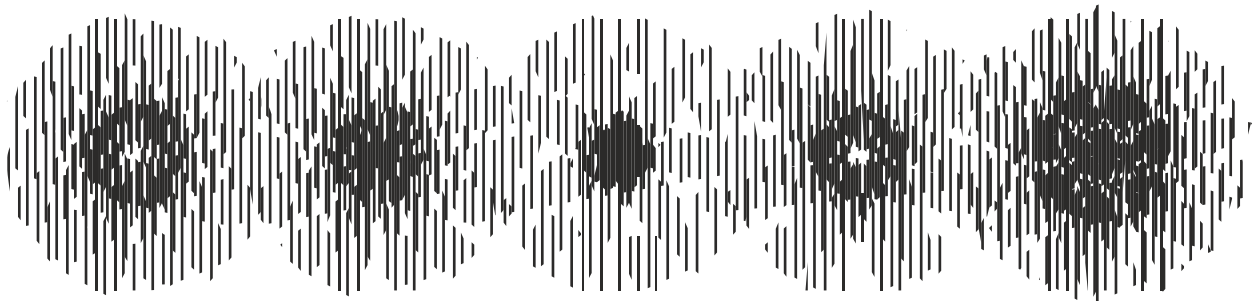




# MULLERPULSE 2018

Father Muller Medical College





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The cover page design is based on Moiré pattern. Moiré patterns are interference patterns that can be produced when an opaque ruled pattern with transparent gaps is overlaid on another similar pattern. To reveal the name of the magazine, slide the bookmark over the pattern.

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*Go forward in the direction of your DREAM*

*Stop waiting for the right moment, it's NOW or never*

*May the path to your dreams be guided by NEON lights*

*Don't lose hope even if it's your TZAMETlan attempt or 15<sup>th</sup>;  
you have it within your DNA to succeed*

*Live the life YOU imagined*


*Leave an everlasting IMPRINT, a MONTAGE of all your deeds.*

Excuse Me, please

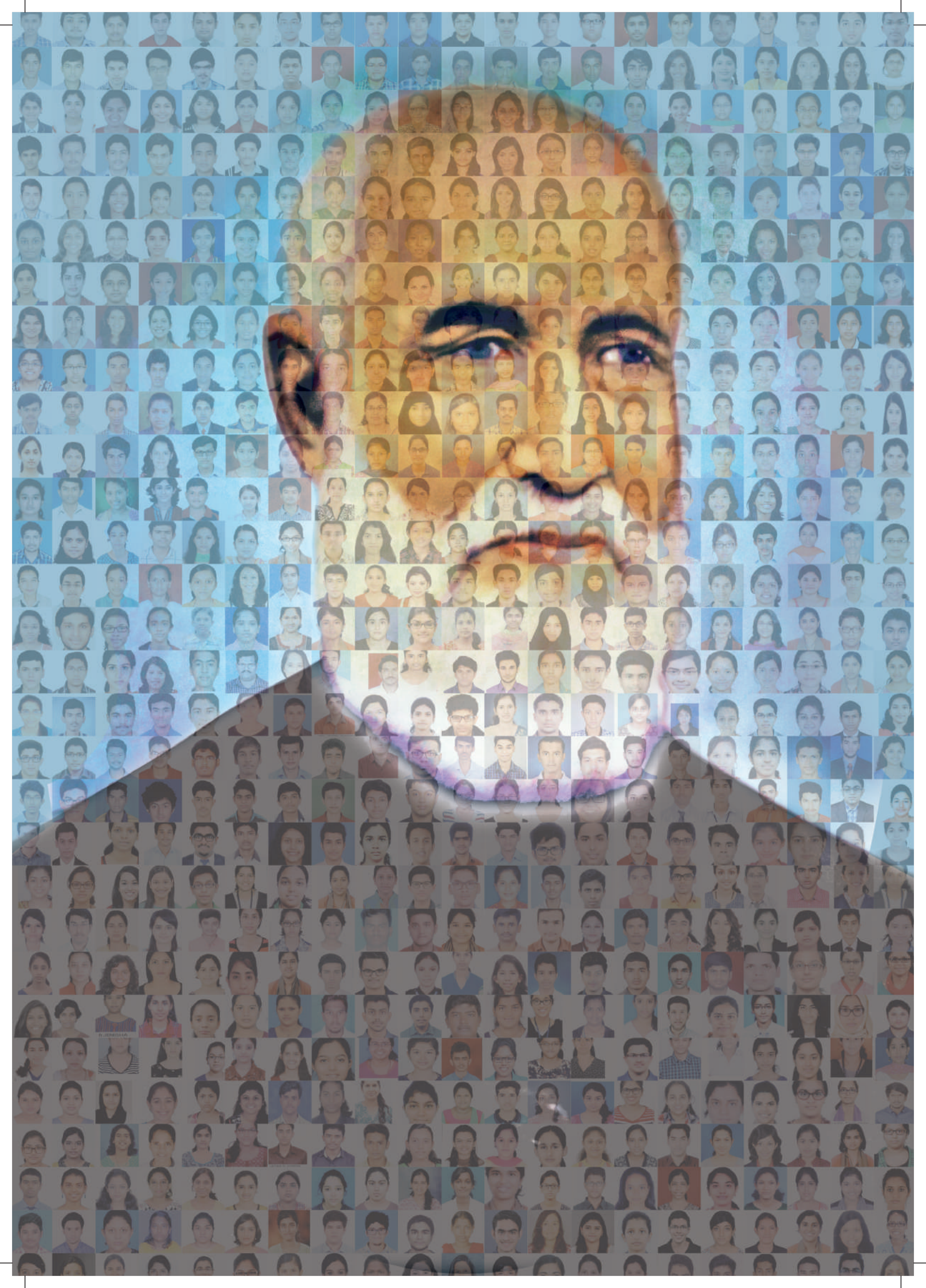
**PUNCH**  
పంజాబ్



*Always remember, if anybody comes in between you and your dreams ,  
PUNCH THEM (well, atleast in your mind)*



*To the daydreamers and night thinkers,  
To those who believe in the beauty of their dreams,  
To those who dare, go forward and make them come true.  
To my family, friends who became family and my high school English teacher who taught me letter writing.  
To Batch 2014 for helping me realize my dreams  
To all those who came to LH1 at 4:30pm and turned this dream into reality.*



# EDITORIAL BOARD

**Editor-** Savitri Kini

**Staff advisor-** Dr Sudarshan Pai U

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Vinolyn D'souza





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the editorial board members have high regards for the institution, staff and students and have no intentions of demeaning anyone through the contents of the magazine



## A MESSAGE FROM THE DIRECTOR



It appears to me that just a few weeks back I wrote the message to Muller Pulse 2017 but so soon a year has passed by and one more Muller Pulse is at dawn. The Muller Pulse 2016 dealt with discovery or self-discovery, "YOU" was the key word and Muller Pulse 2017 had the caption "NOW" it is not yesterday nor tomorrow but now you live fully active and alive. This year I am told the theme is "Dream". There are people who dream and press towards actualizing their dream.

As students you need to dream and work hard to realise or actualize your dream. Every year the batch that takes up 'Muller Pulse' the student's magazine along with the Editorial Board gives a clear sign to us that "Medicos are dreaming". If you aim high you will reach to that point. Each year batch after batch makes 'Muller Pulse' attractive, colourful and creative bringing out original articles, literary pieces, paintings, arts and so on and so forth. I do appreciate the critical thinking, technical know-how and technological tools used for self-expression, self education, promoting values and belief and to bring out such a beautiful magazine. It is the dream of the Editor and the Editorial Board to bring out the best from their batchmates and friends.

Dream to become a reality needs hard work, effort, determination, confidence and risk taking. I am of the opinion that Ms Savitri Kini with her simplicity and humility has actualized her dream in bringing about this great Muller Pulse 2018. I congratulate the Editor and her team for their sleepless nights, hard work and effort. It is a wonderful experience to all of you because experience is not what happens to a person but it is what one becomes, with what happens in life.

Congratulations and God bless you.

**Rev. Fr Richard Aloysius Coelho**

## A MESSAGE FROM THE ADMINISTRATOR



It is indeed an absolute delight to pen down a few words for this year's annual magazine, Muller Pulse.

As we all know, you and I live in a world of rapid changes. In this encounter, discussions have taken place about online education or web based universities. A question comes to mind - is education only an information? Imparting knowledge from one head to another? Or is it something more? For us, Mullerian Management, education is coupled with information and formation. Formation to be a better human being and a confident professional.

Abraham Lincoln wrote a letter to his headmaster when he admitted his son to the school. I would like to place some lines here "Dear Sir, teach him if you can, the wonder of books, but also give him quiet time to ponder the eternal mystery of birds in the sky, bees in the garden and flowers on the green hill side. Teach him, it is far more honourable to fail than to cheat. Teach him to have faith in his own ideas. Teach him always to have sublime faith in himself because then he will always have sublime faith in humankind." Yes we have a big task ahead during the year and the years to come. As management, I affirm, our faculty is well informed and formed to achieve this task.

Dear readers, "Muller Pulse" is a master piece and a witness to the information and formation rendered here in this institution. As I congratulate the editorial team who have designed this magazine, I add up my prayers, blessings and sentiments of gratitude to you all.

Rev. Fr Ajith Menezes

## A MESSAGE FROM THE DEAN



I am indeed happy “Mullerpulse 2018” the Annual Institutional Magazine, an effort of the students’ council is due to be released.

Over the years, the quality of the magazine has improved drastically and it would be a herculean task for every batch to improve upon it. I am sure, that the present magazine committee, which is a part of the students’ council will leave no stone unturned to keep up the reputation built over the last decade.

I am a firm believer that each one of us have a hidden talent. It is that which has to come out in open and every magazine gives an opportunity to express it. I am sure the magazine committee has tapped such talents from many a student and staff as possible.

The Magazine released in the past had a wealth of material. I am sure the present committee and the staff editor have continued the good work of the predecessors.

Wishing the team the very best and also those who go through the magazine, a visual and intellectual feast.

Dr. Jayaprakash Alva

## A MESSAGE FROM THE STAFF ADVISOR



The Essence of Creation is in their “DREAMS”. Dreams are important and necessary because without them there is no ambition to in life. There will be no goal to reach. A life without Dreams is like invisible shadow. It is my immense privilege to have been working with the editorial members of the Muller Pulse 2018 as a Staff Advisor. It is a DREAM, a journey, a quest and most important of all an opportunity to meet and work with the creative young minds at Father Muller’s. This Annual College Magazine not only provides a platform for showcasing the academic & cultural might of the institute but also highlights the historical record of the growth of the college activities.

Most people have “DREAMS”, big ones or Small ones. Even the most successful people had Dreams. But with Dreams come great Responsibility. It is just not enough to Dream and forget about it. Many people Dream, but only some wake up and work for it. The students of Magazine Committee of 2018, spearheaded by Ms. Savitri Kini have dedicated their enormous effort and time to bring their creative treasure Muller Pulse 2018 “DREAM”.

This is My DREAM, Your DREAM, and Our DREAM. THIS is a DREAM RUN. I take this opportunity to thank the creative young minds (Students) of Father Muller’s and faculty for supporting the editorial team of Muller Pulse 2018 with exhaustive intellectual and creative content the proof of which is right in front of you.

As I pen down this message I recollect a famous quote of Harriet Tubman (American rights activist): “Every Great ‘DREAM’ begins with a ‘DREAMER’.” Always Remember, you have within you the strength, the patience, and the passion to reach for the stars and to change the world.

**SO DREAM ON. LET THE DREAM RUN BEGIN**

Dr. Sudarshan. Pai. U

## A MESSAGE FROM THE EDITOR



Close your eyes...MAKE A WISH..anything, ANYTHING you want, everything you want. Do you have it?  
GOOD.. now believe in it with all your heart.

Believe in it all the way, implicitly and unquestionably.

We spend so much of our time dreaming, but dreams are necessary. Without dreams there is no ambition to chase, no goal to reach. Always create the highest, grandest vision possible for your life because you become what you believe. So, always believe in dreaming big. There will be obstacles, doubters, mistakes, naysayers and setbacks along the way. With hard work, perseverance and self-belief, there is no limit to what you can achieve.

As Mark Twain rightly said, "Twenty years from now, you will be more disappointed by the things that you didn't do than by the things that you did. So, throw off the bowlines, sail away from the safe harbors, catch the trade winds in your sail. Explore. Dream. Discover". Don't be pushed around by the fears in your mind. Dare to live the life you have dreamed for yourself. Go forward and make your dreams come true.

Being a part of the Magazine Committee was indeed a dream come true for me. It has taught me more than what any book could ever have. I used to consider myself as a 'stand-alone' but my stint as an Editor taught me the importance of team work . This magazine wouldn't be what it is, if it had not been for the undeterred will, tireless efforts and undying enthusiasm of my teammates. It is only because of them that this DREAM has turned into REALITY.

"Mullerpulse" is not merely a tool of recreation, but rather, a platform to express. I am awed by the sheer number of articles that have come pouring in.

We hope that you enjoy reading this as much as we enjoyed creating it.

And always remember that if your dreams don't scare you then they are not big enough. So, DREAM BIG, work hard, stay focused and always surround yourself with people who believe in you and empower your dreams.

The girl with a million dreams but falls asleep in class.

*Savitri Kini*

# Annual Report 2017-2018

Father Muller Medical College has over 1622 Students studying in various Courses. Out of these 850 are Undergraduates, 248 are Postgraduate and 524 students are in Para Medical Courses.

## RESULTS:

In M.B.B.S results were more than 80% pass in all phases and Postgraduate Degree/Diploma results were 90% and Allied Health Sciences the results were above 80%. The Final year MHA, M.Sc. MLT course students have secured 100% result in the University Examinations held in October 2017.

## IMPORTANT EVENTS:

The following Increased Postgraduate seats were recognized by Medical Council of India.

MCh Urology	- 1 seat
Medicine	- 8 to 11 seats.
Paediatrics	- 4 to 7 seats
Anaesthesiology	- 4 to 6 seats
Orthopaedics	- 5 to 7 seats

MCI Granted renewal of Recognition for 2 PG Seats in Biochemistry.

Annual Inter-Collegiate Cultural and Sports Fest (Adrenaline) was held from 22.02.2017 to 25.02.2017.

The Graduation day of Father Muller Medical College was held on 01.04.2017 at the Father Muller Convention Centre.

The inauguration of the Post Graduate Courses for the year 2017-2018 was held on 20th June 2017, MBBS Course was held on 1st September 2017 and Allied Health Science Courses – MHA, M.Sc. MLT, MPT, BPT, B.Sc. MLT, B.Sc. MIT and B.Sc. RT was held on Tuesday, 12th September 2017

The fourth edition of Muller Model United Nations was held on the 18th and 19th August, 2017.

The renovated Eye Bank and a new Ophthalmology OT was inaugurated on 2nd September 2017. Rev. Fr Richard Coelho, Director, FMCI blessed the new Eye Bank.

The Mullerpulse 2017 Annual Magazine of FMMC was released on 16th October 2017.

On the 31st of October, 2017, Students Council organized “Flaunt Your Haunt” - Fund Raising event with the funds raised to the tune of Rs. 34000 for the cause of Dialysis.

The Blessing and Inauguration of the Digital Evaluation Room of Father Muller Medical College was held on 2nd November 2017.

The investiture of the student council for the year 2017-2018 was held on 4th November, 2017 the Decennial Memorial Hall.

Department of Orthopaedics celebrated Silver Jubilee in view of completion of 25 years of starting PG course. A CME and Alumni Meet was organized by the Department on 11th November 2017.

Teachers day and Onam feast was celebrated on 5th September 2017

Student Development committee organized World Environment day, USMLE Workshop, World Aids day, Yoga Day, during the year.

## STUDENTS IN NEWS:

1. 7 PG Degree / Diploma Students have secured ranks in the Rajiv Gandhi University of Health Science examination conducted in April 2015.

2. During the year 2015, 9 MBBS, 7 BPT, 4 MIT, 1 RT and 1 M.Sc. MLT students have secured ranks in Rajiv Gandhi University of Health Science examination

3. PhD degree in Microbiology was awarded to Mrs Sherin Justin and Mr Ramanath K (PhD scholars) by RGUHS.

4. Mr. Jude D'souza, participated an International conference (Physio Nexus- Together Towards Tomorrow) on 27th and 28th January 2017 at K.S Hegde Medical College and Secured first place in Scientific poster competition for his topic "Non invasive brain stimulation to enhance Corticospinal tract excitability in Chronic Stroke
5. Dr. Sharol L Fernandes secured 3rd place in poster presentation on "Hypothyroidism presenting as hallucinations: A clinical masquerade, on March 5th 2017 in Muller Psycon 2017 at FMMC, Mangalore.
6. Dr. Sharon Victoria Mendez, Paediatrics postgraduate won IInd prize for her poster presentation titled 'Post infectious broncholitits obliterans' poster in the 2nd Mangalore Pedicon and M.R. Shenoy Oration 2017 held at Mangalore on 11th & 12th March 2017.
7. Following MBBS students participated and won prizes in the "INVICTUS 2017" - Annual Intercollegiate Cultural fest organized by Kasthurba Medical College, Mangalore from 26.04.2017 to 30.04.2017.
  - a. Ms. Shrishari N Shetty - Mono Acting - First
  - b. Mr. V. Allen - Poetry Writing (English) - First
  - c. Ms. Mayuri G. Bhat - Classical Solo Dancing - Second
  - d. Mr. Rouvin Alexander D'Souza - Eastern Solo Dancing - Third
  - e. Mr. Jerome Joseph & Group - Eastern Vocals - Group - Second
8. Dr Vimala C. Colaco, Post graduate Resident, got Best Free Paper Award for the research paper on "Role of Fibreoptic Bronchoscopy in the Evaluation of Haemoptysis" presented at "KAPICON-2017" held at Mysuru from 19th to 21st May 2017, under the guidance of Dr Don Mascarenhas, Pulmonologist, FMMC.
9. Dr. Suvarna won first prize and Dr. Mandeep Bhukar won second prize in Quiz competition during Karavali Dermatology Society Meeting held at A J Institute of Medical Sciences, Mangalore on 18th June 2017.
10. Mr Sandeep Rao Kordcal, Student of MBBS 2015 Batch has secured First place for Oral Presentation titled "Burkholderia Pseudomallei causing sepsis in a late preterm neonate" at the "EQUINOX 2017" - National Undergraduate Conference held at Sri Ramachandra Medical College and Research Institute, Chennai from 5th to 7th July 2017.
11. Dr. Blessy and Dr. Sadia 2nd year PG's attended Fellowship program offered by KKR ENT Hospital & Research Institute, Chennai and also 1st place in poster presentation Neurosyphilis masquerading as psychosis: A case report in IPS KC- FMMC on 15th & 16th of July 2017.
12. Dr. Sharol L Fernandes secured 1st place in oral paper presentation 'Prevalence of deliberate self harm in medical college course' in IPS KC- FMMC on 15th & 16th of July 2017.
13. Dr. Myfanwy D'Souza presented award paper titled "Efficacy of intralesional MMR vaccine in the treatment of common warts" during National Symposium on Clinical Dermatology 2017 to be held at Nimhans Convention centre, Bangalore on 5th & 6th Aug 2017.
14. Dr. Aaron C Lobo, Dr. Shani Constin, PG Residents have secured 2nd place in the Zonal Indian Rheumatological association at Mangalore in August 2017.
15. Dr. Shilpa 2nd year PG attended Fellowship program offered by KKR ENT Hospital & Research Institute, Chennai from 15.09.2017 to 30.09.2017.
16. Dr Kristel Liza Wilson, Post graduate Resident, got BEST FREE PAPER AWARD for research paper on "Are we over diagnosing tuberculosis?" at "KAPICON- 2017" held at Mysuru from 19th to 21st May 2017, under the guidance of Dr Don Mascarenhas, Pulmonologist, FMMC
17. Dr Nisha secured 1st prize for oral presentation In the National anaerobic conference "Exploring the less explored" on 9th Sept 2017 at KMC Manipal.
18. Dr. Deepthi S is awarded as winner in Zonal Round- South Zone of Torrent Young Scholar Award in the 13th Annual National Conference of Indian Association for Geriatric Mental Health held on 15th & 16th September 2017 at Chandigarh She has been awarded the Post Graduate Fellowship during the event.
19. Mr Sandeep Rao Kordcal and Ms Roshan Mariam Manu, Students of MBBS 2015 Batch, have secured 1st place in Crime Scene Investigation Competition conducted by the Department of Forensic Medicine, KMC, Manipal on 21st September 2017.
20. Mr Sandeep Rao Kordcal, Mr Anil D'Souza and Mr Ganesh Bhandary, Students of MBBS 2015 Batch have secured 1st Place in the State level Microbiology quiz competition organized by the department of Microbiology, S.S. Institute of Medical Sciences and Research Centre, Davangere on 23rd September 2017.
21. Dr. Vimala, postgraduate has won IInd prize in poster presentation at 'YUVA KSOGA 2017' state conference.
22. Dr. Jyotsna Coelho postgraduate won IInd prize in poster presentation at 'POAICON 2017' state conference at Hubli.
23. Dr. Sharol L Fernandes secured H.S Subramanyam Memorial Award for the Best PG Paper at KANCIPS 2017, on 'Association of alcohol use with medical legal cases'.

## STAFF IN NEWS:

Dr. Ramesh Bhat M, Professor of Dermatology, Father Muller Medical College, Mangalore took over as the National President of Indian Association of Dermatologists, Venereologists and Leprologists (IADVL) during the recently held 46th National conference DERMACON at Kochi, Kerala.

Dr Lulu Sherif Mahmood, Associate Professor of Anaesthesiology department has passed the CHSE (Certified Healthcare Simulation Educator) Certification Examination and Now she is the Globally recognized CERTIFIED HEALTHCARE SIMULATION EDUCATOR, certified by the International Society of Simulation in Healthcare (SSH).

Dr. Nandakishore B. Professor of Dermatology on being awarded Dakshina Kannada Zilla Kannada Rajyotsava Prashasti for the year 2017 for your service medical field.

Dr Aruna G., Associate Professor of Psychiatry department has received Dr S.S. Jayaram Award, for publishing articles/book in English and Kannada for the enhancement of public awareness and educating public in the field of mental health, for the year 2016-17 during KANCIPS -2017 held at Hampi in September 2017.

DR. SWETA D'CHUNA, Professor and HOD of Department of Hospital Administration, has been awarded Ph.D in Management Studies for thesis on "Evaluation Of Service Quality And Its Effect On Patient Satisfaction & Behavioral Intentions: A Study Of Public & Private Hospitals In Dakshina Kannada District" under Reva University in July 2017 and DR. SUCHARITA SURESH Assistant Professor, Department of Hospital Administration has completed Ph.D in "Antecedents and consequences of work life balance among female doctors" under Reva University, Bangalore.

Dr Padmaja Udaykumar authored three Text books namely Pharmacology for Physiotherapy students, 3rd edition, Pharmacology for dental and allied health sciences, 4th edition and "Medical Pharmacology" Fifth edition 2017.

Dr Mellonie P. pursued Fellowship in Oncopathology in Adyar Cancer Institute, Chennai. (July 2016 to July 2017)

Dr. Nagesh K.R has been nominated as "Representative of Mangalore University for Criminology" for the year 2016-18 to the School of Social work, Roshni Nilaya, Mangalore. He is also been nominated as Expert Member of the Board of Studies in Forensic Medicine & Toxicology at BLDE University and Yenepoya University. He has edited the practical record book for UG students approved by Karnataka Medicolegal Society.

Dr. Uday Kumar has been appointed as Head of "Brain death certification committee" of Fr Muller Medical College Hospital, Mangalore by Dept. of Health & Family Welfare, Mangalore.

Dr Leo Francis Tauro, Professor & HOD of Surgery was nominated as a Research Advisor, Mangalore Institute of Oncology with effect from January 2017 and also he was nominated as an external member Board of Studies, Department of Surgery, Yenepoya University, Deralakatte from January 2017 to December 2019 for a period of 3 years.

Dr. Prema was awarded with "active bioethics member" for the South India unit of UNESCO chair in Bioethics (Haifa).

Dr. Vidyashri awarded 1st prize in Thyroid updated Quiz competition at I.M.A. Hall.

Dr. Ashwin Kamath completed his 3months training in Arthroscopy and Sports Injury at Baby Memorial Hospital, Calicut from June to August 2017.

Dr. Shailaja is Pursuing fellowship in medical education (FAIMER) and also authoring evidence based medicine COCHRANE systematic review.

Dr. Berton Craig Monteiro completed fellowship in PDCC (Cross sectional Imaging)

Mr Sudeep M.J.Pias was honored with "Scroll of Honour" in appreciation and recognition of valuable contribution and total dedication towards the promotion of speciality of Physiotherapy Profession.

## RESEARCH PROJECTS:

13 MBBS students have successfully completed their STS Projects during the year 2016 and 7 MBBS students have selected for STS ICMR Research Project Award for the year 2017.

46 MBBS students of our Medical College have submitted their project proposals for STS ICMR Research Project Award 2018.

## PUBLICATIONS:

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

## ACADEMIC PROGRAMS:

Over 80 Workshop / Conference/Seminar / CME / Guest Lectures /Quiz /Debate/Essay, Training sessions Interdepartmental meetings /were conducted in our college.



### **MEDICAL EDUCATION UNIT:**

During the year Medical Education Unit of the college conducted 6 activities including workshop on 'Rubrics in Assessment' and MCO Workshop for staff, Workshop for Post Graduate Research Guides, One day workshop for First year Postgraduate Residents on "Writing a thesis synopsis", Workshop for Second year Postgraduate Residents on "Communication and Inter-Personal Skills" and Workshop for Final year Post Graduates 'Submitting of Thesis for Publication' and Talk for Interns regarding "Tips and Tricks to Top NEET"

### **BIOETHICS UNIT:**

During the year Bioethics Unit of the college organised a National level Bioethics Conference on Recent Development in Medical Sciences and the need for exploring innovative ethical response: A Philosophico religious approach' on 21st and 22nd November 2017. World bioethics day celebration was held on 19th October 2017

Instillation of student executive committee of student wing Bioethics is held on 28th April 2017

### **NSS:**

During the year NSS students of the college organized International Yoga Day on 22nd June 2017, visited St Anthony's old age Homes on 1st Oct 2017 and donated 200 note books to the inmates of Bhagini Samaj orphanage on 31/5/2017. NSS officer Dr Shailaja Katti along with three NSS volunteers Ms Deekshitha, Ms Sushmitha Ravi Kumar and Ms Vinal Mascarenhas attended the University level 3 day yoga camp organised by SDM College of Naturopathy and Yogic Sciences, Ujire from 19th to 21st June 2017.

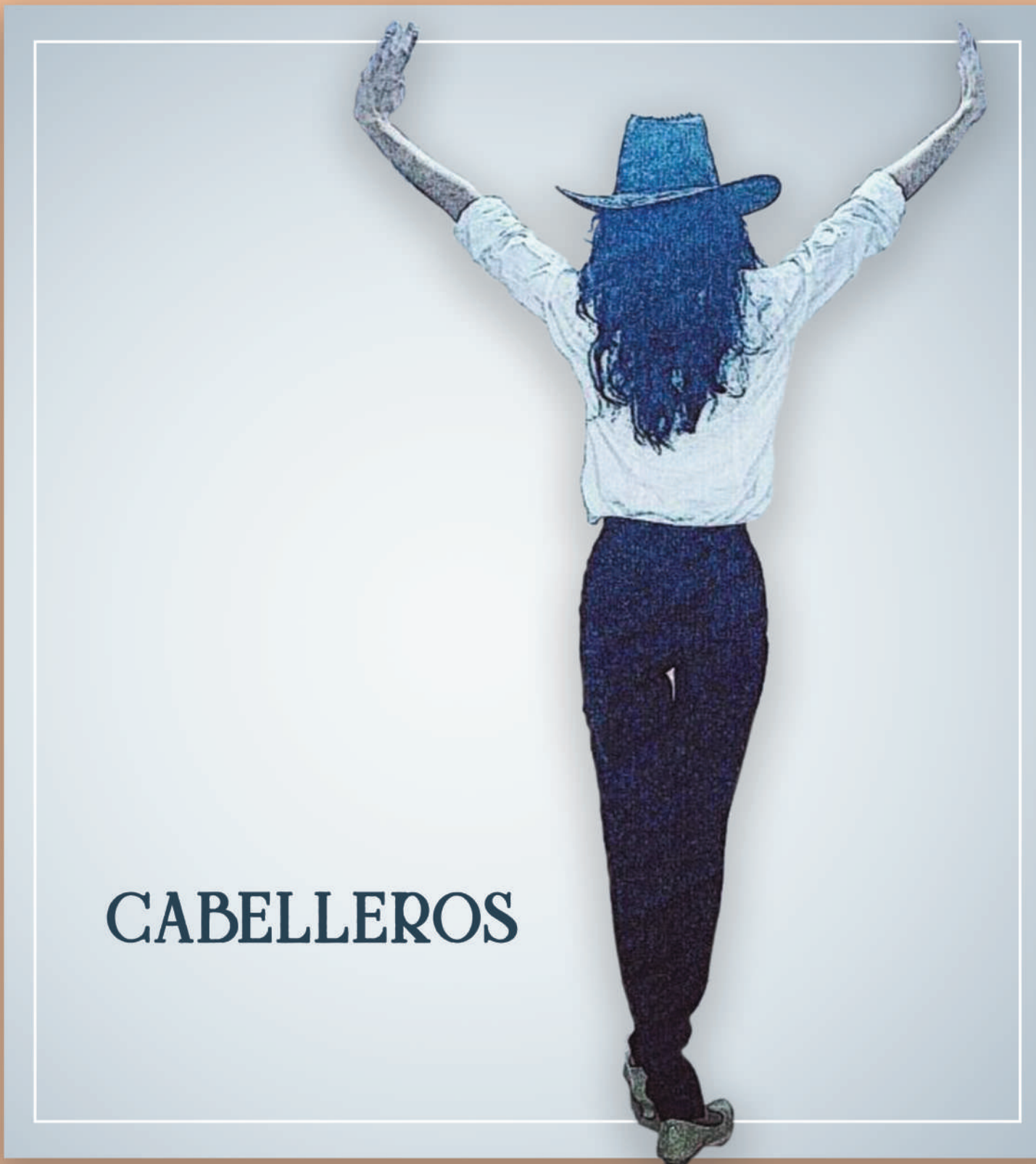
### **SPORTS & GAMES:**

1. During the year 2017, our college students were the winners of RGUHS Mysore zone Chess tournament (M), RGUHS Mysore Zone Basketball Tournament (M) and Runners up in RGUHS Mysore zone Chess tournament (W), RGUHS Mysore Zone Table Tennis Tournament (M&W), RGUHS Mysore Zone Cricket Tournament (M) and RGUHS Mysore Zone Volleyball Tournament (W)
2. During the year 2017, our college students were the winners of RGUHS Inter Zonal Chess Tournament (W).
3. Mr Dhishan Kudwalli, BPT - 2015 Batch won 6th place in RGUHS Single zone cross country race organized by Basaveshwara Medical College and Hospital, Chitradurga and got selected for All India Cross Country Race. He also won Silver Medal in 1500 mtr race and Bronze Medal in 5000 mtrs and 10000 mtr race during 18th RGUHS Athletic Championship held at Alvas College, Moodbidri on 21st to 23rd November 2017.
4. The following students got selected to RGUHS Univerisity team  
Ms Mahima Kandige(2014), Mr Nihal Manjunath(2012), Ms Farahanaz(2015), Ms Divya (2016) got selected Chess Tournament  
Mr. Chanakya P.V. (2014) and Mr. Abdulrazaq Natikar (2017) got selected for Cricket Tournament.  
Mr Dhishan Kudwalli got selected for All India Cross Country Race.
5. Father Muller Medical College had organized RGUHS Mysore Zone Table Tennis Tournament (M&W) in the Silver Jubilee Hall on 20th and 21st September 2017 in which our college students and various other college teams participated.
6. During the year Father Muller Medical College had organized Interbatch events such as Basketball, Throw ball, Cricket, Volleyball, Football, badminton, Table tennis, Chess and Carom for the students of our college.
7. The Annual Athletic Meet 2017 - "A.M.I.B.A " was conducted on 20th May 2017.

# MEDLEY



Model:  
**Ms. Melita Lobo**  
(Batch 2014)



# CABELLEROS

*Release date: 2<sup>nd</sup> October 2016*  
*Weeks on chart: 110 weeks*

**Genre:** pop, soul, funk, rhythm & blues, rock & disco kind of souls

**Length:** 3 & ½ to 4 & ½ years of keeping Muller's hooked

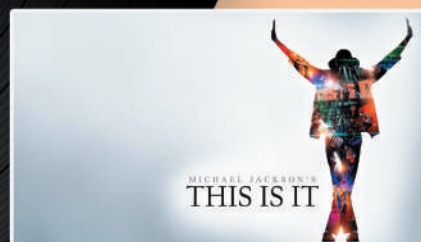
**Label:** Departments of Physiotherapy, Medical Lab Technology, Medical Imaging Technology & Radiotherapy

**Description:** At first glance they may look like ordinary students going about with everyday tasks, but the Caballeros are anything but ordinary. Be it moonwalking with sports trophies to the way we make you feel as we bowl you over with our talents in music, our oratory skills & more; there's something about it that you just can't stop loving us! Equipped with Mumbaikar allegretto, Mangalorean & Kannadiga brioso, Goan susegado & a Malayalam canto of Keralite & NRI Malayalees alike

we are one power-packed 'Thriller'. From imaging you in 'Black or White', to tackling the 'Dangerous' with radiotherapy, to toe-standing in style in front of the microscope as they analyse your sample, to bracing you to go back to being 'Invincible' with physiotherapy- these bunch of people are geared up to help 'Heal the World'. Come cultural events or Adrenaline, the amalgamation of our talents, skills & qualities blended together can bring about some jaw dropping performances – leaving onlookers in a 'State of Shock'!

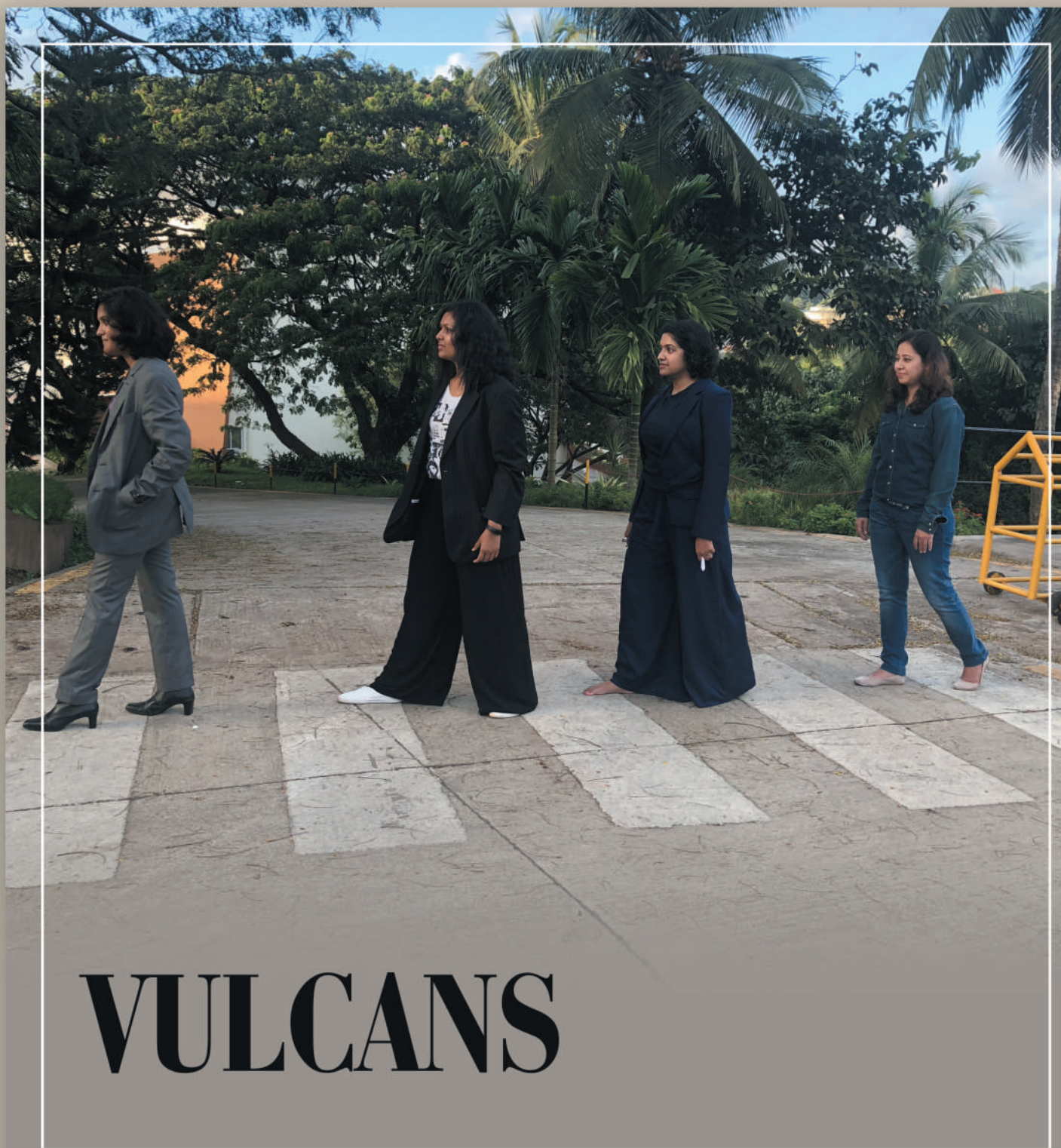
*Release date: renewed every year, so you receive the freshest of us at our liveliest best.*

*Lyricist: Astel Pinto*



**Momentum-2018**  
Interbatch Men's-Cricket  
Badminton  
Carrom

**Women's-Slam dunk 2018**  
**RUNNERS UP**  
Women's-Cricket 2018  
Men's inter-batch football



# VULCANS

*Established in 1999  
been on the charts ever since*

The band came to light twenty years back, each more experienced and talented than rest of the musicians in competitions. They are mentors to all the bands reaching their level. They started with "I am on top of the world" as they got their chance in Fr. Mullers to shine. From there, realizing this path is not an easy road to follow, they brought out "It's the climb". Not knowing what this journey has in store for them, they created "how far I'll go ".The message soon stuck in their heads that there are no alternative or shortcuts anymore for the decisions they undertook while singing the tunes of "work work work". But the real storm hit when they became the composers of all the people who came in search of a helping hand. Some lyrics were easy to fill in and

some got them "Space Bound". Lack of sleep became their best friend and caffeine their acquaintance, they put all their passions and hobbies far behind them like crystals hidden deep within a plain rock. "Work from home" came to limelight when they compared the lifestyle of their colleagues in different fields. Routine got tougher as days went by; raced to get up before the sun rose and managed all the chores before the next sun rose. Adding to the burden came the research for fresh new songs to stimulate the thinking of others. Not everything is grey, there is always a silver lining to everything; after all of this they closed their eyes as they slept with a satisfaction that this life is going to be a good "good life".



# LUMINARIES



*Release date: 1<sup>st</sup> August 2013*

*Weeks on chart: 270*

ORIGIN - The Fire

**GENRES**

- "Progressive" rock
  - "High Hopes" all through the gloaming Mullerian days
- Psychedelic rock
  - "Comfortably numb" is a routine on Saturday nights, sometimes accompanied by experimental "Ummagama"
- Art rock
  - Usually during intramural competitions such as cultural and sports
- Melancholic Grunge
  - Any day in an arduous Intern's life

YEARS ACTIVE - 2013 - Present

CURRENT STATUS - "We don't need no education"

REVENUE/SALARY - Peanuts

LABELS - "The Interns", "House Surgeons", "The clerks", "The typists", "Sporting and Cultural powerhouse"

PAST MEMBERS - Migrated/ migrating birds

**MOST SUCCESSFUL ALBUM(S)**

- Arcadia (2016) Interbatch Cultural
- Adrenaline (2017) "Come Alive"

**CURRENT ALBUM** - "Coming Back to Life"

In August 2013, the Luminaries were the 15th band of medicos to take admission to the portals of FMMC; although nearing the fag end of their Mullerian days now in 2018, they were and are always known for their highly productive endeavours in academics and all other intramural and extramural activities besides their renowned "live shows" on other off days.

Despite having experienced an overall salubrious tenure in the college days, most Luminaries are currently trying hard to brighten the dark, lugubrious days of their demanding workload in the wards with their illuminating, gregarious countenance. Although mostly at the receiving end of a series of imprecations coupled with a generous amount of infelicitous raillery from all possible corners; the Luminaries have always been nonplussed and managed to press on with the ardour of hope to survive, to persevere.

**FUTURE PLAN:**

- To "Light up the Dark Side of the Moon"
- To pass on the tradition to the junior batches

**RECEPTION:**

- Maladroit typists at the wards (critical reception!!)
- Usually well received in a "high" spirited mode!

**INSPIRATIONS:**

- Many forlorn and ship-wrecked brothers have taken inspiration from this band
- The Luminaries may have inspired Eleanor Catton to write the novel of the same name to eventually win Man Booker in 2013!

**MESSAGE:**

- End it on a High



**ADRENALINE-2018**

Water Relay

Cooking without Fire

**Interzonal Chess Tournament-2017**

**Interbatch Volleyball Tournament-2018**

**Badminton Tournament-2018**

**SPORTS DAY-2018**

**Shot Put, 800m, 400m**



# EXORIAN'S



*Release date: 1<sup>st</sup> August 2014*  
*Weeks on chart: 218 weeks*

*"Under the pressure, under this weight, we are diamonds taking shape"*

#### FORMATION AND FIRST YEARS

Musicians from all walks of life convened at Father Mullers to embark on an "Adventure of a lifetime". Head full of dreams, it was an identity they sought and thus set out to make a mark. The stage was set and spotlights flashed as they debuted; laying down glory in blazing "Yellow". Their launch was a success and sparked off a promising career. The following year saw them maintaining a low profile, while working on their next.

#### YEARS 2015-2018

They honed their music while collaborating with various seasoned artists. They worked round the clock, and presented their first original. Banna 2017 was released. An instant hit, it sold millions of copies and coloured their identity unique. Not long afterwards, they tuned their notes



to compose a "Hymn for every weekend" - Shingari Melam. It was well received and got the crowd dancing to its percussion beats. Aiming to make a difference, AMIBA, a new genre was composed, setting records like never before. With their fan base widening, they performed alongside other artists and claimed runners up in Arcadia'17. They were well appreciated by critics and audience alike. Considered trendsetters now, they set out to strum fresh chords. Album 'Flaunt your haunt' was launched in remix in October 2017. The following year, they made their radio and online music store debut - Adrenaline'18 was released amid much hype, and feet tapped to its rhythm in unison. Working harder now, the band members saw days that they would remember among the best. It wasn't just about the music, but about bonds and memories that would last a lifetime. The much awaited Genesis'18 finally hit the stands. Hiking up the statistics, the album crowned them with enduring fame.

*A blend of unique voices, together they create a melody so mesmerising,  
and an anthem unequalled;*

*A sky full of stars, defying gravity; Exorians they are called.*

OVERALL SPORTS  
CHAMPIONSHIP-2017

ARCADIA RUNNERS  
UP-2017

GENESIS WINNERS-2018

# xanthrons



# *Year of release - 2015*

## *Weeks on charts - 166 weeks.*

**Band name** - ABBA

**Album name** - A.B.B.A.  
Avast, Be Blown Away

**Origin** - The rainy August of 2015, when an enthusiastic bunch of hundred, from around the globe came together to embark upon their dream.

**Journey so far** - They've remained strong through the high and low tones. Days do seem off pitch sometimes, but they've battled them all and have emerged out in perfect harmony. The enthusiasm still remains with the bunch and is now fused with a dash of realism.

**Genre** - Known popularly for the originality of their music and for the positive vibes and good cheer they seem to scatter across the audience (they do have a huge fan base, mostly the professors, though)

**Members** - The members of this band were found to have a multitude of secret talents! State level chess and basketball players, actors, quizzers, artists, musicians, MUN speakers, dancers, writers, singers, you name it, these guys have it.

They're also known for their unity, perfect synchrony, mini militia gaming sessions and their unconditional love for caffeine.

*Momentum 2018 was another successful venture, which, under their leadership, emerged to be a sports day, we cannot forget! Plus, the floodlights were way too cool okay*

*This bubbly lot, otherwise called The Xanthrons, will continue to make their journey melodious, jazz up your lives, beat to the rhythm, and keep reminding you, that You can dance, you can jive, the night is young and a with bit of music everything is fine!*



**RUNNERS UP**  
Fashion Show  
Eastern Singing  
Table Tennis

**CHAMPIONS**  
Carrom  
Chess

**THIRD PLACE**  
Non Thematic Dancing  
Volleyball



*Release date: 2<sup>nd</sup> October 2016*

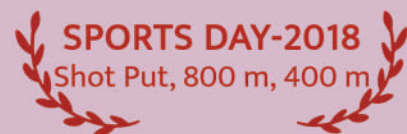
*Weeks on chart: 106 weeks*

From all around the country, we converged to take the same stage at Father Mullers and set out to make records unparalleled. It was not long before we made a smashing debut at the Adrenaline '18 opening, blowing the crowd away with exceptional moves and boundless energy. We won the hearts of all at the Eastern singing, keeping the fans on their toes for more. 'One Hour Of Girl Power' was released making it loud and clear that we aren't just made of sugar, spice and everything nice but endurance, grit and unbeatable wit. Albeit the hustle and holler of fame, we launched many shows at

orphanages, old age homes and palliative care to show support and share the strength that we incurred as an amicable team. Pitch and perfection we conquered as the runners up at Genesis '18 despite the critic's rave, making a statement with the release of 'Move Over'. We inspired all with the subsequent release of '2 Become 1' as we stand together only strengthened by our differences, our valour unshakable; camaraderie unbeatable.

*We do it with passion or not at all.*

*We are The Troezians.*



# ASCLEPIANS



*Release date: 28<sup>th</sup> August 2017*

*Weeks on chart: 52 weeks*

**Genre:** Alternative Rock – mixture of joy and melancholy coupled with absolute madness

**Length:** 1 year only but stuck in our hearts for a lifetime

**Label:** Vilvinite Studios

**Description:**

**Songs:**

28<sup>th</sup> Aug, 2017: We Will Rock You

“We will, we will Rock You!!”

As we entered the hallowed portals of LH1 and sat on our well procured seats, we experienced a multisystem response of anxiety and pressure, with a series of biochemical changes to a perceived threat or danger. But all prepared and excited to dissect and learn, we, as a team, the Asclepians were ready to rock!

4<sup>th</sup> Sep, 2017: Body Language

A song of confidence. The success of this song along with its message was short lived. With our new found confidence in the beginning of our medical journeys, the meet and greets were handed with a bold body language and confident countenance. All finding companions to share this journey with.

18<sup>th</sup> Sep, 2017: Who Wants To Live Forever

“Some people give their everything

Some people give it all

For this they live on forever, their memory says it all.”

All the waiting was finally coming to fruition, on our first day at dissection. After two weeks of watching and waiting, it was now time to pick up the scalpel! The cadavers being the best teachers, in them we found the Libraries of Anatomy, that had taught us lessons that will live on in our minds forever.

31<sup>st</sup> Oct, 2017: Somebody To Love

“I get down on my knees,

And I start to pray,

Till the tears run down from my eyes,

Lord Somebody, Ooh, Somebody

Please can anybody find me somebody to love?”

Masks and capes, wigs and drapes,

Halloween was a night to remember.

Everybody at their best, all on the hunt for

the special someone hidden under the

mysterious masks in this Mullerian

masquerade.



**6th Nov, 2017: Under Pressure**

"The pressure is pushing down on me."  
The fun and excitement suddenly turned dark at the dawn of our first sessionals. The volume and seriousness of medicine hit hard with a tight slap on the face. Pressure set in and not all coped.

**20th Nov, 2017: I Want To Break Free**

"So baby can't you see,  
I've got to break free,  
I want, I want, I want, I want to break free!"  
First impression, the best impression! It was time to break free from our cocoons of diffidence. Our Fresher's Day was interesting indeed. From Bharatnatyam to Belly dancing, from sarees to cross-dressing, we did it all! Ending with Father Muller's first fresher's ramp walk. We surely showed them what we got!

**21st Nov, 2017: Dear Friends**

A song of the forging and travails of friendship. From MCs to volunteers, free food and nice dressing, the Bioethics Conference was a very successful temptation. Really did bring us together, to have a Gala time!

**1st Dec, 2017: Radio Ga Ga**

An indifference to life's monotony going  
Ga ... Ga ... Ga ...  
With our first test done and dusted, the hum drum of medical life fell on deaf ears. The routine became second nature and not everything was excitement anymore.

**9th Dec, 2017: You're My Best Friend**

"Christmas spirit spurts togetherness."  
Christmas season had arrived with carols, a Christmas T.V. special recorded in our very own Convention Centre, and stars and streamers everywhere. All 150 partook in the tradition of Secret Santa with gifts and chits passed around everywhere. The warmth and spirit of Christmas really did set in.

**20th Dec, 2017: Thank God It's Christmas**

"With Christmas comes, the holidays."  
Cribs, streamers and ballooned gloves; all hostels were a brim with first year decorations. The first set of holidays had finally arrived. Four months of independence away from kith and kin was over. All left with a mixture of feelings.

**4th Jan, 2018: Keep Yourself Alive**

"When one's chances for survival are bleak."  
We were back still hung over from a long break but no time for reminiscence as it was the dreaded second sessionals.

**18th Jan, 2018: Another One Bites The**

**Dust**

"I'm ready yes!, I'm ready for you  
I'm standing on my own two feet  
Out of the doorway, the bullets again rip,  
But again ... Another One Bites The Dust."  
The hope that it would be different from the first was not well warranted. With holiday spent in frolic and two months in fun, two weeks were an insignificant amount of time.

**11th Feb, 2018: Calling all Girls**

"When the ladies do their best."  
With Adrenaline, a few weeks round the corner, spread of word was in order. So a flash mob by the first years and a series of competitions in the most happening mall in Mangalore – City Centre was a blast!

**14th Feb, 2018: Don't Try So Hard**

"Living oblivious to the meticulous."  
Relationships set and studies neglected. Valentine's and studies came and went with one definitely given more importance than the other.

**15th Feb, 2018: Don't Try Suicide**

"Everyone loves a cliffhanger."  
Trees, ladder, parapets, we hung from all. For every bunting or butterfly that needed stringing, the first years did it all. But the bonding between people of different courses and the connection we developed with our seniors and college mates was special.

**21st Feb, 2018: Play The Game**

"Play the game! Everybody play the game!!"  
Gather one and all! It was time for Mangalore's biggest fest, Adrenaline! Classes disbanded, blue jerseys on, everyone was on this band wagon whether they liked it or not. With guest peers, DJs and bands all in one place, we had an enjoyable time. Every event had its volunteers and every situation had its committee and we populated them all in full attendance. Not just us but the whole of Mangalore was there leaving us filled with Mullerian pride. By the sweat of our Brow it was a blissful success.

### **3<sup>rd</sup> March, 2018: The Show Must Go On**

"The show must go on  
Inside my heart is breaking,  
My hair might be fading  
But my smile stays on!"

A teacher of teachers, a spirit of an eager child and a style of pedagogy untouched. Ramachandra Bhat sir was more than an inspiration to all. A very uneasy farewell.

### **5<sup>th</sup> March, 2018: I Want It All**

"Strip it, rip it till you fall  
I want it all, I want it all."

With no shirt left untornd, Holi was as much fun as it was a riot. With tug of wars and water laden lorries, all of it was one big blur.

### **24<sup>th</sup> March, 2018: Leaving Home Ain't Easy**

"Home ain't just a state of mind  
When a fortnight of holidays you find"

Our second hiatus was Easter holidays. With the meets and greets and family, books were again forgotten.

### **11<sup>th</sup> April – 16<sup>th</sup> May, 2018: We are the Champions**

"We've had our share of sand kicked in  
our face,

But we came through  
We are the Champions my friends  
We kept on fighting till the end."

Participation is what counts and we took that seriously; participating in every sport. With it being too close to sessionals, spectating and participating in a few events was all that was possible for Sports Day. But just watching was actually surprisingly exhilarating. Bringing us together for the first time in our very own black and red with name, number and Asclepians finally in print.

### **17<sup>th</sup> May, 2018: The Prophet's Song**

"Visions of failure now passed my mind."

The time for pulling our socks up was in order. But the realization may have been a little too late in the running. Chapters felt longer, words turned foreign and an unhappy truth of the outcome of the situation dawned on us.

### **21<sup>st</sup> May, 2018: Save Me**

"Save me, Save me, Save me  
I can't face this life alone  
Save me, Save me, Save me  
Oh, I'm naked and I'm far from home."

Third sessionals! Thunderstruck! The shock of

our intellectual inadequacies was frightening. Every paper could have been likened to a horror movie. Leaving us, asking ourselves why we came here in the first place and when we could leave.

### **June, 2018: I'm Going Slightly Mad**

"There's no sanity, though how hard we tried,  
Books and sleep clash side to side."

Overshot schedules, filled libraries and newly opened books; this time was surely not worth revisiting. Desperation and depression, frustration and fright, these are just a few topping the list of emotions that went through our delicate minds in that harrowing time.

### **3<sup>rd</sup> July, 2018: The Bohemian Rhapsody**

"Is this the real life?

Is this just fantasy?

Caught in a landslide

No escape from reality."

"Too late, my time has come,

Sends shivers down my spine,

Body's aching all the time.

Goodbye everybody, I've got to go,

Gotta leave you all behind and face the truth.

Mama! Ooooo

I don't want to die

I sometimes wish I'd never been born at all.

But I'm just a poor boy, I need no sympathy

Just let me be, while I face this Bohemian

Rhapsody!"

Sleeplessness, sudden breakdowns, sickness along with studying for our lives with a book in one hand and a plate or phone or mug in the other, This was it! It was Finals!!

With sweaty palms and shaky hands every paper was written till one could write no more .....

### **12<sup>th</sup> July, 2018: Crazy Little Thing Called Love**

"I gotta be cool, relax, get hip

And get on my tracks

Take a backseat, hitch-hike

And take a long ride on my motorbike

Until I'm ready

Crazy Little Thing Called Love."

Graced with a two week break, after our trip to hell we found time for serious intro and retrospection. Leading to a lot of breakups



and breakdowns. Then with different schedules for viva, watching one suffer while watching the other enjoy was a very difficult paradox.

#### 5th Aug, 2018: The Miracle

"It's a miracle we need-the miracle, The miracle we're all waiting for today." The battle was over but the victor yet to be known. The ambiguity of the situation was mind rattling. Most decided to make best use of the few days before D-Day for every form of recreation possible but also taking a bundle of books for the very possible inevitable negative result. When the day came, most were prepared for the worst with a shiver finger on the mouse, not very ready for this unveiling but with a good majority seeing the green letters of PASS at the bottom of the report, most hands were up in praise, for the Lord had performed a Miracle on that eerie day!

#### **Band Reception:**

Though now the group is disbanded and all is a thing of the past. The memories made, the friendships forged, the challenges faced and experiences lived were something very special, never before encountered and probably never will. Surely, a year that made us who we will be and will remain in our minds and hearts forever!!

*Lyricists: Jordan Ridhay Rasquinha and Kedar Kodkany*



# Yanba

Photograph by  
Savitri Kini  
(Batch 2014)





# All aboard!

The air was thick with excitement as 48 pairs of eyes gazed anxiously towards the road. Is the bus here yet? It finally arrived; big and promising. Luggages were secured and we scrambled in to call dibs on the best seats. At around 11 p.m on the 6<sup>th</sup> October, '17 the bus started into the night, taking us into the next couple of days, we would soon come to remember with the biggest grin on our faces. Sleep was cut off the list as speakers blared and we squeezed in our grooving bodies on the narrow aisle of the bus.

The dawn sky turned crimson as we pulled up at our lodging at 6 a.m. The air hit us - sweet, crisp and fresh. We had reached Coorg. A few splashes of cold water later, we followed our tummies to a buffet of hot breakfast at 8 a.m. Not long after; with sunglasses and cameras checked, we boarded the bus and headed out. Our first stop was the Elephant Camp at Dubare. The place spanned acres with the majestic creatures lazing around the habitat. The morning was spent ooh-ing at the cute baby ones and aweing at the older ones. Watching the elephants being bathed and pampered was particularly fascinating. The sun blazed, and with drenched clothing we made our way back for lunch. Two hours later, with post prandial glucose levels ruling our drooping eyelids, we commenced. Our next stop was at Kaveri Nisargadhama. We crossed the hanging bridge and entered the island to spend a quiet afternoon among the lush foliage of trees. A few, wandered to a nearby market, which offered a decent collection of pocket-friendly apparel. The ice cream vendors got a pretty good business and we set out again.

After sunset, we arrived back at the lodging. Showering never felt so good. We caught our glimpses in the mirror - sigh! Getting that tan off was going to be a daunting task. With clean clothes and tired bones, we made our way for a night to remember. The bonfire was lit and the volume turned up. We danced till our bodies protested. Dinner was quick and sleep was never so welcome. We slept like the dead, only to be rudely awoken to loud knocking on our doors. It was Day two!

After a hurried breakfast and check out, our first visit for the day was the Golden Temple. We spent a couple of serene hours admiring the Buddhist infrastructure and browsing through attractive souvenirs (kids will run up to you selling spiced cucumbers and salted raw mango. It still gets my mouth watering!) We then started towards Mysore. At 11.30 am we reached GRS Fantasy Park and the growing thrill was almost palpable. The afternoon and evening was spent screaming our lungs out as we sampled the rides. (P.S. Im glad I survived the Tornado ride in one piece.) We bid adieu reluctantly with heavy hearts and empty wallets. The street food of Mysore grabbed our attention (and tastebuds) on the way back - absolutely delicious fish, fried to crispy perfection. We resumed, and stopped for dinner an hour later. The return journey was meaningfully silent; our hearts were filled with warm memories and uh-oh! so was the storage space on our phones. We reached back to reality the next morning. Groggy eyed, dressed and Oh no! It's 8.35 am, I'm late again!



4

Next on our itinerary was MEENMUTTY waterfalls. This 3-tiered waterfall is at a height of 300 meters and mind you when I say this - it's super steep! With absolutely no protective gear, just a few ropes hanging around, we gave ourselves the best balance and agility drill ever, making this another must try experience at Wayanad !



5

Location 3 was the picaresque BANASURA DAM. Its location and beauty being perfect for all photo lovers. We ended the night with a camp fire and DJ to help us get the vibe going!



6

We rose with the sun on day 2 all excited for the adventure ahead & it turned to be a true test of balance and co-ordination - all thanks to the KURUVA ISLANDS.



7

Last but not the least, on the itinerary was ADAKKAL CAVES. Being at a height of 200 meters above the sea level people this is the CLIMB but a totally worth it climb for the explicit view right from the top; that showed us for one last time how beautiful Wayanad truly is! With that we headed back to Muller's capital with a bag full of fatigue and a heart full of memories...



# WAYA TR

**NAD  
AJL**

**3**



Next morning, we started our day with a Keralite breakfast buffet. All energized we headed to POOKODE LAKE- with its cute park & a small little lake perfect for a boating ride; but since it's a physio's trip let's just show you how we saw it- a fun way for some lower limb strength training. Our recommendation for those oh so toned legs.

**2**



At Kannur was where our travel agent received us and we headed forward. Come 2:00am the temperature had dropped to 16 degrees or may be even lower; we were making our way through the hills into the wilderness. We had reached our destination "WAYANAD"

*God's own country*

**1**



This year the physios of batch 2014 decided to soak in some flavor of God's own country for the much anticipated batch trip (thank heavens it finally happened). Getting straight to it, left the campus at 5:30 pm on a Friday evening, took a train to Kannur from Mangalore Central. After arriving at Kannur, our hungry stomachs were craving for the most popular Keralite delicacy 'beeeeeeeef' dinner at the MRA restaurant was lip smacking. To all you foodies out there - it is a must try!



# 3 SEMESTERS AND MILLIONS OF 5 STATES MEMORIES



From planning a weekend getaway to bunking classes for a mini holiday, we have done it all. I had always heard that post graduation days are quite serious and boring. Never thought my PG days would be so much fun with this bunch of misfits.

It all started by attending conferences in the neighbouring state. Conference was merely a reason. Our main intention was to go on a mini vacation in order to get away from our hectic classes. As we were allowed to attend only two conferences per semester our possibilities for more mini vacations were restricted.

So we took a step forward and targeted the weekends which extended with public holidays. The public holidays were not quite in our favour. Running out of options we later had to pull the big guns. The "Sick Leaves". Our fellows were quite suspicious of the fact that their students were all falling sick at the same time. But the time we were caught in the act, we were guilty as charged.

We Visited historical places, climbed the hills, played at the beach, sat on blizzard thrill rides, drowned multiple times in a five foot pool, and was judged by random strangers at public places for behaving childlike. Still we are not done yet.

There is always this adrenaline rush within to explore more places. For someone like me who prefers to stay indoors, I always wondered what made me change and travel around. Is it the beautiful places that I had never seen before or is it the experience that made the difference?

From Kerala, Karnataka, Tamilnadu, Maharashtra and Goa we have covered it all. Waiting for the four semester, wondering what it has in store for us all.

**Chitra Yathindra**  
M.H.A



# Tale of two travelling sisters

## *Tale of two travelling sisters*

*I would say Meghalaya just happened to us over a cup of coffee, when we decided to explore this paradise in the north eastern India and escape the Mangalore heat. Often termed as the “Scotland of the east”, Meghalaya is a land of beautiful landscapes, floating clouds, crystal clear rivers, secret caves, mesmerising living root bridges, ethnic tribes and awesome pork. Best time to visit-pre monsoons, March and May. The weather is however unpredictable and locals advice to go out with both an umbrella and a sweater.*

### *Day 1- Shillong*

*Ward's Lake (Pollock's Lake)-a horseshoe shaped artificial water body encircled with lush green gardens.*

*Mary help of Christian's Cathedral-50yr old church with beautiful high arches and stained glass windows.*

### *Day 2-*

*Mawdok Dympep Valley view|Duwan Singh Syiem Bridge*

*Dainthlen Falls*

*Auwah Caves*

*Kyrem Falls*

### *Day 3- Mawlynnong*

*Known as God's own garden, Mawlynnong is the cleanest village in Asia.*

*Sky view, gives a bird's eye view of the Indo-Bangladesh border.*

*Living Root Bridge-made of aerial roots of Banyan fig trees is certainly a magical place Dawki*

### *Day 4-*

*Golf course-the largest natural golf course in the whole of Asia. It is also known as Gleneagles of the East!*

*Shillong Peak-as per legends, the local deity Lei Shyllong who protects the city has her abode on this peak. Located 1962m above sea level, this peak offers the panoramic view of the city.*

*Don Bosco Museum*

*Police Bazaar*

### *Day 5-*

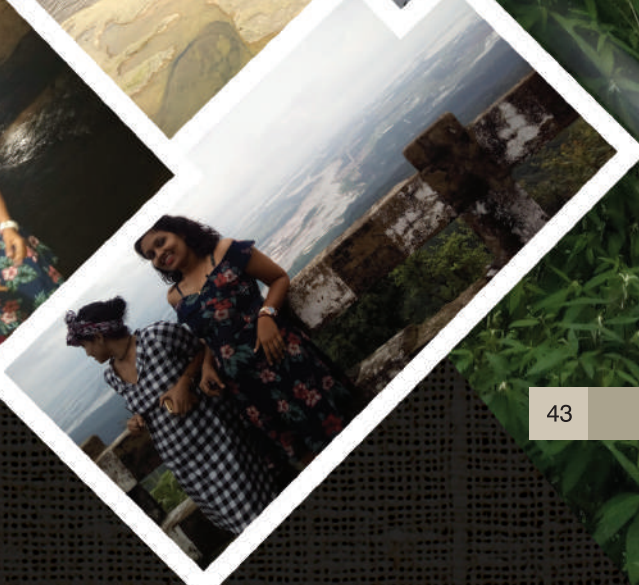
*Krang Shuri Waterfall*

### *Day 6-*

*Umiyam Lake*

**Dr. Dipthi**  
(Dept. of Pediatrics)





# Travel Diaries



Bekal

Post. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Bekal's charm lies in its unspoilt beauty and pristine beaches. Apparently shaped like a giant keyhole, one can see the secrets of the sea unfolding along the waves. Overall it's ideal for a half day trip.

Savitri Kini (Batch 2014)



Jog Falls

Post. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Jog falls - there are five ingredients that make a great road trip - fantastic weather, great company, good food, interesting sights and an awesome bike. The monsoons come calling and it's the ideal time to head out to jog falls.

Ashutosh Ashok (Batch 2014)



Dandeli

Post. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

River rafting in dandeli is a once in a lifetime experience. The scare that you get while entering a rapid and the adrenaline rush after crossing it is mindblowing.

Varun Jeedi (Batch 2016)



Janice Aman (Batch 2016)



Ashique Chembatta (AHS)



POST

With over 100km of glorious golden coastline and a rich cuisine, Goa has long been India's most loved destination. Whether you want a laid-back vacation or high-on-life holiday, Goa offers you both.

Riya Tellis (Batch 2015)



POST

No amount of words can describe the beauty of Hampi. A place where every rock has a different story to tell. If dreams were made of rock, it would have to be Hampi.

Chrisel Sequeira (Batch 2014)



POST

We walked down the shore, gorged on the amazing food in the shacks and slept under the stars. Gokarna encompassed everything a perfect holiday could ask for. Pure, blissful happiness.

Rohith P (Batch 2015)



POST

Nestled deep in the Western Ghats in the district of Shimoga and holding its place as the tenth highest peak in the state, Kodachadri is indeed a "trekkers paradise"

Megan D'souza (Batch 2014)



POST

Georgia's ancient and vibrant capital city spreads out on both banks of Mtkvari river, and is surrounded on three sides by mountains. Tbilisi is abundant with monuments, lush verdant hills, a curvy river with sheer cliffs overlooking it and attractive homes defined by their ornately carved wooden balconies.

Merlyn Varghese (Batch 2014)



# 2013 BATCH





Riya Zahir



Riya mary tellis



Savitri Kini



Chitra Yathindra



Jerome Joseph



Rouvin D'souza



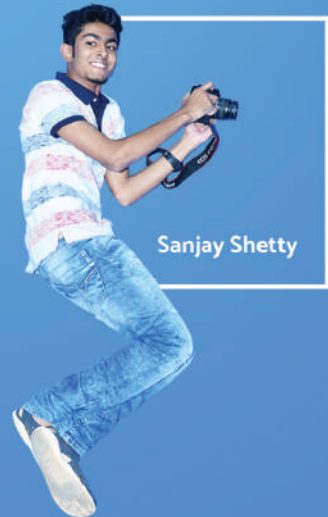
Sappna V



Rochelle D'Souza



Shiney Maclean D'souza



Sanjay Shetty

# STUDENT COUNCIL



# STUDENT COUNCIL

*Being elected the Student Council President was one of the pivotal moments in my life when I realised that I had the power to make a difference, not for myself, but for the people I represented. My journey this past year was interspersed with moments I was proud of as well as moments that were hard-learnt lessons.*

*Interacting with a myriad variety of peers from every possible batch and course was truly an inspiring experience and I've learnt so much from the people I've come in contact with over the course of my post in the Student Council.*

*I can't thank my fellow Council members enough for being such a fun and reliable bunch who have made the journey all the more exciting and memorable.*

*I can say for a fact that my term in the Council enabled me to witness a period of growth and self discovery and pushed a lot of my abilities to the limit. It is indeed an experience I will cherish for the years to come.*

*Mr Jerome Joseph*  
PRESIDENT

*Being part of the Council doesn't necessarily mean just tons of responsibilities and work, it's about learning new things and meeting*

*new people. We all had our bit of fun in organizing various events and I enjoyed every bit of it.*

*Every Council has their ups and downs but that's what makes it a good one just like an ECG, without its ups and down we wouldn't be alive now, would we? \*pun alert\**

*Being part of such an amazing bunch of people and getting to know them was quite an experience.*

*Ms Riya Zahir*  
GENERAL SECRETARY

*Being in Student's Council was one of the best things I've ever experienced. I am grateful to have been given this opportunity that has helped me to grow as an individual.*

*It was a wonderful journey that I shall cherish throughout my life.*

*Ms Shiney Maclean D'souza*  
JOINT SECRETARY

*It was a beautiful experience being of a part of the Student Council and taking up the post of Secretary of the Student Development Committee.*

*This committee strived to focus on the welfare of students and the society as well. It was indeed a difficult task to organize many events and it required immense support and dedication which has helped me to build up good leadership qualities.*

*Overall, it's been an amazing journey upholding the responsibility which has thought me great lessons.*

*I would like to convey my gratitude to batch 2016 and the entire student council for being a part of this journey.*

*Ms Sappna V*  
STUDENT DEVELOPMENT COMMITTEE

# STUDENT COUNCIL

*Being a part of the student council was indeed an amazing experience. I've spoken to more people this last year than the last twenty years of my life combined. A few things that I learnt this year-*

- 1) Some or the other event is always happening in college*
- 2) Some or the other batch always has an exam*
- 3) There are so many people who are so talented and better than the ones I thought were good*
- 4) The importance of learning letter writing (I must have written more than 30 letters this year)*

*My heartfelt gratitude to Dr Sudarshan pai, management and staff, student council members and my amazing team for making this journey a memorable one.*

*Ms Savitri Kini*  
MAGAZINE COMMITTEE

*A wonderful journey of being the Media Secretary comes to an end.*

*Looked like an easy task to me, but realised that the post needs dedication and perseverance. I've tried living up to all the expectations and do justice to the responsibility given to me. it's been a constant learning experience for me. And I'm grateful to the college and everyone else who have given me this opportunity. Adios*

*Mr Sanjay R. Shetty*  
MEDIA COMMITTEE

*Under the inspiring leadership of our staff and the President, all activities carried out by the council were executed out with immense precision and meticulous implementation!*

*It would be unjust to talk about my contribution to the success of this council and its activities and not mention the unflinching support and lighthouse like guidance provided by my staff advisor, Dr. Sanjay Fernandes!*

*My entire team has worked tirelessly for days, sometimes hours at a stretch, to embellish the events! A special mention to my batch, who has been supportive throughout and helped me during my tenure as the In-charge of Fine Arts.*

*All in all, it's been quite an experience and I have learned many skills and qualities, that in certain will help me in the journey called life!*

*Ms Rochelle Peter D'souza*  
FINE ARTS COMMITTEE

*'Try new things. Don't be afraid. Step out of your comfort zone and soar.'*

*It was the first time that MHA was a part of the Student Council and we were thrilled! "Adrenaline 2018" has been a great source for new experiences, opportunities, exploring our hidden skills and making tons of memories. From having no clue about the things that we had to deal with, to overcoming all the hindrances that came our way and ensuring a zero-defect event, it was an adventurous journey.*

# STUDENT COUNCIL

*'No one can whistle a symphony. It takes a whole orchestra to play it.'*

*Our tech team - Chinmayee, Rovina, Fr Nelson, Fr John Paul, Clerissa, Deekshitha, Lancy, Sr Jolly, Reema and Dhishan. Thank you people for always having my back and for the tireless work that you guys have done. A big thank you to Dr. Sweta D'cunha, our staff co-ordinator for your guidance. And a special shout out to Dhishan Kudwalli for the constant help and support.*

*Cheers to the entire team of Student Council – 2017. It has been a fulfilled experience working with you all.*

*Ms Chitra Yathindra*  
TECHNICAL COMMITTEE

*"Rollercoaster" is exactly how I would describe this journey. This post truly made me believe that "dreams do come true". All the visions I once saw just came to reality. This was truly a mirror, where my reflection gave me a picture of my weakness and strength. It made me grow as a person with more experience. To all the enthusiastic successors of this post, however difficult this road gets, never give up. just close your eyes and take a deep breath.*

*Learn to make coffee your best friend and sleep your enemy. And most importantly always meet your deadlines.*

*But still if it gets beyond your control always, remember your friends have got your back and they will pull you out of all your messes. As I look back now into the past from day I began to this very moment, it fills me with a cloud of satisfaction which is a feeling that can't be described.*

*Mr Rouvin Alexander D'souza*  
CULTURAL COMMITTEE

*A shiny badge that read 'Sports Secretary' was pinned on me, and along with came a bag of mixed emotions. Curiosity for what lay ahead, excitement for what the year would turn out to be and a tiny bit of fear for what was in store for me.*

*The year has been a roller coaster ride and it wouldn't have been possible without the time and guidance of the Dean and the Administrator.*

*The cornerstone of support was Dr Vinay P.G, the staff advisor and Mr Chandrashekar, the P.D.*

*Though the Mangalore sun wasn't kind and there were times when things were falling apart, I had a bunch of seniors, juniors and all my batchmates who came together to help me put up the sports events with much fervor and enthusiasm.*

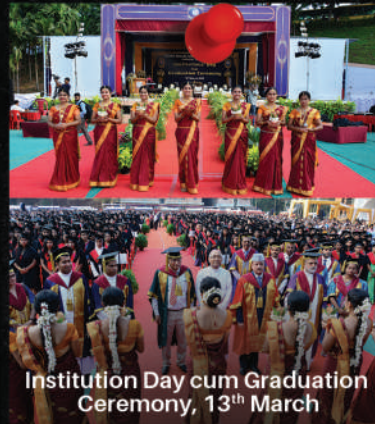
*As my term comes to an end, I can say that I step down, as a more confident and responsible version of myself.*

*Ms Riya Mary Tellis*  
SPORTS COMMITTEE

# Year in review



Children's Day Celebration Nov 14<sup>th</sup>



Institution Day cum Graduation Ceremony, 13<sup>th</sup> March



Doctors Day 3<sup>rd</sup> July



International Yoga Day Celebration 21<sup>st</sup> June



Inauguration of Father Muller Indoor Stadium, 13<sup>th</sup> March



Muller Model United Nations Aug 31<sup>st</sup>



Muller Smash Interstate Volleyball Tournament 24<sup>th</sup> June



National Bioethics Conference  
Nov 21<sup>st</sup>-22<sup>nd</sup> 2017



Republic Day Celebration 26<sup>th</sup> Jan



Student Council Inaugural 4<sup>th</sup> Nov



Vana Mahotsava 7<sup>th</sup> July



World Diabetes Day November 14<sup>th</sup>



World Elderly Day 1<sup>st</sup> october



# HORROR NIGHTMARE MONSTERS

*Only great souls know the grandeur there is in charity.*  
*Jacques Bossuet*

*As the days of exams came near and there was just panic and fear around, A small dose of entertainment was needed to boost back the energy and enthusiasm that would break the scary silence around the campus. So the Student Council decided it was time to revive the lethargic campus back on its feet and introduced for the very first time on its campus ground 'Flaunt your Haunt'.*

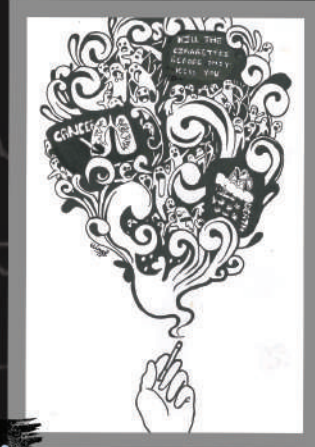
*As the days of exams came near and there was just panic and fear around. A small dose of entertainment was needed to boost back the energy and enthusiasm that would break the scary silence around the campus. So the Student Council decided it was time to revive the lethargic campus back on its feet and introduced for the very first time on its campus ground 'Flaunt your Haunt'.*



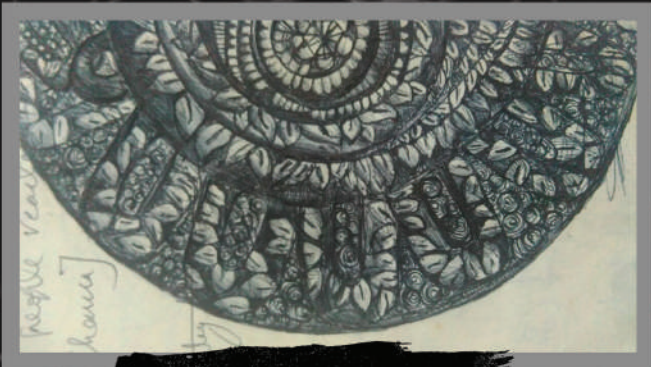




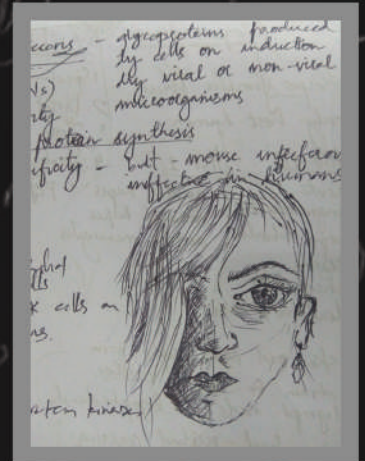
# DOODLES



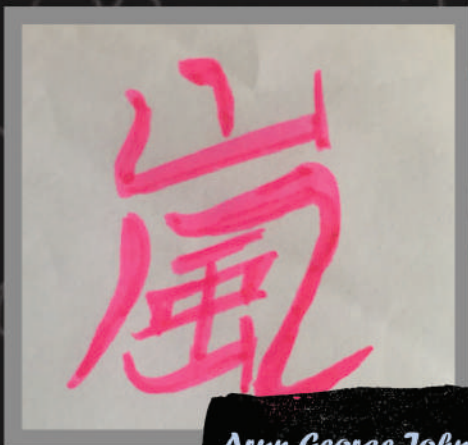
Vinal Mascarenhas (Batch 2015)



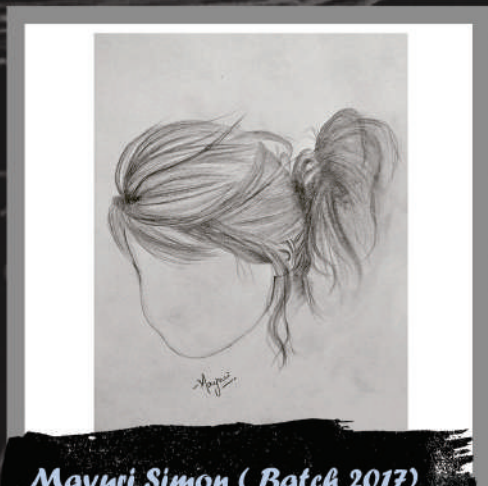
Jindu Parkavi (Batch 2015)



John Baby (Batch 2015)



Arun George John (Batch 2014)



Mayuri Simon (Batch 2017)



**Sarah Joseph ( Batch 2017)**



**Raichel Charles ( Batch 2015)**



**Savitri Kini ( Batch 2014)**



**Maria Sneha ( Batch 2014)**

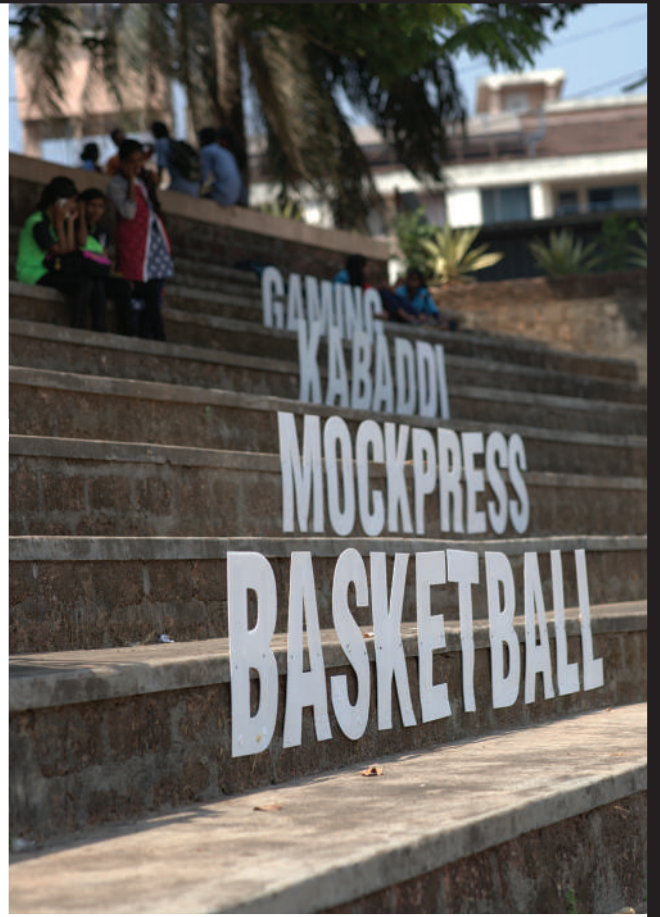




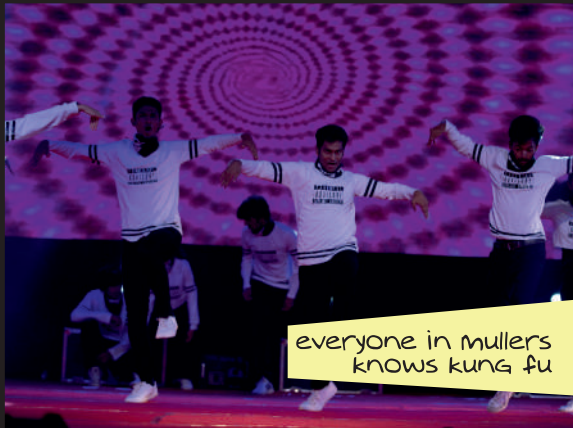
BATCH  
2014

MOMENTS  
TO REMEMBER!









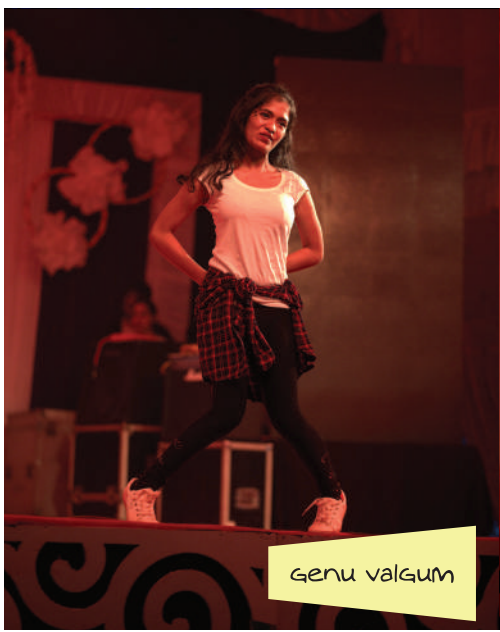
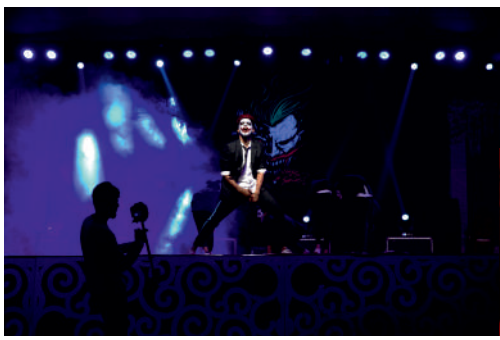
everyone in mullers knows kung fu



idhar chala mein udhar chala



our BUBBLY BACKBONES



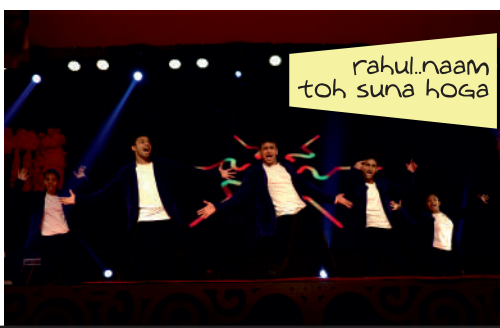
Genu valgum



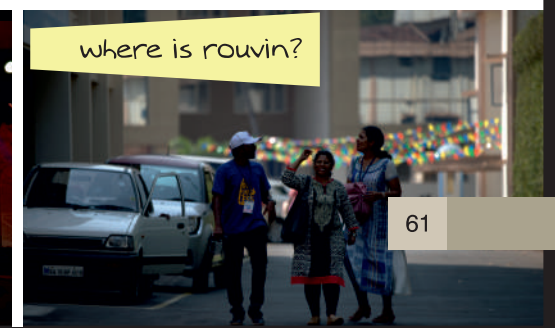
Genu varum



fest ke baad holiday kisko chahiye?



rahul..naam toh suna hoga



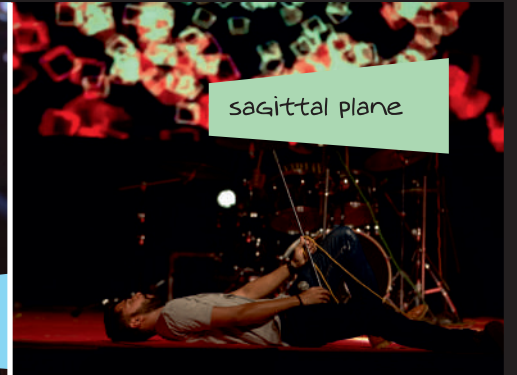
where is rowvin?



Coronal plane



Tranverse plane



sagittal plane



Sattar minute, sattar minute hai tumhare paas ... shayad tumhari zindagi ke sabse khaas sattar minute



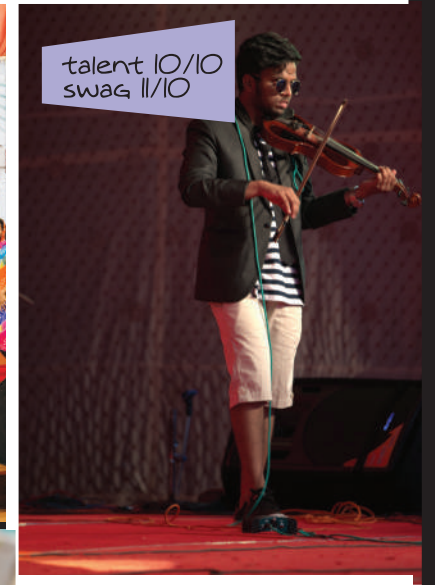
raiding enemy territory



lets catch some sleep



when the kaamwali Bai hasn't come yet



talent 10/10 swag 11/10



koi meri izzat Bachao



le panga!



what are those?



S

FM

P

SPORTS

FM

SPORTS

E

22

FM



SPORT SILVER  
 CRICKET  
 BADMINTON  
 CARROM  
**GOLD**  
 CHESS  
 RELAY BASKETBALL  
 VOLLEYBALL  
 WATER RELAY  
 THROWBALL  
 SHOTPUT  
 BRONZE  
 TENNIS  
 DODGEBALL  
 STAMINA

## MEN

EVENT	WINNERS	BATCH
100 m	Naem (00:10:16)	AHS
	Arjun (00:10:88)	AHS
	Chanakya (00:11:23)	2014
200 m	Naem (00:26:54)	AHS
	Ravindra Kumar (00:27:89)	2016
400 m	Ganesh (00:28:37)	2014
	Ravindra Kumar	2016
	Gregory Paul	AHS
800 m	Joseph	2016
	George (02:37:52)	2016
	Atul (02:42:10)	AHS
1500 m	Adrian (02:44:63)	AHS
	Pranav (05:30:14)	2014
	Roger (06:11:30)	2013
Discuss Throw	Ashish (06:17:21)	2013
	Sudarshan (22.90 m)	2014
	Aybin (22.50 m)	AHS
	Gabriel (22.05 m)	2013

## WOMEN

EVENT	WINNERS	BATCH
100 m	Raksha (00:14)	2014
	Roshni (00:14:42)	2013
	Anna Rose (00:15:21)	2016
200 m	Raksha (00:34:40)	2014
	Zeena (00:38:71)	2014
	Reshell (00:39:59)	AHS
400 m	Raksha (00:14)	2014
	Prithvi (01:30:10)	2013
	Anisha (01:34:47)	2016
800 m	Irol (00:04:08:07)	AHS
	Vishaka (00:04:09:54)	2017
	Anisha (00:04:17:15)	2016
Discuss Throw	Sneha R Shetty (19.75 m)	2017
	Riya Tellis (16.33 m)	2015
	Monica Lobo (15.93 m)	2017

4x100 m	Men	AHS
		2014
		2017
4x100 m	Women	AHS
		2014
		2013
4x100 m	Mixed Relay	AHS
		2014
		2013

Water Relay	2016
	AHS
Dodge Ball	AHS
	2013





### THROWBALL

1st 2017  
2nd 2016

### VOLLEYBALL

Boys 2016  
Girls 2013  
1st 2013  
AHS 2nd 2015



### BASKETBALL

Boys PGs and STAFF 2012  
Girls AHS 1st  
PGs and STAFF 2nd



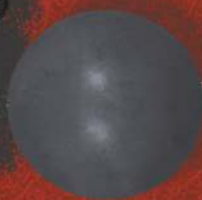
### CHESS

1st 2015  
2nd 2016



### SHOTPUT

Boys AHS 2013  
Girls 2014  
1st 2014  
2nd 2017



### FOOTBALL

1st 2013  
2nd AHS



### BADMINTON

Boys AHS 2013  
Girls 2016  
1st 2016  
2nd 2013



### CRICKET

Boys AHS 2013  
Girls 2013  
1st 2013  
2nd AHS



### TABLE TENNIS

Boys 2013  
Girls 2014  
1st 2014  
2nd 2017



### CARROM

Boys AHS 2014  
Girls 2015  
1st 2015  
2nd 2017





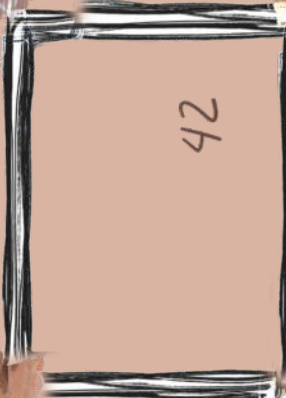
*Finish*

49



*Not the end. Start again*

47



*NOXAS*

41

42



39

43



*Penalty kick. Next player gets an extra turn*

37



*Almost there. Few more steps*

46

44



*Due go back 5 steps*

31

29



*Slippery slide 3 steps forward*

35

36



*Attack error serve from 14*

30

27

26

21

Break down position  
lose a turn

23



19

17

20



11

12

14

15



8

9

6



2

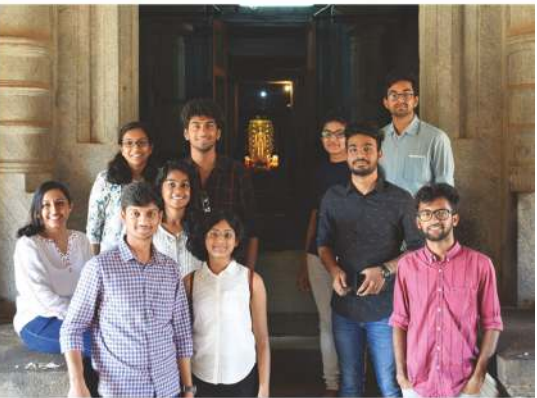
4

5

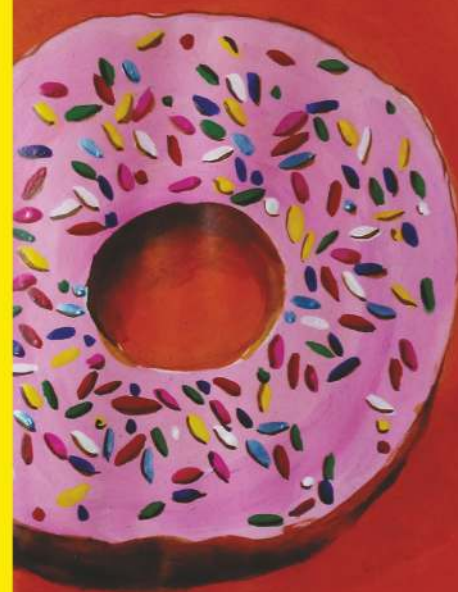
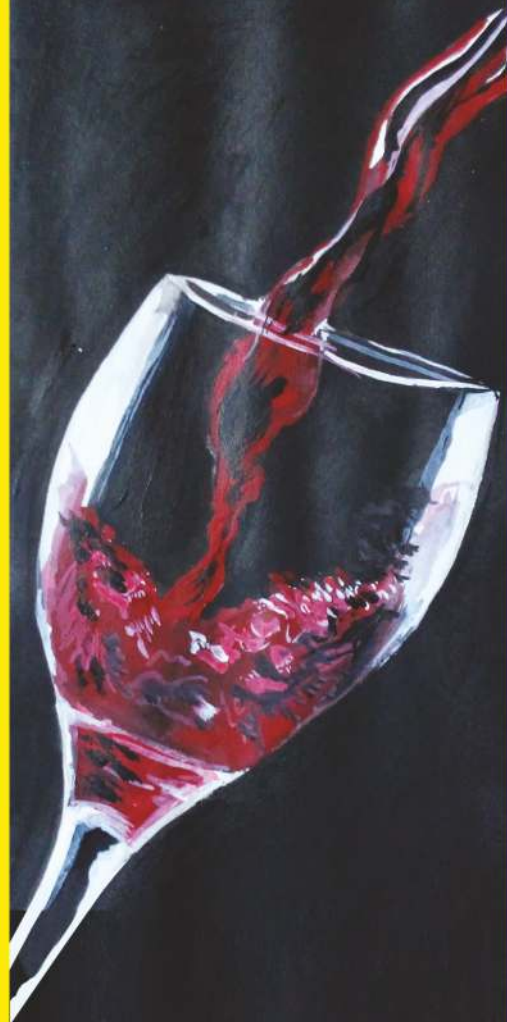




# 2015 Batch



# PHAGOMANIA



Art by  
Savitri Kini  
(Batch 2014)



Sometimes you're craving some spice, you want that tongue burn, you want to drool, go grab a bite at these then.

Chicken ghee roast  
Maharaja

Pizza 50-50  
Spindrift



Thai Red curry with Rice  
Baker's Treat

Nothing cheesy in the past few days? Or It's been a while and you're just missing some beautifully flavored food, go solo or with a bunch of friends, but try these out.

## Mood to chill & hang out

Devils On Horseback  
Diesel Café



Pagalpan  
Big Bollywood Adda

Anjal Masala Fry  
Cruise and Dine



Poulet Belle Melene  
Liquid Lounge



Anjal Rava Fry  
Mangala Bar and  
Restaurant



Bondas masala Fry  
Sri Rama Bhavan



We're not saying the fish in the mess is the size of a shrimp, but if you're in a mood for some fish and some shrimps, then you must try these out.

# Quick SNACK & DESSERT.

You know you have to get back and study. Time's running out, but you can't bear to eat in the mess again after those two meals. You deserve that break. Run to these and grab a quick bite.

*Nasty Nutella Pancake Waffle House*



*Chocizza The chocolate Room*

*Waffles with Chocolate Sauce Brio Café and Grill*



In a mood for some

## Pizza & pasta

*Chicken Mac and Cheese New Sizzler Ranch, Balmatta*



*Chicken stuffed Margherita Pizza Onesta*



*Sausage and Onion Pizza Trattoria*

*Angoli Manjanna Vanas Simbly South*



*Pepper Chicken Shetty Lunch Home/ Anupam Bar and Restaurant*



*Spicy Honey Chicken Khasak*

## An elaborate meal.

All exams done, no major assignment submission, or presentation. You have all the time in the world to waste, then go eat these beautiful meals put together not only for their lovely flavors but also because you have the time to digest it or even have an eight hour nap after that.



# STRAWBERRY



Strawberry tongue - Kawasaki's disease  
Strawberry gum - Wegener's granulomatosis  
Strawberry nasal mass - Rhinosporidiosis



# BLUEBERRY

Blueberry muffin baby  
- Congenital CMV



# BANANA

Banana sign  
- Arnold Chiari  
type 2  
malformation



# RASPBERRY

Raspberry tumour  
Umbilical Adenoma



# APPLE

Apple Sauce  
- Meconium ileus  
Apple core  
- CA Colon



# MULBERRY

Mulberry Molar-  
Congenital syphilis



# ORANGE

Peau ' d Orange  
- CA Breast



72 *Doctor's start to the Day*



# Guess the medical sign



Answers  
on page  
193

# VAIDHYAM

55 MINS | THRILLER

Vaidhyam stands to its title meaning "Physician" in Sanskrit which depicts the life of a "Vaidhya" with meticulousness. The short film leaves the audience with speculations about the crime towards doctors and the amount of political, commercial and physical challenges a physician faces in the current society.

Release Date : 10 March 2018

Language : Kannada

Director : Dr Srishankar Bairy

Production House : Shankar and Alden Production

Writer : Dr Srishankar Bairy

Music : Dr Raghavendra

Editing : Dr Alden Dsouza

Star Cast : Dr Prakash Shetty  
Dr Narasimha Hegde  
Dr Kuldeep Moras  
Dr Sumanth  
Dr Nagesh  
Dr Soumya Rani

Dr Leo Tauro  
Dr Smitha Bhat  
Dr Umashankar  
Dr Hareesh Gouda  
Dr Ashraf

YouTube : 5,000 + views

Estimated Budget : INR 30,000

Box Office : INR 55,000

Did You Know? : This is Dr Srishankar Bairy's third film known to people besides his first short film "NIDHI" which was a single man adventure dedicated to his friend on behalf of her birthday.



## Directors Words

To make internship much more memorable, and as a part of our movie making charity series, Alden and I had decided to make a new one-hour short film under our home production. At that point of time, the attack on doctors was a hot topic. During our clinical postings we had seen how our professors (doctors) sacrificed their personal life to perform their noble duty; for instance, one day I happened to hear an OBG staff at the OT telling her fellow staff that her daughter always asked, "When will you have free time maa?" This sentence really touched my heart so much that we went to the extent of making a movie while also incorporating this very same dialogue played on screen by our own faculty, Leo Sir and Rakesh Rai Sir's daughter. We also tried to portray the money mindedness of a few corporate hospitals in a private setup where doctors are forced to prescribe unwarranted investigations to the patients while keeping in pace with its thriller storyline. The experience of working with our own faculty members like Leo sir, Umashankar Sir, Hegde Sir, Sumanth Sir, Nagesh sir and Kuldeep Sir was joyful and memorable. Kuldeep sir and Leo Sir worked with us even as late as 9 pm for a few shots at their place. As we spent all our time post duty on this project, our professors stood by and boosted our enthusiasm furthermore. I spent many days on my creative edits with Alden in editing around 3000 clips.

This film is a very special one for me and my team especially because of the importance of its theme and the arduous yet enthusiastic involvement of our professors. This movie went for two screening sessions, reaching a startling audience of approximately 600 students and 100+ faculty members. With the great help of Raghavendra sir, Manjunath sir and Mario Sir we were able to get enough sponsorship for our project as well as the screening. The complete collection of the movie was handed over to the charity fund towards dialysis treatment for poor patients. The Joy and fun we had, the love and appreciation by our professors shown and the overwhelming support by the student community as well as my core team, donation of about half a lakh rupees towards charity fund by the movie series so far, all of these great events would forever be etched indelibly in my memory lifelong. This feeling cannot be contended into a single article, and therefore I am forced to conclude by writing "We love Mullers', and we love our dedicated professors. Thank you for your support and we love you all".

Dr Srishankar



# VIOLENCE AGAINST DOCTORS

There is an increase in the incidences of violence against doctors. The junior residents/doctors are at greater risk. Whenever there is a high risk case doctors should well inform the patient bystanders about the prognosis and possibilities and take consent for the same. They should document all the procedures, treatment done to the patient. Do not degrade any other doctor in front of the patients.

Hospital management should provide CCTV coverage in areas required, adequate guards and take full measures to provide safe working

A career in medicine is a career of Service. The profession of medicine requires a unique commitment to put the service of others first. Indians have always held the task of healing in great esteem. Rural and urban people alike, revered medical personnel and blindly trusted them with the lives of their loved ones. Incidents of violence against doctors in the Indian subcontinent have increased in the last few years, with some ending in fatal outcomes. It is ironic that attacks on doctors have become common in a country where the profession was once deeply revered. The current situation is an alarming one.

Violence in any form and in any setting is reprehensible. However, acts of violence in a hospital are the most extreme and should be dealt with an iron hand. Hospitals are sanctums of healing and recuperation. In addition to jeopardizing the safety of medical personnel, violence threatens patient safety and hampers their recovery to health. Doctors facing violence have been known to go into depression, develop insomnia, post-traumatic stress and even fear and anxiety causing absenteeism.

In earlier times, people went into the medical profession for the predominant objective of serving ailing mankind, and were respected. However, Trust in the doctor-patient relationship has taken a beating over the last few decades. Over time with medical care commercialization, the mentality of physicians has changed from a charitable to a lucrative one. The rising cost of healthcare is the key reason for the breakdown of the bond between doctors and their patients.

Over the past two decades, the economic boom witnessed in India, has led to change in the fabric of our country from being socialist to a capitalistic one. Post liberalisation, sickness and disease have been turned into corporate profit centers. Complete privatization of the medical care sector in India is not completely possible because of widespread poverty.

Journalism has become increasingly competitive and blaming doctors without proof has become commonplace.

environment to the doctors. Strict law should be made against the attackers who attack the doctors and damage hospital/clinic property.

In case of any attack to the doctors fellow doctors, nurses, especially female colleagues can step forward at the site of incident and help each other. Hospital management, local medical bodies, fellow medical fraternity should come forward and act together to provide justice to the victimized doctor.

- Dr Chandralekha  
Dept. of Pharmacology

The ever hungry media rapidly jump to conclusions and publish sensational stories of organ theft, medical negligence and malpractice. Furthermore, reports of unnecessary tests and needless invasive procedures have caused patient distrust to grow.

Insurance cover protection is low in India and the government does not provide enough resources for free healthcare, leaving people to fend for themselves as best as they can. Many incidents of violence have occurred at the time of billing as this out-of-pocket expense for healthcare in private and corporate enterprises pushes many households into financial distress and emotional turmoil. As majority of people are poor and do not have health insurance, Government hospitals in India offering subsidized medical care are swamped with patients and their attendants. As the medical officer attends a large number of patients every day, the quality of care gets sometimes compromised. This projects a perception of neglect to the patient and leaves him/her only partially satisfied.

The highest number of violent incidents occurs in the ICU and most of them are caused by relatives of patients. Miscommunication by physicians causes attendants to have unrealistic or too high expectations for patient recovery. Hence it is important to emphasize the patient's prognosis to the attendants in a lucid manner. Young doctors fresh out of medical school are often not empathetic enough with the attendants, leading to a sense of perceived neglect. This is often the trigger of violent assaults.

In India, Politics is dominated by sectarian groups with religious or quasi religious agendas. Emotional turmoil due to death of a loved one is sometimes used by local politicians as an opportunity to demonstrate their political relevance by orchestrating violence and publicly castigating physicians at the clinical establishment. Low health literacy is often used to propagate myths, and false accusations are made even in cases of death due to a previous illness. During the emotional breakdown following death of near and dear ones, it becomes impossible to present or understand a rational view.

Another cause of violence against doctors in India is the lack of faith in the law and order machinery and the judiciary. A person with a grievance does not trust the mechanisms of redressal provided by law. There is sometimes a perception that doctors being well connected will get away and hence there is a tendency to take the law into their own hands by resorting to violence. There exist no laws for the protection and safety of the medical community. While it is a non-bailable offense to assault a uniformed public servant like a bus driver or a policeman, there is no distinct penalty for hitting an on-duty physician in a white coat.

Doctors go to the hospital to treat patients and patients visit hospitals to be treated. Nobody goes there to create issues. Instances of assault that happen are thus situational rather than intentionally pre-planned. There is an urgent need to make healthcare facilities a safe environment.

To run an accountable health care system, we need to focus on provision of adequate health services provided by the government through a national health scheme, appropriate management by the administrators, adequate communication and Professionalism of clinicians and a civilised and value-adhering society. Having a Central law for prevention of violence against healthcare persons and institutions is an urgent need of the hour.

The most important step in preventing mob violence in a hospital is restricting entry of the public. A large number of relatives should not be allowed at the patient's bedside. Entry should be strictly by passes and this must be implemented through competent and well trained security personnel. Security guards must be placed inside the hospital at sensitive areas such as intensive care units, operation theatres and casualty.

Insure the establishment against mob violence, damage to property and injury to workers to at least mitigate the financial losses that are incurred in the aftermath of violence. All clinical establishments should develop a standard operating procedure (SOP) for violence. Mock drills need to be conducted and each member of the staff should be clear about his role if the situation of impending or actual

violence does arise. A hospital's violence-prevention program could include training employees on the following: common instigators of violence so these can be avoided, when/how to remove themselves from risky situations, how to approach a high-risk situation, and how to de-escalate it.

The cardinal principle to prevent violence against doctors in India would be: 'Do not overreach'. Remaining within one's capability and experience is important in today's litigious environment. Valid and informed consent is the second most important step in preventing violence. Despite the rush and low health literacy, consent should not be considered a formality.

Detailed consent in the patients' own dialect and language with witnesses (preferable) is mandatory before any invasive procedure. The purpose of treatment/surgery/procedure, its prognosis, and the commonly occurring life-threatening complications must be explained. The available alternatives, advantages/disadvantages and the consequences of refusal by the patient of treatment should be explained and mentioned in the consent form. It is also important to do only the procedure for which consent has been taken and not any additional procedure, even if it is in the 'patient's interest' unless it is a life-saving additional procedure.

Proper documentation of the patient's course in hospital may not prevent violence but is important once violence occurs and the police are called. The records are often seized by the police. The doctor(s) later find it difficult to defend themselves because during the emergency they focused on saving the patient and not on maintaining proper records. Even in single- doctor clinics and nursing homes it is imperative to inculcate the habit of documenting everything or ask the nurse to document while the doctor is busy resuscitating the patient. Improving communication skills will prevent doctors from facing violence in the long run. It should be made mandatory to have communication skills as a part of medical curriculum.

Only by being aware that violence against doctors is a growing problem in India is it possible to be alert and vigilant. Doctors need to evaluate each situation for potential violence when they enter a room or begin to relate with a belligerent patient or relative. It is important to be vigilant throughout the encounter and not isolate oneself with a potentially violent person or group. It is advisable to always try to keep an open path for exiting. Do not let the potentially violent person stand between you and the door. Friends, staff members, colleagues should collect at the site of incident without being provocative.

Violence against doctors bodes ill for society. It is important for all medical practitioners to be aware that this can occur, discuss the various causative factors, understand the public sentiment and collaborate with the government to find a solution and they need to take steps to prevent it. Formulation of legal provisions and standards to ensure the safety of health workers is the need of the hour. A civilised society aiming to become a superpower and a model democracy must condemn such mishaps unequivocally, irrespective of which profession is under attack. Public awareness in the form of street plays, media or short films, the violence against doctors can be prevented to certain extent. Solving such issues would require the coordinated efforts from all stakeholders. We cannot afford to forget that everyone has the fundamental right to live his life without fear for safety.

Dr. Leo Francis Tauro,  
M.B.B.S., M.S., Dip. Lap  
Professor and H.O.D.  
Department of Surgery



# THE KANKANADY CHRONICLE

VOL.14M5606

MANGALURU

2018



NEW DELHI: Mandatory Aadhaar threatens RIGHT TO PRIVACY: Amnesty and HRW



**BENGALURU:**  
*Yeddyurappa takes over, congress calls him 'ONE DAY CM'*

## MODI'S 'HUM FIT TOH INDIA FIT' GOES VIRAL

NEW DELHI: Modi addressed the 50,000 yoga enthusiasts who gathered to celebrate the day at the venue. "Instead of dividing, yoga unites. Instead of further animosity, yoga assimilates. Instead of increasing suffering, yoga heals," Modi said on Twitter



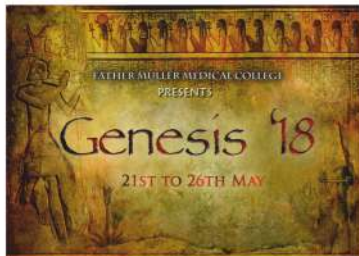
## SPORT

## YOU'RE OUT

**AUSTRALIA:** Smith, Warner and Bancroft have been banned by CricketAustralia for the incident in the third Test against South Africa.



## PADMAVATI CONTROVERSY



**MUMBAI:** AMID THREATS AND PROTESTS, PRODUCERS DEFER ITS RELEASE.



**NEWYORK:** Here's what they wore for this year's met gala



**A Royal wedding ENGLAND:** a look of unutterable tenderness that warmed hearts all round the world, as they put the seal on a royal wedding the likes of which has never been seen before.



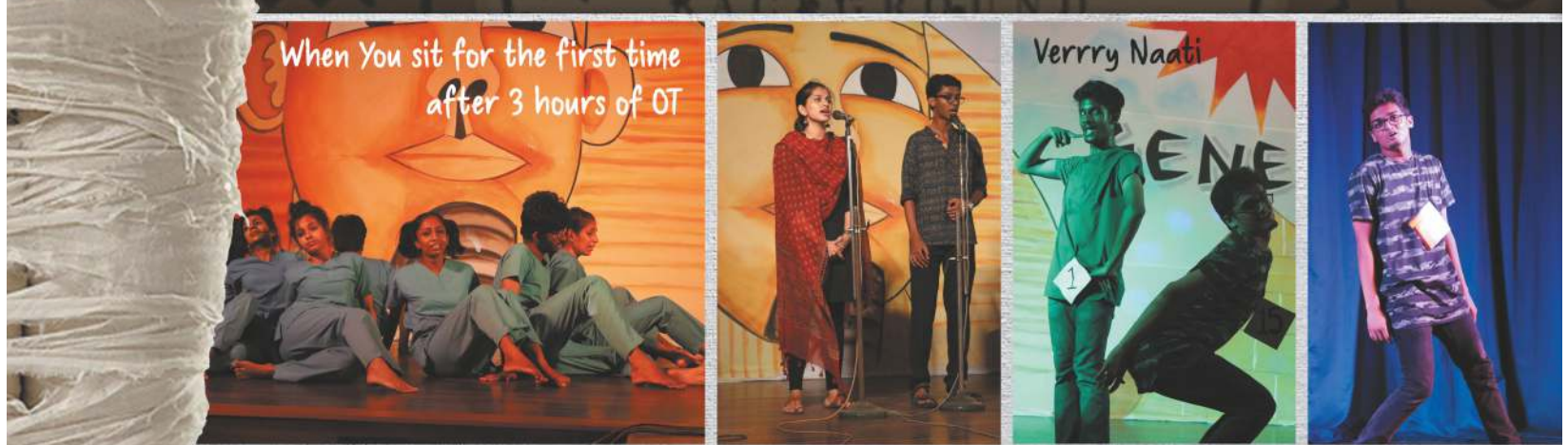






# GENESIS

2018



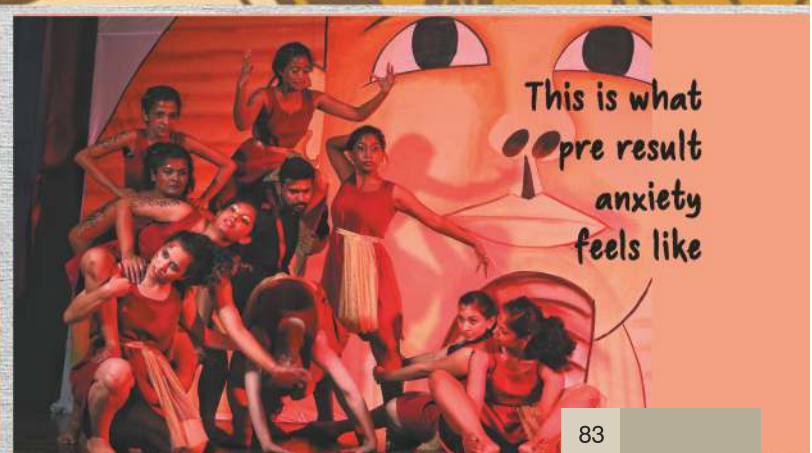
When You sit for the first time after 3 hours of OT





# GENESIS

2018





# In-Style

Here's putting a face to the people you've been following. The trend setters and the trailblazers. Those who make the day better after you are exhausted with your routine chaos

#insta\_admins #avant\_gardists #socialmediastars #food

#creativewriting #photography

#doingsomethingotherthantheroutine #followthemifnotalready



**thewritepeople**

sanjana mathew  
romith pereira

235 likes

**thewritepeople** TheWritePeople  
Two friends, with constant dissimilar opinions, write life as they see it.  
However, they do agree that doing so, under pseudonyms are cool.

**the\_flavourists**

kristapinto  
megan\_stefan97  
k p arjun prabhu

4,965 likes

**the\_flavourists** The Flavourists  
We bring to your fingertips Kudla's culinary experiences with dollops of passion, loads of joy & a hint of pride. [#theflavourists](#)

**thinking\_thru\_fingers**

stace\_dsouza

626 likes

**thinking\_thru\_fingers** Dr. White coat 🧑🏻  
Advice: Write-o-therapy 📖  
Rx: Pen-icillin 🧬

**kiss.my.spatula**

kadeejafiza

3,831 likes

**kiss.my.spatula** Kadeeja Fiza  
BAKING | RECIPES | REVIEWS  
Invites  
for scrumptious home made treats  
To order : 7892075310  
CALICUT, MANGLORE  
Get your recipe here 📄  
[www.kissmyspatulaaaa.wordpress.com](http://www.kissmyspatulaaaa.wordpress.com)

**itsserz**

itsarahjoseph

592 likes

**itsserz** Sarah Joseph  
Wanna be saving yo life 📷  
Follow [@itsarahjoseph](#) if we know each other 😊  
Camera sutra 📷

**medwnikkicee**

atkinxatsarc

598 likes

**medwnikkicee** Nikitha Crasta  
Learning Medicine with Nikki Ceel 🌟🌟  
3rd year Medical Student | Mangalore IN  
Art | Notes 📄📷📱📧

**raymondthebaker**

raymondantony

226 likes

**raymondthebaker** Raymond Antony  
Amateur baker.  
Taking time off to develop flavours and complete the birthday cake.  
Mangalore

**mullerpulse**

fmmc confessions  
muller.memes

∞ likes

**mullerpulse** On [#publicdemand](#) [@mullerpulse](#) unmasks the most wanted admins of MULLERIAN PAGES  
Scan the QR code



# Bedside Jokes

## Scenario: Bed side case presentation

Professor: "What are the different positions for doing a per rectal examination?"

The student, with much enthusiasm replied: "\*\*\*\*"  
Well, he didn't say 'knee-elbow position' but you can guess!



## Student, while presenting the case of an unconscious patient:

"Informant is his bystander who was conscious cooperative and well oriented to time, place and person." !!!



*DAY: THURSDAY*

*Scene: GRAND ROUNDS*

Patient diagnosis: Snake bite  
Student, presenting the case: "Family history - No history of snake bite in the family".  
Professor: "En maraya..! Avanige sarpadosha ideya??  
"(What man..! Does he have Sarpadosha?)



Second year MBBS student, on his first visit to OBG ward.  
While taking history of a woman who is in her 9<sup>th</sup> month of gestation, excitedly he asks: "Are you pregnant?".  
Patient: "?????"



## Taking history of a patient who was admitted for fever.

Student: "Hospitalge yaake bandiri ..?"(why did you come to hospital?)

Patient: "Nimmannella nodkondu hoguva anta bande... "  
(I came to see you all.)



Student:



Patient: mattenappa..! Nimma samasye Enu anta KeLu"  
(Instead of that, you're supposed to ask what is wrong with me)

Student shocked, patient rocked!

## While presenting a case of chronic suppurative otitis media.

Professor: "How do you treat this patient??"  
Student: "Modified radical mastectomy"

Professor: 😊😊😊

(Btw it's mastoidectomy, for those who didn't get it yet!)

## Case sheet writing.

Student (trying to make the case impressive):  
"Patient occupation - Currently unemployed.  
Previously worked as housewife.."



## 2nd year student taking a history of patient with diabetic foot.

Student: "Does anyone have diabetes in your family?"  
Patient (insulted): "Don't interfere in my family matters."

Student:



## An intern asking history of alcohol abuse.

Intern : "Do you drink?"  
Patient : "No. But if you recommend me to, I will!"



## Taking history of a 87 year old woman with headache.

Student: "Does anything aggravate your headache?"

Patient: "Yes! My daughter-in-law sings bhajans while praying early in the morning. That gives me a very bad headache!"

Student:



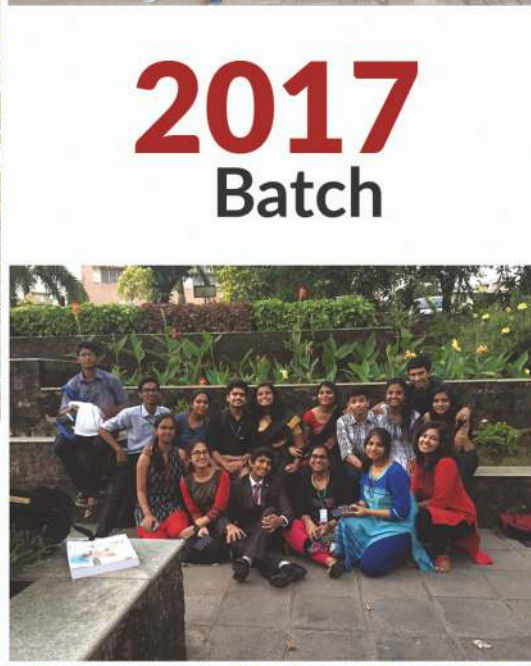
## Student trying to take history of impotence in a case of bilateral inguinal hernia.

Student (embaressed): "Do you have any problems during your personal time with your wife?"

Patient (thoughtfully picks up his phone): "I don't remember much, but wait I'll call my wife and ask her now!"







# 2017 Batch



"White coats and colossal textbooks are a must for this roller coaster course. It starts with working on the dead, handling urine samples and pricking yourself. Then comes microscopes (trust me, everything is just pink) and ghastly autopsies. Oh, and do not forget the assortment of all the fancy drug names. After this, comes the excitement of watching picturesque scenes from the bus window, meeting new people and being warmly welcomed into their humble dwellings - a much needed change from the monotony. Then comes the final showdown with never ending studying, bone breaking record work and mastering all the languages one can. Rising above the hurdles, you finally enter internship; the platform to unleash the skills you've acquired over the years. Not to forget the piles of discharge summaries, long shifts and erratic circadian rhythm that must be squeezed into your 24-hour clock. If you think you're done, the much aspired PG stage is where you wish you had supernatural powers. Nevertheless, it's a journey worth experiencing and a reel of colorful memories; something that takes your life to a whole new dimension."

# THE ODYSSEY

Photography and editing team: Photographia  
Article and ideas by: Sharon Rose  
Priya Praneeth  
Rhea Fernandez  
(Batch 2014)



## Why so "humerus" Mr. Bones?



MODEL  
*Ms. Greeshma Gopakumar*



A swirl of pink, a splash of blue  
Laid on glass, peeped through a lens  
And Voila! You can see them too!

MODEL  
*Ms. Neha Roky*

Much ado  
about nothing!



MODEL  
*Ms. Rhea Sharon*





MODELS:  
*Ms. Prerana Bellary*  
*Mr. Akash Bhat*

Closer the finish line,  
 higher the pile gets!  
**WELL, YOU'VE ALWAYS GOT  
 SOMETHING TO LEAN ON!**

“  
 Paper, paper  
 everywhere;  
 not a second  
 to spare!  
 ”



MODELS:  
*Dr. Ananya Herle*  
*Dr. Eesha Eva Desai*



Who says a person  
 cannot be at two places  
 at same time? The PGs  
 have redefined all  
 laws of nature!

MODEL  
*Dr. Priyanka John*  
*(Dermatology PG)*



BATCH  
AHS



# DEPARTMENT OF MEMOLOGY

JUST BEFORE UNIVERSITY EXAMS



Q: Advantages of Oral Route of Administration  
Student: "Nausea, Vomiting, Diarrhea"



STUDENTS WHAT IS THIS?



SIR IT IS AN INTRANASAL SPACE OCCUPYING LESION MOST PROBABLY A POLYP

I SCORED 95% IN PU I CAN DO THE SAME IN MBBS



WHEN STUDENT READ ENTIRE K PARK BUT YOU ASK ONLY "WHO DEFINITION OF HEALTH"



When Student identifies Murmur...  
JUST RIGHT



\*Pharmac Viva



Tell me what is Oxytocin?

\*Confident Student



Mam, Oxytocin is Drug of Choice to treat Pregnancy



IT IS MAAAAASS .. YOUR HIGHNESS



Mam marks pls



# STRAIGHT? DRIVE

Name : Dr. Mahesh Bhat  
 DOB : 20/3/1974  
 Place of birth : Mangalore  
 School : St Aloysius  
 College : St Aloysius  
 Ug/pg : JJMMC  
 When did you join Fr Mullers : 2003  
 Favourites : Movie-Superman , recently-Soorma  
 Food : Davangere benne dosa  
 From the canteen : Chapati and ghasi  
 Restaurant : Sanadige  
 Family past-time : Visit to Summer Sands



What was your childhood dream?

To become a cricketer

Was ENT, your choice or chance?

FORCE \*does the famous head nod \*

Best memory from your undergraduate days

Time spent during class socials

Tell us something about your family?

Both my parents were gynaecologists. I am married to Dr Sunayana and have two beautiful daughters aged 5 and 7yrs.

How did you meet Sunayana ma'am?

On a phone call...ours was an arranged marriage

What's a typical Saturday night like for you?

Before marriage I used to party all night' now, depends if the kids are at home or not \*gives a sly smile\*

Your dubsmash tiger dance was a huge hit,why did you opt for it?

I wanted to be unique.I was born and brought up in mangalore and wanted to portray its culture.

One morning ritual that makes your day perfect?

Seeing a smile on my kids' faces

If you would wake up as the following people what would you do?

PM of india

I would visit mangalore

Dean of fmmc

I would give attendance to students who go for extracurricular activities

Sunayana ma'am

I would have a big cup of STRONG BLACK COFFEE



If you were given 1 crore to invest in Mullers, where would you invest?

OT complex.

Compared to other HODs you are considered very student friendly,any particular reason that moulded you to be like that ?

I am of the opinion that HODs should be very friendly or the department won't function well. I used be very scared to ask my HOD for leave and hence decided that I won't be like that.

Funniest student interaction outside campus?

says,"oh shit! Its mahesh", turns away and hides

If you could switch roles with someone ,who would it be?

Dr Abdul Kalam

Who is your role model?

I have multiple role models. I incorporate all the good things each person has to offer but our hardwork is the only way to achieve our dreams

What's the best thing that has ever happened to you?

Kids

One good thing about you?

I never give up. I keeping trying till I achieve my goal.

One bad thing about you?

I'm very moody

If you could attend any class now, whose class would you attend?

Dr Prakash Shetty's class

What's the difference between students in the morning class and afternoon class?

In the morning, students wait for the professor to come and in the afternoon, students wait for the professor to leave

## RAPID FIRE

Ear/nose/throat

Nose

One thing you like about mullers?

Greenery

One thing you hate about mullers?

Lot of paperwork

Batting/bowling

Fielding

Dhoni/Ganguly

Ganguly

T20/test

Test

What was your role in the team?

Batsman and fielder

What were you,the hitman or the wall?

Depends on the situation but I used to love to stand and play for long

Biggest innings?

63(105)

Muller dream team

Dr Vishak, Dr Kishan Shetty, Dr Kiran Shetty, Dr Nagesh, Dr Habib, Dr Vinay, Dr Jitesh, Dr Mayur, Fr. Denis, Dr Nandakishore

Best partner on crease?

Dr Vinay

Proud achievement?

Won the Mangalore trophy as a part of the St Aloysius team and played against Vinay Kumar

When did you start playing cricket?

1st std.

Ug/Pg

Pg

Opd/Ot

Sunday

Sunayana maam/vinay sir(for coffee ritual)

Vinay sir

Top 5 things in your google search history?

Wait,let me check..Deepa Comforts, Ocean Pearl, Sanadige, Manglorean recipes...this isn't mine, I think my wife was using my phone.



Who do you think you can replace in the national team?

The physiotherapist

Advice to students

CHILL

What would be the title of your autobiography?

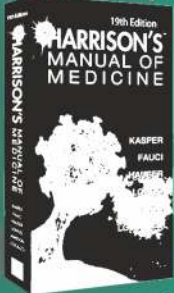
Don't be afraid of death

Retirement plans-own pets and play golf



# TWO KINDS OF PEOPLE

Harrison



Grey's Anatomy



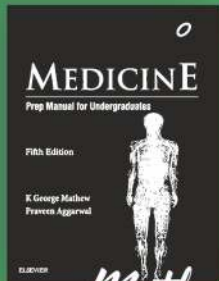
Grubud



Minimilitia



Spectacles



George Mathew



House MD

Tiramisu



Pub G

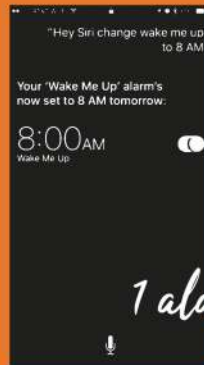


Lens

10 alarms



1 alarm



apple



DC



android



Marvel



pineapple on pizza



Monsoon



Summer



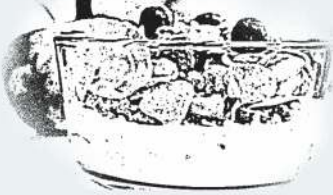
# TWO KINDS OF PEOPLE

Books



Kindle

Cereal in milk



Milk in cereal



Coffee



Tea



Peanut butter



Nutella



Small umbrella



Long umbrella



Sleep at 5



Forum



City Centre



There is a big difference between a Web page and a Web site. A Web site is more than just a group of Web pages that happen to be connected to each other through hyperlinks.

At the lowest level, there are content-related concerns. Managing the content of content is important in getting the most degree of relevancy.

There are also aesthetic concerns. In addition to having the content-related content, a Web site should also have a consistent look and feel across all of its pages, so that site visitors know they are looking at a particular Web site. This means utilizing a consistent style across the site pages layout, graphic design, and typographical choices, should be used throughout.

There are also organizational concerns. As a site grows in size and features, more complex, it becomes, it becomes increasingly important to organize its content properly. This includes not just the layout of content on individual pages, but also the relationships between the pages themselves. Some of the organizational tasks that should include links targeting the strong design for frame-based Web sites, and links that make visitors to a particular page on the same site.

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Highlighters



1 WhatsApp status



stethoscope  
diaphragm  
on right

No Highlighter



Multiple WhatsApp status



stethoscope  
diaphragm  
on left

# MAN, MALADIES AND MEDICINE

4.5 years of study and 1 year of internship. At the end of that we are but novices in this fascinating world of man, maladies and medicine. A gulf of knowledge and experience separates us from the men and women who walk in these corridors every day to heal and comfort innumerable souls. A scientific mind, skilled hands, a compassionate heart, a passion for the craft, mere mortals can only marvel at. Every day we inch closer to that goal. A few doses of wisdom to help us along

## The debt

Dr Manjunath Shetty, Department of Urology

This happened in 1999 when I had just started my urology practice. One day a young man brought his father to me. He was bleeding profusely because of a bladder tumour. I operated on him, excised the tumour and stemmed the bleed. The man bled again in the night, so my colleague and I worked together and stopped the bleeding. The next morning, he started bleeding again. Because we were in a remote area it was difficult to arrange for blood, so we decided to shift him to Manipal. I was free, so I accompanied the ambulance in my car. In Manipal, I headed for the urology department and handed him over to my friend there. Meanwhile, because of our surgeries, the bleeding had stopped. They gave him blood and continued from there. When I was about to leave, the son came to me saying he did not have any money and asked me if I could spare him some. I put my hand in my pocket and found Rs. 2000. As I had no need for it, I only had to drive back, I gave it to him. I also gave him my sister's number and told him to contact her if there was any problem, as she lived in Manipal. After that, I came back.

2 years later, a man comes to my clinic carrying a box of sweets. I could not recognise him. He gave me the box and Rs. 2000 saying he owed me. He told me his father's name and I remembered. I enquired after his health and he said he was doing well. I told him to keep the money as whatever had been given is neither remembered nor kept track of, there was no need to return. He said to me it is my debt to you, Sir, if I don't clear it, it will not do me good. That is why for the past 2 years I have been driving an auto rickshaw and saving a hundred rupees every month. At the end of two years, I have brought the Rs. 2000 and a box of sweets with the remainder." He insisted I accept the money and left me no choice. So I took the money but I realised that all the hard work he had put over the past two years would go waste if I kept the money with me. I might spend it on something trivial. So, to preserve the purpose of that Rs 2000, I gave it to a temple.

This man, and many others who we interact with on a daily basis make me feel, yes, there are people who don't forget a good deed. People may say a lot of things, but I strongly believe that the medical profession is truly the noblest of all. And our good deeds always come back to us, one way or the other.

## A temple for the ailing

Dr Madhukar T Nayak, Department of Neurosurgery

Being from a middle-class family of a small town, with a father working as a government servant, I used to think about doing something that would benefit someone, help bring a change in their lives; Something that would only bring personal satisfaction and not only monetary benefit. For example, some people say they would like to build a temple. Though with much difficulty he helped me in my higher studies because of our middle-class background, my father once said to me "Remember that whatever we spend on you, apart from the fact that you are our son, we consider it as building a temple. You should be like a living temple." People go to the temple with their problems, hoping God will help them overcome their suffering. So, as a doctor, my parents expected me to exercise care and compassion to help people who come to me with their problems. And as my teachers told me, to look at the patient with empathy, to treat them as I would treat my brother or sister. These have been my guiding principles. Money and fame will follow.

## Early experiments

Dr Geover Lobo, Department of Neurosurgery

It all started as a kid when my cousins and I would catch cockroaches and burn them on a candle. When the other elders used to scold us saying we were torturing the poor creatures, my grandfather would say they are experimenting with science and would allow us to do it. That was one of the earliest incidents which triggered my interest. I remember doing small I&Ds using needles, burning them in the fire thinking of aseptic precautions. That is when my grandfather said "You have a direction (for the future). See if you can cultivate it and decide which field you would like to take." My grandfather's encouragement gave wing to my career in surgery.

Over time I have seen many patients, but there was a boy named Nandgopal, who came with a craniopharyngioma at the age of 10. He was told by many that he cannot be operated, but my professors and I in Manipal, we worked him up, operated on him, and he is doing quite well. Best thing is, he somehow found out when my birthday is and every year on my birthday he gives me a call and says thank you, you really made a difference in my life.

## How sports can kick off a career

Dr Vivian Roshan D'Almeida, Department of Orthopaedics

Sports has always been close to my heart and an inherent part of my life.

I began playing football, table tennis, hockey and cricket quite young and as the years went by I did reasonably well. As I could not pursue a mainstream sporting career due to a number of reasons, the field of "sports medicine" (a branch of medicine that deals with physical fitness and the treatment and prevention of injuries related to sports) - was my constant motivation to become a doctor and an orthopaedic surgeon. As this passion for sports thrived in me, I even went on to become the university level captain for hockey and football in my undergraduate medicine days in St Johns Medical college.

An important lesson I have learned - Sometimes just playing a sport can provide a healing medicine that maybe even a doctor cannot provide.

## The questioning mind

Dr K Pitchai Balashanmugam, HOD Department of Urology

As an intern, I was attending to the patients in the medicine OPD. It was around 11 am in the morning one day when a patient walked in complaining of a headache. I proceeded in the regular fashion of history taking. But something more than the history caught my attention. During these few moments of interaction, he got up twice to use the bathroom.

"What is the connection between this and his headaches?" Yes, that was what was running in my mind then. Despite the patient denying any urinary symptoms, I proceeded to do a per-rectal examination. It was suspicious of a prostatic malignancy. Something connected the dots then- I had just come across a case of prostatic cancer presenting with CNS symptoms- something we don't commonly think of. It was then that multiple questions flashed my mind on how the prostate and urinary system work. It was then as an intern my focus shifted from pursuing general medicine to taking up urology and research.

Deep down, I realise that it takes just a few minutes of interaction with a patient to realise your passion and to decide the decades of career that follows.





|

- Where is the statue of father muller going to get installed? [Remove](#)
- Where do we get duplicate ID cards? [Remove](#)
- Who stole my umbrella? [Remove](#)
- Who is the admin of muller meme page? [Remove](#)
- Who is the father of community medicine? [Remove](#)
- How to talk in the library without security guard noticing? [Remove](#)
- How to sleep in class with eyes open? [Remove](#)
- How to reset wifi password? [Remove](#)
- How to fake thumbprints? [Remove](#)
- How to break V clamp? [Remove](#)
- How to fix projector? [Remove](#)
- Which colour basket do the gloves go? [Remove](#)
- Fmmc fines? [Remove](#)
- Best VPN apps?
- [Remove](#)

Google Search

i'm Feeling Lucky

Photograph by  
Gaurang Kamalapurkar (Batch 2016)



FROM  
THE  
ARCHIVES

*There's this one memory I recall from back when I was still a PG, a few years ago, which taught me something that the textbooks didn't.*

*It was the case of a manual laborer who had suffered severe injuries following a wall collapse. He'd been brought to the emergency and was found to be tachycardic, in hypotension, with a massive swelling of his left lower limb and numerous contusions on his body; especially on his abdomen.*

*As per the protocol, we had immediately started an IV line and pumped colloids in a bid to resuscitate the patient. We had to know what was causing the hypotension and needless to say, that required multiple blood and radiological investigations.*

*However, there was a catch in this patient's case - he had no bystanders or relatives to give us the green light for the admission process. Had we decided to wait for a patient party to turn up, we would have surely lost the patient.*

*I had spoken to my consultant then, who said he wanted the patient shifted to Radiology immediately and that all the necessary investigations were to be carried out. He had ended the call only after giving me strict orders that he wanted the patient shifted to the OT in not more than 30 minutes.*

*Shortly after hanging up the call, I spoke to the CMO and together we contacted the Director, who was extremely cooperative in waiving the charges and letting us go ahead with the required procedures regardless of what would happen with the bills.*

*The patient was immediately shifted to Radiology and an X-ray and Ultrasound were done.*

*The latter showed a splenic hilar laceration and the limb X-ray showed a closed femoral shaft fracture. We went further ahead and got a CT done as well and the splenic injury was graded.*

*In such an adverse condition (the BP dropping further down and no idea about his blood group), we had rolled the patient into the OT and, I must say, the anesthesiologists were extremely brave in taking this patient under their care in such risky conditions.*

*We had continued to push the colloids until the blood arrived and when the first incision was made on the patient, there was more fluid than blood oozing out.*

*Our team had performed an emergency splenectomy and when the blood finally arrived from the blood bank, we went ahead with the transfusion.*

*The patient was finally stabilized and in post-op for two days after which he was taken up by Ortho.*

*Quite early in my career, I got a chance to witness true humanity in not letting money come in the way of patient care, and this incident, beyond doubt, taught me a lesson for life.*

*-Dr. Elroy Saldanha*

I do remember a lot and not much at all.?

What can I say is an institution isn't just buildings. It's the people! It's an idea like the 4th of November.

It's the people who have dedicated their life for something more than what words can say.

I do remember the people. By what they did, but also how they helped us grow. They moulded us into who we are today.

One might call them staff, seniors, friends or better yet the family we gained by being here.

They were with us despite our idiosyncrasies.

They helped us get through the day then the week, month, year and before we knew it, the entire journey.

They were our daily dose of caffeine when we were running on fumes.

When our egos got the better of us, they were there to remind us they we were just another brick in the wall.

When we had our doubts, our crisis they reminded us that Stacy's Mom still has it going on.

They stood by us, no matter how stupid an issue, when we wanted to stick it to the man. Then they made sure we

didn't get into too much trouble for what we did. They had our backs when it counted the most. They made us

aware that there is life beyond the campus walls. The world were only the brave and foolish dare tread? They helped

us up when we were down and then were the first to knock us off the pedestal when it got too high.

I remember the people of the institution. You might say, I'm a dreamer, but in the end it really does matter. Just like November rain.

DR. OLIVER





## MANGALORE FLAVOURED GOLGAPPA

Mangalore - a city synonymous with home. Wasn't always the case though.

10 years back when the MBBS batch of 2008 with it's 100 students from almost every corner of India and it's diverse cultures gathered together in Father Muller Medical College Block B doe eyed and scared, Fr. Denis D'Sa, our administrator then, walked in to the lecture hall to tell us about the culture in Mullers. I wasn't sure then what to expect of the next five and half years.

From being the Vijayanagaras to Nautilus to the Decepticons to the Knights of Avalon to Rustlers and finally the followers of Hades, our cultural fest taught us that it is when many creative minds are set to tick freely that an amazing idea is finally born (be it a dance, mad ad or fashion show). The day Father D'Sa went up on stage and appreciated our batch with the words 'hum kisi se kum nahi' will forever be etched in our minds.

The gazillion sport events we took part in, waking up in the wee hours of the morning for practice in the stadium and with half the team members (especially the girls' teams) not knowing anything about the game to be played, taught us that we have the most fun and the best of friendships are made not just when we win together but fight tooth and nail even when we know we are gonna lose the match. Our batch cheering on our teams screaming 'Batch two thousand eight, don't hate, appreciate!' made them create a prize (yes, for the first time) for the best cheering leading team and give it to us! We learnt to value our efforts more than our expectations and thus find delight in doing what we do. We learnt to be a team. A family.

Hostel. A place you enter crying because you'll miss your family and leave crying because you'll miss your new family. In March 2014, when I had to leave, I cried. I realised Mangalore was like pani puri to me. How the blend of its different ingredients is sensed on our tongue, all these experiences put together describe my life in Mangalore. Let me be frank, just like the foreigner in the Hindi movie "Queen", I did not enjoy my 1st taste of this "golgappa". But after a while I thought..hmm..this ain't so bad. And just like him I went back and asked for more.

So here I am a decade later, back in Ave Maria Ladies Hostel (same name, different location) reminiscing those bygone days. In the last one year that I've worked here, I've been asked many times "how does it feel to be on this side", "do all those professors still seem scary?" and so on. Truth be said, it does feel different to be on this side, teaching, advising, invigilating and correcting exam papers, seems surreal.

From a girl who just wanted to achieve academic excellence, Mangalore made me grow into a woman who knows that it is the most ordinary deeds in life that sum up to be the most extraordinary at the end. Just like a simple pani puri experience, Mangalore taught me how many bittersweet experiences can finally give a really good after taste. And it truly is the after taste that lingers.

Dr. Mekha Ann Andrews

Here, I would like to give just the gist of a conversation between myself and a half-confused student whom I know from a long time.

Me: hey, pay complete attention to your studies.

Student: Why? Isn't paying respect to you good enough anymore? Leave me alone.

Me: Having been through your phase already, I know that your track will not lead you anywhere good.

Student: You are right. You are a 'has-been' student, a relic.

Me: That's not fair. I observe, and I can understand everything a student has to go through in present times.

Student: Yeah right, you didn't even have the concept of selfie and I am vulnerable to 'selfitis' already.

Me: Ok fine, but remember this, FMMC will not be blamed for your losses. It has always tried its best for its students.

Student: I get it grandpa and so you see, I focus only on passing when university exams come.

Me: And when you see a gasping patient in casualty, take out your smartphone for a solution, is it?

Student: What do you want from me? I ain't gonna have this phase ever again in my life.

Me: My thoughts exactly.

Student: &#;\$% \$%#\$

By this time, I had to stop talking. Because you see, the student is my reflection which I forgot to take with me when I left this campus a decade ago.

Dr Achal Shetty

" We don't remember days.. we remember moments"... I have many fond moments and memories of being a student here, which I would carry with me, all the days ahead.... In first year right from the thrill of attending anatomy dissections, to the hostel life. In second year the micro /pharmac labs, organising and taking part in various conferences, fetes, festivals. In third year going for the community postings,mullerkad, giving injections in anganwadis. In final year bedside clinics, exams, to the anxiety of finally being close to becoming doctors.. In internship from doing the first suturing to the first delivery, periphery postings, to taking the oath at the graduating ceremony.. All these and many more moments will never perish down the memory lane.. Besides all this the new friendships made, the guidance of various teachers along the way, the memorable hangouts (Hao Ming, Cherry's square, Diesel Cafe, Dinos Pabbas etc), the long chats with patients, the picnics, camps we went to and the list goes on. All of these have definitely added a new dimension to my current persona. Happy and proud to be a alumni of this institution.

Dr May





*Franca D'gouza*  
BATCH 2015



 *Gaurang  
Kamalapurkar*  
BATCH 2016



## IN CONVERSATION WITH DR. JAIDEV & DR. PAVAN HEGDE

<b>NAME</b>	Dr Jaidev M. D.	Dr Pavan Hegde
<b>D.O.B.</b>	Sometime in may in some year	21/5/'66
<b>PLACE OF BIRTH</b>	Mangalore	Mysore
<b>SCHOOLING</b>	School: Hubli- Basel mission English medium high school upto 3rd Goa- St Francis Xavier school	School: Somwarpet- 3 <sup>rd</sup> std followed by St Josephs boys high school, Bangalore stayed in hostel
<b>PRE- UNIVERSITY</b>	Aloysius	Aloysius
<b>MBBS</b>	KMC Mangalore	KMC Mangalore (senior to Dr Jaidev by 3 years) and PG
<b>DID YOU KNOW EACH OTHER BACK THEN</b>	Dr JD: Of course, very well... I was his friendly intern (smiles)	
	DCH in Hubli: '94-'96 MD : '97-'08 KMC Mangalore staff in Wenlock- 2 years UK- 11.5 years	
<b>JOINED MULLERS</b>	'12- Mullers	'94- Mullers '04- AJ for 7 years '11- Mullers

### Tell us more about your family:

**Dr JD:** I am the eldest of three siblings, my dad was a banker and sadly he is no more, my mother lives with me. My wife is Prathima and we have a son Himanshu who is in 1<sup>st</sup> PUC.

**Dr PH:** My dad was a Doctor. I am the only kid and my mum lives with me. I married in '95, I have two boys, one is in 12<sup>th</sup> and the other in 10<sup>th</sup>.

### Quick favourites:

#### FAVOURITES

<b>Movie</b>	Sholay	Sholay
<b>Actor</b>	Amitabh Bachchan, without a doubt	Amitabh Bachchan
<b>Book(s)</b>	Tinkle & Amar Chitra Kathas	Kane and Abel
<b>Song(s)</b>	Kishore Kumar+ RD Burman+ Gulzar Jagjith Singh gazals/Pankaj Udhas	Classic rock
<b>Food</b>	Mangalorean cuisine	Do I look like the sort of person who will have a favourite food?

## Was paediatrics a choice?

**Dr JD:** Of course! In fact Pavan sir had a role to play. In KMC Mangalore, he made me do an exchange transfusion as an intern; he literally talked me through it. Secondly, in Lady Goshen hospital he made me do intubation on babies as well as post mortem liver biopsies.

**Dr PH:** I always loved kids! I thought I'd be able to handle kids better. Initially, it was hard when I lost children under my care, but afterwards it got better.

## A memory from UG days...

**Dr JD:** We were four musketeers that included Dr Sukumar from the Department of Dermatology. We made a lot of memories (laughs).

**Dr PH:** We were always on stage singing and dancing.

**Dr JD:** (quips in): I would like to say, sir had a group that performed the BOND SKIT as part of the variety entertainment programme. The main character was James Bond, and they used to put up excellent stage performances. We used to wait the whole year to watch them at the Utsav. I remember they once put up a show with the song Jumma Chumma de de. That too only the song audio and a few stills had been released. During those, I can say medieval times... and they did it exactly like it happens in the video, and sir was Amitabh Bacchan in that.

And they still meet every Saturday, with families now. They still do BOND skits at the rotary clubs.

**Dr PH:** since 1985... As many people as we can make it.

## Funniest answer in viva

**Dr PH:** As an examiner in another college, I once asked a question about weight, and he said he hadn't taken the weight; so I gave him the answer and the reason why it is important... and he said, "Interesting point! I'll consider it the next time".

**Dr JD:** Anatomy, first year final exam. I was sitting there; at the osteology table there were refreshments kept too. The staff said, "take one", to which the student replied, "no ma'am", the staff demanded, "take one, I say", slowly he took a batata ambade. The staff just laughed. I thought this fellow is gone (laughs) (JD sir was surprised to know about OSO, it actually happened in front of him).

## A genie grants you 3 wishes... what would you wish for?

**Dr PH:** Microteaching should disappear- that is my genie wish 1, 2, 3.

**Dr JD:**

- 1) Micro teaching of course!
- 2) No aprons for Paediatric doctors- it scares kids away.
- 3) Promotions when due and deserving.

## Student interaction outside Mullers?

**Dr PH:** As undergraduates you say "Good morning sir" (gestures by bending head down respectfully); as interns you go "Hi sir" (gestures with an upward nod of the head)- direction of the head changes.

**Dr JD:** They will look at you, you know who they are, but they will pretend you don't exist and walk past (laughs).

## An alternate profession?

**Dr PH:** I liked dancing a lot at one time, now when I see others judging (performances), I feel I would love to be a professional dancer.

**Dr JD:** Both of us have discussed this so many times. If tomorrow we just want to get out (of this profession), what is the other skill we have; do you know what the answer would be? Taxi driver-the only skill we have (both laugh).

## Your role model(s)

**Dr PH:** My dad, a calm man; I don't think he has ever lifted his arm at me or shouted at me. He got his point across just by showing his feelings. An inspiration to try and emulate. A hardworking man.

**Dr JD:** A) My dad definitely.

B) Dr Vijay Deva, my professor during DCH in Hubli. He gave us the direction in Paediatrics.

C) Dr P. N. Krishnamoorthy in KMC (Dr PH agrees).

D) Prof. Andrew Mellon. He was my mentor in the UK. His commitment to his job was exemplary.

## Best thing that has ever happened to me:

**Dr JD:** I became a better doctor, a better human being after going to the UK.

**Dr PH:** (thinks) I'm still waiting for the best thing to happen to me.

### One virtue and one vice:

**Dr JD:** I am always straight forward, I'll tell stuff directly. This is also my weakness as it upsets people. I'm 'slowing' learning diplomacy.

**DR PH:** Virtue: Cool headed person. Vice: I'm lazy.

### Mock press v/s student's viva:

**Dr PH:** Actually both are a torture. See, mock press is meant for fun, but the problem is they answer serious stuff; and in the viva where they are supposed to answer serious stuff, they give funny answers.

### Any show you would like to judge?

**Dr JD:** (thinks for a while, Dr PH suggests singing) I enjoy listening, but I don't know the intricacies. (After a pause) comedy shows maybe (smiles thoughtfully, then bursts out laughing).

### A memory you want to relive:

**Dr JD:** I had the good fortune of seeing Jagjith Singh live. We got front seats to his concert. We gave requests at the interval, and he sang one verse of what I had given, that was ultimate!

### What is the one thing people always get wrong about you?

**Dr Habib (for Dr JD):** Nobody knows he has got such a good sense of humour. **Dr JD:** Sarcasm!!!

**Dr PH:** In college, everybody thought I was a drug addict who smokes and drinks but I don't do any of those.

### Medical reform?

**Dr JD:** Communication! Handling difficult parents, difficult diagnosis must be taught to UGs.

**Dr PH:** UGs need to be taught more practical skills along with theory.

### What is the one thing in any student that inspires you to teach?

**DR JD:** Honesty and commitment, when you see that you feel responsible to teach.

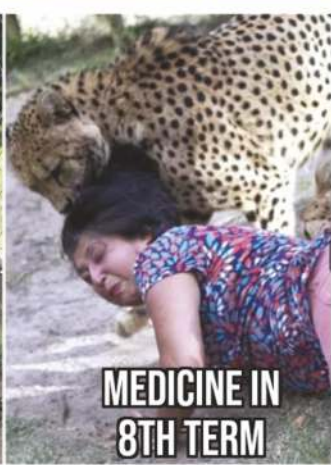
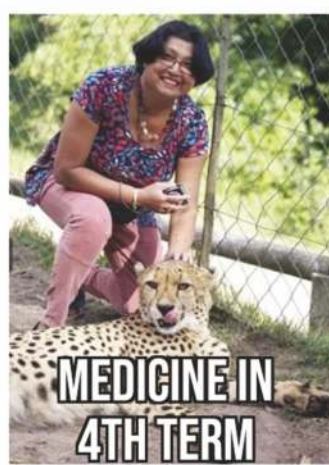
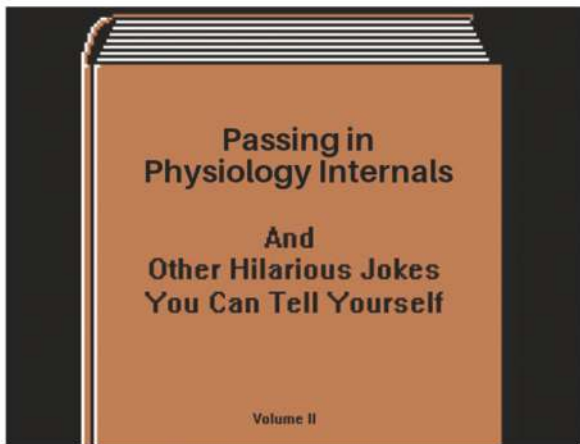
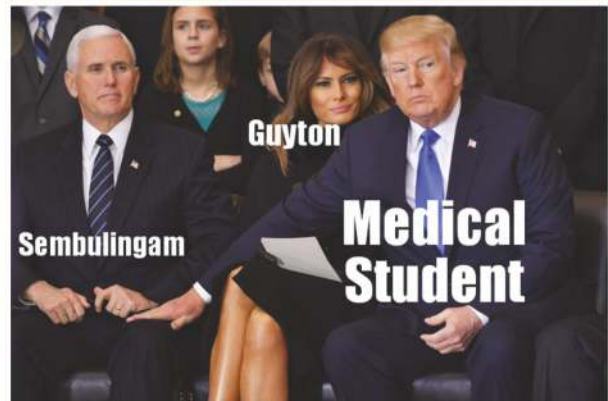
**DR PH:** I like to pick up the worst children and make them study; motivate them to read.



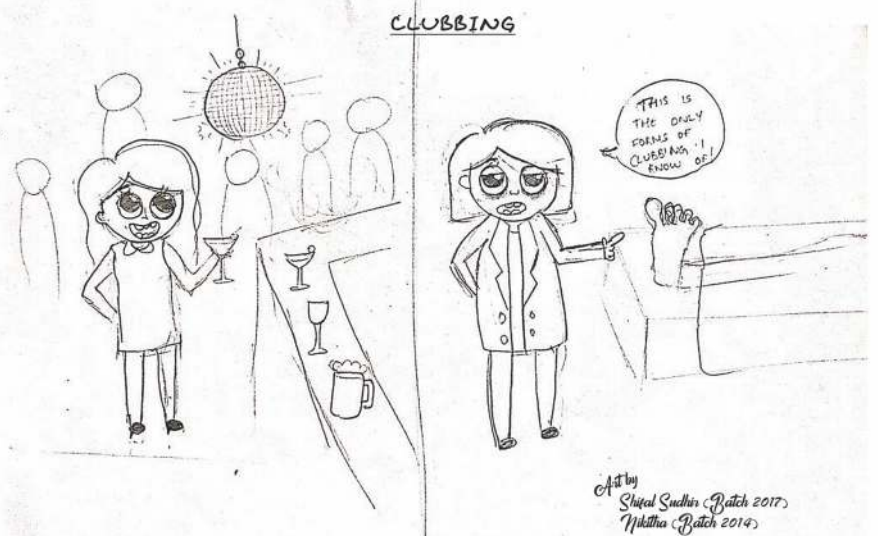
<b>TEACHING: A DUTY OR RESPONSIBILITY?</b>	Responsible duty	Responsible dutyUGUG
<b>UG/PG</b>	UG	UG
<b>UG STUDENTS/ PG STUDENTS</b>	UG	UG
<b>ONE THING YOU LIKE ABOUT MULLERS</b>	Team Paediatrics at Fr Mullers. We are a good group and support one another and have a good work ethic.	
<b>ONE THING YOU HATE</b>	Only one thing??? (laughs)	
<b>First thing when we say HOD</b>	Pavan Hegde!!	
<b>TITLE OF AUTOBIOGRAPHY</b>	My way or highway	Resign!
<b>RETIREMENT PLANS</b>	Go to Timbuktu taxi driving with Pavan Sir( laughs)	I would like to dedicate some time to give something back to society.
<b>ADVICE TO STUDENTS</b>	Do good. What goes around comes around. Good things will happen if you do good	Work hard. Do Focussed work. Do what you enjoy doing. All that should lead you to be a <u>good human being</u> .
<b>A NEW SKILL YOU WANT TO LEARN</b>	Singing	Learn a musical instrument, would love to learn the guitar
<b>ONE SENTENCE FOR EACH OTHER</b>	Somebody who you can call anytime for help and would be there at your side- my 2 AM friend.	Brother from another mother







# Others vs. MEDICOS



Art by  
Shital Sudhin (Batch 2017)  
Nikhita (Batch 2014)



*Yellow*



*Pink*



*Orange*



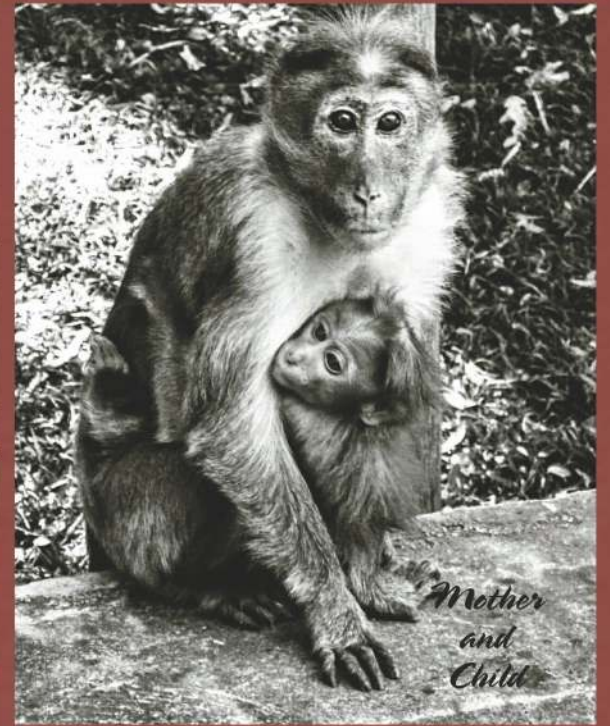
*Moon*

# *Jerusha*

*BATCH 2016*



*Bandra*



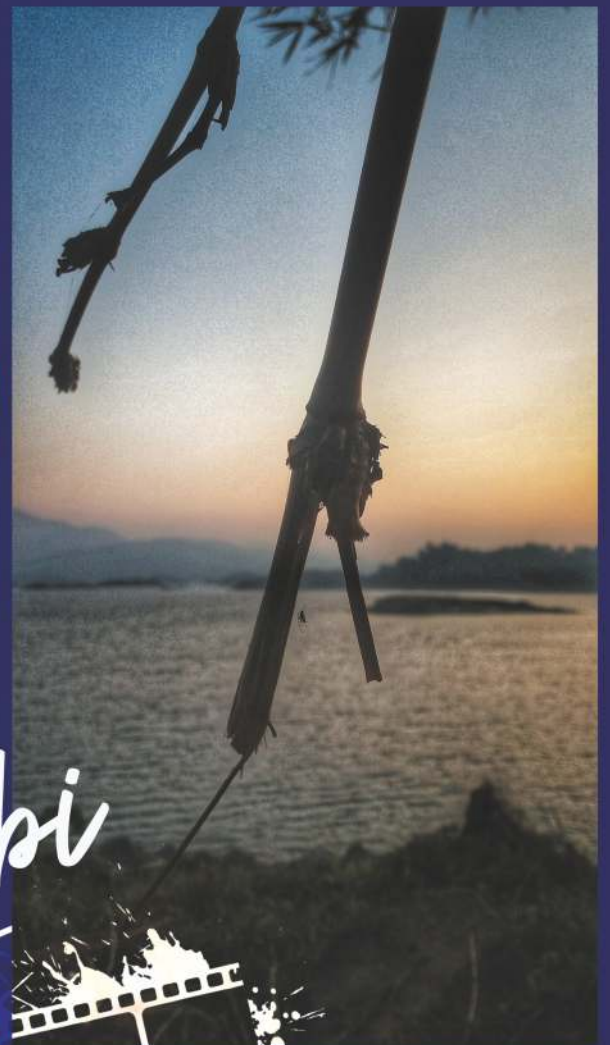
*Mother and Child*



*Glorious Morning*



*Trees*



# *Jiben Sibi*

AHS BATCH

Take off on a long weekend to visit – Gokarna, St. Mary's Island, Kochi, Coorg, Chikmangalur, Bangalore, Manipal, Mysore, maybe even Goa.





# I - SPY



DIGITAL EVALUATION CENTRE



BIGGEST CROSS IN FR MULLERS



ARTIST ILLUSTRATIONS ROOM



DM HALL



LAUNDRY ROOM



LEPROSY HOSPITAL



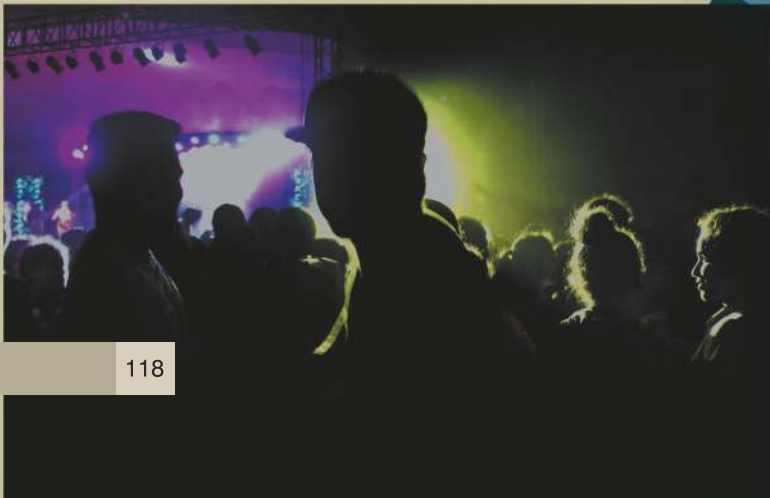
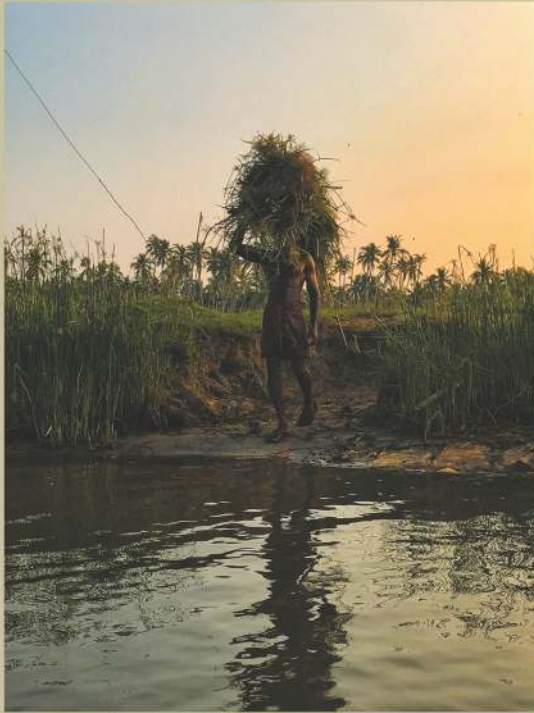
MEDICAL RECORDS DEPARTMENT



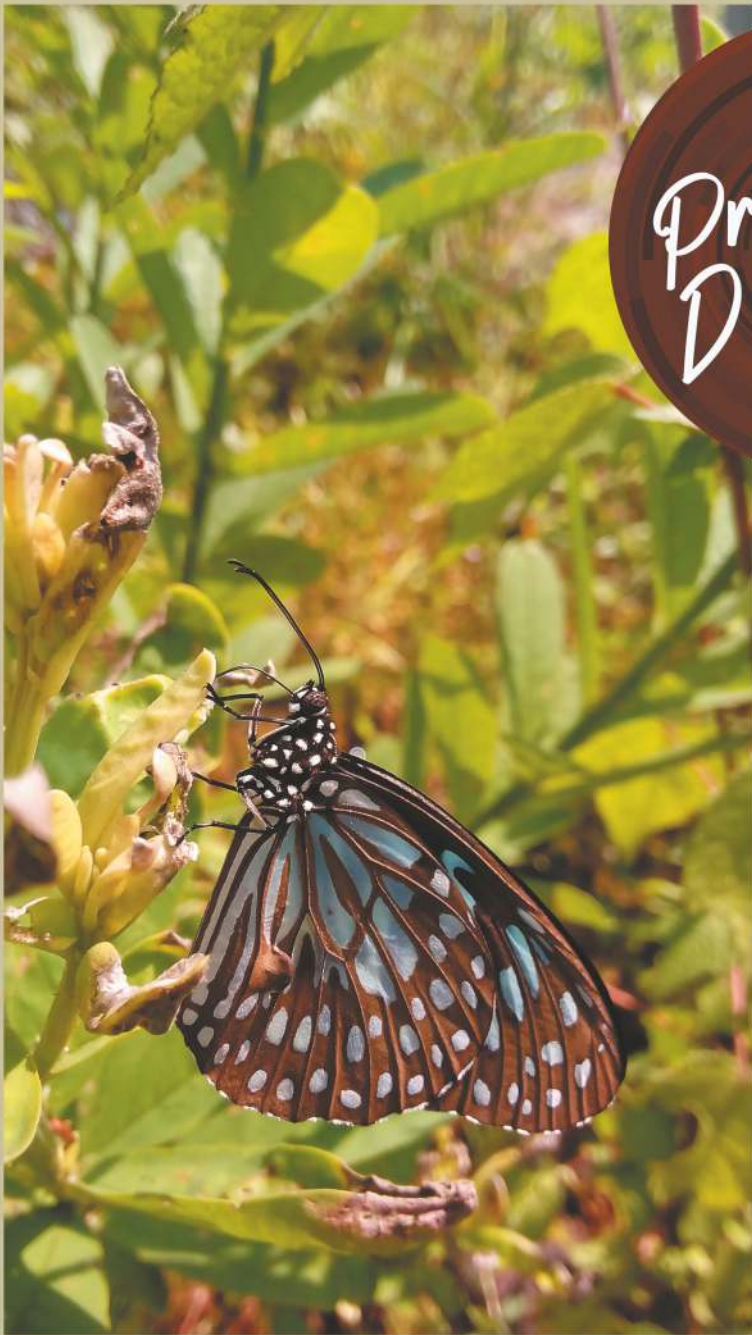
PHARMACOLOGY MUSEUM

ROAD NEXT TO DERMATOLOGY OPD

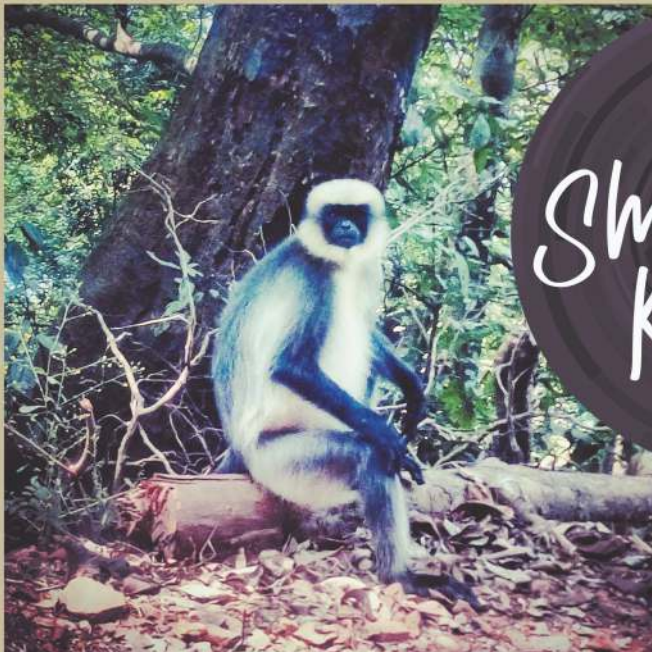
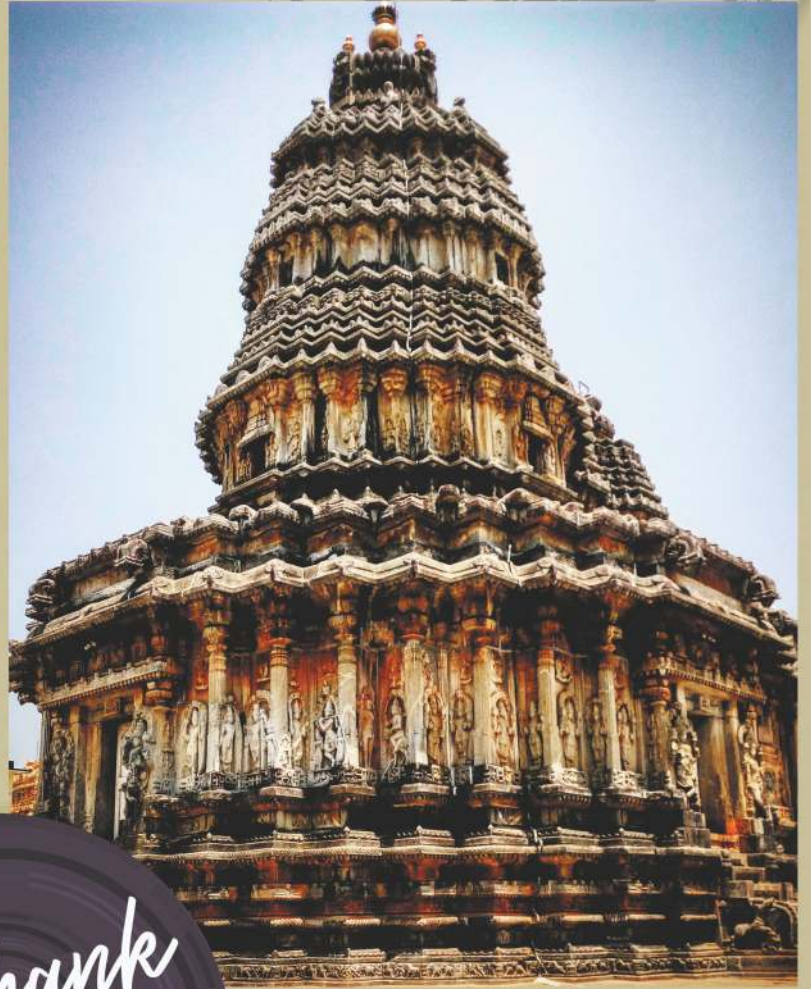




Liz Sweetea  
BATCH 2014



Preetesh  
D'souza  
BATCH 2014



Shashank  
Kini K  
BATCH 2014





# CONNECT

1



3



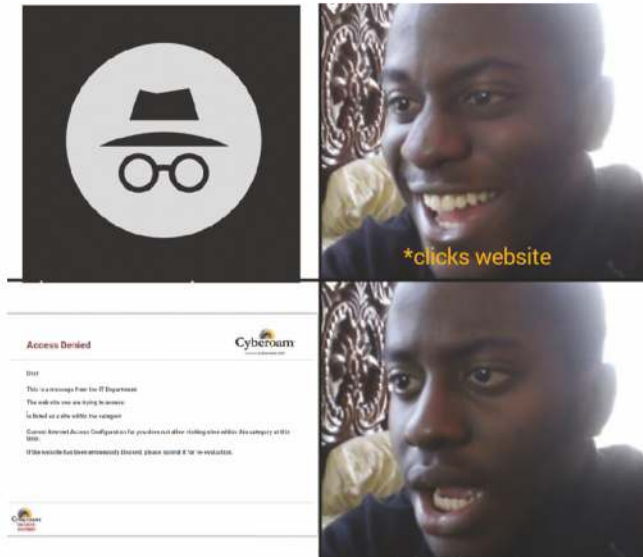
2



4



Answers on page 193



**WHEN YOU ATTEND ALL LECTURES AND SEMINARS  
SENIORS:**



When you're presenting a case and the patient changes history in front of staff



**CLUBBING IN MEDICINE**



**CLUBBING IN ORTHO**



# BEACH STORIES

They said third year of MBBS is a honeymoon period (means lot of free time, less of studies).

We couldn't wait to get there, we planned a lot during our 2nd year study holidays (that's the best time to plan right)...after exams we'll do this and that )

And... Third year arrived after passing through all four hurdles !!!

It didn't really seem like honeymoon period though , but we wanted to make it happen . We decided let's make memories. 'Making Memories' is not going to fancy food places , hogging everything there and pooping the next day.

So we googled "interesting places to visit in Mangalore" , and all we saw was beaches !!

We thought why not try new beaches .. (apart from pamambur and tannirbavi)

So our trips began three weeks after the so called honeymoon period.

## NITK

20km from city!

This is a beautiful beach to just sit and calm yourselves down after you've had a bad day (viva for example!).

There are huge rocks on which you can sit and cry or.. have a kitty party with your friends (you can also cut cakes for birthdays, we did that ) .

We saw few NITK students there , some were jogging , some enjoyed the breeze and the tides . The one thing that ran in our mind ..wish FMMC had a beach !

Rating (according to 'me'): 7.5/10

Don't forget to take food and water with you while you go and this beach is not so crowded , which is a good thing , but be careful too..#safetyfirst

# BENGRE BEACH

This beach is quite different , different as in the journey to beach was adventurous (at least for us )- bus from FMMC to Statebank, then auto to Dakke, ferry to Bengre, walk to the beach.

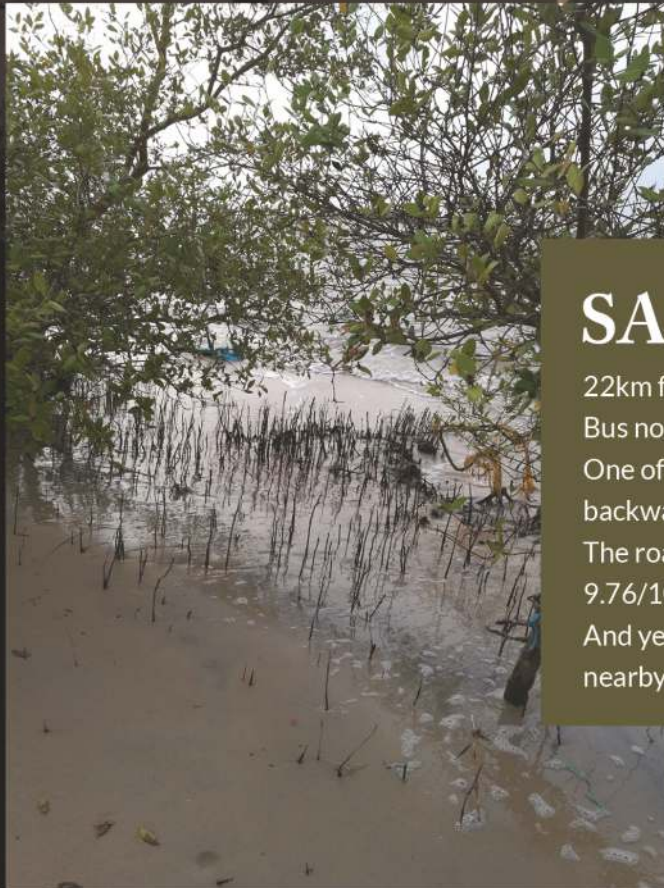
Boat has separate sections for men and women , you can actually sit together but behave well because they're kinda strict .

There are tetrapods and rocks; beach as such is not clean and not many people there ..

This beach also called Mangalore's Marine Drive .

7.6/10

Dont forget to take food and water



# SASIHITLU BEACH

22km from city

Bus no. :2E

One of our favourites . This beach is not so crowded , there's tree park, and backwaters , where you can swim and there are also mangrove swamps.

The road to the beach is amazing. It's by the side of the sea.

9.76/10

And yes don't forget to take food and water because there are no shops nearby.



# KAUP

- In udupi , 40km from Mangalore
- Its famous for lighthouse which is open till 6.30 .
- This beach has highest visitors
- there are good places to eat with extra 10rs beach charge !
- View from lighthouse is breathtaking . Be careful when you take pictures . (one of the ladies told us , " makkale, be careful . Didn't you read in newspaper that people have died while taking selfies. - #nonpulssed)



# SOMESHWAR BEACH

In Ullal

Some say this beach is quite deep and not safe to get into water .

It's better to sit on the rocks and enjoy the view . The place has good picture spots ..

I'd recommend taking food and water with you because they aren't any good shops .

There's also a park nearby with no beach view.

## IMPORTANT NOTE

Safety first.

Take care of yourselves when you take selfies (don't fall or drown).

Don't go very far from the shore .

Don't stay too late at night .

Not safe to visit beach after the month of May

**DO NOT LITTER ANYTHING. KEEP THE BEACH CLEAN .** Be a responsible Indian and  
an exemplary doctor (Swachh Bharat Abhiyan- ek kadam swachhatha ki ore )

Photographs & Article by:  
Deona D'souza  
Batch 2014



Dear black cat that crossed my path,  
Meow there!

Today as I ran to class, with my semi zipped bag on my back and chewing on my makeshift lunch, you decided to make an appearance. We crossed paths, I crouched down to feed you the kati roll in my hand and you purred at me. My first thoughts should've been about how gorgeous you looked, with fur as silky as a newly polished Porsche and dark, darker than the sky in the dead of the night. My thoughts should've been about how your two blue eyes were like marbles etched on stone, beautiful yet piercing.

But they weren't.  
Instead, I cursed you.

I declared that I'd have a bad day, a car would run over me, maybe? Or an alien abduction. It had to be either one. Screw you black cat, the Death Reaper was already at my door knocking, scythe in one hand, impatience in the other. And all this because you crossed my damn path!

Thanks. \*Insert eye rolling yellow face emoji, not the cat one\*

When Martin Luther King Jr and old man Mandela talked about Apartheid, they weren't talking about you. When the internet made all kinds of racist jokes you weren't considered eligible either.

You are my maid aunty's worst nightmare and the reason she gives mum whenever she drops and breaks our China cutlery. If you've ever wondered why people throw shade on you, it's because you are the harbinger of all things bad. Lord Yama in disguise, actually.

My furry purring friend, you see, people do a lot of stupid things. Notions that have stuck on, and will continue to do so, because the need to question them is shunned down by something called 'The Society'

Try not getting offended, try not to shed cat tears.

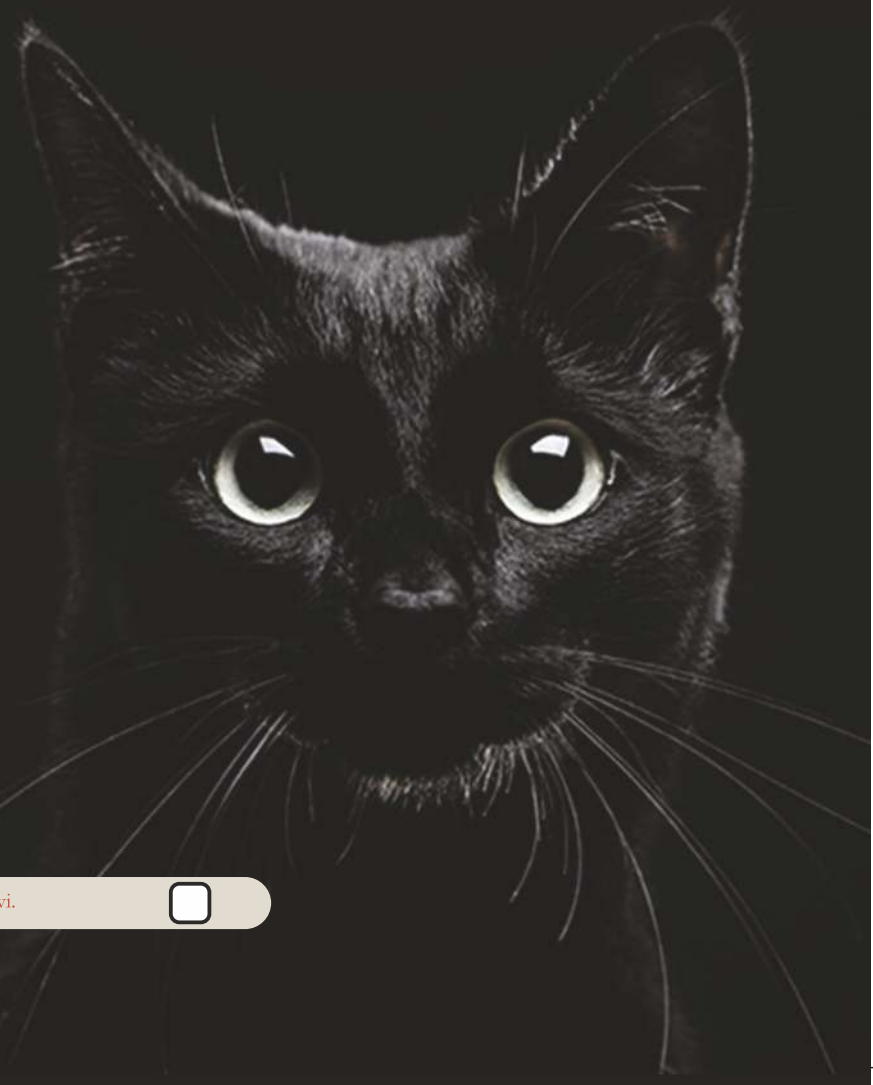
Cross my path tomorrow and I promise I'll give you more kati roll.

From now on, you be my albatross, what say?

Love,  
An apologetic hooman



Sanjana Mathew  
Batch 2015





Dale Rego Prerana Bellary

# SINUS RHYTHM

## ABOUT US

*(Not really) Watson and (definitely not) Crick. Yup, that's us! No, we obviously didn't come up with the DNA double helix model. Neither are we planning on doing something equally spectacular. We're just two ordinary med students taking each day as it comes. Some days are good while some even better!*

*But each day brings with itself a new set of experiences, new things to learn. So, we thought we'd put these experiences in words and share with the world some things that touched our hearts! The eternal optimists, the medicine enthusiasts, the two people who are going to be the first doctors in their respective families (that's if we make it through this of course).*

“

## FRIDAY THE 13<sup>TH</sup> (THE DAY AFTER)

”

This is not a story of Friday the 13<sup>th</sup>. This, ladies and gentlemen, is the story of Saturday the 14<sup>th</sup>. The 14<sup>th</sup> of October that I was scheduled to go home for the long Diwali weekend and also my old man's big 50. Needless to say I was buzzing with baseline excitement all day. But as the day progressed, my evening got curiouser and curiouser (Alice in Wonderland reference in case you were going to correct my grammar).

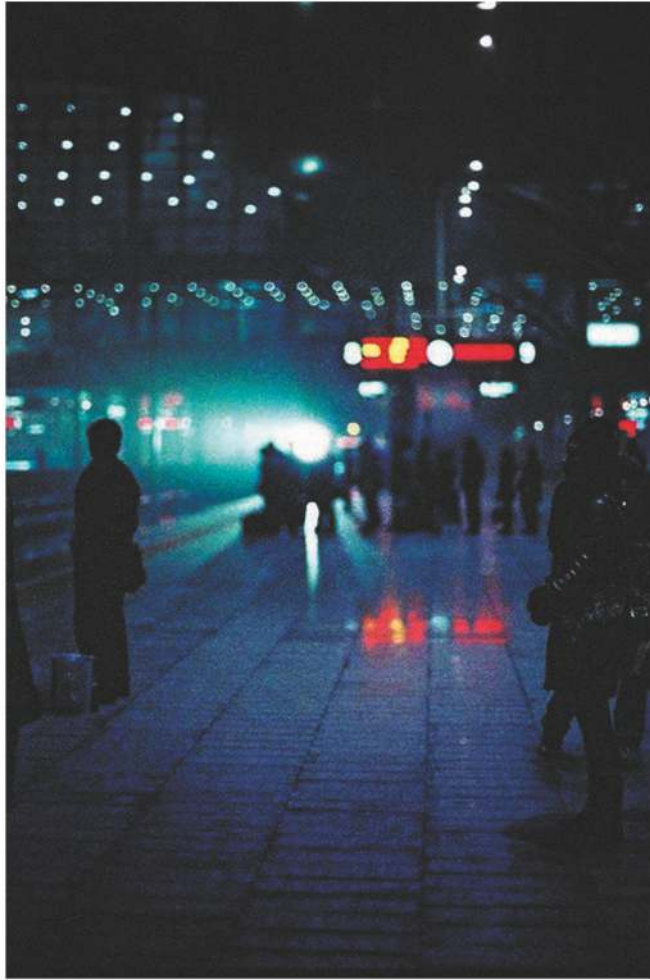
My train was at 22.20 hours. Being born to over anxious parents, by their constant nagging, I always end up at the station 2 hours prior to the scheduled departure. But I'm 21 now, I thought. Fully capable of making adult decisions all by myself. Or that's what I told them. Determined to not be there too soon or too late I booked a cab for 21.00 hours. Packed and ready to leave as soon as my driver called, I waited at the hostel gate excitedly, impressed with my pristine planning.

When at 21.15 hours he still hadn't called, I opened the app to see that my booking was cancelled. Its okay, I booked another one and waited patiently. He called me 8 minutes later that he was at the gate. When I told him to come pick me up from the hostel, he said the

gates were closed. "Its okay self, I'll talk to the guard and get him to open the gates." (I constantly keep having conversations with myself in my head). What I hadn't realized during this was that it had begun to rain. Yay. So I walk up the slope and tell the guard to let my cab in. Much to my chagrin, he told me he had orders to not do so and that I should walk upto the main gate (which by the way is a good 8 minutes walk from my hostel). I lose my temper then, round 1 of the many to come. How did he expect me to walk in the rain with two heavy bags up the slope to the gate? Couldn't he just open the one right in front of him. He asks me to buzz off, annoyed with me. (p.s take him some sweets, self and apologize for the bad behavior. He was just doing his job.)

So now frustrated and tears welling down my cheeks I start the climb while i answer a call from my father asking me if I've left considering how it was 21.45hours by then. I reach the front gate fully drenched. The driver has called and confirmed that he will be there in 10. And like a bolt of lightening it hits me that I forgot my father's gift on the table, the same gift I'd been making for over a week. Crying round 2, I call my friend. She makes the





8 minute walk to the gate and like a savior brings the gift. The driver is still not here, I cant call him because my phone is waterlogged and the touch wont work anymore and its still raining.

Just as I am about to take the auto with 3 minutes to 22.00, my cab appears. I dump my wet luggage and wet self in it and tell him to hurry. He takes a look at my flustered face and red eyes and probably some tear tracks along my cheek and starts to make conversation with me. I calm down. He tells me we'll make it in time and if not, he'd book another cab and take me home. I laughed. And calmed down some more. (p.s. Um, borderline creepy?). It was 22.12 hours when I reached the station. I fumbled with the change and thanked him and got off.

I checked the board that displays the arrival and departure list and my train is scheduled to leave at 00.20 hours. Wait what? Was there a mistake? I put my hand in my pocket to check and couldn't find my phone. Crying round 3. Right there in the middle of platform of number 3 with a myriad people surrounding me, I hunt

crying dramatically. False alarm, I found it in my bag buried under my clothes.

After enquiring at the kiosk, it turned out that my train was delayed by two hours. And also the platform was super crowded. Yay.

After scavenging for a very wet (from the rains) seat, near a group of oglers and a bunch of extremely loud humans I resigned to my fate. I put my feet up on the suitcase (which during the course of the evening had somehow gotten sprained ), zipped up my hoodie and pulled it over my head (because akeli ladki khuli hui tijori jaisi hoti hai and all that) and settled in to get (not really) Watson upto speed. God bless her soul, she reacted with all the oohs and aahs in the right place.

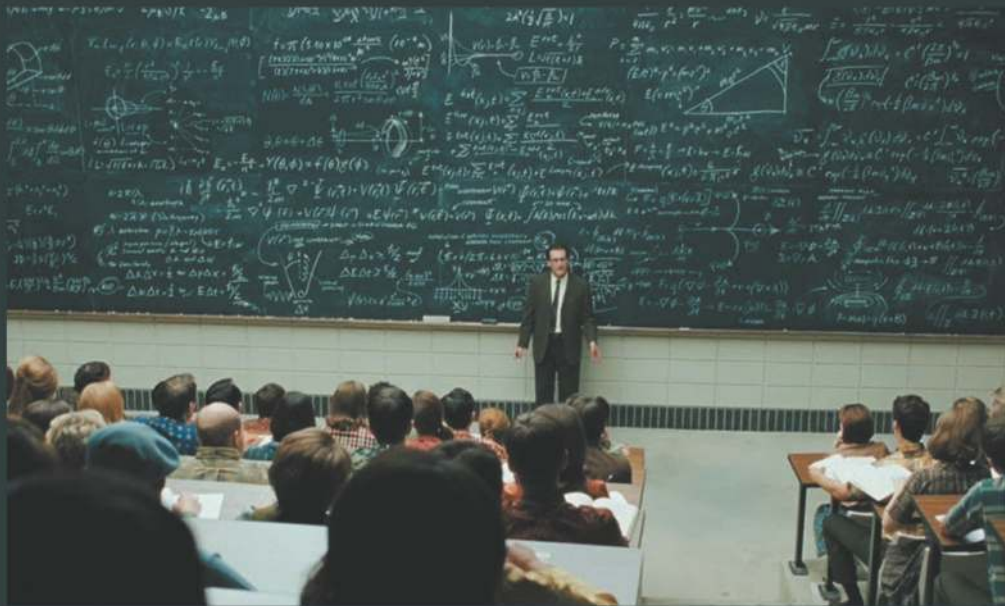
Two hours later, way beyond my bedtime, when the train finally arrived, I couldn't wait to go to sleep. I entered and the stench of phenol and cockroach kill engulfed me. You'd think with that much disinfectant sprayed everywhere the cockroaches would be long dead but oh no. Hello superpowers who were ready to take over the world some day, and my berth for now. I brushed them off and fell on my seat and slept like a log.

I woke up to Sunday the 15th and the animated faces of my parents who came to pick their 21 year old very adult daughter up from the station. I hugged them, and everything in the world was right again.

*Prerana Bellary*  
Batch 2014



# 4 years in: What changed?



*You know how when you're in school, nearing high school and people start to ask you what you want to be when you grow up, three options pop in your head (Only applicable if you're of Indian descent) Teacher, doctor or engineer. Yeah well it was only two for me. Teacher? No way! Why would I want to be the brunt of innumerable jokes, called nasty names or try to tame an unruly bunch of ungrateful kids.*

*You see, I was one of those kids, sat in the back seat because I was tall but ended up acquiring all the traits of a back bencher. You know what I mean...snacking, doodling, hangman...we weren't big on phones back then. I wasn't unruly or unkind to my teachers (I might have thrown a paper ball on a teachers back once...or twice) and I was liked by all of them. But I had no exceptional admiration for them, because really, how challenging is teaching anyway right?*

*My mother was a teacher too and a great one as I have heard from numerous students of hers. She spoke about the constant stress and low pay high workload. But above all she loved being a teacher and always expressed how rewarding a job it was and how nice it was when students acknowledge and greet you outside of school.*

*Come med school. Year 1 comes and goes, Year two come and goes. Year three. Now it wasn't a single incident that caused me to transform my views on the whole subject but rather I didn't even know when I started to feel this way. In year 3 and 4, we interact more with practicing doctors and the focus is more on clinical skills and about integrating the knowledge acquired over the past years to identify medical ailments in patients we see. And this is a skill we cannot acquire though anywhere but another person, a professor.*

*Enter amazing doctor, who actually notices insignificant little humans in white coats. This is Step one: of my transformation, "OMG he's so busy, but he still notices us"*

*Step two: "OMG, he has sick patients and he wants to know our names."*

*Step three: "He actually remembers our names!"*

*Step four: "He's teaching us."*

*Step five: "He's teaching us so well, we're enlightened now."*

*Step six: "I can't wait to be as cool and busy as him and still enlighten young minds."*

*This is the abridged version of how my outlook towards professors have changed in the past three years.*



*The thing is a doctor is unlikely to be appointed to a job or even achieve a promotion solely on the basis of their teaching skills because of which they don't even have to put in the effort to teach well. This is why I appreciate it more when a doctor takes time and energy to not just teach but teach well, because more times than less the knowledge we get from them isn't in any textbook.*

*The older ones, come with years of experience, every word that they speak is of value, other are young and fresh, we can relate to them more. And then there are some, who are just bigger than life. A particular professor comes to mind, he kinda knew everything about everything related to his field and had just this limitless knowledge. And not only did he have this knowledge but he would teach you—however much time he had, he would teach. He was great at the bedside, loved being a doctor and loved being a teacher. It just came through in everything he did.*

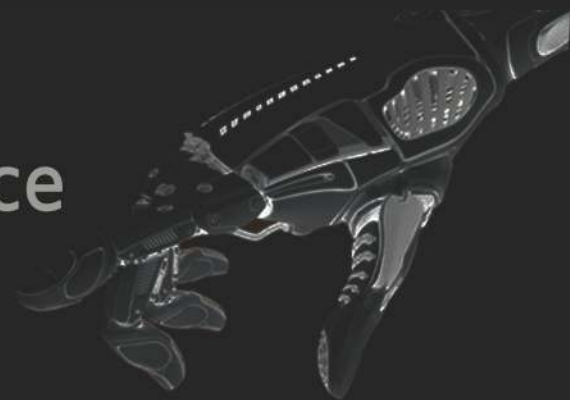
*These days, it makes me pretty excited to think about the day I get to teach a group of young budding doctors because boy do I know what a difference it makes to be taught well. Clinical teachers are a valuable resource and I feel like the value of a good teacher can never be lost. Like we study in med school, its like a vicious cycle except not vicious, A good teacher inspires students and an inspired student becomes an inspirational teacher.*

*To all my teachers: Where I am and what I do is the result of all the hard work and belief you put into me, for this -Thank you.*

*Dale Rego*  
Batch 2014



# When artificial intelligence uncovered REALITY



"Go east six kilometres," she said, "then turn left." Naina woke up with a start and stared around the dark room.

"Who said that?" she asked, immediately feeling like the first idiot to die in some bad horror movie.

The directions repeated, and Naina realized it was the robotic voice of the GPS woman from her phone. The problem was she wasn't driving, she was sleeping. The even bigger problem? Her phone wasn't on. She remembered that she had it in sleep mode, so she wouldn't have to bother to even receive a call, let alone get directions she hadn't asked for.

Naina had been struggling with insomnia for weeks, and had finally fallen asleep for a few hours, then some weird glitch in her phone woke her up. How she wanted to cry.

The voice said again, "Go east six kilometres, then turn left."

Now, it could've been the lack of sleep, or maybe that she was in the midst of a very vivid dream. Whatever the reason, she got up, put on some clothes, got in her car and followed the instructions of the disembodied GPS voice.

Like some mindless zombie, she drove east, turned left after six kms, then waited for further instructions.

Moments later the voice said, "Continue for 3 kms." So she did.

What else was she going to do? Given that she still wasn't sure if what she was experiencing was real, but she felt uneasy, especially when it started to rain.

It was more like a drizzle really, but there

was just enough moisture that turning on the wipers only spread the dirt around, making it hard see the road. The whole scene reminded her of something ... something she couldn't quite remember, but the hair on her arms stood on end nonetheless.

"This doesn't feel good, GPS lady," Naina said. But she didn't respond, as if she had some concerns of her own.

"Continue for five more kms," her voice suddenly blurted out, startling Naina in the process.

"Ease up, lady," she said, "You nearly gave me a heart attack."

Naina decided to turn on the radio; hoping that music might help relieve that eerie feeling she couldn't seem to shake off.

"Highway to Hell" blasted from the radio. "Um, no thank you," Naina said changing the station.

Then the solemn tones of Tracy Chapman serenaded her with "Fast Car." A little too depressing on a night like this, Naina thought, and searched for something else.

After the screeching voice of Sammy Hagar began scream/singing "I Can't Drive 55," Naina quickly turned the radio off. "Silence it is, then," she said to the empty car.

It seemed like she'd been driving a whole lot longer than five kms, but she still seemed to be driving in city-like surroundings, when suddenly the GPS said, "In half a kilometre turn right on Highway 48"



“Continue on Highway 66 in four more kms.”

Now the fun fact here is: Naina lived in Powai which is part of Mumbai’s central suburbs. Highway 48 & 66 was all the way in Navi Mumbai. So though she felt vaguely disoriented, she was fairly certain that she was experiencing a very bizarre dream. But it sure didn’t feel like a dream.

Four kms turned into ten, fifteen, then twenty. Naina just kept going, as if she had no choice. She was not sure how far she’d driven, but she couldn’t stop, couldn’t turn around. She continued driving blindly to some unknown destination.

It felt like forever, but the clock on her dashboard told her she had only been in the car for about an hour.

“This is fucking weird,” Naina said.

“Please, no foul language.” Naina had never heard those directions coming from the GPS before, and at that moment, the voice sounded suspiciously like her mother. The road on the Highway was badly pitted, and it felt as if her car’s suspension would soon give way.

Finally, the GPS voice roared back to life. “You have arrived. Your destination is on the right.”

Was it? The only thing on her right was an old rundown house.

It looked familiar, in a hazy kind of way, and Naina could feel some memory trying to push through, but it just couldn’t break the surface.

“Take a closer look,” the GPS lady said in that detached, not quite human voice of hers. Another phrase she had never heard from any GPS before, but Naina decided to follow her instructions once more.

Slowly, Naina opened the car door and stepped onto the pathway in front of the house.

\*\*\*\*\*

It was noisy, very noisy, and the bright lights of the police car woke Naina out of whatever stupor she had fallen into. She was sitting in her car; it was as if she had just woken up from a dream.

The police officer was shouting questions at her through the driver’s side window, but she couldn’t understand any of them. He motioned for her to roll down the window.

Naina did, and he shined his flashlight into the car and looked around. Then he pointed it directly in her face. Reflexively she raised her hand, squinting as she simultaneously tried to protect her eyes, and look at the officer.

“Ma’am, do you know where you are?”

Naina shook her head.

“Have you been drinking, ma’am?” He asked

Naina shook her head again. “I don’t think so,” she said. “Where am I?” she asked him.

“Ma’am this is Karnala . Do you live here?”

“No, I ... I uh ...” she wasn’t sure of anything anymore. Naina thought she was dreaming in the safety of her own bed, but she had been driving in some kind of dream state instead.

“Show me your license and registration please.” He was sizing her up; looking at Naina as if she was drunk, crazy, or both.

"I don't have it," she said. "I left home in a hurry."

"Step out of the car ma'am."

Naina kept looking at the house. She could almost smell fresh puran poli, even though all the lights were already out, let alone anything being made in the house that night.

Naina blurted out the question even before she realized what she was saying. Then it was too late.

"Did she die?" Naina asked the officer.

At first, it didn't register. Then he followed her gaze to the house, his eyes narrowed, and again he said, "Step out of the car ma'am," this time with a little more force.

He spoke into the radio thingy on his shoulder. "I may have a case out on Highway 66. The car fits the description of the one from last month's hit and run."

"How's the little girl? Is she okay?!" Naina was frantic, and yelling at him.

As the officer handcuffed her he said, "She died last week."

\*\*\*\*\*

That night came back in a rush.

Naina decided to drive home from that holiday with friends where they went trekking in the bird sanctuary & to the nearby fort & partied later in the nights. Everyone else would return back early the next morning, but she decided to return that Sunday night so she could recuperate & even because she couldn't afford to be late to work & put up with her boss's nagging the next morning- especially after one of those long weekends. Little did she know she'd have to live with that decision for the rest of her life.

It rained, a warm summer rain, and the wipers just moved the dirt across her window, making it almost impossible to see. She remembered glancing at the house, and her mouth watering from the smell of homemade puran poli wafting through the open window- it reminded her of the ones her mother made, way back home in Pune. Naina just looked away for a second, she saw her too late. Then Naina heard a woman screaming and panicked and drove away. She thought to herself later, "I know. Pathetic. There is no excuse for my behavior."

"You could've at least called an ambulance, saying you saw someone injured as you drove past," the GPS voice said in that matter-of-fact tone of hers.

Now it all made sense, the insomnia, the imagined phone directions. What she'd done had taken up space in her head, so much so that she couldn't even sleep. Now, she finally had to face the consequences.

As the officer took Naina away, she was about to ask him if he could get the phone out of her car, but it wasn't on the seat where she thought she'd left it. Then she remembered, in her rush to get going, she forgot to bring it along. The phone was still on her dresser—in sleep mode.

Naina was booked on a Felony hit and run charge and placed in a cell until her hearing with a judge.

The finality of it all gave Naina a strange sense of relief. For the first time in weeks, she laid down, closed her eyes, and slept the whole night through.



*Astel Pinto*  
BPT 2014





## Men The Endangered Species

Disclaimer: the author begs that feminists do not attack/ murder / revile her after reading this piece.

It's the fashion among feminists to talk about smashing the patriarchy, cracking the glass ceiling, ruling the world. Till recently my stand was also 'I am woman, hear me roar' but now, I am getting just a little worried.

I first realized there was something fishy, a couple of years ago when I was asked to talk about the importance of research to the newly joined MBBS students. I was greeted by a hall alarmingly full of ponytailed white coated female students, chattering at the top of their voices and giggling like maniacs. I recoiled. Has the MCI made a new rule to segregate classes by gender I surmised wildly, until I spotted cowering in a corner, three young gentlemen, who had apparently not made up their minds yet whether this circumstance of being so vastly outnumbered by females was a cause for elation or grave concern.

This wasn't just a blip. Most of my classes seemed to be overwhelmingly tilted in favour of the gender with 2 X chromosomes. I quietly went home and edited my lectures, removing all jokes where the figure of fun was female. After all, I knew only too well how the inappropriately termed 'weaker sex' responds when it is insulted, denied coffee, or kept away from a sale.

This is cause for celebration, I tried to tell myself, as class after class and department after department started looking like an all women team. Good that women are getting out of the trap of kitchen and home and becoming professionals, and definitely these women will raise boys who are better husbands and more responsible dads. Probably, it's only medical schools where men are a minority. Maybe engineering colleges and law schools have their fair share of gentlemen. But, while judging a debate contest in the college, my co - judge was a lawyer, and he looked at the audience and participants and said "Where are all the males? It's the same state of affairs in law school!"

The situation is not different on the streets. When overtaken while driving, if I turn with raised eyebrows to see who has the temerity to race me, 99 times out of 100 it's another woman (and often a woman doctor) with eyes on the road and hand upon the wheel. On flights, more and often we hear "This flight is captained by Ms. ....and your stewards are Mr X and Mr Y." I sometimes snigger when I hear this announcement and think of all the hapless men on the plane, and how often they cursed lady drivers.

There is a theory, a plan making the rounds these days. As science advances and cloning becomes a reality will men be needed at all? In fact, will men, the endangered species, soon become extinct?

"Isn't that cause for celebration?" I hear the feminists yell. A man free world – no more raised eyebrows at your credit card bill, no more anti- women jokes at work, no more mustache hair in your sink.

But no, I don't agree. We need men. Without a man, how would we deal with that vile cockroach slithering across the kitchen floor? Who would wait patiently to pick us up outside railway stations, airports, bus stops, at unearthly hours of the night? Who would hold our hands through sob fests about friends being bitchy? Who would compliment the way we look, in spite of the ancient purse, the messed-up hair and the undone eyebrows? Who would insist on paying the bill for coffee and lunch, regardless of the emaciation of their wallets? Who would effortlessly pick up our overloaded suitcases and place it on the luggage rack?

Gentlemen, we need you. Eat your vitamins, do your aerobics, and stay safe, may your numbers increase.

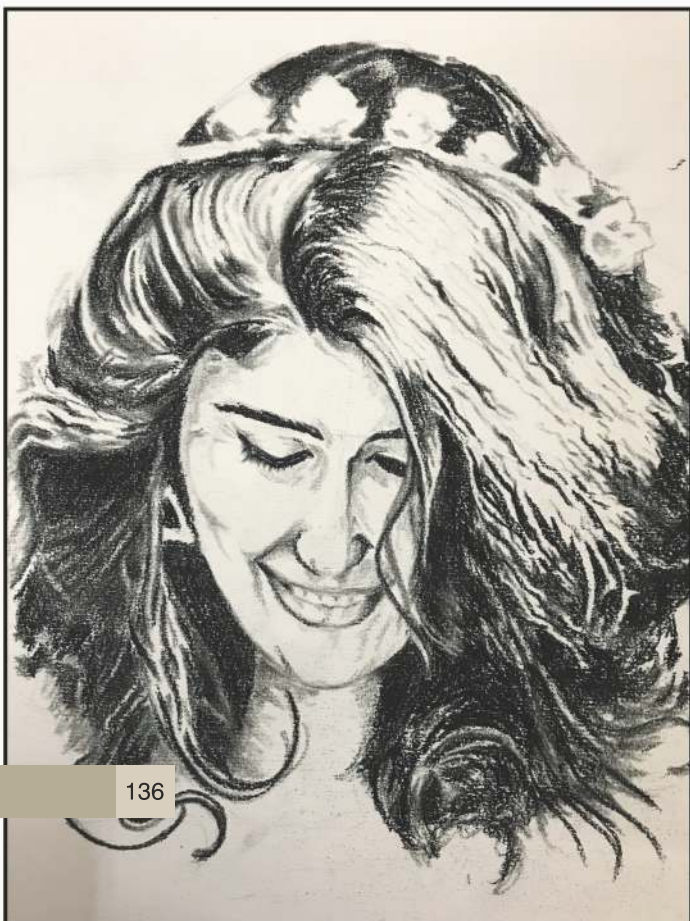
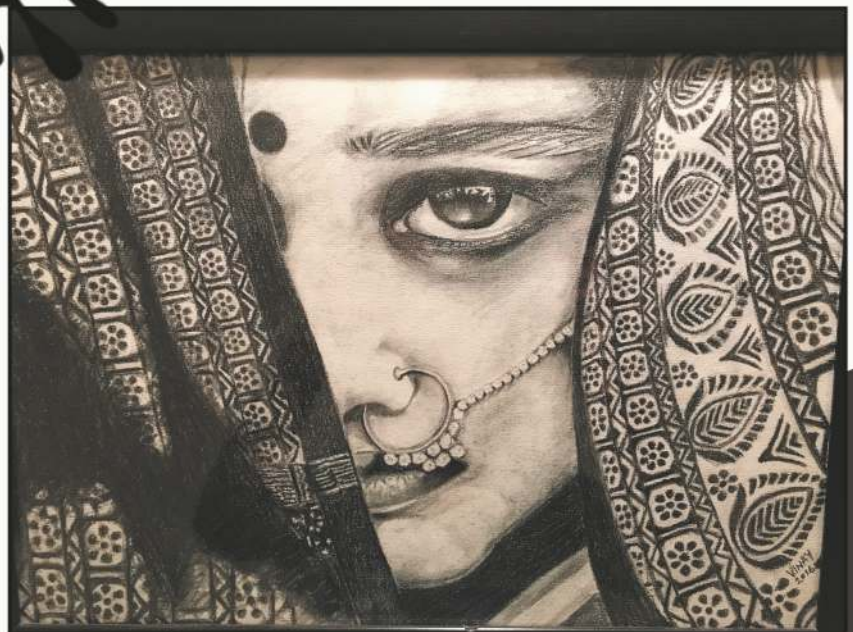


Dr. Smitha Bhat  
Dept. of Medicine

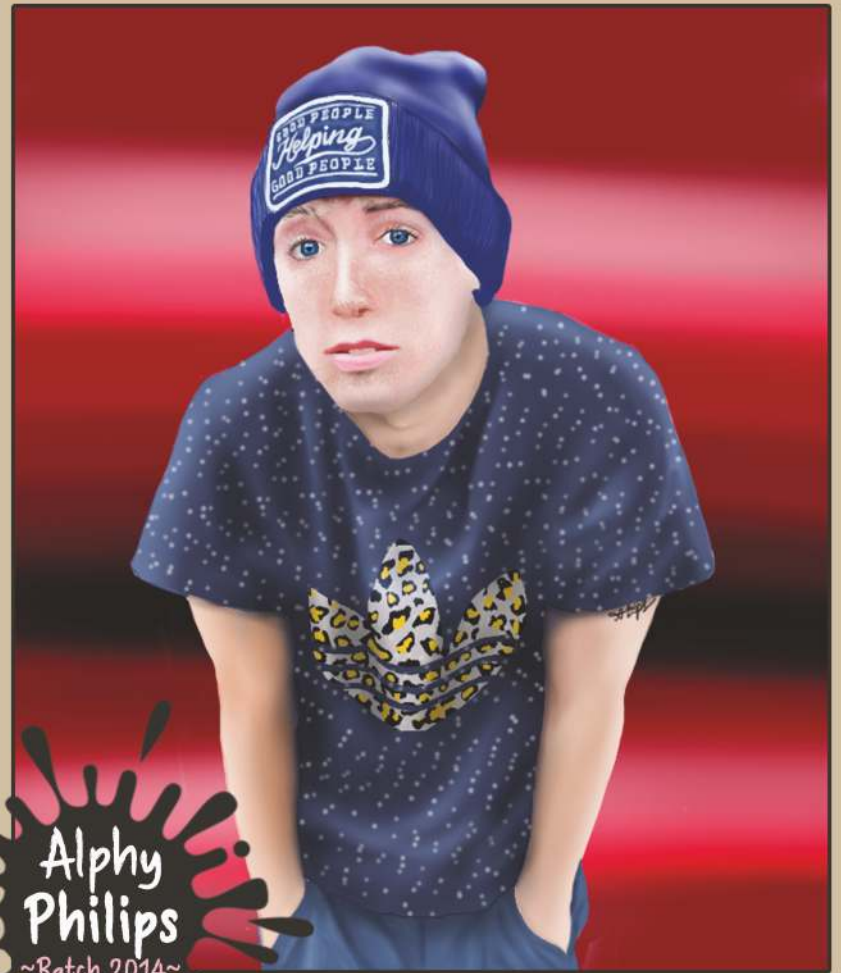
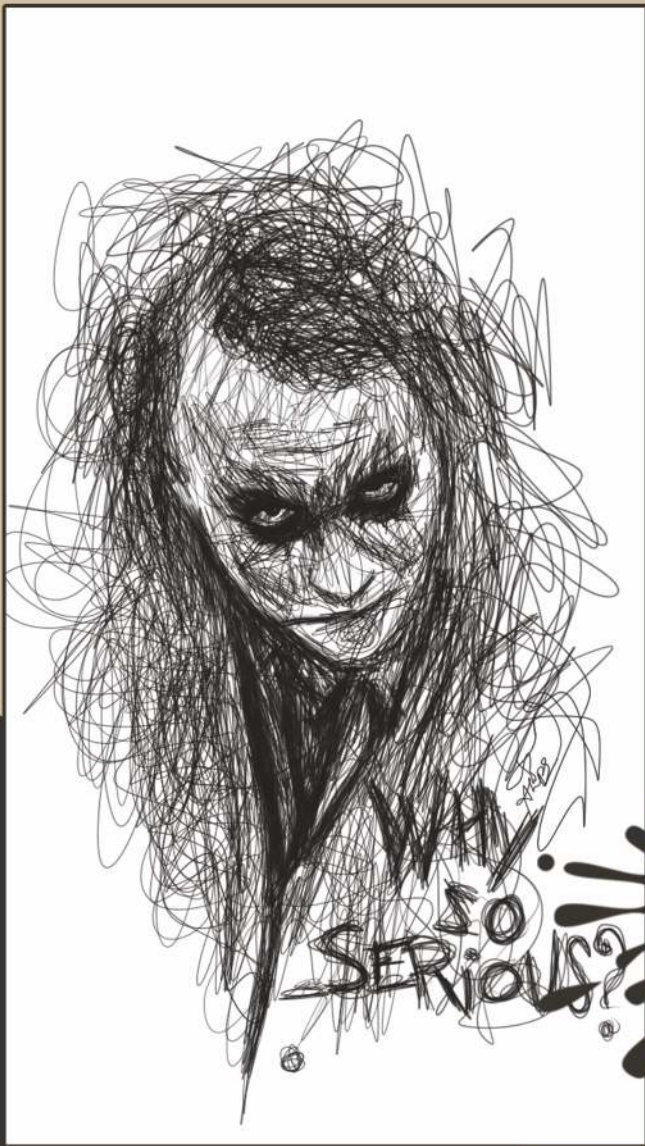




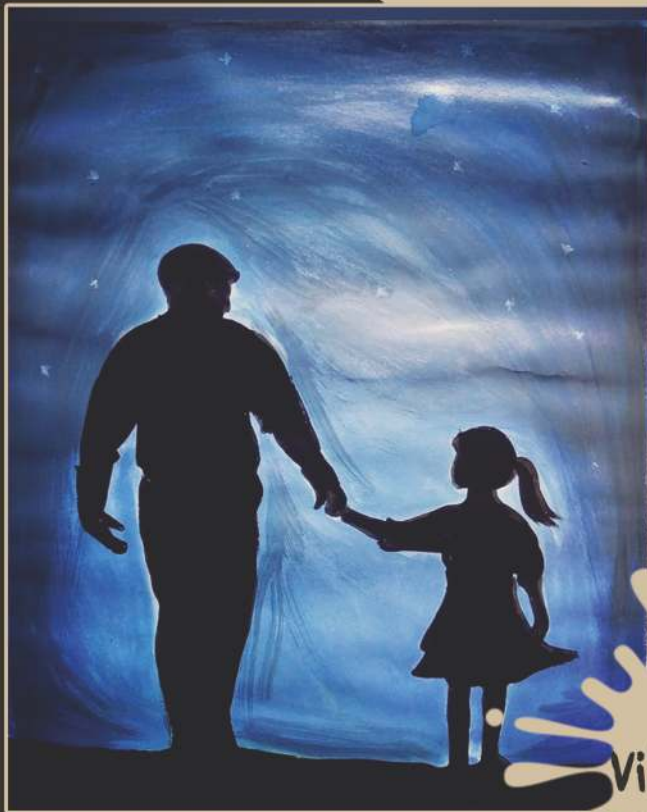
Dr Vinay  
V Rao  
~Dept of ENT~



ART



Alphy Philips  
~Batch 2014~



Shruti  
Vikram Tey  
~Batch 2017~



## ಮೌನ, ಮಾತು, ಆಕ್ರಂದನ...

ಅಂದು ಕೂಡ ಸೀತಾ ಅದೇ ಅರಳಿ ಮರದ ದಪ್ಪ ಬೇರೊಂದರ ಮೇಲೆ ಕುಳಿತಿದ್ದಳು. ಆಕೆಯ ಮಾತು ಮೌನದಲ್ಲಿ ಅಡಕವಾಗಿತ್ತು. ಮೌನದ ಸಾರ ಅರಳಿ ಮರದಲ್ಲಿ ಬೀಸುವ ಗಾಳಿಗೆ ಮಾತ್ರ ಅರ್ಥವಾಗುವಂತಿತ್ತು .

ಅಂದು ಸೀತಾಳನ್ನು ಹುಚ್ಚಾಸ್ವತ್ತೆಗೆ ಕರೆದುಕೊಂಡು ಹೋಗೋ ಎಲ್ಲಾ ತಯಾರಿ ನಡೆದಿತ್ತು. "ಸೀತಾ, ಎಲ್ಲಿದ್ದೀಯಾ? ಬೇಗ ಬಾರೆ " ಅನ್ನುವ ಅಮ್ಮನ ಧ್ವನಿ ಕೇಳಿಸಿತು. ಹಿಡಿದ ಭೂತಾನ ಬಿಡಿಸಿ ಅಂತ ಮಾಂತ್ರಿಕ ಕೊಟ್ಟ ಭಡಿ ಏಟಿನ ಬರೆ ಇನ್ನು ಮಾಸಿರಲಿಲ್ಲ.. ಜೀವ ಹಿಂಡೋ ನೋವನ್ನು ಸಹಿಸಿಕೊಳ್ಳುತ್ತಾ ಮುಂಗಾಲು ಗಂಟನ್ನು ಅದುಮಿ ಮೇಲೆದ್ದು ಮನೆ ದಾರಿ ನೋಡಿದಳು.

ಸೀತಾಳನ್ನು ಹುಚ್ಚಾಸ್ವತ್ತೆಗೆ ಕರೆದುಕೊಂಡು ಹೋಗಲಾಯಿತು. ಸೀತಾಳ ವಿಚಿತ್ರ ನಡವಳಿಗೆಗೆ ಶಾಂತಿ ಹಾಡುವ ಕೊನೆಯ ಪ್ರಯತ್ನ ಇದಾಗಿತ್ತು. ವೈದ್ಯರ ಎಲ್ಲಾ ಪ್ರಶ್ನೆಗಳಿಗೂ ಅಳುವೆ ಅವಳ ಉತ್ತರವಾಗಿತ್ತು. ಮನಸಿನ ಎಲ್ಲಾ ಭಾವನೆಗಳನ್ನು ಹಂಚಿಕೊಳ್ಳಲು ಮಾತು ಅವಶ್ಯ, ಆದರೆ ಹೇಳಲಾರದ ಅದೆಷ್ಟೋ ಭಾವನೆಗಳು, ಚಿಂತನೆಗಳು, ತವಕಗಳು ಚಿತ್ತವನ್ನು ಹಿಂಡುತ್ತವೆ ಅನ್ನುವುದಕ್ಕೆ ಅಂದು ಸೀತಾ ನೈಜ ಉದಾಹರಣೆಯಾಗಿ ನಿಂತಿದ್ದಳು.

ಏಪ್ರಿಲ್ ೨೦ , ಸೀತಾ ಮನೆಯವರೊಂದಿಗೆ ಸರಿಯಾಗಿ ಮಾತನಾಡಿದ ಕೊನೆಯ ದಿನ. ರಾತ್ರಿ ಹತ್ತು ಗಂಟೆ, ಎಂದಿನಂತೆ ಸೀತಾ ಕುಡಿಯುವ ನೀರಿಗಾಗಿ ಬಾವಿಯ ಬಳಿ ಹೋಗಿದ್ದಳು. ಬಾವಿ ಮನೆಯಿಂದ ತುಸು ದೂರದಲ್ಲೇ ಇದ್ದಿತು. ಪಾತಾಳದಲ್ಲಿದ್ದ ನೀರನ್ನ ಮೇಲೆತ್ತಿ ಸುಸ್ತಿನಿಂದ ಮುಂಗುರಳ ಸರಿಸುತ್ತ ಇನ್ನೇನು ಮನೆ ಕಡೆ ಹೆಜ್ಜೆ ಹಾಕಬೇಕು ಎನ್ನುವಷ್ಟರಲ್ಲೆ ವಿಧಿ ಆಕೆಯ ಬದುಕಿನ ಹಾದಿಯನ್ನೇ ಬದಲಿಸಿಬಿಟ್ಟಿತ್ತು.

ಅಂದು ಅಮಾನವೀಯತೆ ಎಂಬ ಕನಿಷ್ಠ ಅವಳ ಸೆರಗು ಚಾರಿಸಿತ್ತು. ಕಾಮ ರಾಕ್ಷಸರ ಆ ಅಸಹ್ಯಕ್ಕೆ ಮುಗ್ಧ ಸೀತಾ ಬಲಿಯಾಗಿದ್ದಳು, ಸರಿದ ಹಣೆಯ ಬಿಂದಿ, ಹರಿದ ರವಕೆ ಅವಳ ಮೂಕ ರೋದನವನ್ನು ಸಾರುತ್ತಿತ್ತು. ಅಂದಿನ ಆ ಕೃತ್ಯಕ್ಕೆ ಪಕ್ಕದ ಅರಳಿ ಮರವೇ ಸಾಕ್ಷಿಯಾಗಿತ್ತು. ಅವಳ ಮೌನವೇ ಆಕೆಯ ನೋವಿನ ಆಕ್ರಂದನವಾಗಿತ್ತು.



ನಿರಂಜನ್ ಶೆಟ್ಟಿ  
Niranjan Shetty  
2017 BATCH



## ಜೀವನವೆಂಬ ಹಾಡು

ಜೀವನವೆಂಬ ಪಡವು ಮರಣವೆಂಬ ನಿಷಾದವು  
ನಡುವೆ ಇರುವುದು ಬದುಕೆಂಬ ಕವಿತೆಯು  
ಮುಂದೆ ಸಾಗಿದಂತೆ ಅಚ್ಚಡಿಯುವ ಸಾಹಿತ್ಯವು  
ಇದರಲ್ಲಿ ಸಫಲರಾಗಲು ಅಗತ್ಯ ಕಲಿಕೆಯು

ಎಲ್ಲೆಡೆಯೂ ಇರಲಾರದು ಹುಲ್ಲಿನ ಹಾಸು  
ಮನಕೆ ಮುದ ನೀಡಲಾರದು ಕಾಸು  
ರಾಗ ಲಯ ತಾಳಗಳ ಕಲಸು ಮೆಲಸು  
ತರವಲ್ಲ ಅಪಸ್ವರದಂತಿರುವ ಮುನಿಸು

ಸಪ್ತ ವರ್ಣಗಳ ಚಿಲ್ಲವ ಸಪ್ತಸ್ವರಗಳು  
ಮೌನವೆಂಬ ಪದರಹಿತ ಆಲಾಪನೆಗಳು  
ಆಳಕ್ಕೆ ಕರೆದೊಯ್ಯುವ ಸ್ವರವಿಸ್ತಾರಗಳು  
ಇವೆಲ್ಲವು ಜೀವನವೆಂಬ ಹಾಡಿನ ಭಾಗಗಳು

ಕೈ ಚೋಡಿಸುವ ಸಂಬಂಧಗಳು ಪಕ್ಕವಾದ್ಯಗಳಂತೆ  
ಹಿರಿಯರ ವಚನ ಸ್ಥಿರವಾದ ಪ್ರತಿಯಂತೆ  
ಇವೆರಡರ ಬಿಟ್ಟು ನಡೆದರೆ ಮನುಜ, ನೀ  
ಕಂಪು ಬಾರದ ಕಷ್ಟ ಹೊವಿನಂತೆ

ಸುಖ ದುಃಖಗಳಂತಿರುವ ತಾರ ಮಂದ್ರ ಸ್ಥಾಯಿ  
ಪಂಚಮ ಇದು ತಾಳೈಯಿಂದಿರುವ ತಾಯಿ  
ನಿನ್ನ ಬದುಕಿನ ತಂತಿಯ ನೀನೆ ಮೀಟು  
ಹಾಗಾಗಲಿ ಹೊಸ ಪರ್ವದ ಹುಟ್ಟು

ಭಾವನ ಟಿ.  
(Bhavana T.) Batch 2015

## ಸಖಿ ... ನಿನಗೊಂದು ಮಾತು...

ಓ ಸಖಿ...  
ಹೇಗಿರಲಿ ನಿನ್ನ ಬಿಟ್ಟು, ಯೋಚಿಸಲಾರೆನು..  
ಮರುಕಳಿಸಿದೆ ನಿನ್ನ ಗೀತೆ ಪ್ರತಿದಿನವೂ..  
ಹೃದಯ ಬಡಿತವು ಭೂಮಿಯ ಸ್ಥಿರತೆಯಂತಿತ್ತು..  
ಆ ನಿನ್ನ ಮುಂಗುರುಳು ಸರಿಸಿದ ಕ್ಷಣವೇ ಬಡಿತವೇ ಇಲ್ಲದಂತಾಯಿತು...

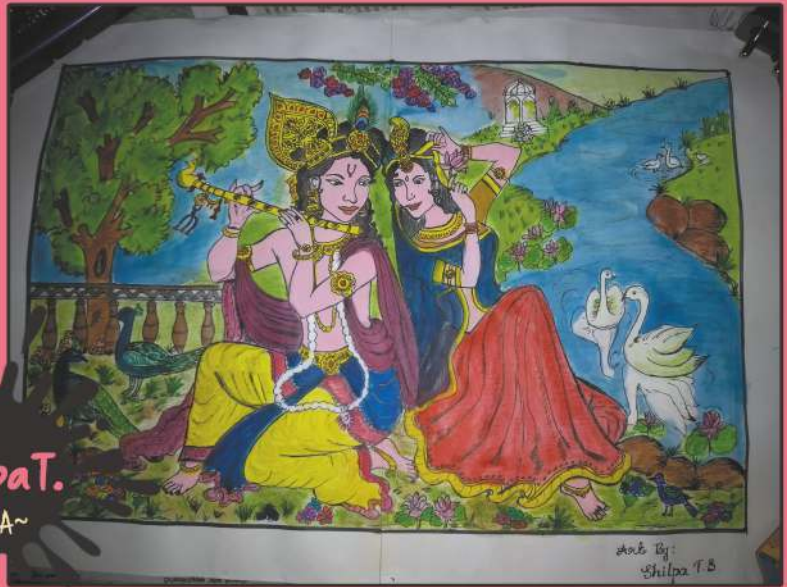
ಆ ಚಳಿಗಾಲದ ತಿಳಿ ತಂಪಲ್ಲಿ ಕಾರ್ನರ್ ಅಂಗಡಿಯ ಕಾಫಿ...  
ನಿನ್ನ ತುಂಟಾಟ ಎಲ್ಲವೂ ಈಗಲೂ ಬಾಯಿ ಪಾರ..  
ಪ್ರತಿದಿನವೂ ಮನಸಿನಂಗಳಕ್ಕೆ ಏರುತ್ತಿದೆ ನೀ ಕೊಡುತ್ತಿದ್ದ ಗುಲಾಬಿಯ  
ಸುವಾಸನೆ...

ಕಾವೇರಿ ನದಿಯ ದಂಡೆಯ ಪ್ರತಿ ಕಲ್ಲಿಗೂ ತಿಳಿಯದೇ ಈ ನಮ್ಮ ಕಥಾ  
ಹಂದರ?  
ಬೆಂಕಿಯಷ್ಟು ಪರಿಶುದ್ಧ.. ಹೂವಿನಂತೆ ಕೋಮಲ...  
ನೀ ಸೇರಿದೆ ನನ್ನನ್ನು ದುಂಬಿಯಂತೆ, ಆಲಂಗಿಸಿಕೊಂಡೇ ನಾ ನಿನ್ನನ್ನು  
ಹೂವಿನ ಮಕರಂದದಂತೆ....

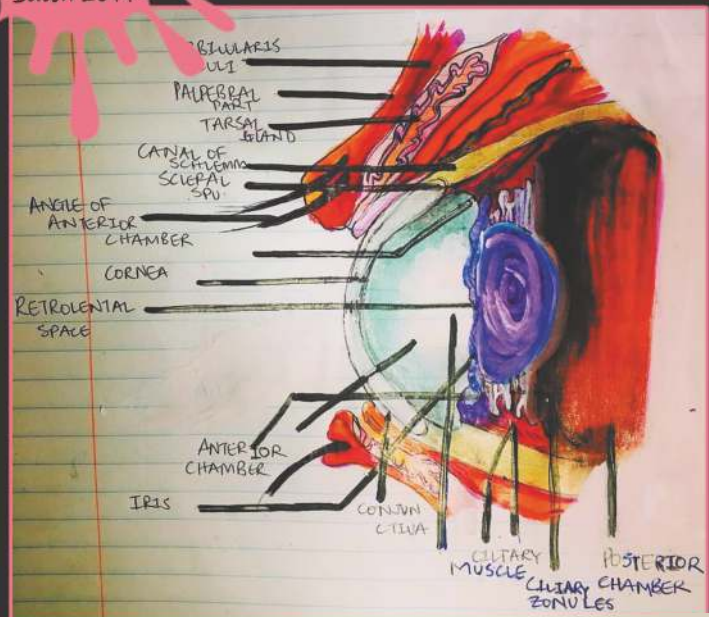
ವಿಧಿ ಬರೆಯುವಾತನ ಇಚ್ಛೆಯೇ ಬೇರೆ ಅಲ್ಲವೇ...  
ಅಳಬೇಡ ನಲ್ಲೆಯೇ..  
ನಾ ಸ್ವರ್ಗದಲ್ಲಿ ಇರುವೇನಾದರು ಈ ನನ್ನ ಕಣ್ಣೀರು  
ಇಗೋ ಇಳಿಗೆ ಮಳೆಯಾಗಿ ಸುರಿಯುತ್ತಿದೆ  
ಆ ನೀರು ನಿನ್ನ ಅದರಗಳನ್ನು ಮುಟ್ಟುತ್ತಿದೆ  
ಪ್ರೇಮವೆಂದು ನಶ್ವರವಲ್ಲ.. ಎಂದಿಗೂ ಅಮರ ಅಮರ....



**ROBIN T BABY**  
MBBS - Batch-2017

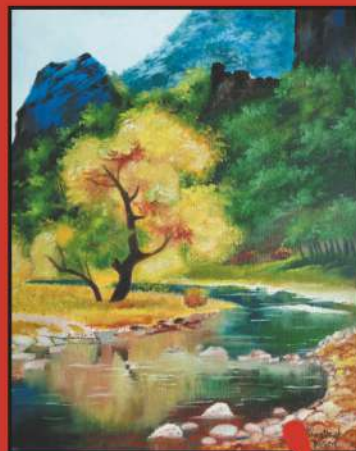
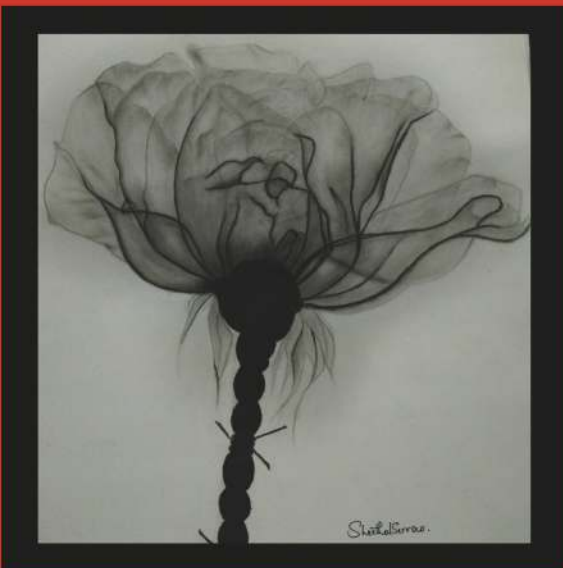


Nikitha  
Suzanne  
Roshan  
~Batch 2014~





Sheetal  
~Office staff~



Suhas  
H S  
~Batch 2016~

## मचल मचल के गिर रही थी बारिश

मचल मचल के गिर रही थी बारिश।  
बतातीं हुई एक कवि की गुजारिश।  
समझ नहीं आ रहा था कि ऐसा क्यों हो रहा था?  
खोदने पर पता चला कि बादल तड़प तड़प के रो रहा था।।  
रो रो कर बता रहा था वह अपनी आपबिती ।  
लेकिन हमारे लिए एक खुशकिस्मती।।

सड़कों पर पानी भरा है,नाले भरें है  
मैंने कहा " बादल ये तूने क्या किया"?  
कहता है "मना रहे थे न बड़ी खुशकिस्मती  
अब भूगतों जैसे हों कोई नागगनी"।।

फिर मैं कहता हूं "हे बादल! न जाने तूने क्या किया?  
कितनों को प्राण,खुशी, पानी और सम्मोहन प्रदान किया।।  
चाहकर भी तू अपने रोने का असर नहीं जान सकता।  
क्योंकि अपने रोने से होने वाली खुशी की लहर को तू महसूस न कर सकता।।

ऐसे ही चलती रहीं मेरी और बादल की बातचीत।  
जताते रहे एक दूसरे के प्रति प्रीत।।  
समझ सकता हूं क्योंकि हूं मैं एक कवि।  
लेकिन आखिर आपको समझ नहीं आता कि क्यों

"मचल-मचल के गिर रही थी बारिश!"



## कहानी - एक बिछड़ा प्यार!

वो कहानी कहां चली गई।  
आखिर वो कहानी कहां चली गई।।

न जाने कितनों को रूलाती हुई।  
मुग्ध आशिकों को सुलाती हुई।  
बातों को फुसफुसाती हुई।  
आंखों के आगे से मदमदाती हुई।

वो कहानी कहां चली गई।।

सोचता हूं बात करूं या न करूं।  
या छोड़ दूं उसे किसी आंगन में।  
क्या करूं मैं मजबूर हूं,  
क्योंकि मिली थी वो मुझे ऐसे ही किसी प्रांगण में।

वो कहानी कहां चली गई।।

कहानी मिलेगी तो शायद मैं उसे बताऊंगा।  
कि तेरे बिना जीवन व्यतीत न होता ।।  
बैठकर चैन से समझाऊंगा कि ।  
कोई पल व्यथा बिन प्रतीत न होता।।

लेकिन शायद मैं यह सब नहीं बोल पाऊंगा।  
क्योंकि वो तो चली गई हैं कोसों दूर।  
बस उसका इंतज़ार करता रह जाऊंगा ।  
क्या करूं मैं हूं मजबूर हूं मजबूर ।।

## एक सवाल

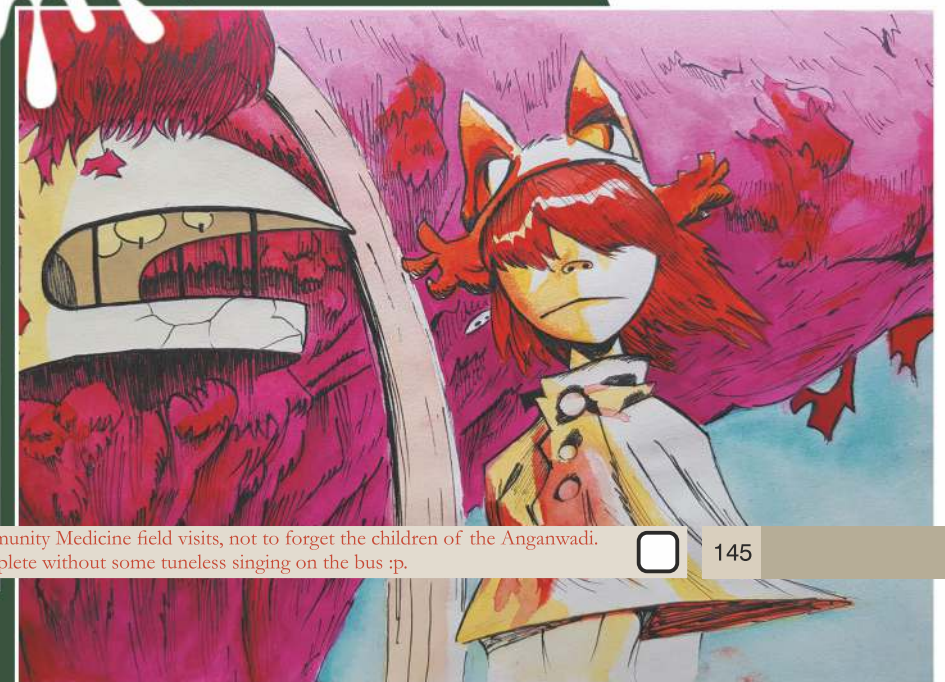
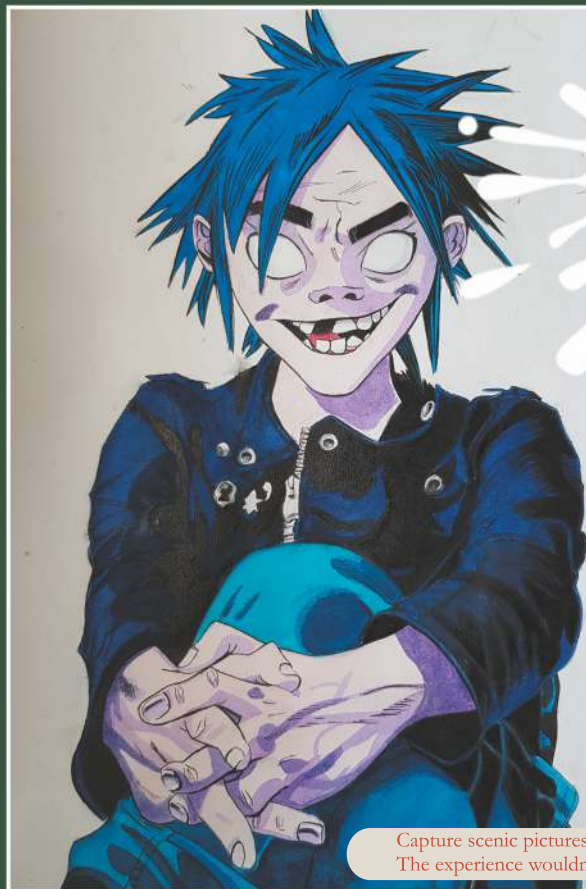
क्या कहता हूं, मैं क्यों कहता हूं ?  
जीवन के दुःखों में ऐसे सहता हूं।  
हंसता हूं समझता हूं  
फिर भी कब कहता हूं, न जाने कैसे कहता हूं।  
मैं क्या कहता हूं, मैं क्यों कहता हूं ?  
रोता हूं, मैं भी डरता हूं।  
फंसता हूं, फिर मैं संभलता हूं।  
भागता हूं, फिर वापस आ जाता हूं।  
समझाता हूं, क्योंकि खुद समझता हूं।  
क्या कहता हूं, मैं क्यों कहता हूं ?

दुःखों की घटा आती सामने, जैसे सूरज की लालिमा छाती दिन में।  
मैं पीड़ित न होता हूं, प्रक्षिप्त होने की कोशिश जो करता हूं।  
निडर हो जो मैं लड़ता हूं, फिर दुनिया के आगे महकता हूं ।  
मैं क्या कहता हूं, मैं क्यों कहता हूं ?  
कब कहता हूं, न जाने कैसे कहता हूं?



Abhishek Sharma (Batch-2017)





Capture scenic pictures on Community Medicine field visits, not to forget the children of the Anganwadi. The experience wouldn't be complete without some tuneless singing on the bus :p



ആസിഫയോട്...

ഒരായിരം കിനാക്കൾ കണ്ടുവോ നീ  
 ആസിഫാ  
 ശാന്തമായ ദീർഘമായ ഉറങ്ങിയ  
 രാവുകളിൽ?  
 ഒരായിരം നക്ഷത്രങ്ങളെണ്ണിയോ നീ  
 എന്തിനോടും കൗതുകം തോന്നുമീ  
 ബാല്യത്തിൽ  
 എത്ര സുപ്രഭാതങ്ങളിൽ  
 ഉദിച്ചുയരും സൂര്യനെ മാടിവിളിച്ചു നീ?  
 എത്ര ഈറൻസന്ധ്യകളിൽ കൈനീട്ടി  
 ജനാലയ്ക്കപ്പുറം പെയ്യും മഴയെ  
 പുൽകി നീ?  
 മുറ്റത്തു പൊന്തുന്ന തൊട്ടാവാടിക്കായ്  
 ഇഷ്ടികഭിത്തി തീർത്തുവോ നീ  
 പുൽകൊടിനാമ്പിൽ തൂകിത്തുളുമ്പുന്ന  
 മഞ്ഞുതുള്ളിയെ കണ്ണിലേറ്റിയോ നീ  
 വാകയും കൊന്നയും പൂത്തങ്ങു  
 നിൽക്കുമ്പോൾ  
 പയ്യെ വീശുവാൻ  
 കാറ്റിനോടഭ്യർഥിച്ചുവോ  
 ആറ്റിൻ പരപ്പിൽ പൊന്തുന്ന മീനിനോ-  
 ടോത്തിരി കിന്നാരം ചൊല്ലിയോ നീ

പുൽകൊടിനാമ്പിൽ തൂകിത്തുളുമ്പുന്ന  
 മഞ്ഞുതുള്ളിയെ കണ്ണിലേറ്റിയോ നീ  
 വാകയും കൊന്നയും പൂത്തങ്ങു  
 നിൽക്കുമ്പോൾ  
 പയ്യെ വീശുവാൻ  
 കാറ്റിനോടഭ്യർഥിച്ചുവോ  
 ആറ്റിൻ പരപ്പിൽ പൊന്തുന്ന മീനിനോ-  
 ടോത്തിരി കിന്നാരം ചൊല്ലിയോ നീ

യാത്ര പറയാതെ നീ അകലേക്കു  
 മായവേ  
 നിഷ്കളങ്കമായ് ചിരിച്ചു വെബറിൽ  
 കിടക്കവേ  
 മനസിലാകുമോ നിനക്കീ  
 കോലാഹലങ്ങൾ  
 നീതിനിഷേധത്തിൻ കയ്പുനീരും  
 കുറ്റവാളികൾ  
 സംരക്ഷിക്കപ്പെടുന്നതിൻ ദൈന്യവും  
 യുവ ഇന്ത്യ ചേരുന്നൂ നിനക്കായ്  
 പൊലിയില്ല ഇതുപോലെ ഇനിയൊരു  
 ബാല്യവും..



**Bichu Kuriyan**  
Batch 2015



മഴ

ഒരു മഴത്തുള്ളിയെൻ കവിളിൽ  
തലോടവേ,  
കുഞ്ഞിളം കാറ്റു മനമായി വീശവേ,  
പുതുജീവനായി മഴ മണ്ണിൽ  
പതിക്കവേ,  
അറിഞ്ഞു ഞാൻ ആ മഴതൻ  
സ്വപനം.

നെറുകയിൽ പതിയുന്ന കുളിരാണോ  
ഈ മഴ.  
കവിളിൽ തലോടുന്ന സ്നേഹമോ  
ഈ മഴ.  
സ്വച്ഛമീ രാവിൽ മനമാം തെന്നലാൽ  
എന്നെ,  
പയ്യെ പുണരുന്നുവോ ഈ മഴ.

ഓർമ്മതൻ ചില്ലുകളിൽ നോവിൻ  
തുള്ളികളാകും,  
നഷ്ടപ്രണയമോ ഈ മഴ.  
കാർമ്മേഘത്തിൻ തേങ്ങൽ മണ്ണിൽ  
അലിഞ്ഞുചേരും,  
യാത്രയോ ഈ മഴ.

മാനത്തു നിന്നെൻ ചുണ്ടിൽ  
പതിക്കുന്ന,  
ചുടുചുംബനമല്ലയോ ഈ മഴ.  
ഈറൻ മുടിയിൽ പതിയെ ഒളിക്കുന്ന,  
കുസൃതിക്കിടാവോ ഈ മഴ.

ഒട്ടും പിടികിട്ടാ ഭാഷയിൽ എന്നോട്,  
ഒത്തിരി കിന്നാരം ചൊല്ലുന്നുവോ ഈ  
മഴ.  
ഇനിയും വരാമെന്നു ചൊല്ലിയെന്നോട്,  
യാത്ര പറയുന്നുവോ ഈ മഴ.



**Dona M Joy**  
Batch 2015



അരികിലൊരാൾ

എന്നും മനസ്സിൻ കിളിവാതിൽ തുറന്നിടും ഒരാൾ

തുവൽസ്പർശമേകി എന്നെ ഉണർത്തിടും ഒരാൾ

ജീവശ്വാസമാം സ്മിതം തൂകി ജീവനേകിടും ഒരാൾ

ഉണ്ടായിരുന്നൊരാൾ, സ്നേഹമെന്തെന്നോതിയ  
അവൾ

അവൾ എന്റെ ജീവനായിരുന്നു, ഞാൻ ആരോടും  
മിണ്ടിയതേയില്ല

അവളെനിക്കെല്ലൊമായിരുന്നു, എന്റേതുമാത്രമാഴി  
കരുതി ഞാൻ

അവളെ നഷ്ടപ്പെടുത്താൻ ഭയമായിരുന്നു,  
നിറകയ്യിൽ സൂക്ഷിച്ചു ഞാൻ

അവൾ സ്വപ്നസുന്ദരിയല്ലായിരുന്നു, ഒടുവിൽ  
സ്വപ്നങ്ങളിൽ അവൾ മാത്രമായി

അവൾ പാടിയിരുന്നു വൃത്യസ്തങ്ങളായ്,  
മധുരസംഗീതങ്ങളായിരുന്നു എനിക്കെല്ലാം

അവൾ മനസ്സിൻ കണ്ണാടിയായിരുന്നു, എന്റെ  
പ്രതിബിംബങ്ങളായിരുന്നു അവളുടെ വാക്കുകൾ

ഒന്നു കാണുവാൻ കൊതിച്ചിടും വേളയിൽ, കണ്ടു  
ഞാൻ അവളെ എല്ലാരിലും

സ്നേഹമാം ആഴിതൻ വിശാലത, എന്തെന്നെനിൽ

മന്ത്രിച്ചതും അവൾ

അകന്നുപോകയാണോ എന്നെ ഞാനാക്കി മാറ്റിയ  
ഓർമ്മകളേ

വേണമെൻകൂടെ നീ എപ്പോഴും, സ്നേഹമായ് .....  
അരികിലൊരാളായ്.....



**Ebin John 2016**

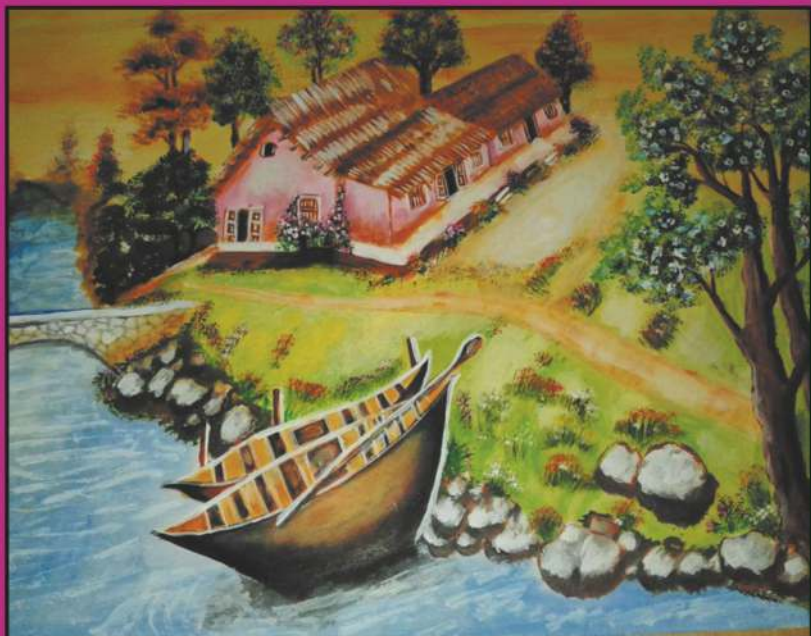




Mayuri  
Simon  
~Batch 2017~



Sr. Jolly  
V.V.  
~MHA~



## WOULD YOU CHANGE MY WAYS?

An era has passed, I reminisce  
Since the day we said goodbye,  
To peals of laughter unending,  
Astounding glee never on standby.  
Here we stand compelled to move forward,  
Seeking to avoid the Past, Present, and Future,  
Gasping for air today,  
To stay afloat for the 'morrow.  
So would you change my ways?

Rapt in the wonder of everything so large,  
Dreams, hopes, and wishes from the heart,  
For our miniscule worlds when we're not in charge.  
Morphing as we grow less in spirit and not so smart.  
Weak as a twig supporting the weight of a man,  
And Faith akin to a hundred mustard seeds.  
An amalgam of pure and nasty everyday,  
Aware of the best, still always choosing to bleed.  
So would you change my ways?

But the present world is full of hate, yet so full of love,  
I believe the broken will find solace somewhere,  
Even if it be in the stars above.  
Kind words will dispel the loneliness, I pray.  
Hope be enkindled and teased aflame.  
So now would you change my ways?

I need to be a beacon of light at my worst,  
Show compassion to those who tread my path,  
For no one should be paralyzed in fright,  
As I am now- exhausted and bereft.  
Leave no man behind they say,  
Embolden and enable for the greater good,  
So Hello kind stranger, would you change my ways?

And yet today echoes of the sound of silence linger,  
The dregs of tea floating in the mug I clutch.  
Past its peak and plateau is my dwindling fervor,  
For thought profound and astute,  
So I pick up my keys and move along saying:  
"You don't need anyone, make your own way hon."

## IN MEMORIAM

( This is a small dedication in remembrance of Fr.Patnck,  
our former director )

Though the seas of life are tempest-tossed,  
The journey pleasant, yet arduous,  
On my faith will I stand firm.  
To build a stronghold of love,  
On the path of truth and righteousness shall I tread,  
To live for others as you have led.  
For the flock to dwell in comfort, forever secure,  
And to heal wounds of soul, body, spirit, and mind,  
Is the conquest for me He hath designed.  
The body doth bid adieu, the Spirit lingers still,  
In my prayers, hopes, wishes, and dreams for you,  
The void of my absence shall our conquest fill.

## OF UNCERTAIN VIRTUE

Were it enough to be bold and sane,  
Rooted in knowledge and always so vain?  
Unwavering conquerors of unimaginable quests,  
A brazen heart within our chests?  
If valor was all it took,  
To compose nobility in a history book?  
Would we need Honour, Love, Sorrow, and Pain?  
Wouldn't they just seem too mundane?  
But it is of these that the world is fraught,  
Even if we willed it rather not.  
Composed of more than just these,  
Entwined in whorls of Kindness, Compassion,  
Integrity, Sacrifice, Humility are we;  
That we feel is our strength,  
It's power tedious to wield at length;  
So would we not, you and me,  
Rather be soldiers clothed in pomposity?  
Eager to hide behind the dirth,  
Of those great and so called worth?  
To save ourselves, to be freed,  
There's just one thing we need;  
Soften enough to ask someone their story,  
Amidst our quest for glory.  
Care as if more were never enough,  
Unhinge the other to share, albeit it's tough.  
Hardened hearts maketh fools,  
For Greatness is but a tool,  
Fashioned from an amalgam of that which we hide,  
Fearing judgement crashing like high tide.  
Embolden freedom to reveal the truth within,  
To understand, accept, love and let be, is to truly win



Eesha Devaiah  
Batch 2013



# It's the **Love** for the **Beach**

The shores on the beach went low  
Going miles below  
I painted the sands with all my soul

And I wanna be on the beach  
Telling children my stories  
They'll be passing on all of  
My memories

The waves will roar them back, they will shout out loud  
Our thoughts will be etched on every rock

As i was walking on the beach  
Making many more stories  
I saw a little shimmer of your beauty

As the days grew long  
And the waves ebbed back  
We'll be passing time under the moonlit sky....

Oh, we'll be the sands of love  
We fit like hand in glove  
Eternity may pass  
But u'r my destiny  
Ur my destiny...



**Anil D'souza**  
Batch 2015



## The Moment

I reached on time all prepared  
All the equipment and necessities geared

Strange, I see tracks and trails on the ground  
What happened? Did I even hear a sound?

Here and there, drums and barrels  
Smeared with colours nothing parallel

Oh my god! am I late?  
Could I have changed someone's fate?

I hear footsteps , many ,behind me  
They are running , hurrying towards me

Shouting is my mind - ' turn around and pick up the pace '  
Boom!!, something is on my face

Rubbing my eyes , fixing my gaze  
'Yeah' , I see people , but only in haze

And now I'm surrounded , I see no way  
' Holi hai ,you are late ' they say .



C. S. Shreyas  
Batch 2015



# The Days of Our Lives

In all the tiding times, O! Life,  
Thy tender joys pursue;  
To horrid blizzards, crushing strife  
O! Endurance accrue

Endurance to days of distress  
Though languid and bitter,  
Shall hold ground enough to suppress  
Designs that embitter

Ten thousand, thousand bitter tears,  
Just ephemeral, thou!  
Hope unyielding with gusto blares;  
Future's bliss to avow

A heart that may be subdued not  
Should possess must we all;  
To founder comeuppance's plot,  
To preclude and forestall

"Glorious days" that fast approaching,  
O! Destroy dolefulness!  
Elysium, come then beckoning,  
Engulf with happiness!  
Where then Sorrow, thy bitter sting?!  
Where Grief, thy victory?!  
Days of life then obeisance bring,  
Eschews acrimony

In every fretting day unfurled,  
The good alone pursue;  
And after death in distant world,  
The glorious theme renew!



Allen V. Inbanathan(V Allen),  
Batch 2013



# THE JOURNEY

The journey walked on foot  
Begins with a single step,  
People walk all their lives  
Another journey to the moot  
To another we prep

None of us through the sieves  
Unless the journey transcends  
Beyond the everyday  
Unto the realm of thoughts  
Then beckon the portends  
The climb of the brae  
Truly begins a journey taut.



**Swathi Kulkarni**  
Batch 2017

# The Reverent Oath

He stood on the other side of the door listening; his heart at the mercy of heavy chains that weighed it down. Appa's voice was desperate, "Please Sir!. I'll repay you with interest. I cannot let my circumstances define my son's dreams." Tears rolled down Appa's face as his head sank down on his folded hands".

He was a doctor.

He sat up the whole night and watched the sun wake up. Those hideous dark figures under his eyes were terrifyingly a bit bigger today. Caffeine emerged through every functional pore, as tiny scripts in humongous volumes were painfully emphasized in colourful backgrounds.

He was a doctor.

3 a.m : Their voices wafted through his headphones as he smiled. Appa, Amma, Akka formed frames on the screen. Akka was the most beautiful bride he had ever seen. 'Bing!' the tinkle sounded as he was interrupted; "Condition critical. We need you in here now."

He was a doctor.

His hands turned blue and his muscles screamed in protest as he vigorously pumped the collapsing form beneath him. Every knock, every plead seemed to retaliate. Life craftily escaped. His heart grieved. Whispering a prayer, he sadly pulled the fabric over the face.

He was a doctor.

The rods came down upon him, cracking bone to bits. Sore upon sore with every swinging act. Lewd curses and shameful utterance, from a furious breed. They left him still, a shuddering body in red atmosphere; Wondering, why!!! Why was he crowned with such baleful loathe? Where had he faltered from the reverent oath?

He; was a doctor.



**Stacy D'souza**  
Batch 2014



## Another Rain Down the Memory Lane

This rainy day, I remember you again.

The first time you caught my attention, we both were drenched by the heavy rains, while you offered me your palm leaf to cover my head, when you saw mine torn apart.

I did not utter a word, not even a thank you, but you smiled and walked past.

The first time you caught my attention.

The next rainy day I remember; I'm in labour pains, you're holding my hand, giving me assurance as you reach me to the hospital.

I clearly remember your worried face, as I entered in.

The nurse narrated to me, how irritating and restless you were. And as to how you burst into tears on holding our first born.

The next rainy day I remember; the dam was overflowing; our village was to shatter.

I remember the screams and cries, the panic around us, but amidst all, you hold me tight, give me courage and put us into the truck which was to our rescue.

But you chose to stay back and help the rest.

Kissed us goodbye, but I knew you would return.

The next rainy day I remember; you're holding my hand as I get down the car to attend the wedding of our son.

The youngest among the seven.

You opened the umbrella and forty years down the lane, you took me back to the day our destinies met, but this time both of us were under one.

The next rainy day I remember,

I stood there next to you surrounded by our kids, grandkids, and all those whom we love, with a handful of mud.

That was the day, the skies were the darkest, thunders the loudest and my heart ached the worst.

For it was the last time, that our family was complete.

The last time that I saw you.

Every rainy day henceforth, I knew you returned, to remind me the love we lived.

Every rainy day, thereafter, I've relived our story, as I narrate them to our grand kids.

I see a part of you in each one of them, and I know you are there, just as you promised, the day we eloped.

Which reminds me of that rainy day;

The day we united, the day we eloped, the day we got married,

The day we promised each other to never depart,

The day two lovers met.

But also the day when two families broke.

The day we left our respective homes, lands, and spouses.

The day which will be never known to our grandkids.

But the day, which will only be remembered as the day, you were gone...



Rhea Elizabeth Augustian  
Batch 2014.



## My Anchor

While I sail in life's journey  
Unaware of what it holds for me  
Excited, but at times cramped by its irony  
But, I know you are my Anchor.

The Sun's rays gleaming over the shore  
As the tempest waves begin to roar  
I stand, look high and ready to soar  
Cause, I know you are my Anchor.

My deepest fears that lie inside  
My insecurities that I've always tried to hide  
Rage upon me worsen than the seatide  
But, I know you are my Anchor.

Even if I fall, I shall arise  
When I sit in dark, you will be my sun and I'll rise  
Thankful, because you paid the price  
My Lord, you are my Anchor.



Dunamis Stuthi  
Batch 2016



## TECHNOLOGY'S TUMOUR

---

Its killed all human interaction,  
Its nothing but a big distraction,  
This is the mobile phone,  
that everyone wants to own  
We can't seem to put it down,  
If were told so, we frown.  
Everything has become virtual,  
This tumour is perpetual.  
Right from social media to insecurity,  
Its helped us loose our integrity.  
This is the modern day plague,  
That no modern medicine can tame.  
We're all a slave, to the system,  
No one is an original, we're all a copy  
We can't help it, we're all addicted  
So here's my rant, I'm not sorry  
Take a guess,  
I'm not a tumour induced mess.



**JOSHUA ASHISH**  
Batch 2016





# REMEMBER

*For every war fought for petty issues  
For every bullet penetrating man's tissue,  
For all the men fighting for the land they represent  
Remember, that all men on earth are children of the same  
ancestral parent*

*For every drop of water we waste  
For all the food we buy just for the pleasure of taste  
For every grain of rice carelessly thrown  
Remember, the poor child starving in lands where crops cannot be  
grown*

*For every whistle blown, demeaning a woman  
For all the nasty comments disgracing a woman  
For all the in-humane crimes committed in lust for a woman  
Remember, every man was once born of a woman*

*For all the money that is corruptly sought  
For every innocent man, for no reason shot  
For all lies, big or small  
Remember, in the end, in front of The all-seeing God,  
on our knees we'll have to fall*



JORDAN RIDHAY RASQUINHA  
Batch 2017



# MR. MOSQUITO

You make me feel so attractive, you never let  
me go,

you give me some space when I ask for it and  
come back immediately

But Mr. Mosquito sorry for rejecting you

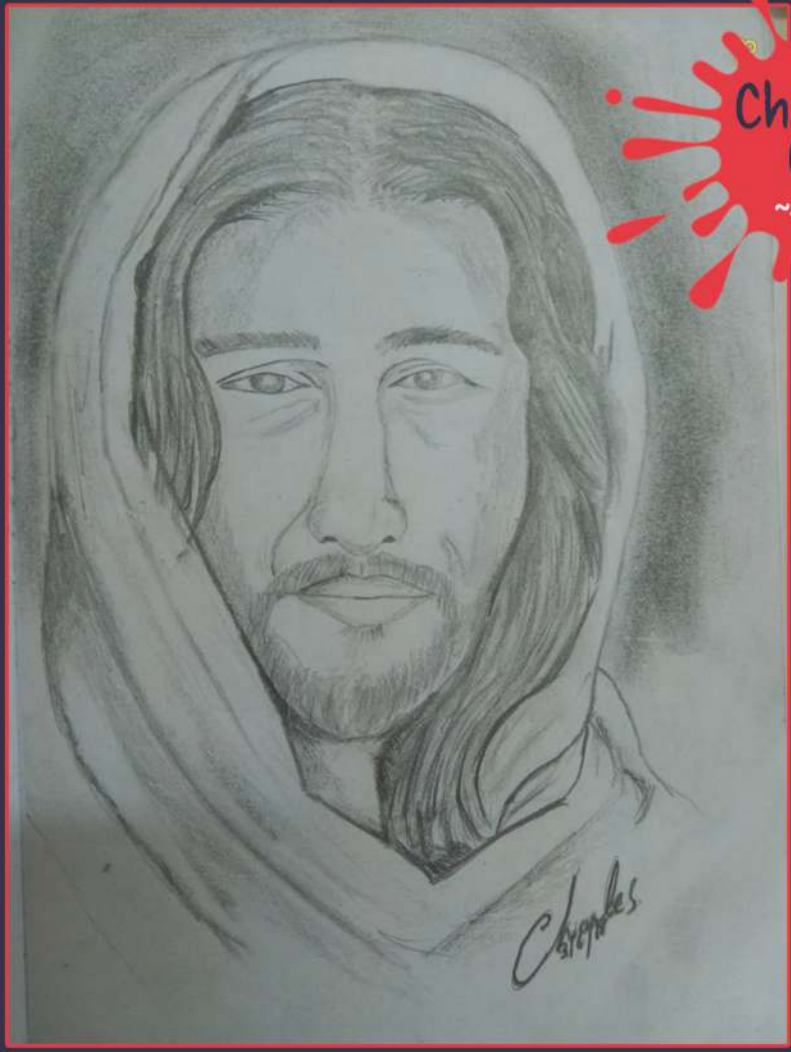
because you don't deserve my blood.

Yours night study friend.

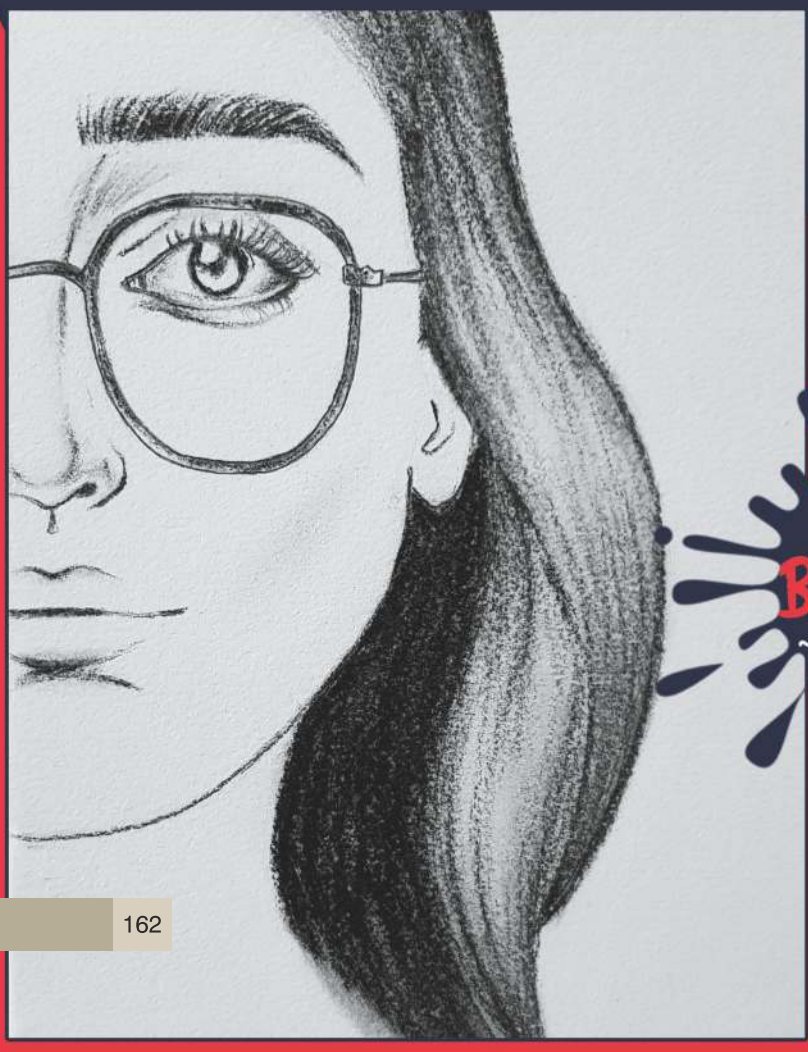
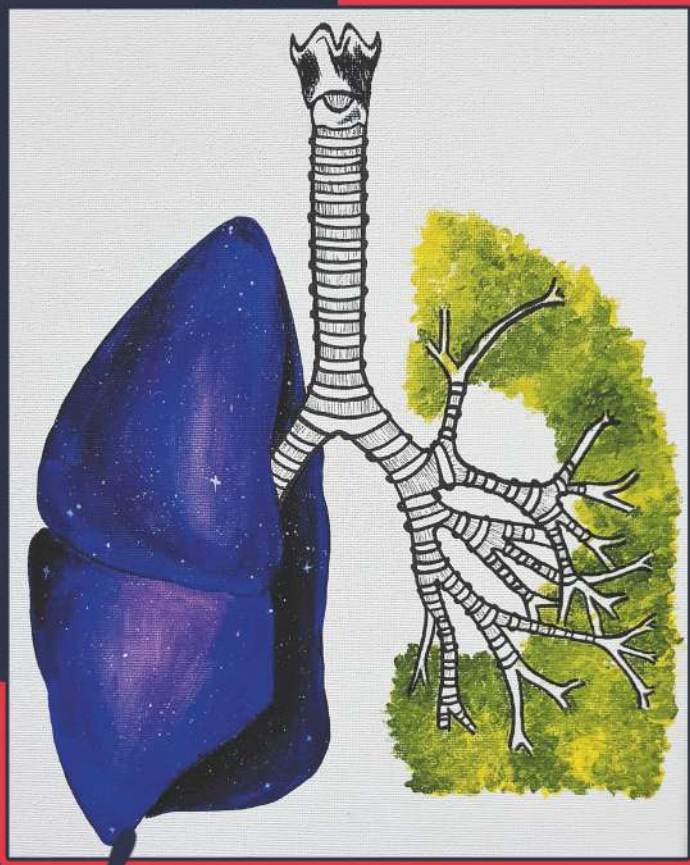


MAYURI SIMON  
Batch 2017





Charles  
CJ  
~AHS~

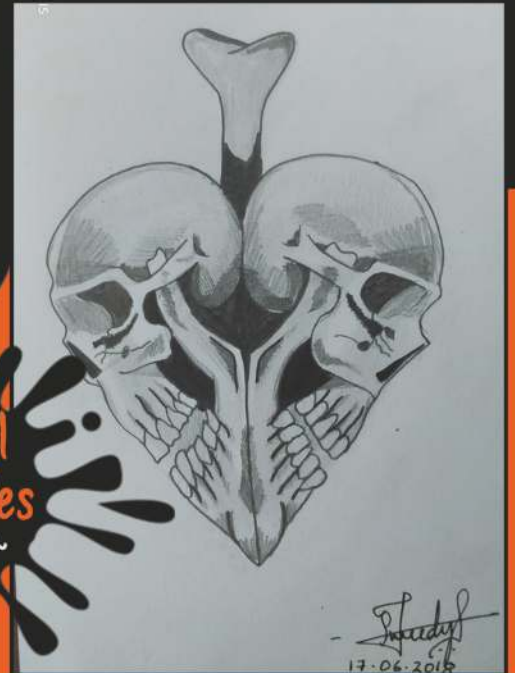
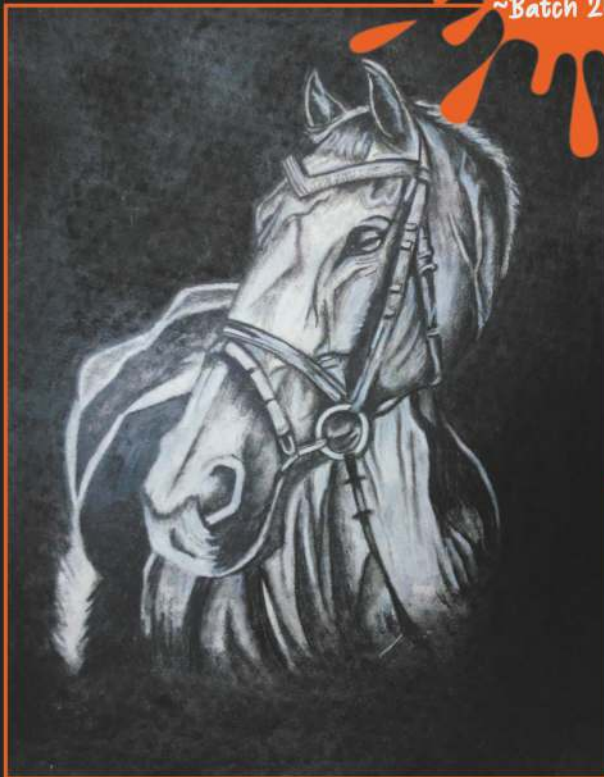


Sana  
Basheer  
~Batch 2014~

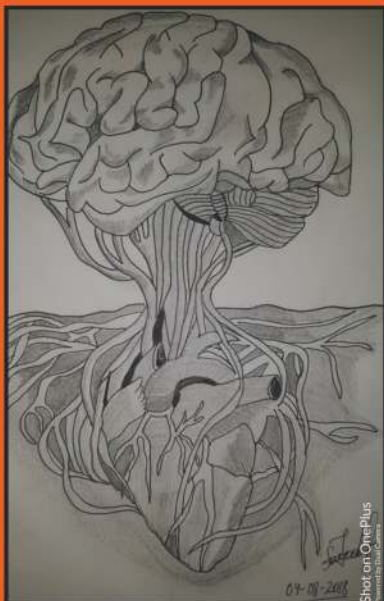




Savitri  
Kini  
~Batch 2014~



Sweedy  
Fernandes  
~Batch 2017~



Sweedy  
9-8-2019

Shot on OnePlus  
07-10-2018

8-8-2018  
OnePlus

OnePlus

## ADVISORY COMMITTEE



**MEDICAL AND SURGICAL STAFF**



**PRECLINICAL STAFF**



**PARAMEDICAL STAFF**



**NON TEACHING STAFF**



## POSTGRADUATES



## INTERNS





# MBBS 2014



**MBBS 2015**





# MBBS 2016





# MBBS 2017



**BPT 2014**



**BPT 2015**



**BPT 2016**



**BPT 2017**



**B.Sc. MIT 2015**



**B.Sc. MIT 2016 and 2017**



M.L.T. 2017



M.L.T. 2016





**m.L.T. 2015**



**m.Sc. MLT**



**B.Sc. RT**



**m.p.t.**



MHA





# Sports





BASKETBALL MEN AND WOMEN



CHESS



CRICKET



CRICKET WOMEN



Cross Country Team



TABLE TENNIS



VOLLEY BALL WOMEN

# MBBS 2012





I drink and I know things



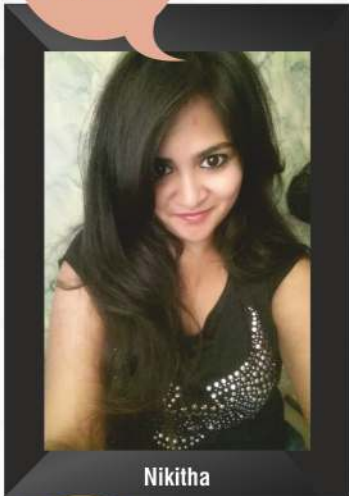
Daron

I didn't choose medicine, medicine chose me



Linda

Life isn't perfect but my hair is



Nikitha

The climb gets easier when you realise there is no place else to go



Nirmal

I drink and I know things



Sneha antony

YOLO



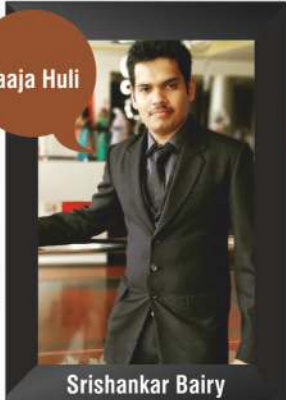
Shibin Sampson

Jiyo, Khush Raho, Muskuraa... Kya Pata Kal Ho Naa Ho



Supritha S devadiga

Raaja Huli



Srishankar Bairy

When you can't find the sunshine, be the sunshine



Soniya Abraham

It's not who I am underneath, but what I do that defines me



Raveen

Awaiting my Hogwarts letter. 'always'



I m a rebel just for kicks



Joshua

Que sera  
sera



Preethi R

Wherever  
you go becomes  
a part of  
you somehow



Sharon Joseph

Life is a train that  
stops at no  
stations; you either  
jump aboard or  
stand on the  
platform and watch  
as it passes



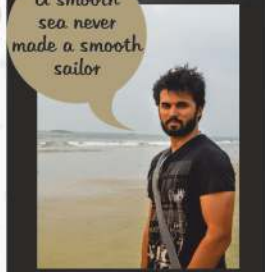
Spurti Nataraj

Notoriously  
narcotic  
nigga.



Nagraj Bhat

A smooth  
sea never  
made a smooth  
sailor



Rakshit Patil

Smile is the  
best makeup  
any girl  
can wear



Tanya

Thank  
you for not  
judging me



Peter

What we  
dwell on is  
who we  
become



Lintu

If you  
are bad,  
im your dad



Sachin

Fight for  
your  
fairytale



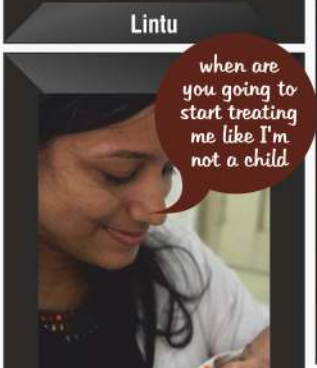
Joanna

There is a  
shade of red  
for every  
woman



Sheetal

when are  
you going to  
start treating  
me like I'm  
not a child



Pooja

Not all those  
who wander  
are lost.



Thoshna

No one is  
too old for  
fairytales



Prajna

Fill your life with adventures, not things. Have stories to tell, not things to show"



Suma RamaKrishna

To see the world, things dangerous to come to, to see behind walls, draw closer, to find each other, and to feel. That is the purpose of life.



Pareekshith rai

Like an open field, your potential is limitless



Sarah

You only live once



Neenu Kurian

Do what makes you happy. Adventure often



Swathi k

The greatest risk anybody will take, is to be seen as we are.



Anju liza

You can't cross the sea merely by standing and staring at the water



Pramela rodrigues

Beauty begins the moment when you decide to be yourself



Crista Maria Joel

Take your shot and make it your best



Jeswin

When it rains look for rainbows. When it's dark look for stars.



Thejaswini P

The measure of who we are is what we do with what we have



Tittu Joseph

When you are imagining something, you might as well imagine something worthwhile



Divyani

Daughter of "the king"



Sweena

# MIT INTERNS

I'm an Escapist..., and this is Fantasy..



anamika

Chal beta selfie ley ley re...



Aisha I.

Don't listen to what they say.. GO.. SEE..



Abinlal

Honesty is my policy

I Never Get Tired Of Smiling



Aneeta



Della Jose

If you think adventure is dangerous, try routine, it's lethal



Amal Joy

Jitna bhi try karo kuch na kuch toh chhootega hii.. isliye yahin, isi pal ka maza lete hain..



Salma A.

Musically king



Fasal Iqbal



Rimbart ALMEIDA

Don't wait for people to smile, show them



Steffy George

She's got that look in her eyes just like she's always had. She's got that smile on her lips that always drives me mad.



Ruby MP

# MLT INTERNS



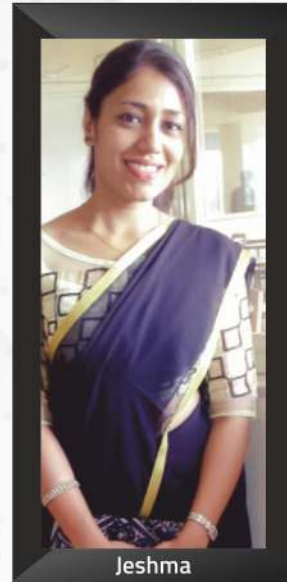
Agnes



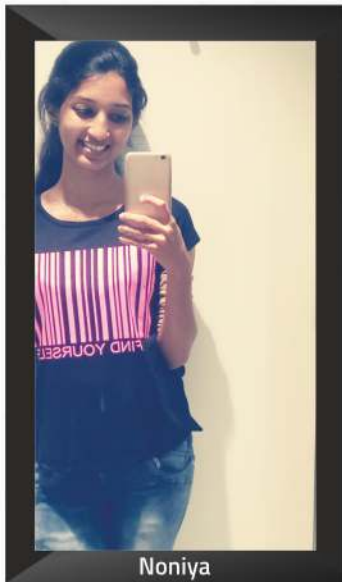
Ayshath farhana



Divya



Jeshma



Noniya



Jibina



D'souza lisha



Marilyn



Pavithra

# BPT INTERNS

People will come  
and go in life, but  
the person in the  
mirror will be there  
forever



Merlin Thomas

Conformity is the  
jailor of freedom  
and the enemy  
of growth



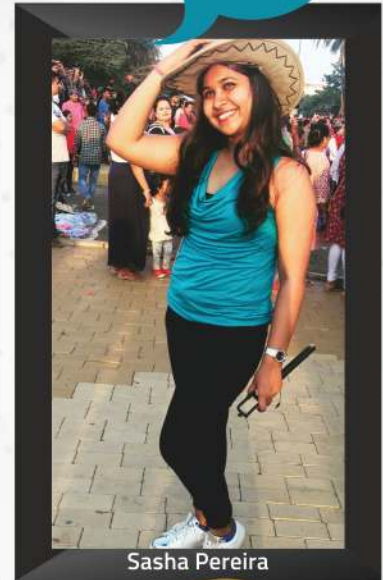
Michelle D'silva

I want to be  
beautiful and  
free like  
the sea



Tejaswini agnelo

Country  
road take  
me home to the  
place I belong



Sasha Pereira

happiness  
is a motorcycle  
full of gas and  
green lights



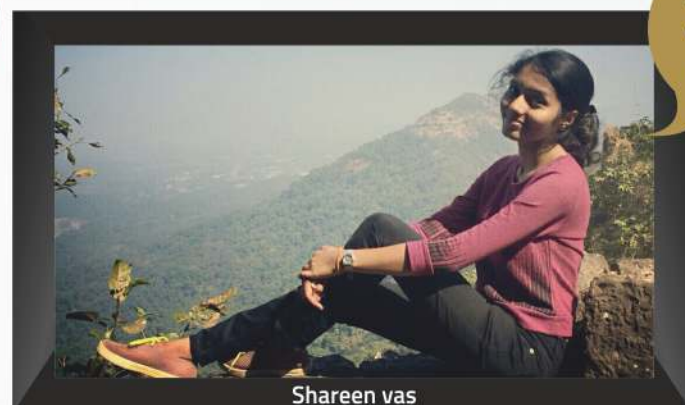
Jeze Moniz

smile is the light  
in your window that  
tells others that  
there is caring,  
sharing person  
inside !



Susan Raju

To Wander  
where wif  
is weak



Shareen vas

Don't strive to make your presence noticed, just make your absence felt to others



Sr. Royline Pinto

Love is a four legged word



Tania sequiera

Life is a party dress like it



Rushelle Rodrigues

Simplicity is a key note to all true elegance



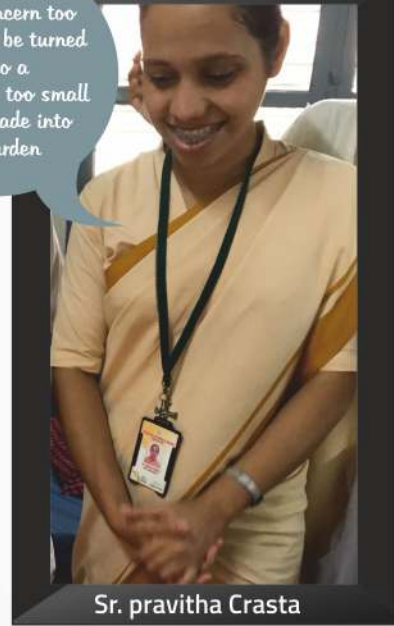
Priyanka R

Be badass



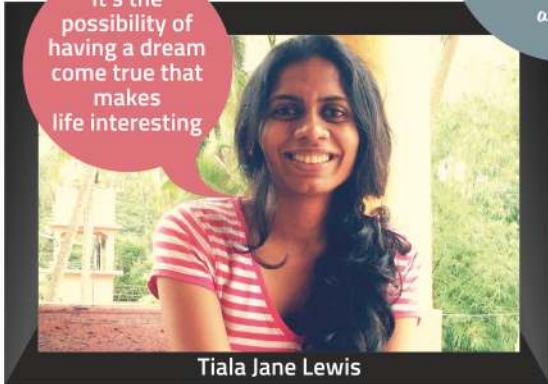
Alison Rodrigues

Any concern too small to be turned into a prayer is too small to be made into a burden



Sr. pravitha Crasta

It's the possibility of having a dream come true that makes life interesting



Tiala Jane Lewis

When life gets too hard to stand kneel down & pray



Sr. Jiney

Do small things with great love



Sr. Dona

Taste the truth, even if it's not always sweet



Lavita Monteiro

Life isn't about finding yourself it's about creating yourself



Nikita D'Cruz

My style is what "I like" not what "others like"



Anunysya Baptista

There is beauty in simplicity



Gayathri

Beauty doesn't have a weight limit



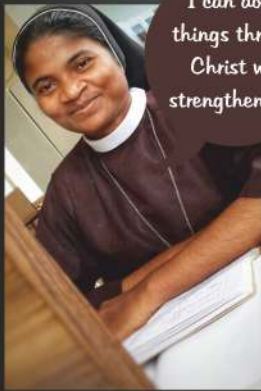
Macrina D'souza

live a little



Deborah Dias Do Rosario

I can do all things through Christ who strengthens me.



Sr. Albina

Elegance is the only beauty that never fails



Jessica Goes

Always believe that something wonderful is about to happen



Alisha Lobo



Aishwarya Gatty



# RADIOTHERAPY

Aaj ke badh  
aapko shikayat ka  
moka nahi milega,  
madam!!!!



Rinu Robert

Aane do, Aane do..  
Dil mein aa jaane do..  
keh do muskurahat ko  
hi, hi, hi, hi..



Deepthi Jose

Eternal  
sunshine of  
the spotless  
mind!!



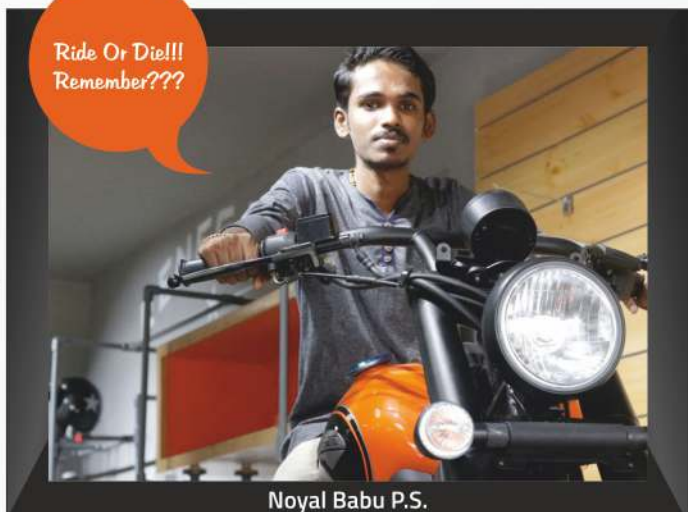
Nayana Babu

Smell the sea,  
and feel the sky..  
Let your soul and  
spirit fly!!!!



Muhammed Ashar A.T.

Ride Or Die!!!  
Remember???



Noyal Babu P.S.

## *Answer to Connect*

1

- DEEPA
- KULDEEP
- PRAKASH
- UDAYKUMAR
- ANS-LIGHT

2

- CARPENTRY
- VEENA
- ENT
- GREEK GOD
- ANS-Dr KULDEEP MORAS

3

- AJITH
- RICHARD
- G.ONE
- RUDOLF
- ANS-ADMINISTRATORS OF FR MULLER'S

4

- GEORGE BUSH
- JASON MAMOA
- JEROME K JEROME
- RAYMOND
- ANS-PRESIDENTS OF FR MULLER'S

## *Answers for can you guess the medical sign.*

- Spaghetti and meatball - tinea versicolor(malassezia furfur)
- Donut sign -intussusception
- Chocolate cyst -endometrioma
- Coffee bean sign -sigmoid volvulus
- Bread and butter -pericarditis
- Red current jelly -klebsiella pneumonia

# THE DREAM



# TEAM





ALISHA FERNANDES



ASTEL PINTO



BICHU KURIYAN JOY



CARON FERNANDES



CHRISSEL SEQUEIRA



EVANGELINE DAVID



FRANA D'SOUZA



INDU PARKAVI



IRENE MATHEWS



SHASHANK BANGERA



STACY D'SOUZA



SHRUTI SABHAHIT



SHREYA HONARIUS



SHASHANK KINI K



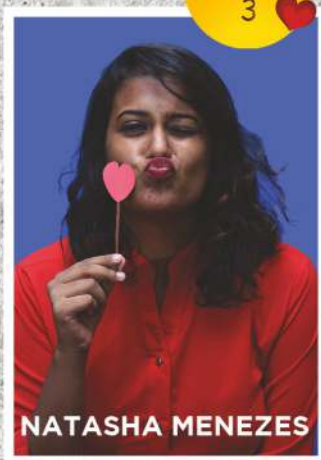
SAVITRI KINI



SANJANA MATHEW COPY



ROUVIN D'SOUZA



NATASHA MENEZES



MELITA LOBO



JOANNE SEQUEIRA

# ACKNOWLEDGMENTS

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**Melita Lobo**, for inspiring me to always look for the good in others; for compiling 'man, maladies and medicine'; for interviewing Dr Pavan Hegde and Dr Jaidev; and for having perfect, crazy hair that was required to portray 'medley'.

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**Krista**, for compiling the bucket list

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Finally, I thank Lord almighty for making everything possible. Venkataramana Govinda, Govinda!

- SAVITRI KINI





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