

# READS





Vol -1 | Issue - 1 | Quarterly | MGMC&H | January

Winter, 2025 | 1



From the Desk of Hon'ble Emeritus Chairperson



Deciphering Heliographs of Undergraduate Research



Anopheles to provide immunity against Malaria

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# Hearls of Wisdom





Dr. M L Swarankar

Dear students,

Congratulations on the upcoming newsletter! It will serve as a catalyst for academic excellence by keeping our students informed about various curricular and extracurricular activities across the globe.

The students of our institute have demonstrated outstanding performance in sports, cultural events, art and photography competitions, and the field of literature.

An informed and knowledgeable community is the foundation of a thriving institution.

As such, this newsletter will be a valuable source of information and knowledge.

My blessings to all the dear students. May this newsletter be a shining success!

Best wishes!



Dr. Vikas Chandra Swarankar

Dear students,

It is my pleasure and pride to see young minds working towards a constructive domain beyond the boundaries of academia.

This upcoming newsletter will be another feather in the Students' Council's cap.

To see our students collaborating their various interests and talents, making their voices heard is a moment of great pride.

I am certain that it will play a pivotal role in the academic and extracurricular growth, as well as the personal development, of the students.

We must continue pushing boundaries, breaking limits, and finding novel solutions to problems, both old and new, and have the courage to make the impossible possible.

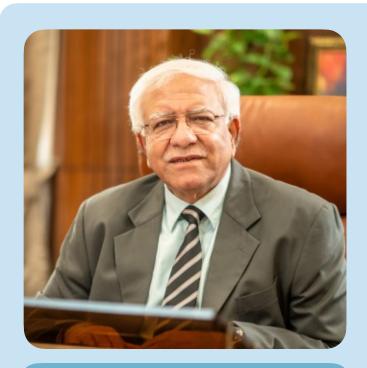
Best wishes!

वैष्णव जन तो तेने कहिये जे पीर पराई जाने रे...

He who understands the pain of others is one of God's own.







Dr. Achal Gulati Hon'ble Vice Chancellor MGUMST

As a campus, MGUMST aims to create an atmosphere of excellence, hard work and professionalism in all its undertakings. It is committed to fulfil the students' aspirations, build their self-esteem and develop their personality. It strains forward in creating opportunities for the students and helping them to become professionals for a better tomorrow. The university has imbibed in its students, the need for participation and holistic development, and will continue to do so by its vibrant academic, sports, and cultural events, adding the colours of joy that have adorned the campus. We need to focus on discovering, developing and drawing out the hidden talents and the magic lying dormant inside each one of its students right from academics to co-curricular activities to perseverance, and as a result, foster that never-say-die spirit in all of you.

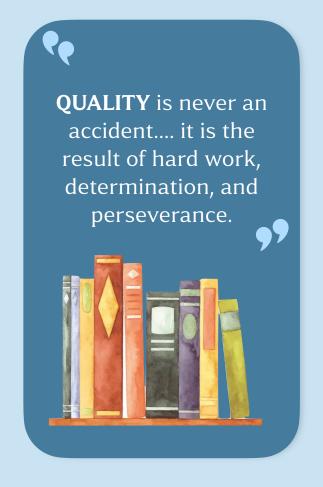
In our academic journey through the university, we become a vibrant learning community that encourages a partnership between students, parents and the management. And it is this strength of partnership which is reflected in the growth and success of our students, and as a corollary, the university.

I am sure that in our this journey, we will strive to enhance the brand of our enlightened place of learning, where we will continue to push boundaries and build an empowered community through added socio-cultural and other extra-curricular activities of this current student council under the able guidance of Prof. Pratibha Vyas.

I request the council to engage the students constantly with larger social causes as they progress in the course of their study, and come across several outreach programmes which will give them access to transform lives and the world around them. It is only such active forward thinking councils, societies and students that will ultimately make this campus a dynamic, lively and creative and vibrant place to be in.

"Quality is never an accident .... it is the result of hard work, determination, and perseverance."

I am confident that time and again you all are going to prove yourselves brilliant. I take this opportunity to gently urge all my 'She-roes' and He-roes" of the MGUMST universe to come out of their comfort zone to attempt new challenges ....be it in the field of academics, extra-curricular or co-curricular activities. Let us give our best and make this institution a modern temple of learning & culture through our diligence, devotion and dedication. Wishing you all the best...in the world of the future. You are the future leaders and role models of society. God bless you all.









Dr. V K Kapoor
Hon'ble Pro Vice Chancellor

I am truly delighted to learn that the Student Council of MGMCH is taking a remarkable step forward by launching a newsletter. In any esteemed educational institution, academics form the bedrock of learning, but it is the confluence of co-curricular and extra-curricular activities that fosters the holistic growth of students. This initiative is not just a publication; it is a dynamic platform that will empower students to engage, explore and excel beyond the bounds of the classroom.

The newsletter will serve as a vital source of information. Featuring details about CMEs, conferences and workshops, it will guide students in attending and participating in these activities, paving the way for experiential learning and hands-on exposure. Furthermore, the institution is committed to supporting such endeavours by facilitating various academic grants. Beyond academia, this newsletter will showcase student achievements in diverse domains, from academic to cultural and sports events, further encouraging more participation.

I implore you, dear students, to use the newsletter as a platform to display your talents, be they literary, artistic or athletic, this newsletter is your place to shine. Use this newsletter as a bridge to strengthen bonds with peers across batches and colleges, and also with your teachers, thereby enriching the social and academic fabric of the campus.

I extend my heartfelt congratulations to the Student Council for spearheading this initiative and wish them success in this initiative.



**Dr. N D Soni**Dean of Faculty of Medicine & Surgery
Principal & Controller, MGMC&H

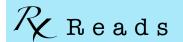
It is with great pride and joy that I present the premier edition of our e-newsletter, a vibrant reflection of the academic excellence, extracurricular brilliance and the unwavering spirit of our students at MGMCH. This publication celebrates the relentless pursuit of knowledge, the dedication to innovation and the holistic growth of our student community.

This newsletter is not merely a collection of events and achievements, but also a monument to the passion, hard work and perseverance of our students and faculty. It celebrates the outstanding achievements of our students at state and national levels, shares insights from esteemed mentors, and delves into topics shaping our academic journey .

From academic symposia and cultural festivals to impactful community outreach programs, these pages serve as a walk down memory lane, highlighting cherished moments, creative talents and groundbreaking work that reflect our commitment to holistic education and community service. Through this initiative, we aim to bridge the gap between academic rigour and the development of essential life skills like communication, compassion and collaboration.

This e-newsletter is a platform to connect, inspire, and engage with our community, embodying our commitment to innovation, excellence and service. My heartfelt thanks to the editorial team, faculty, and students for their tireless efforts in creating this dynamic resource for us to relish.

Wishing you an inspiring and enriching read!





# Mentors' Musings







Dr. Anusha Vohra Professor & Head Pharmacology





Congratulations on this wonderful initiative. I encourage you all to stay involved, keep contributing your ideas and seize opportunities to learn from one another. A platform like this strengthens communication and fosters collaboration, helping students grow both academically and personally. May this newsletter serve as a bridge connecting minds and inspiring innovation.

My best wishes to you all.

The journey through medicine is not just about mastering science; it's about embodying leadership, ethics, and empathy. I encourage you to continue using your voice to create a positive impact, never stop learning, and always strive for growth. Carry this ethos into all your endeavours, letting your efforts serve as a beacon of progress, compassion, and integrity. Together, let us work toward a brighter and healthier world.

## **Communication Nexus**

I take immense pride in witnessing our vibrant student community come together and collaborating to exchange ideas and foster creativity, ensuring that every voice is heard and every effort recognised. We aim to strengthen our bond and keep everyone informed about the achievements, events, and opportunities that shape our college's journey.

Here's to a future brimming with possibilities and shared success!



Dr. Manish Rijhwani Professor Dermatology

## **Cultural Society**

A new year brings new challenges, and with them come countless opportunities for personal and professional growth. As you embark on this journey, i encourage you to stay curious, embrace learning and support one another.

Medicine is not just about academic excellence; it is also about teamwork, resilience and the ability

Wishing you all some amazing moments and cherished memories ahead.

Dr. Kartik Purohit **Assistant Professor** Orthopaedics















Dr. Aparna Garg Professor & Head Physiology

As we begin a new year, let us work together to make this year exceptional- one filled with academic achievements, personal growth and meaningful experiences. The challenges this new year brings will serve as stepping stones for each of us, guiding us towards our full potential. Let this be the year of exploration, collaboration and excellence, where each student shines like a star in the MGUMST galaxy.

Wishing you all a prosperous and inspiring journey ahead!

## Graffiti Society

It is a privilege to contribute to this quarterly newsletter, a celebration of the vibrant and talented minds that make our college extraordinary. I urge you to embrace this journey with an open mind, unwavering determination and resilience. Your time here is more than an academic endeavour—it is a journey of self discovery, growth and transformation. You have the potential to innovate, inspire, and make a lasting difference in the world. While the road may be rocky, it is in overcoming these challenges that you will find your greatest strengths.



**Dr. Shireesh Gupta**Professor
General Surgery





"The power of imagination makes us infinite" - John Muir.

So dear students, let your imagination soar, for the possibilities ahead of you are limitless. Perseverance, focus and a 'never-say-die' spirit are all you need to achieve your biggest dreams. Remember, every great achievement begins with a vision, and along with dedication, that vision becomes reality. Keep striving, keep believing and success will surely follow.

All the very best to all students!

## **Literary Society**

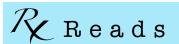
I feel immense pleasure and honour while writing this message, just like any teacher would when seeing their young buds turning into beautiful colourful flowers.

The potential and quest for knowledge is unquenchable and we as students of science should never forget that. I wish you all the luck and success for this upcoming newsletter and I am certain that you will shine brighter than the sun in this endeavour.

**Dr. Priyanshi Gupta**Assistant Professor
Otorhinolaryngology













Dr. Priya Marwah Professor **Paediatrics** 

Welcome to this exciting edition of our college newsletter!

We are beyond thrilled to bring you a carefully curated collection of insightful, creative, and inspiring contributions from our talented students, faculty and staff. This issue aims to spark ideas and foster a deeper connection within our vibrant student body. Let this be a place where knowledge, creativity and collaboration thrive.

Enjoy, and may this endeavour continue to grow with each edition!





Sports play a pivotal role in shaping character, imparting values like discipline, perseverance, teamwork, and, most importantly, equanimity - to be gracious in defeat and humble in victory. In my two decades of mentoring, the field has often been a greater teacher than the classroom.

> Let us make 2025 the Year of Sports for MGMC, drawing students off their screens, fostering physical activity, nurturing talent, and building stronger minds, bodies, and character.

## **Mediquest Society**

Happy New year, and all the best for this new, wonderful beginning. May you shine like a silver lining among black clouds.

Wishing you the courage to face challenges, the wisdom to learn from them and the perseverance to achieve greatness.

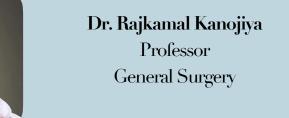
Every journey in medicine is filled with moments of discovery and growth. Embrace the learning process, support each other and stri for excellence in all you do.

Wishing you all the good luck for future!

## **Sports Society**

"The past is a foreign country, they do things differently there." ~LP Hartley

Change is a universal truth and what a change this has been! I am ecstatic to witness the budding culture of fostering creativity and cultivating the infinite potential that lies within our students. All my support and blessings are with you, my children. May this newsletter be the herald to success in all your



Dr. Sankalp Awasthi Professor Dermatology



future endeavours.







## Editorial





## "Mighty oaks from little acorns grow."





s a new year dawns and brings with it a new sense of opportunity, it gives me immense pleasure and pride to witness the student council of MGMCH bring out the first edition of their enewsletter. This publication is not merely a milestone for progress, but an ideal for us to strive towards. It serves as a testament to the relentless efforts, ambition, and great steps taken in the growth of our esteemed institute, serving not simply as a window to promulgate all the achievements and activities of our talented students, but also to encourage their peers to emulate, and take inspiration from them.

This newsletter provides an eclectic and vibrant amalgamation of ideas, perspectives and thoughts, reflecting how students view the world in a different light, in turn opening new avenues and broadening the horizons, nurturing a culture of innovation and inspiration. It is, after all, the students who are the primary stakeholders of any educational institution, and the newsletter

aims to serve as both a window into the minds of these students, as well as allow them to call attention to their opinions and vocalise their stances.

I extend my heartfelt congratulations to the editorial board for their unwavering dedication and undaunted efforts in bringing the idea of a newsletter into fruition. It is never an easy task to start up a publication from scratch, and balancing a production of this scale alongside their academics is truly a commendable feat. Their hard work has truly paid off, creating a much-needed platform to celebrate creativity, collaboration, and growth.

I would also like to express deep gratitude to our patrons who have always been a source of inspiration and motivation.

Finally, with great joy and enthusiasm, I convey my best wishes and heartiest congratulations to all the students involved in this noble venture. May their commitment and zeal lead them to great success and bright futures.



Dr. Pratibha Vyas President, Student Council Professor, ENT - Head & **Neck Surgery** Mahatma Gandhi Medical College & Hospital







Chasing Dreams



ILBS, New Delhi

Rakshit, Shubhi Shrivastava, and Aman Singh from Batch 2021 secured 2nd place for their insightful oral presentation at the 1st Annual Clinical Virology Summit at Institute of Liver & Biliary Sciences (ILBS), New Delhi on "Impact of Educational Interventions on HPV Vaccine Awareness, Knowledge, Attitude and Practice Among Undergraduate Medical & Allied Health Science Students." Under the guidance of Dr. Ekadashi Rajni, Professor, Microbiology.



**Football Championship** 

SMS Medical College, Jaipur

Vansh Mothuka (Left) (Batch 2020) and Bhanu Vashishtha (Right) (Batch 2021) participated in the Doctor Football Championship held at SMS Football Ground, Jaipur. This national-level competition featured teams from various medical colleges and states, with 10 teams competing under different hospital names. As part of one of the teams, they triumphed and emerged as the winners of both Season 1 and Season 2 of the Doctors Football Championship at SMS Medical College (RD Ground).





**Oral Presentation** 

MGMCH, Jaipur

Pramiti Pareek represented her STS-ICMR approved research paper at the 6th International Conference on Birth Defects and Rare Diseases, where she was awarded Best Oral Presentation. She also successfully completed and was selected for ICMR STS 2023 for her research project titled "Awareness about the Environmental Impact of Menstrual Hygiene Products and Products of Choice Among Undergraduate Students: Mixed Method Study," under the guidance of Dr. Shweta Mangal, Professor, Community Medicine Department.



Position

State-Level Quiz Competition NIMS University Jaipur,

Prableen Kaur Pasrija, Sehajpreet Singh, and Mansi Mahla from Batch 2022 participated in the state-level Pharmacology quiz competition, "PHARMATHON," held at NIMS University Jaipur. The event brought together teams from across Rajasthan to demonstrate their expertise in Pharmacology. Competing against strong contenders, including many seniors, they secured an impressive 3rd position, proudly showcasing their college's name and their team's dedication on a state-level stage.







#### MGMCH, Jaipur

Rakshit (Batch 2021), Sanskar S. Ratnawat, and Zayn Ul Aabedeen Khan (Batch 2023) triumphed in the college round of the IAPSM quiz, hosted by the Department of Community Medicine, MGMCH on World Health Day, 7th April 2024. Their hard work and teamwork secured their place in the state round, inspiring others to aim high. The state round was organised by Gitanjali Medical College & Hospital, Udaipur in September 2024.





Position

**DNA Day Quiz** 

MGMCH, Jaipur

Aadhar Sharma, Ananya Tank, and Soumil Choudhary (Batch 2021) secured first place in the intra-university quiz on DNA and genetics by the central research facility on 25th April 2024. Their teamwork and knowledge helped them stand out in the competition. They showed great understanding of genetics and answered questions quickly. This win reflects their hard work and love for science. The Quiz master was Dr. Mohit Agarwal, then Professor & Head, Department of Laboratory Medicine.



## Gold Trophy **Tablinton SMS Medical**

College, Jaipur

Parth Raj from Batch 2021 secured the prestigious gold trophy in mixed doubles at the annual Tablinton Doctors Badminton League, organized by Dr. Saurabh Jain.



Position

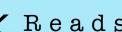
Shivangi Sharma & Rijul Agarwal from Batch 2021 won 2nd prize in Rangoli making competition held at university level on the occasion of DNA Day. They explained the Watson & Crick double helix structure of DNA and shedded light upon the Human Genome Project and its implications in today's world.



Position **Essay Writing** MGMCH, Jaipur

Rakshit from Batch 2021 secured first position in a college level essay writing competition on National Anti Ragging Week, titled - The Hidden Scourge: Tradition Became Tyranny in Educational Institutes.

Chasing Dreams







### **Model Display Competition** MGMCH, Jaipur

Priyakshi Saini, Apoorva Mathur, and Aastha Poonia of Batch 2021 participated in the DNA Day celebration organized by the Central Research Department at Vivekananda Hall, MGUMST Jaipur, and emerged as winners of the Model Display Competition. This collegelevel event provided an excellent platform for students to showcase their creativity and scientific understanding. Their innovative approach to show DNA replication through a working model was highly appreciated by the judges.



Instrumental Solo

SKIT, Jaipur

Aditya Mittal from Batch 2023 participated in the cultural fest "Pravah" at SKIT, Jaipur, with over 30 competitors from various colleges across the city. In the musical event "Tune Ties Here," he performed an instrumental solo of the song "Gratitude" by Amin Toofani and secured an impressive 2nd position overall in the event. . •







Domicile Ibanez India, Mumbai

On August 6, Aditya Kacker and Mohit Bhaskar were featured on Ibanez India's official page for their remarkable achievement as the youngest musicians to perform the intricate piece Classical Dragon. Aditya is known for mastering various guitar styles, earning comparisons to international virtuosos. Mohit, a skilled music producer, is recognized for his Innovative beat-making and production expertise. Their collaboration highlights exceptional talent and dedication, setting a high benchmark in India's music community.



Position

**Poster Presentation** 

MGMCH, Jaipur

Rakshita Gadia of Batch 2022 won 1st prize in the Oral Poster Presentation Competition on "Building ADR Reporting Culture for Patient Safety" held to mark National Pharmacovigilance Week from 17th to 23rd September '24. The event was organised by the Department of Pharmacology, MGUMST, Jaipur. The achievement highlights her dedication to promoting patient safety and pharmacovigilance practices.







#### **ELITE ISHICON 2024**

This 7th Conference of the Indian Society of Histocompatibility and Immunogenetics provided a scientific platform to highlight futuristic implementations and scope of advancements in Human Leukocyte Antigen (HLA) testing and transplant immunology services.



## **Biostatistics Workshop**

The workshop was centred around cultivating an improved skill set for the conduction and quality of research, along with its statistical significance. Participants were briefed on various topics related to study design and role of statistical analysis in producing a quality manuscript.



## **Anatomy Painting & Rangoli**

A unique Rangoli competition where the participants creatively depicted histological sections of various tissues, and a body painting competition to showcase various anatomical structures of the body. It blended artistic expression with scientific precision.

# 2024 Frozen in Time



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26-28 02



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## **Republic Day Celebrations**

A heartfelt and resonating display of patriotism, this program showcased the love and pride that each of us hold in our hearts, in being a part of the beautiful nation of India. The soaring flag, a symbol of the strength and importance of our constitution. The flag hosting was followed by a felicitation ceremony for exceptional services to the university.



#### **EAR CON 2024**

Organised by the society of ENT surgeons in collaboration with MGUMST, the event focused on recent advancements in ear surgery, live surgical demonstrations and provided hands on experience to enhance practical skills. This fostered collaboration and discussion on emerging trends and research in otology.



#### **Bid Adieu to Batch 2018**

As another batch of students graduated with flying colours, this day marked the transformation of students into resilient and competent doctors. Filled with smiles and tears alike, this day marked the end of one journey but the beginning of another one. Fare thee well, Batch 2018!

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#### Translational Research Conference

This event marked the 1st annual conference exploring biomarkers and biomaterials, advancements and implications of newer techniques for early disease identification and prevention. Experts imparted their knowledge and latest research for further advancements in biotechnology.



Dr. G C Sharma Memorial Oration

An illuminating talk by Dr. Samin K Sharma, on "Updates in the Transcatheter Structural Heart Interventions 2023-24" was conducted along with the unveiling of statues of Dr. GC Sharma and Smt. Ratan Devi Verma.



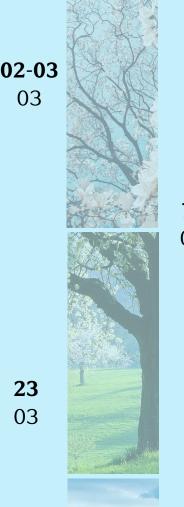
### **IAPSM Quiz**

On the occasion of World Health Day, 2024, IAPSM conducted a two-round nationwide quiz contest. The first round comprised of MCQs, the shortlisted top 4 teams entered the second round, comprising of a PSM centred quiz won by the only inter-batch team.



#### AETCOM Panel Discussion

A thought provoking event on: 'What it means to be a doctor', delved into critical aspects of medical ethics and communication, and inspired future medical professionals to reflect on their roles in healthcare.



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### Women's Day Celebrations

A celebration of the strength and value of women, in healthcare, in our homes and in society, this event was one of a kind. Graced by dignitaries, it was a graceful tribute to women everywhere, showcasing various cultural performance by the students and



The fest organised by batch 2020, was a glowing success, unifying various batches, showcasing a multitude of extra-curricular events in a span of four days. It included various competitions and events in sports, art, dance and music.



World DNA Day was celebrated with an insightful session led by Dr. Bushra Fiza, Professor, Biochemistry, focusing on the importance of DNA in genetics, inherited diseases, and advancements in personalised medicine. A book fair was also set up within the premises, showcasing genetics-related books. There was a rangoli, model display, poster making, essay writing and quiz competition for the students of the University.







## **Environment Day Plantation Drive**

What better way to celebrate World Environment Day than to contribute in reviving our mother Earth to its green glory? Institute organised an extremely successful plantation drive all around the campus and more.



## **Emeritus Chairperson's Birthday**

We gathered as the MGUMST family to honour the emeritus chairperson's incredible journey and contributions on his 69th birthday, and also celebrated the book launch of "Vedantasara Navneet Bhashya" by Acharya Dr. Dayanand Bhargava".



## World IVF Day Celebration

World IVF Day, celebrated by MGUMST, honours the advancements in assisted reproductive technology, marking the first successful IVF birth on July 25, 1978. The event highlights the importance of IVF in helping couples achieve parenthood and promotes awareness about fertility treatments.



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## **World Thalassemia Day**

The SEAIT Foundation and MGUMST hosted an enriching CME on Thalassemia. Experts shared their profound insights, enhancing the knowledge of students, faculty, and parents of survivors. 'Navjeevan-Unmukti ki Ore', symbolising new hope for Thalassemia patients was launched.



## **International Yoga Day**

Yoga is the union of body, mind and soul. Celebrating yoga day, faculty and students performed this ancient Indian practice under the guidance of Swami Muktanand Nirmohi and Dr. Jyoti Vedic.



## **Inauguration of Youth 4 Nation**

Youth4Nation Rajasthan Chapter, inaugurated by Hon'ble Governor of Rajasthan, Shri Kalraj Mishra Ji, and hosted by MGUMST Jaipur to empower youth for nation-building through leadership, skill development, and community service.



## **Parents Teachers Meeting '22**

A common platform for batch 2022where teachers and parents came together to discuss the students' performance and devised new ways to enrich the learning expedience.





### **Parents Teachers Meeting '21**

The meeting was held for batch 2021 with the aim of bridging the gap between students, teachers and parents to discuss students' progress, strengths, and areas for improvement to supplement academic and personal growth.



#### Independence Day Celebrations

This auspicious day, denoting the innumerable sacrifices made for an Independent India by our ancestors, was celebrated with much gusto and pride, alongside a solemn tribute to their sacrifices and fighting spirit leading us to a free India.



## Guest Lecture - Dr. Rajiv Jalan

An engaging lecture on "Inculcating the Culture of Medical Entrepreneurship in a University: The UCL Experience", offered valuable insights into how aspiring entrepreneurs can embark on their journey in the field of medical entrepreneurship, drawing from the successful UCL model.



## **Parents Teachers Meeting '23**

The meeting created a unified space for parents and teachers, to built a strong and collaborative connection between the institution and students of batch 2023, to enhance education and foster growth.



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## **National Anti-Ragging Week**

National Anti Ragging Week was celebrated with the aim of inculcating an environment of growth and support among students, and curbing the menace of ragging and abuse. Poster making, essay writing, slogan writing competitions were organised. Students pledged to not indulge in the practice of ragging.



## **Teacher's Day Celebration**

The event was a heartfelt occasion to honour the dedication and hard work of our educators. Students expressed their gratitude through performances, speeches, and special tributes, acknowledging the invaluable role teachers play in shaping their futures.



## 4th National Pharmacovigilance Week

The week consisted of various activities and competitions among students, depicting the importance of pharmacovigilance in the medical field. Rangoli making, walkathon, quizzes, poster making were some of the featured events, on the theme: "Building an ADR reporting culture for patient safety".







### **Bollywood Movie Mania Quiz**

Sprinkling a little filmy andaaz in the students' college lives, a fun Bollywood quiz was organised. Students and teachers competed in teams against each other, guessing famous dialogues, acting it out in dumb charades, singing out songs and many more such activities.



## White Coat Ceremony '24

A white coat is not only the uniform distinguishing doctors from non medicos, but also a badge of honour, donned by each of us with pride. Faculty welcomed the new students of batch 2024 into the medical college, and bestowed them with the responsibility and honour of wearing a white coat.



#### **NAAC Assessment**

MGMUST proudly achieved an impressive NAAC grading of A+, reflecting its commitment to excellence in education, research, and overall institutional development. The assessment featured a vibrant cultural program, a model display session and a student interaction session, diving in to the student like experience at MGUMST. This prestigious accreditation highlights the university's dedication to maintaining the highest academic standards and fostering a holistic learning environment.



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#### **Infusion - Freshers' Cultural Event**

The Fresher's Program for the Batch of 2023 included captivating performances by senior students and the newcomers showcasing the vibrant culture and spirit of the institution helping freshers feel more connected, excited and at home in their academic journey.



### **Gandhi Jayanti Celebrations**

Gandhi Jayanti marks the birth anniversary of Mahatma Gandhi. The day is celebrated in order to perpetuate our institution's namesake, Gandhi Ji's key principles: non-violence, social justice and truth. The event aspires to promote peace, unity, and social harmony across various parts of our institution.



#### **Talent Show '24**

A vibrant Talent Show was organised for Batch 2024, providing students with a platform to showcase their diverse skills and creativity. The event featured an array of performances, from music, dance and drama, fostering a sense of community and camaraderie.



## World Radiographer Day

World Radiographer Day was marked with an informative session at MG hospital, discussing its origins and highlighting the vital role of radiographers in diagnostic imaging.



#### 7th Convocation

This Convocation celebrated the academic triumphs of 899 graduates, including 28 doctoral degrees and 24 DM/M.Ch. degrees. Distinguished guest, graced the event, offering blessings to the graduates and acknowledging their exceptional achievements in academics and beyond.



### Jaipur Surgical Festival

The 4th JSF, under the IASGO focused on the theme: "Complications in Surgery". Through candid discussions & panel sessions, addressing challenges in GI, hepatobiliary, H&N, breast and genital surgeries.



## Talk on Artificial Intelligence

An informative session on AI and the future of medical education was conducted, with speakers Dr. Purvish, PHOD, Clinical Hematology and Dr. Chetan Sir, Professor at IIT Delhi, who joined online. The session explored AI's transformative role in shaping modern medical education and practices.



## Batch Playoff - 23v24

The highly anticipated Inter-Batch Playoff between the 2023 and 2024 batches brought fierce competition in cricket, basketball, and volleyball. Students from both batches displayed remarkable skills and team spirit, creating an exciting atmosphere that celebrated athleticism and unity.



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#### **ICBD** Conference

With a focus on leveraging multi-omics technologies to improve diagnostic accuracy, treatment efficacy, and patient outcomes, a conference to communicate ground breaking research and advancement in curing congenital defects and rare diseases was conducted. Progress of research using CRISPR gene-editing technologies, and other various techniques were some of the pioneering technologies introduced.



## **International Delegate Interaction**

University hosted esteemed delegates: Dr. Keith Robert Brennan and Dr. Catherine Robinson from the University of Manchester. The visit consisted of a campus tour and student interaction session where various topics like research opportunities, curriculum and campus life were shed light upon.



## Dr. K D Gupta Memorial Oration

The 3rd Dr. KD Gupta Memorial Oration-2024 was held with the theme "Strategies to Live Healthy to a Hundred Years and Beyond." The event had Dr. Nir Barzilai, MD, Professor of Endocrinology at AECM, New York, as the Chief Guest, sharing insights into longevity and healthy living.

Photo Credit: University Cameraperson - Mr. Mahesh Sharma





## Student Exposition

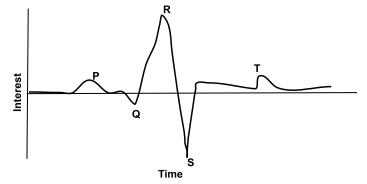


## Sunn raha hai na, tu?

Exploring the various activities that take place during a lecture

hat is the point of a college? Like all things, the answer would change with a person's perspective. Ask a parent, and they might claim that it is naught but an endless sink in which they funnel their hard-earned money, in hopes that their offspring would become employable. Ask a professor, and they might say that it is a place of learning, erudition, and exchange of knowledge. Ask a student, however, and a staggering amount of the time, you'll hear some variation of "They exist to make our lives a hassle, and don't even get me started on the (for lack of stronger language) draconian attendance policies." With such kvetching about attendance being done by primary stakeholders of lectures, what can we expect to find in these lectures, wherein a majority of participants appear solely to attain the completion of that elusive 75%.

Through the course of our college lives, we've observed that students' attention to lecturers often follows a graph similar to an ECG reading. Keeping that in mind, allow us to paint you a picture of what a normal day's lecture might involve.



Initiation of the P wave is brought about by students rising in tandem at the professor's entry. Such acts of reverence occur a sum total of twice during lectures; similar gestures otherwise are usually results of fear, satire, and Schrödinger's threats.

The academic attentiveness evaporates before even gathering momentum as showcased by a primary dip in the graph...

An indubitable 'Q' nahi ho rahi padhai moment. Students become scrollers, yearmates turn to yap-mates and scholars shift to sweethearts.

The lecturer's assertive call-out to drowsy backbenchers causes this sudden depolarisation. The crowd is shocked to reality when singled out and called upon. With cryptograms projected on screen before them, crippling imposter-syndrome coupled with academic-FOMO leads to a positive deflection on our graph.

Such unabashed acts of digression end abruptly at the beginning of the R wave.

This uptick in interest cannot last long, because as the presence of a rotten apple spoils the crate, so does the presence of a handful unruly elements disrupt the entire class.

While there are a plethora of ways that students while away their attention, like playing uno, or (not-so-secretly) eating food, the dominant issue lies with dopamine-dependant doomscrolling which leads to deeply devastating denouements putting doctors-to-be in dire straits devolving into addictions.

Ultimately, there is one more spike in student's attention, and this is for all the marbles. The veritable Moby Dick to their Ahab. To quote Rihanna, "Baby, this is what you came for."

You've guessed it right, it's finally time for attendance. While the T wave is usually small, due to staggered attention, there are some very important exceptions.

The most important among these is when the unthinkable happens. Students freeze, hearts drop, silence reigns, as the inconceivable occurs. A proxy is caught. Humans are nothing but prey to our basest desires, and the phenomenon of morbid Aditya Bainsla (2022) Shauryaa Lekhra (2023)

curiosity that occurs is enough to skyrocket the interest graph to untold values. Now, as a point-of-clarification, we don't condone proxies, but a question does arise about the desideratum-evil nature of proxy, as non-violent resistance against despotic attendance policies. After all, if an individual exhibits necessary skills, then their attendance in lectures presents a moot point, especially in the face of growing studies into various learning styles.



A classroom is ostensibly a haven of erudition, however, it's empirically impossible to limit a lecture to just completion of syllabi, or to the dissection of examination material. Academics and social life go hand-in-hand, and the role of classroom-lectures in forming a bond, both intra-student, as well as inter-student-and-faculty is immeasurable. As such, we believe that the relationship between academics and "harkatein" is inextricable, and forms a delicate balance in the self-contained ecosystem that is a classroom. After all, as we're all aware, "All work and no play makes Jack a dull boy."



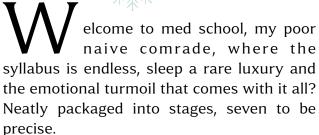
Click or Scan the QR code and submit your topics



## Med School ka Safar

The Seven Stages of Suffering

Mansi Mahla (2022)



Dekho, if you're reading this right now, you've either already been through it all -to hell and back- and for that, I salute you, feel proud, and slightly scared of you. Or, you've just stepped onto the holy soil of what we call a medical college, and if that's you, honey, you're in for one heck of a rollercoaster ride. Ooooor, you're in the middle of it all, back against the wall, assaulted by an endless tirade

of papers, vivas, tests, quizzes....oh God, it never ends, does it?

So, let's talk about this medical college ka suffer... I mean safar!! Regular people only experience five stages of grief, but God was extra benevolent to

us med

students, and thought why stop at five? Lo and behold, each exam brings

with it the seven stages of suffering.

1. Denial: So it begins, the monster of procrastination possessing our bodies as the dates are announced. "Arey yaar, abhi toh time hai, kal se pakka padhenge", when you're well aware that you're behind on all your lectures, with mountains of due assignments and an abysmal attendance. Those of us who skip classes with the

excuse of "room pe padhai", how much did we really study, hmm? Or did we just waste an entire day on stress-binging and doomscrolling? I see you. I am you.

2. Anger: Following denial, we not-sosmoothly transition into Anger. At the syllabus, at the college, at the teachers, but most of all, at ourselves. This is when the reality sets in, the lack of both time and preparation.

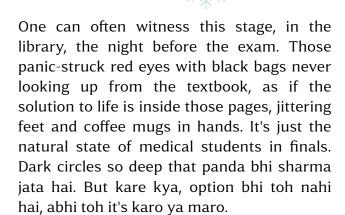
"Konsi manhoos ghadi main mujhe doctor banne ka idea aaya tha" is a question that incessantly plagues our minds.

"I had time, lekin padha nahi, KYU"

Slamming the book closed, as the English before you transforms into an alien script starts becoming a daily ritual.

"All histology slides look the same, a sea of pink, pink, and some more pink!" becomes your mantra.

3. Bargaining: Girte padte, ham iss stage tak bhi aa hi jate hai, but some folks may start directly from here. "God, please save me today, bas aaj aaj, give easy questions, agli baar I'll top the whole class, you'll see! Just help me pass this time".



**6.** Acceptance: By the time we reach the exam hall, the jittering mess of a person transforms into a sage-like being, finding solace with the mantra "Ab jo hoga, woh hoga. I did all I could."

> "Pass hi hona hai, I can do that. Top karne ki baadme dekhenge" becomes the maxim. Or maybe you are just relaxing by joking around

And the funniest part is we bargain with ourselves too, "Dekh, aaj dhang se padhle, kal paper ke baad, mast movie dekhenge" In fact, not even the syllabus escapes this bargaining phase, "Yeh dono chapter toh nahi hi aayenge. Not this one either. Yes, out of the 40 chapters, the questions will be SOLELY from these 7 chapters. I'm sure."

bargaining, the truth finally catches up. "I will never be able to do this. I should just give up. Doctor kaise banungi main?" The tick-tock of the clock feels like a noose tightening around your neck, bringing you closer and closer to the moment of your

4. Depression: After all this denial, anger,

execution, the exam. Is point pe na, everything feels like moh maya. What even is the point of this Sisyphean studying, with a never-ending syllabus?

**5. Panic:** One fine day during the numb haze of depression, something clicks. You glance at the calender. "The exam's tomorrow?! What? I swear i had more time. Oh god oh god oh god oh god!!"

with friends, "at least we'll fail together, see you all in remand".

**7. Celebration:** This rollercoaster ultimately climbs to its highest point, ending with an adrenaline rush of a nosedive, the celebration phase. The relief of leaving the exam hall feels nothing short of a jailbreak. Whether you spend the next few days sleeping or partying it out with friends, it's a time of well-deserved self care. Although glorious, this stage is shortest of all. And before you know it, the next exam is hanging like a sword over your head, not to mention the ultimate moment of truth before that, RESULTS.

And due to these phases and cycles, we get churned, cut up, and polished into resilient doctors. I know, I know, abhi inn exams se bada load kuch nahi hai, but trust me, these exams will be a fond memory one day.

Till that day arrives, all my support and sympathies, dear readers.





## The Research Arc



xford dictionary defines 'Research' as 'A careful study of a subject, especially in order to discover new facts or information about it.' While it's an appropriate explanation for a middle-schooler who has heard the word for the first time, this definition ends up feeding into the biggest misconception people have about 'Research.' The true essence of research is not just unraveling something completely new; rather, for the most part, it stands for shining light on the same old knowledge pool just in a different manner.

At its core, research is the pursuit of answering unanswered questions. Every subject matter can be likened to an unfinished construction site, where each study contributes as a single brick, adding to the walls of knowledge. Groundbreaking discoveries are not always necessary; even incremental progress can make a significant impact by filling in gaps. Whether it's testing a new approach to an old problem, applying existing theories in new contexts, or collecting data to support or refute an assumption, each effort builds upon previous work.

The word 'Research' has been elevated to such a lofty status in the academic world that it seems unapproachable to most budding thinkers. Sometimes, it's like the end goal, and people say things like 'I want to do research one day.' However, this notion is far from accurate. Research is part of the process of growth in academics; albeit substantial amount of background knowledge is needed before setting foot in this world of wonders, it still has a lot of avenues for academics at all stages of their journey.

The first and foremost requirement of doing research of any kind is asking a question. It doesn't matter whether the question is incorrect or correct, nor does it matter how intricate or profound it appears. Instead, it's all about how and to what extent it seeks to address a gap in the knowledge.

#### **Asking a Question**

We perceive the world around us through observation. Observing everyday scenarios leads to questions like "Why?" and "What if?" Arising unexpectedly, catching us in a mentally relaxed state. To capture these ideas before they slip away, it's crucial to develop the habit of jotting them down promptly. The notes should be clear and concise enough to be easily understood later, even when the chain of thought has been interrupted.

Always write down the ideas and chain of thought whenever and wherever they strike.

The question we asked ourselves after keen observations is the foundation of research. It guides us in digging further into the idea and hence, pushing the boundaries of what we already know.

For instance, someone had a thought one fine day: Diabetes is so prevalent in modern society, even with the development of substances like Saccharin and Aspartame; which have started replacing natural sugar. What if these artificial sweeteners might also, play a role in progression if the ailment?

After posing a question, it's crucial to check if someone else has already answered it and to what extent. To achieve this, already published research articles need to be thoroughly examined.



- Albert Szent-Gyorgyi

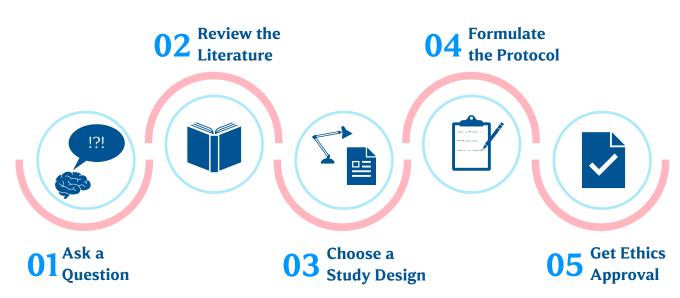
Selecting the right article for study is important as it helps improve your learning. Taking time to pick something relevant and clear makes understanding easier and saves you effort in the long run.

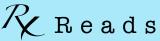
#### **Research Articles**

The term "Research Article" is generalised in a sense that it encompasses a range of scholarly pieces with diverse forms but the same function of bridging the gaps of knowledge. Before trying to comprehend the literature we need to understand different types of research articles:

#### 1. Original Article -

These are the most common type of articles. They're detailed studies reporting new work these articles will include Abstract, Introduction, Methods, Results, Discussion, and Conclusion.







#### 2. Review article

Review articles provide critical and constructive analysis of existing published literature in a field. Often, they identify specific gaps or problems and provide recommendations for future research. Broadly review articles are of three types, i.e. Literature review, Systematic Review, Meta-Analysis.

#### a. Literature review

Presents the current knowledge including substantive findings as well as latest contributions to a particular topic.

#### b. Systematic Review

It is a critical assessment and evaluation of all research studies that address a particular clinical issue using an organised method of locating, assembling, and evaluating a body of literature using a set of specific criteria.

#### c. Meta-Analysis

It is a way of combining data from many different research studies. It is a quantitative design used to systematically assess the results of previous research and derive conclusions by using the statistics.

#### 3. Case study

A clinical case study – also sometimes called a medical case report – is an original short report that provides details of one to three patient cases. These include detailed information on the symptoms, signs, diagnosis, treatment, and follow-up of those patients.

#### 4. Case series

It is a report on a series of more than three patients with an outcome of interest. No control group is involved.

Various types of articles can be accessed either via printed journals or online through platforms like Google Scholar, K-Hub, DELNET etc.

Platforms like Sci-Hub provides most of the articles in open access format through unique reference DOI number of the articles.

#### 5. Short Communications

It is a brief, precise and concise version of research paper and credited with some unique finding that needs immediate communication for drawing attention of the scientific community at the earliest. These also extends previously published research and clinical audits.

#### 6. Methodologies

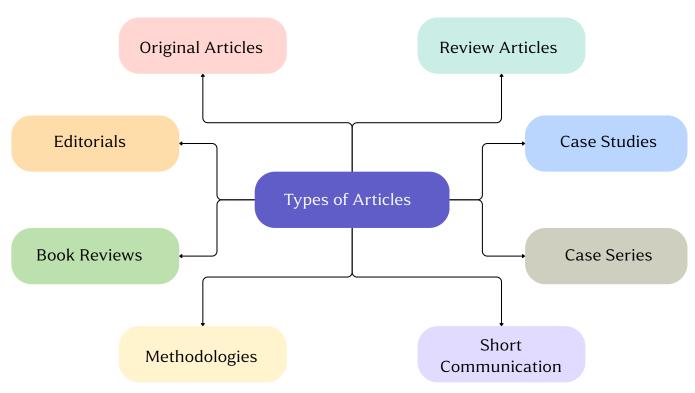
It describes methodological approaches and research procedures including new study methods, substantive modifications to existing methods, or innovative applications of existing methods to new models or scientific questions.

#### Indexing

Similar to a list of items, an index is a collection of articles or research papers from various journals compiled into a database for easy access. It is also known as bibliographic or citation indexing.

Being indexed in well-known bibliographic databases indicates a journal's quality. All articles in an index journal undergo critical evaluation and review to maintain standards, making it easier for researchers to find quality information efficiently.

Indexes can be either general or specialised:

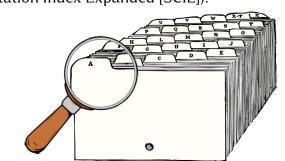


## 7. Editorials, commentaries, conference materials and book reviews

Editorials are usually brief comments on topical issues of public interest related to the research. Commentaries are in-depth responding to the recently published articles. Conference material includes poster extracts, conference abstracts and presentation extracts as presented at a workshop or conference. Book reviews provide insight and opinion on recently published scholarly books.

General Indexes: Include articles from various fields (e.g., Directory of Open Access Journals [DOAJ], Scopus, Web of Science).

Specialised Indexes: Focus on specific fields (e.g., PubMed, Embase, Medline & Science Citation Index Expanded [SCIE]).







#### **Review of the Literature**

The next step, after learning about the various types of research articles, is to review the literature (not to be confused with a literature review article). This is helpful in understanding topics by identifying, organising, and analysing relevant academic works.

The first step is to conduct a comprehensive search for articles which aligns with your research question. Parameters like recency, citations, publication journal, etc. should be considered. Search using the appropriate keywords to expedite the process. For example, the keywords used for finding articles related to the aforementioned research question would be "Diabetes," "Artificial Sweeteners," "non-caloric artificial sweeteners," "sugar substitutes" etc. Thoroughly analyse their results and conclusions to identify any lacunae or limitations.

After the phase one of review of literature to know if someone else has already answered the research question, up to what extent and what is the gap in their findings, next step is to plan a study that fill those gaps, here comes the phase two of literature review.

Take note of the materials and methods used by the authors to conduct their studies. Carefully analyse their study design, study setting, sample size and study population.

Maintain an organised system making tabulated record and categorise the reviewed articles under following columns -

DOI number, Name of first author, study design, study location and population, duration of study, sample size, date of publishing, key findings, remarks.

Among all the reviewed articles, designate one article as the "Seed Article". It shall be an ideal reference article which closely resembles the intended study design of the research being planned.

#### Novelty

If there was a cheat code to finding a great research question, it would simply be one word: Novelty. The quality of being new and unusual; for us, it is the intricacy of finding knowledge gaps in previously published research. Novelty is established by changing the research objectives, such as study methods, population demographic under study, age group & gender of the subjects, instruments for measurement of variables etc. Changing one of these factors may or may not be enough to make our project "Novel" but multiple factors can be overlapped to achieve this. For instance, when we find a seed article relating sweeteners to diabetes, we can switch the population demography to our region and test for same or a different class of sweeteners. Novelty of the study doesn't depends on the observations and results.

Novel studies are preferred for publication by the journals.

#### **Note**

Some points to keep in mind for a fruitful literature review include:

- •Defining the Scope: Clearly outline the purpose of the research.
- •Using Established Sources: Focus on peerreviewed articles, reputable journals, and well-known authors in the field.
- •Employing Effective Search Strategies: Use appropriate keywords and filters to refine search results.
- •Proper Organization: Utilise tables or other tools to review and store important data points (e.g., sample size, publication year, results, observations) for easy retrieval.



#### **Types of Epidemiological Studies**

There are various types study designs, each suitable for a different kind of study, depending on the aims and objectives of the intended research plan.

**Descriptive epidemiological studies** focus on examining the distribution of diseases and other health-related conditions to identify the characteristics associated with them.

Typically, these studies serve as the initial step in understanding a disease's epidemiology. They provide insights into the distribution of the disease with respect to the time, place, and person.

A **case report** describes the details of one to three patients, including their symptoms, diagnosis, treatment, and outcome, often focusing on unusual or new findings.

A **case series** looks at a group of similar cases to identify patterns or trends. Both help in spotting new diseases or rare complications and generating ideas for further research.

**Ecological studies** explore the relationship between exposure and disease at the population level rather than the individual level. They are especially useful for studying outbreaks related to shared factors, such as public water supplies.

By comparing disease rates and exposures across defined populations, these studies help identify potential risk factors and patterns.





Analytical studies examine the relationship between risk factors and diseases to find possible causes. They include cohort studies, case-control studies, and cross-sectional studies. These studies are useful for testing ideas and understanding how diseases develop.

While they provide detailed insights, analytical studies can be expensive, take a long time, and face issues like recall bias in case-control studies or participants dropping out in cohort studies. Despite these challenges, they are key to understanding and preventing diseases.

**Cross-Sectional Studies** examines population at a single point in time to assess the prevalence of a disease and its potential risk factors. They are useful for identifying associations and generating hypotheses. However, they cannot determine cause-andeffect relationships because they do not track changes over time. Example - Finding how many people are diabetic in a population at the moment.

**Cohort Studies** follow a group of individuals over time to observe how exposure to a risk factor affects the development of a disease. They are useful for studying the incidence of disease and identifying causal relationships.

However, they can be expensive and timeconsuming, especially for rare diseases. Example - How many people who are taking artificial sweeteners will develop diabetes after 5 years.

Case-Control Studies compare individuals with a disease (cases) to those without it (controls) to identify past exposures or risk factors. They are efficient for studying rare diseases and require less time and resources. However, they rely on participants' recall, which can lead to bias. Example - How may diabetics are having artificial sweeteners and since when and in what frequency.

Experimental studies test the effect of an intervention or treatment by comparing outcomes between groups. These studies manipulate the exposure and are designed to establish causal relationships between the intervention and the outcome.

#### In Randomised Controlled Trials (RCTs),

participants are randomly assigned to either an intervention or control group, which reduces bias and ensures the groups are comparable. They are widely used in clinical

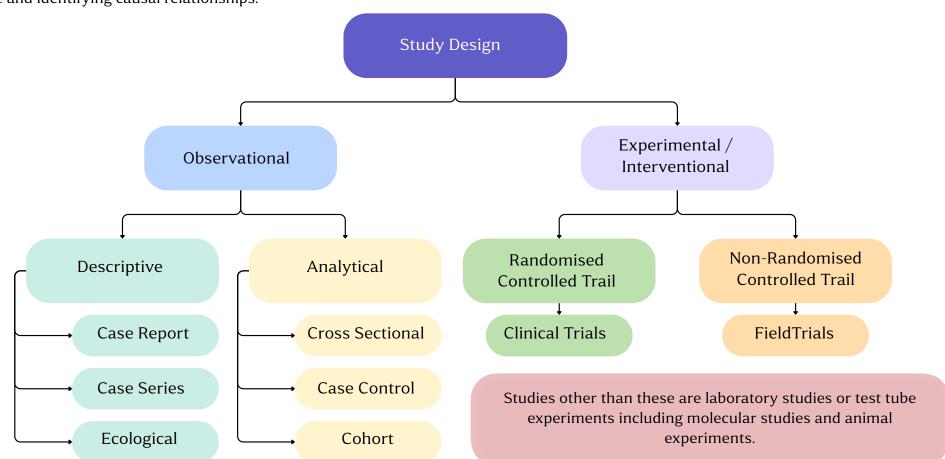
trials to test new treatments. Intervention can simply involves educating the people or could involve any medical procedure or treatment.

Non-Randomised Controlled Trials (Field Trials) Field trials test interventions, like vaccines, in real-world settings without randomisation. These trials are easier to implement on a large scale but are more vulnerable to bias because of the lack of random assignment.

Randomisation is when participants are assigned to different groups by chance, not choice. This helps ensure that the groups are similar at the start of the study, reducing bias and making sure any differences in outcomes are due to the treatment being tested, not other factors.

Blinding means keeping participants, researchers, or both unaware of which group the participants are in (e.g., treatment or control). In single-blind studies, participants don't know their group, and in double-blind studies, neither the participants nor the researchers know.

Randomization and blinding are important to reduce bias and make study results more reliable.







#### **Formulating Protocol**

A Study protocol can be formulated in a prescribed format mentioning all the requisite details.

**Title** should clearly and precisely explain the aim, study type, setting and population under study.

**Introduction** provides the foundation and context for the study. It includes:

- •Background: Briefly describe the problem or gap in knowledge, supported by relevant literature.
- •Significance: Explain the study's importance and potential impact.
- •**Hypothesis**: State the hypothesis and specific questions the study aims to answer. There are two types: Null and Alternate. Null hypothesis states that there is no effect, no relationship, or no difference between the variables being studied. Whereas alternate hypothesis contradicts the null hypothesis and proposes that there is an effect, a relationship, or a difference between the variables.

For example, in a study on effect of artificial sweeteners on blood sugar, the null hypothesis is that the artificial sweeteners has no effect on blood glucose levels, while the alternate hypothesis is that they has effect on the blood glucose, with the result depending on whether the data supports or rejects the null hypothesis.

**Aim** is broad, overarching statements about the study's purpose and describes "why" the study is being conducted.

**Objectives** are specific, measurable steps to achieve the aim, explains "how" the study will achieve its aim. They can be divided into primary and secondary objectives.

**Materials & Methods** outlines how the study will be conducted. It includes:

- •Study Design describes the type of study.
- •Setting includes the location and context of the study (ex: hospital, community, college)
- Procedure provides step-by-step details of data collection, interventions and any tools or techniques used.
- •Sample Size explains the number of participants required.
- •Calculation is done using appropriate statistical tools and methods, typically by a statistician to justify the sample size.
- Justification: It ensure the sample size is sufficient to detect significant results based on the study objectives.
- •Inclusion criteria It defines the target population for the study. Ex age, disease, location, etc.
- •Exclusion criteria It ensures the participants safety and relevance to the study. Ex co-morbid conditions, Pregnancy, Prior treatment history, etc. are taken out of the proposed population to be included for the study.
- Duration of the study: Specify the timeline for the research, including Study Period (Total duration of the study) and Phases: Key stages (ex: data collection, analysis, manuscript writing).

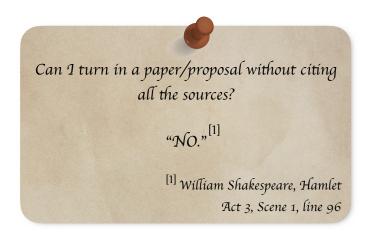
- •Statistical Analysis describes the approach for analysing the data to meet the study objectives.
- a. Software: Tools like SPSS, R, Excel etc for analysis.
- b.Statistical Tests: Chi-square, t-test, regression, McNemar's test etc based on data type and objectives
- c. Significance Levels: Define p-value or confidence intervals for significance.
- d.Data Presentation: Results presented in graphs and tables.

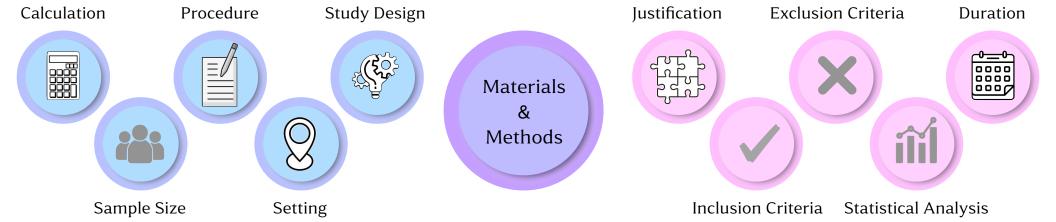
#### Citations

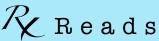
Citations are essential in academic writing, as they credit original authors, support arguments, and prevent plagiarism. They can be broadly categorised into in-text citations and reference citations, each serving a distinct purpose:

In-Text Citations: Brief citations included within the body of your text to indicate the source of specific information, ideas, or quotes.

Reference Citations: Full, detailed citations listed at the end of the document in the reference or bibliography section.









#### **Plagiarism**

Plagiarism in research happens when someone uses another person's ideas, words, or work without giving proper credit. This can include copying text, data, or images and passing them off as your own. Whether done on purpose or by mistake, plagiarism is dishonest and harms the integrity of research. It can lead to serious consequences like damaged reputations or even having work retracted.



To avoid plagiarism, always cite your sources, use quotation marks for direct quotes, and ask for permission if needed. Tools that check for plagiarism can help too. The key is to be honest, give credit where it's due, and maintain the trust that is so important in research.

#### **CTRI**

The Clinical Trials Registry - India ensures that all observational and experimental studies conducted in India are prospectively registered before beginning of the study. Research holds enormous potential for benefiting patients, improving therapeutic regimens and ensuring advancement in medical practice that is evidence based. Unfortunately, the data and reports of various studies are often difficult to find and in some cases do not even exist as many studies are abandoned or are not published due to "negative" or equivocal results. However, this tendency for availability of only selective information from the myriad researches conducted is not commensurate with the practice of "evidence-based medicine". Registration of studies will ensure transparency, accountability and accessibility of the research.

#### IEC

Institutional Ethics Committee conducts scientific, administrative, and ethical review

of the research proposals, and approves all types of research proposals involving human participants with a view to safeguard the dignity, rights, safety, and wellbeing of all actual and potential research participants.

It reviews the proposals before the start of the study as well as monitors the research throughout the study until and after completion of the study through appropriate well documented procedures.

All the proposals for research of any kind need to be presented to IEC for review.

The submission has to be made under the Format A, B, C with the cover letter addressed to the member secretary.

Ethic committee submissions includes the following documents in hard and soft copies:

- a) Format A: Study proposal submission form to IEC
- b) Format B: Participant Information Sheet
- c) Format C: Informed Consent Form (in English & Hindi)
- d) Copies of questionnaires and/or other data collection tools

Alternately, certain types of research may be exempted from ethics committee review if they meet specific criteria. These exemptions are intended for studies that pose minimal or no risk to participants -

A review exemption application form (16.25) has to be submitted to the Member Secretary of IEC for the same.

#### **Kindly Note**

3 hard copies are required and one soft copy need to be submitted at



#### mgumst.ethics.committee@gmail.com

at least 10 days before the meeting.

10 slides ppt also need to be prepared to present their research proposals in ethics committee meetings. It needs to be prepared and submitted at least 5 days before the meeting date.

#### 1. Publicly Available Data:-

Research based entirely on publicly available data or documents (e.g., census records, public health statistics).

#### 2. Educational Research:-

Studies involving standard educational practices, such as comparing instructional techniques, curricula, or classroom management methods, provided no risk is involved.

#### 3. Anonymous Data:-

Research using anonymised data where participants cannot be identified, directly or indirectly.

#### 4. Audits and Program Evaluations:-

Institutional audits, quality assurance studies, or program evaluations conducted for internal purposes without involving sensitive personal information.

#### 5. Case Reports:-

Single case reports or series where no identifying information is disclosed and patient confidentiality is maintained.

#### 6. Routine Practices:-

Research conducted on routine practices in public health, such as surveillance activities or operational research, where individual identity is not recorded.





Click or Scan the QR code to get the template of the documents required by ethics committee for approval



**Investigators:** These are broadly of two types, Principal Investigator and Coinvestigators.

In a research study, the Principal Investigator (PI) serves as the primary individual responsible for initiating and overseeing the entire research process. The PI is accountable for all aspects of the study, including its design, execution, and evaluation.

Co-investigators (Co-I) are key personals in a research project and works together with PI and carry out the protocol (plan) for the study, monitor the safety of the study, collect and analyse the data, and report the results of the study

**Guide:** The guide is a professor from the department in which the study is being conducted. They will help in formulating the protocol and ensure proper standards & protocols are followed.

**Co-Guides:** There could be other professors involved in the study from the same or other departments and they shall be co-guides.

**Authors:** Investigators and Guides become authors while writing the manuscript of the paper after the completion of the study. Typically, the principal investigator is the first author, followed by other investigators and guides.

There is always a corresponding author who is responsible for corresponding with the journal and other individuals from the scientific or academic community who express interest in your study and would like to inquire about it or collaborate on future projects.

The corresponding author holds equal importance to that of the first author in the paper, regardless of their position in the manuscript.

According to National Medical Commission, generally first three authors and the corresponding author are given preference.

#### IIC

Indian Innovation Council is a setup under the scheme of the Ministry of Education to encourage, inspire and nurture young students by supporting them to work with new ideas and transform those ideas into prototypes. It aids students and faculty to develop innovations and startups that can solve health related problems. It also aids in filing the application for patents and Intellectual Property Rights (IPR).

#### **ICMR-STS**

Short-Term Studentship venture by Indian Council of Medical Research is to provide opportunity to undergraduate medical students to familiarise themselves with research methodology by being associated with their seniors on ongoing research programs. The Department of Health Research (DHR) provides financial assistance to promote research in the field of medicine, public health and allied areas under its different schemes.

Applications for STS projects are requested by ICMR from the students of 1st and 2nd Professional, once every year. Last year the form opened in May and Closed in July. The online application is to be submitted through DHR-EPMS and it'll be reviewed and selected by ICMR.

Students whose ICMR-STS Proposals has been accepted in last three years are -

- •Sanskar S Ratnawat (2023)
- Harshal Shringi (2022)
- •Rakshita Gadia (`2022)
- •Shreya Aggarwal (2022)
- •Shreya Sharma (2022)
- ·Shivangi Sharma (2021)
- •Komal Kajala (2021)
- •Pramiti Pareek (2020)





For any query regarding contents of this article, contact at <a href="mailto:studentcouncilmgmch@gmail.com">studentcouncilmgmch@gmail.com</a>



"The important thing is to not stop questioning. Curiosity has its own reason for existing."

~Albert Einstein





Click or scan the QR code to find more information regarding the the accepted ICMR STS proposals



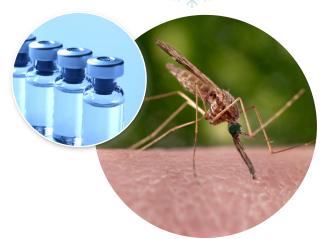


# Keusroom



#### Malaria Vaccine to be delivered by the bite of Anopheles

Researchers have developed a new vaccination strategy for malaria — boosting immunity through bites from mosquitoes carrying a genetically engineered version of the parasite that causes malaria. At Leiden University Medical Center and Radboud University Medical Center in the Netherlands a double-blind, controlled clinical trial was conducted to assess the safety, sideeffect profile, and efficacy of immunisation through mosquito bites of Anopheles stephensi, using a second-generation genetically attenuated parasite (GA2). GA2 is a mei2 single knockout P. falciparum NF54 parasite (sporozoite form) with extended development into the liver stage. This approach reduced participants' susceptibility to malaria, potentially paving the way for more effective ways to stop the disease, which infects some 250 million people a year.

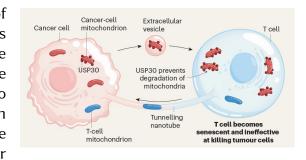


#### Novelty Scores on papers shifting the power dynamics in scientific publishing

A Publication Platform, DeSciPublish helps the journals to predict whether a manuscript will be impactful by giving them a 'novelty score'. This score assists journal editors in deciding which studies to publish. Novelty score is calculated using an algorithm that compares the combination of keywords and cited journals in a scientific manuscript with those in previous publications and showcases the types of papers that will be published in future. DeSciPublish is an open-source research software where scientific research is published, validated, and curated without paywalls or publication charges. It creates submission packages with data and code that improve journal publication chances.

#### Mitochondrial swap from cancer to immune cells thwarts anti-tumour defences

Mitochondria are energy-providing organelles found in nearly all cells of humans and in a variety of other species. Many types of cell can transfer some of their mitochondria to other cell types. This process, called horizontal or intercellular mitochondria transfer, has been implicated in the maintenance of tissue health but researchers from Japan has discovered that this can also contribute to cancer development. Cancer cells in the tumour microenvironment use various mechanisms to evade the immune system, particularly T cell attack. In exchange, the cancer cells return mitochondria that harbour mutations and these organelles impair the T cells' anti-tumour immune response. This bidirectional exchange of mitochondria enables cancer cells to support their metabolic needs while simultaneously creating favourable conditions for tumour growth.



One Nation One Subscription

#### **Cabinet approves One Nation One Subscription (ONOS)**

The Union Cabinet approves One Nation One Subscription scheme to provide country-wide access to international high impact scholarly research articles and journal publications to students, faculty and researchers of all Higher Education Institutions managed by the central government and state governments and Research & Development Institutions of the central government, through a national subscription coordinated by a central agency, namely the Information and Library Network (INFLIBNET), an autonomous inter-university centre of the University Grants Commission (UGC). It shall cover more than 6,300 institutions, translating into nearly 1.8 crore students, faculty and researchers, who will be able to potentially avail benefits of One Nation One Subscription. A total of 30 major international journal publishers have been included in have been included in ONOS. All of the nearly 13,000 e-journals published by these publishers will now be accessible. A total of about Rs.6,000 crore has been allocated for One Nation One Subscription for 3 calendar years, 2025, 2026 and 2027 as a new Central Sector Scheme.

#### **NEET-PG 2025 Exam to be conducted in June**

In a letter to The Principals of all the Medical Colleges/Medical Institutions of India, National Medical Commission informed that the tentative date to conduct NEET-PG 2025 examination will be 15th June 2025. Moreover, Hon'ble Supreme Court of India curbed the State Quota Reservation given to domicile students of a state for post-graduate medical courses.





## Beyond The Books

#### **Prospective Events**

10/02 - 12/02 - World Congress on Translational Cancer Research & Immunotherapy 2025 Organising Chairperson - Dr. Anil Suri Venue - Mahatma Gandhi University of Medical Sciences & Technology

20/02 - 22/02 - Basic Life Support & Advance Cardiovascular Life Support Course Course Director - Dr. Priyamvada Gupta Venue - Skill Lab, RK Block, MGUMST

01/03 - 02/03 - Indian Association of Gastrointestinal Surgeons Conference, IAGES 2025 Organising Chairperson Dr. Lakshman Agarwal Venue - Mahatma Gandhi university of Medical Sciences & Technology

#### **Tentative Schedule for Meeting of Institute's Ethics Committee (IEC)**

Last week of the following months - April, July, October (The proposals need to be submitted at least 10 days before the meeting)

#### **Academic Calendar**

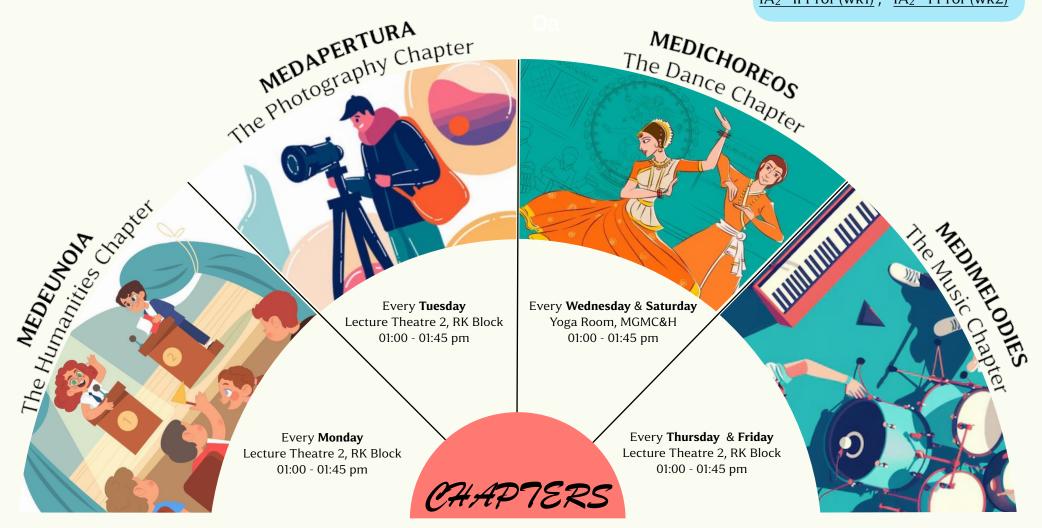
(Only tentative, Subject to changes)

#### March

 $IA_1$  - III Prof P1 (wk3/4)

#### April:

 $IA_2$  - II Prof (wk1);  $IA_2$  - I Prof (wk2)



Chapters are semi-autonomous wings of Student Council, introduced to promote daily extracurricular activities as a means of escaping the monotony of everyday life. Any student can enrol in the chapters and participate in the activities organised by each chapter. For more information and details about individual activities, please contact the chapter chairs (information can be found in references given on back cover of this newsletter).

# Creativity Cove

## **Dissection Hall**

Between the cadavers
And the stinging smell of formalin,
While holding that lifeless heart in my hands,
I looked around, and saw life:
In the babbling of my friends,
In the scolding of my teachers,
In the beating heart of mine.

It was amongst the desiccating dead,
That life could be truly seen.
From the couples forming all around us
To the friendships blossoming everywhere,
From the gossips we shared everyday,
To the proxies we never got caught for,
It was the rush of being.

This journey we started
When we issued the clavicle,
And now we're signing off with the bony pelvis,
We were clueless kids
with stars in our eyes,
heavy aspirations on our shoulders.
Now we're still clueless, no doubt,
But we've morphed into something stronger,
Passionate youth, with white coats on our backs and our hearts, zealous.

I can recall it like it was mere seconds ago,
Rajeev sir ke chill mood se lekar
Pankaj sir ki daanton ke beech main kaha yeh saal nikal gaya
pata hi nahi chala.
HOD sir ka daily "get out"
And that ice cream treat.
Thank you, sir, for the daant and ice cream.

From tears of formalin,
To tears of happiness and nostalgia,
This year slipped from our fingers.
We might not be here anymore,
But the smell of formalin and the fondness for this room,
Will forever linger.

Years later,
One day when we're coming out of the OT
And removing our gloves and masks,
It'll hit us,
That all this,
Everything we are today,
Started in that DH.

~ Mansi Mahla









Doubting development at every stage,

can't find peace in one place.

Seems like there is some other world

where everything is sought
easy- having no anxiety of losing,
fearing nothing, blaming nothing
with no sad faces of unknown achievements and unfulfilled goals
and only satisfaction driving the soul.

Enriching a soul
that flourishes even in cold breeze
and shines in the sunny warmth,
perceives dancing trees in the storm
and appreciates the deep stillness of the ravaging ocean,
nurturing the higher self
because limitations are so unreal.

~ Pramiti Pareek 2020

## Straight Line

Filled with frustration, Scolding her three year old, Who could not draw straight lines, Even after trying countless times.

But now when he's thirty-nine,
On that white bed, he lies.
The only wish she prays,
Is that the line never goes straight.

She curses fate, for it's not just,
When she has to be the one, to go first.
How desperate she is,
To see those waves and steeps.

Sitting cold and anxious,
Tears rolled down her cheeks,
Her heart shattered so deep,
When a straight line was finally drawn,
with an awful sound of beep... beep...

~ Isha Gupta 2023



ये देश का क्या हाल हुआ? की डॉक्टर भी बेहाल हुआ। जान बचाएगा वो किसकी जब वो खुद ही बीमार हुआ?

कहीं हवा का ज़हर है गहरा, कहीं जान पे धर्म का पहरा, कुछ लूट ले गया भ्रष्टाचार, कही राजनीति का व्यभिचार।

फिर अस्पताल में आई कंगाली, दवा देने वालो को मिली बेहाली, ना नींद मिली ना आराम, नकली दवा ने भी जान निकाली।

सरदर्द मिला इनाम में, और टेंशन की हुई कमाई। जान बचाने वाले के ऊपर, किसी को भी दया न आयी।

फिर भी पहन के सफेद चोगा, बैठा वो अपना दर्द भुलाकर। फिर हो चाहे कोई भी मरीज़, मंत्री संतरी या नौकर चाकर।

अब बैठा दर्द और डर में, गुहार करे किस कचहरी में? बिलदानो पे उसके कौन आँसू बहाएगा? होगा वो बीमार तो कौन बचाने आएगा?

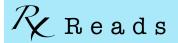
महँगाई और फरेब की दुनिया सारी, हर जगह झूठ और सिर्फ मक्कारी, ऐसे में कौन करेगा इलाज उसका? जब लगेगी उस डॉक्टर को बीमारी

~ Garv Aggarwal

2022



Click or scan the QR code submit entries for creativity cove and wall magazine





## A Nest Against All Odds



~**Apsara Sihara** 2021

On an ordinary day, I noticed my mother banging on the window with frustration. When I asked her why she was doing so, she explained that pigeons had taken a liking to our outdoor cooler outside the window and were trying to build a nest on top of it. She was trying to scare them away. This marked the beginning of a daily struggle that followed. Whenever my mother spotted them sitting there, she would shoo them off. This battle between the pigeons and my mother continued for quite some time.

She placed various items on top of the cooler in hopes of preventing the pigeons from finding space for their nest. However, they would dislodge everything and continue their construction.

It became her daily regimen to remove the twigs and straws the pigeons brought for their nest. She even tied a plastic bag to the window in an effort to frighten them away. She even enlisted my sister and me to help in hindering the pigeons' incessant nesting attempts.

Day after day, she diligently removed the straws, only to discover new ones the next morning. Not once did those pigeons consider finding a different location to call their home. They clung to the idea of making the top of the cooler their new shelter, resolutely adhering to their plan despite our relentless efforts to scare them off and discourage them. They always returned with newfound hope and materials for their nest.

I couldn't help but wonder what had driven these birds to choose such an inconvenient home. Perhaps they had endured far more hardships than we could ever impose on them. Maybe the last eggs they'd laid had been devoured by a cat, and now they were determined to try again in a new place. Maybe nothing could discourage them from building the new home and new life they had set their minds to.

In the end, it was us who finally succumbed in this war. Those persistent pigeons finally built their nest and laid their eggs. Now, the eggs have hatched, and there are tiny featherless pink pigeons living outside our window. Perhaps they will also grow into persistent and stubborn adults. And perhaps we can all grow to be a little stubborn. If these pigeons can create their nest even after facing so many challenges and hardships, what is preventing us from doing the same?

We can also rebuild our nest every time it collapses. We can also pursue our dreams and achieve them despite all the obstacles, failures and hardships. We can also restart, after every hurdle, just like those pigeons. Perhaps we can also be a little stubborn pigeon.



"Every sunrise is a new chapter in your life, waiting to be written".



"With a ribbon-like tail and vibrant hues, the Indian Paradise Flycatcher dances through emerald woods".





## Grit & Glory



## "Dream as big as you can, and anything is possible"

~Míchael Phelps

Just as much as a healthy body nurtures a healthy mind, the role of SPORTS in shaping character and fostering resilience cannot be overstated.

Interestingly in my two decades of mentoring students both off and on the field I have experienced that some of the most important lessons of life were imparted in the sporting arena rather than in the lecture theatres.

Of the countless life lessons that sports teaches you none is more important than the harsh fact that "hard work can beat talent when talent stops working hard"

Sports churns out some of the most invaluable qualities in an individual like discipline, commitment, perseverance and teamwork. However above all of these and also most endearing of the lesson that sports teaches is equanimity, to be both gracious in defeat and humble in victory. Indeed sports do not just build character but it as much reveals it.

We should pledge to make 2025 Year Of Sports for MGMC where in we once again draw the students off their mobile screen to the playing field, inculcate the habit of regular physical sports, nurture new and foster old talents and help build a healthy mind, body and a strong character.

Dr. P K Singl





## Dopamine Shots

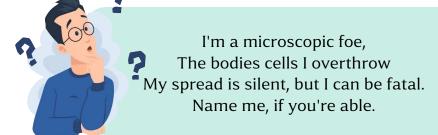


## **Riddles**

I stitch without thread, heal without touch, Weaving new skin that you can't clutch. What am I?

Born in the 19th century for gout, But later served a different bout, Tiny in structure, tardy in action, Hypothyroidism and tremors Are my main adverse reactions.

I'm an enigma, silent and sly, I disrupt the mind, and none know why. My signals misfire, causing unrest, I'm a disorder that's hard to digest.



I have no bones, yet I hold you upright, I'm neither muscle nor organ, but essential to your sight. Your thoughts I carry, your actions I guide, What am I, deep inside?



## **Popular Opinion**

Q1. My preferred method of studying: Lone wolf- I study alone. [68%] Playing dead- I panic and cram at the last minute. [19%] Lovebirds- I study best. [9%] Travel in packs- Group study for sure. [8%]

Q2.My favourite medical themed show: House MD [34%] The Good Doctor [35%] Grey's Anatomy [28%] New Amsterdam [3%]

Q3. My guilty pleasure during exams: Sleeping, I'd definitely catch up on some Zzz's. [39%] Binge watching my fav show. [23%] Instagram all the way, reels over reality any day. [29%] Reading, just not the textbooks. [9%]

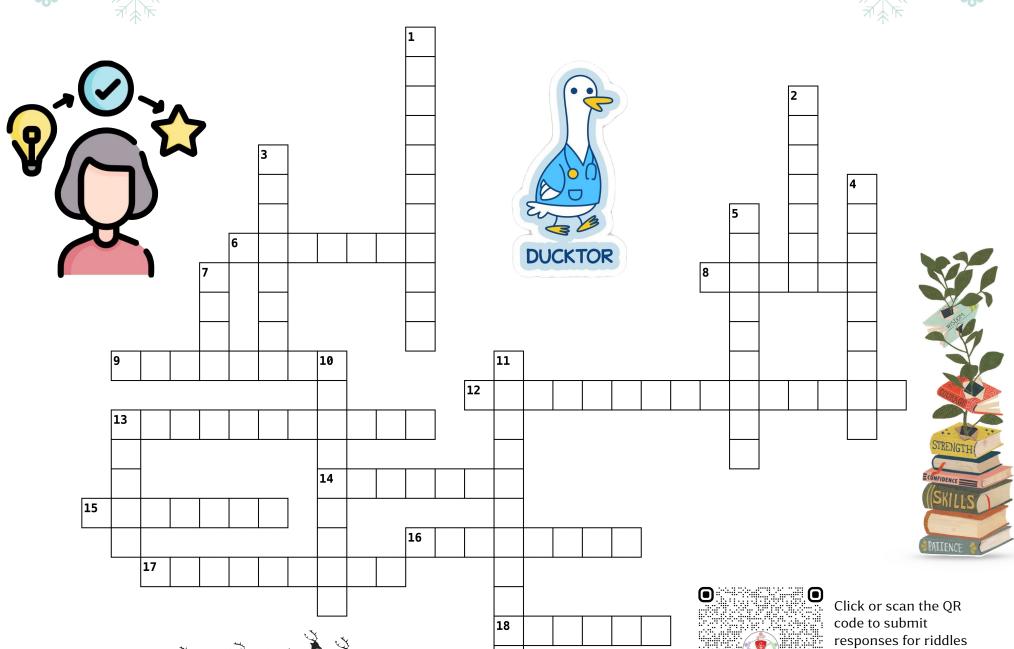




## **Crossword Puzzle**



and crossword puzzle
Top Three will be
awarded exciting prizes



#### **DOWN**

- 1. All Statins Are Metabolised by CYP450 Except
- 2. Foramen That Is Present Between the Petrous Part of Temporal and Occipital Bone
- 3. Disease Caused by T. Pallidum
- 4. Cyst That Forms Due to Persisting Cervical Sinus
- 5. Also Known as Surfer's Eye
- 7. GLUT(Number) That Transports Fructose
- 10. Causative Agent for Primary Amoebic Meningoencephalitis
- 11. The Scientific Study of Fingerprints To Identify Individuals
- 13. Type of Hypersensitivity Leading to Visceral Lesions in SLE

#### **ACROSS**

- 6. Dukoral Gives Protection Against
- 8. Cell With -70 Mv Resting Membrane Potential(RMP)
- 9. Another Name for Glycogen Storage Disease Type 4
- 12. Hypothalamic Nuclei That Releases Oxytocin
- 13. Autosomal Recessive Disorder With Target Cells in Peripheral Blood Smear
- 14. Ridley Jopling Classification Is Used for Which Infectious Disease
- 15. Symptom That Feels Like You or the World Around You Is Spinning or Moving
- 16. Drug Given Along With Pralidoxime in Organophosphate(OP) Poisoning
- 17. Transport Form of Ammonia
- 18. Study That Identified Macro and Micro Vascular Long-Term Complications of Diabetes







The Lazarus Reflex is a strange phenomenon in which brain dead patients show flexion of upper limbs - due to a spinal reflex - making them appear alive.



Stethoscopes were originally made out of wood.



Our fingertips are capable of detecting changes in pressure and texture in areas as small as 0.1mm.



The technical term for 'brain freeze' is sphenopalatine ganglion neuralgia.



Alice in Wonderland Syndrome or Dysmetropsia is a neurological disorder that distorts one's perception of time and space.



Asclepius was the Greek God of healing and medicine, who's serpent entwined staff is still used as the symbol of medicine.



Synaesthesia is a perceptual phenomenon in which a person can see sounds and hear colours.

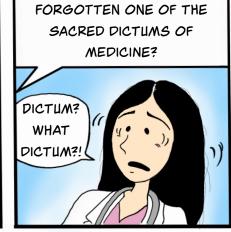


Earkeckers is an outdated term which was used to describe tonsils.

I APPRECIATE THE EFFORTS, THE DIAGNOSIS DEBACLE DR. CHIKITSA BUT I MUST SAY, I DON'T AGREE WITH YOUR PROPOSED DIAGNOSIS.

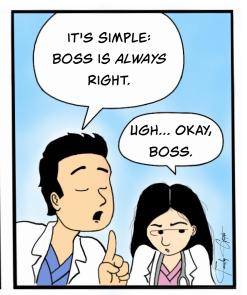


BUT ALL THE LATEST RESEARCH SUPPORTS MY CONCLUSION, VED BOSS. "RESEARCH"?!



TSK, TSK! AREY REY, DR.

CHIKITSA, HAVE YOU





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