

INVICTUS

ALWAYS THE WINNERS

BATCH
2019-20



ALL INDIA INSTITUTE OF MEDICAL SCIENCES
BIBINAGAR
NEAR HYDERABAD



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INVICTUS

"What's in a name? that which we call a rose
By any other name would smell as sweet"

There was lot of interest and enthusiasm among the students when it was decided that we should have a magazine of our own. Then came the lengthy process of selecting and deciding a proper name for the magazine which was going to be the pride of our institute. Lists of names were made, some short, some long, some very Indian, some English, Spanish, Arabic, Swedish and even Italian. Some names were too small, some too long, some difficult to pronounce and some difficult to remember.



The zeal of the students was highly infectious and the teachers were not going to be left behind! They also came up with a melange of interesting names. Incidentally, 'Melange' was also one of the proposed names for the magazine. According to Merriam-Webster dictionary, Melange means 'a mixture of often incongruous things' especially when they are attractive and exciting. Its basically a French word that had entered the English body of words many many years ago, although retaining its sort of difficult French pronunciation, which was all the more reason to disqualify it immediately. In all, the short list had 25 different names ranging from sombre and serious moods to many with sweet and tangy flavours.

Then there were student opinion polls that were naturally online (considering the corona pandemic times), Whatsapp discussions, making of short lists, voting, followed by bar graphs and colourful pie diagrams. Add to this the discussions of staff in canteen over cups of coffee and the discussions within Institute Magazine Committee. Then submitting these material to higher ups for scrutiny and evaluation. Each contender (like 'Melange') in the list of names had an interesting story as to why it could not get selected.

And then finally based on the appropriateness of all the above factors, a name was selected and that was Invictus with a tag line Always the Winners.

Invictus in Latin means Invincible / Unconquerable / Undefeated. During searching for the exact meaning of Invictus I came upon a poem by the same name, written by William Ernest Henley in 1875.

Henley wrote the poem to encourage himself in the face of a deadly illness which tried to steal his life. However, he survived it through his undying hope and indomitable spirit. I have taken this opportunity to share his verses with you all.

INVICTUS

Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds, and shall find, me unafraid.

It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate:
I am the captain of my soul.

- **William Ernest Henley**

It is astounding to think how much power and inspiration, words can contain and confer.

The choice of the name of our institute magazine resonates well with the spirit of Invincibility that we wish to inculcate in our students. We want our students to know that Invictus resides within ourselves, it is inseparable from our self and will answer when called upon.

So coming back to - "What's in a name? that which we call a rose
By any other name would smell as sweet."

With all due respect to Shakespeare, I would like to say "Of course, there's a lot in a name !!!"

By Dr Shailaja Prabhala
Chairperson (Editorial Board)

Dr. TAMILISAI Soundararajan



सत्यमेव जयते
**GOVERNOR
TELANGANA**

RAJ BHAVAN
Hyderabad - 500 041

28.07.2020



MESSAGE

Dear young medicos, faculty members and staff.....

I am delighted to know that All India Institute of Medical Sciences (AIIMS), Bibinagar is bringing out the first edition of the Institute Magazine.

I am sure that this magazine would offer the right platform for young minds to pen and publish their literary and writing skills, as I strongly believe that young minds are reservoirs of talent, creativity, and imagination.

New ideas, Imagination, Creativity, and Innovation are the vital qualities to beat the monotony and rhetoric and to come up with new technologies and systems to help ameliorate human beings.

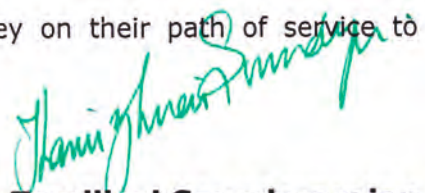
These qualities coupled with passion are even more important in the field of medicine to come up with better healthcare systems so as to turn the world into a healthier one.

As I went through all the rigours of medical college and studies of medicine, I know for sure that this kind of institute magazine in print offers the much-needed platform to express the views, thoughts, talents, and prolific writing skills of the budding doctors.

As Swami Vivekananda pointed out that "A Journey of Thousand Miles Begins with a Single Step," this first edition of the AIIMS, Bibinagar, would pave the way for many more successful editions in the future and help students make some great memories.

I wish you all great success in the service of the humanity through the noble medical profession as doctors.

My blessings to the students in their noble journey on their path of service to humanity.


Dr. TAMILISAI Soundararajan



डॉ हर्ष वर्धन Dr Harsh Vardhan

स्वास्थ्य एवं परिवार कल्याण, विज्ञान और प्रौद्योगिकी
व पृथ्वी विज्ञान मंत्री, भारत सरकार
Union Minister for Health & Family Welfare,
Science & Technology and Earth Sciences
Government of India

सबका साथ, सबका विकास, सबका विश्वास
Sabka Saath, Sabka Vikas, Sabka Vishwas

Message

I am happy to pen down the message for the first magazine - 'Invictus - Always The Winners' being published by All India Institute of Medical Sciences (AIIMS), Bibinagar.

AIIMS, Bibinagar is a premier medical institute established in 2019 as a part of Pradhan Mantri Swasthya Suraksha Yojana (PMSSY), Ministry of Health & Family Welfare, Government of India. I would like to add that the idea of setting up AIIMS in each State under PMSSY was conceived to fulfil the vision of our Hon'ble Prime Minister Shri Narendra Modi that affordable healthcare facilities should be provided to all, so as to build a healthy and prosperous India.

Institute magazine provides platform for medical students to express their ideas and creativity and it kindles the imagination of learners. As long as our ideas are expressed and thoughts kindled, we can be sure of learning.

I congratulate institute leadership and faculty for providing them this medium of expression. My blessings to all the students in their noble journey in the service of humanity. Be the good doctors whose devotion and care brings healing, hope and comfort to the society.

Wishing the institute a great success in all its future endeavors.


(Dr. Harsh Vardhan)

कार्यालय: 348, ए-स्कंध, निर्माण भवन, नई दिल्ली - 110011 • Office: 348, A-Wing, Nirman Bhawan, New Delhi - 110011
Tele.: (O): +91-11-23061661, 23063513 • Telefax : 23062358 • E-mail : hfwminister@gov.in, hfm@gov.in
निवास: 8, तीस जनवरी मार्ग, नई दिल्ली - 110011 • Residence: 8, Tees January Marg, New Delhi - 110011
Tele.: (R): +91-11-23794649 • Telefax : 23794640



Sri Etela Rajender

Honourable Minister

for Health Medical and Family Welfare Department

Warm greetings !!!

It is a pleasure to write a few words for the Institute magazine of AIIMS Bibinagar.

Throughout the ages, doctors have been revered by the society because of their capabilities and competence. Thus, it is the responsibility of each physician to maintain this trust, based on professional competence and high ethical standards.

In the present era of newer technologies for learning and patient care and state of the art classrooms and libraries, it is vital that the fundamentals of bedside training, student engagement and the cultivation of clinical skills, is not lost. At the same time the creativity and talents of the students need to be preserved and nourished. The onus lies on the teachers to find the right balance of medical training and other aspects of development in the medical students and a college magazine is a good way of achieving the latter.

Wishing the institute a great success in all their future endeavors.

(Etela Rajender)



राजेश भूषण, आईएएस
सचिव

RAJESH BHUSHAN, IAS
SECRETARY



भारत सरकार
स्वास्थ्य एवं परिवार कल्याण विभाग
स्वास्थ्य एवं परिवार कल्याण मंत्रालय

Government of India
Department of Health and Family Welfare
Ministry of Health and Family Welfare



Message

Congratulations to Team AIIMS, Bibinagar.

It gives me immense pleasure to address the students and faculty of AIIMS, Bibinagar. Any institutional magazine symbolizes the essence and culture of the institute. It is heartening to see an active contribution to the institutional magazine from the students even in the times of COVID-19 pandemic. Though the main focus of student-life is on studies, the overall purpose of education is not only teaching and learning but also to instil discipline and structure, to nurture dormant talents, inculcate values, provide guidance to the young minds so as to bring the best out of them. We must strive every day to become better students, better doctors and good human beings as you are the future of our society.

I wish all the best to the students, faculty and the entire staff.

Place : New Delhi

Date : 29 December 2020

(RAJESH BHUSHAN)



सत्यमेव जयते

ARVIND DHARMAPURI
MEMBER OF PARLIAMENT
LOK SABHA

+91 9848899999, +91 9100924777
arvind.dharmapuri@gmail.com

I extend my profound best wishes on the first edition of the institutes magazine "Invictus-Always the winners". Literary indulgence is a desired liberation to the hands that perform intricate duties, incessantly.

Every war in the history has uniformed and civil soldiers fighting for a cause. During this COVID war, Medical fraternity stood strong against the invisible enemy and shielded the Nation with their lives. I am honoured to be extending my message to one of those heroes.

AIIMS, Bibinagar, Telangana instituted in 2019, under Pradhan Mantri Swasthya Suraksha Yojana is a 'medical lifeline' to Telangana State. I am confident that the institute's wide dynamics in Research, academics, service and diagnostics will help the healthcare system navigate the evolving medical complexities around the world.

My best wishes and support



(Arvind Dharmapuri)



Shri Banda Prakash Mudiraj

Honourable MP, Rajya Sabha

I am happy to know that All India Institute of Medical Sciences is releasing it's First Institute magazine "Invictus - Always the winners" this year. The Government is committed to constantly supporting the college in it's efforts to build up and maintain it's pre -eminent position amongst medical colleges in India.

I wish the institute brings in good development and becomes a torchbearer in the field of Medical Education as well as treatment and management of teeming patients attending both the outpatient and inpatient departments.

Wishing you all a Good luck

Sd/-

(Shri Banda Prakash Mudiraj)

Dr. George D'Souza

MD., DNB

President, AIIMS (Bibinagar)



I am glad that the college is bringing out its first edition of 'the college magazine' so early in its history. It shows the enthusiasm of the students and the involvement of the faculty of AIIMS (Bibinagar).

A college magazine is an opportunity for the students and faculty to show case their literary and artistic skills and also how vibrant the campus is. It will with time be part of the narrative of the college. Each edition will reflect the period of the college and the society when it was published. We are at a time when the medical profession is called to do great things because of the ongoing pandemic.

We are also part of history; the last pandemic being over 100 years ago. The medical community has risen to the occasion like never before; identifying the causative agent, developing diagnostics, treatment protocols and on the verge of developing a vaccine all in a very short time. There is also a new vocabulary; the "COVID warrior". I am sure the pandemic will spawn a number of thoughts, narratives and articles in this magazine.

The magazine being the first will be a benchmark for future generations. It will also in time be used to jog one's memories. After all what is life but memories of the best things in the past. I wish the editorial board all success in this endeavor.

Sd/-

(Dr. George D'Souza)

From Director's Desk

Creating and developing a new institution such as AIIMS is an enormous responsibility as it has to fulfill the aspirations of people and dreams of students and faculty. I am grateful to the almighty for giving me a new mission of AIIMS Bibinagar (Telangana) after serving as Dean and contributing in developing AIIMS Bhubaneswar (Odisha) where "Insight" magazine was started from the first batch of 2012.



It is my pleasure that my students of first batch of AIIMS Telangana under guidance of faculty are coming out with "Invictus - Always the winners" First batch is always unique and special. This first edition of institute magazine gives glimpse of creative minds of our students and faculty. I am very delighted to see the enthusiasm of the students in the contribution of the magazine in the covid period.

This first edition contains illustrious moments of early days of creation of the institute. When students will turn the pages of Invictus years later they will cherish the golden era of their student life, hostel life and academic activities as freshly brewed even in the remote future. This phase of life is unforgettable.

Few words of inspiration and motivation for all students, faculty and staff from my side would be "BE WISE"

B - Be together and dream big

E - Energy : always be full of positive energy

W - Work hard

I - Integrity : in personal and professional life

S - Smile : spread joy and stay fit

E - Efficiency : strive to sharpen

Let's give our best and make this institution a modern temple of learning through our diligence, devotion and dedication. As truly said by former President of India Dr. APJ Abdul Kalam "Look at the sky. We are not alone. The whole universe is friendly to us and conspires to only give best to those who dream and work"

I wish students and faculty all the best for achieving greater success and scaling newer heights and bringing glory to the institute.

"Life is better when you are happy, but

Life is best when other people are happy - because of you

Be an inspiration, share your smile and serve the humanity"

Dr. Vikas Bhatia

Executive Director

AIIMS Bibinagar



From Dean's Desk

Greetings to the students and staff!!

It gives me great pleasure to write a few words for the First edition of Institute magazine “Invictus - always the winners” All India Institute of Medical Sciences, Bibinagar, Hyderabad.

In the present day, education means much more than merely acquiring knowledge. Complete education with acquisition of a holistic attitude is all the more relevant in the field of medical sciences. I compliment the students, who by virtue of their perseverance and determination have acquired berths in AIIMS for making a career in health care and hope that they will engineer the innovative techniques for managing the newly emerging clinical challenges.

Its good to see the enthusiasm and active participation of the students in the making of this institute magazine. I wish they continue doing so in future and also inspire the next batches in carrying the baton forward.

I congratulate the entire editorial team for their hard work and dedication in bringing out such a beautiful magazine.

- Dr. Neeraj Agarwal

Dean

AIIMS Bibinagar

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Executive Director, AIIMS Bibinagar



Dr. Neeraj Agarwal
Dean, AIIMS Bibinagar



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AIIMS Bibinagar

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Senior Residents with Executive Director



First MBBS Batch 2019-20 with Executive Director

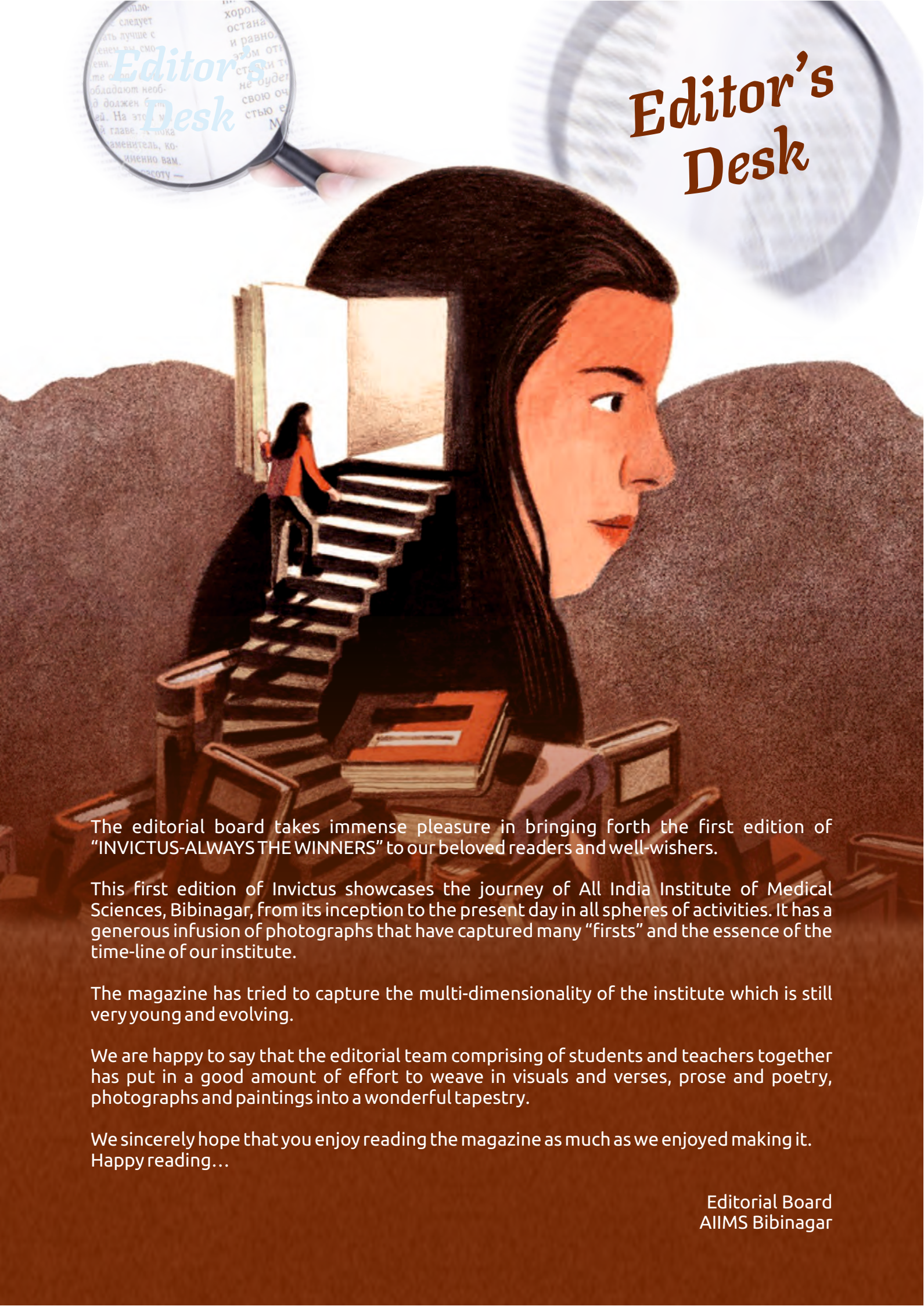


Editorial Board AIIMS Bibinagar



Faculty Editorial Board AIIMS Bibinagar





Editor's Desk

The editorial board takes immense pleasure in bringing forth the first edition of "INVICTUS-ALWAYS THE WINNERS" to our beloved readers and well-wishers.

This first edition of Invictus showcases the journey of All India Institute of Medical Sciences, Bibinagar, from its inception to the present day in all spheres of activities. It has a generous infusion of photographs that have captured many "firsts" and the essence of the time-line of our institute.

The magazine has tried to capture the multi-dimensionality of the institute which is still very young and evolving.

We are happy to say that the editorial team comprising of students and teachers together has put in a good amount of effort to weave in visuals and verses, prose and poetry, photographs and paintings into a wonderful tapestry.

We sincerely hope that you enjoy reading the magazine as much as we enjoyed making it. Happy reading...

Editorial Board
AIIMS Bibinagar

LIFE - THE JOURNEY

Here I am, a 19 year old lecturing you about "life" though I haven't quite lived one myself but who's to tell, I might just inspire at least one reader through my words! Life, as we all know, is a long journey. We are bound to encounter success, failure, joy and sorrow. Life, in my opinion, is a typical example of a progressive wave. Just like a wave, life too contains crests and troughs.

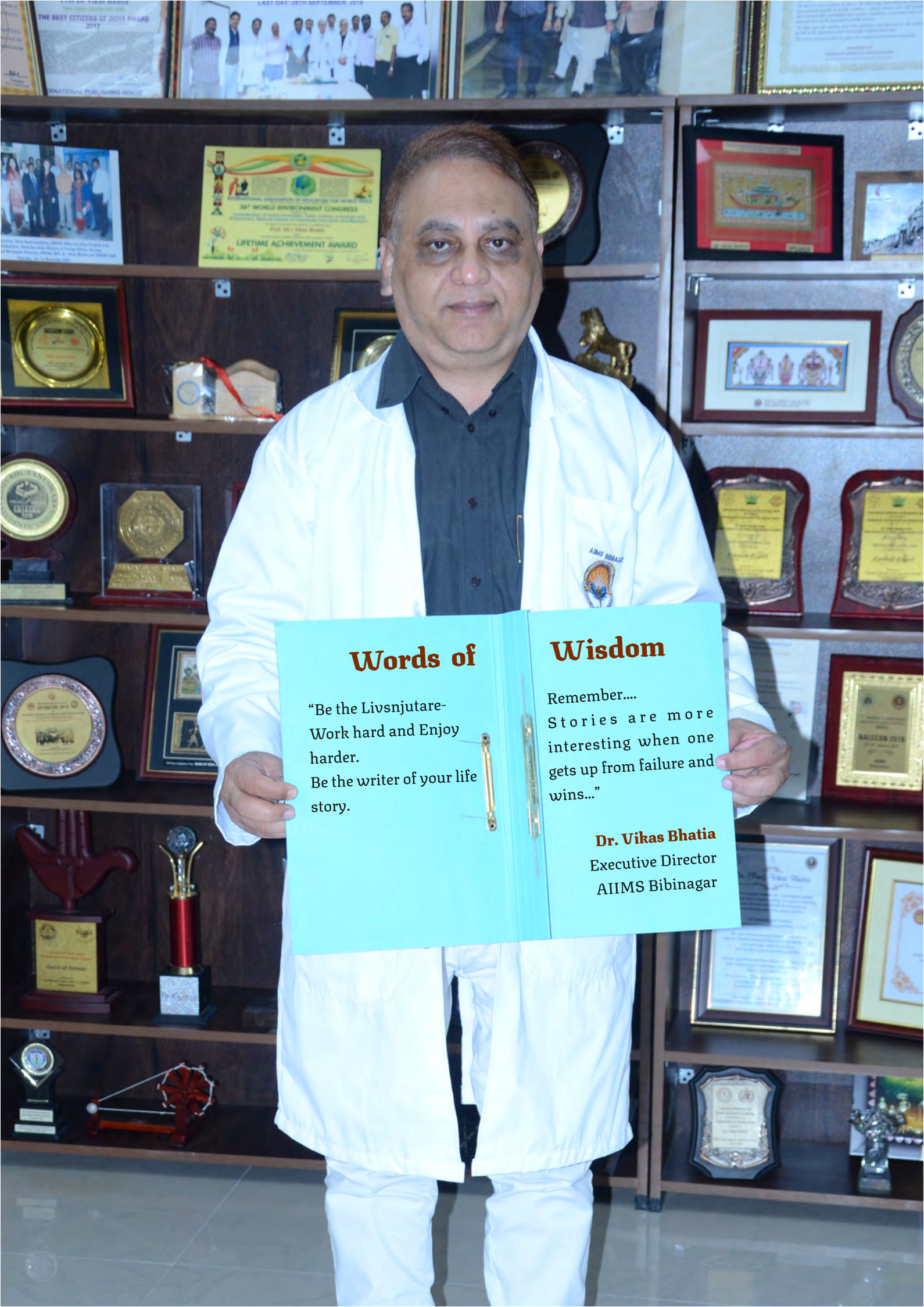
Crests represent the joyous moments whereas troughs represent the odd and sorrowful ones. If and when this progressing wave hits a rigid body (obstacles), most of it reflects from the obstacle and a part of it passes into and beyond the obstacle. The obstacle here is symbolic with the failures in life that we must overcome and bounce back from. We should not get depressed by a few odd failures rather we must learn to pick ourselves and move on.

Life isn't a fairytale filled with sunflowers and rainbows, right? It is said that the sea generates one new tide every 24 hours, connect the dots, and begin each new day with cent percent positive energy. Fascinating, isn't it? Read on! There's a fine line between optimism and pessimism which, to many, appears blur and out of focus. Optimism can help us achieve our goal at any cost and here's one example of optimism where it guided the life of a person to great success: Colonel Sanders, founder of KFC (Kentucky Fried Chicken). Sanders was born and raised in a poor family. One day he thought of selling fried chicken, made by his mother. He then set off and knocked nearly a hundred doors to sell his first pack.

Had he stopped knocking doors after 10 or 50 trials, ours would have been a sad generation with no fried chicken! His success was a result of his optimism and perseverance. It is often said that Success and failure go hand in hand and one is incomplete without the other. Without even one of these we can't enjoy the essence of life. It is our duty to be graceful in success and failure and treat them both with a certain amount of dignity and decency.

Kaja Varun





Words of

“Be the Livsnjutare-
Work hard and Enjoy
harder.
Be the writer of your life
story.

Wisdom

Remember....
Stories are more
interesting when one
gets up from failure and
wins...”

Dr. Vikas Bhatia
Executive Director
AIIMS Bibinagar



HIPPOCRATIC OATH



SWEAR by Apollo the physician and Asclepius and Hygieia and Panacea, invoking all the gods and goddesses to be my witnesses, that I will fulfil this Oath and this written covenant to the best of my powers and of my judgment. I will look upon him who shall have taught me this art even as on mine own parents; I will share with him my substance, and supply his necessities if he be in need; I will regard his offspring even as my own brethren, and will teach them this art, if they desire to learn it, without fee or covenant.

I WILL IMPART it by precept, by lecture and by all other manner of teaching, not only to my own sons but also to the sons of him who has taught me, and to disciples bound by covenant and oath according to the law of the physicians but to none other.

THE REGIMEN I adopt shall be for the benefit of the patients to the best of my power and judgment, not for their injury or for any wrongful purpose. I will not give a deadly drug to any one, though it be asked of me, nor will I lead the way in such counsel; and likewise I will not give a woman a pessary to procure abortion. But I will keep my life and my art in purity and holiness. I will not use the knife, not even, verily, on sufferers from stone, but I will give place to such as are craftsmen therein.

WHATSOEVER HOUSE I enter, I will enter for the benefit of the sick, refraining from all voluntary wrongdoing and corruption, especially seduction of male or female, bond or free.

WHATSOEVER THINGS I see or hear concerning the life of men, in my attendance on the sick or even apart from my attendance, which ought not to be blabbed abroad, I will keep silence on them, counting such things to be as religious secrets.

IF I FULFIL this oath and confound it not, be it mine to enjoy life and art alike, with good repute among all men for all time to come; but may the contrary befall me if I transgress and violate my oath.