Epic things just around the
"Art is long and time is fleeting"

Psalm of Life, H. W. Longfellow

* The construction of a man’s record of experience [art] may last long after him, as a witness to his talent and creative imagination, but the time a person has to create art, is limited.

* The line was inspired by Hippocrates who was referring to the art of medicine and the sentiment is that you never live long enough to master it.

* Used often by the Editor through the year to dodge questions about the progress of the magazine work (everybody’s favourite conversation starter).
To

My late grandfather who knew more words than the thesaurus.
My parents and brothers, for pushing me to take the leap whilst being my safety parachute.
My friends, for living through my paranoid-crazy-lady-phase, yet loving me just the same.

To all the push doors that I’ve pulled, all the high fives that were left hanging and the good mornings I’ve said on multiple evenings.

To Queen, Plath, Nutella, baby videos, canteen vada, and sterilium.

To the batch of 2015 (Read: A small group of people doing big things)

Rev. Fr Augustus Muller shines bright

In the golden pages of history, the name

Sent from Venice to teach French and Mathematics, this graduate of Fordham University and trained homeopath reached the small town of Mangalore. He was moved by the lack of healthcare available to the sick and downtrodden. Believing that he had been chosen by God to use Homeopathy to care for the sick, Fr. Muller started his mission. He began taking care of the sick and suffering. He not only personally washed wounds of leprosy patients, he went even further by tirelessly working to rehabilitate them into society. He opened his own doors to accommodate the victims of plague.

Fr. Muller did more than just treat the sick. He lived his life as an example to others. He inspired ordinary people. He made them believe.

Fr. Muller passed away in 1910 but he left behind him a group of people who believed in his vision. Even today, years after his passing, his vision of “Heal and Comfort” is still passed on from generation to generation.
The pages of this book are made of bunked OTs, missed birthday parties, skipped meals, pending record work, and dipping attendance.

Each page is the product of relentless research, obsessing over laying hands on the right font and multiple butterflies in the stomach.

Each page has a story to tell (which the Editor is forever ready to narrate, if you’re the cat that got curious).

Each page is colour and madness.

And amidst these pages, we hope you find yourself.

Keep Creating.

Happy reading and Carpe Librum!

The Editors Speak 8-9
Messages 11-13
Annual Report 14-16
The Tribe 17-27
Trippin’ 29-33
The Hive 34-35
Razzmataz 37-42
Tete A Tete 43-51
Humans of Muller’s 55-57
Survival Kits 59-65
Food’n Around 67-70
OOTD 71-76
Stress Wars 77-81

Circa 83-95
Adventures of Arrow 97-102
Reviews 103-107
Mayday 113-117
Sports ftw 121-123
#Shook 125-127
In a Parallel Universe 129-132
WordArt 133-166
Memes from the Inbox 167-169
Batch Photos 171-184
Pun Intern-ded 185-195
Editorial fam 197-201
Epilogue 204-205
The college magazine is the mirror image of any institution. It reflects academic and cultural activities of the institution, of the staff and the students.

It also gives an opportunity for all of us to pen our views. I congratulate the members of the editorial board and every individual who has contributed his or her unique part in bringing out this colorful magazine.

I am sure this magazine will continue to remain a source of inspiration for future generations of students as well as serve as a milestone in trips down the memory lane for all associated with its production.

Sanjana Mathew, MBBS Batch 2015

1. The ideas that sparked off the next 200+ pages owe its origin story to the times when I casually zoned out in class (Don’t try this kids)
2. Every section was inspired by the living breathing beings (flora, fauna and hooman) in and around the campus. Yes, you reading this right now, a piece of you is in this book. (Not in a literal horcrux way, chill)
3. I’ve been hell bent on making all the text and written content, easy-to-read on the eyes. Simple words in simple sentences speak the loudest! (Also, for my fellow beings, who have the tiniest of attention spans)
4. The theme of this legendary piece of board and paper you’re holding, revolves around paying homage to art. Art that was born eons ago, art that still remains a fetus in somebody’s head. Art that is revolution.
5. Creativity takes courage. We’ve experimented with various ideas that are waaaay out of the box. We never had a box in the first place. The anticipation of how people would receive it haunted me after finishing every section. (In an exciting goosebump-inducing, little-girl-on-birthday-morning kinda way though)
6. There are layers of meaning to every page. Sticking to the theme, art references are generously thrown like confetti. If you get it you get it. (And that experience is wholesome)
7. Every page is hashtag relatable. Or, we’ve tried to make it so. (My marble men nod in agreement)
8. Inclusion criteria of Create 2019: Everyone. (I’m not kidding) We’ve tried our best to include every Mullerian, (dating back from the 90’s), every pooch, every location. (Again, I’m not kidding)
9. This book can grant you three wishes. (hehe, yeah, yeah kidding)

The world always seems brighter when you’ve made something that wasn’t there before, and at this moment, right now, I see the world glowing, beaming, radiating.

Whatchya waiting for? Christmas?
Diggiggig immmmnnnnn

Sanjana Mathew, MBBS Batch 2015

create | /ˈkrē-ət,ˈkrē-,ət/; To make or bring into existence, something new. To produce, through imaginative skill.

Almost a year ago when I shouldered the making of Mullerpulse 2019, not once did I stop to quantify the monstrous amount of work it required. Multiple bunked classes, hours of conceptualizing, and two massive breakdowns later, here I am, a more learned, happy individual (happier than when I see my Zomato valet). Investing time in the magazine began to become equivalent to investing time in self growth. Aaand the baby is finally here! *sobs*

This is how you should go about it. Choose a landmark that means a lot to you. (Personal pick: Entrance of the Chapel where I ugly cry before every exam.) (Not the fondest of memories.) Keep the book on your lap. Admire the subtle hue of the color, trace the gold foiling as you gently open with two hinge motions on either side. Now that you’ve gotten this far, turn every page with love. Caress the paper, spend some good time on every page, yet keep them turning. Laugh, ponder and when you reach the very end, let out a sigh.

Nine cool things about this beautiful, hardbound book that you’re holding right now.

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Sanjana Mathew, MBBS Batch 2015
Greetings of joy and peace to all of you the members of Father Muller family.

There is a saying “Let each Mind Create and Every Hand Contribute”. The Mullerpulse 2019 is about to see its dawn again and so many hands have contributed and at the same time so many minds have started thinking, imagining and visualising to bring out this “Master Piece” of our Medical and Allied Health Science students – Mullerpulse 2019. The theme which runs through this magazine “Art and celebrating Artists” seems to be very apt and meaningful. Art has been an important part of human experience for time out of mind is captured in paintings, sculptures and music. In art and paintings, a lot of hidden beauty and human imagination gets blended. We have so many young creative souls who have put their heart and soul to bring their own special view to life. Among our students we see some of them artists, painters, dancers, writers, actors, musicians, photographers, digital artists and a few are fun lovers and fun creators.

Mullerpulse gives a platform for all our students to put their creative minds together and bring out a lot of hidden talents. Perhaps this helps our students to have a balanced mind giving importance to academics and utilise leisure time to bloom their talents. Even if you are studying the science of medicine, do not give up your passion for your hobbies. Continuing your hobbies and your passion for your talents makes you a balanced human.

The Editorial team and Ms. Sanjana Mathew, the Chief Editor has brought out this Muller Pulse 2019 containing a lot of art and paintings and photography, will certainly remain in the pages of history of Father Muller Medical College.

“You learn that whatever you are doing in life, obstacles don’t matter very much. Pain or circumstances can be there, but if you want to do a good job, you will find a way to do it”.

All of you have done a wonderful job, amazing work of art and photography. God bless you.

Rev. Fr Richard Aloysius Coelho
Director, Father Muller Medical College
Education is for life. It is geared towards transformation of life. It develops the body, mind and spirit. It enlightens the mind, illumines the heart and trains the hand to build a civilized world. So, then it is necessary to be educated, stay educated and act educated.

Well, we live in Mangalore city, a hub of educational activities. Hundreds of educational institutions in the city surpass one from the other in quality and class. In fact, every parent looks out for branded institutions here. They are ready to pay any price to avail the best of education to their wards. What do they expect from education? What do they envisage their sons and daughters to be after education? Their quest triggers in me a question - who is an educated person?

In my humble opinion, an educated person is a liberated person. He/she is compassionate and humane. Values like kindness, empathy, charity and philanthropy come naturally to the educated. He/she is identified by his/her attitude, actions and behaviours which are shaped by the family upbringing, formal education, interactions and participation in many other activities. The educated person is not an armchair or the coffee-table wisdom provider but someone who is equipped with workplace competencies. Workplace competencies are tested on teamwork, problem solving skills and communication style. This is what we mean by emotional quotient and spiritual quotient - the essential ingredients of education.

In our world today we need students who are willing to be educated beyond classroom. We need students who can cross the narrow walls to build bridges and march ahead with lofty ideals guarded by integrity. We need students who can vouch that character and virtue are the essence of true education and civilization. It blends well with what Dr. Radha Kumud Mukherji once said, “The mere intellectual development without the development of character, learning without piety, proficiency in the sacred lore with a deficiency in the practices it implies, will defeat the very end of studentship.”

I pray that our students who are gifted with matchless gifts and talents, may move forward courageously in building a society marked with immortal values. Let nothing hold them back from doing what is right and from uprooting the evil that annihilates the beauty of our society. Let Fr Muller institutions continue to create men and women of noble character, genius and generous, creative and inventive, capable of doing new and great things.

Dr. Jayaprakash Alva
Dean, Father Muller Medical College
The Father Muller Medical College, a unit of Father Muller Charitable Institutions, made a beginning as a Postgraduate centre in 1991 and later the undergraduate programme started in the year 1999. It has over 1671 students. Among these, 908 are in the Undergraduate Programs, 248 in the Postgraduate Medical Courses and 515 in the Para Medical Course.

IMPORTANT EVENTS
1. The Internal Quality Assurance Cell of FMMC had organized Orientation Programme about the process of NAAC Assessment as per the revised guidelines of 2017 on 9th April 2018. Dr. Abdul Rahaman, Higher Educational Consultant and Former Vice-Chancellor of Kannur University, Kerala was the Resource person.
2. SVEEP – Systematic Voters Education and Electoral Participation Committee of District Election Commission of India organized an awareness programme.
3. 4th International Yoga Day was celebrated at FMCI on 21.06.2018. About 600 students participated in the program. Hon’ble Minister for Urban Development and Housing Shri U.T . Khader inaugurated the International Yoga Day celebration.
4. Doctor’s Day was celebrated by the Clinical Society of FMMC on 3rd July 2018.
5. MBBS Course for the year 2018-19 was inaugurated in August 2018 and AHS course in September 2018.
7. Students’ council was inaugurated on 1st October 2018.
8. ARENA – Inter-batch Cultural fest was held from 12.10.2018 to 16.10.2018.
9. Mullerpulse annual magazine of the college was released on 30.11.2018 by Ms. Vidya Shenoy, President of Toastmasters Club, Mangalore.
10. PTA committee organized “Parent-Teacher meeting” on 20th December 2018. The meeting was attended by 84 parents of students from MBBS, BPT and Allied Health Science courses.
11. A live telecast of our Prime Minister’s discussion on ‘Pariksha Pe Churha’ was streamed in Father Muller Medical College, Mangalore, Karnataka on 29.01.2019; around 200 students along with 10 teaching staff attended the session.

STUDENTS IN NEWS
1. 8 PG Degree / Diploma Students have secured ranks in the Rajiv Gandhi University of Health Science examination conducted in May 2018.
2. During the year 2018, 5 MBBS, 15 BPT, 5 M.T, 4 RT, 4 M.Sc, MLT and 5 MHA students have secured ranks in Rajiv Gandhi University of Health Science examination.
3. As per the provisional list of gold medals announced by the University, Gold medal has been awarded to Dr. Swathi C. Prabhhu for securing highest marks in MD Pathology and Sr. Jolly VY, of MHA course for securing Highest marks in Allied Health Science courses.
4. The following under graduates and Post graduates participated in various quiz, paper and poster presentation competitions and won prizes and awards ...

AWARDS
The department of Dermatology, Venerology and Leprosy, Father Muller Medical College, has won IADVL, Karnataka Branch “Best Dermatology Department Award” for the year 2018.
The Tribe
(Started from the bottom, now we’re here.)

RESEARCH
• A new Research Centre has been established with a separate office and a lab. During the year 2018, 14 staff have been sanctioned grant of Rs. 36 lakhs and in the year 2019, 11 staff have been sanctioned grant of Rs. 17 lakhs from this centre.
• 57 MBBS Students have submitted their project proposals for STS ICMR Research Project Award 2018 out of which 10 students have been selected.

PUBLICATIONS
• Over 200 Scientific articles have been published by our staff in various Medical Journals during the year.

ACADEMIC PROGRAMS
• Over 90 Workshop / Conference/Seminar / CME / Guest Lectures were conducted in our college.

MEDICAL EDUCATION UNIT
Medical Education Unit of the college conducted 8 activities including workshop on Basic Medical Education Technologies for the staff and senior Residents, Workshops for PGs on thesis and Interns on NEET and Professionalism.

BIOETHICS UNIT
During the year, Bioethics Unit of the college held deliberation and discussion on the topic “Artificial Womb” on 16.02.2018. World bioethics day was celebrated on 19.10.2018.

NSS
During the year NSS students of the college organized Vanamahotsava - “Think Green and Live Green”, Awareness of hand hygiene and waste disposal for school students and Swatch Bharat Abhyyan- 2018.

SPORTS & GAMES
1. Men's & Women's Team of Table Tennis were the Winners in the RGUHS Mysore Zone Inter College Tournament.
2. Men's & Women's Team of Chess were the Winners of RGUHS Mysore Zone Chess Tournament. The Women team also won the RGUHS Inter Zone chess tournament.
3. Mr. Dishan Kudwali and Mr. Pranav Prakash were selected to represent RGUHS in All India Inter University Cross Country Championship 2018.
4. Mr. Dishan Kudwali, and Mr. Avine Pereira won medals in RGUHS Single Zone Inter Collegiate Weight Lifting and Power Lifting Tournament.
5. The following students were selected to represent RGUHS in South Zone Inter University Chess Tournament
   • Paul Vivek Praturi
   • Farahanaz Umarfaruq Dhalayat
   • Divya Madonna D’Souza
6. The following students were selected to represent RGUHS in South Zone Inter University Hockey Tournament
   • Mr. Jordan Ridhay Rasquinha, MBBS 2017 Batch
   • Mr. Reon Joseph Saldanha, MBBS 2017 Batch
   • Mr. Ashik Shetty, MBBS 2017 Batch
7. Mr. Abdulrazzaq Natikar, MBBS 2018 Batch was selected to represent RGUHS in South Zone Inter University Cricket Tournament.
8. Annual Athletic Meet: Annual Athletic Meet was held on 15th May 2018. Dr. Gerald Santhosh D’Souza Chairman and Deputy Director of Physical Education Mangalore University was the Chief guest.
9. Indoor Stadium: Institution now has the added advantage of full fledged air conditioned indoor stadium with facility for indoor Shuttle, Basket ball and Gym. Facilities are also available for activities like Zumba, Yoga etc. It was inaugurated on 13th March 2018 to commemorate 177th Birth anniversary of the Founder of Father Muller Charitable Institutions - Rev. Fr Augustus Muller by Hon’ble Minister for Sports and Youth Affairs, Government of Karnataka, Shri Pramod Madhwaraj, and Former Indian Track and Field Athlete, Smt P.T.Usha.
10. Muller Smash: Muller Smash 2K18 - an Inter State Volleyball Tournament was held at the Father Muller Indoor Stadium on 24th June 2018 which was inaugurated by Shri Vedavyas Kamath, Hon’ble MLA, Mangalore City South.
11. RGUHS Mysore zone Throw ball and Tennikoit Tournament was organized in our college.
DECEMBER
Wine and whine. But you won’t be thinking about Kreb or his cycles this month!

JUNE
Changed permanent address to the Reading Room.

JULY
Finals! Coffee, crying and general zombie feels.

AUGUST
Pack them bags. Head home. (Oh how I’ve missed you)

MARCH
Exam season begins! Feel the dread setting in? Loving the weather though. Also, Happy Holi!

APRIL
Movies, beaches and going-out-partying month! And we’re going home!

MAY
Table tennis: Singles Gold, Doubles Gold
Women’s Basketball: Silver

JUNE
Table tennis: Singles Gold, Doubles Gold
Women’s Basketball: Silver

JULY
Finals! Coffee, crying and general zombie feels.

AUGUST
Pack them bags. Head home. (Oh how I’ve missed you)
JANUARY
Take us anywhere but back to college and back to routine.

MARCH
The Mangalore heat wasn’t the only thing making us sweat.

Proud winners of inter batch badminton(W) and throwball (W) AND semifinalists in cricket (M) and football (M)

#HOLI2k19

Bura na mano, holi hai, bhaiii!

FEBRUARY
Adrenaline 2019 got our adrenaline pumping.
Sleepless nights and countless hours worth of hardwork finally paid off.

MAY
Protip from Track&Field champions ‘19- practice while running to catch seats for end postings.

JULY
Sessionals!!!

"You have ONLY six months."
"It’s not too late if you start now."
"Time to start studying."

AUGUST
From being the youngest in the college to the youngest in the hospital

OCTOBER
Fresher’s day
Passing the baton of being fresher’s over to the ’18 batch and resigned from the ‘newbie’ post.

Culturals
And then came music, dance, art and fun. You name it, we were in it.

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FEBRUARY
Adrenaline 2019 got our adrenaline pumping.
Sleepless nights and countless hours worth of hardwork finally paid off.
Jan
Third year aka chill year begins!!!
Too many expectations making 2019 feel like Sharmaji ka beta
Enthu be on level 101

Feb
It’s Adrenaline time!!!
One fest, many emotions.
It’s your fest, of course your classes are suspended and you’ll be getting free attendance. Said no one. Ever.

Mar
Still chilling machaaal!
All the adventure bugs exploring near and far tourist spots coz studies wut

Apr
Easter vacay during the vacay year is like no afternoon class during dental posting

May
Trying real hard to stay away from spoilers on Instagram coz it’s a finale festive season.
We’re in the endgame now and all men must die

Jun
This ain’t no rainy season fellas. Summer still rollin’ and everyone hatin’.
‘Tis the season for the sweat showers and humid classrooms.
Walk from hostel to college/hospital = 1% inspiration (for attendance) and 99% perspiration

Jul
Finally a hint of monsoon.
The rain spells be lasting just as long as Jon Snow’s and Cersei’s dialogues in season 8.
Halfway through third year... whoa... time does fly when you’re having a good time

Aug
Second year was a rollercoaster ride but the year is gonna end and the four massive subjects are giving you the dementors’ kiss and ripping the living daylights out of you

Sep
Exams are looming ahead and the procrastination pulling us down like quicksand.

Oct
But, hold on, it’s Culturals time!!!
Much needed breather from the book-demigorgons.
We put in our best efforts and hurray we are the runners up for the second time!!! Go Troezianz!!!

Nov
Too much tension in the atmosphere.
A grant here, a sigh there.
Giving each other the pep talks and continuing to move forward

Dec
Finally, the apocalypse!
Why wait for Halloween when a fortnight of insomnia gives you the ideal zombie look.
11/10 recommend.
Exams end on 20th so yippee. Christmas is happening!
<table>
<thead>
<tr>
<th>Month</th>
<th>Events</th>
</tr>
</thead>
</table>
| September | Student Council Elections  
3 beautiful and talented ladies "ahem" got picked in a battle of "Noooo, not me!" |
| October  | Hosted cultural fest  
Arena 2018 |
| November | Exam season  
RMNH1A, NRIIM  
CSOM, Steeple sign,  
Squint (Say whaaa ... ) |
| December | Exams:  
The Dark Ages  
Oh!... And  
Merry Christmas |
| January  | Beginning final year  
feeling like an Elderly primi. |
| February | Organised Adrenaline  
2019 (Woohoo)  
Flagged off  
Maiden adventure: Cerebrathon |
| March    | Back to business  
(“Ahem! Studies”)  
"March on. Do not larry. To go forward is to move towards perfection.  
Chief complaints: Exacerbation of Hopelessness, Worthlessness, Breathlessness. |
| April    | Ohoy bound! |
| May      | Game of thrones Season finale  
+ Binge watch previous seasons (“Cause we’re humans too”)  
"May the odds be ever in your favour” –Hunger Games |
| June     | Watch / Hope to watch labor  
Read motivational quotes  
Eat when feeling any emotion  
Take Netflix and Chill all too literally.  
( The most overused term by Non-Netflix users!)  
Keep attendance above 75% |
| July     | July 31st:  
Happy birthday Batch 2015.  
(and Harry Potter)  
(Oh, also Varsha Wilson 3) |
| August   | "Drumroll"  
KEEP CALM AND  
WAIT FOR THE RELEASE OF  
MULLERPULSE 2019!!! |
Lords of the cricket pitch, both on the field and in the stands! Occupier of reading rooms, exams or no exams! Organisers (and winners) of one of the grandest interbatch battles, (GENESIS)! Survivors of RGUHS Phase III Part II University exams! And now, we are: House Interns! Updaters of investigations! Takers of ABGs! Inserters of catheters! Pick uppers of phones in OT (“No sister, she is scrubbed in right now. Yes sister, 200mg BD she said”)!
Trippin’
(Take that booty to Ooty.)
Rare sighting of Xanthronians outside the Reading Room.

Destination 1, Doddabetta
- Chikka beta in Doddabetta
- But first, lemme drink a coffee
- Mountain tops and bubble pops
- Shop for gifts
- Or shoplift
- Adrenaline merch going places

Trek trek trek
- What you think we did on the bus.
- What we actually did on the bus
- Are we there yet?
- Are we there yet?
- Are we there yet?

Touchdown, in style
- Style? What style?

Destination 2, Ooty Lake
- When the bus gets a flat tire, we do our part to fix it
- I hear food. I need food. Stat
- FOOOOOD
- Stairways to heaven
- Highway to hell
- “I walk a lonely road”
- “Wake me up when September ends”

Destination 3, Botanical garden
- I am one in a minion
- They see me rowin’
- They hatin’
- Lithosphere over hydrosphere
- Like a lot lot
- Like seriously a lot

President in the Green House
- All the clothes I couldn’t wear in Mangalore
- Someone farted
- Fart? What fart?
- I like flowers
- Touchdown, in style
- Style? What style?
Leg day everyday

B. Tea.

Buses are the best places to get sunkissed

Ramesh Suresh

Song of ice

Monkey on the bars

Destination 4, tea factory

Aaand Fire

Bran and Hodor

K. Tea

Blossom

I wish I could be a tea farmer

Coffee is not my cup of tea

Pee break

Monkey on the tree

Destination 5, Synos Garden

Bubbles

Ramesh

Caffeine queen

Destination 6, Rose Garden

Flowers make pret-ty backdrops Pt. 1

Destination 7, Home

Model

Model

Model

Model

Is it too early for a throwback?

Nope #tbxantronsinooty

Buttercup

Nope
the Hive
Student Council 2018-19

NAME OF A BOY, LEADS LIKE A GIRL
-Roshan Mariam Manu
President (Queen bee)

NAME OF A BOY, LEADS LIKE A GIRL

STEPED INTO ARENA WITH A RUSH OF ADRENALINE
-Merriyam Pearl
Cultural Secretary

NAME OF A BOY, LEADS LIKE A GIRL

MUST BE A LITTLE BIT COOL, PLAY A LITTLE BIT SMART
-Asmin
Vice President

NAME OF A BOY, LEADS LIKE A GIRL

SCRAMBLE ON THE EDGE OF THAT LITTLE BOX
-Joel
Sports Secretary

NAME OF A BOY, LEADS LIKE A GIRL

IT ALWAYS SEEMS IMPOSSIBLE UNTIL IT’S DONE
-Eileen Roy
General Secretary

NAME OF A BOY, LEADS LIKE A GIRL

WHAT COULD THE VICE-PRINCIPAL OF A SCHOOL NOT KNOW LIFE IS A RUSH?
-Assad
Vice President

NAME OF A BOY, LEADS LIKE A GIRL

NIK? MS SHREEYA FROM A DIALYSIS FUND TO ANNOUNCE THAT IT'S TIME TO DIAL "SUCCESS"
-Shreya
Head, Student Development Committee

NAME OF A BOY, LEADS LIKE A GIRL

YOU WERE NEVER THE OVERLAPPING HIMP OF A HUMAN MADE TO BE A SCRAMBLE, GET YOUR MIND IN ORDER AND JUST "DO IT"
-Aneeshima
Head, Technical Committee

NAME OF A BOY, LEADS LIKE A GIRL

"ALL THE CHARM YOU NEED IS WITHIN YOU"

-Magnum Opus Quiz Club
-Tru-Cut Society
-Research Club
-Deluxe Club
-MUN with a Security Council for the first time.
-IGNITE, intrabatch sports day
-Saving the best for the last CREATE, Mullerpulse 2019
(Word flex, but okay.)

NAME OF A BOY, LEADS LIKE A GIRL

"ALL THE CHARM YOU NEED IS WITHIN YOU"

-Advaith
Head, Media Committee

NAME OF A BOY, LEADS LIKE A GIRL

"ALL THE CHARM YOU NEED IS WITHIN YOU"

-Jeswita
Joint Secretary

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"ALL THE CHARM YOU NEED IS WITHIN YOU"

-Lolita
Fine Arts Secretary

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"ALL THE CHARM YOU NEED IS WITHIN YOU"

-Rosni
President (Queen bee)

NAME OF A BOY, LEADS LIKE A GIRL

"ALL THE CHARM YOU NEED IS WITHIN YOU"

-Roshan Mariam Manu
President (Queen bee)

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"ALL THE CHARM YOU NEED IS WITHIN YOU"

-Roshan Mariam Manu
President (Queen bee)
Razzmataz
(Adrenaline stat.)
10 minutes before the exam

123 123 drink

Bond and his girls

The look you give your friend when they say two people can take the same case

Tadadada ta ta ta thug life

First person after viva

Come on Barbie lets go party

Got your back

Looking at the question paper like

When he buys you food

Literally head over heals

When you have 7 papers and 4 seminars and 50 percent attendance left, Jesus take the wheel

Mastering the art of sleeping with your eyes open while in PSM

When its your 10th umbrella and the previous 9 were stolen

When you return your library card without a fine

When you enter the campus at 8:30

When you have free food

When you hear free food

Demonstate lumbar lordosis

“Anna Usiraad!”

Oh no! A free kick

Page 38 | Mullerpulse 2019 | Mullerpulse 2019 | Page 39
The last day of unis
Your friends when you finish your seminar earlier than expected.
Sporting brotherhood
When a squad member gets foreign chocolates
Just smile and wave boys
Come on larynx do your thing
This is how we act during viva
Effortlessly cool
When you don’t pay the fees on time
When we meet each other after 2 weeks of vacation
Walking into class 5 minutes early
That’s how high the medical fees are.
ADRENALINE
Game face on
Who broke the test tube?
Fineapple express
*wink wink*
Tete A Tete
(On air with our favourite teachers.)
We know Deepa ma’am as the calm and composed doc-eyed OBG professor with the prettiest smile and Aravind Sir as the trim and fit plastic surgeon and one of the best Drs. eased in college, without a doubt.

And Let There Be Light

On a Tuesday evening we were found chilling with Dr. Deepa Kanagal and Dr. Aravind L. Rao at a quaint Cafe Coffee Day. The only thing cooler than them, was the cold coffee that they were sipping on.

Dr. Deepa: We’ve known each other since high school. We were neighbors in Mysore and had common friends. So yes, a very long time.
Dr. Aravind: It’s true. Your daughter is going to read this, you know that right?
Dr. Deepa: We have been friends since childhood and even now, we are friends first and next, husband and wife.

**MYTH BUSTERS**

It’s hard to deal with the staff in OBG dept.

Dr. Deepa: I don’t have any experience with others. But of course not her.
Dr. Aravind: True.

Working and keeping your family together is hard.

Dr. Deepa: Definitely true.
Dr. Aravind: No, I give equal importance to my family too. It’s properly divided.

MBBS was difficult.

Dr. Aravind: Yes it was.
Dr. Deepa: No it was okay.

UG or PG?

Dr. Aravind: PG
Dr. Deepa: PG

Any inspirational figures?

Dr. Deepa: Saditha Murthy.
Dr. Aravind: Deep pondering

Nobody.

Dr. Deepa: He is his own hero.
He is so unique. (Sir looking at ma’am with a question mark).

Dr. Aravind: good or bad way?
Dr. Deepa: take it as you want.

**Q: Let’s begin with the basics, did the two of you always want to become doctors?**

A: Yes, right from my childhood.
A: Not so keen actually. My brother became an engineer and I became a doctor.

**Q: What’s your biggest pet peeve about the other?**

A: He wakes up at 4 in the morning. It’s a morning person and I’m a night person. So that’s pretty annoying.
A: (Takes more than a minute and thinks: read hard)? No. I find anything annoying about her.
A: (laughs) It’s just that he doesn’t remember. I know what annoys him. He doesn’t like me shouting. He’s a very, very calm person.

**Q: How many years has it been since you tied the knot?**

A: (Both think for some time. They say 15, 16 and 17. Finally agree to 15.)

**Q: When, where and how did you meet? Tell us the story?**

A: We’ve known each other since high school. We were neighbors in Mysore and had common friends. So yes, a very long time.
A: It’s true. Your daughter is going to read this, you know that right?
A: We have been friends since childhood and even now, we are friends first and next, husband and wife.

**Q: So what do you fight about?**

A: It has only been about our daughter.
A: Both our parenting ideologies are different. I was brought up in a very strict atmosphere. And he, in one where kids are let to do whatever they want. But now he has changed a little and so have I. I believe in being a little strict but he believes in leaving her free and being a good
Q: What led you to pursue a super speciality sir?  
Dr. Aravind: Yeah of course she pushed me. When I finished my general surgery in MMC, it was very adventurous. We used to do all kinds of surgeries. When I finished and came to Kolar near Bangalore it was not so great. Like, here in FMMC, you can do all kinds of surgeries. They had limited exposure and cases. That’s when I decided that I should do a super speciality.

Q: What’s your greatest fear?  
Dr. Deepa: Failing in my surgeries. I don’t fear anything else.

Q: Dr. Aravind: (thinking hard) No such thing as fear  
Dr. Deepa: You don’t have any fears? You are fearless? (Sarcastically)  
Dr. Aravind: Kidding, losing family and relationships  
Dr. Deepa: I was hoping you’d say that.

Q: One strange OBG case that drove you nuts  
Dr. Deepa: There are plenty, a particular one from KSHEMA where I had done a section for a lady with previous LSCS. Section was uneventful. I came back the next day, patient was drowsy, disoriented and amnestic. I was worried and did not know the cause. People asked me: if I had done a bilateral ureteric ligature. Fortunately this complication has never happened to me. This case drove me nuts. After investigations it was diagnosed to be a case of leptospirosis with renal failure! She was on dialysis for a month, recovered and finally went home.

Dr. Aravind: There was one burns patient. He was doing well. He was shifted out of burns ICU and he was posted for surgery on one day and it was cancelled because of some reason. The same day I met him in the evening. He was a bit drowsy and sleepy. He had only trivial injuries and most of it had already healed. The only thing that didn’t come to us was that he was having low grade sepsisemia. But he had multiple problems; always complaining and so we didn’t go into the depth of it. That time we shifted him to ICU. He had trivial burns and was posted for a minor surgery. Even the medical consultant told us that he would be alright. He was in the ICU for and the next day he collapsed. When I reached the ICU there were more than 100 attenders or family members and they started abusing me. It was something very rare; cases of septicemia that would flare up immediately. A mob of 100 in front of Muller’s. They were asking me what had happened. The rare possibility was that he had low grade sepsisemia. It was over chaos until Dr. Uday Kumar came to my aid.

Q: Any hidden talents?  
Dr. Deepa: Both of us are fitness freaks, in terms of workout and diet. He was in body building back then. In fact, sir was Mr. JSS and all that. He had quite a number of fans, I must say. He was a drama artist back then.

Q: Dr. Aravind: She had fans too, Plenty.

Q: Go to movie after a long day of work?  
Dr. Deepa: 3 Idiots

Dr. Aravind: Munna Bhai MBBS

Q: Favorite UK text book?  
Dr. Aravind: Surgery, Bailey and Love

Dr. Deepa: I was in love with Davidson.

Q: Pets?  
Dr. Aravind: we’ve got a pet bird.

Dr. Deepa: It’s an alternative to a dog. Since we stay in an apartment we cannot keep a dog. So it was our daughter’s choice to get a Cockatiel

Q: How do you keep your smile on always ma’am?  
Dr. Deepa: [gives her prettiest smile in return]

Q: What do you see yourself doing after retirement?  
Dr. Aravind: Travelling, spending time with family and friends, doing some social work.

Dr. Deepa: I don’t plan to retire.

Q: Dumbest thing that you have done?  
Dr. Deepa: So many dumb things we’ve done, the biggest one being this (pointing at sir)

Dr. Aravind: We learn by making mistakes.

Q: Silly accomplishments that you are secretly proud of?  
Dr. Deepa: Nothing. Tell becoming Mr. JSS

Dr. Aravind: There was nothing silly about it. How can you call it silly?

Q: One dream that is left unaccomplished?  
Dr. Deepa: I would love to have my own laparoscopy centre. I dream laparoscopy. I sleep laparoscopy.

Dr. Aravind: I’d like to have my own hospital. I don’t want to work under others.

Q: Did you guys belong to the elite cream of the batch? Toppers, I’m guessing?  
Dr. Aravind: She was.

Dr. Deepa: Nothing like that. I had a rank in the state for SSLC and University ninth rank.

Dr. Aravind: I was average.

Q: You have plenty of fans among your students also, please let us in on the secret behind your evergreen beauty, ma’am?

Dr. Deepa: Me?? Thanks for calling me beautiful. I always felt that I’m not so good looking. That was a reason why I never wanted to marry him. I think I’m average in terms of looks.

Q: Sir, can you please tell her what we see?  
Dr. Aravind: I tell her hundreds and thousands of times

Q: Do you want Saakshi (daughter) to pursue MBBS? Tests in perfect synchrony. NOOOO.

Dr. Deepa: But she’s bent upon being a doctor. Whatever we do to discourage her, is pointless. She says she’s happy being busy. So we decided to let her chase her dreams.

Q: If given a chance, what would you change about sir?  
Dr. Deepa: Basically I’m a workaholic. So I want to be busy, run around and do a lot of work. He’s a little laid back. So I want him to gear up. In terms of profession, I’m more ambitious than him. His priorities are different. I give everything to my profession. He gives a part of him to it. That’s the only thing that I want to change in him.

Q: What do you want to change about ma’am?  
Dr. Aravind: Try to be a little less of a workaholic (laughs)

Q: The worst insult you’ve got from a woman in labour?  
Dr. Deepa: A lady kicked me during my PG. The pain was terrible, but more than that, I was humiliated.

said I’m not going to deliver her. I didn’t touch her again. You know everyone will have some ego. I got one of my fellow PG friends to do the delivery. I think that was the worst.

Q: Sir’s field is more peaceful?  
Dr. Deepa: Yeah, that’s exactly why he chose the field.

Q: Favorite dish you’d like to cook and serve?  
Dr. Deepa: I would love to eat but not cook and serve.

Dr. Aravind: Toast

Well here’s a toast to you guys! It was great getting to know you and your adorable family, also thank you for feeding our starving selves.
Heal the World, Make It a Better Place

Behind those keen, intelligent eyes and the general persona of a hardcore physician lies a man of humility and an avid horticulturist. Here are a few snippets throwing light on some of the lesser known aspects of Dr. K. S. Bhat.

Was becoming a doctor, always on your priority list?
No, not really. My parents told me to take it up and I just followed. Actually, one of my teachers told me to take PCM. So yeah, engineering probably would have been the second choice.

Any fond memories of your MBBS days?
We used to sit in last bench and make a lot of noise (laughs) and since ours was a big batch of 200, unlike Father Muller’s, nobody would know who the culprit was.

If not General Medicine, any other PG course you’d have taken?
Yeah, I actually got selected for ENT. But I had an ICMR fellowship, which required a non-surgical branch.

What’s the most challenging case you’ve encountered?
Plenty. It’s difficult to pinpoint like that. In those times, there were very few doctors. I worked in Kerala and dealt with lot of challenging cases there.

Do you see transition in doctors then and doctors now?
Definitely, lot of changes. Both positive and negative. On one side, it has become more commercial, with unwanted medicines and investigations, and with the rise of Google doctors, things become more chaotic. Earlier it was difficult to diagnose, but now it’s difficult to manage and convince the patient and relatives.

When did gardening become more than just a hobby?
I come from a family of agriculturists hence gardening is not new to me. Four years ago, I had been to a horticulture show and terrace gardening caught my attention and that was the beginning of it all, and I have more time now to devote to this passion of mine. And for the past 4 to 5 years it has been a priority.

Do you sell any of the produce?
I don’t presently. Will probably consider it after retirement (probably fulltime). Now it’s a hobby.

Can you walk us through your gardening routine which has stirred some curiosity due its unconventional methods?
I see where you are going with that (laughs). Instead of soil I use “Coco peat” made from coconut husks. Due to this “soil-less” cultivation the plants mature early, use less space and most importantly weeds are a thing of the past. I grow a variety of vegetables like beans, okra, pudhina, methi, brinjal, all kinds of gourds and medicinal plants. A little tender loving care goes a long way when it comes to gardening. There is also a sense of satisfaction and well-being when you reap what you sow. (Quite literally!)

Who’s your greatest inspiration?
A cardiothoracic surgeon, Dr. S.G.S. Prabhu and a cardiologist, Dr. Keshav Bhat.

What do you fear the most?
I don’t think there’s anything like that. I’m a law abiding citizen. So no fears.

So that’s a check on your love for Flora, what about fauna? Do you have any pets at home?
Yes, I have a pet dog, a crossbred; Browny. Bee keeping is my other favorite pasttime. It is a little tiresome in a city but I manage on a small scale. I love everything about honey bees and have collected honey as well. I don’t use any gloves or protective equipment, bees are innocent and calm creatures as long as you don’t hurt.

Future plans, if any?
I believe that charity and education begins at home. I want to nurture the love for plants and gardening in my grandchildren and inspire the future generations of Mangaluru to preserve the greenery around. After all, our future lies in them.

Browny, K. S. Bhat's pet dog.
All We Hear is,
**RADIO GA GA, RADIO GOO GOO!**

Definitely not a lark.
Ultimate superpower: To banish mornings.

Biggest pet peeve
Morning traffic and incessant honking.

Another day of “supposedly relaxed”
Radiology? (Sarcasm’s through the roof).

Cooking mantra: Tries to make something edible.

“When you’re thrown into the ocean, you learn to swim right??”
Follow the recipe to the tee! I ain’t no MasterChef.
4 peppercorns = 4 peppercorns. Period.

A day in the life of
**Dr. Berton Craig Monteiro**

A KMC Mangalore product with no doctors in his immediate family. Chose MBBS in a temporary flight of insanity.

Unwinds by playing basketball, badminton, quizzing, tuning to “Red Hot Chilli Peppers (his favorite band). “Would sing along, but I’m tone deaf”.

**Travel destinations:** South Africa, Eastern Europe. Hell, if nothing works there’s always Chikmagalur.

An ardent believer of “Netflix and Chill”: Binges on GoT, Stranger Things, and currently into Black Mirror.

**Couple goals:** Wife bringing breakfast in bed.

**Secret to a happy marriage:** Keep things fresh and compromise.

And….that’s a wrap!

Objects in the mirror are more enthru-about-work-than they appear.

You don’t know my kind, dark necessities are part of my design.

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to avoid the boredom of a sixteen hour journey with a fat Louis L’Amour novel. While I was rummaging through my bag to find it, I glanced across to see my friends deeply engrossed in a conversation about the immune cell antigens discovered by monoclonal antibodies in immature B cell leukaemia referring to multiple MCQ books and notes as they quizzed each other about the same. “Revision for the quiz…” they explained as I gulped down my anxiety, closed my bag and joined them. The second revelation was to come the following day, when the results of the quiz were announced. 15 out of 18 participants were chosen and as each name was called, each chair next to mine was vacated, it slowly sunk in that I was not selected. Sitting in the only occupied chair in that crowded row, I couldn’t help feeling disparited and disillusioned, but my gloom was replaced with awe as I witnessed my friends hitting the buzzer less than a second after the question was displayed and getting it right each time. Sur struck by their performance I sheepishly asked them which book they read in college for that subject. “Robbins. Cover to cover!” they exclaimed as if it was the most obvious thing in the world. And as for how they answered the buzzer questions so quickly, “Practice. We know what to expect,” was their response.

My mind stretched by these new ideas and experiences, I returned back to college, reconsidering what I thought was possible and impossible. There were 4 months left for the university exams and against all advice, with new-found inspiration and an equal amount of anxiety and uncertainty, I opened the first page of Robbins and never looked back since.

2 years, numerous quizzing defeats and some victories later, here’s what I’ve learnt.

1. Getting started

There’s no beginner’s guide. There’s no special training course. All you’ve to do is to find out about the quizzes being held, find an equally enthusiastic partner and have the courage to register your name and get to the venue. Your experience during the quiz shall guide you more than my words ever can.

2. Preparation

It all depends on how much time you have before the quiz. If it’s tomorrow, you better split topics with your partner and read from an MCQ/book/notes focusing on the most important topics. If you have a week, then a textbook can also be read. If you have a month, the standard/recommended book on the subject can be read in addition to MCQs. Yet again, this isn’t a sure shot way to prepare as each quiz is different and the right way to prepare can be known only by attending as many quizzes as you can.

3. It’s not about winning

A lot of hesitation stems from the fear of failure and humiliation. “I don’t know anything” and “I’m not prepared” are constant excuses you hear from friends trying to figure out ways to effectively navigate through the arduous journey of second year MBBS, a group of friends from a neighbouring college asked me to accompany them to a Pathology quiz in Chennai. Never one to miss an opportunity to break my monotonous routine, I gladly agreed. Little did I know it was going to be a turning point, an eye opener which would go on to induce a radical change in my life.

The first shock came on the train to Chennai. I had come prepared by reading up on the latest developments in the field of Pathology. As I was busy in my thoughts, a neighbour asked me what books I was referring to. Much to my surprise, it was Robbins! The second revelation was to come during the quiz, when I found a young man from a neighbouring college asking me to accompany them to a Pathology quiz in Chennai. Never one to miss an opportunity to revise, I gladly agreed.

As I gulped down my anxiety, closed my bag and joined them, it slowly sunk in that I was not selected. Sitting in the only occupied chair in that crowded row, I couldn’t help feeling disparited and disillusioned, but my gloom was replaced with awe as I witnessed my friends hitting the buzzer less than a second after the question was displayed and getting it right each time. Surprised by their performance I sheepishly asked them which book they read in college for that subject. “Robbins. Cover to cover!” they exclaimed as if it was the most obvious thing in the world. And as for how they answered the buzzer questions so quickly, “Practice. We know what to expect,” was their response.

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A lot of hesitation stems from the fear of failure and humiliation. “I don’t know anything” and “I’m not prepared” are constant excuses one hears. But it should be realised that there are only 2 outcomes in a quiz—either you win, or you learn. It can also be said that not winning does wonders to your aptitude—it is an immediate feedback that you need to improve in that subject. It pushes you to learn more and leave no stone unturned while winning can potentially give you a false sense of mastery over a particular subject.

4. The university exams conundrum

Much has been debated about the impact of quizzing on performance in exams. While some feel that results may take a hit and each chair next to mine was vacated, it slowly sunk in that I was not selected. Sitting in the only occupied chair in that crowded row, I couldn’t help feeling disparited and disillusioned, but my gloom was replaced with awe as I witnessed my friends hitting the buzzer less than a second after the question was displayed and getting it right each time. Surprised by their performance I sheepishly asked them which book they read in college for that subject. “Robbins. Cover to cover!” they exclaimed as if it was the most obvious thing in the world. And as for how they answered the buzzer questions so quickly, “Practice. We know what to expect,” was their response.

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4. The university exams conundrum

Much has been debated about the impact of quizzing on performance in exams. While some feel that results may take a hit due to the excessive focus on one-word answers and eccentric facts
MULLER MUN 2019 saw a major stride. A classic example of the ripple effect. A thought of taking it up a notch led to:

The introduction of committees like Security Council along with General Assembly and Press over 2 days of the conference.

Our 1st ever MULLER MUN Blog Page was a success with over 60 delegates from across 11 colleges.

Expanded our Executive Board by appointing Dr. Chirantan Suhrid and Lawyer Mr. Anirudh Murali from Bangalore along with exemplary in-house vice chairs and moderators.

Obligation and love for dressing up soon changed into passion for international relations, diplomacy and crisis management!

Motion to entertain saw some amazing dance moves, melodious singing, feisty ramp walks, sassy verbal confrontations and of course best dressed delegates.

Humans of Muller’s
(Everyday superheroes need no cape.)
Krishnappa K
Started acting at the age of thirteen. Acted in over 2,500 dramas since then (as the female lead in all of them!)

Shane D. Pereira
Can speak more than nine languages! Teaches French, German, Spanish and Arabic to people worldwide over Skype. Ardent Anime fan.

David Sequira
Proudly claims that he’s pressed the fire alarm purely out of curiosity (the consequences aren’t the fondest of his memories though). Found the love of his life in Muller’s in the late ’90s and played romantic songs to her on the radio as she walked to the present day chapel.

Govind
Has over 100 published articles on politics and other issues of public interest.

Suresh
Coffee isn’t the only thing he brews. He is full of stories about the pranks of his youth and his love for (wait for it) dancing!

Eliza Monteiro
Recollects her student days at Muller’s, especially those involving chair-pulling pranks and movie screenings in the Silver Jubilee hall.

Tomy
District level javelin thrower. Drove into sports and NCC cadet activities during high school.

Ida
Born in Father Muller’s, continues to remain the heart and soul of the college. An army kid who worked and studied alongside. Definition of a superwoman.
Cerebrathon, conducted on 21/2/19 was the first student organised national level medical quiz held at FMMC, with over 110 teams taking part.

I really enjoyed the quiz. Hats off to the quizmaster for the awesome questions and also to the organizing team for their efficient coordination.

-Jayaram Saibaba, Intern, IGMCRI, Pondicherry

Cerebrathon '19 was one of the most inspiring quizzes of the year. Being a part of the event was itself a great thing.

-Swaraj Sahu
Final year
Madras Medical College

Very intuitive and intriguing questions (connects and rapid fire). Excellent campus and hosts.

-Alkay Ganesh, AIIMS, Delhi.

Worth taking part. Loved the questions!

-Rahul, Final year
St John's Medical College

The first medical quiz in South India, which kindled a liking in me for TRIVIA and proved that multifaceted approach to parasitical topics is more interesting.

-Nemi Chandra, Final year
Mysore Medical College

The idea of having buzzer questions in every round was amazing.

-John Emmanuel, JIPMER, Pondicherry

Special mention to the quizmaster, Mr. Sandeep Ran Kordal who managed to keep both the participants and the audience completely captivated throughout the quiz.

-Ruithaa Ravannar, Final Year, Bangalore Medical College

It was fair to everyone and punctuality was maintained, rarely heard of in quizzes these days.

-Sudeep GC, Final year, KMC, Manipal

It was a wonderful and creative attempt to integrate new advances, clinicals and basic sciences. A knowledge filled event, perfectly organised by Sandeep and team.

-Bhavesh Rathod, Intern, Bangalore Medical College

Truly one of its kind. Commentable feat by the organizers for doing every single thing right to the t.

-Haresh Ballal, Third year, KMC, Mangalore.

Survival kits
(Hacks you didn’t know you needed.)
SURVIVAL KIT FOR AN INTERN

1. PEN x 6
   (BLUE and BLACK)

2. Shoes, who says size doesn't matter, the bigger the better

3. Sling bag, big enough to carry all essentials, but small enough to not be noticed

4. Food apps, Knight Bite, to come to your rescue when you remember you haven't eaten at 3 a.m.

5. Small water bottle
   (hydration= UTI prophylaxis)

6. Power bank and space on your phone, for the 100 pictures of investigations

7. Thick skin, to bounce off/deflect every insult hurled your way

8. Tiny notebook

9. Micropore, gloves and 11 blade in your pocket to 'give fast' on rounds

10. Malayalam, 'cause this one is self-explanatory, or is it?

11. Perfume to mask the stink of duty days

FOR AN INTERN

"Ehh... Intern"

SURVIVAL KIT FOR A CLASS REP

1. Thorough knowledge and instant access to Wikihow, to fix projector, laptops, fans, A.C, wiring, broken chair, broken tile.

2. Rapport with the receptionist of every department. She is the golden key and the magic doorway. If she likes you, you're halfway there.

3. 9 is your new 911

4. The ‘Hello’ at the other end of 9 begins to sound like home. (In the extremely rare event of the call getting answered).

5. Spring motion, for every “You people don’t have a class rep or what?”

6. Stone cold heart to evade the merciless yelling of staff for calling them for class and of your fellow batchmates, again, for calling them for class.

7. Carry white board markers in your pouch. (To evade point 5 when there’s no ink in the department provided marker)

8. Strength and stamina to run up and down the 6 floors of Asha Kiran. (See it as booty workout)

9. Also Req’d: Contact list with mobile numbers of PGSs, phone gallery with posting schedules and timings and most importantly, sheepish grin when you get busted for no fault of yours whatsoever.

ALWAYS READY

Ft. Shweta

Ft. Michael
Things they Forgot to teach us.

Real world remedy for survival: This magazine. (And your preferred drink.)

First off, for anyone that’s whizzing past each day with only one mantra, ‘Life’s a race’, sorry to break your bubble, you’re the only one racing. And with all the dust you’re kicking up, it’s not just your feet that are in the air, it’s your vision as well. You’re carrying an extra load never helps. Along the way, you’ve taken it on yourselves to keep adding to the pile we carry on what could have been or what was. Thus, making it harder for ourselves to chase more efficiently toward what is to be.

Dropping off stones labelled regret and guilt and unworthiness and past experiences out your satchel, definitely makes you lighter and before anything, you’d have stopped chasing. It’s a matter of wanting to drop a piece of what made you versus wanting to gain a piece of what can make you better. It’s always onward and upward and achieving a balance is almost always a never, and quite honestly, so last century.

They don’t teach you how to fail the right way. Failing is almost always associated with lack of knowledge, less harshly put. But, we’ve also always been taught that failure is only a stepping stone to success. Is it really, if the first stone you step on, you’re told to get off? Now the question is, if you’ve to get to success, do you step on your stone or just stand wherever you are? Failing doesn’t have to mean there’s no way out. It isn’t the jump in the water. Being proud of each of our failures has to be normalised just as being proud of success is. Like always, the journeys are what makes reaching the destination that much more worth it.

They don’t teach you to love yourself and go easy on yourself. You’re either not ‘that’ or you’re a little too ‘that’. You’re never perfect. Humans have a misconception of what perfect is. A misconception so grave that it really does NOT exist. Whatever you are, however it is that you are, only you know how it feels to be you. Those are shoes that no one can fit into more perfectly than you can. So giving yourself some credit for roughing it on days you can barely stand, pushing an extra mile when you really can’t, is all achievements, however little it may seem to others.

And learning to love the process, is a part of learning to love yourself.

It’s simple things that teach the mind how to survive. Like a stream meandering slowly but determinedly, whilst picking lessons along the way. These aren’t taught at school but sown in us as opportunities for new experiences present themselves. Learning and picking the good is a choice. Ignorance to these lessons, carefully tucked inconspicuously in daily life, that’s printed in no books or written across no blackboards, only makes it that much harder to live.

1. They don’t teach you to chase, but not to let go. Since the time I can remember, I’ve been told to chase. Whatever it is, just run behind it. Keep on running. Chase it like the mad dog in you just got kicked awake. What no one taught us was, to run after something that’s always a million steps ahead of us, carrying around an extra load never helps. Along the way, we’ve taken it on ourselves to keep adding to the pile we carry on what could have been or what was. Thus, making it harder for ourselves to chase more efficiently toward what is to be.

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2. They don’t teach you that you’ve been gifted a life to live, not a life to sacrifice. Put yourself first, child! Pick yourself up, knock everything else out of your way, and put yourself right in front of the never ending line of what’s right. What’s really right is putting yourself up front. It’s okay to be selfish every now and then. You didn’t put in time and effort honing yourself to be an ox stuck in someone else’s yoke.

Now, for over enthusiasts around the globe, sharing and sacrificing are often interchangeable. It is not! Putting away your needs all the time to help push others, is quite a Herculean task and very applauded too. But sorting yourself out while being sensitive to cries of help and lifting others up, is far more of an achievement.

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A Millenial's Guide

AROUND MULLER'S

To click 📸 Insta-worthy pictures.

MATERIALS REQUIRED

One of those rare days when the stars align and you happen to have a good hair plus good face day.

A compliant friend with an iPhone/OnePlus. In the event of non-compliance, promise the subject a Nutella waffle from Waffee House (or Nisarga, if too broke).

MATERIALS REQUIRED

This magazine. Actually, a list of the most famous (and overused) locations around college, which will be giving here. So yes, this magazine. Take it with you.

The wall with the tiny purple and white flowers.

Preferably wear solid colors

Go before the gardener annas give the plant its yearly trim. And remember, lunch hour is not a good time to go. For proof see fig 1.4.

You will undoubtedly get stares (often, judgmental ones) from all the apron-ed folk treading their way from the hospital to the reading room, maybe after saving a life or two. But, don’t shy away, we’ve all clicked a picture here at some point.

The iconic green wall

Pretty leaves intertwined with specks of a deep purple fruit that looks like Jamun, someone taste and let the Ed-board know if it is the same. (The editor or the committee, however, will not be held accountable in the event of any student or staff going into anaphylaxis on doing the same).

Stage your time accordingly so that they might turn the sprinkler on. Fool your Insta-fam into thinking you’re vacationing in Scotland.

Group photos look great here, get your squad here in the event of group slayage.

EVERY MULLERIAN NEEDS A PICTURE HERE. THIS WALL HAS SEEN LEGENDS BEING BORN AND FRIENDSHIPS BEING BLOSSOMED.

The waste disposal area with colored walls

For studio worthy photos right out of Vogue, this is the place to be. The Arena '16 teaser is enough proof.

-----------------------------
Food'n Around

(Your food is being prepared.)
When broke, but hungry

- Fish Thali, Giri Manja’s
- Duerali Special Rice, BT Dueralii
- Mysore Masala Dosa, Dosa Camp
- Parota, Cochin Village
- Appam and Chicken Stew, Cochin Bakery
- Cheese Naan, Pereira’s Hotel
- Chicken Hut
- Manohar Villas

Must Tries

- Squid ghee roast, Machhi
- Fat Freddy, Mangla
- Panner ghee roast, Shetty Lunch Home
- In house ice tea, Tratorria
- Chicken ghee roast, Maharaja
- Special biryani, Andhra House
- English Breakfast, The Good Galette
- Kadipata chicken, Spindrift

EXOTICA

TOKI MEKI SUSHI
MANDI BIRYANI, SAVOURY
(IF YOU AND YOUR FRIENDS ARE READY FOR THE CHALLENGE)

MISU MISU
APPAM FUSION FESTIVAL
WAFFLE FESTIVAL ‘DIESEL CAFE’
SHIN MIN RICE ‘HAO MING’
CHILI CHEESE FLAMING RUM PIZZA ‘ONYX’
Topper with the base kesari ice cream! K-sir indeed!

Jelicious enough to make you gobble gobble or should I say wobble

Special strawberry ice cream. Rich with dry fruits this ice cream will st-robber your taste buds

Vanilla: Finally the ice cream which you always vani-love

Fruits: Something so that you can say *Ma, I eat healthy, I even eat fruits!

Know Your GADBAD

We concluded that here at Muller’s, we live well, do well, and dress really well.
HUSTLER IN ACTION

If looks could kill - What if an opportunity to be a model springs up from somewhere, you have to be ready right? Hell yeah! (MBBS is priority though.)

Bata shoes

Say no to tanned feet

READING ROOM AND NO CHILL

Post-educational GYMing session

Badges (The Souled Store) (Not Sponsored)

CROCS, the fake ones.

Fear of God, directly proportional to your term in MBBS.

Jeans, a man’s best friend.

Van Heusen

Ray-Ban

Park Avenue

Alberto Torresi

Varsha, Dr. Padmaja, Nibraz, Tintu

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Crois, the fake ones.

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Crois, the fake ones.
Tame the mane (or not), but you sure can break the monotony with some colour and drama. Maintenance and time required, but worth it. (Also required: Awkward smile to be applied across the face when the professors pick on you. Which is going to be often.)

**CASUAL AND CHIC.**

Comfy rules over everything. Mangalore heat does not worry them for they, have mastered the art of elegance and comfort.

**Subtle Ombré.**

Tips and tricks: Extreme skill and care so you don’t wash the colour off.

**Asymmetric bob.**

(Tricks and tips: TRESemmé hair conditioner)

**Bold and Burgundy**

Tips and tricks: Pocket comb and lots of hair wax.

**LOCKS OF LOVE**

Tame the mane (or not), but you sure can break the monotony with some colour and drama. Maintenance and time required, but worth it. (Also required: Awkward smile to be applied across the face when the professors pick on you. Which is going to be often.)
Cigarette Pants
Silver Jewellery from the Streets of Bangalore.
The world is your RUNWAY.
Getting up an hour early just to get that eye liner on fleek. Slaying is their anthem. Everything’s on point, not a single crumple on that dress. Nope, not one.

Borrowed from Harry Potter

Snoopy Dog - Way to a child’s heart

K-not out of style.
Ties are classy, they’re sleek. Oscar Wilde wasn’t lying when he said that a well tied tie is the first serious step in life. (Good cologne is a close second)

Litman. Obviously
Rule’s the same for all.

Handy Dandy Notebook

Hero / Unicomfort (*Not sponsored)

Prevention is better than cure

Rubber Chappals or No entry

Ready for Combat. Always equipped. Always in beast mode. These guys hustle on the go and can conquer the world at any given point of the day.

*Snoopy Dog title track*
A LONG TIME AGO,
IN A GALAXY
FAR FAR AWAY,

A STUDENT CAME WITH A NEW HOPE.
HOWEVER, HE SOON REALISED THAT
THE SYLLABUS TURNED OUT TO BE A
PHANTOM MENACE THAT HE WASN’T
READY FOR. THE ATTACKS OF THE
CLONES DURING CLINICS AND THE
REVENGE OF THE SITH DURING VIVAS
PREPARED HIM FOR THE DECEMBER
DEATH STAR (UNIVERSITIES) OR SO HE
THOUGHT. THE EMPIRE STRUCK BACK,
BUT OUR HERO ROSE OUT VICTORIOUS
AS THE LAST JEDI.

FIND OUT HOW,
YOU MUST!
MEDITATION

IS
Awareness of one’s thoughts
An effort to stay unaffected by the chaos of thoughts
A simple practice that can show results within weeks.
For everyone

IS NOT
Fighting/controlling thoughts
An effort to tame the mind
A difficult discipline that requires years of practice.
Only for religious/spiritual seekers

"GOOD FOR YOU, MEDITATION IS"

PROVEN BENEFITS OF MEDITATION
1. Reduces stress and anxiety in general.
2. Decreases ruminative thinking and dysfunctional beliefs.
3. Enhances learning and memory.
4. Improves information processing and decision making.
5. Lower BP and enhance immunity.

BELIEVE IT OR NOT!

1. Long term meditators have larger hippocampal volumes.
2. Long term meditators report a decreased need for sleep.
3. A Study in 2004 recorded the largest human EEG gamma wave oscillations in meditators which correlate with heightened consciousness, intellectual acuity and state of bliss.

SCAN THE QR CODE TO ACCESS SIMPLE MEDITATION TECHNIQUES FOR BEGINNERS

TO COFFEE OR NOT TO COFFEE?

COFFEE, YUSS.
Blocks adenosine, an inhibitory neurotransmitter
- Improves brain function including memory, mood and vigilance.
- Faster reaction time
- Implicated in lesser risk of diabetes melitus type 2, Alzheimer’s and Parkinsonism.

NAH UH.
Time for some bean spilling.
- Alters REM sleep architecture
- Can cause withdrawal symptoms in the morning leading to a vicious cycle of dependance

Coffee, virgin
The Cappuccino cherub (with extra chocolate)
Coffeefeee (Preferably Black)
SNORTS COFFEE BEANS AND SCREAMS!

THE INCESSANT TUSCLE

The Coffee virgin
The Cappuccino cherub
Coffeefeee (Preferably Black)
SNORTS COFFEE BEANS AND SCREAMS!

THE LURE OF THE DARK SIDE STAGING

To or not to coffee?
BeepBeepBeeppp
R2-D TOO TIRED
Rise above the Tides

The idea and birth of the flood relief camp was born on a Sunday morning. It was just hours after the news of our neighbouring state of Kerala drowning in all its glory reached us. With the help of doctors, nurses, students and non-teaching staff we collected a truck full of everyday essentials and medicines. With a team of 35+ FG’s, interns, nurses and support staff we began our medical endeavour on Aug 24th in the flood hit areas of Wyanad. Over a span of 3 days, numerous health relief camps were conducted with the help of local folk and the district administration in the affected areas. When we look back now, and see that Kerala has risen again, we feel happy that we have done our part for it, however small it may be. The resources were low yet our spirits were soaring high! As a team we made history that day.

Circa

(Here’s to twenty years of medical college.)
Which class did you bunk the most?
I had 100% attendance.

Why do you think Fr. Muller’s is unique?
Definitely it’s the patient load we get. Not just now, back in my UG days too. It’s a good opportunity for students to familiarize themselves with different cases they get.

What was your go-to food in our canteen as a UG?
Definitely it’s Paneer Manchurian with chapatti which was 45 rupees during those days.

Which was your most favorite year during your MBBS course?
I think it’s hard to choose one year, I can say its 2nd and 3rd years. These years, the entire batch used to have a party at the end of the month, sponsored by those students who had birthdays during that particular month. The party was usually held at Pegasus or sometimes even in Manipal, each month students trying to make the party more grand and lit than the previous month.

Did y’all have any nicknames for any of the staff?
His name was Dr. Srikanth. We used to call him Vanas. When it struck 1pm every day, he used to shout aloud ‘Vanas!’ (Lunch/dinner in Tulu).

Have you ever thought about what it would be like to go back to college life?
I lived my life so fully. Yes, I have made mistakes, but I wouldn’t want to go back in life any time.

Your best memories from college?
Orientation program before the start of MBBS we said we are here to serve the needy and help the destitute.

What advice would you give to your first year self?
Love life and life loves you back.
What were you the most scared of?
I was scared of medicine clinic hours by "He who must not be named".

Have you ever reconsidered your decision of joining MBBS? What made you stand still and continue the course during such difficulties?
I've always wanted to be a doctor since I was in school. In spite of that, self-doubt crept in a couple of times during first year of med school. None of the first year subjects made a lot of sense to me, the competition here was cut throat and if that wasn't enough, exams were always around the corner. I did question if I'd made the right choice in choosing this profession. My first-year marks didn't help the case either as they didn't reflect the hard work I'd put in. But I persisted. Things turned around for me in second year, when clinics began. The subjects got more interesting, I learnt "how to study" and therefore, marks got better. Confidence replaced self-doubt. I knew I belonged here. So in hindsight, that was the turning point for me, clinics. It's been 10 years now since I've been in this field and I've never looked back at my decision.

Which subject gives you nightmares even now?
Pharmacology. I could never remember the drug names or mechanisms of action. The classification was the worst thing to memorize. Viva was usually a disaster.

What was the most badass thing you've done?
It's got to remain a secret. It only remains badass if it's only done once, or twice. I filled a small mouth freshener spray with some vodka and sipped my way to glory during lectures.

Most embarrassing intern stories?
It was my first duty night as a surgery intern in the casualty and a male patient presented to the casualty with history of Malena. The PG asked me to hand him a proctoscope to do a PR examination. Being the sleep deprived mess that I was, I headed to the cabin and brought back a Cusco's vaginal speculum! My PG took the speculum from me and just stood there staring at me for a while and quietly asked, "what is this?" And that's when I snapped back into full consciousness and realized that I had made a blunder that's not going to be forgotten any time soon.

Was saying goodbye to college life hard?
Leaving college was extremely tough for me. All my life I've done a lot of moving around and have never connected to place the way I did to Mangalore. My days at college and Mangalore made me feel like I'd finally found a place where I truly belonged. The people I met in college are more than friends, they've become family to me. The hardest apart was leaving them behind & watching everyone take different paths. I miss college every day, my perfect little "home away from Home".

Dr. Sujith James
Dr. Loretta Pereira
Dr. Thilak
Dr. George Joseph
Dr. Aneeshya
Dr. Daron Mascarenhas
Attendance shenanigans in one sentence or 75 sentences

The only reason some of us make it to the next year is because of those ‘superhumans’ who sit in the last row and make up for our attendance. No dubbing studio could ever compete with the way they modulate their voices to give proxy in class.

Roshan Mariam Manu

What’s the most frequent lie you tell the staff when they ask you why were you absent?

I was at Coffee Hut, why was I there? Because hostel breakfast is not worth waking up early for.

Anthony Yang Jude

What was your conception about med school before joining Muller’s and how do you feel about it now?

Well before joining Muller’s I was very enthusiastic to start my course but little did I realize that there are so many things that come along unexpected like unending assignment, records, sleepless nights, caffeine addiction, etc. So to sum it up you could say you feel like taking a walk in a park but you’re actually running and there’s a monster running behind you and the parks on fire and everything is going crazy.

Adarsh

What advice would you like to give future student council presidents?

Keep calm. Be approachable and write a lot of letters. Own up for your decisions and mistakes. Give enough credit to people who help you. Have a good support system that keeps you motivated (and hydrated), gives you reminders and most importantly, keeps you grounded.

Roshan Mariam Manu

Janice Aman

2016

2017

2018

2015

2016

2017

2018
<table>
<thead>
<tr>
<th>1999</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Favorite hangout spot outside college</td>
<td>Gazebo, Manohar Vilas</td>
</tr>
<tr>
<td>What did you bunk for?</td>
<td>Our favourite restaurants...</td>
</tr>
<tr>
<td>Best part of the college day</td>
<td>Love Good Galette brunches!</td>
</tr>
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<td>Love Good Galette brunches!</td>
</tr>
<tr>
<td>Most dreaded exam</td>
<td>Anatomy Viva</td>
</tr>
<tr>
<td>Funniest thing you've seen happen</td>
<td>UNIVERSITIES</td>
</tr>
<tr>
<td>Best coffee on campus</td>
<td>The coffee we made in our kettles- with Bru and hot milk</td>
</tr>
<tr>
<td>Post-exam routine</td>
<td>Hands down, Fresh and Honest!</td>
</tr>
<tr>
<td>Any memorable festivals on campus</td>
<td>We love Banna, the Holi fest on campus!</td>
</tr>
<tr>
<td>What do you love most about Mangalore?</td>
<td>The rains!</td>
</tr>
</tbody>
</table>

There was a new rule that there could be no more than the two in a room. Once, about ten of us were chatting in a room when the warden began her rounds. We hid in the washroom and under the bed, completely forgetting the 10 pairs of chappals outside the door!

There was a new rule that there could be no more than the two in a room. Once, about ten of us were chatting in a room when the warden began her rounds. We hid in the washroom and under the bed, completely forgetting the 10 pairs of chappals outside the door!

As Told by Dr Caren, Dr. Archana, Greshma and Anthony
6 YARDS STRONGER

THE ROCKS BEING OBEDIENT BUTTRESSES THROUGH THE YEARS.

THE POWER OF OUR IMMACULATE UG APRON, MAKES BRILLIANT PROPS FOR PICTURE.

ETERNAL MANGALOREAN HANGOUT SPOT; BEACH PLEASE! THE TIDE NEVER BOTHERED ME ANYWAY.

HOUSE OF ESTROGEN. HOUSE OF GRACE. MOTHER THERESA HOSTEL.
I see so many of you every day! There’s the one that arrow sleeps all cute like lemme take a picture kind. There’s the arrow sleeping all-day let me poke him with my umbrella kind.

WOODOMAN! I’m Arrow. Your friendly neighborhood doggo. I like treats and belly rubs. I come to the RR every single day for a good ol’ nap. Have I told you, I love naps? Also, don’t try this kids.

There’s also the one I’m so shocked of God I’m alive and waving at my front kind.

*Alone* Tiger, James, Chandler, Pooch

DISCLAIMER: I ONLY DO NAPS
Reviews

( Team Pyjama Party or Team Wanderlust, we've got you covered.)
BUDGET TRIPS

ARE YOU WALLOWING TO YOURSELF WITH A LONG WEEKEND AHEAD OF YOU, ABSOLUTELY NO PLANS IN MIND BUT A HUNGER FOR EXPLORING DRAWING AT YOUR-INSIDES? WE'VE GOT YOU HAVING A BUDGET AND PLANNING AROUND THAT CAN BE QUITE THE HASSLE AND THAT'S WHY, WE'VE COMPILED A FEW PLACES THAT YOU HAVE TO DO VISIT *INSERT EXCLAMATION* AND ONES THAT'LL BE EASY ON YOUR POCKETS.

KALASA  ★★★★★

120 km from Mangalore. We recommend renting out a car with a bunch of your peeps - and driving over. Soormane falls is your go-to if you want to let off some steam from the entire week or just take a dip on a hot summer day. We suggest taking an open jeep ride to really appreciate the killer views around. We give it: 3.7/5

GOKARNA  ★★★★★

275 km by rail, which would be the most pocket friendly option along with an easy travel. This town boasts a good espanses of beaches dotted with food shacks. Stay, cottages or villas, that don't drill a hole in your wallet if you grab a few of your travel enthusiast friends. The blanket of stars on a clear night, the amazing food by the sea and a comfortable stay is definitely worth the visit. We give it: 4/5

AGUMBE  ★★★★★

133 km from Mangalore. Kundadri hills, a monolithic rock formation hugged by a cover of thick forest, is a hot favourite if you're someone that appreciates views of fields and mountains in the distance with clouds at your feet. No lie. We give it: 3.5/5

The Editorial board has picked out a playlist for you. Cheggitt out. You're welcome

Piano Man
Billy Joel  ❤️

Sorry Not Sorry
Demi Lovato  ❤️

Ilk Kudi
Shahid Mallya  ❤️

Uyiril Thodum
Soniq Sainthone, Anam Anmie  ❤️

Beautiful People
Brady Sheeran, Ed Jackson  ❤️

The Edge Of Glory
Lady Gaga  ❤️

Almost Like Being In Love
Red Garland, Paul Chambers, Art Taylor  ❤️

Smooth Criminal
Michael Jackson  ❤️

Royals
Lorde  ❤️

Munbe Va
A.R.Rahman, Narash Iyer, Shraya Ghoshal  ❤️

Ayila Mathi
Govind Maron  ❤️

Shine
Collective Soul  ❤️

Tubthumping
Chumbawamba  ❤️

Smells Like Teen Spirit
Nirvana  ❤️

Smelly Cat
Shirish Bhand  ❤️

3WW
alt-J  ❤️

All Out Of Love
Air Supply  ❤️

Staying Alive
Bee Gees  ❤️

Devil May Cry
The Weekend  ❤️

Electric Feel
MGMT  ❤️

White Iverson
Post Malone  ❤️

Scared Of The Dark
Lil Wayne, Ty Dolla $ign, XXXTENTACION  ❤️

Vathilil
Haricharan  ❤️

Killer Queen
Queen  ❤️

Ophelia
The Lumineers  ❤️

LovelY
Billy Elish, Khalid  ❤️

Heroes
David Bowie  ❤️

This Time Tomorrow
The Kinks  ❤️

Help!
The Beatles  ❤️

Hallelujah
Jeff Buckley  ❤️
A snarky sitcom set in the 1990s conflict-ridden Northern Ireland, is about the lives of five mouthy teenagers. It’s got quality crude humor with a touch of underlying political/religious satire. Self-righteous Erin, flighty Orla, high-strung Clare, world-class swearer Michelle and English fella James will take you through some of the most cringe-worthy, ridiculous and heart warming moments of their lives. Cracker is the word, absolutely cracker!

DERRY GIRLS
16+ 2018

The Indian series is definitely not your usual ‘focuses-on-everybody’s-expression-for-15minutes’ type. It has all the components of drama from love to betrayal while the narrative addresses major societal topics like homosexuality to aristocracy. Definitive binge-watch material with one tea-spilling controversy after another.

MADE IN HEAVEN
18+ 2019

Think heady, funky, vintage and straight out of the 80s. This show is all that and more. Revolving around a clandestine sex counselling service dispensed by teens, the show’s got a wide medley of characters of social awkwardness, promiscuity and old-fashioned rebel without a cause attitude. It’s hilarity and sentiment, all in one.

SEX EDUCATION
18+

Let the town Stars Hollow swallow you into the worlds’ of mother daughter duo Lorelei and Rory Gilmore and leave you with serious 90s nostalgia. The show is the epitome of warmth and comfort with it’s characters spouting a witty sarcastic dialogue with lots of fast-worded pop-culture references and an amazing sense of humor.

GILMORE GIRLS
13+ 2016

The show is a genre cocktail of sci-fi and dystopia. In essence, the anthological show has the general theme of technological dependency along with an eerie undertone in the stories of a wide brand of modern-day situations and society.

BLACK MIRROR
16+ 2017

A quirky tale about a 1950s housewife-turned-comedienne. An unlikely friendship and the making of a woman’s career in a world run by men dominate the house. Located high up in City Centre Mall, eyeing distant lights of the metropolis, with a glass of wine, makes for an ideal Saturday getaway.

MARVELOUS MRS. MAISEL

Though leaning to the expensive side, this place is worth your pay. EDM and trippy bollywood remixes dominate the house. Located high up in City Centre Mall, eyeing distant lights of the metropolis, with a glass of wine, makes for an ideal Saturday getaway.

HAUNTING ON HILL HOUSE
16+ 2018

True to its horror genre, the show is not only threaded with supernatural fear but also psychological fear. The mystery-ridden story of the Crain family is portrayed unraveling their encounters at Hill House as children that spiralled into the events in their adulthood. The story is sinister, gripping and in someways hopeful of an happy ending.

THIS IS US
NR 2017

Come for the food, stay for the atmosphere. With a top quality sound setup and a decent dance floor, this place will have you grooving in the right spots! Offers a variety of Modern Indian, Continental and Chinese. We recommend the Chicken Kaffir Lime Tikka and a Foggy Summer cocktail to wash it down.

Froth on Top

A minimalist shelter with fancy wall-posters to brew conversation on your second date. The inviting and dimly lit interiors has this pub packed through the weekend. Specialising in beers and mocktails, Froth on Top also serves scrumptious burgers and fries.

Onyx Air Lounge and Kitchen

Onyx is a Mullerian’s first choice. The elegant bar and lush sofas have been a proven recipe, inviting a large student crowd. Occasionally, if you’re lucky enough, you can sing along with the live band or dance your hearts out. (As long as you forget the internals are just around the corner.) Also, don’t forget to take the mandatory group selfie in front of the Onyx logo.

G Dot

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A Real Life Scenario

Life given to us is truly a gift and the consciousness and the senses that we have to experience these are wondrous to say the least. Human brain is a complex structure which lets us experience and enjoy this life.

The human brain consumes almost 30 percent of oxygen circulating in the blood and needs a constant supply of energy to maintain its function. Any interruption in supply of oxygen or energy may lead to catastrophic consequences to its function.

Mrs. S, a young lady suffering from a heart ailment was brought to hospital with complaints of chest pain, breathlessness and fatigue. On evaluation she was found to have obstruction of the heart valve and resultant sluggish blood flow, predisposing her to develop clots in the heart chambers. On physical examination she was found to have weakness of right upper and lower limb. Mrs. S had developed a stroke and her life was in grave danger. A small clot which had dislodged from one of the heart chambers had blocked blood flow to the entire left side of brain. As the clock ticked, more and more neurons started dying as they are exclusively dependent on oxygen for metabolism. According to an estimate, every minute after the blood flow ceased, more than a million neurons die leading to permanent neurological disability. If not treated urgently she was going to be in a coma and was likely to die within the next 72 hours.

Mrs. S was taken inside the cathlab and angiography which showed complete blockage of a major blood vessel. She underwent mechanical thrombectomy and a large clot was removed from the blood vessel. Soon after the procedure one could see that she had some return of power in her right hand and leg. Within an hour she started understanding speech and trying to reply with signs. Within 24 hours she had a near complete recovery and was able to sit, stand and walk, could speak clearly and had no neurological symptoms at all. It was as if a miracle had occurred. She went home walking and now comes to visit us in OPD every month.

This technique has higher success rates and is currently the treatment of choice for major strokes presenting within 16 hours from onset of symptoms. This technique has higher success rates and is currently treatment of choice for major strokes presenting within 6-16 hours from onset of symptoms.

We are lucky to have both IV thrombolysis and mechanical thrombectomy treatment available to acute stroke patients coming to FMCH. A dynamic stroke team with neurologist and interventional radiologist is always on call and ready to treat any stroke patient within the treatment window period. “We look forward to making this hospital a centre of excellence for stroke treatment.”

“Miracles are for real”

- Neuro team

The Stroke Team
Dr. Raghavendra
Dr. Pawan Raj
Dr. Dileep

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A Procrastinator’s Guide to the Perfect Birthday Gift

A bottle of wine.
Do your research, walk into Wine Gate and pick up a nice bottle of red wine. (pro tip: House Centre has the prettiest glass bottles. Transfer the wine into one of the coloured glass bottles to give it a fresher look)

A Teeny Tiny Little Succulent.
Low maintenance, high decor value. Keep it by the window sill, water it once in two days and you’re good to go. (The plant store next to Xara cafe has the cutest succulents ever)

A spa day.
Remember that back ache your friend complains about or that long nursing classes that take away their beauty sleep. This self-time is what every medical student needs. Get lash, mani and a good massage.

A beer game.
Board games are highly underrated. Take a trip to ToyBox in the Centre. Pick a child’s paradise. Sitting in a hotel room, munching on some chips, spanning out over a game of Monopoly, is probably one of the best ways to enjoy them most

A candle.
A nice pina colada body wash or a bottle of fancy tea tree oil will make one a long way. It just never runs out.

A gift card.
We found this awesome site which sells Westside, Levis, Lifestyle, and wait for it... SBIR gift cards (www.giftcardsindy.in) (Feel free to send us some love our way too. We accept gifts)

A pizza party.
Throw your friend a surprise pizza party. The guys in college loved it when your college building was built on pizzas! (pro tip: pizza delivery). Good food and great company, is there anything more one could ask for?

Make them a cake.
You make, not bake. All you need is some good quality sponge cake and lots of nutella. (Pro tip: now the Poppin’s kitchen is on Swiggy, one can always order pastries without having to preorder an entire cake.) (Especially pick the Nutella supreme)

Photos and fairy lights.
When in doubt always Polaroide. The Aftlab store next to Icy cream develops photos for 20 rupees and within an hour. It makes for nice room decor and very Instagrammable posts.

A new accessory.
A girl can never have too many earrings. Or nail colours or lipsticks. You name it. (The basement of the building store 100 bucks can get one the priciest college wearing shunakes. Just keep your best bargaining game on.)

Make a donation in their name.
What can we say about random acts of kindness that they don’t say it themselves!

Reason 234261357 why you shouldn’t throw out this magazine; the Ed board has some awesome last minute gift ideas. Yeah, we’re cool like that.
Mayday

(Chilling with the ones who’ve been there and done that.)
What is the most challenging part of this specialty?
The erratic work hours and the unpredictability of the situations where you need to make the right call, especially because it involves two lives. That we have our brains in our pelvis. Lol

What is a common misconception about your field?
That we have our brains in our pelvis. Lol

What do you do in your free time?
I watch Netflix. Lol

If you weren’t a doctor, what would you be?
A food critic.

What are the different career paths one can take after completing a PG in a field?
You can always go in to do fellowships in laparoscopy infertility, do a super speciality in gynaecological oncology.

Most challenging - Accepting that there can be complications and having the courage to explain them when required.

Any advice to spare? - It’s important to follow up patients from the first time you see them because they can progress either way. It’s better to be honest about something you’ve not done rather than work your way around the problem (personal experience!). “Sterilium is now my go-to, as are the random vacant beds in random wards”

Where do you see yourself in 5 years? 10yrs?
Right now I’m working on getting through 24hrs! In 5 years, probably working somewhere in the world. In 10 years, with a lovely wife and 3 cars - kids wouldn’t be bad either.

What is the most challenging part of this specialty?
Space to operate is small and the anatomy is complex.

How do you achieve work life balance?
It’s too early at of now to answer that personally but ENT has good work life balance in general.

What’s the one piece of advice you would give a medical student?
I haven’t reached a position yet to give advice!! After 35, maybe.

If you weren’t a doctor, what would you be?
I like gardening and teaching. May be some career in that!
Dr. Archana, Dept. of Pathology

Why Patho? The first thing I remember is in second year I used to read Robbins - Father Robbins and I loved it. I mean you know why everything is happening, you can see it and it's beautiful. I remember the first time I got binocular vision. Getting it is difficult. I felt like I was looking at the world from outer space.

What is the most challenging part of this specialty?
The biggest challenge in Pathology is the complete reliance on clinical examination, particularly just inspection and palpation. Your eyes and your hands are your only tools.

What is a common misconception about your field?
The biggest misconception is that it's just about treating pimples and wrinkles. Without trying to undermine treating pimples and wrinkles, dermatology is so much more than that.

What are the different career paths one can take after completing a PG in Dermatology?
Cosmetology, Dermatosurgery, Dermatopathology etc.

What do you do in your free time?
I read a lot, I swim, go for a run or listen to music.

Dr. Tanvi, Dept. Of Dermatology

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Dr. George, Dept. of Orthopedics

Most challenging?
To offer best result to the patient without any permanent disability or limitation.

Common misconception about Orthopaedics is that it's an end branch, which is actually not true.

Personality traits required - One should be physically and mentally strong.

Is attaining Ortho a tough task? It's among the few branches with crazy high demand and one should have a good rank in NEET to get a decent college.

Typical day at work - starts at around 7 am and with 2 duties and 2 OT days per week.

If not a doc? - Advocate

What's in store after PG? - There are various fellowships after completion of Orthopaedics like Arthroplasty, Hand and Micro, Spine etc.

Dr. Divya, Dept. of Ophthalmology

Why did you choose this specialty?
Because it has both medicine and surgery. Also, space to breathe.

What is the most challenging part of this specialty?
Fine skills and small parts are involved.

And the most rewarding bit?
The patients are happy when they leave because you know nobody is sick and coughing. There's nothing chronic about it (Most of it, at least).

Would you choose this specialty if you had to do it all over again?
Yeah. Definitely.

What is a common misconception about your field?
They think it's too chill. Nobody looks at it as their first option.
TEN COMMANDMENTS FOR MULLERIANS

I. Robbins is thy God. Thou shall have no other strange authors before him

II. Thou shall not serve any false professions. Be devoted to medicine

III. Thou shall not take the name of Hippocrates in vain

IV. Remember the rare holidays and keep it exciting

V. Honor thy teachers, lab attendants, nurses and seniors for they shall help you pass

VI. Thou shall not kill a human, animal or your spirit. Except for those pesky mosquitoes

VII. Thou shall commit to adulting (after many failed attempts thou shall realise the value of thy parents)

VIII. Thou shall not steal gloves and scalpels from the Dissection Hall

IX. Thou shall not bear false witness against thy batchmates and help them with attendance

X. Thou shall not covet thy neighbours marks, slides, samples or specimens

...
Sports ftw

(Keep that cardia pumping.)
Sports is an essential ingredient to the recipe of life, which keeps you fit and full of zeal. Ignite, our annual sports day 2019 was conducted on May 18th to encourage the budding athletes amongst our future doctors and health professionals.

Mr. Vikas Puthran (international athlete), was the Chief guest for the day, who described the importance of sports among the medical and paramedical students. Soon the enthusiastic athletes took part in various events and

the stadium shone under them, beautiful flood lights. The crowd echoed with buzzing enthusiasm as they hooted and cheered. Ravindra Kumar, from 3rd year was declared the best athlete of the meet. The medals and certificates were given away to the winners by the physical director of FMMC. The evening sure did ignite the light of sportsmanship in the hearts and souls of competitors and spectators alike.

IGNITE

2019

MEN

CRICKET

2014 winners, AHS runners up

VOLLEYBALL

AHS winners, 2016 runners up

TABLE TENNIS

2018 winners, 2016 runners up

BADMINTON

AHS winners, 2015 runners up

FOOTBALL

2014 winners, 2016 runners

CHESS

2014 winners, 2016 runners

THROWBALL

2017 winners, 2016 runners

BASKETBALL

2014 winners, 2016 runners

WOMEN

CRICKET

2014 winners, AHS runners up

VOLLEYBALL

AHS winners, 2016 runners up

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2018 winners, 2016 runners up

BADMINTON

AHS winners, 2015 runners up

FOOTBALL

2014 winners, 2016 runners

CHESS

2014 winners, 2016 runners

THROWBALL

2017 winners, 2016 runners

BASKETBALL

2014 winners, 2016 runners

2016 winners, 2018 runners
with love, from the Reading Room.

1. Spotting the ideal spot.
   A. Directly under a fan, good lighting.
   B. Plug point nearby because we all know you’re there for the Wi-Fi than the studying.
   C. Three textbooks to claim your spot

2. The (very) awkward ramp walk on the alley in the middle, especially if your spot is at the very end of the room.

3. The wait for someone to lift up their butt and switch the lights on at 6 p.m. Sending a silent prayer and a warm smile when that one good Samaritan decides to act to dispel darkness.

4. The mind map, where you know who sits where and it messes with your head when that random stranger decides to change his place on a whim.

5. Since romancing outside the reading room is not allowed post 10 p.m. (for strange reasons I don’t want to know) pre-ten romancing happens at the major hotspots outside the RR. To avoid PDA, stay glued to your seat and avoid stepping foot outside the RR before ten. If you’re the couple, then, well...

6. The two glasses above the cooler that you drink from, making you automatically recall a list of organisms from Baveja, that are most probably entering your gut as you gulp.

7. Resorting to the e-library when Mangalore decides to get unbearably hot.

8. Talking about hot, Robert Downey Jr. (If you know it, you know it)

#Shook (Us, during the making of this section.)

mind

blown
#Why you so salty
“Why are you sweating?”

#Down low
“Keep cool”

#I’m weak
“What I say all the time!” (Pavan Sir)

#OTP
“One time pass to woo someone”

#On fleek
“All fake”

#Fangirl
“Girly fan”

#We ship them
“We worship them”

#Slay
“Casually showing off”

Dr. Jayadev
Dr. Sarita

#Low key
“Someone who is peaceful and likes to be left alone. Someone like me!”

Dr. Varun Khullar

#Throwing shade
“Helping someone”

Dr. Pavan

#Thumbling shade
“Type of yoyo?”

Dr. Zohara

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Dr. Pavan
On the 15th of August, 1947 at the stroke of the midnight hour, India awakened to freedom but however it was indeed on the 27th March, 2014 at the break of the dawn that India did truly awaken to freedom, freedom from the treacherous polio virus.

27th March, 2014, the World Health Organization declared India polio free. India’s triumph over polio virus was a much sought after achievement by the Indian Government. In a vast country of more than a billion people that are culturally, economically, socially and linguistically diverse, having a healthcare system beset by several problems, India ushered into the year 2014 with an achievement to be proud of.

Thus it all started in 1978. By 1995, Tamil Nadu’s Vellore was the first to be declared polio free. The other states also sought after achievement by the Indian Government. In a vast country of more than a billion people that are culturally, economically, socially and linguistically diverse, having a healthcare system beset by several problems, India ushered into the year 2014 with an achievement to be proud of.

Being on 4 countries with ongoing wild poliovirus, India intensified pulse polio immunization programme by aiming at vaccinating all children under the age of five years against the polio virus. The Government of India in unison with UNICEF and Rotary International aimed at eradication. It works between and seeks to impotent. The Government thus initiated the SMNET’s- Social Mobilization Networks as a response to the resistance against polio vaccines.

SMNET’s strive to promote the health seeking behavior that is critical to polio eradication. It works between and seeks to impotent. The Government thus initiated the SMNET’s- Social Mobilization Networks as a response to the resistance against polio vaccines.

SMNET’s aim is of paramount importance.

An article from Deccan Herald, 2019 reported introduction of an app to locate immunization centers. It also provides all necessary information about the immunization.

Getting a zero polio cases was the first challenge, however maintaining at zero and preventing importation is still an ongoing challenge. The question arises, Is India truly free from the clutches of the deadly Polio Virus?

Source essays the presence of virus strains in OPV(Oral Polio Vaccine) can cause paralysis in vaccinated children. It imposes a paramount challenge to Indian healthcare system, the benefit of doubt goes to the prevalence of non-polio acute flaccid paralysis. It is possible that much of the OPV mishandling has been buried within the non-polio acute flaccid paralysis cases and remains unnoticed.

With due consideration to the presence of the virus in the environment, it is time for India to revise its strategic plans to fight back against this debilitating virus. Thus we should remain vigilant against the risk of polio importation until the whole world is free from this debilitating disease. Furthermore additions should be implemented in order to make sure that it does not return to cripple any child anywhere in India.

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Source essays the presence of virus strains in OPV(Oral Polio Vaccine) can cause paralysis in vaccinated children. It imposes a paramount challenge to Indian healthcare system, the benefit of doubt goes to the prevalence of non-polio acute flaccid paralysis. It is possible that much of the OPV mishandling has been buried within the non-polio acute flaccid paralysis cases and remains unnoticed.

With due consideration to the presence of the virus in the environment, it is time for India to revise its strategic plans to fight back against this debilitating virus. Thus we should remain vigilant against the risk of polio importation until the whole world is free from this debilitating disease. Furthermore additions should be implemented in order to make sure that it does not return to cripple any child anywhere in India.

On the 27th March, 2014, the World Health Organization declared India polio free. India’s triumph over polio virus was a much sought after achievement by the Indian Government. In a vast country of more than a billion people that are culturally, economically, socially and linguistically diverse, having a healthcare system beset by several problems, India ushered into the year 2014 with an achievement to be proud of.

Thus it all started in 1978. By 1995, Tamil Nadu’s Vellore was the first to be declared polio free. The other states also sought after achievement by the Indian Government. In a vast country of more than a billion people that are culturally, economically, socially and linguistically diverse, having a healthcare system beset by several problems, India ushered into the year 2014 with an achievement to be proud of.

Being on 4 countries with ongoing wild poliovirus, India intensified pulse polio immunization programme by aiming at vaccinating all children under the age of five years against the polio virus. The Government of India in unison with UNICEF and Rotary International aimed at eradication. It works between and seeks to impotent. The Government thus initiated the SMNET’s- Social Mobilization Networks as a response to the resistance against polio vaccines.

SMNET’s aim is of paramount importance.

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"I am THE ONE"
When you earn Dr. Pavan Hegde's chocolate

"I AM THE ONE"
When I ask the mess guy when the food was cooked.

"NOT TODAY"
When she wants abs but you want kebabs

"WE WANT TO QUIT THE GYM"
That one friend who asks a doubt at 12:35 p.m.

"SHE IS OUR FRIEND AND SHE IS CRAZY"
When the external examiner is a nightmare but the internal pities you.

"LOOK HOW THEY MASSACRED MY BOY"
When they ask for the pediatric dose of drugs

"I AM A DOCTOR, NOT A MATHEMATICIAN"
Boys' hostel can relate

"TO INFINITY AND BEYOND"
When you run out of facts and start bullshitting in the exam

"WE DON'T DO THAT HERE"
When you sneak into a conference for the food and the staff spots you, but you continue to hog without making eye contact.

"THEY DON'T KNOW THAT WE KNOW THAT THEY KNOW"
When you ask your "friend" for a hookup

"FRIENDS DON'T LIE WITH EACH OTHER"
When I go to the reading room every day, just to stare at my crush.

"STICK 'EM WITH THE POINTY END"
When it is only halfway through the year but you already know you're failing Universities.

"THINGS I DO FOR LOVE"
When the external examiner is a nightmare but the internal pities you.

"I AM THE THREE EYED RAVEN NOW"
When you ask your "friend" for a hookup

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"STICK 'EM WITH THE POINTY END"
When the Physio teacher sees your hands shiver before the prick.

When's it 8:29 a.m. and it's Karen ma'am's class

“Run Forrest Run”

When they raise the mess fees

“It Tastes Like Feet”

When the teacher asks during viva how you would pass theory this way, but you already have the pdf downloaded to copy from.

“If I Tell You What Happens, It Won’t Happen”

When the editor that half of these fandom references doesn’t even make any sense.

“I Can Do This All Day”

When college keeps fine on the first day after vacations

“All That For a Drop of Blood”

“Not Everything Does... Not Everything Has To”
“Let me in”, she yelled. Banging on the door till the side of her fist turned puce. “Let me atleast explain”, she pleaded.

Well that was an empty request. She, in fact, couldn’t explain it. She didn’t know how. It would have been easier to explain the realm of quantum mechanics to a 10 year old rather than explain this.

At least then her heart won’t ache as much. At least it won’t feel as though suicide would be as simple as signing up for a roller coaster ride.

Matters of the heart can never be explained so easily. That, she had learned today.

Cecilia always wanted to have a successful career. A wonderful family and a beautiful house to pamper them in. And now at 28, she did; working in one of the top tech companies in America, earning a salary enough to leave a $50 tip.

She was married to Ranjit, the most sweetest, most thoughtful and more importantly, the most LOYAL man she can think of.

They lived in a 2 story house with 5 bedrooms, a gym, a swimming pool and their very own tennis court.

She remembered how he proposed on Valentine’s. How his eyes were, glowing, both with fear and excitement. How she was shaking the moment his knees touched the ground.

She’s shaking again but not for the same reason.

All it took was the following 10 things:

• One night.
• Two brown and seductive eyes.
• Three hours of flirting at a friend’s party.
• Four days of her loyal husband out of town.
• Five glasses of red wine.
• Six rock solid, chiselled abs.
• Seven minutes of romantic dancing.
• Eight kilometers to a house she’s never been to.
• Nine minutes in bed.
• Ten salacious messages that her husband read.

Now banging on the door of that very house, of which she dreamed her perfect life to be in, she’s devastated, remorseful. How could she have been so stupid.

By Bhavana T.
Batch 2015
Dear diary,

A typical day starts, with me snoozing the alarm every 5 minutes from 6:30 a.m., questioning if I really need this education, to finally open my eyes at 8, get tachycardia and try to make it to class. Breakfast is usually a privilege granted to the prompt and punctual, which I occasionally receive, because my need for 1st hour attendance always supersedes breakfast. I know people think it's easier to reach early to class if you stay in the hostel, but news flash - it's not, especially when you have to open your eyes to the alarm and a pile of dirty laundry and not your mom waking you.

Lost in the euphoria of making it to class and proud of successfully bringing my apron and steth on yet another day, I somehow find the motivation to go on the customary hunt in the wards for a patient with findings whom I can nag and take a case in my broken Kannada. Thanks to micro teaching we have evolved from climbing over each other at the dissection table in 1st year to getting split up into tiny units so that every person gets an equal opportunity at getting busted during clinics.

If you thought betrayal was just when Lord Baelish cost Ned Stark to be relieved off his head or when Lando Calrissian called Darth Vader on Han Solo in episode V, you're wrong. Try having your beloved patient with whom you spent your entire week making rounds and discussing in detail about his case, turn against you. A typical day ends, with me examining and taking a thorough history for case presentation, switch sides when he replies a “yes” to ‘novu unta?’ in front of the staff even though he denied it a million times the previous evening. Et tu, Brute?

With varicose veins in my limbs from standing so long and my Kurta drenched in sweat after class, the day ends by punching in with a bit of fresh and honest and college gossip at the all famous Fr. Muller Reading Room, the hub for all social gatherings for Mullerians (especially batch 2015 - one of the few things our batch is known for, *wink wink*) followed by a few fruitless hours of studying and successful Instagram stalking and scrolling through Buzzfeed videos (credits UG Lib WiFi)

There are a few things in life that amaze us like how humans can't lick their nose or how the theme song of mission impossible is inspired by the Morse code and how my brain goes all Jon Snow (from GOT not the one who made the cholera spot map) and my explicit, voluminous vocabulary, which I so boastfully use otherwise gets reduced to monosyllables and sometimes just incomprehensible sounds when asked to define pulse in viva. Cliché!

But with all the time I've spent as a medical student I have realized that only Charles Darwin spoke the ultimate truth, that life is in fact survival of the fittest.

You will have days when you are motivated enough to finish a few biochem metabolic cycles or rattled out a few pharmac drug classifications or actually manage to read community med and every once in a while (more like 3-4 times/week) you might be lucky to show up to class in bathroom slippers, glad you didn't forget to wear your pants.

So here's a tip: Do whatever you have to, to keep your sanity intact, to break the drab monotony of the everyday intellectual métier we live in.

Watch a movie or 3; paint, bake, join Zumba, a book club, the Breakfast Club or the Dead Poets Society, learn a new instrument or a sport, go on an adventure to infinity and beyond (as long as you have 75% attendance, of course) or just dance it off like Meredith and Christina Yang if you have to, because tomorrow might be better or worse - with people ridiculing you at your incompetence and inability of reciting important facts of random books which trust me are important; because that's what we do, we're Medics. We don't drink and know things; we read and know things.

So hang in there, you got this.

- Sharon Sankeshwar
Batch 2015
On the 16th of December, with a thirst for adventure and to find the solace of nature, we set off to Kalasa in a mini bus, with its air filled with the voices of 12 dysfunctional adults and their tuneless songs. As we drove past the crowded towns guarded by compounds of street lights, we entered the district Chikkamagaluru. A piece of nature carved with green fields and blue waters, high mountains and massive rocks. To condense in a line, it’s Arundati Roy’s monsoon Ayemanam. We watched the huge hills of Kudremukh hill station, few of us got down from the bus to ease the sudden winter cold by sipping on a hot cup of coffee and bajji or even a glass of toddy.

On a scorching afternoon, while finishing the last piece of watermelon which was cut into cubes and stuffed into a transparent plastic glass, one of us mentioned how monotonous our lives have become amidst the hot air of Mangalore and thick medical textbooks. This serious talk finally landed us on Kalasa, a small green town in the district Chikkamagaluru. A group of 12 medicos, finally decided to give a break to this monotony, and before anyone could back off from the plan, the brightest minds of the group booked the bus off to Kalasa.

As we progressed, after a straight 3 hours of journey, embracing more greenery and cold breeze, lost in the beauty, we reached a place, where the guide (One of us, who had already been to that place), took us to a hanging bridge, dangling in the air, with minimal support to our legs. We somehow pulled it off, reaching the other end while few photogenic souls stood there clicking pictures and recording videos. After the photo session, we rambled on to a tea estate whose name or correct address we clearly don’t remember! Clicked few pictures and enjoyed the serenity of the estate and the smell of raw tea. In the haste of clicking pictures, few of us stepped on cow dung and became a laughing stock for the next two days.

Tired with all the photo sessions and travelling, we finally reached our home stay, The Prince of Kalasa. We were welcomed with warm smiles and wishes of the enthusiastic guide, who led us to our rooms. We rested there for a while and had our breakfast of idli and chutni. The hill station’s bumpy road was not so easy to be travelled on. A roofless jeep was booked, on which we clutched the railings of iron rods and streamed up and down on the narrow mud road taken, to reach the Sourenare Jalapatha (waterfall). About 5 KMs away from the town, we reached a road. Road, dead end. From there, we had to walk through areca nut fields and coffee estates down the cement roads which were under construction and covered with wet paddy hay, guarded by trees with lichens growing on them. We finally reached a small but beautiful waterfall with water rippling and gushing, while few swam and few showed their pseudo hydrophobia, until one of us had to drag them into the freezing waters and splash water on their faces and get the reverse package of water on them, which evidently taught us how Newton’s third law works.

From there, we were taken to a hill top driving past the temple of Horanadu Annapoorneshwari, (about 3kms from the temple) and again a more bumpy road was taken, with our spleen and spine dangling in the wind. Still warbling songs, we reached the tip of the mountain, where we sat in a circle, and witnessed how our sun was departing from this end of the world to another, leaving its mark of hopes for the new morning to come.

Sapped and drained, we returned to our stay, packed our bags and sat in our bus, with hearts happy and tummies filled with a delectable dinner. We started our journey back to Mangalore, puking off the wild fruits offered and making memories for a lifetime.
HAMPI

A Piece of Heaven on Earth

In the era before that of PUBG, when people struggled to get decent WiFi, my chubby little friend from Manipal and I decided to embark on a mission- A 1000 km road trip! And the destination would be the ancient world heritage site, Hampi. On 9th October 2016, still uneasy about the fact that Dr. Prakash Shetty would screw me for bunking his dissection classes, I take a last minute bus to Manipal where my friend Lyon Mathias waited on his KTM duke 360.

Nobody ever goes on a road trip on a KTM and we learned our lesson after almost crashing it not once, but thrice. Thank god for prayers phew!

8:45 a.m.: We start from the famous Tiger circle, Manipal. Leather jackets, water bottles, wayfarers, biscuits, clothes for the night, an offline map and an explosive grit to reach Hampi in one piece. Flags off!

We zip past a number of small villages, the treacherous hair pins in Agumbe and reached a village named Theerthahalli, with more potholes than actual tar, making us lose 3 precious hours in the process. We somehow made it through Theerthahalli without a tire patch.

Theerthahalli was done and dusted (literally). We moved to the beautiful Shimogga with scenic lakes on both sides and the beautiful clouds above. We simply had to stop and take pictures.

1:45 p.m.: We reach a small village near Shimogga, hungry and tired to the last cell in our aching bodies, we stop for lunch and believe it or not, we get Kerala parotas and chicken, hell yeah! Undoubtedly, we feasted on the scrumptious meal.

By Hazim R
Batch 2016

4:00 p.m.: We decided to stop at a chai place in Harihar, we met with a couple village school kids who were clearly awestruck seeing our KTM bikes, cool leather jackets and Lyon’s fancy DSLR camera. We take a couple of pictures of the kids, and casually happened to check on the GPS only to realise we were 100 km off track! Panic at the chai shack! (Get it? Panic! At the Disco? No! Nevermind then, moving along.)

October 10th:

Hampi

9:00 a.m.: We reach the enchanting site, a village and temple town recognized by UNESCO World Heritage Site, located within the ruins of the city of Vijayanagara, encompassed by 7 lines of fortifications and with many bastions and gateways. The Jain temple on Hemakutta hill, the 2 Devi shrines, the Shiva shrines with stepped vimanas, were all feasts to the eyes.

We fool around through Hampi and relax at the Tungabhadra River (the famous Crocodile River is where we had our photo shoots done). We decided to stroll through the exotic temples, every wall sculpted to perfection. Never had we seen anything of that sort and never would we see it again.

Later in the evening we head back to Manipal, a peaceful 9 hour ride and a bus to Mangalore.

After 3 days of skipped classes. When I finally showed up on the fourth day, I told Dr. Prakash Shetty that I had terrible diarrhea, to which he replied with a smirk “I was once your age, man”
With the End Game and Game of Thrones (the two games everybody’s wild about) round the corner, the spoilers are following them everywhere too. A true fan has to be cautious and dodge them; these are tough news.

Game of Thrones is something I’ve been following and season 8 is blooming in all its glory. End Game is secondary to me. I just knew that Thanos had the stones to me, the anticipation of that final year student, enough said!

But, the day passes. I tell myself that it was alright and that there’s still the rest of the story.

Later that day, while on my way to the reading room to catch up on academics, I internetted. ‘Number 1 marvel fan’ friend

‘You ruined 8 years for me. You ruined the night king’

Did I ruin it?! De-ja vu.

A second wave of anguish washed over me.

What I didn’t get was, why was the whole world ambushing me like this?

I hadn’t realized my causal one liner to my friend that one particular line. I hate myself for that but this is what I said.

“Iron man dies.”

In my defense, I didn’t know it was that big a deal. I had thought it was some kind of a joke nobody would care about. And besides, people pull pranks all the time, right? False stories on social media. And here I thought this was that.

Well, that day passed by quite uneventfully. I’d conveniently forgotten I’d ever done such a thing.

Fast forward now: The third episode of game of thrones releases and I couldn’t watch it. (Final year student, enough said)

But, the anticipation of that episode was burning within me, with everyone going gaga about the turn of events.

End Gamers went for that. I go to college, it was the day of my case presentation. My mind was in a haze. This friend of mine, looking very vengeful that day (I couldn’t care less) marches towards me and starts screaming. Arya Stark kills another. And before I knew it, I had blocked my ears and done every maneuver possible to prevent myself from what I dreaded was happening.

He kept repeating it.

‘Arya Stark blah blah Blah’

But, I was adamant and made sure I didn’t hear it. I pretended like I had, just to save myself from the agony.

He then goes on to say, ‘You deserved it, you spoilt end game for me. You didn’t have to say that.”

I was furious. I couldn’t believe what he had done. I wanted to punch him hard. But I kept going. And made a mental note to watch the episode ASAP.

Having entered the ward, searching for my patient, this boy sneaks up behind me and screams into my external auditory meatus.

‘ARYA STARK KILLS THE NIGHT KING!’

It was like a bolt of lightning had struck me. Like Lot’s wife turning into a pillar of salt, I was that. Immobile. I was praying I wouldn’t tear up.

That was a crucial plot line disintegrated in seconds. Gone before my eyes. Just like that.

The day passes. I tell myself that it was alright and that there’s still the rest of the story.

LESSONS LEARNED

1. Don’t you ever dare mess with spoilers.

2. Watch the next episode at 6:30 in the morning.

Final year and my priorities are set. *pats my own self*
Each tide wipes the melancholy,  
Bringing the comfort, so to say  
'Sukoon'.  
A feeling that can only be felt by heart.  
Sitting by the shore,  
As the warmth of breeze embraces you,  
Life seems an easier puzzle to solve.  
People seem for real and true.  
And, Sunsets are the magic you needed to make your day better.  

At first, it’s a place where the land meets the ocean.  
Dipping your feet in the cool waters,  
Taking away your worries one after another,  
Removing the burden off your shoulders.  

Filling your mind with joy and content,  
To live in the moment,  
To realize how 'Beautiful' the Present is.  
To cherish the hide-and-seek,  
Played by the sun and the clouds.  

The soft hue of nature,  
Unravel their beauty before us.  
A moment of ecstasy to the eyes of the beholder.  
Far better captured by the mind, than the lens of a camera.
Faith it till you make it

By Dr. Prerana Bellary and Dr. Dale Rego
Batch 2014

I spoke to many an interesting people in the process, atheists, agnostics, convert-ed Buddhist, lots of wannabe “seekers” like me. But, something just didn’t feel right. I couldn’t fit in what I thought about this God person. At this point all I knew was just saying a little “Please, help me, I’ve tried my best” right before I entered the exam hall made me feel better. (Med school has a lot of exams, so whatever it is that I felt, only intensified over the years)

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College is where you find out who you really are and your thoughts. Some days are good while some even better, but each day brings with itself a new set of experiences, new things to learn. So, we thought we’d put these experiences in words and share with the world some things that touched our hearts!

The eternal optimists, the medicine enthusiasts, the two people who are going to be the first doc-tor in their respective families (that’s if we make it through this of course).

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The eternal optimists, the medicine enthusiasts, the two people who are going to be the first doctors in their respective families (that’s if we make it through this of course).

Up until I was 14 if there was one thing I never questioned was my faith in the Almighty. I grew up listening to stories about Ramayana and Mahabharata, about the counsel Krishna gave Arjuna, about the legend of Ganesh, about the counsel Krishna gave Arjuna about the legend of Ganesh, about the counsel Krishna gave Arjuna, about the counsel Krishna gave Arjuna the counsel Krishna gave Arjuna about the counsel Krishna gave Arjuna about the counsel Krishna gave Arjuna, about the counsel Krishna gave Arjuna about the counsel Krishna gave Arjuna, about the counsel Krishna gave Arjuna about the counsel Krishna gave Arjuna, about the counsel Krishna gave Arjuna about the counsel Krishna gave Arjuna, about the counsel Krishna gave Arjuna about the counsel Krishna gave Arjuna the counsel Krishna gave Arjuna about the legend of Ganesh and therefore Mr. God took a backseat in my priority of thoughts. The following year I happened to have some time on my hands. So I decided to address this little thing that kept gnawing at me. I started going to church to find “meaning”. I read bits and pieces of the bible. I said Hail Mary every night and sang hymns singing his praises. That phase soon fizzled out.

The cynics will say I just need someone to blame when things go wrong. The church goers will say Jesus will keep me in the palm of his hand. In my house we believe God came down in his many avatars and we pray to each one of them on a different day. But to me, He is power. A power greater than all of my imagination.

And he’s cool that way isn’t he? Whoever he might be. All of us have such diverse ideas about him and yet we all have this tiny thing in common. Faith.

It’s a crazy thing, this faith. It can move mountains.
The Mind

You always put me into anticipation
Making me numb, making me jittery.
We share an inexplicable relation,
As of Betty and Veronica.
I just see and you conceptualise,
I just think and you generate a perception.
You're like a beautiful servant,
But a dangerous master.
From me being an introvert to the society,
You have a great hand in my transformation.
Everytime I feel low and despondent,
It's you who make up for my despair.
You succour me to collaborate with my soul,
Inhabiting the most eminent part of me.
You make me feel the slightest of emotion,
Thus making me the so called human.
You shape my personality and attitude,
Good or bad you make me what I am.
Sometimes you scrutinise, sometimes you ignore,
Making me ponder what you are.
Medicine taught me heart just pumps blood,
It's you who perceive love and hate.
We are like mutually inclusive events,
You insist, I implement, you resist, I dissent.
You are like my best friend
Coding a problem, decoding as well.
Mortal draw hearts to convey their ardour,
Because little do they know who to draw you.
But my dear priceless possession,
Are you a boon or bane to the mankind?
Because as you happen to exist,
You certainly should be one of a kind.

By C S Shreyas
Batch 2015

- ASHWATHI A
Batch 2015

- Swathi Kulkarni
Batch 2017
Despite everything she had to bear, she stayed. She stayed and for what, I always asked her, She just smiled and walked away. As night dawned, the tortures began and The scars spoke for itself, By morning, she was all polished and The bright smile would hide the pain inflicted. Every night that was the scenario And every morning too. She did it all for her twins. Unaware of what was happening behind the closed doors. She told them "mama and papa are playing hide and go seek" and As innocent as kids are, they believed it. The twins grew and got wiser. Realised that "hide and go seek" was just a metonym. And, the man that they called "papa", didn’t ever deserve that name.

I sat there in the corner of the classroom, listening to the crickets, cicadas and the post-rain music that the universe wrote on the bars of time. The not so overwhelming dread of the futility of our experiences, lingering as a thin mist, followed and directed my train of thought towards the ennui that could have been avoided in retrospect.

Reflections on life, the death of a friend, ties that once anchored me to reality; being severed, the relative indifference to past truths blurring into lies and disappearing with the vestiges of a distant reality; these were the thoughts haunting my brain at that time. It struck me that something that I had or had believed in or hoped for to be the truth, with time, either diminished in its truthfulness or was negated. Maybe everything is just as true as it isn’t. Causality, imposed on our perception of time, makes it seem like different realities, when it really is the same. Maybe it’s our limited perception that impairs us and allows us to enjoy this drawn out drunkenness of this limited reality. Maybe it is a blessing to be able to not see things as they really are.

- Joel Amirtham, Batch 2016

The lies we tell ourselves, believe, hope for.

- Riya Zahir, Batch 2015
One day walking into march, it dawned on me, What kind of justice will she get hanging him, see? He will be gone in seconds, will forever be free, While she will fail daily searching the old “she”. Hanging those devils you think you passed in your test, But you never notice you don’t care who handles the rest. You cannot put an end to her never ending quest, Dying daily, deepening abyss is her only left fest. Setting time limits for me, From the length of my cleavage to whatever it be, You said not to do was followed by me, But please O THEE come and help me, I did what was said but couldn’t get the key, And now I am unable to see, Neither home nor world I am nowhere free.

But I get it now, all your unkind plans, Now I get what you feel makes a man. You put me in home, so that you can do it free, Not under some tree but with whole heart and glee. Cannot imagine how she felt being raped by her brother, What is she crying about? “She was raped” or “He should have been someone other.” No, I don’t want cure, I want complete prevention, I don’t want your post, I want your pre-attention, Hey, Sorry if I asked for some things, Sorry for disturbing you ever sleeping beings, I know these words have become no less than a joke, Which now may be being enjoyed with glasses of coke. But I got something interesting something good for you. Listen to my new words with different colors adding hue, Don’t you dare save girl child, Don’t you dare bring her to this wild, Don’t you dare fill respect in your eyes, Let me only deal with all your unhealthy vibes, Please give me pains, show me all the wrongs, Let troubles do their work of making me strong, I won’t ask you to stop, I won’t beg anymore, I will fight, throw you in the hottest core, Don’t think me less, cause SHE has an extra S, So if you come in, Or bring a gang full a ton, And plan all such, I will kill myself but not let you touch.

“I AM NOT THAT SITA WHO NEEDS A RAM”

- Srishti Anumod

REVELATIONS

“Redeem us from the dead, to abide in Eden once again.”
A gentle breeze, through and within me; Calm and soothe, melting down the dusts of dead; Frosty to perceive with mere ashes to grasp; Just cleansing away all the dirt I have poured upon, along the years that have passed by; Going back to the time when mater battled her way through both our lives; To now taking a stroll along the indistinct footsteps, leading to the moment when she finally turned in hers. Just silence, for a second, making me abandon everything I have made for my ungratified self; And a grasp, to get a glimpse of the shadow I have behind for my progeny to weep here-after. In those tears, let my presiding pride be washed away to bring forth all the sins I have dwelled upon. Retrieving me back from my shelter, to pass over the unfelt sorrows of yesterday. Hold me along the drive and take me to the sanctum sanctorum they call my tomb. Give me light before the spirit walks out from unending darkness spread all across my garden. Make me trace the origin of my breeze and let that be the first of my final hidden revelations.

REVELATIONS

- Jonathan John Abraham

Batch 2015
But I promise that this will soon pass, and tonight I will make it home. And over a hot cup of coffee, in my yellow this hard rugged desk isn't!

And so, it makes me feel all the more guilty, at how things have changed between us. I no longer come home, and hormones, I would snuggle into you for comfort. Honestly, you were the best decision I ever made.

I still remember the day I saw you in Khurana uncle's shop, peeking from underneath the ugly grey bedsheet. You were bold and impressive and caught my immediate attention. Ten easy minutes later, I was holding you fondly in my arms and walking home. Mum was still frowning because I didn't take the pink one instead, but I was contented. I was soon bustling about, trying to make you feel at home. I was awed at how beautiful you looked, spread out on my soft spring mattress. Days passed by, and you turned from a friend into family. Each night, I would languidly loop into your soft embrace and every morning, I was sorry to let you go. You were my partner in crime, when my phone would buzz at 3 a.m., and in your shadows I would blush into my pillow. You were there, when life got rough - sturdy around my shoulders, letting me cry myself into you. Always faithful and strong, on cold winter mornings when I was rolled up beside you, thinking of the best excuses to hitch college, and even on my red dot days, when curting the hormones, I would snuggle into you for comfort. Honestly, you were the best decision I ever made.

And so, it makes me feel all the more guilty, at how things have changed between us. I no longer come home, and we no longer hang out like we used to. But just to let you know, I miss you terribly. And every day, sitting at my workplace, I can't help having withdrawal symptoms of being with you. You are everything and so much more that this hard rugged desk isn’t!

But I promise that this will soon pass, and tonight I will make it home. And over a hot cup of coffee, in my yellow pyjamas; we will reconcile again.

With love,

-An all-day sleepyhead.

Stacy D’Souza
Batch 2014
The norm, I have been led to believe, is to start such pieces with the quintessential “the first time I...”. But here’s the thing, I don’t really remember the first time. For as long as I can remember, there has always been tea.

Being brought up in a predominantly tea-drinking household (a two cups a day routine- the morning eye-opener and the evening high tea), I am deeply ashamed to say that the making of this marvellous brew, I had always taken for granted. Until I was left to fend for myself.

That potent morning mug of steaming hot goodness is probably the only thing that propels me out of bed and in time to herald the infamous register (another story for another day). Woe is he/she/they who cross the path of one who has not partaken of said morning ritual. I can think of only a few better things than winding down at the end of a hard day’s work with a soothing cup of tea. The department (to which yours truly belongs) has its own magic mid-morning blend- in-a-flask; a number of theories have been put forth to explain the reason this is relished with such gusto by all and sundry (none proven).

What makes a good cuppa? The choice is personal, but I like my chai strong, dark – the colour of mud after the first rains, not too milky and not so sweet that you wonder what heinous tragedy has befallen the brewer, to have upturned the entire pot of sugar into your tea cup!

I have read somewhere in the annals of tea history, that as revenge, we as a nation (political scene a la mode) have taken what the British hold dear, and Desi-fied it above and beyond the call of best served cold. Slowly and surely, industrious as we are, some ginger here, some pepper there, a touch of Elaichi and eventually, in almost a passive aggressive move against colonisation, all available condiments from the spice rack made their way into what we now call Masala Chai.

I, am not much one for the acquired taste of green and herbal teas, have a slight partiality towards lemon tea and an incurable infatuation with Mumbai’s famed cutting chai. Dip teas appal me; instant teas have become a stopgap during busy mornings and trips to places where the acquisition of tea poses a problem (the horror!).

My search for a good cuppa has led to the conclusion that as much as we patriotically (political scene a la mode) proclaim to love our tea, very, very few places have the know-how to manage a decent cup.

The journey has been long and arduous. After innumerous culinary experiments- involving burnt tea and hours of scrubbing scorched utensil bottoms, tea flavoured water masquerading as tea, spilt milk (pun unintended), expert advice and even a video-call tutoring from a friend across the country, I have finally managed to master the brewing of the near perfect cup of tea. The glow spreads like warm butter. I just pray and hope I never have to make tea for more than one person; that regretfully is just not my cup of tea.

Disclaimer: The article does not purport to be factually correct. The above rantings were to pass the time while the kettle was on.

- Dr. Smitha L. Rasquinha
Memes from the Inbox
(We're lovin' it.)
Makeshift chandelier made out of origami birds and City Market light bulbs by Fine Arts committee, Arena '18
Photo: Sarah Joseph
CHESS TEAM: MEN
CHESS TEAM: WOMEN
CRICKET MEN
BASKETBALL WOMEN
HOCKEY TEAM
Dr. Abhipsha Rath
Beach please

Dr. Allen
My fashion sense is second to nun

Dr. Ashlene Dsouza
Don’t fr get your roots

Dr. Agnes Angeline
I’ll lead a pea-ful life.

Dr. Anil J. D’Souza
It’s been a de-light-ful journey

Dr. Andrea R. Castelino
Catitude is everything!
Here’s to purrfect days, filled with absolute pawsitivity

Dr. Anu M. Saji
Dr. Ann M. Mathew
Looking into golden days at the golden hour

Dr. Anup J. P. R.
Did you say I need to hang out more often?

Dr. Anula S. D’Souza
Two tired to find a good pun

Dr. Anup J. Pathil
Use filters in life and on snapchat.

Dr. Anuradha Bhat
S-pinkling fairy dust wherever I go

Dr. Ana D’Souza
I’ll take a bough for this quality pun

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Dr. Anu Mathew
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Dr. Anup J. P. R.
Did you say I need to hang out more often?
Dr. Kavan Sharma
I love FMMC a waffle-y lot.

Dr. Karen Maneek
How do colours greet each other? YELLOW.

Dr. Catherine George
Aren’t you de-lighted

Dr. Chrystle Anisha
I am cyantically proven to blue your mind

Dr. Christa Joel
Eye can see something beau-tea-ful.

Dr. Joseph Sajeev
Shades Because my future is so bright

Dr. Clinton Castelino
I have specs appeal

Dr. Marina D’souza
Need a break. Internship is grinding my gears

Dr. Elenza Jose
Hotell me everything.

Dr. Mathew Shaji
That’s how eye roll

Dr. D’sa Ineeh
The tassel is worth the hassle

Dr. Melbin Kurian John
Seas the day

Dr. Elisha Furtado
My ra-puns’ll get you all tangled up

Dr. Pratheeksha K. K.
And it was all yellow.

Dr. Pratheeksha K. K.
It’s time to sleigh, all my jingle ladies.

Dr. Georjiana George
Whenever I hair you, I go fuzzy.

Dr. Joseph Sajeev
You call me Au because I’m gold when I’m in my element.

Dr. George Varghese
My ra-puns’ll get you all tangled up

Dr. Sushmitha M.
Have a cup of positivi-tea.

Dr. Swathi Balakrishnan
I think this picture looks great. You just have to look at it from the right angle.

Dr. Vaishnavi Pandith
Keep calm and enjoy your sundae.

Dr. Jeco Jacob
PMS jokes are always funny. Period
Dr. Sanjana Joy
Joy to the world, the queen has come

Mr. Aybin Paulson
Travel in a spacecraft

Ms. Aleena
To start a restaurant

Ms. Aksa Thomas
Adopt a lion

Ms. Femin Joy
Visit Bethlehem

Mr. Aybin Paulson
Travel in a spacecraft

Ms. Anagha Ramesh
To do bungee jump

Ms. Fionna D’Souza
World tour

Ms. Natasha Menezes
Dive of a cliff

Ms. Astel Pinto
Watch the Northern lights against a starry night ‘in person’

Mr. Charles C. J.
Want to go on an adventurous trek in the Amazon forest

Ms. Christina George
Run a patisserie with special challenged

Ms. Deepti Sebastian
Go to an airport and buy tickets for a random flight

Ms. Astel Pinto
Watch the Northern lights against a starry night ‘in person’

Sr. Mereena Joseph
Want to publish a book.

Ms. Stephanie Stephen
Stare at the sky in silence at night from on top of a mountain

Ms. Leema Vinod
Swim with Dolphins

Ms. Natasha Menezes
Dive of a cliff

Ms. Natasha Menezes
Dive of a cliff

Ms. Natasha Menezes
Dive of a cliff
What tops your bucket list?

**MIT INTERNS**

- **Ms. Nikitha Roy**: Want to be a helpful person.
- **Ms. Tintu Varghese**: I want to try having varieties of foods from different parts of the world.
- **Mr. Rahul Benny**: To get married as early as possible.
- **Sr. Litty Joseph**: To spread happiness.
- **Ms. Reshell Fernandez**: Go snorkeling.
- **Ms. Anju Joy**: To do what I love and what makes my heart happy.
- **Ms. Anju M.**: Want to be a helpful person.
- **Mr. Amit Salokhe**: To do what I love and what makes my heart happy.
- **Mr. Nishmitha Peris**: I want to try having varieties of foods from different parts of the world.
- **Mr. Caron Fernandes**: To get married as early as possible.
- **Mr. Jobit Casper**: Wake up and watch the sunrise.
- **Mr. Bibin abraham**: Taking an image, freezing a moment.
- **Mr. Justin**: Grow gratitude.
- **Mr. Athira**: Wake up and watch the sunrise.
- **Mr. Varsha Wilson**: Chill Out.
- **Mr. Roswin**: Because Every picture tells a story.
- **Ms. Keerthana**: Wake up and get ready.

**BPT INTERNS**

- **Ms. Smiti K.R.**: To do what I love and what makes my heart happy.
- **Mr. Rahul Benny**: To get married as early as possible.
- **Sr. Litty Joseph**: To spread happiness.
- **Mr. Rhea R Worlikar**: Travel.
- **Ms. Alisha**: Beauty is power, a smile is its sword.
- **Ms. Ashalini**: Wake up and watch the sunrise.
- **Ms. Roshini**: Because Every picture tells a story.
- **Mr. Delvin Joby**: Taking an image, freezing a moment.
- **Ms. Blossom Crasta**: Travel.
- **Ms. Daydream**: Do what I love and what makes my heart happy.
- **Ms. Ayisha Afthaz**: Travel.
- **Ms. Varsha Wilson**: Chill Out.
- **Ms. Roswin**: Because Every picture tells a story.
- **Ms. Keerthana**: Wake up and get ready.
- **Mr. Athira**: Wake up and watch the sunrise.
- **Ms. Alisha**: Beauty is power, a smile is its sword.
- **Ms. Ashalini**: Wake up and watch the sunrise.
- **Ms. Roswin**: Because Every picture tells a story.
- **Ms. Keerthana**: Wake up and get ready.
- **Ms. Blossom Crasta**: Travel.
- **Ms. Daydream**: Do what I love and what makes my heart happy.
- **Ms. Ayisha Afthaz**: Travel.
- **Ms. Varsha Wilson**: Chill Out.
- **Ms. Roswin**: Because Every picture tells a story.
- **Ms. Keerthana**: Wake up and get ready.
- **Ms. Blossom Crasta**: Travel.
- **Ms. Daydream**: Do what I love and what makes my heart happy.
- **Ms. Ayisha Afthaz**: Travel.
- **Ms. Varsha Wilson**: Chill Out.
- **Ms. Roswin**: Because Every picture tells a story.
- **Ms. Keerthana**: Wake up and get ready.

**RT INTERNS**

- **Ms. Thomas**: Because Every picture tells a story.
- **Ms. Shakeela**: Wake up and watch the sunrise.
- **Ms. Roswin**: Because Every picture tells a story.
- **Mr. Adarsh Benny**: It is not necessary to follow the herd when you stay true to yourself.
- **Mr. Joyal John**: Wake up and watch the sunrise.
- **Ms. Varsha Wilson**: Chill Out.
Editorial Fam

(MBBS is side business)
Editorial Board, Create, 2019
An ode to timeless art and legendary artists.

Madhubala
Actress, singer.

Sophie Turner
Actress

Shobana
Actress, dancer

Oprah Winfrey
Talk show host, media executive

Salvador Dali
Surrealist painter

Amrita Sher-Gil
Painter

Lana Del Rey
Singer, songwriter, model

Jane "El" Hopper
Eleven, Stranger Things

Àlvaro Morte (El Profesor)
Actor, Genius, Strategist

Bob Marley
Singer, songwriter, beast

Marilyn Monroe
Actress, model, singer

Janet Jackson
Singer, songwriter, actress

Violet Parr
Superhero from 'The Incredibles'

Jon Snow
Lord Commander of the Night's Watch

Mr. Bean
A child in a grown man's body

Wiz Khalifa
Rapper, singer, actor

Jack Dawson
Died of hypothermia, Titanic

Hamsa Damayanti
A Raja Ravi Varma muse

Audrey Hepburn
Actress, fashion icon

Frida Kahlo
Painter

Miranda Sings
Comedian, YouTuber

Sylvia Plath
Poet, novelist

Vito Corleone
The Godfather

Sharbat Gula
Afghan girl, refugee.

Beyoncé
Singer, songwriter

Mary Poppins
A quintessential angelic nanny from the fantasies

Amy Winehouse
Singer, Songwriter

Miranda Sings
Comedian, YouTuber

Stolen from Harry Potter

Invisibility cloak

Jane "El" Hopper
Eleven, Stranger Things

Àlvaro Morte (El Profesor)
Actor, Genius, Strategist

Bob Marley
Singer, songwriter, beast

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Singer, Songwriter
Epilogue

Epilogues make me sad. The pain of parting ways with a book you've been cradling, living in and breathing out of, hurts more than a heartbeat. But I'm a sucker for writing stories with sappy endings so here's an epilogue for you. (Read: Acknowledgements)

If you've read every word of every line up until now, know that, I love you. You are a gem.

Each page is the result of the painstaking work of the magnificent being, that is the Editorial board. These guys are the coolest bunch there ever will be and I'm keeping them for the rest of my life.

Here are some life savers who need the mentioning

Dr. Cimona, she is pretty and pretty awesome! Her constant "Sanj, we got this. Call me at 3 a.m. if you must, I'll be there" kept me going. Thank you ma'am, for being my rock and pillar. For pushing me to hustle and reassuring me at every step. This woman is a wholesome package of talent and goodness. The Ootd section is her brainchild and I'm sure y'all lingered on to stare at my beautiful girl on the cover of the section*wink* I'm her biggest fan.

Irene, for being my rock and pillar. For pushing me to hustle and reassuring me at every step. This woman is a wholesome package of talent and goodness. The Ootd section is her brainchild and I'm sure y'all lingered on to stare at my beautiful girl on the cover of the section*wink* I'm her biggest fan.

Floris, for making my freaking-out sessions and endless whining her daily morning alarm. Her constant supply of good vibes, happy thoughts and a solution to every problem. Her quick wit, dank humour and for being overall badass pun-dits.

Sandeep, for the immense love and patience he showed, as I went through my Don't-breathe-I'll-kill-you phase when the workload got to me. He's been my best friend and wise counsel for years now and made sure I didn't sideline education. He became my audio book when I couldn't find the time to study. The Self Care section and the Quiz section are his babies.

Mayuri, for being my personal minion (the cutest one) and running every tiny errand I shoved her way. This kween single handedly proofread the entire book, without missing a single full stop. Period. (If you still find errors, you now know who I'm going to kill)

Nikitha Crasta, for simply being Nikitha Crasta. (Synonymous to insanely gifted multi-talented meows) With her iPad and pencil, she's unstoppable!

I'm the most disorganized person you'd come across and Romith voluntarily stepped in, to take this job upon himself. He handled the e-mails and made folders, sub folders and sub-sub folders! (Destroyer of chaos, be it a pit or ladder.)

Sarah, Raksha, Bonita, Robin, Anya and Ryan are full fledged bosses. I would wake up with an idea, ask them to do it and it would, legit be done before the night broke. These kids made life easier and each one is so talented, they've left me wonderstruck. Also, I got to bully them in the process. (No juniors were hurt in the making of this magazine.)

Eva, Edna, Nicole, Frana and Robin for annoying the staff and alumni and chasing/stalking them to get their interviews and most importantly, for being shamelessly nosy to get them to spill the beans.

Pooja and Sonu for their quick wit, dank humour and for being overall badass pun-dits.

Amritha, Angelin, Kedar, Jonica and Joe for unquestioningly getting a truckload of work done, that may or may not have included a lot of hunting and gathering (also scavenging).

Prerana for being the comfort face I could run to, in case I messed up. (The only place in the committee where I could feel and act like an irresponsible junior brat).

There were plenty of saviours outside the committee who became subjects of my tyranny by choice.

Roshan, madame President, for being the one who's always pushed me to do better and the first one I text in the middle of a breakdown. She always has a solution. I don't know how, but she always does.

Chetan for trusting me with his camera for the past five months.

Jonathan for taking up an entire section and flooding it with his quirky humor.

Marshal and Thilak for the constant supply of good vibes. Nikita Shetty for being my drug of choice during a mind block.

Gaurang, Reyon, Rohan, Ashrith and George for helping out so much with their photography magic.

Adhip for being my third annoying brother.

Shweta and Shah Nawaz for being my foster parents.

The editors of the previous editions of Mullerpulse who gave me life lessons and got me started. Joe, Daron, Swati and Savitri. (I'll buy you guys ice-cream though I hate y'all for setting the bar up high.)

Mr. Ravi and Mr. Desmond for working relentlessly with the layouts and designing, and putting up, rather patiently, with my fickle minded self. Ms. Rakshitha, Mr. Michael, Ms. Vandana and Ms. Shwetha for all their help in bringing this book to life

I'm grateful to the FMMC management: Director Fr. Richard Coelho, Dean Dr. J.P. Alva, Hospital Administrator, Fr. Rudolph Ravi D’Sa and College Administrator Fr. Ajith Menezes for standing by me and providing me with this opportunity and I hope I've lived up to it.

To my superhuman Dad, who got me into writing when I could barely spell my name right and my beautiful momma bird who reads and re-reads every string of words I put together. They taught me how to step out of my comfort zone and my two younger brothers stood by me as I did. (And copied me when their time came). (As usual). Thank you for being my happy place. I love you 3000.

I thank the books that have shaped me and the writers that have left their mark.

Lastly, to the beautiful world, with it's million tiny wonders, which will always remain a storehouse of inspiration and source of constant wonder for a tiny speck like me on it.

Adios!
COMFORT ZONE

Things that make life worthwhile and interesting