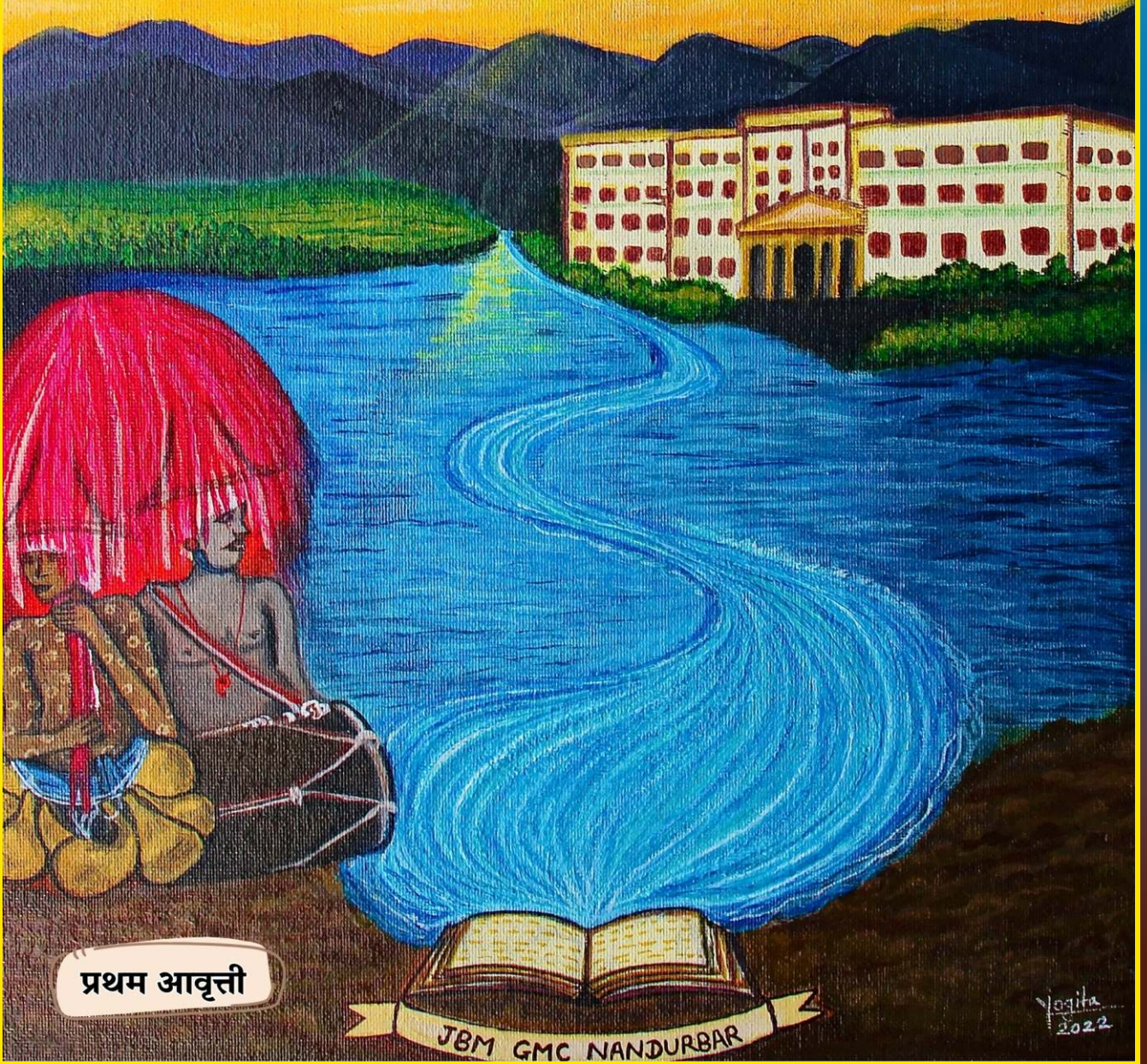


जननायक बिरसा मुंडा शासकीय वैद्यकीय महाविद्यालय
नंदुरबार



तापी तरंग

२०२५-२६



प्रथम आवृत्ती

JBM GMC NANDURBAR

Yogita
2022

CONTENT INDEX



THE LEADERSHIP PERSPECTIVE:	1
Dean Desk & Teacher In-charge Message		
EDITOR'S NOTE	3
Insights from the Editor in Chief and Co-editors		
THE CREATIVE ARCHITECTS	5
Introduction of the Editorial Board		
STUDENT LEADERSHIP	9
Meet the Student Council		
THE COVER STORY	13
Bolke mukhprushta, The legacy of people's hero (Jannayak Birsa Munda)		
REGIONAL ESSENCE	16
Glimpse of Nandurbar		

CONTENT INDEX



ACADEMIC EXCELLENCE

Toppers talk

..... 19

BEYOND THE WALLS

Inter College winners

..... 21

THE LITERARY LOUNGE

Articles, Poetry, Shayari

..... 25

THE FACULTY FORUM

Teacher's katta

..... 50

ENERGY IN MOTION

RANGVARDHAN : Cultural memory
RANSANGRAM : Sports memory

..... 55

THE FINAL FRAME

Arts , Photography, Batch and department portraits

..... 83



FROM THE DEAN'S DESK

It gives me immense pleasure to pen a few words for the inaugural issue of the college magazine of Jannayak Birsa Munda Government Medical College, Nandurbar. This publication marks an important milestone in the academic journey of our institution and reflects the collective enthusiasm, creativity, and commitment of our students and faculty.

Our college is progressing steadily with a clear vision of strengthening medical education, healthcare services, and infrastructure. The establishment and effective utilization of the MCH building has been a significant step towards improving patient care as well as providing enhanced clinical exposure to our students. To further support academic excellence, a new library facility with an integrated e-library has been initiated at the MCH building, ensuring better access to learning resources and modern medical literature.

While infrastructure and technology are essential, the true strength of a medical institution lies in its values. I strongly emphasize that polite, compassionate, and ethical behavior towards patients must always remain the foundation of medical practice. Every interaction with patients and their relatives should reflect empathy, respect, and professionalism, as these qualities define a true medical professional.

The smooth functioning of our college is the result of the dedicated efforts of teaching faculty, non-teaching staff, and administrative personnel. Their continuous support and commitment play a crucial role in maintaining academic standards and institutional discipline, and I sincerely acknowledge their contribution.

With a forward-looking approach, we are actively working towards expanding the undergraduate intake capacity from 100 to 150 seats, which will significantly enhance opportunities for aspiring medical students. With this expansion, nearly 1000 students will be present on campus at a time, creating a vibrant academic environment. In addition, plans are underway to develop a new hostel facility with a capacity of 500 students at the upcoming campus, ensuring better residential amenities.



This year also marks an important academic advancement with the addition of new postgraduate DNB, MD, and MS seats, further strengthening our institution's role in postgraduate medical education and specialty training.

I firmly believe that with disciplined effort, unity, and dedication, our college will continue to grow as a center of excellence in medical education and healthcare delivery. I extend my best wishes to the editorial team and contributors for their sincere efforts in bringing out this magazine, and I hope it becomes a platform that showcases talent, knowledge, and the spirit of our institution.

Let us continue to work together with commitment, compassion, and integrity for the betterment of society and the medical profession.

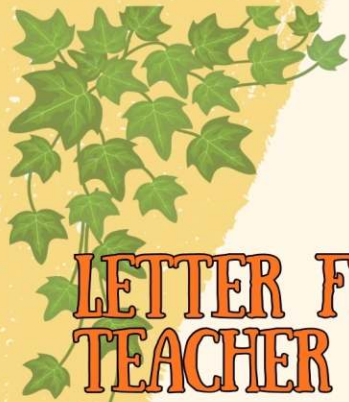
With best wishes,

Dr. Sanjay Rathod
Dean
Jannayak Birsa Munda Government Medical College
Nandurbar



**DEAN, JANNAYAK BIRSA
MUNDA GOVERNMENT
MEDICAL COLLEGE**





LETTER FROM THE TEACHER INCHARGE

Some journeys begin quietly—with faith stronger than certainty and dreams far larger than available resources.

Jannayak Birsa Munda Government Medical College, Nandurbar, is one such journey.

With profound emotion and immense pride, we present the inaugural issue of Tapi Tarang—the first voice, the first written heartbeat of our institution. This magazine is not merely a publication; it is a milestone etched in memory, capturing the spirit of a college that has risen through dedication, resilience, and collective belief.

JBM Government Medical College, Nandurbar, was founded with a noble vision: to nurture compassionate and competent medical professionals while serving the healthcare needs of a predominantly rural and tribal population. The foundation period of this institution was marked by challenges that tested our resolve, yet strengthened our spirit. What we lacked in resources was more than compensated by unwavering commitment, teamwork, and a deep belief in our purpose.

From those formative years to the present day, the college has steadily evolved—academically, clinically, and culturally. Every milestone achieved reflects the relentless efforts of our faculty, the sincere support of our administration, and, most importantly, the enthusiasm, resilience, and curiosity of our students. Here, students do not merely learn medicine; they learn empathy, creativity, leadership, and service. Faculty have stood not just as teachers, but as mentors and torchbearers. Students arrived not merely to study medicine, but to shoulder responsibility, embrace humanity, and serve society. Together, they have shaped the soul of this institution.

This first issue of Tapi Tarang is especially meaningful because it captures firsts—first thoughts, first expressions, first attempts, and first triumphs. Every word carries honesty; every creation reflects originality. It reminds us that learning is not confined to textbooks, and medicine is not limited to science alone—it is also art, emotion, reflection, and conscience.

In an age where speed often overshadows sincerity, Tapi Tarang celebrates authentic voices and ethical expression. It stands as a promise that our students will grow not only into skilled doctors, but also into thoughtful individuals who value integrity, creativity, and compassion.

This inaugural issue is lovingly dedicated to the **First Batch (2020)** of JBM Government Medical College, Nandurbar—the pioneers who walked an uncharted path with courage, patience, and faith, and who will forever remain an integral part of the college's foundation story.



It is also dedicated to our respected **Dean, Dr. Sanjay Rathod Sir**, whose visionary leadership, unwavering guidance, and constant encouragement have been instrumental in shaping the academic strength, discipline, and growth of this institution.

I extend my heartfelt congratulations to the student editorial team, under its first Student **Editor-in-Chief Tejas Waghmode (Batch 2021)**, for transforming an idea into a living legacy. I also thank every contributor for trusting this platform with their thoughts and emotions. May Tapi Tarang continue to flow—like the Tapi itself—carrying stories of effort, excellence, and empathy through the years to come.

As this first issue unfolds, may it remind us of where we began, honour how far we have come, and inspire us toward all that lies ahead.

With heartfelt wishes and deep pride.

Dr. Nilesh Tumram
Professor and Head
Department of Forensic Medicine and Toxicology
Teacher-in-Charge, Tapi Tarang
Jannayak Birsa Munda Government Medical College,
Nandurbar



**TEACHER INCHARGE
MAGAZINE COMMITTEE**



LETTER FROM THE EDITOR



When I was appointed Chief Editor of the inaugural edition of Tapi Tarang, I stood at ground zero. With no prior experience and no roadmap, the task felt like an uphill climb. Today, as this magazine comes to life, it stands as proof that great things can be built from nothing when there is a clear vision and a dedicated team.

The journey from "no idea" to a finished publication was a steep learning curve. However, I was never walking alone. My deepest gratitude goes to Shri Dr. Nilesh Tumram Sir, whose expert guidance at every step turned my uncertainty into confidence. Sir, your mentorship was the compass that kept this project on course.

I must also extend a special note of gratitude to the Student Council faculty members: Dr. Nilesh Mangam Sir, Dr. Vijay Kokani Sir, Dr. Sudhir Pandhare Sir and Dr. Yogesh Borse Sir. This magazine was born from their original vision and conceptualized through their guidance. Their belief in the student body's potential was the spark that set this entire project in motion.

I must also salute my Magazine Committee teachers and My Editorial Team. You are the true architects of this success. Your tireless work and collaborative spirit transformed a shared dream into these polished pages. You turned my "zero" into a collective "ten."

As I look toward the horizon, my heart is filled with a restless hope. I am now passing this torch to my juniors, trusting them to carry this legacy forward with even greater fire and dedication. It is my deepest prayer that Tapi Tarang remains the beating heart and vibrant voice of our college for as long as these walls stand—a timeless tradition that grows, evolves, and inspires every soul that walks through these gates.

This inaugural edition of Tapi Tarang is respectfully dedicated to our Honorable Dean, Dr. Sanjay Rathod Sir, your unwavering support and visionary leadership have been the foundation upon which this magazine was built. We are deeply grateful for the platform you have provided us to showcase our collective creativity.

As you explore this first edition, I hope you feel the passion behind every word. Tapi Tarang is more than a magazine; it is a celebration of our resilience and our college voice.

With pride and gratitude,

**"When thoughts find space,
transformation begins."**

Tejas Waghmode

EDITOR-IN-CHIEF

3



LETTER FROM THE CO-EDITORS



This magazine was born from silence. From tired eyes that stayed awake not just to study, but to dream. From hands that learned to heal others while quietly healing themselves. From students who carried pressure, fear, hope, and responsibility—often all at once.

At Jannayak Birsa Munda Government Medical College, we come from different places, different stories, different struggles—yet we stand together, united by one purpose: to serve life with compassion. This magazine is our shared voice. A space where emotions breathe, where unspoken thoughts finally find words, where the student behind the stethoscope is seen.

We are learning medicine, yes.
But we are also learning patience.
Resilience.
Empathy.
Humanity.

Inspired by Birsa Munda, who taught us to rise with courage even when the world feels heavy, these pages carry more than creativity—they carry truth. Poems written in moments of loneliness, stories shaped by wards and hostels, art born between exams and exhaustion. Each contribution is a quiet act of bravery.

This is our first step.
Not perfect.
But honest.

May this magazine remind us that before we become doctors, we are human beings—with hearts that feel deeply and minds that dare to hope.

This is our story.
And it has only just begun.

“Voices matter. Stories matter. And this magazine is where they begin.”

Gaurav Deshmukh
CO-EDITOR-IN-CHIEF



Sarthak Gunjal
CO-EDITOR-IN-CHIEF

Making this magazine wasn't just a project; it was a full-blown drama series featuring caffeine highs, creative blocks, and the beautiful chaos of deadlines. However, the journey from a quiet thought to a printed page was a saga in itself. It was a semester of electric highs and exhausting lows. While these pages carry the "soul"—the art and emotions of future doctors—my role in Sponsorship and Administration was to build the "skeleton." It wasn't always glamorous; it meant fighting for resources and navigating logistics in between exams and electives.

I could not have steered this ship alone. A massive part of this story belongs to my Co-Editor, Gaurav Deshmukh. Together, we turned sleepless nights of designing and layout into core memories. We were each other's sanity checks, ensuring that the pressure never outweighed the passion.

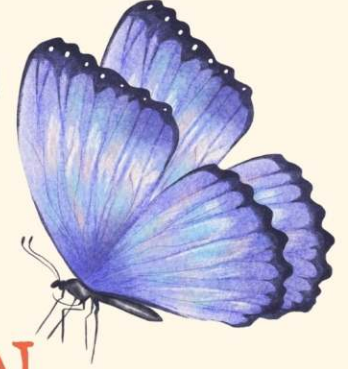
To our teachers and seniors (A huge shoutout to Tejas Waghmode sir): You were the lighthouse when we were drifting. Thank you for guiding us.

To the upcoming batches: This legacy is now yours. Inspired by Birsa Munda, who taught us to rise with courage, I urge you to keep this voice alive. Pick up the baton, find the funds, embrace the chaos, and tell your stories.



THE EDITORIAL BOARD

THE FACES BEHIND THE FONTS



CONTENT SECTION

मराठी



DR. SANDHYA GAJBHIYE
(MARATHI SECTION
INCHARGE)



MAITHILI
KARMARKAR



PARTH
KAKAD



SHRAVANI
CHAVAN

हिंदी



DR. SONIYA PARCHAKE
(HINDI SECTION
INCHARGE)



GYANENDRA
YADAV



ENGLISH



DR. VAIBHAV SABNIS
(ENGLISH SECTION
INCHARGE)



SANSKRUTI
MOKAL



STUTI
TIWARI



PHOTOGRAPHY SECTION



DR. SUDHIR PANDHARE



MR. KISHORE SHELKE



TEJAS SHINDE



NITIN MALEWAR



SIDDHANT WAGHMARE

SPONSORSHIP AND TREASURY



NIHAL PATIL



DR. RAVIDAS VASAVE



CHINMAY PATIL

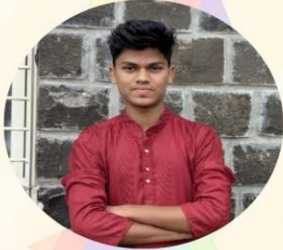


SANKALP NITURE



PRITHVIRAJ PAWAR

DESIGNED BY



NILESH
PAWARA



DR. ASHISH NIMJE



GAURAV
DESHMUKH



YOGITA PAWARA



NITIN MALEWAR



SARTHAK GUNJAL



SAYAJI BHOSALE



CHINMAY PATIL



TEJAS SHINDE



VAIBHAVI WASHIMBE



SHRIHARI PATIL



VIRAJ BARGE



CAMPUS REPRESENTATIVES



SHUBHAM JADHAV



SHRIHARI PATIL



ARPITHA VIPIN



AMOL MUNDHE



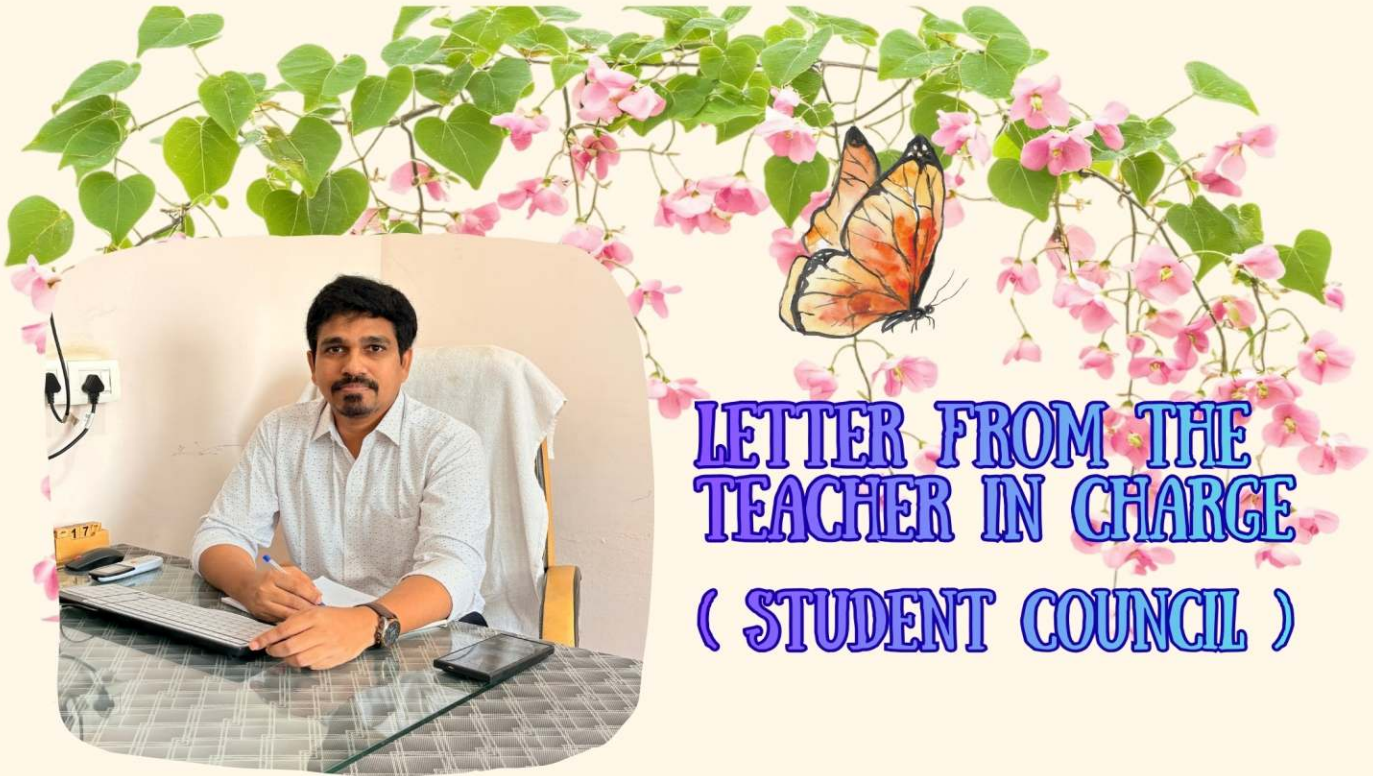
KUNAL NAWALE

ADVISORY COMMITTEE



DR. ANAND JAMKAR
DR. TRUPTI RAMTEKE
DR. RAJHANS NAGARKAR
DR. JOTI BAGUL
DR. DEODATTA SURYAWANSHI
DR. SANTOSH PAWAR
DR. TUSHAR PATIL
DR. SACHIN DHOLE
DR. PRAVIN THAKARE
DR. HARISHCHANDRA GAVIT
DR. VIJAY KOKANI
DR. UMAKANT SIDAM
DR. RAJESH SUBHEDAR
DR. VIJAYA GANGODE
DR. SANIKA PATIL
DR. SUNIL KHOT





It gives me immense pleasure and pride to present a few words for "Tapi Tarang", the college magazine of JBM Government Medical College, Nandurbar. Just as the Tapi River symbolizes continuity, growth, and life for this region, Tapi Tarang beautifully represents the flow of ideas, creativity, aspirations, and achievements of our students.

Medical education is not limited to acquiring clinical knowledge and technical skills alone. It is a transformative journey that shapes character, instills discipline, nurtures empathy, and builds a strong sense of responsibility towards society. In this journey, the Students' Council plays a pivotal role by providing students with opportunities beyond academics—helping them develop leadership qualities, teamwork, communication skills, and organizational abilities that are essential for future medical professionals.

The Students' Council of our institution has always demonstrated enthusiasm, unity, and commitment in organizing academic programs, cultural events, sports activities, and various social initiatives. Such platforms encourage students to express themselves, discover their talents, and work collaboratively, thereby contributing to their holistic development. These experiences prepare them to face future challenges with confidence, compassion, and integrity.

Tapi Tarang is a true reflection of this vibrant student life. Through articles, poems, artwork, achievements, and memories, this magazine captures the spirit of our campus and preserves moments that will be cherished for years to come. I sincerely appreciate the dedicated efforts of the Students' Council members and the editorial team for their hard work, creativity, and coordination in bringing out this meaningful publication.

I urge all students to continue participating actively in academic and co-curricular activities, to uphold the ethical values of the medical profession, and to always strive for excellence in every endeavor. May you remain lifelong learners, responsible leaders, and compassionate healers who serve society with humility and dedication.

I extend my best wishes to the Students' Council and congratulate the entire team behind Tapi Tarang. May this magazine continue to inspire, connect, and motivate students, and may its waves of creativity grow stronger with each passing year.

Dr. Nilesh Mangam
Associate Professor
Department of Surgery
Teacher-in-Charge, Students Council
Jannayak Birsa Munda Government Medical College,
Nandurbar



Dr. Nilesh Mangam

**TEACHER IN CHARGE
STUDENTS COUNCIL**

MESSAGES FROM TEACHERS (STUDENT COUNCIL)



DR. YOGESH BORSE

Namaste and Jai Johar!

It is a moment of immense pride to have the first edition of our college magazine—a special platform where the collective voices and talents of Jananayak Birsa Munda Government Medical College find expression. Serving as Cultural Advisor has been a journey of discovery. The challenge of balancing a rigorous medical curriculum with creative expression has taught me a vital lesson: science and art are inseparable. I have watched our students bridge the gap between technical excellence and the rich indigenous heritage of Nandurbar, proving that a true healer must nurture the spirit as well as the body. I express my sincere gratitude to the Honourable Dean, faculty, and students for their trust and participation. To our students: continue to strive, create, and dream. May this inaugural issue inspire a future filled with compassion, excellence, and cultural pride. With warm regards,

Serving as the Sports Incharge at Jannayak Birsa Munda Government Medical College, Nandurbar which is a tribal district of Maharashtra, has been a truly enriching experience for me.

I have witnessed our students display remarkable enthusiasm, discipline, and unity through sports alongside their academic journey. Sports here are not just activities but a means of building confidence, resilience, and community spirit

The launch of this first edition of our college magazine is a proud milestone that captures our collective growth and aspirations. I extend my heartfelt thanks to our Respected Dean, Faculty members, and Students for their unwavering support and encouragement. May we continue to grow stronger together in sports, academics, and service to society.



DR. VIJAY KOKANI

Culture is the heartbeat of our institution, providing a vital balance to the rigor of medical training. It has been a privilege to witness the immense talent, teamwork, and resilience displayed by our students. These events are more than celebrations; they nurture the confidence and empathy essential for future healers.

I extend my heartfelt gratitude to the students, faculty, and committees whose dedication enriches our campus life. May this magazine stand as a testament to our vibrant spirit. I encourage you to continue embracing creativity alongside your academic pursuits.

Wishing you success and fulfillment.



DR. SUDHIR PANDHARE



VOICE OF STUDENTS

As the General Secretary of our college, I take this opportunity to address each one of you with immense pride, responsibility, and faith in your potential. Our college is not merely an institution of learning; it is a vibrant space where ideas take shape, talents are nurtured, values are strengthened, and future leaders of the medical fraternity are moulded.

Each student plays a vital role in shaping the identity, culture, and spirit of our campus. Whether it is academics, sports, cultural activities, research, leadership, or social initiatives, your enthusiasm, participation, and unity define our true strength. It is this collective effort that transforms an ordinary campus into an extraordinary learning environment.

MBBS is a journey that goes far beyond textbooks and examinations. Along with academic excellence, it teaches us resilience, discipline, empathy, teamwork, and responsibility towards society. I encourage every student to explore their interests, participate actively in college life, and make the most of every opportunity, while remaining committed to the ethics and values of our noble profession.

Let us continue to support one another, respect diversity, and grow together – not just as future doctors, but as compassionate, confident, and socially responsible individuals. May your journey here enrich you with knowledge, character, friendships, and memories that last a lifetime.

Wishing each one of you success, growth, strength, and meaningful experiences throughout your journey in this institution.



Prheeraj Rayate

GENERAL SECRETARY



VOICE OF STUDENTS



DHEERAJ RAYATE
(GENERAL SECRETARY)



TEJAS WAGHAMODE
(CULTURAL SECRETARY)



SURAJ PATIL
(SPORTS SECRETARY)



GAURAV DESHMUKH



MAHENDRA DEWASI



ARYAN LAHARI



SOHIT BATULE



SIDDHANT WAGHMARE



KUNAL NAWALE



KIRAN PATEL



PURUSHOTTAM JHOPLE



RESEARCH AND TREASURY



SAKSHI POTE



PRACHI SAWALE



GYANENDRA YADAV



MUGDHA CHAVAN



HRISHIKESH DESHPANDE

बोलकं मुखपृष्ठ

मुखपृष्ठ : निसर्ग, संस्कृती आणि वैद्यकीय साधनेचा त्रिवेणी संगम

सदरील मुखपृष्ठात नंदूरबार जिल्ह्याचा निसर्ग, संस्कृती आणि जननायक बिरसा मुंडा शासकीय वैद्यकीय महाविद्यालयाचे चित्र दर्शवण्याचा प्रयत्न केला आहे. सातपुडा पर्वतरांगांच्या कुशीतून शांतपणे वाहणारी तापी नदी केवळ भौगोलिक अस्तित्व न राहता, या भूमीची जीवनरेषा म्हणून उभी राहते. सूर्याच्या कोवळ्या किरणांत न्हाऊन निघालेली ही नदी ज्ञान, सातत्य आणि प्रवाहाचे प्रतीक बनते. ज्या प्रकारे नदी आपल्या प्रवाहातून जीवनाला पोषण देते, त्याच प्रकारे वैद्यकीय ज्ञान समाजाच्या आरोग्याला दिशा देते.

चित्राच्या मध्यभागी उघड्या पुस्तकातून प्रवाहित होणारी तापी नदी ही वैद्यकीय शिक्षणाची रूपकात्मक मांडणी आहे. पुस्तक म्हणजे अखंड ज्ञान, संशोधन आणि अनुभव यांचा संग्रह, तर त्यातून वाहणारी नदी म्हणजे त्या ज्ञानाचा प्रत्यक्ष रुग्णसेवेत होणारा उपयोग. मानवी शरीरातील रक्तवाहिन्यांप्रमाणेच हे ज्ञान प्रत्येक कोपऱ्यात पोहोचून जीवनरक्षणाचे कार्य हे आमच्या वैद्यकीय महाविद्यालयाच्या मार्फत करणार आहे.

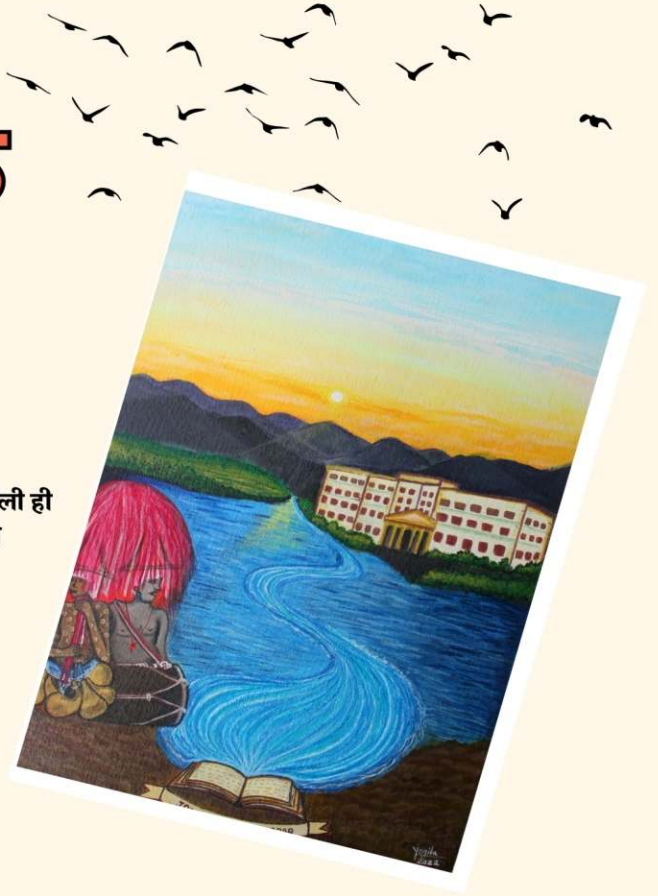
पार्ष्वभूमीवर उभे असलेले शासकीय वैद्यकीय महाविद्यालय हे आशेचे आणि सेवाभावाचे प्रतीक आहे. सातपुड्यासारख्या कठीण व दुर्गम परिस्थितीतून मार्ग काढत उभे राहिलेले हे संस्थान वैद्यकीय विद्यार्थ्यांच्या कठोर परिश्रमांचे, संयमाचे आणि समर्पणाचे प्रतीक ठरते. पर्वत जसे स्थिर आणि भक्कम असतात, तसेच वैद्यकीय शिक्षणात आवश्यक असलेले शिस्तबद्ध ज्ञान, नैतिकता आणि जबाबदारी यांचे ते प्रतीक आहे.

सदरील चित्रात नंदुरबारची पारंपरिक होळीचे दोन पात्र दर्शवण्यात आलेले आहेत. नंदूरबार जिल्ह्यातील काठीची राजवाडी होळी संपूर्ण महाराष्ट्रात प्रसिद्ध आहे. चित्रातील होळी संस्कृती समाजाच्या मुळाशी जोडलेली मानवी संवेदना दर्शवते. पारंपरिक वाद्य आणि लोककला यांतून व्यक्त होणारा उत्साह हा डॉक्टर आणि समाज यांच्यातील नाते अधोरेखित करतो. कारण वैद्यकशास्त्र हे केवळ आजारांवर उपचार करणारे शास्त्र नसून, माणूस म्हणून माणसाशी जोडले जाण्याची कला आहे.

हे मुखपृष्ठ म्हणजे निसर्गाची शांतता, संस्कृतीची ऊब आणि वैद्यकीय विज्ञानाची जबाबदारी यांचा सुसंवादी संगम आहे. तापीच्या प्रवाहासारखेच येथील महाविद्यालयाचे विद्यार्थी ज्ञान, करुणा आणि सेवाभाव घेऊन समाजाच्या आरोग्यरक्षणासाठी अखंड वाहत राहतील, हीच या मुखपृष्ठामागील मौन पण प्रभावी भावना आहे !

संकल्पना : निलेश पावरा (MBBS २०२२)

चित्रकार: योगिता पावरा (MBBS २०२२)



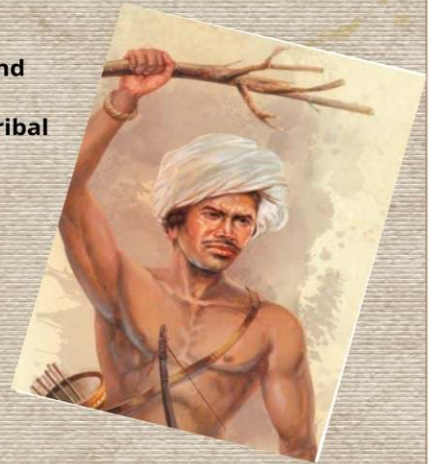
JANNAYAK BIRSA MUNDA

THE VOICE OF TRIBAL RESISTANCE

On 03 October 2025, Government Medical College, Nandurbar was officially renamed as Jannayak Birsa Munda Government Medical College, Nandurbar. The name change reflects our institution's commitment to serving tribal communities in the region. As students of this institution, let us take a moment to explore the life and work of Birsa Munda. His leadership sparked hope, unity, and a strong sense of pride among tribal communities, and continues to inspire even today.

1. Who Was Jannayak Birsa Munda

Birsa Munda was born on 15 November 1875 in the Chotanagpur region of present-day Jharkhand. He emerged as a young leader during the British period and became a source of inspiration for tribal communities. Though his life was short, ending at the age of 25, his influence spread across tribal regions of eastern and central India.



2. Birsa Munda and the Tribal Struggle

During the late nineteenth century, British policies attempted to transform the traditional tribal agrarian system into a feudal structure. This change resulted in widespread frustration among tribal communities, as they lost their traditional rights over land and were forced to work as agricultural labourers under exploitative conditions. Birsa Munda strongly opposed this system. He led a series of revolts and uprisings against the British Raj, aiming to restore the rights of the Mundas as the original owners of the land. He also sought the removal of exploitative middlemen and foreign rule. Under his leadership, tribal communities united as never before and resisted injustice with determination and courage.





ULGULAN

3. Ulgulan

The movement led by Birsa Munda came to be known as Ulgulan, meaning "The Great Rebellion." It was a powerful expression of tribal unity and a demand for justice, land rights, and cultural protection. Birsa Munda was arrested in 1900 and later died in Ranchi Jail, but the spirit of Ulgulan continued to inspire tribal resistance long after his death.

4. Why Birsa Munda Matters to Tribal India Today

Even today, tribal communities face challenges related to development, healthcare, education, and social equality. Birsa Munda's ideals of awareness, unity, and dignity remain deeply relevant. His life reminds us that progress must respect people, culture, and identity.

5. Echoes of Birsa Munda in Tribal Nandurbar

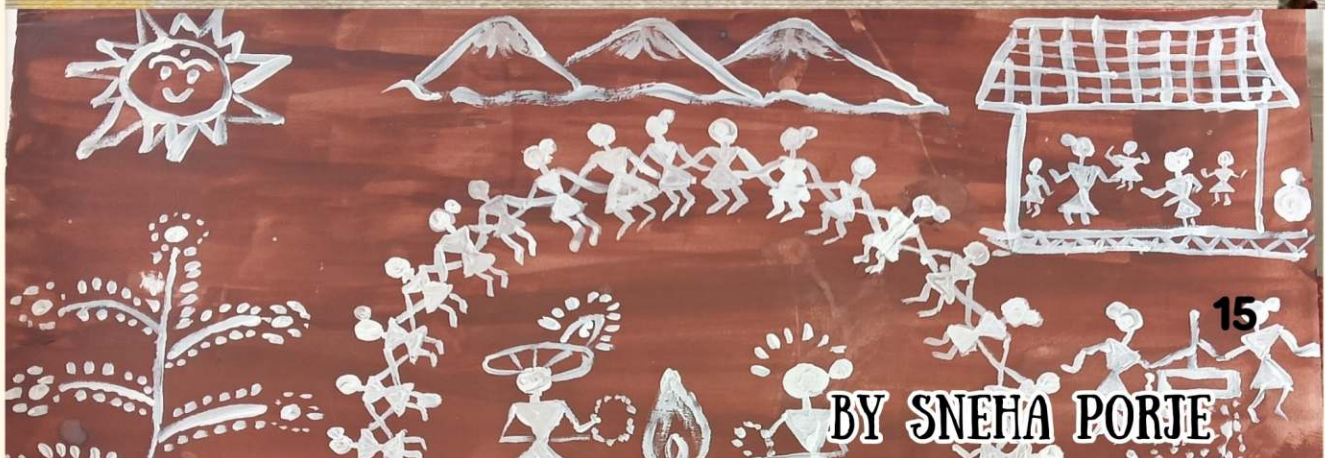
Nandurbar is a tribal-dominated district, home to Bhil, Pawara, Kokani, and Gavit communities. Issues of access, equity, and development in the region closely reflect the concerns Birsa Munda raised more than a century ago. The college bearing his name serves as a reminder of responsibility toward tribal welfare and service with empathy.

6. Legacy of Birsa Munda

Birsa Munda's legacy is recognized at the national level. He is the only tribal leader whose portrait hangs in the Central Hall of the Indian Parliament, a rare honour that reflects his historical importance. His birth anniversary on 15 November is observed as Janjatiya Gaurav Diwas, celebrating tribal culture and contributions.

Several institutions, universities, and public places across India are named after him, and his ideals continue to influence movements for tribal rights and social justice. He belongs not to one region alone but to the entire nation, standing as a lasting symbol of resistance, dignity, and hope.

By Tejas Shinde,
Batch 2022



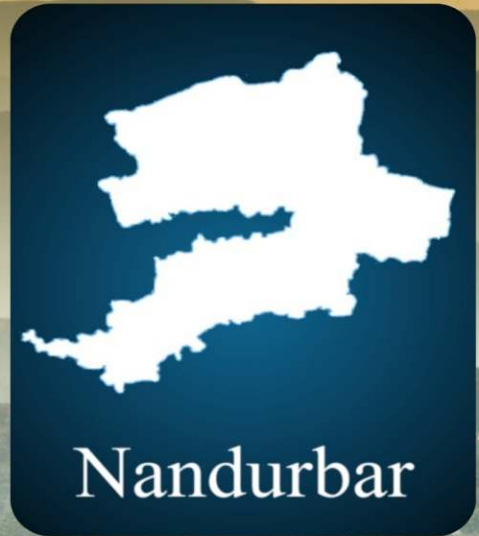
NANDURBAR

The Tribal heart of Khandesh

- Tejas Shinde, 2022 batch

Nandurbar is a district known for its historical significance and deep-rooted tribal identity. Formed on 1st July 1998 after being separated from Dhule district, it forms an important part of the Khandesh region.

The district is geographically defined by the Narmada River along its northern boundary and its proximity to the states of Gujarat and Madhya Pradesh distinguished by its rich tribal culture, shaped by generations of Adivasi communities and expressed through traditions, festivals, and local folk art.



Nandurbar is known for its vibrant tribal heritage represented by communities such as Bhil, Pawara, Kokani, and Gavit. The region's culture is deeply connected to nature, with traditions, festivals, and folk art reflecting the spirit of the land. Tribal music, dance, and rituals bring the community together during celebrations, creating a unique cultural rhythm. Handicrafts and traditional artwork showcase the creativity and craftsmanship of the local people. This rich cultural heritage continues to remain the heart of Nandurbar, preserving its identity through generations.

Nandurbar's landscape is shaped by a mix of forests, hills, and fertile plains, creating a naturally green and serene environment. The district is part of the Satpura range, which gives it a unique hilly terrain and cooler pockets of climate. The forested areas are rich in biodiversity and provide a natural habitat for wildlife. Overall, the region's nature is peaceful and deeply connected to rural life and traditional communities,





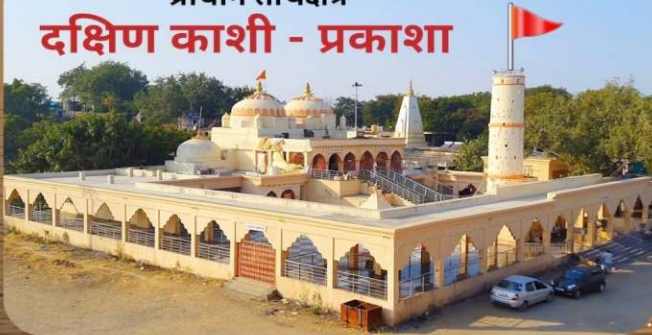
Nandurbar's economy is mainly agriculture-driven, with tribal communities practicing traditional rainfed farming. Major crops include cotton, sugarcane, millet, and pulses, while commercial cultivation of onion and garlic is gradually increasing. The district is also moving towards agro-based industries, supported by dairy farming and government Initiatives.

Shirish Kumar Mehta

Shirish Kumar Mehta, a brave 15-year-old student from Nandurbar, became a symbol of courage during the Quit India Movement (1942). While leading a procession of school children, he challenged the British police, saying "If you want to fire, then shoot at me!" and was tragically shot dead along with four friends at Mangal Bazar. His sacrifice is remembered through the Shirish Kumar Smarak, which stands as a reminder of youthful bravery and patriotic spirit



प्राचीन तीर्थक्षेत्र दक्षिण काशी - प्रकाशा



Prakasha ~Dakshin Kashi

A historic village on the banks of the Tapi River, famous for its ancient temples and spiritual atmosphere.

Asthamba

A famous tribal spiritual site in Akrani tehsil, known for the 10-15 day Asthamba fair during Diwali, linked to the legend of Ashvatthama.

Natural Wonders

TORANMAL

A scenic hill station famous for greenery, waterfalls, and the peaceful Yashwant Lake.

UNAPDEV

Known for its hot water spring, shaped like a cow's mouth, and linked to the Ramayana.



OUR SPONSORS

हॉटेल गारवा

हॉटेल गारवा

हॉटेल गारवा



VISIT NOW

HOTEL.GARAWA

RESTAURANT BY

गारवा

9422788824

THAKUR COMPLEX, KOKANI HILL, NANDURBAR



HOTEL GARVA



For Menu Scan me

18

DR.PRAJAKTA DIGHE (FINAL YEAR)



Prajakta Dighe
2020 batch

This final year has been a journey of learning far beyond textbooks. It was all about discipline, consistency, and never giving up. Every subject helped to shape my foundation as a future doctor, but medicine has always been closest to my heart.

Seeing patients, discussing cases, and applying what I learned in real life made it more interesting and memorable. Clinical postings played a big role in this. Small daily efforts and habit of making concise notes make me easy to revise day before exam. There were moments of self-doubt, but regular effort and guidance from seniors and faculties helped me keep going, pushing me toward a lifelong journey of learning, responsibility, and serving others.

PRERNA CHANDAK (THIRD YEAR)

Study for gaining knowledge, not merely for passing exams. PSM in particular is not a subject liked by everyone. Topics like the DOTS strategy for TB control, national health programs, and preventive medicine fascinated me because they showed how medicine works at a population level, not just at the bedside. Things become easy when you are genuinely interested in them. Instead of studying only to finish chapters, I focused on understanding concepts and their real-life applications. Faculties were very encouraging and help me cleared my doubts. Consistency was my biggest strength. I did not rely on last-minute preparation. Be consistent, revise repeatedly, and trust the process. Try to find one interesting aspect in every subject—it will change the way you study.



Prerana Chandak
2021 batch

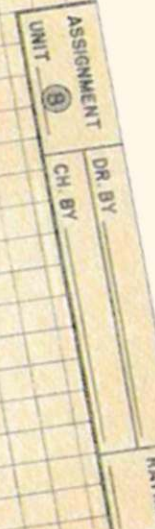
PRACHI SAWALE (SECOND YEAR)



Prachi Sawale
2022 batch

Honestly, 2nd year MBBS was tough but fun. I didn't follow any fancy strategy—just stayed regular, focused on understanding concepts, and revised whenever possible. Studying with friends and teaching each other made learning easier (and less boring!). There were stressful days, but also a lot of laughs along the way. In the end, consistency worked better than last-minute panic.

TOPPER'S TALK



MUGDHA CHAVAN (SECOND YEAR)



Mugdha Chavan
2023 batch

For me, studying has never been only about exams. I genuinely enjoy reading textbooks and understanding concepts in depth. During non exam periods, I focus on learning without pressure and as exams approach, I shift to revising high-yield topics first and then the ones less important. Almost everyone studies, but what truly makes a difference is how clearly you understand what you read and that clarity builds confidence

MRUNAL PHADKE (SECOND YEAR)

I'll be honest, I was never the person pulling all-nighters. I was an 11th-hour strategist. I realized early on that it's not about how many hours you clock, but where you put the energy. I focused on the high-yield topics, revised like a minimalist, and leaned hard on my basics. If I've learned anything, it's that studying smart beats studying long every time. Trust your prep, stay calm, and remember: last-minute confidence is worth way more than last-minute panic.



Mrunal Phadke
2023 batch

SARASWATI VISHWAKARMA (FIRST YEAR)



Saraswati Vishwakarma
2024 batch

An ordinary student's journey was shaped by panic, caffeine, and last-minute learning, along with an initial failure that made success feel uncertain. Living away from home brought loneliness and personal growth, but constant support and faith from parents provided strength. Studying happened in small, difficult steps, and exam day was faced with determination rather than confidence. The final result reflected endurance, teaching that struggle is not failure, starting with fear still matters, and persistence—supported by family—helps ordinary students succeed.

TOPPER'S TALK



INTER COLLEGE

Events!!

Badminton competition



Mrunal and Ayush delivered a stellar performance at the intercollege badminton tournament hosted by DUPMC, Jalgaon. Showcasing exceptional skill and unwavering focus, the duo secured the Runners-up position. Their achievement highlights their dedication to the sport and has brought immense pride to our college community.

The Unstoppable Debut



GMC Nandurbar's Golden Run History wasn't just written; it was dominated! In our very first appearance at the Inter-College Volleyball Competition organized by DUPMC, Team GMC Nandurbar didn't just participate—we conquered. With a clinical 7-0 clean sweep, our girls remained unbeatable from the first serve to the final spike. Seven matches, seven victories, and one gold trophy to bring home. The debutants are now the champions!

INTER COLLEGE

Events!!



Quiz Competition



Nashik, Maharashtra, India
Zip:218xg, Hindustan Nagar, Vasantdanagar
Nashik, Maharashtra 422 07, India
Lat: 20.035712° Long: 73.852625°
03/07/2025 04:48 PM GMT +05:30

Shraddha Ghag and Amaresh Bhangre participated in the Public Health Quiz held at Dr. Vasantrao Pawar Medical College, Nashik, where they successfully qualified for the zonal round. The competition was challenging and demanded the application of theoretical PSM knowledge to practical public health scenarios, national health programs, and recent updates, encouraging critical thinking and a deeper understanding of community medicine.



Shraddha Ghag, Amaresh Bhangre, and Niyati Tyagi also emerged victorious at the IAPSM Quiz conducted at JBMGMC, Nandurbar, further strengthening their grasp of public health concepts and inspiring them to explore the subject beyond routine academics.



In addition, Shraddha Ghag and Niyati Tyagi, along with Shreyas Palav and Ishika Shah, secured second place in the Anatomy and Microbiology Quiz at SBHGMC, Dhule. These experiences enhanced their conceptual clarity, analytical skills, teamwork, and confidence, making the competitions enriching academic milestones.



Badminton competition

Mrunal delivered a standout performance at the DUPMC, Jalgaon intercollege tournament, securing the Runner-up title in the Badminton Singles category. Her agility and competitive spirit were on full display as she fought hard in the finals. This achievement reflects her immense dedication and brings great honor to our institution.

अभया की कहानी

जो अस्पताल में ना महफूज़ रही, उसे रास्तों पे क्या बचाओगे?
अरे कब तक तुम रातों में यूँ मोमबत्तियाँ जलाओगे?
हाल मेरा कुछ ऐसा किया कि मेरे अपने भी देख ना पाए मुझे
अब जो मेरी जगह कोई और आए, उसे कैसे यकीन दिलाओगे?



मेरा तो कसूर ना था, फिर मैंने क्यों ये सज़ा पाई,
खून भरे आँसू देख, क्यों तुम्हें दया ना आई?
क्यों सवाल उठा मेरे कपड़ों पे, मेरे चरित्र पर,
क्यों ना तुम्हें एक बार भी उनकी बुरी नीयत नज़र आई?

जिन आँखों में ख़्वाब थे, उन आँखों में काँच के टुकड़े हैं,
जिस्म तो ज़मीन पर बिखरा है, अरमान भी मेरे बिखरे हैं,
जिन कंधों पे ज़िम्मेदारियाँ थीं, उन कंधों को ही तोड़ा है,
मेरी माँ का नाता ज़िंदगी भर के लिए आँसुओं से जोड़ा है।

ना खयाल आया उन दरिदों को मेरे दर्द का एक बार भी,
उन्हीं दरिदों को सज़ा देने में क्यों कतराती है सरकार भी,
मुझे तो ना दिया मौका खुद को यूँ बचाने का
फिर क्यों उन्हें बचाने की तरकीबें हज़ार दी?

क्यों औरत के चरित्र पर सवाल उठते हैं बार-बार?
कोई मेरी भी आवाज़ सुने, अब और कितना करूँ इंतज़ार?
क्यों बेड़ियाँ बंधी हैं हर वक्त हमारे पैरों में,
ज़रा बाँध के देखो बेटों के पैरों को भी अपने एक बार।

दुनिया का दर्द मिटे इस चाहत में मैंने नींदें गँवाई
मेरे ज़ख़्मों को कुरेदते हुए क्यों एक बार भी उन्हें शर्म ना आई?
मेरे बेजान उस शरीर की तस्वीरें हर जगह फैलाई,
ये किस किस की आज़ादी हम औरतों के हिस्से में आई?

स्याही सूख भी नहीं पाती अख़बारों की
और नई ख़बर आ जाती है बलात्कारों की।

कल निर्भया थी, आज अभया है, कल और किसी की काया होगी,
एक पिता के दिल का टुकड़ा, वो एक माँ का साया होगी,
कब तक इस अंधे समाज में घूमेगे ये दरिंदे,
खोलो आँखें अब देर ना करो, लगाओ उनके गले में फंदे।

OUR SPONSORS



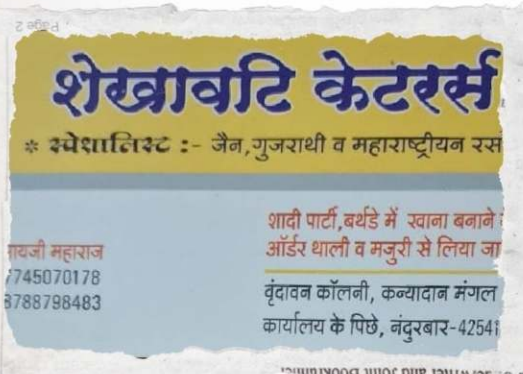
ZAIN PARKER



Thank You



BIJASANI BHOJNALAY



SHEKHAVATI CATERERS





MESSAGE FROM THE SECTION IN-CHARGE



DR. VAIBHAV SABNIS
SECTION INCHARGE (ENGLISH)

I sincerely congratulate the Tapi Tarang team on the wonderful initiative of starting a college magazine. My appreciation to every member whose effort and time made this possible.

Tapi Tarang is a valuable platform for students to express themselves freely and explore their creative side. After all, innovation comes from imagination and the courage to think beyond conventional boundaries.

तापी तरंग यह पत्रिका JBMGMC के विद्यार्थीयो और शिक्षको की प्रतीभा को मंच देने का एक बेहतरीन प्रयास है। यह केवल उपलब्धियो को उजागर करने तक सीमत नहीं है, बल्की हर किसी को अपनी रुची , रचनात्मकता और विचारों को अभिव्यक्त करने का अवसर भी देती है। हमारे अधिष्ठाता माननीय डॉ संजय राठोड सर के मार्गदर्शन और नेतृत्व में हमें पूर्ण विश्वास है की यह पहल अत्यंत सफल होगी। पूरी टीम को हार्दिक शुभकामनाएँ! ★



DR. SONIYA PARCHAKE
SECTION INCHARGE (HINDI)



DR. SANDHYA GAJBHIYE
SECTION INCHARGE (MARATHI)

अभिनंदन...!!!
"तापी -तरंग" ...!
आपल्या महाविद्यालयाचे पहिले-वहिले विद्यार्थी-मासिक...!
हे केवळ मासिक नसून,
एक नवी सुरवात आहे !
विचारांना पंख देणारी !
संवेदनशीलता जपणारी!
आणि आपली एक नवी ओळख घडवणारी!
आपल्या भावनांना-विचारांना शब्द देण्याचे,
स्वतःच्या अंतर्मनाचा आवाज शोधण्याचे,
एक हक्काचे -प्रभावी व्यासपीठ,
सर्वांना उपलब्ध करवून देणाऱ्या व "तापी -तरंग" च्या जडणघडणीतील प्रवासात,
प्रत्यक्ष -अप्रत्यक्षपणे मोलाचा वाटा उचलणाऱ्या सर्व विद्यार्थ्यांचे खुप -खुप कौतुक!
आणि या सुंदर शब्दमय प्रवासाचे साक्षीदार होऊ पाहणाऱ्या
सर्व 'वाचक-लेखक' वाटसरुंना हार्दिक शुभेच्छा!



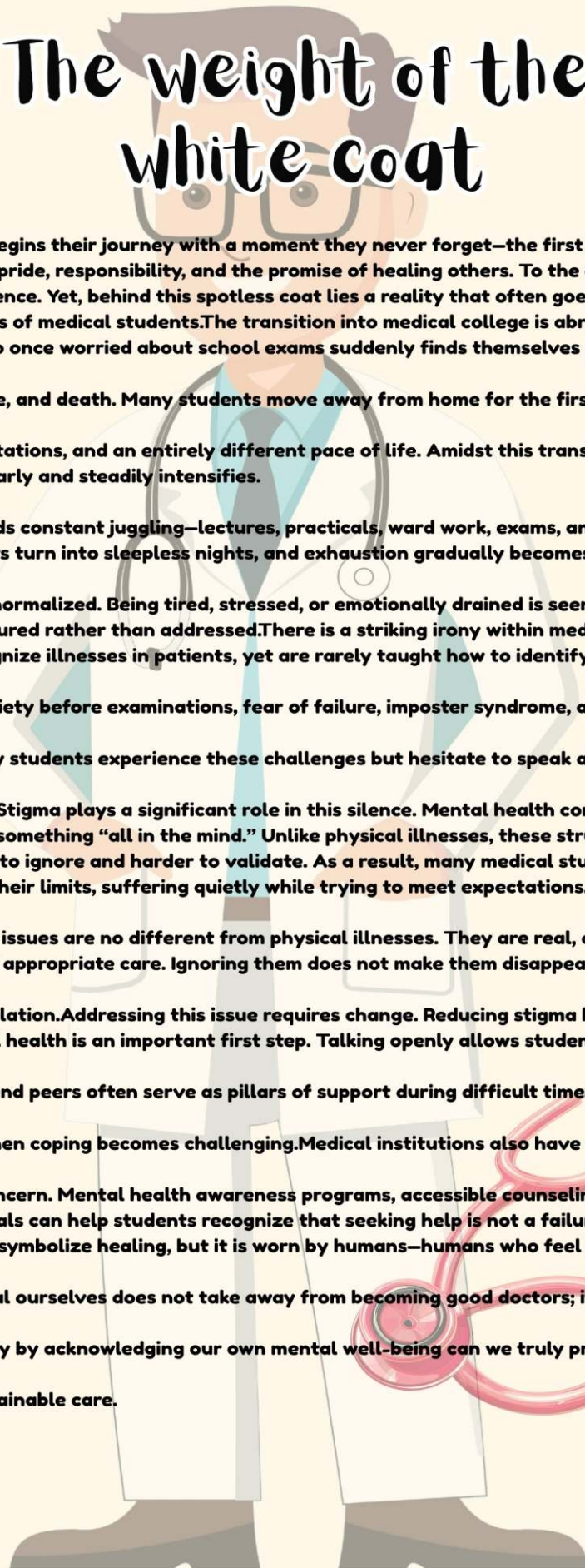
The weight of the white coat

Every medical student begins their journey with a moment they never forget—the first time they wear the white coat. It symbolizes pride, responsibility, and the promise of healing others. To the outside world, it represents success and resilience. Yet, behind this spotless coat lies a reality that often goes unnoticed—the silent mental health struggles of medical students. The transition into medical college is abrupt and overwhelming. A student who once worried about school exams suddenly finds themselves preparing to deal with human suffering, disease, and death. Many students move away from home for the first time, adjusting to a new environment, new expectations, and an entirely different pace of life. Amidst this transformation, the pressure to perform begins early and steadily intensifies.

Medical training demands constant juggling—lectures, practicals, ward work, exams, and an ever-expanding syllabus. Long days turn into sleepless nights, and exhaustion gradually becomes routine. Burnout is not only common; it is often normalized. Being tired, stressed, or emotionally drained is seen as part of the process, something to be endured rather than addressed. There is a striking irony within medical education. Students are trained to recognize illnesses in patients, yet are rarely taught how to identify or manage their own mental health struggles. Anxiety before examinations, fear of failure, imposter syndrome, and persistent self-doubt quietly take hold. Many students experience these challenges but hesitate to speak about them, fearing judgment or appearing weak. Stigma plays a significant role in this silence. Mental health concerns are often dismissed as overthinking or something “all in the mind.” Unlike physical illnesses, these struggles are invisible, making them easier to ignore and harder to validate. As a result, many medical students continue pushing themselves beyond their limits, suffering quietly while trying to meet expectations.

However, mental health issues are no different from physical illnesses. They are real, diagnosable, and deserve timely attention and appropriate care. Ignoring them does not make them disappear; instead, it deepens emotional exhaustion and isolation. Addressing this issue requires change. Reducing stigma by normalizing conversations around mental health is an important first step. Talking openly allows students to feel seen and understood. Friends, family, and peers often serve as pillars of support during difficult times, while professional help can provide guidance when coping becomes challenging. Medical institutions also have a responsibility to acknowledge this growing concern. Mental health awareness programs, accessible counseling services, and discussions led by professionals can help students recognize that seeking help is not a failure, but a form of strength. The white coat may symbolize healing, but it is worn by humans—humans who feel pressure, fear, and vulnerability. Learning to heal ourselves does not take away from becoming good doctors; it strengthens our ability to care for others. Only by acknowledging our own mental well-being can we truly practice compassion and provide meaningful, sustainable care.

— Sanskruti Mokal
Batch 2021





Paradox of Proximity

Unwanted and unexplored cities will always make sure that our loneliness gets converted to solitude, whether at a very fast pace or one day at a time.

This is the only good part of such cities, as it is this unseen side that makes the city seem unwanted.

Loneliness in such cities is actually the "paradox of proximity."

The initial emptiness of a new social landscape evokes a sense of existential nothingness—the absence of inherent connection and the absence of belonging.

The large void created, or that which appeared, needs to be fixed—not all at once, but one step at a time.

At such times, you'll try to be the sun, you'll try to be the moon, but eventually, you end up being a disaster.

You absolutely must remember that every disaster has its own time for rehabilitation.

Written by: Ansari Zoya Firdaus Abdul Raheem.

Batch: 2023



EPHEMERAL

By Tejasvi Madankar

*I adore you Charming, joyous, gentle teenager, Generous
smile of yours, Never allowed me to spare my eyes.*

*I barely knew, You could never be mine, But the thought of
it, Would always gave me flowers.*

*Dark clouds above my head, Little did I knew in the
moment, What they were meant for, But still, I was
wondering for rain.*

Wombs of the future

*Had something else for both of us, Ways apart, were
destined.*

To look for the world with never you.

*It started with you, But it won't end at you, Ephemeral, you
came into my life,*

To teach me what love isn't,

To be continued...

The line of life.

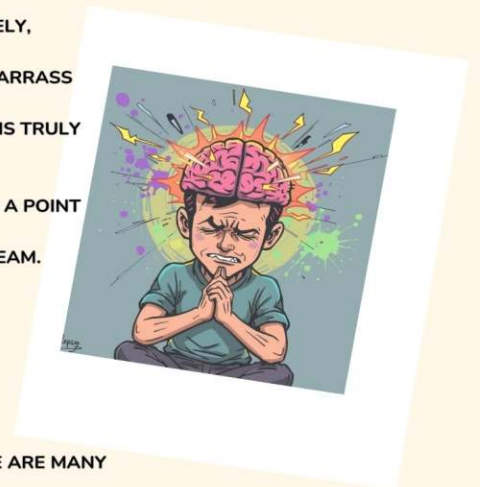


MENTAL HEALTH : A GROWING CONCERN



YOUNGSTERS THESE DAYS COPE WITH MANY MENTAL PROBLEMS. DUE TO THE CHANGING WORLD AND DEVELOPING SCIENCE, CHILDREN ARE TAUGHT TO KNOW EVERYTHING AND GRASP EVERYTHING. TEENAGERS FACE MANY DIFFICULTIES AT SCHOOL, IN SOCIETY, ETC. PEOPLE OF MY AGE HAVE TO GO THROUGH MANY THINGS SUCH AS TAUNTING, BULLYING, DISCRIMINATION, AND ALL. THIS DETERIORATES THE MENTAL HEALTH OF TEENS, LEADING THEM INTO A PHASE OF LIFE WHERE WHAT IS RIGHT OR WRONG BECOMES UNCLEAR TO THEM. THEY MAY CHOOSE PATHS HARMFUL TO THEMSELVES.

NOW, LET US TALK ABOUT ONE OF THE MOST COMMON REASONS: WHY TEENS DO NOT INVOLVE THEMSELVES IN FAMILY GATHERINGS OR ARE NOT VERY INTERACTIVE. IN A COUNTRY LIKE OURS, ELDERS HAVE BEEN PRACTICING THE RITUAL OF ASKING CHILDREN ABOUT THEIR GRADES AND RELATED MATTERS. UNFORTUNATELY, THEY OFTEN DO NOT CARE ABOUT WHAT THE CHILD IS GOING THROUGH. THEIR INTENTION IS TO DOWNGRADE OR EMBARRASS THE CHILD AND HIS OR HER PARENTS IN FRONT OF OTHER RELATIVES JUST TO SATISFY THEIR JEALOUSY, WHICH IS TRULY UNFAIR. NO ONE DESERVES TO GO THROUGH SUCH AN EXPERIENCE. IT FURTHER DEMOTIVATES THE CHILD TO A POINT WHERE HE OR SHE BEGINS TO FEEL WORTHLESS. SUCH STUDENTS LOSE HOPE EVEN BEFORE THEY BEGIN TO DREAM. THEY FORGET THEIR TRUE POTENTIAL AND REMAIN TRAPPED IN A BUBBLE OF LOW SELF-CONFIDENCE THROUGHOUT THEIR LIVES. THEIR LIFE'S JOURNEY STARTS DERAILING AND NEVER REACHES ITS DESTINATION. IN THIS SIGNIFICANT YEAR OF 2026,



PEOPLE NEED TO UNDERSTAND THAT BEING PHYSICALLY AND SOCIALLY FIT IS IMPORTANT, BUT MAINTAINING MENTAL HEALTH IS EQUALLY ESSENTIAL. NOWADAYS, THERE ARE MANY REASONS WHY PEOPLE FEEL TIRED AND STRESSED ALL THE TIME. A LACK OF ENTHUSIASM TOWARDS WORK IS CLEARLY VISIBLE. THERE ARE TIMES WHEN PEOPLE GIVE UP ON THINGS WITHOUT UNDERSTANDING THE ROOT CAUSE, WHICH OFTEN LIES IN IMBALANCED MENTAL HEALTH.

A HUMAN BEING IS THE MOST BEAUTIFUL CREATURE THRIVING ON EARTH, GIFTED WITH A MARVELOUS ORGAN CALLED THE BRAIN. DESPITE HAVING SUCH BRILLIANCE, PEOPLE OFTEN MISUSE IT AND FORGET TO TAKE CARE OF IT. THE REASON LIES IN EMOTIONS. HUMANS EXPERIENCE A WIDE RANGE OF EMOTIONS, WHICH MAKES THEM VULNERABLE TO VERBAL OR PHYSICAL HARM. WHEN A PERSON FAILS TO ENDURE SUCH ATTACKS, HE OR SHE MAY BECOME TRAPPED IN GUILT AND REGRET FOR NOT STANDING UP FOR THEMSELVES. MENTAL HEALTH IS NOT JUST A TOPIC THAT MAKES FOR A NEWSPAPER HEADLINE DURING SNACK TIME; IT IS A KEY THAT UNLOCKS COUNTLESS OPPORTUNITIES FOR THOSE WILLING TO CARE FOR IT. IF MORE PEOPLE RECOGNIZED ITS IMPORTANCE AND NURTURED IT PROPERLY, WE WOULD HAVE A GENERATION NOT JUST SURVIVING, BUT TRULY THRIVING.



BY SRUSHTI ARUN PHAGARE
MBBS 1ST 2025



Angel

**White little fairy, dressed in black,
Shining bright in search of dark,
Dolorous nightmare are wretched,
Parfait relish are hopelessly
cared.**

**Delighted nights are meant of
world,**

Melancholy is for her.


What she thinks is not carved,

The life she lives is barred.

**Sensible for love, hostile for fate,
Ionising her peace into bits and
pieces, Doesn't she have the right,
To live, to shine, to enrich the brim.**

**-Tejasvi Madankar
batch 2022**

NO BODY, NO CRIME



Sitting at our bar, last evening.
All the wine tasted of, was your
infidelity.

Sad, mad, disgusted, helpless,
overwhelmed That's when I
reminisced.

How the soil smelled wet, where I
buried you. How I moped the
maroon stains on the floor: while
enjoying the ones on my hands.

How I never left any trace, any
fingerprints,

How I now wear your necklace as
a souvenir.

Counting the benefits of being an
expert I smiled a wicked smirk

And I felt calm.

• **Dr. Vidhi Somkuwar**

*(inspired from No body no crime,
by Taylor Swift)*

My MBBS Journey

एक अलग ही मजा था hostel में समय बिताने का,
वो एक थाली में खाना डाल साथ बैठ कर खाने का ...
वो इधर उधर की बातें करके देर रात हम सोते थे ...,
सुबह की उस पहली class में .. हम अक्सर late होते थे ...
वो anatomy के lecture में ... हम last bench पर सोते थे
वो biochem के lecture में.. हम मास बंक पर होते थे ...

वो समय आया फिर internals का ...
किताबों को उठाना पड़ा
जिस काम का मन नहीं करता था ...
उसी में मन लगाना पड़ा ... ॥
मास बंक जो किफ़ु थे .. उसकी भी भरपाई करनी पड़ी
impositions के नाम पर... हमें 10 ~ 10 copy भरनी पड़ी... ॥

theory तो जैसे तैसे निकल गई
अब आई practicals की बारी ...
kabir singh जो लड़का था ...
लग रहा था abla नारी ...
बची kuchi जो इज्जत थी ... वो भी लुट ली जाती थी ...
जब hod sir ke सामने viva ki बारी आती थी ...

कुछ पढ़ाकू बच्चे थे जो सब रटकर आते थे ...
कुछ मेरे जैसे थे , जो sorry sir के भरोसे जाते थे ...
वो viva के question सुनकर .. दिमाग
चक्कर खा जाता था ...
पर अपने को तो खाली एक ही answer... sorry sir आता था ...

वो लटक पटक कर जैसे तैसे पास तो हम हो गए ...
पर वो Ist year के जो दिन थे अब नजाने कहा खो गए ...

यही वो हसीन समय है जो खुल कर हम जी पाएंगे
बाद में तो खाली तस्वीरें देख
मुस्कुराएंगे

जतिन बब्बर.

SEE HER IN MORNING

TUM SURAJ TOH NAHI,
PAR SUBAH KI ROSHNI LAGTI
HO.

SAFED APRON MEIN,
ILM KI EK KAHANI LAGTI HO.

NA GEHNE KI CHAHAT, NA
RANGON KA SHOR,
TUM SAADGI HI SABSE HASEEN
LAGTI HO.

SAJNE-SAWARNE KI KYA
ZARURAT HAI TUMHE,
SUBAH KI DHOOP MEIN,
TUM KHUD EK NAZM LAGTI HO.

BY AKSHAY HALGARE
2025 BATCH

बिती-सी शाम

एक दिन गुजरने को है
और एक शाम जो बीतती जा रही है

ढलते हुए सूरज के साथ
कुछ रंग हैं जो गहरे होते जा रहे हैं

इन पंछियों की आवाज़ में
एक सुकून-सा है,
जैसे बेसबर दिल का हाल जान रहे हैं

तारों की टिमटिमाहट में
कुछ सपने फिर बुने जा रहे हैं।

ये रात भी बीतने को है तैयार,
पर उम्मीद भरी मुस्कान दिफ़ जा रही है।

BY SHRUTI DHOTE
2022 BATCH



सफरनामा

जिंदगी के इस सफर में,
कुछ मंजिलें प्रेसी भी हैं, जिन्हें जाने से पहले, खुद को खोया है हमने।
कुछ रास्ते प्रेसे भी हैं, जिनसे चलते-चलते अपनी आशाओं को पंखों से मिलाया है हमने।

कुछ जरूरतें प्रेसी भी हैं, जिन्हें पूरा करने की चाहतों को पाया है हमने।
कुछ खामोशियों को यूँ जिया भी है, जिनको लफ़्ज़ों में नहीं कहा है हमने।

कुछ डर प्रेसे भी थे, जिनका सामना करके साहस क्या होता है, यह सीखा है हमने।
कई परेशानियाँ यूँ भी थीं, जिनसे जिंदगी में पीछे न मुड़ना सीखा है हमने।

और कई नाकामियाँ यूँ भी हैं, जिन्हें समझकर आज यहाँ मुकम्मल खड़े रहना है हमने।
कुछ पल प्रेसे भी हैं, जिनको जाने के लिए पल-पल मेहनत करनी है हमने।

कुछ नादानियाँ ख़ाबों के उस कमरे में हैं, जिनकी चाबी फ़िलहाल गुम की है हमने।
और कुछ मुक़ाम यूँ हैं, जो ये सब करते-करते हासिल किए हैं हमने।

कुछ ख़ामियों की तलाश यूँ भी है, जिनके लिए अपनी नादानियों को गँवाया है हमने।
कई ख़ाहिशें यूँ भी हैं, जिनकी तलाश में इस जिंदगी के सफ़र में हम जो निकल पड़े।

अब तलाश उन लम्हों की है, जिनको जाने के लिए हर पल इंतज़ार किया है हमने।
यह जीत यूँ ही नहीं कमाई है, इसके लिए बहुत कुछ गँवाया है हमने।

कि जिंदगी को भी हर दफ़ा यही बताया,
कि तुझसे भी बड़े हौसलों को पाया है हमने।

BY VAIBHAVI WASHIMBE
2025 BATCH

TRAVEL

TIME

अस्तित्व

डरती थी, घबराती थी, हार मान लेती थी,
रोना तो जैसे हर रोज की बीमारी थी,
थक गई सुनते सुनते लोगो के ये ताने,
मेरे सपने मेरी दुनिया ये लोग क्या जाने...

खड़ी हुई एक वृक्ष के समान गिरूँ भी तो गिरूँ एक,
बीज बनकर; जो तब्दील हो एक महा वृक्ष में..

बनु भी तो बनू उस बाँज के समान एक समय
आता हैं; पंख उखड़ जाते हैं अत्यंत वेदना सहकर
उसे चोंच उखाडनी पड़ती हैं;
पर इन सब वेदनाओ को सहने के बाद जब भरी
बरसात में हर पंछी लड़खड़ाता हैं...
बाँज उड़ता आसमानो में अपनी अश्वगान गाता है
अपनी अश्वगान गाता हैं,

अब इन लोगो से फर्क नहीं पड़ता,
अब डर नहीं लगता

सोचो,
क्या था उस अर्जुन के पास जो दुर्योधन के पास नहीं था
पर चोट जो उसके स्वाभिमान को लगी
अभिमान को लगी;
वही बन गया उसका धनुष्य गांडिव था
अब इन लोगो से फर्क नहीं पड़ता,
अब डर नहीं लगता.

BY PRIYA DESHMUKH
BATCH 2025



मस्तानी

हर गली हर शहर की यही कहानी है
यहां तो हर घर में मस्तानी है
नाम इश्क का लेकर फरेब कर रहे हैं
फिर भी मस्तानी उनकी ही दीवानी है।

गुलाब हाथों में आँखों में ख़्वाब है
खुबसूरती की चाहत में वो तो बेताब हैं
प्रेतबार करना मस्तानी की नादानी है
फिर भी मस्तानी उनकी ही दीवानी है।

यूं ही नहीं मोहब्बत बदनाम है
ये तो इन्हीं आशिकों का काम है
बर्बाद इसमें मस्तानी की जिंदगानी है
फिर भी मस्तानी उनकी ही दीवानी है।

तेवर बदल लेंगे वो तुम "ना" कह के तो देखो
मस्तानी थोड़ी दूरियां तुम सह के तो देखो
सच्ची मोहब्बत की कीमत तुम्हें चुकानी है
फिर भी मस्तानी उनकी ही दीवानी है।

कौन जाने क्या उनकी ख़्वाहिश hai
गुम है वो na jaane kis saazish में
छूने से उनके मस्तानी को आनाकानी है
फिर भी मस्तानी उनकी ही दीवानी है।

ये जो गलियों की मस्तानी है
उनको एक राज की बात बतानी है
निकल जाओ झूठ से बुने इस जाल से
बहुतों ने नियत उनको पहचानी है।

मेरा घर

झील के बगल एक घर है मेरा,
छोटा सा महल है मेरा।
घर की ओर बढ़ती हूँ
गाय मिल जाती है।
Hello कहती हूँ तो
bye कह जाती है।

घर की तिरछी ओर कोयल का निवास है,
खुद के घोंसले में बच्चों की आस है।
आम के बगीचे में चहल-पहल ये कैसी?
मन को लुभाती बच्चों की शोर जैसी।
यूँ तो मेरा घर भूरे रंग का दिखता है,
अंदर आओ देखो, यहाँ रंगों का
मेला सजता है।

KHUSHI MISHRA
2025



दास्तान -ए-जवाल

कैसे मक़ाम पे बढ़ चुका हूँ मैं
खुदको ही बर्बाद कर चुका हूँ मैं

क्या कोई अभी भी जानते हैं मुझे
या सब के दिल से उतर चुका हूँ मैं

क्या यहाँ से मुड़ना मुमकिन नहीं
क्या हद से आगे बढ़ चुका हूँ मैं

हूँ मैं शुमार सबके दुश्मनों
कुछ ऐसा नाम बर चुका हूँ मैं

ये मेरा जवाल रुकता बर्युँ ही नहीं
क्या हर उम्मीद खो चुका हूँ मैं

ये मेरा बदन बे-हिस सा बर्युँ हो गया
क्या हर दर्द से गुज़र चुका हूँ मैं

होता नहीं मुझे मलाल अब जो हो जाए
क्या इतना बे
शरम हो चुका हूँ मैं

SAURABH DHENDE
2024

NEET

एक सपना, एक तपस्या, एक जीत

कैसे होगा NEET क्रेक , पल-पल यही खयाल सताता है।
रातों की नींद उड़ जाती है, न दिन में चैन आता है ।

ख्वाब है डॉक्टर बनने का , ना हार मानने का मन आता है।
सफेद कोट पाने की खातिर, हर दिन खुद को जलाना पडता है।

कैसे होगा NEET क्रेक , पल-पल यही खयाल सताता है।
आसान नहीं है ये सफर, पर दिल यही समझाता है।

कुछ पाना है तो डट कर लड़ना पडता है।
इस रंगीन दुनिया से हटकर चलना पडता है।

कैसे होगा NEET क्रेक , पल-पल यही खयाल सताता है।
जो इस भीड़ में टिक जाएगा, वही अपना मुकाम पाता है।

दूर से देखने वालों को यह ख्याल भी नहीं आता है।
वो कितनी रातें, कितने दिन , कितनी खुशियाँ कुर्बान किए जाता है।
स्टैथोस्कोप पाने की ख्वाहिश में हर पल खुद को तडपाता है।

अब हो जाएगा NEET क्रेक , डॉक्टर भी बन जाना है।
यही जिद्द, यही तपस्या अब हमने यही ठाना है।

एक दिन यही पसीना मेरी पहचान बन जाएगा ।
NEET क्रेक होगा उस दिन, हर सपना सच हो जाएगा।

तब कहूँगा खूद से मुस्कुरा कर, ये दर्द बेकार नहीं गया।
आज जो संघर्ष कहानी है। वही कल मेरी जीत बन गया ।

सफर अब भी जारी है

बचपन बीता जवानी आई
इस जवानी के सफर में , हमने भी एक दौड़ लगाई
दौड़ना जो शुरू किया , खूब तेज दौड़े हम
जवानी के इस सफर में , बहुतों को पीछे छोड़े हम ...
फिर उस छोटी सी ठोकर ने, इस कदर मुंह के बल गिराया
सच्चाई जो हमारी थी ,उस से हमे रूबरू करवाया..

सच्चाई जो समझ में आई ,
हर कदम लग रहा भारी है
सोचा मैंने रुक जाऊ
पर कंधों पर जिम्मेदारी है
किस्मत ने कहा रुकना नहीं
सफर अब भी जारी है॥

जिंदगीके इस सफर में , बहुत दूर दौड़ आए हम
वो घर परिवार रिश्ते नाते सब पीछे छोड़ आए हम
घर वाले की याद में रो रोकर रात गुजारी है
किस्मत ने कहा रुकना नहीं
सफर अब भी जारी है॥

वो फरमाइशों पर पलने वाला लड़का ,जो मिले वो खा लेता है
वो जैसे तैसे करके अपने, मन को भी समझा लेता है
वो घर वालो से दूर उसने भूखे पेट रात गुजारी है
किस्मत ने कहा रुकना नहीं
सफर अब भी जारी है॥

वो हंसी के पीछे आंसू छुपाना , अब भलीभाती सीख गए हम
भले ही कितने दर्द में हो , उस video call पर हो ठीक गए हम
वो मुस्कान बनाए रखना, जिम्मेदारी तुम्हारी है
किस्मत ने कहा रुकना नहीं
सफर अब भी जारी है॥

डॉक्टर क्यों बनना है ?

इस सवाल ने हर डॉक्टर को उनकी ज़िन्दगी में कभी न कभी परेशान जरूर किया होगा, अकेले बैठे हॉस्टल के कमरों में, मेस के नास्वाद खानों में, कभी न खत्म होने वाले सिलेबस की किताबों में, तो कभी पेशेंट्स से भरे हॉस्पिटल के कोरिडोर में। आखिरकार वह क्या चीज़ है जो एक १७-१८ साल के युवाओं को प्रेरित करती है अपनी ज़िन्दगी के उन क्षणों का बलिदान करने के लिए जिसमें वे मज़े कर सकते थे, एक आराम भरे जीवन का चयन कर सकते थे लेकिन उन्होंने फिर भी डॉक्टर बनना चुना।

कड़ियों का कहना होता की पिता, माता या किसी रिश्तेदार का सपना था, कुछ ने अपनों को खोकर सोचा की कोई उनकी जगह न खड़ा हो इसलिए डॉक्टर बनना चुना, तो कई कहते की घर पर पैसों की दिक्कत थी, लेकिन क्या केवल यह इतने ही कारण काफी है अपनी पूरी ज़िन्दगी को "हिप्पोक्रेटिक OATH" से बाँध देने के लिए ? शायद नहीं !

उन्हें इस प्रोफेशन को चूस करने के कारण मिले होंगे कैसुअलटी में दर्द से कहरते पेशेंट्स में, एक जवान बेटे को अपने कंधे के सहारे साइकाईट्री OPD तक पहुंचाने वाली माओं की आंखों में - जो डॉक्टरों को इस उम्मीद से देखती होंगी की शायद यह उनका बेटा वापस ले आएगा, नवजात शिशुओं की क्लिनिकारियों में तोह दुबारा देखने, उठने, चलने, दौड़ने, सांस लेने की क्षमताओं में, किसी को फिरसे जीने का एक मौका देने में और आँचल तथा फटी जेबों से मिले १०-२० रुपये के नोटों में। ऐसे ही कई अनगिनत छोटी बड़ी वजहों के कारण कोई डॉक्टर बनने की हिम्मत करता होगा।

अक्सर सभी के जवाब इस सवाल को लेकर अधुरे होते या फिर साल दर साल बदलते रहते, लेकिन जो इन सब में हमेशा स्थिर रह गया वह है सेवा का भाव, अपने आप को जलाकर किसी और की दुनिया को रोशन करने का जस्बा, इन बीते हुए सालों में मुझे तोह इतना ही जवाब मिला इस सवाल का। अब मैं आपसे पूछना चाहता हूँ - "डॉक्टर क्यों बनना है?"

~ज्ञान २०२२

अमावस्या की रात को
जो चाँद खोजने आओगे
रोशनी लाया वो, अब अंधेरा ही पाओगे
उसके डाग देखकर
जो तुम चमक को ठुकराया था
अब उसने ठुकराया है, डाग को भी तरस
जाओगे

~ VASU RAJAWAT 2024

ये रात भी कैसी रात है,
हर रात में तेरी याद है।
जिस रात में तेरी याद नहीं
वह रात मुझे याद नहीं।

~ NIKHIL JANGIR 2023

ख्वाब जो देखे थे जीने के साथ तेरे
तोड़ दिष्ट तूने सारे।
हम जो ऐसे दूट गए,
कि ख्वाब देखना ही भूल गए।

~ FARHEEN SEIKH 2024

मुझे नहीं चाह तेरे हुस्र की,
तेरा दीदार ही मुझे काफ़ी है ।
नहीं है मुझे ख्वाहिशें दौलत-ए-दुनिया की,
तुझसे बातें करूँ, बस इतना ही काफ़ी है ।
हैं हुस्र वाले कई और भी,
मेरे लिए तेरी निगाहें ही काफ़ी हैं ।
मैं तुझसे कर देता इज़हार-ए-इश्क़ मगर,
मेरे पास पहले ही अफ़सोस काफ़ी हैं...!!!

~निखिल जंगीर

प्यार निभाने के लिए साथ की नहीं,
एहसास की जरूरत होती है ।
एहसास हो तो, साथ ना होकर भी ज़िंदगी
भर प्यार निभाया जा सकता है ।

~फरहीन शेख

सिंहगर्जना स्वराज्याची

सह्याद्रीच्या कड्यावरून हुंकार उमटला एकदा,
मातीच्या कुशीतून जन्मला सिंह, नाव शिवबा!
जिजाऊच्या आशीर्वादाने ज्योत पेटली स्वराज्याची,
अंधार फाटून उगवला सूर्य, हर हर महादेवाची!
शिवबा आकाश गाजवतो, वारा झंझावात,
समुद्र लाटा फोडतो, पर्वत ठेचून जात,
छातीत सिंह गर्जतो, तलवार फक्त एक साधन,
धैर्याने, बुद्धीने फाडतो अडथळे अनंत!
त्याच्या पावलांनी माती थरथरते, रगत जागते,
गुलामगिरीची साखळी तोडून स्वातंत्र्य फडकते,
प्रतापगडावर रक्त सांडलं, पण न्याय उभा राहिला,
अफझल पडला, सिंहाचा हुंकार आकाशी गाजला!
आग्याच्या तटात कैद झाला, तरी मन मुक्त राहिला,
बुद्धीची तलवार चालवून शत्रूहरवून निसटला,
रायगडावर छत्र चढलं, सिंहासनाचा थरथराट,
स्वराज्य उभं राहिलं, अमर झालं इतिहासात!
शिवबा रक्तात भिनलेलं शौर्य, जशी जळती ज्योत,
नाव घेताच अंगावर काटा, आनंदाने डोळे भरून येत,
जय जिजाऊ! जय शिवराय! नारे गर्जत राहतील,
शिवबा उभा रक्तात, मनात सदैव अमर राहिला!

-BY SAMARTH KULKARNI
(2025 BATCH)

सुखमय प्रभात

-BY KAJAL DHAGE
BATCH 2025

कोवळ्यात या थंडीचे
फुलपाखरा संग हरवणे,
मंद या गारव्याचे
अलगतसे तरंगणे,
किलबिलणाऱ्या पक्ष्यांचे
गाणेगात बिलगणे,
दिवसभरांच्या स्वप्नांचे
इकडून तिकडून मीरवणे,
नव्या दिवसाच्या आनंदात
पारिजातकांचे सुगंधणे,
फुलांनी या आदर्शात
फुलता कळी फुलवणे,
मंद पहाटेची झुळझुळूक
नी वेलींचे हे बहरणे,
मंत्रमुग्ध कानाकोपऱ्यातले
कोकीळा चे गाणे,
निसर्गरम्य अशा सूर्योदया ने
मला सहजतेने मिळवले,
नी नातेया पहाटेने
नंदुरबारशी जुळवले

दोस्ती

-BY SURAJ TELANG
BATCH 2020

प्रेमाच्या गुलदस्त्यातून उठून
दिसनारं निरवळ नात,
जिथेमनातील निरागस विचारांचा
बोलीभाषेतून मुक्त संचार होतो!
गर्दीत गर्गफटलेल्या मनाची
क्षीणता घालवणारा असरदार
मलम!
एकटेपणा दूर करणारा आठवणींचा
कंभमेळा!
अवकाळी कौसळलेल्या संकटात
शेवटपर्यंत साहाय्य करणारा
विश्वास!
जातीधर्माच्या संकचित चौकटीला
झुगारून जुळलेली प्रेमळ विचारांची
सांगड!
रक्ताचे नाते नसतानाही निर्माण
होणारी आपलेपणाची निस्सीम
जवळीकता,
जणअंकशास्त्राचेकधीही न
सुटणारेकोडेच....!

के लोगों को तेरे बारे में बोली हुई हर चिज एक
कहानी लगती है।

के लोगों को तेरे बारे में बोली हुई हर चिज एक
कहानी लगती है।

उसमें मैं कृष्ण और तु मेरी राधा रानी लगती हैं।

काश वो कहानी पुरी होती

कि काश वो कहानी पुरी होती

तु अधुरी नहीं पुरी मेरी होती और अगर वो

कहानी पुरी होती

तो उसमें मैं शिव और तु मेरी पार्वती होती।

HALF WRITTEN BY DESTINY

BY GAURAV DESHMUKH
BATCH 2022

खरा माणूस !

INSPIRED FROM RAMDHARI SINGH
DINAKAR'S "SHAKTI OOR KSHMA"
-BY SARTHAK GUNJAL BATCH 2022

सर्वांना तो मदत करतो, देतो प्रेमाने

ह्यात,

काम होताच मात्र लोक, सोडतात

त्याची साथ.

तरीही करतो माफ त्यांना, ज्याच्या

अंगी बळ,

दुर्बळ नाही पचवू शकत, हे क्षमेचे

फळ.

स्वतःसाठी तर पशुही जगतो, हीच

जगाची रीत,

दुसऱ्यासाठी झटण्यातच आहे,

माणसाचे खरे हित.

वापर करून विसरले तरी, नाही

त्याला खेद,

माणूस आणि जनावरातला, तो

जाणतो खरा भेद.

एक विराम...

KARANSINGH RAJPUT
(2023 BATCH)

मी बाजूला करतोय एक-एक दरफल;
पण हा कांढा संपत का नाहीये?
गूढ होत चाललय अस्तित्वाचं रहस्य,
या प्रत्येक नवीन दरफला-सोबत.
मी तळमळतो पुखाद्या माशासारखा,
कुठे -काहीतरी माहिती व्हावं म्हणून
मला मुक्तता हवीय या भवसागरातून.
प्रेरक विधानेआता निस्तेज वाढताय
ती ध्येयाप्रती ची आगही विझत आलीये
बस निरर्थक वाढतोय सगळा कार्यक्रम.
आता तेनिखळ हसणं बंद झालंय
रडलो तर नाहीच कधीचा
प्रेमात पडणही आता थांबलय
नुस्ती हवा देत फिरतोय माझ्यातल्या न्युनगंडाला.
यशानं फारसा आनंद होत नाहीये
तसा अपयशानेही खचून जात नाहीय मी
बस सोंग घेतलय निर्लज्ज नसण्याचं
प्रकर्षानेजाणवतोय भावनिक कोरडेपणा.
ठोकर खाऊन कु ठं चालायला शिकलोय
पण चालण्यातही आता रस नाहीये
बस अलगद पडूना रहावंआणि
विरून जावंस वाढतेएकांतात.
वस्तुंचंआकर्षण आता संपलय
कुणासाठी द्वेष तर नाहीच मनात
चूक नसतानाही क्षमा मागतो मी
काहीच अर्थनाही निरर्थक भांडणात.
मग जगायचं तरी कशासाठी
पद वा पैशासाठी?
का त्या भ्रामक प्रतीष्टेसाठी?
या सगळ्याचा फार कंढाळा आलाय मला
बस...कुठेतरी निघून जायचयं मला



अन् कधी...

आभाळागत निकेहोऊन , अंतरंग पसराने
अन् कधी काळोख घेऊन , थेंब होऊन बरसाने
कधी संध्या होऊन , बहुरंगी रंगावे
अन् कधी सोनेरी पहाट होऊन , दिशा दर्शवाने ..
कधी जगावेरोपट्यासंगे
अन् कधी वटवृक्षासम विशाल व्हावे
कधी सूर्यफु लाशी मैत्री करावे
अन् कधी रातराणीचा सुगंध जपावे ...
कधी नदीवानी दऱ्या-खोऱ्यांतून खळखळावे
अन् कधी समुद्राकाठी शांत बसाने
कधी ऊं च-ऊं च उडावेथव्यासंगे
अन् कधी शाखेवरच्या घरट्यात निवांत निजावे ...
अवकाळी दुष्काळ सोसाने
अन् कधी पावसात थिरकाने
जरी - तरी च्या बंधनात अडकाने
अन् कधी बंधन तोडून पसार व्हावे ...!

SALONI JAMBHULKAR
BATCH 2022

गोंधळलंय सार...

मनी भावनांचा कल्लोळ ,
सामोरी वास्तवाचेमोहोळ ;
जुळवावा भावनांचा मेळ ,
तर नाही अस्तित्वासाठी वेळ !
सोंग फसव्या जगण्याचे,
अन काळजात कट्यार,
काय हा उघडा पोरखेळ ,
खरच गोंधळलंय सार!

-BY PREM WADJE
BATCH 2024



भगत

6 फूट का हट्टा-कट्टा ..
हिरो सा वो गोरा-चिट्टा ..
पगड़ी बांधके गाना गाता ..
शाही से वो दूर भागता ..
फाँसी को वो गले लगाता ..
करतार सिंह को पास वो रखता ..
उधम की वो प्रेरणा बनता ..
किताबो से वो लिपटा रहता ..
मरते वक्त भी लेनिन पढता
कभी ना मौत से घबराया ..
शहीद-ए-आज़म फिर भी कहलाया .
क्रांती का ऐसा दीप जलाया ..
मौत ने उसकी इतिहास रचाया ..
भारत माँ का लाडला बेटा ..
इन्कलाब उसका नारा था ..
यूवा मन को भेद गया ..
सलाम करे आज जगत जिसे ..
मेरा देश कहे भगत उसे ..
मेरा देश कहे भगत उसे ..

- कौस्तुभ निमगडे
BATCH 2021

इंकलाब!

शिक्षणाची आई

शिक्षणाची आई सावित्रीबाई
संग - संगती ज्योतीबा राही
पृथ्वी तलावर 3 जाने. 1831 ला येई
1948 साली र्नी शिक्षणाला नेई



आम्हा सर्वांची आई सावित्रीबाई.....

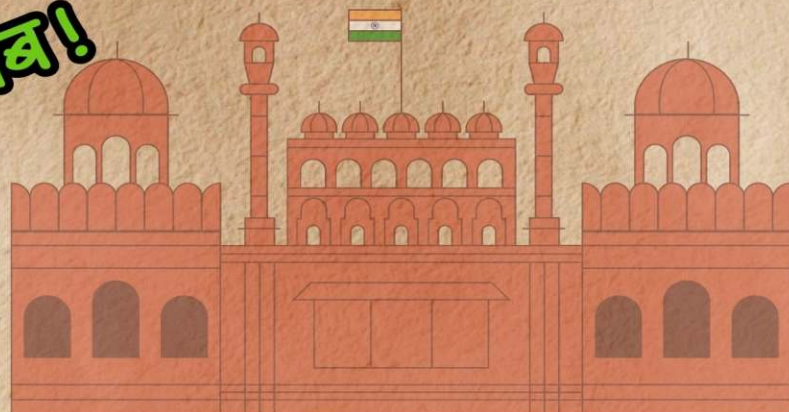
गावा गावात जाई, शिक्षण देई
अंगावर शेण घेता, तरी चालत राही
मनात ध्येय तिच्या "स्त्री शिक्षीत होई



आम्हा सर्वांची आई सावित्रीबाई.....

शिक्षण होतं म्हणून देश गगणात जाई
अन्यथा आदिवासी र्नी काय राष्ट्रपती होई ?
म्हणून पुन्हा म्हणतो शिक्षणाची आई सावित्रीबाई.....

मोहसिन कुरेशी
प्रयोगशाळा तंत्रज्ञ
जन औषधवैद्यकशास्त्र विभाग



एक No म्हणजे आयुष्याचा Yes

आपल्या आयुष्यात No हा शब्द फार जड वाटतो. नकार म्हणजे अपयश, हरलेपण, शेवट—अशी आपली समजूत असते. परीक्षा नापास, सिलेक्शन नाही, इंटरव्यू रिजेक्ट, नात्यात नकार—या सगळ्या No मुळे आपण स्वतःवरच प्रश्नचिन्ह उभं करतो.
पण खरंच, No म्हणजेच आयुष्य संपतं का?
खरं सांगायचं तर, प्रत्येक No हा आयुष्याच्या Yes कडे जाणारा वळण असतो.

? No म्हणजे अपयश?

विद्यार्थी आयुष्यात No लवकर भेटतो. अपेक्षित मार्क्स नाहीत, रँक आली नाही, सीट मिळाली नाही. त्या क्षणी संपूर्ण जग अंधारात गेल्यासारखं वाटतं.
आपल्याला शिकवतं जातं की यश म्हणजे फक्त Yes. पण अपयश म्हणजे शिकवण—हे कुणी सांगत नाही.

🔄 No आयुष्याची दिशा बदलतो

बऱ्याचदा आपण ठरवलेला मार्ग योग्य नसतो. पण आपण त्याला चिकटून राहतो. तेव्हा आयुष्य No म्हणतं—आपल्याला थांबवण्यासाठी नाही, तर योग्य दिशेने वळवण्यासाठी.
आज अनेक यशस्वी लोक आहेत, ज्यांना पहिल्यांदा, दुसऱ्यांदा, तिसऱ्यांदा No ऐकावं लागलं. पण त्यांनी त्या No ला शेवट मानलं नाही—तो त्यांनी नवीन सुरुवात मानली.

📦 No आपल्याला काय शिकवतो?

स्वतःला ओळखायला शिकवतो
कमजोरी स्वीकारायला शिकवतो
धीर, संयम आणि चिकाटी वाढवतो
“मी पुरेसा नाही” या भ्रमातून बाहेर काढतो
Yes आत्मविश्वास देतो, पण No व्यक्तिमत्त्व घडवतो.

💔 No आणि भावनिक संघर्ष

No दुखतो, कारण तो आपल्या अपेक्षा मोडतो. पण त्या वेदनेतूनच आपली खरी ताकद बाहेर येते. रडणं चुकीचं नाही, खचणंही माणुसकी आहे—पण तिथेच थांबणं धोकादायक आहे.

📦 No = नव्या संधी

कधी कधी एक No आपल्याला असा मार्ग दाखवतो, ज्याचा आपण विचारही केलेला नसतो. वेगळं करिअर, वेगळी ओळख, वेगळं आयुष्य.
जेव्हा एक दरवाजा बंद होतो, तेव्हा दुसरा उघडण्यासाठीच तो बंद झालेला असतो.

👉 निष्कर्ष

पुढच्या वेळी आयुष्य No म्हणेल, तेव्हा स्वतःला कमी लेखू नका. स्वतःला फक्त एवढंच विचारा—
“हा No मला कुठल्या Yes साठी तयार करत आहे?”

- Chinmay Patil
2024



TEACHERS कट्टा



एक नंबर

एक नंबर, सात नंबर,
किंवा असो सदत्तीस,
राहायला लागलो आम्ही
आता नंदुरबार वन पीस.
सहारा असो किंवा बेसहारा,
हातात हात देत उभं राहू,
गोल्डन असो की सिल्वर,
मन मात्र ठेवायचं नेहमी क्लिअर.
करतो धमाल, शिकवतोही खूप,
सिन्सीअर, सिन्सीअर—हेच आमचं रुप,
दुधाळे असो की टोकरतळे,
आमच्यासाठी सगळेच मळे.
JBMGMC ची कीर्ती सवे,
तुमच्या यशातच आमचं स्वप्न जिवे,
एक नंबर—नेहमीच हवे,
कारण इथे डॉक्टर नाही,
तर जबाबदार माणसं घडे

- डॉ निलेश तुमराम.

Head Of Department

Forensic medicine and Toxicology



तरंग

नवीन वर्षाची पहाट उगवली,
आणि विचारांत लहर उमटली—
तापी तरंग.

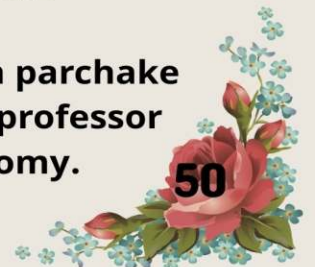
नव्या जुन्या स्वप्नांची,
विचारांची हळवी देवाणघेवाण,
शब्दांतनू उमटणारी जाणीव—
तोच तर तापी तरंग.

लेखांतनू वाहणारे अनभुव,
कवितांतनू व्यक्त होणाऱ्या भावना,
छायाचित्रांत साठलेले क्षण—
आठवणींचा अमोल ठेवा म्हणजे
तापी तरंग.

विद्यार्थ्यांनी रोवलेले बीज,
विद्यार्थ्यांसाठी उगवलेले रोपटे,
आणि त्याच सावलीत
इतरांनाही सामावून घेणारे—
हेच तर तापी तरंग.

ही तर फक्त सुरुवात आहे,
प्रवास अजनू लांबचा आहे,
अनेक अंक, अनेक कथा,
अनेक तरंग अजनू उमटतील—
तापीच्या काठावर
आणि मनाच्या आतही...
तापी तरंग

- Dr Soniya parchake
Associate professor
Anatomy.





A YEAR IN GMC NANDURBAR

I first took stock of the Radiology department in GMC Nandurbar, knowing that I will have to be the Head of department, as like most new colleges, the Radiology Professor and Associate Professor seats were vacant. In fact, I believe I had the privilege of becoming the first ever faculty in Radiology department of GMC Nandurbar five years since its establishment.

My clinical work mainly involved performing ultrasounds. Until then, Dr. Srikant Pawra from Civil Hospital had been managing the workload alone. However, we had only one ultrasound machine, and its image quality was outdated. This made the purchase of a new 3D/4D ultrasound machine necessary.

On the academic front, since Radiology is an allied subject and I was the sole faculty whose clinical services were more valuable, I couldn't contribute much to teaching except for the odd batch which chose Radiology as an elective posting. I did have to conduct an internal examination for a batch of 100 students. The students were in IIIrd minor year and were anxious about the exam as there had been no teaching. So how could one expect them to answer questions in a viva? I took exam in an OSCE pattern for 100 students over the next 2 days. I showed them radiological images and asked them questions based purely on first- and second-year subjects of Anatomy, Physiology and Pathology.

In a way, I was able to do an overall assessment of the students as to how well they had been able to cope with the course of MBBS so far. Most of the students fared decently, but there were some who could not even answer the most basic questions while few of the students were extremely well-versed on topics which they had probably studied months ago. I think a formative assessment of this sort can help to assess students holistically. And students who lag behind can be guided to study more effectively, while those who excel can be directed to more clinical / practical modules.

But it was administration and leadership aspect of work that became my focus in the last one and half year. Now I had limited first-hand experience in government administration including my stint in Chandrapur. But I had loads of second-hand experience observing my wife's work as CEO and now the Collector to draw from. Naturally, my leadership style was similar to hers and that is to lead from the front. I believe if the leader shows dedication in his work, solidarity with his team, and is sensitive to their needs and limitations, the team also feels motivated to perform better. Therefore, even at times, when I would be disappointed by administrative hurdles and financial constraints, I never let it reflect in my leadership. And so even my team including residents, interns, technicians, nurses, data entry operators, clerk, wardboy and security guard not only worked at their 100 % efficiency but went out of their way at times to help the cause.

This year taught me about government procedures, tender processes, and post graduate seat approval processes. We installed a new 4D ultrasound machine, renovated the department, added digital radiography with fluoroscopy, and initiated CT and MRI tenders.

We have regular interns to help us with writing USG reports. CT and MRI tenders are in process. Working with PSM dept, we have been able to initiate a new module in AETCOM for the medical students. I was also able to engage with several talented and bright young minds in extracurricular activities, be it sports, art or music.

I feel the most important ingredients needed for leadership position in Government are patience, perseverance and optimism. Another important requirement is to keep ego aside and learn from anyone who can tell you something new. For me, our leader Dean Sir, every other faculty member, clerk, officers and sometimes even staff from DHS are teachers. Whenever I get a nugget of wisdom from anyone, I use it to my benefit. One has to be careful though as sometimes, some people unknowingly pass on their pessimism onto us.

My mantra for such situations is: to try one more time. Take a break, walk away from the fight for a while, if need be, but return stronger and never give up.

That being said, I would have greatly benefitted from a structured orientation programme on Government administration and finances. I think administrative training should be made available in a stipulated time period to every faculty joining in a medical college for the first time and it should be linked to a mandatory activity like filling the CR form.

A big thank you to Hon. Dean Sir, my radiology team, every faculty member, staff, the wonderful students of GMC, and lastly, to the district administration, as its head is close to my heart and home.

- Dr Vaibhav Sabnis
associate professor
radiology department





THE SPECTRUM OF SLIDE



The world is grey until the stains arrive,
To show us which small pieces stay alive.
The **Hematoxylin** claims the central throne,
Turning nuclei a deep, royal **purple tone**.

Then **eosin** follows with a rosy flood,
Painting the cytoplasm and the **blood**.

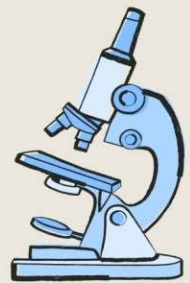
But when the diagnosis starts to hide,
We call for special stains to be our guide.

Prussian blue detects the iron's hoard,
Like a sapphire dust upon a wooden board.

The PAS turns fungi a **magenta bright**,
A neon sign that glows in clinical light.

The Grocott silver makes the phantom black,
Tracing the outlines that others lack.

And **Congo red** a trick of polarised sight,
Shows **apple-green** when amyloid hits the light.
Though these rainbows tell of illness and of pain,
There is a strange bright beauty in the stain;
For in this technicolor microscopic view,
The truth is found in every shade and hue.



By : Dr. Rajesh Thakur
Associate Professor
Dept. Of Pathology
JBMGMC Nandurbar



Dear Students,

Tomorrow, you begin more than a field visit — you begin a responsibility.

Through the **Adopt-a-Child – Family Adoption Initiative**, each of you will walk into a home where your presence matters. A child's growth, a mother's confidence, and a family's hope may quietly depend on your words, your observations, and your consistency. This is where medicine moves beyond classrooms and hospitals and becomes service, empathy, and trust.

Remember, you are not just measuring weight or filling forms—you are listening, guiding, and standing beside families as partners in health. Approach every visit with humility, sincerity, and respect. Be punctual, be observant, and be compassionate. Small actions, repeated with care, can change life trajectories.

This initiative reflects the highest values of the medical profession—service before self, science with compassion, and learning through community engagement. Carry the name of your institution with pride and let your work speak through healthier children and stronger families.

Wishing you purpose, patience, and perseverance as you begin tomorrow. Best wishes, and make it count.

Dr Deodatt Suryawanshi



OUR SPONSORS



**AJAY MEDICAL STORES AND
MONTJINIS**



DELIGHTFUL DONUTS



**RADHEKRUSHNA
AMRUTULYA**



BENGAL SPICES

FOR ENQUIRIES CONTACT
8908911515
9834059417





MESSAGES FROM TEACHERS



DR. ASHISH NIMJE
DESIGN INCHARGE

या महाविद्यालयाच्या पहिल्या अधिकृत मासिकाच्या प्रकाशनाचा भाग होणे ही अभिमानाची बाब आहे. या मासिकाच्या माध्यमातून आपल्या विद्यार्थ्यांची सर्जनशीलता, विचार, कला आणि ज्ञान व्यक्त होणार आहे. या संपूर्ण प्रक्रियेत विद्यार्थ्यांनी केलेल्या मेहनतीचे परीक्षण व मार्गदर्शन करण्याची भूमिका मला मिळाली, याबद्दल मी कृतज्ञ आहे. हे मासिक आपल्या महाविद्यालयाच्या ओळखीचा एक महत्त्वाचा टप्पा ठरेल, अशी मला खात्री आहे.

Success is a collaborative effort. The publication of this magazine has been made possible through the unwavering support and trust of our esteemed sponsors, whose contribution has provided a platform for our medical students to showcase their creativity and intellect.

We also extend our deepest appreciation to our faculty members and students for their generous willful donations. This collective spirit of giving has been the true backbone of this edition. We offer our heartfelt gratitude to all our partners and well-wishers for believing in our vision and making this magazine a reality."



DR. RAVIDAS VASAVE
SPONSORSHIP INCHARGE



MR. KISHOR SHELKE
PHOTOGRAPHY INCHARGE

Capturing the Pulse of JBM GMC Nandurbar through the Lens of Tapi Tarang
By Mr. Kishor Tejrao Shelke
Librarian & Photography Incharge
As the saying goes, a picture is worth a thousand words. In the fast-paced life of a medical college, photography offers a moment to pause, reflect, and remember. It is my honor to serve as Photography Incharge for the inaugural edition of our college magazine, Tapi Tarang.
This magazine, inspired by our respected Dean Dr. Sanjay Rathod, celebrates the creativity and spirit of our students—flowing as freely as the Tapi river itself. Through photographs, we aim to humanize the white coat, showcase our cultural roots, and preserve memories that will define the beginning of our journey at JBM GMC Nandurbar.
I encourage students to look beyond textbooks and notice the beauty in everyday moments. With gratitude to the Dean and Editorial Team, let us make Tapi Tarang a visual reflection of the soul of our institution.





MESSAGE FROM THE SPORTS SECRETARY



Faraj Patil

SPORTS SECRETARY

My tenure as Sports Secretary taught me that leadership is not only about playing well, but about planning, discipline, and responsibility. Coming from a non-sports background, I learned that effective management and teamwork can make any event successful.

This role helped me understand the importance of safety, clear rules, and proper coordination between players, officials, and organizers. Managing events like GFC and WPL showed me that anticipating problems and maintaining discipline can prevent mishaps and ensure smooth execution.

Balancing academics with sports administration was challenging, but it taught me time management and decision-making under pressure. With the guidance of seniors and the cooperation of my committee, I learned that success is always a collective effort.

This journey showed me that leadership is about trust, teamwork, and learning from every challenge—lessons that I hope will guide future office bearers.





BUMP , SET , SPIKE



**TEAM BOMB SQUAD
WINNERS OF GFC
VOLLEYBALL
TOURNAMENTS
2022,2023,2024**



**TEAM THOOK
RUNNERS UP OF GFC
VOLLEYBALL TOURNAMENTS
2022,2023,2024,2025**



**TEAM FAVOR8
WINNERS OF MONSOON PREMIER
LEAGUE 2025 AND GFC VOLLEYBALL
TOURNAMENT 2025**



**TEAM BOMB SQUAD
WINNERS WINTER PREMIER
LEAGUE 2025**



**TEAM BADMOSS
RUNNERS UP OF MONSOON PREMIER
LEAGUE
2025**



**TEAM BHAUKAL
RUNNERS UP WINTER PREMIER
LEAGUE 2025**



BUMP , SET , SPIKE



**TEAM KILLER BEES
WINNERS MONSOON PREMIER
LEAGUE 2025, GFC
VOLLEYBALL TOURNAMENT
2025**



**TEAM EAGLE ELITES
RUNNERS UP MONSOON
PREMIER LEAGUE 2025**



**TEAM HEXA STORM
WINNER GFC VOLLEYBALL
TOURNAMENT 2025**

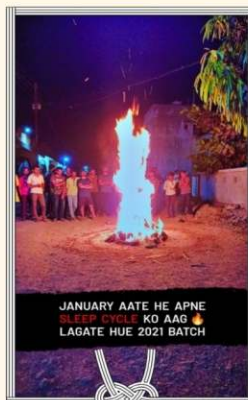


**TEAM FLYING PHOENIX
RUNNERS UP GFC VOLLEYBALL
TOURNAMENT 2025**



MEMES

*By Rohan Gunake
Batch 2021*



POWER PLAY : CRICKET



**TEAM BOMB SQUAD
WINNERS GFC CRICKET
TOURNAMENT 2024**



**TEAM WHITE COAT
WARRIORS
WINNERS MPL 2025**



**TEAM PROFESSORS
RUNNERS UP MPL 2025**



**TEAM UNITED
WINNERS GFC CRICKET
TOURNAMENT 2025**



**TEAM ELITE II
WINNERS WINTER PREMIER
LEAGUE 2025**



**TEAM PERINEUM
PROTECTORS
RUNNERS UP WPL 2025**



POWER PLAY : CRICKET



TEAM STRIKERS (BACK ROW)
WINNERS MPL 2025
TEAM BLAZESTRIKERS (FRONT
ROW) RUNNERS UP MPL 2025

TEAM RRR
WINNERS GFC 2025



TEAM SKYLINE II
RUNNERS UP GFC 2025



TEAM RUN RULERS
WINNERS WPL 2025



TEAM DHURANDHAR
RUNNERS UP 2025



THE LONG RALLY : BADMINTON



**DR. VANDAN SHETH AND DR. ONKAR TEKADE
WINNERS OF BADMINTON TOURNAMENT
2024**



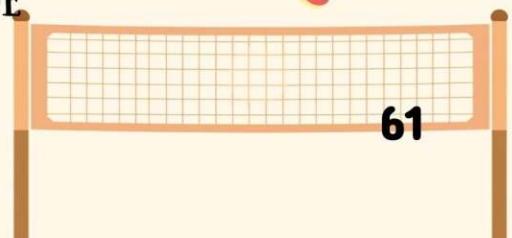
**ARYAN LAHARI
WINNER (SINGLES) OF GFC
BADMINTON LEAGUE 2025**



**UNMESH JADHAV
RUNNER UP (SINGLES) OF
GFC BADMINTON LEAGUE 2024**



**RUNNERS UP OF GFC BADMINTON LEAGUE
- SOHIT BATULE AND PREETAM PAL
ALONG WITH WINNERS DR. ASHISH SIR
AND DR. KRUPAL SIR
YEAR 2025**



THE LONG RALLY : BADMINTON



ANUJA WAYAL
WINNER OF GFC
BADMINTON LEAGUE 2025



ISHIKA SHAH
RUNNER UP OF GFC
BADMINTON LEAGUE 2025



LOST AND FOUND : TREASURE HUNT



WINNERS OF FIRST EVER
TREASURE HUNT
CAPTIAN SNEHAL PATHARE



ORGANISING TEAM OF THE
TREASURE HUNT



THE RHYTHM OF THE RALLY



AMARESH BHANGRE AND
ARYAN LAHARI
WINNERS OF GFC TABLE
TENNIS TOURNAMENT 2025



TEJAS WAGHAMODE AND
SIDDHANT SONKAMBLE
RUNNERS UP GFC TABLE
TENNIS TOURNAMENT 2025



AMARESH BHANGRE
SINGLES TABLE TENNIS
WINNER OF GFC TABLE
TENNIS TOURNAMENT

ABDUL REHMAN
RUNNER UP SINGLES GFC
TABLE TENNIS TOURNAMENT

THE RHYTHM OF THE RALLY



ISHIKA SHAH
WINNER GFC TABLE TENNIS
TOURNAMENT 2025



SHAURYA DHAMAGAYE
RUNNER UP GFC TABLE
TENNIS TOURNAMENT 2025

64 SQUARES



DR. VANDANA SHETH
GFC CHESS CHAMPION
2022, 2023, 2024, 2025



JATIN BABBAR
RUNNER UP 2022



MAHENDRA DEWASI
RUNNER UP 2023



ROHAN KYAL
RUNNER UP 2025





**SAMRUDDHI SHIMPLE,
GFC CHESS
CHAMPION GIRLS 2025**



**VIDYA GIRAM,
RUNNER UP
GIRLS' 2025**



BOARDROOM BATTLES



**DR.KAMRAN AND DR.ABDUL
REHMAN
GFC DOUBLES WINNER 2025**

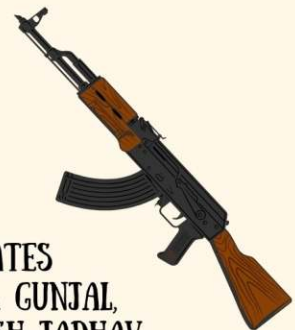


**NILESH PAWARA AND
VIVEK SHEJUL RUNNERS UP
GFC CARROM
TOURNAMENT 2025**

DIGITAL GLADIATORS



**TEAM STRAW HAT PIRATES
GAURAV DESHMUKH, SARTHAK GUNJAL,
PURUSHOTTAM JHOPLE, UNMESH JADHAV
WINNERS OF RANBHOOMI S1 AND S2**



GANESH FESTIVAL CELEBRATIONS

एकात्मतेचा गणेशोत्सव

GFC हा आमच्या महाविद्यालयाचा केवळ सण नाही, तर एक वार्षिक परंपरा आहे—जी भक्ती, एकात्मता आणि आनंद यांचा सुंदर संगम घडवते. गणरायाच्या आगमनाने संपूर्ण कॅम्पस भक्तीमय वातावरणात न्हाऊन निघतो. सजावट, आरती, भजन, सांस्कृतिक कार्यक्रम आणि विद्यार्थ्यांचा उत्साह—यामुळे हा उत्सव अधिकच खास ठरतो.



GANARANG 2K25



अखंड महाराष्ट्राचे आराध्य दैवत छत्रपती शिवाजी महाराज यांची जयंती महाविद्यालयात मोठ्या उत्साहात साजरी होत असते त्याची काही क्षणचित्रे

शिवजयंती





JAY BHAVANI !

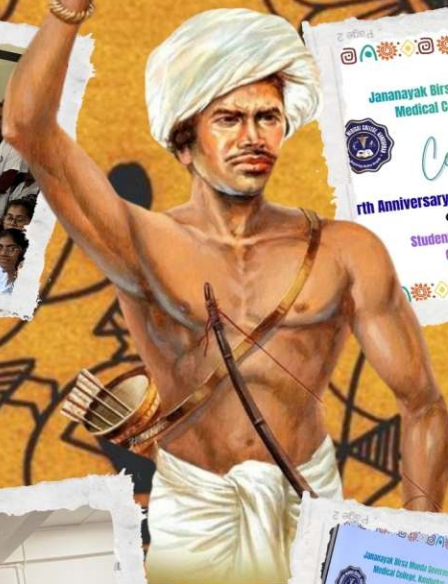


डॉ. बाबासाहेब आंबेडकर जयंती

शिक्षण हे शस्त्र, विचार ही दिशा आणि संविधान हा आधार—या त्रिसूत्रीने समाजाला प्रकाशाकडे नेणारे महामानव म्हणजे डॉ. बाबासाहेब आंबेडकर. दर वर्षी या महामानवाच्या विचारांची उजळणी व्हावी त्यासाठी महाविद्यालयात मोठ्या उत्साहाने जयंती साजरी केली जाते त्याबद्दलचे क्षणचित्रे



JANNAYAK BIRSA MUNDA JAYANTI





देशा वर बोलू काही

ज्यांच्या बलिदानामुळे आज आपण मुक्त आहोत, त्यांची आठवण म्हणजेच त्यांना खरी आदरांजली...! यासाठी शासकीय वैद्यकीय महाविद्यालयात दरवर्षी शासकीय नियमानुसार प्रजासत्ताक दिवस व स्वातंत्र्य दिवस मोठ्या उत्साहात साजरा केला जातो त्याचे काही क्षणचित्रे!





तिरंगा

जब-जब उठा आसमान में तिरंगा
तब-तब खड़ा सीना तान के
कहता हूँ मैं भगत आज ये शान से

उठा के हम उसे चले हैं
इसके रुप कई बदले हैं
इसके लिए कुर्बान
हर गली में मिलते हैं

वंदन उस मैडम कामा को
जिसने तिरंगे को लहराया था
इन तीन रंगों का महत्व
बड़ी मुश्किल से समझ आया था

इससे राजनीति मत करना
वरना ये देश बर्बाद हो जाएगा
बर्बाद होते कोई देख न पाएगा
इस देश का मनोबल टूट जाएगा

देश नहीं पूरी दुनिया में तिरंगा लहराएंगे

प्रिन्स सोलंकी २०२५



CAMPUS DIARIES



आमचा महाविद्यालयीन कॅम्पस केवळ इमारतींचा समूह नसून तो विचार, संस्कार आणि स्वप्नांची पाळंमुळं रुजवणारा अवकाश आहे. आमचे महाविद्यालय हे शहराच्या धकाधकीपासून दूर आहे आणि हे शांत वातावरण मनाला एकाग्रतेची दिशा देते. येथे प्रत्येक कोपरा शिकण्याची जिज्ञासा वाढवतो आणि प्रत्येक दिवस नव्या अनुभवांनी समृद्ध करतो.

वाचनालयातील शांतता, वर्गखोल्यांमधील जिवंत चर्चा, प्रयोगशाळांमधील संशोधनाची ओढ आणि मैदानी परिसरातील ऊर्जावान क्षण—या सगळ्यांचा संगम म्हणजे आमचा कॅम्पस. येथे केवळ अभ्यासच नाही, तर व्यक्तिमत्त्व घडवणारे संस्कारही जोपासले जातात. ज्ञान, शिस्त आणि मूल्यांची सांगड घालणारा आमचा कॅम्पस आम्हाला जबाबदार आणि संवेदनशील डॉक्टर बनवतो—हीच त्याची खरी ओळख आहे.







COLLEGE INAUGURATION

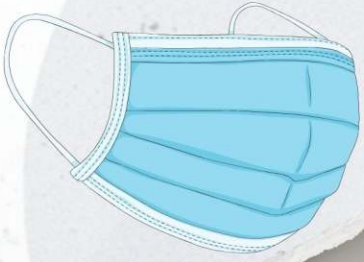


नव्या स्वप्नांचा पाया

आमच्या महाविद्यालयाच्या विकासप्रवासातील एक अत्यंत महत्त्वाचा टप्पा म्हणजे नव्या कॉलेज इमारतीचे भूमिपूजन व उद्घाटन समारंभ. या शुभ प्रसंगी शिक्षण, प्रगती आणि उज्वल भविष्यासाठी एक भक्कम पाया घातला गेला.

ही नवी इमारत केवळ विटा-सिमेंटची रचना नसून, ज्ञान, संशोधन आणि मूल्याधारित शिक्षणाचे केंद्र ठरणार आहे. भूमिपूजनाच्या मंगलक्षणी उपस्थित मान्यवर, प्राध्यापक, विद्यार्थी आणि कर्मचारी यांच्या साक्षीने महाविद्यालयाच्या प्रगतीची नवी दिशा निश्चित झाली. हा समारंभ केवळ उद्घाटन नसून, स्वप्नांना आकार देणाऱ्या एका नव्या पर्वाची सुरुवात आहे...!





FIRST CME IN OUR MEDICAL COLLEGE



organized by Department of Pharmacology And Medical Education Unit



MEDICAL OUTREACH [PSM]



Organ donation awareness



Blood donation drive



Tree Plantation



OUR
FIGHT FOR
JUSTICE





ORGAN EXHIBITION



SCREENED IT UNTIL WE MAKE IT [SCA]



THE CLASS OF 2020

पहिलं पाऊल

आमच्या महाविद्यालयाच्या इतिहासात Pioneer Batch ही केवळ पहिले पाऊल नसून, पुढील batch साठी तयार केलेला मजबूत पाया आहे. अज्ञात वाटांवर चालत, मर्यादांमधून मार्ग काढत आणि नव्या शक्यतांना आकार देत या बॅचने महाविद्यालयाची नवीन ओळख निर्माण केली. सुविधा कमी असल्या तरी आत्मविश्वास, जिद्द आणि एकमेकांवरील विश्वास या गोष्टी भरपूर होत्या.

Pioneer Batch म्हणजे इतिहासाची सुरुवात, परंपरेची पायाभरणी आणि भविष्यासाठीची प्रेरणा !



PARTY VIBES!



The Art Gallery



Vaibhav Garole
2024



Tanushree khurana
2023



Sharvari wayade
2024



Samiksha dhanorkar
2023



Tanushree khurana
2023



Samiksha dhanorkar
2023



Sanjana anil Gunjal
2024



Amol mundhe
2021



Samiksha Gawali
2023





Aditi Chaudhari
2023



Aditi Chaudhari
2023



Vidya giram
2021



Dhruvi bafna
2023



Aditi Chaudhari
2023



Samiksha dhanorkar
2023



Dhruvi bafna
2023



Vaibhav garole
2024



Sayaji Raje Bhosale
2024



Sneha Porje
2024





Tanmayee mondhe
2024



Vidya giram
2021



Soham kingare
2023



Kaustubh ningade
2021



Vidya giram
2021



Samiksha gawali
2023



Sanika kale
2023



Gaurav borade
2023





Soham kingare
2023



Dhruvi bafna
2023



VIDYA GIRAM
2021



Yogita Pawara
2022



Yogita Pawara
2022



Yogita Pawara
2022



Pratiksha pawar
2025



Kajal pal
2025



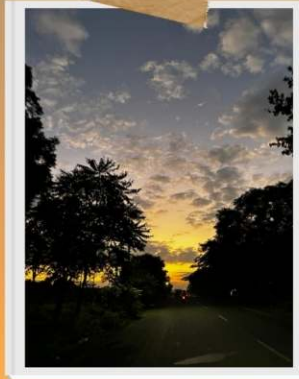
Viraj barge
2025



Through the Lens



Chinmay patil
2024



Rhythm chaudhary
2023



Chinmay patil
2024



Arpita vipin
2025



Suraj telang
2020



Tanushree patil
2024



Nihal Patil
2024



Siddhant sonkamble
2022



Nitin Malewar
2024



Nitin Malewar
2024



Gaurav deshmuikh
2022



Gaurav Deshmukh
2022



Mrunal phadke
2023



Asher khan
2024



Tejas shinde
2022



Vivek shejul
2022



**Yash bagade
2024**



**Vaibhavi washimbe
2025**



**Kaushtubh nimgade
2021**



**Arpita vipin
2025**



**Saraswati vishwakarma
2024**



**Shivam kumar
2024**

Twin Triumphs in Rangoli



आठवणी जपणारी छायाचित्रे

हे फोटो केवळ चेहरे टिपणारे नसून, ते पुका प्रवासाच्या साक्षीदार आहेत. प्रत्येक हास्य, प्रत्येक नजर आणि प्रत्येक क्षणामध्ये मैत्री, संघर्ष, अभ्यास आणि स्वप्नांची गोष्ट दडलेली आहे



BATCH 2020



BATCH 2021



BATCH 2022



BATCH 2023



BATCH 2024



BATCH 2025



**Dean,
Dr.Sanjay Rathod**



PSM Department

**From left on first row - Dr Vishesh Lohakpure, Dr Deodatt Suryawanshi, Dr Umakant Shidam
From left on second row Dr karan Jain, Dr Ashish Nimje, Dr Sandhya Gajbhiye**



Radiology Department

From left – Staff Nurse-Ripka Gavit, Ward Boy- Rahul Chaudhary, Security Guard- Laxmi Padvi, Class 1 Radiologist Dr. Srikant Pawara, Jr. Clerk-Kavita Patil, Assistant Professor- Dr. Vaibhav Sabnis, Staff Nurse- Jyoti Badgujar, MSW-Swati Chaurse, Jr. Resident-III- Dr. Anil Pawara, Servant Vijaya Nikam, Servant Ranjana Gaikwad, Interns Dr Riya & Dr Pallavi.



Pathology Department

From left to right: Dr Vijay khajotiya Mr Yogendra Rajput Dr Chetan Patil Dr Rajesh Thakur (Dr Vipin Todase & Dr Deepak Sadhu) Dr Santosh Pawar Mr Jitendra wani & Dr Suhas Kokani





Pharmacology Department

From Left- Bhatu Patil, Dr. Mukesh Kumar, Dr. Sudhir Pandhare, Dr. Vijay Kokani, Akshay Shinde, Varsha Kokani, Nirmala Kokani



Physiology department

From left Mr.Swapnil pawar , Mr. Ganesh gavit, Mr. Abhay chaure , Mr. Suryakant tadvi , Mr. Ravidra bagul , Mr. Jitendra gangurde , Dr. Shrinivas chitta , Dr. Sushil dube , Dr. Sandip zare , Dr. Bhatu patil , Dr. Puja hotla , Mis. Aasha tadvi



Biochemistry department

From middle to right on first row HOD Dr. Trupti Ramteke, Dr. Sarika Argade, Mis. Sonali, middle to left Miss. Silviya, Miss. Mrunali. From right to left on the second row -Mr. Rahul, Mr. Sabir Kazi, Mr. Dinesh, Mr. Uday, MR. Ankit, Mr. Swapnil



Microbiology department





Anatomy Department

From Left Dr Sonali Vasave, Dr Diya Bhoge, Dr Soniya Parchake, Dr Anand Jamkar, Dr Sugat Kawale, and Dr Deepak Chaudhary



Library Department

From Right - Mr. Madhukar Gaikwad, Smt. Anjana Bagul, Smt. Dhanshree Kokani, Mr. Nikhil Padvi, Mr. Sachin Dhangar, Dr. Nilesh Tumram, Mr. Kishor Shelke, Smt. Reshma Shelke, Smt. Vaishali Padvi, Smt. Bai Gavali , Mr. Pradip Valvi



FMT Department

Front row

From Left Dr.Meenakshi , Dr. Vikas rathod , Dr. Nilesh tumram , Dr. Sanjay rathod , Dr. Trishul padole , Dr. Shelke

Second row : smt. Swati Valvi , shri. Bhushan gharte, shri. Nilesh bagul , Shri. Amit deore , shri Vikas gangurde , Dr. Ayush gupta , Dr. Kailas pawara , Dr. Ashutosh patale, Dr. Nishant Kumar , Dr. Tejas brahamane



Pediatrics Department



Medicine Department

Dr Harishchandra Gavit Sir, Dr Rohit Patel, Dr Shirish Parande, Dr Vilas Paradke, Dr Pravin Bagul, Dr Avinay Naik, Dr Gaurav Sarvare.
Staff: Rameshwar Shirsale, Darpan Rajput, Mayur Shirsale, Rohit Marathe, Hitendra Thakare, Kalyani Kokani, Puja Savale, Ramesh Pendharkar, Yogiraj Naik



Surgery Department

Dr Tushar Patil (Head Of Department)
Dr Nilesh Mangam (Associate professor)
Dr Milind Patil both (Associate professor)
Dr Shailesh Patil (Assistant professor)
Dr satish naik (Senior resident)
Dr visvajit (senior resident)



ENT Department

Left corner standing Dr Mukesh. Aula
Sitting left to right Harshala Valvi ,Dr Sunil Khot ,Dr Anil Jatal ,Dr Amol Giradakar



Ophthalmology Department

Dr Megha Kalam Dr Dipali Gawai
Arjun Ghatul Dr Dinesh Patil
Dr Harshvardhan Raghuvanshi





Anaesthesia Department



Dentistry Department



Orthopedic Department



Psychiatry Department

Dr Pratik kadve (junior resident)
Dr Vijaya Gangode (Assistant professor and HOD)
Dr Atul Valvi (junior resident)



Dermatology Department



OBGY Department

BEHIND THE PAGES



The People and Passion That Brought This Magazine to Life

This work of art would not have been completed without expressing our heartfelt gratitude to all those who worked tirelessly, day and night, to bring this magazine to life.

First and foremost, we extend our sincere thanks to our Patron, Honourable Dean Sir, Dr. Sanjay Rathod, for his firm support and constant encouragement in every possible way throughout this journey. We would like to express our sincere and special thanks to our Guide, Dr. Nilesh Tumram, whose keen attention, valuable guidance, and continuous encouragement were instrumental in making this magazine a grand success.

We are also grateful to the Advisory Committee for guiding this project with their valuable insights and wise advice.

Next, we would like to acknowledge the backbone of this magazine—the Magazine Committee. Their relentless efforts, dedication, and teamwork made this dream a reality. The committee efficiently worked by dividing responsibilities into various groups, including:

- Language Sections
- Photography Section
- Sponsorship Team
- Designing Team
- Printing Team

Each team worked with great coordination, commitment, and efficiency. As this was our first-ever attempt, everyone put in their sincere efforts to ensure its success.

We would also like to thank all the students who actively participated by submitting their entries and supporting the magazine in every possible way.

Finally, we express our deepest gratitude to our generous and willing donors, whose contributions played a crucial role in making this magazine possible.

पडद्यामागची गोष्ट

या पानांवर दिसणारा प्रत्येक क्षण सहज घडलेला नाही. कार्यक्रमांची आखणी, सजावटीची धावपळ, वेळेच्या मर्यादांमध्ये केलेली मेहनत आणि एकमेकांना दिलेला आधार—या सगळ्यांची गोष्ट म्हणजे पडद्यामागची तयारी. इथे झगमगाट नसतो, पण खरी टीमवर्क, समर्पण आणि जबाबदारी दिसते...!



मॅगझिन ची पार्श्वभूमी ची चर्चा करतांना कमिटीमधील विद्यार्थी आणि शिक्षक



कव्हर पेज चे डिझाईन करतांना डिझाईन कमिटीमधले विद्यार्थी



संपूर्ण मॅगझिनची एडिटिंग करतांना कमिटीमधील सदस्य

Our Generous Supporters

Dr. Vijay Kokani
Dr. shrinivas chitta
Pathology department
Dr. Deodatta Suryawanshi
Dr. Rajhans Nagarkar
Dr. Rahul Wadile
Dr. Yogesh Salunke
Dr. Trishul Padole
Dr. Umakant Sidam
Dr. Sandhya Gajbhiye
Dr. Sudhir Pandhare
Dr. Ashish Nimje
Dr. Karan Jain
Dr. Sugat Kawale
Mr. Kishore Shelke
Dr. Jaison D'souza
Dr. Suraj Telang
Dr. Yash Verma
Dr. Deepali Bhirad
Dr. Harshal Kedare
Dr. Kamla Chaudhary
Dr. Pallavi Waghmare
Dr. Shubham Shukla
Dr. Snehal Pathare
Dr. Yash mishra
Dheeraj Rayate
Bhargavi Lekule
Sanskriti Mokal
Kaustubh Nimgade
Rohan Gunake
Mansi Chunawala
Shraddha Ghag
Amaresh Bhangre
Martin Rijo Johnson
Rhythm Milan Choudhury (Chaitali milan Choudhury)
Siddhant Waghmare
Swapnil Bharamshetti
Unmesh Jadhav



Thank
You





now here we are



To where we soar



from where we came



FOLLOW US

Official Social Media Handles



@gmc.nandurbar



@jbmcmc_nandurbar



@vinayaka_gmcn

@pralay_gmcn

@m_e_h_f_i_l_gmcn