

THE MED-ECHOES

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MKCG PARADISE '22

Students of AIIMS Bhubaneswar have never failed to showcase their talents. Be it in the cultural arena or the field of sports or the podium of academics, they have always tried to give their best. And this time their performances and achievements at PARADISE 2022, Intermedical College fest of MKCG overshoot our expectations. Here is the list of all the winners:



EDITORS

VELURI VENNELA
BIDISHA SUR

DESIGNERS

ADITYA VERMA
TONY STIGI
ADHITYA SIBIKUMAR

SPORTS

Chess Grandmaster:
M P Jaisurya



TT Champions:
Galem Vedananda, G. Viswanatha
Sarma, Abhishek Patra, Dr Srijan
Adhikary, Dr Narayan Prasad Mishra

Badminton Champions Girls:
Samayita Ghosh, Dr Kuchi Sravya,
Anjali Prakash Dr Priyatha Bhaskar

CULTURAL

Group Song Winners:
Legato

Group Dance Winners:
Ligma

**Group Dramatics
Best Comedian:**
Rishab Ghosh



LITERARY & ACADEMIC



Debate 2nd:
T S Sebi

Extempore 3rd:
Priyanshu

Open mic:
1st: T S Sebi
& Bindu Rekha Nag
3rd: Tanisha Sabu

CCP 1st:
Ashwin Renith



Congratulations to all. Marking this as a stepping stone, our students are ready to flaunt their talents at all the upcoming events this year and for the years to come.

INTERNATIONAL + NURSES' DAY +

Anwasha Khan

Nurses' day is celebrated across the world in remembrance of Florence Nightingale, on her birthday, 12th May. This year, we, the students of CON, AIIMS Bhubaneswar, in association with SNA, celebrated Nurse's week with pomp and splendour.

The celebrations began with various competitions organized by the Cultural and Literary committees. Many young talents were revealed through these competitions. Starting with Essay Writing and Pencil Sketch, followed by Extempore, Poster Making and Solo Dance, we witnessed the enthusiastic participation of all student nurses.

It was celebrated in the mini auditorium in the kind presence of the Registrar, Medical Superintendent, Dean and the faculties of CON. It opened with an inauguration song followed by a warm welcome address by Dr L Anand and an informative speech by the Medical Superintendent. Then Dr M.V. Smitha unfolded the theme of Nurse's Day 2022. We learnt about F Nightingale's life.

It was a privilege to get a virtual message from Prof. Rajlaxmi Mishra, Principal of Govt. College of Nursing, Berhampur. After a panel discussion on overall Nursing Education and career aspects, and prize distribution to the rank holders of all the competitions, the event concluded with a vote of thanks given by Mr. Sam Jose. In the later part of the day, we had a grand Cultural program organised by SNA. The students showcased their talents on stage.

The event became successful with the hard work, coordination and dedication of the SNA members under the guidance of the teachers and the enthusiastic participation of all students. We grandly celebrated the art of nursing: one of compassion, healing and love.



MHA
Amrita Mitra

May has been quite stressful with the heat wave restricting our activities to the cooler parts of the day. And that made it all the more isolating; which resonates with this year's theme for Mental Health Awareness Month: LONELINESS. The past 2 years have significantly impacted the social lives of everyone. The lockdown had left us with an increase in free time and also an obvious loss of human connection.

Numerous studies substantiate that loneliness can lead to persistent inflammation, cognitive decline and increased risk of dementia. Humans are social animals; yet loneliness is a very common experience and so are the myths about it. How many of these do you believe in?

MYTH: Social isolation and loneliness are the same.

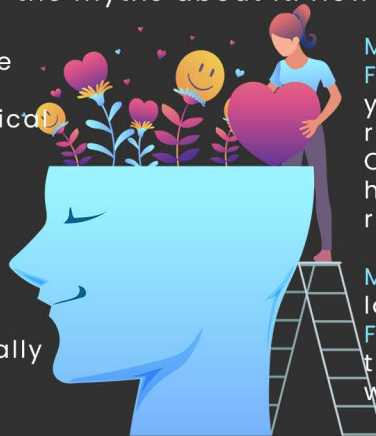
FACT: Social isolation refers to the physical lack of people while loneliness is the subjective experience of disconnection, which arises from the lack of feeling understood.

MYTH: Loneliness is always bad.

FACT: While chronic loneliness is bad, temporary periods of solitude can actually be beneficial as it gives one time to introspect.

When 1 in 4 adults experience loneliness at a time, it's essential to find healthy ways to fight loneliness. Here are some of them:

1. Surround yourself with things that you love.
2. Get moving - any kind of physical exercise helps!
3. Stimulate your mind with podcasts or books.



MYTH: Older people are lonelier.

FACT: Contrary to popular belief, the younger generations are more likely to report feelings of chronic loneliness. Older people on the other hand, report having more stable, fulfilling relationships.

MYTH: Technology is a leading cause for loneliness.

FACT: This one is partially true. During times of physical isolation, social media was one of the ways to ward off boredom.

4. Overcome your resistance and call your loved ones; strike up a conversation with people you interact with on a daily basis.
5. Professional help is always valid and you don't need to feel guilty for seeking therapy.

What does my sister have?

1. **MATRIONAEO**

Clue: my sister believes that Ranbir Kapoor loves her the most.

2. **MXYEAILIHAT**

Clue: I bought my sister a new iPhone. She just took the phone with a simple smile.

3. **OISIPACRM**

Clue: my sister was telling me that Burj Khalifa is a little structure after seeing it in Dubai.

4. **SIAPANMERA**

Clue: I took my sister to the temple near my home for the 5th time but every time she behaves like she is coming for the first time.

5. **EDSANJPEE**

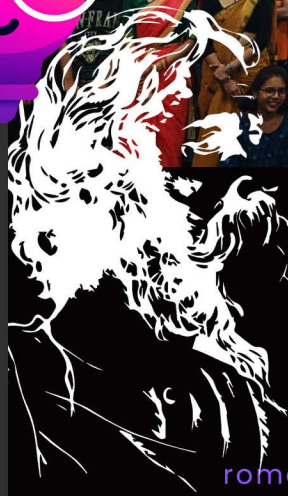
Clue: I shared the Goa trip plan with my sister today but she is asking me why I am telling her again although I never told it before.

Dm your answers to our Insta account: *sapientia_aiimsbbsr*
Special mention to the one who answers first!



PSYCH SHOTS

Sadria



GEETANJALI 2022

Aaindrila Majumder

"Oi mahamaanabo aase. Dike dike romancho laage Martyadhulir ghaase ghaase."

Rabindranath Tagore, fondly known as "Gurudev" or "Kobiguru" was not just a writer but a philosopher, thinker and artist who was way ahead of his times. Also called the Bard of Bengal, Tagore was the first non-European to ever win a Nobel Prize! He won the prestigious award for the English translation of his acclaimed work 'Gitanjali' in 1913. Undoubtedly, Tagore still is one of the best literary scholars and artists that India has produced. Not only did he give a new life to Bengali literature, music and art but also brought India under the spotlight on a global platform.

It is only apt that the birthday of such a great personality should be celebrated with much vigour and enthusiasm. So, this year, on 9th May, 2022, the students of AIIMS Bhubaneswar managed to come up with a grand scheme of ideas for Rabindra Jayanti.

Geetanjali 2022 was the first offline event for Bookflix in the current tenure. Students of all streams and all batches had come up enthusiastically to participate in this event. Soulful songs, poetry recitations and enthralling dance performances were performed by the students. The program was a grand success and was enjoyed thoroughly by students.

FOETUS IN FETU

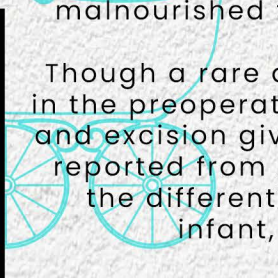
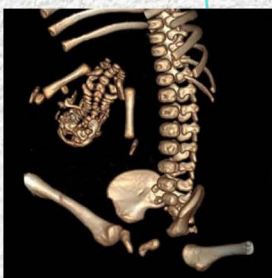
Sapientia

A young infant presents to the hospital with abdominal swelling with associated complaints of difficulty in urination, decrease in appetite, etc., as claimed by the parents. As a treating physician, what would you expect? But what if you find another foetus inside?

FIF is a very rare disease and mostly occurs in neonates. At present, the two most common theories are the teratoma theory and the identical twin theory.

According to the teratoma theory, FIF is a specialized form of teratoma with well-differentiated, highly organized, and mature organs. Another hypothesis is that FIF is due to changes in twinning. If the two embryos in a twin pregnancy are of different sizes, the larger one continues to develop and becomes a normal foetus, while the smaller one remains underdeveloped owing to unfavourable in-utero conditions and is encased in the normal twin during development. The malnourished twin gets absorbed as a parasite during the regression of physiological hernia.

Though a rare anomaly, FIF can be identified radiologically in the preoperative period. Treatment is essentially surgical and excision gives complete recovery. Recently, a case was reported from Bihar. So, the next time, when you are asked the differential diagnoses for mass abdomen in a young infant, do not forget to include this rare condition!



HEAT WAVES

No dear readers, I am not going to write about that song by Glass Animals (though it is a really nice one, suggested by a friend). Here I, a distraught Bhonsariya, would like to throw some light (or water, better!) on the hot topic (pun intended) of the distraught Bhubaneswar summers.

March, brothers and sisters, MARCH. What happens in March according to what we studied in Geography? Supposed to be the so called "spring season". Flowers blooming, trees unfurling their fresh, green leaves after a cold, dry winter, birds chirping, bees buzzing, humans getting all lovey-dovey and mostly, pleasant weather, isn't it?

Now welcome to real life. Flowers getting toasted, trees deciding to become charcoal, birds getting dehydrated, bees choosing ORS over nectar, and forget about getting romantic, humans would rather break up with their partners than bear with this heat. This scene went on with full glory throughout March, April and May. When you say you want life to be fire, this is not what you mean, I suppose.

Our sweet place, our campus, was not spared, obviously. Classes went on. Postings went on. Events went on. Exams went on. All throughout this scorching heat. People like me, who forget to carry umbrellas in rains, started using them for the sun. What a pain, walking from hostel to class to DH to class to hostel every day, knowing that you are slowly becoming a sukhua (dried and salted fish)! What made all this worse? Water and electricity issues. At one point, there was so much scarcity of water that all the air conditioners of the Academic Block were turned off for a few days. And don't even get me started on the persisting dearth of drinking water in our hostels!

Remember seeing that Glucon-D advertisement, where the sun used to suck away all energy from people using a straw? You can't deny, that was exactly how we all felt. Hoping against hope for a respite, we did get excited when we got news of a cyclone in mid-May, Asani. We braced for some action, some strong winds and some lashing rain. Not the Fani-type though, my seniors who had witnessed the roof of Block C getting blown away, would agree. Still, some rain? Some dip in temperature?

If disappointment had a face, that would be us, when nothing happened. No wind, no rain, no cyclone. Just a weirdly humid weather, making things worse. And the great star of our solar system went on with the daily ritual of sucking off our plasma. It did rain occasionally with thunderstorms as add-ons, but that felt more like Mother Nature saying, "Kids, you want this? You want rain? You want some cold air? Well, you won't get it because I am not in the mood right now. Buzz off". Hot days. Uncomfortable nights. Endless classes. Exams. Water scarcity. Smiling in pain. Life goes on.

QUIZZARD OF OZ WINNERS

Farrago is conducting Quizzard of Oz, as a part of it a set of questions will be posted every friday on instagram and based on the scores at the end of the month, winners will be declared. So the winners for the month of May are:



Avik Mandal
MBBS 2020



Antony Sandeep Babu
MBBS 2018



Rakshita R Shet
MBBS 2021

Looking forward for more participation in the upcoming months. Do not forget to check Farrago instagram page every friday.





AIIMS Bhubaneswar had the wondrous opportunity to host the MSAI NGA 2022 from 6th – 10th May 2022, the first off-line NGA to be held since the pandemic. This 5-day extravaganza presented its members with the opportunity to attend workshops held by International and National certified trainers, Themed events and Activities Fair as well as the 2-day Plenary and the EBTO 2022-2023 elections.



The workshops conducted were BLUE, HWPT, SLAM, GHA, PH Workshop, TCAT, Human Rights and Beyond, and EMBRACE.



The event started off with an opening ceremony, which included an enlightening psychiatric panel discussion followed by a themed event. After a tiring day of a workshop sessions, the attendees partied hard at the much-awaited Socials and DJ night! The Activities Fair served as a platform to showcase our ideas, creativity and passion to create a change by presenting our own activity!



During the Plenary, several amendments were made followed by candidature presentation, voting, informal discussion on task forces and IOGs.



This hectic event was finally wrapped up with a closing ceremony. With its diverse workshops organized by various standing committees, it surely did provide a golden platform to network and put our social skills to use while also developing other skills.



Farrago will certainly shine the brightest with a bunch of

talented people from our college. As we always say, we will weave words, paint emotions and shower love throughout this upcoming year. Fasten your seat belt, as the flight of happiness has taken off!!! And yes, we need each one of you, to fuel our flight with pampering, love, and affection.

Bidisha Sur



It's Shoaib, your newly appointed Literary Secretary for FARRAGO 2022-23. I welcome you

all to the literary community. Here in farrago, we are working together to create a plethora of events for you to enjoy and learn from. Our society has always been open to everyone to come and celebrate with us, to share ideas and to have fun. So, here's to having a great year ahead. We hope to work our best for you guys!!!

Md Shoaib Ahmad



The work done and events held by the Literary committee have always been

considerable. I look forward to coordinating well with all the committee members and making our work remarkable. And I hope that the upcoming events gladden everyone.

Shada Khan