



Mullerpulse 2019

Epic things just around the

"Art is long and time is fleeting"

Psalm of Life, H. W. Longfellow

- * The construction of a man's record of experience [art] may last long after him, as a witness to his talent and creative imagination, but the time a person has to create art, is limited.
- * The line was inspired by Hippocrates who was referring to the art of medicine and the sentiment is that you never live long enough to master it.
- * Used often by the Editor through the year to dodge questions about the progress of the magazine work (everybody's favourite conversation starter).



Pillars of Creation, a stunning photograph captured by the Hubble Space Telescope. The pillars are nurseries of birth of young stars and home for the slow destruction of old ones, making it ever so fascinating.
Custom painted for Create '19 by Anne Keerthana, MBBS, Batch 2017

To

My late grandfather who knew more words than the thesaurus.

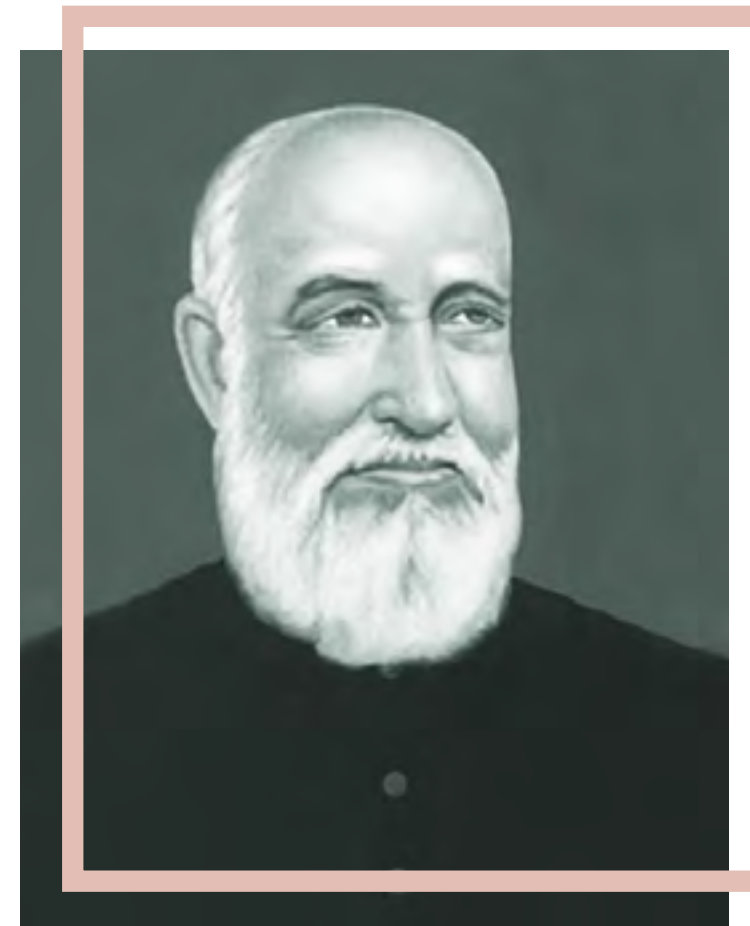
My parents and brothers, for pushing me to take the leap whilst being my safety parachute.

My friends, for living through my paranoid-crazy-lady-phase, yet loving me just the same.

To all the push doors that I've pulled, all the high fives that were left hanging and the good mornings I've said on multiple evenings.

To Queen, Plath, Nutella, baby videos, canteen vada, and sterillium.

To the batch of 2015
(Read: A small group of people doing big things)



In the golden pages of history, the name

Rev. Fr Augustus Muller

shines bright

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

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

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

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The pages of this book are made of bunked OTs, missed birthday parties, skipped meals, pending record work and dipping attendance.

Each page is the product of relentless research, obsessing over laying hands on the right font and multiple butterflies in the stomach.

Each page has a story to tell (which the Editor is forever ready to narrate, if you're the cat that got curious).

Each page is colour and madness.

And amidst these pages, we hope you find yourself.

Keep Creating.

Happy reading and Carpe Librum!

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EDITOR'S WORD



cre·ate | \ krē-'āt , 'krē-,āt\
To make or bring into existence, something new. To produce, through imaginative skill.

Almost a year ago when I shouldered the making of Mullerpulse 2019, not once did I stop to quantify the monstrous amount of work it required. Multiple bunked classes, hours of conceptualizing, and two massive breakdowns later, here I am, a more learned, happy individual (happier than when I see my Zomato valet). Investing time in the magazine began to become equivalent to investing time in self growth. Aand the baby is finally here! *sobs*

This is how you should go about it. Choose a landmark that means a lot to you. (Personal pick: Entrance of the Chapel where I ugly cry before every exam.) (Not the fondest of memories.) Keep the book on your lap. Admire the subtle hue of the color, trace the gold foiling as you gently open with two hinge motions on either side. Now that you've gotten this far, turn every page with love. Caress the paper, spend some good time on every page, yet keep them turning. Laugh, ponder and when you reach the very end, let out a sigh.

Nine cool things about this beautiful, hardbound book that you're holding right now.

1. The ideas that sparked off the next 200+ pages owe its origin story to the times when I casually zoned out in class (Don't try this kids)
2. Every section was inspired by the living breathing beings (flora, fauna and hooman) in and around the campus. Yes, you reading this right now, a piece of you is in this book. (Not in a literal horcrux way, chill)
3. I've been hell bent on making all the text and written content, easy-to-read on the eyes. Simple words in simple sentences speak the loudest. (Also, for my fellow beings, who have the tiniest of attention spans)
4. The theme of this legendary piece of board and paper you're holding, revolves around paying homage to art. Art that was born eons ago, art that still remains a fetus in somebody's head. Art that is revolution.
5. Creativity takes courage. We've experimented with various ideas that are waaaay out of the box. We never had a box in the first place. The anticipation of how people would receive it haunted me after finishing every section. (In an exciting goosebump-inducing, little-girl-on-birthday-morning kinda way though)
6. There are layers of meaning to every page. Sticking to the theme, art references are generously thrown like confetti. If you get it you get it. (And that experience is wholesome)
7. Every page is hashtag relatable. Or, we've tried to make it so. (My marble men nod in agreement)
8. Inclusion criteria of Create 2019 : Everyone. (I'm not kidding) We've tried our best to include every Mullerian, (dating back from the 90's), every pooch, every location.(Again, I'm not kidding)
9. This book can grant you three wishes. (hehe, yeah, yeah kidding)

The world always seems brighter when you've made something that wasn't there before, and at this moment, right now, I see the world glowing, beaming, radiating.

Whatchya waiting for? Christmas?

Digggggg innnnnn!

Sanjana
Sanjana Mathew, MBBS Batch 2015



The college magazine is the mirror image of any institution. It reflects academic and cultural activities of the institution, of the staff and the students.

It also gives an opportunity for all of us to pen our views. I congratulate the members of the editorial board and every individual who has contributed his or her unique part in bringing out this colorful magazine.

I am sure this magazine will continue to remain a source of inspiration for future generations of students as well as serve as a milestone in trips down the memory lane for all associated with its production.




STAFF ADVISOR SPEAKS

Cimona
Dr. Cimona D'Souza



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Greetings of joy and peace to all of you the members of Father Muller family.

There is a saying "Let each Mind Create and Every Hand Contribute". The Mullerpulse 2019 is about to see its dawn again and so many hands have contributed and at the same time so many minds have started thinking, imagining and visualising to bring out this "Master Piece" of our Medical and Allied Health Science students – Mullerpulse 2019. The theme which runs through this magazine "Art and celebrating Artists" seems to be very apt and meaningful. Art has been an important part of human experience for time out of mind is captured in paintings, sculptures and music. In art and paintings, a lot of hidden beauty and human imagination gets blended. We have so many young creative souls who have put their heart and soul to bring their own special view to life. Among our students we see some of them artists, painters, dancers, writers, actors, musicians, photographers, digital artists and a few are fun lovers and fun creators.

Mullerpulse gives a platform for all our students to put their creative minds together and bring out a lot of hidden talents. Perhaps this helps our students to have a balanced mind giving importance to academics and utilise leisure time to bloom their talents. Even if you are studying the science of medicine, do not give up your passion for your hobbies. Continuing your hobbies and your passion for your talents makes you a balanced human.

The Editorial team and Ms. Sanjana Mathew, the Chief Editor has brought out this Muller Pulse 2019 containing a lot of art and paintings and photography, will certainly remain in the pages of history of Father Muller Medical College.

"You learn that whatever you are doing in life, obstacles don't matter very much. Pain or circumstances can be there, but if you want to do a good job, you will find a way to do it".

All of you have done a wonderful job, amazing work of art and photography. God bless you.

Rev. Fr Richard Aloysius Coelho
Director, Father Muller Medical College



It gives me immense pleasure that students' magazine 'MULLERPULSE' 2019 is being released. I sincerely hope, true to its name it will reflect the pulse of the students and staff of the medical college.

The college magazine over the years has grown in strength not only in the quality but also in its presentation. I am sure this issue of Mullerpulse will continue with the same.

I am a firm believer that each one of us have a talent hidden or otherwise and of course the magazine gives a wonderful opportunity to put it in black and white. I am sure everyone has contributed generously for its final outcome.

I also take this opportunity to appreciate and thank the wonderful effort of student and staff editors, Magazine committee and its members for the great effort.

Before I sign off, once again congratulations to the team of Magazine committee and hope that everyone will go through every page of the new edition.

Dr. Jayaprakash Alva
Dean, Father Muller Medical College



Education is for life. It is geared towards transformation of life. It develops the body, mind and spirit. It enlightens the mind, illumines the heart and trains the hand to build a civilized world. So, then it is necessary to be educated, stay educated and act educated.

Well, we live in Mangalore city, a hub of educational activities. Hundreds of educational institutions in the city surpass one from the other in quality and class. In fact, every parent looks out for branded institutions here. They are ready to pay any price to avail the best of education to their wards. What do they expect from education? What do they envisage their sons and daughters to be after education? Their quest triggers in me a question - who is an educated person?

In my humble opinion, an educated person is a liberated person. He/she is compassionate and humane. Values like kindness, empathy, charity and philanthropy come naturally to the educated. He/she is identified by his/her attitude, actions and behaviours which are shaped by the family upbringing, formal education, interactions and participation in many other activities. The educated person is not on armchair or the coffee-table wisdom provider but someone who is equipped with workplace competencies. Workplace competencies are tested on teamwork, problem solving skills and communication style. This is what we mean by emotional quotient and spiritual quotient- the essential ingredients of education.

In our world today we need students who are willing to be educated beyond classroom. We need students who can cross the narrow walls to build bridges and march ahead with lofty ideals guarded by integrity. We need students who can vouch that character and virtue are the essence of true education and civilization. It blends well with what Dr. Radha Kumud Mukherji once said, "The mere intellectual development without the development of character, learning without piety, proficiency in the sacred lore with a deficiency in the practices it implies, will defeat the very end of studentship."

I pray that our students who are gifted with matchless gifts and talents, may move forward courageously in building a society marked with immortal values. Let nothing hold them back from doing what is right and from uprooting the evil that annihilates the beauty of our society. Let Fr Muller institutions continue to create men and women of noble character, genius and generous, creative and inventive, capable of doing new and great things.

Fr Ajith Menezes
Administrator, Father Muller Medical College



ANNUAL REPORT

The Father Muller Medical College, a unit of Father Muller Charitable Institutions made a beginning as a Postgraduate centre in 1991 and later the undergraduate programme started in the year 1999. It has over 1671 students. Among these, 908 are in the Undergraduate Programs, 248 in the Postgraduate Medical Courses and 515 in the Para Medical Course.

RESULTS

MBBS all phases above 80%, PG Degree and Diploma above 90% and AHS is above 80%. Final year BPT, RT, M.Sc. MLT and MHA students secured 100 % results in September 2018 examination.

MCI Granted renewal of Recognition for PG Courses in General Surgery, Dermatology, Radio Diagnosis, Psychiatry, Ophthalmology and ENT for a period of 5 years.

IMPORTANT EVENTS

1. The Internal Quality Assurance Cell of FMMC had organized Orientation Programme about the process of NAAC Assessment as per the revised guidelines of 2017 on 9th April 2018. Dr. Abdul Rahiman, Higher Educational Consultant and Former Vice-Chancellor of Kannur University, Kerala was the Resource person.
2. SVEEP – Systematic Voters Education and Electoral Participation Committee of District Election Commission of India organized an awareness programme.
3. 4th International Yoga Day was celebrated at FMCI on 21.06.2018. About 600 students participated in the program. Hon'ble Minister for Urban Development and Housing Shri U.T. Khader inaugurated the International Yoga Day celebration.
4. Doctor's Day was celebrated by the Clinical Society of FMMC on 3rd July 2018.
5. MBBS Course for the year 2018-19 was inaugurated in August 2018 and AHS course in September 2018.
6. Student Development committee organized 5th edition of Muller Model United Nations in August 2018, a unique activity of this Institution.
7. Students' council was inaugurated on 1st October 2018.
8. 'ARENA' – Inter-batch Cultural Fest was held from 12.10.2018 to 16.10.2018.
9. Mullerpulse annual magazine of the college was released on 30.11.2018 by Ms. Vidya Shenoy, President of Toastmasters Club, Mangalore.
10. PTA committee organized "Parent-Teacher meeting" on 20th December 2018. The meeting was attended by 84 parents of students from MBBS, BPT and Allied Health Science courses.
11. A live telecast of our Prime Minister's discussion on 'Pariksha Pe Charcha' was streamed in Father Muller Medical College, Mangalore, Karnataka on 29.01.2019; around 200 students along with 10 teaching staff attended the session.

12. Adrenaline 2019 – the annual Inter-Collegiate Cultural fest was held from 18.02.2019 to 21.02.2019.
13. Graduation Day of Father Muller Medical College was held on 23rd February 2019 at the Father Muller Convention Centre. Dr. Zabidi Azhar Mohammed Hussin, Formal Vice Chancellor of Peradana University, Malaysia and Presently the Director of Research and Innovation, MAHSA University, Malaysia was the Chief guest.

STAFF IN NEWS

1. Dr. Jnaneshwara P. Shenoy, Dr. Sumanth D., Dr. Edward Nazareth, Mrs. Sonia E. D'Souza, and Mr. Sudeep M.J. Pais, were appointed as the members of Board of Studies at RGUHS.
2. Dr. Leo Francis Tauro was nominated as External member of Board of Studies, at Yenepoya University and also nominated as Research Advisor, Mangalore Institute of Oncology.
3. Dr Beena Antony got the Research project grant of Rs. 40 lakhs from Vision Group of Science and Technology (VGST) foundation, Karnataka.
4. Dr. Shailaja S. has completed with distinction the Fellowship programme of the FAIMER Foundation at PSG Institute of Medical Sciences and Research, Coimbatore, India.
5. Dr. Lulu Sherif Mahmood has been appointed as the Member of the Certification Council Committee of the International Society of Simulation in Healthcare, Washington from 04.01.2019 to 19.01.2022. She is the first Indian applicant to get this credit.

STUDENTS IN NEWS

1. 8 PG Degree / Diploma Students have secured ranks in the Rajiv Gandhi University of Health Science examination conducted in May 2018.
2. During the year 2018, 5 MBBS, 15 BPT, 5 MIT, 4 RT, 4 M.Sc. MLT and 5 MHA students have secured ranks in Rajiv Gandhi University of Health Science examination.
3. As per the provisional list of gold medals announced by the University, Gold medal has been awarded to Dr. Swathi C. Prabhu for securing highest marks in MD Pathology and Sr. Jolly V.V., of MHA course for securing Highest marks in Allied Health Science courses.
4. The following under graduates and Post graduates participated in various quiz, paper and poster presentation competitions and won prizes and awards —

- a. Ms. Gayathri Kini and Ms. Deepthi Suresh Shenoy secured first place in State level Physiology quiz competition "Uttunga 2018."
- b. Mr. Sandeep Rao Kordcal & Mr. Shah Nawaz, undergraduate students secured First Place in MEDIQUIZ on 'Medicine'.
- c. Dr. Susan D'souza, Resident of Medicine, presented "Clinical profile and stroke topography among diabetic with ischaemic stroke" and secured Best free paper in Neurology.
- d. Dr. Chiranth S.B., Resident of Paediatrics, secured first prize for his paper presentation during the KARPEDICON 2018.
- e. Dr. Fajrunnisa P., Resident of Paediatrics, secured first prize for her paper presentation during the 1st West Zone MAHAPEDICON 2018 held at Maharashtra.
- f. Dr. Supriya Samak, Resident of Ophthalmology, secured 'Best e-poster Award' during the KOSCON 2018 – Karnataka Ophthalmic Society Conference.
- g. Dr. Monalisa D'Souza, Resident of Surgery, has secured 'Best Free Paper Award' for her Research Paper during the ASICON 2018 – 78th Annual Conference of Association of Surgeons of India held at Chennai.
- h. Dr. Karthika Johnson and Dr. Sanop J Mammen, Residents in the Psychiatry department had participated & secured the 1st place in the post graduate Quiz conducted at Indian Association of Psychiatry- Karnataka Chapter.



AWARDS

The department of Dermatology, Venereology and Leprosy, Father Muller Medical College, has won IADVL Karnataka Branch "Best Dermatology Department Award" for the year 2018.



RESEARCH

- A new Research Centre has been established with a separate office and a lab. During the year 2018, 14 staff have been sanctioned grant of Rs. 36 lakhs and in the year 2019, 11 staff have been sanctioned grant of Rs. 17 lakhs from this centre.
- 57 MBBS Students have submitted their project proposals for STS ICMR Research Project Award 2018 out of which 10 students have been selected.

PUBLICATIONS

- Over 200 Scientific articles have been published by our staff in various Medical Journals during the year.

ACADEMIC PROGRAMS

- Over 90 Workshop / Conference/Seminar / CME / Guest Lectures were conducted in our college.

MEDICAL EDUCATION UNIT

Medical Education Unit of the college conducted 8 activities including workshop on Basic Medical Education Technologies for the staff and senior Residents, Workshops for PGs on thesis and Interns on NEET and Professionalism.

BIOETHICS UNIT

During the year, Bioethics Unit of the college held deliberation and discussion on the topic "Artificial Womb" on 16.02.2018. World bioethics day was celebrated on 19.10.2018.

NSS

During the year NSS students of the college organized Vanamahotsava - "Think Green and Live Green", Awareness of hand hygiene and waste disposal for school students and Swatch Bharat Abhiyan- 2018.

SPORTS & GAMES

1. Men's & Women's Team of Table Tennis were the Winners in the RGUHS Mysore Zone Inter College Tournament.
2. Men's & Women's Team of Chess were the Winners of RGUHS Mysore Zone Chess Tournament. The Women team also won the RGUHS Inter Zone chess tournament.
3. Mr. Dishan Kudwalli and Mr. Pranav Prakash were selected to represent RGUHS in All India Inter University Cross Country Championship 2018.
4. Mr. Dishan Kuduwali, and Mr. Avine Pereira won medals in RGUHS Single Zone Inter Collegiate Weight Lifting and

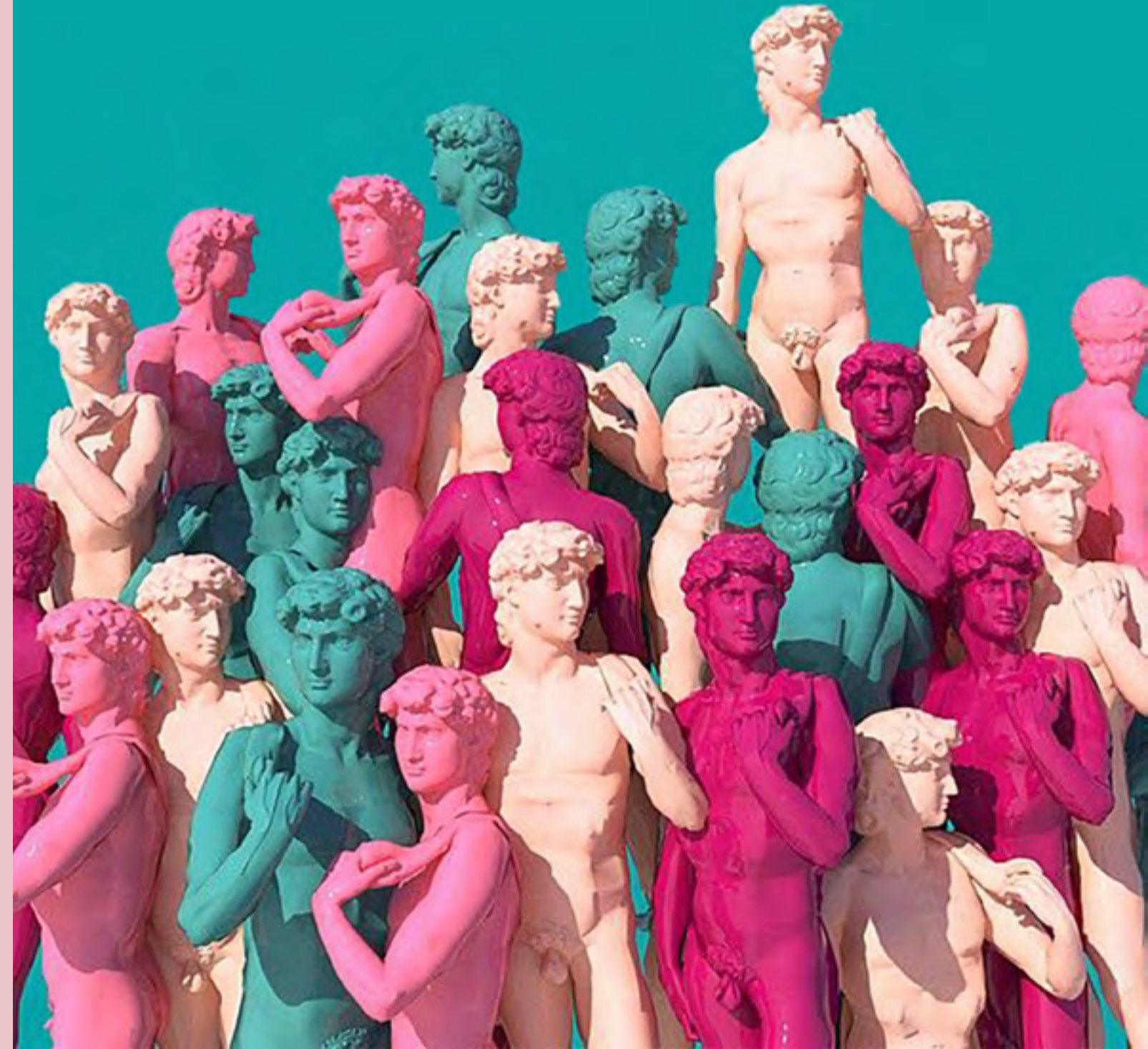
Power Lifting Tournament.

5. The following students were selected to represent RGUHS in South Zone Inter University Chess Tournament
 - Paul Vivek Praturi
 - Farahanaz Umarfaruq Dhalayat
 - Divya Madonna D'Souza
6. The following students were selected to represent RGUHS in South Zone Inter University Hockey Tournament.
 - Mr. Jordan Ridhay Rasquinha, MBBS 2017 Batch
 - Mr. Reon Joseph Saldanha, MBBS 2017 Batch
 - Mr. Ashik Shetty, MBBS 2017 Batch
7. Mr. Abdulrazaq Natikar, MBBS 2017 Batch was selected to represent RGUHS in South Zone Inter University Cricket Tournament.
8. Annual Athletic Meet: Annual Athletic Meet was held on 15th May 2018. Dr. Gerald Santhosh D'Souza Chairman and Deputy Director of Physical Education Mangalore University was the Chief guest.
9. Indoor Stadium: Institution now has the added advantage of full fledged air conditioned Indoor stadium with facility for indoor Shuttle, Basket ball and Gym. Facilities are also available for activities like Zumba, Yoga etc. It was inaugurated on 13th March 2018 to commemorate 177th Birth anniversary of the Founder of Father Muller Charitable Institutions - Rev. Fr Augustus Muller by Hon'ble Minister for Sports and Youth Affairs, Government of Karnataka, Shri Pramod Madhwaraj, and Former Indian Track and Field Athlete, Smt.P.T.Usha.
10. Muller Smash: Muller Smash 2K18 - an Inter State Volleyball Tournament was held at the Father Muller Indoor Stadium on 24th June 2018 which was inaugurated by Shri Vedavyas Kamath, Hon'ble MLA, Mangalore City South.
11. RGUHS Mysore zone Throw ball and Tennikoit Tournament was organized in our college.



The Tribe

(Started from the bottom,
now we're here.)



BATCH 2018

SEPTEMBER

College starts.
Is it just me, or
does someone
actually know
what's going on?

OCTOBER

Arena! Arena!

NOVEMBER

First Sessionals. We got
this.

Okay, maybe we don't.
We definitely don't.

DECEMBER

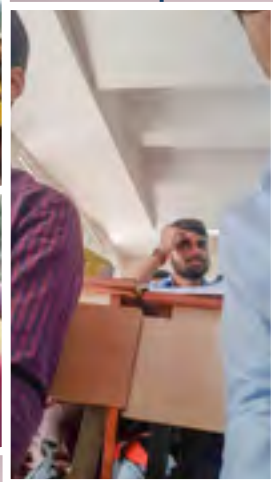
Wine and whine.
But you won't be
thinking about
Kreb or his cycles
this month!

JANUARY

Coming back to
exams is not the
best way to start a
year but okay.

FEBRUARY

Great time
building
Adrenaline
base up!



MARCH

Exam season
begins! Feel the
dread setting
in? Loving the
weather though.
Also, Happy
Holi!

APRIL

Movies, beaches
and going-out-
partying month!
And we're going
home!

MAY

Inter Batch Sports.
Blood, sweat and tears.
Epinephrine, norepinephrine,
epinephrine, norepinephrine.
Table tennis: Singles Gold,
Doubles Gold
Women's Basketball: Silver

JUNE

Changed
permanent
address to the
Reading Room.

JULY

Finals! Coffee,
crying and general
zombie feels.

AUGUST

Pack them
bags. Head
home. (Oh how
I've missed you)

BATCH 2017

SEPTEMBER

Teacher's day

Our first event organized from glittered décor to a loud stage.

Student council

The loudest cheers in the hall as some of us made it into the council

#showup&support



NOVEMBER

Children's day

A truly emotional and enlightening visit to Sneha Sadan.

Those smiles made our day.



AUGUST

From being the youngest in the college to the youngest in the hospital



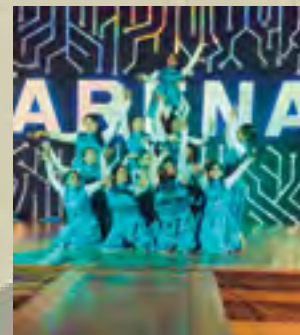
OCTOBER

Fresher's day

Passing the baton of being Fresher's over to the '18 batch and resigned from the 'newbie' post.

Culturals

And then came music, dance, art and fun. You name it, we were in it.



DECEMBER



FEBRUARY

Adrenaline 2019 got our adrenaline pumping.

Sleepless nights and countless hours worth of hardwork finally paid off.



APRIL

The choice between Basketball matches and sessionals were never hard.

Basketball ATW!!!!



JUNE

Hosted MUN '19.

Water shortage what?

Cold rainy mornings witnessed snoozing alarms and half open eyes desperately checking attendance.



JANUARY

Take us anywhere but back to college and back to routine.



MARCH

The Mangalore heat wasn't the only thing making us sweat.

Proud winners of inter batch badminton(W) and throwball (W) AND semifinalists in cricket (M) and football (M)

#HOLI2k19

Bura na mano, holi hai, bhaiiii!



MAY

Protip from Track&Field champions '19- practice while running to catch seats for end postings.

JUNE

Hosted MUN '19.

Water shortage what?

Cold rainy mornings witnessed snoozing alarms and half open eyes desperately checking attendance.



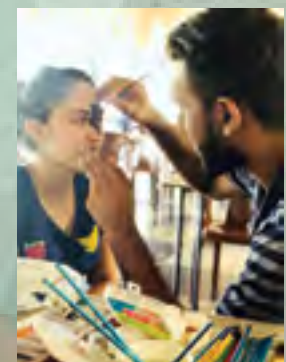
JULY

Sessionals!!!

"You have ONLY six months."

"It's not too late if you start now."

"Time to start studying."



BATCH 2016

AUG

2018

Second year was a roller-coaster ride but the year is gonna end and the four massive subjects are giving you the dementors' kiss and ripping the living daylights out of you



SEP

Exams are looming ahead and the procrastination pulling us down like quicksand.



OCT

But, hold on, it's Culturals time!!
Much needed breather from the book-demigorgons.

We put in our best efforts and hurray we are the runners up!! For the second time!! Go Troezianz!!

NOV

Too much tension in the atmosphere.

A grunt here, a sigh there.

Giving each other the pep talks and continuing to move forward



DEC

Finally, the apocalypse!

Why wait for Halloween when a fortnight of insomnia gives you the ideal zombie look.

11/10 recommend.

Exams end on 24th so yippee. Christmas is happening!!

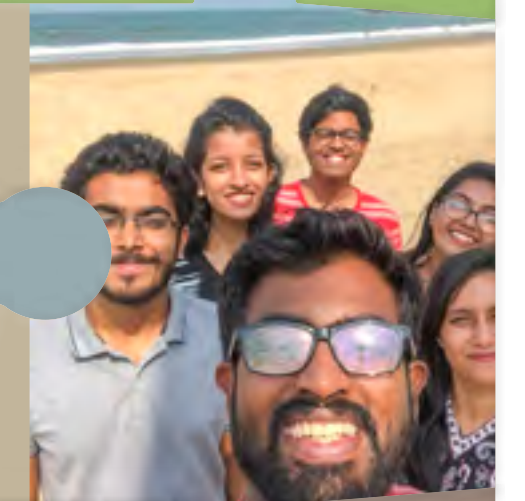


JAN

Third year aka chill year begins!!!

Too many expectations making 2019 feel like Sharmaji ka beta

Enthu be on level 101



FEB

It's Adrenaline time!!

One fest, many emotions.

It's your fest, of course your classes are suspended and you'll be getting free attendance. Said no one. Ever.



MARCH

Still chilling machaaa!!

All the adventure bugs exploring near and far tourist spots coz studies wut



APRIL

Easter vacay during the vacay year is like no afternoon class during dental posting



MAY

Trying real hard to stay away from spoilers on Instagram coz it's finale festive season.

We're in the endgame now and all men must die



JUNE

This ain't no rainy season fellas. Summer still rollin' and everyone hatin'.

'Tis the season for the sweat showers and humid classrooms.

Walk from hostel to college/hospital = 1% inspiration (for attendance) and 99% perspiration



JULY

Finally a hint of monsoon.

The rain spells be lasting just as long as Jon Snow's and Cersei's dialogues in season 8.

Halfway through third year...whoa... time does fly when you're having a good time



September

Student Council Elections

3 beautiful and talented ladies * ahem * got picked in a battle of "Noooo, not me!"



October

Hosted culturals: Arena 2018



November

Exam season

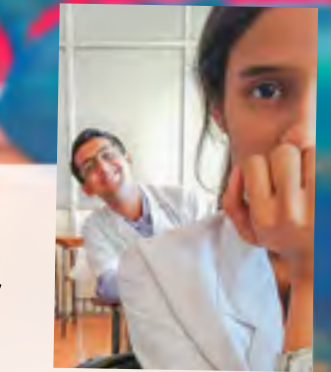
RMNCH+A, NRHM
CSOM, Steeple sign,
Squint (Say whaaa... ..)



December

Exams:
The Dark Ages

Oh!... And Merry Christmas



January

Beginning final year

feeling like an Elderly primi.



February

Organised Adrenaline 2019 (Woohoo)



Flagged off Maiden adventure: Cerebrathon



March

Back to business ("Ahem! Studies")

"March on. Do not tarry. To go forward is to move towards perfection."

Chief complaints: Exacerbation of Hopelessness, Worthlessness, Breathlessness.



April

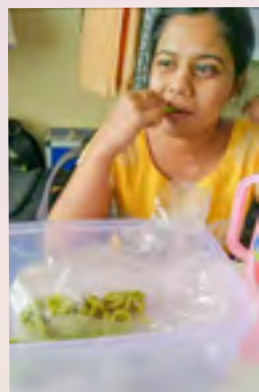
Ooty bound!



May

Game of thrones Season finale + Binge watch previous seasons ('Cause we're humans too")

"May the odds be ever in your favour" -Hunger Games



June

Watch / Hope to watch labor

Read motivational quotes
Eat when feeling any emotion
Take Netflix and Chill all too literally.

(The most overused term by Non-Netflix users!)

Keep attendance above 75%



July

July 31st :

Happy birthday Batch 2015. (and Harry Potter)

(Oh, also Varsha Wilson :P)



August

Drumroll
KEEP CALM AND WAIT FOR THE RELEASE OF MULLERPULSE 2019!!!

Lords of the cricket pitch, both on the field and in the stands! Occupier of reading rooms, exams or no exams! Organisers (and winners) of one of the grandest interbatch battles, (GENESIS)! Survivors of RQUHS Phase III Part II University exams! And now, we are: House Interns! Updaters of investigations! Takers of ABCs! Inserters of catheters! Pick uppers of phones in OT ("No sister, she is scrubbed in right now. Yes sister, 200mg BD she said")!

HOUSE EXORIANS!

BATCH 2014





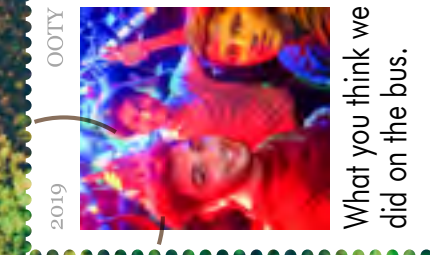
Trippin'

(Take that booty to Ooty.)





Rare sighting of Xanthronians outside the Reading Room



What you think we did on the bus.



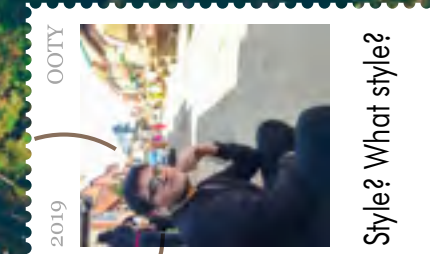
What we actually did on the Bus



Are we there yet?
Are we there yet?
Are we there yet?



Touchdown, in style



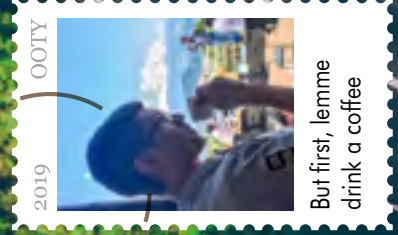
Style? What style?



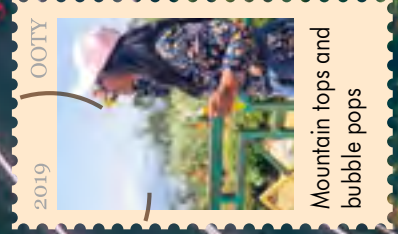
Destination 1, Doddabetta



Chikka beta in Doddabetta



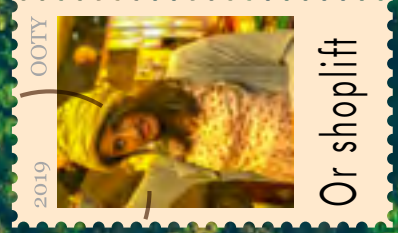
But first, lemme drink a coffee



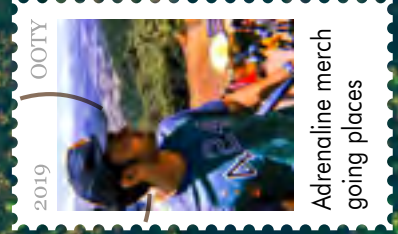
Mountain tops and bubble pops



Shop for gifts



Or shoplift



Adrenaline merch going places

TOUCHDOWN OOTY



Trek trek trek



Shrek shrek shrek



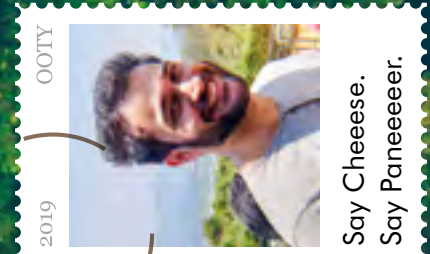
Why see the view when I am the view



Say Cheese. Say Paneeeeer.



When the bus gets a flat tire, we do our part to fix it



"I walk a lonely road"



FOOOOOD



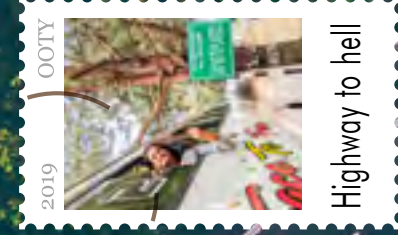
I hear food, I Need food. Strat



Highway to hell



Stairways to heaven



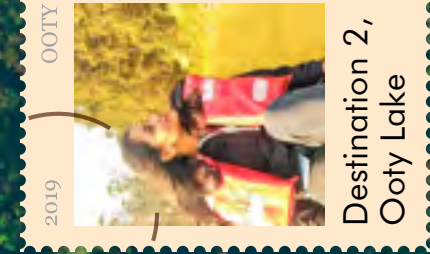
"Wake me up when September ends"



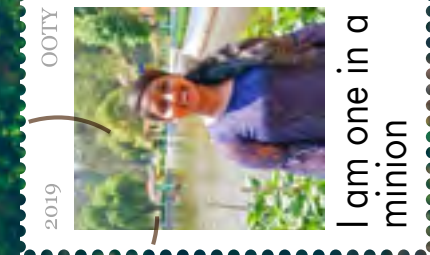
They hatin'



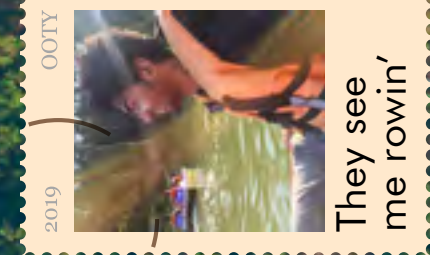
Lithosphere over hydrosphere



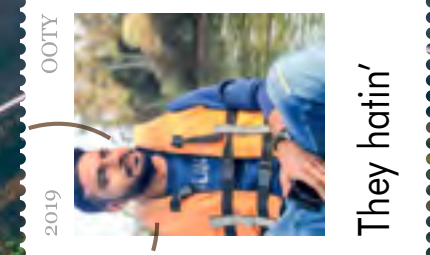
Destination 2, Ooty Lake



I am one in a minion



Like seriously a lot



I like flowers



Like a lot lot



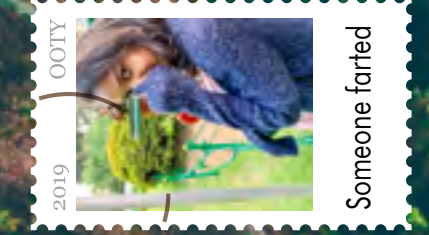
Destination 3, Botanical garden



President in the Green House



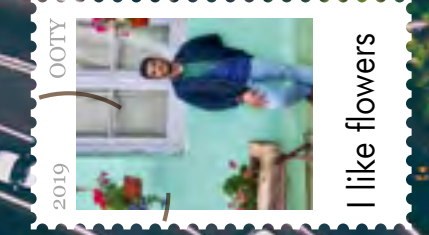
All the clothes I couldn't wear in Mangalore



Someone farted



Fart? What fart?



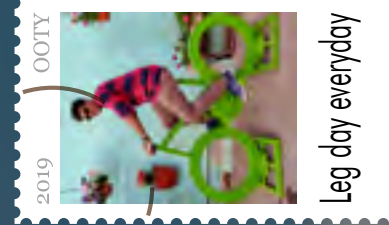
They see 'me rowin'



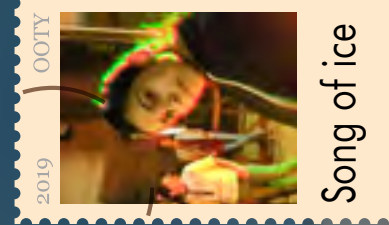
They see 'me rowin' me rowin'



Like a lot lot



Leg day everyday



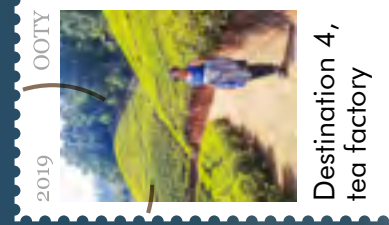
Song of ice



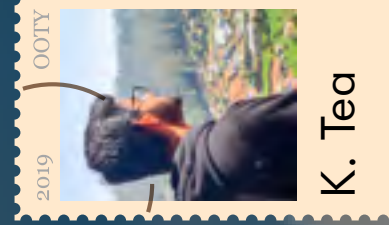
Aaand Fire



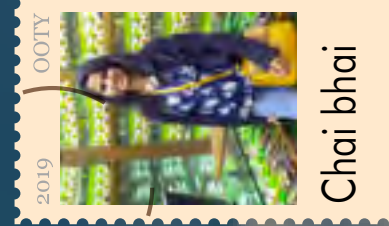
Buses are the best places to get sunkissed



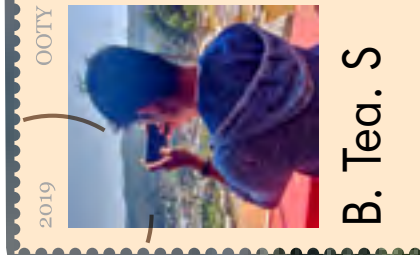
Destination 4, tea factory



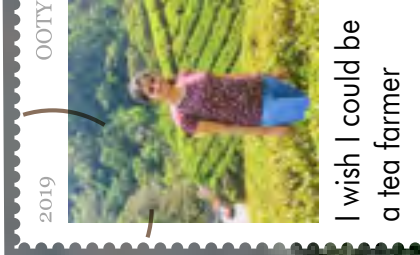
K. Tea



Chai bhai



B. Tea. S



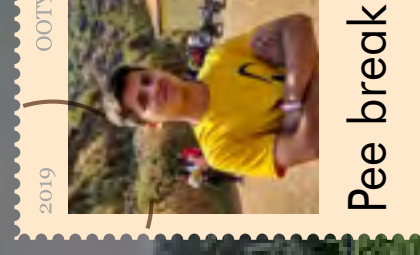
I wish I could be a tea farmer



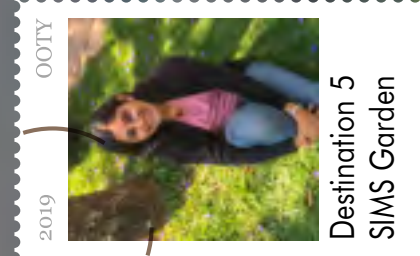
Coffee is not my cup of tea



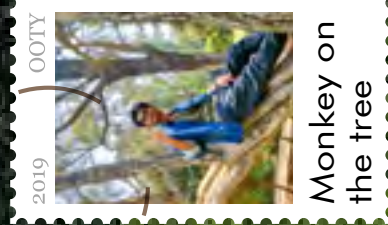
Tea break



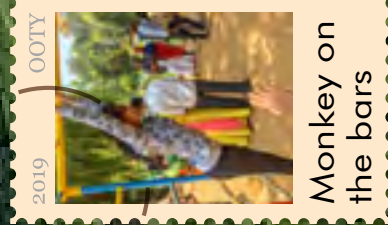
Pee break



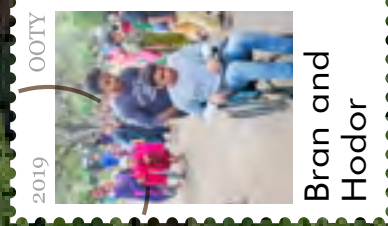
Destination 5 SIMS Garden



Monkey on the tree



Monkey on the bars



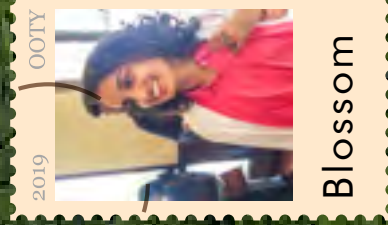
Bran and Hodor



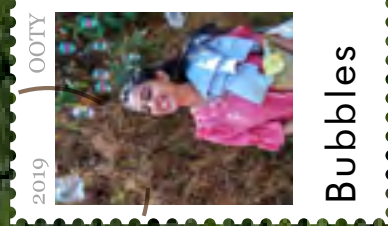
Ramesh



Suresh



Blossom



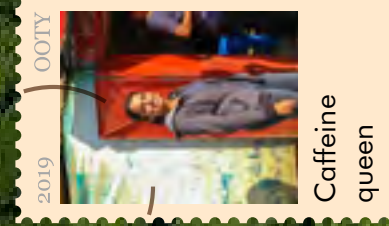
Bubbles



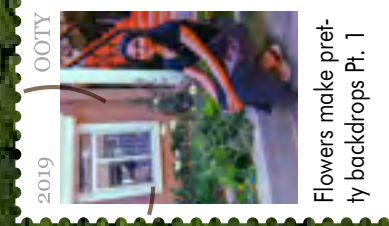
Buttercup



Destination 6, Rose Garden



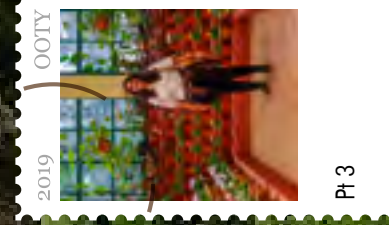
Caffeine queen



Flowers make pretty backdrops Pt. 1



Pt 2



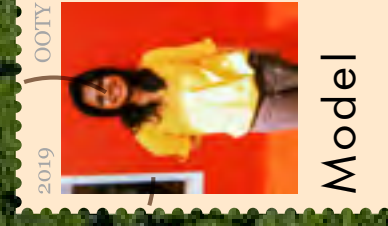
Pt 3



Next Top Model



Snaac break



Model



Model



Model

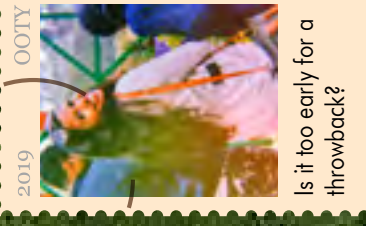


Model



Destination 7, Home

Nope #tbxantronsinooty



Is it too early for a throwback?



NAME OF A BOY, LEADS LIKE A GIRL



-Roshan Mariam Manu
President (Queen bee)

STEPPED INTO ARENA WITH A RUSH OF ADRENALINE



-Merriyam Pearl Surrao
Cultural Secretary

MICROSOFT WORD IS YOUR NEW BEST FRIEND



-Eileen Roy
General Secretary

IT ALWAYS SEEMS IMPOSSIBLE UNTIL IT'S DONE



- Jeswita
Joint Secretary

THE TERM WAS SUPERCALIFRAGILISTICEXPIALIDOCIOUS



- Shreya
Head, Student Development Committee

the Hive

Student Council 2018-19

HUSTLE GAME'S STRONG WITH THIS ONE



-Sanjana Mathew
Editor, Mullerpulse

WORKED HARD. HAD FUN. MADE MEMORIES.



-Asmin
Vice President

"ALL THE CHARM YOU NEED IS WITHIN YOU"



- Aneeshma
Head, Technical Committee

MEDIA WAS A LOTTA GOSSIP, CLICKS AND PRETTY CHICS.



-Advait
Head, Media Committee

PLAY IT COOL, PLAY IT SMART.



-Joel
Sports Secretary

KNOW PRIMARY AND SECONDARY COLOURS NOW.



-Lolita
Fine Arts Secretary

Helped 33 patients with the dialysis fund raised by the students during ARENA 2018

Organised ADRENALINE 2019.

- Gave birth to four new clubs
- ◊ Magnum Opus Quiz Club
- ◊ Tru-Cut Society
- ◊ Research Club
- ◊ Debate Club

MUN with a Security Council for the first time.

IGNITE, interbatch sports day

Saving the best for the last
CREATE, Mullerpulse 2019
(Weird flex, but okay.)



Razzmatazz

(Adrenaline stat.)

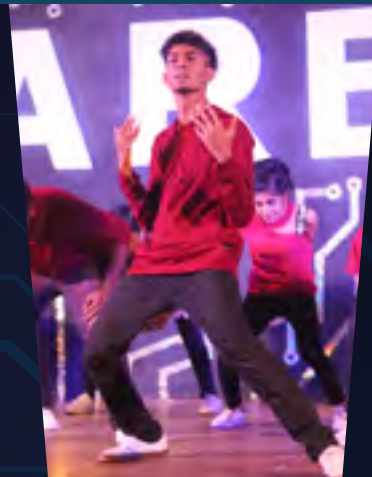


ARENA



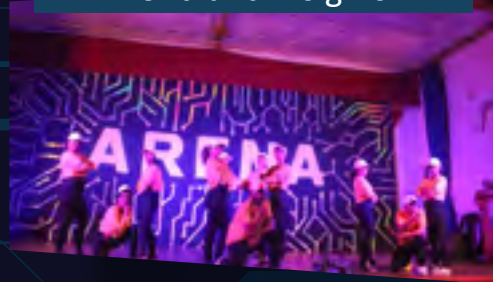
10 minutes before the exam

Come on Barbie lets go party

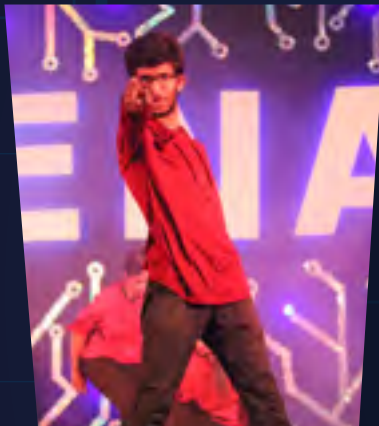


123 123 drink

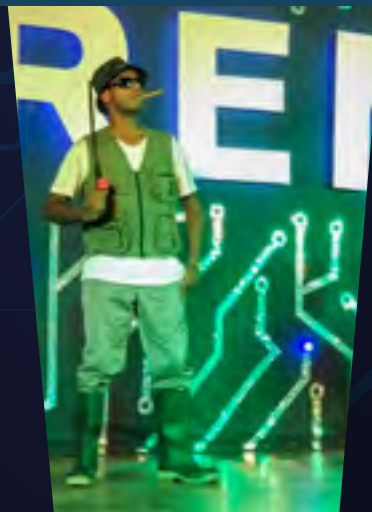
Bond and his girls



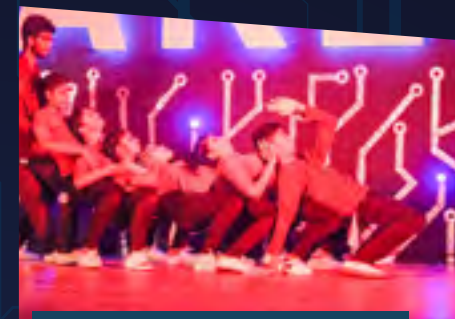
The look you give your friend when they say two people can take the same case



Tadadada ta ta ta thug life



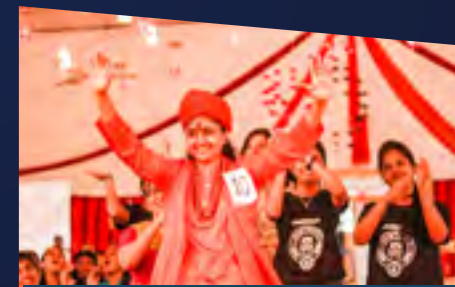
When its your 10th umbrella and the previous 9 were stolen



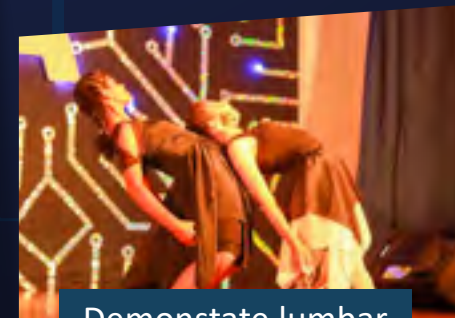
Got your back



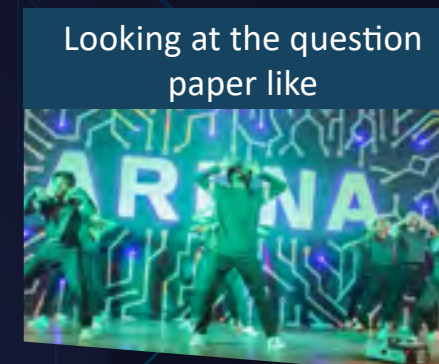
Mastering the art of sleeping with your eyes open while in PSM



When you return your library card without a fine



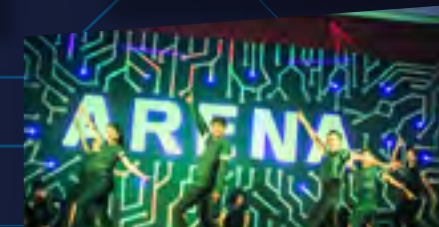
Demonstate lumbar lordosis



Looking at the question paper like



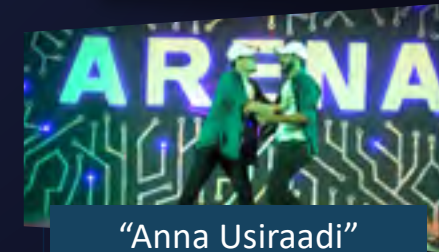
When he buys you food



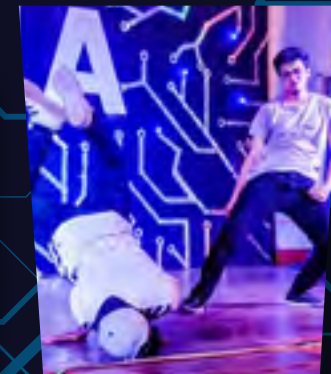
When you enter the campus at 8:30



When you hear free food



"Anna Usiraadi"



Literally head over heels

When you have 7 papers and 4 seminars and 50 percent attendance left, Jesus take the wheel



Oh no! A free kick



The last day of unis



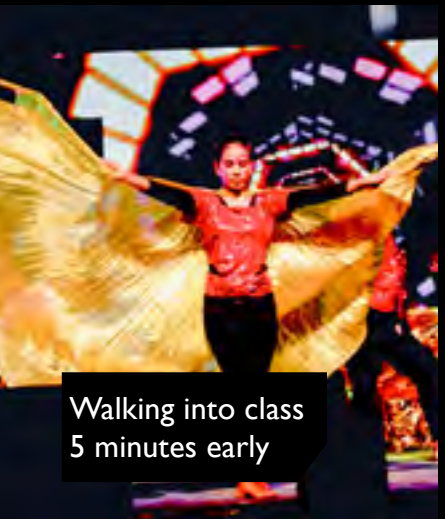
Your friends when you finish your seminar earlier than expected.



That's how high the medical fees are.



When the fresh crop of PGs enter *wink wink*



Walking into class 5 minutes early



Come on larynx do your thing



Sporting brotherhood



Fineapple express

ADRENALINE



When we meet each other after 2 weeks of vacation



This is how we act during viva



When a squad member gets foreign chocolates



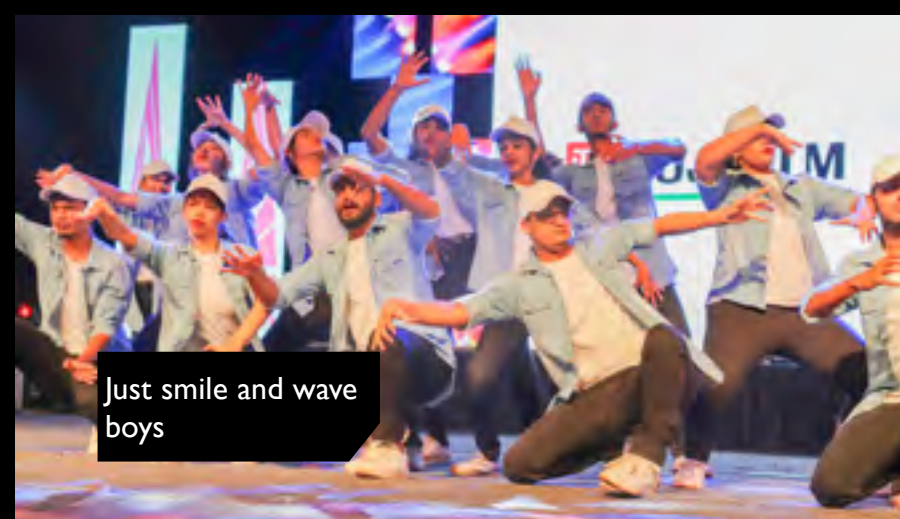
When you don't pay the fees on time



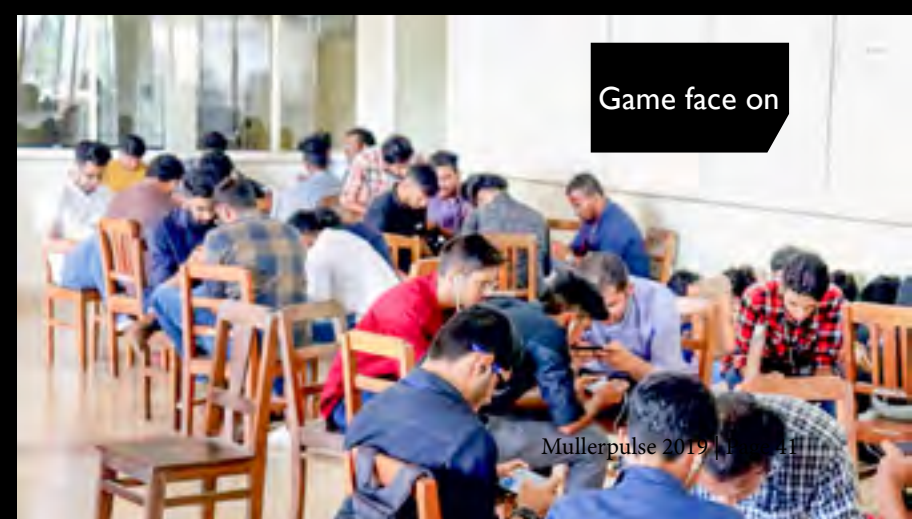
Who broke the test tube?



Effortlessly cool



Just smile and wave boys



Game face on



Namaskara, naavu
Father Muller students



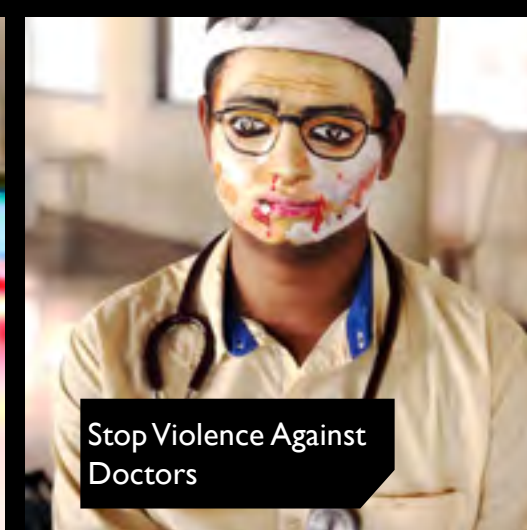
So much free food, so
little time



Saree not sorry



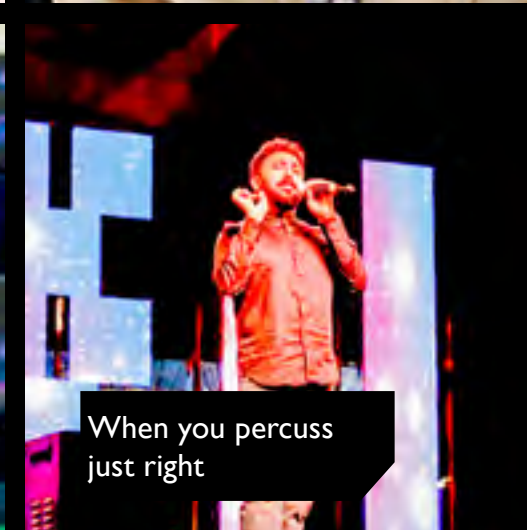
Love being extra



Stop Violence Against
Doctors



She is beauty.
She is grace



When you percuss
just right

T e t e A T e t e

(O n a i r w i t h o u r f a v o u r i t e
t e a c h e r s .)



We know Deepa ma'am as the calm and composed doe-eyed OBG professor with the prettiest smile and Aravind Sir as the trim and fit plastic surgeon and one of the best Dr.essed in college, without a doubt.

And Let There Be Light

On a Tuesday evening we were found chilling with Dr. Deepa Kanagal and Dr. Aravind L Rao at a



quaint Cafe Coffee Day. The only thing cooler than them, was the cold coffee that they were sipping on.



Q: Let's begin with the basics, did the two of you always want to become doctors?

A Dr. Deepa: Yes, right from my childhood.

A Dr. Aravind: Not so keen actually. My brother became an engineer and I became a doctor.

Q: What's your biggest pet peeve about the other?

A Dr. Deepa: He wakes up at 4 in the morning. He's a morning person and I'm a night person. So that's pretty annoying.

Q: One annoying thing about ma'am?

A Dr. Aravind: *(Takes more than a minute and thinks real hard)* Nope, I don't find anything annoying about her.

A Dr. Deepa: *(laughs)* It's just that he doesn't remember. I know what annoys him. He does not like me shouting. He's a very, very calm person.

Q: How many years has it been since you tied the knot?

(Both think for some time. They say 15, 16 and 17. Finally agrees to decide on 17)

Q: When, where and how did you meet? Tell us the story!

A Dr. Deepa: We've known each other since high school. We were neighbors in Mysore and had common friends. So yes, a very long time.

Dr. Deepa: *(To sir)* Your daughter is going to read this, you know that right?

Dr. Deepa: We have been friends since childhood and even now, we are friends first and next, husband and wife.



A Dr. Aravind: We did MBBS from the same college. I was her senior.

Q: So who made the first move?

(Dr. Deepa points at Dr. Aravind)

A Dr. Aravind: *(raises hand proudly)* I made the first move. During her internship.

A Dr. Deepa: It was not sudden actually. We both knew. We were just waiting for someone to open up and express. And it wouldn't have been me. I took some time to decide because we were not settled and we still had things to do but because we knew each other so well we wanted to marry. Plus we are from the same caste which made things easier.

Q: Aaaand they lived happily ever after?

A Dr. Deepa: Happily. *(They share a momentary smile)* No complaints.

Q: Who is the first one to say sorry?

(Sir raises his hand, again)

A Dr. Aravind: I say it first

A Dr. Deepa: YEAH? I was expecting you to say she does. I don't remember you saying sorry anytime.

A Dr. Aravind: Whenever the mistake is from my side, I do. No domination. There's no confusion like that.

Q: Who controls the TV remote?

A Dr. Aravind: We don't watch TV at all. Honestly, don't really find the time.

A Dr. Deepa: Nah, we don't like the television

Dr. Aravind: Our daughter (Saakshi) watches and so does my mother-in-law. So we have two TV sets. To avoid fights between them.

Q: So what do you fight about?

A Dr. Aravind: It has only been about our daughter

A Dr. Deepa: Both our parenting ideologies are different. I was brought up in a very strict atmosphere. And he, in one where kids are let to do whatever they want. But now he has changed a little and so have I. I believe in being a little strict but he believes in leaving her free and being a good

Continues in next page...



MYTH BUSTERS

It's hard to deal with the staff in OBG dept.

A Dr. Aravind: I don't have any experience with others. But of course not her.

A Dr. Deepa: True

Working and keeping your family together is hard.

A Dr. Deepa: Definitely true

A Dr. Aravind: No, I give equal importance to my family too. It's properly divided.

MBBS was difficult.

A Dr. Aravind: Yes it was

A Dr. Deepa: Nope, it was okay

UG or PG?

A Dr. Aravind: PG

A Dr. Deepa: PG

Q: Any inspirational figures?

A Dr. Deepa: Sudha Murthy.

A Dr. Aravind: *(Deep pondering)* Nobody.

Dr. Deepa: He is his own hero.

He is so unique.

(Sir looking at ma'am with a question mark).

Dr. Aravind: good or bad way?

Dr. Deepa: take it as you want.





friend of hers and maybe some aspects he's right and some I'm right. Now we've balanced it a little and it's pretty okay.

Work wise he doesn't interfere and I don't interfere in his. It's been like that, always. We give each other enough space. I'm a very busy person and he has accepted it. Many calls disturb both our sleep cycles, he still doesn't complain. He never asks me why I come home late. Whatever I want to do, even in my career or go for some training, he's always been encouraging. He has never told me that it's enough or to stop it. So that's how I have my freedom. I'm free to do whatever I want. I'm more free here than what I was in my parents' house.



Q: What led you to pursue a super speciality sir?

(Ma'am raises her hand)

A Dr. Aravind: Yeah of course she pushed me. When I finished my general surgery in MMC, it was very adventurous. We used to do all kinds of surgeries. When I finished and came to Kolar near Bangalore it was not so great. Like, here in FMMC, you can do all kinds of surgeries. They had limited exposure and cases. That's when I decided that I should do a super speciality.

Q: What's your greatest fear?

A Dr. Deepa: Failing in my surgeries. I don't fear anything else.

A Dr. Aravind: *(thinking hard)* No such thing as fear

Dr. Deepa: You don't have any fears?

You are fearless? *(Sarcastically)*

Dr. Aravind: Kidding, losing family and relationships

Dr. Deepa: I was hoping you'd say that.

Q: One strange OBG case that drove you nuts?

A Dr. Deepa: There are plenty, a particular one from KSHEMA where I had done a section for a lady with previous LSCS. Section was uneventful. I come back the next day, patient was drowsy, disoriented and anuric. I was worried and did not know the cause. People asked me if I had done a bilateral ureteric ligation. Fortunately this complication has never happened to me. This case drove me nuts. After investigations it was diagnosed to be a case of leptospirosis with renal failure! She was on dialysis for a month, recovered and finally went home.

A Dr. Aravind: There was one burns patient. He was doing well. He was shifted out of burns ICU and he was posted for surgery on one day and it was cancelled because of some reason. The same day I met him in the evening. He was a bit drowsy and sleepy. He had only trivial injuries and most of it had already healed. The only thing that didn't come to us was

that he was having low grade septicemia. But he had multiple problems; always complaining and so we didn't go into the depth of it. That time we shifted him to ICU. He had trivial burns and was posted for a minor surgery. Even the medicine consultant told us that he would be alright. He was in the ICU for and the next day he collapsed. When I reached the ICU there were more than 100 attenders or family members and they started abusing me. It was something very rare; cases of septicemia that would flare up immediately. A mob of 100 in

Q: Pets?

A Dr. Aravind: we've got a pet bird.

A Dr. Deepa: it's an alternative to a dog. Since we stay in an apartment we cannot keep a dog. So it was our daughter's choice to get a Cockatiel

Q: How do you keep your smile on always ma'am?

A Dr. Deepa: *(Gives her prettiest smile in return)*

Q: What do you see yourself doing after retirement?

A Dr. Aravind: Travelling, spending time with family and friends, doing some social work.

Dr. Deepa: I don't plan to retire.

Q: Dumbest thing that you have done?

A Dr. Deepa: So many dumb things we've done, the biggest one being this *(pointing at sir)*

A Dr. Aravind: We learn by making mistakes.



front of Muller's. They were asking me what had happened. The rare possibility was that he had low grade septicemia. It was utter chaos until Dr. Uday Kumar came to my aid

Q: Any hidden talents?

A Dr. Deepa: Both of us are fitness freaks, in terms of workout and diet. He was into body building back then. In fact, sir was Mr. JSS and all that. He had quite a number of fans, I must say. He was a drama artist back then.

A Dr. Aravind: She had fans too. Plenty.

Q: Go -to movie after a long day of work?

A Dr. Deepa: 3 Idiots

A Dr. Aravind: Munna Bhai MBBS

Q: Favorite UG text book?

A Dr. Aravind: Surgery, Bailey and Love

A Dr. Deepa: I was in love with Davidson.

Q: Silly accomplishments that you are secretly proud of?

A Dr. Deepa: Nothing? Tell becoming Mr. JSS

A Dr. Aravind: There was nothing silly about it. How can you call it silly?

Q: One dream that is left unaccomplished?

A Dr. Deepa: I would love to have my own laparoscopy centre. I dream laparoscopy. I sleep laparoscopy.

A Dr. Aravind: I'd like to have my own hospital. I don't want to work under others.



Q: Did you guys belong to the elite cream of the batch? Toppers, I'm guessing?

A Dr. Aravind: She was.

A Dr. Deepa: Nothing like that. I had a rank in the state for SSLC and University ninth rank.

Dr. Aravind: I was average.

Q: You have plenty of fans among your students also, please let us in on the secret behind your evergreen beauty, ma'am?

A Dr. Deepa: Me??? Thanks for calling me beautiful. I always felt that I'm not so good looking. That was a reason why I never wanted to marry him. I think I'm an average in terms of looks.

Q: Sir, can you please tell her what we see?

A Dr. Aravind: I tell her hundreds and thousands of times

Q: Do you want Saakshi (daughter) to pursue MBBS?

Both in perfect synchrony: NOOO.

A Dr. Deepa: But she's bent upon being a doctor. Whatever we do to discourage her, is pointless. She says she's happy being busy. So we decided to let her chase her dreams.

Q: If given a chance, what would you change about sir?

A Dr. Deepa: Basically I'm a workaholic. So I want to be busy, run around and do a lot of work. He's a little laid back. So I want him to gear up. In terms of profession, I'm more ambitious than him. His priorities are different. I give everything to my profession. He gives a part of him to it. That's the only thing that I want to change in him.

Q: What do you want to change about ma'am?

A Dr. Aravind: Try to be a little less of a workaholic *(Laughs)*

Q: The worst insult you've got from a woman in labour?

A Dr. Deepa: A lady kicked me during my PG. The pain was terrible, but more than that, I was humiliated. I



said I'm not going to deliver her. I didn't touch her again. You know everyone will have some ego. I got one of my fellow PG friends to do the delivery. I think that was the worst.

Q: Sir's field is more peaceful?

A Dr. Deepa: Yeah, that's exactly why he chose the field.

Q: Favorite dish you'd like to cook and serve?

A Dr. Deepa: I would love to eat but not cook and serve.

A Dr. Aravind: Toast
Well here's a toast to you guys! It was great getting to know you and your adorable family, also thank you for feeding our starving selves.



HEAL THE WORLD, MAKE IT A BETTER PLACE



Behind those keen, intelligent eyes and the general persona of a hardcore physician lies a man of humility and an avid horticulturist. Here are a few snippets throwing light on some of the lesser known aspects of

Dr. K. S. Bhat.



Was becoming a doctor, always on your priority list?

No, not really. My parents told me to take it up and I just followed. Actually, one of my teachers told me to take PCM. So yeah, engineering probably would have been the second choice.

Any fond memories of your MBBS days?

We used to sit in last bench and make a lot of noise (laughs) and since ours was a big batch of 200, unlike Father Muller's, nobody would know who the culprit was.

If not General Medicine, any other PG course you'd have taken?

Yeah, I actually got selected for ENT. But I had an ICMR fellowship, which required a non-surgical branch.

What's the most challenging case you've encountered?

Plenty. It's difficult to pinpoint like that. In those times, there were very few doctors. I worked in Kerala and dealt with lot of challenging cases there.

Do you see transition in doctors then and doctors now?

Definitely, lot of changes. Both positive and negative. On one side, it has become more commercial, with unwanted medicines and investigations, and with the rise of Google doctors, things become more chaotic. Earlier it was difficult to diagnose, but now it's difficult to manage and convince the patient and relatives.

When did gardening become more than just a hobby?

I come from a family of agriculturists hence gardening is not new to me. Four years ago, I had been to a horticulture show and terrace gardening caught my attention and that was the beginning of it all, and I have more time now to devote to this passion of mine. And for the past 4 to 5 years it has been a priority.

Do you sell any of the produce?

I don't presently. Will probably consider it after retirement (probably fulltime). Now it's a hobby.

Can you walk us through your gardening routine which has stirred some curiosity due its unconventional methods?

I see where you are going with that (laughs). Instead of soil I use "Coco peat" made from coconut husks. Due to this "soil-less" cultivation the plants mature early, use less space and most importantly weeds are a thing of the past. I grow a variety of vegetables like beans, okra, pudhina, methi, brinjal, all kinds of gourds and medicinal plants. A little tender loving care goes a long way when it comes to gardening. There is also a sense of satisfaction and well-being when you reap what you sow. (Quite literally!)

Who's your greatest inspiration?

A cardiothoracic surgeon, Dr. S.G.S. Prabhu and a cardiologist, Dr. Keshav Bhat.

What do you fear the most?

I don't think there's anything like that. I'm a law abiding citizen. So no fears.

So that's a check on your love for Flora, what about fauna? Do you have any pets at home?

Yes, I have a pet dog, a crossbreed; Brownny. Bee keeping is my other favorite passtime. It is a little tiresome in a city but I manage on a small scale. I love everything about honey bees and have collected honey as well. I don't use any gloves or protective equipment, bees are innocent and calm creatures as long as you dont hurt.

Future plans, if any?

I believe that charity and education begins at home. I want to nurture the love for plants and gardening in my grandchildren and inspire the future generations of Mangaluru to preserve the greenery around. After all, our future lies in them.

All We Hear is, 
**RADIO GA GA,
 RADIO GOO GOO!**

Definitely not a lark.
 Ultimate superpower: To banish mornings.

Biggest pet peeve
 Morning traffic and incessant honking.

Another day of "supposedly relaxed"
 Radiology! (Sarcasm's through the roof).

Cooking mantra: Tries to make something edible.

"When you're thrown into the ocean,
 you learn to swim right?!"
 Follow the recipe to the tee! I ain't no MasterChef.
 4 peppercorns = 4 peppercorns. Period.



 A day in the life of
Dr. Berton Craig Monteiro

A KMC Mangalore product with no doctors in his immediate family. Chose MBBS in a temporary flight of insanity.

 Objects in the mirror are more enthu-about-work-than they appear.



 **Binge on.**



Unwinds by playing basketball, badminton, quizzing, tuning to "Red Hot Chilli Peppers (his favorite band). "Would sing along, but I'm tone deaf".

Travel destinations: South Africa, Eastern Europe. Hell, if nothing works there's always Chikmagalur.

An ardent believer of "Netflix and Chill": Binges on GoT, Stranger Things, and currently into Black Mirror.

Couple goals: Wife bringing breakfast in bed.

Secret to a happy marriage: Keep things fresh and compromise.

And.....that's a wrap!



Absolute No-No in a relationship:
 Fan speed below 3.



I get paid to watch films.



*You don't know my kind,
 you don't know my mind, dark
 necessities are part of my design*



O n e
rainy afternoon as I was trying to figure out ways to effectively navigate through the arduous journey of second year MBBS, a group of friends from a neighbouring college asked me to accompany them to a Pathology quiz in Chennai. Never one to miss an opportunity to break my monotonous routine, I gladly agreed. Little did I know it was going to be a turning point, an eye opener which would go on to induce a radical change in my life.

The first shock came on the train to Chennai. I had come prepared to avoid the boredom of a sixteen hour journey with a fat Louis L'Amour novel. While I was rummaging through my bag to find it, I glanced across to see my friends deeply engrossed in a conversation about the immune cell antigens discovered by monoclonal antibodies in immature B cell leukaemia referring to multiple MCQ books and notes as they quizzed each other about the same. "Revision for the quiz, bro" they explained as I gulped down my anxiety, closed my bag and joined them. The second revelation was to come the following day, when the results of the quiz were announced. 15 out of 18 participants were chosen and as each name was called, and each chair next to mine was vacated, it slowly sunk in that I was not selected. Sitting in the only occupied chair in that entire vacant row, I couldn't help feeling dispirited and

BABY STEPS TO QUIZZING

Sandeep Rao Kordcal

disheartened, but my gloom was replaced with awe as I witnessed my friends hitting the buzzer less than a second after the question was displayed and getting it right each time. Star struck by their performance I sheepishly asked them which book they read in college for that subject. "Robbins. Cover to cover" they exclaimed as if it was the most obvious thing in the world. And as for how they answered the buzzer questions so quickly, "Practise. We knew what to expect." was their response.

My mind stretched by these new ideas and experiences, I returned back to college, reconsidering what I thought was possible and impossible. There were 4 months left for the university exams and against all advice, with new-found inspiration and an equal amount of anxiety and uncertainty, I opened the first page of Robbins and never looked back since.

2 years, numerous quizzing defeats and some victories later, here's what I've learnt.

1. Getting started

There's no beginner's guide. There's no special training course. All you've to do is to find out about the quizzes being held, find an equally enthusiastic partner and have the courage to register your name and get to the venue. Your experience during the quiz shall guide you more than my words ever can.

2. Preparation

It all depends on how much time you have before the quiz. If it's tomorrow, you better split topics with your partner and read from an MCQ/review book/notes focussing on the most important topics. If you have a week, then a textbook can also be read. If you have a month, the standard/recommended book on the subject can be read in addition to MCQs. Yet again, this isn't a sure shot way to prepare as each quiz is different and the right way to prepare can be known only by attending as many quizzes as you can.

3. It's not about winning

A lot of hesitation stems from the fear of failure and humiliation. "I don't know anything" and "I'm not prepared" are constant excuses one hears. But it should be realised that there are only 2 outcomes in a quiz- either you win, or you learn. It can also be said that not winning does wonders to your aptitude- it is an immediate feedback that you need to improve in that subject. It pushes you to learn more and leave no stone unturned while winning can potentially give you a false sense of mastery over a particular subject.

4. The university exams conundrum

Much has been debated about the impact of quizzing on performance in exams. While some feel that results may take a hit due to the excessive focus on one-word answers and eccentric facts



"The mind, once stretched by a new idea, never returns to its original dimensions."

-Ralph Waldo Emerson

that quizzing demands, it is my personal opinion that quizzing stimulates your curiosity, inspires you to learn medicine beyond the boundaries of what the exam question bank demands, and boosts your self confidence much more than one minded dedication to exams can possibly do.

5. Newbie's nerves

All said and done, quizzing is not an easy game. And for a newcomer, it can be greatly distressing to watch other students of the same age effortlessly answer questions about medical terms one hasn't heard of. To be in such an environment so far removed from the comforting confines of one's college classroom can induce tremendous anxiety. Therein lies the challenge. If one persists and attends more quizzes, a pattern materializes. One will realise that it's a particular method of preparation with regular revision and practise that lies behind the winners' apparent veil of invincibility. But to get to that realisation and to act upon it, one has to endure multiple bouts of self doubt and anxiety. It maybe easy to consider the winner a naturally talented superhuman species but a closer look will reveal a different picture. Hours and hours of single minded focus and multiple prior defeats would have led to these victories. As H.W. Longfellow wrote (and as my train journey taught me) "The heights by great men reached and kept were not attained by sudden flight, but they, while their companions slept, were toiling upward in the night"

6. Added benefits of the quizzing life

While in-depth knowledge of subjects and a heightened curiosity to learn more are the obvious benefits of quizzing, there are other advantages as well – exposure to multiple choice questions prepares one for competitive exams which are based on a similar pattern. One gets an idea of the level of competition that exists and the need for preparation to match up to the same. The close contests, the rapid fires, the one question on the buzzer that decides everything-all these shall definitely quench the thirst for adventure and thrill of all the adrenaline junkies out there. In addition to the academic benefits, quizzing takes you places- it's a welcome break from college and can function as a mini vacation too. One meets students from different backgrounds and interacting with them and bonding over the mutual love for quizzing is a joy in itself.

To all the budding quizzers out there, I hope that quizzing brings you as much joy and excitement as it has for me.

I hope that defeat never demoralises you and victory never blinds you, that you have the courage to return better prepared each time you lose. May the spirit of quizzing be ever alive in your hearts. And when it comes to that one deciding question, may your buzzers always be the fastest!

Good luck!



MULLER MUN 2019 saw a major stride. A classic example of the ripple effect. A thought of taking it up a notch led to:

- The introduction of committees like Security Council along with General Assembly and Press over 2 days of the conference.
- Our 1st ever MULLER MUN blog page.
- Participation of over 60 delegates from across 11 colleges which was a first.
- Expanded our Executive Board by appointing Dr. Chirantan Suhrud and Lawyer Mr. Anirudh Murali from Bangalore, along with exemplary in-house vice chairs and moderators.
- Obligation and love for dressing up soon changed into passion for international relations, diplomacy and crisis management!
- Motion to entertain saw some amazing dance moves, melodious singing, feisty ramp walks, sassy verbal confrontations and of course best dressed delegates.

Humans of Muller's

(Everyday superheroes need no cape.)



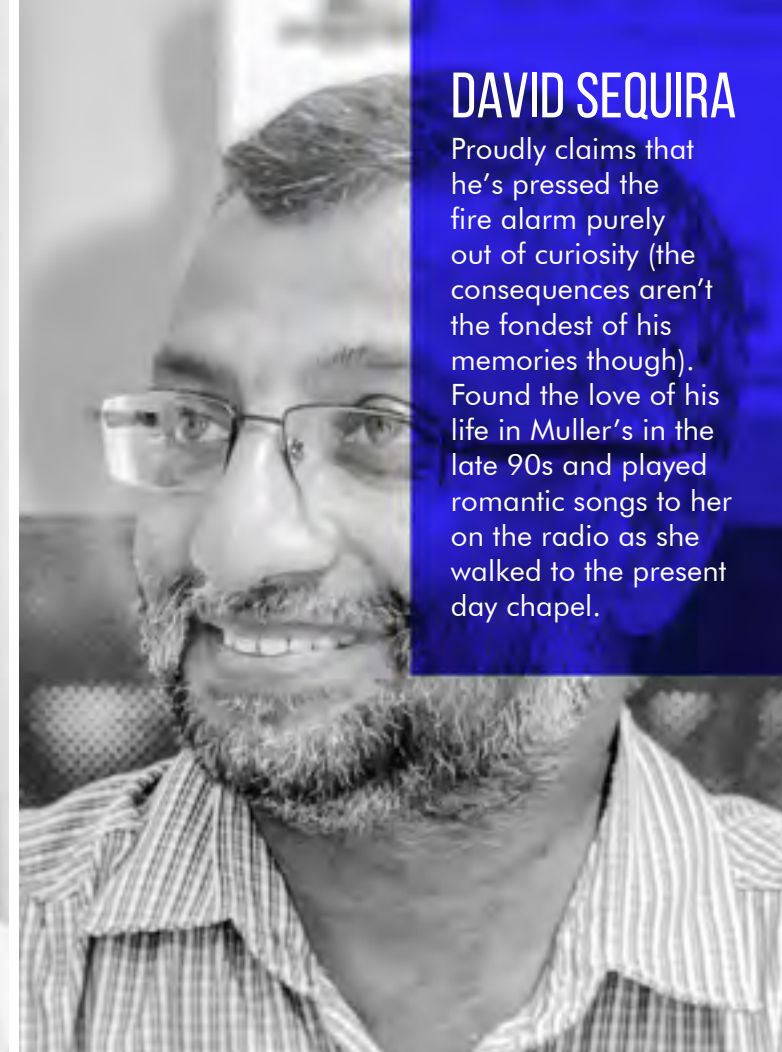
SHANE D. PEREIRA

Can speak more than nine languages!
Teaches French, German, Spanish and Arabic to people worldwide over Skype.
Ardent Anime fan.



DAVID SEQUIRA

Proudly claims that he's pressed the fire alarm purely out of curiosity (the consequences aren't the fondest of his memories though). Found the love of his life in Muller's in the late 90s and played romantic songs to her on the radio as she walked to the present day chapel.



GOVIND

Has over 100 published articles on politics and other issues of public interest.



IDA

Born in Father Muller's, continues to remain the heart and soul of the college. An army kid who worked and studied alongside. Definition of a superwoman.



KRISHNAPPA K

Started acting at the age of thirteen. Acted in over 2,500 dramas since then (as the female lead in all of them!)

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SURESH

Coffee isn't the only thing he brews. He is full of stories about the pranks of his youth and his love for (wait for it) dancing!



ELIZA MONTEIRO

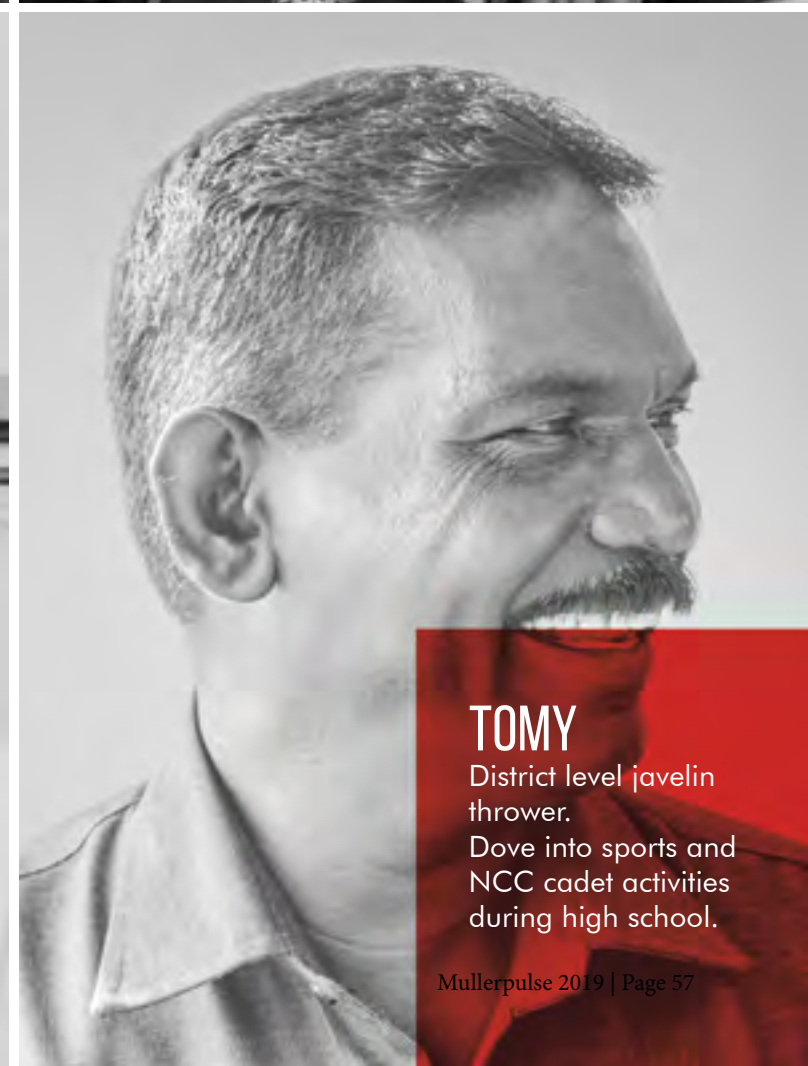
Recollects her student days at Muller's, especially those involving chair-pulling pranks and movie screenings in the Silver Jubilee hall.



TOMY

District level javelin thrower. Dove into sports and NCC cadet activities during high school.

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CEREBRATHON

2019

Cerebrathon, conducted on 21/2/19 was the first student organised national level medical quiz held at FMMC, with over 110 teams taking part.

I really enjoyed the quiz. Hats off to the quizmaster for the awesome questions and also to the organising team for their efficient coordination.

-Jayaram Saibaba, Intern, IGMCRI, Pondicherry



Cerebrathon '19 was one of the most inspiring quizzes of the year. Being a part of the event was itself a great thing.

- Swaraj Sahu
Final year
Madras Medical College



Very intuitive and intriguing questions (connects and rapid fire). Excellent campus and hosts.

- Akshay Ganesh, AIIMS, Delhi.



Worth taking part. Loved the questions!

-Rahul, Final year,
St.John's Medical College



The first medical quiz in South India, which kindled a liking in me for TRIVIA and proved that multifaceted approach to paraclinical topics is more interesting.

- Nemi Chandra, Final year,
Mysore Medical College

The idea of having buzzer questions in every round was amazing.

-John Emmaneul, JIPMER, Pondicherry

Special mention to the quizmaster, Mr. Sandeep Rao Kordcal, who managed to keep both the participants and the audience completely captivated throughout the quiz.

-Rinitha Ravisankar, Final Year,
Bangalore Medical College

It was fair to everyone and punctuality was maintained, rarely heard of in quizzes these days.

-Sudeep GC, Final year, KMC, Manipal

It was a wonderful and creative attempt to integrate new advances, clinicals and basic sciences. A knowledge filled event, perfectly organised by Sandeep and team.

- Bhavesh Rathod, Intern,
Bangalore Medical College

Truly one of its kind. Commendable feat by the organisers for doing every single thing right to the t.

-Vaishnavi Ballal,
Third year,
KMC, Mangalore.

Survival kits

(Hacks you didn't know you needed.)



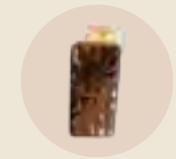
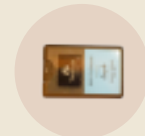
SURVIVAL KIT FOR AN INTERN



Fi. Shweta

"Ehh...
Intern"

1. PEN x 6 (BLUE and BLACK)
2. Shoes, who says size doesn't matter, the bigger the better
3. Sling bag, big enough to carry all essentials, but small enough to not be noticed
4. Food apps, Knight Bite, to come to your rescue when you remember you haven't eaten at 3 a.m.
5. Small water bottle (hydration= UTI prophylaxis)
6. Power bank and space on your phone, for the 100 pictures of investigations
7. Thick skin, to bounce off/deflect every insult hurled your way
8. Tiny notebook
9. Micropore, gloves and 11 blade in your pocket to 'give fast' on rounds
10. Malayalam, 'cause this one is self-explanatory, or is it?
11. Perfume to mask the stink of duty days



1. Thorough knowledge and instant access to Wikihow, to fix projector, laptops, fans, A.C, wiring, broken chair, broken tile.
2. Rapport with the receptionist of every department She is the golden key and the magic doorway. If she likes you, you're halfway there.
3. 9 is your new 911
4. The 'Hello' at the other end of 9 begins to sound like home. (In the extremely rare event of the call getting answered).

SURVIVAL KIT FOR A CLASS REP

Fi. Michael



ALWAYS
WIRED

5. Spring motion, for every "You people don't have a class rep or what?"
6. Stone cold heart to evade the merciless yelling of staff for calling them for class and of your fellow batchmates, again, for calling them for class.
7. Carry white board markers in your pouch. (To evade point 5 when there's no ink in the department provided marker)
8. Strength and stamina to run up and down the 6 floors of Asha Kiran. (See it as booty workout)
9. Also Req'd: Contact list with mobile numbers of PGs, phone gallery with posting schedules and timings and most importantly, sheepish grin when you get busted for no fault of yours whatsoever.

Things they forgot

Anya Abraham



to teach us.

Real world remedy for survival: This magazine. (And your preferred drink.)

First off, for anyone that's whizzing past each day with only one mantra, 'Life's a race', sorry to break your bubble, you're the only one racing. And with all the dust you're kicking

about in your zeal to reach the black and white checkered flag at your horizon well within the said time, you're giving no attention to little lessons that's going to carry so much weight once you start the real journey onward from your finish line. After every red ribbon you run past,

finishing a race, there's a line you've just stepped beyond, beginning another one.

And preparing you for the real dash, here are some of the things they missed out on 'educating' us with before we left the buildings we called schools:

1

They teach you to chase, but not to let go.

Since the time I can remember, I've been told to chase. Whatever it is, just run behind it. Keep on running. Chase it like the mad dog in you just got kicked awake.

What no one taught us was, to run after something that's always a million steps ahead of us, carrying around an extra load never helps. Along the way, we've taken it on ourselves to keep adding to the pile we carry on what could have been or what was. Thus, making it harder for ourselves to chase more efficiently toward what is to be.

Dropping off stones labelled regret and guilt and unworthiness and past experiences out your satchel, definitely makes you lighter and before anything, you'd have stopped chasing. It's a matter of wanting to drop a piece of what made you versus wanting to gain a piece of what can make you better. It's always onward and upward and achieving a balance is almost always a never, and quite honestly, so last century.

2

They don't teach you that you've been gifted a life to live, not a life to sacrifice.

Put yourself first, child! Pick yourself up, knock everything else out of your way, and put yourself right in front of the never ending line of what's right. What's really right is putting yourself up front. It's okay to be selfish every now and then. You didn't put in time and effort honing yourself to be an ox stuck in someone else's yoke. Now, for over enthusiasts around the globe, sharing and sacrificing are often interchangeable. It is not! Putting away your needs all the time to help push others, is quite a Herculean task and very applauded too. But sorting yourself out while being sensitive to cries of help and lifting others up, is far more of an achievement.

3

They don't teach you how to fail the right way.

Failing is almost always associated with lack of knowledge, less harshly put. But, we've also always been taught that failure is only a stepping stone to success. Is it really, if the first stone you step on, you're told to get off?

Now the question is, if you've to get to success, do you step on your stone or just stand wherever you are?

Failing doesn't have to mean there's no way out. It isn't the jump in the water. Being proud of each of our failures has to be normalised just as being proud of success is. Like always, the journeys are what makes reaching the destination that much more worth it.

4

They don't teach you to love yourself and go easy on yourself.

You're either not 'that' or you're a little too 'that'. You're never perfect. Humans have a misconception of what perfect is. A misconception so grave that it really does NOT exist.

Whatever you are, however it is that you are, only you know how it feels to be you. Those are shoes that no one can fit into more perfectly than you can. So giving yourself some credit for roughing it on days you can barely stand, pushing an extra mile when you really can't, is all achievements, however little it may seem to others.

And learning to love the process, is a part of learning to love yourself.

It's simple things that teach the mind how to survive. Like a stream meandering slowly but determinedly, whilst picking lessons along the way. These aren't taught at school but sown in us as opportunities for new experiences present themselves. Learning and picking the good is a choice. Ignorance to these lessons, carefully tucked inconspicuously in daily life, that's printed in no books or written across no black boards, only makes it that much harder to live.

A Millennial's Guide

AROUND MULLER'S

To click  Insta-worthy pictures.

MATERIALS REQUIRED

One of those rare days when the stars align and you happen to have a good hair plus good face day.

A compliant friend with an iPhone/OnePlus. In the event of non-compliance, promise the subject a Nutella waffle from Waffee House (or Nisarga, if too broke).

This magazine. Actually, a list of the most famous (and overused) locations around college, which we will be giving here. So yes, this magazine. Take it with you.



The wall with the tiny purple and white flowers.

Preferably wear solid colors

Go before the gardener annas give the plant its yearly trim. And remember, lunch hour is not a good time to go. For proof see fig 1.4.

You will undoubtedly get stares (often, judgmental ones) from all the apron-ed folk treading their way from the hospital to the reading room, maybe after saving a life or two. But, don't shy away, we've all clicked a picture here at some point.



Fig 1.4

The iconic green wall

Pretty leaves intertwined with specks of a deep purple fruit that looks like Jamun, someone taste and let the Ed-board know if it is the same. (The editor or the committee, however, will not be held accountable in the event of any student or staff going into anaphylaxis on doing the same).

Stage your time accordingly so that they might turn the sprinkler on. Fool your Insta-fam into thinking you're vacationing in Scotland.

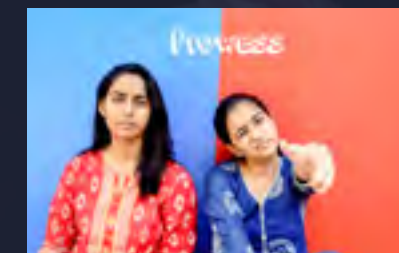
Group photos look great here, get your squad here in the event of group slayage.

EVERY MULLERIAN NEEDS A PICTURE HERE. THIS WALL HAS SEEN LEGENDS BEING BORN AND FRIENDSHIPS BEING BLOSSOMED.



The waste disposal area with colored walls

For studio worthy photos right out of Vogue, this is the place to be. The Arena '18 teaser is enough proof.





When broke, but hungry

- Fish Thali, Giri Manja's
- Duerali Special Rice, BT Duerali
- Mysore Masala Dosa, Dosa Camp
- Parota, Cochin Village
- Appam and Chicken Skew, Cochin Bakery
- Cheese Naan, Pereira's Hotel
- Chicken Hut
- Manohar Villas

- Chat
- Samosa
- Jalebi and rabdi

- Bonda ice cream
- Pan
- Triple schezwan rice

STREET FOOD



Photo: Gaurang

Street Food



Squid ghee roast, Maclali

Fat Freddy, Mangla

Paneer ghee roast, Sletty Lunch Home

In house Ice tea, Tratterria

Chicken ghee roast, Malharaja

Special biryani, Anahara House

English Breakfast, The Good Gallette

Kadipata chicken, Spindrift



EXOTICA

TOKI MEKI SUSHI

MANDI BIRYANI, SAVOURY

(IF YOU AND YOUR FRIENDS ARE READY FOR THE CHALLENGE)

MISU MISU

APPAM FUSION FESTIVAL

WAFFLE FESTIVAL 'DIESEL CAFE'

SHIN MIN RICE 'HAO MING'

CHILI CHEESE FLAMING RUM PIZZA 'ONYX'





Belgium chocolate pastry?
More like belgi-Yumm

Gotta (ru) tella how nu-religious it is
Getting caught red velvet handed!

Red velvet charlet it
enter your mouth.
You will not regret it!
Gotta get a new fork for this new
York cheese cake coz u just
can't get enough!

Know Your GADBAD

Topper with the base kesari
ice cream! K-sir indeed!

Jelicious enough to make
you gobble gobble or should
I say wobble

Special strawberry ice cream.
Rich with dry fruits this ice
cream will st-robberly
your taste buds

Vanilla: Finally the ice cream
which you always vani-love

Fruits: Something so that
you can say "Ma, I eat
healthy, I even eat fruits!



O O T T D

Wake up>
Stare at cupboard>
Think of what to wear>
Continue Staring
at cupboard.

We took a stroll
around college
and documented
the trends
we rock.

Now, we've all been there.
But, fret not, we have a
solution. When in doubt as to
what to wear, flip through
the pages. (And if that
doesn't work, go for your
black leggings.
Works Always)

We concluded that here at Muller's,
we live well, do well, and dress really well.



READING ROOM AND NO CHILL



Florals: The eternal solution for instant glow.



Flip flops. Looks cute, might break later.

Layering it up in style



Classy blacks and golds

Slides (nothing's more comfortable, tested O.K)

CASUAL AND CHIC.

Comfy rules over everything. Mangalore heat does not worry them for they, have mastered the art of elegance and comfort.

Hoops: Claire

Moldovite chain from Czech Republic (a piece from the meteriote)

Palazzo and Kurti: Ziva

Watch: Anne Klein

Bag: Anne Klein



Sandals: Catwalk

Young, wild and freeeee

Hair tie on wrist, to be used during rounds.



Asymmetric bob. (Tricks and tips: TRESemmé hair conditioner)



Curled Goddess

Tips and tricks: 1. Oil 2. Patience



Bold and Burgundy
Tips and tricks: Pocket comb and lots of hair wax.



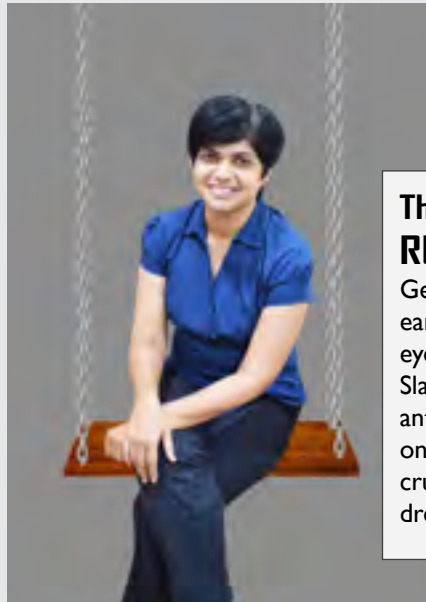
Subtle Ombré. Tips and tricks: Extreme skill and care so you don't wash the colour off.

LOCKS OF LOVE

Tame the mane (or not), but you sure can break the monotony with some colour and drama. Maintenance and time required, but worth it. (Also required: Awkward smile to be applied across the face when the professors pick on you. Which is going to be often.)

Stress Wars

(Pew Pew Pew Self Care.)



The world is your RUNWAY.

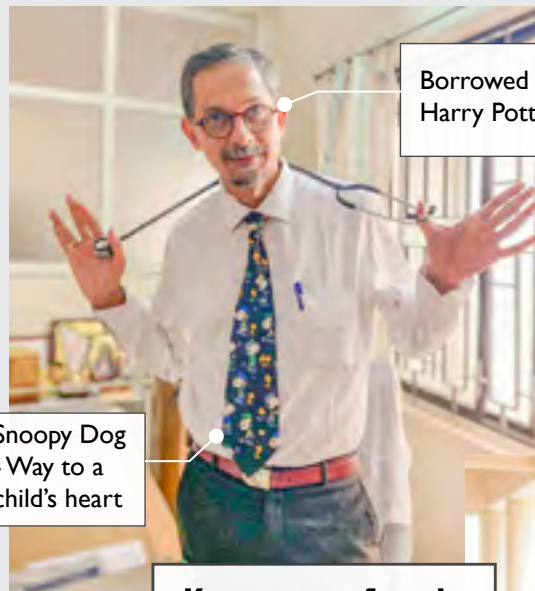
Getting up an hour early just to get that eye liner on fleek. Slaying is their anthem. Everything's on point, not a single crumple on that dress. Nope, not one.



Silver Jewellery from the Streets of Bangalore.

Cigarette Pants

Dupattas adding all the spice.



Borrowed from Harry Potter

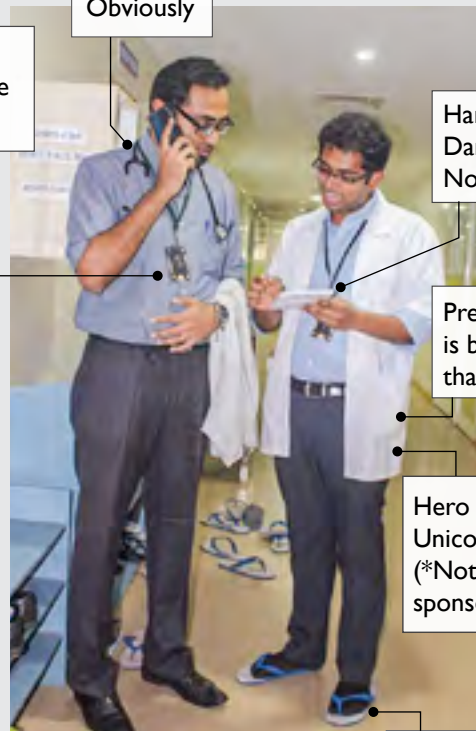
Snoopy Dog - Way to a child's heart

K-not out of style.

Ties are classy, they're sleek. Oscar Wilde wasn't lying when he said that a well tied tie is the first serious step in life. (Good cologne is a close second)



Insert James Bond title track



Littman. Obviously

Rule's the same for all.

Handy Dandy Notebook

Prevention is better than cure

Hero / Unicomfort (*Not sponsored)

Ready for Combat.

Always equipped. Always in beast mode. These guys hustle on the go and can conquer the world at any given point of the day.

Rubber Chappals or No entry



**A LONG TIME AGO,
IN A GALAXY
FAR FAR AWAY,**

**A STUDENT CAME WITH A NEW HOPE.
HOWEVER, HE SOON REALISED THAT
THE SYLLABUS TURNED OUT TO BE A
PHANTOM MENACE THAT HE WASN'T
READY FOR. THE ATTACKS OF THE
CLONES DURING CLINICS AND THE
REVENGE OF THE SITH DURING VIVAS
PREPARED HIM FOR THE DECEMBER
DEATH STAR (UNIVERSITIES) OR SO HE
THOUGHT. THE EMPIRE STRUCK BACK,
BUT OUR HERO ROSE OUT VICTORIOUS
AS THE LAST JEDI.**



**FIND OUT HOW,
YOU MUST!**

WORK IT OUT

HOSPITAL ↔ COLLEGE BLOCK

READING ROOM

Total number of steps taken by a student = $\frac{><}{\text{ww}}$

SEEDENTARY

EXERCISE!!

INDOOR STADIUM

ENDORPHINS

μ μ

MEDITATION

IS

Awareness of one's thoughts

An effort to stay unaffected by the chaos of thoughts

A simple practice that can show results within weeks.

For everyone

IS NOT

Fighting/ controlling thoughts

An effort to tame the mind

A difficult discipline that requires years of practice.

Only for religious/spiritual seekers

"GOOD FOR YOU, MEDITATION IS"

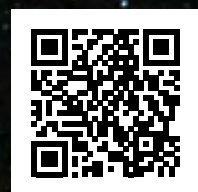


PROVEN BENEFITS OF MEDITATION

1. Reduces stress and anxiety in general.
2. Decreases ruminative thinking and dysfunctional beliefs.
3. Enhances learning and memory.
4. Improves information processing and decision making.
5. Lower BP and enhance immunity.

BELIEVE IT OR NOT!

1. Long term meditators have larger hippocampal volumes.
2. Long term meditators report a decreased need for sleep.
3. A Study in 2004 recorded the largest human EEG gamma wave oscillations in meditators which correlate with heightened consciousness, intellectual acuity and state of bliss.



SCAN THE QR CODE TO ACCESS SIMPLE MEDITATION TECHNIQUES FOR BEGINNERS

TO COFFEE OR NOT TO COFFEE?



R2-D TOO TIRED



BeepBeepBeeppp

THE INCESSANT TUSSLE

NAH UH.

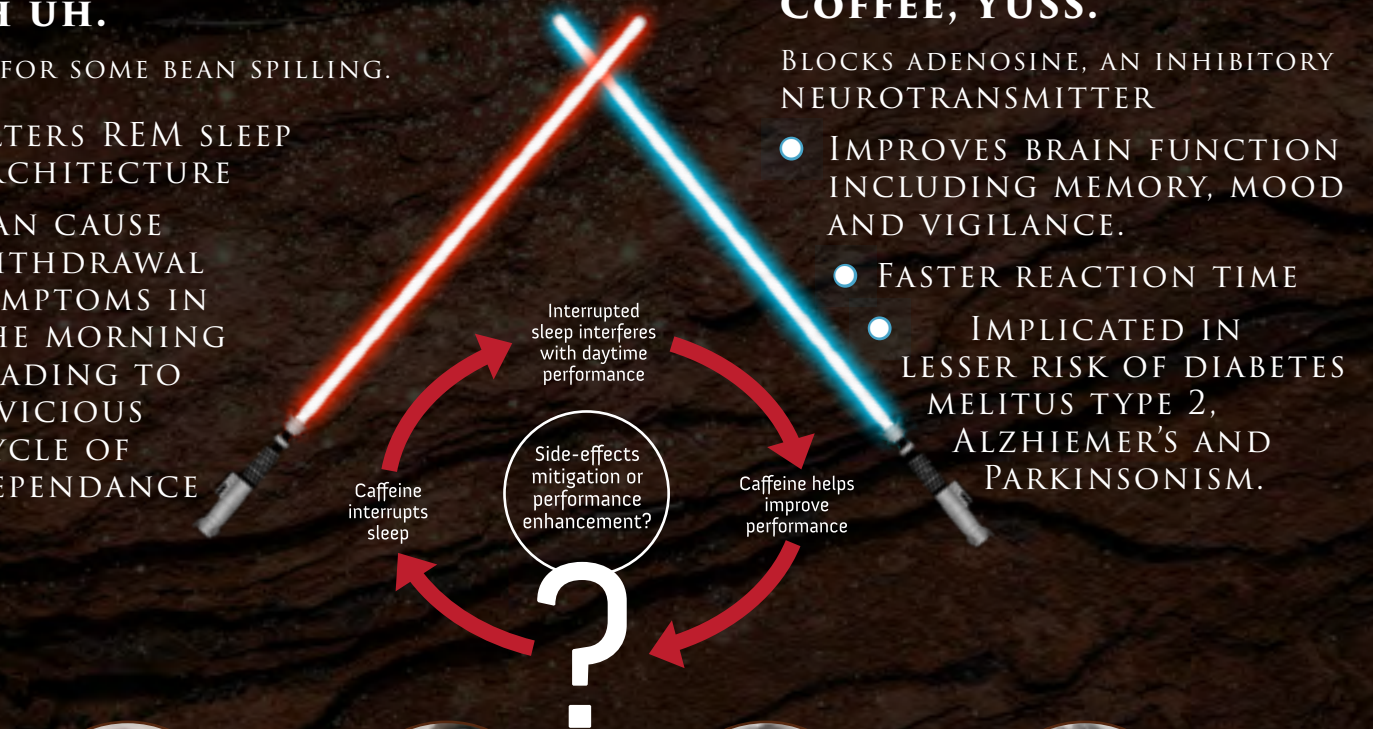
TIME FOR SOME BEAN SPILLING.

- ALTERS REM SLEEP ARCHITECTURE
- CAN CAUSE WITHDRAWAL SYMPTOMS IN THE MORNING LEADING TO A VICIOUS CYCLE OF DEPENDANCE

COFFEE, YUSS.

BLOCKS ADENOSINE, AN INHIBITORY NEUROTRANSMITTER

- IMPROVES BRAIN FUNCTION INCLUDING MEMORY, MOOD AND VIGILANCE.
- FASTER REACTION TIME
- IMPLICATED IN LESSER RISK OF DIABETES MELITUS TYPE 2, ALZHIEMER'S AND PARKINSONISM.



The Coffee virgin



The Cappuccino cherub (with extra chocolate)



CoffeEEEE (Preferably Black)



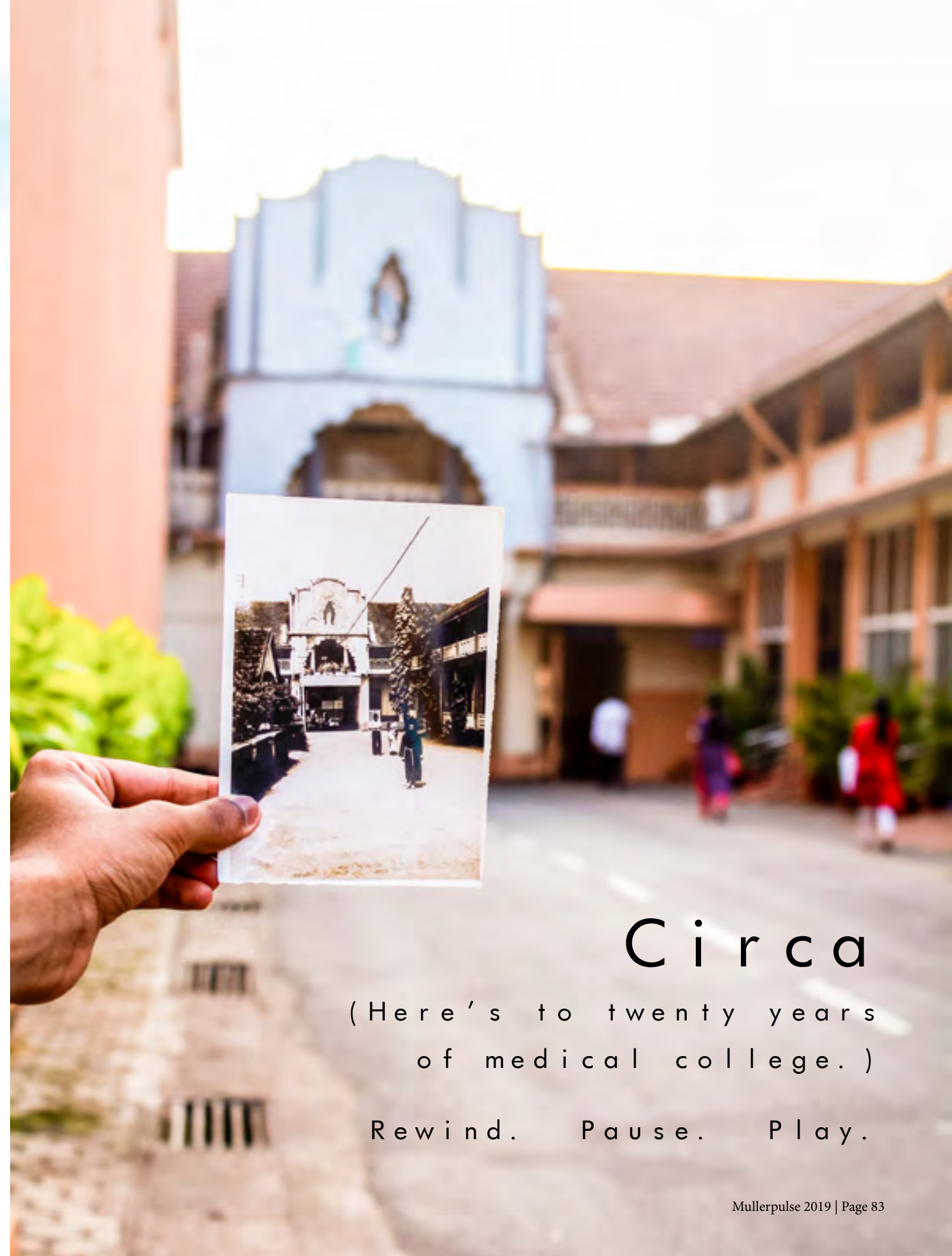
SNORTS COFFEE BEANS AND SCREEAAMS!

Rise above the Tides



The idea and birth of the flood relief camp was born on a Sunday morning. It was just hours after the news of our neighbouring state of Kerala drowning in all its glory reached us. With the help of doctors, nurses, students and non-teaching staff we collected a truck full of everyday essentials and medicines. With a team of 35+ PG's, interns, nurses and support staff we began our medical endeavour on Aug 24th in the flood hit areas of

Wayanad. Over a span of 3 days, numerous health relief camps were conducted with the help of local folk and the district administration in the affected areas. When we look back now, and see that Kerala has risen again, we feel happy that we have done our part for it, however small it may be. The resources were low yet our spirits were soaring high! As a team we made history that day.



Circa
(Here's to twenty years
of medical college.)
Rewind. Pause. Play.

NOSTALGIA!

A retrospective study on Mullerians.



1999

WHAT ADVICE WOULD YOU GIVE TO YOUR FIRST YEAR SELF?

Love life and life loves you back.

DR. ARCHANA BHAT



2000

WHICH CLASS DID YOU BUNK THE MOST?

I had 100% attendance.

DR. RESHMINA D'SOUZA

2002

WHAT WAS YOUR GO-TO FOOD IN OUR CANTEEN AS A UG?

Definitely it's Paneer Manchurian with chapatti which was 45 rupees during those days.

DR. PREETHI RAI



2001

WHY DO YOU THINK FR. MULLER'S IS UNIQUE?

Definitely it's the patient load we get. Not just now, back in my UG days too. It's a good opportunity for students to familiarize themselves with different cases they get.

DR. CRYSLIE SAIDANHA



2003

WHICH WAS YOUR MOST FAVORITE YEAR DURING YOUR MBBS COURSE?

I think it's hard to choose one year, I can say its 2nd and 3rd years.

These years, the entire batch used to have a party at the end of the month, sponsored by those students who had birthdays during that particular month. The party was usually held at Pegasus or sometimes even in Manipal, each month students trying to make the party more grand and lit than the previous month.

DR. NICOLE PEREIRA



2004

DID Y'ALL HAVE ANY NICKNAMES FOR ANY OF THE STAFF?

His name was Dr.. Srikanth. We used to call him Vanas. When it struck 1pm every day, he used to shout about 'Vanas!' (Lunch/dinner in Tulu).

DR. AMANDA CHRISTINA PINTO



2006

YOUR BEST MEMORIES FROM COLLEGE?

Orientation program before the start of MBBS we said we are here to serve the needy and help the destitute. MBBS shenanigans

1st year: Cutting open the corpse we called 'blessing' and not being able to eat non-veg for 2 days

2nd year: All the girls eagerly waiting in line outside the washroom for the boys to pee into mugs, as a learning curve for urine analysis. So much for

hygiene
3rd year: Can't remember most of the good times. Says a lot.

4th yr: The only batch who was courageous or stupid enough to take part in Culturals and win.

Internship: The proud moment as we were the first batch to earn stipend

(Rs.2000) and now finally tell our friends we are earning pennies.

After internship: When we realize we are the ones that are needy and left destitute. MBBS was a lot of fun.

Batch 2006 and the shishyas made it better

DR. ROHITH PINTO



2005

HAVE YOU EVER THOUGHT ABOUT WHAT IT WOULD BE LIKE TO GO BACK TO COLLEGE LIFE?

I lived my life so fully. Yes, I have made mistakes, but I wouldn't want to go back in life any time.

DR. PRIYA NAYAK



2007



MOST EMBARRASSING THING?

Most embarrassing UG memory - definitely not my most embarrassing one, but one of them is when I cried in 1st year after losing against the 06 batch by 1 point (even though we scored just a second after the whistle blew)

DR. SUJITH JAMES



WHAT WERE YOU THE MOST SCARED OF?

I was scared of medicine clinic hours by "He who must not be named".

DR. LORETTA PEREIRA

2010

WHICH SUBJECT GIVES YOU NIGHTMARES EVEN NOW?

Pharmacology. I could never remember the drug names or mechanisms of action. The classification was the worst thing to memorize. Viva was usually a disaster.

DR. ANEESHYA



2009

HAVE YOU EVER RECONSIDERED YOUR DECISION OF JOINING MBBS? WHAT MADE YOU STAND STILL AND CONTINUE THE COURSE DURING SUCH DIFFICULTIES?

I've always wanted to be a doctor since I was in school. In spite of that, self-doubt crept in a couple of times during first year of med school. None of the first year subjects made a lot of sense to me, the competition here was cut throat and if that wasn't enough, exams were always around the corner. I did question if I'd made the right choice in choosing this profession. My first year marks didn't help the case either as they didn't reflect the hard work I'd put in. But I persisted. Things turned around for me in second year, when clinics began. The subjects got more interesting, I learnt "how to study" And therefore, marks got better. Confidence replaced self-doubt. I knew I belonged here. So in hindsight, that was the turning point for me, clinics. It's been 10 years now since I've been in this field and I've never looked back at my decision.

DR. THILAK



2011



SINCE YOURS WAS THE FIRST BATCH TO LAUNCH ADRENALINE, WHAT WERE THE OTHER NAMES THAT WERE PUT FORTH IN THE COUNCIL FOR THE SAME?

Equinox and Mullerfest.

DR. GEORGE JOSEPH



2012

WHAT WAS THE MOST BADASS THING YOU'VE DONE?

It's got to remain a secret. It only remains badass if it's only done once, or twice. I filled a small mouth fresher spray with some vodka and sipped my way to glory during lectures.

DR. DARON MASCARENHAS

2014

MOST EMBARRASSING INTERN STORIES?

It was my first duty night as a surgery intern in the casualty and a male patient presented to the casualty with history of Malena. The PG asked me to hand him a proctoscope to do a PR examination. Being the sleep deprived mess that I was, I headed to the cabin and brought back a Cusco's vaginal speculum! My PG took the speculum from me and just stood there staring at me for a while and quietly asked, "what is this?" And that's when I snapped back into full consciousness and realized that I had made a blunder that's not gonna be forgotten any time soon.

DR. JEROME JOSEPH



2013

WAS SAYING GOODBYE TO COLLEGE LIFE HARD?

Leaving college was extremely tough for me. All my life I've done a lot of moving around and have never connected to place the way I did to Mangalore. My days at college and Mangalore made me feel like I'd finally found a place where I truly belonged. The people I met in college are more than friends, they've become family to me. The hardest apart was leaving them behind & watching everyone take different paths. I miss college every day, my perfect little "home away from Home".

DR. SHRUTHI





2015

WHAT ADVICE WOULD YOU LIKE TO GIVE FUTURE STUDENT COUNCIL PRESIDENTS?

Keep calm. Be approachable and write a lot of letters. Own up for your decisions and mistakes. Give enough credit to people who help you. Have a good support system that keeps you motivated (and hydrated), gives you reminders and most importantly, keeps you grounded.

ROSHAN MARIAM MANU



2016

ATTENDANCE SHENANIGANS IN ONE SENTENCE OR 75 SENTENCES

The only reason some of us make it to the next year is because of those 'superhumans' who sit in the last row and make up for our attendance. No dubbing studio could ever compete with the way they modulate their voices to give proxy in class.

JANICE AMAN



2018

WHAT WAS YOUR CONCEPTION ABOUT MED SCHOOL BEFORE JOINING MULLER'S AND HOW DO YOU FEEL ABOUT IT NOW?

Well before joining Muller's I was very enthusiastic to start my course but little did I realize that there are so many things that come along unexpected like unending assignment, records, sleepless nights, caffeine addiction, etc. So to sum it up you could say you feel like taking a walk in a park but you're actually running and there's a monster running behind you and the parks on fire and everything is going crazy.

ADARSH



2017

WHAT'S THE MOST FREQUENT LIE YOU TELL THE STAFF WHEN THEY ASK YOU WHY WERE YOU ABSENT?

I was at Coffee Hut, why was I there? Because hostel breakfast is not worth waking up early for.

ANTHONY YANG JUDE







We asked the same bunch of questions to the first MBBS batch ever, and to the current baby batch in college. A lot has changed, but some things remain the same, 20 years or more. Read on to find out.

1999

2019

Favorite hangout spot outside college

Gazebo, Manohar Vilas

Our favourite restaurants..
Love Good Galette brunches!

What did you bunk for?

Bunked often, went out exploring new eateries!

Bunk occasionally,
to catch up on SLEEP!

The event most looked forward to.

Grad day

Culturals!

Best part of the college day

Dissection table.

The very end of the day xD



Most dreaded exam

Anatomy Viva

UNIVERSITIES

Funniest thing you've seen happen

There was a new rule that there could be no more than the two in a room. Once, about ten of us were chatting in a room when the warden began her rounds. We hid in the washroom and under the bed, completely forgetting the 10 pairs of chappals outside the door!

When there's water shortage /bacterial colonies in the water



Best coffee on campus

The coffee we made in our kettles- with Bru and hot milk

Hands down, Fresh and Honest!

Post-exam routine

Watching Hindi movies in the mess and translating it to the non-hindi speakers.. and yes, gossiping, cleaning up, and SLEEP.

Sleep, binge watch shows and EAT a truckload!

Any memorable festivals on campus

Played Holi in the washrooms with Ujala, 'twas fun!

We love Banna, the Holi fest on campus!

What do you love most about Mangalore?

The rains!

The rains!

As Told by Dr Caren,
Dr. Archana, Greshma and Anthony

Dejà vu



6 YARDS STRONGER



THAT ANNOYING FRIEND WHO CANNOT KEEP CALM WITHOUT A PICTURE, PROLONGING THE STARVATION (AND OUR WRATH). YEAH, HE/SHE STILL EXISTS, AND IS THRIVING.



THE ROCKS BEING OBEDIENT BUTTRESSES THROUGH THE YEARS.



THE POWER OF OUR IMMACULATE UG APRON, MAKES BRILLIANT PROPS FOR PICTURE.



ETERNAL MANGALOREAN HANGOUT SPOT; BEACH PLEASE! THE TIDE NEVER BOTHERED ME ANYWAY.



HOUSE OF ESTROGEN. HOUSE OF GRACE. MOTHER THERESA HOSTEL.





NEW STORIES of YOUR FRIENDLY NEIGHBOURHOOD DOGGO

MULLERPULSE™ GOMIGS GROUP

Rs. 100
JUNE 2019

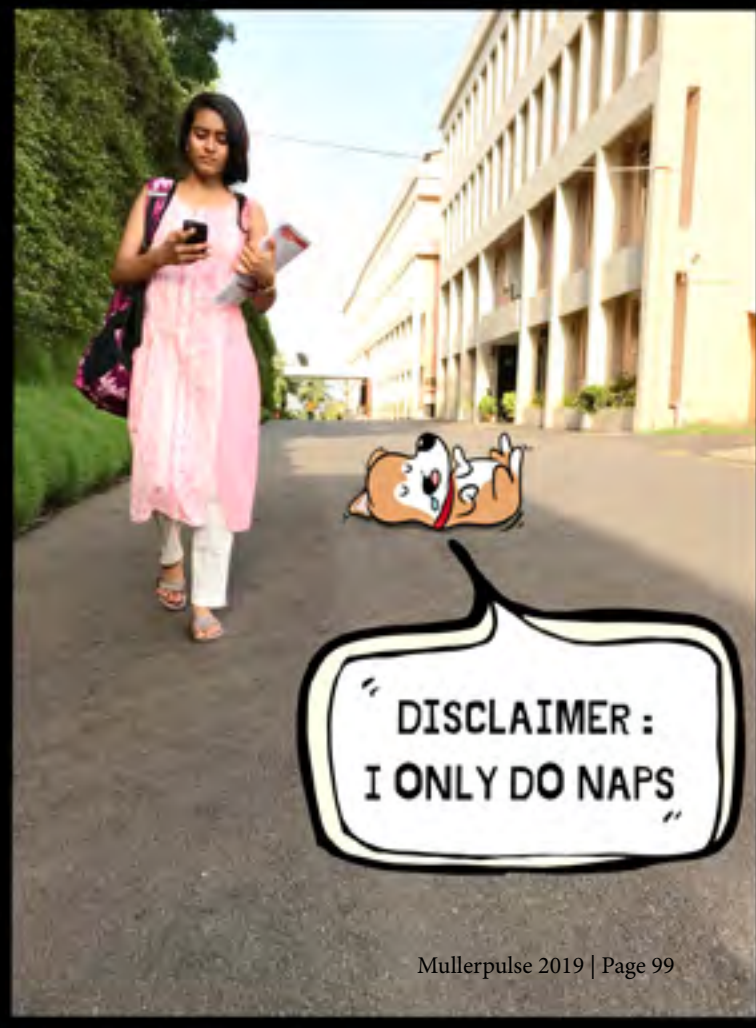
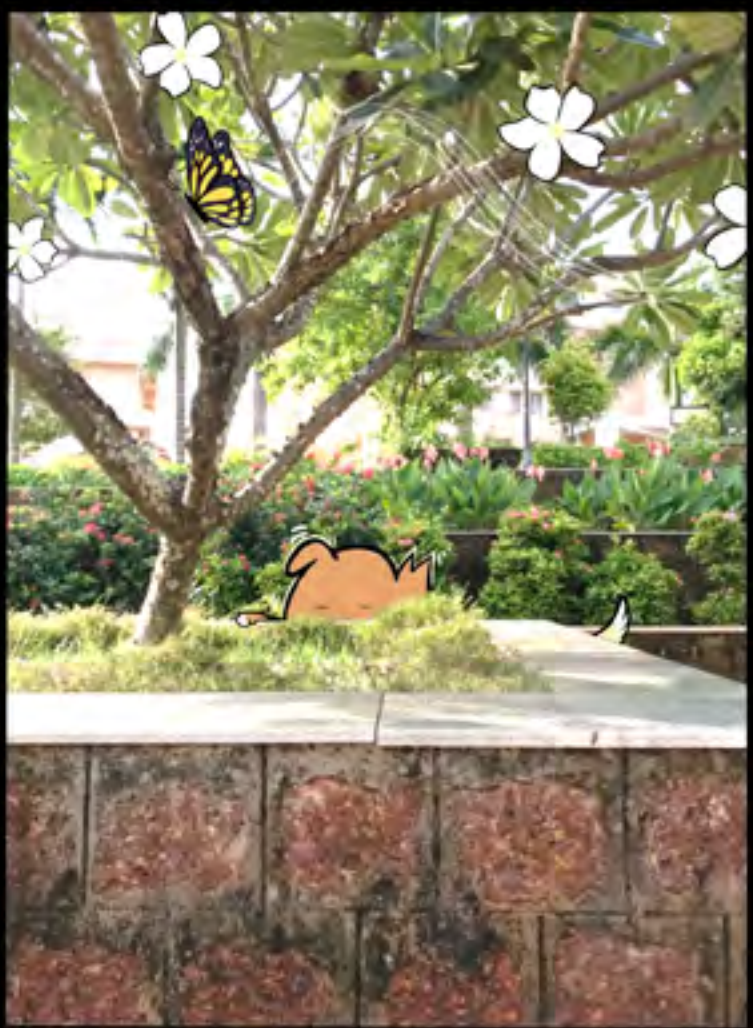
MORE POWWWS! MORE ZZZZZs!

ADVENTURES OF ARROW



BOOM!

SPECIAL EDITION



I SEE SO MANY OF YOU EVERY DAY!
 THERE'S THE OH-THERE'S-ARROW-
 SLEEPING-ALL-CUTE-LEMME TAKE-A-
 PICTURE KIND. THERE'S THE ARROW-
 SLEEPING-ALL-DAY-LET-ME-POKE-
 HIM-WITH-MY- UMBRELLA-KIND.

HOOOOMANS. I'M ARROW*, YOUR FRIENDLY
 NEIGHBORHOOD DOGGO. I LIKE TREATS
 AND BELLY WUBS. I COME TO THE RR EVERY
 SINGLE DAY FOR A GOOD OL' NAP.
 (HAVE I TOLD YOU. I LOVE NAPS?)
 ALSO. DON'T TRY THIS KIDS.

THERE'S ALSO THE "OMG I'M SO SCARED
 OF DOGS WHAT IF HE EATS ME ALIVE
 AND CHEWS ON MY BRAIN" KIND.

DISCLAIMER :
 I ONLY DO NAPS





Reviews

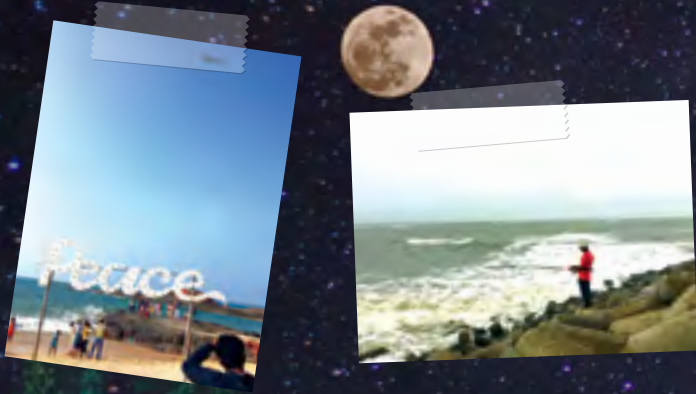
(Team Pyjama Party or Team Wanderlust, we've got you covered.)



WRITTEN BY SANJANA MATHEW
 SANDEEP RAO KORDCAL
 BASED ON THE MAPS OF ARROW
 ILLUSTRATED BY NIKITHA CRASTA
 FEATURING ARPITHA TREESA
 AARON AARAL
 GRESHAL ANN

BUDGET TRIPS

ARE YOU WALLOWING TO YOURSELF WITH A LONG WEEKEND AHEAD OF YOU, ABSOLUTELY NO PLANS IN MIND BUT A HUNGER FOR EXPLORING GNAWING AT YOUR INSIDES? WE'VE GOT YOU! HAVING A BUDGET AND PLANNING AROUND THAT CAN BE QUITE THE HASSLE AND THAT'S WHY, WE'VE COMPILED A FEW PLACES THAT YOU HAVE TO GO VISIT *INSERT EXCLAMATION* AND ONES THAT'LL BE EASY ON YOUR POCKETS.



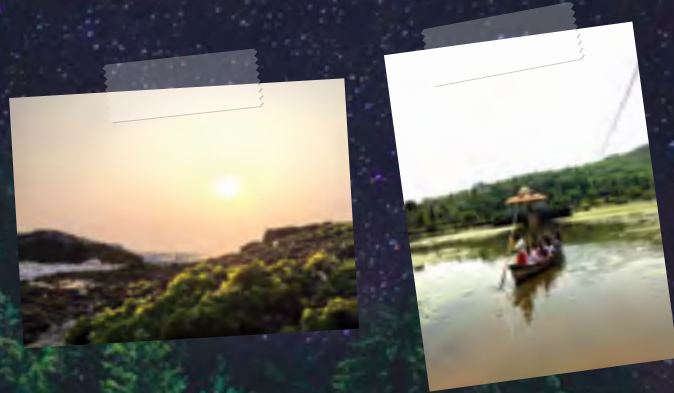
KALASA ●●●●○

120 km from Mangalore. We recommend renting out a car with a bunch of your peeps and driving over. Soormane falls is your go-to if you want to let off some steam from the entire week or just take a dip on a hot summer day. We suggest taking an open jeep ride to really appreciate the killer views around.

We give it: 3.7/5

GOKARNA ●●●●○

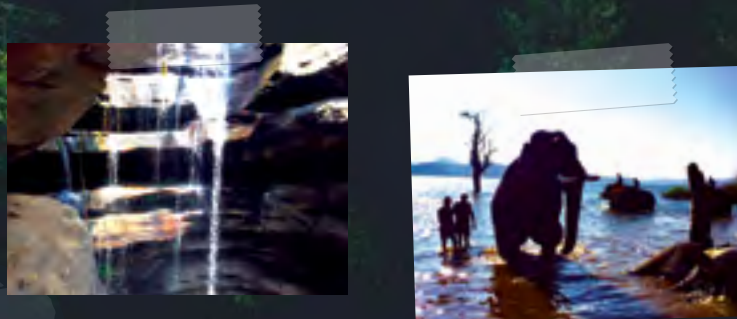
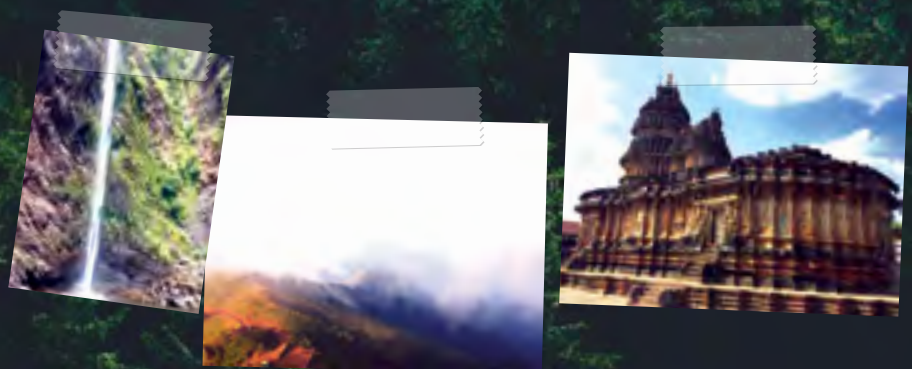
275 km by rail, which would be the most pocket friendly option along with an easy travel. This town boasts a good expanse of beaches dotted with food shacks. Stay- Cottages or villas, that don't drill a hole in your wallet if you grab a few of your travel enthusiast friends. The blanket of stars on a clear night, the amazing food by the sea and a comfortable stay is definitely worth the visit. We give it: 4/5



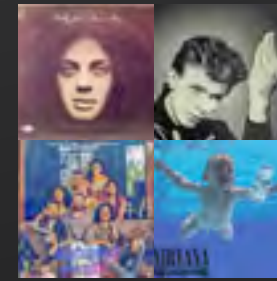
AGUMBE ●●●●○

133 km from Mangalore. Kundadri hills, a monolithic rock formation hugged by a cover of thick forests, is a hot favourite if you're someone that appreciates views of fields and mountains in the distance with clouds at your feet.

No lie. We give it: 3.5/5



The Editorial board has picked out a playlist for you. Cheggittt out. You're welcome



Ed fam ❤️

PLAY



The QR Code will direct you to this awesome playlist

- | | | | |
|--|-----|--|-----|
| Piano Man
Billy Joel | ♡ ⊖ | 3WW
alt-J | ♡ ⊖ |
| Sorry Not Sorry
Demi Lovato | ♡ ⊖ | All Out Of Love
Air Supply | ♡ ⊖ |
| Ikk Kudi
Shahid Mallya | ♡ ⊖ | Staying Alive
Bee Gees | ♡ ⊖ |
| Uyiril Thodum
Sooraj Santhosh, Ann Amie | ♡ ⊖ | Devil May Cry
The Weeknd | ♡ ⊖ |
| Beautiful People
Brady Sheeran, Ed Jackson | ♡ ⊖ | Electric Feel
MGMT | ♡ ⊖ |
| The Edge Of Glory
Lady Gaga | ♡ ⊖ | White Iverson
Post Malone | ♡ ⊖ |
| Almost Like Being In Love
Red Garland, Paul Chambers, Art Taylor | ♡ ⊖ | Scared Of The Dark
Lil Wayne, Ty Dolla \$ign, XXXTENTACION | ♡ ⊖ |
| Smooth Criminal
Michael Jackson | ♡ ⊖ | Vathilil
Haricharan | ♡ ⊖ |
| Royals
Lorde | ♡ ⊖ | Killer Queen
Queen | ♡ ⊖ |
| Munbe Va
A.R. Rahman, Naresh Iyer, Shreya Ghoshal | ♡ ⊖ | Ophelia
The Lumineers | ♡ ⊖ |
| Ayila Mathi
Govind Menon | ♡ ⊖ | Lovely
Billy Eilish, Khalid | ♡ ⊖ |
| Shine
Collective Soul | ♡ ⊖ | Heroes
David Bowie | ♡ ⊖ |
| Tubthumping
Chumbawamba | ♡ ⊖ | This Time Tomorrow
The Kinks | ♡ ⊖ |
| Smells Like Teen Spirit
Nirvana | ♡ ⊖ | Help!
The Beatles | ♡ ⊖ |
| Smelly Cat
Shishir Bhanot | ♡ ⊖ | Hallelujah
Jeff Buckley | ♡ ⊖ |



Beautiful People • Brady Sheeran, Ed Jackson

PUB REVIEW

Are you worn out by your monotonous medical life? Do you seek to enliven your fading days of youth? Look no further! Our party-fuelled research team has curated a list of the finest and most student budget friendly chill-out spots in the city!

Froth on Top



A minimalist shelter with fancy wall-posters to brew conversation on your second date. The inviting and dimly lit interiors has this pub packed through the weekend. Specialising in beers and mocktails, Froth on Top also serves scrumptious burgers and fries.



Onyx Air Lounge and Kitchen



Onyx is a Mullerian's first choice. The elegant bar and lush sofas have been a proven recipe, inviting a large student crowd. Occasionally, if you're lucky enough, you can sing along with the live band and dance your hearts out. (As long as you forget the internals are just around the corner.) Also, don't forget to take the mandatory group selfie in front of the Onyx logo.

G Dot



Come for the food, stay for the atmosphere. With a top quality sound setup and a decent dance floor, this place will have you grooving in the right spots! Offers a variety of Modern Indian, Continental and Chinese. We recommend the Chicken Kaffir Lime Tikka and a Foggy Summer cocktail to wash it down.

London Street



Though leaning to the expensive side, this place is worth your pay. EDM and trippy bollywood remixes dominate the house. Located high up in City Centre Mall, eyeing distant lights of the metropolis, with a glass of wine, makes for an ideal Saturday getaway.



DERRY GIRLS
★★★★★☆☆ [16+] 2018

A snarky sitcom set in the 1990s conflict-ridden Northern Ireland, is about the lives of five mouthy teenagers. It's got quality crude humor with a touch of underlying political/religious satire. Self-righteous Erin, flighty Orla, high-strung Clare, world-class swearer Michelle and English fella James will take you through some of the most cringe-worthy, ridiculous and heart warming moments of their lives. Cracker is the word, absolutely cracker!



BLACK MIRROR
★★★★★☆☆ [16+] 2017

The show is a genre cocktail of sci-fi and dystopia. In essence, the anthological show has the general theme of technological dependency along with an eerie undertone in the stories of a wide brand of modern-day situations and society.



SEX EDUCATION
★★★★★☆☆ [18+] 2018

Think heady, funky, vintage and straight out of the 80s. This show is all that and more. Revolving around a clandestine sex counselling service dispensed by teens, the show's got a wide medley of characters of social awkwardness, promiscuity and old-fashioned rebel without a cause attitude. It's hilarity and sentiment, all in one.



HAUNTING ON HILL HOUSE
★★★★★☆☆ [16+] 2018

True to its horror genre, the show is not only threaded with supernatural fear but also psychological fear. The mystery-ridden story of the Crain family is portrayed revealing their encounters at Hill House as children that spiralled into the events in their adulthood. The story is sinister, gripping and in some ways hopeful of an happy ending.



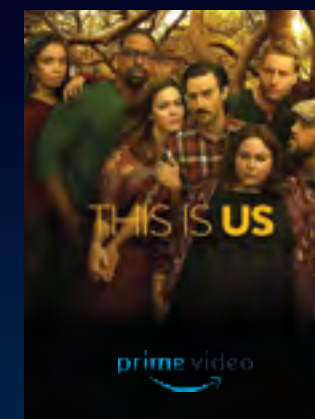
GILMORE GIRLS
★★★★★☆☆ [13+] 2016

Let the town Stars Hollow swallow you into the worlds' of mother daughter duo Lorelei and Rory Gilmore and leave you with serious 90s nostalgia. The show is the epitome of warmth and comfort with its characters spouting a witty sarcastic dialogue with lots of fast-worded pop-culture references and an amazing sense of humor.



MARVELOUS MRS. MAISEL
★★★★★☆☆ [16+] 2017

A quirky tale about a 1950s housewife-turned-comedienne. An unlikely friendship and a the making of a woman's career in a world run by men are just some of the things to look forward to in this stand-up dramedy.



THIS IS US
★★★★★☆☆ [NR] 2017

The show is an emotional rollercoaster personified. There's joy, sorrow and love all entwined to show us the lives of our favorite television triplets. This real, heart wrenching show will find you invested in every step of their story, all through to the end.



MADE IN HEAVEN
★★★★★☆☆ [18+] 2019

The Indian series is definitely not your usual 'focuses-on-everybody's-expression-for-15minutes' type. It has all the components of drama from love to betrayal while the narrative addresses major societal topics like homosexuality to aristocracy. Definite binge-watch material with one tea-spilling controversy after another.



REVIEW



REVIEW

A Real Life Scenario

The Stroke Team

Dr. Raghavendra
Dr. Pawan Raj
Dr. Dileep

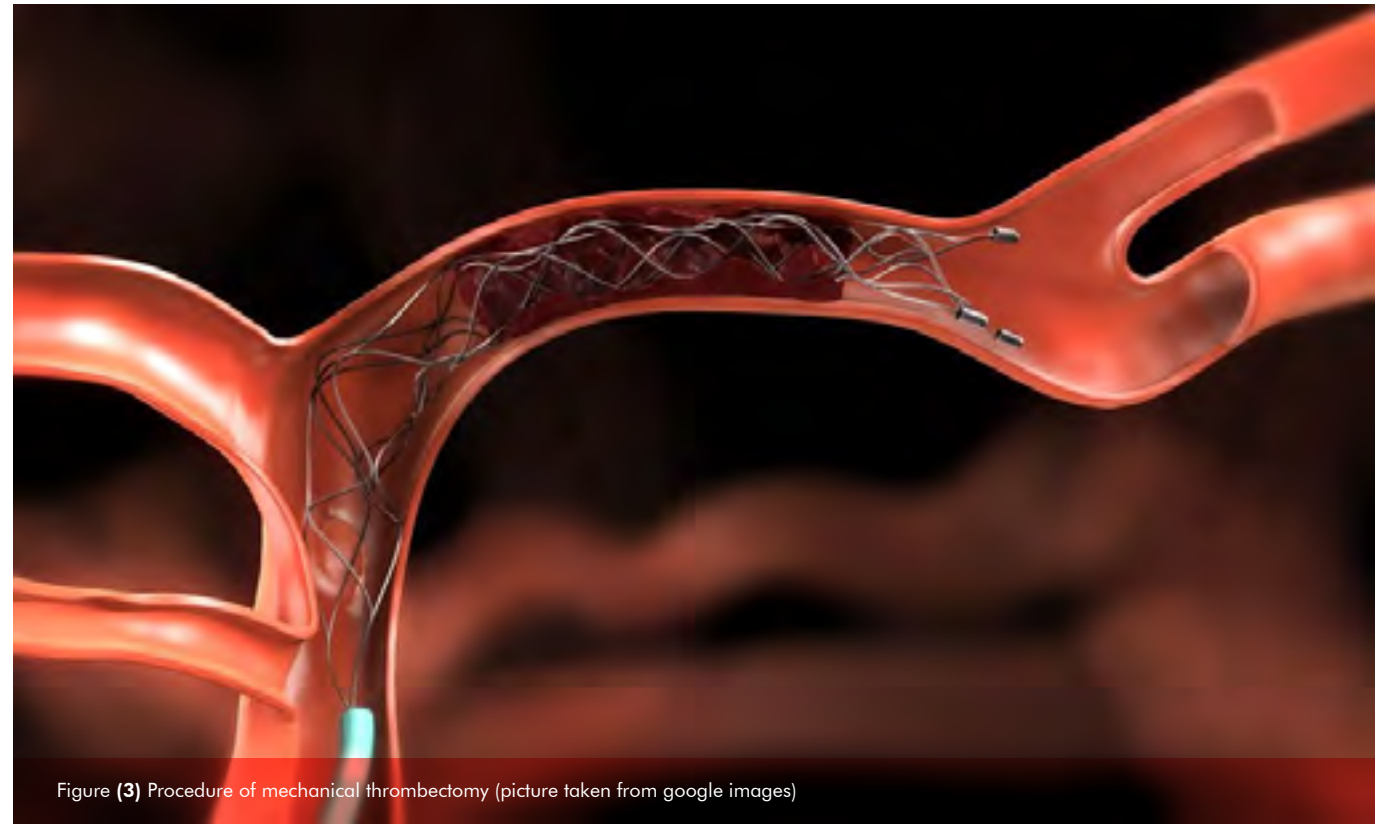


Figure (3) Procedure of mechanical thrombectomy (picture taken from google images)

This technique has higher success rates and is currently the treatment of choice for major strokes presenting within 6 to 16 hours from onset of symptoms.

Life given to us is truly a gift and the consciousness and the senses that we have to experience these are wondrous to say the least. Human brain is a complex structure which lets us experience and enjoy this life.

The human brain consumes almost 30

percent of oxygen circulating in the blood and needs a constant supply of energy to maintain its function. Any interruption in supply of oxygen or energy may lead to catastrophic consequences to its function.

Mrs. S, a young lady suffering from a

heart ailment was brought to hospital with complaints of chest pain, breathlessness and fatigue. On evaluation she was found to have obstruction of the heart valve and resultant sluggish blood flow, predisposing her to develop clots in the heart chambers. On

“Miracles are for real”

- Neuro team

the 4th day after admission to hospital she complained of dizziness and suddenly became drowsy. Her relatives fortunately noticed this early and brought it to the attention of treating team. When she was examined, she wouldn't respond to any speech and did not show any signs of comprehension, her eyes were deviated to left side and she had severe weakness of right upper and lower limb. Mrs. S had developed a stroke and her life was in grave danger. A small clot which had dislodged from one of the heart chambers had blocked blood flow to the entire left side of brain. As the clock ticked, more and more



Figure (2) large arterial clot removed from middle cerebral artery of Mrs S

neurons started dying as they are exclusively dependent on oxygen for metabolism. According to an estimate, every minute after the blood flow ceased, more than a million neurons die leading to permanent neurological disability. If not treated urgently she was going to be in a coma and was likely to die within the next 72 hours.

Mrs. S was taken inside the cathlab and

one could see that she had some return of power in her right hand and leg. Within an hour she started understanding speech and trying to reply with signs. Within 24 hours she had a near complete recovery and was able to sit, stand and walk, could speak clearly and had no neurological symptoms at all. It was as if a miracle had occurred. She went home walking and now comes to visit us in OPD every month.

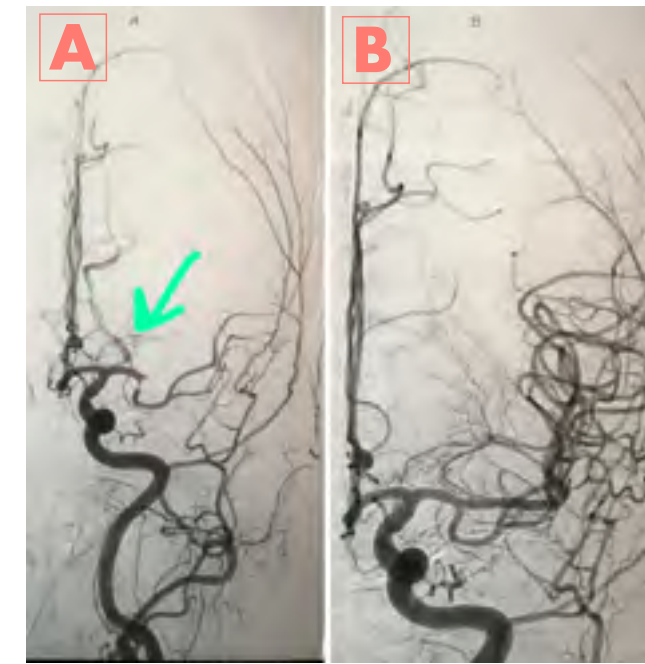


Figure (1) showing cerebral angiogram of Mrs S. Figure A shows pretreatment occlusion of middle cerebral artery with green arrow pointing towards site of occlusion and Figure B shows post treatment opening up of blood vessels after removal of clots

underwent an angiography which showed complete blockage of a major blood vessel. She underwent mechanical thrombectomy and a large clot was removed from the blood vessel. Soon after the procedure

For a long period of time stroke was not a curable disease. All that a physician could offer to a stroke patient was rehabilitation and supportive care. At the end of 20th century there were landmark studies published which

brought tissue plasminogen activator, a clot buster drug into the forefront of stroke treatment. Suddenly stroke was a curable disease. However there were caveats. The drug was effective only if given within 4.5 hours from the onset of stroke and there was a small risk of hemorrhages due to the drug. Since 2015 a newer modality of stroke treatment, mechanical thrombectomy has become available. In this treatment, a catheter inserted through the leg and guided into the neck and then to brain through the arterial system using angiography and using several techniques to dislodge and remove the clot from the site of occlusion. This technique has higher success rates and is currently treatment of choice for major strokes presenting within 6-16 hours from onset of symptoms.

We are lucky to have both IV thrombolysis and mechanical thrombectomy treatment available to acute stroke patients coming to FMMCH. A dynamic stroke team with neurologist and interventional radiologist is always on call and ready to treat any stroke patient within the treatment window period. "We look forward to making this hospital a centre of excellence for stroke treatment."

Hola hola! Is it that time of the year again? When it's your friend's birthday but your lazy self has won, yet again and you're slacking in the gifts department? We got your back!

Reason 234261537 why you shouldn't throw out this magazine: the Ed board has some awesome last minute gift ideas. Yeah, we're cool like that.

A Procrastinator's Guide to the Perfect Birthday Gift

A Teeny Tiny Little Succulent.

Low maintenance, high decor value. Keep it by the window sill, water it once in two days and you're good to go. (The plant store next to Xara cafe has the cutest succulents ever!)

Amazon prime membership.

Its 1000 bucks a year and an excellent investment. Watching re-runs of This Is Us, (with a box of tissues) is always a good idea.

Accessories.

A girl can never have one too many earrings. Or nail colours, or lipsticks. You name it. (The basement of the building next to Royal Durbar has an accessories store. 100 bucks can get one the prettiest college wearing Jhumka, just keep your best bargaining game on.)

A bottle of wine.

Do your research, walk into Wine Gate and pick up a nice bottle of said wine. (pro tip: Home Centre has the prettiest glass bottles. Transfer the wine into one of the coloured glass bottles to give it a fancier look)

Spa day.

Remember that back ache your friend complains about on standing too long during clinics or that haircut they keep postponing. This self time is what every medical student needs after each nerve wracking end posting.

A board game.

Board games are highly underrated. Take a trip to ToysRus in City Centre, it's a child's paradise. Sitting in a hostel room, munching on some chips, sprawled out over a game of Monopoly, is probably one of the best ways to enjoy them rare lazy Sunday afternoons.

Make a donation in their name.

What can we say about random acts of kindness that they don't say it themselves?

Gift card.

We found this awesome site which sells Westside, Levis, Lifestyle, and wait for it... SPAR gift cards! www.giftcardsindia.in (Feel free to send in some love our way too. We accept gifts.)

The Body Shop products.

A nice pinnacolada body wash or a bottle of fancy tea tree oil will take one a long way. It just never runs out.

Photos and fairy lights.

When in doubt always Polaroid. (The Adlabs store next to Icy creams develops photos for 20 rupees and within an hour). It makes for nice room decor and very Instagrammable posts.

A pizza party.

Throw your friend a surprise pizza party. The spots in college (need I even elaborate) where cakes are cut for birthdays can double up as makeshift diners. Good food and great company, is there anything more one could ask for?

Make them a cake.

Yes make, not bake. All you need is some good quality sponge cake and lots of nutella. (Pro tip: now that Pupkin's kitchen is on Swiggy, one can always order pastries without having to pre order an entire cake.) [Editor's pick : Nutella supreme]

If all else fails, place a bow on your head and knock on their doors at midnight because "My existence in your life is the greatest gift you could ask for"



Ma y d a y

(Chilling with the ones
who've been there and done
that.)





Dr. Diya, Dept. of OBG

What is the most challenging part of this specialty?

The erratic work hours and the unpredictability of the situations where you need to make the right call, especially because it involves two lives.

What is a common misconception about your field?

That we have our brains in our pelvis. Lol

What do you do in your free time?

I watch Netflix. Lol

If you weren't a doctor, what would you be?

A food critic.

What are the different career paths one can take after completing a PG in a field?

You can always go in to do fellowships in laparoscopy, infertility, do a super speciality in gynaecological oncology.



Dr. Livia, Dept. of Anesthesia

Dr Rewarding bits of the job - to take away someone's pain and anxiety

Misconception - that it's easy, not stressful or tiring. (lol, no)

Work life balance - If you have a talent, nurture it. Always involve yourself in extra curricular activities. Make time for family and friends whenever possible.

Unwinding - Watching a movie or hanging out with friends. I'm also an avid follower of Dad jokes and puns. And of course, MUSIC - it's like chicken soup for the soul

Personality traits - Think fast, be quick. Be good at multitasking. Being ambidextrous helps. Be calm and keep your cool even when everybody else around you is freaking out.

Most challenging - Accepting that there can be complications and having the courage to explain them when required.

Any advice to spare? - It's important to follow up patients from the first time you see them because they can progress either way. It's better to be honest about something you've not done rather than work your way around the problem (personal experience!). "Sterilium is now my go-to, as are the random vacant beds in random wards"

Where do you see yourself in 5 years? 10yrs?

Right now I'm working on getting through 24hrs!

In 5 years, probably working somewhere in the world. In 10 years, with a lovely wife and 3 cars - kids wouldn't be bad either



Dr. Nayan Pinto, Dept. of Surgery

What is the most challenging part of this specialty?

Space to operate is small and the anatomy is complex.

How do you achieve work life balance?

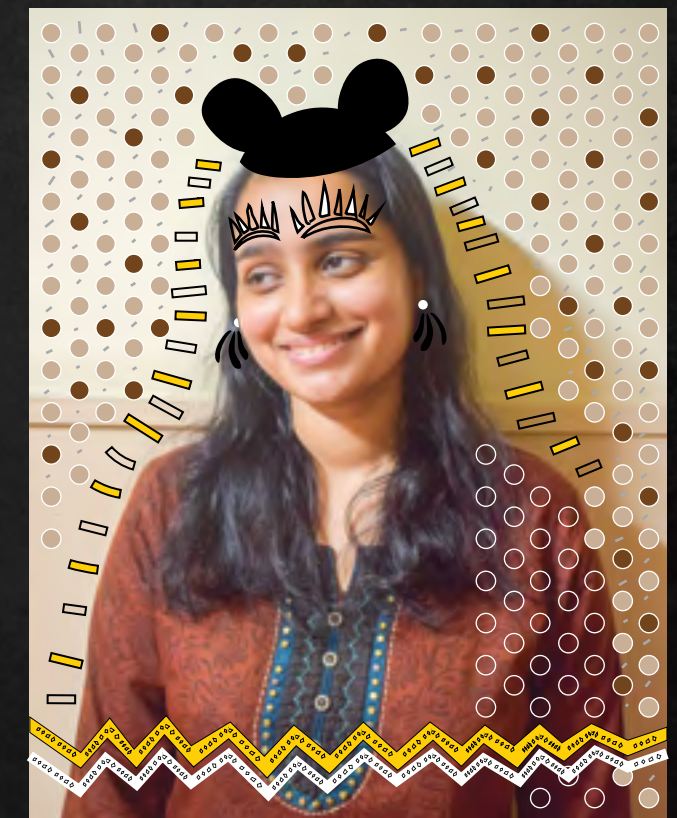
It's too early as of now to answer that personally but ENT has good work life balance in general
What's the one piece of advice you would give a medical student?

I haven't reached a position yet to give advice!!

After 35, maybe.

If you weren't a doctor what would you be?

I like gardening and teaching.. May be some career in that!



Dr. Jenetta, Dept. of ENT



Dr. Tanvi, Dept. Of Dermatology

What is the most challenging part of this specialty?

The biggest challenge in Dermatology is the complete reliance on clinical examination, particularly just inspection and palpation. Your eyes and your hands are your only tools.

What is a common misconception about your field?

The biggest misconception is that it's just about treating pimples and wrinkles. Without trying to undermine treating pimples and wrinkles, dermatology is so much more than that.

What are the different career paths one can take after completing a PG in Dermatology?

Cosmetology, Dermatosurgery, Dermatopathology etc.

What do you do in your free time?

I read a lot, I swim, go for a run or listen to music.



Dr. George, Dept. of Orthopedics

Most challenging?

To offer best result to the patient without any permanent disability or limitation

Common misconception about Orthopaedics is that It's an end branch, which is actually not true.

Personality traits required - One should be physically and mentally strong

Is attaining Ortho a tough task? It's among the few branches with crazy high demand and one should have a good rank in NEET to get a decent college.

Typical day at work - starts at around 7 am and with 2 duties and 2 OT days per week.

If not a doc? - Advocate

What's in store after PG? - There are various fellowships after completion of Orthopaedics like Arthroplasty, Hand and Micro, Spine etc.

Why Patho? The first thing I remember is in second year I used to read Robbins - Father Robbins and I loved it. I mean you know why everything is happening, you can see it and it's beautiful. I remember the first time I got binocular vision. Getting it is difficult. I felt like I was looking at the world from outer space

What are the different career path options after PG?

The first is that you could work as a consultant pathologist - that's what many people do. So you could either work in a teaching college hospital or there are so many private labs. If you want to go back into the clinical field, if you've taken pathology out of compulsion there's something called DM in Hematology. That's a superspecialty - by doing that you again become a clinician.

What do you do in your free time?

Other than cooking, I like crocheting.



Dr. Archana, Dept. of Pathology

Why did you choose this specialty?

Because it has both medicine and surgery. Also, space to breathe.

What is the most challenging part of this specialty?

Fine skills and small parts are involved.

And the most rewarding bit?

The patients are happy when they leave because you know nobody is sick and coughing. There's nothing chronic about it (Most of it, at least).
Would you choose this specialty if you had to do it all over again?

Yeah. Definitely.

What is a common misconception about your field?

They think it's too chill. Nobody looks at it as their first option.



Dr. Divya, Dept. of Ophthalmology

TEN COMMANDMENTS FOR MULLERIANs

- I. ROBBINS IS THY GOD.
THOU SHALL HAVE NO
OTHER STRANGE AUTHORS
BEFORE HIM
- II. THOU SHALL NOT SERVE
ANY FALSE PROFESSIONS.
BE DEVOTED TO MEDICINE
- III. THOU SHALL NOT TAKE
THE NAME OF
HIPPOCRATES IN VAIN
- IV. REMEMBER THE RARE
HOLIDAYS AND KEEP IT
EXCITING
- V. HONOR THY TEACHERS,
LAB ATTENDANTS, NURSES
AND SENIORS FOR THEY
SHALL HELP YOU PASS

- VI. THOU SHALL NOT KILL
A HUMAN, ANIMAL OR
YOUR SPIRIT. EXCEPT FOR
THOSE PESKY MOSQUITOES
- VII. THOU SHALL COMMIT
TO ADULTING (AFTER
MANY FAILED ATTEMPTS
THOU SHALL REALISE THE
VALUE OF THY PARENTS)
- VIII. THOU SHALL NOT
STEAL GLOVES AND
SCALPES FROM THE
DISSECTION HALL
- IX. THOU SHALL NOT BEAR
FALSE WITNESS AGAINST
THY BATCHMATES AND
HELP THEM WITH
ATTENDANCE
- X. THOU SHALL NOT
COVET THY NEIGHBOURS
MARKS, SLIDES, SAMPLES
OR SPECIMENS

...



S p o r t s f t w

(Keep that cardio
pumping.)



Sports is an essential ingredient to the recipe of life, which keeps you fit and full of zeal. Ignite, our annual sports day 2019 was conducted on May 18th to encourage the budding athletes amongst our future doctors and health professionals.

Mr. Vikas Puthran (international athlete), was the Chief guest for the day, who described the importance of sports among the medical and paramedical students. Soon the enthusiastic athletes took part in various events and

IGNITE 2019

the stadium shone under them, beautiful flood lights. The crowd echoed with buzzing enthusiasm as they hooted and cheered. Ravindra Kumar, from 3rd year was declared the best athlete of the meet. The medals and certificates were given away to the winners by the physical director of FMMC. The evening sure did ignite the light of sportsmanship in the hearts and souls of competitors and spectators alike.



MEN	WOMEN
CRICKET	
2014 winners, AHS runners up	2014 winners, 2016 runners
VOLLEYBALL	
AHS winners, 2016 runners up	
TABLE TENNIS	
2018 winners, 2016 runners up	2014 winners, 2016 runners up
BADMINTON	
AHS Winners, 2015 runners up	2017 winners, 2016 runners up
FOOTBALL	
2014 winners, 2016 runners	
CHESS	
2014 winners, 2016 runners	
THROWBALL	
2017 winners, 2016 runners	
BASKETBALL	
2014 winners, 2016 runners	2016 winners, 2018 runners



with love, from the Reading Room.

1. Spotting the ideal spot.

- A. Directly under a fan, good lighting.
- B. Plug point nearby because we all know you're there for the Wi-Fi than the studying.
- C. Three textbooks to claim your spot

2. The (very) awkward ramp walk on the alley in the middle, especially if your spot is at the very end of the room.

3. The wait for someone to lift up their butt and switch the lights on at 6 p.m. Sending a silent prayer and a warm smile when that one good Samaritan decides to act to dispel darkness.

4. The mind map, where you know who sits where and it messes with your head when that random stranger decides to change his place on a whim.

5. Since romancing outside the reading room is not allowed post 10 p.m. (for strange reasons I don't want to know) pre-ten romancing happens at the major hotspots outside the RR. To avoid PDA, stay glued to your seat and avoid stepping foot outside the RR before ten. If you're the couple, then, well...

6. The two glasses above the cooler that you drink from, making you automatically recall a list of organisms from Baveja, that are most probably entering your gut as you gulp.

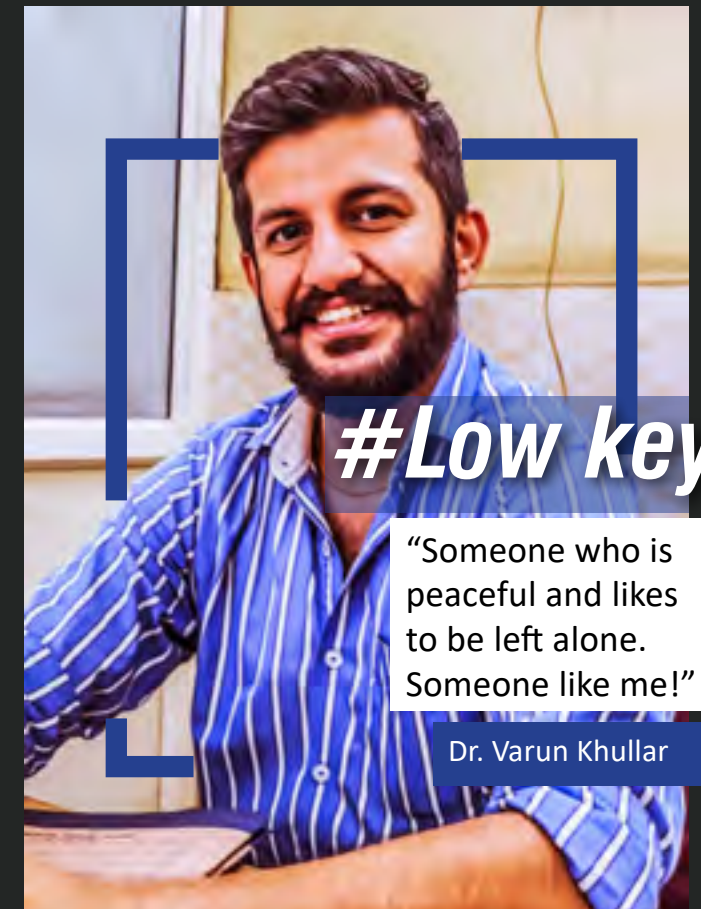
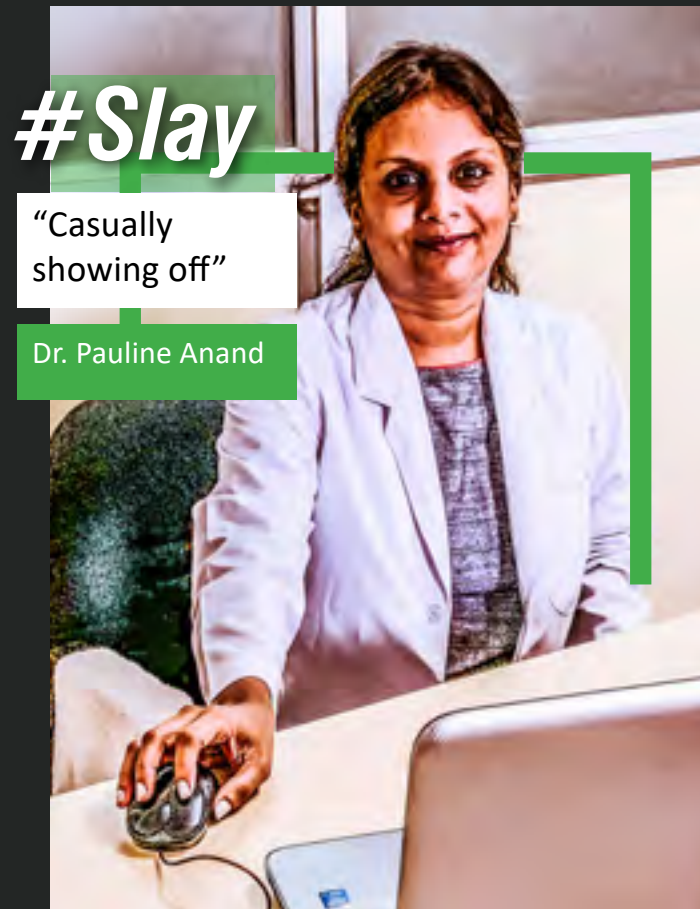
7. Resorting to the e-library when Mangalore decides to get unbearably hot.

8. Talking about hot, Robert Downey Jr. (If you know it, you know it)

Shook

(Us, during the making of this section.)





On the 15th of August, 1947 at the stroke of the midnight hour, India awakened to freedom but however it was indeed on the 27th March, 2014 at the break of the dawn that India did truly awaken to freedom, freedom from the treacherous polio virus.

27th March, 2014, the World Health Organization declared India polio free with the last reported case in 2003, who was Rukhsar Khatoon. India's triumph over polio virus was a much sought after achievement by the Indian Government. In a vast country of more than a billion people that are culturally, economically, socially and linguistically diverse, having a healthcare system beset by several problems, India ushered into the year 2014 with an achievement to be proud of.

Being on 4 countries with ongoing wild poliovirus, India intensified pulse polio immunization programme by aiming at vaccinating all children under the age of five years against the polio virus. The Government of India in unison with UNICEF and Rotary International strived hard towards attaining this goal.

Thus it all started in 1978. By 1995, Tamil Nadu's Vellore was the first to be declared polio free. The other states also adopted similar measures in order to embark the beginning of a new journey- The Pulse Polio Immunization. They said India would be the last to stop polio, the feat was nearly impossible, to find and immunize more than

170 million children, behind every door of every dwelling behind the vast subcontinent.

Innovative new vaccines in the form of monovalent vaccines was first introduced, this was followed by the path breaking introduction of bivalent vaccines which provided immunization against type I and type III.

Detailed new micro level planning in order to reach every single child was put forth into action. Immunizers were trained, polio rounds were announced through posters, banners and diverse array of brightly branded information. Families in Uttar Pradesh however refused to immunize children believing in rumors that linked polio vaccination to impotency. The Government thus initiated the SMNET's- Social Mobilization Networks as a response to the resistance against polio vaccines.

SMNET's strive to promote the health seeking behavior that is critical to polio eradication. It works between and during polio immunization to ensure that no child is missed. It carries out a large number of activities which involve child tracking, family counseling and creative booth day activities.

CMC's- Community Mobilization coordinators are appointed and strategically chosen from area to help serve this purpose. UNICEF, supporting the SMNET's has launched a soap opera named 'Ka Naam

'Kyunki Jeena Isi Hain' that imparts immunization and other life saving messages. Tackling personal as well as socio-cultural issues in a sensitive yet progressive manner, it provides credibility and reinforcement to SMNET's efforts.

'Polio Sunday'- Booth Day: Booths are introduced in popular locations

such as schools, markets etc. Children not only receive oral polio vaccine but bare also provided with small gifts like that of a ball, mask, caps etc calling groups, with a 'Bulawa Topi' run through the laneways of communities calling children for their booths.

The programme also aims at co-ordinating and collaborating with influencers like religious leaders, local doctors, school teachers, local level politicians to promote polio vaccination. Monitoring is conducted through the NPSP- National Polio Surveillance project through Surveillance medical officers. Media strategy to help create awareness is also of paramount importance.

An article from Deccan Herald, 2019 reported introduction of an app to locate immunization centers. It also provides all necessary information about the immunization. Getting a zero polio cases was the first challenge, however maintaining at zero and preventing importation is still an ongoing challenge. The question arises.. Is India truly free from the clutches of the deadly Polio Virus?

Source essays the presence of virus strains in OPV(Oral Polio Vaccine) can cause paralysis in vaccinated children. It imposes a paramount challenge to Indian healthcare system, the benefit of doubt goes to the prevalence of non-polio acute flaccid paralysis. It is possible that much of the OPV mishandling has been buried within the non-polio acute flaccid paralysis cases and remains unnoticed.

With due consideration to the presence of the virus in the environment, it is time for India to revise its strategic plans to fight back against this debilitating virus. Thus we should remain vigilant against the risk of polio importation until the whole world is free from this debilitating disease. Furthermore additions should be implemented in order to make sure that it does not return to cripple any child anywhere in India. ■

By Reema H.M
MBBS 2017



In a Parallel Universe

(F a n d o m s , A s s e m b l e .)





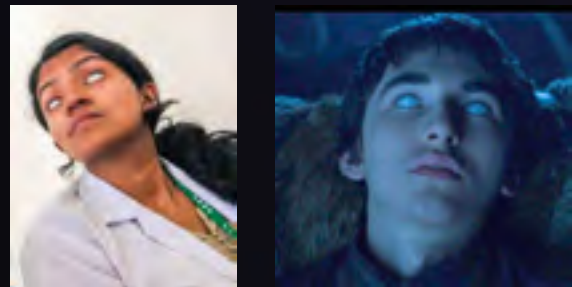
"STICK 'EM WITH THE POINTY END"

When I go to the reading room every day, just to stare at my crush.



"THINGS I DO FOR LOVE"

When it is only half way through the year but you already know you're failing Universities.



"I AM THE THREE EYED RAVEN NOW"

When the external examiner is a nightmare but the internal pities you.



"LOOK HOW THEY MASSACRED MY BOY"

When you ask your "friend" for a hookup



"FRIENDS DON'T LIE WITH EACH OTHER"

When you earn Dr. Pavan Hegde's chocolate



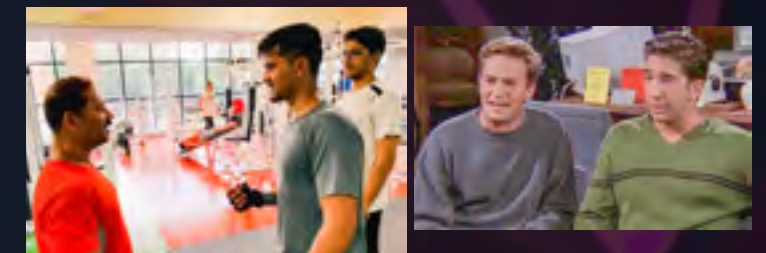
"I AM THE ONE"

When I ask the mess guy when the food was cooked.



"NOT TODAY"

When she wants abs but you want kebabs



"WE WANT TO QUIT THE GYM"

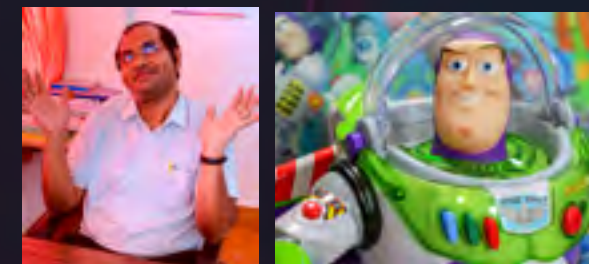
IN A PARALLEL UNIVERSE

Boys' hostel can relate



"I AM THE ONE WHO KNOCKS"

When you run out of facts and start bullshitting in the exam



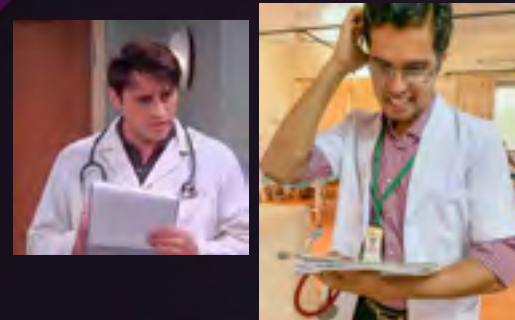
"TO INFINITY AND BEYOND"

That one friend who asks a doubt at 12:35 p.m.



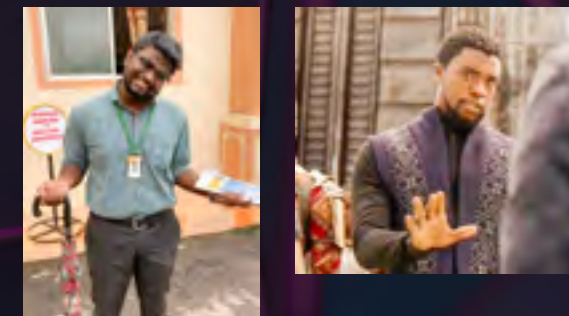
"SHE IS OUR FRIEND AND SHE IS CRAZY"

When they ask for the pediatric dose of drugs



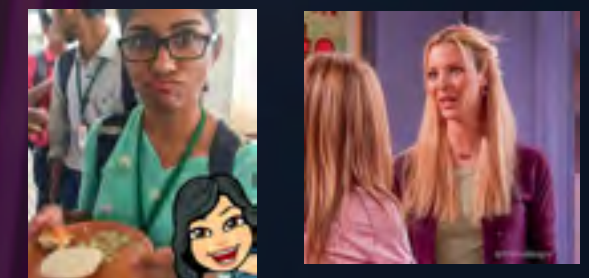
"I AM A DOCTOR, NOT A MATHEMATICIAN"

Attend few more classes just to be safe on your 74.8% attendance....



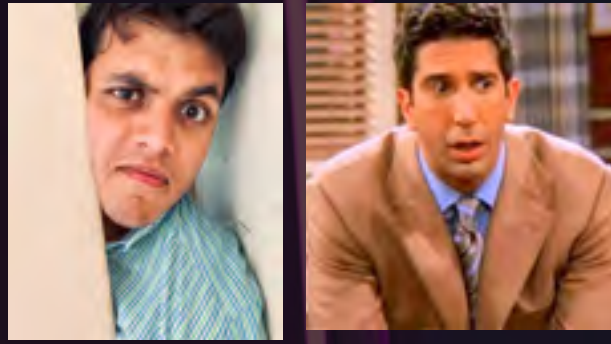
"WE DON'T DO THAT HERE"

When you sneak into a conference for the food and the staff spots you, but you continue to hog without making eye contact.



"THEY DON'T KNOW THAT WE KNOW THAT THEY KNOW"

When college keeps fine on the first day after vacations



“WE WERE ON A BREAK”

When the teacher asks during viva how you would pass theory this way, but you already have the pdf downloaded to copy from.



“IF I TELL YOU WHAT HAPPENS, IT WON'T HAPPEN”

When's it 8:29 a.m. and it's Karen ma'am's class



“RUN FORREST RUN”



“MAH KWEEN”

When they raise the mess fees



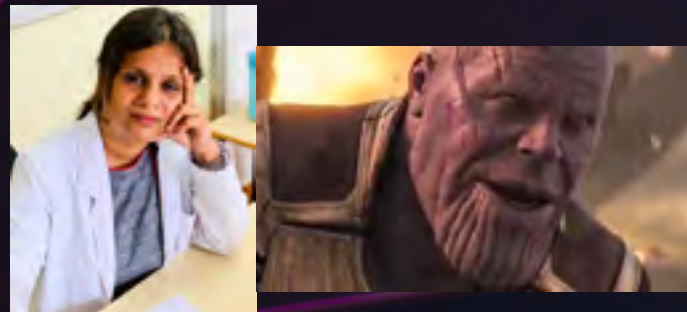
“IT TASTES LIKE FEET”

“PUNCH MAADI”



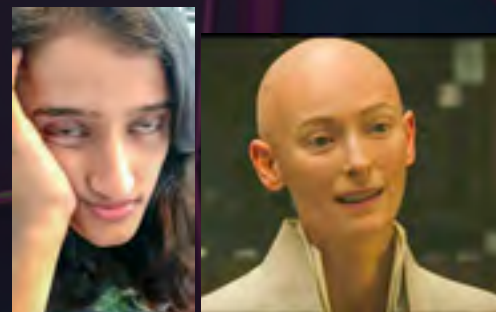
“I CAN DO THIS ALL DAY”

When the Physio teacher sees your hands shiver before the prick.



“ALL THAT FOR A DROP OF BLOOD”

When you tell the editor that half of these fandom references doesn't even make any sense.



“NOT EVERYTHING DOES... NOT EVERYTHING HAS TO”

WordArt

(Scribbles, Strokes, Snaps.)



Things that can ruin your life.

“Let me in”, she yelled. Banging on the door till the side of her fist turned puce. “Let me atleast explain”, she pleaded.

Well that was an empty request. She, in fact, couldn't explain it. She didn't know how. It would have been easier to explain the realm of quantum mechanics to a 10 year old rather than explain this.

At least then her heart won't ache as much. At least it won't feel as though suicide would be as simple as signing up for a roller coaster ride.

Matters of the heart can never be explained so easily. That, she had learned today.

Cecilia always wanted to have a successful career. A wonderful family and a beautiful house to

pamper them in. And now at 28, she did; working in one of the top tech companies in America, earning a salary enough to leave a 50\$ tip.

She was married to Ranjit, the most sweetest, most thoughtful and more importantly, the most LOYAL man she can think of.

They lived in a 2 story house with 5 bedrooms, a gym, a swimming pool and their very own tennis court.

She remembered how he proposed on Valentine's. How his eyes were, glowing, both with fear and excitement. How she was shaking the moment his knees touched the ground.

She's shaking again but not for the same reason.

All it took was the following 10 things:

- One night.
- Two brown and seductive eyes.
- Three hours of flirting at a friend's party.
- Four days of her loyal husband out of town.
- Five glasses of red wine.
- Six rock solid, chiselled abs.
- Seven minutes of romantic dancing.
- Eight kilometers to a house she's never been to.
- Nine minutes in bed.
- And Ten salacious messages that her husband read.

Now banging on the door of that very house, of which she dreamed her perfect life to be in, she's devastated, remorseful.

How could she have been so stupid.

- Romith M Pereira
Batch 2015

ಈ ಜಗ - ಸೋಜಿಗ

ವೈವಿಧ್ಯಮಯವಾದ ಈ ಭುವಿ,
ಅಲ್ಲಲ್ಲಿ ಇದೆ ಗವಿ-ಅಡವಿ.
ಅರಿಯಲು ನಾ ಇದರ ಉದ್ಭವವ,
ತಾಳಲಾರೆ ನಾ ಮನದ ಕಾತರವ.

ನದಿ, ಮಣ್ಣು, ಬೆಟ್ಟ ಎಲ್ಲಾ
ಮನುಜಾ! ಇದಾವುದೂ ಕೃತಕವಲ್ಲ.
ಉಜ್ವಾಸ ನಿಶ್ವಾಸಗಳೆರಡೂ ಗಾಳಿಯೇ
ಜನನ - ಮರಣವೆರಡೂ ಬರಿ ಕೈಯಲ್ಲಿಯೇ.

ದೂರದ ಬೆಟ್ಟ ಕಣ್ಣಿಗೆ ನುಣ್ಣಿಗೆ,
ಇರುವುದರಲ್ಲಿ ಋಷಿಯಾಗಿರು ಸಾಲದೆ ?
ಇದ್ದರೆ ತಿಳಿಯಲ್ಲ ಇರದಿದ್ದುದರ ಬೆಲೆ,
ಬುದ್ಧಿ ಬರುವುದು ಕೆಟ್ಟ ಮೇಲೆಯೇ.

ಎಲ್ಲರಲ್ಲೂ ಇದೆ ಒಂದಲ್ಲ ಒಂದು ಕಲೆ,
ಅದನರಿತು ಕಂಡುಕೊಳ್ಳಬೇಕು ಒಂದು ನೆಲೆ.
ಅರಿವು ಸಂಗ್ರಹಕೆ ಇರುವುದೊಂದೇ ತಲೆ,
ಅದರಲಿ ನೂಲಾರು ಸಮಸ್ಯೆಗಳ ಬಲೆ.

ಮಗುವಿನ ತಪ್ಪುಗಳು ಮುಗ್ಧತೆಯ ಭಾಗ,
ಹಿರಿ ಹೆತ್ತವರಿಗೇಕಿಲ್ಲ ಮನೆ - ಮನದಲಿ ಜಾಗ?
ಎಲ್ಲೆಡೆ ಹಬ್ಬಿದೆ ಸಾಮಾಜಿಕ ಜಾಲತಾಣ,
ಮರೆಯಾಗಿದೆ ಮಾನವೀಯತೆ ಎಂಬ ಗುಣ.

ಬಡವನಿಗೆ ಹೊಟ್ಟೆಪಾಡಿನ ಗುರಿ,
ಸಿರಿವಂತನಿಗೆ ಒತ್ತಡದ ಗರಿ.
ಸಾವೆಂಬುದು ಬದಲಾಗದ ಸತ್ಯ,
ಅದ ನನೆದು ಏಕೆ ಕೂಲಗುವಿರಿ ನಿತ್ಯ?



By Bhavana T.
Batch 2015

ಕುಸಿತುಬಿದ್ದಳಾಕೆ!

ಕೂತ ಜಗಲಿಯ ನೆಲದಲ್ಲಿ
ಆಕೆಯ ಬೆವರ ವಾಸನೆಯ
ಜಾಡುಹಿಡಿದಿತ್ತೇ ಹೊರತು,
ಕೇಳಲಿಲ್ಲ ಪೋಸ್ಟ್ ಮಾಸ್ಟರನ
ಸೈಕಲ್ ನ ಗಂಟೆ.

ನಿರಾಸೆಯಿಂದ
ಮುಂಗಾಲ ಅದುಮಿ ಮೇಲೆದ್ದ ಆ
ಮುದಿಜೀವ, ಬಾಗಿಲ
ಬಳಿನಿಶು ರಸ್ತೆಯತ್ತ
ಕಣ್ಣುತಾಯಿಸಿದ ಬಳಿಕ,
ಕಣ್ಣುಜಿನಲ್ಲಿ ಹೊಳೆಯುವ ನೀರಹನಿ
ಅಂದೇನು ಹೊಸತಾಗಿರಲಿಲ್ಲ.

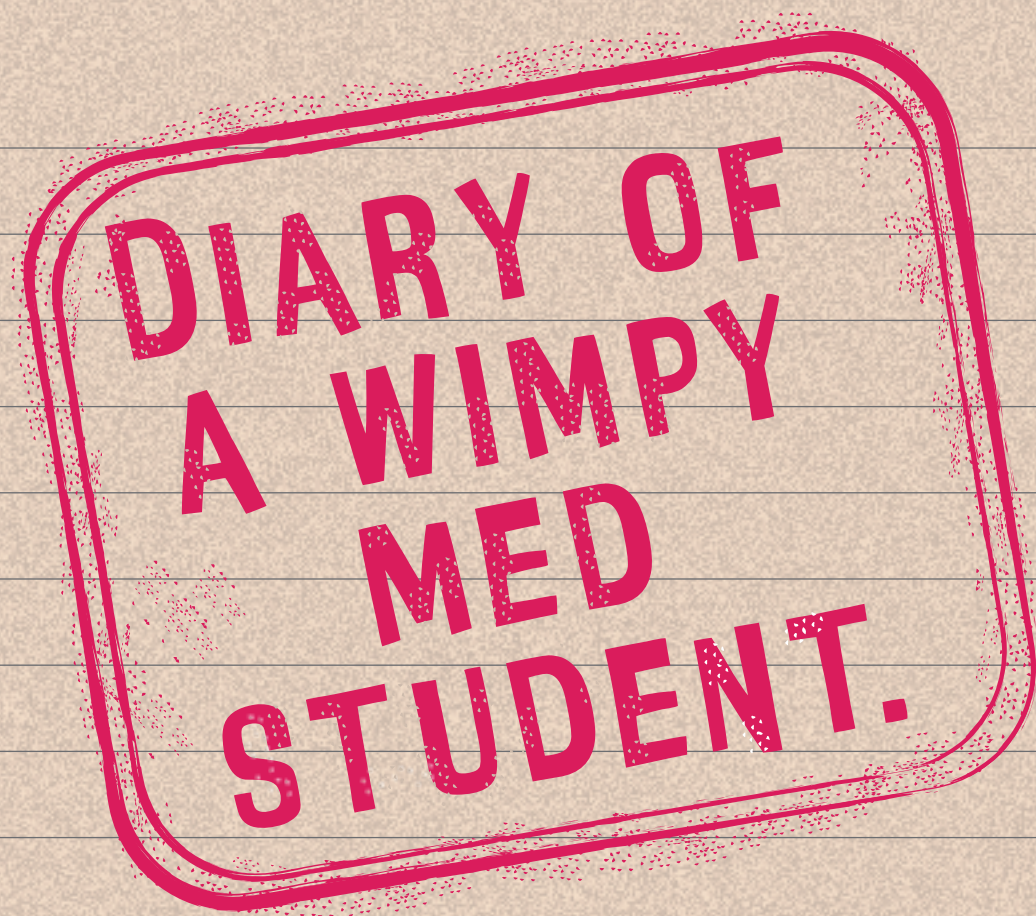
ವರ್ಷಗಳೇ ಕಳೆದಿತ್ತು.
ಮಗನೊಂದಿಗೆ ಮಾತಾಡಿ,ಮೊಮ್ಮಕ್ಕಳ ಮುದ್ದಾಡಿ.
ಸೊಸೆಯೋ,ಅತ್ತೆಯೊಂದಿಗೆ ಮಾತಾಡಿದ್ದಕ್ಕಿಂತ
ಮೂಗುಮುರಿದಿದ್ದೀ ಹೆಚ್ಚು.
ಆತನ ವಿದೇಶಿ ಜೀವನ,ಅವನರದ ಬದುಕು,
ಘನತೆ ಗೌರವಗಳೆಲ್ಲವು ಅವನ
ಜನನಿಗಿಂತ ಮಿಗಿಲಾಗಿತ್ತು.

ಆ ಹೆಣ್ಣುಜೀವ, ಹೆತ್ತಮಗನ
ಮುಖ ನೋಡಲು ಪರಿತಪಿಸುತ್ತಿತ್ತು.
ಕನಸಿನ ಕುಡಿಯ ಶ್ರೇಯಸ್ಸನ್ನು
ಬಯಸುತ್ತಿತ್ತು.
ಮಗನಿಗಾಗಿ ಕಟ್ಟಿಕೊಂಡ ಹರಕೆಗಳ ತೀರಿಸುವ
ಮೊದಲೇ ಕೈಲಾಸ ಸೇರುವ ಭಯ
ಆಕೆಯನ್ನು ಇನ್ನಷ್ಟು ಕುಂದುತ್ತಿತ್ತು.

ಕೊನೆಗೂ ಕೇಳಿಸಿತು ಮೋಸ್ಟ್ ಮಾಸ್ಟರನ
ಸೈಕಲ್ ನದ್ದು.
"ವೃದ್ಧಾಶ್ರಮದಲ್ಲಿ ವ್ಯವಸ್ಥೆಮಾಡಿದ್ದೇನೆ"
ಕುಸಿತುಬಿದ್ದಳಾಕೆ!



By Niranjana Shetty
Batch 2017



Dear diary,

A typical day starts, with me snoozing the alarm every 5 minutes from 6:30 a.m., questioning if I really need this education, to finally open my eyes at 8, get tachycardia and try to make it to class. Breakfast is usually a privilege granted to the prompt and punctual, which I occasionally receive, because my need for 1st hour attendance always supersedes breakfast. I know people think it's easier to reach early to class if you stay in the hostel, but news flash – it's not, especially when you have to open your eyes to the alarm and a pile of dirty laundry and not your mom waking you.

Lost in the euphoria of making it to class and proud of successfully bringing my apron and steth on yet another day, I somehow find the motivation to go on the customary hunt in the wards for a patient with findings whom I can nag and take a case in my broken Kannada. Thanks to micro teaching we have evolved from climbing over each other at the dissection table in 1st year to getting split up into tiny units so that every person gets an equal opportunity at getting busted during clinics.

If you thought betrayal was just when Lord Baelish cost Ned Stark to be relieved off his head or when Lando Calrissian called Darth Vader on Han Solo in episode V, you're wrong. Try having your beloved patient with whom you spent your entire

Sunday evening, examining and taking a thorough history for case presentation, switch sides when he replies a "yes" to 'novu unta?' in front of the staff even though he denied it a million times the previous evening. Et tu, Brute?!

With varicose veins in my limbs from standing so long and my Kurta drenched in sweat after class, the day ends by punching in with a bit of fresh and honest and college gossip at the all famous Fr. Muller Reading Room, the hub for all social gatherings for Mullerians (especially batch 2015 – one of the few things our batch is known for. *wink wink*) followed by a few fruitless hours of studying and successful Instagram stalking and scrolling through BuzzFeed videos (credits UG Lib WiFi)

There are a few things in life that amaze us like how humans can't lick their nose or how the theme song of mission impossible is inspired by the Morse code and how my brain goes all Jon Snow (from GOT not the one who made the cholera spot map) and my explicit, voluminous vocabulary, which I so boastfully use otherwise gets reduced to monosyllables and sometimes just incomprehensible sounds when asked to define pulse in viva. Cliché!

But with all the time I've spent as a medical student I have realized that only Charles Darwin spoke the ultimate truth, that life is in fact survival of the fittest.

You will have days when you are motivated enough to finish a few biochem metabolic cycles or rattle out a few pharmac drug classifications or actually manage to read community med and every once in a while (more like 3–4 times/week) you might be lucky to show up to class in bathroom slippers, glad you didn't forget to wear your pants.

So here's a tip: Do whatever you have to, to keep your sanity intact, to break the drab monotony of the everyday intellectual métier we live in.

Watch a movie or 3; paint, bake, join Zumba, a book club, the Breakfast Club or the Dead Poets Society, learn a new instrument or a sport, go on an adventure to infinity and beyond (as long as you have 75% attendance, of course) or just dance it off like Meredith and Christina Yang if you have to, because tomorrow might be better or worse – with people ridiculing you at your incompetence and inability of reciting important facts of random books which trust me are important; because that's what we do, we're Medicos. We don't drink and know things; we read and know things.

So hang in there, you got this.

- Sharon Sankeshwar
Batch 2015

On a scorching afternoon, while finishing the last piece of watermelon which was cut into cubes and stuffed into a transparent plastic glass, one of us mentioned how monotonous our lives have become amidst the hot air of Mangalore and thick medical textbooks. This serious talk finally landed us on Kalasa, a small green town in the district Chikkamagaluru. A group of 12 medicos, finally decided to give a break to this monotony, and before anyone could back off from the plan, the brightest minds of the group booked the bus off to Kalasa.

On the 16th of December, with a thirst for adventure and to find the solace of nature, we set off to Kalasa in a mini bus, with its air filled with the voices of 12 dysfunctional adults and their tuneless songs. As we drove past the crowded towns guarded by compounds of street lights, we entered the district Chikkamagaluru. A piece

of nature carved with green fields and blue waters, high mountains and massive rocks. To condense in a line, it's Arundati Roy's monsoon Ayemanam. We watched the huge hills of Kudremukh hill station, few of us got down from the bus to ease the sudden winter cold by sipping on a hot cup of coffee and bajji or even a glass of toddy.

As we progressed, after a straight 3 hours of journey, embracing more greenery and cold breeze, lost in the beauty, we reached a place, where the guide (One of us, who had already been to that place), took us to a hanging bridge, dangling in the air, with minimal support to our legs. We somehow pulled it off, reaching the other end while few photogenic souls stood there clicking pictures and recording videos. After the photo session, we rambled on to a tea estate whose name or correct address we clearly don't remember! Clicked few pictures and enjoyed the serenity of the estate and the smell of raw tea. In the haste of clicking pictures, few of us stepped on cow dung and became a laughing stock for the next two days.

Tired with all the photo sessions and travelling, we finally reached our home stay, The Prince of Kalasa. We were welcomed with warm smiles and wishes of the enthusiastic guide, who led us to our rooms. We rested there for a while and had our breakfast of idli and chutni.

The hill station's bumpy road was not so easy to be travelled on. A roofless jeep was booked, on which we clutched the railings of iron rods and streamed up and down on the narrow mud road taken, to reach the Soormane Jalapatha (waterfall). About 5 KMs away from the town, we reached a road. Road, dead

end. From there, we had to walk through areca nut fields and coffee estates down the cement roads which were under construction and covered with wet paddy hay, guarded by trees with lichens growing on them. We finally reached a small but beautiful waterfall with water rippling and gushing, while few swam and few showed their pseudo hydrophobia, until one of us had to drag them into the freezing waters and splash water on their faces and get the reverse package of water on them, which evidently taught us how Newton's third law works.

From there, we were taken to a hill top driving past the temple of Horanadu Annapoorneshwari, (about 3kms from the temple) and again a more bumpy road was taken, with our spleen and spine dangling in the wind. Still warbling songs, we reached the tip of the mountain, where we sat in a circle, and witnessed how our sun was departing from this end of the world to another, leaving its mark of hopes for the new morning to come.

Sapped and drained, we returned to our stay, packed our bags and sat in our bus, with hearts happy and tummies filled with a delectable dinner. We started our journey back to Mangalore, puking off the wild fruits offered and making memories for a lifetime. ■

The Green

Wonder.

-Robin T. Baby
Batch 2017

HAMPPI

A Piece of Heaven on Earth

In the era before that of PUBG, when people struggled to get decent WiFi, my chubby little friend from Manipal and I decided to embark on a mission- A 1000 km road trip! And the destination would be the ancient world heritage site, Hampi. On 9th October 2016, still uneasy about the fact that Dr. Prakash Shetty would screw me for bunking his dissection classes, I take a last minute bus to Manipal where my friend Lyon Mathias waited on his KTM duke 360.

Nobody ever goes on a road trip on a KTM and we learned our lesson after almost crashing it not once, but thrice. Thank god for prayers phew!

8:45 a.m.: We start from the famous Tiger circle, Manipal. Leather jackets, water bottles, wayfarers, biscuits, clothes for the night, an offline map and an explosive grit to reach Hampi in one piece. Flags off! We zip past a number of small villages, the treacherous hair pins in Agumbe and reached a village named Theerthahalli, with more potholes than actual tar, making us lose 3 precious hours in the process. We somehow made it through Theerthalli without a tire patch. Theerthahalli was done and dusted (literally). We moved to

the beautiful Shimogga with scenic lakes on both sides and the beautiful clouds above. We simply had to stop and take pictures.

1:45 p.m.: We reach a small village near Shimogga, hungry and tired to the last cell in our aching bodies, we stop for lunch and believe it or not, we get Kerala parotas and chicken, hell yeah! Undoubtedly, we feasted on the scrumptious meal.

4:00 p.m.: We decided to stop at a chai place in Harihar, we met with a couple village school kids who were clearly awestruck



By Hazim R
Batch 2016

seeing our KTM bikes, cool leather jackets and Lyon's fancy DSLR camera. We take a couple of pictures of the kids, and casually happened to check on the GPS only to realize we were 100 km off track!

Panic at the chai shack! (Get it? Panic! At the Disco? No? Never-mind then, moving along.)

start using the gear at around 150 km to cover up. We make it in 2 hours, tired; half dead. We finally reach Hampi at midnight and crash in our lodge.

October 10th: Hampi **9:00 a.m.:** We reach the enchanting site, a village and temple town recognized by UNESCO World Heritage Site, located within the ruins of the city of Vijayanagara, encompassed by 7 lines of fortifications and with many bastions and gateways. The Jain temple on Hemakutta hill, the 2 Devi shrines, the Shiva shrines with stepped vimanas, were all feasts to the eyes.

We fool around through Hampi and relax at the Tunghabadhra River (the famous Crocodile River is where we had our photo shoots done). We decided to stroll through the exotic temples, every wall sculpted to perfection. Never had we seen anything of that sort and never would we see it again.

Later in the evening we head back to Manipal, a peaceful 9 hour ride and a bus to Mangalore

After 3 days of skipped classes. When I finally showed up on the fourth day, I told Dr. Prakash Shetty that I had terrible diarrhea, to which he replied with a smirk "I was once your age, man"

Low on money and low on fuel, we desperately needed make it before 10 p.m. It was then that I decided to shove my friend and



With the End Game and Game of Thrones (the two games everybody's wild about), round the corner, the spoilers are following them everywhere too. A true fan has to be cautious and dodge them; these are tough times.

Game of Thrones is something I've been following and season 8 is blooming in all its glory. End Game is secondary to me. I just knew that Thanos had the stones and that's bad news.

So on one sunny morning, I open the gram (Instagram) and see a story with a string of words and I realize that these might be the spoilers everyone is not supposed to be talking about. They've got to be spoilers! But, of course, I didn't care because it was about End Game. However, my eye caught one particular line.

I didn't know why I did what I did next but, I did it anyway. I went to class and screamed it out loud and I texted my 'Number 1 marvel fan' friend that one particular line. I hate myself for that but this is what I said,

"Iron man dies."

In my defense, I didn't know it was that big a deal. I had thought it was some kind of a joke nobody would care about. And besides, people pull pranks all the time, right? False stories on social media. And here I thought this was that.

Well, that day passed by quite uneventfully. I'd conveniently forgotten I'd ever done such a thing.

Fast forward now. The third episode of game of thrones releases and I couldn't watch it (final year student, enough said!) But, the anticipation of that episode was burning within me,

with everyone going gaga about the turn of events.

End Gamers went for that.

I go to college; it was the day of my case presentation. My mind was in a haze. This friend of mine, looking very vengeful that day (I couldn't care less.) marches towards me and starts screaming Arya Stark kills And before I knew it, I had blocked my ears and done every maneuver possible to prevent myself from what I dreaded was happening.

He kept repeating it.

"Arya Stark blah blah."

But, I was adamant and made sure I didn't hear it. I pretended like I had, just to save myself from the agony.

He then goes on to say, "You deserved it, you spoilt end game for me. You didn't have to say that."

I was furious. I couldn't believe what he had done. I wanted to punch him hard. But I kept going. And made a mental note to watch the episode ASAP.

Having entered the ward, searching for my patient, this boy sneaks up behind me and screams into my external auditory meatus.

"ARYA STARK KILLS THE NIGHT KING!"

It was like a bolt of lightning had struck me. Like Lots' wife turning into a pillar of salt, I was that. Immobile. I was praying I wouldn't tear up.

That was a crucial plot line disintegrated in seconds. Gone before my eyes. Just like that.

The day passes. I tell myself that it

SPOILER ALERT

-Irene Mathews
Batch 2015

was alright and that there's still the rest of the story.

Later that day, while on my way to the reading room to catch up on academics, I see my 'Number 1 marvel fan' friend.

"You ruined 8 years for me. Arya stark kills the night king."

(Et tu brutus?!)

De-ja vu.

A second wave of anguish washes over me.)

What I didn't get was, why was the whole world ambushing me like this?

I hadn't realized my causal one liner the other day had come back to ruin something so dear to me. K-A-R-M-A.

I was trying to explain things to her, trying to convince her I'd do anything to undo what I did that day but, it was futile because the next words she said were these.

"JORAH ALSO DIES."

The dagger that had cut a gash in my chest with the first spoiler, made a larger one this time.

I let out a high pitched yell and I swear I could've kicked someone so bad right then.

In that overwhelming moment I did a 100m sprint desperately trying to un-hear whatever I had just heard.

However, it stayed. Etched so painfully deep into my hippocampus.

Deeply dejected that day, I send long apologies to both these people and after receiving threats of having all my GoT episodes spoilt, I retire for the night.

Episode 3 GoT: I watch the 1 hour 18min long episode, changing positions every now and then, adjusting the darkness, so I could view the episode and actually make out who was killing whom.

When Arya Stark thrusts that tiny glass into the Night King, I felt nothing.

Nothing at all.

I had seen it a 100 times in my head.

Didn't feel a thing!

When Jorah dies, I just thought of his loyalty and mourned silently for that.

Episode 3 was finally done for me and I felt different emotions.

LESSONS LEARNT

1. Don't you ever dare mess with spoilers.

2. Watch the next episode at 6:30 in the morning.

Final year and my priorities are set. *pats my own self*

At first, it's a place where the land meets the ocean.
Dipping your feet in the cool waters,
Taking away your worries one after another,
Removing the burden off your shoulders.

Filling your mind with joy and content,
To live in the moment,
To realize how 'Beautiful' the Present is.
To cherish the Hide-and-peek,
Played by the sun and the clouds.

The soft hue of nature,
Unravel their beauty before us.
A moment of ecstasy to the eyes of the beholder.
Far better captured by the mind, than the lens of a camera.

Each tide wipes the melancholy,
Bringing the comfort, so to say 'Sukoon'.
A feeling that can only be felt by heart.
Sitting by the shore,
As the warmth of breeze embraces you,
Life seems an easier puzzle to solve
People seem for real and true
And, Sunsets are the magic you needed to make your day better

The Beach

- Amina Mukhtar
Batch 2016

അവളും അവനും: അവരുടെ കഥ

ഒരു തണുത്ത സായംസന്ധ്യ. ചക്രവാളസീമയിൽ സൂര്യകിരണങ്ങൾ ചായം പൂശി തുടങ്ങിയിരുന്നു. ഇലകളെ തഴുകി ഒരു കാറ്റ് വീശി. ആ കാറ്റിൽ അവളുടെ മുടിയിഴകൾ പാറി കളിക്കുന്നുണ്ടായിരുന്നു. ആ നാട്ടുവഴിത്താരയിൽ, ആ ഇററൻസന്ധ്യയിൽ അവർ കൈകോർത്ത് നടന്നു.

കുറെ നാളുകൾക്ക് ശേഷമാണ് അവരൊരുമിച്ച് ഇങ്ങനെ ഒരിടത്ത് പോകുന്നത്. അതുകൊണ്ടാകണം, അവൻ കൂടുതൽ സുന്ദരനായെന്ന് അവൾക്ക് തോന്നി. കിളികൾ ചിലച്ചപ്പോൾ അത് സംഗീതമായി തോന്നി, കാറ്റ് കാതിൽ മന്ത്രിക്കുന്നതായും. പ്രകൃതി ഒരു നനു പുഞ്ചിരി തൂകി അവളെ കെട്ടിപ്പുണരുന്നതായിതോന്നി. അവൾക്ക് ആ സ്ഥലം ഇഷ്ടപ്പെട്ടുതുടങ്ങിയിരുന്നു. കൈയ്യിൽ അവൾ ഇറുക്കിപ്പിടിച്ചപ്പോൾ അവനത് മനസ്സിലായിക്കാണണം. അവൻ പുഞ്ചിരിച്ചോ എന്നറിയില്ല, ഏതായാലും അവന് സന്തോഷമായിട്ടുണ്ടാകും.

അവർ കുറെയധികം നടന്നു. ആ വഴി ചെന്നവസാനിച്ചത് ഒരു പള്ളിമുറ്റത്താണ്. അതിനടുത്ത കെട്ടിടത്തിൽ അവൾ കുറെ കൂട്ടുകാരെ കണ്ടു. അവൾ അവരോട് ഓടിനടന്ന് കിന്നാരം പറയുന്നതിനിടയിൽ എപ്പോഴോ യാത്ര പോലും പറയാതെ അവൻ ഇറങ്ങി നടന്നു. അവൾ പരിഭവിച്ചില്ല. ആദ്യമായവൻ സ്കൂളിൽ പോയപ്പോൾ അവനെ കൂട്ടുകാർക്കിടയിൽവിട്ട് അവൾ ഇറങ്ങിപ്പോകാനും യാത്ര പറയാതെയാണല്ലോ.

ഇരുട്ട് കനത്തു തുടങ്ങിയിരുന്നു. ആരോ ഒരാൾ മുൻവശത്തെ ബോർഡിനു മുകളിലെ ബൾബ് കത്തിച്ചു. കണ്ണിനു മുകളിൽ കൈ വെച്ച് അവൾ പച്ചെ അത് വായിച്ചെടുത്തു: "സെന്റ് മേരീസ് ഓൾഡേജ് ഹോം".

- Bichu Joy
Batch 2015

Faith it till you make it

By Dr. Prerana Bellary and Dr. Dale Rego
Batch 2014

(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).

College is where you find out who you really are they say, the time when you experiment, when you discover new things about others, about yourself. I wish I wasn't a stereotype, but alas.

There are so many things I've learnt about myself but there is one thing I'd like to address in this post. It's deeply personal and I've never said it out loud before. So if I'm procrastinating (which I clearly have been) about this post, it's because of this very reason.

Up until I was 14 if there was one thing I never questioned was my faith in the Almighty. I grew up listening to stories about Ramayana and Mahabharata, about the counsel Krishna gave arjuna, about the legend of ganeshas elephant head, about hiranyakashyapa and mahabali, about garuda and ashwathama. Hindu mythology makes for excellent bedtime stories, believe me.

If you want to know more about our stories, find us at bedsidescoop.wordpress.com/



Photography:
Michelle Noronha Batch 2017

And being the south Indian Brahmin girl I was raised to be, I diligently learnt shlokas and Vedas (just the one verse actually) and dutifully recited them whenever we went to a temple. But then came the rebellious teenager years, and boy was I difficult teenager. And as if almost on cue, I started defying all that I was taught. Dare I question god or his ways, in my house that was blasphemy! My parents the simple minded folks, would like to close their eyes, heads bowed in reverence in the prayer room every morning and get on with their day, without questioning everything. But the arrogant science student in me, would have nothing of that.

So we fought. And I yearned for some understanding at home. Soon, however, I left for med school. In my first year i was barely able to handle Anatomy, Physiology and Biochemistry and therefore Mr. God took a backseat in my priority of thoughts. The following year I happened to have some time on my hands. So I decided to address this little thing that kept gnawing at me. I started going to church to find "meaning". I read bits and pieces of the bible. I said Hail Mary every night and sang hymns singing his praises. That phase soon fizzled out.

I spoke to many an interesting people in the process, atheists, agnostics, converted Buddhists, lots of wannabe "seekers" like me. But, something just didn't feel right. I couldn't fit in what I thought about this God person. At this point all I knew was just saying a little "Please, help me, I've tried my best" right before I entered the exam hall made me feel better. (Med school has a lot of exams, so whatever it is that I felt, only intensified over the years)



I spoke to my Uncle, like I always do when I'm posed with a life altering dilemma and after he heard all my doubts he chuckled and told me "The answers you seek aren't easy. Centuries have passed and scholars have come and gone but nobody knows "What is God", so my dear do tell when you find answers. It's good that you're questioning it, but while you're at it, do not dismiss the word of the Lord. Of what use is this arrogance anyway?"

I'd be lying if I said I had an epiphany then and all the pieces of the puzzle fell into place. Or that I became a believer instantaneously. I think about it time and again, I think about how I feel about Him. But now I also find myself going to a temple or a church for some peace and quiet when I need solace. I don't have the

answers yet, I don't know if I ever will but I'll never stop looking. But what prompted me to write this today was a certain incident that happened with me two days ago.

I was the MICU intern this last week of medicine posting. And on the last day, we lost a patient. He was a case of chronic liver disease with severe anemia. His vitals were stable to begin with but slowly he started desaturating and was intubated. I'll save the details for a fellow med-

ico. But he had a cardiac arrest at 3 am that morning and we lost him. I was called in to type his death summary and the man had a million things that were going wrong with him. So I discussed with my post graduate, had we changed the order of problems we had tackled could we have saved the patient? And he said he didn't know.

There's no way to know, is there?

I realized I was going to face similar situations in the future too, sooner than later. I am going to lose patients by acts of omission or commission. Being the control freak that I am, if I make one small error I will beat myself over it. But how do you know where to draw that line? To know a mistake and correct it for the next patient but leaving it at just that.

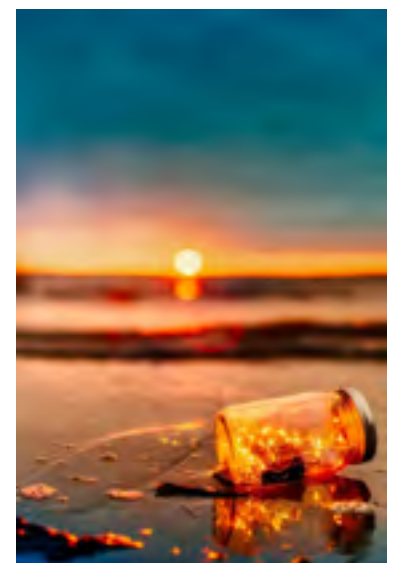
And right then I had an epiphany, to stay sane in this profession, I need someone bigger than me. To tell myself every night that this is the best I can do for my patient, God knows it. I am going to have to accept that there are things beyond my control and "God" will take over from here.



The cynics will say I just need someone to blame when things go wrong. The church goers will say Jesus will keep me in the palm of his hand. In my house we believe God came down in his many avatars and we pray to each one of them on a different day. But to me, He is power. A power greater than all of my imagination.

And he's cool that way isn't he? Whoever he might be. All of us have such diverse ideas about him and yet we all have this tiny thing in common. Faith.

It's a crazy thing, this faith. It can move mountains.



ನಮ್ಮ ಕತೆ ಕೆಳಕೊಂಡು ಯಾರು ಮಾರಾಯ್ತು?

(ಕಳೆದು ಹೋದ ಆದರೆ ಎಂದೂ ಮರೆಯಲಾಗದ ನಮ್ಮ

ಪದಪರೆಯಕ್ಕೊಂದು ಪಯಣ)

ಎಲ್ಲರೂ ಅವರವರ ವೀರಗಾತೆಗಳನ್ನು ಹೇಳಲು ತೊಡಗಿದರೆ ಹಲವಾರು ಇವೆ, ಅದನ್ನು ಕೇಳಿ ತಲೆದೂಗಲು ಸಾವಿರಾರು ಜನ. ನಮ್ಮಂಥಹ ಬಡಪಾಯಿ ವಿದ್ಯಾರ್ಥಿಗಳ ಕತೆ ಕೇಳಲು ಯಾರಿದ್ದಾರೆ. ನೂರರಲ್ಲಿ ತೊಂಬತ್ತೆಂಟು ಅಂಕ ಗಳಿಸಿದರೆ, ಎಲ್ಲರೂ ಹೇಳುವುದು ?ಭೇ, ಇನ್ನೂ ಸ್ವಲ್ಪ ಕಲಿತಿದ್ದರೆ ನೂರಕ್ಕೆ ನೂರು ಸಿಗುತ್ತಿತ್ತು?. ಎರಡು ಅಂಕ ಕಳೆದದ್ದು ಆ ದರಿದ್ರ ಮೊಬೈಲ್ ಗೀಳಿನಿಂದಲೇ ಎಂದು ಏನೂ ಅರಿಯದ ಮುಗ್ಧ ಮೊಬೈಲ್ ಗೆ ಹಿಡಿಶಾಪ ಹಾಕುವ ತಂದೆ ತಾಯಿ.

ಇನ್ನು ಶಾಲೆಯಲ್ಲಿ ಗಣಿತ ಅಧ್ಯಾಪಕಿ ಬೋರ್ಡಿನಲ್ಲಿ 4+1=6 ಎಂದು ತಪ್ಪಾಗಿ ಬರೆದಾಗ ನಾವೆಲ್ಲ ಕಾಗೆಗೂಡಿಗೆ ಕಲ್ಲು ಹಾಕಿದಾಗ ಉಂಟಾಗುವ ಕರ್ಕಶ ಸ್ವರದಲ್ಲಿ ಒಟ್ಟಾಗಿ? ಮ್ಯಾ...ಮ್, ಅದು ಐದು? ಎಂದು ಹೇಳಿದಾಗ ಅಧ್ಯಾಪಕಿಯ ಉತ್ತರ? ವೆರಿಗುಡ್, ನಾನು ನಿಮ್ಮನ್ನು ಪರೀಕ್ಷಿಸಿದ್ದು, ಕ್ಲಾಸ್ ಕೇಳಿರಾ ಇಲ್ಲಾ? ಎಂದು ಹೇಳಿ ವಕನಗೆ ನಕ್ಕು ನಾನೇನು ತಪ್ಪೇ ಮಾಡಿಲ್ಲ ಎಂಬ ಬಿಗುಮಾನ.ಅದೇ ತಪ್ಪನ್ನು ನಾವು ಉತ್ತರಪತ್ರಿಕೆಯಲ್ಲಿ ಮಾಡಿದರೆ ನಮಗೆ ಸಿಗುವ ಬಹುಮಾನ ದೊಡ್ಡ ಕೋಳಿಮೊಟ್ಟೆ.

ನಾವು ಬ್ಯಾಕ್ ಬೆಂಚರ್ಸ್ , ಫಸ್ಟ್ ಬೆಂಚರ್ಸ್ ಬುದ್ಧಿವಂತರು ಎಂದು ನಾವು ಒಪ್ಪಿಕೊಳ್ಳುತ್ತೇವೆ, ಎಂದಿನವರೆಗೆ ಬ್ಯಾಕ್ ಬೆಂಚರ್ಸ್ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಪಾಲ್ಗೊಳ್ಳುವುದಿಲ್ಲವೋ ಅಂದಿನವರೆಗೆ ಫಸ್ಟ್ ಬೆಂಚರ್ಸ್ ಬುದ್ಧಿವಂತರು.

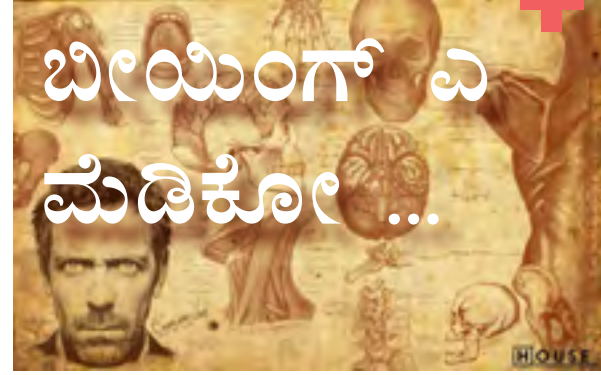
ಪಕ್ಕದ್ದನೆ ಹುಡುಗಿಯನ್ನು ಕಷ್ಟಪಟ್ಟು ಪ್ರೀತಿಸಿ, ಪ್ರೇಮ ಅಭಿಲಾಷೆಯನ್ನು ವ್ಯಕ್ತಪಡಿಸಿದಾಗ ಅವಳ ಉತ್ತರವನ್ನು ಕೇಳಿ ಹೃದಯ ಛಿದ್ರಗೊಂಡದ್ದು ಸುಳ್ಳಲ್ಲ. ನನಗೆ ಗ್ಲಾಮರ್ ಕಿಮ್ಮಿ ಎಂಬ ಕಾರಣಕ್ಕೆ ನನ್ನನು ರಿಜೆಕ್ಟ್ ಪೀಸ್ ಮಾಡಿಬಿಟ್ಟಳು. ಅವಳಿಗೇನು ಗೊತ್ತು ನನಗೆ ಇದಕ್ಕಿಂತಲೂ ಗ್ಲಾಮರ್ ಇರುತ್ತಿದ್ದರೆ ಅವಳನ್ನು ಮೂಸಿಕೊಡ ನೋಡುತ್ತಿರಲಿಲ್ಲ ಎಂದು.

ನಾವು ವಿದ್ಯಾರ್ಥಿಗಳು ನರಕಯಾತನೆ ಅನುಭವಿಸುವ ಇನ್ನೊಂದು ಸಂದರ್ಭ ಯಾವುದೆಂದರೆ ರಿಸಲ್ಟ್ ದಿನ. ಅದೂ ಅಂದು ರಾತ್ರಿ ಟಿವಿ ಚಾನೆಲ್ ನವರು ಪ್ರಸಾರಮಾಡುವ ವಿಶೇಷ ಕಾರ್ಯಕ್ರಮ 'ಟೋಪರ್ಸ್ ಗಳ ಸಂದರ್ಶನ'.ಅದನ್ನು ತಂದೆ ತಾಯಿ ಜೊತೆ ನೋಡುವುದೆಂದರೆ, ಅಯ್ಯೋ ದೇವ್.. ಭೂಮಿಯಾದರೂ ಬಿರಿಬಾರದಾ ಎಂಬ ಅಳಲು.ತಂದೆಯ ಕಿಂಗ್ಡಮ್ ನೋಟಕ್ಕಿಂತ ತಿಹಾರ್ ಜೈಲೇ ವಾಸಿ.

ಡಾ.ಎ.ಪಿ.ಜಿ. ಅಬ್ದುಲ್ ಕಲಾಂ ಅವರು ಹೇಳಿದಂತೆ ನಾವಾಗಲೇ ಕನಸಿನ ಗೋಪುರವನ್ನು ಕಟ್ಟಿದ್ದೇವೆ, ನನಸಾಗಿಸಬೇಕೆಂಬ ಛಲವಿದೆ.

ಮುಂದೆ ನಮ್ಮ ವೃದ್ಧಾಪ್ಯದಲ್ಲಿ ಕೂತು ಹಳೇದಿನಗಳನ್ನು ಮೆಲುಕು ಹಾಕುವಾಗ ಸ್ಮರಿಸಿ ಮನಬಿಚ್ಚಿ ನಗಲಿಕ್ಕಿರುವ ಹಲವು ಸುಂದರ ನೆನಪುಗಳು, ನಮ್ಮ ಜೀವನದ ಈ ಅಚ್ಚೇದಿನಗಳು...

- ASHWATHI A
Batch 2015



'ಹೊರ ನಡೆಯುವಾಗ, 100 ಪ್ರತಿಶತ ನಂಬದಿದ್ದಲ್ಲಿ, ತೆಗೆದುಕೊಳ್ಳಿ ನನ್ನ ಶರತ್, ಕಣ್ಣೀರಲಿರುವಿರಿ' ಎಂದ ಆ ಸ್ವರ. ಹಾಹಾ, ಏನಂತೆ ಇವುದು, ಇವೆಲ್ಲ ನನ್ ಥರ. ಅಂದುಕೊಂಡೆ ನಾ. ಶರೀರದ ಭೇದನೆಯಿಂದ ತೊಡಗಿದ ತೇಜಸ್ಸು, ಫಿಸಿಯೋದಲ್ಲಿ ಹೆದರಿ ಹೆದರಿ ಇರುಚಿ ಇರಿದು ತೆಗೆದ ಆ ಒಂದು ಬಿಂದು, ಬೈಯೋಕೆಮ್ ನ ಪ್ರನಾಳದಲಿ ಸೂರ್ಯಕಾಂತಿಯ ಕಂಡು, ಅದು ದುರ್ಮಮ್ನವೋ ಮಾಂಸವೋ ಎಂದು ಪಾಥ್ ಅಲಿ ಸಂಕಟಿಸಿದೆ. ಮೈಕ್ರೋ ಲ್ಯಾಬಿನ ಗಾಜುಗಳಲ್ಲಿ ಹೊಸ ಹೊಸ ಬಣ್ಣಗಳನ್ನು ಸೃಷ್ಟಿಸಿ, ಫೋರೆನ್ಸಿಕ್ ನಲಿ ಅದು 'M' or 'F' ಎಂದು ಆರಿಸಿ ಹುಡುಕಿದೆ. ಇನ್ನು ಕಣ್ಣುಗಳ ರಹಸ್ಯ ತಿಳಿಯಲು ಹೊರಟೆ, ಆದರೆ ಈಗ ಬೇಡುವೆ ಮರೆಯಲಾಗದು ಕಣ್ಣುಗಳೆಷ್ಟೆಂದು. ಫೀಲ್ಡಲ್ಲಿ ಕುಡಿದ ಆ ಎರಡು ಲಸ್ಟಿ, ಕಿವಿಗಳನ್ನು ನೋಡುತ್ತಾ ಹೇಗೆ ಕ್ಷಣ ಕಳೆದನೆಂದು ಅರೆಯಲಾರೆ, ಆದ್ರೆ ಹಿರಿಯವರು ಹೇಳುವರು, 'ಅದೆಲ್ಲಾ ಬಿಡು, ನಾಲ್ಕನೇ ವರುಷ 100m ರೇಸ್ ನಂತೆ, ಯಾವಾಗ ತೊಡಗಿತು, ಯಾವಾಗ ಮುಗಿಯಿತು ಎಂದು ಅರೆಯಲಾರೆ'. ಈಗ ನೆನಪಾಗುತ್ತೆ ನಾ ನಕ್ಕ ಆ ಮೊದಲನೆಯ ಮಾತು, ಸುಳ್ಳಾಗಲು ಸಾಧ್ಯವೇ?

By C S Shreyas
Batch 2015

The Mind



You always put me into anticipation
Making me numb, making me jittery.
We share an inexplicable relation,
As of Betty and Veronica.

I just see and you conceptualise,
I just think and you generate a perception.
You're like a beautiful servant,
But a dangerous master.

From me being an introvert to the society,
You have a great hand in my transformation.
Everytime I feel low and despondent,
It's you who make up for my despair.

You succour me to collaborate with my soul,
Inhabiting the most eminent part of me.
You make me feel the slightest of emotion,
Thus making me the so called human.

You shape my personality and attitude,
Good or bad you make me what I am.
Sometimes you scrutinise, sometimes you ignore,
Making me ponder what you are.

Medicine taught me heart just pumps blood,
It's you who perceive love and hate.
We are like mutually inclusive events,
You insist, I implement, you resist, I dissent.

You are like my best friend
Coding a problem, decoding as well.
Mortal draw hearts to convey their ardour,
Because little do they know who to draw you.

But my dear priceless possession,
Are you a boon or bane to the mankind?
Because as you happen to exist,
You certainly should be one of a kind.

- Swathi Kulkarni Batch 2017

The lies we tell ourselves, believe, hope for.

I sat there in the corner of the classroom,
listening to the crickets, cicadas and the post-
rain music that the universe wrote on the bars
of time. The not so overwhelming dread of the
futility of our experiences, lingering as a thin
mist, followed and directed my train of thought
towards the ennui that could have been
avoided in retrospect.

Reflections on life, the death of a friend,
ties that once anchored me to reality; being
severed, the relative indifference to past truths
blurring into lies and disappearing with the
vestiges of a distant reality; these were the
thoughts haunting my brain at that time. It
struck me that something that I had or had
believed in or hoped for to be the truth, with
time, either diminished in its truthfulness or
was negated. Maybe everything is just as true
as it isn't. Causality, imposed on our perception
of time, makes it seem like different realities,
when it really is the same. Maybe it's our
limited perception that impairs us and allows
us to enjoy the drawn out drunkenness of this
limited reality. Maybe it is a blessing to be able
to not see things as they really are.

- Joel Amirtham,
Batch 2016



Blemishes



Despite everything she had to bear, she stayed. She stayed and for what, I
always asked her. She just smiled and walked away. As night dawned, the
tortures began and The scars spoke for itself, By morning, she was all polished
and The bright smile would hide the pain inflicted. Every night that was the
scenario And every morning too. She did it all for her twins. Unaware of what
was happening behind the closed doors. She told them "mama and papa are
playing hide and go seek" and As innocent as kids are, they believed it. The
twins grew and got wiser. Realised that "hide and go seek" was just a metonym.

And, the man that they called "papa", didn't ever deserve that name.



f

Life

- Riya Zahir,
Batch 2015

One day walking into march, it dawned on me, What kind of justice will she get hanging him, ↗

see?
He will be gone in seconds, will forever be free,
While she will fail daily searching the old "she".
Hanging those devils you think you passed in your ↗

test,
But you never notice you don't care who handles the rest.
You cannot put an end to her never ending quest,
Dying daily, ↗

deepening abyss is her only left fest.
Setting time limits for me,
From the length of my cleavage to ↓

↳ whatever it be,
You said not to do was followed by me,
But please O THEE come and help me,
I did what was said but couldn't get the key,
And now I am unable to see ,
Neither home nor world I am nowhere free.
←

But I get it now, all your untold plans,
Now I get what you feel makes a man.
You put me in home, so that you can do it free,
Not under some tree but with whole heart and glee.
Cannot imagine how she felt being raped by her brother, ↓

What is she crying about?
"She was raped"
or
"He should have been someone other."
No, I don't want cure, I want complete prevention,
I don't want your post, I want your pre-attention,
Hey, Sorry if I asked for some things,
Sorry for disturbing you ever sleeping beings,
I know these words have become no less than a joke,

Which now may be being enjoyed with glasses of coke.
But I got something interesting something good for you,
Listen to my new words with different colors adding hue .
Don't you dare save girl child,
Don't you dare bring her to this wild,
Don't you dare fill respect in your eyes,
Let me only deal with all your unhealthy vibes,
Please give me ↗

pains, show me all the wrongs ,
Let troubles do their work of making me strong.
I won't ask you to stop, I won't beg anymore,
I will face, I will fight , throw you in the hottest core.
Don't think me less, cause SHE has an extra S,
So if you come in one,
Or bring a gang full a ton,
And plan all such, I will kill myself but not let you touch.

- Srishti Anumod

"I AM NOT THAT SITA WHO NEEDS A RAM"

"Redeem us from the dead. to abide in Eden once again."

A gentle breeze. through and within me:
Calm and soothe. melting down the dusts of dead:
Frosty to perceive with mere ashes to grasp:
Just cleansing away all the dirt I have poured upon. along the years that have passed by.
Going back to the time when mater battled her way through both our lives:
To now taking a stroll along the indistinct footsteps. leading to the moment when she finally turned in hers.
Just silence. for a second. making me abandon everything I have made for my ungratified

self.
And a gasp. to get a glimpse of the shadow I leave behind for my progeny to weep here-after:
In those tears. let my presiding pride be washed away to bring forth all the sins I have dwelled upon.
Retrieve me back from my shelter. to pass over the unfelt sorrows of yesterday.
Hold me along the divine and take me to the sanctum sanctorum they call my tomb.
Give me light before the spirit walks out. from unending darkness spread all across my garden.
Make me trace the origin of my breeze and let that be the first of my final hidden revelations.

REVELATIONS

-Jonathan John Abraham
Batch 2015

TEA-TOTALLER



The norm, I have been led to believe, is to start such pieces with the quintessential “the first time I...”. But here’s the thing, I don’t really remember the first time. For as long as I can remember, there has always been tea.

Being brought up in a predominantly tea-drinking household (a two cups a day routine- the morning eye-opener and the evening high tea), I am deeply ashamed to say that the making of this marvellous brew, I had always taken for granted. Until I was left to fend for myself.

That potent morning mug of steaming hot goodness is probably the only thing that propels me out of bed and in time to herald the infamous register (another story for another day). Woe is he/she/they who cross the path of one who has not partaken of said morning ritual. I can think of only a few better things than winding down at the end of a hard day’s work with a soothing cup of tea. The department (to which yours truly belongs) has its own magic mid-morning blend- in-a-flask; a number of theories have been put forth to explain the reason this is relished with such gusto by all and sundry (none proven).

What makes a good cuppa? The choice is personal, but I like my chai strong, dark – the colour of mud after the first rains, not too milky and not so sweet that you wonder what heinous tragedy has befallen the brewer, to have upturned the entire pot of sugar into your tea cup!

I have read somewhere in the annals of tea history, that as revenge, we as a nation have taken what the British hold dear, and Desi-fied it above and beyond the call of a-dish- best- served-cold. Slowly and surely, industrious as we are, some ginger here, some pepper there, a touch of Elaichi and eventually, in almost a passive

aggressive move against colonisation, all available condiments from the spice rack made their way into what we now call Masala Chai.

I, am not much one for the acquired taste of green and herbal teas, have a slight partiality towards lemon tea and an incurable infatuation with Mumbai’s famed cutting chai. Dip teas appal me; instant teas have become a stopgap during busy mornings and trips to places where the acquisition of tea poses a problem (the horror!).

My search for a good cuppa has led to the conclusion that as much as we patriotically (political scene a la mode) proclaim to love our tea, very, very few places have the know-how to manage a decent cup.

The journey has been long and arduous. After innumerable culinary experiments-involving burnt tea and hours of scrubbing scorched utensil bottoms, tea flavoured water masquerading as tea, spilt milk (pun unintended), expert advice and even a video-call tutoring from a friend across the country, I have finally managed to master the brewing of the near perfect cup of tea. The glow spreads like warm butter. I just pray and hope I never have to make tea for more than one person; that regrettably is just not my cup of tea.



- Dr. Smitha L. Rasquinha

Disclaimer: The article does not purport to be factually correct. The above rantings were to pass the time while the kettle was on.

ART GALORE



Annu Kurian Batch2015



Benita Edith Chelliah Batch2017



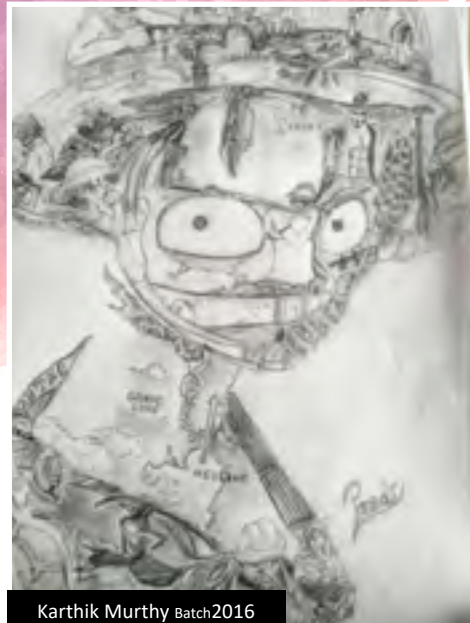
Annu Kurian Batch2015



Anne Keerthana Batch2017



Benita Edith Chelliah Batch2017



Karthik Murthy Batch2016



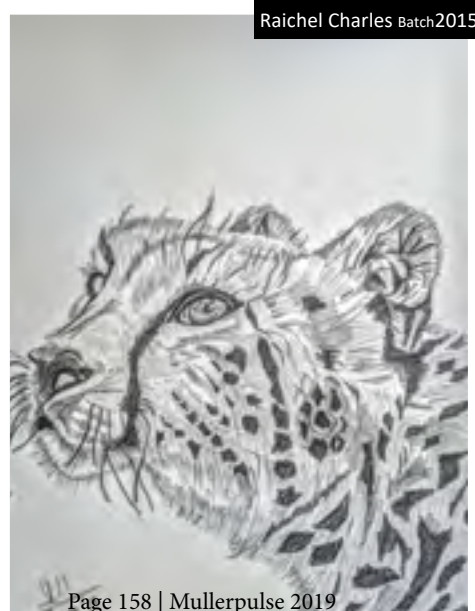
Mayuri Simon Batch 2017



Anurag Kundapur Batch2015



Sridevi Pradeep Batch 2017



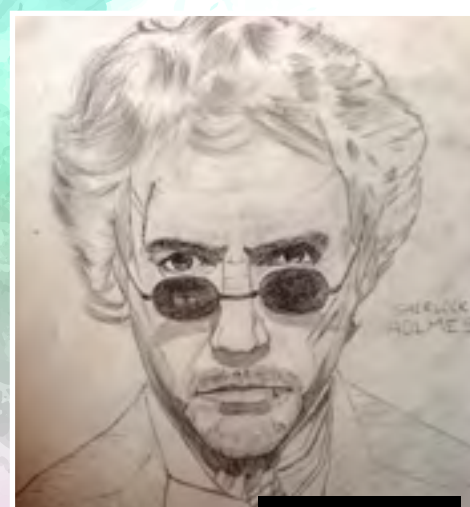
Raichel Charles Batch2015



Marlane Mathew Batch2017



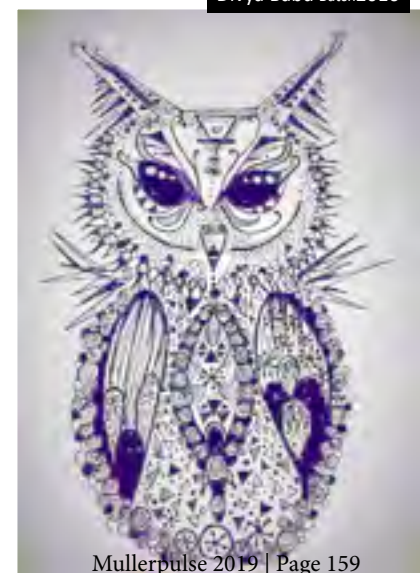
Sridevi Pradeep Batch 2017



Rainer Joy Batch2016



Rainer Joy Batch2016

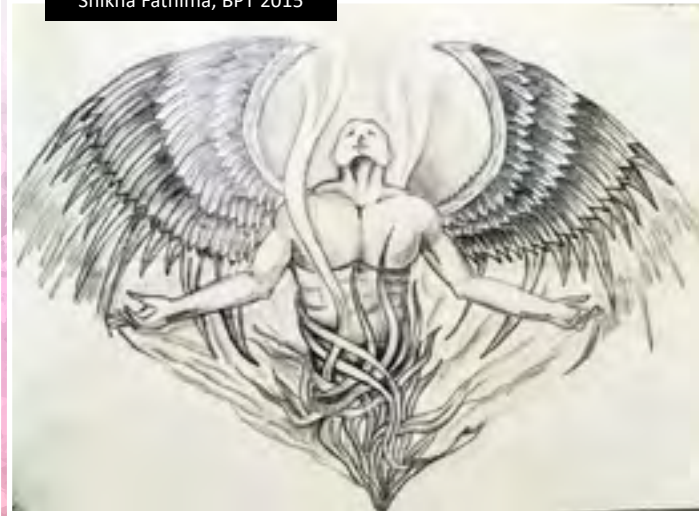


Divya Babu Batch2016

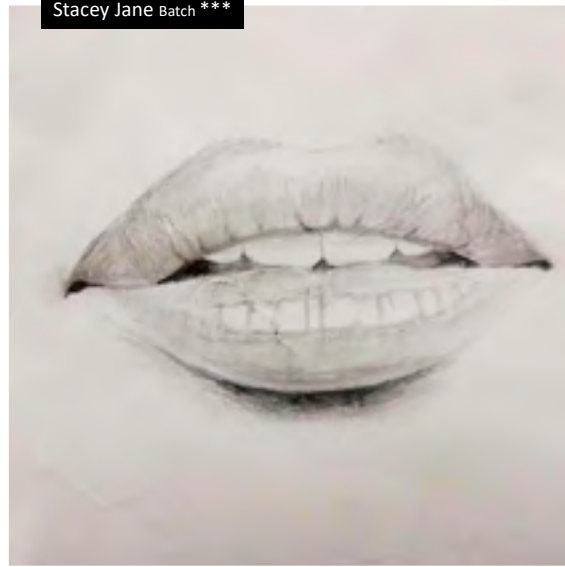
Tanya Mohanraj Batch2016



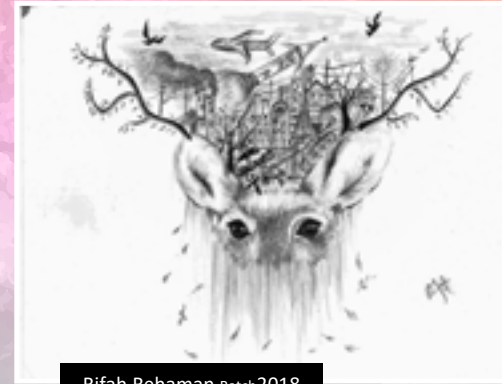
Shikha Fathima, BPT 2015



Stacey Jane Batch ***

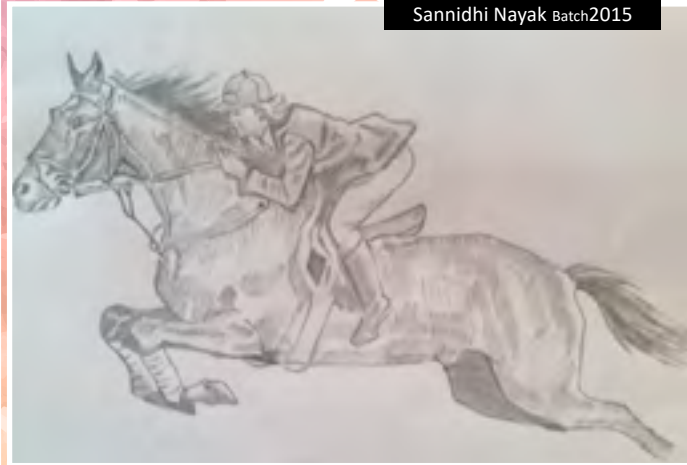


Shikha Fathima- BPT 2015

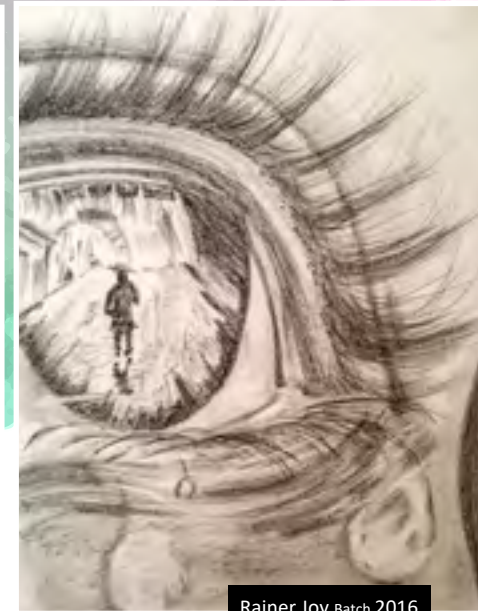
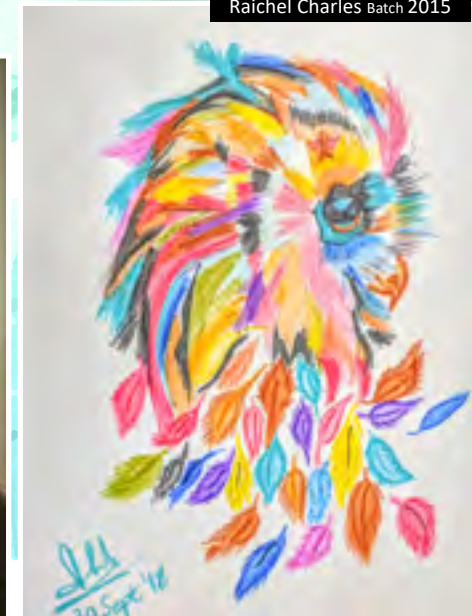


Rifah Rehaman Batch2018

Sannidhi Nayak Batch2015

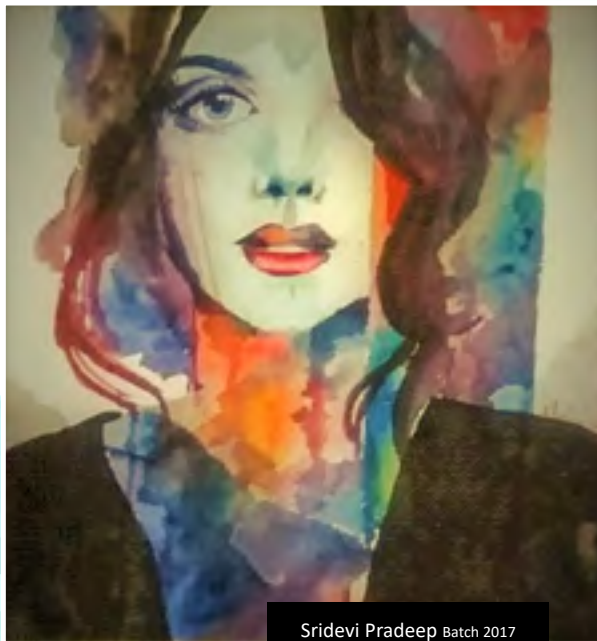


Raichel Charles Batch 2015



Rainer Joy Batch 2016

Sridevi Pradeep Batch 2017

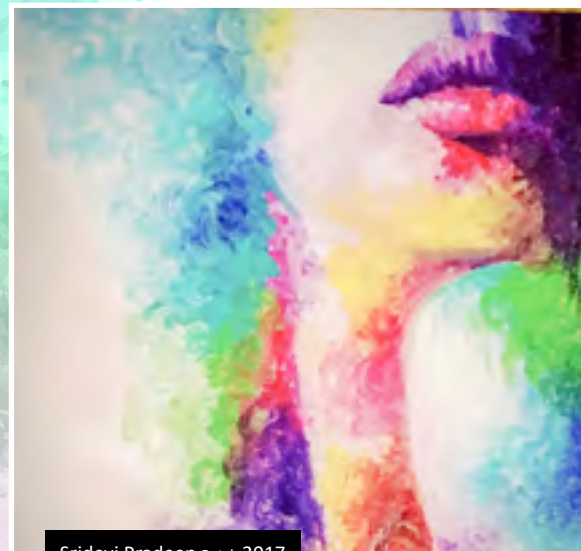


Shruti Vikram Batch 2016



Farahanaz Umarfaruk D Batch 2015

Sridevi Pradeep Batch 2017



Farahanaz Umarfaruk D Batch2015

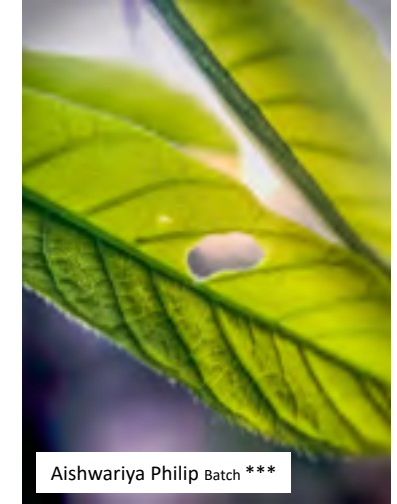


Shruti Vikram Batch2016

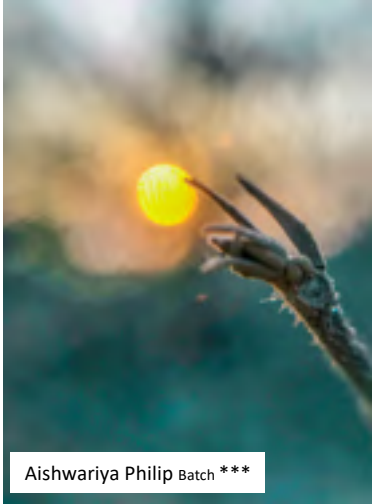


Niranjan shetty Batch2017





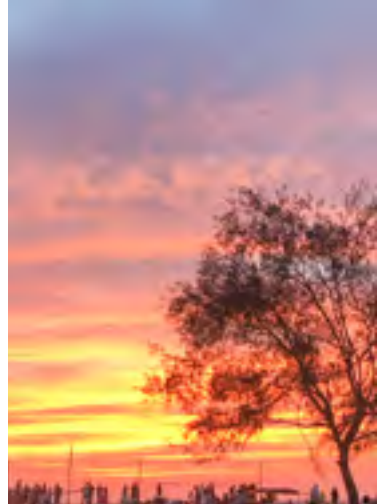
Aishwariya Philip Batch ***



Aishwariya Philip Batch ***



Aneetta Johny Batch 2017



Ashrith Kurunji Batch2017



Gaurang K. Batch2016



Gaurang K. Batch2016



Gaurang K. Batch2016



Aneetta Johny Batch 2017



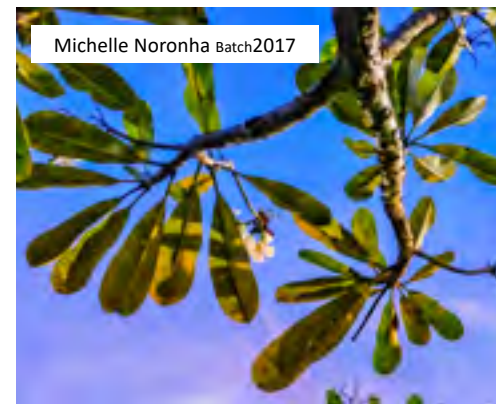
Ann Elsa Neel Batch 2017



Ashrith Kurunji Batch2017



Gaurang K. Batch2016



Michelle Noronha Batch2017



Chris C. Miranda Batch2017



Gomes George Batch2017



Gaurang K. Batch2016



Gaurang K. Batch2016



Rayna Roy Batch2015



Gaurang K. Batch2016



Chris C. Miranda Batch2017



Chris C. Miranda Batch2017



Romith M. Pereira Batch2015



Romith M. Pereira Batch2015



Gaurang K. Batch2016



Romith M. Pereira Batch2015



Ashrith Kurunji Batch2017



Gomes George Batch2017



Chris C. Miranda Batch 2017



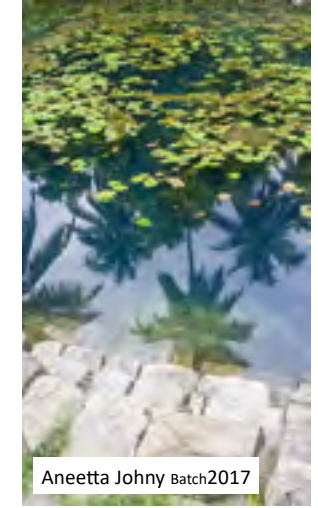
Frana D'Souza Batch2015



Gaurang K. Batch 2016



Frana D'Souza Batch2015



Aneetta Johny Batch2017



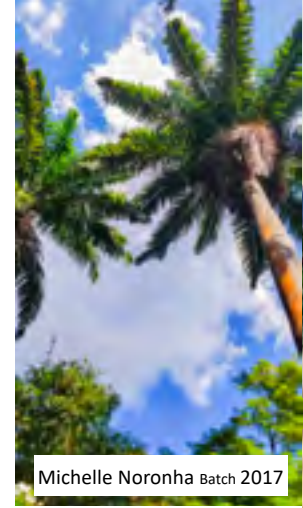
Ann Elsa Neel Batch 2017



Michelle Noronha Batch 2017



Michelle Noronha Batch 2017



Michelle Noronha Batch 2017



Jonathan Abraham Batch 2015



Gomes George Batch 2017



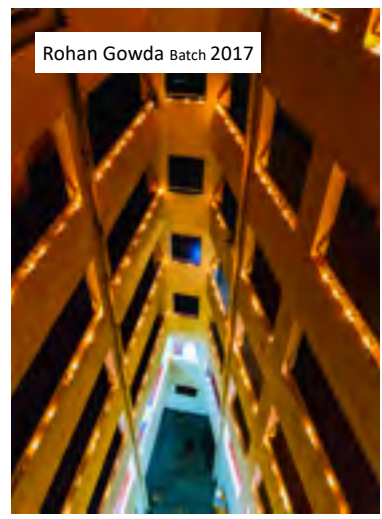
Jonathan Abraham Batch 2015



Ann Elsa Neel Batch 2017



Ashrith Kurunji Batch 2017



Rohan Gowda Batch 2017



Gomes George Batch 2017



Jonathan Abraham Batch 2015



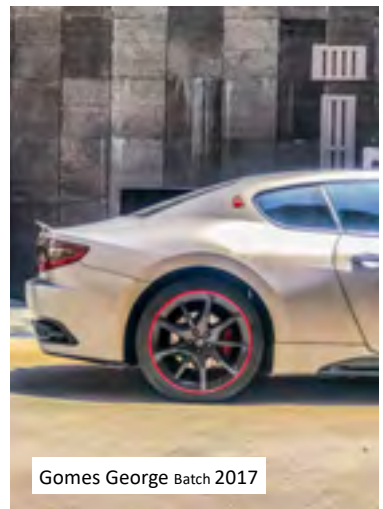
Rohan Gowda Batch 2017



Gomes George Batch 2017



Frana D'Souza Batch2015



Gomes George Batch 2017



Gaurang K. Batch2016



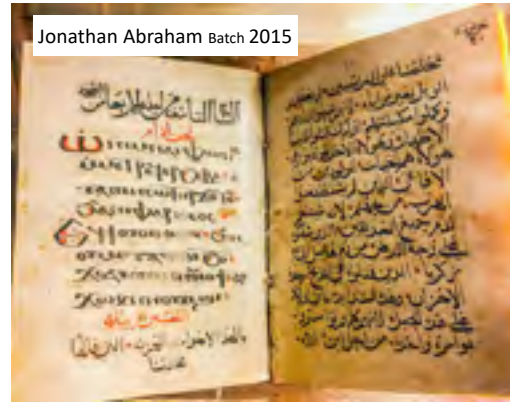
Frana D'Souza Batch2015



Rohan Gowda Batch 2017



Jonathan Abraham Batch 2015



Jonathan Abraham Batch 2015



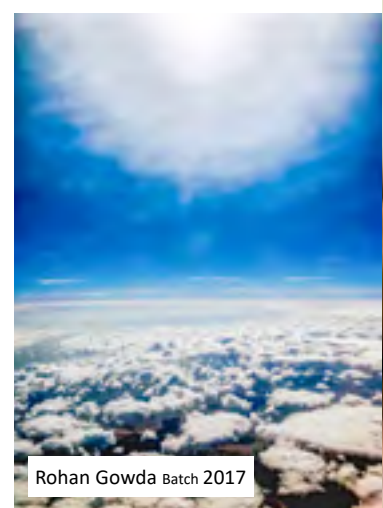
Rohan Gowda Batch 2017



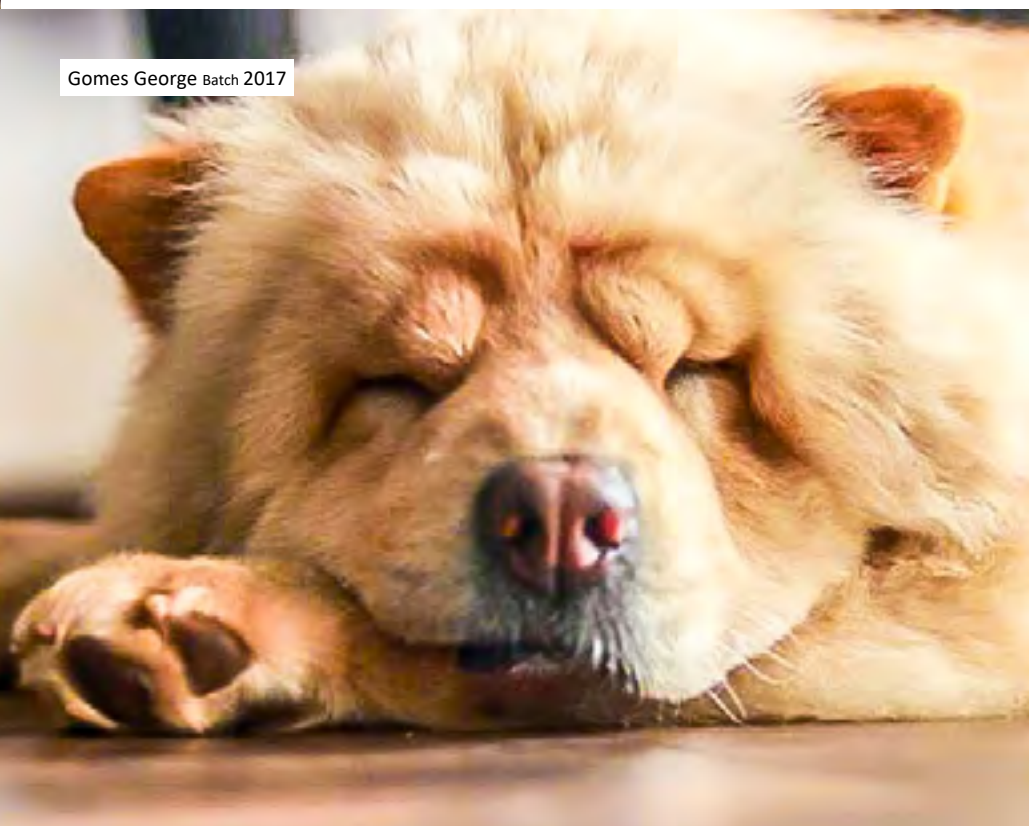
Jonathan Abraham Batch 2015



Jonathan Abraham Batch 2015



Rohan Gowda Batch 2017



Gomes George Batch 2017



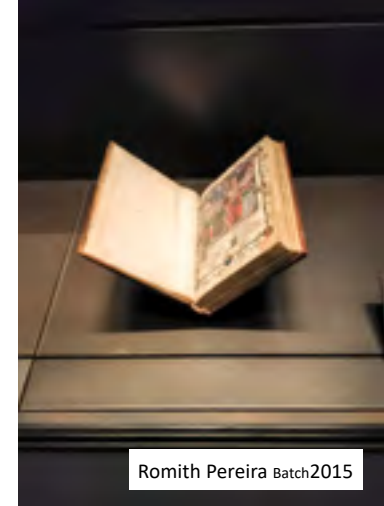
Sarah Joseph Batch 2016



Rayna Roy Batch2015

Memes from the Inbox

(We're lovin' it.)



Romith Pereira Batch2015



Romith Pereira Batch2015



Romith Pereira Batch2015



Romith Pereira Batch2015



Michelle Noronha Batch 2017



Michelle Noronha Batch 2017



Michelle Noronha Batch 2017



Michelle Noronha Batch 2017



Romith Pereira Batch2015



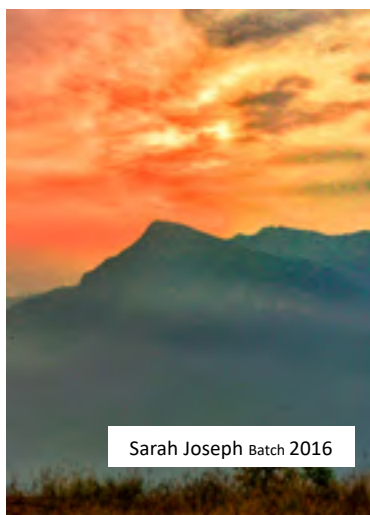
Sarah Joseph Batch 2016



Romith Pereira Batch2015



Page 166 | Mullerpulse 2019
Rohan Gowda Batch 2017

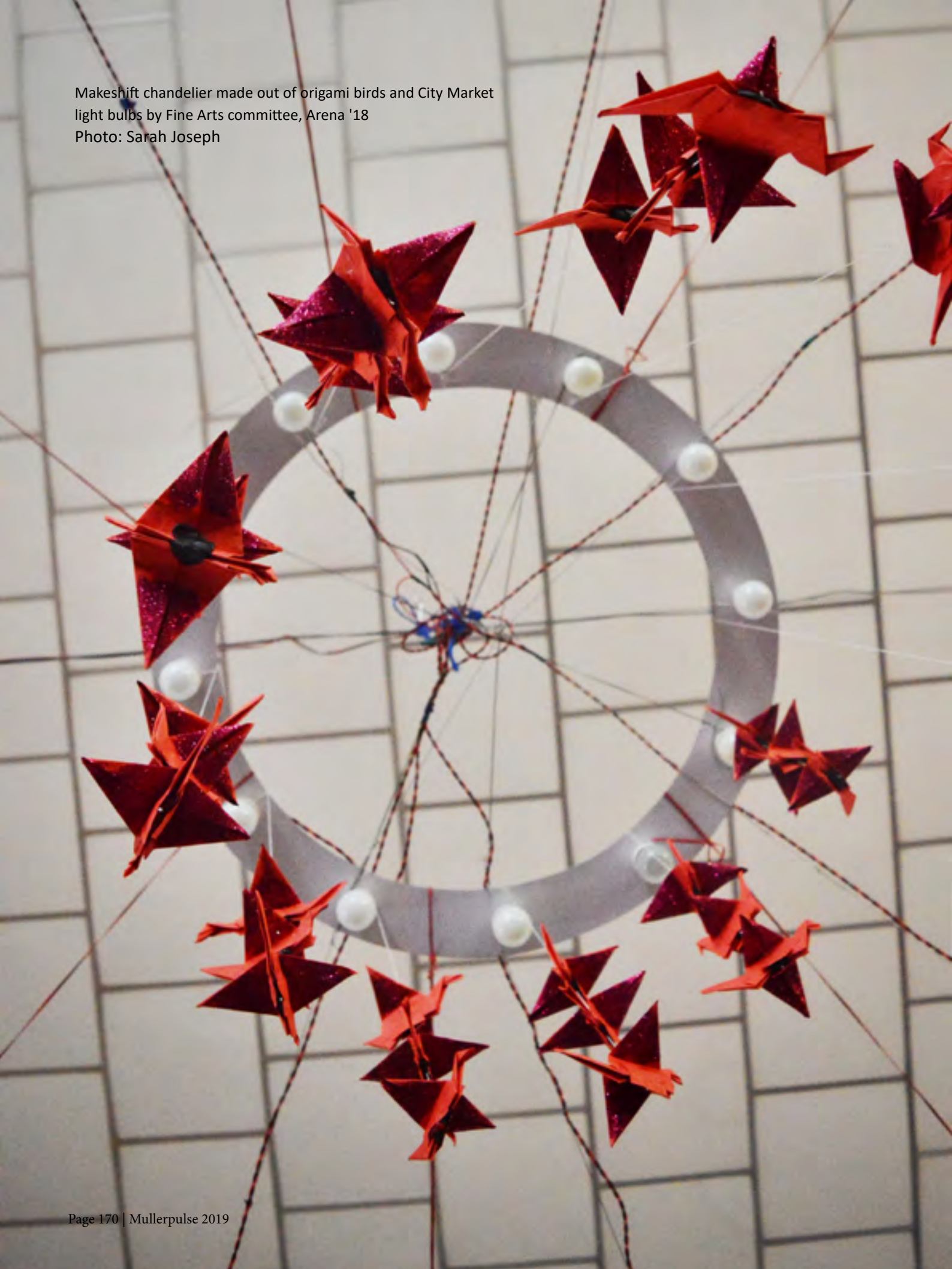


Sarah Joseph Batch 2016



Romith Pereira Batch2015

Makeshift chandelier made out of origami birds and City Market
light bulbs by Fine Arts committee, Arena '18
Photo: Sarah Joseph



Batch Photos

(No proxy for this one.)





ADVISORY COMMITTEE MEMBERS



PARA MEDICAL STAFF



SURGICAL STAFF



NON TEACHING STAFF



MEDICAL STAFF



PRE AND PARA CLINICAL STAFF



POST GRADUATES



MBBS 2014



MBBS 2015



MBBS 2016



MBBS 2017



MBBS 2018



MHA 2017, 2018



MPT 2017, 2018



MSc MLT 2017, 2018



BPT 2015



BPT 2018



BPT 2016



BSc MIT 2016



BPT 2017



BSc MIT 2017



BSc MIT 2018



BSc MLT 2018



BSc MLT 2016



BSc RT



BSc MLT 2017



College Clubs

PUN INTERN-DED



CHESS TEAM: MEN



CHESS TEAM: WOMEN



CRICKET MEN



BASKETBALL WOMEN



HOCKEY TEAM



MBBS INTERNS



Dr. Allen
My fashion sense is second to nun



Dr. Ashlene Dsouza
Don't fir get your roots



Dr. Anula S. D'Souza
Two tired to find a good pun



Dr. Malathi S. Bhat
S-pinkling fairy dust wherever I go



Dr. Divya George
I don't find health related puns funny anymore since I started suffering from an irony deficiency

Dr. Daivashish G.
They've Ashish!



Dr. Ramesh G.
Marekatter breaking grad



Dr. Asiyath Naushi K.



Dr. Abhipsha Rath
Beach please

Dr. Agnes Angeline
I'll lead a peas-ful life.



Dr. Akshath H.
I was going for a shadow pun but it turned out too dark.



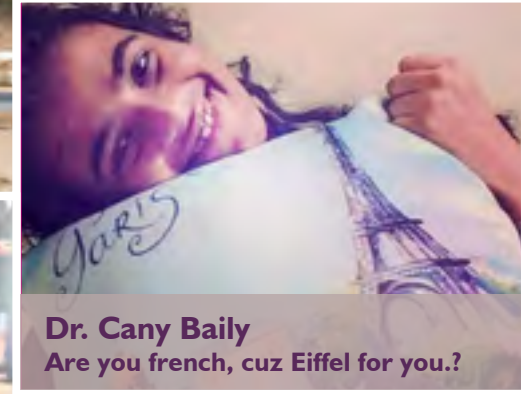
Dr. Alma D'Souza
I'll take a bough for this quality pun



Dr. Rahul Krishnan
Be optimistic prime



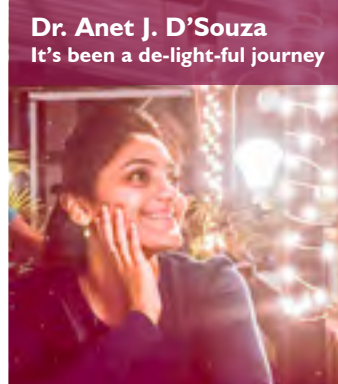
Dr. Anvith S. Pinto
When your well of ideas dry up



Dr. Cany Baily
Are you french, cuz Eiffel for you.?



Dr. Bhavya Naik
I like to doc and roll



Dr. Anet J. D'Souza
It's been a de-light-ful journey



Dr. Ann M. Mathew
Looking into golden days at the golden hour



Dr. Akshay L. Dias
Jack of all trades master of fun



Dr. Anagha S. Bagi
Blossoming into a happier person



Dr. Raymond Palliyon
Life's been really sheety



Dr. Chris Pius
This is how eye roll



Dr. D. Trupti
Thanks a brunch for these waffley good years!



Dr. Ashwathi Thomas
Love Your Selfie



Dr. Andrea R. Castelino
Catitude is everything! Here's to purrfect days, filled with absolute pawssitivity



Dr. Anu M. Saji

Dr. Ajil Philip
Aren't you jealous of my sofishticated good looks?



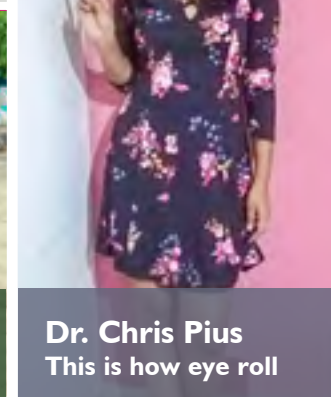
Dr. Ananya P. R.
Did you say I need to hang out more often?



Dr. Chinmai U
Never going to be TWO tired of travelling



Dr. Rishel Rebello
Moo-ve on!



Dr. Bharath Mathew
Icy, its a mount-ton of love



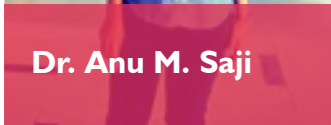
Dr. Bharath J. Mathias Prabhu



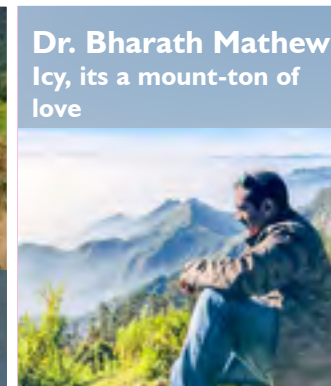
Dr. Carin Coelho
Daisy me rolling, they hating



Dr. Anupa J. Pathil
Use filters in life and on snapchat.



Dr. Suzanne Sonali Edwin
Life's a beach, enjoy the waves.





Dr. Karen Maneeek
How do colours greet each other? **YELLOW.**



Dr. Catherine George
Aren't you de-lighted



Dr. Christa Joel
Eye can see something beau-tea-ful.



Dr. Kiran B. Budihal
Did you day temple pun I thought you meant temple run!



Dr. Jenniton James
Just another hopeless ramen-tic



Dr. Thomas George
Time fries when I'm with you. He's shrimplly the best.



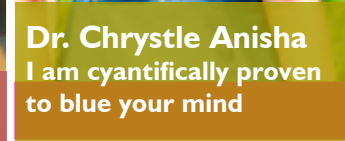
Dr. Jithin Joseph
You've made a vas deferens in my life!



Dr. Kavan Sharma
I love FMCC a waffle-y lot.



Dr. Eve Thomas
I haven't got a fire caption, but I know I look it.



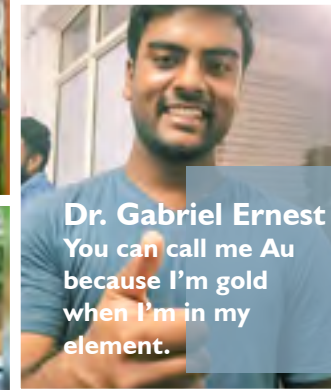
Dr. Chrystle Anisha
I am cyantifically proven to blue your mind



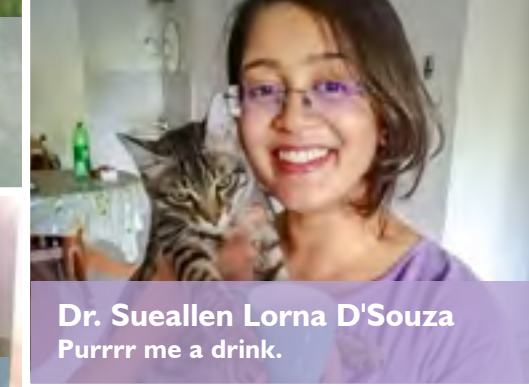
Dr. Clinton Castelino
I have specs appeal



Dr. Joseph Sajevee
Shades Because my future is so bright



Dr. Gabriel Ernest
You can call me Au because I'm gold when I'm in my element.



Dr. Sueallen Lorna D'Souza
Purrrr me a drink.



Dr. Jane Thomas
It's time to sleigh, all my jingle ladies.



Dr. Erine Joseph
To thine own selfie be true.



Dr. Mathew Shaji
That's how eye roll



Dr. Elenza Jose
Hotell me everything.



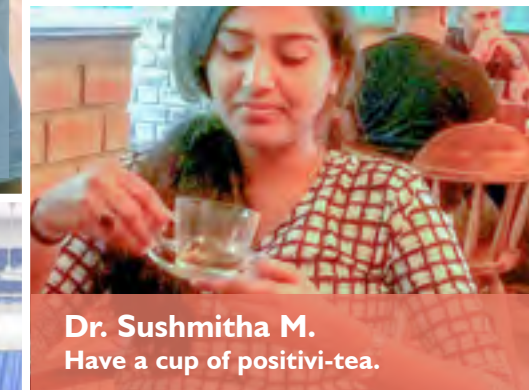
Dr. D'sa Ineeh
The tassel is worth the hassle



Dr. Marina D'souza
Need a brake. Internship is grinding my gears



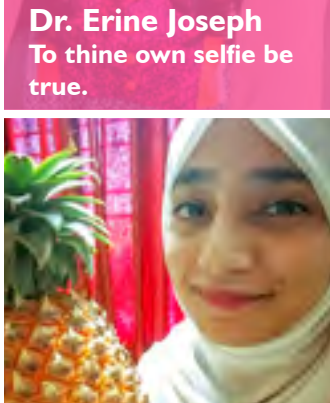
Dr. George Varghese
My ra-puns'll get you all tangled up



Dr. Sushmitha M.
Have a cup of positiv-tea.



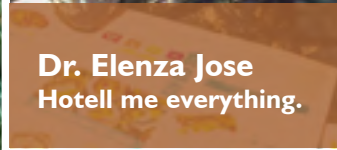
Dr. Kevin Varughese
When life gives you lemons, put them aside. don't just settle For lemons.



Dr. Faiza S. Jafar
They'll call me fine-apple!



Dr. Crystal Moras
Sun's out, puns out



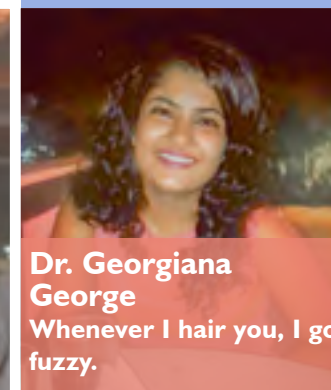
Dr. Elisha Furtado
Hello, we meal again!



Dr. Melbin Kurian John
Seas the day



Dr. Pratheeksha K. C.
And it was all yellow.



Dr. Georgiana George
Whenever I hair you, I go fuzzy.



Dr. Swathi Balakrishnan
I think this picture looks great. You just have to look at it from the right angle.



Dr. Jeco Jacob
PMS jokes are always funny. Period



Dr. Vaishnavi Pandith
Keep calm and enjoy your sundae.

MBBS INTERNS



Dr. Manisha Moses
Imma s-teal your heart



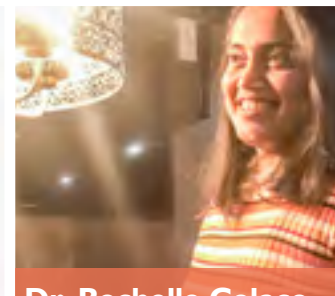
Dr. Megha Mathew
Hey there hot tea!



Dr. Jyothis Maria
Trick or Retreat



Dr. Shifali B.
Cheers to being well-red



Dr. Rochelle Colaco
Watts the matter. Lighten up.



Dr. Swathi Lokesh Gowda
Now hotter by one degree!



Dr. Rochelle Gomes
Purr-cat-stination



Dr. Merin Thomas
Lets escape to see him waving.



Dr. Marshall D. Colin
Marsh- allah



Dr. Melita D'Silva
I'm going to change my mind soon



Dr. Mariya Sushmita
Medicine isn't for everyone, but hay, it's perfect for me!



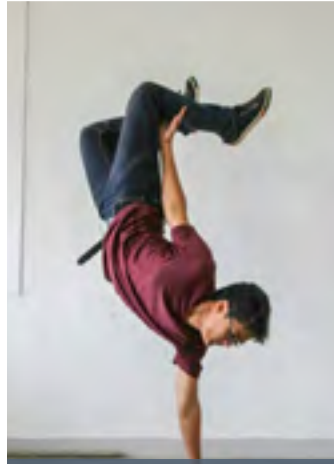
Dr. Sam Joy
SAME JOY since 1995



Dr. Neha Fernandes
Blue is the best colour. It's cyan-tifically proven



Dr. Neha Khilar
Sorry, my books make me little shelf-ish



Dr. Pratham Jain
Single handedly finished MBBS



Dr. Reethu Shibu
Eyes on the stars, feet on the ground.



Dr. Renier Borges
Why did the banana go the doctor, because it wasn't feeling well.



Dr. Reshma Mathew
Smile while you still got teeth



Dr. Nikita Biju
Ex-Straw-Ordinary



Dr. Sneha Alexander
We all have Tree-mendous potential!



Dr. Rose Mundackal
Keep calm and shake it off



Dr. Nehal Varghese
Tropic like it's hot



Dr. Perlin Sinekha P.
Now you see me



Dr. Roshni Furtado
Ice scream during horror movies



Dr. Roshni F. Joan
...and lastly I'd like to thank my dog, Buddy. Thanks fur everything, boy.



Dr. Roshan Sabu
I'm very good at throwing shades



Dr. Roshini Rodrigues
I'm the type of person that adooors everyone



Dr. Niranjn Shetty
Your friendly neighbour-hood spiderman



Dr. Prithvi
Mind = blown.



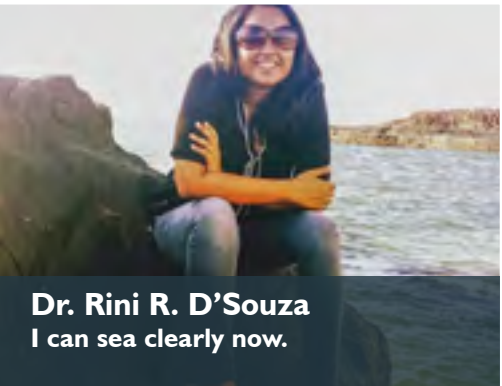
Dr. Stacy Martin



Dr. Shawon Mondal
Sitting in cuz being outstanding is too mainstream



Dr. Simon Sajan
I have a condition which makes me eat when I can't sleep, it's called Insom-nom-nom-nia!



Dr. Rini R. D'Souza
I can sea clearly now.



Dr. Priya A. D'Souza
It's been a kick gr-ass couple of years.

What tops your bucket list?



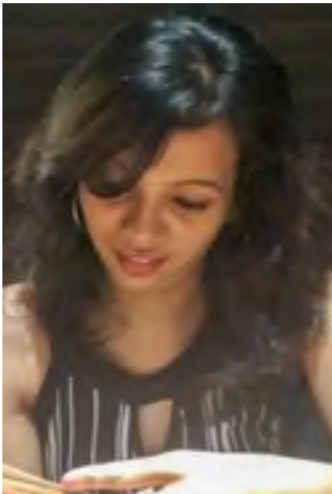
Dr. Shahabaz Pasha
My batch is tea-riffic



Dr. Sharanya R.
Conjunctivitis.com
thats is a site sore eyes



Dr. Sebin Skaria
Let's all be SPEC-
tacular!



Dr. Srinidhi Nayak
What's on the menu
It's Me-n-u!!



Dr. Sanjana Joy
Joy to the world, the
queen has come



Dr. Sebin Jolly
Peering at you



Dr. Vinitha D'Silva



Dr. Shruthi R.
Stare-way to heaven



Dr. Sibgathullah G. K.
It's okay tibia humerus
man while having pun



Ms. Femin Joy
Visit Bethlem



Ms. Anagha Ramesh
To do bungee jump



Ms. Fionna D'Souza
World tour



Ms. Natasha Menezes
Dive of a cliff



Ms. Lisanne Aranha
Want to be a good
physiotherapist



Mr. Aybin Paulson
Travel in a spacecraft



Mr. Charles C. J.
Want to go on an adventurous
trek in the Amazon forest



Ms. Astel Pinto
Watch the Northern
lights against a starry
night 'in person'



Mr. Sangeeth Krishnan Thampi
Want to take my singing career to
greater heights



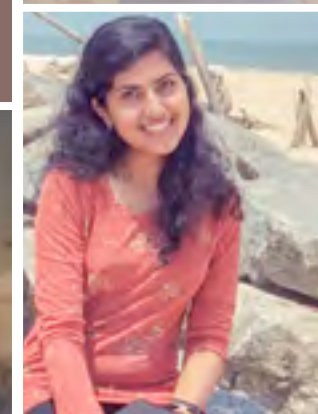
Ms. Josmy Thomas
Go snow skiing



Ms. Aleena
To start a restaurant



Ms. Christina George
Run a patisserie with
special challenged



Ms. Deepti Sebastian
Go to an airport and
buy tickets for a random
flight



Sr. Mereena Joseph
Want to publish a book.



Ms. Leema Vinod
Swim with Dolphins



Ms. Aksa Thomas
Adopt a lion



Mr. Jibin Sibi
Relieve memories



Ms. Manisha E.G.
Top up to the
Himalayas.



Ms. Stephanie Stephen
Stare at the sky in silence at night
from on top of a mountain



Ms. Kimberly Aguiar
Learn Bachata

What tops your bucket list?



Ms. Nikitha Roy
Want to be a helpful person



Ms. Reshell Fernandez
Go snorkeling



Ms. Tintu Varghese
I want to try having varieties of foods from different part of the world.



Ms. Smrithi K.P.
To do what I love and what makes my heart happy



Mr. Rahul Benny
To get married as early as possible



Mr. Rhea R Worlikar
Travel



Sr. Litty Joseph
To spread happiness

MIT INTERNS



Ms. Anju M.



Sr. Bhavya



Ms. Anju Joy



Mr. Amit Salokhe



Mr. Nishmitha Peris



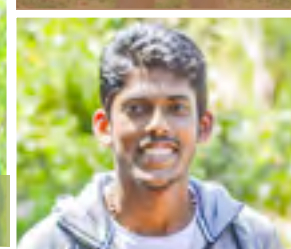
Mr. Caron Fernandes



Mr. Bibin abraham



Mr. Jobit Casper



Mr. Avin Sibi
Taking an image, freezing a moment



Mr. Athira
Wake up and watch the sunrise



Mr. Justin
Grow gratitude



Mr. Delvin Joby



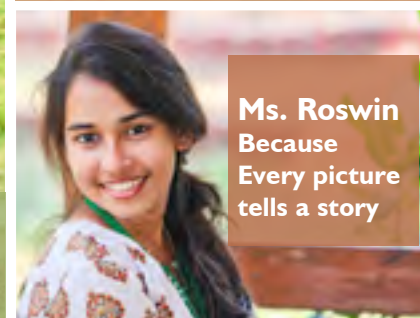
Ms. Varsha Wilson
Chill Out



Ms. Roswin
Because Every picture tells a story



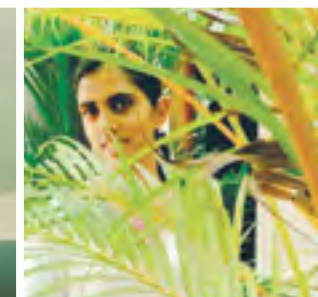
Ms. Alisha
Beauty is power, a smile is it's sword



Ms. Keerthana
Wake up and get ready



Mr. Prashanth Shetty



Ms. Sara B. Thomas



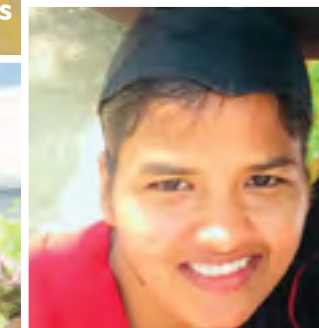
Mr. Adarsh Benny



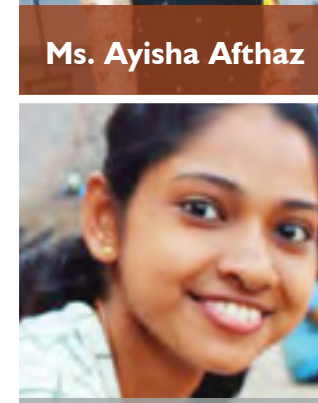
Ms. Ayisha Afthaz



Ms. Shiney M. D'Souza



Sr. Soudha



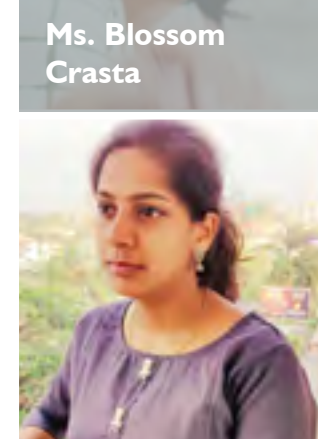
Ms. Blossom Crasta



Mr. K. B. Purushottam



Sr. Sumi



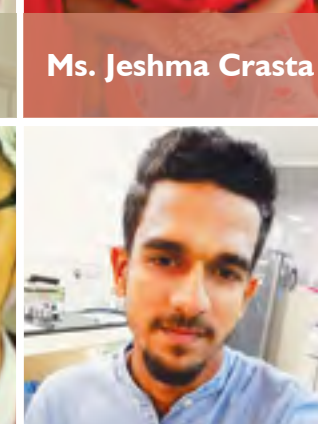
Ms. Sreepriya Daydream



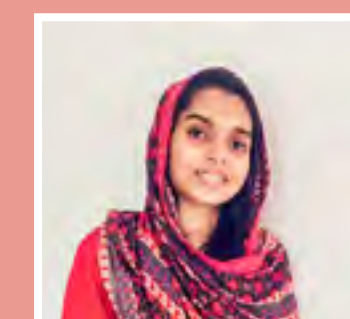
Ms. Jeshma Crasta



Sr. Bincymol



Mr. Nihar Sheikh



Ms. Fahiratul Fahimha
It is not necessary to follow the herd, when you stay true to yourself!



Mr. Joyal John

BPT INTERNS

MLT INTERNS

RT INTERNS



Rare Super Blood Moon spotted. 2019

Photo: Rohan Manjunath Gowda- 2017

Editorial Fam

(MBBS is side business)





Amritha



Nikitha



Irene



Edha



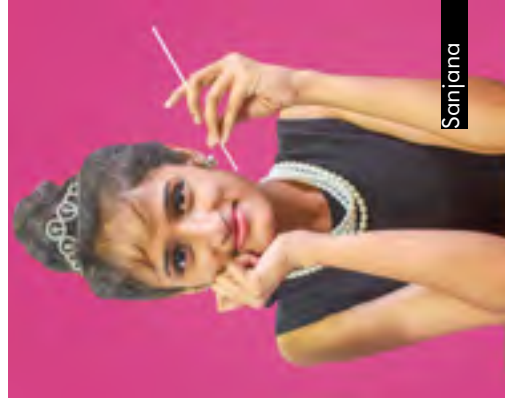
Anya



Frana



Mayuri



Sanjana



Floris



Evangelina



Dr. Cimona

Editorial Board, 2019



Sandeep



Bonita



Jonica



Pooja



Pranav



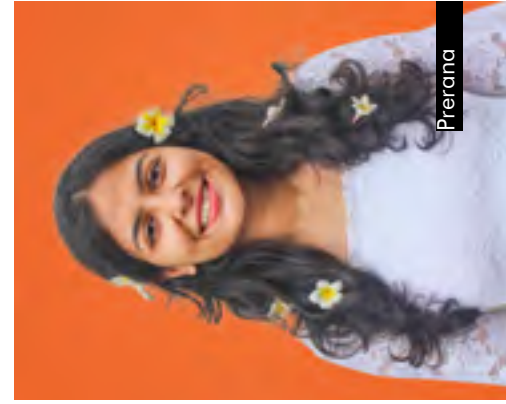
Angelin



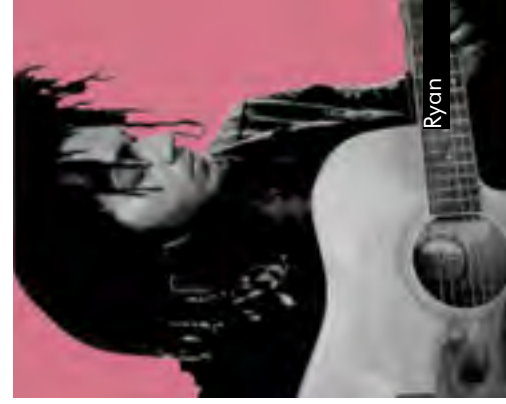
Robin



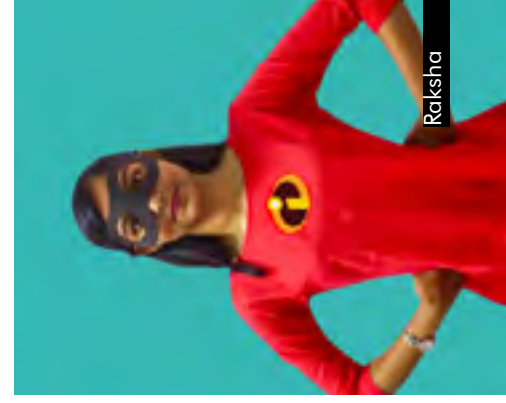
Romith



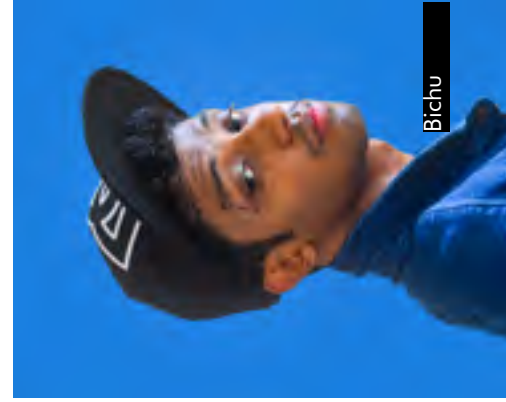
Prerana



Ryan



Raksha



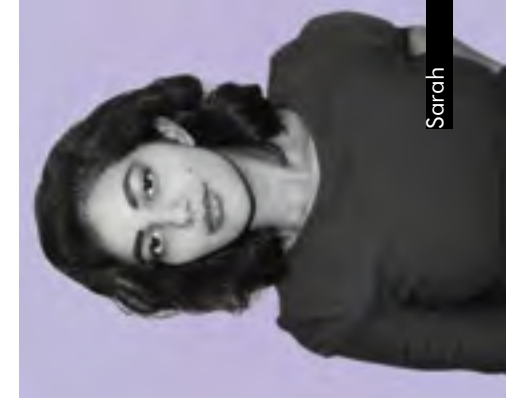
Bichu



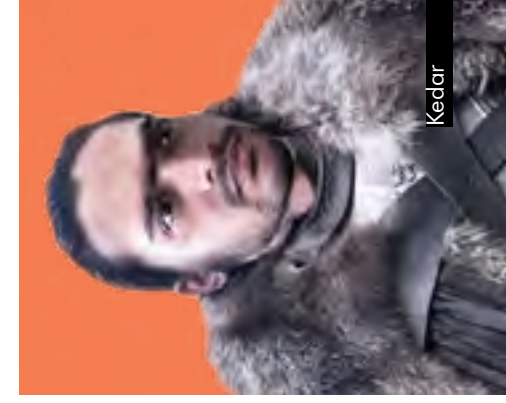
Joe



Nicole



Sarah



Kedar



Sonu



Madhubala
Actress, singer.



Sharbat Gula
Afghan girl,
refugee.



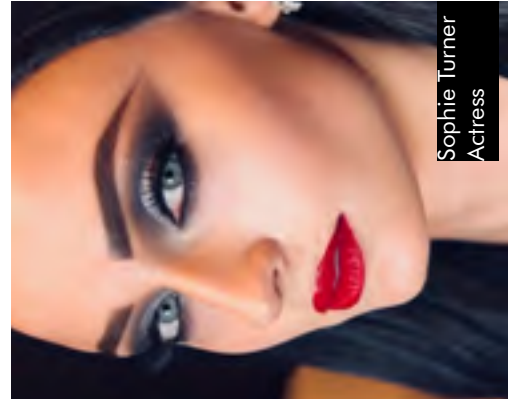
Beyoncé
Singer, songwriter



Mary Poppins
A quintessential angelic
nanny from the fantasies



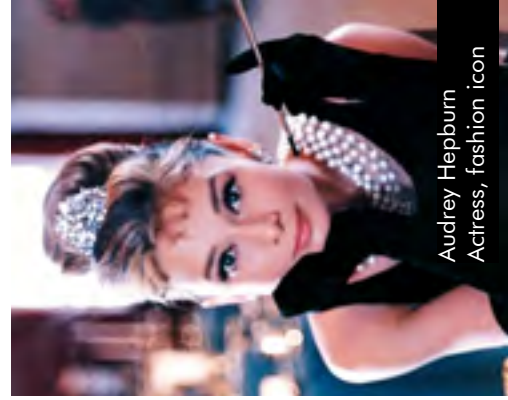
Amy Winehouse
Singer, Songwriter



Sophie Turner
Actress



Hamsa Damayanti
A Raja Ravi Varma muse



Audrey Hepburn
Actress, fashion icon



Frida Kahlo
Painter



Miranda Sings
Comedian, YouTuber



Shobana
Actress, dancer

An ode to
timeless art
and legends-
ary artists.



Vito Corleone
The Godfather



Sylvia Plath
Poet, novelist



Oprah Winfrey
Talk show host,
media executive



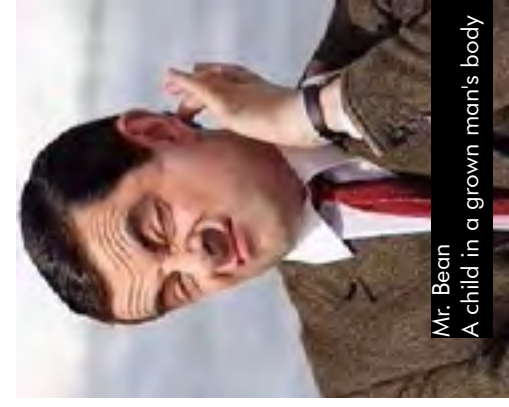
Amrita Sher-Gil
Painter



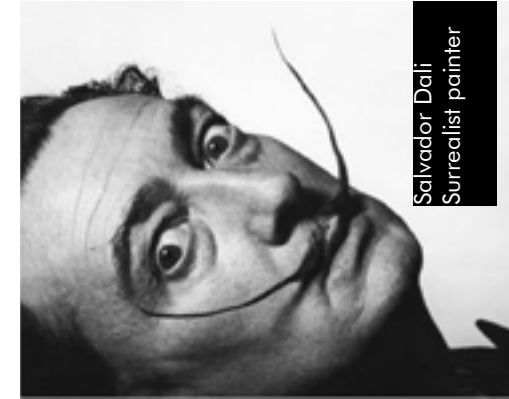
Alvaro Morite (El Profesor)
Actor, Genius, Strategist



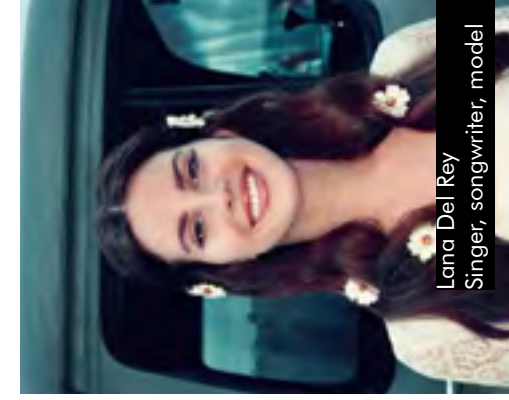
Janet Jackson
Singer, songwriter, actress



Mr. Bean
A child in a grown man's body



Salvador Dalí
Surrealist painter



Lana Del Rey
Singer, songwriter, model



Bob Marley
Singer, songwriter, beast



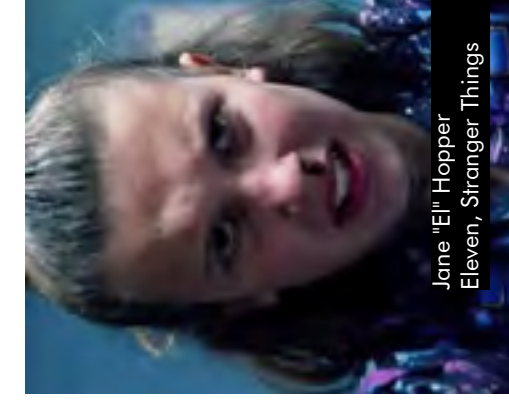
Violet Parr
Superhero from
'The Incredibles'



Wiz Khalifa
Rapper, singer, actor



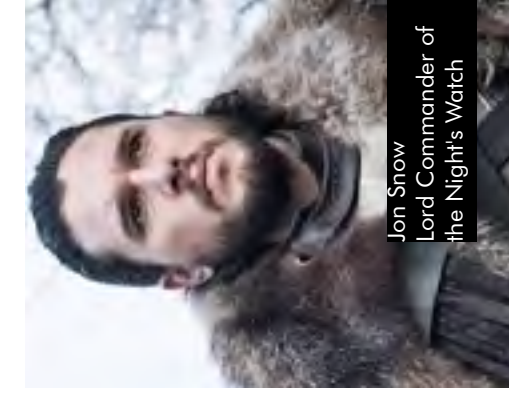
Invisibility cloak
Stolen from
Harry Potter



Jane "El" Hopper
Singer, Stranger Things



Marilyn Monroe
Actress, model, singer



Jon Snow
Lord Commander of
the Night's Watch



Jack Dawson
Died of hypothermia,
Titanic



Epilogue

Epilogues make me sad. The pain of parting ways with a book you've been cradling, living in and breathing out of, hurts more than a heartbreak. But I'm a sucker for writing stories with sappy endings so here's an epilogue for you. (Read: Acknowledgments)

If you've read every word of every line up until now, know that, I love you. You are a gem.

Each page is the result of the painstaking work of the magnificent being, that is the Editorial board. These guys are the coolest bunch there ever will be and I'm keeping them for the rest of my life.

Here are some life savers who need the mentioning

Dr. Cimona, she is pretty and pretty awesome! Her constant "Sanj, we got this. Call me at 3 a.m. if you must, I'll be there" kept me going. Thank you ma'am, for the car rides, for lending a ear to my ranting and most importantly, for buzzing with equal enthusiasm for all my ideas (especially the over-ambitious, insane ones)

Irene, for being my rock and pillar. For pushing me to hustle and reassuring me at every step. This woman is a wholesome package of talent and goodness. The Ootd section is her brainchild and I'm sure y'all lingered on to stare at my beautiful girl on the cover of the section*wink* I'm her biggest fan.

Floris, for making my freaking-out sessions and endless whining her daily morning alarm. This child of mine, chose the beautiful layouts of the articles you guys sent. She is a storehouse of artsy aesthetic, fixer of all pages, ugly, and resuscitator of all sections, abandoned.

Sandeep, for the immense love and patience he showed, as I went through my Don't- breathe-I'll-kill-you phase when the workload got to me. He's been my best friend and wise counsel for years now and made sure I didn't sideline education. He became my audio book when I couldn't find the time to study. The Star Wars themed Self Care section and the Quizzing section are his babies.

Mayuri, for being my personal minion (the cutest one) and running every tiny errand I shoved her way. This kween single handedly proofread the entire book, without missing a single full stop. Period. (If you still find errors, you now know who I'm going to kill)

Nikitha Crasta, for simply being Nikitha Crasta. (Synonymous to insanely gifted multi-talented meows) With her iPad and pencil, she's unstoppable!

I'm the most disorganized person you'd come across and **Romith** voluntarily stepped in, to take this job upon himself. He handled the e-mails and made folders, sub folders and sub-sub folders! (Destroyer of chaos, be it pit or ladder.)

Sarah, Raksha, Bonita, Robin, Anya and **Ryan** are full fledged bosses. I would wake up with an idea, ask them to do it and it would, legit be done before the night broke. These kids made life easier and each one is so talented, they've left me wonderstruck. Also, I got to bully them in the process. (No juniors were hurt in the making of this magazine.)

Eva, Edna, Nicole, Frana and **Robin** for annoying the staff and alumni and chasing/stalking them to get their interviews and most importantly, for being shamelessly nosy to get them to spill the beans.

Pooja and **Sonu** for their quick wit, dank humour and for being overall badass pun-dits.

Amritha, Angelin, Kedar, Jonica and **Joe** for unquestioningly getting a truckload of work done, that may or may not have included a lot of hunting and gathering (also scavenging).

Prerana for being the comfort face I could run to, in case I messed up. (The only place in the committee where I could feel and act like an irresponsible junior brat).

There were plenty of saviours outside the committee who became subjects of my tyranny by choice. **Roshan**, madame President, for being the one who's always pushed me to do better and the first one I text in the middle of a breakdown. She always has a solution. I don't know how, but she always does.

Chetan for trusting me with his camera for the past five months.

Jonathan for taking up an entire section and flooding it with his quirky humor.

Marshal and **Thilak**(sir :P) for the constant supply of good vibes. **Nikita Shetty** for being my drug of choice during a mind block.

Gaurang, Reyon, Rohan, Ashrith and **George** for helping out so much with their photography magic.

Adhip for being my third annoying brother.

Shweta and **Shah Nawaz** for being my foster parents.

The editors of the previous editions of Mullerpulse who gave me life lessons and got me started. **Joe, Daron, Swati** and **Savitri**. (I'll buy you guys ice-cream though I hate y'all for setting the bar up high.)

Mr. Ravi and **Mr. Desmond** for working relentlessly with the layouts and designing, and putting up, rather patiently, with my fickle minded self. **Ms. Rakshitha, Mr. Michael, Ms. Vandana** and **Ms. Shwetha** for all their help in bringing this book to life

I'm grateful to the FMMC management: Director **Fr. Richard Coelho**, Dean **Dr. J.P. Alva**, Hospital Administrator, **Fr. Rudolph Ravi D'Sa** and College Administrator **Fr. Ajith Menezes** for standing by me and providing me with this opportunity and I hope I've lived upto it.

To my superhuman **Dad**, who got me into writing when I could barely spell my name right and my beautiful **momma bird** who reads and re-reads every string of words I put together.

They taught me how to step out of my comfort zone and my two younger **brothers** stood by me as I did. (And copied me when their time came). (As usual). Thank you for being my happy place. I love you 3000.

I thank the books that have shaped me and the writers that have left their mark.

Lastly, to the beautiful world, with it's million tiny wonders, which will always remain a storehouse of inspiration and source of constant wonder for a tiny speck like me on it.

Adios!



COMFORT
ZONE

Things that
make life
WORTHWHILE
and
interesting