

The Herald

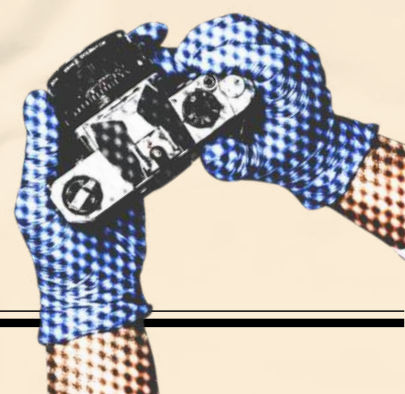


Student Magazine Media Body

OFFICIAL NEWSLETTER OF TOPIWALA NATIONAL MEDICAL COLLEGE AND BAI YAMUNABAI
LAXMANRAO NAIR CHARITABLE HOSPITAL, MUMBAI



This issue stands as a vox box of the year at Nair.



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Editor's Note

Dearest Gentle Reader,

This year's issue of our newsletter brings together moments, milestones, and memories from our campus that quietly shaped the year gone by. From the celebrations of Small World Days to the Ravi Rananaware Oration, we have tried to bring together everything that formed the rhythm of life at Nair.

Within these pages, you will find a blend of voices and experiences. Our Interview Corner features conversations ranging from students to Heads of Departments, making this newsletter a true vox box of Nair. To make the reading experience engaging and enjoyable, we have included small fun corners across many pages, from Did You Know sections to light, relatable lists that add warmth and curiosity to the issue. Alongside these are thoughtful pieces such as Cadaver Our First Teacher and highlights of achievements like BAP Quiz, capturing both learning and celebration.

Putting this newsletter together in between events, responsibilities, and examinations was challenging. There were moments of pressure and uncertainty, but the journey taught me patience, resilience, and the value of staying committed even when things felt overwhelming.

This endeavour would not have taken shape without the quiet encouragement of our Dean Sir and President, whose support allowed this idea to grow. I am deeply grateful to our Vice President, Dr Sanjay Swami Sir, whose constant guidance, reassurance, and belief in me made this journey possible. His support at every step turned challenges into learning experiences. I also sincerely thank Dr Hitav Someshwar Sir for his consistent guidance and Dr Sumedh Sonavane Sir for always being there whenever I needed help.

My heartfelt thanks go to Aditi, Swati, Anisha, Ananya, Atharv and Dr. Ishika who stood by me whenever I needed support, and to the entire team and the Batch of 2025 for always stepping in when required. I am especially grateful to my parents, who were my constant source of strength and my greatest stress busters throughout this journey.



Lastly, to my dearest gentle readers, if this newsletter helps you feel more connected to our campus, discover something new, or simply enjoy the read, I will consider this effort truly worthwhile. Your feedback is always welcome.

Happy reading.

Sneha Pratibha Bhagawat Chimkar
Magazine Media Secretary (2025–2026)
Topiwala National Medical College

The Herald

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Photograph : Atharv Chavan

105th Foundation Day Celebrated with Pride

TNMC & B.Y.L Nair Charitable Hospital celebrated its 105th Foundation Day on 4th September, 2025. Established in 1921 during India's freedom movement, the institution stands as Mumbai's first Indian-run medical college and continues to be a leading tertiary care and teaching hospital under the Brihanmumbai Municipal Corporation.

Source : tnmc_nair_hospital Instagram

LOOKING AHEAD: STRENGTHENING HEALTHCARE INFRASTRUCTURE

Oncology Building: Construction is currently in progress, with the aim of expanding cancer care facilities and improving patient access to specialised oncology services.



3D Motion Analysis and Gait Laboratory Early Intervention and Rehabilitation Center for Children

The Early Intervention and Rehabilitation Center for Children at B.Y.L Nair Ch. Hospital delivers multidisciplinary, evidence-based care for infants and children with developmental, neurological, and musculoskeletal conditions. It functions as a clinical, academic, and training hub within the public health system, integrating early diagnosis, family-centered therapy, and longitudinal follow-up. Three-dimensional motion analysis represents the highest standard for objective evaluation of human movement. A comprehensive 3D Gait Laboratory integrates motion capture, force measurement, synchronized video, and electromyography to provide a detailed, quantitative understanding of gait and functional movement. This approach allows clinicians to move beyond observational assessment and accurately define movement impairments, compensations, and functional limitations.

The 3D Motion Analysis and Gait Laboratory at the Early Intervention and Rehabilitation for Children has been established to support precise diagnosis, treatment planning, and outcome evaluation in children with complex movement disorders. This is the first such laboratory within the Municipal Corporation of Greater Mumbai (MCGM) system and one of the few advanced gait laboratories functioning within a public healthcare setup in India, significantly expanding access to objective movement analysis.

Technique:

The laboratory which was setup in May, 2025 is equipped with 10 high-speed infrared cameras, 2 synchronized video cameras, 2 embedded force plates, and a 16-channel portable electromyography (EMG) system. Reflective markers are placed on standardized anatomical landmarks using validated protocols. The child is asked to walk and perform task-specific movements within a calibrated capture volume.

(Continued on Page 6...)

Dr. Shailesh Mohite Appointed as Director, Medical Education & Major Hospital (MCGM) ; Nominated to MUHS Senate

Dr. Shailesh Mohite, Dean of Topiwala National Medical College & B.Y.L Nair Charitable Hospital, has assumed charge as Director, Medical Education & Major Hospitals (MCGM). He has also been nominated as a Senate Member of the Maharashtra University of Health Sciences (MUHS), Nashik.

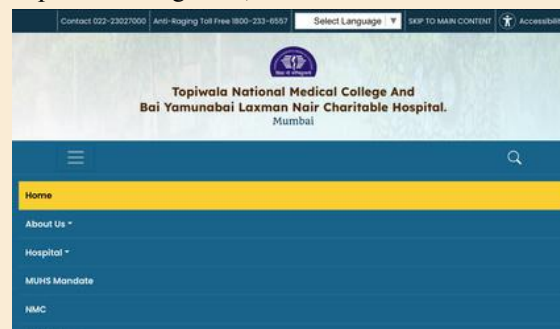
In his capacity as Dean, Dr. Mohite has been associated with academic strengthening, administrative coordination, and institutional development at TNMC & B.Y.L. Nair Charitable Hospital. His appointment as Director places him in a key leadership role overseeing medical education and major public hospitals, with responsibilities spanning academic governance, policy implementation, and inter-institutional coordination.



His nomination to the MUHS Senate entrusts him with additional responsibilities in academic regulation and university-level decision-making. The TNMC & B.Y.L. Nair Charitable Hospital fraternity notes this transition and extends its best wishes as he undertakes responsibilities of wider scope.

TNMC Launches Redesigned Official Website

Topiwala National Medical College (TNMC) launched its redesigned official website on New Year's Day, enhancing digital accessibility and institutional transparency. Developed in accordance with the guidelines of the National Medical Commission (NMC) and the Maharashtra University of Health Sciences (MUHS), the revamped platform features improved navigation, a



streamlined interface, and dedicated departmental access, strengthening communication with students, faculty, and stakeholders while ensuring regulatory compliance.



Scan to visit the official TNMC website

11th Dr. Ravi Ranaware Oration Held at TNMC & B.Y.L. Nair Hospital

"An Endoscopist's Odyssey"

The Staff Society of Topiwala National Medical College & B.Y.L Nair Charitable Hospital organised the 11th Dr. Ravi Ranaware Oration, an annual academic event instituted in memory of Late Dr. Ravi Ranaware, former Dean of TNMC & B.Y.L. Nair Charitable Hospital. The oration continues to honour his legacy and contributions to medical education and leadership.



This year's oration was delivered by Dr. Mohan Joshi, Dean, Lokmanya Tilak Municipal Medical College, Mumbai.

In his address, Dr. Joshi shared insights from his professional journey, with a focus on leadership and advances in endoscopic surgery. The programme was graced by Dr. Neelam Andrade, Director, Medical Education & Major Hospitals, Dr. Shailesh Mohite, Dean, TNMC & B.Y.L. Nair Charitable Hospital, and senior

faculty members from various medical institutions across Mumbai. The Dr. Ravi Ranaware Oration is conducted annually through an endowment contributed by his family and continues to serve as a platform for academic reflection and inspiration for faculty and students

Since its inception in 2012, the Dr. Ravi Ranaware Oration has been delivered by eminent academicians and clinicians, including Dr. Ravi Ramakantan (2012), Dr. Sanjay Oak (2013), Dr. Dilip D. Tanna (2014), Dr. Harish Shetty (2015), Dr. Snehlata Deshmukh (2016), Dr. Rajendra A. Badwe (2017), Dr. J. V. Dixit (2018), Dr. Shashank R. Joshi (2019), Dr. Ravin L. Thatte (2022), and Dr. Vihang Vahia (2023). The oration was not conducted during 2020–2021 due to the COVID-19 pandemic. The oration continues to serve as a platform for academic reflection and institutional memory.

Retirement of Distinguished Faculty

Members

Dr. Kalpana Mehta and Dr. Rajan Nerurkar retired from Topiwala National Medical College and Nair Hospital after decades of dedicated service. Dr. Chhaya Verma (Physiotherapy) and Dr. Aadil Chagla (Neurosurgery) also retired, and the institution honoured all four for their valuable contributions to academics and patient care.



DID YOU KNOW?

One of the **rarest blood groups** in the world the **Bombay Blood Group (Oh phenotype)** was recently identified at the **Blood Centre of TNMC & B.Y.L. Nair Hospital.**

In a significant achievement for transfusion medicine, the Blood Centre of TNMC & B.Y.L. Nair Charitable Hospital identified a rare Bombay Blood Group (Oh phenotype) during routine blood group screening at a blood donation camp.

The Bombay blood group is one of the rarest blood types in the world and is clinically important due to its unique transfusion requirements. Individuals with this blood group lack the H antigen and cannot receive blood from common ABO blood groups, including O, making compatible donors extremely scarce.

First discovered in Bombay (now Mumbai) in 1952, the Bombay blood group is estimated to occur in approximately 1 in 10,000 individuals in India.

This achievement reinforces B.Y.L. Nair Hospital's dedication to excellence in transfusion services and highlights the vital role of blood donation camps in identifying rare and lifesaving blood groups.

Anti-Ragging Awareness Programme

On the occasion of Anti-Ragging Day (12th August, 2025) and Anti-Ragging Week (12-18th August, 2025), the Anti-Ragging Committee, TNMC conducted a sensitization lecture by police personnel for undergraduate students, attended by 180 Third and Final MBBS students.

Blood Bank Centre at B.Y.L. Nair Charitable Hospital & TNMC receives NABH accreditation

— A First for Government Facility in Maharashtra

In a significant healthcare milestone, the Blood Bank Centre at B.Y.L. Nair Charitable Hospital and Topiwala National Medical College (TNMC), Mumbai, has been awarded accreditation by the National Accreditation Board for Hospitals & Healthcare Providers (NABH), reaffirming its commitment to the highest standards of safety, quality, and patient care. With this achievement, the Nair Hospital Blood Bank becomes the first government hospital blood centre in Maharashtra to receive NABH accreditation—an honour achieved by only a limited number of blood banks across the country.

The accreditation was granted following a comprehensive and rigorous evaluation of the blood bank's transfusion services. Key areas assessed included donor selection and screening, testing and quality control protocols, infection prevention measures, documentation practices, storage and inventory management, and overall transfusion safety. The process also reflected sustained improvements in operational procedures and infrastructure, ensuring compliance with nationally prescribed quality benchmarks.



Hospital officials stated that NABH accreditation will significantly strengthen patient safety and enhance donor confidence by ensuring that blood collection, testing, storage, and transfusion processes adhere to stringent quality and safety norms. The recognition is expected to benefit patients requiring timely and safe transfusion services, as well as donors participating in voluntary blood donation drives.

TNMC & B.Y.L. Nair Hospital Join BMC Cleanliness Fortnight Drive

Mumbai: Topiwala National Medical College (TNMC) and B.Y.L. Nair Charitable Hospital actively participated in the Brihanmumbai Municipal Corporation (BMC) Cleanliness Fortnight Drive, reinforcing their commitment to hospital hygiene, sanitation, and public health standards.

As part of the initiative, MBBS, Nursing, and Maharashtra Association of Resident Doctors (MARD) students conducted awareness rallies within the hospital campus, promoting cleanliness and hygienic practices. This was followed by inspection rounds across various hospital premises, aimed at encouraging sustained cleanliness and

responsible civic behaviour among healthcare workers and visitors. The drive highlighted the role of medical institutions in supporting public health initiatives and fostering a clean and safe healthcare environment. Participation in the campaign reaffirmed TNMC & B.Y.L. Nair Hospital's dedication to maintaining high standards of hygiene in alignment with public health objectives.



Samuhik Gaan – 150 Years of Vande Mataram

TNMC participated in the Samuhik Gaan event commemorating 150 years of Vande Mataram, joining institutions across the state in celebrating unity, heritage, and national pride.



Farewell To A Guiding Light

TNMC Mourns the Loss of Renowned Anatomist Dr. K. Shyamkishore

It is with a heavy heart that Topiwala National Medical College mourns the passing away of an exemplary teacher and guide to countless students, Dr. K. Shyamkishore sir, former Professor and Head, Department of Anatomy, who left for heavenly abode on 10th December, 2025.

Dr. K. Shyamkishore sir was an inspiration for many students and colleagues alike. His determination was indeed something that stood out.

He shone in the field of Anatomy through his unparalleled knowledge and unwavering

dedication for the subject. He never let his circumstances deter his path for excellence, instead he became a father figure to everyone who wished to learn and delighted them with his sense of humour.

The "human encyclopedia" as he was rightly called, instilled a love for



anatomy for the students of Seth GS Medical College and TNMC alike, with an illustrious career spanning over 34 years (1991 to 2025). Paying tribute to him, **Dr. Yuvaraj Bhosale, in-charge of the Department of Anatomy, says, "I have been acquainted with sir for over 27 years now. I had cried for days upon hearing about his death. Then suddenly I realised I was crying for a man who never cried."** Such was the extraordinary resilience of Dr. K. Shyamkishore sir who took life as it was, not complaining about his adversaries but rejoicing in his work and his family.

"We may have lost you KSK sir, but we promise to keep you alive in our memories, our hearts and work, the way you have shaped us", says Dr. Seema Khambatta, Additional Professor in the Department of Anatomy, her words echoing a common sentiment in all of us Nairites, a promise to follow in the footsteps of our guiding star.

No words can describe the immeasurable loss and the void that has been created in

all of our hearts. His legacy will continue to live through each student and colleague he inspired and through the passion for Anatomy he nurtured.

Herald, the Student Media Body of TNMC and B.Y.L.NCH pays its humble tributes to Late Dr. K. Shyamkishore sir. May his noble soul rest in peace, and may his students carry his legacy for the years to come.

Prerona Chakrabarty & Sriram Sreekanth

Advancing Academic Psychiatry: Inauguration of Conference & Research Room at TNMC

The Department of Psychiatry at Topiwala National Medical College & B.Y.L. Nair Charitable Hospital inaugurated a new Conference and Research Room in memory of the Late Dr. Charles Pinto, a respected figure known for his passion for psychiatry, geriatrics, and research. The programme was graciously attended by Dean Dr. Shailesh Mohite and UG Academic Dean Dr. Lalita Patil, along with former department heads, alumni, and members of Dr.



Pinto's family. The state-of-the-art facility — made possible through generous contributions from the TNMC Global Alumni, especially the North America Chapter and the Batch of 1969 — is designed to support distance learning, academic discussions, research activities, and community outreach services for postgraduate students and faculty.

Autism Awareness Seminar for Parents



On 5th April, 2025, TN Medical College & B.Y.L. Nair Charitable Hospital organised a seminar titled "From Challenges to Strengths: OT Insights for Parents of Children with Autism" as part of Autism Awareness Month. The seminar educated parents on autism, behavioural patterns, management strategies, myth-busting, and stress-relief techniques such as laughter therapy. The programme was conducted by Dr. Sunita Koutarapu, Dr. Sheetal, Dr. Yashvi, and Dr. Janvi, with support from Dean Dr. Shailesh Mohite, and was well received by parents.

CME on Advances in Hemoglobinopathies Held at TNMC

The Department of Biochemistry, TNMC, conducted a Continuing Medical Education (CME) programme titled "Advances in Hemoglobinopathies – Enhancing Knowledge and Patient Care in TNMC" on 12th November, 2025 at the Nair Dental College Auditorium. Eminent clinicians discussed recent advances in the diagnosis and clinical management of beta thalassemia and sickle cell disease, including sensitive diagnostic techniques. The programme also featured hands-on training in HPLC techniques and was inaugurated by Dean Dr. Shailesh Mohite.

Cancer Rehabilitation Awareness Programme

On 25th August, 2025, Dr. Hetal Mistry, Assistant Professor, Physiotherapy School and Centre, conducted an awareness programme titled "The Role of Movement in Healing:

Importance of Exercise During and After Cancer Treatment." The session was organised by Naraindas Morbai Budhrani Trust for cancer patients, caregivers, and support groups.

Luminaries Unplugged: When a Quiet Dream Found Its Voice

“Every dream begins quietly, long before it finds its voice.”

Bringing Luminaries Unplugged to life has been a deeply personal journey. What started as a simple idea on paper, shaped through months of planning, patience, and belief, finally became reality on 4th December 2025, when Luminaries Unplugged – The Official TNMC Podcast Series was launched by Team DigiMedia.

More than a podcast, it is a space for authentic conversations, unfiltered stories and voices that inspire beyond titles. The name Luminaries Unplugged reflects exactly that: honest dialogue, stripped of formality and rooted in truth.



I am sincerely grateful to Dean Dr. Shailesh Mohite, whose trust and words, “Do it the right way, with no compromises”, set the standard for this journey, and to Dr. Sanjay Swami, our Gymkhana Vice President, for his constant guidance through every detail and setback.

This dream was made possible by an exceptional team—Swayam Gandhi and Samarth Bihade, whose leadership and dedication shaped the foundation, and Tanvi Phatkar, Revati Phirke, Vedhas Mahadik, Anushka Patel, Ipsita Pataskar, and Neha Savla, who stood by the vision with unwavering commitment.

Luminaries Unplugged is a shared beginning, and it belongs to all of us.

Box Cricket League Concludes with Thrilling Matches

The Box Cricket League provided an exciting platform for cricket enthusiasts to display their talent and sportsmanship. A total of 14 teams, each consisting of seven players including one female player, participated in the tournament and competed enthusiastically for the BCL title.

Several matches were highly intense, testing the skill, patience, and leadership of the teams and their captains. The event turned out to be a memorable and exhilarating experience for both players and spectators alike.

The organizers expressed gratitude to all the players and organizing members for their cooperation and support, which played a key role in the smooth and successful conduct of the event.



NPL 2025 Triumphs Over Odds at TNMC

Against all odds and relentless rainfall, NPL 2025 emerged as a powerful celebration of resilience, talent, and unity. Despite multiple interruptions, the league was conducted successfully, marking the first-ever NPL hosted at the TNMC Boys’ Hostel Ground, Haji Ali.

Beyond the thrill of the game, NPL 2025 stood as a testament to the fact that academic commitments and passion can go hand in hand, highlighting how students can excel in their studies while pursuing sporting excellence. The event reflected true leadership, discipline, and sportsmanship throughout its course.



Events Through the Year

Nair Premier League
September 2025

Box Cricket League
September 2025

Luminaries Podcast
December 2025

Swaasthik Academic
Event
9–14 February 2026

Shravansari
Marathi Cultural Event
February 2026

Aarambh
Intercollegiate Cultural
Event
February 2026

Lakshya
Sports Event
February 2026

(Continued from Page 1)

The infrared cameras record three-dimensional marker trajectories, force plates measure ground reaction forces, and EMG captures real-time muscle activation patterns. These synchronized data generate detailed kinematic, kinetic, temporo-spatial, and neuromuscular profiles, which are interpreted alongside clinical findings to guide individualized management.

Why Gait Analysis Matters (Clinical Perspective):

Visual assessment alone is often insufficient to explain complex gait abnormalities. Similar gait patterns may arise from different underlying mechanisms, while compensatory strategies can obscure the true source of impairment. Three-dimensional gait analysis objectively clarifies what is abnormal, why it is abnormal, and where intervention should be directed, reducing uncertainty in clinical decision-making and improving treatment precision, particularly in growing children.

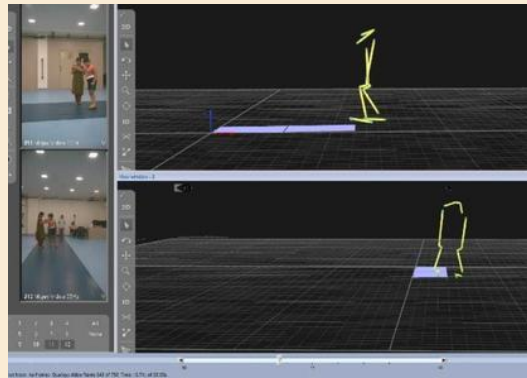
Benefits:

- Objective and reproducible assessment of gait and movement
- Clear differentiation of primary impairments and compensatory strategies
- Improved planning of rehabilitation, orthotic, and surgical interventions
- Reliable pre- and post-intervention outcome measurement
- Longitudinal monitoring of gait across growth and development

Indications:

- Cerebral palsy (all motor subtypes)
- Developmental and pathological gait abnormalities
- Neuromuscular disorders
- Pre- and post-operative gait assessment
- Orthotic evaluation and optimization
- Complex movement and balance disorders

The establishment of this laboratory at the Early Intervention and Rehabilitation Center for Children at B.Y.L. Nair Ch. Hospital reflects a commitment to evidence-based pediatric rehabilitation and positions the institution as a leader in advanced movement analysis within the public healthcare system.



Inauguration of 3D Gait Analysis Lab

As part of the Foundation Day celebrations, a state-of-the-art 3D Gait Analysis Laboratory was inaugurated. The Chief Guest highlighted the importance of integrating humanities with medical science to address emerging ethical and legal challenges in healthcare.

Source: @tnmc_nair_hospital Instagram

Written by TEAM Early Intervention and Rehabilitation Center for Children.

Suicide Awareness Programmes by Department of Psychiatry

The Department of Psychiatry conducted suicide awareness sessions for over 130 adolescents across BMC and aided schools, focusing on healthy coping mechanisms and help-seeking behaviours. Additional activities included street plays, poster exhibitions, and public advocacy within hospital premises.



Women's Health Awareness Programme Conducted

Under the Government of India's Swasth Nari Sashakt Parivar Abhiyan, a women's health programme was conducted at Shahaji Nagar Urban Health Centre. The session focused on physiotherapy, physical activity, preventive care, and government health schemes for women.

World Suicide Prevention Day: 10th September

On World Suicide Prevention Day, TNMC highlighted the importance of compassion, awareness, and support through initiatives aimed at reducing stigma and promoting mental well-being.

World Mental Health Day Programme: 10th October

To mark World Mental Health Day, the Department of Psychiatry organised a programme and released a video emphasising emotional resilience and mental well-being.

World Physiotherapy Day – Healthy Aging Programme: 8th September

As part of World Physiotherapy Day 2025, the Physiotherapy School and Centre, in collaboration with the Department of Community Medicine, conducted a Healthy Aging programme at Shahaji Nagar Urban Health Centre, Cheetah Camp, focusing on myths, prevention, and exercises for healthy ageing.

World Alzheimer's Day Activities: 21st September

The Department of Psychiatry, TNMC & B.Y.L. Nair Charitable Hospital, observed World Alzheimer's Day through outreach activities promoting awareness of early recognition and care of Alzheimer's disease and other dementias.

World COPD Day 18th November

B.Y.L. Nair Charitable Hospital marked World COPD Day with a multidisciplinary lecture and workshop training over 55 postgraduate students and senior residents, aligned with the WHO theme.

Voices of Experience - Dr. Praveen Rathi

Q. What first inspired you to pursue research alongside clinical gastroenterology?

A: My boss, Dr. S. G. Desai Sir, who established the Department of Gastroenterology at TNMC, was an exceptional researcher—par excellence. At that time, we were students, and our teachers actively engaged in research. Watching them work motivated us deeply, and that became the driving force that led me towards research. They were extremely busy practitioners and clinicians, but despite that, they dedicated time to research almost every day, very diligently. That inspired me immensely.

Q. With over 300 publications to your credit, how has your research journey evolved from your first paper to now?

A: Three hundred is actually an exaggerated figure. I probably have around 160–180 publications. Out of these, some are indexed publications, while the rest are non-indexed papers, case reports, or articles in communication media.

I started my research journey during my DM, when my thesis on the impact of HIV on the abdomen was published in an American journal.

At home, my father inculcated the practice of research, so there was an atmosphere of research right from childhood. My teachers—Dr. Amrapure (Nair), Dr. S. G. Desai, Dr. Sawant (KEM), and Dr. Bhatia—also encouraged my interest in research.

I completed my MBBS and MD from Nagpur and my DM from Nair Hospital. Initially, during my internship and MD days, I had an interest in cardiology, but after observing my mentors and their research work, I gradually developed a strong interest in gastroenterology.

The journey continues. Wherever I go, I do research. I love research.

Q. Could you briefly outline your academic and professional journey?

A: I have worked under the BMC Corporation as:

- Associate Professor at KEM for 4–5 years
- Assistant Professor at Sion for 4–5 years
- Professor and Head of Department at Nair Hospital for the last 15–20 years

Wherever I worked, I contributed to research for the department, apart from clinical work, bedside teaching, and endoscopy.

I don't take sole credit for these publications. This is teamwork involving residents and faculty members. I ensure that every resident who passes out from the department publishes their thesis. Each year, with three students, I also encourage them to publish case papers.

Most of the work is done by residents. I supervise them, give ideas, facilitate the process, suggest appropriate journals, and help whenever they face difficulties.

My clinical work did suffer because of this, but I

continued due to my passion for research. Today, I am satisfied with that choice.

Q. In your opinion, what differentiates a good clinician from a clinician-researcher?

A: A clinician mainly focuses on routine patient care.

A clinician-researcher contributes not only to patient care but also to academics and society at a broader level. For example, a clinician may treat acute hepatitis A or E, but research tells us that hepatitis E is the most common cause of acute viral hepatitis in this region. A combination of clinical practice and research is definitely better.

Q. Every researcher faces setbacks. Could you share a challenge that taught you an important lesson?

A: The biggest challenge in municipal corporations is scarcity of funds.

Central institutions like AIIMS or PGI Chandigarh are close to Delhi and have better access to organisations like ICMR, so they receive more funding and publish more research. In contrast, BMC institutions are far from Delhi and do not have sufficient research budgets. Another major challenge is Article Processing Charges (APCs). High-impact indexed journals are mostly paid journals, and costs range from ₹80,000 to ₹1–2 lakhs, which is very difficult to mobilise. Driving students towards research is also challenging because clinical work generates more income, and money naturally becomes a motivating factor. Even interested students face setbacks due to lack of funding.

Q. How should young researchers deal with rejection or criticism from reviewers?

A: Rejection should not demotivate you. It is not the end of the journey.

If a paper is rejected by one journal, submit it to another. If rejected again, try a third journal. There are many journals, and somewhere it will be accepted.

Yes, my work has been rejected many times. High-impact journals have an acceptance rate of only 20–30%. Persistence is key.

Q. How was your experience working at this institute?

A: I love Nair. I am an alumnus, so the alma mater connection is strong. My experience here has been superb.

My wife, Dr. Surbhi Rathi, also completed her UG and PG from Nair. That makes this institute even more special to me and motivates me to continue working here.

Q. What advice would you give undergraduate medical students who want to start research?

A: During UG days, research is difficult. Internship is a better time.

Choose a good topic and a suitable guide. Develop curiosity, ask questions, form a hypothesis, plan methodology, consult statisticians, calculate sample size

and use one full year effectively.

Publications during internship or bond period are very helpful, especially if you plan to go abroad. Even in India, indexed publications are essential for promotions.

Q. As a Head of Department, how do you encourage a research culture?

A: Research interest must come from within. It cannot be forced.

Identify curious students, groom them, guide them, and encourage them towards research.

Q. How do you see the future of gastroenterology research in India?

A: India now has state-of-the-art institutes comparable to American institutions, such as Dr. Nageshwar Reddy's institute in Hyderabad and ILBS in Delhi.

We already have excellent institutes like PGI Chandigarh, AIIMS, Vellore, and Pondicherry, along with new AIIMS institutes. Collaborative research will greatly benefit society and the nation.

Q. What message would you like to give aspiring researchers?

A: If you have an interest, pursue it. Make research a hobby. Keep trying.

Do not get disheartened by lack of funds or income. Do not be influenced only by money. Never give up.

Q. How has Nair Hospital contributed to your work?

A: Most of my publications are from Nair Hospital, where I spent nearly 20 years. I spent only 4–5 years at KEM and Sion, so publications from there were fewer.

Q. What changes have you seen from your DM days to now?

A: There has been a tremendous change. Earlier, publications were in double digits; now they have reached three to four digits. The growth is incredible.

DO WHAT YOUR HEART
SAYS AND FOLLOW IT
DILIGENTLY.

Dr. Praveen Rathi
Professor & Head of Department of
Gastroenterology at B.Y.L. Nair
Hospital & T N Medical College.
*Interviewed and Transcribed by
Gargi and Durvi*



TNMC's novel tests and scores in respiratory medicine- "TNMC-PFT, TNMC-GAP-IPF and TNMC-GAP-ILD"

Ketaki Utpat, Unnati Desai, Dipika Koli, Nandkishore Arun*
 Department of Respiratory Medicine,
 TNMC and B.Y.L. Nair Hospital,
 Mumbai

Abstract

We describe the papers published from our department which include three articles titled in honor of our institute that has given us the opportunity and the means to study and report novelty. These include TNMC-PFT in ILD, TNMC-GAP-IPF and TNMC-ILD-GAP.

Main Text

Medicine is an ever-evolving science and at TNMC & B.Y.L. Nair Hospital respiratory medicine department we encourage research since its evolution days. The department established in 1981 has more than 350 papers. Of interest are the papers published as novel research include three articles in honor of the institute that has given us the opportunity and the means to study and report novelty. These include TNMC-PFT in ILD, TNMC-GAP-IPF and TNMC-ILD-GAP.

The Novel Measurements and Correlations for Pulmonary Function Tests (TNMC-PFT) in interstitial lung diseases (ILD) – Using technology to simplify patient care article explains a combination of simplified PFT test for cases of ILD was published in 2019.1 Interstitial lung disease (ILD) patients often have difficulty in performing forced spirometry maneuvers especially in advanced lung disease. Simple tests of pulmonary functions like the single breath count (SBC) and breath hold time (BHT) have been studied since years. At our institute (TNMC) we used these tests innovatively with modern technology (herein an online metronome) in cases of ILD. The novel

measurements and correlations for pulmonary function tests (TNMC-PFT) were compared with standard measures of spirometry. A prospective study was conducted in adult ILD patients referred to the PFT laboratory of our hospital. The diagnosis of interstitial lung disease was arrived at with multi-disciplinary discussion. Spirometry, SBC and BHT were recorded. SBC was timed to a metronome (downloaded from a free online App) set at 2 counts per second. Six-minute walk test was done. The average of SBC and BHT were labeled as TNMC-PFT. Spearman's Rho calculator was used to study correlation of TNMC-PFT with spirometry and six-minute walk distance (6MWD). The study included 18 men and 47 women. They consisted of 21 hypersensitivity pneumonitis, 17 CTD-ILD, 7 sarcoidosis, 11 idiopathic pulmonary fibrosis, 5 idiopathic non-specific interstitial pneumonia, and 4 other ILD cases. TNMC-PFT correlated well with FVC and 6MWD. TNMC-PFT was a potential alternative to spirometry in ILD in severe ILD.

TNMC-GAP (The New Modified Classification of Gender Age Physiology)- A novel risk assessment system in idiopathic pulmonary fibrosis was published in 2018.2 Idiopathic pulmonary fibrosis (IPF) is a progressive idiopathic interstitial pneumonia. Gender-Age-Physiology (GAP) was the first prognostic staging system for IPF which predicted mortality. Disadvantage was the cumbersome diffusion lung capacity for carbon monoxide (DLCO) testing, one of the parameters in calculating GAP. Hence, we proposed The New Modified Classification of GAP (TNMC-GAP) index by replacing the DLCO parameter with the easy to perform and established prognostic test; 6 min-walk distance (6MWD).

Our study compared the TNMC-GAP index with GAP index in IPF. A retrospective observational study was an independent sub analysis of IPF patient's data collected for National ILD India Registry. Seventy IPF (34 men and 36 women) patients were included in the study. Mortality prediction with TNMC-GAP and GAP yielded concordant results. Thus, the replacement of the DLCO parameter in the GAP with 6MWD yielded concordant results. TNMC-GAP served a reliable replacement for GAP in resource-limited settings for IPF.

Mortality prediction in chronic interstitial lung diseases (ILDs): ILD-GAP (gender age physiology) and (the new modified classification) TNMC-ILD-GAP was a further refinement of our results in IPF to other chronic ILD cases was published in 2021. The interstitial lung disease-gender age physiology (ILD-GAP) model has been proposed on the lines of GAP idiopathic pulmonary fibrosis (IPF) to predict mortality in chronic ILDs, other than IPF. We replaced diffusion capacity of lung for carbon monoxide (DLCO) with the easy to perform 6-minute walk distance (6 MWD) in the ILD-GAP and proposed the new modified classification (TNMC)-ILD-GAP model. Our aim was to demonstrate the usefulness of the TNMC-ILD-GAP as a predictor of mortality in all chronic ILDs and compare the results with the ILD-GAP. It was a retrospective observational study conducted at a tertiary care center. Baseline characteristics of the patients among different ILD groups were analyzed. A 3-year follow-up was recorded. The results were compared with the original ILD-GAP model. The cases included cases of chronic ILDs like IPF, non-specific interstitial pneumonitis (NSIP), connective tissue disease (CTD) and unclassifiable groups. Mortality with ILD-GAP model and TNMC-ILD-GAP showed concordant results. TNMC-ILD-GAP served as a reliable replacement ILD-GAP model in chronic ILDs.

Thus, we thus reported our novel ideas and research to highlight our Topiwala National Medical College on the academic global map.

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Inspiring Tomorrow's Researchers

TNMC and B.Y.L. Nair Ch. Hospital is not just a place where knowledge is taught. It is an institution built on service, inquiry, and a deep commitment to public health. For decades, its corridors, wards, and laboratories have shaped clinicians and scientists who serve some of the most complex and underserved patient populations in the country. Within this setting, inspiring tomorrow's researchers is not an abstract goal. It is a responsibility rooted in the institution's legacy and everyday clinical reality.

Research at TNMC-Nair begins at the bedside. Students encounter a vast diversity of disease patterns, social determinants of health, and real-world clinical challenges from the earliest years of training. These experiences naturally raise questions that textbooks cannot fully answer. Why do outcomes differ? How can systems be improved? What interventions truly work in resource-constrained settings? When students are encouraged to pursue these questions systematically, clinical exposure transforms into meaningful research. Yet many students still view research as distant or reserved for postgraduate years. Changing this perception is essential.

Research is not limited to laboratories or publications; it is a way of thinking critically, observing patterns, and questioning assumptions. When students understand that careful documentation, audit, community studies, and clinical observation are all valid forms of research, participation widens and confidence grows.

Student-led platforms play a crucial role in this shift. Journal clubs, research methodology workshops, poster presentations, and peer discussions help create visibility and momentum. Seeing fellow students design studies, analyze data, or present findings reinforces the idea that research is achievable and relevant. Such exposure is particularly powerful in a public hospital setting, where research outcomes can directly influence patient care and health policy.

Mentorship remains central to nurturing young researchers. Faculty guidance, combined with peer mentorship from senior students, helps translate curiosity into structured inquiry. Informal conversations on wards, during clinics, or after academic sessions often spark the most impactful ideas. A supportive culture that values guidance over hierarchy allows students to explore research without fear of failure. Equally important is the emphasis on ethics, integrity, and social responsibility. Research emerging from a public healthcare institution must remain grounded in patient dignity, equity, and community relevance. Equally important is the emphasis on ethics, integrity, and social responsibility.

Research emerging from a public healthcare institution must remain grounded in patient dignity, equity, and community relevance. Teaching students to conduct ethical, honest, and context-sensitive research ensures that innovation serves society rather than abstracts from it. Inspiring tomorrow's researchers at TNMC-Nair ultimately means nurturing clinicians who think beyond protocols and statistics. It means encouraging students to question, reflect, and contribute to evidence that strengthens public healthcare. When curiosity is supported and responsibility is emphasized, research becomes not an extra activity, but an integral part of medical education and service.

Dr Hitav Pankaj Someshwar
Assistant Professor
Physiotherapy and
Vice President, Gymkhana
Committee



Dear Students,

In an age where artificial intelligence is rapidly transforming medical research, today's undergraduate and postgraduate learners stand at the threshold of a remarkable moment in the history of medicine. While AI can assist in analysing data and accelerating discovery, it can never replace the values that define our profession through integrity, empathy, responsibility and respect for informed consent. Ethical research is not an academic formality; it is a moral commitment to human dignity, patient trust, transparency and scientific honesty. As young researchers, the choices you make today like how you obtain consent, collect and use data, acknowledge authorship, protect privacy and

apply technology. This will shape not only your careers, but also the kind of healers and scientists you become. Cultivating an ethical research mindset early ensures that innovation remains guided by compassion and accountability. Let us resolve to use AI as a tool directed by conscience, place ethics at the heart of our work, that actively build a culture of ethical and responsible research within our academic and medical community.

Let innovation move forward, but let ethics lead the way...

Dr. Sumedh G. Sonavane
Professor (Addl.)
Hon. Member Secretary,
Ethics Committee for
Academic Research Projects
& Vice President, Gymkhana
Committee



Vox Populi Nair

If our college has	IMDb	Rating
1. College Infrastructure	★	4.08
2. College Academics	★	7.90
3. Fests and Events	★	5.92
4. Seniors	★	6.83
5. Juniors	★	7.33
6. Batchmates	★	6.83
7. Canteen food and infrastructure	★	3.80
8. Hostels	★	5.47
9. Hospital Ambience	★	5.95
10. Overall Rating	★	6.30

Note: These ratings are given by our college students a google forms was created and responses of that form are published here

Gunjan: The Quiet Humming Within

Dr. Rujuta Hadaye

This is your first personal publication, a poetry collection. Until now, you have written mainly academic books. How did it feel to publish Gunjan?

It felt very special. A first poetry collection is like your first baby, and Gunjan truly felt that way to me. I worked on it with deep emotional involvement.

We organised a beautiful release programme attended by my school teachers, our Dean sir, the principal of my school, and many old friends. Held on Raksha Bandhan and Narali Purnima, the event saw around 150 attendees. A first publication always feels unforgettable, and this day remains very special for me.

Why did you name the book Gunjan? What inspired the title?

Gunjan means "humming." While life keeps us busy on the surface with work and responsibilities, there is a constant inner dialogue within us—unspoken thoughts and emotions. That quiet inner humming is Gunjan.

Through this book, I have expressed those silent thoughts and emotions of my mind.

How would you describe the nature of your poetry?

My poetry is rhythmic, soft, and lyrical. I prefer expressing emotions gently rather than dramatically. It carries calmness and can be recited in a tune.

Nature plays a deep role in my poetry. Moments of silence—like walking on dry leaves at night—create a quiet connection between nature and the mind.

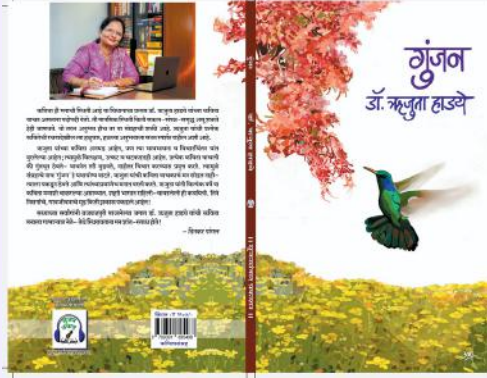
That silent dialogue naturally turns into poetry for me.

You wrote your first poem very early in life. Could you tell us about it?

I wrote my first poem in the 8th standard. It was published in my school's handwritten magazine, and another poem was selected in a paper the same year. Seeing my words in print for the first time left a lasting impression and inspired me to continue writing.

Was there any moment that strengthened your decision to publish?

Yes. A school friend of mine, now working in the software industry, once quoted a poem I had written in the 10th standard. I was surprised he still remembered it after so many years. Another junior friend would send me a letter and diary every New Year, referring to my poems. Even years later, my words stayed with him and his family. That made me realise that if even a few people remember your writing for decades, it is worth sharing.



Many students today feel they cannot read or write creatively. What would you like to tell them?

If someone feels they cannot read, it usually means the habit has not yet developed. Students today spend a lot of time on mobile phones and social media, which is understandable.

When we were in school, listening to poetry, kirtans, bhajans, and long narratives helped develop a natural love for literature. Once that liking develops, reading and writing no longer feel like extra work.

Today, students already have tools like audiobooks and mobile phones. You can write on your phone or even message yourself.

Writing depends on your feelings and experiences, and there is no right or wrong way to begin, only the courage to start.

One of your well-known poems is Devaki. What inspired that poem?

I wrote Devaki on Krishna Janmashtami. While the world celebrates Krishna's birth, I reflected on his mother Devaki, imprisoned and living in fear, knowing her child would be taken away. Imagining her emotional state on that rain-filled midnight moved me deeply, and I wrote the poem on my mobile in that moment of intense feeling.

ओढ

तुला पाहण्यासाठी, माझे शहर सोडले मागे
उसवत गेलो झरझर माझ्या दिनक्रमाचे धागे

सारा थकवा गुलालापरी दिधला उधळोनि
सोडून आलो प्रदूषणाच्या धुरात गाऱ्हाणी

गर्दी राहिली पाठी, मिटल्या कृष्ण धूर रेखा
झऱ्यात ऱ्हाले मन न्याहाळे सुनील आकाशा

क्षितिजाची ये दृष्टीस रेखा, एवढीच मनीषा
पुनव चंद्रमा उदय पहावा सफल ही अभिलाषा

शीतल चंद्रम तेजापुढती फिके चांदी सोने
दिव्य रुपेरी वैभव त्याचे मनोमनी भावे

आकाशाच्या तंबूमध्ये रात्र हळू सरते
शांत निशेचे शामक देही भिनते अन् उरते

सकाळ होता त्या धुंदीतून भानावर येतो
रोजीरोटी आठवून मी परत घरी वळतो

With so many doubts around readership, what finally convinced you to go ahead?

I thought of it like Ganga aarti. You offer a lamp to the river without worrying about where it will go.

In the same way, I released the book and left it to the readers.

Books spread slowly. One reader shares it with another, and gradually it reaches people.

If I had kept the book with me, it would have ended there. Instead, I chose to share it. Those who connect with it will remember it.

How did the final publication process come together?

I consulted senior literary figures and publishers and was guided to a young publisher who appreciated Gunjan and agreed to publish it.

We worked carefully on translation, binding, and layout so the book would invite readers to pick it up.

Dr. Uday Bhat sir beautifully captured the essence of the book through the cover design.

The publication ceremony, including a rangoli inspired by the cover, was also thoughtfully planned, making the experience deeply satisfying.

How does a writer evolve over time?

No one writes perfectly in the beginning. Writing improves slowly with continuous practice. Just as artists and actors grow over time, a writer's work matures with patience and persistence.

What message would you like to give to people who hesitate to write or create?

If you do not write, no one will ever read it. If you write, at least there is a possibility.

Many powerful ideas remain unshared simply because people hesitate. If you do not execute your idea or pass it on to someone who can, it ends with you. Creating is the first step to giving your ideas a life beyond yourself.

Dr. Rujuta Hadaye
Head of Department,
Community Medicine

Interviewed and Transcribed by Sneha,
Atharv and Chandrakant



Reading as a Habit & Way of Thinking

- Dr Sanjay Swami

Q.How did reading become a regular part of your routine?

I am old school. During my schooling and college days, we didn't have digital media or social media. Entertainment options were limited. Watching a movie meant going to a theatre, and listening to music meant buying CDs, which were expensive.

Reading was one of the easiest and most accessible ways to entertain yourself. If you wanted to learn something new, you couldn't Google it—you had to read. Television wasn't always available either. Even something as simple as a cricket match would be properly reported only the next day through newspapers.

The first major book I remember reading was a novel called Bijli when I was in the fourth standard. I was never restricted to fiction or non-fiction; I read whatever came my way.

Another important aspect was storytelling. To interact with people, you need stories. Reading gives you those stories. Even mythology like the Ramayana—regardless of its historical debate—is still read because it offers moral values, insights into relationships, and life lessons. That's why reading became important to me, and I believe it still is.

Q.What type of books do you usually read?

Books that tell stories. If you want entertainment—thrillers, school dramas, fiction—go for fiction. If you want to understand science or reality, read non-fiction. Personally, I don't restrict myself. I read science, drama, mythology, fiction, and non-fiction—whatever interests me.

Q. Has your reading taste changed over time?

Not much, honestly. Earlier, we played outside more, electricity was an issue, and evenings were quieter. Reading came naturally.

Some books are timeless, especially those that deal with morals and values. If I answer honestly, without sugar-coating, my reading taste hasn't changed much.

Q.What do you feel when you read? Does reading make you disciplined, curious, or relaxed?

Reading gives you details anecdotes, stories, information, and vocabulary. It improves word choice and communication. Through books, you learn about lifestyles you may never experience elite societies, bungalows, limousines.

These details broaden your awareness and help you express yourself better. Reading doesn't just relax you; it expands you. It gives you options—between words, perspectives, and expressions.

Q.Being a student, how did you make time for reading?

There were fewer entertainment options then. Reading only the curriculum can become monotonous, so reading something different was a refreshing change.

Even today, people say they don't have time. It's really about how you choose to spend it. Reading isn't restricted to books anymore—mobile phones give access to hundreds of newspapers and articles. I read news daily, especially international news, and I read what genuinely interests me rather than just headlines.

Q.Do you think reading changes a person's thinking capacity or sense of responsibility?

It definitely influences you. For example, Mahatma Gandhi was inspired by Tolstoy, which shaped his philosophy of non-violence.

That said, books make me think, but they don't completely change my thinking. I am a critical thinker. I look at multiple perspectives. If something makes sense, I accept it; if not, I question it.

Take Karna and Arjuna, for instance. Karna is often praised as a great philanthropist, but Arjuna also donated generously. When Krishna turned a mountain into gold, Arjuna broke it into pieces and distributed it himself, while Karna simply said, "Take whatever you want," without attachment.

Stories like these teach perspective. Every book, whether fiction or non-fiction, has a deeper story behind it.

Q.Do you prefer physical books, e-books, or audiobooks?

I'm comfortable with all three—physical books, e-books, and audiobooks.

Q.If a student reads for just 10–15 minutes a day, does it make a difference?

Absolutely. Anything done consistently becomes a habit. Start with 10–15 minutes. daily, continue for two to three months, and the habit builds naturally. That's why I like Atomic Habits. I don't usually enjoy spiritual or motivational books, but this one explains practical change without unnecessary drama.

READING DOESN'T
BLINDLY CHANGE
YOUR THINKING. IT
TEACHES YOU HOW TO
THINK, QUESTION,
AND CHOOSE YOUR
OWN PERSPECTIVE.

Q.What is the most recent book you read?

To Kill a Mockingbird. It has a captivating story, strong language, and subtle humour. Marathi readers may relate deeply to books like Duniyadari, but To Kill a Mockingbird has remarkable depth.

Q.If you had 20 minutes now, what would you read?

Something new. If I'm not continuing a book, I'll read whatever sparks curiosity. During my twelfth standard, I once read 35 books in a month. When library books were over, I even read the Britannica because Google didn't exist then.

Today, I may not read as many books, but I read everything news, articles, stories. Even politics feels like entertainment now, sometimes more dramatic than Bollywood.

Dr.Sanjay Swami
Professor (Additional),
Department of Biochemistry
and Vice President, Gymkhana
Committee

Interviewed and Transcribed by
Chandrakant and Pratik



What if I were a UG Student now

Dr. Seema Khambatta

Q. Can you share an experience with your students that stayed with you?

When I started teaching, I was learning along with my students—we grew up together. During their first annual programme, I choreographed a dance and performed with them. That day turned out to be my last, though they didn't know it. When I told them I was leaving for good, everyone started crying. Years later, one student found me on Facebook. I had changed my name to Seema Khambatta, so she wasn't sure it was me. She was living in Amsterdam, and coincidentally, I was visiting there at the same time. She came to meet me with Indian food and coconut laddoos, and we are still in touch. That's when I realised the love of students is incomparable. Being with young students keeps you young. I've never regretted choosing anatomy. I enjoy making it easy and developing interest in the subject. That's what I feel I am here for.

Q. If you were in my shoes today, or a PG student unsure of specialization, what would you choose?

I would choose something related to teaching. I love dissection, which I later realised is my strength. My teachers often said I would have made a good surgeon. I did try gynecology, but the odd working hours didn't suit me. I value balance and personal life, so I'd choose a branch like ENT or something related to dissection. I wouldn't mind being an anatomist again in another life. Teaching anatomy is my passion. I'm also passionate about anchoring—if not anatomy, I might have chosen anchoring as a career.

Q. What is one thing students worry about today that won't matter in 10 years?

Marks. Students worry too much about marks. They matter mainly for competitive exams. If your concepts and skills are strong, marks will follow. Constant comparison with others is unnecessary. Competition should help you do better than your own previous performance, not better than someone else. Ten years from now, the marks you scored during UG won't matter at all. What matters is consistency, balance, and clarity of

goals. Students should not give up hobbies for studies or studies for hobbies.

Q. While interacting with today's students, what similarities or differences do you notice compared to your UG days?

During our UG days, we had clinics twice a day. One was during regular college hours before lunch, taken by senior faculty. The second was in the evening, taken by PG students. We would return home only by 8:30 or 9:00 pm.

Now, students have clinics only once a day. Teachers feel students don't attend classes, and students feel teachers don't teach properly. Somewhere, there is a gap. Earlier, professors would assign us cases for history taking. We had to prepare the case during the day and present it in the evening. PG students took great interest in teaching us examination methods, history taking, and clinical concepts.

That kind of interaction between students and PGs is missing today, and serious ward teaching is not happening the way it used to.

Q. If you were a UG student today, how would you plan your daily academic schedule?

If I were a first-year student today, I would study whatever was taught on the same day. I would spend around three to five hours, depending on the number of lectures. The next morning, I would revise what I studied the previous day so that the topic remains fresh.

In anatomy, continuity is very important because everything is linked. When I feel mentally tired, I would do lighter tasks like drawing diagrams or completing journals. I would also take time to relax through music, walking, or meditation, as meditation improves concentration. I believe in joint study. Studying with one friend and explaining concepts to each other helps strengthen memory. Revisiting the same material multiple times is the key to long-term retention. I would never compromise on sleep before exams. Even three to four hours of proper sleep is essential. Staying awake the entire night before an exam only creates confusion.

Q. If you were a UG student today, what non-academic skill would you consciously work on?

There are many skills, but if I had to choose one, it would be communication. As doctors, it is very important to know how to communicate with patients and be good listeners. Doctors are posted in different cities, so learning the local language is also important.

Along with communication, empathy and compassion are very important. These qualities help in developing EQ. We work a lot on improving IQ, but EQ is equally important. Having a personal touch with patients takes time, but it stays with you for a very long time.

Q. Share a memorable or light-hearted experience from your UG days.

I came from an all-girls school, so interaction between boys and girls was very awkward initially. In medical college, boys and girls used to sit separately. There were more girls than boys, and on the dissection table also, girls dominated while boys were cornered.

During cultural activities, boys used to hoot a lot, and we were scared to participate. I still remember once chewing gum was stuck to my new dress. I was a day scholar, so I missed hostel life. Hostel students had very strong bonding, and whenever I got time, I would spend time with them.

I feel I missed out on many cultural activities during my UG days. Later, when I joined as faculty, I participated in events like Aarambh and Shravansari with the students and felt like I was reliving my UG days through them.

THE LOVE OF STUDENTS IS
INCOMPARABLE. YOU
ALWAYS STAY YOUNGER
WHEN YOU ARE WITH YOUNG
MINDS.

Dr. Seema Khambatta
Additional Professor, Department
of Anatomy

*Interviewed and Transcribed by
Pratik, Shrutika and Rajani*



What if I were a Medical Student now

Dr. Rashmi Sawant

Q. If you were a UG student today, how would you plan your daily academic routine?

First, understand yourself and your learning pace. Everyone studies differently. Include some form of exercise, attend all lectures, and make time for friends and health. Take short breaks to refresh yourself.

At the end of the day, spend a few minutes revising what was taught. Even a light revision before bedtime helps ideas settle. Study without stress. You do not need long hours; even 40 minutes of focused study is enough. Techniques like Pomodoro work well, but always plan according to what suits you.

Q. Any funny memory from your UG days?

Just after my convocation on 5th December, I was getting married on the 7th. Midway through the ceremony, I realised my wedding clothes were not ready. I went home, returned, gathered my UG friends, and brought them straight to the wedding in a bus.

My mother was shocked, arrangements were completely last minute, and my friends came in the same clothes they wore to convocation. We still cherish those photos and memories.

Q. Do you have any advice for students?

I do not believe in giving advice. Never blindly follow anyone's advice because learning styles differ. What works for one person may not work for another. Every journey is personal, and experiences cannot be copied.

Q. If you had access to technologies like AI or ChatGPT during your first year, how would you have used them?

Definitely, it would have made studying easier. Medical textbooks are vast, and most students read from the same sources. If I wanted to score better or do something differently, I would use the textbook and ask AI tools like ChatGPT to make the content concise.

For example, in anatomy—learning nerves, muscle origins, and insertions—I would ask for formulas, songs, or mnemonics to help remember them. During our time, textbooks like BD Chaurasia had very limited mnemonics.

That Krebs cycle in biochemistry still haunts me. If we had AI then, it would have been much easier to retain such topics.

Q. If you were in university today, where would you spend most of your free time—library, dissection hall, hostel, canteen, or postings?

Canteen—anytime. Nothing beats food. I live for food, I wake up for food, and I go wherever there is food. So yes, definitely the canteen.

Q. If you were a UG student today, what non-academic skills would you consciously work on?

Two things, definitely. First, participating in college festivals like Shravansari and Aarambh. Living in hostels or within small friend groups limits interaction, but festivals push you out of your comfort zone.

I would also attend festivals like Pulse and go on batch trips. These experiences introduce you to new people and help you grow socially. From planning to micromanaging, everything teaches you valuable skills.

Second, I would play at least one sport. Pick any sport and play regularly. I have been a footballer and a dancer since my school days, and even now, I continue both. Despite everything else in life, these activities help maintain balance.

Q. Is today's competition tougher than it was during your student days?

Not at all. The first thing students need to do is remove this narrow mindset. At one point, Navi Mumbai didn't exist—it was just Mumbai. Over time, as the city expanded, everyone found space.

Similarly, today there may be many doctors, but there will also be more hospitals and opportunities. Medicine is an ever-expanding field. I strongly believe the universe always provides. If you keep working sincerely, there is no need to fear competition.

Q. How do you manage your hobbies and adjust your schedule when things get busy?

I don't change my routine unless it is extremely necessary. For example, every Thursday, my husband and I go for a walk—no matter how busy the day is.

If needed, I may shorten the walk from one hour to half an hour, but I won't skip it. For pending work, I extend my time later. Don't eliminate things you love—just adjust the duration. Over time, it becomes a habit, and managing life feels easier.



Dr. Rashmi Sawant,
Resident Doctor,
Department of
Community Medicine

*Interviewed and Transcribed
by Pratik, Shrutika and Rajani*

SIGNS YOU ARE AN OFFICIALLY COLLEGE STUDENT NOW

- 1) You don't have breakfast anymore
- 2) Passing means a celebratory feast now.
- 3) Stairs are my new treadmill
- 4) Hostel now feels like home
- 5) Introducing yourself a million times
- 6) Chai peene chale is love language
- 7) WhatsApp has more groups than contacts
- 8) Camera roll is filled with histo slides / patho slides
- 9) Sleep hits harder in lecture hall than in bed
- 10) You no longer fear death just viva
- 11) Attendance shortage hits harder than exam results
- 12) Procrastinating till stress doesn't hit you night before exams.

Where Healing Meets Humanity:

Dr. Anjali Parande, Head, Medical Social Welfare

Q1. Could you briefly introduce yourself and your journey at Nair Hospital?

A: I am Dr. Anjali Parande and have been associated with Nair Hospital for 34 years. I joined in 1992 during the riot period, initially working with riot-affected patients. After brief stints in CVTS and as a child guardian and psychiatric social worker, I joined the Community Medicine department and worked for over 25 years at the Govandi Urban Health Centre. In 2008, I was appointed District Women's Commissioner and have also received a Bharat Sarkar award for my work on social issues.

Q2. How did you choose this profession, and what inspired you to pursue a PhD?

A: I began with a B.Com, followed by a Master's in Social Work. While working in Community Medicine, I observed a high burden of diabetes and hypertension among slum populations, which motivated me to pursue a PhD in Public Health focusing on non-communicable diseases.

Q3. How did your interest in social work begin?

A: My interest started in childhood. I grew up in Sukaramaran and Dehu, where a primary health centre was located near my home. Seeing community health needs and my mother's role in the village council inspired me. Despite completing a PhD, I chose social work for personal fulfilment.

Q4. Who are the high-risk groups you primarily work with?

A: We do not categorise patients into a single high-risk group. Patients from oncology, surgery, orthopaedics, cardiology, CVTS, radiation oncology, and palliative care all need support. Our focus is on understanding their medical condition and family distress and providing comprehensive care.

Q5. Could you highlight the key impact and initiatives of your work?

A: Over the past 3 to 3.5 years, CSR initiatives have contributed crores of rupees to patient care at Nair Hospital. We support patients and caregivers from Maharashtra, other states, and Nepal. Through organisations like ISKCON, Anna Amrutam, Akshaya Chaitanya, and Arya Adya Foundation, around 1,200 to 1,300 caregivers receive nutritious meals daily along with community support.

Q6. What social issues did you witness while working in slum areas, and how did you respond to them?

A: In slum areas, poverty, drug addiction, crime, domestic violence, adolescent issues, and child labour were very high. I saw children working for 16–18 hours with minimal food. I raised my voice, worked with the Labour Commissioner, joined the 2008–09 survey, reunified children with their families, and participated in rallies and major campaigns.

Q7. What challenges did you face during these campaigns, and what gave you satisfaction?

A: There was a lot of political pressure, but I was not afraid of anyone. I stood firm. We worked on PCPNDT surveys, trained MSW students, and gave them full exposure. Later, people told us, "Madam, you saved my child." That satisfaction made every challenge worth it.

Q8. What have been the biggest challenges in your journey, and has this work changed your perspective?

A: Yes, my way of thinking has changed, and it happens naturally. When you come from a certain family background, you see society differently. Through my PSM exposure—especially working in slum areas and seeing rat pickers near large dumping grounds—I understood the real need to help society. You don't help because you are an employee; it becomes instinctive when you see someone in need.

Q9. What does your department do for the general public?

A: Our work is need-based and focused on poor and needy patients. We provide preventive, curative, and rehabilitative care through detailed case work. We support cancer, cardiac, surgical, and long-term treatment patients by covering expenses for surgeries, medicines, investigations, and essential medical needs. We also assist with non-medical support such as mobility aids, daily essentials, and rehabilitation.

YOU DON'T HELP
SOCIETY BECAUSE IT IS
YOUR JOB — YOU HELP
BECAUSE IT BECOMES
INSTINCTIVE WHEN YOU
SEE SOMEONE IN NEED

Beyond treatment, we focus on family support by helping with children's education, employment for family members, and vocational training when the patient is the sole earner. All support is provided through donors, NGOs, CSR initiatives, and government schemes, with funds routed transparently through the hospital's Poor Patients Fund.

Q10. With so many funds involved, how do you ensure genuine patients receive help and prevent fraud?

A: Every patient is first medically evaluated and then interviewed for social and economic history. We cross-check documents, investigation films, and financial contributions. If someone can pay partially, they do. With strong interview skills and proper verification, fraud is mostly not possible.

Q11. Ma'am, would you like to share something about your personal life and values beyond your professional work?

A: I was born in Tukaramarajan, a place rooted in charity. I studied at St. Tukaram Vidyalaya and have been involved in social work since childhood. My parents taught us that no one should go hungry, and that value continues in our family even today.



*Interviewed by Kunjal and Rohan
Transcribed by Neha Savla*

Hospital Updates



Blanket distribution to ward patients



Installation of Medical equipment by honourable Government Dean Dr. Mohite sir



Diwali Farah distribution to patients caregivers.



Donation of EEG machines to Neuromedicine department



Sweet distribution on account of Nair Foundation Day



Awareness program for cancer patients



Ration aid for the impoverished families



Donation of Medical equipments to the ward



Dinner arrangements for Nair staff in flooded Mumbai



Donation of ECG machines to Medicine Department



Donation of C arm to department of Gastroenterology



Donation to CVTS Department



Donation of isothermal containers to Nair kitchen



Wheelchair distribution for the poor and needy



Donation received for Tuberculosis patients

Body Donation: The Final Act of Service to Medical Science

“The Cadaver: Our First Teacher”

Body donation is, indeed, one of the greatest possible acts of altruism. It contributes immensely to undergraduate and postgraduate medical education, research as well as skill upgradation for practising surgeons at various levels. It is, perhaps, the very final act of service to humanity in one's life, of the greatest possible magnitude.

We spoke to Dr. Yuvaraj Bhosale sir, Additional Professor and In-charge, Department of Anatomy, to gain his insights into the significance of body donation. "Previously, we had three main sources of cadavers - unclaimed bodies from police stations, unclaimed bodies from TB hospitals, and body donations. But in today's date, we rely almost entirely on body donations as TB mortality has greatly reduced and very few

bodies remain unclaimed at this point in time as the police have better connectivity with other stations which makes it easier to trace the relatives of the deceased. It is a great development for medical science now that TB patients are able to completely get cured, and overall the number of unclaimed bodies has also gone down.

This, however, means that body donation is indeed extremely vital in the current scenario for ensuring medical students receive an adequate learning experience for the subject of anatomy. Cadavers are used not only for anatomical dissections, but also for surgical skill development workshops, developing new surgical techniques (when stored at a temperature of -20°C, the body simulates a condition almost as close to being alive), training postgraduate residents in anatomy as well as surgery and most importantly, they also grant life to other individuals through means of eyesight (corneal

transplant), skin grafts, and more. People often shy away from body donations thinking that the body will not be treated with due respect in the end, but it must be clarified that all bodies are definitely incinerated/burnt after 1 year." It is to be noted that body donation is quite stigmatized and associated with a lot of negative notions in our society, which is why NGOs are working hard to spread more awareness about body and organ donations.

We spoke to Mr. Purushottam Pawar, founder and President of the Federation of Organ and Body Donation, who has been working on-ground for about 12 years now. The organisation has tirelessly worked to promote body donations through the means of devotional folk singers (traditionally known as Vasudev's), in order to promote the act of organ and body donation. They have appealed to the wider rural populace through means they can relate with, and along with that,

despite facing a multitude of challenges from the society they have still continued with their work regardless. They have organized several Padayatras over the course of the past 12 years on a mission to spread the message of body donation across our state and beyond. We truly must express our gratitude to these volunteers for helping medical colleges like ours in receiving body donations every year, without which, undoubtedly, medical education would come to a standstill.

Last but not the least, the cadaver is indeed our first teacher, and we must treat them with utmost respect and dignity. As students, this is the least we can do; respect our teachers the way we would want ourselves to be respected, for they are the key to our success and fulfillment of our dreams.

Prerona Chakrabarty & Sriram Sreekanth

"I'd rather die than live without passion."

BAP Quiz - Where Curiosity

Met Knowledge

The Departments of Biochemistry, Anatomy, and Physiology of Topiwala National Medical College and B.Y.L. Nair Charitable Hospital successfully conducted their first ever integrated academic quiz, the BAP Quiz, on 12th August 2025. The event was organized on an all Mumbai and Navi Mumbai basis with the support of the Honorable Dean, Dr. Shailesh Mohite Sir. The initiative was conceptualized under the guidance of Dr. Bina Dias Ma'am, Professor and Head of the Department of Biochemistry, a pioneer in promoting integrated teaching methodologies. The quiz was designed as per the Competency Based Medical Education (CBME) curriculum initiated in 2019 with the aim of promoting horizontal and vertical integration among Phase I MBBS students.

Currently, the quiz has successfully carried out horizontal integration among 1st year subjects, and there is a vision to expand the scope in future to include paraclinical and clinical subjects, in order to bring vertical integration as well. Explaining the rationale behind the quiz, Dr. Bina Dias Ma'am emphasized that such integrated academic activities help students correlate between subjects and gain a deeper understanding of the syllabus. The quiz followed a structured and engaging format, beginning with an MCQ screening round, followed by crossword challenges, case based discussions and a visual round, ending in an exciting rapid-fire round. A total of eight teams, comprising three students each, had participated in the competition. It is a matter of great pride to announce that the winners of this quiz were our own Nairites: Shaikh Gulam Gausulwara, Tanisha Gandhi and Shweta Satpute, closely followed by the team from HBT Medical



College as the first runners-up. Nairites stay tuned, as plans for the 2026 edition of the integrated quiz are already underway. Sharing her message for students, Dr. Bina Dias Ma'am stated that quizzes motivate students to have a wider academic perspective, and foster a competitive spirit essential for professional excellence. We hope this initiative inspires students to go above and beyond the regular academic activities, delve deeper into subjects and make learning an enriching experience that brings with it knowledge, adrenaline and a whole lot of fun!

Prerona Chakrabarty & Sriram Sreekanth

Occupational Therapy PG Students Shine at 12th Dr. A. P. Tole Educational Program

The Department of Occupational Therapy, TNMC & B.Y.L. Nair Charitable Hospital, Mumbai, proudly celebrates the achievements of its postgraduate students at the 12th Dr. A. P. Tole Educational Program held on 25th and 26th November 2025.

Dr. Kaniz Zehra Tourabi and Dr. Kaiol Kadam won the Dr. A. P. Tole Best Case Presentation Award, while Dr. Akanksha Patel and Dr. Ashwini Ghode delivered excellent case presentations. Dr. Srushti Tokale, Dr. Anushka Gurav, Dr. Zashi Ghuge, Dr. Pranjal Bhadke, and Dr. Urmi Shah presented impactful posters.

Dr. Sunita Koutarapu was honored as an esteemed Panelist and Scientific Session Chair. The department congratulates all participants for their commendable academic performance.

Sriram Sreekanth's Outstanding Intercollegiate Achievements

Sriram Sreekanth, from batch 2023 has consistently showcased exceptional talent in intercollegiate cultural competitions, earning accolades across prestigious platforms. He won 1st Prize at Coachella, the Intercollegiate Solo Singing Competition held during Dwandh 2024, organized by LTMMC on 23rd



November 2024. Continuing his musical journey, he secured 1st Prize at GOONJ, the Intercollegiate Singing Competition conducted as part of Aarambh,

the annual cultural fest of TNMC and B.Y.L. Nair Charitable Hospital, on 12th March 2025, and 1st Runner Up at Aalap, Hindi Solo Singing Competition organized by Seth GS Medical College, on 21st March 2025. Further adding to his achievements, Sriram won 1st Prize at Dhvani, the Intercollegiate Solo Singing (Eastern Music) Competition during Silhouettes 2025, the annual cultural fest of Armed Forces Medical College, Pune, held on 8th May 2025. He also secured 1st Runner-Up at Symphony, the Intercollegiate Solo Singing Competition at Ascension 2025, organized by Seth GSMC and KEMH on 11th December 2025. Recently, he bagged the 3rd prize at

Ragini, Marathi Singing Competition in Aarav 2026 organized at HBTMC on 22nd January 2026. Sriram's continued success across prestigious intercollegiate platforms highlights his growing stature as a versatile and accomplished vocalist.

Intercollegiate Pharmacology Quiz Achievement

Students of Topiwala National Medical College (TNMC) achieved 1st Runner-Up position at the Dr. A. S. Paranjpe Memorial Intercollegiate Pharmacology Quiz, organised by the Department of Pharmacology and Therapeutics, Seth GS Medical College and KEM Hospital, on 11th June 2025.

The TNMC team, comprising of Sriram Sreekanth, Daksh Mahajan, and Vedant Kowli, demonstrated strong subject knowledge, analytical skills, and teamwork while competing against teams from various medical colleges.



A Day in my life



Scene 1



The Emotional graph of a Semester

Every semester starts the same way.

The semester always starts the same way. Big plans. Big confidence.

"This time I'll study regularly, stay updated with the syllabus, and not leave everything for the end."

For the first few days, motivation is high. Notes are opened. Timetables are made. Life feels under control.

Then reality slowly kicks in.

A few weeks pass with barely 2 days of actual studying. The rest of the time somehow disappears scrolling Instagram, binge-watching shows, and telling ourselves tomorrow pakka. Lectures keep happening, but the syllabus keeps growing quietly in the background.

Before we know it, exam week arrives.

Panic. Pure panic.

Suddenly we're reading the syllabus for the first time properly and weirdly, it starts to feel interesting. Concepts begin to make sense. There's this constant thought running in the head:

"If I had just read this earlier, it wouldn't be so bad."

Coffee replaces sleep. Nights turn into all-nighters. Study plans exist only in theory. We jump between topics, hoping questions come from whatever we managed to read at 3 a.m.

By the end, the emotional graph is obvious:

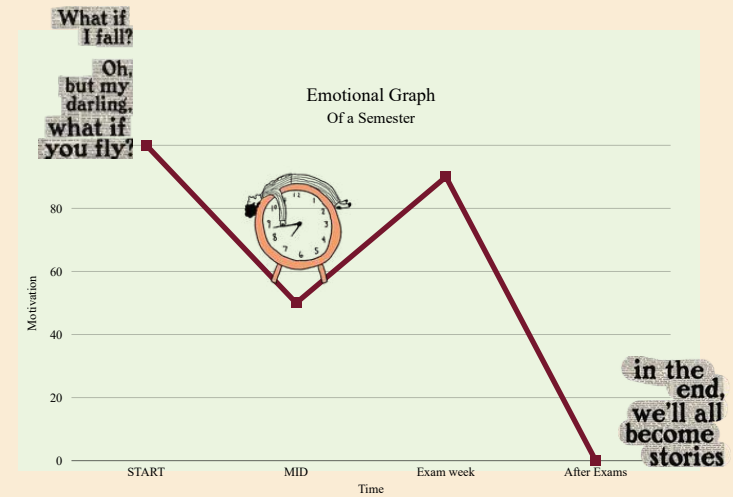
High motivation at the start, a long dip during procrastination, and a complete crash during exams followed by exhausted relief once it's over.

The semester teaches one simple thing every time:

Time doesn't wait. Procrastination feels harmless until exams arrive. And the syllabus that seems boring all semester suddenly feels interesting just a little too late.

Maybe next semester we'll start earlier.

Swati Giri
Batch 2022



MEME CORNER

no one:
first year medicos in
dissection hall*



JUST HAVING A QUICK LOOK AT EVERY
THING I NEED TO KNOW FOR MY EXAMS



When its your first day at
clinical rotations



"Sometimes a change of perspective is all it takes to see the light."

Medical college expenses in Mumbai

Mumbai calls itself the city of dreams. Medical students call it the city where dreams survive

purely on parental sponsorship and emotional breakdowns. Doing MBBS in Mumbai is a whole different level of struggle. Between lectures, postings, vivas, and prelims and university exams we are also fighting a silent enemy everyday EXPENSES. As a student of TNMC & B.Y.L. Nair Hospital, I can confidently say that we are not just studying medicine we are learning survival skills that should honestly be an another added degree.

So I was talking about expenses.

So, the foremost problem for first year students is paying lakhs just to live in a tiny space not even a proper flat, more like a small one BHK that feels even smaller. If you get a hostel in Mumbai in your first year, congratulations you are truly lucky, just like our upcoming batch. But if you don't (like us) then welcome to the real Mumbai experience. We were paying an absurdly high rent for a room with no beds, a so called "bedroom" that looked like it was designed using bathroom tiles. And yet, brokers would confidently say, Very spacious flat! Of course it was spacious but only for one person, not for four.

Now Let's Talk About Food..

If you love vada pav or anything that comes with pav, Mumbai is heaven. Good food is easy to find, affordable, and available at every corner. After all, this is Maharashtra, and street food here has its own loyal fan base. But if you are not Maharashtrian, things can get a little bit tricky. For someone like me, coming from Jaipur, finding familiar taste is a real struggle. And no, I'm not saying Mumbai food is bad. It's just that the kind of taste we're used to doesn't always come at a price that's affordable every day. You can definitely find great food here but your wallet will feel it. That's why finding a good, tasty, and reasonably priced tiffin service becomes extremely important for daily survival. Unfortunately, I still haven't found the perfect one. The reality is simple: in Mumbai, if you want good taste, you usually have to pay a good price. And if you don't want to pay that price, you often have to compromise on taste. We should prefer canteen then

The Academic Expenses We All Eventually Accept

Sooner or later, every medical student enters the PG prep zone. Coaching becomes almost unavoidable—and yes, it's important and worth it. The only problem? The never-ending confusion: Marrow or DAMS? Online or offline?

Then comes the real essential: the iPad. At this point, it's no longer a luxury; it's survival equipment. Lectures, notes, PDFs, question banks—everything lives inside it.

And of course, books. In the first year, we all buy everything: standard textbooks, reference books, extra guides. By the third year, reality hits—most of those expensive books just sit on the shelf, while we actually study from important topics, notes, Bhalani, and Marrow PDFs.

Anisha
Batch 2022



Travelling in Mumbai: Daily Confusion, Daily Drama

Travelling is one of the biggest struggles for medical students in Mumbai. Locals are convenient on paper, but in reality they're crowded, exhausting, and feel like a daily endurance test. Before going anywhere, every student follows the same routine. Open the Ola/Uber app, check the price like it's a shopping app, think for a moment, and then close it. The internal debate is always the same: local or cab? Save money or save energy? On days when the crowd feels unbearable especially after long postings or around rush-heavy areas like Andheri and Bandra we choose Uber, even if it costs more than our café bill. Mumbai nightlife is beautiful, but so are the night charges. Add traffic, random auto refusals, and rain chaos, and you realize that travelling here is not just movement. It's a daily life lesson.

Social Life "We'll Plan After Exams"

Every plan begins with full enthusiasm: "Let's go here, let's go there after exams!" Big dreams are made... but somehow they always end at the same place: a villa in Lonavala. That too, if the plan actually happens.

Most small plans don't even survive 24 hours. They usually end with: "Posting hai."

"Journal complete karna hai."

"Internals hai, prelims aane wali hain."

"No money."

Friendships survive on OPD coffee, corridor conversations, and shared suffering. Birthdays are celebrated in hostels with whatever is available. Relationships are built on mutual understanding of cancelled plans and busy schedules, and honestly? That kind of bonding is far more real than fancy café friendships..

Sleep The One Thing We Cannot Afford

Sleep is the most expensive luxury for medical students. Between lectures, postings, exams, and journal completion, 8 hours of sleep becomes a myth told to us by non-medico friends. And somehow, even when we do sleep, guilt follows. "Shouldn't I be studying?"

The Reality Check

Despite the financial struggles, the exhausting schedule, and the constant pressure, medical students in Mumbai develop something priceless: resilience. We learn empathy not from textbooks, but from patients. We learn patience from waiting in locals. We learn humility from our own struggles.







Studying at TNMC & Nair means witnessing real medicine every day: raw, intense, emotional, and impactful. Medical students in Mumbai are not rich in money, but they are rich in stories, resilience, and dark humour. We complain daily, but we still show up every morning. We struggle financially, emotionally, physically and still continue.

Maybe that's what this journey is about.

Not just becoming a doctor, but becoming someone who can survive anything.

And honestly, if you can survive MBBS in Mumbai, you can survive life anywhere.....

Myth v/s Reality

<p>Myths</p>  <p>One standard textbook is enough</p>	<p>Reality</p>  <p>Still stuck on chapter one</p>	<p>Myths</p>  <p>Medicos are very disciplined</p>	<p>Reality</p>  <p>Waking up 15 min prior to the lecture in the morning</p>	<p>Myths</p>  <p>Feeling all pumped up and proud walking in the hospital campus, being a know-all</p>	<p>Reality</p>  <p>Patients calling you sister</p>
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10 THINGS NOT TO DO BEFORE EVENTS

1. Leave shopping for the last minute. Orders never arrive on time.
2. Go home thinking you will come back refreshed. You probably will not.
3. Get an impulsive haircut or makeover the day before.
4. Text someone at 2 am who is guaranteed to disturb your peace.
5. Forget to clear your phone storage right before the event day.
6. Trust your roommate to be your alarm clock.
7. Skip contributing to decorations and then panic on event morning.
8. Forget to charge your phone or carry a power bank.
9. Skip rehearsals assuming you will manage somehow.
10. Forget to enjoy the moment amid all the chaos.

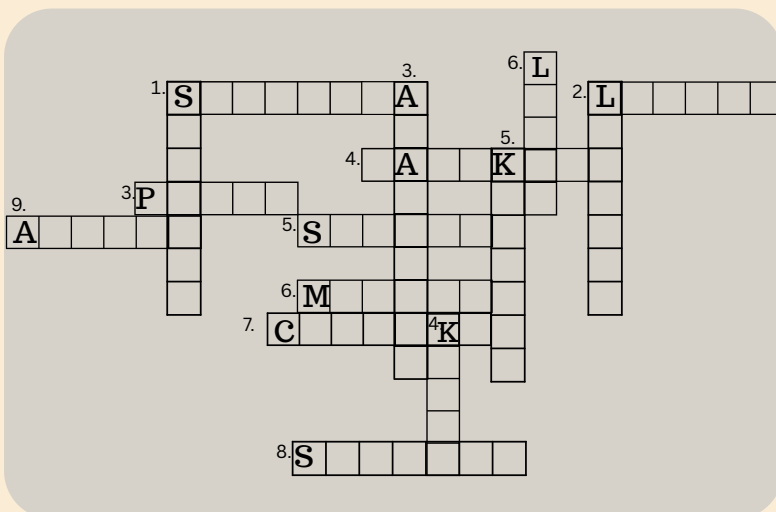
WOULD YOU RATHER?

1. Would you rather get scolded in front of the entire class or blank out during vivas?
2. Would you rather have unlimited coffee or a solid eight hours of sleep before exams?
3. Would you rather accidentally touch a cadaver's face or spill formalin on your white coat?
4. Would you rather blank out during a viva or give a wrong answer confidently?
5. Would you rather become a grumpy senior or a friendly senior whom no junior takes seriously?
6. Would you rather be the most studious or the most approachable person in college?
7. Would you rather save one life dramatically or quietly help hundreds of patients over time?
8. Would you rather earn less but love your specialty or earn a lot but hate going to work?
9. Would you rather run out of time or run out of things to write in an exam?
10. Would you rather whisper an answer to a friend or pretend you didn't hear the question?



scan the QR to know what other people choose

CROSSWORD



CROSS

1. Father of Indian Surgery
2. Surgeon who did first antiseptic surgery
3. Eradicated viral disease in India
4. Vaccine pioneer of India
5. Traditional South Indian medicine
6. Indian city linked to world's first plague vaccine
7. Father of ayurveda
8. Book describing ancient theories on human body
9. Old name for mental hospital

DOWN

1. HIV researcher in India
2. Doctor who rolled a paper to listen to chest
3. First Female Doctor in India
4. Indian city which is an ancient center for healing & ayurveda
5. Nobal laureate in physiology, genetic code decipher
6. Language of early medical manuscripts

**STUCK?
SCAN THE
QR CODE
FOR THE
CROSSWORD
ANSWERS**



Batch 2023



Prerona
Chakrabarty

Batch 2023



Sriram
Sreekanth

Batch 2023



Neha
Savla

Batch 2024



Durvi
Modi

Batch 2024



Gargi
Jadhav

Batch 2024



Kunjal
Mantri

Batch 2024



Rohan
Gore

Batch 2025



Shrutika
Abdalwar

Batch 2025



Rajani
Chillarge

Batch 2025



Pratik
Budhawat

Batch 2025



Numeera
Iqbaluddin

Batch 2025



Zaid
Shaikh

Batch 2025



Rishika
Singhania

Batch 2025



Vaishnavi
Bandal

Batch 2025



Chandrakant
Lakkamwad

Batch 2025



Vaibhav
Rakh

The Herald Team



Sneha Chimkar



Aditi Jalgaonkar



Ananya Agrawal



Atharv Chavan



Shashank Shukla

Our Previous Collection

As we close this edition, we revisit the pages that shaped our journey.



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