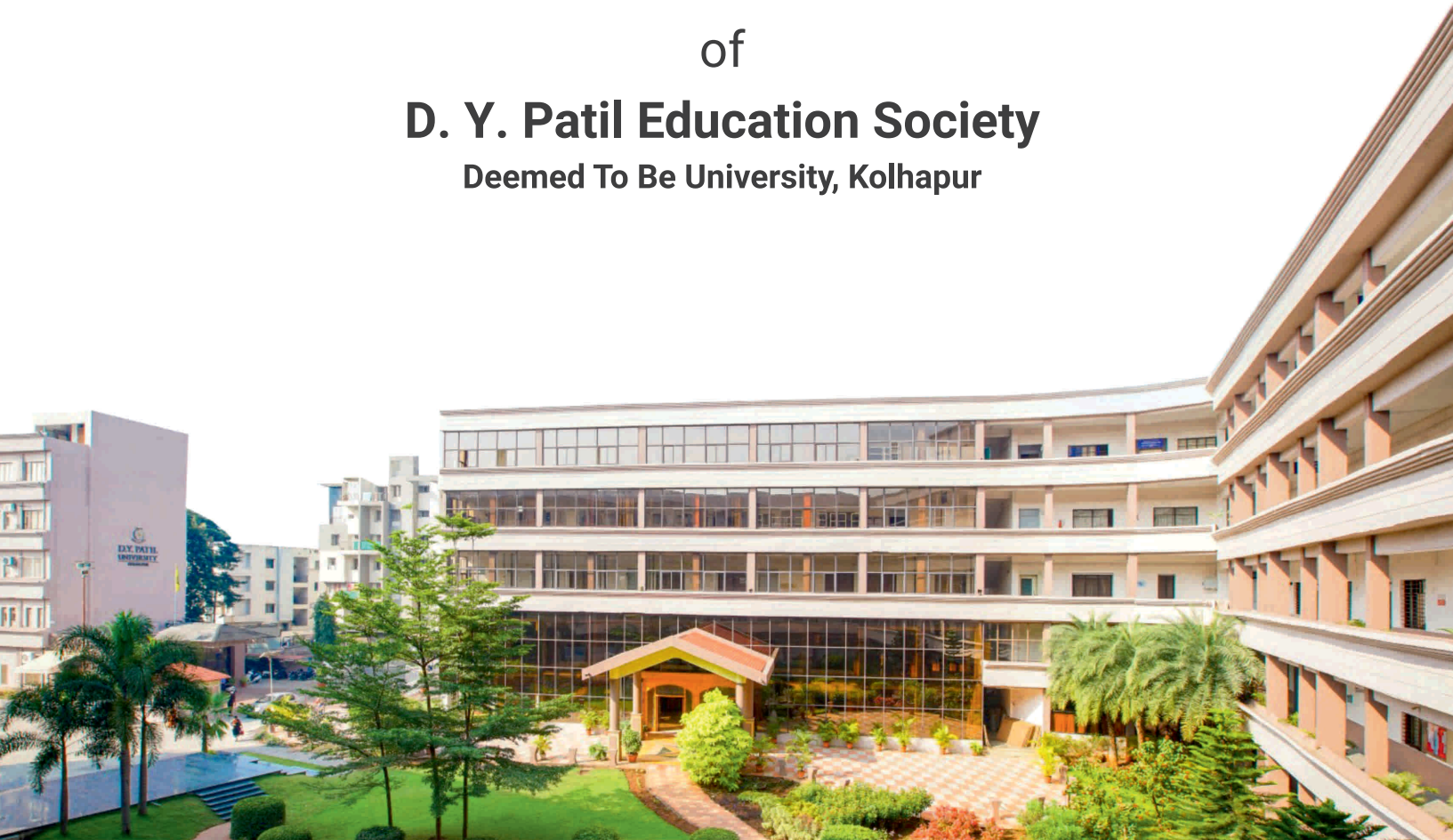


“PRATYAKSHA”

University Students' Magazine
for
2020-2021

of

D. Y. Patil Education Society
Deemed To Be University, Kolhapur





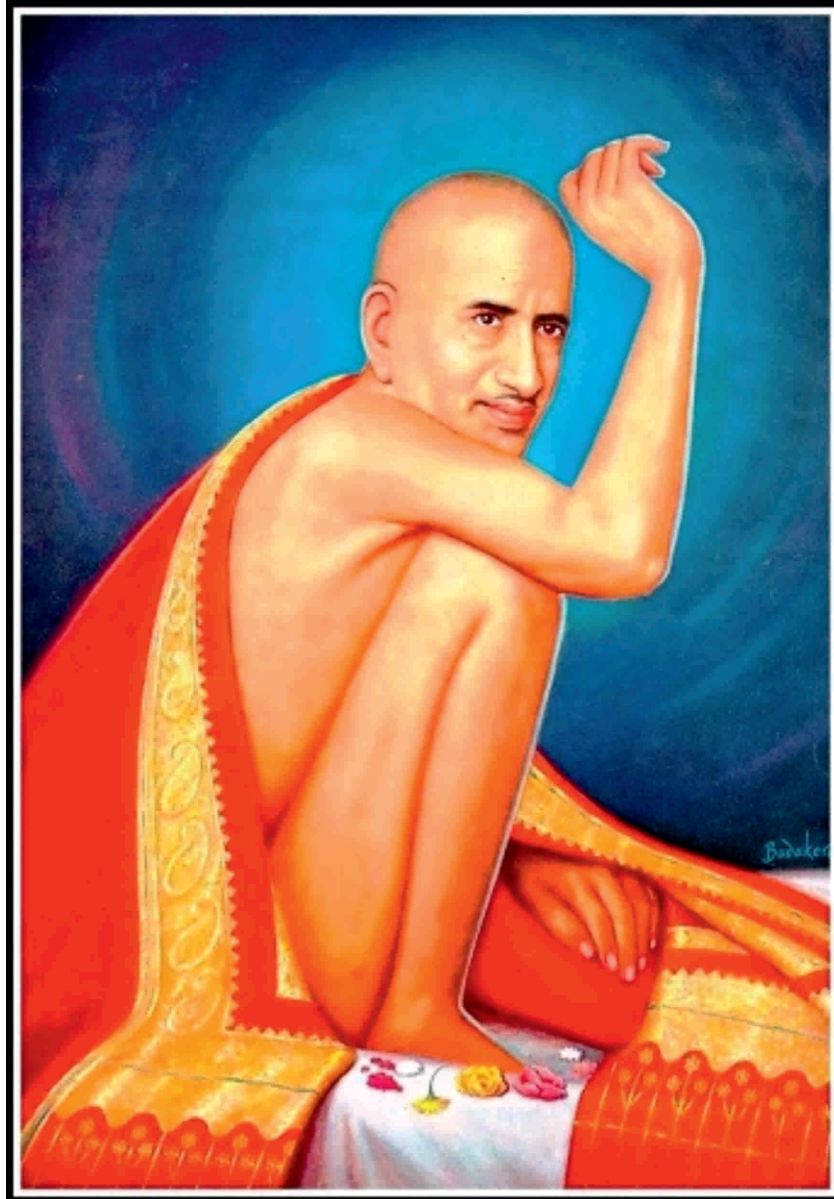
D. Y. Patil Education Society

Deemed to be University, Kolhapur

Our Motto

Dnyanadheenam Jagat Sarvam

Our Strength and Inspiration



Shri Sant Gajanan Maharaj

॥ विद्यापीठ गीत ॥

ज्ञान घेऊनी यशवंत व्हा जावे पुढे पुढे
ज्ञान विज्ञान विमुक्ततेचे झडवूया चौघडे
शिक्षण क्षेत्रातील लौकिक
डी. वाय. पाटील विद्यापीठ
ज्ञानाधिनम् जगत् सर्वम् ॥धृ॥

आम्ही डी. वाय. ची लेकरे
नव्या क्षितिजाची पाखरे
ज्ञानाधिनम् जगत् सर्वम् ॥धृ॥

उच्च शिक्षण हाचि ध्यास
डीवायजींचा झाला श्वास
मार्गदर्शन आशीर्वाद
दादांची लाभली ही साथ
समाजसेवा, लोक जागृती,
नांदे नित्य मनांत !

शिक्षण क्षेत्रातील हे पाऊल
नवेच पाऊल नवीन चाहूल
ज्ञानसेवा आणि संशोधन
यासाठी वेचियले तनमन
सर्वत्र पोचण्या वैद्यकसेवा,
घडली हो पायपीट !

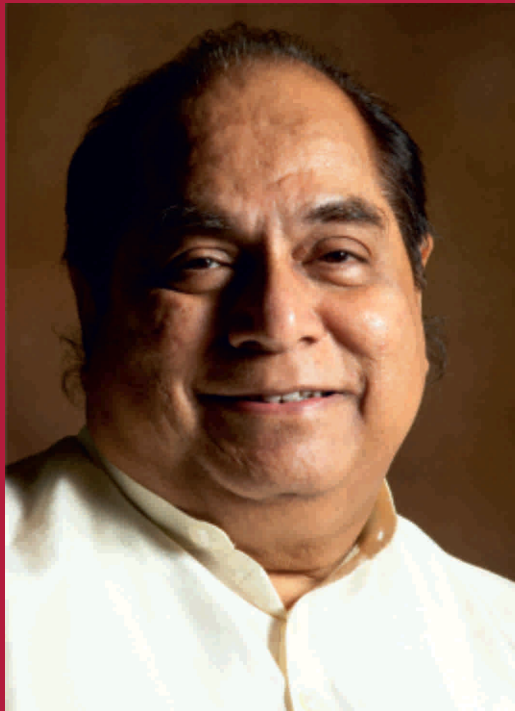
निवारा, सर्वांगीण विकास
आरोग्याचा लागे ध्यास
मूल्य शिक्षण, तत्त्व शिक्षण
सुयोग्य होते नीतीशिक्षण
आरोग्य ही खरी धन संपदा,
मनी बांधिली गाठ !

ज्ञानसेवा विकसित केली
ही शून्यातून, विश्वनिर्मिती
ज्ञानार्जनातून घडते सेवा
मूल्य, तत्त्व, निती हा ठेवा
संजय आणि सतेज यांचा
कार्या लाभे हात !

अंधाराला उजळीत जावे
यश कीर्तीला जिंकीत जावे
ग्रामीणतेचा विकास व्हावा
ज्ञानाचा नव सूर्य पहावा
ध्येयासाठी, पाऊल पुढती,
हीच आता वहिवाट !

A TRUE VISIONARY & KARMAYOGI

“Knowledge is Power”



Dr. D. Y. Patil (Padmashree Awardee)

Founder President,
D.Y.Patil Education Society

Former Governor,
Tripura, Bihar & West Bengal State



CONVOCAATION 2021





CHANCELLOR'S MESSAGE

Greetings.

Sincere congratulations to the students and faculty for publication of the university Student Magazine "Pratyaksha 2020-2021".

I am proud of the hard work and organizational abilities that the Student Editorial Team have displayed in ensuring that this issue was brought out, in time. As we all know, for most of the year all interactions were through the virtual and social media platforms. After that, working together face-to-face must have been both different and very welcome. You have learnt skills that will stand you in good stead in your future.

It is heartening to see the contributions of the students. Recent experiences may colour all creative output for years to come, but they have not been able to taint creativity itself. The articles and poetry shared by students is delightful and a pleasure to read.

With normal campus life having started, I encourage all students to participate in the different extra-curricular activities offered by the university, even as you and your teachers strive to make up in areas of skill training and practical. This magazine is proof that you are already doing that, for which you deserve recognition.

I thank the Faculty orientation team for guiding students.

Best wishes to Student Editorial Team, contributors and indeed, to all students.

Dr Sanjay D Patil

Chancellor & President DYP Group

EDITORIAL TEAMS

STUDENT EDITORIAL TEAM

Student Editor	Hirani Y Chandulal,	D. Y. Patil Medical College
Editorial Team:	Pathan Rifat Mujib,	D. Y. Patil Medical College
	Shikha Sharma,	D. Y. Patil Medical College
	Akash Mane,	D Y Patil College of Nursing
	Melanie Fernandez	D Y Patil College of Nursing
	Vaibhav Patil	Centre for Interdisciplinary Research
	Shweta Rawat	D Y Patil College of Physiotherapy
	Siddhida Madki	D Y Patil College of Physiotherapy
	Madhura J Chougule	D Y Patil School of Hospitality
	Avinash G Hawal	D Y Patil School of Hospitality
	Vijay V Behere	D Y Patil School Allied Health Sciences

FACULTY EDITORIAL TEAM

Faculty Editor:	Dr Shimpa Sharma	Professor, General Medicine
Editorial Team:	Dr Milind Sabnis	Professor Ophthalmology
	Dr Arun Karmarkar	Professor, Anatomy
	Dr Amruta Doijad	Professor, Physiotherapy
	Ms Janaki Shinde	Professor, Nursing

VICE CHANCELLOR'S MESSAGE



As we traverse the academic landscape together, I am honoured to address you through the vibrant pages of our university's student magazine. This publication stands as a testament to the kaleidoscope of talents, ideas, and passions that define our diverse student body.

Our university is not just a crucible of knowledge; it is a fertile ground for creativity and expression. Within these sanctified classrooms and other learning spaces, you are not mere students; you are architects of thought, sculptors of ideas, and painters of dreams. The magazine, a living tapestry of your collective brilliance, embodies the ethos of our university community.

In these pages, you will find a mosaic of voices, each contributing to the rich symphony of the university life. From insightful essays to evocative poetry, from thought-provoking articles to visually stunning artwork, the magazine encapsulates the essence of who we are - a community bound by a thirst for knowledge and a passion for self-expression. I encourage each of you to view this magazine not just as a platform for showcasing your work but as a mirror reflecting the intellectual and creative medley that defines our institution. It is a space where ideas dance, and perspectives collide, giving birth to a beautiful tapestry that we collectively weave. Let this magazine be a testament to your journey - the challenges you've overcome, the triumphs you've celebrated, and the growth you've experienced. As you flip through its pages, may you find inspiration, connection, and a profound sense of pride in being a part of this vibrant academic community.

I extend my deep appreciation to the trailblazing students whose initiatives are showcased, embodying the essence of novelty that distinguishes our university. As you delve into this edition, may it spark inspiration, fuel your own ambitions, and serve as a reminder of the incredible impact each of you can make.

Thank you for being the heartbeat of the university fraternity. Here is another year of exploration, expression, and excellence!

Warm regards,

Prof. Rakesh Kumar Mudgal
Vice-Chancellor

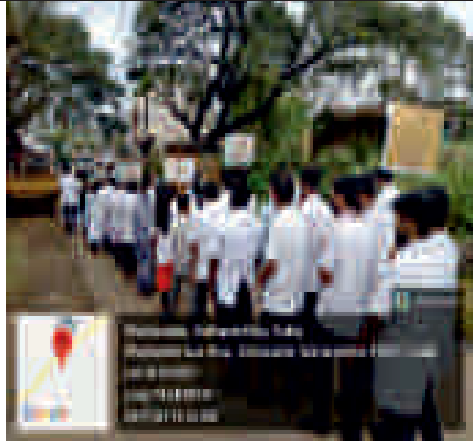
NSS & NCC ACTIVITIES



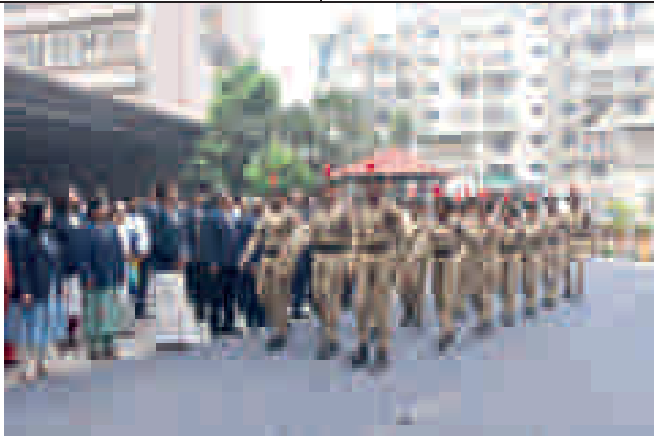
Cleaning Campaign by NSS Students at Ghotawade



School Health Assessment at School



School Health Assessment



Participation of NCC Student in celebration Republic Day

PRO VICE-CHANCELLOR & IQAC DIRECTOR MESSAGE



I congratulate the students for the publication of the university Student Magazine. This forms an important platform for student experience, expression and experiential learning. The magazine is looked forward to eagerly by all stakeholders and our students never fail to thrill us with our reading experience.

Holistic student development has been a hallmark of the educational efforts of the D Y Patil Education Society Deemed University Kolhapur.

This magazine is yet another link in the chain of activities that students participate in, during their time with us. These activities serve to strengthen character and personality, and also impart lessons in the intangible areas of personal growth such as leadership, teamwork and sportsman spirit. Students learn to be good leaders and also good followers. They learn to assess their own strengths, talents and interests, even as they navigate through the academic corridors of their disciplines. This magazine and the contents within, reflect this all and much more. I thank the students for their contributions, for sharing their thoughts and ideas and also for taking the efforts to publish this magazine. I wish them all the very best.



We know that the students always think differently than conventional. Majority of the writings in this student's magazine depict the same. This is the step towards bringing out their talent. This document is a treasure for the students. My best wishes!

Dr. Vishwanath Bhosale, Registrar



It is a delight to note that post pandemic the enthusiasm and creativity of our students has found expression in "Pratyaksha". I congratulate all those who have made this possible and commend them for their hard work

CA Mr. Sridhar Narayanaswamy, Finance Officer



"Heartiest congratulations to the dedicated Editorial Team and the creative students for crafting and publishing our annual University magazine. Thank you for capturing the essence of our University and sharing it with the world. You have made us proud!"

Dr. A.N.Jadhav, Controller of Examinations

STUDENT'S WING OF BIOETHICS UNIT



Skit on 'Social Responsibility and Health'



D.Y.P Singing Idol 'Social Responsibility and Health'



Debate Competition: Written consent versus A.V consent

MESSAGES



We are thrilled to present our latest university magazine, which showcases the exceptional creative talent of our students and faculty. I would like to extend my heartfelt congratulations to the editorial team and contributors for their hard work and dedication. Keep up the fantastic work!

**Dr. Rakesh Kumar Sharma, Dean
D Y Patil Medical College, Kolhapur**



I extend my heartfelt congratulations to learn of college magazine for putting their efforts to bring out such a wonderful issue. My message is "Aim always high", as high as the sky to be good citizen and leaders of our beloved country.

**Dr. C. D. Lokhande, Research Director,
Centre for Interdisciplinary Research**



"Unleash your creativity, embrace your voice! Let's make this magazine a vibrant reflection of our university community."

**Ms. Suhasinee Rathod,
Principal, College of Nursing**



Student magazine or a newspaper is a shot each is an experiment and represents a new focus, a new ratio between commerce and intellect.

**Dr. Javid H. Sagar,
Principal, College of Physiotherapy**



It gives me immense pleasure to express my views on the release of the university magazine "Pratyaksha". Students have expressed their thoughts, ideas, hopes, feelings, aspirations, and convictions in a very creative way. I thank the editorial board and students for their contributions to "Pratyaksha"

**Mr. Rudheer Bardeskar, Principal,
D Y Patil School of Hospitality,**



Athletics (100 meter and Relay Race)



Tug of War (Boys & Girls)



Volleyball Match

STUDENT EDITOR'S MESSAGE



I am grateful to the university for all the support and motivation given to the Student Editorial Team, for the release of the Student Magazine. The cooperation and guidance of the Faculty Editorial Team, the submissions from students and the support of the Media Team have been invaluable as we worked to publish 'Pratyaksha 2020-2021'.

All mankind has had many disturbing experiences during the pandemic. Students have been tested as never before. Despite these situations, students have shared their articles, poetry, for which I thank them.

Preparing the magazine taught the student editorial team, many new skills. It allowed us to come together again, and we enjoyed the process of working together and learning from each other. From communicating with students and staff, to new IT skills, we learnt a lot as we designed the magazine.

I would like to thank all those who supported us, and all those who contributed to making 'Pratyaksha 2020-2021' a reality.

FACULTY EDITOR'S MESSAGE



On behalf of the Faculty Editorial Team, I congratulate the students of the D Y Patil Education Society Deemed University, for the design and release of 'Pratyaksha 2020-2021'. The magazine stands witness to the strength and spiritedness of the student community, as they have recently returned to campus after a long gap.

The Student Editorial Team have displayed exemplary team work and discipline in ensuring that the issue was brought out, in the short time after returning to campus. Student-contributors also deserve recognition for making the magazine both possible and interesting reading.

I am truly proud of the student community for 'Pratyaksha 2020-2021' and for the fortitude, creativity and resourcefulness that this magazine represents. I once again congratulate you all.

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CHANGING TONE OF DOCTOR AND NURSE RELATIONSHIP

Doctors and nurses do crazy hours and keep an ideal afloat through the love and care that they have for their craft and their patients and the institution in many health care settings doctors and nurse communicate and work together to serve their patients as both moto of work is the wellness of the patient came to their institution.

Mutual knowledge, trust, loyalty and regard are the elements that are encompassed in the relationship between doctors and nurse. The doctor nurse relationship is much more important for the patient trust. As patients have trust in their doctor and nurse team, they feel really safe, confident, supported in their care. This bond leads to better patient satisfaction and off course better outcomes.

Doctor nurse relationship should be mutual and also beneficial where all receive respect. Both rely on each offer for their expertise and opinions which again makes the bond much more stronger.

But sometimes relations between doctors and nurses are stained. Doctors- nurse conflicts, lesions and stress contributes in job dissatisfaction and burnout for nurses.

Possible chances of conflicts between doctors and nurses are mostly due to rim balance of power between doctors and nurses, difference in achieving goals of medicine and nursing and sometimes gender conflicts between both as maximum doctors are men and nurses been women.

Overall the conflict between doctor and nurse hunts the optimal functioning of the team and result in poorer patient care and lower quality health- care, lower, poorer image of the institution.

So, now how can both deal with the relationship, how can it be toned? which is vital to the well-being and outcome for patients and their families.

Both have to build trust and partnership which is really important Today.

Both nurses and doctors unique contributions to patients care must be valued. Rounding together helps in providing team-based care and patient perceptions of cooperation it leads to better hand-offs and increased patient satisfaction.

Improve collaboration among doctor's nurses and other health care providers and allow some work to be done.

Collaborations begins at the top of an Organization and should be carried through by everyone. Achieving effective doctor" nurse relationship of collaboration requires a focused effort that is to be supported throughout the healthcare organization

Both participation in team trainings Can tune up the relationship.

Constantly your speech volume and tone is important in all relations, Both sides need to learn to effectively resolve conflicts that naturally occur in complex environments. Yelling at a nurse for disturbing your dinner, sleep with patent report is not the choice.

Both should recognise diversity in both as a good. These difference! can also be helpful when working Together as usually can come up with better solutions.

Both has to remember the mission, Vision and values of their institution or organization which can create better environment Overall.

“GIVE RESPECT, TAKE RESPECT”

Author: **Mrs. Pallavi Renake**

M. Sc. Nursing

"People who work together will win, whether it be against complex football defences or the problems of modern society."

— Vince Lombardi

Changing Attitude of Students

"Attitude" a word itself means approaching a particular gesture of ourselves by presenting our aims, point of views, approving all the positive information we have in us. Attitude is an image which creates our identity in front of others Each and every person has its own attitude and different forms of displaying ourselves Concerning the topic of attitude in students I want to bestow some incidents of proving that attitude can change in terms of wills and atmosphere.

"Students" are the one which are the growing future of our Mother India. Our expectations about the nation in each and every term of making our country a developed one is in the hands of the students Le the youth of our nation As the youth will change or take the matters into consideration the nation is going to progress in that way and field Thus, we need to understand that the students are giving more and more approaches to which guidelines and perspectives in nature of education

"ATTITUDE IN STUDENTS" concerns with how students prove themselves in various categories in which they are performing It also means that we should understand that students are getting more involved or paying more attention in which characters of life Nowadays students are involved in many forms of activities whether it may be education, Technology, sports, politics, Administration, etc, and many the fields and types of characters more kinds of changing attitudes in the students

Firstly, students want to study just for the sake of education, for example education was put means of understanding the outer world which has changed now Students of today are taking participation in various field They are taking it is various academic activities in schools, colleges or further education reforms. Student's mindsets are changing regarding education, sports and other activities.

Here, I would like to best one example of changing attitude of students today's world. In the early stage, "computer was just a machine which used to reduce human work/efforts and an equipment".

By Pranali. C. Kore, B.sc(N)

विषय: माझे बालपण

बालपण हा मानवी जीवनातील सर्वात सुंदर टप्पा आहे .

प्रत्येकाच्या जीवनात आनंद ओसरून वाहत असतो हा काळ आनंदी असण्याच कारण या काळात कुठलीही अपेक्षा नसतात, हेवेदावे नसतात असतो तो फक्त गोंडस पना निस्वार्थ पणा “कोण काय म्हणेल, कोणाला काय वाटेल” या कोणत्याच गोष्टीचा ताण नसतो. वाटेल तस खेळा, बागडा अन् आयुष्याचा सुखाचा टप्पा अनुभवा. बालपणात मध्ये व्यवहारही अगदी सरळ असतात कपट अजिबात नसतो किंवा कोणाच्या भावना जपाच्या लागतील या गोष्टीचेही बंधन नसते. बालपण श्रीमंताच्या गरीबाच्या घरात गेले असो किंवा अमीर घरात गेलेले असो श्रीमती गरिबांचा बालपणाशी काहीही संबंध नसतो माझे बालपण देखील असे फार मजेत गेले. गावी घरासमोरच मंदीर होते आजी रोज संध्याकाळी आम्हा सर्व भावडांना घेऊन मंदीरात जायची अन् देव बाप्पा सगळ्यांना सुखी हठेव ही प्रार्थना आम्ही करायचो. आजही तेच शब्द मंदीरात गेलो की आपोआप ओठात फुटतात ।

खुप वेगवेगळे खेळ आम्ही खेळायचो रानात फिरायचो बागडायचो विहीरी वरून पाणी डोक्यावर आणण्यापासून चिंचेच्या झाडावर चढून चिंचा तोडायचो विहीरीत पोहण्याची मला लहानपणी पासूनच भिती वाटायची मित्र मैत्रीणीसोबत विहीरीत पोहण्याचा प्रयत्न अजुनही मला खुप चांगला आठवतो, मे महिन्याच्या सुटटयामध्ये आम्ही सगळी भांवडे एकत्र जमत असू आंब्याच्या झाडाला उंच झोके बांधायचो उंच उंच झोके घ्यायचो बैलगाडीतून शेतात जाण्याचा आनंद तर वेगळाच होता बैलाला वेगवेगळ्या नावाने हाका मारत सर्जा राजा आम्ही म्हणात बैलगाडी चालवण्याचा प्रयत्न करायचो ।

पावसाळ्यात पावसाच्या पाण्यात होड्या सोडायचो, पाण्यात उड्या मारायचो बालपणात इतका खेळकरपणा आणि गोडवा असतो की प्रत्येकाला पुन्हा बालपण जगावेसे वाटते लहानपणी वडिलाच्या खांदयावर बसून जजा पहायची बालपणाची मजा आता ती राहिली नाही लहानपणी मातीत खेळण आणि छोटी खेळणी बनवणे हे कोणाच्या आठवणीत स्थिरावत नाही।

काळाच्या ओघात चोर पोलीस, लपाछपीचे डाव , डॉक्टर डॉक्टर, या सगळ्या खेळांचा काळाच्या ओघात रहास झालाय आजकालची मुले पुस्तकी मोबाईल किडा झाली आहेत. या सगळ्या सुखापासून मुले मुकले जात आहेत ही खरी बाब आहे.

Author: Ms Akanksha Jagtap, MBBS



बालपणातील निरागस मन हेच सुंदर जीवनाचं
बाळकडू आहे

THE SERIAL KILLER

It was raining heavily, frightened and tense he was sitting alone in his room. Just when he received a call, A call that changed the entire course of the journey. The call was from his Arch Nemesis. The person who made him a murderer.

That night he decided to kill a scientist. Trying to gain all the strength he had, he planned a perfect murder. The plan was simple: To shift the blame to someone else. Being a young boy, no one would've doubted him.

A few years later, he crossed paths with a musician. He liked him a lot, he grew fond of him over the years of companionship. All it took was a visit from an old friend, his Arch Nemesis to make him realize that he is still a murderer who was never caught. Along with his Arch Nemesis, he crafted a perfect plan and murdered the musician.

Years passed by, and the young boy now was a teen, and a murderer. Over these years he had killed many people – a doctor, an architect, an artist, an IAS officer, and many more. He seemed to enjoy these murders because he never got caught for them. Little did he know; the time was passing and so was his luck. The day finally arrived when his father caught him arguing with his Arch Nemesis. He was afraid, after days and months of talking sense into him, his father asked him to do the exact same thing that his Arch Nemesis ever asked him to do.

MURDER!

Only this time the difference was not to kill an innocent person but to murder his own Arch Nemesis. He did. Brutally murdered. He was caught, but this time it was for his own good.

But how can he escape the crimes of the innocent people he killed? Every now and then they haunted him like anything. Until today his Arch-Nemesis protected him from all the tortures of the innocent people he murdered, but now who will protect him? Pros and Cons .

Slowly and steadily, he overcame the nightmares and cries of the innocent people when he finally decided to do something about it. He did what he was good at, Murder. He murdered his past. He

murdered his company who supported the idea of killing innocent people. He serially killed all the people involved in making him THE SERIAL KILLER.

Who was this guy? Who were the innocent people he killed? Who was his Arch Nemesis that made him one crazy elusive serial killer? The Serial Killer was a YOUNG AMBITIOUS BOY. The Innocent People he ever killed were the DREAMS he wished to achieve. His Archnemesis was none other than SELF DOUBT.

“Our doubts are traitors, and make us lose the good we oft might win, by fearing to attempt.”
-WILLIAM SHAKESPEARE

Self-Doubt can make it possible for you to truly murder your dreams, a scientist, a musician, a doctor, an architect, and so many dreams. But the day you decide to hunt and kill down your self-doubt, you’ve truly achieved something.

“All great people had critics, but they still believe in the beauty of their dreams.”
-LAILAH GIFTY AKITA

Everyone has the ability to dream, but not everyone has the ability to chase it. Not all dreams are to be fulfilled, but over time till you realize it, the least you can do is to hold it with you. Some way or other we have our own unique circumstances which we call EXCUSE, but if we believe to learn a way around it, the excuse might just be an inspiration to implement a change to make our dreams come true.

None of us are too old, too young, too poor, or too sick to live the dream. Our timelines for achieving it might be different, our ways to reach there may or may not be smooth, and our inspiration to make it happen might vary, but if we start chasing, we’ll eventually get there.

“Your destiny is in two places: One is in your hands, and the other is in your dreams.”
-MICHAEL BASSEY JOHNSON



Did I finish the story? No. I didn't.

The story is not of some random boy. The story is mine. I am THE SERIAL KILLER, and if you ever have killed your dreams just because of self-doubt, my friend, you're a SERIAL KILLER too.

Abhishek Pingle, MBBS

"Laughter is the Best Medicine: A Dose of Medical College Humour"

Introduction:

Studying medicine is no laughing matter, but that doesn't mean we can't find humour in the hustle and bustle of medical college. In this column, we're prescribing a hefty dose of laughter to lighten the sometimes-heavy load of med school. So, put on your lab coats, stethoscopes, and a sense of humour, and let's dive into the world of medical college madness!

"Doctor, My Stethoscope is Missing!"

Have you ever been in the middle of a clinical rotation, ready to listen to your patient's heart, only to realize that your trusty stethoscope has mysteriously disappeared? It's the medical equivalent of losing your car keys – how can something so crucial just vanish into thin air?

The Great "White Coat" Debate:

Every med student has experienced the great "white coat" debate. Should it be long or short? Do pockets matter, or are they just for show? And let's not forget the existential crisis that comes with choosing the right shade of white – is it more of a pure white or off-white day?

Anatomy Lab Antics:

The anatomy lab is where med students become acquainted with their cadaver "Bert" or "Bertha." It's the place where you debate the anatomical correctness of Grey's Anatomy while making off-color jokes about your newfound friendship with Bert.

The "Oops, Wrong Patient" Fright: Ever heard a fellow student tell a patient that their surgery is next, only to realize that they mixed up the charts? It's like a scene from a medical comedy – "Oops, wrong patient! But you can't blame me; my handwriting's just that bad."

The "Sleep is for the Weak" Myth:

Med students often pride themselves on their ability to pull all-nighters. But when you find yourself nodding off during a lecture on sleep disorders, it's clear that even future doctors need their beauty sleep.

Conclusion:

Med school may be intense, but a good dose of humour is just what the doctor ordered. These moments of hilarity and absurdity remind us that even in the world of medicine, there's room for laughter. So, as you don your scrubs and prepare for your next shift or lecture, remember that a little laughter can go a long way in keeping you sane through the trials and tribulations of medical college. Until next time, keep diagnosing life with a sense of humour!

Author-Akanksha Mali, MBBS

INTERESTING FACT....

A burst of healthy laughter can help you to reduce pain and prevent infections

So why cry when you can laugh,

Why frown when you can smile?

Why fight when you can befriend

Good feeling go the extra mile!

Unforgettable winter night

I belong to 2020 batch commonly called “covid batch”. Studies remarkably affected and got very less time to prepare for university exams of 1st professional MBBS.

Being a hosteler, was prohibited from going out at night after 9:30. Every night, secretly I used to go outside by jumping over the boundaries of hostel to study in hospital reading room. One night, I was with my friend in reading who lived in a flat nearby. After our studies, he offered me to stay at his place and I agreed.

Heading towards his room I looked around. Night was beautiful immersed in the darkness of winter. Cold breeze all around felt like magic in the air. It was a complete scenario of “chandani raaton me, scooty haathon me”

We reached his place. I went to living hall taking the extra mattress to sleep. After around an hour my body couldn't move, could hear the tickling sound of clock.

Above the door, a figure wrapped in white clothes had no face, hovering over as if staring directly at me. I couldn't move my body, tried calling my friends but couldn't voice my words and felt helpless. In swift of movement that figure advanced forward and sat on my chest.

She initiated an conversation, commanding me to leave at once. Questioning me why I was at her place? I replied that's my friend's place. I told her to leave, informing her I wasn't afraid.

Frozen at my place, sleep overtook me. I slept for some time. It was early morning when I woke up. Had breakfast and went to my hostel room. There I shared the whole incident with my roommate. He said it must had been a case of sleep paralysis. So, I never discussed this with anyone.

Later, out of curiosity, I asked my friend if there was any death or any other mishappening at his place in the past. He told sometimes ago his flat owner died of covid.

Even today, at this time I'm still not sure whatever happened that night was truth or just a nightmare.

Author: Akshay Rathod

MBBS



Some dreamy stuff:

Less stress leads to better dreams. So if you want a great dream, do not go to bed in a bad mood. Perhaps that is why they say, 'Say your Prayers before sleeping'. It is a way to calm the mind and focus on the good, better, best.

Memories inform your dreams. Short term memory to long-term memory consolidation happens during dreams – a POV. Is that why we sleep on the Text Books in the Library?? Mayhap the dream will do the rest!



Title: The Silent Battle: Endometriosis and its Impact on Women's Health

Endometriosis is a complex and often misunderstood condition that affects millions of women worldwide. Despite its prevalence, there has been a lack of awareness and understanding surrounding this chronic illness. In this article, we aim to shed light on the topic of endometriosis and explore its profound impact on women's health.

Firstly, let us delve into what endometriosis actually is. Endometriosis is a condition where the endometrial tissue, which normally lines the uterus, grows outside of the uterus. This abnormal growth can occur on various pelvic organs, such as the ovaries, fallopian tubes, and the lining of the pelvic cavity. As a result, it can cause severe pain, infertility, and a range of other debilitating symptoms.

One of the most challenging aspects of endometriosis is the fact that its symptoms can vary widely from one individual to another. While some women may experience excruciating pain during their menstrual periods, others may have no obvious symptoms at all. This lack of consistency in symptoms often leads to delays in diagnosis and treatment, which further exacerbates the impact of the condition on women's health.

The pain associated with endometriosis can be disabling, both physically and emotionally. Women with endometriosis often describe it as a deep, throbbing pain that radiates from their pelvis to their lower back and legs. This chronic pain can significantly disrupt daily activities, impair quality of life, and even lead to mental health issues such as depression and anxiety.

In addition to pain, endometriosis can also cause fertility problems. Scar tissue formation and the presence of endometrial implants can obstruct the fallopian tubes and affect the release or transportation of eggs. This can make it challenging for women with endometriosis to conceive naturally. Infertility caused by endometriosis can be emotionally distressing and can put a strain on relationships.

Furthermore, endometriosis is not just limited to physical symptoms. It is a condition that affects all aspects of a woman's life, including her career, relationships, and overall well-being. The unpredictable nature of the condition means that women may have to miss work or social

engagements due to severe pain or other symptoms. The constant management of symptoms and the ongoing search for effective treatments can be emotionally draining, often leading to feelings of frustration and isolation.

Despite the significant impact of endometriosis on women's health, many myths and misconceptions still persist. Society often dismisses menstrual pain as normal, leading countless women with endometriosis to suffer in silence. Increasing awareness and understanding is crucial in order to improve early diagnosis, support, and access to effective treatments.

In conclusion, endometriosis is a complex condition that affects millions of women across the globe. Its impact on women's health goes far beyond physical pain, reaching into all aspects of their lives. By raising awareness, advocating for early diagnosis, and supporting women with endometriosis, we can create a more compassionate and inclusive society that prioritizes women's health.

Author: Gauri Yenurkar

MBBS

Be proud of yourself
for winning silent battles
no one ever knew.



Neonatal Medicine: Providing Specialized Care for our Tiniest Patients

In recent years, there has been significant progress in the field of medicine, particularly in the area of neonatal care. Neonatal medicine focuses on the health and well-being of newborn infants, specifically those who are premature or critically ill. This branch of medicine plays a crucial role in saving and improving the lives of our tiniest patients, offering hope to families during what can be a challenging and uncertain time.

The neonatal period refers to the first 28 days of a child's life, a time when they are particularly vulnerable and require specialized care. Neonatologists, physicians dedicated to the care of newborns, work tirelessly to provide comprehensive medical treatment to infants in this delicate stage of life. These professionals are equipped with the knowledge and expertise necessary to diagnose, manage, and treat a wide range of conditions that affect newborns.

One of the primary goals of neonatal medicine is to prevent and manage the complications associated with premature birth. Premature infants are born before their organs have fully developed, putting them at a higher risk of respiratory distress syndrome, infections, and other complications. Neonatologists employ various medical interventions to stabilize these infants, including respiratory support through mechanical ventilation, temperature regulation, and careful monitoring of vital signs.

In addition to premature infants, neonatologists also care for newborns who require intensive care due to other medical conditions or birth defects. These infants may have congenital heart diseases, genetic disorders, or infections that necessitate immediate and specialized treatment. Neonatal units, commonly found in hospitals, provide a safe and controlled environment for monitoring and managing these infants' needs, ensuring their well-being and promoting their healthy development.

One notable advancement in neonatal medicine is the use of advanced technologies and interventions. Neonatal intensive care units (NICUs) are equipped with state-of-the-art medical equipment, including incubators, phototherapy lights, and specialized monitors, allowing for

accurate and continuous monitoring of an infant's condition. These technologies enable early detection of problems, prompt intervention, and improved outcomes for newborns.

Furthermore, neonatal care extends beyond medical interventions. It encompasses a multidisciplinary approach involving a team of healthcare professionals, including neonatologists, nurses, respiratory therapists, and nutritionists. This collaborative approach ensures that every aspect of an infant's care is addressed, including nutrition, emotional support, and developmental support.

Family-centered care is also a crucial aspect of neonatal medicine. Neonatologists and other healthcare professionals strive to involve parents and family members in every step of their infant's care. This involvement helps parents understand their baby's condition, actively participate in decision-making, and provide emotional support to their little one. Effective communication and support networks are vital in easing the emotional burden that families may experience during this critical period.

In conclusion, neonatal medicine plays a pivotal role in providing specialized care to newborn infants, particularly those who are premature or critically ill. With advancements in medical technology, a multidisciplinary approach, and family-centered care, neonatologists and other healthcare professionals work diligently to give our tiniest patients the best possible start in life. Their dedication and expertise continue to save and improve countless lives, offering hope and reassurance to families during what can be a challenging time.

Author: Naman Girdhar

MBBS



YOU ARE STRONGER THAN YOU THINK

Believe in life, no matter the circumstances, no matter what you are facing. You only have two choices in your life when faced with adversity . You can lay down and die, or you can get up and live! And I choose life! And even though it was the cruelest thing i ever faced i feel so grateful that i did ,for i realized the love and strength that family and friends give you during that difficult time .

I remember being in the hospital and looking around and seeing all the sick people and then i looked in the mirror and realized I was also one of those sick people. Accepting that took courage , realizing that life could end without doing the things you wanted to do is a difficult thing to do . It leaves you hopeless.

A few days later I brought over this beautiful lipstick, I put it on and looked at myself and saw the real me. That person I once knew, and knew would get through this and that I'm stronger than I thought I was.

Overcoming cancer gives you a strength and confidence that makes you want to live big & bold every day. It becomes much easier to grow as a person when pushed to edges because you have already been forced way out of your comfort zone. I don't worry about failing when I try new things now, because my inner voice always reminds me that 'this' can't be any harder than anything i have faced and that i survived everything thrown at me. You only ever realise the value of life when you have faced the threat of losing it.

Author: Pruthvi W Khedkar

MBBS

YES I AM A FEMINIST

Because; kings had many

Queens; but queen didn't

Even think of marrying

Again, after kings' death!

Yes, I am feminist

Because; johar system was only for wife and husband was allowed to start a new life!

Yes, I am feminist because; today also more than 70% of politicians are males and only 30% or even less of them are

Females!

Yes, I am feminist because; still child is killed in womb of mother if it is found to be a girl!

Yes, I am feminist because; its only fathers name that we

Use in our names, although we all have two parents, mother and father!

Yes, I am feminist because; we are always asked in class that, how many of you have working mothers? Whereas fathers are always considered working!

Yes, I am feminist because; husband should also use his wives' surname because it's not only the girl who is married, both of them are married!

Yes, I am feminist because; it's normalized for boys to pee openly but, breastfeeding and discussing about periods in public is still considered big taboo!

Yes, I am feminist because; I normalize men crying, cooking, and taking care of babies!

Yes, I am feminist because; it's ok if boys play with the dolls and loves pink, and girls playing cricket and loving blue because colours never have had a gender!

Yes, I am feminist because; feminist are the ones who believe in feminism and feminism stands for equality of all male, female, and transgender! FEMINISM stands for equality!!!!

Author: Vaibhavi Anita Shivajirao Suryawanshi

MBBS

Myth: Feminism is about fighting men, hating men, and eliminating men.

Fact: Feminism is about challenging systemic inequalities and does not portray men as the enemy

Fact: Founder of Feminism is considered to be Mary Wollstonecraft who wrote a popular book 'Vindication of the Rights of Woman' in 1792. The book was banned, scorned and considered forbidden reading for girls from 'good families'. The book argued that class and private property are the basis of discrimination against women – at the time women were not allowed to legally own any property or earn an income.

“Life of a Nurse”



When there were wailing and heartbroken Cry;

Focusing on hope you had your limitless try.

Working your best for the world to shine;

You were forgotten by people yet remembered by time.

Your sleepless nights and broken rest;

Never led you fall short providing the best.

Sending a patient merely away;

You girded yourself for another relay.

Striving a war to hold the best

You battled a war between life and death!

Author: Miss Shreedevi Pramod Nair

B.Sc Nursing

DO YOU KNOW????

Nurses walk an average of 4 to 5 miles in a 12-hour shift

A recent study found that nurses walk 4 to 5 miles in a 12-hour shift. By comparison, the average American adult walks 2.5 to 3 miles over the course of an 18-hour day.

नर्स

कल तक थे आजाद परिंदे ॥

सोचा अब कुछ और करे

पहन के सफेद वर्दी

नयी जिंदगी में मानवता की राह पर चले

बदल गयी आदते सारी॥

चुन लीया मंजिल का फासला

होसलो के साथ उडान भरने लगे

लेके शपथ अपनी धर्म अपना निभाने लगे.

हर सुभह हमारी नयी जंग होती हे ॥

ऊ्युटी के साथ घर में भी नयी शुरूवात होती हे

दिन चढता हे लेके नयी जिन्मेदारी

घर में हम कह्हाते हे माँ, पत्नी, बहु और गृहीणी नारी

सफेद वर्दी हमारी ॥

हमारा निस्वार्थ मन दरशाती हे

चेहरे कि मुस्कान

परायो को भी अपना बनाती हे

हात तो दो ही हमारे ॥
पर वक्त आने पे दुर्गा भी बन जाते हे.
पेशंट की हर धडकन का हिसाब हम रखते हे
किसी के ताजा जखमो पे
हररोज मरहम भी लागते हे
Emergency में कभी कभी *Night* के साथ
आधी *Morning* भी कर जातेहे
ऐसे ही हम नर्स कहलाते हे
पड गया पाला कोरोनासे ॥
घर में बेठ गये हेसब
अपने शिक्षा के आधार पर
जंग ये लाढने चले हम
भूल गये घरबार अपना ॥
अब तो बस कर्तव्य याद हे
अपने बच्चो से ज्यादा तो
पेशंट का खयाल हे
सुख- दुख भुलकर हमेशा
कर्तव्य निभाते हे हम
ऐसे ही नर्स नाही कहलाते हे हम.

Author: Prajkta. B. Kate

B. Sc Nursing



WORD SEARCH PUZZLE

DIFFERENCE
put compassion touch
into action lives

For all the good work you do, you deserve a bit of a break, too! Find and circle these nursing-related words below. Look down, across, up, backward, and diagonally.

C	Z	K	I	N	D	G	M	C	Y	N	A	G	O
E	N	E	R	G	E	T	I	C	C	O	N	E	N
G	D	E	T	A	C	I	D	E	D	I	C	D	P
V	A	E	E	C	E	Z	C	D	G	T	A	C	F
X	Y	W	V	N	D	T	X	A	D	A	R	I	B
F	S	E	R	I	E	F	R	X	U	V	I	T	E
Y	S	I	P	L	T	U	J	P	Y	I	N	E	D
F	C	T	N	O	O	A	L	G	K	T	G	H	L
H	U	M	A	C	H	I	E	Q	H	O	I	T	I
H	K	N	N	M	F	K	J	R	T	M	Z	A	Z
R	Y	E	V	T	I	L	A	N	C	E	Z	P	B
S	C	X	I	V	C	N	Q	X	C	Y	O	M	C
J	P	N	D	T	L	C	A	P	F	D	M	E	U
Z	G	O	I	H	U	Z	A	C	O	J	K	C	D
A	K	Y	M	V	E	G	A	G	N	E	G	Z	H

WORD LIST

CARING
CREATIVE
DEDICATED

EMPATHETIC
ENCOURAGING
ENERGETIC

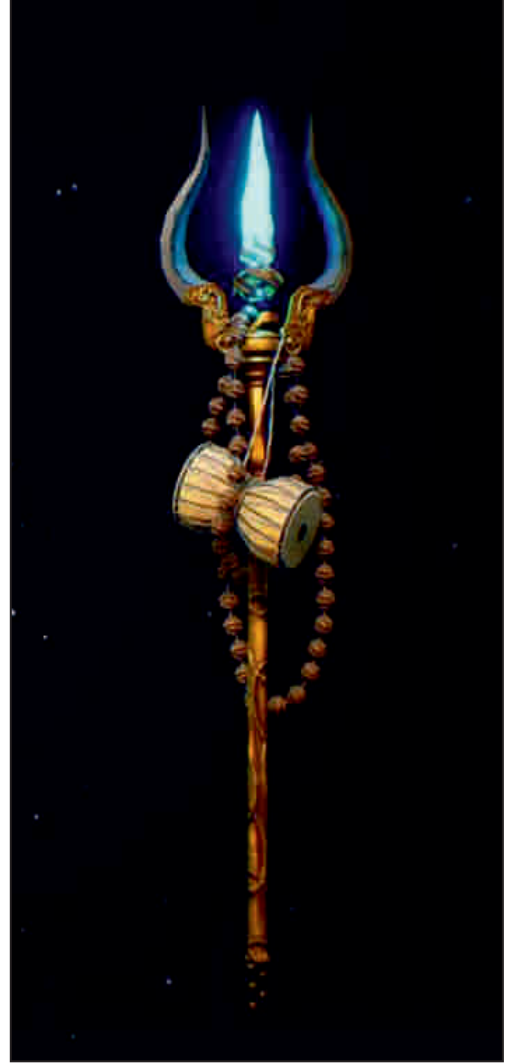
ENGAGE
ENRICH
FUN

HOPE
KIND
MOTIVATION

STAMINA
UPLIFTING

भोला मेरे

कलयुग के चक्र में फंसा मेरा मन,
भोले तुझको पुकारे।
दुनिया में जो हो रहा,
त्रिकालदर्शी मुझको तू समझा रे ।
तुझपे है भरोसा,
साथ तू मेरा देगा रे।
अधर्म को बढ़ता देख,
दिल मेरा घबराये।
रावण सा ना भक्त मैं तेरा,
ना राम जैसे गुन मेरे,
मैं हूँ आम सा बालक,
जो तुझमें उलझा रे।
तुमसे मे बस इतना चाहू भोले,
कि जब अधर्म मेरे सामने हो,
तो मेरे पैर ना लड़खड़ाये,
अपनी माँ बहनो की इज्जत के खातिर,
रुद्र मुझमें आ जाये।
धरम बचाने के खातिर, लाखो मस्तक मैं काट दूँ,
और समय आने पर, खुद को भी मैं त्याग दूँ।
चंद्रसा मेरा मन स्थिर रहे,
गंगा सा रहूँ पवित्र,
त्रिनेत्र सा पाप का नाश करूँ,
त्रिशूल सा मेरा मन स्थिर रहे,
वासुकि सा मेरा अहंकार वश में रहे,
नन्दी सा तेरा भक्त बनू।
॥ हर हर महादेव ॥



बेटी

बेटी घर की शान है बेटी घर का ही मान है,
बेटी यदि है घर की लक्ष्मी, तुम पालन पोषण से क्यों डरते हो,
यदि तुमसे यह भी नहीं हो पाता, काहे खुद को शेर समझते हो।

बेटियों को यदि मार दिया होता तो,
आज ना होती मीराबाई चानू या, पीवी सिंधु,
बेटी जब बनती सरस्वती सावित्रीबाई फुले कहलाती है,
बेटी जब ले काली का रूप झांसी की रानी बन जाती है।

करते हो देवियों की पूजा,
फिर क्यों बेटियों को बोझ समझते हो,
अपनी बहन को बहन समझते,
दूसरे की बहन को क्यों घुरते हो,
यदि सच में हो तुम अपने बहन के भाई,
तो ये दुष्कर्म कैसे कर लेते हो
बेटियों के सम्मान के लिए मत डरो,
अधर्मियों को हराने फिर श्री कृष्ण आएंगे,
अपने बहनो के लिए हम भी हंसते हुए मस्तक कटवायेंगे,
जरूरत पड़ी तो फिर एक बार कलयुग में महाभारत रचायेंगे
बंद करो बोलना :-

“बेटी बचाओ बेटी पढ़ाओ”

अब बोलो

बेटों को दो थप्पड़ लगाओ और

बेटियों का सम्मान करना सिखो”

Author-अक्षय नामदेव राठौड

MBBS

DID YOU KNOW??

India is the only large country in the world where more baby girls die than baby boys.

The gender differential in child survival is currently 11 per cent, states UNICEF.

Statistics reflect community attitudes with fewer hospital admissions for girls than boys, showing that parents sometimes give less attention to newborn girls. In 2017 alone 1,50,000 fewer girls were admitted to Special Newborn Care Units (SNCUs) than boys.

INDEPENDENCE DAY

In a land of spices, colors so bright,
August Fifteen brought a stunning sight.
“Freedom!” we yelled, with chai in hand,
India strutted like it owned the land.



Years of struggle, oh what a tale,
We fought the Brits, tooth and nail.
Leaders, mahatmas, and some quirks,
Founding fathers and their witty smirks.

Tyranny ran away in a hurry,
“Good riddance!” we said, no need to worry.

Unity, diversity, and some masala mix,
India’s essence, like a Bollywood flick.

Tricolor swaying with a grin,
Like a happy rainbow after a spin.
Independence, like a dessert buffet,
Choices galore, hooray, hooray!





Salute to those who made it real,
Their efforts had some serious zeal.
Now it's a day of celebration and dance,
With joy, laughter, and a vibrant trance.
India's journey continues with glee,
A sitcom of progress, as we can see.
Freedom's funny bone, always alive,
In this great nation where stories thrive.

Author: Pratham Coutinho

MBBS

DID YOU KNOW???

Pingali Venkayya designed the Indian National Flag. Popularly nicknamed 'Diamond Venkayya' he was freedom fighter from Andhra Pradesh.

The only official manufacturer and supplier of national flags in the country is the Karnataka Khadi Gramodyoga Samyukta Sangha in the Bengeri village, near Hubli, District: Dharwad

You just came like autumn

You just came like autumn
Beautiful just like rain
But you just came to shatter
And pass away like pain

Then you called the spring
To fix it all in a go
But all it came, the winters
Which made it cold again!

And now so late came springs
And rest around did fixed
But look at me again
Sill cold and freeze I feel

Author RAJ VERMA
MBBS



Unyielding Ambition: The World Awaits

Fire burns deep within his soul's abode,
A man, prepared to conquer, ready to explode. With determination, like a
beacon's bright light, He embarks to conquer lands in day and night.

His thoughts, a hurricane, like lightning's might, In every challenge, he seeks an
inner light.
Conflict breeds unity in his steadfast core, He battles doubt and fear, he'll
ask for more.

Inevitably, he evolves when troubles appear, Dreams stretch as wide as the
ocean's frontier. The sky's a canvas of blue, his spirit's hue, He'll conquer the
world, there's naught he can't pursue.

His heart beats with a passion that does inspire, A symphony of courage, his
ceaseless fire.

With every step he climbs mountains tall,
A man prepared to conquer; he'll give his all.

Each dawn, his spirit soars higher and higher, For the world's his canvas, his
burning desire. In this mental state, his strength unfurls,
A Man always ready to conquer, the world he hurts

Let his story inspire, a testament so pure, To chase your dreams, of that I'm
sure. For within us all, this power whirls,
Like the man who's always ready to conquer the world.

Shubham Mahajan
MBBS

STRESS MANAGEMENT FOR STUDENTS

Stress management is a vital skill for students to navigate the pressures of academic life and maintain overall well-being. Here are concise strategies to help students effectively manage stress:

Time Management:

- Create a realistic schedule or to-do list to prioritize tasks.
- Break down larger assignments into smaller, more manageable steps.
- Allocate time for breaks to prevent burnout.

Healthy Lifestyle:

- Ensure sufficient sleep for cognitive function and energy.
- Maintain a balanced diet to support physical and mental well-being.
- Incorporate regular exercise into your routine for stress relief.

Mindfulness and Relaxation:

- Practice deep breathing or meditation to calm the mind.
- Consider brief relaxation techniques, like progressive muscle relaxation.
- Take short breaks during study sessions to refresh your focus.

Effective Study Techniques:

- Find a comfortable and distraction-free study environment.
- Use active learning methods, such as flashcards or teaching concepts to others.
- Experiment with different study techniques to discover what works best for you.

Social Support:

- Connect with friends and family for emotional support.
- Share concerns with peers who may be facing similar challenges.
- Seek guidance from teachers or counselors when needed.

Realistic Goal Setting:

- Set achievable short-term and long-term goals.
- Celebrate small accomplishments to stay motivated.
- Be flexible and adjust goals based on changing circumstances.

Hobbies and Recreation:

- Engage in activities you enjoy to unwind from academic stress.
- Pursue hobbies or interests that bring joy and relaxation.
- Strike a balance between academic responsibilities and leisure activities.

Communication:

- Clearly communicate with professors or classmates if feeling overwhelmed.
- Seek support from academic advisors to manage coursework effectively.

Mind-Body Connection:

- Be aware of physical signs of stress, addressing them promptly.
- Consider activities promoting the mind-body connection, like yoga or mindfulness.

Professional Help:

- If stress becomes overwhelming, don't hesitate to seek counseling or mental health support.
- Many universities offer counseling services for students facing emotional challenges.

Implementing these strategies can help students cope with stress, promoting a healthier and more balanced academic and personal life. Remember, it's normal to experience stress, but adopting proactive stress management practices contributes not only to academic success but also to long-term well-being.

COMMUNICATION SKILLS

Communication skills are a cornerstone of success in both personal and professional spheres, shaping how individuals connect, collaborate, and navigate the complexities of life. Effective communication involves the ability to express thoughts clearly, actively listen, adapt communication styles to different contexts, and understand non-verbal cues. Mastery of these skills is crucial for building strong relationships, advancing in one's career, and contributing meaningfully to society.

In personal relationships, communication serves as the bedrock for understanding and connection. The ability to articulate thoughts and emotions, coupled with active listening, fosters empathy and mutual respect. When individuals can express themselves openly and listen attentively to others, it builds trust and strengthens the bonds that form the foundation of healthy relationships.

In the professional arena, communication skills are paramount. Whether in leadership roles, team collaborations, or day-to-day interactions, effective communication is a linchpin of success. Leaders who can articulate a vision clearly and inspire their teams often create positive work environments and drive organizational success. Clear communication is not only about conveying information but also about influencing and persuading others, a critical aspect of leadership and professional advancement.

Adaptability in communication is essential, especially in our increasingly diverse and globalized world. Recognizing and respecting different communication styles, cultural norms, and expectations allows individuals to navigate a variety of environments successfully. This cultural intelligence is a valuable asset in workplaces and communities where diversity is the norm, enabling effective collaboration and understanding.

Listening, often underrated in discussions about communication, is a cornerstone of effective interaction. Active listening involves fully engaging with the speaker, understanding their perspective, and responding thoughtfully. This not only enhances the quality of communication but also demonstrates respect and consideration, contributing to stronger interpersonal relationships.

The written component of communication has gained prominence in the digital age. The ability to convey ideas clearly and persuasively through written channels, such as emails, reports, or social media, is a valuable asset in professional and academic settings. In a world where information is shared across various platforms, strong written communication skills are essential for conveying messages accurately and maintaining professional credibility.

Non-verbal communication, including body language, facial expressions, and tone of voice, is a significant aspect of conveying messages. Being attuned to these cues allows individuals to interpret messages accurately and respond appropriately. Understanding the subtleties of non-verbal communication contributes to effective interpersonal dynamics, preventing misunderstandings and building rapport.

Effective communication is also crucial in conflict resolution. The ability to express concerns, actively listen to opposing viewpoints, and negotiate mutually beneficial solutions is essential in resolving disputes. Clear communication empowers individuals to navigate conflicts constructively, turning challenges into opportunities for growth and understanding.

In societal interactions, communication plays a pivotal role in community building and fostering a sense of belonging. The exchange of ideas, information, and perspectives contributes to shared understanding and cohesion within diverse communities. Effective communication is fundamental to addressing societal challenges collaboratively and promoting social harmony.

To enhance communication skills, individuals can engage in continuous self-improvement. Seeking feedback, practicing active listening, and refining expression in various contexts are effective strategies. Staying informed about current events, cultural nuances, and global perspectives contributes to a more well-rounded and informed communication style.

Educational institutions and workplaces play a crucial role in developing and refining communication skills. Incorporating communication training into curricula and professional development programs equips individuals with the tools they need to succeed in their personal and professional lives. Workshops, seminars, and mentorship programs focused on communication skills provide valuable opportunities for learning and practice.

In conclusion, communication skills are the threads that weave the fabric of success in both personal and professional realms. From building meaningful relationships to excelling in careers and contributing to societal well-being, effective communication is a skill set that transcends boundaries. Cultivating these skills, coupled with a commitment to understanding diverse perspectives, empowers individuals to navigate the complexities of the modern world with confidence and empathy.

ARTIFICIAL INTELLIGENCE IN MEDICINE

Artificial Intelligence (AI) has emerged as a transformative force in the field of medicine, revolutionizing diagnostics, treatment planning, and overall healthcare delivery. The intersection of cutting-edge technology and healthcare has paved the way for unprecedented advancements, promising to reshape the landscape of medicine in profound ways.

In the realm of diagnostics, AI's impact is particularly noteworthy. The analysis of medical imaging, such as Magnetic Resonance Imaging (MRI), Computed Tomography (CT) scans, and X-rays, has been significantly enhanced by AI algorithms. These algorithms can rapidly and accurately interpret complex visual data, aiding healthcare professionals in the early detection of various diseases. For instance, in the context of cancer diagnosis, AI-powered image analysis can identify subtle anomalies that might escape the human eye, facilitating early intervention and improving patient outcomes.

One of the key advantages of AI in diagnostics is its ability to process vast amounts of data quickly. Machine learning models, a subset of AI, can analyze extensive datasets, identifying patterns and correlations that might be beyond the scope of traditional diagnostic methods. This not only improves the accuracy of diagnoses but also expedites the decision-making process, crucial in situations where time is of the essence.

Treatment planning is another domain where AI is making significant strides. By leveraging patient data, including medical histories, genetic information, and treatment responses, AI systems can develop personalized treatment plans. These plans take into account individual variations, allowing for more targeted and effective interventions. Predictive analytics, a key component of AI, helps healthcare providers anticipate potential complications and tailor interventions accordingly, leading to optimized patient care.

The integration of AI in electronic health records (EHRs) is streamlining administrative tasks and improving the overall efficiency of healthcare systems. AI-driven tools can manage and analyze vast amounts of patient data, enhancing data accuracy and accessibility. This not only reduces the administrative burden on healthcare professionals but also facilitates seamless communication and coordination among different stakeholders in the healthcare ecosystem.

=In drug discovery, a traditionally time-consuming and resource-intensive process, AI is proving to be a game-changer. The analysis of genetic and molecular data is crucial in identifying potential drug candidates, and AI algorithms can navigate this complex landscape with unprecedented speed and precision. This acceleration in the drug discovery process has the potential to usher in a new era of medical treatments and therapies.

Despite the immense promise of AI in medicine, challenges and considerations must be addressed. Privacy concerns related to patient data, ethical considerations in the use of AI in decision-making, and the need for robust regulatory frameworks are crucial aspects that require careful attention. Striking the right balance between innovation and ethical considerations is essential to ensure the responsible and effective integration of AI in healthcare.

Moreover, the successful implementation of AI in medicine requires a collaborative approach involving healthcare professionals, technologists, policymakers, and regulatory bodies. Training healthcare professionals to effectively utilize AI tools, ensuring data security and privacy, and establishing guidelines for responsible AI use are critical steps in harnessing the full potential of this technology.

In conclusion, the integration of artificial intelligence in medicine represents a paradigm shift in healthcare delivery. From enhancing diagnostic accuracy to personalizing treatment plans and accelerating drug discovery, AI holds the promise of improving patient outcomes and transforming the way healthcare is practiced. While challenges exist, the ongoing collaboration between the medical and technological fields, coupled with thoughtful consideration of ethical and regulatory aspects, can pave the way for a future where AI plays a central role in delivering precision healthcare to individuals around the globe.

POWER OF NEGOTIATION

Negotiation is a fundamental skill that plays a pivotal role in various aspects of life, from business transactions and career advancement to interpersonal relationships. The power of negotiation lies in its ability to reconcile conflicting interests, find common ground, and create mutually beneficial agreements. A skilled negotiator possesses the art of communication, strategic thinking, and emotional intelligence, enabling them to navigate complex situations successfully.

One of the primary aspects of the power of negotiation is the ability to understand the needs, motivations, and perspectives of all parties involved. Effective negotiators recognize that each party comes to the table with unique goals and concerns. By empathizing and actively listening, negotiators can gain valuable insights into the underlying interests of the other party. This understanding forms the foundation for crafting creative and collaborative solutions that meet the needs of all involved.

Preparation is another key component of the power of negotiation. Successful negotiators invest time in researching and gathering relevant information before entering into negotiations. This preparation includes understanding the market, knowing the value of goods or services, and being aware of industry standards. Armed with this knowledge, negotiators can make informed decisions and present compelling arguments, enhancing their position during negotiations.

Effective communication is at the heart of successful negotiation. The power to articulate ideas clearly, express needs, and listen actively is crucial. Clarity in communication helps to avoid misunderstandings and ensures that all parties are on the same page. Additionally, skilled negotiators use persuasive language and nonverbal cues to influence the perception of the negotiation process positively. The ability to build rapport and establish a connection with the other party fosters a more cooperative and collaborative atmosphere.

Strategic thinking is a hallmark of powerful negotiation. Negotiators must anticipate potential obstacles, plan for different scenarios, and devise creative solutions to overcome challenges. A strategic approach involves setting clear objectives, prioritizing goals, and adapting to changing circumstances during the negotiation process. By thinking several steps ahead, negotiators can navigate complex situations with confidence and resilience.

Emotional intelligence is a critical element that amplifies the power of negotiation. Understanding one's emotions and recognizing the emotions of others allows negotiators to navigate the negotiation process with empathy and adaptability. Emotionally intelligent negotiators can manage stress, stay composed under pressure, and foster a positive atmosphere that promotes constructive dialogue.

Flexibility is an essential attribute that enhances the effectiveness of negotiation. Rigidity in negotiations can lead to impasses and missed opportunities. A powerful negotiator is open to compromise and willing to explore alternative solutions that meet the interests of all parties involved. This flexibility not only facilitates agreement but also builds trust and goodwill, laying the groundwork for future collaborations.

In conclusion, the power of negotiation lies in a combination of skills and attributes that enable individuals to navigate complex situations successfully. From understanding the needs of all parties to effective communication, strategic thinking, emotional intelligence, and flexibility, each element plays a crucial role in achieving positive outcomes. As negotiation is an integral part of both personal and professional life, honing these skills can empower individuals to build stronger relationships, achieve their goals, and create win-win solutions.



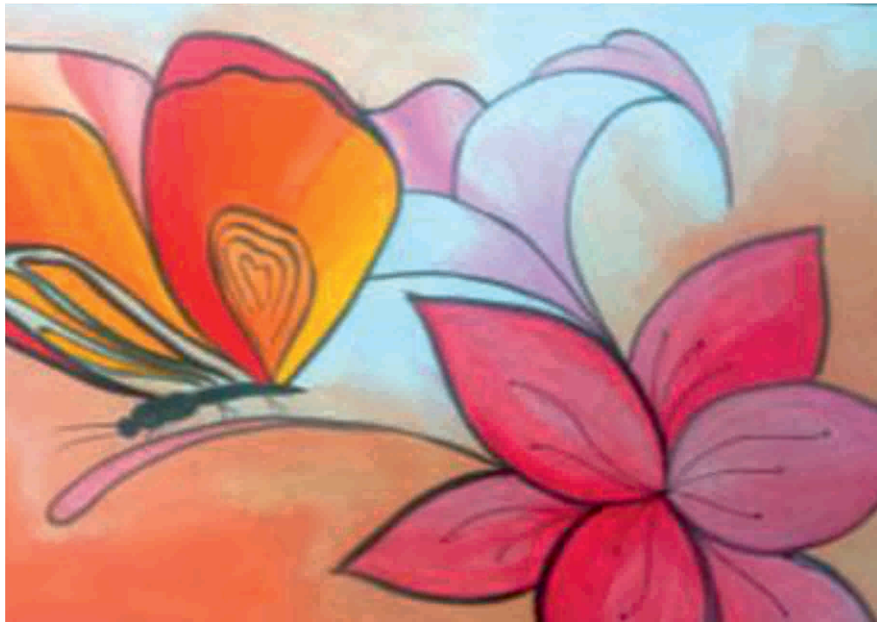
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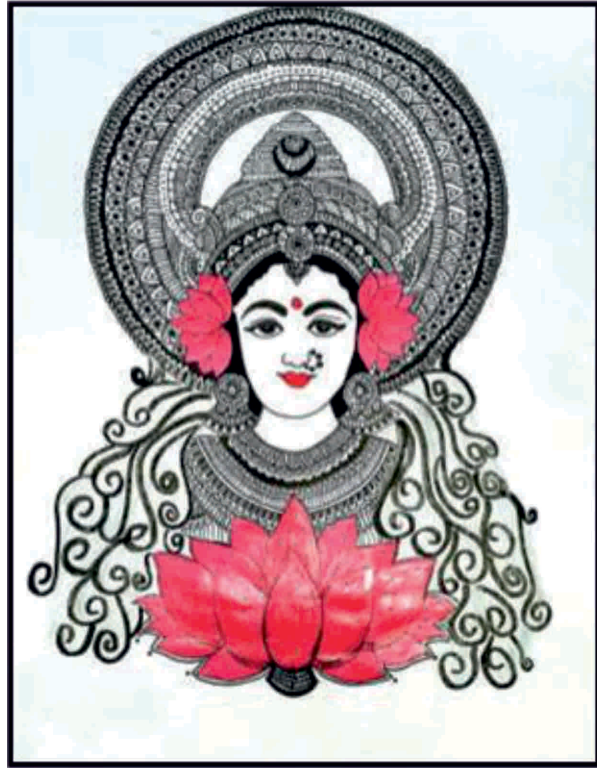
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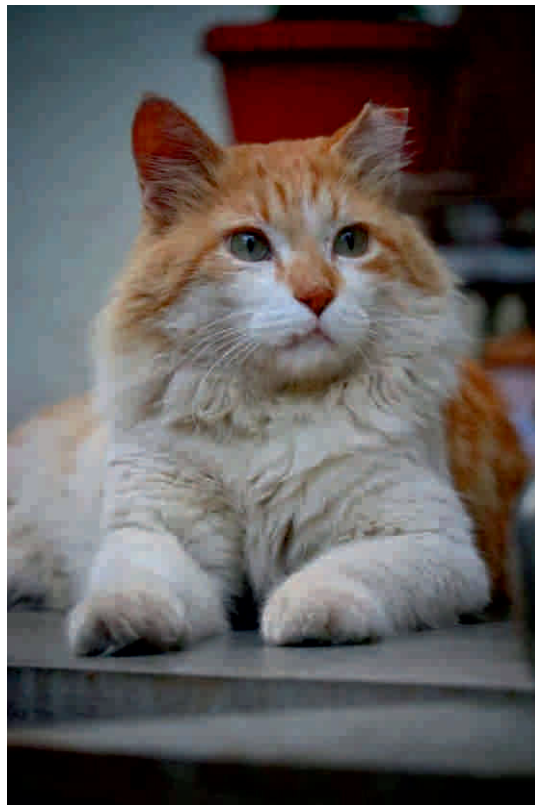


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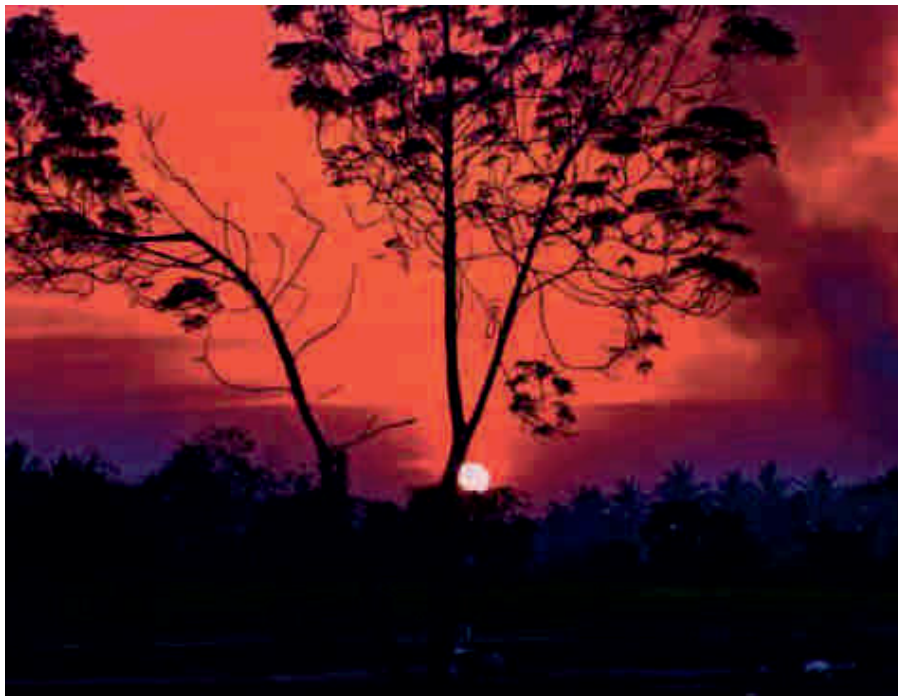


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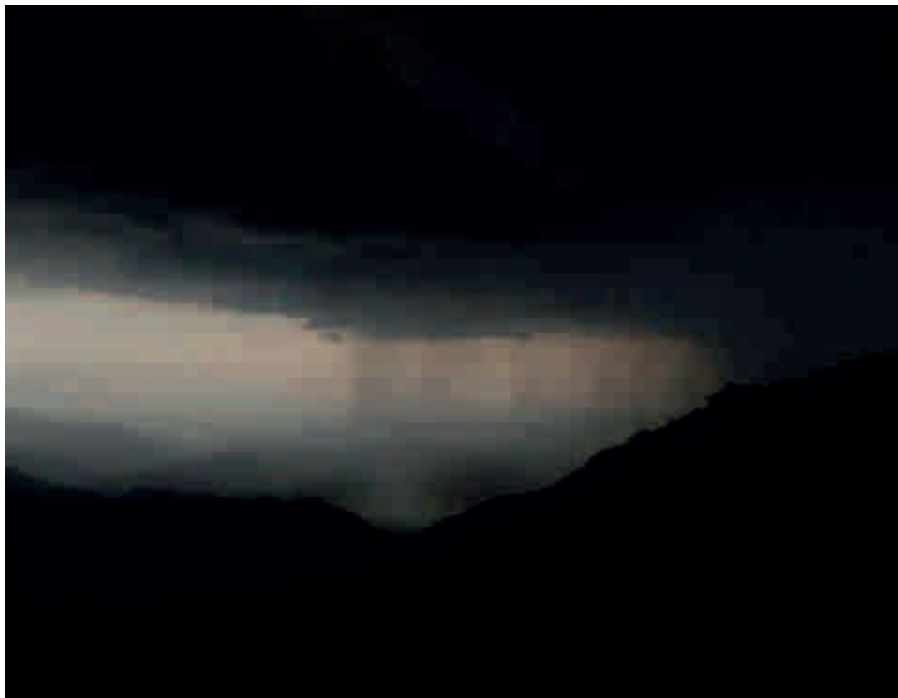


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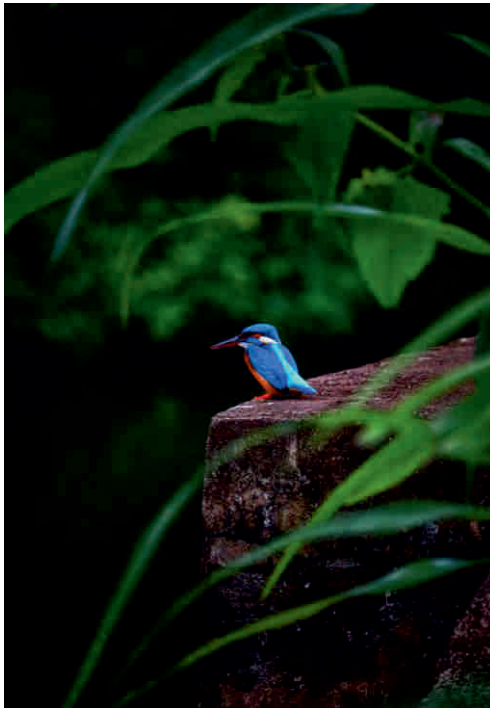


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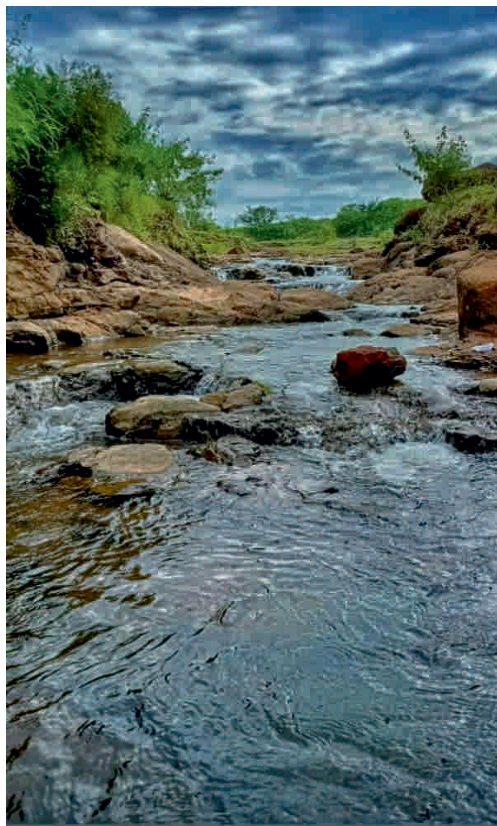


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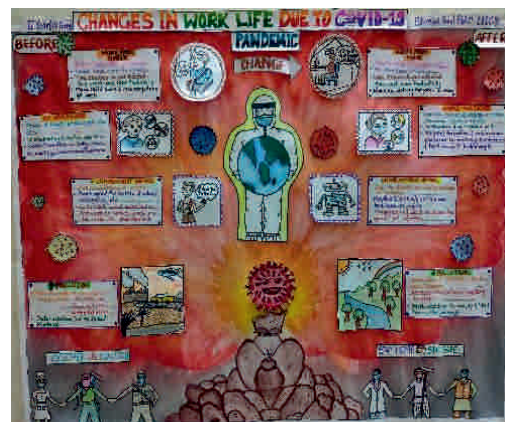
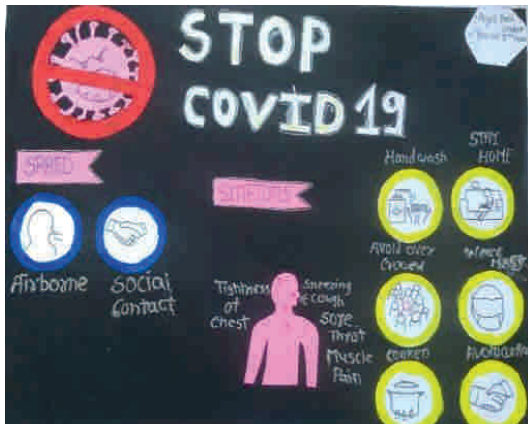
Students' NSS Activities

1. Celebration of World Yoga Day on 21st June 2020 (Online activity)

The 7th World Yoga Day was celebrated on 21st June 2020 organized by D. Y. Patil Education Society NSS Unit and Yoga Lab.

The programme started at 8.00 am with the introduction by Dr. Surekha Basarge and Mr. Padmnabh Deshpande, Yoga Trainer. They demonstrated various asanas with explanation and conducted Yoga session for 2 Hours. University teaching, non-teaching staff & NSS Volunteers (**140**) actively participated.

2. Poster and Essay Competition on (Online Activity) 12th June 2020



3. Gandagi Mukta Bharat Abhiyaan 8th to 15th August 2020- Tree Plantation and Cleanliness Programme-



4. Gandagi Mukta Bharat Abhiyaan on 8th to 15th August 2020 Cleanliness programme



After and Over Cleaning Efforts

5. **‘Pranayama for Enhancing Immunity in COVID-19 Pandemic’ Webinar on the occasion of National Sports Day IQAC Initiative organized by NSS UNIT AND YOGA LAB on 31st August 2020. 40 Students and others participated**

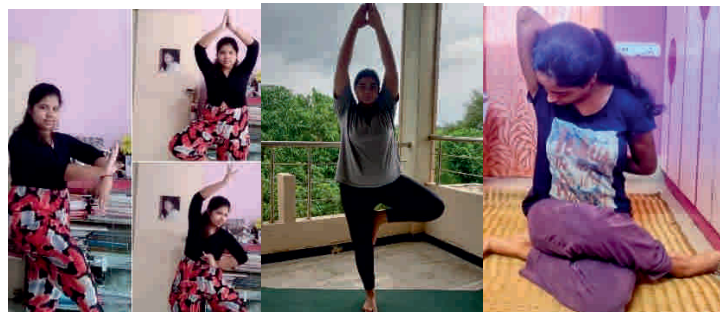


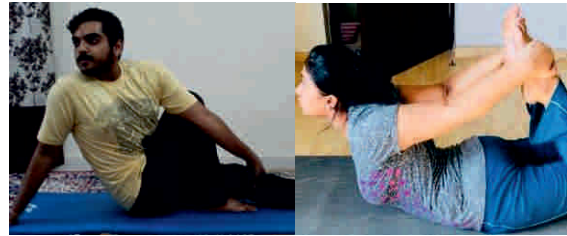
NSS Coordinator Mr. Ram Powar and Programme Officer Dr. Sudhir Sase with Yoga trainer Mr. Vilas Nikam, Mrs. Supriya Nimbalkar and Mrs. Paymal

6. FIT INDIA FREEDOM REPORT

55 NSS volunteers participated in Fit India Run & Movement activity

Activities of “Fit India Freedom Run and Fit India Movement’, celebrated on 29th August 2020 to honor Major Dhyanchand Birth anniversary (National Sports Day) by National service scheme (NSS) at D.Y. Patil Medical college, Kolhapur.





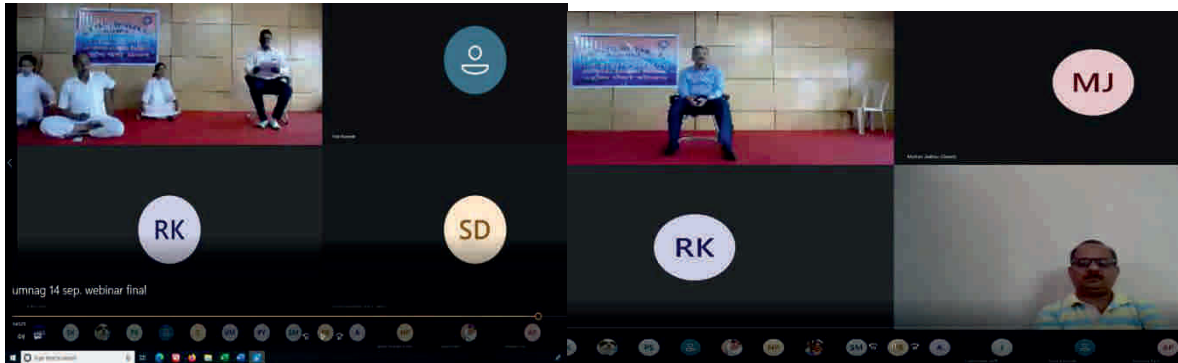
**IQAC Initiative Organized by NSS Unit & Sports Department
UMANG (Uplift the Mind and Grow) Webinar Series**

7. FIRST TOPIC - PRANAYAMA

Yoga Trainer - Mr. Vilas Nikam, President, Patanjali Yoga Samiti, Kolhapur



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8. Stress Management

The Second webinar series was conducted on topic of stress management for students and every citizen to how to come out from stress and how to handle various situations in internal and external environment, work force and around us in daily life especially on the COVID-19 situation. (Total participants-133)

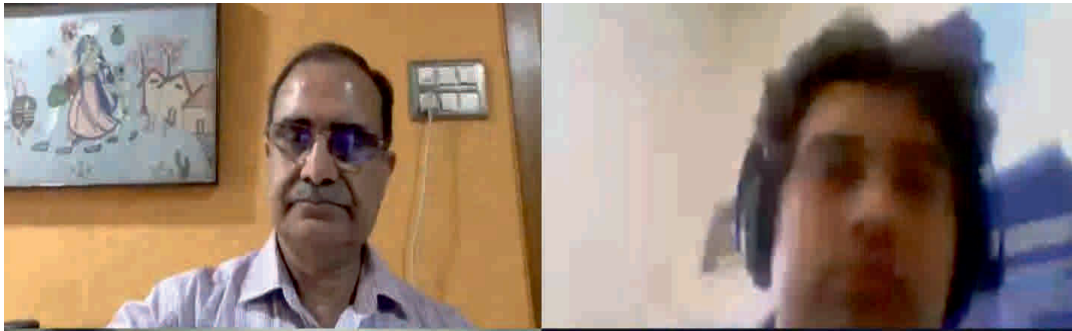
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9. Interpersonal Relationship & Communication

The next webinar was conducted on topic of Interpersonal Relationship & Communication. This helped in personal and professional life and communicate within individual, groups, family, and in society to build good human relationships. (Total participants-148)



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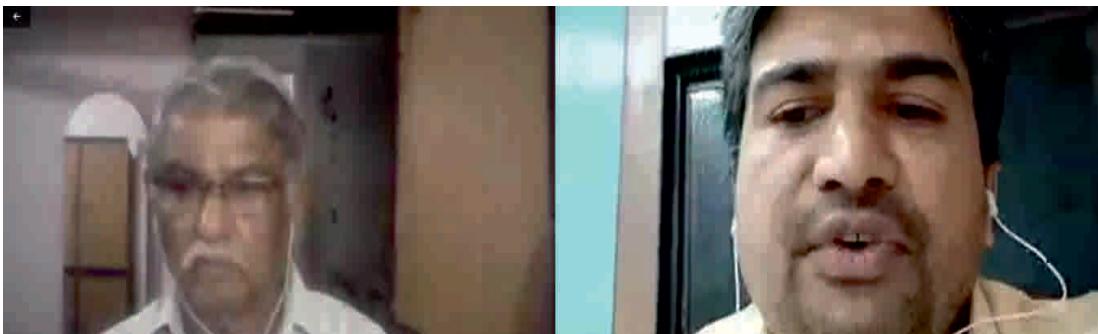
10. Meditation

The next webinar was conducted on topic of Meditation. During this covid-19 pandemic situation *Meditation can wipe away the day's stress, bringing with it inner peace and helps to people to relax mind and soul.* (Total participants-147)



11. Citizenship for Students

The next webinar series was conducted on topic of Citizenship for Students. It is the first responsibility of every student to know their rights and responsibilities as a good citizen. Educators are obligated to teach students the history of our democracy and their civic duty. Helping students to explore citizenship and connecting it to their lives are the keys to true understanding. (Total participants-137)



12. Life Online

The next webinar was conducted on topic of **Life Online**. This topic briefed about use of online learning and social media apps advantages and disadvantages. **(Total participant-126)**

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13. Personality Development

The next webinar was conducted on topic of **Personality development**. This topic briefed about *Personality development* is an initiative to improve certain traits and qualities which contribute to your overall personality and relatively enduring pattern of the thoughts, feelings, and behaviors that distinguish individuals from each other. **(Total participants-121)**



16. The Joy of Trekking

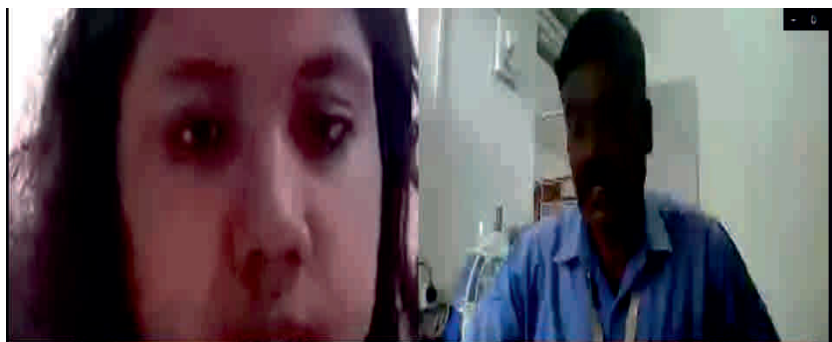
The webinar was conducted on topic of **The Joy of Trekking**. This topic briefed about the major benefits of trekking, it improves your physical health immensely. Spending multiple hours on the trail, climbing around boulders, rock hopping and ascending hills gives your whole body a workout, improving your **strength, agility** and cardio fitness. **(Total participants-104)**

17) On 31stOctober 2020, D.Y. Patil Medical & Nursing College staff and **120-volunteers** took an **Integrity & Rastriya Ekta Divas Pledge**



18) National Unity Day

On this occasion, invited guest Ex-Army Officer Mr. Namdeo Jagtap delivered a Motivational Speech on National Unity Day(100 Participant students)



19) Integrity Pledge for citizens

Integrity Pledge broacher was distributed in 5 Schools, and College teaching and non-teaching staff & our D.Y. Patil Hospital Campus Beneficiary were around **100 people**.



20. International

Women's Day

Celebration

Theme - "Balance Life Between Job work and Home responsibilities" on 8th March 2021



21. Nursing college NSS Volunteers helping for COVID vaccination at Dr.D. Y. Patil Hospital, Kolhapur.



“Service can have no meaning unless one takes pleasure in it. When it is done for show or for fear of public opinion, it stunts the man and crushes his spirit. Service which is rendered without joy helps neither the servant nor the served”

Mahatma Gandhi





**D. Y. PATIL
EDUCATION SOCIETY
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