



*Imperfection  
is the Greatest  
Perfection*



MULLERPULSE 2020 - 2021

A TRIBUTE TO ALL THE  
COVID WARRIORS WHO  
LOST THEIR LIFE,  
YOU WERE THE LIGHT  
DURING THE DARKNESS  
OF THE PANDEMIC.



Photographed by Niby Roby, BPT 2017

It's the little things  
in life.  
Don't let the world  
tame your wild.



In the golden pages of history, the name  
**Rev. Fr Augustus Muller**  
shines bright

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 the 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.



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Director's

Message

“Although water falls from the hill, it never thinks it has fallen.... It rises to the sun as an unstoppable river.... Life is not about falling but rising at every fall.”

I am happy to pen a few lines to encourage all our Medical & Allied Health Sciences students who with their toil and hard work have brought out this "Mullerpulse 2020". This year, a year that we all hate because no cultural functions, no gatherings, no outings due to lock down and Govt. guidelines and protocols to follow due to this pandemic. We are pushed to solitude and stress. Whatsapp and Zoom have become our only modes of communication. Online class, online Masses and online funeral services have become part of our culture. We feel that human race has fallen. Economic blow is terrible and unimaginable!

Perhaps pandemic may be a blessing in disguise. It has opened our eyes for a complete rethinking our way of life and plan in such a way to manage our economic and financial resources. The pandemic has affected everyone rich or poor, young or old. The lesson it has taught us is to rise from our fall. We have realized the value of friendship, value of our College life and companionship. Fed up of being at home and now the time to come back to the College. Yes College life is so enjoyable and to be cherished always.

I am sure that you have not wasted your time. Each one of you have contributed to this magazine in your own way. The articles written, paintings depicted, cartoons drawn shows your own life in the College. Let us not blame the pandemic nor the Creator but let us realize that it has taught us lasting lessons.

The quotation cited above gives us a positive stroke. Whatever be the circumstances, life has to go on. Students, you have enjoyed your journey in Father Mullers. As you turn the pages of this Mullerpulse, your pulse should beat fast to appreciate your own achievements and cherishing the sweet memories of your journey in our College. Let this Mullerpulse bring you a lot of fun and laughter and even tears as some of you miss these sweet memories and relationship.

I congratulate the Editors, Staff Advisors and the entire team for their tireless job in bringing out this Mullerpulse 2020 which depicts your journey in Father Mullers.

Long live Mullerpulse. Long live Father Mullers.

God bless you all.

— Rev. Fr Richard Aloysius Coelho





## Administrator's

Message



The publication of "Muller Pulse" is one of the most treasured and awaited moment wherein our student's talents, activities and accolades are displayed. The year 2020 was indeed a roller coaster ride for all of us unlike the previous years with the onset of the pandemic. The entire year was a journey filled with a plethora of emotions such as anxiety, fear and frolic experiences. It was quite exciting and competitive but it was well supported by the experienced helping hands who reached out in many wonderful ways.

Releasing a hard copy of the magazine during a time where everyone had adapted to the virtual world and a locked down life faced its own challenges. But the consistent perseverance and zeal with hearts full of hope was the anchor to our ship. Let us remember this journey as a time filled with opportunities, excitement and a time which was well cherished and spent. The biggest lesson we learned in the year 2020 was that with patience and consistent efforts there isn't any lock you can't unlock. Along with this, we learned that good networking, technology and resilience leads to success.

Success is a combination of desire and passion along with support. With that being said, our institution has created and implemented this value in our students to perform excellently in their respective fields and rendered support in the best possible ways. Every student is possessed with innate talents. These talents lead to confidence, courage and triumph.

Dear students remember always to be positive, principled, pro-active and productive. Leverage the knowledge and experience you have gained and find ways to excel in your career. The one thing that you have that nobody else has is YOU. This includes your voice, your mind, your story and your vision. I take this opportunity to congratulate the students and the teams who have won trophies, prizes, and accolades in various activities including academics. Continue the good work and reach greater heights.

Congratulations to you all and best wishes for your next endeavor.

– Rev. Fr Ajith B Menezes



## FMMC Dean's

Message



It is noteworthy that, despite all the odds of the ongoing pandemic, the magazine committee has put in all its efforts to bring out "MULLER PULSE 2020'. I am indeed happy to note their wonderful efforts to bring out the annual magazine in its full colour.

Over the last decade, I am a witness to the changing concepts and quality of the annual magazine and I am sure we are in for a feast of newer things in the new magazine.

I must place on record, the untiring efforts of student, staff editors and their team to bring out this magazine with the students not being available in campus and all staff kept on their toes because of the hospital work.

I also take this opportunity to thank and congratulate all involved in bringing out this issue of mullerpulse and I am sure each one who goes through this will enjoy the new issue thoroughly.

– Dr Jayaprakash Alva



## FMCAHS Dean's

Message



It gives me immense pleasure to pen down about our prestigious Father Muller Group of Institutions, which are known for imparting quality education by enlightening and empowering the students. Nurturing creativity and inspiring innovation are two of the key elements of a successful education, and a college magazine is the perfect amalgamation of both. The institution, aims to reach newer heights with the daily hard work of the teachers and the students. The students perform exceptionally well in all fields of education as well as cultural activities.

Today's complex health care environment requires multifaceted health professionals, excellent communicators and advocates for their patients and communities. Our vision is to be recognized as a leader of excellence and innovation in the field of education knowing that its ultimate goal is to serve humanity. At Father Muller's, it has been our constant endeavor to provide optimal growth to our students and to prepare them to take up the challenges of tomorrow, so that they are skilled enough to handle the responsibilities of the profession.

Outstanding education and research is a result of the undergirding of the right people. The college has strong leadership in place, remarkable faculty, state of the art infrastructure and an excellent student base. Our faculty and staff are committed to providing a world class education to our students.

It is a proud moment for all of us when the Institution is on the verge of releasing its College magazine. I take this opportunity to congratulate the editorial board for bringing out this magazine as per schedule, which in itself is an achievement considering the effort and time required. May all our students soar high in uncharted skies and bring glory to the world and their profession with the wings of education! The smile of our students, their progress and prosperity will be the best reward for us.

– Dr Antony Sylvan Dsouza



## Staff Advisor MBBS

Message



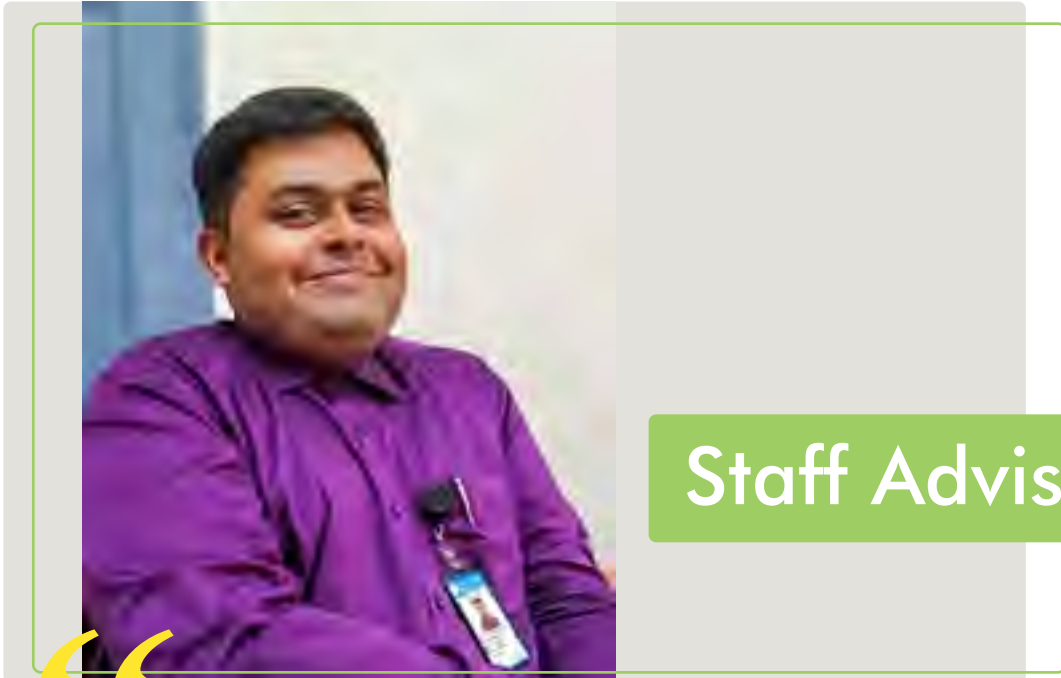
It is an absolute delight to find myself back on the MULLERPULSE editorial team after almost a decade. Being on the editorial team as a student was exhilarating. Being a staff editor fills me with pride; pride at how the magazine has evolved over the years and pride at what the students of FMMC continue to accomplish.

Every year, the release of MULLERPULSE is awaited with bated breath, an all-round anticipation and a "I wonder if my photo is in there?" (or at least, that is the impression I am naively under). This time around, the wait has been long, really long. In fact, we must be the longest serving editorial committee in the history of this fine establishment, courtesy, (do I dare say it?) these unprecedented times.

It has been tough, there were many an obstacle to overcome; online meetings, lockdowns, more online meetings, to name a few. But this committee braved them all and got there in the end. Intact and successfully, might I add. Mr. Arnold, my ever punctilious co-staff editor, and I, had the pleasure of working with an excellent, disparate band of talented individuals led by the indefatigable student editor duo, Karthik and Jonica. I'm so proud of the team and I am honoured to have had the opportunity to watch them weave this work of art. We present to you, for your reading pleasure, MERAKI. I hope this magazine brings you joy.

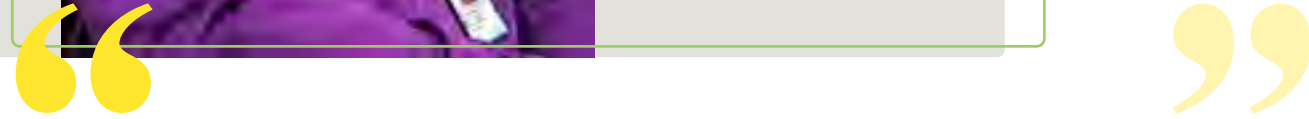
Happy reading!

– Dr Smitha Lamiya Rasquinha  
Department of Psychiatry  
Father Muller Medical College Hospital



Staff Advisor AHS

Message



It is a matter of great pride and my privilege to have been the first AHS Staff Advisor for Mullerpulse. It has been a memorable expedition and one I will cherish forever. I have had a wonderful experience working alongside the immensely talented members of the Magazine Committee. It took teamwork and dedication to make this edition a reality during these turbulent times - a herculean undertaking would not be an overstatement. I would like to take this opportunity to extend my gratitude to the contributors for their remarkable submissions that grace these pages. I hope that this edition brings some much-needed joy to our readers. I expect everyone to be sufficiently saffonsified with our spread this year.

"A writer only begins a book. A reader finishes it." - Samuel Johnson

Bonne lecture!

– **Arnold Fredrick D'Souza**  
 Former Lecturer,  
 Department of Physiotherapy,  
 Father Muller College of Allied Health Sciences

1 pandemic, 2 years, 2 waves later, finally we have made it to the release of the Mullerpulse magazine, The birth of two councils made this magazine different than all the other years in a number of ways; right from having 2 editors, 2 staff advisors and a variety of events, it has been a privilege (maybe) to be the longest editorial team.

Most importantly over these 2 years what has been the greatest challenge for us was, having to work this entire magazine virtually. After hours of brain- storming, we had a blueprint that we mutually agreed to work upon, and just before we could commence and execute all those ideas, the pandemic came knocking at the door.

We had not met our team even once, both of us were in two different states, and we ourselves were getting adjusted to the new normal, and to be very honest the magazine was at a standstill. All the novel ideas that we had come up with were not going to work out without being able to actually work together, and so we had to put it all behind and start from scratch.

Every year the question asked to the editor was "when is the magazine releasing?" However to us the question that everyone continued to ask was "Is the magazine releasing? "

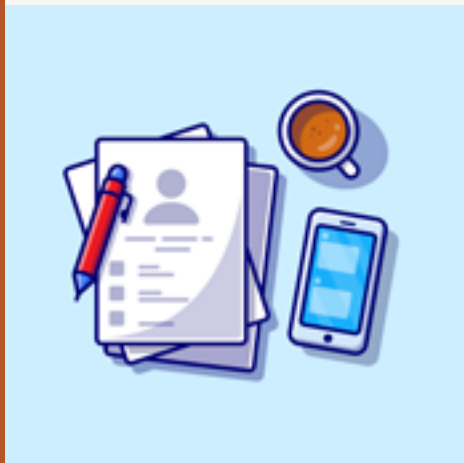
The next challenge was that the printing shops were closed, suggestions for a digital magazine came up, however we managed to pave our way through that and get this hard bound beauty printed. We began with new online challenges, quizzes and competitions to get people out of the pandemic blues and keep up the spirit of the magazine.

And finally, we rose like a phoenix from the ashes

When we first saw the soft copy, it was no less than a dream for both us and our staff advisors.

**WHAT MAKES THIS EDITION SPECIAL**

- It is a pandemic edition, mask up, sanitize and then browse through.
- It is going to take you down the memory lane of events before and during the pandemic, as you read through these pages, you will realize that though a lot has changed, somethings continue to remain the same, be it spotting yourself in a picture as you browse through or checking if your article is printed etc.
- **Technology is a boon, but the power of human interaction tops the list.** We as editors have grown a lot, it was not easy for two completely different minds to settle on the same things, but with all said and done, the journey is what counts and the journey was beautiful. We learned, we stumbled, we experimented, we failed, but we did it.
- Apologies for the delay and for not Living upto your expectations.





**MERAKI** {pronunciation [ mA-'rak-E]} is a Greek word meaning -The soul creativity or love put into something; the essence of yourself that is put into your work.

With every form of art, know that you leave a part of yourself for the reader to know, enjoy and appreciate.

Its when you are fully invested into something, you create unforgettable things.

The one message we have for all you readers is, no matter what comes your way get out of your comfort zones, make that extra effort, but give yourself the break that you need, appreciate the good in all the circumstances, acknowledge people and the efforts they put and when you finally think you have made it to the finish line, be ready and prep yourself for the next challenge. And no matter how cliché this may sound - NEVER GIVE UP, there is a lot to learn even through the challenges. Go out take that photo, complete that digital art, sketch something new, write a new article but never plateau. And on all the days you feel low remember to pat your back for the things you have already achieved. Put your heart, soul, mind and continue to explore more and more about your passion. Spend some of those late nights, not only flipping pages of your textbook, or scrolling through social media but doing something that helps you grow.

Art is growth and growth never stops.



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mullerpulse  
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# The Soul Cre- ativity Love



## ACKNOWLEDGEMENTS

**Isaiah 58:11**

**Where God guides, He provides. We are forever grateful for all his blessings.**

This hardbound beauty would still remain incomplete if not for the support of so many;

Our parents and our siblings, who were states apart but were our critics and cheerleaders.

Our management, especially our director **Rev Fr Richard Coelho**, Administrators **Rev Fr Rudolph** and **Rev Fr Ajith** and both the Deans **Dr Antony** and **Dr Jayaprakash** for their support.

We are extremely grateful to **Fr Ajith** who bestowed us with the opportunity to work for the magazine, believed in us and was available round the clock (literally) to render all the help we needed.

Our staff advisors **Dr Smitha** and **Mr Arnold** who have been the anchor to our ship.

Our HOD's, class- coordinators and faculty for all their valuable advices.

Our spiritual guides and wardens who were continuously praying for us.

All the college office staffs who have been our helping hands.

**Mr Desmond** for helping us in designing the magazine, **Dr Sanjana Mathew** for her guidance and the entire magazine editorial team for their assistance

The BPT & AHS batch of 2017, MBBS BATCH of 2016 and all those whose names we have missed out; we appreciate every small and big contribution you have made.

If we did it, we did it because you were there with us. We stand indebted for all the help we have received.

To all the Reading room and E- library meetings, Lime tea from Nforce, breakthroughs in the Amphi theatre, difference of opinions, technical challenges, millions of WhatsApp audios, Zoom sessions while we were drenched in the rain, making B block our 2nd home, pandemic blues, ideas that popped up during online exams, bunked lectures, breakdowns in the chapel, zoning out a zillion times, sleepless nights watching the sun set and rise while we were glued to our laptop screens , and putting up with each other

**AT THE END IT WAS WORTH EVERYTHING.**

*Thank you*

**The Father Muller Medical College, a unit of Father Muller Charitable Institutions made a beginning as a Postgraduate centre in 1991 and later the undergraduate programme started in the year 1999. The College has 1671 students studying in various courses.**



### RESULTS :

MBBS all phases above 85%, PG Degree and Diploma above 84% and AHS is above 81%. Final year BPT, B.Sc. MLT, B.Sc. MIT, B.Sc. RT, M.Sc. MLT and MHA students secured 100% results in September 2019 examination.



### NEW AND ENHANCED COURSES :

- Rajiv Gandhi University of Health Sciences, Bangalore granted permission to start B.Sc. Anaesthesia Technology, B.Sc. Operation Theatre Technology, B.Sc. Renal Dialysis and M.Sc. Radiation Physics courses from the academic year 2019-20. Also got permission to increase intake in BPT seats from 40 to 60 from the academic year 2019-20.
- MCI granted permission to start DM. Neurology and DM. Nephrology – superspeciality course for two seats each from the academic year 2020-21, first of its kind in Mangalore.
- College is awaiting approval from the university to start the new courses in BHA, M.Sc. MIT and also for increased intake in MHA, MIT, RT, MLT for the academic year 2020-21.

### Important Events :

1. The **Inauguration of Student Research Club**, Quiz club and Debate Club was held on 14th May 2019. The Chief Guest was Mr Swastik Padma, a young innovator by Heart and Entrepreneur by Mind.
2. **PG Course** Inauguration of 2019-20 batch was held in June, **MBBS Course** Inauguration of 2019-20 batch was held in August and **Physiotherapy and Allied Health Science courses inauguration** was held in September 2019.
3. The 6th edition of **Muller Model United Nations**, a unique activity was held on June 2019. Over 60 delegates from across 11 colleges participated in the same.
4. **Doctors day** was celebrated in July 2019. Dr Alfred Farias, Consultant Cardiologist and Dr Ramesh Bhat, Professor of Dermatology, FMCC and also Director, ILDS were honoured.
5. The **Teacher's day** was celebrated by the students on the 6th September, 2019.
6. The **Inauguration of MBBS Students' Council** 2019-20 and release of Mullerpulse 2019, Annual Magazine of our college was held on 14th September 2019. Ms Vidya Dinker, President, Indian Social Action Forum (INSAF) & Social Activist was the Chief Guest.
7. **Inter-batch Culturals 2019**, titled '**Inferno**' was conducted from 27th September, 2019 to 1st October, 2019. It had 26 events and active participation of Students, PG and Staff.

8. The **First launching of the Students' Council** of Father Muller College of **Allied Health Sciences (AHS)** 2019-20, was held on 9th December 2019. Dr Rita Crasta, Assistant Professor, Dept of PG Studies at St Aloysius College, Mangaluru was the Chief Guest .
  9. The **Alumni Reunion of the 1999 Batch of MBBS** and the **Vicennial celebrations** of Father Muller Medical College was held on 27th December 2019 at our Convention center.
  10. The annual **Graduation Ceremony** of Father Muller Medical College was held on 24th January 2020.
  11. **Adrenaline 2020**, the Annual Inter Collegiate Cultural fest was held in February 2020. 8 Workshops, 40 plus events and participation of several thousand students was the feature of the fest.
- ### Staff in News :
1. **Dr Ramesh Bhat, Professor of Dermatology** has been appointed as a Member of Academic Council of RGUHS, Bangalore.
  2. **Dr Jnaneshwar Shenoy, Professor and HOD of Physiology department** received 'YellapragadaSubbarow memorial' award for best published paper on 16.11.2018 at 39th annual conference of IABMS.
  3. **Dr Prathvi Shetty, Associate Professor of Surgery** has been empanelled as the NABH Assessor for the Pre - accreditation of Entry level Hospital . He has also completed the NPTEL online certification course with high grade from Indian Institute of Technology, Kanpur.

4. **Dr Rekha Boloor** has attended NABH Assessor course for Pre Entry Level Hospitals and passed the ongoing assessments and written examination.
5. **Dr Vinay V. Rao, Associate Professor, Department of Oto-Rhino-Laryngology** was conferred with **degree of FACS** (Fellow of American College of Surgeons) in the convocation ceremony held at San Francisco, USA on 27th of October 2019. He is the second ENT surgeon from Mangalore who has been honored with this degree.

### Students in News :

- The following under graduates and post graduates have brought honour to the institution. **Mr Sandeep Rao Kordcal** and **Mr. Anil D'Souza**, MBBS students have secured second place in International Stem cells and Regenerative Medicine Quiz Competition – FCQ Elite during the NCRM NICHE 2019 held at Shibaura Institute of Technology, Tokyo, Japan from 14th October 2019 to 16th October 2019.
- 6. **Ms Induparkavi M. and Mr Sudhan, MBBS student** have won the **IAP Research Award 2019**.
- **Ms Amritha Prakasan Nambiar, MBBS student** has been selected by the Rajiv Gandhi University for Short Term UG Research Grant 2019-20 for her Research study, under the guidance of Dr Beena Antony, Professor of Microbiology.

During the year 2019, the undergraduate and postgraduate students of our college took part and won prizes in various intercollegiate



events, 14 students quiz competition, 4 students in Debate competition, 3 students in Poster Presentation and 8 students in Paper presentation.

■ 7 students Research proposals got selected for ICMR STS grants 2019.

■ During the year 2019, 8 PG Degree / Diploma Students, 5 MBBS, 8 BPT, 1 B.Sc. MLT, 4 B.Sc. MIT, 2 B.Sc. RT, 6 M.Sc. MLT and 4 MHA students have secured ranks in Rajiv Gandhi University of Health Science examination.

## ACADEMIC PROGRAMS :

Over 100 Workshop / Conference / Seminar / CME / Guest Lectures were conducted in our college.

## PUBLICATIONS :

Over 150 Scientific articles have been published by our staff in various Medical Journals during the year.

## RESEARCH :

In 2019 research activity has been given an impetus. 9 MOU were signed during the year for research and academic collaborations.

1. MAHSA University, Malaysia
2. SVYASA Yoga University, Bangalore
3. NITK, Suratkal
4. NITTE University, Mangalore
5. Mangalore University
6. St Aloysius College (AIMIT)
7. St Joseph's College of Engineering, Mangalore
8. Karavali College of Pharmacy, Mangalore
9. Ecron Acunova Ltd.

Total 82 Research Projects including 31 Institutional Grants, 15 External Grants, 10 Clinical Trials, 9 Student Grants (External), 17 Student Grants

(Institutional) worth Rs. 2.19 crores is on during the year 2019.

## MEDICAL EDUCATION UNIT :

During the year Medical Education Unit of the college conducted 7 activities including workshop on Curriculum Implementation Support Program, innovative teaching methods and orientation to the new curriculum of MBBS for the staff, Research training program for PGs, Programme on professionalism and Career fair for Interns and Foundation course for the first MBBS students.

## BIOETHICS UNIT :

The Student's Wing of the Bioethics Unit of FMCI organized the Bioethics deliberation and discussion (BDD) on "Health Research Ethics" in February 2019. The Bioethics Unit conducted the White Coat Ceremony for MBBS batch-2019 in August 2019.

## NSS :

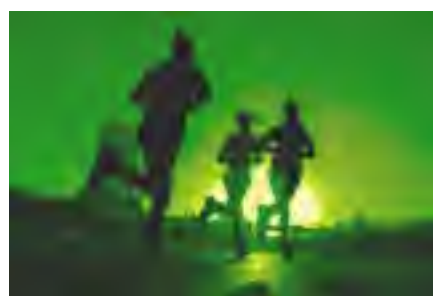
During the year NSS had observed International Yoga Day in June 2019, Vanamahotsava in July 2019, Dengue Surveillance in August 2019, Fit India Movement and Swatch Bharath drive initiated by Hon'ble Prime Minister.

## SPORTS & GAMES :

During the year our college students won in the following tournaments:

1. Men's and Women's team were winners of the RGUHS Mysore Zone Table Tennis Tournament.
2. Men's & Women's Team were Runners up of RGUHS Mysore Zone Chess Tournament
3. Women's Team were Winners of RGUHS Mysore zone Badminton

4. Men's Team were Winners of RGUHS Mysore Zone Basketball Tournament.
5. Women's Team were winners and Men's Team were Runners up of the RGUHS Inter Zone Chess Tournament.
6. Women's Team were Runners up of RGUHS Inter zone Badminton Tournament.
7. Mr Pranav Prakash secured 6th place in the Cross Country race.



The following students represented the University team:

1. Dr Pranav Prakash Selected and represented in All India Inter University Cross Country Championship 2019.
2. Dr Chanakya P. V. selected and represented RGUHS in South Zone Inter University Cricket Tournament.
3. Mr Aaron Denzil Lobo and Mr Karthik Murthy are selected and represented RGUHS in South Zone Inter University Hockey Tournament.
4. Annual Athletic Meet was held in May 2019. Mr Vikas Puthran International athlete was the chief guest.
5. RGUHS Mysore zone Basketball Tournament (Men) was organized in our college during September 2019 at the Indoor Stadium. Mr Sowkin Shetty, International Basketball player was the Chief Guest for this event. ■



## the RGUHS Weightlifting Competition







**RGUHS**  
**Table Tennis**  
Winners



**RGUHS**  
**Badminton**  
Winners



**RGUHS Basketball**  
Mysore zonal winners



**RGUHS Chess**  
Inter zonals winners





**SHIFAL SUDHIR**  
Fine Arts Committee



**ABHISHEK D KURIAKOS**  
President



**KARTHIK**  
Magazine Committee



**GEORGE GOMES BOSCO**  
Sports Secretary



**ASHRITH KURUNJI**  
General Secretary



**MAYURI G BHAT**  
Cultural Secretary



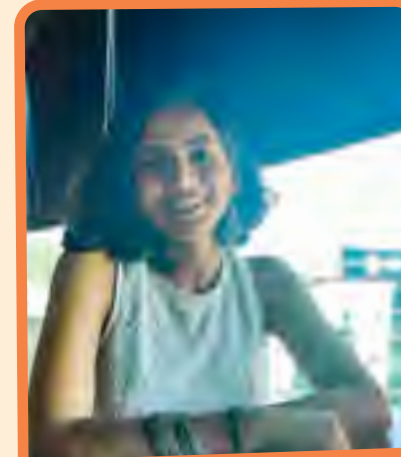
**KEVIN MENEZES**  
Student Development Committee



**SHEON PHILIP**  
Media Committee



**MONISH KUMAR G**  
Technical Committee



**KEZIAH PINTO**  
President



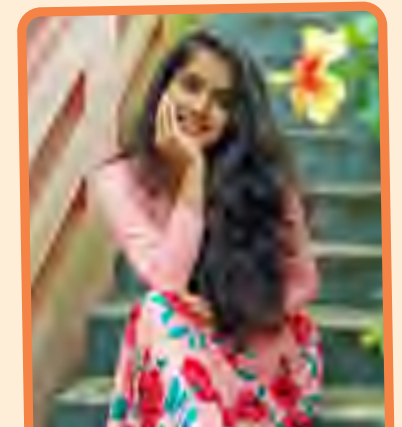
**ANVITHA FERRROS**  
General Secretary



**ASIFA SHEIK**  
Cultural Head



**JONICA JOHNNY**  
Magazine Committee



**SWEEDAL SEQUEIRA**  
Sports In-charge



**ANNIE MATHEW**  
Fine Arts In-charge



**LANVILLE SEQUEIRA**  
Media In-charge



One place,  
million  
memories,  
reliving  
them again

SECTION ONE

# Freshers Day

The freshers' day of 2019 was organized by the batch of 2018, for their immediate juniors, the batch of 2019, Krenoviantz.



EXORDIUM



KRENOVIANTZ





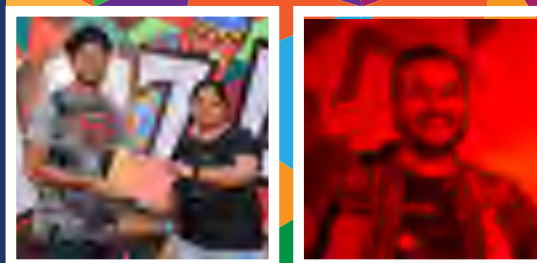
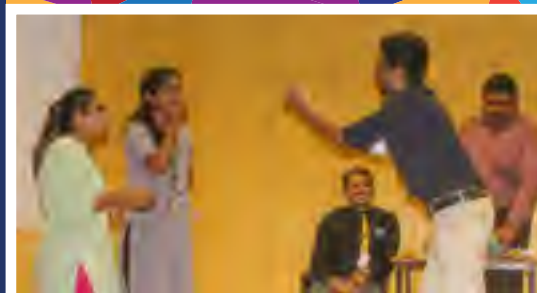
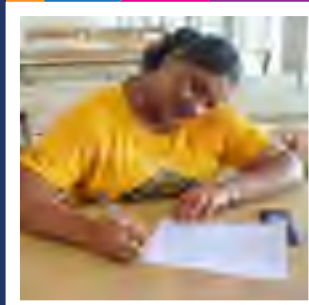


BATCH OF 2020



"This was the first event that we had organized as a batch and it was a great success thanks to the effort and support of my batchmates, staff and the management. The batch of 2018 will uphold the tradition of a ragging free campus and we will mentor our juniors to the best of our ability"  
 Kevin Menezes, Class Representative, 2018

"We really had a lot of fun, and the seniors were very friendly and co operative. We were initially scared that there will be no fun in a medical college, where we had to always study and be focused, but it also seems like we can have a decent amount of fun without compromising on our academics."  
 Astha Shekhawat, Class Representative, 2019

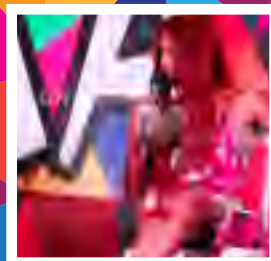
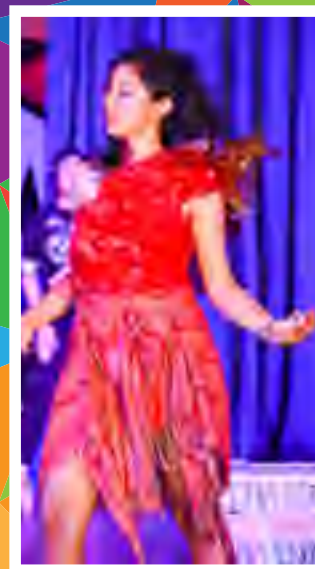


# K W A N N Z A A

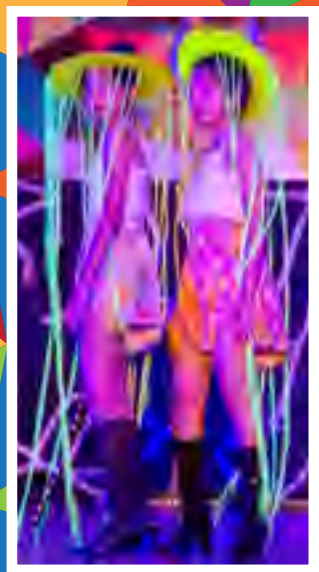
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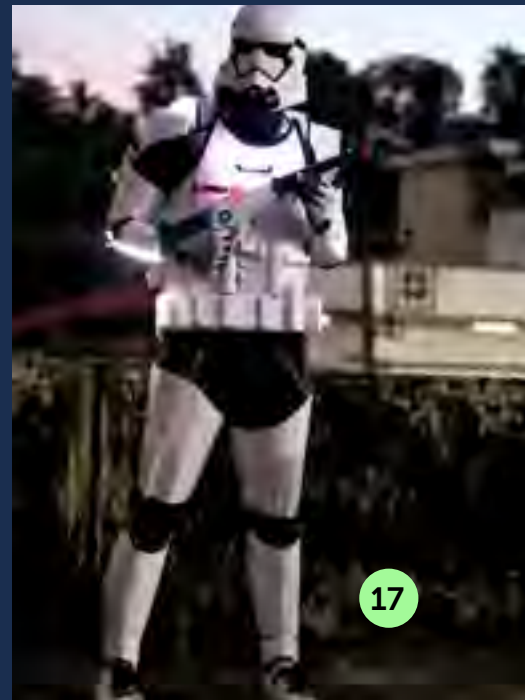




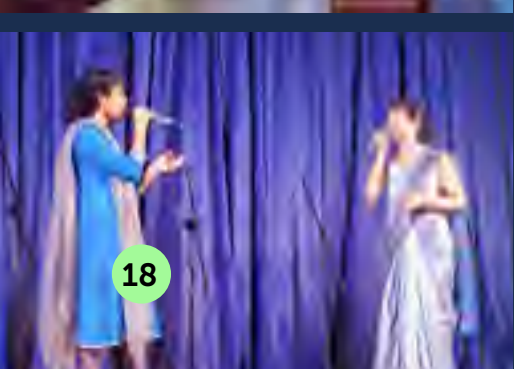
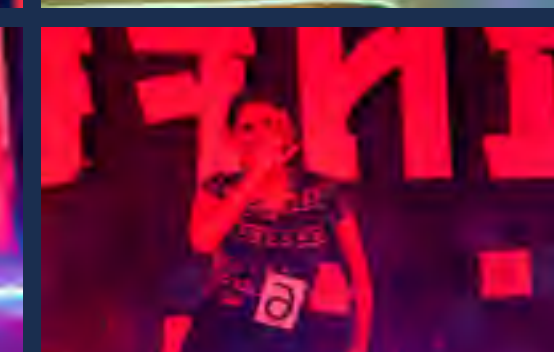
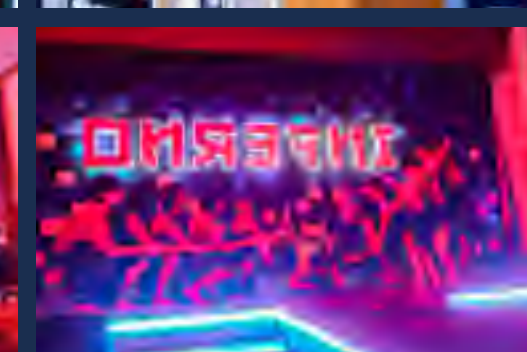
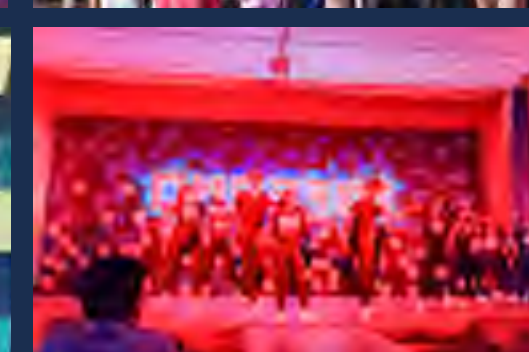
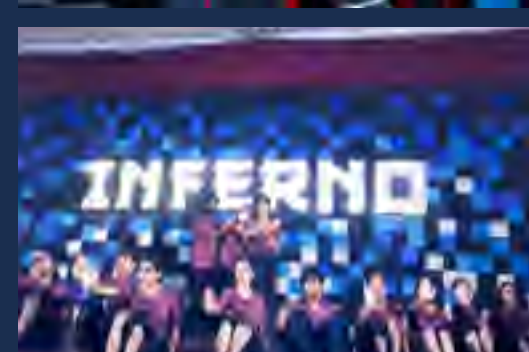




# INFERNO











**Day 1 :** Football, Beat Boxing, Non-Thematic Dancing, Photography, Eastern Singing, Pot Pourri, Jam, Comic Strip, Art Relay, Basketball.

**Day 2 :** Football, Battle of Bands, Knock Out Danicing, Filler, Mad Ads, Gaming, Creative Writing, Pencil Sketch, Sudoku, Table Tennis, Basketball, Kabadi.

**Day3 :** Football, Throwball, Duet Dancing, Pro Show 1, Mime, Mock Press, Street Play, Eating Copetition, Quiz(Prelims), Face Painting, Debate, Quiz(Stage Round), Basketball, Badminton, Chess.

**Day4 :** Hockey, Volleyball, Water Relay, Thmatic Dancing, Western Singing, Cooking Without Fire, Knot A Waste, Basketball.

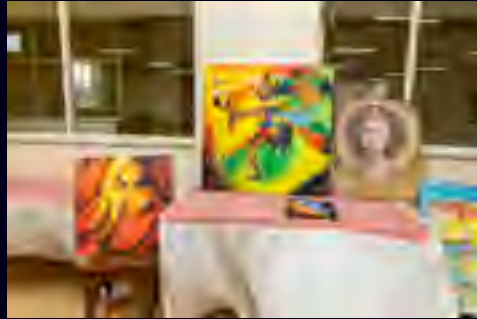
# Adrenaline



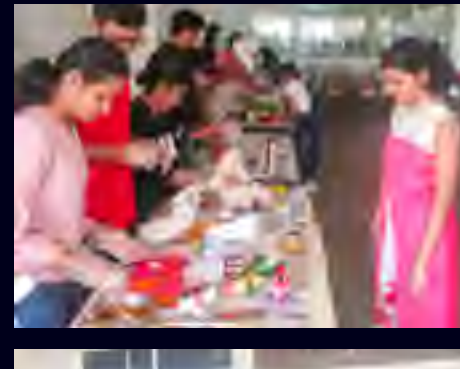
















**GRADUATION DAY 2019 - 2020**

The graduation day was organized on the 24th of January 2020, for the outgoing batches of medicine and allied health sciences courses. The chief guest of the ceremony was the director of St Johns Medical College Rev. Dr Paul Parathazham, The occasion was presided over by the Bishop of Mangalore Most Rev. Dr Peter Paul Saldanha. The occasion was also graced by the presence of the Director of FMCI Rev. Fr Richerd Coelho, the Administrator of FMMC Rev. Fr Ajith Menezes, the Administrator of FMMCH Rev. Fr Rudolph D'sa and the Dean of FMMC Dr Jayaprakash Alva. The outgoing batches included the undergraduate and the postgraduate students (MBBS Batch 2014, BPT Batch 2015, MLT 2015, Bsc, MLT and RT, 2015) The best outgoing student was Shah Nawaz of MBBS Batch 2014.







**GRADUATION DAY 2020 - 2021**

The graduation day was organized on the 16th of January 2021, for the outgoing undergraduate student of MBBS batch 2015. The chief guest for the occasion was, the Vice chancellor of Mangalore University, Dr. P Subhramanya Yadipadithaya.

The ceremony was presided over by, the bishop of Mangalore, Most Rev. Dr Peter Paul Saldanha. The Director of FMCI Rev. Fr Richerd Coelho, the Administrator of FMCC Rev. Fr Ajith Menezes, the Administrator of FMMCH Rev. Fr Rudolph D'sa and the Dean of FMMC Dr Jayaprakash Alva were also present for the ceremony.







## AHS

### GRADUATION DAY 2020 - 2021

The graduation day was organized on the 18th of August 2021, for the outgoing undergraduate and postgraduate courses of allied health sciences and physiotherapy. The chief guest for the ceremony was the Director of Padmashree Group of Institutions, Prof. Rajesh Shenoy. The occasion was presided over by the President and Bishop of Manglore Most Rev. Dr Peter Paul Saldanha. The Director of FMCI Rev. Fr Richard Coelho, the Administrator of FMMC Rev. Fr Ajith Menezes, the administrator of FMMCH Rev. Fr Rudolph Ravi Dsa and assistant administrators along with the governing board members were present. The dean of Father Muller College of Allied Health Sciences Dr Antony Sylvan D'Souza conducted his first AHS Graduation after taking charge.







# Life Before 2020 Corona








Picture without us? Huh



# Life Before 2020 Corona



In Loving  
**MEMORY**



**AMRUTH T D**  
MBBS batch 2016

You will always remain in our hearts, and will always be missed by friends from FMMC





**BEFORE SMILES  
GOT HIDDEN  
UNDER MASKS AND  
SANITIZERS AND  
PPES BECAME THE  
NEW NORMAL**







# "SCIENTIA"

2019 AND 2020





## WEBINAR ▶

# SPORTS PHYSIO- THERAPY

To commemorate the occasion of World Physiotherapy Day a webinar was conducted on the 8th of September 2020 via Zoom.

The theme for the same was Sports Physiotherapy and was conducted by two eminent speakers.

**1st session :** "An Overview of Non-Traumatic Shoulder Pain in Overhead Athletes" conducted by Mr Ronnie Chatterjee who is also an Alumni from FMCOAHS.

**2nd session :** "Sports Biomechanics and Optimizing Performance." By Professor Mark King, PhD, Associate Dean, Loughborough University. He has also been appointed by the International Cricket Council to detect fowl play for fast bowlers in international cricket. The webinar showed a great participation and all those who attended it had a great learning experience.



The physiotherapy department including the staff and postgraduates with the support of the Course Coordinator, Mr Sydney Rebello have also actively participated in improving fitness levels among sports individuals by proper warm up and cool down exercise training and also conducted a variety of webinars.

# ESSENTIALS IN CRITICAL CARE

AN EVIDENCE BASED SYMPOSIUM conducted on 11<sup>th</sup> December 2019.



Delegates from various institutions attended the symposium. A varied range of Professionals gave insightful talks thus simplifying concepts and helping them understand about the holistic and practical approach in improving the health of patients and giving the best treatment possible.

# SYMPOSIUM





# SILVER JUBILEE CUP INTERCOLLEGIATE PHYSIOTHERAPY TOURNAMENT

13th DECEMBER 2019

Conducted by the department of physiotherapy had versatile badminton players including students and staff from various colleges.



*Binge eating  
or Binge  
watching?  
Here's our  
recommendation!*

SECTION TWO



1. *Albatros*  
 1. New york cheesecake  
 2. Brownies with icecream



4. *Lochin Village*  
 1. Parotta and beef roast  
 2. Patri and chicken ghee roast



5. *The Fat Roll*  
 1. Big fat roll  
 2. Turkish roll



# the FOOD Destinations In Mangalore

2. *Shake Factory*  
 1. King of monster fries  
 2. Bollywood fries



3. *The Oven Story*  
 1. Double Chicken treat semizza  
 2. Cheese infused garlic bread



7. *Perieras*  
 1. CHICKEN ALFRESCO  
 2. CHEESE KULCHA AND BEEF ROAST



8. *Wok and Fork*  
 1. Peri peri fried momos  
 2. Chicken manchurian rice



6. *Fasogs*  
 1. chicken bhunna wrap  
 2. Egg cheese sausage wrap



9. *Shos*  
 1. Only meat shawarma  
 2. Leabanese shwarma





MOVIE TIME RECOMMENDATION

NETFLIX

NETFLIX



**Cinema Bandi**  
★ 8/10 · IMDb RATING



**Drunken Master**  
★ 7.5/10 · IMDb RATING



**Navarasa**  
★ 6.9/10 · IMDb RATING



**Ludo**  
★ 7.6/10 · IMDb RATING



**Lupin**  
★ 7.5/10 · IMDb RATING



**Feels Like Ishq**  
★ 6.5/10 · IMDb RATING



**Ray**  
★ 7.2/10 · IMDb RATING



**Cinema Bandi**  
★ 8/10 · IMDb RATING



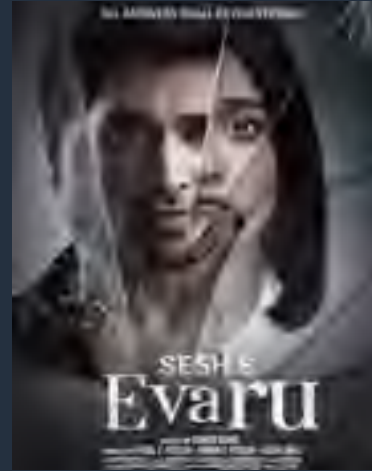




**Kala**  
★ 6.9/10 · IMDb RATING



★ 8.7/10 · IMDb RATING



**Evaru**  
★ 8.2/10 · IMDb RATING

Watch next TV and movies



**The Family Man**  
★ 8.8/10 · IMDb RATING



**Panchayat**  
★ 8.8/10 · IMDb RATING



**The Lord of the Rings**  
The Fellowship of the Ring  
★ 8.8/10 · IMDb RATING  
The Two Towers  
★ 8.7/10 · IMDb RATING  
The Return of the King  
★ 8.9/10 · IMDb RATING



**Mirzapur**  
★ 8.4/10 · IMDb RATING

# Beating The Pandemic Blues

SECTION THREE



× Photo



Breadizza



Cajun potato



Cheese Egg Maggie



Drumstick Fries



Milk Cake

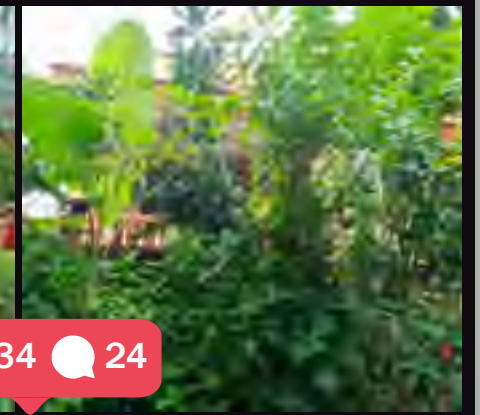


Prawns Butter Fry

998 87



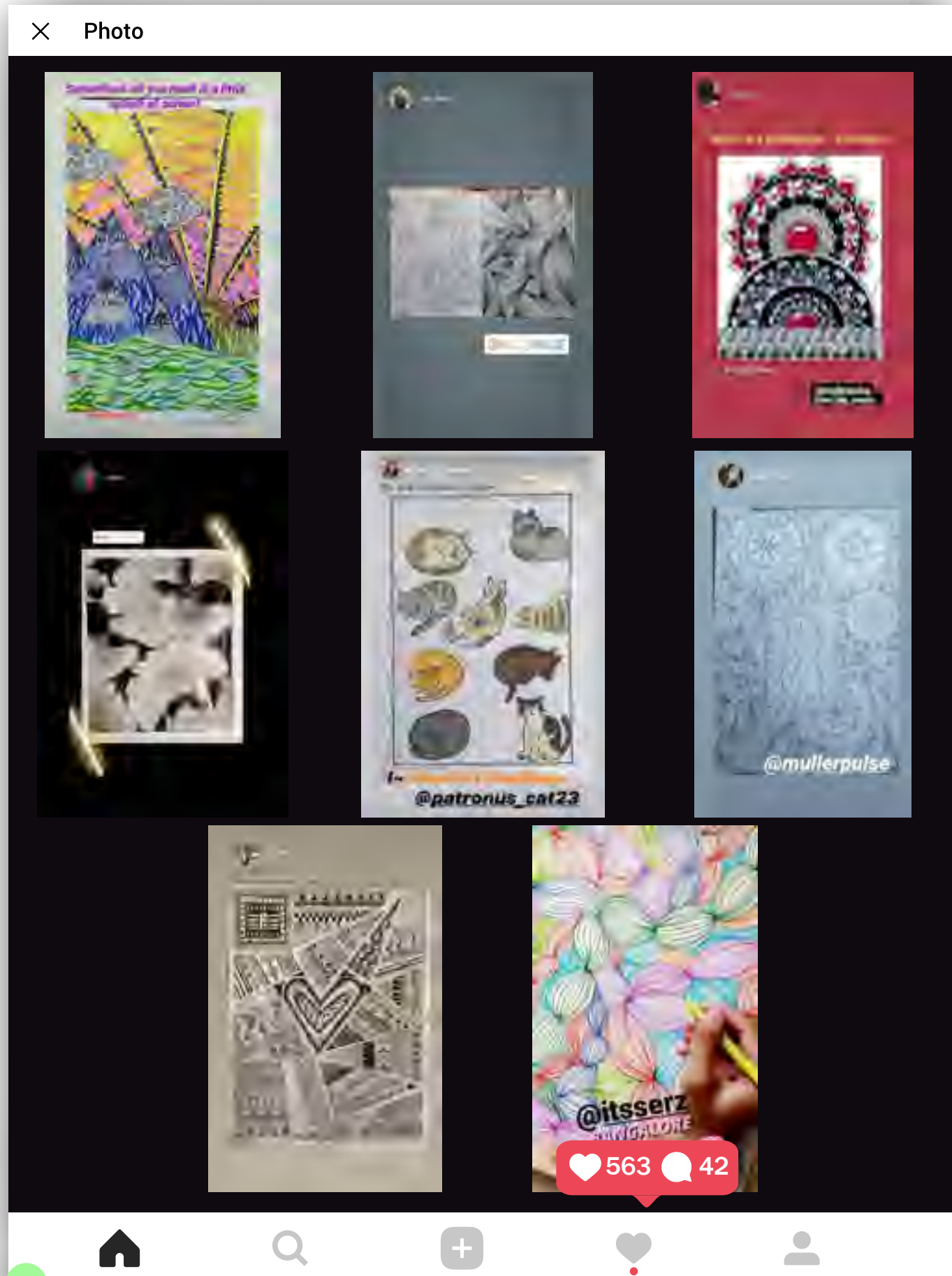
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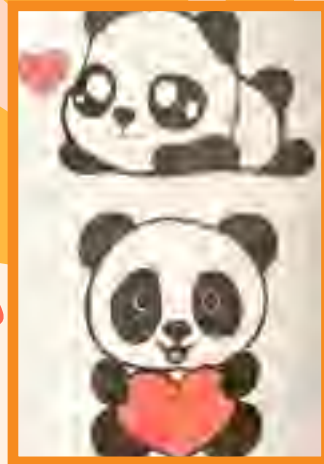




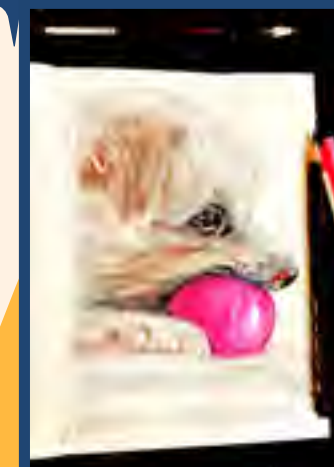
The Earth without art is just Eh!  
A glimpse of all the Mullerian art including literature, photography, and sketching.



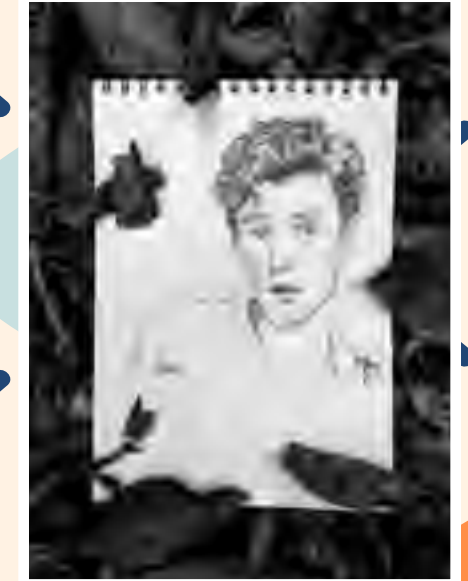
# ART



**Dr VINAL MASCARENHAS**  
MBBS 2015 Batch



**Anoopsha George**  
RT INTERN



**ALEX RAJU**  
BPT 2018 Batch



**Dr. Shashank Kini K**  
CMO, DEPT OF COMMUNITY MEDICINE, FMMCH



**Gregory Ribeiro Sa**  
BPT 2017







**SUHAS H S**



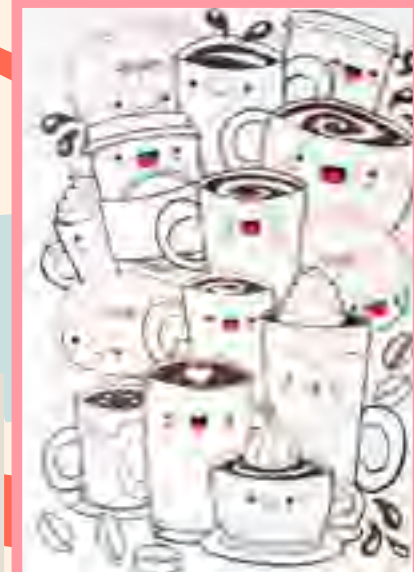
**Dr Vyshali Reddy**  
1st Year Psychiatry PG



**STEVE OLIVER J**  
MBBS 2016 Batch



**WILSTON D'SOUZA**  
MBBS 2019 Batch



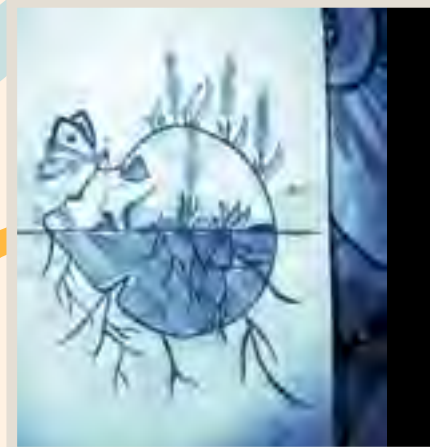
**ZENIA D'SILVA**



**RAJEELA ANN**  
MBBS 2017 Batch



**Jefin Joy**  
MIT 2016 Batch



**YASHIKA BANSAL**

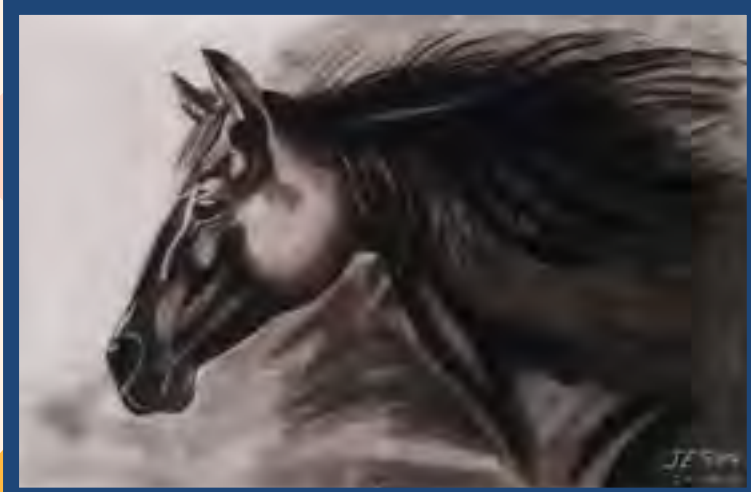
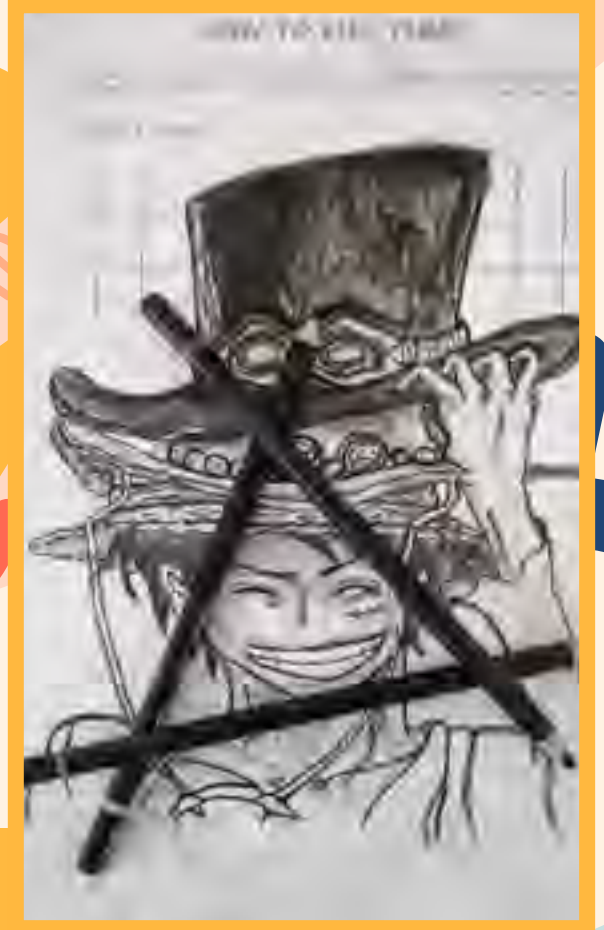




**JOEL DEVASIA**, MBBS Batch 2015



**Pandiyan P**, MBBS Batch 2016



**Jefin Joy**, MIT Batch 2016



**Ritika Velnati**, MBBS 2019







Swaggy Legend batch 2017



Swaggy Legend batch 2017



Swaggy Legend batch 2017



Swaggy Legend batch 2017



Swaggy Legend batch 2017



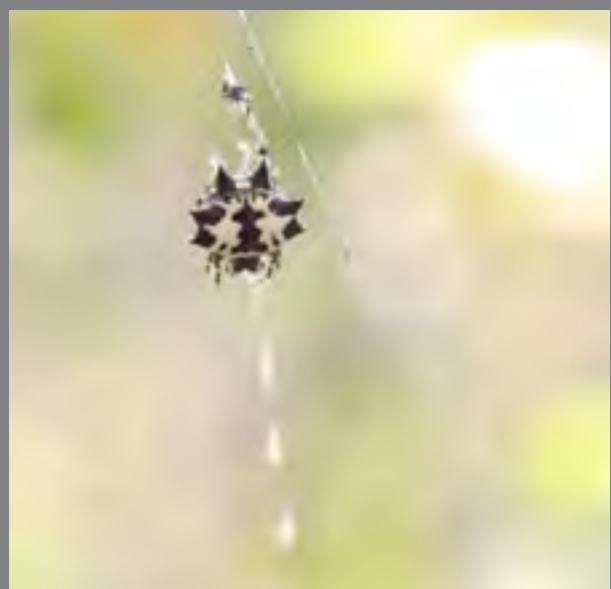
Swaggy Legend batch 2017



Swaggy Legend batch 2017



Steve Oliver batch 2016



Oliver batch 2016



Ashley Joseph BPT 2017



Sarah Joseph batch 2017





Steve Oliver batch 2016



Sarah Joseph batch 2017



Steve Oliver batch 2016



Shradha S Bhat batch 2016



Shradha S Bhat batch 2016



Steve Oliver batch 2016



Steve Oliver batch 2016



62 Steve Oliver batch 2016



Jovin James batch 2016



Jovin James batch 2016



Jovin James batch 2016



## A CHILD'S PLEA...

I cannot play under the sun,  
My exams were not done,  
I have to stay at home whole day,  
With my friends, I cannot play.  
Go Corona, go away you tiny creature,  
Please, don't play with our future.

I cannot go to the beach or park,  
I always have to wear a mask.  
I cannot go in the plane for a vacation,  
This summer holidays, I missed a  
beautiful destination.  
Go Corona, go away you tiny creature,  
Please, don't mess up with our future.

My grandparents, I cannot visit,  
Family gathering! Oh I miss it.  
But never mind, we can combat it together,  
A big salute to all our front line warriors.  
With Unity, Social distancing and Hand  
washing,  
We can battle this scary, tiny thing.

Go Corona, go away you tiny creature,  
Please, let us happily live our future.

Dr Archana Bhat  
Asst Prof of Pathology, FMMC

# A WITHERING LEAF

Bichu Kuriyan Joy  
MBBS batch 2015

It was summer and she knew her fate. She had seen the others fall, the leaves of the same tree; and she knew she would also wither someday soon. When she falls from this great height, wind would grab her by her neck and throw her into the ground. And while she lie down in the street with whatever little life left in her, she would be stamped on by some stranger walking by. She always had these thoughts. Of death, of the unavoidable fate that stared right through her face. While she giggled at the breeze and smiled at the moonlight, when she waved goodbye at the fading evening sunlight, who could ever imagine this thoughts were crushing her deep inside?. And finally, it was her day. Her skin wasn't green anymore and she knew she couldn't withstand the wind any longer. She shut her eyes tightly when she fell. Wind whispered a goodbye when it dragged her to the streets. With the little life left in her, she awaited the boot sounds. She heard none. She looked around and found no one except for the other leaves awaiting their messengers of death. Hours went by. Wind carried a paper then; it read: "ways to prevent corona". It was the summer of 2020.

My love; thou who blend in my sight,  
Thou who caress my voids.  
Thou who comfort my loneliness,  
I long for them.  
When sadness corners around my eyes,  
You wipe away my tears.  
You ring forth the fragrance,  
From the valleys ,  
The scent of an unknown flower; unknown but serene.  
Soon the fragrance fades away,

*with*  
Gone <sup>^</sup> the  
Wind

Gifting me a moment of bliss.  
Mighty 'o' mighty thou art.  
For thou storms at times,  
Shatter the world around me.  
But then you embrace me,  
With a sweet gentle kiss upon my cheek,  
You revive me; my world.  
Unbounded thou art,  
Thou who shape the sand dunes,  
Of the untrodden desert,  
Thou who create ripples in the silent lake.  
Though you are unbounded.  
So you are entwined with my soul.  
For when my soul turns barren,  
Thou sense it; and bring forth,  
The rain clouds from nowhere.  
And thou shower upon me the heaven.

Oh my love; once shall I embrace thou,  
My last breath shall merge with thou,  
And together shall we wander.  
For thou art the supreme wanderer.  
And then the world shall say.  
"SHE HAS GONE WITH THE WIND".

Dr Rojina Ray  
2nd Year Psychiatry PG



The time passes by slowly, while I'm in complete reverie,  
Writing these verses, which I hope isn't rudimentary.  
There is a world -wide panic, and a frenzied rush,  
Though the symptoms might be just cough and cold,  
Yet vulnerable are those who are sickly, and old.

Social distancing can now possibly be your best deed,  
choose not to follow and you could possibly bleed.  
The rules are simple, "Wash hands, and don't touch your face",  
And we can wipe out this silent killer without a trace.

For hope that Corona is

# Ephemeral

Sudhan Rackimuthu MBBS Batch 2016

With your origins still mysterious, everything in life seems quite amiss,  
Hundreds of nations affected, the economy is now nothing but a dark abyss.  
The disease now seems to be a grand test,  
Try and stay at home with no travel and acquiesce that it is a period of rest.

With strict restrictions on trade, Businesses seems to fade,  
Stocks have plunged, and shops have taken a dive,  
We must be practical; and to maintain rationality we must strive.  
The world seems to be amputated; an inanimate structure with so much might,  
To stall the entire world's working; apologetic for its plight.



## Imaginations about What Old Age Could Seem!

Priya Lasrado, MBBS 2016 Batch

40 years forward, if I remain alive  
What could be the possibilities of  
celebrating life?  
Though there could many, I could possibly  
imagine two distinct scenarios

The first one, could be that of a melancholic  
spinster whose virginity was never relished.  
Her stick and horn rimmed glasses being her  
best friends.  
Slowly advancing towards her antic piano  
With the enthusiasm evergreen as lively  
youth.  
Ready to mesmerize anyone with her  
magical fingers be it Beethoven's fur Elise or  
the symphonies of Mozart.

The second one could be that I could be the chirpy wife of a  
man with great humor and kids engrossed in their vivid lives.  
At this moment where life could come face to face with death.  
Spending those moments with him would be my past time.  
Be it shouting at him for not taking his medicines on  
time or an argument on why he doesn't listen to my fancy  
imagination.  
Though everyday would end on the same note.  
Maybe fights too deserve a break. So be it!  
We take a stroll in a park nearby where kids play and fitness  
freaks jog.  
There at a corner where there's  
place for two.  
Both of us try to fit our plump selves and enjoy the evening  
There goes a coy couple with warmth good enough to melt  
few slabs of ice!  
Which takes us back to those days where he courted me with  
passionate grace.  
We hold hands, my fingers clasped tightly in his while my  
eyes lovingly flirt with his!  
Oh my! His charm as fresh as on our wedding day which has  
been increasing since the time I entered his life ;)



Any one above could be a  
possibility or maybe something else  
could happen outright!  
Whatever it is ... certainly it doesn't  
hurt to have fantasies about old age  
when I am still twenty!





# DEAR GIRL GANG

Five years ago, I opened my suitcase and broke into tears seeing mom's familiar touch among my neatly arranged gear. How was I going to get through this?

I remember buttoning up my snow white apron and walking into the lecture hall, a huge lump in my throat. A crowd of 149 and I quietly slipped into the seat closest to the door. Soon the smell of formalin hit me hard and the next few weeks were spent bunking dissection labs, and snoozing lazily in the room. Urgh...who said college was fun?

Until we all bumped into each other.

And from a group of five homesick freshers, we made a family, that was meant to stay.

We were hands down the noisiest gang; at lectures, at the hostel or in a restaurant, calling for unwanted attention with our loud laughter and thousand selfie attempts. I wouldn't have traded those post-curfew talks for anything else - beginning with hot gossip and multiple detours later, ending on how unfair life was. An all-too-familiar knock on the door, had us crawling under beds and into cupboards, while the most angelic face had to open the door to the warden. You knew exactly when I needed my comfort pizza moments, and when to sternly drag me down to the mess, to put an end to my fast food binge.

People cry at goodbyes, but one of us going home, meant a two-week long feast on aunty's famous pickle for the rest of us. Outings meant exchanging, rather than shopping - Clothes, make-up, jewellery, shoes and taa-daa! A whole new wardrobe!

Making a new male friend, meant regretting it later; when you had to face a thousand questions, keep a straight face, and God forbid if you blushed!

We could be pole dancing to 'Tareefan' on one day, and sniffing over Arijit's songs the next. We shared crushes, stalked hunks, cursed menstrual cramps and roasted the bad boys together. Library meant huddling up at F&H for coffee cum gossip breaks rather than studying. I could tease you, insult you, laugh at you; but dare anyone else do the same.


There's absolutely nothing you haven't been a part of -

From taking videos of me snoozing in class, because I stayed up watching the entire season last night; To being my annoying human alarm clocks, and helping me hang on dearly to that 75% attendance. You've seen me switch over the years, from a sugar-plum faced princess sipping mango juice, to a zombie faced creature OD'd on black coffee.

Soon, our aprons were more yellow than white, and the buttons useless over our junky bellies, but holding on to each other, we came out at the other end of the horror house pretty fine I'd say.

We are now countries apart, but here are some things I'll always want you to remember:

1. I will still ROFL at you, at all times possible; But will also be the one wiping your tears before anyone else does.
2. No matter how many crushes you have, you're always going to need my approval for each of them.
3. Someday you're going to get married. And I have a whole speech prepared and a bunch of your wierdest photos waiting.
4. I call dibs on being the 'cool, fun aunt' to all the ten kids you're going to have.
5. You once told me about soulmates. I'd still tell you I'm too cool to believe all that; But if they really exist, I think you guys define mine.



With love,  
The 'S' in our Whatsapp  
group name  
MBBS Batch 2014



# Love

## Chapter 1

Every 2-3 days mom would make me drop rice ghee sugar and fruits to the neighbor's place.

"fareedamma" as soon as she opened the door I would just hand over the groceries and dart back to my house. "drainage water is leaking" pinching my nose "he should give it next time" my brother would just make a face at me "he's too young" "its your duty as the eldest"

'petrichor' only an eight year old could relish the mid July showers.

all outdoor activities would come to an end, succumb to just watching tv and videogames, sometimes cards with my younger brother, I would go to fareeda's place once or twice a week kitchen items spoons cups sometimes even mom's churidars..to moms surprise I even stopped complaining ..it was the only time I ever got out of the house ..each time fareeda opened the door to receive. I could see the helplessness on her face .. I have never seen anybody other than her and I never asked mom why we were giving her so much until September end I stopped giving anymore.

"they moved out of town"

"AAAAAAAAAAAAAAAAAAAA"

as fast I could sprinting back to my house  
"rats...rats everywhere maa... I will never go back there again"  
mom would just give a blank stare disregarding the heinous stench from the neighbors house  
" we have to help the poor"

## Chapter 2

# Love

"We have to go to the hospital get dressed"  
Getting out of the house during 10th pre boards was something out of the odd.

The first sight I saw as I entered the room was fareeda crying near a bed face down where a man in his 40s was lying down what seemed like her husband.

His face stone cold and his limbs atrophic.

A few of her relatives waiting for the doctor.

"We can't do anything now it's the last stage"

Said the doctor and walked away.

The relatives were hardly shocked and they were expecting this but fareeda cried loudly" oh god please give my husband a longer life" my stomach tied into different knots and I ran as fast I could back to the car 'how much I used to curse this woman' only when mom came she broke it down to me.

"Fareeda was only married for a week when her husband fell of a scaffolding ...paralyzed since the past 21 years"

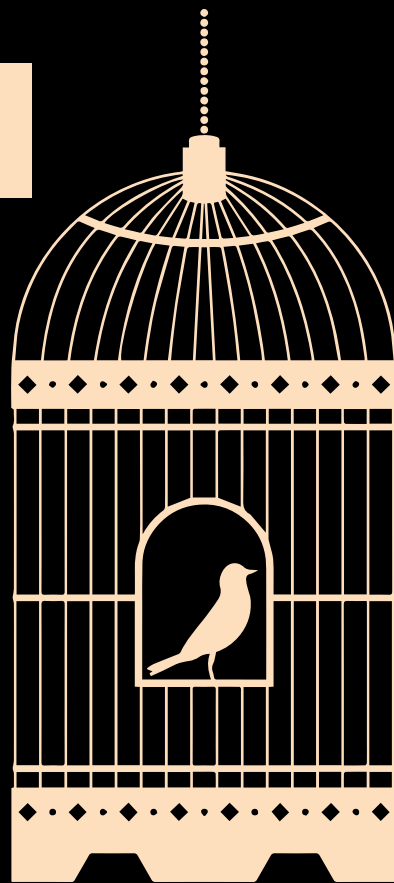
All the food I gave was for her bedridden husband while she had to work to make ends meet... She prayed for someone who she have not walked talked or even smiled at her since 21 years.. I had never seen something so powerful yet so simple in my life a love from heaven unsought.

I have never seen her after that to this day I believe that small things matter the most.



# Musings of the lockdown

Dr Preethi Rebello  
Assistant Professor  
Dept. of Psychiatry, FMCC



We didn't realize what hit us or for that matter what aerosolized us...till the lockdown. The queen of viruses... Corona came travelling all the way around the world and decided to attack the naïve, innocent people of India. Till then we were boasting about how the hot weather, the malaria endemicity or racial factors are protecting us but all that was in vain, for here came Corona, our worst nightmares coming true. We used to watch dystopian movies like World war Z, Zombieland, Contagion, Silent Place but never did we think we will be the generation to see something like that. At least in World war Z we can see the zombies coming... but

the virus we would not even know from where it will come.

First few days of the lockdown went into making old parents of ours understand why they should stay indoors and why we should keep some stocks of essentials at home. From hearing 'Nothing will happen, don't worry' to 'if we have to die, we will die, maybe our time has come' to 'go have bath, go wash your hands, wear a mask' they learnt. Then, making them ready for future consequences of their daughter being a doctor. The commandments were told and recited 'I shalt self isolate if I have symptoms' 'thou shalt not enter my room' 'thou shalt not enter my bathroom' 'thou shalt not touch my things' 'thou shalt not come and keep checking me if I have symptoms' 'thou shalt clean all door knobs, handles etc with bleaching liquid or alcohol rub' 'thou shalt keep as much distance from me as possible' etc. Following this I got busy pooing pooing whatsapp remedies put forth in

our family group who consider everything to be true. Drink tea every half hour (yup, and be restless with caffeine overdose rest of the day), eat garlic (perfect method to ensure social distancing may I say), gargle your mouth with coconut oil (so that the virus's foot slips in the oily medium and falls into the stomach)...and many more would turn up in the group every few hours. I gave up correcting after a few remedies since they believe I am just a Psychiatrist and modern medicine does not have an answer for all (okkk... Then God forbid when you become breathless then why don't you do shavasana and try to make the breath come back again).

Next few days went into poking patients to give their travel history which they would guard as if it is a Top secret guarded by CIA, FBI. One patient was called in for self isolation after one passenger he travelled with on flight came positive. Ok...cool...carry on...no worries... We will just keep worrying if we were exposed to it and gave to others also. After 1 agonizing week we heard back from him that he had developed symptoms and another agonizing week later we came to know he was negative. Another patient lied blatantly about his travel history and later when we tortured him with our 21 pages Psychiatry case sheet he babbled saying he travelled in a train from Mumbai 1 day back and came. So nice of you to tell us... We are proud of you dude... and thank you for beating tali (claps) and thali (plates) at 5 pm on Sunday the 22nd March 2020. My other colleagues had fun too... it's corona holiday why don't you remove our implants... its corona holiday so thought will

get our eyesight checked.. It's a corona holiday so came for routine check up all the way from Kasargod (ok... name of the city currently sends shivers down the spine for all the wrong reasons now). And the horror that was on 5pm of 22nd March 2020 with people taking processions in time of social

Gone were the days of sipping tea in department and exchanging tit bits about patients. Gone were the days were we went for movies in the evenings and dinner at a restaurant. We began rationing food items and losing weight inspite of gyms being closed. Make do with pickle and rice and rusks and papad.

Thank god for NetBix, Hotstar and Prime, they saved us from death due to boredom, and watching death by watching Nagin serial reruns in Hindi, Kannada, Telugu and Tamil (there is no end to such nonsense). Parents were locked in the house and

screen open and watch series on mobile, if they open another window on the computer and do other shady business (if you know what I mean)...well we don't want nightmares of some other kind as well. The answer to all this was green button becomes grey. I know the students will find a solution to all the loopholes being not loopholes also. After all they are 'our' students...they have learnt from the masters (just joking...wink wink..).

Seeing the number of cases rising everyday and the number of people dying every day made our hearts ache. We kept going for work inspite of the risks because as Kareena says in 3 idiots ...Iss Hippocrates ne tho sare doctoron ki leli.... We kept seeing patients and bitching about our next door neighbour (this time China for a change). We helped other countries with PPE (full form of which every person will know by now) and did jugaad with raincoat, shower caps and hankies for ourselves. Then we saw Doctors in First world countries also crying for PPE and we felt very smug about it because we realized no matter 1st world or third world...we are all 'ek thali ke chatte batte...'. Only hope that Corona will die of LOLing after seeing the jugaad of us Indians.

We kept our fingers crossed hoping it will end soon...but alas I see the date ...it's March 31st and it's just begun...a long way to run...

Hope to be alive to see this get published in Mullerpulse though... otherwise just add Late in front of my name...(oh...I was JOKing...no... seriously...hahaha...I am scared... Mummy)



distancing...it reminded of war time when they would send soldiers with trumpets and tilak saying die and make us proud. And here we are the soldiers without even armour to protect us. And the same people who gave us tali will give us gali (abuse) and much more when they will be asked to get quarantined, self isolate, or when said that we lost a relative of theirs or beds are not available. Masks were not available initially and OPD sister Diana went into obsessive compulsive disorder cleaning everything we touched with sodium hypochlorite solution (hats off to her). I think patients with OCD (Obsessive Compulsive Disorder) will surely survive this pandemic, who knew survival of the fittest will go in favour of OCD. Now why isn't there a way to induce OCD...Hmm..

we realized they did so much for running the house. Standing in line for groceries for hours at end and getting angry at healthy aunties cutting line (it's in our blood I guess). Reaching the vegetable shop to get vegetables and people falling over each other for potatoes and tomatoes and developing dissociative amnesia for corona at that time as well as social distancing. Playing hopscotch with social distancing squares in front of grocery stores and calming a cry baby dad with 'Psh' withdrawal symptoms. We did it all...hoping that end to this may be near...

Classes were taken for teachers on how to take classes Online. Loopholes around which students may escape were discussed. For example, if they just keep the



# Of coffees and amygdalas

Robin Jacob  
Batch 2017

I had zero experience  
In cooking  
Until you asked me  
If I'd learn to cook  
You took me to a not-so-well-furnished kitchen  
As I nodded my head  
And told me you'd show me how to make coffee,  
The first rung in the ladder of cooking.  
The scent of your hair oiled and braided  
With jasmine flowers  
Slowly mixed with the molecules of coffee,  
That found its home  
In a place called amygdala  
Where they say,  
Emotions are experienced.  
So, that moment I realized  
Coffee was no more a product of milk and powder  
But of my Ammi's emotion  
Every day at four in the evening  
When the cows grazing in our backyard were about  
To return to their shed  
I'd try to master the art of brewing two cups of coffee  
Most of the days, it'd be too sweet  
And few other days, too much water  
Few days you'd bring me the gossip from your work  
Few days lessons from Quran,  
While both of us savoured the taste of coffee.  
I almost tried perfecting.  
Slowly I tried improving in my coffee making art



While your memory withered off  
Now you don't go out to fetch fresh gossips  
Or read Quran  
Doctor said you have some complex disease  
Slowly degrading your amygdala  
And one day  
When you could no longer recognize me  
Or tell me the difference between my amateur  
coffee and the one you make,  
Perfect and flavorsome,  
I made two cups of coffee.  
As you slowly sipped on  
I saw you returning to your room  
And oiling your hair  
Braiding it slowly  
And asking me for some jasmine flowers.

# The tale of a kite

Dr Rojina Ray  
2nd Year Psychiatry PG

In love with the endless sky.  
I envied those serene clouds,  
That floated with ease upon the sky.  
For here I was bound by the strings.  
Oh, how much I hated those fingers,  
That anchored me to the earth.  
"You are the one to be among the stars"  
Said the birds who admired my colours.  
Inspired, I could snap my threads,  
My joy knew no limits.  
But alas, I collapsed down to the woods,  
Consumed with remorse.  
While somewhere distant, a soul grieved  
over my plight.





# The Reddening Victory.

Robin Jacob  
Batch 2017

Every year while Dusshera procession happens in the streets of Mysore, I'd proudly say, not just in the Royal city, Durga pooja is a yearly ritual at my home too. I'd sit with Amma and arrange the dolls of Maa Durga and the elephants of Jamboosavari over an old red towel of mine. Mom would say, Red is the colour of victory.

Durga pooja would soon be over and so does my Amma's happiness and laughter. The dolls and her happiness, would be boxed and cornered, until next year and Amma, would start working for my education and to feed the hungry family. She'd wipe the shoes and clean the clothes of rich people and win bread for us, Appa and me.

Appa is either seen selling bananas on Irwin road or lying drunk next to government hospital. His evenings are consumed by alcohol and bars and nights by towelling and thrashing his wife.

I have never seen Amma smiling in the presence of Appa. But, Appa would always bring home the scent of alcohol and would beat up Amma, every time she questioned him. The next day, I'd see her applying tears and turmeric over the wounds incurred and I'd run my fingers over the scars, that resounded the pain and agony, that she went through.

One day, while Amma returned home with hundred rupees, her daily wage, I saw Appa holding her by the neck and hitting her head against the wall. He was trying to snatch her chain and the hundred rupees. Amma, struggled through the pain and while the sky was in its perfect pink and the earth was fresh for another Durga pooja, Appa had bled to death and Amma, stood there in perfect silence and a blood-dripping knife in her hand. I saw, Maa Durga in her. And the lesson she taught me, tugged the strings of my heart. Red was indeed the colour of victory.

Nessa D'Silva  
Batch 2016

Time passes, but the misery doesn't  
It lingers on, like a bitter aftertaste  
My heart cries out in pain  
My body trembles with fear  
What is it that bothers me?  
I am confused and frenzied

# THE DARK VOID

This nasty feeling is digging its nails into my soul  
The night is not passing  
The dawn is not arriving  
The darkness is engulfing me and eating me whole  
I'm running out of tears  
I'm running out of thoughts  
I have come to a standstill  
I am under shackles, chained within myself  
I scream, but no voice comes out

I'm all alone, or am I?  
The monster is inside of me  
If I need to kill it, I need to kill myself  
I don't have the courage to do so  
So, all I can do is wait  
Wait till my end comes



# ಕಂಬನಿ

Niranjan shetty, Batch 2017

“ಹೋ ಮರತೇಬಿಟ್ಟಿದ್ದೆ! ಸರಿತಾಯಿ ಈಗ್ಗೆ ಹೋಗಿ ತೋಳಿವೇನಿ” ಎನ್ನುತ್ತಾ ತನ್ನ ಪುಸ್ತಕ ಪೆನ್ನುಗಳನ್ನು ಬದಿಗಿಟ್ಟು ಶೀಲಾ ಅಡುಗೆಮನೆಯತ್ತ ಧಾವಿಸಿದಳು. ತಾಯಿಯ ಪ್ರೀತಿಯನ್ನೇ ಕಾಣದ ಶೀಲಾ, ತನ್ನ ಮಲತಾಯಿ ಕೈ ಕೆಳಗೆ ಕೆಲಸದವಳಾಗಿ ಬಿಟ್ಟಿದ್ದಳು. ವಿಮಲ ಮತ್ತು ಶೀಲಾ ಜೊತೆಗೆ ಶಾಲೆಗೆ ಹೋಗುತ್ತಿದ್ದಳು. ವಿಮಲ ಶೀಲಾಳನ್ನು ಎಂದಿಗೂ ತನ್ನ ಸ್ವಂತ ಅಕ್ಕನಂತೆ ಪ್ರೀತಿಸುತ್ತಿದ್ದಳು. ಮನೆ ಕೆಲಸದ ನಡುವೆ ಶೀಲಾಳಿಗೆ ತನ್ನ ವಿದ್ಯಾಭ್ಯಾಸದ ಬಗ್ಗೆ ಹೆಚ್ಚಿನ ಗಮನ ಕೊಡಲಾಗಲಿಲ್ಲ. ಆದರೆ ಪಠ್ಯೇತರ ಚಟುವಟಿಕೆಗಳೆಂದರೆ ಆಕೆಗೆ ಪ್ರಾಣ. ನೃತ್ಯ, ಸಂಗೀತ, ಭಾಷಣ, ಚಿತ್ರಕಲೆ ಹೀಗೆ ಹಲವಾರು ಕ್ಷೇತ್ರಗಳಲ್ಲಿ ತೊಡಗಿಸಿಕೊಂಡು ಕಟ್ಟಿಕೊಂಡಿದ್ದ ಆಕೆಯ ದಾಗಲೆಲ್ಲ ತನ್ನ ಮಲತಾಯಿತ ಬಿಟ್ಟುಕೊಟ್ಟ ಶರಣಾಗಿ ವಂಚಿತಳಾಗುತ್ತಿದ್ದಳು.

ದಿಸೆಂಬರ್ ಮುಗಿದು ಜನವರಿಗೆ ಕಾಲಿಡುತ್ತಲೇ ಪ್ರಜಾಪ್ರಭುತ್ವ ದಿನಾಚರಣೆಯ ಕಾರ್ಯ ಸಿದ್ಧತೆಗಳು ಪ್ರತಿ ವರ್ಷದಂತೆಯೇ ಈ ವರ್ಷವೂ ಪ್ರಾರಂಭವಾಗಿತ್ತು. ಶೀಲಾಳಿಗೂ ತನ್ನೊಡನೆ ಸರ್ತಿವಲು ವಿಮಲ ತನ್ನ ತಾಯಿಯೊಡನೆ ಅಂಗಲಾಚಿ ಫರ್ಮಿಷನ್ ಪಡೆದಿದ್ದಳು. ತಯಾರಿ ಜೋರಾಗಿಯೇ ನಡೆದಿತ್ತು. ಶೀಲಾ ಬಹಳ ಕೂತೂಪಲದಿಂದಿದ್ದಳು. ಅಪರೂಪದ ಅವಕಾಶ, ಹಾಗೂ ತನ್ನ ತಂಗಿ ತನ್ನ ಮೇಲಿಟ್ಟ ಪ್ರೀತಿ ವಿಶ್ವಾಸ ಗಳೆಲ್ಲವೂ ಆಕೆಗೆ ಮಹತ್ತರ ಬೆಲೆಯುಳ್ಳದ್ದಾಗಿತ್ತು. ಜನವರಿ 26, ಎಸೆಂಬಲಿ ಮುಗಿಸಿದವರೆ ಎಲ್ಲರೊಡನೆ ತರಗತಿಯೊಳಗೆ ಓಡಿದ ಇಬ್ಬರು ಹುಡುಗಿಯರು ನೃತ್ಯದ ತಯಾರಿ ಮಾಡಿಕೊಳ್ಳಲು ಆರಂಭಿಸಿದರು. ಬಣ್ಣ ಬಣ್ಣದ ಬಟ್ಟೆ, ಕೈ ಗೆ ತೊಟ್ಟ ಬಳೆಗಳು, ಕಾಲ್ಸೆಜ್ಜೆ, ಶ್ರಂಗಾರಳೆಲ್ಲವೂ ವಿಮಲಾಳಿಗೆ ಋಷಿ ತರಿಸಿದರೆ ಅದೇ ಶ್ರಂಗಾರ ಶೀಲಾಳ ದೇಹದ ಬದಲಾವಣೆಗೆ ಸಾಕ್ಷಿಯಾಗಿತ್ತು.

ಅಂದು ಶೀಲಾ ದೊಡ್ಡವಳಾಗಿದ್ದಳು. ಕೇವಲ ಪ್ರಾಯದಲ್ಲಿ ಮಾತ್ರವಲ್ಲ, ಬೆಳವಣಿಗೆಯ ಪ್ರಾಥಮಿಕ ಹಂತಗಳನ್ನು ಆಕೆ ಅಂದು ದಾಟಿದ್ದಳು.

ಮೂಲೆಯಲ್ಲಿ ಕೂತು ವಿಮಲಾಳ ಕೈ ಹಿಡಿದು ತನ್ನ ಮೂಕರೋಧನವನ್ನು ವ್ಯಕ್ತಪಡಿಸಲು ಪ್ರಯತ್ನಿಸುತ್ತಿರುವಾಗ ಹುಟ್ಟಿಕೊಂಡ ಶೀಲಾಳ ಕಣ್ಣೀರ ಹನಿ ತನ್ನ ಕೆನ್ನೆಯ ಸ್ವರ್ತಿಸೂದರ ಮೊದಲೇ ಅಲ್ಲೇ ಬಾಗಿಲಂಚಿನಲ್ಲಿ ನಿಂತಿದ್ದ ಆಕೆಯ ಮಲತಾಯಿ ಕಂಬನಿ ನೆಲಮುಟ್ಟಿತ್ತು. ■

# ಮಳೆಯ ಆಡಂಬರ

ಸಕಾಲದಲ್ಲಿ ಬಂತು ಸೊಗಸಾದ ಭರ್ಜರಿ ಮಳೆ ಬೇಸಿಗೆಯ ಬಿಸಿ ತಂಪಾಯ್ತು. ಋಷಿಯಾಯ್ತು ಎಳೆ ಹಿರಿದು ಹಿಗ್ಗಿತು ಪ್ರಕೃತಿ. ಮಳೆರಾಯನ ಆಗಮನದಿಂದ ಹೊಸ ಭರವಸೆ - ಮಂದಹಾಸ ರೈತರಿಗೆ, ಕೃಷಿ. ಕೈಂಧರ್ಯದಿಂದ ಅಲ್ಲಲ್ಲಿನೀರು - ಎಳ್ಳೆಲ್ಲೂ ನೀರು, ಹೊಳೆ - ಹಳ್ಳಗಳು ಮೀನು ಮೀನಿಗೆ ಗಾಳ, ಮಲೆಯಲ್ಲ ಮೇಳ ಆನಂದಿಸುವ ನಾನು ಜಡಿಮಳೆಯಿಂದ ರಕ್ಷಣೆಗೆ ಬಣ್ಣ ಬಣ್ಣ ಆಕರ್ಷಕ ಕೊಡೆ ಶುದ್ಧವಾದ ಮಳೆನೀರು ವ್ಯರ್ಥವಾಗಿ ಹರಿಯಲು ನಾ ಬಿಡೆ ಮಳೆ ಕೊಯ್ಲು - ಜಲ ರಕ್ಷಣೆ ನಮ್ಮೆಲ್ಲರ ಹೊಣೆ ಇಲ್ಲವಾದರೆ ಬೇಸಿಗೆಯ ಬರಗಾಲಕ್ಕೆ ನಾವೇ ಹೊಣೆ ಕಣ್ಣಿಗೆ ಹಬ್ಬ, ಮನಸ್ಸಿಗೆ ಮುದ ನೀಡುತ್ತದೆ ನೀರಿನ ಪ್ರತಿ ಹನಿ ಧಾರಾಳ ಮಳೆ ನೀಡಿ ಪ್ರಕೃತಿಯನ್ನು ಸಂರಕ್ಷಿಸುವ ದೇವರಿಗೆ ನಾವು ಋಣಿ.



Anrick Menezes  
BPT 3rd Yr

# A Trial by Fire

Slush and slime wrapped around my foot as I hid underneath the water tank of my house;  
Amidst the rains that had been pouring all day this was the least of my concerns,  
In fact, there was a far heavier one that waited below;  
Where I come from, he is revered as a God.  
He is respected above all means.  
His words build the laws of our house.  
He was everything to me until I saw it for the first time;  
He held Amma by her hair and tossed her around like my brother did with my dolls.  
They did try to avoid fights in front of us initially,  
And I would come home from school to find Amma's bruised back  
Later this grew into a routine  
It became customary to listen to her screaming all night  
By mornings they would subside as faint sobs by the kitchen cooking breakfast.  
My mother is definitely living proof that love and forgiveness can cross any frontiers if you're willing to go the extent  
I usually hear her feeble scream calling me for supper  
I stride back down to watch my house unfold back to normalcy.  
only time would tell and time would heal.  
But today the sight was unusual  
I came home to find her doused in flames  
Her face though parched almost unrecognizable signaled me to run  
This time though he caught the sight of me, he still did not stop  
Here I am sitting helpless, unable to save that goddess who gave me life

**From him :**

My Othello syndrome affected father,  
Can we really blame him for all of this now?  
I always fear for her life and hope that he someday will recover from it  
How do you live with a man that constantly doubts your fidelity?

Ronita Lenny  
Batch 2017





Merlynn George  
MBBS 2018

# A Ray of Hope

There was once a girl,  
Who would sit by her window side,  
In the wee hours of night,  
Hoping to find a ray of light

Now, she know it wasn't morning,  
The Sun wouldn't be up,  
And yet she would look outside,  
Hoping to find a ray of light

The clock struck three, then four,  
Now waterworks coming into play,  
She still sat by the window,  
Hoping to find a ray of light

A flare is all she wanted,  
A tiny spark,  
Something that would get her,  
Out of the gloom and dark

Then came morning,  
She got down from the window side,  
And the ray of light would find her.  
It was heavy; the mask,

The one she wore everyday,  
Nobody knew who she really was,  
Nobody seemed to care

She then stepped outside,  
Cheerful as ever,  
The mask getting heavier,  
And then it happened

She exposed her reality,  
Her vulnerability and her plight,  
And then something happened,  
A miracle, magic if you may

As the mask was torn away,  
And her true self emerged,  
People around her,  
Started doing the same

Suddenly, everyone was vulnerable,  
The most perfect of them all wasn't spared,  
She smiled, because,  
The ray of hope that she'd longed for,  
Found her at last ...

ಹ್ಯಾ ಸೊಭಿತ್ ಸಂಸಾರಾಂತ್ ದೊಳ್ಳಾಂಕ್ ದಿಸ್ತೊ ದೇವ್ ಆವಯ್,  
ಹರೈಕ್ ಘಡಿ ಆಪ್ಲಾ ಬಾಳಾಂ ವಿಶ್ಯಾಂತ್ ಚಿಂತುನ್ ಆಸಾ ಆವಯ್.  
ನೋವ್ ಮಹಿನ್ ಆಪ್ಲ್ಯಾ ಕುಶಿಂತ್ ತಾಂಕಾ ತಿ ಸಂಬಾಳ್ತಾ,  
ಮರಿಯೆ ಮಾಯೆ ಪರಿಂ ಆಮ್ಚ್ಯಾ ಬಾಳ್ಪಣಾರ್ ಆಮ್ಕಾಂ ರಾಕ್ತಾ.

ಏಕಾ ಆವಯ್ಕ್ ಆಪ್ಲಿಂ ಭುರ್ಗಿಂಚ್ ತಿಚೊ ಸಂಸಾರ್,  
ಪುಣ್ ಕ್ರೂರಿ ಮನಿಸ್ ತಿಚ್ಯಾ ಉತಾರ್ ಪ್ರಾಯೆರ್ ಕರ್ತಾ ತಿಚೆ ಬಾರಾ ಬ್ರೆಸ್ತಾರ್!  
ತುಕಾ ಜಲ್ಮ್ ದೀಂವ್ಕ್ ತಿಣೆಂ ಬೊಗ್ಲಾತ್ ಕಷ್ಟ್ ವ್ಹಳ್ಳೊಳೆ,  
ಏ ಮನ್ಶ್ಯಾ ತುಜ್ಯಾ ಆವಯ್ನ್ ಕೆಲ್ಲೊ ಸಾಕ್ರೀಫಿಸ್ ತು ಚಿಂತುನ್ ಪಳೆ.

ಆದ್ಲ್ಯಾ ಕಾಳಾರ್ ಆವಯ್ಕ್ ಮಾನ್ ಸಕ್ಚಾಂ ವರ್ನಿಂ ವಯ್,  
ಪೂಣ್ ಕುಟಾಮ್ ಆಮ್ಚೆಂ ವಾಡೊನ್ ಯೆತಾನಾಂ ತಿಕಾ ಕರ್ತಾವ್ ಕೊಯ್!  
ಲ್ಹಾನ್ವಣಾರ್ ತಿಕಾ ಮೊಗಾನ್ ಆಮಿಂ ಆಪಯ್ತಾಂವ್ ಮಾಮ್ಕಾ, ಮಮ್ಮಿ ಆನಿಂ ಮೋಮ್,  
ತಿಕಾ ಆಮಿ ದೆಂಗೆಂ ಗಾಲ್ತಾಂವ್ ತಿಣೆಂ ದಿತಾಂನಾಂ ಲ್ಹಾನ್ ಲ್ಹಾನ್ ಕಾಮ್.

ಮೊಗ್ ಆನಿಂ ಆವಯ್ ಏಕಾ ನಾಣ್ಯಾಂಚಿಂ ದೋನ್ ಕುಶಿ,  
ಭುರ್ಗ್ಯಾಂನೊಂ ಹರ್ಯೆಕ್ ಘಡಿ ದವರ್ಯೆಂ ಆಮ್ಚಾ ಮಮ್ಮಿಕ್ ಖುಶಿ.  
ಲ್ಹಾನ್ವಣಾರ್ ಖೆಲ್ಯಾತ್ ಆಮಿಂ ಆವಯ್ಚೆ ಜೋರ್ ಆನಿಂ ಮಾರ್,  
ತ್ಯಾಚೆ ಕಾರಾಣಾಕ್ ಹಾಂವ್ ಆಚ್ ಶಿಕ್ಲಾಂ ನೀಚ್ ಜೀವನಾಚೊ ಸಾರ್.

ಮ್ಹಜಿ ಆವಯ್ ಮ್ಹಜ್ಯಾ ಜೀವನಾಚಿಂ ಬೊಳ್ ಆನಿಂ ಧಯ್,  
ಕಿತ್ಲೊ ಸಂತೊಸ್ ಮ್ಹಾಕಾ ತಿಣೆಂ ಮ್ಹಣ್ತಾನಾಂ ಹಾಂವ್ ತುಕಾ ಬೊವೊಂಕ್ ವ್ಹರ್ತಾಂ ಭಾಯ್,  
ಮಾಮ್ಕಾ ಮಾಮ್ಕಾ ಮ್ಹಣ್ ಆಪವ್ನ್ ತಿಕಾ ಹಾಂವ್ ಕರ್ತಾಂ ಕಿರ್ಕಿರಿ,  
ಹರ್ಯೆಕ್ ದೀಸಾ ತೀ ಮ್ಹಾಕಾ ರಾಂದುನ್ ವಾಡ್ತಾ ರುಚಿಕ್ ಮಾಸ್, ಮಾಸ್ ಆನಿಂ ತರ್ಕಾರಿ.

ಏ ಮ್ಹಣ್ಚ್ಯಾ ಏಕ್ ಏನಂತಿ, ತುಜೆ ಲಾಗಿ ಹಾತ್ ಜೊಡ್ನ್ ಹಾಂವ್ ಮಾಗ್ತಾಂ,  
ಕೆದಿಂಚ್ಚೆ ಚಿಂತಿನಾಕಾ "ಹಾಂವ್ ಮ್ಹಜ್ಯಾ ಆವಯ್ಕ್ ಆಶ್ರಮಾಂತ್ ವರ್ನ್ ಗಾಲ್ತಾಂ."  
ಕಿತ್ಯಾಕ್ ಮ್ಹಣ್ಚಾರ್ ತುಜಿಂ ಭುರ್ಗಿಂ ಪಾಳ್ತಾತ್ ತುಜಿ ದೇಖ್,  
ಮ್ಹಜ್ಯಾ ಮಾಮ್ಕಾ ಪರ್ತ್ಯಾನ್ ಪರ್ತ್ಯಾನ್ ಹಾಂವ್ ತುಜ್ಯಾಚ್ಚೆ ಉದಾರಾಂತ್ ಜಲ್ಮೊಂಕ್ ಆಶೆತಾಂ.

# ಆವಯ್



Anrick Menezes  
BPT 2017

# ಮೌನದ ಮಾತು

—ಪ್ರವೀಣ್, Batch 2018

ಮಾತು ಬಾರದ ಮೌನಕ್ಕೂ ಮಾತನಾಡುವ ಆಸೆಯಲ್ಲಿ  
ಮಮಕಾರ ಮರೆತ ಈಗಿನ ಮಾತುಗಳಲ್ಲಿ ಮೌನಕ್ಕೆ ಜಾಗವೆಲ್ಲಿ  
ಮಧುರ ಮಾತನ್ನಾಡುವ ಮನುಜರು ಮಿಥ್ಯವನ್ನಾಡುವಲ್ಲಿ  
ಮರೆತು ಹೋದರು ಮಾನವರು ಮೌನದ ಅಗತ್ಯವಿಲ್ಲ.

ಮಾತು ಬಂಗಾರವಲ್ಲ ಮಾತು ಬೆಳ್ಳಿಯಲ್ಲ  
ಅವೆರಡು ಸಂದರ್ಭಕ್ಕೆ ತಕ್ಕ ಶಿಶುಗಳಲ್ಲಿ  
ಮೌನದ ಶ್ರೇಷ್ಠತೆ ಕಡಿಮೆಯಾದ ಈ ಯುಗದಲ್ಲಿ  
ಮನಸ್ಸಿನ ಮಾತನ್ನು ಹೇಳುವರೆ ಮಾನವರು ಮೌನದಲ್ಲಿ.

ಜೀವಗಳ ಜೀವಕ್ಕೆ ಬೆಲೆ ಇರದ ಈ ಜಗದಲ್ಲಿ  
ಭಾವಗಳ ಭಾವನೆಗೆ ಹೃದಯವಿರುವುದೆಲ್ಲಿ  
ಊಹೆಗೂ ಮೀರಿದ ಈ ಪ್ರಪಂಚದಲ್ಲಿ  
ಮೌನದ ಮಾನವು ಹರಾಜಾಯಿತು ಈ ಕಳ್ಳಸಂತೆಯಲ್ಲಿ.

ಮಾತು ಬರಿದಾಗುವ ಬಾವಿಯಂತಲ್ಲ  
ಮೌನ ಬತ್ತದ ಮಹಾಸಾಗರದಂತಲ್ಲ  
ಮಹಾಸಾಗರದ ಅಗತ್ಯ ನಮಗಿತ್ತ  
ಮಾತಿನ ಬಾವಿಯತ್ತ ನಮ್ಮ ಚಿತ್ತ.



# Theory of Love

In the deep silence of the night,  
As she looked up at the dark blue sky  
She could see millions of them twinkling bright,  
Smiling down on her with their words of comfort;  
'There's always light behind the clouds'.

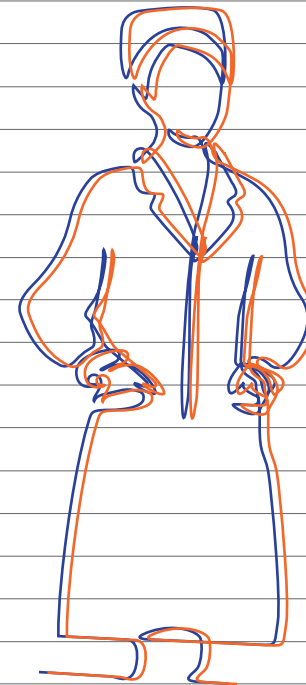
In the deep silence of the night,  
As her soul yearned for love  
A breeze so tender, a breeze so sweet  
From the heart of the rustling leaves  
Blew over her saying 'You are not alone'.

And breaking this silence, the dark blue skies tore apart  
The rains came pouring down,  
singing melodies of sorrow, and of loneliness,  
Embracing her sobbing heart saying, 'The rain has to  
cease, for the sky to be adorned with an alluring rainbow'.

Those tiny little raindrop that sat elegantly on green leaves,  
Reminded her of the glistening pearls, that takes ages to  
grow in an ayster.  
For beautiful things take time  
And So is True Love.

Deena Mary Edward  
MBBS 2018

We love you  
Dear  
Nurses



Priya Lasrado  
MBBS 2016

**N**urturing **U**nderstanding

**R**espectful **S**acrificing nature **E**mpathy

*These are the qualities that come to my mind when, I think of nurses ... though I am a medical student, I personally have more respect for the nurses. Perhaps their job involves more of compassion and humanly touch which motivates me to think so. So here's a shout out to them as an expression of my gratitude.*

*Thank you for bearing the tantrums that most children make when they know you are going to inject into them a vaccine.*

*Thank you for staying with the sick all day long, listening to their tales and sharing your smile with them.*

*Thank you for making a choice to serve the sick despite not being appreciated enough for your work.*

*Thank you for remembering to administer the medicines from time to time .. so that every patient can get well soon and go back home*

*Thank you for sacrificing your personal and family time to monitor critical patients and thus save many lives!*





ಯಂತ್ರ ಯಾವುದೇ ಇರಲಿ ಕೈಯಲಿ..  
ಪರಿಣತಿ ಹಾಗೂ ಪ್ರತಿಭೆ ಇರಬೇಕು ತಲೆಯಲಿ..  
ಹಿಸ್ತಿನ ಅಭ್ಯಾಸದಿಂದ ದೊರೆಯುವುದು ಪಾಂಡಿತ್ಯ..  
ಇಲ್ಲದಿರೆ.. ಮಂಗನ ಕೈಲಿ ಮಾಣಿಕೆ!!



THIS MONKEY WITH CAMERA MAKES ONE REFLECT  
THAT TALENT IS WHAT MAKES IT A TOOL!  
AND PRACTICE MAKES A MAN PERFECT  
ELSE IT IS JUST MONEY IN HANDS OF A FOOL!

QUOTES BY

Dr Aruna yadiyal

Professor, Dept of psychiatry

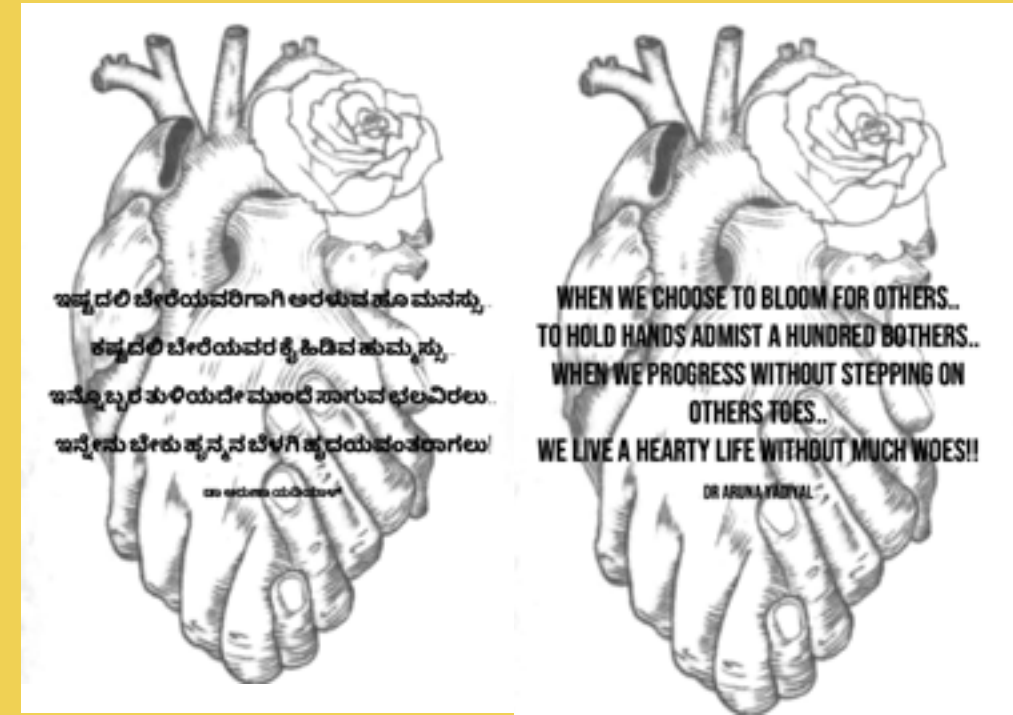


THE MYRIAD COLOURS OF THE KINGFISHER  
ARE A SPLENDID SIGHT TO TREASURE!  
EVERY LIFE HAS A DEATH IN ITS TOW..  
THE RULES OF NATURE DESERVES A BOW!

ಎಷ್ಟು ಬಣ್ಣವೋ ಈ ಪಕ್ಷಿಗಿ  
ಎಂದೂ ದೃಶ್ಯವೋ ಈ ಪಕ್ಷಿಗಿ  
ಬದುಕು ಬುಲೆದವಲ್ಲ! ನೋಡುವ ಇವತ್ತು..  
ಪ್ರಕೃತಿ ನಿಯಮಿತ ತಂದೆನುನೋಡುವೆ ನಾವು!!!



WHEN WILL CORONA END??  
THAT'S THE QUERY IN TRENDS!  
YOU ARE ALIVE AND THAT IS GOOD???  
OR MORE IMPORTANT IS LIVELIHOOD??  
THE END MAY BE THE NEW BEGINNING!  
OF A NEW NORMAL IN THE MARINING!



ಇಷ್ಟದಲಿ ಬೇರೆಯವರಿಗಾಗಿ ಅರಳುವ ಸೂಮನನ್ನು,  
ಕಷ್ಟದಲಿ ಬೇರೆಯವರ ಕೈ ಹಿಡಿದು ಹುಮ್ಮನ್ನು,  
ಇನ್ನೊಬ್ಬರ ಹುಲಿಯದೇ ಮುಂದೆ ಸಾಗುವ ಫಲವಿರಲು,  
ಇನ್ನೇನು ಬೇಕು ಹೃದಯವೆ ಬೆಳಗಿ ಹೃದಯವಂತರಾಗಲು!

WHEN WE CHOOSE TO BLOOM FOR OTHERS..  
TO HOLD HANDS ADMIST A HUNDRED BOTHERS..  
WHEN WE PROGRESS WITHOUT STEPPING ON  
OTHERS TOES..  
WE LIVE A HEARTY LIFE WITHOUT MUCH WOES!!

ಹಸಿರ ಮೊಬಗಿನಲಿ ಮನ ಅದರ ತನ್ನ ಯು  
ಕಾಣುವ ಕಣ್ಣಿರೇ ಎಲ್ಲೆಲ್ಲೂ ವಿಸ್ಮಯ!!  
ಬಳ್ಳಿಯಲಿ ಯಾರು ರಚಿಸಿದರು ಈ ಕಲಾಕೃತಿ  
ವರೆದುಕೊಂಡಿರಬಹುದೇ ದೇವರ ವಹಿ ಈ ಪ್ರಕೃತಿ??

THE GREENS OFFER A VISUAL TREAT..  
NATURE IS A SERENE RETREAT!  
WHO CREATED THIS ABSTRACT DESIGN?  
DID GOD JUST LEAVE HIS DIVINE SIGN???



ಕತ್ತಲನು ಸೀನಿ ದಾರಿ ಕೂಡಿದಂತೆ..  
ಕಷ್ಟಗಳೂ ಕರಗುವವು ಮಾಡದಿರು ಜಿಂತೆ!  
ಪ್ರತಿ ಇರುಳ ನಂತರ ಬರಲಿಲ್ಲವೇ ಅರುಣಾ?  
ದುಃಖಕ್ಕೂ ಕೊನೆಯಿದೆ.. ಬತ್ತದಿರಲಿ ಆಶಾಕಾಂಕ್ಷೆ!



JUST LIKE THE LIGHT DRIVES AWAY DARKNESS..  
SORROWS DO MELT AND MAKE WAY FOR HAPPINESS!  
EVERY NIGHT IS FOLLOWED BY A NEW MORNING..  
LET THE RAYS OF HOPE KEEP SHINING!

ಮಾನವ ನಿರ್ಮಿತ ಅವಘಾತಗಳ ಅವಶೇಷವೆಂದಿ..  
ಪುಕ್ಕಟ್ಟಿ ಬಲಿಯಾದ ಜೀವವೂಂದರ ಭೀಕರ ಮುಖ!  
ಮನುಷ್ಯನೋ? ಇನ್ನಷ್ಟು ಮತ್ತಷ್ಟು ಕಟ್ಟುವ ಗಡಿಬಿಡಿ..  
ಇದನ್ನೇ ನಾಗರೀಕತೆ ಅಂದುಕೊಂಡರೆನು ಬಂತು ಸುಖ!

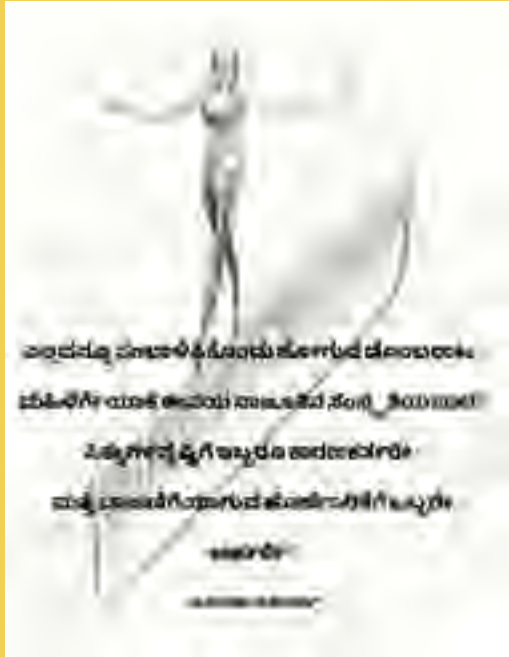
THE WRECK OF MAN MADE DISASTERS  
UNCOVERS THE HUMAN FACE OF TRAGEDY  
YET WE STRIVE TO BECOME MASTERS  
OF A CIVILISED SOCIETY WITHOUT A REMEDY!







ಎತ್ತರದ ಗರಿ ತೇರಿದ ಇನ್ನೂ...  
 ಒಳ್ಳೆಯ ಜಾಗ ನಮ್ಮ ತನವನ್ನರಿಯಲು  
 ಈ ಅಗಾಧ ಸೃಷ್ಟಿಯ ಮುಂದೆ ನಾವು ಅಲುಕಬೇಕು...  
 ನಮ್ಮ ಸ್ಥಾನ ತಿಳಿದೊರೆ.. ಅಳವಿಂದ ಮುಕ್ತವಾಗದೇ ಮುನ್ನ??  
 DR ARUNA YADNYA



ಎತ್ತರವಿದ್ದು ವಿಸ್ತಾರವಿಲ್ಲದಿದ್ದರೆ ನೋಡುವುದು  
 ಬಹಿಷ್ಕಾರವೇ ಯಾಕೆ ಅಂದರೆ ನಾವು ಬಹಿಷ್ಕಾರವೇ ನೋಡುತ್ತೇವೆ!  
 ಸತ್ಯವೇನು ಎನ್ನುವುದು ಅರ್ಥವಲ್ಲದೇ  
 ಮತ್ತೆ ಒಂದು ಬಾರಿ ನೋಡುವುದು ಬೇಕು!  
 DR ARUNA YADNYA



ಅಳಿಲಾದರೇನು?... ನವಿಲಾದರೇನು?..  
 ಒಂದಿಷ್ಟು ಒಲವು ಹಂಚಿಕೊಳ್ಳಲು..  
 ನನಗೆ ನೀನು.. ನಿನಗೆ ನಾನು..  
 ವಿಭಿನ್ನತೆಯಲ್ಲೂ ಸಾಮರಸ್ಯ.. ಈ ಭಾವ ತಾಳಲು!  
 DR ARUNA YADNYA

ಕೊರೊನಾದಿಂದ ಎಂದು ಬಿಡುಗಡೆ  
 ಇದೇ ಪ್ರಶ್ನೆ ವಿಶ್ವದೆಲ್ಲೆಡೆ..  
 ಮುಕ್ತಾಯ ಸಾಕೋ?.. ಮುಕ್ತಿಯೂ ಬೇಕೋ?  
 ಜೀವ ಉಳಿದರೆ ಸಾಕೋ? ಜೀವನವೂ ಬೇಕೋ?  
 ಅಂತ್ಯದಲ್ಲಿಯೇ ಅದಗಿರಬಹುದು ಹೊಸ ಆದಿ..  
 ನವ ಜಗದ ಬುನಾದಿಗೆ ನವ ನಾಂದಿ!  
 DR ARUNA YADNYA

The  
 END



ಹುಡುಗನಿಗೆ ಬೇಕು ಅದನ್ನ ಎದೇನಾಳು..  
 ಹೊರೆಯಲು ಅದಕ್ಕೆ ಬೆಚ್ಚನೆಯ ತೋರಿಕೆ ಇಲ್ಲ!  
 ಇದೇನು?.. ಅದಕ್ಕೆ ಬೇಕಾದ ಒಂದು ಕೂಡು..  
 ಅ ಬೇಕುಗಳನ್ನೇ ಸಾಕುವುದರಲ್ಲಿರುವ ಸಾಧಕ ಇದೆ!!

MOMS LOVE IS WHAT THE BABIES NEED..  
 WITH LOTS OF CONTACT COMFORT INDEED!  
 THE NEED TO BE NEEDED IS FOR MOMS..  
 GRATIFICATION COMES IN MANY FORMS!

# Asking, answering, learning and discovering

SECTION FIVE





# Mind Voice

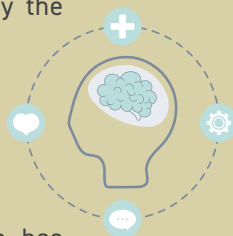
M i n d V o i c e



Funny and not so funny things that have been said to me because I am a Psychiatrist!



**1** “Why did you choose this branch?” (Told by an almost stranger at a party) What I wanted to say: wipe that smirk off your face and I will tell you. What I ended up saying: It's very interesting to study the human mind



**2** “Can you read my mind” (this has been asked by so many people that I would rate the most popular question). I replied of course not, but if I observe hard I can predict your next behaviour. What I want to say - really and you would believe me if I said I could Do I look like mama odi with a crystal ball and tarot cards?



**3** “What is the difference between a psychiatrist and a psychologist? (Intellectual small talk at family functions) I give the usual one psychiatrist is a doctor and other isn't. What often follows is what if the psychologist is a PhD then even they are a doctor. That leaves me wondering if they want to know or are they testing my knowledge. I usually nod and convey my acknowledging their superior intelligence. Well that is what you have been craving for my boy- validation of your grey matter!!



**5** “After sometime I have heard that psychiatrists themselves become crazy. “Or something even bizarre like “only crazy people choose psychiatry. How did you take this branch, you appear normal to me?!” What I usually do is either roll up my eyes or laugh artificially depending on the age of the person who asked that question. Sometimes I say that only time will tell whether your opinions are truth or just here say. What I want to tell people like this is really Give me a break. Its not surprising that psychiatrists go crazy not because of dealing with mentally ill patients per se but people s perception of them and their branch of medicine. Go take a hike bro!



**4** “It must be so depressing for you to treat depression all the time” I have answered this question from non-professionals and Professionals differently. To non professionals I simply say that it is indeed very difficult and have to de stress myself from time to time. However if this question is asked by a fellow doctor I would often reply that how treating someone with fever may give you fever if you are not being careful, in the same way if you treat this profession professionally, you would be safe. It's a job a psychiatrist is skilled to handle.

**6** Is your OPD noisy? Do you still give ECTs like how they show in old Hindi movies? Why are you guys called shrinks? How do you tighten people's screws? Your department deals with the upper compartment isn't it? Why was Freud so obsessed with sex?

Well folks I have answered most of these questions with lot of dignity and grace knowing very well that it's the ignorance or shallow knowledge of the fellow human being in front of me who poor guy may be just indulging in some small talk without realising that I may take offense. So relax no offense taken whatsoever

Psychiatry is an emerging branch of medicine with huge potential. My father calls it the sunrise branch. Luckily with more dynamic and vocal doctors opting for this branch, awareness about psychiatric illnesses is on the rise. Stigma is slowly but surely reducing.



*(P.S- continue to ask me such questions dear, it rather amuses me)*



Dr Supriya Hegde  
HOD Psychiatry Dept., FMCC



People have always been afraid of the unknown and this drives us to imprison ourselves into these small, tiny, rigid boxes ever since we were kids. But not being judged and not having to face all these prejudices from different people is what we wish the ideal future holds, right? Well that's what this article is all about. It's about those individuals who strive on a daily basis to be unapologetic about the way they were born. And let me clarify, this article does not strive to uproot anyone's values or hurt beliefs in any way because let's face it one article never changed stringent minds, but rather it strives to create awareness, empathy, respect and most importantly shed some light into acceptance of everyone because



Shreya Honarius  
MBBS 2017

# From the Unknown ... to the Known!!!

We belong to an evolving society where there is a whole spectrum of identities to explore!

GENDER is only a part of a person's identity and there is so much more to a person than what meets the eye! And that's what it is basically: PERCEPTION! Gender Identity is a self perception but the development of the child's understanding about 'boyness' or 'girlness'-the sex role concept- is a more elaborate process. Children acquire this by the age of 2 or 3, followed by gender stability (permanence of gender identity) by age 4. So, this sex-typed behaviour/identity is developed internally at an early age and does not depend on his/her biological sex.

It's the misconceptions, taboos, prejudices and stigma attached to the 'T' in LGBTQ+ that inspired us to propel this segment. A Transgender person (yes transgender is an adjective, not a noun) is one whose gender identity does not correspond to the sex they were assigned at birth.

It's important to know that transition can be from male to female or female to male (as in Transmen) and it is a personal choice to undergo gender reaffirmation surgeries/therapies. These surgeries are done for comfort and self-acceptance and not for desirability purposes. Some things to keep in mind:

- 1) These surgeries are taxing mentally, physically and especially financially
- 2) (misgender, intersex conditions, transvestism, cisgender etc will be highlighted here.)

So, it's actually great if you can be who you want to be, but imagine waking up in the morning with dreams and ambitions, and later on when you look at the mirror, you realize that your body is not the one you thought it was. On the basis of identity, emotions and sex, you realize that your mind and body are just not synced in. even as a kid, this thought can be quite

disturbing. It is truly commendable that a few brave souls among them have fought this battle between mind and body, and finally ended up being who they wanted to be. I have had the pleasure of interviewing one such individual, whom I personally felt did not shy away from the crude and biased society, and has fought against all odds and emerged victorious in every sense.

Here to bust the myths and give us their expert opinions, we have a few excerpts from interviews conducted with Dr. Sudeep (Dept. of Endocrinology, FMMC) and Dr. Rizwana (a Mumbai-based Psychologist with extensive work done in the field of gender identity disorders):

## Dr. Sudeep

### 1. According to you, is gender identity issues biological and what could be the causes for this?

Dr. Sudeep : The causes for transgender identity are multifactorial including unknown and biological reasons. The cross-gender mannerisms and expressions which

expressions. Confusing terminologies and lack of standard definitions in the past have contributed to stagnation in knowledge of this science and led to disappointing mismanagement in them. The cross-gender behaviour of childhood persists only in some of them while most of them go back from transgender thoughts to cisgender ideas when they become adults. Evaluation

families have deserted these individuals adding to their distress. The other important challenge is the acceptance of the individual by the society the lack of which is an important reason for discontinuation of education, unemployment, addictions and deliberate self-harm in them. The fact that the society doesn't have empathy towards them for a problem which is no fault of theirs

appeared in childhood persists into adolescence and adulthood in some of them. This manifests as an intrinsic choice of the individuals indicating a biological aetiology. The severe distress which accompanies the gender identity in the individual is called gender dysphoria. This dysphoria may result in the individual being unintentionally classified as having a psychiatric disorder.

### 2. As an endocrinologist, what are the challenges that you face when a person approaches you seeking to Undergo transition?

Dr. Sudeep : The challenges are in multitude when an individual with transgender behaviour presents to us. We have to understand that 'gender identity' is an umbrella term under which there are different types of gender identities and gender

(The title happens to be a low-key spoiler alert!)

of the individual presenting in early adolescence is challenging as we have to look for signs of persistence of trans-gender thoughts. It has been made mandatory that a thorough evaluation by two independent psychiatrists be made over a certain period of time to ascertain the persistence of gender identity disorder and gender dysphoria. It becomes much more difficult when the distress of the individual make them impatient and forces them into self-medications. Many a times they would have tried self-prescribed suprapharmacological doses of hormonal therapy. The high expenses of hormonal medications and surgical procedures for gender change may push them to indulge in harmful and illegal anti-social activities. The next important challenge is the acceptance by family members. They go into a state of shock and denial once they come to know about this problem in their own family. The associated social stigma and ignorance about gender transition evokes a knee jerk reaction in their family leading to forced isolation, spiritual rituals and even physical abuse of the affected individuals. In many instances

makes them rebellious and makes it difficult for them to adjust to hostile surroundings. The social stigma, humiliation and distancing from the society drives these individuals into solitude, segregation into groups away from the society and potentially force them to do anti-social activities.









1. It's truly commendable for you to bring hockey to this college. How did this idea begin?

What was the idea behind introducing a new sport?

Hockey is a sport which in India, had a strong following much before cricket got its fame. Mangalore particularly was an avid hockey playing city with most school rivalries decided on the hockey field with schools like St. Aloysius producing many players who made it to the national team. It is sad to notice that this sport is not being recognized

part of this, and I had tried out for the hockey team several times and over three years of joining the team went on to captain the senior hockey team. My experience of playing in and captaining the team taught me a wealth of lessons and values that held me in good stead for life. So, I always had an eager feeling to give back to the sport that gave

# CHAK DE MULLERS

A STORY OF HOCKEY IN 3 STATES



as much as it had and should be. I was fortunate to do my schooling in St. Joseph's Boys' High School, in Bangalore. Which, for its 170 years history is particularly known for its heritage in hockey, just as each school in Bangalore is known for a particular sport. It was always my dream to be

me so much. The passion for the sport was already ingrained in me back in my school days.

I especially wanted to identify those who were not given the chance to participate in sport before but who had the passion for it, and give them the

opportunity to be part of something that would be holistically beneficial to them, physically and mentality. Because to my recollection of my school life, the lessons I learnt and values I picked up through the sport clearly outweighed all I learnt from my books. I wanted to share this with as many people as possible and found our college to be the most conducive for such a venture. Another driving force was to revive Mangalore's long-lost knack and passion for the sport. So that is how the whole idea was born.

2. Considering the popularity of this sport in this region, and especially your college, how difficult was it for

you to identify the right people, and more importantly, find people to volunteer to learn the sport?

That was interesting, we had no one from my batch who played the sport, or had ever seen a hockey stick used for its intended purpose. It was only when I reached second year, that I realized



there was our senior Karthik who I had actually played against in Bangalore in our school days. To our luck my junior from school, Aaron who was captain of the junior team while I led the senior team, which we both respectively led to victory years ago on the same day, just joined College.



There was another junior, called Gaurav, who was from Bishop Cottons, which was our rival school back then. He too had represented his school in the sport... So, we had 4 players who were ready. But we were still lacking 12 more. The main problem was to convince the others to join, and this was quite a challenge.

Hockey as a sport to most in college was an enigma, peaking curiosity yet so distant from any reality to them. So, I found many students in college with this feeling but no outlet to vent their interest in the sport. As I would express my love for the sport, they too began to feed off the feeling and let it manifest in them too. So, with a few exaggerated hockey stories and some lucky coincidences of 2 hockey movies



being released just then I realized that more than a small number now shared my passion for the sport.

I may not be the most talented player, but I knew that I knew the sport and loved it and I was sure I could teach the sport the way my coach taught it to me. My school coach Mr. Shivprakash coached a number of our countries best from Rahul Dravid, Robin Uthappa

and Anil Aldrin to tens of Olympians and, international sportsmen. Under his tutorship I learnt the sport with such love and detail that I was sure I could take a leaf out of his book, and teach the same to my friends. Initially it was a little difficult, as hockey is a very dextrous and technical sport which cannot be easily understood. But by applying my coach's technique and with the passionate understanding of the sport that I had, everyone picked up quite quickly.



Another problem was that we had to invest in equipment like sticks, balls, shin guards, etc., as the college was understandably reluctant to support this novel venture into this dangerous sport. But to our surprise the college heard out our plea and respected our eagerness to start something new and allowed us to carry on.

I told the guys to come every morning for practice. Initially, only a few turned up, but then when they saw that it was actually fun, they got their friends as well. As word spread of our disciplined yet fun warm up and pre training work out, many girls also joined in. They did initially

only for the exercise and workout but eventually got carried away with the fun of it all and participated in the training sessions too. Everyone found it to be a nice way to start the day.

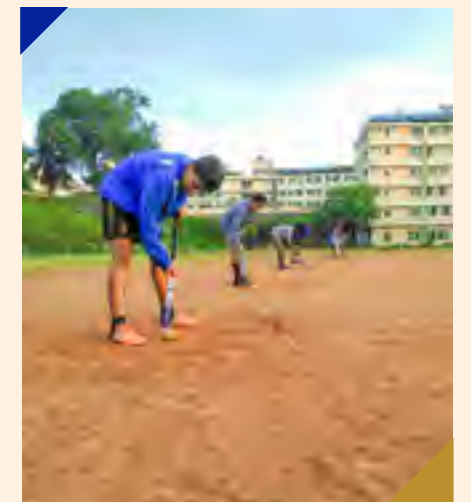
3. So, since your friends have joined in, was it more of a fun venture, or did you actually take things seriously during practice sessions?

I was actually serious about this right from the start. It's not like we did not have fun, but in my mind, I had the responsibility to teach them something by the end of every hour.

It was a difficult thing, to put together. I had done quite a bit of background work, before we began actual practice. Right after my first-year finals before even my results came out, I was on the phone contacting the best suppliers of hockey equipment, eventually even contacting a few dealers from Punjab for the sticks who were ready to give the sticks at a discounted price. Though all this sounds tiresome, I actually enjoyed it, as I knew the potential of this whole thing in my mind from the very beginning and knew that unless I do these things none of these ideas would ever come to fruition.

4. In our college, football is a sport with more popularity and a considerable number of people play the sport, including seniors and juniors. While there has not been a proper 11 a side football team in this college for the past 5 years, did you think this little experiment would work, when the zeal and passion for sports and sportsman spirit is slowly dying away?

I honestly don't understand the football team. They have such talented players, many of whom are much more talented in football than we are in hockey, so it is quite disappointing to see that they could not come together to form a team. But that did not stop us from trying out our sport, it actually gave us all the more motivation to make a name for our college in our sport. The







fact that we were doing something no one had done before and were finding success in every step of our journey, kept us going further in every step of the way. Those who joined were truly enjoying the whole process, I was making sure that every session was fruitful.

We just had our regular practice sessions for 30 mins to 1 hour in the morning. Each session was well structured and everyone was adhering to it in such a disciplined manner. It began with a warm up, and a few stretches. Then we had to do 7 rounds around the ground. No exceptions for anyone. We would motivate everyone, girls included, to complete all the rounds. If in case the newcomers found it stressful, they had to stop at 4. But in a few days, everyone began to keep pace. After rounds we



had some more stretches, which was followed up by a barrage of fitness drills and only then would we pick up our sticks to learn a few skills. This was our daily morning routine.

The physical director saw this and he was impressed at how fast the new guys



had learnt the sport. It was surprising as to how quickly everyone picked it up, in a week everyone had already got a hang of the basics of the sport, dribbling and cracking the ball around like they had been doing so for years. Seeing all this, He told us to get ready for the RGUHS tournament, which was scheduled during the end of October.

It was just a week since we began, and already we had permission to play a tournament. We had only 2 weeks to get ready for the tournament. I told sir that it couldn't be done as it was too short a time for preparation but he told me not to look at it as a tournament to win, but as an experience against

proper teams on a proper ground that we will not get again in months. So, after consulting the team, I agreed.

**5. What was the main concern for you, as a coach and a captain of the team? Fitness of the players or their skill? Did you think your feeble team could survive a full-fledged 40-minute game, given that you decided to take a team of amateurs to represent the college?**

It was hardly a week since we began practice, and we already had a chance to represent the college in a university level tournament. I honestly thought that it is near to impossible to learn that much skill to be comparable to other colleges who have been training their players for years. The only edge we could have over others, was fitness. In any sport for that matter, all that it takes to make a good team a great team, is fitness, proper coordination and the ability to stick to the basics. So, I felt that we should work more on our fitness

and strengthen our basics, rather than focus on skill.

The next 2 weeks was like a military type training session, and took a toll on all of us. I had to push them beyond their limits. We had to keep practices in the morning and evenings. We had quite a bit of muscle pulls and projectile vomiting on that field then. Few of the boys fell ill. But we were going to represent the college and the administration had put in a lot of trust in us and decided to send us for our first tournament. So, we had to keep up our standards and at least hold our college name in good stead. From enjoying it in the first week, it turned



out to be quite grueling in the next 2 weeks. I learnt a lot during these 20 days. A lot happened from mutinees to a few fights, but everything was a part of the journey. I must say, got carried away with the responsibility to teach these novices to become professionals in 20 days and evolved into a military



sergeant kind of figure losing sight that these were my friends, classmates and even my seniors that I was coaching. But we dealt with everything like a family. We were already so close that if there was an issue, we would discuss it and sort it out in a hostel room the same day.

Looking back, we focused too hard on fitness. Aaron, who was our main striker, got a high fever and I pulled my hamstring, Reon who was our main defender got a leg injury and a few others fell ill, all around the eve of the tournament. It was an interesting experience, to overcome all this and play our first tournament

**6. So, tell us about the first tournament, about the problems faced during the**

**tournament, and the support you received from your teammates and the management during the tournament?**

That was the scary part for me. As I had tried to start hockey in other educational institutions I was in before Mullers and always failed. But to my surprise Father listened to us very patiently and agreed after a few rounds of convincing. I took a bit of white lies to exaggerate our hockey experience, saying school team players played for state and even anyone who had even watched hockey were said to be school level veterans. But we had



very interested people and I knew their passion would come to fruition given the chance so I knew these few little white lies would hurt anyone. Then management really supported us. The other hurdle in convincing was to buy a goalkeeper kit for our team which is a very expensive set of equipment which



goes into tens of thousands. But after some quick research to find the best price, the management was benevolent

enough to grant us our wish. All this was arranged in those same 20 days before that tournament. Even before we went for the tournament Father and administration showed great support and even put-up pictures of the team all over campus wishing us the best. That really helped spur us on. To support us in a sport that has lost its relevance in Mangalore over the years, and to stick with us, was really commendable on the side of the management. They saw future in it and shared our ambition and forethought in bringing and furthering the sport in Mangalore.



**7. You seem like some sort of Superman! How did you manage to carry the burden of Captaining, Managing, Coaching and playing in the team?**

Thank you first of all, for the excessive compliments. This sport really inspired me from small. In school I got the opportunity to captain my school team.





went for the school selections without him knowing and learnt the sport under a great coach who had coached a number of international players and Olympians in the past.



Our school didn't have a head boy and such, but hockey was our tradition and being the captain was everything. With a very protective Dr. Dad I didn't play many sports competitively before hockey, but this was something I wanted to take on for myself. He too was a hockey player in his hay day so this was something that I always felt was something I was meant to do. So, I

**8. Tell me about the first tournament and the problems that came with it.**

That tournament was a time we'd never forget. On arriving at Bangalore, we did expect better accommodations for our short stay. But all in all, it was a good trip and experience to play in a tournament and to practice on the St John's hockey field. St John's is known for its hockey team, which has in the past been composed of even national level players. Unfortunately, during the picking of lots to select who would play against whom for the matches, we picked St. John's and had to play against them first. Though we put in our every effort on the field, being a team of relatively less experience, we faced defeat. Still, quite a few people, including the players of the opposing team, commended our performance despite our loss. Although we went



with the sole intention of playing in the tournament, once our match was done, a few of us did participate in the RGUHS team selections, out of which, three of us, Reon, Ashik and I, got selected,



making us the first ever representatives of Father Muller's Medical College in the RGUHS Hockey team.

**9. So, could you let us know more about how it was to be part of the RGUHS team and what those ten days - inclusive of the training at St Johns Medical College- were like?**

The RGUHS tournament came at a time when the three of us weren't really in practice of the sport. Ashik had been



a novel player and Reon and I hadn't played competitive hockey since we were in school, so it was going to be a challenge. But once we got to Bangalore, and began practicing at St John's under a good coach from Bangalore, within a couple of days, we were able to feel more confident in our ability to play well. There were four days of hectic practice, 13hours a day, between

8 am to 9pm, after which we were to represent RGUHS in the national level tournament. We eventually received our blazers and hockey sticks and met with the Director of RGUHS, who was also gladly surprised to see three representatives from FMMC. Usually, the tournament is conducted by the Bangalore University at some place in or around Karnataka, but this time it was to be held at a Sports college, in Guntur, Andhra Pradesh. Our team was composed of a majority of Johnites who were some of our key players, but at this time, St Johns was holding their



bad luck, the night before our match, we received a message stating that our match was to be rescheduled to the morning. The next morning brought with it a lot of chaos, the remaining team members and even the substitutes had to reposition themselves on the field



exams and so those Johnites, who had to attend their exams, didn't travel with the rest of us. They were to join us on

until the Johnite players arrived. In the movie like twist the Johnites stopped their bus over a fly over and ran in their pyjamas to reach in time for the second half, but by then the score was not in our favour. It ended with a score of 6-2 and we had to accept defeat against the opposing team which was from a college dedicated to sport, from Andhra Pradesh.

**10. Do you think that this team is built to endure further tournaments that come its way? And also tell us about CMC Vellore and how it helped to take the name of FMMC across state borders.**

After the RGUHS tournament, we were unable to participate in many other tournaments due to the dates clashing with those of our own college examinations and events. The CMC Vellore tournament must have been around 10 months after our first tournament and we were a little rusty due to the lack of much practice in that time. We did however start practicing for this tournament more than a month before it was to occur and enthusiastically made all the







arrangements- which included seeking permission, payment of registration fee, travel, etc- much in advance so that things would go smoothly. To my bad luck I fell very badly I'll just before the tournament and was almost admitted in the hospital. But after all the prep we did I couldn't abandon the team so somehow got on that bus and went with the rest. Fifteen of us then left Mangalore for Vellore by road and on reaching their campus, we found that they had put a lot of thought into organizing their tournament well and we were also provided with good accommodation on campus. I was



known that our players have a good experience at this tournament, so that they could see how well they can do for themselves and have confidence in what they are capable of, rather than just hearing how good they are and could be from me. The first match was an eleven-a-side match, in which

though we faced defeat, I was proud of how we played against the other team. The next match that we played was a five-a-side one, and was something we had never tried against other teams before this. Our team however, did very well and I felt that they played just as well or better than most that day. We won our first five-a-side match and that definitely boosted our confidence to a whole new level. Being the first ever match we have won, it made our players feel for themselves how good they actually were. We then made it to the semifinals of the five-a-side tournament where we had to play against the host team which was CMC Vellore. We played really well and the match was at a draw right until the end, when CMC scored suddenly in the dying seconds of the match and won. Though it was disappointing to lose at the very end of the match and few of us played the match sick, it was a brilliant one and definitely a great experience for our players. The next day was the semi-finals of the eleven-a-side tournament and it had already been a tiresome trip -with the travelling, a few of us not keeping well and of course,

the first entire day of hockey matches. The match however was again a very good one and a nice experience for us on the whole, even though we weren't able to beat the opponent team. Aaron even went on to win the most promising player of the tournament. CMC Vellore was a beautiful place to see and our visit was definitely a memorable one.

The next RGUHS tournament happened to clash with the Culturals of our college and though the prospects



of us doing well in it were better than the previous year, I felt that it wouldn't be right to push all the players to make hockey their priority over Culturals, even though some were okay with it. Karthik and Aaron, however did make it to Bangalore for the RGUHS team selections and was selected for the RGUHS team, which upheld the representation of our college in the national level tournament again.



**11. By the end of the CMC Vellore tournament, what were your views on the team?**

I always believed in our team's players, because to learn hockey in 20 days and go for a tournament, is quite an achievement in itself. So, I always knew that there was something special about the team. Moreover, what I've come to learn is that even if a team has highly skilled individuals,



it takes good team spirit, collective confidence, comradery, no hierarchy within the team and a tightly bonded group of players to make a good team. And though we weren't the most experienced group of players, we did possess all these qualities that made us communicate well and effectively on the field. Learning that we were capable of all this, is what I feel, was the takeaway from this tournament.

**12. Since the team consists of a mix of players from different batches, did all of you face problems related to any egotistical clashes between the players?**

So, in our college, ragging doesn't really exist anymore, and so there isn't really much scope for the seniors to push the juniors in the team around. And if ever there was any teasing within

the team, it was taken lightheartedly by the juniors and seniors alike. And as I mentioned before, on the field, we are all equals.

**13. Do you see a girls hockey team forming anytime soon?**

I'm actually all for it, since we have a good number of people who come for our practices regularly, girls included. In fact, there have been times when the guys don't show up for the



practices, and only the girls make it, which I think shows that they are just as motivated or more to play the game. However, though we have enough players who could form a Girls' Hockey team, in order to have them play at a tournament, we would probably have to host one ourselves. Moreover, we'd have to look for other colleges which have girls' teams to participate, which may be a challenge.

**14. What made you think that we could have our very own five-a-side tournament? And did you feel that our team was ready to host a tournament and play in it as well?**

My first real challenge was to start a team. And after all the support we



received to cross that first hurdle, I felt that there's nothing to stop us from having our own tournament. This would be the first 5 a side hockey tournament in the district and the first hockey tournament itself in decades. The first obstacle in this regard was that there may not be many colleges that play hockey, but to my surprise, I learnt that there were at least twenty to thirty colleges that play hockey in our district. Many of these teams were





think of properly planning everything was to make committees for each thing that needed to be seen to. We had a total of about 20 committees within the hockey tournament itself, including committees for refreshments, hospitality, contacting the teams, announcements, prize distribution, ball boys, overseeing and much more. Each committee had a Head and Sub-Head and all the committees met a couple of days before the tournament. I had also made a document of instructions so that everyone knew what they had to do on the day of the tournament. One of the next challenges was to get funds for the tournament, and after some amount of asking around within and outside college, we received sponsorship from



passionate and really wanted a chance to play in a tournament, thus giving me positive replies. I was initially supposed to bring in around 8 teams for the tournament, but after sending out invites to the various colleges, we got 29 teams who were ready to play. We couldn't follow the more conventional method of tournament patterns as we had too many teams and only one day to complete the tournament, since the ground was needed for the football tournament as well. This hurdle led me to create a new system of points which made the number of goals scored, and not just the number of matches won, the criteria to get higher on the scoreboard. Though this method was new and I was unsure of how the teams would receive it, it ended up making the tournament more interesting, and drew all the teams toward the site of the tournament even when they weren't playing, as they would want to stay tuned to which other teams were scoring more goals and would advance in the tournament. However, the day of the tournament still had to be planned out down to the minute due to the number of matches that needed to be played in the short span of time we had. And the only way I could



a few sources including the Dakshina Kannada Hockey Association. Our tournament was to be held on the final day of Adrenaline and so there was no scope to postpone matches or delay the tournament as the DJ night was to be conducted there as well. The field also needed to be rolled out and cleared of stones, which though was done by hired labour before Adrenaline started, had to be redone by our own team just before the hockey tournament as the same field was used for the football tournament. It was few tiresome days especially for our own players, and though I was hesitant to have our team play in our own tournament since we had to also host it, they had been practicing and wanted to play for it and so we did. We fared well in our pool of the tournament, winning our first match against SDM and then winning against CMC, which took us to the semi-finals against Philomena's. Though we did play well in the semifinals, we lost the match and Philomena's proceeded to the finals. However, we still received many compliments on how well this tournament was hosted and that was a mark of pride for our college.

**15. Was it an added pressure that the tournament was open to even non-medical colleges?**

Yes, it was, but at first, we didn't know if too many colleges would agree to coming for the tournament and it was very important to make this tournament a success, and so I felt it best to invite as many colleges as we could and then see who would agree to turn up. To our



luck, many of them did turn up and the tournament had a good attendance making it a successful one.

**16. Is there anyone in particular who you'd like to thank and who you think played a big part in this venture?**

Firstly, I would like to thank my coach from Bangalore, Mr Shivaprakash without whom none of this would have taken place. I learnt all that I know about

hockey from him and further taught everyone else on the team whatever I learnt from being under his coaching back when I was in school. His methods of coaching were very advanced and we still use his unique exercises and warm ups when we practice at college. He got us to know the sport so well that I was able to guide our team to also pick it up really quickly. Next, I would like to thank Father, who has been very supportive when it came to us

playing hockey. I respect all the trust and support that father provided and how he promotes sport in our college. I think that that's something very important as it really gives us medical students a time to vent and unwind. And I would like to thank all the players, whose passion led them to learning the sport so quickly and who have been open to listening to me even though I am their classmate

and, in some cases, even their junior. I thank them for being accommodating enough to treat me as a coach and a peer depending on when I needed to play those roles. Without each of our players and the understanding we had within the team, I don't think any of this would have worked out. Along with all the above, I'm grateful for all the support we received from our college and our batches, who supported us throughout each venture. In fact, we have even gone for another tournament after Adrenaline, and received support even for that, which has helped us get into a sort of rhythm with regard to playing and competing in the sport. It has been a great journey for us in Father Muller to bring hockey in and to finally after 3 years be successful enough to come to the finals of a tournament like in CMC, conduct the first hockey tournament in Mangalore in decades and to have a few likeminded people learn and play such a beautiful sport which turned us friends into family. Our hockey team is so close now that the bond we share with seniors and juniors in the teams is one of brothers rather than players. I'm so happy that we were able to make this possible. I hope that there would be a passionate few who would carry on our legacy but even if not, we sure did enjoy the ride.





Every day as the clock strikes 6pm, for all those of you who stroll around in the campus catching a glimpse of a person all prepped up with a Yonex racquet, non-marking badminton shoes and a towel over his shoulder is a common sight. Fitness is a virtue he carries on his sleeve and though it calls for extreme dedication he never fails to achieve it.

Interviewing Rev Fr Ajith Menezes – Administrator of FMMC and FMCOAHS has been a privilege. Despite having a plate overfilled with responsibilities, he made time for the interview which in itself was the icing on the cake and for which we are extremely grateful.

# SERVING & SMASHING & ACING



## Q1. At what age did you start playing Badminton?

Fr Ajith : 'I was really young when I first started playing the sport. Almost a few decades back probably when I was 10 years old.'

## Q2. Best experience you have had in Father Mullers.

Fr Ajith : 'Being a person who loves sports, and having a background from the civil engineering field were my greatest aids for the best and dearest memory that I have had which was Planning the indoor stadium, inaugurating the indoor stadium and now playing in the indoor stadium every day. Which perhaps I missed the most during the lockdown.'

## Q3. Name the person whom you look up to and why?

Fr Ajith : 'I will first share a quote "I think each medal has its own importance". These were the words of Mr Pullela Gopichand. He has not only bought glory to the nation but has also coached some of the most fine badminton players and continues doing so in his academy. He is someone who inspires me a lot and is dedicated towards his game and who has all the qualities that leads to success which is why I really admire him.'

## Q4. How do you make time for work, play and religious duties?

Fr Ajith : 'Fortunately or Unfortunately I do not make time so its okay. What I do is manage the



24 hours available to the best possible way. We all know that "Only work and no play makes Jack a dull boy" Prioritising is the key. There have been days where I have had to compromise, work a little more or refrain from long hours of playing but eventually it all goes on smoothly even if it includes taking a choir practice in the chapel in my Badminton outfit just before I go to the indoor stadium.'

## Q5. Do you play any other sport?

Fr Ajith : 'During the 4 days of Adrenaline or anytime there is an inter-batch competition the place where you will easily find me is either on the ground or in the indoor stadium. Sports has always been close to my heart, but listing out all the sports that I play ,may in the future need you to interview me for a long list of games . So yes I do play many other sports but for now I will keep it short and mention only CRICKET.'

## Q6. What according to you are the qualities required to play Badminton?

Fr Ajith : 'Perseverance, dedication, hard work, commitment, focus, confidence and always learning both from your failures and your victories are very important. Play using your mind, but love the game from your heart.'

## Q7. Your most memorable/funny experience in the game?

Fr Ajith : 'Before the Indoor stadium was built, we used to play in the old badminton court which I hope most of you are aware, swabbing and mopping the court along with The Director and then playing was one of the most memorable experiences.'

## Q8. Would you ever go to play a professional match?

Fr Ajith : 'Yes sure. Be it using a brace and going for physiotherapy for my tennis elbow or having knee pain there wasn't anything that stopped me in the past or stops me now from continuing to play.'

## Q9. What does badminton mean to you?

Fr Ajith : 'Apart from badminton being my passion and my stress buster, for me this game is a discipline. It is something that teaches me so much and something I enjoy too.'

## Q10. What would you like to convey to the students and staff?

Fr Ajith : 'The Indoor stadium is a state of the art infrastructure. You may be here for a couple of years but having such a facility is indeed a blessing in disguise. Make the most out of it. For all those of you who are interested in sports, take out time from your everyday schedule and devote it for YOURSELF. Take active part in the competitions. You never know the next National winner may be one of you who started training here.'

“ EVERY CHAMPION WAS ONCE A CONTENDER THAT REFUSED TO GIVE UP. ”





## Explain about your UG life and how was it compared to PG life at Muller's?

You cannot really compare anyone's UG and PG life, as it is a totally different age when you join your UG, at around 17 – 18 years, while you join your PG at around 24 – 25 years. So, no matter where you do your MBBS from, in terms of where you get your degree,

# The Sportsman's Spirit

**Dr Kiyana Mirza**  
Orthopedics PG

cultural activities or sports, it really does count. The amount of exposure to sports in my UG days is probably more than what I got during my schooling. So it's quite important, though, not a compulsion, to enjoy the UG days as much as possible.

The culture for me in UG at St. Johns' was to finish all the class, or clinics by 4:30, and then change quickly, get on the field and,

just do what you do best. There's this atmosphere where juniors and seniors get together and, here, hierarchy doesn't matter. There's no junior - senior thing, no calling sir or ma'am, whether you're an undergrad or a post grad. You are equal on the sports field. That's the beauty of any team sport. It teaches you a lot about how to work as a team, how to build up chemistry. As a doctor, that is more important, working as a team. You need to be able to accommodate the entire team, and be able to do what's best for the patient, as a team. So, if you are a person who has been a part of a team sport, or event, you will not have trouble working in that scenario, because, you know that you don't stand alone.

## Let us know about your passion for the sport and how much it influenced your character?

I think I would not be half the person I am if it was not for sports. Each sport that I have participated in, has taught me something about myself, whether it was how to work in a team, when I used to play football as a kid, whether it was captaincy, and to lead from the front when I played basketball in college, whether it was wind surfing, which taught me that endurance matters and you cannot give up, or sailing, where you are a smaller team, but you can make or break a situation. So all these values are very essential to build your character and that captaincy, leadership, team spirit and stamina that you develop, you can carry that to any aspect of your life. It teaches you an ethic to live by. Without that, I feel like a lot of them do miss out on the quality of doctor that they are capable of being

## Give your UG juniors a few tips on how to balance sport and studies, some tips and tricks straight from the horse's mouth.

The maximum amount of sport that I have participated in, was in my final year MBBS. That was the year I had my maximum number of accolades, both academically and on the sports front. It is a delicate balance, where you do what's healthy for you, wake up in the morning, go for a run, push yourself, get the endorphins up and you translate that into something positive, like, study harder using that energy, and you end up doing well. Everyone around me was worried that I was taking part in so many events, despite being in final year, that I wouldn't be able to do well academically. Finally I ended up getting a distinction in pediatrics. I do credit all of that to the fact that I was able to strike that balance. So, my advice to the UGs is this. Yes, you have to study, you have joined this course for a purpose, and it's not to get a sports quota in the end. But if you can find that balance, you will be able to achieve a lot more, you can actually bring out the best in yourself. When you come to the clinical side, try and bring a team spirit, bring your leadership skills and bring that ethic that we use on the field, into your work as well.

**After working really hard on the sports front and academically, Dr. Kiyana was the first female to receive the Dr. Rev. Percival Fernandez award, for the best sports person of the year, among medical college students. So, you can really do anything, if you put your mind to it.**



your eventually going to finish the 5 and a half years and get your degree. But the amount of character building that happens during these 5 and a half years and the role that extra-curricular activities play in helping build character is huge. Be it





# PIN it to WIN it.

Dr. Pankhuri Monga, Psychiatry PG

## Explain about your UG life and how was it compared to Pg life at Muller's?

Well, I did my UG from Jawaharlal Nehru Medical College, KLE University, Belgaum. It was a complete change of culture and weather for me, since I am from Rajasthan where we don't get to see rain much (or not at all [*Smiling Face with Open Mouth and Cold Sweat*]). I made some great friends and was taught by very humble and knowledgeable doctors and teachers. I was

the literary secretary of my batch, so all those fests, events, conferences, trips left a permanent cherishable impression on my memory lane. And the best part was that Goa was just 150kms away from my college. [*Winking Face with Tongue*]

And there is no comparison between your UG and PG life. You are a grown up when you enter pg, have much more responsibility on your head. You are answerable to the patients. The sleepless nights, long hours of ward work and the never ending new information which keeps adding to your syllabus. But if you are doing post graduation in the branch of your choice, the work doesn't feel like work. I enjoy every bit of Psychiatry. I knew since my second year of MBBS that this is what I want.

## Let us know about your passion for the sport and how much it influenced your character?

It started in school, when I was told by one of my physical education teacher that he would like me to give a try for "judo". I had zero knowledge of the same. But I started going to school in the evenings for practice just because I wanted some activity. Gradually I started to realise that playing any sport for that matter, or just some sort of physical activity in your daily life has a lot of impact on your health and mindset. I played at zonal level till my senior secondary



is the key. Having a routine for the next day in your mind before going to sleep makes a lot of difference. Knowing where you have to use how much of your time makes things a lot easier. Prioritising is of utmost importance. And having a sport in your life will help you in preparing for exams as well. It acts as a mood enhancing activity (something which we all need when we are tired of reading those big books), a break from the monotonous, study-work routine.



but the mindset that I had developed during those years got much more discipline in my life and that is something which is required for your mental as well as physical health.

## Give your UG juniors a few tips on how to balance sport and studies, some tips and tricks straight from the horse's mouth.

Regarding how to balance both, it is not something which is impossible if you actually are interested. Time management





## LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD – HIPPOCRATES.

Dr Nicole an alumnus who is currently working in the department of Pharmacology is an extremely talented and acclaimed person in campus among both students and staff. She has an enthusiastic personality and is a box of novel ideas, always mentoring and encouraging her students.

started from heating food for lunch to making an egg, French fries or our most loved and go to dish – Maggie. I have made a whole lot of mistakes, burnt stuff which cost me scrubbing a lot of dishes but that never stopped me from cooking.

My role model definitely would be my mother who despite having to leave the house at 6.30 in the morning for work would make sure that she cooked us breakfast, packed our tiffin, and also made lunch, so that we could get back from school and grab a bite. As a kid I couldn't appreciate it, but now when I look back, I understand

and from Gujarat to Arunachal Pradesh it has many unique flavours. Our very own state of Karnataka has a wide variety of food with such a divergent use of spices. The Konkan coast has a diverse group of people; from different backgrounds and religions; who have their own lone way of using spices, coconut, vinegar, coconut oil; making every dish much more exclusive and a lot more appealing. There are a bunch of people I look up and read about on social media from various parts of the world. There is so much to learn and imbibe which refrains me from having a liking towards a specific cuisine.

### Q3. WHAT IS THE WEIRDEST FOOD COMBINATION YOU HAVE COME ACROSS?

Dr Nicole Pereira: There isn't anything weird as such, but I have come across a variety of interesting textured delicacies. When I travelled to Japan, we got to eat sashimi which differs from sushi in a way that sashimi is made of fresh raw meat. We had whale sashimi, snail sashimi also horse sashimi served with soy sauce. Yes! so usually before we plan a travel I love reading up and researching on the place, right from what it is famous for to its unique cuisine. So, I remember this place we Planned on visiting and eventually did visit in Tokyo, Japan; which literally used every part of the chicken. On the menu they had chicken offal (head, uterus, intestinal, ovaries) placed splendidly on the skewer. It had everything that you couldn't dream of! That was something enthralling we came across.

### Q4. COULD YOU ELABORATE ONE OF THE MOST MEMORABLE AND UNFORGETTABLE COOKING EXPERIENCES?

Dr Nicole Pereira: I have this thing! whenever I visit the supermarket, I tend to spend a good amount of time in the aisle; looking at various food items, reading their ingredients, seeing where they come from etc. So, a couple

how meticulous she was in her work that at the back of her mind she always knew, she had to prepare a meal for my dad and the both of us. So, without a doubt it is her whom I look up to.

### Q2. IS THERE ANY SPECIFIC CUISINE YOU LOVE COOKING?

Dr Nicole Pereira: There is nothing specific, but I really enjoy cooking Indian cuisine because it's so diverse, right from Kashmir to Kanyakumari

of years back when I was at Nilgiris, a place which I visit till today, I came across these bottles of Miso paste that is fermented soybean paste which read "manufactured in Mangalore". I was like MISO IN MANGALORE! who produces this paste in Yeyyadi (a place in Mangalore)? I was so curious that I decided to try the paste. Its then that I happened to find Nori sheets and planned on making Sushi for dinner. This was all around the same time when we were planning a trip to Japan, so as I told earlier, I went through and reached on their culture, food, people and lifestyle. I was then keen to learn their language and thus started my hunt for a Japanese tutor in Mangalore. To my luck I came across this person who was a Japanese national and I began my Japanese classes with him. You won't believe this! He was the same guy, the one who manufactured Miso paste at his own factory at Yeyyadi. Then began my journey with my Japanese teacher Masahiro Monoi and we hit it off. He even took me to his office where he manufactured Miso and his manufacturing unit, it is here, where I picked up a lot of stuff and learnt so much about the Japanese cuisine. He then slowly started expanding his business to Bangalore. The news of his business reached to his friends back in Japan and they wanted to know who were the customers who used this

paste in Mangalore. After knowing this, one of the leading TV channels called TOKYO TV contacted him, and flew down from Japan to Delhi and from there to Mangalore with their entire crew. We had a discussion along with the crew and they were excited to feature me on their channel, talking about how I use Miso in my Mangalorean cooking. I further made a couple of local dishes with Miso like cockles and clams and rice dumplings and a Mango Salad.

So, from merely buying a bottle of Miso from Nilgiris to being featured in Tokyo was indeed one of the most memorable experiences.

### Q5. HOW DO YOU MANAGE TO BALANCE YOUR PROFESSIONAL LIFE AND YOUR HOBBY?

Dr Nicole Pereira: That is an interesting question and the answer is- it is not at all easy and it requires a lot of planning that has to be done before hand. I believe, for anything in life, you need to be meticulous, for which you need to plan in advance. If you observe I always have a little book in my hand or in my bag and a pen or you'll find me taking notes on my phone, it's to jot down an idea or recipes that I think of and then later improvise on it. This helps me setting my ideas and thoughts in a particular place. I always plan the previous night for my next day. For a Monday morning, the evening before



that I spend at least 6 to 7 minutes planning out on how my day should begin; with a little bit of exercise in the morning some "ME TIME "and then work, and what my schedule at work will look like. I make sure that I keep 20- 30 minutes of something to focus on and at the end of the day I go through my schedule and then put a tick mark (done) or a cross mark. If a task is not done, I do spend some more time to complete that task by evening before we sit for dinner. It is very important to keep that balance and enjoy life. "You die once but you live everyday" this is something one of our travel friends told us which really stuck with me. So, I live by that! If I don't feel okay, I put aside things and take some rest, do some meditation, which helps me align myself. Detoxing oneself from their phone is extremely necessary because there will be many people who want you and need you, but if you don't take care of yourself, you are never going to be able to give your 100 %. First make sure YOU are okay and then everything else will eventually fall into place. Yes.... Work is hectic at times but I make sure I do not over work and then not do something. It is hard to balance that scale and I do fail at times but I try my best and figure my way out of it.

### Q6. WHAT IS YOUR STAR COOKING INGREDIENT?

Dr Nicole Pereira: SALT for sure! I don't think anything without this will ever

## CHEFFING IT UP



### Q1. WHAT IGNITED THE PASSION OF COOKING IN YOU? WHO WAS YOUR ROLE MODEL?

Dr Nicole Pereira: "Need is the mother of all invention" I have been cooking for many years now. I started really young probably from the age of around 7 or 8. I remember I was so tiny that I could barely reach the gas stove and had to hop on to a stool to get there. I took care of my little brother while my parents were at work so it





taste good. It is an ingredient that has that has the power to both make and to destroy when added in too much quantity. It is salt that brings out the umami in everything we eat. It is that star which makes a dish taste divine.

**Q7. CONSIDERING THE AMAZING TALENT THAT YOU HAVE; WOULD YOU EVER LIKE TO PARTICIPATE IN A COOKING REALITY SHOW?**

Dr Nicole Pereira: UHMMMM... Probably if I did have the time and if I didn't have a day job, I would definitely put all my heart, soul and energy into something I love doing i.e., cooking. Maybe I would have enrolled myself in a cooking school, studied 3 years and perhaps would have taken part in a cooking show. but I don't know where it would take me after that (laughs). SO YEAH, MAYBE I WOULD... IF I WASN'T DOING WHAT I AM DOING.

**Q8. WHAT IS YOUR COMFORT FOOD?**

Dr Nicole Pereira: My comfort food is very interesting and it would be my Mai's (Grandmother) boiled rice with a little bit of curd and her homemade pickle. Whenever I go home, I manage to eat so much of that rice but cannot eat as much when I am the one cooking. She cooks all the meals including boiling rice on an open fire and that adds a special flavour, which cooking on a gas can never match. We make a kind of MAJJIGE at home, that with Mai's homemade pickle is something I really love!

**Q9. IS THERE A "NICOLE TOUCH" TO ALL THE RECIPES YOU PREPARE?**

Dr Nicole Pereira: That's a good question... I am not really sure about a "NICOLE TOUCH" but I do know that what matters is presentation. For me whenever I look at food it should be appealing You should find a balance; it shouldn't be overdone or under done. Here a perfect balance is the key! Undoubtedly, there are many things that goes in making a dish yummy

but it is the appearance that draws people to it. Rightly said, "Eyes are the windows to the soul".

**Q10. COULD YOU GIVE OUR READERS SOME SPECIAL COOKING TIPS?**

Dr Nicole Pereira: Always plan and prepare well in advance. Make sure you have a list of all the ingredients



that you want. In case you are referring to a recipe make sure you have read it before. Make a note on why the recipe demands a particular thing and the reason behind it. For e.g. why they marinate for so long, why the use of a particular temperature, etc. Always go by your instincts. Whenever you are cooking meat make sure the temperature is right, if the meat is too tough use a tenderizer or salt. Marinate the meat well and identify the right method of cooking out of all the options available depending on the output that you want. For a curry use the right amount of spices and don't make it over powering. While cooking vegetables there should be a subtle flavour of oil, salt and coconut. Cooking ends only after the cleaning is completed, so make sure you clean up or use a few hands for help

because it can be really tiring though it is enjoyable. All said and done cooking is a beautiful process, it is very calming, relaxing and you can just enjoy being by yourself. It is extremely THERAPEUTIC!

**Q11. IS THERE A SIGNATURE DISH YOU WOULD LIKE TO SHARE WITH US?**

Dr Nicole Pereira: I don't have a signature recipe as such, it just depends on my mood. There are days where I want to dig into the Chinese cuisine and some other days it is only home food and few days Mediterranean. Sometimes it's only a salad that I crave tossed in some olive oil and few olives. So, it all depends on what your gut and your body demand.

**To all you fellow students who are already drooling and thinking about all the delicacies Ma'am prepares you can always head up to her Instagram account**



Trust me it is a treat to the eye!

Interviewed by Jocelyn Vaz BPT 2017

# A MESSAGE OF HOPE FROM A PERSON WHO HAS SPENT HALF A CENTURY SEEING THE FAMILY MULLERIAN GROW

Charlie uncle is a leprosy patient who has been here for very long, who still continues to interact with students, staff and the members of the management. Currently in the 'U' ward he still gets excited to share his entire journey and all his experiences in FMMCH with anyone who pays a visit to him.

Charlie Uncle - "51 years ago when I stepped into this hospital, it was just a small ward with a few doctors, and today it has grown to be a banyan tree with so many facilities.

Decades have passed by but what makes Mullerians stand apart from the crowd, is the education, the etiquettes, and the knowledge this place provides.

I have seen Directors and administrators come and go but, each one of them worked zealously to make Father Mullers a name that will be known around the globe, the students are so lucky to be a part of a college that has such a huge hospital attached to it.

Over the years the medical field has advanced a lot, when I first came here as a leprosy patient and resided for 46 years in the St Joseph Hospital near the Chapel, people with skin diseases were treated like how Corona patients are treated today, like untouchables, but as time has passed people's approach, and the awareness has improved and changed which has benefitted us.



COMPASSION, EMPATHY, SELFLESSNESS are the qualities that every medical professional should have, be it a doctor, a nurse, a physiotherapist, a lab technician, an imaging technician, or a speech therapist. (These are all the courses I am aware of; I am sorry if I have missed out on any

It is only through these qualities that you can actually heal and comfort.

I have seen fights over religion, I have seen doctors been ill- treated, I have seen people going unappreciated for their efforts, but these are the vices that will continue to remain.

The challenge lies in overcoming them and serving the patients to the best of your abilities.

Covid has not affected me much, but the news has kept me updated on the sacrifices all the medical personnel are making. KUDDOS to all of you and God bless you abundantly.

For someone like me who has spent most of his life in these 4 walls, you doctor nurses and paramedics are like family.

Patients have come with tears and walked back with smiles because of all your efforts as a team.

My message to everyone is simple, remember you are a human first and let humanity prevail over any other degree that you hold. No one can do anything alone, we are all a team, so no matter what course you study remember you are an important person in the health care profession.

From being a small boy who walked in, to being a person to whom students and staff all come for blessings today,

From a small ward, to such a huge hospital,

A new casualty, renovated wards, new water tank, and so many other changes

Its an honour to be at Father Mullers.

And I proudly tell everyone that every hair on my head that has turned grey and fallen has a story of Father Mullers to narrate.

I have one request-

Always continue to remain grateful to your Alma Mater."

An evening conversation between uncle, Sweedal Sequeira and Neha Mendonca. (Interns AHS 2017)



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*The one with the  
cleanest aprons,  
and widest smiles*



SECTION SIX





**MBBS 2016**



**MBBS 2017**





**MBBS 2018**



**MBBS 2019**





**AHS STAFF**



**BPT 2018**



**AT, OT and RDT**



**BPT 2019**



**BPT 2017**



**PHYSIOTHERAPY STAFF**





**MIT 2018**



**MLT 2019**



**MIT 2019**



**MPT**



**MLT 2018**



**MSc MLT**





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**POSTGRADUATES**



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**CENTRAL LIBRARY STAFF**



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**NON TEACHING STAFF**



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2014



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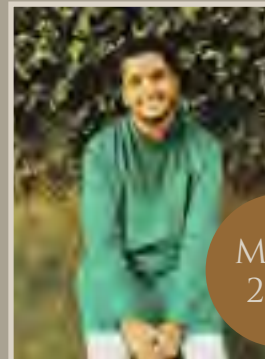
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2014



Dr Aishwarya Mathew



Dr Alwin S Abraham



Dr Arun George

MBBS  
2014



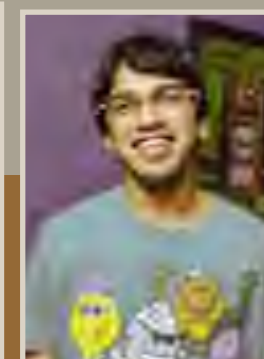
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MBBS 2014 ●

BSC MLT ●

BPT ●

BSC MIT ●

BSC RT ●

MLT (PG) ●



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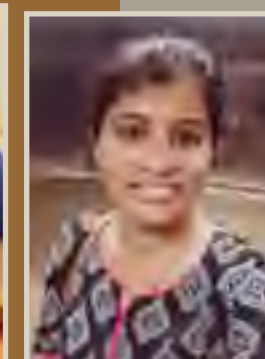
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Dr Linda



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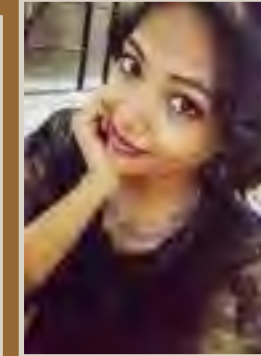
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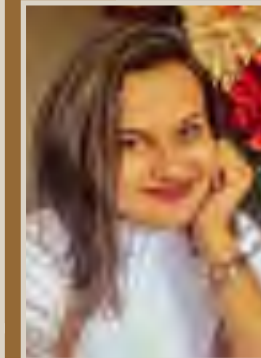
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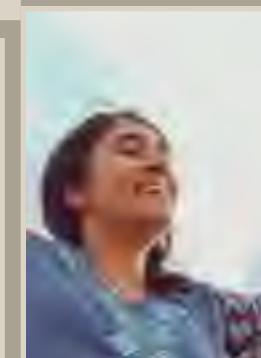
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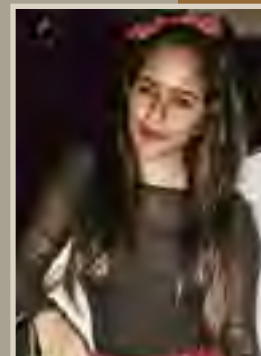
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MBBS  
2014

MBBS  
2014



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Mr Savio Jose



Ms Nishitha



Ms Preenu Mathew



Ms Ramsha Sheikh Nayaz



Ms Riyamol Sabu



Ms Rochelle Tauro



Mr Shabaz



Mr Shahil Sheik



Mr Shibili



Mr Tojin John



Ms Aathira Sreekumar

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Ms Ruby Philip



Ms Sharel Nazareth



Ms Shikha Fathima



Sr Shijit

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Ms Deepna



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Ms Jesmy Elsa Roy



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Ms Jyothi



Ms Renisha Divina Dsouza



Ms Nagaratna Anandu Borkar\_



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Ms Sandra Mathew



Ms Sonet Swariyar



Sr Sonia Joseph

MLT

MLT



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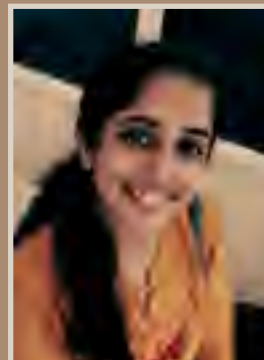
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Ms Sahala K P



Ms Smitha Dsouza



Sr Sabina Mukhia



Ms Vinita Lewis





## Epilogue

Goodbyes hurt and having to bid adieu to a magazine we have been working for more than 2 years hurts a little more. ( Inserts emojis )

Its a goodbye to many memories, many bunked lectures, visits to the Administrator's office and troubling a million people despite their busy schedules.

Naming people and thanking them would require a couple of pages

So to keep it short

We are thankful to every person who has made this journey better and easier by their suggestions, prayers, support and have given us a listening ear anytime we needed to rant.

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And to all of you thanks for being patient enough for this edition.

Lastly as we say goodbye to our readers, remember each one of you are a beautifully created puzzle, an asset, a star that should always continue to shine.

### Photo credits

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