

VYASA TARANGA DVYMASIKA

ALN RAO MEMORIAL AYURVEDIC MEDICAL COLLEGE, KOPPA

STUDENTS CLUB BI-MONTHLY NEWSLETTER

INSIDE THE VYASA TARANGA DVY- MASIKA

*Campus Connect -
What's Poppin' on
Campus?*
ತಿಂಗಳ ಸುದ್ದಿ

*Knock...Knock!
Guess who's here*
ನಲ್ಮೆಯ ಅತಿಥಿ!

*Hey! Is that you?
Talent Spotted!*
ನಮ್ಮ
ಹುಡುಗರ ಅಡ್ಡ

*Featuring
Special guest!
You don't want to miss*



**STUDENT CLUB
INAUGURATION
DREAM. PLAN.
LAUNCH.
- WE'RE LIVE!**





Aroor Laxminarayana Rao Memorial Ayurvedic Medical College & Hospital Managed by Aroor Educational Trust® Koppa

FROM THE PRESIDENT'S DESK



Shri Aroor Ramesh Rao

Dear Readers,

It gives me immense pleasure to present to you the inaugural edition of our college magazine—a dream turned into reality by the dedication, creativity, and relentless spirit of our editorial team.

This magazine is more than just a collection of articles; it is a mirror reflecting the vibrant intellectual and cultural pulse of our college. Each page resonates with the voices of our students, faculty, and well-wishers—voices that are curious, courageous, and deeply rooted in the values of Ayurveda and holistic learning.

As President of this institute, I am proud to say this is only the beginning. With every edition, we hope to nurture original thought, foster dialogue, and showcase the immense talent within our campus walls.

My heartfelt thanks to every contributor and to our guiding mentors. May this platform grow into a timeless archive of the creativity and wisdom of the ALNR community.

A MESSAGE FROM THE TRUSTEE

Dear Students, Faculty, and Readers,

It is with immense pride and joy that I extend my warmest congratulations on the release of the first edition of our college magazine.

At ALNR Memorial Ayurvedic Medical College, we have always believed in nurturing not just future doctors, but thinkers, writers, and compassionate human beings. This magazine stands as a beautiful testament to that vision—an expression of thought, tradition, and the ever-evolving journey of Ayurveda through the eyes of our young minds.

As a Trustee, witnessing the birth of this platform fills me with hope. Hope that this magazine becomes a space where students feel empowered to share, to question, and to dream. I urge all of you to write, to reflect, and to continue pushing the boundaries of your knowledge—not just within textbooks, but through creativity and collaboration.

To the editorial team, thank you for your hard work in shaping this publication. May it grow in strength, in spirit, and in the stories it tells.



Smt. Aroor Namitha Rao

Dream. Plan. Launch. We're Live! Student's Club Inauguration!

- A Day to Remember



The inauguration ceremony of Vyasa Taranga Students Club, an umbrella platform uniting the Students Art & Literature Club and the Students Press Club, was held with great enthusiasm and elegance on 19th April 2025 at the campus auditorium.

The campus buzzed with excitement as the program opened with a heartfelt welcome to all the distinguished guests. Presiding over the event was Mrs. Aroor Namitha Rao, Managing Trustee of Aroor Educational Trust®, Koppa, whose leadership set the tone for the day's celebrations.



The attention turned to the Chief Guests, Mrs. S. N. Chandrakala, a respected literary figure, and Mr. Udaykumar Jain, a seasoned journalist — both hailing from Koppa and celebrated for their contributions to Kannada literature and media. Also joining as Guest of Honour was Dr. Sanjaya K. S., Principal of ALN Rao Ayurveda Medical College and Hospital. The guests officially inaugurated the clubs with the launch of their thoughtfully designed logos and pinning the logo badges onto the club members, with each symbolizing the unique vision and purpose of the respective club.



In a thoughtful introduction, Dr. Pooja Huilgol, Co-ordinator of the students club and assistant professor, dept. of Panchakarma, laid out the vision and purpose of the clubs. The club taglines were inspired by the works of Maharshi Vyasa, regarded as the first poet and originator of all forms of literature and art, including the Vedas and Puranas. In a world where youth are easily distracted, the clubs aim to nurture personality development through different forms of art.

Adding to the inspiration, Mrs. Namitha Rao emphasized that the clubs would foster a strong sense of community among students. Mrs. Chandrakala encouraged youth to develop inner resilience and a clear mindset to face life's challenges and Mr. Jain reminded students to build the habit of reading newspapers to stay informed and thoughtful. A series of competitions energized the event, with the treasure hunt competition stealing the spotlight and the talent exhibition corner delighting the audience with mesmerizing art works including hand-made jewelries and crochets. All winners and participants from audience were recognized with awards as the event concluded.



सत्यं परं धीमहि

SOWING SUSTAINABILITY: PLANTATION DRIVE BY DRAVYAGUNA DEPT.



22nd April: With a vision to nurture a greener campus, the Department of Dravyaguna launched a vibrant plantation drive across multiple locations within the college. Graced by the presence of Smt. Aroor Namitha Rao (Trustee, Aroor Education Trust) the initiative brought together students and faculty in a shared mission to promote environmental consciousness and enrich the campus with fresh greenery.



SHOT OF LIFE: IMMUNIZATION IN ACTION

24th April: As part of World Immunization Week, led by Dept. of Swasthavrutta, students visited Government Hospital, to observe vaccination procedures. Medical staff interacted with them, answered questions, and shared key insights on immunization. The visit provided practical exposure, reinforcing the importance of vaccination.

PRATYAKSHA: ILLUMINATING DIAGNOSTICS

24th April: A CME titled 'Pratyaksha: Imaging Insights' was conducted by the Department of Kayachikitsa. Guest speakers Dr. Udayashankara H.G. and Dr. Sania Sabahi shared fundamentals of ultrasonography and X-ray. The session aimed to enhance understanding of radiodiagnostic techniques among students and included a Q&A session.



HATS OFF SAVIORS: INTERNATIONAL NURSES DAY



12th May: On International Nurses' Day, a senior nurse, Mrs. Bhagya from MSMD Hospital, Koppa, was honored for her 35 years of service. Cultural events followed, and all the hospital nurses were appreciated for their dedication and compassion.

SURVEYING THE SILENT KILLER: AT NUGGI



28th April: A Hypertension Diagnostic Mobile Camp was held at Nuggi Village on to assess the prevalence, risk factors, and awareness surrounding high blood pressure—a condition often dubbed the "silent killer" due to its lack of visible symptoms. The community outreach program

focused on collecting data related to lifestyle, medical history, and treatment practices. The camp emphasized the urgent need for early detection, consistent treatment, and lifestyle modifications to curb the growing burden of hypertension in rural communities.

RISEING AWARENESS: WORLD HYPERTENSION DAY

17th May: On World Hypertension Day, a BP screening camp was held at the college hospital. Final-year students and interns screened the staff and the public, and a Hypertension Risk Card competition was conducted for final-year students and the winners were awarded.



CRAFTING CLINICIANS: SKILL LAB NOW OPEN

21st May: The Clinical Skill Laboratory was inaugurated by Mrs. Aroor Namita Rao, trustee, of the institution, to enhance hands-on learning skills among students. The lab features simulated mannequins for practicing procedures such as CPR, BLS, ALS, IV insertion, suturing, and catheterization.



CARING FOR THE COMMUNITY: DIAGNOSING ANEMIA & DIABETES



9th May: A health diagnostic camp was conducted in Nuggi Village to screen plantation workers for anemia and diabetes, aiming to ensure early detection and intervention. A total of 56 individuals were tested. Among them, 2 were diagnosed with diabetes and 9 were identified as prediabetic. The rest showed normal blood sugar levels. Ayurvedic medicines such as Chandraprabha Vati, Triphala Choorna, Madhumehari Capsules, Draksharishta, and Ashwagandha Choorna were recommended based on individual conditions.

In the coming days the lab aims to boost clinical competence and confidence, reduce medical errors, and provide a safe environment to its medical students for skill development without risk to real patients.

KNOCK KNOCK! LETS TALK!

ನಲೈಯ
ಅತಿಥಿ

Q1. Your message to young ayurveda students

My message to all Ayurvedic students is that all of you need to study the gems of Ayurveda and practice Ayurveda with dedication. Do not resort to mixopathy. Love your profession and never choose this profession because your father or your mother wishes so. You should understand and love your profession first. Surely, you cannot be aloof from this world. You are supposed to make money as well. But making money is not the only subject for doctors. Money will follow you if you are dedicated and hardworking. You should not go after money. Money flows in naturally if you sincerely treat your patients. If you relieve the pain and suffering of people, they will give you money. I think that's enough. But you should not go after money — it will definitely come. You should love your subject and do the hard work. Hard work surely fetches us good things.



Dr. H.G. Udayashankar
MBBS, MS
(Orthopedics), DUS
Chief orthopedic
Surgeon
Prashamani Hospital,
Koppa

Every doctor should have compassion first, money will follow hard work

Because I have been showered with the love and affection of the people of this area. So I cannot mention which is more, which is less so. The respect they give to me, the love they render to me is immensely beautiful.

Q3. Any three qualities that you think every doctor should cultivate.

Every doctor should have compassion first. They should be sympathetic towards the patient, and they should have empathy. Your healing should not make the healing process more painful and troublesome to the patient than what they are already going through.

Q2. Your most memorable learning experience as a medical student.

Every doctor is a student for life. Your study will not end when you finish your degree. In reality, learning starts when you get into practice. So your life is a process of learning, one that is never ending. So you are a student for life. I am a student for life. There are so many real experiences, good experiences in our life which very difficult to enumerate.

Exercise & Healthy Diet: Key to Strong Bones. Here's a dear message to the Public -

The sedentary lifestyle of today's era is not particularly good for bone health. There is a dire need to be active. One must exercise and workout in a measured and in a healthy amount. This is crucial to keep the bones healthy. The longer one sits in the chair, the bones will decay. I would advise exercise and a healthy diet that is supportive of bone health. This point can't be stressed enough. You will be happy with some proper rest and proper sunlight. Get out there and get exposed to the sunlight.



Q4. Your first experiences as a surgeon in Koppa

When I started my practice at Koppa during way back in 1996, there were no good OTs to perform operations as such at the time. During that time with the support from **Shri Aroor Ramesh Rao** sir, I performed various surgeries at **Quard Hitlow Hospital, Koppa**. I have conducted many surgeries there since then. At the time, Orthopedic surgery was rare to find, especially to perform the surgery in a rural area. Some of the surgeries amongst those I have performed include replacements, hemi replacement arthroplasty of the hip, fixation of fractures. It was a really wonderful experience. I still recall those times with gratitude.

ಅಧುನಿಕ ವೈದ್ಯಕೀಯ ಪದ್ಧತಿಯನ್ನು ಓದಿದವರಾಗಿಯೂ, ಡಾ. ಉದಯಶಂಕರರು, ಚರಕಾಚಾರ್ಯರ - “ನಾರ್ಥಾರ್ಥಂ ನಾಪಿ ಕಾಮಾರ್ಥಂ ಅಥ ಭೂತ ದಯಾಂ ಪ್ರತಿ ವರ್ತತೇ ಯಶ್ಚಿತ್ತಾನ್ಯಾಯಾಂ ಸ ಸರ್ವಮತಿವರ್ತತೇ||” - ಯಾರು ಕಾಸಿಗಲ್ಲದೆ, ಅಸೆಗಲ್ಲದೆ, ಹೆಸರಿಗಲ್ಲದೆ, ಕೇವಲ ಪ್ರಾಣಿ ಮಾತ್ರಕ್ಕೆ ದಯೆಯ ತೋರಲು ವೈದ್ಯನಾಗುತ್ತಾನೋ, ಅವನು ಎಲ್ಲವನ್ನೂ ಮೀರಿದ ಸಾಧಕನಾಗುತ್ತಾನೆ - ಎಂಬ ನುಡಿಯನ್ನೇ ಪ್ರತಿಪದ್ಧನಿಸಿದರು. ಅವರಿಗೆ ವ್ಯಾಸ ತರಂಗ ವಿದ್ಯಾರ್ಥಿ ಸಂಘದ ವತಿಯಿಂದ ತುಂಬು ಹೃದಯದ ಧನ್ಯವಾದಗಳು.

TALENT SPOTTED

ನಮ್ಮ ಹುಡುಗರ ಅಡ್ಡ



ಅವರನ್ನು ಕಳಿಸಿಕೊಟ್ಟರು. ಅಜ್ಜ ಈಗ ನನ್ನ ಪಾಲಿಗೆ ಆಯುರ್ವೇದ ಪಂಡಿತ ಆಗಿದ್ದೇನೋ ನಿಜ. ಆದರೆ ಅವರಿಂದ ಇನ್ನೂ ಹಲವಾರು ಔಷಧಿ ವಿಷಯಗಳ ಬಗ್ಗೆ ಕೇಳಿ ತಿಳಿದುಕೊಳ್ಳುವ ಆಸೆ ಚಿಗುರೊಡೆಯುತ್ತಿದ್ದಂತೆ ಅಜ್ಜ ಕೊನೆಯುಸಿರೆಳೆದರು.

ಅಜ್ಜನ ಔಷಧಿ!

ಬೇಸಿಗೆ ರಜೆ ಬಂತೆಂದರೆ ಸಾಕು, ಅಜ್ಜನ ಮನೆಯಲ್ಲಿ ರಜಾ ಕೊಟ್ಟ ಮಾರನೆಯ ದಿನವೇ ನಾನು, ನನ್ನ ಅಗ್ರಜ ಹಾಗೂ ನನ್ನ ಚಿಕ್ಕಮ್ಮನ ಮಕ್ಕಳಿಲ್ಲಾ ಹಾಜರಾಗು-



VINUTHA K R
II B.A.M.S

ತ್ತಿದ್ದೆವು. ಪ್ರತಿದಿನ ಬೆಳಿಗ್ಗೆ ಅಜ್ಜಿ ಮಾಡಿದ ಬಿಸಿ ಬಿಸಿ ಜ್ವಾ ಕೈಯಲ್ಲಿಡಿದು ಅಜ್ಜನ ಬಳಿ ಓಡಿಹೋಗಿ ನಿಂತು ಕೈಚಾಚಿ ನಿಲ್ಲುತ್ತಿದ್ದೆವು. ಅಜ್ಜ ನಮಗೆಲ್ಲ ಎರಡು ಬಿಸ್ಕೆಟ್‌ಗಳನ್ನು ಕೊಟ್ಟು ಕುಳಿರಿಸುತ್ತಿದ್ದರು. ನಂತರ ಅಜ್ಜಿ ಹೇಳಿದ ಕೆಲಸಗಳನ್ನೆಲ್ಲಾ ಹಂಚಿಕೊಂಡು ಮಾಡಿ ಮುಗಿಸಿ ತಿಂಡಿ ತಿಂದು ಆಟವಾಡಲು ಹೋಗುತ್ತಿದ್ದೆವು.

ಅಜ್ಜನಿಗೆ ಸುಮಾರು 75 ವರ್ಷವಾಗಿರಬಹುದು, ಆದ್ರೂ ಅಜ್ಜ ಗಟ್ಟಿಮುಟ್ಟಾಗಿದ್ದರಿಂದ ಐದು ಕಿಲೋ ಮೀಟರ್ ದೂರವಿದ್ದ ಪೇಟೆಗೆ ತನ್ನ ಸೈಕಲ್‌ನಲ್ಲಿಯೇ ಪ್ರತಿದಿನ ಹೋಗಿ ಬರುತ್ತಿದ್ದರು. ಏನೂ ಕೆಲಸವಿಲ್ಲದಿದ್ದರೂ ಪೇಟೆಯಲ್ಲಿ ತನ್ನ ಮಗನ ಹೋಟೆಲ್‌ನಲ್ಲಿ ಕೂತಿದ್ದು ಸಮಯ ಕಳೆದು ಬರುತ್ತಿದ್ದರು. ಶನಿವಾರ ಸಂತೆಗೆ ಅಜ್ಜಿ ಹೇಳಿದ ಸಾಮಾನುಗಳನ್ನೆಲ್ಲಾ ನಾವೇ ಬರೆದು ಪಟ್ಟಿ ಮಾಡಿ ಅಜ್ಜನ ಕೈಗೆ ನೀಡುತ್ತಿದ್ದೆವು. ಸಂಜೆಯಾಗುತ್ತಿದ್ದಂತೆ ನಾವೆಲ್ಲಾ ಅಜ್ಜನ ಬರುವಿಕೆಗೆ ಮನೆಯಂಗಳದ ಕಟ್ಟಿಮೇಲೆ ಕುಳಿತು ಕಾಯುತ್ತಿದ್ದೆವು. ಮನೆ ಮುಂದೆ ಅಜ್ಜ ಬೆಲ್ ಬಾರಿಸಿಕೊಂಡು ಬರುತ್ತಿದ್ದ ಹಾಗೆ ನಮಗೆಲ್ಲಾ ಎಲ್ಲಿಲ್ಲದ ಖುಷಿ. ಸೈಕಲ್ ಹಿಂದೆ ದೊಡ್ಡ ಸಂತೆಯ ಚೀಲವನ್ನು ನಿಧಾನವಾಗಿ ಇಳಿಸಿ ಒಳಗೆ ಪ್ರವೇಶ ನೀಡುತ್ತಿದ್ದೆವು. ಅಜ್ಜಿ ತನಗೆ ಬೇಕಾದ ಸಾಮಾನುಗಳನ್ನೆಲ್ಲಾ ತೆಗೆಯುತ್ತಿದ್ದರೆ, ನಾವು ನಮ್ಮ ಬೇಕಾದ ವಸ್ತುಗಳಿಗೆ ಹುಡುಕಾಡುತ್ತಿದ್ದೆವು. ಸಂತೆಯಿಂದ ಖಾರ-ಮಂಡಕ್ಕಿ, ಬೆಂಡು, ಬತ್ತಾಸು, ದ್ರಾಕ್ಷಿಹಣ್ಣುಗಳನ್ನು ತರುವುದು ಮಾತ್ರ ಅಜ್ಜ ಮರೆಯುತ್ತಿರಲಿಲ್ಲ.

ಹೀಗೆ ಒಂದು ದಿನ ಸಂತೆ ಮುಗಿಸಿ ಅಜ್ಜ ಬಂದೊಡನೆ ಒಬ್ಬ ವ್ಯಕ್ತಿ ಬಂದು ಅಜ್ಜನೊಡನೆ ಏನನ್ನೋ ಮಾತನಾಡುತ್ತಿದ್ದರು. ಏನೆಂದು ಕೇಳಿಸಿಕೊಳ್ಳಲು ಅಜ್ಜನಬಳಿ ನಡೆದೆ. ಆಗ ಆ ವ್ಯಕ್ತಿ ಹೇಳಿದ "ಇಲ್ಲ ರಾಯಪ್ಪಜ್ಜ ಯಾವ ಆಸ್ಪತ್ರೆಗೆ ಕರ್ಕೊಂಡು ಹೋದ್ರೂ ನೋವು ಮಾತ್ರ ಕಡಿಮೆ ಆಗ್ತಿಲ್ಲ" ನಾನು ಅಚ್ಚರಿಯಂತೆ ಅವರಿಬ್ಬರ ಮುಖವನ್ನು ನೋಡುತ್ತಿದ್ದೆ. ಅಜ್ಜ "ಸರಿ ನಾಳೆ ನೀನು ಇದೇ ಸಮಯಕ್ಕೆ ಬಂದು ಬಿಡು ನಾನು ಔಷಧಿ ರೆಡಿ ಮಾಡಿ ಇಟ್ಟಿರ್ತೇನೆ. ಖರ್ಚಿಗೆ 50 ರೂಪಾಯಿ ಆಗುತ್ತೆ ನೋಡು" ಇಷ್ಟು ಹೇಳಿ ಅಜ್ಜ ಆತನನ್ನು ಕಳಿಸಿಕೊಟ್ಟರು.

ಆತ ಹೋದನಂತರ ಇತ್ತ ಅಜ್ಜನ ಬಳಿ ನನ್ನ ಸಂಭಾಷಣೆ ಶುರುವಾಯಿತು. "ಏನಾಗಿತ್ತಂತೆ ಅಜ್ಜ? ಏನಕ್ಕೆ ಬಂದಿದ್ರು?" ಅಜ್ಜ ಆಗ "ಅವನ ಹೆಂಡತಿಗೆ ಮೂರು ದಿನದಿಂದ ಹಲ್ಲು ನೋವು ಜಾಸ್ತಿ ಆಗಿದೆಯಂತೆ ಮಗಾ.

ಮೂರ್ನಾಲ್ಕು ಕಡೆ ತೋರ್ಸಿಕೊಂಡು ಬಂದ್ರೂ ನೋವು ಹೋಗಿಲ್ಲಂತೆ. ಯಾರೋ ಹೇಳಿ ಕಳಿಸಿದ್ದಂತೆ ಅದ್ಕೆ ನನ್ನ ಬಳಿ ಬಂದಿದಾರೆ." ನಾನು ಅಚ್ಚರಿಯಿಂದ "ಅಲ್ಲ ಅಜ್ಜ ನೀನು ಹಲ್ಲು ನೋವಿಗೆ ಔಷಧಿ ಕೊಡ್ತೀಯ? ಏನು ಮಾಡಿ ಕೊಡ್ತೀಯ ಅಜ್ಜ?" ನನ್ನ ಪ್ರಶ್ನೆಗೆ ಅಜ್ಜನಿಂದ ಮರು ಉತ್ತರ ಸಿಗಲಿಲ್ಲ ನಾಳೆ ಹೇಳ್ತೇನೆ ಎಂದು ಸುಮ್ಮನಾದರು.

ಮಾರನೆಯ ದಿನ, ಅಜ್ಜ ತನ್ನ ದಿನಚರಿಯಂತೆ ಎದ್ದು ಕೊಟ್ಟಿಗೆ ಗುಡಿಸಿ ಹಾಲುಕರೆದು ಡೈರಿಗೆ ಹಾಕಿ ತಿಂಡಿ ತಿಂದು ಪೇಟೆಗೆ ಹೋಗಿದ್ದರು. ಹಿಂತಿರುಗಿ ಬರುವಾಗ ಸಂಜೆ ನಾಲಕ್ಕಾಗಿತ್ತು. ಬರುವಾಗ ಅಜ್ಜನ ಕೈಯಲ್ಲಿ ಐದಾರು ಎಲೆಗಳು ಕಣ್ಣಿಗೆ ಬಿದ್ದವು. ಅಜ್ಜ ಸೈಕಲ್‌ನ್ನು ಬದಿಗೆ ನಿಲ್ಲಿಸಿ ಒಳಬಂದೊಡನೆ ಕೇಳಿದೆ "ಏನಜ್ಜ ಅದು ಎಲೆಗಳು?" ಅಜ್ಜ ಏನೂ ಹೇಳದೆ ಒಂದು ಎಲೆ ಹರಿದು ಆದರ ವಾಸನೆ ನೋಡು ಅಂದ್ರು. ನಾನು ನೋಡಿ "ಒಂತರಾ ವಾಸನೆ ಇದೆ ಅಲ್ಲ ಅಜ್ಜ!" ಅಜ್ಜ ಅದಕ್ಕೆ ಹೊಂಗೊಡಿ ಸುಮ್ಮನಾದ್ರು. ಮತ್ತೆ ಆದರ ಹೆಸರು ಕೇಳಿದೆ ಅಜ್ಜ ಯಾವುದೋ ಹೆಸರು ಹೇಳಿದರು. ನಂತರ ನಿಂಬೆ ಹಣ್ಣುಗಳನ್ನು ತರಲು ಹೇಳಿ ಹಿತ್ತಲಕಡೆ ಹೋದರು. ನಾನು ನಿಂಬೆ ಹಣ್ಣನ್ನು ಎರಡು ಹೋಳು ಮಾಡಿ ತೆಗೆದುಕೊಂಡು ಹೋದಾಗ ಅಜ್ಜ ಖಾರಕಲ್ಲಿನ ಮೇಲೆ ತಂದ ಎಲೆಗಳನ್ನು ಕುಟ್ಟಲು ಶುರುಮಾಡಿದ್ದರು. ತಂದ ನಿಂಬೆಹಣ್ಣನ್ನು ಹಿಂಡಿ ಮತ್ತೆ ಎಲೆಗಳನ್ನು ಕುಟ್ಟಿದರು. "ಅಜ್ಜ ಏನ್ ಮಾಡ್ತೀದಿಯಾ. ಇದ್ದಿಂದ ಹಲ್ಲುನೋವು ಹೋಗುತ್ತಾ ಅಜ್ಜ?" ಅದಕ್ಕೆ ಅಜ್ಜ "ಹು ಮಗಾ.. ಹೋಗೋದಲ್ಲ ಮತ್ತೆ ಹಲ್ಲುನೋವೇ ಬರಲ್ಲ. ನಾನು ತುಂಬಾ ಜನಕ್ಕೆ ಮಾಡಿ ಕೊಟ್ಟಿದೀನಿ. ಈ ಎಳೆಗಳನ್ನಾ ನಿಂಬೆಹಣ್ಣಿನ ರಸದಲ್ಲಿ ಕುಟ್ಟಿ ಅದಕ್ಕೆ ಮೂರು ಮೆಣಸಿನಕಾಳನ್ನು ಹಾಕಿ ನುಣ್ಣಿಗೆ ಅರೆದು ಅದನ್ನು ಹೀಗೆ ಹತ್ತಿಯಲ್ಲಿ ಮೆದ್ದಿ ಉಂಡೆ ಮಾಡಿ ಹಲ್ಲುನೋವಿರುವ ಜಾಗಕ್ಕೆ ಇಟ್ಟಿ ನೋವು ಮಾರನೆಯ ದಿನಾನೇ ಮಾಯ ಆಗುತ್ತೆ. ಎರಡು ವರ್ಷಗಳ ಹಿಂದೆ ಒಬ್ಬ ಬಂದು ಅವರ ಹೆಂಡ್ತಿಗೂ ಮಕ್ಕಳಿಗೂ ಹಲ್ಲುನೋವಿದೆ ಅಂತ ತುಂಬಾ ಕಡೆ ತೋರ್ಸಿದ್ರೂ ಹೋಗಿಲ್ಲಾಂತ ನನ್ನ ಹತ್ತ ಬಂದು ಔಷಧಿ ತಗೊಂಡು ಹೋದ್ರು. ಮಾರನೆಯ ದಿನ ಸಂಜೆ ನನ್ನ ಅವರಮನೆಗೆ ಕರೆಕೊಂಡು ಹೋಗಿ ಊಟ ಹಾಕಿ ನಾಕುಸಾವಿರ ದುಡ್ಡು ಕೊಡೋಕೆ ಬಂದ್ರು. ಅದ್ಕೆ ನಾನು ಇನ್ನೊತಿನಾ ಮಗಾ..? ನನ್ನ ಖರ್ಚಿನ ದುಡ್ಡು ಇನ್ನೂರು ರೂಪಾಯಿ ಅದ್ಕೆ ಇನ್ನೊಂದು ಹೊರಟೆ." ಅಜ್ಜ ಹತ್ತಿ ಉಂಡೆಗಳನ್ನು ಮಾಡುವಾಗ ಅಜ್ಜ ನನ್ನ ಕಣ್ಣಿಗೆ ಆಯುರ್ವೇದ ಪಂಡಿತನಂತೆ ಕಾಣುತ್ತಿದ್ದರು. ಕೆಲವೊಮ್ಮೆ ಹುಷಾರು ತಪ್ಪಿದಾಗಲೂ ಕೆಲ ಗಿಡಮೂಲಿಕೆಗಳ ರಸವನ್ನು ನಮಗೆಲ್ಲಾ ಕುಡಿಸುತ್ತಿದ್ದರು.

ಸೂರ್ಯ ತನ್ನ ಮನೆಗೆ ಹಿಂತಿರುಗುವ ಸಮಯವಾಗಿತ್ತು. ಸುತ್ತಲೂ ಕತ್ತಲು ಆವರಿಸತೊಡಗಿತ್ತು. ಅಜ್ಜ ಮಾಡಿದ ಹಲ್ಲಿನ ಔಷಧಿ ತೆಗೆದುಕೊಂಡು ಹೋಗಲು ಬಂದಿದ್ದ ವ್ಯಕ್ತಿ ಬಂದರು. ಅಜ್ಜ ಹೆಚ್ಚಿ ಇಟ್ಟಿದ್ದ ನಿಂಬೆಹಣ್ಣಿನ ಸಿಪ್ಪೆಯೊಳಗೆ ಮಾಡಿದ್ದ ಹತ್ತಿ ಉಂಡೆಗಳನ್ನು ಇಟ್ಟು ಅವರ ಕೈಗೆ ನೀಡಿ "ರಾತ್ರಿ ಒಂದು ಹತ್ತಿ ಉಂಡೆಯನ್ನು ನೋವಿರುವ ಹಲ್ಲಿನ ಮಧ್ಯೆಯಿಡಲು ಹೇಳಿ, ಬೆಳಿಗ್ಗೆ ಎದ್ದ ಮೇಲೆ ಬೆಚ್ಚಗಿನ ನೀರಲ್ಲಿ ಬಾಯಿ ಮುಕ್ಕಳಿಸಿ ತಿಂಡಿಗೆ ಗಂಜಿ ಸೇವಿಸಿ ಇನ್ನೊಂದು ಉಂಡೆ ಇಡಿ. ಕಾಪಿ, ಚ್ಚಾ ಒಂದಷ್ಟು ದಿನ ತೆಗೆದುಕೊಳ್ಳೋದು ಬೇಡ" ಹೀಗೆ ಹೇಳಿ ಅಜ್ಜ

सफ़र ज़िंदगी का

खामोशियों के कभी पैर नहीं होते
लफ्जों के दुनिया के रंग हर किसीको
पता नहीं होते।

मानने मनाने वाले मिलते रहेंगे
साथ देकर साथ छोड़नेवाले
साथ ना होकर भी साथ देनेवाले
मिलते रहेंगे।

कभी अपने कौन और पराए कौन
इस दौड़ मैं तुम भागोगे
तो कभी खुद खुद के जज्बातों की
दौड़ मैं हार जाओगे।

हर किसीकी कहानी अलग है यहां
कोई है खुली किताब
तो किसीके कहानी
के पन्ने ही गायब है।

जी लो सुकून के चार पल
इस भगोड़ी सी दुनिया में
क्यू और किसके पीछे
कब तक भागदौड़ करते रहोगे
बेहतर है यहीं
खुद के अंदर के तुफान को
खुदसे ही शांत करना सीखों
एक बार मिला है ये पल
जी खोल ले जी लो।



BARGAL PRAJAKTA S,
IV B.A.M.S

Remember when you first felt
 The caring arms of a mother?
 The sense of belonging and
 wholesome comfort like no other.
 Remember when you first felt
 The freshness of air?
 Refreshing your mind, slight rustling Of
 your hair.
 That, my fellow being, is the gift of Nature.
 One so true, embracing us
 In her caricature.
 The caricature of life,
 Of Beauty and grace.
 Growing with each one of us
 Along our journey's trace.

Our scholars have advised, to protect and endow.
 The dream of the Earth, to learn and grow.
 We lie now, long lost and forgotten.
 Our sense of duty lost and rotten.
 The rivers run dry, yet try to provide,
 The plants try to sprout, without any doubt.
 Then why won't we?
 Sensible Social Beings,
 Let's work for the Better instead of fleeing.
 Let's not complain anymore,
 Or point fingers and bore,
 Each of us has the gift, each one of us has the right,
 To lend a hand and abandon all the fight.
 Native Faces always cherish the nature back home,
 Every detail is nostalgic, every twig and every dome.
 Imagine how we can heal, if we come together this way,
 Glue back the broken pieces in a way that it will stay.
 It takes great effort to heal a gap this huge,
 But remember, every tiny drop creates the Ocean.
 The time has come to exercise Togetherness,
 And cherish the result in a spirit of Oneness.
 We are the Growth, or we can be a burden.
 The Choice is ours,
 But before time runs out, we must choose,
 Make peace among ourselves and call a Truce.
 We all look at the sky every day, the sun, the moon and all
 the stars,
 Not one part fails to protect us.
 We have one roof and one planet
 Either we show indifference or baseless pity.
 Come, let us be grateful
 And promote right living,
 Like our Acharyas suggest,
 Let us live right every day.
 Let us save our Home.
 Let us be the Change.

**NANDANA
 RANGAWAJJULA
 IV B.A.M.S
 And
 President,
 Art & Literature Club**



**STRONG ROOTS AND STEADY MINDS
 FLOWER INTO HOPES AND DREAMS**

**TEJASVI
 II B.A.M.S**



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