett O'Hara's grit and confidence makes me want to borrow her attitude and exhibit it in my life. Set during the civil war and reconstruction period, this celebrated story narrates the life of people living in Tara, a cotton estate in the state of Georgia.

Time and again, even after a million references, made in several TV shows and movies, people are still intimidated to pick it up due to this book's massive size. Once started, it's absolutely unputdownable.

The main character's love affairs and valour that she shows by riding a horse across a battle field and delivering a baby when cannons are blasting your ears deaf will reward you with goosebumps. I assure it.

☆☆☆☆ □



This book is a brutally honest and hilarious memoir that takes readers on a rollercoaster ride through the life of a junior doctor in the UK's National Health Service. Through a series of diary entries, Kay paints a vivid picture of the challenges, joys, and heartbreaks of working on the frontlines of healthcare. From the ridiculous to the devastating, Kay navigates the highs and lows of his profession with wit, charm, and a healthy dose of cynicism. This book is a must-read for anyone who has ever worked in healthcare, or who has ever needed the care of a doctor. Kay's frank and funny writing style will have you laughing and crying in equal measure, and leave you with a newfound appreciation for the men and women who dedicate their lives to healing others.

☆☆☆☆

*A little
slice of
Kualla*



Breakfast

Breakfast, apart from being the most important meal in terms of health, is also the most important to keep you on your feet during long posting hours!

After a Saturday night party:



SHREE LEKHANA DOSA CAMP – Mysore Masala Dosa, Andhra Masala Dosa, Cheese Masala Dosa

MANOHAR VILAS – Rawa Dosa, Masala Dosa

THE GOOD GALLETTE – All Day Breakfast Platter, Pancakes and Crepes

IDEAL CAFÉ – Open Butter Masala Dosa, Cutlet, Sandwiches, Neer Dosa with Paneer Ghee Roast and literally everything else!

DIESEL CAFÉ – Pancakes, Waffles and Sandwiches

KADRI CAFÉ – Ghee Plain/Ghee Pudi Dosas, Idlis, Vadas, Sheera, Masala Dosa

PAI TIFFINS – Mysore Masala Dosa, Sandwiches

PEREIRA'S – Chicken Butter Garlic, Lemon Chicken, Pork Bafat, Pork Roast, along with main course like Pesto Pasta/Chicken Alfresco or Cheese naan

THALASSERY KITCHEN – Kebabs, Beef Coating/Chops with Biryani

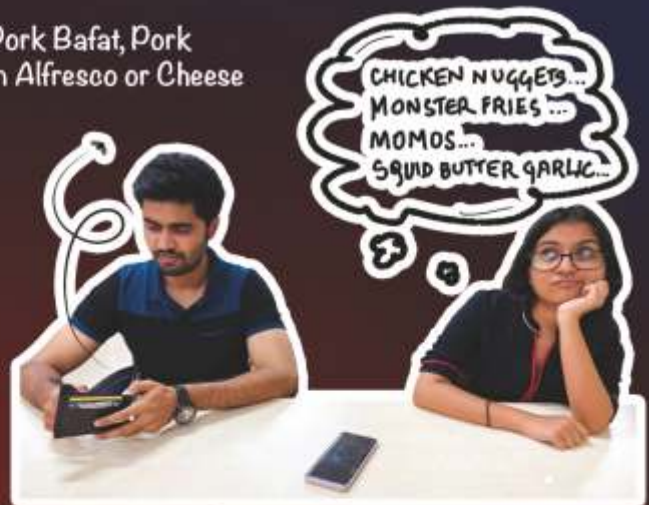
SHAKE FACTORY – Jalapeno Cheese Fries, Chilli Cheese Fries, Chicken Monster Fries

BRICK HOUSE – Momos, Chilly Basil Chicken, Crispy Fish

SAI PALACE – Cheese Balls, Chicken Banjara Kebab, Sholay Kebab

COCHIN VILLAGE – Beef dry fry, Biryani, Paratha with various gravies

FROTH ON TOP – Chicken Nuggets, Mashed Potatoes, Squid Butter Garlic with Chicken/Pork Kheema Rice



For those who want to tickle their palates and fill that hollow in their tummies super-fast!

Appetizers

And now for the most scrumptious and wholesome feast of the day...

Main Course

MACHHI/MACHILI/GIRIMANJAS/NARAYANA/JANATHA LUNCH HOME

- Fish meals with Kudla special Fish delicacies!

LA PINOZ - Cheesy 7, English Retreat, Las Vegas Retreat, California Kitchen Pizzas and Garlic Bread

24 CARAT RESTO BAR - Although far away, the Grilled Prawns and other Seafood are all so fresh and tasty, it will all be worth it!

MANGALA - Chicken Phat Freddie, Beef Freddie, Pork Bafat



ONYX - Ghee Roast Pizza, Thai Curry Rice

SMOKY - Lasagne (Veg/Chicken)

ROSHOW HUT - Pizzas and Fries!

KAIROS - Greek starters, main course, etc

MEISTERWURST - Hotdogs, Burgers and Salads

TRATTORIA - Chicken Pot Rice, AOP Pizza, Ravioli in Pink Sauce

WESTIND EATS (CLOUD KITCHEN) - 50/50 Burger, Lambster Burger, Shoom Burger

THE CURRY WOK - Burmese Curry and Prawns, Pomfret in Crab Meat Sauce, Prawns Hot Basil, Smoked Pomfret

THYME/SPINDRIFT - Continental dishes, Chicken Kadipatta, Pizzas

KUDLA - Ghee Rice/Neer Dosa with Chicken Ghee Roast



Chai Time

There is always a need for short eats between the bigger eats and ... the more, the merrier :P

YADAV'S CHARMBURI – Situated right outside Forum Mall, this is a must visit at the end of long shopping hours! Try their Egg Stumbler, Omelette and Charmburi

BUTTERCREAM Co. – Cheese Croissant, Brownie, Hot Chocolate and Croissant Sandwiches

CHAIKADA – A variety of options on Maggi, Tea, Chicken Momos, Strips, Loaded/Cheesy/Peri-Peri Fries

BIG FAT ROLL – Variety of options on their rolls, the most classic being the Big Fat Roll itself!

PULSE SHAWARMA HUT – Kuboos, Chicken Tikka, Crispy Chicken, Shakes, Fries



NATURALS – Coffee Walnut, Roasted Almond, Fresh Strawberry, Tender Coconut and many other flavours!

KEVENTERS – Choco-Oreo Ooze and many other flavours of shakes!

IDEAL CAFÉ/PABBAS – Literally all their flavours of Ice Creams

HANUMAN SWEETS – Rasmalai and Rasgulla

BELGIAN WAFFLE Co. – Varieties of Waffles and Pancakes

S CUBE PUDDING BAR – White Chocolate Blueberry Pudding and numerous other options!

MANGALORE BAKING COMPANY – Different types of cheesecakes, one better than the other!

CRAVE – Chocolate Filled Caramel Donut, Red Velvet Cheesecake, Blueberry Cheesecake, Crème Brulee, Choco Lava Cake



Even if your satiety centre is on a protest,
there is always room for dessert!

Desserts

The yummiest snacks that you can lay your hands on within a hop, skip or jump... for those snack breaks between classes or classes between snack breaks, that you so look forward to all day!

Muller Munchies

COFFEE HUT – Grab their Samosas, Cheese Maggi and other treats with Tea on your way to postings!

CANTEEN – Kebabs, Biryani, Meals, Chicken Sukka, Chicken Urval and Fresh Juices at student friendly prices!

NFORCE CAFÉ – For the evening snack cravings amidst hectic study hours – Puffs, Pastries, Tea and Coffee!

FRESH N HONEST – Hot Chocolate/Tea/Coffee, Smoodles, Cup Noodles and moonfils!

COFFEE CORNER (m – Hot Chocolate, Tea/Coffee to start afresh for postings! They also serve Maggi in the night for all the owls in the reading rooms!



As you may have guessed by now, I am a connoisseur of food and more often than not, you will find me at one of the many restaurants in and around Mangalore. However, nothing beats what my mom cooks up at home but that folks, is just for yours truly! :P

- Dr. Kedar M. K.
MBBS - 2017



A MEDICAL STUDENT'S MANGALORE BUCKET LIST

Mangalore is more than just beaches. Here's your bucket list for an eventful Sunday or those rare holidays that we get as medical students.

(P.S – All places have been personally verified by the author **Sarah Joseph** !)

Move!

Ripvin's Ballroom Dancing

Ever felt left out while everyone is grooving on the dance floor? Located at YMCA, Falnir, Ripvin's is the best place to learn so many types of dance styles from Jive to Bachata. So put on your dancing shoes and impress those aunties at your next Mangalorean wedding!

Ground Sport Fitness

Get fitter, stronger and healthier while having fun! Ground Sport Fitness at Bejai and Valencia has a variety of workouts which includes Muay Thai, strength conditioning, Zumba, Yoga, HIIT and much more! They also have exciting outdoor beach workout sessions.

Cafe Kart

If you're looking for an exhilarating go karting experience in Mangalore, look no further than Cafe Kart. After you are done racing, cool off with some Cold Coffee at their own cafe!

Perfect Pass

Get your football team and head over to Perfect Pass, one of Mangalore' finest indoor football turfs.



Explore!

Kayak boy

Located in Mulki, this is India's largest flatwater kayaking clubs. Kayak around the island in Shambhavi river. Jump from the kayak and take dip in river. Don't forget to get those Gram worthy sunrise pictures!

Mantra Surf club

If you're an adventure junkie, Mantra Surf Club is the place for you. Surfing, stand up paddle, yoga meditation, jet skiing, wakeboarding, waterskiing, backwater riverboat tours, kayaking India, cycling tours and more can all be done right here at India's original yoga and surfing retreat.

Hanumanagundi Falls

Gushing down from a height of more than 100 feet onto natural rocks, this calm and serene site is located in the Kudremukha valley. It is considered to be the point from where Tunga river starts. The pristine water is guaranteed to refresh the tired traveller.

Pilikula Nisarga Dhama

If you're looking for an amalgamation of nature, arts and culture, Pilikula is your go-to spot! It includes a Biological Park, Arboretum, a Science Centre, a Lake Park with a Boating centre, a Heritage Village and an Ayurveda Health Therapy Center. Don't forget to catch a glimpse of the largest King Cobra in captivity!

Chill!

Lobo's river view

A popular spot for hosting parties, Lobo's River View is open throughout the year for anyone looking for a break from the hectic city life. Bask in the beauty of river Nethravati at the serene, calm and cool environment of the age old Cascia Tile Factory

Saripalla view point

Gather your friends, pack some food and head over to this view point for a picnic with a breathtaking view of Mangalore.

Delta point – Kodi beach

Located about 10 kilometres from Malpe beach, this is the place where river Suvarna merges with the Arabian Sea. Head over at sunset for the best views and get some amazing pictures on the sea walk.

Jamalabad Fort, Kudremukh

Mysuru ruler Tipu Sultan built the fort in 1774 and named it after his mother, Jamalbee. The top of the fort offers panoramic views of lush green forests and the nearby town of Belthangady.



Laugh It Off..

Nikki Glaser



Nikki Glaser on sex education:
"You just hone in on it like you're playing a game of fruit ninja. Have you played that game? If you haven't, I just want to tell you that it is a fingering training tool developed by the Japanese"

"All my friends are like you need a guy with a car, and a job and I'm like yeah but then I've got to deal with his wife, like, it's a whole thing"

Taylor Tomlinson



"13-year-olds are the meanest people in the world. They terrify me to this day because 8th graders will make fun of you but in an accurate way. They will get to the thing that you don't like about you. They don't even have to look at you for long. They'll just be like 'Ha, ha, ha, ha hey look at that high waisted man. He's got feminine hips' And I'm like 'No! That's the thing I'm sensitive about.'"

John Mulaney



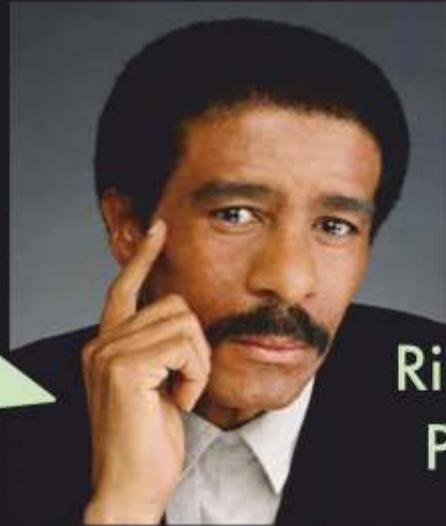
Rahul Subramanian



Rahul Subramanian on Bangalore life and city:

"I landed in Bangalore and did the most DJ thing. I got out of the airport and screamed "HEELLLOOOO BANGALORE!!!" But Bangalore did not respond because Bangalore is like 500 kms from the airport.

"My father died f#*@&£*g. He did. My father was 57 when he died. The woman was 18. My father came and went at the same time."



Richard Pryor

Aishwarya Mohanraj



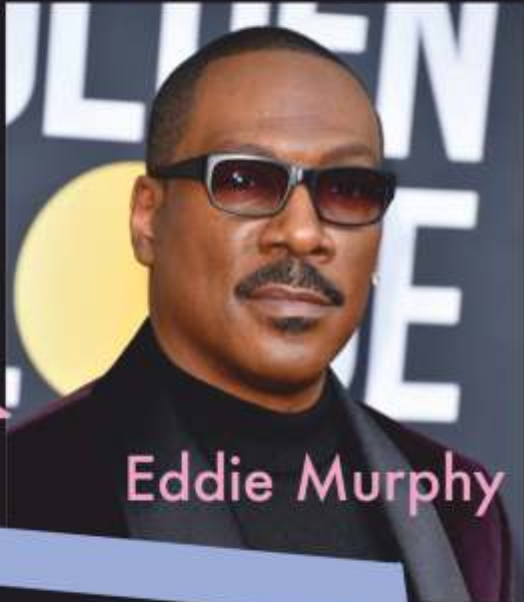
Aishwarya when her mom finds a pregnancy kit in her bag: "It is a completely normal thing to have in your bag. It is like jeera golli yaar, everyone has it, pads ke saath free milta hain na mummy, periods huye toh ye use karna (pads), na huye toh yeh use karna (kit)."

Biswa Kalyan Rath



Every time you book a Uber, they will use the lowest form of technology available to them. They have the location. They will never use it.

Eddie Murphy on having a conversation with the great blind singer Stevie Wonder in a car:
Eddie: Personally, the piano and the singin' and all that, I told you how I feel about singin' man, I ain't impressed. You wanna impress me, take the wheel for a while!



Eddie Murphy

Russell Peters



Americans before the war in Iraq:
"We are going to come to your country and kill you!"

-Iraqi:
"Oh yeah? You kill me?
F@#k you!
I kill me!"



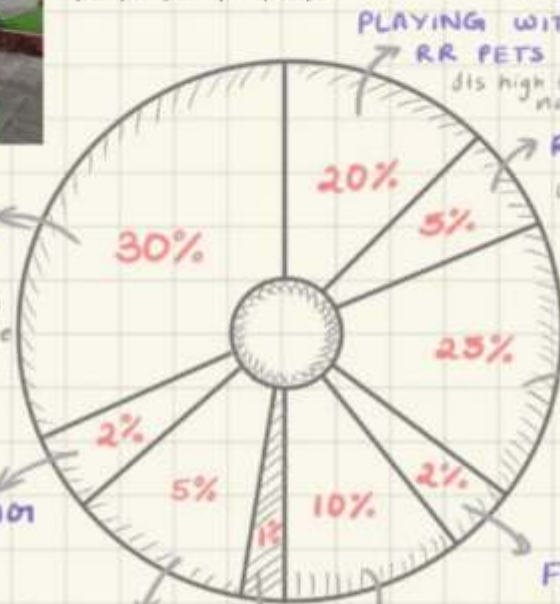
IT'S ALL FUN AND GAMES TILL...

Jk it's all fun and games!





Mullerians in RR



HEADING DOWN FOR COFFEE
Too yum new RR favourite

PLAYING WITH RR PETS
dis high time we get them name tag! ❤️

ROMANCING
Watchwomen be lowkey shipping us

STRESSING and crying 😭

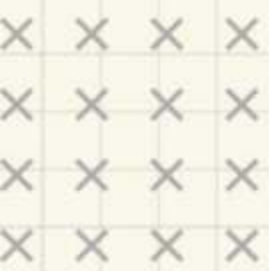
FILLING WATER BOTTLE
our fav one minute break

SLEEPING
hate afternoons!

GOSSIPING
guilty pleasure

STUDYING
Concentration pro max when the library is about to close!

PUNCHING
ಪಂಚ್ ಮಾಡಿ
sunday is a holiday for punching iykyk



longly
re moment
ette
men



CANCELLING PLANS EXCUSE GENERATOR

CHOOSE AN INTRO + CHOOSE A SCAPEGOAT + CHOOSE A DELAY

Sorry I'm late	my dog	created a traffic jam
Excuse my tardiness	Dhinchak Pooja	slapped me in the face
I regret to inform you that I am behind schedule because	a ghost	fainted and I was the only healthcare professional around
I feel terrible but	Rahul Gandhi	gave me gonorrhoea
This is gonna sound like an excuse but	a gang of gossiping aunties	hacked my Instagram account
Kindly forgive my untimely arrival	all three spidermen	found my collection of human teeth
This is gonna sound crazy but	Savita Bhabhi	spilled coffee on my cat
It really wasn't my fault this time	the kid from Taare Zameen Par	gave birth to a baboon
My bad, my lad	Shakthi Man	realised I owe them Monopoly money
The most unbelievable thing happened	Nityananda	got stuck in Uranus
It may sound ridiculous but	my creepy neighbour uncle	just did my colonoscopy
My humble apologies,	Vladimir Putin	stole my pencil



265
Posts

10k
Followers

1880
Following

QUIRKS OF BEING A MULLERIAN

While we got quite a lot of entries, we've featured the ones with the most number of likes along with a few honorably relatable mentions.

Following

Message



780 likes
@clayton_angelo_ The Mullerian version of a surprise party



401 likes
@venkat_saicharan9700_ The ultimate boss



272 likes
@tanukhandelwal_ The picture is the caption



197 likes
@rahu.llama_ You gain one, you lose one



147 likes
@saf1_muhammed Hide n seek is not always fun

Every First Year Batch Of FMCC

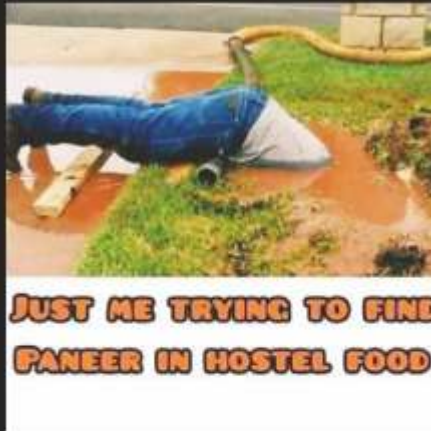


136 likes
@username.ninetyseven Romance is never dead.

Every Batch Of FMMC:



132 likes
@anonymous66830 If 'The Bachelor' was shot in FMMC



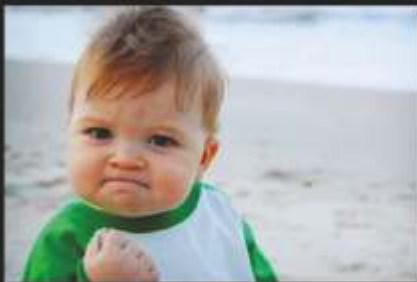
120 likes
@sukrithibhat Don't make this harder than it already is! (That's what she said)



117 likes
@allenmithra2 Studying anatomy for exams be like



@ahaana.ariga "Years ago, when I went backpacking across Western Europe..."



When you're finally leaving the RR w/o having fallen into the iconic RR chair
@monicalobo09 That feeling when you're not chosen to play for the Hunger Games.



@anonymous68830 Oh, the terror!

Can we attend extra classes to make up our Attendance?



117 likes
@anonymous66830 It's me! Hi! I'm the problem, it's me!



@rahuilama Call me 'Godfather' because I'm going to make an offer that you can't refuse.



@anonymous68830 That feeling when a patient comes with a disease that you skipped learning in medical school because it wasn't an RS question.



CONFESSIONS OF A SHOPAHOLIC

WHO THRIFTS!!



Assortment of colorful handmade tops!



Go to for all your plus sized clothing!



Trendy clothes that are thrifted and treated!



The place for more vintage fashion!



Discrete, hip, nice dresses, they've got it all!



The place for trendy, quality tops!



Perfect collection of boho dresses and shirts!



For classy dresses, bodysuits and corsets!



Grab some fun printed shirts!



Look no further for some fashionable sweaters and more!

Why thrift?



With the increase in fast fashion there is increase in the mass production of cheap, poor quality, disposable clothing.

With ever changing fashion trends, fast fashion has become the norm but fast fashion takes a huge toll on the environment.

When you buy preloved or reused items you're essentially shrinking your carbon footprint. You're limiting the amount of natural resources it takes to create new fabric, make the clothing and to ship it hundreds of miles to the store.



Thrifted items are generally of better quality than new ones. It's a good sign if the items are so durable that they lasted long enough to be donated!

You can also prevent your old clothes from going to the landfill and creating more waste by keeping it in circulation through thrifting. Thrifting is a gift that keeps on giving.



Mass production of clothes come at the cost of human labour which is mostly from overworked and underpaid workers.



Buying secondhand reduces both new items being produced and the need for someone to produce them.

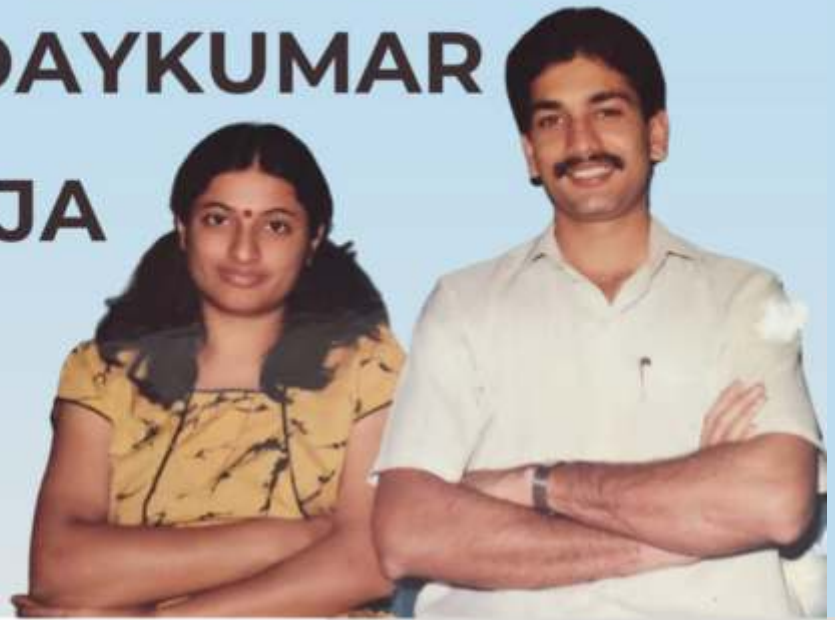


Thrifting is also helpful in finding one of a kind pieces for your closet!

And guess what, these clothes/items are cheaper than new store bought items too!

BEHIND THE SCENES WITH Dr. UDAYKUMAR

& Dr. PADMAJA



Like something out of a wholesome movie, this power couple's story is sure to leave you all warm and fuzzy. With no further ado, let's delve into Mr and Mrs Udaykumar's delightful interview.

Sir, what inspired you to be a doctor and choose your field?

U. It was completely accidental. When I got a medical seat I thought I'll do it since this profession is a respected one

And you ended up loving the subject, Sir?

U. Yeah. I think I love every subject - engineering, medical, carpentry, all professions.

P. He's the jack of all arts.

U. Every 7 years I change my field. First 7 years. I taught in KMC. Then I went to Father Mullers and did clinical forensic medicine. For the next 7 years, I was a consultant for starting medical colleges. Again after 7 years. I came back here and joined administration. Now 4 tenures are over so for the next tenure I will look for something else. It's good to explore every career option otherwise life becomes very monotonous.

And ma'am what inspired you to become a doctor?

P. Those days when you got a government seat in medicine, you couldn't say no. So I joined medicine. But after having joined it, I liked it.

And pharmacology?

U. She liked pharmacology because I taught her pharmacology. She was my junior in college.

P. Because you were the exam going student in pharmac and I had just started. At that time we were just friends - blushes

How did you first meet?

U. She was my junior, and juniors require books no? As a senior, I gave all my books to her. We met and not like these days, there was no communication, there was no WhatsApp, no phone calls but we were on the same campus. Then I went and asked her to marry me. Today's love affairs are different. Those days people used to be more serious. It was always about marriage.

Sir, did you have any first date?

U. First of all I don't know the concept of a date. Even now when they say we're dating, what dating? I'm serious, I don't understand what this dating thing is.

P. Yeah, it is difficult to understand. You decide on a date and you go out together? That's what I think from the word dating.

explains dating

U. We never went out on a date, in fact she used to cook in the hostel and she used to bring it to me.

P. After my first MBBS, we used to have one open coil electrical thing, so I got a cooker and everything from my house and I used to cook and give him food sometimes. Things like rasam and sambar, because hostel food was terrible.

U. I used to enjoy that food, so she used to bring some in the evening and we used to eat it together. That's our dating.

U. We never went out for a dinner. In front of the hostel, there was a stone bench where we used to sit and eat.



Any memorable patient/incident that you would like to share with us?

U. A 12 year old boy had breathlessness, probably a valvular disease - and he went into atrial fibrillation. I was an intern on duty at that particular time.

In order to be able to do anything for this patient, I literally had to run to the other end and three floors, which I did. After 20-25 minutes of my best efforts, the patient collapsed. I just sat by his side and I started crying. The father saw me and started pacifying me, after losing his son. He said, "Doctor, what can you do now? You have done everything".

When someone loses their loved one I also show them that I feel bad because I genuinely do.

That's a very effective way of communication. They feel like - this man is also crying for us, feeling for us. I could not save the patient.

There was no ICU at that time you know, critical patients were in the ward only.

P: We hadn't even heard of an ICU.

U: Hospital meant wards.

P: Like our general ward. Now we can't even imagine a hospital without an ICU. When we look back at how we lived, we feel so insecure.



U: But, we are the luckiest people. We've seen the worst, we've seen the best. We have witnessed...

P: The growth and the development.

Any memorable incident from college you'd like to share, ma'am?

P: So in Government colleges, it was unheard of, you would never get marks like today in those days. So I got first class in 2nd MBBS, that was my great moment, that's all. And in pharmacology, I scored the highest. So that was one of the motivations

Sir can you recall any memorable gift you gave ma'am?

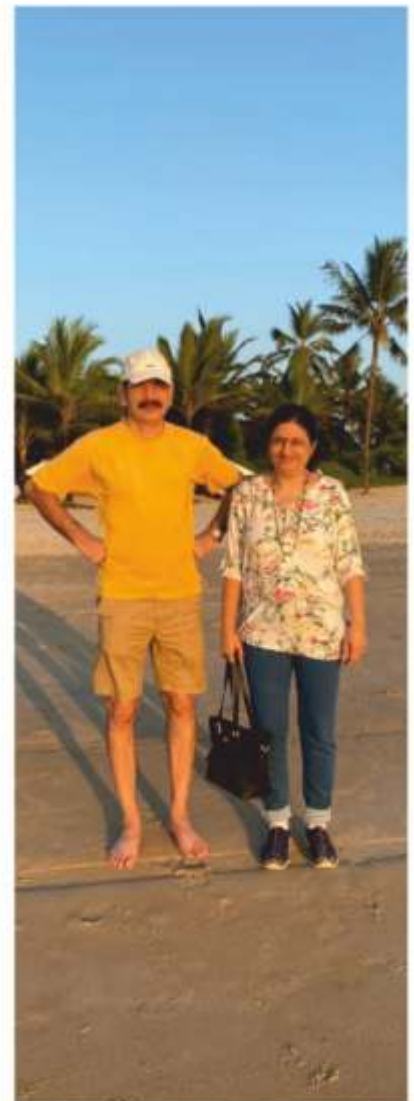
U: I stitched a skirt for her.

So I was sitting in my room and I didn't know what to do when I saw that my room had a floral curtain. It had one small tear somewhere. So I removed it, and I took a needle and stitched a skirt. I spent about 3-4 hours on it.

P: He wasted so much time on making the curtain into a skirt, instead he could've bought good fabric and stitched it.

U: It was made of cotton material.

P: It was a nice floral one though. I still have it.





What do you do in your spare time?

P: Singing and reading the newspaper from end to end.

U: I don't read at all.

P: Now my elder son has a baby boy.

U: with him, there is no time left at all for anything else. He takes up all our attention.

P: So in the evening we take him out for walks.

U: He'll be waiting for us to come home, and is very mischievous.

P: He occupies most of our time.

So, ma'am, what is your favourite quality about sir?

P: Its his crisis management skills.

I was brought up in a family where I was always managing crises. I was the eldest daughter, always at the helm of affairs. I was the leader at home. But after getting married to him, he took over everything. So I feel more secure and calm in his presence.

Sir, what is your favourite quality about ma'am ?

U: She's very motherly by nature. She cares a lot for everyone especially for the children and her students and she's always been just so.

Do your boys show any favoritism towards a particular parent?

U: The younger one is Mama's pet.

P: He's more vocal.

U: He's in our profession so in the evening at home the three of us will be discussing all things medical.

P: Subjects, gossip, what happened in the causalty, everything that goes on.



So our elder son gets angry, "Neevu bari Fr Mullers du mathadidira. I don't want to marry a doctor"

Do you like to travel?

P: I like to but we've only travelled to some places. Europe, Malaysia, Singapore, Mauritius.

Which was your favourite? Where would you want to go again?

P: Again alla, we want to see US.

U: Not gone to US.

P: US and Australia are on our agenda.

So what advice would you like to give us students about becoming a doctor?

P: Communication skills are so important.

U: Major defect is communication.

Proper communication, by your gestures, by your mood, by your words can have such a huge impact on the way you are perceived by the patient and therefore on patient outcomes.



Take notes for your next post exam vacay ♡

Wear Or Tear



LAYERING

A trend started in the early 2000s, layering has been a fashion statement for a long time. Will the comeback of this trend be taken well or will it die down in layers? ↴

can't go wrong with an oversized white shirt

are there any influencers in our college?

Start Dressing Up Again



SCARF TOPS

Scarves are a staple in every summer closet, this versatile piece can be worn in a million different ways, but what if we added one more to it by styling it as a top! Will the scarf top be a trend setter?

1 scarf → 100 ways → million insta reels

GRAPHIC TEES

If you share the constant dilemma of trying to look cute and pulling it off like it's effortless, then graphic tees will be a saviour! From the nerds to jocks to party animals, there's a graphic tee for everyone! With countless ways to style them these will never go out of style

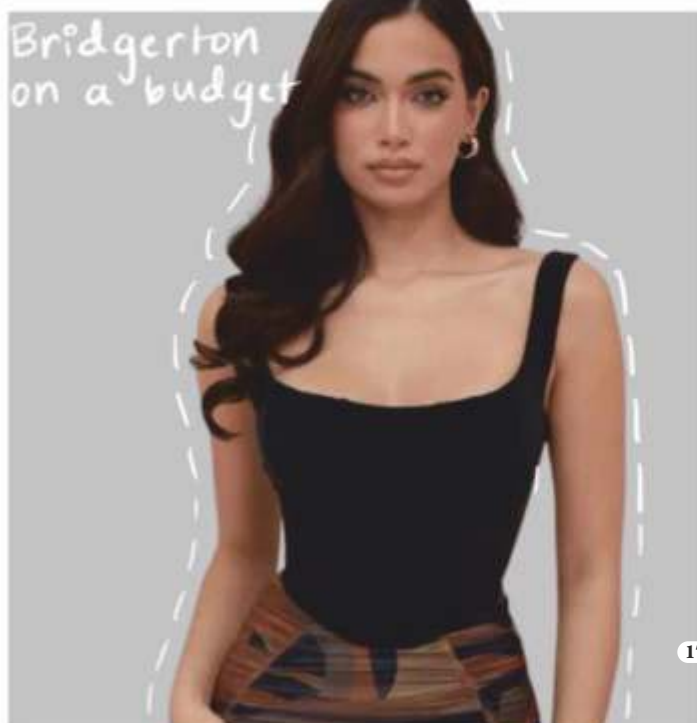
*enough of confessions!
we need a muller fashion page*

comfort + fashion →

CORSET TOPS

Snatched waste? Check! Elegant? Check! Party wear? Check! Corset tops can be worn with just about anything

Bridgerton on a budget



CIGARETTE PANTS

The ultimate comfort pants! These pants go with almost anything from cute crop tops to long kurthas. You can't go wrong with a pair of Cigarette pants

→ forever trending in reading room



→ Dare to try it



Which batch do you think is best dressed?

GET NOW

ANIMAL PRINT

Going back to the roots of the human fashion scene, where the first of our kind donned colourful patterns made of skins of animals. Will animal prints make a statement outfit or it is too primitive to be fashion forward?

MBBS 2017



MBBS 2018



MBBS 2019



MBBS 2020



BPT 2018



BPT 2019



BPT 2020



MLT 2019



MLT 2020



MLT 2021



MIT 2019



MIT 2020



MIT 2021



RDT 2019



RDT 2020



RDT 2021



AT OTT 2019



AT OTT 2020



AT OTT 2021



RTT 2019 & 2020



RTT 2021



BHA 2021



MSc MLT



MHA



AHS SPORTS TEAM



PRE AND PARA CLINICAL STAFF



HOSPITAL ADMINISTRATION STAFF



NON-TEACHING STAFF



LIBRARY STAFF



CLINICAL STAFF



PHYSIOTHERAPY STAFF



MEDICAL POSTGRADUATES



PHYSIOTHERAPY POSTGRADUATES



SUPERSPECIALTIES



SPORTS TEAMS MBBS AND BPT



ADVISORY COMMITTEE



MANAGEMENT COMMITTEE





Spotify



Your Crescendo 2022 Wrapped

Hey,
2022 has been a year. We made a playlist
of the songs we loved the most. Play it
while you read our rundown of the
musical year 2022.

Your Crescendo in numbers

53

**Editorial Board
Members**









Crescendo Volunteers






























 Esha Nobbay • 29 Volunteers



Title



Add Volunteers

- | | | | | | | | | |
|----|---|------------------------------|----|---|------------------------------|----|---|-------------------------------|
| 1 |  | Jordan
Batch 2017 | 11 |  | Reema
Batch 2017 | 21 |  | Deepti
Batch 2020 |
| 2 |  | Rohan
Batch 2017 | 12 |  | Bonita
Batch 2017 | 22 |  | Thaniyya
Batch 2018 |
| 3 |  | George
Batch 2017 | 13 |  | Ronita
Batch 2017 | 23 |  | Melisha
Batch 2018 |
| 4 |  | Sharon
Batch 2017 | 14 |  | Monisha
Batch 2017 | 24 |  | Jenisha
Batch 2020 |
| 5 |  | Monica
Batch 2017 | 15 |  | Jane
Batch 2019 | 25 |  | Jennifer
Batch 2020 |
| 6 |  | Mayuri
Batch 2017 | 16 |  | Adarsh
Batch 2018 | 26 |  | Sneha
Batch 2020 |
| 7 |  | Robin
Batch 2017 | 17 |  | Roshni
Batch 2018 | 27 |  | Megan
Batch 2018 |
| 8 |  | Ann
Batch 2017 | 18 |  | Amith
Batch 2018 | 28 |  | Anna
Batch 2020 |
| 9 |  | Jeston
Batch 2017 | 19 |  | Roshni
Batch 2019 | 29 |  | Anya
Batch 2017 |
| 10 |  | Amritha
Batch 2017 | 20 |  | Rachel
Batch 2018 | | | |

Now in the final stages of releasing this magazine I'm left with an overwhelming sense of gratitude.

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Thank You to Everyone

Anjali

Esha



FATHER MULLER MEDICAL COLLEGE
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