



# Medazine



WISHING ALL  
READERS A HAPPY  
DOCTORS DAY!

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ASTROPHOTOGRAPHY BY  
DR. SUMIT PRINJA  
(ORION NEBULA)

PAGE 38

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THE COMEBACK OF  
TUBERCULOSIS

PAGE 40

08 JULY 2025



# MEDAZINE

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Yishu Asija 2022

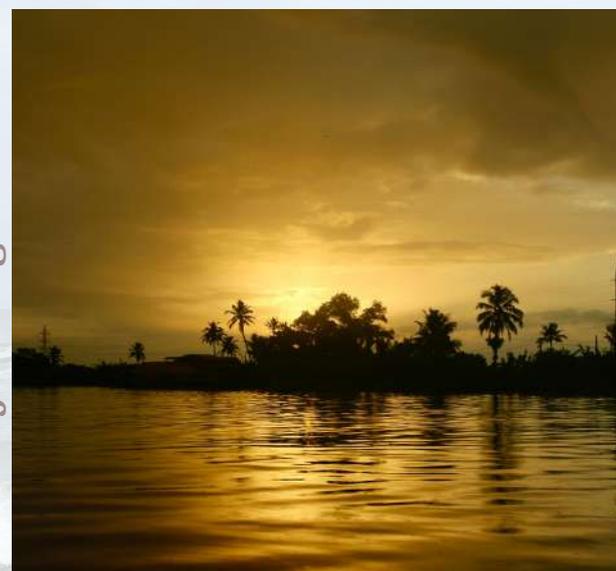
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Devashish 2022



Akaljot Singh 2020

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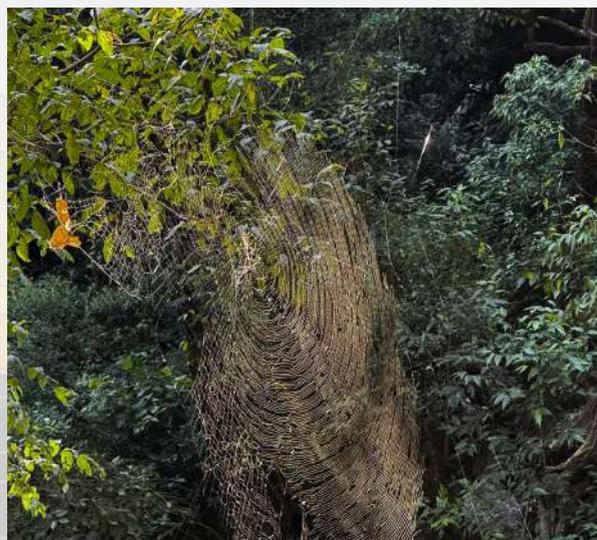
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# Foreword

Dear Doctors,

I feel truly honored to write a few words for the very first edition of our college magazine – Medazine, a symbol of growth, creativity, and collaboration. This publication marks a significant milestone – one that reflects not only academic brilliance but also the vibrant creativity, passion and expression that thrive within our institution.



Medical education is a journey that blends knowledge with empathy, and science with humanity. As future doctors, researchers and budding health care professionals, our students learn not only to heal but also to think, to question and to innovate. Medazine aims to provide a platform where our students and faculty can voice their ideas, experiences, reflections, and aspirations. Whether through articles, poems, artwork, photography or research snippets, this magazine is a mirror to the diverse minds that walk our corridors.

The first edition is always special. It is the foundation on which future issues will grow. I congratulate the editorial team, contributors, and all those who worked behind the scenes to bring Medazine to life. Your dedication and vision have created something that will inspire and inform for years to come.

As you turn the pages of this maiden issue, may you find insights, smiles, motivation and a spirit to explore your varied talents. Here's to many more editions of learning, sharing and growing together.

With warm regards and best wishes

Prof. Dr. Chandanpreet Kaur  
Faculty Representative, FAMS

GGSMCH

# From the desk of Hon'ble VC Sir

Dear Doctors,

It gives me great pleasure to extend my heartfelt congratulations on the launch of the inaugural edition of MEDAZINE. This magazine is a commendable initiative—one that reflects the intellectual spirit, creative expression, and collaborative strength of our student body.



In an institution where the pursuit of scientific excellence often takes center stage, MEDAZINE brings a refreshing dimension—bridging art and science, thought and emotion, knowledge and reflection. It is heartening to see our students venture beyond the academic rigour to create something so vibrant and meaningful.

I deeply appreciate the sincere efforts of the editorial team and all contributors who have come together to bring this vision to life. Your dedication, innovation, and passion are truly inspiring. This publication is not only a mirror of your talents but also a powerful platform for voices that deserve to be heard.

I am confident that MEDAZINE will continue to evolve and flourish, becoming a tradition that future generations of students will proudly carry forward. My best wishes for its continued success.

Warm regards,

Dr. Rajiv Sood

Vice Chancellor, BFUHS

# From the desk of Principal Sir

Dear Doctors,

Every institution has a voice. Some speak through achievements, others through tradition. Today, with the launch of Medazine, GGSMCH finds its voice through expression—a canvas where science, thought, creativity, and experience come together.



In the fast-paced world of medicine and academics, we often forget to pause and reflect on the stories that shape us—the ideas that spark change, the questions that challenge norms, and the dreams that fuel progress. This magazine is that pause. It is a reminder that a college is more than classrooms and clinics—it is a living, evolving community of minds and hearts.

Medazine reflects our collective journey—its intellect, its imagination, and its humanity. From the breakthroughs in labs to the rhythm of campus life, it captures the many dimensions that make GGSMCH what it is.

As Principal, I feel proud to witness this new beginning. I hope this magazine becomes a space where voices grow louder, ideas grow bolder, and learning goes deeper.

With sincere appreciation to the team behind this effort and warm wishes to all its readers,

Dr. Sanjay Gupta  
Principal, GGSMCH

# Editor's note

Dear Readers,

It is my immense pleasure to sign the launch of the first ever edition of 'MEDAZINE'. It is a great honour to be leading such a huge project for our institution. I am quite elated to be a part of this chaotically beautiful journey. The gratitude for all the support from Faculty, PGs, Seniors, Colleagues and Juniors is impossible to pen down.



This magazine is more than just a few words and photographs - it is a reflection of the whole team's dedication, hard work and a belief to make this initiative a great success. Leading this landmark initiative has been a deeply enriching experience - one marked by passion, purpose & countless lessons. The idea of making all of you proud drives me to do my best!!

A heartfelt gratitude to the entire Editorial board that believed in the vision and to all the contributors who mustered the courage and came forward with their amazing entries.

I wish the magazine brings smiles to all your faces. Hope you all are proud of us and inspired enough to support us in the upcoming editions.

Summing up with a huge sense of accomplishment!!!

Warmly,  
Arunima  
Editor in Chief

# Editorial Team



**Arunima**

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*Editor-in-chief*



**Kunjal Sood**

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*Content Editor*



**Roop Kiran Kaur Randhawa**

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*Managing Editor*



**Sukhjinder Singh**

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*Design & Layout Editor*



**Khushvendra Meena**

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*Design & Layout Editor*

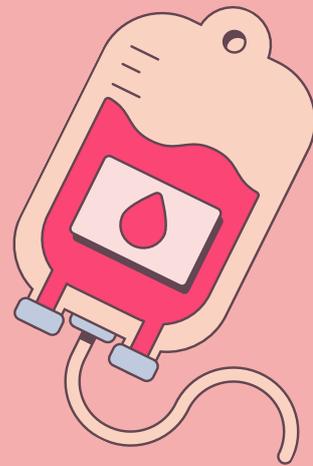
## HPLC Testing

Detects carriers early-  
stop thalassaemia before  
it starts!  
One simple test today can  
save generations  
tomorrow.

## HLA Testing

Brings hope for a cure  
through bone marrow  
donation. Be the match-  
give thalassaemia patients  
a second chance at life.

# WORLD THALASSEMIA DAY



All photos: Thalassaemia Summit

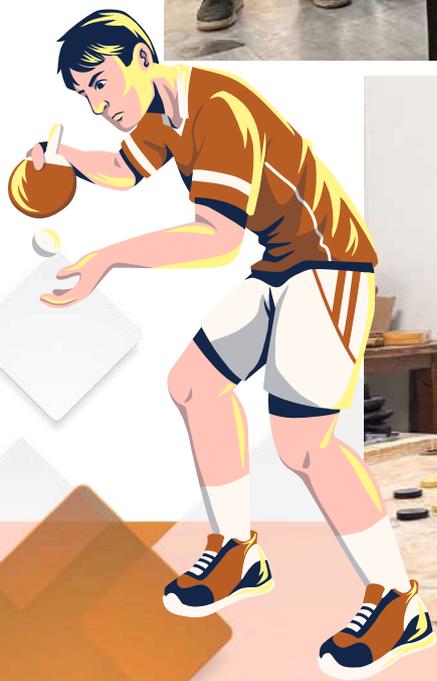
# EFFLORESCENCE'25



[All photos here!](#)



# Indoor Sports Tournament



# INTERNATIONAL YOGA DAY

21<sup>ST</sup> JUNE 2025

## Yoga for One Earth, One Health



# Achievements



स्वास्थ्य अनुसंधान विभाग  
Department of Health Research



This is to certify that **Ms. Naman Goyal** student of **MBBS-II** of **Guru Govind Singh Medical College, Faridkot** has successfully completed the Short Term Studentship (STS) for a period of two months during 2023 under the guidance of **Dr. Ritu Bala** for the project entitled "**Impact of adding millet diet on glycemic control and lipid profile in patients of type II diabetes mellitus**" was graded as **Very Good** (Reference ID: **2023-06688**).

**Dr. Geeta Jotwani**  
Head, Division of HRD  
ICMR

**Dr. Rajiv Bahl**  
Secretary, Department of Health Research &  
Director General, ICMR

Resonance SGRD Amritsar  
(College represented in Cricket)



Dr Sameer	Vishal Mottan (2019)
Dr Vimal	Nishant (2021)
Dr Navkirat	Radhe Shyam (2021)
Dr Harjot	Abhayjeet (2022)
Dr Gursimran (2019)	Vivek Mishra (2023)
Dr Madhav (2019)	Rajat Tatarwal (2023)



Resonance SGRD Amritsar  
(2nd prize in Badminton Doubles)  
Parul Bhardwaj (2019)  
Garima Meena (2021)



🏆 Double Gold for Batch'22 🏆  
Volleyball 2024



Vivek Mishra, Jatin Sachdeva, Kanupriya,  
Diya Garg, Deepanshu (2023)



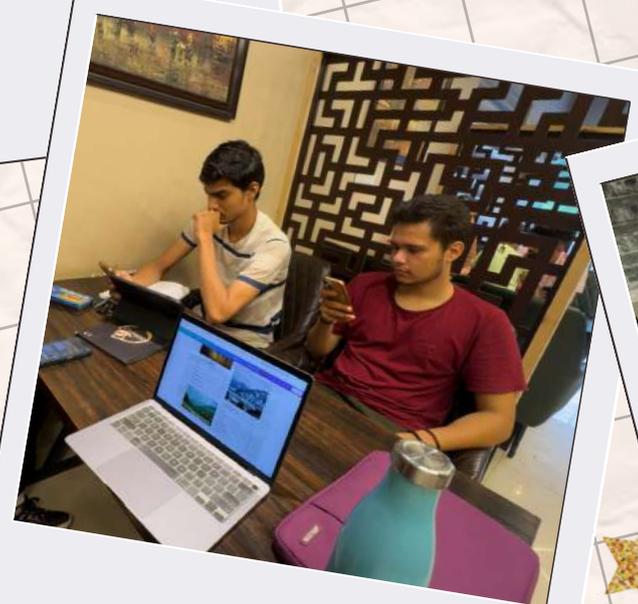
GMCH Chandigarh Euphoria  
(Badminton)  
Arsh Kathial (2021)  
Vivek Mishra (2023)



Shivansh Kathpal (2023)  
National Level Chess Participant



# BEHIND THE SCENES



~ਦਿਲ ਦੀ

*kalam*

Wo baatein bhi gehri thi  
Wo raatein bhi sunehri thi  
Kaise byaan krein wo dastaan e ishq ki jnab  
Unke hote to jmaane ki khabrein bhi zehri thi

ਕਾਸ਼ ਤੂੰ ਬੇ ਮੌਸਮ ਏ ਬਰਸਾਤ ਹੁੰਦੀ  
ਬਿਨ ਚਾਹਿਆਂ ਰੋਜ਼ ਮੁਲਾਕਾਤ ਹੁੰਦੀ  
ਖਾਲੀ ਮੈਂ ਈ ਨਹੀਂ ਤੈਨੂੰ ਚਾਹੁਣ ਵਾਲਾ ਹੁੰਦਾ  
ਸਾਰੇ ਸ਼ਹਿਰ ਚ ਤੇਰੀ ਹੀ ਬਾਤ ਹੁੰਦੀ

Ajj akhan akhan vich gallbaat hoyi  
Kinne dinna baad naal ode mulaqaat hoyi  
Oda takkna te haje v adab mizaaz jeha ae  
Firr v fida ode te kull kaayenaat hoyi

- Jaskirat Singh Saini (2022)  
@mere\_azeez\_akhar

## *The Perfect Goodbye*

I know how you say something and get away  
But am trying to do that in a little better way  
Maybe just a kiss on the head, wouldn't ask for more  
Would be loving enough, healing the soul and core  
Won't ask you to stay, never ask you why  
Just a little better way to say, the perfect goodbye

- Savi Jindal (2022)



# AFTERLIGHT

- PRATHAM BANSAL (2023)

It's devious here.  
No chivalry. No mercy.  
Just shadows with teeth.

A wise man wouldn't dare step—for he is trampled.  
Trampled till the soul forgets its name.  
Trampled beyond the line.

And I?  
I wouldn't have risked it.  
Not here. Not for this.  
But I did.  
Because even hell was warmer  
than a world without her.

I had run out of ideas.  
Fathomless.  
Overwhelmed.  
Still, somehow, I looked up.  
And saw stars —  
glittering  
mocking  
unbothered  
like her.

She ever condemned beauty.  
And yet — she was the cruelest beauty I'd known.

I did it.  
I stepped.  
I walked right into the storm,  
naked with hope.  
The wind tore through me —  
my hands could feel the truth.  
But my head, oh God, my head wouldn't accept it.

And there she was.  
Smiling.  
Not for me.  
Pricking my soul like a thorn dipped in honey.  
Blush. Cheers.  
A ray of hope that burned my eyes.  
An outburst of sunshine in my ruin.

Glory, floral buds, colour —  
when all I saw was grey.

She was everything I begged the universe for.  
The prayer I stitched into every lonely night.  
The strobe of hope my mother once whispered  
between sobs and superstition.

What has heaven got that I can't find sitting next to you.

# THE COLOUR SHE LOVES

- RAJKANWAR S. CHHINA (2022)

I would dip myself in yellow bright,  
Just to stay within your sight.

I'd color myself, head to toe,  
If that would make your heart glow.  
And i will myself have jaundice dear  
Then maybe i will lose a Fear  
Of urs forgetting me and disappear

Everybody brings red roses bright,  
But red's not her favorite sight.  
Yellow's the shade that makes her glow,  
Yet yellow roses feel too slow.

So I thought, a sunflower's the best!  
Golden, bold—just like the rest.  
But the florists, oh so cruel,  
Keep none around—such a rule!

Now I stand with empty hands,  
Dreaming of sunflower lands.  
If I could, I'd plant a field,  
Just to see her joy revealed.

# BRAIN DEAD PATIENT

-HARJOT WARAICH (2024)

Dipped the feather in ink- took it out; dry ,  
Wrote it against sandpaper.

I tried wearing trousers- sealed bottoms,  
Pasted your picture- on an imaginary wall.

Found your letter- you never wrote.  
Gifted me your sweater- which I never wore.  
Explored the land of love- that never existed,  
Remember that temple?

We promised- but never visited.  
We ended our bond- which never began,  
It was raining, and still I got tanned.  
Unlid the perfume bottle- searched for the scent,  
We never built the home- yet we swore to dwell.



# DASTAAN-E-ZINDAGI

- KRITIKA (2021)

Jeevan m sambhle ke kum  
Or bikharne ke bahane bht milenge

Dastane zindagi m farishte kum  
Insani roop m shetaan kai milengi  
Yaha Gulshan kum  
or virane kayi milenge

Jeevan m sambhle ke kum  
Or bikharne ke bahane bht milengi

Kuch fesele tujh pr bhi tera rabb  
chodega  
Datt kr Idna hoga tujhe  
Kyuki yaha peeth thapthapane vale kum  
Aur katleam krne vale shakhs aam  
milenge

Jeevan m sambhle ke kum  
Or bikharne ke bahane bht milenge

Har hal m tu khush rehna  
Apni is hasi ko kaym rkhna  
Tujhe khush dekhar khush hone vale vale kum  
Aur dukhi hone vale shakhs Aam milenge

Jeevan m sambhle ke kum  
Or bikharne ke bahane bht milenge

Sehta rahega to dubb jayega  
Aur bol pda to dushman ban jayega  
Tu rukna nhi jhukna nhi  
Yahan Salami dene vale to kafi  
Par salamti ki dua dene vale bht kum  
milenge

Jeevan m sambhle ke kum  
Or bikharne ke bahane bht milenge

Kaun tera apna h  
Kisne apnepan ka mukhota pehna h  
Tujhe ab is manzar ko pehchanna  
hoga

Der ho jaye usse pehle Tujhe apni manzil ko  
Pana hoga

Yaad rakh! Apni kahani tujhe khud likhni h  
Zeevan ki rah m phool kam  
Or kante kayi milenge

Jeevan m sambhle ke kum  
Or bikharne ke bahane bht milenge

Zindagi esi jee ki misal bn jaye  
Sajda kre jb tu rab ke aage  
To us rab ka bhi dil khush hojaye  
Apni nazro m utha reh tu

Duniya kis se khush hui h jo tujhse hogi  
Us rab ka haath pakad kar data reh tu  
Ye Duniya jhukegi bhi  
Aur salami bhi degi

Kyuki duniya ke saath badalne vale aam  
Par Duniya badle vale Kuch khaas hi milenge

Jeevan m sambhle ke kum  
Or bikharne ke bahane bht milenge  
Dastane zindagi m farishte kum  
Insani roop m shetaan kai milengi

## SHADOWS OF OUR BRAIN

- ANMOLPREET KAUR (2020)

The place that reside  
Million neurons alive  
Foramen Magnum leads the way  
To many chambers that lay bare  
Bare I say

For there is nothing that stays  
Except for one

The chamber that contains  
The memories to hold  
The memories that haunt  
The memories that form  
The shadows of our brain

# A BOOK OF FEAR

- HIMANSHU RANI (2024)

Mujhe padhne ka shauk hai, use padhane ka shaukh hai.

Ek din usne mere saamne ek kitaab kholi,  
Mai tere saare sapne tod dunga vo kitaab boli.

Jb vo kitaab khuli to mai dar gyi, dar ke maare peeche hat gyi.  
Maine usse kaha tune to kabhi mujhe ye padhaya hi nhi, aur aisa vakt kabhi dikhaya hi nhi.

Usne kaha chal thaam mera haath, kar ye mushkil bhi paar.  
Ye to tere jeevan ka ek padaav hai, dekhna chahta hu tere dil me mere liye kya bhav hai.

Maine kitaab padhi uska haath thaam kar,  
Tu mujhse dari nahi kitaab boli apna dil thaam kar.  
Maine kaha jab tak mere sar par uska haath hai, Ye poori kaayenaat mere sath hai.

Kitaab boli tere haansle buland hain, isliye aaj se ye dar ki kitaab tere liye hamesha band hai.

Kitaab ki yeh baat sunkar usne has kar mujhe gale laga liya,  
Maine to jaise sara jahaan paa liya.  
Mujhe padhne ka shaunk hai, usse padhane ka shaunk hai.!

Here in this poem, 'usse' refers to GOD.

## IMMORTAL

- SIFT PATTI (2022)

Rip your heart and you'll see,  
A shadow of the entity.  
Who creates you to feel,  
the world borne from it.

In your muscles rests the same energy,  
that built this universe & will cause a new beginning.

Rip your mind to tell the truth —  
You won't exist. You won't matter.  
You may not leave a great legacy behind, but look!  
You'll always be a part of these stars.  
And a part of you would remain immortal, as it should.  
While you rot and decay and disappear from existence,  
Atleast there comes a little peace , when you know a part of you is star.



# भावों के भाव

- रुद्र सारस्वत (2023)

मति ने यूं सीजे भाव  
भाव यूं मन में उमड़े है  
उफान ने त्राहिमाम मचाया  
तो मुख के पर्दे उतरे है

भाव शब्दों के घर में  
यूं, सदा अंजान रहा  
गिरते पड़ते छट-पटाते  
ये अपनों के बीच मेहमान रहा

दुबके इन भावों पे अब  
इन नेत्रों को तरस यू आया  
अन्दर उत्तर न मिलने पे  
उसने क्यों यूं जल बरसाया

प्यास बुझी न उस जल से  
बल्कि हर क्षण बढ़ती जाती है  
भाव के प्रश्न है मन में  
फिर भी क्यों ये मूर्ख कतराती है

आखिरकार यूं थक हार के  
मुख ने ये निश्चय लिया  
इन प्रश्नों के उतर को  
खुद खोजेगा लक्ष्य लिया

अक्षर के यूं शब्द हुए  
शब्दों के वाक्य अपने है  
वाक्य से बात जन्मी पर  
मौन रहे ये सपने है

की उसने गुहार नेत्रों से  
खोज मुझे कोई श्रोता दो  
अब इन भाव प्रश्नों को  
मन से निकलने का न्योता दो

नेत्रों ने पूछा मति से  
क्या गुहार कही ये सत्य है  
सत्य है तो क्यों फिर तुम्हे  
ओझल दिखते ये तथ्य है

क्या भावों की विवशता ये  
धूमिल यूं ही हो जाती है  
क्या ये बात मर्म तुम्हे  
जरा सा न भी सताती है

अरे क्यों चुप हो ?  
क्या है बात?  
क्यों मति तू भ्रष्ट हुई?  
कहते लोग तू ज्ञान सूर्य है  
तो क्यों चमक तेरी यूं नष्ट हुई?

इतना कह कर दो नेत्रों ने  
पलकों में खुद को बंद किया  
देख दशा यूं स्वः नेत्रों की  
बुद्धि ने भी एक छंद दिया

मन के भाव अलबेले है  
उत्तर अंजान से पूछे है  
कौन देगा समाधान उसे जब  
भाव हमारे अपने है ।



# ਤਸਵੀਰ

- ਕੁਨਾਲ ਸਚਦੇਵਾ (2022)

ਤੇਰੀ ਤਸਵੀਰ ਇੱਕ ਬਣਾਈ ਏ,  
ਜੋ ਦਿਲ ਦੇ ਵਿੱਚ ਸਮਾਈ ਏ।  
ਮੈਂ ਰੀਝ ਐਸੀ ਲਾਈ ਏ,  
ਮੌਨ ਚਾਰੇ ਪਾਸੇ ਛਾਈ ਏ।  
ਇਹ ਗੱਲਾਂ ਕਰਦੇ ਫੁੱਲ ਪੱਤੇ,  
ਇੱਕ ਸੋਹਣੀ ਕਲੀ ਜਿਹੀ ਆਈ ਏ।  
ਉਹ ਕਲੀ ਨੀ ਉਹ ਬਾਗ਼ ਏ,  
ਜੀਹਦੀ ਰੱਬ ਨੇ ਕੀਤੀ ਸਿੰਚਾਈ ਏ।  
ਮੈਂ ਮੁਹੱਬਤ ਦਿਲੋਂ ਕਮਾਈ ਏ,  
ਨਾ ਜੁਏ ਦੀ ਬਾਜ਼ੀ ਲਾਈ ਏ।  
ਮਿਲਣੀ ਹੋਉ ਤਾਂ ਮਿਲ ਜਾਊ ਮੈਨੂੰ,  
ਮੈਂ ਕਾਹਨੂੰ ਰਾਤ ਜਗਾਈ ਏ।  
ਉਹ ਤਾਰੇ ਟਿਮ-ਟਿਮ ਕਰਦੇ ਥੱਕ ਜਾਂਦੇ,  
ਉਹ ਛੱਤ 'ਤੇ ਨਾ ਕਦੇ ਆਈ ਏ।  
ਉਹ ਅੰਮ੍ਰਿਤ ਰੂਪੀ ਦਰਿਆ ਏ,  
ਜੀਹਣੇ ਪੀਤਾ ਉਹਦੀ ਖੁਦਾਈ ਏ।  
ਇੱਕ ਮੁਕੱਦਮਾ ਚੱਲੇ ਦੀਦਾਰ ਦਾ,  
ਬਸ ਹੁੰਦੀ ਰਿਹੰਦੀ ਸੁਣਵਾਈ ਏ।  
ਮੈਂ ਰੋਜ਼ ਬਹਿਸਦਾ ਅੱਖਾਂ ਨਾਲ,  
ਮੈਨੂੰ ਦੀਦ ਨਾ ਉਹਦੀ ਆਈ ਏ।  
ਮੇਰੀ ਮੁਹੱਬਤ ਪਾਕ ਏ,  
ਰੱਬ ਨੇ ਕਿਰਪਾ ਪਾਈ ਏ।  
ਤੂੰ ਕਹਿਣਾ ਦੱਸਦੇ ਦਿਲ ਦੀ ਉਹਨੂੰ,  
ਉਹ ਮੇਰੇ ਜਿਹੇ ਨੂੰ ਕਿਥੋਂ ਮਿਲਜੂ, ਰੱਬਾ ਤੂੰ ਵੀ ਸ਼ਦਾਈ ਏ,  
ਰੱਬਾ ਤੂੰ ਵੀ ਸ਼ਦਾਈ ਏ॥



ਇੱਕ ਕੋਲ ਨਾ ਗਿਣਤੀ ਹੋਵੇ ਕੋਟਾਂ ਦੀ, ਇੱਕ ਟਾਕੀਆਂ ਲਾ-ਲਾ ਗੁਜ਼ਾਰਾ ਕਰਦਾ ਕਿਉਂ?  
ਤੇਰੀ ਇਸ ਦੇ ਰੰਗੀ ਦੁਨੀਆ ਦਾ ਤੈਨੂੰ ਹਾਲ ਪੁੱਛਦੇ ਹਾਂ,  
ਦੇ-ਦੇ ਤੂੰ ਅਸਤੀਫ਼ਾ ਰੱਬਾ, ਰੱਬ ਹੋਰ ਬਣਾਉਣਾ ਚਾਹੁੰਦੇ ਹਾਂ।

# ਧੀ

- ਮਨਪ੍ਰੀਤ ਕੌਰ (2022)

ਰੱਬਾ ਧੀਆਂ ਨਾਲੋਂ ਮਾਪਿਆਂ ਦਾ  
ਵਿਛੋੜਾ ਕਦੇ ਪਾਵੀਂ ਨਾ,  
ਦੁਖਾਂ ਵਾਲਾ ਟਾਇਮ ਕਿਸੇ ਧੀ ਤੇ ਲਿਆਵੀਂ ਨਾ।  
ਮਾਪਿਆਂ ਤੋਂ ਬਿਨਾਂ ਧੀਆਂ ਦਾ ਦੁੱਖ ਕੋਈ ਨਹੀਂ ਜਾਣਦਾ,  
ਤੁਰ ਜਾਣ ਜਦੋਂ ਮਾਪੇ ਫਿਰ ਕੋਈ ਨਹੀਂ ਸਿਆਣਦਾ।  
ਖੁਸ਼ ਰਹਿਣ ਸਦਾ ਵਸਦੀਆਂ ਧੀਆਂ,  
ਰੱਬਾ ਸਿਰ ਉੱਤੇ ਮਾਪਿਆਂ ਦਾ ਹੱਥ ਚੁੱਕ ਜਾਵੀਂ ਨਾ।  
ਰੱਬਾ ਧੀਆਂ ਨਾਲੋਂ ਮਾਪਿਆਂ ਦਾ  
ਵਿਛੋੜਾ ਕਦੇ ਪਾਵੀਂ ਨਾ,  
ਦੁਖਾਂ ਵਾਲਾ ਟਾਇਮ ਕਿਸੇ ਧੀ ਤੇ ਲਿਆਵੀਂ ਨਾ।  
ਹੁਸਨ ਪੱਖੋਂ ਭਾਵੇਂ ਗਰੀਬ ਕਰ ਦੇਵੀਂ,  
ਪਰ ਕਿਸਮਤ ਪੱਖੋਂ ਅਮੀਰ ਕਰ ਦੇਵੀਂ।  
ਮਾਪਿਆਂ ਦੇ ਘਰ ਭਾਵੇਂ ਭੋਰਾ ਵੀ ਚਲਾਵੀਂ ਨਾ,  
ਰੱਬਾ ਧੀਆਂ ਨਾਲੋਂ ਮਾਪਿਆਂ ਦਾ  
ਵਿਛੋੜਾ ਕਦੇ ਪਾਵੀਂ ਨਾ।  
ਸਹੁਰਿਆਂ ਘਰੇ ਦੁੱਧ ਅਤੇ ਪੁੱਤ ਦੇਵੀਂ,  
ਮਾਪਿਆਂ ਦੇ ਘਰੋਂ ਤੂੰ ਪੜ੍ਹਾਈ ਬਿਨ ਜਾਈਂ ਨਾ।  
ਰੱਬਾ ਧੀਆਂ ਨਾਲੋਂ ਮਾਪਿਆਂ ਦਾ  
ਵਿਛੋੜਾ ਕਦੇ ਪਾਵੀਂ ਨਾ,  
ਦੁਖਾਂ ਵਾਲਾ ਟਾਇਮ ਕਿਸੇ ਧੀ ਤੇ ਲਿਆਵੀਂ ਨਾ।

# ਰੱਬ ਦਾ ਅਸਤੀਫ਼ਾ

- ਕੁਸ਼ਾਂਗੀ (2023)

ਤੇਰੀ ਖੁਦ ਦੀ ਬਣਾਈ ਦੁਨੀਆ ਦਾ ਤੈਨੂੰ ਹਾਲ ਸੁਣਾਉਂਦੇ ਹਾਂ,  
ਦੇ-ਦੇ ਤੂੰ ਅਸਤੀਫ਼ਾ ਰੱਬਾ, ਰੱਬ ਹੋਰ ਬਣਾਉਣਾ ਚਾਹੁੰਦੇ ਹਾਂ।  
ਇੱਕ ਟੰਗਦਾ ਕੋਟ ਹੈ ਬਾਹਾਂ ਤੇ, ਪਰ ਦੂਜਾ ਠਰਦਾ ਰਾਹਾਂ ਤੇ,  
ਇੱਕ ਚੱਬੇ ਠੰਡ ਵਿੱਚ ਕੁੱਕੜ ਨੂੰ,  
ਝੋਂਪੜੀਆ ਅਤੇ ਹਵੇਲੀਆਂ ਦਾ ਇਹ ਫਰਕ ਮਿਟਾਉਣਾ ਚਾਹੁੰਦੇ ਹਾਂ।  
ਦੇ-ਦੇ ਤੂੰ ਅਸਤੀਫ਼ਾ ਰੱਬਾ, ਰੱਬ ਹੋਰ ਬਣਾਉਣਾ ਚਾਹੁੰਦੇ ਹਾਂ।

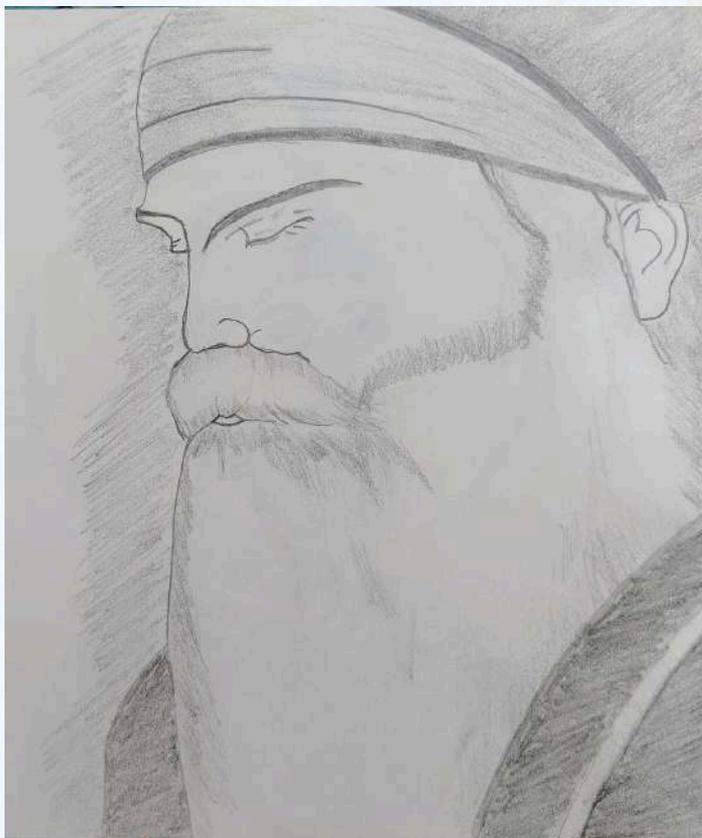
ਇੱਕ ਸਹਿਕਦਾ ਫੋਕੇ ਪਾਣੀ ਨੂੰ, ਇੱਕ ਕੋਕਾ-ਕੋਲਾ ਪੀਵੇ ਕਿਉਂ?  
ਇੱਕ ਕਰਦਾ ਐਸ਼ ਚੁਬਾਰੇ ਤੇ ਇੱਕ ਫੁੱਟ-ਪਾਥ ਤੇ ਸੋਵੇ ਕਿਉਂ?  
ਕਿਸਾਨ ਦੇ ਭੁੱਖੇ ਬੱਚਿਆਂ ਦਾ ਅਹਿਸਾਸ ਕਰਾਉਣਾ ਚਾਹੁੰਦੇ ਹਾਂ,  
ਦੇ-ਦੇ ਤੂੰ ਅਸਤੀਫ਼ਾ ਰੱਬਾ, ਰੱਬ ਹੋਰ ਬਣਾਉਣਾ ਚਾਹੁੰਦੇ ਹਾਂ।



Himanshu Aggarwal (2024)



Rudra Saraswat (2023)

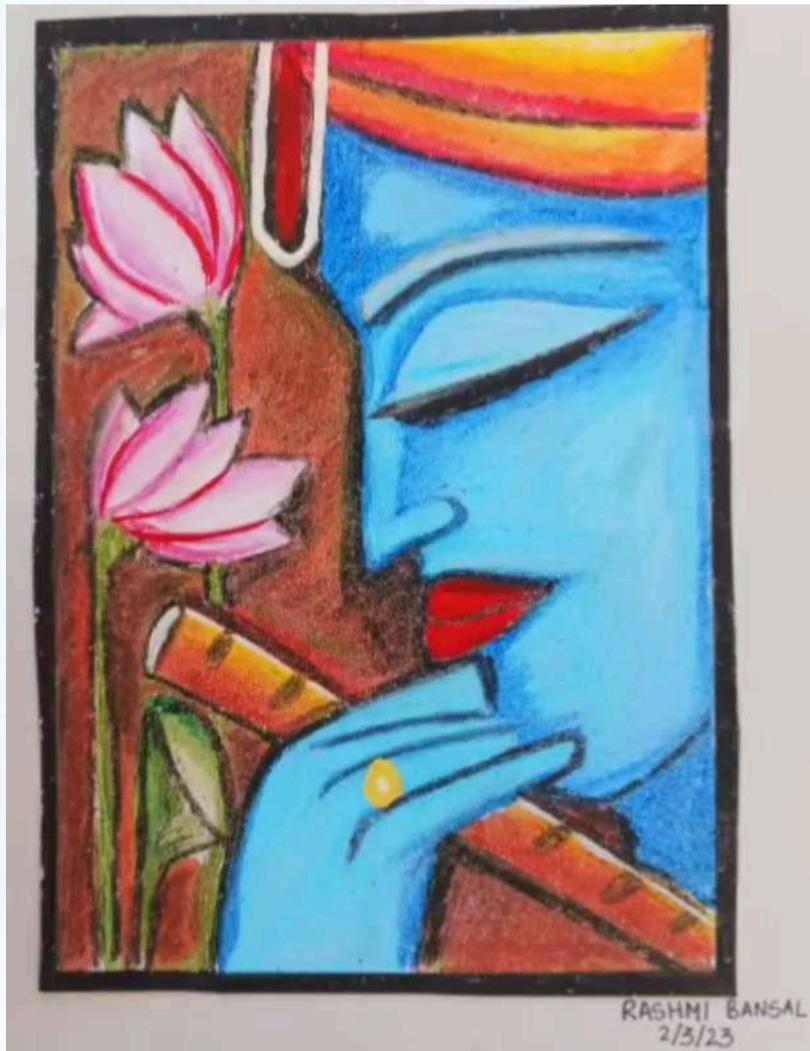


Japtaran Kaur (2022)





Himanshu Aggarwal (2024)



Rashmi Bansal ((2024)

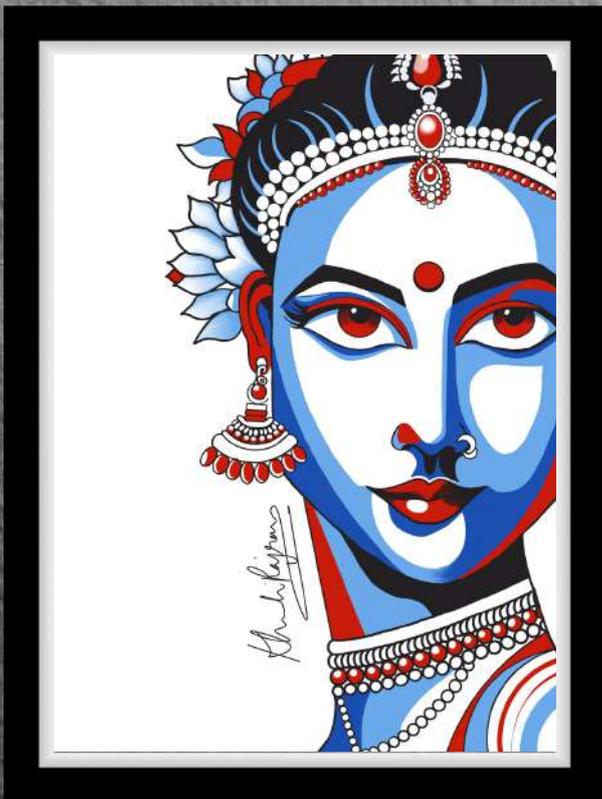
# Frames of Imagination



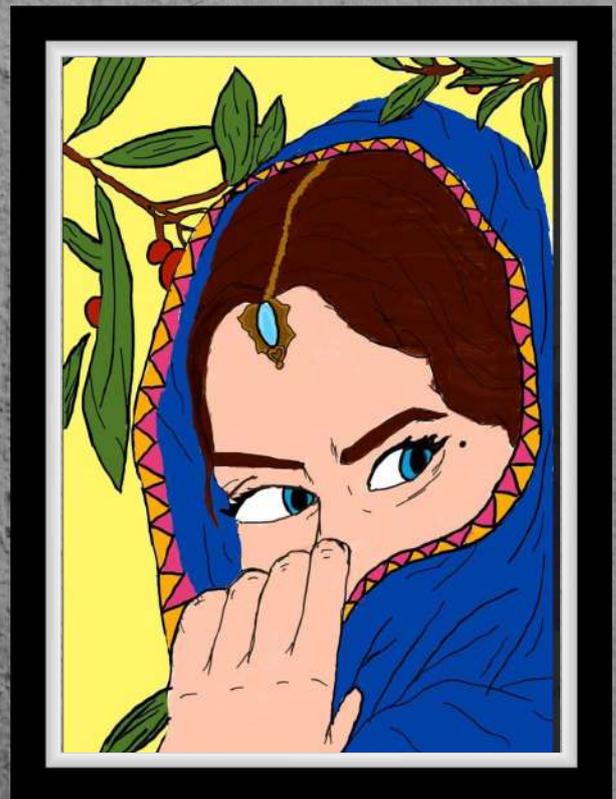
“Nothing can dim the light that shines from within ✨”  
Ravnoor Sharma (2022)



“Echoes of identity”  
Jyothi S. Babu (2022)

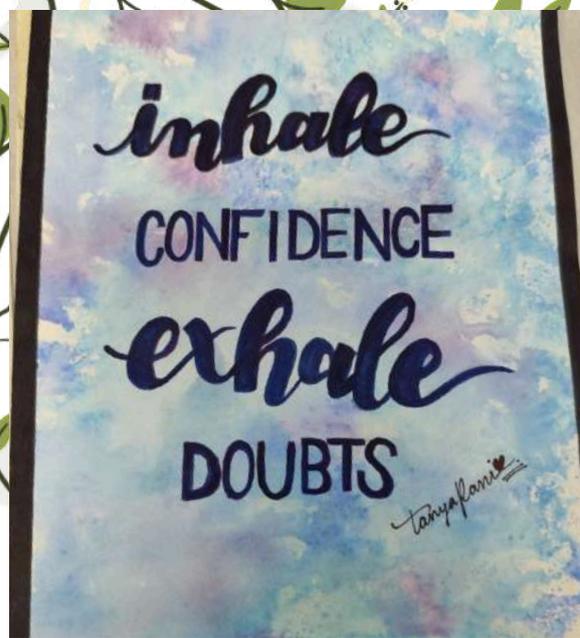


“Shakti in Shades “  
Khushi Rajrana (2022)



“Blazing through the world turning history into herstory”  
Anonymous





Tanya (2024)



Mansha Kumar (2022)



"When Autumn Cries"  
Khushi Singla (2024)



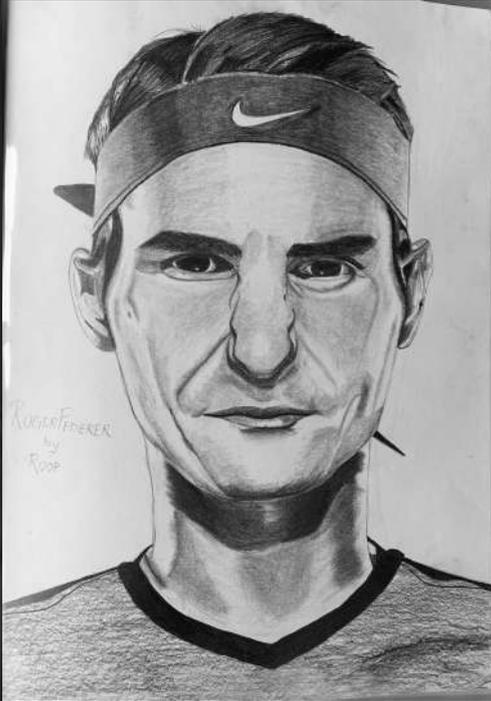
Jatin Khowal (2024)



Rashmi Bansal (2024)

# Visions of the Soul

# Tales woven in Charcoal Shadows



**“The G.O.A.T”**

**Roop Kiran Randhawa (2022)**



**“Petals of Precision”**

**Khushi Singla (2024)**



**“Sketch”**

**Mansha Kumar (2022)**



**“Silenced - Not by Shame,  
But by a System That Failed  
Her”**

**Arsh Chhabra (2022)**

# “A NOTE TO MY JUNIORS”

CHAKSHU GARG (2022)

*Being the medicos,  
With eyes full of dreams,  
Heart lit with quiet fire,  
Blank pages draped in white coats,  
Ready to write stories in the skin of time.*

*Your journey here will not be an easy one.  
With bag full of books, meal in your hands or empty stomach you run  
from your hostel towards the college for your 8 am lectures with new  
batchmates, trying to make friends.*

*Books are not everything here, they are just a part of it.  
College life will teach you much more beyond your books.*

*Learn from your teachers, take guidance from them.  
'They are your best mentors'. Don't be scared to share.  
Everyone here has the same story.*

*'Perfectionism' - is a myth - if you don't know something, accept it! Learn it!*

*Ask for help either from your seniors, teachers, discuss with  
them, share with them your ups and downs. Find people who are  
genuinely interested to share their experience and help you.*

*Friends among yourselves, your batchmates are hard to find  
because ultimately a 'competition zone' will exist.*

*Learn to live your life, trust God's plans, keep the humanity with  
in you alive. Enjoy your hobbies, leisure time activities, enrich your  
creativity, explore yourself. Do the things you left behind  
during your 'NEET' preps.*

*In this Graceful Journey of medicine - don't forget your support  
system - your Parents, Family.*

*They will always be your safe place.*

**DREAM BIG,  
WORK HARD,**

## **A DOCTOR WHO FORGET TO HEAL HERSELF**

**SIMON BEDHLAN (2021)**

It was my dream since I was 5; not because I knew what I was chasing, but because someone said, "badi hoke doctor banegi" – and I nodded.

I didn't know what it meant. Never had a single thought about how, when, where – I just kept repeating what my parents hoped for.

I wore this dream every single day, like I only lived for this dream.

When I finally got to know what it would take – the sleepless nights, exhausted brain, nutritional deficiencies, constant battle between expectations and energy.

At first it excited me, then slowly it exhausted me. I wore white coat with pride, but underneath, my own wounds went unnoticed even by me.

I memorized symptoms of depression but never named my own heaviness. I could hear everybody's laughs around me, but missed the silent screams inside my head.

Still I smiled, I laughed, gave exams – all carrying an unspoken sadness.

Ever since, I chased this dream of mine, the whispers keep echoing in my head and ears.

"You're not enough, just a disappointment", it said.

There were days I would cry, pestering myself, with long sleepless nights that felt too long to pass.

But yes, that's life, I kept going; still I am.

That's what we all do, right?

Those were the moments that always taught me, healing is not something you only give to others, you need it too.

"You are not perfect, nobody is. But still you are a human being and aware."

Always giving your 100 but receiving 40, or less – disheartening right?

They never warned us that this journey would demand more than intellect:

It demands sleep, mental & physical health, pieces of your soul.

But maybe that's what makes a real doctor.

Maybe this is the sacrifice that take us to our respective goals, for which is success for us.

"Just as iron is forged in fire, we are also going through our fire."

# "A LESSON I LEARNT"

KUSHANGI (2023)

## A lesson I learnt

Every experience, good or bad, adds a page to the story of who we become. Memories fade, but the emotions tied to our experiences shape our forever.

It's the time of vacations of 2018 when we had decided to visit Haridwar & stay at my uncle's place for a few days. We would also get a chance to take bath in River Ganga. Our train was scheduled on 16th June at 6:00 in morning. The condition at station was pathetic; huge crowd & people were struggling to get in their respective trains & regular announcements were being made regarding arrival & departure of trains. We reached platform & stood according to place of our coach. We were waiting for the train to arrive.

A young girl, 7 to 8 years of age, came to my mother & asked for alms. Her condition was so pathetic that my mother took pity on her. She elbowed me and tried to indicate something. I had a packet of chocolate in my shirt's pocket. My mother wanted me to give the girl a chocolate. Since I couldn't disobey her, I had to give one. That's another matter, I got interested in the girl later & kept a watch at her. She ran away & woke her little brother. The ten pieces of chocolate were divided with 6 pieces being in boy's hand & 4 pieces in girl's hand. I felt ashamed that I gave her only one chocolate for both of them. I wished to give her another but had no time.

The train had reached platform. We picked our luggage & went hurriedly to our coach. Suddenly, I felt a hand trying to push me back. When I turned, I saw that girl. She gave me something & ran away. I was shocked to see a paper doll made out of chocolate wrapper. I felt as if she came to thank me. I took the window seat looking out and kept thinking that she taught me a huge lesson of sharing. This made me see what true relationships are. She could have eaten the entire chocolate, but she shared with her brother. Amidst all the conversations, I added, "Beggars have also become a topic to think & discuss about, our perceptions don't always work". They are poor but humans like us with a heart, compassion and love.

# "ANATOMY OF A NARCISSIST"

JIVTESH (2022)

**Narcissist: a person who admires himself for herself too much especially appearance.**

**Meet one to know one; know one to hate one-stands so true in the case of some oblivious personalities who lie on the lowest rung of morality ladder.**

**Such personalities are an interesting find. Notice that I refer to them as personalities rather than as people because they non-existent as a person. Take their toxic characters out of them, and what is left is a hollow. A hollow which is devoid of any virtue. And that is the single largest factor why such personalities never change.**

**It is not easy to be a narcissist. Years of conditioning lead to a personality so hell bent on proving itself to its own self. Yes, to one's own self. Rest of the world is already a rank below them. They feel superior to their surroundings-aka the Spotlight Syndrome. They are intimidating and dominating-so fluidly-years of practice, of course.**

**Now, beware-this trait seems extremely fascinating to acquire from the outside. Of course, it is; who doesn't want that people move like chess pieces for them.**

**This control over "others" comes at a cost-often paid by the "others".**

**The exact difference here between a strong personality and a Narcissist personality lies in the fact that the former can differentiate between "others" and his/her own people but the latter can't.**

**Here lies the actual weakness of a narcissist. He or she feeds onto validation and attention so much so that the concept of one's "own" and "others" gets non-existent in reality. It just exists in saying.**

**Narcissists possess the most fragile egos. People don't make them insecure. They get insecure over a thousand triggers set within them by their own self. Self-destruction is the word.**

**-to be continued...**



# **"ANATOMY OF A NARCISSIST"**

JIVTESH (2022)

....continued

In short, narcissists kiss their own asses all the time and get insecure the moment they find a reason not to.

And believe me, there are actually a thousand such reasons.

Narcissists are born actors. Masters at deception. Such a skilful art it is. Toying with human minds is something they do for fun.

But wait till someone calls out their fakeness- they literally erupt; ready to say anything and everything but the truth in order to safeguard their own image in their own eyes. Sounds so messed up, right?

It is, actually. Told you it's not easy to be a narcissist. You have to hate every part of your being while still trying to love it and spend all of your life seeking validation for that love-in form of actual genuine people who get befooled by the acting masterclass.

The root cause of why someone becomes a narcissist is still unknown to me. My best guess? Upbringing, maybe?

Now the million dollar question- how to evade one when you meet one, especially when you are close to one.

Simple answer- RUN

You can never teach them. Run at your earliest chance. Let them sink in their own ocean of desperation.

As Doestoevsky, said-

"The man who lies to himself and listens to his own lie comes to such a pass that he cannot distinguish the truth within him, or around him, and so loses all respect for himself and for others"

"The man who lies to himself can be more easily offended than anyone"

# MY OPINIONS

-ANONYMOUS

1. STAYING ALIVE AND NOT ADVANCING YOUR MISSION, IS LIKE BEING 'JUST FRIENDS' WITH A BEAUTIFUL WOMAN.
2. DON'T BE THE GUY WHO'S GOOD AT SOUNDING SMART BUT HASN'T DONE ANYTHING WITH HIS LIFE.
3. THE DEVIL WON'T ALWAYS TEMPT YOU WITH FEAR. HE WILL OFTEN TEMPT YOU WITH COMFORT.
4. THE QUALITY OF ONE'S THOUGHTS PRODUCES THE QUALITY OF ONE'S LIFE.
5. DESIRE WITHOUT DISCIPLINE IS SIMPLY A CHEAP DRUG WITH NO CURE.

## QUOTE

-SAKSHIKA(2022)

**"THE DESIRE FOR MORE POSITIVE EXPERIENCE IS ITSELF A NEGATIVE EXPERIENCE. AND, PARADOXICALLY, THE ACCEPTANCE OF ONE'S NEGATIVE EXPERIENCE IS ITSELF A POSITIVE EXPERIENCE."**

**REFERENCE : THE SUBTLE ART OF NOT GIVING A FUCK BY MARK MANSON**

**INTERPRETATION :- THE MORE WE TRY TO ALWAYS FEEL HAPPY OR AVOID PROBLEMS, THE MORE UNHAPPY AND FRUSTRATED WE OFTEN BECOME. BUT WHEN WE STOP FIGHTING OUR NEGATIVE FEELINGS AND ACCEPT THEM AS PART OF LIFE, WE START TO FEEL MORE AT PEACE. IRONICALLY, ACCEPTING OUR STRUGGLES LEADS TO A MORE POSITIVE AND MEANINGFUL EXPERIENCE. AS SUFFERING THROUGH YOUR FEARS AND ANXIETIES IS WHAT ALLOWS YOU TO BUILD COURAGE AND PERSEVERANCE.**

# Photography



"WHEN WE PAUSE LONG ENOUGH, EVEN SILENCE BEGINS TO SPEAK"

VISHAV DODA (2022)



"THE SUN SETS, BUT IT WILL RISE AGAIN- SO WILL YOU"

GARIMA MEENA (2021)



"WHEN THE SKY WRITES POETRY AND THE EARTH REFLECTS IT — A DIALOGUE BETWEEN DUSK AND STILLNESS."

ARSH CHHABRA (2022)



"PAINTED PEACE: AN ODE TO THE PLANET WE CALL HOME"

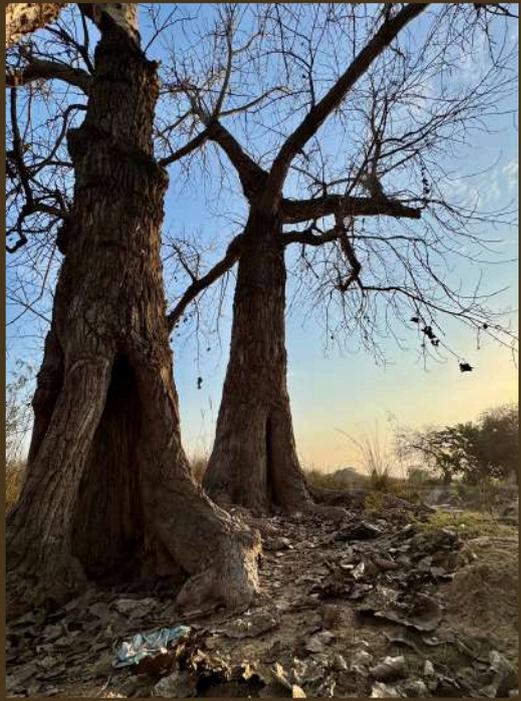
KUSHAGAR CHUTANI (2022)





**"WHERE THE MIST WEAVES MAGIC THROUGH EVERY LEAF."**

**SAKSHIKA GODARA (2022)**



**"WHISPERS OF WINTER: NATURE'S SILENT RESILIENCE"**

**KUSHAGAR CHUTANI (2022)**



**"PETUNIA - A GARDEN JEWEL"**

**TANVI SIDANA (2024)**



**"LOST IN REFLECTIONS, FOUND IN MOMENTS."**

**YASH KUMAR (2023)**



## 1. Impact of Adding a Millet Diet on glycaemic control and lipid profile in Patients with Type 2 Diabetes Mellitus

Naman Goyal (2020)

**Summary:** The main motive of this study was to find out the impact millet intake on glycaemic control and lipid profile on patients of diabetes. So the awareness about the use and benefits of millets was spread by use of book released by ICMR. The diary was given to record the intake of millets by the stud participants. The study results showed that there is significant effect of intake if millets in glycaemic control and lipid profile. This reduction is more than 2 percent in HbA1c and more than 20 percent in FBS. Thus there must be further studies with the effect of millet intake on effect on their glycaemic control and lipid profile with longer duration of follow up and more number of patients.

[READ FULL TEXT HERE!](#)



## 2. On the Interframe Relational Relativity: A Unified Proposal Beyond Frame-Invariant Spacetime

Pratham Bansal (2023)  
Independent Theoretical Researcher

**Abstract:** This paper proposes a novel extension to Special and General Relativity, introducing the theory of Interframe Relational Relativity (IRR). IRR suggests that the geometry of spacetime is not only dependent on individual frames or local fields but is fundamentally shaped by the relational information exchange between observers. By defining a new construct—the Mutual Relativity Tensor (MRT)—the paper integrates elements of classical relativistic motion, gravitational influence, and quantum informational entanglement. The result is a new theoretical scaffolding that bridges spacetime geometry and observer-bound information theory, potentially guiding future unification efforts between general relativity and quantum mechanics.

[READ FULL TEXT HERE!](#)



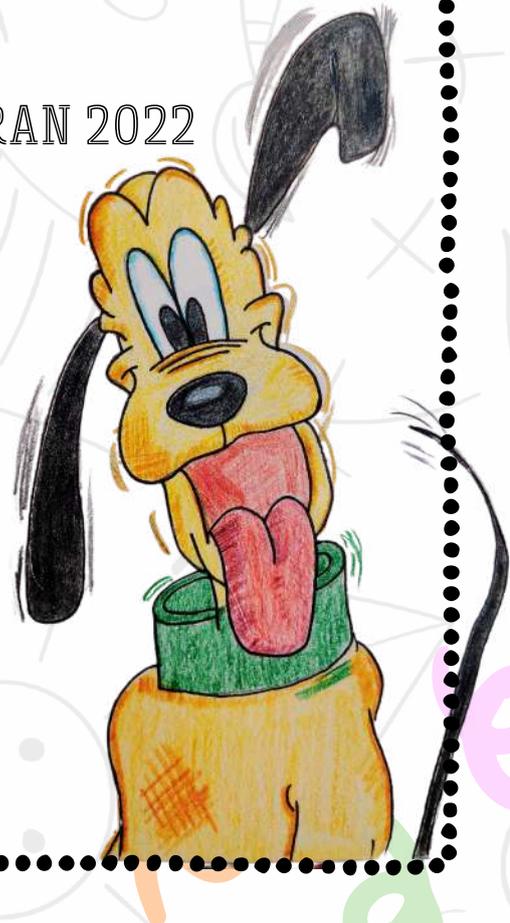
# MID-LECTURE CREATIVES



PALVI 2022



JAPTARAN 2022



'MEDSTUDENT'



MANSHA (2022)

MUSKAN D. (2022)



# THROUGH MY LENS

**A JOURNEY INTO ASTROPHOTOGRAPHY—BY DR. SUMIT PRINJA  
(HOD-ENT)**



Amidst the hustle of our daily lives, we often forget to look up. But for me, the night sky has always held a quiet invitation—an infinite canvas of mystery and wonder. That curiosity eventually grew into my most cherished hobby: astrophotography.

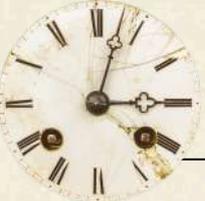
Astrophotography is more than just photographing stars. It's about capturing light that has travelled across unimaginable distances—sometimes millions of years—just to reach our eyes. The process requires patience, precision, and a deep connection with the cosmos.

Each shot involves aligning the telescope, waiting for the right atmospheric conditions, and often stacking multiple exposures to reduce noise and bring out faint details.

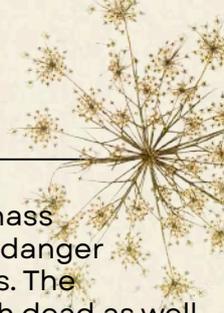
Among all celestial objects, the Orion nebula (messier 42) remains one of my favorites.

Located about 1,344 light-years away in the constellation Orion, it is a stellar nursery where new stars are born. The sheer beauty of its glowing gas clouds and intricate structure reminds me why I fell in love with the sky in the first place.

Attached here is a photograph I captured of the Orion nebula. It was taken after several hours of tracking & aligning, but the end result was worth every minute. It serves not only as a visual treat but also as a reminder that some of the most extraordinary things in life lie just beyond our sight—until we choose to look deeper.



# MEASURED MIRACLE



I learnt in medical school the concept of triage. Triage is a system of categorizing patients in mass casualty to maximize productivity with limited personal. Red stands for the ones in immediate danger but salvageable, yellow stands for stable but can deteriorate and green stand for minor injuries. The catch is all about the black. A color representing death and hopelessness. It is assigned to both dead as well as the ones who the nurse/doctor thinks are impossible to save. Though all lives have the same worth, we pick and choose our battles.

In every job, humans try to seek glory. As a doctor, excitement comes when the red and the yellow patients come, and we push the boundaries of medicine because we know we can save them if we tried. The reward is the glory that awaits us when we make the correct diagnosis and patient goes home. But the black holds no excitement or glory. At best, just a tiny glimmer of hope.

I think subconsciously, I as a doctor apply triage for every patient I see. I assume I know the ones I can save with my medical knowledge and I tie black to the ones who are terminal or beyond my help. This is the story of that black tie.

Mongaldei was a young teenage girl who came with TB abdomen. She came with severe pain and swelling of her entire body. The minute I saw her and her diagnosis, I knew she will succumb to the fate every severe Tb abdomen patient I have seen thus far- slow and painful death. But as doctors we don't give up hope in front of our patients. We offer the best we have and if we believe in God, we pray too.

She came from an interior tribal community and stayed in the hospital for many weeks. Her mother was a cheerful, strong, clever woman who never gave up. Day in and day out we saw Mongaldei struggle with pain. We had maxed out on her pain medicines, so her case was status quo most of the days. We gave other supportive treatment along with anti Tb medicines. I must confess, many days, I didn't want to see her. There was nothing I could do that wasn't already done. There was no glory or excitement. Just a formality of writing my notes. She only said one thing- Botha(pain) and I would hear that and return changing nothing.

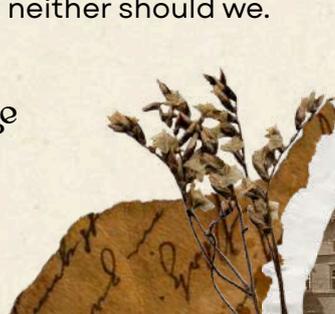
The concept of what to pray for, changed a lot over my past few years. While initially I used to be like a child, asking even impossible things and miracles, I thought I matured in my faith when I started asking for God's will to be done. The truth is our mind is a manipulative one. It uses the intellect to find the natural course of action and then pray for the same in the name of God's will and finally when that happens, our prayer worked, and we aren't angry with God. Seems like a safe play. As a doctor, I would use my intellect to know which patients deserve my prayer for a miracle. I would ask for a miracle of healing for a septic shock patient who I have followed all treatment protocols for, whilst for a cancer patient or a Tb abdomen, I would ask God for a peaceful death because a miraculous recovery seems unlikely. In short, I believed that those diseases were bigger than my God.

I did the same for Mongaldei. For I knew, the moment she died, she would be in a peaceful place with her Father. Oh the lies we tell ourselves! I lost her long before she succumbed to death. I lost her because I didn't have hope that she was worthy of a miracle. As I look back, I realized, I should have fought harder for her in the spiritual realm. I shouldn't have just said a single line of prayer- May your will be done and escaped my spiritual burden to pray for her. Maybe I should go back to being a child and asking God fervently for everything that I want and if he doesn't fulfill it, it's His will. Like my father

would say; Inshallah! But I cannot decide which prayer is too improbable to be put at the foot of the cross.

The story of Mongaldei and her mother is a painful and inspiring one. It taught me how as a doctor, without a hopeful mind, I cannot serve my patients to the best of my abilities. But even the most painful encounters are forgotten with time. So I write this article in their memory, so that they are remembered from time to time as two courageous people who decided to seek a miracle and fought for it till her dying breath. They didn't give up hope, neither should we.

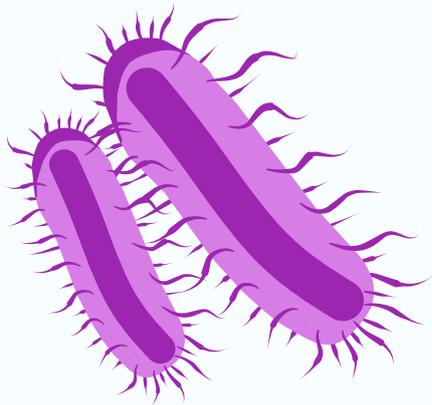
-Dr. Mekha Jude George



# TUBERCULOSIS

## THE COMEBACK NOBODY WANTED

**Dr. Saloni Chalana, Dr Parminder Pal Singh (Microbiology)**



### "I cough, therefore I fear."

**I**n a world obsessed with speed-instant noodles, 5G internet, express delivery-Tuberculosis creeps in like a slow shadow.

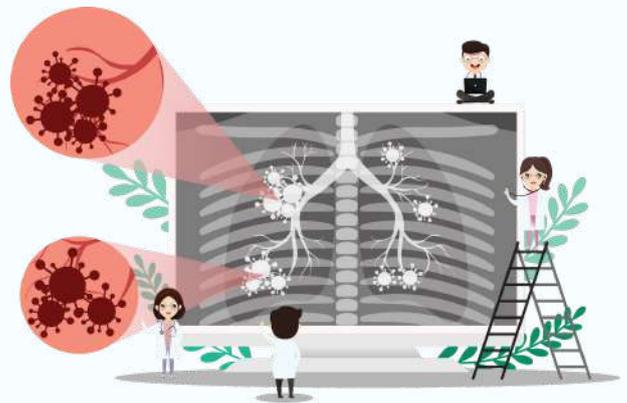
Ancient, persistent, and surprisingly clever, this tiny bacillus (*Mycobacterium tuberculosis*) has outlived empires, pandemics, and even modern medicine's best attempts to stamp it out.

You've probably heard of TB in textbooks-some dry fact buried between pages on acid-fast bacilli and sputum smears. But did you know TB once killed more people than war and plague combined in 19th-century Europe? That it still kills over 1.3 million people every year? Or that India holds the unfortunate title of having the world's highest TB burden?

### The Master of Disguise

TB is no ordinary germ. It's a master of disguise-infecting lungs, sure-but also striking silently in the bones, brain, kidneys, and even the spine. That's why we call it "The Great Imitator." Fever, weight loss, fatigue, a nagging cough-often brushed off until it's too late.

But here's the catch: you can carry TB and not even know it. Latent TB infection sits quietly, sometimes for years, waiting for your immunity to drop its guard. A biological sleeper cell.



### Weapons of War: Diagnosis & Treatment

Luckily, we've come a long way since the days of chest X-rays and guesswork. Today, we have CBNAAT (GeneXpert) machines that whisper the TB diagnosis in under 2 hours. We have Line Probe Assays that reveal drug resistance like a crime lab fingerprinting a suspect.

But the war isn't over.

Drug-resistant TB (MDR-TB and XDR-TB) is like a villain who's memorized your moves. First-line drugs-rifampicin, isoniazid-often bounce off it. That's where new weapons like bedaquiline and delamanid step in, changing the game.



## India's Moonshot: TB free by 2025?

The Indian government's National TB Elimination Programme (NTEP) is nothing short of a moonshot. It aims

Tuberculosis: The Comeback Nobody Wanted to eliminate TB five years before the WHO global target of 2030. Bold? Yes. Possible? Maybe.

With Nikshay Poshan Yojana (nutritional support), digital adherence tracking, and community-level awareness, we're getting closer. But stigma, poor awareness, and treatment dropouts are still huge roadblocks.

## Hope in the Lab

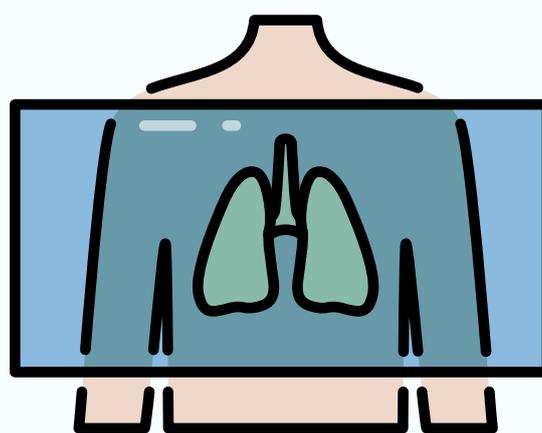
Science is catching up. A new TB vaccine, M72/AS01E, has shown promising results in trials. We're exploring genetic sequencing to personalize TB treatment. AI is reading X-rays faster than junior residents.

But here's the twist: technology alone can't beat TB. It needs empathy, awareness, and action-especially from the future healthcare force (yes, that's you!).

## Final Diagnosis: Not Just a Disease

TB isn't just a bacterial infection. It's a social mirror-reflecting poverty, malnutrition, overcrowding, and systemic neglect. It's not just fought in labs, but in homes, villages, and slums.

If we're going to win this, it will be because students, doctors, nurses, and public health warriors dared to care.



## Call to Action

So the next time you hear a persistent cough-don't just hand over a cough syrup. Think TB. Talk TB. Test TB. Because somewhere in that silence, a life might be waiting to be saved.



# ANEURYSMAL BONE CYST OF THE CALCANEUS: A RARE CASE REPORT



**Dr. Manmohan Singh, Dr. Kapil Bansal, Dr. Lovish Gulbadhar, Dr. Nishant, Dr. Neeraj Singla**  
**Dept. of Orthopaedics, Guru Gobind Singh Medical College, Faridkot, Punjab.**

## INTRODUCTION

- Tumors of the calcaneum - rare [1].
- An ABC is neither a cyst nor a neoplasm.
- The current theory is that the lesion is an interosseous AV malformation.
- Aneurysmal bone cyst (ABC) - locally aggressive benign tumor .
- > 80 % of cases, the lesion affects patients under the age of twenty , with female predominance[2].
- Site- metaphysical regions of the long bones and the vertebrae [3].
- Only 3 % of cases have been reported in the foot, of which only 1.6 % involve the calcaneus [4].



Fig. 1

## CASE REPORT

- 18-year-old female presented with complaint of heel discomfort since past 3 months.
- No history of trauma.
- General examination- WNL
- local examination,-tender swelling of approximately 2.0 cm × 1.0 cm, hard in consistency noted over the lateral aspect of the left heel with no local rise of temperature.
- Tenderness increased on the inversion of the left ankle.
- No evidence of sinus/scars/limb lengthening was noted.
- Her ESR was 8 mm/hr and CRP was 6mg/L.
- X-rays of left ankle lateral view - lytic lesion in the calcaneum with multiple septae (Figure 1).
- MRI- expansile multiloculated cystic lesion with thin sclerotic rim at places measuring approx. 4.9 x 3.6 x 3.4cms (AP X TR X CC) in posterior medial aspect of calcaneum.
- Heterogeneously hyperintense on T2-weighted (T2W) image with fluid-fluid levels showing area of T1 hyperintensity (Figure 2).
- Needle biopsy was done & sent for histopathology.
- Histopathology report: degenerated bony trabeculae, woven bone, haemorrhage fibroadipose tissue. Multinucleated giant cells seen.
- After confirmation by biopsy via extensile lateral approach wide curettage, chemical cauterization (diluted phenol, H<sub>2</sub>O<sub>2</sub> and cauterization) was done, f/b bone grafting by cancellous bone graft (i/l iliac crest) on medial aspect of cyst d/t cortical breach and bone cementing of rest of the cavity was done & curated material and bony spicules sent for histopathological analysis. (Figure 3)
- Biopsy report s/o ABC, confirms our radiological diagnosis
- Postop- POP back slab for 2 weeks f/b POP cast for 2 month & patient was started on calcium supplements, vit D, bisphosphonates (Alondronate 7mg weekly) for 3 months.
- Patient was non weight bearing for 1 month after which partial weight bearing with POP cast for 2 months and then full weight bearing after 2 months and ankle ROM exercises started after pop cast removal
- F/U- significant improvement and the patient was completely pain free after 3 months,
- No sign of recurrence seen postop month 6.



Fig. 2

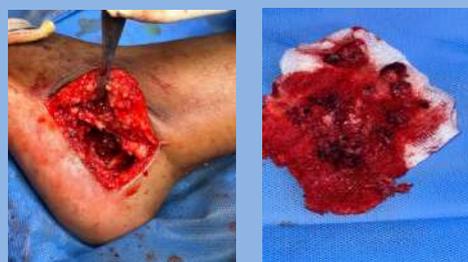


Fig. 3



Fig. 4

## DISCUSSION

- ABC of the calcaneus is a rare presentation that accounts for about 1.6% of all ABCs [3].
- Greatest clinical problem associated with ABC is local recurrence.
- Other treatment options for ABC include sclerotherapy which will be suitable for small sized cyst of ABC .
- Sclerotherapy possesses great advantage of being a minimally invasive technique & with less recurrence rate but sclerotherapy is not indicated when lesion of >5cm , in our case the lesion was >5cm size so we opted extended curettage and bone grafting and cementing option.

## CONCLUSION

- Proper diagnosis entails correlating the clinical presentation, anatomical location, radiological profile, and histopathological appearance.
- It is imperative not only to exclude other more common histological mimics (Non ossifying fibroma, solitary bone cyst, GCT), but also for choosing the appropriate therapeutic regimen and prognosticating the disease outcome[4].

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# EMPOWER YOUR BLOOD, EMPOWER YOUR LIFE: THE FIGHT AGAINST ANEMIA

## WHAT IS ANEMIA?

Anemia is a condition where the body lacks enough healthy red blood cells to carry adequate oxygen to tissues and organs.



Trends of Anemia in India - National Family Health Survey-5 (2019-2021), India

**Dr. Navjot Singh,  
(Dept. of Community  
Medicine )**

## HIGH RISK GROUPS



Children aged  
6 months-9 years



Adolescent girls  
and boys aged  
10-19 years



Women of  
reproductive age



Pregnant and  
lactating women

## CAUSES

- Nutritional deficiency- Iron, Folate, Vitamin B12
- Chronic Diseases- Kidney disease, Cancer
- Infections- Malaria, Parasitic Worms
- Genetic disorders- Thalassemia, Sickle Cell Disease



Fatigue



Pale Skin

## SYMPTOMS



Shortness of  
Breath



Dizziness



Cold Hands  
and Feet

## TACKLING ANAEMIA



Iron, Protein and  
Vitamin C Rich  
Food



Iron and Folic  
Acid  
Supplementation



Periodic  
Deworming &  
Infection Control



Testing &  
Treatment of  
Anemia



Iron and Folic  
Acid Fortified  
Foods



## IRON UP FOR A STRONGER TOMORROW!

- Adopt Healthy Diet & Lifestyle
- Support & Join Awareness Campaigns
- Advocate for Better Healthcare Access
- Regular Health Check-ups





## Based on a Tree Story

*There is a tree, it stands mighty and green  
With every ray giving a lustrous sheen.  
A tiny bud of flower appears  
It blossoms and turns into a sphere,  
The tree bore it's fruit after so many years  
The leaves fall as if they were tears.  
It covers the fruit with its leaves and twines  
"For no one should see you sweet child of mine",  
As the little fruit grew and eventually ripened  
The inevitable truth, had the tree frightened,  
The time was here, to let it go  
The fruit was still too young to know,  
The tree drew its hands away  
With wind the fruit started to sway,  
It fell with a thud onto the ground  
Smashed one side with blood all around,  
Getting devoured by ants and bees  
Tearful eyed watched the tree, its slowly decaying dear baby,  
Gradually losing the fight of life  
The earth could not bear the sight,  
It took the dead into its embrace  
When you thought it was over, a tiny sapling sprang out with "grace!"*

© Inkandpapyrus271/sana

Dr. Sana Grace (Pharmacology)

# *Being a Friend*

We have something that hold us together,  
Something that made us both better!  
Something called being a friend.  
It makes the fun never end.

And it helps me to know that when I am down and blue,  
Because you are my friend I can count on you.

We run through life without a car.  
Would anyone try to part us?  
They would not dare.

And when the time comes for me to go,  
I really want for you to know.  
That even though my life has come to an end,  
I will never stop being your friend.

Dr. Parminder  
Dr. Manveer  
Dr. Ankita

Department of Microbiology

## *Bet on yourself and you'll never lose!*

सफ़र में मुश्किलें आएँ,  
तो हिम्मत और बढ़ती है ।

कोई अगर रास्ता रोके,  
तो ज़ुरत और बढ़ती है ।

बिकने पे आ जाओ,  
तो घट जाते हैं दाम अक्सर ।

ना बिकने का इरादा हो,  
तो कीमत और बढ़ती है ।

Dr. Amit Kumar Gaur (alias Dr. Richy),  
Department of Anesthesiology

## *To be a doctor*

A white coat draped over your back,  
A stethoscope dangling around your neck.  
Pumping the BP cuff all day long,  
The trip to the wards feels like a daily trek.  
Sometimes you wish you had wings—  
To be a doctor... is a lot of things.

An IV line that goes in perfectly,  
An injection that works its magic instantly.  
A shoulder that stabilizes with a click,  
You work like peasants but feel like kings.  
To be a doctor... is a lot of things.

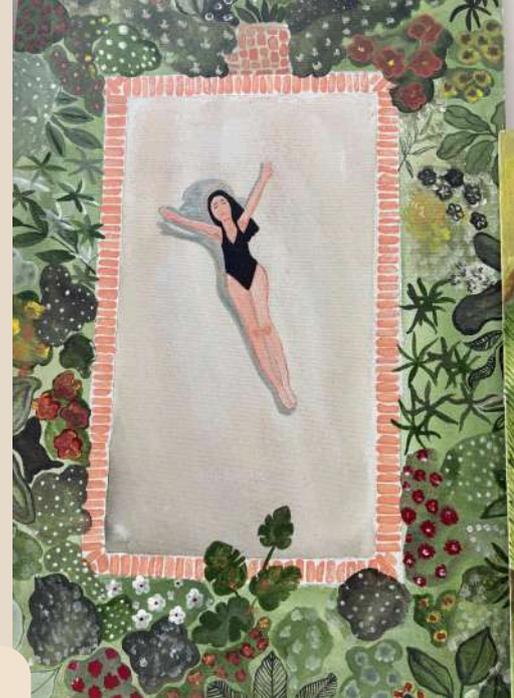
You intubate, perform CPR, and pump in adrenaline,  
The pulse won't beat—it goes flat in the end.  
The bleeding won't stop, the hands won't bend,  
There is sadness whenever the thread of life thins.  
You must accept whatever the day brings—  
To be a doctor... is a lot of things.

A child who gets up and plays again,  
A granny who can climb up the stairs in the end.  
The young man who walks out of the ICU, cured—  
And you didn't even take a breath, rest assured.  
For you must run—the phone constantly rings.  
To be a doctor... is a lot of things.

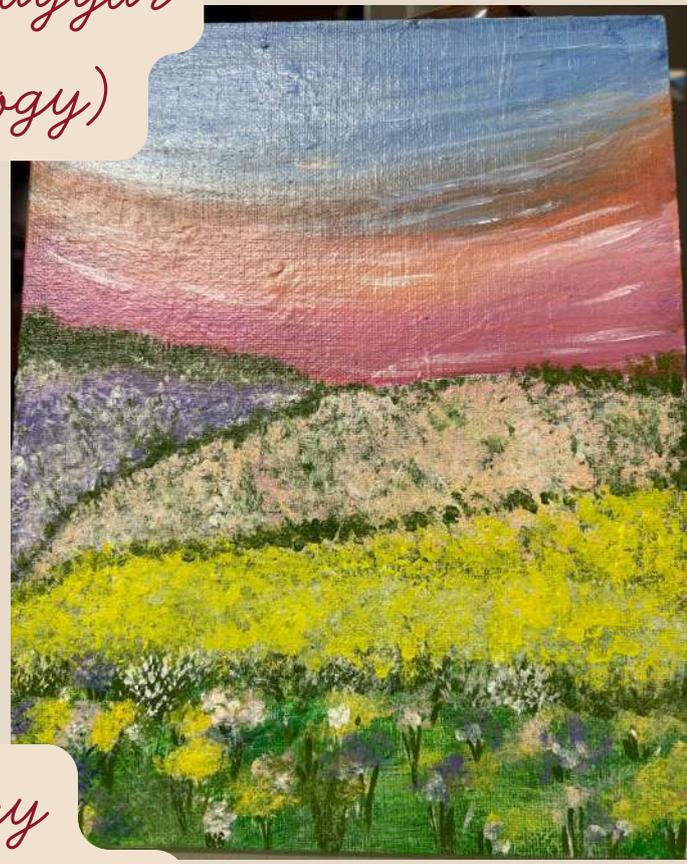
Scrubs, discharges, murmurs, and charts,  
Wounds, OPDs, fellowships, and difficult starts.  
Sleepless nights, rumours, patience, and pain,  
Cough, fever, vomit, and wheeze again.  
Somehow, you do manage to grow wings—  
To be a doctor... is a lot of things.

Dr Saloni  
Dr Parminder  
Dr. Kiran

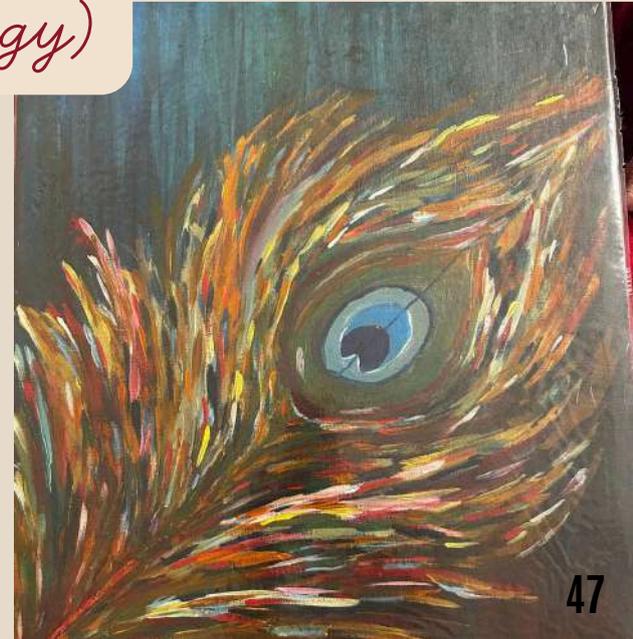
Department of Microbiology



*Dr. Surbhi Nayyar  
(Microbiology)*



*Dr. Princy  
(Radio-oncology)*



# ਮੈਂ ਬੋਝ ਨਹੀਂ ਹਾਂ

ਮੈਨੂੰ ਚਾਰੇ ਪਾਸਿਆਂ ਤੋਂ ਅਵਾਜ਼ਾਂ ਸੁਣਾਈ ਦਿੰਦੀਆਂ ਹਨ। ਮੈਂ ਕਿਸੇ ਨੂੰ ਦੇਖ ਨਹੀਂ ਸਕਦੀ, ਪਰ ਮੈਨੂੰ ਅਵਾਜ਼ਾਂ ਦੀ ਪਛਾਣ ਆਉਣ ਲੱਗ ਪਈ ਹੈ। ਪਤਲੀ ਆਵਾਜ਼ ਤੇ ਬੱਚੇ ਦੇ ਰੋਣ ਦੀ ਆਵਾਜ਼। ਪਹਿਲਾਂ ਤਾਂ ਮੈਨੂੰ ਸਮਝ ਨਹੀਂ ਸੀ ਆਉਂਦੀ ਕਿ ਕਿਹੜਾ ਕੌਣ ਹੈ। ਇਕ ਭਾਰੀ ਆਵਾਜ਼ ਕਿਸੇ ਅਧਖਤ ਉਮਰ ਦੇ ਆਦਮੀ ਦੀ ਹੈ ਤੇ ਇਕ ਪਤਲੀ ਆਵਾਜ਼ ਇਕ ਔਰਤ ਦੀ ਹੈ।

ਇੱਕ ਜਵਾਨ ਆਵਾਜ਼ ਜਦੋਂ ਦੀ ਹਸਪਤਾਲ ਤੋਂ ਹੋ ਕੇ ਆਈ ਹੈ ਤਾਂ ਉਸ ਦਿਨ ਤੋਂ ਮੇਰੇ ਆਲੇ ਦੁਆਲੇ ਦੀਆਂ ਅਵਾਜ਼ਾਂ ਦੀ ਹਰ ਇਕ ਆਵਾਜ਼ ਦੀ ਟੋਨ ਬਦਲ ਗਈ ਹੈ। ਹਰ ਰੋਜ਼ ਇਹ ਅਵਾਜ਼ਾਂ ਉੱਚੀ ਉੱਚੀ ਗੱਲਾਂ ਕਰਦੀਆਂ ਹਨ। ਇਕ ਆਵਾਜ਼ ਮੇਰੇ ਬਹੁਤ ਹੀ ਨਜ਼ਦੀਕ ਹੈ। ਮੈਂ ਇਸ ਆਵਾਜ਼ ਦੇ ਹਉਂਕਿ ਸੁਣਦੀ ਹਾਂ। ਮੈਂ ਉਸ ਦੇ ਅੰਦਰ ਇਕ ਦੀਵਾਰ ਦੇ ਪਿਛੇ ਸੁੰਘੜੀ ਬੈਠੀ ਹਾਂ। ਮੈਂ ਉਸਦੀ ਹਰ ਹਰਕਤ ਤੋਂ ਵਾਕਿਫ਼ ਹੋ ਗਈ ਹਾਂ। ਕਦੀ ਕਦੀ ਉਹ ਆਪਣੇ ਨਾਲ ਹੀ ਗੱਲਾਂ ਕਰਦੀ ਹੈ। "ਤੂੰ ਮੇਰੇ ਅੰਦਰ ਬੜੇ ਅਰਾਮ ਨਾਲ ਬੈਠੀ ਹੈਂ ਤੇ ਇਸ ਰੰਗ ਬਿਰੰਗੀ ਦੁਨੀਆਂ ਨੂੰ ਦੇਖਣਾ ਚਾਹੁੰਦੀ ਹੈਂ।" ਉਸਦੀਆਂ ਗੱਲਾਂ ਤੋਂ ਮੈਨੂੰ ਪਤਾ ਲੱਗਿਆ ਹੈ ਕਿ ਮੈਂ ਵੀ ਉਸ ਔਰਤ ਦੀ ਤਰ੍ਹਾਂ ਸ਼ਾਇਦ ਇਕ ਔਰਤ ਹੀ ਹਾਂ।

"ਮੈਂ ਬੋਝ ਹਾਂ, ਮੇਰੀ ਬੱਚੀ "

"ਪਰ ਕਿਉਂ ਮਾਂ?"

"ਮੈਨੂੰ ਸਮਾਜ ਤੋਂ ਡਰ ਲੱਗਦਾ ਹੈ, ਇਸ ਦੇਸ਼ ਵਿਚ ਇਕ ਕੁੜੀ ਦਾ ਪੈਦਾ ਹੋਣਾ ਮਨਹੂਸ ਸਮਝਿਆ ਜਾਂਦਾ ਹੈ।"

"ਪਰ ਕਿਉਂ ਮਾਂ? ਤੂੰ ਕੁਝ ਕਹਿੰਦੀ ਕਿਉਂ ਨਹੀਂ?"

"ਮੈਂ ਕੀ ਕਹਿ ਸਕਦੀ ਹਾਂ? ਇੱਥੇ ਔਰਤ ਦੀ ਸੁਣਦਾ ਹੀ ਕੌਣ ਹੈ।"

"ਮੈਂ ਤਾਂ ਤੇਰਾ ਪਹਿਲਾ ਤੇ ਇੱਕੋ ਹੀ ਬੱਚਾ ਹੋਵਾਂਗੀ।"

"ਨਹੀਂ ਮੇਰੀ ਬੱਚੀ, ਤੇਰੇ ਡੈਡੀ ਦਾ ਪਹਿਲਾਂ ਵੀ ਇਕ ਬੱਚਾ ਹੈ। ਇੱਥੇ ਆਦਮੀ ਦੀ ਹੀ ਸੁਣੀ ਜਾਂਦੀ ਹੈ।"

"ਮੈਂ ਵੀ ਔਰਤ ਹਾਂ, ਠੀਕ ਹੈ ਨਾ?"

"ਹਾਂ, ਟੈਸਟ ਵਾਲੀ ਮਸ਼ੀਨ ਇਹੀ ਦੱਸਦੀ ਸੀ। ਔਰਤ ਦਾ ਜ਼ਿੰਦਾ ਰਹਿਣਾ ਠੀਕ ਨਹੀਂ ਖ਼ਾਸ ਕਰਕੇ ਜੇ ਉਹ ਵੀ ਔਰਤ ਹੈ।"

"ਪਰ ਮਾਂ ਹੋ ਸਕਦਾ ਹੈ ਮੈਂ ਲੜਕਾ ਹੀ ਹੋਵਾਂ।"

"ਮਸ਼ੀਨ ਝੂਠ ਨਹੀਂ ਬੋਲਦੀ।"

"ਮਾਂ, ਮੈਨੂੰ ਕਿਸੇ ਤਰਹ ਬਚਾ ਲੈ। ਮੈਂ ਵੀ ਦੁਨੀਆਂ ਦੇਖਣੀ ਹੈ।"

"ਕਾਸ਼ ਮੈਂ ਇੰਜ ਕਰ ਸਕਦੀ।"

"ਕੀ ਮੇਰਾ ਡੈਡੀ ਵੀ ਮੈਨੂੰ ਦੁਨੀਆਂ ਦੇਖਣ ਤੋਂ ਪਹਿਲਾਂ ਹੀ ਮੇਰਾ ਜਿਉਣ ਦਾ ਹੱਕ ਖੋਹਣਾ ਚਾਹੁੰਦਾ ਹੈ?"

"ਤੇਰੇ ਡੈਡੀ ਦਾ ਤੇ ਤੇਰੀ ਦਾਦੀ ਦਾ ਹੁਕਮ ਹੈ ਕਿ ਇਸ ਘਰ 'ਚ ਲੜਕੀ ਨਹੀਂ ਪੈਦਾ ਹੋਣ ਦੇਣੀ।"

"ਪਰ ਮਾਂ, ਦਾਦੀ ਵੀ ਤਾਂ ਔਰਤ ਹੀ ਪੈਦਾ ਹੋਈ ਸੀ।"

"ਤੂੰ ਠੀਕ ਕਹਿ ਰਹੀ ਏਂ, ਮੇਰੀ ਬੱਚੀ। ਪਰ ਮੇਰੀ ਆਵਾਜ਼ ਕਬਾੜਖਾਨੇ 'ਚ ਤੂਤੀ ਦੀ ਆਵਾਜ਼ ਹੈ। ਮੇਰੀ ਕੌਣ ਸੁਣਦਾ ਹੈ ਇੱਥੇ। ਮੇਰਾ ਵੱਸ ਚਲਦਾ ਤਾਂ ਮੈਂ ਟੈਸਟ ਕਰਵਾਉਣਾ ਹੀ ਨਹੀਂ ਸੀ।"

"ਮਾਂ ਜੇ ਧਰਤੀ ਮਾਂ ਹੀ ਬੀਜ ਉਗਲ ਦੇਵੇ ਤਾਂ ਫ਼ਸਲ ਦੀ ਪੈਦਾਇਸ਼ ਕਿਸ ਤਰ੍ਹਾਂ ਹੋਵੇਗੀ। ਜੇ ਇਸ ਤਰ੍ਹਾਂ ਕੁੜੀਆਂ ਨੂੰ ਜਨਮ ਤੋਂ ਪਹਿਲਾਂ ਹੀ ਮਾਰ ਦਿਓਗੇ ਤਾਂ ਦੁਨੀਆਂ ਹੀ ਖਤਮ ਹੋ ਜਾਏਗੀ।"

"ਹਾਂ ਠੀਕ ਹੈ ਤੇਰਾ ਖ਼ਿਆਲ। ਪਰ ਏਨੀ ਦੂਰ ਦੀ ਕੌਣ ਸੋਚਦਾ ਹੈ।"

"ਮਾਂ ਕੁੜੀਆਂ ਨੂੰ ਜਿਉਣ ਦਾ ਹੱਕ ਕਿਉਂ ਨਹੀਂ। ਇਕ ਵਾਰੀ ਮੈਨੂੰ ਦੁਨੀਆਂ ਦੇਖ ਲੈਣ ਦੇ। ਮੈਂ ਤੇਰੇ ਸਾਰੇ ਸੁਪਣੇ ਪੂਰੇ ਕਰ ਦਿਆਂਗੀ।"

"ਸਿਰਫ਼ ਹੱਕ ਦੀ ਗੱਲ ਨਹੀਂ। ਲੜਕੀ ਦਾ ਪਾਲਣਾ ਬਹੁਤ ਔਖਾ ਹੈ। ਇਹ ਤਾਂ ਇਕ ਆਟੇ ਦਾ ਪੇੜਾ ਹੈ। ਬਾਹਰ ਜਾਵੇ ਤਾਂ ਕਾਂ ਖਾ ਜਾਣਗੇ, ਅੰਦਰ ਰੱਖੇ ਤਾਂ ਚੂਹੇ। ਜੇ ਪਾਲ ਪੇਸਕੇ ਪੜ੍ਹਾ ਲਿਖਾਕੇ ਵਿਆਹ ਕਰ ਦਿਉ ਤਾਂ ਕੁੜੀ ਦੇ ਸੋਹਰਿਆਂ ਦਾ ਢਿਡ ਭਰਨਾ ਕਿਹੜਾ ਆਸਾਨ ਹੈ। ਜੇ ਇੱਕ ਉਨ੍ਹਾਂ ਦੀ ਖਾਹਸ਼ ਪੂਰੀ ਕਰੇ ਤਾਂ ਦੂਜੀ ਤਿਆਰ ਹੋ ਜਾਂਦੀ ਹੈ। ਉਨ੍ਹਾਂ ਦੇ ਢਿਡ ਵੀ ਗੁਥਾਰੇ ਦੀ ਤਰ੍ਹਾਂ ਫੁੱਲੀ ਹੀ ਜਾਂਦੇ ਹਨ। ਹਾਲੇ ਪਿਛਲੇ ਹਫ਼ਤੇ ਹੀ ਆਪਣੇ ਲੰਬੜਾਂ ਦੀ ਕੁੜੀ ਨੂੰ ਤੇਲ ਪਾਕੇ ਸਾੜ ਦਿੱਤਾ ਕਿਉਂਕਿ ਜਵਾਈ ਸਾਹਬ ਨੂੰ ਕਾਰ ਚਾਹੀਦੀ ਸੀ। ਕੀ ਕੀ ਦੱਸਾਂ ਤੈਨੂੰ। ਇਹ ਦੁਨੀਆਂ ਕਿਸੇ ਨੂੰ ਜਿਉਣ ਨਹੀਂ ਦਿੰਦੀ।"

# ਮੈਂ ਬੋਝ ਨਹੀਂ ਹਾਂ

“ਕੀ ਕੋਈ ਕਾਨੂੰਨ ਨਹੀਂ ਜੋ ਮੇਰੇ ਵਰਗੇ ਅਣਜੰਮੇ ਬੱਚਿਆਂ ਦੀ ਮਦਦ ਕਰ ਸਕੇ?”

“ਕਾਨੂੰਨ ਤਾਂ ਬਹੁਤ ਹਨ, ਪਰ ਕੋਈ ਕਾਨੂੰਨ ਨੂੰ ਮੰਨਦਾ ਹੀ ਨਹੀਂ। ਸਰਕਾਰ ਨੇ ਦਹੇਜ ਲੈਣਾ ਤੇ ਦੇਣ ਦਾ ਕਾਨੂੰਨ ਬਣਾਇਆ ਹੈ, ਪਰ ਲੋਕ ਚੋਰੀ ਚੋਰੀ ਅਪਣੀ ਧੀ ਨੂੰ ਦਿੰਦੇ ਹਨ। ਤੇ ਸੌਹਰੇ ਪਹਿਲਾਂ ਹੀ ਚੀਜ਼ਾਂ ਦੀ ਲਿਸਟ ਬਣਾ ਕੇ ਭੇਜ ਦਿੰਦੇ ਹਨ। ਨਾ ਕੋਈ ਸ਼ਿਕਾਇਤ ਕਰਦਾ ਹੈ ਤੇ ਨਾ ਹੀ ਕੋਈ ਸੁਣਦਾ ਹੈ। ਨਾ ਦਿਉ ਤਾਂ ਬਰਾਤ ਵਾਪਸ ਲੈ ਜਾਂਦੇ ਹਨ। ਪੁਲਿਸ ਵੀ ਆਵੇ ਤਾਂ ਉਸਨੂੰ ਚੋਰੀ ਪੈਸੇ ਦੇਕੇ ਰਫ਼ਾ-ਦਫ਼ਾ ਕਰ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ। ਬੱਚਾ ਗਿਰਾਉਣਾ ਵੀ ਇੱਕ ਜੁਰਮ ਹੈ। ਜੇ ਕੋਈ ਡਾਕਟਰ ਫੜਿਆ ਜਾਵੇ ਤਾਂ ਰਿਸ਼ਵਤ ਦੇਕੇ ਕੇਸ ਰਫ਼ਾ - ਦਫ਼ਾ ਕਰ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ ਮੇਰੀ ਬੱਚੀ, ਇਸ ਦੁਨੀਆ ਦਾ ਮੈਂ ਕੀ-ਕੀ ਦੱਸਾਂ।”

ਹਾਲੇ ਮਾਂ ਅਤੇ ਅਣਜੰਮੇ ਬੱਚੇ ਦੀਆਂ ਗੱਲਾਂ ਹੋ ਹੀ ਰਹੀਆਂ ਸਨ ਕਿ ਇਕ ਦਰਵਾਜ਼ਾ ਹਵਾ ਦੇ ਝੌਂਕੇ ਵਾਂਗੂ ਖੁੱਲਣ ਦੀ ਆਵਾਜ਼ ਆਈ ਤੇ ਫਿਰ ਝੱਟ ਦੇਣੀ ਬੰਦ ਹੋ ਗਿਆ। ਮਾਂ ਨੂੰ ਸਟਰੈਚਰ ਉੱਤੇ ਪਾ ਕੇ ਅੰਦਰ ਲਿਆਂਦਾ ਗਿਆ।

“ਹਾਲੇ ਵੀ ਵਕਤ ਹੈ, ਮਾਂ, ਮੈਨੂੰ ਬਚਾ ਲੈ। ਮੈਂ ਤੇਰੇ ਤੋਂ ਕੁਝ ਨਹੀਂ ਮੰਗਾਂਗੀ। ਆਪਣੇ ਖਿਲੋਣੇ ਵੀ ਵੀਰੇ ਨੂੰ ਦੇ ਦਿਆਂਗੀ। ਮੈਂ ਤੇਰੀ ਤੇ ਡੈਡੀ ਦੀ ਉਮਰ ਭਰ ਸੇਵਾ ਕਰਾਂਗੀ। ਮਾਂ ਤੂੰ ਗੁੰਗੀ ਨਹੀਂ ; ਤੇਰੀ ਇੱਕ ਆਵਾਜ਼ ਨਾਲ ਮੈਂ ਜ਼ਿੰਦਾਂ ਰਹਿ ਸਕਦੀ ਹਾਂ।”

ਠਾਹ ਕਰਕੇ ਦਰਵਾਜ਼ਾ ਫਿਰ ਖੁਲ੍ਹਿਆ, ਕਸਾਈ ਕਮਰੇ 'ਚ ਦਾਖਲ ਹੋਏ ਤੇ ਮੇਰੇ ਇਸ ਖੂਬਸੂਰਤ ਦੁਨੀਆਂ ਨੂੰ ਆਪਣੇ ਝੂਠੇ ਸੰਸਕਾਰਾਂ ਦਾ ਨਾਉਂ ਦੇ ਕੇ ਕੁਚਲ ਦਿੱਤਾ।

ਮਾਂ ਨੂੰ ਇੱਕ ਇੰਜੇਕਸ਼ਨ ਦਿੱਤਾ ਗਿਆ। “ਕਿੰਨੀ ਕੁ ਦੇਰ ਲੱਗੇਗੀ ਡਾਕਟਰ ਸਾਹਿਬ?”  
“ਤਕਰੀਬਨ ਇਕ ਘੰਟਾ ਹੀ ਸਮਝੋ।”

ਮੈਂ ਅਪਣੀ ਕਾਲੀ, ਹਨੇਰੀ ਅਤੇ ਗਰਮੀ ਨਾਲ ਤਪਦੀ ਗੁਫ਼ਾ 'ਚੋਂ ਬਾਹਰ ਸੀ। ਨਰਸ ਨੇ ਮੈਨੂੰ ਦਸਤਾਨੇ ਵਾਲਿਆਂ ਹੱਥਾਂ 'ਚ ਪਕੜਿਆ ਤੇ ਇਕ ਬੈਗ 'ਚ ਪਾ ਦਿੱਤਾ। ਮੈਂ ਹਾਲੇ ਵੀ ਸਭ ਦੀਆਂ ਗੱਲਾਂ ਸੁਣ ਸਕਦੀ ਸੀ। ਬਾਹਰ ਦੀ ਹਵਾ, ਮੈਨੂੰ ਚੰਗੀ ਲੱਗੀ ਭਾਵੇਂ ਥੋੜ੍ਹੇ ਸਕਿੰਟਾਂ ਦੀ ਹੀ ਸੀ। ਜਿੰਨੀ ਇਹ ਦੁਨੀਆਂ ਖੂਬਸੂਰਤ ਅਤੇ ਰੰਗ ਬਿਰੰਗੀ ਲੱਗੀ ਓਨੀ ਹੀ ਇਹ ਜ਼ਾਲਮ ਨਿਕਲੀ।

“ਡਾਕਟਰ ਸਾਹਿਬ, ਆਪਦਾ ਬਹੁਤ ਬਹੁਤ ਸ਼ੁਕਰੀਆ ਅਸੀਂ ਥੋੜੇ ਸਾਰੀ ਉਮਰ ਅਹਿਸਾਨਮੰਦ ਰਹਾਂਗੇ।” ਇਹ ਆਵਾਜ਼ ਮੇਰੀ ਮਾਂ ਦੀ ਸੀ।

“ਸ਼ੁਰਕਿਆ ਡਾਕਟਰ ਸਾਹਿਬ, ਅਸੀਂ ਤੁਹਾਡੀ ਮਿਹਰਬਾਨੀ ਦਾ ਕਰਜ਼ ਸਾਰੀ ਉਮਰ ਨਹੀਂ ਉਤਾਰ ਸਕਾਂਗੇ।” ਇਹ ਮੇਰਾ ਬਾਪ ਸੀ।

“ਸ਼ੁਕਰ ਹੈ ਉਸ ਪਰਵਰਦਗਾਰ ਦਾ। ਇਹ ਉਮਰ ਭਰ ਦਾ ਬੋਝ ਉਤਰਿਆ।” ਇਹ ਮੇਰੀ ਦਾਦੀ ਸੀ।

ਜਾਂਦੇ-ਜਾਂਦੇ ਮਾਂ ਨੇ ਨਰਸ ਨੂੰ ਪੁੱਛ ਹੀ ਲਿਆ, “ਮੇਰੀ ਬੇਟੀ ਕੈਸੀ ਸੀ?”

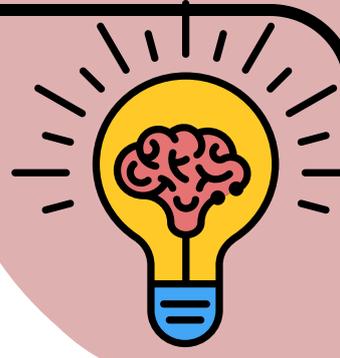
“ਉਹ ਬੇਟੀ ਨਹੀਂ ਉਹ ਆਪਦਾ ਬੇਟਾ ਸੀ, ਦੀਦੀ। ਉਸਨੂੰ ਮਾਰਣਾ ਕਿਉਂ ਚਾਹੁੰਦੇ ਸੀ ਤੁਸੀਂ?”

ਸੁਣਦਿਆਂ ਹੀ ਮਾਂ ਦੀਆਂ ਚੀਕਾਂ ਨਿਕਲ ਗਈਆਂ। ਪਿਉ ਦਾ ਸਿਰ ਸ਼ਰਮ ਨਾਲ ਝੁਕ ਗਿਆ, ਤੇ ਦਾਦੀ ਦੀ ਜ਼ਬਾਨ ਨੂੰ ਸ਼ਾਇਦ ਕਿਸੇ ਸੱਪ ਨੇ ਡੱਸ ਲਿਆ ਸੀ। ਦੂਰੋਂ ਕਿਸੇ ਬੱਚੇ ਦੇ ਹੱਸਣ ਦੀ ਆਵਾਜ਼ ਆ ਰਹੀ ਸੀ ਜਿਹੜੀ ਕਿ ਬੱਚੇ ਦੇ ਘਰ ਵਾਲਿਆਂ ਦੇ ਕਲੇਜੇ 'ਚ ਜਾ ਕੇ ਵੱਜ ਰਹੀ ਸੀ।

- ਡਾ. ਹਰਪ੍ਰੀਤ ਕੌਰ ਸੇਖੋਂ (ਮਾਇਕ੍ਰੋਬੀਲੋਜੀ)

# BRAIN

## TEASERS



(1) You go in for a check-up and the doctor says you're suffering from a rare condition - your organs have swapped places! What's the diagnosis?

(2) What is a medical students' favourite game?

(3) I'm the doctor's favourite kind of patient - I never complain, never cry and always lie still. What am I?

(4) A medical student walks into the exam hall with a pen, a stethoscope and an orange. Why the orange?

(5) What do you call a group of medical doctors? —Arunima (2022)

(6) ਦੋ ਕਬੂਤਰ, ਅਮੋਲਕ ਜੋੜੀ, ਖੰਭ ਉਹਨਾਂ ਦੇ ਕਾਲੇ, ਝਰੋਖਿਆਂ ਵਿੱਚੋਂ ਪੈਰ ਨਾ ਕੱਢਣ, ਉੱਡ - ਉੱਡ ਲੈਣ ਹੁਲਾਰੇ |

(7) ਅਕਲ ਕੁੰਡ ਵਿਚ ਤਪੀਆ ਰਹਿੰਦਾ, ਤਪ ਕਰਦਾ ਸੀ ਭਾਰੀ, ਤਪੀਏ-ਤਪੀਏ ਇਕੱਠੇ ਹੋ ਗਏ, ਤਪੀਆਂ ਤੋਂ ਬਣ ਗਈ ਨਾਰੀ, ਨਾਰੀ ਨੇ ਇੱਕ ਲਟਕਾ ਜਾਇਆ, ਸਭਨਾਂ ਤੋਂ ਭਾਰੀ।

(8) ਗੋਲ - ਮੇਲ ਬਟ ਕਾਲੀ ਸ਼ਾਹ, ਬਟ ਹੀਬਟ ਹੀਬਟ ਹਾ ਹਾ ਹਾ |

(9) ਜਲੀ ਹੈ ਪਰ ਜਲੀ ਨਹੀਂ, ਗੀਲੀ ਹੈ ਪਰ ਗਲੀ ਨਹੀਂ; ਲੰਬੀ ਹੈ ਪਰ ਨਲੀ ਨਹੀਂ, ਬਹੁਤ ਘੂਮੀ ਪਰ ਚਲੀ ਨਹੀਂ।

(10) एक किले के दो है द्वार, उनमें सैनिक लकड़ीदार, टकराए जब दीवारों से, खत्म हो जाए उनका संसार।

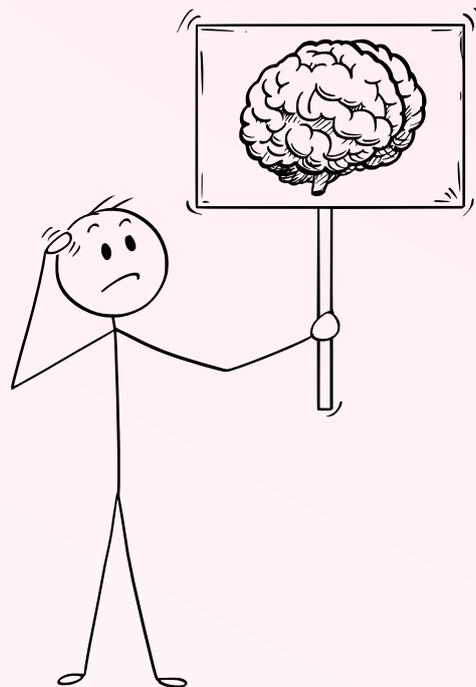
- Kushangi (2023)



# PUZZLES TO PUZZLE YOU

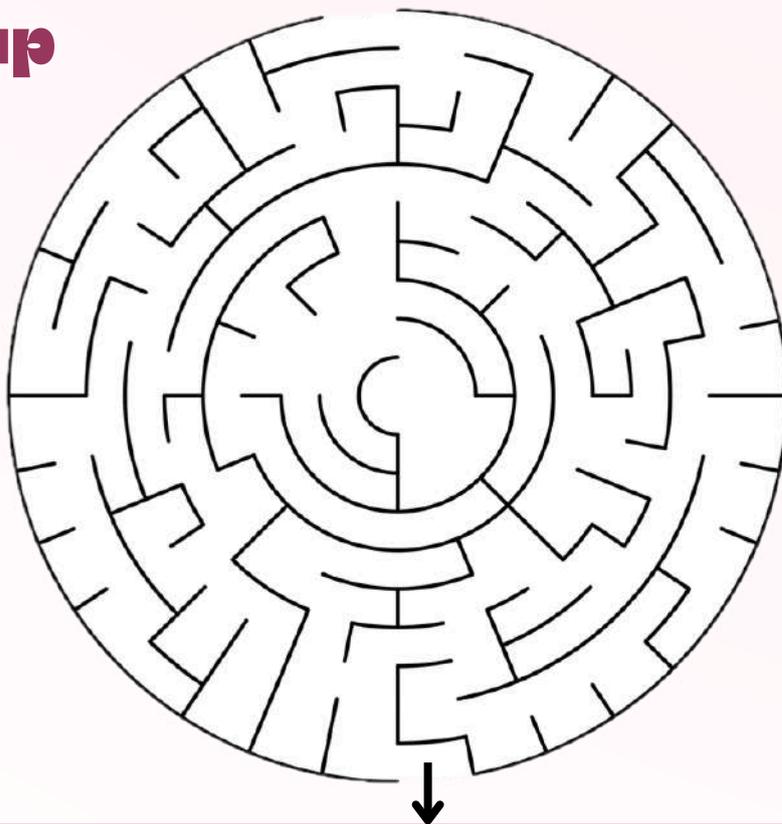
## Sudoku showdown

2	5			8		1	9	
6					5		4	2
			4	7				
4	7				2			5
1								
5				6	4			
8		1	2	5		4		
			8			9		
7		6			9		5	



↓ Start

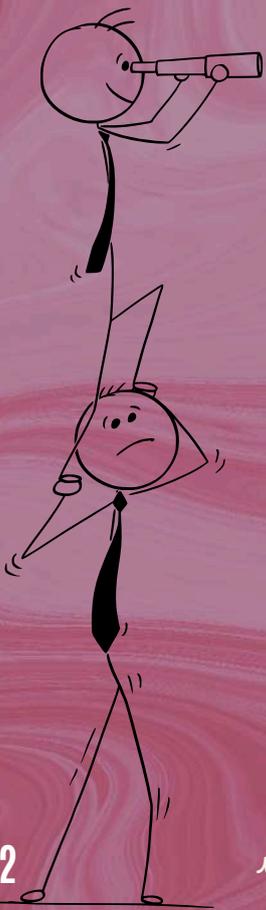
## Maze check-up



7	2	6	3	4	9	8	5	1
3	4	5	8	7	1	9	2	6
8	9	1	2	5	6	4	7	3
5	3	8	7	6	4	2	1	9
1	6	2	5	9	8	7	3	4
4	7	9	1	3	2	6	8	5
9	1	3	4	2	7	5	6	8
6	8	7	9	1	5	3	4	2
2	5	4	6	8	3	1	9	7

# Guess who!

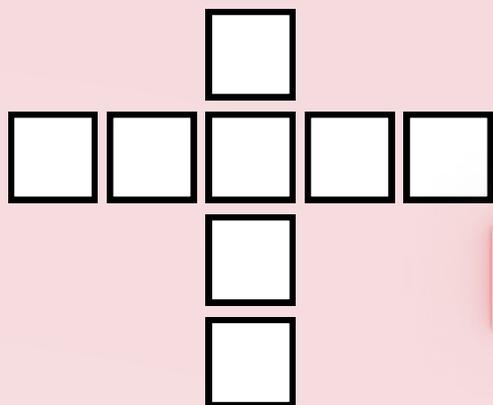
1. I love to pop in your skin and make you cancel your date night. Who am I?
2. I make your eyes red, your vision blurry, and your sleep schedule non-existent. I am not Love, - I'm?
3. I'm a red flag in urine and a nightmare in renal wards. Guess who?



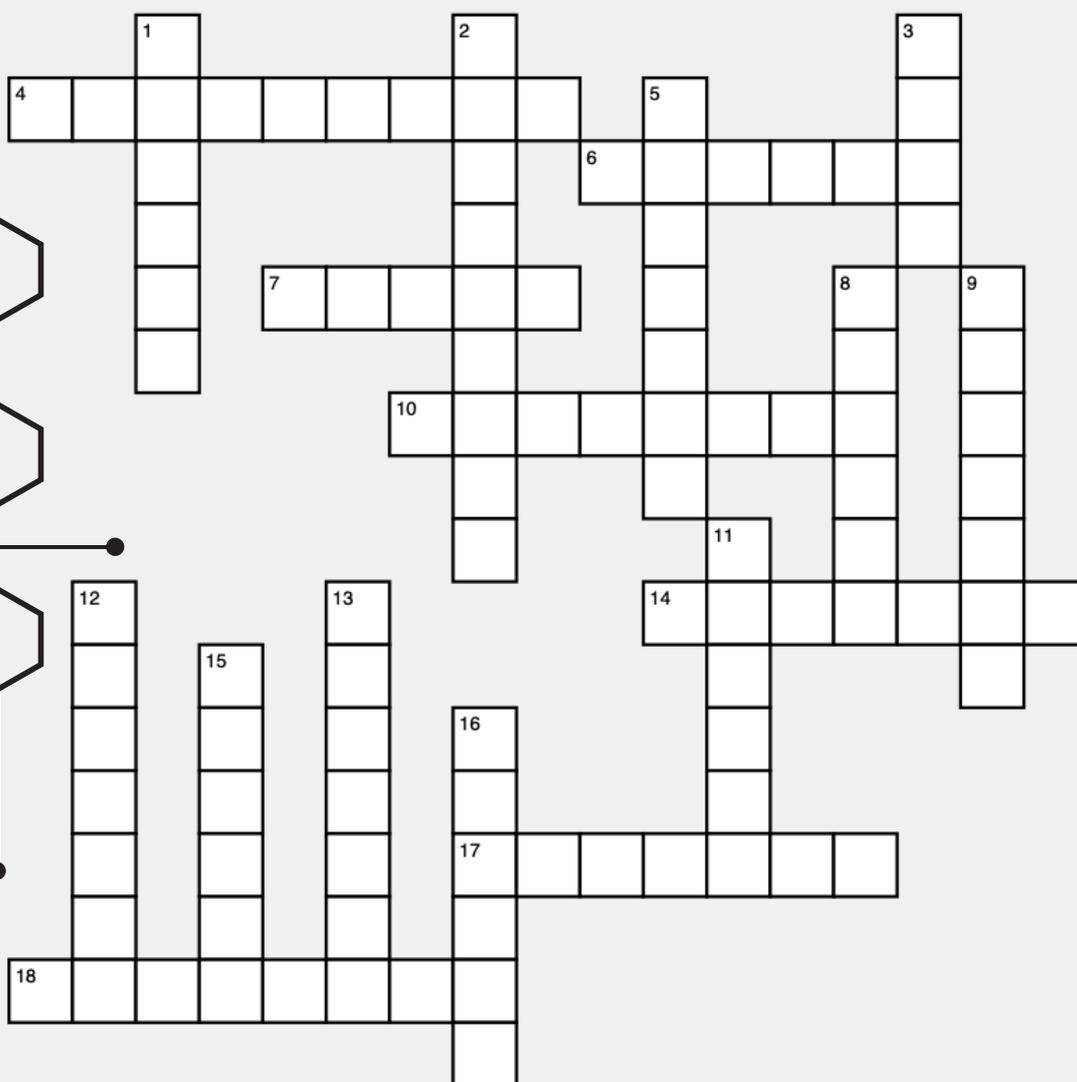
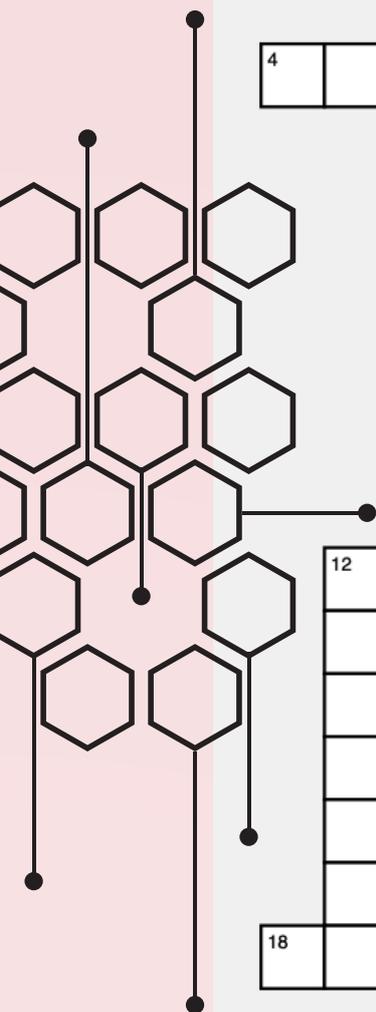
4. I am the king of emergency, I shock people to save lives. What am I?
5. You hear me in hospitals, I cause panic, I save lives. Who am I?



1. Pimple 2. Conjunctivitis 3. Hematuria 4. Defibrillator  
5. Code blue alarm



# THEME: PERIODIC TABLE



## ACROSS

- 4) Last row of the table
- 6) Basis of organic chemistry
- 7) High-minded like neon
- 10) Element like oxygen or carbon
- 14) Periodic Table entry
- 17) Mass-to-volume ratio
- 18) It's always number one

## DOWN

- 1) Kind of clock
- 2) Arsenic or silicon
- 3) Copper's partner in brass
- 5) Fluorine or chlorine, e.g.
- 8) Second lightest element
- 9) Going from solid to liquid
- 11) Acid's opposite
- 12) Barometer filler
- 13) Seething or bubbling with heat
- 15) Brimstone
- 16) Thyroid need

# Medi-Quiz

1. WHAT RARE GENETIC DISORDER, CAUSED BY MUTATIONS IN THE LMNA GENE, LEADS TO ACCELERATED AGING, WITH PATIENTS SHOWING SYMPTOMS LIKE ALOPECIA AND CARDIAC ISSUES BY ADOLESCENCE?

- A) HUTCHINSON-GILFORD PROGERIA SYNDROME
- B) WERNER SYNDROME
- C) COCKAYNE SYNDROME
- D) ROTHMUND-THOMSON SYNDROME

2. WHICH NEUROTRANSMITTER'S DYSREGULATION IS IMPLICATED IN THE PATHOGENESIS OF HUNTINGTON'S DISEASE, PARTICULARLY AFFECTING THE BASAL GANGLIA?

- A) DOPAMINE
- B) GABA
- C) SEROTONIN
- D) ACETYLCHOLINE

3. IN THE CONTEXT OF MYASTHENIA GRAVIS, WHAT SPECIFIC AUTOANTIBODIES ARE MOST COMMONLY ASSOCIATED WITH THYMOMA-RELATED CASES?

- A) ANTI-ACHR ANTIBODIES
- B) ANTI-MUSK ANTIBODIES
- C) ANTI-LRP4 ANTIBODIES
- D) ANTI-TITIN ANTIBODIES

4. WHICH SYNDROME, ASSOCIATED WITH MUTATIONS IN THE FBN1 GENE, PRESENTS WITH AORTIC ROOT DILATION, ECTOPIA LENTIS, AND A MARFANOID HABITUS?

- A) EHLERS-DANLOS SYNDROME
- B) LOEYS-DIETZ SYNDROME
- C) MARFAN SYNDROME
- D) HOMOCYSTINURIA

5. IN DIABETIC KETOACIDOSIS, WHAT IS THE PRIMARY MECHANISM DRIVING THE PROFOUND ACIDOSIS OBSERVED?

- A) LACTIC ACID ACCUMULATION
- B) BETA-HYDROXYBUTYRATE AND ACETOACETATE PRODUCTION
- C) HYPERCHLOREMIC ACIDOSIS
- D) URIC ACID BUILDUP

6. WHAT IS THE HALLMARK HISTOLOGICAL FINDING IN THE BRAIN OF PATIENTS WITH CREUTZFELDT-JAKOB DISEASE?

- A) LEWY BODIES
- B) SPONGIFORM DEGENERATION
- C) NEUROFIBRILLARY TANGLES
- D) AMYLOID PLAQUES

# Medi-Quiz

7. WHICH CONDITION, CHARACTERIZED BY AUTOANTIBODIES AGAINST DESMOGLEIN PROTEINS, RESULTS IN INTRAEPIDERMAL BLISTERING AND ACANTHOLYSIS?

- A) PEMPHIGUS VULGARIS
- B) BULLOUS PEMPHIGOID
- C) DERMATITIS HERPETIFORMIS
- D) EPIDERMOLYSIS BULLOS

8. WHICH RARE NEUROLOGICAL DISORDER, LINKED TO MUTATIONS IN THE PRNP GENE, PRESENTS WITH RAPIDLY PROGRESSIVE DEMENTIA AND MYOCLONUS?

- A) FATAL FAMILIAL INSOMNIA
- B) GERSTMANN-STRÄUSSLER-SCHEINKER SYNDROME
- C) KURU
- D) ALL OF THE ABOVE

9. IN THE CONTEXT OF ACUTE RESPIRATORY DISTRESS SYNDROME (ARDS), WHAT IS THE PRIMARY PATHOPHYSIOLOGICAL FEATURE?

- A) PULMONARY HYPERTENSION
- B) DIFFUSE ALVEOLAR DAMAGE
- C) BRONCHOCONSTRICTION
- D) PLEURAL EFFUSION

10. WHICH ENZYME DEFICIENCY IS RESPONSIBLE FOR THE ACCUMULATION OF GLYCOSAMINOGLYCANS IN HURLER SYNDROME?

- A) IDURONATE-2-SULFATASE
- B) ALPHA-L-IDURONIDASE
- C) GALACTOCEREBROSIDASE
- D) ARYLSULFATASE A

- Answers:
- A) Hutchinson-Gilford Progeria Syndrome
  - B) GABA
  - D) Anti-Titin antibodies
  - B) 20-25%
  - C) Marfan Syndrome
  - B) Beta-hydroxybutyrate and acetoacetate production
  - B) Spongiform degeneration
  - A) Pemphigus Vulgaris
  - D) All of the above
  - B) Diffuse alveolar damage
  - B) Alpha-L-iduronidase

# Swipe right! <3



Your smile is more contagious than anything I've seen in microbiology!



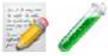
12:24 AM

If looks could kill, you'd be listed under 'acute onset, rapidly progressive' in Harrison's!



11:11 AM ✓✓

You must be a lab report, bez I'm waiting anxiously to see what you say!



12:28 AM

Are you my blood type? Bcz we're a match made in hematology!



11:09 AM ✓✓

You must be a stethoscope bcz I can't listen to anything else when you're around!



12:28 AM

I must be hypokalemic, bcz you make my heart skip a beat!



11:10 AM ✓✓

You're like my whitecoat, a little wrinkled, but perfect on me!



12:28 AM

You're like a rare case, and I want to be the first to study you!



11:10 AM ✓✓

You must be a lab report, bcz I'm waiting anxiously to see what you say!



12:45 AM

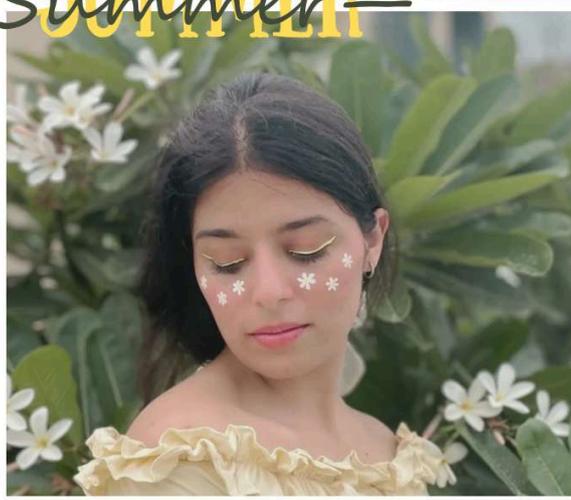
# OUTFIT OF THE SEASON



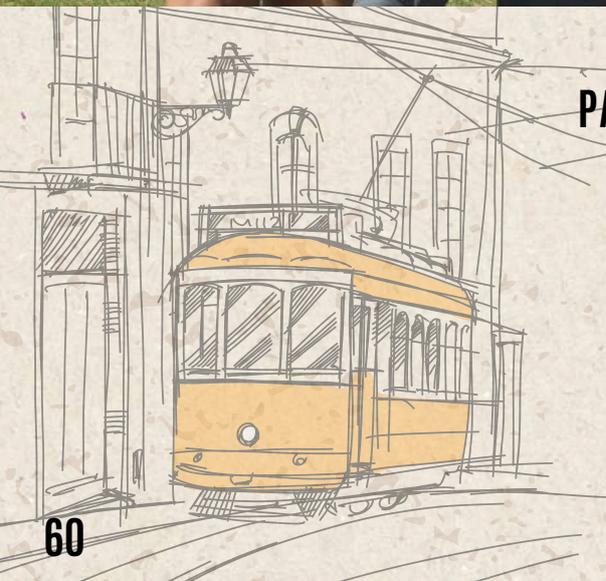
— Hello Summer —

*Summer 2025*

Find the outfit here!



# Travel Diaries



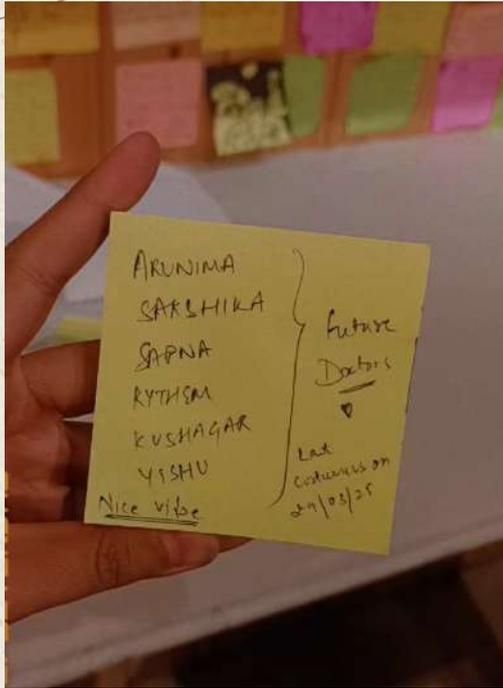
**PAID TO RUN OFF A CLIFF...JUMPED OFF A MOUNTAIN 🏔️.  
~DIDN'T DIE!!!~  
10/10 WOULD FLY AGAIN. 🪂🔥  
#SCREAMED LIKE A PRO  
--BIR BILLING--**

**[SAPNA (GMC PATIALA), RYTHEM, YISHU, KHUSHI, SAKSHIKA, ARUNIMA]**

**ARUNIMA (2022)**



# Travel Diaries



ON OUR LAST NIGHT IN MCLEOD'S GRACE,  
WE FOUND A CAFÉ — A PEACEFUL PLACE.  
BUT WE WERE LATE, THE DOORS WERE SHUT,  
STILL, WE ASKED KINDLY, HEARTS FULL OF GUT.

“WE’VE DREAMT OF THIS,” WE SHARED WITH CARE,  
“ONE LAST MEAL, A MEMORY RARE.”  
THEY SMILED AND SAID, “JUST FOR YOU,”  
AND OPENED THE KITCHEN — SUCH A VIEW!

THE FOOD ARRIVED WITH FLAIR AND SPICE,  
THREE TIMES THE HEAT — NOT ONCE, NOT TWICE!  
OUR EYES TEARED UP, WE LAUGHED THROUGH PAIN,  
BUT OH, THAT JOY — WE’D DO IT AGAIN.

BEFORE WE LEFT, WE PENNED IT DOWN,  
A STICKY NOTE WITH SMILES, NO FROWN.  
“FUTURE DOCTORS,” WE PROUDLY WROTE,  
THE LAST ONES SERVED — OUR HEARTFELT NOTE.

A NIGHT OF WARMTH, OF SPICE AND GRACE,  
FOREVER OURS, THAT LITTLE PLACE.

— MCLEOD, 29/03/25 ✨

# Taste testimony

*"Warning- May cause some serious craving issues"*

Sambhar Vada and Vellayappam  
Venue : Saravanaa Bhawan, Vellore

-Naman Goyal (2020)



*"Panner tikka pizza"*

Venue : Salt n Pepper  
May look fiery hot & spicy but eat it and get bursts of taste

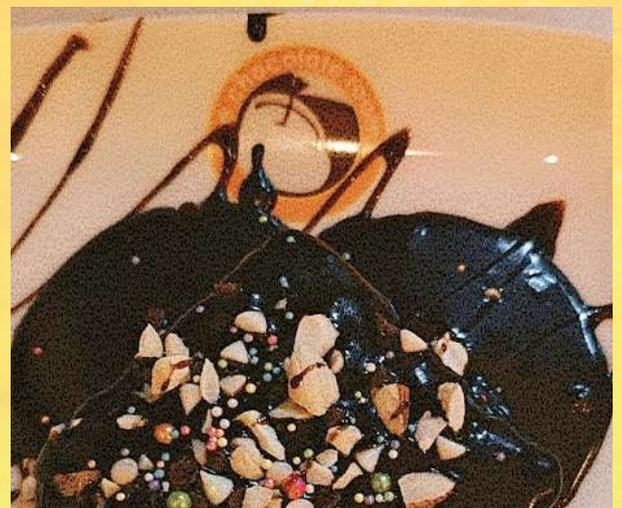
Anonymous



*"A remedy drenched in chocolate"*

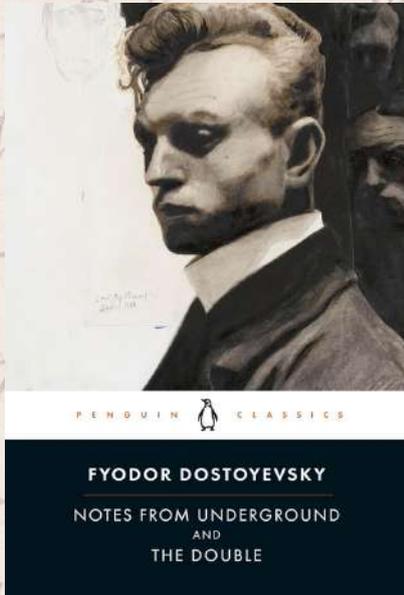
Sometimes, all you need is a plate full of comfort and this dessert delivers exactly that. Each bite feels like therapy for the soul. Forget the caloriessssss!!!

Anonymous

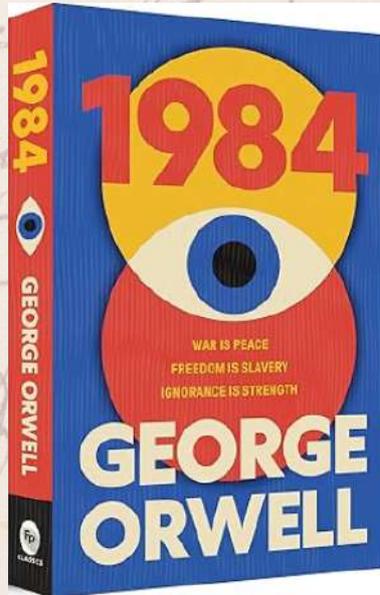


# # Bookmarked

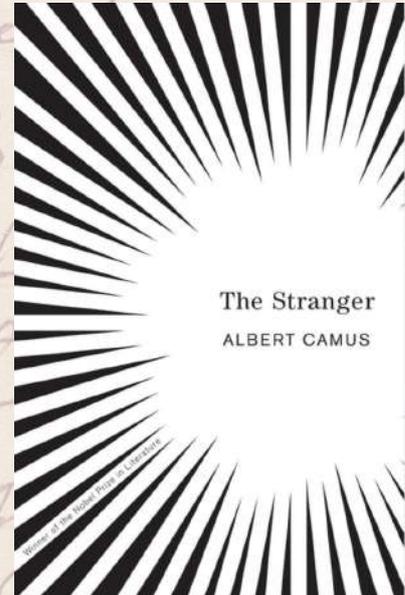
Vishav Doda (2022)



Notes From Underground  
Fyodor Dostoyevsky

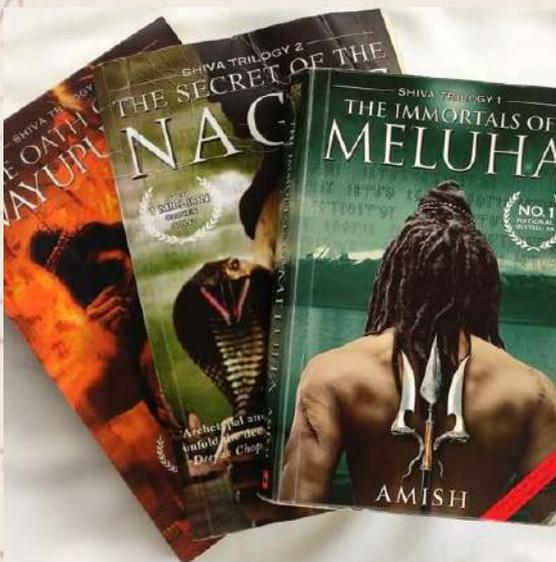


1984  
George Orwell

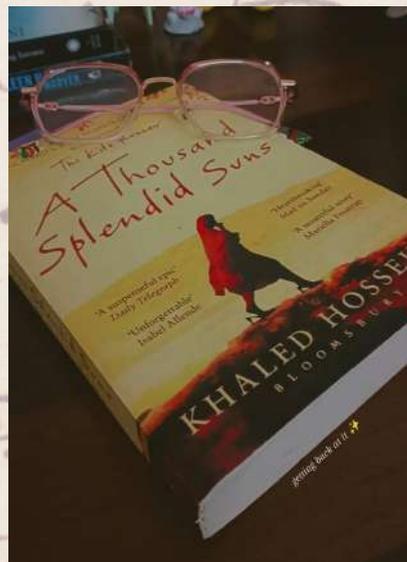


The Stranger  
Albert Camus

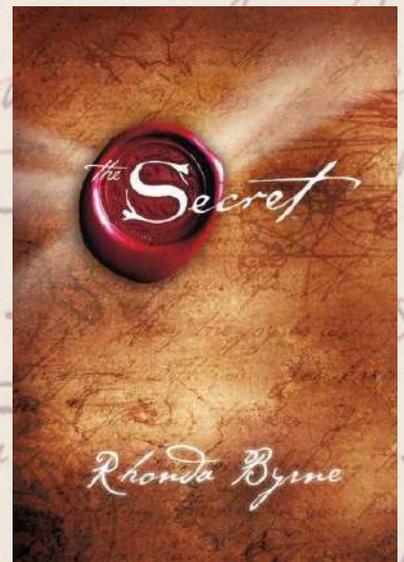
Sakshika Godara (2022)



The Shiva Trilogy  
Amish Tripathi



A Thousand Splendid Suns  
Khaled Hosseini



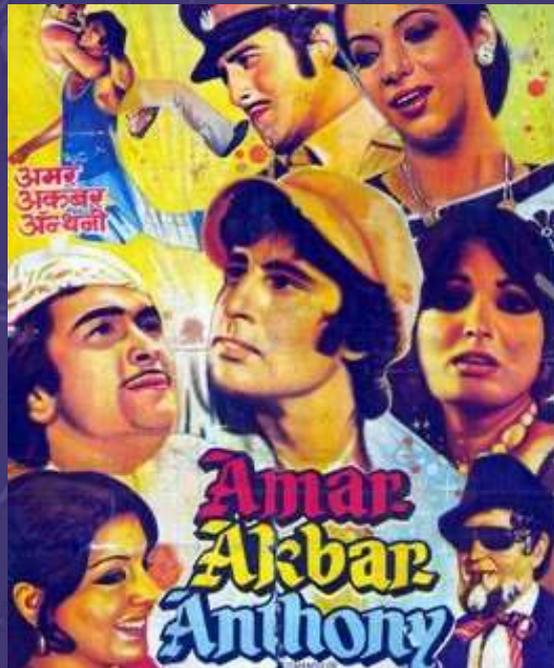
The Secret  
Rhonda Byrne

WELCOME TO THE

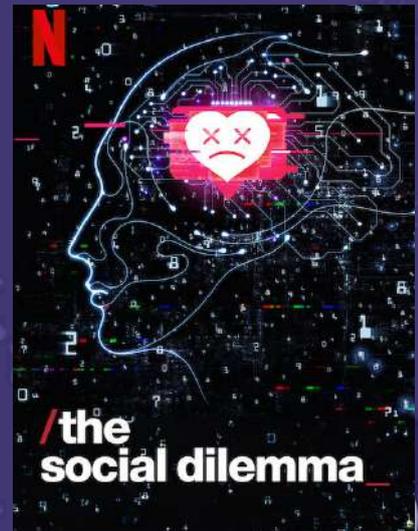
# MOVIE NIGHT



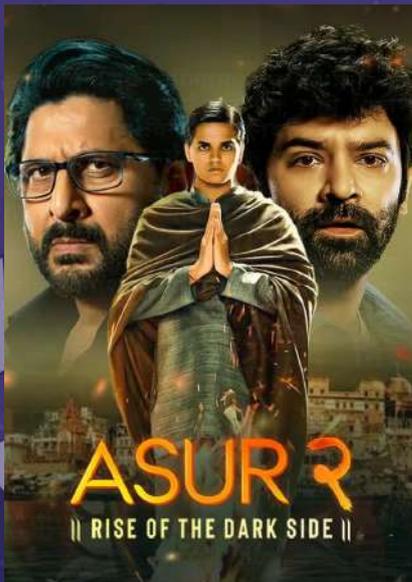
Rom-com



Retro hit



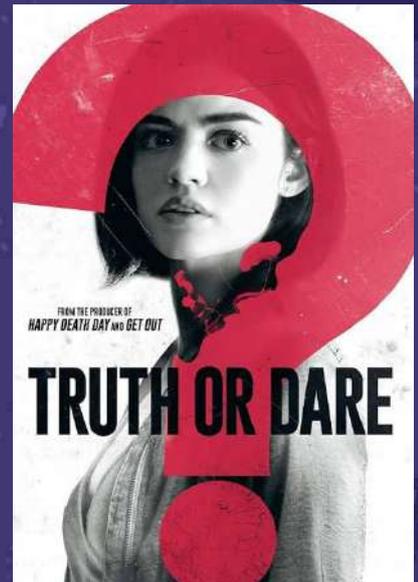
Docudrama



Psycho-Thriller



Romance K-drama



Horror

# PRESCRIPTION FOR PEACE

## 💡 Start With Daily Habits That Support Your Mind

### 1. Follow the 20-20-20 Rule (for screen time)

Every 20 minutes, look at something 20 feet away for 20 seconds. Helps reduce eye strain and mental fatigue.

### 2. Sleep like it's your syllabus

Consistent 6–8 hours boosts memory, mood, and concentration. No amount of caffeine can replace proper rest.

### 3. Batch your decisions

Plan outfits, meals, or study topics in advance to avoid constant decision fatigue.

### 4. Keep a “Dump Journal”

Before bed, write down everything on your mind—tasks, worries, to-dos. This improves sleep and reduces overthinking.

## 🧘♀️ Incorporate Mind-Body Practices

### 5. Walk while revising

Use recorded notes or talk aloud while walking. It reduces anxiety and keeps your body active during heavy study days.

### 6. Change your space to change your headspace

A clean desk, a window seat, or even studying in the library can improve focus and reduce overwhelm.

## 🧠 Recognize & Regulate Emotions

### 7. Name your feeling

Saying “I feel anxious” instead of “I’m not okay” helps your brain process and regulate emotions better.

### 8. Have a “bad day” plan

Keep a ready list: skip non-urgent tasks, wear comfy clothes, eat warm food, and rest. Let the day pass.

## 🌿 Maintain Your Inner World

### 9. Practice “mental hygiene” like physical hygiene

Journaling, therapy, mindfulness—treat your mind like your most valuable tool. Because it is.

### 10. Celebrate effort, not just outcome

You showed up, you tried, you cared. That counts too.

Want to

**TRANSFORM**

From

**THIS**

to

**THIS**



**"From doubt to discipline –  
my one-year transformation is just the  
beginning"**

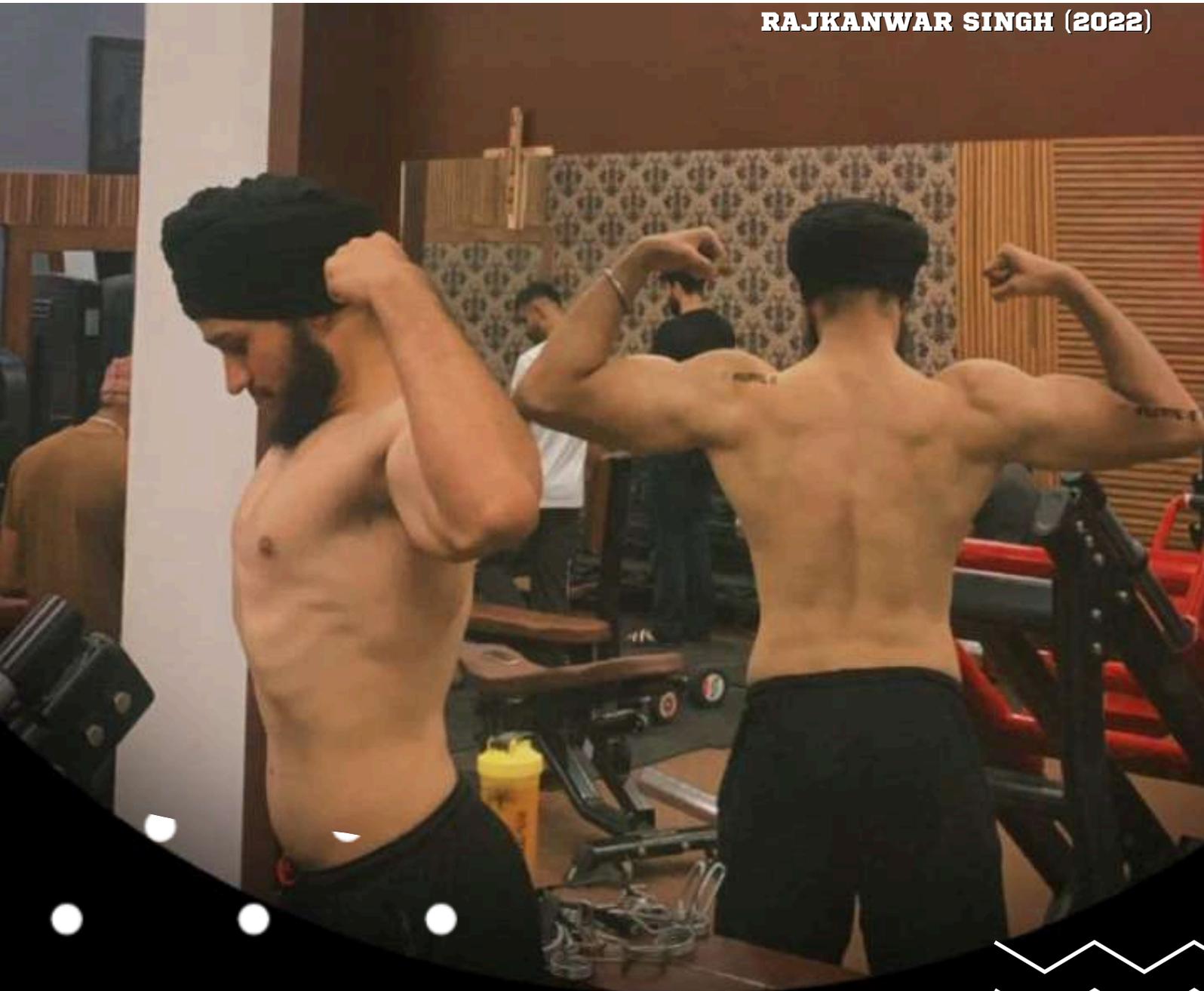
**If I can, U can too ~ Davinder Bansal  
(2022)**

# SHAPE

## YOUR BODY

BEAST MODE: ON

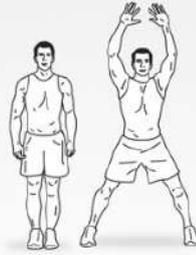
RAJKANWAR SINGH (2022)



# WORKOUT CHALLENGE OF THE MONTH



**Good  
Morning,  
World**



Do jumping jacks  
for 60 seconds non-stop  
every morning,  
for 30 days

© darebee.com

- ROOPKIRAN (2022)

## WORKOUT PLANNER

### CHEST



- BARBELL BENCH PRESS
- INCLINE DUMBBELL PRESS
- PEC DEC FLY
- DUMBBELL FLY

### TRICEPS



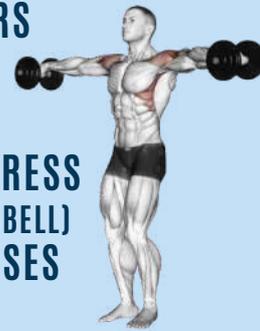
- CLOSE-GRIP BENCH PRESS
- SKULL CRUSHERS  
(LYING TRICEPS EXTENSIONS)
- TRICEPS DIPS
- CABLE TRICEPS PUSHDOWNS

### BACK



- LAT PULLDOWN
- BARBELL ROWS
- T BAR ROW
- BACK HYPEREXTENSION

### SHOULDERS



- OVERHEAD PRESS  
(BARBELL/DUMBBELL)
- LATERAL RAISES
- FACE PULLS
- ARNOLD PRESS

### BICEP



- BARBELL CURL
- INCLINE DUMBBELL CURLS
- PREACHER CURLS
- HAMMER CURLS

### LEGS



- LEG PRESS
- BARBELL BACK SQUAT
- LYING LEG CURLS
- STANDING CALF RAISES



- Rahul Jakhar (2022)  
@doctr\_slim

# FORGE × FITNESS

Strength is crafted here

1. Learn proper form before lifting heavy.
2. Start with basic compound movements.
3. Warm up properly before every session.
4. Follow a simple, consistent routine.
5. Sleep well to recover and grow.
6. Eat protein with every meal.
7. Don't ego lift; lift smart.
8. Rest 60–90 seconds between sets.
9. Never skip leg day—balance is key.
10. Be patient and trust the process.



# Cooking Time

## Chickpea Salad

### INGREDIENTS :-

1. 1 CUP BOILED CHICKPEAS
2. 1 ONION, FINELY CHOPPED
3. 1 TOMATO, CHOPPED
4. ½ CUCUMBER, CHOPPED
5. ½ CARROT, GRATED OR CHOPPED (OPTIONAL)
6. ½ LEMON
7. SALT TO TASTE, ¼ TSP BLACK PEPPER, ¼ TSP RED PEPPER, ½ TSP CHAAT MASALA
8. FRESH CHOPPED CORIANDER LEAVES

### NUTRITIONAL CHART :-

(1 BOWL)  
CALORIES = 252 KCAL  
PROTEINS = 12.3 GM  
CARBS = 31 GM  
FATS = 5.4 GM  
FIBRE = 9.8 GM



### RECIPE :-

- BOIL OVERNIGHT SOAKED CHICKPEAS IN PRESSURE COOKER FOR 15 MIN.
- IN A MIXING BOWL, ADD BOILED CHICKPEAS, ONIONS, TOMATOES, CUCUMBER, CARROT, AND ANY OTHER VEGGIES AS PER OWN LIKING.
- ADD SPICES AND SQUEEZE LEMON JUICE.
- MIX EVERYTHING WELL AND GARNISH WITH CHOPPED CORIANDER LEAVES.
- CHILL IT OR SERVE FRESH.

## Mango oats smoothie



### INGREDIENTS :-

1. ½ CUP ROLLED/INSTANT OATS
2. 1 RIPE MANGO, PEELED AND CHOPPED
3. 1 TBSP PEANUT BUTTER
4. 1 CUP MILK
5. ½ BANANA, FOR CREAMINESS (OPTIONAL)
6. 1 TSP HONEY/JAGGERY

### NUTRITIONAL CHART:-

(1 GLASS/ 250 ML)  
CALORIES = 269 KCAL  
PROTEINS = 7.8 GM  
CARBS = 43.7 GM  
FATS = 6.9 GM  
FIBRE = 4.2 GM

### RECIPE :-

- SOAK OATS IN WARM WATER OR MILK FOR 5-10 MIN.
- BLEND OATS, MANGO, PEANUT, BUTTER, MILK AND BANANA UNTIL SMOOTH AND CREAMY
- ADD HONEY FOR SWEETNESS AND ICE CUBES FOR A CHILLED SMOOTHIE.

# Cooking Time

## Roasted Paneer & Veggie Wrap

### INGREDIENTS:-

1. 1 CHAPATI
2. ½ CUP PANEER
3. ½ CUP VEGGIES (ONIONS, CAPSICUM, GREEN CHILLI, TOMATO, MUSHROOM, LETTUCE ETC)
4. 1 TSP OIL/BUTTER
5. SALT, BLACK PEPPER TO TASTE
6. ¼ TSP RED CHILLI POWDER
7. ¼ TSP TURMERIC
8. ½ TSP CHAAT MASALA
9. 1 TBSP CURD, GREEN CHUTNEY OR KETCHUP.

### NUTRITIONAL CHART :-

(1 WRAP/190 GM)  
CALORIES = 342 KCAL  
PROTEIN = 14.4 GM  
CARBS = 27.6 GM  
FATS = 19.5 GM  
FIBRE = 4.6 GM



### RECIPE:-

- ROAST PANEER IN A PAN AT MEDIUM HIGH HEAT TILL GOLDEN BROWN.
- SAUTE VEGGIES SEPARATELY FOR 2-3 MIN TILL SLIGHTLY SOFT BUT STILL CRUNCHY.
- ADD SPICES TO THE VEGGIES AND TOSS THE ROASTED PANNER BACK IN THE PAN.
- SQUEEZE LEMON JUICE OR SPRINKLE CORIANDER (OPTIONAL)
- ASSEMBLE THE WRAP BY TAKING A HOT CHAPATI AND SPREADING CURD, GREEN CHUTNEY OR KETCHUP.
- PLACE THE FILLING IN THE CENTRE AND ROLL TIGHTLY TO FORM A KATHI ROLL.
- TOAST THE ROLL SLIGHTLY ON THE PAN TO SEAL AND CRISP IT UP.



## Toasted Milk Bread

### INGREDIENTS:-

1. 1-2 SLICES OF BREAD (REGULAR/BROWN)
2. 1 CUP MILK
3. 1-2 TBSP SUGAR/HONEY
4. 1-2 TSP BUTTER
5. 1-2 TBSP SWEETENED CONDENSED MILK
6. CHOPPED NUTS

### NUTRITIONAL CHART :-

(2 BREAD PIECES)  
CALORIES = 350 KCAL  
PROTEIN = 6.4 GM  
CARBS = 44 GM  
FATS = 17.8 GM  
FIBRE = 1 GM

### RECIPE :-

- TOAST THE BREAD PIECES ON A PAN/TAWA UNTIL GOLDEN BROWN & CRISPY.
- POUR MILK SWEETENED WITH SUGAR/HONEY ON THE BREAD SLOWLY OVER LOW FLAME AND LET IT ABSORB.
- COOK FOR 2-4 MIN ON BOTH SIDE.
- PLACE THE TOAST ON A SERVING PLATE AND GARNISH IT WITH BUTTER, CONDENSED MILK AND CHOPPED NUTS.

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**GURU GOBIND SINGH MEDICAL COLLEGE AND HOSPITAL, FARIDKOT**

**MEDAZINE**



**“IN EVERY SENTENCE, A LITTLE COURAGE.  
IN EVERY THOUGHT, A LITTLE LIGHT”**

This magazine is a quiet celebration of minds in motion.

See you in the next edition!

**~ October '25**

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