



## FROM THE PRINCIPAL'S DESK



It gives me immense pleasure to present the inaugural issue of COSMOS, the periodical news letter of University College of Medical Sciences. Established in 1971 as a constituent college of University of Delhi, the College ranks amongst the topmost medical institutions in the country. The College runs various academic programs such as MBBS, postgraduate (MD/MS/Diploma) courses in 18 departments, Ph.D program in various specialties and DNB program in Neurosurgery. Besides this, the College is also running various para-medical programs. Guru Teg Bahadur Hospital, the associated 1000 bedded tertiary care teaching hospital caters to the healthcare needs of over 4 million population in east Delhi and neighboring states.

The College has excellent infrastructure for medical education, research and patient care. The College is expanding its horizons by introducing new courses in various specialties. Technology up-gradation and introduction of modern tools for teaching and learning are constantly carried out. The College has well stocked library with latest books, journals and e-resources. In order to encourage academic exchange programs with various premier institutions the College has established telemedicine unit. All faculty members have been provided with personal computers, printers and internet facilities with free access to e-resources.

The Medical Education Unit conducts regular workshops for faculty development, senior residents, postgraduate and undergraduate students to impart them expertise regarding teaching, learning and research methodology. On the extracurricular front, the students have their presence felt in various inter-college competitions in and around Delhi in the field of dramatics, choreography, debate and sports. In order to promote further their interest and help in their personality growth, the College has encouraged formation of photography club, debating and quizzing society and dramatics society. The College has recently established Medical Humanities Group which organizes exhibitions, lectures by distinguished academicians and performing arts in collaboration with SPICMACAY. The College has an 'Alumni Association' which organizes regular reunions of the ex-students of our college in order to strengthen the bonds of friendship of yester years. The Association has recently launched its directory which is very helpful in maintaining close interaction with the colleagues all over the world.

We would like to continue sharing with you various developments of the College from time to time through this newsletter. Your feedback, reflections, news and views shall be most welcome.

**Dr. O.P. Kalra**

## MESSAGE FROM THE CHAIRMAN, GOVERNING BODY, UCMS

I am pleased to learn that the UCMS is shortly planning to release the inaugural issue of a Newsletter christened as COSMOS. The Newsletter will undoubtedly be an important instrument that will benefit all those interested in the activities of this reputed and important Indian medical education institution. The idea of a newsletter germinated mainly to help the dissemination of various activities of the UCMS as well as to provide a forum for lively interaction on matters of contemporary relevance in the twin areas of health and medical education. It is indeed important that all sections in institutions share information, and the beginning of COSMOS is therefore a welcome step in that direction. I hope that COSMOS will capture and record important data about UCMS, as the institution moves into the future. I take this opportunity of complimenting the College team that has worked hard to place the inaugural issue in your hands, particularly Professor O.P. Kalra, the Editor Professor Arun Sharma, and the Associate Editor Professor Upreet Dhaliwal.

I wish COSMOS and the UCMS fraternity a successful journey into the future.

**Professor S.K. Tandon**

## THE HISTORY OF UCMS

The year was 1971. Premedical students from colleges affiliated to the University of Delhi were growing restless and agitated. There simply were not enough seats in Delhi's existing medical colleges to accommodate them all. Their future looked bleak. Fortunately for them visionary Vice-Chancellor (1970-75), Prof Sarup Singh, showed remarkable prescience; he determined that a University Medical College would be an affirmation of the University's commitment to the Country's future. Thus was born the UCMS as a Department of the University in 1971. In 1975 it was granted the status of a Maintained Institution of the University.

Paucity of infrastructure led to humble origins. The Department of Chemistry, North campus was brand new at the time and the first batch of UCMS took it over: Prof AS Paintal was its first Principal; a renowned scholar and researcher; he set a high benchmark for performance. Undaunted by difficulties and constraints, its dedicated faculty persevered, providing a top class learning environment to an equally enthusiastic set of students. When the time came for clinical teaching, the Government attached it to the Safdarjang Hospital and loaned the brand new Emergency Block to house the college; here too, the UCMS strove to honor its commitment to medical education.

The college finally came into its own in 1986 when it moved across the Yamuna to the sprawling campus it now occupies. Some of the students from the first batch are still a part of the UCMS. Dr Nilima Shankar, now a Professor of Physiology, recalls how wonderful it felt to be on North campus. They participated in all campus activities and could choose between the different canteens available. Most of all, they were neighbors with St. Stephens College!

UCMS then had almost as many women students as men, recalls Dr AK Chatterjee, now Additional Medical Superintendent, GTB Hospital. It was a cohesive batch as they had struggled shoulder to shoulder for the opportunity to study medicine; they studied longer hours to catch up since their session had started late.

When asked about the travails of moving from North Campus to Safdarjung Hospital, and then again across the Yamuna, Professor Nilima scoffed. 'It was nothing,' she said. 'As medical students you learn to take everything in your stride.' Some of her happiest memories are of waiting for the Emergency Block at Safdarjang Hospital to start functioning as the new UCMS. In the interim lectures, practical classes, clinics, EVERYTHING, were conducted in the Physiotherapy building of the Hospital. It also served as an all-gender common room!

Dr Chatterjee has no regrets about the frequent moves and the apparent shortcomings. He recalls, 'We learned to adjust to all circumstances; an important trait for future doctors to inculcate. We developed perseverance, and our teachers rewarded us for our enthusiasm and patience by being highly dedicated to us in their turn.'

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## EDUCATION BETWEEN THE LINES

**A**midst the chaos and stress of medical education, beyond lectures and tutorials, there was something special at UCMS. As I fish for experiences, I realize how several teachers helped shape me up; not just me the professional, but me the person.

The Anatomy Department inculcated discipline and thoroughness. In Physiology, the sheer energy of some faculty, their keenness to teach, and to entertain questions was inspirational! My Biochemistry teacher demonstrated how to derive true contentment by doing what one loves to do, with devotion. Some teachers relieved the tedium of 'rote, retain and repeat' by utilising unusual methods and amusing anecdotes to teach otherwise boring detail. Other teachers illustrated difficult concepts in Pharmacology using jokes not only to lighten the atmosphere but also to teach. Their passion was admirable and still inspires me. A teacher in Community Medicine was unapologetically unforgiving in his pursuit of honest research and dispassionate in his dissection of shoddy work. It is this dispassionate dissection of the truth from the confounding that lies at the heart of the scientific spirit. I learnt it from him!

A senior faculty in Medicine's attention to the patient as a whole, and his frequent allusions to classic medicine, subtly introduced us to the glory of medicine. In Paediatrics while teaching something else, a professor took a session on the art and science of "Counselling". He told us how to listen to inspire trust, and how to be compassionate to garner compliance. A Professor of Orthopedics caressed a long-suffering patient's forehead during rounds; we watched the professor's eyes well up. Months of classes on ethical practice would not have the effect that these few seconds had on us. I remember being made to write an apology note because I arrived five minutes late for duty.



Faculty with guests at the Convocation and Annual Day Function held on 30 March 2011

I never felt bad because the faculty and residents always reached at least half an hour before time, and stayed on long after. Here was a group of men and women doing their duty as if it was a mission, a passion, a challenge, a joy; but never just routine. I once heard a patient say, "It still hurts, but I'm okay with it." The Surgical Resident retorted with unexpected force, "What do you mean you're okay with it? I am not okay with it. The eight years of my education are a complete waste if you're still in pain. Here, take this medicine and let me know if it still hurts." Now, that's what you call a lesson! During 24 hour duties, the intern was the first one to be sent for dinner and to catch a short rest. Some senior residents would never catch a wink of sleep on duty! They never realized they were imparting invaluable lessons in teamwork and leadership! I remember a violent psychiatric patient who needed frequent dressings. He would punch and bite at the first opportunity. The smell could make 50 people faint at once, but not this Surgical Resident. When a punch came his way he would deftly duck and get back to the dressing and suturing. His behaviour not only engendered respect but served as an example of dignity in the face of disgust and dispassionate duty in the face of an impassioned patient. One cold winter morning, a little before 5AM, I was busy going from bed to bed measuring inputs and outputs. I was shocked to see my Head of Department. The Youth for Equality movement had been launched and interns had joined the flash strike. And here he was, telling me "I have come to take over. Tell me what needs to be done, and I'll do it!" It wasn't just a lesson in surgical practice, it was a character-building lesson.

Amidst the effort-intensive, chaotic, humdrum medical education process, there silently went on an *effortless* 'parallel education' – far wider in scope, far deeper in meaning and far longer lasting in consequence. I consider it the real education. And though it is intricately intertwined with the twin processes of knowledge and skill teaching, it is seldom visible to the uninitiated.

Read the 5-page unabridged version at [Student Speak on http://medicaleducationunit.yolasite.com](http://medicaleducationunit.yolasite.com)

**Dr. Avijit Bansal,**  
SIB Fellow, Stanford University, CA USA



Prof. O P Kalra, Principal presenting memento to Prof. Dinesh Singh, Vice Chancellor; University of Delhi at the Convocation & Annual Day

## NEWS FROM MEU

The Medical Humanities Group of the Medical Education Unit, UCMS and GTBH, organized the following events for the UCMS fraternity:

### Guest lectures

'The Doctor is in' by Prof Ramesh Bijlani on 27 January, 2010; accompanied by an art Exhibition by Dr. Apurba Rajbongshi.

'Faith under the scalpel' by Mr. Sanal Edamaruku on 25 February, 2010

'Communication with the Grassroots' by Prof CJ Daswani on 28 April, 2010

'A day for Tibet' by Mr Vijay Kranti, and a photo exhibition on Tibet on 14 September 2010

### Others

Students' street theatre group of UCMS staged the street play 'We all have AIDS' on 31 March, 2010

The Medical Humanities group in association with SPIC-MACAY screened the film 'The Great Dictator' by Charlie Chaplin on 18<sup>th</sup> September, 2010, and Kathak recital by the renowned exponent Padmashree Shovana Narayan on 27<sup>th</sup> November, 2010.

The Medical Education Unit organized the following:

Basic Workshop on Medical Education Technology for the faculty of UCMS and GTBH under the aegis of the MCI, from 1 to 6 February, 2010, and another for the faculty of Gajra Raja Medical College at Gwalior, from 12 to 14 April, 2010

Senior Resident Training on Educational Principles for Senior residents and Pool officers of UCMS & GTBH from 26 to 28 July 2010

Foundation Workshop in Clinical and Laboratory Medicine and Research, jointly organised by the MEU, UCMS and the MAMB, Pune for ICMR STS 2010 awardees from North India from 17 to 19 August, 2010

The undergraduate mentoring program was extended into faculty supervised near-peer mentoring, for the first year undergraduate students of the batch 2010-11, in September 2010



Shobhana Narayan performing at a SPIC-MACAY event in UCMS

## POINT-COUNTERPOINT

### Minimum criteria for attendance: is it justified?

Attendance is a “**BIG**” issue throughout college life. Just think, how much time, money and effort goes into amassing the perfect score as far as attendance is concerned. Students are forced to attend lectures, tutorials, demonstrations etc. etc. So many hours wasted! Students are constantly inventing and discovering “newer methods to put proxies” and teachers are struggling to match them with “newer methods to prevent proxies”. The commonest grouse of students is that they are forced to attend lectures from “bad” teachers. But “vice-versa” is also true! They would rather teach students who listen, interact, question, and answer. Now, just suppose if the criteria for 75% minimum attendance are done away with. What will happen? We will save the teachers from uninterested, disruptive students and students from uninteresting, didactic teachers. Many bonds of friendship would collapse. Exchange of notes and photocopies would become more rampant (or would it?). Empty Lecture Theatres, less electricity spent, more free time, better performance in sports, higher attendance in fests, more time for self-study etc. Wouldn't it be a win-win situation for all?

Alas! There could be a flipside. Students feel everything can be learned from books. But, the primary aim of teaching is to pass experiences and learning from one generation to another. Teaching and learning predate the written word. Teaching is not a repetition of book knowledge (this misconception needs to be removed from the minds of both teachers and students). It is tempered by teacher's own perception, learning and experiences. Students want “good” teachers, who can generate interest and make you understand and learn it. Teachers want “good” students, who take the pains to gather background knowledge and interact during and after the learning activity. If only, there was an ideal combination, there wouldn't have been any issues. But, due to deficiencies on both sides, regulation is needed. In the words of a senior resident “We were forced to attend lectures to complete our attendance, but years later we realised that we actually learnt a thing or two, in all of them”. Students in a medical college tend to compare themselves with others in non-professional courses. There are too many distractions vying for their attention. Though they are adults, they may not be mature enough to account for “beyond the horizon effects”. Some form of regulation is a felt need. Attendance criteria may not always be good for students. They have been counterproductive for the “brighter” ones. Teachers tend to focus on and set the pace of activities according to the slow or rather the slowest learners. So, the brighter ones are forced to slow down to keep pace with the rest of the class.

**Disclaimer:** This manuscript is based on the opinions of many teachers, resident doctors and undergraduate students. However, in all probability, the non attendees were, well, not attending! This is an important issue which concerns us all. Our policy makers need to be made aware about the pros and cons of this very important matter. To make yourself heard, do visit the link <https://www.surveymonkey.com/s/ZYXRLKS> and voice your opinion on this crucial policy decision. We at Cosmos wish to know the thoughts of the teachers and the taught alike!!! The results of this opinion poll will be compiled and presented in the next issue of Cosmos.

**Dr. Chander Grover**



Faculty development workshop conducted by Medical Education Unit

## A rose by any other name!



### Clues Across

1. Discovered that genes regulate definite chemical events
5. Worked on the physiology, and pathology of the thyroid gland
6. Invented the ECG
7. Discovered human blood groups
10. Discovered Penicillin
11. Discovered Streptomycin
12. Discovered the Citric acid cycle

### Clues Down

2. Discovered the Human Immunodeficiency virus
3. Discovered Insulin
4. Worked on malaria
5. Interpreted the genetic code and its function in protein synthesis
8. Worked on the structure of the nervous system
9. Worked on the physiology of digestion
11. Discovered the molecular structure of nucleic acids
12. Made inventions and discoveries in the field of tuberculosis

Send in your entries in sealed envelope to: Editor, COSMOS, University College of Medical Sciences, Dilshad Garden, Delhi 110 095. Or scanned entries to [cosmos.editor@gmail.com](mailto:cosmos.editor@gmail.com)



Inauguration of annual cultural and sports festival: Ripple 2011



Vishal-Shekhar performing at Ripple 2011

## PICTURE QUIZ



### NAME THE DISH

(Send your entries to [cosmos.editor@gmail.com](mailto:cosmos.editor@gmail.com))

### WHO SAID THIS ?

Every teacher in the world has catch phrases and idiosyncrasies. Some catch phrases become the de facto "trademark" of the teacher with whom they originated, and have been associated with them for years and will remain so for a lifetime. Now, here are five such lines by teachers of our college. Let's see whether you can guess who said these?

- It's Verry Verry Imporrnt!
- Look in the mirror: You're a Quack!
- Tumhaara naam kya hai? Tumhaare baap ka naam kya hai?
- FORRRRTHAATT....
- Is there anyone from Modern School ?

Send your entries to: [cosmos.editor@gmail.com](mailto:cosmos.editor@gmail.com)

### LIMERICK

#### Limericks in celebration of UCMS

As a college UCMS is good and true  
 However girl students are by far too few  
 It would be a whirl  
 If we got more girls  
 Though an auditorium would be nice too!  
 We have 'Avalanches' and 'Ripples' galore  
 With access to 'Pulse', 'Synapse' and more  
 Our faculty is inimitable  
 The students remarkable  
 UC rocks! That's something you can't ignore!  
 Thirty-nine years! My, how she's grown!  
 She has long been DU's Medical Throne  
 Though students travel every road  
 In India and abroad  
 UC is as good as any place they've ever known!

Upreet Dhaliwal, with inputs from  
 Rajat Thawani, Shakti Amar Goel and Ravi Kumar Gupta

### PRIZE FOR CONTESTS

Winner of each contest will get a cash prize of Rs. 500/-  
 In case of more than one correct entry, winner will be selected by draw of lots.  
 Winners' names will be published in the next issue of Cosmos.



Teachers' Carnival: Performance by faculty during Ripple 2011

## FIGHTING TB: MY WAY

A father daughter duo came knocking at the doors of UCMS Health centre in Gazipur, the reason – no one would start the father on anti tuberculosis drugs even a month after diagnosis. The patient's misfortune started with the misdiagnosis of his illness at the hands of an RMP and government hospital doctors. When he should have already been diagnosed with tuberculosis and started on anti tuberculosis therapy (ATT), for a month the patient was on wrong medications resulting in further deterioration of his health. The doctors in the government hospital noticing the non improvement in the condition, referred the patient to a microscopy centre in Hasanpur on 17/5/10 where he was diagnosed as a category I pulmonary tuberculosis patient. The patient, a resident of Gazipur, Delhi for the past 15 years was then referred to District TB hospital in Madheypur, Bihar for starting his ATT. According to the patient, when he was asked his residential address, he had provided his Gazipur address but the microscopy centre staff further probed his place of origin and that was when he informed them that he was originally from Madheypur. The patient was then told that his ATT could only be started from Bihar. Dismayed, the patient returned home when he could no longer reason with staff of the microscopy centre. Meanwhile, his two children dropped out of school to help tide over the crisis. On the advice of his acquaintances, the patient went to LRS Institute of Tuberculosis and Respiratory Diseases on 03/06/10, where he again underwent sputum microscopy and was diagnosed with Cat I Pulm. TB. The patient was then referred to Dr. Shyam Prasad Mukherjee chest clinic in Trilokpuri for further necessary actions. On 10/06/10 when the patient went to the chest clinic, he was instead referred back to Lal Bahadur Shastri Hospital. Doctors at the LBS hospital once again referred him to microscopy centre, Hasanpur. Helpless, the patient came to UCMS Health Centre, Gazipur on 12/06/10. With the intervention of a doctor there the patient was finally started on ATT on 17/06/10 from DMC, Hasanpur.

**Priscilla, III yr PG, Community Medicine**

## UCMS JOINS NATIONAL KNOWLEDGE NETWORK

National Knowledge Network (NKN) is a state of the art multi-gigabit pan India network for providing a unified high speed network backbone for all knowledge related institutions in the country. It aims to bring together all stakeholders from science, technology, higher education, healthcare, agriculture and governance to a common platform. The architecture of NKN has been designed for scalability and the network consists of an ultra high core inherently capable of progressively moving with multiples of 10/40/100 Gigabits per second, complemented with distribution layer at appropriate speeds. It will enable collaborative research, development and innovation, facilitate distance learning through virtual classrooms and support e-Governance. University College of Medical Sciences is one of the first medical colleges in Delhi to be connected with NKN as a nodal institution.

## FROM THE DIARY OF A STUDENT

I entered University College of Medical Sciences on 1<sup>st</sup> August 2007, not for the first time (They call us a dozen times for something or the other). I was happy; I was in a medical college, almost a doctor. It's only now I know that I have a LONG way to go. I was always scared of being ragged. One of my batch mates introduced himself with the doctor title in an Orkut internet community just before we had to join college, and the subsequent interaction was scary! It was always fun to read the thread of posts. I checked it twice a day, everyday!

First day, dressed in trousers and a shirt, to look closest to a doctor. Entered the college building with fear, had absolutely no idea about where the lectures were, and I was much before time (first day, never be late!). The fifth face I saw was of a tall boy with a powerful voice, and he said "Intro *toh de*". Then I wished him and continued with my introduction. Five minutes later when I found my way to the Lecture Theatre, I saw that same boy in the class sitting in the front row. But I was never ragged in college; I am one of those lucky ones! The Dissection Hall was fun. We had nightmares about giving Stages, failing in Anatomy, not identifying a bone, and a lot more. But as I think of it now, they make us ready to face anything in life. I remember my partner was never ready to get pricked to give blood, and once when he did, not more than a drop of blood came out of his finger. He was severely underweight, and still is! Biochemistry was easy and I remember students mixing chemicals in the lab, and the lab assistants trying to figure out who did it.

Second year was also the time we first entered the hospital for our postings, and believe me it is much easier to understand 'Inception' than understanding the map of GTB Hospital. Time flew, college life was eventful, not as much as a regular Delhi University college though (the stories my friends told me about their college were insane). And for that, I blame the sex ratio in our college. There were controversies, fights and what not? And I have to say it is fun to hear people talk about them. The distance from the controversy is directly proportional to the fun quotient. The academics were good too, I liked Community Medicine and I am sure students are really going to give me looks after they read this. Ophthalmology clinics were fun and we could learn a lot there. We were ALWAYS scared of the viva!

Cut to the present 7<sup>th</sup> Semester, I am now the outgoing Literary Secretary. Apart from organizing festivals, the Literary Team organized the first Intra-College Debate competition in UCMS (the first I know about), and sent various teams to various colleges for debates, quizzes, etc.

UCMS has been great, I've had my good times and bad times. I am glad I got that one question wrong in my DPMT, which made me enter UCMS and not any other college. Life would have been totally different if I wouldn't have been here. And like in the movie 'The Butterfly Effect' I would say everything happens for the best and it would be wrong to even think of changing what has already happened, good or bad!

**Rajat Thawani, VIII semester**



Protocol writing workshop for PG students by Medical Education Unit

## UCMS: ACROSSTWO GENERATIONS

**M**y father was selected for the MBBS course at UCMS in 1972. I joined 37 years later, and found that the picture I had formed from his anecdotes was much changed now.

UCMS in the seventies was an unusual picture; a bleak, white building under the shadow of an ancient towering telescope, situated among dense temperate forests of the Delhi Ridge in North Campus. One could hardly have imagined that from these humble beginnings the medical college would rise to its present glory. On two floors, in eight rooms, the first two batches of future doctors began learning the basics of the field. The dissection room was also the common room, where students gathered to study and, many times lunch! But, times were good and simple. Mobile phones and fast automobiles were unheard of. Instead, the bicycle was a much preferred option. My father tells of his clinical days, when the college moved across the road from AIIMS. The proximity resulted in historic rivalries on and off the academic and sports fields. Lectures took place in a make-shift room in the Casualty Ward. Canteens were unheard of, and laboratories were ill-equipped.

Skip to the present day. Almost 40-km East of where my father learned his medicine, across the river, lies my UCMS. It stands in a now bustling city, with a full-fledged metro rail service (the envy of many other nations), serving a thousand-bedded hospital. Times have certainly changed. No more is there a shortage of supplies and specimens; instead the college and hospital boast state-of-the-art facilities. There is no need to call upon practicing doctors on short notice to deliver a clinical lecture; there is a full complement of dedicated faculty. Every department has its own floor; there are hostels to accommodate students in hundreds. No longer does one need to travel on a cycle every day, or take the long, arduous bus route to college; the metro is there for me. Now, common rooms are separate, without the stench of formalin; there are comfortable chairs and we have our very own pool table. Although, voices are occasionally raised to improve the facilities (read 'auditorium'), a lot has been secured.

Change is the only constant...most times this is true; some things however, just never change. Like the in-lecture antics. My father still recalls loud, deliberate sounds of yawns and burps made by spirited dabangg-like characters (identity not revealed) at regular intervals; and card-playing and fire-cracker bursting in the back seats of the lecture theatre by lafangey parindeys. He relates that pathology lectures always followed the lunch recess, inducing him to sleep; a memorable experience, even now, since the lecture theatres are air-conditioned. So many years later, the shenanigans continue. Technological advances have ensured that the present student is better wired and thus better able to prevent boredom in class. As in the 1970's, so also now, the end-of-the year result is often unbelievable to both the student and the teacher. This only goes to prove what my father always maintains, that students of UCMS are serious about the business of becoming great doctors, but they like their games too!

Life may have gotten more comfortable after forty years; however, the way of living it has certainly not changed in the least. Its growing luxuries are simultaneous with its increase in acceleration. And though people may have gotten smarter, they still make the same mistakes.

**Utsav Gupta, 3<sup>rd</sup> Sem, with inputs from  
Dr Ramesh Chand Gupta.**

## AVALANCHE 2010: A DELINEATION, AN EXPERIENCE

This Year, as tradition holds, the 3rd semester students (Batch of 2009) were given the opportunity/responsibility to organize the mid-term cultural Festival christened 'Avalanche'. I cannot imagine why our forefathers didn't chose fancy medical jargon to name our fest. I somehow strongly feel it related to their fascination with natural calamities; the major festival is named 'Ripple'! I suspect our country lost a few geologists while gaining some doctors.

'Avalanche' is a subject of criticism among some faculty; they feel that it is just an excuse to have a mini-vacation, as the two-day event is invariably linked to a weekend. However, the underground theory that students have in their defense is that it is an experimental ground for 3rd semester students; they gain organizational experience that prepares them for the next year when they will be responsible for 'Ripple'.

Nevertheless, from the moment of inception to its culmination, it was a ride; full of frenzy, despair, euphoria, battling egos, diplomacy, resentment, and what not. From planning in the beginning to missing classes, surviving on proxies, skipping lunches, high-fiving when a sponsor agreed, to dejection when a participating team backed out, spending Rs1000 in phone bills just so we could account for three rupees in the fest-expenditure bill, the journey was a good one; a memorable one.

The Western Dance Competition, 'Wave', proved to be a great crowd puller, as always. The Literary front turned out to be better than expected. The Non-Sense Quiz was highly appreciated. As one of the *fuchchas* said, "I can be as un-gentlemanly as I want; I am being scored on that only".

The English debate 'Super bug is a super conspiracy by the West against India' drew many eloquent speakers. The highlight of the day, however, was the Halloween Hunt.

The next day's events began with the Faculty Antakshari. Songs were sung once in a while; but mainly there was mock-fighting between departments over minuscule issues, aided by students sitting at the back shouting 'Dabangg Dabangg'. The Medical Debate, 'The common exit exam for medical graduates is a stress buster' was a heated event, with participant's supporting their respective sides vehemently.

The Sports part of the Fest, 'Arena', saw a rough patch; it could not be held on the scheduled day. However, it was eventually held and every one, from faculty to students, tried their best to best each other.

These were some reactions from faculty and students about this year's 'Avalanche'.

Dr. Navjeevan Singh: "Avalanche was organized by a few people for a few people."

Student organizer (anonymous): "Don't remind me of it. I am still getting calls from sponsors asking for their promised souvenir; the one we didn't print. Oh fish, here he calls again."

Student (anonymous): "Does it really matter what I think? As rumor goes, it will be the last 'Avalanche'. Good hai! We are here to study and not to organize Fests."

Student organizer (anonymous): "I detest that animosity broke out among friends. Other than that I liked everything, specially bunking classes."

Senior student: "It was the best 'Avalanche' ever!"

Yes, we had fights; conflicts of opinion; bonds were broken. But new bonds were forged. In conflicts, we found the better way out. The one-month of preparation can never be forgotten. Not only because we did something good, but more because we all learned some great lessons. Organizing skills, yes; but more valuable were the lessons of life, about dealing with people, and, importantly, about us.

**Setu Gupta, 3rd Semester**

### .....THE HISTORY OF UCMS

'Even the move to the present campus was full of adventure,' says Professor Shankar. 'The college building was undergoing final touches in preparation for occupation, so the faculty moved into the wards and ran classes from there!'

The first batch of UCMS set the standard. Our students are resilient, enterprising, creative, and feisty; they have contributed over the years not only to the health of the nation, but to health services overseas as well. Long may their tribe increase!

Village postings then took them to Masudpur and Jaunapur. Considered very remote then, they are now well within Delhi. The bus would often stop for picnics in Kutub Minar.

**Dr. Preet Dhaliwal**

## Announcement

### 10<sup>th</sup> International Conference of Medical Sciences

Sofia, Bulgaria: May 12-15, 2011

For details, visit <http://www.icmsbg.org>

### International Student Congress of Medical Sciences

Groningen, Netherlands: June 7-10, 2011

For details, visit <http://www.iscoms.org>

### Medicon 2011

Grant Medical College, Mumbai:

May 12-15, 2011

For details, visit [www.informer.org.in](http://www.informer.org.in)

### Maastricht Medical Students Research Conference (mmsrc)

Maastricht, Netherlands: 27<sup>th</sup> April, 2011

The MMSRC is an international congress organised for and by students.

The goal of this conference is to promote research among students.

In order to participate at the MMSRC, you will have to send in an abstract.

For details, visit [www.mmsrc.nl/](http://www.mmsrc.nl/)

## रक्त-दान

रगों में बहता खून का कतरा  
करे अगर जो यह उजाला  
एक-एक बूँद मैं दे दूँ तुमको  
दिल बन बैठा है मतवाला

क्यों चिंतित हो रक्तदान से  
दो दिन में मिल जाएगा  
जीवन तुमको देने का फिर  
मौका हाथ ना आएगा

देकर कुछ भी घटे न मेरा  
फिर भी तुम पाओगे कितना  
साथ साथ राह चलने का  
है भि ऋण मुझपर इतना

Ravi Ranjan Kumar Ravi IV Semester

## TRAVEL IN QUEST OF TRANQUILITY

When the heat and dust of Delhi wreak havoc upon the body, mind and soul of the Dilliwalla, he packs his bags and goes off to the nearest convenient mountain to recharge his batteries. Thankfully, the Himalayas are nearby and most Delhiites end up in Shimla, Mussoorie or Nainital. At these destinations, you find that half your neighbourhood has joined you for a holiday in what was supposed to be an idyllic family vacation. Hotels are difficult to find and the prices are sky-high, water is more precious than liquid gold and bathing an activity best left to be pursued upon return to Delhi.

If the situation sounds familiar and you really wish to be far from the madding crowd, head for Mukteshwar in the Kumaon hills (the side of Uttarakhand around Nainital).

The destination is 8-9 hours drive from Delhi (assuming Anand Vihar ISBT / Metro station is the centre of Delhi, which of course it isn't.) The distance is close to 325 km and the condition of roads is better than that within Delhi. You take National Highway 24 (the Nizamuddin Bridge to cross the Yamuna continues onwards as NH 24) and keep on driving till you feel like taking a break to stretch your legs. (Gajraula at 110 km is a good option, it has Tadka and it has Macdonald's). The road is 4 laned in most parts but the natives are new to the concept of 4 lanes, so you can encounter the occasional bullock cart loaded to the brim on the wrong side of the road coming at you at 5 kmph while you are driving at 120 kmph. At Rampur (185 km from Delhi), you leave NH 24 and take a left turn on to NH 87 that goes to Nainital. This is not a 4 lane stretch and careful driving is advised. 5-6 hours after you've started your journey, you will reach Haldwani/ Kathgodam. From here onwards, those predisposed to motion sickness would be well advised to pop an Avomine. Driving in the hills as not as difficult as it is made out to be and the combination of a good car and good sense should see you through the remaining 75 km in 2.5-3 hours

If driving long distance is not your cup of tea or you do not wish to spend 2 days of your precious 4 day leave on travel, take the Ranikhet express at 10.45 pm from Delhi and reach Kathgodam at 6 am. Arrange a taxi for the remaining 75 km (not difficult). Enjoy the drive up the hills, the views are breathtaking – and there really is not much to do in Mukteshwar except unwinding. Steer clear of the "Mukteshwar" resorts. Most of them are 3-4 km proximal to the real place. If you enjoy your drinks, be sure to acquire it in Haldwani / Kathgodam. Any higher, and you cannot exercise much choice. Ditto for cash. No ATMs at Mukteshwar, sorry Sir. If you have travelled by your car, fill it up at Haldwani.

KMVN offers good, clean and reasonably priced accommodation. Other options are PWD guesthouse or IVRI guesthouses. These are the best located accommodations at Mukteshwar. The resorts can provide a luxurious, fattening stay and can be considered by those so inclined.

Mukteshwar feels like November during June. So carry some light woollens and windcheaters and an umbrella. The best time to visit is mid October. Beautiful panoramic views of the mighty snow clad Himalayan ranges leave you humbled by their sheer majesty. There is a Shiva temple atop a hill and it is a very peaceful spot to gaze at the valleys below. From here you also spy upon the rocky outcrop called "Chauli ki Jali". These 2 are what may be considered as the beginning and end of the list of the places of tourist interest at Mukteshwar. A small market from where you can buy chocolates and ice cream for the kids and that's about it. A small 250-500 metre easy trek brings you to the rocky outcrop previously described. You lie on the rock face and gaze down the sheer vertical drop and hope that all your concepts of centre of gravity hold good in the real world. See sunrise and sunsets from here and remember them for life. For the bolder, younger blood activities like rock climbing, rappelling are available. Some of these adventure companies also provide accommodation in tents. And for 1500 per day, all inclusive, it sounds like a steal.

Dr. Naveen Sharma



Picture by Dr. Gautam Pandey

## NEWS IN BRIEF

28<sup>th</sup> September has been declared as **World Rabies Day** by the Global Alliance for Rabies Control and World Health Organization. The department of Community Medicine took initiatives to increase awareness and knowledge about rabies in the community. A rabies awareness rally was flagged off by the Principal, in which students, residents and faculty members participated with great enthusiasm. An awareness talk on prevention of dog bite and rabies was organized by the department for the higher secondary students of Rajkiya Shiksha Vidyalaya, in Gazipur, Delhi.

Department of pediatrics conducted a three day 'Course on Clinical Examination for post graduates (COCEP 2010)' in February 2010. Around sixty postgraduate students from all over the country attended intensive practical teaching/learning sessions during this course.

**National Neonatology Forum (NNF) quiz** for post graduates (Divisional Round) was conducted by department of pediatrics on 6th July. Teams from 12 institutes of Delhi participated in the quiz. 23rd IAP Undergraduate Quiz (College Round) was conducted on 19th August 2010. Four teams selected after a preliminary round participated in this event. The 4th IAP Postgraduate Quiz (Zonal Round) was conducted in the department of pediatrics on 2nd November 2010. The team from PGI Chandigarh won the quiz.

8 Second international **course on sialendoscopy** was organized by the department of Otorhinolaryngology on 11-12 November 2010 in UCMS. It included lectures as well as live demonstration of use of sialendoscopy in diagnosis and interventions in submandibular and parotid glands. The course faculty included Dr. Francis Marchal, Director, European Sialendoscopy Training Center, Geneva. It was attended by 65 delegates from all over the country. With advancement of technology and miniaturization of the endoscopes, it is now possible to remove the calculi using endoscopes without sacrificing the salivary glands. This technique is also useful in treatment of strictures and stenoses of the ducts. It avoids removal of parotid gland and reduces risk of damage to the facial nerve.



Rally by students of UCMS on the occasion of World Rabies Day

## EDITORIAL

Students and faculty in a medical college and hospital are conventionally considered a focused group of people who eat drink and sleep academics. Not really untrue, yet not so radically true too. Things, events and activities do happen in the extracurricular domain also. But unfortunately it is not shared with the fellow brethren. One feels a little disheartened when others express ignorance about one's institution. It has been a recent trend to bring about a periodical publication to document the happenings in an institution that augurs well for exchange of ideas and gives an opportunity to know an institution without physically visiting it. At UCMS, the Principal instilled the idea in our minds to start a periodic newsletter that will not only document news and events taking place in the college, but also give an opportunity to the students, teachers and staff to showcase their literary and artistic talent. The newsletter is not meant to be a drab document to blow our trumpet but also a forum to discuss important issues that govern and rule us, a forum to debate and opine about controversies and a forum to enlighten the mood with entertaining components. In the inaugural issue we are raising a debate on relevance of attendance in under graduate teaching program. Your participation will measure the utility of this news letter in bringing contentious issues to the fore. I am pleased to present the inaugural issue of Cosmos. It is expected to have a universal reach and will tend to encompass limitless dimensions of creativity in print. I request you all to give back your response, bouquets and brickbats are equally welcome!

**Dr. Arun Sharma**

## THE TEAM



**Left to right:** Kuleen Prabhakar, Sumit Rai, Rumpa Saha, Chander Grover, Ashish Goel, Arun Sharma, O P Kalra, Rajat Thawani, Naveen Sharma, Upreet Dhaliwal

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