## SUSTRUMA

47th edition of the annual magazine .

# IN LOVING MIMORY OF 

LATE DR. SUSHILA NAYAR - BADI BEHENJI
M.D.M.Ph., Dr.P.H. (Johns Hopkins)

Founder President, KHS
Founder Director, MGIMS

(1914-2001)

## DEAN

## Dr.A.K. Shukla

## MAGAZINE TEACHER INCHARGE

Dr.Sonia Jain

# MAGAZINE STUDENT HEAD 

## Vinayak Panpatte

# Meet the council [2022-23] 

- GENERAL SECRETARY
- CULTURAL SECRETARY.
- COUNCIL CO-ORDINATOR.
- LITERARY HEAD.
- Magazine head.
- SPORTS SECRETARY.
- RESEARCH HEAD.
- LADIES REPRESENTATIVE.
- Nss.
-AMEY JOKAR
-KUNAL KARWA \&


## SAKSHI SHUKLA

-DHIRAJ VISHWASRAO
-MANSI BHALME
-VinAYAK PANPATTE
-OMKAR NAGTILAK \&
Avni TAMBI
-NIRAJ AGRAWAL \&
RHEA AGGARWAL
-AKANGKSHA PATASKAR \&
Himani gothwal
-MELISSA JAMGADE.


## CLASS OF 2018

## UDGAME



THE BEST BATCH IS ONE THAT IS FILLED WITH KIND, SUPPORTIVE, AND HARDWORKING INDIVIDUALS WHO ARE ALL WORKING TOWARDS A COMMON GOAL. THEY LIFT EACH OTHER UP AND CELEBRATE EACH OTHER'S SUCCESSES, AND THEY'RE ALWAYS WILLING TO LEND A HELPING HAND WHEN SOMEONE NEEDS IT. THEY HAVE A STRONG SENSE OF COMMUNITY AND A SHARED Passion for Learning and growing together. The best BATCH IS ONE WHERE EVERYONE FEELS VALUED AND APPRECIATED, AND WHERE EVERYONE HAS THE OPPORTUNITY TO SHINE.


## BATCH2021-AGNIVESH



## BATCH-2022



## Who's watchinge



## MGIMS

 ORIGINATS
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## -GATHERING

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-MUSIC


## $\rightarrow$ Pay

## （i）

The anNuAL sacial gathering（umang）began with an energetic welag Me DANGE םN DAY 1 AND GANESH VANDANA ロN DAY Z．FロLLロWING THAT，םNE AFTER THE QTHER，THERE WERE MARVELロபS DANCE PERFロRMANCES FRQM THE STUDENTS．EVERY GRロபP GAVE THEIR PERFロRMANCE WITH GRACE AND GロT A BIG RロபND ロF APPLAபSE WHICH INCLUDED PATRIロTIC，MAHABHARATA，S口பTH INDIAN AND MANY MロRE PERFGRMANCES

## My List



## Continue Watching...


,



## Check out 'BEHIND THE SCENES' video of UMANG on Instagram @mgimsdiaries

## Click here



# https://www.instagram.com/reel/Cqsfq80v 2ou/?igshid=MzRIODBiNWFIZA\%3D\%3D 




SHIVAJI لAYANTI，WHICH IS THE BIRTH ANNIVERSARY ロF ロHHATRAPATI SHIVAJI MAHARAJ，IS HELD ロN FEBRபARY 19 AT MGIMS．SHIVAلI لAYANTI IS A MAHARASHTRIAN FESTIVAL CロMMEMDRATING SHIVAJI MAHARAJ＇S BIRTH．
$\square$ THIS DAY，THE STATE ロBGERVES A PUBLIC HロLIDAY．THE DAY IS பSபALLY CロMMEMロRATED WITH ZEAL AND PRIDE．

## My List




## Continue Watching...




## $\rightarrow$ Play <br> （i）

THE PUJA RITUALS BEGAN AT 1 2：ロロ PM WHEN THE IDロL ロF LロRD GANESHA WAS VENERATED BY ALL THE MEMBERS．THE LロRD WAS ロFFERED PRAYERS AND invacatians，fallawed by Aartis as well as distributian af Prasad amang the members．The Arrival af Lard Ganesha was welcamed by the tunes af
＂DHロL＂AND＂TASHA＂LIKE ALL OTHER YEARS．
They alsa enacted a TREASபRE HபNT and FANロY DRESS CロMPETITIロN． VARIロபs DANCE PERFロRMANCES WERE ALSロ cロNDUCTED．THIS EVENT BRロUGHT A SENSE ロF UNITY AMロNG ALL THE PARTICIPANTS AND GAVE A SET GF UNFロRGETTABLE MEMロRIES Tロ THロSE WHロ HAD WITNESSED THIS EVENT．

## My List



## Continue Watching...


courtesy-Kavita Meena
(2020batch)


# Check out the recl of GANESH FESTIVAL on Instagram @mgimsdiarics 

## Click here



## https://www.instagram.com/reel/CiHI6K9Ps 4JJ?igshid=MzRIODBiNWFIZA\%3D\%3D




Play

THE GRAND DAY FロR MAHARASHTRA WAS CELEBRATED AT ГHARKHAGRIHA，SEVAGRAM．MAHARASHTRA DAY IS CELEBRATED ロN 1 ST MAY EVERY YEAR AND IT IS A HロLIDAY FロR THE STATE．DULTURAL EVENTS WERE PERFロRMED BY STUDENTS．THEY DANCED AND SANG Tロ THEIR MARATHI SロNGS． THE DAY DEPICTED A SபCCESSFபL CELEBRATIロN ロF MAHARASHTRA DAY．

## My List



## Continue Watching...




THERE WERE MANY SPGRTS EVENTS THAT WERE CARRIED םUT PARALLELLY，WHICH INCLUDED CRICKET，FロロTBALL，TABLE－TENNIS，BADMINTGN，CARRGM，VロLLEYBALL，THRGWBALL，CHESS AND same athers alsa．The cheering and suppart fram the atdience added ta the EXCITEMENT AND ENERGY aF THE EVENT．

IN THE PRIZE DISTRIBUTIGN cEREMGNY，ALL THE WINNING STUDENTS AND TEAMS WERE AWARDED MEDALS AND CERTIFICATES，AND THE WINNING HロUSE WAS AWARDED THE TRロPHY． IN THE END，DEAN sir ADDREssed ALL THE stUdents and cangratulating all the WINNING STUDENTS，AND APPRECIATING THE EFFGRTS TAKEN BY EACH STUDENT ロN THE DAY．

## My List



## Continue Watching...



# POETRY <br>  

(Including campus snapshots)


## WHEN DEATHIS CURE,

Doctors and medical personnel devote their entire professional lives for the sole purpose of improving and many times saving other lives. Society reveres them for the very same reason.

Such professionals, especially doctors are expected to have an unyielding grit and hope for the recovery of the gravest patients. Hippocrates once said "Wherever there is love for the art of medicine, there is love for humanity." This seems to imply that doctors, at least ideally possess virtues like compassion. So, if a patient who is suffering from a terminal illness and who is beyond recovery, desires to end their life , Should a doctor respect such wishes in a hypothetical society wherein this action would be considered legitimate?
This brings us to the topic of 'euthanasia'. In current usage, ' euthanasia 'refers to the painless inducement of quick death.' This practice is usually classified as voluntary, where the patient is competent enough to give consent and the other being non voluntary where some other appropriate individual gives consent on the patients behalf.

The first form is currently legal in Australia, Canada, Spain and even in some states of the

US. Since 2018, passive and voluntary euthanasia has been legal in our country. 'Passive' meaning that doctor has withheld life sustaining substances. Euthanasia has been a topic of debate and scrutiny since the 1800's for very right reasons. Historically, Nazis used the term 'mercy killings' for essentially a genocide of almost 300,000 'mentally and physically handicapped people'. Thisdisgraceful act on humanity proves that the close analysis of euthanasia is not only justifiable rather necessary for a country's population especially doctors who would have an undeniable role in such deaths.
One argument against euthanasia or physicianassisted suicide is the Hippocratic Oath, dating back some 2,500 years. All doctors take this oath.
"I will neither give a deadly drug to anybody who asked for it, nor will I make a suggestion to this effect."

This line itself blatantly disregards the idea of euthanasia, making this predicament even more ethically convoluted for doctors. There is also the question of how doctors would go about navigating the psychological burden in the aftermath of such cases, considering they would be active participants in an individual's death. Society has held doctors on a high pedestal for obvious reasons. They confront death and despair on a daily basis, sometimes make extreme personal sacrifices and bear the mental load of knowing they cannot save every life. If euthanasia ever becomes a ubiquitous part of medicine, the moral sensibilities of doctors would be even more harshly challenged and dissected. Hopefully, doctors would have the right answers to this great moral conundrum , whatever those answers might be.

- Deeya Singh
(2022-batch)



## 04 September 2022

3:45 pm; When I heard, "Why do you sound like you're reading?"
The call ended and I held my knees in the arms of my beloved, chair. The sky was dressed grey today as I looked upon the window and a tear dropped by. I remembered the moment and the most common happening of my schooling. As if to check if we were literate or not the teachers used to ask everyone to read turn by turn; well, chuckles in cheeks, they taught us well the way to read. Every time in serial wise manner we had to present ourselves, it was so boring to keep an eye on lines going on. Many times, many of us, [I was mostly decent by the way;)] were used to get punished mostly for this thing. Fortunately, I had chance
to skip all the time; I used to think and burst into laughter when I saw my mates being punished or careful not to get punishment. Years passed by; I learned well to point out most mistakes in accent of the people. They sometimes were irritated and thought if I was showing off my skills. I learnt how to read just by listening, but I never practiced reading just because I was afraid to be ashamed of myself.
I eyen enjoyed the teasing too for my habit of pointing errors. But today when I memorized, when was the last time I read out loud? How do I sound like when I read? ...
I smiled in remembrance of those giggles which I had owned then.

But probably I never read out loud except for once when
I was showing off my mom that am studying so well. I almost left reading at 7 to skip hearing myself. I often desire to stop using that laryngeal cartilage. And this stuff is never going to have a full stop. Every time I try harder to back off from speaking, I badly fail and talk even more after every try. I never know what makes me so weak that I can't even do this little thing. Maybe I didn't lose my complete voice for some reason, but sometimes it's difficult to accept our own self far more than accepting the world. To be true, I love silences when I have so much to speak and I speak too much when I have nothing to say. I want to get parted from this fate but I never find myself living the most painful one and then it seems like am never less than being happy...
I didn't choose this topic to write on; the title on my paper earlier was "LET ME HAVE LESSER REGRETS." But that grey sky didn't seem to like this much. There's always so much to spill and so much to let in. I wonder if I hadn't been a literate how many tons of tears would I have lost... (Most I regret here is not being a mermaid;
How rich I would have been with those pearls of my
tears... Alas!)

Life Lessons Clp Cleft Lip And Palate Smile Pain Relief Pardon for this silly head but the only reason I don't demand an exchange from God is that it always does one good thing; brings me smile in my pain. The best way to end your pain is not to wait for happiness but to smile back at it.


घने वन मे, शजर के आड से, हवा का गुंजता गीत हो तुम.... मेरी प्रीत हो तुम।

ध्वस्त धरोहर की मृण्मयी छाती पर , प्राण की नवनीत हो तुम..... मेरी प्रीत हो तुम।

वृंदावन मे मनमोहन की वंशी से निकला संगीत हो तुम..... मेरी प्रीत हो तुम।

बंद अधरों के बीच, मेरा अव्यक्त भाव पढ़ले, ओ मनमीत हो तुम...... मेरी प्रीत हो तुम ।

मेरी निशाचार रात्रि मे, मधुर सी यामिनी हो तुम... क्यों देख चंद्रमा को उस चकोर सा द्रवित है मन... क्षितिज पर डुबते सूरज की आहटोन् की खुबसूरती की रीत हो तुम..... मेरी प्रीत हो तुम।


Vairaagi sa tha pyaar mera
firbhi afsana usko mera pasand na aya
Bich duniya khoya jaan k mujh bable ko
Kehti mera ehsas hi usey n bhaya
Leke deke ilzaam pyaar ka
Kyu khaate me bs mere rona
hi aya
Lamhe jee k sang
Kese jindgi vo le gyi
Esa kesa kya Kiya usne
Ki ankho ne khud ka hi wajood mitaya
Hr ek muskaan ho gyi bhaari
h ,
Jeena ab jaan pe bhaari $h$.
Jeena Sikh mujhse usne mera
Jeena churaya
Ye kesa khel tha lahu ka jo murid smajh n paya!

## -Paras Raj Kashyap

(batch-2022)

> Lahu nhi,baha k paani aankho ne khud ki khushi ko khud khushi se khud hi jaane kese bachaya

Hisaab dillo ka nhi karte bhagwan shayd
Isika usne galat nafa uthaya, Aur isliye hi shayad Karma uske ghar na aya

Jataa k Hak, hasi ka Hak jabran Hak se le gyi fir kehti ibadat krk kisi ka kisi pe koi Hak nhi hota
Meri ibaadat ko usne ektarfa ehsaah batlayaa....

Zaalim ne dilbar ko dil leke diljala bnaya
Mujhe Ek tuta Katib bnaya
-Paras Raj Kashyap (batch-2022)

## NEET KA SAFAR,

Vo 11th mein hamara pehla kadam tha
Bag mein Phy, Chem, bio ke books ka bojh tha

Aur Ankho mein, dr. Banne ka khwab tha

Chal gayi gadi neet ke safar par

Kisi ne coaching, kisi ne self study to kisi ne youtube ka sahara liya tha

Manzil to ek thi, bas rasta alag tha

Integration differentiation, living world aur mole concept se shuru hi hue the vo din,

Par arey ye kya, yaha to already backlogs ka pahad tha

> Tests dene shuru kiye -marks ka haal to pucho matkabhi khushi kabhi gam

Aur haa, covid aur lockdown ka bhi to kahar tha

Laptop, phone aur iPad ne leli thi kitabon ki jagah

# Sach sach bolna! Tumhara video off aur mic mute tha na? 

Fir bhi jaise taise kat gayi class 11, ab 12th ka waqt tha

Than liya tha, ki 11th ki galityan nahi hone denge 12th mein

Umm, looks like upar wale ka plan kuch aur hi tha

Hamne diwaron ko paintings se nahi, short notes se saja rakha tha

Once in a blue moon, Class ke backbenchers bhi attentive ho gaye the jab vo chapter aya tha samjhe? (reproduction)

Aham aham ab finally neet exam ka din 17 July aa gaya tha

Fluids aur thermo, shm aur waves, genetics, biotech, spdf, organic ki cannizaro rexn, and God knows what not dimag mein ghusa rakha tha

3 hr 20 mins mein future jo decide hona tha
Neet dekar Nikle Centre se, to bio se bharosa toot gaya tha

Hame to apno ne loota, gairo mein kaha dam tha
Ab bas answer key aur result ke ane ka intezaar tha

Result ke din khushi thi ki ab dr. Ka tag lagega
Par confusion tha, kaunsa college milega?
Ab counselling bhi ho gayi, round 12 aur mop up bhi ho gaya

Aur hamne apne pyare MGIMS ka haath tham liya

Bas yahi kehna hai ant mein ki Neet ka safar to khatta meetha par ant suhavna tha

## -Prarabdhi Prasad (2022 batch)



## SHIVERS,

A deep crack was the birthmark out on me there,

## They kept asking if it hurts anywhere?

When it got fixed but left the smear,

I asked them why there's a picture of me nowhere?

They said we thought that ugliness would have hurt your heart somewhere...

They taught me to look at the sky

And said that I must fly,

No scars will be visible when you go so high...

I sat down and looked at the sky,

I saw the stars that twinkled and moon so glorious,

I wanted to ask them if they too were hideous...

The scared has a scar too,

Then why don't they fly?

They say it's the fate everytime on which you have to rely,

Is it always wrong for me to yell WHY...

They asked me to dream wealth,

But forbade me to trust the eyes which say they'll love me with all my sickness and in health...

They call me beautiful,

But when I talk about the eyes I enchanted and the heart that I rule,

They say you're probably fooled...

I escaped that hustling world ,

Tonight again I visited those shores,
I looked at my soul with so many pores....

I begged the skies to heal some,

I cried and cried until no tears were left to come...

In those cold days there,

I couldn't count episodes of fevers,

But all that never ended are these

Undefiable, unavoidable ,

```
mon
```



## A WAY OUT,

Sulking over it isn't the solution you see, Neither is getting onto an ire spree.
Contemplating about the outcome of this dilemma,
Perhaps what'll be helpful is walking through the streets of Albama.
Often riling others up seems riveting to one, But what's failed to be understood is that the damage can't be undone.
Quick wittedness and ignorance represent
weak is the presumption,
Perhaps it's wise to say they're one's best shot at redemption.
Lost in the oblivion of defeat and deceit,
Looking past what's superficial seems fit.
These words of wisdom in reality may be proven deficient,
However it's well said that universe always has its own ways of carving us into a proficient.

## (ART SECTION)

 MONOCHROMES

## -Yash Bargujar (2022-batch)



## -Yash Bargujar (2022-batch)



-Shreya Kamad
(2021-batch)


## -Harsh Priyadarshi <br> (2020-batch)



# -Shravan Kadu <br> (2019 batch) 


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## -Shravan Kadu (2019 batch)


-Sarthak Lodha
(2019-batch)

-Sarthak Lodha
(2019-batch)


## -Sakshi Shukla

(2019-batch)


## PHOTOGRAPHY SECTION



## -Satyam Chavan (2022-batch)


-Rakshita Dembla
(2022-batch)

-Harshita Chaudhary
(2022-batch)


-Sayyam Kumre
(2021-batch)

-Pratyaksh Gurnani
(2021-batch)

-Kavita Meena
(2020-batch)


-Kavita Meena (2020-batch)


-Shreyash Fande (2019-batch)




VOICE IS FULL OF EMOTIONS, SOUL, MELODY.CREATIVITY, PASSION, DEDICATION,TO YOUR CRAFT IS WHAT SETS YOU APART FROM OTHER SINGERS,THE WAY OF CONNECTING WITH THE AUDIENCE, MAKING THEM FEEL THE EMOTION OF THE SONG, STAGE PRESENCE.WE HAVE ARTISTS WITH THE SIMILAR QUALITIES,FEW OF THE SINGING SENSATIONS OF THE COLLEGE ARE, ....



## From the editors desk,



I remember, during our first year we spent hours going through the magazine stitched with poems, watching academic achievers, the hilarious memes, drawings,photos etc. Sooner than ever the time came
when we became the organising batch(2019), the publishing house for the magazine year-2023. This is the 47 th edition of the annual magazine year2023,first issue.The theme is END IS THE NEW BEGINNING.
Creating the magazine alone wasn't an easy task ,it was time consuming,I was late also for getting the entries and editing process but the final result was
better than expected as Dr.Sonia Jain ma'am helped me through this , would always be grateful for that.I would also like to thank
Dr.A.K.Shukla(Dean,MGIMS) and Dr.Satish Kumar (Officer-in-charge students'Council 2022-2023)for giving me this opportunity.
I am also thankful to batchmates,juniors and others who helped me in making this first issue of magazine possible.
Hope y'all enjoyed it. Thank you!

# -VinayakPanpatte 

Editor-in-chicf SUSHRUTA'23

