

# VANI

2024-2025

*Medical Students' Association of India  
Presents the annual publication of MSAI  
VANI, the voice of MSAI*



# MSAI

Medical Students'  
Association of India

# TABLE OF CONTENTS

**ABOUT MSAI**

**MESSAGE FROM THE PRESIDENT**

**EDITORIAL BOARD**

**THEMED ARTICLES**

**LOCAL ACTIVITIES**

**SCOPH**

**SCORA**

**SCOME**

**SCORP**

**SCORE**

**SCOPE**

**BIOETHICS UNIT**

**MSAI WHO-AMR UNIT**

**CAPACITY BUILDING**

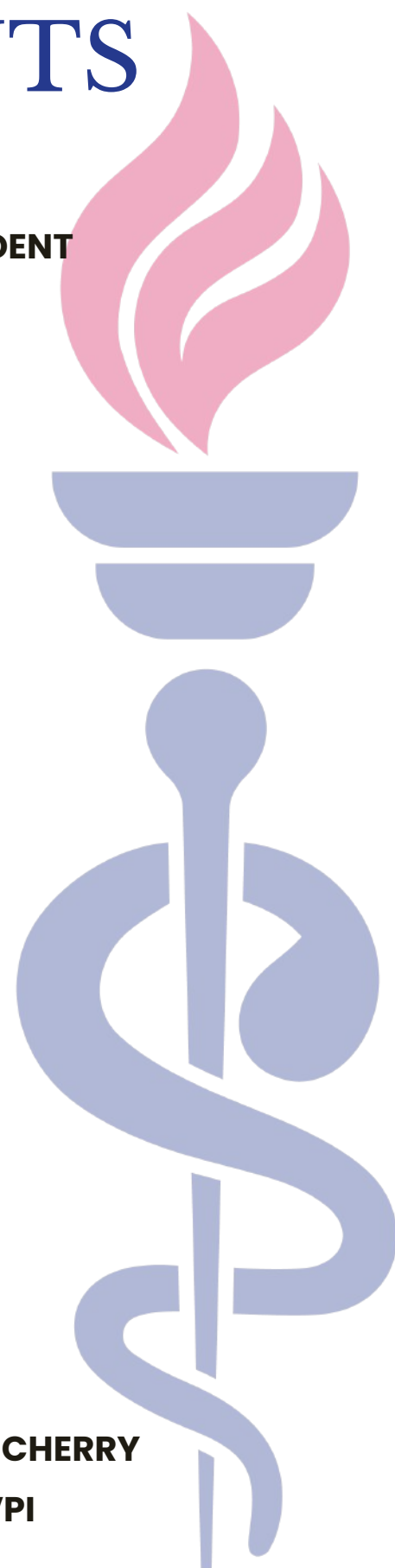
**ELOCUTIO**

**HEALTH CAMPS**

**HIGHLIGHTS OF NWM PUNE**

**HIGHLIGHTS OF NGA PONDICHERRY**

**CLOSING MESSAGE FROM VPI**



# ABOUT MSAI



MSAI is India's first and largest nationally and internationally represented medical students' organisation, comprising over **22,000+ medical students across the country**. Ever since its inception, MSAI has spread its wings to the farthest corners of the country and continues to do so even today.

We span over **29 states and 8 union territories** in India, as of today. The organisation currently works towards advocating for Sexual and Reproductive Health and Rights, Public Health, Human Rights and Peace, Anti-Microbial Resistance and Medical Education including Bioethics. In addition, we participate in Medical Students exchange programs (Professional and Research).



# Message from the PRESIDENT

## To the Leaders of Today and Tomorrow,

Every once in a while, we pause, not to slow down but to reflect on the path we've walked and the purpose that drives us forward. This edition of VANI is one such moment.

VANI 2025 is not just a magazine, it is a mirror of who we are and are becoming as a movement. It brings together the stories, values, lived experiences and most importantly, the impact we created that defines our work at MSAI. Each of themes this year speaks to something deeper than discussion and couldn't be more relevant to our generation of healthcare leaders. They speak to responsibility.

As doctors in training and advocates for change, we carry more than textbooks, we carry the weight of empathy, ethics, and action. Addressing burnout isn't just about rest; it's about building a culture that honours humanity. Embracing medicine beyond the stethoscope isn't a choice; it's the only path to truly understanding our patients. And amplifying voices through the MSAI experience isn't just powerful, it's essential to reimagining what healthcare can and should look like.

This publication is a reflection of the effort, creativity and commitment of the Executive Board and Team of Officials 2024-25. The hours spent planning initiatives, supporting one another, and bringing our vision to life are what fuel this organization. I am deeply proud of the strength and compassion you all bring into every space of MSAI.

Let this magazine be a reminder of what we are capable of when we lead with intention and act with courage. The future of healthcare is being shaped in real time and it begins right here, with us.

***Here's to another year of  
Making a Difference Together!***

**Dr. Anagha Gourisetty**  
President 2024-25  
Medical Students' Association of India



# VANI 2025 Editorial Board



**Dr Himani Nanda**

Vice President for Internal Affairs



**Divyansh Tyagi**

General assistant



**Shreya Mittal**

Designer



**Mohammed Ismail Anwar**

Video Publication assist



**Srishti Rajput**

General assistant



**Vaishnavi Krishna**

Designer

**MAAZ AHMAD**

Director of Public relations  
and communication



# VANI 2025

# Editorial

## Welcome to the latest edition of VANI, the voice of the Medical Students Association of India.

In this edition, we spotlight three core themes that are shaping the future of healthcare and should be highlighted as an organization for medical students: Burnout, Medicine Beyond Stethoscope, and Voices of change : The MSAI experience. These themes aren't just ideas we talk about—they reflect the values that shape how we care for others. They guide us toward building a healthcare system that's kind, fair, and truly centred around people's real needs.

As budding doctors and future voices in healthcare, we carry the responsibility to live by the principles we stand for. Through our actions, decisions, and the way we treat others, we begin shaping the kind of professionals we will become—ones who value empathy, mental well-being, and lasting change.

This edition invites us to think deeply, connect genuinely, and lead with purpose—because the journey toward better healthcare begins with us.

### **Burnout**

After weeks of back-to-back shifts, long lectures, and mounting responsibilities, a medical student finds herself emotionally exhausted and disconnected from her passion for healing. Similarly, a doctor battles constant fatigue and a creeping sense of detachment from her patients. Burnout is a silent crisis facing many doctors and medical students—draining their energy and compassion. To safeguard both their well-being and the quality of care they provide, it's crucial to foster empathy, offer support, and implement systemic changes that address this growing challenge.

### **Medicine Beyond Stethoscope**

Medicine extends far beyond the stethoscope. It's not just about diagnosing or treating symptoms—it's about connecting with patients on a human level. True healing requires empathy, effective communication, and a holistic approach that considers the emotional and psychological needs of those we care for. By embracing this broader perspective, medical professionals can provide compassionate, patient-centered care that goes beyond tests and tools, fostering trust and improving outcomes in meaningful ways.

### **Voices of change : The MSAI experience**

The Medical Students Association of India (MSAI) is more than a student body—it is a vibrant community where passionate future healthcare professionals come together to amplify their voices for change. Through advocacy, education, and outreach, MSAI empowers medical students to challenge existing healthcare norms and address pressing issues like mental health, compassionate care, and system resilience. This collective experience nurtures leadership, collaboration, and a commitment to social responsibility. By engaging actively in these efforts, members of MSAI become catalysts for a more equitable, empathetic, and innovative healthcare future that truly serves the people.

## Canvas Of Scars



*Behind the walls, we hide,  
for the world, we provide.  
Only if one of them could see  
and convince the idea of letting us free.*

*Then maybe ,  
Maybe I would love to renounce this world,  
where exams kept on swirled,  
where friends were more than just people around,  
where living this life had its meaning profound,  
where respect was not compelled,  
and where colleges were not places where only lectures  
were meant to be held.*

*Or maybe ,  
maybe I'm too deep in it now,  
that letting it go would make me vanish somehow,  
from the talks of society ,to those of mine's  
I'm nothing more but the student of medicine divine,  
as if they forgot all I ever had before this ,  
If I leave , maybe my world would come to freeze.*

*Express or impress? What shall I cease?  
People or parents? Whom shall I please?  
Books or bonds? What shall I maintain?  
Strive or survive? Which path shall I sustain?*



**Krishna Maheshwari**

Narendra Modi Medical College , Ahmedabad

# Lost in the chase



*Waking up from the bed feeling oppressed,  
Mirror showing unironed apron, feeling stressed.  
Not enough time to toast the slice,  
Wonder what situation would come to the dice.  
Just letting that thought go just like a phase,  
Knowing that I have got that dream to chase.*

*Reading big textbooks, yet the notes remain empty,  
Flipping through pages, but the words escape me.  
Lectures blur into a sleepless haze,  
Yet I push through this endless maze.  
The weight of expectations I cannot erase,  
Knowing that I have got that dream to chase.*



*The seat beside me every day changes,  
Not knowing what shallow words I might exchange.  
The phone is filled with endless groups and chats,  
With everyone wearing different masks and hats.  
I can't stay forever in this emotional maze,  
Knowing that I have got that dream to chase.*

*The mirror reflects tired eyes, sunk deep,  
Dreams in my head, but no time for sleep.  
The coffee turns cold, untouched on the side,  
Fatigue and ambition forever collide.  
Burning out, yet picking up the pace,  
Knowing that I have got that dream to chase.*

*I know in future I wouldn't have a minute to spare,  
Watching the sunsets from hospital stairs.  
With all the thoughts put down, it seems like an end,  
Hoping that there won't be more years to lend.  
Just letting that go like a phase,  
Knowing that I have got that dream to chase.*

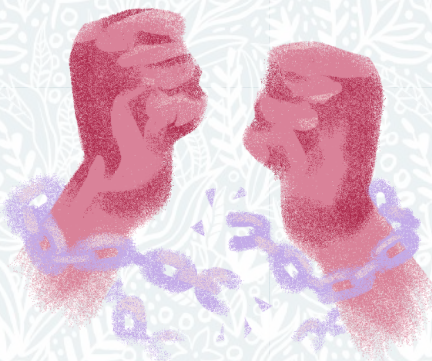


**Mikhil Chandnani**  
Ananta Institute of Medical Sciences  
and Research Centre, Rajsamand

# THE SILENT STRUGGLE



*After countless trials, we reach our goal,  
Believing at last we've gained control.  
We think the struggle is finally done,  
But the hardest battles have just begun.  
Unaware of the storms in store,  
We've signed up for much more*



*The journey ahead feels far too long,  
No one knows where we belong.  
Each day starts with an endless chime,  
Sleep now feels like wasted time.  
The workload grows, yet stays the same,  
A tiresome, never-ending game.  
No time to relax, no time for me,  
Just lost in life's monotony.*



*The weight of books, the endless test  
No time to pause or rest  
Between the lines of what we read  
Lies silent cries that go unseen  
The stream of knowledge never ends  
Pressure increasing with each passing day*

*The same routine wears us down,  
Leaving us drained, yet left to drown.  
We heal others but break within,  
A battle fought yet never seen.*

*Just let us breathe  
Let us be heard  
The struggle is real but amidst the race  
We need some time, we need some space.*



**Kulsum Nadeem**

Sheikh bhikhari medical college  
Hazaribagh

# Other Side Of Stethoscope And White Coat

## Healing Burnout of Healer!

**“If you want to shine like a sun, first burn like a sun.”**

– Dr. A.P.J. Abdul Kalam



Medical students, often regarded as the cream of society, typically excel academically from their early school years through higher secondary education. They enter medical colleges with enthusiasm and curiosity about the vast field of medicine, eager to explore human anatomy, physiology, and more. However, upon entering medical college, they encounter a different reality—facing challenges such as toxic seniors, ragging, strict professors, exams, frequent viva's and intense competition in classrooms filled with brilliant minds

Having good grades in 10th grade might seem like the key to a smooth future: enroll in the science stream, and secure a place in a reputable junior college. The idea is that if you do well in 12th grade and ace the entrance exams—such as NEET—you'll get into a government medical college, and life will be “sorted.” But hold on a moment! Nowadays, MBBS alone is not enough. To truly establish yourself, you need post-graduation, NEET-PG, and perhaps even super-specialization, fellowships, and more. But once you've completed all these degrees, are you truly “settled”? And what about the youthful, enthusiastic period of your life? Has it passed you by?

Have you ever paused to reflect? In the midst of this chaos, it's easy to get caught up in the rat race and forget to live. Burnout becomes a constant companion, and mental health takes a backseat. But it's essential to remember that it's okay to stop, take a breath, and prioritize your well-being and live for yourself—pursue hobbies or enjoy leisure activities. Reading Hamlet instead of Harrison can be refreshing. As Dr. A.P.J. Abdul Kalam said, to shine like a sun, (here to become a great clinician), one must first burn like a sun, (here to do hard work). But this burning should not come at the cost of one's mental health.

I'd like to conclude with an interesting story, one that demonstrates that, after all the studying, late nights, and duties, there will always come a day that tests everything you've learned. On this day, your knowledge will be tested practically, and you will undoubtedly see the fruits of your work.

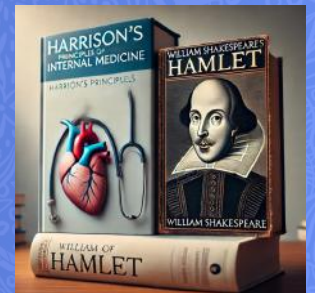
At the bottom of the hierarchy but vital to the healthcare system is the intern—a fresh graduate transitioning from student life into professional practice as Dr. Saheb /Sahiba ! After enduring rigorous MBBS studies, exams, and viva's, interns face their final challenge: clinical internship duties – the real hardest exam Everything was going well with the duties, but there's often disrupt sleep schedules due to alternating morning and night shifts. Duty in a tertiary hospital and urban care were done smoothly, then comes the rural postings – In rural India, you experience the other side of life – less pollution, green fields, raw life and the simplicity of rural living – the good side. But there's also the challenge of poor infrastructure, fewer doctors, limited facilities, and a lack of luxury. There are fewer medicines, less equipment, and, of course, no Swiggy or Zomato ! That's the challenging part.

And on one night, a woman arrived, having completed nine healthy months of pregnancy, but now suffering from intense labor pains. There were no senior doctors or residents available, and only two interns were present. The pain was excruciating, and the nearest tertiary hospital was far away. The interns had no choice but to step up. After assessing the situation, they decided to go ahead and deliver the baby themselves. Every procedure was followed carefully, and soon, a healthy baby girl was born.

The mother, exhausted but grateful, looked at the female intern and asked, “What's your name, doctor?” The intern replied, “Shreya.” The mother smiled and said, “That's a nice name. I've decided to name my baby girl Shreya.” She continued, “I felt intense pain, but I saw you running around, making so many efforts just for me. My pain was relieved, and my baby was delivered safely, without any complications. I'll be thankful to you for the rest of my life for bringing my baby into this world.”

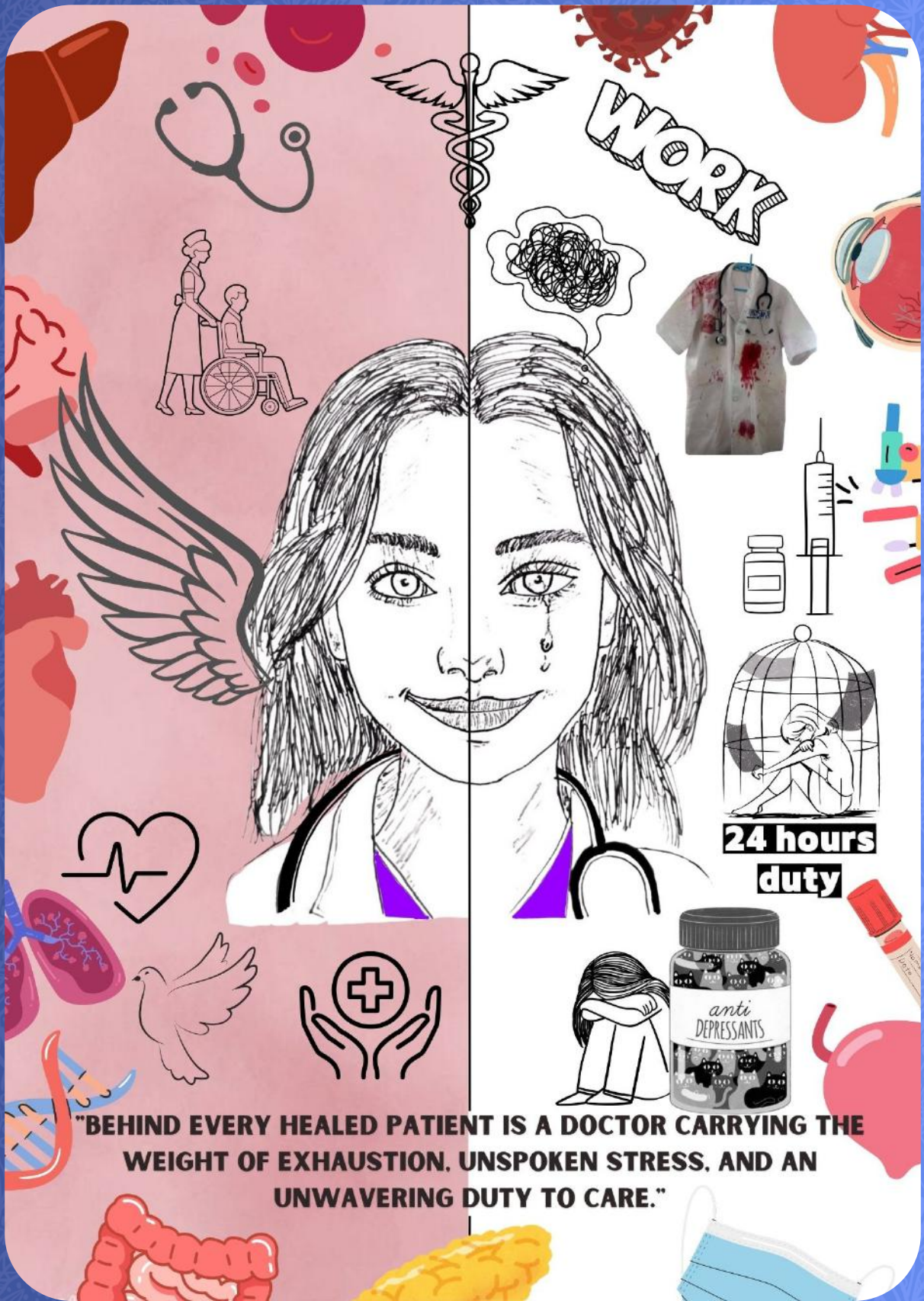
In that moment, silence fell. The interns stood there, eyes filled with tears, feeling proud and overwhelmed. They realized that all the hardships and struggles were worth it.

So remember: when burnout strikes, take a break to recharge yourself—and return with renewed double energy!



**Prathamesh Ajay Sakore**

Rajiv Gandhi Medical College And  
Chhatrapati Shivaji Maharaj Hospital, Thane



**Om Arun Nikam**

Dr. Vasantarao Pawar Medicine  
College and Research Centre, Nashik

# Breaking Point: A Medical Student's Crisis



**Shruti Sachin Swami**  
Dr. Vasantrao Pawar Medical College, Nashik

# Medicine Beyond Stethoscope

## The Power of Volunteering for Change

### Celebrating the Healing Touch of Volunteering in Medicine

Festivals, whether it's Diwali, Holi, Christmas, Eid, or Ganesh Chaturthi, bring people together in celebration, joy, and hope. But within the walls of a hospital, these special occasions take on a different meaning. During my journey as a medical student, I have witnessed the power of festivals in healing, not through medicines or procedures, but through the simple act of human connection. Medicine extends beyond prescriptions; it thrives in kindness, emotional support, and community-driven efforts that uplift patients during their toughest moments.

### The Festival Miracle: When Hope Heals

Shortly before Christmas in 2022, my mother suffered a severe ankle fracture that required Open Reduction and Internal Fixation (ORIF) surgery. It was a tough time, but something remarkable happened in the hospital. Volunteers came in, decorating the wards, distributing sweets, and sharing stories of resilience. The joy and positivity of the festival uplifted my mother's spirits, motivating her to push through the painful recovery process. It was then that I realized, festivals don't just bring celebrations; they bring strength. And in a hospital, where pain often overshadows joy, the presence of volunteers and small acts of kindness can create miracles. Hospitals often witness a shift in patient morale during festival seasons. Patients who are withdrawn or struggling with their illnesses often find renewed hope through the efforts of volunteers, doctors, and fellow patients. Some moments have stayed with me:



During Ganesh Chaturthi, a young boy battling a prolonged respiratory illness had been in the ICU for weeks. He showed remarkable improvement when hospital staff organized a small Ganpati darshan for patients, bringing a smile to his face. The turning point in his recovery? When he folded his hands and prayed in front of the idol.

On Diwali, an elderly patient recovering from bypass surgery was struggling emotionally. The sight of volunteers lighting diyas and distributing sweets reminded him of his home, and he found the strength to recover faster, hoping to celebrate with his family soon.



During Holi, a cancer patient undergoing chemotherapy had lost the will to continue treatment. But when her doctors and volunteers organized a color-free Holi celebration, it rekindled her hope, reminding her that joy could still exist despite her struggles.

On Christmas Eve, a group of pediatric patients in the ward received handmade greeting cards from medical students. One of the children, previously withdrawn, hugged the volunteer who gave her the card, marking the first time in weeks that she had expressed happiness.



These moments reaffirm one thing: festivals are not just about rituals; they are about human connection, resilience, and the power of togetherness. In hospitals, where loneliness often prevails, the presence of volunteers, celebrations, and simple acts of kindness can change lives.

## **Beyond Festivals: A Year-Round Commitment**

While festivals highlight the spirit of giving, volunteering in medicine is not just seasonal—it is a continuous effort to bring light into the darkest moments of a patient's journey. Across hospitals, student-led initiatives and healthcare volunteers work tirelessly to:

**Organize patient engagement programs:** art therapy, music therapy, and storytelling sessions to uplift patients.

**Provide emotional and psychological support:** by simply spending time with terminally ill or long-term hospitalized patients.

**Lead public health initiatives:** through education campaigns, awareness drives, and advocacy efforts for better patient care.

Medical students, through organizations like **MSAI (Medical Students Association of India)**, actively contribute to public health, policy, and ethics, shaping a future where medicine is about both science and compassion. These initiatives go beyond curing diseases, they aim to heal people, families, and communities.

Medicine beyond the stethoscope is about embracing the human side of healing. Whether it is celebrating a festival with patients, writing a heartfelt note, or simply holding someone's hand during difficult times, these moments define

**What it truly means to be a doctor!**

**Gargi Rajesh Patil**

Grant Government Medical College,  
Mumbai

# BEYOND THE STETHOSCOPE

*Beyond the stethoscope's soft embrace,  
Lies medicine's deeper, truer face.  
Not just in sounds of lungs and heart,  
But in the art of healing's part.  
It's in the hope a doctor brings,  
The gentle strength in suffering.  
A whispered word, a steady hand,  
A promise made to understand.  
Beyond the scalpel, pill, and scan,  
Lies the soul behind the plan.  
Not just to treat, but to console,  
To mend the body—and the soul.  
It's justice fought in quiet ways,  
For those unheard, for fairer days.  
It's ethics guiding every choice,  
Giving all a rightful voice.  
For healing is not just what we do  
It's how we care, how much we  
knew—  
That medicine, at its very core,  
Is love, is trust—and so much  
more.*

**Shivansh Tiwari**

University College Of Medical Sciences



# Voices of change : The MSAI experience

**“The best way to predict the future is to create it.”  
– Peter Drucker**

*This quote perfectly embodies what **TECHNAd** stands for—the idea that as future healthcare professionals, we are not just passive observers of technological advancements but active shapers of how AI integrates into medicine. Through this workshop, we took a step toward creating a future where AI is used responsibly, ethically, and with a strong advocacy-driven approach. Seeing participants embrace this vision, challenge existing perspectives, and build actionable strategies reaffirmed my belief that we, as medical students, hold the power to drive meaningful change.*

*Being the **Coordinator and Trainer** for TECHNAd has been one of the most fulfilling experiences of my journey in medical education. From the very first idea to the final execution, this workshop was a reflection of my passion for AI, advocacy, and capacity building. Seeing it come to life, surrounded by passionate minds eager to explore the intersection of technology and healthcare, was truly inspiring.*

*Throughout the workshop, I witnessed the **power of knowledge and collaboration**. Watching participants engage, question, and challenge perspectives reminded me why advocacy in AI is so important. Every discussion, every moment of realisation, and every connection built during TECHNAd reaffirmed the impact we, as medical students, can create when we come together with purpose.*

*As a trainer, it was a privilege to guide participants through complex yet crucial topics, helping them see AI not just as a tool but as a responsibility. Seeing them leave with newfound confidence and a vision for ethical, impactful AI advocacy was the greatest reward.*

*TECHNAd was more than just a workshop—it was a movement toward a future where **medical students take charge of technological advancements** with wisdom, ethics, and purpose. I'm grateful for this experience, for the incredible participants, and for the opportunity to contribute to something meaningful. This journey has left a lasting mark on me, and I hope TECHNAd continues to inspire many more in the years to come.*

**Hardatt Bhatt**

Narendra Modi Medical College  
Ahmedabad Gujarat



# FROM LOST TO FOUND

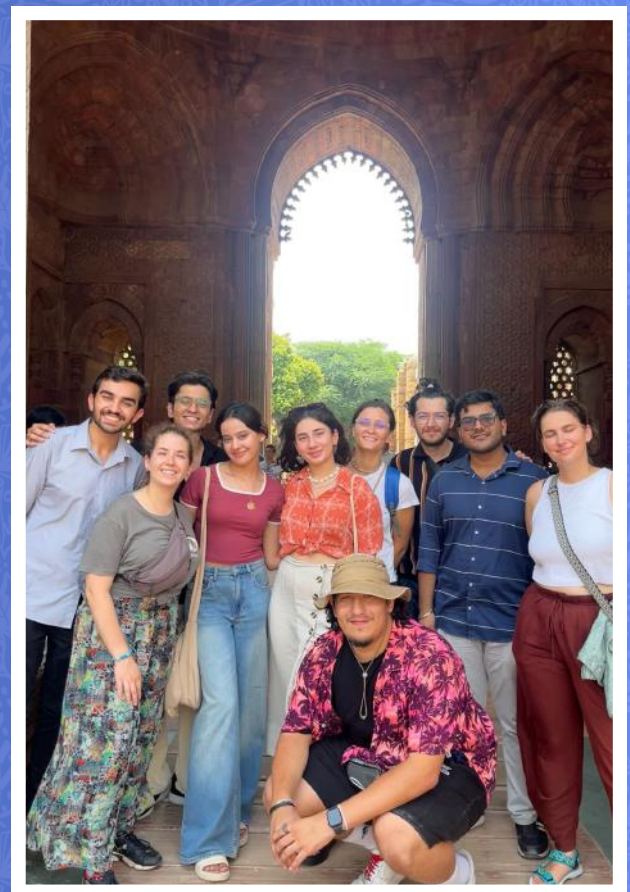
*A young footsteps into the world yet to be explored, yet to learn, yet to mourn. For the girl was new to the grass, the water, the woods. The sharps, the blood, the cries, the smiles. New to the hope wandering eyes put in her, the expectations. New to the confidence constantly lost and found. But what's more to it? What's beyond? What if I don't make it? What if I lose my way? Firmly while figuring all this out, I saw a gathering laughing around, voices blending, ideas colliding like waves against the shore. I came closer to it and suddenly I was a part of it. Felt so welcomed, so free, so connected.*

*MSAI held my hand when I felt lost, when the world seemed to surge ahead, leaving me behind. I joined for the dream of distant lands, but soon, it became more a path of learning, of connections, of finding pieces of myself. Back when I filled out forms, hopeful, for SCORA. A rejection followed perhaps it wasn't meant to be. Then, on a whim, I applied for SCOPE a fleeting thought, a passing moment of boredom. Yet, when did that whim ignite into passion? I do not know.*

*Attended my first workshop at NGA 2024, six hours in a workshop, yet time blurred as I sat, engaged, enthralled. Peers and mentors, once strangers, became my compass, my inspiration and some of my closest companions.*

*Then randomly on a plane ride thought "calls for delegate at Pre-APRM? Sure why not let's give it a shot" One month later, an email, an acceptance. I wondered what had I done to deserve this? Yet, piece by piece, the puzzle of my journey aligned. Everything I wanted was going my way, everything I put my heart and mind to, yielded good results, something that I felt was lacking before. Anyways, went to Thailand for the workshop and how*

*did the girl ever so reserved become a people's person? Across borders and languages, I found friendships, stitched together not by similarities, but by a common heartbeat of purpose. I filled for NEO developmental assist before this, and on the last day of Pre-APRM, I received my results. Cheers erupted from those I had just met, as if my joy belonged to them too. I returned not as I had left—more confident, more alive.*



Hosted few incomings for an NSP program in August 2024 ,guiding explorers. The girl who had never wandered her own city in 20 years became the one to lead others through its streets,weaving stories, exchanging cultures.

From attending a workshop as a delegate to becoming an IFMSA-certified global trainer all in one year—an exhilarating journey of growth and discovery. One i'm ever so grateful for.

Life has never handed me things easily. Twice the effort for half the reward. I often doubted, underestimated. Never thought it was enough, i was enough. But this journey stitched my confidence back together.

The girl who once thrived on challenges had returned.

But now Looking back, the path wasn't smooth. Rejections, failures, losses. Yet, they did not weigh me down, but pushed me forward, whispering—try again. And maybe thats how it should be .Perhaps walls are built high not to stop us, but to remind us of our strength. Perhaps the fall wasn't a failure, but a lesson in finding the right climb. And maybe, just maybe, some shoes aren't meant to fit—because we were meant to walk barefoot, feeling every step, owning every journey.



A young footstep into the world yet to be explored, yet to learn, yet to mourn. For the girl was new to the grass , the water , the woods . The sharps , the blood , the cries, the smiles. New to the hope wandering eyes put in her , the expectations .New to the confidence constantly lost and found. But what's more to it? What's beyond? What if i don't make it? What if i lose my way? Firmly while figuring all this out, i saw a gathering laughing around, voices blending, ideas colliding like waves against the shore. I came closer to it and suddenly i was a part of it .

Felt so welcomed, so free , so connected. MSAI held my hand when I felt lost, when the world seemed to surge ahead, leaving me behind. I joined for the dream of distant lands, but soon, it became more— a path of learning, of connections, of finding pieces of myself.Back when I filled out forms, hopeful, for SCORA. A rejection followed—perhaps it wasn't meant to be. Then, on a whim, I applied for SCOPE—a fleeting thought, a passing moment of boredom. Yet, when did that whim ignite into passion?I do not know.

Attended my first workshop at NGA 2024, —six hours in a workshop, yet time blurred as I sat, engaged, enthralled. Peers and mentors, once strangers, became my compass, my inspiration and some of my closest companions.

Then randomly on a plane ride thought “ calls for delegate at Pre- APRM ? Sure why not let’s give it a shot” One month later, an email, an acceptance. I wondered— what had I done to deserve this? Yet, piece by piece, the puzzle of my journey aligned. Everything i wanted was going my way , everything i put my heart and mind to , yielded good results, something that i felt was lacking before. Anyways, went to Thailand for the workshop and how did the girl ever so reserved became a people’s person? Across borders and languages, I found friendships, stitched together not by similarities, but by a common heartbeat of purpose. I filled for NEO developmental assist before this, and on the last day of Pre-APRM, I received my results. Cheers erupted from those I had just met, as if my joy belonged to them too. I returned not as I had left—more confident, more alive.

Hosted few incomings for an NSP program in August 2024 ,guiding explorers. The girl who had never wandered her own city in 20 years became the one to lead others through its streets,weaving stories, exchanging cultures.

From attending a workshop as a delegate to becoming an IFMSA-certified global trainer all in one year—an exhilarating journey of growth and discovery. One i’m ever so grateful for.

Life has never handed me things easily. Twice the effort for half the reward. I often doubted, underestimated. Never thought it was enough, i was enough. But this journey stitched my confidence back together. The girl who once thrived on challenges had returned.

But now Looking back, the path wasn’t smooth. Rejections, failures, losses. Yet, they did not weigh me down, but pushed me forward, whispering—try again. And maybe thats how it should be .Perhaps walls are built high not to stop us, but to remind us of our strength. Perhaps the fall wasn’t a failure, but a lesson in finding the right climb. And maybe, just maybe, some shoes aren’t meant to fit—because we were meant to walk barefoot, feeling every step, owning every journey.

**Avishka Kamal Katyayen**

Vardhman Mahavir Medical College, Delhi



# Local Activities

## A Vibrant Term of Impactful Action

This term, the heartbeat of MSAI, Activities - have been defined by passion, dedication, and a shared commitment to sustainable impact. With an incredible lineup of local initiatives, we proudly celebrate the vibrant participation of our members in driving meaningful change on the ground.

One of the key highlights of the term was **Project ECHO (Engage, Connect, Help, Organise)**—an initiative that truly lived up to its name. Conducted over three interactive online sessions with the help of our RDs, Project ECHO successfully trained and empowered over **100 participants** from across all regions of the country in activity management. The sessions offered practical insights into planning, organising, and evaluating impactful local activities—strengthening our grassroots reach.

In total, we organised **around 15 local activities**, each aligned with MSAI's core focus areas and directly contributing to the **United Nations Sustainable Development Goals (SDGs)**—specifically **SDG 3 (Good Health and Well-being)**, **SDG 4 (Quality Education)**, **SDG 5 (Gender Equality)**, **SDG 10 (Reduced Inequalities)**, **SDG 11 (Sustainable Cities and Communities)**, and **SDG 16 (Peace, Justice and Strong Institutions)**. These efforts reached an impressive **480+** participants, showcasing the commitment and creativity of our activity organisers.

None of this would have been possible without the consistent support and coordination provided by the **three VPA Assists- Ganesh, Tisha and Leia**, who played a pivotal role in ensuring seamless communication between the national team and local organisers, offering guidance every step of the way.

As we reflect on the term, we are filled with pride for the contributions of **our members**, whose enthusiasm and hard work remain the foundation of our success. Together, we continue to uphold and elevate our motto—**"Think Global, Act Local"**—and look forward to scaling even greater heights in the terms to come.

Here's to sustained impact, united action, and a future shaped by us.



**Dr. Pratik Sarangi**  
(he/him)  
VPA 2024-25



**Ganesh**



**Tisha**



**Leia**



# SCOPH

**Standing Committee on Public Health**



*At the intersection of preventive and curative medicine, health policy, SCOPH was envisioned as a Standing Committee, bringing together medical students across India to learn, build skills, cooperate, explore and share ideas to address all issues related to Public Health, including Global Health issues, health policies, health promotion, and education activities. Working under the main focus areas of Communicable Diseases, Healthy Lifestyles and Non-Communicable Diseases, Environmental Health, Mental Health and Health Systems, SCOPHeroes have implemented, maintained and improved a wide variety of community-based projects on a local and national level. Through these activities, we are pursuing our vision of a healthy society and we are developing our own potential of being complete and skillful health professionals.*

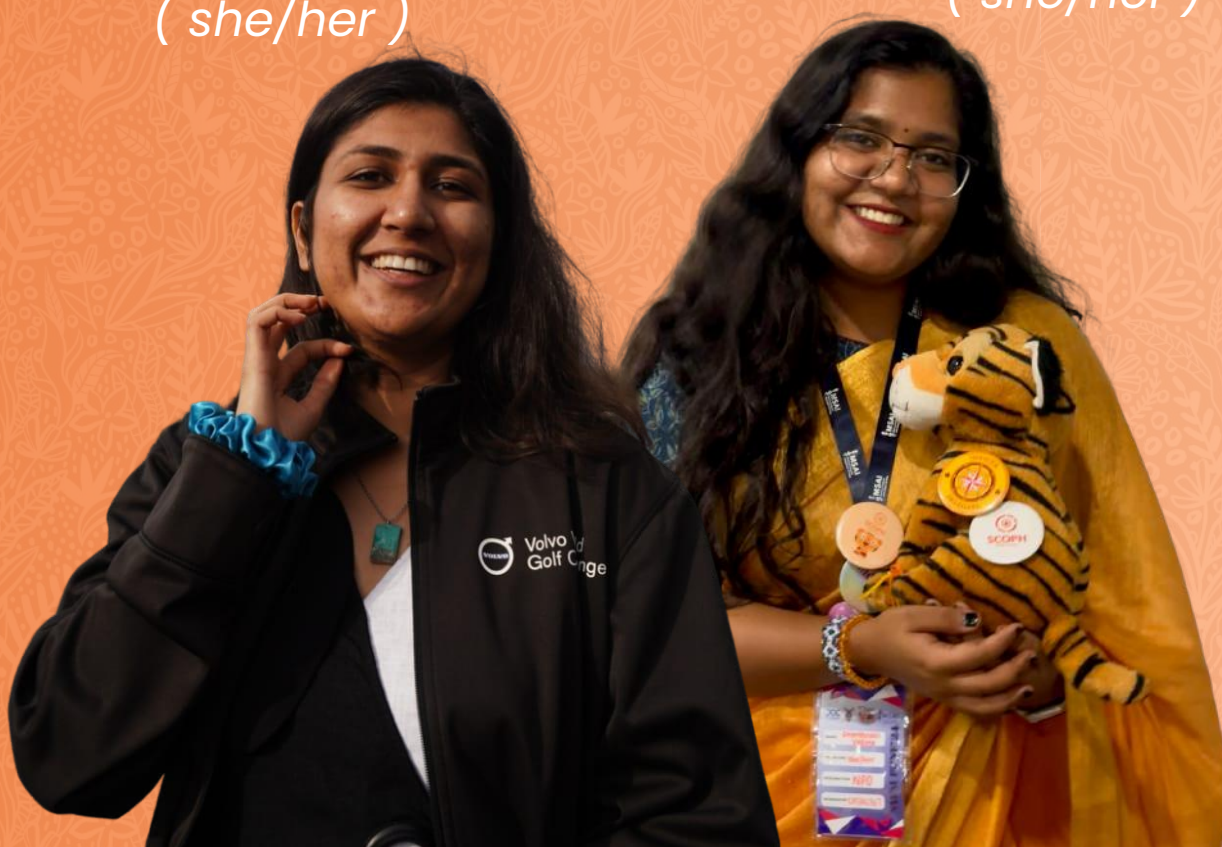
# BACKGROUND

## *National Public Health Officers (NPOs)*

Leading the charge at SCOPH, National Public Health Officers Shambhavi Varma and Aaradhana Vaghela brought to life an intrepid and ambitious vision. From developing innovative novel methodologies that created tangible impact at the grassroots level to ensuring representation at global and national levels of the efforts made by dedicated volunteers, this term focused on driving change through empowered youth leadership in public health spheres. By harmonising global health equity goals in localised contexts through inclusive empowerment of communities, SCOPH upheld its legacy of empowering future leaders and public health champions!

***Aaradhana Vaghela***  
( she/her )

***Shambhavi Varma***  
( she/her )



# Highlights

## Of the year

---

- 4 National Campaigns: Our activities this term included
  1. R.E.A.C.T: Realising Empowerment of Advocacy in Communities against Tuberculosis,
  2. **CAVACH**: Climate Action in Vulnerable Communities for Health,
  3. **Mindful Motherhood 2.0**, and
  4. **SWITCH**: Sheru Wellness Initiative to Combat NCDs Holistically! 122 events were conducted across the nation, with 600 volunteers, using innovative methodologies and a cumulative outreach of 6600+ individuals!
- 4 workshops were conducted in both online and offline modalities, capacitating 119 students
- 10 External Events with 5 InterNMO Collaborations (with SMMAMS Malaysia, IMSA Iran, MedSIN Sudan, IFMSA Brazil, and IFMSA Kurdistan) and 3 Panel Discussions
- 2 Small Working Groups including one new research based initiative, Project RePHorm with SCORE MSAI, and the Mindful Motherhood Manual SWG with SCORA MSAI
- CATALYsT, our flagship module on climate advocacy, was showcased at the UNFCCC COP29 WHO Health Pavilion!
- SCOPH Representation at WONCA SAR Conference 2025, Bengaluru with the first ever Poster Presentation on Universal Health Coverage (Build Back Better) and Activity Showcase at Climate Change Panel (CAVACH and CATALYsT)
- Activity Representation at IFMSA Meetings included Food 4 Thought at the Activities Fair at Asia Pacific Regional Meeting 2024, Mindful Motherhood at the Activities Fair at August Meeting 2024 and R.E.A.C.T at the Activities Fair at March Meeting 2025.

# Activity Articles

## R.E.A.C.T.

### *Realising Empowerment of Advocacy in Communities against Tuberculosis*

In India, an estimated 333,000 children under 14 years contract TB each year contributing to 28% of the global childhood burden. Due to limited knowledge about TB, underlying risk factors, and difficulties in accessing appropriate care, thousands of vulnerable children continue to contract TB, and significant numbers suffer long-term impairment.

Awareness campaigns for Tuberculosis often target adults aged 25 years and above, shying away from having difficult conversations regarding the disease with children. In India, of the total cases notified to the National TB Elimination Programme, about 6% of the cases are from children up to 14 years of age.

R.E.A.C.T. is an activity that aims to bridge this gap between knowledge and awareness, educating the youth about transmission, prevention, and protective strategies along with the importance of early diagnosis in fighting tuberculosis.

An interactive initiative, R.E.A.C.T. is targeted at children, adolescents and youth to raise awareness about the disease and empower them to become dynamic advocates in the global movement against TB. Innovative methodologies in the form of 3 games were developed to make complex information simpler and easy-to-understand for the children and adolescents. These games incorporated sequencing events, truth-or-lie statements, and physical games to make the activity seem less didactic, and curate an enjoyable learning experience.

R.E.A.C.T. was enthusiastically conducted by 300 MSAI members as activity organisers and volunteers, all across the country, with a huge outreach of 3936 youth and adolescents. With over 30 Indian cities being covered, we had a diverse regional acceptance, and the content was translated into various local Indian languages. Organisers of the activity shared overwhelming feedback regarding the idea, content, methodologies and impact generated by the activity. Most notably, one single event in Chennai, Tamil Nadu, conducted by an LPO, reached out to 416 children in a single school, with the organisers and volunteers successfully repeating the session for multiple classes of students. In totality, the massive outreach and immense satisfaction of the organisers is what made this activity one of SCOPH MSAI's happiest ones this term!

We conducted R.E.A.C.T. at a low-income school to educate children about tuberculosis (TB), emphasizing prevention, symptoms, and the importance of early detection. We started the event by projecting the ppt provided by MSAI and giving them an introduction to TB, highlighting the impact on health, especially in low income areas, where healthcare resources are often limited. We used 3 key methodologies:

1) Sequencing the Events:

Groups arranged events in order within two minutes, with the fastest group receiving watercolours as prizes. 2) Two Lies, One Truth: Students identified correct statements from slides, with the highest-scoring group rewarded with chocolates.

3) Fastest Finger First: Students answered questions, with correct responses earning sketch pens. We faced both rewarding and challenging moments. Despite challenges in managing the children's energy and attention, their enthusiasm made the event enjoyable and impactful. The best part was they were able to understand and retain all the information we told and gave us all the correct answers in activities we conducted. Personally, the campaign provided valuable learning experiences, such as breaking down complex health topics, managing large groups, and maintaining engagement. It reinforced the importance of patience and creativity in educating young minds and deepened my commitment to community health. Over all my 1st MSAI activity experience was really amazing and memorable



**Poojitha Eshwaraju**

*Local Public Health Officer  
Bhaskar Medical College*



# CAVACH

## *Climate Action in Vulnerable Communities for Health*

Approximately 1 billion people live in informal settlements worldwide, constituting 30–50% of urban populations in developing countries and facing high exposure to climate risks. By 2030, an estimated 60% of the global population will reside in urban areas, exacerbating the vulnerabilities of informal settlements amid rapid urban growth. Many informal settlements lack essential services, with around 100 million people lacking safe drinking water and 200 million without adequate sanitation.

Through CAVACH, we aimed to reach out to this vulnerable demographic as the target population, i.e., lower socioeconomic class residing in informal urban and rural settlements. Through climate change education, CAVACH sought to teach these vulnerable groups about the impact of climate change on their health, along with measures to combat these effects in their immediate environments and communities through achievable and actionable steps accessing local resources. By educating the residents about the various health disparities surrounding climate change, a special focus was laid on their rights to healthcare access and services along with knowledge on the various government schemes available for affordable healthcare through our awareness session. In collaboration with SCORP, the health camps were designed to cater to the immediate needs of the target population, enabling our organizers to put to practice their nascent clinical skills and gain confidence in their abilities as healthcare providers and public health champions.

With 26 events, 92 volunteers and 980 attendees, CAVACH has been conducted across the country by passionate youth advocates and medical students, reflecting the importance of community action through grassroots engagement led by young people.

I had the incredible opportunity to conduct CAVACH alongside my fellow LORP in a rural area of Gujarat, where we worked closely with the local community to promote health awareness and sustainable practices. As part of our initiative, we organized an interactive skit to demonstrate the basics of hand hygiene, performing it both for the community and at a nearby school.

In addition to the skit, we discussed climate change, emphasizing its impact on public health and the environment. We discussed practical, small-scale changes that individuals can incorporate into their routines — like reducing plastic use, conserving water, and planting trees — to collectively contribute to a more sustainable future. The discussions were engaging, with community members actively participating and sharing their own experiences and insights.

We concluded the day with a health checkup for the schoolchildren, assessing their overall well-being and addressing any immediate health concerns.

Overall, the experience was incredibly fulfilling and a reminder that even small initiatives can make a significant impact



**Vanshika Laddha**

Local Public Health Officer,  
GMERS Medical College and Hospital, Solva

# Mindful 2.0 Motherhood



Worldwide studies show that about 10% of pregnant women and 13% of postpartum women experience a mental disorder, primarily depression. In severe cases, this may lead to adverse outcomes, and can negatively affect the growth and development of children as well. Even when mental health concerns are recognized, access to care is limited. Barriers include stigma, financial constraints and the separation of mental health care and obstetric care.

The maternal mental health crisis exists in the background of lack of knowledge of safe motherhood practices amongst pregnant people and their families across the country.

Despite concerted efforts by the public health machinery, cultural prejudices and unawareness lead to inadequate preparation for childbirth, often leading to unforeseen complications due to delays in seeking and accessing care.

Developed in the term 2023-24 as a collaborative effort between SCOPH and SCORA, Mindful Motherhood was one of our most loved activities, fostering open conversations, and conveying the importance of building support networks.

This term, we took it upon ourselves to continue to contribute to the dismantling of systemic stigma around maternal mental health, with an ambitious revamp! Mindful Motherhood 2.0 consisted of a Small Working Group for publishing the “Mindful Motherhood Manual” and reinvigorated efforts through our on-ground outreach and awareness campaign.



The Mindful Motherhood Manual SWG consisted of 14 enthusiastic members, and through intensive research, content writing, and designing, we created a comprehensive guide to safe motherhood practices and maternal mental health. LPOs, LORAs, and general members across the country conducted over 36 outreach events, reaching out to over 1300 pregnant people and their families. By addressing the stigma, providing accessible information, and fostering awareness, we hope to keep promoting holistic well-being for both mothers and their children!

**[Read the Manual Here](#)**

Our awareness session on Mindful Motherhood 2.0 was a success, with active participation from expectant mothers, families, and community members. We discussed key pregnancy danger signs, maternal mental health, and available government healthcare schemes. Interactive activities and real-life testimonials helped engage the audience, making the session informative and impactful. Many participants shared their concerns, fostering open discussions about maternal well-being. Despite some challenges, such as cultural stigma and language barriers, the session encouraged positive behavioral changes. Overall, the event empowered mothers with knowledge and resources, strengthening community support and promoting safer, healthier pregnancies for better maternal health outcomes.

### **Heer Shihora**

*Local Public Health Officer  
Medical College Baroda*



# Activity Highlights

In the month of June, we launched Rainbow Web: Bringing Pride in Practice, a novel collaboration between SCORA, SCOPH, SCOME, and SCORP. This campaign focused on the many facets of gender identity and sexual orientation, hoping to promote inclusivity, deepen understanding, and lessen discrimination. The SCOPH x SCORA webinar, Exploring Mental Health and Wellbeing among LGBTQIA+ individuals, featured a panel discussion with 3 externals: Dr Kavita Arora, Children First India, Dr Harikeerthan Raghuram, iHEAR Sangath India, and Kenny Bhatia. It was our pleasure to host MSAI alumna, Dr Prachi Patel, former General Secretary, Bioethics Unit as our fourth panellist!



Organising SWITCH this term as an LPO alongside Suhani Patel was an amazing and extremely rewarding experience. Our goal was to raise awareness about non-communicable diseases (NCDs) within middle and high-income communities, and I'm proud to say we did that and more.

During the awareness session we introduced our participants to various NCDs, their risk factors, symptoms, and strategies for screening and prevention using resources provided by the national team. We especially emphasized that NCDs are preventable, and that prevention is always better than cure. We also talked about cervical and breast cancers topics that remain under-discussed despite their widespread prevalence. The audience showed genuine interest and engagement showing that sometimes all we need is empathy and care when talking with people about their health. Our amazing and dedicated volunteers also brought in a lot of humor and funny moments.

A unique addition this time was the 21-day health challenge, designed to reinforce healthy habits through weekly focuses on exercise, nutrition, and mindfulness. The pre-prepared messages were extremely well-crafted and motivating, strengthening community involvement — We even got our families to participate!

This initiative not only impacted our participants but deeply inspired us as organizers. SWITCH truly felt like the flagship event of our term. Hats off to the SCOPH National Team for designing such a meaningful and impactful activity — I look forward to more such activities ahead!

## Krishna Shah

Local Public Health Officer  
Pandit Deendayal Upadhyay  
Medical College, Rajkot

# Workshop Experience

## CATALYsT

### *Climate Advocacy Training for Action and Leadership through Youth Engagement*

Climate change directly affects human lives and health, including posing risks to clean air, safe water, nutritious food, and secure housing. It suggests an additional 250,000 deaths annually from malnutrition, malaria, diarrhoea, and heat stress between 2030 and 2050. With the next generations set to inherit our planet, it becomes the responsibility of the youth to take an active role in seeking accountability and leading action against climate change. Recognizing the critical role played by our generation in leading the movement for a sustainable world, CATALYsT was designed with the aim of equipping young people with the knowledge and skills they need to become effective climate advocates and take meaningful action on all levels, individual, community, national and international.

Through CATALYsT, the participants gained skills for advocacy including project designing, stakeholder management, leadership development and youth engagement. Exploring the deep interdependence of climate action and human health, the participants were taken over the basics of climate mitigation-adaptation strategies, climate justice for health equity and health systems resilience to climate action. With additional modules on climate financing and climate diplomacy, capacitation for development of community focused climate action projects was achieved through the 16 hour workshop module.

With the participants putting up an impressive display of the concepts acquired during the COP Simulation at the end of the workshop, CATALYsT provided just the right platform for the cultivation of vital skills for climate transformation. Additionally, the efforts of the participants and trainers were acknowledged at national and international platforms, with CATALYsT showcased at the COP29 WHO Health Pavilion and at the WONCA SAR APFICon at the Climate Panel, proving that real power lies in collective action.

## Testimonial

### **Sia Sharma, Narendra Modi Medical College**

*Amazing work done! Such an information heavy workshop was cut down to such small easy bits that the information given to us didn't feel too much at all.*

# UnCOVER

## *Understanding Communicable Diseases Vulnerabilities for Elimination and Resilience*

Infectious diseases prevail as a major public health concern in India, contributing to 30% of the disease burden. While socioeconomic progress, vaccination and antimicrobials have inarguably equipped us in our fight against communicable diseases, we are yet to make significant progress towards eliminating a majority of these diseases. Establishing health systems that stand resilient in the face of outbreaks and pandemics is essential for improving population health and promoting health equity, across the country.

Through UnCOVER, participants were capacitated with the various competencies required to understand factors, epidemiology, mitigation tactics, challenges and progress with respect to prevention and control of infectious diseases. Building health systems resilient to shocks like pandemics and epidemics through appropriate management of public health emergencies was also taught. With an introduction to niche subjects like the International Health Regulations and Vaccine Diplomacy, a global and holistic approach towards the elimination of communicable diseases was inculcated along with core SCOPH competencies of advocacy and project management to empower participants in their own public health journeys.

This 18 hour workshop saw active participation from all attendees in the multiple activities and simulations curated to make it as immersive and engaging as possible. From developing their own campaigns in the activity management module to representing various nations in the Global Epidemic Simulation, the workshop attendees showed enthusiasm and proactive commitment to the process of acquiring the skillset to graduate as true SCOPHeroes!

### **Testimonial**

#### **Illuru Sindhura Reddy, Bhaskar Medical College**

*The workshop was highly informative, providing valuable insights into effective prevention and response strategies. I appreciated the interactive sessions that helped deepen my understanding of global health challenges. I look forward to meeting you again and gaining more valuable insights from our future discussions!*

# SCOPH 101

As an LPO, one of the first workshops to delve into the world of public health is SCOPH 101. With the aim of making Local Public Health Officers aware about the functioning of SCOPH and Important Public Health Issues by means of a 8 hour online module using informative and interactive online sessions, SCOPH 101 acts as the perfect launching board for LPOs embark on their public health journeys.

The SCOPH 101 camp brought together public health enthusiasts to explore, learn and share ideas pertaining to addressing all issues related to public health, including global health issues, health policies, health promotion and education and conducting MSAI activities. The camp familiarized the participants with the history of SCOPH, its vision, mission, functions and core objectives. The sessions also brought SCOPHeroes closer to the focus areas, priorities, related aspects of SCOPH and Public Health issues of global concern encouraging them to work as health ambassadors in their respective regions pan India in advocating pertinent issues across community, peers, health professionals and translate their knowledge, skills, vision, goals and team building practices to the society at large.

## Testimonial

**Saran R**

**Local Public Health Officer, Stanley Medical College Chennai**

*I appreciated the comprehensive introduction to SCOPH's mission and activities, particularly how it empowers medical students to create meaningful public health impact. The interactive sessions, real-world examples, and opportunities to collaborate with like-minded peers were especially engaging!*

# Global Leaders for UHC: Health Systems Across Borders

The world is off track to make significant progress towards universal health coverage (Sustainable Development Goals (SDGs) target 3.8) by 2030. Improvements to health services coverage have stagnated since 2015, and the proportion of the population that faced catastrophic levels of out-of-pocket health spending increased continuously since 2000. This global pattern is consistent across all regions and the majority of countries.

Global Leaders for UHC: Health Systems across borders, was an 8 hour long online workshop module targeting medical students, primarily general members from MSAI India and its collaborating NMO CIMSA Indonesia, aiming to capacitate the participants in concepts like Universal Health Coverage, Health Systems Models, Health Systems Resilience and Strengthening, Primary HealthCare and Global Health with the intention of providing a platform for these students from diverse countries and backgrounds to better understand the nature of UHC and HSRS from a Global Perspective and groom future Global Health Advocates.

With 34 participants and 6 trainers from Indonesia and India, this online workshop was the perfect example of a knowledge exchange for Global Health, coalescing perspectives from India and Indonesia on UHC and Global Health Goals.

## Testimonial

### **Dhanashree Jagtap, Malla Reddy Medical College**

*The workshop was amazing! I really enjoyed being a part of this workshop and learnt so many new things about how advocacy works and various different health schemes of the country. I especially loved the activity of "You're the Advocate" where we tried to put ourselves in the position of formulating policies and I realized there are so many things to be taken care of while doing that! I learnt a lot and it was a very very informative and insightful session overall. Thank you for giving me this opportunity to be a part of this wonderful workshop!*

# SCORA

**Standing Committee on Sexual and Reproductive  
Health and Rights including HIV & AIDS**



*SCORA, the Standing Committee on Sexual and Reproductive Health and Rights including HIV & AIDS under MSAI, stands at the intersection of medical activism and public health transformation. It is a space where advocacy meets action, where students not only learn but lead, and where conversations around consent, gender, and dignity are transformed into tangible community impact. This year, SCORA has risen as a powerhouse of purpose-driven work, blending education, equity, ethics, and empowerment into every project it touched.*

# BACKGROUND

## *National Officers on SRHR (NORAs)*

The National Officers for SCORA (NORAs) play a central role in shaping and executing SCORA's vision. In this term, under the guidance of *Aamish Mazhari* (he/him) and *Yashika Bharti* (she/her), the committee was not only consistent, it was revolutionary. From reshaping national workshops to creating India's first multi-format reproductive manual, this year's NORAs set new benchmarks for creativity, clarity, and collaboration within and beyond MSAI.

***Yashika Bharti***  
( she/her )

***Aamish Mazhari***  
( he/him )



# Highlights

## Of the year

---

***This year marked a defining era in SCORA's legacy — rooted in inclusivity and innovation***

- The most comprehensive manual on fertility, infertility, and adoption in MSAI's history was launched, complete with English, Hindi, and audio versions for accessibility across linguistic and sensory boundaries.
- SCORA grounded itself across campuses and communities with consistent on-ground campaigns, tackling everything from menstrual hygiene and STI awareness to reproductive cancers and fertility stigma.
- Infographics, mythbuster reels, national webinars, and revamped capacity-building workshops made SCORA not just visible, but unforgettable.
- Strategic collaborations with NGOs, public health experts, and other Standing Committees enabled intersectional, multidisciplinary impact.

# Highlighted Activites

## ***Building Families SWG***

Through Building Families, SCORA opened the conversation around infertility, adoption, and surrogacy — topics often hidden in shame and silence. The initiative culminated in a national manual that doesn't just educate, but empowers. It was written with empathy, translated with inclusivity, and recorded in audio to reach even the visually challenged. The rollout was coupled with intimate, dialogue-driven events that helped participants reflect, relate, and reimagine their journeys toward parenthood.

Find the guidebook [here!](#)



# C2G Revamped

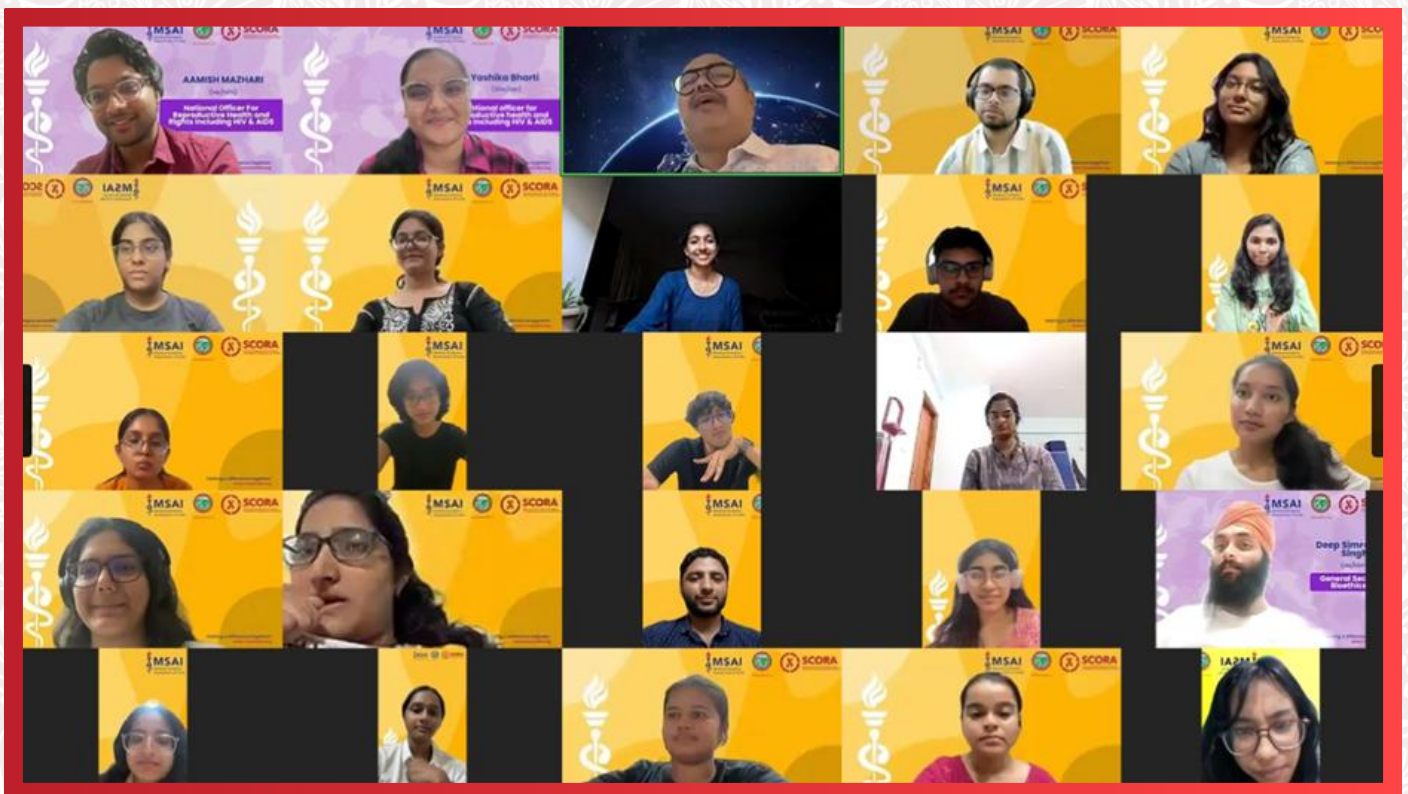


Consent. Communication. Gender. These weren't just theoretical buzzwords — they became embodied experiences during the C2G Revamped workshop, hosted at the National Workshop Meet. With role-play scenarios, introspective group reflections, and narrative-based teaching, this version of C2G created a safe, transformative space that redefined how young medical professionals engage with gendered realities in healthcare.



# Shield & Heal

SCORA's bold take on STI awareness wasn't just clinical — it was cultural. The Shield & Heal campaign combined social media storytelling, interactive infographics, campus sessions, and a national ethics-based webinar to tackle shame, fear, and misinformation around STIs. The campaign didn't just "raise awareness" — it rewired the way people think about sexual health and patient dignity.



# Other Activity Highlights

**AWAAZ**, a local workshop in Delhi, became a symbol of safe space creation, focusing on gender-based violence, active bystanderism, and harassment response frameworks.

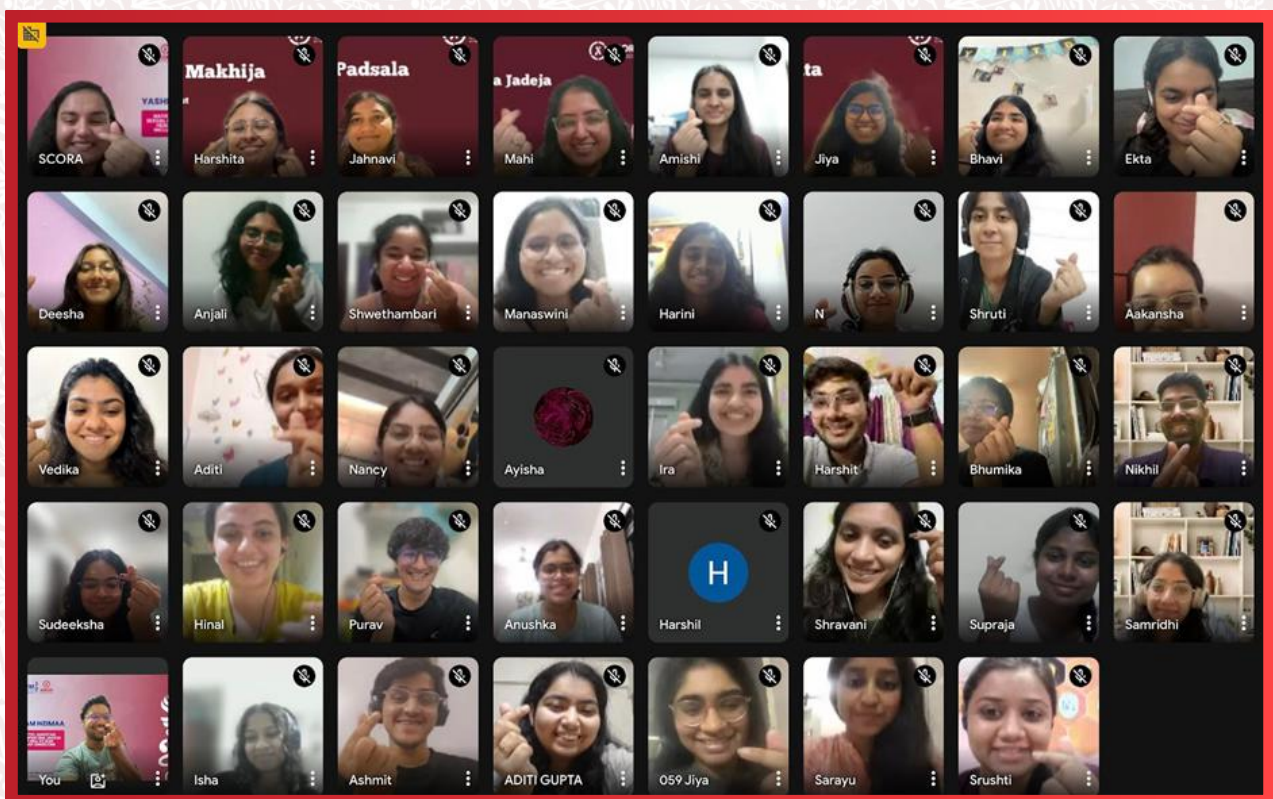


*Project Pads with the Titli Foundation broke menstrual taboos by combining awareness sessions with the distribution of sustainable menstrual products, bridging access with education.*



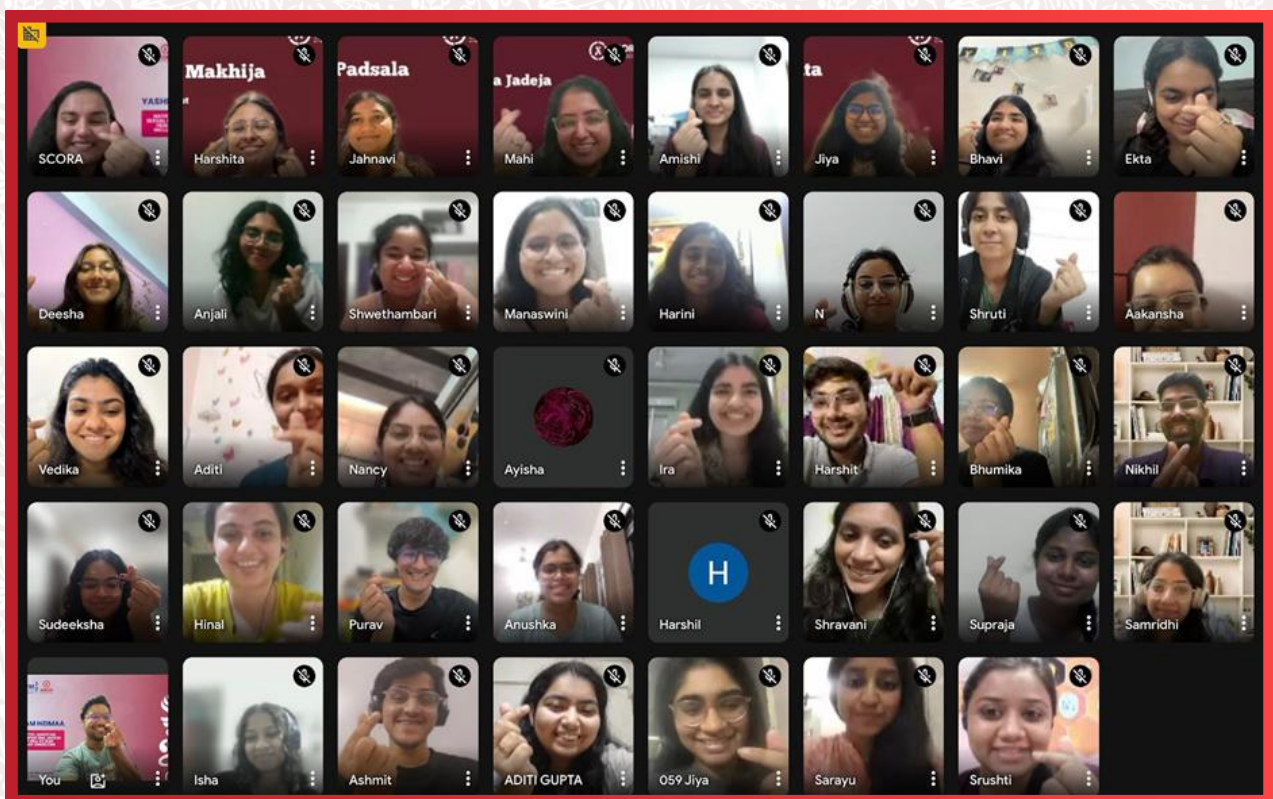
# Other Activity Highlights

- SCORA 101 equipped new LOs with confidence and clarity through one of the most effective onboarding experiences of the year.
- The World Sexual Health Day campaign and National HIV Testing Day infographics mobilized online platforms with credible, youth-friendly, and science-backed information.
- SCORA's representation at the IFMSA August Meeting received international recognition, with B.R.A.V.E. 2.0 earning a place among the top projects.



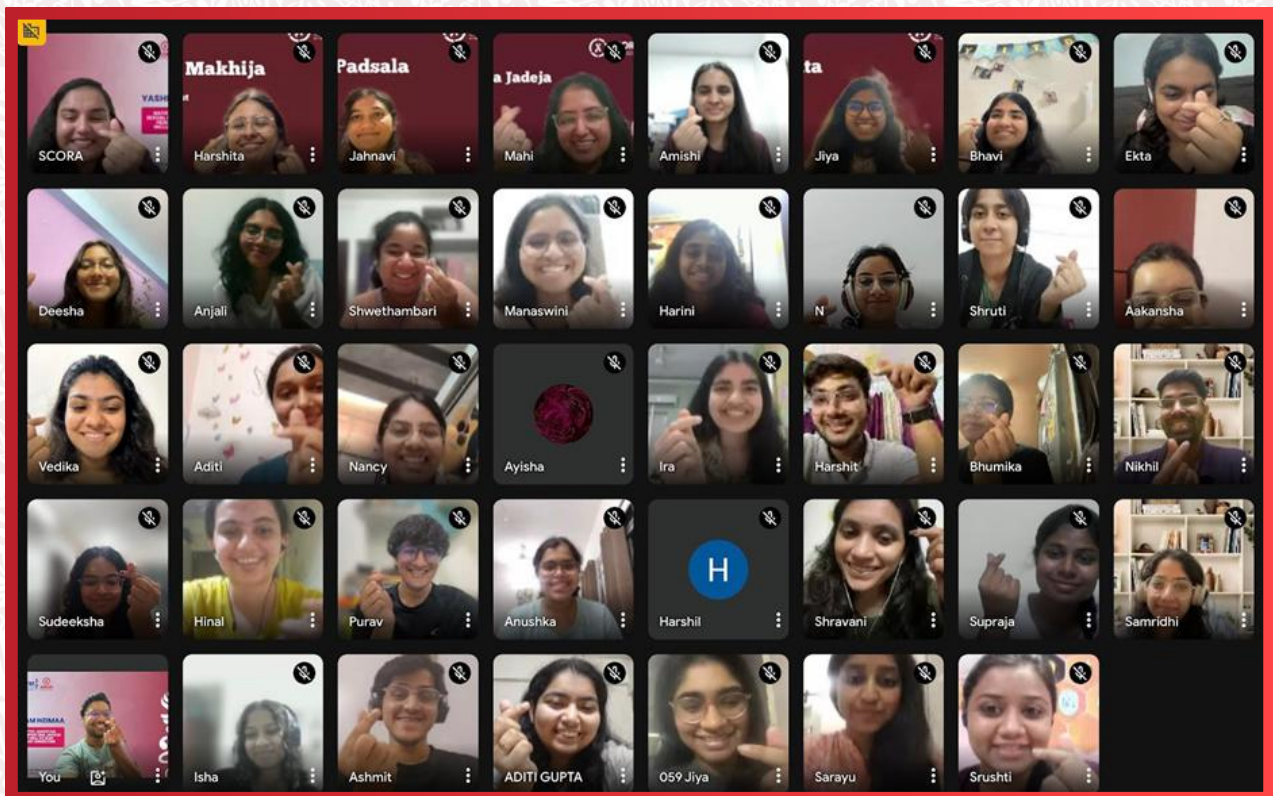
# Other Activity Highlights

- SCORA 101 equipped new LOs with confidence and clarity through one of the most effective onboarding experiences of the year.
- The World Sexual Health Day campaign and National HIV Testing Day infographics mobilized online platforms with credible, youth-friendly, and science-backed information.
- SCORA's representation at the IFMSA August Meeting received international recognition, with B.R.A.V.E. 2.0 earning a place among the top projects.



# Other Activity Highlights

- SCORA 101 equipped new LOs with confidence and clarity through one of the most effective onboarding experiences of the year.
- The World Sexual Health Day campaign and National HIV Testing Day infographics mobilized online platforms with credible, youth-friendly, and science-backed information.
- SCORA's representation at the IFMSA August Meeting received international recognition, with B.R.A.V.E. 2.0 earning a place among the top projects.



# Testimonials And Experiences

*Facilitating the C2G Revamped workshop at NWM Pune 2024 was a full circle moment—this was the first session I ever attended as a participant, and returning as a trainer was incredibly special. SCORA has truly become my family, and as an NT, seeing the support team drive impactful activities only pushed us to work harder to break more stigma around SRHR.*

**Jahnavi Padsala**  
**( She/her )**  
**SCORA-GA 24-35**



*SCORA has been so much more than just a standing committee to me, it became a space where I grew, felt, and learned with every experience. One event that will forever stay close to my heart was “Mindful Motherhood”. Going around educating new moms with their tiny humans was something I can’t quite put into words. We distributed posters in our local language, patiently explaining safe motherhood practices about sensitive issues like signs of good attachment. It was so raw and beautiful, the way they listened to us, trusting us with their questions and looking at us like we had something valuable to offer. It made me realise how deeply we can impact lives, even in small ways.*

**-Kamalirajam K M**  
**Stanley Medical College**  
**LORA 2024-2025**

# Testimonials And Experiences

Attending the Cradle to Grave (C2G) workshop is definitely a core memory! The workshop was incredibly informative and gave a comprehensive view of the challenges people face from their birth till death! The sessions covered all life stages with clarity and loads of interaction 😊

I vividly remember the session on body positivity where we wrote a letter to ourselves and trust me-by the end everyone was teary eyed!

The trainers were very well informed and made the sessions feel like a friendly conversation!

The workshop workshop-ed, the trainers trainer-ed, the participants participated and my heart full of love and sadness when it was time to leave!💗

**-Purav Shah**  
**Medical College Baroda**  
**LORA 2024-25**



# SCOME

**Standing Committee on Medical Education**



*Medical Education should be a concern of every medical student as it shapes not only the quality of future doctors but also the quality of healthcare. Medical Students' Association India (MSAI) has a dedicated organ which aims to implement an optimal learning environment for all medical students around the world, the Standing Committee On Medical Education (SCOME). Through all our joint efforts we work to create sustainable changes around the world, for ourselves as medical students, for the generations to come and for our future patients and our communities who are in fact the final beneficiaries of our education. SCOME provides several platforms and methods to educate medical students worldwide on various medical education issues. Through this knowledge, it empowers them to advocate to be a part of the decision-making chain. SCOME believes in medical students as important stakeholders in creating, developing and implementing medical education systems.*

# BACKGROUND

## ***National Officers on Medical Education (NOMEs)***

The National Officers for the Standing Committee on Medical Education (NOMEs) are pivotal in driving SCOME's mission forward. This term, under the leadership of Dr. Madhura Mayekar and Fatima Nadeem, the team elevated medical education advocacy across India. From redesigning academic workshops to launching innovative initiatives through various activities and using newer methodology, this year's NOMEs championed excellence through inclusivity, innovation, and impactful student engagement—setting a new standard within MSAI and the broader medical student community.

***Madhura Mayekar***  
( she/her )

***Fatima Nadeem***  
( she/her )



# Highlights

Of the year

## P.R.I.S.M Podcast

Pain Relief, Insight & Specialized Medicine (PRISM) was a national podcast initiative under SCOME, designed to shine a spotlight on the often-overlooked specialty of pain medicine. Through a crisp, engaging three-episode series, PRISM walked medical students through the multifaceted world of pain management- starting with the foundational role of a pain specialist in hospitals, the common conditions they treat, and how basic sciences like pharmacology and physiology form the backbone of this field.

Listeners were also introduced to the medications most frequently used in pain management, including anticonvulsants like gabapentin and opioids- alongside a thoughtful discussion on their potential for misuse and the issue of under-prescription in India. Tools like the Visual Analogue Scale and the nuances of assessing subjective pain were also brought to light.

### THE P.R.I.S.M. PODCAST

PAIN RELIEF AND INSIGHTS FOR SUPPORT

EPISODE 3  
STREAMING NOW

STREAM ON  
SPOTIFY

OUR SPEAKER  
DR. SAIPRIYA  
TEWARI





The final episode dove into the interventional side of the specialty, exploring procedures like nerve blocks and radiofrequency ablation, while also tracing the evolution and future of pain medicine. With practical advice on career pathways, including DM programs and fellowships offered by institutes like AIIMS Rishikesh, PGIMER, and CMC Vellore, PRISM empowered students with clarity and direction. It was a unique blend of clinical knowledge, career guidance, and advocacy- helping students appreciate the real impact of this dynamic specialty.



### The P.R.I.S.M. Podcast | Episode 3

● Published • 23 Sep 2024 • 14:51

**13 plays**



### The P.R.I.S.M. Podcast | Episode 2

● Published • 18 Sep 2024 • 14:49

**33 plays**



### The P.R.I.S.M. Podcast | Episode 1

● Published • 11 Sep 2024 • 16:14

**59 plays**

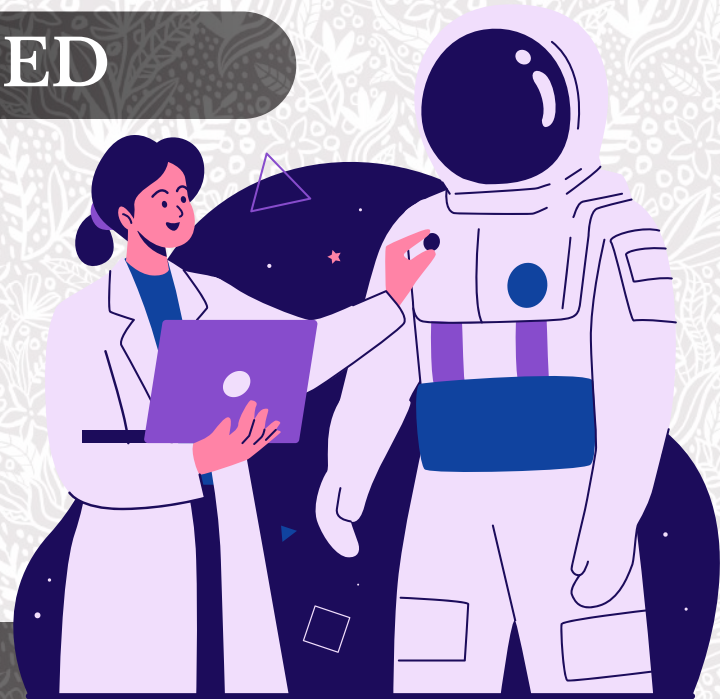
# Highlighted Activities

## AIR



AIR was a initiative designed to introduce medical students to the growing role of AI in modern research. The participants explored key topics such as AI in data analysis, literature reviews, biomedical imaging, clinical trials, and drug discovery. The sessions also covered practical tools, prompt engineering techniques, and the ethical use of AI in healthcare. Through interactive content, real-life examples, and accessible technologies, AIR helped demystify artificial intelligence and empowered students to apply it meaningfully in evidence-based medical research.

# COSMED

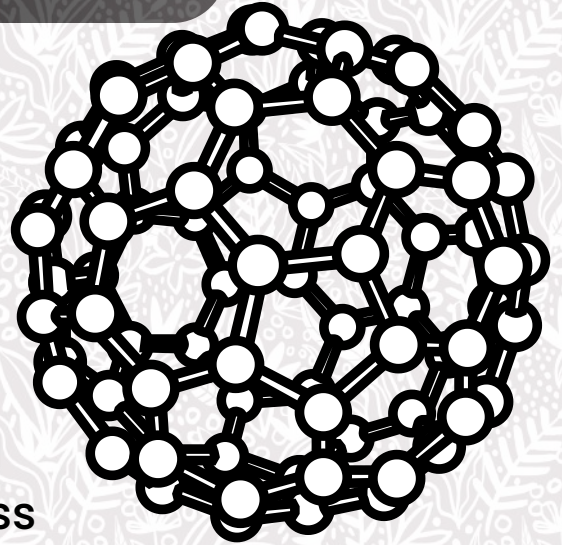


COSMED was an educational initiative designed to introduce medical students to the fascinating world of aerospace medicine. The activity explored the challenges faced by aviators and astronauts—including microgravity, radiation, G-forces, and hypoxia—and how specialized knowledge is required beyond conventional medical training to support human health in air and space environments. Through a detailed historical timeline, from early balloon flights to commercial space tourism, COSMED traced the evolution of aerospace medicine globally and in India. Students were introduced to core concepts and terminology such as decompression sickness, space adaptation syndrome, telemedicine, and environmental control systems. By bridging clinical science with aviation and space exploration, COSMED empowered participants to appreciate the growing relevance of this field and its critical role in the future of medicine.



# NANOVATION

Nanotechnology is a field that is revolutionising medicine in ways more than one- be it drug delivery, gene therapy or cancer treatment. Via SCOME's initiative of a nation-wide activity "NANOVATION", medical students participated in an awareness session aimed at introducing them to the field of nanotechnology in medicine covering the history and key concepts of nanotechnology, its diverse applications in healthcare as well as the latest advancements both in India and globally. Through interesting methodologies of debating and patient counselling simulations, the ethics, advantages and disadvantages of this technology were also brought to light.



# SLEEPWISE

*You snooze  
You win!*



Getting enough sleep is a win for your health! With this being at the heart of Sleepwise, a national activity by SCOME, medical students were presented with a chance to venture into pediatric wards and schools to talk about something we often take for granted: sleep. Many children struggle with issues like insomnia, bedwetting, or irregular sleeping habits—and they don't always have the words or means to express or understand it.

Through friendly, interactive sessions, medical students helped children understand their sleep better and offered simple, practical tips to improve it. Along the way, the students themselves learned how to listen with empathy, communicate with clarity, and connect with young minds for a fun yet meaningful experience.



CRIME SCENE - DO NOT CROSS

# CODE VIOLET

CRIME SCENE - DO NOT CROSS

A joint initiative by **SCOME** and **SCORP**, code violet was a nationwide awareness initiative which began as a social media campaign involving LOMEs, LORPs, both the national teams and other enthusiastic MSAI members. It's second phase was a DAF activity in which the student was required to interview and record the views and perspectives of doctors and residents regarding the sensitive topic of Violence against doctors and its growing incidence. This activity gave MSAI members a chance to have a valuable discussion on this grave topic and be a channel through which the voices of doctors across the nation are heard.



CRIME SCENE - DO NOT CROSS



**SCOME**  
Medical Education



**SCORP**  
Human Rights & Peace

# World Patient Safety Day

Patient Safety, according to the WHO, is the absence of preventable harm to a patient and the reduction of risk of unnecessary harm associated with health care. Patient safety has multiple faces such as medication safety, diagnostic safety and accuracy, patient and family involvement in healthcare and infection control practices, and more. To raise awareness of this rather underestimated topic in our medical training, SCOME in collaboration with MSAI's Bioethics Unit pushed forth a social media campaign under the title "World Patient Safety Day: Instagram Infographics". The instagram story spam consisted of multiple educational or interactive elements and featured quizzing and polling. The questions posed served for the viewers to test themselves as well as get sensitised to essential concepts and grave statistics regarding preventable mortalities. To top it all, the stories were released on 17th September, or World Patient Safety Day itself, and announced the theme for 2024: "Improving Diagnosis for Patient Safety".



# Workshops

## IMPACT



Attending IMPACT was unforgettable. It emphasized cross-disciplinary collaboration in healthcare, crucial for India's solo-operating systems. We gained advocacy skills beyond the curriculum, empowering us to impact medical education. Thoughtfully planned sessions, including a fun "Just Dance," and bonding with peers made it both professionally enriching and personally memorable.

## S.P.A.C.E.

This workshop was a transformative experience for all the participants. It filled a crucial gap in our medical education by introducing us to the core concepts of advocacy, curriculum development, and patient involvement—topics rarely addressed in our formal training. The sessions were insightful, interactive, and deeply thought-provoking, encouraging us to think beyond clinical competence and toward systemic change. It was inspiring to be among like-minded peers who are passionate about reshaping medical education. This workshop didn't just inform—it empowered. It gave more confidence and equipped pax to contribute meaningfully to curriculum reform and advocate for a more inclusive, patient-centered learning environment.



# Local Workshop

## TechNAd

TECHNAd has been one of the most rewarding experiences of my SCOME journey. This workshop was not just about understanding artificial intelligence—it was about empowering future healthcare professionals to become ethical, responsible advocates for its integration into medicine. Inspired by the belief that “the best way to predict the future is to create it,” TECHNAd was a reflection of my passion for AI, advocacy, and capacity building, aiming to help medical students move from being passive observers to active contributors in shaping the future of healthcare. From the very beginning, every step of organizing this workshop was driven by a desire to create an impactful learning space where students could explore the intersection of technology and medicine with depth, purpose, and vision. What truly made TECHNAd special was the energy and curiosity of the participants, who engaged wholeheartedly in thought-provoking discussions, challenged existing perspectives, and collaborated to build actionable strategies for responsible AI use. As a trainer, guiding them through complex topics and watching their perspectives evolve was incredibly fulfilling, and seeing them walk away with a newfound sense of purpose and confidence reaffirmed the transformative power of knowledge and collaboration. TECHNAd wasn't just a local workshop –it was a movement toward a future where medical students lead with insight, ethics, and innovation. I am grateful for the opportunity to contribute to something so meaningful and hopeful that this initiative continues to inspire many more changemakers in the evolving landscape of medical education.

**– Hardatt Bhatt**

Narendra Modi Medical College



# International Collaboration



## SCOMEDIANS meetup Webinar on Traditional Medicine MSAI × Japan

This was an online webinar conducted by MSAI and IFMSA Japan, where both countries presented their traditional medicine practices and how they are implemented. The sessions also focused on the admission process for colleges that offer traditional medicine courses, the required entrance exams, and how traditional medicine is being integrated into modern medical curricula.

From MSAI's side, we presented the various types of traditional medicine practiced in India, the entrance exams required to pursue these courses, the textbooks used, and the postgraduate opportunities available to students in this field.

From Japan's side, we learned about the different types of traditional medicine practiced there, their historical background, the reasons people continue to use them, and how traditional medicine is integrated into the national healthcare system—often prescribed alongside Western treatments.

This was a refreshing international initiative from SCOME's side, offering a broader perspective on medical education across cultures. It was a wonderful opportunity to interact with students from Japan, exchange insights, and appreciate the similarities and differences in how traditional medicine is valued and taught in both countries.



# SCORP

**Standing Committee on Human Rights and Peace**



*Human rights are not a privilege conferred by government. They are every human being's entitlement by virtue of their humanity. As rightly said by Mother Teresa, all individuals should have full and equal access to their human rights. The Standing Committee on Human Rights and Peace (SCORP) aims to fulfill that very purpose. SCORP trains medical students to actively promote a human rights-based approach in healthcare, disaster management, peace building, and gender-based violence. Through compelling activities, transformative social media campaigns, and intensive capacity-building training sessions, we guide students to become strong human rights advocates that make sure no voices remain unheard. We aim to uphold peace and equality, whether it be in everyday scenarios or humanitarian crises, and empower students to stand up against human rights violations. By being a part of this committee, students develop essential peace-building and advocacy skills, which aid them to uplift vulnerable populations and even fellow healthcare workers. We, at SCORP, envision a society where every human gets the rights and representation that they deserve, and all of our efforts are focused on realizing this vision.*

# BACKGROUND

## ***National Officer on Human Rights and Peace ( NORP )***

The National Officer for SCORP (NORPs) play a central role in shaping and executing SCORP's vision. A vision to form a world where all human Rights are upheld and there World Peace. In this term, under the guidance of Diksheeta Mathur (she/her) ,the committee was not only consistent, it was revolutionary. From reshaping national workshops, bringing in new methodologies for activities to launching the first ever MSAI SCORP International Magazine on the International Day of Peace "Paloma of Peace" this year's NORP set new benchmarks for creativity, clarity, and collaboration within and beyond MSAI.

***Diksheeta Mathur***  
*( she/her )*



# Highlights Of the year

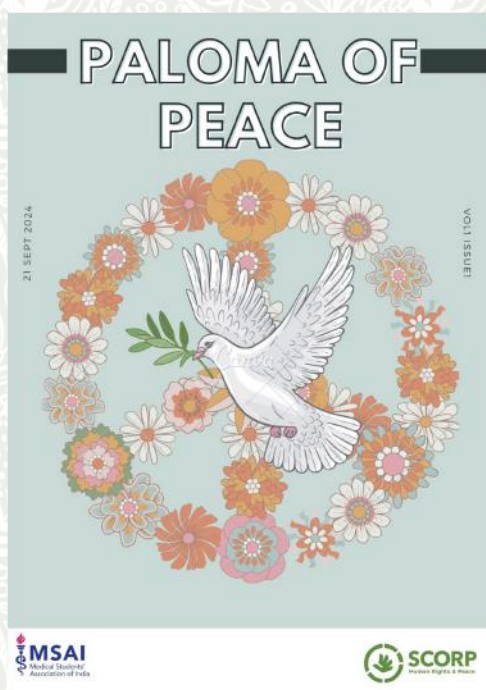
## Paloma of Peace

This year, MSAI SCORP proudly launched an international IFMSA-level magazine on the occasion of the International Day of Peace (IDOP), celebrated on September 21, 2024 as the IDOP Magazine "Paloma of Peace". This publication marked a significant milestone in the history of the Standing Committee on Human Rights and Peace in India.

A truly unique initiative, the magazine featured articles, poems, photographs, and artwork contributed by medical students from across the globe. It served as a collaborative platform to explore diverse interpretations of peace and emphasize its universal importance.

The idea first took shape two years ago within a Small Working Group (SWG) led by then National Officers Nidhi Mukhki and Navya Shukla. Their vision was carried forward by their successors, Himani Nanda and Sanjana Ullagadhimath, and finally brought to life under the leadership of the current National Officer, Diksheeta Mathur.

We are deeply grateful to all the teams who worked tirelessly to bring this magazine to fruition, as well as to everyone who shared their submissions. We look forward to creating more such editions in the future.



# Highlights

## Of the year

---

### SCORP SUNDAY

SCORP Saturdays were introduced as a fresh and dynamic initiative in the 2024-25 term to foster stronger engagement within the Support Team of SCORP. These monthly online events aimed to break the monotony of routine tasks and create a space for open dialogue, collaboration, and creativity. Each session was carefully curated with a blend of lively debates, thought-provoking discussions, and interactive games that not only enhanced knowledge but also built camaraderie among members. Recognizing the varying availability of the Support Team, we adapted the format to ensure inclusivity—when attendance was low, key discussions were seamlessly shifted to WhatsApp, ensuring no member felt left out or disconnected. One of the highlights of SCORP Saturdays was the unique event titled SCORP Out-of-the-Box, where members were encouraged to step beyond conventional formats and present creative ideas through group presentations. This provided a platform for diverse voices and perspectives to shine, while also strengthening team spirit and critical thinking. Overall, SCORP Saturdays have evolved into a meaningful platform for capacity building, motivation, and support, reinforcing the collective vision of creating a lasting social impact through the united efforts of the entire SCORP team.



# Project TARA 2.0

Project TARA which was launched in 2022 stood for creating a safer and more supportive environment for young students by addressing the critical issues of child abuse. The goal of the project was to equip children and their teachers with the knowledge and practical tools needed to recognize signs of abuse and respond effectively to these challenges. Project TARA 2.0 is a continuation of Project TARA. Building on the foundational work of the original project, this second phase aims to further address and deepen the understanding of child abuse and cyberbullying among young students and educators. It is a critical event aimed at educating participants on the profound effects of these issues and the importance of early intervention.



Held for young children in grades 4-8 and their teachers, the activity explores the signs of child abuse, both physical and emotional, and the subtle cues often missed by adults. Speakers include medical students who shed light on the psychological trauma resulting from abuse and how it can extend into adulthood if unaddressed. Participants learn about the importance of creating a supportive environment where children feel safe disclosing their experiences. In the cyberbullying portion, speakers highlight the dangers of digital harassment, outlining how it affects young people's mental health and well-being. Strategies for online safety are shared, such as privacy settings, monitoring online behavior, and promoting respectful online communication. The activity also includes role-



playing exercises, allowing participants to practice responding to various scenarios and build confidence in handling potential cases. Participants are provided with practical tools to create safer environments, including how to report incidents, handle abusive situations, and empower children to speak up. Overall, the workshop underscores the importance of collective vigilance and proactive measures in creating safer environments for children, both offline and online.

# Project CODE VIOLET

National Doctors Day in India is observed on July 1st each year to honor Dr. Bidhan Chandra Roy and express gratitude to healthcare professionals.

Amidst the frequently escalating tensions between doctors and patients, there have been growing instances where emotionally charged situations lead to acts of violence against healthcare professionals within clinical settings. These unfortunate events not only threaten the safety and mental well-being of doctors but also compromise the integrity of the healthcare system.

Recognizing the urgency and seriousness of this issue, the Standing Committee on Human Rights and Peace (SCORP) launched a focused initiative titled Project CODE VIOLET. The primary aim of this project is to shed light on the increasing incidents of violence faced by physicians, surgeons, and all other healthcare workers, and to advocate for their safety and dignity in the workplace.

The project was structured in two comprehensive phases:

Part One involved a social media awareness campaign directed specifically at medical students and young professionals. Through this campaign, SCORP aimed to highlight the rising threat of violence in medical environments, encourage dialogue, and foster a culture of empathy and respect towards healthcare providers.

Part Two focused on data collection through a structured, anonymous survey. Volunteers reached out to practicing medical professionals across various healthcare settings to gather firsthand insights. The survey comprised 20 carefully crafted questions designed to assess the nature, frequency, and psychological or professional impact of violence on medical practitioners in India.

The data collected through this survey is currently being analyzed to gain a deeper understanding of the severity of the issue. This evaluation will help in identifying patterns, potential triggers, and the most vulnerable sections of the healthcare workforce. The ultimate goal is to use this evidence-based approach to recommend practical solutions and advocate for stronger policies and support systems that protect doctors and healthcare workers from violence.

# Project ECLAIR

*(Empowering Children's Lives through Advocacy, Inclusivity and Rights)*

Project ECLAIR was focused on creating a supportive environment for the children along with their families in the pediatric ward. Its aim was to improve knowledge and create awareness amongst families with regard to the hospital resources.

## **The objectives were:**

1. To deliver knowledge regarding the resources available at the hospital
2. To provide emotional support to the families
3. To make their stay better
4. Try to alleviate their stress and provide them psychological aid



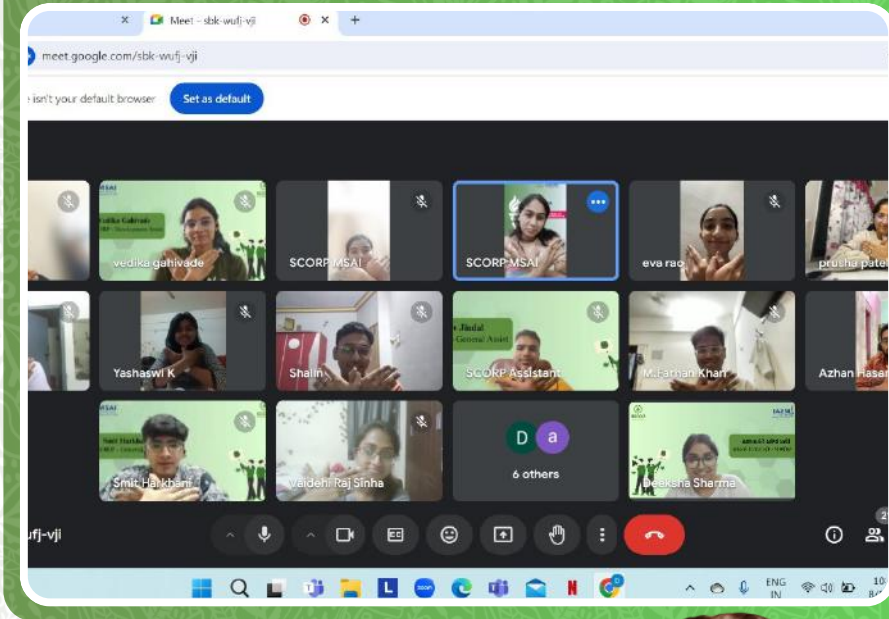
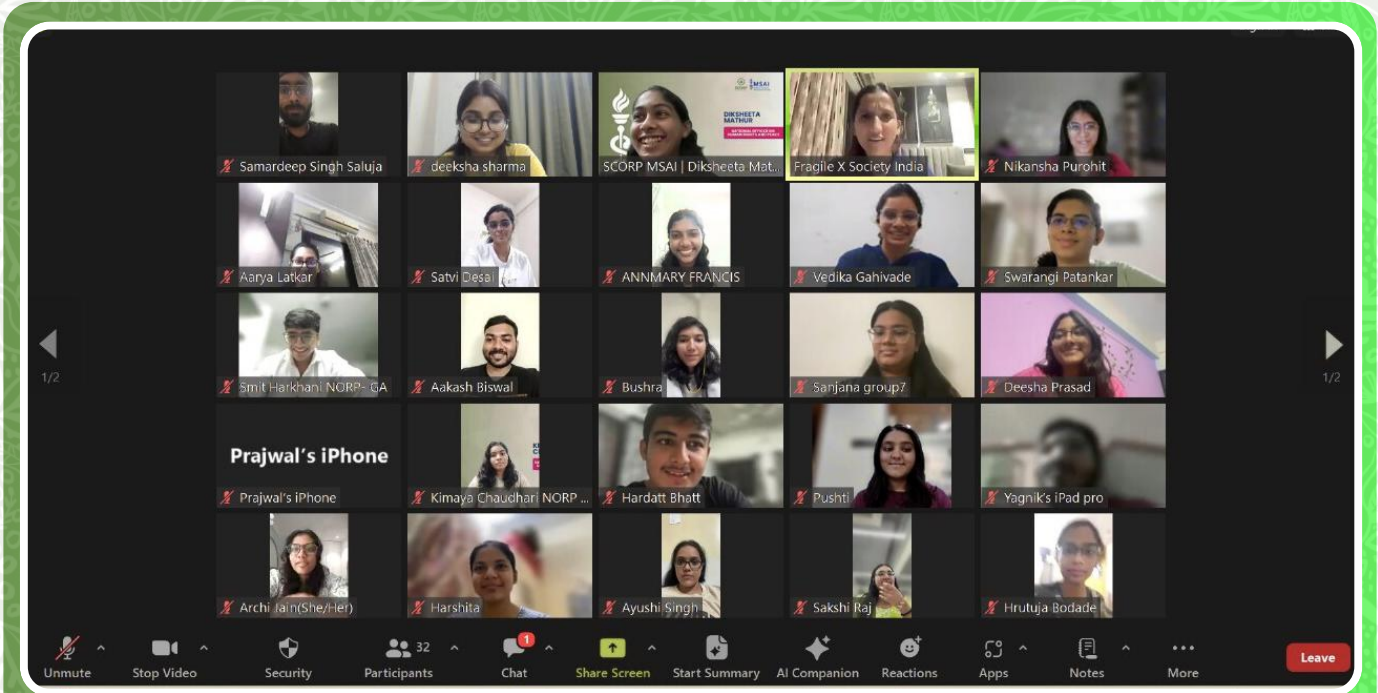
Target population: Children admitted in the pediatric ward along with their families

## **Methodology:**

1. Volunteers to be gathered
2. Before event pre-event questionnaire to be filled
3. A discussion to be conducted regarding the healthcare rights, available resources, mental and emotional well-being
4. Interactive activity to be conducted fostering children engagement
5. Post-event questionnaire to be filled

The activity had a positive impact in improving the living conditions, mental as well as emotional states of the children and their families in the pediatric ward. With the knowledge provided we hope to create an impact and make difference in the hospital stays of children and their families.

# Project CAVACH



# Project NEWS



Project NEWS, an acronym for North, East, West, South was conceptualized as a unifying human rights initiative, bridging regional diversity. This ambitious project aimed to spotlight and address critical human rights concerns through regionally tailored projects, each focusing on a specific yet interlinked issue. By engaging chapters across all four regions of India, Project NEWS not only amplified regional voices but also brought national coherence to the movement for human rights. In the Northern region, Chapter Flamingos championed the human rights of migrants, a group often pushed to the margins of legal protection and social visibility. With increasing internal migration due to economic, environmental, and other reasons, the campaign highlighted the challenges faced by migrants in accessing healthcare, shelter, identity documents, and dignified employment. Chapter AID in the East addressed the human rights during disasters, where systemic inequalities often become starkly visible. Recognizing that disasters (whether natural or man-made) disproportionately affect vulnerable populations, this chapter worked to promote ethical practices in relief distribution, informed consent in medical care, and equitable access to resources. In the Western region, Chapter NIRMAAN took on the pressing issue of human rights of workers, particularly those in informal and unorganized sectors. These workers frequently face exploitation, unsafe conditions, and lack of legal safeguards. Chapter NIRMAAN's campaign focused on the right to fair wages, workplace safety, social security, and freedom of association. Chapter Dhvani in the South centered its focus on the right to freedom of speech and expression, a cornerstone of any democratic society. At a time when dissent is often met with suppression and marginalized voices struggle to be heard, Chapter Dhvani emphasized the importance of protecting this fundamental right.

# Workshops

## HR101

SCORP's HR101 workshop provided a compelling exploration of human rights in healthcare through an ethical lens. Participants engaged with fundamental medical ethics principles - autonomy, beneficence, non-maleficence and justice - through interactive case studies highlighting real-world dilemmas. The session examined healthcare disparities using the AAAQ framework (Availability, Accessibility, Acceptability, Quality), analyzing scenarios like resource shortages, cultural barriers, and discrimination against vulnerable groups.

A key focus was the intersection of ethics and human rights, particularly regarding marginalized populations including refugees, women, and LGBTQIA+ individuals. Discussions emphasized healthcare providers' roles in upholding non-discrimination, ensuring accountability, and promoting participatory approaches in medical practice. The workshop blended theoretical foundations with practical applications, challenging attendees to consider ethical decision-making in complex situations.

By combining human rights education with medical ethics training, HR101 equipped future healthcare professionals with tools to advocate for equitable, rights-based care. The session successfully bridged abstract principles with tangible healthcare challenges, leaving participants better prepared to navigate ethical dilemmas while championing health as a fundamental human right.

## FRAGILE X

The seminar on Fragile X Syndrome held on July 27, 2024 and July 29, 2024 led by Mrs. Shalini Kedia and SCORP team provided valuable insights into this genetic condition, which is a leading inherited cause of intellectual disability and often overlaps with features of autism.



# Workshops

## FRAGILE X

A key point discussed was the distinction between autism and Fragile X Syndrome. While both conditions can involve social, behavioral, and communication challenges, Fragile X has a known genetic cause linked to the FMR1 gene, whereas autism is more behaviorally diagnosed with multiple potential causes. This makes it crucial for children diagnosed with autism—especially those with developmental delays, intellectual disabilities, or a family history of genetic disorders—to undergo testing for Fragile X Syndrome for accurate diagnosis and management.

The seminar also emphasized the importance of family support in managing the condition. Families should be educated about Fragile X and empowered to advocate for their child's needs, including early intervention, therapy, and educational support. Additionally, creating an anxiety-free and structured environment is vital, as children with Fragile X often experience heightened anxiety and sensory sensitivities. Strategies such as maintaining routines, using calming techniques, and minimizing overstimulation can significantly improve their quality of life. Overall, the seminar highlighted the need for early testing, informed caregiving, and supportive environments to help children with Fragile X thrive.

Participants at the seminar were also presented with a T - Shirt as a moment to spread awareness about Fragile X and help the society combat it together.

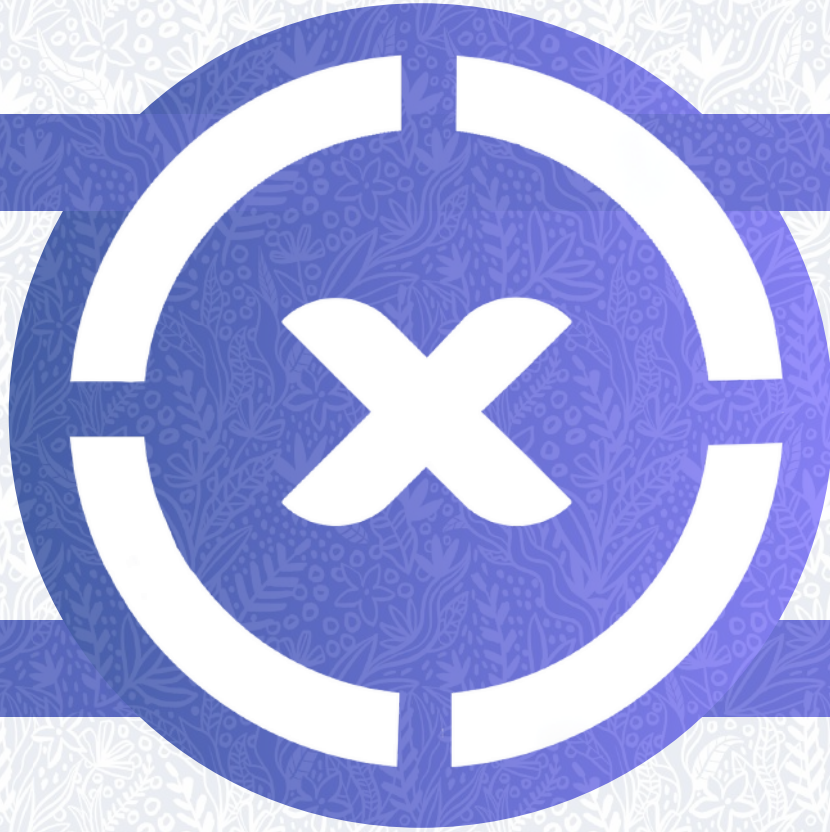
## HEAL

## RIGHTS AND US



# SCORE

## Standing Committee on Research Exchanges



*Research is essential for the development of medicine and without it, the medical field could never have reached the stage it is at now with innovative methods of diagnosis and treatments. Put together the experience of improving research skills with an unforgettable cultural learning opportunity and you have the Standing Committee on Research Exchange (SCORE)! This committee sails with the objective of giving students an opportunity of improving their skills in research in other learning settings. This is achieved by providing a network of locally and internationally active students that globally facilitate access to research exchange projects.*

# BACKGROUND

## *National Officers on Research Exchanges (NOREs)*

The National Officers on Research Exchanges (NOREs) are the driving force behind fostering a culture of academic inquiry and global collaboration through research. This term, under the dynamic leadership of Dr. Jahanvi Singh and Sunanda Banerjee, the team redefined what it means to lead with purpose and precision. From streamlining the research exchange process to launching initiatives that made international opportunities more accessible to Indian medical students, this year's NOREs elevated standards and strengthened MSAI's position in the global research community. Their commitment to transparency, inclusivity, and innovation left an indelible mark on the program and its future.

***Dr. Jahanvi Singh***  
( she/her )



***Sunanda Banerjee***  
( she/her )



# Exchange Experience

---

International research exchanges are more than just academic opportunities—they are a chance for medical students to explore science in new environments, engage with diverse methodologies, and grow both personally and professionally. Through the Standing Committee on Research Exchange (SCORE), MSAI has facilitated a platform where students can step into laboratories and research centres across the globe, gaining first-hand exposure to the practical and collaborative side of medical research.

These exchanges provide much more than technical learning. They offer students the opportunity to work in multidisciplinary teams, understand the dynamics of healthcare in different countries, and develop cultural competence—an increasingly important skill in today's interconnected world. From exploring molecular biology in European labs to contributing to public health research in Southeast Asia, each outgoing exchange offers a unique learning curve that complements the medical education received at home.

In this section, we present reflections from our outgoing students who took part in research exchanges over the past term. Their testimonials capture the essence of this journey—what it taught them, how it shaped their perspective, and the impact it had on their academic and personal growth. These stories serve not only as a window into their experiences but also as an encouragement for others to explore the value of global research exposure.

# Testimonials

## Outgoings

### **Harroop Singh** *Outgoing to Romania (2025)*

During my 4th year at Sri Guru Ram Das University of Health Sciences, I had the privilege of participating in a research exchange at the Oncology Department of the Regional Institute of Oncology in Iași, Romania. This opportunity allowed me to delve into the intricacies of immunophenotyping by flow cytometry—a pivotal technique in diagnosing hematological malignancies such as leukemia and lymphoma. Under the guidance of experts at the Laboratory of Molecular Diagnosis, I gained hands-on experience in staining samples with fluorochromes, interpreting CD marker graphs, and compiling diagnostic reports. This exposure deepened my understanding of the diagnostic process and the critical role of flow cytometry in clinical settings.

Beyond the laboratory, my time in Iași was enriched by cultural experiences. I savored local delicacies like sarmale and papanasi, explored the city's beautiful churches and museums, and marveled at the architectural grandeur of the Palace of Culture. These experiences not only broadened my horizons but also allowed me to forge lasting friendships with fellow researchers and students. Our shared passions and ambitions sparked meaningful discussions, and I left Romania with cherished memories and a network of connections that will continue to inspire me in my future endeavors.




## **Udita Shah**

### *Outgoing to Taiwan (2024)*

Before arriving in Taiwan, I expected a mix of rich cultural heritage and modern advancements. Needless to say, Taiwan exceeded all my expectations and how! The welcoming culture, efficient infrastructure, and research facilities were more than what I imagined. The kindness of the people and the seamless blend of traditional and modern lifestyles made it an exciting place to explore.

Some of my most memorable moments included actually doing experiments which I read in textbooks, that too alongside leading researchers in the field, visiting Taipei 101's top floor and looking at the unforgettable sunset, experiencing the famous night markets in Taipei, the road trip to Shifen waterfall and many more. I also cherish the friendships I made during the exchange and the sense of community that I found, both in academic settings and in the local society.

For anyone considering an exchange in Taiwan, I would say: go for it! Be open to learning both inside and outside of the academic environment. Take the time to explore, engage with locals, go to local food spots and immerse yourself in the culture—it will make your exchange unforgettable. If you want a detailed itinerary of the places I visited, feel free to contact me :)

Blue hugs 

## **Saanavi Pradhan**

### *Outgoing to Czech Republic (2025)*

My experience at Prague at the Faculty of Medicine at Charles University was an absolute blast! I was posted at the Department of Nuclear Medicine under my Prof, Dr Otto Lang. I am immensely grateful for the entire team at the Department who were so kind, cooperative and enthusiastic to answer all my questions.

I was fortunate to publish an article under my professor's guidance. I am also working to publish another case report in an esteemed journal with his support.

I've made golden memories at Prague and had the opportunity to meet other brilliant aspiring minds on their journey towards becoming doctors. They were my source of support in this period and together we've explored the magic in Prague.

I learnt about their countries and the advancements in Medicine that were being made across the globe. This helped broaden my perspectives and knowledge about healthcare systems around the world. The friends and the priceless moments throughout this passage time are ingrained in my memory and I'll always treasure them.

I've come from India, at The Faculty of Medicine at Charles University in Prague. I was posted at the Department of Nuclear Medicine under Dr Otto Lang. This internship was scheduled in the month of March. It was an excellent opportunity for me to broaden my horizons and inculcate knowledge throughout this brilliant program and I'm very grateful for it.

# Jatin Kukreja

## *Outgoing to Portugal (2025)*

Hi! My name is Jatin and I went to Portugal in September 2024 for my IFMSA research exchange.

I got the country, the city and the department of my choice, so I was happy for that but I didn't really get time to plan anything for my exchange so I went in with an almost blank canvas and the picture that manifested before me in the end was just beautiful.

The academic part was really insightful, I've always been intrigued by genetic research and this exchange was a perfect introduction that one can have to how genetic research is done and gene therapies are developed, practically.

The university I was in was established in the year 1290 and is one of the oldest in Europe. During the day we worked in the hospital and in the evenings we explored the city and witnessed some of the centuries old student traditions that they have there. The city is located almost in the centre of the country so, during the weekends we could easily travel to different cities.

There was a social program planned for every other day and honestly the organisation and execution of the social events was not very good and communications were not made at proper time but the all the people involved, the locals and the ICs all had good intentions in their heart and that's what matters to have a good experience, because when you form good bonds with each other and work as a group you can easily overcome a few hurdles that may come in your way.

Overall, it was a great experience getting to know people from so many different countries, sharing our knowledge, culture, food, music, dances and language with each other and, despite coming from such diverse backgrounds, bonding over various things and forging friendships that we will cherish for our entire lives.

To all the exchange enthusiasts I'd like to say please go on an exchange at least once, it's a very unique experience and the country doesn't really matter, the people do, so just apply and go explore the world!!



# Testimonials

## Incomings

This year, MSAI had the privilege of hosting five incoming research exchange students at SMBT, Nashik during the month of August 2024. These students, hailing from countries such as Egypt, Romania, and beyond, were welcomed into a dynamic environment that offered not only academic engagement but also a rich cultural experience.

During their stay, the incomings were introduced to the Indian research curriculum, gaining exposure to ongoing projects, clinical research practices, and the collaborative nature of medical science in India. In addition to their academic pursuits, they also had the opportunity to immerse themselves in the vibrant culture of Nashik—experiencing its traditions, cuisine, festivals, and local warmth.

The exchange served as a valuable cross-cultural learning platform, fostering mutual understanding, knowledge-sharing, and long-lasting friendships. The following reflections capture their experiences of learning, adaptation, and discovery—both inside and outside the research setting.

### **Majd Alamir** *Incoming from Egypt*

My exchange program in India was a great experience. I loved how the country is full of different cultures, languages, and traditions. Everywhere I went, I saw something new and interesting, and the people were very kind and welcoming.

At SMBT, I learned a lot during the research program. The doctors were helpful and taught me many useful things. I got good experience and improved my skills.

This program helped me grow as a student and as a person. I really enjoyed it and I'm thankful for the chance to be part of it.



## **Daria Catana**

### *Incoming from Romania*

This summer, I had the incredible opportunity to dive into one of the world's oldest and richest cultures—India. From the moment I arrived, I was welcomed with open arms. I stayed for a few days with a family in Mumbai who gave me a deeper understanding of their traditions and taught me the value of humility, pride in one's culture, and kindness.

India is a stunning blend of ancient temples, vibrant nature, and, of course, the iconic Taj Mahal. The social program was a blast, we had activities everyday, 2 minitrips in the weekends and of course the national trip for 7 days in New Delhi, Agra and Jaipur, the golden triangle. At the hospital, despite the language barrier with patients, communication was smooth with the doctors, as they study in English. It was fascinating to see how their healthcare system handles such a large population and how a rural charitable hospital works.

The food? Unforgettable. Locals told me that the taste is better if you eat with your hands and to my surprise, they even toned down the spice for me! And let's be honest—what I'll miss most is bargaining at the markets and sipping free masala chai, a gesture of their warmth.

India redefined diversity for me—over 20 official languages, three major religions, and color everywhere, from clothes to architecture. What started as a journey into the unknown turned into finding a second home and family. I still keep in touch with the amazing people I met and hope to return one day.



# Experiences:

## Shreya Gupta

3rd year, LPMC Delhi

*I am Shreya Gupta, a third-year MBBS student at Lady Hardinge Medical College, New Delhi. NGA '25, Pondicherry was my first, and NEXUS 2.0 was probably one of the best experiences I could have asked for. All the trainers were mighty good at what they did and made everything super fun! Being the LORE for my college, NEXUS 2.0 was a learning curve like no other, and gave me a lot of perspective. A personal highlight was getting to meet and interact with so many of my peers from across India, each bringing their own thoughts and ideas. A huge kudos to the OC for choosing a place like Pondicherry, which has so much to offer, and for making this a memory I'll always cherish*

## Mauli

3rd year, NMMC Ahmedabad

*Nexus was an insightful workshop that introduced new concepts in research and exchange programs. These included everything from setting the ground for exchange programs to receiving constructive feedback on our ideas. The trainers made complex concepts easy to understand, while energizers and group activities encouraged collaboration and helped us connect with others. The workshop has motivated me to pursue exchange programs and research opportunities, and I'm excited to apply what I've learned to my academic path.*

## Harshit Vashishtha

3rd Year JLNMC Ajmer

*I recently attended NEXUS 2.0 in Pondicherry, and I have to say it was absolutely incredible! The workshop was full of creative and out-of-the-box activities that were really engaging and fun. The sessions were very well structured, with activities every few minutes, and the presentations provided a new and fresh perspective on research exchanges!*

*I gained knowledge, practical skills, new connections, and so much more. The entire experience was both fun and unforgettable, and I'm already looking forward to next year's workshop!*

## Harsh Kumar Bamotra

3rd year, VMMC and SJH  
[Trainer]

*Being a trainer for NEXUS 2.0 at NGA has been an incredibly rewarding experience. Training such a dynamic group of participants allowed me not only to share knowledge but also to learn and evolve alongside them. The enthusiasm and engagement shown by the trainees reflected the success of the program's design and vision. NEXUS 2.0 isn't just a workshop, it's a catalyst for transformation. Through this experience, I witnessed first-hand how structured learning, open dialogue, and a shared mission can empower individuals and strengthen teams. I'm proud to have contributed to this journey and look forward to seeing its lasting impact.*

## Dr. Sunanda Banerjee

Intern, KIMS Bhubaneswar  
[Trainer]

*Being a trainer at NEXUS 2.0 has been one of the most fulfilling chapters of my journey in MSAI. Standing on the other side—not just as someone who once sought guidance, but as someone now offering it—was both humbling and empowering. I found joy in watching eyes light up with new understanding, in answering questions that reminded me of my own beginnings, and in being part of a space where curiosity was celebrated. These workshops weren't just about preparing students for exchanges; they were about planting the seeds of confidence, and I'm deeply grateful I got to be part of that growth.*

## Tarushi Mishra

3rd year, NHL Gujarat  
[Trainer]


*Being part of Exchanges for so long, I knew becoming a trainer was something I had to do. And honestly, it turned out to be so much more than I expected. Stepping into the trainer role gave me a whole new appreciation for everything that goes into making a session truly work—from the prep to the tiny details you don't notice until you're the one in charge. Of course, it came with its fair share of challenges, but seeing it all come together—and having people come up to me afterward to say they enjoyed it or appreciated the effort—made it 100% worth it. The people I got to share this journey with are what truly made it special. The support from my amazing co-trainers made everything smoother and way more enjoyable, and I'm so grateful to have worked alongside such passionate and encouraging folks. The bonds I've formed through this experience will definitely last a lifetime.*

# SCOPE

## Standing Committee on Professional Exchanges



*Global exposure and clinical experience are essential components of a well-rounded medical education, shaping competent, culturally aware, and globally minded healthcare professionals. The Medical Students' Association of India (MSAI) facilitates this through the Standing Committee on Professional Exchange (SCOPE), a dedicated committee that conducts international clinical exchange programs for medical students.*

*Through SCOPE, students gain invaluable insights into different healthcare systems, enhance their clinical skills and develop cross-cultural communication abilities that are vital in today's interconnected world. These professional exchanges are transformative experiences that help build a global network of future medical leaders. SCOPE believes that by immersing students in diverse medical environments, we not only enrich their medical training but also empower them to bring innovative perspectives to their local health systems. SCOPE fosters collaboration, understanding, and solidarity among medical students across borders because healthcare knows no boundaries. SCOPE let's you BE MORE *

# BACKGROUND

## *National Exchange Officers (NEOs)*

Hello MSAI family, we are Ruhaan & Shreyash the National Exchange Officers 24-25! We had the task of strengthening exchanges and we did that amazingly by regaining the hosting capacity, hosting students and signing multiple exchange contracts along with conducting capacity building sessions for the support team namely SCOPE Homecoming, Far From Home, No Way Home, NEXUS and NEXUS 2.0. Our journey as NEOs was definitely a roller coaster, filled with tons of great memories and experiences 🌟🌳

***Dr. Ruhaan Bhutada***  
*( he/him)*

***Shreyash Pandey***  
*( he/him)*



# Testimonials

## Outgoings

### **Dr. Tanushri Darekar** *Outgoing to Portugal*

Undertaking a clinical exchange in General Surgery in Portugal was one of the most enriching and eye-opening experiences of my medical journey so far. I spent four weeks at Centro Hospitalar Universitário de Santo António, a teaching hospital located in Porto. It helped me improve my medical knowledge, learn about a different healthcare system and grow both personally and professionally. I gained confidence in clinical settings, made new international friendships, and developed a deeper appreciation for cultural diversity in medicine.



## Dr. Anushree Paranjape

### *Outgoing to Italy*

SCOPE Exchange was an out of the world experience for me. I went to Bari, Italy for my month long exchange programme and learnt not just medicine and surgery, but also learnt how to enjoy life to the fullest. The hospital was a private set up and had a good patient load; I was posted in the hepatobiliary surgery department and got to see various surgeries related to liver, pancreas as well as the biliary system. The doctors were knowledgeable and well trained and ensured that I understood all the procedures by explaining all the pre surgical details of the patient as well as the treatment procedure during the operation. I got to travel on the weekends and on holidays and learnt about 'dolce far niente', meaning- the sweetness of doing nothing. I lived and traveled like the locals, enjoying the slow life in Italy, learning how to cook the local food, going out for aperitivo time- which basically is a pre-meal ritual in Italy, relaxing on the beaches, taking in the views of the beautiful cities. It was overall a wonderful experience and I came back with thousands of precious memories which I will cherish for a lifetime.



# Testimonials

## Incomings

**Eva Schwartz**

I had gone for a professional exchange in an Indian city called Nashik. It was a one-month internship at a hospital, where I was posted in the department of surgery.

I followed the life of a resident, moving between the Operating Room (where I had the opportunity to scrub in and assist with surgeries), the Emergency Department, and the daily patient rounds, which included some clinical examinations.

Regarding housing, I shared a room with another SCOPE exchange student, with whom I developed a true friendship.

During our time there, we had the opportunity to participate in a social program across India. We visited New Delhi, Agra, and Jaipur with other SCOPE exchange students and the local medical students.

We discovered and fell in love with the richness of Indian culture. We learned about their lifestyle and eating habits, increased our spice tolerance, and explored a new approach to practicing medicine.

It was a journey of discovery and an incredibly immersive internship, made even more special by the warm and welcoming people we met along the way.

# Experiences Workshop Trainers

## Avishka Kamal

Being a delegate at the last NGA and a trainer in this one feels like coming full circle though honestly, it was more of a rollercoaster than a circle. A loop of a journey where I learned the most, worked the most, cried the most but more importantly, lived the most. Every time I took a session, I thought back to when I was a delegate and asked myself, "Would I enjoy this if I were in their place?" Applying as a delegate for TNET was one of the best decisions I've ever made. I learned so much. We'd spend the entire day in the workshop, yet it never felt tiring. I met random strangers, and somehow, we all stuck with each other till the end, forming bonds I'll never forget. That experience brought us closer to everyone around. Our trainers made sure every session was engaging and meaningful and that's what inspired me to do the same. Since then, I promised myself I'd give my best, be the best version of myself, and hopefully be someone others could look up to, the way I looked up to my trainers. I wanted to be the reason people felt connected to play a part in creating lifelong bonds, not just for myself but for everyone. My favorite part of every session is the end when we're all tangled in the wool, listing the best in those we met. In that moment, I feel proud and a little emotional. to know I played a small part in someone's journey. That I made an impact, even if it was subtle.

## Tarushi Mishra

Being part of Exchanges for so long, I knew becoming a trainer was something I had to do. And honestly, it turned out to be so much more than I expected. Stepping into the trainer role gave me a whole new appreciation for everything that goes into making a session truly work ; from the prep to the tiny details you don't notice until you're the one in charge. Of course, it came with its fair share of challenges, but seeing it all come together and having people come up to me afterward to say they enjoyed it or appreciated the effort, made it 100% worth it. The people I got to share this journey with are what truly made it special. The support from my amazing co-trainers made everything smoother and way more enjoyable, and I'm so grateful to have worked alongside such passionate and encouraging folks. The bonds I've formed through this experience will definitely last a lifetime

# Experiences Workshop Trainers

**Abeer Sanduja**

After participating in the previous workshop meet, I was eager to become a trainer in the NGA and the experience not only met but exceeded my expectations. Stepping into the role of a trainer gave me a whole new perspective, bringing with it a deeper sense of understanding and responsibility that I hadn't fully grasped as a participant. It came with its own set of challenges and rewards, and navigating them became much easier thanks to the enthusiasm and support of my fellow co-trainers. I aimed to make my sessions engaging and enjoyable, though I quickly realized there's always room for improvement something that becomes apparent during or after a session. But that's the beauty of the experience: you do, you learn, and you grow. None of this would have been possible had I not taken the step to apply. As a trainer, I made it a point to connect with as many participants as possible, ensuring no one felt uncomfortable while also encouraging inclusive involvement. This has been a truly enriching experience one that has inspired me to continue on this path and motivated me to take on future opportunities to train again. I'm very grateful to the NEOs for selecting me as a trainer and a very big thanks to my co assists and trainers, couldn't have done this without them

# Experiences Workshop Participant

**Dr.Divya Jiyani**

Every workshop in MSAI is an experience in itself and so was NEXUS 2024. It was informative and fun. The team and trainers did a wonderful job not only at capacitating us with essential information and knowledge but also at selecting a group of diverse and enthusiastic delegates to ensure intriguing discussion and opinions. The sessions were designed perfectly to ensure maximum participation and understanding and were full of fun energisers and ice breakers. The research part felt monotonous and could have been turned into an interactive session. All the trainers did a wonderful job , especially loved the session taken by avishka on different types of leadership personalities and not to forget all the dancing and the punishments all of us received.

Truly grateful for the opportunity to be a part of the workshop and the Mor family ☺

**Pahul Bawa**

During the NWM, I had the opportunity to be one of the pax for NEXUS, and it was truly an unforgettable experience. From day one, I thoroughly enjoyed the engaging interactions between the trainers and the pax. Each session was thoughtfully structured with small tasks in between, making the entire experience both fun and educational. It was a refreshing new approach, and along the way I also made a lot of wonderful friends! ☺

# Bioethics Unit

## Exploring the Ethics of Life : A journey into Bioethics

*Bioethics is not about providing answers , it is about asking the right questions*

*Jay M. Bernhardt*

### Who are we?



*The International Chair in Bioethics, World Medical Association Cooperating Centre (previously, International Center for Health, Law, and Ethics at the University of Haifa) initiated an international project, the aim of which is to form a new, modern curriculum of medical ethics to be taught in medical schools all over the world. The International Chair in Bioethics adopted the idea and undertook the mission. The Chair started to establish a network of units within universities and research centers committed to disseminating, improving, and monitoring education in ethics in medical schools- which led to the formation of the MSAI Bioethics Unit of the International Chair in Bioethics, World Medical Association Cooperating Center.*

# BACKGROUND

Bioethics is an integral part of everyday life of healthcare professionals . It ensures that the patients' rights , including autonomy , privacy ,and informed consent are respected and protected . Healthcare professionals often encounter ethical dilemmas such as end of life care decisions , allocation of resources and conflicts of interest . Bioethics during such times provides a guideline to act on most moral and ethical grounds taking the patients benefits into consideration . With advances in biotechnology and medical innovation , new ethical challenges arise , such as gene editing , stem cell research , and artificial intelligence in healthcare . This Term the unit was headed by **Dr. Anagha Gourisetty (Unit Chair)** and **Deep Simranjeet Singh (The General Secretary)**. The MSAI Bioethics unit focuses on launching various activities with an aim to make future healthcare professionals more aware about the ethics in the medical field which will help them to be a mindful and considerate physician in future.

**Deep Simranjeet Singh**

( He/him )

**Dr. Anagha Gourisetty**

( she/her )



**Lots of Love ,  
Ethsy, Anagha, Deep  
and amazing team of  
Unit Members**

# Highlights

## Of the year

### Project D.U.R.G.A

Project DURGA (Defending Universal Rights of Guardians in Healthcare Associates) was an on-ground awareness initiative conducted by medical students under the MSAI-Bioethics Unit. It was designed to educate patients and the public about the rights of healthcare workers, the importance of a respectful doctor-patient relationship and strategies to prevent and address violence against medical professionals. The activity involved interactive sessions and group discussions with patients in hospital wards. Volunteers used real-life case studies and ethical scenarios to start conversations and share information.

The need for Project DURGA arises from a disturbing rise in violence against healthcare professionals, especially in India.

Studies show that over 30% of healthcare workers have experienced some form of workplace violence. A lack of trust and communication gaps often worsen the doctor-patient relationship. This environment not only endangers healthcare workers but also undermines the quality of care patients receive.

Project DURGA promotes patient awareness and empathy toward medical professionals, encourages collaboration and communication in healthcare. In essence, Project DURGA is a vital step toward restoring trust and safety in healthcare, making it a timely and impactful initiative.

The name DURGA symbolizes strength and protection, reflecting the mission to defend those who stand as guardians of public health.



# Experience of unit members

Conducting DURGA was a deeply personal experience. Alongside my co-organiser, I not only advocated for the safety and dignity of doctors but also focused on empowering patients and their families by raising awareness about the current realities healthcare professionals face—especially the increasing instances of verbal and physical abuse. What struck me most was how normalized verbal abuse toward doctors had become in the eyes of many family members. It was disheartening, yet not entirely surprising, to witness this shift in perception. DURGA provided a much-needed space for open dialogue, empathy-building, and mutual understanding between healthcare providers and the community. I am truly grateful to have played a role in developing and facilitating such a meaningful and thoughtful initiative. Being part of DURGA reaffirmed my belief in the importance of humanizing both sides of the healthcare experience and addressing conflict through education, awareness, and compassion.



**Dev Patel**

I am Khushi Patil, a member of the Bioethics Unit, and I had the opportunity to be part of one of the most meaningful awareness events – Project DURGA.

This experience was both powerful and eye-opening. The focus of the event was on raising awareness about the rights of healthcare professionals and addressing the growing issue of violence in healthcare settings. It was incredibly fulfilling to work alongside a team that was committed, empathetic, and driven by purpose.

One of the challenges we initially faced was a slight communication barrier, especially when addressing sensitive topics with patients. However, with a patient and thoughtful approach, we managed to break those barriers and create an open, respectful dialogue. It was surprising to see how unfamiliar many people were with some of the major cases of violence against healthcare workers. This lack of awareness truly underscored the importance of our mission.

The responses we received were overwhelmingly positive. Patients engaged actively, shared their perspectives, and showed a willingness to better understand the ethical responsibilities of healthcare providers. This made every effort worthwhile and inspired us to keep pushing for change.

Being part of Project DURGA helped me grow personally and professionally. It sharpened my communication skills, deepened my understanding of medical ethics, and strengthened my commitment to advocating for a safer, more respectful healthcare system. I am grateful to the Bioethics Unit for this opportunity, and I look forward to continuing my journey of learning, service, and ethical leadership.

**Khushi Patil**



# Shield and Heal

In collaboration with the SCORA, Shield and Heal was launched to bridge the knowledge gap and debunk the various stigmas associated with sexually transmitted infections among Indian medical students. The National AIDS Control Organisation (NACO) estimates that approximately 6% of the adult population in India is affected by one or more STIs and global estimates that more than 1 million sexually transmitted infections (STIs) are acquired every day worldwide, it becomes all the more important for medical students to be aware about STIs.

With a multifaceted strategy that included an interactive webinar, social media campaign, and on-the-ground activities, the program sought to give aspiring medical professionals the skills they would need to take the lead in patient advocacy, ethical treatment, and STI prevention.

The 1 hour interactive webinar was on the comprehensive education on prevention, management and ethical considerations of STIs on 20th September. Via the social media campaign we raised awareness about the 9 common myths and facts of STI through a short reel, which had a very good online engagement and response.

The on-ground activity involved raising awareness among medical students over presentations and interactive activities on various STIs such as HIV,

Gonorrhoea, Hepatitis B, and Syphilis to promote knowledge, dispelling myths, and encouraging preventive practices, reduce the burden of STIs and improve overall health outcomes.

In conclusion, The Shield and Heal campaign reached hundreds of students and increased future healthcare professionals' awareness and empathy with high engagement and concrete outcomes.



The poster features a purple background with a world map. The title 'Shield & Heal' is in large yellow font, with 'WEBINAR ON STIs' below it. The speaker's name, 'Dr. Samiran Adhikary (Senior Consultant For Urology)', is listed. An illustration shows four diverse people, one holding a 'STOP HIV' sign. A QR code is labeled 'Scan to Register'. Logos for MSAI and SCORA are at the bottom, along with the tagline 'Making a difference together!' and the website 'www.msaindia.org'.

# Experience of unit members

Shield & Heal, conducted by BEU and SCORA was an amazing opportunity to spread awareness towards STIs, and ethical considerations like destigmatisation, informed consent and non discrimination. It is a topic which remains untouched by many, and being able to be part of it and contribute towards it feels like a privilege. As medical professionals, we need to develop communication skills and leadership qualities and this activity helped shape our learning experience!

## Siya Magnani

I conducted Shield and Heal alongside LORA, Alina Shaikh of my college, GMERS Medical college Ahmedabad, on 12th february 2025.

Shield and Heal was a super fun awareness session on sexually transmitted infections (STIs). We had volunteers and participants from 3 batches- 2022, 2023 and 2024.

With an audience of about 60 students, we explained briefly about various STIs via PPT presentation, asking questions in between.

But the real fun part was the activity time! In this we had 2 interactive activites- Guess the STI riddles and STI tinder.

We had 7 riddles on STIs like Chlamydia, HSV, HIV, HPV, Gonorrhoea and had everyone participate in figuring the riddles out.

Then we had STI tinder, where we gave 5 minutes for the audience to come up with STI related pickup lines and scream out left to reject and right if it's good. And boy was it hilarious! we had genius pick up lines like "are you HIV cuz i want to be with you forever and never let you go". We had people get creative by creating an ambience by playing background music (careless whisper) and said, "are you Syphilis cuz you make me so hot and wet" and still get rejected. The winner however got the LORA in front and said, "are you syphilis cuz i want you to make red marks all over my body", the delivery got the audience hooting.

The winners of both the activities got hershey kisses with message on it saying, 'kisses are hot STIs are not' and 'this kiss is harmless, others might come with a string attached'

LORA and I had brainstormed alot regarding the various activities we can conduct, riddles and prizes that would be related to STIs and memorable.

We ended the super fun session with a group photo and big smiles on everyones faces making our efforts worth it.

## Shrijeeta Ghosh

# World Patients' Safety Day

World Patient Safety Day is observed annually on 17 September to raise global awareness about patient safety and encourage action to reduce patient harm. In 2024, the World Health Organization (WHO) selected the theme "Improving Diagnosis for Patient Safety", accompanied by the slogan "Get it right, make it safe!"

Bioethics Unit in collaboration with SCOME released infographics on the occasion of World Patients' Safety Day 2024. These visuals highlight key messages about the importance of accurate diagnosis, factors contributing to diagnostic errors, and ways to enhance patient safety through better clinical practices and patient engagement."

**WORLD PATIENT SAFETY DAY**

Objectives for 2024:

1. Raise Global Awareness
2. Promote Diagnostic Safety
3. Foster Collaboration
4. Empower Patients and Families

Making a difference together!  
[www.msaindia.org](http://www.msaindia.org)

**WORLD PATIENT SAFETY DAY**

Annually observed on 17 September, this day is a pivotal event to promote global health and safety, firmly grounded in the core medical principle: "first, do no harm."

The day aims to raise public awareness, enhance global understanding, and foster solidarity and action among Member States to promote patient safety. Each year, a new theme is chosen to address a critical area in patient safety that demands urgent attention.

Making a difference together!  
[www.msaindia.org](http://www.msaindia.org)

# World Bioethics Day

## 2024–25 : The Year of Non Discrimination and Non Stigmatization

*The World Bioethics Day 2024 theme is "Non-discrimination and non-stigmatization". This theme is inspired by Article 11 of the UNESCO Universal Declaration on Bioethics and Human Rights.*

### WHAT IS THIS YEAR'S THEME?

The theme for this year's celebration shall be 'Non-discrimination and non-stigmatization' This theme is inspired by Article 11 of UNESCO UDBHR. Non-discrimination and non-stigmatization are significant aspects of human interaction and relationships.



Making a difference together!  
[www.msaindia.org](http://www.msaindia.org)

### DO YOU KNOW??

World Bioethics Day is observed annually on October 19th. It was established by the United Nations Educational, Scientific and Cultural Organization (UNESCO) in 2015 to raise awareness about bioethical issues and promote global discussions.



Making a difference together!  
[www.msaindia.org](http://www.msaindia.org)

### SIGNIFICANCE OF THE THEME

In the current era of globalization, when people are moving across the globe and interacting with people like never before and this being further facilitated by advanced communication technologies, respect for various religions, cultures, ethnicities, social status becomes part of almost daily life for many of us.



Making a difference together!  
[www.msaindia.org](http://www.msaindia.org)

This year Bioethics Unit released Infographics on the social media handles to emphasize the importance of this year's theme i.e. non Discrimination and non Stigmatization on 19th October 2024. The infographics visually explores how biases and social stigmas impact healthcare, education, and human rights. It highlights real-world examples, key statistics, and ethical principles, aiming to promote awareness and encourage inclusive practices in society.

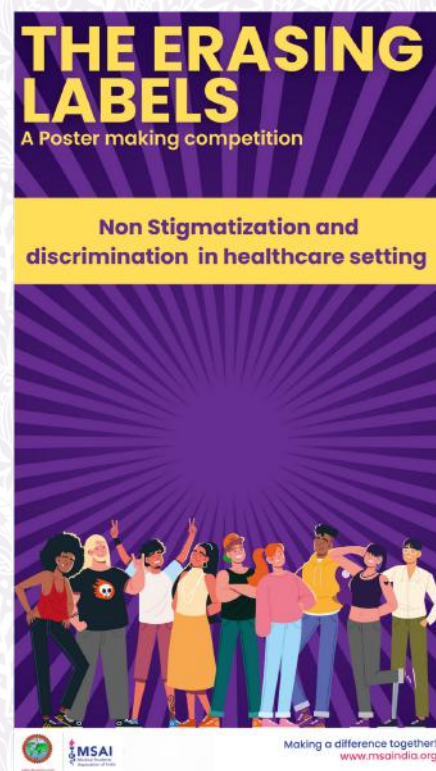
# The Breaking Barriers and The Erasable Labels

Through The Breaking Barriers essay competition and The Erasable Labels poster-making contest, medical students were asked to think carefully about discrimination and bias in healthcare environments.

Participants in these 10-day events were encouraged to discuss topics like workplace inequality, mental health stigma, caste-based discrimination, and gender bias.

The competitions nurtured critical thinking, cultural awareness, and policy understanding by fusing creativity with ethical inquiry. The submissions presented well-considered viewpoints on how medical practitioners can create welcoming, nondiscriminatory settings, emphasizing the importance of ethics and empathy in clinical practice.

In conclusion, this term's activities revolved around the next generation of medical professionals as advocates, educators, and change agents in addition to their roles as clinicians. Every effort, whether it was through engagement, education, or artistic expression, emphasized the common goal of creating a healthcare system that is safer, more inclusive, and morally conscious.



# The Breaking Barriers and The Erasable Labels

## Winner of The Erasable Labels

### Are you being discriminated?

Behaviour of health care provider	Could the treatment be discriminatory	Could the treatment be justified
Refuses to treat you or to take you on as a patient or client	Yes, if one reason is your age (or another protected characteristic)	It could be, for example, they may not be qualified to provide the care needed
Stops providing you with a service	Yes, if one reason is because you're transgender (or another protected characteristic)	It could be, for example, they may not be qualified to provide the service needed
Misdiagnoses you	Yes, if one reason is because you're Black (or another protected characteristic)	Unlikely
Treats you worse than they normally treat other patients or clients	It could be, if one reason is you're disabled (or another protected characteristic)	It could be, if their duty to accommodate you causes them undue hardship
Refuses to give you a prescription for medication	No, if it's based on their medical judgment about the most appropriate treatment for you	Not applicable
Treats you roughly or rudely	It could be, if one reason is because you're a senior (or another protected characteristic)	Unlikely
Acts in a way that upsets, offends or intimidates you (including insulting you)	It could be, if one reason is because you're Indigenous (or another protected characteristic)	Unlikely



- Stay calm and address the situation.
- Talk to your health care provider
- Be Assertive
- Seek support from family and friends

### What can a healthcare provider do?

- Provide a safe and respectful environment by fostering inclusivity and maintaining confidentiality.
- Promote Equity, secondary to equality.
- Recognise bias and advocate for the patient
- Ensure access of healthcare services to all
- Respect the patient's cultural and religious preferences
- Work towards systemic change and follow up to build trust.



**ERASABLE LABELS**

Of all the forms of inequality, injustice in healthcare is the most shocking and inhumane. The right to health is universal, it should be provided to every human irrespective of race, gender, religion, nationality, or any other status.

Discrimination and stigmatization are violations of human dignity, giving the idea that stigma and human dignity are intrinsically associated; one can only exist when the other is absent.

We can't heal what we don't acknowledge. Unmasking bias is the first step to progress

Bias is invisible, but its consequences are not.

love - belonging - freedom - individuality

**Sanjana Sankarayogi**  
MS Ramaiah medical college

# The Breaking Barriers and The Erasable Labels

## Winner of The Breaking Barriers

### **A Future Without Labels – Envisioning an Inclusive, Patient-Centered Healthcare System**

*Healthcare should be a sanctuary of healing, where every patient is treated with dignity and respect. Yet, labels, whether based on gender, race, socioeconomic status, or medical history, continue to shape the quality of care individuals receive. These labels can lead to misdiagnosis, bias in treatment, and even a loss of trust in the medical system. But what if healthcare could be reimagined, free from these limiting categorizations? Consider the case of Sita, a 38-year-old woman who arrived at an emergency room complaining of chest pain. Despite her visible discomfort, the attending physician, noting her history of anxiety, attributed her symptoms to a panic attack. Hours later, Sita suffered a heart attack. Her case is not unique, studies show that women with heart disease are often misdiagnosed because their symptoms do not fit the stereotypical "male" presentation of a heart attack. The label of "anxious woman" overshadowed the urgency of her symptoms, delaying life-saving treatment. Similarly, Ram, a 52-year-old man experiencing chronic back pain, was repeatedly dismissed as "drug-seeking" due to his history of opioid use for a past injury. After months of suffering and advocacy, he was finally diagnosed with metastatic prostate cancer. The label assigned to him, one of addiction and presumed irresponsibility, delayed critical intervention. These examples illustrate how labels can lead to life-threatening consequences, reinforcing the urgent need for a healthcare system that treats individuals based on their symptoms and needs, rather than preconceived notions. A healthcare system free from labels does not mean ignoring medical histories or demographic factors. Instead, it means ensuring that these elements inform care without bias or prejudice. A truly patient-centered system would prioritize individual experiences, symptoms, and scientific evidence rather than societal assumptions.*

1. **Personalized Medicine Over Generalized Assumptions:** Advancements in genomics and AI-driven diagnostics enable tailored treatments instead of one size-fits-all approaches. For example, Maya, a South Asian woman with diabetes, struggled with standard treatments designed for Western populations. Precision medicine could address her unique physiological needs, improving outcomes.

2. **Bias-Free Medical Education:** Training programs must teach doctors to recognize and counteract biases. Dr. Patel, for instance, once dismissed an elderly patient's forgetfulness as "normal aging." After bias-awareness training, he identified early dementia signs in future cases, leading to timely interventions.

3. **Inclusive Communication:** Respectful, patient-centered communication builds trust. Alex, a transgender man, avoided healthcare due to repeated misgendering. A provider who acknowledged his identity transformed his care experience, demonstrating the power of inclusive interactions.

4. **Equitable Access:** Breaking systemic barriers ensures healthcare for all. When indigenous communities received culturally competent care, trust improved, and infant mortality rates declined, highlighting the need for accessible, inclusive healthcare policies. Technology has the potential to bridge gaps in healthcare equity. AI-driven decision support tools can help reduce human bias by focusing on objective clinical data rather than subjective judgments. However, ethical oversight is necessary to prevent biased algorithms from reinforcing existing disparities.

A label-free healthcare system is not just a dream, it is a movement that requires commitment from patients, healthcare professionals, and policymakers. By advocating for bias-free medical education, inclusive healthcare policies, and equitable access, we can create a system where every patient is treated as a person, not a category. Imagine a future where Sita's symptoms are immediately recognized as cardiac distress, where Ram's pain is taken seriously from the start, where Maya's treatment is personalized, where Alex feels safe seeking care, and where indigenous communities receive the same quality of healthcare as urban populations.

That is the future we must work toward, a healthcare system where dignity, respect, and patient-centered care replace the limitations of labels.

# Workshop Experiences

## ELEVATE

### ***Empowering Leadership, Ethics, and Values in Medical Practice***

Bioethics forms an integral aspect of any medical professional's daily life. Bioethics is a broad interdisciplinary field that uses ethical, legal, and policy analysis to predict and resolve issues raised by the use of medical and biological technology. Medical students are expected to learn these ethics during their undergraduate days and implement it thereafter in their practice. Failure to understand these issues and lack of skills to tackle bioethical dilemmas has resulted in a huge rise in lawsuits against medical practitioners, easily attributed to the non-involvement of ethics in the mainstream medical curriculum for a long time. Medical ethical concerns frequently touch on matters of life and death. Patient rights, informed consent, confidentiality, competency, advance directives, carelessness, and many other topics are highlighted as serious health concerns.

***This workshop aims to inculcate the basics of bioethics, soft skills and their application in real life at an undergraduate level.***

## Pre NGA

A 2 day online workshop on 18th and 19th April, 2025 which was a preliminary to the main offline NGA. During these 2 days participants came to know about the basic pillars of Bioethics, Confidentiality, Consent and the ethical issues involved in evolving medical technologies including AI



## NGA

National General Assembly 2025 was a 4 day offline convention, where medical students from all over the country come together and through the various capacity building workshops. These workshops are conducted by Internationally and nationally certified trainers which includes interactive and captivating modules, simulations, seminars, MUNs and much more conducted and coordinated by the various Standing Committees and Units of MSAI.

The MSAI Bioethics Unit conducted ELEVATE at NGA-25 Pondicherry. This workshop aims to inculcate the basics of bioethics, soft skills and their application in real life at an undergraduate level. Patient rights, informed consent, confidentiality, competency, advance directives, carelessness, and many other topics were highlighted in this workshop



# Trainer Experiences

*Doing ELEVATE was my dream project and I am glad to live this dream in the amazing NGA-25 Pondicherry. I hope I was able to make Ethsy proud of it. Seeing the participants understanding Ethics in a fun way made my year!! ♥*

**~ Deep Simranjeet Singh**

*Training for ELEVATE Bioethics workshop was a great experience. Guiding discussions and seeing participants learn was rewarding. Their questions often made me think more deeply about the topics. I learned a lot alongside them, improving my understanding and communication skills. It highlighted how much we can all learn from each other.*

**~ Sai Snigdha Mohanty**

*Training at the ELEVATE workshop was a great and enjoyable experience. We discussed various important bioethics topics that contribute to developing caring and skilled healthcare professionals. A successful workshop is the result of the combined efforts of both trainers and participants, and I was fortunate to have the most enthusiastic and eager learners in my very first experience as a trainer. ELEVATE gave me the opportunity to grow and shine alongside fabulous co-trainers.*

**~ Dev Patel**

*If I had to list my experiences in life in the order they made me happy, being a trainer for the bioethics unit at ELEVATE NGA'25 would definitely make it to the top of the list. The participants were family and*

*at the end of the day my co-trainers turned out to be people who I could lean on and would always hold in the highest regards. Together, all of us dove into ethics, soft skills and solved dilemmas and truly had a blast at it. It was truly an example of how learning can be more fun and rewarding. Lots of ethsy love*

**~ Leia Langalia**

*This was the first-ever workshop where I wasn't a delegate but a trainer, and the experience was truly special. I still remember the excitement when I got selected—it felt like a big step forward.*

*At the beginning, I was really nervous. I kept wondering: How will I deliver my session? Will everything go smoothly? But on the first day itself, the support from the other trainers made all the difference. They stood by me throughout the journey, and that helped me gain confidence and enjoy the process.*

*Being on the other side—as a trainer instead of a participant—was a whole new kind of learning. It made me realize how much effort and responsibility goes into guiding others. Honestly, learning as a trainer hits different. It taught me valuable lessons, not just about the subject, but also about teamwork, communication, and self-growth.*

**~ Dhruv Goyal**



# Experience of a delegate

*Attending the ELEVATE Bioethics Workshop at NGA Pondicherry was a truly transformative experience. As a medical student, I often encounter ethical dilemmas in theory, but this workshop gave me the tools to understand and apply ethical principles in real-life clinical and research settings.*

*The sessions were deeply engaging, covering critical topics like patient autonomy, consent, end-of-life care, and emerging challenges in medicine. What made the workshop stand out was the interactive format—case-based discussions, debates, and role-plays that encouraged us to think critically and compassionately.*

*The facilitators created a safe and inclusive space for dialogue, welcoming diverse viewpoints and guiding us to consider the ethical, cultural, and emotional aspects of every decision in healthcare. I left the workshop feeling more confident, not just in my knowledge of bioethics, but in my ability to advocate for patient rights and ethical medical practice.*

*ELEVATE didn't just teach bioethics—it inspired me to become a more thoughtful and responsible future physician. I highly recommend this workshop to every medical student who wants to make a meaningful impact in healthcare.*

**Shivansh Tiwari**

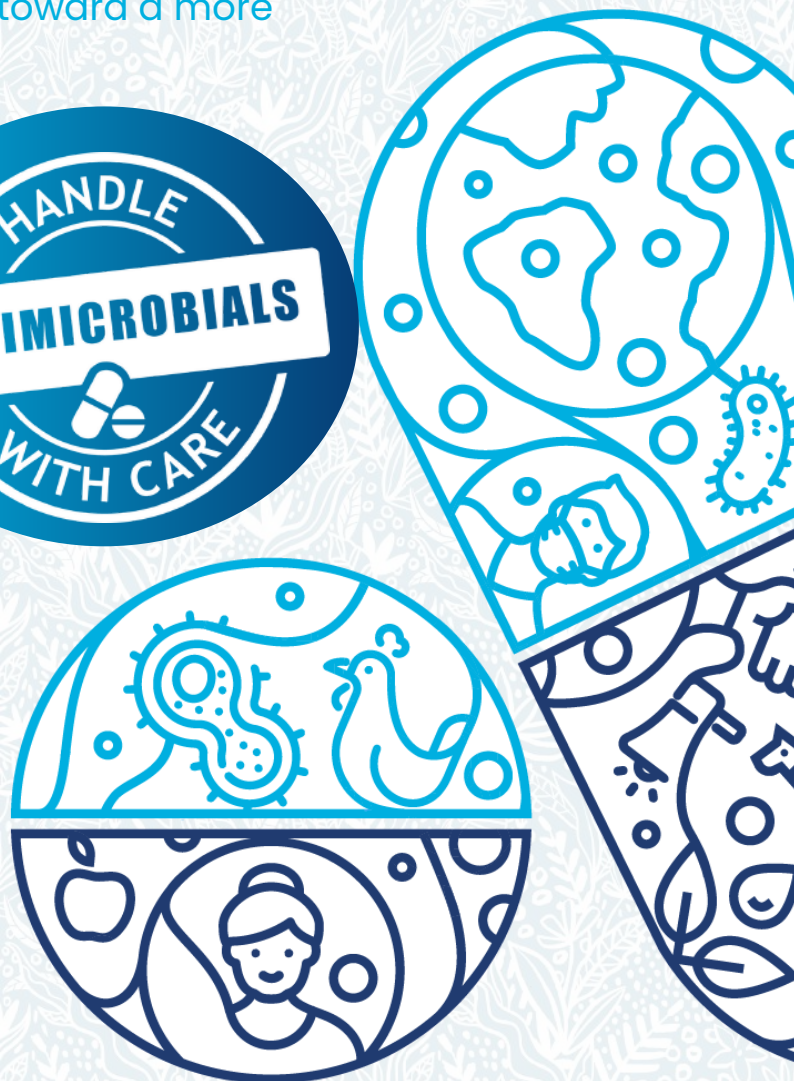


# MSAI WHO AMR UNIT

As the 2024-25 term draws to a close, the MSAI WHO-AMR Unit reflects on a deeply fulfilling journey dedicated to combating antimicrobial resistance through education, advocacy, and community engagement. From empowering young students through Project GoBlue 2.0, to promoting essential hand hygiene practices in underserved communities with All Hands on Deck, and fostering global dialogue during World AMR Awareness Week 2024, every initiative was a step toward a more informed and resilient society. The capacity building workshop held during the National Workshop Meet 2024, Pune further promoted our message of AMR Stewardship amongst medical students.

It has been an honour to collaborate with our esteemed partners WHO Country Office India. To all the passionate medical students across the country, thank you for all your contributions! We're extremely grateful for the support we received throughout the year.

We are proud of the impact created and remain committed to building on this momentum in the years to come.



# MSAI WHO AMR UNIT

Antimicrobial Resistance (AMR) is one of the biggest threats to global health today. It compromises our ability to treat common infectious diseases, leading to prolonged illness, disability, and death. AMR doesn't just affect individual patients—it affects entire healthcare systems and communities. Misuse and overuse of antibiotics in humans, animals, and agriculture have accelerated this crisis. Raising awareness and promoting behavior change remain key strategies to combat AMR. The MSAI WHO-AMR Unit, led this term by Dr Saneeka Vaidya, Vice President for External Affairs and the Unit Chairperson and Anupreksha Jain, Unit Coordinator, worked on several impactful initiatives. Through education, advocacy, and grassroots action, the unit aims to equip medical students with the knowledge and responsibility to act as AMR champions in their communities.



# Highlights

## Of the year

### Project GoBlue 2.0 for AMR

In response to India's growing concern over high antibiotic resistance rates, the MSAI WHO-AMR Unit launched Project GoBlue 2.0, a nationwide initiative targeting AMR awareness among



schoolchildren from 7th to 9th grade. Led by medical student volunteers, the campaign combined interactive PowerPoint presentations, posters, pamphlets, and handouts to engage and educate young minds about the dangers of antimicrobial resistance and the importance of responsible antibiotic

use. The project successfully conducted on-ground awareness sessions, aiming to reach over 1,000 students across the country, laying the foundation for an informed and health-conscious generation.

# All HANDS on Deck

## Promoting Handwashing to Combat AMR

All HANDS on Deck is a flagship initiative under the MSAI WHO-AMR Unit 2024-25, carried out in collaboration with the WHO Country Office for India. This campaign was designed to highlight the critical role of hand hygiene in preventing infections and limiting the spread of antimicrobial resistance. Focusing on rural and underserved communities, medical student volunteers organized educational sessions and practical demonstrations of proper handwashing techniques. By empowering individuals with knowledge and actionable habits, the campaign bridged public health awareness gaps and reinforced the importance of everyday preventive practices in the fight against AMR.



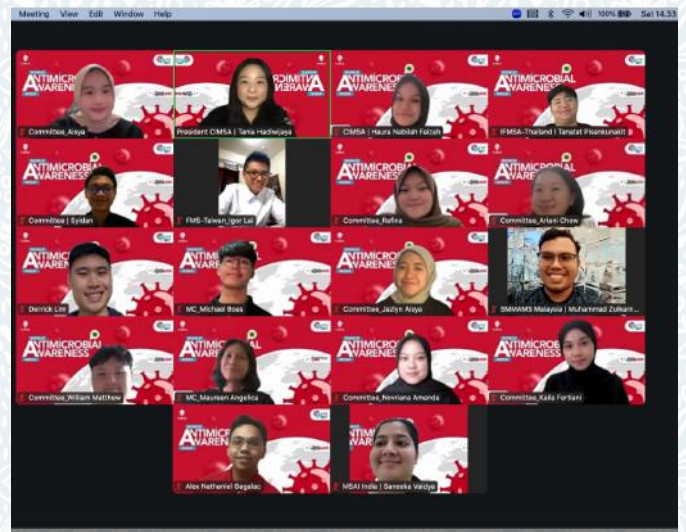
# World AMR Awareness Week 2024

To commemorate World AMR Awareness Week 2024, the MSAI WHO-AMR Unit orchestrated a multi-pronged awareness campaign aimed at both the general public and medical student community. The Unit designed and released a series of infographics to explain AMR concepts in an accessible manner.

The Unit Members led awareness sessions for their peers, promoting antibiotic stewardship and the importance of responsible medication use. The initiative promoted a culture of inquiry and accountability, empowering future healthcare professionals to advocate for AMR awareness and action in their careers.

MSAI-India also partnered with CIMSA-Indonesia to co-host a webinar on "AMR in the Asia-Pacific Region." This cross-border collaboration emphasized the shared regional challenges posed by AMR and highlighted the value of international dialogue and cooperation in addressing this global health threat.

By combining education, engagement, and collaboration, the MSAI WHO-AMR Unit's campaign not only raised awareness but also inspired a new generation to take active roles in combating antimicrobial resistance.



# Capacity Building

In the vibrant world of MSAI, where possibilities are limitless, empowering members to excel remains a core mission. At the forefront of this vision stands the dedicated Capacity Building Team, an inspiring group of changemakers committed to nurturing growth and excellence across the organization.

Spearheaded by the Vice President for Capacity Building (VPCB), the team includes energetic Regional Directors (RDs), National and Regional Assistants, and Local Officers on Capacity Building (LOCBs), all working in unison to foster a culture of continuous learning and personal development.

MSAI's capacity-building initiatives are a testament to this team's unwavering commitment. From enhancing soft skills and leadership qualities to providing training in strategic planning and technical know-how, every program is thoughtfully crafted to equip members with the confidence, knowledge, and tools they need to thrive, not only within the organization, but far beyond it. Through collaboration, innovation, and passion, the Capacity Building Team is helping shape the leaders of tomorrow.

**Mradul Uttam**  
(he /him)

**RD-North**

**Dr. Deepit Divyanshu**  
(He/him)

**VPCB**

**Dr. Bushra Khan**  
(She/her)

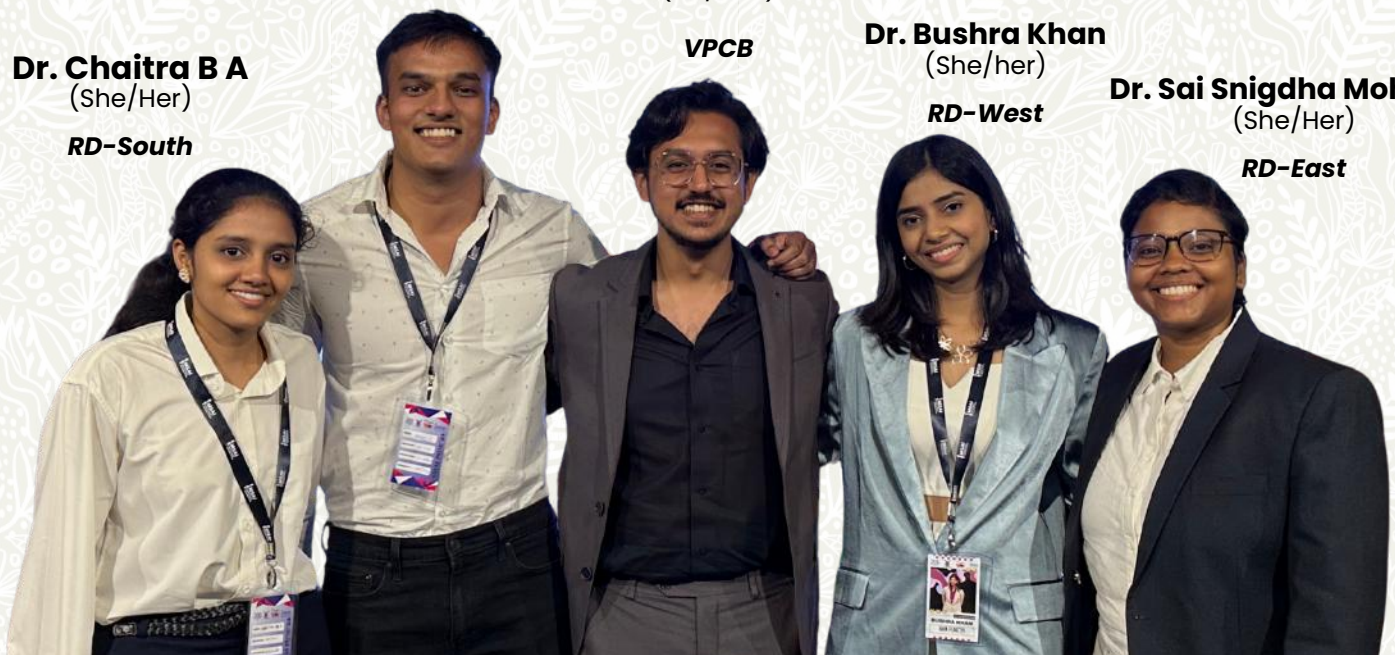
**RD-West**

**Dr. Sai Snigdha Mohanty**  
(She/Her)

**RD-East**

**Dr. Chaitra B A**  
(She/Her)

**RD-South**



# Highlights

## Of the year

### The CBee's Cafe

The CBee's Cafe workshop at NWM, Pune offered participants a refreshing and interactive approach to personal and professional growth. Designed to equip individuals with essential soft skills, the event went beyond conventional learning by incorporating innovative tools and engaging techniques that made the entire experience both enjoyable and impactful. Covering a broad spectrum of areas such as effective communication, emotional intelligence, time management, and problem-solving, it emphasized practical application over passive learning. The workshop encouraged self-discovery and fostered a deeper understanding of how these skills influence both workplace success and personal well being.



# Highlights

## Of the year

### CBee's Cafe 2.0

CBee's Café 2.0 workshop at NGA Pondicherry recently served as the vibrant venue for a transformative capacity building workshop designed to enhance the soft skills of emerging healthcare professionals. The event brought together participants for an engaging and insightful experience that focused on cultivating essential competencies such as effective communication, leadership, emotional intelligence, logistics management, innovation, organisational and presentation skills.

Through a series of interactive sessions and hands-on activities, participants explored strategies for personal branding, strategic planning, and interpersonal development. The workshop placed a strong emphasis on self awareness and collaborative engagement, qualities vital for providing compassionate and efficient healthcare.

The initiative successfully fostered a space for reflection, growth, and meaningful dialogue, equipping future caregivers with the tools to navigate the ever evolving landscape of the healthcare industry with confidence and empathy.



## Trainer's Experience

CBee's Café truly meant something to me, it wasn't just about delivering sessions, but about holding space that felt real for our participants.

I watched our participants grow, open up, and shift in the most beautiful ways, from hesitant voices to confident reflections.

Somewhere along the way, I realized we weren't just building skills, we were building people. Creating a space where they could speak, learn, and be heard without judgment was something I held close to my heart.

And amidst all of it, I grew too. Quietly, deeply. I had the joy of working alongside some incredible co-trainers who made the process even more meaningful. We poured effort into every detail, not for perfection, but for connection. More than anything, I wanted our participants to go home feeling safe, seen, and full of good memories.

This workshop brought me back to my 'why'; the reason I choose to train, to show up, to care. Because when the space you're holding begins to hold you back, it stops being just a workshop... it starts feeling like Home.

- Tisha Parsania

Serving as a Capacity Building Trainer at CBee's café NWM, Pune was a transformative milestone in my journey. Facilitating sessions on leadership, team building and risk management, I witnessed participants open up, reflect deeply, and step into their potential, while growing alongside them myself.

What made this experience truly special was the safe, collaborative space we created, where vulnerability was welcomed, questions were encouraged, and learning felt personal. The energy in the room was electric, shaped by genuine curiosity and mutual respect.

Working with a passionate team of trainers and an incredibly responsive group of delegates reminded me why capacity building isn't just a module, it's a mindset.

NWM 2024 was more than an event, it was a chapter of growth, connection, and purpose.

- Mahima Bharal



## Trainer's Experience

Being a trainer at CBee's Café 2.0 during NGA 2025 in Pondicherry was an incredibly rewarding experience. I facilitated sessions on capacity building and PRC, focusing on branding strategies and hands-on Canva workshops.

In the PRC sessions, we explored the importance of cohesive visual identity, storytelling, and message consistency. The Canva segment was especially engaging –participants created impactful designs and learned how to build effective advocacy campaigns from scratch.

The enthusiasm and creativity of the delegates made the sessions dynamic and collaborative. It was a joy to witness their growth and contribute to building a stronger, more confident PRC space.

- Divyansh Tyagi

From being an awe-stricken delegate to becoming a trainer alongside the very co-trainers who once inspired me, it was a full circle moment for me.

Crafting sessions for CB is honestly a deeply introspective journey because you're forced to dissect your life into all those little skills you once wished you'd known. Then you weave them together with research-backed insights, wacky activities, and a ton of memes.

Hours of research, days of planning, and designing the craziest activities—it was all worth it when I saw the pax truly enjoying the learning process.

And of course, there were the bonds along the way with my co-trainers, facilitators, EBTO, and the pax.

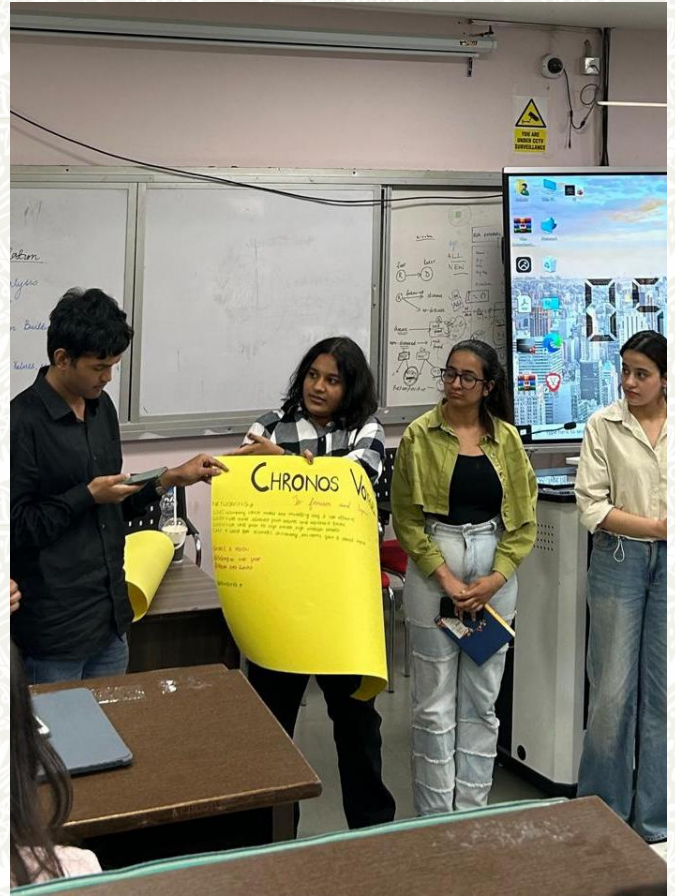
Let me put it like this: life is full of firsts, and for me, being a trainer for the first time is one memory that stays in my mind in tiny bright yellow orbs.

- Chirag Kubde



## Local Workshops

**I.G.N.I.T.E.**, a capacity building workshop hosted at VMMC, Delhi offered an enriching platform focused on the development of crucial soft skills essential for today's healthcare professionals. The program covered a diverse range of topics including communication, strategic planning, leadership, branding, presentation skills, and conflict management. With a strong emphasis on interpersonal effectiveness and self-awareness, the workshop aimed to empower participants to become more empathetic, confident and collaborative caregivers, ultimately enhancing the quality of healthcare delivery.



## Workshop Experience

*Attending the I.G.N.I.T.E workshop for Capacity Building organized by MSAI at VMMC was a very transformative experience for me.*

*The sessions were not only informative, interactive but also deeply empowering, helping me understand the foundations of effective leadership, good communication skills, branding, team dynamics, and organizational growth.*

*Through engaging activities and interactive discussions, I gained valuable skills in communication, advocacy, and project planning that are essential for creating impactful change. The workshop also fostered a strong sense of collaboration and inspired me to take a more proactive role within MSAI.*

*I am truly grateful to the facilitators, fellow participants and the organizing team for creating such a supportive and stimulating environment. I.G.N.I.T.E has sparked in me a renewed passion for leadership and health advocacy.*

**- Shivansh Tiwari**

## Local Workshops

**The CBee's Hive** was a soft skills development workshop designed for 20 passionate medical students, aiming to shape them into empathetic leaders and effective global health advocates.

Over the course of the workshop, participants engaged in dynamic sessions on communication, leadership, advocacy, stakeholder analysis, types of advocacy, and crafting the perfect elevator pitch.

They also explored practical tools like brainstorming, mind mapping, public speaking, presentation skills, and time management.

Every session was hands-on, interactive, and deeply reflective, creating a space where students not only learned essential life skills but also discovered new confidence, built lasting bonds, and had a truly unforgettable experience.

### Workshop Experience

*The event was really fun and enjoyable. My favorite session was on advocacy—it was very interesting. The speakers explained everything clearly and made it easy to understand. They were also friendly and helpful. I learned a lot and had a great time. It was a great chance to meet new people and share ideas. I'm looking forward to more events like this!*

**- Ridham Dedania**



# Health Camps

The Medical Students Association of India (MSAI) marked World Health Day by organizing health camps in multiple cities, including Nagpur, Jalgaon, Ahmedabad, Manglore and Mumbai. In collaboration with community medicine departments of medical colleges like IGGMC Nagpur, DUPMC Jalgaon, GMERS Sola, and LTMMC Mumbai, the initiative provided medical students with hands-on experience in delivering healthcare services while refining their clinical skills.

This effort not only benefited the community but also shaped the next generation of healthcare professionals, equipping them with expertise and compassion. We thank our Vice President for Activities, the Regional Directors, Our enthusiastic Local Officers and our Members for their extraordinary support and dedication in conducting these health camps.



*Srinivas Institute of  
Medical Sciences*

**Manglore**



*Lokmanya Tilak Municipal  
Medical College*

**Mumbai**



*GMERS Medical  
College*

**Sola, Ahmedabad**



*Indira Gandhi Government  
Medical College & Hospital*

**Nagpur**

# National Workshops Meet Pune

The National Workshop Meet (NWM) is one of the biggest workshop meets organized by the Medical Students' Association of India (MSAI). It brings together medical students from across the country in a collaborative environment dedicated to skill development, peer learning, and capacity building.

NWM'25 hosted by BVDUMC, Pune, offered a range of workshops that focused on both core and complementary areas of medical education (IMPACT), including soft skills (CBee's Cafe), leadership, public health (CATALYST), human rights (Rights and Us), SRHR (C2G Revamp), and exchange opportunities (NEXUS), along with an insightful MSAI-WHO AMR workshop. Focusing on hands-on and interactive sessions, these workshops aimed to equip participants with practical tools and perspectives that enhance their personal and professional growth.

While it maintained a strong professional and developmental focus, the NWM also provided a space for medical students to connect, share experiences, and build meaningful networks. It encouraged collaboration among participants from diverse backgrounds and regions, fostering a sense of community within the medical students from all over the nation.

As one of the most important event in MSAI's annual calendar, the National Workshop Meet continues to play a vital role in empowering medical students and strengthening youth involvement in health leadership across India..



# National General Assembly Pondicherry

The National General Assembly (NGA) is the biggest offline event organized by the Medical Students' Association of India (MSAI). Organised in collaboration with Pondicherry Institute of Medical Sciences (PIMS), Pondicherry, it was the largest congregation of medical students in the country. The NGA served as a platform of, for, and by medical students, bringing together representatives from across the nation to collaborate, learn, and lead.

NGA featured a diverse array of capacity building workshops spanning topics such as soft skills, leadership and management (CBee's Cafe 2.0), public health (UnCOVER), sexual and reproductive health and rights (TCAT), medical education (SPACE), human rights (HEAL), exchanges (NEXUS 2.0), bioethics (ELEVATE), Global Health Advocacy, among others. In addition to these workshops, we hosted engaging sessions conducted by esteemed external partners including but not limited to the World Health Organization (WHO), AMBOSS, Littmann, and more, providing participants with valuable insights and global perspectives.

A key highlight of the NGA were its plenary sessions, which offered a transparent look into the internal workings of the nation's largest medical student body. It equipped the participants with a deeper understanding of governance, policy-making, and the collaborative efforts that drive the association forward.

Beyond all of that, the NGA has always been a vibrant networking hub, enabling students from across the country to share ideas, foster partnerships, and build lasting relationships. Over the years, the NGA has served as a launchpad for aspiring global health leaders, encouraging youth engagement and advocacy at both national and international levels.



# ELOCUTIO

## THE EXTERNALS NEWSLETTER

In this edition, Elocutio makes its return as a reflection of the vibrant year in the External Affairs domain. Launched during the Opening Ceremony of the National General Assembly 2025, the magazine captures the term's key highlights: from landmark policies and impactful collaborations to international representation and external partnerships. More than a compilation of achievements, Elocutio stands as a testament to the collective dedication of the External Affairs team, supported by the EBTO and the collaborating partners. This year's edition not only documents progress but also celebrates the voices and leadership of young people who've worked to place MSAI at the forefront of global health advocacy and youth engagement.



TO READ SCAN HERE:



# Closing Message

## **From the Desk of the Vice President for Internal Affairs The Closing Note**

Dear Readers,

As we reach the end of yet another remarkable term, it brings me immense joy to address you not just as readers of VANI, but as the very individuals who have shaped the spirit and success of MSAI this year.

This term was filled with opportunities, some that presented themselves, and many more that we carved out from the challenges that came our way. That, to me, is the true essence of MSAI: a community that embodies resilience. Not only resilience in action, but also in thought, in creativity, and in the quiet courage to consistently do better.

What truly sets MSAI apart is how deeply self-driven this journey is. Time and again, you, our members, have inspired us with your innovative approaches to age-old challenges, your fresh perspectives, and your unwavering commitment to change, no matter how big or small. In turn, we as a team have strived to channel that energy into something more holistic, inclusive, and thoughtful, be it through platforms, initiatives, or opportunities.

VANI, our annual newsletter, continues to be a witness to this evolution. As India's largest medical student-run organization with over 22,000 members, MSAI's journey is beautifully reflected in every article, diary entry, artwork, and reflection featured here. This edition is not just a collection of content, it is a celebration of our shared purpose and a testament to the power of collective effort. And at the heart of it all lies the strength of MSAI: you, our MEMBERS.

As I reflect on this past term, I feel a deep sense of connection. I had the privilege of interacting with many of you, and through each interaction, you reminded me why I fell in love with this organization in the first place. You have all contributed to MSAI with such passion and dedication, it has been truly inspiring. This organisation exists for you, is driven by you, and is strengthened because of you.

Thank you for making this journey so memorable, for your work, your warmth, and your will to grow. As we close this chapter and look ahead, I hope VANI remains a reminder of what we've accomplished and all that we still have the power to build together.



***With gratitude and belief in each one of you,  
Dr. Himani Nanda  
Vice President for Internal Affairs 2024-25  
Medical Students' Association of India  
Signing off***

# Executive Board and Team of Officials 2024-2025





**Making a difference together!**



**Find more about us at:**

[www.msaindia.org](http://www.msaindia.org)



S-473, Basement, Greater Kailash, New Delhi -110048  
[msai-india@ifmsa.org](mailto:msai-india@ifmsa.org)