

January - June 2025

SYNERGY



Maulana Azad Medical College Old Students Association's Newsletter

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Secretary
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MAMC. Music & Melody!

MAMCOS

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CONTENTS

Dean MAMC's message (Patron MAMCOS)	4
Former Dean's message	5
President's message	6
Secretary's message	7
Editorial	8
Joint Editor's message	9
Executive Committee 2025-2026	10-11

Calender of Events (December 2024- June 2025)

MAMCOS Sports Day 2024	Batch 1995
39th Global MAMCOS Day 2024	Batch 1995
Hamare Anmol Ratan	
Diamond Jubilee, Golden Jubilee, Ruby and Silver Jubilee batch celebrations	
MIDCON 2025	Batch 1997

International Friends

MAMCOS Australia & New Zealand	Dr. Sanjay Sinha (Batch 1973)
MAMCOS UK	Dr. Pramod Devichand (Batch 1967)
MAMCOAANA	Dr. Nandita Gupta (Batch 1992)

MAMC, Music & Melody

Reminiscences Music & MAMC 1963.....	Dr. S.C. Sharma (Batch 1963)
Music scence -Changing paradigms	Dr. Narottam Puri (Batch 1964)
Music - The Unsung Vitamin	Dr. Ganesh Mani (Batch 1965)
It's never too late	Dr. Yash Gulati (Batch 1973)
MAMC and Music: A Soundtrack to Medical Learning	Dr. Harsh Moorjani (Batch 1981)
Musicinsanity- MAMC 1981	Dr. Ramani Narasimhan (Batch 1981)
Remembering Dr. I. S. Bal	Dr. Narottam Puri (Batch 1974)
MAMC, melodies & memories...Those were the days	Dr. Anita Dutta Gupta (Batch 1983)
Music and MAMC	Dr. Radhika Batra (Batch 1999)
MAMC & Music	Dr. Nikita Gupta (Batch 2009)
Dharohar: an initiative to reconnect with our heritage	Dr. Vandana Roy (Batch 1983)

Photo Gallery

Dharohar insights: Music, Art & Culture in MAMC

Congratulations

Obituaries

Photographs (black & white) & in Photo gallery are contributed by Mr. Sohan Singh Rawat & Mr. Dharmender, College photography section



Dr. Munisha Agarwal
M.D. (Anaesthesia)
Dean



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MESSAGE

On this MAMCOS Teacher's Day celebration, I extend my warmest greetings to all our cherished alumni. MAMC has a proud legacy of academic excellence and distinguished alumni across the world. The enduring spirit and the special bond between alumni and their alma mater continues to inspire the students as well as the faculty. MAMC, one of the premier institutions of India, has consistently produced top tier medical professionals with its alumni recognised across the globe for their academic prowess. Their ability to guide, support share knowledge with the students in India and to those seeking opportunities abroad is a testimony to their fealty.

MAMCOS Teacher's Day celebration is an expression of gratitude for their teachers and mentors who by their wisdom and guidance helped them become what they are today. I wish the MAMCOS all the very best for their future endeavours. Their contribution to their alma mater will always be revered by one and all.


(Dr. Munisha Agarwal)

My Experience

with

MAMCOS

MAMCOS is not only an alumni association, it is a repository of memories that students passing out from MAMC proudly carry with them. It's a continued sense of belonging to the roots. It represents not only their pride, honour and joy; but also a lot of gratitude that they feel for the institution that shaped them into being what they are today.

The benches, the classrooms, the hostels, the classrooms, the corridors, the canteens, the playgrounds---are not only bricks and mortar for them, but places where their souls blossomed into making them proud 'Maulanians'. Their annual visit to their Alma-mater is like an annual pilgrimage to a place of worship. I have witnessed grown men and women become boys and girls, with a twinkle in their eyes and a spring in their steps. Their banter even today is in the same 'language' of their younger years.

The Maulanians of today look up to them and constantly draw inspiration from their growth stories---some of which are amazing and even unbelievable though true. However, this connect is sporadic, and is in an unstructured manner. It's time to give it a shape for long lasting fruitful connections to me made. The seniors will derive the pleasure of nurturing and mentoring 'their younger selves'; while the younger generations will benefit by 'learning from experiences'.

MAMC associations, especially those in NA, NZ, Australia etc., have in the last couple of years, shown a lot of effort and interest towards providing financial assistance to those with suboptimal economic backgrounds. And I am proud to share that today their generosity is spilling over. We have more scholarships available than the number of students requiring them. Another field where there has been some support is in provision of counsellors and psychologists for those students who are struggling with mental health issues. I'm sure this will go a long way towards helping today's generations that have a humongous load of mental stresses that were lesser in yester years, owing to better interpersonal connects rather than dependence on the social media platforms for validation.

If we seek to enhance our efforts in what we wish to offer back to MAMC, we need to diversify

this generosity to other spheres where college struggles with not only financial constraints but with mainly procedural hassles in timely provision of resources. A lot of opportunity for assistance exists in supporting various students' societies; like sports society, music society, literary society, dance/ drama society etc. These societies could be adopted by those interested, to provide equipment, materials, coaching, and other consumables that have a recurring annual cost.

Similarly, as we restrict our students from seeking sponsorships from inappropriate sources, they face budgetary constraints during their annual festival. MAMCOS could take charge of sponsoring some part of the festivals like sponsoring the dinners, or celebrity performances etc. They could also get more involved by offering to judge some events.

Another area that needs to be explored for further handholding is by creating a directory of sorts where all overseas members indicate their respective areas of interest where they would offer support like lodging/ transport/ documentations etc., when their juniors visit their respective cities/ countries for some interviews/ exams.

They could also offer to be their 'Local guardians' while they visit for their studies, till the time the youngsters find their footholds on the new grounds. It would provide a great sense of support and security to them if they have an elder 'sibling' while they are adjusting to their new lives. It would also encourage the less privileged ones to venture to other countries for furthering their knowledge and careers.

I am certain that in coming years, the MAMCOS will outshine many other alumni associations and will benchmark their standards for others to follow.

My best wishes and support to this amazing institution---now and always!

With Warm Regards



Dr Poonam Narang
Former Dean MAMC

President's Message

Dear friends

It is indeed an honour to be elected as President of MAMCOS the august body of alumni of Maulana Azad Medical College. The brand name for excellence is MAMC as is evident by the fact that it continues to remain till date one of the most sought after institutions for medical education in the country. One of the most endearing character of MAMC has been the “ hand holding” provided by the seniors by the way of guidance, hand written notes, books and long lasting friendship. The founder members of MAMCOS and the successive executive members have worked hard to provide a well-structured platform for the members to get together and celebrate their memories, friendships and successes in life at least two to three times in the MAMC campus. The most well attended yearlong events are MIDCON in March when the interns about to complete their internship are inducted as members of MAMCOS, awards are given to undergrads and post graduates based on their excellent performance in academics and ISBAL music competition, recently added Teachers’ day celebration in September and in December the cricket match between MAMC-11 and MAMCOS-11 followed by Global MAMCOS Day honoring of Silver, Ruby, Golden and Platinum jubilee batches on 20th December. A half yearly magazine SYNERGY shares the happenings and creative writings by the members. MAMCOS also continues to help in



social and medical causes including financial help to undergrads needing support. The most challenging part of organizing these events is the collection of funds. A very large number of members are mobilized to contribute and collect money for each event. I strongly feel that we should build a large corpus trust with contributions from every member of MAMCOS and the interest from this corpus should finance the various events and activities of the organization. I do invite inputs and efforts from the members on this issue especially the trustees of Silver Jubilee Trust for the roadmap ahead. All of us must pledge to stand strong and show up in large numbers for all the MAMCOS events to ensure success and continuity of the organization.

With these few words I wish everyone good health and peace of mind. Try to adopt “IKIGAI”, a Japanese concept for a purposeful life. a perfect prescription for a long and healthy life.

With warm regards

Dr. Richa Dewan



Secretary's message

Dear Seniors & Colleagues

It is a matter of privilege and pride to connect to all our alumni through "SYNERGY". At MAMCOS we constantly engage with our alumni through our various functions. It is also heartening to see that now almost the entire batch takes membership of the alumni body.

This issue of "SYNERGY" is being presented on the occasion of **Teachers' Day**. We are deeply indebted to our Teachers for instilling in us, the right values and skills to heal, while we pursue our own dreams. We're proud that many of our alumni have gone on to be faculty at MAMC, in the same league as our Teachers.

On behalf of MAMCOS I invite you all to connect with us more; and bring more ideas to make MAMCOS, an even more vibrant body

Dr. Poonam Gulati

Secretary MAMCOS

Editorial

MAMC, Music & Melody !

The theme for this issue of Synergy.

Music and MAMC to me have been synonymous. Since the day we joined when singing or dancing to music was part of our initiation during the ragging days. And those who sang well became the seniors favorites sooner than others. The intrabatch, inter batch, inter college music programmes, Goonj and Synapse with their never ending queues of participants. To the bathroom singing in the hostels, chorus singing in buses as we went in the college bus for our village posting. Oh the stories and tales could go on endlessly.

This issue of Synergy is capturing the essence of the same, from the 1960s to present day.

Music for the sake of music is a force that gladdens the heart, soothes the mind, can bring happiness and even tears among the listeners. Going beyond its intrinsic values, music is also therapeutic. There are studies which show that patients heal faster when music therapy is used. In the plant kingdom plants respond to music and grow better. Music transcends boundaries. Language is no barrier to it. It unifies people across borders. As can be well seen in concerts where Indian music is played by Western artists and vice versa.

Music also has similarities with the medical profession. If we look at Classical music & medicine both require intensive and extensive learning and practice. To become proficient in either requires dedication and self discipline. A Guru helps you in the journey. While many learn only a few may get the recognition if or which they are seeking.

An formal initiative to make our students and campus alive to the beauty of our Art forms was started in 2005, when



a voluntary group of faculty and students made Dharohar, a Heritage club of MAMC. With the aim of increasing awareness to their heritage as well as providing a platform to interact, plan, implement, learn. It also provided the students and campus a much needed respite from their strenuous academic schedules. From 2005 till date innumerable programmes have been organized in collaboration with SPIC MACAY (Society for Promotion of Indian Classical Music, Art & Culture Amongst Youth).

Every year nearly 35-40 artists are invited to the MAMC Campus to perform and interact with the students. The students also see the Guru shishya parampara, when the artist brings his/her shishya to perform or assist. This week long festival called Virasat is a flagship program of MAMC. Which is also the only medical college hosting such a week long festival for students holistic and experiential learning.

This edition of Synergy brings forth some recollections of Maulanians of their time in MAMC & after and the role music has played in their life.

I hope you enjoy reading and imagine the days when MAMC campus

Was alive with the sound of music

With songs they have sung for a thousand years.....

With Best Wishes
Dr. Vandana Roy
Editor

Joint Editor's pen



Wisdom in medicine is built through experience, uncertainty, and lifelong learning.

Maulana Azad Medical College (MAMC) in Delhi has a rich legacy dating back to the late 1950s. It has grown into one of India's leading medical institutions, renowned for its robust academic programs and its pivotal role in healthcare for the region.

As joint editor, I am privileged to be part of the “Synergy” that captures the essence of our remarkable institution. We are excited to share this latest edition of our Medical College Newsletter with you! This issue is a vibrant mix of stories, achievements, and moments that celebrate our campus’s heart and soul.

Medicine is more than a profession—it is a blend of rigorous science with heartfelt compassion. It stands as a cornerstone of scientific advancement and societal well-being, requiring intellectual curiosity, ethical integrity, and an unwavering dedication to patient care. In today’s era of rapid transformation, we must navigate medical challenges with innovation and collaboration while upholding timeless ethical principles and service. The recent launch of MAMC’s medical innovation hub—under the Make in India vision—empowers clinicians and student innovators alike to build tech solutions for healthcare needs, marking a milestone for our institution.

Med school isn’t just about hitting the books or acing exams—it’s about chasing dreams, discovering your spark, and making a difference, whether in the lab, the clinic, or at a college fest! Generations have thrived on punctual academics and meaningful mentorship, with teachers packaging knowledge in “small capsules” for students. As trends shift toward digital platforms and online learning, we urge students to balance modern tools with traditional wisdom and savor campus experiences—moments that will never return.

Medicine is an imperfect science: it evolves constantly, shaped by human judgment and the complexity of life, rarely conforming to simple, predictable rules. My mentor once said, “The logic in Medicine comes when you cross 40.” Back then, I doubted it—but experience has proven it true. We live at a time when healthcare is changing faster than ever. As future doctors, we shape that future—always remembering what matters most: caring for others with heart and hustle. This newsletter celebrates each step of that journey, from small wins to big moments.

A huge shoutout to the incredible contributors, mentors, and our editorial team for pouring energy into making this issue shine. May it inspire, delight, and remind us why we’re proud members of MAMC’s vibrant medical community.

Warm Regards,
Dr. Nishkarsh Gupta
Joint Editor

MAMCOS Executive 2025-2026

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Dr. Richa Dewan

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Past President :

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Dr. Sandeep Chopra

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Dr. Ashwini Dalmiya

Dr. Mukesh Bhatia

Past Presidents

Year	Name	Year	Name
1971-1972	Dr. P. S. Saharia	2003-2004	Dr. V. K. Monga
1972-1973	Dr. L. D. Sota	2005-2006	Dr. R. K. Bakshi
1987-1988	Dr. R. P. Gupta	2007-2008	Dr. Usha K. Baveja
1989-1990	Dr. Y. P. Munjal	2009-2010	Dr. G. S. Grewal
1991-1992	Dr. Ashok Vaid	2011-2012	Dr. N. P. Singh
1993-1994	Dr. Vijay Agarwal	2013-2014	Dr. Prem Aggarwal
1995-1996	Dr. Narottam Puri	2015-2016	Dr. G. S. Grewal
1997-1998	Dr. Vinay Agarwal	2017-2018	Dr. Sunil K. Satrawal
1999-2000	Dr. Upendra Gami	2019-2022	Dr. Sanjay Sood
2001-2002	Dr. Savita Puri	2023-2024	Dr. Ganesh Mani

Batch Representatives

Batch	Name	Year	Name
1958	-	1988	Dr. Mona Arya
1959	Dr. Saroj Sagar	1989	Dr. Naveen Kumar Shourie
1960	-	1990	Dr. Bharat Gopal
1961	Dr. M. L. Sahdeva	1991	Dr. Ashwini Dalmiya
1962	-	1992	Dr. Ravi Meher
1963	Dr. Yashpal Rana	1993	Dr. Nikhil Dhingra
1964	-	1994	Dr. Himanshu Chauhan
1965	-	1995	Dr. Anubhav Vindal
1966	Dr. Vijay Sharma	1996	Dr. Nishkarsh Gupta
1967	Dr. Vinod Sehgal	1997	Dr. Harsh Wardhan
1968	Dr. Arti Sharma	1998	Dr. Saurabh Taneja
1969	Dr. Richa Dewan	1999	Dr. Mrinal Pahwa
1970	Dr. K. K. Jain	2000	Dr. Varun Prakash
1971	D. K. K. Kohli	2001	Dr. Anurag Mishra
1972	Dr. Arvind Kumar Bansal	2002	Dr. Deepak Kumar
1973	Dr. Rajiv Anand	2003	Dr. Abhishek Bansal
1974	Dr. Sanjay Sachdev	2004	Dr. Urvi Sharma
1975	Dr. B. K. Mehta	2005	Dr. Sumit Gupta
1976	Dr. Naresh Chawla	2006	Dr. Anshul Gupta
1977	Dr. Rajesh Makashir	2007	Dr. Ruchir Rustagi
1978	Dr. Mukesh Bhatia	2008	Dr. Sahil Batra
1979	Dr. L. M. Parasher	2009	Dr. Keshave Singh
1980	Dr. Sandeep Chopra	2010	Dr. Tushar Dhawan
1981	Dr. Harish Gupta	2011	Dr. Pratik Jha
1982	Dr. Kires Singh	2012	Dr. Abhinav Aggarwal
1983	Dr. Vandana Roy	2013	Dr. Vibha Singh
1984	Dr. Poonam Gulati	2014	Dr. Ayush Agarwal
1985	Dr. Ajay Kumar Gupta	2015	Dr. Sanat Kumar
1986	Dr. Sudeep Kishore Jain	2016	Dr. Abhinav Bansal
1987	Dr. Amit Agarwal	2017	Dr. Shreya Goel
		2018	Dr. Chirayu Agarwal

CALENDER OF EVENTS

MAMCOS Sports Day : December 15th 2024

The Silver Jubilee celebrations of MAMC Batch of 1995 started with the traditional MAMCOS Sports Day on the 15th of December 2024 at MAMC Sports Ground. The events planned for the day included the customary friendly croquet match between MAMCOS 11 and MAMC 11. The event was attended by more than 50 attendees from the 1995

batch and many others from MAMCOS fraternity. Dr ML Sachdeva and Dr Narottam Puri were the Guests of Honour. The event also included a friendly Tug-of-War between the 1995 batch and rest of Maulanians and a Musical Chairs event for all the ladies.



Everyone enjoyed the fun and the frolic in the beautiful sunny winter weather amongst piping hot savouries and drinks. Mrs Prem Kakkar attended the event and gave her blessings to the youngsters, keeping the tradition alive. The prizes

were distributed by Dean MAMC, Dr Poonam Narang, President MAMCOS, Dr Ganesh Mani, Vice President MAMCOS, Dr Richa Deewan, and the Guests of Honour Dr ML Sachdeva and Dr Narottam Puri.



Dr. Anubhav Vindal
Batch 1995

Global MAMCOS Day, December 20th 2025

The main event on MAMCOS Global Day, 20th December 2024 was planned in MAMC auditorium and the Dean's Carpet area. The morning programme started at 9.30 AM with the registration of Silver Jubilee batch followed by a CME at 10 AM where different members of Silver

Jubilee batch who had flown in from all parts of the world, and are now leaders in their fields of specialization, spoke about topics of interest. The CME was very well received and invoked a lot of interest and Q&A amongst the audience.



The CME was followed by formal Inauguration of the event. The chief guest was Sh R. Venkataramani, Hon'ble Attorney General of India, and the Guests of Honors were Dean MAMC, Dr Poonam Narang, Medical Director Lok Nayak Hospital, Dr Suresh Kumar, Director GB Pant Institute, Dr Anil Agarwal and Director GNEC, Dr Kirti Singh. Mr Venkataramani also delivered the prestigious MAMCOS Oration. This was followed by felicitation of Teachers of

MAMC, who had completed 25 years of service. Dr. Monica Juneja (Pediatrics), Dr. K. Rajeshwari (Pediatrics), Dr. Mongjam Meghachandra Singh (PSM), Dr. Arti Sood Mahajan (Physiology), Dr. Dayaram Haldwani (Physiology), Dr. P.K. Rathore (ENT), Dr. Ishwar Singh (ENT), Dr. Kirti Singh (Ophthalmology) and Dr Pawanindra Lal (Surgery) were honored on this occasion. This was followed by Lunch.



Next, the Diamond & Ruby Batches were Felicitated by the MAMCOS executive. This was followed by a Group photo of Silver Jubilee, Golden, Ruby & Diamond Batches at the Dean's Carpet. It was wonderful to see such a large

turnout of Maulanians. More than 100 batchmates from the 1995 batch travelled from all parts of the world (many with their families), to be a part of this milestone event.



After this, the Silver Jubilee Batch presented a Cultural Programme comprising of singing, dancing and music by the 1995 batch members. The Silver Jubilee Batch also felicitated the teachers of MAMC who had taught them during their

MBBS times. It was a flashback of the years gone by to see the teachers again. This was followed by felicitation & Cultural Programme of the Golden Jubilee Batch.

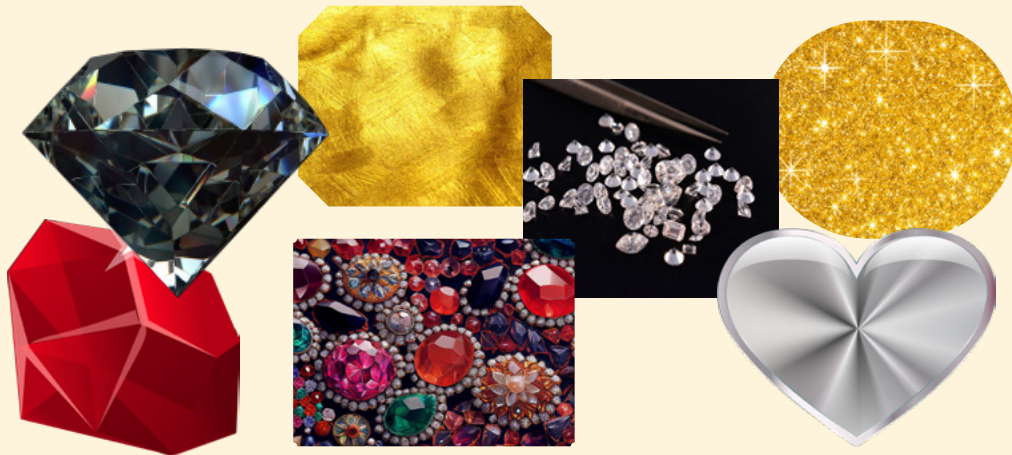


The evening festivities started with the Felicitation of Silver Jubilee Batch at the Dean's Carpet. It was wonderful to learn about the accomplishments of the batchmates. The grand finale for the evening was celebrations with Music, Dance, Cocktails & Dinner at the Dean's Carpet & Front Lawns. It

looked as if the area had been transformed into a party venue with lights, decorations and music. The atmosphere was amazing.

Dr. Anubhav Vindal
Batch 1995

Hamare Anmol Ratan



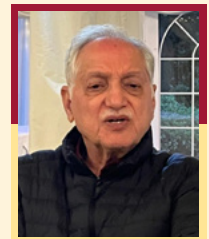
Diamond Jubilee Batch 1964

Rarely does this happen that a batch of equal number of males and females get admitted in the same batch and that batch has a wide variety of students who excel in virtually everything that they participate in. That was the joining batch of 1964. Studies, extracurricular, some nefarious activities--you name it and you will find a peculiar get together of talent. An example would be that the final MBBS results had the top 10 all from MAMC, no one from LHMC (UCMS did not exist) and that 5 subjects had 5 different toppers. Unusual, to say the least. Debate, drama, music and sports all had excellent representation and won virtually everything on offer. Granted there were the traditional toppers in 1st and second professionals but the spread of talent was proved in the Final professional.

This is to indicate that there was a good spread of professionally "competent" people in the batch. Sports, Drama and Debate were other areas where the batch reigned supreme and whilst those days there was no music competition, there was a fair sprinkling of talent in this area too and needless to say, active participation. This batch started a few new trends---booking Railway bogeys and travelling through Bombay, Poona, Goa, Mysore, Bangalore, Madras and back in 2 weeks and all done by 50 of us at a cost of less than Rs 200 per head. This was the batch that won the first ever interclass drama and debate competition and the

first which spearheaded the effort to host a 3 act play which was good enough to be hosted with tickets sold. It remains one of the best connected batches with annual get togethers being held regularly and well attended ones.

Despite the loss of 25-26 of our batchmates, we meet annually. Recently we met in Basingstoke, UK just as last year it was Srinagar. Quite expectedly 8-9 couples got hitched to their classmates and whilst not all partners are alive today, they had a good innings. Some of us were at the forefront of the formation of MAMCOS (failed ventures included) and continue to provide support despite our advancing years. Two of us went onto become President. Age and demise are a part and parcel of life and many of us are no more or are slowing down but our attachments and contributions to our alma mater continue. We wish MAMC and MAMCOS all the success it deserves. May they flourish.



Dr. Narottam Puri
Batch 1964

Diamond Jubilee Batch 1964



Maulana Azad Medical College New Delhi

1ST PROFESSIONAL GROUP 1964-65



(By Courtesy of Anatomical Society)

Left to Right —
 Sitting on the floor — Miss Susha Eshberg, Pooja Jethwani, Shashi Prakash, Manjula Chetty, Susmita Kirti, Smriti Bhattachar, Shobha Menon, Sushama Kaul, Veena Mehra,
 Sitting on Chairs — Dr. S.N. Chaudhary (Prof. of Biochem), Dr. A. Datta, Dr. (Mrs) Rama Kapoor, Dr. V.P. Pakshar, Dr. B.K. Tandon, Dr. Ved Prakash, Dr. I.D. Bajaj (Prof. of Anatomy), Dr. P.C. Dhauli (Principal),
 Dr. R.P. Sinha (Prof. of Physiology), Dr. (Mrs) S. Malik, Dr. Dulip Roy, Dr. B.K. Kapoor, Mr. S.K. Wadhwa (Class Rep. Anat Society), Mr. P.K. Sood (Class Rep. Anat Society), Mr. S.K. Bhargava (Class Rep. Union),
 Mr. K. G. Chaudhary
 Standing 1st Row — Miss Kiran Suri, Gurdeep Kaur, Veena Kohli, Radha Rajgopal, Padma Ambekar, Neelam, Bharti Sen, Saroj Jain, M. N. Padma, Mohini Devi, Rita Mahilal, Malvika, Jalara, Vijaya Cowry,
 Rakshya Arora, Chandar Kaur, Chitra Kumbhar, Kirti Saxena, Preeti Lata, Miss Manju Kataria, Miss Vinay Jain, Miss Vinay Dhillon, Min Tripta Gupta, Miss Usha Swarup, Miss Chitra Uppal, Miss Kamlesh Gupta,
 Standing 2nd Row — Mr. Dharam Singh, Mr. J.D. Bhatia, Mr. Ashish Gupta, Miss Manu Bisht, Miss Medha Bisht, Miss Manu Bisht, Miss Manu Bisht, Miss Manu Bisht, Miss Manu Bisht, Miss Manu Bisht, Miss Manu Bisht,
 Standing 3rd Row — Mr. Omesh Bhargava, Jasinder Pal, A.A. Haqim, Kam, Poojitha, V.K. Seth, P. Gupta, Arshad Khak, J.L. Mahesh, Parvati Bhattacharya, Rudhri Hood, Virendra Bhat, Bhanu Kumar,
 Madhu Paul, Satish Khanna, Arvind Tanna, B.R. Sanyal, Vinod Saxena, Manish Choudhary, Pooja Chhabra, M.C. Mehta, R.A. Chahal, R.P. Arora, Arun Selgill, Gyan Arora, Gurcharan Singh,
 Standing 4th Row — Mr. Navrotpal (Capt. Cricket), Prasad Bhargava, B. Sundaram, Suresh Singh, Manoj Palak, Pooja Chhabra, M.C. Mehta, R.A. Chahal, R.P. Arora, Arun Selgill, Gyan Arora, Gurcharan Singh,
 Arun Kumar, K.S. Havelia, Vicky Agarwal, Sushil Sood, Anurag Singh, Anshu Hingorani, Pooja Mahesh (Capt. Badminton),
 A.R. Datta & Sona Devi.



Golden Jubilee Batch 1974

A year-long prep, a week-long celebration and memories of a lifetime.

Between 16th-18th December 2024, 70 globetrotting batchmates along-with their spouses reached Ranthambore where everyone enjoyed three days of non-stop revelry, Rajasthani music, food, grand dinners and a grand ramp show where every person got to showcase their culture and traditional dress spanning States across India. Memories were re-lived, and memories were created which reignited the passion and desire do this all over again and again and again.

On the 20th December, Global MAMCOS Day, our batch was facilitated in the MAMC Auditorium by Dr. Suresh Kumar, MS of LNJP and Dr. Anil Agrawal, Director of GB Pant Hospital with momentos. Our batch performed a grand musical song which we had prepared followed by a batch

photograph. We were ecstatic to have over 110+ members of our Batch celebrate together. This culminated with a MAMCOS gala dinner with music which was truly enjoyed by all.

The Batch demand of “We want more” is still echoing loud and clear as if it was just yesterday. Such is our MAMC- MAMCOS celebration! We have all promised each other to meet in the Diamond Celebrations and even want it to be an annual affair!

Thank you, MAMC !
Thank you, MAMCOS !
Long live Batch 1974 !



Dr R K Bakshi
Batch -74



Golden Jubilee
MAMC Batch of 1974
Ranthambore, 18.12.2024

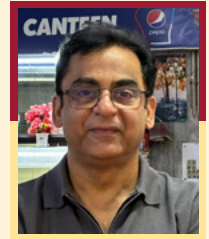


Ruby batch celebrations Batch 1980

We, the proud Ruby batch Maulanians, celebrated our 40 yrs of passing out this December 2024 . We met so many of our batchmates after years. We shared lots of good old memories, our professional journey over past four decades, our spouses, our kids professional achievements. Shared laughter, dined, danced, & sang our favourite old Bollywood melodies.

This was followed by our two day family excursion to Heritage Manesar. We had some great fun time

together. Looking forward to the golden years ahead of us.



Dr. Rajan Malik
Batch 1980



MIDCON 2025

MIDCON is an annual event that kickstarts the reunion for a batch a year before the Global MAMCOS day – importantly it is a legacy event which celebrates the spirit of all Maulanians. This year MIDCON was held on 13th April, with 1997 batch as Host batch. The event started with Batch and Interns' photographs to create memories for a lifetime. 1997 Batch organised a discussion of career avenues after M.B.B.S for the Interns. This was followed by a cultural programme by the batch. Post lunch the Annual MAMCOS MIDCON Oration was delivered by Prof Sanjeev Gulati, Chairman Nephrology & Kidney Transplant Fortis NCR.

The Interns (Batch 2019) were inculcated into MAMCOS and felicitated. The Chief Guest of the function Dr Narottam Puri, a quintessential Maulanian and Past President MAMCOS shared his life experiences and held the audience in rapt

attention. The achievers of the MAMCOS awards for academic and co-curricular excellence were honoured by the Chief Guest Dr Narottam Puri, Guest of Honour Prof A.K.Agrawal and Professor Richa Dewan President MAMCOS.

One of the highlights of the MIDCON programme is the annual IS Bal Music competition. This year was no exception. Students from first year to Intern batch sang their heart out and into the hearts of the audience. The event judges were Dr Sudhir Oswal, Dr Manish Munjal and Dr Ananya Ray Laskar, and they ensured that everyone was a winner in their own right. The day long celebrations went on with a celebratory dinner where everyone enjoyed music and dance as well. The event just left everyone yearning for more of this camaraderie next year.

Dr Poonam Gulati
Secretary MAMCOS

MIDCON 2025: A Dazzling Celebration of Legacy, Talent, and New Beginnings!

MIDCON 2025 was nothing short of spectacular—a joyous reunion of the Maulana Azad Medical College (MAMC) Batch of 1997, who hosted a heartfelt welcome to the interns stepping out into the real world to practice medicine. It was a rollercoaster of emotions, laughter, nostalgia, and pure joy. It was also a proud moment to welcome the bright new interns stepping into the world of medicine with open arms and warm hearts. The energy, nostalgia, and sheer talent on display made this event unforgettable!

The evening kicked off with MAMC 1997 Got Talent, where our alumni lit up the stage with electrifying performances. From soulful renditions in the "Singing Idol competition", to high-energy dance numbers, a glamorous fashion show where beauty met brains, and the hilarious stand-up comedy act. The graduates of 1997 proved they've still got it! The emotional high continued with a stirring oration by Prof Sanjeev Gulati, whose words touched hearts and reminded us of the noble journey we all share. The presence of our esteemed Chief guest Dr Narottam Puri added prestige and warmth, as he shared words of wisdom that resonated deeply with both alumni and interns. The musical spirit continued with the

much-loved IS Bal Interclass Music Competition, where students from across batches competed in a vibrant showcase of rhythm, harmony, and passion, truly a testament to MAMC's rich cultural legacy.

As the night unfolded, laughter echoed, memories were rekindled, old friends reunited, new bonds were formed, and the dance floor became a canvas of celebration and joy. MIDCON 2025 was not just an event, it was a soul-stirring, heartwarming, laughter-filled extravaganza that celebrated the past, embraced the present, and welcomed the future with open arms. The event culminated in the gala dinner and dance, where everyone came together to celebrate not just the past, but the bright future ahead.

MIDCON 2025 wasn't just a reunion, it was a celebration of excellence, a tribute to enduring friendships, and a joyful launchpad for the next generation of medical professionals – the mission that MAMC has upheld for more than 7 decades now.

Dr Gaurav Arya
Batch 1997

MAMCOS

AWARDS WINNERS LIST (2025)

MAMCOS

AWARDS WINNERS LIST

For the Year 2025
Sunday, 13th April, 2025

- MEGHNA KRISHAN BAVEJA MEMORIAL AWARD**
26th Meghna Krishan Baveja Memorial Award for the year 2025 awarded to **SAMAKSHA PRABHAKARAN** for the best all around performance during the 1st Professional.
- Dr. A S PURI MEMORIAL AWARD**
24th Dr. A S Puri Memorial Award for the year 2025 awarded to **GYAN SINGH** for the best all around performance during the 2nd Professional.
- Dr. RAJIV BAJAJ MEMORIAL AWARD**
22nd Dr. Rajiv Bajaj Memorial Award for the year 2025 awarded to **YASHVI JAIN** for the best all around performance during the Third Professional.
- Dr. DILIP KAK MEMORIAL AWARD**
21st Dr. Dilip Kak Memorial Award for the Year 2025 awarded to **Dr. RAM JEE BALLABH** for the Best Thesis in Medicine & Related field.
- MAMCOS SPORTS AWARD**
14th MAMCOS Sports award for the Year 2025 awarded to **AYUSH DALAL** For the best sports person in MAMC.
- Dr. ANAND GROVER MEMORIAL AWARD**
6th Dr. Anand Grover Memorial Award for the Year 2025 awarded to **Dr. SANCHITA MEHTA** for the topper in (M.D.) Ophthalmology in MAMC.
- Dr. GOPAL SACHDEV MEMORIAL AWARD**
6th Dr. Gopal Sachdev Memorial Award for the Year 2025 awarded to **Dr. ARUN SINGH BARGALI** for the topper in (M.D.) Medicine in MAMC.


Dr. I.S.Bal Memorial Interclass Music Competition-2025

Winners

Solo 1 st	Swati Sinha	4 th Semester
Solo 2 nd	Poorna Juneja	Intern
Duet 1 st	Shrinjoy Mukherjee & Sarthak Bakshi	8 th Semester
Duet 2 nd	Samaksha Prabhakaran & Arnav Singh	4 th Semester
Group 1 st	Ayushman, Angad, Shashank, Tanmay, Saanvi, Reeva, Pragati, Iyiti and Tanishka	6 th Semester
Group 2 nd	Shambhavi, Grace, Swati, Udhav, Kulshaan, Saksham and Krishna Kant	8 th Semester
Trophy winner	Shambhavi, Grace, Swati, Udhav, Kulshaan, Saksham and Krishna Kant	8 th Semester






MAMCOS
 Maulana Azad Medical College
 Old Students' Association
 & MAMC Batch 1997

Cordially invite you to

MIDCON 2025

Sunday 13th April, 2025
at
Maulana Azad Medical College Auditorium

Chief Guest
Dr Narottam Puri
 Past President MAMCOS & Principal Advisor QCI

Guests of Honour

Prof Poonam Narang Dean MAMC & Patron MAMCOS	Prof Suresh Kumar Medical Director Lok Nayak Hospital
Prof Anil Agarwal Director GB Pant Inst of PGMER & Guru Nanak Eye Centre	

MAMCOS MIDCON 2025

11 am : Registration
 11.30 am : Batch Photo Interns
 11.45 - 12.30 pm : Panel Discussion: 365 – Medical Asia – Life
 After MAMC- Moderators
 Dr Mandeep Singh & Dr Gaurav Arya

12.30 – 2.30 pm	MAMC 1997 GOT TALENT	Anchors
		Dr Kamila Singhal Dr Venu Aggarwal
		Coordinators
	Batch Singing Idol	Dr Ananya Ray Dr Yagita Kumar
	Dance Baby Dance	Dr Shubhna Gupta
	Fashionistas	Dr Roopa Sharma Dr Tulsi Sharma Dr Tama Gang
	Stand Up Comedy	Dr Loreen Gujral Dr Kuldeep Sharma

2.30 - 3.30 pm : Felicitation of Interns
 3.30 - 4.00 pm : MAMC- MIDCON Oration: Speaker –
 Prof Sanjeev Gulati
 4.00 - 4.30 pm : Inaugural Program: Chief Guest
 Dr Narottam Puri
 4.30 - 5.00 pm : Award Ceremony
 5.00 - 7.30 pm : IS Bal Interclass Music Competition
 7.30 pm onwards : Gala Dinner

Prof Richu Dewan Dr Poonam Gulati Dr Harshwardhan Gautam
 President MAMCOS Secretary MAMCOS Org Secretary Batch 1997

INTERNATIONAL FRIENDS

MAMCOS Australia- New Zealand

MAMCOS Australia is ready to host its 11th annual get together in Canberra from 2nd to 5th October. Since the first get together in 2015 in Maitland, NSW the home town of our founder & spearhead

Dr Rajiv Ahuja (1979 Batch), we have had an active participation from our members & Canberra gets a second chance to host the event with Dr Shelly Gill (1990 Batch) as the current host. Each year this 4 day event is full of fun & festivities where the local host makes great efforts to showcase the city with all its culinary & touristy highlights. Full of food & fun (albeit with a small educational session to emphasise the collegiate ambience of learning together) it is really a time to relive the hostel days & campus life irrespective of the age & the batch differences. Our seniormost member is from 1959 batch & juniormost from 2005 but when it comes to letting the hair down whether it is in matching the drinks consumed or telling funny stories, age & gender is no criterion—it's just like the hostel days all over again.

In keeping with the theme of MAMCOS Synergy as MAMC & music this year, unfortunately none of our lot is a great singer though some of the spouses are quite accomplished. Don't think the hours spent in MAMC auditorium in Delhi listening to Kumar Gandharv & Hariprasad Chaurasia during Lec-Dem recitals in 80s has rubbed in on anyone—but it hasn't stopped us singing our heart out on the bus, during the dinner & just about anywhere no matter how tuneless as long as it is loud & full of laughter & camaraderie!

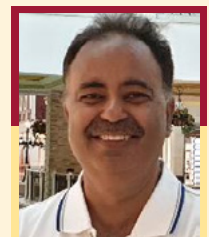
Remembering an anecdote on that note during the college festival in 1981 sitting in the audi balcony with 7 attractive girls from LHMC singing some serene notes of a popular song from yesteryears & then this loud voice in the middle of the recital yells out "ek khaoon, do khaoon, teen khaoon ... ya saaton hi kha jaoon" alluding to a popular kids story & the auditorium broke into a roaring laughter completely breaking the rhythm of the

poor girls on stage. Our gatherings are a similar mix of spirited singing & loud cheeky repartees

The number of MAMCOS registered with MAMCOS Aus-NZ has reached 123 & a lot of our members have not only strengthened & enriched the medical work force here but have also contributed through local voluntary & charity work with some also doing significant charity work in India & Fiji. Two of our members have been awarded with the Civilian honour in Australia (OAM) -Dr Darshan Sachdev (1960 batch) & Dr Virender Berera (1966 batch) for their work in their profession as well as community.

Dr Manjula O Connor (1964 batch) has been awarded 2024 Premier's Award for Victorian Senior of the Year for her efforts in preventing family violence. They have brought the voice of India on the centre-stage through their multiskilled endeavours & as an alumni we are very proud of their contribution.

We are currently in the process of fine tuning the preparations for this year's annual meet. To be held at Rex hotel Canberra in the middle of commercial district close to the central Burley Griffin lake during the famous Floriade—the week long festival of flowers—the event promises to be as colourful as the city would be at that time. A small organising party comprising of Dr Rajiv Ahuja, Dr Sanjay Sinha & Dr Geeta Chaudhary are busy assisting Dr Shelly Gill (Host and Chief Organiser) in finalising the venues & sampling the menus which includes dinner on the Loveboat as it lazily cruises around the lake at sunset.



Dr. Sanjay Sinha
Batch 1979

**MAMCOS
Australia- New Zealand**



Canberra Beckons



**2nd to
5th
October**



MAMCOS UK

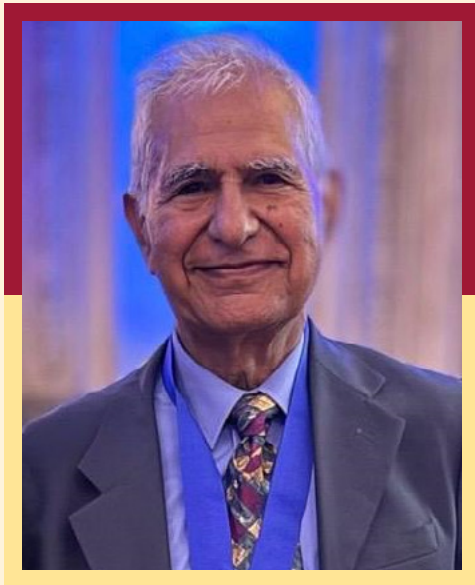
MAMCOS UK is proud to share that dear friend and colleague Dr. Gurpreet Singh MBE (MAMC joining batch 1975) has been awarded the Gold medal by the British Association of Urological Surgeons (BAUS), the highest honour, recognizing outstanding contributions to British Urology.

Gurpreet's impact goes well beyond clinical excellence. He has been a tireless advocate for equity, inclusion and anti-racism in healthcare, earning deep respect not only for his skill but for his courage and humanity.

This award is a fitting tribute to a leader who continues to shape our profession for the better.

Warm Congratulations Gurpreet

Dr. Gurpreet Singh
Batch 1975



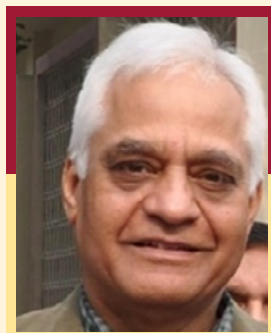
We are also delighted to share the news that Dr. Surendra Kumar (MAMC joining batch 1962) has been honoured by the British Medical Association (BMA) by awarding him their highest "Gold Medal" award at a ceremony in June 2025.

The official BMA honours are awarded in recognition of a member's distinguished and notable service to the association, focussing on commitment and achievement.

The award has not been given to anyone for the past 3 by 4 years. Dr. Kumar will be honoured by his name written in BMA house just outside the Council Chamber.

Dr. Surendra Kumar
Batch 1962

MAMCOS UK will be having their annual reunion on 13th September 2025.



Dr. Pramod Devichand
Treasurer MAMCOS UK
Batch 1967

MAMCOAANA

Dear Students, Faculty, and the Extended MAMC Family,

It is both an honor and a homecoming to write this message for MAMCOS newsletter, Synergy. Though decades and continents have passed since I walked through the gates of MAMC as a first-year student in 1992, my heart is forever tied to those formative years. MAMC wasn't just a college, it was the place where my identity as a physician and as a lifelong learner was forged.

The training we received, grounded in clinical rigor, academic discipline, and a deep sense of service prepared me to take on the world. It gave me not only the skills to become a cardiologist but the values that shaped every chapter of my journey. Today, after nearly 30 years in North America, I serve as a senior cardiologist, the Regional Chief Medical Officer (CMO) of hospitals in Washington and Alaska, and have had the privilege of serving as President of my regional chapter of the American Heart Association. And yet, no accolade compares to the pride I feel representing MAMC as President of **MAMCOAANA** — the MAMC Overseas Alumni Association of North America.

About MAMCOAANA

MAMCOAANA is a voluntary organization of MAMC alumni living and working across the United States and Canada. What began as a group of friends reconnecting across borders has evolved into a thriving, inclusive, and mission-driven community. Our alumni span every corner of medicine, from clinical care and research to health systems leadership and public service and represent graduating classes from 1960s to as recent as 2019.

Our mission is twofold: to foster connection among alumni in North America, and to give back to MAMC and its students. Through annual conventions, mentorship efforts, scholarships, and wellness programs, we aim to keep the MAMC spirit alive wherever we may be.

Convention 2025: A Celebration Across Generations

Each year, MAMCOAANA hosts an annual convention where alumni from across North America gather to reconnect, reflect, and recommit

to giving back. The 2025 convention will be held in **Portland, Oregon**, with attendance from alumni across six decades, a true celebration of legacy and longevity. More than just social gatherings, our conventions are also forums for professional exchange, family bonding and intergenerational mentorship.

We hope some of today's students will one day attend these conventions as future leaders, researchers, and change-makers, not just as MAMC graduates, but as members of a global Maulanian(MAMCOS) family.

Giving Back to Students: A Mental Health & Wellness Initiative

One of the most important initiatives during my presidency has been to **support the mental health and emotional well-being of current MAMC students**. We recognize that today's medical education comes with immense pressure, academic, emotional, and existential. As someone who has mentored young doctors for decades, I know how important it is to feel seen, supported, and safe.

To this end, MAMCOAANA is proud to partner with **Dost**, a student-led peer support group and **Gurukool**, an alumni mentoring platform, to launch a dedicated **Mental Health & Wellness Initiative** for MAMC students. This collaboration aims to:

- Normalize conversations around mental health
- Provide access to peer and alumni mentorship
- Offer tools for stress management and emotional resilience
- Create a safe, inclusive support network within the college

We believe that success in medicine is not just about academic excellence, but also emotional well-being, compassion, and balance. As alumni, we carry a moral responsibility to uplift those walking the path we once did.

From MAMC to the World and Back

Looking back on my three decades as a cardiologist in the U.S., I can say that MAMC gave me more

than a degree, it gave me a compass. It taught me to lead with integrity, to serve with humility and to always remember where I came from. These values guided me as I took on roles in hospital leadership, public health, and medical education.

Now, through MAMCOAANA, I and many others like me are returning to give back. Not just financially, but with time, mentorship and a commitment to future generations of Maulanians..

A Message to the Students

To the brilliant, hardworking, and passionate students of MAMC: you are part of an extraordinary lineage. Never underestimate the strength of the foundation you are building today. Medicine is a demanding but beautiful profession, and your years at MAMC will remain the cornerstone of your journey.

Reach out to alumni. Ask for help. Share your ideas. Dream boldly. And remember: even when your journey takes you far from Delhi, the MAMC family spans the globe and is always rooting for you.

On behalf of MAMCOAANA, I send you my warmest wishes for academic success, emotional well-being, and a future full of purpose.

With gratitude and Maulanian pride,



Dr. Nandita Gupta
President, MAMCOAANA 2024-2025
Maulana Azad Medical College, Class of 1992







MAMC, MUSIC & MELODY

Reminiscences Music & MAMC 1963.....onwards

The sixties was a golden era for music in bollywood. Hit after hit was produced by famous music directors and superb top singers. India was awakening from the trauma of partition and sad theme songs like *jayen to jayen kahan* were giving way to *kanto se khinch ke ye aanchal, tor ke bandhan bandhi payal*. You could not miss the excitement inspite of very few people having radios and newly arrived transistor radios. Binaca Geet maala and Vividh Bharti Panchrangi programs and Urdu program daily at 2:00 PM blaring on all the neighborhoods and shops radios kept us entertained. *Naina barsen rimjhim rim jhim, khwab ho tum ya koi haqiqat, mere man ki ganga, tere man ki jamuna, mein ka karun raam mujhe buddha mil gaya. Chahun mein tujhe saanjh savere, sawan ka mahina pawan kare sore, bindia chamkegi* in early sixties, then Shammi and Rafi songs *taarif karun kya uski jisne tumhen banaya, aao tumko dikhlata hun Paris ki ik rangi shaam*, then Rajesh khanna and Kishore Kumar's *Mere sapnon ki raani kab aayegi tu* held the sway.

You could hear boys hostel groups singing with the radio songs. Specially one song from pyasa *yeh duniya agar mil bhi jaaye to kya hey* chorus with 10 boys from my adjoining room lifted the roof temporarily.

Oh what a golden period it was for music lovers and music. We had fun listening to all these evergreen songs from the fifties and sixties from Shakar Jaikishan, SD Burman, LP duo, Naushad, Madan Mohan were evergreen entertainment gifts to us and still echo in Indian music circles all over the world.

MAMC

Music was an essential part of our student days. Instant music like today was not available from the net (It was not to be invented for another 25 years or more). So the students who could sing were popular friends. Faculty singing was unheard of except from Dr. I.D. Bajaj.

On Sports day on the stage he sang a K.L. Sehgal

song. *Duniya mein hun duniya ka talabgar nahin hun* and was applauded and appreciated by all attending the function in hundreds. A freshman Urvashi Kapoor sang *Pritam aan milo* beautifully.

Dr. R.K. Sanyal, Professor of Pharmacology was very music and drama oriented. He created a lady singing group choir with Rita Khanna, Roopa Santram, Rekha Santram, Urvashi Kapoor and Savita who at the first inauguration of the brand new Auditorium sang *Saraswati Vandana*. Dr. Rita later sang this *Vandana* in many music functions. Later I.S. Bal kept us entertained in class and hostels by singing popular songs in Hindi and Punjabi and we loved it.

One third year junior sang *suhana safar* by Mukesh and asked the group, "don't I sound like Mukesh" and he did.

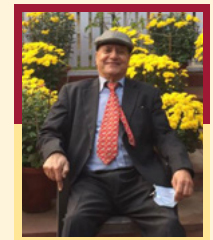
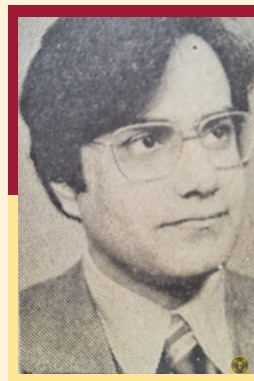
One funny incident stands in mind when Dr. Bajaj was going for Neuroscience Fellowship to USA in 1964, a 62 batch guy sang in the farewell meeting function "*O jane wale ho sake to laut ke ana.*" We laughed about it for months. And so did we pass our days in fun, music and laughter with friends and colleagues.

Loving memories of bygone days.

Bhuli hui yado mujhe itna na satayo

and finally

Janee kahan gaye wo din



Dr. S. Sharma, USA
Batch 1963

Music Scene – Changing Paradigms

The first point that needs to be established virtually as a Rule of Business before one delves into the music scene at MAMC is that music runs through our veins and many excel in it. Earlier the opportunities of expressing the talent was scarce but it always existed in one form or the other.

The reason was the absence of an Auditorium with enough capacity and a good audio system and acoustics. I remember the first time I heard music, in the form of a Qawalli was in 1964 in the cement stage that existed between the two wings of the Pathology block with the Haematology lab once serving as the Green Room.

Within Interclass drama, debate, various sports competition existed and flourished. There wasn't really an interclass music competition. The present Auditorium changed the music scene considerably and people got to hear the lovely voice of I.S. Bal, Sai Chitra & Urvashi Kapoor amongst many others, Sammy Edwin providing the touch with songs in English.

Amongst the trendsetters, of course, were two teachers, Professor Bajaj of Anatomy & Professor Sharma of Irwin Hospital, Blood Bank, who sometimes regaled us with old songs of Sehgal & Ghazals. From the students, someone who shone the light of possibility of popularity of music (as in vocal music) was undoubtedly Inderjit Bal. He was untrained but had a terrific voice quality & sang K.L. Sehgal, Pankaj Mullick & Hemant Kumar songs with feelings and became a hit.

It's my good fortune that I had an opportunity to sing a few songs with him and some like *Sham dhale jamuna kinare* & *Dharti kare pakar ke* became quite popular.

A revolution, so to say, arrived, with our decision to perform a 12–15 minute Qawalli with ladies on one side & boys on the other. This was a massive hit and we were requested to perform it in a couple of All India Conferences & got handsomely "tipped" for them. I am told MAMC students of later years performed it in some Music Festivals later.

Another revolution was to come in unfortunate and unforeseen manner when my friend Inderjit

Bal died when barely 50 in Nairobi, Kenya due to a massive heart attack. I and many of his friends and alumnus got together and decided to honour his memory by starting the I.S. Bal Music Competition (Interclass) and got a beautiful trophy crafted in Benaras (thanks Dr. Sudhir Oswal). I am delighted that this continues, but like all things in life it has undergone quite a few changes, some necessary but some (in my humble opinion unwarranted) and quite distasteful and not of in consonance with the principles & idea with which MAMCOS organized it in the first place.

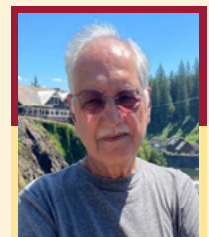
It is my request with the present dispensation in power at MAMCOS to rekindle the spirit with which this competition was started, an event in which judges of the highest repute were our judges and the quality of music was ethereal. My request is to devote greater attention and if possible extend its reach and make it an Inter Medical Music competition for all medical colleges in Delhi with MAMC as the perennial host.

Having heard many a talented singers and accomplished performers, I am convinced there is plenty of talent and IS Bal Music is a good platform to showcase it. I also believe the faculty has a huge role to play in promoting it and getting students to perform.

Let us try and have a theme of Music@MAMC year 2025–26 and use IS Bal Music as the medium.

If Vandana can arrange Virasat, a weeklong cultural festival with collaboration with SPIC MACAY inviting 35-40 artists every year for over a decade and more at MAMC and elevate our stature, surely another feather can be revitalizing & resurgence through this competition.

I hope I live to see and hear this resurgence.



Dr. Narottam Puri
Batch of 1964



MUSIC - The Unsung Vitamin !

(Musings by a Music Lover)

The Hindu Goddess of knowledge 'Saraswati' is worshipped playing the Veena symbolising the closeness of 'Music' to 'Knowledge'.

My personal association with Music had started in School when I was taught Carnatic Music lessons and soon was able to play the Veena and sing along too ! Though my father had always said "Music is important to heal the healer", I did not realise its real value till I became a Cardiac Surgeon in the Eighties in Railway Hospital, Perambur when music was often played in the operating room !

Cardiac Surgery was stressful those days as we had more failures than what we have now and the soft music played on the O.R. cassette player would be very soothing and would comfort our dependencies when our patient did not fare well.

Though I was inclined towards music all along, my music lessons had stopped when I left school and joined Medical school (*Maulana Azad Medical College*).

Luckily, MAMC had a Professor of Anatomy **Dr I.D. Bajaj** who would sing songs of K. L. Saigal at many college functions and a Professor of Pharmacology – **Dr R.K. Sanyal** who developed and nurtured the love for music among the medical students. We would begin most college functions with Saraswati Vandana ! Naively, I tried to play Carnatic Music on the Veena in one College function, which unfortunately did not fetch an enthusiastic appreciation of my friends ! Later, when I had become friends with my senior, **Dr I. S. Bal**, I was told by him that most people, infact, were more interested in film songs than pure Classical music. He used to teach me certain film

songs based on classical raags to draw me towards film songs !

During my 3rd year in MAMC, I had a bout of Typhoid which forced me to take long leave from college. I was forced to stay in my room in the Boy's Hostel and take rest from dawn to dusk while I was also trying to catch up on the subjects that I was missing in the classes.

Inder (*Dr I.S.Bal*) would come to my room late in the evening and spend an hour or two trying to cheer me up with his songs. He taught me how to sing "पूछो ना कैसे, मैंने रैन बितायी" which was a film song based on Hindustani Raag - Ahir Bhairav (*Chakravakam of Carnatic music*).

Singing was a stress buster indeed and I could soon overcome my loneliness. I started participating in college functions, though I felt I was not a patch on Inder or his senior Dr Agya Singh who led our Qawwalis !

The MAMC Auditorium which came to exist only in late sixties was a great asset for the budding doctors like Narottam Puri. Manju Kapur, Sai Chitra, Urvashi Kapoor and others who could accurately replicate film songs, old and new ! However, audio assistance was primitive as we did not have cordless mikes or karaokes ! 'Background Musical instrumental' support was a luxury which we could afford & enjoy only on Annual Day or some other important function.

My interest in music was rekindled during my Residency when my colleague Manju Kapur and I used to spend time together listening to classical music in the Doctors Duty room of the Medicine ward (*Manju Kapur later became my wife!*). After my

MS in General Surgery and my busy Registrarship at Irwin Hospital (now LNJP Hospital), I went to Christian Medical College for my M.Ch in Cardiac Surgery and was quite out of touch with music for a couple of years as most of my CMC Seniors were workaholics !

It was in Perambur Railway Hospital that I was drawn back to music by Dr K M Cherian who used to play Western Classical music while operating (*Beethoven, Mozart etc*). We would play ABBA & Boney M songs also which were usually reserved for less tense moments especially while closing up ! I brought the same tradition to Batra Hospital, and later to Apollo, Delhi and now at Max Smart, where we play appropriate Bhajans while patients are induced and film songs when they have gone to sleep.

Later, I did participate in MAMCOS functions including 20th Dec and also in the non-competitive section of I S Bal music competition which was started in Dr I S Bal's memory from our combined donations and presided over by his brother. My son Kartik and his friend Alpana (his wife now) have participated in these competition and won prizes.

I have enjoyed my association with music as much as I enjoy my profession and I believe that it has helped me to maintain a proper **“Work – Life”**

balance and has made me a kind doctor at work and a happy man at home. Music has brought me a lot of friends whom I would have never met, but for the common interest of music. Irrespective of the kind of music one chooses to associate with, both in happy and sad moments, music provides a soothing effect and helps the mind think rationally. I believe that Music is a universal trait in all human beings and anyone who says he has no ear for music means that he / she has never tried it out !

I could go on and on with my advocacy of Music, but I would suffice it to say that incorporating Music in Doctor's lives would generate endorphins, prevent mid career burn-outs, help to amalgamate with the culture of the nation and help making new friends in other walks of life ! Stress is inevitable in Medicine and Music can be a great Stress buster.

Let me close by saying what my father said many years ago “Music heals the Healer” !



Dr Ganesh K Mani
Batch 1965

Its Never Too Late

Nature has designed things to move in rhythm right to atomic level

All the stars in the galaxies move in a rhythmic fashion, our own Earth rotates around the sun in rhythm, we walk in rhythm, our heart beats in rhythm, and our lungs breathe in rhythm.

So anything that is rhythmic is in sync with nature and appeals to human mind. I think, it rearranges our neurons leading to mental peace and is sometimes even curative of infirmities. We all have been exposed to music right from our birth in the form of lullaby, nursery rhymes and so on.

Some people are born with a gift of understanding music, it's rhythm and I often say that they have a special neuronal circuit in their brains which is capable of identifying and replicating musical notes effortlessly.

Others like me, may not be so lucky and have to train very hard to understand and follow the rhythm and the intricacies of musical notes to be able to get their system in sync with the music.

For a person like me who has no such 'special neuronal circuit' in the brain, learning to sing or play an instrument was but a dream even though I enjoyed listening to music immensely.

I have always loved music right from a childhood and actually never studied or did surgery without light background instrumental or sometimes light vocal music. But to be able to sing or to play an instrument has only been an unrealized dream.

During COVID time, being an Orthopedic Surgeon, I had a bit of spare time and was encouraged by my

wife to do something constructive which would keep me away from nagging her sitting at home!! So, I thought why not fulfill my dream and try and learn music !!

As far as singing is concerned it was and still is absolutely out of question for me.

Whenever I had to pursue a reluctant singer friend to sing in a party, I would say ...you better sing or else I will start singing!

This threat always worked!

Therefore, I thought why not pick up an instrument!

I decided to learn saxophone because the name itself sounded sexy!

I got help from Delhi School of Music and couple of other nice teachers who helped me online and later on offline once COVID was over.

I was fortunate that I picked up fairly fast and then came a time when I started performing for friends and later on stage. As confidence grew, I got opportunities to perform in different cities all over India including Delhi, Jaipur, Lucknow, Bhopal, Chandigarh, Shimla to name of few.

Effect of practicing music every morning and evening before and after a busy day in demanding surgical practice in potentially stressful conditions, has been absolutely magical and extremely soothing ...great stress buster !.

Life without music would be unimaginable for me. I have always loved music but embraced it in true sense rather late in life . But it is never too late to fall in love!

Dr. Yash Gulati
Batch 1973

Ministry of Culture, Government of India Ministry of Tourism, Government of India

13TH & 14TH OCTOBER, 2024 10:30 PM onwards

PADMA SHRI DR. YASH GULATI
INSTRUMENTAL - SAXOPHONE

CLASSICAL SINGING, CHAZAL SINGING, PEARL DISCUSSIONS, POETIC SYMPOSIUM, PLAY, DASTANOD, MUSHAIRA & KAVI SAMMELAN, QAWWAL, CLASSICAL DANCE, SUFI & FOLK SINGING, ETC.

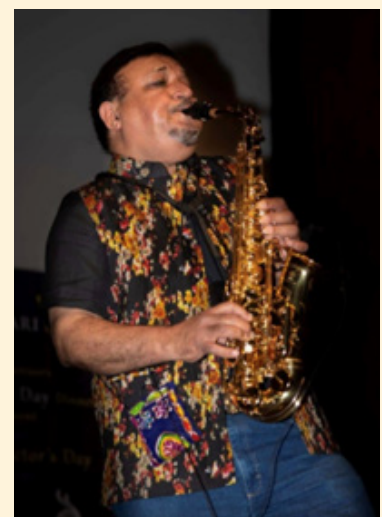
GAIETY THEATRE
MALL ROAD, SHIMLA, HIMACHAL PRADESH 171001

City भास्कर

कथक में लैटिन-अमेरिकन विंग्स का प्रयोग

सुपरी के सुवी पद और शैलियों की भीति से बचने

औरीयिक रविवे से सुवास-मुवाकी जवो...



13TH & 14TH OCTOBER, 2024 10:30 PM onwards

PADMA SHRI DR. YASH GULATI
Instrumental - Saxophone

Venue : The Esplanade Mall
Sector 31-C Rd, Sector 31C, Gurgaon, Haryana 122001

Cultural Artistic Revelry

CELEBRATION

The Cultural Kaava, a celebration of music and innovation, grand began with a vibrant array of performances...

Dr. Yash Gulati performed on saxophone...

Dr. Yash Gulati performed on saxophone...

MAMC and Music: A Soundtrack to Medical Learning

In the corridors of Maulana Azad Medical College during the early 1980s, the air was often heavy with the scent of formaldehyde-but it was also thick with music. For me and many of my batchmates, music was not just a background score to our student life-it was a companion, a teacher, and sometimes even a healer.

The Bollywood melodies of the 1970s and early '80s-R.D. Burman's soulful compositions, Kishore Kumar's versatile voice, and Lata Mangeshkar's eternal grace-offered emotional anchoring. As we dissected cadavers or crammed for pathology vivas, these tunes reminded us of the life beyond textbooks. Songs like "Tere Bina Zindagi Se Koi" or "Zindagi Kaisi Hai Paheli" brought philosophical pauses to our scientific journeys.

Parallely, the pop revolution of the Beatles and ABBA reached us through shared cassettes and smuggled LPs. "Let It Be" was more than a song-it was a mantra during the chaos of clinical postings. ABBA's "I Have a Dream" gave us hope in an environment often burdened by death and disease.

Then came the cathartic power of hard rock. Clapton's guitar, Peter Frampton's voice box, and Led Zeppelin's raw energy mirrored our internal struggles-of sleepless nights, identity crises, and emotional fatigue. It wasn't unusual to find a stethoscope around our necks and "Stairway to Heaven" echoing in our heads.

Bob Marley's reggae brought its own magic. "Don't worry about a thing, 'cause every little thing gonna be all right" was not just a lyric-it was a prescription for the anxious intern on call. His Rastaman Vibration and Jammin' struck a spiritual chord with many of us seeking purpose amidst the rigors of medicine.

One of MAMC's most beautiful aspects was the camaraderie across batches. Seniors weren't just guides-they were mentors, DJs at hostel parties, and often the first ones to lend a comforting shoulder. Juniors brought fresh energy, new music, and reminded us of how far we'd come. Our shared musical language bridged age gaps and academic hierarchies. Kishore's "Yeh dosti hum nahin todenge" was more than a song-it was a promise sung aloud at hostel mess nights and whispered in the anatomy dissection hall.

And then, there was "Lakdi ki kaathi"—a song that somehow became our playful anthem. During late-night cultural rehearsals, we'd sit cross-legged on the Dean's carpet, eating samosas during breaks, and burst into this delightful tune. It captured the childlike joy that somehow survived amidst the pressures of becoming doctors. The memory of that song still evokes laughter, nostalgia, and a deep sense of togetherness.

As we grew into our roles as physicians, the appeal of Indian classical music, ghazals, bhajans, and Gurbani deepened. A morning raga could calm pre-exam jitters better than caffeine. A Mehdi Hassan ghazal would mend a bruised heart after a difficult loss. Gurbani from the Bangla Sahib Gurudwara became a refuge—offering solace, humility, and a profound connection to the healing vocation.

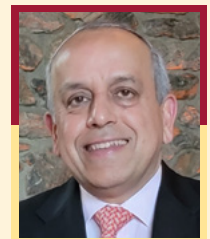
Music taught us what medical textbooks never could: empathy, patience, and reflection. It soothed our nerves, sharpened our focus, and offered emotional bandwidth to process pain-our own and that of our patients.

Even today, when I prepare a lecture or counsel a grieving family, I find echoes of old melodies playing within me.

MAMC gave us medical knowledge; music taught us how to carry it with grace.

As Jagjit Singh poignantly sang: "Tum itna jo muskura rahe ho, kya gham hai jisko chhupa rahe ho" - music helps us sense the sorrow behind the smile, a skill as essential to healing as the scalpel or stethoscope.

And as Kishore Kumar joyfully reminds us "Zindagi ek safar hai suhana, yahan kal kya ho kisne jaana" -music helps us embrace the unpredictability of life and medicine with courage, optimism, and a song in our hearts.



Dr. Harish Moorjani,
Batch 1981

'MUSICINSANITY' – MAMC 81'

I was told I started hitting the right notes reasonably well while attempting to croon at the tender age of 2 years. I vaguely also remember getting summoned frequently by my parents to demonstrate my vocal skills in front of every other visitor to our place, the clapping and appreciation and that regular look of pride on my folk's faces. Despite several opportunities having been available to learn classical vocal during my formative years, I was somehow not drawn towards any formal training in music but preferred exploring & harnessing this inherited (mom mainly) singing talent on my own. All that positive re-enforcement propelled me into dishing out Bollywood numbers in school and later, the same spilling heavily into MAMC starting July 1981.

Ragging was the norm then with freshers getting subjected to various forms of physical & mental abuse. As soon as I entered the gates of the college, a group of strutting 2nd years cornered me and demanded, "*Facche, hum Anat. ke stage mein G mara ke aaye hain! Bol, tu humara mood kaise teekh kar sakta hai?*" Staring at their feet and adopting a defensive posture, I hesitantly asked, "*Gaana gaon Sir?*" The leader of the pack snarled, "*Beta, suna to de par tanik soch le; agar mujhe pasand nahin aaya to Dean's Carpet ke sau chakkar lagwaaonga*" I took that risk and plunged, only to come out unscathed... While most of the boys in my batch were herded off every day to Kotla lawns across the main road for physical ragging, I was exempted to that at least. I ended up however, singing away Bollywood numbers in galore day after day for the next month till I was crying hoarse!

I was (very much am, and always will be) a great Kishore Kumar fan! I remember being made to climb onto the table near the entrance of the then Indian Coffee House (ICH) on 1st floor of the building bang opposite OBH and forced to sing the whole of '*Zaroorat hai, zaroorat hai, zaroo-rat hai...*' of Kishore da from 1962 film '*Manmauji*', 45 times!!! My handler was a 4th year chap Atanu Basu who later rewarded me with a cold coffee and a plate of mutton cutlet! I also remember singing in our audi "*Ik ladki bheegi bhagi si.....*" of Kishore da again from the 1958 film '*Chalti ka naam gaadi*', not only regular speed but also slower and faster speeds, many times in front of different audiences! The 2nd year students organized our Fresher's party

which concluded our ragging thankfully. There was a musical evening too featuring me along with a few other of my batchmates.

As I had learnt playing Hawaain Guitar during my school days, I remember participating in inter-batch instrumental music competition and winning a compensatory prize in my 2nd year. I do not remember touching that guitar ever again as singing came more naturally to me. The 2nd professional during our days was roughly 22 months after the 1st and hence one got a decent amount of time to indulge in anything else other than medicine. Having come from a school which sadly only focussed on studies and hardly on extra-curricular activities, MAMC was a haven for me allowing me to let go. Rupinder Singh Dhaliwal urf '*The Silent Surd*' (SS) was my roommate in the triple seater (176) till we were given the luxury of shifting into a single room sometime later in our 3rd year. SS was a fantastic listener by default when I used to be rambling away about my '*musical ideas*' in front of him. Other guys in our group were Raman Sardana (my *big bro* with Multani roots & always looking out for me), Suresh Seth (Sethu, with his scathing sarcasm and who irritatingly passed all the tests by a single mark!), Vipin Khetarpal (Khethy, the hardworking intelligent dude diligently focussed on catching up with our elite toppers like Anjan Dhar, Preeti Agarwal, Vikram Jaggi, etc), Sandeep Gupta (Sandy, who portrayed himself as a continual '*bungler*' and a fun-loving guy) & Chandrakant Moghe (Chandu, a perpetual cynic!).

In my quest in seeking out potential singers in our batch, I found Manjul Agarwal to be good showing great enthusiasm. She introduced me to other potentials like Anju Nagpal & Alka Sondhi. Amongst the boys, Raman, Khethy, Sandy & Chandu were roped in as a part of the chorus in any group song. Vikas Bhatt (Bhattu, the swaggering & drawling high-spirited mate) too expressed interest in joining in. Thus, with Manjul & myself as leads and the rest as chorus, we formed a singing group which started gearing up for our batch preparations for the '*Indian Filmy Group Song Category*'.

Old Boys Hostel (OBH) was a home away from home. The triple seater # 176 was where SS, Sandeep

Chopra (Chopi, a jocular & hysterical mate) & me started our hostel life. Khethy, Sandy & Chandu were in # 190. Sethu & Raman were day-scholars. There was this immediate senior Shanker Dixit (very amusing & witty chap and also hailed as Tsu, short of Tsutsugamushi) in the triple seater # 177 adjacent to ours. He coined my nickname 'Baand' after hearing me slurring & wrongly pronouncing some other word while walking back to OBH after enjoying the western music night of annual festival Phoenix 1981 in my 1st year!

Shanker's batch-mate Manish Goel (reserved yet a good tennis & a baddy player) needs mention considering the context. These 2 seniors & I shared our love for retro Bollywood songs. My obsession had made me spend a good amount of my pocket money into recording my choicest songs onto the cassette tapes (15 bucks for 30 min one & 25 bucks for a 45 min one), of which I had a wonderful collection. Those tapes were worth 'dying' for! Shanker, Shashank Kale (my batchmate hailed as Pelu) & I freaked out on western music too with Pink Floyd (Albums Dark Side of the Moon & Wish You were Here especially), Eagles (Hotel California, One of these Nights), Deep Purple (Album Deepest Purple), Moody Blues (Nights in White Satin, Driftwood) and Eric Clapton (Wonderful Tonight & Cocaine) featuring strongly during our hostel parties. I was fond of Beatles (Album Abbey Road & Sgt Peppers Lonely Hearts especially), Smokey (Living Next Door to Alice, Stumbling in, If You Think You Know How to Love Me, Something's been Making Me Blue, etc), Lobo (I'd Love You to Want Me, Don't Expect me To Be Your Friend, etc), Abba (The Name of the Game, Dancing Queen, etc) and Carpenters (Yesterday Once More, Top of the World, etc). I remember Bryan Adam's song 'Run to me' making waves during Synapse 1984. I vividly remember our group parties on OBH rooftop with Paul McCartney's 'Olu Darling' blasting away!

Enthusiasm towards singing was at its peak in 1983-84 (3rd & 4th years). Source of inspiration for me were 2 singers mainly a couple of years senior to us, the late Virendra Singh Kondal (a cut-surd) & Jitender Nayyar (Lothi). Former had a lovely soft voice with great control. He had won many accolades for our college in several festivals. I

happened to be in many of the choruses of group songs where he was the lead singer. "Vande..... Mataram..." from 'Anand Math 1951', "Na maangun sona chandi....." from 'Bobby 1973' & "Mausam beeta jaaye...." from 'Do Bigha Zameen 1953" are the ones worth mentioning where we came away from Rendezvous of Delhi IIT, Pulse of AIIMS & Mecca of Hindu College with nothing less the 1st prize! Another place was 'Oasis' of BITS, Pilani which was an oasis for MAMC cultural triumph!

Lothi was the chap with a robust voice and great timbre. He was primarily a great actor and a director of college plays. I was a part of the singing team of the award-winning musical plays of MAMC, 'Bakri' & 'Pasina Pasina'. I was a hosteler throughout my MBBS and play rehearsals which used to start roughly couple of weeks before the main event used to be very exciting, more exciting than the finale for sure. Between the rehearsals, we used to have extempore singing with harmonium & with Lothi manning the dholak in the audi, and with us singing away till the wee hours of the morning the next day! It used to be exhilarating every single time.

After a lot of debate, our batch decided to put forward the name of Debashish Chowdhary who was a good actor and had directed several of our batch plays, as a candidate for Cultural Secretary. This post was always from the 3rd year batch as a rule. He did a wonderful job as the cultural sec, directing plays like 'Lohe ka Bheem', 'Ghera', 'Your Honor' & few others. The production in each was elaborate with sets which made it exciting. I was the eternal 'Sutradhar' in most of them.



Rehearsal of The Play 'My Honor' with Myself as 'Sutradhar'. Debashish Chowdhary is seen at The Background along with 2 others.



Concluding Act of Play 'Ghera' Possibly. Left to Right; Debashish Chowdhary, K.anand, Anil Bajaj, Ramani Narasimhan Singing, and Vipin Khetarpal

Our batch turned very dynamic in the cultural scenario by the end of the 3rd year. We were instrumental in doing away with 'Phoenix' which was our annual festival and bringing in 'Synapse' which started off in a very promising way in 1984 and has been continuing strongly ever since! One very interesting event which happened in our 3rd year (1983) was a Musical Dance Ballet in which the participating boys & girls were mainly from our batch with a few from a batch junior to us. A south-Indian lady (cannot recollect the name), an accomplished classical dancer was employed to organize the event. I remember to have performed in a "Sun Dance Ballet" along with Parvathy of the 2nd year then, and also in a group ballet which had all of us as couples. Around 30 of us started from scratch and at the end of it all, came up with a reasonably co-ordinated, collective & an impressive performance which was viewed & lauded by the whole college in our auditorium.



The Dance Ballet Complete Group after The Performance in Mamc Auditorium in 1983

Goonj' was our annual musical festival which I particularly had been eyeing for some time right from the 3rd year. Apart from Hindi Filmi solos which I was practicing, duets & group songs

were very much on our agenda. Our singing group of the batch put in lot of effort practicing every other weekend. The guys & gals tolerated my idiosyncrasies, my stubbornness & my short temper and still carried on, full marks to them. All that sweat & perspiration finally bore fruit. Finally, in Goonj 84' we managed to bag the 1st prize for the group song "Aao, jhoome gaaen, milke, dhoom machaen...." from 'Paraya Dhan 1971! The same year we staged the play 'Ghera' produced & directed by Debashish Chowdhary and won the cultural trophy for our batch! Our batch was euphoric!!!



Celebrations Galore outside The MAMC Auditorium in 1984, After Getting The 1st Prize not only for Our Batch Group Song but Also Winning The Cultural Trophy for Our Batch!!!

By the end of 1984, cultural activities & our participation dwindled as the 2nd professional exams drew near. Final professional then was only a year away from 2nd and hence that year got devoted mainly to academics. Clearing our final professional successfully and entering our internship was a joyous occasion indeed!



Graduation Ceremony during Midcon 1986! Left to Right; Raman, Myself, Rupinder, Vipin, Sandeep & Suresh

Our internship year in 1986 shifted our focus back to the extra-curricular activities although the feeling was not similar to that of our 3rd year. I remember having participated in solo events in both Goonj & Synapse that year and bagging a 3rd prize.



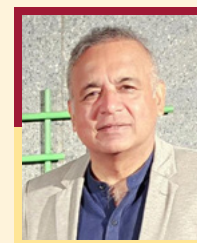
More Cultural Activities of Our Batch in 1986.

Top Row, Left to Right; K.anand, Debdutta Basu & Manoj Mahajan. **Middle Row, Left to Right;** Vipin Khetarpal, Sanjeev Singhal, Debendra Nath Karan, Debashish Chowdhary, Anurag Rohtagi, Myself, Ajay Verma, Rajesh Taneja. **Bottom Row, Left to Right;** Alka Sondhi & Manjul Agarwal.

I did the 1st House Job in Medicine & the 2nd in Orthopaedic Surgery in 1987. Indulging in cultural activities continued till August 1987 after which preparation for PG entrance examination sadly became the priority.

Along with our regular annual festival 'Synapse' & the music festival 'Goonj', an inter-batch (1st year to internship) music competition IS Bal was introduced in the middle of 1990s apparently. This was dedicated to one late Maulanian Dr IS Bal (from a batch in 1960s), who was very passionate about music but passed away pre-maturely due to medical reasons. Dr Narottam Puri, our famous alumnus and batchmate of IS Bal was instrumental in introducing this competition in our college. This annual event has been a very regular event in every MIDCON since its inception. I have been invited to be one of the judges in IS Bal event a couple of times in the past and I must say, the standard of singing is amazing and has been only improving over the years! I need to mention that around the time of our batch's Silver Jubilee in 2010, we mates got together and decided to stage a full-length play of Badal Sarkar, "Ballabhpur ki Roop Katha" on the occasion of MAMC's Golden Jubilee. Under the direction of Debashish again, Shashank Kale, Rajesh Taneja, Debashish, myself, Manjul & her daughter, Anurag Rohtagi, Manoj Mahajan & several others participated. The play was staged in our auditorium and viewed by a packed audience. I am happy to state that it was a resounding success!

It has been 40 long years since I graduated and yet when I sit back sometimes and reminisce of my days in MAMC, it brings on a string of emotions: a satisfactory smile, a fierce sense of pride and a lump in my throat. Three cheers to the batch of 1981! Hip, hip hurray!!!



Dr Ramani Narasimhan
(1981 batch)



Remembering I.S. Bal

It is virtually impossible to come across a person who has no enemies, so calm and collected and "harmless" is the personality, content and happy with himself, his people around and the environment he is in. His true happiness though was in Music, listening and singing and in TEEN Patti in which atleast I saw him loose just once. The irony, he lost to his own House Surgeon (Resident). That made him mad.

Inderjit Singh Bal was the son of the Principal of Khalsa College, DU was born in 1946 and joined MAMC in 1963.

We became friends through Music, whenever he was there during my ragging (pretty intense those days), he would save me if I sang. I remember the first time was at the Delhi Gate gol chakkar (yes, those days it was not traffic lights but a Gol Chakkar with a lawn inside. He asked me if I sang. When I answered in the affirmative, he asked me to sing a Punjabi song. I sang Asa Singh Mastana's *Peke jaan waliay* and we became friends.

He was a superb singer, a naturally endowed one, who had not learnt any music but was God gifted. During our days in college, he was the best singer and often his KL Sehgal, Pankaj Mullivck

and Hemant Kumar numbers were popular. We sang a large number of songs together, he being kind enough to allow me to accompany. *Sham dhale Jamuna kinare & Dharti kahe pukar ke* come readily to mind.

The oiece de resistance was him leading the one and only girls vs boys type Quawalli (a la barsat ki raat's *ye ishq ishq hai ishq*). To say it was a hit would be an understatement. We sang it in many conferences and I was informed it was taken up by subsequent batches too.

He wanted to do PG in ENT and Head & Neck Surgery but sadly could not get admission and joined LHMC. Fortunately he was able to get a transfer back to MAMC in his second year. I and Satish Khanna helped finish his thesis whilst he played Teen Patti. We never minded because he was that kind of person.

We became Registrars together (Senior Residents) and he got married in Meerut.

He became a Lecturer in Nairobi Medical College and left us. Remaining in touch all the while.

He was fond of food but a Diabetic in later years and died when barely 50 of a massive MI.

It not only was but is a loss, that resonated in the minds of many of his friends who collaborated to start the I.S. BAL Music Competition at MAMC. The glittering trophy was specially crafted, courtesy Dr Sudhir Oswal, at Banaras and is a testimony of how highly he is valued not just as a singer par excellence but as a human being.

He is survived with two lovely daughters and his wife.

May the competition continue to flourish and we are sure he is regaling audiences in heaven with his melliflous music.

God Bless.

Narottam Puri
Batch 1974

MAMC, Melodies and Memories....Those were the days!

Seems like only yesterday we were sitting on the Dean's carpet, playing the guitar & having an impromptu sing-a-long! Somewhere between smelly DH classes, pithing frogs & memorizing unpronounceable bio-chemistry compounds we found the time to let the music play. Music and singing was always fun- whether it was formal at the intraclass competitions, festivals like Goonj and Synapse or informal like our lusty (if not very tuneful!) singing in the van on the way to our village posting. Memories of Goonj will always echo in my mind- practice sessions with seniors & juniors, bravely singing 'We are the world' (the super-hit song of those times) and meaning every word of it! And terrible stage fright when trying to sing *and* play the guitar myself- my first realization of how difficult it is to multi-task!

Goonj, MAMC's own music festival was very popular with enthusiastic participation from the local talent. The grand finale would be a Rock show by one of the current popular bands- Electric Plant was one such band, our own Alok Tyagi (not sure of the band name but Alok was great!!) rocked as the electrifying drummer! We were a great audience too- cheering, clapping, dancing and I have a distinct memory of a group of 3rd year

guys making a train and going round & round the auditorium! Not naming anyone, the first year in me may be still worried about the ragging I may receive!!

The antakshri and singalongs in the van to our village posting have not only left indelible memories but also cemented the bonds of friendship. Music is such a glue: *Yeh Dosti, hum nahi chodenge!!* Our leader was Ashish, partly by the legacy of being the legendary singer Mukesh's nephew and mostly because he was such a cheerful & happy friend. And we all joined in, various notes & pitches, not always tuneful but somehow always in harmony.

As Karen Carpenter would sing: *All my best memories, come back clearly to me, some can even make me cry- Just like before- its yesterday once more!!*



Dr. Anita Dutta Gupta
Batch 1983

Music and MAMC

"Music is the language of the spirit. It opens the secret of life bringing peace, abolishing strife." This famous quote by Khalil Gibran resonates deeply with me. Music is the universal language of mankind; it is a great uniter and has incredible force. Music carries a message and connects people. I was introduced to music by my parents when I was four years old and I gave my first performance on the harmonium at the age of five. I learnt Hindustani classical music through my school life and felt a deep connect with it. As I entered MAMC in 1999, I remember sitting in the

ground floor lecture theatre in the Pathology block with a query in my mind. I gathered my courage and raised my hand to ask if there was a musical society in MAMC. I was delighted and relieved to know that there was one. There onwards began a beautiful journey of singing and learning with seniors and juniors. I was amazed at the talent MAMC held.

I got the opportunity to perform at various college festivals, events and the prestigious Dr. I.S. Bal interbatch competition. The love for music in my MBBS batch of 1999 was infectious, I remember

about eighty to ninety of us getting together for the group song category at Dr. I.S.Bal event and winning it on several occasions. Few memories from stage come rushing to me, in my second year of college I decided to sing a thumri '*saanwariya dekh zara*' from Sardari Begum on my tanpura, minutes before I was to go up on stage the strings of my tanpura snapped. Just as I panicked, Dr. Sudhir Oswal comforted me and assured me that all would be fine. He not only fixed the strings of my tanpura but also encouraged me to give my best; the performance went well! Another memorable experience was receiving the first prize in the solo category as an intern by none other than the maestro Pandit Shiv Kumar Sharma ji. MAMC gave me the opportunity to meet and interact with legends in the field of music. It was an honour to get to know Dr. Narottam Puri, his anchoring at Dr. I.S.Bal events captivated all present. The encouragement and appreciation I received from him is priceless.

It fills my heart with joy to share that the musical journey continues as I work in this prestigious institute as a professor in the department of Radiodiagnosis. I look forward to the faculty events at college festivals and the musical programmes organized by MAMCOS. I feel grateful for having been given a chance to sing at the special teachers' day programme organized by MAMCOS last year. I hope to continue my musical voyage and spread notes of joy and harmony.



Dr. Radhika Batra
Batch 1999

MAMC & Music

In crowded Dance parties and quiet library nights,
With books and dreams and reading room lights,
Music played its gentle part,
A secret song within the heart.
Between the lectures, laughs, and tears,
It echoed through the college years,
From coffee breaks to midnight skies,
A tune for lows, a beat for highs.
A headphone hug in moments blue,
A dance with friends when skies turned new,
A strum, a beat, a chorus loud,
That made us feel alive and proud
We danced through songs, through days so bright,
With hearts on fire and dreams in sight.
In hostel rooms and canteen walls,
The music echoed through our halls.
Each track we played, a tale we told,
Of friendships young and memories gold,
Though time moves on, those songs will stay—
The soundtrack of our yesterday.



Dr. Nikita Gupta
Batch -2009

Dharohar: An initiative to reconnect with our heritage

Dharohar, conceptualized in 2005, at Maulana Azad Medical College, is a faculty and student run voluntary movement to uplift, promote and cherish the treasures of our heritage that we have inherited.

Heritage is an important part of a society's identity and helps to shape the way people live and interact. Heritage is everything that our ancestors bequeathed to us, handed down from the past, that comes or belongs to one by reason of birth. It is all inclusive of our Environment, Culture, Natural resources, Values. Ethics considers that what has been inherited should not be consumed but should be handed over, possibly enriched, to successive generations. This is a moral imperative for all.

Realizing that globalization, commercialism and the rapidly changing lifestyles is taking a toll on young generations depriving them of their rich heritage, Dharohar aimed to increase awareness and inspire students and teachers alike to their heritage, by experiential activities hoping to make students reflect on aspects of life not shown in their regular medical curriculum. This would also provide the students an alternative to relax and maybe take up an art form as a hobby.

We, at Dharohar, aim to enrich the quality of formal education by increasing awareness about different aspects of our heritage, which includes our environment & culture and inspire the youth's minds to imbibe the values embedded in it. We aim to reach every student and instill in them a sense of pride for their heritage as an intangible element – a legacy that makes us what we are today, shaping every aspect of our being.

Aims and Objectives:

1. Inspire students to their heritage by exposing them to the heterogeneous cultural tapestry of their country & the world.
2. Evoke a curiosity among them about their natural environment & resources and what

we can do to conserve & enrich it.

3. Inspire volunteerism, thoughtfulness, introspection and reflection into all aspects of their ecosystem.
4. Provide a platform for experiential & holistic learning
5. Provide opportunities to be in leadership roles, work in teams, learn work and time management, learn how not to waste resources, create from waste materials thereby learning conservation and sustainable practices.

Activities & Modalities:

1. Organize talks by eminent people who have worked in different areas
2. Invite artists to the college to come and interact with the students, do Lec Dems, perform
3. Organize film screenings with talks by experts about the movies
4. Take students for heritage walks
5. Organize workshops where students can participate and learn by hands on experience
6. Have events where issues of conservation of our environment, traditions and values is discussed

Dharohar has been organizing programs in collaboration with Society for Promotion of Music Art & Culture Amongst Youth (SPIC MACAY). The events increased from two performances to three performances in a year to become a full week long festival called VIRASAT in 2009. Since then this week long festival has been organized every year till 2020, when the festival had to be cancelled in the last minute due to the COVID pandemic lock down. Subsequently due to backlog of academic pressure the festival could only be revived in 2025.

Every year students volunteer to organize Dharohar activities. The team of students is guided

on how to organize, plan, lead, manage time, solve problems. The students work around their busy academic schedules and put a beautiful, weeklong program for the college together. They interact with the artists.

These programs organized with team effort have provided the students of Maulana Azad Medical College opportunities to observe, interact with some of the finest artists in their fields. Similarities between the profession of the fine arts and medicine are brought to their notice. How music can be therapeutic for the soul is brought to actual realization.

Some programs conducted by Dharohar

Students Art Exhibition: "Colors of India"

The art work and literary writings of students are put in an exhibition in the Ground Floor foyer of the college. The exhibition is put a week before the starting of Virasat usually. The whole ground floor from the Dean's college entrance to the Pathology Foyer is decorated. They make beautiful paintings and decorations out of waste material.

A weeklong cultural festival where different modules representing Classical vocal, Classical dance, Classical instrumental, Folk music and dance, Painting workshops, Talks, Puppetry Lec dems, Movie screenings, Heritage walks are organized.

Some artists who have been invited include Pt Birju Maharaj, Pt. Hariprasad Chaurasiya, Pt. Shiv Kumar Sharma, Pt Debu Chaudhury, Pt. Rajan Sajan Mishra, Pt. Madhup Mudgal, Dr. L. Subramaniam,, Vidushi Sonal Mansigh, Shri Raja & Smt Radha Reddy, Pt. Rajender Gangani, Pt. Vishwa Mohan Bhatt, Pt Rajender Prasanna, Ustad Bahauddin Dagar, Ustad Nishat Khan, Ustad Shujjat Khan, Pt. Shubendra Rao, Pt. Parthosarthy, Vidushi Shovana Narayan, Pt Venketesh Kumar, Smt. Shruti Sadolikar, Smt Sunanada Sharma, Smt Geeta Chandran, Smt Rama Vaidyanatham, Shri Kalamandalam Amaljit, Dr. N. Rajan, Smt Saskia Rao de Haas, Shri Deepak Maharaj, Smt Saswati

Sen, Shri Ritesh, Rajneesh Mishra, Smt Madhavi Mudgal, Shri Dadi Pudumjee, Ms Qamar Dagar.

Workshops are organized for Madhubani Painting, Pictorial calligraphy, Puppetry

Classical movie screenings are held

Heritage walks to Feroze Shah Kotla, Ghalib ki Haveli, Purana Quila, Humanyun's Tomb, Sundar Nursery, Lodhi Gardens, Tughlakabad Fort, Mehrauli area, Hauz Khas Fort, Qutab Minar

Virasat has been a flagship program for the college. Aimed at exposing our students to the splendor and brilliance of Indian classical art forms by a magnificent display of its most profound aspects through performances from the most prominent exponents and maestros in their field. Every year approximately 30-35 artists in various art forms have been invited to the college.

Maulana Azad Medical college has been the only medical college organizing a weeklong Virasat for the students, faculty & staff alike for over ten years.....

for the students experiential and holistic education into their heritage. Besides learning the value of volunteerism, team work and organization.



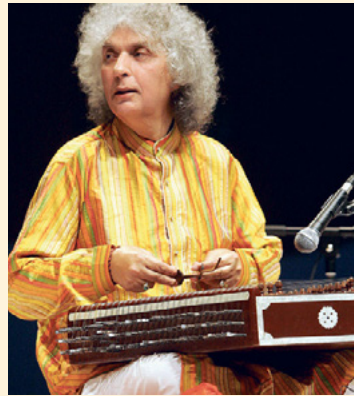
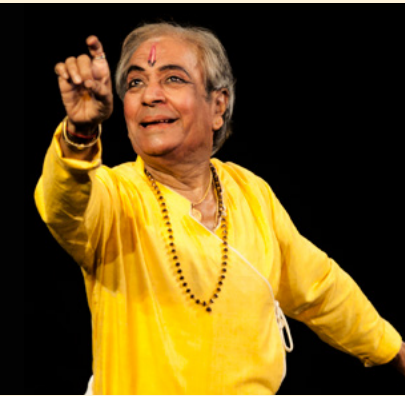
Dr. Vandana Roy

Batch 1983

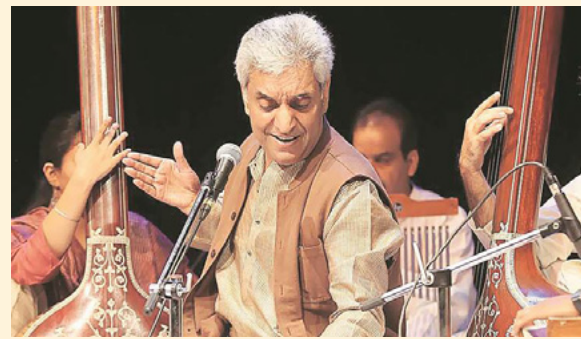
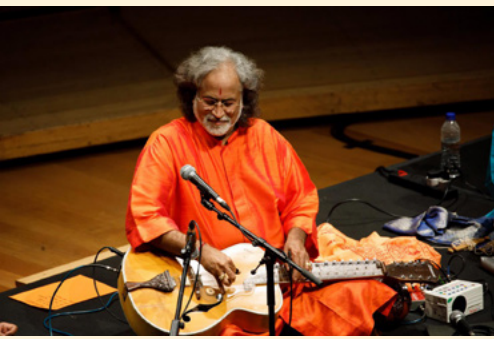
Founder Chairperson

Dharohar

MAMC- SPIC MACAY Committee



DHAROHAR INSIGHTS





ARTISTS WHO HAVE PERFORMED





ART EXHIBITION



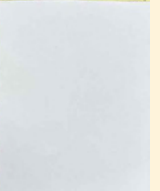
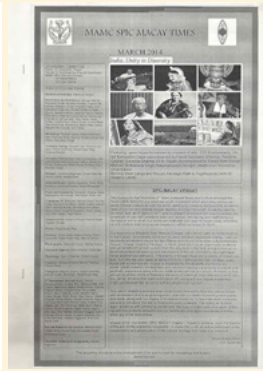
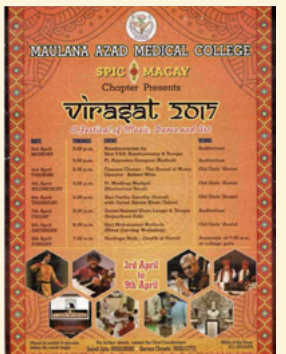
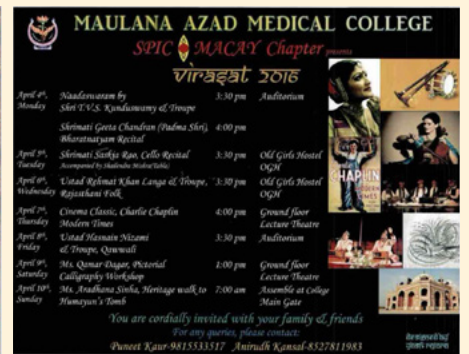
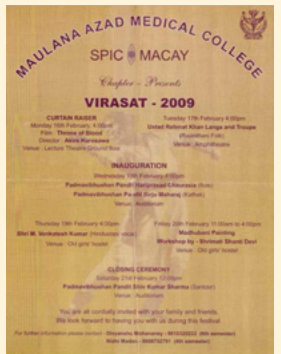
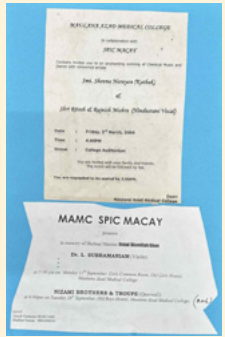
**PUPPETRY
LEC DEM
DADI PUDUMJEE**





OTHER PROGRAMS





Congratulations !

**Dr. Mukesh Bhatia
On receiving the
Lifetime Achievement
award from Delhi
Medical Association**



**Dr. Savita Puri
on winning two gold
medals
Delhi State
Masters Swimming
championships**



Obituaries

MAMCOS pays homage to

**Dr. Sushil Choudhury (Batch 1960)
Dr. Brij Mohan Bajaj (Batch 1962)
Dr. Ranbir Choudhury (Batch 1965)
Dr. Monica Menocha (Batch 1989)**



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