

# Sri Devaraj Urs Medical College

## ಅಭಿಜ್ಞಾ 2023 ಅಭಿಜ್ಞಾ







## SRI DEVARAJ URS EDUCATIONAL TRUST





A Tribute to  
**Late Sri. R.L. Jalappa**  
Founder President  
Sri Devaraj Urs Educational Trust (SDUET)





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TRUSTEES



**Shri. G.H. Nagaraja**  
President, SDUET  
Hon'ble Chancellor, SDUAHER



**Shri. Rajendra J.**  
Vice President, SDUET



**Shri. K.G. Hanumantha Raju**  
Secretary, SDUET



**Shri. Rajesh N. Jagadale**  
Trustee, SDUET



**Shri. Vinay N.**  
Trustee, SDUET



**Smt. Mrunalini**  
Trustee, SDUET



**Shri. R. Harish Chandra**  
Trustee, SDUET



**Shri. H. Prakash**  
Trustee, SDUET



**Dr. Yathindra Siddaramaiah**  
Trustee, SDUET



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*Messages*

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*Voice of The  
Leaders*

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**G.H. Nagaraja**  
Chancellor, SDUAHER  
President, SDUET

*Let me start by extending my heartfelt congratulations to all the graduating students. Becoming a doctor is no easy feat. You have faced countless challenges that have tested your resolve and pushed you to your limits, yet you persevered with grace and determination. Your resilience is commendable, and it will serve you well throughout your careers.*

*As you embark on this journey, never forget the responsibility that comes with your title. The lives of your patients will now be entrusted to your care. Your patients will rely on your expertise and compassion.*

*The field you are in is constantly evolving, and you must stay at the forefront of medical knowledge to provide the best care to your patients. Keep an open mind, be receptive to new ideas, and never stop seeking ways to improve your skills. We are extremely proud of each one of you and have utmost faith in your abilities.*

*It also gives me immense pleasure to take part in the launch of **ABHIJNA 2023**, our college magazine which helps bridge the gap between different departments and academic disciplines. This magazine embodies the essence of our college, capturing the spirit of learning, growth, and unity that thrives within these walls. Let us celebrate this diversity that exists in our college community and the power that this magazine represents.*

*Let me end by wishing you the best of luck in the future. May the desire to heal, quest for knowledge and sincerity to your patients continue to serve you as your compass.*

**G.H. Nagaraja**  
Chancellor, SDUAHER  
President, SDUET



**Shri. Rajendra J.**  
Vice President, SDUET

*As the sun sets on another academic year, I am thrilled to be here today to celebrate our young graduates who have embarked on a journey filled with dedication, perseverance, and unwavering commitment. With great pride and joy, I would like to extend my heartfelt congratulations to the graduating doctors of our academy.*

*This milestone marks the culmination of years of hard work, sacrifice, and countless hours of studying. Today, we honor your achievements and embrace the bright future that lies ahead for each and every one of you.*

***ABHIGNA 2023**, Our annual college magazine stands as a testament to the power of creativity, collaboration, and expression within the academic realm. It celebrates diversity, fosters a sense of belonging, cultivates creativity and intellectual growth, and preserves cherished memories and traditions.*

*Many congratulations to the entire Editorial Committee for your dedication and efforts which has undoubtedly made a lasting impact on the magazine and its readership. Wishing you all continued success and looking forward to many more inspiring editions to come.*

**Shri. Rajendra J.**  
Vice President, SDUET





**Mr. K.G. Hanumantha Raju**  
Secretary, SDUET

*As you venture forth into the next chapter of your professional lives, take a moment to express your gratitude to those who have been with you every step of the way. Behind every successful doctor stands a supportive network of family, friends, mentors, and colleagues who have played an instrumental role in your journey.*

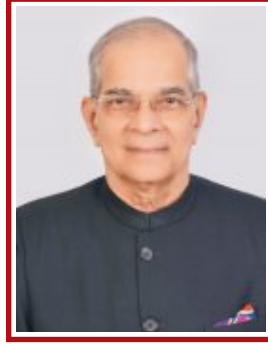
*We are confident that the education and training you have received at the academy has prepared you to face adversity head-on, and we have no doubt that you will rise to the occasion, surpassing expectations and redefining the boundaries of medical excellence. Congratulations, doctors, and may your journey be filled with endless success, fulfillment, and the profound joy that comes from changing lives for the better.*

*The annual college magazine, **ABHIGNA 2023** serves as a powerful tool in fostering a sense of belonging and unity within the campus. As they see their words or artwork immortalized in print, a wave of pride and accomplishment washes over them, reaffirming their place in the college's history.*

*As the pages of the magazine are turned, we are reminded of the beauty of education and the profound impact it has on shaping individuals and communities. I believe that a successful magazine is a reflection of a great editorial team, and you have all proven yourselves to be an exceptional group of individuals. Let us cherish this annual tradition and continue to celebrate the creative spirit that thrives within our college.*

A handwritten signature in blue ink, appearing to read 'K.G. Hanumantha Raju'.

**Mr. K.G. Hanumantha Raju**  
Secretary, SDUET



**Prof. Dr. S. Chandrashekar Shetty**

Advisor,  
Former Vice Chancellor, SDUAHER

*I am blessed to know that Sri Devaraj Urs Medical College will be celebrating 32nd Graduation Day on August 18, 2023. The objectives of Higher Education/ Medical Education is for self-employment, investment for future development and catalyst for socio economic range in the society. Medical Education is for Public Health, private practice, Medical Education Research and any other vocation of his/her choice. The ten commandments of Medical Practice are Competency, Cure, Care, Compassion, Commitment, Communication, Counseling, Conduct, Consent and Contractual agreement. To be successful in Medical profession, you need to have clarity of mind, purity of Heart, dexterity of Hands, sincerity and honesty of purpose, passion with compassion and courage of conviction.*

*'Wishing the Graduation Day a great success'.*

**Prof. Dr. S. Chandrashekar Shetty**

Advisor,  
Former Vice Chancellor, SDUAHER





**Dr. D.V.L.N. Prasad**  
I/c Vice Chancellor & Registrar  
SDUAHER

*It is a special joy to extend heartiest congratulations to the award winners and to the Graduating students. You have worked diligently towards the successful completion of your course of study and now you are well poised to reap the rewards of your investment in your education. A debt of gratitude is owed to your teachers, administrators, sponsors, parents, spouses, mentors, family and friends for the support that has enabled you to successfully steer the challenging journey towards completing your studies.*

*My dear graduating students I am certain, as you look back, you will see that there is a long and winding path that has led you to this moment. This is a time for all of us to celebrate and honor your accomplishments. As you move forward into your careers and life-long journeys, remember that your path continues, know that you can accomplish anything, and do great things with the knowledge you have acquired. All your dreams can come true only if you dare to pursue them. May you always keep learning, growing, and realizing the best in yourself. As you step out into the next phase of your lives, I encourage you to embrace challenges as you progress. Continue to seize opportunities to learn, grow, innovate, adapt and be resilient. Whatever you choose to do next, remember that learning is a lifelong journey. Be proud of your accomplishments and to always be guided by the core values of the Academy which will serve to guide you along your professional endeavors. I encourage our graduates to use the new found knowledge to empower others and to work hard towards contributing to a better society that is reflective of the values of the Academy.*

*As you embark upon and progress through your careers, I urge you to always remember why you chose the field of Medicine and the sacrifices that you endured in order to make it happen: to serve our communities and improve the quality of life and health of its members with compassion, honesty and integrity. With a proud heart, I wish you congratulations on your graduation. I hope that you will look back fondly on your time at the Academy. For my part, I am confident that you have received a medical education of the highest quality, and one that is particularly highly regarded for preparing its graduates to work as doctors. I am sure that the young budding doctors, who have graduated today, will practice the art and science of medicine in the true spirit of the Hippocratic Oath that they have taken.*

*"ABHIGNA 2023" College magazine is a platform for the stake holders of our Academy to highlight their talents and I am happy to be a part of the event in its release on this auspicious "College and Awards day". The magazine offers a wonderful platform for students to exhibit their talents, share their achievements and their experiences of the years spent at the college. I congratulate and wish the editorial team for capturing wonderful moments and effectively documenting into wonderful memories.*

**Dr. D.V.L.N. Prasad**  
I/c Vice Chancellor & Registrar  
SDUAHER



**Dr. Prabhakar K.**  
Principal, SDUMC, Kolar

*Dear Students,*

*I am writing to extend my heartfelt congratulations to all who have been awarded the MBBS degree. This is a remarkable achievement and a significant milestone in your medical education journey. Your hard work, dedication, and perseverance have paid off, and I couldn't be prouder of your accomplishments.*

*Your degree is a testament to your commitment to the medical profession and your unwavering passion for healthcare. It symbolizes your readiness to assume the responsibilities and challenges that lie ahead. Throughout your rigorous training, you have acquired the necessary knowledge, skills, and clinical acumen to embark on a fulfilling career in medicine.*

*As medical teachers, we have witnessed your growth and development over the years, determination, enthusiasm, and compassion firsthand. Your eagerness to learn, engage in clinical practice, and contribute to patient care has been truly inspiring. As you move forward in your careers, I encourage you to embrace this privilege with humility, continue pursuing excellence in patient care, research, and lifelong learning. Adopt the values of empathy, integrity, commitment and professionalism that are an integral part of our noble profession.*

*Being a doctor is a privilege and a tremendous responsibility to make a difference in people's lives, to alleviate suffering, and bring hope and healing to those in need. Your dedication and passion for medicine will shape the future of healthcare with significant contributions to the field of medical science and positively impact the lives of countless individuals.*

*I wish you all the very best as you embark on to the next phase of your professional journey. May you find fulfilment, joy and endless opportunities to learn and grow in your chosen path.*

A handwritten signature in blue ink, appearing to read 'Prabhakar'.

**Dr. Prabhakar K.**  
Principal, SDUMC, Kolar



**Dr. Vinutha Shankar M.S.**  
Vice Principal, SDUMC, Kolar

*With the opportunity to steer competency-based medical education in producing Indian medical graduates, we, at SDUMC have a perfect blend of trained faculty and excellent infrastructure.*

*Both the undergraduate and postgraduate programs that we offer have been Most sought after for the quality of education that is imparted. Our flag bearers are the alumni who have imbibed the ethos of the institution and excelling in areas of healthcare delivery with competence that matches global standards.*

*The community-oriented education is the mainstay of the competency-based curriculum that we offer which is aligned with national health goals*

*We aim to include many more programs for medical specialty and super specialty to extend advanced health care facilities to the people of rural areas where our institution is situated in addition to primary health care facilities.*

*I wish all the IMGs coming out of SDUMC the very best and may they achieve success in all walks of their life.*

*Vinutha Shankar MS*

**Dr. Vinutha Shankar M.S.**  
Vice Principal, SDUMC, Kolar





**Dr. J. Krishnappa**  
Medical Superintendent  
R.L. Jalappa Hospital & Research Center (RLJH&RC),  
SDUMC

*I am very happy to learn that **ABHIJNA 2023**, the Annual College Magazine will be released during the convocation of Sri Devaraj Urs Academy of Higher Education & Research, Kolar. I compliment the editorial team of **ABHIJNA 2023** for their sincere effort in bringing out this magazine. I am sure that the students of this Academy are fortunate, as they are given the best of opportunities to acquire skills and competencies to become successful professionals in the respective fields.*

*To all the new doctors, may you find fulfillment in your chosen medical field, continually seek to improve your knowledge and skills, and provide the best possible care to your patients. Your dedication and contributions to the field of medicine are invaluable and will undoubtedly make a difference in the lives of many. Congratulations once again, and best of luck in your future endeavors as medical professionals!*

*I am also thrilled to announce the accomplishments of our R. L. Jalappa Hospital and Research Center which received two prestigious awards from the Quality Council of India. This serves as a testament to our unwavering commitment to continuous quality improvement and patient-centered care. We extend our heartfelt gratitude to all of you for your constant support, which has played a significant role in our success.*

**Dr. J. Krishnappa**  
Medical Superintendent, RLJH & RC  
SDUMC

## Editor's Desk



**Dr. Shobha M.V.**  
Convener and Editor- In- Chief  
'Abhijna' "ଅଭିଜ୍ଞା" College Magazine

*Dear Esteemed Readers,*

*As the editor of our prestigious college magazine, it gives me immense pleasure to present this year's edition, teaming with the vibrant tapestry of academic and non-academic activities that our exceptionally talented students have passionately engaged in.*

*Throughout the year, our College has thrived as a bustling hub of intellectual curiosity, boundless creativity, and personal growth. From academics that push the boundaries of knowledge to captivating theatrical performances that take us to new realms, our students have consistently showcased their exceptional skills and unwavering dedication across diverse domains. This magazine serves as a testament to their remarkable achievements and a joyous celebration of their diverse talents.*

*To our remarkable graduates, who are embarking on an exciting new chapter in their lives, I extend my heartfelt congratulations. Your journey at our esteemed college has been a profound experience of self-discovery, resilience, and invaluable learning. As you venture forth with knowledge and passion, I encourage you to carry with you the treasured memories and cherished friendships forged during your time here. May your future endeavors be adorned with resounding success and deep fulfilment as you leave an indelible mark on the world.*

*I would like to express my sincere gratitude to our trustees and administrators for their unwavering support and guidance in shaping this magazine, allowing us to encapsulate the very essence of our college community. I extend my profound appreciation to the entire editorial team whose unwavering commitment and tireless efforts have ensured that we capture the pulsating spirit of our college and showcase the incredible achievements of our students.*

*Let us celebrate the boundless power of knowledge, the transcendent beauty of art, and the indomitable spirit that defines our remarkable students.*

*Wishing you an enjoyable, enlightening, and deeply inspiring reading experience.*

*With warm regards,*

**Dr. Shobha M.V.**  
Convener and Editor-In-Chief  
'Abhijna' "ଅଭିଜ୍ଞା" College Magazine

## EDITORIAL COMMITTEE



<b>Chairman &amp; Principal</b>	-	<b>Dr. Prabhakar K.</b>
<b>Vice-Principal</b>	-	<b>Dr. Vinutha Shankar M.S.</b>
<b>Convener &amp; Editor-in-Chief</b>	-	<b>Dr. Shobha M.V.</b> , Professor, Dept. of Physiology
<b>Co-convener</b>	-	<b>Dr. Susanna T.Y.</b> , Professor, Dept. of Biochemistry
<b>Associate Editor</b>	-	<b>Dr. Suresh Kumar K.</b> , Assoc. Prof. Dept. of Dermatology
<b>Associate Editor</b>	-	<b>Dr. Sangeetha T.</b> , Assoc. Prof. Dept. of Ophthalmology
<b>Member</b>	-	<b>Dr. Namitha B.N.</b> , Asst. Prof. Dept of Microbiology

### Technical Assistance:

Mr. Natesh Gowda  
Ms. R. Savitha  
Mr. Srinivas Murthy K.N.  
Mr. Pradeep K.V.  
Mr. Manjunath  
Mr. Bharath Kumar V.

### Student Representatives :

Dr. Lakshmisha B.R.  
Dr. Vishaka Shankar  
Dr. Yerragangu Deepthi Chowdary  
Dr. Akshata Yadav  
Dr. Isukapalli Hithesh  
Dr. Thavan Mummaneni  
Dr. Sudhakar S.  
Dr. Bharath C.J.  
Dr. Sreejith Bohan  
Dr. Alisha Alex  
Dr. Ayush Kumar Agrawal  
Mr. Pradhay S.  
Ms. Pande Maitreyei Madhav

Mr. Abhiram  
Ms. Prasasti Sinha  
Mr. Avi Gopinath  
Ms. Bhavika K.  
Ms. Brij Mohan Rao  
Ms. Monisha Sumitsulabh Verma  
Mr. Jayanshu Goyal  
Mr. Nachiketa Naresh Pandey  
Ms. Prakruthi Pavan Desai  
Mr. Anikethan S. Kumar  
Ms. Swathi M.



## COLLEGE REPORT

I take great pride in presenting the college annual report of Sri Devaraj Urs Medical College, which is the constituent college of Sri Devaraj Urs Academy of Higher Education and Research for the academic year 2022-2023. The progress and accomplishments of our esteemed College are truly commendable.

Our College is dedicated to providing world-class medical education of the highest quality to our students. Throughout their course, our students receive comprehensive training, equipping them to meet the challenges of the healthcare delivery system effectively.

Both our students and faculty continue to achieve remarkable heights in academics, including teaching, learning, evaluation, as well as in non-academic pursuits such as sports, cultural events, and the delivery of quality patient care and community health services.

Promoting a culture of research is one of our key objectives, and we have seen a substantial increase in research projects and publications in recent years.

**Teaching:** Our Medical College boasts excellent infrastructure and facilities for training both undergraduate and postgraduate students. Our highly qualified and motivated faculty are dedicated to teaching, training, and evaluation. They strive to instil a research-oriented mind set among students and work tirelessly to achieve the institution's mission of delivering quality healthcare.

The supporting staff of the Medical College and Hospital is skilled professionals who contribute significantly to the strength of our institution.

Currently, our College has an annual intake of 150 MBBS seats and offers postgraduate degree courses in 20 departments, with 112 postgraduate seats available across various disciplines. Additionally, seven departments run PhD programs, and we currently have 19 PhD scholars pursuing research in various fields.

**Medical Education Unit (MEU):** Our vibrant medical education unit is committed to keeping

our faculty up-to-date with the latest advancements in medical education. A new standalone building for the MEU, constructed according to NMC criteria, is being established on the third

floor of the college building. Furthermore, the College has applied to upgrade the MEU as a regional center to conduct faculty development programs in Medical Education Technologies.

**Library:** Our Medical College Library provides excellent infrastructure and learning resources that are regularly updated to cater to the needs of our students and faculty. It subscribes to a vast collection of journals, including foreign e-journals and various research service support tools such as Grammarly and Turnitin.

**Faculty and Student Research Activities:** To promote research, we have established a Modern Central Diagnostic Laboratory and a Centre for Advanced Research and Excellence (CARE) on our campus. Our students are



encouraged to actively engage in research projects, with faculty support, and we have witnessed an increase in oral and poster presentations in conferences and publications.

**Community Health Service:** Our Medical College is deeply committed to serving the community. We are attached to three Primary Health Centres, and we run our Primary Health Care facility as well as Urban and Rural Health Training Centres. Health awareness events are regularly conducted to create awareness among the community members, and our students actively participate in health camps, where they develop valuable skills in compassionate patient care and teamwork.

**Teaching-Learning-Evaluation:** Our College maintains high standards in teaching, training, and evaluation, evident in the high pass percentages for both undergraduate and postgraduate programs. We have awarded several degrees, fellowships, and gold medals to deserving students, and the faculty's dedication has been recognized through awards for meritorious service

**Scientific Activities:** The college regularly conducts Continuing Medical Education (CME) programs, conferences, seminars, and workshops. These activities provide opportunities for students and faculty to learn from experts and stay updated on the latest developments in medical science.

Our institution recognizes the importance of co-curricular and extra-curricular activities in

the overall development of our students. We actively encourage our students to participate in a wide range of activities, allowing them to showcase their talents, enhance their skills, and foster a sense of camaraderie.

**Employees Welfare Facilities:** We prioritize the welfare of our employees and provide facilities such as a crèche for working professionals, free transportation from Kolar town for supporting staff, and medical treatment at reduced charges for employees and their dependents.

**Recognitions and Achievements:** Our faculty members have achieved several recognitions and accolades, including awards, fellowships, and memberships in national and international organizations.

**Future Plans:** We have ambitious plans, including the establishment of a Department of Physical Medicine and Rehabilitation, accreditation with the National Diplomate

Board in Medical Sciences (DNB) in Immunohematology and Blood Transfusion, the creation of a Department of Palliative Medicine, the initiation of a de-addiction center, strengthening the e-management system, and becoming a regional center for conducting faculty development programs in Medical Educational Technologies.

In conclusion, Sri Devaraj Urs Medical College continues to flourish, providing exceptional medical education and fostering a research-driven environment. We are committed to achieving even greater heights in the future, guided by our dedication to excellence in healthcare and medical education.

**Dr. Prabhakar. K**  
Principal, SDUMC, Kolar



## HOSPITAL REPORT



R L Jalappa Hospital and Research Center, attached to Sri Devaraj Urs Medical College, established in 1994, aims to provide accessible, high-quality healthcare to the residents of Kolar and surrounding areas and contributes to medical science through research. Serving as an 1125-bed tertiary care multi-speciality facility, it stands out in emergency medical and surgical care, especially for critical and high-risk cases, and is the only centre providing super speciality services in the region.

The hospital provides affordable, inclusive and integrated approach to quality healthcare by including the services from Department of Cell biology and Molecular Genetics, Speech Pathology and Audiology, Physiotherapy, Department of Integrated Medicine and Department of Nutrition & Dietetics, Department of Nephrology and dialysis unit and Narayana Hrudayalaya.

During 2022 the hospital has provided 3,98,514 Outpatient care, 2,95,601 Inpatient care and more than 37,133 emergency medical and surgical care. The Central Diagnostic Laboratory Services has provided almost 15 lakhs i.e., 15,20,859 laboratory investigations. The hospital has performed 23,219 major and minor surgeries and conducted 2,319 deliveries in obstetric care services.

It is an exclusive healthcare facility in the region to have earned full accreditation from NABL and NABH. This recognition reaffirms the hospital's commitment to maintaining exceptional quality standards and providing exemplary healthcare services to the community.

The Quality cell of hospital organized various workshops, guest lectures and faculty development programmes for its staff like, POI workshop for NABH, Patient safety skills, Safe medication practices, Clinical audit training, Medical certification of cause of death, Hands on skill Basic Life Support, Advanced Cardiac Life Support, Pediatric Advanced Life Support, Neonatal Advanced Life Support, advanced simulation skills for up-gradation of clinical competencies along with mock drills on patient safety codes to prepare for the next cycle of quality accreditations.

In collaboration with the department of Microbiology, SDUMC, the hospital has introduced Truenat PCR tests as an advancement in laboratory services. The Department of Biochemistry has implemented a screening program for newborns to detect hypothyroidism at an early stage, facilitating timely treatment and preventing associated complications such as subnormal IQ. Furthermore, the hospital now offers tests for procalcitonin, aiding in the judicious use of

## HOSPITAL REPORT

antibiotics through rationalized decision-making. These initiatives reflect R.L. Jalappa Hospital's commitment to leveraging cutting-edge technology for improved patient care and better health outcomes.

Our hospital provides a wide range of Oncological services, encompassing Medical, Surgical and Radiation oncology, to ensure comprehensive care for cancer patients and also offer a Master Health Checkup package, with various health assessments and laboratory investigations which promotes early disease detection. The Blood bank caters to all the transfusion needs of our patients and annually approximately fifteen thousand units of blood and blood products.

Considering Kolar's status as an economically challenged district in Karnataka, which shares administrative and political borders with neighbouring states, the hospital in association with the Department of Community Medicine has significantly expanded its healthcare outreach initiatives, organizing over 127 'Health Care Camps'.

In November 2022, R.L. Jalappa Hospital and Research Centre received two prestigious awards from the Quality Council of India for its outstanding efforts in promoting a culture of safety, accountability, and high reliability within the tertiary care setting and for implementation of best practices as part of their Quality Month plans, highlighting their commitment to excellence.

As part of our future plans, R.L. Jalappa Hospital has exciting initiatives underway:

**Infrastructure Expansion:** Two additional floors to expand the hospital's infrastructure.

**Diabetes Care Center:** To be a recognized centre for diabetes care.

**Infertility Treatment Center:** To initiate an infertility treatment centre in collaboration with Genea Fertility Centre Bangalore.

**Neuro development Services and Newborn Screening:** Introducing neuro development services and screening for metabolic disorders in newborns.

**Corporate Super Specialty Healthcare Facility:** To construct and dedicate a corporate super specialty healthcare facility with 50 beds.

These future plans reflect our continuous efforts to expand our infrastructure, enhance specialized care, and provide comprehensive healthcare services to our valued patients and the community we serve.

Thank you.

**Dr. J. Krishnappa**  
Medical Superintendent,  
RLJH & RC, Kolar





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*Riders of Victory*



**VENCEDORZ**



## GRADUATES - 2023



**Dr. AADIJA NAITHANI**

*The aquarium  
of all fishes*



**Dr. ANUJ NAVHAL**

*Optimistic  
Cheerful Motivator*



**Dr. ADITYA KISHORE**

*Wont be able to  
come for the Party*



**Dr. AISWARYA BHANU C.A.**

*Athletic Asset  
of Sdumc*



**Dr. AKSHANSH BOHRA**

*Sunday is coming,  
lets go for party*



**Dr. AKSHAT GOYAL**

*A guy anyone  
would ask for*



**Dr. ANAGHA VJ**

*Selfless love run through  
my veins : Artery not  
included*



**Dr. YASH GIRI**

*Acche Dost Mushqil  
Se Milte Hai*



**Dr. JATIN VYAS**

*Best in All*



## GRADUATES - 2023



**Dr. ANANTHAN**  
*Left Winger*

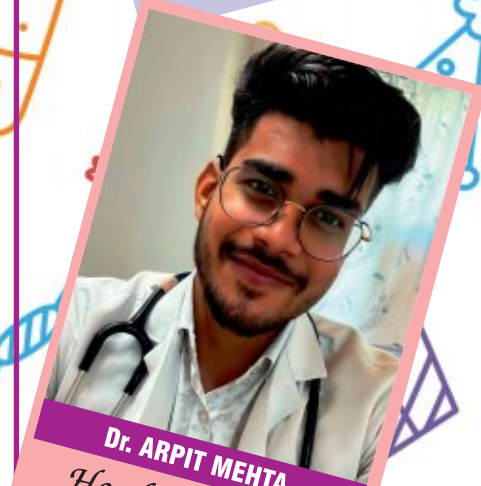


**Dr. SRISHTI JAISWAL**

*Most Cute And  
Sober Person Of Batch*



**Dr. ANUSHKA**  
*True Punjabi*



**Dr. ARPIT MEHTA**  
*Head Of Sadum  
Gram Panchayat*



**Dr. ARUNIMA SAXENA**

*Thank you  
for always being there*



**Dr. TOTINI**  
*Such A Sweet  
And Pretty Girl*



**Dr. TRIPATHI RUCHI RAKESH**  
*Mini Piggy Bank  
With Trillion*



**Dr. BAIBHAV KUMAR**

*Apna Bihari  
Bhai ❤️*



**Dr. BASIREDDY**  
*Reddy Garu Nippu*



## GRADUATES - 2023



**Dr. BIBHUTI KASHYAP**  
*Most Kind  
Hearted Person*



**Dr. VADHU CHETHANA**  
*Iv Fluids 24X7*



**Dr. CHAITANYA**  
*Jai Balayya*



**Dr. CHANDRAVEER SIDHANT**  
*Kind Hearted  
Roomie*



**Dr. DEVAKI AKSHITHA**  
*Bestie For Ever  
And Ever*



**Dr. DHEERENDRA SINGH**  
*Riding Things  
Since Childhood*



**Dr. DIBYENDRA NATH SHUKLA**  
*Singer Of SDUMC*



**Dr. DIVYANSHI**  
*Always Be  
Happy Bro*



**Dr. FIROJ KHAN**  
*Sabka Bhaai Sabka  
Jaan- Pathaan*



## GRADUATES - 2023



**Dr. YARRA VASUDHA**  
*Learning and Growing*



**Dr. GOPIKA P KUMAR**  
*Proverb Queen*



**Dr. G SAI NARAYANA**  
*Problem Solver*



**Dr. ZOFESHAN**  
*Sweet Smile*



**Dr. VELURU SNAEHITH**  
*A Best Friend Anyone Would Ever Ask For*



**Dr. HITESH YADAV**  
*System Hang Kar Diya Mera Bhai*



**Dr. INCHARA M**  
*Love Everyone*



**Dr. JAAGRITIE PRASAD**  
*Always Feeling Good Like I Should*



**Dr. VEERTA SINGH**  
*Full Energetic..*



## GRADUATES - 2023



**Dr. JUSTIN PAUL**  
*Best Company Through  
Out Internship*



**Dr. KATARI ANAND**  
*Anand Ante Time,  
Time Ante Anand*



**Dr. KALYANI R.**  
*Roomie Homie*



**Dr. KEERTHANA**  
*Most Supportive  
Person*



**Dr. KAPIL MAHAWAR**  
*Mr. Know It All*



**Dr. KAVANA V**  
*Goa Ki Veldam*



**Dr. KIRTANKAR ANIKET SANJAY**  
*All Indians Are  
My Brothers And Sisters*



**Dr. KM SHUMAILA**  
*Night Owl*



**Dr. KR KISHAN BHATT**  
*Uplifting And  
Empowering*



## GRADUATES - 2023



**Dr. KRISHNA NAG**  
*Mr. Sports Talented*



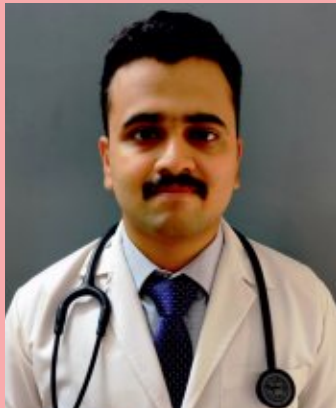
**Dr. TWINKLE SHARMA**  
*Papa Ki Pari ....*



**Dr. CHHAYA MEHTA**  
*Helpful And Supportive*



**Dr. LATIKA GOYAL**  
*Choto Packet Bada Dhamaka*



**Dr. VALLERU PUSHKAR SAI**  
*Enjoys With Friends With Dull Energy*



**Dr. CHARISHMA**  
*Dr. Pressure Cooker*



**Dr. MANTHA SARASWATHI**  
*Innocent*



**Dr. UDIT NARAYAN GAUTAM**  
*Antiallergic*



**Dr. MANJUL METHI**  
*Best Entertainer Of Our Batch*



## GRADUATES - 2023



**Dr. MANNEM SAI AMULYA**  
*Brilliant Heart*



**Dr. MANTHAN**  
*Kabir Singh  
Of Batch*



**Dr. MEGHA RANI**  
*Party Ki  
Jaan ♡*



**Dr. MIZHAB MANALODY**  
*Helpful To Society*



**Dr. MOHIT**  
*Machho Mohit*



**Dr. SWALIH**  
*Rider Boy*



**Dr. MUKESH**  
*Abhi Hum  
So Rahe Hai*



**Dr. NANDA RL**  
*Our CR Is Such  
A Vibe*



**Dr. NARESH BHADU**  
*Completed  
Couple Goals*



## GRADUATES - 2023



**Dr. NEERAJ AGARWAL**

*Jaha Mann Kare Waha  
So Jao (Irrespective  
Of Place)*



**Dr. OSHIN JOHRI**

*Sweet ♡*



**Dr. PALAK JAIN**

*Saath Party Kro  
Fir Ptaa Chlega*



**Dr. PARUL**

*Sh Mohi Maya Hai  
Main Ab Insb Se Upar  
Uth Chuki Hu*



**Dr. PIYUSHI**

*Cake Khana  
Hi Mujhe*



**Dr. VIDIT**

*The Guy, You Are Calling  
Is Not Currently Available*



**Dr. PRAGATI SINHA**

*Life Is All Fun  
And No Work*



**Dr. PRAJATH RAMESH**

*See Kids I Am Hot*



**Dr. YAMAN CHACHAN**

*Jagah Se Rajasthani  
Pr Dil Se Haryanavi*



## GRADUATES - 2023



**Dr. PRATYUSHA PAHAL**

*Welcome  
To Chennai*



**Dr. PRAVEENYA PULAGAM**

*Best Sport  
Representative*



**Dr. PREETI CHINGAMBAM**

*Friends Forever ♡*



**Dr. PREETI SHARMA**

*Supportive And Always  
Ready To Help*



**Dr. PRERNA PAL DAGAR**

*Her < Mai Heroine Hu  
> Will Be Constant.*



**Dr. PRINCE KUMAR JHA**

*Too Many Girls Behind  
Me Already Offo  
Whit To Do*



**Dr. PRIYA VASHISTHA**

*Fattu Hu Mai Yaar !  
Ab Kya Karu Mai Uska ?*



**Dr. PYDA MADHURI**

*My Looks Are  
Above Average*



**Dr. YASHIKA BALANA**

*Chai Peene Chalege*



## GRADUATES - 2023



**Dr. URVASHI BALWADA**  
*Mujhe Ice-Cream  
Khaani Hai*



**Dr. RISANA**  
*Haa Chlo Chlo  
I M Ready!*



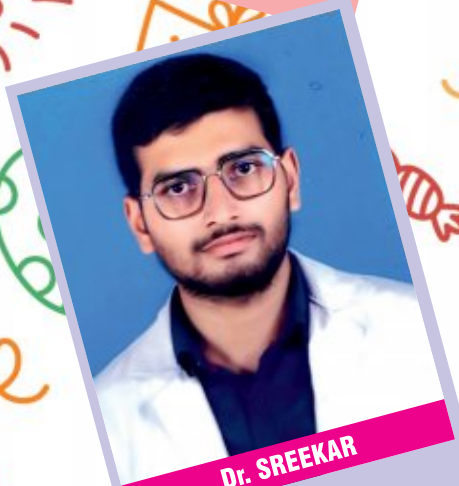
**Dr. RITU SAINI**  
*Muje Nimbu  
Chaiye*



**Dr. RIYA NAGPAL**  
*Beauty With Brains*



**Dr. RONEL**  
*Funny Guy*



**Dr. SREEKAR**  
*Msd Fan*



**Dr. SALMAN**  
*Future International  
Consultant*



**Dr. SARVOTTAM**  
*Ye Sab Fix Hai Mai  
Bata Raha Hu*



**Dr. SHENAZ M**  
*Sweet Heart ♡*



## GRADUATES - 2023



**Dr. SOURABH VIJAY**

*Tiger Dance Ka  
Betaz Badshah*



**Dr. SHIVA PRASAD**

*Most Wanted Munda  
By All Juniors*



**Dr. SHIVENDRA PRATAP SINGH**

*Biggest Fan  
Of Msd*



**Dr. SHIVENDRA**

*Kisi Ka Apron  
Faadna Hai To Batao*



**Dr. SHIVI MISHRA**

*Timekeeper  
Of The Batch*



**Dr. SHREYA**

*Dumbo*



**Dr. SIMHADRI DINESH KUMAR**

*Auto*



**Dr. SNEHA RANJAN**

*"Sabki Babuuu", Hame  
Padhna Bohot Pasand H*



**Dr. APURVA SOMARAJU**

*Hyderabadi Don*



## GRADUATES - 2023



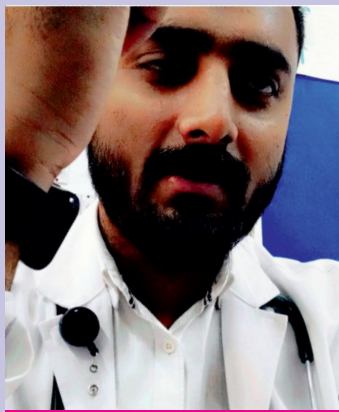
**Dr. SWATI VERMA**  
*Skin Care Ka Baap*



**Dr. VISHAL SAINI**  
*Abhi Toh Party  
Shuru Hui H*



**Dr. SUMIT**  
*Tum Jao Yaar Mera  
Man Nahi Hai*



**Dr. VIKASH**  
*Information Center  
of Juniors*

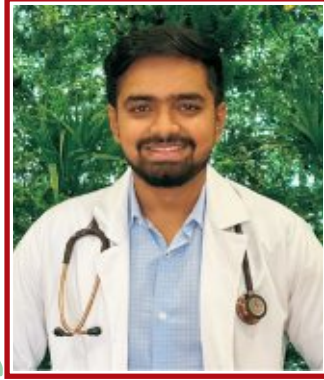
*Congratulation*  
NEW

**GRADUATES**

“ SOONER OR LATER YOUR  
WORK SPEAKS FOR ITSELF ”

## SDUMC ACADEMIC TOPPERS MBBS - 2023

### BEST OUTGOING STUDENT



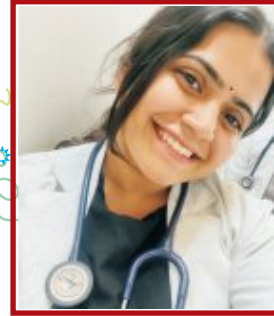
**Dr. Prajath S R**

### BEST OUTGOING CULTURAL - MALE



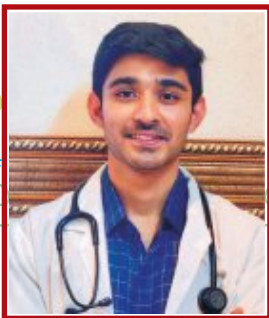
**Dr. Baibhav Kumar**

### BEST OUTGOING CULTURAL - FEMALE



**Dr. Riya Nagpal**

### BEST OUTGOING SPORTS - MALE



**Dr. Shiva Prasad**

### BEST OUTGOING SPORTS - FEMALE



**Dr. Aiswarya Bhanu**



## Gold Medical for Under Graduate Medical Courses - MBBS



76.15%

**Dr. Sourabh Vijay Wergiya**

Reg. No. 17M10126

**Overall Gold Medal - MBBS**

### First Professional Year

#### Overall

**Dr. Swati Verma - 79.50%**

#### Anatomy

**Dr. Sneha Ranjan - 78%**

#### Physiology

**Dr. Aadija Naithani - 84.75%**

#### Bio-Chemistry

**Dr. Palak Jain - 81.75%**

### Second Professional Year

#### Overall

**Dr. Akshansh Bohra - 76.13%**

#### Pathology

**Dr. Sourabh Vijay Wergiya - 76.25%**

#### Microbiology

**Dr. Sneha Ranjan - 79.25%**

#### Pharmacology

**Dr. Akshansh Bohra - 80%**

#### Forensic Medicine

**Dr. Mannem Sai Amulya - 86.50%**

### Third Professional Year

#### Overall

**Dr. Sourabh Vijay Wergiya - 79.44%**

#### Community Medicine

**Dr. Akshansh Bohra - 77.25%**

#### Ophthalmology

**Dr. Sourabh Vijay Wergiya - 86%**

#### ENT

**Dr. Sourabh Vijay Wergiya - 77.60%**

### Final Professional Year

#### Overall

**Dr. Sourabh Vijay Wergiya - 76.57%**

#### Paediatrics

**Dr. Prajath S R - 76.40%**

#### General Medicine

**Dr. Akshansh Bohra - 79.20%**

#### General Surgery

**Dr. Akshansh Bohra - 77%**

#### OBG

**Dr. Akshansh Bohra - 75.20%**



**Dr. Swati Verma**



**Dr. Sneha Ranjan**



**Dr. Aadija Naithani**



**Dr. Palak Jain**



**Dr. Akshansh Bohra**



**Dr. Mannem Sai Amulya**



**Dr. Prajath S R**



## Medicine Unscripted: Rx-traordinary Journey Through Med School

- Dr. Aadja Naithani

### Chapter 1: The Terrified Apprentice Healer

Once upon a time, in the mystical realm of SDUMC, Kolar, 2017 batch medical student embarked on a rollercoaster ride of emotions. As they stepped through the hallowed dissection halls, they were both excited and scared, unsure of what the future held. Medical concepts floated



above their heads like elusive butterflies, and they wondered if they were destined to be perpetual befuddled souls. Nevertheless, amidst this confusion, they found solace in their newfound companions – friends from all corners of the country, the North, South, East and the West.

They soon discovered that med school was nothing like the good old days of school life. The thrill of dissecting cadavers was dampened by the struggle to identify structures.

“This is the Posterior interosseous nerve”, said the professor.

“Yes, sir”, everyone sung in a choir despite the fact that before the professor came to the table everyone called the nerve an artery. We took “fake it till you make it” quite seriously, I swear to God. But fear not! Physiology labs came to the rescue, with their amazing setups and a department that was, quite frankly, cooler than the other side of the pillow. While biochemistry labs loomed like specters, terrifying them to the core, they soldiered on, determined to learn everything to perfection. Amidst all this studying, they also learned that med school was not all about books – there was room for fun and enjoyment as well!

### Chapter 2: Of Revelry and Pathology Procrastination

In the second year, our daring medical students finally got the hang of life. They mastered the art of chilling out and took part in numerous co-curricular events, like a true Renaissance scholar. Their personality underwent a grand transformation, and they embraced life's ups and downs with friends by their side.

Ah, but there were horrors to face – behemoths of subjects such as pathology, pharmacology, microbiology, and forensic medicine towered before them. Despite this, they found solace in the lab classes, where they miraculously drew diagrams in their pathology books at the very last moment. (After being reminded by friends, of course). Not to forget, pharmacology lab classes were terrifying. They took discipline to the next level and trust me, all of us were on time; ALWAYS. Although we were scared for our lives, the professors turned out to be like angels.

The excitement reached a crescendo as they stepped into the sacred grounds of the hospital for the first time. It was a cocktail of excitement and fear, like a rollercoaster ride with a twist. Amidst the academic pursuits, many also found time to undertake research projects, cultural and sports activities, proving that they were more than just medical bimbos.

### Chapter 3: COVID, the Great Interrupter



As the third year dawned, the subjects seemed less intimidating, and the students found themselves with a tad freer time. But then, like a cosmic joke,

COVID-19 struck, bringing with it a series of

challenges. Most of the students headed home while some enjoyed peace at the college campus. With online classes testing their patience due to poor network connectivity, they had to muster their own motivation for self-study. Let's be honest though, barely anyone studied seriously during those days. With online class on one side

and some show/movie on the other side or even a video call with friends going on in the background. I'm sure the teachers had a hard time coming up with creative ideas to keep us involved. Unfortunately, many clinical classes were missed, but they managed to catch up upon their return. Although, it felt like a 3rd year speedrun challenge but professors who turned tutorial classes to quiz challenges (Thank you, Ophthalmology) kept us sane.

#### Chapter 4: The Final Frontier



The climax of the med school adventure! Enormous subjects, demanding to be conquered within a year. The classroom was an amusing battlefield - some teachers poured their hearts out just to see most students either sleeping/studying on their own or watching a movie. Others showed up with pre-prepared presentations, resigned to the reality of inattentive students. Still, the students appreciated their efforts, striving not to disturb the teachers while they taught.

Then, just when everything seemed to be on track, COVID-19 decided to make an encore appearance. Panic ensued as the students were forced to head back home. Fear gripped their hearts, knowing that final year practical exams required rock-solid clinical knowledge. But as heroes do, they conquered their fears and managed to complete their exams after their triumphant return. Graduating as interns, they stepped into the realm of perfect hands-on experience and piles of paperwork.

#### Chapter 5: The Internship Saga

The intern year was a rollercoaster ride of emotions and experiences. From heartwarming moments when patients expressed gratitude to them for their care, to hair-raising encounters when blame was thrown around, it was a bumpy ride indeed. Working with PGs proved both intimidating and enlightening - some were angels in disguise, while others resembled med school ghosts who had lost their sense of humor.

Our batch, despite the pressure, found themselves sneaking away from the hospital to participate in cultural activities and sports, refusing to let go of their adventurous spirit. From running to the hospital to running to KMC for registration, we all grew up.

#### Epilogue: A Future Unfolds

And so, dear reader, this comical and sometimes poignant tale of our journey through 5.5 years of med school comes to an end. We navigated through uncertainties, fought challenges and our batchmates (lol), and emerged as seasoned healers, armed with knowledge and a humorous outlook on life.



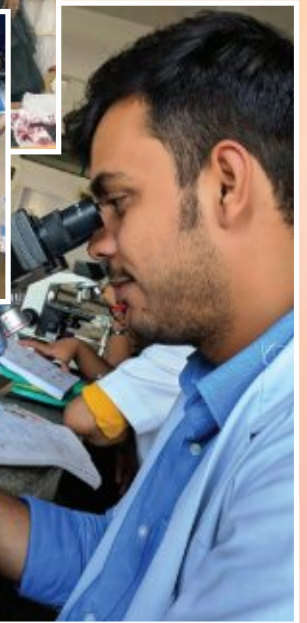
May this tale inspire aspiring medical students to embrace the adventure that awaits them and remember that laughter is the best medicine, even amidst cadavers and clinical rotations. (That does not mean that you start laughing in front of cadavers or patients lol) After all, it takes more than just medical knowledge to survive med school - it takes a dash of wit, a spoonful of comradeship, and a whole lot of determination and personality to make it through!







## THE GRADUATES



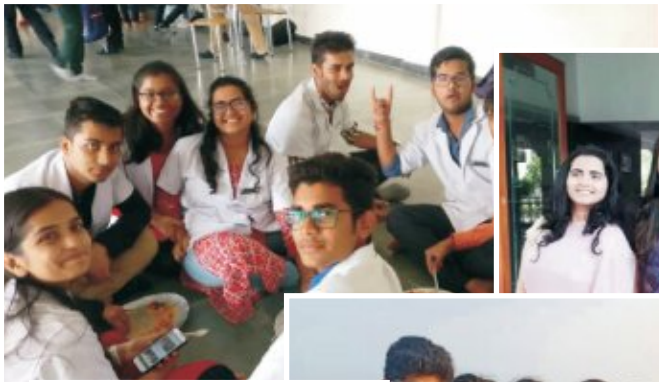




# THE GRADUATES







# THE GRADUATES







# THE GRADUATES











# बुद्धिपुष्पाकरं गुरुन्दनं

**Guru Vandana:  
Salutations to the Teachers**



## DEPARTMENT OF ANATOMY

A lot can happen over the Dissection Table. Anatomizing the Inner Workings of Human



First Row: L-R: Dr. Ashwini N.S, Dr. Venkateshu K. V, Dr. Sridevi N. Dr. Shashidhar, Dr. Divya C.  
Second Row: L-R: Mr. Ravi Shankar Prasad, Mr. Suresh T, Smt. Krishnaveni C, Mr. Anjaneya Babu  
Third Row: L-R: Mr. Krishna Kishor, Dr Vinay Kulkarni, Dr. Kumarswamy R.

## DEPARTMENT OF PHYSIOLOGY

By Pricking The Fingers We Learnt No Pain No Gain - The Coolest Department



First Row: L-R: Dr. Jagadamba A, Dr. Vinutha Shankar M.S. & Dr. Shobha M.V.  
Second Row: L-R: Mrs. V.S. Bhavani, Dr. Mamatha Shree C., Dr. Ashwini K. Shetty & Dr. Geetha S.



## DEPARTMENT OF BIOCHEMISTRY

Still Confused Who Broke Those Test Tubes. Place Where Bonds Break & New Bonds Formed



First Row: L-R: Dr. Susanna T.Y., Dr. Saideepika R., Dr. Prabhavathi K., Dr. Shashidhar K.N.  
Dr. Munilakshmi U., Dr. Soumya N., Ms Sharon Rose P, Ms. Indumathi A.N.  
Second Row: L-R: Non Teaching Staff: Mr. Ramachandrappa K.M., Ms. Malleshwari, Mrs. Kavitha K.  
Mr. Nagaraj K., Mrs. Lakshmi.Y., Mrs. Narayanamma K.M.

## DEPARTMENT OF PATHOLOGY

Everything Pink & Blue For Us. What Doesn't Kill You Mutates & Try Again



First Row: L-R: Dr. Supreetha, Dr. Hemalatha A, Dr. Kalyani R., Dr. TN Suresh, Dr. Subhashish Das, Dr. Shilpa M.D.  
Second Row: L-R: Dr. Syeda Sara, Dr. Sneha, Dr. Sowmya, Dr. Princy, Dr. Likitha, Dr. Subhashini, Dr. Nikhil  
Third Row: L-R: Dr. Sudharshan, Dr. Deepika, Dr. Aishwarya, Dr. Jhanavi, Dr. Poorni Bharathi, Dr. Soujanya, Dr. Snighdha, Dr. Ankitha  
Fourth Row: L-R: Dr. Nagaraju, Dr. Nikitha, Dr. Deepa, Dr. Zubiya, Dr. Amrutha, Dr. Satadruthi, Dr. Sahithi  
Fifth Row: L-R: Dr. Priyanka, Dr. Sushma, Dr. Sharjubala Khumanthem, Dr. Manju Alex, Dr. Divya, Dr. Haneena, Dr. Queen Mary  
Dr. Ambika, Dr. Kamala, Dr. Bhadra



## DEPARTMENT OF PHARMACOLOGY

**Record Correction = Weekly Viva. High on Drugs**



First Row: L-R: Dr. Sarala N., Dr. Bhuvana K, Dr. Raghu M.N.  
Second Row: L-R: Dr. Santhosh Kumar R, Dr. Manju Priya S, Dr. Arun Hebbar J.N.

## DEPARTMENT OF MICROBIOLOGY

**Enjoyed The Little Things Under Microscope By Being Well Cultured**



First Row: L-R: Dr. Bindu Madhavi R, Dr. Primala S, Dr. Arvind Natarajan, Dr. Anitha D, Dr Namitha B.N.,  
Second Row: L-R: Dr. Bharathi R, Miss. Repati Gowri, Dr Rahil Pasha S.A., Miss Duvvuru Greeshma,  
Mr. Sai Sarvan Kumar P, Miss. Yogitha S.

## DEPARTMENT OF FORENSIC MEDICINE AND TOXICOLOGY

We All Became Experts By Pre Class Viva. Very Transparent Dept. Discipline at It's Peak



First Row: L-R: Dr. Rajkumar M.G., Dr. Srinivasa Reddy P, Dr. Ajay Kumar T.S., Dr. Abhinandana R.  
Second Row: L-R: Dr. Pokuru Mohan Krishna, Dr. Tirutani Sasi Kiran, Dr. Vishal V.

## DEPARTMENT OF COMMUNITY MEDICINE

Field Visits & Camp Days. Sir Completion Beku. SNR Duties..



First Row: L-R: Dr. Waseem Anjum, Dr. Muninarayana C., Dr. Prasanna Kamath, Mr. Ravishankar and Dr. Sunil B.N.  
Second Row: L-R: Dr. Vishwas, Dr. Pradeep, Dr. Harshitha H.N., Dr. Samudyatha, Dr. Aishwarya and Dr. Mohan Babu  
Third Row: L-R: Dr. Anandu, Dr. Sudhakar, Dr. Vivek, Dr. Varun, Dr. Sankiya, Dr. Pruthvi, Dr. Abhishek, Dr. Sindhu, Dr. Ramees, and Dr. Abhiharshan



## DEPARTMENT OF OPHTHALMOLOGY

**Your Eyes Are in Our Grasp**



First Row: L-R: Dr. Narendran B.S., Dr. Sangeetha T., Dr. Inchara N., Dr. Hanumantappa B.O., Dr. Manjula T.R., Dr. Usha B.R., Dr. Rashmi G., Dr. Chaitra, Dr. Naveena A.

## DEPARTMENT OF ENT

**Friends, Are You Ready For a Long Day OT**



First Row: L-R: Dr. Indu Varsha G., Dr. Sagayaraj A., Dr. S. M Azeem Mohiyuddin, Dr. R.P Deo, Dr. K.C. Prasad, Dr. Prashanth Babu A., Dr. Kouser Mohammadi  
Second Row: L-R: Dr. Ujval M., Dr. Meenavalli Rohitha, Dr. Charuvi G., Dr. Lini Joseph, Dr. Shahrukh, Dr. Akshaya R., Dr. Krithiga, Dr. Sreelekshmy  
Third Row: L-R: Dr. Anirudh, Dr. Sanjana, Dr. Diana, Dr. Monisha, Dr. Hithyashree, Dr. Bosco Suriya  
Fourth Row: L-R: Dr. Gautham, Dr. Sreejith, Dr. Arjun, Dr. Priyadarshini A, Dr. Niveditha A, Dr. Indranil  
Fifth Row: L-R: Mr. Subramani, Mr. Srinivasappa C

## DEPARTMENT OF INTERNAL MEDICINE

**CME Food Feast. From Finding Ward To NGT and Lumbar Puncture We All Grew Up**



**First Row:** L-R: Dr. Anitha A, Dr. Vidyasagar C.R, Dr. B.N. Ragahvendra Prasad, Dr. Raveesha A., Dr. Prabhakar K., Dr. Srinivasa S.V.  
**Second Row:** L-R: Dr. Pavan, Dr. Amarnath G., Dr. Reethesh, Dr. Manjunatha N., Dr. Praveen, Dr. Sagar S.V., Dr. Hemanth Kumar Reddy  
**Third Row:** L-R: Dr. Sujitha, Dr. Prem Sagar, Dr. Harshitha K, Dr. Lakshmisha B.R., Dr. Srimadhurima Puttagunta  
**Fourth Row:** L-R: Dr. Poongulali, Dr. BalaKrishna, Dr. Manasa, Dr. Mani Mohan, Dr. Amulya, Dr. Kruthi, Dr. Rupa, Dr. Manohar, Dr. Inba Praveen, Dr. Bilal, Dr. Lakwan, Dr. Gagan

## DEPARTMENT OF GENERAL SURGERY

**Where Knots are Being Tied. Examination of Ulcer to Assisting in OTs, We Have Come A Long Way**



**First Row:** L-R: Dr. Kishan Yadav, Dr. Shivarama Krishna, Dr. K.Krishna Prasad, Dr. Sreeramulu P.N., Dr. Shashirekha C.A., Dr. Prakash Dave, Dr. A.K. Pujahari, Dr. Ashwathappa. **Second Row:** L-R: Dr. Naveen N, Dr. Phani Teja, Dr. Chandan, Dr. Sunil Mathew, Dr. Aravind V R, Dr. Srinivasan D., Dr. Abhay Kattepur, Dr. Abhishek Mahadev, Dr. Praveena S., Dr. Mahesh, Dr. Vikas. **Third Row:** L-R: Dr. Settigiri Avinash, Dr. Yadamreddy Rohit Kumar, Dr. Deepthi, Dr. Murakonda Sowmya Choudhary, Dr. Manaswin K.S., Dr. Kavitha G., Dr. Neha Ullalkar. **Fourth Row:** L-R: Dr. Guntupalli Rakesh, Dr. Vaseem Akram, Dr. Rakshith, Dr. B.V. Naveen, Dr. Akhil, Dr. Vedanth, Dr. Sailesh, Dr. Sanjana, Dr. Pujitha Arthimalla, Dr. Vivek, Dr. Saivikram, Dr. Nikhil, Dr. Vaibhavi.



## DEPARTMENT OF OBSTETRICS AND GYNAECOLOGY

Running at 4 AM to Check BPs of Sleeping Ladies. Intern, Go Get The Reports Fast Raa



First Row: L-R: Dr. Vasantha Kumar, Dr. Rathnamma P., Dr. SR Sheela M.S., Dr. Munikrishna

Second Row: L-R: Dr. Chandrachur, Dr. Aashritha, Dr. Nandini, Dr. Yashaswini G., Dr. Bhavana, Dr. Vimarshitha P., Dr. Kavyarani C, Dr. Divya J Patil

Third Row: R-L: Dr. Sadhana Reddy, Dr. Shreya Singh, Dr. Madana Jyotsna Priya, Dr. Deeksha Rao, Dr. Nandini Bhavanam, Dr. Sahithya

Fourth Row: L-R: Dr. Shravya Monica, Dr. Srujana Lakshmi, Dr. Sabah Hussain, Dr. Samyukthanjali, Dr. Ajitha Dr. Meghana Sai, Smt. Vijayalakshmi,

Fifth Row: L-R: Dr. Dhanusha, Dr. Prathyusha, Dr. Raveena, Dr. Komal, Dr. Radhika, Dr. Shreya, Smt. Lakshmi, Smt. Kavitha

## DEPARTMENT OF PEDIATRICS

Baby Weight Checking & Late Night Rounds is The Daily Routine



First Row: L-R: Dr. Bhanuchand P., Dr. R.R. Narendra, Dr. Sudha Reddy V.R., Dr. Krishnappa J., Dr. K.N.V. Prasad, Dr. James Daniel S.

Second Row: L-R: Dr. Niranjana Reddy, Mr. Murali Mohan, Dr. C. Srikanth, Dr. Abhinay, Dr. Naveen Kumar, Dr. Karthik S, Dr. Abhilash Reddy

Third Row: L-R: Dr. Prakash, Dr. Trisali, Dr. Bindu, Dr. Vidya Shree, Dr. Mathumitha, Dr. Karthik, Dr. Mouna, Dr. Jahnavi

Fourth Row: L-R: Dr. Deepthi, Dr. Varsha, Dr. Bhargavi, Dr. Visakha, Ms. Gayathri Fifth Row: L-R: Jagannatha, Dr. Ram Swaroop, Dr. Rohit, Dr. Nikitha, Dr. Jefern, Dr. Praveen, Dr. Rana Pratap, Dr. Sai Teja Maram, Dr. Sai Teja Manne, Dr. Deepak



## DEPARTMENT OF ORTHOPAEDICS

We Will Make You Stand on Your Feet Again



First Row: R-L: Dr. Vinod Kumar K., Dr. Hariprasad S., Dr. Nagakumar J.S., Dr. Arun H.S., Dr. Prabhu E., Dr. Manoj Kumar R.  
Second Row: R-L: Dr. Tarun, Dr. Basanth, Dr. Madhavan, Dr. Gils, Dr. Nandini, Dr. Kiran, Dr. Siyad, Dr. Vyshnav, Dr. Adithya K.M.  
Third Row: R-L: Dr. Darshan, Dr. Hrushikesh, Dr. Ayush, Dr. Abhisharma, Dr. Jagadish, Dr. Karthik, Dr. Vishnu, Dr. Shobeth, Dr. Richik S.  
Fourth Row: R-L: Dr. Muthuraj, Dr. Rohit, Dr. Arun Kumar S.P., Dr. Aryadev, Dr. Akshay, Dr. Siva, Dr. Navin Balaji  
First Row Right: Mr. Suresh , 2nd Row Left: Smt. Priya

## DEPARTMENT OF RADIO-DIAGNOSIS

The Dark Stories. Everything is Black & White For Us



First Row: L-R: Dr. Rahul Deep, Dr. Harini Bopaiah, Dr. Anil Kumar Sakalecha, Dr. Deepti Naik, Dr. Rajeswari, Dr. Anees  
Second Row: L-R: Dr. Yashas Ullas, Dr. Varshitha, Dr. Chaithanya, Dr. Aashish  
Third Row: L-R: Dr. Sameer, Dr. Praveen, Dr. Vimal, Dr. Soumya, Dr. Uha Sai, Dr. Mahima, Dr. Lynn Joy, Dr. Poojitha, Dr. Krishna.  
Fourth Row: L-R: Dr. Jayandra, Dr. Gaurav, Dr. Revanth, Dr. Nikhil, Dr. Sravya, Dr. Neelam, Dr. Shantala, Dr. Priyanka, Dr. Surya, Dr. Thavan.  
Fifth Row: L-R: Dr. Nishanth, Dr. Sandeep, Dr. Madan, Dr. Vamsi, Dr. Siva, Dr. Arun, Dr. Guru, Dr. Rishi.



## DEPARTMENT OF DERMATOLOGY

Beautiful Skins With Kind Hearts



First Row: L-R: Dr. Vaishnavi B.V, Dr. Hanumanthayya K., Dr. Rajashekar T.S., Dr. Suresh Kumar K.

Second Row: L-R: Dr. Madhu Kiran, Dr. E. Meghana Reddy, Dr. Pavithra T.R., Dr. Y. Deepthi Chowdary, Dr. Harish

Third Row: L-R: Dr. Hussain Kolsawala, Dr. Shivasadhvi, Dr. Anjana G., Dr. Sumedha Tirthani, Dr. Hariharasubramanian

Fourth Row: L-R: Dr. Akshata Yadav, Dr. Samhith Souri, Dr. Gunalakshmi K., Dr. Sushmitha Y.

## DEPARTMENT OF PSYCHIATRY

Reading Brains & Helping Hands



First Row: L-R: Dr. Purushotham A., Dr. Mohan Reddy M., Dr. Jagadish S.N.,

Second Row: L-R: Dr. Vathsala K., Dr. Navya A.G., Dr. Ruth Sneha C, Dr. Veni K. Nirudya

Third Row: L-R: Dr. Manornjitha V., Dr. Stuti K. Mashru, Dr. Afra S., Dr. Eby Y.

## DEPARTMENT OF ANAESTHESIOLOGY

### Early Morning ABCs.



First Row: L-R: Dr. Lavanya K., Dr. Vishnuvardhan V., Dr. Suresh Kumar N., Dr. Ravi M, Dr. Kiran N., Dr. Sujatha M.P. Second Row: L-R: Dr. Dhanalakshmi M., Dr. Vidyashree C., Dr. Naga Sobhanaa Manukaran, Dr. Padmasree M.K., Dr. Sinchana B., Dr. Sindhu J., Dr. Naga Seshu, Dr. Ankitha S., Dr. Namratha K.R, Dr. Meghana. Third Row: L-R: Dr. Harini D., Dr. Himaja Katamaneni, Dr. Susmitha T., Dr. Matcha Reddy, Dr. Haritha P., Dr. Kotlo Rukmini Seshadri, Dr. Shruthi, Dr. J. Ushasree, Dr. Revathi Ashok, Dr. Tarun Kumar. Fourth Row: L-R: Mrs. Pushpa G.V, Dr. Pooja Giriapur, Dr. Smruthi N., Dr. Monisha B., Dr. Sadvi, Dr. Sushmitha S., Dr. Hazarath Nabi, Mr. Narayana Swamy B.N, Dr. Dinesh Kumar. Fifth Row: L-R: Dr. Akhil Kumar, Dr. Mathew George, Dr. Sundeeep K., Dr. Yashwanth P, Dr. Aswin B., Dr. K. Dinesh Chandra Reddy, Dr. Ratan A Nalatwadmath, Dr. S.M. Kushal, Dr. Balaji, Dr. Arunseth C., Dr. Bharath C.J.

## DEPARTMENT OF EMERGENCY MEDICINE

### The Adrenaline Rush We Get Here



First Row: L-R: Dr. Deepak H., Dr. N.T. Murali Mohan, Dr. Dinesh K., Dr. Rajesh K. Second Row: L-R: Dr T. Abhinov, Dr. K.J. Devendra Prasad, Dr. Krishna Moorthy D.G.S.R.



## DEPARTMENT OF DENTISTRY

Posting:- Dentistry, Location: Saviruchi



First Row: L-R: Dr. Deepa C., Dr Harshitha K.R., Dr. Deepika Kenkere, Dr. Srinath K.S.

## MEDICAL EDUCATION UNIT (MEU)

Empowering The Teachers



First Row: L-R: Dr. K.N.V. Prasad, Dr. T.N. Suresh, Dr. Muninarayana C., Dr. K. Prabhakar, Dr. Vinutha Shankar M.S., Dr. Sarala N., Dr. Sudha Reddy V.R.

Second Row: L-R: Dr. Prasanna Kamath B.T., Dr. Geetha S., Dr. Shashirekha C.A., Dr. Anitha A., Dr. M. Mohan Reddy

## STUDENT RESEARCH COMMITTEE

### Towards Evidence Base Practice



First Row: L-R: Dr. Rashmi G., Dr. Venkatesh Ravi, Dr. Raghu M.N., Dr. Prabhakar K.  
Dr. Vinutha Sankar M.S., Dr. Jagadamba A.  
Second Row: L-R: Dr. Rahil Pasha S.A., Dr. Supreetha M.S., Dr. Deepa C., Dr. Harshitha  
Dr. Mamatha Shree C., Dr. Deena Mendez, Dr. Apoorva H.M.

## CENTRE FOR CLINICAL SKILLS & SIMULATIONS

### In The Path to Gain Competencies



First Row: L-R: Dr. Prakash Dave, Dr. M.S. Vinutha Shankar M.S., Dr. C.D Dayananda, Dr. G Pradeep Kumar, Dr. P.N. Sreeramulu,  
Dr. V.R. Sudha Reddy, Dr. K.N.V. Prasad, Second Row: L-R: Dr. M.P Sujatha, Dr. S. Nandini, Dr. A. Anitha, Dr. C.J. Zeanath,  
Dr. K. Dinesh, Dr. M. Ravi, Dr. V. Vishnuvardhan, Dr. H.S Arun, Dr. K. Rajesh, Dr. Krishna Moorthy D.G.S.R.,  
Dr. K.J. Devendra Prasad, Dr. T.N. Suresh





**Fusion of Arts and Music**







**PARVA**









apollo

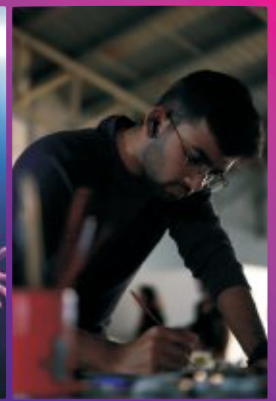


music  
&  
medicine





# ST. JOHN'S FEST





# CELEBRATIONS - FESTIVITIES



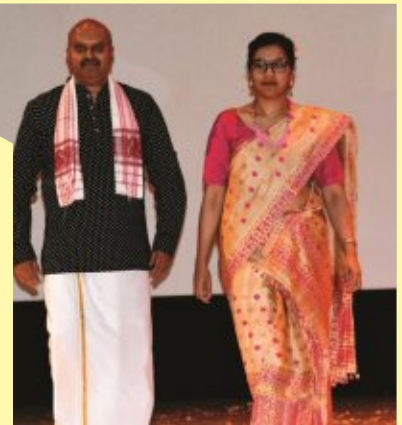




# COLLEGE DAY 2022







## FOUNDER'S DAY







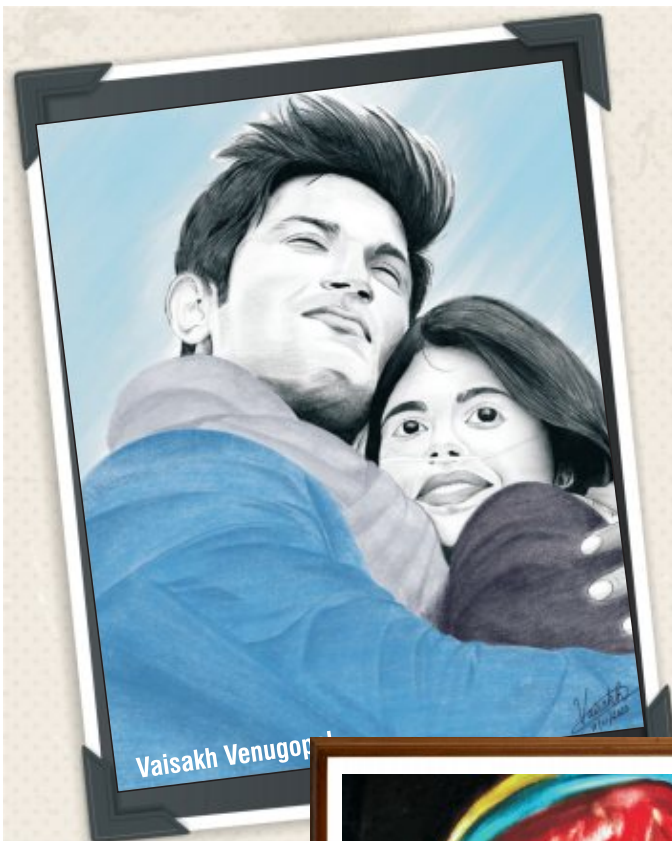
## FRESHER'S DAY







**Sports and Physical Activities OR Recreation**



Vaisakh Venugopal



Wani Waseem



Soumik Kundu



Ipshita Songade



Vaisakh Venugopal





Students participated in  
“**Fun Mela-2023**” which is a  
intra collegiate sports event,  
“**Annual Athletic Meet - 2022,**  
**Pegasus-CMC 2022, NIITE**  
**Accolades and**  
**COBALT SKIES-2022”**

Inter-collegiate sports events  
held at CMC Vellore,  
Nitte University Mangalore,  
Bangalore Medical College,  
respectively. Our students  
excelled in **Badminton,**  
**Volleyball, Football, Cricket,**  
**Basketball.**



Chess Club of the SDUMC organized a Kolar District  
Level Inter Collegiate Chess (Men & Women)  
Tournament for all the Kolar District Colleges  
at our College campus.



**Cricket (Men) team at Pegasus-2022 CMC Vellore**



**Volleyball (Women Team) at GMC Vellore**



**Women's Basketball  
Winners against Auxillium**



**Basketball (Men) Team at Pegasus 2022**



**SDUMC Basketball (Men) Team**





**“SDUAHER ANNUAL ATHLETIC MEET 2022”**  
Intra Collegiate Competitions for the Academic Year - 2022  
Winners - INVICTUS (2019-20 Batch)



**“SDUAHER VOLLEYBALL PREMIER LEAGUE COMPETITION 2022-23”**  
Intra Collegiate Competitions





# FUN 20 23 MELA

FUN MELA 2022-23







**Knowledge Hub**



PHOTOGRAPHY  
BY STUDENTS





## STUDENT RESEARCH & ACADEMIC REPORT



Physiology Quiz was conducted for I MBBS (2022-23 batch) by Kwiz Club in association with Department of Physiology on 18th May 2023.



### POSTER MAKING COMPETITION

Department of Pharmacology Organized poster-making competition - theme: "Encouraging reporting of ADR by patients" as part of National Pharmacovigilance Week celebration from 17th -23rd September 2022. The winners were students Lakshmi Parvathy (First prize), and Jennifer B Stephens (Second Prize), and the third prize was shared by Swati Verma and Lathashree S.

### SHORT MOVIE COMPETITION

Department of Pharmacology Organized poster-making competition - theme: "Encouraging reporting of ADR by patients" as part of National Pharmacovigilance Week celebration from 17th -23rd September 2022. The winners were students Lakshmi Parvathy (First prize), Abhilash R (Second Prize) and Greeshma (third prize).



Winners of Poster and Short Movie making competition held during National Pharmacovigilance Week - September 2022

Department of Forensic Medicine and Toxicology conducted "Poster Competition" for undergraduate students of SDUMC on the occasion of National Forensic Medicine Day - May 17th 2023 on topic titled 'Medicolegal issues in clinical practice'



## STUDENT RESEARCH REPORT



Department of Pediatrics conducted 35th IAP Pediatric Quiz 2022 for Undergraduates at College Level on 22nd July 2022

### Quiz and Posters



Department of Ophthalmology conducted a poster competition for 7th term MBBS students- on World Sight Day- 13th October 2022



Department of Ophthalmology conducted Poster competition for MBBS Phase 3 Part 1 students on 15th March 2023 (World Glaucoma Week)



1. Mr. Pradhay from 8th term MBBS presented a Poster titled "Patient-reported experience measures (PREMs) at a diabetic foot clinic provide a framework for further service improvements" at International Symposium for Diabetic Foot-Hague, Netherlands from 10th to 13th May 2023 & at International forum on quality and safety in healthcare-Copenhagen, Denmark, from 15th to 17th May 2023
2. Mr. Pradhay from 8th term MBBS presented an oral paper titled "Outcomes of patient-reported experience measures (PREMs) in diabetic foot clinic." InASGBI International Surgical congress-Harrogate, United Kingdom from 17th to 19th May 2023





**Voluntary Activities & Services**



PHOTOGRAPHY  
BY STUDENTS



### NSS Activities by Student NSS Volunteers of SDUMC



### Plantation Works by NSS Volunteers at Jawahar Navodaya Vidyalaya, Vokkaleri Village, Kolar





## Clearing of Plastic Waste from Surroundings of Markandeya Temple and Hill





## Preparation of Seedballs and Seedball throwing at Avani Hills, Kolar





Students Participated In Walkathon & Street Play to Raise Awareness on The Occasion of World Diabetes Day at SNR Hospital



Poster Making Competition For Undergraduates On The Occasion of World Health Day-2023







**Prose & Poetry & Pictures**







## Grow Old Gracefully

- Dr. Dinesh K., Professor of Anaesthesiology  
Deputy Medical Superintendent, RLJH&RC



Growing old is a natural process for all human beings, animals and plant life. When the body tissues wornout, the life ends. It has been observed that longevity among human beings in the world has been steadily increasing due to advance in the medical science.

A change in life comes when a man retires. At this time if he does not plan how to spend his time he will be miserable and will probably shorten his life. On retirement a man enters a new phase of life. Old age is not white hairs and wrinkles, it should not bring a feeling of frustration and being left behind by the new generation. It is not correct to believe that old makes the mind dull.

It is said *A MAN IS OLD WHEN HE FEELS OLD*. It would be very desirable if an old man forgets all about the generation gap and tries to mix with men of various age groups. If this is done, the younger group will get the benefit of the experience of old one, who would also be glad to find that they are not left out.

An old man is often incapable of subscribing to new thoughts and ideas. Often he considers himself an unwelcome being, this is because of his rigidity and lack of understanding. He should try to adjust himself in the new circumstances and feel that young people also have a right to express their thoughts and ideas.

To maintain fairly good health, an old man should be careful about his food, exercise, rest etc. He cannot take liberty with all sorts of food habits as he did in his youth. Old people require adequate sleep and rest because good sleep has got a restorative power.

Relaxation has been recognised as an important factor in the aging period.



## Let's practice gratitude for a moment.

- Dr. Parimala, Professor  
Department of Microbiology

Gratitude,

A catalyst to happiness and mental well-being, I choose to express my thoughts about gratitude following my experiences with people whom I am surrounded by. It's not surprising that this word and action doesn't find a place in the present world and of course most of us have forgotten this.

As quoted by Eckhart Tolle,

*"Acknowledging the good that you already have in life is the foundation for all abundance"*

I hope all of us will agree with this, most of the time we see people complaining of what has not been achieved rather than counting on the blessings received. A thoughtful introspection of the events happening around us will help us see the fortunes we are blessed with, irrespective of the magnanimity of the blessings.

Gratitude is a positive, emotional expression for the good things happening in life. It's not limited to power, position and money. Its time for all of us to pause and to be mindful of the blessings we have received in life.

In fact all of us will learn to be contented with what we receive, which further helps us to refrain from being greedy. This goes a long way in helping us feel happier for the little things happening in life.

LET ALL OF US SAY THANK YOU AND BE GRATFUL TO  
ALL THOSE WHO HAVE BEEN INSTRUMENTAL IN OUR  
EXISTENCE.



## Darwin's Theory = Dashavatar

- Dr. K. Hanumanthayya, Dr. Rajashekar T.S., Dept. of Dermatology

### Introduction:

Today all over the World, science students read and believe Charles Darwin's theory of evolution. In 1830-35 Darwin at **Galapagos Islands** (Latin America) observed, that life is evolved in water. All species on the earth from fish to flowers, from banana to birds, have common ancestors. They struggled continuously and started rearranging their genes, their shape, their size, their food habits, selective mating, and finally got new offspring's, that have completely evolved. "**Struggle for existence and survival of fittest**", Life evolved in water, from amphibians to terrestrial animals. On the earth it took around 1000s of years to evolve from monkeys to primitive man and finally to present day human beings. When we sit and read *Bhagavatpurana*, *Garuda purana*, *Lord Vishnu* has taken *Dashavatar* (10 avatars).

Each and every avatar is inter related, and resembles Darwin's theory. Lord Vishnu's first incarnation in water is in the form of fish (*Matsya avatar*), it fulfills Darwin's theory of life evolved in water. 2nd avatar is tortoise (*Kurma avatar*), it is an amphibian, it fulfills Darwin's theory of continuous struggle of fishes to change and adapt to the amphibian life. 3rd avatar is boar (*Varaha avatar*, Pig), which is a totally terrestrial. Amphibians have struggled continuously to adapt to the terrestrial life. Boar reminds us about the dinosaurs that lived on the earth 1000s of years earlier. 4th avatar is *Narasimha avatar*, in which body is human form, face and hands are of lion. 5th avatar is *Vamana avatar*, short and intelligent human. 6th avatar is *Parshurama avatar*, an axe man who stayed in the jungle. 7th avatar is *Rama avatar*, a gentle man, who followed monogamy, and is called "*Maryada Purushottam*". 8th avatar is *Krishna avatar*, who is wise, shrewd statesman (Today's politician). 9th avatar is *Buddha avatar*, Buddha is a pursuit of happiness. 10th avatar is *Kalki avatar*, a man with weapons, Techno-humanoid man of tomorrow.

Friends, now it is clear that Darwin's theory correlates with pattern of Dashavatar. "If the Dashavatar was just a *figment* of someone's imagination, how is it possible that entire evolutionary theory is right with such precision? Does this mean that our ancestors knew things that we are discovering now?"

Our ancestors depicted the evolutionary theory in the form of simple and easily understandable stories. In this

picture we witness the similarity between the Darwin's theory and the dashavatar.

### Charles Darwin:

Charles Darwin was born in a small town called Mount (England), on 12th February 1809. His father was a popular doctor; he wanted his son to take up medicine as his career. Darwin joined **HMS Beagle** (name of the ship) group as a scientist, and his sea journey began on 27th March 1831, from England towards Latin America. The ship sailed for 5 years from one island to another island. In each island he studied the animals, fossils, flowers, fruits, and the men on the island. He collected large number of fossils, animals, flowers from **Galapagos Islands**, **Falkland Island**, studied carefully, and noted every observation. On 2nd October 1836, he came back to England, and shared all his observations and fossils with his good scientist friends, like botany professor, zoology professor, nature scientist, and Geologist. He and all his friends concluded, "*Life evolved over 100s of year in water in the from simple single cell creature into complex multicellular organism*". The aquatic animals slowly started changing their habitat from water to earth, by changing their body shape, body color, and food habits. Initially they had changed to 100 feet animals like *centipedes*, then to *four legged animals*, and later to *two feet human beings*. Many changes are noticed in human beings from dwarf man to man with weapons to intelligent human beings. Next change in humans will be his intelligence, and he will become a super human with modern computers and lethal weapons. These weapons will be the destruction of this beautiful World. During evolution, only those animals which change from *good to better*, from *better to best*, and who continue to produce their offspring are the only animals to survive in this World. Darwin's theory in short "**Struggle for existence and survival of fittest**".

Dashavatar:

Our sages narrated the entire evolutionary theory in the form of stories. Children also can understand these complex theories easily. Darwin's common ancestor for all plants, animals, and human is from Lord Vishnu. Lord Vishnu takes Dashavatar, 10 avatars which destroys evil people, and protects good people and protects our earth and our environment.



## Darwin's Theory = Dashavatar

### 1st avatar is Matsya avatar

Matsya is the fish avatar of the 10 primary avatars of Hindu god Vishnu. Lord Vishnu in the form of fish comes to Cherivi River and appears to king Manu and tells him about end of the Yuga, where entire earth will be submerged in flood water soon. You build a ship and take all your people, all types of grains, and all types of animals in the ship, and tie to my horns. I will take you to a safe place; you start new Yuga, new beginning of the life on earth. Matsya avatar Vishnu also kills demon Hyagriva, and brings the Vedas and give them to Satyvrata sage and Saptarishis for their study.

### 2nd avatar is Kurma avatar:

Kurma is the 2nd avatar of Vishnu. Kurma appears at a time of crisis to restore the cosmic equilibrium. Kurma appear as tortoise or as half man-half tortoise. Sage Durvasa curses Devas (Gods) to lose their powers because they ignored him. The Devas needed nectar of immortality (Amrit) to overcome the curse, and they make an agreement with the Asuras (Demons) to churn the ocean of milk. They used Mount Mandara as the churning staff, and the serpent Vasuki as the churning rope, while the Kurma (Tortoise) bore the mountain on his back, so that they could churn the ocean easily.

### 3rd avatar is Varaha avatar:

Varaha appear as a boar, or boar's head and human body. When the demon Hiranyaksha troubles the Bhudevi (Earth) and its inhabitants, and sinks them in primordial waters, Vishnu takes the form of Varaha and descended into the depths of the oceans to rescue earth and its inhabitants, killing Hiranyaksha.

### 4th avatar is Narasimha avatar:

Narasimha appear as human body, with a lion face and claws. He kills the demon Hiranyakashipu. He kills the demon by placing demon on his laps, and tearing his body with his claws.

### 5th avatar is Vamana avatar:

Lord Vishnu takes the form of Vamana (Dwarf man) to restore cosmic balance by defeating the Asura king Mahabali (Bali chakravarti). Mahabali acquires disproportionate power over the Universe. The demon king sponsors a sacrifice and gift giving ceremony to strengthen his power. Vishnu appears as dwarf beggar, and asks for three paces (Foot) of land. Mahabali grants three paces of land. Vamana then grows into a giant of cosmic proportions. In one step he covers the earth, in another the heaven, for the third, Mahabali offers his head on which Vamana steps sending the demon king to the Patala and protects the earth and its inhabitants.

### 6th avatar is Parshurama avatar:

Parshurama is son of sage Jamadagni and RenukaYellamma. Sage Jamadagni had celestial cow called Surabi. Surabi had special powers to produce everything, what Jamadagni desired, hence it was called Kamadenu. Kshatriya king KartaviryaArjuna, forcefully snatches Kamadenu from Jamadagni. Parshurama

challenges KartaviryaArjuna and kills him in battle. Followers of KartaviryaArjuna challenges Parshurama, and in fight all of them were killed. Parshurama was a warrior sadhu, a sage, and teacher of martial arts.

### 7th avatar is Sri Rama:

Sri Rama, the son of king Dasharatha, marries the daughter of Janaka Maharaja Sita. Demon Ravana abducts Sita, and in a battle Ravana was killed. From Sri Rama and Sita's life we learn how to live in society, how to respect our parents, our relatives, our teachers, our friends, and our enemies also. Sri Rama is called Maryada Purushottam. His life taught us Monogamy and Monoandry. All scholars respect him as "Daivam Maanusharoopena". God has come in the form of man.

### 8th avatar is Sri Krishna:

Sri Krishna is a clever and shrewd person, who plays tricks with human mind. Arjuna was not willing to fight with his own kith and kin. He counseled so well that Arjuna took up the bow and arrow and fought. He helped the needy, punished the evil. He is successful politician.

### 9th avatar is Buddha:

Buddha is the pursuit of happiness. He taught us life is Dukkha (Sorrow), dukkha arise from craving and greediness, and that if we control greediness, selfishness, and jealousy, we can overcome dukkha. He also taught death is eternal; everybody on the earth has to die.

### 10th avatar is Kalki avatar:

Purana teaches us that, Lord Vishnu has completed already 9 avatars, 10th Kalki avatar is due. Kalki is supposed to come on white horse with wings, with all lethal weapons. He is man of tomorrow. His lethal weapons will destroy entire World, end of present Kali Yuga, and once again Nobel Sathya Yuga will start.

### Conclusion:

Friends, our sages perfectly narrated the Dashavatar, which almost tallies with Darwin's evolutionary theory. They could predict the Solar and Lunar eclipse much earlier than the scientists. This shows the intelligence of our sages; hence we should respect our sages, our parents, our teachers, our friends, our neighbors, and every one on this beautiful earth. We should respect and cherish our religion and our tradition.



## The Embrace

As her arms reach out and surround me with  
warmth,  
All I can think of are my blessings to count.  
My worries and fears, all float away,  
And I think of the world as a better place.  
As I submerge in this sea that smells of home and  
of love pure,  
I feel peace, I feel hope, strength, and gratitude.  
There may be an avalanche right outside,  
But here, with her, I know I'll be alright.  
The troubles of tomorrow don't weigh in anymore,  
As the divinity encompasses me, and fills my core.  
How will the past or future matter at all,  
With a present so beautiful, it cloaks it all.  
They say she brought me into the world,  
But to me, she is my world.

- Dr. Sumedha Tirthani



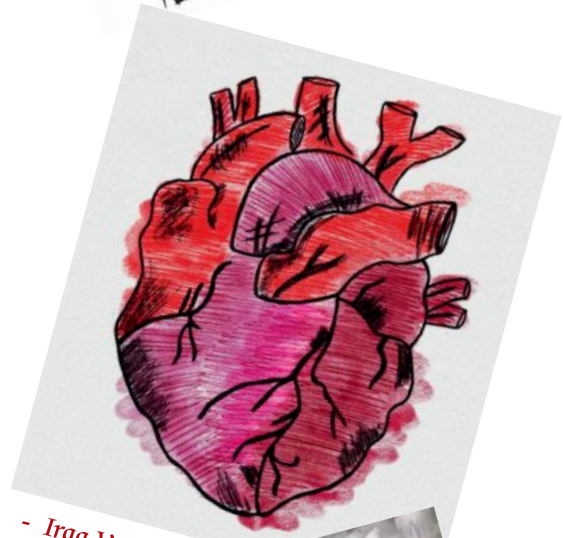
Bachpan ....  
Zindagi Ka Woh Pal Jisme,  
Na Hi Jitne Ka Race Hota Tha  
Na Hi Harne Ka Daar Hota Tha  
Rehta Tha Tohi Sirf Hoto Pei Ek Muskaan  
Aur Chahi Har Paal Khuulke Jene Ki  
Bachpan ....  
Ek Esa Samay Jisme  
Har Din Naye Sapne Dekhi Karte The  
Sapne Pure Karne Mei Nahi,  
Sapne Jeene Mei Khuushi Dhuundte The  
Dhuniya Ki Haar Baato Se Dur Bekhof Aapne Hi  
Dhuund Mei Jeete The ....



- Mriganka Kushal Boruah



- Vaisakh Venugopal



- Iraa Varma



- Brijmohan Rao



ಕಿತ್ತನಾ ಡೆಖಾ ತುಢ್ಢೆ , ಡೆಖ ಡೆಖ ಕರ ಖಿ ಢನ ಢೆರಾ ಖರತಾ ಢಹಿ  
ಪಾಸ ಹೂಕರ ಖಿ ತುಢ ಢೂರ ಹೂ ಢೆ ಢುಢಸೆ ಸಾಹಾ ಞಾತಾ ಢಹಿ

ಢನಕರ ಪರಿಡಾ ಢುಢ್ಢೆ ಹರ ಞಗಹ  
ಪರ ಢಿಲಿ ಢಾ ತುಢ ಢಾ ಹಿ ತುಢಹಾರಾ ಸಾಢಾ....

ಖರ ಅಖಿ ಸಿರ್ಫ ಸಪಢೆ ಢೆ ಹಿ ತುಢಹಾರೆ ಹೂಢೆ ಕಾ ಂಹಸಾಸ ಹೂತಾ ಹೆ  
ಕುಫ ಲಢಹೂ ಕೆ ಲಿಂ ಹಿ ಸಹಿ ಪರ ಸುಕೂಢ ಞಸೂರ ಢಿಲತಾ ಹೆ

— Mriganka Kushal Boruah

## ಧರ್ಮ

ಸೂಕ್ಷ್ಮ ಢೂಡು ಂಡ ಢರಗಲಿಲ್ಲ,  
ಢೈತಿಕತೆಯ ಪಾಠ ಉಚಿತ.  
ಹೂಡೆಢಾಡಬೇಡಾ ಢತಢ ಢಾತಲ್ಲ,  
ಸರ್ವಲಿಗೂ ಢಸಣವಂತು ಖಚಿತ!

ಪ್ರೀತಿ ಢಾಡಲು ಞಾತಿಯೂ ಬೇಕಿಲ್ಲ,  
ಬಢಲಸಬೇಡ ಆತಢ ಸೃಷ್ಟಿಯ!  
ಹುಟ್ಟುವಾಿಲ್ಲ ಸಾಯುವಾಿಲ್ಲ,  
ಢಧ್ಯ ಯಾಕೆ ಬೇಡಢ ವಿಷಯ?

ಕುಡಿಯುವ ಗಾಳಿಿಲ್ಲ,  
ಞಾತಿ ಢತ ಧರ್ಮ.  
ಕೃತಕ ಢಿನ್ನ ಸರ್ವಸ್ವವೆಲ್ಲ,  
ಅಢೇ ಆತಢ ಢರ್ಮ!

—ಅನಿಕೇತಢ



## ಬದುಕು

ಒಬ್ಬಢೇ ಬಢಢೆ ಒಬ್ಬಢೇ ಹೂಗುವೆ  
ಢುಢ್ಯಢಲ್ಲ ಏಕೆ ಞಂತಿಸುವೆ  
ಢೂರಾರು ಞಢ ಢಿನ್ನ ಢ್ವೇಷಿಸುವರು ಢೆಢಪಿರಲ  
ಸಾವಿರಾರು ಞಢ ಢಿನ್ನ ಪ್ರೀತಿಸುವವರು  
ಅವರ ಪ್ರೀತಿಯ ಢರೆಯಢಿರು  
ಢಿನ್ನ ಢೂವಲ್ಲ ಬರಢ ಞಢ  
ಢಿನ್ನ ಖುಷಿಯಲ್ಲ ಬಢಢರೆ ಏಢು ಪ್ರಯೂಜಢ  
ಢಿನ್ನ ಢಗು ಢಿನ್ನಢು ಢಿನ್ನ ಅಳು ಢಿನ್ನಢು

ಢಿನ್ನ ಬಢುಕು ಢಿನ್ನಢು  
ಕಣ್ಣೀರ ಹಾಕಬೇಡ ಇತರರ ಢೆಢೆಢು  
ಏಕೆಢರೆ ಀ ಜೀವಢ ಢಿನ್ನಢು

—ವೈವಿರ



- Sanskriti



- Sanskriti



- Soumik Kundu

## SMILE

Smile is the beauty of the soul  
Smile is something that is easily stole  
It gives you confidence, love and compassion  
To defeat all obstacles and follow your dreams with  
passion

It fits the lock of every key of heart  
It cures you from within to give you a restart,  
So smile when you were hurt  
Not once, twice but many times  
Smile when you got the fear  
That fear that troubled you many nights.  
Smile, when you were disrespected  
Like for them you never existed.

Smile, when you called someone your friend  
And you were stabbed from behind.  
Smile, when you made mistakes, not silly ones, the big  
ones the entirely changed your life. Smile, when you  
tried hard to change something  
But things never went in your favor.  
Smile, when you tried hard to achieve your goal,  
Sleepless nights and hectic days  
But still you lost. Smile, when you gave all your time  
For someone else happiness,  
But you got sorrow.  
Smile, for all the mistakes you did,  
Smile, smile, smile!!!  
And now pause and think for a while  
What you did was never enough to make someone  
smile?

But people don't smile.  
Because maybe they are happy in their lives.  
But now that you've learned to smile  
So smile

Not for others  
But for yourself  
Cause you are special,  
You are beautiful and unique.  
Even if you lose, you're still wonderful.  
Love your scars

Don't hide them , let them be open.  
Cause they'll get healed, everytime you smile  
Everytime when you'll love yourself even more.

- Riya Dubey (Arminius)



- H. Rajeev



- H. Rajeev



- Brijmohan Rao



???



## ಏ ನನ್ನ ತಲೆ ಕೂದಲೇ

ಏ ನನ್ನ ತಲೆ ಕೂದಲೇ, ನಿನ್ನನ್ನು ಪ್ರೀತಿದಷ್ಟು ನಾನು ಯಾರನ್ನು ಪ್ರೀತಿಸಲಿಲ್ಲ. ನಿನ್ನನ್ನು ಸಮಯ ಸಮಯಕ್ಕೆ ಆರೈಕೆ ಮಾಡಿದಷ್ಟು ಯಾರಿಗೂ ನಾನು ಆರೈಕೆ ಮಾಡಲಿಲ್ಲ. ಪ್ರತಿದಿವಸ ಸ್ನಾನಮಾಡಿದ ತಕ್ಷಣ ಮೈಯನ್ನು ಒರಸಿಕೊಂಡು, ತಲೆಗೆ ಕೊಬ್ಬ ಎಣ್ಣೆಯನ್ನು ಹಚ್ಚಿಕೊಂಡು ತಲೆಯ ಕೂದಲನ್ನು ಚೆನ್ನಾಗಿ ಬಾಚಿಕೊಂಡು ಶಾಲೆಗೆ ಹೋಗುತ್ತಿದ್ದೆ.

ನನ್ನ ಅಕ್ಕಂದಿರಿಗೆ ಬಡುವು ಇದ್ದರೆ, ಅವರು ನನ್ನ ತಲೆಯ ಕೂದಲನ್ನು ನಯವಾಗಿ ಬಾಚಿ, ಪುಗ್ಗವನ್ನು ತೆಗೆದು, ಹಳೆಯ ಸಿನಿಮಾಗಳ ನಾಯಕನಂತೆ ಶೃಂಗರಿಸಿ ಶಾಲೆಗೆ ಕಳುಹಿಸುತ್ತಿದ್ದರು. ನನ್ನ ತಲೆಯ ತುಂಬಾ ಹುಲಸಾಗಿ ಬೆಳೆದ ಕಪ್ಪನೆಯ ದಪ್ಪನೆಯ, ನಯವಾದ ರೇಶ್ಮೆಯಂತಿರುವ ಉದ್ದನೆಯ ಕೂದಲುಗಳನ್ನು ಕನ್ನಡಿಯ ಮುಂದೆ ನಿಂತು ಚಾಚುತ್ತಿದ್ದರೆ, ಸಮಯ ಕಳೆದಿದ್ದು ನನಗೆ ಅರಿವು ಆಗುತ್ತಿರಲಿಲ್ಲ. ಅಡುಗೆ ಮನೆಯಿಂದ ತಾಯಿಯು ಕೂಗಿ ಕರೆದಾಗ ಓಡುತ್ತಾ ಬಂದು ಅಮ್ಮ ಕೊಟ್ಟ ಬಿಸಿಯಾದ ಊಟವನ್ನು ಬಾಯಿ ಚಪ್ಪರಿಸುತ್ತಾ ಸಂತೋಷದಿಂದ ಊಟ ಮಾಡುತ್ತಿದ್ದೆ.

ತಂದೆಯವರು ಮನೆಗೆ ಬಂದು, ಬಹಳ ಸಂತೋಷದಿಂದ ಮನೆಯ ಎಲ್ಲಾ ಸದಸ್ಯರನ್ನು ಕರೆದು, ಎಲ್ಲರಿಗೂ ತುಪ್ಪದಲ್ಲ ಮಾಡಿದ ಮೈಸೂರುಪಾಕ್ ಅನ್ನು ಕೊಟ್ಟರು. ಎಲ್ಲರೂ ಸಂತೋಷದಿಂದ ಮೈಸೂರುಪಾಕ್ ಅನ್ನು ತಿನ್ನುತ್ತಿದ್ದಾಗ, ತಾಯಿಯು, ಎನ್ನಿ, ನಿಮಗೆ ಲಾಟರಿಯಲ್ಲಿ ದುಡ್ಡು ಸಿಕ್ಕಿತೆನ್ನಿ, ತಂದೆಯವರು ನಗುತ್ತಾ ಲಾಟರಿಯ ದುಡ್ಡಿನಂತೆ ಹೆಚ್ಚು ಸಂತೋಷ ಕೊಡುವ ಕೊಡುಗೆಯನ್ನು ಶ್ರೀ ಜಾಲಪ್ಪಾಜಿಯವರು ಇವತ್ತು ನನಗೆ ಕರೆದು ಕೊಟ್ಟಿದ್ದಾರೆ. ನನ್ನನ್ನು ಕರೆದು ನಿನ್ನ ಮಗನನ್ನು ನಾಳೆ ನಮ್ಮ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯಕ್ಕೆ ಕರೆದುಕೊಂಡು ಬಾ, ನಿನ್ನ ಮಗನ ಜೊತೆ ಮಾತನಾಡಿ ಒಂದು ಸೀಟ್ ಕೊಡುತ್ತೇನೆ ಎಂದಿದ್ದಾರೆ. ಮನೆಯ ಎಲ್ಲಾ ಸದಸ್ಯರು ಸಂತೋಷದಿಂದ ಮಾತನಾಡುತ್ತಾ ಎಲ್ಲಾ ಸಿಹಿ ತಿಂಡಿಗಳನ್ನು ತಿಂದರು.

ಮರುದಿನ ತಂದೆಯವರು ನನ್ನನ್ನು ಕೋಲಾರದಲ್ಲರುವ ಶ್ರೀ ಜಾಲಪ್ಪಾಜಿಯವರ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯಕ್ಕೆ ಕರೆದುಕೊಂಡು ಬಂದು, ಪ್ರವೇಶಾತಿಯನ್ನು ಕೊಡಿಸಿ, ವಿದ್ಯಾರ್ಥಿನಿಲಯದಲ್ಲಿ ಬಿಟ್ಟು ಹೋದರು. ಧೃಢವಾದ ಸಂಕಲ್ಪದಿಂದ ಪ್ರತಿದಿನ ಮಹಾವಿದ್ಯಾಲಯದಲ್ಲಿ ಪ್ರಾಧ್ಯಾಪಕರು ಕಲಿಸುವ ಪಾಠಗಳನ್ನು ಚೆನ್ನಾಗಿ ಓದುತ್ತಾ ಎಲ್ಲಾ ಗುರುಗಳ ನೆಚ್ಚಿನ ವಿದ್ಯಾರ್ಥಿಯಾಗಿ, ಎಲ್ಲಾ ಸಹಪಾಠಿಗಳ ಒಳ್ಳೆಯ ಮಿತ್ರನಾಗಿ ವಿದ್ಯಾಭ್ಯಾಸವನ್ನು ಮುಂದುವರಿಸುತ್ತಿದ್ದೆ. ರಜಾದಿನಗಳು ಬಂದವು.

ಮರುದಿನ ತಂದೆಯವರು ನನ್ನನ್ನು ಕೋಲಾರದಲ್ಲರುವ ಶ್ರೀ ಜಾಲಪ್ಪಾಜಿಯವರ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯಕ್ಕೆ ಕರೆದುಕೊಂಡು ಬಂದು, ಪ್ರವೇಶಾತಿಯನ್ನು ಕೊಡಿಸಿ, ವಿದ್ಯಾರ್ಥಿನಿಲಯದಲ್ಲಿ ಬಿಟ್ಟು ಹೋದರು. ಧೃಢವಾದ ಸಂಕಲ್ಪದಿಂದ ಪ್ರತಿದಿನ ಮಹಾವಿದ್ಯಾಲಯದಲ್ಲಿ ಪ್ರಾಧ್ಯಾಪಕರು ಕಲಿಸುವ ಪಾಠಗಳನ್ನು ಚೆನ್ನಾಗಿ ಓದುತ್ತಾ ಎಲ್ಲಾ ಗುರುಗಳ ನೆಚ್ಚಿನ ವಿದ್ಯಾರ್ಥಿಯಾಗಿ, ಎಲ್ಲಾ ಸಹಪಾಠಿಗಳ ಒಳ್ಳೆಯ ಮಿತ್ರನಾಗಿ ವಿದ್ಯಾಭ್ಯಾಸವನ್ನು ಮುಂದುವರಿಸುತ್ತಿದ್ದೆ. ರಜಾದಿನಗಳು ಬಂದವು.

ತಂದೆಯವರು ಬಂದು ನನ್ನನ್ನು ಮನೆಗೆ ಕರೆದುಕೊಂಡು ಹೋದರು. ಮನೆಯಲ್ಲಿ ಎಲ್ಲರೂ ನನ್ನ ದಿನ ನಿತ್ಯದ ಪಾಠಗಳ ಬಗ್ಗೆ, ಗೆಳೆಯರ ಬಗ್ಗೆ, ಪ್ರಾಧ್ಯಾಪಕರ ಬಗ್ಗೆ ಎರಡು ದಿನ ಪ್ರಶ್ನೆಗಳನ್ನು ಕೇಳುತ್ತಿದ್ದರು. ಮೂರನೆಯ ದಿನ ನನ್ನ ಅಕ್ಕಂದಿರು ಸ್ನಾನಮಾಡಿಸಿ, ತಲೆಗೆ ಕೊಬ್ಬಎಣ್ಣೆ ಹಚ್ಚಿ ಚಾಚಲು ಪ್ರಾರಂಭಿಸಿದರು, ಬಾಚುತ್ತಾ, ಬಾಚುತ್ತಾ ಚಾಚಣಿಕೆಯನ್ನು ನನ್ನ ಮುಖದ ಮುಂದೆ ಹಿಡಿಸಿಕೊಂಡು ಚಾಚಣಿಕೆಯ ಹಲ್ಲುಗಳ ನಡುವೆ ಸಿಕ್ಕಿಕೊಂಡು ಉದಿರಿಸ ತಲೆ ಕೂದಲುಗಳನ್ನು ತೋರಿಸಿ, ಏನೋ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯ ಸೇರಿದ ಮೇಲೆ ನಿನ್ನ ತಲೆಕೂದಲುಗಳು ಎಷ್ಟು ಉದುರುತ್ತವೇ ನೋಡಿದಿಯೆ? ಹೌದು ಆ ಎಲ್ಲಾ ಕೂದಲುಗಳನ್ನು ನೋಡುತ್ತಾ, ನೋಡುತ್ತಾ ಮನಸ್ಸಿನಲ್ಲಿ ಭಯ ಶುರುವಾಯಿತು. ಅಕ್ಕಂದಿರು ಹೇಳುವ ಹಾಗೇ, ನಾನು ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯ ಸೇರಿದಂದಿನಿಂದ, ಕೂದಲುಗಳು ಉದರಲು ಆರಂಭಿಸಿವೆ. ಆದ್ದರಿಂದ ನಾನೂ ವೈದ್ಯಕೀಯ ಶಿಕ್ಷಣವನ್ನು ಬಿಟ್ಟುಬಿಡಬೇಕು ಎಂದು ಮಾಡಿ ತಂದೆಯವರ ಮುಂದೆ ನನ್ನ ನಿರ್ಧಾರವನ್ನು ಹೇಳಿದೆ.

ತಂದೆಯವರು ನಿಮ್ಮ ಮಹಾವಿದ್ಯಾಲಯದಲ್ಲರುವ ನುರಿತ ವೈದ್ಯರ ಹತ್ತಿರ ತೋರಿಸಿ ಒಳ್ಳೆಯ ಔಷಧ ತೆಗೆದುಕೊಂಡರೆ, ಮತ್ತು ಕೂದಲು ಚೆನ್ನಾಗಿ ಬರುತ್ತವೆ ಎಂದು ಬುದ್ಧಿಹೇಳಿ ನನ್ನನ್ನು ಮಹಾವಿದ್ಯಾಲಯಕ್ಕೆ ಬಿಟ್ಟುಹೋದರು.

ಮರುದಿವಸ ನಮ್ಮ ಆಸ್ಪತ್ರೆಯಲ್ಲಿರುವ ಚರ್ಮರೋಗ ವಿಭಾಗದ ಮುಖ್ಯಸ್ಥರಲ್ಲ ಹೋಗಿ, ಅಳುತ್ತಾ, ಅವತ್ತಿನ ದಿವಸ ಉದುರಿದ ಎಲ್ಲಾ ಕೂದಲುಗಳನ್ನು ಒಂದು ಪ್ಲಾಸ್ಟಿಕ್ ಚೀಲದಲ್ಲಿ ಹಾಕಿಕೊಂಡು, ಅವರ ಮುಂದೆ ಇಟ್ಟು ನನ್ನ ತಲೆ ಕೂದಲು ಉದುರವದನ್ನು ನಿಲ್ಲಿಸಲು ಒಳ್ಳೆಯ ಔಷಧಿಗಳನ್ನು ಬರೆದು ಕೊಡಬೇಕು ಎಂದು ಕೈ ಮುಗಿದುಕೊಂಡು ಕುಳಿತುಕೊಂಡೆನು.



ನನ್ನ ಅಳಲನ್ನು ಮನಸ್ಸುಕೊಟ್ಟು ಕೇಳಿ, ತಾವು ಕುಳಿತ ತಿರುಗುವ ಕುರ್ಚಿಯಲ್ಲಿ ತಿರುಗಿ, ತಮ್ಮ ಬೋಳುತಲೆಯನ್ನು ತೋರಿಸುತ್ತಾ, ತಾವುದ ಚೆಂಜನಂತೆ ಹೊಳೆಯುವ ಬಕ್ಕ ತಲೆಯನ್ನು, ನನ್ನ ತಲೆಯ ಮೇಲಿನ ಕೂದಲು ಉದುರಿರುವುದನ್ನು ನಿಲ್ಲಿಸಲಾಗದ ನಾನು, ನಿನ್ನ ತಲೆ ಕೂದಲನ್ನು ಉದುರಿಸುವ ಔಷಧವನ್ನು ಹೇಗೆ ಕೊಡಲಿ ಎಂದು ನಗುತ್ತಾ ನನ್ನನ್ನು ಸಾಗಾಕಿದರು.

ಡಾ. ಕೆ. ಹನುಮಂತಯ್ಯ  
ಡಾ. ಸುರೇಶ್ ಕುಮಾರ ಕೆ.

## JUST IMAGINE....

- Abhiram Krishna M, 3rd Year MBBS

"No physician, however conscientious or careful, can tell what day or hour he may not be the object of some undeserved attack, malicious accusation, black mail or suit for damage." -

JAMA, 1892.

The above quoted highlights the fact that violence against doctors isn't something new, but goes back to over a century, if not more. The problem has persisted for so

long that this may sound like a prophecy and be an eye-opener in the 21st century!

Now imagine this!

You've had a hard working day in your clinic and hospital. Still there are some more patients waiting to be attended and it's time for your lunch. You ask the patients to

wait for a while. But suddenly some patients start arguing with you, pushing you and then attacking you. You go speechless as it was totally unexpected nor prepared for

such a situation. Before you know, you're being punched, kicked and stabbed! Sounds scary right? Well, for many doctors it has been a reality! Just take a seat back and analyse. Just google "VIOLENCE AGAINST DOCTORS IN INDIA" and you'll be surprised just reading the amount of such incidences in one year alone. But it's not a question of just that particular year. Unfortunately this has been a growing trend since years.

The medical profession demands hard work almost round the clock. Being a doctor calls for involvement, respect and willingness to help all other people.

But is that all?

Is that how a doctor is perceived? A doctor in India is expected to be brilliant, be willing to study for hours and years, take responsibility for anything going wrong, take duties in rounds over and over. In fact they're supposed to be GODS! If you think doctors are akin to Gods, then I'm sorry to break it to you but, they most definitely are not. They're as human as the patients they treat. They aren't magicians or wizards either.

Last few years, reports of violence against doctors, sometimes even leading to grievous hurt or murder are making headlines and ruling news channels. The recent incident of the murder of house surgeon Dr Vandana Das in Kerala sent shockwaves across the country. Her death also calls for a check on the contingency of medicos all over the globe because for how long will luck favour them?

For thousands of ordinary parents who invest their life savings in their child's medical education with the hope of a secure and bright future, for whom a child becoming a doctor, is a matter of great pride. If you speak to an aspiring doctor's parents they'd tell you how they feel about sending their child into a rather dangerous battlefield. They fear this because some mindless drunkard will storm into the hospital with a 100 other similar ones, and beat the life out of the bundle of aspirations and dreams. It will only be a miracle if the young doctor survives the attack.

Now, what makes you think that the young doctors who are investing their time, energy and youth for ungrateful patients who are seeking for opportunities to beat

them up? We expect doctors to take all the downside, get paid a lot less than people of similar intelligence do in other fields and threaten them too. We call it unfair and morally guilt them and ask them why they became a doctor in the first place. And now that the doctor is attacked, think what happens next! Agitations, protests and doctors' strikes immediately follow. But nothing major happens after that. After about a week of gradually weaning discussions and debates, the issue dies down, the Hippocratic Oath kicks in and residents and interns and all other protesting doctors get back to work, only to be assaulted again. Understand !! No doctor enters a hospital with the intention of harming a patient.

Revised after long years, the new undergraduate curriculum titled "Competency-Based Medical Education", essentially marks a significant shift from the classroom oriented learning programme to one which stresses on medical ethics, better doctor-patient relationship and outcome-based learning. The newly added AETCOM session will now run across years. But is that enough? Will this solve the havoc we're inviting our way?

Absolutely not !!

Although violence against doctors and other health workers is not uncommon, the incidence in India seems to be alarming and increasing. As there are certain responsibilities of doctors and other healthcare workers, similarly, responsibilities also have to be borne by patients and their relatives as well. The greatest danger to the future is apathy. Though the journey is long and the road is really strenuous but if we the people of fraternity, the medical professionals don't take a stand for ourselves then we can't expect anybody else to do so too. We need to unite and fight for ourselves and our future.

Let's stand together for ourselves





batchfolio



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**2021-22 - ARTEMIS**



*Like the Wind, We Always Rise!*



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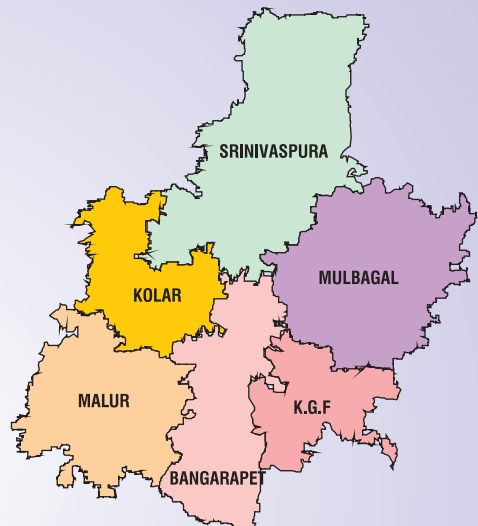


## TOUR OF KOLAR

Kolar - The Golden city of India, is a city in the Indian state of Karnataka. It is the headquarters of Kolar District and is known for production of Milk, which recently surpassed Denmark, and gold mining. Kolar is popularly known as the land of silk, milk, Mango, (National fruit of India) and gold. Kolaramma is considered as goddess of city of Kolar. Kolar has APMC market Which is 2nd largest in Asia, Largest in South India.

### Places of interest:

- Kolaramma Temple • Someshvara temple • Kotilingeshwara • Kashi Vishvanatha Temple • Avani • Vijayendraswamy temple • Someshvara • Venkataramana • Chikka Tirupathi • Bangaru Tirupathi • • Mahaganapathy Temple, Kurudumale • Shankara Narayana temple and Kurubara Gudi - Malur • Nacharamma cave temple, Anjaneya, Srinivasa, Varadaraja, Virabhadra, Govindaraja, Gopalakrishna temples - Mulbagal • Patalamma temple, Shiva temple and Usman Ali Darga and many more.

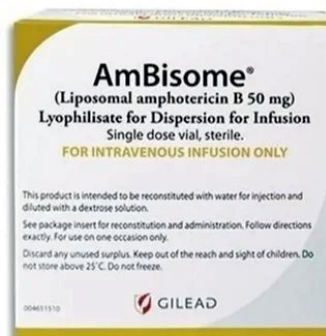


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## **Sri Devaraj Urs Medical College**

Constituent college of

**Sri Devaraj Urs Academy of Higher Education & Research**

A Deemed to be University

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