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आरोग्यम् सुखं सम्पदा

आरोग्यम्

2026



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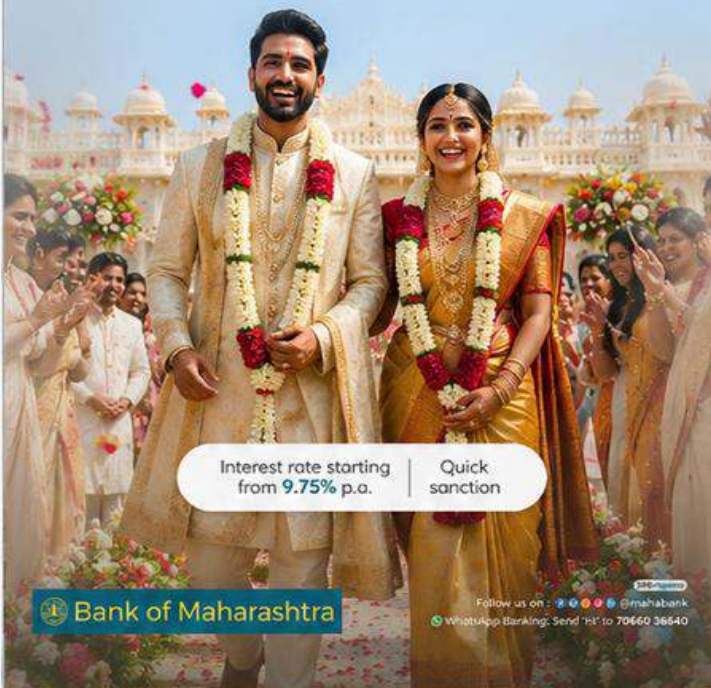
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आरोग्यम् सुख सम्पदा

आरोग्यम् MAGAZINE 2026

*The true measure of healthcare
innovation isn't how many tools we can
invent, but how many lives we can improve*

- Dr. Sven Jungman



ALL INDIA INSTITUTE OF
MEDICAL SCIENCES, RAIPUR C.G





IN LOVING MEMORY OF
LATE PADMASHRI
DR. BUDHENDRA KUMAR JAIN
FORMER PRESIDENT, AIIMS RAIPUR

FOR HIS CONSTANT SUPPORT AND BELIEF IN US



OUR PATRONS

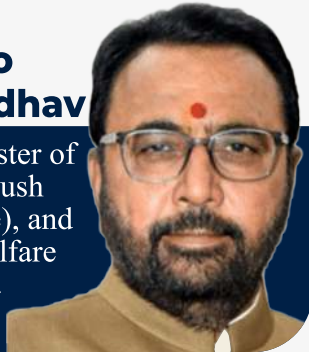
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Welfare and Chemicals
& Fertilizers,
Government of India



Shri Prataprao Ganpatrao Jadhav

Hon'ble Union Minister of
State, Ministry of Ayush
(Independent Charge), and
Health & Family Welfare
Government of India



Mrs. Anupriya Patel

Hon'ble Union Minister of
State for Health & Family
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Fertilizers,
Government of India



Smt. Punya Salila Srivastava (IAS)

Health Secretary
Ministry of Health
and Family Welfare
Government of India



Dr. Sanjeev Handa

Prof & Head,
Dermatology, PGIMER,
Chandigarh &
President
AIIMS Raipur.



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Ashok Jindal**

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YSM (Retd) Executive
Director & CEO,
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**Prof (Dr.)
Eli Mohapatra**

Dean
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AIIMS Raipur



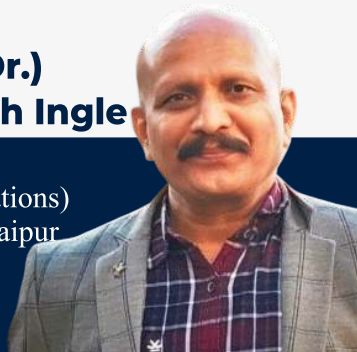
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Abhiruchi
Galhotra**

Dean
(Research)
AIIMS Raipur



**Prof (Dr.)
Avinash Ingle**

Dean
(Examinations)
AIIMS Raipur



OUR ADVISORS:

Name of HOD	Designation	Department
Dr. Soumitra Trivedi	Professor	Anatomy
Dr. Ramanjan Sinha	Professor	Physiology
Dr. Amit Kumar Chowhan	Professor	Pathology and Lab Medicine
Dr. Anudita Bhargava	Professor	Microbiology
Dr. Krishnadutt Chavali	Professor	Forensic Medicine & Toxicology
Dr. Nitin Rewaram Gaikwad	Professor	Pharmacology
Dr. Lubna Khan	Professor	Ophthalmology
Dr. Manisha Madhukar Ruikar	Professor	Community and Family Medicine
Dr. Renu Rajguru	Professor	ENT-Otorhinolaryngology
Dr. Alok Chandra Agrawal	Professor	Orthopaedics
Dr. Anil Kumar Goel	Professor	Pediatrics & School of Public Health
Dr. Debajyoti Mohanty	Professor	General Surgery
Dr. Debendra Kumar Tripathy	Professor	Trauma & Emergency
Dr. Lokesh Kumar Singh	Professor	Psychiatry
Dr. Narendra Kumar Bodhey	Professor	Radiodiagnosis
Dr. Nitin Kumar Borkar	Professor	Pediatric surgery
Dr. Nitin Kumar Kashyap	Professor	CTVS
Dr. Sajal De	Professor	Pulmonary Medicine, Sleep and critical care
Dr. Sankalp Sharma	Professor	Transfusion Medicine and Blood Bank
Dr. Sarita Agrawal	Professor	Obstetrics and Gynecology
Dr. Siddhartha Nanda	Professor	Radiation Oncology
Dr. Subrata Kumar Singha	Professor	Anesthesiology
Dr. Vinay R Pandit	Professor	General Medicine
Dr. Virat Galhotra	Professor	Dentistry

Dr. Amit R Sharma	Additional Professor	Urology
Dr. Amritava Ghosh	Additional Professor	Endocrinology & Metabolism
Dr. Anil Kumar	Additional Professor	Neurosurgery
Dr. Jaydeep Nandi	Additional Professor	Physical Medicine and Rehabilitation
Dr. Jiten Kumar Mishra	Additional Professor	Burns and Plastic surgery
Dr. Mudalsha Ravina	Additional Professor	Nuclear Medicine
Dr. Phalguni Padhi	Additional Professor	Neonatology
Dr. Satyajit Singh	Additional Professor	Cardiology
Dr. Saroj Bala	Associate Professor	Clinical Hematology
Dr. Souvik Paul	Associate Professor	Surgical Gastroenterology
Dr. Vinay Rathore	Associate Professor	Nephrology
Dr. Amit Kumar	Assistant Professor	Medical Oncology
Dr. Saravana Sukriya S	Assistant Professor	Neurology
Dr. Swarnava Chanda	Assistant Professor	Surgical Oncology
Dr. Tanmay Vajpai	Assistant Professor	Gastroenterology



MESSAGE FROM
**PRESIDENT,
AIIMS RAIPUR**

It is a matter of immense pride that AIIMS Raipur on occasion of 3rd convocation is bringing out magazine ‘Aarogyam’.

AIIMS Raipur was envisioned as a center of excellence—an institution that not only imparts worldclass medical education but also inspires leadership, innovation, and a deep sense of responsibility toward society at par with global standards. The world of medicine is evolving at an unprecedented pace. With emerging technologies, interdisciplinary collaborations, and new public health challenges, the future demands professionals who are adaptable, ethical, and visionary.

‘Aarogyam’ amalgamates the achievements of its faculties, students, and the departments of AIIMS Raipur to the highest standard. At the same time, health; since it includes facets of physical, mental and social wellbeing; it also has been very well elucidated in the extracurricular and ‘anthology’ section of the magazine. It illuminates the inner ‘art in science’ that a doctor can be blessed with.

I extend my heartfelt appreciation to the members of the editorial board for their efforts to publish ‘Aarogyam’ in its present form.

I am sanguine that the readers shall find ‘Aarogyam’ informative and inspiring and in its landmark odyssey of excellence, I also wish AIIMS Raipur would reach remarkable heights and exemplify as an epitome of knowledge, skills and compassion re-defining innovation and excellence in healthcare.

Warm regards,



Prof (Dr.) Sanjeev Handa
President, AIIMS Raipur



MESSAGE FROM
**EXECUTIVE DIRECTOR
& CEO, AIIMS RAIPUR**

It gives me immense pride and joy to affirm the inaugural edition of AIIMS Raipur magazine ‘Aarogyam’ on the momentous occasion of the 3rd Convocation of AIIMS Raipur.

AIIMS Raipur was established with a vision to advance medical education, deliver exemplary patient care, and foster cutting edge research that addresses the evolving health needs of our nation and also being instrumental in contributing immensely to the improvement of healthcare facilities thereby improving satisfaction of patients of all strata from Chhattisgarh and beyond.

Over the years, AIIMS Raipur has grown into a vibrant ecosystem of learning and innovation—one that nurtures curiosity, encourages critical thinking, and upholds the highest standards of medical ethics. AIIMS Raipur, with its futuristic vision, innovative and scientific temperament, is deeply rooting itself in evidence-based practice thereby advancing itself into the cadre of world’s Best Hospitals 2026. These achievements are woven intricately in the magazine ‘Aarogyam’.

The magazine beautifully accentuates the achievements of AIIMS Raipur and at the same time internalizing the accomplishments of our faculties and students. A personality can have different elements and is brought out elegantly under extracurricular and anthology section. It is a testament of balancing work and duty with recreation pursuits that reflects the concept of healthy mind in a healthy body.

I extend my appreciation to the editorial board members Prof (Dr.) Soumitra Trivedi, Prof (Dr.) Arunita Jagzape and Dr. Abhijit Prasad for their efforts. I am optimistic that the inaugural edition of the magazine ‘Aarogyam’ will keep inspiring its readers and may the students of AIIMS Raipur bring honor to their alma mater with the broader roles as healthcare professionals to “Prescribe (for restoring health), Prevent (the disease), Preserve (the health restored)” and transform the lives of not only the patients but also their caregivers and society at large and uphold the legacy of AIIMS Raipur.

Jai Hind!



Lt Gen Ashok Jindal
PVSM, AVSM, YSM (Retd.)
Executive Director & CEO,
AIIMS Raipur



MESSAGE FROM
**DEAN (ACADEMICS),
AIIMS RAIPUR**

It is with immense joy and pride to unfold that AIIMS Raipur is launching its magazine 'Aarogyam' on the occasion of our 3rd Convocation.

As an institution of national importance, AIIMS Raipur has always strived to cultivate an environment where academic rigor, ethical practice, and compassionate care converge. Our mission is not only to impart knowledge but also to nurture professionals who embody integrity, scientific curiosity, and a sense of responsibility toward society. The faculties, students, administration and staff of AIIMS Raipur collectively strive to place our institute at its zenith and the magazine 'Aarogyam' truly reflects these achievements of AIIMS Raipur, its faculties, students in an organized manner. Extracurricular and anthology sections are a feather to the cap and these hidden facets of our faculty, students and staff fill us with utmost amazement and appreciation.

I also take this opportunity to acknowledge the tireless efforts of our editorial board members of 'Aarogyam' magazine.

I am sure the readers fathom the essence of the inspiring achievements and the experiences expressed in the magazine and on the occasion of the 3rd convocation of AIIMS Raipur, I wish the students maintain the essence of service to mankind through 3H that exemplifies to 'Heal' and spread 'Hope' and strive for 'Health' and not just merely treat the disease.

With best wishes,



Prof (Dr.) Eli Mohapatra
Dean (Academics)
AIIMS Raipur

MAGAZINE COMMITTEE

*“AIIMS Raipur in its stride
Brings out the essence of its existence in 'Aarogyam' with pride
Every page unfolds a testimony to the saga of achievements
Cherishing creativities in midst of commitments”*

We, the editorial board members of Magazine Committee, take pride in the inception of the AIIMS Raipur magazine 'Aarogyam' 2026. We thank our Honourable President, AIIMS Raipur, Dr. Sanjeev Handa, Honourable Executive Director & CEO, Lt Gen Ashok Kumar Jindal, Respected Dean (Academics) Prof (Dr.) Eli Mohapatra and Respected Deputy Director Administration, Lt Col Dharamveer Singh Chauhan for giving us this opportunity to shape a creative rendezvous intertwining the gigantic accomplishments at AIIMS Raipur with the expressive anthologies from the AIIMS Raipur family members.

The magazine 'Aarogyam' from cover-to-cover unveils different elements highlighting AIIMS Raipur. The cover page symbolizes the auspicious 'six-faced samai'. Here, the six faces or wicks exemplify the healthcare systems: Allopathy, Ayurveda, Yoga and naturopathy, Unani, Siddha and Homeopathy. The six facets of healthcare strive to provide a holistic foundation of the concept of health and also reinforces the enormous contribution by each healthcare systems.

The Shloka “शुभम् करोति कल्याणम् आरोग्यम् सुखं संपदा” signifies the importance of the presence of light to tear the darkness- darkness of ignorance, illness and establishment of well-being and health (Aarogyam). The name 'aarogyam' was conceived taking into consideration that AIIMS Raipur is an institute constantly serving tirelessly to reinstate health or aarogyam ie. holistic-wellness. While gliding through the pages, the reading elements transition from a role model to the achievements and pillars of AIIMS Raipur to the torchbearers as faculties and reflections showcasing the student achievements. There is a beautiful section of 'Anthology' that brings out the creativity and experiences of the AIIMS Raipur family members.

We would like to extend our gratitude to our Senior Administrative Officer, Shri Bhupendra Kumar Sao and our well-wishers in our journey of creating the magazine. We also thank Shri Tiku Sahu for the designing and printing services.

We have done our utmost to include the achievements, best practices of AIIMS Raipur of its members and reflect the creative aspects of the members and at the same time balance the essence of the vibrancy of the magazine. We would request to pardon our team for any oversight as this was a learning opportunity and a chance to grow.

We wish all readers an inspiring reading experience.

Regards,

Prof (Dr.) Soumitra Trivedi
Prof (Dr.) Arunita Tushar Jagzape
Dr. Abhijit Prasad.



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ABOUT AIIMS RAIPUR

MISSION



To establish a centre of excellence in medical education, training, health care and research imbued with scientific culture, compassion for the sick and commitment to serve the underserved.

AIIMS RAIPUR:

AIIMS Raipur is one of the six new AIIMS institutions established by the Ministry of Health & Family Welfare, Government of India, under the **Pradhan Mantri Swasthya Suraksha Yojana (PMSSY)** to address regional disparities in tertiary healthcare and strengthen undergraduate and postgraduate medical education.

The institute has evolved into a comprehensive tertiary **and quaternary care referral centre, with 960 beds, 44 specialty/super-specialty departments and 46 multidisciplinary clinics**, providing advanced multidisciplinary healthcare under one roof.

AIIMS Raipur has demonstrated substantial growth in clinical services, with OPD attendance exceeding 10 lakh annually, nearly 60,000 annual admissions, close to 15,000 major surgeries, and approximately 5,000 emergency patients per month. Dedicated trauma and emergency facilities, supported by round-the-clock multidisciplinary specialist services, further strengthen its high-volume emergency and critical care capabilities.

The institute also promotes digital, affordable and patient-centric healthcare through HMIS, ABHA, AIIMS Swasthya App, Scan & Share, digital queues/payments, PM-JAY, Jan Aushadhi and AMRIT pharmacies.



आरोग्यम् सुख सम्पदा



The official logo of AIIMS Raipur presents the 2 serpents entwined around the Caduceus which was the Staff of Hermes (Mercury) in Greek Mythology. The staff is topped by a round knob and flanked by wings. The two serpents represent the pineal gland and the pituitary gland (which both look snakelike when uncoiled); the staff represents the spinal column; the knob represents the medulla; and the wings signify the two hemispheres of the brain (the wrinkled cross-section of the brain has the shape and texture of stylized wings); the number of intersections of the snakes corresponds to the endocrine glands or the chakras.

It is believed that the snake had magical powers associated with prophecy, dreams and healing. The Greeks also believed that the Gods appeared on earth in the guise of serpents. The Greeks, Egyptians and Hindus venerated the snake as the companion of Gods as the shedding of skin and renewal is emphasized as symbolizing rejuvenation.

The logo is amalgamated with the Sanskrit shloka -“Aarogyam Sukh Sampada” which has been taken up from the prayer of Goddess Lakshmi. It translates as “Hey Mother Lakshmi- Endow me with the blessings for my welfare, health and happiness”



AN EXEMPLARY LEADER: LT GEN ASHOK JINDAL, EXECUTIVE DIRECTOR & CEO, AIIMS RAIPUR



Lt Gen Ashok Jindal, former Director and Commandant of Army Hospital (Research & Referral), New Delhi, joined central India's premier medical and research institute, AIIMS Raipur, as Executive Director & CEO on 19 Feb 2024.

He holds the distinction of being the first doctor to be awarded the Yuddh Seva Medal by the President of India for the skilful management of battle casualties during an attack by Pakistan at a height of 19000 feet on Siachen Glacier in 1987.

He has been awarded the Lt Gen BD Varma Silver Medal, the Army Commanders Award twice for best paper, and the Saroj Jha Award. He was nominated as a member of the Task Force for evaluation of the HIV/AIDS program in Maharashtra by UNICEF.

In his 39 years of Army service, Lt Gen Jindal has been a Professor at AFMC Pune and a Professor and HOD at Army College of Medical Sciences in Delhi, besides serving in the United Nations in Cambodia. He was awarded the 'Ati Vishisht Seva Medal' by the President of India in 2022 for exemplary leadership in restructuring medical resources in Jammu and Kashmir and Ladakh during operations and management of the COVID-19 pandemic.

On Republic Day 2024, he was awarded the Param Vishisht Seva Medal by the President of India for distinguished service of the most exceptional order.

Since his joining, as an efficient leader, Lt Gen Ashok Jindal motivated the AIIMS Raipur family not only to provide state-of-the-art medical services to patients coming from different states in AIIMS-R but also impart education to learners admitted to AIIMS Raipur at par with global standards.

“
A leader is
the one who
knows the way,
goes the way
and shows the way

-John H Maxwell



**“THE QUALITY OF A LEADER IS REFLECTED
IN THE STANDARDS THEY SET FOR THEMSELVES
- RAY KROC”**

Lt Gen Ashok Jindal (Retd) Executive Director & CEO, AIIMS Raipur had been awarded the extremely coveted award, Param Vishisht Seva Medal by Smt Droupadi Murmu, President of India on 19 July 24 at Rashtrapati Bhavan for distinguished service in the Armed Forces.



In recognition of his four decades of exemplary service and outstanding contributions to the Armed Forces and the nation, Lt Gen Ashok Jindal (Retd), Executive Director & CEO of AIIMS Raipur, was honoured by the Hon'ble Governor of Chhattisgarh, Shri Ramen Deka, during solemn ceremony held at Raj Bhavan on the occasion of Armed Forces Flag Day.

Expanding the zenith of AIIMS Raipur at global level, Executive Director & CEO, AIIMS Raipur, Lt Gen Ashok Jindal (Retd), presented a visionary talk on the topic: “Strategic Implementation of AI-Enabled Remote Monitoring in Public Healthcare Systems”. at the InDeMed: Indo-German Medical Partnership Conference held from 16–18 July 2025 in Dresden, Germany.

The conference was themed “Artificial Intelligence, Extended Reality, and Robotics in Healthcare: Emerging Pathways from Diagnosis to Therapy,” that was an amalgamation of around 40 global leaders and domain experts.



In the saga of a leader as a role model, Lt Gen Ashok Jindal (Retd), Executive Director and CEO, AIIMS Raipur, was also invited as a Speaker on “Simulators in Public Health,” at the prestigious global forum hosted by the SingHealth Duke-NUS Institute of Medical Simulation (SIMS), in collaboration with the Society for Simulation in Europe (SESAM) and The Gathering of Healthcare Simulation Technology Specialists (SimGHOSTS). The conference was held from 5–7 November 2025 at Academia, Singapore, under the theme “Integrating Simulation; Future-proofing Practice.”

The journey so far: Our pride, our convocation



***“THE JOURNEY OF
A THOUSAND MILES BEGINS WITH ONE STEP.”
– Lao Tzu***

1ST CONVOCATION : 7th March 2023





2nd CONVOCATION : 25th October 2024







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ACHIEVEMENTS:

AIIMS RAIPUR (2024-2026)

The achievements
of an organization
are the results of
the combined effort
of each individual

- Vince Lombardi



TELEPRESENCE TECHNOLOGY DURING ROBOTIC - ASSISTED CHOLECYSTECTOMY

AIIMS Delhi and AIIMS Raipur in a landmark initiative collaborated through telepresence technology during robotic-assisted cholecystectomy

The procedure demonstrated the potential of real-time telepresence technology in enabling seamless remote surgical collaboration, intraoperative mentoring, and exchange of expertise between leading healthcare institutions.

The AIIMS Delhi team was led by Dr. Sunil Chumber, Head of the Department of Surgical Disciplines. The AIIMS Raipur team was led by Dr. Debajyoti Mohanty, Professor and Head, Department of General Surgery, along with Dr. Subrata Kumar Singha, Professor and Head, Department of Anaesthesia and Critical Care; Dr. Tridip Dutta Baruah, Additional Professor; Dr. Pooja Chapegadikar; Dr. Abhinav; Dr. Ratna Priya; Dr. Nihal; Dr. Sandra; Dr. Pratibha; and Dr. Tripti.

ADVANCED MUSCLE TRANSFER SURGERY



AIIMS RAIPUR successfully performed advanced muscle transfer surgery to restore upper limb function in a patient with a long-standing brachial plexus injury.

The surgery was led by Dr Jiten Mishra, Head of Plastic Surgery, along with team members Dr Shamendra, Dr Bikram, Dr Jalaz, Dr Avijith, and Dr Dharani. The anaesthesia team was led by Dr Nupur Karan.

FIRST BILATERAL SEQUENTIAL COCHLEAR IMPLANT SURGERY USING INNOVATIVE SMART NAV TECHNOLOGY COCHLEAR IMPLANTATION

AIIMS Raipur Department of ENT & Head Neck Surgery performed first bilateral sequential Cochlear Implant Surgery Using Innovative Smart Nav Technology cochlear implantation—an advanced navigation-enabled approach that assists the surgical team in optimizing electrode placement, improving procedural precision, reducing operating time and improving outcomes.

The surgery was performed by invited guest faculty Dr. Hetal Marfatia, Professor & Head of Dept of ENT at Seth GSMC & KEM Hospital, Mumbai and Dr. Renu Rajguru, Professor & HoD, Dept of ENT and Head Neck Surgery, AIIMS Raipur. Smart Nav Technology supports surgeons by enhancing intra-operative guidance and providing real-time feedback regarding electrode insertion



RESEARCH GRANT UNDER DHR YOUNG MEDICAL FACULTY PHD PROGRAM 2025

AIIMS RAIPUR secured approval of ₹40 Lakh first-year research Grant Under DHR Young Medical Faculty PhD Program 2025 under Ministry of Health & Family Welfare, Government of India, as part of the Young Medical Faculty PhD Program – Batch 2025 for four faculty members : Dr. Santhosh Rao, Professor, Department of Dentistry (Oral & Maxillofacial Surgery) under the supervision of Prof. Dr. Virat Galhotra; Dr. Arkesh M, Assistant Professor, Department of Orthopaedics supervised by Prof. Dr. Sandeep Neema; Dr. Upasana Kachroo, Associate Professor, Department of Physiology under Prof. Dr. Rachita Nanda, Department of Biochemistry; Dr. Varun Anand, Additional Professor, Department of Paediatrics supervised by Prof. Dr. Tushar Jagzape.

CENTRAL INDIA'S FIRST GOVERNMENT ROBOTIC SURGERY FACILITY, 'DEVHAST'



AIIMS-Raipur Launched Central India's First Government Robotic Surgery Facility, 'Devhast', its state-of-the-art Robotic Surgery Facility in the presence of Shri Vishnu Deo Sai, Hon'ble Chief Minister of Chhattisgarh, and Shri Shyam Bihari Jaiswal, Hon'ble Health Minister on 6th September 2025.

Equipped with the latest technology, the system enables minimally invasive procedures with greater precision and safety, helping patients recover faster with reduced pain and shorter hospital stays



BHISHM CUBES

AIIMS Raipur inaugurated BHISHM Cubes and conducted orientation training on Integrated Disaster Response at AIIMS Raipur

The ability to respond rapidly and effectively to disasters and mass casualty incidents is a critical component of modern healthcare systems. Recognizing this need, the Government of India has launched the BHISHM (Bharat Health Initiative for Sahyog, Hita and Maitri) project, an innovative healthcare initiative designed to enhance disaster response capabilities across the country. AIIMS Raipur has emerged as a key institution in this national effort through the establishment of BHISHM Medical Cubes and its growing leadership in trauma, emergency care, and disaster preparedness.

The BHISHM Medical Cube, developed under the Aarogya Maitri Project, represents one of the world's first portable disaster hospital systems. Designed for rapid deployment during natural disasters, large-scale accidents, humanitarian crises, and conflict situations, these modular units can be transformed into fully functional field hospitals within minutes. Each cube is equipped with essential medical infrastructure, including emergency care facilities, operating theatre capability, ventilators, defibrillators, portable X-ray and ultrasonography systems, blood testing equipment, oxygen delivery systems, and life-saving medicines. A single deployment unit can provide care for nearly 200 patients, making it an invaluable asset during emergencies when conventional healthcare facilities may be overwhelmed or inaccessible. The cubes also incorporate advanced technologies such as AI-enabled patient monitoring, RFID-based inventory management, remote communication systems, and waterproof construction that allows operations even in adverse environmental conditions.

AIIMS Raipur formally inaugurated the BHISHM project in July 2026 and simultaneously conducted one of the largest disaster preparedness training programmes in the region. The orientation programme brought together nearly 500 participants, including doctors, nurses, paramedics, police personnel, armed forces representatives, and members of the National and State Disaster Response Forces. Through simulation-based exercises and hands-on demonstrations, participants were trained in rapid deployment of BHISHM Cubes, triage systems, inter-agency coordination, and emergency response protocols. Such multidisciplinary training plays a vital role in ensuring coordinated action during real-world disasters.

The success of the BHISHM initiative at AIIMS Raipur is further strengthened by the capabilities of the Department of Trauma and Emergency Medicine. The department has been formally recognized by the WHO South-East Asia Regional Office (WHO SEARO) as a Master Training Institute for Trauma and Emergency Care, reflecting its leadership in disaster medicine and emergency preparedness. The department serves as a nodal centre for training healthcare professionals across Chhattisgarh and actively contributes to the development of institutional disaster management plans and emergency response protocols.

With dedicated expertise in trauma care, emergency medicine, disaster response, and simulation-based training, the department is uniquely positioned to manage mass casualty incidents. Regular disaster drills, structured training programmes, and collaboration with government agencies ensure that healthcare teams remain prepared to respond efficiently during emergencies. The integration of BHISHM Cubes with the department's existing trauma and emergency care infrastructure significantly enhances the state's capacity to provide timely, coordinated, and high-quality medical care during disasters.

Together, the BHISHM initiative and the Department of Trauma and Emergency Medicine at AIIMS Raipur represent a major step forward in strengthening disaster resilience and emergency healthcare preparedness in Chhattisgarh and beyond, setting a benchmark for integrated disaster response systems in India.



KIDNEY PAIRED DONATION (KPD) — OR SWAP KIDNEY TRANSPLANT

Achieving another significant milestone in the field of organ transplantation, AIIMS Raipur has successfully performed a Kidney Paired Donation (KPD)—or swap kidney transplant—marking a first among the new AIIMS institutions and the first such procedure in any government institution in Chhattisgarh.

This achievement reflects the institute's commitment to providing innovative solutions for patients suffering from End-Stage Renal Disease (ESRD).

This swap transplant was performed on March 15, 2025.

Transplant Physician: Dr. Vinay Rathore

Transplant Surgeons: Dr. Amit R. Sharma, Dr. Deepak Biswal, Dr. Satyadev Sharma

Anesthetists: Dr. Subrat Singha, Dr. Mayank, Dr. Jitendra, Dr. Sarita Ramchandani

Transplant Coordinators: Mr. Vishal, Ms. Ambe Patel, Ms. Vinita Patel, Ms. Reena

OT and Transplant Nursing Staff: Mr. Dinesh Khandelwal, Mr. Kasaiya, Mr. Ramniwas, Mr. B. Kiran

SWAP TRANSPLANT TEAM:



FIRST ABO INCOMPATIBLE KIDNEY TRANSPLANT



AIIMS RAIPUR conducted its first ABO incompatible kidney transplant on 21st OCT 2024.

Dr. Vinay Rathore informed ABO incompatible is challenging because it requires repeated session of plasma exchange, higher immunosuppression, and has high risk of infection & rejection, but if successful offers better quality of life to kidney patients.

FIRST GOVERNMENT LABORATORY IN CHHATTISGARH TO RECEIVE NABL ACCREDITATION

AIIMS Raipur Department of Biochemistry achieved a significant milestone by becoming the first government Laboratory in Chhattisgarh to receive NABL (National Accreditation Board for Testing and Calibration Laboratories) accreditation



DEPARTMENT OF MICROBIOLOGY: BSL-3 TB LABORATORY



The Department of Microbiology at AIIMS Raipur features a state-of-the-art **Biosafety Level-3 (BSL-3) Laboratory** dedicated exclusively to Tuberculosis (TB) diagnostics. The laboratory was inaugurated on **24th March 2021** by the hands of Dr. George D'souza, then President, AIIMS Raipur and holds the distinction of being the **first among all new AIIMS** institutes to establish a functional BSL-3 containment facility exclusively for TB diagnosis. The laboratory is **certified by National TB Elimination program (NTEP)** and provides rapid, and quality-assured TB diagnostic services for patients visiting AIIMS Raipur and other healthcare facilities across the state.

FIRST-EVER NARCOANALYSIS TEST IN CHHATTISGARH

AIIMS RAIPUR conducted the first-ever Narcoanalysis test in Chhattisgarh on July 27, 2024 that was made possible by a Memorandum of Understanding (MoU) signed between AIIMS Raipur and the Forensic Science Laboratory, Raipur, in October 2023.

The procedure was successfully conducted by the Forensic Science Laboratory personnel with cooperation from the Departments of Anesthesia, General Medicine, and Emergency Medicine.

AIIMS RAIPUR INITIATES CHHATTISGARH'S FIRST HIGH-SECURITY BSL-3 VIROLOGY LAB UNDER DEPARTMENT OF MICROBIOLOGY

State-Level VRDL, AIIMS, Raipur

The State-Level Virus Research and Diagnostic Laboratory (VRDL), Department of Microbiology, AIIMS Raipur, was established in 2018 under the aegis of the Department of Health Research (DHR) and the Indian Council of Medical Research (ICMR), New Delhi, Government of India. Since its inception, the laboratory has emerged as a state-of-the-art centre for the diagnosis, surveillance, research, and training related to human viral infectious diseases in Chhattisgarh and neighbouring regions.

Apart from diagnostic support for viral infections, the lab responds to disease outbreaks by facilitating timely detection, containment, and control measures.

State-Level VRDL, AIIMS Raipur (MC7534) is an ISO 15189:2022 accredited laboratory by NABL, reflecting its compliance with international standards for quality and competence in medical testing and diagnostics.

Equipped with an advanced Next Generation Sequencing (NGS) platform, the laboratory conducts whole-genome sequencing and genetic analyses of viruses, contributing to a better understanding of emerging and re-emerging viral pathogens. The lab is a part of INSACOG (Indian SARS-CoV-2 Genomics Consortium), wherein it serves as a hub centre for SARS-CoV-2 whole-genome sequencing.

State-Level VRDL, is also the Apex Reference Laboratory for Dengue and Chikungunya, providing specialized diagnostic and confirmatory testing services. The laboratory is also actively engaged in several prestigious research projects funded by ICMR and other national agencies. These include the Pan ILI/SARI Influenza Surveillance Program, Respiratory Syncytial Virus (RSV) Surveillance, and the development of a CRISPR-based rapid Human Papillomavirus (HPV) diagnostic platform.

Due to the excellent overall performance of the state-level VRDL, it was granted a BSL-3 laboratory under PM-ABHIM yojna in 2023. A fully equipped BSL-3 laboratory is nearing its completion in a stand-alone building. This initiative aims to strengthen the country's public health infrastructure and enhance preparedness against emerging and re-emerging infectious diseases.

The proposed BSL-3 facility will provide a high-containment laboratory environment for the safe handling, diagnosis, and research of highly infectious pathogens that can cause serious or potentially lethal diseases through airborne transmission. The establishment of this advanced facility will significantly enhance the rapid detection, isolation, and characterization of existing, emerging and re-emerging viral pathogens and help in strengthening regional and national disease surveillance networks by providing timely laboratory support during public health emergencies. It will also support research in pathogen genomics and vaccine development. In addition to diagnostic and research activities, the BSL-3 laboratory will serve as a training centre for scientists, microbiologists, laboratory personnel, and healthcare professionals in biosafety and biosecurity practices. The establishment of this facility under PM-ABHIM reflects the commitment of AIIMS Raipur toward advancing infectious disease research, improving outbreak preparedness, and contributing to national health security through advanced laboratory infrastructure and scientific excellence.

Through its diagnostic excellence, research contributions, and training initiatives, the State-Level VRDL at AIIMS Raipur continues to play a pivotal role in viral disease research, surveillance and public health preparedness in Central India.



Staff Members of State-Level VRDL,
AIIMS, Raipur



Under-construction BSL-3 laboratory
PM-ABHIM yojna, AIIMS Raipur.



NABL certificate for State-Level VRDL,
AIIMS Raipur (Mc7534)



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BODY DONATION MEMORIAL AND AWARENESS PROGRAM (2013–2025)



The Department of Anatomy, AIIMS Raipur has been actively promoting the noble cause of body donation through its annual **Body Donation Memorial and Awareness Program** from **2013 onwards**. Conducted every year, the program aims to create awareness about the vital role of body donation in medical education, surgical training, and biomedical research. The event includes public awareness activities, interactions with the community, and an oath-taking ceremony for MBBS students, fostering

respect, gratitude, and ethical responsibility towards body donors.

Body donors are regarded as the **"Silent Teachers"** of future healthcare professionals, as their selfless contribution provides invaluable opportunities for students to gain a comprehensive understanding of human anatomy. The program also serves as an occasion to pay tribute to the donors and acknowledge their invaluable gift to medical science.

The Department's sustained awareness efforts have received an overwhelming response from the community. Since its inception, the Department has received **158 body donations** through the generosity of donors' families and the support of various non-governmental organizations. Additionally, **more than 1,600 individuals have voluntarily pledged to donate their bodies**, reflecting growing public awareness and trust in this humanitarian initiative.

The program exemplifies the Department's commitment to excellence in medical education, community outreach, and social responsibility while honoring the remarkable legacy of body donors who continue to inspire generations of future doctors.



KAYAKALP

AIIMS Raipur has been consistently recognized for its excellence in cleanliness and infection control, earning the commendation prize under the **KAYAKALP** Scheme eight times. This recognition reflects the hospital's unwavering commitment to maintaining high standards in sanitation and hygiene, which are crucial for patient recovery and overall healthcare quality. The hospital achieves these high standards through comprehensive Cleanliness drives, stringent infection control protocols, and continuous education and training for healthcare staff.



FROM VISION TO EXCELLENCE: THE RISE OF CLINICAL IMMUNOLOGY & RHEUMATOLOGY AT AIIMS RAIPUR

transformative initiatives aimed at improving patient care and advancing rheumatology education.

The division began its journey in 2023 with small steps, such as establishing regular OPD services. With a dedicated team of faculty and residents, the footfall gradually increased. Gradually, the division has also established a state-of-the-art 10-bedded Day Care Unit for the safe administration of biologic and immunosuppressive therapies to patients with various rheumatological ailments. Additionally, a dedicated 6-bedded IPD service was started in 2026 under the division. Dedicated morning OPDs and afternoon special clinics have significantly improved patient accessibility and continuity of care. Innovative collaborations with government schemes and NGOs have enabled free access to biologic therapies and IVIG replacement treatment for economically weaker patients and children with rheumatic and immunodeficiency disorders. This caters to around 1,200-1,400 patients in the OPD and 30-40 patients in the IPD monthly.

Apart from patient care, the division also focuses on training and research. The post-graduate students from the Dept. of Medicine regularly participate in various national and international conferences under the mentorship of faculty from the division. Notably, post-graduate residents from the department, Dr Shrreya Agarawal and Dr Bhuwan Jain, presented their research at the 27th Asia-Pacific League of Associations for Rheumatology Congress (APLAR 2025) held in Fukuoka, Japan and the European Congress of Rheumatology (EULAR 2026) held in London. Post-Graduate residents from the Department of Medicine, Dr AS Girish and Dr Madumitha, were first runners-up in the All India Post-Graduate S D Deodhar Rheumatology Quiz in 2024. Dr Sthittapranjya Mohanty secured second place in poster presentation in the National Vasculitis Conference (Vasculitis Conclave 2025) held in Jaipur. Its faculty member, Dr Joydeep Samanta, served on the Scientific Committee of the International Vasculitis Workshop 2026, held in Melbourne, Australia. The Division is part of many multicentric collaborative research projects with other institutions like PGIMER Chandigarh, AIIMS New Delhi, SGPGI Lucknow, and St. John's Medical College. The Division conducted two national Rheumatology Conferences (AIIMS Raipur Rheumatology Update) in 2023 and 2025, attended by many renowned faculty members of international repute and delegates across India. This biennial conference has now become one of the most awaited rheumatology conferences in the state. To further improve its academic



footprint, the Division has made a landmark achievement by launching the DM program in Clinical Immunology and Rheumatology, the first such super-speciality training program in Chhattisgarh and Central India. This initiative reflects the department's commitment to developing skilled manpower, promoting advanced research, and strengthening academic excellence in autoimmune and rheumatic diseases.

With the help of the ever-supportive administration and by integrating compassionate patient care with modern therapeutics, the Rheumatology Division has substantially improved quality of life and functional outcomes for patients with chronic rheumatic diseases, while also establishing AIIMS Raipur as a regional leader in rheumatology and clinical immunology services.

*The purpose of an organization is to
enable ordinary human beings to do extraordinary things
- Peter F Drucker*

EXTENSION SERVICES CONDUCTED BY AIIMS, RAIPUR

**Aiims Raipur Not Only Provides Empathetic Services In Its Premises But Also
Conducts Extension Services As A Part of its
Service To Humanity.**



52 students from Dantewada, who were Fellows of Baal Mitr Pustakalaya, a Panchayat level organisation to inculcate habit of reading & learning, being run by Netritva Saadhana Kendra, an NGO committed to develop leadership skills in the youth from far flung areas in Chhattisgarh

visited AIIMS Raipur on 13th March 2026.

The students were shown a documentary film on concept of tertiary health care, and the contingent was taken on a round to the hospital to give them a firsthand experience of functioning of this premium health care facility.

An interactive session was also organised at the Committee Hall with Lt Col Dharmaveer Singh Chauhan, Deputy Director (Administration), AIIMS Raipur.

AIIMS RAIPUR in collaboration with the Health Department of Gariyaband, successfully conducted a comprehensive health camp in the village of Supebada in order to address the persistent challenge of chronic kidney disease (CKD) in the region of Supebada,

A specialized medical team, including Nephrologists Dr. Vinay Rathore, Dr. Neelam Devi Maravi, and Dr. Sunil Behera, along with Dr. Rhea Gandham and Dr. Palakjeet Rissam from the Department of Dentistry provided on-site clinical consultations and evaluations for around 48 patients.



District Mohla–Manpur–Ambagarh Chowki was conferred the Chief Minister's Excellence Award at the ceremony held at Fairway Resort, Naya Raipur in recognition of the effective and successful implementation of the Augmented Take Home Ration (ATHR) initiative aimed at eliminating malnutrition by the Hon'ble Chief Minister of Chhattisgarh, Shri Vishnudev Sai Ji, in the august presence of the Chief Secretary, Shri Vikas Sheel.

Prof. (Dr.) Anil K. Goel, Project Director and Professor & Head,

Department of Paediatrics, All India Institute of Medical Sciences (AIIMS), Raipur, under his visionary leadership, sustained guidance, and strategic interventions, the ATHR initiative was meticulously planned and executed in a structured, effective, and outcome-oriented manner across the district.

The success of the initiative is attributed to the collaborative efforts involving the State Centre of Excellence, AIIMS Raipur, with technical support from UNICEF, special collaboration with the ABIS Group, and the continuous, coordinated contributions of the District Administration and the Department of Women and Child Development.



All India Institute of Medical Sciences (AIIMS), Raipur with a significant step towards achieving the national vision of a TB-Mukt Bharat, successfully conducted a Food Packet Distribution Programme for 500 tuberculosis patients under the Nikshay Poshan Mitra Abhiyan, with support from the Steel Authority of India Limited (SAIL), Bhilai.





AIIMS Raipur NCC Cadets achieved a major Flying Training Milestone under the aegis of MP & CG Directorate, by undertaking flying training in a twin-seater microlite aircraft. Cadet Deepika Palla and Cadet Shreya Jahnvi, MBBS students, successfully completed their sortie after simulator training. 11 cadets, including MBBS and BSc Nursing students—nine of them girls—participated in the session.



AIIMS Raipur enthusiastically observed the Nationwide CPR Awareness Week from 13th to 17th October 2025, under the aegis of the Ministry of Health and Family Welfare (MoHFW).

The initiative aims to spread awareness, build practical skills, and encourage public participation in life-saving Cardiopulmonary Resuscitation (CPR) techniques. The weeklong campaign includes a series of activities focused on sensitization, training, and community engagement to promote the concept of “Nation of Lifesavers.”

The event led by Dr. Jayshri R Ghate was supported by faculty members Dr. D.K. Tripathi, Dr. Anil Kumar Goel, Dr. Naman Agrawal, Dr. Chandan Kumar Dey, and Dr. Ashwini Katole, along with senior and junior residents, interns, and nursing officers Mr. Anish, Mr. Vishal, Mr. Prasanna, Mr. Prakash, and Mrs. Prabha, who acted as master trainers at the booths. Logistical support was provided by Additional MS Dr. Nitin Borkar, Deputy MS Dr. Dibakar Sahu, and Dr. Nitin Kashyap.



AIIMS Raipur has already been conducting the “Nation of Lifesavers” program in collaboration with the American Heart Association (AHA) to train community members in Hands-only CPR. As part of this partnership, AHA has donated 245 CPR manikins to AIIMS Raipur, which were effectively utilized for the activities conducted during the Nationwide CPR Awareness Week.



AIIMS Raipur successfully conducted Hands-only Cardiopulmonary Resuscitation (HOCPR) training sessions during a Mega Health Camp held at the Ayurvedic College Campus, Raipur, from 19 to 22 December 2025. The training was organized under the ongoing “Nation of Lifesavers: AHA–AIIMS Raipur Community Hands-only CPR Training Program”, in collaboration with the American Heart Association (AHA). Dr. Jayshri R. Ghate is the Lead and Nodal Officer of the program and she informed that a total of 624 participants were trained during the four-day camp.



4th-year BSc Nursing students (Batch 2021) along with MSc. Nursing 1st and 2nd-year students from AIIMS Raipur, specializing in Obstetrics & Gynaecological Nursing, Pediatric Health Nursing, and Mental Health Nursing successfully conducted a School Health Program on 7th November 2025 at Government Higher Secondary School, Guma. The event was sponsored by the Rotary Club of Raipur.

The school students underwent comprehensive health assessments including physical examination, nutritional evaluation, oral hygiene, and vision screening. The initiative aimed to promote health awareness, identify common health issues, and encourage healthy lifestyle practices among school children.



SWASTH NARI SASHAKT PARIVAR ABHIYAAN was successfully observed at AIIMS Raipur from 17th September to 2nd October 2025 since women play a pivotal role in the health, well-being, and prosperity of families, which ultimately shapes the health and development of the nation in alignment with the vision of Viksit Bharat@2047.



As part of the ongoing Swachhata Pakhwada (1st April to 15th April 2025), AIIMS Raipur has been actively participating in various initiatives to promote cleanliness and hygiene and also conducted an insightful Nukkad natak on 9th April 2025. These activities were being conducted under the guidance of Prof. (Dr.) Mritunjay Rathore, SAP Nodal Officer.

AIIMS Raipur professional from Medical Records Department, Shri Kalleshwara I.T brought national recognition to the institute through his outstanding contributions in the field of Medical Records and Health Information Management.



All India Institute of Medical Sciences (AIIMS) Raipur has established the State Centre of Excellence for Nutrition Interventions (SCoE4N) under the Department of Pediatrics, with support from the National Health Mission (NHM) and UNICEF Raipur. The center's primary objective is to bolster the state's efforts in achieving a malnutrition- and anemia-free Chhattisgarh.



AIIMS Raipur, under the ICMR-NCD project led by Prof. (Dr.) Meenakshi Sinha, Principal Investigator, organized its first-ever Respiratory Health Camp for the particularly vulnerable indigenous tribes of Chhattisgarh, the Kamar and Bhunjia communities. The camp was held on 23rd December 2024, in Sankra block, Dhamtari district. The camp was a collaborative effort by the Departments of Physiology and Pulmonary Medicine, assisted by Dr. Ajoy Behera, Additional Professor of Pulmonary Medicine.



The Department of Yoga & Naturopathy at AIIMS Raipur, in collaboration with the Central Council for Research in Yoga & Naturopathy (CCRYN), New Delhi, and the Ministry of AYUSH, celebrated the 11th International Day of Yoga with great enthusiasm under the banner 'YOGA SANGAM'. This iconic event was conducted simultaneously at multiple locations across Chhattisgarh. The main event at the AIIMS Raipur campus featured more than 220 participants practicing the Common Yoga Protocol (CYP), led by Dr. Vikram Pai, Medical Officer, Yoga & Naturopathy.



The Rashtriya Karmayogi – Large Scale Jan Seva Programme was successfully organized at the All India Institute of Medical Sciences (AIIMS), Raipur from 15th to 17th October 2025. During the inaugural session, Dr. Ashish Kumar Gupta, Nodal Officer, Karmayogi Mission, delivered the opening address, emphasized the pivotal role of the Karmayogi Mission in cultivating a spirit of dedication, teamwork, and accountability among public officials.



Under the 'Mera Yuva (MY) Bharat' program of the Ministry of Youth Affairs and Sports, Govt of India, a nationwide campaign titled “Nasha Mukta Yuva for Viksit Bharat Sankalp Abhiyaan” was launched on 2nd August 2026. The campaign was inaugurated by Hon'ble Prime Minister of India



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Nation of lifesavers: AHA-AIIMS Raipur Community HOCPR training program

A MOU has been signed between AIIMS Raipur and American Heart Association (AHA) in 2022 for conducting the awareness programs on cardiovascular disease in the communities to build a nation of lifesavers. The AHA-AIIMS Raipur community Hands-Only Cardiopulmonary Resuscitation (HOCPR) training program is one of the activity under this MOU, with a goal of training 50,000 people in one year, to create awareness about the importance of CPR in cases of Out-of Hospital Cardiac Arrest.

Nation of lifesavers program has been planned under the guidance of Convener Dr T.S. Ravikumar, President AIIMS Mangalgiri, Co-convener Lt Gen Ashok Jindal, Executive Director and CEO, AIIMS Raipur and AHA consultant Divay Trikha. We have received 245 Mini Anne manikin as and grant of Rs 5,81,000/- from AHA. This program is being implemented by program lead Dr Jayshri R. Ghate, In-charge Simulation Lab, as Principal Investigator (PI) and Dr Alok Agrawal, HOD Orthopedics as Co-PI. This project has support and dedication by coinvestigators from various departments like Dr Atul Jindal, Professor Pediatrics; Dr Sarita Ramchandani, Additional Professor, Anesthesiology; Dr Arunita Jagzape, Professor, Physiology; Dr Chandan Dey, Associate Professor, Trauma and Emergency Medicine; Dr Varun Anand, Additional Professor, Pediatrics; Dr Manisha M Ruikar, HOD Community & Family Medicine and Dr Dipali Chatur, Associate Professor, Physiology.

Till date training of total 18,466 participants have been conducted, including school students, college students of medical, nursing, engineering, pharmacy, science, arts, polytechnic fields, NCC cadets, security guards, housekeeping staff, police personnel, teaching, non-teaching staff, nursing officers and faculties. HOCPR training sessions are being conducted routinely at AIIMS Screening OPD in collaboration with department of Community and Family Medicine.

This activity of CPR training of community members is one of the best practices implemented by AIIMS Raipur



AIIMS RAIPUR EARNs PRESTIGIOUS RECOGNITION IN NEWSWEEK'S WORLD'S BEST HOSPITALS IN INDIA 2026 RANKINGS



AIIMS Raipur has achieved a landmark accomplishment by securing a place among India's leading healthcare institutions in the prestigious Newsweek World's Best Hospitals 2026 rankings. The institute has been ranked 6th among the country's best government hospitals and first amongst the New AIIMS, reflecting its rapid emergence as a Centre of Excellence in patient care, medical education, research, and innovation.

This international recognition, based on the parameters of hospital quality matrix, hospital recommendation from peers, patient experience and PROMs (Patient Reported Outcome Measures) implementation survey highlights AIIMS Raipur's unwavering commitment to delivering accessible, affordable and advanced healthcare services to the people of Chhattisgarh and Central India, despite constraints of shortage of faculty. Over the past two years, the institute has put in concerted efforts and registered remarkable growth across multiple specialties, infrastructure expansion, research initiatives, and cutting-edge clinical services.

The recognition by Newsweek stands as a testament to AIIMS Raipur's growing national and global reputation and reinforces its mission of excellence in healthcare, academics, and research.



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- ▼ Child Development Center
- ▼ Neonatal & Pediatric Surgery
- ▼ Pediatric Superspecialties

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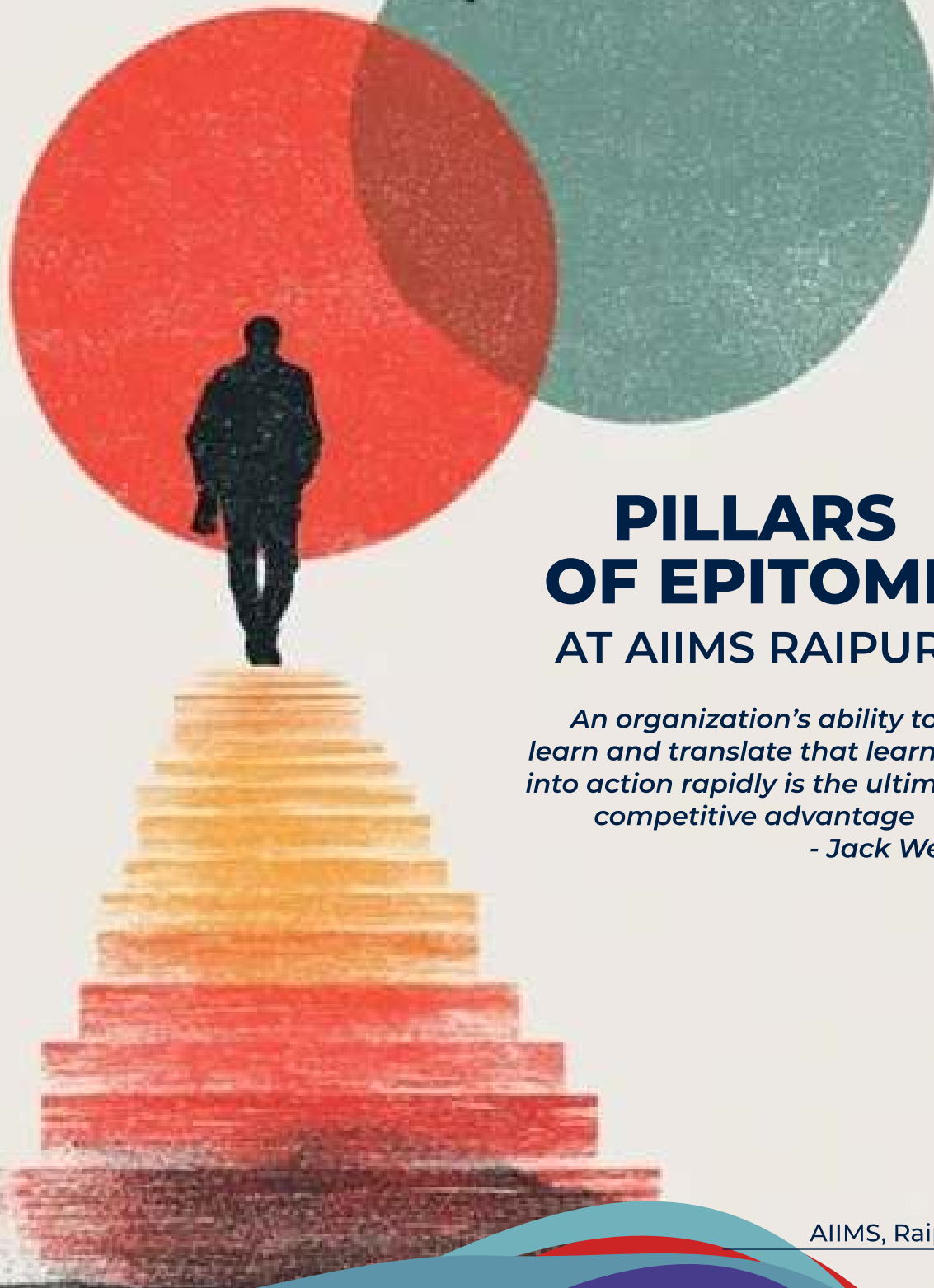
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competitive advantage*

- Jack Welch

SRIJAN AND THE AI RESEARCH LAB: DRIVING THE FUTURE OF HEALTHCARE INNOVATION AT AIIMS RAIPUR

Innovation has become a cornerstone of modern healthcare, enabling institutions to transform clinical challenges into impactful solutions that improve patient outcomes. At AIIMS Raipur, this vision has taken shape through the establishment of SRIJAN (Scientific Research & Innovation Junction for AI and New Biomedical Technologies), the institute's Biomedical Innovation and Incubation Centre. Since its inception on 14 September 2024, SRIJAN has emerged as a vibrant multidisciplinary platform dedicated to fostering innovation, entrepreneurship, and technology-driven healthcare solutions.

Established under the leadership of the Executive Director and CEO, AIIMS Raipur, SRIJAN brings together clinicians, researchers, engineers, academicians, industry experts, and innovators to address real-world healthcare challenges. The centre provides a structured ecosystem that supports the complete innovation lifecycle—from ideation and proof-of-concept development to incubation, intellectual property generation, validation, and technology translation. By nurturing innovations in Artificial Intelligence (AI), Machine Learning, digital health, biomedical devices, clinical decision support systems, and educational technologies, SRIJAN is helping transform research ideas into solutions with meaningful societal impact.

A major milestone in this journey was the inauguration and operationalisation of the AI Research Lab under the aegis of SRIJAN. The facility represents a significant step towards integrating advanced computational technologies into healthcare delivery and clinical research. By leveraging artificial intelligence for predictive analytics, decision support, and precision medicine, the AI Lab is creating new opportunities to enhance patient care and improve healthcare outcomes.

The AI Research Lab was established as part of the DISHA 2.0 initiative in collaboration with the IIT Indore CPS Foundation, reflecting a strong partnership between healthcare and technology institutions. The lab serves as a dedicated hub for the development, validation, and deployment of AI-enabled healthcare solutions. Robust governance mechanisms, standard operating procedures, and working guidelines have been instituted to ensure ethical, transparent, and scientifically rigorous research practices. These frameworks encompass project initiation, validation methodologies, data privacy provisions aligned with the Digital Personal Data Protection Act (DPDPA) 2023, and intellectual property management.



Today, the AI Lab hosts multiple extramurally funded research projects that focus on applying artificial intelligence to critical healthcare challenges. The facility enables researchers, faculty members, residents, and students to collaborate on cutting-edge projects that bridge the gap between computational science and clinical medicine. Through advanced analytics, machine learning models, and digital health innovations, the lab aims to develop solutions that support clinicians in making faster, more accurate, and evidence-based decisions.

Beyond research, SRIJAN has also played a pioneering role in establishing innovation governance at AIIMS Raipur by developing institutional frameworks for intellectual property rights, technology transfer, ethical innovation, and collaborative research. Strategic partnerships with premier institutions such as IIT Bhilai and IIT Indore have further strengthened its capacity to drive healthcare innovation.

Together, SRIJAN and the AI Research Lab symbolize AIIMS Raipur's commitment to building a future-ready healthcare ecosystem. By fostering interdisciplinary collaboration, encouraging technological innovation, and translating research into practical healthcare solutions, they are positioning AIIMS Raipur at the forefront of biomedical innovation and AI-assisted healthcare in India.



RAIPUR LAUNCHES “AUSHADHI-ER”, AN INDIGENOUS DIGITAL INVENTORY MANAGEMENT SYSTEM UNDER SRIJAN

The Emergency Department of AIIMS Raipur has successfully launched AUSHADHI-ER, a web-based online inventory management system conceived by Dr Debendra Kumar Tripathy and developed by Dr Roshan Mathew and Dr Naman Agrawal, in response to practical challenges faced in emergency drug inventory management designed to strengthen drug availability and streamline inventory operations in emergency care settings developed under SRIJAN (Scientific Research and Innovation Junction for AI and New Biomedical Technologies) an institutional platform that promotes need-driven, indigenous innovation at the intersection of clinical care, digital health, and biomedical technologies.

CENTRAL LIBRARY

A library is not a luxury but a necessity of life - H. W. Beecher

The Central Library, AIIMS Raipur serves as the central knowledge resource centre of the Institute, supporting education, research, patient care, and evidence-based clinical practice and providing access to a rich collection of print and electronic resources, including books, journals, theses, and online databases. The fully automated and air-conditioned facility offers a seating capacity of 500 users, wireless internet access throughout the premises, and a secure environment under CCTV surveillance, ensuring a comfortable and technology-enabled learning experience for its users.

SERVICES

A wide range of library and information services are offered by the Central Library at AIIMS Raipur to assist patient care, teaching, learning, and research. The Central Library promises academics, researchers, healthcare professionals, and students quick access to high-quality information through its print and digital collections, online resources, clinical decision support tools, research support services, and technology-enabled facilities. The major services are given below.

1). Online Public Access Catalogue 2). Full-Text e-Journals 3). Evidence-Based Clinical Decision Support 4). Drug Information and Clinical Decision Support 5). Indexing and Abstracting Databases 6). Full-Text eBooks 7). Research Support Tools 8). CME Resources 9). Off-Campus Access 10). E-Library

The E-Library has a seating capacity of 52 users with comfortable seating arrangements. It is equipped with 25 computer systems for accessing subscribed e-resources, including e-journals, e-books, research papers, and databases.

MEMBER OF CONSORTIUM AND OTHER ASSOCIATION

The Central Library, AIIMS Raipur is also a member of National Medical Library's Electronic Resources in Medicine (NML-ERMED) Consortium. The NML-ERMED consortium provides fully-funded, unrestricted access to the Thieme MedOne platform and also provided free access of BMJ e-Resources (RTOP, BMJ Best Practice, BMJ Learning).

AIIMS RAIPUR INSTITUTIONAL RESEARCH NETWORK

The creation of the Indian Research Information Network System (IRINS) site (<https://aiimsraipur.irins.org/>) for AIIMS Raipur in association with the INFLIBNET Centre is a significant accomplishment. The program increases research awareness, encourages faculty profiling via the VIDWAN database, and highlights AIIMS Raipur's academic accomplishments nationally.

TRAINING, AWARENESS AND OUTREACH ACTIVITIES

To encourage efficient use of information resources and improve research skills, the Central Library actively planned and carried out a number of training and awareness initiatives.



हिन्दी राष्ट्रभाषा प्रकोष्ठ

हिन्दी हमारे राष्ट्र की अभिव्यक्ति का एक बहुत बड़ी सरल स्रोत है। – सुमित्रानंदन पंत

भारत की राजभाषा हिन्दी के संवर्धन, प्रचार-प्रसार एवं सरकारी काम-काज में हिन्दी के प्रगामी प्रयोग को बढ़ावा देने के उद्देश्य से वर्ष 2014 में अखिल भारतीय आयुर्विज्ञान संस्थान (एम्स) रायपुर में राजभाषा प्रकोष्ठ की स्थापना की गई। राजभाषा प्रकोष्ठ राजभाषा संबंधी नीतियों नियमों में महत्वपूर्ण क्रियान्वयन में भूमिका निभाता है। राजभाषा प्रकोष्ठ में वर्तमान में 1 संकाय प्रभारी, 1 सहायक संकाय प्रभारी, 3 कनिष्ठ हिन्दी अनुवादक एवं 1 जूनियर स्केल स्टेनो हिन्दी कार्यरत हैं, जो संस्थान में राजभाषा हिन्दी के प्रभावी क्रियान्वयन एवं प्रचार-प्रसार के लिए निरंतर कार्य कर रहे हैं।

स्थापना का उद्देश्य

राजभाषा प्रकोष्ठ का मुख्य उद्देश्य संस्थान में हिन्दी की प्रचार-प्रसार की दिशा में राजभाषा अधिनियम 1963, राजभाषा नियम 1976 एवं राजभाषा संबंधी आदेशों तथा वार्षिक कार्यक्रम के कार्यान्वयन को सुनिश्चित करना है।

प्रमुख गतिविधियां

राजभाषा प्रकोष्ठ द्वारा समय-समय पर विभिन्न गतिविधियों का आयोजन किया जाता है जिनमें प्रमुख हैं –

1. हिन्दी प्रशिक्षण कार्यशालाओं का आयोजन करना (प्रत्येक तिमाही) में।
2. विभागीय राजभाषा, कार्यान्वयन समिति की बैठक का आयोजन करना।
3. राजभाषा संबंधी निरीक्षण एवं प्रगति प्रतिवेदनों का संकलन करना साथ ही स्वास्थ्य एवं परिवार कल्याण मंत्रालय और राजभाषा विभाग, गृह मंत्रालय, भारत सरकार को ईमेल के माध्यम से प्रेषित करना।
4. हिंदी प्रशिक्षण टंकण कार्यशाला का आयोजन करना।
5. वार्षिक प्रतिवेदन और वार्षिक लेखा एवं अंकेक्षण तथा पृथक लेखा परीक्षा प्रतिवेदन का हिंदी अनुवाद करना।
6. विभिन्न विभागों से प्राप्त अंग्रेजी पत्र, परिपत्र, भर्ती सूचना, विज्ञापन, रोगी सूचना पत्र, सत्यापन प्रमाण पत्र, स्वीकृत प्रतिवेदन, रोगी सुरक्षा प्रतिज्ञा, प्रतिभागी सूचनी विवरण का हिंदी अनुवाद करना।
7. कर्मचारियों एवं अधिकारियों को हिंदी में कार्य करने हेतु प्रोत्साहित करना, डिक्टेशन एवं राजभाषा प्रोत्साहन योजना का संचालन करना।
8. हिंदी पखवाड़ा का आयोजन करना।
9. राजभाषा प्रकोष्ठ की ऑनलाइन छमाही हिंदी पत्रिका “स्पंदन” का प्रकाशन करना। अब तक कुल 15 अंक का प्रकाशन किया गया है।

उपलब्धियां एवं पुरस्कार

1. एम्स, रायपुर वर्ष 2015 से नगर राजभाषा कार्यान्वयन समिति, रायपुर का सदस्य है। वर्ष 2023 के लिए वर्ष 2024 में हिंदी में उत्कृष्ट कार्य करने हेतु नरकास रायपुर द्वारा एम्स रायपुर को वृहद कार्यालय की श्रेणी में प्रेरणा पुरस्कार प्राप्त हुआ है।
2. मुंशी प्रेमचंद जयंती का आयोजन।
3. विश्व हिंदी दिवस का आयोजन।
4. एमबीबीएस एवं नर्सिंग प्रथम वर्ष के छात्र-छात्राओं को हिंदी शिक्षण प्रदान किया जाता है।

राजभाषा प्रकोष्ठ एम्स, रायपुर का अभिन्न अंग है। राजभाषा प्रकोष्ठ अपने विभिन्न प्रशिक्षणों, कार्यशालाओं एवं अन्य गतिविधियों के माध्यम से संस्थान में राजभाषा नीति के प्रभावी कार्यान्वयन करने एवं अधिकारियों तथा कर्मचारियों को हिंदी में कार्य करने में सुगम बनाने हेतु निरंतर प्रयासरत है।



AYUSH AT AIIMS RAIPUR: PIONEERING INTEGRATIVE HEALTHCARE

AIIMS Raipur, in 2019 became the first Institute of National importance (INI) in India to integrate India's five traditional systems of medicine—Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy—with modern healthcare, emphasizing holistic health through natural remedies, lifestyle modifications, and mind-body interventions. The AYUSH Outpatient Department provides individualized consultations, prophylactic medications, and outpatient therapies and has served more than 1 lakh patients in the past 6 years. Ayurveda department at the AIIMS Raipur offers comprehensive treatment modalities including Panchakarma and Ksharasutra (ano-rectal) procedures, while Siddha services include traditional therapies such as Varmam Maruthuvam (pressure manipulation), Thokkanam (massage), Ottradam (fomentation), Vedhu (steam). The AYUSH inpatient department, which started in June 2023 with ten beds, offers integrated therapies. Research is a key focus, with the Centre for Integrative Medicine, Education, and Research (CIMER) established in 2021 to scientifically validate traditional medicine systems. Completed and published intramural studies include yoga's impact on chronic kidney disease, pranayama's hemodynamic effects and effect of Swarnaprashana. Extramural funding of ₹2.5 crores from the Central Council for Research in Yoga and Naturopathy and 90 lakhs from Central Council for research in Ayurvedic Sciences supports multiple integrated AYUSH research projects on health conditions like obesity, end-stage renal disease, rheumatoid arthritis and breast cancer. Educational initiatives have introduced AYUSH principles to MBBS, B.Sc., and M.Sc. nursing students, fostering integrative approaches among future healthcare professionals. Collaborations through MOUs with national AYUSH institutes, such as the National Institute of Siddha, National Institute of Homoeopathy and AYUSH Research bodies, such as the Central Council for Research in Siddha and the Central Council for Research in Homoeopathy, further strengthen teaching, research, and patient care. Overall, AYUSH at AIIMS Raipur successfully bridges ancient wisdom with contemporary science through comprehensive OPD and IPD services, robust research, education, and partnerships, paving the way for a holistic integrative healthcare model in India.



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SIMULATION LAB, AIIMS RAIPUR

The simulation lab at AIIMS Raipur has been established in June 2022 at, 2nd floor A Block under the guidance of Dr Nitin M Nagarkar, former Director and CEO, AIIMS Raipur and Dr Alok C. Agrawal, former Dean (Academics) and Chairperson MEU.

Currently Lab In-charges are Dr Jayshri R Ghate, Professor, Department of Physiology, AIIMS Raipur and Dr Sarita Ramchandani, Additional Professor, Department of Anesthesiology, AIIMS Raipur

Simulation lab is equipped with high fidelity manikins for the simulation based medical education. It is being used for skill development training of Nursing, MBBS UG, PG, DM students and faculty members. It is also being used for assessments of postgraduate and DM students as well as for conducting workshops.

Following simulators are functional in this lab.

1. Adult male Computer based manikin-Apollo
2. Pediatric Computer based Manikin
3. All-purpose care simulator
4. Ultrasound Manikin with transthoracic echocardiography and transoesophageal echocardiography probes

Classes conducted at Simulation lab

Various departments like, Pediatrics, Pediatric Emergency Medicine, Anaesthesia Trauma and Emergency, Physiology and College of Nursing conduct Simulation based classes for the training of faculty members, JRs, SRs, DM students, MBBS students and BSc (Hons) nursing students throughout the year. High Fidelity Adult Manikins, High Fidelity Pediatric manikin and Ultrasound Manikin are used by learners to gain experience in a wide range of emergency or patient care scenarios. Simulation based learning help them to improve communication skills, practice clinical interventions and work in a team. Even internal and professional practical exams for PG and DM students are conducted at Simulation lab.

Various Workshops for skill training By Anesthesiology, Pediatrics, Trauma & Emergency Medicine department are conducted at Simulation lab.





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FACULTIES: THE TORCHBEARERS OF AIIMS RAIPUR

An empowered organization is one in which **individuals** have the knowledge, skill, desire and opportunity to personally succeed in a way that leads to collective organizational success

- Stephan R Covey

DR ELI MOHAPATRA

NOMINATED AS MEMBERS OF
THE INSTITUTE BODY OF AIIMS
GUWAHATI



Ministry of Health & Family Welfare, New Delhi, vide separate gazette notifications dated 30.12.2025, have nominated Dr. Eli Mohapatra, Prof. & Head (Bio-chemistry) & Dean(Academics), AIIMS Raipur as Member of the Institute Body of AIIMS Guwahati

DR ABHIRUCHI GALHOTRA

APPOINTED AS EXTERNAL
EXPERT MEMBER OF BOARD
OF STUDIES, BHU

NOMINATED AS MEMBER
OF THE INSTITUTE BODY OF
AIIMS JAMMU



Dr. Abhiruchi Galhotra, (Dean Research) and Professor, Department of Community & Family Medicine, AIIMS Raipur, has been appointed as an External Expert Member of the Board of Studies in the Department of Community Medicine, Faculty of Medicine, Banaras Hindu University (BHU), Varanasi for a period of two years.

Ministry of Health & Family Welfare, New Delhi, vide separate gazette notifications, have nominated Prof. (Dr.) Abhiruchi Galhotra, Department of Community and Family Medicine & Dean (Research), AIIMS Raipur as Member of the Institute Body of AIIMS Jammu.

DR NIGHAT HUSSAIN

NOMINATED AS MEMBERS OF
THE INSTITUTE BODY OF
AIIMS PATNA



Ministry of Health & Family Welfare, New Delhi, vide separate gazette notifications dated 30.12.2025, have nominated Dr. Nighat Hussain, Professor, Department of Pathology & Associate Dean (Academics), AIIMS Raipur as Member of the Institute Body of AIIMS Patna.

**DR
AMIT KUMAR
CHOWHAN**

APPOINTED AS EXTERNAL
SUBJECT EXPERT MEMBER OF
BOARD OF STUDIES OF BANARAS
HINDU UNIVERSITY (BHU)



Dr. Amit Kumar Chowhan, Professor & Head, Department of Pathology & Lab Medicine, AIIMS Raipur, has been appointed as an External Subject Expert Member of the Board of Studies in the Department of Pathology, Banaras Hindu University (BHU), Varanasi for a period of two years.

**DR
PUGAZHENTHAN
THANGARAJU**

RECOGNIZED IN STANFORD
UNIVERSITY'S LIST OF WORLD'S
TOP 2% SCIENTISTS



AIIMS Raipur has once again marked its presence on the global research map with a proud recognition for Dr. Pugazhenthnan Thangaraju, Associate Professor of Pharmacology, who has been named among the world's top 2% of scientists, as per the prestigious ranking released by Stanford University in September 2025.

**DR
RANGANATH
T. GANGA**

FACULTY, AIIMS RAIPUR,
SHINES ON GLOBAL STAGE!



Dr. Ranganath T. Ganga from the Department of Respiratory Medicine has achieved the prestigious European Diploma in Adult Respiratory Medicine (EDARM) by successfully clearing the highly esteemed HERMES exam in October 2024.

Prof. (Dr.) Mrithunjay Rathore, Professor, Department of Anatomy, AIIMS Raipur, was recognized by the Chhattisgarh Yoga Commission, Government of Chhattisgarh, during the Foundation Day programme of the Commission for his exemplary contribution in the field of Yoga Anatomy at the national and international level

DR. MRITHUNJAY RATHORE

Professor, Department of Anatomy, AIIMS Raipur



A faculty member from All India Institute of Medical Sciences Raipur, Dr. J. Jeayareka, graced the prestigious felicitation ceremony 'Karan Samma 2026' as a distinguished guest, organized by Navsarjan Manch Chhattisgarh on 15 March 2026 at Vrindavan Hall, Civil Lines on the event of International Women's Day

Dr. J. Jeayareka, who is an Assistant Professor in AIIMS Raipur, was also conferred with the prestigious Mahtari Gaurav Samman in recognition of her exemplary work spanning over two and a half decades in promoting community participation in mental health and bridging the gap between clinical expertise and grassroots awareness.

DR. J. JEAYAREKA

Assistant Professor in AIIMS Raipur

Mr. Arokiaraj U, Senior Nursing Officer, AIIMS Raipur has been conferred with two distinguished honours — the TNNMC Special Innovation Award 2025 and the Prestigious Alumni Award 2025.

Mr. Arokiaraj is India's first nurse to receive a granted utility patent in biomedical engineering. Though he didn't undergo formal engineering training but over 11 years of ICU and critical care experience, he transformed bedside challenges into life-saving innovations during the COVID-19 pandemic. His patented HOAC Combo Device — a non-invasive, non-electrical, multi-therapy respiratory system — is designed to reduce aerosol infection and enhance oxygen therapy for patients with COVID-19, tuberculosis, and other airborne diseases.

His key achievements include: 1 Granted Utility Patent, 3 Granted Design Patents, 7 Registered Copyrights, 2 Pending Indian Patents, and 2 PCT/WIPO International Filings awaiting publication



MR. AROKIARAJU

Senior Nursing Officer

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DR. KRISHNADUTT CHAVALI

Professor and Head of Forensic Medicine and Toxicology at AIIMS Raipur

Dr. Krishnadutt Chavali, Professor and Head of Forensic Medicine and Toxicology at AIIMS Raipur, has been honored with the Justice Jagdish Sharan Mishra Oration Award at the XIII Annual International Conference of the Indian Academy of Biomedical Sciences, held at AIIMS Bhopal from February 11 to 13, 2025.

His oration, titled "Bridging the Gap: Why India Needs Clinical Toxicology as a Standalone Specialty," emphasized the urgent need to establish Toxicology as an independent discipline due to the high incidence of toxic exposures in the country.

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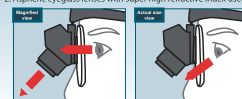
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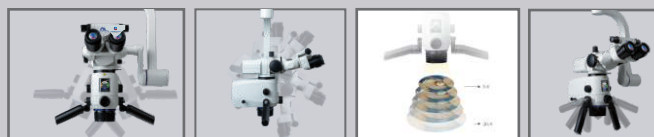
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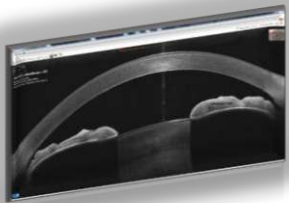
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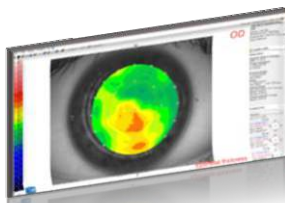


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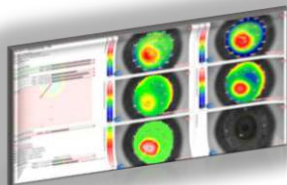
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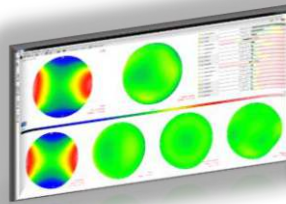
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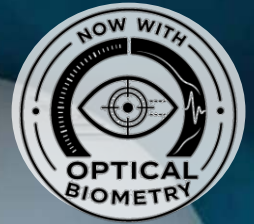
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STUDENTS: THE REFLECTION OF AIIMS RAIPUR

Let us remember: one book, one pen, one child and
one teacher can change the world
- Malala Yousafzai

MR. POONAM KUMAR SONKAR

PhD scholar



Mr. Poonam Kumar Sonkar, PhD scholar under the guidance of Dr. Rakesh Gupta, has been selected in the DESIGN category of the BioE3 Challenge (February 2026 window). He has secured a place among the top 10 winners and has been awarded a cash prize of ₹1 lakh. This achievement also opens the opportunity for further research funding of up to ₹25 lakhs, after detailed evaluation

MR. SOHAN PAIKRAY

1. First Place in Connect the Dot Quiz - Nexus Plexus
2. Runner-up in Debate
3. Runner-up in Clinical Photo Essay
4. Third Place in Academic Quiz



Sohan Paikray, a MBBS student of the 2020 Batch from AIIMS Raipur, proudly represented the institute at the Indian chapter of the International Medical Student Conference, MEDSICON 2024, held at VMHC & Safdarjung Hospital, New Delhi.



MR. TARUN SAHU

AIIMS RAIPUR AWARDS ITS FIRST PHD FOR PIONEERING RESEARCH ON COGNITIVE ASPECTS OF SICKLE CELL DISEASE

AIIMS Raipur has awarded its first PhD degree to Mr. Tarun Sahu, a patient of Sickle Cell Disease (SCD), for his pioneering research marking a significant academic milestone for the Institute. He earned his doctorate from the Department of Physiology under the guidance of Dr. Ramanjan Sinha, Professor & Head, for his research titled "Effect of Short-Term Slow Deep Breathing on Electrophysiological and Biochemical Correlates of Neurocognition in Sickle Cell Disease."

AIIMS Raipur MBBS students from the 2023 batch—Mr. Aniket Tripathy and Mr. Srahas Dinnepal—secured first position in an inter-college Pharmacology quiz hosted by AIIMS Bhopal: Pharm Quest 2025, among 37 competing teams.



**MR. ANIKET TRIPATHY
AND MR. SRAHAS DINNEPAL**

AIIMS Raipur has earned the prestigious Certificate and Trophy of Achievement in the Anti-Ragging National Contest 2024, organized by the Centre for Youth – UGC National Anti-Ragging Monitoring. The contest coincided with Anti-Ragging Day on 12th August and Anti-Ragging Week from 12th to 18th August 2024.



**FIRST PRIZE IN ANTI - RAGGING
NATIONAL CONTEST 2024**

Mr. Aditya Rajesh Panikulam and Mr. Rashmi Prakash Palai, MBBS students of the 2024 batch, AIIMS Raipur secured First Prize in the Inter-College Undergraduate Quiz Competition conducted during the 10th AMBI State Chapter Conference. The event was organized by the Department of Biochemistry at Chhattisgarh Institute of Medical Sciences Bilaspur under the aegis of Association of Medical Biochemists of India.



Mr. Aditya Rajesh Panikulam and Mr. Rashmi Prakash

Team of students from the 2020, 2022, 2023, and 2024 MBBS batches, led by Dr. Gajendra Suna (2020), proudly represented the institute in the Sync and Swing event at Technovate 7.0, held at IIT Raipur on 31 March 2026. The team comprised Shishira Kalari (2022), Maanas Chekuri, K. S. Aditya Vardhan, Abhinav Yaduka, Anannya Raut, Harshali Kunjir, Girdhari Soham Prashant, Jashwanth Pasupulati, Nansi Sanjana, and Karuna Pomar (2023), along with Diya (2024) and Sawani (2025). Their enthusiastic participation showcased the spirit of innovation, teamwork, and interdisciplinary collaboration, reflecting the institute's commitment to fostering creativity.



ABHIPSA DAS AND ADITYA RAJ PALO

Abhipsa Das and Aditya Raj Palo secured Second Prize at the APCON State-Level Quiz, conducted at Pt. JNM Medical College on 28 June 2025. Competing against participants from across the state, they showcased exceptional academic knowledge, critical thinking, and teamwork. Their commendable achievement reflects their dedication and brings pride to our institution, inspiring fellow students to strive for excellence.



The Nursing VolleyBall team of AIIMS Raipur showed their valor and grit and fought all the way to runners up in SAMAR 2026 Held in NIT. It was a true tribute to the teamwork and dedication showed by each one of the team.



The stunning badminton team of AIIMS Raipur brought glory as they became runners up in SAMAR 2026, held in NIT. Sahil Sodecha, Maanas Chekuri and Prabhudatta Dehury were the shining stars whose hard work and talent reflected in the tournament.

THE ROAD LESS TRAVELED How Dr Avinash Mehra is Redefining Success

चकाचौंध से दूर, सेवा की ओर कैसे डॉ अविनाश मेहरा बदल रहे हैं सफलता की परिभाषा



Dr. Avinash Mehra, an MBBS alumnus from the 2019 batch of AIIMS Raipur, after completion of his MBBS studies at AIIMS Raipur in 2025, he decided to forgo the attractive opportunities available in cities to serve in the remote tribal district of Narayanpur in Chhattisgarh's Bastar division to provide better healthcare services to the most marginalized members of society.

Originally from Kotputli, Jaipur (Rajasthan), Dr. Mehra attributes this decision to his active involvement with the social organization "Sevaankur Bharat," which he has been associated with for the past three years and currently, he also serves as the Chhattisgarh State Contact Head for Sevaankur Bharat. Dr. Mehra has been working as a Medical Officer in

Narayanpur under the Dhanwantari Jan Kalyan Samiti since July 2025. His dedication to healthcare in tribal areas began even before his appointment. He played an active role in public health campaigns like "One Week for Nation" held in Jashpur Nagar in 2025 and "Three Days for Nation" held in Bhadrachalam, Telangana, in October 2025.

Here is a brief experience sharing of Dr Avinash in his own words

नमस्कारम् मेरा नाम Dr. Avinash Mehra है। मेरी AIIMS रायपुर से MBBS की शिक्षा पूरी हुई है। इसके साथ ही, कक्षा 6 से 12वीं तक जवाहर नवोदय विद्यालय, पाटन, सीकर, राजस्थान मेरी पूरी शैक्षणिक यात्रा केंद्र सरकार के इन गौरवशाली संस्थानों की देन रही है। इन संस्थानों ने मुझे न केवल एक डॉक्टर बनाया, बल्कि एक नागरिक के रूप में राष्ट्र के प्रति मेरे दायित्वों से भी परिचित कराया। देश के करदाताओं के पैसों से मिली इस निःशुल्क शिक्षा ने मेरे भीतर एक गहरा ऋण और सामाजिक उत्तरदायित्व का भाव जागृत किया, जिसे चुकाने का संकल्प मैंने अपने भीतर हमेशा महसूस किया। मैंने SEVANKUR BHARAT (सेवांकुर भारत) से प्रेरित होकर जनजातीय क्षेत्र में काम करने का निर्णय लिया। *Sevankur Bharat, एक ऐसा NGO है जो मेडिकल छात्रों में सामाजिक मूल्य और राष्ट्र व समाज के प्रति जिम्मेदारी की भावना जागृत करने के लिए काम करता है। इसके माध्यम से मैं निम्नलिखित आयोजनों से जुड़ा:

‘ONE WEEK FOR NATION’ (OWFN) - एक सप्ताह राष्ट्र के लिए
‘THREE DAYS FOR NATION’ (TDFN) - तीन दिन राष्ट्र के लिए
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‘व्यक्ति निर्माण से राष्ट्र निर्माण’

‘मैंने ऐसे कार्यक्रमों में भाग लिया, जिन्होंने जीवन, समाज तथा एक मनुष्य के रूप में मेरी भूमिका और जिम्मेदारियों के प्रति मेरे दृष्टिकोण को व्यापक बनाया। यदि यह मंच न होता, तो शायद मैं केवल एक स्व-केंद्रित (व्यक्तिवादी) जीवन ही जी रहा होता। मुझमें आया यह सकारात्मक बदलाव पूरी तरह से ‘सेवांकुर भारत’ और इसके उच्च आदर्शों व मूल्यों की ही देन है।’

नारायणपुर का अनुभव सीख और रोमांच से भरा रहा। ऐसे सुदूर गांवों में स्वास्थ्य शिविर आयोजित करना, जहां गाड़ियों के लिए रास्ते तक नहीं हैं और

2-3 किलोमीटर पैदल या ट्रेकिंग करके पहुंचना पड़ता है—अपने आप में अनूठा था। लेकिन वहां के ग्रामीणों द्वारा किया गया आत्मीय स्वागत और उनका आतिथ्य सत्कार एकदम अलग था; बहुत ही साधारण, पर ऐसा कि जिसे कभी भूला न जा सके। वहां का पूरा समाज बैलेंस शीट या लाभ-हानि से परे, अटूट भरोसे पर चल रहा था।

‘जब हम अस्पताल लौट रहे थे, तो रास्ते में एक मशरूम विक्रेता मिला। हमने मशरूम खरीदने की इच्छा जताई, लेकिन हमारे पास पर्याप्त नकद नहीं था। उसके पास मोबाइल भी नहीं था, तो यूपीआई या डिजिटल भुगतान का कोई सवाल ही नहीं उठता था। उसने हमारी स्थिति को समझा और मशरूम हमें दे दिए। वह सहजता से बोला कि पैसे वह अगले दिन अस्पताल आकर ले लेगा। मैं इस पूरे घटनाक्रम का साक्षी था, और इसने मेरे भीतर कुछ बदल दिया। उनकी सादगी ने मुझे सिखाया कि खुश रहने के लिए आपको अनंत इच्छाओं और अनगिनत सुख-सुविधाओं की आवश्यकता नहीं होती।’

सच तो यह है कि उन्हें कुछ देने के बजाय, मैंने उनसे बहुत कुछ सीखा और प्राप्त किया। उनकी सादगी, बिना किसी अपेक्षा के दूसरों को देने की उनकी प्रकृति, और प्रकृति से केवल उतना ही लेना जो हमारी जरूरतों को पूरा करे, न कि लालच को—यह सब मैंने उनसे सीखा।

साथ ही, मैंने वहाँ जागरूकता और शिक्षा की आवश्यकता को महसूस किया, और यह भी समझा कि उनमें स्वास्थ्य के प्रति सजगता (Health Seeking Behavior) को बढ़ाने की कितनी जरूरत है।

मेरा यह एक वर्ष का सेवा काल सीखने के अनुभवों से भरा रहा। अब मेरा संकल्प है कि मैं ऐसे ही क्षेत्रों में काम करूँ— ‘जहाँ आवश्यकता है, वहाँ काम करना।’

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EXTRACURRICULAR ACTIVITIES: THE TALENTS WITHIN

The quality of life is determined by its activities.

- Aristotle

MUSIC

Music is the medicine of the mind - John A Logan



Dr. Madhavi Vijaykumar Madkey of AIIMS Raipur is state winner and 1st runner-up in duet singing competition: voice of doctors Season 3, Dubai



वाइस ऑफ डॉक्टर्स सीजन में एम्स की डॉ. माधवी विजेता

रायपुर @ पत्रिका. एम्स के माइक्रो बायोलॉजी विभाग की असिस्टेंट प्रोफेसर डॉ. माधवी मडके ने वॉयस ऑफ डॉक्टर्स (वीओडी) सीजन 2 में इण्टर सिंगिंग प्रतियोगिता में विजेता डॉक्टरों ने हिस्सा लिया। माधवी ने प्रारंभिक ऑनलाइन राउंड में उन्होंने छत्तीसगढ़ से सोलो गायन में प्रथम उपविजेता का स्थान भी प्राप्त किया। फाइनल राउंड 27 से 29 सितंबर के

Voice of doctors (VOD) is an international singing competition for Indian doctors. A total of 7834 Indian doctors from all over India and overseas participated in season 3 of VOD. Preliminary rounds were held online in which Dr. Madhavi Vijaykumar Madkey, Assistant Professor, Department of Microbiology, AIIMS Raipur was adjudged State winner from Chhattisgarh in the 40-55 years age-category.

Final rounds were held live at Dubai, UAE from 18th to 20th September 2025, in which Dr. Madhavi won 1st runner-up prize in duet singing competition with Dr. Sandeep Kamble from Nashik (MH) and was felicitated for being state winner. Dr. Madhavi was state 1st runner-up and winner of duet singing competition in VOD season 2, held at Jaipur last year. She has also won the Bollywood karaoke (open) singing competition in Jhoom Tarana Mahotsav in August 2025 at Pt. Dindayal Upadhyay Auditorium, Raipur (C.G.) Dr. Madkey, who has a deep passion for music, has consistently demonstrated her ability to balance her professional and artistic pursuits.

PHOTOGRAPHY

Photography is an art of observation. It has little to do with things you see and everything to do with the way you see them.

- Elliot Erwitt



Dr. Alok Singh was honored with the First Prize in the Wildlife Photography Competition organized by the Chhattisgarh Tourism Board

On 27 September 2022. The award-winning photograph featured an **Indian Leopard** photographed in its natural habitat at Barnawapara Wildlife Sanctuary, Chhattisgarh. In recognition of this achievement, he was **felicitated by the Chief Minister of Chhattisgarh**, making the occasion particularly memorable. The award reflected his passion for wildlife photography, perseverance in the field, and commitment to showcasing India's rich biodiversity through impactful visual storytelling. This recognition remains a significant milestone in his photographic journey and continues to inspire his efforts toward wildlife documentation and conservation awareness.

Dr. Alok Singh was awarded **Second Prize** in the State-Level **Wildlife Photography Competition on 07 October 2025** for an extraordinary wildlife photograph depicting a **leopard with its cub** in the wild. Capturing this rare and intimate interaction was truly a once-in-a-lifetime moment, reflecting exceptional fieldcraft, patience, and dedication to wildlife photography. The image beautifully showcased the bond between mother and offspring while highlighting the rich biodiversity of India's forests. This recognition further strengthened Dr. Singh's commitment to wildlife conservation and to inspiring appreciation for nature through powerful visual storytelling.



SPORTS

*Sport is a preserver of health
- Hippocrates*



AIIMS RAIPUR INAUGURATES REFURBISHED CRICKET GROUND, EV ROLLER; LAUNCHES APSL-14

The AIIMS Raipur Sports Club organized the grand inauguration of its newly refurbished state-of-the-art cricket ground along with a newly procured EV roller at the residential complex. The occasion also marked the formal launch of the AIIMS Pro Soft League-14 (APSL-14), witnessing enthusiastic participation from staff and faculty.



रायपुर CG-04

नवभारत

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जैसलमेर की तपती रेत में 100 किमी की दौड़ 13 घंटे 30 मिनट में पूरी, तय समय से ढाई घंटे पहले फिनिश

सर्जन भी अल्ट्रा रनर भी

हर हफ्ते 70 किमी दौड़ती हैं डॉ. रेनु

एयरफोर्स से राम तक का सफर

58

AIIMS, Raipur

A remarkable story of endurance, discipline, and inspiration has emerged from Raipur, where Dr. Renu Rajguru, a distinguished ENT surgeon and former Air Force Medical Corps officer, has demonstrated extraordinary physical and mental resilience by completing a 100-kilometer run in the challenging terrain of Jaisalmer's desert.

Dr. Rajguru completed the grueling 100 km run in just 13 hours and 30 minutes, finishing significantly ahead of the stipulated time. Her achievement is particularly inspiring proving her determination and consistent effort.

SPORTS

*Sport is a preserver of health
- Hippocrates*

डबल्स में सागर-अविनाश की जोड़ी ने जीता टेटे का खिताब



The third state level doubles open knockout tournament was organised by Rajdhani Table Tennis association at Sapre school TT hall, Raipur CG on 8th April 2018. More than 100 participants had participated in the tournament in which **Dr Avinash S. Ingle** and his partner **Mr. Sagar Ghadge** played well without losing a single match as well as a single game in the tournament and winning the title. He also represented CG state in National Masters table tennis championship organized by TTFI in 2015, 2016, 2018, 2025.



Performed Yoga at the highest post office in the world at Hikim (14567 ft), Spiti valley Himachal Pradesh on the occasion of yoga day on 21st June 2022. The regional Director post office (seen in the picture) asked for the help, as everyone was hesitating to perform yoga at this height and according to him the photographs were supposed to be sent to Prime minister Narendra Modi.



Dr Manish J. Raghani was selected to represent the Regional Sports Board (RSB), Raipur, as a player in the prestigious All India Civil Services (AICS) Lawn Tennis Tournament 2025–26, held at Gandhinagar, Gujarat, from 16 December 2025 to 18 December 2025. The AICS Lawn Tennis Tournament is a premier national-level annual sporting event that brings together players from across the country.

ORIANA



2025's Oriana, rightfully designated “Veil of Wonders,” left people wanting more from its very induction. To start off on a high, came a sidesplitting stand up from Rajat Sood, on November 20, followed up with Piyush Kapoor's melodies floating through the evening skies on the same night. Blessing our ears on the following evenings, on November 22, were Nikhita Gandhi's soulful vocals. And finally, to top it all off, Shreya Ghoshal's mesmerizing performance stole our hearts and souls, on the magical night of November 23. A power packed close to an event that left in its wake a swarm of people awaiting its successor the following year

The theme for Oriana 2024 was "A Glimpse of Paradise" and the event was truly reflected its theme through its star-studded line up. The event that lasted 4 days were a nonstop treat for all those who attended. On day one, Pranit More's stand up comedy as well as a soul touching performance by the band, Sabali, ensured that Oriana had begun with a bang. Day two allowed our eyes to gaze upon many divas as they strutted down the ramp during Ala Mode judged by the Miss Diva Universe 2020 herself, Aldine Castelino followed by the adrenaline inducing, heart thumping performance by DJ Krispie Kristina. Day three was overtaken by Amit Trivedi's energetic yet soothing live performance with classics like “Namo Namo Shankara” and “ Ud-daa Punjab” that surely energised the crowd. The last day however was one of the greatest performances ever given, with Mithoon performing live with Mohammed Irfan and Akanksha Sinha, arguably some of the best vocals ever which elevated the entire spectacle into the stratosphere. After all's said and done, Oriana 2024 drew to a close but definitely achieved what it had set out to achieve: to give us all a glimpse of paradise.



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ANTHOLOGIES: UNLEASHING THE WINGS OF CREATIVITY

*Fill your paper with the breathings of your heart
- William Wordsworth*



THE BLIND MAN

It was one of those monsoon mornings when the rain could not decide whether to drizzle or pour. I had just finished my morning game of badminton and was driving home, enjoying the cool breeze that followed the rain.

At the petrol pump sat a blind man.

His half-torn cloth bag was hanging from his shoulder while rainwater streamed down his face and clothes. He made no attempt to seek shelter. Within minutes he was completely drenched. People hurried past him, protecting their phones, their bags, their carefully ironed clothes. No one seemed to notice him.

I slowed down. An instinct urged me to hand him my umbrella.

Only then did I realize I hadn't carried one that day. Without stopping there for much time, I moved—but not very far. The image of the blind man sitting alone in the rain stayed with me throughout the day.

The next morning, I searched for him. He was sitting almost at the same place.

This time I carried a packet of biscuits and some money. I placed them gently in his hand. He smiled, thanked me softly, and I walked away feeling strangely satisfied, convinced that I had done something worthwhile.

Yet peace never came. Instead, a thought began following me.

What if he could speak not merely with words but with the wisdom born of hardship?

Perhaps he would have said,

"Sir, don't try to take away my pain."

"It is the only wealth I possess."

"People notice me because I am blind. They stop because I suffer. They offer help because I appear helpless."

"If one day my pain disappears, who will stop? Who will remember that I exist?"



The imagined words unsettled me.

As doctors, we spend our lives trying to relieve suffering. It is the noblest purpose we know. Yet outside hospitals, there are wounds that medicine cannot heal—loneliness, invisibility, abandonment, poverty. Sometimes people cling to the little that keeps them visible to the world, even if that little is their suffering. That rainy morning, I believed I had seen a blind man.

Perhaps I had not.

Those words resonated in my ear even though they were never spoken! Perhaps the real blindness is not the inability to see with our eyes, but the inability to notice those who quietly disappear into the crowd until pain becomes the only language through which the world acknowledges them.

Even today, whenever it rains, I remember that man. Not because I gave him a packet of biscuits. But because he unknowingly gave me a question that I still cannot answer.

Inspired by a real encounter.

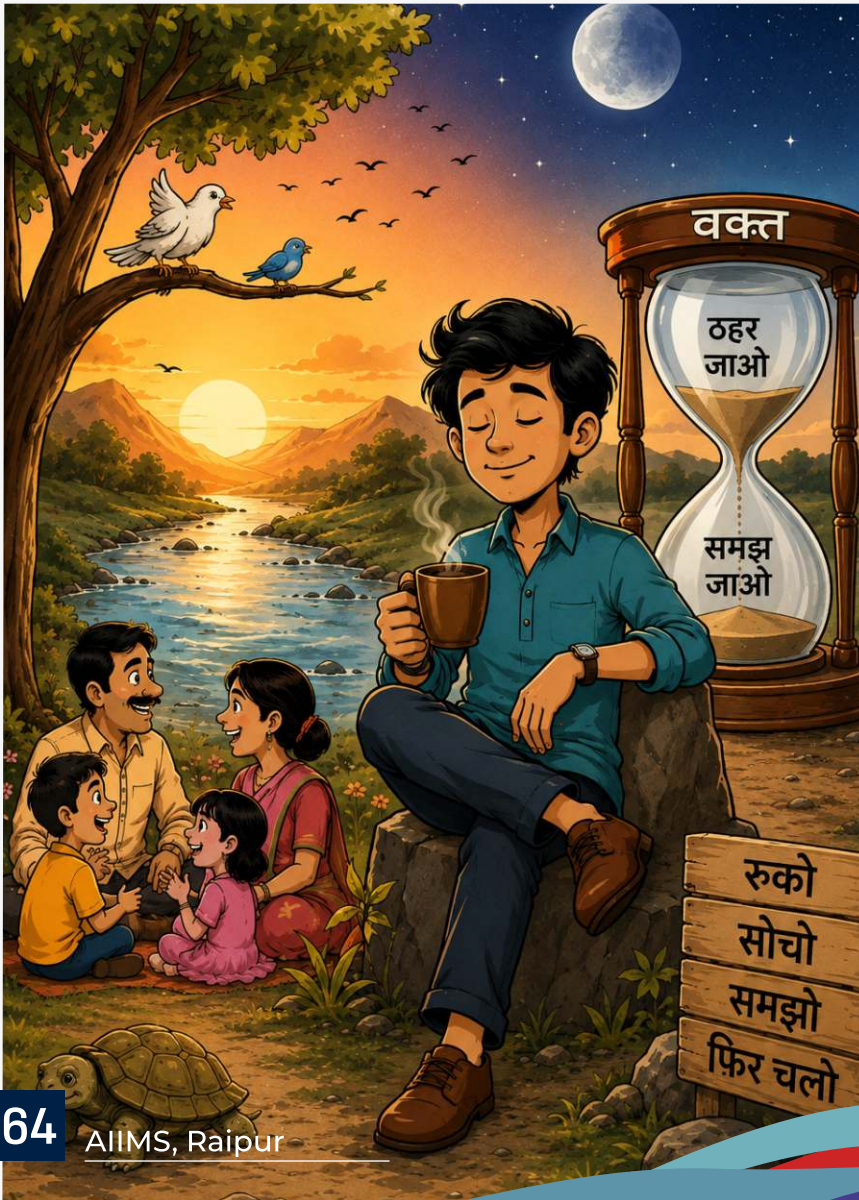
Dr Manas Ranjan Sahoo,
Professor, Department of Pediatrics

वक्त बहुत है ठहर जाओ
पड़ाव बहुत है ठहर जाओ
ज्यादा नहीं इक शाम सही
इतना तो करो मेरे मितरा
खुद को कभी समझ जाओ।
सभी है स्वान बने जैसे
कुछ तो चीता जैसे भागे
ये खरपतवार सा फैलो नहीं
ये खरहा कछुए की दौड़ नहीं।

नदी कलरव कर ठहर रही
सूरज उग कर फिर ढल जाता
शीतल कर चाँद है छिप जाता
तुम भी थोड़ा ठहरो तो सही
अपना घर द्वार समझ जाओ
तनिक परिवार से बतियाओ
इतनी जल्दी में जो भाग रहे
कही ऐसा न हो जाये ऐ दोस्त
निकल जाओ बिन खुद को जिए।

डॉ राकेश कुमार गुप्ता

अतिरिक्त प्राध्यापक विकृति विज्ञान विभाग
अखिल भारतीय आयुर्विज्ञान संस्थान रायपुर



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और विश्वसनीय प्रत्यारोपण

— भारत सरकार का पहल —

एचएलएल लाइफकेयर लिमिटेड, (भारत सरकार का उद्यम) निगमित एवं पंजीकृत कार्यालय, एचएलएल भवन
पूजपुरा, तिरुवनंतूरम- 695012, केरल, इंडिया द्वारा

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HEALING THROUGH HERITAGE: THE ART OF MITHILA PAINTING

By profession, I am a nurse; by passion, an artist. My journey has taught me that healing is not confined to hospitals or medicines—it can also flow through colors, patterns, and stories. Art, to me, is therapy, a healer of the soul. And in my hands, that therapy takes the form of Madhubani painting, a timeless tradition from the heart of India.

• The Essence of Mithila Painting

Mithila painting, also known as Madhubani art, originates from the Mithila region of Bihar over 2,500 years ago. Legend says King Janak commissioned it for Sita's wedding in the Ramayana. Women painted walls with natural dyes, depicting gods, nature, and rituals. Once confined to villages, it now thrives worldwide as India's cultural heritage. Traditionally practiced by women on the walls of their homes, this art form is a vibrant tapestry of nature, mythology, and daily life. Its hallmark lies in intricate linework, bold geometric patterns, and the use of natural colours derived from plants, flowers, and minerals. Every stroke carries meaning—fish symbolize fertility, peacocks embody love, and the sun and moon reflect cosmic balance.

• A Cultural Heritage of India

Recognized globally as a treasured Indian cultural heritage, Mithila painting is more than decoration; it is storytelling. Passed down through generations, it preserves the wisdom, rituals, and spiritual beliefs of the community. UNESCO has acknowledged its significance, and today, Madhubani art graces galleries, textiles, and even modern design spaces, bridging the gap between tradition and contemporary expression.

• A Living Legacy

Mithila painting is not just an art form; it is a living legacy of India's cultural richness. It reminds us that heritage is not static—it evolves, adapts, and continues to heal. For me, each canvas is both a tribute to my roots and a pathway to inner peace.

• Art as Therapy

As a nurse, I witness the power of healing daily. As an artist, I experience it through creation. The rhythmic patterns of Madhubani painting calm the mind, while its symbolic motifs inspire hope and resilience. In this way, art becomes medicine soothing, empowering, and deeply human.

While nursing is my dedicated profession, painting is my



profound passion. It transforms my limited free time into a canvas of endless possibilities. Mithila painting has evolved far beyond a creative hobby; it is my personal therapy, a powerful source of healing, and a gateway to absolute peace. The meticulous, repetitive strokes required to create these detailed patterns act as a form of meditation. This artistic rhythm grounds me, washing away the stress and emotional weight of my workplace. Whenever I catch a quiet moment, I immerse myself in this art form, always striving to blend tradition with innovation. Creating something new gives me a sense of renewal and balance. By balancing the clinical world of medicine with the expressive world of Mithila art, I find the harmony with deeply nurturing my own soul.

Happy to share some of my artworks.....

Chetna Sahu,

Tutor/Clinical Instructor

College of Nursing, AIIMS, Raipur

भारत मां

मेरा इतिहास बहुत ही गौरवशाली रहा।
तब मुझे लोगों ने आर्यावर्त और जम्मुदीप कहा।
और पुरातन में जाओगे, त्रेता-द्वापर कालखंड में,
स्वयं प्रभु श्रीराम और श्रीकृष्ण ने मुझमें जन्म लिया।

मैं ऋषिमुनियों की तपोभूमि, साधना का पर्याय रही।
महावीर गौतम को जन्म, शांति-दूत धरती की बनी।
वेद धर्म सब शुरू किए, मानवता का आधार बनी।
जाति, धर्म और बोली अलग, सबको अपनाकर साथ चली।

शांति, संतुष्टि, सहयोग, सदजीवन के आराम थे सब।
सुश्रुत, आर्यभट्ट, कणाद आदि, नैतिकता के परिणाम थे सब।
रामराज देखा ना गया, द्वेष, लालच बढ़ते ही गए।
इंसानियत को भूल भारतीय, आपस में ही लड़ते गए।

राजाओं ने जन्म लिया, मुझे टुकड़ों में फिर बाँट दिया।
इनकी कमजोरी को परख, मुगलों ने फिर मुझमें राज किया।
यह दर्द से मैं उभरी भी ना थी, फिर अंग्रेजों ने वार किया।
बार-बार विदेशी आक्रमण ने मुझे पूरा बर्बाद किया।

सहस्र वर्ष मैं गुलाम रही, फिर भी कुछ हिम्मत बची रही।
उम्मीद थी मेरे अपने मिलकर, फिर मेरा गौरव लौटाएंगे।
शांति-दूत बनकर फिर से, विश्व पटल पर लहराएंगे।
लाखों सपूत जब खड़े हुए, अपना जीवन बलिदान किया।
तब जाकर मुझे अस्तित्व मेरा, और पूरा सम्मान मिला।
आजाद मुझे तो कर डाला, पर टुकड़े मेरे साथ हुए।
कुछ रह गए मेरे आँचल में, कुछ दूर पहुँच बर्बाद हुए।

धीरे-धीरे फिर चल पड़ी, मेरी अपनी गौरव गाथा।
विश्वास था मेरे अपने, पार करेंगे हर बाधा।
बहुत प्रधान आए-गए, सबने निस्वार्थ काम किया।
गरीबी, आतंक से लड़ते हुए, फिर स्वर्णिम युग प्रस्थान किया।

दुनिया शांति के लिए फिर मेरा आवाहन करती है।
अब सशक्त, सबल, आत्मनिर्भर, संकल्पित हूँ मैं।
जलवायु परिवर्तन, वसुधैव कुटुम्बकम् का पाठ पढ़ाती हूँ।
चंदा-सूरज भी दूर नहीं, प्रतिदिन मैं इबारत गढ़ती हूँ।
सब लोग आस से देखते हैं, फिर सोनचिड़िया बन चहकती हूँ।

- डॉ. राकेश कुमार गुप्ता
(अतिरिक्त प्राध्यापक,
पैथोलॉजी एवं लैब मेडिसिन विभाग)



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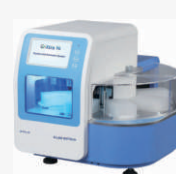
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FOLLOW US



'SALUTING BACK AT TIME: MEMORIES THAT STILL MARCH WITH ME'

The journey begins at AFMC, Pune (1979)

ARMED FORCES MEDICAL COLLEGE



Life as an AFMC Medical student

Every meaningful journey has a defining beginning, and mine commenced at the Armed Forces Medical College (AFMC), Pune on 20 July 1979—an institution renowned for producing distinguished military and civilian doctors settled in the country & abroad. AFMC shaped me into something big: a physician, committed not only to the science of medicine but also to the values of discipline, and compassion.

Life at AFMC was a unique blend of academic excellence co-curricular activities, sports and bonding between batchmates. Our days began at sunrise and were filled with lectures, practical sessions, ward postings, sports, and extracurricular activities. The demanding routine instilled discipline, perseverance, and the ability to perform under pressure—qualities that would later prove invaluable throughout my military career. Beyond textbooks and examinations, AFMC imparted lessons that no classroom alone could teach.

Every event and interaction drilled the importance of integrity, punctuality, accountability, and above all teamwork to achieve success.

Excellence was not viewed as an occasional accomplishment but as a habit cultivated through consistency and dedication.



Dr. V R Mysorekar

Remembering an Extraordinary Teacher: Dr. V. R. Mysorekar

Every institution is remembered not only for its buildings or traditions, but also for the remarkable teachers who shape generations of students. For me, one such towering personality at AFMC, Pune, was Dr. V. R. Mysorekar, an exceptional anatomist, an inspiring teacher, and a mentor whose influence extended far beyond the lecture hall. The fact that his writings find a place in the 'Gray's Anatomy' speaks volumes of his academic brilliance.

Dr. Mysorekar possessed an extraordinary ability to transform the study of Anatomy into a fascinating exploration of the human body. His lectures especially on Embryology were marked by exceptional clarity, scientific precision, and an infectious passion for teaching that inspired every

student fortunate enough to learn under him. He demanded academic excellence while nurturing intellectual curiosity with remarkable empathy reminding us that a strong foundation in Anatomy was indispensable for becoming a competent clinician.

The friendships forged during those years remain among my life's greatest treasures. Sharing hostel life, preparing for examinations, participating in sports, and overcoming challenges together created bonds of trust and camaraderie that have endured the test of time. Equally significant were the sporting activities, which nurtured physical endurance, mental resilience, and the spirit of teamwork—qualities essential for military leadership. It was an honour to represent the college in Aquatics and even win a medal at the University of Poona championship. AFMC instilled the philosophy that a military doctor carries a dual responsibility: to heal with compassion and to lead with courage.



Visiting a PHC as part of PSM classes (1981)

The institute transformed an enthusiastic medical student into a disciplined Army officer, preparing me to serve wherever duty called. Looking back, I realize that the values and experiences gained within those hallowed halls became the enduring foundation of my professional life and the guiding principles of military service before I hung my uniform in 2023.

Commissioning into the Army Medical Corps

The Commissioning Parade at AFMC remains a memorable day of my life. It marked the culmination of years of rigorous medical education, training, and personal sacrifice, while heralding the beginning of a lifelong commitment to serve the nation. Uniform always inspired me ever since I sat on my mother's lap to witness my father's passing out of the prestigious Indian Military Academy Dehradun (Dec 1962) and his subsequent stints as Faculty there. Though he is not with me now, but the stories of his battlefield experience in the Chhamb–Jaurian sector in the Indo Pak 1965 war remain etched in my memory.

As the stars of a Lieutenant were placed on my shoulders, I felt an overwhelming sense of pride, humility, and responsibility. Those stars symbolized not merely rank, but the trust reposed in a young doctor to care for the health and well-being of India's soldiers, air warriors & sailors in peace and war both within the country and abroad.

Wearing the Olive Green uniform for the first time was an emotional milestone. I was no longer just a medical graduate; I had become an officer of



The Proud Moment of Commissioning (1983)

the Army Medical Corps, entrusted with serving wherever duty called—whether in deserts, mountains, jungles, glaciers, or on the battlefield. Sharing this proud moment with my family made it even more special, as their unwavering support had been instrumental throughout my journey. Looking back, I realize that commissioning was not the end of my training but the true beginning of a lifetime



Internship at MH Dehradun: On the foothills of Mussoorie with two batchmates (1984)

devoted to leadership, service, and honour.

From Classroom Medicine to the Realities of Military Service (as a Captain)

My early postings marked the transition from the structured environment of a medical college to the demanding realities of military medicine, where every decision carried operational significance. While textbooks had provided a strong clinical foundation, field service taught me how to apply that knowledge under challenging conditions with limited resources and immense responsibility.

I soon realized that the role of an Army doctor extended far beyond treating illness—it encompassed preventive healthcare, sanitation, nutrition, disease surveillance, casualty evacuation, and maintaining the overall fighting fitness of troops.

These formative assignments also introduced me to the principles of military administration, logistics, and operational planning. Organizing medical support for field exercises, managing medical stores, coordinating casualty evacuation, and working closely with commanders required leadership, adaptability, and sound judgment.

Large-scale military exercises, particularly in



Learning to drive a Recoilless (RCL) jeep in the Desert of Rajasthan: 3 GUARDS (1986)

the deserts of Rajasthan, became invaluable learning experiences.

Extreme heat, dehydration, dust storms, snake bites and logistical challenges tested both



Holi celebration: The spirit of camaraderie in 3 GUARDS

soldiers and medical teams alike, emphasizing that preparedness and prevention were as important as treatment.

Working alongside dedicated nursing assistants, ambulance crews, and fellow officers reinforced the spirit of teamwork and mutual trust. These experiences taught me one of the most enduring lessons of military medicine—that



My Medical Aid post in the desert: EXERCISE BRASSTACKS IV/ OP TRIDENT (1986)



Hockey runner up: 3 GUARDS competition

successful battlefield healthcare begins long before the first casualty occurs, through meticulous planning, preventive care, and unwavering commitment to the welfare of every soldier.

The Ladakhi Mountaineering Exposure (1986)

One of the memorable experiences of my early military career was participating in a mountaineering expedition to Ladakhi peak in Himachal Pradesh. What initially appeared to be an adventurous assignment soon became invaluable preparation for the demanding responsibilities that lay ahead. Living and trekking at high altitude provided firsthand exposure to the challenges of reduced oxygen levels, extreme cold, physical exhaustion, and rapidly changing weather. It offered practical lessons in acclimatization, high-altitude physiology, and survival that no classroom could fully impart.

One incident during the mountaineering expedition has remained etched in my memory. A member of the expedition from the (now) Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports, Manali, sustained a serious abdominal injury when an ice axe accidentally penetrated his abdomen, resulting in a deep laceration. He was immediately brought to our Base Camp where my nursing officer and I promptly assessed and managed the injury. After thorough wound care, the laceration was sutured, and analgesics were administered, and the patient was stabilized before being referred to a higher centre for more definitive care. I was later informed that timely intervention had played a crucial role in saving his life.

Beyond the medical aspects, the mountains became a remarkable school of leadership. Success depended not on individual ability but on



**Standing on Ladakhi peak (Ht 18,500 ft):
NCC expedition as Medical officer**

teamwork, discipline, mutual trust, and sound judgment. Every climb reinforced the importance of careful planning, resilience, and collective effort, while the unforgiving terrain instilled humility and respect for nature's power.

Posting to 328 Field Ambulance: Preparing for Siachen

My posting to 328 Field Ambulance marked a defining phase in my military career, preparing me for service on the Siachen Glacier—the world's highest and one of its most inhospitable battlefields. Having gained valuable experience through field postings and operational exercises, I was now entering an environment where military medicine demanded exceptional professional competence, resilience, and unwavering commitment.



During my first field posting in Ladakh (1987)

Preparation for Siachen was intensive and meticulous. High-altitude medicine, casualty evacuation, survival techniques, logistics, and operational planning became integral parts of our daily training at Base Camp.

Preparation for Siachen was intensive and meticulous. High-altitude medicine, casualty evacuation, survival techniques, logistics, and operational planning became integral parts of our daily training at Base Camp.

We underwent systematic acclimatization to adapt to decreasing oxygen levels while learning to recognize and manage altitude-related illnesses such as Acute Mountain Sickness, High Altitude Pulmonary Oedema (HAPO), and High Altitude Cerebral Oedema (HACO).

Survival in sub-zero temperatures required constant vigilance against frostbite, hypothermia, dehydration, and fatigue, while every item of medical equipment and essential supplies had to be carefully planned for helicopter transport to remote posts.

Life on the Siachen Glacier

I was inducted on the Northern Glacier in Jul 1987 for a four-month tenure. Reaching KUMAR

(15,000 ft), where the Battalion HQ of 8 JAK LI was located. One heard stories of the heroic capture of BANA TOP (22000 ft) by the brave soldiers of this battalion about a month ago from my batchmate whom I relieved.



Drass - Second coldest inhabited place in the world (1987)

The battle was codenamed OP RAJIV, after 2/Lt Rajiv Pandey, VrC of 8 JAKLI and the son of an AMC officer, who was martyred while establishing a rope base under the nose of the enemy. This daring operation (probably the highest battle in the world) led to the capture of QUAID POST in a daring operation in which Nb/Sub Bana Singh was awarded the PVC. QUAID was accordingly befittingly renamed BANA TOP by 8 JAKLI and till date remains the highest military post in the world. In the officers shelter at KUMAR, was pasted the birthday card sent by Rajiv's sister which sadly reached a day after his martyrdom. One must admit that as a young 25-year doctor, the experience of reading this card after knowing the circumstances, left one teary eyed.

Serving on the Siachen Glacier was unlike any experience in my military career. Beneath its breathtaking snow-covered landscape lay one of the harshest operational environments on earth, where survival demanded constant vigilance and resilience. At altitudes above 18,000 feet, extreme cold, thin air, and rugged terrain made even routine tasks physically exhausting, while temperatures



On World's Highest Battlefield where even guns freeze (1987)

often dropped below -40°C .

As a medical officer, I encountered challenges rarely seen elsewhere. Frostbite, hypothermia, snow blindness, dehydration, injuries due to fall in crevasses and altitude-related illnesses required continuous monitoring and timely intervention.

Casualty evacuation was particularly demanding, as helicopter sorties depended entirely on unpredictable weather and limited visibility, making every rescue mission a race against time. Despite these hardships, the unwavering courage, optimism, and dedication of our soldiers remained



Mother of 2/Lt Rajiv Pandey was felicitated by AIIMS Raipur on 15 Aug 2025

truly inspiring. Their determination strengthened our resolve to provide the best possible medical care under the most difficult circumstances. Siachen



With my Airforce friend at KUMAR POST (1987)

taught me that military medicine extends far beyond clinical expertise—it is about sharing hardships, earning the trust of soldiers, and standing beside them when they need you most.

An event worth remembering was the visit of Gen K Sundarji, Chief of Army Staff to our post at Siachen Glacier and the fresh Kashmiri apples that he brought with him. Everyone got one apple on the post which was worth its weight in gold at a place where we survived on tinned rations on most days.

Operation Vajrashakti: Under Fire on the Glacier

Operation Vajrashakti remains one of the defining chapters of my early military career. Conducted under hostile conditions at nearly 19,000 feet, it tested not only our military preparedness but also our ability to deliver timely battlefield medical care under extreme pressure. Treating casualties amid enemy shelling demanded rapid clinical judgment, composure, and unwavering dedication, often with limited resources and little margin for error. September 1987 was expected to mark the end of an arduous tenure on the Siachen Glacier for 8 JAK LI.

However, the situation changed dramatically when intense enemy shelling began around Bilafond La. Our Regimental Aid Post soon received its first battle casualties, and every evacuation became a race against time in an environment where helicopters could operate only after first light. One incident remains etched in my memory—the extraordinary courage of Nursing



Standing before my humble Polyclinic at 18000 ft on Siachen Glacier (1987)

Assistant Sepoy Ram Sewak Ojha, who risked his life in sub-zero temperatures and relentless shelling to maintain an intravenous lifeline for a critically injured Junior Commissioned Officer. Though seriously wounded himself, his unwavering dedication saved the soldier's life. That night reinforced my belief that battlefield medicine is sustained not with the professional competence but by exceptional courage, teamwork, and an unwavering commitment to every soldier.



Op Vajrashakti: 23-25 Sep 1987

Working from a snow bunker under relentless shelling, we treated a continuous stream of battle casualties with limited resources, improvising even to keep intravenous fluids from freezing. Amidst hunger, frostbite, dehydration, and extreme cold, the courage and selflessness displayed by the soldiers were extraordinary soldiers. I vividly remember a group of soldiers refusing evacuation despite severe frostbite, choosing instead to defend their post, requesting only that the sole surviving nephew of a fallen comrade be sent back to safety. Their unwavering commitment to the izzat of their battalion remains one of the most humbling experiences of my life. Operation Vajrashakti reaffirmed that victory is achieved not only through military strategy but through teamwork, sacrifice, and the unbreakable bond between the soldier and his doctor. What I remember most is the extraordinary teamwork displayed by nursing assistants, helicopter crews, fellow officers, and commanders. Every individual performed his duty

with remarkable courage and professionalism, ensuring that wounded soldiers received the best possible care despite the hostile environment.

The operation reaffirmed that successful battlefield casualty management is never the achievement of one individual but the result of seamless teamwork, mutual trust, and an unwavering commitment to saving lives. For me, Operation Vajrashakti remains a lasting testament to the courage, resilience, and selfless spirit of the Indian Army. I am eagerly waiting for my granddaughter to grow up so that I can tell her some grandpa stories on this battle that still gives me goose bumps.



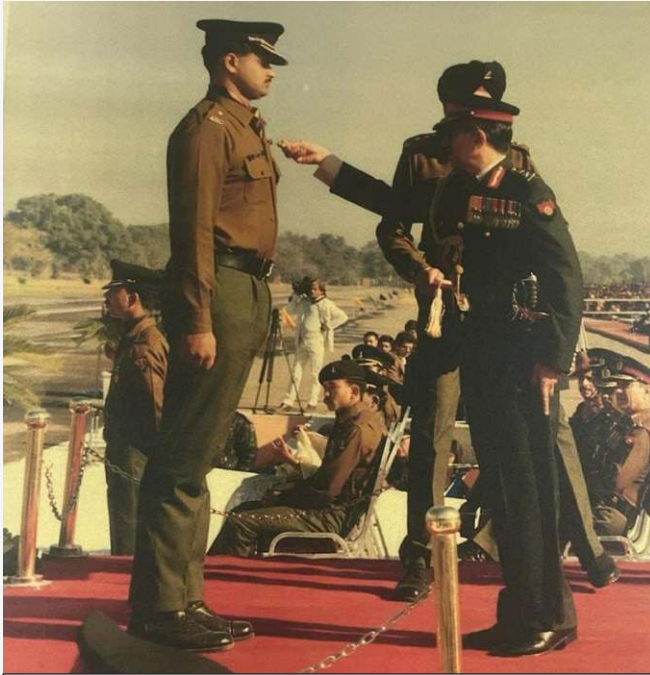
Serving on the Frozen Frontiers of Siachen (1987)

OP Vajrashakti demonstrated the closeness with which the Armed Forces Medical Services integrate with the fighting arms in war. We live with them, rejoice in their moment of glory, and grieve with them as a part of them a besides providing much needed care to them. It brings out that an AMC officer is a soldier doctor and not the other way around, in the true spirit of the corps motto viz **“Sarve Santu Niramaya”**.

Receiving the Yudh Seva Medal (1989)

Being awarded the Yudh Seva Medal on 26 January 1989 by the President of India was one of the most humbling moments of my military career.

I accepted the honour not as a personal achievement, but as a tribute to the unwavering courage, professionalism, and dedication of every officer, nursing assistant, helicopter crew member,



Receiving the YSM from Chief of Army Staff at Army Day parade (26 January 1989) for OP Vajrashakti in Siachen Glacier

porter, and soldier who stood together through the hardships of the Siachen Glacier.



Almamata honour board (AFMC): Pahela hamesha pahela (Motto of 3 GUARDS)

As the first doctor to receive the Yudh Seva Medal for battlefield casualty management on Siachen, I regarded the award as recognition of the vital role of military medicine in operational success rather than individual accomplishment. The medal symbolizes the spirit of teamwork that made it possible to save lives under the enduring camaraderie, and unwavering commitment of the remarkable men.

Reflections: Looking Back Through the Years

Looking back on my journey from a young medical student at AFMC to a Captain in the Army Medical Corps, I realize how each experience shaped my character, values, and understanding of service. AFMC taught me discipline and academic excellence; field postings developed adaptability; desert exercises strengthened preparedness and teamwork; Ladakhi peak taught resilience; and Siachen demonstrated the importance of courage, compassion, and decisive action. Military service also taught me that an Army doctor's responsibility extends beyond clinical care. It involves safeguarding the health, morale, and operational readiness of soldiers, often under the most challenging circumstances. The greatest memories, however, are not of ranks or medals, but of the soldiers, nursing assistants, commanders, and comrades whose courage and selfless dedication made every challenge meaningful.

Leadership Lessons

I learnt that leadership is earned through



Reuniting with my unit – Bonds that endure: 3 GUARDS (BABINA 2025)



With my company commanders of 8 JAKLI (Siachen)
at Army Hospital R & R (2023)

actions, not authority. It means leading by example, sharing hardships, remaining composed under pressure, and placing the welfare of others first. Field exercises and Siachen reinforced the importance of preparation, teamwork, trust, compassion, and humility.

I also learnt that no achievement is truly individual. Every success reflects collective effort. Years later, when former Company Commanders (from 8 JAKLI) who had served with me on Siachen

Glacier-1987) visited me during my tenure as Commandant, Army Hospital (R&R), Delhi, I was reminded of the enduring bonds forged through military service—relationships that transcend rank, appointment, and time.

A Foundation for Four Decades of Distinguished Service

Although this narrative concludes with my years as a young Captain, those formative experiences became the foundation for nearly four decades of military service. The lessons of discipline, responsibility, preparedness,

resilience, and teamwork remained my constant guide through subsequent appointments.

The enduring spirit of military camaraderie was beautifully reaffirmed when my former unit's Army Band performed at the 2nd Convocation of AIIMS Raipur (graced by the Hon'ble President of India) in October 2024, following a request to the Commanding Officer. Their presence was a poignant reminder that the bonds forged in the Army endure across time, distance, rank, and appointment.

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With military band members of my unit (3 GUARDS)
at AIIMS Raipur (2024)

Saluting Back at Time

As I look back, photographs, medals, and diaries evoke not merely events, but the remarkable people who shaped my journey—teachers, mentors, comrades, soldiers, nursing assistants, and family.

Their guidance, friendship, sacrifice, and

encouragement remain among the most treasured memories of my life. *Saluting Back at Time* is therefore more than a recollection of the past.

It is my humble tribute to everyone who accompanied and inspired me, transforming a young medical student into a soldier, a leader, and, above all, a proud warrior of the nation.



Paying homage to martyrs at National War Memorial New Delhi (2023)



Finally signing off at war memorial

It is indeed an honour and privilege to be paying my homage to our gallant soldiers who made the supreme sacrifice defending our great Nation.

May their sacrifice continue to inspire the current and future generations in upholding the integrity and pride of our Nation.

As I complete almost 40 years of service in the Armed Forces and superannuate I am grateful for the opportunities provided and I rededicate my self to the cause of our great soldiers.

"Jai Hind"




Lt Gen Abhok Kumar Jindal, DVM, DPM
Commandant Army Hospital (R & D)



राष्ट्रीय समर स्मारक

18 August 2023

Visitors book at National War Memorial Delhi (2023)

Jai Hind

यह सफर है जिंदगी का

यह सफर है जिंदगी का, चलते रहना है।
कभी हारना है, तो कभी जीतना है।
तो कभी हार के खुद को जिताना है,
तो कभी जीत कर भी खुद को हराना है।
यह सफर है जिंदगी का.....

कभी मचाकर और आगे बढ़ना है,
तो कभी खामोशियों के संग चलना है।
कभी नशतर भरी राहों से गुजरना है,
तो कभी राह-ए-नशतर पलकों से चुनना है।
यह सफर है जिंदगी का.....

कभी छिपाकर आँसू गम को छुपाना है,

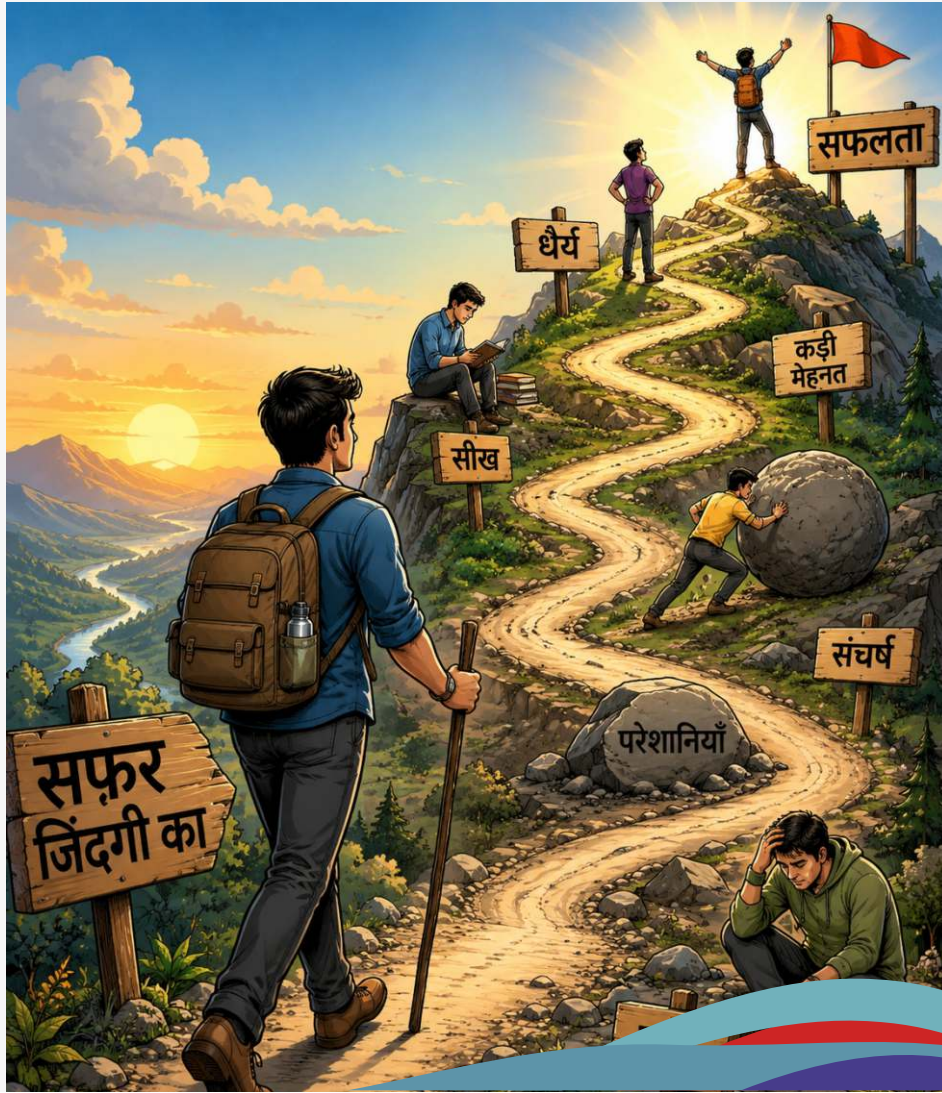
तो कभी भुलाकर गम को मुस्कुराना है।
कभी ख्वाबों संग समझौता करना है,
तो कभी अपने सपनों संग उड़ना है।
यह सफर है जिंदगी का.....
कभी अपने रंग में किसी को रंगना है
तो कभी उनके रंग में खुद को रंगना है।
कभी दर्द-सफर सहते चलना है,
तो कभी गुलजारे चमन महकना है।
यह सफर है जिंदगी का चलते रहना है

मनीषा चोमल

(बी.एससी. नर्सिंग चतुर्थ वर्ष)



शीतर की आवाज



शोर बहुत है चारों ओर
पर सच तो भीतर रहता है,
जो दिखता नहीं दुनिया को
वही मन को कहता है
हर दिन हम चलते रहते हैं
कर्तव्यों की पगडंडी पर
पर सपने अक्सर बैठ जाते हैं
समय की थकी हुई सीढ़ी पर
लिखना कोई हुनर नहीं
यह तो स्वयं से मिलना है,
टूटे हुए विचारों को
धैर्य से सिलना है
जो लिखा जाए सच्चे मन से
वह कभी छोटा नहीं होता
क्योंकि ईमानदार शब्दों का
कोई विकल्प नहीं होता

नागेन्द्र कुमार वर्मा
(सीएसएसडी तकनीशियन)

एक प्यारी सी हंसी

इस उतार-चढ़ाव की डगर पर,
गुज़र रही इस जिंदगी में
शांति और हंगामा है।
एक प्यारी सी हंसी का अपना राज है।
दिल खोलकर हंसें ये मुफीद,
यह तेरे दुःख का अंत है।
और खुशी का आगाज है।
एक बच्चे की मुस्कुराहट,
एक डॉक्टर का हँसता हुआ चेहरा,
किसी रोगी काया की जीवन की आस है।
किसी का दर्द बाँट लें,
किसी का दुःख समेट लें।
हँसते हुए जीवन का यह भी एक अंदाज है।
खुशहाल जीवन का यह फलसफा।
हँसते रहो, मुस्कुराते रहो।
जो कल था वही आज है।

- नाज़नी खान

(अवर श्रेणी लिपिक, परीक्षा विभाग)

सीखो



जीवन मिले तो व्यर्थ न करो तुम,
इनकी तरह कुछ करना सीखो।
मेहनत न छोड़ो, नज़र न फेरो।
अविचल आगे बढ़ना सीखो।

- शिवानी कुमारी
(कनिष्ठ श्रेणी आशुलिपिक हिंदी,
राजभाषा प्रकोष्ठ)

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THE COST OF A FAIR FACE

She walked into hospital two years ago with what looked like an ordinary complaint like acne. She was twenty-nine, about to be married, and wanted clear skin for her wedding photographs. What she did not tell me, not at first, was what she had already done to get there.

She had been using a cream called "Goree," bought over the counter, made somewhere in the in Pakistan, sold without any regulatory oversight. No prescription. No warning label worth the name. What it did contain was a potent steroid, the kind that should never touch a young woman's face without a dermatologist's supervision.

By the time she came to me, the damage was visible even before I asked a single question. Her skin had thinned. The tiny blood vessels beneath it had become fragile and dilated, a network of fine red lines across her cheeks that had not been there before. And instead of the clear skin she had wanted, she now had pustular acne spreading across her face, angrier and more widespread than anything she had started with.

I am a relative of hers, and a pharmacologist by training, not a dermatologist. But this is the part of the story I know best, what happens when a drug this powerful is used without any understanding of what it does to the skin over time. Steroids can calm inflammation in the short term and quietly destroy the skin's structure in the long term. This is a recognised condition now, called Topical Steroid Damaged Face (TSD). It is not rare. It is just rarely talked about.

I told her to stop the cream immediately. That was the easy part. What followed was two years of trying to undo what a few months of unsupervised steroid use had done. We tried isotretinoin. We tried cyclosporine cream. We tried doxycycline, then minocycline. The acne kept returning, pustular, resistant, indifferent to each new attempt. Dark spots settled into her skin where the pustules had been, a kind of permanent record of the damage.

What stayed with me through all of this was not the pharmacology. It was watching what this did to her, beyond her skin. She had wanted to look her best for her wedding. Instead, she spent the first two years of her married life anxious about her own face, checking mirrors, avoiding cameras, wondering when, or if, it would go back to normal. That question remains

unresolved. She is functioning normally day to day now, she is recovering, but the worry has not left her. Two years in, she still asks when her face will be hers again.

The question that has stayed with me is a simpler one that how does an unregulated, steroid-laced cream, manufactured outside the country with no accountability to anyone, end up on the face of a young woman preparing for her wedding in India? The answer is not complicated. There is a market here that runs on the insecurity of young women about their skin, and it is large enough and profitable enough that products like this find their way in easily, sold as a shortcut to a kind of beauty that was never medical to begin with.

I do not have a tidy ending for this. She is better than she was, but not fully well. But if one thing came out of these two years, it is this, the next time a young patient comes to me chasing fairness in a jar, I will not just treat what is on her face. I will ask what put it there.

Dr. Sameer Uttamrao Khasbage,

Assistant Professor,
Department of Pharmacology,
AIIMS Raipur





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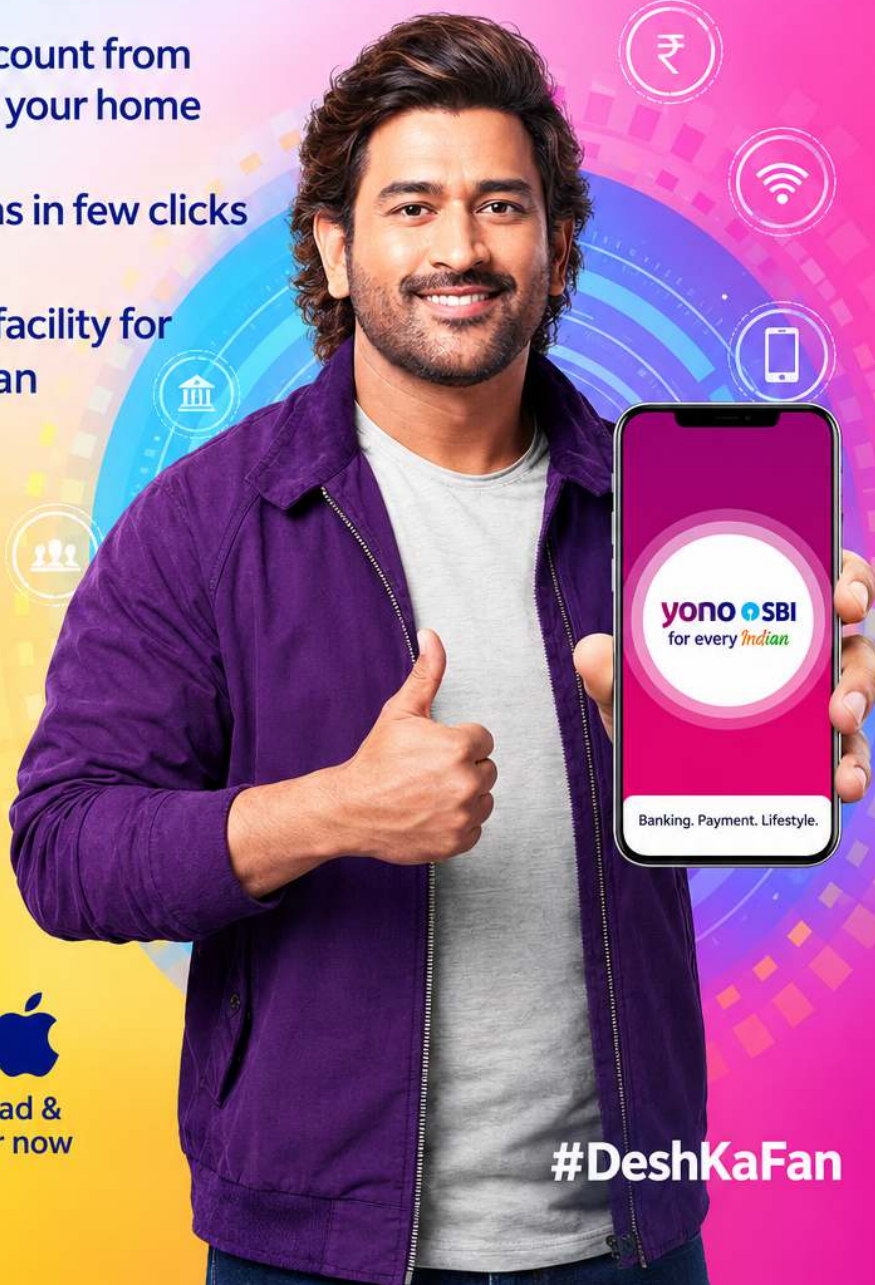
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FROM CLASSROOM TO COMMUNITY: A NURSING EDUCATOR'S JOURNEY OF RESEARCH, INNOVATION, AND SERVICE

Working as a Nursing Tutor at the College of Nursing, AIIMS Raipur, has been an enriching journey of learning, innovation, and service. Over the years, I have come to realise that nursing education extends far beyond classrooms and clinical postings. It involves inspiring future nurses to think critically, embrace research, adopt digital innovations, and provide compassionate, evidence-based care to diverse communities.

My academic interests have focused on community health nursing, digital health, and gender-inclusive healthcare. As a PhD scholar, I am currently undertaking research on developing gender-inclusive strategies to improve school climate among children and school personnel in Central India. This work reflects my belief that healthcare professionals have an important role in promoting equity, inclusion, and the overall well-being of society.

At AIIMS Raipur, I have had the privilege of contributing to academic and institutional development through organising national conferences, webinars, faculty development programmes, and digital health initiatives in collaboration with leading organisations. These experiences have strengthened my commitment to creating learning environments that encourage innovation, interdisciplinary collaboration, and lifelong learning.

Representing AIIMS Raipur at national and international academic forums has been a matter of great pride. The recognition received through research awards, teaching excellence awards, editorial responsibilities with international journals, and award-winning conference presentations has been deeply encouraging. However, I consider these honours not as personal milestones alone, but as reflections of the opportunities, mentorship, and academic culture fostered by our institute.

Healthcare is undergoing a rapid transformation with the integration of artificial intelligence, digital technologies, and evidence-based practice. As educators, our responsibility is to prepare nursing professionals who are not only clinically competent



but also innovative, ethical, research-oriented, and socially responsive. Every research project, publication, workshop, and student mentorship experience contributes towards this larger vision.

As AIIMS Raipur celebrates another milestone at its Convocation, I feel honoured to be part of an institution that consistently encourages academic excellence, innovation, and service to society. I look forward to contributing further towards strengthening nursing education, advancing healthcare research, and nurturing future nursing leaders who will shape a healthier and more inclusive India.

Ms. Ritika Jovita Rocque
Nursing Tutor, College of Nursing
All India Institute of Medical Sciences (AIIMS),
Raipur

THE TOOTH, ONLY THE TOOTH, AND NOTHING BUT THE TOOTH

~Professor (Dr) Nakul Uppal (OMFS), Dept. of Dentistry

Courtroom dramatizations on the screen and on popular media “Shorts” and “Reels” often portray the protagonist swearing on the Bible (or equivalent!) to speak “The truth, only the truth, and nothing but the truth”. Also seen in “reel life” is a depiction of the humble dental tooth as a symbol of power, absoluteness, incorruptibility, toughness, difficulty, sacrifice and as something that resists adversity, perhaps because of dental enamel being the hardest substance in the body. But there are numerous instances in popular movies and television shows in which teeth have served as powerful symbolic depictions of human culture.

Classic cartoons such as Loony Tunes with older characters portrayed slapstick scenes rarely seen today. While watching Tom & Jerry shows, my friends and I as children would laugh our guts out seeing an iron frying pan smash the cat's teeth into smithereens. At the time I did not know that I would later be treating dental and maxillofacial trauma in real life! These scenes on our parents' bulky, glass-screened TVs would often be accompanied by the loud, dramatic chords of a piano. Spike the Bulldog would often be shown as a tough fighter sleeping in his undersized kennel, with a single canine protruding menacingly from the lip symbolising his bulldog aggression. Teeth impacted by a hammer in a cartoon scene would shatter like porcelain in characters such as Bugs Bunny or even Daffy Duck, even though birds have no teeth. In recent years, such comically traumatic yet tragic depictions of dental trauma have all but disappeared perhaps due to proactive efforts in the United States and Europe to eliminate dental trauma due to sports injuries and vehicle accidents. Changing societal attitudes toward edentulousness with an increased demand for dental implants (“I want fixed replacements for my missing teeth...”) may also have led to the gradual phasing out from popular animations dramatic depictions of a set of dentition knocked out, akin to a loose denture.

Darker film series such as those based on the Dracula legend had canine teeth elongated characteristically in a menacing, wolverine fashion. In the popular movie series Blade, the good half-vampire

protagonist Wesley Snipes's canines are not permanent fangs. Instead, their normal anatomy morphs into fangs at the time of feeding (on human blood). Chisel-shaped, spade-like large and flat incisors in a broad grin denote the naive, country-bumpkin as personified by Jim Carrey as the simpleton Stanley Ipkis in the 90s movie The Mask.

In languages across the world, teeth are used as metaphors for overcoming difficulty or addressing adversity. So, you would “bite the bullet” to face a harsh truth such as office politics. Or perhaps you may choose to “grit your teeth” to endure an ankle pain that threatens to prematurely end that planned Saturday evening 10K run. Experiencing real difficulty is expressed in Hindi as the chewing of raw chickpeas. So the arduous struggle to qualify that upcoming NEET exam would be expressed as daanton chane chabana.

Metal in or on teeth symbolises suffering or strength. Jews persecuted in the Holocaust had the gold of their teeth melted out; this was turned into gold ingot bars that were shipped to Argentina from Nazis wishing to escape persecution after World War II. The powerful evil symbolised by the gold stolen from murdered Jews led Israel's spy agency Mossad to track down Adolf Eichmann in Operation Finale followed by a trial and his execution for war crimes. In thriller genres of movies, the villain's invincibility is often portrayed by metal capped teeth. James Bond struggled to defeat one such villain in The Spy Who Loved Me. Although 007's villains usually died, the delight of audiences at these cobalt-steel teeth prompted a comeback of this villain in the next James Bond flick, Moonraker. In fact, cobalt-steel used to be the mainstay of metal bridgework in dentistry until replaced by newer porcelains. The loss of power is also depicted by the loss of teeth; in the superhero movie Flash of the DC Comics Universe, transient loss of superpowers by the comical superhero Barry Allen played by controversial actor Ezra Miller is represented by the loss of his upper front tooth from a fall which he then attempts to superglue back (not recommended!). The loss of his incisor tooth portrays his human vulnerability.

In the 1999 blockbuster *Fight Club*, the characters engage in bare-knuckle fistfights for money and prestige, frequently leading them to spit out teeth along with blood from their injuries. The now-famous actor Brad Pitt actually had his teeth reshaped by a dentist to make them appear chipped and broken for the film's fight scene shootings! The superhero of Gotham City, Batman, wears a mask-cum-helmet that leaves the lower part of his face unprotected yet amazingly the Batman never has a dental injury! Behind the scenes, though, at least 2 actors that played the role of Batman, George Clooney and Ben Affleck, had to have extensive dental work (unrelated to their Batman fight sequences!). Hollywood's most famous actors too have had major tooth jobs: the handsome Tom Cruise had restorative and orthodontic work while the sultry Demi Moore had bone grafting and dental implant-prosthetic work to replace two missing incisors. Incidentally, both George Clooney and Demi Moore wore down their teeth from the stress-linked habit of bruxism. Off-screen, military combat personnel suffer disproportionately high rates of clenching-bruxism from service-related stressors.

Metallic tooth crowns became progressively less popular; hence the reflective flashing glint of metal on a tooth helped Macaulay Culkin recognise the bad guys in the 90s smash-hit *Home Alone*. In the movie series *Pirates of the Caribbean*, pirate Captain Jack Sparrow proudly flashes a gold tooth in his roguish smile. In South-East Asian cultures such as South Korea and Japan where whole body tattoo art and piercings of every imaginable body part help establish street creed among gang members such as Tokyo's notorious Yakuza, tooth jewels such as diamonds cemented directly to tooth enamel add an exotic layer of fashion to youngsters for whom a nose ring or earring (or rings elsewhere!) do not suffice. In Japan, dental esthetics took a trajectory that differs significantly from the rest of the world, as is often the case with island nations that remain culturally walled off to outsiders. So beginning in the 2010s, young girls in Japan would choose to preserve their Yaeba (八重歯, meaning "double tooth") or overlapping upper canines instead of getting the crowding orthodontically corrected. The Japanese word for this is kawaii, a youthful, endearing appeal of the face by crowded canines. Another practice prevalent among geisha and the Samurai warriors was to blacken teeth

with a concoction of iron fillings, vinegar and plant-based tannins. This ohaguro appearance conveyed absolute loyalty (punishable by death, naturally!) since blackened teeth could not be dyed any other colour. Blackened ohaguro teeth also proved remarkably resistant to dental caries. And while the Samurai are famed sword fighters with their deadly katana, less well known is their fastidious battle oral hygiene regimen called fusayoji, in which warriors would clean their teeth with chewed willow sticks dipped in sea salt before going into combat.

Animals often use their teeth and jaws akin to a supplementary limb in the way they pick up prey, objects or even their young ones. Armed conflict by sailors often involved carrying so many weapons that a knife was typically clenched between the teeth giving rise to the phrase "armed to the teeth". Aggression and power are often conveyed by baring one's teeth. Hence, the Wolverine in the X-Men movie franchise bares his teeth while he sizes up opponents. Likewise, when in real life one is confronted by a hostile dog, it is sensible to avoid smiling at the animal if one wishes to de-escalate, since dogs perceive a wide human smile as a provocative display of aggression.

The human condition has been variously depicted and described using toothy metaphors. So, blatant dishonesty would be lying through one's teeth, while a trainee resident trying to master a surgical step would be cutting one's teeth. A fondness for confectionary is termed a sweet tooth, whereas when a person or object (such as a car model that didn't get an upgrade for quite a while) is so old that they feel outdated, we say that they are now long in the tooth. This refers to the apparent elongation of teeth in geriatric people as a result of gum recession which itself is due to alveolar bone loss. The Australian aborigines and other native human tribes eat abrasive and coarse diets (vis.-a-viz today's ultra-processed junk diets) and hence their teeth wear down, leading to shorter teeth over decades, thus sparing them from the tooth mobility that will plague in later years those that eat processed food diets today. Wear-and-tear, it seems, may not be great for your knees but is not a bad idea for your teeth.

Teeth and eyes being essential body parts that are hugely relied upon for survival, find place in societal norms and rituals, quite unsurprisingly.



आरोग्य सुख सम्पदा

Hence, the Wahhabi interpretation of Surah Al-Ma'idah 5:38 by Sharia law in Saudi Arabia mandates that the penalty for theft be that the offending hand is chopped off. Western philosophy scorning upon such macabre practices would be reminded of the old proverb "An eye for eye; a tooth for a tooth" which originated in the Hebrew Bible and was enthusiastically adopted by the ancient Romans.

The shedding of milk teeth is a moment of excitement for children, not least because it promises monetary reward from a "tooth fairy". The mechanism by which this happens is well-known to all parents but while English children may traditionally have kept a shed milk tooth under the pillow, Spaniard children may throw the tooth onto the roof or under the bed (in apartments, perhaps!) in order to summon the tooth fairy. In Buddhism, the most sacred relic is a tooth of The Buddha housed permanently at Kandy in Sri Lanka. Sub-saharan African tribes, however, viewed teeth less charitably and gouged out tooth buds from children's lower canine bulge to ward off fevers and diarrhoea.

The dentist's office has historically been viewed as a place where unpleasant experience is guaranteed. In Charlie and the Chocolate Factory, the childhood discomfort and embarrassment that Willy Wonka faced by the constant wearing of a large, unsightly orthodontic headgear appliance drives him to set up a candy factory as an adult. The protagonist fish in Finding Nemo begin their adventures in a dental office aquarium.

Dental extraction has long been portrayed as the ultimate painful horror. More so, when the extraction is done by the person themselves. In Castaway, Tom Hanks is stranded on an island after being shipwrecked and uses improvised tools to knock an abscessed tooth out of his mouth to relieve his agony. Some extractions shown on film and television series were elective, with a major character of the plot removing a tooth ritually as depicted in Chief of War by a Hawaiian tribal chief to denote his willingness to sacrifice as well as ability to withstand hardship and agony for a tribal cause. In reality, not only Hawaiian and Polynesian tribes, but clans across South Sudan and Tanzania and aboriginal Australia knocked out lower incisors (they're easier to avulse with their slender roots) as part of initiation rites into puberty or to signify affiliations to clans (it is less easy to lie about

tribal loyalty if a missing tooth gives away the truth!). The Maasai tribe of Kenya (renowned for their tall stature and cattle-blood diet) go a step further, removing lower incisors in adolescence to permit feeding when tetanus caused lockjaw.

The rich sensory innervation of teeth also made them historically a target by oppressive regimes to psychologically "break" captives. In the former Soviet Union, dissidents were subject to Психушка (pronounced as Psikhushka), a benign-sounding umbrella term for physical-psychiatric torture including dental drilling upto bone without anesthesia. Similar tortures, banned by Article 13 of The Third Geneva Convention, occurred in 1950s Romania, Albania, Cambodia's Khmer Rouge and in Chile under General Augusto Pinochet, in whose prisons incisors were removed using pliers or rifle butts. Today, the Istanbul Protocol provides forensic guidelines to document dental torture for human rights victims.

Militaries, particularly special forces, used teeth and biting to demonstrate and inculcate absolute courage and toughness. Members of Russia's elite "Спецназ" (pronounced as Spetsnaz) units in drills would dramatically end demonstrations by biting the heads off live snakes (most likely non-venomous). Less known, but equally astonishing, is a peculiar custom hidden in the Indian Army. Upon graduating, the ceremonial induction parade of the 4 Para SF (4th Battalion, Parachute Regiment - Special Forces, Indian Army) to receive the coveted Maroon Beret would involve the downing of a full glass of neat alcohol jovially referred to as the "Patiala Peg". This heady drink of the "Daggers" regiment is considered complete when the newly whetted commando bites off a piece of the glass rim, chews it with his teeth into a powder and swallows it to prove his mastery over pain, control of fear and to demonstrate loyalty to the regimental ethos!

The tooth, for us humans, is more than "just" a tooth.

Inspiring Journey of 8th World Archery Champion 2026 Payal Nag Starts From AIIMS Raipur



A small girl Payal Nag a bonafide resident of Odissa of around 8 years was brought to AIIMS Raipur on 12th August 2015 and was under our treatment till 8th September 2015 as an inpatient. She had a history of electrocution and was initially treated at a private hospital, shifted to Pt. J N m Medical college Raipur where guillotine amputations were done of all 4 limbs, developed infection and osteomyelitis of the open stumps and then Payal was referred to us for further care. She had all four limbs amputated and with infected wounds on the stump. The case was readily accepted and admitted by the then young and energetic Orthopedic faculty, none other than Prof. Dr Alok C Agrawal. He used to visit her daily twice and do debridement and dressings himself, in an era when AIIMS Raipur itself was in its infancy. Finally having wounds healthy he finally debrided and did skin grafting to make the wounds heals and save the life of Payal Nag. During this whole stay IAS Santosh Kumar Mishra who had brought the child supported financially the child. Her poor helpless parents used to stay them selves supporting her and cleaning, bathing, feeding changing cloths and putting whole hearted efforts to keep her happy.

Having been cured AIIMS Raipur congratulates Payal Nag on her achievement and winning double gold and the title of world archery para series in Bangkok this year 4th April 2026.

Prof. (Dr.) Alok Chandra Agrawal
Head of the Department, Orthopaedics



आरोग्य सुख सम्पदा

आरोग्य
MAGAZINE
2026

"CHILDREN OF DARKNESS"

Spare a thought, a moment
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Torment
Every breath a gruel

There they are on the streets
Seen and heard by none
God's gift that no one needs
Destined to be shunned

Making a penny, begging
Selling papers at the signals
Giving your car a rubbing
For a mere tinker

When did you last see
A tiny grubby hand
Palm upraised staring at thee
At the crowded bus stand



Look into their eyes
If you have time
Listen to their silent cries
As they plead you from a dime

At every nook and corner
There are children of darkness
They move in shadows like
mourners

Frail arms grabbing every elusive
happiness

They also are the chosen one
The angles sent by lord
Don't pretend don't turn away
Accept them as gift from god

With a little zest, a zeal, a kind touch
You can make the change
Come don't hesitate
They too deserve to start afresh

Put out your hand
Help them cope
Though their world be gloomy
Grant them a ray of hope !

Dr Siddhartha Taneja
PG JR, Dept of Trauma and
Emergency, AIIMS Raipur



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नशा एक अभिशाप

आज के आधुनिक युग में नशा एक ऐसी सामाजिक और मानसिक बीमारी बन चुका है, जो हँसते-खेलते परिवारों को उजाड़ रहा है। यह कहना बिल्कुल गलत नहीं होगा कि नशा मानव जीवन के लिए एक भयानक अभिशाप है। एक पुरानी और सटीक कहावत है— 'पहले व्यक्ति नशा करता है, फिर नशा और नशा करता है, और अंत में नशा, व्यक्ति को ही नष्ट कर देता है।'

नशे की लत के मुख्य कारण: आखिर शुरुआत कहाँ से होती है?

कोई भी व्यक्ति जानबूझकर अपने जीवन को बर्बाद नहीं करना चाहता। इस अभिशाप की शुरुआत के पीछे कई सामाजिक, पारिवारिक और मानसिक कारण होते हैं:

तनावपूर्ण जीवनशैली: आधुनिक जीवन की भागदौड़ और मानसिक दबाव।

अकेलापन: दूसरों के साथ आसानी से न जुड़ पाना या दोस्त बनाने में मुश्किल होना।

माहौल का असर: स्कूल, कॉलेज या कार्यस्थल (Workplace) का अनुचित वातावरण।

पारिवारिक इतिहास: घर के बड़े बुजुर्गों को नशे का आदी देखकर बच्चों का उसे सीखना।

बचपन के आघात: माता-पिता की उपेक्षा या किसी अपमानजनक स्थिति का सामना करना।

बुरी संगति: दोस्तों का ऐसा समूह जो नशे को बढ़ावा देता है या मनोरंजन का साधन मानता है।

आर्थिक तंगी: सामाजिक-आर्थिक स्थिति का कमजोर होना।

आनुवंशिक कारण (Genetics): कई परिवारों में नशा पीढ़ी-दर-पीढ़ी चलता है।

नशे का चक्र और इसके भयानक दुष्परिणाम

शुरुआत में लोग तनाव या दर्द को दूर करने या सिर्फ मनोरंजन के लिए नशीले पदार्थों का सेवन करते हैं। लेकिन धीरे-धीरे यह एक जानलेवा चक्र (Addiction Cycle) बन जाता है जो अभिशाप का रूप ले लेता है। जब व्यक्ति इसे छोड़ना चाहता है, तो उसे 'प्रत्याहार' (Withdrawal Symptoms) यानी गंभीर बेचैनी का सामना करना पड़ता है। इससे बचने के लिए वह दोबारा नशा करने लगता है।

१. शारीरिक और मानसिक स्वास्थ्य पर असर:

कैंसर और सिरोसिस: तंबाकू से मुंह का कैंसर और शराब से यकृत (Liver) व पेट की गंभीर बीमारियाँ होती हैं।

हृदय रोग: रक्तचाप (Blood Pressure) का अचानक बढ़ जाना।

मानसिक बीमारियाँ: याददाश्त कमजोर होना, स्नायुतंत्र की कमजोरी,

उन्माद (Fit/Seizures) के दौर पड़ना।

मनोवैज्ञानिक बदलाव: स्वभाव में चिड़चिड़ापन, अत्यधिक गुस्सा, बेचैनी और अवसाद (Depression)।

२. आर्थिक और सामाजिक जीवन पर असर:

कार्यक्षमता में कमी: काम में मन न लगना, दक्षता घटना और कार्यस्थल से बार-बार गायब रहना।

पारिवारिक विघटन: नौकरी छूटना, आर्थिक तंगी, घर में चोरी, लड़ाई-झगड़ा और मारपीट होना।

सामाजिक पतन: समाज में मान-सम्मान खत्म होना और आपराधिक प्रवृत्तियों की ओर बढ़ना।

रोकथाम और समाधान: इस अभिशाप से निपटना नामुमकिन नहीं है। इसके लिए सही समय पर सही कदम उठाने की जरूरत है:

परिस्थितियों की पहचान: उन कारणों या माहौल को पहचानें जो नशा करने के लिए उकसाते हैं, और उनसे दूर रहें।

तनाव प्रबंधन: तनावपूर्ण माहौल से दूरी बनाएं और मन को शांत रखने के सकारात्मक उपाय खोजें।

मानसिक स्वास्थ्य पर ध्यान: मानसिक रूप से मजबूत बनने के लिए योग, ध्यान या परामर्श (Counseling) की मदद लें।

जागरूकता अभियान: समाज में मादक पदार्थों के सेवन से होने वाले नुकसान के प्रति लोगों को जागरूक करें।

सामूहिक प्रयास: नशे की चपेट में आए लोगों की मदद के लिए 'स्व-सहायता समूहों' (Self-help groups) को बढ़ावा दें।

चिकित्सकीय सहायता: यदि लत गहरी हो चुकी है, तो बिना झिझक किसी नशा मुक्ति केंद्र (Rehab Centre) या मनोचिकित्सक (Psychiatrist) से संपर्क करें।

जागरूकता संदेश

हर पहल की अच्छी चाहत, नशा मुक्त हो भारत।

हाथ में फूल लाना है, नशे को मार भगाना है।

परिवार पर अपने दो अब ध्यान, नशे की लत का करो समाधान।

दिलीप कुमार लिलहारे

(स्वास्थ्य शिक्षक - सामाजिक मनोवैज्ञानिक,
एमएस रायपुर, छत्तीसगढ़)

LEH-LADAKH

WHERE THE HIMALAYAS REMIND HOW MAGNIFICENT NATURE IS....!!!!



There are journeys that take you to new places, and then there are journeys that take you to a new version of yourself. Leh Ladakh is one of those rare destinations where every mountain, every valley and every breath of crisp Himalayan air changes your perspective on life. It is a land where history echoes through ancient trade routes. Buddhism flourishes amidst towering peaks and nature quietly reminds us that we are only temporary visitors in a world far

The First Glimpse of the Himalayas

No matter how many photographs you have seen or travel documentaries you have watched, nothing prepares you for your first glimpse of Leh-Ladakh. As your journey winds through the rugged mountain roads, the landscape begins to unfold like a masterpiece painted over millions of years. Endless stretches of barren mountains, snow-covered peaks touching the clouds, and rivers glistening under the Himalayan sun create a view that feels almost unreal. The air is thinner, the sky is bluer, and the silence is unlike anything experienced in a city. In that very first moment, you realize that Ladakh is not just another destination—it is an emotion waiting to be experienced.

Leh: The Historic Gateway of Silk Route

Long before Leh became one of India's most sought-after travel destinations, it was a thriving centre of commerce and culture. Situated along the ancient Silk Route, Leh connected India with Tibet, Central Asia, and China, serving as a crossroads where merchants transported silk, spices, pashmina wool, precious stones, and salt across some of the world's most challenging mountain passes. These trade routes not only brought prosperity but also introduced diverse cultures, languages, and traditions that continue to shape Ladakh's unique identity today. Walking through Leh's old town, with its narrow alleys, traditional mud-brick houses and bustling markets, feels like stepping back into a chapter of history that has been beautifully preserved.

The Royal Legacy of Leh Palace

Standing proudly above the old town is the magnificent Leh Palace, built in the early seventeenth century by King Sengge Namgyal. Inspired by Tibetan architecture, this nine-storey palace once

served as the residence of Ladakh's royal family and symbolized the region's power and prosperity. Although time has weathered its walls, the palace remains one of Leh's most iconic landmarks. From its terraces, visitors are rewarded with breath-taking panoramic views of the Indus Valley, the surrounding mountains, and the town below. It is a place where history and nature come together, offering a glimpse into Ladakh's glorious past while showcasing the timeless beauty of the Himalayas.

The Soul of Ladakh: A Land Rooted in Buddhism
Buddhism is deeply woven into the identity of Ladakh, shaping its culture, traditions, and way of life for centuries. Across the rugged mountains, ancient



monasteries stand perched on dramatic cliffs, overlooking valleys that have remained unchanged for generations. Monks dressed in crimson robes continue age-old traditions of meditation, prayer, and learning, preserving sacred scriptures, vibrant murals, and spiritual teachings. Prayer wheels spin gently in the mountain breeze, while colourful prayer flags flutter across high-altitude passes, carrying messages of peace, compassion, and harmony. In Ladakh, spirituality is not confined to temples, it is reflected in the people's simplicity, their respect for nature, and the calm rhythm of everyday life.

A Landscape Sculpted by Nature

The landscapes of Leh-Ladakh are unlike anywhere else

on Earth. Towering Himalayan peaks rise dramatically above barren valleys, while crystal-clear rivers carve their way through rugged terrain that has been shaped over millions of years. One moment you are driving across snow-covered mountain passes, and the next you find yourself surrounded by vast cold deserts stretching endlessly toward the horizon. The colours of the mountains constantly change with the movement of the sun, shifting from soft golden hues at sunrise to deep shades of crimson and purple during sunset. Every turn in the road reveals another breath-taking scene, making the journey itself as unforgettable as the destination.



Silence That Speaks Louder Than Words

In a world filled with endless notifications, traffic, and constant noise, Leh–Ladakh offers one of life's rarest experiences true silence. This silence is not empty; it is filled with the gentle whispers of the wind, the distant flow of glacial rivers, the flutter of prayer flags, and the occasional call of a Himalayan bird. As the noise of everyday life fades away, something remarkable begins to happen. Your thoughts become clearer, your breathing slows, and your mind finds a sense of peace that modern life often takes away. It is in these quiet moments that Ladakh reveals its greatest beauty—not just through its landscapes, but through the calm it brings to the soul.

When Nature Puts Humanity into Perspective

At an altitude of over 3,500 meters, even a simple walk reminds you that nature is always in control. Every breath requires effort, and every step demands patience. Here, the mountains cannot be conquered they can only be respected. Sudden weather changes, heavy snowfall, powerful winds, and the thin mountain air constantly remind travelers that human beings are not masters of nature but merely its guests. Standing before peaks that have existed for millions of years, you begin to understand how brief and fragile human life truly is. The mountains have witnessed the rise and fall of kingdoms, the journeys of ancient traders, and generations of civilizations. Against such timeless grandeur, our worries, ambitions, and achievements seem wonderfully small.



Learning the Beauty of Being Insignificant

One of the greatest gifts Leh–Ladakh offers is perspective. As you stand beside the shimmering waters of Pangong Lake, watch the mighty Indus River carve its path through the mountains, or gaze at a sky filled with countless stars, you realize that the universe does not revolve around us. And strangely, this realization is comforting. It reminds us that we do not need to control everything. We are simply fortunate to witness the extraordinary beauty of this planet for a brief moment in time. Recognizing our insignificance in the face of nature does not make life less meaningful—it makes every experience, every sunrise, every journey, and every human connection even more precious.

Leaving Ladakh, But Carrying Its Lessons Forever

When the journey comes to an end, the memories you take home are not limited to photographs of majestic mountains or videos of winding roads. You leave with something far more valuable a quieter mind, a humbler heart, and a renewed appreciation for both history and nature. Ladakh teaches that true adventure is not just about reaching remote destinations but about discovering a deeper understanding of ourselves. Its mountains show us resilience, its monasteries teach us peace, and its ancient valleys remind us that while humanity may build cities and civilizations, nature remains the greatest creator of all. Long after the journey ends, the lessons of Leh–Ladakh continue to echo within you, inspiring you to live with greater gratitude, respect, and humility.

Heart touching Thoughts of the day

Leh–Ladakh is more than a destination on a map, it is an experience that stays with you forever. It is where history meets the Himalayas, where spirituality finds a home among towering peaks, and where nature gently teaches one of life's greatest truths: we are incredibly small, yet incredibly fortunate to witness such beauty. In a world driven by speed and ambition, Ladakh invites us to slow down, breathe deeply and remember that the greatest journeys are not measured by the miles we travel, but by the perspectives we gain along the way.

Dr. Ashwini Katole

Asstt. Prof. Dpt. of Community and Family Medicine

खुशियों की कुंजी

इंसान बड़ा विचित्र प्राणी है,
दुःख और सुख आनी-जानी है।
कौन लाता है खुशी और गम जीवन में हमारे ?
भगवान्, किस्मत, समय, लोग, या यह है, इन सब के परे।
जीवन भर हम सुख, शांति और खुशियाँ चाहे,
हर पल संघर्ष-व्याकुलता, काश ये मिल जाये-वो मिल जाये।
आज यह मिल गया, कुछ और थोड़ा कल चाहे,
इसी चक्र में, दुखी : व्याकुल जीवन बिताते जाये।
आनेवाले कल की चिंता में, इस पल को जीना भूल गए,
जो आज है- अनमोल है, उसे छोड़ कल की चिंता में डूब गए।
समझेंगे कब इंसान यह ?
दुःख-सुख-सब मन का है मोह।
खुश होने के लिए,
नहीं चाहिए अपार धन-दौलत।
मन के गुलाम नहीं, मालिक बनो,
मुदिता मिलेगी उसके बदौलत।
कुछ भी नहीं नित्य अंत हिन्,
व्यों रोते हो, दुखों के कारण गिन-गिन ?
अपनी खुशी-अपनी संतुष्टि, नहीं है किसी पे निर्भर
खोल दो मन के ताले, जिलों अमूल्य जिंदगी दिल खोल कर !

डॉ. तुषार जगड़ापे
प्रोफेसर, पीडियाट्रिक, एम्स, रायपुर



भरोसा

कभी न करना किसी पर
अंधा विश्वास,
चाहे वो आपका
कितना ही खास।

जब छोड़े जाएगा वो
आपका साथ,
तब सिर्फ आईने में खड़ा
शख्स थामेगा आपका हाथ।

इसलिए एक बात याद
रखना हमेशा,
सोच - समझकर करना भरोसा!

रचनाकार:- सक्षम बसलैया
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और विश्वसनीय प्रत्यारोपण

— भारत सरकार का पहल —

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ABCs OF A HYDERABADI: A BRIEF HISTORY OF ACHAAR, BIRYANI AND CHORBA

~Professor (Dr) Nakul Uppal (OMFS), Dept. of Dentistry, AIIMS Raipur

{ *Banī Ādam a'zā-ye yekdīgarand, (The children of Adam are limbs of one another;)*
Ke dar āfarīnesh ze yek gowharand... (Having been created from the same essence...)
 ~Saadi of Shiraz (13th century Persian poet) }

It was a summer day, and inside the hot, crowded Nimrah Café in the heart of Hyderabad, I dipped my Osmania biscuit into strong, flavoured Irani chai before biting off a crumbly, deliciously aromatic chunk. It's true, I thought, the salt really does balance the sugar. There wasn't place to sit in the café, so my sons and I found space on a countertop against a wall on which to balance our snacks. Biscuits over, I broke off a piece of fluffy bun muska and savoured the creamy insides, gazing at the magnificent Charminar with its huge dwars looming just outside the doorway of Nimrah Café. My tummy rumbled, reminding me of hunger pangs and being a connoisseur of good biryani, I started to think about the famous biryani that we were going to eat soon for lunch at Shadab Hotel nearby.

Our Operation Theatre (OT) complex has no canteen. Like all inconveniences, this necessitates creative workarounds. While many Residents prefer to order takeaway, we Faculty surgeons, being calorie-conscious and fearful of bulging waistlines, prefer to pack a humble tiffin to our OT workplace. My tiffin, for purposes of convenience as well as gastronomic appeal, is often a biryani. However, being Hyderabad, I enjoy my biryani with a fiery mirchi-ka-saalan and a cooling cucumber raita spiced with fried jeera seeds. Biryani, possibly India's favorite one-pot meal, has been claimed by so many parts of our country that identifying its GI tag may prove to be a herculean task. In fact, it may be unfair to allot the intellectual property rights of biryani to India at all; the word biryani is a derivative of birinj in Farsi, (the most widely spoken language of Iran, and a modification of baranj (meaning "raw rice") from ancient Persian times. Since Farsi remains conversationally and colloquially unchanged over the last 1000 years, a brief dive into the journey of Farsi-origin words would be relevant and reveals interesting facts about present-day Indian vocabularies.

Returning to our delicacy, biryani is a dish that evolved from a Persian precursor with Central Asian influence and the incorporation of Indian spices and marinades. Biryani evolved in India as a nutritious rice dish for exhausted and famished foot soldiers in which

the meat had been roasted or fried before its addition to rice to keep it from becoming mushy. Biryani's milder cousin, known to us as pulao isn't fully native to India, either. Persians used spices familiar to Indian kitchens: garam masala, jeera, dhanian powder, bel patta, elaichi, cardamom, cloves, nutmeg, star anise, haldi and saffron, albeit with Farsi names. This quintessentially Persian one-pot rice and meat dish was called pilaf, or polow (which got Indianised to pulao) and they flavoured their rice (basmati now being a favourite of modern day Iran) also with apricots, raisins, kewra, rose water and loads of zafran (saffron is not expensive in Iran!) to impart the gentler, aromatic flavour tones we associate with pulao. There are subtle differences in the manner both cultures savour their cherished rice dish: we Indians like our biryani layered and then topped with fried pyaaz but Iranians heavily oil the pot and invert the slow-cooked pilaf onto a plate. This allows the deeply fragrant, crisp, golden-yellow saffron-infused tahdig crust to sit on top, where it is deeply appreciated with tareef and playfully fought over, or reserved for a visiting mehmaan as a mark of taarof. Persian culture is full of metaphors, symbolism and interpretations of hidden signs; an unbroken and unburnt tahdig would signify the woman's culinary skill. Hospitality was closest to God and often expressed lavishly with food; as valuable as it was to have tehzeeb in the khandaan, it was necessary to express one's innate graciousness with mehrbani.

But biryani and pulao weren't the only Persian imports that made their way into facets of day-to-day Indian life. Several Urdu words are used freely in Hindi by us on a daily basis. My curiosity whetted like the ravenous appetite of a famished surgeon, I decided to delve more into the connect that exists between Farsi, Urdu and Hindi. For this search, I turned back to the older quarter of my city, Hyderabad. Not the glitzy new Financial District with IKEA and IT, nor the older cantonment with British barracks, but the crowded, noisy, chaotic gullies of the mohallas around Charminar, Choodi Bazaar and Chowmahalla Palace: an altogether different duniya. Searching through the palace museum about Hyderabad's erstwhile rulers, the Sunni Nizams, who



अरोग्यं सुखं सम्पदा

presided peacefully with a Shi'a bureaucracy, I admired well-preserved Persian texts with beautiful illustrations and historical narratives written poetically in elegant Farsi calligraphy. Urdu evolved as a camp language (lashkari) of soldiers drawn from Persian cavalry regiments as well as Indian foot-soldiers. As a result, Urdu and even Hindi are heavily infused with Farsi words with little modification, and often none. So my OT lunch tiffin may contain a sabzi (Ghormeh sabzi is a favorite vegetarian dish in Iranian cuisine!), made with lots of pyaaz, while my pulao may be garnished with badaam and I might prefer to eat OT lunches with a chammach on operating days (keeping bloodied fingers for operating...), whereas while ordering at a restaurant I may start my meal with a chorba (soup, called shorba in Urdu and upscale restaurant menu cards) and accompany my curry with hot naan which would be made in a clay tandoor and wrap up the meal either with gulab jamun garnished with pesteh or with a halwa which would likely have a superthin layer of silver warq as garnishing. Or perhaps barfi or a chilled faloodeh. Appetisers such as kebabs ("to burn") imply that the food has been grilled and charred. A kofta would be finely textured since koftan means to pound finely. And a korma would imply that the meat was slow-cooked in its own juices along with yogurt. A good korma (qurma in Farsi) would have khus-khus seeds to impart texture and aroma. But khus-khus being poppy seeds, release tiny amounts of opioid alkaloids, making them banned outright from Saudi Arabia and their possession punishable in the UAE, a result of misinterpretation (potential intoxicants are haram under Shariah law) and geopolitics (Kabul's Taliban derive a generous share of revenue from opium made from poppy seeds). That's quite a big deal about tiny, innocent khus-khus seeds! This is ironic in the Persian context since alcoholic spirits were considered by the great poetic philosophical masters (Rumi, Khayyam, Saadi, Hafez and Ferdowsi) to elevate one's soul to the azaadi of spirituality. That said, the Farsi words for tavern (kharabat) and ruining one's zindagi by addiction (kharab) to wine are a stern warning against over-indulgence.

The taste of food would rely heavily on the right balance of namak, elevating salt to cult-like status in Persia. Just as an Englishman would expect a person to be "worth his salt", Persians judged a person's honesty or dishonesty as namak-halal or namak-haram. In the Indian Army, which has a 250-year legacy influenced heavily by Persian military ethos, a motto often seen proudly emblazoned in large letters outside military stations and cantonments is "NAAM-NAMAK-NISHAAN"

implying that a good soldier strives to uphold their regimental name and honor (naam) and the regimental colors and esprit-de-corps (nishaan) while protecting the sovereignty (namak) of the motherland which sustains. Gandhiji would have been pleased. Even the delicious samosa, enjoyed on cold winter mornings with hot tea, are related to the Farsi words sambosheh and the much-loved chai, which spread via the Silk Route to Turkey, Turkmenistan and Azerbaijan as çay, the Arab world as shay and Russia, Ukraine, Belarus and Kyrgyztan as чай (chai in Cyrillic alphabets), and to Uzbekistan and Tajikistan as choi. The Iranian sambosheh is also triangular, stuffed pastry but filled with minced meat kheema (gheymeh in Farsi!) and was originally meant for royalty, not roadsides. India prefers its samosas to be filled with potatoes. But potatoes were not originally Indian, and Persians thought that the funny-looking tuber resembled plums (alu), hence potatoes were called aloo. And since the circuitous trade routes between Iran and India crossed Uzbekistan, plums (even local ones) at the fruit shop are still known as alu-bukhara, after the Uzbek city of Bukhara. Snacks and dry fruit garnishing also arrived from Persia. Hence, kishmish made its way into many a sweet dish while children may enjoy snacking on larger, darker munakkas which is tasty enough to lure children away from ultra-processed junk snacks. Dried figs, just like the fruit themselves, remain unchanged in both form and name, being called anjeer from the Bay of Bengal to the Straits of Hormuz. Farsi speakers, though, would distinguish between dried figs (anjir-e khoshk) and anjir-e tāzeh if fresh. The next time you buy taaza sabzi at the bazaar, spare a thought for humble words of foreign tongues that travelled a thousand kilometres over a thousand years ago.

Cooking ingredients from Persia, too, arrived at the land on the other side of the Indus river that the Persians referred to as Hindustan but via a circuitous Central Asian trade route: the Silk Road. Zafran was special to Sufi saints; its intense golden-yellow glow seemed to signify divine illumination. When mystic Khwaja Masood Wali fell ill on his travels, the local chieftain of Pampore in Kashmir helped him recover, and the saint expressed his gratitude with a saffron bulb. Zafran would then become a prized crop of Kashmir's Pampore and is a precious ingredient in Indian kitchens, imparting a royal glow and rich aroma. Kashmir may today be the Northern-most tip of India, but in the olden days it was the Southern-most part of Central Asia; the traditional samovar for brewing tea being a beautiful symbol of that shared cultural heritage. Sirka (vinegar)

is a mandatory ingredient to prepare achaar while zira as seeds became essential to tadkas and jeera powder as a kitchen masala. Minty flavours relied on poodina while a meal may be ended with a serving of anaar fruit. India's and Iran's cultures may differ, but a shared vocabulary and similar kitchen ingredients means that the difference is not a zamin-asmaan ka farq!

As an upmarket, aspirational beverage, chai has had to share space with coffee, especially fancier concoctions with Italian names. However, coffee was adopted from Ethiopia and perfected by the Turks as kahve. The Arabs called the new brew qahwa, meaning wine or any intoxicating drink. Once coffee beans spread to Persia it became qahveh, and coffee houses were called qahveh-khāneh. Coffee served at qahveh-khāneh was often accompanied by storytelling, poetry recitation, music, discussion and debate. The lattermost (debate) became anathema to Arab rulers when it took on political overtones (things are quite the same a few thousand years later). So, when King Abdulaziz Ibn Saud united the princely Arab states into modern-day Saudi Arabia, alcohol was banned under Sharia (Islamic Law) even though the Qur'an praises alcohol's social benefits (surah 2:219) while cautioning in surah 4:43 against alcohol's risky propensity to "loosen the tongue". Persian kahveh found patrons in Yemen, where Sufi mystics used coffee to stay awake during long nights of prayer (present-day students tend to do the same with coffee!) and Yemen's Al-Mokha port became the world's principal coffee export hub, lending its name to the "mocha" that we now mindlessly order at cafés. It was Turkey that elevated kahve from a caffeinated drink to a ritual. Unlike espresso and filter coffee, Turkish kahve is unfiltered as the roasted beans are ground to a fine powder, necessitating the drinker to wait (patience) for the grounds to settle before drinking. Unsweetened kahve would be saade, while shakkar added during simmering in a small long-handled cezve copper pot would make sekerli kahve. Istanbul's kahve-hane (coffee-houses) became dens of political debate, storytelling, poetry, chess, backgammon, business and socializing. After finishing their kahve, the cup would be upturned and the pattern of leftover grounds would be "read" to interpret fate, called kahve fali. Coffee also figures in lighthearted Turkish engagement rituals; the would-be bride may secretly add salt instead of seker and if the man politely drank the salty kahve without complaint, she would likely take him as groom! Turkey is blessed with unique geography and since the Bosphorus Strait straddles both Europe and Asia, its kahve traditions were rapidly adopted by Italian caffès, French cafés and by the English as coffee. Today in India, kahva would refer to the floral herbal teas that you

may sip in a cafeteria in Srinagar. The Turkish connection remained until as recently as the 20th century with the 7th Nizam of Hyderabad Mir Osman Ali Khan's daughter-in-law being the beautiful Princess Niloufer of Istanbul. Their names, these days, are immortalized and democratized, in the Osmania biscuit, a must-have salty delicacy and Café Niloufer, a must-visit bakery-cafeteria chain across Hyderabad.

Both Persians and Indians may buy a makaan with ceremony, but harmony created a ghar. Homes have deewars, khidkis and a darwaza. And while IKEA's pastel designs may be becoming popular curtain choices, many still prefer traditional purdahs. The purdah also became a North Indian Hindu woman's clothing accessory to the sari in traditional homes to denote modesty (or more likely, patriarchy!) while their formerly liberal Persian counterparts were mandated to wear either a rusari (headscarf), a hijab or a chador after the 1979 Iranian Revolution.

Names of Persian trades would also firmly embed themselves into our Hindustani lexicon. When my mother wanted to redo her cushion-covers, she searched for a talented darzi. A woman's prized saris may be those with a border of gold zari. Army cadets perfect their parade marching under the watchful eye of a fearsome drill ustaad. Perfection in workmanship was epitomized by the magnificent Taj Mahal. Visitors to this grand monument are taken aback by the intricate naqqashi and delicate marble jaali. A less obvious visual delight is the Qur'anic calligraphy that scaled in size from bottom to top to make the font size appear regular to viewers below. Farsi, Arabic and Hebrew are written from right to left since in earlier days inscriptions with chisel and hammer were easier in this direction if the artisan's hand did not obscure the text as it was carved into stone. Persian administration liked well-defined domains. So, goods would be manufactured at a karkhana, medicines dispensed at a dawaikhana and military officers and jawans would eat and interact periodically together at a ceremonial badakhana or feast.

In business, a deal would be solemnised on a sheet of kagaz and disputes would be resolved at an adalat. A businessman always had the umeed that the dukaan would return a profit, although sometimes it was not easy to distinguish whether a yaar was a true dost or actually a dushman. Bargaining the keemat of an item was accepted standard practice and transactions would be recorded in a khata. Extra stocks were stored in a godaam and one hoped that loyal customers would prevent the dard of financial nuqsan. A prosperous businessman was expected to donate to philanthropy (today we have CSR funds!) or risk being called

kanjoos. And in business, it was acceptable to be chalaak but not badmaash.

For matters of the heart, Urdu aptly borrowed the Farsi dil in an era where loyalties mattered more than words promised by the zabaan. Fonder endearments such as the feelings of a wife for the husband were expressed with the word jaan. But while the broader world considers the dil to represent courage, joy and longing, it was jegar (the liver) that was considered to be the seat of the soul, psychological reliance and belonging. On meeting their child after many days, an Iranian parent may exclaim Jegaram! which would imply “Oh my Dear!” and the feeling of affection toward one’s little child would be captured by Jegar-gūshe, meaning “a corner or lobe of my liver”. The trio of great Persian poets, Rumi, Saadi and Hafez, often wove references to jegar into their verses. And in Ferdowsi’s Persian epic Shahnameh, when Rostam accidentally inflicts mortal injury to his son and heir Sohrab, it causes Rostam jegar sūkht or a burning grief (of the liver) that consumes him from within. In another epic battle, Rostam slays the demon and extracts an elixir from its liver (much as Norwegians extract precious fish oil from cod livers). Such a daring, accomplished soldier would be a ba-jigar. Metaphors of the liver spread down South to Tamil Nadu, too. In Madurai, Tiruchirappalli and Coimbatore, a favorite drink is jigar-thanda: a tasty, chilled concoction that is said to soothe intense emotions of rage or grief by “cooling the liver”. That said, the dil was still important enough to hold one’s hand over the heart, a gesture meant to convey sincerity. Farsi, like English and Urdu, generously makes use of synonyms so that the speaker always has the right word to express the level of granularity and shades of an emotion. Bollywood producer Gulshan Rai earnestly patronised this rich lexicon to convey the emotional dynamics of hero and heroine in Pyaar, Ishq aur Mohabbat (pyaar is Sanskritised, while ishq and mohabbat entered Farsi from Arabic) and scores of other film dialogues, movie titles and song lyrics. Bollywood superstar Shah Rukh Khan’s favorite gesture of upward and inward palm of right hand rising toward forehead and temple is an adab to convey humility and respect, and silently convey his mastery of etiquettes. If disagreements could be resolved, then maaf was acknowledged with a shukriya. And a farewell would be khuda hafiz to invoke divine protection.

Searching old Hyderabad for more stories I discovered that bawarchis were the cooks of the Nizam rulers, with bawar meaning trust. There is less of that trust nowadays, with political and constitutional heads of state having an official food taster to prevent poisoning.

Descendants of the original bawarchis fanned out across Hyderabad after the collapse of Nizami rule, leading to delicacies such as paththar-ka-kebab (gosht meat deliciously slow-roasted on a coal-fired granite slab) and the stew-like Ramzaan favorite haleem becoming commonplace. Home kitchens may have adopted non-stick teflon coatings these days but a slew of articles cautioning about microplastics have renewed interest in the degchi, or metal cooking cauldron. Hyderabad’s Nizams were gourmets, and under their patronage not only kebabs but also the dum style of cooking (under steam pressure in a vessel sealed with dough) flourished. Farsi speakers also use dum to also denote the vitality that signifies being alive with each breath analogous to a vaqt. So, we say ek dum to signify instant agreement (agreement in one dum!) and har dum would refer to every moment (every breath). The finality of dum is used to symbolize indignant determination. So, in an interesting coincidence, English speakers may indignantly express “not until my last breath!”, while in Farsi a Persian might exclaim dum-e akhar! That “khe” sound in akhar and in Farsi khoob, Khoda, khushi, or kharaab sounds like a gentle, raspy cough and is possibly the only use of that tiny piece of our anatomy: the uvula that dangles from the back of the soft palate!

The next time you prepare to savour a Dum Biryani, as you break the dum by lifting off the clay lid of the steaming, aromatic pot, shut your eyes and inhale the aroma of long-grain basmati, stewed juices, masalas, aromatic dry fruits, saffron, and spices. And maybe, like me, your imagination will catch glimpses of a rich tapestry of culture, language, tehziib, travels, different dresses, zamin, trade, intermarriage, rituals, zamaana, philosophy and community that travelled miles and millennia to make up the dish we call ... biryani.

... “Papa! Stop day-dreaming...let’s go before the biryani place gets too crowded!!”, my sons restlessly chided, jolting me out of my reminiscence. Blinking, I drained the last few drops of Irani chai. Hastily clinking the cup on the saucer, I couldn’t help steal a glance at the bottom of my teacup, curious to find a pattern of tea-leaves stuck at the bottom...



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हमेशा 1600 180 180 से आने वाली कॉल
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इस नंबर पर इक्रमिंग कॉल की सुविधा उपलब्ध नहीं है।

साइबर अपराध के लिए साइबर क्राइम हेल्पलाइन नंबर 1930 पर कॉल करें
या cybercrime.gov.in पर जाएँ। अधिक जानकारी के लिए अपनी
नज़दीकी निकटतम थाना से संपर्क करें।



जन-मानस में शम...

राम के नाम से कुछ लिखूं,
उसका मुझे अधिकार नहीं
सच या झूठ मैं तोल सकूं,
उतना भी मुझे ज्ञान नहीं...

लिखा किसी रामायण कभी,
पर मैंने तो कभी पढ़ा नहीं...
लोग कहते हैं कल्पना की काव्य,
पर दूसरा कोई ऐसा सोचा नहीं...

भगवान कहीं या इंसान कहीं,
फर्क तो मुझसे होता नहीं...
फिर भी कलम लिए जो हाथ,
रुकते मन के भाव नहीं....

राम के नाम से कुछ लिखूं,
उसका मुझे अधिकार नहीं...

कांटों के राहों में वन-वन भटके,
पैरों से रुकता खूब नहीं...
भोग-प्रसाद छोड़ वन-कंद खाए,
रूं तो कोई भगवान नहीं...

पिता के मान को सिर पर रखकर,
जंगल में कोई जाता नहीं...
बैरी के भाई को शरण दे सके,
वैसा कोई इंसान नहीं...

भगवान कहीं या इंसान कहीं,
फर्क तो मुझसे होता नहीं...
राम के नाम से कुछ लिखूं,
उसका मुझे अधिकार नहीं.... (2)

कुटिया बनाकर कुशा में सोए,
झूठे बेर ठुकराए नहीं...
धरा पर जन्में, पीड़ा से रोए,
रूं तो कोई भगवान नहीं...

लंका जीते, किष्किंधा जीते,
स्वीकारा एक भी राज्य नहीं...
शत्रु के शव को नमन करे,
ऐसा तो इंसान नहीं...

भगवान कहीं या इंसान कहीं,
फर्क तो मुझसे होता नहीं...
राम के नाम से कुछ लिखूं,
उसका मुझे अधिकार नहीं.... (3)

पत्थर जोड़ बांध बनवाए,
सागर ने दी जो राह नहीं,
ज्ञान-धरोहर, शिष्य बन फिरें,
ऐसा कोई भगवान नहीं...

पत्थर छूकर चरण किसी के,
बनी कभी सती नारी नहीं,
सकल असुर कुल निपात करदे
ऐसा कोई इंसान नहीं...

भगवान कहीं या इंसान कहीं,
फर्क तो मुझसे होता नहीं...
राम के नाम से कुछ लिखूं,
उसका मुझे अधिकार नहीं.... (4)

भार्या को दूढ़ विलाप जो करे,
निर्जीव उत्तर जो देते नहीं,
ऋक्ष-वानरों का साथ जो मांगे,
ऐसा कोई भगवान नहीं...

कलंक लगे अपने चरित्र पे,
सतीत्व पे उठे प्रश्न नहीं,
मर्यादा में पग-पग जो जिए,
ऐसा कोई इंसान नहीं...

भगवान कहीं या इंसान कहीं,
फर्क तो मुझसे होता नहीं...
राम के नाम से कुछ लिखूं,
उसका मुझे अधिकार नहीं.... (5)

क्षमा त्रिपुरारी, अवध बिहारी,
शिव-ब्रम्हा को जो सुलभ नहीं,
उस कथा को मैं क्या परखूं,
जिन चरित्रों का कोई अंत नहीं...

हे कृपाकर, करुणा सागर,
धरियो न मोरे भूल कोई,
मैं नर अधम, हे पुरुषोत्तम,
मुझमें तनिक भी ज्ञान नहीं...

भगवान कहीं या इंसान कहीं,
फर्क तो मुझसे होता नहीं...
राम के नाम से कुछ लिखूं,
उसका मुझे अधिकार नहीं.... (6)

माधव मिश्रा,
एमबीबीएस, 2023, बैच

THE TABLE I NEVER BELONGED TO

आरोग्यम्
MAGAZINE
2026

Somewhere in the heart of the town,
Laughs and chatter echoed all around.
A smile adorned almost every face,
Some radiant and effortless,
Others, carefully worn.

No matter the reason behind,
Whether genuine or fake,
I found myself falling into steps,
Plastering a smile, masking the pain beneath.

Around the tables and across the counters,
They started serving happiness,
And I waited for mine.
Their dose of joy was served,
Their purpose was fulfilled.

I heard their laughter rise
And quietly swallowed the potion of mine.
Confused and saddened,

I tried hard to feel it
Failing with every attempt.

At last, I decided to give in,
Joining the parade once again.
I laughed with all my strength,
For fear of being left behind,
in whichever road they were heading to.

Some called me a maniac,
Some, a clown, or even evil.
Fingers were raised,
And every eye widened.
But nobody could see through
The tears rolling down
Tears that everyone believed were of joy,
Just as I had seen in everyone else's eyes

—Sweta Satabdika Panda
MBBS, Batch 2024

WHEN I WAS YOUNGER, I WAS RICHER



I was once richer,
When rain was paperboats not dried clothes
When sick was faking for holiday not fear of work
piling.
I was once richer,
When sleep was an immortal enemy not a mortal
escape
When we could sleep through 10 alarms not the
slightest sound rousing us
I was once richer,

When birthdays were the day, not just another day
When craving was street food not homemade meals
I was richer then,
Rich in innocence, in time, in energy and hope.
I was carefree.
When I was younger, I was richer.

Sai Sudiksha
MBBS batch 2023

AUSTRALIA IN TWELVE DAYS

A Trailer for the Whole Movie

I had twelve days to see Australia.

The country was enormous. My time was not.

It was a late evening in mid-September 2018 when I stepped out of Brisbane Airport after a long, tiring flight. The moment I breathed in the fresh, chilly air of this new land, I felt instantly energised. I was fortunate to have my cousin's family in Brisbane, whose warmth and hospitality gave me a comforting sense of home between the adventures.

Then I remembered: my stopwatch had started ticking.

Australia is simply too vast to explore properly in two weeks. Four to six weeks would be ideal. But I had only twelve days, so I set off along the eastern coast—from Cairns in the north to Melbourne in the south, through Brisbane and Sydney.

And what followed felt less like a holiday and more like a dream running on fast-forward.

Brisbane

Brisbane surprised me with its effortless mélange of old and new. Towering modern buildings stood beside Victorian-era churches and historic monuments. Brisbane Town Hall, Parliament House, the Old Treasury Building and the Story Bridge spanning the Brisbane River were among the sights that caught my eye.

Then came South Bank.

Stretching along the river opposite the city centre, it is a delightful mix of parklands, promenades, restaurants and Streets Beach—a man-made lagoon where people swim with the skyline rising behind them.

I was fortunate to arrive during the Brisbane Festival. The city seemed to have transformed into a celebration of music, theatre, circus and dance. The river itself became a canvas during a spectacular light show depicting Aboriginal stories.

People had arrived from around the world for the festival. I met Grace and her boyfriend from California there and spent a memorable evening



with them.

Perhaps that is one of travel's greatest gifts: strangers from distant countries can become friends within hours.

Cairns and the Great Barrier Reef

The next day I flew to Cairns, a small, lively town and one of Australia's great gateways to the Great Barrier Reef.

The following morning I boarded a cruise towards the reef. The cruise rocked across the blue ocean beneath an enormous sky. The September sun warmed my skin while the ocean breeze cooled it.

By noon, we stopped in the open ocean for snorkelling and scuba diving.

I decided against scuba diving.

But I tried snorkelling.

There was just one problem

I had never swum—not even in a pond.

Yet there I was, in the middle of the ocean, wearing a life jacket and clutching a floating rubber tyre while a crew member guided me towards the reef.

I put my face into the water.

And suddenly, there they were.



Schools of colourful fish moved through the coral beneath me.

That these were not fish inside an aquarium, but creatures swimming freely in the vast ocean, was a feeling I will never forget.

By late afternoon we sailed back towards Cairns. The September sun was sinking behind distant mountain tops, the sea foamed beneath the speeding cruise and the sky slowly turned golden.

Some sights simply become part of you.

That sunset did.

Back in Brisbane, I visited Lone Pine Koala Sanctuary, where kangaroos and emus wandered freely and koalas sat in their characteristic sleepy charm.



Standing among them made the distance from home suddenly real. I was more than 10,000 kilometres away, across an ocean, surrounded by animals I had previously known only from photographs.

Later came the Gold Coast.



The beach looked almost cinematic: enormous waves crashing onto golden sand while surfers glided across the water in the distance. I walked into the incoming waves and tasted the salt on my lips.

The waves rocked me back and forth like a cradle.

Crazy feeling it was.

The following morning we began our long road journey towards Sydney. For miles, yellow-green forests stretched on either side of the road, occasionally giving way to vast farms where horses and cattle grazed across valleys and slopes.

At Byron Bay we stopped for barely an hour.

It deserved a day.

Its beach, lighthouse perched above the ocean and spectacular coastal roads were almost impossible to leave behind.

Sydney

By evening we reached Sydney.

The city seemed to pulsate—glittering towers, fashionable crowds, traffic and the constant energy of a great metropolis.

And then I saw them.

The Sydney Harbour Bridge and the Opera House stood together across the harbour.

The massive steel arch of the bridge and the Opera

House's white, sail-like roofs formed a view I had previously known only from photographs.

That evening I visited Darling Harbour and the Sydney Aquarium, where sharks, stingrays and schools of colourful fish surrounded me.

But the best was still to come.



At night I returned to Circular Quay.

The Opera House was illuminated. The Harbour Bridge glittered beneath a full moon. Dark clouds drifted slowly across the sky. I simply stood there.

Melbourne

The next morning I flew to Melbourne.

Victorian architecture, historic arcades, cafés, colourful laneways, street art and the Yarra River gave the city a completely different personality.

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The laneways were particularly fascinating—walls covered with graffiti ranging from political and social commentary to extraordinary abstract art, with hidden cafés and bars tucked away behind them.

I arrived just before the Australian Football League Grand Final. Fans of all ages were heading towards the Melbourne Cricket Ground, and the entire city seemed to be preparing to celebrate.

As a lifelong cricket fan, walking inside the MCG was another dream come true.

My final day was spent wandering through Melbourne's laneways and discovering its famous coffee culture. Eventually I settled at Pellegrini's Espresso Bar, an Italian institution dating back to the 1950s.

Outside, Melbourne had turned cloudy and chilly.

Inside, I had strong coffee and Pizza Napoletana.

It felt like the perfect final scene.

There were still places I had missed—the Blue Mountains, Bondi Beach, the Eureka Skydeck, Melbourne Museum, Royal Botanic Gardens and the St Kilda penguins.

But my stopwatch had run out.

Goodbye, Australia

The next morning, I flew home.

Within twelve hours, I was back in India—but Australia was still flashing before my eyes: coral gardens and darting fish beneath the Great Barrier Reef; hopping kangaroos and slumbering koalas; Gold Coast waves cradling me; Byron Bay's lighthouse above the roaring sea; Sydney's Opera House glowing beneath a full moon; Melbourne's laneways, lights and late-night coffee.

Sea, sky, reef and sun, a web of memories, beautifully spun still whispering the city buzz, the country lanes; the movie has ended, but the reel remains.

This trip, I am sure, is only a trailer. Someday, I want to return and watch the whole movie—languidly, next time, without a stopwatch.

Dr Debdarshi Nath,

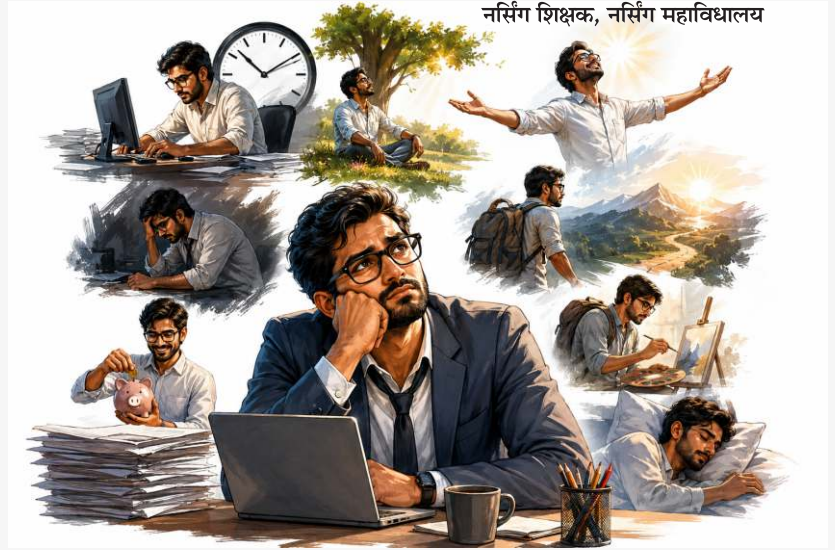
General medicine JR3, AIIMS Raipur

निकालिये समय कभी उसके लिये
जो बैठा है भीतर आपके
जो फँस गया है नौ-पाँच में
जो रुक गया है सिर्फ छाँव में
जो चाहता है समय सीमा तोड़ना
जो चाहता है ताज़ी धूप देखना
जो बैठा है कल की आस पर
आज को भुला कर
जो ढूँढ़ रहा है कल की हँसी
आज खुद को रुला कर
जो चाहता है बस आज ही सब कर लूँ
दोनों जेबों में ठूस कर बस खुशियाँ भर लूँ
जो बन बैठा है कुछ, कुछ और होकर
जो चाह रहा है सपने पूरे करना चंद घंटे सोकर
जो चाहता है कभी तो घड़ी को रोक दूँ

समय जो निकल रहा है उसे टोक दूँ
निकालिये समय कभी उसके लिये.....
सभी संकाय सदस्यों और कर्मचारियों को समर्पित

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Just Hold on...

Life is like a dark semi lit tunnel
Some short, some longest,
Sometimes you can see the sunlight in a short duration
Sometimes seeing sunlight is a desperation.

Walking down the tunnel alone
We encounter many emotions,
The beginning brings excitement
The middle meets with oneself- talking and thinking
about oneself,
Discussing with oneself the ups and downs,
What was lost, what was the gain?
And was the pain worth the gain?

The mind wanders, thoughts collide with the barren
tunnel walls,
Comes back to us slashing and breaking us to pieces,
Eyes turn wet, vision crumbles, feet turn numb
We walk the middle of the tunnel like the 'zombie' from
the tomb.

Just when we think everything has been devastated in
life,
Do we approach the last part of the tunnel
The rays of the peeping sun drying up the wetness of
the eyes,
The rays of the sun piercing through the desperation
and hopeless thoughts,
Spreading the smile on the lips and revealing that
This is a beautiful world to achieve lots.

The desperation uncovers imaginations of the present,
The dreams to be lived and the magical future ahead
Beautiful flowers again bloom in oneself from the
tombs of the dead.

Then we realize that the tunnel was a phase just like in
life
Full of desperations and sobbing moments,
But what is real and true is the sunlight at the tunnel
end.
If life is not as good as you think,
Maybe it is just a testing bend..

Hold on and don't quit
Because life unfurls its beautiful colours and gifts bit
by bit....

Dr. Arunita Tushar Jagzape
Professor, Department of Physiology
AIIMS Raipur.

PERFECTION WITH PEACE

Well, well, well
This title made me swell !!
Off to work and Back to home
My mind wanders than dwell...!!

My day begins with an alarm
Struggling between eyes, mind and the warm..
Cooking and household chores with some help;
Makes my life heaven, out of hell...
The child's bus, tiffin and homework
Needs completion before the school bell..
Ensuring protection, perfection, discipline
Round the clock, I try not to yell...

My family, my people
Motivate me to excell
The love and passion for work
Maintains the balance amongst the fairy tale..
My work taught me compassion and skill
That's the only thing I learnt at will..
Life's not easy, but I won't complain
My peace is "living in the moment"
than discussing the pain...

Dr, Vibha Vikas Sakhare
Assistant Professor,
Biochemistry Perfection with Peace





Nature teaches us through these leaves red and green, Be vibrant and brimming with life in 'foreground' irrespective of the dull 'background' scene...

Dear erudite readers,

There are times when the situation in your life challenges your peace of mind and starts creeping into 'your' work schedules. You sometimes sob quietly, sometimes feel like standing on the top of a barren cliff and just cry aloud, so aloud that you feel at least the aliens could hear your plight and try to render a helping hand. You feel like the world will end for you and you will run in the league of the dinosaurs, extinct and forgotten. At least, we remember the dinosaurs!!

But, trust me all this is a mirage; a mirage that just drains your energy and leaves you lifeless sinking inside. Every

night has a day and again a night..this is nature. Whatever is meant for us can't be stopped. It is a law of nature. If it is meant for you, you will receive it at the right time. But yes, that doesn't mean inactivity and awaiting a celestial miracle!! It means work, patience, perseverance and consistency. Not just working, loving your work, enjoying every moment in it.

The photograph above that I had taken just captured my attention even in the hustle of the trip since the green leaves just stood out even in the dryness of its environment. It's how you carry yourself; nothing..absolutely nothing else around matters.

Nothing is permanent; not even us in this world. People, students, who end their life or the lives lost in calamities leave everything behind, just absolutely everything. What they leave behind is a name, a relation, a legacy, a remembrance whether fond or otherwise. We take not even a husk with us. Let's not hurt ourselves buy not giving ourselves a chance to live. Make a living but do not forget to live life. While we are on this world, we have so much to see, to do...

Dream..Dream big. Because dreams surely come true..Just give a chance to your dreams...Stand out like the green and red leaves in life. LIVE YOUR PRECIOUS LIFE..

Dr. Arunita Tushar Jagzape

Professor, Physiology, AIIMS Raipur.

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