

SUSHRUTA PRESENTS

Vision of Sevagram medico



July



August



September



October



November



December

**'OUT OF A MOUNTAIN OF DESPAIR
A STONE OF HOPE'**

FIRST ISSUE/ JANUARY 2022

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Find out the memorable and unique incidents our MGIMS family have experienced here in Sevagram!

October

-21st century take on Gandhi's views

Come read some of MGIMS Gandhian thoughts

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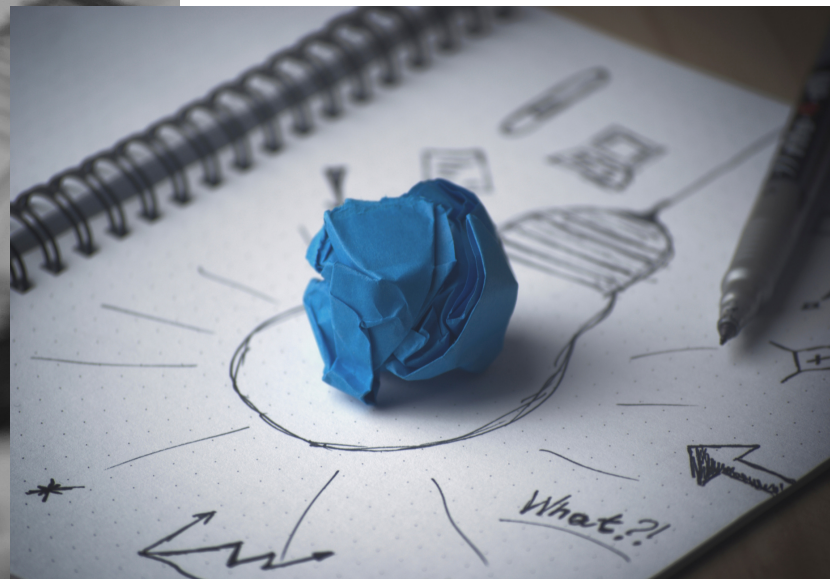
-Medicos on feminism-

Feminism , is not about making women strong. It's about changing the way the world perceives that strength' Come see MGIMS views on feminism

December

-Welcome 2020!-

Sushruta proudly presents to you Archadians.!





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JULY

PANDEMIC

Old news, new stories.



Pandemic, feels like forever. But when you think about it, this is not your average pandemic from 1800s, Everything is up and running. We are prepared, we have adapted. We have the tools and technology that even the brightest minds of the past could only dream of. Imagine getting some good old mercury for treatment of parasites or depression!! I am glad that so much has changed now.



The First Lockdown

रुको कुछ पल के लिए
भागे जा रहे थे
इतने समय से
किसके लिए?

कभी अपनी तरफ भी
आइने मे देख लो
कुछ पुराना जाने दो
कुछ नया सीख लो

वक्त है
मुश्किल से मिलता है
हर फूल कुछ समय
लेके ही खिलता है

बाकी अपने हाथ मे क्या है
जैसा था वैसा ही होगा
थोड़ा रुको अभी के लिए
कल से सब कल जैसा ही होगा

SIDDHARTH TOSHNIWAL
(2018)



PANDEMIC

Rohini Chettiar

Me and my friends were returning to our hostel on a dry summer evening in Kota after finishing the draggy NEET revision lectures. We were all tired; tensed about the upcoming Major test. We rushed to the mess for snacks in those same green Allen t-shirts and found that our batchmates were smiling and jumping out of happiness. Seeing me confused my friend turned me towards the TV in our mess. The news channels flooded with one of the biggest announcements – Janata Curfew on March 22, 2020. Reading the headlines itself made all of us happy because we knew that our test would get cancelled. Little did we know at the time that a pandemic was about to commence.

Everything got shut down, strict lockdown was imposed. I was witnessing a pandemic for the first time. And it has cast its impact on every individual in this world. If I were to give a sobriquet to this period of pandemic, I'd call it as 'the period of drastic change'. It changed the mindsets of many people, they grew from feeling terror in their hearts to being brave.

Everything possible was done through online methods. Newspapers were read online too. I distinctly remember 2 beautiful articles, one by Chetan Bhagat where he mentioned about Tuberculosis as the maximum death causing disease until now. His point was that even after knowing this we don't dread the disease. He wrote, "Don't get anxious and traumatised by the novelty and uncertainty of the virus. This too shall pass." The other article was by Shefali Tsabary where she wrote, "Don't panic and dread this situation. Think of road accidents, we step on the road

everyday even after knowing that a lot of deaths occur due to road accidents. We don't fear this because we have faith in ourselves. Just like that take precautions and have faith that this too shall pass!"

Many such personalities came together and encouraged people to think positively and overcome their fears. The perception of medical field had changed in the minds of people seeing the selfless efforts taken by the medicos. People developed immense respect for doctors, policemen, railway employees and all the frontline workers. Some started small businesses like selling masks, bookmarks, DIY products and found ways to make money. One of my own schoolmates started selling scrunchies online. People out of boredom made use of the time to develop new interests and hobbies.

Worse things happened too. On one hand when many people respected doctors, some assaulted the medicos. Many lost their loved ones. Businesses and sources of income shattered. Labourers became homeless.

I'd just sum up that this pandemic gave people both good and bad memories. But it also taught people a lot many life lessons. We learnt to build hopes in despair. In bad situations like these, people come to know each other truly and learn about the ones who really care. We learnt to love our dear ones in circumstances like social distancing. We learnt to stay strong and accept the unexpected deaths. And most importantly, we learnt to empathise.

दूसरी लहर

Siddharth Toshniwal

खुदा तुझे दर्द नहीं हुआ
तूने कितनो को अनाथ किया
नन्ही सी जान पेट में थी
उस माँ को भी तूने छीन लिया

किसीके बूढ़े माँ बाप लिए
किसीकी एकलौती औलाद ली
किसी का घर परिवार
किसी की सारी जायदाद ली

क्या इतनी बुरी थी
वो नन्ही सी मासूम परी
बुलाली अपने पास उसे
जब उसने पहली सांस भरी

वाह रे तेरी दुनिया सारी
अजीब है ये दुनियादारी
मर के भी अग्नि की तलाश है
जो बच गये वो जिंदा लाश है

Pandemic found it...

SOLITUDE SPEAKS



The Pandemic brought me two things, first the virus itself and other you will know. After developing viral-like symptoms, I get tested and turn out to be covid-positive. Next day, I find myself girded by four walls and a door separating me from my family. I had two weeks to pass in one room alone with some books, a smartphone, dailies, antivirals and anxiety about the result.

The other thing that Pandemic brought me was my solitude that spoke in pristine. So I begin typing down what it narrated to me.

“High school got over this year and you were about to take your last board paper when the virus flew in. You were definitely planning to go to a Med school. You always had this urge to go deeper into the oceans of knowledge. Always interested in life, what is it, what is its purpose, how does it go on, how has it been before you came on this earth. As years passed by in school, you wanted to know more of what is inside of us, what keeps us running, death and birth. You really could not find your answers, maybe you were yet to go to the right place.

The pandemic hit the world hard. Pre-med exam got postponed by four months. The exam day, you made some unforced errors. Somehow you pulled out of the trauma, telling yourself 'things happen for a reason'.

Now here you are typing as I say, one day before the results are going to be out. The virus is not on you mentally. You were so excited that this is it. You will get to study what you had been yearning for since long. Suddenly, you feel this gleam inside of you. The feeling of being infinite, holding up the Pheonix inside this shell. This is going to be your first flight out of the nest. You keep saying this to yourself but again; 'The Fight is with you & it's always on'. It sounds more simple than how difficult it is to inculcate in the test of time.

Your roots, in other words your parents, siblings, family, teachers, friends. All of them have put in a part of themselves to help you stand where you are. You owe them the unimaginable. Tell me, how will you pay your loved ones back, why are you here, what do you possess to give the world that it lacks. How are you going to use your passion in a way that serves the world. So many mysteries to unfold, so much more yet to fix and for good.

You always see the light in front of you, knowing that the journey has just begun, it does have an end, which is in fact a beginning for something brighter. Much power still lurks inside of you. Full of hunger to learn more everyday. Knowledge is your rain, you soak it all. A star shines only when it burns. You are ready to enjoy the burn; for your calmness will soothe it all. Your self belief will not die even in the trickiest of times. You promise that the quest to erudition will never end. You promise not to let humankind down. You promise to be so much more than you can ever imagine."

The final whisper that I could barely hear; "Energy(Oogway style) is intrinsic but also infinite when let out." And blackout!

This was how I met my solitude. So, silence and loneliness had many visitors in this period of pandemic. Many dreaded it, some thanked it. Loneliness can come less as a sustenance but bliss in its right form, solitude.

HANDWASHING

101



01

Wet your hands before applying soap

02

Rub soap all over your palms, the backs of your hands, and in between your fingers

03

Do this process for at least 20 seconds before rinsing

04

Wipe your hands with a clean towel or paper towel and avoid rubbing too vigorously.

Mental Health is just
as important as



Physical Health

AUGUST

MENTAL HEALTH

“your mental health
deserves a conversation”

Healing Journey

Deep inside my inner heart
Inside my inner child's past,
Is the need to find a purpose
Lies the chilling fear of being lost.
For too many times,
Have i got less than i deserved
When my work deserved acceptance..
A cold plate of negatives i was served
In those moments i would cry only when i was alone
In those moments i would promise myself
I would build a kingdom of my own
An eventual path came my way
Every person knows this feeling,
When all you do falls in place
Your winning becomes your healing
Then the healing gets addictive
Because healing becomes a rush
In the high of your progress
Your past traumas turn to slush
Where the traumas once existed
Now lie the learnings from my past
The biggest change of all is the self doubt i have surpassed.

Harshal Maid
Batch 2020



"I am the Party"

**My depression speaks to me
When my peers celebrate
The world being colourful
It tells me that I am colourblind**

**The world is nothing but
Ostentatiously black and white
I fight it to be grey
But then I give in
And I settle on the black**

**It's just the darkness inside
That we agreed upon
I'm not afraid of the dark**

**Perhaps, that is
part of the problem**

**My depression speaks to me
When I'm in a crowd
Shaking and trembling with anxiety
It tells me that anxiety is my friend
I should have a party**

The party is me

**My depression speaks to me
In the middle of the night
It does not say that
I'm not worth living
It tells me that
the world doesn't deserve me**

And I should leave it

**- Sakshi Shukla
2019 batch**

@idarvince || @lostgirltales





Another Breakdown

It's hard when you're always lying,
Always hiding the way you feel.
Losing your sight on truthful words,
Forgetting what is real

It's hard when you forget to laugh
and you're scared that someone might see
Hoping no one saw your face
as you struggle how to breathe

It hard to pretend you're happy, and you're
terrified someone might ask.
It's becoming harder everyday;
It becoming quite a task.

You feel when your body shakes,
As it searches for something to hold
Though the temperature feels hot,
Your heart and mind feel cold.

Your throat feels like it's closing
and your legs feel like they're weak
You try your hardest to grasp a breath
but there's not even enough to speak.

Your hands remain unsteady
And your heart pounds like a drum.
And even though you can barely walk,
You fight the urge to run.

You scream as the world starts spinning
and your knees drop straight to the ground
You realize in that moment
You're just having another breakdown.

**HARSHAL
MOHAN
MAID
BATCH-
2020**

MANSI BHALME

19 BATCH

A Plea Left Unheard.

There it was, I can feel the pain,
Thumping in my heart; flowing through my vein.
The farther I ran, the nearer was it's chase,
Mortified; I was yearning to get done with this
phase.

Solitude is the only cure I thought,
Wish a little longer I could have fought.
The longer I kept silent, the longer I was stifled,
The power it had on me; made me baffled.

I was alone, I was helpless,
I was perturbed, I was speechless.

Ludicrous it is; can't hear myself crying,
It isn't enough I know, for I'm still trying.
Craving for someone to hear my silence,
It's hard to share but what's harder is acceptance.

शोध स्वतःला

एखाद्या लोकल प्रमाणे 24 तास धावत असलेल्या आयुष्यात क्षणभर विश्रांतीचा वेळ मिळाला. अलीकडच्या खिडकीतून हळुवार गार वारा स्पर्श करत असताना नकळत मनात एक विचार उमलला. या प्रत्येक मिनिटाला अपडेट होणाऱ्या विश्वात स्वतःला जुळवून घेण्यास मी मलाच हरवून तर नाही बसले? जगाच्या दृष्टीने मी स्वतःचे परीक्षण का करते आहे? इतरांच्या गुणांचा मी माझ्या गुणांशी साम्य का शोधती आहे? मुळात मी मला का दडवत आहे? दैनंदिन जीवनातील बहुतांश कार्यात स्पर्धेचा वास असा सहज घुसमटतो की त्यात टिकून राहण्यास मूळ तत्वांचा विसर पडत आहे आणि अनुभवातून संपन्न होण्याऐवजी स्वतःतच पोकळी निर्माण होत आहे.

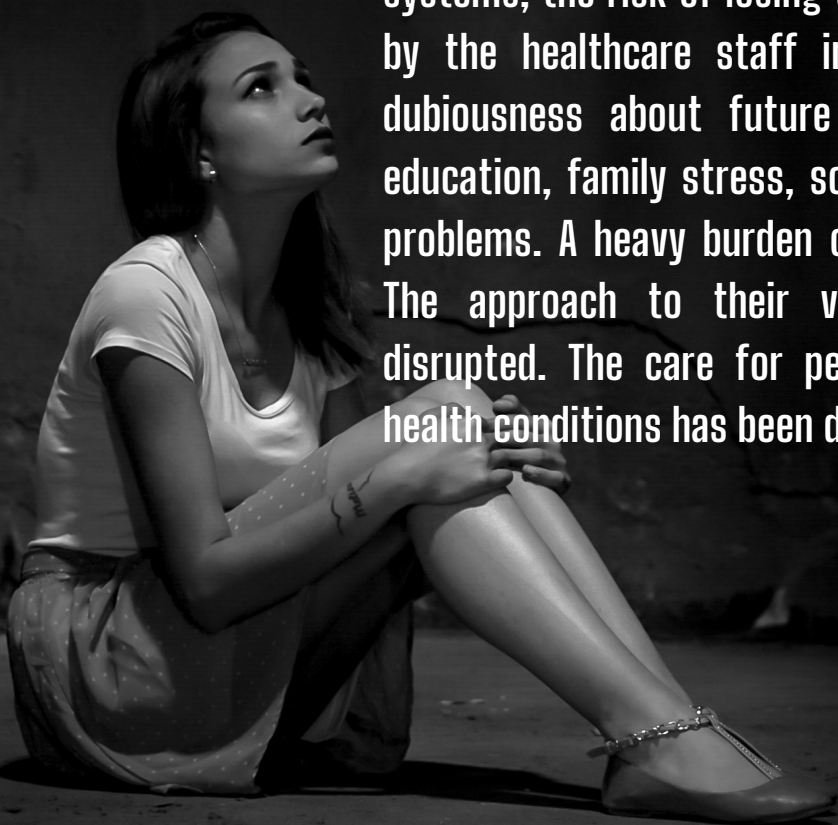
या विश्रांतीत स्वतःचं अनावरण करत असताना आरशात जगाला अपेक्षित असणारे प्रतिबिंब आढळले. मला हवे असणारे माझ्या आयुष्याचे गंतव्यस्थान दुर्मिळ दिसू लागले. वाट जरी ही योग्य असली तरी त्यावर चालण्यास रेषाकृती कुठेतरी चुकत आहे हे कळले.

तेव्हा, जाणीव झाली की स्वतःला शोधण्याची वेळ आली आहे! मला जगा प्रमाणे नव्हे तर जगा सोबत चालायचे आहे. स्पर्धेत इतरांच्या योजनांचा अनुकरण करण्याऐवजी स्वतःच्या कर्तृत्वाचा ठसा उमटवीत जिंकायचे आहे. या भौतिकवादी जगाच्या नियंत्रणात राहून त्याला मान्य असणारी व्यक्तीमत्त्व न उभारता मला अपेक्षित असलेले माझे अस्तित्व निर्माण करायचे आहे. आयुष्याच्या लोकलमध्ये परत कधीही हरवले तरी स्वतःला शोधायचे आहे!

MENTAL HEALTH FOR ALL- GREATER INVESTMENT,
GREATER ACCESS - ANJANA PILLAI 2018

The ongoing pandemic of COVID-19 has definitely brought in colossal challenges throughout the world. The major changes that we instilled in our life has a considerable effect on our mental health. The current situation has increased the spotlight on maintaining our mental health. Mental breakdown is becoming the common cold for today's generation. The silver lining of this is that the conversations related to mental health are no longer underestimated by people across the walks of life. We should ensure that these conversations and practices continue post pandemic as well. This is the level that we should aspire to as we move towards the 'new normal'.

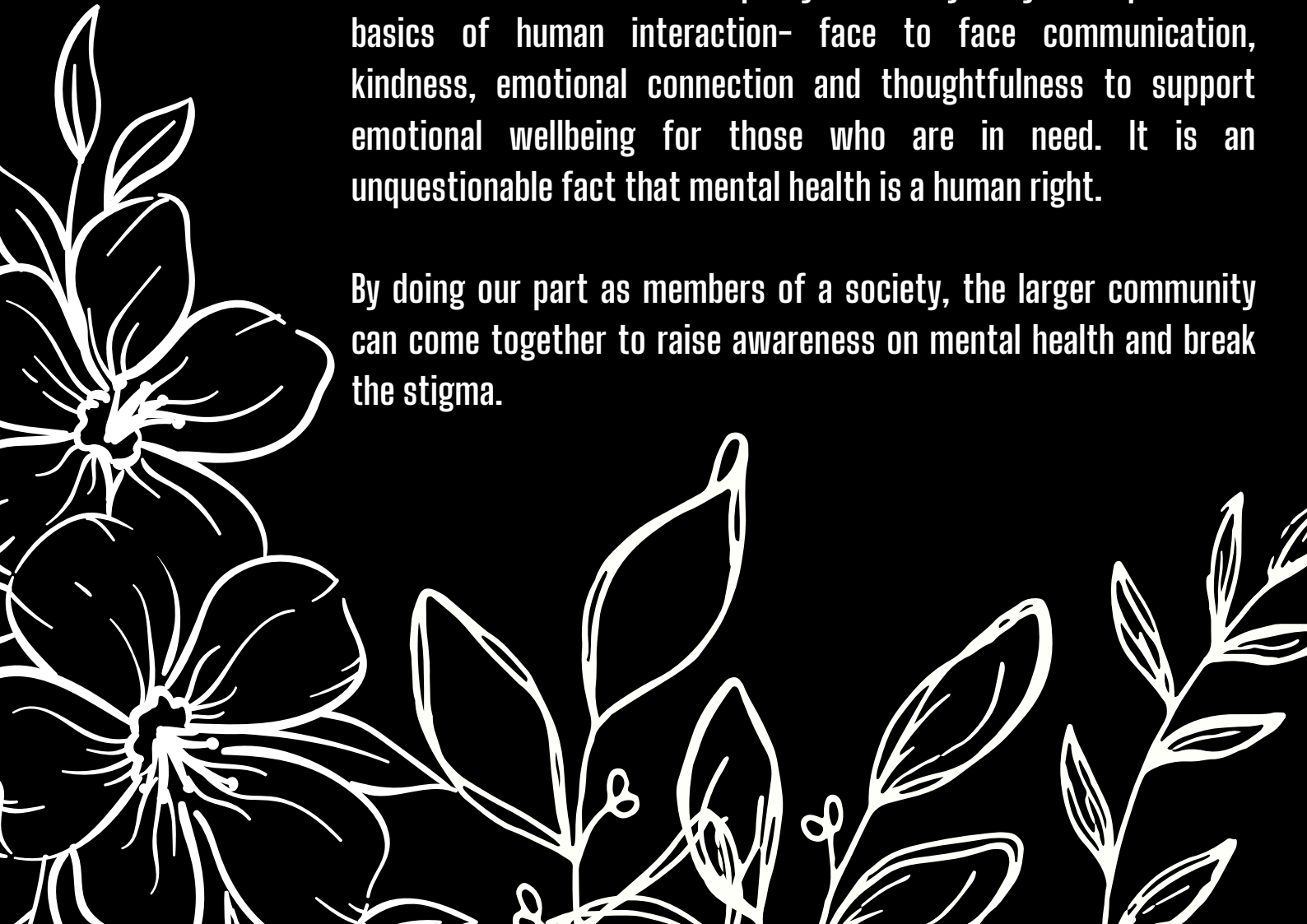
The present scenario has changed the daily lives of people in such a way that people are scared of loss of job, getting infected, dying and losing family members due to this pandemic. The physical distancing of people from their loved ones or their support systems, the risk of losing their income, the complex stress faced by the healthcare staff in an unprepared health system, the dubiousness about future faced by students, their disrupted education, family stress, social isolation are the commonly faced problems. A heavy burden of this pandemic is visible on women. The approach to their various support systems have been disrupted. The care for people living with physical and mental health conditions has been disturbed.



The WHO defines health as the complete absence of physical, mental and social well-being and not just the absence of disease or infirmity. Mental health is one of the most neglected areas of public health. No one is immune from mental distress. We all need each other. Good mental health is critical to the functioning of society at the best of times. Relatively few people have access to proper treatment and other services. Our best move should be to invest in improving mental health, for which words should turn into actions! It should be the responsibility of everyone. We can always contribute to strengthen mental health response and support in our communities. Failure to invest has resulted in limited access to treatment which has been aggravated by the current pandemic. These investments need not be economic, financial, ground-breaking or revolutionary. It is of our time, attention, love and compassion.

We should learn to have empathy. We can justify and uphold the basics of human interaction- face to face communication, kindness, emotional connection and thoughtfulness to support emotional wellbeing for those who are in need. It is an unquestionable fact that mental health is a human right.

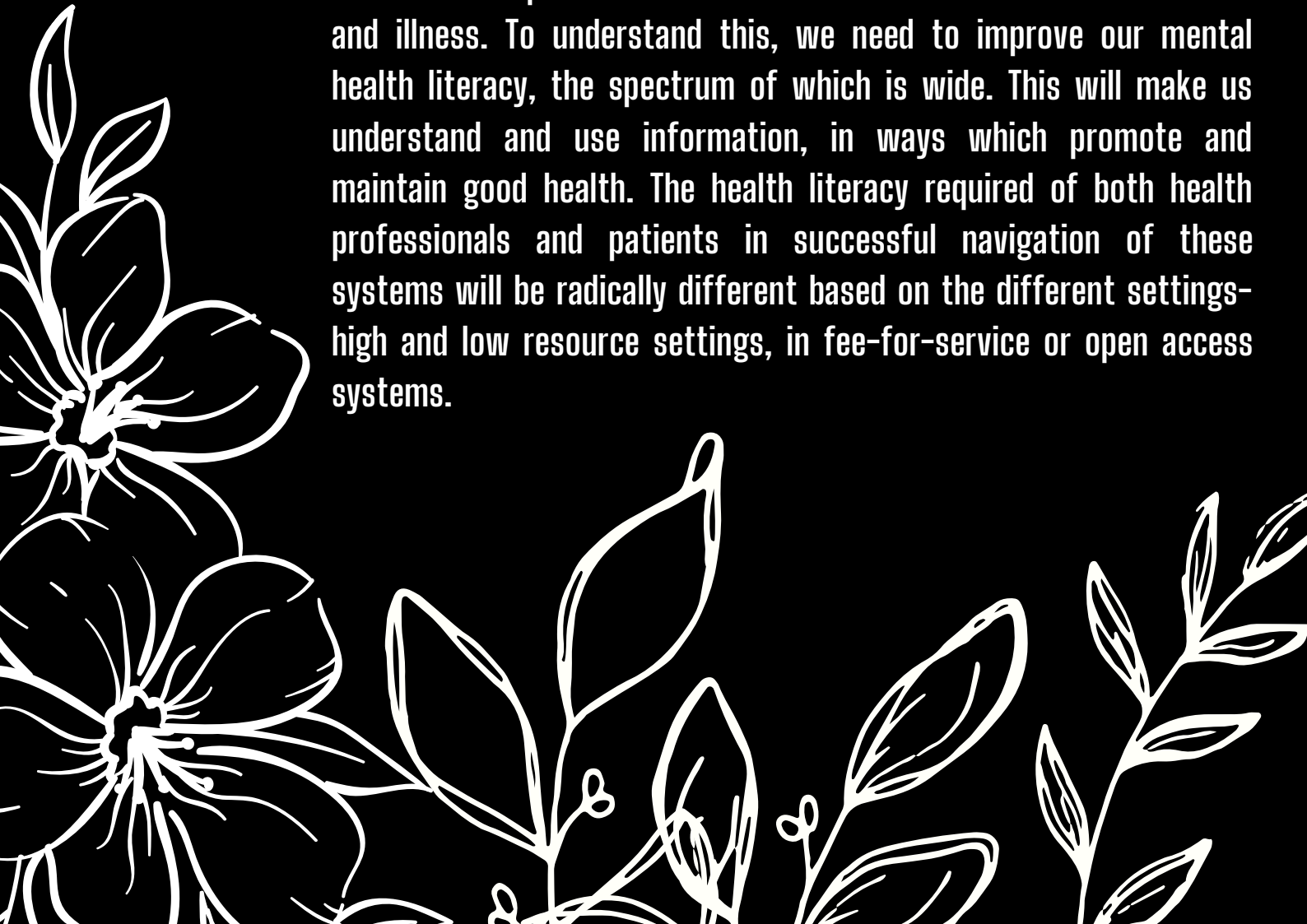
By doing our part as members of a society, the larger community can come together to raise awareness on mental health and break the stigma.



The task is to identify the challenges that are hindrance towards good mental health practice, the frontline staff should be trained to improve the overall mental healthcare system in order to anticipate future needs such as a pandemic. This should significantly reduce the suicide rates, increase the treatment access, and reduce proportion of people living in poverty. Ultimately, mental health and quality of life should be considered as additional indicators of standards of living.

With the view of quarantine and lockdown, there has been an increased interest in provision of access to healthcare in remote areas. However, there is a need to increase access to psychological therapies. This can be achieved by digital technology innovation, prioritising those most in need, a peer-to-peer support group. All these can help achieve the goals of wellness and recovery.

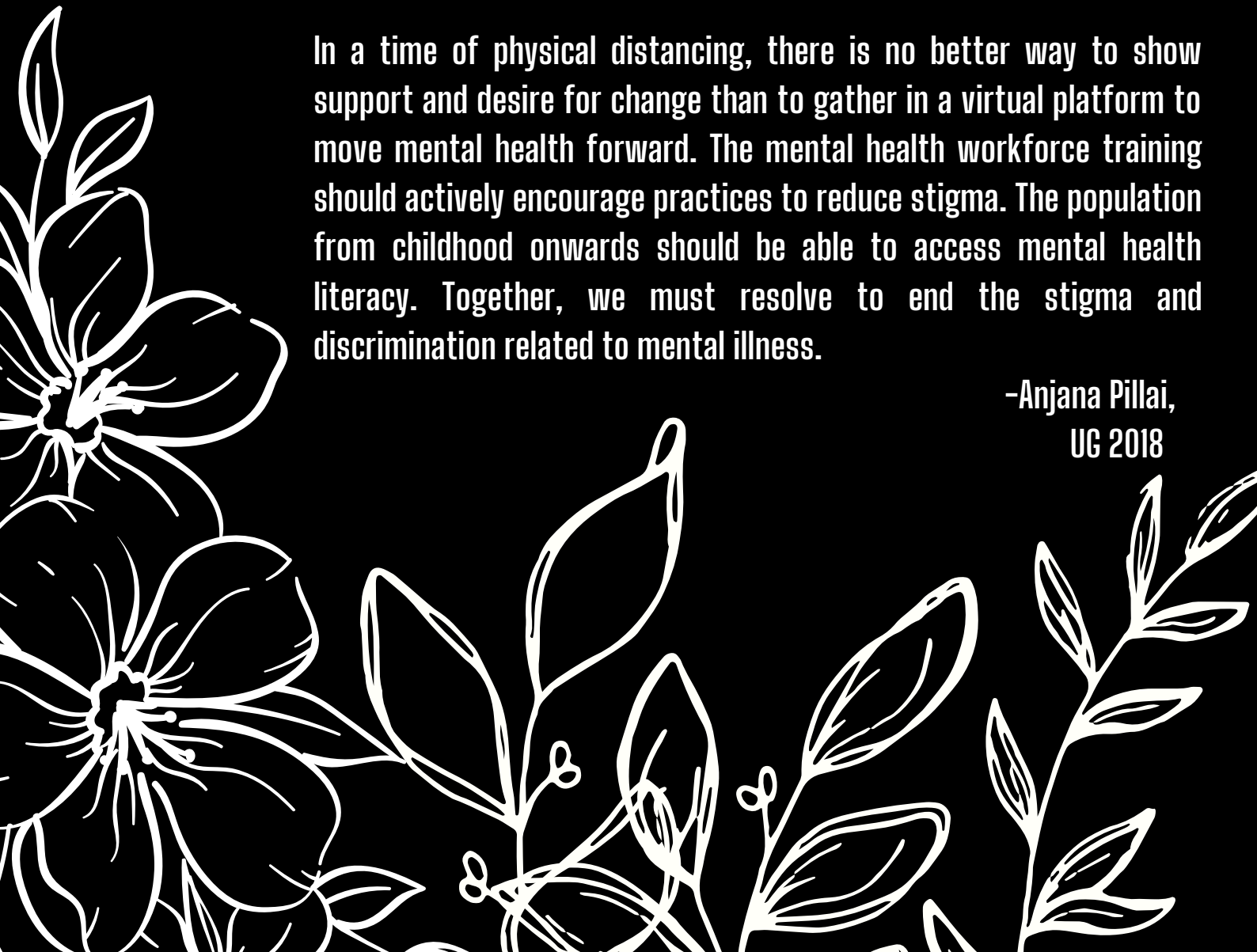
There is a sharp difference between the terms- mental health issues and illness. To understand this, we need to improve our mental health literacy, the spectrum of which is wide. This will make us understand and use information, in ways which promote and maintain good health. The health literacy required of both health professionals and patients in successful navigation of these systems will be radically different based on the different settings- high and low resource settings, in fee-for-service or open access systems.



Mental health for all cannot be achieved unless we address the discrimination and social isolation faced by people with mental illness. It is important to know that anyone can face a mental health problem. There are many prejudices about the meaning of mental illness. Many older adults still see mental illness as a sign of weakness and are unlikely to admit their difficulties. Teen mental disorders are widespread and range from brief period of distress to chronic mental illness. The public attitude towards mental illness is mainly negative. This involves blaming the person with illness and complaining that the affected person cannot fulfil responsibilities at home or work. These are the negative attitudes or stigma. Stigma results in shame because of which many people who have mental illness do not receive evidence-based treatment. Even if gaining access to treatment and care can make a big difference to outcome, a person or their family may be unwilling to ask for help.

In a time of physical distancing, there is no better way to show support and desire for change than to gather in a virtual platform to move mental health forward. The mental health workforce training should actively encourage practices to reduce stigma. The population from childhood onwards should be able to access mental health literacy. Together, we must resolve to end the stigma and discrimination related to mental illness.

-Anjana Pillai,
UG 2018



GRATITUDE

I thank the beautiful sky for making me realise that endings ought to be beautiful.

I thank the wind blowing from my window which whispers, 'Take it easy girl, just breathe for a moment.'

I thank the night sky for its been eternally wide giving a short note on how it takes years to reach somewhere and shine.

I thank the birds for they aren't concerned if what others think. For teaching that you may not receive your favorite meal that day. But you ought to be back to begin with a new day in search of something special the other day.

I thank the nature for its been the greatest teacher, the lessons that are hidden got to be discovered.

-SANIKA GADKARI 2020



I think it's brave that you get up in the morning even if your soul
is weary and your bones ache for a rest;
I think it's brave that you keep on living even if you don't know
how to anymore; I think it's brave that you push away the waves
rolling in every day and you decide to fight;
I know there are days when you feel like giving up but I think it's
brave that you never do.
I think it's brave that you PUT ON A HAPPY FACE.

-Radha Muley 2020

numb

I want to cry but I smile

I want to scream but I laugh

I want warmth but I'm hugged by coldness

I want to love but I'm surrounded by temporary

I want to feel whole again but I'm broken

- anonymous

Relationships and Mental Health

In this course of life where we build so many relationships and by relationships I don't just mean a man and a woman having a relationship-it could be any relation; for that matter a relationship with yourself too!

How can we not discuss what effect these relationships can have on our mental health?

To me, good mental health is a state in which my happiness is self-initiated and it only changes its levels due to the external environment but does not depend on it.

Before getting into any kind of relationship,, it is extremely important to get yourself into a state where you are happy, not because of someone or something but happy simply because you are happy with yourself.

Before achieving this state or even trying to pursue this state if you commence a relationship, it will build a lot of unrealistic expectations which no one can fully fulfil and this will lead to disappointments and overthinking .

Of course, you cannot completely avoid overthinking but by this you can minimise it and that would do the job and your mind then wouldn't block other thoughts but let go of the ones already in your head and accept others . " The Inflow and Outflow of thoughts " is a rapid process and should remain that way. Overthinking slows down this process and excess of it can even stop it.

No one in this world can fulfil all the expectations you have from them and if you get into a relationship where you are happy just because someone behaves in a certain way behaviour will change sooner or later and then so will your happiness because it was not self induced .

"Everyday you should make someone smile
But never forget that you're someone too"

This quote really makes me feel that I can shower happiness in this world only when I am happy with myself.

Every relation is beautiful but if you don't love yourself before getting into one it can definitely take a toll on you and others involved.

It's okay to accept that you are not alright and start the process of healing rather than hiding. The "I am alright" mask and deceiving yourself can worsen your state.

Wake up every day and work on how you can enhance yourself. When you are done for the day and you close your eyes you should be content with the progress you have made towards this enhancement.

**-Muskaan Somani
2020**

It's My Choice

Radha Muley

Batch 2020

I was shattered and tearing apart
As it was none but my beloved ones depart
Trying hard to put myself together
Thinking His goodness to keep the soul better

It was me living in fear and fright
Then I saw kids enjoying the flying train at
distant sight
However difficult may seem the life of these
races

But there is no fear but joy on their faces

What is that which gives them strength
It is the subtle art of being in the present

Every journey has a purpose and every path has
a meaning

It is just a sort of fitness training

It is always a matter of choice
However difficult it may seem,
It is meant to be alright

So,

When everything seemed upside down
I chose smile over frown.

As a kid I read glossy history textbooks
To be super proud of the people
who gave up their lives for India

If somebody asked me then
what survival meant I'd say -
"To be in War."

In the front line of bullets
to know not if your name is etched next
or not for a long time
to take shelter and refuge
in the name of patriotism and the nation alike
to know not if you're dying
for something more than mere man-made
desires
to be a martyr for the greater good
to fight the existing system

if I was asked what survival meant today,
I'd have my father's words ring through my ears.

"Your generation thinks they can
save the world with memes and self-depreciating humor."

he says making it sound like an insult
and I'd be in a war again
but survival is survival after all
for once,

the kind of freedom we need right now
is from our own demons that
no longer live under our beds
but rather inside our heads,

So I tell you, before you say hello to me
I've already played this conversation
in my head at least a hundred possible ways
on loop and have chained my thoughts
to avoid you lurking through my vulnerable
real self, running past negative judgement

I tell you, that all Millennial Reddit threads
casually mention "depression"
like it is this new cool we are trying to achieve
that "Yeh dard kaahe khatam nahi hota bey"
is the first thought, when something is messed up
and discovering someone else
feels the same way through memes
is a reassurance -

that we are equally lost in
glamour and gratification
that Instagram double taps
don't fix broken hearts, only unhealthy validation
that I can't tell you if we are tired
of fighting this war or that we never wanted to
fight it in the first place

Everyone here is broken in unimaginable
ways

But mental health is still a taboo

We are always online, looking for ourselves
in square boxes

We are trying to be proud of the tragedies
that we have made of ourselves

No one understands,

It's hard to go through emotions
when everyone is looking consistently happy
and this constant pressure to be something
haunts our screens every night

that there may be no way out of this alive,
and now we're laughing at these tragedies

So tonight I save a meme,
in hopes tomorrow I can save me
one meme at a time, one me at a time.

mental health is real

- Sakshi Shukla
Batch 2019

Growth demands a move

**In the hall of gloom
yes, you may be there aloof!
But why to sit in that room
where there's no one to lend you a roof?**

**You've gone o'er thick and thin
and also tried to break the ice
But unfortunately you couldn't win
So try again - once, twice, or thrice!**

**Dropping the ball is not the solution
Don't accept defeat and come to a conclusion!
Instead try to learn the ropes
Which will develop into new hopes!**

**Difficult words often lead to beautiful destinations
Come on and take a new life!
Come with open thoughts and imaginations
Which will bring in you an inspiration to survive!**

**Every cloud has a silver lining
You just don't know that you have a long inning
Don't dismiss your failure as nothing
As it is the ladder for you to achieve everything**

**Try and take the bull by its horn
That's the reason for which you're born
And when you'll touch the GOLDEN GATES
They'll surely be happy - your family and mates!**

-Maitri Gopani



SEPTEMBER

**THIS HAPPENED
TO ME-
SEVAGRAM
DIARIES**

When you find...
A Sea in Sevagram



**All I can see around is blue. Drowning in its hue.
Leaves of different ages swirl past my mind but don't settle anywhere.
Winds and storms don't find any massif. Don't ask how I made it
through.
As if I cannot wait to see the shore. Shore of a sea, that pulls me right in
when the two glances fix. Glances like poles of magnet, looking for a way
to break free.
What made it cut? How a moment of seconds wasted into sand?
Sand trickles away when held tight. So, I tell myself to loosen up, bit by
bit.
Hoping one day I will sail the same sea.**

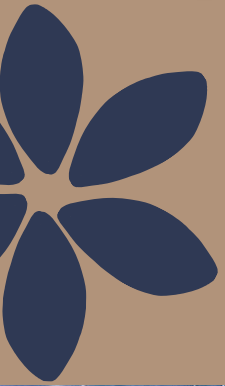
**Shaurya Sharma
Batch 2020**

निसर्ग तो बघा आश्वस्त करितो
नभानभातून जसा गहिवरतो
क्षणार्धात मजला सांगुनी जातो
जाईल कसा बरं पुन्हा थांबतो
"वृक्ष सहस्र हे पुत्र हो माझे
दाखवू नकोस रे अंत हे त्यांचे
बघवत नाही हे झेपत नाही
अंग-विच्छेद ह्या पृथ्वीतलाचे
माय बाप मुलं तुम्ही ही कुणाचे
असाल खरे तर ठाऊक असावे
श्वास मायेचा कसा घुटमळतो
बघता ते मृतदेह पुत्राचे
मार्गावरील हे वृक्ष तोडूनी
मार्ग कुठला तो शोधताहात हो
जगता जगता मृत्यूचे ही
भागीदार तुम्ही का बनत आहात हो..."



-वेद

UG 2018



Skies of Sevagram...



Pratham Bhandari
2020



Anurag Challani
2020

Sharyu Dongare

2020





Shravan Kadu 2019



VATAN WASNIK
UG 2018



OCTOBER

**21ST CENTURY
TAKE ON
GANDHI'S
VIEWS**

मला पडलेले काही प्रश्न आहेत ज्यांची उत्तरे तुम्ही आम्ही स्वतःच्या मनाला विचारल्यावर मिळतील देखील. काहीजण विचार करतील किंवा काहीजण मला मुखांत काढतील पण तरीही याविषयी लिहावं असं प्रकर्षाने जाणवत आहे.

चायानाला खेटून असलेला ठीपक्या एवढा देश दक्षिण कोरिया, त्यांच्या वेब सीरिज, संगीत किंवा एकंदर संस्कृतीचा प्रभाव चायानापेक्षा जास्त भारतावर का पडावा? आपला देश पृथ्वीच्या उष्णकटिबंधीय भागात येत असूनही आपल्याला पाश्यात्य वेशभूषा करण्याची काय गरज पडते? स्वतःचं ते तुच्छ आणि विदेशी ते उच्च हे आपल्या मनावर कोणी कोरले? का आज आपल्यापैकी अनेकांनी कालिदास, टागोर हे वाचले नसतील परंतु शेकसपिअर मात्र घोकून ठेवलाय? इंग्रजी शाळेत जाणारा विद्यार्थी हुशार आणि मराठी माध्यमात शिकणारा मुलगा अगदीच अडाणी, गावंढळ अशी भावना हल्लीच्या पालकांच्या मनात कोणी रुजवली?

माझा प्रश्न आहे की हे सगळं कुठवर चालणार? कोण थांबवणार? आपण सर्व, या देशाची तरुण पिढी भारताला भारत ठेवणार आहेत ना? आज जेव्हा चित्रपटगृहात एखादा इंग्रजी सिनेमा लागतो तेव्हा विचार येतो की हा चित्रपट आपण बघत नाही तर हा आपल्यावर लादल्या जात आहे. आपण कसे मागास आणि गलिच्छ आहेत हे इंग्रज आपल्याला सांगून गेले होते. आपल्या पूर्वजांनी त्यांचं ऐकलं, त्यांच्यासारखं ऐटीत राहणं म्हणजे श्रेष्ठ हे आपण स्वीकारलं. आपण तेव्हाही गुलामच होतो आणि आजही गुलामच आहेत. आपल्याच संस्कृतीला हिनवण्यात वाटणारा मोठेपणा आपल्याला माणूस म्हणून कधीच मोठं करणार नाही. ज्याप्रमाणे एखाद्या म्हातान्या आईची तिच्या अतिशय संवेदनाहीन मुलाला किळस यावी अगदी तसेच वागवतो आपण आपल्या भाषेला आणि संस्कृतीला.

आपल्या सर्वांना आपण स्वीकारलेल्या या गुलामिबद्दल विचार करण्याची नितांत गरज आहे. आपल्याला बदलण्याची गरज आहे. विदेशी बघण्या आधी आता स्वतःची संस्कृती जाणून घेऊया, स्वतःच्या भाषेत लिहिलेले दर्जेदार साहित्य वाचूया, जिथे जमेल तिथे आपल्या भाषेचा वापर करूया. आपल्या भाषेला व संस्कृतीला मोठं करायला इंग्रज येणार नाहीयेत आणि आपण जागोजागी इंग्रजी बोलून इंग्रज होणार नाही आहेत परंतु आंग्लभाषा व संस्कृती स्वीकारून आपण स्वतःचं अस्तित्व नक्की गमावत आहेत.

शेवटी एवढंच सांगावसे वाटते की या सर्व प्रश्नांची उत्तरे एकदा आपण आपल्या मनाला विचारूया. गांधींच्या विचाधारेवर जगणारा भारत निर्माण करूया.

“आपला विश्वास आपले विचार बनतात, आपले विचार आपले शब्द बनतात, आपले शब्द आपली क्रिया बनतात, आपल्या कृती आपल्या सवयी बनतात, आपल्या सवयी आपली मूल्ये बनतात, आपली मूल्ये आपले हेतू बनतात.” हे बापूंचे शब्द. आपल्या विचारांनी, कृतींनी, सवयीने आपली मूल्ये घडवण्याची हीच वेळ आहे.

Vishakha Motale
2018



GANDHI JAYANTI
CELEBRATION



<https://fb.watch/9Y7vEINoT2/>
Mohan se Mahatma



<https://fb.me/e/FxySxtFB>



The Hate I Live

When hate is all you get in words
,in deeds,

When hate is all you can give back
in kind,

Do you still tell the truth ?

Honesty is the best policy, but is it?

When the hate is soul crushing,

Staring at you ,laughing, belittling

Demeaning, screaming and leering

Do you still fight it?

Father said to preach and be the
truth

The truth no one is here to hear

Do you still tell the truth?

When the world wants the worst

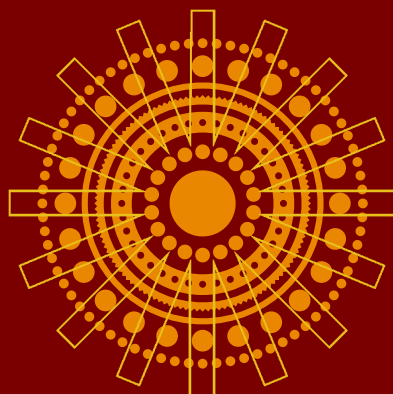
When all you see is dearth

Do you still fight it?

Sticks and stones may break my
bones
But words can never hurt me?
The hate you spew slashes against
me
With an unforgiving rage

When all is said and done
When there is no one left to come
When hate is all you get
Is hate all you return?
The hate I live is that all I give?

Harsh Priyadarshi
Batch 2020



"इक्कीसवीं सदी में गांधीवादी विचारों की प्रासंगिकता"

"Generations to come, it may well be, will be scarce believe that such a man as this one ever in first and blood walked in this earth"

बीसवीं सदी के महान वैज्ञानिक अल्बर्ट आइंस्टाइन द्वारा महात्मा के बारे में, उनके सत्तरवे जन्मदिवस पर कहे गए ये शब्द सत्य से ज़रा भी परे नहीं लगते। आज के समय में ये सोच पाना भी मुश्किल है की महात्मा गांधी जैसे महापुरुष इस धरती पर रहे, उसी धरती पर, जिस पर अब हम हैं।

महात्मा अपने समय के कई महान हस्तियां, जैसे मार्टिन लूथर किंग जूनियर व नेल्सन मंडेला के लिए प्रेरणा का स्रोत रहे, जिन्हें महात्मा ने उनके संघर्षों में आगे बढ़ते रहने के लिए प्रेरित किया।

लेकिन आज के समय में भी, क्या गांधीजी के विचारों से मार्गदर्शन लेकर हम आजकल की मुश्किलों को पार कर सकते हैं? क्या इक्कीसवीं सदी में भी उनके विचारों का वही मोल है, जो पहले था?

हम एक ऐसी दुनिया में रहते हैं, जो वैश्विक अशांति, भय, क्रोध, घृणा, असंतोष, निराशा, अनैतिकता, आदि से दिन ब दिन विभाजित होती जा रही है। जातीय और धार्मिक संघर्षों की संख्या का तीव्रता बढ़ती जा रही है।

पिछले उदाहरणों से ये साबित हो चुका है की इन मुश्किलों को हल करने के लिए युद्ध या हिंसक तरीके अपनाना कोई अच्छा विचार नहीं हैं। ये केवल रक्तपात व संसाधनों का नुकसान को राह देगा। और तो और युद्ध के कारण देश की विकास प्रक्रिया भी धीमी हो जायेगी। ऐसे गत्यविरोध की स्थिति में अहिंसक प्रतिरोध का भी प्रयोग किया जा सकता हैं।

हम जिन बुराईयों से लड़ रहे हैं, वो हमारे भीतर है, जिनसे हम अनभिज्ञ हैं। किया और जीने दो जैसे आदर्श की बातें तो काफी होती है, लेकिन इन्हें अपनाने वाले कम होते हैं। इन आदर्शों का पालन तभी संभव हो सकता है, जब हम अपने जीवन की समग्र दृष्टि को अपनाए। तभी न्याय सुनिश्चित कर पाएंगे और समानताएं ला पाएंगे। साथ ही साथ, हम इस सरल सत्य को भी ध्यान में रखना होगा, की हर व्यक्ति अद्वितीय है, और हमें उनके व्यक्तित्व का सम्मान करना चाहिए, व उनकी विशेषताओं को बने रहने देना चाहिए।

गांधीजी ने मानवता के लिए जो विरासत छोड़ी, उसका सार इस प्रकार समझा जा सकता है, की सत्य से बड़ी कोई संपत्ति प्राप्त नहीं की जा सकती है, और दासता, हिंसा, अन्याय और असमानताएं सत्य से असंगत हैं।

गांधीजी ने स्वयं कहा है “I have nothing new to teach to the World. Truth and Non-Violence are as old as the hills. All I have done is to experiment on both in as vast a scale as I could.” गांधीजी ने केवल इन पुरानी विरासतों को दुनिया के समक्ष रखा, और इनका सार हमें समझने का प्रयास किया। गांधीवादी विरासत, जीवन को उसके मूल लय के अनुरूप व्याप्त करने की मानवता की सदियों पुराने ज्ञान का प्रतीक है। हमें इसका अनुसरण करना चाहिए।

गांधीजी के रूप में इस दुनिया ने एक ऐसा विश्वनेता पाया, जिन्होंने एक युद्धरत दुनिया का स्वप्न देखा, जहा सामाजिक आदेश को बढ़ावा दिया जाए व शोषण और अन्याय जैसी बुराइयां न हों।

इस सब के बाद, अंत में ये सवाल रह जाता है, की क्या आज की इक्कीसवीं सदी में हम गांधीवादी शिक्षा को समाज पाने के लिए नैतिक रूप से पर्याप्त है, या नहीं।

उम्मीद करता हु, की हम ऐसा कर पाएंगे।

आज महात्मा गांधी के दर्शन को एक जीवंत अनुभव के रूप में देखा जाता है, जिसमे परिवर्तन को संभावना दीख पड़ती है, जो हमे वैश्विक शांति की ओर ले जायेगा। समय, भौगोलिक स्थान, और सांस्कृतिक पृष्ठभूमि के बावजूद उनके दिए गए मूल्य, जैसे सत्य, अहिंसा, मानवीय गरिमा व सम्मान और साथी प्राणियों के साथ समभाव आज अधिक प्रासंगिक है।

अंततः, यदि हम गांधीजी की विरासत पर भरोसा रखे, उनके विचारों को परिभाषित करें, तो ये हमे एक शांतिपूर्ण और बेहतर दुनिया में ले जायेगा।

Mayank Kumar
Batch 2020



NOVEMBER

MEDICOS ON FEMINISM

THOUGHTS ON FEMINISM



Seated in the Elphinstone building, the Hindustan Times Newspaper Office, along with the 29 other students, I was nervous and my palms were sweaty. We were about to have an interview with The Editor of HT - Soumya Bhattacharya. We were the students, all from different schools, (Grades ranging from VI to X) who were selected for the interview round, which was the second and the final round of HT's Essay Competition. The first round was to write an essay on the topic - 'What is Man's best invention?' and mail it to the HT office.

So, there were these 30 students seated with their own views about the man's best invention. One wrote 'paper', the other wrote 'electricity' and so on. The ambience was really sophisticated which made me nervous. A girl sitting beside me asked, "Hey, what have you written?" I answered smiling through my clenched teeth, opening my mouth just enough to utter the words - "Agricultural tool, Plough." She replied, "Oh, nice! According to me, it's Feminism. Do you know that Feminism was invented by a man, Charles Fourier?"

THOUGHTS ON FEMINISM

And that's how I was introduced to the concept of Feminism. Yeah, that's true. I came to know about feminism really late in life, in Std.VIII. I accept it with full honesty and a bit of embarrassment.

Since then, I have thought to myself - Is this concept an invention? Why did a man have the urge to invent this? Why couldn't a woman take the effort to do so for herself and her gender?

The search for an answer to this question introduced me to the 'necessity' of this 'invention'. The answer: females were so oppressed that they couldn't dare to stand for themselves!

The female entity was not respected and treated the way it deserved to be. The conditions were really gross back then. In the present times too, women are looked down upon as feeble and weak individuals. This is the darkness which became a necessity to present the concept of Feminism in front of the world!

Thomas Edison invented the light bulb. Light or the electricity that we use in our daily life, symbolises the victory over darkness but if we ponder about this more, we would realise that this invention is a constant reminder of the darkness present. We didn't eradicate the darkness. My objective here, of course, isn't literal but metaphorical.

THOUGHTS ON FEMINISM



Similarly, somewhere in a corner of the world, if a woman is standing for herself in the name of Feminism, that is reflecting the injustice happening to her. Feminism is surely a victory over injustice but it is, at the same time, an indicator of the prevalent inequality and ill-treatment. The victory is just ephemeral, but eradication would be permanent. The same goes for racism and casteism too! I searched for the root cause of such discrimination done by the society. Why does society treat people so badly, on the basis of gender, colour, caste or nationality, that they have to put forth a concept just to fight for their basic rights? The rights that they deserved already. This is because society judges people the wrong way. We can permanently eradicate the discrimination issues by equity and by being judgemental in the right way. We must be mature enough to realise that gender, caste, colour, nationality - all of this isn't an identity of a person. For once, if we just practise looking at people as souls, as spirits that carry their own stories of existence, the world would seem so much more beautiful! If we just look and respect people for who they are and their personality, irrespective of gender, caste, colour or nationality we can develop a mature mentality.

THOUGHTS ON FEMINISM

This mature mentality will lead us to respect people for their talents, efforts, interests and capabilities and we'll learn to treat them accordingly! Such treatment by the society would eventually allow an individual to confidently manifest his/her individuality. It would give every person the ultimate freedom of choice.

Feminism is not being an independent working woman always. It is giving every woman the freedom of choice. If she wants to be a housewife, she must be given that freedom. If she wants to be a working woman, she must be given the freedom and opportunities equal to a man. Her attire, her lifestyle, her personal relationships, every single thing is her choice and not something for the society to interfere.

All of this goes for men too, in fact, for all human beings.

Men are judged for expressing emotions, they are pressured to be the breadwinner, they are expected to always be responsible.

So, 'Feminism' or 'Masculinism' is not the answer.

According to me, the solution to ANY kind of discrimination would be through:

- *Giving an individual the freedom to be themselves.*
- *Giving equitable opportunities to everyone.*

Rohini Chettiar

Batch 2020

MY PINK PLAYSUIT

Dear society,

Cindrella, Beauty and Jasmine
wore gorgeous gowns,
none of which I remember to be pink.
Pink for girls and blue for boys,
and I am not upset it is that way.

The colour of warmth and strength,
the colour which is pretty yet bold.

But then again -
Why is pretty for girls,
and strength for boys?

To me - a girl should be two thing
what she wants to be and who she is.
Does her face tell you that she seeks approval?
Does her body tell you that she needs support?
Does her soul scream out and ask for your help?
Do you ever hear, any of that?

No, don't you?

MY PINK PLAYSUIT

It's her body, her soul, her life.
Nobody can trap her spirit into a box
labelled as "limits and guidelines",
or trap her soul into layers of cotton and silk,
no one can stop the expansion of her horizons, and
capture her radiance in the palm of their hands.

Your objections don't outline her life, she will be
what her soul preaches, and it preaches freedom.

Your mind may be caged, it is finally time to set it
free, because she is not.

None of us - a girl or a boy is better than the other.
Because we both wear our sins and flaws differently.

But we are two different directions, arriving at the
same destination,

so let us please.

MY PINK PLAYSUIT

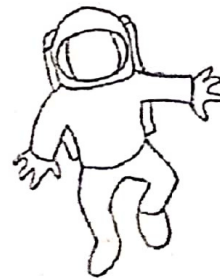
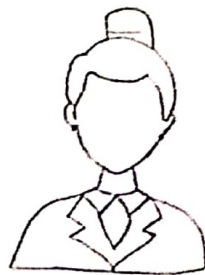
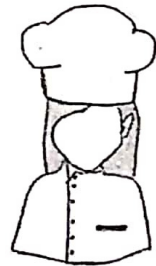
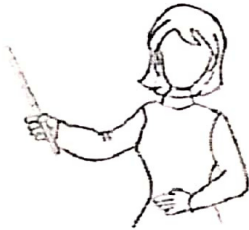
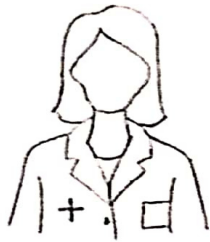
Anyways:
Cindrella, Beauty and Jasmine
wore gorgeous gowns,
none of which I remember to be pink.
Pink for girls and blue for boys,
and I am not upset it is that way.

Honestly, I prefer it that way.

Yours,
A girl in her pink play-suit.

- Sakshi Shukla
2019 Batch
@idarvince || @lostgirltales

NEVER UNDERESTIMATE THE POWER OF WOMAN



*Abdul Qadir
Batch 2020*

दुर्गा की पूजा करते हो,
पर नारी का सम्मान नहीं।
माँ का दुलार चाहिए,
पर बेटी का प्यार नहीं।
बहन की ज़रूरत है तुम्हें,
पर उसकी ज़रूरतों का ख्याल नहीं।
पत्नी का सहयोग चाहिए,
पर उसका साथ देने को तुम तैयार नहीं।
कहते हो ज़माना बदल रहा है,
लोगों की सोच बदल रही है।
पर सच पूछो तो
मुझे तुम्हारी बातों पर ऐतबार नहीं।
कहने को तो उसके साथ हो तुम,
पर उसकी परेशानियों का तुम्हें थोड़ा
भी एहसास नहीं।

बस अब
और नहीं



लड़का लड़की एक समान,
यह नारे तो लगाते हो तुम।
पर लड़की से हारना आज भी
तुम्हारे अहम को बर्दाश्त नहीं।

अब तक सहा
बस अब और नहीं।
तुम्हारा यह दोगलापन
अब मंजूर नहीं।
तुम बदलो ना बदलो,
अब तुम्हारे लिए खुद को बदलने को मैं तैयार नहीं।
पिता हो या पति,
बेटा हो या भाई,
तुम्हारे बिना भी जीवन साकार होगा मेरा।
क्योंकि तुम अकेले मेरी पहचान नहीं।
तुम अकेले मेरी पहचान नहीं।।

Akanksha Nath
Batch 2018



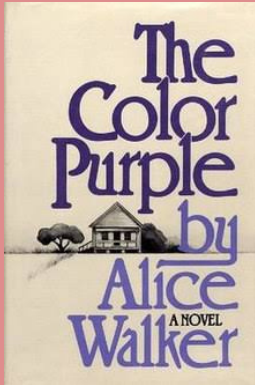
*She is both fierce and
feminine. she nurtures
and she destroys.*



*she is the embodiment of
feminism as the fight
against discrimination
and oppression of women*

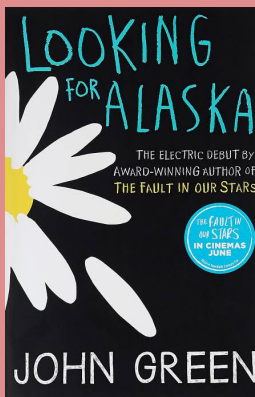
Pratham Bhardari
BATCH 2020

BOOK RECOMMENDATIONS



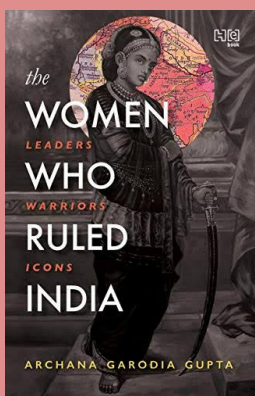
The color purple *Book by Alice Walker*

The book is just absolutely amazing. You just have to get through the difficult first half, and I promise you the ending will be totally worth it.



Looking for Alaska *Book by John Green*

Not every John Green book has to be about fault in the stars. Although this one is about a star, Alaska.



The Women Who Ruled India: Leaders. Warriors. Icons.

Book by Archana Garodia Gupta
If you are interested in history and want to know more about some great personalities and literal queens, this one is for you!!

DECEMBER

WELCOME ARCADIANS



Arcadians (n)

def. 1. rustic, simple, peaceful

From being known as the corona batch...



*Arcadians took their first step through
the gates of MGI&MS*

Some of them dance...



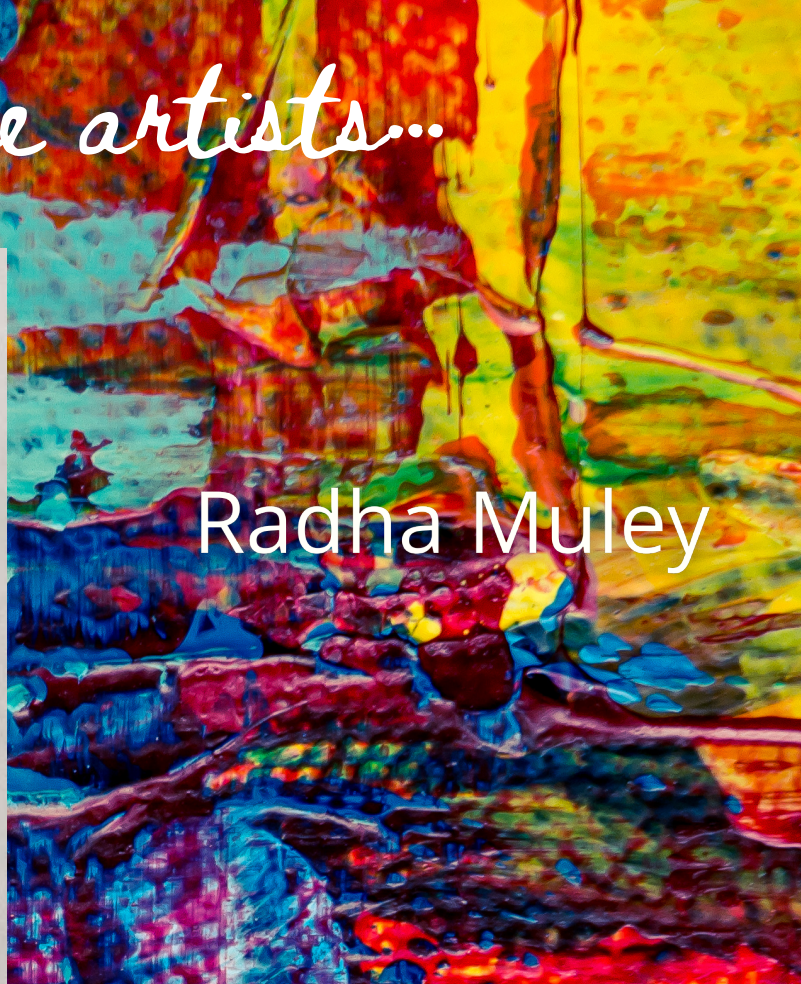
 <https://youtu.be/9aFcMK0b6XM>

Introducing Rohini Chettiar

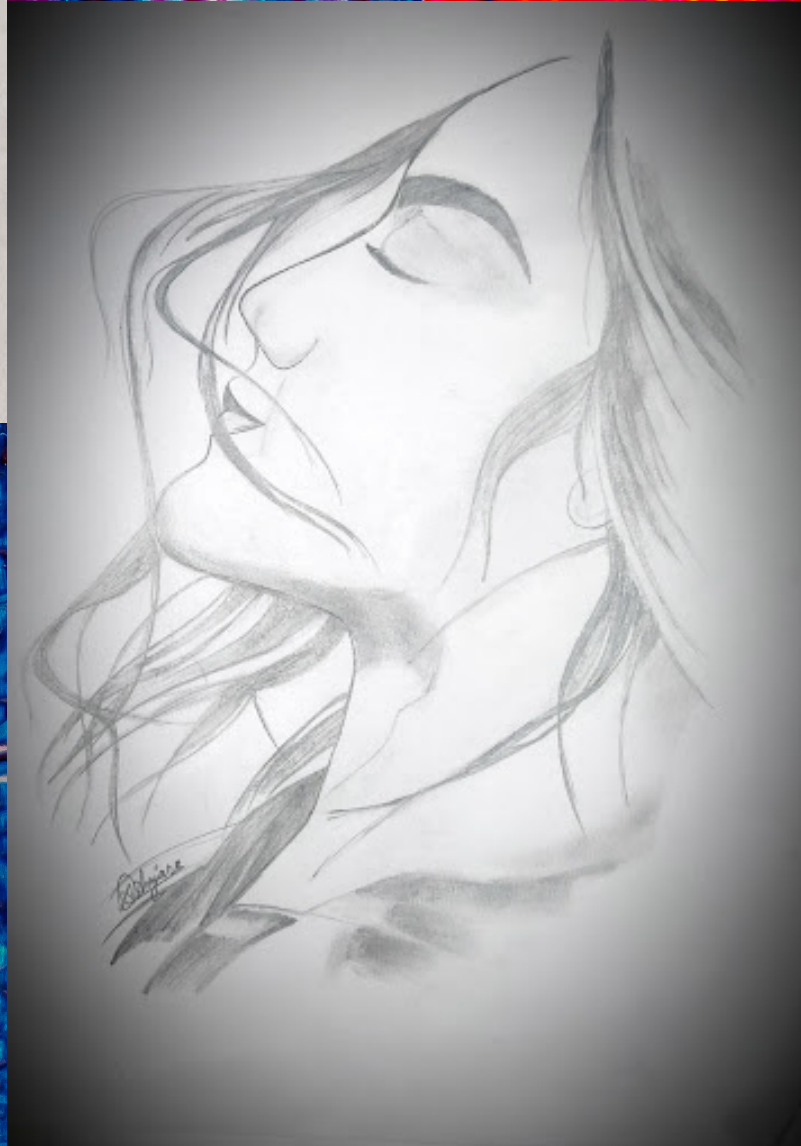
Some of them are artists...



Radha Muley



Aachal Hazare





Harsh
Priyadarshi



Amruta Mahalle



Harsh Priyadarshi

Some cook...

CERTIFIED

BROWNIES

Bake them and they can be used as the perfect ice breakers
So, let's dive straight into it!

Ingredients for these mouth-watering brownies:

2 1/2 cups of cooking chocolate (Mix light and dark chocolate for that extra punch)

1 cup of unsalted butter (Equivalent to 16 tablespoons or 225 grams)

1 1/4 cups of granulated sugar

1 Tbsp of vanilla extract

3 Tbsp of vegetable oil

1 cup curd or 4 large eggs

Secret ingredient: 1 Tbsp of coffee

Dry ingredients:

2/3 cup of all-purpose flour

1/2 cup of unsweetened cocoa powder

1 1/2 tsp of baking powder

1/2 tsp of salt



Batter



Brownies!

Procedure

Preheat your oven for 10 minutes at 180 degree celsius

- Melt the 2 1/2 cups of cooking chocolate with 1 cup of butter.

You can do this in a microwave or a double boiler.

*be careful and ensure that the chocolate does not burn.

Keep the chocolate aside and let it cool but not completely. It should be warm and runny.

In a mixing bowl add

- Add 1 cup of curd or 4 large eggs
- 1 1/4 cups of granulated sugar
- 1 tbsp of coffee
- 3 tbsp of oil
- 1 tbsp of vanilla extract
- Add the melted chocolate that you prepared

Mix thoroughly

Sieve all the dry ingredients and add it to the mixing bowl in batches

Now gently fold in the mixture. You need not mix it vigorously.

Grease your baking tray with butter (a square baking tray would be perfect)

Pour in your batter and then tap the tray gently.

Bake the mixture for 35-40 minutes at 180 degree celsius.

37 minutes would give perfect fudgy brownies.

Tips and tricks

Sieving is an important step as it aerates the dry ingredients.

Tapping of the tray gets rid of any air pockets, if formed.

Baking can be very therapeutic. Do give it a try!

Enjoy!

Reviews

"Extraordinary recipe that works like magic"

-chef Pushpak

"First amazing dish made by Pushpak, of course with the help of this recipe and me"

- Chef Sadique Ameen

MuskaanSomaani

Some are writers...

THE FIRE IN HER SOUL!

This girl wanders places too far;
Carrying a dream to be a star.
A star who connects with the ultimate soul;
Who lives her life to fulfill the purposed goal.
The places unravel something new everytime;
She either learns new things or finds parterns in
crime.

This journey has made her learn;
That successs and failures are just a pun.
All that matters in the long run,
Are the experiences which were fun.
Her experiences have taught her more;
Cause she chose to be a student before.
She knows the universe has something great in store;
So chooses to be patient and doesn't worry anymore.
Let life bring challenges she is ready,
They are just stepping stones to a life more steady.
Her dreams have become now planned goals,
Cause she has got that fire in her soul!!

Sanika Gadhkari

*Welcome home
Arcadians!
I truly honored to have
you here*



*Divided they fall..
United they stand*

Editors Message

Hello, MGIMS family!

We hope you enjoyed this first issue as much as we enjoyed making it!

We would like to take this opportunity to thank our Magazine teachers in charge Dr. Sonia Jain and Dr. Deepika Garg, Dean sir, the magazine committee and all those who submitted these wonderful entries!

Wishing you all a very happy new year and a wonderful year ahead!

Signing out till next time..

Magazine editors
Shashwithaa Sivakanthan &
Pushpak Kadam