



# Glimpse 2008



GOVERNMENT MEDICAL COLLEGE & HOSPITAL  
Sector 32, Chandigarh



## *A Prayer for Vision*

*Almighty and Merciful God,  
grant that my thoughts may not be bound by what my eyes can see.*

*Give me grace of vision to perceive spiritual things.*

*Make me able to look through the outward forms to the spirit  
within.*

*Give me largeness of vision,  
that I may not be absorbed in the petty details of this life,  
but may see your ideal and strive to reach it.*

*Perfection dwells in your kingdom.*

*Give me the vision to see it,  
and I shall struggle towards it.*

*Let me not lose your gift of vision,  
nor mar its beauty, by doubts of its final attainment.*

*In the name of GOD.*



The cover page 'ASPIRATION' depicts a hand emanating from within the earth and aiming for the sun despite the shackles that bind it to the ground. This stands to motivate each one of us to endeavour to attain the unattainable and reach out for the unreachable thus braving our way around all obstacles that come in our way.



The back page "Realization of Goal" illustrates a young lad approaching eagerly towards his goal and his journey culminates in victory as he declares his elation on the victory stand.



These paintings have been made by  
Varun Kumar Singh (2K5)

सूरज को तू देख मनु,  
क्यों इतना रहा है सोच,  
चल उठकर अब,  
हाथ बढ़ाकर दे विजय उद्घोष,  
काँटों से तू न घबरा  
ये है रास्ते की धूल  
जो प्रणय तेरा पाथेय है  
और हिम्मत तेरी साथी  
होगी दुनिया तेरी मुट्ठी में  
मनु, बस आखिरी कदम है बाकी ।

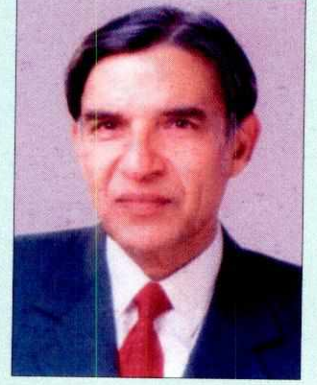
- वरुण कुमार सिंह

पवन कुमार बंसल  
PAWAN KUMAR BANSAL



वित्त राज्य मंत्री  
(व्यय, बैंकिंग एवं बीमा)  
तथा संसदीय कार्य  
भारत सरकार)  
MINISTER OF STATE FOR FINANCE  
(EXPENDITURE, BANKING & INSURANCE)  
AND PARLIAMENTARY AFFAIRS  
GOVERNMENT OF INDIA

## MESSAGE



Life at any academic institution is incomplete ,without manifestation of cultural and literary talent of the students. Such activities on the educational campuses not only hone literary and presentation skills of students but also provide them a welcome break from the otherwise exacting academic demands. In case of Medical Colleges, such activities also help to ensure that the future healthcare professionals have well-rounded personalities that would help them cope better with stresses of subsequent professional life.

I congratulate the students and Faculty of Govt. Medical College, Chandigarh for publication of the college magazine at the annual function.

(Pawan Kumar Bansal)

**PARDEEP CHHABRA**  
MAYOR



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**MUNICIPAL CORPORATION**  
NEW DELUXE BUILDING, SECTOR 17, CHANDIGARH - 160 017

D.O. No. ....

Dated. ....

## MESSAGE



It is heartening to note that the Government Medical College Hospital, Sector 32, Chandigarh is bringing out the annual college magazine Glimpse-2008. There is a need for an affordable and reliable public healthcare system for all, including those living below the poverty line. The faculty should focus their research not only on the frontier areas of technology but also on the ground realities where diseases like TB, malaria and diarrhoea widely inflict the common man particularly in the remote areas. I hope that the teachers and students of the college would achieve more heights in future and shall work for the needy ones.

Pardeep Chhabra



D.O. No. ....  
Special Secretary Finance,  
Chandigarh Administration

Dated.....

## MESSAGE



I am happy to hear that the Government Medical College and Hospital, Sector 32 has brought out its college magazine - The Glimpse - 2008.

The GMCH is a premier institution in the region. The students here are lively and talented young people. Literary and cultural activities help doctors hone their personalities and help them cope better with professional stress. Staying in touch with their creative side is an appreciable endeavour by any yardstick.

My good wishes !

*Raji Shrivastava*  
Raji P. Shrivastava, IAS  
Secretary Health,  
Medical Education & Research,  
Chandigarh Administration

**DR. ROSHAN SUNKARIA**  
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## *MESSAGE*



I am pleased to learn that the Government Medical College and Hospital, Sector 32, Chandigarh is going to release Annual College Magazine Glimpse-2008 on the eve of Annual College Day on September 9, 2008.

With its excellent infrastructure, the hospital has been attracting a large number of patients not only from Chandigarh, but from the neighbouring states as well. It has been rendering facilities for conducting research activities to different specialties as and when required.

I wish the College and the students good luck in all their future endeavours.

**Dr. Roshan Sunkaria**

**Professor R.C. Sobti**  
Vice-Chancellor



**PANJAB UNIVERSITY**  
CHANDIGARH, India, 160 014

## **MESSAGE**



I am happy to learn that the faculty and students of Government Medical College and Hospital, Sector 32, Chandigarh, are actively engaged in publishing the annual college magazine "Glimpse-2008" - a befitting platform for putting up the activities and achievements. The literary part of the college magazine quenches the thirst of students with literary souls. The mission and vision of every educational institution is the overall development of its youth - the future of the country. The publication, in fact, is a step in that direction.

I would like to take this opportunity to send my good wishes to the faculty and students for an all-out, success of this publication.

*R.C. Sobti*

**R.C. Sobti**  
Vice-Chancellor  
August 19, 2008



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**Dr. K.K. Talwar**

MD, DM, FAMS, FNA

**DIRECTOR**

Professor & Head

Department of Cardiology



## MESSAGE

It gives me immense pleasure to know that the Government Medical College Hospital, Sector 32, Chandigarh is bringing out its Annual College Magazine "Glimpse 2008" on the eve of the Annual College Day on 9th September, 2008.

The magazine creates a much needed break from the hectic academic activities and provides an outlet for the creative side to be expressed. Literature, music, art run like a fine thread of gold in the already rich tapestry of life. They give each one of us an opportunity to express, reach out and indeed imbibe knowledge and entertainment in good measure. Besides, the publication would voice the feelings, hopes and aspirations of the students of the College.

I am sure, the students and the faculty will use this opportunity to the maximum and the magazine would be of vital help in highlighting their achievements and aspirations.

**K.K. Talwar**

## **PROF. RAJ BAHADUR**

MS Orth, FAMS, FICA, FIMSA, FAOI, FIHE

**Director Principal**

Government Medical College & Hospital,  
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# *MESSAGE*



Glimpse -2008 which reflects the thoughts of our brilliant students and dedicated faculty is the result of concerted efforts of the Editorial Committee. Our students have tremendous energy which needs to be channelized by the teachers in the right perspective for their growth into responsible and dedicated health professionals.

GMCH has carved GLIMPSE as an organ to ventilate the idea of students and faculty who certainly get negligible time for extra-curricular activities; still the effort is commendable.

Our institution is giving us the opportunity to serve the society, expand our professional knowledge and skills, get recognition in the society and adequate opportunity to express ourselves.

It is simultaneously of great relevance that treachery with the institution even inadvertently must not be reflected in thoughts as well as in action. The institution will continue to live, whereas we will come and go. The act of each individual would be judged by the time, so one should be extra careful, lest the time will adjudge us otherwise.

On this occasion when Glimpse- 2008 is going to come in your hands, I wish whole heartedly for the progress of students, faculty & staff.

**(RAJ BAHADUR)**

# *Editorial Board*



**PROF. RAJ BAHADUR**  
**PATRON**



**PROF. C.S. GAUTAM**  
**EDITOR-IN-CHIEF**

# *Editorial Board*



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EDITOR (ENGLISH SECTION)



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**DR. MANJEET TALWAR**  
EDITOR  
(PHOTOGRAPHY SECTION)



**DR. GURJEET KAUR**  
EDITOR  
(PHOTOGRAPHY SECTION)

# *Kudos!!!*

## **2000 Batch**

- Shivani** : Junior Resident(MD), Skin, Government Medical College, Amritsar  
**Ashish** : Junior Resident(MD), Chest and TB, Government Medical College, Patiala  
**Abhinav** : Junior Resident(MD), Medicine, KGMC, Lucknow  
**Vinod**: Junior Resident(MD), SPM, PGIMS, Rohtak  
**Garima**: Junior Resident(MD), Anatomy, GMCH, Chandigarh  
**Isha** : Junior Resident(MD), Anatomy, GMCH, Chandigarh

## **2001 Batch**

- Amit Lakhani**: Junior Resident(MS), Orthopaedics, GMCH, Amritsar  
**Amandeep Randhawa**: Junior Resident(MS), Orthopaedics, SGRD, Amritsar  
**Amandeep Sandhu**: Junior Resident(MS), Surgery, SGRD, Amritsar  
**Gagan**: Junior Resident(MD), Medicine, GMC, Amritsar  
**Gaurika**: Junior Resident(MD), Gynaecology, PGIMER  
**Himanshu**: Junior Resident(MD), Medicine, DMC, Ludhiana  
**Jyoti**: Medicine, USA  
**Kanika**: Junior Resident(MS), Ophthalmology, PGIMER  
**Karun Singla**: Junior Resident(MS), Surgery, DMC, Ludhiana  
**Kiran**: Junior Resident(MD), Gynaecology, PGIMER  
**Manishi**: Junior Resident(MD), Gynaecology, IGMC, Shimla  
**Mona**: Student, MBA, XLRI, Jamshedpur  
**Neha**: Junior Resident(MD), Radiology, PGIMS, Rohtak  
**Pooja Bansal** - Junior Resident(MS), Ophthalmology, PGIMER  
**Pooja Dhir**: Junior Resident(MD)Gynaecology, PGIMER

**Preeti:** Junior Resident(MD), Respiratory Medicine, GMCH, Chd

**Rupinder :** Junior Resident(MD), Medicine, GMC, Amritsar

**Sannidhya:** Junior Resident(MD), Psychiatry, KGMC, Lucknow

**Shikha:** Internal Medicine, USA

**Shweta:** Internal Medicine, USA

**Simran:** Junior Resident(MD), Gynaecology, GMCH, Chd.

**Kashmiri Lal:** Junior Resident(MD), Pathology, GMCH, Chd.

**Vidhu:** Junior Resident(MD), Anatomy, GMCH, Chd

**Vivek Kochar :** Junior Resident(MS), Orthopaedics, UCMS, Delhi

**Vidushi :** Junior Resident(MD), Gynaecology, Jabalpur

## **2002 Batch**

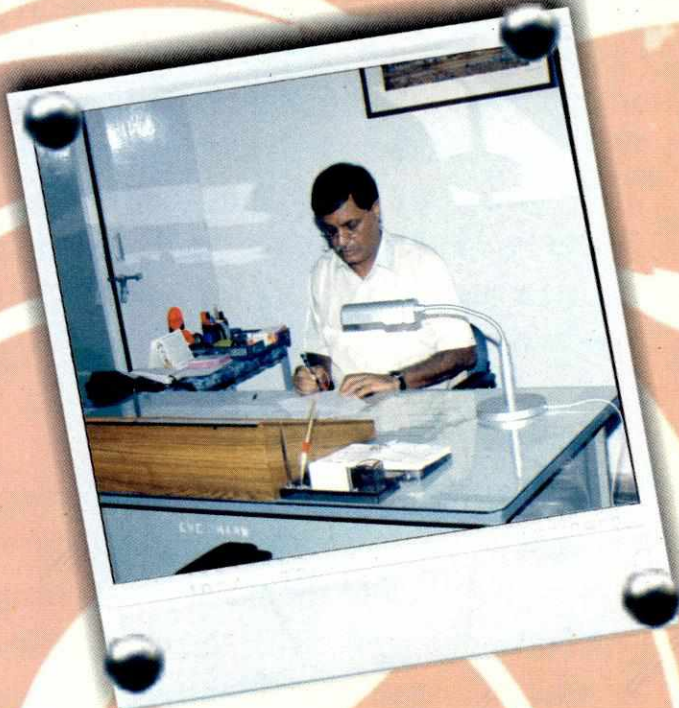
**Amrita:** Junior Resident(MS), Ophthalmology, GMCH, Chd

**Ankur:** Junior Resident(MD), Anaesthesia, PGIMER

**Payal:** Junior Resident(MD), Radiology, GMC, Patiala

**Manu:** Junior Resident(MS), Orthopaedics, GVSM, Kanpur

**Bhoomika:** Junior Resident(MD), Pathology, GMCH, Chd.



## From the editor's desk.....

*O God! O Lord!*

*Give me strength to learn the best*

*Give me vision to understand the disease. Give me heart to wipe the tears of the weak and meek.*

*Give me vision to pursue and find the unknown. Give me strength, not to be broken with irrationality.*

*And finally God,*

*Give me the power of contentment*

*And let me and people around me have a smile on their face.*

It gives me immense pleasure while writing the editorial for Glimpse 2008. This is the magazine through which the students, the teachers and the staff express their pent-up feelings. The young medical students are burdened everyday with recent advances in the medical sciences where they also need time for their personal interests to make an active effort towards the achievement of their goals in life.

It is a known fact that all of us work with an infinite power and are guided by similar laws. The natural laws are so precise that we do not have any difficulty in building spaceships, we can send people to Mars and we can time their landing with the precision of fraction of a second. Our young medical students are precise and goal oriented. It was Indeed a pleasure in getting the 'Glimpse 2008' out. As a teacher I could only understand that they are all hardworking medical students. But it was quite amazing to know that they are equally capable in all intellectual pursuits of life. Yesterday I admired them for their medical knowledge, today I admire them for their completeness.

This is especially an important year for institution as our founder Director Prof J. S. Chopra has received the "Padam Bhushan Award." The goals which were set by Prof J. S. Chopra, Prof Y.K. Kak and others will make this institute eminent and prominent under the able guidance of energetic, dynamic and visionary Prof. Raj Bahadur. This year Prof. J.D. Wig, Department of surgery has also received "B.C.ROY Award" for his eminence in medical profession. I wish such glorious personalities should be emulated by our young budding doctors of tomorrow. The patient care and research should go hand in hand in any medical institution and sincere efforts towards research will make and shape the institute.

I was mesmerized by the tenacity and meticulousness of the members of Literary Committee. Because of the team efforts, this bonanza of literature has seen the light of the day. I shall be failing in my duty if I don't express my sincere thanks to the literary committee, editorial board and students who have burnt midnight oil for the magazine. I congratulate and convey my sincere thanks to Ms. Aakriti and Mr. Mohit for their untiring enthusiasm and dedicated efforts.

On behalf of the editorial board I also offer my apologies for any shortcomings or certain pardonable mistakes.

*Keep progressing, shed the darkness,  
May God bestow upon you  
All the necessary intelligence  
To conceive the best, have heart to brave the obstacles  
And smile on your lips The day the goal is realized.*

**Prof. C.S. Gautam**  
Editor-in-chief  
Glimpse 2008





*And now a brief introduction to our team....*

*Mohit - The TECHNICAL EXPERT. Had all the technical know-how to make it possible. Was the life of the editorial team...once you get him pumped up, you have ideas coming your way with the speed of sound.*

*Aakriti - The CREATIVE HEAD. The magazine speaks for her innovation and novelty. Now has a sore throat after struggling with all the batches to convince them to vote genuinely for the survey.*

*Ankit - The techno-savvy OFFICIAL PHOTOGRAPHER of the team. He can rightly be called the 'idea man' of the team and the magazine comes alive with exhibits of his smart designs. And he sponsored most of the coffee outings!!!*

*Dilpreet - BORN ARTIST. The entire designing of this magazine was her brainchild and strokes of her paintbrush bring the magazine alive. Her systematic and methodical ways are commendable.*

*We would like to extend our special thanks to Varun Kumar Singh (2k5) - The FELLOW DESIGNER who sat throughout THIS simply out of generosity and goodwill.*

*Now having introduced you to a bunch of budheads, we present to you GLIMPSE 2008, and we certainly hope that this has brought out the voice within....*

*Any criticism or comments are welcome on [glimpse08@gmail.com](mailto:glimpse08@gmail.com).*

*- Student Editors*

*2k5*

*Glimpse 2008*

# editorial

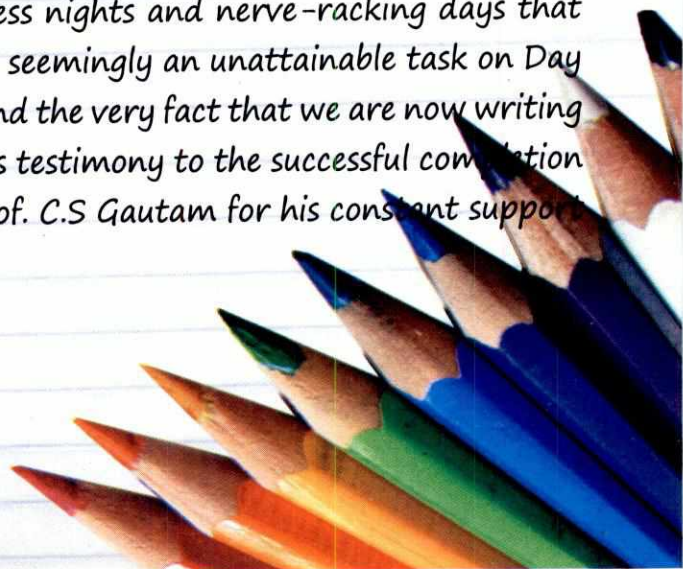
.....from the students desk

"It is necessary to write, if the days are not to slip empty by. How else, indeed, to clap the net over the butterfly of the moment? For when the moment passes, it is forgotten; the mood is gone; life itself is gone. That is where the writer scores over his fellows: he catches the changes of his mind on the hop." ~Vita Sackville-West

Words are a struggle against silence. Pen has quite often metaphorically been compared to a soldier's sword that he uses to fight his enemies. The act of putting pen to paper makes one pause for thought that forces him to introspect and think deeply about life thus helping him regain equilibrium.

GLIMPSE 2008 is a kaleidoscope of thoughts, dreams, aspirations, ambitions and fantasies that have all been meaningfully moulded into words and phrases. It reflects views and counterviews held by our contemporaries and thus conveys truth without hindrance and free from outside influence. The name GLIMPSE captures the essence of our initiative, an attempt to explore the young minds and talent abound in our institute. It has been an earnest attempt on our part to breathe life into every page of this volume to take the level of its interaction with the readers one step higher.

The compilation of this manuscript was a mammoth task, right from collecting articles and pictures to making inestimable round trips to the printing press. Deadlines and last minute screw-ups constantly haunted us. Nonetheless, the whole literary experience was incredible and we will always have these memories of sleepless nights and nerve-racking days that made GLIMPSE 2008 a reality. Honestly, this was seemingly an unattainable task on Day One. But the uphill journey was worth the effort. And the very fact that we are now writing the editorial (and have become caffeine addicts!:) is testimony to the successful completion of the project. We would specially like to thank Prof. C.S Gautam for his constant support and guidance.



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# Face to Face with Dr. J.S. Chopra



**Aakriti :** What was your aim during your tenure?

**Dr. Chopra :** I was the founder Director Principal and Secretary, Medical Education and Research. Initially I was working as Professor and Head in the Department of Neurology, PGI. I was sounded by the Chandigarh administration and Director, PGI that the administration wanted me to start the medical college on deputation from PGI.

I have always accepted challenges in my life. I decided to take this post and planned a first rate medical college and hospital as good as PGI or maybe better to fulfill the deficiencies of PGI in this hospital.

**Aakriti :** As the founder Principal of the college, you must have faced many difficulties in the formative years. We would like to know about them.

**Dr. Chopra :** I did not find it difficult. There are some reasons for this. Firstly I was invited for this job by the Chandigarh administration. Having worked in PGI at a high post, I was not frightened of anyone and wanted to get things done as quickly as possible. I met the Governor of Punjab and Administrator of Chandigarh, General Malhotra who showed faith in my capabilities and administrative decisions and assured me that in case of any problem, I could simply walk into his office. Similar was the view of the other Governor, Mr Surinder Nath who was also very cooperative.

I had no office and I started all my initial work from the Dept. of Neurology in PGI. I approached the Vice-Chancellor, PU and told him that I wanted the college to start as soon as possible. I got the nod from him and meanwhile advertised for the entrance test which was to be conducted by PU. The medical college started on 9th September. I did not join the administration formally for 1 year after which I was also appointed Secretary, Medical Education and Research. I was not power hungry but I wanted the project to run very smoothly. So I needed financial and administrative powers which were very crucial for the project. So I started the process on 1st July 1991, but formally joined office on 3rd July, 1992. In spite of this, I did not face any hurdles. Mr Ashok Duggal, Advisor to UT Administration was very friendly with me. We even played golf together. He once asked me, "Why do you fight so much in the meeting?" I told him that he should complain only if I fight for myself. I could fight with anyone who comes in my way for the completion of the project.

**Aakriti :** If you were given an opportunity to become Director again, what would your priorities be?

**Dr. Chopra :** Priority would be to tune up the administration as I have always done and I will see to it that the college rises from the 25th position to among the top 5 of the country. I would have to take drastic steps that I would not reveal. I would make sure that post graduate classes are started in every speciality as soon as possible.

**Aakriti :** You have won the B. C Roy award besides many others in your career. We would like to know more about your academic achievements.

**Dr. Chopra :** I have a long list of awards and achievements including Dr. B. C Roy award as an eminent teacher. Recently the Govt. of India realized my talent and service to humanity and I was awarded Padma Bhushan by the President of India at the Rashtrapati Bhawan. I must tell you that no neurologist in India has received this honor. Moreover, my international standing in the World Federation of Neurologists was also recognized as no Indian has ever been appointed Editor-in-chief of World Neurology for almost a decade. The international community of neurologists realized my talent and administrative qualities when I organized the World Congress of Neurology in New Delhi as its Secretary General way back in 1989. My academic achievements have always been, I will say, good. I have more than 235 publications to my name and I am on the editorial board of more than half a dozen journals.

**Aakriti :** Do you think facilities in India are conducive to research by students?

**Dr. Chopra :** I see no reason that prevents good research in India from being carried out. There are plenty of funds with ICMR and Department of Biotechnology, Govt. of India, etc. But there are no takers. It depends on the quality of people. People are more interested in lavish life. But it needs a lot of sacrifice and hard work to achieve the best result.

**Aakriti :** What do you have to say about the progress of the college over the years?

**Dr. Chopra :** Don't ask me this question. I will not comment.

**Aakriti :** Have you always aspired to be a neurologist?

**Dr. Chopra :** I wanted to be a surgeon. I have always been very good in studies. I also have a scholarship in anatomy. But during the final year examination, I did not score well in medicine which was very dear to me and I used to top the college examination. It was a mystery to me why I did not score what I deserved because the external examiners were not happy with medical college, Patiala and almost 50% students failed medicine. I took this as a challenge to let those examiners know the injustice they did to me in spite of having topped surgery and ophthalmology.

I have only appeared in one interview till now and that was in England. After that I have always been invited to join the Department wherever I go.

**Aakriti :** Any message for the young doctors?

**Dr. Chopra :** I strongly feel that as in United States, the young doctors should take up research work and I am confident that they can deliver far better results than the age-growing faculty. However, alas, young medical doctors today are running for 5-6 figured salary, the moment they step out of college. It is not their fault. Teachers have failed to motivate the students to do something for the community.

I treat this medical college as my baby and I wanted to do everything I could. I requested Dr V. K Kak, Head, Department of Neurosurgery, PGI to continue this challenge after my retirement. I knew him for the last 35 years and also knew that he was a very good administrator and disciplinarian. He has done a great job for the college.

Compiled by :

**Aakriti Gupta**

2k5

# Rendezvous with Dr. V.K. Kak



**Dilpreet :** Sir, what were the challenges you faced during your tenure as the Director Principal of GMCH?

**Dr. Kak :** I took over the Director Principal in August, 95. There were 3 immediate challenges-MCI recognition for the college, to recruit adequate faculty and to ensure that the exams were held on time because even a loss of 6 months can play a havoc later on in life..

Exams had to be conducted in December so that internship could end in Dec, next year because PG entrance for AIIMS & PGI are held in Jan. Exams were a little delayed because some faculty could not join. We were short of 4 professors- in Radiology, Anatomy, General surgery and Biochemistry. But finally the professors joined from various reputed institutes of the country...

I got the maximum number of inspections done and the inspectors remarked that some of our students were performing better than even the postgraduates from other institutes... Internship was started before the end of January but still ended on 31st Dec., because a lesser known fact is that the DP has a discretion to condone the internship by upto 1 month.

We had a great problem persuading all the students to appear for the exams. Students were very anxious. I allowed them to visit my office or my home anytime of the day and any number of times. The DP should always be accessible.... But still 4 people held out and said that they will drop. But I said I could not leave out 4 people who will, as a result become juniors to their own colleagues... Finally, all the 4 appeared and cleared the exams...They completed their internship on time.

After that, some people even left for IAS. I am deadly against people changing their stream after MBBS and people going abroad. That is a national waste. You have to serve your own country.

**Dilpreet :** But sir, isn't it difficult to do that in our country with such limited seats?

**Dr. Kak :** If you are good, you will fit in.

Nothing is very difficult. Nothing is impossible...

Coming back to the college,

Simultaneously the construction and equipment were going on... The worst thing that can happen in the life of any college or institution are dharnas , demonstrations, class IV unions etc... When I left, there were only 38 class IVs in the hospital. They were on contract. I believed in Hire & Fire. Either you prove your merit or you leave. On contract , means saving a lot of money. The hospital has no responsibility. During my tenure, there were no dharnas/strikes of class IV in either PGI or GMCH.

Once you come to an institution, you have to see its interests. Like John F. Kennedy said- The nation comes first, then the city, then the institution and last the individual.

Whenever you get a chance to be at an administrative post, always start with a clean slate. All previous biases or prejudices are pushed aside. Fortunately, at that time, all faculty members were together and

working for the institution. But that is not the case now, a large number of them are working for their own interests. Administration never comes by seniority, it's a knack that everyone does not have... someone can be a very good teacher but a very poor clinician & vice versa. You have to develop the skills and faculties... You continue to learn till the day you die. If you say that you know everything, that's your academic death and that is worse than the molecular death...

**Dilpreet :** Sir, how did you come to join GMCH?

**Dr. Kak :** See, ultimately the request has to come from the governor. The person who is instrumental in my coming here is Dr. Walia from PGI. He said, if you think you have done enough for neurosurgery in PGI and you can do something better for the city in GMCH, then go there. Ultimately, it's your decision... I left behind in PGI a faculty which was excellent and have been carrying out the responsibility very well...

Dr. Chopra and me, both had an advantage of age. We could convince all the administrators easily, here as well as in Delhi. Till 2000, PU cleared 11 subjects for PG... MCI had already inspected the departments. Because I believe that unless you have PG, you will not have junior staff.

**Dilpreet :** But sir, now the PG's are becoming derecognized...

**Dr. Kak :** Somebody is working against the college. I am very blunt about it. You must create a good relation with press so that they highlight positive sides...

**Dilpreet :** By the time we pass out i.e. around 2010, do we expect some reservation of PG seats for own students in GMCH-32.

**Dr. Kak :** There cannot be an institutional reservation. I am deadly against it.

**Dilpreet :** Sir, if you are given the opportunity to become the DP now, what would be your priorities?

**Dr. Kak :** It is a very hypothetical question. People at my age won't be given an appointment. But... , changes have to be in the mind of every worker of this institution. There is nothing like senior & junior. We are all colleagues right from the day we come together. Every human being is born equal.

"Medical college mein mere time mein 3 cheezen hoti thi- Udghatan, Bhashan aur Ration". You have to change yourself and your society. You have to go beyond the medical college. Be sympathetic towards the patients. They come to you not because they want to, but because they are forced to...

If you fight...lay down your principles. I don't fight with people with white hair-

you must respect age. I also never fight with ladies and people younger to me ; you must respect them too.. Fighting with equal or superior gives you a great taste... especially when you win.

**Dilpreet :** Sir, what do you have to say about the present status of college?

**Dr. Kak :** I don't comment on other people. Never do that...

**Dilpreet :** Sir, just something on how the college has been in these years..

**Dr. Kak :** The college has shown a decline in successive years. They have not been able to hold back the faculty we got on deputation. Foundation stone of Block-E was laid in 2000. I am very blunt about it. Now the people are sleeping... 8 years have passed.

A vast majority of administration is common sense and a little knowledge of rules. But if you follow the rules verbally you become 'Baabus'. Whatever you do must have a system. There should be transparency and objectivity in it. OPD was started online right from day 1. CR numbers would be flashed on the screen and there would be no queues... But now, the system has broken down... Think beyond college and work in



interests of the society. Rabindranath Tagore said

"I slept and dreamt that life was joy  
I awoke and saw that life was service  
I acted and behold, service was joy."

Regarding the faculty, unless our pay scales are at par with those at PGI, people will leave... And why should not a doctor earn as much as an IAS officer

**Dilpreet :** Sir, your views about going out of India because of limited seats...

**Dr. Kak :** Try settling here and if you go out don't be ashamed of being an Indian. If possible get a job here and then go out to broaden your horizon. Otherwise if you stay only in India, your vision becomes narrow- a tubular vision.

**Dilpreet :** Did you always aspire to be a neurosurgeon? And how were you as a student in school?

**Dr. Kak :** I wanted to become a surgeon. The choice was between cardiac surgery and neurosurgery. I was a good student at school... Got a good percentage in my 10th, +2... in 60s which were excellent marks in those days.

**Dilpreet :** Sir, what is the most challenging surgery you have performed till date?

**Dr. Kak :** Every surgery is a challenge. You have to repay the faith that the patient has in you...

Money is not everything

Never stand tall, and have faith in God..

You cannot be a total nonbeliever. I don't believe in God but I always say that there is something above human being... I have never yet cured anyone. That is something which is not in my hands... I can only operate.

As a student you must have 3 Ds

Devotion, Diligence and Dedication...

**Dilpreet :** Sir, what have your interests been, other than surgery?

**Dr. Kak :** In college I have played lawn tennis and cricket. Now, I like listening to music. Music is rhythm and rhythm is life. And my present hobby is enjoying my grandchildren. There is something grand about grandparents and grandchildren, which parents can never understand until they become grandparents...

A good teacher is the one who asks many questions but never answers... because if you find out answers for yourself, you will never forget it.

**Dilpreet :** Sir, any message for the young doctors?

**Dr. Kak :** I will quote Sir CV Raman, Nobel Laureate for this:

If you further ask me what is the greatest industry of a nation-the key industry-I have no hesitation in saying that it is the production and diffusion of knowledge-there is no nobler work for a man or an institution than to bring up a young generation in health and strength, and in the vigour of intellectual and physical activity.

Compiled by :  
Dilpreet Kaur Randhawa  
2k5

# *In conversation with Dr. J.B.S. Mann*



**Dinkar:** Anything you would like to tell us about your tenure at GMCH?

**Dr Mann:** I really enjoyed it and particularly the students group. We were just like friends. Considering my studentship, I remember those days when I was declared the best singer of Punjabi university 1963. I was very active in the cultural activities particularly of the children. I always had a positive approach towards whatever demand they had. So this is my view point about the development and the students.

**Dinkar:** Sir what was your motto during your tenure?

**Dr Mann:** During my tenure, I concentrated on 3 aspects:

1. Recruitment of eminent faculty.
2. To make teaching research oriented, I appealed to the faculty to conduct CMEs, workshops and conferences which act as an academic stimulus.
3. To start postgraduate classes in more departments.
4. To provide facilities to students, like the auditorium that was constructed during my tenure.

**Mukul:** What do you have to say about how GMCH has progressed over the years?

**Dr Mann:** I feel proud of GMCH and particularly the students who are coming there to be receptive, respectful and full of initiative. And during my tenure, we got 3 NRI seats created with the promise of the administration that they will give us half of the money for the development of the college, whether for the library or something else. In addition the genetic department was also started during my tenure.

**Mukul:** If you were given an opportunity to become director again what would be your priorities now?

**Dr Mann:** Well, I'll be very happy but I don't think I'll be able to deliver the same things which I delivered about 6-7 years earlier. With age, certainly your initiative power and dynamicity decrease.

**Dinkar:** Should we have a PR department in the interest of the college?

**Dr Mann:** Firstly, it will really boost the rating of the college and I think I got the jewel award during my tenure for this. This is very important if this thing is going to add to the rating of the college ill be the first man to do it and I'll be the first man to suggest it to the director who himself is a very visionary and very dynamic principal clinician and surgeon.

**Mukul:** Sir what are you recommendations for this institution in future?

**Dr Mann:** My own recommendations for students and the college would be to make use of the latest technology whether for teaching or for clinical activities like surgery and other investigations. We must update ourselves to come at par with PGI and also gradually overtake them. The faculty is wonderful and more hard work and more involvement in these activities will make desires take practical shape..

**Mukul:** Sir we learn that you are a good singer....

**Dr Mann:** I was the best singer of the Punjabi University 1963 and I always used to sing at almost all functions.

**Dinkar:** If you could share something with us....

**Dr Mann :** (sings a Punjabi song)

**Dinkar:** Sir any other experience or enjoyable moments during your tenure or any problem you specifically faced during your tenure...

**Dr Mann:** One thing is very clear.... Your hard work is a must and never forget your aim. If you remember your aim then all things are pillars to make your dreams come true...

Arjun only looked at the eye of the bird and nothing else. So only look at your aim

I'll give you one example. We used to say 'mata ji, kee takleef hai' and when I was a professor there somewhere in 1992-93, some lady was sitting with a 'ghoonghat' and I asked her, "beta kee takleef hai." I was 51. She picked up her 'ghoonghat' and said, "beta gal dukhde ne" She was about 70 years.

This is a drill you get sometimes. It is all interesting.

**Mukul:** Sir, is there anything specific you would like to stress on?

**Dr Mann:** Balance between all the 3 factors teaching, research and clinical work is very important.

One thing I would like to mention is the way the gadgets and technology are changing our lives. We should not ignore basic concepts in life example those of anatomy and physiology that can really help us in becoming good doctors. Navigational probe may tell you that you are near the optic nerve and please don't go beyond because you may traumatize it while doing surgery with endoscope and all that but your own concept about optic nerve is clear only when you know what is its anatomy and what is lateral and inferior. So, for that I have always emphasized on the book K. Das. I'm 65 now and I can still describe the swelling now.

Sincerity, commitment and all these things come together. Be very nice to your friends. You must have mutual trust and mutual respect whether you are dealing with friends or whether it is between you and teacher or whether it is between you and people who are serving you in the dining hall.

- Compiled by

**Dinkar and Mukul**

2K6

## ERRATA

In contents and at Page No. 6 Dr. J.B.S. Mann may be read as Dr. S.B.S. Mann

# Dr. H.M. Swami : An Interview



**Nirupa :** What is your motto during your tenure?

**Dr Swami:** Well, during my stay I basically concentrated on the following aspects

- Computerization of hospital
- Decentralization
- To improve undergraduate teaching
- Starting post-graduate courses
- Installation of MRI.

**Poonam:** Sir, what do you have to say about the way GMCH has progressed over the years?

**Dr Swami:** I think that the faculty has academically progressed. Besides, the pending construction activities have been accomplished.

The inauguration of campus at sector-48 is worth appreciation.

It has progressed to a reputed institution (24th position).

**Nirupa:** If you were given an opportunity to become the Director Principal again, what would be your new priorities?

**Dr Swami:** No. The stress is too much. I would prefer not to take the office again. Rather the tenure of the post should be limited to 3-5 yrs.

Also the DP should be given full autonomy.

**Poonam:** Do you think a post of PRO is required in our Institute?

**Dr Swami:** No, not at all. Our students and our patients are the best ambassadors to convey the progress of our institution. Ranking is based on research, academic achievement and patient care facilities.

**Poonam:** What are your academic achievements?

**Dr Swami:** I have 121 papers in various international Conferences to my credit.

I have worked for 12 projects sponsored by WHO, UNICEF, Govt of India.

I have done fellowship in Geriatrics (which is a neglected field in Indian Medicine), from U.K and U.S.A and have tried to up bring it.

**Nirupa:** Did you have to face any problems in the institute during your tenure as Director Principal?

**Dr Swami:** No, I was extended cooperation by one and all. If at all there were differences, they were sorted out by discussions. My background in community medicine helped me to carry everyone along.

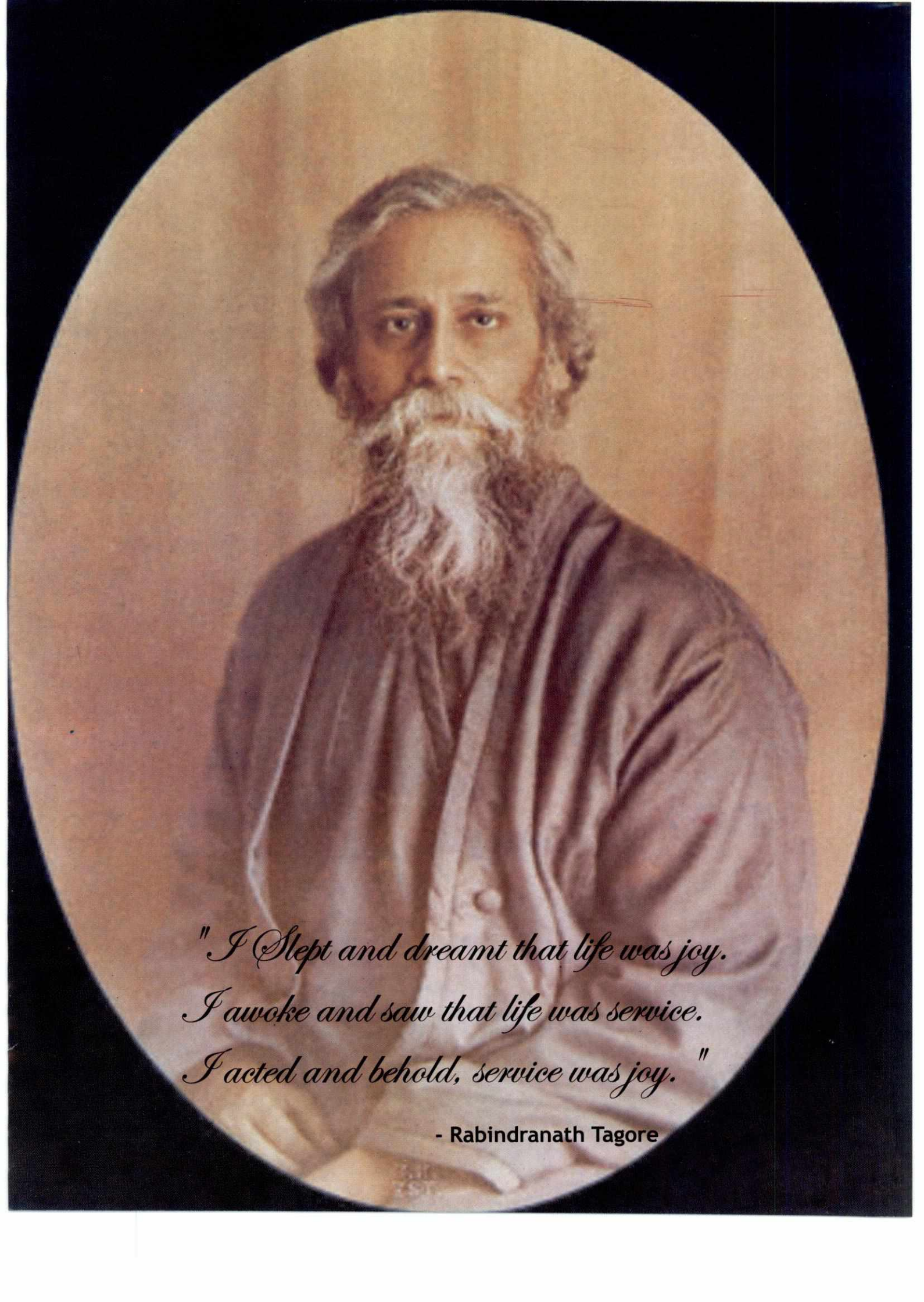
**Nirupa:** What are your recommendations for this institute in near future?

**Dr Swami:** Decentralization for efficiency

Bureaucracy should not interfere in day to day affairs.

More practical approach in teaching.

Compiled by :  
Nirupa & Poonampreet  
2k6



*" I Slept and dreamt that life was joy.  
I awoke and saw that life was service.  
I acted and behold, service was joy. "*

- Rabindranath Tagore

## Dilemma

I asked  
HIM  
When he visited GMCH  
It is said YOU are everywhere,  
Then why people are searching YOU  
here, there and everywhere!  
He said, let me think.  
Got confused  
"I can't say"  
God is the ocean of peace and serenity  
Yes.  
If so, why everyone is searching peace  
and serenity everywhere!  
"I can't say. "  
It is said everything is as per God's  
wish  
If so, why humanity is suffering today!  
"I can't say"  
Everybody is not contented  
Yet searching something from the  
media projected demi-Gods!  
"I can't say"  
It is said that destiny is unchangeable .  
Yet everybody visits future tellers  
"I can't say"  
Everyone has to live in mutual  
understanding and friendship  
Yet everybody is a loner  
"I can't say"  
and  
Eloped.

Dr. C.S. Gautam  
Prof. & Head  
Deptt. of Pharmacology



## The Man who would be the King??

When in school  
Write your answers from the books, cheat the maximum, the  
teachers, the friends and fellow students  
When you are grown with flimsy grounds  
Project you are always busy  
When you are walking fast in corridors  
Project as if the whole burden is on your shoulders  
When you are asked to join dinner  
Reflect you are too busy to oblige  
When you have to deliver a talk  
Get the aid from the internet, let the message be  
passed from the slides to the  
students' notebooks without passing the brain of  
either  
Publish the work of others, by stealing  
And claim that you are the most acclaimed researcher  
When you are in a meeting  
Say something, which reflects anti-thesis  
To incumbent of power  
When joining, lick the feet and when he is about to leave  
Kick him at the back  
And when you become the master  
Reflect you be the only right person with the right approach  
with the right expressions  
Rest all are : otherwise.

Dr. C.S. Gautam  
Prof. & Head  
Deptt. of Pharmacology

*Keep your face to the sunshine and you cannot see the shadow*



## **VAAANI MEHTA**

**2K7 Batch**

**Awarded BEST SPEAKER  
for the motion- PLEXUS 2008**

### **BRAIN DRAIN IS BETTER THAN BRAIN IN DRAIN**

Esteemed teachers, honourable judges and my dear friends, Brain Drain is better than Brain in Drain. I stand here for the motion.

My dear friends, if the fledglings do not leave home to forage for their food, they will never learn to soar heights they could have attained. In this era of internationalism, world-government, e-commerce, m-commerce and digital economy, when the world has been reduced to a global village, we need to keep pace with the changing times. We need to orient ourselves so that our beloved motherland touches the lofty heights of economic glory at the earliest.

Columbus went out of the country and discovered America, a world-renowned centre of research, experimentation and excellence today.

Kalpana Chawla was picked up by NASA for a greater cause from where she contributed to the honour and prestige of our motherland.

Laxmi Niwas Mittal, the steel king of the world has proved the tremendous capacity of the Indians to perform at the international level.

The best brains of the best nations are collaborating in diverse fields to meet the challenges of 21st century.

The World Bank in its recent report has concluded that human capital flight increases global economic income.

Friends, Freedom from the colonial rule was attained sixty-one years ago but freedom from poverty, ignorance, illiteracy, disease, unemployment and social conflicts is yet to be attained. Foreign exchange provided by the Non-Resident Indians is a pre-requisite for our economic freedom.

Let me inform my friends opposing the motion that those who have settled abroad celebrate India's Independence Day, Republic Day, and all festivals in the same spirit as we celebrate in India. There is no difference whatsoever except the place of work. The objectives, the spirit, the intentions remain the same. By proving their efficiency they have enhanced the credibility of the Indians at the international level.

We can not afford to deprive ourselves of the knowledge and research in this age of knowledge explosion.

Let us follow the clarion call of Aurbindo Ghosh in his poem 'Excelsior' to conquer all that is attainable and not confine ourselves to the out-dated and obsolete limitations like the brain drain. The ultimate aim of any civilization is to serve humanity in a more meaningful way and all other issues are secondary. The limits of the mind can not be confined to a place, town, city, state or country. Brain in drain therefore is a logical impossibility.



**ANUJ SHARMA**

**2K7 Batch**

**Awarded BEST SPEAKER  
against the motion- PLEXUS 2008**

## **BRAIN DRAIN IS BETTER THAN BRAIN IN DRAIN**

According to "ROYAL SOCIETY OF LONDON" brain drain is defined as "the movement of educated or talented people from less economically advanced areas to more economically advanced areas. Today with current scenario of education & employment mismatch and the conventional Indian red tapism, the topic whether brain drain is a better option than brain in drain becomes a burning issue needed to be discussed.

Respected DIRECTOR PRINCIPAL, HONOURABLE JUDGES & MY DEAR FELLOW FRIENDS. Good afternoon to all. Today I ANUJ SHARMA stand before you to speak against the motion.

The concept of "BRAIN DRAIN" gained wide usage during the mid 1960s when the migration of skilled talent from developing nations to developed nations accelerated. Today this concept has trickled down from the tertiary education level to secondary education level. Even the flight of human resource from one profession to other within the same country is also termed as or better classified as "internal brain drain". But this phenomenon, be it any classification is a serious blow to the economy of developing country like INDIA in terms "poaching" of the rare & skilled talent by the O.E.C.D or better known as developed nations. Even this rare and skilled talent is done no justice. The U.S. & U.K. shift them to dirty but talent needed I.T. industry while retaining their own engineers and scientist for R&D. Within the country too, there is shocking news with almost 78% of engineers after graduating in fields of electronics, civils, instrumentation, mechanical & biomedical engineering leave their field & join the B.P.O. companies which on short term may provide a feast of monetary benefits but on long term fizzle out.

Along with many factors of course better life style and a developed country name to flaunt has lead people into shifting their working areas from their native place to a western country. But the question arises, is that so starry as it seems? Are there seriously no good opportunities India? Well had this question arisen a decade earlier the answer would have been a tragic yes but today when many M.N.C.s are disparately trying to open their branch in India & when the G.D.P. is reaching double figures, the verity differs.

Consider these facts. There are almost 60,000 INDIAN DOCTORS practicing in U.K. which form a whopping 12 % of the total doctors present home. Please notice that this is the condition when more than half of the country is still being served by R.M.Ps and sub standard labs. Since this sector has the property that requires a balance of both the skill (doctors, nurses, midwives, etc) and technology to be effective. Loss of any link in the chain leads to substantial & adverse ripple effects.

There almost 11,000 university graduates & 1/3 IITians & IIMians that migrate every year. with this we are not only loosing 5000 U.S. \$/IITian but what is lost is the brain and intelligentsia. Definitely the country is left behind with a relatively less educated youth. So with moral outrage in terms of the poaching behavior by developed countries reaching a crescendo we have to look for the possible solutions. Indeed the very motion of 'brain drain' may seem completely outdated or simplistic wrongly implying that movement of highly skilled personals everywhere & anywhere is a bad thing. Instead what is needed are better methodologies to assess the net impact of migration - including but not limited to brain drain. Enhanced policies that target problems where & when they arise should be devised. 'ONE SIZE FITS ALL' policy that plugs the drain will not only curb the human rights of the migrants but will also creates differences between countries As per mentioned by Dr. MANMOHAN SINGH in his address to the Indian expatriates, the points brought where ,improving working conditions , raising employment opportunities & revitalizing salaries. Also recent hike in pays in the 6th BAGGHA pay commission and shifting 1-2% of the G.D.P to R&D are being seen as positive measures. Concept of reverse brain drain is too gaining pace. Top positions for young scientists are being encouraged to ensure that patriotism is not lost to personal favors.

In the end I would like to mention the dialogue of a famous Hindi film 'RANG DE BASANTI' that "koi bhi desh perfect nahin hota. Use perfect banaaya jataa hai". So the slogan should be to "TRAIN, RETAIN & SUSTAIN". So instead of talking about brain in drain, lets talk about 'how to improve the drain.



*I*t was just another day. Got done with classes and the usual post session talks (and laughs) followed, that primarily revolved around some forthcoming event or some screw-up in class by a fellow mate. But this particular day, I was also mentally checklisting the chapters that had been denied my attention before the exam that was to follow the next day.

Finally, parting from everyone else, I took the wheel and set for home. The drive was smooth. Changing gears is now a reflex mediated at the level of the spinal cord without any need to perturb the higher centres that were anyway busy trying to calculate the proportionality between the amount of syllabus and the number of hours left. As I drove by a local coffee shop, Java Daves, I felt an unquenchable yearning to grab a cup of coffee and destress myself, and against my better judgement, it so happened.

Enter JD and I found myself amidst a sea of animated youngsters fervently talking away to glory with a relaxing Bob Dylan number playing in the background.

I sat down on the table nearest to the counter and ordered for the customary cappuccino with chocolate. As I waited for my coffee, I involuntarily began to make note of people around me and to my subtle disbelief I figured that I was oddly dressed in plain jeans and kedz.

High heels. Chic and elegant dressing. Huge glares. And the works. It was all there. I could not help noticing one of the guys flashing his iphone every now and then and another girl whose hand would compulsively run through her rebonded hair almost ten times in a minute. Strange. I took the liberty to encroach on their private space and figured their conversation ranged from how Heath Ledger had done an awesome job in Dark Knight and the awe-inspiring RHCP number to regular college gossip. How driving fast gave them an adrenaline rush and how alcohol formed a preordained part of their day to day lives. Different sorts of people walked in and out. But what was strikingly similar to all of them was my inability to see through the fake masks of gratification and pleasure that they all adorned. The coffee place seemed to be a haven for most, away from the world outside the glass door, that was abound with sacrilege and despise while for others it was just a place to simply unwind. Meanwhile, my coffee was served and I indulged as I dug into the layers of chocolate. It tasted like eternal bliss and as I looked at the people again, it felt like they had always been there and they were so much a part of the coffee shop, just like the many tables and chairs. And at the back of my mind I wondered, how this coffee shop witnessed diverse people everyday ranging from laid back guitaring yuppies to people from the corporate world and heard their stories unfurl. But the very next moment, I glanced across the glass door with rather acrimonious disdain as I discovered it had turned a little dark and I was running very late. I rose from my chair, cast one last look at the girls hand running through her hair, and hurried to my car. As I looked up, the sun unceremoniously waned into the depths of the sky and I silently wondered to myself it was an evening "rather" well spent.

Aakriti Gupta

2K5

*You may be disappointed if you fail but you are doomed if you don't try*



What makes a poet speak ?  
 It's what he faces during his stay .  
 What makes the trees look green ?  
 It's the hope for a new world within .  
     What makes the sea wave rise ?  
     It's the support of life inside .  
     What makes the snow look white ?  
     It's the patches of joy wit all its cries .  
 What makes the rainfall moist ?  
 It's the feeling of compassion for the world .  
 What makes the mountain tall ?  
 It's to show the power of native over man .  
     What makes the universe vast ?  
     It's to show the supernatural strength of God .  
     What makes the wind heal a fire ?  
     It's the need to humble the exalted .  
 What makes a conscious mind ?  
 It's the need for man to amend .  
 And what makes a man lonely ?  
 It's the need for a 'BEST FRIEND' !

- Anubhav Malhotra

2K7

## A BEST FRIEND

## Levels of friendship

First you see then you talk. . . .  
 Appears formal and smart! !  
 With time.....Starts liking me....  
 Soon gets Annoyed!! On minor things  
 This is the time where you decide  
 Have to stay or go be wide  
 Let time go.....For a while....  
 In between.. ...you go inside.....!!  
 Then you know his hidden qualities  
 And even... ..start loving his bad priorities  
 Time will arrive.. .when they are one  
 Whether alone or in front of every one  
 Minor ---cannot... .make you apart....  
 For a life long you got a beautiful heart.

VISHAL JINDAL

2k5

*Only those who will risk going too far can possible find out how far one can go*

# THE WORLD IS IN BAD SHAPE... AND WE HAVE TO FIND THE ANSWER...



Are we getting enough bread? Are we still suffering the Thursday fever (inflation)? Are we confident of our future reserves? Are we overcoming the oil crisis?.....Are we adequately counteracting the terrorist forces?..... Questions are infinite. And the answers unresolved. The irony of it all is that rather than aiming bulls-eye on the board, we are only beating about the bush. **Objectives are planned but the goal unachieved.**

**And the paradox is that we are still blaming others...**a few days back we heard some famous personality saying.. **"We think inflation will stay sticky high . It's driven by forces outside the U.S. One big force: the huge demand for food and energy by India and China."**

Not taking any offence, here comes a **reasonable reply** (in his very language) to the remark: 1. USA probably has the largest population of obese in the world. Why ? excess eating habits 2. USA probably consumes more junk food than any other nation. This can be avoided to conserve depleting food stocks. 3. Milk has risen by many dollars in USA. Why ? Because we have started consuming more milk ? . Milk is a local product of USA. 4. USA consumes more gasoline than any other nation in the world. Even to go to their backyard Americans would use automobile. Travelling habits can be curbed to conserve fuel. Why can't Americans sacrifice travelling in their lavish cars for a few weekends in an year. 5. Fuel is still the cheapest in there. Its highly subsidised . Who is diverting food resources for the production of biofuels?? 6. Who is destabilising the oil rich reserves of Iraq, Nigeria, Lebanon...not to go in history Who is creating the problem of Georgia.... ??

The gist of the matter is that **Stop blaming others.....let us get back to work..**think, plan and give your individual best. It will save the whole world, your nation and you ....**each penny counts..** you have to remove your roadblocks yourself..

**BREAD?** In the recent past we had seen an enormous hike in GDP and then the dip (Rightly called semi-recession). But the point to contemplate about is that even during the era of high growth rate, agriculture continued to be the area of serious concern (agriculture contribution was very low in GDP). So what we need is another green revolution. Promote it. Get back to open market system. The other thing you can do to help decrease the prices of the food products is: Go and make your ration card. And use the PDS (public distribution system). May be you are getting the benefit that is very negligible to you. But by doing this you are decreasing the price of the pulses that is available to poor. **Doesn't the hike in suicide rates among farmers strike a chord?**

**OIL SHOCK? What does it mean to you?** More inflation, rocketing taxes, shocking bills, dwindling earnings, higher interest rates, costlier loans, weakened rupee and at last the **WALLET IMPACT**. How can you survive the coming oil shock: use oil judiciously, strive for better cash management, save a part of your raise, stay invested. Anyway, it is a welcome relief to learn about a slight fall in oil prices these days. But we need to make more efforts to curb this problem from its very root.

**FUTURE RESERVES?** Primary school days remind me of the endless soporific lectures on conserving renewable sources of energy...and so on and so forth... But I wonder how many of us really paid attention... Its time we did!

**TERRORISM?** Barring the terrorist forces having origin outside India from consideration, I wonder why jihadi groups are operating from base camps in India. The satirical fact is that today we are fighting in the name of religion only to kill our brethren and to cause appalling bloodshed.

And on that note, I would like to conclude that the time is ripe to awaken to the misery and despair that surrounds us and spread hope and joy the world across. Now is the time to act.

**Resurrect the PHOENIX within you....**

**Ankit Sharma**

**2k5**

*Admonish your friends privately but praise them openly*

# Kashmir : Paradise Lost

Except for that, it was  
All the same;  
The moor and meadows  
And rocky paths,  
The misty morn  
And quenched hearts,  
Swinging fields  
And squirmishing waters,  
Snow capped heights  
And dangling valleys,  
Beaming orchards  
And glistening chinaars,  
A speck of kesar  
And an array of flowers;  
Except for that, it was  
It was... dark  
Dark everywhere!  
Yes there was  
The noise of cannon,  
Sounding its deathly knell  
Over men;  
Shreiks and wails  
Rending the air,  
To voice against which  
No one could dare,  
Spears and swords  
Piercing through hearts,  
The future of the Future  
Wiped off the charts;  
Broken bangles  
And torn clothes,  
Where hunger and  
Unsateity roars,  
Uncertainty on faces shows  
Where a chill of fear  
Perennially blows,  
Streets ending  
In cold dead ends,  
Where humanity from  
Humanity defends,  
Except for that...

-Poonam Preet Kaur  
2k6.

# Life

If you can train yourself not to worry, you will have done more for yourself than any doctor can do for you. The unpleasant events have always been a part of your life but just worrying about them does not define a solution. Life is full of challenges. Face them with a firm mind. Have faith in yourself. Know and explore yourself. Come out of your limitations. Fly free and high! You can lay bare the truth of this universe.

Success comes only to those who have passion for it. Life is not a bed of roses.

"Heights by great men reached and kept  
Were not attained in sudden flight,  
But they, while their companions slept  
Were toiling upwards in the night."

And then what the hard work without an aim? Have a goal and pursue it with discipline, determination and dedication.

Having said and done, it would be futile to earn a name just for fame. Happiness only multiplies when it is shared. So let the vessel of your life fill with eternal joy through unparalleled service of humanity. God and people's blessings will always guide you towards your destination. Life is too short to spread the fragrance of love all around. How could one find time for hatred? Think high, think far.... your aim the sky, your goal the stars!!

Jasprabh Karanjit Kaur  
2k8

*If you want the rainbow you've got to put up with a little rain*



# Meditations

Which path to follow is a spiritual seeker free to choose the path he wishes to follow in pursuance of his goal or must he abide by a method or regimen prescribed by a particular scripture, sect or prophet? The question becomes pertinent for a follower of a religion like Hindustan which has multiple approaches towards the path of salvation - moksha. With axioms like "shrutayasch smritayasch bhinnah, naikormunih yasya vachah prmanam" ("the Vedas differ, the smrities differ and there is not a single sage whose words are the final authority") abounding in the Hindu scriptures, is it not confusing for a person who endeavours to progress in the path of God or attain the spiritual heights? Who is the final authority in the realm of spiritual matters? Man, scripture or God? The Bhagavad Gita provides the answer in its own way. In Chapter IV, shloka XVI it says "ye yatha maan prapdyarnte, tanstathaiva bhajamyaham/mam vartmanauvartante mnaushyah parth sarvashah" ("I respond to people in the same way as they approach me, men everywhere are following in my path"). The Gita thus excludes no path of worship or spiritual approach from the path of God or spirituality. Again, what will happen to those who are in the pursuit of material things? "Bhutani yanti bhutejya" ("to material attainments go those who worship the matter") says Krishna. But the shloka quoted earlier indicates that they also will ultimately attain spiritual heights when their consciousness turns towards the spirit.

That can be the only rational interpretation of the words "everywhere all men follow in my path." That all efforts made in the way of the divine, irrespective of the method or mental approach towards Him lead to the same goal is a common sentiment expressed in various Sanskrit texts belonging to different sects. "Akashat patitam toyam sagaram prati gacchati, sarva deva namaskaram Keshavam prati gacchati" ("all the water fallen from the sky goes to the sea, salutations to all the gods reaches to the one Lord Vishnu") and "Ruchinam vaichitryad rijukutil nana path jusham; nrinam ekogamyastvamasi pyasamarnavmiti" ("Due to the differences in individual dispositions, people follow different paths, but you are the only destination of all of them, just as the sea is the destination of all the waters"). Among the Hindus, people of various predilections worship gods, avatars and even their gurus and saints, besides those who pursue the yogic meditation or the esoteric tantras. One common sentiment which all the sects share is that one should completely surrender to the deity or the guru one reposes one's faith on. Lord Krishna also says in the Gita, "mamekam sharanam vraj". But in the last chapter of the same scripture he declares "The Lord of all the beings resides in the core of the human consciousness. Arjun take refuge in him with all your heart. Through his pleasure you shall attain the unpreturbable, permanent and eternal peace" ("Ishwarah sarva bhutanam Hariddeshherjun tishthati, bhramayan sarva bhutani yantrarudhai mayaya/tameva sharanam gacch sarva bhavera Bharat ; tat prasadat shantim sthiram achalam prapsyasi shashwatim"). Thus the eternal peace or moksha is to be sought within one's own inner being which is the abode of the Supreme Being.

Varun Kumar Singh  
2k5

*Being defeated is often a temporary condition, giving up is what makes it permanent.*

## ANOTHER DAY OF MAGIC

All of them have assembled. In this mysterious, dimly lit room today they will go one step closer to their supreme goal, their destiny, their holy grail. They have been doing it for a few years now. Painstakingly arriving for the meetings of this mysterious cult when called upon to do so, by messages seemingly public, but laced with hidden codes that only one hierarchy of these mystic monks can understand. Soon their leader arrives with the panache of a roaring lion. His hold over this aggregation is clearly evident. It has to be this way. It has always been. For he is the master of this occult craft- a craft so powerful that only the bravest of hearts and strongest of minds can learn it. The session of mind numbing humming and rhythmic swaying begins. The leader talks in a language so enchanting and mystical that to an ordinary person it would seem almost hypnotic like the sufis of the middle east high on opium and in a state of perfect trance the entourage nods and sways with the brilliant words of their leader, their eyes, semi closed as if they are just one step away from perfect bliss, like trying to grasp all the secrets of his sorcery that he pours out to them.



But all these strange people with robes, as white as lightning, are doing is waiting- waiting for their chance to speak, to lie, as they have always done. All of them will get their chance, they don't want to miss it, the lie must be told. The future depends on it. Till then they wait, like a mountain cat about to attack its unknowing victim, tendons taut as recoiled springs, eyes on target heads low. The time is near and finally... they get their chance to pounce.

"ROLL NO 36"

"Present sir..."

I do my part (like everyone else), take off my lab coat and take a deep breath to shake off the drowsiness.

The lie has been told... I WAS present but was I really there???

It doesn't matter now, because I just came one step closer to my holy grail of this wizardry called

human medicine.... the 75% mark.

- Rishi Sen

- Zk5

*He who masters the small, becomes the rightful possessor of the great*

# The real war

Today we are here to recognize and remember the sacrifices given by the brave martyrs of our country and pledge to tread on the path left by their heavenly footsteps." We have heard these words umpteen number of times from the mouths of our presidents and prime ministers especially on the auspicious occasions of Republic and Independence day. These two days are those days in the calendar when every Indian is overflowing with the feeling of patriotism and desire to sacrifice one's soul for the country. The hottest topics for these few days is the way India showed its might against its aggressors in the wars of 1965, 1971 and Kargil war of 1999. We take great pride in boasting about the bravery of our soldiers and the strength of our defence forces.

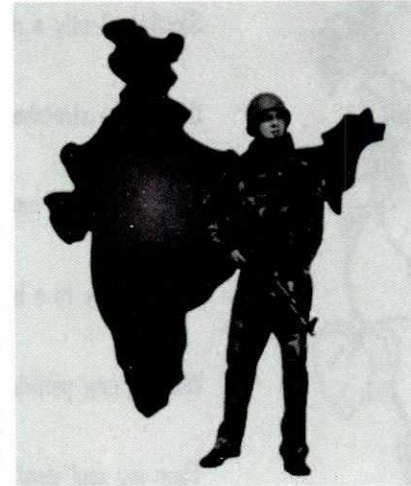
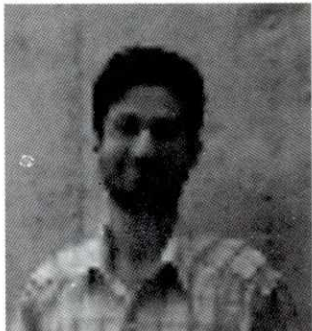
Recollect the blackouts of war time and difficulties common people faced and then heave a sigh of relief that we are living in a safer, more stable India. But is the war really over and are we really safe?

In the past two decades, India has been the target of numerous terrorist activities. These activities have engulfed almost all the metros of the country and have even gone to the extent that the seat of democracy in India - The Parliament was also attacked leaving not only India but the whole global community shocked. The situation seems even more grave when we look at the recent events in which even the smaller cities, considered to be safe, like Ahmedabad, Surat and Bangalore were put on the ever expanding map of global terrorism. These inhumane acts have not only resulted in loss of millions of innocent lives but has also had a dampening effect on our growing economy.

Many of us will say that what's the big deal? Terrorism is something which has become part and parcel of every person's life living on this planet and we just have to live with it. But why is it that India is among the top 10 nations which are most affected by terrorist activities. According to another survey, the number of lives that have been lost in terrorist activities over the past few years have even surpassed the no. of soldiers we have lost in the 3 wars.

The main reason for all this mayhem is that our enemy has realized that they cannot match our military strength on the borders and so the best way to weaken us is by infiltrating our interiors and targeting innocent people. They dare to do so because we as a nation do not stand united and are bickering amongst ourselves over petty issues which are hindering the larger interests of the nation. Whether it is the topic of reservation which is dividing us on the basis of caste or the allotment of land based on religion which is creating communal differences, all this is playing perfectly into the hands of our enemies and leading to the birth of traitors who are ready to send the nation in which they took birth to the gallows.

Our army, airforce and navy are doing a wonderful job of securing our land, skies and waters but what about the cowards who are entering the heart of our country and stabbing it from within. It is upto us civilians to remove the cracks from the wall of our country and cement it together so that the wall becomes so strong that not even a wisp of air of terrorism is able to pass through it and the world should sit up and take notice and anyone can say that yes, he is an INDIAN and he is one of the bricks of the Great Wall of India. This article is not just to fill up the pages of the magazine but to send across a strong message to all the Indians...



IKJOT SINGH  
2k5

*Insults are like bad coins. You cannot avoid getting them but you can always refuse to accept them*



# Morning

A golden leaf dropped onto the lake  
Cool and pretty, sitting quiet  
Slowly, silently a ripple stretched out  
Touching gentle against the tree's might  
It's boughs stretched out to meet it then  
Bereft of green for yellowish hues  
That glimmered and shone with the sun behind  
Which rose again in the dim-blue sky  
Peace it was to a heart sore  
Tired sick of man's memorials  
When a new periwinkle nodded to me  
And sung it's unspoken song of glee  
Then my soul went to a world anew  
Where beauty abound played hide and seek  
And sung in tune with the periwinkle  
The music coming to me effortlessly

Kalyani Kansal  
2k7

## GOD SAID NO"

I asked God to take away my pride, and God said, "NO".  
He said, "it was not for him to take away, but for me to give up.."

I asked God to give me Happiness, and God said, "NO".  
He said, "He gives blessings, happiness is up to me.."

I asked God to spare me pain, and God said, "NO".  
He said, "Suffering draws you apart from the worldly cares  
and brings you closer to me.."

I asked God to help me love others, as much as He loves me,  
and God said, "Ah.. finally, you get the idea..!!"

PARUL GOYAL  
2K7



*Life is for one generation a good name is for ever*



# Places where the action is....

Come, lets set for a journey through the myriad of small and big places that have carved a niche in our hearts and that form an integral part of every G M C Hians life. And the journey begins here...



KANDY'S - a small bakery that caters to the students with sumptuous grilled sandwiches and layers of chocolate truffle. Has witnessed countless birthdays with the billings soaring with every successive party!! Come and indulge!!!

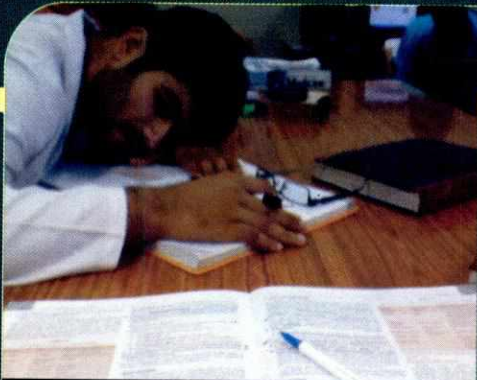


Papa ji chicken: An all time favourite with the non-vegetarians where they savour every bit of flesh with pure delight!!



GOLCONDA food point - Set in a corner of Sector-32 market, an ideal place to grab some food when hostel mess is closed.

# Places where the action is....



Library - For some, a place to get engrossed in brown study, for others, to sift through pages of Femina, and yet others...to date the 'geeky' way...(wink wink)



Canteen - a place brimming with fervour and activity where students assemble to while away their idle time and gorge upon 'not so edible' food.



IT Centre - A central hub for the researchers, intellectuals and the 'ORKUT' personnel...Welcome to the world of 'wi-fi'geeks!!!



Snack bar - Its way past 12 and your stomach is craving for attention?? Snack bar awaits you - where you can eat your heart out - without burning a hole in the pocket!!

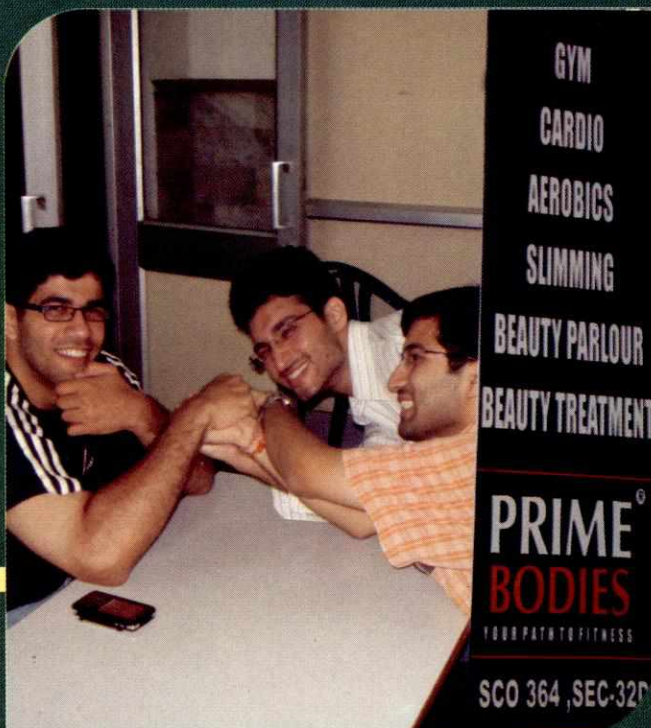
# Places where the action is....



Centra Mall - Came up a few months back and now finds our students thronging its floor with religious regularity...thanks to its proximity to college grounds.. For the cine-goers and perpetual bunkers - this is the place to be!!



Hotel city edge - CENSORED!!! ab iske baare mein kya kahein.....JUST DRIVE BACK SAFELY....



Gym - Senior : " tera aaj first day hai??"

Junior : "Haa-aan, Sir....."

Senior: "Chal aa fir support de!!!"

Lol .... Well...We sure have a lotta 'Salman Khan's in the making!!

And last but not the least... thanks to Pingi sir, MP sir, n Behl sir for their pearls of wisdom.....

# THE GEEKY REDEMPTION



## A Brief History of Making Music

"Sir, I figured out the notes for the new song we were listening to at practice. We need a new distortion for the leads and it's kind of tough we'll make it."

"Cool, I'm figuring out the bass. How's chofeau faring with the drumming? When do we jam again?"

"Umm, Sir I got my micro exams yaar. Let's see after they are done, chofeau is doing good, the drum beats are clean"

That was one of the many conversations me and Aman used to have, to figure out the songs we would play but never perform.

From a vast sea of bands ranging from RHCP to Led Zeppelin, We had discovered an awesome avenue to unwind relax and have fun (Clean!?!)

Taking inspiration from the first albeit, short lived band of our college, the Cadavers, we seriously pondered on setting up a band just like the others who would do in their college life and have some fun in our long and seemingly frustrating college life.

Deliberations, negotiations and thorough searches for people interested started in the beginning of 2008 and finally we homed in on Aman (2K6) for lead guitars, Abhinav Aggarwal (Chofeau, 2K6) for drums, me on Bass and Vocals and Kalyani for Keyboards and backing vocals (2K7). Recently we found a new life in Charanpreet (Champi, 2K8) on rhythm Guitars and Side vocals.

We Practice hard and jam harder but the avenues for showing our talents got smothered up by a series of unfortunate events and tragedies the college saw.

Without losing heart we jammed and practiced religiously and felt why all the music in the college should die down?

And so, we students wrote down many letters requesting the formation of a music club, debating society, a gym etc etc. which are integral for the "all round development" of a student. My hostel mates and neighboring nurses were really bugged with me for the noise I was making practicing my bass riffs and the security staff made regular rounds to my room to turn the music down, though the letters for requisition for the music club died a slow death of cellulose.

We are deeply grateful to Chofeau's parents for giving us a turf at their crib to practice though his neighbors still get bugged by our music.

From begging our parents for instruments and amplifiers, to making music which we practice, I'm not shy of saying that our college band is one of the tightest and slickest though we have not been able to showcase ourselves. Believing the fact that only intellectual powers makes us geeky nerds with a frustrated life, I emphasize that the college and its life has got more music in it and never lets the music Die down.

Thus, in this spirit, we named our band "A GEEKY REDEMPTION".

In the end we would like to thank our parents for the support (MONEY!) and a special thanks to our uncleji from Indo Musica for supplying us equipment free of cost in some cases!

ROCK RULES!

Reuben Kynta  
Batch 2K3



# Doctor-To be or not to be.....

(An excerpt from the life of a premedical student)

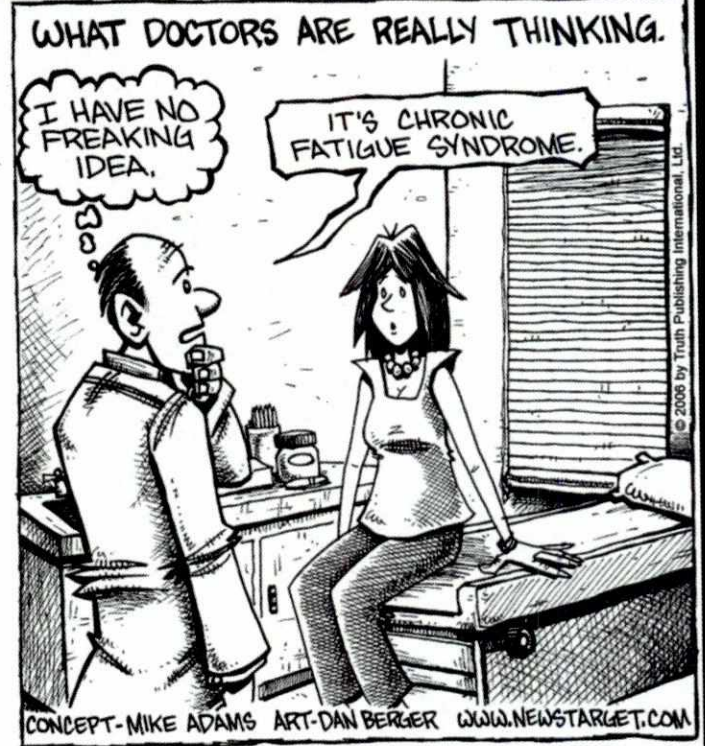
## WELCOME

Welcome to the life of an aspiring medical student. As I am one myself I have often been asked --Why did you choose to study medical?

There can be several different answers for that question. What does lure one towards the medical stream? After all there are certainly better salaried and more comfortable jobs that can be chosen. Perhaps the people who take this stream crave the respect that is associated with this profession. Maybe still others amongst us join it with nothing more than the vague concept of being the 'doctor sahib' a title even the most influential people speak humbly of. Some are compelled by their ambitious parents who think it essential to have a doctor in the family. Yet others take the plunge because of their intense fear of an intricate subject like maths or a vast one like history. Regardless of the reason, unless one dives into the ocean of medical sciences one cannot begin to imagine what life has in store till they get the experience first hand. So we take the plunge without

realising -what we are in for. And so we have to comply. We get up at 4:30 in the morning to attend extra classes before school. After school and a hurried lunch we dash for our second round of classes hoping and trying desperately to get a decent seat in the overcrowded classroom of aspirants who we fear will be successful in securing the very seat we are so desperately scrambling for. After coming back home all that is left to do is a couple of assignments, possibly a project or two, homework, prepare for the ever looming test and the piling revision work of what we have studied for eight hours under various teachers, without which studies of the next day would n't be possible. After sleeping for a few hours we are disturbed by the alarm because it is 4:30 again and the day has just begun. We miss countless family functions. We plough through illnesses trying to minimize the classes missed. In short we are the tousled haired, heavy lidded, sleep deprived children who are expected to go places but who can't see themselves going anywhere. So why should one go through all this? Why did we choose this tiring and nerve wrecking field? The answer lies in the fact that we hope we will survive this turmoil and perhaps experience the joy of lessening someone's pain. We believe that if we are able to save the life of even one person it will all be worth it. And in the end that's all that matters.

## COUNTERTHINK



*Life is no brief candle but a splendid torch*

Aditya Jain

2018

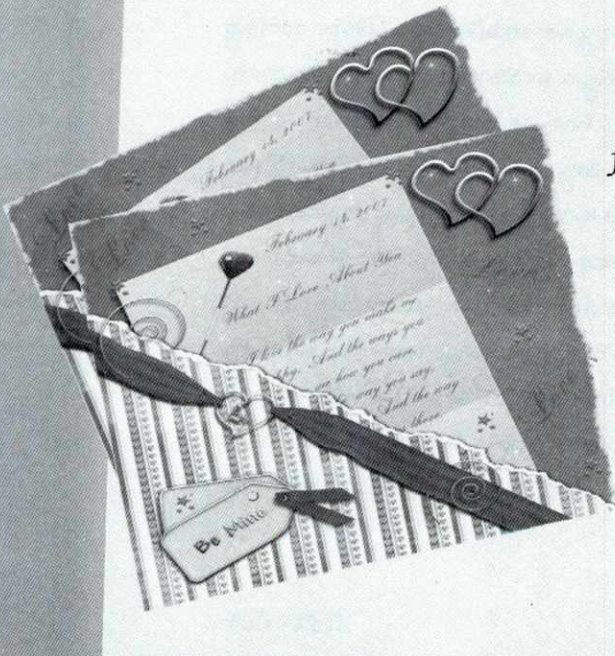
## Dearest Miss Someone

I am very happy to inform you that I have fallen in love with you since Tuesday, the 02nd of January 2007. With reference to the meeting held between us on the 31st of December 2006 at 1500 hours, I would like to present myself as a prospective lover. Our love affair would be on probation for a period of three months and depending on compatibility, would be made permanent. Of course, upon completion of probation, there will be continuous on-the-relationship training and relationship appraisal schemes leading up to promotion from lover to spouse.

The expenses incurred for coffee and entertainment would initially be shared equally between us. Later, based on your attitude, I might take up a larger share of the expenses. However I am broad-minded enough, to be taken care of, on your expenses. I request you to kindly respond within 30 days of receiving this letter, failing which, this offer would be cancelled without further notice and I shall be considering someone else. I would be happy, if you could forward this letter to your sister, if you do not wish to take up this offer.

Thanking you in anticipation.

Yours sincerely, Mr Someone

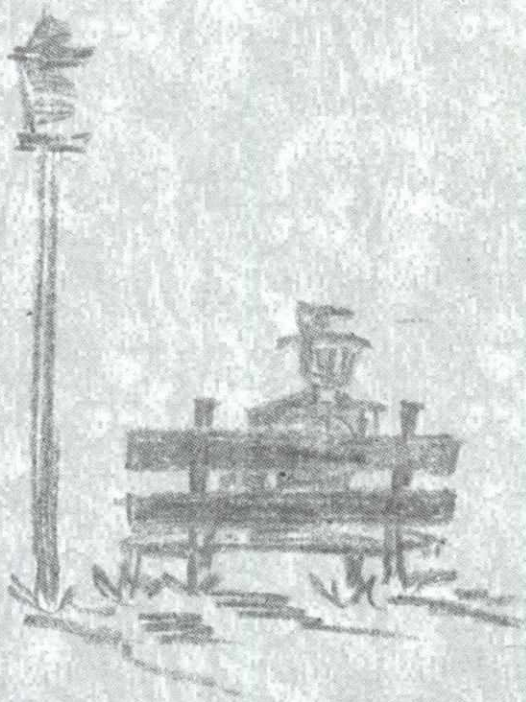


*Learning without thought is labour lost, thought without learning is perilous*

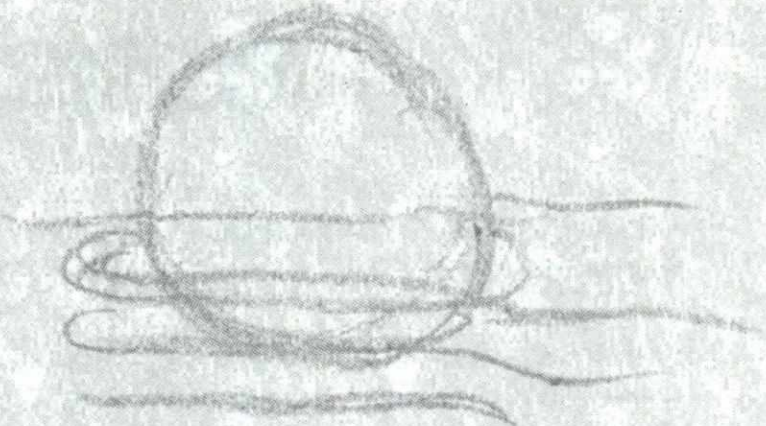
## THE DARK (K)NIGHT

All great things come to an end, they say  
All beautiful things wither away  
The green of leaves and colour of flowers  
They were meant to languish away  
As the day approaches night....  
The might of sun wanes into the depths of the sky  
Into the blues of the ocean  
And the fluorescence of the stars so high...  
Skyscrapers and skylines stand in ovation  
As the moon encroaches the space that's sun-lit  
The stars rule, darkness prevails...  
To which even the 'indestructible' man must submit  
It can cast a bewitching spell  
Such is the beauty of the night  
Awakens all senses and brings them to life  
Such is the power of heavenly light  
Rustling leaves are music to ears  
Their song is a pleasure to listen  
The twinkling stars a feast to the eyes  
That stand in the sky and make it glisten  
The earth transforms into a bride  
With its face framed with a star studded veil  
The veil of darkness that's omnipresent  
Conceals all evils and lets tranquility prevail.

Aakriti Gupta  
2K5



*To be trusted is a greater compliment than to be loved*



## Life.... in true sense

Towards the end of the road  
where started the dark Nights,  
And everything seemed to be not alive  
where Black was colour of all relations  
And cold was the word for all emotions  
I stood alone  
Remembering those days when the sun shone  
days when each sun ray  
made the ordinary dew drops shine like  
diamonds on hay,  
And days of gentle touch, endless talks of  
motivation  
Always driving others to perfection,  
But how can i forget  
that i only deviated from that way  
And walked on path just for the big pleasure,  
which made all the difference  
And i reached a heartless end,  
where there was nobody to standby  
nobody to support  
Just the darkness embracing all around...

Shivani Garg  
2K5

## If we had to dig graves.....

As I sat around our dissection table I wondered how everything started. Who could have possibly figured out everything about our body and most importantly how, considering the lack of modern tools and techniques? The answer, well, does not include just one person but different regions of the world with different religions, discovering different aspects of the body.

Nearly 2000 years ago, some description of human anatomy including surgical techniques were first given by the famous Charaka and Susruta. It is also believed that physicians in Ancient Egypt had knowledge of anatomy. In fact, the Egyptians practiced embalming of bodies wherein, after death, most of the visceral organs are discarded and the rest of the body is embalmed in a special fluid, the formula of which is still a secret. In the middle east also the Arabic physicians had some primitive knowledge of anatomy. The earliest medical scientist, of whose works any great part survives today is Hippocrates, a Greek physician active in the late 5th and early 4th centuries BC. His work demonstrates a basic understanding of musculoskeletal structure, and the beginning of understanding of the function of certain organs, such as the kidneys. The first use of human cadavers for anatomical research occurred in Greece under the auspices of the Ptolemaic dynasty. Galen, one of the final major anatomist of ancient times based his work on the anatomy of the dog, assuming that their anatomy resembled ours. It was in Europe in the 19th century that the first anatomy lessons were provided by digging up graves and teachings were done under the cloak of secrecy necessitated by the Church's belief in the sanctity of the human body and a papal decree that forbade human dissection. Of all the European anatomists the most famous is Leonardo da Vinci, who is also known for his famous painting, "the Mona Lisa" and other sculptures in Italy. Anatomical drawings became a form of earning money and was practiced by famous artists like Michaelangelo. The anatomy students in those days traveled from place to place wherever a fresh body was available (e.g. after a hanging) because before refrigeration, a body would decay rapidly and become unsuitable for examination! The famous Gray's textbook of anatomy was intended as a travelling companion in the 19th century. Imagine doing all that! I bet you will agree with me that we, the medical students of the 21st century are really fortunate and well, a relieved lot...

Gargi Das  
2k8

When I born, I black  
When I grow up, I black  
When I go in Sun, I black  
When I scared, I black  
When I sick, I black  
And when I die, I still black

And you white fellow  
When you born, you pink  
When you grow up, you white  
When you go in sun, you red  
When you cold, you blue  
When you scared, you yellow  
When you sick, you green  
And when you die, you gray  
And you calling me colored??

This poem was  
nominated by  
UN as the  
best poem of 2006,  
Written by an African Kid

*A rose can live amongst thorns and yet never be injured  
by them. How about you?*



# You're the One

*You're the One Who always plays the flute  
You're the One Who blows a mean tute  
You're the One Who charms all the Gals  
You're the One Who has some good hearted Pals*

*You're the One Who's supplying all the air  
You're the One Who's cool while others are square  
You're the One Who has the fancy moves  
You're the One Who constantly grooves !*

*You're the One Who dances every night  
You're the One who's so out of sight !  
You're the One who does devotees right  
You're the One who gives demons such fright !*

*You're the One I wanna give my heart to  
You're the One who has a sapphire hue  
You're the One who is the source of fun  
Yes it's You Syam, You're the One!*

**Dr. N.K. Goel**

*Prof. and Head*

*Deptt. of Community Medicine*

## SLIGHT DIFFERENCE

Sometimes I just fail to think  
about this simple world with sharp kink  
where people are used and things kept  
and everyone seeks freedom from debt  
They greet you with wide, open smiles  
But no one to walk with you, a few miles  
Time has changed, so has every heart

How to pursue happiness, is a question too hard  
With selfishness and voracity rampant  
Truth is denied and lies enchant  
Money has driven everyone insane  
But I'd like to stress on it again  
It's not the gold, it is relations that matter  
Not wealth, but true love you gather  
So that when your last time calls  
You do not die alone but in laps of pals.

*Our strength grows out of our weakness*

Rhyati

2015

# Few Odd Days To Go.....eleven Must Do Things For All Interns

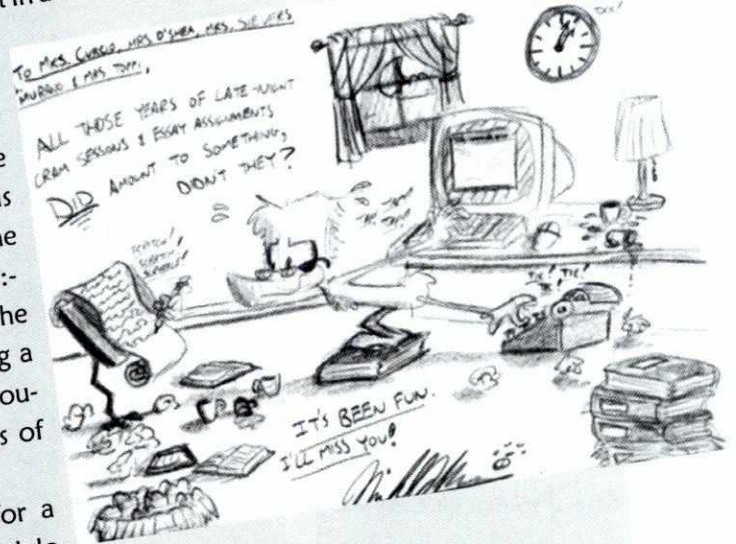


## Before We Say The Final Good Bye....

(Sadly, it may be too late by the time you read this)  
We may have spent the last five and a half years cribbing about this lousy college, lectures, staff nurses, college timings etc, but I think I speak for every single student of 2k3 batch when I say "God I'm going to miss this place!" It is so hard to believe that in a few months time I'm going to be one of

those teeming million grownups who nostalgically talk about their good old days. So friends come on and redeem every miserable second of your life by doing everything you wanted to do in your college life without giving a fiddlers fart about 'what is everyone going to think about me?' Here goes the list of must do things in your last few days at college:-

- Stuff yourself and treat your taste buds with the sumptuous truffle at the KANDY'S without giving a second thought about calories. But girls mind you- you are solely responsible for the consequences of your actions!!!
- Spend an evening or two in the library for a change. Watch out as it's a good place to study and do a lot more (wink, wink-attention couples!!!)
- Summon up your courage, clear your throat, gather your nerves, hold that racing heart beat and tell that girl/boy you have admired. ( Mind it the writer shall not be responsible for any mishap whatsoever)
- They say, keep your friends close but your enemies closer, so put aside your ego and talk to ones you always hated. No point in leaving college with hard feelings about any one.
- For a change, spend an entire day eating only mess food...even if its karee chawal, who knows we may miss that too! (Seems unlikely though!)
- Wear out those baggy torn pair of jeans and those hippy outfits you always wanted but couldn't do so once you land up in the "medical world" it's all formals and boring dressing.
- Sit up all night with your friends in a room with soft music, a stash of goodies, and let no secret remain unshared, no thoughts unsaid.



*As you climb the ladder of success, be sure it is leaning against the right building*

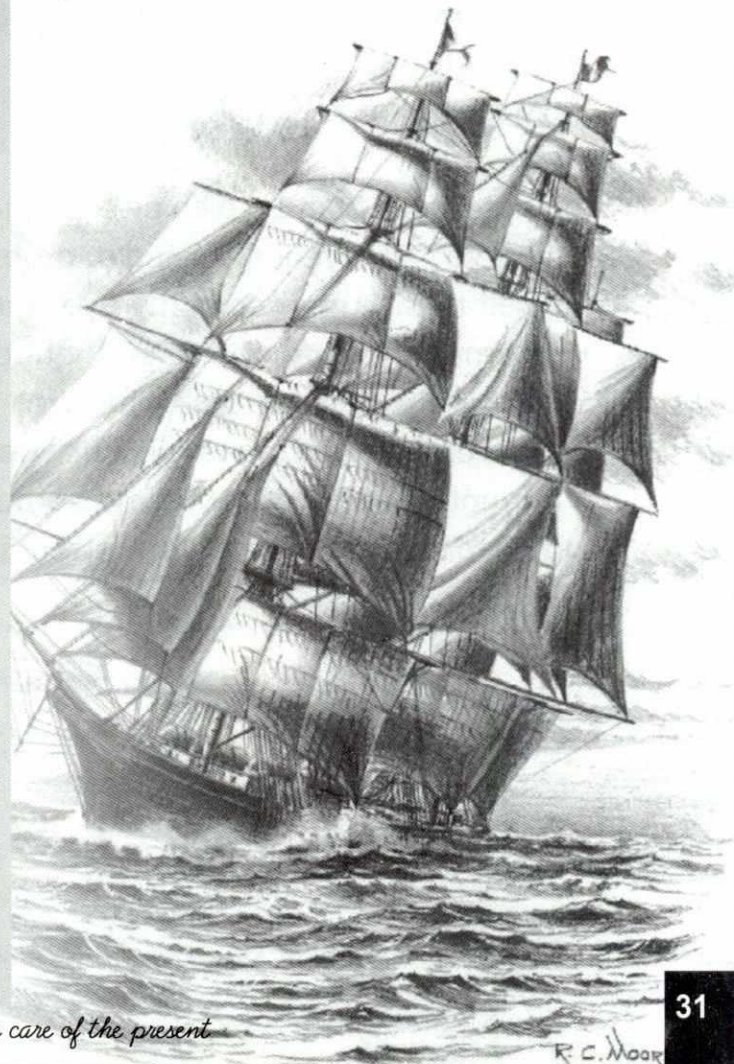
- Throw parties. Did you know? We have a miserable track of parties this year. To negate this shameful record, leave no stone unturned. Occasion or no occasion, come on you stinky people pool in to dance and dine like never before.
  - Silently slip out of your night duty, without informing anyone, go to snackbar at about 2-3:00 am at night and enjoy aloo ka parantha or bread omelettes while its raining outside.
  - Make a scrapbook with comments and pictures of all your friends and a few favourite consultants (oh. Come on there must be at least one in these four or five years)
  - Lastly, take out your diagram and record every single moment at college, be it your roommate sleeping with his/her mouth open, that teacher digging his nose in the lecture or a couple getting cozy on the back benches!!!
- AND GO WILD  
 So friends hurry up, because  
 Time-it passes too fast...  
 Time don't you wanna make it last!

SWATI MEHTA  
2K3

## The Voyage Begins....

*Making my way past the hospital  
 blocks,  
 I turn back for a final glimpse.  
 Five and a half years have passed....  
 in the blink of an eye.  
 And its time to say a final GOODBYE.  
 Life beckons us....  
 Our own paths, we must chart,  
 But the memories shall remain,  
 forever in our hearts.  
 Amidst the smiles and painful banter,  
 we promise to be friends forever.  
 A solitary tear rolls down my cheek,  
 as i walk out, a proud Doctor.  
 Before nostalgia makes me weak.  
 I bow to thee,  
 My ' Alma mater '  
 your blessings I seek.*

SWATI MEHTA  
2K3



*The best way to take care of the future is to take care of the present*

R. C. MOOR

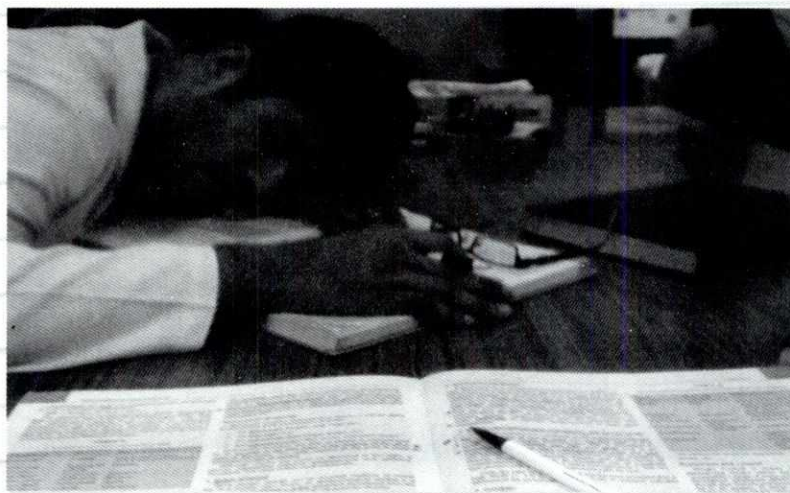
# ATTENTION SPAN

My slippers are in place. My legs are nicely flexed & I am quite comfortably seated. My obsessive compulsive checks of the table are done. Everything is in place, or so it seems. Page 1 and the diffusion gradient is definitely positive. Add to this, the initial enthu, the number of words assimilated is descent and the feel good sensation prevails.

Come page 2 and symptoms slowly start.

For no reason , the fan seems to be making more noise. The breadbasket seems to be staring blankly back at me and involuntarily I walk to the kitchen for a munch.

After some  
page one made  
it was back to  
Again the  
quite amazing-  
motivated page  
sulk with page  
the presenting  
were a little  
though my  
took me to



time lapsed ,  
no sense and  
square one.  
pattern was  
a f t e r a  
one came the  
2 this time  
complaints  
different,  
upper storey  
paradise as I

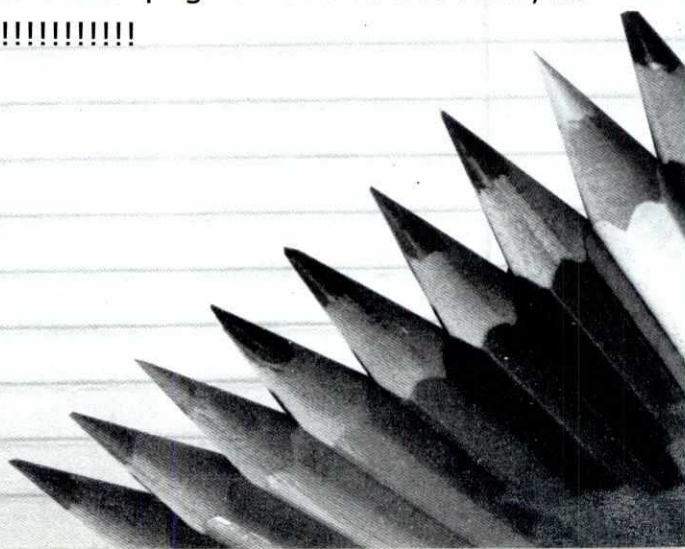
day dreamed about a picnic-to-be that my friends had mentioned to me. And then ofcourse , my eyelids started to droop with inevitable force, and if I had cartooned myself then , the reds in my eye would have made for a 'fiery' look. The bed was right next to my table and quite effortlessly I slipped into my cozy cot. (I sincerely suggest that wherever possible, the topography of your respective rooms be changed to prevent such genuine acts of somnambulism).

I fervently hope that someday , somehow, I make it to page three and trust me , its going to be a major test of my attention span!!!!!!!!!!!!!!

**RAHUL KATYAL**

2005

*None are so empty as those who are full of themselves*



# "Whats in a name

"

How to go about with this-

What you do is; find out what each letter of your name means. Then, connect all the meanings; and it describes YOU.. Try it, you'll soon realize it happens to be true..!!

If you have double or triple letters, just count the meaning once.

"A"- you can be very quiet when you have something on your mind.

"B"- you are always cautious when it comes to meeting new people.

"C"- you definitely have a better side in you, don't be shy to show it.

"D"- you have trouble trusting people.

"E"- you are a very interesting person.

"F"- everyone loves you.

"G"- you are excellent at judging people.

"H"- you are not judgemental.

"I"- you are always smiling and making others smile.

"J"- a strong jealous streak is prominent in you.

"K"- you like to try new things.

"L"- love is something you deeply believe in.

"M"- success comes easily to you.

"N"- you like to work, but you always want a break.

"O"- you are very open minded.

"P"- you are very friendly and understanding.

"Q"- you are somewhat a hypocrite.

"R"- you are a social butterfly.

"S"- you are very broad-minded.

"T"- you have an attitude, a big one.

"U"- you feel like you have to equal up to people's standards.

"V"- pleasing looks and a good personality, that's what you're blessed with.

"W"- you like your privacy.

"X"- you never let people tell you what to do.

"Y"- you are a trouble-monster.

"Z"- you're most of the times, fighting with someone or the other.



By the aid of millions of bricks a city is built,  
By the aid of millions of thoughts a character, a mind is built

Vaani Mehta  
2K7

# Indian History

(supposedly written by a schoolboy)

The original inhabitants of ancient India were called Adidasas, who lived in two cities called Hariappa and Mujhe-na-Daro. These cities had the best drain system in the world and so there was no brain drain from them. Ancient India was full of myths which have been handed down from son to father. A myth is a female moth. A collection of myths is called mythology, which means stories with female caricatures. One myth says that people in olden times worshipped monkeys because they were our incestors. In olden times there were two big families in India. One was called the Pandava and the other was called the Karova. They fought amongst themselves in a battle called Mahabharat, after which India came to be known as MeraBharat Mahan.

In midevil times India was ruled by the Slave Dienasty. So named because they all died a nasty death. Then came the Tughlaqs who shifted their capital from Delhi because of its pollution. They were followed by the Mowglis. The greatest Mowgli was Akbar because he extinguished himself on the battlefield of Panipat which is in Hurrayana. But his son Jehangir was peace loving; he married one Hindu wife and kept 300 porcupines. Then came Shahajahan who had 14 sons. Family planning had not been invented at that time. He also built the Taj Mahal hotel for his wife who now sleeps there. The king sent all his sons away to distant parts of India because they started quarrelling. Dara Seiko was sent to UP, Shaikh Bhakhtiyar was sent to J & K, while Orangezip came to Bombay to fight Shivaji. However, after that they changed its name to Mumbai because Shivaji's sena did not like it. They also do not like New Delhi, so they are calling it Door Darshan.

After the Mowglis came Vasco the Gama. He was an exploder who was circumcising India with a 100 foot clipper. Then came the British. They brought with them many inventions such as cricket, tramtarts and steamed railways. They were followed by the French who brought in French fries, pizzazz and laundry. But Robert Clive drove them out when he deafened Duplex who was out membered since the British had the queen on their side.

Eventually, the British came to overrule India because there was too much diversity in our unity. The British overruled India for a long period. They were great expotents and impotents. They started expoting salt from India and impoting cloth. This was not liked by Mahatma Gandhi who wanted to produce his own salt. This was called the Swedish moment. During this moment, many people burnt their lion cloths in the street and refused to wear anything else. The British became very angry at this and stopped the production of Indian testiles.

In 1920, Mahatma Gandhi was married to one wife. Soon after he became the father of the nation. In 1942 he started the Quiet India moment, so named because the British were quietly looting our country. In 1947, India became free and its people became freely loving. This increased our population. Its government became a limited mockery, which means people are allowed to take the law in their own hands with the help of the police. Our constipation is the best in the world because it says that no man can be hanged twice for the same crime. It also says you cannot be put in prison if you have not paid your taxis. Another important thing about our constipation is that it can be changed. This is not possible with the British constipation because it is not written on paper. The Indian parlemint consists of two houses which are called lower and higher.

This is because one Mr Honest Abe said that two houses divided against itself cannot withstand. So Pandit Nehru asked the British for freedom at midnight since the British were afraid of the dark. At midnight, on August 15, there was a tryst in parlemint in which many participated by wearing khaki and hosting the flag. Recently in India, there have been a large number of scams and a plaque, it can be dangerous because many people died of this plaque in Surat. Scams are all over India. One of these was in Bihar where holy cows were not given anything to eat by their elected leader. The other scam was in Bofor which is a small town in Switzerland. In this, a lot of Indian money was given to buy a gun which can shoot a coot.

Presently India has a coalishun government made up of many parties, left, right and centre. It has started to library the economy. This means that there is now no need for a licence as the economy will be driven by itself.

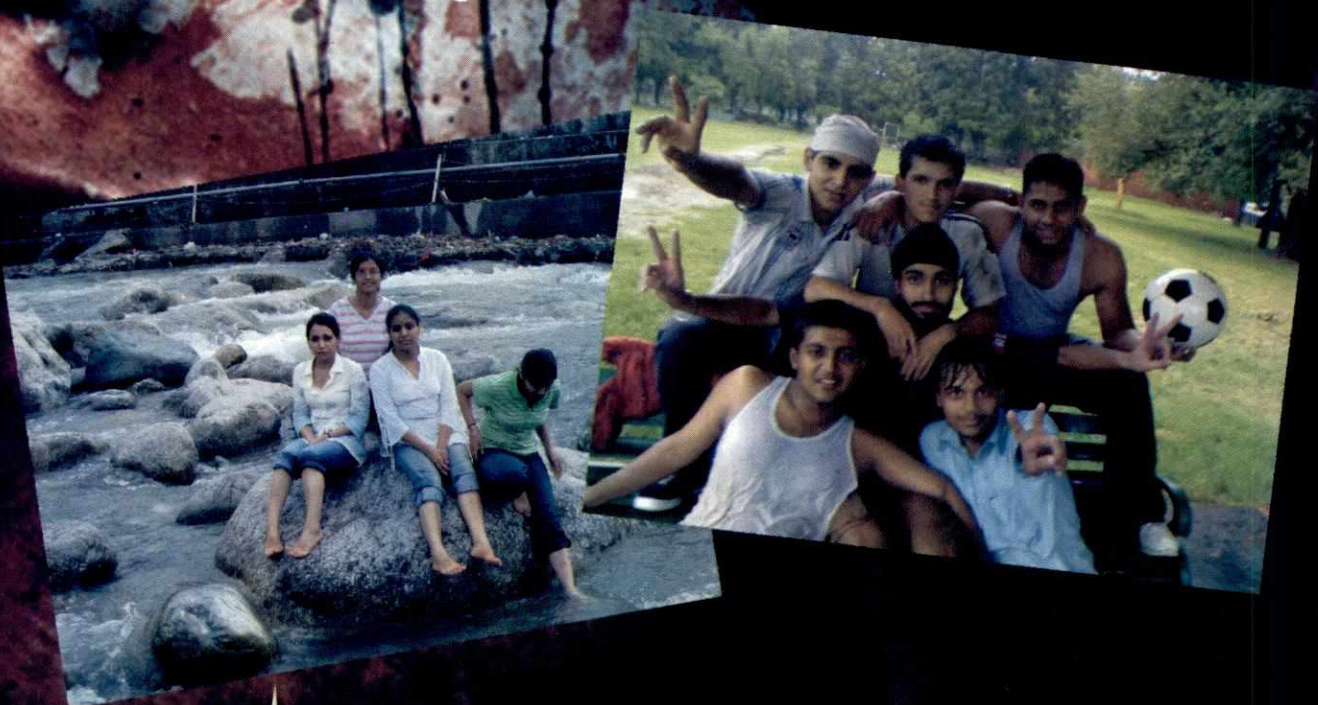
India is also trying to become an Asian tiger because its own tigers are being poached. Another important event this year was the Shark meeting at Malas Dive. At this place, shark leaders agreed to share their common problems like poverty, pollution etc ..

Put your troubles in a pocket with a hole in it!!

**Nitin Chopra**  
2K5

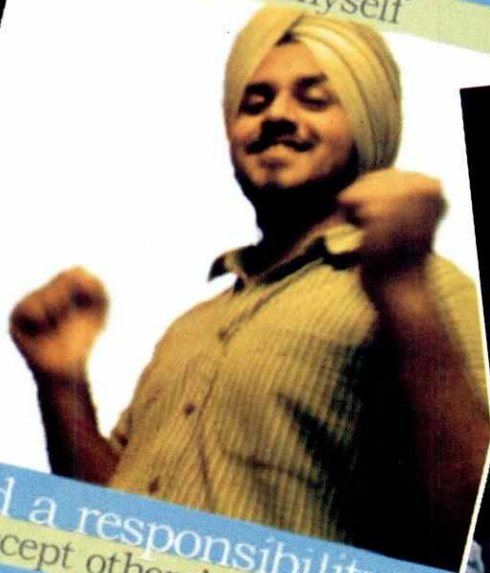


Yaad Aayenge woh pal...



Show case...

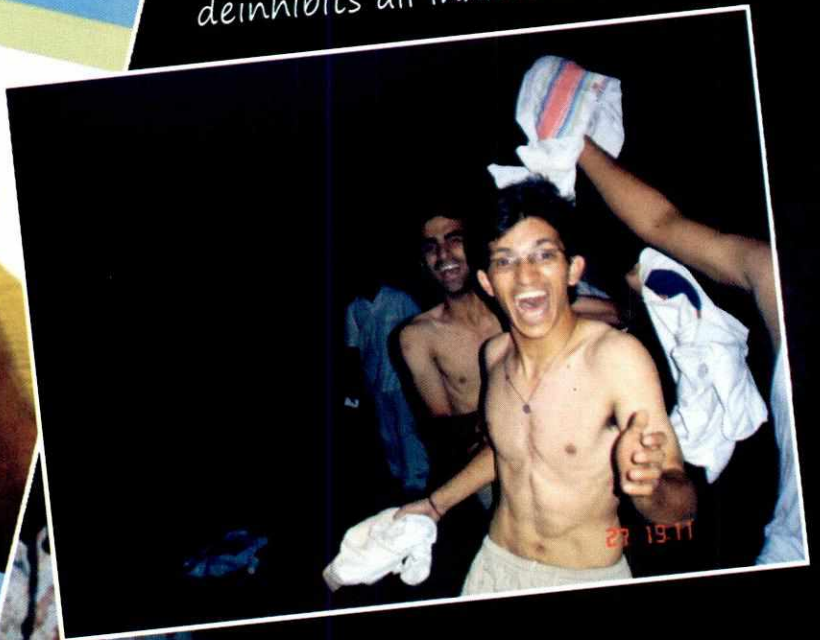
I have a right  
to be myself



and a responsibility  
to accept others' differences.

Shiv Khera...  
in the making

Winning...  
deinhibits all inhibitions

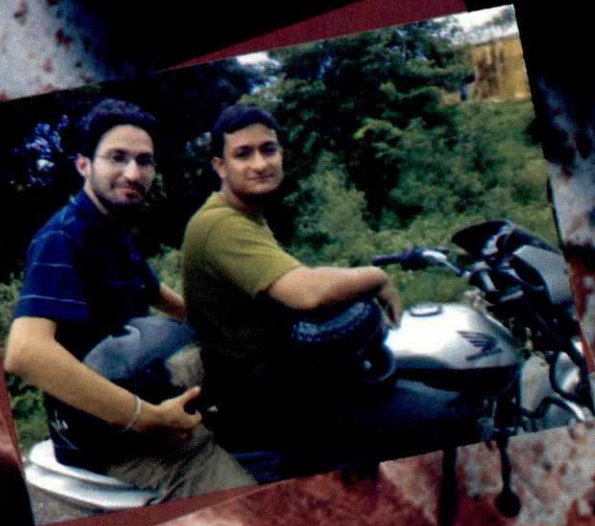


Road trippin with my favourite allies,  
fully loaded we got snacks and supplies,  
its time to ride, its to fly away...  
lets go get lost in the midst of the wilderness.

- RHCP

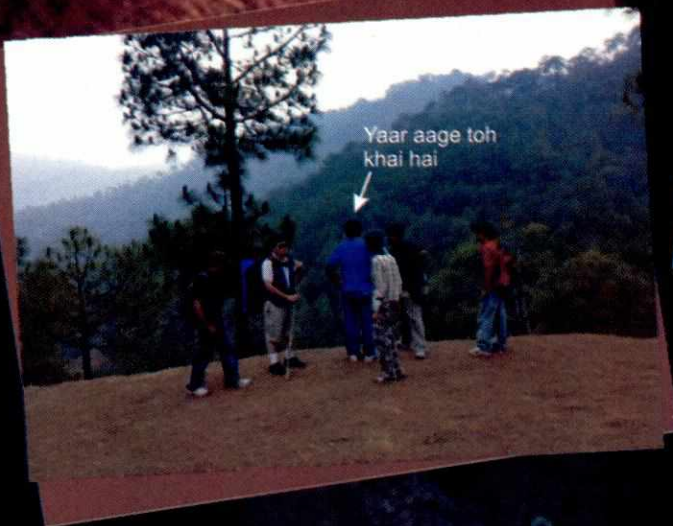


Pulse polio...  
we r proud  
that we r the only  
undergraduates to  
be a part of it...  
"SERIOUSLY"!?!?



GMCH Roadies....  
their tales are famous

aasman se gire  
khajur pe atke...



(g)round table conference...  
lost nowhere...NOW HERE

hostel  
(pronounced 'bad')  
boys

Sherpa was crying  
for another CAN

Jor Laga Ke Haiishaa...

lambe ghane kale baal,  
vasmol kesh kala ka kamal

PICK THE ODD ONE OUT!!

The much talked-about  
Ladakh Trip

KHOYA KHOYA REHTA  
HUN....AAJ KAL SAPNO  
MEIN REHTA HUN

# Ashoka Tree

While watching the ashoka tree from my window one day  
I wondered if I too had grown up some day.  
I had seen it being planted as a tree,  
When I was probably not even three.  
The leaves were blowing with the blowing wind,  
And this brought many questions to my mind.  
I thought if we both had grown up the same way,  
Nurtured, cared for and careless we lay.  
Then why is that today my friend is happy,  
And there is something which makes me unhappy.  
Watching my pal was a nostalgic sight,  
Because it brought to me memories of the nights  
Endless stories, jokes  
Was all I could remember because then I was three.  
But the tree reminded me of my happy days,  
My sweet memories and the games we played.  
The periodic watering of the tree by my dad,  
Was something that was today making me sad.  
Because I knew my childhood was lost,  
And I was never going to get it back at any cost.

Meesha Verma  
2K6

AUTUMN-  
A REMINDER  
OF SPRING'S BEAUTY



MY EYES WERE CAUGHT BY THE LEAVES SPREAD ON THE  
GROUND THEY LOOKED LIFELESS AND SHRIVELED.  
WHEN I LOOKED UP I SAW THE NAKED BRANCHES OF  
THE TREES.  
THEY SEEMED TO SHIVER IN THE COLD AS MEN  
WITHOUT CLOTHES.  
THIS MADE ME THINK- WHY HAD GOD MADE THIS  
BEAUTIFUL LIFE, LIFE WITH SHADOWS OF SORROW  
THEREIN  
WHICH AT TIMES SEEMS TO ENGULF US MAKING US  
FORGET, FORGET THAT  
THESE ARE SHADOWS  
WHICH WILL HAVE TO VANISH ONE DAY.  
BUT WILL WE SURVIVE THAT LONG  
TO SEE THE SUNNY DAY.  
REALIZATION CREPT THROUGH ME MAKING ME  
AWARE, HOW CAN ONE APPRECIATE SUN SHINE  
WITHOUT EXPERIENCING A CLOUDY DAY,  
CAN THE SOFTNESS OF ROSE BE APPRECIATED WITHOUT  
KNOWING THE TOUCH OF THORN?  
THEN HOW CAN EVERGREEN TREES BE ADMIRERD  
WITHOUT KNOWING THE NAKEDNESS OF AUTUMN  
THUS, MAN SURVIVES HIS SORROWS ADMIRING THE  
BEAUTY OF LIFE.

Dr. Anshu Palta  
Sr. Lecturer,  
Deptt. of Pathology

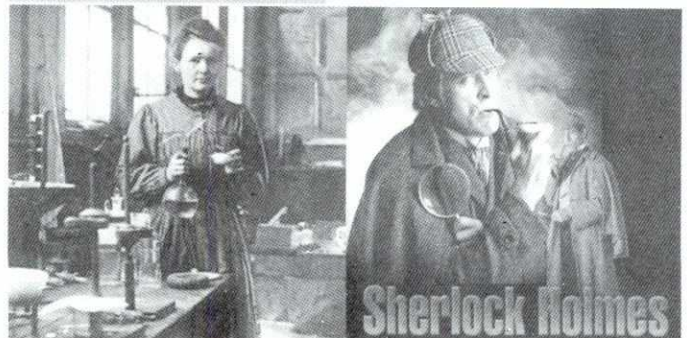
# TRIVIAL PURSUITS

## QUESTIONS :

1. Arthur Conan Doyle kept Sherlock Holmes B'Day on the 6th JAN, Why ?
2. How do we better know William Jefferson Blythe III ?
3. Just name the largest public sector employee in the world ?
4. Why is "ENOLA GAY" famous ?
5. Which is the first Indian movie to be insured ?
6. Name the only character that has featured in all the Tinin comics ?
7. Marie Curie and her husband Perrie Curie after getting married celebrated their honeymoon in a unique way. How ?
8. How do we better know the place called Isla Nublar .off the coast of the central American country Honduras ?
9. What came to an end on the 11th second of the 11th minute of 11th hour of the 11th day of 11th month in 1980 ?
10. Switzerland does not have an army . However they provide a group of elite soldiers for an important purpose .What ?
11. Name the only country with its map on its flag.
12. How do we better know "Rhinotillekomania" ?
13. What was designed by a student called Carolyn Davison for a meager amount of 37 dollars ?

1. Arthur Conan Doyle's favorite work was "The Twelfth Night" by William Shakespeare .The 12th Night in Twelfth night after Christmas falls on 6th of januar . Bill Clinton . The People's Liberation Army of China (until about 2 years back it was the Indian Railways) . It was the fighter bomber which dropped the atom bomb on Hiroshima . Taal . It is the author / cartoonist HERGE himself. In every Tin Tin comic, he has portrayed himself as a supporting character. They took part in the Tour de France cycling competition !! Jurassic park . The first world war The Swiss guards .They are the POPE's official guards Gyprus . Nose-picking . Nike's swoosh logo .

## ANSWERS :



-By Anuj Sharma  
2K7

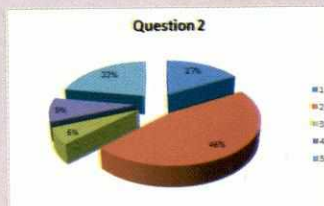
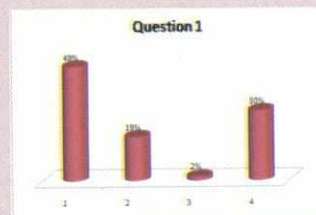
# THE STUDENTS SPEAK...

*In order to justify the fact that this magazine is by the students, of the students and for the students, we decided to conduct this poll and give them an opportunity to voice their opinion. We have tried to unearth the views of an average GMCHian. It has been a complete joyride compiling the results. So...*

*Here's the final consensus....*

**Q 1. What kind of teaching suits you the most??**

1. Laptop - the dark room is an ideal place to sleep
2. Laptop - the multimedia experience is great
3. OHPs - less complicated and user-friendly
4. Blackboard teaching - one on one experience makes learning easier



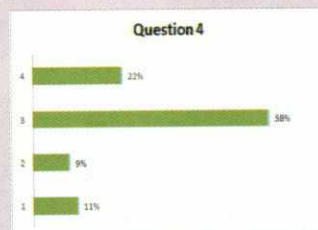
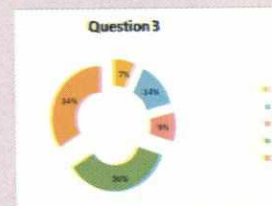
**Q2. Most common excuse for coming late...**

1. Had a flat tyre!!
2. Got stuck in a traffic jam
3. Met with a minor accident
4. Was challaned for breaking a traffic rule
5. Any other

Some interesting answers that we got in the purview of the 5th option were:  
Ran out of fuel... Was raining very hard... The mess got closed... Had to go to the temple....Have an upset stomach...  
(We can make tall tales... Sure!!!) :)

**Q3. Why are the back benches most sought after?**

1. To avoid the teachers eye
2. To take a short nap
3. To read another book
4. To play games/SMS on the phone
5. All the above

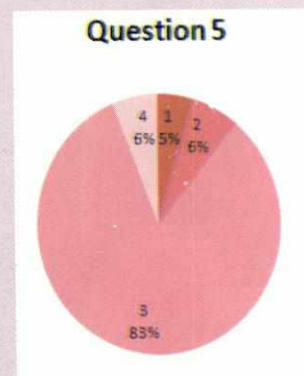


**Q4. Where do you think is the ideal place to date in college?**

1. IT Centre - we like to date the wi-fi way..
2. College canteen - a lot can happen over coffee..
3. Library - in the solitude of the cabins
4. Lovers point - only a few know where that is..

**Q5. Sports performances in and outside our college are declining.. Why?**

1. We are a bunch of nerds
2. Too many distractions off the field!!
3. We do not even have a ground to practice on
4. Do not know

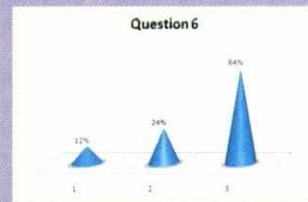






**Q6. This one is for the hostelites...How do you rate the hostel food??**

1. It can match home-cooked food.
2. Its good for my weight loss program
3. I am burning a hole in my pocket. Have to eat out all the time..



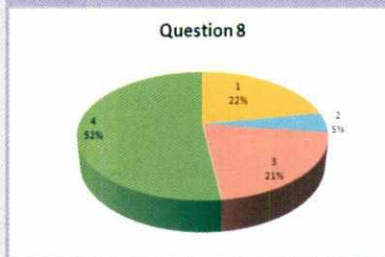
**Q7. Ok.. We asked everyone - Tell us one improvement you would like to make on college campus. And here is what you all had to say..**

- a. We need a sports complex
- b. Please do something about the canteen. A Nescafe outlet sounds great.
- c. We need HOTTER girls
- d. How about a small theatre??
- e. Fully equipped gym.
- f. Use the wasted space of D block.
- g. Dude...where is the campus?!?!

We sure have some hopes!!!

**Q8. Why do students fall short of attendance??**

1. First day first show - PVR awaits us...
2. Health is wealth - Gym attendance is more important
3. Last night - thodi zyada ho gayi thi...
4. I am always late to wake up.

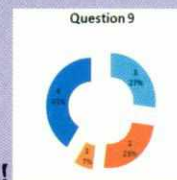


Now comes the best part. You all voted for the **ELITE CLUB** of your batch...  
And here are the members...

	2K7	2K6	2K5
Attitude oozes out of him -	Harbir	Amit Paul	Kavit Gupta
Most eligible bachelor -	Sartaj	Dinkar Bhasin	Ramneek
She's a 'beauty with brains' -	Kalyani	Shruti	Shivani Garg
He's always in the limelight -	Anuj	Paras	Rahul Katyal

**Q9. What is the maximum attention span during a lecture?**

1. 15 min
2. 30 min
3. 45 min
4. We never pay attention !!



## THE FINAL VERDICT

1. We attend classes to make up for last night's staying up and are hardly receptive to the flood of information coming our way. And the sleep inducing laptop sessions are just right to suit our needs.
2. Back benches are haven to most who enjoy every moment of the lectures messaging away to glory.
3. We desperately need more sports facilities...our joints ache out of immobility!!
4. The gourmet menu of both the canteen and the hostel mess needs to be completely revamped!!!

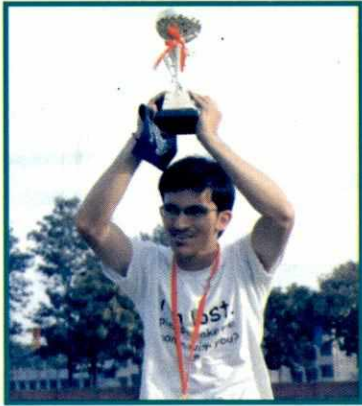
**IS ANYONE LISTENING???**



# *Doctors on the Field*

## *Annual Sports Meet 2008*

### *Best Athletes*



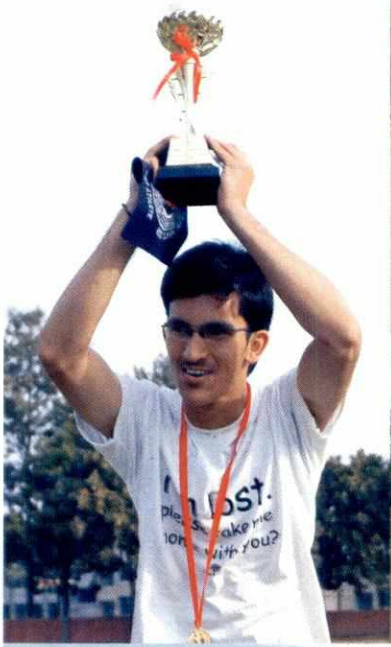
**Lakshya**  
2006 Batch

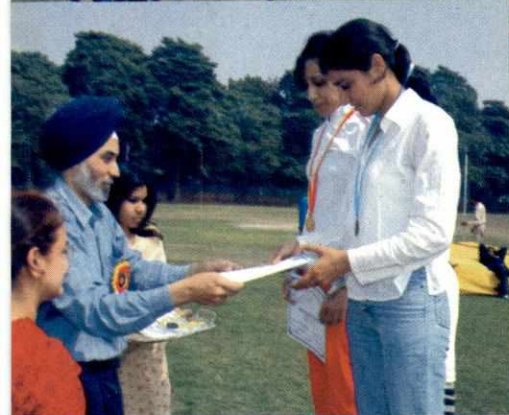


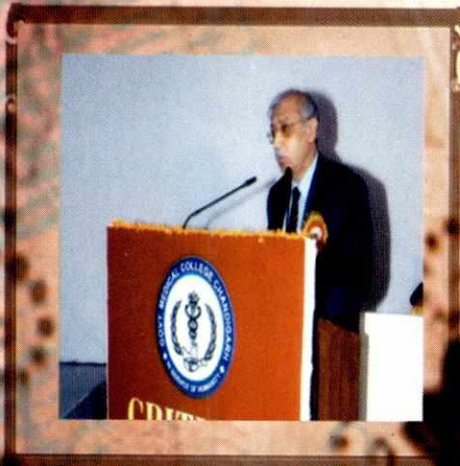
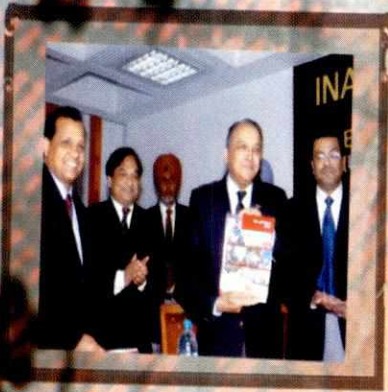
**Preet Mangat**  
2004 Batch

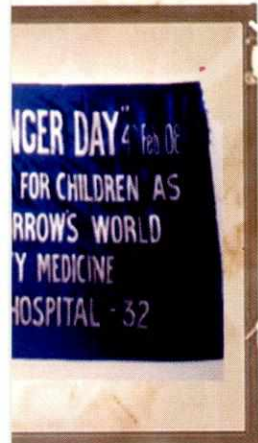
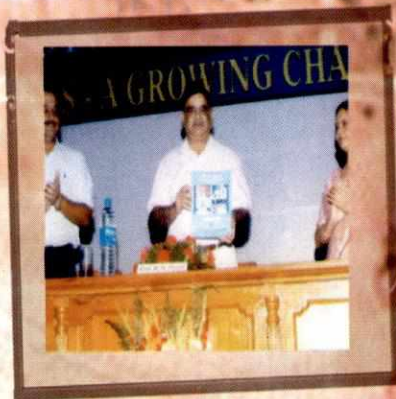


**Team Champions**  
2006 Batch









# Academic Awards

## Final Professional

### Part-ii



**Harshabad**  
First (2003)



**Ekawali**  
Second (2003)

### Part-i



**Shailja**  
First (2004)



**Nipun**  
Second (2004)

### Second Professional



**Shivani Garg**  
First (2005)



**Jasmine**  
Second (2005)

### First Professional



**Anuj**  
First (2007)



**Sanjay**  
Second (2007)

### Distinctions

2005

Pharmacology  
Microbiology

Shivani, Jasmine  
Shivani, Jasmine

2007

Physiology  
Anatomy  
Bio-Chemistry

Anuj, Sanjay, Dixit, Anubhav, Ayushi, Abhijeet  
Anuj, Sanjay  
Shimona

जो आदमी दूसरी कौम से  
जितनी नफरत करता है,  
समझ लीजिये कि वह  
खुदा से उतनी ही दूर है ।



मुंशी  
प्रेम चन्द



# पप्पू

ग्यारवीं बारहवीं में खूब पढ़ाई, रातें खूब काली कराई  
आया रैंक पप्पू का पहला, पप्पू की थी पूरी चढ़ाई।

स्कवेर कट करा कर बाल, सफेद शर्ट पे लाल गुलाब  
कानों में भी मुंद्रियां पाई,

जब पप्पू ने पहली क्लास लगाई, टीचर ने उसकी खूब  
बजाई।

आया ज़मीन पे पप्पू बेटा, उदासी है अब दिल पे छाई।

पहली क्लास खत्म होने को आई

सीनियर्स की थी बारी आई

सारी खुशी जमीन पे आई

जब उन्होंने क्रीड़ा करवाई

पप्पू के तुमकों ने सबका दिल जीता

**Plexus, Euphoria** में पप्पू बन गया सबका चहेता

लेकिन अब **exams** है आए

पप्पू को कुछ समझ न आए

बुक्स वो अपनी मार्क कराए

लेकिन पप्पू पास न हो पाए

देख के अपनी सपली

हुआ पप्पू उदास

याद आ गए फिर उसको

ग्यारहवीं बारहवीं के मार्क्स

सपली के पेपर के बाद, पप्पू ने एक कुड़ी फसाई

रातें बीतें **SMS** पर, दिन में होती थी खूब घुमाई

सब शौक हुए पप्पू के पूरे, अब **MLE** की बारी आई

पढ़ना अब बस में ना था, इसलिए एक **NRI** पटाई

**NRI** ने दिया धोखा, अब पप्पू की शामत आई

ज़िन्दगी में छाई तन्हाई, न रही पढ़ाई, न लुगाई

फिर उठ खड़ा हुआ पप्पू, उसको देश की याद आई,

इंडियन पीजी कर के क्लीयर, पप्पू ने की खूब चढ़ाई।

विशाल जिंदल एवं

त्रिभव गोयल

2K5



## पहचान

आधुनिकता की अँधी दौड़ में  
तुम भी शामिल हो  
भाग रहे हो कुछ पाने की लालसा में  
अपना सब कुछ त्यागने को तत्पर  
पश्चिमी सभ्यता को अपनाने को  
लेकिन सोचो  
उसे अपनाकर:  
क्या तुम स्वयं नहीं खो जाओगे ?  
उस नएपन के बीच अपनी पहचान  
क्या तुम स्वयं कर पाओगे ?

अनुभव मल्होत्रा

2007

## बेटियाँ

आँसू की इक बूंद सी होती है बेटियाँ  
स्पर्श खुरदुरा हो, तो रोती हैं बेटियाँ  
रोशन करेगा बेटा, तो बस एक ही कुल को  
दो-दो कुलों की लाज ढोती हैं बेटियाँ  
कोई नहीं है एक-दूजे से कम दोस्तों  
हीरा अगर है बेटा  
तो मोती हैं बेटियाँ  
काँटों की राह पे खुद ही चलती रहेंगीं  
औरों के लिए फूल बोती हैं बेटियाँ  
विधि का विधान है यही  
यही है दुनिया की रस्म  
मुट्ठी भरे नीर-सी  
होती हैं बेटियाँ।

विशाल जिंदल

2005

## माँ

तुम्हारे ही आँचल में मेरी पहली साँस थी  
तुम्हारा ही स्पर्श मेरा पहला अहसास था  
तुम्हारे ही प्यार से सींचा मेरा बचपन था  
आज,

जब दर्द का अहसास छूता है मुझे  
जब डूबती हुई उम्मीदों में घिर जाने पर  
इन पलकों को देकर विराम,

करती हूँ, तुम्हारा ध्यान  
वो विश्वास पूर्ण आँखें,  
वो प्रेरणामयी चेहरा  
कहता है मुझसे  
मैं अक्स हूँ तुम्हारा,

समय की दहलीज पर  
छूट गए जो पल तुमसे  
उन बिखरे पलों को पिरोना है मुझे  
जो सपने अधूरे रह गए तुम्हारे,  
उन्हें पूरा करना है मुझे।

मधुर कालिया

2007

## जिन्दगी का सफर

जिन्दगी का सफर आसान नहीं  
इस डगर पर पग बढ़ाना आसान नहीं  
आशायेँ टूटती हैं दिल भी टूटते हैं  
यह सफर कितना थकाता है  
अरमानों का इन्द्रधनुष खिल भी नहीं पाता है  
अपेक्षाओं की पालकी पर, आकाश ही निगल जाता है  
जिन्दगी का कैसे करें भरोसार ए दोस्त  
हरेक किशती को किनारा कहाँ मिल पाता है ?

डा० दिनेश वालिया

कम्यूनिटी मेडिसिन विभाग

## बेरोजगारी

नदी में डूबते हुए एक आदमी ने ,  
पुल पर चलते आदमी को देखकर ।

आवाज जोर से लगाई - बचाओ बचाओ,  
पुल पर चलते आदमी ने रस्सी नीचे गिराई और कहा - आओ  
लेकिन डूबता हुआ आदमी रस्सी पकड़ नहीं पा रहा था ,

रह-रह कर वह तो बस चिल्ला ही रहा था ।

मैं मरना नहीं चाहता बड़ी मंहगी जिन्दगी है,

कल ही तो ए.बी.सी. कम्पनी में नौकरी लगी है ।

सुनते ही यह ऊपर वाले आदमी ने अपनी रस्सी खींच ली,

और उसे डूबता देख अपनी आँखें जोर से मीच ली ।

वह आदमी दौड़ता - दौड़ता ए.बी.सी. कम्पनी में आया,

हाँफते - हाफते उसने अधिकारी को यह बताया,

अभी अभी आपका एक आदमी डूबकर मर गया है,

इस तरह कम्पनी में एक जगह खाली कर गया है ।

लीजिए मेरी ये सारी ऐ वन डिग्रीयाँ सम्भालें,

मैं गरीब बेरोजगार, मुझे उस जगह लगा ले ।

अधिकारी हँसता हुआ बोला - तुमने देर कर दी,

अभी दस मिनट पहले हमने जगह भर दी ।

और सुनो हमने इस नौकरी पर उसे लगाया है,

जो उसे धक्का देकर तुमसे पहले यहाँ आया है ।

मीनाक्षी

2007

## कश्मीर

वादी - ए कश्मीर के ये हसीन नजारे,  
क्यों है सहमे - सहमे से आज सारे ।  
क्यों है फिजाओं में आज छाई मायूसी  
क्यों है, होठों पर एक अजब खामोशी ।  
कहाँ गई है खो, कश्मीरी लोगों की मुस्कान  
क्यों आज है, डल बिन शिकारों के वीरान ॥  
क्यों खो दी कश्मीर ने पुरानी अजीमों - शान  
और बन बैठा है दहशत् का एक प्रमाण ॥  
कल ज़र्ज़ - ज़र्ज़ महकता था यहाँ का ।  
पर आज ज़र्ज़ - ज़र्ज़ लगता है कब्रिस्तान ॥

क्यों सहमे - सहमें से लोग हैं  
क्यों हर आँख में सोक है ।  
नहीं काबू में आता क्यों  
आतंकवाद का यह रोग है ॥

कब थमेगी यह उथल - पुथल  
कब बेझिझक हो जाएँगे लोग, डल था हजरत बल ॥  
उम्मीद है जल्द हटेगा, आतंकवाद का यह कोहरा ।  
और बंधेगा, कश्मीर के सर खुशियों का सेहरा ॥  
नजर आएगा वादी में, अल्लाह का वही नूर ।  
जिसके लिए धरती का स्वर्ग नाम से यह है मशहूर ॥

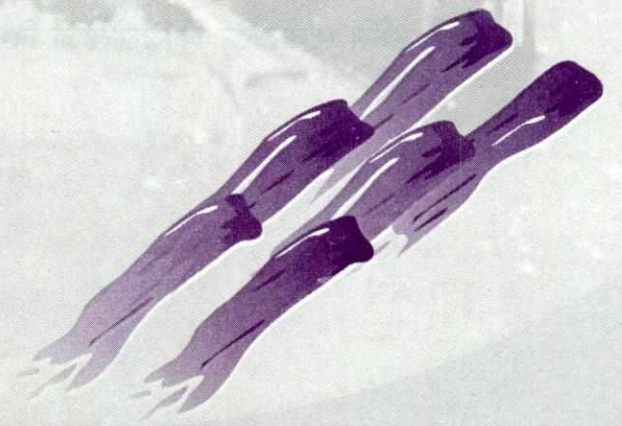
मनीषा भारद्वाज  
2005

## मेरा देश महान्

मेरे देश पुकारू निशिदिन तेरा पावन नाम ।  
तेरी मिट्टी में मिल जाऊँ मिले मुझे आराम !  
कितने ऊँचे - ऊँचे पर्वत कितनी गहरी खाई ।  
जो भी हो मिलजुल कर सहना देश न हो बदनाम ।  
तेरा पावन नाम ।  
गंगा यमुना की धरती पर जीवन तरस रहा है ।  
कहीं पे सूखा, कहीं बाढ़, कहीं पानी बरस रहा है ।  
हरियाली है कहीं दूर तक, मरु भी दिख रहा है ।  
फुदक रही है सुबह कहीं पर, कहीं लौट रही घर है शाम ।  
तेरा पावन नाम ।

संस्कृतियों की एक संस्कृति भाषाओं की भाषा ।  
हृदय एक है, भाव अनेक शैली नूतन आशा ।  
सन्य, प्रेम, करुणा, ममता की युग - युगीन जिज्ञासा ।  
सूरज की किरणें नित नभ से उतरें करे प्रणाम ।  
मेरे देश पुकारूँ निशिदिन तेरा पावन नाम ।  
तेरी मिट्टी में मिल जाऊँ मिले मुझे आराम ।  
तेरा पावन नाम ।

संजय  
2007



## भविष्य पानी का

बचाना होगा हमें पानी आज से,  
नहीं तो कुछ ऐसे दिन आएंगे,  
आज नहाते हैं अगर हम घंटो,  
फिर एक गिलास पानी से नहाएंगे ।  
ले तो लेगें हम गाड़ी लेकिन,  
उसे एक चम्मच पानी से धुलवाएंगे,  
रोज पीनी होगी हमें पानी की तीन बूदे,  
एक बूंद खुद, दो पौधों को पिलाएंगे ।  
धूमधाम से करेगें, लड़कियों की शादी,  
एक लीटर पानी दहेज में भिजवाएंगे,  
हालात ऐसे न धुलेंगे कपड़े,  
आयेगी बरसात, तभी धुलवाएंगे,  
जागना होगा हमें आज ही,  
तभी कल के लिए पानी बचाएंगे ।

हरप्रीत सिंह

सीनियर स्केल स्टेनोग्राफर फिज़िओलोजी विभाग

## यह जो जिन्दगी की किताब है

ये जो जिन्दगी की किताब है, यह किताब भी क्या किताब है  
कहीं एक हसीन सा ख्याब है, कहीं जानलेवा आज़ाब है ।  
कई चेहरे इसमें छुपे हुए, इक अजीब सा ये नकाब है ।  
कहीं खो दिया कहीं पा लिया, कहीं रो लिया कहीं गा लिया,  
कहीं छीन लेती है हर खुशी, कहीं मेहरबान बेहिसाब है,  
कहीं आँसू की है दाँसता, कहीं मुस्कराहटों की बयानी  
कहीं बरकतों की है बारिशें, कहीं विश्णगी बेहिसाब है ।

अनु शर्मा

2005

## जिन्दगी का इक इक लम्हा

जिन्दगी का इक इक लम्हा है शान से जीने को,  
सपनों को हकीकत और हर अरमान को पूरा करने का ।  
कितनी मुश्किल है ये डगर ये तो सबने जाना है,  
बहुत कम सोचते हैं मगर कैसे लक्ष्य को पाना है,  
धर्म जाते हैं पथिक पथ बाधाओं से,  
पर मिट जाती है ये भी सिर्फ कुछ ही आशाओं से  
वक्त है ये आशाओं और उमंगों को जागाने का,  
कुछ पाकर कुछ खोकर, खुशियों का आँचल पाने का ।  
जिन्दगी का इक.....

सपनों को हकीकत और हर अरमान को पूरा करने का

इक इक पल दिखाता है भविष्य का आइना हमें,  
अच्छा - बुरा, सही गलत सब कुछ बताता है हमें ।  
सब कुछ जानकर भी क्यों अनजान बनता है तू,  
किस्मत का बहाना बनाकर क्यों जिन्दगी को तबाह  
करता है तू ।

स्वयं के दुख भुलाकर, दूसरों को सुखी बनाने का  
जिन्दगी का इक इक....

सपनों को हकीकत और हर अरमान को पूरा करने का

मुरतज़ा सुम्बुल

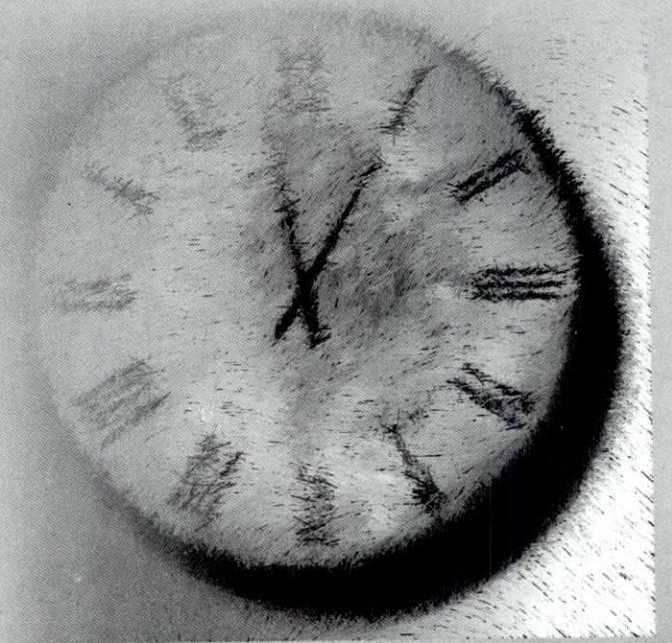
2005

## वक्त जो मेरे इख्तियार में था

वक्त जो मेरे इख्तियार में था,  
मैं उसी वक्त के हिसार में था ।  
खींच लाया उसे भी मक्तल तक,  
वो जो इक लुत्फ इक्तदार में था,  
कल हुआ कत्ल शहर जिस के सबब में,  
हुस्न अब भी उसी श्रृंगार में था ।  
लौट आऊँगा सुर्वरू होकर,  
सारा लशकर इस इंतजार में था ।  
थी जुस्तजू यार - ए - दीदार की  
दिल उनकी आहट के इंतजार में था ।  
आखिर अब सुर्व हुई तन्हा मोहब्बत  
रूह को लुत्फ उनके इंतजार में था ।

अंकुर ढल

2005







## डर के आगे जीत



एक व्यक्ति ने रात में सपना देखा कि वह जंगल से गुजर रहा था और एक शेर उसके पीछे पड़ गया, वह भाग कर किसी तरह पेड़ पर चढ़ जाता है। पेड़ पर चढ़ कर उसने दम लिया। जैसे ही नीचे देखा तो डर गया कि शेर अब भी नीचे बैठा हुआ है।

वह जान गया कि उसे काफी समय तक इसी तरह पेड़ पर वक्त गुज़ारना पड़ेगा। उसने थोड़ा आराम से बैठने के लिए इधर-उधर नज़र डाली तो उसका दिल ही बैठ गया। उसकी नज़र दो चूहों पर पड़ी है, जो उस शाखा को कुतर रहे थे, जिस पर वह बैठा था। इनमें से एक चूहा काला तथा दूसरा सफेद था। वह समझ गया कि देर-सवेर वह शाखा भी जरूर गिरेगी।

घबराकर उसने एक बार फिर नीचे को चारों ओर नज़र घुमाई। इस बार उसने देखा कि शेर से थोड़ी दूर एक अजगर ठीक उसके नीचे अपना मुँह फाड़े उसके गिरने की राह ही देख रहा है। घबराहट में उसे कुछ नहीं सूझ रहा था। उसने उपर ईश्वर की ओर देख कर प्रार्थना करना शुरू की। प्रार्थना के लिए जैसे ही उसका मुँह खुला तो अचानक ही उसे लगा कि जैसे उसके मुँह में कोई मीठी सी वस्तु आ गई। उसने देखा कि उसके ठीक ऊपर एक शहद का छत्ता था जिससे रिस रिस कर शहद की बूंदें धीरे धीरे गिर रही हैं।

इस मिठास ने उसके मुँह का जायका ही बदल दिया। वह मुँह खोल कर बार बार शहद की बूंद के टपकने का इन्तज़ार करने लगा। अब उसे इसमें आनंद सा मिलने लगा। जब भी बूंद गिरती वह खुशी में कूदने सा लगता। चारों ओर खतरों से घिरे होने का अहसास और उस खौफ को भूलकर वह इस खेल में मस्त हो गया। उसे इस समय सिवाय छत्ते और शहद की बूंद के मिठास के कुछ भी दिखाई देना बंद हो चुका था।

सबक : यह सारा डर बस मृत्यु का डर है। अगर मृत्यु के बारे में ही सोचते रहेंगे। हर जगह उसे ही देखते रहेंगे तो जीवन रूपी शहद के आनंद से वंचित रह जायेंगे। जीवन के आनंद को पहचानने वाला ही जीवन का रस ले पाता है।

डॉ. अर्जुन दास

प्रवक्ता एवं हैड

डिपार्टमेंट ऑफ ई.एन.टी.



## सितारों की दुनिया

## पुकार

सितारों को कहाँ हासिल है  
कहीं पे गुम हो जाना  
मेरे गमों को भी देखो ऐ हमदम  
सिर्फ इन मुस्कराहटों पे न जाना ।  
बदरी कभी छाई हो सकती है,  
लेकिन कहाँ तक से चादर ओढोगे,  
बस इक हवा का झोंका चाहिये  
फिर इस बदरी को भी कहीं है बह जाना ।

तू कहीं भी रहे  
मेरी निगाह में रहेगा  
नामुमकिन है तेरा मेरे दोस्त  
मुझसे जुदा हो जाना ।  
तुझसे तो राहें रोशन है,  
ये खुशियों का आलम भी,  
फिर ये कैसा सबब है तेरी,  
आँखों में आँसू का आ जाना ।

रास्ते तो सिर्फ मंजिल तक जाते है  
फिर क्यूँ रास्ते की तलाश मे जाना  
सितारों को कहाँ हासिल है  
कहीं पे गुम हो जाना ॥

कलियुग का काल है, जमाना बेहाल है  
शराफत पुकारे है जीऊं कैसे?  
धूर्तता, चलाकी से पार पाऊं कैसे  
धूर्त को साथी मिल जाते चार, शराफत झेले यहां अकेले मार  
पैसे के पीछे हो गई दुनिया रेल, जीवन मूल्य सब हो गए फेल  
हर चीज का हो गया व्यवसायीकरण  
चोरी डकैती और अपहरण  
पुरातन काल में संत भगवद भजन में थे धूनी रमाते  
आधुनिक संत समाज सुधारक बनकर है पैसा कमाते  
हे भाग्य विधाता भारत के लोगो - जागो  
अंधे होकर पैसे के पीछे मत भागो  
पैसा एक साधन है जिन्दगी नहीं  
धर्म एक विधान है बन्दगी नहीं  
इस फिसलते हुए विश्व को सम्भालना है  
विश्व में आयी तेजी को सयंम में ढालना है  
मत भागो मत फिसलो पाश्चात्य जगत् के पीछे मत दौड़ो  
गर भागना ही 'नियति' बना ली तुमने दौड़ो मगर जीवन  
मूल्यों को न छोड़ो  
बनो डाक्टर, जीवन, बचाने के लिए  
बनो इंजिनियर, कृति बनाने के लिए  
बनो ऑफिसर, विधान चलाने के लिए  
बनो नेता, देश को उबारने के लिए  
बनों संत, जीवन मूल्यों की स्थापना के लिए  
न केवल पैसे के लिए, न केवल पैसे के लिए ।

वरुण कुमार सिंह  
2005

धर्मचंद वर्मा  
क्लर्क  
कम्युनिटी मैडिसन विभाग

## शेर-ओ शायरी

दिलों में आरजू के दिए जलते रहेंगे,  
गम आँखों से आँसू बन निकलते रहेंगे,  
तुम शमा बनकर दिल में रोशनी तो करो,  
हम मोम बनकर यँहीं पिघलते रहेंगे।

कुछ लोग जिन्दगी में इस कदर शामिल ही हो जाते हैं,  
अगर भुलाना चाहें तो और याद आते है  
बस जाते हैं वो दिल में इस कदर  
कि आँखो बंद करो तो सामने नज़र आते है ।

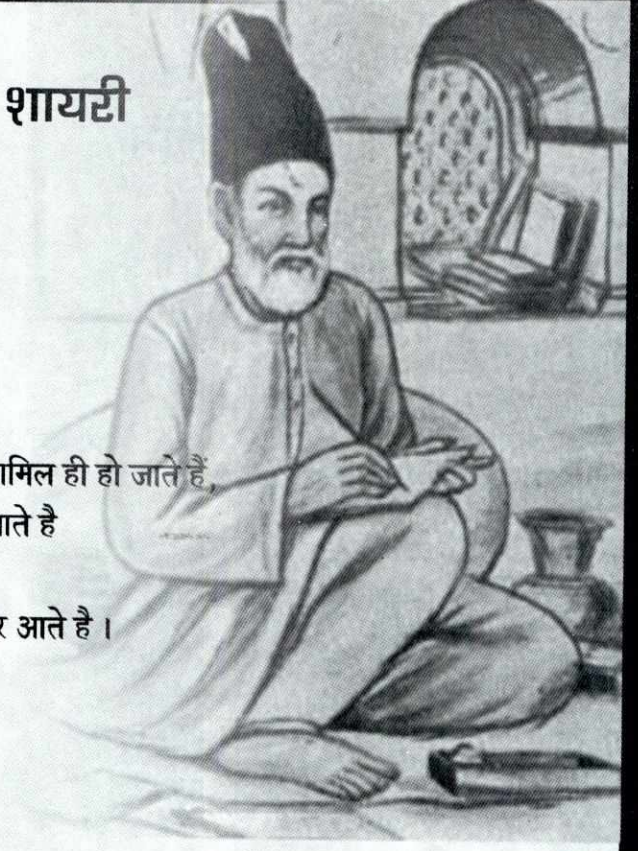
आज भी उनकी नजरों में राज़ वही था,  
चेहरा वही था चेहरे का लिबास वही था,  
कैसे उसको बेवफा कह दूँ यारों,  
आज भी उनके देखने का अंदाज़ वही था ।

ए- खुदा मुझ पर एक अहसान कर दे,  
पूरे उनके दिल के सब अरमान कर दे,  
गर उनकी खुशियों के लिए तुझे किसी की जिन्दगी चाहिये,  
तो आ अब देर न कर मुझे अभी बेजान कर दे ।

खामोशियों में भी अलफाज़ होते है,  
जागती आँखों में भी कुछ ख्वाब होते हैं ।  
ज़रूरी नहीं कि गम में भी आँसू निकले,  
मुस्कराती आँखों में भी सैलाब होते है ।

दूरियों की न परवाह किया कीजिये,  
दिल जब भी पुकारे, बुला लीजिए,  
हम दूर ज्यादा नहीं है आपसे,  
बस अपनी पलकों को मिला लीजिए !

वरुण कुमार सिंह  
2005 बैच





ਅੱਜ ਆਖਾਂ ਵਗਰਿਸ ਸ਼ਾਹ ਨੂੰ, ਕਿਤੋਂ ਕਬਰਾਂ ਵਿੱਚੋਂ ਬੋਲ  
ਤੇ ਅੱਜ ਕਿਤਾਬ-ਏ-ਇਸ਼ਕ ਦਾ ਕੋਈ ਅਗਲਾ ਵਰਕਾ ਫੋਲ  
ਇਕ ਰੋਈ ਸੀ ਧੀ ਪੰਜਾਬ ਦੀ, ਤੂੰ ਲਿਖ-ਲਿਖ ਮਾਰੇ ਵੈਣ  
ਅੱਜ ਲੱਖਾਂ ਧੀਆਂ ਰੋਂਦੀਆਂ, ਤੈਨੂੰ ਵਗਰਿਸ ਸ਼ਾਹ ਨੂੰ ਕਹਣ  
ਉਠ ਦਰਦ ਮੰਦਾਂ ਦਿਆ ਦਰਦੀਆ, ਉਠ ਤੱਕ ਆਪਣਾ ਪੰਜਾਬ

ਅਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ

# ਮਨ ਨੀਵਾਂ ਮੱਤ ਉੱਚੀ

ਛੋਟੇ ਹੁੰਦਿਆਂ ਦਾਦੀ ਤੋਂ ਸੁਣਿਆ ਸੀ ਕਿ ਫਲ ਨੀਵੇਂ ਰੁੱਖਾਂ ਨੂੰ ਹੀ ਲਗਦੇ ਹਨ। ਨਾਲ ਹੀ ਇਹ ਵੀ ਸੁਣਿਆ ਸੀ ਕਿ ਜਦੋਂ ਰੁੱਖ ਫਲਾਂ ਨਾਲ ਭਰ ਜਾਂਦਾ ਹੈ ਤਾਂ ਉਹ ਹੋਰ ਝੁੱਕ ਜਾਂਦਾ ਹੈ। ਮਤਲਬ ਇਹ ਹੈ ਕਿ ਜਦੋਂ ਅਸੀਂ ਉੱਚੇ ਅਹੁਦਿਆਂ ਤੇ ਪਹੁੰਚ ਜਾਂਦੇ ਹਾਂ, ਜਾਂ ਰੱਬ ਸਾਨੂੰ ਕੋਈ ਸ਼ਫਾ ਬਖਸ਼ ਦੇਵੇ ਤਾਂ ਸਾਨੂੰ ਹੋਰ ਨੀਵੇਂ ਅਰਥਾਤ humble ਹੋ ਜਾਣਾ ਚਾਹੀਦਾ ਹੈ ਤਾਂ ਜੋ ਸਾਡੀ ਕਲਾ ਅਤੇ ਗਿਆਨ ਦਾ ਫਾਇਦਾ ਜਿਆਦਾ ਤੋਂ ਜਿਆਦਾ ਲੋਕਾਂ ਨੂੰ ਪਹੁੰਚ ਸਕੇ। ਪਰ ਬਦਕਿਸਮਤੀ ਇਹ ਹੈ ਕਿ ਆਮ ਤੌਰ ਤੇ ਇਸ ਤੋਂ ਉਲਟ ਹੀ ਹੁੰਦਾ ਹੈ। ਜਦ ਰੱਬ ਸਾਨੂੰ ਹੁਨਰ ਅਤੇ ਕਾਬਲੀਅਤ ਬਖਸ਼ਦਾ ਹੈ ਤਾਂ ਅਸੀਂ ਆਪਣੀ ਗਰਦਨ ਉੱਠ ਤੋਂ ਵੀ ਉੱਚੀ ਕਰ ਲੈਂਦੇ ਹਾਂ ਅਤੇ ਆਪਣੇ ਆਪ ਨੂੰ ਸੱਤਵੇਂ ਅਸਮਾਨ ਤੇ ਸਮਝ ਲੈਂਦੇ ਹਾਂ। ਪਰ ਕੁਦਰਤ ਦਾ ਅਸੂਲ ਇਹ ਹੈ ਕਿ ਅਸਮਾਨ ਤੇ ਉੱਡਣ ਵਾਲਾ ਹਮੇਸ਼ਾ ਥੱਲੇ ਡਿਗਦਾ ਹੈ ਅਤੇ ਬਹੁਤ ਵਾਰ ਤਾਂ ਡਿੱਗਦਿਆਂ ਹੋਇਆਂ ਖਜ਼ੂਰ ਵਿੱਚ ਵੀ ਅਟਕ ਜਾਂਦਾ ਹੈ।



ਹੁਣ ਅਸੀਂ ਇਸਦਾ ਵਿਸਤਾਰ ਕੁਝ ਉਦਾਹਰਨਾਂ ਲੈ ਕੇ ਕਰਦੇ ਹਾਂ। ਜਦੋਂ MBBS ਵਿੱਚ ਬੱਚਿਆਂ ਦਾ ਦਾਖਿਲਾ ਹੁੰਦਾ ਹੈ ਤਾਂ ਉਹ ਅਨੁਸ਼ਾਸਨ ਅਤੇ ਨਮਰਤਾ ਦੀ ਮਿਸਾਲ ਮੰਨੇ ਜਾਂਦੇ ਹਨ। ਉਹ ਸਿਰਫ ਟੀਚਰਾਂ ਨੂੰ ਹੀ ਨਹੀਂ ਸਗੋਂ ਆਪਣੇ ਸੀਨੀਅਰ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਅਤੇ ਬਾਕੀ ਕਰਮਚਾਰੀਆਂ ਨੂੰ, ਇਥੋਂ ਤੱਕ ਕਿ ਚੌਥੇ ਦਰਜੇ ਦੇ ਕਰਮਚਾਰੀਆਂ ਨੂੰ ਵੀ ਰੱਜ ਕੇ ਮਾਣ ਬਖਸ਼ਦੇ ਹਨ। ਇੱਕ ਸਾਲ ਪੂਰਾ ਹੋਣ ਦੀ ਦੇਰ ਨਹੀਂ, ਸੀਨਿਅਰਟੀ ਦਾ ਭੂਤ ਉਨ੍ਹਾਂ ਦੇ ਦਿਮਾਗ ਨੂੰ ਸੱਤਵੇਂ ਅਸਮਾਨ ਤੇ ਚੜ੍ਹਾ ਦਿੰਦਾ ਹੈ। ਛੋਟੇ-ਛੋਟੇ ਟੀਚਰਾਂ ਦੀ ਤਾਂ ਗੱਲ ਛੱਡੋ, ਬੀਤੇ ਸਾਲ ਦੇ ਹੈੱਡ ਟੀਚਰਾਂ ਨੂੰ ਵੀ ਵੇਖ ਕੇ ਕੁਝ ਵਿਦਿਆਰਥੀ ਮੂੰਹ ਫੇਰ ਲੈਂਦੇ ਹਨ। ਆਪਣੀਆਂ ਪ੍ਰੈਕਟੀਕਲ ਦੀਆਂ ਕਾਪੀਆਂ ਜੂਨੀਅਰਾਂ ਤੋਂ ਬਣਵਾਉਣਾ, ਟੈਸਟ ਅਤੇ ਟੁਟੋਰੀਅਲ ਵਿੱਚ ਬਿਨਾਂ ਪੜ੍ਹੇ ਜਾਣਾ ਜਾਂ ਫਿਰ ਬੰਕ ਮਾਰਨਾ, ਕਲਾਸ ਵਿੱਚ ਲੇਟ ਦਾਖਿਲ ਹੋਣਾ, ਜੇ ਟੀਚਰ ਦੇ ਸਵਾਲ ਦਾ ਜਵਾਬ ਨਾ ਆਉਂਦਾ ਹੋਵੇ ਤਾਂ ਸੌਰੀ ਕਹਿਣ ਦੀ ਬਜਾਏ ਸਮਾਈਲ ਕਰਨਾ ਜਾਂ ਫਿਰ ਸਿਰ ਤੋਂ ਲੈ ਕੇ ਪੈਰ ਤੱਕ ਸ਼ਰੀਰ ਦੇ ਕਿਸੇ ਵੀ ਜਗ੍ਹਾ ਤੇ ਖੁਰਕ ਕਰਨਾ - ਇਹ ਸਾਰੇ ਉੱਚਾ ਆਹੁਦਾ ਮਤਲਬ ਕਿ ਸੀਨੀਅਰ ਹੋਣ ਦੇ ਮਾਪਦੰਡ ਮੰਨੇ ਜਾਂਦੇ ਹਨ।

ਹੁਣ ਅਸੀਂ ਸਰਕਾਰੀ ਕਰਮਚਾਰੀਆਂ ਦੀ ਗੱਲ ਕਰਦੇ ਹਾਂ ਜਿਨ੍ਹਾਂ ਵਿੱਚ ਮੈਂ ਵੀ ਆਉਂਦਾ ਹਾਂ। ਨਵੀਂ ਭਰਤੀ ਤੋਂ ਲੈ ਕੇ ਪ੍ਰੋਬੇਸ਼ਨ ਪਾਰ ਕਰਨ ਤੱਕ ਤਾਂ ਕੰਮ ਠੀਕ-ਠਾਕ ਚਲਦਾ ਹੈ। ਵੱਡੇ ਤੋਂ ਵੱਡਾ ਅਫਸਰ ਵੀ ਇਸ ਸਮੇਂ ਦੌਰਾਨ ਆਪਣੇ ਅਹੁਦੇ ਨਾਲ ਪੂਰਾ-ਪੂਰਾ ਇਨਸਾਫ ਕਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਦਾ ਹੈ। ਪਰ ਕੁਝ ਸਾਲਾਂ ਬਾਅਦ ਤਾਂ ਪੁੱਛੋ ਹੀ ਨਾਂ। ਜਦ ਕੋਈ ਆਪਣੀ ਡਿਊਟੀ ਤੇ ਲੇਟ ਆਉਣਾ ਸ਼ੁਰੂ ਕਰ ਦੇਵੇ, ਹਾਜ਼ਰੀ ਲਗਾ ਕੇ ਆਪਣੀ ਡਿਊਟੀ ਤੋਂ ਗਾਇਬ ਹੋਣ ਲੱਗ ਜਾਵੇ, ਡਿਊਟੀ ਤੇ ਬੈਠ ਕੇ ਵੀ ਕੰਮ ਨਾ ਕਰਨ ਦੇ ਬਹਾਨੇ ਲੱਭੇ, ਕਮਰਾ ਬੰਦ ਕਰਕੇ ਇੱਧਰ-ਉੱਧਰ ਟੈਲੀਫੋਨ ਘੁਮਾਏ, ਜਾਂ ਫਿਰ ਚਾਹ ਪੀਣ ਦੇ ਬਹਾਨੇ ਕੰਮ ਠੱਪ ਰੱਖੇ, ਅਤੇ ਪੁੱਛਣ ਵਾਲਿਆਂ ਨੂੰ ਕਹਿ ਦਿੱਤਾ ਜਾਵੇ ਕਿ ਸਾਹਿਬ ਮੀਟਿੰਗ ਵਿੱਚ ਹਨ ਅਤੇ ਆਪਣੀ ਨੌਕਰੀ ਦੇ ਮਾਪਦੰਡਾਂ ਨੂੰ ਅਣਦੇਖਾ ਕਰੋ - ਇਹ ਸਾਰੇ ਉੱਚੇ ਜਾਂ ਫਿਰ ਪੱਕੇ ਅਹੁਦੇਦਾਰ ਹੋਣ ਦੇ ਲੱਛਣ ਮੰਨੇ ਜਾਂਦੇ ਹਨ। ਇਥੋਂ ਤੱਕ ਕਿ ਕੁਝ ਵੱਡੇ ਅਫਸਰ ਤਾਂ ਦੂਜਿਆਂ ਨੂੰ ਵੀ ਕੰਮ ਨਾਂ ਕਰਨ ਦੀਆਂ ਤਰੰਗਾਂ ਛੱਡਦੇ ਹਨ।

ਹੁਣ ਅਸੀਂ ਕ੍ਰਿਕੇਟ ਦੀ ਗੱਲ ਕਰਦੇ ਹਾਂ ਜੋ ਕਿ ਇੱਕ ਤਰ੍ਹਾਂ ਨਾਲ ਸਾਡੀ ਗੈਰ-ਰਸਮੀ ਤੌਰ ਤੇ ਕੌਮੀ ਖੇਡ ਹੀ ਹੈ। ਪਹਿਲੀ ਜਾਂ ਦੂੱਜੀ ਵਾਰੀ ਕੌਮੀ ਪੱਧਰ ਤੇ ਮੈਚ ਖੇਡਣ ਵਾਲਾ ਖਿਡਾਰੀ ਅਨੁਸ਼ਾਸਨਾ ਦੀ ਮੂਰਤ ਮੰਨਿਆ ਜਾਂਦਾ ਹੈ। ਜਦ ਉਹ ਕਿਸੇ ਵੱਡੇ ਬੱਲੇਬਾਜ਼ ਨੂੰ ਆਉਟ ਕਰਦਾ ਹੈ ਤਾਂ ਛੋਟੀ ਜਿਹੀ ਸਮਾਇਲ ਕਰਕੇ ਆਪਣੀ ਕਾਮਯਾਬੀ ਨੂੰ ਜ਼ਾਹਿਰ ਕਰਦਾ ਹੈ।

ਕਦੇ-ਕਦੇ ਤਾਂ ਉਹ ਆਉਟ ਹੋਣ ਵਾਲੇ ਬੱਲੇਵਾਜ਼ ਨੂੰ ਸੌਰੀ ਵੀ ਕਹਿ ਦਿੰਦਾ ਹੈ। ਪਰ ਜੱਦ ਉਸ ਦੀ ਟੀਮ ਵਿੱਚ ਜਗ੍ਹਾਂ ਪੱਕੀ ਹੋ ਜਾਂਦੀ ਹੈ, ਤਾਂ ਉਹ ਆਉਟ ਹੋਣ ਵਾਲੇ ਬੱਲੇਵਾਜ਼ ਨੂੰ ਘੁਰਦਾ ਹੈ ਅਤੇ ਗਾਲਾਂ ਵੀ ਕੱਢ ਦਿੰਦਾ ਹੈ। ਪਰ ਜੇ ਕਿਤੇ ਉਸ ਦੀ ਹੀ ਟੀਮ ਦਾ ਕੋਈ ਜੂਨੀਅਰ ਖਿਡਾਰੀ ਇਹੋ ਜਿਹੀ ਹਰਕਤ ਕਰ ਦੇਵੇ ਤਾਂ ਉਹ ਆਪਣੇ ਜੂਨੀਅਰ ਨੂੰ ਵੀ ਘੁਰਦਾ ਹੈ ਅਤੇ ਕਦੇ-ਕਦੇ ਤਾਂ ਥੱਪੜ ਵੀ ਜੜ ਦਿੰਦਾ ਹੈ। ਪਰ ਪਿਛਲੇ ਕੁਝ ਸਾਲਾਂ ਵਿਚ ਭਾਰਤੀ ਕ੍ਰਿਕੇਟ ਬਦਲ ਗਈ ਹੈ। ਮਾੜਾ ਪ੍ਰਦਰਸ਼ਨ ਕਰਨ ਵਾਲੇ ਨੂੰ ਦਰਵਾਜ਼ੇ ਦਾ ਰਸਤਾ ਦਿਖਾਉਣ ਕਰਕੇ ਸਾਡੇ ਕਈ ਸੀਨੀਅਰ ਖਿਡਾਰੀ ਬੰਦੇ ਦੇ ਪੁੱਤ ਬਣ ਗਏ ਹਨ ਅਤੇ ਆਪਣਾ ਮਨ ਨੀਵਾਂ ਰਖਣਾ ਸਿੱਖ ਗਏ ਹਨ। ਇਥੋਂ ਤੱਕ ਕਿ ਸਾਡੀ ਕ੍ਰਿਕੇਟ ਦੇ ਕਈ ਚਿੱਟੇ ਹਾਥੀਆਂ ਨੂੰ ਮਜਬੂਰ ਹੋ ਕੇ ਆਪਣਾ ਰੰਗ ਕਾਲਾ ਕਰਨਾ ਪੈ ਗਿਆ ਹੈ।

ਗੱਲ ਮੁੱਕਦੀ ਕਰੀਏ, ਸੀਨੀਅਰਟੀ, ਉੱਚਾ ਜਾਂ ਫਿਰ ਪੱਕਾ ਅਹੁਦਾ - ਇਕ ਬਹੁਤ ਵੱਡੀ ਸਮੱਸਿਆ ਹੈ। ਇਹ ਸਾਡੇ ਸਰਕਾਰੀ ਢਾਂਚੇ ਨੂੰ ਘੁਣ ਵਾਂਗ ਖਾ ਰਹੀ ਹੈ। ਇਸ ਦਾ ਹੱਲ ਲੱਭਣਾ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ। ਦੁਨੀਆਂ ਦੇ ਵਿਕਸਿਤ ਦੇਸ਼ਾਂ ਨੇ ਆਪਣੀ ਸਿਆਣਪ ਦੀ ਮਿਸਾਲ ਦਿੰਦੇ ਹੋਏ ਇਸ ਬੀਮਾਰੀ ਦੇ ਟੀਕੇ ਪਹਿਲਾਂ ਹੀ ਲੱਭ ਲਏ। ਉਨ੍ਹਾਂ ਆਪਣੇ ਕਰਮਚਾਰੀਆਂ ਉੱਤੇ ਹਾਇਰ ਅਤੇ ਫਾਇਰ ਦੀ ਨੀਤੀ ਲਗਾ ਦਿੱਤੀ। ਇਹ ਉਹ ਨੀਤੀ ਹੈ ਜੋ ਕਿ ਕਰਮਚਾਰੀ ਨੂੰ ਹਮੇਸ਼ਾ ਪੱਬਾਂ ਭਾਰ ਰੱਖਦੀ ਹੈ, ਚਾਹੇ ਉਹ ਕਿੰਨਾ ਵੀ ਵੱਡਾ ਅਫਸਰ ਹੋਵੇ। ਸਾਡੇ ਕਾਰਪੋਰੇਟ ਹਾਊਸਾਂ ਨੇ ਵੀ ਛੇਤੀ ਨਾਲ ਇਹ ਟੀਕੇ ਸ਼ੀਸ਼ੇ ਵਾਲੀਆਂ ਖਿੜਕੀਆਂ ਵਿੱਚ ਰੱਖ ਲਏ ਤਾਂ ਜੋ ਕਰਮਚਾਰੀ ਆਪਣੀ ਡਿਊਟੀ ਤੋਂ ਵੱਧ ਆਉਟਪੁਟ ਦੇਣ। ਇਹ ਵੀ ਸੁਣਨ ਵਿਚ ਆਇਆ ਹੈ ਕਿ ਕਈ ਵੱਡੇ ਅਤੇ ਮੁੱਖ ਅਧਿਕਾਰੀਆਂ ਨੂੰ ਉਨ੍ਹਾਂ ਦਾ ਸਮਾਣ ਅਗਲੇ ਦਿਨ ਮੇਨ ਗੇਟ ਦਾ ਚੌਕੀਦਾਰ ਹੀ ਇਕ ਪੱਤਰ ਦੇ ਨਾਲ ਸੌਂਪ ਦਿੰਦਾ ਹੈ, ਜਿਸ ਵਿੱਚ ਲਿਖਿਆ ਹੁੰਦਾ ਹੈ ਕਿ ਉਨ੍ਹਾਂ ਦੀਆਂ ਸੇਵਾਵਾਂ ਦੀ ਜ਼ਰੂਰਤ ਹੁਣ ਇਸ ਸੰਸਥਾ ਨੂੰ ਨਹੀਂ ਹੈ। ਇਸ ਬੀਮਾਰੀ ਦਾ ਇਕ ਹੋਰ ਹੱਲ ਪਿਛੇ ਜਿਹੇ ਇੱਕ ਹਿੰਦੀ ਫਿਲਮ ਵਿਚ ਦਰਸਾਇਆ ਗਿਆ ਹੈ। ਪਰ ਉਸ ਲਈ ਜ਼ਰੂਰਤ ਹੈ ਘਰ-ਘਰ ਵਿੱਚ ਮੁੰਨੇ ਭਾਈਆਂ ਦੀ। ਜੋ ਕਿ ਰੈਗਿੰਗ ਕਰਦੇ ਹੋਏ ਸੀਨੀਅਰਾਂ ਤੋਂ ਨੰਗਾ ਨਾਚ ਨਚਾਉਣ ਅਤੇ ਸੀਨੀਅਰ ਡਾਕਟਰਾਂ ਤੋਂ ਮਰੀਜ਼ਾਂ ਦਾ ਜਬਰਦਸਤੀ ਇਲਾਜ ਕਰਵਾਉਣ ਦੇ ਨਾਲ ਫਾਰਮ ਵੀ ਭਰਵਾਉਣ। ਮੇਰੇ ਵਿਚਾਰ ਵਿੱਚ ਇਹ ਦੋਵੇਂ ਇਲਾਜ ਕਿਸੇ ਮੋਟੀ ਜਿਹੀ ਸੂਈ ਨਾਲ ਟੀਕਾ ਲਗਾਉਣ ਜਿਨੀ ਪੀੜ, ਖਾਸ ਕਰਕੇ ਉਨ੍ਹਾਂ ਕਰਮਚਾਰੀਆਂ ਨੂੰ, ਜਿੰਨ੍ਹਾਂ ਦੀਆਂ ਆਦਤਾਂ ਪੱਕ ਚੁੱਕੀਆਂ ਹਨ, ਦਿੰਦੇ ਹਨ।

ਦੋਸਤੋ ! ਕਿਉਂ ਨਾ ਅਸੀਂ ਕਿਸੇ ਮਿੱਠੀ ਗੋਲੀ ਨੂੰ ਅਪਣਾਈਏ ਜੋ ਸਾਡੇ ਗੁਰੂਆਂ ਨੇ ਕਈ ਸੌ ਸਾਲ ਪਹਿਲਾਂ ਹੀ ਸਾਡੀ ਝੋਲੀ ਵਿੱਚ ਪਾ ਦਿੱਤੀ ਹੋਈ ਹੈ। ਉਹ ਹੈ - ਮਨ ਨੀਵਾਂ, ਮੱਤ ਉੱਚੀ

ਹੁਣ ਸ਼ਾਇਦ ਤੁਸੀਂ ਖੁਦ ਵਿਚਾਰ ਕਰ ਸਕਦੇ ਹੋ- ਚੋਣ ਤੁਹਾਡੇ ਹੱਥ ਵਿਚ ਹੈ।

ਡਾ. ਰਵੀ ਗੁਪਤਾ

ਮਾਂ

ਇੱਕ ਉਹ ਨਾਂ ਹੈ ਰੱਬ ਦਾ ਜਿਸਨੇ ਜਨਮ ਹੈ ਦਿੱਤਾ,  
ਸਾਰੇ ਦੁੱਖ ਆਪ ਸਹਾਰੇ, ਮੁੱਖੋਂ ਸੀ ਨਾ ਕੀਤਾ।  
ਜੇ ਮਾਂ ਨੂੰ ਭੁਲਾ ਦੇਵੇ ਉਹ ਨਰਕ ਦਾ ਭਾਗੀ ਬਣਿਆ,  
ਆਖਿਰ ਸਵਰਗ ਵੀ ਤਾਂ ਮਾਂ ਤੋਂ ਛਾਂ ਉਧਾਰੀ ਲੈ ਕੇ  
ਬਣਿਆ।

ਦੂਜੀ ਮਾਂ ਹੈ ਬੋਲੀ ਸਾਡੀ, ਜਾਨੋਂ ਵੱਧ ਪਿਆਰੀ,  
ਲੱਖ ਭਾਸ਼ਾਵਾਂ ਦਾ ਗਿਆਨ ਹੋਵੇ, ਇਹੋ ਸਭ ਤੋਂ  
ਨਿਆਰੀ।  
ਕੋਈ ਇਹਨੂੰ ਬੋਲੀ ਕਰੇ, ਕੋਈ ਜਿੰਦ ਜਾਨ ਕਰੇ,  
ਕੋਈ ਠੋਕਰ ਹੈ ਮਾਰ ਦਿੰਦਾ, ਕੋਈ ਮੋਤੀਆਂ ਦੀ ਖਾਣ  
ਕਰੇ।

ਤੀਜੀ ਮਾਂ ਹੈ ਭਾਰਤ ਮਾਤਾ, ਸਾਡੀ ਇਹੋ ਪਛਾਣ,  
ਅੱਜ ਦੇ ਲੋਕ ਪਤਾ ਨਹੀਂ ਕਿਉਂ, ਛੱਡ-ਛੱਡ ਭੱਜੀ  
ਜਾਣ।  
ਆਪਣੀ ਪਛਾਣ ਗੁਆ ਦੇਵੇ ਜੋ, ਉਹ ਇਨਸਾਨ ਕੀ  
ਰਹਿ ਗਿਆ,  
ਇਨ੍ਹਾਂ ਚੰਦ ਵਾਕਾਂ ਚ, ਮੈਂ ਸ਼ਾਇਦ ਬਹੁਤ ਕੁਝ ਕਹਿ  
ਲਿਆ।

ਸ਼ੀਤਲ ਅਤ੍ਰੀ  
2007

ਕੁੜੀ ਕਿੱਥੇ ਗਈ

ਮਾਂ ਤੂੰ ਕਿਉਂ ਮੈਨੂੰ ਦਿਲੋਂ ਭੁਲਾਇਆ,  
ਕਿਉਂ ਸੰਸਾਰ ਚੋਂ ਮੈਨੂੰ ਮਿਟਾਇਆ?  
ਰੱਬ ਤੋਂ ਸੀ ਮੰਗਦੀ ਝੋਲੀ ਅੱਡ ਕੇ,  
ਕਿਉਂ ਸੁੱਟ ਦਿੱਤਾ ਆਪਣੀ ਕੁੱਖੋਂ ਕੱਢ ਕੇ?  
ਮੈਂ ਤਾਂ ਸੀ ਅਜੇ ਬਚਪਨ ਜੀਣਾ  
ਤੇਰੀ ਛਾਤੀਓਂ ਦੁੱਧ ਸੀ ਪੀਣਾ।

ਮੈਂ ਤੇਰੀ ਉਂਗਲੀ ਫੜ ਕੇ ਤੁਰਦੀ  
ਨੰਨ੍ਹੇ ਪੈਰਾਂ ਨਾਲ ਧਰਤੀ ਨੂੰ ਚੁੰਮਦੀ  
ਤੇਰੀ ਲੋਰੀ ਸੁਣ ਕੇ ਸੀ ਸੋਣਾ  
ਮੈਂ ਤਾਂ ਅਜੇ ਜਵਾਨ ਸੀ ਹੋਣਾ  
ਵੀਰ ਦੇ ਸਿਰ ਸਿਹਰਾ ਸੀ ਸਜਾਉਣਾ  
ਉਸਦੇ ਵਿਆਹ ਚ ਸੀ ਨੱਚਣਾ ਗਾਉਣਾ।

ਮੈਂ ਵੀ ਪੜ੍ਹਦੀ, ਮੈਂ ਵੀ ਪੜ੍ਹਾਉਂਦੀ  
ਬਾਬਲ ਦੀ ਪੱਗ ਦੀ ਲਾਜ ਬਣ ਜਾਂਦੀ  
ਮਾਂ ਕਿਉਂ ਤੂੰ ਮੂੰਹ ਫੇਰ ਕੇ ਬਹਿ ਗਈ?  
ਕਿਉਂ ਧੀ ਤੇਰੀ ਕੁੱਖੋਂ ਲਹਿ ਗਈ ?

ਜੇ ਮਾਵਾਂ ਨੇ ਇਹ ਕਹਿਰ ਗੁਜ਼ਾਰਿਆ  
ਰੱਬ ਦੀ ਦੇਣ ਨੂੰ ਮਨੋ ਵਿਸਾਰਿਆ  
ਧੀਆਂ ਦੀ ਫੇਰ ਖੁੜ੍ਹ ਰਹਿ ਜਾਣੀ  
ਬੱਸ ਬਚ ਜਾਣੀ ਕਥਾ ਕਹਾਣੀ  
ਸੜ ਜਾਣੀ ਡੋਲੀ ਵਾਲੀ ਕਹਾਣੀ  
ਸਭ ਨੇ ਫਿਰ ਕਹਿਣਾ 'ਕੁੜੀ ਕਿੱਥੇ ਗਈ'।

ਅੰਮ੍ਰਿਤਾ  
2006

## ਵਿਗਿਆਨ ਜ਼ਿੰਦਾਬਾਦ !

ਭਾਵੇਂ ਕਿਸਮਤ ਦੱਸਣ ਦੇ ਸਾਰੇ ਢੰਗ ਕਿਸਮਤਾਂ ਜਾਂ ਮਨੁੱਖੀ ਸ਼ਖਸੀਅਤਾਂ ਬਾਰੇ ਕੋਈ ਵੀ ਸਹੀ ਜਾਣਕਾਰੀ ਨਹੀਂ ਦਿੰਦੇ ਫੇਰ ਵੀ ਇਹ ਧੰਦਾ ਉਨੀ ਦੇਰ ਤੱਕ ਚਲਦਾ ਰਹੇਗਾ ਜਿੰਨੀ ਦੇਰ ਤੱਕ ਸੰਸਾਰ ਵਿਚ ਲਾਈਲੱਗ ਮੂਰਖ ਵੱਸਦੇ ਹਨ। 'ਉਹ ਹਾਦਸੇ ਵਿਚ ਮਰ ਗਿਆ। ਇਹ ਤਾਂ ਪਹਿਲਾਂ ਹੀ ਉਸ ਦੀ ਕਿਸਮਤ ਵਿਚ ਲਿਖ ਦਿੱਤਾ ਗਿਆ ਸੀ।' ਉਹ ਉਸ ਨਾਲ ਵਿਆਹੀ ਗਈ, ਇਸ ਦੇ ਪੂਰਬ ਨਿਰਧਾਰਤ ਸੰਯੋਗਾਂ ਦੀ ਗੱਲ ਸੀ। ਮੱਥੇ ਦਿਆਂ ਲੇਖਾਂ ਨੂੰ ਕੋਈ ਨਹੀਂ ਬਦਲ ਸਕਦਾ।

ਯਾਦ ਕਰੋ 16ਵੀਂ ਸਦੀ ਵਿਚ ਜਦੋਂ ਗਿਰਜਾਘਰ, ਜੋਤਸ਼ੀ ਅਤੇ ਯੂਨੀਵਰਸਿਟੀਆਂ ਟੌਲਮੀ ਦੀ ਮਨੁੱਖ ਕੇਂਦਰਤ ਬ੍ਰਹਿਮੰਡੀ ਪਰੀਕਲਪਨਾ ਦਾ ਦਮ ਭਰਦੀਆਂ ਸਨ ਕਿ ਮਨੁੱਖ ਤਾਂ ਬ੍ਰਹਿਮੰਡ ਦਾ ਕੇਂਦਰ ਨੇ ਤਾਂ ਉਸ ਸਮੇਂ ਕਾਪਰਨੀਕਸ ਇੱਕਲਾ ਹੀ ਸੀ ਜਿਸ ਨੇ ਉਹਦੀ ਇਸ ਪਰੀਕਲਪਨਾਂ ਦੀ ਪਰਖ ਕੀਤੀ ਅਤੇ ਹੀਲਿਊ ਸੈਂਟਰਿਕ ਧਾਰਨਾ ਪੇਸ਼ ਕੀਤੀ ਕਿ ਸੂਰਜ ਸਾਡੇ ਬ੍ਰਹਿਮੰਡ ਦਾ ਕੇਂਦਰ ਹੈ ਤੇ ਬਾਕੀ ਗ੍ਰਹਿ ਇਹਦੇ ਦੁਆਲੇ ਘੁੰਮਦੇ ਹਨ। ਉਸ ਦੇ ਇਸ ਵਿਚਾਰ ਨੇ ਸਾਰੇ ਸੰਸਾਰ ਦਾ ਚਿੰਤਨ ਬਦਲ ਦਿੱਤਾ। ਪਰ ਜੋਤਿਸ਼ 16ਵੀਂ ਸਦੀ ਤੋਂ ਹੀ ਪਹਿਲਾਂ ਦੇ ਗੈਰ-ਵਿਗਿਆਨ ਅਨੁਮਾਨਾਂ ਤੇ ਹੀ ਟਿਕਿਆ ਹੈ।

ਅੱਜ ਦੇ ਵਿਗਿਆਨਕ ਯੁੱਗ 'ਚ ਜਦ ਮਨੁੱਖ ਚੰਨ ਤੇ ਤੁਰਦਾ ਹੈ, ਦੂਜੇ ਗ੍ਰਹਿ ਵੱਲ ਰਾਕਟ ਭੇਜਦਾ ਹੈ, ਬ੍ਰਹਿਮੰਡ ਚ ਸਥਿਤ ਦੂਰ-ਦਰਸ਼ੀਯੰਤਰ ਰਾਹੀਂ ਝਾਤੀਆਂ ਮਾਰਦਾ ਹੈ ਤਾਂ ਇਹ ਬੜੇ ਦੁੱਖ ਦੀ ਗੱਲ ਹੈ ਕਿ ਅਜੇ ਵੀ ਵਸੋਂ ਦਾ ਵੱਡਾ ਹਿੱਸਾ ਵੱਖ-ਵੱਖ ਤਰ੍ਹਾਂ ਦੇ ਕਿਸਮਤ ਦੱਸਣ ਦੇ ਢੰਗਾਂ ਵਿਚ ਵਿਸ਼ਵਾਸ ਕਰਦਾ ਹੈ।  
ਵਿਗਿਆਨ ਜ਼ਿੰਦਾਬਾਦ !!

ਅਨੁਭਵ ਮਲਹੋਤਰਾ

2007

### ਅਦਭੁੱਤ ਚਿੱਠੀ

ਇੱਕ ਔਰਤ ਆਪਣੇ ਪਤੀ ਨੂੰ ਚਿੱਠੀ ਲਿਖਦੀ ਹੈ। ਡਾਕ ਜਾਣ ਵਾਲੀ ਹੁੰਦੀ ਹੈ। ਉਸਨੇ ਕਿਤੇ ਵੀ ਵਿਸ਼ਰਾਮ ਚਿੰਨ੍ਹ ਨਹੀਂ ਲਗਾਏ ਹੁੰਦੇ। ਜਲਦੀ-ਜਲਦੀ ਵਿੱਚ ਉਹ ਥੋੜੀ-ਥੋੜੀ ਦੂਰੀ ਤੇ ਵਿਸ਼ਰਾਮ-ਚਿੰਨ੍ਹ ਲਗਾ ਦਿੰਦੀ ਹੈ। ਉਸ ਛੋਟੀ ਜਿਹੀ ਗਲਤੀ ਕਾਰਨ ਸਾਰੀ ਚਿੱਠੀ ਦਾ ਅਰਥ ਬਦਲ ਜਾਂਦਾ ਹੈ। ਹੁਣ ਤੁਸੀਂ ਆਪ ਹੀ ਵੇਖ ਲਵੋ :

ਕੀ ਗੱਲ ਤੁਸੀਂ ਕੋਈ ਚਿੱਠੀ ਨਹੀਂ ਪਾਈ ਮੇਰੀ ਸਹੇਲੀ ਨੂੰ, ਨੌਕਰੀ ਮਿਲ ਗਈ ਹੈ ਸਾਡੀ ਗਾਂ ਨੂੰ। ਵੱਛੜਾ ਹੋਇਆ ਹੈ ਜੀ ਦਾਦਾ ਜੀ ਨੂੰ। ਸ਼ਰਾਬ ਪੀਣੀ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤੀ ਹੈ ਮੈਂ। ਚਿੱਠੀ ਪਾਈ ਪਰ ਤੁਸੀਂ ਨਹੀਂ ਆਏ ਕੁੱਤੇ ਦੇ ਬੱਚੇ। ਭੇੜੀਆ ਖਾ ਗਿਆ ਹੈ ਇਸ ਮਹੀਨੇ ਦੀ ਰਾਸ਼ਨ ਦੀ ਚੀਨੀ। ਘਰ ਆਉਂਦੇ ਵੇਲੇ ਲੈ ਆਉਣਾ ਮੇਰੀ ਸਹੇਲੀ। ਆ ਗਈ ਸੁਨੀਤਾ। ਇਸ ਵੇਲੇ ਟੀ.ਵੀ. ਤੇ ਗਾ ਰਹੀ ਹੈ ਸਾਡੀ ਬਕਰੀ। ਵੇਚ ਦਿੱਤੀ ਹੈ ਤੁਹਾਡੀ ਭੈਣ। ਸਿਰ ਦਰਦ ਨਾਲ ਲੇਟੀ ਹੈ ਸਾਡੀ ਕੁੱਤੀ। ਪਾਗਲ ਹੋ ਗਈ ਹੈ ਸਾਡੀ ਜ਼ਮੀਨ। ਤੇ ਕਣਕ ਲਹਿਲਹਾ ਰਹੀ ਹੈ ਚਾਚਾ ਜੀ ਦੇ ਸਿਰ ਵਿੱਚ। ਸਿਕਰੀ ਹੋ ਗਈ ਹੈ ਮੇਰੇ ਪੈਰ ਤੇ। ਸੱਟ ਲੱਗ ਗਈ ਹੈ ਤੁਹਾਡੀ ਚਿੱਠੀ ਨੂੰ। ਹਰ ਵੇਲੇ ਤਰਸਦੀ।

ਤੁਹਾਡੀ ਸ਼ੀਲਾ

ਭਾਵਨਾ

2007



### ਸੂਰਜਮੁਖੀ

ਸੂਰਜਮੁਖੀ ਦਾ ਫੁੱਲ ਅਨੋਖਾ, ਜੱਗ ਦੇ ਵਿੱਚ  
ਨਿਆਰਾ।

ਆਮ ਫੁੱਲਾਂ ਦੇ ਨਾਲੋਂ ਹੋਵੇ, ਇਹ ਵੱਡਾ ਤੇ ਭਾਰਾ।  
ਸੂਰਜਮੁਖੀ ਦਾ ਫੁੱਲ ਪਿਆਰਾ, ਹੁੰਦਾ ਹੈ ਦੋ ਰੰਗਾ।  
ਪੀਲੀਆਂ-ਪੀਲੀਆਂ ਪੱਤੀਆਂ ਵਾਲਾ,  
ਲੱਗੇ ਚੰਗਾ-ਚੰਗਾ।

ਵੱਡੇ ਸਾਰੇ ਇਸ ਫੁੱਲ ਨੂੰ ਭਾਵੇਂ ਮੈਂ 'ਇੱਕ' ਵੇਖਾਂ,  
ਪਰ ਸਾਂਝੀ ਡੰਡੀ ਤੇ ਲੱਗੇ, ਇਹ ਨੇ ਫੁੱਲ ਅਨੇਕਾਂ।  
ਸੂਰਜਮੁਖੀ ਦਾ ਫੁੱਲ ਹਮੇਸ਼ਾ ਸੂਰਜ ਵੱਲ ਨੂੰ ਤੱਕੇ।  
ਉੱਥੋਂ ਉਰਜਾ ਲੈਂਦਾ-ਲੈਂਦਾ, ਇਹ ਅੱਕੇ ਨਾ ਥੱਕੇ।  
ਇਸ ਵਚਿੱਤਰ ਫੁੱਲ ਦੇ ਅੰਦਰ ਬਣਦੇ ਜੋ ਬੀਜ।  
ਘਿਉ, ਤੇਲ ਤੇ ਸਾਬਣ ਦੇ ਲਈ ਉਹ ਵੀ ਵਧੀਆ  
ਚੀਜ਼।

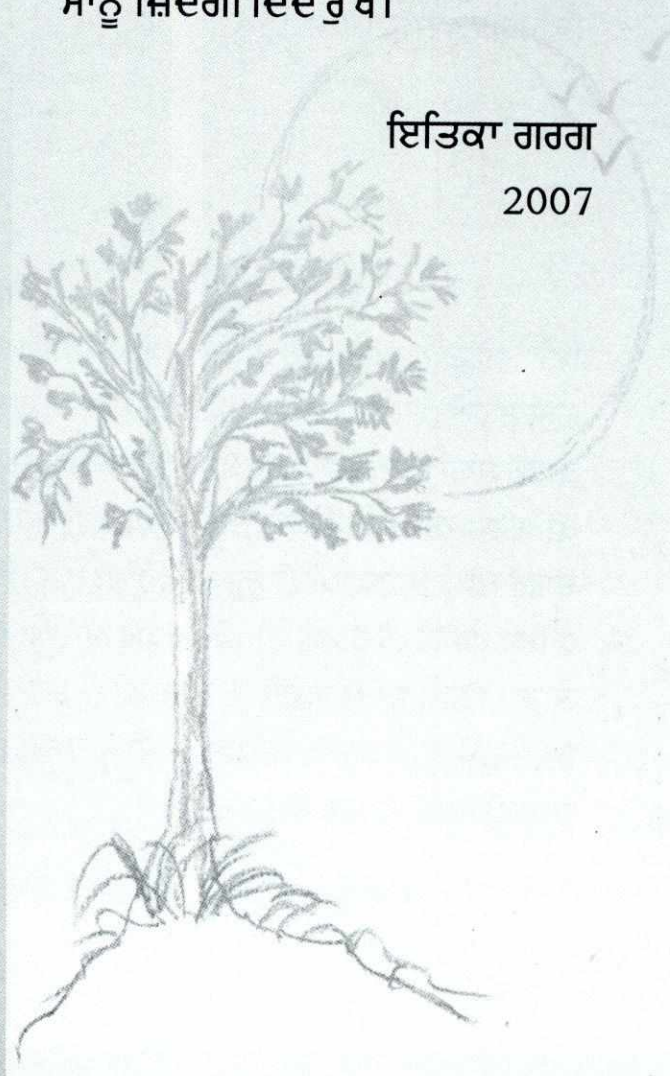
ਅਕਾਂਕਸ਼ਾ ਕੌਸ਼ਿਕ  
2007

### ਲਾਓ ਰੁੱਖ

ਇੱਕ ਇੱਕ ਸਾਰੇ ਲਾਓ ਰੁੱਖ,  
ਰੁੱਖਾਂ ਤੋਂ ਸਾਨੂੰ ਮਿਲਦਾ ਸੁੱਖ,  
ਰੁੱਖ ਦਿੰਦੇ ਸਾਨੂੰ ਠੰਡੀ ਮਿੱਠੀ ਛਾਂ,  
ਇਹਨਾਂ ਦੀ ਕੀ-ਕੀ ਸਿਫਤ ਕਰਾਂ,  
ਸੁੱਧ ਹਵਾਂ ਸਾਨੂੰ ਦਿੰਦੇ ਰੁੱਖ,  
ਇੱਕ-ਇੱਕ.....

ਰੁੱਖ ਨੇ ਧਰਤੀ ਦਾ ਸ਼ਿੰਗਾਰ ,  
ਇਹ ਨੇ ਗੁਣਾਂ ਦੇ ਭੰਡਾਰ,  
ਪੰਛੀ ਘਰ ਰੁੱਖਾਂ ਤੇ ਪਾਉਂਦੇ,  
ਰੁੱਖ ਸਾਡੇ ਬੜੇ ਕੰਮ ਆਉਂਦੇ,  
ਸਾਨੂੰ ਜ਼ਿੰਦਗੀ ਦਿੰਦੇ ਰੁੱਖ।

ਇਤਿਕਾ ਗਰਗ  
2007





## ਮਹਾਨ ਕੌਣ

ਬਰਸਾਤ ਦੀ ਹਨੇਰੀ ਰਾਤ.... ਸਾਉਣ ਦੀ ਰੁੱਤ...  
ਖਿੜਕੀ ਦੇ ਖੁੱਲੇ ਕਿਵਾੜ... ਹਵਾ ਨਾਲ ਅਠਖੇਲੀਆਂ  
ਕਰ ਰਹੇ ਪਰਦੇ ... ਇਕ ਅਜਬ ਜਿਹੀ ਲੌ... ਬਲਦੇ  
ਦੀਵੇ ਤੇ ਪਤੰਗੇ ਆਪਣੇ ਜੀਵਨ ਨੂੰ ਕੁਰਬਾਨ ਕਰਨ  
ਲਈ ਇੱਕ ਦੂਜੇ ਤੋਂ ਅੱਗੇ ਵਧ ਰਹੇ ਸਨ।

ਚੁਪਚਾਪ ਕੁਝ ਪਲ ਮੈਂ ਟਿਕਟਿਕੀ ਲਗਾ ਕੇ ਦੇਖਦੀ  
ਰਹੀ ਤੇ ਫਿਰ ਆਖਿਰ ਉਸ ਪਤੰਗੇ ਨੂੰ ਮੈਂ ਕਹਿ ਹੀ  
ਦਿੱਤਾ, 'ਤੂੰ ਬਹੁਤ ਮਹਾਨ ਹੈ ਜੋ ਆਪਦੀ ਜਾਨ ਤਲੀ ਤੇ  
ਧਰ ਕੇ ਵੀ ਇਸ ਦੀਵੇ ਦੀ ਜੋਤ ਨੂੰ ਖੁਸ਼ੀ-ਖੁਸ਼ੀ ਮਿਲਣ  
ਆਇਆ ਹੈ। ਹਾਂ ਇਹ ਤੇਰੀ ਮਹਾਨਤਾ ਹੀ ਤਾਂ ਹੈ। ਭਲਾ  
ਜੀਵਨ ਦਾ ਮੋਹ ਕਿਸ ਨੂੰ ਨਹੀਂ ਹੁੰਦਾ। ਪਰ ਤੂੰ ਹੈ ਕਿ  
....।'

'ਬਸ, ਬਸ ਹੋਰ ਕੁਝ ਨਾ ਕਹਿਣਾ। ਮਹਾਨ ਮੈਂ ਨਹੀਂ ਇਹ  
ਦੀਵਾ ਹੈ.... ਜਿਸ ਦੀ ਜੋਤ ਤਿਲ-ਤਿਲ ਕੇ ਜਲ ਰਹੀ  
ਹੈ ਤੇ ਨਿਰਛਲਤਾ ਅਤੇ ਬਿਨਾਂ ਕਿਸੇ ਸੁਆਰਥ ਤੋਂ  
ਆਪਣੀ ਲੌ ਨਾਲ ਸਾਰਿਆਂ ਦੇ ਮਨਾਂ 'ਚੋਂ ਹਨੇਰਾ ਦੂਰ ਕਰ  
ਰਹੀ ਹੈ। ਕਿਸੇ ਦੀ ਜ਼ਿੰਦਗੀ ਦੇ ਹਨੇਰੇ ਰਸਤਿਆਂ ਨੂੰ  
ਰੁਸ਼ਨਾਉਣ ਲਈ... ਉਸ ਨੂੰ ਉਸ ਦੀ ਮੰਜ਼ਿਲ ਵੱਲ ਲੈ  
ਜਾਣ ਲਈ, ਆਪਣੇ ਆਪ ਨੂੰ ਕੁਰਬਾਨ ਕਰ ਦੇਣਾ ਹੀ  
ਮਹਾਨਤਾ ਹੈ।

ਮੈਂ ਤਾਂ ਬਸ ਇਸ ਰੂਹਾਨੀ ਜੋਤ ਸਾਹਮਣੇ ਸਿਰ  
ਨਿਵਾਉਣ ਲਈ ਆਇਆ ਹਾਂ.... ਇਸ ਦੇ ਕਮਲ-  
ਸਰੂਪ ਚਰਨਾਂ 'ਚ ਆਪਣਾ ਸ਼ੀਸ਼ ਕੁਰਬਾਨ ਕਰਨ ਲਈ  
....।'

..... ਅਤੇ ਪਤਾ ਹੀ ਨਹੀਂ ਚੱਲਿਆ ਇਹ ਕਹਿੰਦਾ ਕਦੋਂ  
ਉਹ ਪਤੰਗਾ ਉਸ ਜੋਤ 'ਚ ਅਲੋਪ ਹੋ ਗਿਆ... ਉਸ  
ਦੀਵੇ ਦੀ ਜੋਤ 'ਚ ਜੋ ਅਜੇ ਵੀ ਮਨਾਂ 'ਚ ਚਾਨਣ ਕਰ  
ਰਿਹਾ ਹੈ.... ਕਰਦਾ ਰਹੇਗਾ ... ਜਦ ਤੱਕ..... ।

ਪ੍ਰਨਮਪ੍ਰੀਤ ਕੌਰ

2006

## ਪੈਸਾ

ਅੱਜ ਕੱਲ੍ਹ ਪੈਸਾ ਹੀ ਪੈਸਾ ਹਰ ਕੋਈ ਬੋਲਦਾ ਏ,  
ਸੱਭ ਦੇ ਮਨ ਨੂੰ ਇਹ ਭਰਮਾਏ ਪੈਸਾ।

ਕਰਦਾ ਕੋਈ ਤੇ ਭਰਦਾ ਕੋਈ ਇੱਥੇ,  
ਪਲ ਵਿੱਚ ਝੂਠ ਦਾ ਸੱਚ ਬਣਾਏ ਪੈਸਾ।

ਕੰਮ ਪੈਸੇ ਦੇ ਨੇ ਅੱਜ ਕੱਲ੍ਹ ਹਰ ਪਾਸੇ,  
ਸਕੇ ਭਾਈ ਤੋਂ ਭਾਈ ਮਰਵਾਏ ਪੈਸਾ।

ਪਾਲੇ, ਪੜ੍ਹਾਏ ਤੇ ਵਿਆਹੇ ਮਾਂ-ਪਿਓ ਨੇ,  
ਉਨ੍ਹਾਂ ਪੁੱਤਰਾਂ ਤੋਂ ਪਿਓ ਮਰਵਾਏ ਪੈਸਾ।

ਧੀਆਂ ਸਾੜ ਦਿੰਦੇ ਸਹੁਰੇ ਦਾਜ ਬਦਲੇ,  
ਪੱਤ ਗਰੀਬ ਦੀ ਮਿੱਟੀ 'ਚ ਮਿਲਾਏ ਪੈਸਾ।

ਨਾ ਹੋਵੇ ਪੈਸਾ ਪੁੱਛਦਾ ਨਹੀਂ ਕੋਈ ਲੋਕੋ,  
ਏਧਰ ਬੁੱਢਿਆਂ ਤੱਕ ਵਿਆਹੇ ਪੈਸਾ।

ਬੀ.ਏ. ਪੜ੍ਹੇ ਨੂੰ ਕਲਰਕ ਕੋਈ ਰੱਖਦਾ ਨਹੀਂ,  
ਦਸ ਪੜ੍ਹਿਆਂ ਨੂੰ ਅਫਸਰ ਬਣਾਏ ਪੈਸਾ।

ਪੈਸੇ ਬਿਨ੍ਹਾਂ ਨਹੀਂ ਕੋਈ ਗੱਲ ਕਰਦਾ,  
ਨਾਲ ਹਾਕਮਾਂ ਸੰਧੀ ਕਰਵਾਏ ਪੈਸਾ।

ਪੈਸੇ ਬਿਨ੍ਹਾਂ ਨਹੀਂ ਕੋਈ ਕਦਰ ਕਰਦਾ।  
ਸਜ਼ਾ ਹੋਇਆਂ ਨੂੰ ਬਰੀ ਕਰਵਾਏ ਪੈਸਾ।

ਇਹ ਗੱਲ ਨੂੰ ਕੋਈ ਵੀ ਸੋਚਦਾ ਨਹੀਂ,  
ਮਰਿਆਂ ਕਿਸੇ ਦੇ ਨਾਲ ਨਾ ਜਾਏ ਪੈਸਾ।

ਉਹ ਮਨੁੱਖ ਹੈ ਚੰਗਾ ਸੰਸਾਰ ਉੱਤੇ,  
ਕਰੇ ਕਿਰਤ ਸੁੱਚੀ, ਤੇ ਕਮਾਏ ਪੈਸਾ।

ਰਜੀਵ ਸ਼ਰਮਾ

ਫਿਜ਼ਿਓਲੋਜੀ ਡਿਪਾਰਟਮੈਂਟ

## ਦੀਵਾਰ ਤੇ ਲਿਖੀ ਇਬਾਰਤ

ਮਾਂ ਜਦੋਂ ਕਰਯਾਨੇ ਦੀ ਦੁਕਾਨ ਤੋਂ ਸਮਾਨ ਲੈ ਕੇ ਆਈ ਤਾਂ ਕਾਫੀ ਥੱਕ ਚੁੱਕੀ ਸੀ। ਇੱਕ ਤਾਂ ਦੁਕਾਨ ਇੰਨੀ ਦੂਰ ਤੇ ਉਪਰੋਂ ਚਾਰ ਚਾਰ ਥੈਲੇ। ਉਸਨੂੰ ਕਾਫੀ ਚਿੜਚਿੜਾਪਨ ਲੱਗ ਰਿਹਾ ਸੀ। ਪਰ ਉਹ ਆਪਣਾ ਚਿੜਚਿੜਾਪਨ ਕੱਢੇ ਤਾਂ ਕਿਸ ਦੇ ਉੱਤੇ ਕੱਢੇ ? ਪਤੀ ਦਫ਼ਤਰ ਗਏ ਹੋਏ ਸਨ ਅਤੇ ਬੱਚੇ ਇੰਨੇ ਛੋਟੇ ਹਨ ਕਿ ਉਹਨਾਂ ਕੋਲੋਂ ਕਿਸੇ ਵੀ ਮਦਦ ਦੀ ਉਮੀਦ ਨਹੀਂ ਸੀ ਕੀਤੀ ਜਾ ਸਕਦੀ। ਵੱਡਾ ਮੁੰਡਾ ਅੱਠ ਸਾਲਾਂ ਦਾ ਅਤੇ ਛੋਟਾ ਛੇ ਸਾਲਾਂ ਦਾ ਸੀ। ਛੋਟੇ ਨੇ ਕੁਝ ਮਹੀਨੇ ਪਹਿਲਾਂ ਹੀ ਸਕੂਲ ਜਾਣਾ ਸ਼ੁਰੂ ਕੀਤਾ ਸੀ। ਛੋਟਾ ਪੜ੍ਹਾਈ ਵਿਚ ਤੇਜ਼ ਹੈ ਇਸ ਕਰਕੇ ਉਹ ਬੜੀ ਛੇਤੀ ਹੀ ਸਿੱਖ ਜਾਂਦਾ ਸੀ।

ਜਦੋਂ ਮਾਂ ਘਰ ਪੁੱਜੀ ਤਾਂ ਥਕਾਵਟ ਕਰਕੇ ਉਹਨਾਂ ਦਾ ਬੁਰਾ ਹਾਲ ਸੀ। ਇਸ ਹਾਲਤ ਵਿਚ ਜਦੋਂ ਵੱਡੇ ਨੇ ਆ ਕੇ ਛੋਟੇ ਦੀ ਸ਼ਿਕਾਇਤ ਕੀਤੀ ਤਾਂ ਮਾਂ ਨੂੰ ਬਹੁਤ ਗੁੱਸਾ ਆਇਆ। ਵੱਡੇ ਨੇ ਦੱਸਿਆ ਕਿ ਛੋਟੇ ਨੇ ਦੀਵਾਰ ਤੇ ਕੋਲੇ ਨਾਲ ਲਿਖ ਦਿੱਤਾ ਹੈ। ਮਾਂ ਨੂੰ ਸਫ਼ਾਈ ਬਹੁਤ ਪਸੰਦ ਸੀ ਇਸ ਕਰਕੇ ਉਹਨਾਂ ਦੇ ਨਜ਼ਰੀਏ ਨਾਲ ਇਹ ਇਕ ਬਹੁਤ ਵੱਡਾ ਜੁਲਮ ਸੀ। ਵੱਡੇ ਨੇ ਦੱਸਿਆ ਕਿ ਉਹਨੇ ਮਾਂ ਦੇ ਗੁੱਸੇ ਦਾ ਹਵਾਲਾ ਦੇਂਦੇ ਹੋਏ ਮਨ੍ਹਾਂ ਵੀ ਕੀਤਾ ਸੀ, ਪਰ ਉਹ ਨਹੀਂ ਮੰਨਿਆ। ਇੰਨਾਂ ਹੀ ਨਹੀਂ ਛੋਟੇ ਨੇ ਇਹ ਵੀ ਕਹਿ ਦਿੱਤਾ ਕਿ ਮਾਂ ਬਿਲਕੁਲ ਨਰਾਜ਼ ਨਹੀਂ ਹੋਵੇਗੀ।

ਜ਼ਾਹਿਰ ਹੈ ਕਿ ਮਾਂ ਨੂੰ ਗੁੱਸਾ ਆਉਣਾ ਹੀ ਸੀ। ਉਸ ਨੇ ਵੱਡੇ ਨੂੰ ਕਿਹਾ ਕਿ ਜਾ ਤੇ ਛੋਟੇ ਨੂੰ ਲੱਭ ਕੇ ਲਿਆ। ਵੱਡਾ ਬੇਟਾ ਸ਼ਾਇਦ ਇਸ ਹੁਕਮ ਦਾ ਇੰਤਜ਼ਾਰ ਹੀ ਕਰ ਰਿਹਾ ਸੀ। ਉਹ ਭੱਜ ਕੇ ਗਿਆ ਤੇ ਛੋਟੇ ਨੂੰ ਨਾਲ ਲੈ ਕੇ ਹਾਜ਼ਿਰ ਹੋ ਗਿਆ। ਛੋਟਾ ਕਹਿ ਰਿਹਾ ਸੀ ਕਿ ਵੀਰੇ ਮੈਂ ਚੱਲ ਰਿਹਾ ਹਾਂ ਨਾ, ਪਰ ਵੱਡਾ ਫੇਰ ਵੀ ਉਹਨੂੰ ਖਿੱਚ ਕੇ ਲੈ ਜਾ ਰਿਹਾ ਸੀ।

ਬੱਚਿਆਂ ਨੂੰ ਬਹਿਸ ਕਰਦੇ ਵੇਖ ਕੇ ਮਾਂ ਦਾ ਗੁੱਸਾ ਹੋਰ ਵੱਧ ਗਿਆ। ਉਸ ਨੇ ਛੋਟੇ ਨੂੰ ਬੁਲਾ ਕੇ ਪੁੱਛਿਆ ਕਿ ਕੀ ਉਸਨੇ ਆਪਣੇ ਕਮਰੇ ਦੀ ਦੀਵਾਰ ਤੇ ਕੋਲੇ ਨਾਲ ਲਿਖਿਆ ? ਛੋਟੇ ਨੇ ਬਗ਼ੈਰ ਕਿਸੇ ਡਰ ਤੋਂ ਮਾਂ ਨੂੰ ਕਿਹਾ : ਹਾਂ ! ਬੱਸ ਮਾਂ ਨੇ ਇਹ ਸੁਣਨਾ ਹੀ ਸੀ ਕਿ ਉਹਦੀ ਗੱਲ ਤੇ ਇਕ ਥੱਪੜ ਜੜ੍ਹ ਦਿੱਤਾ ਅਤੇ ਜ਼ੋਰ ਜ਼ੋਰ ਦੀ ਕਹਿਣ ਲੱਗ ਪਈ ਕਿ ਤੁਹਾਡੇ ਕੋਲ ਕਾਪੀ ਅਤੇ ਪੈਨ ਨਹੀਂ ਹੈ ਜੋ ਤੁਸੀਂ ਦੀਵਾਰਾਂ ਉੱਤੇ ਲਿਖ ਕੇ ਰਹਿੰਦੇ ਹੋ। ਛੋਟਾ ਕੋਈ ਜਵਾਬ ਨਾ ਦੇ ਸਕਿਆ। ਸਿਰਫ਼ ਰੋਂਦਾ ਰਿਹਾ। ਦੂਜੇ ਪਾਸੇ ਵੱਡਾ ਵੀ ਡਰ ਦੇ ਮਾਰੇ ਇਕ ਕੋਨੇ ਵਿਚ ਖੜਾ ਹੋਇਆ ਸੀ। ਬੱਚਿਆਂ ਦੇ ਦਿਮਾਗ ਦੇ ਹਿਸਾਬ ਨਾਲ ਉਹਨੇ ਛੋਟੇ ਦੀ ਸ਼ਿਕਾਇਤ ਤਾਂ ਕਰ ਦਿੱਤੀ ਸੀ ਪਰ ਛੋਟੇ ਨੂੰ ਰੋਂਦੇ ਵੇਖ ਕੇ ਉਹਨੂੰ ਖੁਦ ਨੂੰ ਵੀ ਰੋਣਾ ਆ ਗਿਆ।

ਥੋੜੀ ਦੇਰ ਬਾਦ ਜਦੋਂ ਮਾਂ ਦੀ ਥਕਾਨ ਉਤਰੀ ਤਾਂ ਉਹ ਪੁੱਝਣ ਵਾਲੇ ਕਪੜੇ ਨੂੰ ਲੈ ਕੇ ਬੱਚਿਆਂ ਦੇ ਕਮਰੇ ਵਿਚ ਗਈ ਤਾਂ ਕਿ ਛੋਟੇ ਦੀ ਕਰਤੂਤ ਨੂੰ ਸਾਫ਼ ਕੀਤਾ ਜਾ ਸਕੇ। ਜਦੋਂ ਉਸ ਦੀ ਨਜ਼ਰ ਦੀਵਾਰ ਤੇ ਪਈ ਤਾਂ ਉਸ ਦਾ ਦਿਲ ਤੜਫ ਉੱਠਿਆ ਅਤੇ ਅੱਖਾਂ ਭਰ ਆਈਆਂ। ਛੋਟੇ ਨੇ ਦੀਵਾਰ ਉੱਤੇ ਕੋਲੇ ਨਾਲ ਵੱਡੇ ਵੱਡੇ ਅੱਖਰਾਂ ਵਿਚ ਲਿਖਿਆ ਹੋਇਆ ਸੀ - ਪਿਆਰੀ ਮਾਂ !

ਸਿੱਟਾ : ਬੱਚੇ ਗਲਤੀ ਤਾਂ ਕਰ ਸਕਦੇ ਹਨ ਪਰ ਅਪਰਾਧ/ਜੁਲਮ ਨਹੀਂ। ਇਸ ਲਈ ਗੁੱਸੇ ਵਿੱਚ ਆ ਕੇ ਉਹਨਾਂ ਨੂੰ ਉਸ ਵੇਲੇ ਸਜਾ ਨਾ ਦਿਓ। ਪਹਿਲਾਂ ਦੇਖੋ ਤਾਂ ਸਹੀ ਕਿ ਉਸ ਕੰਮ ਪਿੱਛੇ ਉਹਨਾਂ ਦੀ ਭਾਵਨਾ ਕੀ ਹੈ।

ਡਾ. ਅਰਜੁਨ ਦਾਸ  
ਈ.ਏਨ.ਟੀ. ਡਿਪਾਰਟਮੈਂਟ

## ਸੰਸਾਰ ਦੀ ਸਭ ਤੋਂ ਸੋਹਣੀ ਚੀਜ਼

ਇੱਕ ਚਿੱਤਰਕਾਰ ਦੇ ਮਨ ਵਿੱਚ ਸੰਸਾਰ ਦੀ ਸਭ ਤੋਂ ਸੋਹਣੀ ਚੀਜ਼ ਬਣਾਉਣ ਦਾ ਖਿਆਲ ਆਇਆ। ਪਰ ਉਹ ਫੈਸਲਾ ਨਹੀਂ ਸੀ ਕਰ ਪਾ ਰਿਹਾ ਕਿ ਸੰਸਾਰ ਦੀ ਸਭ ਤੋਂ ਸੋਹਣੀ ਚੀਜ਼ ਕਿਹੜੀ ਹੈ।

ਇਸ ਸੰਬੰਧੀ ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਸਲਾਹ ਲੈਣ ਲਈ ਉਹ ਇੱਕ ਪਾਦਰੀ ਕੋਲ ਗਿਆ ਅਤੇ ਉਨ੍ਹਾਂ ਨੂੰ ਪੁੱਛਿਆ। ਪਾਦਰੀ ਨੇ ਉੱਤਰ ਦਿੱਤਾ ਕਿ 'ਵਿਸ਼ਵਾਸ' ਸੰਸਾਰ ਦੀ ਸਭ ਤੋਂ ਸੋਹਣੀ ਚੀਜ਼ ਹੈ।

ਉਸ ਤੋਂ ਬਾਅਦ ਚਿੱਤਰਕਾਰ ਇੱਕ ਸੈਨਿਕ ਕੋਲ ਗਿਆ ਅਤੇ ਦੁਨੀਆਂ ਦੀ ਸਭ ਤੋਂ ਸੋਹਣੀ ਚੀਜ਼ ਬਾਰੇ ਪੁੱਛਿਆ। ਸੈਨਿਕ ਨੇ ਜਵਾਬ ਦਿੱਤਾ ਕਿ 'ਸ਼ਾਂਤੀ' ਸੰਸਾਰ ਦੀ ਸਭ ਤੋਂ ਸੋਹਣੀ ਚੀਜ਼ ਹੈ।

ਇਸ ਤੋਂ ਬਾਅਦ ਚਿੱਤਰਕਾਰ ਇੱਕ ਔਰਤ ਕੋਲ ਗਿਆ ਤੇ ਉਸ ਨੂੰ ਪੁੱਛਿਆ। ਔਰਤ ਨੇ ਉੱਤਰ ਦਿੱਤਾ 'ਪਿਆਰ' ਸੰਸਾਰ ਦੀ ਸਭ ਤੋਂ ਸੋਹਣੀ ਚੀਜ਼ ਹੈ।

ਇਨ੍ਹਾਂ ਸੱਭ ਤੇ ਉੱਤਰਾਂ ਤੋਂ ਚਿੱਤਰਕਾਰ ਦੁਚਿੱਤੀ ਵਿੱਚ ਪੈ ਗਿਆ ਕਿ ਵਿਸ਼ਵਾਸ, ਸ਼ਾਂਤੀ ਅਤੇ ਪਿਆਰ ਦਾ ਚਿੱਤਰ ਕਿਸ ਤਰ੍ਹਾਂ ਬਣਾਏ। ਅੰਤ ਉਹ ਆਪਣੀ ਥਾਂ ਵਾਪਸ ਚਲਾ ਗਿਆ ਜਿੱਥੇ ਉਸਨੇ ਆਪਣੀ ਪਤਨੀ ਦੇ ਮਨ ਵਿੱਚ ਵਿਸ਼ਵਾਸ ਵੇਖਿਆ, ਆਪਦੇ ਆਸ-ਪਾਸ ਸ਼ਾਂਤੀ ਨੂੰ ਮਹਿਸੂਸ ਕੀਤਾ ਅਤੇ ਆਪਣੇ ਬੱਚੇ ਦੀਆਂ ਅੱਖਾਂ ਵਿੱਚ ਪਿਆਰ ਵੇਖਿਆ।

ਉਸਨੇ ਥੋੜੀ ਦੇਰ ਸੋਚਿਆ ਤੇ ਫਿਰ ਬੁਰਸ਼ ਚੁੱਕ ਕੇ ਸੰਸਾਰ ਦੀ ਸਭ ਤੋਂ ਸੋਹਣੀ ਚੀਜ਼ ਦਾ ਚਿੱਤਰ ਬਣਾਇਆ। ਇਹ ਸੀ ਉਸ ਦਾ ਆਪਣਾ 'ਘਰ' ।

ਵਾਣੀ ਮਹਿਤਾ

2007

## ਮਿਨਰਲ ਵਾਟਰ

ਸਾਰਾ ਟੱਬਰ ਅੱਜ ਬੰਬਈ ਵਾਲੀ ਭੂਆ ਦੇ ਆਉਣ ਦੀ ਤਿਆਰੀ ਵਿੱਚ ਰੁੱਝਾ ਸੀ। ਵੱਡੇ ਸ਼ਹਿਰ ਦੇ ਅਮੀਰ ਘਰੋਂ ਆ ਰਹੀ ਇਸ ਭੂਆ ਨੂੰ ਕੋਈ ਤੰਗੀ ਨਹੀਂ ਸੀ ਮਹਿਸੂਸ ਹੋਣ ਦੇਣੀ ਚਾਹੁੰਦਾ। ਦਲੀਪ ਸਿੰਘ ਆਪਣੀ ਭੈਣ ਲਈ ਏ.ਸੀ. ਵਾਲਾ ਕਮਰਾ ਸੈੱਟ ਕਰਨ ਲਈ ਰੌਲਾ ਪਾ ਰਿਹਾ ਸੀ, ਕਿਉਂਕਿ ਭੂਆ ਜਿਆਦਾ ਗਰਮੀ ਨਹੀਂ ਸੀ ਬਰਦਾਸ਼ਤ ਕਰਦੀ। ਵਿੱਕੀ ਭੂਆ ਲਈ ਮਿਨਰਲ ਵਾਟਰ ਦੀਆਂ ਬੋਤਲਾਂ ਲੈਣ ਜਾ ਰਿਹਾ ਸੀ, ਕਿਉਂਕਿ ਭੂਆ ਇਨਫੈਕਸ਼ਨ ਦੇ ਡਰੋਂ ਨਲਕੇ ਦਾ ਪਾਣੀ ਨਹੀਂ ਸੀ ਪੀਂਦੀ।

ਪਰ ਇਸ ਸਾਰੀ ਤਿਆਰੀ ਵਿੱਚ ਕਿਸੇ ਨੇ ਨੁੱਕਰ ਬੈਠੀ ਛੋਟੀ ਭੂਆ, ਜਿਸ ਦੀ ਘਰ ਦੀ ਹਾਲਤ ਮੰਦੀ ਸੀ, ਵੱਲ ਕੋਈ ਧਿਆਨ ਨਹੀਂ ਸੀ ਦਿੱਤਾ। ਉਹ ਘਰ ਵਿਚ ਹੋ ਰਹੀ ਗਹਿਮਾ-ਗਹਿਮੀ ਵੇਖ ਰਹੀ ਸੀ। ਇੰਨੇ ਨੂੰ ਦਲੀਪ ਸਿੰਘ ਦੀ ਨੂੰਹ ਛੋਟੀ ਭੂਆ ਲਈ ਰੋਟੀ ਪਾ ਲਿਆਈ, ਤਾਂ ਭੂਆ ਕਹਿਣ ਲੱਗੀ 'ਧੀਏ ! ਮੈਨੂੰ ਤਾਂ ਖੁਸ਼ਕ ਫੁਲਕਾ ਲਿਆ ਕੇ ਦੇ ।' ਇਹ ਸੁਣ ਦਲੀਪ ਸਿੰਘ ਕਹਿਣ ਲੱਗਿਆ, 'ਭੈਣ ! ਐਵੇਂ ਨੱਖਰੇ ਨਹੀਂ ਕਰੀਦੇ ਵੇਖਦੀ ਨਹੀਂ ਕਿ ਸਾਰਾ ਟੱਬਰ ਕੰਮ ਚ ਰੁੱਝਾ ਹੈ।' ਭੂਆ ਸੋਚ ਰਹੀ ਸੀ ਕਿ ਮੈਂ ਏ.ਸੀ. ਜਾਂ 'ਮਿਨਰਲ ਵਾਟਰ' ਦੀ ਮੰਗ ਤਾਂ ਨਹੀਂ ਸੀ ਕੀਤੀ।

ਅੰਮ੍ਰਿਤਾ

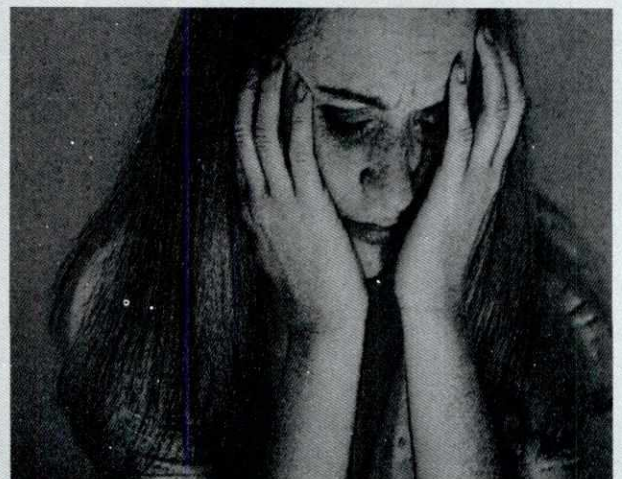
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## ਮੇਰੀ ਸੋਚ

ਕਦੇ - ਕਦੇ ਜੀ ਕਰਦਾ ਹੈ,  
ਇਸ ਹਵਾ ਦੇ ਰੁੱਖ ਨੂੰ ਮੋੜ ਦਿਆਂ।  
ਕਦੇ-ਕਦੇ ਜੀ ਕਰਦਾ ਹੈ,  
ਇਹ ਝੂਠੇ ਬੰਧਨ ਤੋੜ ਦਿਆਂ।  
ਨਫਰਤ ਦੀ ਰੇਤਲੀ ਮਿੱਟੀ ਨੂੰ  
ਵਗਦਾ ਪਾਣੀ ਬਣ ਰੋੜ੍ਹ ਦਿਆਂ।  
ਦੋ ਜੁਦਾ ਹੋਏ ਦਿਲ ਦੇ ਟੁਕੜਿਆਂ ਨੂੰ,  
ਕੋਈ ਮੱਲੂਮ ਬਣ ਕੇ ਜੋੜ ਦਿਆਂ।  
ਜੋ ਜੁਦਾ ਕਰੇ ਸਕੇ ਭਰਾਵਾਂ ਨੂੰ,  
ਉਸ ਨਸ਼ੇ ਦੀ ਬਾਂਹ ਮਰੋੜ ਦਿਆਂ।  
ਇਹ ਤਾਂ ਹੀ ਹੋ ਸਕਦਾ ਹੈ ਜੱਦ  
ਮੈਂ ਭ੍ਰਿਸ਼ਟਾਚਾਰ ਦੀ ਲਾਠੀ ਤੋੜ ਦਿਆਂ।

ਮੀਨਾਕਸ਼ੀ

2007



# MEMORIES OF 2003 BATCH

One fine day, all of us will get busy with our lives, long working hours, no more classes, lectures, canteen, friends and SMS. At such a time when you will look out of the window, the good old memories shall flash by and you will say...Wish I could go back. To all my buddies who helped create such eternal memories!

Half a decade can teach a person the nuances of every possible kind. The time spent in GMCH as an undergraduate will be memorable for all of us in the class of 2003. We met in the summer of '03 as hesitant wide eyed and slightly gawky teenaged kids suddenly thrust amidst equally bewildered strangers. Today the gawkiness has been swept away and from strangers we have morphed into batch buddies with deep seated friendships that shall last forever. On the way, common problems (exams- when it used to be Monday all week!) and shared joys (holidays) have forged the strong bonds between us. Read on to reminisce how!

The first year had begun with the mandatory interaction (read ragging) session with the seniors. Frankly, it was fun and broke the frost amongst the batch mates. The boys of the batch, one by one, proposed blushing to equally alarmed girls (I remember that we ALL were rejected!!), many sang songs in croaky voices as we all gelled with one another. The story of the 'thirsty crow', the 'i-cards' the boys carried, the planning we guys did to bunk these sessions still bring back smiles. Soon however, the games were over and D-hall, lap work, lectures and seminars took over. Anatomy and Physiology took away so much time that Biochemistry appeared on the horizon barely a month before the exams!

The second Prof was enjoyable for all. We were finally on the 'correct' side of the interactive sessions. Pulse 2004 at AIIMS shall remain special for a number of reasons: the first outing as a batch, GMCH students winning the national races (Kamlesh Kumari), the national TT crown (Shruti) and the All India debating crown! These all took a back seat, however, as cupid went berserk and, 'pairs' started popping up by the dozen! The clinics had also commenced and the future that awaited us had begun unfolding. Cricket, novels, quizzes, debates (in the local colleges), birthday bashes, dance parties...life was on a high. We organized the Sports Day (Best marching batch), the Annual day and the Lohri celebrations. The organizational acumen of the batch was put to test when the intra-college fest 'Plexus-Zephyr of Zest' got going. We hunted for sponsors and organized the events as the college rocked! By now all of us were bitten by a common bug: Movie at the newly opened mall- the only one in the tri-city back then!



ENGLISH

The 'new' final year was again light as Eye, ENT and Com Med were not all that taxing. Some of us took up research projects while others went to the gym as everyone put time to good use. We took part in the national protests by the medical fraternity against the reservation policy of the government. The marches and demonstrations were covered live by major television channels as the faculty also chipped in. The college magazine 'Glimpse' was taken out by students of the batch. Of course, we had the 'labour room nights' that were cool and enjoyable- thanks to the movies at the mall where some of us used to sneak!

The final year was a whirlwind! 'Euphoria 2007 Resonance of the Souls' was an absolute smash HIT. Its memories do not need to be penned down- so firmly they are etched into our collective conscience. In hindsight, Euphoria was a preparation for the final year: impossible deadlines, extremely high stakes, last moment glitches and finally success by the grace of God! The clinics, especially of Medicine, consumed us in their sheer variety. Bed-side learning experiences ('DC Saab' and the 'Godfather' rocked) and the class lectures were a curious mix of sublime and somnolence!

The time we all spent together was memorable. The holiday trips together (Goa, Himachal, Rajasthan, Morni) and the college trips (Patiala, AIIMS, DMC Ludhiana) were times of frolic and masti. In bereavement as well as times of joy we were together to share the vagaries of fate. College was never dull (contrary to belief) and we all had a whale of a time: lunches shared in class, SMS messages, birthday bumps that had the recipient aching all over in the most uncomfortable parts of the anatomy and the never ending hostel room discussions. Past times included 'Top 5 (grading-of-the members of the opposite gender)', fictitious pairing of batch mates, leg pulling, mimicking the 'bade bhaiyyas' (best was Guptaji), movies and a dash of sports. The best was of course flopping on to a bed in the hostel and exchanging mirch masala on just about everyone and everything under the sun!

Thinking of those days makes me nostalgic even today. A gentle smile plays on the lips as the 'adventures' rush back in.

No matter how far we go, the bonds that unite us shall remain strong as ever. My best wishes and affectionate regards to all of us! Keep in touch- always. Till we meet again- Aurevior from DRK! Changapher!

Divyanshoo Rai Kohli  
a.k.a. DRK, 11 k3



ENGLISH

# POP QUIZ

Some anecdotes that highlight the myriad colours of the rainbow and make us proud to be 2K3!

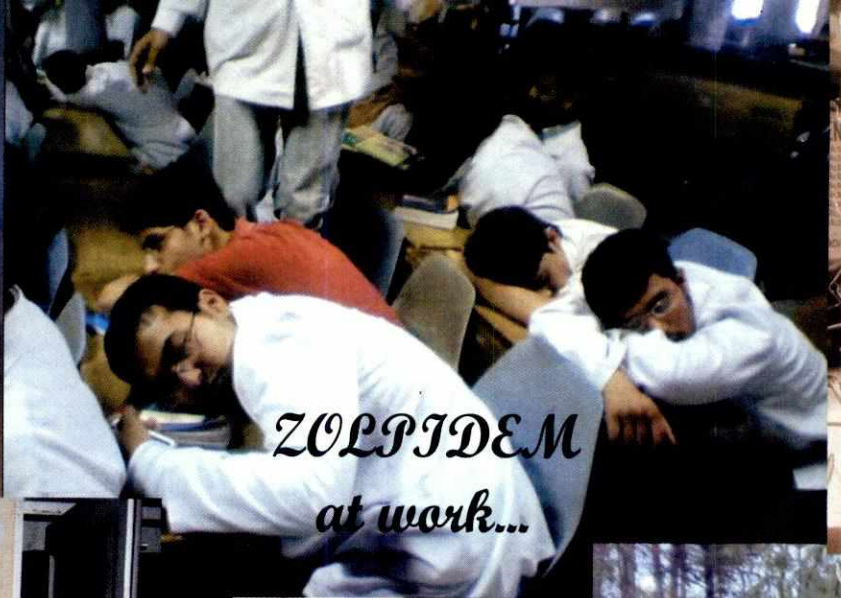
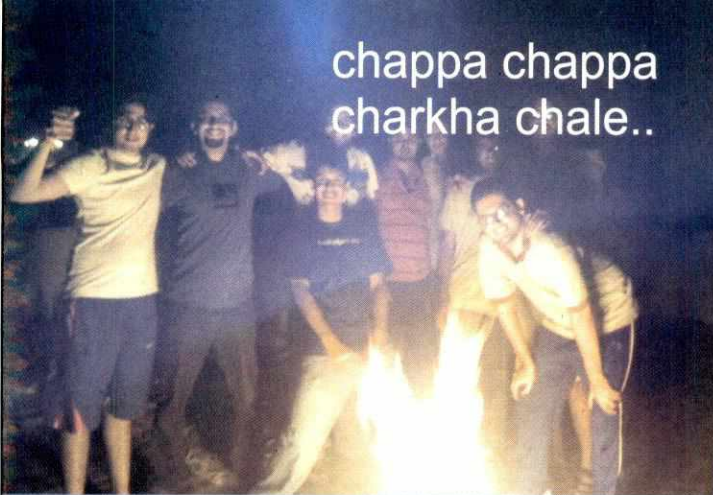
(Answers NOT provided!)



1. Who had an eccentric habit (among many others) of knowing the license plate numbers of the cars of the faculty members?
2. Who bull-dozed his way to be the first 2K3ian (as per official records!) to breach the Rubicon?
3. Despite knowing each other since KG class, which 2 students still call each other 'aap'? (waaah! Kya tehzeeb hai!)
4. Why is 'Shaks' often late for a party/ class/ date/ dinner...?
5. Which 2 boys were caught by the Punjab police for riding a mobike along a dry rivulet at 2 am carrying nanchuks and weapons in their back-packs?
6. A surgery faculty member caught three boys riding a scooter without helmets at mid-night. What happened next?
7. Anatomy tutorial: ....Sir! The patella improves the function of the knee because the Cos theta of the angle formed at the knee.....Who was this?
8. Who got the Frog experiments in Physiology banned? Talaash jaari hai!
9. Who memorized the Cunningham's dissector (Good Lord!) for an Anatomy presentation?
10. Who 'sacrificed his affection for a female batch-mate' so that the path of his best-est buddy could be clear?
11. Who ran from hostel for home on the eve of the Patho final after a threatening phone call on his cellphone?
12. At about 10 pm on 30/12/2007 Shaks, Sharan Man and Tony got calls from the Income Tax office/ Shamak Davar/ a senior among others. Who actually made those calls?
13. Who had a killer smile due to which he was regularly hauled out of the Anat D Hall? (Hint: myxedema)
14. Every time this guy sent an SMS to a particular girl, his hostel buddy gave him 50% of the SMS cost! Kaun theyyyehi?
15. He never let anyone throw a wrapper or spread litter. Mr method!
16. Clad in his swimming trunks, he introduced himself at the Kerala beach as 'Hum paapu yadav hoon, Bihari, patna se...' The gori mem though, understood nothing!
17. No prizes for this simple one: Which has the most prolific batch to cross the corridors of GMCH?
18. Last but not the least, Guess who compiled this quiz?

*Courage -fear that has said its prayers*

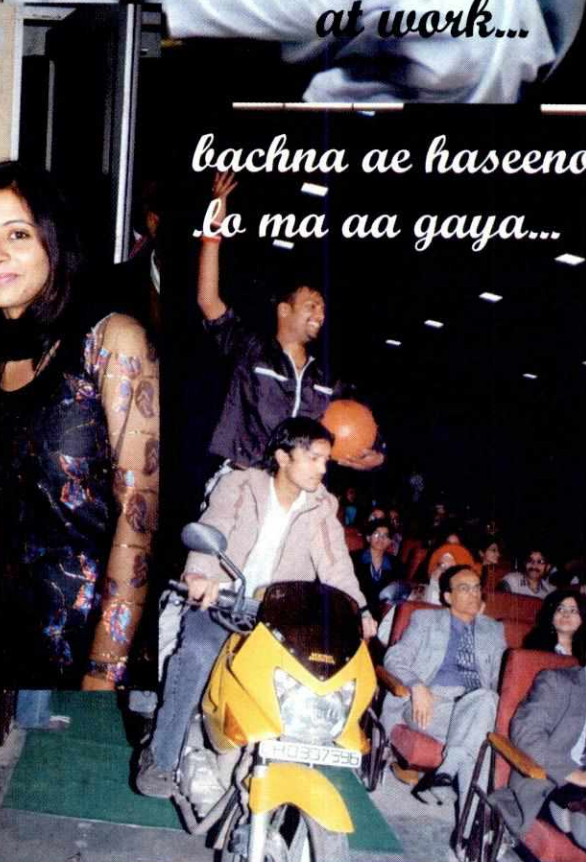
chappa chappa  
charkha chale..



ZOLPIDEM  
at work...



the ladies..



bachna ae haseeno...  
ko ma aa gaya...



chh  
hun



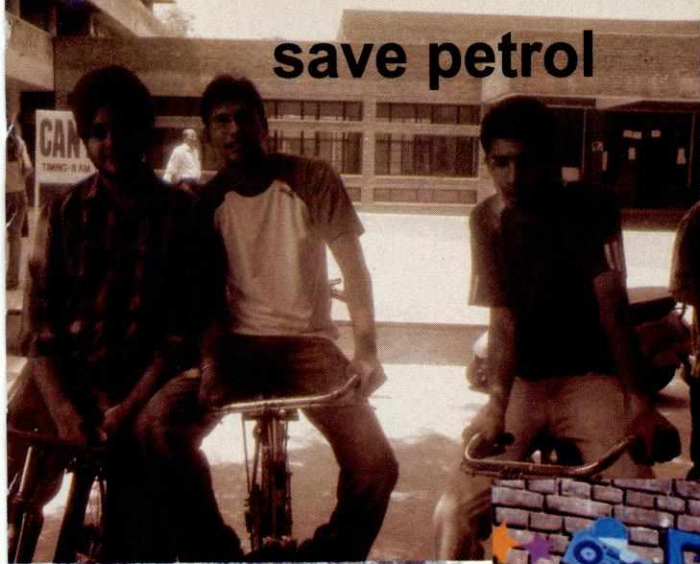
opposites  
attract



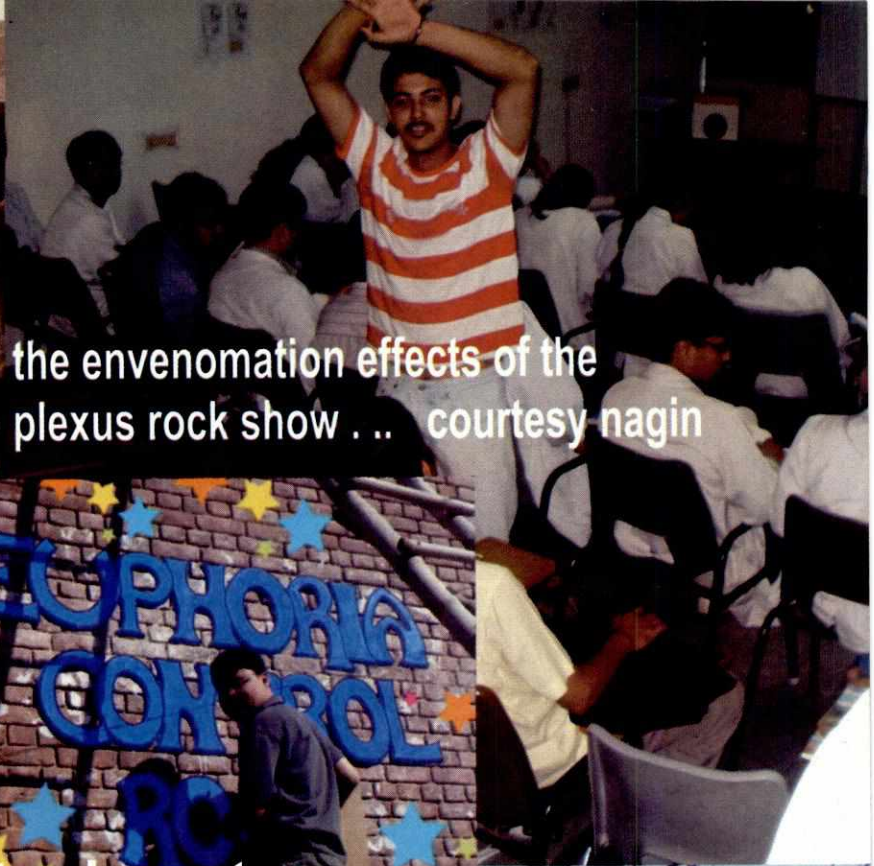
yaaran naal bahaaran



save petrol



the envenomation effects of the  
plexus rock show ... courtesy nagin



humpty dumpty  
sat on a wall



d aaye  
vo galian..



neele gagan ke tale  
haathon mein chata liye



where is the party tonite?

neela dupatta peela suit..







**Aarti Pahuja**  
Her intricacy can be  
best seen on the canvas  
05/05/1983

**Ashish Bansal**  
Extremely hardworking,  
genius, TT Champ  
01/10/1985  
#889, Urban Estate,  
Sector 7 , Ambala City



**Aditya Gupta**  
Dedicated & Sincere  
2/12/1984  
#568, Treasury road,  
Ambala City

**Bhalinder Dhaliwal**  
Focussed & studious  
16/02/1985  
P.G.I Campus, Chd.



**Aman Gupta**  
'Mr. Freeze', cool  
personality, easy going,  
kurkuri personality  
17/02/1986  
#17, Sector 16, Pkl.

**Bhawna Gupta**  
Don't go by her height,  
she can tower on anyone  
29/10/1984  
212, Friends Colony,  
Moga



**Aman Gupta**  
CC Euphoria, CR,  
cool head on responsible  
shoulders  
22/01/1985  
#330, Sector 8, Pkl.

**Divyanshoo Rai Kohli**  
Editor, Debater,  
Basket ball player....  
A finger in every pie  
23/12/1984  
#1516, Sector 11-D  
Chd.



**Anita Raj Singal**  
American Born  
Indian Beauty  
21/10/1984  
#29, Sector 15, Pkl.

**Ekawali Gupta**  
Born Intelligent  
19/10/1984  
#3108, 35D, Chd



**Anita Rani**  
Humse hai zamana sara,  
hum zamane se nahi  
19/03/1986  
#281-A, Sector 30-A, Chd.

**Gaurav Mittal**  
SRK fan, Amazing  
intellect, NTSE scholar  
with a '1000 watt smile'  
14/04/1985  
81/13 Extension,  
Urban Estate





**Harman Mahal**  
Lawn tennis champ  
chilled out  
30/06/1985  
#1130, Sector 21-B Chd.



**Harshabad Singh**  
The finest collection of  
neurons known to humanity  
resides beneath the calvaria  
of this genius  
15/10/1985  
#52, Sector 16 A, Chd.



**Kamaldeep Kaur**  
Very studios  
3/11/1984  
#62, Sector 21-A Chd.



**Kamlesh Kumari**  
Naah! She does not run  
fast- she just flies  
too low! Best Athlete  
15/08/1984  
#3170A, Sector 31D, Chd



**Krishan Sawhney**  
The ever-helpful,  
'Koshish King'; poore  
GMCH mein world famous



**Kusum Lata**  
Har saal inhi ki kirpa  
se paas hote hain  
31/01/1986

**Manisha Kataria**  
Sincere and down  
to earth  
25/09/1984  
#1423B Sector 39 B Chd.



**Meenal Aggarwal**  
She rocks the stage  
with her silken sonnets  
01/08/1984  
#40 Sector 18A, Chd.



**Navdeep Gupta**  
Brainy.. has a knack  
of 'irrefutable arguments'  
27/06/1986  
Naraingarh, Ambala



**Neha Chauhan**  
Good things come in  
small packages  
05/04/1985  
#361, Sector 44A, Chd.



**Nidhi Sharma**  
Package of simplicity,  
sincerity & intelligence  
16/02/1985  
#1278, Sector 15B, Chd.



**Nitika Goel**  
Dedicated soul  
(to books of course)  
21/09/1985  
#165, Sector 15A, Chd





**Nitin Ahuja**  
Banda Bindaas, oozes  
class, style jhakass  
13/09/1983  
#103, Sector 5, Pkl

**Rahul Rai**  
Mr. Dependable  
10/01/1985  
#40, Sec-A, Chandi Mandir



**Nishant**  
Mr. Muscle in an  
all new avatar

**Reuben Lamiaki Kynta**  
Adventurer, explorer,  
guitarist, biker, Euphoria  
slide show expert...  
Many hats on a bonny head!  
10/07/1985



**Pranjal Mann**  
Reserved and silent  
11/09/1984  
Ambala

**Rajan Mittal**  
Mitran de Tashan!



**Priyanka**  
Killing smile  
06/04/1984

**Rashi Sarna**  
Masti ki paathshala  
20/01/1986  
#3430, Sec24D



**Puneet Sharma**  
'Live life king size'  
14/07/1984  
Ropar

**Ridhi Gulati**  
Miss popular (Mujhe  
GMCH ka bacha-  
bacha janta hai)  
27/09/1984  
Yamunanagar



**Rahul Sharan**  
Haathon mein ghari  
Rado ki, Perfume  
Gucci wala,  
Sharan sure can  
dance s\*\*\*\*. Editor of Glimpse  
18/10/1984  
#1102, Sector 4 Pkl

**Robin Gupta**  
CC Euphoria, The only  
'saint' of the batch  
07/10/1985  
Kalka





**Ruby Jain**  
 She lives life as an art  
 21/10/1983  
 #3228, Sector 27D, Chd



**Sachin Garg**  
 'Pol-see' maker  
 of the batch  
 08/03/1985  
 Kalka



**Shruti Akku**  
 Table Tennis queen  
 20/10/1983  
 #308, Shakti Aptt,  
 Sector4, Pkl



**Sonal Gupta**  
 Sweet & simple  
 09/11/1984  
 FN5 GH37, Sec20, Pkl.



**Sonam Karan**  
 Ever ready to help  
 anyone  
 20/10/1983



**Sukhtej sahni**  
 College wich padhna  
 vee hai, Honde te  
 chadna vee ae  
 20/03/1986  
 #1707, Sector23B, Chd.

**Sumita**  
 Her attitude speaks  
 21/08/1986  
 #1451A, Sector 39B Chd

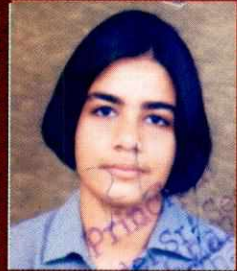
**Sunaina Hooda**  
 An IAS is the  
 making-Artistic  
 and with great intelligence  
 05/11/1984  
 #3160, Sector25, Chd

**Supreet Sethi**  
 Beauty & Brilliance  
 at its best  
 20/06/1985  
 #344,Phase11, Mohali

**Swati Mehta**  
 Kaam karo bhai kaam  
 karo, subah se lekar  
 sham karo!  
 30/11/1984  
 #1008, Sec18C, Chd

**Vikas Gupta**  
 The most ethically  
 anchored & dignified  
 fella, numismatist-  
 Style guru!  
 15/01/1986  
 #1187-88, Sec42B, Chd.

**Vajinder**  
 CC Euphoria, CR,  
 Dresses with panache.  
 Widely respected among  
 peers, seniors and juniors



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Prof. Raj Bahadur (Director Principal), Prof. Sunandan  
Sood, Dr. Ravi Gupta, Dr. Kisley Dimri

Laziness is our biggest enemy. We should learn to love our enemies.

Jawahar Lal Nehru  
Mahatma Gandhi

Hard work is the key to success but everytime I find the key, the lock change

I was born intelligent but...  
Born free, taxed to death.

Education ruined me

Always remember you are unique. Just like everyone else

If you can't convince them, CONFUSE THEM!

IF TIME DOESN'T WAIT FOR U, DON'T WORRY. JUST REMOVE THE BATTERY FROM THE CLOCK & ENJOY LIFE!

Work fascinates me. I can watch it for hours.  
Don't walk as if u rule the world, walk as if u don't care who rules the world!  
That's called attitude. Keep on rocking!

The road to success is always under construction

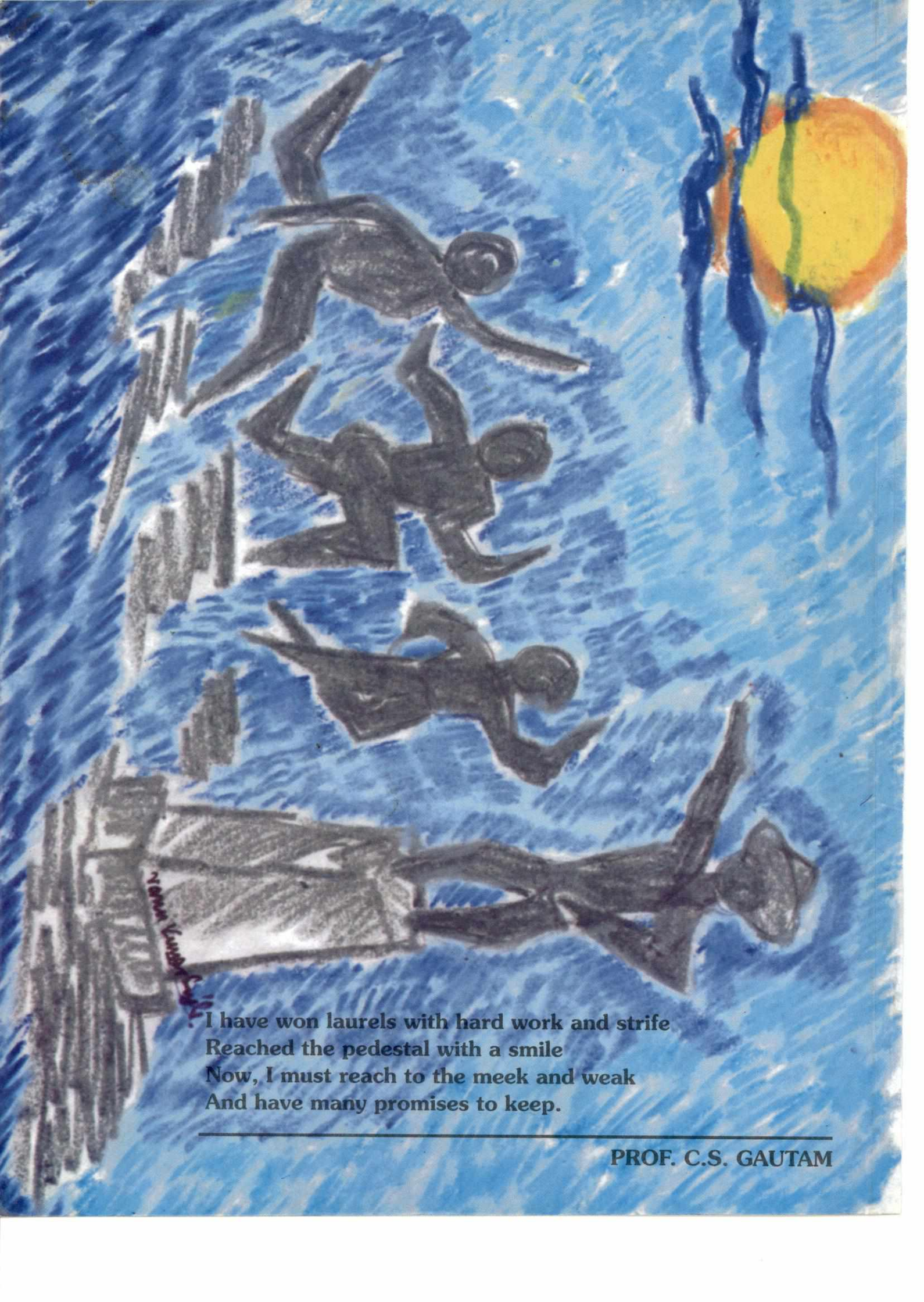
10% OF ROAD ACCIDENTS R DUE TO DRUNKEN DRIVING

90% OF ACCIDENTS R DUE TO DRIVING WITHOUT DRINKING!

"I HAVE LOADS OF COMMON SENSE... I JUST CHOOSE TO IGNORE IT."

I couldn't repair my brakes, so I made your horn louder.





I have won laurels with hard work and strife  
Reached the pedestal with a smile  
Now, I must reach to the meek and weak  
And have many promises to keep.

---

PROF. C.S. GAUTAM