

## **DAANA NEWSLETTER**



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#### **DAANA Mentorship Program**

DAANA's mission is to serve the underprivileged and foster collaborative relationships between alumni through educational, cultural and philanthropic activities. Our Mentorship Committee has been active since 2016 and follows the model of advocating, advising, coaching and mentoring our alumni who wish to pursue post-graduate medical education in the United States. Any alumni who wish to avail our services can email: dcmsmentors@gmail.com Thanks to the hard work of previous Chairs: Sameer Mohammed '90 (2016-2017), Baseer Qazi '97 (2017-2018), Fawad Khan '98 (2018-2020), Altaf Aman '90 (2021-2022) and Afshan Khan '96 (2022-2023), we are continuing to grow and help our alumni achieve their dream of getting residency and fellowship positions here.

The Chair works as a liaison and reports directly to the President and the Board of Directors. In addition, they coordinate all activities for the mentorship team. Along with the Vice Chair and other members, he or she formulates protocols and updates the resource list for our applicants from time to time. Mentors act as case managers and point of contact for prospective candidates and provide regular updates about the progress to the mentorship committee. We actively work to provide guidance and assistance with opportunities for US clinical and research experience, enhance applicants scholarly activities, grant writing and research submissions to professional meetings and scientific conferences. Mentors also assist our alumni students in developing clinical posters and presentations at our biennial US alumni Reunions.

Our HOST (Help Our Students Travel) Program helps in financial and travel related assistance as needed. Our Scholarship Grant Committee provides financial assistance to qualified candidates, based on their merits to help with ERAS applications and travel for interviews. We sponsor and conduct 'Research Day' at our medical college while supporting scholarly and research activities of our medical students and faculty. We also encourage networking opportunities to assist colleagues with academic career development, physician leadership programs, and promotion within healthcare institutions. DAANA also has an active Alternative Career Program (ACP) for alumni who wish to pursue nonclinical pathways under the leadership of Khadija Bano '86.

The Mentorship Committee meets on a quarterly basis to monitor progress, identify strengths, promote excellence and provide and solicit feedback from our applicants. This feedback is utilized by individuals to excel in their interviews and

match into their desired residency and fellowship programs. Till date, we have mentored over 80 applicants to residency and about 10 fellowship positions. We are looking forward to you joining our team and 'giving back to our alma mater' by helping our own fulfill their dreams. I strongly believe each one of us who made it here is a 'mentor' and remember "A mentor is someone who sees more talent and ability within you, than you see in yourself, and helps bring it out of you." — Bob Proctor

Warm Regards, Dr. Mohammed Moizuddin '88



#### **DAANA Mentorship Workshop - DCMS Hyderabad**

It is a fact that if you want to help someone, try and make them self sufficient. The best way to help a professional is to help him/her build a career. So when Dr Taruj, Dr Moiz and Dr Altaf called me regarding their intention for DAANA to organize a USMLE event in our college, I immediately got into action mode and we chose a convenient date, though it was 'exam time'. My day to day interactions with our students had got me convinced that many of them are sincerely interested in pursuing careers in the US. And when the day arrived, I came to know it was not just Dr Altaf Amaan, but a whole team including Dr Afshan Khan, Dr Amer, Dr Zahed Shuttari and Dr Farheena, who would visit our college and interact with our students.



Dr Altaf's lucid presentation was much appreciated in which he dwelled on how to prepare for the exam, what material to read, what extra requirements give you the cutting edge and most importantly, how to approach the senior alumni who are already there and willing to help. We then organized a Q&A session which was an instant hit with all the attendees. The clear way in which the panelists (mentioned above) answered the questions and provided a sense of direction to the students was most impressive. Mentors information was shared and some thought provoking answers were provided. The meeting ended with snacks provided by the Alumni Association and some more intense discussions over cups of hot 'chai'.



I expressed my sense of thanks and gratitude to our Managing Director, Janab Akbaruddin Owaisi Saheb and Principal, Prof Ashfaq Hasan Saheb in the closing remarks. Driving back, I felt genuine appreciation for our amazing Alumni from the US, who leave no chance to 'give back to our College, it's students and society', as is our motto. May God keep these feelings alive for many more years to come!

Dr. M A Majid Adil '88 Vice Principal, DCMS, Professor/Head, Dept of Urology, DCMS



I had a trip planned to Hyderabad in January 2023 with much excitement!

Thought what greater opportunity to give back to alma mater than doing a USMLE talk for the upcoming medical students, to provide a glimpse of the journey to the land of opportunities. I would like to thank the DCMS administration, Principal, Vice Principal and DAANA for bringing this event to fruition. Also like to thank the alumni visiting from the US: Drs.Afshan Khan, Amer Mohiuddin, Zahid Shuttari and Usama Syed who were part of the panelists in the Q & A session.

About 140 students from DCMS came for the event, that lasted over 2.5 hours with students expressing a lot of interest and asking questions post event. I presented an overview of the journey from the preparation for the USMLE steps, to the process of seeking visa, arrival in the US, then scrambling to get clinical rotations or research and finally the tedious and expensive ERAS process with the help of the mentorship committee under DAANA until the match date. In the interim, the mentors assisted with the application process, mock interviews and final rank order list. Due to such an enthusiastic response, we are planning to make this USMLE workshop an annual event for the benefit of the students.

Those who need more information can reach out to daanamentors@gmail.com

Dr. Altaf Aman '90 DAANA BOD Mentorship Committee



#### Message from Mentorship Committee Chairwoman

Not much has changed, yet so much has. The garden, the well, and then Mohd Ali from anatomy- time felt stood!

If you are from Deccan you know the reference above. However, this time the experience was different. It took 25 years to be on the teaching panel of our DCMS mentorship workshop, the other side of the class. It was a unique experience to see the naive, young, and motivated students ranging from first years to recent graduates all so enthusiastic to learn more about the process of higher education in the United States.

And it has only taken 25 years for me to come back to give back, all of that the struggles, the challenges, best known methods, and the process that was not well defined when I started. Thanks to the DAANA mentorship committee, a seed for motivated alumni to give back and make it less challenging for younger alumni. Out of all the DAANA committees, this is the most robust and tediously working committee, seeing great growth under the leadership of Drs. Baseer Qazi, Fawad Khan and Altaf Aman.

They are dedicated, patient alumni who give a bit of their personal time. It can be a challenge to work with rookie/enthusiastic young individuals who are rightfully desperate in learning the ropes of professionalism in a new country. It has had its challenges when students approach different alumni with the same task. Some may not be mindful of requests and deal with some unrealistic expectations. It would be unfair if I mentioned only a few because I am always pleasantly surprised at how many alumni contribute in so many different ways for folks they don't even know except their strong DAANA bond!

Part of the mentorship growth is our DAANA grant committee which offers grants to help students succeed in their application and interviews. This is done with a plan for it to be a revolving and sustainable process to return the grant and payback helping the new alumni. DAANA mentorship committees' recent workshop organized in Hyderabad ran smoothly thanks to the Principal and Dr. Adil Mohiuddin Vice Principal's enthusiasm to help these students achieve their goals. When listening to the session Dr Adil Mohiuddin held, I felt a tad bit jealous wishing we had similar reciprocity and events glamorized by the chai and puffs at the end.

The time contribution Dr Altaf Aman gives to DAANA is immeasurable! His dedication to create, organize, and run a professional event was reflected in the presentation and can't leave out his dapper bow tie. Zahid Shuttari, Farheena Azam and Amer Mohiuddin took time out of their personal vacation to share their experience and provide more knowledge to the workshop. The room felt more nerdy and less online savvy or their naive shy questions had that vibe, until we got more questions and emails after the session. Overall, the goal of the DAANA mentorship workshops is to educate others on our presence, expectations and goal achieving techniques; which were well received and measured by the content of emails we received after.



Thanks to our new addition to DAANA, Natasha Morse is already doing a great job at organizing everything, making it easier to provide a more professional flow to our mentorship system. And for me, this seems like an amazing goal achieved as a chair for the committee to be empathic and available but also to teach alumni professionalism and respect for one's time.

maiñ akelā hī chalā thā jānib-e-manzil magar log saath aate gaye aur kārvāñ bantā gayā

Dr. Afshan Khan '96 Mentorship Committee Chairwoman

#### **Intern Class Results**

The results are in...we increased our placement numbers by 40% Let's join in congratulating the new class of interns!! All the best, make Deccan family proud!! Here are the candidates who matched:

#### **Class of 2023**

- 1. Juvaria Arshi (2019), IM, Trinity Health Oakland Hospital Pontiac, MI 2. Tasneem, Banu (2009), Pathology
- 3. Shaza, Jafri (2022), IM, Carle Foundation Hospital (Champaign) Urbana, IL
  - 4. Humaira, Kauser (2008) FM, Wright State University Dayton, OH
- 5. Juveria, FNU (2019), IM, Mercy Catholic Medical Center Philadelphia, PA
- 6. Osman, Musleh (2021), IM, Flushing Hospital Medical Center Flushing, NY
- 7. Sayera, Muqarran (2021), Pediatrics, Central Michigan University Saginaw, MI
- 8. Zain, Ur Rehman (2021), IM, HCA Florida Bayonet Point Hospital Hudson, FL
  - 9. Tanveer, Ahamed Shaik (2022), IM, St, Francis Chicago, IL
  - 10. Mariya, Syed (2021), IM, Flushing Hospital Medical Center Flushing, NY
- 11. Usama, Syed (2022), IM, Carle Foundation Hospital (Champaign) Urbana, IL
  - 12. Samar, Akram Syeda (2022), IM, Mt. Sinai Hospital Chicago, IL
    - 13. Hafsa, Tayyab (2021), IM, Geisinger, PA
    - 14. Juveriya, Yasmeen (2021), IM, Saint Joseph Chicago, IL

#### **Class of 2022**

- 1. Daniya Samreen (2011), IM St Joseph Mercy Oakland, MI
- 2. Saher Taj Shiza, (2007), IM, Lincoln Medical Center Bronx, NY
  - 3. Wajid Hussain (2013), IM, Creighton University Phoenix, AZ
    - 4. Shabaz (2012), IM, Detroit Medical Center Detroit, MI
- 5. Fawaz Pasha (2014), IM, Medical Center Bowling Green Bowling Green, KY
- 6. Hiba Ambreen (2011), IM, Atlantic Care Regional Medical Center Atlantic City, NJ
  - 7. Afshan Fatima (2014), IM, DMC Sinai Detroit, MI
  - 8. Divya (2010), IM, Creighton University Phoenix, AZ
  - 9. Lubna Khanum (2008), IM Woodhull Hospital Brooklyn, NY
- 10. Arsheya Fatima (2010), IM University of Houston/HCA Healthcare, Houston, TX



#### **Zakat Food Distribution**

The primary objective of DAANA Zakat Distribution program is to initiate food security for poor families through efficient distribution of monthly ration supplies to them with respect and dignity. We wish to collectively facilitate our alumni zakat donations to reach the most needy in our beloved city of Hyderabad. Emphasizing the importance of charity, our Prophet Muhammed (SAW) said: 'Generosity is near to Allah, near to Paradise, near to the people, and far from the Hellfire...' (Tirmidhi)

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Our ration kit costs \$50 can feed a family of five for two months. Contents include 25 kgs of high quality sona masoori rice, 10kg wheat flour, 4 kgs Oil, 5 kgs of Pulses besides other essential items. Please donate and help us identify the needy and we will deliver to them free of cost in Hyderabad. Please donate your funds at our website: <a href="https://secure-api.net/give/v3/daana">https://secure-api.net/give/v3/daana</a> or pay to our DAA Team in Hyderabad (Dr Naseem Majid, Gen. Secretary)

For the last 4 years we have successfully provided this ration distribution along with the Iftar meals to the deserving in Hyderabad. Last year we were able to help 1000 families with ration and provided over 10,000 hot meals for iftar at different distribution locations in Hyderabad in collaboration with our local NGO Peoples Welfare Organization and DAA. This year we intend to reach more families and provide more meals along with providing clothes and gifts to orphan kids Inshallah. We have already distributed 200 ration kits this year till now and the program is ongoing, requesting all our alumni support in this noble project.

"And you shall give the Zakât-Charity, and therewith lend God a most goodly loan. For whatever good you advance for your souls, you shall find its reward with God in the Hereafter; yet it shall be far better and much greater in reward" (Sûrat Al-Muzzammil, 73:20).

Warm Regards,
Dr. Mohammed Moizuddin '88 &
DAANA Zakat Distribution Team







#### **Dastarkhwan Corner**

Hello Friends!!!

Starting mid 2022 our newsletter showcased an exciting food blogging addition called "Dastarkhwan Corner". In this edition we are featuring favorite recipes shared by our own alumni. Here are few favorite recipes from Dr. Yasmin Ansari, an HPS, DCMS alumnus who lives in the Pacific Northwest. She enjoys working full time as Geriatrician with a special interest in Dementia. She loves hiking, cooking and hanging out with friends. She is mom to three kids and has two loving dogs, handful of hens and many backyard birds of the beautiful northwest.

You're going to love this vegetarian entree called **Avial!!** Vegetables that traditionally go into this dish are: drumsticks, egg plant, potatoes, yam, plantain, beans, gavar, sem ki phalli.

#### **Ingredients:**

I kairi( green mango if available)

Dessicated coconut

Coconut oil

Green chillies

Turmeric

Cumin

Curds( yogurt)

Curry leaves

Salt to taste



#### Method:

Wash and prep all veggies. Cut them into long pieces, place in instapot with 1 heaped tsp turmeric, salt and a couple cups of water. Cook on high pressure for 7 mins.

In the meantime grind together dessicated coconut, cayenne or chillies, roasted cumin into fine powder or paste. Beat yogurt well.

When instapot pressure releases, add the ground ingredients, curry leaves( generous qty of curry leaves), bring to boil until yogurt is cooked and water evaporates to desired consistency.

Pour fresh coconut oil about 50 mls for 1000 gms of vegetables.

Remove from fire.

**Mahaqaliya** is traditionally a fish curry from Hyderabad but you can add any cooked meat to this masala base and it tastes very good.

#### **Ingredients:**

500 gm fish cut into medium pieces (use filets of salmon, halibut, tilapia or cod)

2 tablespoons of oil to sauté

A few fenugreek seeds

Coriander leaves to garnish.

For curry paste:

1 small onion

3 medium tomatoes

1 tsp ginger garlic paste

1 tsp red chilli powder( cayenne)

1tsp coriander powder

1/2tsp turmeric powder

1/2 tsp garam masala powder

1tbsp(tablespoon) thick sour curds( yogurt)

Salt to taste

For marinade: 1tsp white vinegar

1/2 tsp garlic psste 1/2 tsp red chilli powder

1 Tbsp gram flour( besan)

Salt to taste

#### **Method:**

Marinate the fish with all marinade ingredients, one after the other and let it sit for half hr to absorb the flavor.

Turn fish pieces over after a while to ensure that marinade coats all sides evenly.

Heat oil in a wok and deep fry fish till crisp in small batches.

Put all the ingredients for curry paste in a food processor and make a fine paste.

Heat 2 Tbsp of oil. Add fenugreek seeds and sauté for 10-15 secs.

Add the curry paste to oil and fry till oil separates.

Gently add the fish pieces, into the gravy, add water to get desired consistency of the gravy. Cook on low heat for 5 mins, gently agitating the gravy so it doesn't catch the base of bagona.

Garnish the Mahaqaliya, also called Dum Qaliya with coriander leaves and serve hot with rice.



All time favorite with a twist **Double ka mitha!** 

#### **Ingredients:**

Store bought Tostados or any brand that sells pan toasted bread (it is thick toasted crisp bread).

Diary

- Unhomogenised milk one gallon
- Half and half quarter gallon
- Evaporated milk one can
- Condense milk one can

Nuts

Almonds handful to make a powder

Almonds soaked, skinned and sliced for garnishing

Handful of pistachios to put into boiling milk towards end of boiling a few minutes before turning off.

Sugar

4 cups for making syrup (thick syrup)

1 cup for putting in milk

Saffron: soak in a cup of milk

One small packet khoya, and if not available a small quantity of kalakand



#### **Method:**

In thick based steel pot, put the whole unhomogenised milk to boil and let it cook slowly until it boils down and thickens to a rabdi like consistency. It gives a lot of cream as it reduces. Also becomes a yellowish color as milk thickens. Now while milk is set on slow boil start toasting tostados.

Butter each toast lightly on both sides, heat oven to 250 and place the toasts in a large foil tray to fill the tray with the buttered toast edge to edge. Once butter starts to melt and get absorbed they are starting to turn golden, remove foil tray from oven and set on counter and spread condensed milk lightly on each toast. This cools it down so toasts don't continue to darken from oven heat

Once milk starts to thicken put the almonds powdered into it and let it continue to cook. Milk should reduce a lot, the add one cup of sugar to it and let it dissolve completely pour saffron into milk at this stage and let it cook.

Can add little yellow color also. Also can add handful of pstachios into milk and they soften and give a good flavor.

Break khoya into small pieces or grate and sprinkle into milk just before pouring onto bread.

Pour this thickened milk concoction onto the bread evenly and let bread soak it up. Leave to soak for couple hrs, it will absorbed.

Sugar syrup: cook 4 cups sugar in a little water until it dissolves and becomes stringy (quite thick) can add little saffron and yellow color to sugar syrup also. Pour this thick hot syrup onto the bread in the foil tray after it has absorbed the milk that was poured and then preheat oven to 250 set this tray back in for just a few mins and pull it out and garnish with sliced almonds. If you didn't have khoya, at this stage, you can sprinkle kalakand on the top evenly.

Very rich and yet not unhealthy Double ka mitha is ready. Even a small serving is so satisfying.

Hope u all enjoy making it!!



Thank you Dr. Yasmin Ansari for your contribution in this issue!! If you would like to share your favorite recipes, send them to Dr. Aparna Mahakala '89 at <a href="mailto:daananewsletter@gmail.com">daananewsletter@gmail.com</a> or message us on WhatsApp!



## DAAE SECTION



#### President's Message

Salam and Hello everyone!

I was recently approached by Dr. Umair Bhai '89 batch, someone who needs no introduction to write something for our newsletter. My first response was no way! Writing and submitting something to him would be like 'suraj ko chiragh dikhana'. I tried to delay it for as long as I could, hoping he would give up, but he has very patiently waited for me to submit this, so here goes nothing.

I consider myself blessed to have been witness to the birth and growth of our alumni organisations, starting with DAANA and followed by DAA, DAAME and DAAE. Words cannot adequately express the work that is done by these organisations and the alumni that silently and selflessly work behind the scenes. Of course, I will not forget to mention the alumni who contribute even without holding any official posts.

Let's backtrack a bit and ponder on what exactly it means to be an alumnus. Traditionally, "alumnus" refers specifically to a singular male graduate and "alumni" is the plural form for a group of male graduates and for a group of male and female graduates. Meanwhile, the term for singular female graduates is the lesser spotted "alumna", and "alumnae" refers to a



group of female-only graduates. After this official definition, let's think again about what it mean to be alumni in essence? Is this our frequent or infrequent interactions on social media, is it attending the reunions, or is it contributing to a good cause via money or our skill?

I would say it's a combination of all of the above, and even more. This alumni has raised hundreds and thousands within days, sometimes even hours, in order to help one of their own as well as complete strangers in distant parts of the world. Our alumni have visited families in person and provided medical aid and relief in deprived areas. Students have been sponsored with interest free loans, fees paid in times of need, guidance given for career pathways, advice given when sought for other matters and so much more, the list truly goes on and on.

So the question is who is doing all this? This is done by you, yes, this is done by you. Do not underestimate your contribution in any way, no matter how small it is, whether it is via money, your skill or even an encouraging word. We've all heard the cliché saying that 'no man is an island'. Please do not become one and try to be involved as much as your time, lifestyle or personality allows you.



I would also like to mention and thank our Presidents, BODs and office bearers of these organisations for motivating and guiding us, keeping us united and keeping us involved. For those of you who are not aware, these are not paid salaried positions. It can sometimes be a thankless job with no appreciation, and where there is praise, there is also criticism. However the reward for this work is huge, if not from people then definitely from the Almighty. Keep up the good work.

A proud Deccanite,

Dr. Nazima '90

#### **A Tale of Two Christmas Trees**

'It is the best of times... it is the worst of times'.

Winter in Scotland is a time for musing- the short days where sunshine is fleeting (sunrise at nearly 9:00 AM; sunset at 3:30 PM), the long dark nights cold and often miserable. However, in this season the Christmas and Hogmanay (New Year) festivities come as a relief- a breather in the long dreary season. The much awaited lights went up a few days ago at the hospital where I work, a full Scottish band complete with bagpipes and a lot of good spirited carol singing by the staff members:





And the joyful prancing of reindeers captured in this tableau, clearly visible at night when glancing out of the hospital windows, providing another great reminder that the festive season has arrived:



#### The other Christmas tree(s)

Amidst the festivities, and in the middle of a typical busy day in the ICU with all its noisy monitors and machines, a visit to a much favored spot within the hospital- the Sanctuary is the reason for these musings. The Sanctuary is a place of peace and quiet, in a hospital full to its maximum capacity in winter. A space to pray and reflect and return to busy wards, if not refreshed- at least a bit less weary. The sign at the doorway aptly reflects this:



"Zamaana jaam badasto janaaza bardosh ast" (Zamaana haath mai jaam aur kandhe pe janaaza lekey chalta hai- The world marches on -a goblet of wine in its hands, a coffin on its shoulders)"
Ali Sardar Jafri

Now for the other 'Christmas' tree that features in the title – here a brief reflection is invited from the readers on sentiments expressed by Urdu poet Ali Sarda Jafri in the introduction to one of his nazms (more about the nazm later):

After prayers in the sanctuary my attention was drawn to 2 small 'trees'- also lit up like the big Christmas tree outside- but these ones quite different with small cards hanging from each small branch:

On these cards were written names of children who passed away battling illnesses or injuries, the cards hung up by loving family members who chose to highlight both their grief and their love this way. And a book rested on a table nearby which simply said 'Forever remembered' with names of those who had died and messages of love from their families.





A bit grimly, and sadly I realized that most names on that tree were very familiar- not surprising given that my work is within the Intensive Care unit. I was astonished by how clearly I remembered all the faces of the children in their final days or moments. And also how clearly I remembered their parents, carers, siblings, grandparents, in some cases aunts and uncles. And in one case a girlfriend by the bedside of the young adult who lay dying, and in another a boyfriend in a similar state. All grieving, all putting up brave faces- I remembered how I tried to comfort them- and more incredibly how they tried comforting me in turn!

The poet Ali Sardar Jafri, who I earlier referred to, says about the unstoppable march of life and death and the value of the memories of the loved ones:

"RAKHS-E-KAAINAAT jaari hai (jo marte hain wo moujood hain)...yaad ki shakl mai, dhadakte huay dil ki shakl mai, ashkon ki shakl mai, mohabbaton ki shakl mai"

'Those who die remain with us..in the form of memories reverberating in our throbbing heartbeats; in the form of tears shed at the memorable love we shared.'

A reminder then to those with sons and daughters, nephews and nieces, and grandsons and granddaughters- hold on to them close, love them dearly, cherish them, treasure the memories they make growing up. And a prayer- from the Quran- may the children provide 'comfort to our eyes-Qurat ul –ayn' and may they find security and comfort in our arms. And may those who have lost loved ones continue to find peace and solace and happiness in their remembrances. Amen.

phir ik din aisā aa.egā āñkhoñ ke diye bujh jā.eñge hāthoñ ke kañval kumhlā.eñge aur barg-e-zabāñ se nutq o sadā kī har titlī uD jā.egī ik kaale samundar kī tah meñ kaliyoñ kī tarah se khiltī huī phūloñ kī tarah se hañstī huī saarī shakleñ kho jā.eñgī khuuñ kī gardish dil kī dhaDkan sab rāgniyāñ so jā.eñgī aur niilī fazā kī makhmal par hañstī huī hiire kī ye kanī ye merî jannat merî zamîñ is kī sub.heñ is kī shāmeñ be-jane hue be-samjhe hue ik musht-e-ahubar-e-insañ par shabnam kī tarah ro iā.eñaī har chiiz bhulā dī jā.egī yādoñ ke hasīñ but-ķhāne se har chiiz uThā dī jā.egī ..... ( And the memories live on- the Rakhse kainaat

carries on...)

lekin maiñ yahāñ phir ā.ūñgā bachchoñ ke dahan se bolūñgā chiDiyoñ kī zabāñ se gā.uñgā jab biij hañseñge dhartī meñ aur koñpleñ apnī uñglī se miTTī kī tahoñ ko chheDeñaī maiñ pattī pattī kalī kalī apnī āñkheñ phir kholūñgā sarsabz hathelī par le kar shabnam ke qatre taulūñgā maiñ rang-e-hinā āhañg-e-ġhazal andāz-e-sukhan ban iā.ūñaā rukhsär-e-urüs-e-nau kī tarah har āñchal se chhan jā.ūñgā jāDoñ kī havā.eñ dāman meñ jab fasl-e-ķhizāñ ko lā.eñgī rah-rau ke javāñ gadmoñ ke tale sūkhe hue pattoñ se mere hañsne kī sadā.eñ ā.eñgī dhartī kī sunahrī sab nadiyāñ ākāsh kī niilī sab jhīleñ hastī se mirī bhar jā.eñgī

Dr. Umair Khan '89



#### **Enduring Friendships**

As Deccan alumni in the UK we have a fairly short history- a reminder of this was posted in the DAAE WhatsApp group by Dr Wasif Siddiqui and Dr Mujahid, both from the 1990 admission batch, celebrating their first memories in the UK when they landed in London together 25 years ago. I have posted this here in the newsletter for the heartwarming nature of their story and as something that symbolizes the strength of the bonds that alumni have which get forged stronger in the shared struggles that new migrants face together.



#### From Wasif:

"Alhamdulillah 25 years today since 15 March 1998 when we both arrived into London to pursue higher training in UK. With apologies to Majrooh sahab - hum dukele chal pade DCMS se, janib e manzil e UK, log saath aatey gaye aur karwan banta gaya. And in all this years Allah taala has blessed us both with so so much more than we aspired for Alhamdulillah. Thank You, Mujahid for your initiative. Life would have been so different without you. For all my lovely friends and juniors Alumni from Deccan - thanks for all the love and respect over the years."

#### From Muhajid:

"Alhamdulillah. It has been a difficult but a fruitful journey. Both of us have achieved our goals and also feel that we have inspired some of our college mates. Me and Wasif were the first people from DCMS that had been bestowed with a surgical training rotation leading to the MRCS. In the history of overseas trainees in UK, till date no two classmates were granted an entire surgical training programme in one hospital.

Alhamdulillah for everything"

Following these 2 posts there was a wonderful Sahir Ludhianvi sher quoted by Dr Hidayath Khan, also from 1990 batch- bringing our efforts in this world into perspective and that there is so much to applaud and celebrate in the everyday things we do to make our lives and the lives of those around us better.

"Maanā ki is zamīñ ko na gulzār kar sake

Kuchh khaar kam to kar ga.e guzre jidhar se ham"

While we have not quite managed to transform the world into a garden of roses,

We've cleared away all the thorns from whichever paths we have travelled

A reminder of Ahmad Faraz's advice for our time in the world:

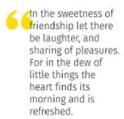
"Shikwa-e-zulmat-e-shab se to kahin behtar hai

Apne hisse ki koi shama jalate jaate"

Far better than lamenting against the hardships of dark nights

Is lighting candles of your own as you travel through

The friendship story from Wasif and Mujahid, stretching across 25 years and more, is itself a great illustration of what Khalil Gibran has to say about friendship- and how it is a way of refreshing our souls and our lives and the comfort and security it provides:





So there it is – a feel good story- a vindication of well meant sincere efforts and how they translate into success in life. And how big a role good friends play in that journey. As Sudarshan Faakir says about hardships of life and the comforts of friendship:

At every turn the harsh sun blazes down on life's paths

It is only your memories my friend that provide a comforting shelter

"Har taraf ziist kī rāhoñ meñ kaDī dhuup hai dost bas tirī yaad ke saa.e haiñ panāhoñ kī tarah"

Dr. Umair Khan '89

#### **Congratulations & Celebrations**

#### From the Alumni

Congratulations due for Dr Hidayathullah Khan ('90 Batch), FRCS, Consultant Urologist on being appointed Educational tutor for the prestigious Royal College of Surgeons, Edinburgh!

#### From the Alumni Family

Congratulations due to proud parents Dr Nazima ('90 Batch) and Dr Abid Hussaini – their daughter Ameenah Hussaini has won the Women in Engineering Award! The following is from the school's newsletter:

#### FORMULA 1 in Schools - Girls breaking barriers!

Laurel Hill's 'F1 in Schools' teams, Alloro Racing and Laurel Hill Racing attended the competition's National Final in Salthill, Galway.

The students Andrea Forde, <u>Ameenah Hussaini</u>, Eva Kiely, Lara Sheehan, Maya Rooney and Aaliyah Coughlan from Alloro Racing and Margherita Ní Fhlatharta, Alannah O'Connell, Genevieve Bachelet and Sophie Coleman from Laurel Hill Racing have been working hard on the competition since September! Between building their cars and pit displays, gaining sponsors and doing radio and newspaper interviews, it has been a massive workload for the Transition Year and 6th Year pupils.





The girls left the competition with <u>Alloro Racing winning the Women in Engineering award</u> and Alannah O'Connell for becoming runner up for the META Engineer of the Future award. Massive congratulations to the two teams, it was well deserved!

Congratulations to <u>Madiha</u> – (daughter of Dr Mohammed Azheruddin -DCMS alumnus-Consultant Nephrologist) on being selected for the Economics undergraduate programme at the Cambridge University!

#### In Madihas's words:

My Journey from "Anything but Medicine" to selection at Cambridge for Economics

I found Economics very interesting as it can be applied to every aspect of life, and explains many of the mechanisms which influence society. Awareness of economics and its future prospects is not as high as other mainstream fields, particularly among Asian Muslims.

I applied to Cambridge with a predicted four A\* Grades in my A level besides London School of Economics and Universities of Durham, Warwick and Bath.

Cambridge's admissions process is quite rigorous. It involves an initial application, admissions assessments and then interviews – which can be quite stressful at times, but the process itself is not too complicated.

During the interview all the interviewers are very good at making you feel comfortable.

I think the biggest help during the process comes from having supportive teachers, family and friends.

I believe the most important thing is to make sure you have an actual passion and interest in the subject you are applying for – if you are, working hard becomes a lot easier and success follows.





### DAAME SECTION



#### Trip to Makkah

It was Wednesday 21st December 2022. Today, we were going to Makkah to meet our cousins who came all the way from USA for Umrah. My brother and I were watching TV, my baby sister was sleeping, and my mom was cooking in the kitchen, my dad was on work. After watching TV, we ate food and by that time my dad came back from work, my sister woke up and we got ready to go. We left the house and started the car, after a while, we reached the sasco before Makkah check point. We bought Mc Donald, and continued our drive. All went well for a while . . . . . We reached Makkah check point just as we were going through . . . . . The car suddenly stopped!! My dad started the car again and again but the car did not move at all!!

Then a Police man walked up to the right side of the car. I thought that there might be a problem with the tire, but no, it was even worse than I imagined! The Policeman came over and said that the oil was leaking from the car. The car had stopped in the middle of the lane. My dad tried to pull the car over to the lane on the left so we were not in the way, and to let the other cars pass. But, it was impossible! The Policeman used his car to push ours, it worked but, I think there is a scratch at the back of our car. Our car was out of the way and the other cars could pass but . . . . . . We could not go anywhere we were stuck!!! My brother and I were very scared.

My dad called Roadside Assistance and said that he got his car serviced at the Taif showroom for 40,000 km today, and now the car broke down at Makkah check point. The person on the phone said that he is going to send a wench/tow truck. I asked dad what's going to happen to the car now and how are we going to go back? He said that he doesn't know, and he is not worried about the car he was worried about how we were going to give the food and the gifts we bought for our cousins. My dad kept on calling Road-Side-Assistance and they kept on saying that the wench/tow truck is coming please wait.

Soon after that my dad called one of his school friends and told him our problem and asked him if he could come and pick up the things from us, and give them to our cousins and he agreed and said that he is going to come in a few mins. After that it started Raining, dads friend came after a while dad gave him the things and he left. Then, dad called the wench/tow truck person and asked him where he was, the person said that it would take him another 30-40 mins, Dad also asked him if we could sit in the car while the tow truck is towing the car. The person on the phone said no, it is not safe. So, now we had a new problem we can't sit in the tow-truck. Great!

After dads friend gave our cousins the things, dad asked him if he could come and pick us up and drop us home as we could not sit in the tow-truck, he said ok and it's going to take him 20-30 mins until then the tow-truck will also be here. The tow-truck came and it used its winch to pull the car, it was an adventure- but a very scary one! The tow-truck pulled the car up with us inside it! After some time, dad's friend came and we sat in his car, our car was coming with the tow-truck. We were going home at-last, Alhamdulilah. I wanted to sleep but I could not sleep on the way back. Dad and his friend were talking about old school days, and good times. We reached Taif, we changed our clothes had some dinner and slept. When our car broke down, we had to wait for 3 hours for the wench/tow-truck. I have so many questions to ask, but no answers.

By: Rufaydah Yaminuddin

(Daughter of Dr Khaja Yaminuddin '99)

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#### I AM NOT LIKE THIS!

Aaina yeh toh batata hai main kiya hun lekin

Aaina is pe hai khamoosh ke kiya hai mujh main..

Hospitals have heard more prayers than the walls of any other place...don't you all agree!!

Couple of days ago, after a tiring 12-hour shift, at the hospital, late into the night, I went to the cafeteria to meet my best friends... tea and biscuits. Yes, I had eaten nothing that morning, and was looking forward to go home and sleep. As I was seated, I heard a young girl asking her mom to buy her some food stuff. Now you shall be alarmed by what I say next... the mother said that, my dear child, as of now these biscuits are enough with water, papa is admitted in the hospital and we don't have enough money to pay the bills.

Believe me, I just stopped eating.

The voice at the other end, wish words could describe the pain, the agony.

Seene main jalan aankhoun main toofan sa kyun hai

Is shaher main har shaqs pareshaan sa kyun hai!

As a doctor with compassion, I could not help myself but to involve in this scenario. I tried finding the case details, took help from a colleague. The insurance expired and the patient lost his job recently.

It was 3 in the morning by the time I found the insurance agent. My eyes were red, but the voice of that little girl asking for food was ringing in my ears!

I did what I could to help them, spoke with the administration and managed somehow to get things settled. The mother was informed and that little girl was sleeping in her arms. Tears rolled down her cheek, how I wish I had not did not see that

In aankhoun ki masti ke mastane hazaroun hai

In aankhoun se wabasta afsaane hazaroun hai

For a moment I thought, if I had married the hospital, patients would have been my kids and the administration as my inlaws...

As a Doctor, on behalf of majority of the doctors, we don't run away from our responsibilities.

I, am not like this, whose soul is dead, I am not like this whose humanity has drowned.

People keep calling names, they say "oh this doctor makes a lot of money, but never is of any help!

Then, when I receive all the unknown numbers and during those calls I deliver the prescriptions!

I am not like this, who can't look into any ones eyes!

<u>I am not like this</u>, who says bye byes.

I fail to understand as how to explain, oh dear humanity why don't you gain!

Deceiving yourself, ignoring your own health, blaming the doctor, whenever you came.

Take good care of yourself, eat healthy, avoid food which is oily, drink water avoid Pepsi!

"What did I eat or drink, I have no idea,"

The air I breathe, the food I feed should be pious, that's my concern.

#### So, my conscious does not allow me to deceive humanity.

Then why do people say, the doctor is to be blamed....

#### I, am not like this, I, am not like this.

Dunya main hun dunya ka talabgaar nahi hun,

Bazaar se guzra hun, khareedaar nahi hun

#### You must first, have a lot of patience to learn to have patience.

At times, if I ever switch off my phone for a while, often I get calls and I give a courtesy call back.

I hear a lot when people do say,

Oh I called you 10 times; You never receive, what is the point of being a doctor...

After I get this notion, seems like I am on call 24/7.

Majboor bahut karta hai ye dil toh zubaan ko

Kuch aisi hi halat hai ke hum kuch nahi kehte

#### Power of words, oh my dear, they either make you or break you.

Can I not switch off my phone, may I ask?

When I look at some one smiling after they leave they leave the clinic, those moments are worth anything.

Ya rab mujhe mehfooz rakh is baat ke sitam se

Main is ki inayat ka talab gar nahi hun..

And those who get upset, if not satisfied, I still try to smile, after all

A smile is a curve that can set things straight.

#### (Conclusion:)

My friends, in the non medical fraternity, often say that they are **bored** sitting at home, with one kid jumping over his shoulder and the other running havoc, and that they are trying to *entertain themselves*.

#### I don't have the luxury of time to get entertained or to be bored.

Earlier when the pandemic started, I remember, it was for weeks that I did not touch my kids.

I worry on the way to work; I worry on the way back home, not knowing if I have got the infection.

Friends say they can't go to restaurants to dine in; I have to eat, in between shifts, if I can!

You! Can't see or meet your friends...I can't hold my child close enough to feel the warmth!

Although we try not to let our emotions, affect our work, it isn't always possible. I have learned this, recently...

At the end of the day, we are HUMAN BEINGS!

I am not like this what you hear, I am not like this what you fear.

Ab toh bas jaan hi dene ki hai baari ae noor

Main kahan tak karun saabit ke wafa hai mujhe main



Dr. K. Yaminuddin '99



## STUDENT SECTION

#### Contributions by current students of Deccan College of Medical Sciences

Student editor: Hunaina Manfusa - 2017 batch

#### Sports Week - Mitosis Ragnarok

Annual Sports week of Deccan College of Medical Sciences October 21st, 2022 - October 29th, 2022

After a long break consisting of COVID-19 and exams for us and our juniors, finally the annual sports week of DCMS was back after 2 years. This time it was arranged by the 2017 batch, who had worked hard enough to show the talent of our college and had that delivered!



#### Inauguration Day:

On Friday, 3 O Clock, the annual sports was inaugurated by Janab Asaduddin Owaisi, Chairman of Owaisi Group Of Hospitals & Deccan College of Medical Sciences.

- -Our Principal, Dr. Ashfaq Hassan, Pulmonologist
- -Our Vice Principal, Dr. Majid Adil, Urologist
- -Medical Superintendent of OHRC, Dr. Gopal Kishan And the Faculty of DCMS, who has shaped us into doctors, were present.

#### Freshers Party:

On the evening of 21st, the seniors of the 2017 batch had an event planned for our newly joined juniors of 2021 batch. An evening full of fun and celebration.

THE VIKINGS GALA - where every person had a reason to celebrate their achievement of joining DCMS and to continue its legacy. We had amazing performances by our juniors too, who are indeed very talented.

Day 2 to Day 7:



The sports week had fully opened with outdoor and indoor duties going



Speech given by Nusrath Fatima, 2017 on the History of Deccan

## Student Core Organizing Committee: Shaik Salman

Shaik Salman
Mautasim Bilal Ali
Mohammed Afreen
Mohammed Faraj
Nadya Naeem
Ausaaf Ahmed
Nusrath Fatima
Zoya Naaz
Nazim Mohammed
Uzma Khan
Sara Samreen

Activities, and its organisers: Football - Asher, Aftaab, Shariq

#### **Throwball -**Jaweria, Hajira, Maliha

Basketball - Aizaz, Naseer, Bilal, Uzma Khan, Hunaina Manfusa Cricket - Nouman, Mehmood, Azeem, Sara Samreen, Jaweria, Uzma Khan

**Table tennis -**Raiyan, Rashid, Shariq, Adeeba Kauser, Adeeba

Sana, Amtul Badminton - Zaki, Nihal, Shariq, Fatima Zehra, Afiya Nazeefa

#### Kho Kho -

Mohammedi, Naziya, Namira, Afiya Nazeefa **Kabaddi** -Nouman, Arfath, Mujeeb **Chess** - Arfath,

Chess - Arfath, Aamer, Sana Salmeen, Zoya Naaz

Volleyball -Farhan, Affan Carrom - Farhan, Mujeeb, Sara

Samreen, Jaweria, Zoha Afreen Talent Show -Sana Salmeen

Dare to Diagnose -Numeera, Sara, Sadia

#### Calligraphy-Jaweria, Sama

Treasure Hunt -Jaweria, Sama Cooking - Arshiya,

Hafsa, Juwairiah Trash Art - Sana Taskeen, Uzma Khan, Amatul

Saboora **Paint** - Aimen,
Reem

Islamic Quiz -Zaid, Faiz, Juwairiah, Hafsa, Shireen, Sara Samreen, Daniya

Mehendi -Nahdiya Sadaf , Mihal Card Making-

Card Making-Maria Tasneem, Zoya Rasheed, Maliha, Hajira **Naat Recitation** -Arshiya, Naziya,

Juwairiah

Case Presentation

- Sharia Rashid

- Shariq, Rashid, Numeera, Sadia **Debate** - Safina, Afroze, Aimen,

Ananth
Poetry Mohammedi,

Namira, Naziya Anatint - Sana Taskeen, Uzma Khan, Mahvish **Poster** 

Presentation -Shariq, Rashid Essay Writing -Arshiya, Daniya Spell Bee - Afroze, Ananth, Adeeba Sana, Amtul Aimen Qirat - Zaid, Faiz Make up - Hajira, Maria Tasneem, Zoya Rasheed General quiz -Murtuza Hashmi (PG), Fateen, Adeeba Kauser Medical Quiz -Arshiya, Daniya, Naziya

#### Day 8 - FETE:

Spooky Nights was the theme for the Fete arranged this sports week. All the batches had stalls up and the college was open for friends and family. It was a successful night of fun and many memories.



Even the moon was beautiful on Fete Night.

# 2017 VIKINGSI

#### FINALE NIGHT:

The day had come, when the sports week had come to an end. With a heavy heart, we had to bid goodbye to the last sports week of our MBBS lives. But the hard work we did had paid off, when we saw how smoothly everything we had arranged had gone. A celebratory cake was cut by the batch of 2017 to end the sports weeks.





#### Winners Of Sports Week

#### Athletics:

#### Girls:

1st- Zeba Nasreen 2k18 2nd- Uzma Ahmed 2k19 3rd- Uzma Khan 2k17

#### **Boys:**

100m:

Gold- Askar 2017 Silver- Ibrahim 2019 Bronze- Areej 2018

#### 200m:

Gold: Askar 2017 Silver: Areej 2018 Bronze: Muzamil 2021

#### Relay:

Gold- Askar, Asad, Naseer, Ausaaf 2017 Silver- Ibrahim, Jasim, bilal, Furqan. 2019 Bronze: Muheet, imran, Sarib, Zaheem. 2021

#### SPORTS OUTDOORS

<u>Boys</u> Cricket -

PG Gold 🏅

2k17 Silver

**37 II 1 II** 

Volleyball -

2k17 Gold 6

2k19 Silver

Basketball -

2k17 Gold 6

2k19 Silver

Kabaddi -

2k17 Gold 6

2k21 Silver

Football -

2k17 Gold 6

2k18 Silver

<u>Girls</u> Cricket -

2k17 Gold 6

2k18 Silver 🎳

Throwball -

2k17 Gold 6

2k20 Silver

Basketball -

Dasketball .

2k19 Gold 🎳

2k20 Silver 🏅

Kho Kho -

2k17 Gold 6

Silver 2k20-

INDOORS-

<u>Girls</u> Badminton-

2k17 Gold 6

2k18 Batch Silver

Table Tennis -

2k17 Gold 6

2k20 Silver

Carroms -

Singles- 2k17 Gold 6

2k20 silver

Doubles - 2k20 Gold 6

2k17 Silver 🎳

Chess -

2k17 - Gold 0

2k18- Silver

<u>Boys</u> Badminton -

2K19 Gold 🥇

2k17 Silver

Table Tennis -

2k17 Gold 6

2k19 Silver

Carroms -

2k17 Gold 🥇

2K19 Silver

Chess -

2k17 Gold 6

\_\_\_\_\_

2k18 Silver 🎳

#### General Quiz Winners -Zaid Hasan, Faizan, Sara (2017)

#### Painting -Saimah Naseer (2017)

#### Dare to Diagnose -Winners -Zaid Hasan. Shariq, Nabiha Tabassum (2017)

#### Anatint -Saimah Naseer (2017)

#### Spell Bee -Winners -Hunaina Manfusa, Mahveena Hussain (2017)

#### **Best poster** presentation -Saimah Naseer (2017)

#### Oirat -Mohammed Ullah (2021)

#### Islamic quiz -Aman, Omar, Urooj (2018)

#### English Calligraphy -Masood (2021)

#### Arabic Calligraphy -Shifa (2019)

#### Poetry -Hunaina Manfusa (2017)

Mehendi -Fabiha Khan (2021)



Students of 2017 on Day 1

#### **ICMR STS - 2020**

Asfia Siddique 2016 batch Hunaina Manfusa 2017 batch Safa Hyder 2018 batch

#### **ICMR STS - 2019**

Saimah Naseer 2017 batch Arshiya unnisa 2017 batch Sara Samreen 2017 batch Uzma Khan 2017 batch



Winners of Dare to Diagnose and Quiz

#### **ACADEMICS:**

## 2016 Batch

Overall topper -Misbah Fatima Subject wise -

Medicine- Misbah Fatima Surgery - Misbah Fatima Pediatrics - Zubia Khatoon

Obstetrics & Gynecology -Haniyah Sabah, Sadia Hashim, Farha Arsheen, Zaina Ali Khan

#### 2017 Batch

Overall topper -Zaid Hasan Subject wise-Medicine- Zaid Hasan Surgery - Nusrath Fatima Pediatrics - Zaid, Nusrath Obstetrics & Gynecology - Zaid Hasan

#### 2018 Batch -

Overall topper -Amatul Muqsith Zunera Subject wise-ENT, Ophthalmology, SPM - Amatul Muqsith Zunera

#### 2019 Batch -

Overall topper -Mohammed Zaid Pharmacology -Tanzil Javeria Pathology - Asma Tahmeena Microbiology -Mohammed Zaid

#### 2020 Batch-

Overall Topper -Nameera Sultana Anatomy -Nameera Sultana Physiology -Sameera Fatima Biochemistry -Kashifa Mehdi









Ongoing Girls Basketball Match



Entries of ANATINT - Anatomical Body Painting

Although Sports Week was from 21st till 29th, the planning put into it, was started months prior to it. As we all were interns now, we had to accommodate the schedule for everyone, before it started and when it was ongoing.

It was the first time in our lives that we were organising such a large scale event. The amount of hard work everyone had done for this was precious. We tried our best and made sure that everyone had a memorable time at this year's sports week.

We wanted to do something that'll be memorable for everyone throughout their lives, and personally I think we did that. I saw how every single one of us was struggling to juggle our duties as interns and also plan this event for perfection. It was hectic but slowly slowly the whole event panned out as we thought.

Every single person of the 2017 batch would understand the blood, sweat and tears put into this event. We were scared but with the help we got and wanted, we did something for which we all will be proud for the rest of our lives.



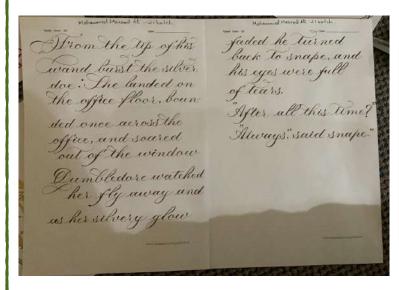
Winner of Mehendi Competition



Hunaina Manfusa

A student of 2017 batch, DCMS first and then the Student Correspondent for DAANA

#### **Additional Sports Week Achievements!!**



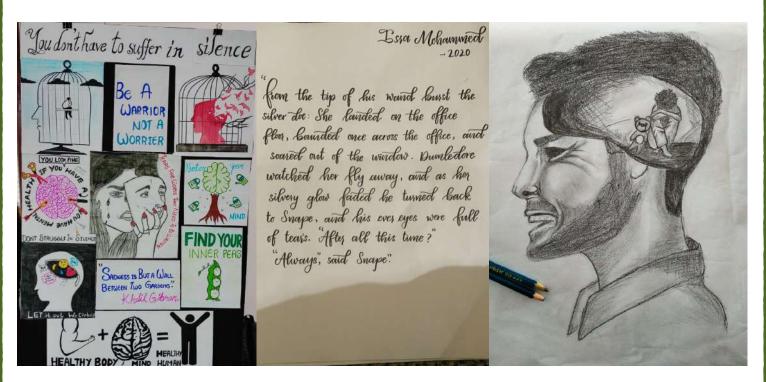
Calligraphy 1st place



Rida Rizwan 2020 Batch



Global Health Summit Winner Mehveen 2017 Batch



Institute of Mental Health in Erragadda Rida Rizwan 2020 Batch

Calligraphy 2nd place

Maseera Mujeeb 2015 Batch

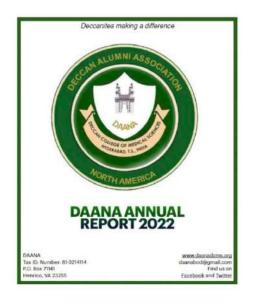
DAANA NEWSLETTER Volume 2 - Issue 1 JANUARY - MARCH 2023

#### **Announcements**

Guess what!! We have updated our website and it's **NEW** and **IMPROVED!!**Highlighted features include an alumni directory, photo & video galleries,
CME recordings, DCMS history and much more!!! Check it out here:

#### !!REUNITE - RECONNECT - RECOLLECT!!





Explore DAANA's 2022 Annual Report here!! This publication includes highlights of the community service, research, and education-related projects we worked on together. We hope the report provides you with valuable insights into the achievements and activities of DAANA over the past year.

Are you a DAANA Member yet? **If not, what are you waiting for!!!** We have various membership options for alumni in US/Canadian, India, UK, Middle East, Europe, Australia and other parts of the world!! Please register as "Members" to explore all the features of the new website!!

