

Connections-09

Bulletin of the Government Medical College Chandigarh Old Students Association (GMCCOSA)

Travel With Me

We are introducing a travel section from this issue of Connections called 'Travel with Me'. Who doesn't love to travel? We all have our reasons to humor the vagabond lurking inside us. I travel because it is then that I feel the most liberated and happiest. It helps me to understand the world around me and my role on this planet. Simply put, it helps me be a better human being. Why do you travel?

Share with us your travel experiences. Write about why a certain moment at a certain place touched you, or of someone interesting you met while globetrotting, or that unique place that you feel you absolutely want us to know about. And remember, a picture conveys more than you can ever express in words. Bon voyage!

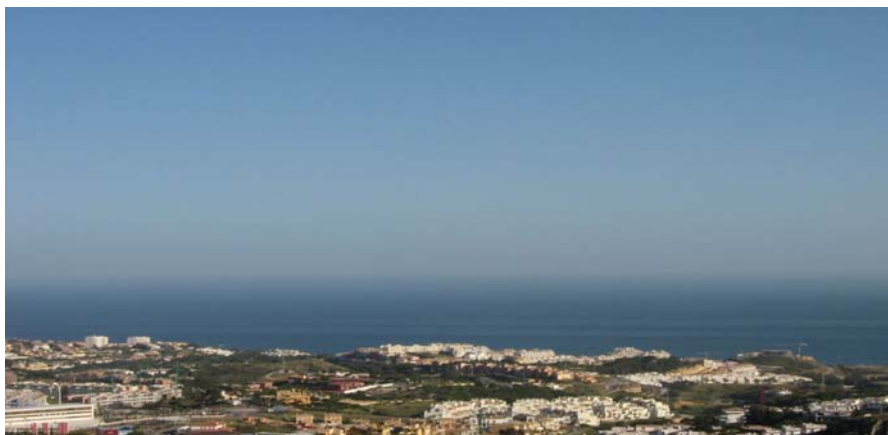
Grand Canyon, USA; October 2008



I thought it was another of those overhyped and aggressively marketed American tourist attractions. All such delusions are immediately blown to smithereens the moment you lay eyes on this magnificent natural wonder. It is truly a tour de force of nature: a massive schism carved into the earth over millions of year by the Colorado River. Its proportions are epic: 277 miles long, 15 miles wide at some points, and at its deepest points, more than a mile deep. As I peered over the ledge of the canyon, I could not help feeling overwhelmed and awestruck by what I saw. It also made me realize how small and trivial humans are in the bigger plans of the universe.

Mediterranean Sea, Coast of Spain, 2007

The Mediterranean has always held a certain allure for me. You know - the haunting blue sea, the balmy weather, the sumptuous seafood cuisine, the lovely beaches, and (ahem!) the women. As we drove along the southern coast of Spain on the Costa del Sol, I caught my first glimpse of the sea as we rounded a turn on a hill, and it literally took my breath away. We paused at a beach to admire the vista. They say that on a clear day you can see as far as the northern tip of Africa. It was only after we drove away and a few minutes later that Preety tactfully pointed out that unknown to me while I was lost in my musings and in very close proximity to us, a few European beauties had been sunbathing naked on the beach.



Rome, May 2005. Palatine Hill and Fora Romano in foreground



Of all the cities I have ever visited, none has made quite an impression on my mind as did Rome. The city is an open air museum drenched in history and studded with architectural gems. As you walk across the Colosseum, you can almost hear the excited baying of 70,000 blood-thirsty spectators cheering on a gladiator fight; and here you can retrace the footsteps of the imperial Julius Caesar as he walked from the Palatine Hill to the Fora Romano, and in these very ruins, where now wild cats run amok, Brutus committed the most famous act of betrayal in history. Where else can you rest your feet and nurse an espresso in a piazza designed by Michelangelo? A visit to the most famous room in the world, the Sistine Chapel in the

Vatican City is an experience that cannot be put into words. End your evening on the Spanish Steps in the bustling Piazza Spagna as you cool off with a delicious gelato and watch the lively procession of Roman life pass by. It's all good.

A café without a name and pork chops for the ages; Costa Rica, December 2006

One of my favorite vacations has been in Costa Rica. It is a beautiful country in Central America and if you love outdoors ecotourism, this place is ideal. Costa Rica has it all: tropical weather, rain forests, verdant mountains, two coastlines (the Caribbean Sea on the East and the Pacific Ocean to the west) and several rivers, active volcanoes, and some of the best coffee in the world. The locals, called Ticos, are friendly and helpful (just don't trust their driving!) and it is a very safe country. We rented a car and drove around for about 8 days, in the process hiking, white-water rafting, bathing in volcanic hot springs and random waterfalls, horse-riding through rain forest, zip-lining between tree tops hundreds of feet above terra firma, swimming in beautiful pristine beaches and visiting national parks.



Don't you feel that some of the best traveling moments are unscripted? One such moment happened to us while we were driving back from Manuel Antonio to San Jose to catch our flight back home. Driving through mountainous terrain and hungry for a bite, we came across a small nondescript café on the crest of a hill overlooking a gorgeous lush green valley. Sitting at the bar while enjoying the view, I chomped on the most delicious grilled pork chops I have ever had, accompanied with soft corn tortillas and spiced up with the trademark local Lizano sauce, relished with small side of black beans and lettuce and tomatoes. All this I then proceeded to wash down with fantastic locally grown coffee from the owners own coffee plantation. Mmmm Mmm Ymmm! For less than 10 dollars, I had one of the more memorable meals in my life. Life felt good.

Luang Prabhang, Laos, January 2009. Alms giving ceremony for Buddhist monks

Luang Prabhang is a small city in Laos, designated a World Heritage City because of the hundreds of historic Buddhist monasteries located there. The most important of these monasteries are located on a hill, flanked on one side by the Mekong river and on the other by its tributary, the Nam Khau river. Every morning, locals and tourists gather at 6 a.m. on the main avenue next to the temples to give alms to the monks, who are not allowed to purchase groceries or have worldly possessions. Some of the tourists were very aggressive, literally getting into the faces of the monks to get pictures. They were clearly violating the sanctity of the occasion. However, I was impressed by the calmness and stoicism of the monks, some of whom were as young as nine or ten years, who betrayed no hint of irritation or anger. There was an aura of dignity around them. It felt very nice being part of this spiritual ceremony from a different religion in a foreign country. It somehow added more meaning to our trip.



Taj Mahal, India. November 2007



I had seen the Taj Mahal when I was ten or eleven. Preety had never been there, so when one of her co-fellows who is Japanese, accompanied us on a trip to India, we decided to make this our first stop. I did not know what to expect as I approached the site. Would I be disappointed? Would this be a huge let-down? All such concerns turned out to be completely unfounded. As I crossed the red arched gate and entered the main complex, I was left speechless by the sheer beauty of the Taj. How could someone mortal even possibly conjure something so magnificent and transcendental! I began daydreaming and my mind drifted to another era: I imagined the mausoleum after it had been just completed, the pure white marble unblemished, the beautiful lush green gardens and clean sweet air yet unpolluted, the Yamuna river, full to the banks with clean water and flowing behind

the Taj in a musical cadence as only rivers can, and the Emperor and his entourage decked in their resplendent royal attire occupying the premises. Ah, this was truly heaven on earth! At that moment, I felt very proud to be Indian and also a little smug - we had one of the most beautiful monuments in the world on Indian soil. But then I also felt a pang of regret and anger when I realized how many such historical structures in our country were being lost due to the lackadaisical attitude of the authorities.

Sandeep Kochar, 1993 batch

GMCCOSA: Nostalgia Survey: Responses from the survey-We thought that this indeed was hilarious!

Ragging: I was asked to identify the best and the worst girl of my batch. Then I had to propose to them. (I remember coming up with the most ridiculous songs) and the girl was to grade my effort on a scale of 1-10. Passing was 5 and acceptance was 7.5. One of them scored me thus 'Iska score hai 3..... below zero!'"

In Conversation With Prof. J.S. Chopra



Prof. J.S. Chopra is a Padma Bhushan awardee and was the first Director Principal of the Government Medical College, Chandigarh

Thoughts about the GMCCOSA:
It is a welcome podium for the alumni of this young institution. Faculty members should participate in its activities so that the voice of this growing body is better heard. Re-unions should be held and should involve former faculty members as well. Best wishes to the GMCCOSA team.

Message from the director:
Stay focused, only then you would realize your goals and turn into good clinicians. I also request the alumni to come ahead and work for the best for the institution

My best wishes to all of you!

How was GMCH conceptualized and how did you become involved?

There was a need to start the undergraduate courses for the students of the region. P.G.I. couldn't start with UG courses as it would have affected the level of their research and be an additional burden on their faculty. So the Chandigarh Administration requested me as the then HOD Neurology PGI to join in as the first director principal of GMCH. With a nod from Prof. Chuttani the then director of PGI, I confirmed the request. I think they chose me because of the strict discipline and order I maintained in my department. I had my own conditions that there should be less bureaucratic interference and more autonomy. I was allotted an office in the Chandigarh administration building with a few subordinates to work with. There was pressure to start the first batch from August. A request was made to the then Vice Chancellor of PU and the entrance exam and admissions were conducted. Meanwhile furniture was borrowed from the other colleges of the university. The de-facto Medical College was started in the Prayaas building, Sector 38 after the foundation stone was laid by the former Prime Minister, Shri Chandra Shekhar on 20 January, 1991 in Sector 32 on the 36.09 acre land allotted by the Chandigarh Administration. The first academic session was inaugurated in September, 1991 by Sh. Baleswar Rai, the then Adviser to the Administrator of Chandigarh

Please shed some light on the early struggles GMC went through:

Admissions to this Medical College have strictly been on merit on the basis of Combined Entrance Test conducted by the Panjab University. The first batch of 50 students was admitted in August, 1991 and each subsequent year similar batches have been admitted. The first batch of students passed their final MBBS examinations conducted by the Panjab University in January, 1996 and completed their 12 months compulsory rotating internship in January, 1997. It was indeed a tough time fighting for the MCI recognition. I make it public for the first time in an interview that I myself encouraged the college students to organize peaceful protests and strikes and to fight together for the college. Luckily the college was recognized for the award of MBBS degree by Govt. of India, Ministry of Health & Family Welfare w.e.f. 30 December, 1996, vide letter No.34(41)98-Med./21035 dated 9.11.98, and included in the list of recognized Medical Colleges by the Medical Council of India vide letter No.MCI-34(41)97-Med/2276 dated 25.4.97.

Getting, retaining and shaping the faculty must have been a challenge. Any memorable incidents!

The standard and the future of the college depended on the faculty members. Through a request from the Chandigarh administration faculty members were brought on deputation from the Himachal, Haryana and Punjab colleges. The running of college in terms of the pay scale and faculty retirement ages should be similar to PGI.

How do you view the trend of GMCH students leaving for the US or joining the IAS?

There has been a remarkable upsurge in job opportunities in India. Things have really changed for good inside and for worse abroad. There



are jobs out there abroad but they are only present at sub ordinate levels. Of course the idea of going out for training and learning experiences is a welcome step. Regarding IAS it's really disappointing to see that in current arena the system has become totally corrupt and you certainly can't differ in choice with it. It used to be a good profession earlier but now it certainly has landed up in a quagmire.

GMCH becoming a deemed university: Comment?

A deemed university should mean that the institution should generate its own funds for its functioning. But if we see the nature of patient load (poor strata) of the hospital this seems to be a difficult task. Instead, the college should start management seats to increase college funds. I feel that the working of the college should be on the basis of PGI. The two premier institutes of the region should work as sister institutions. This will also provide a logical solution as to why UG courses can't be started in PGI.

Please do some crystal gazing for us. Where do you see GMCH going from here?

There has been a serious lag in the progress of the institution. The whole work of the college building was to be completed till 1999. The rate at which the work was done in the initial years has surely slowed down. I feel the root of the problem is that the college is still running on the same lines that the other colleges in Punjab run. The thing that the babus don't understand is that the other colleges are a mere investment of around Rs.50 lakhs while GMCH has a potential investment of Rs.500 cr. The reason behind this is that the bureaucrats in Chandigarh (deployed from Punjab, Haryana & other states) are complacent.

There is trend among GMCH students to ignore the internship to be able to concentrate on the PG Entrance exams. How do you view this?

I feel a well prepared student can balance both the intense rigorous work during internship and prepare for the exams. On the whole I feel no harm if students want to do their internship in some other hospital. It should be their choice to complete their internship in any hospital in India

How can research be integrated into MBBS schedule? Do you think it is worth the students' time?

Well I prefer to say that the basic aim of MBBS should be to impart good quality education to the students and better orientation towards clinical practice. Medical research should be treated as a secondary approach. If the students feel that they can divert ample time from their studies they should consider research as an option.

When you meet your former students and learn about their success, how does that make you feel?

As a teacher it really gives me sense of pride when I learn about the success of my students. It gives me enormous pleasure seeing my students striving towards excellence all over the world. I wish good luck to all of them.

Anuj Sharma 2007 batch

Useful links for the US residency application and interview preparation:

1. <http://www.ama-assn.org/ama/pub/category/6710.html>
 2. <http://www.meded.umn.edu/students/residency/interview/index.php>
 3. http://residency.pathology.umn.edu/prospective_residents/interviewing/prepare
 4. <http://gmccosa.org/careerseries.htm>
 5. www.usmletomd.com/usce
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Conquering The Clerkships

What is a clerkship?

It is a hands-on clinical training provided in US medical schools. The medical student is made a member of a clinician's team and he/ she learns medicine from the other members. Essentially, it is like the clinical/ practical at our own medical school (Pre-final or final year).

Why should it done?

For a couple of reasons:

1. Learn about the US style of medical school training
2. The clerkship counts as US clinical experience: A huge plus for residency aspirants
3. CS prep: The clerkship can serve as the preparatory ground for the USMLE Step 2 CS. In fact, I recommend that the CS book should be briefly glanced before the clerkship so that one can learn how to interact with a patient in US settings (compared to the Indian style, it is a bit like maggi ketchup: Its different!)
4. Letter of recommendation: A clerkship is the best way to get a US LoR, which can be instrumental in getting a residency.

When should it be done?

The clerkship is open to medical school students in the final year. In India, this translates into the internship (Last year of the course). Ideally, one should apply in the Third Prof (part 2) as the slots fill up pretty fast. Also, apply for the later dates that are more likely to be available.

How much will it cost me?

Nothing! But it is likely to leave a huge hole in the wallet of your parents. The travel should be around Rs 55,000 (USD 1,000). The cost of living varies by the city but a ballpark figure of USD 250 per week for food and stay is a good index. The fee for the clerkship again varies: From about USD 175 per month in SUNY to about USD 400 per week in Rochester, NY. The public universities are generally cheaper than the private ones. Many universities offer a 'package deal' that covers food, tuition, boarding and malpractice insurance. All in all, clerkships are not for the faint hearted- it involves 'serious' money.

What is malpractice insurance?

Malpractice insurance is a cover for any negligent or malafide act done by the doctor/ student. It is a MUST to have insurance or the university will not consider the application. The insurance cover can be expensive (over USD 1000) but firms like the Academic Groups offer very cheap rates as well. (<http://www.academicins.com/>)

How to apply?

The basic stuff you would need:

1. Letter from the dean/ director certifying that you are a bonafide student in the last (not final year) year of the 5.5 year MBBS course of this medical college and you expected date of graduation is ____.
2. Malpractice cover: you can write that 'Malpractice insurance cover shall be available after the confirmation of clerkship dates' when you are applying.
3. Letter of Intent: It should explain why you want to do a clerkship in that specialty
4. CV: ensure it confirms to the US style
5. Immunization record: most hospitals have a varying format. A letter from a doctor from the hospital detailing your immunizations and TB tests along with the titers from an accredited lab is the best one-size-fits-all solution.
6. Application fee: self-explanatory
7. Optional: TOEFL score and NYSED letter. I recommend that you should appear for TOEFL so that the US school is sure that your English skills are good. The New York State Education Department letter is needed if your clerkship will be in NY State.

How should I choose a US medical school for a clerkship?

First choose a state (friends/ relatives/ seniors who can host you) where you want to go or have contacts in the faculty (for the jugaadu folks!). Go to www.usmletomd.com/usce and on the right a list of all states in the US is present. Click on the relevant state and a list of the hospitals that offer clerkships will be displayed. Go to the website of the medical

school and assess the fees and availability of seats. Email the coordinator and ask for further guidance.

Indicate if you will need a visa. If you already have a tourist visa - great! Also, take a look at this website: <http://services.aamc.org/eec/students/> for links and preliminary information regarding clerkship programs in most medical schools. Go from A-Z and search for suitable programs. You can pick a program where you desire to match or you can do it in one of the top med schools in the US where you might not have a great chance of matching, but a strong LOR from that medical school would carry more weight.

How to choose a specialty for a clerkship?

Try and place your favored/preferred branches in your top choices but do include a relatively non-competitive specialty in your last choice, especially so if you are applying for a very competitive spot (eg-cardiology, GI, emergency medicine). Remember an international medical graduate will only be scheduled after the host school's own students and other American graduates have been scheduled.

Some schools offer sub-internships which might be available to IMGs. In a sub internship you function independently almost as an intern (PGY1) would, admitting patients, writing patient notes, calling consults, writing medical orders. This obviously is a much tougher rotation than a consult service in any specialty but gives you much more time on the floor, more interaction with attendings and hence the opportunity of obtaining a stronger and more personal letter of recommendation.

What about logistics like stay and carrying money?

It is cheap and advisable to stay with family/ friends (time to dust the family album!). Else, try to find cheap accommodation online (craigslist.com). The student advisor at the medical school can be of great help as well. I recommend that you use the State Bank of India Videsh Yatra card and not carry too much cash. It works like an ATM card. Also check the weather and pack clothes accordingly. Minnesota and New York states have four to five months under snow while the California sun can put the Indian summer in, well, shade.

OK. I got the clerkship. Now what?

Congrats! Start by throwing a party for friends. Then, **STUDY**. Your knowledge base must be robust to ensure that you get a good LOR. Try to find someone preparing for CS and practice a couple of cases with that person. Brush up your presentation skills. Also, bow your head in reverence to Acharya Mandy at http://gmccosa.org/careerseries_011.htm

Some other tips:

1. Be on time, work super hard, respect your colleagues especially your intern/fellow with whom you will be spending most of your time on a clerkship.
2. Read about your patient's disease and apply it to your patient. Uptodate (www.uptodate.com) is one of the most popular references in the US and essentially summarizes the most current medical evidence based on a review of hundreds of peer-reviewed journals. Search for recent articles on pubmed, the web portal of the National Library of Medicine, regarding your patient and make contributions towards patient management during rounds.
3. Following up on your patients is very important, unlike in final year where we never see the patient again after presenting the case to an attending.
4. Try and make special reference to the non medical problems of your patient- social support, end of life care decisions, etc.
5. Respect patient rights and confidentiality. Be sure you don't breach any HIPAA guidelines.
6. **MOST IMPORTANTLY- BE A TEAM PLAYER.** No one wants a brilliant student on their team who is a pain to work with.

Ok. Been there, done that. Now what? Balle! Now guide your juniors, send feedback to GMCCOSA and get set for the steps! Your suggestions and criticism is also solicited, as ever!

Divyanshoo Rai Kohli, Harshabad Singh (2003 Batch)

From The Spouses Mouth

Reena Vats (Wife of Hemender, 91): It has been ten years that I have been married to a hardcore GMCite. In the beginning it was very infuriating to hear all about GMC, but eventually, it became as integral a part of my life as my spouse's dirty laundry. Now I enjoy meeting other GMCites and talking about their “nonk jhonk”, their “classroom jokes”, struggles with teachers and especially the “bhookh hartal”. In fact, I consider myself more from GMC than from GCG, Chandigarh, because I can tell more about his college days than mine- (brain wash, you know!) Besides the rhetoric though, it has been awesome to be a part of a "greater GMC world". I realize how much they all miss their "goo' ol' days" and remember the time they were together. Their struggles to get things done for their college and careers reflect in their attitudes even now. At a recent reunion in Chicago, I felt that this group is held together more by their spouses who thoroughly enjoy every moment of their friendship. It was fun to see all of them giggle, pull each other's legs, talk of how someone was kicked out of class and how many test-tubes they broke. It is my pleasure to be a part of this connection and a part of the GMC family.

Inder Raj Grewal (wife of Navneet, 91): Navneet's resume preceded his personal introduction to me and honestly speaking, scared me off!! A resident in AIIMS may seem charismatic to some but I didn't think I could take the risk of a life sequestered away in a book maze. “A new book rack each year as a birthday gift “--- the fear of this calamity made me decide to scare them off instead!! Totally contrary to ‘the ideal potential Bahu’ image’, dressed in a black jeans and T-shirt with high ankle boots, I greeted them for the first time. (Little did I know that this image was going to boomerang on me!). I was pleasantly surprised to meet the funny, humorous and talkative Navneet. For the record, the ‘talkative’ trait was short lived and is now selective to occasion. I guess certain things are limited only to the courtship period, alas! I am greatly indebted to GMCH and its first ever strike /hunger strike which provided me with a great sneak peak preview into the ‘outside of academics’ depth of Navneet.

Aparna Kohli (fiancée of Kanwaljit, 99): It seems just yesterday when I met Garfield, my better half. Despite living 10 time zones apart, I can trust him to be there even in trivial situations like being stuck in a market and asking him about the shortest route home or missing some trivial masala in a new recipe and asking him to check online for it, even when he is asleep. I think his friends have made him a person with a difference. I think his friend circle is outstanding. Despite not being a GMCHIAN, I always felt welcomed among his friends. I have never hesitated to contact any of them when their help is needed.

Megha Vaid (wife of Veeraish, 99): I gained a big perspective of GMCH at the age of 17 when my “would-be” husband told me that he would elope with me in case our parents did not agree to our marriage. “Ab main medical college main ho gaya hun..main sab sambhal loonga”. Yeah right, I thought. Eleven years later we finally got married, sans the “khaandanon ki ladai” or the filmi fireworks, I look back at our extended courtship and think that GMCH culture made the difference. GMCH was the backdrop for one of our earliest dates! My “pati” happens to be a “kanjoos” fitness freak and refused to even consider buying a bike or a scooter. He used to give me a ride around the GMCH campus on his mountain bike. He would eventually stop at the little canteen opposite the emergency and treat me to a cup of coffee and a “pattie”, all the time feeling like the king of the world! It has been four years since my husband left GMCH, but rarely do we have an occasion or a dinner where he does not regale me with a hilarious anecdote from his GMCH days. I can absolutely understand being emotionally attached to one's alma mater but what I truly envy the way old GMCites have sought to keep their bonds strong and have actually gone to the length of having a dedicated website to promote that cause.

Thanks for taking guard, ladies! Job well done!

Bees Saal Baad...

Well another two years and it would indeed have been *Bees Saal Baad*. The 1991 batch got together in Chicago on April 11th for its first reunion ever. Although Waheeda Rehman and Biswajeet could not grace the occasion, the stars and starlets of '91 batch (at least some of the ones in the USA) certainly did.

I am sure my classmates will vehemently deny this, but there is no doubt we are getting old. For starters, everyone was accompanied by a 'better' half and was besieged by one, two or three 'Mini-Me's'. The paunches of prosperity were hard to ignore, at least for the men of my batch (again, 'boys' does not sound right). Diaper bags and milk bottles were omnipresent. And when conversation centers on the pros and cons of dyeing ones hair, it is a certain sign of senility.

But for one night we were in a time warp – we felt young again, as if nothing had changed. Some of us were meeting for the first time in more than 10 years, but it felt as if we had met just yesterday. There was so much to talk about, but it was hard to know where to start. Many spouses had heard all these stories about our times at GMCH, and for them, it was finally connecting names with the faces.

We have all made tremendous strides in our careers – we had an internist, neurologist, psychiatrist, nephrologist, cardiologist, oncologist and a plastic surgeon amongst us, to name a few. But it was heartening to see that in essence, none of us had changed. Put aside the wrinkles and the white hair, and we were the same batch that started GMCH in 1991.

There was good food and dancing. Everyone took to the mike and recounted at least one memory of GMCH. The college bunks, the classes, the exams, the faculty and all the countless *pangas* of our batch – we remembered all things reminiscent of the wonderful times we had at GMCH. All our good and bad deeds, while by the way, we also learnt medicine. Fortunately, no one picked at old wounds or divulged secrets about their or others old flames. A DJ kept us dancing late into the night to the tunes of recent and not so recent hits. 'Piya tu ab to aaja' and the chants of 'Monica, oh my darling' took us back in time instantaneously. Before we knew it, the night was over and it was time to say good bye.

Till we meet again...as I always say...stay connected!!

[PS: who made it to the reunion: Amit, Harminder, Harvinder, Hemender, Jaswinder, Meeta, Navneet, Puneet (and his wife Shikha '93), Shalini, Surmeet; also, kudos to Hemender and Surmeet for organizing this event]



See more photos at www.gmccosa.org

Navneet Majhail, 1991 batch

Residency and Fellowship Updates:

Punkaj Gupta ('94) Senior Fellow, Pediatric Cardiac Critical Care, Stanford University, California, USA

Mili Bharadwaj Thakur ('98) Obstetrics and Gynecology, Wayne State University, Detroit, Michigan, USA

Varinder Kaur Dhaliwal ('99) matched for Internal Medicine residency program in the US

Ravjot Singh Sarao ('99), Family Medicine, Birmingham, Alabama, USA

Charanjeet Singh ('99), Pathology, University of Minnesota, Minneapolis, USA

Niyati Mahajan ('2K), Pediatrics, University of Kentucky, Lexington, Kentucky, USA

Manish ('2K), Internal Medicine, Harlem Hospital Medical Center, New York, USA

Mohit Dogra ('01), General Surgery, DMC, Ludhiana

Abhishek Kapoor ('01), Microbiology, GMCH, Chandigarh

Raghav Gupta ('01), Ophthalmology, AIIMS, Delhi

Ankush Moza ('01), Internal Medicine, University of Toledo Medical Center, Toledo, Ohio, USA

Lovleen Kaur ('01), Internal Medicine, St John's Medical Center, Detroit, Michigan, USA

Anshul ('02), Orthopedics, GMCH, Chandigarh

Arshdeep Kaur ('02), Internal Medicine, PGIMS, Rohtak

Bakul Kochar ('02), Obstetrics and Gynecology, GMCH, Chandigarh

Anudeep Kaur ('02), Anesthesiology, GMCH, Chandigarh

Chakshu ('02), Pathology, GMCH, Chandigarh

Poonam ('02), Pathology, GMCH, Chandigarh

Navdeep Gupta ('03) Orthopedics, PGIMS, Rohtak

Vikas Gupta ('03), Internal Medicine, RNT Medical College, Udaipur

Tied in marital bliss:

Rajeev Garg ('99) with Richa in February, 09

Sachin Verma ('99) with Ruchi in April, 09

Shashank Shekhar ('2K) with Roopsi Bassi ('2K)

Stork bites:

Gurpreet Sarao ('93) was blessed with sons Darsh and Rasaal (pictured here)



Sujata Siwatch ('95) and GuruPrasad were blessed with baby boy Rohan



Editorial board: Navneet Majhail (91'), Minneapolis, USA; Hemender Vats (91'), Marshfield, USA; Sandeep Kochar (93'), Brooklyn, USA; Charanjeet Singh (99'), Minneapolis, USA; Divyanshoo Rai Kohli (2K3'), Minneapolis, USA; Anuj Sharma (2K7'), Chandigarh, INDIA