



# DAANA NEWSLETTER

November - December 2021 - Volume 1, Issue 9



Orlando 2022 poster~Priya ('89)

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## REUNION DETAILS

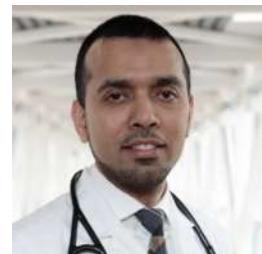
## REUNION & CME REGISTRATION

## HOTEL RESERVATION

### Importance of Physician Leadership in the Healthcare Community

Interview with Ateeq Haseeb, MD, MBA

Chief Medical Information Officer (CMIO), Bon Secours Mercy Health, USA



What are the key traits of a successful physician leader?

The health care community has always welcomed enthusiastic leaders with a broad vision and firm commitment intended to improve the growth of any organization. Most physicians don't realize but possess leadership traits that are utilized in their daily practice of medicine. We make difficult patient management decisions, engage tactfully in designing cost effective treatment plans in the best interest of the patient, and serve our patients with empathy, compassion, and humility which are key traits of a successful physician leader.



Why is physician leadership critical?

Physicians communicate and connect with other physicians well and are viewed differently amongst peers. Ranging from department & hospital policies to CMS regulations, a physician input is very critical when designing these policies. In my opinion, physicians are wired differently and bring a "physician perspective" to the table when key policies and regulations are being discussed by senior leadership. We can play a significant role in reducing work-related stress and burnout of our colleagues which can contribute to suicide if not addressed in a timely fashion.

Physician contribution in these areas ultimately has a huge positive impact on the functioning of our colleagues and the entire physician community.

Physicians are on the frontline and their feedback is very crucial when designing & implementing measures to achieve successful results in regards with patient satisfaction, operations, and finances of any department. As such, physician leadership roles are very desirable in any organization.

### **Why do some physicians stay away from leadership roles?**

Leadership is a role which many people shy away from due to concerns with critical decision making, influential politics, delivering difficult messages and not being able to handle difficult conversations. However, one must realize that we are already performing leadership roles in our day to day lives. We are making critical decisions of our households as parents, negotiating with our children daily for their privileges, and engaging in difficult conversations with our teenagers and other family members. As such, getting involved in leadership roles at your workplace by contributing your skillset and novel ideas will be very beneficial to foster growth for yourself as well as your organization.

Taking a step back, one must realize that leadership is not a position of power, but a position to serve and foster the growth of the individuals around you. If you have the willingness to serve and help others with an innovative mindset, then a physician leadership role is something you should explore seriously.

### **Can you provide us with some examples of physician leadership roles?**

The health care community has always welcomed enthusiastic leaders with a broad vision and firm commitment to improve the growth of an organization. Our roles can range from individually leading a clinic, department, or an organization.

Depending on your traits and inner strengths and likings, one can get involved in finance, innovation, education, informatics & EMR, clinical operations all designed to improve the physician functioning and serve our fellow physicians and patient community.

### **WEEKEND PHYSICIAN LEADERSHIP COURSES**

- Finance 101 for physicians
- Negotiation skills for physician leaders
- Quality improvement
- Managing Physician performance
- Change management
- Emotional Intelligence (EI)
- Resolving conflict

### **PHYSICIAN LEADERSHIP ROLES**

- Department chief leading the department
- Residency program directors, associate program directors
- Division chief/chairman leading the department
- Medical director- physician group
- Chief medical officer (CMO)
- Chief of staff leading the medical executive committee
- Chief clinical officer (CCO)
- Chief executive officer (CEO)
- Chief medical information officer (CMIO)
- President of physician group

### **Do physicians need to possess business acumen?**

In my opinion, every physician must possess a basic knowledge of business side of medicine. At a minimum, we should be able to interpret balance sheets and financial statements of our departments and clinics. Having a comprehensive understanding of profitability, cashflow and growth opportunities will allow one to communicate in the same language with leadership and finance teams, and effectively contribute to the growth of the organization. The American Association of Physician Leadership ([www.physicianleaders.org](http://www.physicianleaders.org)) offers an array of weekend courses which I have found very beneficial.

### **Are there any special training programs that can assist physicians in leadership roles?**

Depending on the time commitment and financial flexibility, one can consider advancing their training into a formal master's programs. Harvard and Stanford also offer advanced leadership development programs for physicians worth exploring.

*Dr Ateeq Haseeb is a Pediatric Neurologist & Epilepsy specialist based in Toledo, OH, USA. A 1993 batch alumnus of DCMS, and a Ross School of Business, University of Michigan graduate, class of 2015.*

### **UNIVERSITY MASTERS COURSES**

- Master of Medical Management (MMM)
- Master in Business Administration (MBA)
- Master in Healthcare Quality and Safety Management (MS-HQSM)
- Master of Science in the Science of Healthcare Delivery (MS-SHCD)
- Master of Science in Population Health (MS-POPH)
- Master of Advanced Study in Health Informatics (MS-ASHI)

## Of memories...and musings - Urdu poetry and the art of Medicine

by Umair Khan ('89)

I have long been fascinated with Urdu poetry and the skill of the shayar to weave thoughts and feelings and emotions around everyday events and make us think and ponder and encourage us to be nobler and more attractive versions of ourselves – in the process making our world itself a better place to live in. Medicine and the art of healing, the physician (chaaragar); complex ailments – some treatable- some not (particularly those of the forlorn unrequited Aashiq/mashooqa –‘Dil-e-naadaan tujhe hua kya hai-Aakhir is dard ki dawaa kya hai’) all find special and frequent mention. In particular there is great emphasis on the empathy of the doctor, healing not just from medicines or drugs but from the ability to listen and understand and with a perfect bedside demeanour. A few of these I have attempted to connect together with my own memories of early medical school days and subsequent lessons from life as a doctor.



### The beginnings

The very first lecture in medical school – in early 1990 – was by the erudite Professor S.S. Hussain (an eminent surgeon and brilliant teacher from the Hussain family of doctors which includes the famous Dr Ajaz and Mumtaz Hussain- and my own batch mate and friend Dr Tameem and other more junior doctors in the alumni group). He began with Sir Robert Hutchison's prayer-

**“From the inability to let well alone;  
From too much zeal for the new and contempt for what is old;  
From putting knowledge before wisdom, science before art, and cleverness before common sense;  
From treating patients as cases;  
And from making the cure of disease more grievous than the endurance of the same;  
Good Lord, deliver us”**

For a first year medical student, brimming with self-confidence and a belief in how one is going to rid the world of suffering and disease this was a great realistic reminder; particularly the words “*And from making the cure of disease more grievous than the endurance of the same*”. After many years in the medical field it is good to repeat this to oneself on several occasions to ensure we are not making the cure more grievous. Much later I would find an echo in Riyaz Khairabadi’s words:

**‘Chaaragar ab du.aa ko haath uThaa.e.n  
Ki aziyyat dawaa se hotii hai’**

"چارہ گر اب دعا کو ہاتھ اٹھاہیں  
کہ اعزیت دوا سے ہوتی ہے"

### The Physician’s role as an empathetic listener

While the above is a good reminder of the limits of medical treatment there are several instances where the poet highlights the importance and the role of the chaaragar as an empathetic listener. In much the same way as William Osler said: ‘*The good physician treats the disease; the great physician treats the patient who has the disease*’. The poet Seemab Akbarabadi says:

**“Ab aayā hai to baiThe chāra-gar қhāmosh bālīn par  
mirī be-chainiyān dekhe mirī be-tābiyān samjhe”**

And Saleem Kausar highlights how the doctor has a duty of getting to know the patient:

**“Ai mire chaaraagar tire bas me.n nahii.n mo.aamla  
Suurat-e-haal ke liye vaaqif-e-haal chaahiye”**

اب آیا ہے تو بیٹھے چارہ گر خاموش بالیں پر  
میری بی چینیاں دیکھئے میری بیتابیل سمجھئے  
اے میرے چاراگر تیرے بس میں نہیں معا ملنے  
سورتِ حال کے لیے واقف ہے حال چاہیے

Faraz carries on with this theme by actively linking the doctor’s speech – the ‘harf lab e chaaragar’ to ‘ye tiir dil mein’

**“Ye tiir dil me.n magar be-sabab nahii.n utraa  
Ko.ii to harf lab-e-chaaragar se niklaa tha”**

پہ تیر دل میں مگر بے سبب نہیں اترًا  
کوئی تو حرفِ لب ہے چارہ گر سے نکلا تھا

Faiz, meanwhile has on several occasions written about the importance of the healer and deserves a special mention. He seeks out the physician and entreats:

**“Be-dam hue bīmār davā kyuuñ nahīñ dete  
Tum achchhe masīhā ho shifā kyuuñ nahīñ dete”**

بے دم ہوئے بیمار دوا کیوں نہیں دیتے  
تم اچھے مسیحا ہو شفا کیوں نہیں دیتے

### A special mention- Faiz Ahmed Faiz

Faiz is a favourite- a master poet with an extensive range of topics on which he has written the most exquisite ghazals and nazms. Also, in this context, it is important to remember a very relevant rubaai (quatrain) where he likens the most exhilarating and refreshing pleasures of life to the feeling of relief that a suffering or ill person experiences when relieved of his pain:

*"Raat yuuñ dil meñ tirī kholū huī yaad aa.ī  
Jaise vīrāne meñ chupke se bahār aa jaa.e  
Jaise sahrāoñ meñ haulē se chale bād-e-nasīm  
Jaise bīmār ko be-vaj.h qarār aa jaa.e"*

I am particularly impressed with Faiz's description of the myocardial infarction- the intense pain that a person experiences after having a heart attack in a nazm he wrote after recovery from his own suffering. The French appropriately term it 'la crise cardiaque' – the crisis of the heart that is so beautifully depicted by Faiz:

*"Dard itnā thā ki us raat dil-e-vahshī ne  
Har rag-e-jāñ se ulajhnā chāhā  
Har bun-e-mū se Tapaknā chāhā"*

And goes on to say how it appeared as if life was preparing to make its final exit by comparing the preparations to that of untying the last remaining ties (the ropes of tents being packed up)- in his words 'reshon ki tanaaben khul kar' and 'rukhsat-e-qafila-e-shauq ki tayyari':

*"Mere vīrāna-e-tan meñ goyā  
Saare dukhte hue reshoñ kī tanābeñ khul kar  
Silsila-vār patā dene lagīñ  
Rukhsat-e-qafila-e-shauq kī tayyārī kā"*

He continues that accurate description of the intense, all consuming pain- which makes the person having the heart attack oblivious to everything except the pain itself at the end of life- 'ham ne chaha bhi magar dil na thaharna chaha'..

*"Aur jab yaad kī bujhīt huī sham.oñ meñ nazar aayā kahīñ  
Ek pal ākhīrt lamha tirī dildārī kā  
Dard itnā thā ki us se bhī guzarnā chāhā  
Ham ne chāhā bhī magar dil na Thaharnā chāhā"  
~ Faiz Ahmed Faiz- 'Heart Attack'*

### ...And at the end

Thirty years on after graduating from medical school there have been many lessons in my career as a children's specialist in intensive care- from patients, from parents and from life itself. The learning has been both from the successes in treatment and from the failures- a realisation that while there have been many advances in science there is much that we do not know. Death is an ever present reminder of our own limitations as doctors- in the words of Meer Taqi Meer:

*"UITī ho ga.iñ sab tadbīreñ kuchh na davā ne kaam kiyā  
Dekhā is bīmāri-e-dil ne ākhīr kaam tamām kiyā"*

Caring for children ( and families) at the end of life- palliative care- is a very fulfilling part of the job as an intensivist. There are times when the focus does shift from attempting to find a cure to making the end of life as comfortable and enjoyable as possible- a time to make happy memories for the family. It is important to recognise this time for what it is and change the treatment goals- Shakeel Badayuni talks about a time like this as:

*"mujhe chhoñ de mere haal par tirā kyā bharosa hai chāragar  
ye tirī navāzish-e-muķhtasar merā dard aur baDhā na de"*

Increasing seniority and expertise in a chosen specialization also brings home the truth in the quote from Voltaire- "**Doctors are men who prescribe medicines of which they know little, to cure diseases of which they know less, in human beings of whom they know nothing.**" If there is one learning point from this essay that I would like to leave readers with (all junior and senior doctors) it is in the words of Jagannath Azad:

*"Ibtidā ye thī ki maiñ thā aur da.avā ilm kā  
Intihā ye hai ki is da.ave pe sharmāyā bahut"*

### **Be humble-Stay humble!**

*Dr Umair Khan, an alumnus of the 1989 batch, is a specialist in Paediatric Critical care (PICU) at the Royal Hospital for Sick Children, Edinburgh, UK with special interest in mechanical ventilation & acute kidney injury and also in Human Factors & Palliative care within the ICU setting.*



## Dallas Spiritual Retreat

by Mohammed Moizuddin ('88)

As the global pandemic continues to both unfold and recede from our daily view, its effect will linger long into the future. Careful attention to spiritual, emotional, and physical health will remain crucial to our capacity to flourish. For some of us, transforming our collective isolation into an opportunity for communal solitude during the lockdown enabled us to discover that it was, as it had always been, the seedbed for growth in holiness and wholeness, for communion and connection, for resistance and renewal;

The COVID19 global pandemic is taking us on a roller coaster ride so it is imperative for us to pay careful attention to our spiritual, emotional, and physical health, maintain compassionate harmonious relationships with our extended family, friends and our patients. Our situation is dire without any clear road maps, but we are also very fortunate to have wise guidance from our Almighty to seek guidance from our age-old contemplative traditions.

Few of our alumni from Chicago suburbs came up with this idea of transforming our collective isolation into an opportunity of community solitude, enabling us to renew faith in our spirituality and religion. The idea was to find that inner peace and know that we are not alone in this upheaval. This gave shape to the alumni spiritual retreat on November 20th, 2021 weekend in Dallas. Retreat was arranged with help of Kazi Azher ('89), Mateen Dawood ('90), Mansoor ('93) and others who reside locally at Masjid Yaseen, Garland, TX.

The purpose of this retreat was to temporarily disconnect from the rush of our everyday lives and reconnect with God through our worship and devotion. It was time to recite the Quran, pray the obligatory prayers in jamaat, remember Allah, and learn from our religious scholars, meet and greet local alumni with an intention to invite them to this retreat. Although this meet was open to all, only our male alumni could make it to this trip. The goal of this get together was solely driven by grassroots social reform that aims at achieving a higher level of spiritual enlightenment and proximity to God, and make progress in our own personal reform and societal regeneration.

Alhamdulillah, those who participated in the Retreat, left the Masjid with a renewed sense of spiritual awareness and unique internal contentment and inner peace.

Thank you once again for inviting me to this retreat and also for the opportunity to contribute in a few words about my experience.

### Dallas Retreat - November 2021

by Altaf Aman ('90)

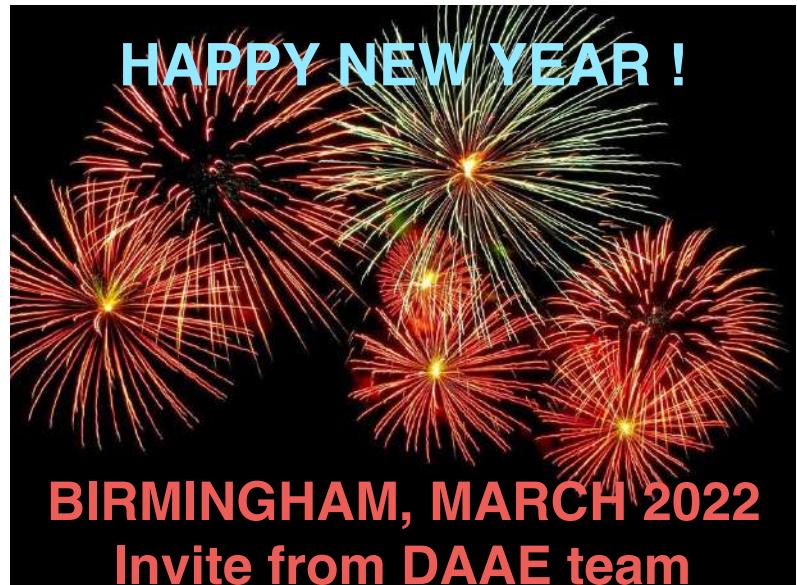
Alhamdulillah, it was a great experience for a short trip we had in Dallas on November 20th. Got to meet a lot of folks.

Nice to interact, bond and make new connections that will make us all grow as an organization. Learned more about each other's experiences and stories. Very informative bayaans, a few excellent & outstanding speakers.

Last but not the least, excellent hospitality by team Dallas and the valuable time they gave & spent the whole weekend with us making it a very warm experience.

Farshi Salam to Moiz B, Aijaz B, Mansoor & Azhar Bhai

Looking forward to more such experiences.





## The Eternal Complainants

by Iftekhar Ali ('92)

At first there is some talk and debate  
About how we are blessed with an awful fate  
Because it is already fifteen days into June  
And there is still no sign of the monsoon?

There is a recall of the times when we had plenty  
But now it is a story of lakes that are empty  
Of electricity, there is not much left in the towers  
And water? -you should be glad you are getting at least two hours

Then the winds start blowing and clouds gather  
The rain bringing with it a pleasant weather  
So does that make us happy and ease our pains  
Are you kidding- What about the flowing drains?

And the roof that is leaking and the soggy roads  
And the driveway that is littered with frogs and toads  
As for the weddings, they must be cancelled, it seems  
The couples must wait for the realization of their dreams

Come October and the weather turns cold  
The script may be recent but the story is old  
For now it is the skin and the nails turning blue  
And the family being afflicted with bouts of flu

The mornings are dark with the gathering fog  
How do you think are we supposed to jog?  
And just when I thought my finances were better  
My daughter seems to need a new sweater

So, whatever be the weather, sunshine or rain  
We reserve our fundamental right to complain  
And this is not really to criticize anyone  
For whining is something I myself have done

But let us understand, it is never too late  
To realize we have this annoying trait  
And stop the criticism if we can  
For there is beauty and wisdom in nature's plan

If ever there was anything to gain  
By complaining and whining again and again  
Our dreams would fly on destiny's wings  
And there would be no beggars, only Kings!

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجُونَ

## IN MEMORIAM

Extremely sad to inform that our dear fellow alumnus, Dr Naseer Mohiuddin ('88 batch) passed away Thursday night (30 Dec 2021) due to sudden cardiac arrest in Hyderabad, India. May Allah grant him Jannat-ul-Firdous & give strength to his family to bear this irreplaceable loss.



## HONORED ~ Faraz Farishta ('96)

Humbled to receive “**Best Teacher Award**” from ANBAI (NBE Association) as DNB teacher for postgraduates from AP & Telangana states. It was presided over by Dr Abhijat Seth President NBE New Delhi & Dr B Karunakar Reddy VC-KNR University of Health Sciences, Telangana. Feeling very privileged to take the award along with the legendary teachers across both states. I owe this to my teachers **Dr Mohajir, Dr Najamul Hassan & Dr Baig**.

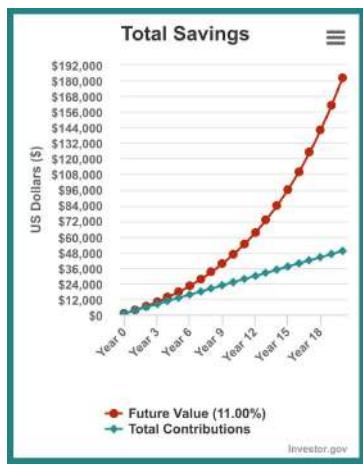


## \$\$ DCMS TRADES CORNER \$\$

by Ateeq Haseeb ('93)

### Long term investments & Power of compounding

Starting with an initial investment of \$1000, and contributing \$200 on a monthly basis to your child's investment account, the final value after 20 years will be \$182,062. That's the power of compounding !



## THANKSGIVING 2021 - DAANA SERVICE DAY by Noor Husain (13 yrs)



Our family and some friends had been planning to get together for Thanksgiving for a couple of months. This time we wanted to make our family get together more meaningful by working on some charity project. My Phuppa (Dr. Taruj Ali) had the idea to make care packages for the Afghan refugees since we had enough family members and friends to do so. All the kids were to write an email and ask family and friends to donate to the Afghan refugee fund.

We gathered donations from family and friends. Our parents helped us to order online in bulk. The night that everyone arrived, we started to make the care packages consisting of a **backpack filled with pencils, socks, erasers, and various other school supplies as well as socks and winter hats**. We organized an assembly line in our basement to get it all done. I unboxed backpacks, my sister and cousin put socks in them, another person put a school supply kit inside as well, and the adults did the final check to make sure everything was done properly.

The next day the whole family drove to the refugee apartment complex to drop off the packages. Once we got there, kids got in line and we started distributing the packages to the kids. It was great to see the joy and happiness amongst the children. After that we distributed pizza slices as well.

It was very rewarding to do something for the refugees who are now part of our community. We thank our parents for helping us in this project.



**Volleyball Charity Game For the Vulnerable 2021**



As we approach the holiday season and Thanksgiving has just rolled by one looks around and reflects. We are so blessed to be in this beautiful nation of ours. However around us there are many that are underserved and live in poverty.

Now take that notion and think about flying more than 10,000 miles away, without a home, unable to speak the local language, surrounded by strangers, with the list of challenges that goes on and on. The Afghan Refugees deserve our attention, time, and assistance.

The DAANA youth service project was geared toward coming up with a fundraising plan, organization, and execution. We came together as siblings and planned a charity volleyball game with moms and daughters at the Islamic Foundation. We had more than a **hundred people register, put on a bake, and played our brains out for more than 3 hours**. We were all there with a purpose, to do our part facilitating the needs of our refugee brothers and sisters by raising awareness and some funds.

Our New Year's resolution will be to be more thankful and be aware of the needs of our community ~ **Rehma and Husna Qazi d/o Baseer Qazi ('96)**





- 1. Click Link : [AmazonSmile](#)**
- 2. Search & Select Your Charity : Deccan Alumni Association of North America**
- All proceeds this holiday season will go to [Afghanistan Refugees Fund!!](#)**

## **DAANA Youth Service Project - Afghan Refugees**

At the first sign of armed conflict or persecution, the natural human response is to try to take your children out of harm's way. Refugees are people who've chosen to leave a conflict. Under international law it is not an option to assist refugees, it is an obligation.

More than 74,500 Afghans have been given permission to live in the United States, at least temporarily, in the four months since the return of Taliban rule.

In 2018, there were 25.9 million refugees globally- the highest number ever seen. Over half of these refugees are children. However, two countries account for nearly half of the child refugees in the world: Syria and Afghanistan. Children are particularly vulnerable during refugee crises. Many have undergone devastating experiences and lost everything familiar to them, including family members and friends.

I am 14 years old and born in the USA.

According to the U.N. nearly 1 million children between 2018 and 2020, were born as refugees. These children are younger than us but have already seen so much hardship and experienced trauma that we don't even understand.

My youth group and I learned about the Afghan refugees who arrived in the USA. We feel an overwhelming sense of responsibility to help in any way we can.

We decided to come up with creative ways to raise money for them. We set up stations to sell chai/ donuts and hot chocolate to educate our community about the Afghan refugees and collected money from our sales. We set up a Go fund me and continued to spread the word and collect money for the cause during thanksgiving through the end of the year when most people are in the spirit of giving. **We were able to raise approximately \$3000 dollars** to donate to this cause and while it's a small dollar amount for the great amount of help and resources still needed, we feel this experience helped make us aware of the refugee crisis and the plight of refugee children in particular.

This experience has made us recognize how blessed we are to be born free in a country where our freedoms are protected, our education guaranteed and government funded programs guarantee basic needs to all children born here.

We all have something to give- so give what ever you can- your time, your talent, your treasures, cause there is only one kind- human kind and we all can build each other up. Wanting to help someone who we may never meet, or personally know, makes us realize we are all connected in this world.

Written by **Sophia Aisha Safder d/o Shaista Safder ('95)**



### ***Editors' message:***

Dear readers, alumni & colleagues,

We close out the year 2021 with this edition of the newsletter, where, in addition to our usual articles & alumni news, we bring to you some unique articles from our alumni with unique viewpoints & experiences. Dr Haseeb gives advice on physicians' role in leadership positions, which is a need in the ever-changing landscape of healthcare industry, while Dr Umair Khan shares his insight into an interesting history of medicine in Urdu poetry! We also acknowledge & celebrate the various DAANA Service Day projects done by alumni's children in support of Afghani Refugees. Kindly check out the AmazonSmiles & Refugees Fund link to make your contributions to the cause. As always, we proudly display the achievements of the DCMS students in the Student Section. Special thanks to Mrs. Zainab Tarin Khan for typing out the Urdu poetry text.

As we enter into a new year, still dealing with the pandemic, we have some welcome reminders of the support of our alumni community, from Dallas to Europe & some amazing reunions to look forward to (Birmingham UK - March 2022 & Orlando FL - July 2022). Please make sure to click all the links to get more info, register for events & messages from dear friends.

Happy & Healthy New Year 2022 to all!

*PS. Send your contributions & suggestions or feedback (corrections / changes) to [daananewsletter@gmail.com](mailto:daananewsletter@gmail.com), for amends before final upload to NEWSLETTERS ARCHIVE.*



# STUDENT SECTION

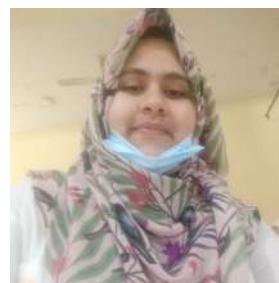
Contributions by current students of Deccan College of Medical Sciences

Student editor : Hunaina Manfusa - 2017 batch

**Saimah Naseer & Hunaina Manfusa (2017)** - paper "*Comparison of medial longitudinal arches of the foot by radiographic method in users and non-users of high-heeled footwear among young women*". This also got selected for ICMR-STS 2019 (Indian Council for Medical Research-Studentship) & published in the Journal of Anatomical Society of India (Year 2021 Vol 70 Issue 4 Pages 226-232) [Link to JASI article](#)



**Hajira Fathima (2018)** got the award of best speaker for the motion (1st prize) at **Global Association of Indian Medical Students (GAIMS), New Delhi** - conducted global health conclave, in collaboration with American Association of Physicians of Indian Origin (2-3 Sept. 2021) - an All India online + offline event; in the category of Medbate (the debate competition), Topic : "*Blockchain in healthcare - hope or hype?*" <https://www.gaims.org>



held 29-31 Oct 2021

**Md. Misbahuddin (2018 batch)** Debate winner at **OSMECON 2021** (undergraduate medical conference hosted annually by Osmania Medical College and its associated hospitals in Hyderabad, India)

**Syed Abdul Raheem (2016)** : research paper "*Limb length discrepancy (LLD) after lower limb long bone fractures in pediatric age group*" published in International Journal of Orthopaedics Sciences. [Link to IJOS](#)



**Nusrath fatima (2017)** - Winner of best case presentation at national conference "SPASHT" by Amrita institute of Medical Sciences. Topic: "*Unilateral Angiomyolipoma without Tuberous Sclerosis*"



**Amina Amtul Muhamimin (2018)**

**The Fight for Life**  
**-Hunaina Manfusa. (2017)**

Dried up is the rain,  
Just like my tears.  
Everything has gone in  
vain,  
'Cause back are my fears.

The wind is blowing rough,  
The sun has gone away.  
Life is going to be tough,  
But still, I'll stay.

Silliness is lame,  
No doubt, it's pain.  
Everyday is the same,  
This is the life train.

The stars are shining bright,  
Through the window, see.  
I can touch the light,  
Now, the moon says to me.

Your fears are gone,  
Fixed will be your heart.  
The soul has won,  
It can have a new start.

The warrior is me,  
The conqueror too.  
Wake up and see,  
Believe in yourself too.