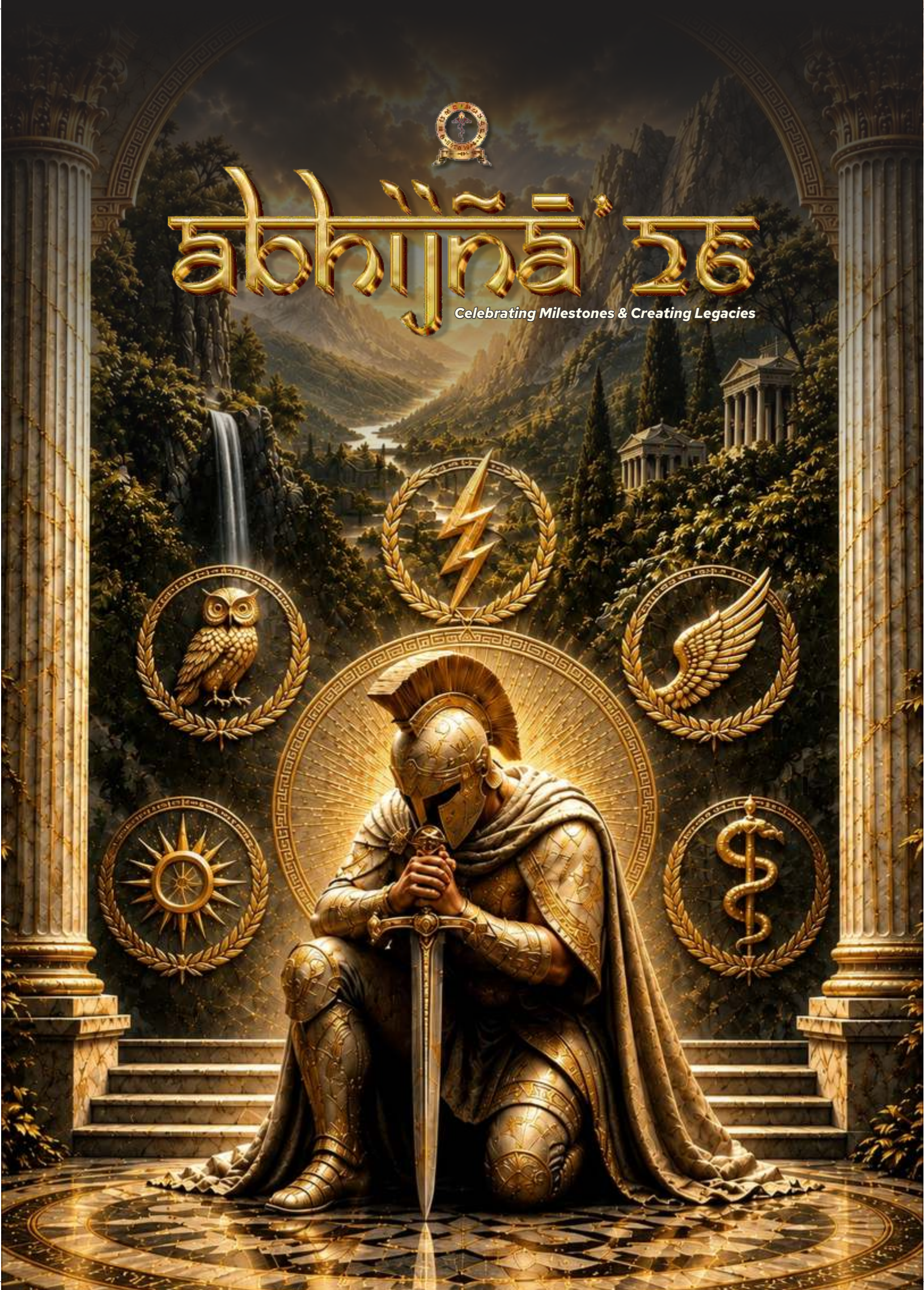




ਬੀਜਨੈਸ ਟਰ

Celebrating Milestones & Creating Legacies





A Tribute to
Late Shri. R. L. Jalappa

Founder Chairman
Sri Devaraj Urs Educational Trust
(SDUET)



A Tradition of Excellence

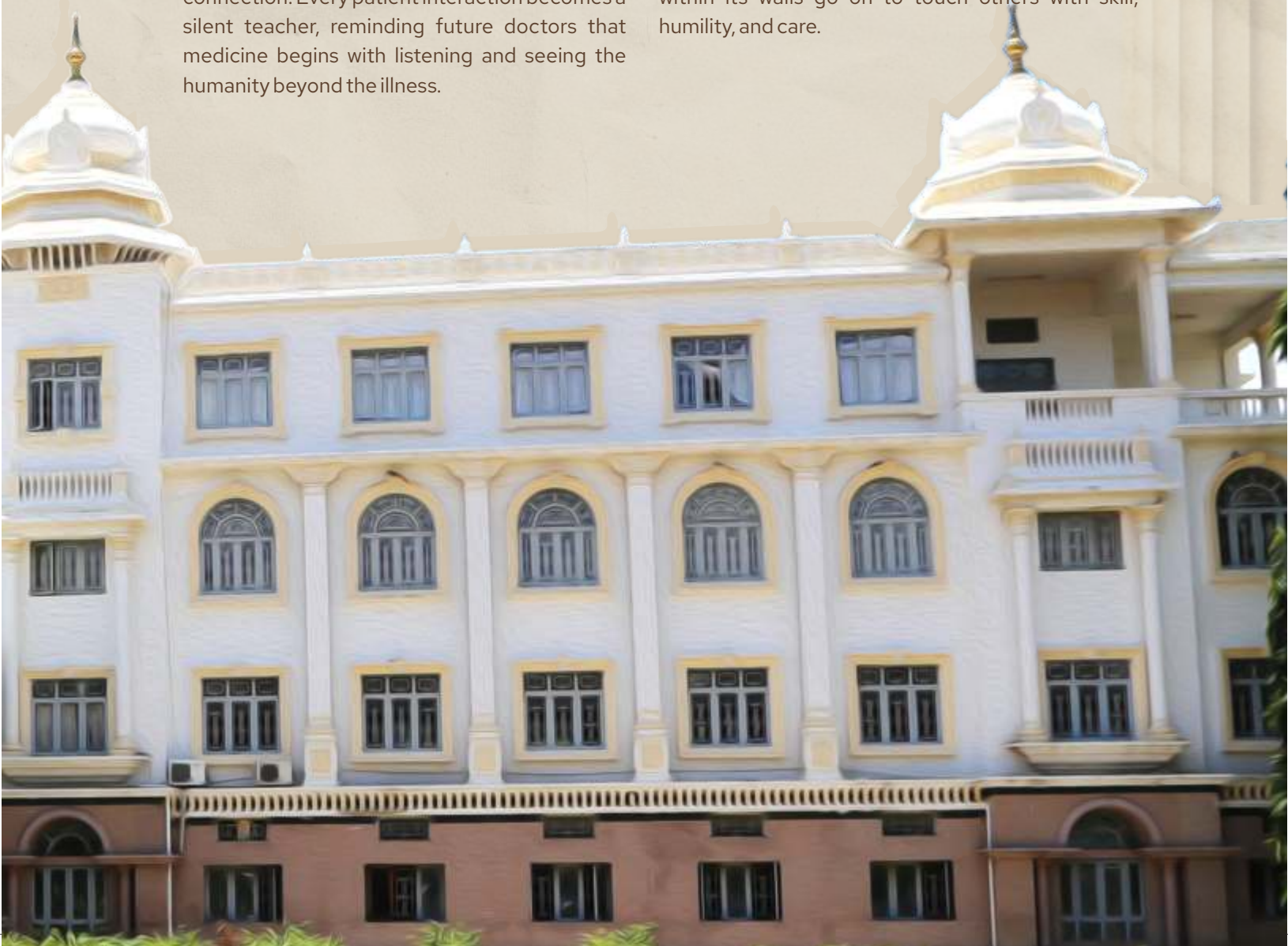
Sri Devaraj Urs Medical College

Tucked amidst the tranquil greens of Tamaka in Kolar—the “Milk and Silk City”—Sri Devaraj Urs Medical College is more than an institution; it is a place where aspiration blossoms into purpose. The campus breathes with dedication, housing the hopes of young minds who arrive seeking knowledge and leave transformed by wisdom, resilience, and compassion. Here, academic excellence is harmoniously blended with a deep-rooted tradition of service.

In its lecture halls and laboratories, medicine is taught not merely as a science, but as an art. From the awe of anatomy halls to the rigor of clinical practice, students learn that true healing requires empathy, patience, and human connection. Every patient interaction becomes a silent teacher, reminding future doctors that medicine begins with listening and seeing the humanity beyond the illness.

The teaching hospital is the institution’s beating heart, where theoretical knowledge finds its purpose in service. Witnessing the realities of healthcare, students transform uncertainty into confidence, learning the profound responsibility of the white coat. Patients from surrounding villages offer their trust, teaching young professionals that healing extends beyond treatment into the realms of dignity and reassurance.

Evolving with modern advancements while remaining rooted in legacy, the college continues to nurture doctors who carry its values far beyond Kolar. It remains a sanctuary where science and soul coexist—a place where education becomes a lifelong commitment to humanity, and where lives shaped within its walls go on to touch others with skill, humility, and care.





In the beginning, there were stories, of gods who healed, who fought, who created, and who inspired. Today, those stories find new life not on the peaks of Olympus, but within the corridors of medicine.

ABHIJÑĀ '26 is not just a magazine, it is a modern mythology. A chronicle of journeys where stethoscopes replace thunderbolts, where resilience rivals that of ancient warriors, and where knowledge itself becomes divine.

Within these pages, we invite you to step into a world where medicine and mythology intertwine: nights, and fleeting moments between heartbeats.

Here, every page is a realm of its own.

In the dominion of Zeus, voices rise like thunder- messages that guide, inspire, and echo with authority, much like the skies he once ruled.

Under the watchful gaze of Athena, our graduates stand- warriors of wisdom, armed not with shields, but with knowledge, resilience, and a quiet courage forged over 5.5 years.

With Nike, we celebrate the spirit of triumph- the victories on fields, stages, and research halls, reminding us that glory is not just won, but earned.

Bathed in the golden light of Apollo, creativity finds its pulse- through words, art, and frames that capture not just images, but emotions.

And at the heart of it all stands Asclepius- the eternal healer, binding us to the essence of medicine, through the departments that shaped our journey and the spaces that witnessed our becoming.

This is our epic.

A saga of breakdowns and breakthroughs, of friendships that became family, of exhaustion that turned into pride.

This edition is a testament to a journey that mirrors mythology itself, filled with trials, growth, camaraderie, and moments that feel nothing short of legendary.

As you turn these pages, may you find fragments of your own story, etched between science and symbolism, between reality and myth.

So as you journey through these pages, remember- you are not just reading a magazine. You are witnessing a mythology in the making.

Content Page



5 - 20

Zeus

Messages
Editorial Committee



21 - 46

Athena

ARMINIUS Yearbook



47 - 62

Nike

Clubs, Cultural Events
Sports Events, Student Research



63 - 88

Apollo
Art, Photography
Literature



89 - 108

Asclepius
Department Photography
College Committees
Batch Photography, Acknowledgements



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★ *Echoes From
Olympus*

★ *The Oracle
Board*

Zeus



CHANCELLOR'S MESSAGE

It is a moment of immense pride as I extend my heartfelt congratulations to the graduating MBBS batch for their unwavering commitment and perseverance in reaching this significant milestone. Throughout your journey, especially when faced with the rigors of medical education, you have demonstrated remarkable grace and determination.

As you transition from students to practitioners, carry with you the profound responsibility that your role entails. The trust that patients place in you is sacred; honour it by staying at the forefront of medical developments and providing the highest standard of care. In this ever-evolving field, I urge you to remain open to new perspectives, embrace innovation, and never cease the pursuit of refining your skills.

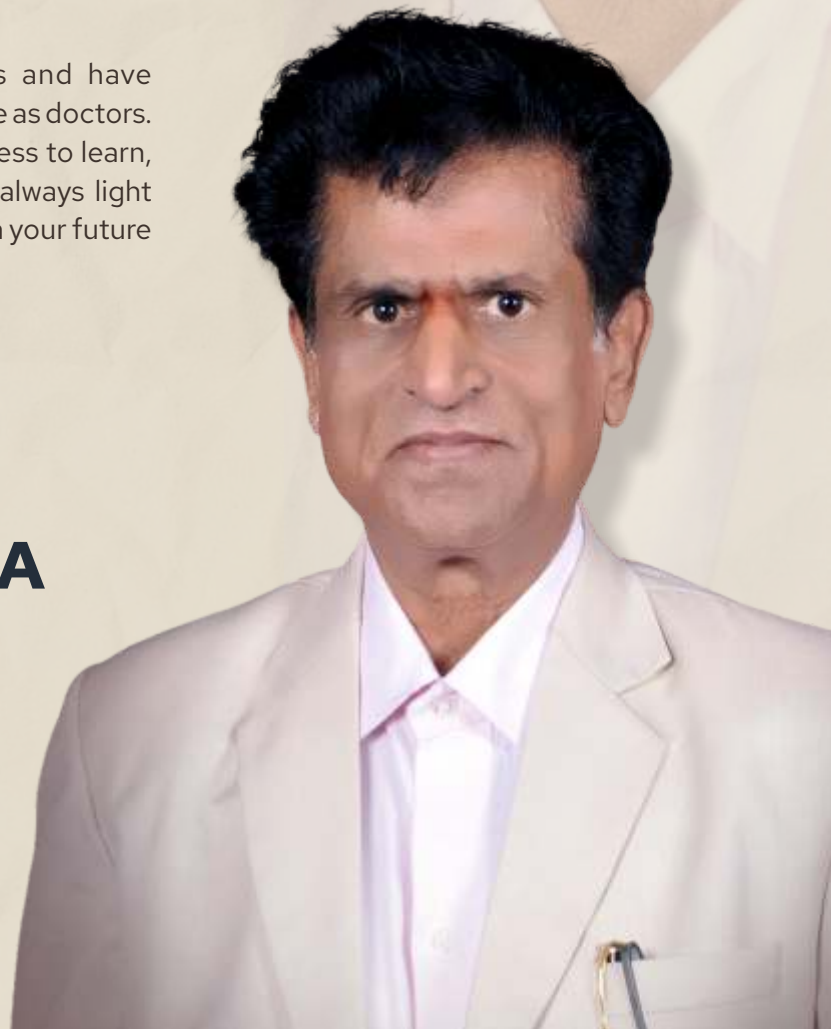
I am equally delighted to witness the release of ABHIJÑĀ 2026. This magazine serves as a testament to the collaboration across departments and the vibrant spirit of creativity and growth that defines our institution. It is my hope that the same spirit of inquiry reflected in these pages follows you into your professional lives.

We take great pride in your achievements and have complete confidence in the impact you will make as doctors. May your commitment to healing, your eagerness to learn, and your selfless dedication to your patients always light your path ahead. Wishing you all the very best in your future endeavours.

SHRI.

G.H. NAGARAJA

Chancellor, SDUAHER





VICE CHAIRMAN'S MESSAGE

With the divine blessings of Founder Chairman & my beloved father Late. Shri R. L. Jalappa Ji. As this academic year draws to a close, it is my distinct honour to celebrate the remarkable accomplishments of our graduating MBBS batch. Your journey to becoming doctors has been defined by unwavering commitment and perseverance.

We take immense pride in the grace and determination you have shown while navigating the challenges of medical education. This milestone is the hard-earned result of years of effort, sacrifice, and dedicated research, and we have complete confidence in the promising future that lies ahead for each of you.

As you step into this new phase of your professional lives, I urge you to carry the weight of your responsibility with integrity. The trust that patients place in you is at the heart of your calling; honour that trust by staying informed of the latest medical developments and remaining open to innovation and new perspectives. Continually strive to refine your skills to provide the best possible care.

I am also delighted to see the release of ABHIJÑĀ 2026. This magazine is a vital platform that fosters collaboration across departments and reflects the vibrant creativity, teamwork, and growth within our academic community. I wish them continued achievements and look forward to many more inspiring editions in the future.

SHRI.

J. RAJENDRA

Vice Chairman, SDUET

G. Rajendra



SECRETARY'S MESSAGE

As you step into the next stage of your professional journey, take a moment to appreciate those who have supported you along the way. Every successful doctor is strengthened by a network of family, friends, mentors, and colleagues who contribute to their growth and success.

We are confident that the education and training you have received here have equipped you to face future challenges with confidence. We believe you will go beyond expectations and set new benchmarks in medical excellence.

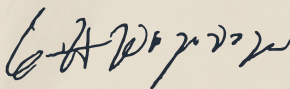
Congratulations, Doctors! May your careers be filled with success, fulfilment, and the joy of making a meaningful difference in the lives of others.

ABHIJÑĀ 2026, our annual college magazine, fosters a sense of unity and belonging within the campus community. It reflects the transformative power of education on both individuals and society. The success of the magazine is driven by a dedicated editorial team, and we must continue this tradition while celebrating the creativity that defines our institution.

SHRI.

K. G. HANUMANTHA
RAJU

Secretary, SDUET



A large portrait of Dr. B. Vengamma, Vice-Chancellor of SDUAHER, occupies the left side of the page. She is an elderly woman with short, wavy grey hair, wearing a purple and gold saree. She has a red bindi on her forehead and is looking directly at the camera with a calm expression.

VICE-CHANCELLOR'S MESSAGE

It is with great pride and heartfelt joy that I extend my warm wishes to the graduating batch of 2026 from Sri Devaraj Urs Medical College and to everyone associated with release of annual College Magazine, ABHIJÑĀ '26.

Graduation marks not just the completion of years of rigorous academic training, but the beginning of a noble journey in the field of medicine. Each one of you has dedicated countless hours to learning, growing, and preparing yourselves to serve humanity with skill and compassion. Today, you stand ready to step into the world as responsible and capable healthcare professionals.

Your time at this institution has been shaped by perseverance, friendships, challenges, and achievements. The lessons learned within lecture halls, laboratories, and hospital wards will guide you far beyond these walls. As you move forward, remember that medicine is not only a science but also an art—one that demands empathy, integrity, and lifelong learning.

You are entering a world that constantly needs committed doctors who can make a difference in the lives of others. Carry forward the values instilled in you here and strive to uphold the dignity and honor of this esteemed institution.

A College Magazine is not just a collection of articles—it is a reflection of the vibrant minds, diverse talents, and shared aspirations that define our institution. It captures the spirit of learning, creativity, and dedication that each student, faculty member, and contributor brings to this academic community.

The past year has been one of growth, resilience, and achievement. From academic excellence to extracurricular accomplishments, from moments of challenge to milestones of success, each experience has shaped us into better professionals and individuals. This magazine stands as a testament to those journeys—preserving memories, ideas, and voices that inspire us all.

As future healthcare professionals, we carry the responsibility not only to heal but also to lead with compassion, integrity, and innovation. Let this magazine serve as a reminder of our shared commitment to knowledge, service and humanity.

DR. B. VENGAMMA

Vice-Chancellor, SDUAHER

A handwritten signature in black ink, appearing to read 'B. Vengamma', is placed below the name.

CHIEF ADMINISTRATIVE OFFICER'S MESSAGE

It gives me immense pleasure to present *ABHIJÑĀ-26*, the annual College Magazine of Sri Devaraj Urs Medical College, Tamaka, Kolar. This publication stands as a vibrant testament to the intellectual spirit, creative expression and collective achievements of our institution.

Over the past year, our college has continued to uphold its commitment to academic excellence, innovative research and holistic development. *ABHIJÑĀ-26* beautifully encapsulates this journey - bringing together scholarly articles, research highlights, artistic endeavors and memorable moments that define the dynamic life of our campus. It is not merely a Magazine, but a reflection of our shared aspirations, dedication and growth.

I commend the students, faculty and editorial team whose enthusiasm and hard work have made this edition possible. Your contributions not only enrich this publication but also inspire a culture of curiosity, creativity and collaboration within our academic community.

To our readers and contributors, I encourage you to continue exploring new ideas, nurturing your talents and striving for excellence in all your pursuits. May this Magazine serve as both a source of pride and a catalyst for future achievements.

Wishing '*ABHIJÑĀ-26*' great success and hoping it continues to inspire many more voices in the years to come.

DR. D. V. L. N. PRASAD

Chief Administrative Officer,
SDUAHER, Tamaka, Kolar.





REGISTRAR'S MESSAGE

Dear Graduates,

Warm congratulations to the Arminius batch on the successful completion of your academic journey. Graduation Day marks not just an achievement, but a defining transition from learners within an institution to professionals entrusted with responsibility in the wider world.

As you step forward from Sri Devaraj Urs Medical College, you do so at a time when the role of healthcare professionals is more critical than ever. Beyond clinical knowledge, society looks to you for empathy, ethical judgment, and the ability to adapt in an ever evolving medical landscape. The values you have imbibed here compassion, integrity, and commitment will be your most enduring strengths.

Each of you now carries the potential to influence lives, strengthen communities, and contribute meaningfully to the healthcare system. Approach this responsibility with clarity of purpose, humility in service, and a commitment to lifelong learning.

I also commend the editorial team of ABHIJÑĀ '26 for their dedicated efforts in bringing out this publication. The magazine serves as a vibrant chronicle of the institution's academic pursuits, creative expressions, and collective experiences, and stands as a testament to the spirit and talent of our students.

Wishing the graduating batch continued success, professional fulfilment, and the resolve to make a meaningful difference.

DR. MUNINARAYANA C

Registrar, SDUAHER



PRINCIPAL'S MESSAGE

On behalf of the entire institution, I extend my heartfelt congratulations to the graduating batch on the successful completion of your MBBS degree -monumental milestone that stands as a testament to your hard work, commitment, and resilience.

Your journey through medical school has been defined by rigorous challenges and profound personal growth. As you transition into your professional lives, it is vital to remember that a truly admirable doctor is defined by more than just clinical competence; it is the synthesis of medical knowledge with empathy, integrity, and an unwavering concern for the well-being of others.

Furthermore, I am pleased to see the release of our annual college magazine, "ABHIJÑĀ 2026". This publication remains a vital platform for our students and faculty to share their creativity and experiences, and I sincerely thank the editorial team for their dedication in capturing the cultural spirit of our institution.

As the 2020-2021 batch, "Arminius," embarks on this new phase, I wish each of you immense success and fulfilment. May you carry forward our values of compassion and excellence to make a lasting, positive difference in the lives of your patients.

Congratulations once again, and my best wishes are with you always.

DR. PRABHAKAR K

Principal, SDUMC





VICE PRINCIPAL'S MESSAGE

Graduation is not a single milestone, but the culmination of countless small steps taken with determination, resilience, and purpose. To the outgoing MBBS Batch of 2020, this day stands as a testament to your steady, incremental progress—from your first hesitant days in lecture halls to the confidence you now carry as future doctors.

You have grown not only in knowledge, but in compassion, discipline, and integrity. Each challenge you faced, each patient you encountered, and each lesson you absorbed has shaped you into individuals prepared for the profound responsibility that lies ahead. Your journey reflects more than academic success; it embodies holistic grooming—of mind, skill, and character.

As you step forward, we take immense pride and joy in seeing you reach this moment. You set out with a dream, and today you stand closer than ever to fulfilling it—not just as graduates, but as competent, empathetic professionals ready to serve society.

May you continue to learn, to heal, and to lead with humility and excellence. The world awaits your contribution, and we are confident you will rise to meet it.

Congratulations and best wishes for the journey ahead.



DR. VINUTHA SHANKAR M S

Vice Principal, SDUMC

Vinutha Shankar MS



MEDICAL SUPERINTENDENT'S MESSAGE

It gives me immense pleasure to know that SDUMC is publishing its Annual College Magazine 'ABHIJÑĀ '26'. ABHIJÑĀ is more than just a magazine it is a reflection of ideas, creativity, and the limitless potential that resides within every student and faculty member.

In the noble field of medicine, knowledge must walk hand in hand with compassion, dedication, and a spirit of continuous learning. True growth comes when we challenge ourselves, embrace new perspectives, and strive to make a meaningful difference in the lives of others. Platforms like ABHIJÑĀ nurture these qualities by encouraging expression, innovation, and confidence.

As rightly said by Swami Vivekananda, "Education is that by which character is formed, strength of mind is increased, the intellect is expanded, and by which one can stand on one's own feet." This guiding principle continues to inspire our efforts in fostering holistic education.

I extend my heartfelt congratulations to the Magazine Committee for their dedication and creativity in bringing out this wonderful publication.

I extend my best wishes to the entire team for the grand success of this edition.

DR. J. KRISHNAPPA

Medical Superintendent
R L Jalappa Hospital & Research Centre





CHIEF GUEST'S MESSAGE

Medical school is not merely about acquiring a degree; it is about discovering the doctor within you. Make the most of your years in clinical medicine. Train yourself to observe keenly and learn the art of diagnosis through physical findings. For this, reading is indispensable – the eyes do not see what the mind does not know. Beyond diseases, learn to understand people.

Every patient and every family carries fear, hope, uncertainty, and courage. Develop empathy – the rare ability to feel from the patient's perspective. Knowledge may make you competent, but empathy will make you truly heal.

Time moves faster than you imagine. Use these precious years wisely and joyfully. Ask yourself often: "Am I enjoying my time in medical school?" If not, perhaps you are taking life a little too seriously.

Learn the art of role play. As a student, friend, son, daughter, and future doctor, perform every role with sincerity but without losing yourself in it. If you become trapped in any role, you may miss the glory of youth, the beauty of learning, and the fullness of life itself.

Wish you all the very best in your journey to becoming not just skilled doctors, but compassionate human beings.

DR. THIMMAPPA HEGDE

Neurosurgeon,
Director, Narayana Institute of Neurosciences, Bangalore



EDITOR-IN-CHIEF'S MESSAGE

There are moments that do not merely pass—they gather, they deepen, they become memory. Abhijñā '26 is born of such moments. It is not just a magazine, but a quiet constellation of voices, reflections, and lived experiences—where ink attempts to hold what time so often lets slip away.

Guided by the timeless cadence of Greek mythology, this edition unfolds like an epic told in five movements. **Zeus** stands at the threshold, embodying authority, vision, and the power to lead. From there, **Athena** carries us into the realm of thought and wisdom. **Nike** follows, echoing with triumphs—subtle and resounding. In **Apollo**, the narrative softens into art and expression, where science finds its reflection in creativity. And finally, **Asclepius** anchors the journey, returning us to the sacred essence of medicine—the act of healing. Together, these sections do not merely organize the magazine; they give it a pulse, a movement, a story.

To the graduating batch of MBBS 2020 — **ARMINIUS**—this edition holds a gentle farewell. Though no single volume can fully contain your years within these halls, these pages carry glimpses of your presence. As you step beyond this threshold, you leave behind not absence, but imprint—a legacy that lingers in memory and meaning.

This endeavour stands on the steadfast support of the trustees and college administrators of SDUMC. Their guidance has been both foundation and force, allowing this vision to take shape with purpose and clarity.

Equally, this magazine is the result of the tireless efforts of the editorial committee—whose dedication, creativity, and quiet perseverance have shaped these scattered pieces into a cohesive whole.

And to you, the reader—may you find within these pages a moment of pause, a spark of recognition, or perhaps a reflection of your own journey. If *Abhijñā '26* lingers with you even briefly, then it has fulfilled its purpose. For in the end, a magazine is not defined by what it contains, but by what it leaves behind.

DR. SAHANA S MURTHY

Convener & Editor-In-Chief Abhijñā 2026



A portrait of Dr. Abhiram Krishna M, a young man with dark hair and a beard, wearing a black shirt and a stethoscope. He is smiling and looking towards the camera. The background is a light beige color with a faint image of a classical column on the right side.

STUDENT EDITOR'S MESSAGE

In the grand amphitheatre of time, where stories are carved into eternity, we found ourselves not just as students of medicine- but as storytellers of a journey that shaped us. Much like Apollo, we sought knowledge and light in the most uncertain hours. Like Athena, we learned to think, to question, and to grow beyond textbooks. We chased victories with the spirit of Nike, not just in exams, but in every small triumph that defined our days. And in moments of healing, of ourselves and others, we carried forward the legacy of Asclepius.

Working on this magazine has been a journey of its own- one that unfolded between deadlines and duty hours, between ward postings and late-night brainstorming sessions. It was in these stolen moments that creativity thrived. Pages were not merely designed; they were lived. Every article, every illustration, every word you encounter within these pages is a reflection of countless conversations, shared laughter, creative disagreements, and the silent determination to create something meaningful.

What lies inside ABHIJÑĀ '26 is not just content. It holds the chaos of first-year uncertainties, the rhythm of friendships that became family, the quiet resilience built over years, and the unspoken emotions of a journey nearing its end. Each page carries fragments of our stories of growth, of failure, of healing, and of becoming.

As student editor, this experience has been both humbling and transformative. To witness ideas evolve into narratives, and narratives into something tangible, has been nothing short of magical. As you turn these pages, I invite you to immerse yourself in this journey—feel every emotion, relive every moment, and discover the stories woven within. May these pages resonate with you, inspire you, and remind you of the beauty of shared experiences.

Wishing you a meaningful and enjoyable reading experience- may your journey through ABHIJÑĀ '26 be as memorable as the one we lived while creating it.

Because in the end, like every great myth, this too is a story worth remembering.

**Dr. Abhiram
Krishna M**

Student Editor, Abhijñā 2026



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Magazine Committee 2026

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Dr. Sriram



Ms. Mrudula



Ms. Sanskriti



Ms. Kushmitaa





★ *Aurelian Era*
2020

Athena

Graduating Batch - 2026



Arminius



ARMINIUS: A SAGA FORGED IN OLYMPUS

In the grand tapestry of Greek mythology, heroes were never born—they were shaped: through trials, through chaos, through moments that demanded more than they thought they could give. In many ways, Arminius has lived a story no different. Five years ago, we stepped into these halls like mortals at the gates of Olympus—uncertain, untested, carrying nothing but dreams and quiet determination. And like every tale blessed by the gods, our journey was anything but easy.

There were days ruled by Zeus, when pressure struck like thunderbolts—exams, expectations, and sleepless nights crashing over us. In those moments of doubt, we turned to the wisdom of Athena, learning not just to read and remember, but to think, to reason, and to grow into minds worthy of the white coat. Healing, however, was where we truly transformed. Walking in the footsteps of Asclepius, we

discovered that medicine is not merely science, but humanity in its purest form. Every patient, every ward, every moment of responsibility shaped us into something greater than we imagined. And through every small victory—passing an exam, managing our first case, surviving the longest nights—we were quietly crowned by Nike. Not in grand celebrations, but in silent triumphs that only we understood.

Amidst it all, the light of Apollo reminded us to hold on to who we were beyond medicine—in music, in laughter, in friendships that became our refuge, our home away from home. But no myth is complete without struggle. We stumbled, we doubted, we fell—yet each time, we rose again, stronger, steadier, and closer to who we were meant to become.

Today, as we stand at the edge of this journey, we are no longer the same. We are not just students—we

are stories: stories of resilience shaped by Athena's wisdom, victories blessed by Nike, and a purpose guided by the very spirit of healing.

Arminius is not just a batch; it is a saga—written in sleepless nights, silent sacrifices, shared laughter, and unwavering hope. And like every legend whispered through time, we do not end here—we begin.

Say it loud,
say it proud
ARMINIUS!



Accolades

Best Outgoing Students



Dr. Bhavika K



Dr. Abhiram Krishna M



Dr. Arkadipta Das

Best Outgoing - Cultural



Dr. Brij Mohan



Dr. Disha Kakkar

Best Outgoing - Sports



Dr. Amisha



Dr. Nishant Yadav



Accolades

Class Representatives



Dr. Brij Mohan



Dr. Greeshma B T

Cultural Representatives



Dr. Abhiram Krishna M



Dr. Anughna K.S.



Dr. Warisha Ismail

Sports Representative

Life Blood Legacy Award



Dr. Chandan Gowda S N

Research Excellence Laureate



Dr. Jennifer B Stephens

Exemplary Attendee Award



Dr. Arkadipta Das



Gold Medalists



Dr. Bhavika K

PHYSIOLOGY
BIOCHEMISTRY
PATHOLOGY
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ENT



Dr. Arkadipta Das

FORENSIC MEDICINE



The Arminius Speaks!



DR. BRIJ MOHAN
(CLASS REPRESENTATIVE)

Five years ago, we entered these gates curious and eager; today, we leave as doctors shaped by more than academics. Beyond exams and ward hours, it was our shared struggles, supportive friendships, and inspiring mentors that defined us. We grew not only in knowledge but in resilience, kindness, and teamwork. Serving as class representative has been a deeply rewarding experience, allowing me to represent and work alongside this incredible batch. Every challenge and moment has contributed to who we are today. As we move forward, a part of us will always remain here. It has been an honor to share this journey with all of you.



DR. GREESHMA B T
(CLASS REPRESENTATIVE)

Five years ago, ARMINIUS was just a name—a group of strangers, roll numbers on a sheet, students navigating dissections, vivas, and big dreams of becoming doctors. We didn't know what the journey would demand. Somewhere between lecture halls and ward postings, sleepless nights and shared laughter, ARMINIUS became a family. We celebrated small victories—passing exams, first diagnoses, and hearing “doctor” for the first time. Today, we leave as doctors who understand pain, hold trembling hands, and feel the weight of every heartbeat. We are stronger, wiser, and forever connected. Proud to represent this batch, and prouder to be ARMINIUS. Always.



DR. ABHIRAM KRISHNA M
(CULTURAL SECRETARY)

Being Cultural Secretary was never just a title; it meant living every celebration. From scribbled ideas to stages full of light, music, and memories, every moment carried chaos and magic. I ran more than I walked, chasing last-minute fixes, while everything somehow came together. Backstage, we fixed fears more than costumes, holding on to silent strength. Trophies mattered, but earning them meant more—each one a story of sleepless nights and belief. It was the people who made it unforgettable—seniors, juniors, and my batch. In the end, it wasn't about events; it was about moments. And I truly lived it. ARMINIUS!



The Arminius Speaks!



DR. ANUGHNA K S
(CULTURAL SECRETARY)

Being Cultural Secretary was more than a position—it was an experience that shaped me. Every event carried my passion, from late-night planning to the thrill of watching it come alive on stage. There were moments of chaos and stress, but they were always outweighed by the joy of bringing people together and creating lasting memories.

This journey taught me resilience, built my confidence, and revealed the power of teamwork and connection. It wasn't just about organizing events; it was about growth, belonging, and purpose. It remains one of the most meaningful chapters of my college life—one I carry with pride and gratitude.



PANKAJ MRINNAL
(SPORTS REPRESENTATIVE)

Being the Sports representative wasn't just a post... it was a full-time job of chasing players, begging for funds, and still pretending everything was 'under control'. Sports taught us to fight hard, fall gracefully, and rise stronger.

Leading this batch has been my greatest honor. Once a team, always a team.

And one cheers for my cricket team- "Win or lose, sledging or sweating — well we had vibes... and our tournaments had drama, And a lots of (a few) trophies "



DR. WARISHA ISMAIL
(SPORTS REPRESENTATIVE)

If I had to describe this journey in one line, I'd say it became a part of who I am. What began as a role turned into purpose, shaping me in unexpected ways. Through challenges, doubts, and pressure, I learned resilience and grew stronger.

From fun melas to carrying our batch flag at the annual athletic meet, wearing our jersey with pride, and celebrating victories—each moment left a lasting mark. It wasn't just about organizing events, but about leadership and true sportsmanship. I'm grateful to my batchmates, volleyball team, juniors, seniors, and faculty. These memories will always stay with me.



Graduates

**Dr. Aarav
Saini**



Dr. Aarohi



**Dr. Abhiram
Krishna M**



**Dr. Akshit
Saini**



**Dr. Akshita
Yadav**



Dr. Amanullah



**Dr. Amartya
Das**



**Dr. Amiras
Milan Purohit**



Dr. Amisha



**Dr. Amita
Madhavankutty**



**Dr. Ananya
Srivastava**



**Dr. Angela
Mathew**



Graduates

Dr. Amrutha
Jayaprakash



Dr. Anshu B



Dr. Anupama
Singh Chauhan



Dr. Anushree
Gupta



Dr. Arkadipta
Das



Dr. Arnav
Avi



Dr. Ashana
Mahajan



Dr. Ashima
Tiwari



Dr. Asutosh
Sahu



Dr. Athish
Vicram U



Dr. Bhavika K



Dr. Brij
Mohan



Graduates

**Dr. C S Buvana
Shankar**



Dr. Cherry



**Dr. Dhivyalakshmi
A P**



**Dr. Diksha
Ujjwal**



**Dr. Disha
Kakkar**



**Dr. Hareendran
D R**



Dr. Harshdeep



**Dr. Harshit
Choudhary**



**Dr. Jayanshu
Goyal**



**Dr. Jennifer
B Stephens**



Dr. Joshika



**Dr. Kamakoti P
Devi Kumar Sumukh**



Graduates

**Dr. Kapil
Bansal**



**Dr. Karan
Singla**



**Dr. Karishma
Sharma**



Dr. Kashish



**Dr. Kashish
Nanda**



**Dr. Khushi
Satoria**



**Dr. Labeeb
Nisar**



Dr. Laya P V



Dr. M B Anupama



**Dr. Mahadev
Gahlot**



**Dr. Mahajan
Sanket Subhash**



**Dr. Mainak
Goswami**



Graduates

**Dr. Malpe
Vaishnavi Ankush**



**Dr. Mansi
Gupta**



**Dr. Maria
Stanly**



**Dr. Md Riyaj
Khan**



**Dr. Meghna
Singh**



**Dr. Mohammed
Shadil K.**



**Dr. Mohammed
Zayan**



**Dr. Mohd
Shahameer**



**Dr. Ms Poonam
Kumari**



**Dr. Muskan
Agarwal**



**Dr. Natasha
V Kumar**



**Dr. Neha
Kumari**



Graduates

**Dr. Nupur
Saxena**



**Dr. Pillay
Bhumika Anil**



**Dr. Poornima
Apan K**



**Dr. Prachi
Choudhary**



**Dr. Prachi
Mishra**



**Dr. Prajwal
Kumar Tiwari**



Dr. Pranavjith I



**Dr. Prathik
P Gowda**



**Dr. Priyam
Rastogi**



**Dr. Pugazh
Kondaan R**



**Dr. Rania
Madari Hamza**



**Dr. Rashmi
Rekha**



Graduates

**Dr. Ridham
Monga**



**Dr. Riya
Dubey**



**Dr. Riza
Khan**



Dr. Rydhun J



Dr. S C Harshini



**Dr. Sagar
Anand**



**Dr. Sakshi
Dubey**



**Dr. Sakshi
Sinha**



**Dr. Samim
Hoque**



**Dr. Sanya
Jalan**



**Dr. Saranya
Ramesh**



**Dr. Shaikh
Kulsum Majeed**



Graduates

Dr. Shaikh
Mohd Akib Mohd Azad



Dr. Shaima
Farhat



Dr. Shefali
Agarwalla



Dr. Shinde
Isha Ravindra



Dr. Shreya
Tripathi



Dr. Shreyansh
Chaudhary



Dr. Shrinithi G



Dr. Shristy
Agrawal



Dr. Shruti
Gupta



Dr. Shruti
Suhag



Dr. Sravan
Krishna S



Dr. Srijit
Nayek



Graduates

**Dr. Stuti
Sharma**



**Dr. Sunanda
Chetri**



**Dr. Tanishk
Kumar**



**Dr. Tanushree
Medhi**



**Dr. Triveni
Lanjewar**



**Dr. Vaibhav
S Aanand**



**Dr. Vipin
Kumar Jha**



Dr. Vyshna B S



**Dr. Warisha
Ismail**



**Dr. Yash
Sinha**



**Dr. Abhishek
Subhas Kolli**



Dr. Anughna K S



Graduates

**Dr. Chandan
Gowda S N**



**Dr. Devera
Shetty Sri Ram**



Dr. Ganavi M U



Dr. Greeshma B T



**Dr. Hema
Yazhini V M**



Dr. Likith R V



**Dr. Monisha
Sumit Sulabh Verma**



Dr. Osheen



**Dr. Pragya
Bharti**



**Dr. Purvi
Jain**



**Dr. Rupasmita
Sahoo**



Dr. Sai Rahul T



Graduates

**Dr. Samyuktha
Sivakumar**



Dr. Sandra K



**Dr. Shishir
M Rajesh**



**Dr. Shreya
Raut**



Dr. Smruthi M J



Dr. Suhas N



Dr. Suhas R



**Dr. Kshitiz
Shaw**



**Dr. Khushbu
Gupta**



**Dr. Nishant
Yadav**



**Dr. Purti
Garg**



**Dr. Raman
Rao**



Graduates

**Dr. Shipra
Ravindra Rai**



**Dr. Shreya
Mathur**



**Dr. Suhani
Nagar**



**Dr. Sumeet
Joshi**



**Dr. Thorat
Ajit Bhujangrao**



**Dr. Uday
Singh Miglani**



**Dr. Utkarsh
Bhatt**



Dr. Vipul



**Dr. Deepak
Kumar**



In Loving Memory



TINA

A Kindness We Still Feel

Some people don't just pass through our lives—they leave pieces of themselves behind in all of us. She was one of them. In the laughter that echoes through the corridors, in the little acts of kindness we now notice more, in the way we hold each other a little closer—she lives on, quietly, just as she always did.

She loved like a Taylor Swift song—deeply, effortlessly, and without conditions. We remember her through the vivid memories she left us. She wasn't just a part of our batch; she is a part of us. In every shared memory, every story retold, every quiet moment of missing her—she remains.

We don't just remember her; we carry her forward.



Through the years

NEET PREP

where it all
begins- one exam
deciding our future



1ST YEAR

the first reality
check- where
curiosity meets shock



2ND YEAR

lab life begins- getting
lost in slides and
memorising medicines



Through the years

3rd YEAR

stepping into wards-
where theory meets
clinical life



4th YEAR

the final grind-
sleepless nights and
overwhelming pressure



INTERNSHIP

from observing to
doing- time to take
on responsibility



5.5 Years Later, Before The Oath!

How did we get here? How did we go from circling answers on an OMR sheet to signing prescriptions?

Before we ever touched a stethoscope, before we wore the white coat, before anyone called us "Doctor", there was a desk, a pile of NCERT textbooks, a calendar marked with countdowns to NEET-UG and a dream that felt too big for our room. It began in silence - mock tests that felt like personal attacks, rank predictors that predicted emotional damage more than ranks. And then, one day, a rank appeared. Refreshed the website 47 times to make sure it was real. Not perfect, not magical. But enough-enough to step into a medical college. That was our first successful resuscitation of a dream.

Walking into campus for the first time felt like entering a movie. Somewhere deep down, every medical student believes the line: *Main udna chahta hoon, daudna chahta hoon, girna bhi chahta hoon*. And then we met Anatomy, and anatomy met our confidence. First year began with unfamiliar faces and hesitant smiles- new corridors, new names, new beginnings. And just like that strangers turned into people who made everything feel easier. But nothing prepared us for standing in a dissection hall trying to identify structures that all look the same. Physiology made us realize that heart is not just romantic- it is electrically dramatic! Biochemistry? We survived it; that's enough said. We learned terms we couldn't pronounce, made friends over shared panic before

viva, survived our first internals and celebrated as if we cleared UPSC. And of course- Saviruchi chai! Somewhere between sleepless nights and last-minute revisions, you remember the iconic line from 3 idiots: *All is well*, you whisper it to yourself before every viva.

Second year came with confidence—we thought we were seniors. And then Pharmacology quickly corrected that assumption. Drug names longer than our patience, side effects more complicated than relationships and pathology slides that all looked the same -until suddenly they didn't. Microbiology made us fear things we can't even see. And birthdays? Birthdays meant KA07. Every possible birthday, cake smash, loud singing session- KA07 saw it all. And every once in a while, someone channels their inner Geet and declares: *Main apni favourite hoon*.

Then came the third year. We learned to take histories without trembling and realized that textbooks don't always match real life. Stethoscope on chest, hoping something sounds "abnormal enough" to say confidently. We were slowly becoming part of the hospital ecosystem- not just visitors. We danced on stage even when we had exams next week. Clinicals started whispering "You are next". No longer hidden behind textbooks, we stood in front of patients- stumbling through histories, forgetting questions midway and praying silently that the professor would not ask, "So, What's your diagnosis?"



And in final year, the survival mode got activated. MBBS started questioning our existence. We promised to wake up early-we didn't. We said we'd revise properly; we panicked instead. And when things felt overwhelming? Polar Bear ice cream therapy! Clinical postings, case presentations, endless exams. Sleep becomes a luxury; Anxiety became a roommate. And yet somewhere in that madness, you understand the wisdom of a line from The Dark Knight: *Why do we fall? So that we can learn to pick ourselves up!*

That one evening after the final year results felt unreal in the quietest, most beautiful way. Suddenly, with a single word, everything changed. *Pass!* Calls were made, laughter mixed with tears and somewhere in between the chaos and silence, it finally sank in- we could now call ourselves doctors. We learned IV cannulation after three failed attempts, how to survive night duties, how to say "Yes sir!" in seventeen

emotional tones, how to function on three hours sleep. We mastered phrases like: "On my way, sir", "Yes Ma'am, I checked", "Reports aren't reported yet". Now you are the one running between wards and learning medicine in its rawest form.

Exhausting? Yes! But strangely beautiful. Because now you finally understand the line from Yeh Jawani Hai Deewani: *Kahin pahunchne ke liye kahin se nikalna bahut zaroori hota hai!*

And so, we wait- not impatiently, but with full hearts. Waiting to wear that robe, to walk across the stage, to hear our names called out as doctors, for that moment when everything becomes official, for the day we don't just feel like doctors, but finally *stand there and become one in the eyes of the world!*

Dr. Abhiram Krishna M



OLYMPIAN EMBLEMS



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____

①  ZEUS

②  NIKE

③  ASCLEPIUS

④  APOLLO

⑤  ATHENA

⑥  ARTEMIS

⑦  ARES

⑧  DIONYSUS

⑨  HEPHAESTUS

⑩  APHRODITE

⑪  HERMES

⑫  DEMETER

⑬  POSEIDON

⑭  HADES

Dr. Sahana S Murthy





★ *House of Muses*

★ *Panathenaia*

★ *Spartan Spirit*

★ *The Socratic
Study*

Nike

The Clubside



CHITRAKAN ART CLUB

Chitrakan is the creative soul of the campus—a space where ideas take shape and emotions come alive through art. From intricate sketches and vibrant paintings to digital creations and installations, the club celebrates every form of artistic expression.

Create freely. Express boldly. Paint your story.



SYNAPSE DANCE CLUB

Synapse is not just a dance club—it's the pulse of campus expression. A vibrant collective of passionate dancers, Synapse brings together diverse styles from classical grace to contemporary flow, from high-energy hip-hop to experimental fusion.

Step in. Stand out. Sync with Synapse.



CBI DRAMA CLUB

CBI is the heartbeat of theatrical expression on campus—a vibrant space where creativity, emotion, and performance collide. From powerful stage plays to gripping street theatre, the club brings stories to life that entertain, inspire, and provoke thought.

Step into the role. Own the stage. Tell your story.



Chronicles



KHAYAL LITERARY CLUB

Khayal is a haven for storytellers, poets, and thinkers—a space where imagination meets expression. Rooted in creativity and reflection, the club celebrates the beauty of language through writing, speaking, and storytelling in all its forms.

Think deeply. Write boldly. Let your voice be heard.



FILMIX MOVIE CLUB

Filmix is where cinema comes alive on campus—a space for movie lovers to experience, celebrate, and relive the magic of the big screen. From inspiring biopics to thrilling blockbusters and unforgettable match screenings, Filmix brings people together through shared stories and emotions.

Watch together. Feel together. Live the story.



RESONANCE MUSIC CLUB

Resonance is the soul of sound on campus—a space where music isn't just heard, but deeply felt. Bringing together singers, instrumentalists, composers, and creators, the club celebrates music in all its forms—from soothing acoustics to electrifying band performances.

Feel the vibe. Find your sound. Become the resonance.



The Clubside



FOVEA PR & INFORMATION CLUB

This Club serves as the communication backbone of our campus, ensuring every event, update, and achievement reaches the right audience. With a blend of strategy and creativity, the team manages promotions, announcements, and outreach, keeping the college community informed and engaged.



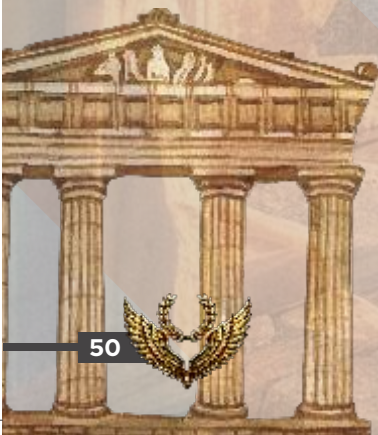
NAZARIYA MAGAZINE CLUB

The Magazine Club is the voice of our campus, capturing its stories, achievements, and spirit in words and design. Blending creativity with insight, the club brings together writers, editors, and designers to craft content that informs, inspires, and reflects student life. Through every edition, it transforms moments into memories, preserving the essence of our college journey.



ATELIER FASHION CLUB

The Fashion Club is a dynamic space where creativity, style, and confidence come together. Through runway shows and themed events, it encourages students to express their individuality and experiment with fashion. More than just trends, the club celebrates self-expression, teamwork, and the art of making a statement.



Chronicles



VOX GLOBALIS MUN CLUB

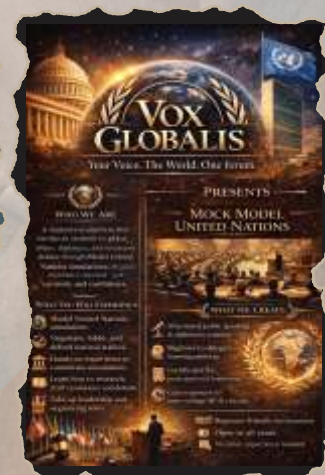
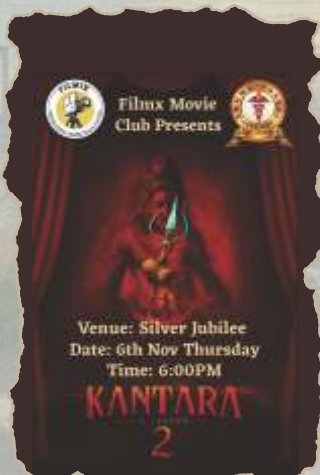
Where voices shape perspectives
and ideas drive change.

The MUN Club is a dynamic platform for dialogue, diplomacy, and debate. It brings together individuals who are passionate about global affairs, critical thinking, and the art of negotiation. Simulating real-world international bodies, the club empowers students to step into the shoes of world leaders and decision-makers.

Through engaging Model United Nations conferences, discussions, and mock sessions, members learn to research deeply, articulate confidently, and think strategically. Every debate is an opportunity to understand diverse viewpoints, build consensus, and tackle pressing global issues.

Whether you're a seasoned debater or someone eager to find your voice, the MUN Club welcomes you.

Debate boldly. Negotiate wisely.
Lead globally.





Apollo

Where Medicine Met Melody



Apollo 2025 transformed the campus into a vibrant celebration of music, emotion, and expression. From soulful solos and powerful duets to energetic group performances, the evening showcased the hidden artistry within every medico.

More than just a musical event, Apollo created a shared rhythm that connected performers and audience alike, reminding everyone that amidst the demands of medicine, there is always space for passion, creativity, and melody.



Demedcon 2025

Confluence of Knowledge
and Innovation



DEMEDCON 2025, held from 13th to 15th October, was a dynamic three-day academic event that brought together delegates from across the region, encouraging a rich exchange of ideas and knowledge.



The conference featured engaging poster and paper presentations, along with clinicopathological case discussions that bridged theory with practical clinical insights. A competitive Quiz added excitement, while hands-on workshops offered valuable skill-building experiences.



Balancing academics with recreation, activities like Escape Rooms and Shipwreck fostered teamwork and added to the vibrant atmosphere. DEMEDCON 2025 truly reflected collaborative learning—bringing together future healthcare professionals to learn, compete, and grow.





Parva Day One



A Symphony
of Expression



PARVA 2025 burst onto the campus scene in a dazzling celebration of rhythm, energy, and unfiltered talent. Cascade of mesmerizing performances. Solo music acts and electrifying dance performances lit up the stage with emotions and passion.

Adding vibrant hues to the day, face painting transformed participants into living canvases, while the Departmental Show stole hearts with its perfect blend of humor and spirited rivalry.

Later, the crowd was swept into the excitement of a high-energy Bollywood Quiz, expressive duet and trio dances, and soul-touching Eastern music performances. Laughter echoed during the crowd-favorite Mad Ads, bringing a wave of lighthearted chaos.

The day reached its peak with an electrifying group dance finale. As the curtains drew close, one thing was certain: Day One wasn't just an event—it was a celebration where talent found its voice and the campus came alive.



Parva Day Two



A Canvas of
Creativity



Building on the electrifying momentum of Day One, PARVA 2025 Day Two unfolded with boundless enthusiasm. Music took center stage, with soulful Western duets captivating hearts, followed by the fast-paced Art Relay that showcased teamwork and ingenuity. Classical dance performances added grace, weaving tradition into the modern celebration.



As twilight approached, there was the much-awaited Variety Show—showcasing diverse talents. The group singing performance united voices and hearts in perfect sync.



The grand finale, The Red Carpet Walk exuded elegance and confidence, while the Fashion Show dazzled with style, attitude, and creativity.





Plexus

A Celebration of Art, Expression, and Energy



PLEXUS 2025, our intercollegiate fest held from 13th to 18th October, transformed the campus into a vibrant space of creativity, talent, and spirited competition, welcoming participants from colleges across the region. From painting, sketching, glass painting, and doodling to creative writing, debates, Pictionary, and Fix the Plot, the event celebrated artistic expression in all its forms.



The stage came alive with captivating performances including solo and group dances, classical and western music, instrumental acts, street plays, mime, and mono/duo acts, each showcasing passion and creativity. The dazzling fashion show added glamour and energy to the celebration.



The fest concluded on a high note with the electrifying Tarana band concert, leaving the audience enthralled. More than just an event, PLEXUS 2025 stood as a celebration of art, diversity, and the spirit of togetherness.





Cultural Tapestry





Parva - Sports Meet



Spirit, Strength, and Sportsmanship



The Parva Sports Meet brought an electrifying wave of energy to the campus, uniting students in a celebration of athleticism, teamwork, and competitive spirit.

With a diverse lineup of events including badminton, chess, table tennis, and futsal, alongside high-intensity matches in basketball and volleyball for both men and women, the grounds echoed with cheers and determination. Throwball added to the excitement, showcasing agility and coordination.

From strategic battles on the chessboard to adrenaline-filled moments on the courts, each event reflected not just skill, but resilience, discipline, and true sportsmanship.

More than just a competition, the Parva Sports Meet was a testament to unity and passion—where every participant played with heart, and every victory was celebrated as a collective triumph.



Plexus-Sports



Acolades-Sports



A Journey That Defined Me:

Prayers, Posters and Podiums

The academic year 2024-2025 became one of the most defining phases of my MBBS journey. I presented at 15 conferences across South India and beyond, winning eight national prizes and receiving the Best Poster Award at an international conference. More than the accolades, it was the growth through each experience that truly shaped me.

This journey began with a simple question from my mother, Dr. Grace Shirley, a radiation oncologist: "Why don't you present your cases?" What started as curiosity soon became commitment.

My first turning point was Demedcon, where I presented a case of mucinous carcinoma of the breast. Standing before my poster, I realised that while academics had not always been my strongest area, I could deeply understand and communicate effectively. I discovered that the stage did not intimidate me – it energised me.

At Bangalore Medical College, surrounded by exceptionally prepared presenters, I briefly felt inadequate. However, the experience taught me humility, precision, preparation, and confidence in defending clinical reasoning.

Some moments tested more than knowledge. In Tumkur, a travel miscalculation left me rushing in breathless and barely composed, yet I still secured second runner-

up, learning the importance of perseverance under imperfect circumstances. At Kilpauk Medical College, Chennai, technical issues distorted my slides during presentation. Though shaken for a moment, I adapted, continued, and later won third place – an experience that taught me resilience.

One of the most meaningful milestones was presenting at an international conference at Saveetha Dental College, where I received the Best Poster Award. Sharing that recognition with my sister, who received the same honour, made the moment especially memorable and symbolic of shared growth.

Though I often travelled and presented alone, I was never without support. My parents' prayers grounded me before every presentation. My fiancé, Alvin Anson, supported me through anxious moments, while my batchmate, Dr. Maria Stanly, strengthened my work with honest feedback. My mentors from Radiation Oncology, Pathology, Paediatrics, and OBGYN ensured my work remained academically meaningful, and the academy's support helped me balance these opportunities alongside final-year MBBS responsibilities.

The question-and-answer sessions became my favourite part of every conference because they truly tested knowledge and clinical reasoning. Some days I answered confidently; on others, I faltered. Yet each interaction strengthened

my confidence, communication skills, and critical thinking beyond textbooks.

Looking back at these 15 conferences, nine recognitions, and countless experiences, I do not merely see awards. I see growth, resilience, and transformation. The podium was never just about winning – it was about becoming.

Dr. Jennifer
Stephens
MBBS

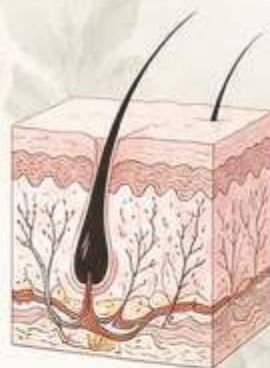




DERMATOLOGY

Myths, Facts & Common Reminders

— BECAUSE GREAT SKIN STARTS WITH KNOWLEDGE —



DERMATOLOGY MYTHS

-  Oily skin doesn't need moisturizer.
-  Acne is caused by dirt and poor hygiene.
-  Popping pimples makes them heal faster.
-  You don't need sunscreen on cloudy days.
-  People with dark skin don't need sunscreen.
-  Anti-hair fall shampoos can regrow hair.
-  Natural or herbal products are always safe.
-  Tanning is a sign of healthy skin.
-  You can shrink open pores.
-  Stretch marks can be completely removed.



DERMATOLOGY FACTS

-  All skin types need hydration. Even oily skin can get dehydrated.
-  Acne is a hormonal and inflammatory condition, not caused by dirt.
-  Popping can cause scars, pigmentation and infections.
-  Up to 80% of UV rays can penetrate clouds. Sunscreen is a daily essential.
-  Melanin offers some natural protection, but not enough. Everyone needs SPF.
-  These shampoos reduce breakage but cannot regrow hair from dead follicles.
-  "Natural" doesn't always mean "safe". Allergies can occur.
-  Tanning is your skin's response to damage. It is not healthy.
-  You can minimize their appearance, but not change their natural size.
-  Stretch marks fade with time and treatment, but may not disappear completely.

DAILY REMINDERS FOR HEALTHY SKIN



WEAR SUNSCREEN
SPF 30+ every day,
rain or shine.



STAY HYDRATED
Drink enough
water.



CLEANSE GENTLY
Cleanse without
stripping your skin.



MOISTURIZE
Keep your skin
barrier happy.



BE PATIENT & CONSISTENT
Good skin
takes time.



BE KIND TO YOUR SKIN & YOURSELF

A NOTE TO REMEMBER

— EVERY SKIN IS UNIQUE. —

Treat the skin, not just the condition.
Listen. Educate. Empathize. That's the art behind the science.



★ Dr. Vaishnavi BV





ACROSS

1. In molten fire, his hammer sings, He forges fate and golden things.

5. Born from thought, with wisdom bright, A warrior mind in golden light.

6. Mother of grain, of earth's sweet bread, Where crops are born, her blessings spread.

7. A sunlit song, a healing flame, A god of music, art, and fame.

DOWN

1. "Beneath breath and bone, a quiet king keeps count"

2. From seafoam rose a beauty rare, Love's soft fire floats in her hair

3. I don't bring thunder, wars, or royal fame, I just fix your broken body like it's a daily game!

4. He rules the deep where wild waves roar, A trident king of ocean's door.

5. Moonlit hunter, swift and free, She walks with wolves in mystery.

7. Battle's fury, iron heart, Where war begins, he plays his part.

8. With winged feet and sly delight, He steals the day and rides the night.

9. "King of the skies with lightening in his palm, A crown of storms where mighty eagles calm."

10. Queen of vows, of jealousy and grace, A storm in silk, with pride upon her face

ACROSS

1. HEPHAESTUS
5. ATHENA
6. DEMETER
7. APOLLO

DOWN

1. HADES
2. APHRODITE
3. ASCLEPIUS
4. POSEIDON
5. ARTEMIS
7. ARES
8. HERMES
9. ZEUS
10. HERA



Dr. Sahana S Murthy





★ *Lyric Lyre*

★ *Muse Elysium*

★ *Helios Lens*

Solo

ನಮ್ಮ ಹೆಮ್ಮೆಯ ಕೋಲಾರಮ್ಮ

ಕೋಲಾರಮ್ಮ ದೇವಾಲಯವು ಕೋಲಾರ ಪಟ್ಟಣದ ಗ್ರಾಮದೇವತೆಯಾಗಿದೆ. ತಾಯಿ ಕೃಪಾಕಟಾಕ್ಷದಿಂದ ಕೋಲಾರದ ಜನರು ಸುಭಿಕ್ಷರಾಗಿ ನೆಮ್ಮದಿಯಿಂದ ಇದ್ದಾರೆ. ಈ ದೇವಾಲಯವು 10-11ನೇ ಶತಮಾನದಲ್ಲಿ ಆಳಿದ ಗಂಗರು, ಚೋಳರು ಮತ್ತು ವಿಜಯನಗರದ ಅರಸರು ಅಭಿವೃದ್ಧಿಪಡಿಸಿದ ಪುರಾಣ ಪ್ರಸಿದ್ಧ ಐತಿಹಾಸಿಕ ದ್ರಾವಿಡ ಶೈಲಿಯಲ್ಲಿರುವ ಶಕ್ತಿ ಪೀಠ.

ದೇವಾಲಯದ ಮುಖ್ಯ ದ್ವಾರವು 20 ಅಡಿ ಎತ್ತರವಿದ್ದು, ಮದನಿಕೆಯರ ಶಿಲ್ಪಗಳು, ಕೃಷ್ಣ, ಪರಶುರಾಮ ಮತ್ತು ಬಲರಾಮನ ಸೂಕ್ಷ್ಮ ಕೆತ್ತನೆಗಳನ್ನು ಹೊಂದಿದೆ. ಒಳದಲ್ಲಿ ಅಷ್ಟಭುಜಗಳ ಮಹಿಷಾಸುರ ಮರ್ಧಿನಿ ರೂಪದಲ್ಲಿ ಇರುವ ಕೋಲಾರಮ್ಮನ ವಿಗ್ರಹವಿದೆ. ದೇವಿಯ ಬಲಭಾಗದಲ್ಲಿ ಸಪ್ತ ಮಾತೃಕೆಯರ ವಿಗ್ರಹಗಳಿವೆ.

ಪುರಾಣಗಳ ಮತ್ತು ಇತಿಹಾಸದ ಪುಟಗಳನ್ನು ಅವಲೋಕಿಸಿದರೆ, ನಮಗೆ ಅಚ್ಚರಿ ತರುವ ವಿಷಯಗಳು ತಿಳಿದುಬರುತ್ತವೆ.

1. ಪರಶುರಾಮರು ತಮ್ಮ ತಾಯಿಯ ತಲೆಯನ್ನು ಕಡಿದ ತಪ್ಪಿಗೆ ಪ್ರಾಯಶ್ಚಿತ್ತವಾಗಿ ಪ್ರತಿವರ್ಷ ತಾಯಿಯ ವಿಗ್ರಹ ಸ್ಥಾಪನೆ ಮಾಡುತ್ತಾ ಹೋಗುತ್ತಿದ್ದರು. ಹಾಗೆಯೇ ಸ್ಥಾಪಿಸಿದ ವಿಗ್ರಹವೇ ಈ ಕೋಲಾರಮ್ಮ. ಪರಶುರಾಮರು ಸ್ಥಾಪಿಸಿದಾಗ ಈ



ವಿಗ್ರಹದ ಹೆಸರು ರೇಣುಕಾಯಲ್ಲಮ್ಮ, “ಮಹಿಷಾಸುರ ಮರ್ಧಿನಿ” ಮತ್ತು “ಮೂಕನಾಚ್ಚಿಯಮ್ಮ” ಎಂದು ಪ್ರಸಿದ್ಧಿಯಾಗಿತ್ತು. ಮಹಿಷಾಸುರನನ್ನು ಕೊಲ್ಲುವಾಗ ದೇವಿಯು ಅತ್ಯಂತ ಉಗ್ರ ರೂಪ ಭದ್ರಕಾಳಿಯಾಗಿ ವಿಕಾರ ಮುಖವನ್ನು ಹೊಂದಿದ ಕಾರಣ “ಮೂಕನಾಚ್ಚಿಯಮ್ಮ” ಎಂದು ಸ್ಥಳೀಯರು ಕರೆಯುತ್ತಿದ್ದರು.

2. ಆದಿ ಶಂಕರಾಚಾರ್ಯರು ದೇವರ ದರ್ಶನ ಮಾಡುವಾಗ ಕೋಲಾರಕ್ಕೆ ಬಂದಾಗ ತಾಯಿಯ ಉಗ್ರ ಸ್ವರೂಪವನ್ನು ನೋಡಿ, ಭಕ್ತಿಯಿಂದ ತಾಯಿಯ ಉಗ್ರತೆಯನ್ನು ಶ್ರೀಚಕ್ರದಲ್ಲಿ ಬಂಧಿಸಿ, ಮೇರು ಶ್ರೀಚಕ್ರವನ್ನು ತಾಯಿಯ ಮುಂದೆ ಸ್ಥಾಪಿಸಿ, ತಾಯಿಯ ಹೆಸರನ್ನು “ಕೋಲಾಹಾಲಾಂಭಿಕೆ” ಎಂದು ನಾಮಕರಣ ಮಾಡಿ, ಪಟ್ಟಣವನ್ನು “ಕೋಲಾಹಾಲಪುರ” ಎಂದು ಕರೆದರು.

3. ಮಹಾರಾಜ ಕಂಗಣಿ ಗಂಗರು, 10ನೇ ಶತಮಾನದಲ್ಲಿ ಇಲ್ಲಿಗೆ ಬಂದಾಗ ಸಾವಿರಾರು ಚೀಳುಗಳು ಯಾವಾಗಲೂ ದೇವಿಯ ಸುತ್ತ ತಿರುಗುತ್ತಿರುವುದರಿಂದ ಜನಸಾಮಾನ್ಯರು ದೇವಿಯ ದರ್ಶನಕ್ಕೆ ಬರುತ್ತಿರಲಿಲ್ಲ. ದೇವಿಯನ್ನು “ಚೀಳುರಮ್ಮ” “ವೃತ್ತಿಕ ಭೈರವೀ” ಎಂದು ಕರೆಯುತ್ತಿದ್ದರು ಮತ್ತು ಚೀಳು ತಾಯಿಯ ವಾಹನ ಎಂದು ನಂಬಿದ್ದರು.

ಕಂಗಣಿ ತನ್ನ ಪ್ರಾರ್ಥನೆಯಿಂದ ತಾಯಿಯನ್ನು ಬೇಡಿಕೊಂಡಾಗ ತಾಯಿಯು ಸಂತುಷ್ಟಳಾಗಿ ಭೂಮಿಯ ಮೇಲೆ ನೋಡಿದಾಗ ಭೂಮಿಯಲ್ಲಿ ಒಂದು ಆಳವಾದ ಬಾವಿಯಾಗಿ ಎಲ್ಲಾ ಚೀಳುಗಳು ಆ ಬಾವಿಯಲ್ಲಿ ಸೇರಿಕೊಂಡಾಗ ಬಾವಿಯನ್ನು ಒಂದು ಪಂಚಲೋಹದ ಮುಚ್ಚಳದಿಂದ ಮುಚ್ಚಿದರು.

4. ವಿಜಯನಗರದ ರಾಜರು ದೇವಿಯ ಪವಾಡವನ್ನು ನೋಡಿ ದೇವಿಗೆ “ಕೋಲಾರಮ್ಮ” ಎಂದು ಮತ್ತು ಪಟ್ಟಣಕ್ಕೆ “ಕೋಲಾರ” ಎಂದು ನಾಮಕರಣ ಮಾಡಿದರು.

5. ಮೈಸೂರು ಮಹಾರಾಜರು ದೇವಿಯನ್ನು ಸಂತುಷ್ಟಗೊಳಿಸಿದಾಗ ತಾಯಿಯು ಚಾಮುಂಡಿ ರೂಪ ತಾಳಿ ಚಾಮುಂಡಿ ಬೆಟ್ಟದಲ್ಲಿ ಸ್ಥಾಪಿತಳಾದಳು. ಇವತ್ತು ಕೂಡ ದೇವಿಯು ಕೋಲಾರದಲ್ಲಿ ಮತ್ತು ಮೈಸೂರಿನಲ್ಲಿ ಜಾಗೃತಳಾಗಿದ್ದು, ಭಕ್ತರ ಇಷ್ಟಾರ್ಥಗಳನ್ನು ಪೂರೈಸುತ್ತಾಳೆ.



ಡಾ. ಹನುಮಂತಯ್ಯ ಕೆ,
ಪ್ರಾಧ್ಯಾಪಕರು, ಚರ್ಮ ವಿಭಾಗ.



ಡಾ. ರಾಜಶೇಖರ್ ಟಿ.ಎಸ್.
ಪ್ರಾಧ್ಯಾಪಕರು, ಚರ್ಮ ವಿಭಾಗ.





Lyric Lyre

Pedal away



- Aryama Priya
3rd Phase Part 1

*I want to just keep pedalling away,
Next to the sea
On a bright sunny day,
To find my place.
Who's to say,
How long it takes
To make this tide go away?*

*The Salt in my hair,
The wind in my chest
Every turn of the wheel
Outpaces the rest.*

*The Doubts I carry,
The Noises I obey,
The parts of myself
I try to outplay.*

*Shore away,
sea crystals- beware,
Look no further,
For the brightest thing in the ocean
Is coming your way.*



The Transience of Life



*An eerie silence filled the air,
Her flatline muffling racing hearts,
Heartfelt pleas, agonised wails,
Echoing untold promises of all sorts.*

*The stethoscope that once adorned
My neck felt heavy,
And my coat shouldering responsibilities,
Left me feeling dejected and weary.*

*I stood there motionless,
Surrounded by the grief stricken cries,
My eyes moistened with tears,
Unable to postpone her final goodbyes.*

*Harrowed by a failed CPR,
And with a heavy heart,
I helplessly surrendered her fate
To death's unyielding clock.*

*But before I could process
The unfortunate end of another tale,
A second ambulance came roaring,
With someone else frail.*

*So setting aside all perturbing emotions,
To help save another life, I ran,
As even after the diary ticks and pages turn,
Life goes on, according to fate's plan.*



- Dr. Ankita Kulkarni
PG 1, Department of ENT





The Inscrutable Cosmos

*Spiraling in a vortex,
In search of its eye;
A penchant to understand the world,
Being a timeless play of time.*

*Spinning around,
Getting lost in the mysteries of it all,
Getting hung over on questions
Of what really is mine to call.*

*Ploughing through
With the grit of a pearl,
Bearing through the adversities
Trying to stay unfazed as they unfurl.*

*As I inch closer to the answers,
New questions seem to lure me away,
Thus being stuck in an infinite loop
Owing to information's vast array.*

*Spiraling in the vortex,
Finally collapsing into its eye,
I got my answers,
Ones that echo through monumental times.*



- Dr. Ankita Kulkarni
PG 1, Department of ENT



- Dr. KB Shree
PG-2, Dept of Orthopedics

The Power Of Graphite

Graphite-

An unadorned tool of carbon, a common ingredient in sight.

A lubricant in need, a repellent in deed, a moderator in reactors that ignite.

Mediocre as it may seem, for it is employed rampantly across industries,

But when within a pencil, only then do we realize its appetite for might.

"How?", you may ponder. "Why elevate a labourer to a pedestal so bright?"

Well, all humankind needs is an idea, canvases and a tool to Write.

THE KNIFE

It was her time to shine- to assist and operate from nine to nine;

"Tedious, it shall be", she was told

As the stranger's cancer had grown twenty-fold.

She was thrilled to be chosen for this- to resect a tumour and conceal the abyss

With muscle and fascia, like there was nothing amiss.

Twenty minutes had passed and she held the muscle tight,

like a good apprentice to a surgeon trying with all his might,

Alas! It was all in vain.

She had swooned, her world blacked and her dreams, doomed.

She had starved all morning, bled heavily for days

Yet it wasn't her ailing health that frightened her-

'Twas the epiphany that The Knife may not be meant for her.



Beyond The White Coat

The white coat is often seen as the defining symbol of a doctor—an emblem of knowledge, authority, and trust. It is what the world recognises first. But medicine does not begin—or end—with it.

Beyond the white coat lies a role far less visible and far more demanding. A space where decisions are not made in ideal conditions, where clarity is not always immediate, and where responsibility extends beyond what can be taught.

Clinical practice is not simply the application of knowledge. It is the ability to function in uncertainty, to prioritise under pressure, and to act when hesitation is not an option. It requires not just understanding disease, but understanding consequence.

There are no protocols for every situation. No guidelines that account for every variable. And yet, the expectation remains the same—to decide, to act, and to take responsibility for what follows.

This is where the identity of a doctor is truly formed.

Not in lectures or examinations,

but in moments that demand judgment.

Not in certainty,

but in the ability to proceed despite its absence.

Beyond the white coat, medicine reveals itself not as a profession of perfect answers, but as one of deliberate action.

Because ultimately, being a doctor is not about what is worn—it is about what is carried.

-Dr Sam Saranya
PG-1, Dept of ENT



Water

A drop of water, to a thirsty nomad in the trenches of the Sahara where he just saw a mirage.

The flow of tears, down the face of his beloved when he asked him was there any one else

the same pool of water, where she saw her fathers soul leave as the water sucked him into the spiral

all water forms, but are they the same?



- Kalyani Nair
3rd Phase Part 2



The Thing About Beauty

*The thing about beauty is that,
It doesn't really arise from elegance
But it gives hope to a healthy mind.
It shouldn't be misused, for it is purely Divine.*

*The thing about beauty is that,
You watch it blossom in others
Rather than watering the flower
That is tempted to bloom inside you.*

*The thing about beauty is that,
It can be crushed, harmed, criticized
Within the hands of the despitful soul
Who has never sown the seed
But watering the bare land
Ending up with weeds,
That grow more, more and more.*

-Lavanya
2nd Phase



The Twenty Five



**- Dr. Abhiram
Krishna M**

At Five,

*He wore a plastic stethoscope too big for his tiny neck,
Charged his sister two imaginary rupees per visit
And declared every heartbeat perfectly fine,
While his parents clapped from the doorway!*

At Ten,

*He stitched his torn notebooks like emergency cases,
Bandaged teddy bears with theatrical seriousness
And practiced illegible signatures,
Long before he knew they would carry real weight!*

At Fifteen,

*He checked his grandmother's pulse dramatically,
Scribbled fake prescription for his aunt's headache
And promised his sister that he would fix every hurt she ever had!*

At Twenty,

*He entered anatomy halls, the first dissected body not clapping for him.
But with,
His mother's prayers folded neatly in his suitcase,
His father's quiet pride heavier than his textbooks,
His sister texting him, "I'm proud of you"!*

At Twenty One,

*Caffeine replaced sleep, friendships built at 3 am,
Laughing loud with friends to mask the quiet panic,
Surviving on adrenaline, sarcasm and last minute miracles!*

At Twenty Two,

*He touched his first patient with trembling hands,
For the first time, "doctor" sounded possible,
Mastering the art of saying "I'm fine"
While reading twelve chapters the night before exams!*

At Twenty Three,

*He sang his heart out, as it could stitch invisible wounds,
Replayed conversations that never happened the way he wished,
Pretended to be confident while googling "How to survive MBBS" at 2 am*

At Twenty Four,

*He watched a monitor flattening into silence,
And no childhood applause came to rescue the moment.
No dramatic background music, No heroic slow-motion revival,
Just reality, raw and unfiltered!*

At Twenty Five,

*He stands in a white coat that finally fit his shoulders,
Patients called him "doctor" with fragile trust,
While inside him still lived that little boy
Who believed applause could fix everything!*



Desire to Become a Doctor

Childhood dreams often shape the direction of our lives. When a desire takes root deep in the heart, it becomes a powerful force that drives us toward achieving our goals. From a very young age, I had a strong desire to become a Doctor, and to serve the poor and needy, a dream inspired not only by my passion but also by my parents aspirations for me.

When I stepped into Sri Devaraj Urs Medical College in October 1986, and as a localite hailing from Kolar, it was one of the happiest moments of my life, that day marked the beginning of a journey where my dreams started turning into reality.

I was proud to be a student of the first batch of undergraduate in 1986 and later joined as first batch of postgraduate studies here in 1997 in the department of Anaesthesiology. My journey did not stop there, I went on to become a staff in the Department of Anaesthesiology and served as a HOD for eight long years, I spent some of the most valuable and meaningful moments of my life in this inspiring environment.

I was surrounded by wonderful people who became lifelong friends and supportive colleagues. I had the privilege of interacting with many students and caring for patients. I witnessed their pain, shared their struggles, and worked to bring them comfort and relief. These experiences gave true meaning to my profession and filled my life with purpose.

Being a Doctor is not just a career for me it is the fulfilment of my lifelong dream.

During my College days, I maintained warm relationships with my teachers, friends, and the esteemed management, and I always appreciated the positive academic atmosphere in the campus. This Institution not only taught me how to be a skilled Doctor but also shaped me into a better human being.

As the years passed, I have witnessed the tremendous growth and progress of this Institution. Today, as a Professor of Anaesthesiology and Deputy Medical Superintendent, I feel honored and proud to continue to serve this esteemed Institute that has played such a vital role in my journey.

I extend my heartfelt thanks and gratitude to the founders of this prestigious Institute. I sincerely wish my beloved college continues to grow, inspire, and achieve even greater heights in the years to come.



Dr. K. Dinesh

MBBS, MD, MNAMS, FICA
Professor of Anaesthesiology
Deputy Medical Superintendent
R L Jalappa Hospital & Research Centre



Imposter Syndrome: The White Coat Doubt



- **Edvin Binu**
1st Phase

What is the strangest part about being in medical school?

It is not only the endless syllabus, the sleepless nights before exams, or the intimidating situations we are thrown into. It is convincing yourself that you actually belong here.

Behind the glamorous image of white coats and stethoscopes is a student silently questioning every step they take. Even after clearing one of the nation's toughest entrance examinations, the mind whispers, 'Maybe I simply got lucky this time.'

This feeling unfortunately has a name: Imposter syndrome.

It is the quiet, persistent habit of downplaying one's own competence. The nagging thought that you are somehow a fraud, waiting for the moment when everyone around you finally finds that out, but the greatest irony is that most of us feel the exact same way.

Medical colleges are hubs for ambitious students. When all of these bright minds gather in one place, comparison becomes inevitable. Someone understands concepts faster while someone else remembers details effortlessly.

And slowly, the small doubt that once lived quietly in the back of your mind begins to grow louder. The real question should not be, 'Do I really belong here?' but rather, 'Why am I so quick to doubt myself?'

Because the truth is plain and simple. Imposters do not spend countless nights with their heads buried in textbooks. Struggle through chapters that refuse to make any sense.

They do worry about whether one day they will be good enough to make life altering decisions regarding their patient.

Every doctor you admire, once struggled with the same uncertainties. They too had moments when they felt overwhelmed and unsure. What carried them forward was not just their brilliant minds but the persistence and determination to keep going forward despite the circumstances.

So maybe you are not a doctor yet, you are simply a doctor in training. And that, after all, is what medical school is meant to be.

One day when a patient thanks you with genuine gratitude and wholeheartedly trusts you with their life, that annoying voice inside your head will go quiet.

And then for the first time, you will finally believe what was true all along.

You belonged here from the very beginning.



Beyond Words

Navigating Cultural Depth in Translation



- Harshal A Jain
1st Phase

"Between what is said and not meant, and what is meant and not said, most love is lost."

- Khalil Gibran

When Language Isn't Enough

Language is one of humanity's most powerful tools. It allows us to express thoughts, emotions and ideas, connecting people across distances and cultures. Yet, there are moments when language falls short; when a single word cannot fully capture the emotions, cultural context, or the subtleties behind an experience.

This limitation becomes especially clear in translation. Words that carry deep meaning in one language may feel incomplete or diluted when translated into another.

Sometimes, what is lost is not the definition of the word- but its soul.

Imagine lying beneath the shade of a tree on a warm summer afternoon. Above you, sunlight slips through the leaves, forming delicate streaks of light on the grass. The moment feels calm, fleeting, and quietly beautiful.

In Japanese, there is a word for this exact phenomenon: *Komorebi*.

The word captures the gentle dance of sunlight and leaves, evoking serenity and the transient beauty of nature. But when translated into English, it becomes simply "sunlight filtering through trees."

The meaning survives.

The poetry doesn't.

A Word Closer to Home

Translation challenges are not limited to distant cultures. Even in our own languages, some words carry meanings that resist direct translation.

Take the Hindi word *jugaad*.

At first glance, it may seem to mean

"workaround" or "frugal innovation." But those translations only scratch the surface. *Jugaad* represents a mindset, a blend of creativity, resilience, and practicality. It describes the ability to solve problems cleverly using limited resources.

It is not just a solution.

It is a way of thinking.

Another example appears in Tamil through the word *kolaveri*, popularized by the viral song 'Why This Kolaveri Di' by Dhanush. The word combines *kola* (to kill) and *veri* (rage), literally suggesting something like "murderous rage." However, in everyday use, especially in the song's famous line "Why this kolaveri di?", it is not meant literally. Instead, it humorously expresses exaggerated frustration or heartbreak, roughly meaning "Why are you being so cruel to me?" While the literal translation explains the words, it fails to capture the playful tone and cultural nuance that Tamil speakers immediately understand.

More Than Words

Translation is not merely about converting language, it is about interpreting culture.

Every language carries with it a unique way of seeing the world. When we recognize the depth behind these words, we begin to appreciate not only the diversity of languages but also the richness of human experience.

In an increasingly connected world, understanding the complexities of translation helps us build stronger connections and deeper empathy across cultures.

Because sometimes, the most meaningful things in language are the ones that cannot be translated perfectly at all.



In Passing

The past few weeks have been a blur.

Days bleeding into nights, nights turning into mornings I didn't even notice.

Twelve, thirteen hours of non-stop movement; hands working, mouth speaking, mind reacting.

Not thinking. Never thinking. Just doing what needed to be done.

For weeks, my brain ran on instinct.

No time to think, just react to cries, to beeps, to pain.

I told myself this was normal; survival, not life.

And then she came back.

The woman I'd stayed beside in the labour room, whose pain I had spoken through, whose breath I had counted with.

Now she was here, smiling, with a baby in her arms.

She thanked me, told the others how I'd helped her. I smiled back and said, "It's my job." but something heavy pressed inside my chest, something trembled.

I touched the face of the munchkin, and smiled. And She excitedly asked me to hold her baby.

And I couldn't.

Because I was scared; that the warmth of that tiny body would remind me what it means to feel again. That I'd get attached.

That she'd leave, and I'd have to pretend she was just another patient.

Her husband thanked me too, for being there when he couldn't, for checking on her in moments she thought she was alone.

He said she had spoken about me; how she was afraid she'd never see me again, and how relieved she felt when I walked in today, just to check her blood pressure.

Honestly, when her eyes lit up the moment she saw me, when she spoke to me, I didn't remember who she was.

But when she started saying all the things I've done for her in the labour room, memories started gushing back in. Now I remember why I hadn't seen her, She'd gone for a C-section.

She had disappeared, And I thought I had, too.

So after the conversation, I said I'd come back.

But I didn't.

Tomorrow I'll see her again.

I'll smile, pretend everything's okay,

act like her words were just words.

But I know they won't be.

Because when she leaves, she'll carry my kindness as memory, while I'll carry her as a quiet ache I can't name.



That's the funny part, I guess, I forget their names, but my heart remembers what my mind refuses to.

She'll leave in a few days.

But I'll stay.

She'll carry a piece of me without knowing,

while I carry her quietly, like a bruise that never heals.

That's the thing about this job.

No one tells you that sometimes you'll mean the world to someone and not even realize it.

No one tells you that you'll remember their stories long after you've forgotten their names.

And no one teaches you how to keep feeling without breaking a little more each time.



- Dr. Rania Madari



Main Character Syndrome And The Death Of Authenticity



Have you ever pretended to love a football team you barely knew existed, just to impress your crush?

Are you trying to live more or just make your life look like a performance?

Keep reading. Maybe we'll solve this mystery.

Somewhere along the way, we stopped living and started curating. We act like everything is a plot arc. We choose experiences that look good online. The number of likes, comments, or replies begins to matter more than the process of actually living the moment. This isn't life. It's rehearsal.

You don't have to fit in. You don't have to change your music taste based on your friend circle.

You don't need "trendy opinions" instead of personal ones.

But, **we still try.**

We try so hard to impress others, to be one of them, that we stop asking ourselves: When was the last time I said something I didn't fully mean just to fit in?

When was the last time I hid something I genuinely loved just to seem cool?

That quiet self-betrayal is how authenticity dies. Not dramatically, but gradually.

We live in a generation where there's constant pressure to be interesting. To be aesthetic. To be ahead. We are trapped in a **dopamine-validation**

loop, where attention feels like a proof that we matter. Psychologically, it goes deeper. We're scared of being ordinary. We've convinced ourselves that "normal" means invisible.

But here's the paradox:

Is this **confidence**?

Or insecurity in **disguise**?

And that's when the final stage arrives – the true cost of always being the "main character": the **death of authenticity**.

You lose your raw reactions. You edit your thoughts before speaking. You filter opinions before expressing them. You don't even know what you genuinely like anymore.

So let's ask the uncomfortable question:

Is it okay if your life feels boring sometimes?

Maybe it is.

It's okay to romanticise life. It's okay to feel important in your own story. The problem isn't being the main character. The problem is forgetting that you are also human. Flawed, ordinary, unfiltered. There's so much beauty in acknowledging that than to fix your personality based on how others view you.

***Your life is not a highlight reel.
It's a heartbeat. And maybe the boldest thing you can do today is like what you like, listen to what you want, support what you believe in, even if nobody's watching.***



- Krishangee Pathak
1st Phase





Caesarean Birth

*The woman laid naked,
every body around her sacred.
She cried in tender,
behind came the needle to kinder.*

*I saw my first caesarean,
finally saw no barbarian.
It wasn't just a procedure,
it was the mind's new denture.*

*So blue,
has no clue.
Yet, striving,
and reviving.*

*Not just a cry for help,
but a sign that life held.
Tears at the edge of my eye,
but I didn't cry.*

*Because the little one was crying strong,
while I was holding back to stay strong
Nothing to prove for,
since coming to life is to live for.*



- Kushmitaa G B
3rd Phase Part 2

The Art Of Becoming...



- Nandena Ramesh
1st Phase

*The girl who over thought every silence,
and who lay awake;
replaying every word she said.
I wish you knew that not every pause meant
curse;
not every mistake meant undeserving .
You called it over thinking ;
but it was a heart ; trying to hide,
to protect itself ;
from breaking too loudly.
That girl who mistook stress for weakness,
Self doubt for truth, kindness for love .
Why?
why let others carve your life?
to meet their expectation?
But listen, you were never behind;
you were simply BECOMING...
and to the woman you will be.
When responsibilities weigh high,
remember the girl in you,
who dreamt of becoming..
Remember the girl, who survived
endless thoughts; who carried invisible
battles within her .
Who still chose inner peace,
while shivering;
burying the regrets in her heart's graveyard
and...
just like a dead fish, with the flow?
and they called it , "the art of becoming "!*





Love Is Not a Small Word

*They say love is misused today,
spoken lightly, then thrown away,
turned into something that will not stay,
but love was never made that way.*

*Love is a mother who gives her rest,
just to make sure her child has the best,
a father who worries... and carries the stress,
yet still stands strong and gives his best.*

*It's a teacher who stays when the class is
done,
for the one who's lost and falling behind the
run,
it's not just two, it's more than a pair,
it lives in patience, in being there.*

*It's not in roses or hands held tight,
not in perfect words that sound so right,
it lives in moments we barely see,
in care, in effort, in empathy.*

*Without it, the world would lose its light,
days would feel heavy, darker the night,
no one to turn to, no will to try,
just living somehow, asking why.*

*Love is not loud, it doesn't demand,
it quietly gives, it quietly stands,
it puts someone else before its own need,
in simple acts, in thought and deed.*

*And maybe as doctors we'll learn one day,
healing is more than taking pain away,
science may help and knowledge may save,
but love is what makes a doctor brave.*

*Not just for lovers, not just for two,
love lives in all that is honest and true,
and if this world still stands today,
it's because love never walked away.*

*When the good goes its way,
Pelting is an affair,
No matter how good you are,
Scars will make you.
The pure often reflects,
The glory of one and itself,
Even the ugly gets to be an art,
But the dirty wind always infects.*

*There awaits the Abyss,
Where uncertainty is absolute,
Pain paves the path,
The two met,
Both beside them,
Their paths intersect.
Both with those scars,
Countless,
Ready to take on more,
But this time,
Together.*

*By knowing their paths before,
Now to go search the Abyss,
Where the end is a variable,
But the hands are unbreakable.
There they go,
To the uncertain end,
The void that may answer,
May not,
But all they want is,
To be together!*



- P Karthika
1st Phase

- Raashita Sharma
3rd Phase Part 1





Moon or Spotlight?

It's almost like the hung moon,
with nothing but sky for company
that's one kind of irony.

It's just like the wheel of faces,
for everyone yet none notice this place
has lost distance.

It's something like the air turning cold,
shoning light outsourced among the
worldly folds.

It's nothing like the craters prejudice,
as these words are nothing of lunice
for I only yearn for love's grave entice.



- Kushmitaa G B
3rd Phase Part 2

The Flipside of Life



- Dr. Ankita Kulkarni
PG 1, Department of ENT

Stars, so beautiful
In the night sky they seem,
Ever so embellishing,
Making it gleam.

Being so distant,
They seem to adorn the sky,
But little do we know
Of their deceptive lie.

When viewed up close
They are fiery balls of rage,
As opposed to what they seem on earth,
Nothing, but a harmless sage.

So how can one know
Of the true face of danger,
When it craftily cloaks itself
As a guileless stranger?

That being said,
Fall not to the perils foretold,
As all that glitters,
Ain't often gold.



Invisible Threads Of Internalized Patriarchy



The cage is not always made of iron, nor do chains always leave visible marks. Sometimes, a thread is woven subtly into the core of our thinking, and we pass it down for generations without even questioning its presence.

"Women should dress appropriately. Women should know how to cook. Women should be gentle and polite." These are some of the sentences which are jewelled in every person's mind. But where are these rules written? Who authored them?

What if the loudest voice limiting women is not society itself, but the one echoing within their own minds?

Internalized patriarchy is like the air on a windy day – invisible, yet undeniably present. It is rarely enforced loudly; instead, it is absorbed slowly into the mindset. It settles quietly within thoughts and begins to shape perception.

From childhood, girls are taught to speak softly, to sit properly, to learn household chores. Boys, on the other hand, are encouraged to be bold, even rebellious. If a girl behaves assertively, she is labeled bossy or rude. If a boy shows

vulnerability, he is told, "Be a man."

Why is sensitivity discouraged in boys and strength questioned in girls?

Over time, these expectations stop feeling imposed. They become standards. A woman who chooses her career over domestic life is called selfish. A woman who speaks firmly and stands her ground is described as arrogant.

The thread winds around us in the name of familiarity, and familiarity is often mistaken for truth. In this quiet acceptance, we drown in naked false beliefs and lose sight of the essence of being a woman.

Perhaps liberation does not begin by breaking the chains outside, but by untangling the ones within. Because sometimes the most powerful rebellion begins with a quiet question—"WHY"?



- Disha Jain



DIFFERENT LIGHTS

written by
Udichi Shashikar

1st Phase



MIDNIGHT crashes over my sadness
MOONLIGHT clashes with my madness
CANDLELIGHT turns my tear into a prism
STREETLIGHT brightens up my narcissism

Distant thunder echoes with my screams
Drizzling rain washes away my dreams
Blowing winds dance with my demons
Burning lightning burns all my reasons

DAWN rises with the sun behind the slope
DAYLIGHT fabricates a fresh burst of hope
SUNSHINE illuminates the good in the bad
MORNING ventures like an unsullied notepad

Glimpse of a fresh false start appears
Window to a life I've wished for years
Chance to build a short-lived disguise
Gamble on a brief compromise

Dissolved storms return with the night
Subdued havoc reignites my fright
Faded skies turn a shade of drear
Restrained chaos accompanies my fear

MIDNIGHT revisits my sadness
MOONLIGHT beckons my madness
CANDLELIGHT bathes my teary prism
STREETLIGHT rekindles my narcissism





खुद को भुला कर

जब अपने पिता को देखता हूँ,
कभी-कभी यह विचार आता है,
कहाँ गई उनकी वह जवानी,
जो कभी एक दौर में चमकती नज़र आती थी।

वो आँखों का जुनून, वो बातों का असर,
वो मैदान में उनका राक़तए हुनर ।

अब केवल हाथों की लकीरें शेष हैं,
और आँखों में छुपे हुए सपनों का भार।

पीछे छोड़ आए हैं वे सारे अरमान,
मुझे संभालते-संभालते स्वयं ही अनजान हो गए।

सोचता हूँ, कैसे उन्होंने सब कुछ सेह लिया,
मुझे जवान



- Rishabh Ostwal
3rd Phase Part 1

दौड़ती धूप



दौड़ती धूप में पसीने का सूखना कहीं!
फिसलती छाँव में मुड़ मुड़ कर ठहरना कहीं!!

सपनों के बाज़ार में नींद को खरीदना कहीं!
थक कर ज़िंदगी से फिर सपनों को जीना कहीं!!

चाँद का ज़िक्क़ तो चाँदनी का चमकना कहीं!
तारों के बारात में जुगनू सा भटकना कहीं!!

टपकते आँखों पर हँसी का आडंबर कहीं!
साकी के होंठों सा ज़ाम का समंदर कहीं!!

काँटे भुलाकर फूलों का महकना कहीं!
मेहकान भूलकर फिर फूलों का कुचलना कहीं!!

इश्क़ के नाम पर दिलों का जलना कहीं!
हिज़्र की रात फिर आँखों का बरसना कहीं!!

ज़रमी साँसों का सीने में अटकना कहीं!
दर्द ए दिल का जोरों से धड़कना कहीं!!

वस्ल की शाम उसे नम आँखों से छूना कहीं!
घड़कन की ज़िद पर, उसके रुह को चूमना कहीं!!

महबूब को खुदा तो इश्क़ को दुआ कहीं!
किसी का इश्क़ ए इबादत, तो इंतज़ार ए इश्क़ कहीं!!



- दिवस केसरी 'नारायण'
3rd Phase Part 2





Muse Elysium

Anuradha A Iyer



Shreya Maurya



Advaita





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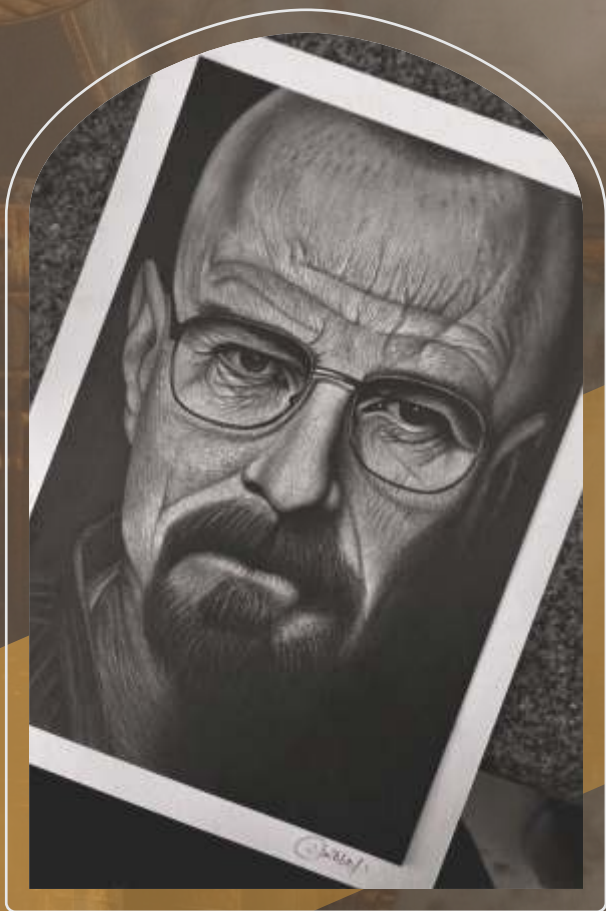


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Vivek Chandra Vaibhav



Aryama Priya



Prarthana D R



Helios Lens



Rishabh Ostwal



Raashita



Dr. N. Sriram



Dr. Sriram

"Moments That Breathe"



"Sunsets & City Pulse"



» Dr. Devika Sinha



"Atlas of Light"



» Dr. Naveena



Dr. Gayathri



Rahul Tarase



Aryama Priya



"Where Shadows Bloom"



Dr. Sam Saranya



» Manas



Dr Vaishnavi





★ *Aether
Frames*

★ *Council of
Delphi*

★ *Golden Cohort*

★ *Tribute to the
Titans*

Asclepius



Anatomy

Because nothing bonds a batch like formalin fumes and a shared existential crisis over the brachial plexus.



Physiology

Here, your heart races not just from caffeine, but from trying to understand the cardiac cycle.



Biochemistry

Proving everyday that glucose is life, and stress is just another form of metabolic acidosis.



Pharmacology



Drugs, doses and dramatic mnemonics- Welcome to the only subject where your memory is constantly fighting for survival.

Pathology



We give disease its name, a stain and a paragraph you'll forget five minutes after the viva.

Microbiology



From cocci to crisis- we study the things you can't see but still fear more than your results.





Forensic Medicine and Toxicology

Because determining 'time since death' is more easier than explaining why you choose MBBS in the first place.



Community Medicine

We treat populations, not patients - and we still have to calculate everything manually.



Otorhinolaryngology

We handle nosebleeds, wax attacks and that one patient who insists on yelling 'hello' in the otoscope.



Ophthalmology



Where everything is measured in millimetres, and yet one blurry answer can ruin your whole vision of passing.

General Medicine



A department so vast, it has its own fanbase, plot twists and a minimum of 100 differential diagnoses per patient.

General Surgery



Where precision matters, adrenaline never runs out and the scalpel is mightier than your theory marks.





OBG

From pushing limits to pushing babies- the department that defines chaos, courage and caffeine addiction.



Orthopaedics

We crack jokes and bones with same confidence and put both back together again.



Pediatrics

Treating children and occasionally dodging kicks, crayons and confused parents.



Radio-Diagnosis



From pixels to clarity we don't just look, We decode the unseen behind every diagnosis.

Psychiatry



Where people go to find their INNER PEACE

Dermatology



From acne to alopecia, we handle skin drama better than a beauty influencer on a bad hair day.





Anaesthesia

Behind the scenes, we held life steady when it mattered the most.



EMD

First to respond and the last to give up- Always ready for anything.



Dentistry

Crafting confident smiles, one patient and one procedure at a time!



Urology



Keeping the pressure right- Academically and otherwise.

Radiation Oncology



Where every fraction counts and every patient matters deeply.

Surgical Oncology



Beyond the scalpel, we carried hope into every surgical outcome.





Nephrology

Balancing fluids, filtering toxins and preserving life with expertise.



IHBT

Flowing hope, saving lives



Pulmonary Medicine

Keeping your lungs in check, One breath at a time.



Neurosurgery



Navigating the brain with precision, patience and unmatched focus.

Plastic Surgery



From scars to strengths, we reshaped stories beyond aesthetics.

HPB and
Liver Transplant



Experts in Life's Hidden Vital Systems

Endocrinology



Where tiny glands create big drama





Neurology

Healing minds, restoring lives.



Integrative Medicine

Treating not just the disease, but the whole person with care.



Cultural Committee

Not just organizers, but storytellers of every unforgettable college moment.



Medical Education Unit



We worked behind the scenes to make learning actually meaningful.

Skill Lab



From first attempts to mastery, this is where skills truly came alive.

Research and Development



Where innovation met evidence and ideas revolved into real outcomes.





Student Welfare

Not just support systems, but constant pillars during moments of doubt.



Scientific Review Board

Where curiosity is challenged and knowledge is strengthened.



Student Research Committee

Where questions turned into answers- and sometimes more questions.



Sports Committee



Behind every victory is a team that never sat still, Built for the win!

Boys Hostel



Late nights , loud laughs , lifelong friends

Ladies Hostel



Safe Spaces, Strong Voices





We didn't just manage books, we managed chaos quietly.

I am a resident who pays no rent and performs no chores. I am a quiet tenant for decades, but if I ever decide to "blow up," I'll force you into the OR.  I PAY NO RENT. NEVER LIFT A FINGER. Hint: I am located in the Lower Right Quadrant. Answer: THE APPENDIX	I see right through you, but I am not a psychic. I can find a "break" in your story without hearing a word. I deal in shades of grey, but my results are black and white.  LEAD APRON: BECAUSE I LIKE MY DNA. Hint: Don't forget to wear your lead apron. Answer: AN X-RAY	I am a biological "copy-paste" error. Sometimes I am a superpower that helps you survive, and sometimes I am a typo that leads to a lifetime of struggle. I am the reason you don't look exactly like your parents.  WHOOOPS! TINY CHANGE, BIG IMPACT. Hint: I am the engine of evolution. Answer: A MUTATION
I am the only "medication" that is self-prescribed by the entire hospital staff. I am the primary reason the night shift survives, and without me, the 7:00 AM handoff would be a silent tragedy.  SURVIVING NIGHT SHIFT ONE SIP AT A TIME Hint: I am frequently found in a stained pot in the breakroom. Answer: CAFFEINE	I am the hospital's most dramatic alarm clock. I arrive uninvited at 3 AM, scream without words, and make everyone suddenly interested in electrolytes. If ignored, I can turn a calm heart into absolute chaos.  Hint: I often come with crushing chest pain. Answer: A MYOCARDIAL INFARCTION	I am the body's silent accountant. I carefully store your extra calories for years, then suddenly everyone blames me before weddings and vacations.  NOT FAT. JUST EXPANDING RESERVES. Hint: I expand when overfed. Answer: FAT CELLS

MEDICINE: WHERE EVEN THE RIDDLES HAVE DIAGNOSIS. ❤️



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Post Graduate Batch Of 2022



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