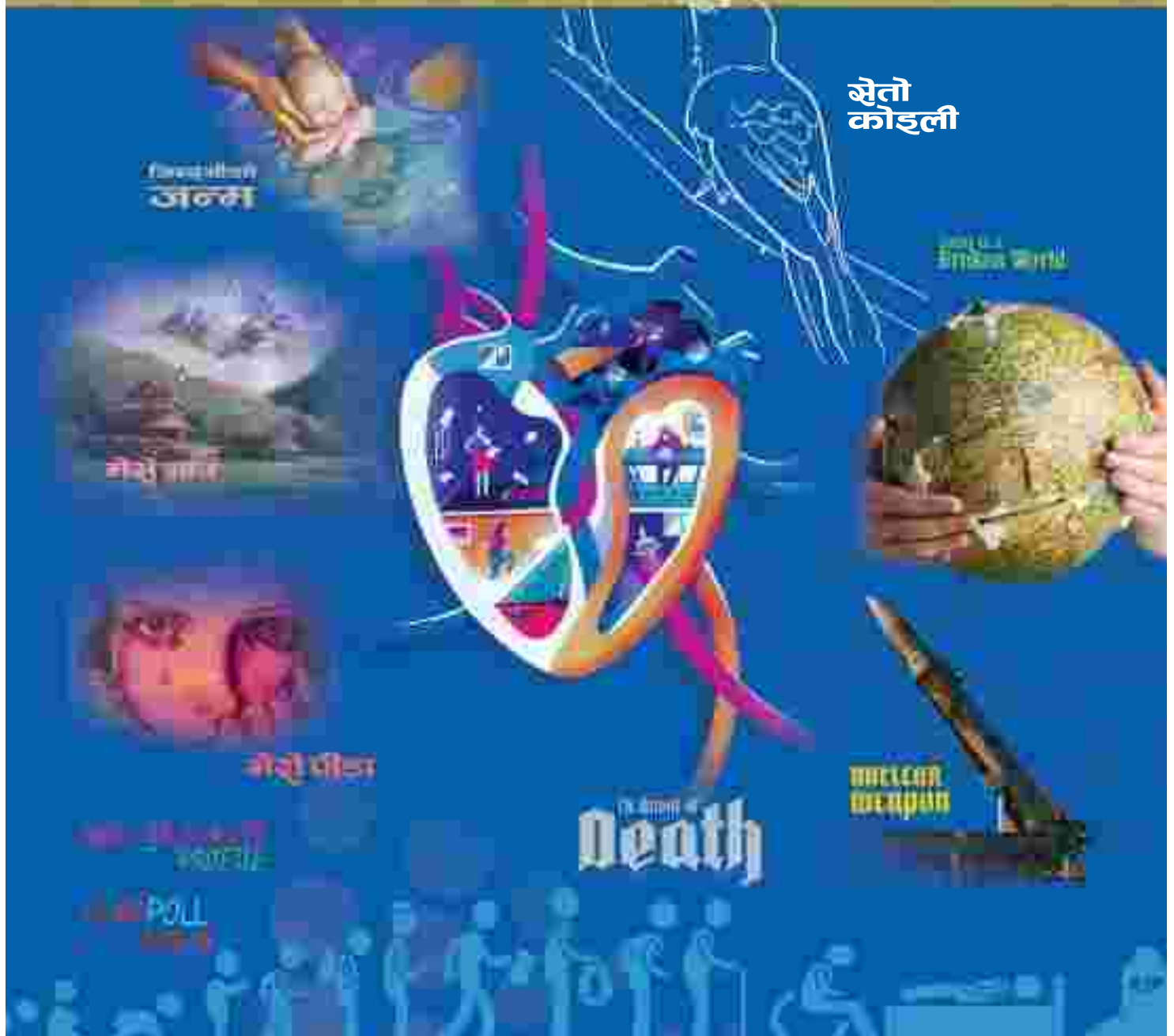




The Annual Magazine of
Patan Academy of Health Sciences MBBS Student Society

THE SYMPHONY

ISSUE II - 2017/018



जन्म

भूतो कोइली

नेत्रे

नेत्रे पीडा

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POLL

Patan Academy of Health Sciences



PAHS is dedicated to sustained improvement of the Health of the people in Nepal, especially those who are poor and living in rural areas, through innovation, equity, excellence and love in education, service and research.



THE SYMPHONY

We are extremely delighted to present you with the second issue of annual magazine of Patan Academy of Health Sciences (PAHS) students “The Symphony”. As the title suggests this magazine is brought to you by the blended creativity of PAHS students, which will be reflected when you go through the magazine.

Being medical students, we all are a part of scientific community, working hard and using our analytical minds all the time. By this way, when we become a matured professional, as many in the world, we might be accused of being a non-human machine who doesn't care of feelings but only facts.

But, is this what we are supposed to be? Of course not. Our institution PAHS was also established on the root of this question and we at PAHS believe to be a good doctor, or say a good human in broad sense, for which we need something more than science and facts, and this is where the role of art and creativity comes. This magazine is a small endeavor from us to preserve and promote art and creativity of medical students along with their managerial skills so that they become different in future. Different in a sense that, they care about people's sentiments along with the facts in their medical records.

In this magazine, in every pages you see the colorful dream of medical students. Their creativity transformed into words, their colorful insights of this world. You see how someone so analytical and hardworking also has massive creativity waiting for an opportunity. You will see desire of dreams to break all barriers and turn into beautiful reality. This is the moment when even someone outside of medical field will read this magazine, will feel the pain of medical students and perceive them as humans but will be delighted to see that for them their pain is their blessing, blessing

which they themselves choose.

It was not an easy journey but as they say success isn't just about the end result, it's also about what you learn along the way. We, the editorial team is delighted to learn managerial skills and foster our creativity. But, there may have been some errors as we are in the process of making and we are awaiting for positive criticisms so that we can further improve in future and make some contributions in art of medicine as medicine is beyond science, it's also an art.

MESSAGE FROM THE VICE CHANCELLOR



It is a great occasion for me to write message in the 2nd Issue of "The Symphony" an Annual Magazine of PAHS, MBBS student society. The Symphony has been created by our medical students to give future physicians the opportunity to develop the critical thinking, skills needed to succeed in academic.

I would like to encourage the students to enrich their medical education through the pursuit of publication in Symphony. I believe that this magazine will be a great platform to exchange and share ideas, experiences and the aspirations amongst all the students of PAHS.

PAHS is a non profit organization that belives the road to progress in medical science through an open and free exchange of ideas.

The Symphony enters its second issue of publication. I would like to offer a word of thanks to contributors, editorial board and readers for their support. I am very much hopeful for its regular & timely publication for the continuous growth.

Lastly, I hope that 'The Symphony' will act as a milestone amongst many to come in future.

With Best Wishes,

A handwritten signature in black ink, appearing to read 'Bharat Kumar Yadav'. The signature is written in a cursive style and is positioned above the printed name.

Prof. Dr. Bharat Kumar Yadav
Vice Chancellor

MESSAGE FROM THE RECTOR



It is with immense pleasure and pride that I am writing these few words today. I have always been amazed at the talent lurking beneath the surface among the members of PAHS family- students, faculties and staff. Symphony has been a medium for channeling this talent, helping to bring to life the gift which otherwise might have remained hidden.

Caring for patients goes beyond science; it is an expression of ourselves - what we think, what we feel, how we view life. Therefore, to be able to care for patients well, we need to look beyond science, into the realms of art, music, literature and nature. When doing so, we come up with pearls that become poetries, stories or songs that fill the pages of Symphony, a sheer joy to experience.

I am grateful to the Editorial team and all those who have helped orchestrate the Symphony.

A handwritten signature in black ink, appearing to read 'Rajesh N Gongal', written over a light-colored background.

Prof. Dr. Rajesh N Gongal
Rector

MESSAGE FROM THE REGISTRAR



पाटन स्वास्थ्य विज्ञान प्रतिष्ठान एमबीबीएस विद्यार्थी समाजले प्रकाशनमा ल्याउन लागेको 'The Symphony' को दोस्रो अंकको पूर्व सन्ध्यामा केही कुरा राख्न पाउँदा आफैलाई गौरवान्वित महशुस गरेको छु। विद्यार्थी समाजको यो सराहनीय कार्यका लागि संलग्न सबैमा धन्यवाद दिन चाहन्छु।

चिकित्सा शिक्षाको पठ्यारलाग्दो अध्ययनबीच समय निकालेर कलम चलाउने सम्पूर्ण विद्यार्थी भाइबहिनीहरू प्रशंसाका पात्र हुनुहुन्छ। भनिन्छ, साहित्य र सङ्गीत बिना मानिस पूर्ण हुन सक्दैन। यसमा पनि पाटन स्वास्थ्य विज्ञान प्रतिष्ठानले बोकेको उद्देश्य, लक्ष्य र ध्येय हाँसिल गर्न मानवीय संवेदनाले भरिपूर्ण व्यक्तित्व विकासका लागि साहित्यको अलग्गै स्थान रहेको हुन्छ। मानवीय संवेदनविहीन चिकित्सक ज्ञान र सीपले पूर्ण भए पनि चिकित्सा क्षेत्रमा आफ्नो अलग्गै पहिचान स्थापित गर्न असमर्थ हुन्छ। पाटन स्वास्थ्य विज्ञान प्रतिष्ठानले अंगालेको बाटोमा हिँडेर आर्थिक रूपमा विपन्न, भौगोलिक रूपमा पिछडिएको तथा सामाजिक रूपमा पीडित दीनदुःखीहरूको सेवामा अहोरात्र खटिनका लागि साहित्यले निःसन्देह नयाँ ऊर्जा प्रदान गर्नेछ भन्नुमा अत्युक्ति नहोला। तसर्थ चिकित्सा क्षेत्रमा समर्पित भएर भविष्यमा नेपालमा रहेका ती उत्पीडित जनसमुदायको सेवामा होमिन तत्पर पाटन स्वास्थ्य विज्ञान प्रतिष्ठानका विद्यार्थी भाइबहिनीहरूमा मेरो हार्दिक शुभकामना। तपाईंहरूको सेवाका साथै साहित्यमा पनि नेपाल आमाको मुहार हँसाउन कलम चलोस्, मङ्गलमय कामना।

विद्यार्थी समाजको यो कार्यले सदैव निरन्तरता पाओस्, हरेक विद्यार्थीलाई समेट्न सफलता मिलोस्, यही हुनेछ मेरो सदैव प्रार्थना।

धन्यवाद।



प्रा.डा. पारस कुमार आचार्य
रजिष्ट्रार

MESSAGE FROM THE DEAN

SCHOOL OF MEDICINE



It is my great pleasure to write a message in this issue of 'The Symphony'. I would like to congratulate the team effort behind this creation. The beautiful creativity of medical students, expressed in words and sketches, is presented here as a magazine with life lessons and values.

In the process of being educated and competent, many of us forget to live in the present. People usually leave behind their feelings, emotions and values. As a result medical schools end up producing competent technicians devoid of feelings, compassion and love. Creative writings in the form of poems, stories, reflections, art and paintings are some of the ways of keeping oneself close to these human values in a busy and stressful lives of medical students.

PAHS as an institution is always working towards creating a difference. It has taken initiative towards instilling human values into the medical curriculum. 'The Symphony' is a nice blend of Medicine and Humanities and I wish this magazine will continue to be the voice of PAHS students.

A handwritten signature in black ink, appearing to read 'Shrijana Shrestha'. The signature is stylized and somewhat abstract.

Prof. Dr. Shrijana Shrestha

Dean, School of Medicine

MESSAGE FROM THE DEAN

SCHOOL OF NURSING & MIDWIFERY



It is with the greatest of pleasure that I extend my sincere congratulations to MBBS Student Society, PAHS, on the occasion of the publication of second volume of their journal-Symphony. I strongly believe that this journal will prove valuable in communicating the results of medical and health research information to academicians, health professionals and fellow researchers clearly and accurately. Just like its first edition, I am sure the second edition will contribute significantly in disseminating sound research and evaluation contributions, interesting opinion pieces and good narratives.

To all of you, my congratulations once again for all your efforts that have led to this fantastic outcome. I look forward to many more editions of this journal in future.

A handwritten signature in dark ink, appearing to read 'Sarala KC'.

Prof. Sarala KC

Dean, School of Nursing and Midwifery

MESSAGE FROM THE PRESIDENT

PAHS MBBS STUDENT SOCIETY



Hello everyone,

It is with great pleasure that we present you with the 2nd edition of “The Symphony”. This has become possible only because of hard work and dedication of students, faculties and most importantly our editorial team. We know it took a long time to publish this edition. However, we have put a lot of effort to make it success.

Patan Academy of Health Sciences (PAHS) is dedicated to improve Nepal’s rural health by training health workers for rural Nepal. We are always encouraged and motivated to provide health care to disadvantaged Nepalis living in remote and rural areas. The students here are not only expected to provide medical care but also eventually become leader in health care policy, improve health of remote and destitute population in Nepal. We are taught in a different way like PBL (Problem Based Learning) where we ourselves find out the problems and solution for it, which will definitely help us in making better decisions in future. Community Based Learning and Education (CBLE) where we are posted in communities and we learn about the culture, tradition, society and the relationship of people with medical personnel and health care facilities. This helps us to cope in new environment when working in different communities of Nepal. We also have other learning methods like CPs (Clinical Presentation), longitudinal patient visit, elective posting in other alternative health care services besides allopathy, which will definitely help us directly and indirectly in providing better treatment to our patients with care and respect.

We all know that being medical student, we have to put sufficient amount of hard work to studies. But, we managed to gather sometime to bring this magazine to you. This magazine describes us very well in terms of our thoughts, ideas and creativities. I request you all to spare some of your busy schedule to go through the magazine.

Happy reading !!!

A handwritten signature in black ink, appearing to read 'Ganesh Kshetri'. The signature is stylized and somewhat cursive.

Dr. Ganesh Kshetri

President, PAHS MBBS Student Society

हामी आमासी छौं



राकेश परियार
सम्पादकीय समिति

शिशिरमा होस् या वसन्तमा हेमन्तमा होस् या शरदमा हरेक काल खण्डमा हरेक उतारचढावमा, हरेक पुन्तीहरूमा साथै हरेक उकाली ओरालीहरूमा सलाम ठोक्दै हातेमालो गर्दै दुःख, वेदना, सुख तथा खुसीहरूको सम्मिश्रणले भरिएको फरक फरक संगीतको सूर तर एउटै उद्देश्य बोकेका बादकहरूको सुरिलो मिठो धुन हो 'द सिम्फोनी'। सिम्फोनी धुन हो, रचना हो, जोश जागरण हो, नैतिक जिम्मेवारी हो, शाहस हो साथै फरकफरक कलमबाट डोबिएका अन्तर्निहित क्षमतालाई प्रस्फुटन गर्न खोज्ने र सिकाउने सबैको भावना जोडिएको समिश्रित बगैँचा हो।

प्रथम सिम्फोनीको अपार सफलतापछि दोस्रो सिम्फोनीलाई पूर्ण वार्षिक पत्रिकाको रूपमा जन्म दिनका लागि अन्ततः आज हामी सफल भएका छौं। 'एक थुकी सुकी, सय थुकी नदी' भनेभै सम्पूर्ण प्रकाशन समितिको दिनरातको कडा परिश्रमपश्चात् आज हामीहरू एउटा पूर्ण पाठ प्रकाशन गर्ने मोडमा आइपुगेका छौं। त्यसका निमित्त हामी सम्पूर्ण प्रकाशन समितिलाई धेरै धेरै शुभकामना र हार्दिक धन्यवाद प्रकट गर्दछौं। एउटा खाली सेतो कागजमा फरक फरक मनबाट उब्जिएका भावनाहरूलाई संगठित गरी एउटा एउटा सयपत्रीको माला उनेभै हरेक मनलाई समष्टिगत रूपमा शजोड्दै एउटा उत्कृष्ट बगैँचा बनाउन पक्कै पनि सजिलो काम थिएन। सम्पूर्ण समस्याहरूलाई चिर्दै निरन्तरको सम्वाद तथा छलफलबाट समाधानको निष्कर्ष निकाल्न प्रकाशन समितिको योगदान साँच्चै नै प्रशंसायोग्य छन्। यसका लागि आआफ्नो क्षेत्रबाट विशिष्ट योगदान गर्नुहुने पाटन स्वास्थ्य विज्ञान प्रतिष्ठान परि वार, विद्यार्थी समाज, बौद्धिक लेख रचना दिई सहयोग पुऱ्याउनुहुने रचनाकारहरू, सम्पूर्ण प्रायोजक बुद्धिजीवी वर्ग साथसाथै जेन्यूइन प्रिन्टिङ प्रेसलाई हृदयदेखि नै सम्भन चाहन्छौं।

यस वार्षिक पत्रिकाले व्यक्तिभित्र रहेका अन्तर्निहित क्षमतालाई उजागर गर्नका निमित्त सक्दो कोशिस गरेका छौं र चिकित्साशास्त्र जस्तो निकै मेहनत गर्नुपर्ने क्षेत्रबाट अलिक टाढा रहेर मन र मुटुलाई तन्दुरुस्त राख्न हामीले फरक प्रयोग गरेका छौं। साथै, प्रथम सिम्फोनीबाट धेरै कुराहरू सिक्दै केही नयाँ कुराहरू समावेश गरी उत्कृष्ट बनाउने अठोट गरेका छौं। पक्कै पनि हाम्रो कडा परिश्रमबाट प्रकाशित भएको सिम्फोनी-२ लाई मन पराइदिनुहुने छ। र हामीभित्र भएका कमी कमजोरी तथा त्रुटीहरूलाई सच्याउने मौका दिनुहुनेछ भन्ने आशा राखेका छौं। आगामी दिनहरूमा 'सिम्फोनी-२' जस्तै यसका नयाँ भागहरू वार्षिक रूपमा प्रकाशित हुनेछन् भन्ने आशा गर्दछौं। प्रस्तुत छ ज्ञान र मनोरञ्जनको भण्डार - 'द सिम्फोनी-२'

-सम्पादकीय समिति

Patan Academy of Health Sciences

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2074/075



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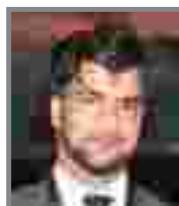
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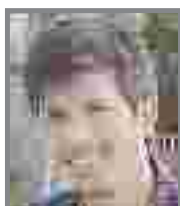
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Prof. Dr. Mark

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Arts, Photo Gallery
& Many more...



भावपूर्ण श्रद्धाञ्जली



जन्म
वि.सं. २०१७।०८।२७



मृत्यु
वि.सं. २०७५।०१।१०

स्व. डा. विनोद कुमार परमार
रेडियोलोजी विभाग

उहाँको असामयिक निधनमा दिवंगत आत्माको चीर शान्तिको कामना
एवम् शोक सन्तप्त परिवारलाई धैर्यधारण गर्ने शक्ति प्रदान होस् भन्ने
प्रार्थना सहित हार्दिक समवेदना प्रकट गर्दछौं ।

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान परिवार



भावपूर्ण श्रद्धाञ्जली



जन्म
वि.सं. २०४८।०७।०७



मृत्यु
वि.सं. २०७१।१०।२८

स्व. अनिल कुमार पटेल
विद्यार्थी, पाँचौं ब्याच

उहाँको असामयिक निधनमा दिवंगत आत्माको चीर शान्तिको कामना
एवम् शोक सन्तप्त परिवारलाई धैर्यधारण गर्ने शक्ति प्रदान होस् भन्ने
प्रार्थना सहित हार्दिक समवेदना प्रकट गर्दछौं ।

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान परिवार

Safety in a Broken World



Apurva Shrestha | 5th Batch

“
She stood there standing, looking far away from the bridge. Looking at the point where the water met the sky. The gently blowing wind made her hair strands fly out in all directions but she didn't care. With a faraway look, she kept standing giving no attention to the children running and playing or to the vendor trying to sell his vegetables. The morning sun had just peeked from the clouds and the wind was chilly but bearable. She gave no mind to the woman shouting about her husband coming home drunk again or to the bustling road full of students trying to reach their school in hurry.

What she did give thought were to the things that happened yesterday in her home. Her husband had come home angry. Apparently, he had been shouted at by his boss that day. On any other day, she would have been worried about her husband but not today. Today, she was thinking about how her husband had spilled his anger on her and not only through words but through hands too. Her cheeks still smarted where he had hit her. She had been shocked and had remained frozen for a while. She was still shocked. He had never hurt her or her daughter physically before.

Never.

Sure they had had words before but then which marriage didn't. And, he

HE DIDN'T ONLY
LEAVE HER
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ANY WORD OF
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always apologized, always felt guilty that he shouted. But, yesterday he had raised his hands. He didn't only leave her there without any word of apology or concern but also went on with his daily routine as if nothing had happened.

It had been two years that they were married. Sure she hadn't wanted to marry him at first but in the past two years, she had come to accept him. She had a daughter with him that they both loved. She still remembered clearly the day her father had told her that she was to marry him. She wasn't asked about her choice. May be before she would have been asked but not after her family had found about her relationship. After that, she had no right to choose whom to marry

whatsoever. That choice had rested solely upon her parents. She hadn't accepted it quietly of course. She had cried and begged and had refused to eat. Time and again, she had assured them that her lover would keep her safe, he would keep her happy, and that she loved him but no.

That was just not acceptable in their eyes or in the eyes of their bound and restricting society. Even the concept of having love before marriage was a sin and one sinner was sent a death threat while the other was married to a complete stranger.

The stranger that they had chosen was supposed to love her, protect her not hurt her. She knew this could get worse. He was always quick to temper and though he may not have had raised his hands before, his words were no better. And, she knew a slap today could easily turn into a fist tomorrow. She didn't want to stay around and wait for the fist.

So, with a heavy sigh she started on her walk back home. She had things to pack. Her parents would take her and her daughter in. She wouldn't make the mistake of waiting for this get worse and for her to be a victim. She would nip this in the bud, for the safety of both her and her daughter. She would do this and she knew she could do this. If not happy then at the very least, she would find safety in her broken world.

☆☆☆



Friendship



Rashmi Jha | 5th Batch

Friendship is one of the most beautiful relations to all without any fuss, confusion, tangles and commitment. Life becomes a cakewalk if you have a hand of friend to hold on. It is a divine blessing of God. Don't you agree? If not, then tell me, how is it possible that in population of more than a million you somehow stuck with someone who is just like you? We also say at times "This world is so mean", then how come there are few people who are ready to take all your sorrows and are always there for you when you need them. I can say this because I have been gifted with such a beautiful gift called "F.R.I.E.N.D.S." in my life.

Sometimes, I wonder God has given us so many relations to cherish where each one of it having importance in our life. Friendship is the only relation out of all which is apart from caste, class, blood or status. It just needs to check the love in the heart of the other person to be friends with. So, why do we need friends? What is the importance of friendship in our life? After wandering a lot, I got my answer.

Whenever I am upset, they are the first one to notice that sadness in my eyes, no matter how hard I try to hide it behind my smile. Whenever

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I am stuck in a problem and have no solution, no matter how serious the issue may be, they are the one who provide me the best possible way out of it. Whenever I need a company, they are the one who come to me and make me laugh leaving behind other things. They are the people with whom everything can be discussed without a pre-thought that it is

personal. When you look back in your life, you will realize they are the one with whom you have shared the best and the worst.

Friendship is that innocent feeling as of a small child whose love is unconditional, uncommitted and yet so pure. It is like an investment the more you invest, the more you reap. An investment in terms of trust and faith which is the root of any relation. If there is no seed of trust and faith in the soil, the tree of friendship cannot stand long. Life with friends becomes an easy going journey that you would never like to get over with. Each day spent with them is to be cherished in a different way even if some days bring a lot of misunderstandings or fights. But, whatever it is, friendship is an old book, while turning its pages you through a lot of mixed feelings realize that even after sharing the best and worst you are still together.





डा. भीमकान्त जौशी
तेस्रो ब्याच

॥कविता॥

सेतो कोइली

आज मैले एउटा कोइली देखें
सेतो, निखर सेतो
सेतो हिमाल देखा छ नि
हो बिल्कुल, बिल्कुल तेस्तै
सफा, चिटक्क, सुन्दर
सगरमाथाको देशमा
ए हैन हैन,
सगरमाथा हाम्रो भन्ने देश छ नि
हो, त्यै देशको छिमेकी देशमा
गौतम बुद्धको देशमा
ए हैन हैन,
बुद्ध हाम्रोमा जन्मेको भन्ने देश छ नि
हो, त्यै देशको छिमेकी देशमा
छोडिदिउँ देश देशान्तरका कुरा
तिम्ले हाम्ले कैले टाउको नदुखाको कुरा
राष्ट्रप्रेमको बारेमा बोल्यो बोल्यो
अन्तमा, सोध्यो केही बताउ राष्ट्रप्रेम बारे
राष्ट्रप्रेम भन्ने चिज नि हुन्छ र ?
हाम्लाई मायाप्रेम भन्ने कुरा चै था छ
विपरीत लिङ्गीप्रतिको मायाप्रेम
राष्ट्रप्रेम था छैन भन्छन्, फिस्स हाँस्छन्
यस्ता त छन् हाम्रा आजकलका भुरा ।

अँ, सेतो कोइलीको कुरा हुँदैथ्यो
अचम्मको थ्यो त्यो कोइली
मौसम अनुकूल नहुँदा
अरु कोइली विदेश जानेआउने गर्थे
तर त्यो कोइली

बाँचे यै बाँच्छु मरे यै मर्छु भन्थ्यो
अरु कोइलीले बसन्त कुराउँथे
कुहुकुहु सुन्न चाहनेहरूलाई
तर त्यो कोइली,
के बसन्त, के शिशिर
के घाम, के जाडो
निराश पादैन्थ्यो श्रोताहरूलाई ।

अरु कोइली कागका गुँड खोज्थे
त्यै अन्डा पार्थे
बच्चा हुर्काउने जटिल काम
त्यो पनि कागहरूकै टाउकोमा थोपर्थे
तर त्यो अचम्मको कोइली
त्यो सब आफैँ गर्छु भन्थ्यो,
कागलाई थाहा नपाई यस्तो गर्नु
एकप्रकारको अपराध हो भन्थ्यो
अनुमति लिएर तेस्तो गर्नु
त्यो पनि मन पर्दैनथ्यो उसलाई
जुन पारिवारिक माया मैले पाइन
त्यो मेरा सन्तानलाई दिन्छु भन्थ्यो
हो आफैँ यो सब गर्नु सार्हो गार्हो छ
तर,
तर साह्रो गाह्रो पछिको सन्तुष्टि नि
भन्थ्यो, के कहिले किन्न सकेको छ
धनको धनीले मनको धनीलाई
साँच्चै धेरै, धेरै थाहा थ्यो उसलाई
हामी कथित मान्छे बनाउँदा भन्दा धेरै ।

गजल

तिम्लाई प्रिया गजल कोरें, यस्तो मीठो गलती गरेछु
सबसे आगे तिमि भन्थ्यो त, कताकता पछाडि परेछु ।

लडाई त साधारण थियो, आँखा आँखाबीचको लडाईं
क्या सोचे पलभरमै आत्माले, आत्मसमर्पण पो गरेछु ।

अल्टिच्युट सिकनेस भयो, मायाको हिमालमा मलाई
शिखर नगिच पुगेको म, स्वाट्टै बेसक्याम्प पो भरेछु ।

सँगै बस्ने कसम खाइयो, जुनीजुनी साते जुनीलाई
तिमी अन्तै डेरा सच्याबेला, तिम्रो घरमा डेरा सरेछु ।

हिजो रमाउँदै सँगसँगै, त्रिशुलीमा ज्याफिटड गइयो
तिम्ले मेची तर्दै गर्दा आज, म भने महाकाली तरेछु ।

कुरा काट्दथे देखनेजति, कदम मिलाई हिँड्या देखदा
थाहै पाइन बोइङ् चढ्यो, म भने ट्विन अटर चढेछु ।

Guy in The Mirror



Dr. Pranjali Rokaya
3rd Batch

(2nd position in essay competition held at PAHS on antibiotic awareness week 2017 held by Oxford University Clinical Research Unit Nepal and Nepal Public Health Foundation)

Scene 1: Shame

Free T-shirt! Who doesn't like it? The guy had gone to antibiotic awareness walkathon just for that. An old lady with foreign accent stopped and asked him, "What is this rally for?" "Oh! This is for creating awareness about haphazard use of antibiotic. If you want to know more, here is a pamphlet explaining our goals." The lady was interested to know more but the guy had to follow the line which was already two blocks ahead of him. He couldn't spare his two minutes.

Scene 2: Greed

"Sir, this is our new antibiotic on the market; cheapest, most efficacious and also available in suspension for the kids; medical representative was explaining the guy. "Ok, I will remember the name. Do you have pantoprazole? I am having belly ache since last night", the guy replied. "Sure, Sir! Here you go. If you need anything, just call us. Thank you for supporting our product." The guy takes the medicine. "As a doctor, you never have to buy medicine," the guy rejoices.

Scene 3: The rush

Patient's vitals are stable with slight increase in respiratory rate. He has been having shortness of breath since last six hours and is a known case of COPD. The guy reports the finding to medical officer. "Just give him nebulization, hydrocortisone and one dose of ceftriaxone", the MO orders. What's the rationale for

giving ceftriaxone for a guy who presents every five days with same symptoms in the ER? The guy doesn't understand neither he asks. There are 15 patients waiting in line at ER. The guy doesn't have time for critical thinking.

Scene 4: Pride

The guy may be there to learn as a student but if you wear a white coat and steth, you are a doctor. And a doctor has to prescribe medicine, even if it is not needed. The guy has been trying to explain why the patient doesn't need antibiotic for her diarrhea for past five minutes. "What kind of Dr. you are? ORS is not a medicine. I think you are an amateur", the patient confronts. The guy takes out prescription paper and orders metron and ciprofloxacin for 7 days; besides the ORS. "Customer is always right", the guy chuckles.

Scene 5: Extravagance

Why are you giving three antibiotics to treat this, Sir?", the guy asks in the round. The 'Sir' seems agitated. "Look, if I just give ampicillin, there is a chance that it may not work; and the poor guy from rural village will have to come again next week to OPD. Hence, the carbapenem. You might have learnt different protocols in your institute but try to understand ground reality", the Sir replies. "Why take chance after all", the guy thinks Sir is right.

Scene 6: Love

The guy's father has runny nose since

one day. There is no fever, sinuses are non tender and chest is clear when the guy investigates. All the hospitals are closed. Doctors are fighting for 'jail without bail'. No one is bailing the guy out though. He is 'doctor' in the house and has to treat his father. One antibiotic never harmed anybody. Guy goes to pharmacy and buys cefpodoxime. No time to fight antibiotic resistance when your dad is sick.

Scene 7: Reflection

Guy is in the room trying to write the essay about seeking advice from professional before taking antibiotics. He stares in the mirror and sees the reflection of a man who is going to be the qualified professional in two months. The professional who goes to rally to collect handouts and has no time to share knowledge. The would-be doctor who is ready to help out pharmaceuticals as long as they remain friends with benefits. The person who would have to attend 70/80 patients per day in future, where haphazard practice overwhelms protocols. The same guy, who prescribes useless drugs when someone hurts his ego or the guy who couldn't bring change at home but talks big about changing the system. The guy bound by all the worldly emotions. The guy looks in the mirror and asks himself, "What advice would I give?"

Guy is still trying to write the essay. "Where shall I begin?", the guy wonders.

☆☆☆

जिउँदो मान्छे



-सुरेन्द्र मेहेर कायस्थ
डेन्टल थेरापिस्ट

सुनसान वातावरणमा नवजात शिशुको आगमनले अचानक सबैको अनुहारमा खुसीको लहर उर्लियो र बधाइको वर्षात् हुन थाल्यो। एकछिन सबै चुपचाप भए। सरकार परिवर्तनसँगै हुन सक्ने सकारात्मक परिवर्तनको प्रतीक्षामा जनता चुपचाप भएजस्तै। हेर्दाहेर्दै बच्चाको आँखा आँसुले भरिन थाल्यो। के अचम्म यो ? नवजात शिशुको आँखामा आँसुधारा ? “आमाको गर्भको सुख भोग चटक छोडेर स्वार्थी संसारमा सङ्घर्ष गर्न बाध्य बनाएपछि आँसु नझारेर के गर्नु ?” जवाफ सुनेर सबै अक्क न बक्क भए।

एउटा बच्चाको जन्म अर्थात् जिउँदो मानिसको पहिलो दिन। सायद कसैको मनमा पीर व्यथा होला मानिस जिति नै सफासुग्घर भए पनि शरीरमा मलमुत्र जमेको हुन्छ र क्रमिक रूपमा बाहिर फालिन्छ। यहाँ पनि त्यति नै मात्रामा भएका खराबीहरू छर्लङ्ग पार्न खोजिएको मात्र हो। कसैमा मेल खान गएमा संयोग मात्र हुनेछ र सुरुमै माफ गरिदिनुहुन अनुरोध गर्दछु। दिनहरू बित्ने क्रमसँगै बच्चा हुर्कदै गयो। सबैको आँखाको तारा, सबैको प्रिय। यसरी जिउँदो मानिसको जीवनचक्रसँगै सकारात्मक र नकारात्मक पक्षहरू पनि फैलन सुरु हुन्छ। शरीरमा हुने परिवर्तनजस्तै अङ्गप्रत्यङ्गको विकास, बोली फूट्नु, दाँत देखापर्नु सकारात्मक हुन् भने दिनदशा, रोगव्याधी साथै कमजोरीको फाइदा उठाउँदै आफू नै सर्वश्रेष्ठ ठानेर गरिने अनैतिक कामहरू जस्तै कमिसन, भ्रष्टाचार आदि नकारात्मक। सन्तानलाई योग्य बनाउने क्रममा क्षमताले भ्याएसम्म, सायद नभ्याए पनि सुविधा, प्रशंसा र सुरक्षा प्रदान गर्छन् जुन स्वाभाविक र कर्तव्य पनि हो तर गति अति नै भएपछि जीवन क्षति हुन्छ। चाहनाहरूलाई समयभन्दा अगावै परिपूर्ति गरिदिएर समस्याको “स” पनि बुझ्ने समय नै नदिएर योग्य नै नभए पनि प्रशंसाको माला लगाइदिनुका साथै अनावश्यक सुरक्षा प्रदान गरेर मनपरि गर्न उक्साउँछन्। फलस्वरूप अनुशासन र कर्तव्य भुलेर अधिकारको मात्र खोजी हुन्छ। यसरी मनपरि गर्न दिएर मानिस मान मर्यादाको सीमा भित्र रहनुपर्छ भने तथ्यलाई बिर्सेर परिपक्व हुनबाट अप्रत्यक्षरूपमा असफल बनाईहेका हुन्छौं। किनभने “हुन” भनेर हामी आफूलाई महान हुने अवसर गुमेको हेर्न चाहँदैनौं।

अर्को कुरा हुँदैनमात्र भन्दा कुरा माथि कुरा बढ्दै गएर समस्याले विकराल रूप धारण गर्छ। जसरी मापसे र मोबाइल प्रयोग गरी सवारी चलाउँदा दुर्घटना हुन्छ नै भन्ने होइन तर दुर्घटनाको सम्भावना अलिक बढी हुन्छ र भइसकेपछि सच्याउन मिल्दैन, त्यसैले नगर्नु उत्तम हो। औषधी नमिटो हुन्छ, सुईले दुखाउँछ तर रोग निको पाछ। मिठो र गुलियोले भन्नु बिरामी बनाउछ। त्यसैले सन्तानलाई हुँदैन मात्रै भन्ने होइन, किन हुँदैन सप्रमाण तर्कसङ्गत ढङ्ग गले बुझाउनुपर्छ। यसबाट क्षणिक दुःख त हुन्छ तर दीर्घकालीन रूपमा राम्रो प्रभाव पर्छ र बच्चाको सकारात्मक सोचको विकास हुन्छ। यो समय भनेको युवाहरूको सफल भविष्य निर्माण हुने अति संवेदनशील समय हो। हामीले असल चालकको भूमिका निभाएर गाडीलाई गन्तव्यमा पुऱ्याउन सहयोग गर्नुपर्छ। हामीले यो बिर्सनु हुँदैन कि समयभन्दा अगावै र भाग्यभन्दा ज्यादा रौं जति पनि यताउता हुनेवाला छैन। रामायणमा ऋषि विशिष्टले लक्ष्मणको जीवनरक्षा पस्तु सँजिवनी बुटी लिन पठाउँदा कुन बुटी हो चिन्न नसकेपछि हनुमानले सिङ्गो पहाडै उठाएर ल्याएजस्तै अहिलेका मानिस सबै आफ्नै भन्टान्छन्, फरक यति हो कि त्रेतायुगमा कसैको जीवनरक्षार्थ थियो भने अहिले जसको शक्ति उसकै भक्ति।

कतै केही भइहाल्यो क्षतिपूर्ति पायो, जहिले जहाँ पनि सहमति नत्र चक्का जाप र बन्द हडताल। माना पाउँदा पाथी गुमेको होस कसलाई छ र यहाँ ? एक समयमा ढाडमा नराम्रो घाउ लिएर एउटा कुकुर टोलमा आउँदा सबैले धपाउँदै भन्ने गर्थे, “बिचरा ! यसरी बाँच्नुभन्दा त बरु कहाँ गएर मरेको भए हुन्थ्यो। के बिजोग देखाइरहेको होला ?” समयमै बिचार नपुऱ्याउने हो भने यस्तो हरीबिजोग हाँप्ने जीवनमा देख्न नपर्ला भन्न सकिँदैन। कुनै समय यही कुकुरलाई यहाँ बसोस् भनेर माया गरी ख्वाउथ्यौं आज धपाउनुको अर्थ के ? मतलब जिउँदो मानिसको जीवनमा स्वार्थी मनोवृत्तिले जरा गाड्नु हो। हेरक दिन मानिसले अरुका भलाई गर्ने अनेकौं मौका पाउँछन् तर त्यसको वास्ता नगरी आफ्नै बारेमा मात्र सोच्छन्। यसो वरिपरि आँखा डुलाएर हेर्ने हो भने हाँप्ने वरपरको वातावरण नै यस्तै पाउँछौं। पीडित न्याय खोजिरहेका हुन्छन् भने

पीडक वर्तमानलाई मात्र सबै ठानेर मत्ता हात्तीजस्तै हुन्छन्। क्षणभरको कुरा कसलाई के थाहा ? भुईँचालो आएर सबै उथलपुथल हुन के बेर ? बाढी पहिरोले सबै सोत्तर हुन के बेर रु पासा पल्टिन समय लाग्दैन त। नत्र के सूर्यलाई अस्ताउनु पथ्यो र ? आगोमा जति नै घ्यु थपे पनि बल्ने क्षमता नभएपछि धुवाँमात्र निस्कन्छ। गुरुत्वाकर्षणको नियमअनुसार वस्तुलाई जति जोडले माथि फाले पनि आखिर भुईँमा बजारिने पर्छ। फरक यतिमात्र हो कि फालिएको जोड अनुसार छिटो वा ढिलो तल भर्छ। लटरम्म फल दिने रुख आफ्नो गुणको कारण समयसमयमा सम्मानका साथ भुक्ने गर्छ। मानिसहरूले पनि गुणको कदर गर्दै हेरविचार गर्छन्। यस्को विपरित हामी बाँसजस्तै आकाशै प्वाल पार्ने मनसायले सिधै माथि जान्छौं। र त अचानक निहुरीनु पर्छ हमेशाको लागि। न कसैले सहयोग गर्छ न त कसैले वास्ता बरु काटेर काममा लगाइन्छ र टुप्पो समाएर भन्न निहुराइन्छ। हुन त अन्तिम अवस्थामा यो नभई हुँदैन। बाहिर जति नै मजबुत देखिए पनि प्रतिरोधात्मक क्षमतामा गिरावट आउने कारण शरीरमा शिथिलता पैदा हुन्छ, अनुहार चाउरिदै आउछ। फाईफुई र चमक नभएपछि इष्टमित्र र साथीभाई टाढिँदै जान्छन्। अन्त्यमा बाँकी रहन्छ त केवल श्रीमान, श्रीमती र एउटा लौरो। विस्तारै विस्तारै लौरोको सहारामा एक्लो महशुस हुन थाल्छ। दाँत भर्छन्, खानामा समस्या हुन थाल्छ। शरीर मरन्च्याँसे हुँदै जान्छ। अरु केही नभएपनि श्वास चाहिँ बाँकी हुन्छ। यो संसारमा केवल एक्लो भइन्छ र एक दिन अचानक गायब भइन्छ। धेरैपछि मात्रै थाहा हुन्छ कि चैते वर्षाको निमोनियाले लगेछ। यो चैते पनि अचम्मै भन्या, १२ महिनाको सिङ्गो वर्षलाई नै समाप्त पारेर नयाँ वर्ष ल्याउने तागत राख्दछ भने हामी पाजी मानिसको के कुरा। हामीले के पाउछौं र त आखिर अन्त्यमा त्यसैले सक्ने काम मात्र गरौं, नसक्ने कामलाई सहजै सक्दैन भनौं। कसैको बिगार नगरौं, कसैको कुभलो नचिताऔं। सकारात्मक सोच राखौं। काम भोलि किन, आज अहिल्यै गरौं। भोलि भनेको कहिल्यै आउँदैन। त्यसैले हामीले यस्तो काम गरौं जो सधैं पूर्ण चन्द्रभै चम्किरहन्छ, बाँचिरहन्छ।

☆☆☆

CLASSPOLL 2017-18



BEST JULFIEN



3rd Dr. Bhim Chauhan
Dr. Neelam Khatri /
Dr. Anjali Chaurasiya

4th Anand Adhikari
Kriti Neupane

5th Ranjan Prajapati
Anusha Bista

6th Sumit kumar Singh
Sneha Joshi

7th Sanjib Paudel
Jati Shrestha



SLEEPY HEAD



3rd Dr. Ajit kumar sah
Dr. Astha Thapa

4th Sanjay Rana Magar
Pooja Bam

5th Nishant Joshi
Anita Waiba / Monima Maharjan

6th Avinash Kumar Sah
Sneha Joshi

7th Ajay Yadav
Chirring Yanji Sherpa



COLGATE SMILE



3rd Dr. Saroj Yadav
Dr. Nisha Devi Gurung

4th Shikhar Karna
Soniya Shrestha

5th Milan Joshi
Anupa Jha

6th Bishwo Raj Shrestha
Rebisha Singh

7th Hari Om Yadav
Sneha Yadav

If Men Could Cry



Aastha Ghimire | 5th Batch

“My husband beats me up every day he is back from the work.”

“My brother comes home anytime at night, but I have to be back by 7.”

“I have to do every bit of the household though my husband and I have same office hours.”

These statements clearly make us think of a conference or a debate going on about gender inequality where a group of women are spilling out the bitterness of their lives about how each and every day they go through series of events, each one reminding them of their “responsibilities” and “obligations” considered natural instinct for a particular gender. Mostly the blame is on the other particular gender. But, are men genetically programmed to suppress women? May be, it is not their choice after all.

Today, it’s a very common thing to see women riding. It’s not very rare either to find girls who wrestle or get trained in martial arts. Now, think of the boys around you who do ballet or those who are beauticians without the fear of being laughed at. Well, you are probably thinking that why on the earth would a boy do ballet. If a girl can go and wrestle then think about why would a boy not do ballet? I guess, that is where the answer to the cause of most of these gender issues lies.

Who is a real man? Well I’m not trying to define a perfect man but

let’s face it, the word manhood makes us think of a robust, bold, courageous and daring figure. Our minds have been carved into thinking that being a man has to come along with one or more of these qualities. And what does being a strong man mean? Well, it’s very simple and precise. It means being

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“MY BROTHER COMES HOME ANYTIME AT NIGHT, BUT I HAVE TO BE BACK BY 7.”

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someone who never gets hurt, never feels pain, never needs a helping hand and will never ever shed a tear.

So who defined this particular “man”? Maybe little by little we all did. Let’s begin from a family.

I never heard any statements like “Be a woman and stop crying” or “You are a girl and you are crying? Don’t you feel ashamed?” But will you be surprised if you hear parents telling their son to be a man and stop crying? The child is convinced after repeated incidents that crying is not a “man” thing and eventually he has to become a “man”. So, after a few attempts the child somehow suppresses the pain in the fear of losing a position in manhood. A problem arises in the family be it social or financial. What do we expect? We expect the fathers, the uncles and the brothers to solve it. Why? Because they are supposed to protect us and we are supposed to be protected.

Now, let’s move a little ahead from family to the society. A man does washing, cleaning and cooking along with his wife. What do we do? We laugh, we whisper and we talk because that is not the work of a “man”. A “man” has to sit on a chair while his wife works even when he has no other work at all. Why? That is because he is a “man.” Have you ever seen a boy on his own go and tease a girl? I think that rarely happens. But if the number of boys just gets from one to two, they’ll either pass a comment or whistle or do something similar. Why? That is because the boy has to prove his manhood to the other guy. The other guy should see that he is capable of humiliating a girl. Wow! That is

something to be really proud for.

I think the media aids a lot as well. In most of the typical movies there is always a hero who is a "life savior." Somehow they give a message that a man has to be powerful, has to beat up at least some guys to be liked by a girl. You did that? Then bingo! The girl loves you and you own her now forever.

Each boy and girl grows up listening, seeing and believing that they have to look and behave in particular way. A girl is never taught to be strong and a boy is taught to fear to be weak. When parents teach their daughters to dress up properly, they forget to teach their sons to be humble and show respect. They worry if their girls are into something bad that could ruin their reputation but they know their sons can look for themselves. And the result? The boy grows into a man, he has to be the protector of his family. If, he is not able to work too well, his family is not happy and his life is miserable. None of these define a "man". So, the only way he can express his feelings in a manly way becomes his anger. The combined effect of the expectations of the society and the feelings suppressed within in order to be a "man" creates this aggressive man.

What I am just trying to say is that both men and women are what they have been made by all of us. I do not believe that a man never feels pain. It is impossible for any human not to get hurt. We all have differences. The way we feel and the way we express could be different in a million ways. We all have different thresholds. But, it is also true that we all go through hard times. No matter a man or a woman, getting to share and having a helping hand always makes a huge difference. Gender inequality is not just a women's issue. So, rather than just relieving a symptom, we should be treating for the disease as a whole because the world could be a completely different place tomorrow if we gather the guts to tell our sons "It is ok to cry."

☆☆☆

DECENT HUMAN

*Close my eyes and muffle my scream
Got stabbed in the back
In daylight, no one said a thing
Or heard my scream, for help
Oh I forgot, that's how the thing is done here
In the society, u pretend not to see what's right before your eyes
The rich gets richer while poor succumbs to disease and cries.*

*Tomorrow comes
Get up and do the monotonous routine, again
Put on the mask and shake hand
With the one who stabs
Say an awful lie
With a face full of sincerity
Going around with the wheels of society
Doing the same as everyone does
That's how a human falls
From grace, from humanity.*

*So I say, to myself
Today is the day I change myself
Be a soulful human for once
Try to do things differently
Not just ask for change but bring the change myself.*

*Got on a bus and took a seat
With an old lady trying to stand upright
Thought about giving up my seat
But let's wait, there are others who can do the same
Got off at my stop, the lady is struggling to get off the bus
Raise my hand to her and see the time
I'm getting late, others are there to help her of course.*

*Oh yes, today is a good day
The day I change myself for better
Do things myself if I want a change
And break free from the wheels of society
Yes today is a good day for me to be a decent human.*

मेरो गाउँ

(पा.स्वा.वि.प्र. एमबीबीएस विद्यार्थी समाजद्वारा आयोजित दोस्रो कविता वाचन प्रतियोगिता २०७४ मा तृतीय स्थान प्राप्त गरेको कविता)

मेरो गाउँ, अब गाउँ रहेन
जन्म थलो मात्रै रहयो
त्यो बिस्तारै विकृत हुँदै छ
मेरै आँखासामुने ।

पहाड फेदको इरानी गलैँचा
सधैं हराभरा मन लोभ्याउँथ्यो
मेरो शैशव त्यसैमा भुलेथ्यो
त्यो त अब ओछ्यान भैसकेछ
असङ्ख्य यात्रीले रात बिताउने
प्रत्येक रातका पाहुनाहरू
आफ्ना भरमजदुर सीपले
ओछ्यान दुर्गन्धित पार्दछन् ।

मधुरो दियोको गाम्भीर्यता भड्काउँदै
हँसिला माटे घरको रूप नड्याउँदै
ठाउँठाउँमा गाडिएका विद्युत् खम्बा
मानौँ गाउँको सेखी भान्न
सत्यता हिलाउन
दुष्टले छोडेका मायावी तीर हुन
आज मेरो गाउँमा, दुःखमा रुने ठाउँ छैन
आज मेरो गाउँमा, जुनकिरीसँग भेट्ने ठाउँ
छैन

ती मृत रुख पातविहीन
ठिङ्ग उभिएका छन् जङ्गलको उपहासमा
जङ्गलको सुसाहट सुनेको गाउँ अब,
खम्बाको कम्पन सुन्न बाध्य छ
वनपाखा घन्काउने घँसिया अब,
तिने खम्बामा सुरेली खेलन मात्र बाँकी छ ।

साना बच्चाहरू बाकसमा मोहित भए,
कसैले त्यसभित्र खाने कुरा त लुकाएको
छैन?

बाजेहरू भन्न थाल्थे कतै यो पापको फल
त होइन ?

मेरो सङ्गीतविहीन गाउँले

धेरै संस्कार पचाइसकेको थियो अतीतका

ऊ एकाङ्की चाहन्थ्यो

ऊ शान्ति चाहन्थ्यो

रम्न आकाश चाहन्थ्यो

उत्सुकता भनी लाडिएर

सधैंसधैं चारकुने बाह्रलिङ्गो आँगनमा

नाचोस् भन्ने चाहन्थ्यो

कोइलीसँगको लुकामारी



सुदर्शन पौडेल
सह-प्राध्यापक,
सामुदायिक स्वास्थ्य विज्ञान विभाग



डा.गणेश क्षेत्री
तेस्रो ब्याच

अब त गाउँले मुटु मारेरै बिर्स्यो होला
फेरि पनि त्यो बाँचे कै छ
निस्प्राण ध्यान मग्न भएर
जलाश्रयमा लगीएको बिरामी जस्तै
उसले अब प्रभात ठम्याउन सक्दैन
भालेको हुँकार गाउँबाट निर्वासित भएपछि ।

आकृति लम्बिँदै
प्रकृतिको वाक्य बस्यो
नौलाखे तारा हेर्न कुवा पस्नु पर्ने भयो,
अब नयाँ पुस्ताले त त्यो पनि देख्न पाउने छैन
अहो, अनर्थ भयो
त्यो घना जङ्गल अब कहिल्यै सुसाउँदैन
प्रकृतिको सुखमा
हो, साँचो त्यो सल्लाघारी
मेरो मनमा प्रतिविम्बित छ ।

तर आजको यथार्थ
त्यसमा कालजन्म मौनता व्याप्त छ
अब त्यो दुर्दशा हेर्ने कोइली र मयुर त्यहाँ बस्दैनन्
हिमालबाट लामो सङ्घर्षबाट निस्केका
मेरा काली र माद्री,
अब डल्फिन बस्नलायक छैन
मानौ मानवका अन्याखु जोलमा
ती पाइपभित्र सीमित भै सके ।
बैसीको खेती उगिएर
मुडुले डाँडामा चढेको छ ।
रमभ्रम हेर्न,
फेरि पनि कसैलाई चिन्ता छैन
स्याउस्याउती खजुराहरूले
अन्न पानी पुऱ्याएकै छन्
अब सबै रेडिमेड खाना खान्छन् गाउँलेहरू ।

भरनाको स्वच्छ पानी
जङ्गलको ताजा घाँसमा हुर्केका चौपाया
सडकको फोहोर अनि
विकासको दाना खान विवश छन्
अहो म कस्तो समयमा जन्मेछु
अब म सिसीको दूध खाएर बाँकी जीवन घटाउँदै छु ।

किन होला तिम्रो मायाको साथ प्यारो लाग्छ,
भाग्य खोज्दै तिमिले हेरेको हात प्यारो लाग्छ ।
आजभोलि तिम्रो यादमा एकलै टोलाउने गर्छु
त्यसैले त औंशीको अँधेरी रात प्यारो लाग्छ ।

तिम्रो साथ पाए संसार जित्ने आशामा छु
किन यस्तो लाग्छ कि म तिम्रो सासमा छु ।
यो प्राण तिम्रो हो तिमि बिना बाँच्न सकिदैन
भन्दै बाचा गरेका ती मिठा बात प्यारो लाग्छ ।

किन होला तिम्रो मायाको साथ प्यारो लाग्छ ।
भाग्य खोज्दै तिमिले हेरेको हात प्यारो लाग्छ ।

मनको सर्वोपरी आफैँले मेटेको बेला
मेरो हातमा तिम्रो भाग्य भेटेको बेला ।
आफ्नै आफ्नै जिद्दीमा मात्तिनु नै रहेछ
यस्तै बेला तिमिलाई लागेको मात प्यारो लाग्छ ।

किन होला तिम्रो मायाको साथ प्यारो लाग्छ
भाग्य खोज्दै तिमिले हेरेको हात प्यारो लाग्छ ।
आजभोलि तिम्रो यादमा एकलै टोलाउने गर्छु
त्यसैले त औंशीको अँधेरी रात प्यारो लाग्छ ॥



In Quest of Death

(A m o t i v a t i o n a l A r t i c l e)



Anish Dhakal | 5th Batch

Why do you want to live? “To die” is probably the most unexpected response. Even people who want to go to heaven don’t want to die. In a book entitled ‘A Catalogue of Gods’ there are listed thirty thousand Gods man has ever worshiped from a crawfish to a man. It leaves a tiny space to wonder about the number of people who regard death as the cruelest of all fears. In his 1973 classic ‘Think and Grow Rich’, the author Napoleon Hill states that though the religious leaders may not be able to provide a safe conduct into heaven nor, by lack of such provision, allow one to be so unfortunate to descend into hell, but the fear of the slight possibility of the latter is so powerful that it shatters imagination, paralyzes reasoning and sets up a fear of death. Even for young people who try to brush aside the thought of death, deep down know very well that only certain thing they have in their life is death.

On the other hand, removing death out of life would most certainly make life monotonous and painfully dull. If their time is not limited and they could survive till eternity even people who do would never value time or life and procrastinate for ages. The question was still a huge nebulous matter for me. Is the death inherently meant to be feared or there were better alternatives to the most inescapable reality of life? The answer to the question came in many forms. Firstly, it came in the form of the 2005 Commencement speech

by founder and former CEO of Apple Inc. at Stanford University I happened to watch in a website. At Stanford, Steve Jobs cited a saying which says “If you live each day as if it was your last, someday you’ll most certainly be right.” Hence for the past 33 years from the age of 17 he had asked himself looking in the mirror what if it was the last day and whether he does the same thing that he was about



“THOSE WHO
THINK THEY
WOULD NEVER
DIE WILL DIE AS
IF THEY HAVE
NEVER LIVED”



to do today. The strategy was simple that if the answer is ‘No’ for too many days in a row then it’s time for a change. The idea seemed impractical to me at first at this stage of life but more often it turned out that even if I am doing the thing I wouldn’t do on my last day I am creating a solid foundation to boldly respond to the

question with a magnificent ‘Yes’ someday in the future.

Jobs mentions, how the realization of death helped him make big choices in life. He further adds, “Because almost everything — all external expectations, all pride, all fear of embarrassment or failure - these things just fall away in the face of death, leaving only what is truly important. Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose.” It’s the reality. No one has ever escaped it and no one ever will. He urged people to take actions in the limited frame of time realizing what is meaningful and long lasting. This also means to care less of what other people think and smash their expectations doing what you think is best for you.

To lower the selfishness of the above statement I would love to mention an incident quoted by Jeff Olson, founder of Nerium International and author of a masterpiece ‘The Slight Edge’. The incident was about an article the author happened to read in a magazine about funerals. It said that on an average funeral only ten people cry. It means you go through your entire life, spend years enduring all those trials and tribulations and achievements and joys and heartbreaks—and at the end of it, there are only ten people in the world who care enough to show up and cry! The worse part was yet to come. After those ten

people have yanked their hankies and honked their schnozzes and your funeral was over, the prime factor that would determine whether or not they would go to your actual burial afterwards would be the weather. Yes, you heard it right! No matter how much you thought you lived up to the expectations of your so called nearest and dearest ones, 50 percent of the people attending your funeral decide not to go to your burial when it happens to be raining. The author was amazed as anyone else would be but it gave a strong message to him that if it's damn unsure whether or not they would even cry at his funerals and chances were 50/50 that they would duck out anyway. If the sky happens to cry for him more than the people do, then why on earth is it worthy to think what other people think of you and what you are doing. Why would then I be concerned about what the majority thinks? Why would I be afraid of rejection? A more important lesson of the article was to inspire to be people who do what others are not willing to do. Gigantic funerals are held and great crowds, even entire nations, mourn for those who spend their lives not worrying about what others thought.

Another inspirational story about death is of Randy Pausch, Professor of Computer Sciences at Carnegie Mellon University. He was given only 3 to 6 months to live by his doctors being diagnosed with pancreatic cancer. It's likely that if he had not been diagnosed with cancer the world would know very little about him. But, the diagnosis didn't break him into pieces instead it gave him the courage to do something to be remembered forever in the planet. He gave a lecture called 'The Last Lecture: Really achieving your childhood dreams' which became a sensational hit. He also wrote a book called 'The Last Lecture' which became New York Times bestseller. In May 2008 he was listed by the Times Magazine as one of the 'World's Top-100 Most Influential People'. The feat one achieved after the diagnosis of cancer! The diagnosis

“AS STEVE JOBS SAID “DEATH IS VERY LIKELY THE SINGLE BEST INVENTION OF LIFE”; REMEMBERING THAT YOU WOULD BE DEAD ONE DAY BE IT A MINUTE OR A FIVE DECADES LATER IS THE BEST WAY TO ADD MEANING TO THE LIFE.”

made him realize the limited time he has to make a mark on the earth. A beautiful quote seems quite relevant here: “Those who think they would never die will die as if they have never lived.”

Yet, we live in a society which promotes mirage of self and instant gratification more than living with the true purpose of life. It encourages to enjoy life with all the quick-fix techniques available only to discover later in life that people could actually live a life full of greatness and genuine meaning if they had the ability to resist the temptation of the modern society. In the words of the bestselling author George Leonard in his book 'Mastery: The Keys to Success and Long-Term Fulfillment' – “seduced by the siren song of a consumerist, quick-fix society, we sometimes choose a course of

action that brings only the illusion of accomplishment and the shadow of satisfaction.” In addition to its shallow definition of enjoyment in life, the modern day society never allows us to live in the present. Leonard explained this splendidly. Early in life, we are urged to study hard, so that we'll get good grades. We are told to get good grades so that we'll graduate from high school and get into college. We are told to graduate from college and get into a university so that we'll get a good job. We are told to get a good job so that we can buy a house and a car. Again and again we are told to do one thing only so that we can get something else. We are taught in countless ways to value the product, the prize, the climactic moment. On the contrary Leonard adds that the real juice of life, whether it be sweet or bitter, is to be found not nearly so much in the products of our efforts as in the process of living itself, in how it feels to be alive.

On conclusion, from our knowledge of science since life is an energy it can neither be created nor be destroyed; it's a mere transition which should not be feared of at all. As Steve Jobs said “Death is very likely the single best invention of life”; remembering that you would be dead one day be it a minute or a five decades later is the best way to add meaning to the life. With roughly 360,000 births and 150,000 deaths each day, how would you expect the earth to remember you if you are not willing to be something different. The issues are deeper but as a simple self-reflection exercise one should always have the courage to question himself whether his daily actions justify the gift of the magnificent 24 hours he received not being among the dead 150,000 who might have been more worthy to be chosen by the Almighty to serve the planet.

☆☆☆



3rd PAHS Intermedical College Tournament



2nd Batch Farewell By 3rd Batch



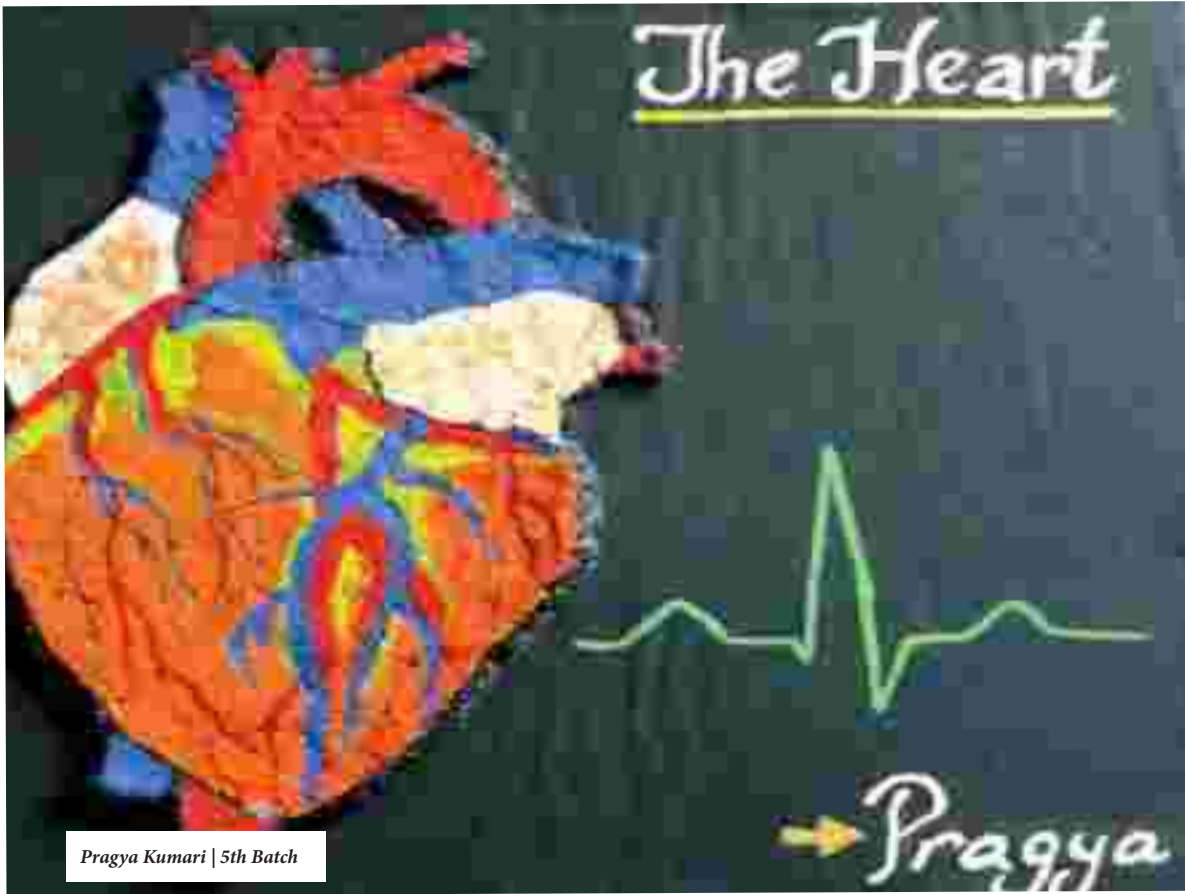
FGD with mother group in CBLE posting



FGD at Community Posting



2nd PAHS Poetry Competition By PAHS MBBS SS



Pragya Kumari | 5th Batch

Text: Company Profile

- Hemodialysis Unit setup
- After sales service
- Technical and Clinical Training
- Supply and Delivery of Hemodialysis Disposable & Machine.

Company Product and Services: Hemodialysis Disposable & Machine

- Hemodialysis Machines
- Hemodialyzers
- PlasmaFilters
- Blood-Lines
- Kacobs
- HD Systems
- Cellulose
- Diffusers Hemodialysis Systems
- Anticoagulants
- HD Fluids

Pecon (Pvt.) Ltd.
 Imadole, Lalitpur
 Phone: 5203305, 5200795, 9841270585

MIHNTech
 Health & Pharma

LOOKING BACK AT



Smriti Lama Thing | 5th Batch

It is said that life is an open book with full of experiences, it depends on how you make it colorful. Today, being in this position as a medical student, I have made several compromises and also had the chance of making memories along the way, so here I am going back in time and reliving my memories about my teens.

Everything has its own pros and cons, some things with exchange offers as well. During my childhood, when my friends were ready to play all night long even during loadshedding, my parents wouldn't let me out after dinner. When my friends were all about playing games and organizing picnics, there I was planning for my exam's routine and preparing for it. All I did was watch them from window, I did not hang out with them not because I didn't want to rather due to restriction from my family.

During adolescence, whenever my friends used to chat about boys, love and so on I was there shouting and mugging up formulas at the top of my voice. Of course, my life sounds like an average dull looking nerd but that's not all to my story. Like every other teenager, I had my version of prince charming who lived right next to my house.

All my childhood and adolescent years went on distancing myself from my friend's circle as I wasn't fit for them or so I thought. They looked at me like an object that only knew the page number of each and every book with no feelings or emotions.

I felt like an outcast though I was my teacher's favorite, I always wondered how was I a misfit for that group? Even though I do have precious moments while growing up. I also have really good friends as the saying goes, "One good friend is an antidote to a 100 enemies."

After completing school, I still remember on my first day of bridge course how I felt lonely and had nobody to sit by my side in the class. That day I felt that how somebody's outer appearance can change a person's perception towards them. Least did I know that wearing a salwar suit to class could make me an outcast from the rest. Was that the only reason nobody spoke to me or is it because they thought a girl in salwar suit was a freak? Starting that day, I started to realize how outer appearance can influence people about them. Even though I knew the society back in my village wouldn't accept this change I was adamant to break through the four walls I'd lived all my life till date.

High school passed in the blink of eyes but little did I realize it was time to bade a goodbye to my hometown and enter the new chapter of my life, Kathmandu. The only thought I had in my mind was I could finally fly like a butterfly covered in my own color and fly high with my wings unleashing my dreams and hopes far away from the chaos of my narrow minded society and the people there. It was my first time in this new place, I had a breakthrough point in my life but nobody could lend an ear to me. It was then when I realized I had

the freedom that I always wanted but nobody to share my feelings with. Kathmandu taught me a lot of things, first was a reality check on my life then I had the true sense of pain, loneliness, adjustment, expectation from living away from my parents for the first time all at once.

My perception has changed since I'm living in my medical school's dorm. Now, I am in a new place, getting to know new people and their lifestyles. As time passed by, I also came with the face of a heartbreak, with immense pain. The problem with being in love is that you find it difficult to survive without the other person, no matter how many times you decide not to succumb to it, you eventually land up trying one more time. Things would be simpler for humans if we were born with only a brain. One thing I want to tell you, "If you're having a better life by leaving me, I'm content with your happiness but do remember one thing I can never share the same bond with any other person like I did with you, the feelings I had for you was real and rare. Good luck with everything." and at times I want to be a better version of myself but at other times I am in a dilemma and hesitation whether it is better to move on and discover a new person within myself, a new beginning.

In a nutshell, looking back, here I am all grinning over about how I view my life as simple mathematics, how I get tensed on tiny matters or think about it all night long, whether to have a new hairstyle or not. Hahahaha! I am glad I made all those silly mistakes that never fail to teach me a good lesson. I am content with all the memories I've made so far and the people I've met who have taught me something or the other. I learned if one is improving, a bigger accomplishment is not required but if you are doing just better than yesterday, it shows you are improving man!

So, try your best not to have any regrets in your life and never fear to make mistakes.



कविता

तिमी त मान्छे

*



प्रा. डा. सृजना श्रेष्ठ
डीन, स्कूल अफ मेडिसिन

आँखाभरी सपना सजाए के गछौं ?
मुटुभरी माया थुपारे के गछौं ?
यहाँ थुपारिएका हरेक भण्डारहरूमा कीरा लाग्ने भय छ
तन्द्राहरूले सपनाको अस्तित्वलाई चुनौती दिनसक्ने सम्भावना छ ।
तिमी त मान्छे
स्वार्थ आफ्नो नै प्यारो हुँदो हो
व्यवहार आफ्नै निको लाग्नु पर्ने हो
तर ती गुनासा र असन्तुष्टिहरू के को लागि ?
प्राप्त सबथोक नभएर पनि
खोजहरू सीमित पार्ने इच्छा कता गो ?
तिमी त मान्छे
आफ्नो निमित्त, मात्र आफ्नो निमित्त बाँच्न सक्नुपर्ने हो
माया र विश्वासका जटिल त्यान्द्राहरूबाट उम्कन सक्दा हौ
तेपनि धमिलिएको विश्वास अनि एकोहोरिएको मायामा
घाउ बोक्छौ मुटुमा
किन ?
खत बस्न निकै लामो समय पनि लाग्न सक्छ ।
नचाहेर जीवन बाँच्न तिमीलाई कसले भन्यो ?
चाहेर जीवन हार्न सिकायो कसले ?
जीतको ओढ्ने ओढी हार्न सिकाइनु पर्ने थियो तिमीलाई
हारहरूलाई आत्मसात गरी जीत रोज्न जानुपर्ने थियो तिमीले ।
तिमी त मान्छे
हार जीतका अन्तरबीच जीवन तौलन जानुपर्ने हो ।
निम्तो दिन भुल्दैमा तिमीले बिहानीलाई
रात सकिएपछि ऊ नआउने होइन
चाहँदैमा तिमीले, जीवन पहिले मृत्यु आउने छैन
विश्वास अगावै धोका देखिने पनि होइन ।
आउनु र जानुका यिनै क्रमहरूमा
तिमी पनि एकपल्ट भ्रम्याकक देखिन्छौ
हुन त बेमतलबका भुल्काइहरूमा थुप्रै पटक देखिन नखोजेका होइनौ ।
तिमी त मान्छे
देखिनु र देखिने प्रयास समेटेर,
नदेखिएको अभिनय गर्न जान्नु पर्ने हो ।

* (एमबीबीएस अध्ययनका क्रममा रचिएको कविता)

CLASSPOLL 2017-18



CANTEEN HUNTER



3rd Dr. Aditya Hirday
Dr. Anjali Chaurasiya

4th Lukash Adhikari
Binita Lamichhane

5th Som Raj Awasthi
Sabita Kandel

6th Dipendra Bhatta
Anmol Shah

7th Bipul Jha
Chhiring Yanji Sherpa



RAPID WALKER



3rd Dr. Pranjal Rokaya
Dr. Melina Hamal

4th Prashant Yadav
Sistu K.C.

5th Anish Dhakal
Jyoti Sah

6th Ram Krishna Jaiswal
Ratna Shova Prajapati

7th Bipin Poudel
Mahima Banjade



QUESTION BANK



3rd Dr. Ritesh Raj Pandey
Dr. Sweta Shrestha

4th Abhik Budha Magar
Sistu K.C.

5th Som Raj Awasthi
Ambika Kumari Singh

6th Suraj Sah Kanu
Cellina Maharjan

7th Mukund Kumar Jha
Madeena Miya

प्लास्टिक भोला

डा. भीमकान्त जैशी
तेस्रो ब्याच

प्लास्टिक भोला प्रतिबन्ध
खुब सुनियो यो कुरा
घर टोलछिमेक र बजारमा
केहीदिन अघि रु एकको सामानमा पनि
दुइटा भोला सितै दिने बिक्रेतालाई
रु दशको कपडाको भोला बेचदै देखियो
प्लास्टिकभै नटिक्ने कुरामा खापिस साथी
कुरा उस्तै अपत्यारिलो रह्यो तर
कपाडाको भोला बोक्न थालेको सुनियो
लागियो प्लास्टिके साथीकै लहलहैमा
बोक्न थालियो कपडाको भोला
लात्ताले हानियो प्लास्टिक भोलालाई
प्रेमीप्रेमिकाको बिछोडमा भै
बगाइयो आँशुका धाराहरू
तेत्रो वर्षको यो सामिप्यता
त्यै प्लास्टिके साथीको लहलहैमा
रुवाइयो बिचरा त्यो प्लास्टिकलाई
मिल्काइयो बारीका पाटामा
फर्कीफर्की हेर्दा पनि उसले
अर्कैतिर फर्किइयो बरु
बालै दिइएन उसको भावनाको
न त विदाइका हातहरू हल्लाइयो ।

सुनियो बारीका पाटापाटादेखि
टोलछिमेकका गल्लीगल्लीमा
खुब कुदे महानगरका गाडीहरू
सुनिन्थ्यो यस्तै रह्यो भने
बजारमा प्लास्टिकको नामोनिसान हुँदैन
किन जानुपर्यो हिरामोती खोज्न बिदेश
स्वदेशमै प्लास्टिक खोजे हुँदैन ?

बजारमा जे पाउदैन जहाँ जे अभाव छ
त्यै त हो सुनचाँदी त्यै त हो बहुमूल्य हिरामोती
नपत्याए भोकमरीमा परेकालाई सोध
दालचामल हैन त सुनचाँदी
दालचामल हैन त हिरामोती
नाकाबन्दीमा परेका सहरीयाहरूलाई सोध
ग्याँस हैन त सुनचाँदी
ग्याँस हैन त हिरामोती
हो, प्लास्टिक प्रतिबन्धित कार्यक्रम
प्लास्टिकलाई यस्तै बहुमूल्य
बनाउलाजस्तो थियो।

बिदेशी पर्यटक त घटेघटे
आन्तरिक पर्यटन पनि घट्यो
खुब पढिन्थ्यो अखबारका पानाहरूमा
लाग्यो, किन नगरौं विचरण यो नगरको
प्लास्टिक प्रतिबन्धित यो सहरको
फुर्सिदिलो यो शनिबार दिनको
पी. एम. भीमशम्शेरको बिदाको चलनको
सधैँभै खेल चलिरकै थ्यो टुँडिखेलमा
मान्छेहरू त असंख्य थै नै
प्लास्टिक भोलाहरू नि असंख्य देखियो
पक्कै पनि त्यो प्लास्टिकको खानी
महानगरका गाडीहरूले सुरु गरेन
मान्छेहरूले अभावैअभावमा प्लास्टिकलाई
साँच्चिकै हिरामोती नै बनाइसकेछन्
नभए कसरी जम्मा हुन्थ्यो तेत्रो
संख्यामा प्लास्टिक भोलाहरू
कसरी सुरु हुन्थ्यो प्लास्टिक खानी
मैले देखेको टुँडिखेलमा ।

गजल



प्रज्ञान बस्नेत
सातौँ ब्याच

प्रिय हिजो एक छिन् तिमी बोलिनौ
मैले पठाएका सन्देशको जवाफ दिइनौ
आकाशै खसे धर्ती नै टुटे जस्तै भयो
किनकि यस्तो माया गर्नेको वास्ता गरिनौ

मैले बाचा गरौं कि म यति प्रेम गर्छु कि
संसार नै भुल्छेउ तर पनि स्वीकारिनौ ।

होला म भन्दा राम्रो अझ भनौं अग्लो नै
नजरमा सायद त्यही भए पो मानिनौ ।

तर याद राख म भन्दा बढी माया त प्रिय
तिम्रा बुवाले आमालाई गरेको नि भेटिदैनौ ।

परिभाषित समाज

म उभिएको छु यो परिभाषित समाजको माभ्रमा
ऊ गर्दछ मेरो हरेक पाईलालाई परिभाषित
सायद लाग्छ ऊसँग सबै कुराको
परिभाषा पहिल्यै नै तयार छ
अघि हिँड्नेलाई सम्मान र सफलताको
संज्ञामा परिभाषित गर्छ ।

मान्नेलाई अभिशापको बोभ्रसरी
लत्याउनलाई तम्सन्छ
धन सम्पत्ति अकुत पार्नु नै
सफलताको पर्याय ठान्छ
मेहनतको पिसनालाई
व्यर्थको मूर्खता देख्दछ
मानिस सामाजिक प्राणीको
उच्चतम उदाहरण
तर समाजको परिभाषामा
जिउन बाध्य छ ।

ध्यान चक्षु, खोल्न जान्दछ
तर परिभाषित परिधि नाग्दैन
उसलाई पनि रहर छ,
उच्च मूल्याङ्कनको पदार्थमा परिभाषित हुन
त्यसैले त आफ्नो कालो
छायालाई पनि लुकाउन खोज्दछ
म बाँचिरहेको यो परिभाषित समाज
सायद अझै नयाँ परिभाषाहरू थप्दैछ हरेक दिन
र परिभाषित मत भिन्नताको
पर्खाल ठड्याउन लगाउँदै सर्नेलाई
कसैको पीडाको रोदनलाई तिर्न
लताको परिभाषामा तौलन्छ ।

तर भर्खर जन्मेको शिशुको रोदनमा
सबै खुसी भएको बिसन्ध
अरुलाई छल कपटले धोका दिनु नै
बुद्धिमत्ताको पर्याय यो समाजको
यो समाजको परिभाषित अर्थ मान्नु नै
असल सामाजिक प्राणीको परिभाषा
म हेर्छु उसको आँखाबाट
आखिर किन गर्दछ व्याख्या
जीवनको मूल्यलाई आफ्नै साँचोमा
ढाल्नु नै हो उसको परिभाषा ।

NUCLEAR WEAPON

A Threat To Humanity



Pragyan Basnet
7th Batch

What is nuclear weapon, a reporter once asked Dr. Einstein. Dr. Einstein said 'Nuclear weapons aren't possible. It's like shooting birds in a forest with no birds with eyes closed.' That was before neutron was discovered. Soon, he was forced to say 'I don't know about the third world war, but the fourth will be fought with sticks.' Einstein always blamed himself for the nuclear attack on Hiroshima and Nagasaki as he was the one who wrote the letter to the American President about the possibility of atom bomb. He wanted to save lives by developing it before Nazis but ended up killing thousands of innocents. So, in this article I will prove nuclear weapon as a threat to humanity as believed by Einstein.

The tragic incidence of Hiroshima and Nagasaki of August 1945 during the Second World War is known to all of us. The American President Henry S. Truman and Paul Tibbets, commander of Enola Gay, who dropped little boy named disaster at Hiroshima on 6th August 1945 are still considered as American war heroes. When President Obama visited Hiroshima in 27th of May 2016, he refused to apologize as usual and the white house stated 'America has always been and will always be proud over the brave men and women who fought the Second World War' but the U.S President

definitely said 'Rest in Peace' to those who died in that tragic incident.

Killing thousands of innocents should be considered as terrorism even in the name of saving other thousands of innocents, especially when those claimed innocents were highly trained soldiers. After more than 70 years of that incident,

WHAT IS NUCLEAR WEAPON, A REPORTER ONCE ASKED DR. EINSTEIN. DR. EINSTEIN SAID 'NUCLEAR WEAPONS AREN'T POSSIBLE. IT'S LIKE SHOOTING BIRDS IN A FOREST WITH NO BIRDS WITH EYES CLOSED.' THAT WAS BEFORE NEUTRON WAS DISCOVERED. SOON HE WAS FORCED TO SAY 'I DON'T KNOW ABOUT THE THIRD WORLD WAR, BUT THE FOURTH WILL BE FOUGHT WITH STICKS.'

America refuses to apologize and is proud over it. This is a serious threat to humanity and always says there is another chance of such an incident. I am not trying to be biased or present

America as a threat but till the date America is the only nation to use nuclear weapons.

Today, besides America, China, Russia and North Korea have developed nuclear power tremendously and their cold war always presents a threat. But, at the same time, they are in a consensus that they will not use nuclear weapon first. Not only nuclear weapon, United Nations have actually banned chemical weapons which is far less dangerous than nuclear weapons and Syria is facing international blockage for its use of chemical weapons.

This gives us a great relief that world will not tolerate the use of nuclear weapons. But, North Korea openly claims it can invade all US through its nuclear weapons and a man like President Trump in the office believes America should not wait to be attacked. This leads to a great possibility of a chain reaction, same as initiated by neutrons in the reactor, to lead to a catastrophic nuclear war.

Nuclear weapon doesn't just kill people, it kills cities. It kills civilizations. It destroys any evidence of life in that place. It won't just kill army personnel and culprits of war but thousands of innocents who have nothing to do with war. It is a massive terrorism not only for

that generation but for generations to come as it leads to different genetical disorder even in the future generations. Even though almost all countries do not believe in the use of nuclear weapons, there is still its threat or else we would not be discussing this topic now.

Every time Indo-China conflict arises, we fear. Russia- America conflict becomes a threat. This should come to an end because it's been 70 years we have been living in a constant fear of mass catastrophe. A whole generation has lived and passed in this fear and the fear still continues to strike as the worst nightmare.

So, what is the solution? Even the democratic country like the United States, can not guarantee that it's President won't be the first to use nuclear weapons again because no one knows when Kennedy said, "We must help India and we will help India." during Indo-China war of 60s. Did he mean the use of nuclear weapon? So as the countries destroyed chemical weapons, they must destroy nuclear weapons. It looks like a dream never to be true but it's better to dream than to do nothing because dreaming is the first step to the impossible. Being a part of the medical fraternity which believes in the promotion and preservation of life, it is our duty to talk about the nuclear weapons and its threat to the humanity. So, physicians united to establish Nobel Prize winning International Physicians for Prevention of Nuclear war and consequently Physicians for Social Responsibility Nepal and its student chapter was established in Institute of Medicine which has been organizing different programs for the awareness against nuclear war and even celebrates Hiroshima Day.

At least talking about it and pressurizing governments will yield the result, slowly but definitely. Being a medical student of a country where Buddha was born and which was once declared as world peace zone, I would like to request for the destruction of the nuclear weapons which are solely made for destruction.

☆☆☆



Rashmi Dahal | 5th Batch

PATIENCE

*When you don't know where to turn
Stay still just where you are
Even if you are in the middle of the dark
Because there is something yet to learn
One day the darkness will vanish
And the beautiful morning will surely come.*

*Have faith in yourself, do not lose the patience
Just watch and wait, don't be hopeless
One day your effort, your hard work
Will surely find its designated place.*

*Sometimes it may take a while
You want to scream and shout
You may feel tired
It seems like the time is running out
But always remember, patience is time consuming
But the anger is life consuming.*

*Patience brings rainbow out of thunder clouds
It will bring achievements out of effort that's so tough
You'll be the master of all around you
If only you have the patience to wait long enough.*



During CBLE posting at Tistung, Makwanpur



FGD with Mother Group in CBLE Posting



4Th Pahs Musical Night By Pahs Mbbs Ss



KII With Traditional Healer During CBLE Posting



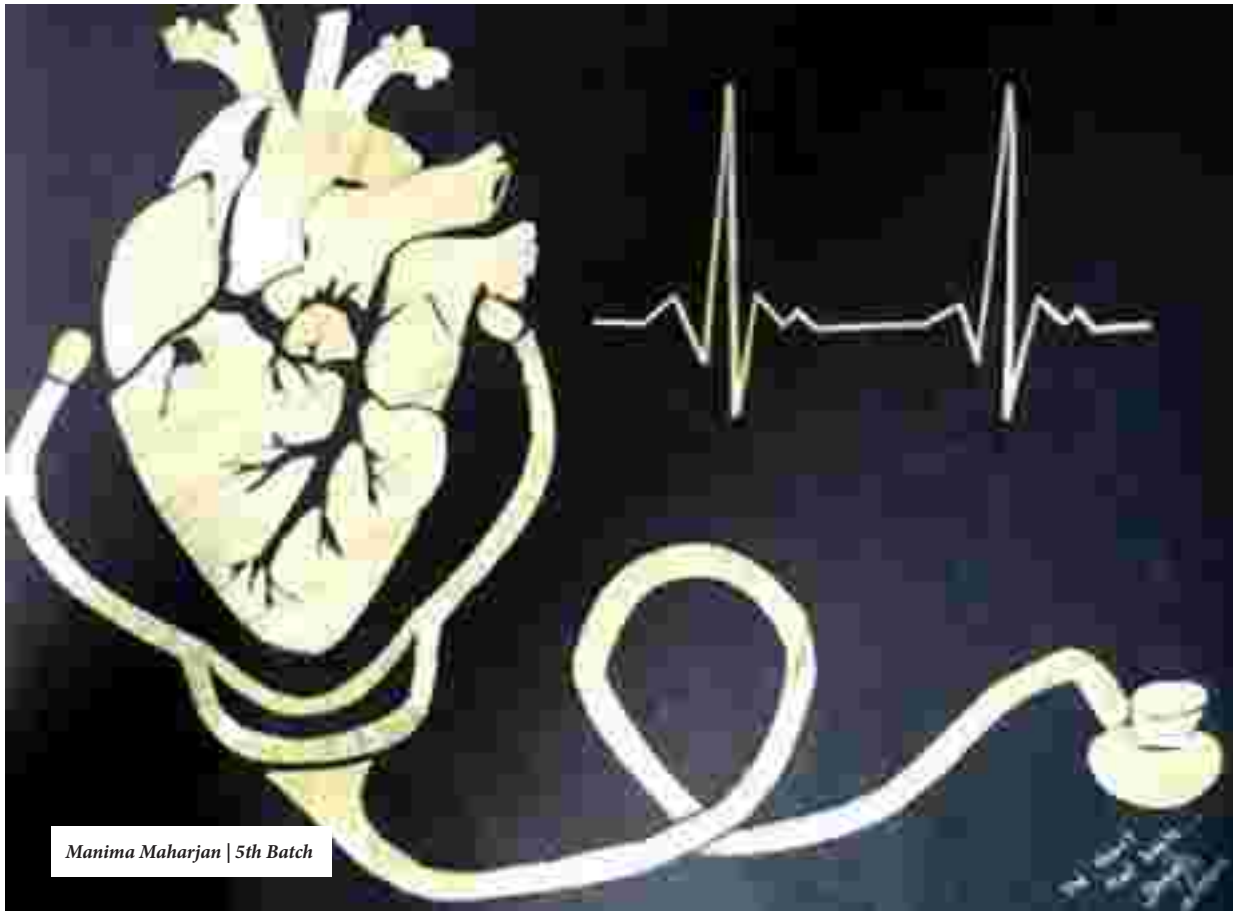
4th PAHS Musical Night by PAHS MBBS SS



10th PAHS day



Volleyball playing in Anil MEMOs (Anil Memorial Event of Medical Orbits)



Manima Maharjan | 5th Batch



Suban Amatya | 5th Batch

5 MUST-SEE MOVIES FOR MEDICAL STUDENTS

Compiled by
Kalendra Bista | 7th Batch



GIFTED HANDS : THE BEN CARSON STORY

Story of 11 years old Ben Carson, a poor grade kid, who grew up to be Dr. Ben Carson, a world famous neurosurgeon at Johns Hopkins.



PATCH ADAMS

The true story of a heroic man, Hunter Patch Adams, determined to become a medical doctor because he enjoys helping people. He ventured where no doctor had ventured before, using humor and pathos.



WIT

A renowned professor is forced to reassess her life when she is diagnosed with terminal ovarian cancer.



SOMETHING THE LORD MADE

A film about the black cardiac pioneer Vivian Thomas and his complex and volatile partnership with white surgeon Alfred Blalock, the world famous "Blue Baby doctor" who pioneered modern heart surgery.



THE DOCTOR

A story about a surgeon who became an ordinary patient and then became an extraordinary doctor.

आधा सास



दिपेन्द्र चापागाई
सार्तो व्याच

बानेश्वरको चोकमा मध्यान्नको पानीले
उसै आधा सास पारेको थियो ।
अतालिएको मन मेरो बन्द छातासँगै
मन्द भएको थियो ।
टेम्पो चढेर गन्तव्य पुग्ने जोहो भयो ।

टेम्पोको सास पनि आधा नै बाँकी थियो
बाँकी नै थियो आधा चलाउनेको पनि
चालक बुढा बा ।

हेर्दा बुढा धनी देखिन्थे
उमेरका कुबेर
राम्रा र नराम्रा अनुभवका कुबेर
मायाका कुबेर
फुलेका कपालका कुबेर
अभाव थियो त केबल
तिनको दिनको
काला कपालको
चक्काले र चार्जले धिक्किधिक्कि
चलाएको टेम्पो र त्यसले टारेको
तिनको गुजाराको, राम्रो हालको

अभाव थियो त केबल
स्टेरिड मोड्ने बलको

दिन र रातको बलले जोड्न नसक्ने
सिरानी मखमलको
तर पनि बुढा धनी देखिन्थे

“यस्तो टेम्पो त चलाउन भएन नि!”
भनी एउटी दिदी कुर्लिदा
बुढाले आफ्नो धन देखाउँदै निच्च हाँसे

त्यही चुहिने टेम्पोले गर्दा
बलेको चुलोलो चलेको तिनको घर अनि
त्यही थोत्रो भाँडोले फलाएको
कौडीले चलाएको छोरोको पढाई सम्भेर
बा फेरि निच्च हाँसे ।
बुढा कल्पनाका धनी थिए
दुःखका धनी
गरिबीले धनी ।

बुढा धनी थिए वा देखिन चाहन्थे
लाग्थ्यो लड्दैथे उनी प्रकृतिसँग
भाग्यले देखाएको उनको जीवनको त्यो
तीतो स्मृतिसँग
अनी कोठा छोड्ने कचकचसँग
घरबेटीसँग
अन्ततः आफ्नै मनसँग

मनमा प्रश्नको गाँठो लिएर म उत्रिए
टेक्न नपाउँदै मेरा खुट्टा पनि आधा सासमै रोकिए
पानी जमेका खाल्डाले मलाई नै
घुरेका थिए
बताईरहेथे मलाई जहाँ पानी जमेको थियो
देशको गरिवी जमेको थियो
लाचार, लम्पट राजनीति जमेको थियो
जहाँ मेरो देश जमेको थियो
यी सब जमेर बनेको पानीको भोलमा
डुबेको मेरो देशमा दुसी लादै थियो ।
किटाणु सल्बलाउँदै थिए
एक छेउबाट मेरो देश कुँहिदै थियो
अर्को छेउका किटाणु माउ बथान पाउँदै थिए
एक छेउबाट मेरो देशलाई घाउ लाग्न थालेको
थियो
मेरो देश स्थिर थियो जहाँ पानी जमेको थियो
कुँहिदै थियो
मर्दै थियो
विलाउँदै थियो
मेरो देश विलाउँदै थियो ।
जय देश, जय माटो

CLASSPOLL 2017-18



HEAD TURNER

3rd Dr. Nikesh Raj Giri
Dr. Melina Hamal

4th Mohit Shahi
Bipana Regmi

5th Bibek Adhikari
Bulbul Pradhan

6th Shrijan Shrestha
Aashwini Bhattarai

7th Kalendr Bista
Sanila Shakya/Neharika Malego



GADGET FREAK

3rd Dr. Rupak Kumar Rana
Dr. Shreeyukta Bhandari

4th Adhar Oli
Kiran Shahi

5th Bibek Adhikari
Pallavi Panjiyar

6th Bibek Kumar Lal
Grisha Gurung

7th Indra Prasad Amatya
Abhinisha Pallav



THE MYSTERIOUS

3rd Dr. Pranjali Rokaya
Dr. Kritika Mishra

4th Aman Rajak
Sabina Dahal

5th Ram Singhasan P. Yadav
Dakshata Yadav

6th Pallav Panjiyar
Astha Shakya

7th Priyesh Lohani
Alina Shrestha



4th PAHS Musical Night by PAHS MBBS SS



During CBLE posting in Gorkha with faculties



Exit meeting after completion of CBLE posting



Starting football in Anil MEMOs



Farewell from community in CBLE posting



District Posting with Faculties



Dance performance in 4th PAHS Musical Night



Quiz Competition Winners organized by OCRU



Orthopedics Class



*Token of Love -
Distribution in Anil MEMOs*



During CBLE posting



Whitecoat ceremony of 7th batch

“A mind that is stretched by a new experience can never go back to its old dimensions.”

-Oliver Wendell Holmes, Jr.

Anish Dhakal | 5th Batch

I strongly believed that pure luck had little to do with my destiny or success and it is much more about my hard work and dedication. My passion and devotion for the latter is still unshakable but since the time I had been selected for the exchange programme I truly believe how much luck Almighty has blessed me with. Travelling anywhere in itself is a form of privilege, let alone to the foreign country. It was a burst of experience to be in the institution with similar mission, vision and goal as PAHS to make healthcare available to everyone equally but more importantly serving the humanity. The exchange helped me immensely to have a vision for our country to adapt the better aspects the Western Sydney University (WSU) has been practicing in our very own settings. To be able to be a part of institute in Nepal with such a noble mission and to be able to experience the similar institute without any constraints of learning and opportunity made my resolution to serve the humanity and

making the world a better place to live than it would have been in our absence even more powerful.

I was in the Campbelltown Medical School for about two weeks. Though I visited lots of people and places, I was fortunate enough to be able to spend a significant chunk of my time staying in the University Student village itself. It not only facilitated me to be more familiar with the university setting but also helped me immensely to participate in day to day activities of the medical school. I got to participate in Clinical Procedural Skills classes, Introduction to Clinical Medicine (ICM) classes, Problem Based Learning (PBL) sessions and many lectures and practical classes. I was also able to visit MacArthur hospital (one of the teaching hospitals of Campbelltown Medical School). I was in the hospital for my Clinical Procedural Skills classes and ICM classes. The hospital seemed very much organized and less crowded than that of Nepal.

Clinical Procedural Skills classes are those in which we have a session lead by experts where they demonstrate clinical procedural skills and practice on medical simulation dummies. I attended a session where they taught in detail about procedure of nasogastric intubation technique. It was a bit more unusual experience for me as here at PAHS we are not much involved in learning clinical procedures in the basic science years. In my opinion, early exposure of medical students to these skills would help them deal better while dealing with real world patients. This may also aid to minimize patient harm as we are training medical students to do the procedure on manikins much before we perform the same on actual patients.

The Introduction to Clinical Medicine (ICM) classes were pretty much similar to what we have here in PAHS. Students are taught in small groups where they first learn the history taking and then physical examination skills which they



Prof. Jenny Reath (left) with Tim Usherwood (right) at Jenny's home

practice on their peers. All of these processes are lead and monitored by content experts who try their best to make the session more interactive and the learning experience much more delightful.



Prof. Jenny Reath with Anish (left) at Sydney Opera House

I attended practical and lecture sessions on different subjects including anatomy and histology. They were also much similar to what we have here in PAHS. There were some classes that were mandatory to attend. One major difference I found between the teaching learning methodology of PAHS and WSE was that the small number of students in PAHS allows a more interactive and intimate teaching methodology. It also allows teachers and facilitators to know each student and his/her progress in detail even without any formal documentation of the

same. This sort of 'faculty intensive training' may also have some limitations as we can not increase the number of medical students without significant increase in faculties and facilities.

Though the core objectives and agenda are the same, the PBL systems in WSU are much different than what we have here at PAHS. The cases were incredibly organized and systematic. All the case triggers were made available in the University's Academic Website. Besides that, there were only two sessions for a PBL case in Western Sydney University unlike here in PAHS where we have four sessions (including a Wrap Up session where each PBL group of students are assigned individual case objective

and they present PowerPoint presentation on the same followed by questions and successive explanation by content experts). Since we have three sessions dedicated solely for small group discussions, the learning objectives is divided for multiple sessions unlike at Western Sydney University. To my knowledge, apart from the benefits of PBL method over traditional lecture methods (which again has its own benefits and limitations), the inclusion of PowerPoint presentations has been immensely helpful to students. It stimulates and encourages students not only to develop their presentation and public speaking skills but also to be involved themselves in the learning process which is vital for long term memory and retention, especially required in the field of medicine.

I also came to know about the healthcare system of a developed country and compare and contrast the same with that of Nepal. The basic academic objective was to learn about the similarities and differences in context of teaching and learning methodology between PAHS and WSU. There were a lot of similarities in the curriculum and some differences which both the universities could analyze and incorporate it in their institution if it suits the need of the students. Another major difference was Community Based Learning and Education (CBLE) which makes the students of PAHS well oriented with the ground reality of the community, health system of the nation as well as



Prof. Jenny Reath at Darling Harbour



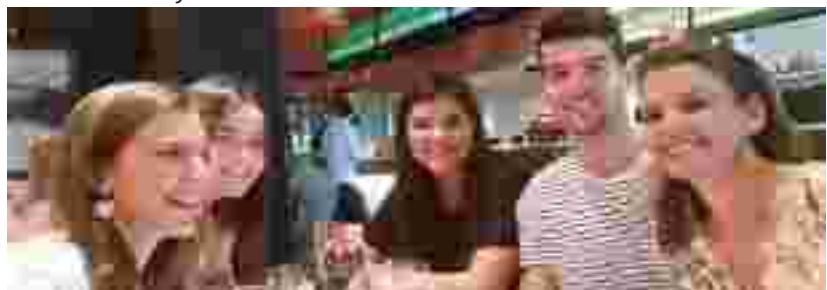
Anish (left) with Lucas (right) after PBL session

the challenges and opportunities in the health care areas. The exposure of the students to diverse rural communities help them to identify and address population related health issues effectively. It also helps to develop clear insights about the nature and magnitude of the community health problem as well as foster an attitude of compassion and desire to contribute towards its resolution in the future. In addition, the CBLE also provides an excellent platform for enhancing our research skills. WSU is also committed to uplift the health status of aboriginals and increasing their representation at all levels of University workforce. It also has some research components in its curriculum just like PAHS.

Apart from academic activities, I was very fortunate to be able to participate in various other activities with lots of people. I literally have no words to reflect the hospitality shown to me by Prof. Jenny Reath and Tim Usherwood. I was in Jenny's home for few days including the day of my arrival at Sydney. She helped me immensely to blend in an entirely different setting and culture of a foreign country. We visited around Sydney the next day I arrived as it was a public holiday in Australia. We visited many places including Opera House, Darling Harbour and Sydney Wildlife World. Jenny made the visit even more interesting by telling many interesting stories and history associated with different places around Sydney. We went to the university the next day. I also would love to extend my deepest gratitude to all the university staffs

and incredibly welcoming students, especially university staffs Isabel Mellor, Penny Lee and Debbie Glover. They all helped me truly to be able to feel at home in such a different setting. As Albert Einstein said- "The measure of intelligence is the ability to change", they all helped me a lot to make the necessary changes during my stay at Campbelltown Campus. I am also highly indebted to Oliver and Lucas who were there for me during my entire stay in the University. I was also able to attend party with Oliver and his birthday lunch with his family which was a very lovely memory. Oliver and I also went to various places including the Bondi beach on weekends. It was incredibly amazing. With Jenny and Tim, I also went for a dinner in Dr. Babu's place (a Biochemistry faculty at PAHS studying in Sydney). It reminded me homemade food for a while. And the Indian sweets desert by Jenny was truly fabulous.

I also went to The Blue mountains. Katoomba to stay with Dr. Louise



Oliver's birthday with his sisters (left) and mother(right)

McDonnell for a day when we went for trekking and she showed me three landmark weathered sandstone peaks, The Three Sisters. It was amazing experience with Dr. Louise

and her daughter Sarah. Louise also made me taste a truly Australian food vegemite. It was seriously indescribable!!!

The opportunity made me feel worthy and gave a tremendous boost to my self-confidence. It reinforced my passion and commitment to serve the disadvantaged and unprivileged people throughout the globe. Steve Jobs said- "Do what you love." The



Anish (right) with Dr. Louise in The Blue Mountains

reverse is just as true- "Love what you do." I am sure that my experience and understanding will be perfectly reflected in the form of love to my profession, compassion, empathy, kindness and more importantly, in relentless passion in my work ethic for my life mission in my future. I truly hope that these exchange programs which are really worth doing continues for the fortunate future medical students as well.

Finally, I would like to provide special thanks to entire PAHS family for designing and implementing such an innovative curriculum which not only produces technically competent

doctors but also teaches the medical professionals the art of compassion, tolerance and responsibility.



CLASSPOLL 2017-18



नेता



3rd

Dr. Jeevan Gyawali
Dr. Kritika Mishra

4th

Sanjay Rana Magar
Binita Lamichhane

5th

Niraj Yadav
Aastha Ghimire

6th

Niranjn Raman Puri
Sushmita Joshi

7th

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राम प्रसाद प्रजापति
लेखा अधिकृत

ए वर्तमान तिमीले
हामी अतीतलाई
हेला नगर ।
ए वर्तमान तिमीले
हामी अतीतलाई
हेला गन्यौं भने
आजको भोलि
जब भोलि वर्तमान हुनेछ
त्यो वर्तमानले
तिमीलाई पनि
हेला गर्नेछ ।
ए वर्तमान तिमीले
हामी अतीतलाई
नरुवाऊ ।

ए वर्तमान तिमीले
हामी अतीतलाई
रुवायौं भने
आजको भोलि
जब भोलि वर्तमान हुनेछ
त्यो वर्तमानले
तिमीलाई पनि रुवाउने छ ।

युगको पीडा



विजय कुमार कोइराला
स्नातौ ब्याच

जब, आँसुका थोपाहरू
तिम्रा नयनबाट
तप्पतप्प चुहिएर
तिम्रो कोमल गालाको
उजाड चौतारीमा बसी
रोइ रहेका हुन्थे ।

अनि,
तिम्रो रोदनले
पोल्थ्यो मेरो मन
जलाउँथ्यो मेरो सहनशीलता
मेरा रगतका नलीहरू
पटपट्टी फुटेर
दन्दन्ती बल्थे
ज्वालामुखीको रूप लिनथे
म गर्जन्थे तब
र मेरो गर्जन पुग्ने गथ्र्यो
काला कुनाहरूमा
अध्याँरा गुफाहरूमा
र तर्सने गर्थे
बाघ, चितुवा, भालुहरू
जब तिमी
ती बाघ, चितुवा र भालुहरूसँग
लडिरहेकी हुन्थ्यो
म तिमीलाई बचाउन भनी

कैयौं पटक मरेको छु
कैयौं युगहरूमा
मेरो रगतले ओसिएको
यो पवित्र माटोपुनी
गाडिएको मेरो शरीर
बोल्दै छ
याचना गर्दै छ शान्तिको
माग्दै छ आफ्नो
बलिदानको फल ।

हो म कैयौंचोटि
मरेको छु
कैयौं पटक
मारिएको छु
तर हरेक युग
उदाउनु अघि
एउटा नयाँ 'म' सिर्जना गरी
मुस्कुराउँदथ्यो
तर आज युग रोइरहेको छ
पीडित छ
मेरो अभावमा
किनभने म लोप भएको छु
तर बाघ, चितुवा र भालुहरू
होसियार
म आउँदै छु
त्यो 'म' भनेर ।

इन्टर्न ट्यथा

"It opens the lungs
washes the countenance
Exercises the eyes
and softens down the temper so
cry away." -Charles Dickens

A mother's saying for her Doctor son,
"When you were small and just a touch
aWhen you were small and just a touch
away, I covered you with blankets
against the cold night air. But now that
you are tall and out of reach, I fold my
hands and cover you with prayer."

जति ANC गए पनि
जति CS Assist गरे पनि
बिहानको Handover मा Board मा नलेख्दाखेरी
Ma'am को गाली खाने नै भयो
यो मन त्यसै मर्ने नै भयो ।

PG पनि हाले कै थिएँ
Chart Round पनि गरेकै थिएँ
20 वटा CS भइदिए पछि
Admission धेरै आइदिएपछि
Board मा लेख्न नभ्याउने नै भयो
बिहान गाली खाने नै भयो ।

संकलक: हरिमाया गुरुङ
एनेस्थेसिया विभाग

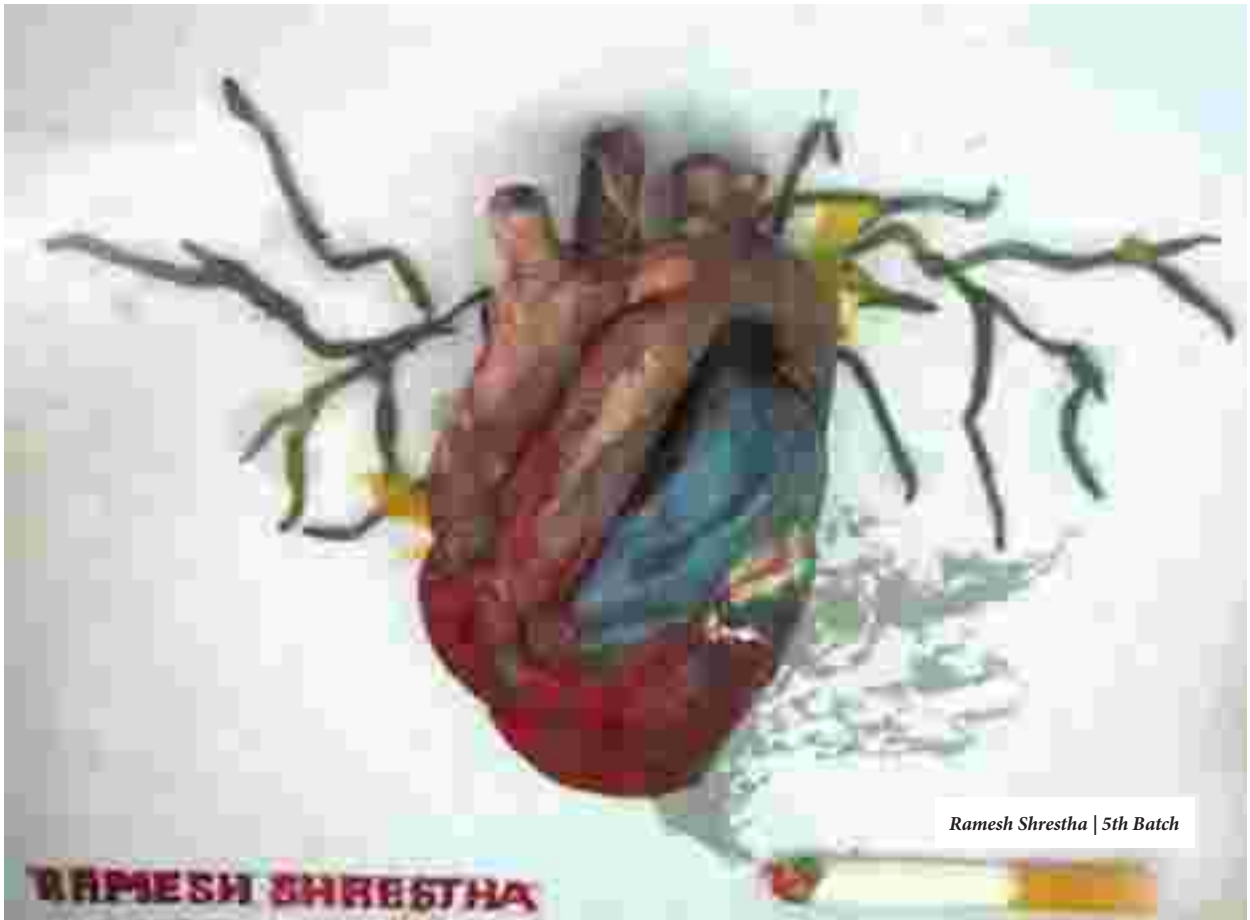
ER मा गएर PR गरेकै थिएँ
Foley लगाएर ECG गरेकै थिएँ
Medicine मा Bed खाली नभएपछि
Patient ले Bill तिर्न नसकेपछि
Patient ER मा थन्किने नै भयो
साह्रो समस्या पर्ने नै भयो
12 बजे राती History लेखेकै थिएँ
Cefriaxone, Azithro हालेकै थिएँ
Brica BM छुट्टाएपछि
Cylinder मा O₂ सिद्धिएपछि
बिरामी स्वाँ स्वाँ गर्ने नै भयो
मैले गाली खाने नै भयो ।



Bulbul Pradhan | 5th Batch



Apurva Shrestha | 5th Batch



Ramesh Shrestha | 5th Batch



Sushmita Joshi | 6th Batch



Sushmita Joshi | 6th Batch

What does your Blood Group tell about you?



Compiled by: Dr. Bhimkant Jaisi | 3rd Batch

Blood Group "A"

Famous As: George H. W. Bush, Britney Spears, Adolf Hitler, Richard Nixon, Jet Li

- Presence of mind, serious, patient, calm & cool;
- Coherent character, can be relied on & trusted, but stubborn;
- Plan everything out beforehand, and carry out tasks with seriousness and consistency;
- Try to be fair and find the ideal outcome to any situation;
- Tend to keep themselves separate from others, especially those who don't share their opinions;
- Tend to try and keep their emotions and thoughts hidden from others, and share them only when comfortable.

Blood Group "B"

Famous Bs: Akira Kurosawa, Jack Nicholson, Mia Farrow, Paul McCartney, Leonardo DiCaprio

- Tend to be exceedingly curious about everything;
- Are easily vexed and grow exasperated if things don't go the way they want them to go;
- Usually have a strong drive to



be the best at whatever they set their mind to doing; however, they also tend to neglect other tasks for the sake of whatever they are focusing on;

- Have a hard time multi-tasking;
- Tend to be loners, and keep themselves isolated from others.

Blood Group "AB"

Famous ABs: John F. Kennedy, Marilyn Monroe, Thomas Edison, Bob Sapp, Jackie Chan

- Usually gentle and emotionally sensitive;
- Are very empathetic and careful when dealing with other people, taking care to consider the other point of view;

- Easily become lost in thought;
- Are sometimes looked at as having 2 personalities, because they tend to keep their true selves hidden from strangers;
- They have many friends, but also require time alone.

Blood Group "O"

Famous Os: Gerald Ford, Queen Elizabeth II, John Lennon, Paul Newman, Ronald Reagan

- Are usually the "cheerleader" of the group;
- Tend to be more followers than leaders, accepting whatever the plan is and going along with it without protest;
- Very generous and kindhearted;
- Generally well-liked by most people;
- Very flexible, and adapt easily to change;
- They are easily influenced by others, as well as perceived authorities, such as television personalities;
- Generally trustworthy, but can sometimes make mistakes due to lapses of focus.

(Random internet source)



CLASSPOLL 2017-18



ANGRY GOD / GODDESS

3rd Dr. Akhilesh Jha
Dr. Sweta Shrestha

4th Prashant Yadav
Pooja Bam

5th Som Raj Awasthi
Priyanka Yadav

6th Chiranjeevi Yadav
Mili Shrestha

7th Bipin Poudel
Roshni Thapa Magar



साहित्यकार



3rd Dr. Bhimkant Jaisi
Dr. Navita Kandel

4th Sanjay Rana Magar
Bipana Regmi

5th Kamal Hamal
Rashmi Jha

6th Purna Prasad Adhikari
Ekta Karna

7th Kalendra Bista
Srijana Katuwal



गफाडी



3rd Dr. Shiva Raj Neupane
Dr. Melina Hamal

4th Sanjay Rana Magar
Rashmi Karki

5th Saurav Adhikari
Apsara Hamal

6th Ashim Pandey
Usha Basnet

7th Ujjwal Kumar Jha
Rashmi Poudel

"I had to choose either दायँ बाटो or बायाँ बाटो . For me नेपाल बाटो looked much more interesting. Looked like, by the end of my life, I would be much happier choosing the नेपाल बाटो."

- Prof. Dr. Mark Zimmerman

Good Afternoon sir!

Good Afternoon!

Sir, we would like to start with your introduction. Will you please introduce yourself?

I am Mark Zimmerman. I grew up in the United States and I've been living in Nepal since the last 31 years. Almost half of my life! My wife is from Ireland and is currently working as a nutritionist in Nepal. I have 2 sons aged 15 and 13.

Why did you want to become a doctor?

Since my high school, I was very interested in biology and I thought its natural application would be Medicine. I went to University for 4 years and then Medical school for 4 years. Then, I did my Internal Medicine from New York.

How did you come to Nepal?

When I was in my medical school, I got an opportunity to visit Gambia in Africa. It was a new experience for me and I really liked it there. The people were exciting, their lifestyle

**Anusha Bista | Rashmi Jha
5th Batch**

was different and I felt the need of medicine there. After I completed my Internal medicine, I thought of going back to Africa so that I could contribute to the health status of the place. Then, I started to look for different articles about Africa but could not find much about it. I came across an article about a hospital in Kathmandu, Nepal. At that time, I did not know that Kathmandu even existed and I thought it was fictional, the writers had made it up. As I read more about it, I found it really exciting and then decided to visit Nepal.

How was your first experience in Nepal?

I came to Nepal in 1986 and started to work in Jorpati Hospital. But, the place was not even a hospital, it was a clinic which used to run for only 2 hours a day. दिक्क लाग्यो मलाई। I had left my home, family, girlfriend but the place was not even functional. I went to the United Nations Mission to Nepal and asked for a job in Nepal. They posted me to Patan Hospital for 4 months.

When did you decide to stay in Nepal?

As I began to work in Patan Hospital, I felt very different and exciting. People sold their farms, lands just to visit the hospital. People mainly died from Typhoid, Kalazar, Tuberculosis and these were the diseases which we could treat. I realized that this type of medicine could not be found in the US and then made up my mind to work in Nepal for one more year.

Then, I was posted to Ampipal, Gorkha which was “अति amazing”. At that time, there were no roads, no vehicles and everyone used to walk to the hospital. I felt it an amazing place to look after the patients. I worked in Ampipal for a year and another and then I was posted back to Patan Hospital. By this time, I had a clear idea that I did not want to go back to the US.

I have one life. I can not choose multiple lives. I can not be in the US and in Nepal. I had to choose either

दायाँ बाटो OR बायाँ बाटो। For me, नेपाल बाटो “ looked much more interesting. Looked like, by the end of my life, I would be much happier choosing the नेपाल बाटो.

You might have come up with several obstacles while settling in Nepal. What were those obstacles?

नयाँ ठाउँ, नयाँ घर, नयाँ मान्छे। One of the obstacles was being away from home, family and I did feel lonely at times but work helped me to forget my loneliness. I looked after my patients, my books and that helped me feel better.

Was language a barrier to you?

Yes, language was a challenge but not a barrier. I looked it as an adventure. The more Nepali I spoke, the more I could do. The people were always encouraging. I would simply ask तपाईंलाई कस्तो छ ? They would reply कस्तो राम्रो नेपाली बोल्छ। Such things really encouraged me to learn Nepali more.

We've heard that you speak some local languages as well. Can you tell us more about it?

I speak Nepali well enough to take care of my patients and “Newari” and “Tamang” enough to make people laugh. I really suggest you doctors to learn some few local words. You speak few words in Tamang to a Tamang patient, its good medicine. Good medicine is better than giving antibiotics.

If not a physician, what would you be?

I can not imagine myself other than physician. I find myself lucky to be a doctor.

What is the biggest motivation in your life?

My biggest motivators are the junior doctors, who are just coming to the field. They are fresh and always eager to learn something new. When I see them, I feel म पनि यस्तै थिएँ। I pick up their energy and refresh myself.

How do you see PAHS medical students?

PAHS is a unique medical school.

The students seem to be sincere, motivated, serious and well prepared. They are well competent and can work effectively anywhere, be it New York or Kalikot. I do hope that they work in Kalikot more than in New York.

Now, let's switch to your personal life. Could you tell us something about your hobbies?

I like keeping bees. I have been doing that since last 12 years. I also like to write stories about medicine or about Nepal.

Could you tell us about your family and your love life?

In 1997, I was here at Patan Hospital working on patients of Diabetes Mellitus. Everyone used to ask for their dietary advice and then I thought about coming up with a dietary sheet for them. I had heard about a nutritionist from Ireland who was also currently working in Nepal. I contacted her and we worked together for a year on that project. Then we again worked together on another project on Heart Disease. I thought maybe we should work on another project as well and then 1 year later, we got married. She was from Ireland, I was from US and Nepal was our home. We have two sons and a dog. We walk the dog every day.

What are your favourite places in Nepal?

There are two. One of them is Chainpur, Bajhang. To reach there, you have to go through a long journey from Dadheldhura, up over mountains, sometimes over snow, come down to the other side, go along the long Seti Khola. When you get there, it's like the other side of the world. There is this town surrounded by huge cliffs and two rivers running right down through the town. It's quite a beautiful place. The next one is in Lamjung. There's a hill from where you can see “हिमालचुली”. It's my favorite Himal.

Finally, we have come to an end. Is there anything you want to add on?

Thank you for letting me share time with you.



CLASSPOLL 2017-18



SELFIE KING/QUEEN



3rd Dr. Ganesh Kshetri/
Dr. Bibek Dangol
Dr. Shreyukta Bhandari

4th Adhar Oli
Kiran Shahi

5th Nishan Joshi
Kriti Shrestha

6th Ram Krishna Jaiswal
Jewa Khatun

7th Niraj Chaurasiya
Reshu Ratna Singh



THE LOUDSPEAKER



3rd Dr. Ritesh Raj Pandey
Dr. Nisha Devi Gurung

4th Adhar Oli
Kriti Neupane

5th Rakesh Pariyar
Rhea Bohara

6th Devesh Adhikari
Jewa Khatun

7th Ravi Kafle
Chhiring Yanji Sherpa



विरामी DR.



3rd Dr. Bhim Chauhan
Dr. Seema Nepal

4th Abhik Budhamagar
Rashmi Karki

5th Nripesh Raj Giri
Anupa Jha/Rashmi Jha

6th Binit Kumar Thakur
Kopila Gyawali

7th Sanjib Paudel
Amisha Mahato

गजल



सुजय शना मगर चाँथो ब्याच

आँखा जुध्यो परी देखेँ दाईको साली रै छ
मन्द मुस्कान लठु नयन तर ऊ काली रै छ ।

बोलाउँ भने वरपर बडीगार्डको चहलपहल
धेरै पछि थाहा भयो सिउँदो उनको खाली रै छ ।

सेतो कारमा टक्क आइन् घर तिरै जाम भनी
दरबार जत्रो घर तर ऊ केवल माली रै छ ।

अन्धो माया बसिहाल्यो प्रेम प्रस्ताव राखिहालेँ
ओठको खुबै बयान गरेँ तर त्यसमा लाली रै छ ।

फोन अफ गर्न थाली अनि रिसाउँथी पटकपटक
साँचो माया गर्छु भने एक नम्बरको जाली रै छ
मन्द मुस्कान लट्ट नयन तर ऊ काली रै छ ।



गजल

निरञ्जन रमण पुरी छैठौँ ब्याच

जिन्दगी जिउनुका सबैका आफ्नै आधार छन्,
कोही आजभोलिलाई छन्, कोही सदाबहार छन् ।

संसार भागेको छ धन दौलत सुख सयलका पछि,
पत्याउनुहुन्छ ? मेरा लागि बा आमा संसार छन् ।

हेर डुब्दै छ कोही अज्ञानताले दुष्कर्मको भुमरीमा,
रमिता हेर्दै थपडी मार्ने यहाँ यस्तै संस्कार छन् ।

म समिभन्छु प्रेम प्रस्तावपछि ऊ चुपचाप बसेकी,
जब उसले भनेको थियो भन तिम्रा के विचार छन् ?

कुँडिएको हो मन जब उसले एक दिन यसो लेखी,
तिमीमा के छ ? मेरो यौवनकै पछि भरमार छन् ।

प्रेरणा बनिन्

भ्रमक



शुधिका सुज्जेल

२०६९ साल वैशाख थियो महिना
चर्चित साहित्यकी फूलको देखे मैले ऐना ।
नयाँ सालको उमङ्गको सौगातको साथ
भ्रमकको उत्तम साहित्य पन्यो मेरो हात ।
एक एक शब्द पढेँ उनको वेदनाको
असह्यले मेरो पनि छाती छियाछिया भयो ।
साहित्य धेरै मन पर्थ्यो मलाई पनि अति
लेख्दै फालिदिने गर्थे नसमेटी कति ।
साह्रै राम्रो लेख तिम्रो जीवन काँडा कि फूल ?
मलाई पनि लान्छ जीवन काँडाबीचको फूल ।
दुःख सुख जीवनमा सबले भोग्नुपर्ने
मात्र पात्र फरक हुन् उस्तै हो कहानी ।
तिम्रो कृति बोकेर म कार्यालय गएँ
समय मिलाई तिम्रा शब्द पढ्ने मौका पाए ।
भकानिएँ भावुक भएँ तिम्रो वेदनाले
संसारलाई हिममत दिन्छ तिम्रो चेतनाले ।
तिम्रो सुन्दर आशावादी हैसिलो त्यो तस्वीर
वेदनाको भाव कतै नखुलेको मुहार ।
तिम्रो जति विशाल मन अरु कस्को होला ?
मननु गर्ने जो कोहीको मनमा पक्कै छोला ।
यो पलमा तिम्रो ठाउँमा आफू राखी हेरेँ,
आफूलाई महामूर्ख बेकम्मा नै देखेँ ।
तिम्रा ती सिर्जनाले मलाई भ्रमककायो,
जाग, लेख, पोख वेदना भने भैँ लाग्यो ।
प्रणाम मेरो भ्रमक तिमी स्वकार गरी देऊ
गुरु मानि पूजा गर्छु अस्वीकार नगरी देऊ ।
देवीदेवता माथि विश्वास तिम्रो उडे पनि
म त देवी मान्छु तिमीलाई स्वीकार गरी देऊ ।
यो समाजका नारी हामी तिरस्कार छ उस्तै
पुरुषप्रधान समाजमा दोस्रो स्थान मात्रै ।
सलाम गर्छु म तिमीलाई यो हिममत देखी
विश्वसामू फैलियोस् कृति अझ धेरै लेखी ।
जन्म भयो हजुरको त्यो धनकुटा माझ
हजुर पाउँदा खुसी भइन् धर्ती आमा आज ।
तिम्रो पाउको एक कण बन्ने मेरो मन
यो साहित्य सिर्जनामा तिमी मेरो प्रेरणा ।
आज कलम उठाउँदै छु तिम्रो नाम लिँदै
नारी हितमा केही साहित्य पोख्न सकूँ भन्दै ।
आजसम्म तिमीलाई भेट्ने मौका पाइन मैले
दर्शन पाउने तपस्या नै गरिन कि पहिले ?
यसै गरी संसारको प्रेरणा बन्दै जाउ
संसारका मनुष्यले जपून् तिम्रो नाम ।
सङ्घर्षको कालो पर्दा अझै छिचोल्नु छ
यो विश्वमा गर्ने काम धेरै नै बाँकी छ ।

लामो प्रतीक्षा

पछि



सुदर्शन पौडेल सहप्राध्यापक सामुदायिक स्वास्थ्य विज्ञान विभाग

लामो प्रतीक्षापछि
काउकुती लगाउँछ घडीले
मात लागेछ कि क्या हो बाटोलाई
अध्याँरोबाट सुरु भएको
फेरि अँध्यारोतर्फ लम्कँदै छ जोडतोडले
कोही अघि हिँडेभैँ, कसैले खेदेभैँ
चुपचाप हिँडेरहँ म धर्तीको बीचैबीच ।

आफ्ना पैतालाका डोबहरू पछि फर्केर हेर्ने गर्छु
म जस्तै निरुद्धेश्य खुट्टा घिसार्नेहरूको भीड देख्छु
कसैको आखाँमा आभा छैन जीउमा चैन छैन
तैपनि कोही बोल्दैनन् हामी कहाँ जाँदै छौं ?
मूर्ख पिछलमगुहरू ।

वर्तमान कहाली लाग्दो छ भविष्यको यकिन छैन
देखिने नदेखिने घाउ दुखेर असह्य पीडा हुन्छ,
दुखेको घाउमा माटोको मलम लगाउँदै
एकनास सुस्केराको सङ्गीतमा तरङ्गिँदै हिँडेरहेका,
मूर्ख पिछलमगुहरू ।

न घडीले बोल्छ, न मान्छेले सोच्छ बाटोलाई -
हामी कहाँ जाँदै छौं? केको लागि हिँड्दै छौं?

चुटुकिला

सुकलकः

प्रा.डा. सिताराम श्रेष्ठ

केटा र केटी रेष्टुरेन्टमा

केटा : I love you.

केटी : I don't love you.

केटा : Think again.

केटी : I told you. No, no, no !

केटा : वेटर, छुट्टाछुट्टै बिल ल्याउ है ।

केटी : Ok, Ok I love you too.



Rajani Singh | 5th Batch



Suban Amatya | 5th Batch



Suban Amatya | 5th Batch

3rd Batch Farewell by PAHS



PAHS Musical Night



Dr. Govinda KC support rally by PAHS MBBS SS



Lalitpur Nursing Campus



History

Lalitpur Nursing Campus (LNC) was established in 1959 (Previously named as Shanta Bhawan Nursing School), five years after modern medicine was introduced into the Kingdom. LNC became independent with the formation of Board of Directors in December 2003. Until July 2004, the campus was under United Mission to Nepal (UMN). The management and finance were looked upon by the mission. The present status of the campus is financially and administratively associated with the LNC Board of Directors and academically constituent with Tribhuvan University's Institute of Medicine. The campus celebrated its Golden Jubilee in early 2009.

LNC was started initially with Proficiency Certificate Level (PCL) program and now expanded to different faculty in Post Basic Bachelor in Nursing (BN), Generic Bachelor of Science in Nursing (BSC), and Masters in Nursing (MN) Programs. BN was started in 1996, MN in 2009, and BSC in 2011.

Our Values and beliefs

The campus strongly upholds such LNC values as equality, love and service, forgiveness, integrity, cultural sensitivity, and humility. Faculty offers education and staff serve without discrimination of social, religious, caste, or economic status of the students.

Strategy: Partnership

- with Nepali young women and their families to provide quality academic and practical training as a base for profitable career in nursing service in Nepal.
- with government and non government health service providers to produce well qualified service-oriented nursing staff.
- with campus faculty and staff to develop and maintain a quality program.
- with regulation and accrediting agencies to maintain credible certification of the education program.
- with different supporting agencies to get resources and implement this strategy .

Aims

Our vision is that the mission of Lalitpur Nursing Campus be continued into the future through planned sustainability. We will continue to produce nursing graduates distinguished by their high standards of service as evidenced by their preferred, rapid employment within Nepali government, non-government hospitals and community health sectors.

We will sustain our distinctive, ownership and management structures. We will continue to maintain good academic and administrative practices, as well as good relationships with other

educational, regulatory, and service institution. The main concern we will teach and maintain in the campus is that every person has equal value, respect, and receives appropriate care and concerns.

Objectives

- 1. Program Implementation/ Development**
 - a. To be a model nursing campus in Nepal.
 - b. To demonstrate LNC values inside and outside the Campus.
 - c. To educate qualified young Nepali women as professional nurses.
 - 2. Human Resource Development**
 - a. To increase the number of committed Nepali in higher leadership position.
 - b. To continue conducting in-service education for academic and administrative staff.
 - 3. Sustainability**
 - a. To develop local income generation mechanism.
 - b. To develop and maintain external funding sources and relationships.
 - 4. Organizational Development**
 - a. To upgrade the campus in line with the development of nursing education in Nepal.
 - b. To develop and/or upgrade physical facilities of the campus.
 - c. To develop an active Alumni Association.
- To develop a legal entity to own and operate accordingly in future.



व्यक्त गर्न नसकिएका पीडाहरु



सुजय राना मगर
चौथो ब्याच

चारै कुना बन्द बाकस अन्धकारमा थुन्यो किन
सयौं मर्छन् संसारमा पापी तिमीले मलाई चुन्यो किन
भाग्य मेरो खोक्रो रेछ घर न घाटको बनायो
मेरो शरीर उस्तै राख्न आँखै पोल्ने खे केके खनायो
आखिर किन तिमीलाई मप्रति कुनै दया छैन हो ?

सेतो कोटमा ठाँटिएर मुख छोपेका थियो तिमीले
असह्य पीडा सहनै गाह्रो धारिलो छुरा रोपेका थियो तिमीले
मेरा हाडलाई टुक्राटुक्रा पारी अस्थिपञ्जर पढ्नु छ रे तिमीलाई
फर्माँलिनको पोखरीमा मलाई डुबाई
डाक्टरमा प्रगति थुम्की चढ्नु छ रे तिमीलाई
अरुलाई रुवाएर आफू माथि पुग्छु भन्ने लाग्छ हो तिमीलाई ?

(पाटन स्वास्थ्य विज्ञान प्रतिष्ठान विद्यार्थी समाजद्वारा आयोजित प्रथम कवितावाचन
प्रतियोगिता २०७२ मा प्रथम स्थान हासिल गर्न सफल कविता)

मृत्यु शैयामा म छटपडिँदाँ चाहेर नि तिमीले किन बचाउन सकेनौ
मलाई दुःख नदिई बस्दा खाको तिमीले के पचाउन सकेनौ
एक सकोँ लाज ढाक्ने कपडा त देऊ नगर यसरी अपमान मलाई
सक्छौ सद्भाव अनि माया जगाऊ नत्र जलाईदेऊ कोरी सलाई
आखिर किन तिमीमा मानवता भन्ने चीज छैन हो ?

प्रदर्शनीमा राखिएको मूर्तिकला हेरेभैँ दूले जमात जुटायो
अन्याय सही चुपचाप बसेको दिमाग हेर्न किन मेरो खप्पर फुटायो
भर्खर डाक्टर पढ्न आको रे तिम्रा केही मित्रहरू लिएर चित्र
हाँसु पर्ने के छ र खै तिम्रो जस्तै छ मेरो पनि शरीर भित्र
किन तिम्रो मनमा अलिकति लाज भन्ने चीज छैन हो ?

गिद्दले भैँ किन लग्छौ मेरा मासुका चोक्टाहरू थुतेर
मलाई नि मन थियो स्वर्ग जान ब्रह्मनालमा आनन्दले सुतेर
पीडा भित्र भरिएको मेरो उकुसमुकुस के बुझ्थ्यौ तिमीलाई परेको छैन
शरीर मन्थो धर्ती छोडैँ तर बुझ मेरो आत्मा अबैँ मरेको छैन
तिमीलाई अलिकति पनि लाग्दैन तिमी पनि एक दिन मर्छौँ भनेर ?

गजल



निरञ्जन रमण पुरी
छैठौँ ब्याच

दिन दहाडै सपना आँखा वरिपरि आउँछन्,
बिथोल्छन् दैनिकी अनि थरिथरी आउँछन् ।

मेरो भागमा आजसम्म प्रेम कहिल्यै परेन,
कसैको भागमा दोहोरिएर कसरी आउँछन् ?

त्यसैगरी आइराखुन् मेरा खुसी सोहोरिएर,
आमाका परेलीका डिलमा जसरी आउँछन् ।

'म टुटेको छु' भनेर भनी हेर्नु सज्जन कहाँ,
बुझ्न तपाईंलाई पहिले आडम्बरी आउँछन् ।

जब देख्छु खुसीका इन्ट्रेणी कुनै बालकमा,
बाल्यकालका 'निरञ्जन' मन भरी आउँछन् ।

चुटकिला



संकलकः
प्रा.डा. शिवाश्रम श्रेष्ठ

तीन जना विद्वानहरू सँगै हिँडिरहेका थिए । जसमा एक जना
Physicist, अर्को Mathematician र अर्को Chemist थियो ।
बाटामा जाँदाजाँदै दूलो एउटा नदी आएछ ।

Physicist: I want to check the velocity of water.
यति भनी पानीमा गयो र फर्केर आएन ।

Mathematician: I want to measure the width of river.
उक्त वैज्ञानिक पनि फर्केर आएन ।

Chemist: तिनीहरू पानीमा गएपछि फर्केर आएनन्
किनकि They are solute to water.

CLASSPOLL 2017-18



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Sistu K.C.

5th

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Saubhagyi Singh

6th

Binit Kumar Thakur
Rajani Yadav

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PAHS MBBS STUDENT SOCIETY
and the annual magazine
'THE SYMPHONY' for the
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The Housemaid



Dr. Prayush Aryal

MDGP Resident, 1st Batch

The winter is hitting hard here in Kathmandu, with the local news reporting that it's got an all time low in the temperature scale this season. My mother, who is 8 months pregnant, spends most of her time in front of the gas heater doing her favorite thing- knitting. She's already made four pairs of socks, a cap and a sweater- all for her soon to be newborn. My dad works in a private bank and is away most time of the day. I am their 8 year old daughter, Yukta. I stay home and look after my mother. It is becoming difficult for my family to carry out the daily household chores, mainly because of mom's condition, plus dad's hectic hours don't help either. So, they have been thinking about having a housemaid, who would come to our house for certain hours of the day and perform the basic cleaning and washing. However, I hate the idea of letting an outsider get inside. Whoever shall be coming, I hate her already.

Then one chilly Saturday afternoon, while it's raining heavily outside and we're enjoying a good movie together, our door bell rings. My father goes to the door. I follow. "Who's there?" asks my dad. There is a pause. The door bell rings again. "I said who's there at the door?" he asks in a commanding voice. "It's me Sangita, Sahab." It is a whisper, loud enough to be audible across the door. "Sangita ? Who Sangita ?" My dad tries to remember if he knows anyone by that name.

Then mom intervenes. "Ohh! Sangita must be the one my aunt was talking about yesterday. She said she would send a maid over to our house," tells my mom from across the room.

My dad opens the door. I stand behind him and peep slowly from sideways. A thin woman, probably in her 40s, with conspicuous cheek bones and a sharp nose stands there.

MY DAD OPENS
THE DOOR. I
STAND BEHIND
HIM AND PEEP
SLOWLY FROM
SIDEWAYS. A
THIN WOMAN,
PROBABLY IN
HER 40S, WITH
CONSPICUOUS
CHEEK BONES AND
A SHARP NOSE
STANDS THERE.

She's got a long hair up to her waist which is neatly tied. She is clad in a bright red Saree and a big red bindi occupies her forehead. She has big eyes which never seem to blink. The Kajal in her eyes are roughly done as it dragged below and to side of her eyes too. Mom comes to the door too

and asks, "Have you been sent by aunt Meena? You are here for work, aren't you ?" "Yes I am, Madam," she smiles. I have never seen such an ugly smile in my life. She looks creepy. I don't like her. They let her in. She scans around the house. They ask her few questions to which she gives very convincing, sugar coated answers. They eventually hire her. I am still not convinced. They have trusted her very easily. How naïve of them? Maybe the desperate need to have someone do the chores has blinded them from their judgment.

Now she is to start work from tomorrow. She leaves for today. All this time, I noticed one more peculiar thing about her. After every few seconds, she was always looking at my mother's belly. One time, while my mother was explaining her about where we keep the dishes, she pretended to listen but her eyes were fixed on her abdomen. Something is really fishy about her. I can sense it. I try to convince mom and dad but to no avail. Next day, my dad leaves for office early. My mom and I are watching TV. The door bell rings. It must be Sangita. My mom gets up and goes to open the door. She greets her and starts her work. She talks to my mom very politely and genially. What a façade!! She's up to something I am sure. I stand next to her all the time while she was working. She frequently looks behind to my mother. What does she want?? After finishing off her routine,

“NO MADAM, I CAN SENSE IT. THAT’S WHY I HAVE BEEN LOOKING AT YOU FROM YESTERDAY. SOMETHING BAD HAS HAPPENED IN YOUR HOUSE AND IT IS STILL HERE. I BELIEVE YOUR HEALTH IS ALSO DETERIORATING LATELY,” SHE TRIES TO CONVINCE HER.

she comes up to my mother and slowly says something that gets me terrified, “Madam, I think your baby is not doing well. I think someone doesn’t want it. It is trying to kill your baby.” Her eyes stare at the womb. “What?? What are you saying, Sangita? Are you out of your mind?” my mother exclaims. “No madam, I can sense it. That’s why I have been looking at you from yesterday. Something bad has happened in your house and it is still here. I believe your health is also deteriorating lately,” she tries to convince her. “Oh my God! Sangita, yes my health has been deteriorating since past few weeks. Yes, something bad has happened in this house not very long ago. But, I do not want to talk about it, don’t want to think about it. How do you know all these?” my mother looks confused. Sangita says, “I have this ability Madam, I can sense it. Your baby is in grave danger, but I can help you.” She now kneels in front of mother. “I will perform a special ritual on this womb. It will cast away all the evil forces from around it. It will be safe. I promise you, Madam.” She looks up trying to assure her. “Umm, if that’s so, I will do it. I want my baby safe. When do

you want to do it, Sangita?” I can’t believe my mother’s gullibility. “Mom, are you out of your mind? How can you agree on this? I mean she just came yesterday. You don’t even know her. You don’t know what she intends to do,” I shout at her. She ignores me, as usual. “Madam, I am afraid I have to do it right now. It’s a short procedure. I need some red Abeer, a Dhoop, a lemon and a matchstick.” She looks excited. “Fetch it from the store room and kitchen, Sangita. They’re all there,” says mom, who now switches off the TV and becomes fidgety. Sangita hurriedly brings all the things. I am appalled, scared to death right now. “She is a witch mom, don’t let her do it.” I take the box of Abeer that was put on the table and throw it on the ground. Sangita looks at it and shouts, “Oh my God! We have to hurry madam.” Sangita makes my mom lie down on the ground naked. She is sitting beside. She closes her eyes and starts reciting some chants. I try to push her but she resists. Then I bite her. She starts to bleed but continues her act. “What’s happening, Sangita?” my mother asks worriedly. Sangita doesn’t answer. Then she opens her eyes. She lets out her tied hair. She’s looking like a monster now, a demon. I can’t stand this. I run to the kitchen, take a knife and come charging towards her. She shouts a chant and spreads the Abeer in the air and I go blind.

“MADAM! Now I know who’s trying to kill your baby. You won’t believe this, Madam. But, you have to. I know everything now.” She becomes frantic. “I have to kill this witch RIGHT NOW!” I tell to myself. I am nervous. “It’s your eldest daughter!!! She’s trying to kill the baby,” shouts Sangita. My mother says, “What nonsense Sangita! Yukta is dead. She fell from terrace three years ago. It doesn’t make sense.” Mom stands up now. Sangita continues, “Now it all makes sense. Yea right she is dead but she is around us, Madam. It seems she doesn’t want you to have any more children. She doesn’t want you to love any child

other than her. She is jealous. That’s why she kills them all before they are born. You had two miscarriages after her death right? As long as she’s here, she won’t let you have another.” Mom stands there frozen. She can’t believe what she’s just heard. As for me, I can not believe how this witch got to know all of this. Yes, I can’t even stand the thought of my parents holding another baby, give all their love and slowly forget me. If there’s no one after me, they will keep remembering me and loving me. That’s why I slowly kill all of them in their womb itself. It’s a tedious process; I have to be very careful not to hurt my mother. I was doing the same for this one too and I was succeeding, when this witch appeared from nowhere and spilled all the beans.

“Yukta, my baby, my child.” My mother has tears in her eyes now. “If you are here listening right now, we love you very very much dear. There’s not a single day that passes without thinking of you. We miss you a lot. No one can replace you, honey. But, please don’t give this punishment to your mom and dad. We want to lead a normal life. We want to be happy again. Don’t you want us to be happy? Please, have mercy my dear. Please, don’t be angry. No one can take your place, Yukta. No one!” My mother starts to sob. I feel extremely guilty. I repent all my actions. I will go away mom. I will not harm anyone. Then I kiss her forehead, hug her and start to leave. Sangita is still chanting some verses. “Madam, looks like she’s leaving. I can sense the tension decreasing in the air,” remarks Sangita. I start to fly. I can not come down now, but I can see what’s going on. Soon after I leave, there is a phone call to my mom. It is my aunt. “Hello Meera, sorry I couldn’t call you. The maid that I talked to you about was ill, so she couldn’t come to your house yesterday. She will be there next week alright.” Mother cuts off the phone nervously and looks at Sangita. She has already come close. Then with a sly smile, pointing the knife at her womb, she whispers in her ear, “The ritual is still not over, Madam.....”

☆☆☆



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रितो सम्पन्नता

सुजना कटुवाल
शातौ ब्याच



धेरै ठूलो प्रतिष्ठाको
खाँचो छैन आमा मलाई
धेरै ठूलो व्यक्तित्व बनेर,
नामका अगाडि पछाडि
महानता दर्शाउनुको लालच छैन आमा मलाई
मलाई इच्छै छैन
यसरी रितो सम्पन्नतामा बाँच्न,
मलाई रहर छैन,
यसरी रितो सम्पन्नतामा बाँच्न,
मलाई रहर छैन,
ज्योतिबिनाको चन्द्रमा हुन
पलपलमा च्यातिँदै र चुँडिदै,
अनि अनेकौँ चोटि निमोठिएर,
फुल्नुको कुनै लोभ छैन मलाई
त्यसैले,
फुलेर बासना दिन नसक्ने त्यो कागजी फूल बनेर,
निराशाको जिन्दगी जिउनु छैन मलाई
मलाई खाँचो छैन आमा,
यो कुनै पनि कुराको खाँचो छैन मलाई ।

तिमीलाई पटक पटक भाग्यले ठगेको छ,
मलाई यकिन छ
ती आँखाबाट कति आँसु बगेको छ,
बाबाका पैतालामा परेका चिराहरूले पोल्दा
सायद आफ्ना सन्तानलाई सम्भ्रनुहुन्छ,
जो जन्मिएर पनि
जन्मनुको अर्थ खोज्न भौँतारिँदा,
सन्तोष होइन
पैतालामा थप चिराहरू थपिदिन मात्रै सक्ने,

त्यसैले,
सुख दिन नसके पनि
दुःख नदिन त सक्नुंला
बाबाका पसिनाका धारा र मनभरिका वेदनाले भिजेका
अनि आमाले नाक कानका गहना बेचेर पठाएका
नोटहरूको आवश्यकता छैन मलाई
मानवता सिकाउने ठुलाठुला महल छिरेर,
मैले
म आफ्नै सानो घर र

थोरै खेतबारीको माटोमा रमाउँछु
म तिमीले पस्केर दिएको
दुई गाँस ढिँडो आँटोमा खुसी हुन्छु ।
त्यसैले,
तिम्रो पसिनाले
तिम्रो गरिबीको घाउमा लाउने मलम
तिमीलाई सन्चो नहुँदा खाने औषधी किनिनुपर्छ
आमा,
तिमीले बेचेका गहनाले
महङ्गा किताबका अक्षर हैन,
सन्तोषका दुई पल कमाउनुपर्छ आमा
तसर्थ,
यो खरिद गरको मानवता,
मलाई चाहिँदैन आमा,
मलाई चाहिँदैन,
यो मसानघाटको सम्पन्नता
आत्मा निचोरेर पाएको विलासिता,
अनि तिम्रा रगत पसिनालाई माटोमुनि हालेर
बनाइएका गगनचुम्बी सपना ।

गजल



डा. भूपेन्द्र प्रकाश मल्ल
प्रथम ब्याच
हाल जाजरकोट

तिमीसँगका हरेक क्षण चन्चल लाग्दछन्,
तिमीसँगका हरेक शब्द कुटिल लाग्दछन् ।

भोलि त टाढा जानु नै छ तिमी आऊ बस,
तिमीसँगका उठाइ बसाइ प्रणिल लाग्दछन् ।

भौँतारिएलान् भावना एक्लोपनमा आऊ साटौँ
तिमीसँगका हरेक सटाइ, स्वप्निल लाग्दछन् ।

फिक्का बन्लान् रडहरू अभावमा आऊ रङ्गाउँ,
तिमीसँगका हरेक रङ्गाइ, शिलल लाग्दछन् ।

सुकेर जालान् चाहनाहरू खडेरीमा आऊ फक्राउँ,
तिमीसँगका हरेक फक्राइ, शुशिल लाग्दछन् ।

गजल



डा. राजु गुरुङ
प्रथम ब्याच
हाल डोटी

कोदो बेचेर रक्सी पिएको भेटेको छु
ऊन बेचेर जिन्स सिएको भेटेको छु ।

चिन्दैनन् नजिकको जुनकिरी कुरा चन्द्रमाको
मास बेचेर सोयाबिन किनेको भेटेको छु ।

भुईँको टिप्दा बिर्सन्छन् पोल्याको पोखिएको
दुध बेचेर क्याल्सियम लिएको भेटेको छु ।

घोडा चढेको देखी चढ्छन् धुरीमा कति
इमान बेचेर बिन्दस जिएको भेटेको छु ।

CLASSPOLL 2017-18



2ND EINSTEIN

3rd Dr. Basant Raj Joshi
Dr. Astha Thapa

4th Abhik Budha Magar
Puja Pandey

5th Anish Dhakal
Upama Sharma

6th Abhishekh Kalwar
Sneha Joshi

7th Mukund Kumar Jha
Amisha Maharjan



MOST STYLISH

3rd Dr. Bibek Dangol
Dr. Seema Nepal

4th Mohit Shahi
Jenny Karmacharya

5th Binil Singh Khadayat
Deepti Shahi

6th Sumit Kumar Singh
Lisa Basnet

7th Dipendra Chapagain
Aastha Karki



MESSAGE FROM DOCTORS FOR NEPAL (DFN) CHAIR

I founded the UK Charity Doctors For Nepal nearly 10 years ago, when I worked for the international aid organisation MSF in Kalikot district. I was touched by the hospitality of the Nepalese people, but also the desperation of such basic medical care in remote areas. Collaborating with PAHS was a turning point for us as an organisation; the institution shares our aims and goals to improve health to the most needy of the Nepalese population who reside in such challenging mountainous regions. We are proud to now financially support 8 medical students through their studies, and hope that their dedication and commitment to the plight of healthcare in remote areas, will in due course lead to the reduction of health inequality across the country. We look forward to working together in the years ahead, and to widening our commitment to nursing and midwifery education.

With very Best wishes and kind regards,



Dr. Kate Yarrow
Chair and Founder, DFN
MSFRH, DFRSH, MBBS Hons, PG Cert Med Ed

मेरी प्यारी गर्लफ्रेंड VS मेरी प्यारी श्रीमती



जयन्द्र ब्यान्जु
सहायक प्राध्यापक,
फिजियोलोजी

मेरी प्यारी गर्लफ्रेंड,

तिम्रो सुन्दर मुहार देख्दा मन मेरो प्रफुल्लित हुन्थ्यो
तिम्रो मीठो स्वर सुन्दा मेरो अन्तरंग मा काउकुती लाग्थ्यो
तिम्रो एक मुस्कानले संसार मैले पाएँ जस्तो लाग्थ्यो
तिम्रो एक स्पर्शले समय त्यहीँ रोके जस्तो लाग्थ्यो ।

मेरी प्यारी गर्लफ्रेंड,

तिमीले मलाई बोलाउँदा सय खुड्किलो एकैपल्ट पार गरि आऊँ लाग्थ्यो
मायाले मेरो नाम लिँदा मेरो सब थोक तिम्रै नाम गर्दाम जस्तो लाग्थ्यो
तिमीसँग समय बिताउन सिनेमा हल को सबै टिकट किनम लाग्थ्यो
अनि सिनेमा नहेरी मात्र तिमीलाई नै हेरि रहँ लाग्थ्यो ।

मेरी प्यारी गर्लफ्रेंड,

पानीपुरी र पापडीचाट आफैँ बनाई तिमीलाई मेरो हातले खुवाउँ लाग्थ्यो
अनि पियो हुँदा उग्रदै मेरो हात समाउँदा अफ अलि धेरै पियो थपुँ लाग्थ्यो
मोटरसाइकलको पछाडी राखी ड्याक्स ब्रेक समाउन मन लाग्थ्यो
अनि मनभित्र मस्किँदै बाहिर चाहिँ ठुस्किँदै रिस देखाको हेर्न मन लाग्थ्यो ।

मेरी प्यारी गर्लफ्रेंड,

घुम्न जाँदा बस को लास्ट सिटमा बस्दै प्रेमका कुरा गर्न मन लाग्थ्यो
अनि कुरा गर्दा गर्दै तिमी निदाउँदा मेरो काँधलाई तिम्रो सिरानी बनाउन मन लाग्थ्यो
फूलको बगैँचामा लगी गुलाब हातमा लिई I LOVE YOU भनुँ जस्तो लाग्थ्यो
अनि तिमी लजाएर निहुरिँदै I LOVE YOU TOO भने हुन्छ लाग्थ्यो

तर सुरुसुरुको प्रेम मा यस्तै लामे रहेछ मेरी प्रिय
बिहेपश्चात् धेरै कमजोर हुँदो रहेछ यो हृदय
भ्रम रहेछ बिहे पश्चात् हुन्छ जीवन सुख मय
देखिन सुख मैले त कतै, मात्र देख्छु भय ।

मेरी प्यारी श्रीमती,

बोलाउँदा तिमीले मलाई सय खुड्किलो एकैपल्ट हामफाली भागुँ लाग्छ
मायाले मेरो नाम लिँदा मेरो सब थोक आफ्नै नाम गरी भाग्छौ कि जस्तो लाग्छ
तिमीसँग समय बिताउनु पर्ला भनि सिनेमा हल को टिकट सधैँ किनम लाग्छ
अनि तिम्रो अनुहार भुल्न हिरोईन तिर नै फोकस गरि रहँ लाग्छ ।

मेरी प्यारी श्रीमती,

पानीपुरी र पापडीचाटमा बेसकन पियो थपी तिमीलाई मेरो हातले खुवाउँ लाग्छ
अनि भोलि बिहान बाथरूम बस्दा बाहिरै ननिरके हुन्छ लाग्छ
मोटरसाइकल को पछाडी राखी ड्याक्स ब्रेक समाउँ जस्तो लाग्छ
अनि हुतिएर अगाडिको खाल्डोमा खसे नि हुन्छ लाग्छ

मेरी प्यारी श्रीमती,

तर जे जस्तै भएपनि यी सब भन्ने कुरा न हुन्
तिमीलाई मैले मनपराएँ किनकी तिमीमा थिए धेरै गुण
तिमीनै मेरो लागि सन तिमीनै मेरो लागि मून
मेरा जीवनका हरेक पलहरू तिम्रै लागि हुन् तिम्रै लागि हुन्
'मेरी प्यारी गर्लफ्रेंड', 'मेरी प्यारी श्रीमती' ।

पहिलो मेट



कलेन्द्र विष्ट
श्यातौ ब्याच

“एस्क्युज मि ! यो लाइन भेरिफिकेसनको लागि हो?” अपरिचित केटीको प्रश्न थियो ।

“हो” मैले भनँ ।

‘प्लस-टु’का केही डकुमेन्टसहरू भेरिफाई गर्न राष्ट्रिय परीक्षा बोर्ड, सानोठिमीमा आएको थिएँ । त्यहि क्रममा डकुमेन्टस बुझाउन लाइन लाग्नु पर्ने अवस्था आएको थियो । केही दिनअघि मात्र बुझाउन आएको भए लाइन बस्नुपर्ने थिएन ।

मेरो अगाडि लगभग पच्चीस-तीस जनाजति थिए । पछाडि दशको हाराहारिमा । अघि मलाई ‘एस्क्युज मि’ भन्दै प्रश्न गर्ने केटी अन्तिममा थिई । अघि नजिकै हुदाँ राम्रोसँग नियालेको थिइँ मैले ।

फिका पिंक रंगको पातलो ऊनी स्वेटर लगाएकी थिई । छाला चिपक्कै हुनेगरी कालो रंगको जिन्स प्यान्ट लगाएकी थिई । चस्मा त अघि नै नोटिस गरिसकेको थिएँ । एक हातले मोबाइल चलाइहेकी थिई, अर्को हातले डकुमेन्ट च्यापेकी थिई । भोला पनि बोकेकी थिई । लाइन सिधा नभएर घुमेको थियो । त्यसैले, उसलाई नियाल्न सजिलो भएको थियो ।

केटी गोरी नै थिई, ज्यान ठिक्क मिलेको । हेर्दा राम्री देखिन्थी । उसैको पछि गएर उभिउँजस्तो लाग्यो । बातचित गरँजस्तो लाग्यो । तर जोस कहाँबाट आओस् ?

घडी हेरेँ, एक बज्ने लागेको थियो, बज्यो पनि । एक बजेर तीन मिनेट जाँदा डकुमेन्ट बुझाउने इयाल बन्द भयो । अगाडि लाइन बसेकाहरू गाइँगुईँ गर्न लागे मलाई पनि भनबक रिस नउठेको होइन । रिस पोखेर हुनेवाला केही पनि थिएन । चुपचाप उभिरहेँ । हेर्दाहेर्दै लाइन तितरबितर भयो ।

‘दुई बजे मात्र इयाल खुल्ने’ सुनेँ । एक घण्टासम्म कुर्नु सिवाय केही थिएन । अँ साँच्चै, त्यो केटी ! त्यो केटी खोई ? यताउता हेरेँ । अहँ, देखिँ ।

**

‘ओरिन्टेसन’ सुरु हुन अझै आधा घण्टाजति बाँकी थियो । पाटन हस्पिटलको छतमा थिएँ । बादल खुलेको थियो । घामले बिहानी चिसोलाई बिस्तारै न्यानो बनाउदै थियो । काठमाण्डौको उत्तरतिरका सेताम्मे हिमालहरू चम्किएका थिए । म त्यो दृश्य हेर्दै आखाँलाई शितलता प्रदान गर्दै थिएँ । म भएकै ठाउँतिर कोही आउँदै गरेको जस्तो लाग्यो । टाउकालाई घुमाएर हेरेँ, त्यही ‘एस्क्युज मि’ भन्ने केटी !

“एक्ली केटी
देख्ने बित्तिकै बोल्न
खोज्ने मान्छे ठीक
हुन्न भन्छन् ।”
उसको कुराले
घोच्यो- “तिमी
कस्तो मान्छे हो?”

उसलाई देखेबित्तिकै म अपराधीजस्तै हड्बडाएँ । ऊतिर ढाड फर्काएर उभिँ । उसले मेरो अनुहार देखिन होला । देखे पनि चिनिन होला । चिनोस् पनि कसरी ?

अधिसम्मको त्यो न्यानो मौसम उसको उपस्थितिले भनै न्यानो भयो । म यता त्यसैत्यसै मुस्कुराइरहेँ । उसलाई हेर्न मन लाग्यो । अपराधीभँै पछाडितिर चिहाएर हेरेँ । ऊ हिमाल हेर्दै चम्किएकी थिई, हिमाल जस्तै ।

छतमा अरु मान्छेहरू पनि थिए । तिनीहरू पनि पक्कै ‘ओरिन्टेसन’का लागि आएका हुनुपर्छ । सबै आआफ्नो तालमा थिए । कोहीकोही एक अर्कासँग परिचय गर्दै थिए ।

मसँग परिचय गर्न कोही आएको छैन । म पनि कसैसँग बोल्न गएको छैन । ऊ अझै एक्ली छे । के म ऊसँग परिचय गर्न जाऊँ ?

भैगो ! पछि चिनजान भैहाल्छ नि ! छ वर्षसम्म सँगै पढ्नु छ । चिनजान मात्र होइन धेरै कुरा हुन्छ ।

टाढाबाट म उसलाई हेर्दै आनन्द लिँदै छु । ऊ हिमाललाई हेर्दै आनन्द लिँदै छे । बोल्न पाए भन कति आनन्द आउँदो हो !

एउटा केटी ऊसम्म पुग्न बिस्तारै हल्लिँदै हिँडिरहेको देखेँ । मलाई ठीक लागेन । एक्कासि के भयो भयो, रन्थिँदै त्यस केटीसामू पुगेँ । केही बोल्नुअघि त्यो केटालाई हेरेँ । उसको अनुहार कालो देखियो र मैले युद्ध जितेजस्तो लाग्यो ।

‘एस्क्युज मि !’ मैले भने ।

ऊ मतिर हेर्दै मुस्कुराई । ओहो ! उसको त्यो मुस्कान ! म कसरी बिर्सूँ !

त्यो पलमा आफूलाई यति हलुको पाएँ, मेरो छालाभित्र हड्डी मासु होइन, हिलियम भरिएको जस्तो लाग्यो । म आकाशमा उडिसक्थेँ होला यदि ऊ त्यहाँ नहुँदी हो त ! उसको उपस्थिति नै त्यहाँ धागो बनिदियो र म त्यहीँ अडिरहेँ ।

‘हेल्लो’ मैले कुरालाई अगाडि बढाएँ ।

‘हेल्लो’ भन्दै उसले ट्याण्डसेक गर्न हात बढाई । मैले पनि हात अगाडि बढाएँ । कति नरम हात हो उसको ! न्यानो पनि उतिकै । त्यो हात समाइरहुँ जस्तो लाग्यो तर समाइराख्न सकिँ ।

“एक्ली देखेँ, यसो साथ दिन आएको ।” मुखबाट प्याच्च निस्कियो ।

ऊ फिस्स हाँसी ।

“एक्ली केटी देख्ने बित्तिकै बोल्न खोज्ने मान्छे ठीक हुन्न भन्छन् ।” उसको कुराले घोच्यो- “तिमी कस्तो मान्छे हो?”

म अवाक भएँ ।

के भनूँभनूँ भो !

“अब यसरी बोल्न आएको मान्छे पक्कै पनि ठीक छैन होला ।” मैले पनि अलिक जिस्कन खोज्दै भनँ ।

“ओह !” आँखा फुलाउँदै भनी ।

“बाइ द वे , म निकेश ।”

“ओह !”

उ चुप लागिरही । उसले आफ्नो नाम बताउली कि भनेर एकछिन पर्खिएँ तर अहँ, भनिन ।

“तिम्रो नाम चाहिँ ?” मैले सोधें ।

“नाम किन भन्नु, खतम मान्छेलाई ?” उसले मतिर हेर्दै हाँस्दै भनी । यो केटी सोचेभन्दा बढी चलाख निस्क्यो । मैले थापेको जालमा म आफैँ फसिरहेको थिएँ ।

“यति राम्रो मान्छेको नाम नराम्रो होला, त्यसैले नभनेको होला ।” मैले पनि घोचिने गरी भनँ ।

“राम्रो भन्नाले ?”

“राम्रो भन्नाले राम्रो नि !”

“आइ मीन , के राम्रो ?”

“मान्छे ।”

“हेर्दा कि बुझ्दा ?” जिज्ञासु आवाजमा सोधी ।

“हेर्दा पनि राम्री” मैले भने “बुझ्दा पनि राम्री ।”

“हेर्दा राम्री, त्यो त सबैले भन्छन् । बुझ्दा राम्री चाहिँ कमैले भनेका छन् ।” उसले थपी- “यति कुरा गर्दा तिमिले मलाई नराम्री भन्नुपर्ने हो । यस अर्थमा तिमि भुट बोलिरहेका छौ ।”

अहिलेचाहिँ छुरा खोपेजस्तो भो ! फ्याट्टे बोल्न सकिन्न ।

“तिमीले भनिसक्यौ आफू खतम मान्छे भनेर ।” मन दुखेको भावमा भने,- “खतम मान्छेले भुट बोलिहाल्छ नि ! के नौलो भयो र ?”

उसले मेरो मन दुखेको देखिहोली । सोधी- “अब खतम मान्छेको नाम थाहा पाउन मन छ कि छैन ?”

मैले पनि भनिदिँ- “खतम मान्छेको नाम जान्न मलाई कुनै मन छैन ।”

हामी दुबै मौन भयौँ । अब ऊ जालमा परेकी थिई । अघि नाम नभन्दाको परिणाम थियो । दुबैलाई अप्ठ्यारो भइरहेको थियो । यसरी आफू प्रस्तुत भएकोमा मलाई ग्लानी महसुस भयो ।

मैले नै मुख खोलें,- “सरी !”

“नो नो ! सरी मैले भन्नुपर्ने हो ।” आँखामा हेर्दै भनी- “आई एम सरी ।”

“इट्स ओके !” गल्ती उसैको थाप्लोमा थुपारिदिए र भनँ- “अब नाम भन्ने कि ?”

“मान्छे चिनिहाल्थ्यौ, नाम किन चाहियो ?” उसले भनी- “बरु अरु कुरा गर ।”

“अहिले भूकम्प आयो भने ?”

“के भन्न खोज्दै छौ ?”

“अहिले मरियो भने ?”

“हस्पिटलको छतमा छौ, बचाउन सकिन्छ ।”

“बचाउन नसक्ने गरी घाइते भए भने !”

“तिमी मछौँ ।”

“तिम्रो नाम थाहा नपाई मर्दिन जस्तो लाग्दै छ ।” मैले कुरा घुमाएँ ।

“मेरो नाम सुनेर मर्न सक्छौ ।”

“के तिम्रो नाममा विष छ ?”

“हुन सक्छ ।” उसले भनी ।

“त्यसो भए म त्यो विष चाख्न चाहन्छु ।”

“पैसा लाग्छ ।”

“कति ?” मैले सोधें ।

“कति दिन सक्छौ ?”

“मर्ने कुरा आइरा’छ ।” मैले प्याच्चै भनिदिँ- “ज्यान दिन सक्छु ।”

ऊ खित्का छोडेर हाँस्न थाली ।

पाँच मिटर परका केटाहरूले हामीतिर हेरे ।

हासौँ रोकन खोज्दै भनी- “ओ गड ! तिमिदेखि पुग्यो मलाई ।”

“के पुग्यो ?” मैले सोधें ।

ऊ अभ्रै हाँस्दै थिई । उसको हाँसो देखेर मलाई रमाइलो लागिरहेको थियो ।

“बोलीमा लगाम लगाऊ है !”

“तिमीलाई भेटनुअघि लगाएकै थिएँ ।” मैले भने- “तिमीलाई भेटेपछि लगाम चुँडियो ।”

“खुरुक्क जोड्ने ।” उसले भनी- “नत्र बाटो बिराइएला ।”

हाँसो रोकिएको थियो ।

“नयाँ बाटोमा हिँड्न मन लाग्यो ।” मैले भनँ ।

“नयाँ बाटो खतरनाक हुन सक्छ ।”

“खत्रों के खिलाडी हुँ म ।” मैले भनँ ।

“लेभल पार नगर्न सक्छौ ।” उसले भनी- “हेर्दा त्यस्तो बलियो बाज्जो पनि देखिँदैनौ ।”

उसले मेरो पातलो शरीरको व्यङ्ग्य हानी ।

घडी हेर्ने । अब दश मिनेटजति बाँकी थियो ।

“साँच्ची, तिमि नाम नभन्ने नै हो ?” मलाई खसखस लागिरहेको थियो ।

“कति नाम पछि परेको होला !” उसले भनी- “तिमीले नै राखिदेउ बरु मेरो नाम !”

“म न्वारानकर्ता होइन ।”

“बन्ने मौका दि’राखु त ।”

“कस्तो नाम मन पर्छ ?” मैले उत्तेजित हुँदै सोधें ।

“भने त, तिमि न्वारानकर्ता ! तिम्रो इच्छा ! तिमिले जे राखे पनि स्वीकार गर्छु ।”

“ओके !” भन्दै म सोच थालें । चित्तबुझ्दो नाम दिमागमा आइरहेको थिएन । आफ्नै नाम ‘निकेश’ दिमागमा आइरह्यो ।

जे पर्ला पर्ला । भनँ- “निकेशा !”

“ओह !” ऊ सरप्राइज्ड भएकी जस्तै देखिन्थी ।

“अरु केही नाम पाएनौ ?” उसले मलाई सोधी ।

“केही राम्रो नपाएर त हो नि, आफ्नै नाम दिमागमा आइरह्यो, अनि भनिँदैं ।” मैले मरिँकदै थपें- “अबदेखि तिमिलाई निकेशा भनेर बोलाउँछु ।”

केही बोलिन । मुसुमुसु हाँसिरही मात्र ।

“के भो? नाम मन परेन?” मैले सोधें ।

“होइन होइन, एउटा कुरा सोचिराखु ।” उसले भनी- “सोचै कस्तो मजा आइरा’छ । आज एउटा मज्जाको घटना घट्नेवाला छ । कास त्यो पल खिचन पाए !”

“के हो र त्यस्तो?”

“अहिले भन्न मिल्दैन । समय आएपछि थाहा पाउँछौ ।”

“मान्छेलाई सस्पेन्समा राख्न खुब जानेछ्यौ है !” मैले भनँ ।

“सस्पेन्स नभएसम्म स्टोरीमा ट्रिस्ट नै आउँदैन । सस्पेन्सले स्टोरीलाई अगाडि बढाउँछ ।” उसले भनी ।

“तिमीलाई सस्पेन्स मजा लाग्छ भने, सुन, यो हाम्रो पहिलो भेट होइन ।” उसलाई सस्पेन्समा राख्न भनँ । मेरो अनुहारमा हेर्दै, हाँस्दै भनी, “ओह ! म सस्पेन्स भएँ । पहिलो भेट कता भ’को थियो ?”

“अब सोचेर बस ।” गर्वसाथ भनँ ।

नौ बज्न लागिसकेको थियो । हामी अडिटोरियममा गयौँ । भविष्यका डाक्टरहरूको अनुहार उपस्थित थियो । सबैको अनुहारमा खुसीको चमक धपधप बलिरहेको थियो । एकअर्कासँग परिचय गर्दै थिए प्रायजसो । मेरो लागि चिनेको अनुहार एउटै पनि थिएन ।

हामी बीचतिरको सिटमा गएर बस्यौँ । घर, कलेज बारे कुरा गर्यौँ । इन्ट्रान्स एक्जामबारे पनि गर्यौँ । प्राविधिक त्रुटीले गर्दा इन्ट्रान्स एक्जामको रिजल्ट दुई-दुई चोटि प्रकाशित गर्नु परेको थियो पाटन

स्वास्थ्य विज्ञान प्रतिष्ठानले ।

फिल्मबारे कुरा गर्यौं । सिरिज पनि हेर्दा रैछ । 'फ्रेन्ड्स' दोस्रो पटक हेर्दै छु भनी । 'गेम अफ थ्रोन्स' हेर्दा रैछ ऊ पनि । त्यस्कै बारेमा कुरा गर्यौं । 'जोन स्नो' उसको फेबरेट क्यारेक्टर रैछ । मेरो चाहिँ 'आर्या स्टार्क' । 'टेरियन ल्यानिस्टर' पनि मन पर्छ मलाई ।

"सुन त ।" उसले हडबडाउँदै भनी, "डन्ट माइन्ड है, म पछाडि गएर बस्छु ।"

मैले केही बोल्न नपाउँदै ऊ उठेर गई । दुई पङ्क्ति पछाडिको छेउको सिटमा बसी । उसलाई हेर्दै, अनुहारमा भाव परिवर्तन भएको पाएँ । चमक थिएन । हडबडाएकी जस्तै देखिन्थी ।

मैले उसलाई हेरिरहेको चाल पाई । फिस्स हाँसी । त्यो हाँसो फिटिकै सुहाएको थिएन, उसको अनुहारमा । के भयो उसलाई ?

मेरो पालो आयो परिचय दिने । "निकेश कार्की, काठमाडौं ।" मात्र भन्यो । मैले भनिसकेपछि फेरि त्यस केटीलाई हेर्दै, मलाई हेरिरहेकी रहिछ । मैले आखाँको इसारामा "अब तिम्रो पालो ।" भन्यो । ऊ मुसुक मुस्कुराई । वाह ! बल्ल कम भयो उसको निन्याउरो अनुहारको कालोपन ।

उसले पनि जिब्रो निकालेर मरेको जस्तो अभिनय गरी । मैले बुझिहालें, के भन्न खोजेको । उसको नाम सुनेर म मर्छु भन्न खोजेकी थिई । किन मर्थे र, उसको नाम सुनेर ! तर नाम जान्न अति नै उत्सुक भैसकेको थिएँ । छटपटीजस्तो भएको थियो ।

उसको पालो आउने लागेको थियो । उसलाई नै हेरिरहेको थिएँ । अरुको ध्यान परिचय दिइरहेको मान्छेप्रति थियो तर मेरो त्यही केटीप्रति थियो ।

उसको पालो आयो । उठ्ने बेला मलाई हेरी अनि अगाडि हेरी र भनी -"हेल्लो, मेरो नाम निकेशा श्रेष्ठ, घर यहाँ भक्तपुर ।"

ट्वाल्ले उसलाई हेरिहेरि भएँ एक छिन । भट्ट नजर हटाएर अगाडि फर्किँएँ । सास रोकियो । आँखाले देख्न सकेन । कानले सुनेन । धड्कन रोकिएजस्तो लाग्यो । उसले भने जस्तै, उसको नाम सुनेर म मर्छु ।

के उसको नाम निकेशा नै हो वा मेरो लागि निकेशा भनेको हो वा मलाई जिउँदै मार्न निकेशा भनेको हो ?

सबैको परिचय सकिएपछि डिनले स्लाइड देखाउनुभयो । स्लाइडमा खासै ध्यान जान सकेन । मैले पछाडि फर्केर उसलाई हेरिन पनि । कोमामा बसे जस्तै भयो ।

एउटा पेपर आयो मेरो अगाडि । 'एन्डेन्स शीट' रहेछ । एन्डेन्स गर्न बाँकी म मात्रै रहेछु । आफ्नो नाम खोजें, मेरो नाममुनि उसको नाम रहेछ 'निकेशा श्रेष्ठ' । बल्ल विश्वास लाग्यो उसको नाम

निकेशा हो भनेर ।

ओरिन्टेसन सकिने तर्खरमा थियो । पछाडि फर्केर हेर्दै । निकेशा र त्यो छेउमा बसेको केटी कुरा गर्दै रहेछन् । केटोले मोबाइल निकाल्यो, निकेशाले फोन नम्बर भनी जस्तो लाग्यो । योभन्दा बढी हेर्न सकिन्न ।

ओरिन्टेसन सकियो । सबै निस्कन लागे । म पनि निस्किएर ढोका बाहिर उभिएँ । निकेशा त्यस केटासँगै आई । निकेशाको अनुहार त्यस्तो उज्यालो पाइन मैले । तैपनि जिस्कने पारामा भन्यो, "तिम्रो नाम सुनेर म मर्छु ।" निकेशा फिस्स हाँसी । केही बोलिन । त्यो केटी आँखा तरिरहेको थियो मतिर । राम्रो 'भाइब' पाइन मैले । सहज हुन त्यो केटालाई उसको नाम सोधें । नाम पनि मन नलागी नलागी भन्यो, "प्रबिन शाक्य ।"

निकेशा गड्ढाघर बस्छे । म कोटेश्वर । अधि कुरा गर्दा निकेशाले नै घरसँगै फर्किने भनेकी थिई । उसको अफरले खुसी भएको थिएँ ।

भर्याड ओलिँदै गर्दा चुक्कसमेत बोलेनौ । प्रबिन बाधक बनेजस्तो लाग्यो । कथाको सुरुमै भिलेन पसेपछि कथाको फलो नै डिस्टर्ब गरिदिन्छ भन्थे हो रहेछ । आज आफैँले भोगें । हस्पिटल गेटमा पुगेपछि निकेशाले नै बोली फुटाई, "सरी ल ! म प्रबिनसँग जान्छु ।"

मैले हुन्छ पनि भन्न सकिनँ, हुँदैन पनि भन्न सकिनँ । अधि मैले भनेको थिएँ । हेर्दा पनि राम्री, बुझ्दा पनि राम्री । उसैले भनेजस्तै अहिले मलाई भन्न मन लाग्यो- हेर्दा राम्री, बुझ्दा नराम्री ।

**

जब घटना अनपेक्षित रूपले घट्ट, तब संसारलाई सुनाउन मन लाग्छ । परिचयात्मक पहिलो भेटमा यसरी प्रस्तुत हुँदैनन् प्राय मानिसहरू तर निकेशा-निकेशा प्रस्तुत भएका छन् र एउटा कथा बनाएका छन् । निकेशालाई 'खतम मान्छे' भन्न भ्याएकी छे निकेशाले र निकेशाले पनि 'ज्यान दिन सक्छु' भन्न भ्याएको छ । यद्यपि यी भनेका कुराहरूले त्यति अर्थ राख्दैनन् । तर पहिलो भेटमै यस्तो कुरा भनिन्छ भने केही न केही अर्थ राख्छ ।

यो कथामा कैयन पटक अनावश्यक लाग्न सक्ने कुराहरू आएका छन् । त्यस्तो लाग्नु स्वभाविक पनि हो किनकि यो कथा अधुरो छ । कथाको पहिलो भाग हो यो । दोस्रो भाग छिट्टै नै आउँछ । छिट्टै भन्नाले एक वर्ष ।

☆☆☆

शहरकी सँग

डा. भूपेन्द्र प्रकाश मल्ल
प्रथम ब्याच
हाल जाजरकोट

चोखो मायाको ज्ञान हुँदैन रे सहरकीसँग,
भावना बुझ्ने मन हुँदैन रे सहरकीसँग ।

पलाउदै माया दिलाभिन्ने रेटिदिन्छु अरे,
फुलाउने फक्राउने मन हुँदैन रे सहरकीसँग ।

अमूल्य माया स्वार्थमा साटिदिन्छु अरे,
सफा कञ्चन तन हुँदैन रे सहरकीसँग ।

स्वच्छ पिरती क्षणभरमै भुलिदिन्छु अरे,
सम्भेर रुने मन हुँदैन रे सहरकीसँग ।

धोकेबाज रूपमा निर्दोशी लेप दिल्छु अरे,
पग्लेला भन्ने ज्ञान हुँदैन रे सहरकीसँग ।

छाउपडी

डा. राजु गुरुङ
प्रथम ब्याच
हाल डोटी

(तिमल्सेन गाउँकी २६ वर्षीय महिलाको छाउ गोठमा मृत्यु पश्चात् पोस्टमार्टम गर्ने एक डाक्टर म स्वयम् थिएँ, जस्तै यो गजल कोर्न बाध्य बनायो । हो, उनै मृतकको चिर शान्तिका लागि गजल समर्पित गर्दछु ।)

छाउपडीसँगै आफैँ हारेर गइन्,
तेही हराइमा मलाई मारेर गइन्,

टुलाबडाका मलामीसँगै छिरिन् जब मुर्दाघरमा
यिनैसँग मेरे सेखी भारेर गइन् ।

जति चिदै जान्थे उति लास हाँसेर
मेरो शिक्षालाई उपहासमा पारेर गइन् ।

जब छुरा छिर्यो उन्को पाठेघर भित्र
तेही पीडा मलाई सारेर गइन् ।

लम्जुङ होइन सक्छस् अछाम बसी देखा
भन्दै उनले चिसापानी तारेर गइन् ।



Health Month Program, 2017



Health Month Program, 2017

Everything That I Didn't Become



Dr. Sajan Acharya | 2nd Batch



Everyone I know remembers what they wanted to become as a child. You should see the charm in people's faces when they talk about how they'd have become the best teacher ever, the most popular rock star, the prime minister who'd make the country rich, an astronaut. I once wanted to be an astronaut. Must be the helmet! Who wouldn't want a glass helmet that would let you see the world and breath in it without even fogging? And the suit! God! All white, puffed up, gloves and trousers that make you look three times as fat. I couldn't wish for anything else. Well, the part where they climb in a rocket and head for the moon wasn't in my knowledge then. But then again, I am sure all astronauts love their suits! My vision of the future-me changed when I saw someone playing Dangers Dave in a PC. I knew then and there that I want to become someone who'd create such cool computer games. I was about to become a computer programmer when I suddenly realized everyone around me wanted to become footballer. Hey, what's cooler than kicking a ball that everyone's running after. I wanted to become something else every year during my primary school. Don't we all?

Must be nature's way of making sure we explore all there is and find out what we resonate with. But, do we all embrace the possibilities of us or our children becoming the next Mozart? How long do you let your child fidget

HISTORY DOESN'T
LACK EXAMPLES
OF PEOPLE WHO
REALIZE WHAT
THEY WERE
HERE FOR WHILE
PURSUING
TO BECOME
SOMETHING ELSE.

around with an instrument before you want him to put that down and continue with his homework? What's the age at which you want your child's aim to be more realistic? Till which grade, do you think your child's wish to become an astronaut is cute? If 10,000 hours rule that Gladwell talks about in 'Outliers' is a necessity in creating excellence, isn't it imperative that an intrinsic inclination to the field you're going to spend 10,000 hours practicing is a must? Where would you get the fuel to keep going during the hardest times if what you're doing isn't driven by the reason for your existence? Passion does just that. It kept Edison entertained during the discovery of 999 ways how a light bulb can not be made. History doesn't lack examples of people who realize what they were here for while pursuing to become something else. Bold among these people take a leap of faith and start over in the field that they inherently get drawn to.

In 'The Element' Sir Ken Robinson mentions a lot of such examples. By treasuring a memory of an astronaut who never visited mars, a teacher who inspired no one, a rock star whose songs touched no heart, a politician who didn't have people to lead, we are not decreasing the chance of our world seeing next Beethoven, Picasso, Mandela, Einstein or Pele? The charm you see on people's face when they talk about their childhood dreams right after they jump out of their preciously protected, ever so treasured memory-land to this very practical, make-enough or starve real-land the charm disappears. Very few teachers I've been taught by were excited to share the story of how they realized their passion in nurturing the young minds, shaping the raw enthusiasm and helping children discover how to think. When was the last time you met a professional who is so absorbed in what he does that he doesn't need a vacation? Everything I didn't become should be everything I didn't wanted to become, everything that didn't resonate with me. May be subtle nudges in our culture, a dramatic shift in our education system or some tweak yet to be discovered by an educationist who is yet to realize he resonates with the profession, will help us create a world where passion is valued. I invite you to imagine a future where there exists no 'Everything That I Wasn't Allowed to Become'.

☆☆☆

CLASSPOLL 2017-18



स्वर सम्राट



● Dr. Prakash Dhungel
Dr. Anusha Basnet

● 4th Mohit Shahi
Sistu K.C.

● 5th Pawan Rai
Garima Neupane

● 6th Anjan Nepali
Astha Pradhan

● 7th Aditya Dutta
Rimsha Khatiwada

नेपालमै पहिलोपटक अमेरिकाको FDA बाट मान्यता प्राप्त अत्याधुनिक प्रविधि rTMS द्वारा मानसिक रोगको उपचार गरिन्छ ।

रिदम
न्यूरो-साइकियाट्री हस्पिटल
एन्ड रिसर्च सेन्टर प्रा. लि.

पुकार्तकञ्जा, ब्राह्मलासेल, ललितपुर
सम्पर्क: ०१ ४०००६००, ४०००६९९
Facebook: www.fb.com/rhythmforhealth
Website: www.rhythmneuropsychiatry.com

त्यो दिन...



डा.गणेश क्षेत्री
तेस्रो ब्याच

एकदिन,
छातीको दुखाई घाँटी तिर सँछ भन्दै
खै के भो डा.साब मुटु कट्कट गर्छ भन्दै
आएका ती वृद्ध बिरामी
घर जुम्ला बताउँदै थिए
डाक्टरलाई भगवान भन्दै आशिर्वाद दिए
एकपल्ट अन्तरवातामा मैले भनेको थिए
देशभक्ती र जनताको सेवाको कुरा सुनाएको
थिए
त्यसै बखत खबर पाए, यहाँ
यता घरमा केही खटपट छ रे
उता OT मा Emergency Surgery
गर्ने बिरामीको छटपट छ रे
व्यस्त समय छ Dr. को जिन्दगानी
बिरामीको मुस्कानसहित आशिर्वाद खानी
बाहिर कैयौ बिरामी मेरा लागि कुद्दै छन्
मेरो पालो आयो भन्दै भित्र छिर्दै छन्
त्यही कोलाहलले मेरो निन्द्रा भगायो
जुरुक्क उठी हाले
त्यो सपनीले मलाई जगायो
बिहानी पखको,
त्यो सपनीले दिनदिनै भक्भक्काउन थाल्यो
Dr. बन्ने चाहनाले उत्साह भन छाउन
थाल्यो
MBBS मा Form खुलेको पत्रिकामा आउन
थाल्यो
पाटनको प्रवेश परिक्षाको नतिजामा मेरो

नाम अटाउन थाल्यो ।
त्यसपछि College का दिनहरू
PBL का Room सर्दा सँदै बिल्छ
सुरुसुरुमा त लाग्थ्यो
रमाइलो गर्दा गर्दै बिल्छ ।

अफ्रै सोच्थेँ, केही रमाइला कुरा
Library 5th floor मा छ
4th Floor बाट Library जाँदा Lift चढिन्छ
Library मा त्यत्रो Books छन्
तर पत्रिका पढिन्छ
दायाँ बायाँ नहेरी मज्जाले गफ हानिन्छ
पढिरहेकाले चुप भने Baal हो
सुतिरहेकालाई Distrurb भए बल्ल मानिन्छ
Davidson, Hutchison जस्ता सबै Son जान्नु पर्ने
Junior मन पर्दा पनि बैनी भनेर भन्नुपर्ने ।

कुनै दिन हाम्रो अपिल थियो
विद्यार्थीलाई कहाँ धेरै Tension दिन पाइन्छ ?
जति Tension त्यति धेरै मा.प.से.को परिमाण
खाइन्छ
हामी त आधुनिक विद्यार्थी,
होस्टेलमा तास र समसाँफ्रै जाँड चाहिन्छ ।

तर त्यस्तो कहाँ हुदो रहेछ र है ?
Board Exam आयो

Library मा जुका जस्तै Book मा गड्गुपर्ने
आफ्नो इच्छा मारेर घण्टौ सम्म खट्नुपर्ने
बाहिरको घाम नदेखि महिनौ पढ्नु पर्ने
कतिलाई Top हान्ने चिन्ता,
मलाई Fail भन्दा एक Step माथि चढ्नुपर्ने
कहिलेकाहीँ त लाग्छ Frustration को उचाईमा
रहेछ
यो जिन्दगीदेखि वाक्क लाग्ने भएछ
अनि, मेरो बिहानीपखको सुन्दर सपना सम्भन्धु
साकार पार्न पाइला चाल्दै छु
बिस्तारै आफूलाई त्यतै ढाल्दै छु
त्यसैले त
अहिले Medical Student भइयो
Posting मा गाउँ गाउँ गइयो
Hospital मा सेतो Coat लगाइयो,
र Stethoscope घाँटीमा Littman कै
भुण्डाइयो ।

र अन्त्यमा,
आफ्नो चाहनाको जस्तै
भविष्य आफैँ लेख्नु
मेरो जस्तै जिन्दगी बदल्ने
सपना धेरैले देख्नु ।

Miracle of a Loading Dose



Dr. Prakash Dhungel
3rd Batch

[Following is neither a piece of an artistic work, nor I have known fancy words to present it in a more artistic way. However, I want to share this case here, reason it represents a glimpse of health system of Nepal. It shows how health system actually runs in the periphery. Who works behind the curtain, needs a credit; a mention at least.]

April 19, 2016. It was another sunny and humid morning at Manahari, a village in Makwanpur district about 109 km by road on southwest of Patan Hospital. About half the community posting was already over. The reluctance to get out of the bed; it's always the same and reluctantly. So, we 8 group members woke up and got ready for another day at Manahari PHCC. When we reached there, the day rather started in a frightening fashion.

A lady at term pregnancy was brought to the emergency with the complain of abnormal jerky body movements continuously for around 3 hours. Here's her story.

Mrs X, 29 years old housewife from Manahari-2, Makwanpur was preparing for the delivery of her second child. Her Last Menstrual Period was on 2072-04-09 (38 weeks & 2 days of gestation). This was the second time she had conceived a baby (G2P1L1A0). Her first child was a 5 years old boy who was born at Manahari PHCC through spontaneous vaginal delivery at term. Her blood pressure was slightly elevated during the third trimester of previous pregnancy but there were no difficulties before, during or after the delivery. Her husband was a farmer by occupation.



During current pregnancy, she had 5 ANC visits in the Manahari PHCC and her blood pressure was found to be elevated (160/100mmHg) on the last ANC visit 5 days ago with bilateral pitting oedema on her lower limbs. She was counseled to sleep on left lateral recumbent position and have strict salt restriction in her diet.

Five days later (the present day),

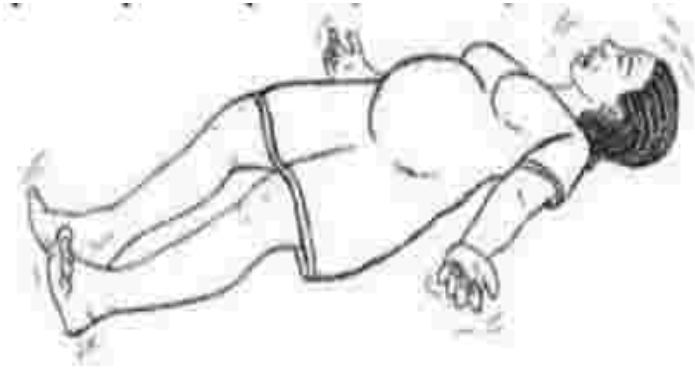
According to the patient's husband, she was in her usual state of health around 4 hours earlier while she started complaining of headache and dizziness. After about 15 minutes, she started having jerky body movements. The episode was associated with uprolling of eyes, clenching of teeth, biting of tongue, frothing of mouth, fisting of the

fingers. During the episode, patient developed cut injury in the tongue and lower lip which was bleeding. However, there was no bowel and bladder incontinence. Manahari-2, being a rural area far from the PHCC, she was brought to the PHCC in the stretcher which took about one and a half hours to reach the PHCC and she was still seizing. She never regained consciousness in between.

Since, doctor was not available before 10 am in the PHCC, the case was looked over by Senior Auxiliary Nurse Midwife on assistance of other ANMs and us medical students. At the time of presentation,

VITALS:

- Pulse rate: 116 bpm, regular
- Respiratory Rate: 25 breaths/min



- Blood pressure: 230/180 mmHg on right arm
- Temperature: 98.3°F

There was bilateral pitting oedema in the lower limbs. Doctor was called but it was going to take time for him to reach the PHCC. Everyone was nervous, worried and confused what to do next. So, instead of waiting for the doctor, senior ANM decided to have an emergency management suspecting the case as an eclampsia. The patient was placed in the emergency room supine in the bed. 18G IV cannula was inserted on the dorsal aspect of right forearm. It was very difficult to have an IV access because patient was seizing. Loading dose of Magnesium Sulphate was prepared and was administered. At around 10:15 am, the doctor arrived and thanked the ANM. The patient was still seizing, therefore was referred to Bharatpur hospital at around 10:30 am. She left in the ambulance and we wished for the best things to happen.

Two days later, the patient's husband arrived at PHCC with a smile in his face. "I have a baby girl!" he said. Everyone congratulated him. Then, he became emotional and thanked senior ANM and staffs with tears in his eyes. "Thank you for saving 2 lives - my wife and my daughter.", he said. After she was taken to Bharatpur Hospital, emergency caesarean section was performed. Healthy baby girl was born. The attending doctor praised the person who administered the loading dose of MgSO₄ and asked the husband to thank her for him. "It was her who saved two lives, not me", he said.

Here is my reflection:

First – When Mrs. X came in emergency, everyone was hovering around nervously. Meanwhile, Senior ANM was looking for the protocol to manage eclampsia in a textbook. If the husband never showed up, her deed would have been forgotten. There are many such unsung heroes in the health system of Nepal. Don't you think so?

Second – I have heard many a time that there exists a disparity in health care delivery in Nepal. Examples were so given that, I thought disparity only exists between health care of Kathmandu and a rural district (say Rukum). What I realized from this case is, there exists such disparity in more narrow geographic area too. It was the same Manahari VDC where ward no.3 had got a PHCC and people of ward no.2 had to walk at least 2 hours to reach there. So, before comparing the health facility of Kathmandu and Rukum again, shouldn't we first focus about the disparity that exists within Kathmandu or that exists within Rukum itself?



Everybody Fears Being Cursed



Dr. Netrika Prasad Maden Limbu
Dept. of Community Health Sciences

Now a days, every public vehicle plying in Nepal has reserved seat for elderly, female and differently abled people. Because of the fuel crisis that plagued the whole nation, people were having problem of commuting in available few public vehicles. Once the Sajha bus running from Lagankhel was fully packed and one blind man of about 40's boarded on the bus from Pulchowk to Sundhara but he could not get the seat reserved for the blind because it was already taken by a normal looking man.

Blind man, "Could you spare me the seat allocated for people like me?"

Man who occupied the seat didn't utter a word. Then Blind man thought for a while what to say to such a disrespectful man and said, "Ok then, I pray to Pashupatinath that your wish to be seated in the seat for blind come true in no time in future."

Hearing this, the person sitting on the seat stood immediately up and vacated the seat to him.

CLASSPOLL 2017-18



THE ATHLETE

3rd

Dr. Tupesh Rai
Dr. Melina Hamal/Dr. Nisha Devi
Gurung

4th

Prem Prasad Dhungana
Rashmi Karki

5th

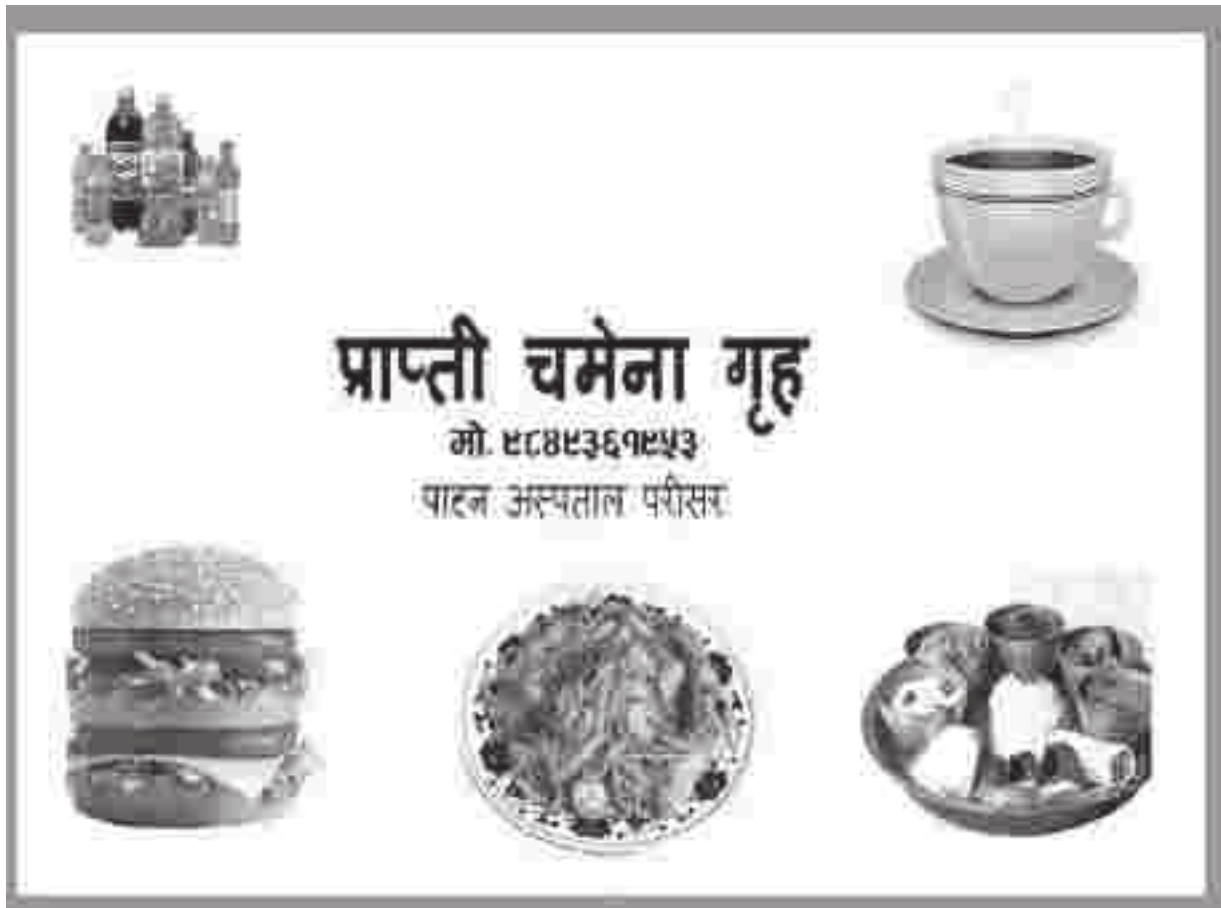
Kamal Hamal
Ramita Nath Yogi

6th

Sanjeeb Khadka
Sushmita Joshi

7th

Sabin Kaucha
Merina Shrestha



एउटा नबोलिएको आवाज



अखण्ड उपाध्याय
एमबीबीएस, चौथो वर्ष

धुँडासम्म सुर्किएको पाइन्ट
पैताला फाटेको हवाई चप्पल
चिसो भरी
वास्तै नगरी
सरासरि
हिँड्दा हिँड्दै टक्क रोकियो ऊ,
सरकारले आर्थिक वर्षको अन्त्यतिर बजेट सिध्याउन
पुर्यापुरै पुर्न बिसिँएको एउटा खाल्टोको अगाडि
एक जोडी सेता चिज टल्करहेका थिए त्यो खाल्टोमा
यस्तो लाग्यो,
फुल्किन नसकेर भुईँचालोले फाटेको चिरामा
फुट्टुक्क छिरेका तर ननिस्किएका
उस्का ७० वर्षका बुवाका भर्न बाँकी दाँतहरू थिए ती
अनि उस्लाई गिज्याउँदै थिए
खै त जेठा तँ बाँचेर पो के गरिस् ?
म त मरेरै मरे
तँ त बाँचेर पनि मरिरहिस् ।
उस्ले चप्पल खोल्थ्यो,
दुई थुन्ना फूलसँग दुई थोपा आँशु पनि खसायो,
अनि खाली खुट्टै अगाडि बढ्यो
चुपचाप ।

उसका पैतालामा फाटेका चिराहरू देख्दा,
यस्तो लाग्यो,
वैशाख १२ को भुईँचालो भर्खरै
उस्को पैताला हुँदै गएको छ
अर्को खाल्टो,
जलाउने दाउरा नभएर
माटो माथि राख्ने स्याउला नभएर
तँसँग म पनि जाउला नि भन्दिने कोही नभएर
हिजोमात्र भोकमरीले ज्यान लिएको
उस्को ३ वर्षे छोरोलाई त्यही खाल्टोमा राखेर
गएको थियो उ जतन साथ
उस्ले मात्र सुन्ने एउटा तोते आवाज
बा तिम्ले त्यो पहिरोमा आमाको केही आश भेट्यौ?

ती पुरिएकाहरूमध्ये कुनै एकको शरीरमा श्वास भेट्यौ ?
धेरै टाढाको खाल्टोमा नराख ल बा, आमालाई
मलाई राति असाध्यै डर लाग्छ
यो दुनियाँमा मलाई
मात्र उनकै भर लाग्छ
फेरि चुप
दुई थोपा आँशु अनि
दुई थुन्ना फूल ।

बेच बाँकी सपना मात्र भएपछि
शब्दहरूमा बाँकी आँशु भएपछि
बोल्नलाई पनि त सुनिदिने कोही हुनुपर्दोरहेछ
गरीबका त सपना पनि हजुर
खाल्टैपिच्छे पुर्नुपर्दोरहेछ ।

भग्नावशेषका अवशेषहरू पन्छाएर
आफ्ना चिल्ला गाडीमा सरररररर
सन्तानका सपनालाई
अन्तर्राष्ट्रिय विमानस्थलमा पुर्‍याएर
राहत कोठामा उडाउन ब्यस्त ए सरकार,
तँले पुर्न बिसिँएको अर्को खाल्टोमा
उस्ले आफूसँगै आफ्ना आवाजहरू पनि
बिसाईदियो भने त ठीकै हो,
तर त्यो भुईँचालोपछिका हजारौं भुईँचालोहरूले
भत्काएको भग्नावशेष शरीरबाट
एक वर्षसम्म सपनाहरूलाई प्रत्येक रात सिरानीमा
आशुँका शब्दहरूले लेख्दै टुलुटुलु हेरिरहेका ती शान्त आँखाहरूबाट
सन्तानका पीडामा मात्र चिच्याउने त्यो रुद्र गलाबाट
एकैचोटि खबरदारीका आवाजहरू चकिँदा
यो आवाजलाई छेक्न सक्ने पर्खाल बनाउन पुग्ने रकम
छ तँ सँग अझै तेरो ढुकुटिको
सुरक्षित भन्दा सुरक्षित
भूकम्प पीडित राहत सङ्कलन कोष
लिखित कोठामा ?

ता गौरव महशुस गर्दछु जब मेरो बैंकले मलाई पर्याउदैले

वैदेशी बैंकको सवगत बचत खाताको पाउनुको लागि लागू
कमिच्यो कुरो नपर्ने सही । तपाईं जसि बेला आए पनि
काउन्टरमा प्राथमिकता नपाईने ले पाउनुहुनेछ ।

विशेषताहरू:

व्युत्पन्नमाउनेर
श्रील (ब्याङ्क)

: ५० वर्ष

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SILENCED VOICE

(Winner poem of Spoken Word Poetry Competition 2018, on the theme 'Sexual Assault', organized by NMSS-SCORA at TUTH)

Anu Diwakar | 8th Batch



Last weekend when I was down
on the street and walking towards,
And had men look from my face to my
feet
Staring, winking and whistling,
Mocking me with obscene gestures
and terribly unsettling remarks,
I was yet silenced trying to completely
avoid, in my fastest pace,
I had a kind of relief as I just passed by
those group of men,
Not realizing that the relief won't
last for more than a few seconds,
Until they growled with laughters
pointing at my pant and I could do
nothing but run embarrassed.
My bad, I was in that time of the month,
the red period stain on my white pant,
and the rest of the story my pillow can
chant.
From the next day, immediately from the
next day, I refused to walk on that street
alone,
refused to wear the skirts over knees or
the V-neck t-shirts and the same jeans,
because I was afraid, afraid to become
once again the sweet candies they desire
to taste.
Tears are rolling down from all the
damages you caused,

What do they want now! What do they
want now! ,
A round of applause?
We were spanked by the boys at
our school but it was cool because
we grew up from playing with
our toys to being toys ourselves,
because we grew up from boys poking us
to men provoking us.
It's 2018 and I have realized nobody
is safe as long as she is alive,
and every friend that I know has a story
like mine.
My Sabita aunty didn't
want it that night, but no,
uncle disagreed and denied,
because to him, marital rape was his
right.
Guddi, my friend in neighborhood, 13,
Was maked up to be a beautiful bride,
for a groom three times older than her,
putting her wishes aside,
she yelled her disapproval, I could read it
in her eyes,
Momma, papa, you said I wasn't a
burden, you loved me but where were
you in my cries?
After 2 years, she was one of the teen
mothers and child brides crying under

blankets unable to recover,
Whose voice are still not recognized in
any magazine covers.
Sisters,
I know how you feel ,when you screamed
and begged for help, when you quietly
said ,”Please don't touch me there, so
stop”, but that meant go,
You said “No!”, but that meant Yes,
So they grabbed you and unzipped your
dress,
They threw you down, lowering your
dignity than the ground, you pleaded to
stop but they got on top,
You don't need to explain the next,
And I am sorry; I wasn't there to prevent
the rest.
I am sorry; even though I go through all
this wild I won't be able to tell this to my
child.
I am sorry that I will not be able to
inform my daughters that this world
is full of cruelty. There are demons not
humans outside.
I am sorry, yes, definitely, I am sorry,
Because it's my silence,
It's my silence which is a cause to this
violence,
Cause to this violence!!!

एक साँझ बुद्धिसागरसँग

“नाम बुद्धिसागर, थर लेखन छाडेको १०-१२ वर्ष भयो, सुरुवात कविताबाट भएपनि अहिले आख्यान लेख्ने हुँदा लेखक भन्दा हुन्छ, यसले सबैलाई समेट्छ पनि। ‘कर्णाली ब्लज’, ‘फिरफिरे’ उपन्यास र ‘बुद्धिसागरका कविता’ भनेर एउटा कविता संग्रह प्रकाशित छ।”
- बुद्धिसागर।

उहाँसँग हाम्रा सहकर्मी डा.भीमकान्त जैसी र निरञ्जन रमण पुरीलगायतका साथीहरूले गर्नुभएको रमाइलो कुराकानी यहाँ प्रस्तुत छ -

- फिरफिरेसम्बन्धी कस्तो पाठक प्रतिक्रिया पाउनुभयो ?

-कर्णाली ब्लजको लोकप्रियता बढ्दो थियो, माउथ पब्लिसिटीले नै ठूलो जमात तैयार भैसकेको अवस्थामा त्यो ६ वर्षमा जतिले कर्णाली ब्लज पढे ती सबैले ‘फिरफिरे’ पढे। हामीले बढ्दो पाठकहरूलाई लक्षित गरेर पहिलो छपाई नै २५,००० प्रति गरेका थियौं, जुन कर्णाली ब्लजमा पहिलो छपाई ५,००० थियो।

- ‘फिरफिरे’ केही लामो वा भन्ने ‘बल्की’ भएको हो कि ?

केही मानिसहरूलाई त्यस्तो लाग्न गयो होला, पुस्तक भनेको लामोछोटोको कुरै होइन, यो उपन्यास त लेखेको १ लाख ७० हजार शब्दको थियो। पछि छपाइसम्म जाँदा सम्पादन गरेर १ लाख ३२ हजारमा पुऱ्याइएको छ। पढिसकेको पाठकले एक दुई सय पाना अझै पुगेन कि भन्ने पनि लाग्छ केहीलाई सय डेढसय पाना बढी भएको हो कि भन्ने पनि लाग्छ, त्यो पाठकको स्वादमा फरक पर्दछ।

कथाका लागि पात्र जन्माइन्छ कि पात्रबाट कथा जन्मिन्छ ?

-म चाहिँ पहिले पात्रहरू सोच्छु र पात्रलाई जोड्नलाई मैले कथा बुन्ने हो। मलाई कथा आफैमा भन्दा पनि पात्र र प्रस्तुतीकरण महत्वपूर्ण लाग्छ।

कवितामा राम्रो प्रभाव हुँदाहुँदै आख्यानतिर मोडिनु भो, किन होला ?

मलाई लेख्नु बढी मन लाग्छ, म लेख्दा बढी इन्जोय गर्छु। मेरो किताब मोटो हुने कारण पनि त्यही हो। लेखक दुई खाले हुन्छन्, एउटा लेख्दा इन्जोय गर्ने अर्को पुस्तक छापिएर बजारमा गएपछिको प्रतिक्रियाबाट। म लेख्दा त्यस्तो इन्जोय गर्ने भएको हुँदा कविताले नपुग्ने भो। एउटा कविता लेखे ४-६ महिना कवि गोष्ठीमा वाचन गर्न पुग्छ तर मलाई आज एउटा लेखे भोली अर्को लेख्न मन लाग्ने। कविता दिनादिने लेख्न सम्भव पनि भएन, अर्को दिमागमा आएका कुरा सबै कवितामा उतार्न सकिँदैन।

कविता लेख्न गाह्रो कि उपन्यास ?

-उपन्यास त कोसिस गर्नु भन्ने जसले पनि लेख्न सक्छ तपाईंले खेम्बा कोरेर दिनुभयो, दुई चारवटा सम्पादक मिलेर उपन्यास बन्न सक्छ तर राम्रो कविता त्यति सजिलै बन्दैन। कविता नेपालमा बढी लेखिन्छ। मैले अहिलेसम्म कविता लेखेको छैन भन्ने मान्छे भेट्टाउने गाह्रो छ। तर हजार कवि आएका मध्ये पछि गएर सम्भन्ने गरेर छाप एक दुई कविले मात्रै छोड्न सक्छन्। नेपालमा भएका त्यतिका कविमध्ये भूपीको पालाका भूपीबाहेक अरु चिन्ने मुस्किल छ।

कविता वा उपन्यासमा के भयो भने पाठकका मन जित्न सकिन्छ ?

-पछिल्लो समय धेरै पुस्तक पाठकका लागि लोकप्रिय बन्न पुगे। प्रौढशिक्षा लिएकाले समेत अहिलेको उपन्यास सहजै बुझ्न सक्छन् र मुख्यतः पाठकले कथामा वा कवितामा आफूलाई

भेट्टाउन थाले। यो सरलताले गर्दा पनि पाठकसँग नजिक हुने सहयोग पुऱ्यायो।

पछिल्लो कालखण्डमा नेपाली साहित्यमा रुची राख्नेहरूको संख्या बढ्नुको पछाडि के कारण होला ?

-यसमा मुख्य कारण भनेको सामाजिक सञ्जाल इन्टरनेट, दैनिक पत्रिकाहरू र साप्ताहिकहरू नै हुन्। अहिले सामाजिक सञ्जालमार्फत् कुनै उपन्यास पढिसकेपछि भावनाहरू राख्ने चलन छ। त्यसले गर्दा गुणात्मक रूपमा प्रचार पुग्ने र पाठकलाई पढाउने न त भन्ने भावना जागृत हुने भो।

साहित्यिक पुस्तकहरू बढी कुन कालखण्डमा पढ्नुभयो ?

-कालिकोट रहँदा ‘गृहलक्ष्मी’ पत्रिका पढियो। धेरै पुस्तक पनि नपाइने। त्यो पढ्न मन लाग्ने तिर्खा चाहिँ काठमाडौं आएपछि २०५६-०५७ सालपछि केही हदसम्म पूरा भयो।

तपाईंले पढ्नुभएको पहिलो कथा र उपन्यास ?

-पहिले मैले कमिक्स पढेको हो। ‘तुल्सी’ भन्ने क्यारेक्टर जो माछा हुन्थ्यो त्यो पढेँ। त्यसपछि चाहिँ जासुसी उपन्यास पढेँ। लिटरेचरको कुरा गर्दा ‘मन’ भन्ने मदन पुरस्कार पाएको उपन्यास पढेको धमिलो याद छ।

अहिले के पढ्दै हुनुहुन्छ ? दिनमा कति समय पढ्नलाई खर्चनुहुन्छ ?

म सामान्यतया पढी नै रहन्छु। ढल्केर सुत्दाखेरी



पनि पढी नै रहेको हुन्छ। मधुरो प्रकाशमा पढ्न रुचाउँछु तर म लेखिरहेको बेला भने पढ्दिन। किताब लेख्न सुरु गर्दा एकदमै कम पढ्छु तर फ्रेस हुन राति सिनेमा हेर्ने गर्छु। मैले 'फिरफिरे' पछि नयाँ उपन्यास लेख्नुभन्दा पहिले सय वटा उपन्यास पढ्छु भने प्रण गरें र लिस्ट बनाएँ। अहिले त्यसैलाई फलो गरिराखेको छु। सैयौँ किताब पढेर सकाउँदाका दिन ममा प्रचुर आत्मशक्ति हुनेछ। त्यसपछि बल्ल नयाँ उपन्यास लेख्न थाल्छु।

के लेखको लागि केही रिसर्च गर्नुपर्छ ?

-मैले उठाउने विषयवस्तु आफ्नै गाउँघर, आफ्नै परिवेशमा हुने भएकाले भट्ट हेर्दा रिसर्च गर्नुपर्दैन जस्तो लाग्छ तर म सबभन्दा बढी रिसर्च यसमै गर्छु। जस्तै 'फिरफिरे'मा भएको 'शक्ति'जस्ता पात्रहरू मैले कति देखेँ देखेँ तर त्यो कुराको बारेमा सबै बुझ्न मलाई ३ महिना लाग्यो र मैले ऊसँग सङ्गत नै गरें।

साहित्य के हो ?

-मैले सुरुमै पनि भने नेपाली भाषामा लेख्दैमा त्यो नेपाली लिटरेचर हुन्छ भन्ने लाग्दैन, नेपाली भाषामा भएको फिल्म नेपाली फिल्म हुन्छ भन्ने लाग्दैन। विम्ब, प्रतीक, सम्वाद र सम्वादमा प्रयोग गरिने लवजजस्ता साइड टुलहरूको उचित प्रयोग पनि हुनुपर्छ।

तपाईंलाई मन पर्ने ५ पुस्तकहरू जुन तपाईंको विचारमा हरेकले पढ्नुपर्छ ?

- १) ओहान पामुकको उपन्यास 'सो'
- २) भी.एस. नैपलको फिक्सन 'हाउस फर मिस्टर विश्वास'
- ३) श्रीलाल शुक्लको उपन्यास 'रागदरबारी'
- ४) ध.च. गोतामेको उपन्यास 'घामका पाइलाहरू'
- ५) गोपाल प्रसाद रिमालको कविता 'आमाको सपना'

आफैलाई मन परेको आफ्ना कृतिको चरित्र र स्थान ?

स्थान चाहिँ आफ्नै पश्चिमतिरको परिवेश, जहाँ मैले आफ्नो जीवनको धेरै समय बिताएँ।

कर्णाली ब्लुजको सद्गम। बजारमा पहिलोचोटि उसैले टाइएको थियो। उसको मेडिकलको पसल पनि थियो। तर औषधीका खाली खोलमात्र राखेको हुन्थ्यो। अब बिरामीजति सबै त्यसैले खानेभयो भन्ने हल्ला चल थाल्यो। मेरो बुबाको पनि मेडिकल थियो। बिरामीलाई औषधी दिनुपर्दा पछाडिको टोकाबाट निस्केर दौडेर औषधी किनेर ल्याउँथ्यो अनि गोदामबाट ल्याएको जस्तो गरेर बिरामीलाई दिन्थ्यो। 'फिरफिरे' मा चाहिँ 'कोहिनुर' भन्ने भाँत्री। किनभने उसको बारेमा लेख्न धेरै स्ट्रगल पनि गर्नुपर्छ। ऊ पहाडबाट तराइ भरेर नाम परिवर्तन गरेको हुन्छ र उसको लवज पनि चेन्ज भइसकेको हुन्छ। ऊ ५०-६० वर्ष हुन्जेल पनि कुनै महिलाको सामिप्यता पाएको हुँदैन र उसले १२० भन्दा बढी महिलालाई बोक्सी आरोप लगाएको हुन्छ।

के नेपालमा साहित्यकै भरमा जिविकोपार्जन सम्भव छ ?

-छ, मलाई त भइरहेको छ। सबै मोमो बेच्नेले घर बनाउँदैन। सबै सहचालक पछि गएर ड्राइभर हुँदैनन्। सबै डाक्टरहरू नामी हुँदैनन् भनेजस्तै सबै लेखकलाई चाहिँ गाह्रै छ। म त 'कर्णाली ब्लुज' प्रतिको माया देखेर, व्यापार हेरेर म सरभाइव गर्न सक्छु भन्ने लागेर फुल टाइम भएको हो। सुरुमै फुल टाइम हुनु अलि रिस्की पनि हुन्छ।

तपाईंको प्रेरणाको स्रोत के हो ?

-मेरो पढाई राम्रो थिएन। सायद त्यही कारणले म यतातिर लोभिएँ। म लेख्दाखेरी मेरो शैक्षिक प्रमाणपत्र देखाउनुपर्छ, अरु त जता पनि देखाउनुपर्छ।

तपाईं लेख्नलाई कस्तो वातावरण रोज्नु हुन्छ ?

-राति १० बजेपछि ४ पेजजति लेख्छु। बिहान अलि ढिलो उठ्छु। तर बिहान पनि ४ पेज लेख्नुपर्छ भन्ने हुन्थ्यो। घनजिकै धोवीखोला पारिपट्टि घरछेउमा भरियाहरू, निम्न स्तरका मान्छेहरू खाने ठाउँ थियो। त्यो बिहान ९ बजेपछि खाली खाली हुन्थ्यो। अनि म त्यहीँ चिया, डुनोट, चना पनि खान पाउने र टेबल पनि ठिकमिल्ने थियो। त्यहीँ लेख्छु। पछि बिहान भ्याउन सकिएन। आजभोलि चाहिँ राति १० बजेपछि सुनसानमा मात्रै लेख्न मन पर्छ।

- अब नयाँ कृतिमा पाठकले के अपेक्षा गर्ने ?

-अपेक्षाले दुःखी बनाउँछ। धेरै अपेक्षा गर्न पनि हुन्न। एउटा युवतीले तिमीलाई निलो रङको कपडा मन पर्छ भनी र तपाईं लाउँदा लाउँदा महिनापछि एक दिन त तपाईंलाई पनि त्यो रङ झ्याउ लाग्न थाल्छ नि। अहिलेलाई अलि नयाँ ढङ्ग गर्ने आउला भन्ने अपेक्षा राख्छु किनकि

मैले आफूले आफैँलाई च्यालेन्ज गरेर लेख्ने हो। मलाई नयाँनयाँ लेख्न मन छ।

'कर्णाली ब्लुज' मा मेडिकल क्षेत्रको बारेमा लेखेपछि के कस्तो प्रतिक्रिया पाउनुभयो ?

-उहाँहरू मेडिकलको कुरो आएकोमा खुसी नै हुनुहुन्थ्यो। उहाँहरूले केही सुधार गर्नुपर्ने कुराहरू औँल्याइदिएकोमा धन्यवाद पनि भन्नुभयो।

तपाईंको विचारमा अहिलेको परिप्रेक्षमा, कस्तो डाक्टरको खाँचो छ ?

जस्तो कि म क्याफेमा आएँ, म्यानेजर आउने भएपनि म चिया खाएर जान्छु। जोकहरूमा पञ्जावीहरूलाई खुबै उडाइन्छ। जो पहिल्यैदेखि खुसी छ, उसले जोक पचाउन सक्छ। तर जो दुःखी छ, उसलाई छुसुकु साँचो कुरा भन्दा पनि धेरै चित्त दुखाउँछ। बिरामीहरू आफूलाई धेरै प्यार गर्नेहरूको सहारामा अस्पताल आएका हुन्छन्। कुरुवाको सेन्टिमेन्ट भनेको आफ्नो बिरामीको मिठो बोलीसहित राम्ररी केयर होस् भन्ने हुन्छ। उनीहरूको सेन्टिमेन्ट बुझेर काम गर्दिनुपर्ने हुन्छ। ज्ञानमात्र भएर भएर मनोविज्ञान बुझ्ने क्षमता पनि हुनुपर्छ।

मेरो आफ्नै अनुभवले भन्दा एउटा घटनाको कुरा गरौं। मेरो श्रीमती गर्भवती हुँदा म अलि लेखाइमा व्यस्त भएकोले र सासूआमासँग अलि राम्रो केयर हुने भएकाले पनि ससुराली पोखरा पठाइयो। यस्तै एकदिन जँचाउन जाँदा डाक्टर पुरै भर्कर काठमाडौँको मान्छे बच्चा पाउन पोखरा आउने हो भनेर गाली गरे। उनको व्यवहार देखेर साह्रै नमज्जा लाग्यो। डाक्टरले दिएको बच्चा पाउने डेटभन्दा दुईदिन अघि च्यापेपछि ट्याक्सी चालककै सुभाबमा अर्को हस्पिटल गइयो। त्यहाँ फेरि छुट्टै वातावरण रैछ। राम्रो बोली, राम्रो केयर।

दुर्गमको स्वास्थ्य अवस्था सुविधामा केही परिवर्तन पाउनुभयो ?

-अहिले बाटोसँगै सुविधा पनि गइसक्यो, जाँदै छ। त्यो बेला डाक्टरहरू पनि देखिँदैनथे। सबै काम अहेब र कार्यलय सहायकले गर्थे। काठमाडौँमा डाक्टर फेर्दै हिँड्न सकिन्छ। बस् दुर्गममा त डाक्टर भगवानजस्तै हो। छुने बितिकै आधा रोग त कम भइ हाल्छ।

- तपाईंको विचारमा स्वास्थ्य क्षेत्रमा देखा परेका मुख्य चुनौती केके हुन् ?

-पैसा कमाउने, जग्गा जमिन थप्ने र जीवनस्तर उकास्ने भन्ने नै धेरैको मानसिकता रहेको हुन्छ। कतिपय अवस्थामा त एउटा रुची हुँदाहुँदै डाक्टर पढ्नुपर्छ भन्ने प्रेसर आएर पनि पढिरहेको हुन्छ। सरकारले पनि धेरै काम गर्न सकेको छैन। जति गरेको छ त्यति पनि उच्चतम प्रयासले गरेको देखिँदैन।





Health Program in Gulluwa during District Meeting



MDP Spring 2019



Rotating Training in Gulluwa during District Meeting



During Participation in IIT/NAPW, 2019

CLASSPOLL 2017-18



MR. BEAN

3rd Dr. Sunil Thapa Magar
Dr. Melina Hamal

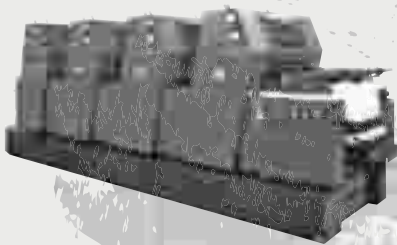
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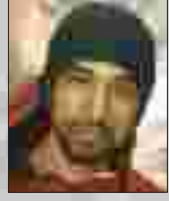
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(पा.स्वा.वि.प्र. एमबीबीएस विद्यार्थी समाजद्वारा आयोजित दोस्रो कबिता वाचन प्रतियोगिता २०७४ मा प्रथम स्थान प्राप्त गरेको कबिता)

प्रिय जिन्दगी,
म व्यग्र छु तिम्रो जन्म हेर्न
त्यो जन्म
जुन एक कालखण्ड पश्चात्
देहभ्रम पश्चात्
शून्यताको चितामा
चिरनिद्रामा कात्रो ओढ्छ
विलीन हुन
अर्को अस्तित्वमा लीन हुन
म आकुल छु
व्याकुल छु
जिन्दगीको जन्म हेर्न ।

यदि तिम्री सभ्यताको जननी हौ भने
आत्मिय आगि हौ भने
म स्वयम् तिम्रीमा छु
एक आरोपित रूपमा भ्रूणको स्वरूपमा
गर्भगृहको अन्धकारमा
म अङ्कुरित छु ।

म समाधीको स्वैर कल्पित नाम छु या
पीडक पतिबाट घट्टे घटित घटनाको परिणाम
म जोसुकै किन नहूँ
म आफैँमा निर्माण हूँ
चलायमान अस्तित्वको
म निर्वाण हूँ
लाखौँमा रोजिएको एकको
प्रिय जिन्दगी,
मेरो क्रियाशीलता दोसाँधमा छ
जीवन र मृत्युको
सायद म
मानव दानव निर्मित
वैवाहिक सम्बन्ध अगाडिको
नाजायज हूँ प्राकृतिक समागमको

सायद म
नियति सुहागरातपछिको
आशा हूँ
आगमनको
म जो कोहि किन नहूँ
यदि मेरो हुनु गर्भधारणले,
चलायमान माशपिण्डले
सम्भावनाले
समयकाल खण्डले दिन्छ भने ।

तिमी मलाई अवसर दिन मान्दैनौ
किन मान्छौ
अनियमितताको बोझ
किन गर्छौ
नवजात अस्थित्वको गर्भपतन रोज
जबकि म आफैँमा हूँ
तिम्रो खोज
त्यसैले जिन्दगी,
अग्रसर छु म
आफ्नै जन्म हेर्न
आफ्नै अस्तित्वको
पहिलो श्वास फेर्न ।



॥गजल॥ बैशाको पागल



डा.गणेश क्षेत्री
तेस्रो ब्याच

तिमीसँग चोखो माया लाएसी पागल भएँ
मात्तिएर बैशाको गीत गाएसी पागल भएँ ।

ओठ टोकी हुत्तिँदै आई जोडले अँगाल्यौ प्रिय
हाम्रो माया मै माथि छाएसी पागल भएँ ।

लालायित मनको लोभ लाग्दो चाहाना भयो
उजाडिँदै तिम्रो वशमा धाएसी पागल भएँ ।

छचल्कियो यौवनको हुरी आयो वेगले यतै
होमिएर मै तिर सास्ती चाहेसी पागल भएँ ।

दृष्यहीन हातले खुबै तारिफ गर्‍यो आखिर
साम्राज्यको सबै हिस्सा पाएसी पागल भएँ ।

प्यासमा बाँच्ने बानी पर्ने लाएको बेला थियो
मधहोसे धेरै अमृत खाएसी पागल भएँ ।

तिमीसँग चोखो माया लाएसी पागल भएँ
मात्तिएर बैशाको गीत गाएसी पागल भएँ ।

What I Learnt at Amppipal...



Shiksha Acharya | 4th Batch

We were on our way to third residential posting at Bunkot, Gorkha when we got a chance to meet our seniors (first batch students) in Gorkha District Hospital. That time, I thought long way to go before I could be here as them as final year medical students in district hospital posting. The day finally arrived and we got posted in Amppipal Hospital, Gorkha. It was toughest place to be among all four sites, as our seniors mentioned about the workloads we have to do there. But, we were always told that you get to learn a lot there. We were sure that we would learn so many things about medicine but what we learnt there was more than that, we learnt being confident, being grateful and being humble, we learnt "Life". The five months long district posting taught us about the hardships people go through, a 76 year old female gets admitted to hospital twice a week because of COPD, not because she couldn't get medicines but because she couldn't afford a LPG gas and domiciliary oxygen, her firewood cooking would bring her to hospital now and then. We learnt to be grateful towards our life as we are lucky enough to have nice meal, bed and study medicine. The confidence of doing obstetrics scan to spinal anesthesia which I never thought we could get a chance to

learn there. The confidence of dealing with the patients and involving in their primary management. We are now confident enough to call ourselves final year medical students. Seeing mother-in-law not wanting her daughter-in-law to have "Anti D immunoglobulin" because of its cost, we learnt to fight for the welfare of patients, even though it makes us rude or arrogant. We experienced what a real happiness for a doctor is when the patient's family finally agreed to have Anti-D immunoglobulin. A preterm baby delivered before 34 weeks dies due to lack of availability of surfactant and stroke patient dies because we don't have CT scan or ICU facilities. We learnt social inequity exists and we just couldn't do anything but see people taking their last breath. The happiness of holding newborn for the first time during delivery to finally being successful in spinal anesthesia is just great. The tears rolled down our eyes when the newborn cried after half an hour of bag and mask. The 2 am night duties wouldn't be that horrifying until you hear the tiger roaring down the road. The one question that I never understood during night duty is "why would patient come at 1 am when she had fever for 10 days?". The single doctor who takes rounds at the wards twice a day, sees patients at OPD every day,

does all major surgeries himself and everyday night calls taught us not only medicine but also way of living, being grateful to the life which we have and helping the needy as much as we can. I had never seen a GP doing ORIF for shaft of femur fracture, hernioraphy, cesarean section, abdominal and vaginal hysterectomy and many more. He was always busy serving the patients but we were equally important to him as he never missed a chance to teach us and make us good human. Dr. Kshitiz, you just made a beautiful impact on our lives and we will always be grateful for that. My friends: Shiksha Ojha, Sinda Karkee, Kriti Neupane, Sabina Dahal and Puja Sainju thank you for being there. We shared our laughter and tears together; we always worked as a team not as friend but as a family. The late night horror movies to early morning pre rounds we made beautiful memories. The nursing staffs and other staffs always helped us and motivated us to become a good doctor. Their humbleness towards the patients and other peoples taught us to be humble. The knowledge we learnt at Amppipal will be milestone at our career and will always motivate us to be good human and do our part of good to the country and people.

CLASSPOLL 2017-18



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Dr. Melina Hamal

4th Ashish Koirala
Sinda Karki

5th Nishant Joshi
Upama Sharma

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धेरै पहिले
बन्धकी राखेर आफ्नै जवानी
लालमोहर लगाए राहदानीका रिता पानाहरूमा
जब छाड्यौ तिमी मलिलो माटो
र भासियो तातो बालुवाको सपनाहरू
र मुस्किलले रहिरहन्छन् समयको हावामा
श्रम रोपेर खुसी उमार्ने ध्येयले
जतनले बोकी ल्याएका सपनाका प्वाँखहरू
उडाउने मनसायले
भविष्यको सुन्दर बाँचामा
जब हेलियो तिमी
आफु हुनुको दाथित्व
सुटकेसको कुनामा कच्चाकुकुचुक पट्याए
आफ्ना आकांक्षाहरूलाई परिस्थितिको
गर्भमै छोडेर
घाइते अभिलाषाहरूको माला पहिरिएर
खाडीको रापिलो च्याम्बरमा
हो ठिक त्यो बेलै देखि
लेख्नुं लेख्नुं लागेको थियो
एउटा पत्र तिम्रो नाँउमा ।

प्रिय मित्र,
मस्तिष्कलाई जोड दिएर एकपल्ट सम्भ्रु
तिमी बिहानै तलको खोलाको
निलो पानी जस्तो निलो सर्ट लगाएर
चुँडेको फित्ता चुँडिएकै डोरीले जोडे
जुन बाटो
पैतालामा सपना ओछ्याएर
विद्यालयमा विद्याको लय खोज्न जान्थ्यौ
अहिले तिम्री आमा

अभावको अगेनोमा दुखिरहेको मन भौँसेर
तिनै बाटाहरूमा अपेक्षामा एक जोडी आँखा राखेर
जीवनको बलैसीमा
तिम्रै बाटो हेरिरहन्छन्
अभै पनि हामी गोठालो हुँदा डुलिहिँड्ने
डाँडाहरूमा उसैगरी फुल सकेनन् तिम्रा खुसीहरू
तल बैसीको विशाल फाँटमा
भुल्छन् अभै पनि सुनका पहैला भुप्पाहरू
तर कहिल्यै भुल्न सकेनन् तिम्रा सपनाहरू ।

प्रिय मित्र,
छिद्रहरूले भरिएको घरको छानोबाट
जब जुनले मध्यरातमा अट्टाँस हाँस
उत्साहका शेषका अवशेषहरू बाँकी रहे
तिम्रा करेसाबारी र आलीहरू
तिम्रा पौरखले सिँचिन
अभै पनि तिर्खाइरहेका छन् ।
बाध्याताका उज्याला बतीहरूमा
रङ्गिएका तिम्रा नयनलाई दोबाटोको
चौतारीमा धिपधिपाउने जुनकिरीहरू
एक चोइटो उज्यालो भविष्य
यहाँ सापटी दिन आतुर छन् ।

प्रिय मित्र,
अन्योलका काला बादलहरू
र भ्रमका सेता कुहिराका बथानहरूमा
रुमल्लिएका तिम्रा सपना
कुनै दिन
समयको चहकिलो किरणले फारेछ भने
मेरो यो पत्रको जवाफ कोर्नु
तिम्रा शब्दहरूको सुगन्ध

म
तिम्रा बूढा बाआमाको
जौतिल जस्ता केशहरूमा
एकसरो सिउरिन चाहन्छु ।
बुढा बाको चाउरी परेका गाला जस्तै
चाउरिएका घरका भित्ताहरूले
एक भौँका चिसो बतास थुन सक्दैन
अभावको धागोले उनको च्यादर ओढेर
डाँडापारिका घामजस्ता तिम्रा बा
रातभरि वेदनाको गीत खोकछन् ।
अनि,
एक टुक्रा भोकसँग
नुन खुसानी टोकदै
नियतिसँगको हार उपहार सम्भरे
निलिरहेछन् जीवनका उल्टा दिनहरू ।

प्रिय मित्र,
तिम्ले आफ्ना आँसुको मोल
लिलामीमा राख्दै गर्दा मरभूमिको हाटबजारमा
यता तिम्रै साथी जीवनले
आफ्नै खेत र बारीमा
जीवनका ईन्द्रेणी उमारिरहेको छ
तिम्ले उता गगन छेड्ने ईमारतलाई
सँठका रोडा र सिमेन्ट घोल्दै गर्दा
यता तिम्रै सखा साकारले
आफ्ना छोरीको भविष्य
कुखुराका चल्लाहरूसँग
साकार पाउँछ
जिन्दगीको बहीखातामा ।

(पा.स्वा.वि.प्र. एमबीबीएस विद्यार्थी समाजद्वारा आयोजित दोस्रो कविता वाचन प्रतियोगिता २०७४ मा द्वितीय स्थान प्राप्त गरेको कविता)

पछ्यौरा



कलेन्द्र बिष्ट
भ्रातौ ब्याच

आमै,
मैले सोचेको थिएँ
म मरेसँगै
मेरा दुःख कष्ट पीडाहरू
मसँगै मेरेर जानेछन्
सोचेको थिएँ
मेरो आत्मा स्वर्ग जानेछ
तर आमै,
मेरो आत्मा नर्क आइपुगेको छ
तपाईंले सुनाउने दन्त्यकथा भन्दा पनि
डरलाग्दो रेछ आमै
साह्रै डरलाग्दो रेछ यो नर्क ।

आमै,
यहाँ तातो तेलमा डुबाइन्छ
त्यति बेला सम्झन्छ
छोरालाई चिसो लाग्ला भनेर
लेकबाट ल्याएको दाउराले
तताएको पानीले नुहाइदिनुहुन्थ्यो
अनि मेथी हालेको तातो तेलले
शरीर मालिस गरिदिनुहुन्थ्यो
यहाँ आगोमा हिडाइन्छ आमै
त्यति बेला सम्झन्छ
छोरालाई भोक लाग्ला भनेर
अगेना छेउ बसेर
धुवाँको मुस्तोमा हराउँदै
मकै भुटिदिनुहुन्थ्यो ।

म डराएको छु आमै
आमै म हरपल सम्झन्छु
तपाईंको त्यो पछ्यौरा
म जन्मिनु अघि किन्नु भएको
त्यो खैरो रंगको पछ्यौरा
मेरो शरीरले धरती टेक्ने बित्तिकै
बेरुभएको त्यो पछ्यौरा
पिदुँमा मलाई बाँधी मेलामा
गर्नुहुने त्यो पछ्यौरा
त्यो पछ्यौरा जसले म डराउँदा
मलाई छोपिदिनुहुन्थ्यो
तीन औंला छिराउन मिल्ने
प्वाल परेको त्यो पछ्यौरा
जुन प्वालबाट म मेरो
दुश्मनहरूलाई गोली हानेर मारें
त्यो पछ्यौरा,
जुन पछ्यौरालाई
दुई टुक्रा बनाई
मैले आफैँलाई पासो लगाएँ
आमै, त्यो पछ्यौरा मेरो लाससामु छ
त्यहिँनेर तपाईं पनि हुनुहुन्छ
अविरल आँसु बगाइरहनुभएको छ
किन, किन कोही तपाईंको आँसु पुछ्दैन ?
किन पुछ्दैन ?
नरकका यी पीडा सहुँला आमै,
तर तपाईंका ती आँसु सहन सकिदैन
यस्तो लाग्दछ मैले आत्माहत्या हैन
आमाको हत्या गरें ।

WORDS FROM THE HEART



Aastha Ghimire | 5th Batch

Unaware of your existence
Oblivious to a new life
Let alone the world
Maybe even those who brought you to life
But do you know I was already beating for
you?

With every passing day
I went through twists and turns
And, you became more and more
like yourself
Maybe I was really shaping you for life
Making you ready for the ups and downs.

Floating in you like a single balloon
But soon I know I had to spit
But you know now it meant no harm
Maybe I taught you that things split in life
Despite the pain, there's
always a reason to survive.

Do you know? I'm always on my own
All those pumping and all those beating
Overheard any complaint?
Maybe I wanted you to be the same
Standing on your own, bold n
bright even if it's an empty strange lame.

Been singing my dear old 'lub' song
I promise I'll sing it throughout your life
But do u know? Every song has a meaning
Maybe I meant tunes of life keep changing
But the change should
never stop you from singing.

It kills me to say you are not as I am
I doubt that you even bother
But someday soon,
when I give up, you will realize
You will see something
that you were never able to see
Its either both of us or none at all
That's how it was always meant to be.



Surgery Classroom



Basketball playing in Anil MEMOs



Mo:Mo: Party in 7th CBLE at Hetauda



In World AIDS Day



PAHS MBBS SS Activity



3rd Batch farewell by 4th Batch



Dr. Govinda KC support rally by PAHS MBBS SS



"The Symphony II" editorial team meeting

मेरो पीडा



अखण्ड उपाध्याय
एमबीबीएस, चौथो वर्ष

हरेक क्षण हरेक पल मेरो मस्तिस्क फुट्लाभै हुन्छ ।
डर र आक्रोशले मुटु मेरो चुँडिएला भै गरि सल्बलाउँछ
सधैँ एउटै चिन्ताले पलपल मलाई
चितामा पुराइरहन्छ
किनकि, मेरो आफ्नो आँगन,
मेरो बाटो, मेरो गाउँ, मेरो बस्ती नै
मेरा ९ महिने बहिनीदेखि ९० वर्षीय हजुरआमाका लागि सुरक्षित छैन
कहिले चक्लेटको बहानामा बलात्कृत हुन्छन् सानी बहिनी
अनि कहिले सँगै पढ्ने बहानामा बोलाएर बलात्कृत हुन्छन् नानीहरू
यसरी यस्तै हरेक दिनको समाचार पढ्दा लाग्छ या
सामान्य श्रृङ्खला जहाँ एउटी चेलीले बलात्कृत हुनुपर्ने अनि मारिनुपर्ने
आखिर कहिलेसम्म यो र यस्तै सामाचार पढिरहने ?
यी र यस्तै प्रश्नको सँगालोले हरेक दिन घच्चचाइरहन्छ र सोच्छु
९ महिने नानीको बा पुरुष
बूढी हजुरआमाको पति पुरुष
मैले जानेअनुसार बुभेअनुसार
एउटा पुरुष
बा, दाजु, भाइ, श्रीमान अनि प्रेमी होलान्
तर पुरुष बलात्कारी पनि हुन्छन् भनेर म कसरी भनूँ ?
यसरी एउटा जनेन्द्रियको आडमा हिँड्न हुने पुरुष फगत पुरुष हुन्
ती त मानवरूपी दानवहरू जो नपुड्सक हुन् ।

यहाँ निर्मल, निश्चल मनका निर्मलाहरू दिनदहाडै बलात्कृत हुन्छन्
अनि तिनै निर्मलाका लागि न्याय माग्दा
राज्य गोली बसाउँछ १२ वर्षीय बालक माथि
अनि गलत कामको बचाउ गर्ने पुलिसलाई म कसरी भनूँ साथी ?

यहाँ हरेक पल क्षणक्षण नजरैनजरमा अनि दिमागभित्रै बलात्कृत हुन्छन् हाम्रा चेलीहरू
अनि म कसरी भनूँ यो देश सीता जन्मेको देश हो
अनि महान् पुरुष भगवान् बुद्धको देश हो भनेर
न त न्याय दिनेले निर्मलाजस्तै निर्मल चेलीहरूका हत्यारालाई कारबाही गर्छ,
न त आफूलाई अब्बल ठान्ने बलत्कारी पुरुषले निर्मल महिलाको अस्तित्व जोगाउँछ,
ए देश, सरकार, प्रशासन अनि फगत नपुड्सक पुरुष हो !
कैयौँ निर्मलाहरूको निर्मल आत्माले तिमीहरूलाई पलपल डसिरहने छ
तिम्रो निन्द्रा र चैन हर्नेछन्
तसर्थ बेलैमा सोच तिम्रा घरमा भएका निर्मलाहरूसित
कुन मुखले आँखामा आँखा जुधाएर बोल्न सक्छौ ?
अनि तिम्रा निर्मलाहरू भोलि कसरी ढक्क भएर बाहिर हिँड्न पाउँछन् ?

Hey Girl !



Samikshya Lama
BSc Nursing, 2nd Batch

Hey girl,
Just cover yourself head to toe.
Cause eating burger gets you raped,
Drinking liquor gets you raped,
wearing jeans gets you raped.

Stop looking pretty,
Stop looking right into their eyes,
Else you will be raped.

But if your hands remain tied,
And your eyes under veil,
The arch of your lips sealed,
Steps confined within gate,
You might not be raped.

This body; rather a grave
with centuries of shame,
And still not safe in safety of home.
It doesn't matter if
we dont teach our sons not to rape.

They are boys, they can't help it.
Nah, not at all.
But we will be responsible for it all,
Like we have been,
Since forever.



मन मिलने अमेलको कथा



डा. मीमकान्त जैशी
तेस्रो ब्याच

उस्ले भनी फोन नगर मलाई
किन नगर्नु माया लाग्छ
गर्छु गर्छु मैले भने
पर्दैन भने त उस्ले फेरि भनी
रिसालु भन्दा नि बिषालु
आक्रामक शैलीको आवाज
अब चाहिँ रीस उठ्यो है मलाई नि
नगर भनेसी नगर नगर, ठिकै छ
धेरैबेर उस्तै बस्न पत्थर हो र म
पत्थर हो र दाजु मेरो मुटु
तै पछि गएर ढुंगा त माटो हुन्छ भन्दोरैछ विज्ञान
इँटाको जवाफ इँटाले दिन हाम्लाई नि आउँछ
आन्दोलनमा ताक्दाताक्दा यो सहरमा
इँटाढुङ्गाको सदुपयोग गर्न जानिएकै छ
सहरमा भट्टीको कमी पनि छैन हो दाजु
इँटाभट्टीको कुरा गरेको नि फेरि
नाम इटहरी नभएनि यो सहर
सानोतिनो के उस्तै अभ्र ठूलो इटहरी नै हो
आक्रामक हुन हाम्लाई नि आउँछ हो दाजुकी बहिनी
जेठान बनाउन मिल्ने दाजुकी बहिनी ।

सुरुसुरुमा त एकपटकमै मनाइन्थ्यो हो गाँटे
अब सकिँदैन, सकिँदैनसकिँदैन दाजु
दुईदुई पटकभन्दा बढी कोशिस गर्नु र?
रिसाइरहने उस्लाई मनाइरहनु र?
पृथ्वीनारायण र ममा के फरक रहला फेरि?
दुईदुई पटकको कोसिस नि खेर जाँदा
कम्ता दुख्दैन दाजु यो मन
मन बुझ्नेभैँ लागेरै त हो नि
माया र पिरतीको कुरा गरेको
थाहै पाइन दाजु यादै रहने दाजु
पिरतीमा पिर भन्ने शब्द नि छ भनेर
व्याकरण पढ्न त पढ्थ्यो खै
सायद मायाको व्याकरण अलि बेग्लै हुँदो हो
मन मिल्ने उसँगको अमेल चलिरहन्छ सधैँजसो
अब बारम्बार यै गीत गुञ्जिन्छ दाजु
खुत्रुककै पार्यो जेठान तिम्रो बैनीले
मलाई खुत्रुककै पार्यो जेठान तिम्रो बैनीले ॥

सपनाका सपनाहरू



डा. प्रयुश अर्याल
एमडीजीपी रेजिडेन्ट, प्रथम ब्याच

मेरा सपनाहरू पनि सपना देख्दा हुन्
के एक दिन म पनि तिनीहरूसँग
आकाशमा खेलिरहेको हुनेछु
तर यथार्थमा,
उनीहरू माथिबाट मलाई हेर्छन्
र तल जमीनबाट म उनीहरूलाई
म कहिले उडिन ।

मेरा सपनाहरू मलाई बाटोमा कुर्दा हुन्
म कहिले आउँछु भनेर घडी हेर्दा हुन्
तर म त घरमै छु
आउँला त भनेको थिएँ
म कहिले निस्कन ।

मेरा सपनाहरू सागर बनी बसेका छन्
म कहिले नदी बनी मिल्छु भनेर
तर म त हिउँ नै छु
म कहिले पग्लिन ।

ए मेरा सपनाहरू,
हार नमान
मेरो सूर्यमा लागेको बादल हट्दै छ
हिउँ पग्लिँदै छ
नदी बनी सागरमा नि मिलाँला
बाफिएर आकाशमा नि उडौँला
बर्षा बनी ती बाटोमा नि भरौँला ।

२५ वर्ष सेवा अवधि पूरा गरिसकेका कार्यरत कर्मचारीहरु



प्रा. सरला के.सी.
डिन, स्कूल अफ नर्सिङ



प्रा. अम्बिका पौडेल
स.डिन, स्कूल अफ नर्सिङ



प्रा. राधा बाइदेल
पूर्व क्याम्पस प्रमुख, नर्सिङ



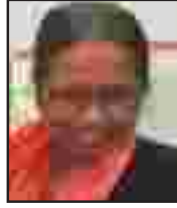
सुरेन्द्र कायस्थ
दन्तरोग विभाग



शोभा दाहाल
नर्सिङ



ज्ञानी रोका
हाउस किपिङ



गीता राई
हाउस किपिङ



रजनी श्रेष्ठ
पुस्तकालय सहायक



सहदेव गुरुड
परीक्षा शाखा प्रमुख,
नर्सिङ



गोपीराम महर्जन
कार्यालय सहायक



जयराम नेमकुल
भान्से



कल्पना क्षेत्री
आया



राजेन्द्र खड्का
सुरक्षा गार्ड



धनबहादुर भण्डारी
प्रमुख भान्से



चन्द्रकला महर्जन
भान्से



धनकुमारी बस्नेत
सुरक्षा गार्ड

सुदन के.सी.
प्रशासन

कान्छी खड्का
हाउस किपिङ

MBBS 2018 PASSOUTS, 3rd BATCH



DR. AGNIMSHWOR DAHAL | Kathmandu

Forever Memory: : Batch picnic

Message to Juniors : Work hard, party harder!

I am in 10 Years : Nepal :P



DR. PRABHATH DIP KARKI | Gongabu, Kathmandu

Forever Memory: : Passing basic science

Message to Juniors : These are the most memorable times of your life...enjoy it to fullest but remember to study once in awhile

I am in 10 Years : Time is the most variable thing; no one can say



DR. SUNIL THAPA MAGAR | Bhimphedi, Makawanpur

Forever Memory: : Fractured right leg while playing football

Message to Juniors: Listen to your seniors, classmates everyone but walk your own path coz everyone has their own journey

I am in 10 Years : Time is the most variable thing; no one can say. Nepal, may be as a social worker.



DR. PRASANNA RAJ PAUDEL | Bagdol, Lalitpur

Forever Memory: : Meeting the love of my life. And, a few things better left unrevealed.

Message to Juniors : I know it has become a cliché by now, but I have to say it. Enjoy every moment. Every laughter, smile and all the dumb things you do with your friends; those are the memories that you remenesce lateron in life, hopefully sipping on some pina colada by a beach.

I am in 10 Years : In 10 years, I see myself 10 years older, a 100 times wiser, a 1000 times kinder and humble, a million times richer and a zillion times happier.



DR. BIBEK DANGOL | Thamel, Kathmandu

Forever Memory: : Interactions taken by the seniors and the interactions taken to the juniors

Message to Juniors : You'll face many situations both the good and the bad ones during your MBBS course but always remember that whenever you're having the bad times, just focus on your goals and move forward motivating yourself that you can achieve it no matter what.

I am in 10 Years : I'm not sure what I will be or where I will be in the upcoming 10 years whether I'll become a successful or a renowned doctor but one thing I'm sure about myself is that I'll become a good human being and a good doctor.



DR. JAGAT BDR THAPA | Bhairavi Gaupalika-2, Dailekh

Forever Memory: : There are many things to be remembered during my MBBS, they are really unforgettable! But I can't say right now which one I have to keep here for the magazine. And, probably one whole magazine can be made with such memories.

Message to Juniors : Please, be honest always. Everyone is watching you. When you are a doctor, then it is crucial to preserve the personality, keep eye on your personality. Don't lie anyone. Respect people. Patients are our teachers, so respect them and treat well. Read when you have a mood. Do not feel hesitated to ask and share with your seniors and your friends! Read well, understand the matter. Do not read only for the exam. Read for your life and read to be a doctor, good one. Score is also important, but not all the high scorers are the best doctors. Keep this in mind. Best of luck for your future.

I am in 10 Years : I spent more than 10 yrs in Kathmandu to be a doctor. And, I hope I will be serving in remote region of Nepal in next 10 yrs.



DR. RUPAK KUMAR RANA | Surkhet

Forever Memory: :

Message to Juniors : Stay motivated as you gonna need it most

I am in 10 Years : Practicing medicine



DR. BASANTA BHANDARI | Dhurkot, Gulmi

Forever Memory: : First residential posting in Bhimphedi.

Message to Juniors : Don't forget to enjoy life without hampering your study.

I am in 10 Years : As a visiting professor in PAHS.



DR. BASANT RAJ JOSHI | Dilasaini-5, Baitadi

Forever Memory: : At PAHS? I don't know. I tend to forget a lot.

Message to Juniors : Don't read the books, study the patients - that's what you'll remember in exams. Do not forget to have fun too :) Help strangers if that's not just for posting as your Facebook status.

I am in 10 Years : I can't see that far coz I've got myopia. Haha. I will be doing my job somewhere, alone and peacefully :)



DR. KRITIKA MISHRA | Lazimpat, Kathmandu

Forever Memory : Every moment at PAHS has a special place in my heart. But every community posting will be unforgettable

Message to Juniors : Learn but also live your life to the fullest

I am in 10 Years : I prefer enjoying the present rather than imagining my future



DR. PRAKASH DHUNGEL | Dolakha, Nepal

Forever Memory: : Well, I forgot.

Message to Juniors : Hi...

I am in 10 Years : In the mirror.



DR. JEEVAN GYAWALI | Danda Parajul, Dailekh

Forever Memory: : Each and every moment at PAHS

Message to Juniors : Be confident, Study well, focus on academics and be independent, take your own decision.

I am in 10 Years : Enjoying with my family and profession



DR. BHIMKANT JAISI | Pipal-1, Rukum

Forever Memory: : One of my colleague after FCHV level posting reflected as " gaau ko chiya ta nunilo hune rahechh "

Message to Juniors : Be a good human before you are a good doctor.

I am in 10 Years : I will be doing what makes me happy but will also make sure not to harm others by any means.



DR. ANJALI KUMARI CHAURASIYA | Birgunj, Parsa

Forever Memory: : The time spent with friends while studying together, enjoying each and every moment together will always remain in my heart.

Message to Juniors : I know you all will study. But at the same time enjoy as much as you can. These 5 years will always be precious to you. So, collect as much memories as you can.

I am in 10 Years : -----



DR. ADITYA HIRDAY | Dharan-8, Sunsari

Forever Memory: : The first look of someone special. As well as lots of memories with my friends (tours, birthday bash, classes, it includes everything).

Message to Juniors : You need to study, all of us know that but the thing is you need to enjoy life. Time never ever comes back again.

I am in 10 Years : Working as a health professional somewhere with my master degree



DR. ROSHAN RAJ LAMSAL | Balaju, Kathmandu

Forever Memory: : -----

Message to Juniors : Party hard, Study harder

I am in 10 Years : Working as an established doctor



DR. KSHITIJ NEPALI | Musikot, Rukum

Forever Memory: : Witnessed CPR at medical ward for the first time while in junior clerkship. In spite of best effort the team could not save the life.

Message to Juniors: : Enjoy every moment of your life, make study more joyful.

I am in 10 Years : Contributing in the improvement of health of people living in rural Nepal.



DR. AUSHAR SINGH RATHOUR | Jajarkot

Forever Memory: : When we four met with each other

Message to Juniors: : Do chill guys

I am in 10 Years : In the hospital



DR. PRANAB MUNANKAMI | Kalanki, Kathmandu

Forever Memory: : at D-Flat with Friends and obviously Postings.

Message to Juniors: : Work Hard, Play Hard

I am in 10 Years : Working for myself.



DR. SEEMA NEPAL | Lokanthali, Bhaktapur

Forever Memory: : May 12

Message to Juniors: : Study but don't forget to have fun

I am in 10 Years : Happy and independent



DR. ABHILASHA MAHATA | Sitapaila, Kathmandu

Forever Memory: : The day our seniors took us for a tour around the basic science building, the first day in PAHS

Message to Juniors: : Hustle harder till you get what you want

I am in 10 Years : In a place where I will be happy and helping people.



DR. AASHUTOSH JHA | Bhaisepati, Lalitpur

Forever Memory: : There are many. Not sure which one to share here.

Message to Juniors: : Life is outside med school too. So live free. Don't make others happy. Be happy and enjoy in yourselves. You need your company, may be 1 or 2. JAY SHAMBHOO

I am in 10 Years : No one knows. Let's see.....



DR. SHIVA RAJ NEUPANE | Nawalparasi

Forever Memory: : College days

Message to Juniors : Don't panic. Steady wins the race

I am in 10 Years : MS



DR. TUPESH RAI | Buddhanagar, Kathmandu

Forever Memory: : The earthquake of April 2015

Message to Juniors : "Train hard, fight easy"

I am in 10 Years : Maybe working somewhere in Kathmandu.



DR. BIPIN CHAUDHARY | Butwal, Nepal

Forever Memory :

Message to Juniors :

I am in 10 Years :



DR. SWETA SHRESTHA | Koteswor, Kathmandu

Forever Memory: : CBSE

Message to Juniors : Don't worry be happy ;)

I am in 10 Years : In a hospital :D



DR. BIBEK GHIMIRE | Thimi, Bhaktapur

Forever Memory: : Everyday spent in PAHS is unforgettable memory for me.

Message to Juniors : Don't panic. Follow your dreams.

I am in 10 Years : As an Orthopaedic surgeon.



DR. TAPAN KUMAR SAH | Sunsari, Nepal

Forever Memory: : 5th CBLE Posting

Message to Juniors : Enjoy medical life.

I am in 10 Years : Medical superintendent at District Hospital.



DR. SHREEYUKTA BHANDARI | Nakkhu, Lalitpur

Forever Memory: : -----

Message to Juniors : Balance your medical school journey with hardwork and having fun

I am in 10 Years : 10 years from now, hard to say!



DR. GANESH KSHETRI | Banganga - 11, Kapilvastu

Forever Memory: : Being in a PAHS itself, has been a beautiful journey. Those five years spent here will be one of the best days of my life. There are many more memories in here which are unforgettable but talking about that one memory, it will definitely be being the President of PAHS MBBS SS. It not only gave me the title but also opportunity to learn about the management skills, leadership and idea to organize different events esp. initiation of major event Anil MEMOs (Anil Memorial Event of Medical Orbits) which helps to reduce stress we go during studies. PAHS MBBS SS has been integral part of my life and will always be.

Message to Juniors: : Dear Juniors, this 6 years of med school journey is filled with ups and downs. But, it is imp to enjoy every moment of it. It is equally imp to study alongside while you enjoy and have fun. Respect all your seniors, teachers and most imp. your patients from whom you learn a lot. Also, while going on postings, keep up the standard of PAHS with your politeness and discipline in the community. Best of luck to all junior future doctors.

I am in 10 Years : After 10 years, I will be in any district hospital of Nepal with the title of specialist happily serving people out there with my own interest. And I am sure to have the big smile on my face seeing my patients smile and will contribute my part to make Nepal a better place to live in.



DR. NIKESH KR. GIRI | Kusunti, Lalitpur

Forever Memory: : D-Flat days were the best, baithaks, Cajón sessions, sleepless nights...making other's night sleepless, rural postings, made new classic friends, kta haru ko vintage and classic guffs...CCSE-I ra II ko terror..forensics classes were amusing..ani aru many more..

Message to Juniors: : According to aerodynamics laws, the bumblebee can not fly. It's body weight is not the right proportion to its wingspan. Ignoring these laws , the bee flies anyway!! aru ta testai guffai ta ho, keep calm and study and rock and roll in between.

I am in 10 Years : Time will tell..herum teti budho nabhaiyela!



DR. MUKLESH KUMAR MADHAVI | Brindaban, Rautahat

Forever Memory: : ----

Message to Juniors: : The duration spent at PAHS is too precious. Use this duration to empower yourself with knowledge. You will never get this opportunity again in your life. I will help you understand this with example. Suppose you are in bike race, the road now is straight and with less traffic . Later, there will be speed breakers and many turnings. This is your time. You need to accelerate now. Don't get distracted. The scenario besides road is not going anywhere. You may enjoy them later on. First, complete the race well. Focus on study. Otherwise ,You wont be able to study as like now. Later on, you have to study with many responsibilities. Best Wishes !!!

I am in 10 Years : -----



DR. UDAY YADAV | Siraha

Forever Memory: : Every second spent with classmates.

Message to Juniors: : Study hard and be updated, have fun, never keep your study for the last hours.

I am in 10 Years : As a consultant of PAHS.



DR. AJIT KUMAR SAH | Rautahat



DR. AKHILESH JHA | Kathmandu



DR. ANKIT SHAH | Dhanusha



DR. ANUSHA BASNET | Kathmandu



DR. BHIM CHAUHAN | Ilam



DR. MELINA HAMAL | Dolpa



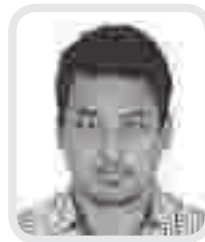
DR. NAVITA KANDEL | Lalitpur



DR. NEELAM KHATRI | Kathmandu



DR. NISHA DEVI GURUNG | Syangja



DR. NISHCHAL BOGATI | Sindhupalchowk



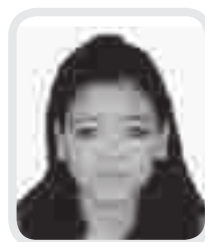
DR. PRANJALI ROKAYA | Humla



DR. RITESH RAJ PANDEY | Mahottari



DR. SAROJ YADAV | Birgunj



DR. ASTHA THAPA | Bhaktapur

Patan Academy of Health Sciences
MBBS
STUDENT SOCIETY ACTIVITIES
2074/075



1. Breast Feeding Week Celebration - 2017 August 01 – 07
2. Dr. Govinda K.C Support Rally - 2017 September 04
3. Basic Science Thanks Giving Program - 2017 September 18
4. Fund Collection and Donate for Flood Victim - 2017 September 04 – 10
5. Support for PAHS Sports Week, 2074 - 2017 December 25-30
6. Participation in Debate Competition in IOM - 2018 January 03
7. 2nd Poem Competition in PAHS - 2018 January 17
8. Saraswoti Pooja Program - 2018 February 10
9. PAHS MBBS SS 4th Musical Night - 2018 February 27
10. Influenza Disaster Drill Programme - 2018 February 27
11. Anil MEMOS (Anil Memorial Event of Medical Orbits) - 2018 March 07-12
12. Fresher's Welcome Program by 6th Batch - 2018 January

AT LAST...



Our happiness knows no bounds to bring out the second issue of the PAHS magazine- "The Symphony".

Turning the pages, you could find poetries, essays, fictions, humors and photographs from different events. We hope that this magazine takes you down into the memory lane where you cherish your days at this institution.

The release of the first issue had certainly inspired us to start working on the next issue immediately. However, we were not prepared for the challenges ahead of us. Owing to the hectic academic schedule, frequent change in the editorial team and various other factors, we were not able to publish the magazine as planned. As it is said, "It

is better Late than Never", moving up against those challenges, we evolved as a team and were finally able to come up with this magazine "The Symphony- Issue II".

To make this inside out, we must accept the fact that there are a number of hands that have joined together in the making of this magazine. To begin with, we express our deep felt heart to Patan Academy of Health Sciences (PAHS) for providing us a platform where we could showcase our talents. We are grateful to the PAHS Executives who have been lighting the path all along with their advices and inspiration. PAHS MBBS Student Society for their guidance and support that put the track right. The whole editorial team deserves a round of applause for putting their

time and hard work without which the magazine would not have been possible. We appreciate the immense contributions of the article writers, photograph contributors who have given a life to the magazine.

We also extend our heartfelt thanks to all the sponsorship holders for their immense support in the making. We are extremely indebted to Mr. Raj Kumar Ghimire and Mr. Prakash Kumar Puri from Genuine Color Printing Press, Imadol, Lalitpur for helping us come up with this beautiful magazine. At last, we express our sincere gratitude to the whole PAHS family, well wishers of the institution and all those directly or indirectly involved in the making of this magazine.

Hope you enjoyed reading it.

Thank You !

Anusha Bista
Member, Student Society
Editorial Team

PAHS - SOM, 3RD BATCH



From Left to Right

Top Row : Muklesh, Jeevan, Uday, Ankit, Rupak, Nikesh, Bipin, Prabhat, Prakash, Aushar, Saroj, Nishchal, Pranjal, Prasanna, Kshitij, Ganesh, Basanta, Tapan,

Middle Row: Shiva Raj, Sweta, Astha, Neelam, Shreeyukta, Nisha, Anjali, Abhilasha, Kritika, Prakash, Bibek,

Bottom Row: Agnim, Devraj, Bibek, Bhimkant, Basant, Jagat, Sunil, Tupesh, Prem, Manish.

PAHS - SOM, 4TH BATCH



From Left to Right

Top Row : Prashant, Sunil, Abik, Pankaj, Vikram, Dipesh, Nabin, Prakash, Saurav, Lukash, Kailash

Middle Row: Anup, Aadhar, Sinda, Mohit, Aayush, Anish, Saugat, Shikhar, Bishnu, Sanjay, Ashish, Aman, Jeevan, Amardeep, Abinash, Ashish, Binita, Yogendra, Bimal

Bottom Row: Shiksha A, Shiksha O, Pooja, Rashmi, Kiran, Seluja, Pooja, Saru, Bipana, Jenny, Soniya, Puja, Sumedha.

PAHS - SOM, 5TH BATCH



From Left to Right

1st Row: Kamal, Sujan, Saswat, Md.Mansur, Upendra, Pawan, Chaitanya, Nripesh, Suban, Aastha, Nishant, Rhea, Durga, Upama, Dipendra, Jyoti, Priyanka, Anjali, Anupa, Rashmi, Ranjan, Bibek, Sunil.

2nd Row: Mukesh, Niraj, Rakesh, Dilip, Milan, Som, Saurav, Apurva, Sarina, Deepti, Alisha, Anita, Smriti, Ambika, Pallavi, Pagya, Ram, Shashi.

3rd Row: Rashmi, Garima, Sabita, Anuva, Monima, Kriti, Anusha, Ramita, Monika, Sweekriti, Apsara, Dakshata, Priyanka.

PAHS - SOM, 6TH BATCH



From Left to Right

Top Row: Dipendra, Suraj, Sumit, Avinash, Sushant, Binit, Man, Pallav, Ajaj, Shrijan, Bijay, Abhishek, Anjan, Rajendra, Prajol, Sushmita

2nd Row- Anmol, Rajni, Aastha, Suman, Ram, Bibek, Bishwo, Niranjana, Sanjeev, Asim, Purna, Usha, Rusy Dharmaraj

3rd Row- Ekata, Pragya, Mili, Sneha, Priyanka, Shreya, Kopila, Ratna, Jewa, Ankita, Kriti, Pratibha, Astha,, Rebisha

Bottom Row- Jaynandan, Lisa, Chunauti, Aashwini, Cellina, Santosh, Devesh

PAHS - SOM, 7TH BATCH



From Left to Right

Top Row: Satish, Upadesh, Hari Om, Priyesh, Rupesh, Jeevan, Raunak, Mukund, Krishna, Kiran, Bhuwan, Mohit, Aditya, Sneha, Ravi, Bijay, Aakash

2nd Row: Uday, Sabin, Ujwal, Pankaj, Niraj, Manish, Sanjib, Ram, Srijana, Amisha, Bidhya, Bipin, Abinisha, Pragyan, Astha, Sisupal, Alina

3rd Row: Sagar, Manish, Shiva Ram, Rajesh, Indra, Dipendra, Kalendra, Dharmesh, Niharika, Najna, Shreya, Ashmita, Madina, Rimsha, Ritika, Shreya, Reshu, Shahid

Bottom Row: Ajay, Dikshya, Roshni, Garima, Jati, Sanila, Chhiring, Merina, Mahima

CONGRATULATIONS TO
NEW GRADUATES, 3RD BATCH!





EDITORIAL TEAM