

EKAYANA

Wisdom encapsulated



आरोग्यम् सुख सम्पदा

ALL INDIA INSTITUTE OF MEDICAL SCIENCES
RAIPUR

अखिल भारतीय आयुर्विज्ञान संस्थान
रायपुर





EKAYANA

WISDOM ENCAPSULATED

STUDENT'S MAGAZINE

ALL INDIA INSTITUTE OF MEDICAL SCIENCES RAIPUR

JULY 2023 EDITION 01



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Message

I feel elated that medical students of AIIMS Raipur are publishing the first edition of students' magazine - Ekayana .

AIIMS Raipur has made remarkable progress in the last ten years in the field of Academics, Patient Care as well as nurturing a culture of need and value based contribution to science and society.

It is a matter of immense pride that undergraduate students have taken the initiative to publish **Ekayana : Wisdom Encapsulated** .

I hope that this magazine will be a wonderful platform for students to share their creative work and the vision for times to come. I would like to convey my words of appreciation to each and every one involved in editing and publishing students' magazine for their visionary advice, coordinated furdwork, discipline and intense dedication. I wish Ekayana a grand success.

With humble regards

Prof . (Dr.) Alok Chandra Agarwal



आरोग्यम् सुखं सम्पदा

Prof. (Dr.) Sarita Agrawal
Dean research
Prof. & HOD Dept. of Obstetrics & Gynecology



Message

It brings me immense pleasure to foreword **Ekayana: Wisdom Encapsulated**, the annual Students magazine of AIIMS Raipur.

This students magazine is an exhibit of creativity, adorned with the pearls of rich literary talent and achievements that students here at AIIMS possess.

This magazine provides students with an opportunity to present their ideas and opinions by means of immaculately and beautifully crafted lines, which will truly send the reader into the realm of intellectual stimulation and imagination.

I congratulate everyone involved in the making of this magazine and continuing with such an unique platform that would serve as a means of expressing ones thoughts, opinions and ideas.

I strongly believe that this magazine is going to inspire a lot of medico writers and poets to dive into the ocean of their untapped creativity and pen down some really amazing poems, stories and essays !!

आसमां से भी ऊंची उड़ान हो सकती हैं
बस हृदयकृति को शब्दांकित कर पंख खोलने की ज़रूरत हैं

Prof. (Dr.) Sarita Agrawal



आरोग्यम् सुखं सम्पदा

Dr. Eli Mohapatra
M.B.B.S & M.D. Biochemistry
Dean (Examination)
Professor and Head
Dept. of Biochemistry



Message

It is a surreal experience to be a part of the college magazine of our institute. Students of the literary society have worked hard to make this edition a magnum opus. Students who have contributed their valuable thoughts in the magazine in the form of prose or poetry are equally praiseworthy.

The primary goal of the institute is to develop top-class healthcare workers , provide high-quality patient care, and involve actively in translational research. However, the endeavor to produce all rounder medical graduates is incomplete without providing a platform for students to display their countless skills and talent. Thus, the idea of the magazine came into existence.

I extend my warm wishes to all members of Papyrus, the editorial team , and all the literally inclined students . I wish "EKAYANA" to create a magnificent impact!

With humble regards

Prof (Dr). Eli Mohapatra



Sohan Paikray
MBBS 2020
Editor -In-Chief
Ekayana '23



From Editor's Desk

Welcome to the captivating world of Ekayana, where curiosity meets enlightenment!

Ekayana is not just a magazine; it's a gateway to inspiration and the endless possibilities of creativity. With every turn of its glossy pages, Ekayana invites you on a journey of discovery, fueling your imagination and expanding your horizons. Our magazine is dedicated to all the students of AIIMS Raipur who have come forward to express themselves in the most creative fashion. Through thought-provoking articles, stunning visuals, fascinating stories and insightful event coverages. We seek to ignite the spark of curiosity within you, encouraging you to question, explore, and embrace the wonders that surround us.

Ekayana is meticulously crafted to captivate your senses and stimulate your intellect. From immersive feature stories that transport you to distant lands, to thought-provoking opinion pieces that challenge the status quo, Ekayana offers a diverse tapestry of narratives that inspire, educate, and entertain.

Join us on this extraordinary voyage, where each page is an invitation to embark on a thrilling adventure of knowledge. Ekayana is your compass in a world of infinite possibilities, guiding you towards the profound beauty of ideas and the boundless frontiers of human imagination.

Welcome aboard !


Sohan Paikray

EDITORIAL BOARD



Sohan Paikray
Editor-in-Chief



Aiswarya Harish
Co-Editor



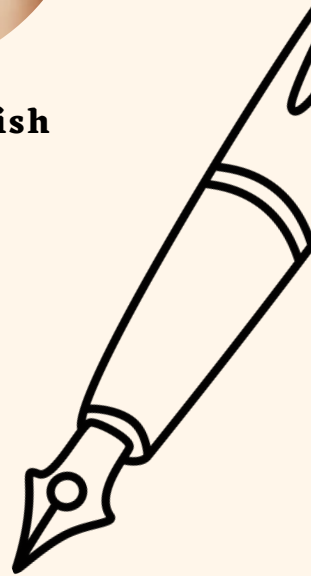
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Masterstrokes



Shreyansh Jena

MBBS 2020

Bronze Medalist in Vocal solo
Pulse '22 , AIIMS Delhi.

Sohan Paikray

MBBS 2020

Winner in E-Poster Making
IPC & PvPI India



Gajendra Suna

MBBS 2020

Gold Medalist in Dance solo
Kaizen '23 , AIIMS Patna
Meraz'22 , IIT Bhilai



Masterstrokes



Team AIIMS Raipur

Quarterfinalists in Basketball
Silhouettes'22 , AFMC Pune

Raven

Runners-up in BOB
Chiasma '22 , AIIMS BBSR



Quiz Team AIIMS Raipur

MBBS 2020

Finalists of Cognition
National Pharmacology Quiz
AIIMS Mangalagiri

Masterstrokes



Sarannya Sahoo

MBBS 2021

Gold Medalist

Merakee- Microtale

Kaizen'23, AIIMS Patna

Quiz team AIIMS Raipur

MBBS 2021

Bronze Medalist

Murder Mystery

Elixir'22, IMS BHU



Quiz team AIIMS Raipur

MBBS 2021

Champions IMPCQ'23

University of Lahore



Euphony is the vibrant music society of the prestigious All India Institute of Medical Sciences (AIIMS) Raipur.

Established with the aim of fostering the love for music among the talented medical students, Euphony has become a thriving community that celebrates the power of melodies and harmonies.

The society hosts regular music sessions, workshops, and jamming sessions where members can hone their skills, learn from each other, and create magical musical collaborations.

These sessions cover a wide range of musical genres, including classical, western, fusion, and popular music. The society also organizes music competitions on a regular basis which provides opportunities for students to showcase their talent and gain valuable performance experience. The biggest of which happens to be the music event called ALFAAZ. It invites music talent from every corner of AIIMS Raipur, irrespective of their age, gender, or talent.



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UNION DAY'22



With the Union Day of 2023 just around the corner, we can't help but reminisce about last year's Union Day. Though calling it a day might be misleading as it was held on 14th and 15th May. It marked the democracy and sovereignty of the students and was celebrated with a lot of ardour.



The first day revealed the election results, giving us our AIIMS Raipur Medical Students Welfare Society of 2022. Each member was called on stage and felicitated with a certificate. The Union then took an oath which was followed by speeches from its cardinal members with promises of working as a fraternity for the student welfare. The election was also featured in local newspapers as for the first time the college had a female President, Ms. Tharra Yamini Prabha.

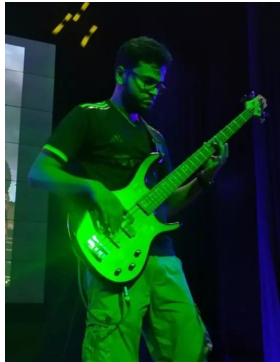


The lighting of the lamp to the hymns of the Saraswati Vandana marked the auspicious beginning of Union Day 2022. The events of the day started with an inter batch trivia quiz organized by the Literary club with questions ranging from mythology to entertainment media. The 2017 team emerged as winners after a nail-biting rapid-fire round against 2018 team. The day ended with a dance competition with students from all batches displaying their talent in western and classical dance forms – both duet and solo.

The second day began with the instrumental competition followed by duet singing competition. Both the competitions held us spellbound, and was followed by a drama competition with some outstanding performances which brought to light the plight of healthcare professionals and gave an unbiased perspective on marital issues. The Literary Club also held another one of its event, flash fiction, where participants wracked their brains, to come up with stories linking the displayed images.

After a short break the events of the day resumed with the last competition - solo singing. As the competitions came to an end, the judges were requested to announce the results with a vote of thanks from all the present professors. Prof Dr Arunita Jagzape ma'am had presided over the dance competition. She gave away the prizes, appreciating how dance had evolved with time while still being just as captivating. Prof Dr Avinash S Ingle sir and Prof Dr Soumitra Trivedi sir were called upon stage to distribute the prizes for the music, literary and drama competitions. With the day being unequivocally memorable for most. One of the highlights that cannot go without being mentioned was Prof Dr Trivedi sir singing, nostalgic about his college days.





Once all competitions were over and their prizes distributed, each club of the college gave a short performance representing what they were all about. While Photophilics gave us a glimpse of everyday life and nature captured in frames, Kalakriti presented a short video of their members expressing their creativity through paintings, sketches, crafts and an art exhibition.

Darpan had us in stitches with their contemporary twist to the construction of Taj Mahal. Papyrus set a solemn tone with their original poem recitation "The Tale of Twin Planets" which reminded us yet again of the inevitable doom looming over us if we did not take care of our environment. With Nrityashala stepping on the floor, the audience cheered and clapped to the beats, their infectious energy spreading through the hall.

Last but not the least, Euphony took the stage with an impromptu performance from the previous head of the club. This was followed by an intense performance from Trebles, their Boulevard of Broken Dreams resonating with all present there. The night concluded with a dynamic rendition of Zinda by Aakrit on audience demand. The audience matched the vibe throughout their performances, giving it no less of a feeling than a concert as they crowded around the stage, screaming themselves hoarse.

In a nutshell, Union Day of 2022 was a huge success. Undoubtedly, this feat was the culmination of efforts of all the students of the college – from planning to campaigning to pouring hours of practice into the performances. Such events not only give a platform to hone soft skills but also provide an opportunity for students to showcase their talent. Union Day of 2022 set the standards quite high for the college and we hope the union days of coming years would have the same enthusiasm and support.

Womanhood

DR. RITUPARNA DAS

MBBS 2018

Through the window panels,
Under the cumulonimbus clouds,
I saw her,
Dwelling in a thatched house.

Through the raindrops slipping down the glass,
In knee depth flood,
I saw her,
Scooping the water out of her house.

Through the blaze of thunder,
That shook the house,
I saw her,
Standing straight up in avouch.

With the changing cumulous to stratus,
Arrived the squalls,
Blowed her painted canvas and inked letters,
Off the shelves - to water it falls.

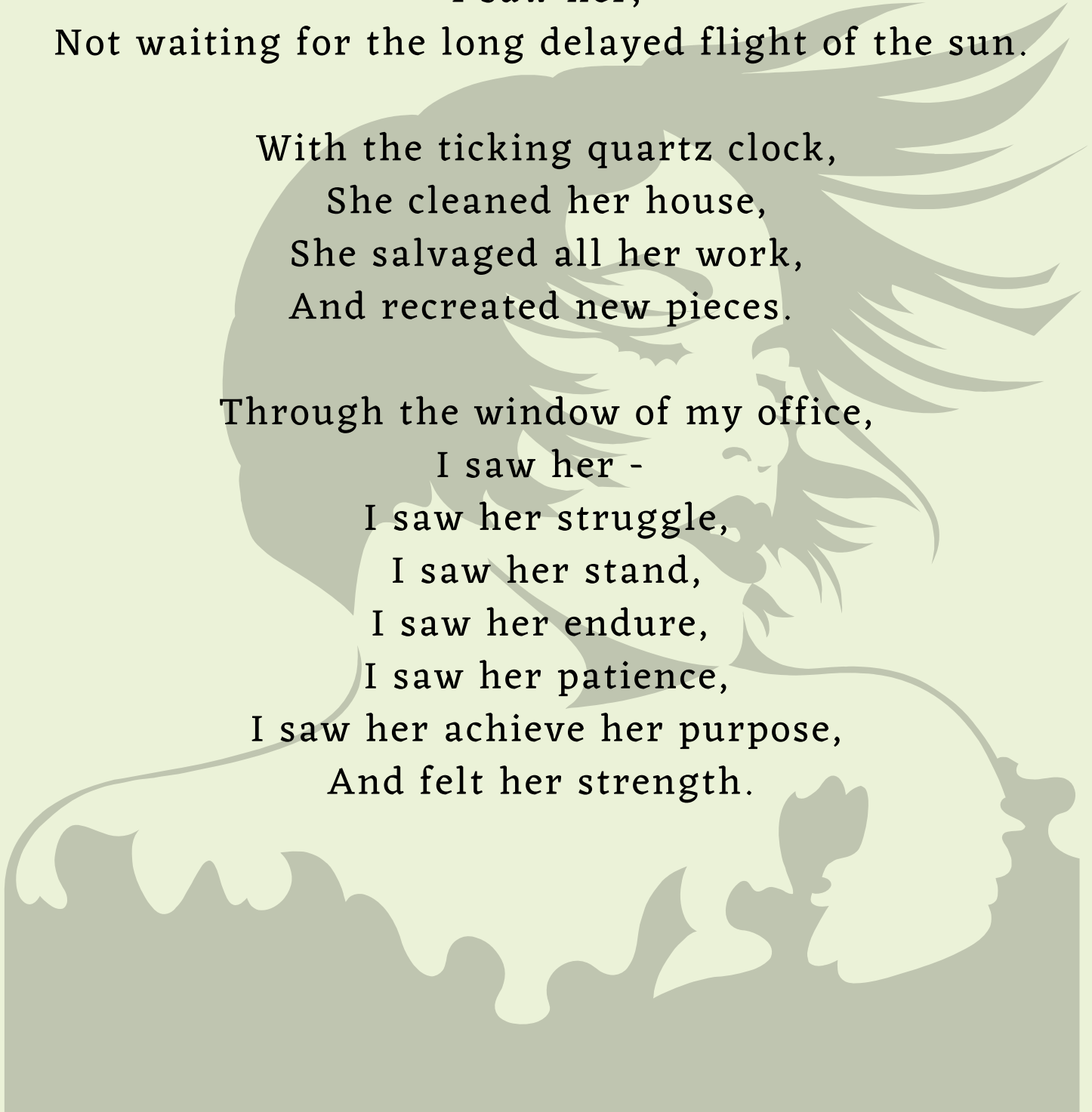
Through the triple paned windows,
Undeterred by the plight,
I saw her,
Drawing strings around the house,
And clipping the papers
To wind them dry.



Through the soundlocked window,
With an inaudible wailing grin,
I saw her,
Not waiting for the long delayed flight of the sun.

With the ticking quartz clock,
She cleaned her house,
She salvaged all her work,
And recreated new pieces.

Through the window of my office,
I saw her -
I saw her struggle,
I saw her stand,
I saw her endure,
I saw her patience,
I saw her achieve her purpose,
And felt her strength.



The surgeon snapped off her gloves. The procedure had been a success. But her eyes held no mirth. To her, it was another day of an acid attack victim wanting to hide her scars.

She looked up and caught her own reflection in the mirror. The surgery scars had become faint over the years. Yet it gave her no joy. It had become a constant reminder of her past.

17 year old her had been elated at the prospect of getting a semblance of her face back. To not be stared at. To not be treated as a monster. To have a chance at living that life she always dreamed of.

Now at 40 years, she couldn't help but think how cruel it all was. Shunned by her friends and family, her story had only met with sympathy. But the sympathy never went beyond having a clean conscience. She was never invited to hangouts or asked out on a date. People would not be caught dead being friends with her. Skin grafts had been her escape from it.

She was not against skin grafts. As a doctor, she understood the medical aspects quite well along with the lease of life it brought. But the psychological pressure every victim felt to fit in saddened her. Her rejection had never warranted an acid attack. Yet everyday, she had felt responsible. Hiding away in her room to avoid causing any embarrassment to her family, the rumours that reached her ears when none of it had been her fault – she remembered it all too well. If only society could have been more accepting towards people not conforming to their beauty standards. If only they had empathised with her circumstances, perhaps the pain would have eased a bit.

Time would heal everything they had said. They were wrong. Time just buried it under a fold of memories, simply waiting to be triggered.

Becoming a plastic surgeon would be cathartic she thought. She was wrong. The dark circles under her eyes gave that away.

THE OTHER SIDE

AIWARYA HARISH
MBBS 2020

She woke up with the warmth of the sun on her skin. Usually, on waking up, her hand automatically reaches for the other side of bed to check for the presence of her husband. But today, waking up came with the influx of all the thoughts she had been harbouring to herself, with one phrase ringing in her head, "you've a life of your own to live". With all these going on in her head, she reached for her husband's side of the bed, only to find it empty and cold. With sleep still in her eyes, she strained herself out of bed, to find her husband.

It's their seventh wedding anniversary today and her mind went to their initial days together. Theirs was an arranged marriage where her family pushed her to marry the comparatively well off guy who had a muddled mind. At first, things went way better than she could expect. He treated her as an equal, which she never received at home, and encouraged her to complete her graduation.

Things went on smoothly till she encountered his first delusional episode. They were watching tv when he suddenly went up close pressing his ears to the screen and whispering gibberish which later on turned to stomping and shouting. She stood transfixed not knowing whether to run away from him or calm him down. She chose the former. She went to their bedroom and hid under the sheets. After a while she felt the soft touch of a hand on her shoulder. He sat next to her apologising frantically. The next couple of times his delusional episodes appeared she did the same followed by him coming to her to apologise.

With increasing frequency of his episodes, she decided to seek medical help for him. The consulting doctor in addition to giving medication, gave instructions for her as to what is to be done to help calm him. With repeated episodes and her running away and returning to help him, she learned to live with his illness.

In spite of his schizophrenia, they had a loving married life where he'd bring her flowers, braid her hair and cook exotic dishes for her. Still, it'd be a lie if she's to say she never thought of leaving him. It used to be on the back of her mind all these years. But lately, she's been giving it some serious thought. Even with increased medications, his symptoms were getting worse and even in his lucid state he was too emotionally distant for her to have a normal conversation. She's been feeling increasingly lonely and her uncooperative in-laws didn't make things easier for her.

She reached the living room to see her husband pacing back and forth muttering to himself. She did not take a step forward. He started to pound his head on the walls. Still she did not move an inch. Even when he was sinking to the ground with hands over his ears, she couldn't help but think of leaving and finding a life for herself. She was so engrossed in her internal battle between wanting to live her life and guilt for leaving him, she did not hear him call her name. When she looked at him again, their eyes met, his overflowing with tears of defeat and hers overflowing with those of inner turmoil.

The decision to leave a spouse with schizophrenia is not an easy one. The wife may feel like she's abandoning her husband when he needs her the most. However, it's important to remember that taking care of oneself is also important. If the wife's emotional needs are not being met, it's not healthy for her to stay in the relationship. She may need to seek support from a therapist or support group to help her navigate her feelings and make the best decision for her own well being.

DEATH

FAHAD ANJUM
MBBS 2021

Waiting and thinking about my job like this has been definitely a first for me. How long have i been doing this for anyways? Since the dawn of mankind? No, it had to be since the first life had emerged on this planet.

15,000 Alive

Just mere thousands of them remain now, what would happen to me when finally the last one dies? Would i die? It's funny how I've been alive, no not really alive but "existing", reaping their souls for so long but even now at the end I am still not ready to go.

14,000 Alive

I travel across the wastelands that they used to call cities, collecting their souls and granting them escape from this hellish nightmare, yet i cannot help but wonder who'd help me cross to the other side? If there even is an other side for me...

10,000 Alive

Their numbers are falling even faster now, i just reaped a man who committed suicide, his whole family had perished. Very sad indeed but nothing that I could've done. I just wish i had more time, just a little more i don't want things to end.


I want to see the marvels of this planet,
I want to see more of those beautiful constructions made by humans,
I want to see the rise and fall of civilizations
I don't know what's happened to me but ,I just don't want to let go...

4000 Alive

But I'm running out of time now, there seems to be no hope, is everything going to end like this? Even if i dont reap their souls, i can't stop them from dying if they've just given up. What's happened to them? Why are they being like this? Why can't they just fight harder? What do I do?

3000 Alive

Today i delayed the reaping of a young girl just enough for someone to find her, and thankfully it worked and she was found. Even after all this time I felt something new, something different than what I've ever experienced.



2000 Alive

I've decided to take matters in my own hand now, and so I've begun communicating with people, which i definitely didn't know i could. Well its not really "communicating" because they can't hear me, but they do seem to be able to sense me. I've been slowly guiding them towards food and shelter and away from danger. Even though they cant talk with me, their hearts seemed to be filled with gratitude for me. This was also a first. It felt... good in a way so i continued.

Their numbers are still dropping but the rate, did seem to have slowed down considerably. Maybe my actions can actually bring about a change.

Yet every soul that i reap is just as painful as someone taking mine, since when did this get so personal? Am i even the same death ,that reaped thousands of souls in a single swoop in the many wars these humans had fought?

These questions kept banging at my conscience but i pushed them aside because i had no answer.

1600 Alive

Something miraculous had happened today, a baby was born, Alive. Ohh how long had it been since I'd heard the cries of a newborn, her voice seemed to signify that maybe all hope hadn't been lost, just about yet.

But her mother seemed to be in critical condition, she's almost on the verge of death, what do I do? What can I do? Do i let her die too?

No i wasn't going to let this miraculous baby, grow up without a mother, I'm not going to let her give up just yet. So i stayed by her side for the whole night, encouraging her, whispering words of strength in her ears

Letting her know that she couldn't leave her young daughter all alone, after she faced all problems so far with an iron heart. I also guided a band of travellers who happened to have a doctor among them towards the mother and her miraculous baby, and it worked. All my hardwork paid off. I felt a joy like no other when i saw the mother wake up and caress her newborn, she called her "Eve", which sounded like a fitting name, maybe she like her namesake, would bring about a new era on this planet.

But something else happened, the mother seemed to have sensed me too, she told the others that a "Guardian spirit" had stayed by her side throughout the night, helping her, and she called me "Life"...

I don't know how to feel about this? I agree that death and life aren't all that different but just happen to be different sides of the same coin... I realised that i was a fool for having continued to act as death even now during the end, What the world needed now was life and i was going to be it. And so i continued acting as life and helping these humans, so as to not let young Eve and her mother down.

2000 Alive

Nrityashala is the dynamic dance society of AIIMS Raipur, known for its passion, creativity, and energetic performances. It is a platform where the students come together to celebrate the art of dance and showcase their talent in various dance forms.

Nrityashala welcomes dancers of all skill levels, from beginners to experienced performers. The society offers a supportive and inclusive environment, encouraging its members to explore different dance styles and develop their skills. Whether one is trained in classical dance forms like Bharatanatyam, Kathak, or Odissi, or prefers contemporary, hip-hop, or fusion styles, Nrityashala provides a space for all dance enthusiasts to express themselves.

The society holds regular dance workshops, practice sessions, and training camps conducted by professional and experienced members of the club. These sessions focus on technique, expression, and choreography, allowing members to enhance their dance abilities and learn from experts in the field.

N R I T Y A S H A L A



DOCTOR'S DAY '22

Doctors' Day is a special day observed globally to honor and appreciate the significant contributions made by doctors and physicians in the field of healthcare. It is celebrated on different dates in various countries, but the overarching purpose remains the same: to acknowledge the tireless efforts, dedication, and sacrifices of medical professionals in preserving and improving human life.

Doctors' Day holds immense importance as it serves multiple purposes. Firstly, it provides an opportunity to the society to express gratitude towards doctors for their invaluable services and the difference they make in patients' lives. It recognizes their expertise, compassion, and commitment to healing.

Secondly, Doctors' Day aims to raise public awareness about the importance of healthcare and the critical role played by doctors. It encourages individuals to prioritize their health, seek medical advice when needed, and appreciate the significance of preventive care.

Lastly, this day serves as a reminder to support and advocate for doctors' rights and welfare. It emphasizes the need for adequate resources, infrastructure, and policies to enable doctors to perform their duties effectively and maintain their well-being.

Keeping all this in mind, we at AIIMS Raipur definitely did not hold back celebrating this momentous occasion, where in an almost universal act of brotherhood every MBBS student came together to organise this massive program. Each of our wonderful clubs organised an event unique to them, whether it was the wonderful act put on by Darpan, or the amazing Dance performance by Nrityashala, or the melodious songs done by Euphony. Each of these performances were definitely one of the best to have ever been on display here at AIIMS Raipur.

And to take the celebrations to the next level we were lucky enough to have very eminent personalities as guests of honour such as Retd. . Prof Dr. P K Mukherjee from Pt. JNM Raipur and Retd. Prof. Dr. RS Dheer all the way from KEM Mumbai along with our very own honourable respected prof Dr. Nitin M. Nagarkar sir Director and CEO of our institute.

Overall thanks to the effort of everyone involved we were able to celebrate such an important day in such a marvelous way.





GANESH CHATURTHI

**वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ।
निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा॥**

In the heartlands of India, amidst the vibrant tapestry of colors, melodies, and fragrances, a joyous celebration comes to life: Ganesh Puja, the grand homage to Lord Ganesha, the remover of obstacles and the bestower of blessings. It is a time when people from all walks of life gather together, immersing themselves in the sacred and blissful aura that surrounds this enchanting festival.

The streets and homes are carved with intricate decorations, transforming the ordinary into the extraordinary. Vibrant Rangolis, delicate garlands of marigolds, and flickering oil lamps breathe life into every nook and cranny, creating an ethereal atmosphere of enchantment and reverence.

It is a time of celebration when the supreme lord himself descends to remove the obstacles from the lives of his devotees and shower their lives with peace and prosperity. Intricately crafted idols of lord Ganesha are welcomed into households that are adorned with garlands, jewels, and vibrant clothing. His presence itself is a divine mark of immense wisdom, filling in for the ignorance and emptiness that presumed

With serene pujas, delectable food and rhythmic beats of the dholak, the medicos family at AIIMS Raipur left no stone unturned for the celebration of this grand festival. Lord Ganesha was welcomed with fervor and jubilation. The air was filled with anticipation and excitement as both students and faculty were prepared to celebrate the arrival of the beloved deity.

Colorful decorations surrounded the IT room where the 'Sthapana' was performed along with a pious puja. To all who bore witness the deity exuded an aura of serenity and grace. The gleam in his eyes seemed to reflect the collective devotion and love of His devotees.

Prayers were offered and one by one all took the blessings of the "Vighnaharta"

The puja was followed by a delicious lunch consisting of exquisite Maharashtra and Odia cuisines. The evening was marked with cultural programs(a group dance by all batches and a sambalpuri dance) where the beat of the drums and the graceful movements of the dancers added a touch of grandeur and exuberance to the festivities. The spirit of unity and devotion permeated the atmosphere. Puja and aarti were performed at 9 : 30 in the morning and 7 pm in the evening for 10 days

As time flew by, the occasion of Visarjan had arrived and we had to bid a heartfelt and emotional adieu to the lord, only with the beaming hope that our 'Bappa" will return next year again.

The procession commenced and a wave of emotion swept through the multitude. Tears glistened in the eyes of the devotees, their hearts heavy with the impending separation.

Ganesh Puja is not just a festival; it is an experience that transcends time and connects people to their spiritual essence. It is a celebration of faith, unity, and the triumph of good over evil. It is a reminder that no obstacle is insurmountable and that with devotion and perseverance, one can overcome any challenge that life presents.



THE FIRE IN THE BELLIES

VARDAN ANIL SRIVASTAVA

MBBS 2020

The fire in the bellies, the glare in the eyes,
The zeal makes the aura, conscience makes
me wise

Unknown of the fate beyond, with grins I
strive,
If benevolence bequeaths courage to me,
This penance I'll thrive

Uprising like a Phoenix, Reborn from ones
own ashes
Amid the choice of heart and nous, I'll choose
my success

A day will come when I emerge,
atop all hardships in my ways,

Till then I'll stride when Selene benumbs
nights,
And sprint when sun soothes the days..

INFINITE BLOSSOMING

CHANDAN KUMAR JENA

MBBS 2021

The sun never did shine so bright
The sky never so clear
It is the most markable day
The day when you are here

The rainbow was never so vibrant
Nor did the flowers bloom so many
Their colours sublime into the air
They too rejoice your company

Lightened is the mind and soul
Which lately has been so tense
A scented breeze follows your stride
Such intoxicating is your presence

A whirlpool of emotions rises within
The storm is hard to contain
Your touch but drains out the anxiety
Joy and only joy remains

Oh how awaited this union was
Oh how I pray for it to not end
Forever young be this relation
Immortal be this blessed moment

Society for Testing of Elementary Medical Intelligence (STEMI) is the quizzing society of AIIMS Raipur, which is a dynamic and vibrant community of enthusiastic quizzers. Founded with the aim of fostering a spirit of knowledge, intellectual curiosity, and healthy competition, STEMI has emerged as one of the most popular and active student societies within the prestigious All India Institute of Medical Sciences (AIIMS) Raipur.

STEMI organizes a wide range of quiz-based activities, including intra-college quizzes which involve quizzing medical knowledge coalesced with general knowledge utilising various techniques and active participation. The society hosts regular practice sessions to enhance the quizzing skills of its members, encouraging them to delve into various domains of knowledge. The society has also introduced a leaderboard system which encourages its members to improve themselves and promotes a healthy competitive environment with creative questioning and opportunities to develop team skills.

The society's members regularly represent AIIMS Raipur in intercollegiate quizzes and have achieved commendable success, bringing laurels to the institution.

Stemi, with its unwavering commitment to quizzing and intellectual growth, continues to inspire and nurture the intellectual curiosity of students at AIIMS Raipur, making it an integral part of the campus culture and a symbol of excellence in the world of quizzing.

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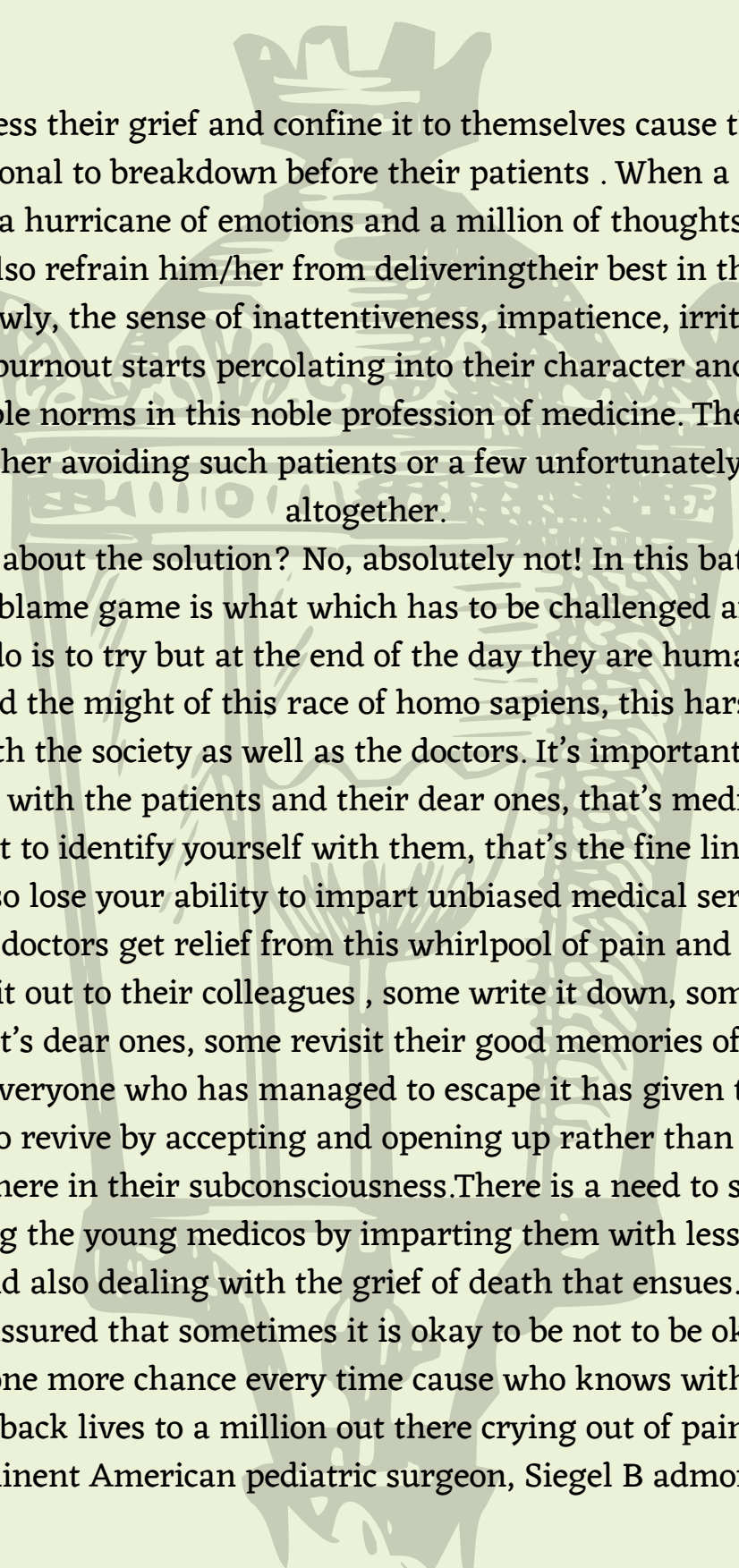
MASTERING BEREAVEMENT, AN ART FOR MEDICOS TO LEARN

SOHAN PAIKRAY

MBBS 2020

Be it the flame of the valiant flame embracing the wooden crematory bed which shimmers in the beholder's eyes or the petals of white lilies showering onto the gravestone, myriad of bowed heads and tears rolling down the cheeks. This array of arrangements is made to welcome the most unwelcomed guest on this land, the one who is inevitable and invincible, probably the most emotional but unfortunately the last episode of the drama staged on the script of human life – Death. An ordinary human mourns over the loss of his/her near and dear ones generally once in a decade or so and at the same time is also excused by the society for quite a time to recollect himself/herself and head ahead in life. Sadly, the grief of death has a special romance with many professionals who serve in specific fields of medical sciences cause the frequency of dating such a grief is high and to add to that everyone around them expects them to take a gigantic leap and cross the seven stages of grief as fast as they can only to be shattered again. This has worsened in the present times especially looking back at the havoc caused by the pandemic which has been following this human race as a shadow since the last two years. The dreadful sight of bodies wrapped in white sheets being loaded and unloaded from vans in numbers that the fingers of yours shall fail to count! Those bodies are unknown to you and still this imagination is capable enough to knock out your mental peace for days to follow, then just lament at the nightmares that the health care professionals must be witnessing who with the best of their abilities rendered service to all those beings that now lay dull and motionless. It requires a very strong psychic core and control over the emotions to handle the most difficult human emotion of grief. Realizing the gravity of the situation the training of the medicos to handle the grief of one's patient loss is a subject of concern that needs to be addressed.

Surveys and studies from the western world suggest that this has been one of the most common and traumatizing etiologies of a disturbed mental health of healthcare professionals and trainees yet unfortunately it has also been the issue which has been in the spotlight for the least amount of time. Interviews of a panel of oncologists justify the grave situation as they reported feelings of failure, self-doubt, sadness and powerlessness as part of their grief experience, and many talked about feelings of guilt, loss of sleep and crying.



Many don't express their grief and confine it to themselves cause they consider it to be unprofessional to breakdown before their patients . When a doctor loses a patient, it creates a hurricane of emotions and a million of thoughts in the mind that somewhere also refrain him/her from delivering their best in the subsequent consultations. Slowly, the sense of inattentiveness, impatience, irritability, emotional exhaustion and burnout starts percolating into their character and obviously these are not acceptable norms in this noble profession of medicine. Therefore, many of them end up either avoiding such patients or a few unfortunately stop practicing altogether.

Are we clueless about the solution? No, absolutely not! In this battle, the pseudo-guilt or the self-blame game is what which has to be challenged and defeated. The best doctors can do is to try but at the end of the day they are humans too, and some things are beyond the might of this race of homo sapiens, this harsh truth needs to be digested by both the society as well as the doctors. It's important to highlight that do empathize with the patients and their dear ones, that's medical ethics but remember to not to identify yourself with them, that's the fine line. The point you cross this, you also lose your ability to impart unbiased medical services. There are a number of ways doctors get relief from this whirlpool of pain and grief, some open up by speaking it out to their colleagues , some write it down, some shed the tears with the patient's dear ones, some revisit their good memories of practice . Most importantly everyone who has managed to escape it has given themselves an opportunity to revive by accepting and opening up rather than burying their thoughts somewhere in their subconsciousness. There is a need to spread awareness about this among the young medicos by imparting them with lessons on handling end of life care and also dealing with the grief of death that ensues. In simpler words they need to be assured that sometimes it is okay to be not to be okay. They need to give themselves one more chance every time cause who knows with this chance they might be giving back lives to a million out there crying out of pain and despair. As the eminent American pediatric surgeon, Siegel B admonishes,

"Please, fellow physicians, don't cry in empty rooms, on stairwells, or in locker rooms—cry in public and let the patients and staff heal you and see you are human too."

प्रकृति का सफर

DEEPTI TALREJA
MBBS 2021

चिड़िया की आवाज मैं मधुरता है
बस अब तितली बन उड़ना है ,
रास्ते मैं कई मुश्किलें इंतजार कर रहे है
उसे पार कर आगे बढ़ते जाना है ।

हम खुशियां दुसरो मैं क्यों ढूँढते है
जब की वो हमारे अंदर छुपी है ,
ये चांद तारे और प्रकृति हमे बुलाते है
हम तो एक दीवार के पिंजरे मैं कैद है ।

जिंदगी मुश्किल बन जाती है जब
उसमे विकल्प होते है ,
क्योंकि विकल्प ना हो तू हमे एक ही रास्ते पर चलना पड़ता है
हमे हार मानना नहीं है ,
खुद को बेहतर इंसान बनाना है ।

आकाश से धरती के धुरी बहुत बड़ी है ,
पर क्षितिज पर आकर वो भी मिल जाते है ।
छल कपट भी बहुत है इस दुनिया में ,
लेकिन आईना भी हकीकत बयां करता है ।
फूल तब खिलते है जब बारिश का सहारा मिलता है ,
सूरज भी खुद जल कर ओरो को रोशनी देना सिखाता है ।

माना की मंजिल तक पहुंचने का रास्ता सरल नहीं है ,
पर कुछ पाने की इच्छा गहरी है ।
धीरे धीरे कदम आगे बढ़ते जा रहे है ,
खुली आंखों से को ख्वाब सजोए थे वो पूरे होते नजर आ रहे है ।

जिंदगी तो एक अनचाहा सा सफर है ,
बस कूद मैं हौसला बनाए रखने की जरूरत है।

K A L A K R I T I

Kalakriti, the art club of AIIMS Raipur, is a vibrant and dynamic platform that celebrates the essence of creativity and self-expression. With its diverse range of activities and events, Kalakriti has become a cornerstone of artistic exploration within the college. From mesmerizing bottle painting sessions to captivating face painting, the club offers a plethora of opportunities for students to unleash their artistic talents and discover new artistic mediums..

One of the highlights of Kalakriti's contributions is its active participation in Oriana, the annual event of AIIMS Raipur. The club plays a vital role in adding a touch of creativity and visual delight to the event. Through mesmerizing art installations, live art demonstrations, and engaging competitions, Kalakriti ensures that Oriana becomes an immersive and memorable experience for everyone.

We extend a warm invitation to all creative souls out there to join Kalakriti and embark on a journey of self-discovery through art. Whether you are a seasoned artist or a beginner with a passion for creativity, the club welcomes all. By becoming a part of Kalakriti, you will not only learn various art forms but also forge lifelong friendships with like- minded individuals who share your enthusiasm for art.





ONAM

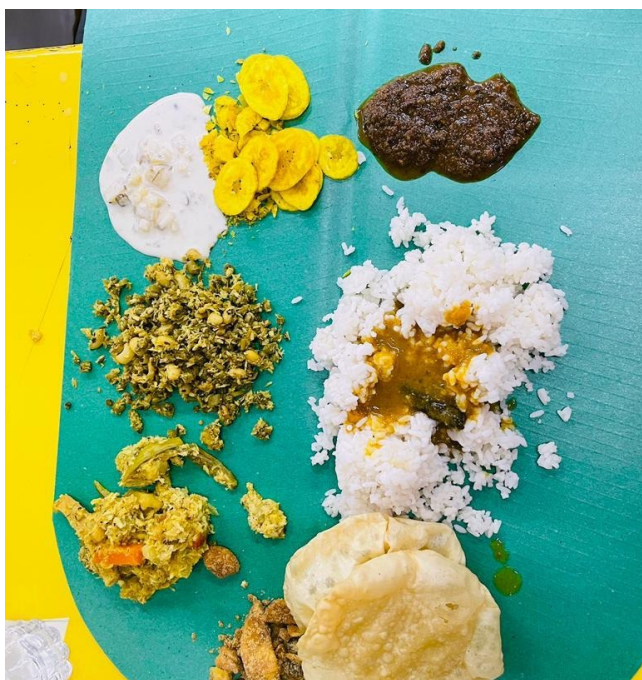
For those unfamiliar with the Malayali fest, here's a brief description of what it is about. The tales say that back in the ages of the Devas and Asuras there once was an Asura king. Mighty and powerful he was but with a heart of gold. The people adored him for his kindness and goodness of heart. The gods though were not cool with his popularity.

So Lord Vishnu in the avatar of Vamana, a dwarf, went down to Mahabali and asked for 3 steps worth of land to sleep on. A seemingly insignificant request right? Mahabali of course ordered for it to be given right away. But then Vamana began to grow in size, his small form transformed into an enormous figure that encompassed the entire universe. With each stride he took, Vamana covered the earth and heavens. Realising that it was Lord Vishnu himself who had come to test him, Mahabali offered his own head for the third step even though he knows he will be pushed down to Paatal lok.

Lord Vishnu, impressed by his devotion, granted him one boon. Mahabali simply asked to visit his people once a year. And so Onam is celebrated to mark the return of King Mahabali, symbolising his benevolent presence and the state's prosperity.

The Onam celebration at our college stood as a testament to the inclusive spirit that thrives within our educational institution. By embracing and celebrating diverse cultural traditions, we cultivate an environment that fosters unity, respect, and a sense of belonging among all members of our community.

The celebration began with a Pookalam, a large rangoli made of flower petals, being meticulously laid out in the college lobby for which the organising committee had painstakingly processed flowers throughout the previous night.



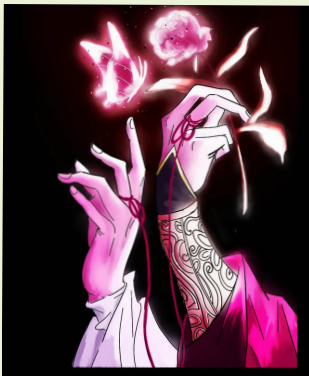
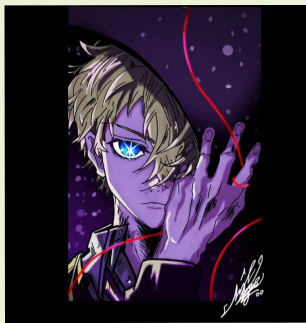
Everyone was resplendent in traditional attire - stunning sarees, shirts, mundus and kurtas. Our Mahabali himself stood at the entrance of the mess in his regal costume. The mess itself was decked out with flower garlands hanging above. Food is an integral part of Kerala's cultural tapestry. The Onasadhya, the feast served during Onam, represented the flavours of the Malayali palate. From the tantalizing aroma of Sambar, rasam, and Avial to the rich flavors of Thoran, Olan, and puliserry, each dish was a testament to the culinary mastery and regional specialties of Kerala. A plethora of delights, including the iconic and irresistible combination of steamed rice and sambar (lentil curry). The accompanying side dishes, such as Avial (Mixed vegetable dish), Eliserry (pumpkin curry), Pachadi (Curd-based dish), and Inji curry (ginger curry), added layers of complexity and distinct flavors to the meal.

The Sadhya reached its crescendo with the mouthwatering array of payasams. With the velvety texture of Palada payasam, each spoonful was a delightful journey into the realm of sweet indulgence. The event served as a reminder of the importance of preserving and celebrating cultural traditions. It embodied the inclusivity of the campus as we came together to savor the flavors and experiences that make our college community truly special.

In the days to come, the Onam celebrations will, hopefully, bring our community joy and celebrate our collective heritage, reminding us of the beauty of our diversity and the importance of preserving our cultural roots. This spirit of inclusivity and appreciation will be carried on as we march ahead, enriching our academic journey with the richness of our collective heritage.



Artworks



Batch of 2021

TV SHOW REVIEW

DEXTER

The time is early turn of the 21st century. A setting of a police department in the American city of **Miami, a hotbed of crime, sex and drugs**. A premise of macabre murders, targeting prostitutes and leaving their lifeless bodies dismembered and bare of blood. A forensic analyst working on the said cases, out with a thirst for blood. But not just any blood. The crimson liquid of only those who 'deserved' it ala, murderers.

A murderer who kills murderers. Poetic.

The start of the hit tv show Dexter promised to be a wild ride of murder, mystery and mayhem. Dexter offered the thrill of exploring the mindset of a psychopathic serial killer. A serial killer... With a code. A skewed sense of self righteousness which emboldened our protagonist Dexter to kill heinous criminals that filter through the cracks of the shoddy judicial system. **Batman, but without the rigid Kantian philosophy ever so revered.**

The show starts with Dexter stalking a rich socialite who is revealed to be a pedophile and child killer. Dexter forces him to look at pictures of his own victims, a recurring theme throughout the show. Dexter wants his victims to look at their ramifications before he murders them. Then in cue, Dexter 'takes care' of Donovan, using his forensic expertise to dispatch it in a way that raises no eyebrows.

The show follows the pattern, staying true to its premise of cathartic justice. We see Dexter rolling out vengeance, **becoming Judge, Jury and Executioner on his own self**. All the while, Dexter talks to the audience in his head, giving a running monologue of his thoughts. The show essentially turns into a peek into Dexters brain, which is self proclaimed as 'detached from everyone else'. We get to visualise the intricacies of his actions, the lack of emotion and empathy, his facade of normalcy. It gets quite jarring at times.

Dexter is a loner. He understands the nature of his existence, how he cannot let others into his life. But Dexter is never alone. He has someone who actually taught him his code of killing. And therein lies, the most beautiful aspect of the show.

Dexter's dead father.

When his father first discovered Dexter's killing tendencies, which he often exalted on the innocent garden animals, he understood what lied ahead. Himself, a police official, Dexter's dad knew very well the shortcomings of Miami Metro Police Department. He taught Dexter how to commit the act of cleansing the society, without not leaving even a whiff of the art. He mentored him into the person he becomes, until he died in an unfortunate police encounter.



DEXTER

But the story takes an even interesting turn, as **his conjured up father's persona becomes his partner in crime**. At least the idea of him. A ghostly cover. He visualises him as being with him throughout his misadventures. His father offers advice to him and actively listens to Dexter. And even though Dexter realises that his overreliance on his mental creation is bordering on schizophrenia, he accepts him. Because Dexter truly understands he needs another person. He understands what he does cannot be done in a true methodical manner without the support of someone else. He venerated his father, who made him into the monster he is. And Dexter finds it just. He meets the maker and he keeps him. And no matter how incorrigible the situation is, his acceptance gives his father a solid form. And weirdly, it helps him.



Dexter relies on him a lot throughout the show. He talks to him on his kill sites. His father gives constructive criticism while he undertakes morally dubious actions on his vigilante prowl. His father warns him of consequences, short term and long term. He takes the form of a guardian angel to Dexter. **Dexter stays tethered throughout the long duration of 8 seasons**, which is highly unusual for someone of his tendencies. And it's obvious who the reason was.

Dexter revives his father like a tortoise does it's shell, to protect him from his own torturous mind. He achieves a wrong sense of sanity, while accepting insanity as normal.

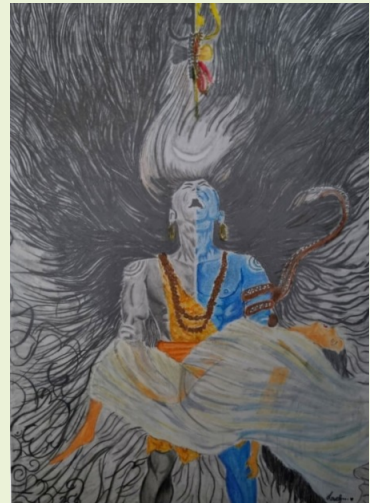
Despite the type of mental disorder Dexter might face, his dalliance with his dad is a refreshing breather for a show about guiltless murders. **Dexter's running commentary about his actions give the viewer a sense of how in control he is**. He talks to his father, like one does to a close friend, or partner or family. He actively seeks his presence, and listens to his own conjured apparition.

His internal voice is a creation of fiction. But can you really tell me you haven't looked at the mirror and uttered a few words to yourself. Schizophrenics report of heightened hallucinations and delusions, much like our anti-hero Dexter. But some parts of the show require a deeper look.

Do we not like to hear ourselves talk. We all need an echo chamber sometimes. A place to voice out what is wretching us. A place to reflect and introspect. Dexter nails this perfectly, albeit in a criminal, psychotic fashion.

The show deals with the gruesome aspects of severe mental disorders and their manifestations in the real world. As with any show, it does take a few liberties for the same of dramatisation, but it offers a lot of things to think about. It shows how he finds an outlet for his condition, a vent within his own mind. Dexter's father is such an essential aspect of the show, who keeps him rooted as he navigates the vast expanse of his own dark world, both internal and external. **And the outcome is a visually appealing crime masterpiece.**

Artworks



Batch of 2020

A POINTLESS LIFE

VASUNDHARA SAHU

MBBS 2022

“We are going to die, and that makes us the lucky ones”

- Richard Dawkins

Life for most of us is joyous, until it's not. As our brain develops as we age, we all, ask ourselves, “What is the point of it all?” Unfortunately, try as one might, one cannot logically conclude that there is any purpose of life. Unless, of course, if you are religious and believe that God is ultimate and fulfilling her desires is the purpose. So, what about the rest of us who do not believe the aforementioned. Well, I fail to see why and ultimately pointless life will be vexatious at all. It simply means that you get to decide what your life should mean for you; even though in a deterministic or random universe, that is an illusion, it's a wonderful illusion. You have fun because you can, which is, obviously, fun.

But, not every day is fun. Some days are bearable. It's comforting to know that it will all be okay ultimately and there will always be people who will help me out and I too, would do the same (because empathy).we will be there for each other. Therefore, isn't it amazing that there are 7 billion of us? One could say that even empathy is robotic. Again, so what? Everyday cannot be fun; but the bearable days make us appreciate the fun days. The especially hard days might make us question, why live at all. The answer to that is, because I love my family and friends. They make the bearable days bearable. I cannot bring myself to be the one to cause a turmoil of that magnitude in their lives. And also, I do not feel the need to not live because of survival instinct. And if that is not how you feel, it can be corrected with professional help.

Another simple question with no easy answer is, “what is success?” ;the thing we all are supposedly running after. Well, that is yours to define; I don't know what it is for you. What I do know is what happiness is. It happens to be the ultimate goal for me. And hence, in my meaning of life, it renders the word “successful” meaningless because it can be replaced by the word “happy”.

To conclude, seek happiness because it feels good.

CLOSED DOOR

DR PRACHI PATEL

PG-JR, DEPARTMENT OF DERMATOLOGY

One day I woke up
Sun shone brighter than ever
Only to make me realize
That too much light can only blur the
vision. Wind blowing like the usual
Giving feels like a hurricane
Storm had struck my soul.

One door had closed
I saw another gateway opening.
Legs shaking as
I walk forward
To open the door
Hurriedly I pick out all
The keys in my pocket.
'Love' came out first
My first key
Had jammed the lock.
'Care' came out second
Only to make the
Door sturdier than it was.
'Efforts' came out third
It fixed the door
Making it almost impossible to open.
I saw my keys
Getting over
I panicked.
'Prayers' the forth one said
I quickly tried the
Last one in the bunch
The key got stuck.

I checked all the pockets
In my pants
No more keys it said.
I sat there.
Repeatedly trying the keys.

Door never opened.
World seemed to have stopped.
I cried. I got up. Pushed the door.
Got up again. Tried harder.
Tired. Exhausted. Hopeless. Restless.

I got up again
With all my might
This time not pushing the door
My eyes got stuck
At the open gateway.
Heart pounded.
It's a trap said brain,
"Stay and try to open the door".

Get up said the soul.
Give it a try said another voice
"Go enter the gate"
I stood up straight.
Legs shaking again.
Head hurting.
I breathe heavily
As I enter the gate.
The bunch of keys
In my pocket
Started to rattle
My keys were happy
Keys jingled again
As I jumped over a few hurdles
On the path.
Soul was happy
Heart seemed to float
Mind seemed clear
My keys were proud
Of being at the right place.
One of them whispered
"Few doors are never
Meant to open."
While I kept wondering what's going on,
I realised, "LIFE HAPPENED".



The events organised under Zenith, the Sports Club of AIIMS Raipur, were synonymous with its name, with the literal meaning 'the peak of excellence'. Zenith had offered this year, through the competitions they organised, a platform for teamwork, healthy competitions and excellent sportsman spirit.

Some of the highlight events were Pro-volley 3.0 which encompassed participants from every batch together in a team, thus showcasing amazing teamwork, later on followed by a grand Sports day on the event of Union Day '22. Sports Day '22 was rampant with both indoor and outdoor games, highlights being chess, PUBG, COD, volleyball and futsal. Riveria, an intrabatch sports meet organised by 2020 batch also gained much attention. An incredible interbatch TT tournament was organised, named Pongfinity 2.0, in which all batches proved to be a tough competitor. Soon, a tri-series cricket match was held, named, The Last Riot, signifying the last match 2017 batch would play on the cricket ground of AIIMS Raipur.

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Z E N I T H

The months of April and May flagged the most anticipated annual sports meet, Spardha, where all the batches came together to exhibit an exhilarating performance. Spanning over a month, Spardha comprised an abundance of riveting competitions, mainly gully cricket, futsal, TT, football, volleyball, badminton, basketball, athletics and the highlight being, APL, the AIIMS Premier League. All the batches gave relentless competition, with 2021 batch becoming the winners and 2020 batch holding the runners up position. Spardha displayed the remarkable athletic abilities and dedication of participants, all the while promoting camaraderie and healthy competitions.

The outstanding conduction of all the sports events by Zenith were commendable and resulted in a memorable experience for all the participants and spectators. Their commitment to promoting physical fitness and providing a platform for athletes to excel is truly noteworthy.



PRUSSIAN BLUE

DHISHAN SIVADAS
MBBS 2021

You see, that's the colour of the building I live in.

Not all of it is Prussian blue though. Just the part where it's not been beat down upon by sunlight. There's patches of green where moss has been growing. Tiny microcosms of nature sprouting up here and there. On the parts which have faced many unkind summers and sheets of rains in the monsoon, a metamorphosis occurs. The once-rich blues fade into a soft shade of grey, resembling the delicate colour of moondust, creating a beautiful contrast between the vibrant blues and the weathered patches.

From outside one would see a bunch of uniform windows, most looking the same, some with coolers sitting on the windowsill. Behind the uniform windows lie countless stories, each room a world unto itself. In the evenings the corridors are sometimes filled with laughter. One room might be packed with friends chilling out together, some in deep conversation. Others with students inside studying for their exams. Some are decorated with artwork created by the residents themselves. Many have musical instruments in a corner. Four years from now when I leave this campus, aside from the knowledge, I hope I get to keep the relationships I've made with some of the people I've met here.

In the quietude of the night, as I gaze upon the blue facade, I am reminded that this building, with all its colours and imperfections, is a testament to life itself. The ups and downs of life in which change is the only constant.

TIPS TO CRACK NEXT EASILY!

AKSHAY GEORGE
MBBS 2021

Now that I have your attention, let me give you a penny, a one rupee coin. Here whilst in my room writing this can see the baffled look upon your face. I get it. At 21 getting a penny is kaput. But at 3, it was not the same getting a penny would have brightened up our face. During my late teens I was the kind of person who passed his day not knowing what's happening around. Gluttonously drowning myself into my phone. I woke up in a state of tabula rasa.

Scribbled something all day for the slate to be blank once again the next day. No photographs, no memories, no poems for myself. While I was preparing for NEET and was hell bound on following a schedule that choked the teen me, I realized how all of my life I missed the joy of doing nothing.

Remember us, once upon a time running around finding joy in the things that were inconsequential. Half my readers have been cat fished. They started reading only to find the ultimate mantra that would give them a heads up in their sprint to their next milestone. And here I am asking you to stop and smell all the roses. Let me ask you a question.

What then, once the race is over? Find another goal and run behind it and then again the same thing. Till all the roses that bloomed for you bleed. Dear you, stars exploded to create you and me. We are made from specks of star dust. So is the earth and everything around you. Feel the irony in you being everything and nothing at the same time. See how inconsequential your whole existence is.

So. Pause. Look around you. Feel the ripples. Feel how inconsequential all of today is if you wouldn't be there to enjoy the blooming day tomorrow. Pause. Find joy in the inconsequential things. You will crack entrance exams. You will make crores per annum. You will finally not be single (hopefully). But will you get this moment ever again? To be 3 years old. To be 21 year old. To feel the first shower of Monsoon 2023. To feel the chill as you ride up the hill on your motor cycle. Ask yourself, is becoming a doctor at AIIMS the best that I have to offer to the universe and to myself? If the answer is yes, I'd say what a waste of all of cosmic energy.

We all are addicts. We all are running behind greatness supposing another victory to give us a better orgasm than the last one gave us, not realizing each time you go hunting bigger adventures, bigger achievements, you are not feeling anything at all. We run behind something all the time until our Tolerance levels up and here we are, happy with nothing. So. Pause.

Existentialism is a popular school of thought that came into being during early 19th century. It holds that humans have no pre-given purpose or essence laid out for them by any entity. It is upto us to decide who and what we are through our own actions. The only and most interesting idea that I have got from Existentialism is how we are condemned to be free. How we all are in the state of "tabula rasa" and we can draw, scribble, write anything on to us the blank state.

Look around at the specks of dust around you, because in these little things lies the greatness that you have been longing all this while for. See the Twinkles, Blooms, Ripples and Roars. You will crack Next. You have scribbled enough and you will keep on scribbling more onto your slate for you to pass. But have you drawn a picture for yourself in there?

"In the abundance of water, a fool is thirsty" Bob Marley

THE CHOICE

MEDHANSH

MBBS 2021

All that was needed were a few steps of pain.

The wrinkled leaves underfoot that cracked with each step and the gentle caress of the wind whispering through the trees did little help in setting a dramatic stage for Sarah who stood at the edge of time to make a difficult choice.

“ Enter ‘The Gates of Creation’ my child and you shall never have to look at the face of your venomous life again .”, said the man in the bewildering white cloak ,his hand pointing towards a gateway beaming with light.

“Will it be the way you promised?”asked Sarah in a rather intriguing manner, still not sure of the arduous path she had taken.

“ The realm beyond the ‘The Gates of creation’ is a place that transcends space and time, it’s a place where you will never find misery, solitude , pain, jealousy and darkness. You will be the unprecedented master of your will, beyond the horizons of death and all you will possess is endless joy and subtle peace.

The choice is yours to make ,my child”, said the cloaked man with his voice as calm and convincing as always.

For a young girl growing in an orphanage, it seemed like an obvious choice to move ahead. After all, what had life given her ?

Nothing but the unyielding burden of torment, anguish and abandonment.

She never slept in the comfort of her mother’s lap,had no father to catch her tiny fingers to teach her how to walk and had no soul to tell her why her parents abandoned her.

All she had were pricking questions with no answers but she often thought even if there were answers ,would it make any difference ?

Her life would have been the same until one day out of nowhere appeared the man in the white cloak who promised her to lead to place nothing short of heaven.

Her mind severed by the sharp questions and clouded with luxuries of the promised place, had little to think of even considering giving up such an opportunity.

Sarah raised her foot off the ground to move ahead and never turn back but destiny would let her otherwise.

No doubt she was abandoned by her parents but that didn’t mean she never found love and care.



Neighbors of the orphanage who came every week end with new delicacies loved her
Her friends who gave her hand stitched dolls every year on her birthday loved her
The orphanage cook who baked her favorite cookies ,even though they were short of money loved her and

The old granny who told her fairy tales and bedtime stories loved her

In an instant of undeniable truth, Sarah realized that She always had people who adored her, people who cherished her, people who supported her unwaveringly, and people who bestowed upon her their unconditional love.

She realized that she had always had a family but she was trying to find it in the wrong people and in the wrong circumstances from someone she knew who never cared, her parents.

"I can't do this", she said , the tone of her voice signifying the relief of letting go of the burden that she was never supposed to carry.

" My life beyond those gates may hold the allure and enchantment you speak of, but I find myself unable to venture there. What lies beyond those gates may be magical but what I have here is the true treasure I seek".

Saying these words, Sarah felt a surge of gratitude welling up within her. She turned to face the cloaked man, expressing her heartfelt appreciation for the wisdom and guidance he had shared. With a sincere smile on her face, she said, "Thank you. Thank you for helping me see what I couldn't on my own. Thank you for showing me the path to endless joy only to make me realize the worth of the relations I had here.

She turned away to embark on the same path that she had taken earlier but the only difference being she wasn't uncertain or doubtful this time for she knew
Her friends, the old granny and a bunch full of yummy cookies are waiting for her back HOME.

The cloaked man wore nothing but a gentle smile. It was a smile that seemed to hold a profound understanding, a silent acknowledgment of the woman's decision. He knew, deep within, that she had made the right choice.

Moral of the story you ask ?

Sometimes blinded by the desire of having something beyond our limitations we forget to value the things we already possess.

TedX '22



TEDx is a program designed to bring the spirit of TED (Technology, Entertainment, Design) conferences to local communities around the world. Independently organized, TEDx events are community-driven platforms that aim to foster intellectual discussion, spread innovative ideas, and inspire positive change.

TEDx events feature a diverse range of speakers who are experts, thought leaders, and passionate individuals from various fields such as science, technology, arts, business, and more. These speakers share their unique perspectives, experiences, and groundbreaking ideas in concise and engaging talks, typically limited to 18 minutes or less. We here at AIIMS Raipur had the honour to host an event as great as TEDx, and were enamoured by the presense of eminent personalities such as Major Mohammed Ali Shah with his words of passion , Mr. Darshan Sankhla with his charismatic personality, and Dr. Tejaswini Manogna with her words of enlightenment, along with many others inspired and awakened the feeling of awe and showed all of us just how much a human can achieve in a lifetime.

The benefits of TEDx are manifold. Firstly, TEDx events provide a platform for the dissemination of ideas that have the potential to shape the future, fostering innovation and creativity. Secondly, they promote cross-disciplinary collaboration and knowledge exchange, bridging gaps between different fields and sparking new insights. Additionally, TEDx talks have the power to inspire and motivate audiences, challenging conventional thinking and stimulating personal growth. They can also create connections among individuals who share common interests and goals, fostering networking and community-building. Lastly, TEDx talks are often recorded and shared online, reaching a global audience and amplifying the impact of the ideas presented. Overall, TEDx serves as a catalyst for positive change and a source of inspiration for individuals and communities alike.



ORIANA

Myths say medicos have been labeled as nerdy people who are stuck within the pages of voluminous textbooks, but the ones who have witnessed the magnanimity of Medfests have become nothing less than admirers of the great festivity. And when it comes to Medfests of India, there stands out one, with its monopoly over the central terrain, one of central India's largest medfest- Oriana, hosted by the All India Institute of Medical Sciences, Raipur.

The enthusiasm and hard work of all the students was quite evident. From approaching the sponsors to organizing the events, the students managed unbelievably. The campus was decorated so magnificently. To name a few themes, there were marvel, halloween, tribal, enchanted forest, anime etc. And the cherry on top, wall paintings.

AIIMS Raipur was delighted to have Hon'ble Ms Anusuiya Uikey Ma'am, former governor of Chhattisgarh, as chief guest for the inauguration ceremony, which was concluded by a beautiful dance performance by the dance club, Nrityashala, with mental health as the theme.

Starting off with a good dose of laughter therapy, they had Comicstaan season 1 winner, Nishant Suri up on stage on Day 1. But still not enough, the next thing was the electrifying performance of the TRAP band. Talking of bands, the stage also had rocking college bands Aakrit, Morphine, Dahr and Trebels to entertain the audience.

Day 2 was a non-stop EDM night with the very gorgeous Julia Bliss. Apart from the main stage events, there were a number of activities. Oriana had it for all, the artists, dancers, musicians, everyone.

Without quizzes, a MEDfest is incomplete. From clinical case presentation, poster presentation, workshops to anime quiz to solving brainstorming mysteries, Verismo had it all.

Kalakriti, after bringing a soul to the fest through its decor, provided a platform for artists to come, enjoy and participate in various exciting competitions like Ristretto (Coffee painting), Baarikiyaan (mandala art), Digitangelo (digital art) etc.



Kurukshetra, not the battlefield of 'Dwaparyug', but with the same heat and enthusiasm, tournaments of Cricket, football, deadlifting, Futsal, and E sports like FIFA 19, COD, GTA5, Resident evil were conducted.

The vibe being so serious, 'Extra casual affairs' came to the rescue. No matter if someone found love or not, but speed dating was tried by everyone. She is the man, paint ball, squid game, Mr and Ms Oriana, quite memorable and enjoyable events were these.

The closing ceremony started with a electro classical dance performance- Lasya.

The formal opening of the ceremony started with the welcoming of the esteemed dignitaries. The organising committee expressed their gratefulness towards all the respective faculty in charges of committees who always guided them. The felicitation of the dignitaries was followed by the prize distribution.



Day 3 was all about glamor and fashion .The A La mode followed by a beautiful musical night by the most beautiful Shirley Setia.

The plethora of cultural events in Oriana was - The Invicta. Taal se taal, moves like jagger, parallelism, group dance competition etc to groove. Music lovers had Asturias (instrumental), musalsal (solo), Anarchy(Battle of bands) . Voicing the youngsters was Halla bol (street play), adakari (mono play) ,laugh hole (stand up).

THAT'S ALL ! not actually. The last night of the event was a landmark in the history of AIIMS Raipur .It was a delight to have someone who ruled the hearts of millions with his soulful songs, honored by filmfare twice as best male playback singer, Mohit Chauhan Sir. Some songs to vibe along, some to groove, the perfect end to ORIANA 22 .



"Dramatics is a form of art that lets you channel who you are and above that who you can't be"

With this as the certain belief, at darpan we have been bringing to the stages our versions of some of the finest tales from the past to which the audience can do anything but stop the laughter.

They say when you can't say, write and when you can't write, just act. Acting needs no words, but when given a voice it can move mountains. We at darpan believe in presenting street plays that have the capacity to churn your soul, with emotions and words that can give rise to a hurricane.

When we say darpan we never refer to a mere college dramatics club, instead we refer to a family wherein with all the enthusiasm in us, we giggle, strive, struggle and live an entirely different life where everyday is the best day.

The club organized the first episode of its annual club event ANDAAZ last year, the response to which won our hearts. We are all set to present ANDAAZ 2.0 which will be filled with even more fun and feavour.

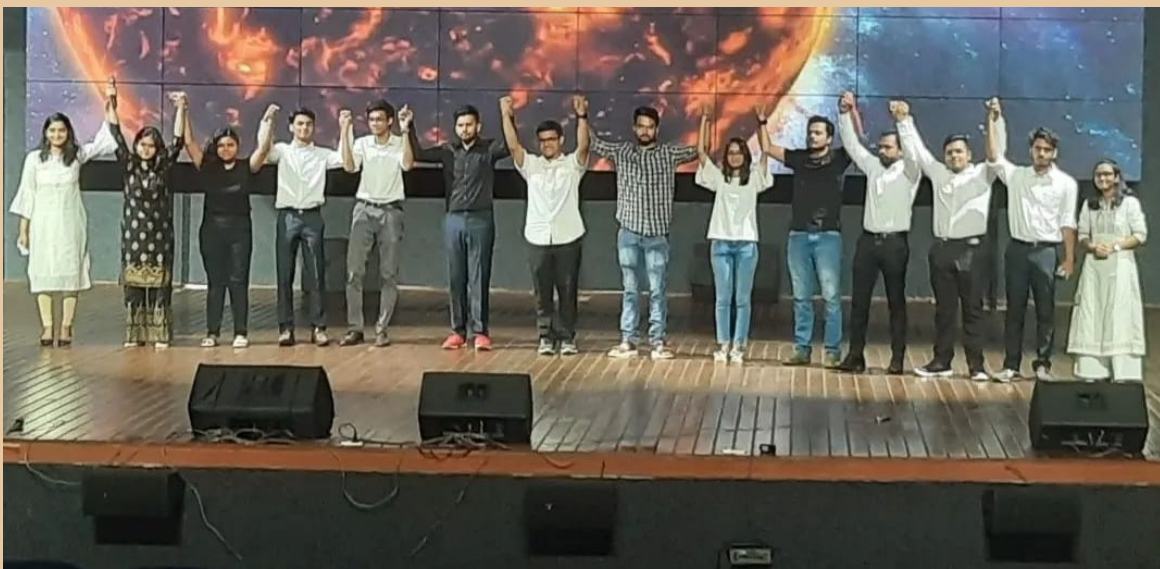
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Papyrus – An indispensable part of the Literary Society of AIIMS Raipur, it is a retreat for anyone willing to pen their thoughts and opinions. Contrary to popular belief, it is not constrained to merely writing as it warmly welcomes anyone interested in any form of literature. It gives a platform with ample opportunities to express one's creativity and build communication skills. Started by literary connoisseurs, the club has been around for time immemorial. However, with the outbreak of Covid, the club became passive and was rejuvenated with online competitions and open mic events in 2020. The club also organises regular events in association with its sister clubs Stemi and 2 - d. The most recent ventures include publishing a biannual Student's magazine and a poetry workshop with many more to come.

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A PERCEPTION OF BEAUTY

MISHTI MALANI

MBBS 2020

Snapchat was developed by two Stanford University students who felt emoticons weren't sufficient to transmit the emotion someone might wish could be sent with a text message. It then evolved into one of the most popular apps of this decade, particularly known for its wide variety of photo filters. Founded in 2011, it took about seven years for plastic surgeons and psychiatrists to realize that the use of these filters had paved way into a whole new phenomenon which they called "snapchat dysmorphia". It majorly involved teens, who started flooding into these centres requesting for surgeries through which they would resemble more like their pictures. They wanted bigger eyes, smaller noses, clear skin and fuller lips.

This isn't the first time when such cases are coming to light. Undoubtedly we've always had a substantial demand for plastic surgeries but one cannot deny the fact that this upsurge in cases has been caused by the perception of social media. We live in the days where we have countless options to edit the way we look in pictures. We can finally change things on a microscopic level, using AI ideas to put together a combination of changes in a few seconds which a single human brain would take years of experience to comprehend. In all this hassle, we often fail to realize when these features start affecting us to this extent. Teenagers often fail to understand that these surgeries come with their own side-effects, chances of recurrent infections and the fact that even after all this, they might not end up looking how they imagined themselves.



What started as a new idea to express one's emotions through pics, now resulted in an app that has deeply rooted these perceptions of flawless beauty in our minds. In fact, to prevent such a surge in these cases, Instagram has removed and banned these enhancing filters. The human brain is an ever intriguing marvel-an enigma to understand. The human being, being a social animal, knowingly or unknowingly falls prey to striving towards social acceptance and recognition. Give this a thought and you will realise that at some point, you have been in that situation too.

Someone recently told me, "Listen, you are perfect, just the way you are."

So to all the people who are going through this self doubt, anxiety or self-consciousness, I want to remind you, these perceptions of beauty might get your pictures more liked on Instagram but in the end of the day, it takes just one moment to realize that all this is psychological, indeed, a piece in our heads and fragments of our imaginations. The only point that matters is to be comfortable in your own skin and accept yourself and remember, "you are perfect, just the way you are."

IF 'FIBRINOLYTICS' WERE A POEM

DR.YAZHINI.R
JUNIOR RESIDENT
DEPARTMENT OF PHARMACOLOGY
AIIMS RAIPUR.

It was a pleasant evening when I was actively engaged in gardening,
Suddenly there was a block; I couldn't-even walk,
Not only in the water supply from the pipeline but also the blood
supply to my lifeline,
My kith and kin called a helpline and rushed me to a hospital on a
shoreline,
When we reached, it was the golden hour,
no, not the sunset, but I realized my fate was far,
In the blood flow, there was a tiny mass creating chaos,
No, it was not something unfamiliar, but my blood clot created a
barrier,
To fight and win, we need to activate the plasmin,
There was a race; there came the majestic troop to ace,
'StreptokinASE, UrokinASE, AlteplASE, TenecteplASE, ReteplASE'
will bring victory in this case,
StreptokinASE, comes from a bacterial source. Hence allergic
reactions happen during its course,
UrokinASE, a human source, is relatively safe to use,
With recombinant DNA technology, more convenient to defeat the
pathology,
In this mission, Alteplase is allocated as iv infusion,
Whereas, Reteplase and Tenecteplase, as iv bolus,
Keep a check on my troop in the field, as they might bleed,
Alas, our 'ASE' band will leave you unattended if any previous
surgery or trauma you have confronted.



CHRISTMAS

In the heart of winter, as the frost glistens on windowpanes and a gentle hush blankets the world, the anticipation of Christmas awakens a sense of enchantment and wonder. From the moment the calendar flips to December, a marvelous transformation begins, enveloping the people in a magical ecstasy.

. Shimmering lights weaved through the emerald green foliage, casting a warm glow on the surrounding space. Delicate snowflakes, colorful baubles, and glittering stars dangled from the branches, capturing the essence of the season. A radiant golden star perched on top, shining brightly, symbolizing hope and new beginnings.



Beyond the material delights, Christmas is a celebration of the intangible gifts that truly matter — love, kindness, and the spirit of unity. It is a time to reflect on the blessings of the past year and to extend a helping hand to those in need. In acts of selflessness, communities come together, creating a tapestry of support and compassion that weaves its way through the fabric of society.

The tree stood as a beacon of joy, spreading its festive magic to all who gazed upon its beauty.

A day before the main events, the air was filled with the harmonious melodies of Christmas carols, enchanting the hearts of all who gathered.

The sweet voices of singers, adorned with the spirit of the season, echoed through the halls, spreading warmth and cheer

The festivities of Christmas celebrated here at AIIMS Raipur were a treat to remember. The old basketball ground underwent a stunning transformation as the spirit of Christmas enveloped its worn-out surface. A team of dedicated students, armed with creativity and an unwavering passion for the holiday season, set out to decorate the grounds, breathing new life into the familiar space. Of all the decorations lighting up the fine evening the Christmas tree stood tall and proud, its branches intertwined with an array of ornaments

The next day a stage was erected near the old basketball court garnished with cascading ribbons and twinkling lights that seemed to await the magical performances of the students.

The celebrations of the evening commenced with a captivating speech from Vasantha of 2021 batch who through her meticulously crafted speech encompassed the festivities of Christmas.





The dance performances by the batch of 2021 and 2020 were the highlight of the evening, igniting the stage with an electrifying display of artistry, grace, and sheer dedication.

Their impeccable choreography, synchronized movements, and captivating expressions transported the audience into a world of enchantment and awe, leaving an indelible impression upon all those present there.

Saumya dressed as Santa was the embodiment of Christmas cheer and delight with his infectious laughter and merry demeanor!!

The musical performance by Debayan added an extra touch of enchantment to the evening, his performance weaving a tapestry of melodies that lingered in the hearts of the audience.

The evening also featured a variety of games like musical chairs that brought boundless joy and laughter to the batch of 2017. Excitement filled the air as classmates and friends came together to engage in friendly competition and create lasting memories. Laughter echoed in the venue and joyous faces could be seen all around.

A video showcasing the journey of the outgoing batch of 2017 was played, taking the audience on a nostalgic journey through the transformative years of medical school.

From the very first day filled with anticipation and excitement to the final moments of accomplishment, the video captured the essence of each year's challenges, triumphs, and growth. It was a beautiful tribute to the incredible journey of the batch, evoking gratitude for the experiences shared and inspiring hope for the promising future that lay ahead for each graduate.

Like all good things the day of Christmas celebrations also came to an end, leaving behind a lifetime of beautiful memories to cherish.



सब भाग रहे इस भीड़ में

ARUN GUPTA

MBBS 2021

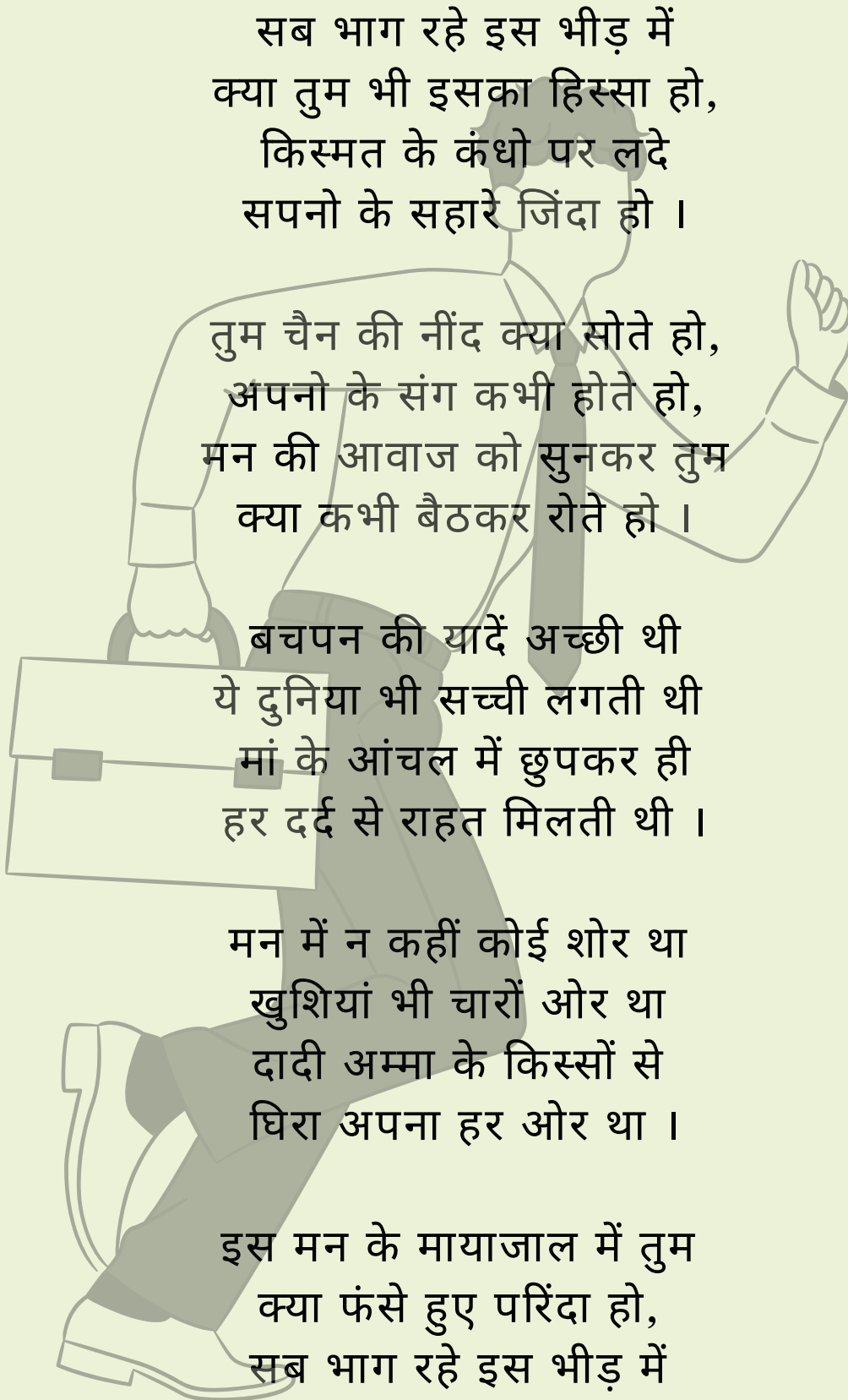
सब भाग रहे इस भीड़ में
क्या तुम भी इसका हिस्सा हो,
किस्मत के कंधो पर लदे
सपनों के सहारे जिंदा हो ।

तुम चैन की नींद क्या सोते हो,
अपनों के संग कभी होते हो,
मन की आवाज को सुनकर तुम
क्या कभी बैठकर रोते हो ।

बचपन की यादें अच्छी थी
ये दुनिया भी सच्ची लगती थी
मां के आंचल में छुपकर ही
हर दर्द से राहत मिलती थी ।

मन में न कहीं कोई शोर था
खुशियां भी चारों ओर था
दादी अम्मा के किस्सों से
घिरा अपना हर ओर था ।

इस मन के मायाजाल में तुम
क्या फंसे हुए परिंदा हो,
सब भाग रहे इस भीड़ में
क्या तुम भी इसका हिस्सा हो ।।



HAIL THE HORMONES OF HAPPINESS!!!

SASWAT MISHRA
MBBS 2021

Hey there! Feeling gloomy, dreary or murky?
Trapped in the tenebrous spiral staircase of the self or the Stygian spirit's making
you feel quirky?

Worry not! For your own brain's the catholicon,
Hail the Hormones of Happiness as sweet as the aroma of cologne.

Coming first, the hormone of PLEASURE,
Guy's name's DOPAMINE, with eggs in beer beyond measure;
Acting to reinforce elation and curb boredom,
As part of the brain's reward system;
Derived from tyrosine, fosters learning and attention,
Add avocados to your diet and celebrate tiny achievements to augment its
secretion.

Following pleasure, there's LOVE,
OXYTOCIN is the one happiness is fond of;
Makes bonds as sterling as a mother and her child,
Touching and hugging brew up this Amortentia quite wild.

Next in queue, the hormone that makes us what we are,
SEROTONIN is the guy acting as mood stabiliser;
In conjunction with MELATONIN, it regulates sleep-wake cycle,
Being spry potentiates it's release as a vesicle.

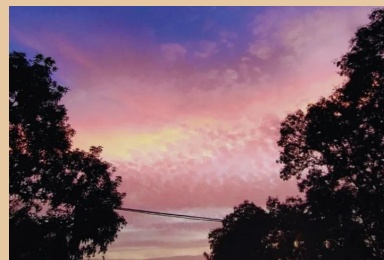
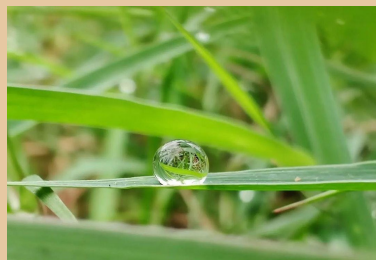
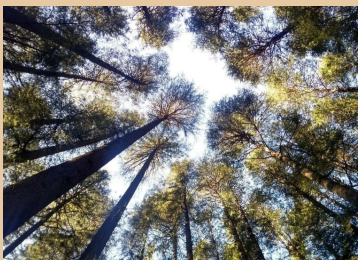
Last but not the least,
ENDORPHINS are the ones wrapping up the list;
The body's 'morphine', soothing pains,
Treat yourselves with dark chocolates to escalate them in your veins.

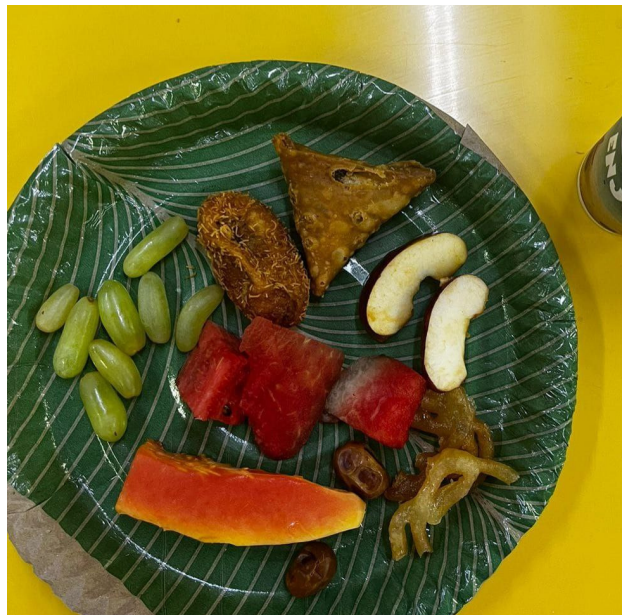
Life's a concoction of joys and sorrows,
Strive for contentment as life incessantly narrows;
Let's all trust our brain's chemistry,
To keep up our mental melody!!!

P H O T O P H I L I C S



Formed by the shutterbugs of AIIMS Raipur, Photophilics is the club to join if you are proficient with a camera or are eager to learn a new skill. Diopetre, the signature event organised by the club welcomes entries from all across country, giving them an opportunity to present their skills captured in a frame. They also hold various competitions with different categories like best story, most beautiful shot and technically challenging shots.





IFTAR

In a display of solidarity and cultural appreciation, our college recently hosted a remarkable Iftar event, marking the breaking of the daily fast during the holy month of Ramadan. The gathering served as a testament to the power of inclusivity and understanding, as students from diverse backgrounds came together to celebrate the cherished traditions of the Muslim community. Against the backdrop of shared meals, heartfelt conversations, and a sense of togetherness, the Iftar event embodied the spirit of harmony that thrives within our college's vibrant tapestry of cultural diversity.

It refers to the breaking of the fast that Muslims observe from dawn until sunset. The word "iftar" itself translates to "breakfast" or "meal to break the fast." During Ramadan, Muslims abstain from food, drink, and other physical needs from sunrise (Fajr) until sunset (Maghrib), as an act of devotion and spiritual reflection. Iftar marks the moment when Muslims break their fast at sunset, typically with dates and water, in accordance with the tradition of Prophet Muhammad. The event presented a unique opportunity to come together and immerse oneself in the customs and rituals of Ramadan.

Moreover, it holds great importance as a communal gathering where friends, neighbors, and those in need are invited to share the meal, exemplifying the values of generosity, hospitality, and community.

As the sun began to set, marking the time for breaking the fast, the guests were treated to a delightful assortment of culinary delights. The velvety goodness of mango shakes provided a refreshing start to the evening, complemented by the delectable sweetness of jalebis that left taste buds tantalized. Platters of meticulously sliced fruits added a touch of freshness and vitality, reflecting the importance of nourishment during the Iftar meal. Several delicious freshly prepared dishes were also served. The attendees looked splendid in elegant clothes. Laughter and warm exchanges echoed throughout the venue.

As the memories of this delightful evening linger, may the spirit of unity and cultural appreciation continue to thrive within our college community. Let this event be a stepping stone toward even greater understanding and a foundation for building lasting connections that transcend boundaries, enriching our collective journey of knowledge and compassion.



FEELINGS - YOU SLAY OR BE A SLAVE

KRITI AGRAWAL
MBBS 2021

What I feel 'feelings' are- the result of some chemical substances released and neuronal connections made , which result from a particular stimulus . Feelings are manifested as altered perception, cognition which in turn affects our decisions , conation . Feelings, one of the most abstract things I have ever encountered . Difficult to visualize their physical form , yet what menace they create in our lives. I used to believe , like everyone said , that there is no control over feelings. It's true though, but I realized that many people are enslaved by their so-called feelings, which I feel is the root cause of indirectly many problems.

No need to tell how rash decisions we take when we are angry , or how silly things we do when we are in love . Sooner or later we think, 'damn! how could I do that?' Well that's my point, feelings alter the state of mind which overwhelms our neutral mind. With neutral mind I mean when no significant stimulus is being encountered .

In that case I guess the best way to conserve the integrity of our mind is to keep distance from feelings . Wish I could do that , but that's not how it works . Instead of making an impulsive decision when you are feeling frustrated, just acknowledge that you are frustrated and whatever you do right now , you may regret later . Wait till you feel better and thank yourself later for controlling yourself. So , acknowledgement of feelings lets you control them better . Because you can't manage something you don't know. For instance , it's your first day in the class , you see someone, and the time freezes for you , the adrenaline rush , your brain stops working and your heart says 'Dude! soulmate found!' No my dear , instead of falling for that person in the first place, acknowledge that- ok , he or she is someone you might like , get to know them , then decide .

Even after you decide to be with someone , let your brain decide for you, taking your feelings into consideration, not just your feelings deciding for you , there's a thin line of difference. Let the feelings come , but not let them affect your perception and decision making to an extent where you lose yourself . Afterall we need to understand it should always be us who should control feelings , not the opposite. Feeling alters your mind , no problem, but don't let them overwhelm the power of decision making. Feelings are overrated according to me . It's your consciousness and cognition which decide your life .

And they can be controlled if you order your subconscious mind for the same . It seems complicated, it might be , but the result is a beautiful simplified life . Emotionally simplified life leads to increased productivity which improves our lives as an individual. So it's your call my friend ,that you let your feelings affect your life where you lose your control over it and be its slave , or understand the idea behind feelings and at the end make everything in your favor using your brilliant brains and slay everything.

A FADED MEMORY

MUKESH SAHOO
MBBS 2021

As I peeked through the window of my imagination, the sky appeared to be grey, as if filled with sorrow. Everything was still and calm except the thought that was entangled in my head. Those eyes had captivated me, making me drown in an endless loop of imagination.

I found myself lost in the clouds of thoughts, searching for an answer within the maze of uncertainties. But now it was just a mirage of hope staring endlessly at the horizon, waiting for someone to return.

The roaring thunder sent a gush of memories running down my spine, creating a plethora of glimpses in my mind. It kept swirling like the cold breeze, touching every flesh of my body until I closed my eyes to blackness. Visible as constellations against the dark sky but now seemed to be occluded among the cluster of clouds.

While lashes of rain unveiled the ground underneath, the scars were clearly visible. A sudden state of nothingness surrounded my heart and everything seemed to be quiet again. It felt like being encapsulated within the silence of the night, which had now fallen asleep.



Loev': Embracing Differences

The history of Pride has been forged by the trials and tribulations faced by the LGBTQIA+ community as well as the resilience and gallantry displayed by individuals from the community, bravely fighting for equality to this day. The month of June is celebrated as a tribute to all those involved in the Stonewall Riots which was a series of gay liberation protests in 1969.

The evening of 28th June 2023, marked one of a kind history in AIIMS Raipur. The student community proudly conducted their first Pride month celebration, Loev': Embracing Differences, to promote feelings of inclusivity towards all. The students planned a joyous and inclusive gathering to honour the LGBTQ+ community and their remarkable journey of resilience, courage and love.

The evening was the definition of joy, with people teeming around face painting counters and live food counters. As a fundraiser for the event, the organisers arranged food stalls that offered doughnuts, popsicles and various other treats. The program concluded with musical performance by the band trebels and other individual performances. The melodies in the background and sweet aroma of delicacies being prepared filled the area with a sense of wholesomeness.

The enthusiasm and courage students showed in coming forward and talking about their experiences filled many with empathy to cultivate an inclusive environment for everyone.

On the occasion of Pride month celebration, Papyrus organised a pride literary event, named Spectrum, with the idea of inculcating kindness in establishing a sheltered space for everyone.

As AIIMS Raipur embarks on this inspiring journey, let us remember that Pride is not limited to a single day or month but rather extends throughout the year. Together we can foster an environment where everyone can live authentically and proudly.

WHAT DO BABIES THINK?

KU. PRAGNYA MOHAPATRA

MBBS BATCH 2021

Have you ever wondered what do babies think? Well, if you've ever pondered why dogs turn around in circles before they sleep or why is the ocean so blue then the thought might have crossed your mind sometime. You might find them having a monologue with their new doll or trying to drive the toy car on solid walls. Big doe eyes with an adorable smile and not much brains is what scientists thought about babies until the late 1980s. But what does actually go in that tiny little head?

It is said that at the time of birth your brain is already stuffed with all the neurons it's ever going to have. So how do we become smart as we age? In the first few years of human life every possible neural connection is made in the circuitry. By the time we celebrate our 3rd birthday, nearly 80% of adult brain volume is reached. Subsequently neural connections are trimmed down, a process essentially called pruning. This explains unique intricacies of the human behavior. The earliest thoughts of a baby is that of warmth, cold and hunger...the basic bodily requirements. Eventually when they complete the first 120 days in their life, babies become aware of their bodies, their tiny little hands and feet and how they can use those to get around and explore. 6 month old babies remember things and can even associate outcomes with inputs. They do perceive a difference in quantities, say a big batch of toys vs. a smaller one. 8 month olds can even differentiate speech from background noise. Somewhere between a year and a year and half..babies might say their first ever word! More the audiovisual clues more expressive will be the baby.

Ask your 3 year old a question and you'll get to hear a string of babbles and uncomprehensive chatter. To make sense of tht prattle, mid 1990s babies were subjected to experiments by asking questions with alternative options. In an infamous experiment, the experimenter showed the babies a bowl of broccoli and a bowl of crackers. 14 and 18 month were chosen as the subject. They were allowed to taste each food from each bowl. Meanwhile the experimenter would take a bite of broccoli and say "umm...it's yummy!" Then the experimenter would lend a hand forward to ask "could you give me some?" The 18 month olds gave her the broccoli if she would find it yummy, but they would never choose it for themselves. Whereas the 14 month ones stared at her for a long time, as if they couldn't comprehend how someone would find raw broccoli yummy! They always gave her the delicious crackers. Hence it is true that with increased age the seemingly egocentric nature of babies' thought decreases. By late 1990s, it became a proven fact that babies are far from being blank. They are born knowing significantly about the world and are also constantly learning and evolving via everyday experiences. In other words babies are unskilled researchers who are acquiring knowledge regarding surroundings via fun games and activities.

As rightly said by Alison Gopnik, author of 'the philosophical baby', "Find any child between one and two, and simply watch her play with her toys for half an hour. Then count up the number of experiments you see-any child will put the most productive scientist to shame."

IS BEING A DOCTOR ENOUGH

SAISUBHAM NAYAK

MBBS 2021

So we are all gonna be doctors in a couple of years (a little cheer for ourselves). The status, the prestige, the finances are soon gonna trade us with relentless hours of work, sweat and determination. But with the constantly upgrading healthcare industry, the gripping hands of corporate over this with the advent of AI (Artificial intelligence) and emerging technology supplemented by irrelevant utopian expectations of the government and public from healthcare workers has made this field really competitive. 20 years back an MBBS graduate might have better establishment than a DM Cardiologist, can we imagine it now!! The melancholic coaching industry is pushing itself to make it even more and more difficult for clearing entrances. So is this field saturated?

As the wise said "There is never going to be a recession in healthcare and creativity" & this still holds true. Only the scenario and the perspective changed. Now a medical graduate is expected to have basic financial, technological and research knowledge as well !!!

Some may argue that the medical syllabus is already humongous.

Too much stuff, Why do we have to acquire the knowledge of all fields, are they gonna earn us bread and so many questions flood into brain. This age demands not just doctors but Docpreneurs (Doctor +entrepreneur) and Medtechnologists. These fancy terms may soon become the real life game changers in the industry.

Unlike our fellow IITs who constantly upgrade their syllabus as per market demands, Ages have passed since adequate and compulsory changes have been brought to medical syllabus. The NMC 2019 draft feels like a spoon handling the ocean for this! Doctors are the reflection of a healthy society. JUST increasing the medical seats with a poor infrastructure will be of no use. The need of the hour summed in few bullets as

- An adequate and updated multidisciplinary approach in redesigning the medical syllabus
- The healthcare infrastructure should be of utmost priority
- More and More Collaboration between Medical colleges with nearby IITs/NITs/IIMs will greatly enhance the efficacy of modern day medicine
- The unnecessary pressure due to burden of exam and entrances should be attenuated by medical colleges and Board of state.

Last but not the least I advise my fellows in this field

"LEARN TO ADAPT " Maybe in a decade or so. The face of healthcare would be drastically changed but the pious role, service and indispensability of a DOCTOR in this industry will be surely untouched for ages to go.

P.S. This article is purely based on the author's views on the current scenarios. Any constructive criticism will be appreciated.



CONVOCATION '22

AIIMS Raipur witnessed it's first ever convocation ceremony on March 7 2023.

The build up to the event was as electrifying as one could hope. With already a week left, the passed out batches started pouring into the city they once called home. It felt as if the entirety of campus had paused to take a breath. All of it slowly led up to the day of much await.

To ensure smooth proceedings, the ceremony was divided into Day 1: March 6 and Day 2: March 7. Day 1 kicked off with the volunteers comprising of the undergraduates and nursing students scattering and ensuring everything being upto speed. The faculties in charge ably and aptly guided the preparations. The faculties arranged in front of the auditorium for the rehearsal march around the campus.

And then the alumni meet kicked off. With the formal words from our three deans: Dr. Alok Agrawal, Dr. Eli Mohapatra and Dr. Sarita Agarwal. The event was presided by honorable director sir Dr. Nitin M Nagarkar sir and also the much awaited presence of the former dean Dr Suryaprakash Dhaneria sir. The alumni gushed on Dhaneria sir's lovely words, as they felt the years rolling back. The formal introductions soon gave way to stories and memories as the environment filled with nostalgia.

The seniors gave valuable advice to the juniors as well as also shared about the past of the college. An enriching experience that many will not forget. A note of thanks must be given to Dr. Abhiruchi Galhotra and Dr. Satyajit Singh for heading the alumni meet. After that the rehearsal for convocation started wherein the batches received a mock degree according to the order to be done on day 2.

Day 2 was kicked off with faculty photographs adorning their gowns and stoll after which the arrival of honorable chief guest Dr. Bharti Pawar started the convocation. With her presence, the honorable Dr Atul Jindal brought the mace with which the procession started. With the beautiful uniformity of colour, AIIMS Raipur certainly looked vibrant.

Then they proceeded to the Auditorium where the President of AIIMS Raipur. After an introductory Saraswati Vandana, the Director and CEO of AIIMS Raipur, Dr. Nitin M Nagarkar sir introduced the gathering. After some warm words, Dr. George D'Souza gave a welcome message detailing about AIIMS Raipur's history and her feats. As the faculties and alumni settled in, Dr Pawar also shared her words to the graduates and advised them about their futures. then the gold medalists of MBBS batches 2012-2016 were awarded by Dr. Bharti Pawar herself. Following which a short break was taken.

After the break the convocation resumed in full flow. All the alumni were given their degrees. The post graduates, followed by MBBS undergraduates, Nursing and Paramedics. The arrangement outside made sure that batches could take their entire batch photos together as well as do the traditional 'Hat Throwing'.

A note has to be made of the various faculty and students driven committees which made the entire event possible. First there was Hall Arrangements, headed by Dr. Krishnadutt Chavali and Dr. Yogendra Keche. Then the Catering Committee headed by Dr Pranita, Dr. Nilaj Bagde. Then the Certificate and Medal Distribution headed by Dr. Abhiruchi Galhotra.

Followed by Stage Arrangements and Decoration headed by Dr Sarita Agarwal. And of course the essential Gowns Distribution and Help desk headed by Dr Anudita Bhargava

The day was full of conversation. Old friends, teachers, advisors. Families facing the eventful environment their students had to live in for more than half a decade. As the event drew to an end, it was with heavy hearts the seniors departed. The faces we're full of smiles, with reinvigorated memories of their precious college



Urjaa, meaning energy, is one of the recently formed clubs of AIIMS Raipur. It encompasses the physical, mental and spiritual aspects of well-being. It was founded with the vision of providing a safe haven for people to discuss their problems and ease their mind. It also encourages its members to develop new hobbies by organising activities designed to stimulate and grow themselves. Though fairly young, it has seen a huge participation from all batches with weekly cycling and zestful sessions of jogging and yoga. With the love and support from all its members, Urjaa hopes to continue with the same zeal and achieve new milestones.

ऊर्जा की लहरों में बह जा , जीवन की सैर कर ,
हर लम्हा हर मोड़ , नई उम्मीदों से पार कर ।

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"Imagination rules the world and creativity takes courage. Delighted to find the students having the initiative to fill these small gaps and the good work which would keep making college life wholesome. Warm regards to those who put effort into this. Stay motivated, be ambitious, keep creating, hold your spirits high."

- Dr. Kiran Binoy
Former Vice President, ARMSU

"I'm really stoked that you guys have realised what had been a long term dream for the litsoc-our very own college magazine! This past year has been pretty monumental for extracurricular activities, after the slump that Covid had put us in. With the year round efforts and the continuous progress, there's nothing stopping us. Onwards and upwards. Personally, I can't wait to see my own copy of the student's magazine Ekayana."

-Dr. Vidhina Bhojraj Khade
Former Literary Secretary, ARMSU



"It felt wonderful to see the hustle and passion displayed by the entire team working on the magazine. To the reader, you're in for a real treat. Hope you enjoyed the center-fold and don't forget to be awesome."

- Ashutosh Maharana
Former Literary Secretary, ARMSWS



