

Volume 2

# National Public School Koramangala

## REVERBERANCE

1st July- 31st July 2022 Newsletter





**Dear Readers,**

**The month of July was amazingly magnificent! Our students have truly reached high and reached beyond to make their mark in the world of educational achievements. Be it the CBSE Grade 12 and 10 results or the other events at inter-house, interschool, national or international levels, our students have shone with the brilliance of their charismatic performances. With its motto to provide holistic development, the school has been entering new frontiers and facilitating new experiences for our students.**

**Read on for details!**

**PLEASE DO NOT MISS our Career Counselling section-Udaan where we have a wonderfully insightful article by our alumna Dhwani Ravi who is pursuing medicine at St. John's Medical College, Bangalore. In her words, "This article is aimed primarily at 8th-10th graders who are starting to consider a career in medicine... helpful to those in grade 11 or 12!"**

**Happy Reading!**

# TEDxYouth@NPSKRM

Youth symbolize vigour, ideas, and capacity that can change the world.

When the eager and ambitious young men and women congregated at NPS Koramangala for its first edition of TEDxYouth@NPSKRM on the 30th of July, 2022, it was sparkling of brilliant 'Ideas Worth Sharing'. Inspired by the school's motto "Reach out, Reach High, and Reach Beyond", the theme for the event was Reach Beyond where seven dynamic speakers from eclectic backgrounds shared their success stories of how they 'Reached Beyond' making an impact.



Kicking off the event, Ms. Bindu Subramaniam, the CEO and Co-founder of Subramaniam Academy of Performing Arts (SaPa), and the daughter of acclaimed violinist Dr. L. Subramaniam, hooked the audience with her oration. An aficionado of books, Ms Subramaniam elucidated 'the tricky issue of identity' and how one has to build one's own framework of identity and success even after reading scholars and philosophers. And yet after discovering yourself painstakingly, your identity is not set in stone, it can keep changing.

The second speaker was Dr. Mahantesh G K, the founder and Managing Trustee of Samarthanam Trust for the Disabled, the former president of World Blind Cricket Ltd, and President of the Cricket Association for the Blind in India. Mr. Mahantesh's grit and tenacity in positively impacting the lives of thousands of people with disabilities, as he overcame challenges presented by his own visual impairment, was a shining example for all. While motivating his audience to 'Stop Not till Your Goal is Reached' but to keep walking even after that, he presented his own ambitious goals for the disabled of India i.e., to see them become taxpayers and live a life of dignity.

Subsequently, Chirag Chinnappa, co-founder of Pint-AI, a social intelligence platform that pre-empted risks and opportunities for brands, enlightened all on the powerful role of technology in acquiring authentic information and its impact. NPS K alumnus, Dr. Melvin Matthews' narrative of his ordeal with depression, seizure, and surgery at a time when his crucial medical exam was staring at him and the way he emerged a winner, drew thunderous applause. His mantra: to let go of your desire to control and to believe in the power of gratitude, were valuable takeaways for the listeners.



Kushagra Sisodia and Renee George, students of NPS K Grade 12 and 11 respectively were the next speakers. Kushagra, a featured author in two anthologies published by Scholastic Publishing House and a passionate quizzer with the motto "Be Big, Think Big, Do Big" floored the audience with his wit and humour while emphasizing the importance of expanding one's comfort zones to let the magic happen. Renee George, who is actively following her interest in linguistics presented an intriguing history of the English language as a borrower of its own brilliance. Her study revealed how we all are borrowers of ideas, however, there is nothing wrong with it. What matter is not from where we took the idea but where we take it...



Last but not the least speaker for the day was Ms. Rida Tharana, an Instagram influencer with 600K followers, model, and content creator. Ms. Rida's vociferous talk urged everyone to defy the injustice and prejudices that society imposes and believe in themselves.



It is imperative to mention here, on a lighter note, that this TEDx was not all talk -- there were a couple of outstanding performances as well by NPS K students that sent the gathering into a frenzy. Sankarshanan Srikanth on the mridangam and Vishnu Venkatram on the violin played the popular song Srivalli, from the movie Pushpa. The students of grades 7-12 sang Champion by Carrie Underwood.



The curtains closed on this high battery event as the Principal, Ms. Jyotsna Nair presented the Vote of Thanks to all who made the event a resounding success.



# ACHIEVEMENTS

## AISSCE (GRADE 12) 2022 RESULTS

Heartiest congratulations to all the students, parents, and teachers of NPS Koramangala for reaping a rich harvest of stupendous results in the CBSE Grade 12 and 10 examinations. Results at a glance:

**Nikita Kiran** topped the school with an impressive 99.6%, closely followed by **Shreya Das** who secured second place with 99%. The third place was clinched by **Parul Diwan** with 98%. The average percentage of the school is 89.4%. Out of the 65 students who took the exam, 37 scored 90% and above. There are 17 centums in various subjects.



**NIKITA KIRAN**



**SHREYA DAS**



**PARUL DIWAN**

## AISSE (GRADE 10) 2022 RESULTS

**Adrija Thakur** topped the school with an astounding 99.8%. In the second position is **Nikita Agarwal** with an amazing score of 99.2%. The third position is bagged by **Gokul Vemuri** with 99 %. The average percentage of the school is a commendable 92.4%. Out of the 83 students who took the exam, 60 scored 90%. and above. There are 40 centums in various subjects.



**ADRIJA THAKUR**



**NIKITA AGARWAL**



**GOKUL VEMURI**



This is **INCREDULOUS!**

This is **PHENOMENAL** in its most pristine form, an absolute **STUNNER...**

Our Maths wizard **PRANJAL SRIVASTAVA** has bowled us over yet again, by creating history yet again, by bringing unprecedented honour to his alma mater NPS Koramangala and to our country yet again.

Pranjal Srivastava has won his 3rd Gold at IMO 2022, conducted in Oslo, Norway. With his name radiant on the 'IMO - Hall of Fame', it is notable that in the 63 years history of IMO only 11 contestants have received more medals than Pranjal.

Our joy, our jubilation is simply inexpressible!

**Reyaansh Agarwal** (Grade 7C) won a slew of prestigious awards mentioned below-

- Gold Medal: - Singapore Math Global Finals-2022 - (in Grade 6), Conducted by Scholastic Trust Singapore and SIMCC
- Silver Medal: American Mathematics Olympiad (AMO) -2021 -(in Grade6) Conducted by SIMCC
- Silver Medal and Kaprekar Scholarship: Junior Maths Olympiad (JMO) 2022, Conducted by Institute of Mathematics Education, Thane India.

All of the above-mentioned exams involve tests of non-routine maths ability.

With his wins in Singapore Math Global Finals and AMO, Reyaansh will be entering the "International Junior Honour Society (IJHS)" of "Scholastic Trust Singapore". We wish him the best of luck!



**Prakaash Saran** (Grade 8A) was the winner of Doubles at National Series Tournament, which is an All India Ranking tournament, conducted at Hyderabad from June 27th to July 2nd.

Prakaash was also the finalist of the Asian Junior Championship under 14, held at Gurugram. He lost in the finals of the Asian Junior Under 14 Singles, but played a highly competitive tournament. This was his first Asian tournament.



**Palak Mehta** (Grade 10B) scored a 4 out of 5 in the AP English Literature and Composition Exam and a perfect 5 in the **AP Environmental Science Exam** held by **College Board** in May 2022.

College Board is not-for-profit association of over 6,000 of the world's leading educational institutions and is dedicated to promoting excellence and equity in education.

**Sreejani Bhaduri** of Grade 7 received SOF Academic Excellence Scholarship (AES) for the year 2021-22. She received a cheque worth Rs 2500, a trophy and a citation.



## AZADI KA AMRIT MAHOTSAV

As part of a yearlong celebration of the 75<sup>th</sup> year of India's Independence, **Visvesaraya Industrial and Technological Museum** Bangalore, organised an Elocution Contest on 14<sup>th</sup> July, 2022. The event witnessed enthusiastic participation of over 50 students. They spoke on Indian Freedom Fighters. **Akshaj Sharma** of 10B placed 2<sup>nd</sup> in the event.



# INTERSCHOOL EVENTS

## Bethany MUN

**Bethany MUN** was conducted on 8th and 9th July. They had a historical security council, HRC, UNODC etc. **Nishant Ray** of grade 9C won the honorable mention.



## Odyssey

NPS-HSR conducted Odyssey-an inter school fest on 22nd July 2022. Our students showcased their skills in a plethora of events ranging from dance and art to music and fashion. They won many prizes.

Our dance team comprising **Nishtha Ladi (12B), Sharvari P B (12A), Pratiksha Rout 10C and Disha Kannan 11C** bagged the 1st place.



In the electrifying drama event, Natakam, **Arya Chaturvedi 12A, Tanvi Koranne, Sia Bhaiji of 11A, Nikita Agarwal (11C) and Rishi Rajesh of 10A** made us proud by bagging the first place.

In D'Zephyr, a treasure hunt event, students' logic, intuition and instinct were put to test. **Achyuth Warriar and Pranav Mahajan of grade 12B** placed second.



In the event **Catan**, questions related to Economics and Commerce with varying difficulty were posed to each team. The team comprising **Nikhil Mathew and Debosmita Roy from 12B stood second.**



**Riya Nagar (12B) stood second** in the pageant event.

In Aera, the fashion event, our team comprising **Yamini Venkatesan (12A), Jaanya Wadhwa, Ishana Modi, Karthik Sanoj, Eshan Dinesh and Ayodhika Basu of grade 12B** bagged the second place.



Call Stack, the coding event, required participants to solve twelve problems of varying difficulty, based on Data Structures and Algorithms, as well as mathematical concepts. **Nand Vinchi (12B)** bagged the second place.





## TEAM ODYSSEY

### BIFROST

St. Joseph's Boy's high school conducted their commerce fest, Bifrost, from 21<sup>st</sup> to 23<sup>rd</sup> July.

In Armada, the entrepreneurship development event, **Ananya Jose, Gauri Kamat** and **Ayaan Kidwai** of **12C** competed with 36 teams to bag the runners up position and win a cash prize of Rs 1000 each.



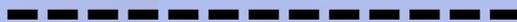
**Anjali Shivakumar** and **Anushka Jha** of **12 C** competed with 36 teams to place as Runners up and win a cash prize of Rs 750 each, in Unicus, a marketing event.

Arbitrage, the finance event, included portfolio management, real estate auctions, mock stocks, etc. **Abhimanu Nawani, Anant Jha and Kavin M** of **12C** placed in the top 5.

In Influenza, participants were tested on skills required to be a successful influencer. **Sharduli Thakur (12C)** placed in the top 5.

Deadlock, a public relations and human resources event tested the participants' presence of mind, creativity, and convincing skills. **Naina Menon** and **Ashika DR** of **12C** placed in the top 5 teams.

Best manager event tested the participant's ability to manage stress and time apart from checking their knowledge about various topics like finance, marketing and more. **Sara Parikh** of **11C** qualified for the finals in the most stressful event of the fest.



# EVENTS

## NPS KONNECT- Parent Speak

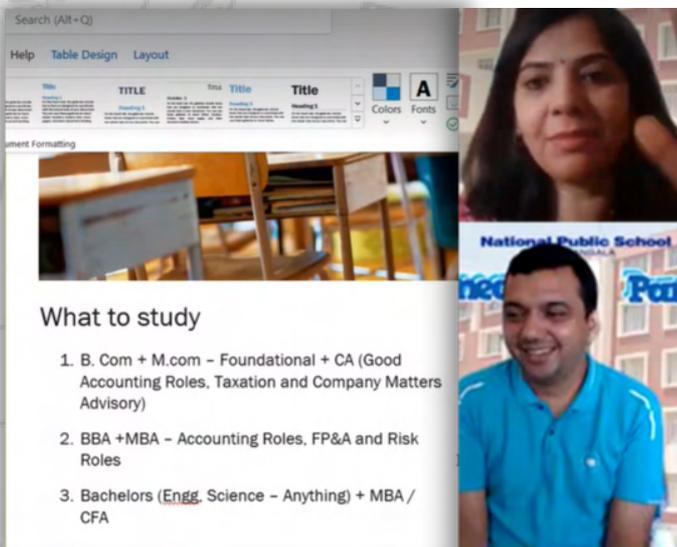
### Robotics

On the 12th of July 2022, the first session (2022-23) of NPS Konnect- Parentspeak was held. The parent speakers were **Dr. Ruchir Saraswat**, Principal Engineer at Intel Corporation with 35 granted patents to his credit, and **Mr. Gaurav Upadhyaya**, Engineering manager at Amazon with 24 years of software industry experience. Their talk focused on how robotics is the future of the tech world and how activities like shopping and traveling will be completely automated soon. The speakers effectively displayed the function of microcontrollers, sensors, and the basics of microprocessors. They urged the students to introduce themselves to the world of robotics through Arduino, a single board microcontroller that runs programs, which enables students to not only write code for automation but get a physical experience as well. The informative talk ended with a Q & A session.



# Careers in Finance

**Mr Deepak Mittugunta** was the guest speaker for the second session of NPS Konnect- Parentspeak held on 23rd July. Mr Mittugunta has over two decades of experience in financial planning and analysis, along with financial modelling, and team management. He educated the students on careers in finance and went into depth about requirements, qualifications and opportunities available in these fields. The resource person also helped the attendees understand the correlation of business and finance; the inter-dependance of subjects in commerce stream and the advantage of learning basic coding like python for its long-term benefits. Students animatedly expressed their passion and interest during the Q and A session. Mr. Deepak's answers gave a deep insight into the diverse career choices in the financial world.



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Help Table Design Layout

Title	Title	Title
Accounting Roles, Taxation and Company Matters Advisory	Accounting Roles, FP&A and Risk Roles	Accounting Roles, FP&A and Risk Roles

Document Formatting



### What to study

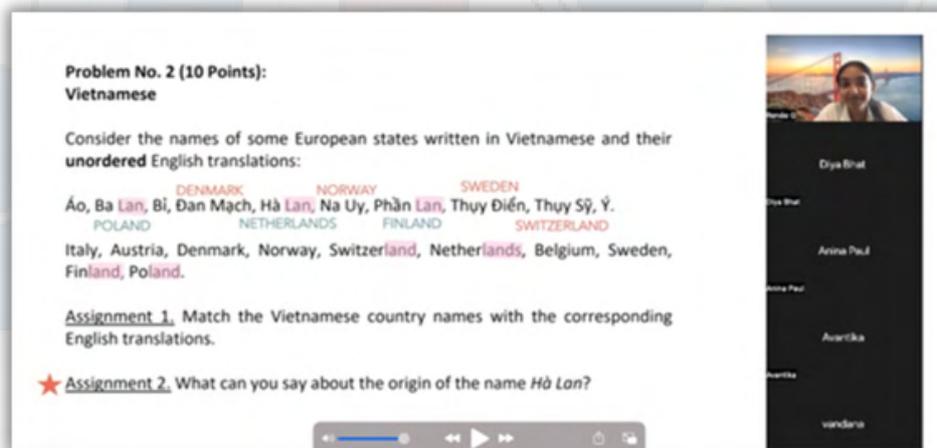
1. B. Com + M.com – Foundational + CA (Good Accounting Roles, Taxation and Company Matters Advisory)
2. BBA +MBA – Accounting Roles, FP&A and Risk Roles
3. Bachelors (Engg. Science – Anything) + MBA / CFA



## 2022 Linguistics Workshop

**Renee G** of Grade 11 B conducted five online sessions of 2022 Linguistics Workshop for Grades 8 -10 in which basic foundation of linguistics such as phonetics, scripts, morphology, semantics and code were covered.

Linguistics is the scientific study of a language and focuses on systematic understanding of properties of a language. It is becoming increasingly popular, especially in the fields of translation, speech disorders, reviving endangered languages and many more.



**Problem No. 2 (10 Points):**  
**Vietnamese**

Consider the names of some European states written in Vietnamese and their **unordered** English translations:

Áo, Ba Lan, Bỉ, Đan Mạch, Hà Lan, Na Uy, Phần Lan, Thụy Điển, Thụy Sĩ, Ý.

DENMARK NORWAY SWEDEN  
POLAND NETHERLANDS FINLAND SWITZERLAND

Italy, Austria, Denmark, Norway, Switzerland, Netherlands, Belgium, Sweden, Finland, Poland.

Assignment 1. Match the Vietnamese country names with the corresponding English translations.

★ Assignment 2. What can you say about the origin of the name *Hà Lan*?

Video thumbnail: Diya Bhat

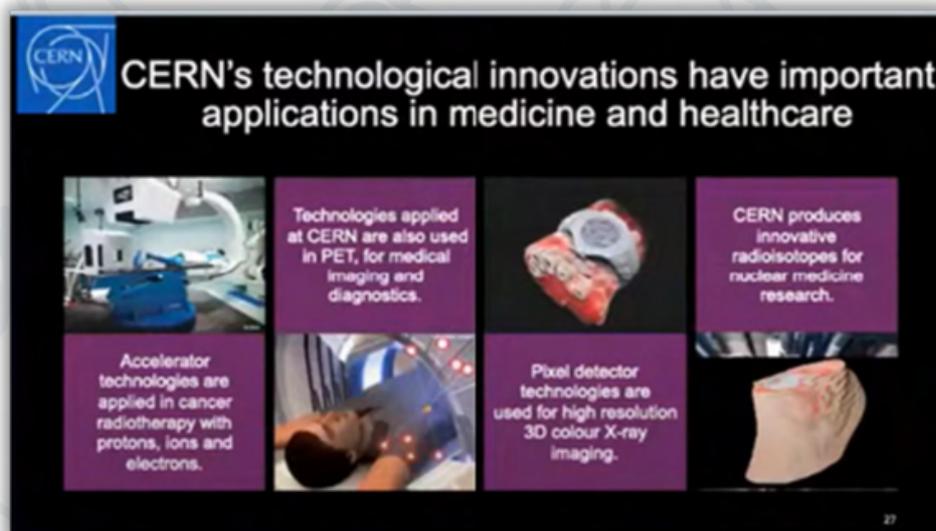
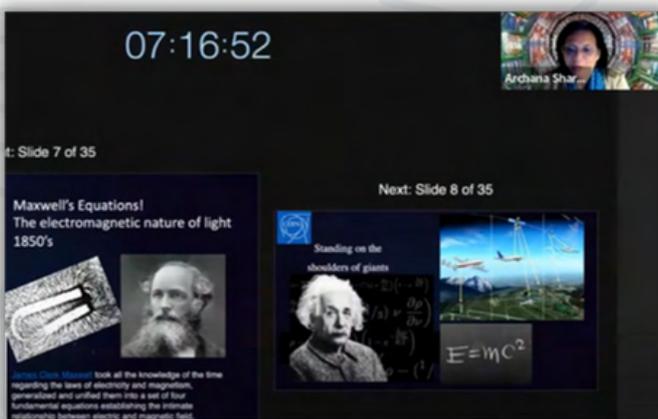
Taking their first lessons in understanding what phonetics is, the learners went on to explore the ways to approach a linguistic problem of that type and more, individually and in pairs.

Solving linguistics problems requires a knack for problem solving, finding patterns and developing connections, while also keeping an open mind about different languages and cultures. For example, native English speakers think “I study linguistics” whereas native German speakers think “linguistics, I study”- a recurring concept across the workshop’s five sessions. At the end of the five sessions, students left with not only more theoretical knowledge about language as we use it every day, but also with a sharper mind when it comes to spotting patterns and also a broader and more inclusive perspective on other languages and cultures.



## A session with CERN Scientist

Celebrating the 10th year of finding the 'God Particle', a live interview with **Dr. Archana Sharma** was organized by Shiv Nadar University and Life Lab Foundation on 7th July 2022 which was watched by the students of Grade 9 at school. Dr. Archana Sharma is the Principal Scientist Physics Department at CERN laboratory in Geneva, Switzerland. Ms. Sharma walked the students through the exciting world of science at CERN and beyond. What is God Particle; how was it found; how do the scientists unravel mysteries of the universe; how does equipment like Large Hadron Collider (LHC) work; how does a satellite take images of earth, and how do CERN help in healthcare and medication were some of the areas that intrigued the curious minds and which were fantastically answered by the speaker. Talk about discoveries and inventions by scientists and their importance helped the inquisitive children relate science to their present world.



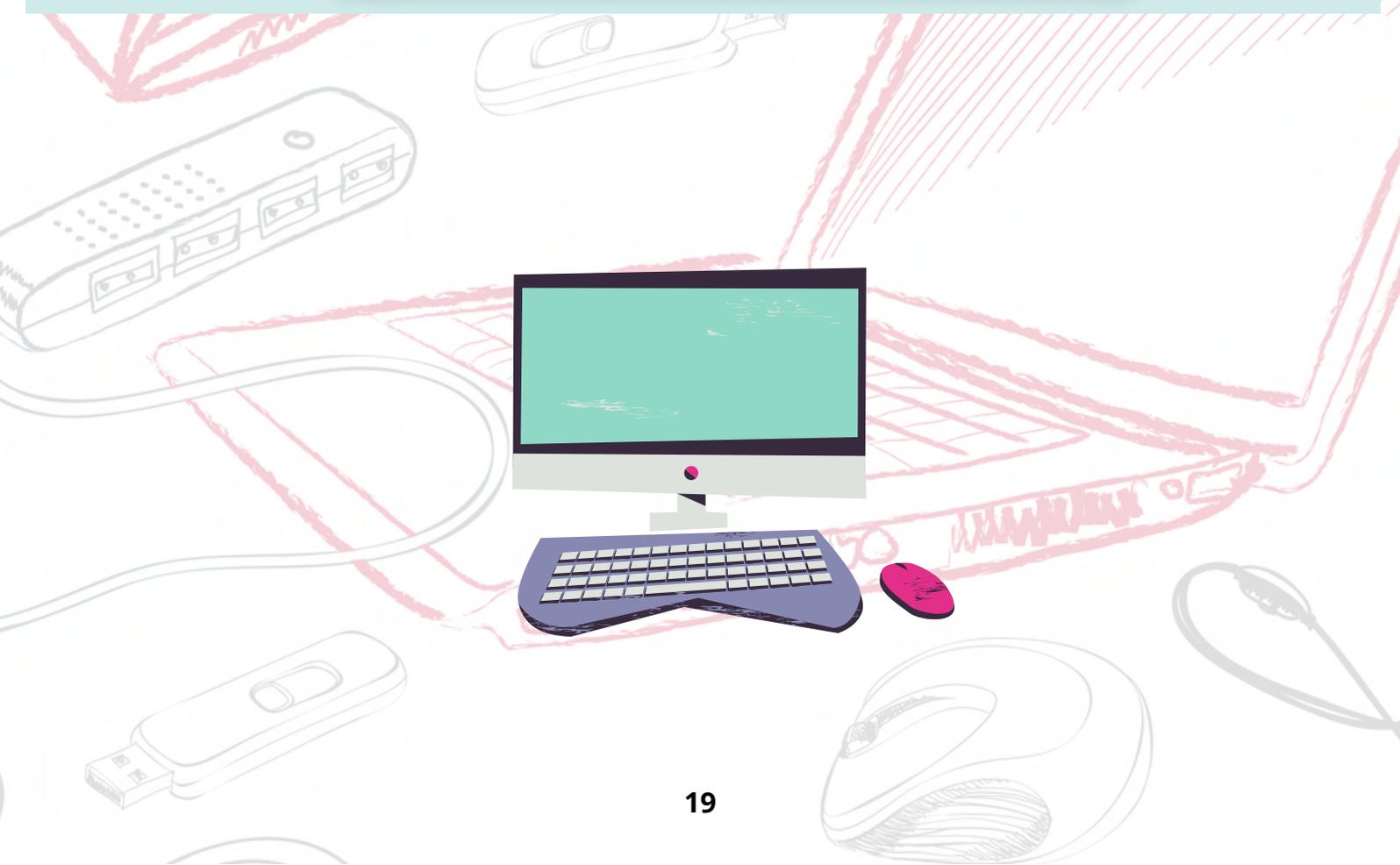
## Inter-House Hackathon

NPS Koramangala's first ever Inter-house Hackathon was conducted by the Cyber Club from 22 July 2022 to 24 July 2022, with live presentations and judging on 25 July 2022. With the objective of creating a hackathon culture in the school, this event motivated students to innovate technological solutions to compelling global problems, all while collaborating with and learning from each other.

The event kicked off with the announcement of the **theme - sustainability**. Students were encouraged to create solutions that help individuals or businesses become more aware of the issue of climate change and more engaged in addressing it. As sustainability encompasses all aspects of human life, projects had the scope of addressing a diverse range of topics like carbon emissions, food, energy, transportation, water, awareness & accountability, and fashion.



Four teams, representing the four Houses, worked relentlessly over two days to create ambitious yet comprehensive projects. The project presentations, conducted on 25 July, were judged by industry leaders in software engineering - **Mr. Manjit Sodhi** from IBM and **Mr. Dinakar Guniguntala** from RedHat. After oral presentations, prototype demos, and grueling questioning by the judges, the **Pioneers emerged victorious**. Their project, titled 'Shunya', is a chrome extension that automatically tracks the carbon emissions of users' online purchases (clothes, electronics, flights, etc.) and incentivizes carbon offsetting through the donation of trees. Other projects included a mobile app that helps reduce paper wastage through a marketplace for used textbooks, a chrome extension for comparing the sustainability of competing products, and a web app for tracking the usage and over-use of water within residential communities.



# UDAAN – Career Counselling

**Dhwani Ravi**

( Batch of 2018, NPSK )

**Presently, 4<sup>th</sup> year Medical Student  
St. John's Medical College,  
Bangalore**



## **It's a Beautiful Day to Save Lives! - But is it for you?**

So, you've done it. Whatever grade you're in, you've had the thought that "Hey, maybe I should do medicine!" Maybe it was because you were watching a medical soap opera and diagnosed cystic fibrosis in one of their patients before they revealed the diagnosis (let's face it, cystic fibrosis appears too often on those shows). Maybe you scored well in your science exams, and you figured that you were good at it already, what's the worst that could happen? Maybe your parents had decided the day that you were born that you were to be a doctor. Maybe someone noticed that you *draw well*, and therefore would be good in medical school. Maybe you let your three-year-old self decide your entire career path for you. Or maybe you picked this career because your initials are Dr. and it would be cool to be known as Dr. Some of these sounds like ridiculous reasons to start thinking about medicine as a career option, but trust me, they've all happened, most of them to me, and some of them to friends and senior doctors I look up to.

Of course, that's not all. You have the initial thought, and then all of the other reasons to choose medicine to become bigger and bigger in your mind, and overshadow all of the little coincidences that led you to think of it in the first place. You get to learn about all of the little and big miracles of the human body! You get to help ease suffering, and bring joy to people in the most vulnerable times of their life! You get to meet and interact with people from so many different walks of life, so many places and cultures and beliefs. Depending on your career aspirations, you may be a respected researcher/clinical scientist, a fantastic professor who inspires and mentors the next generation of doctors, a brilliant clinician who connects with patients so well that they rave about you to all their kith and kin, an extremely rich and powerful, respected person in society, or all of the above. What's not to love?

But I know so many people who have either set themselves on the path to medicine too soon, or too late, and this article is meant to try to tell you the lovely, and the not-so-lovely parts of the journey of becoming a doctor, and hopefully help you either start to think about, or reconsider a career in medicine. **This article is aimed primarily at 8th-10th graders who are starting to consider a career in medicine, specifically in India, so you can feel free to skip the portions where I have gone into excessive detail, if you are already familiar with some of the particulars of the medical college journey, or if you are considering going abroad for medicine. This article should also be helpful to those of you in grade 11 or 12!**

### **1- When should I consider, or not consider, doing medicine?**

This is a fairly basic question and it may seem silly that I'm even addressing this. But from a school level, you should be interested in biology (duh). I personally also think you should have at least a basic interest in chemistry and physics as well because they pop up at odd times in medical college. For instance, knowing fluid dynamics and Pascal's law is quite important when you learn about haemodynamics (blood flow through blood vessels). If you aren't very inclined towards science, even if you manage to clear NEET and the boards, you might find the first part of MBBS a little difficult to grasp and enjoy.

It *really* helps if you can draw well, especially in the first two years of MBBS because a large part of the curriculum is based on extremely intricate diagrams that you need to master and replicate in exams. You need to at least acknowledge that even if you aren't great at drawing (I am not), it is something that needs to be done, and quite a bit of it. 11th grade biology records should give you a taste of what the demands are like!

A lot of you who are considering medicine might already have thought about a speciality of your choice, like cardiothoracic surgery, neurology, psychiatry and so on, for whatever reason. Just know that no matter what your end goal, if you want to be a doctor you have to deal with the whole curriculum to get your MBBS degree, and you can only start to specialise after that. Also, once you actually see the specialities upfront, you may change your mind.

A lot of these fields have more direct routes if you just want to be involved in that space, though not necessarily as a medical doctor. Pure sciences degrees can take you to the research side of working on health innovations, like in genetics, stem cell research, neurobiology and a lot of others. If you are interested in mental health already, it may be worthwhile to consider directly entering the space with degrees in psychology or cognitive neuroscience, which can make as direct and meaningful an impact, if not more, on people with mental illness, especially if you aren't very keen on diverting your attention from psychology through MBBS (psychiatry is given very very little attention in MBBS!).

If you're in grade 11 or 12 and after reading this have realised that medicine may not be for you, don't worry about it! You're not too late! Give yourself some leeway to consider other options, because they may work out for you far better than medicine ever would have.

**My advice for you, especially if you are in grades 8-10, is EXPLORE! Keep an open mind, and search for opportunities that give you a taste of alternative career options outside of medicine before you commit to one path. If you've already committed and are starting to think that something else might be a better idea, don't hesitate to seriously consider it, weighing the pros and cons of the options in front of you.**

## **2- It's a long, long grind**

This may not seem like a novel point but bear with me. Realistically, the journey to becoming a doctor starts at least in 12th grade, but preferably in 11th grade. So, imagine you start studying to be a doctor at the age of 16, you get into medical college at the age of 18, after 5.5 years of college you graduate as a doctor at the age of 23, and then you have to do a minimum of 3 years of post-graduation, plus/minus a couple of years of fellowship. That's a really long time to be constantly studying, writing exams and stressing out about them. Right now, you're still in school and writing exams all the time for the foreseeable future, so it doesn't seem like a big deal, but when you're an 'adult', still being treated like a schoolchild, still writing board exams every year, it can get frustrating and exhausting to put yourself through that. It's not impossible, or so bad that it'll send you running to the hills, but even for the best of us, it does hit hard sometimes.

I, myself, along with a lot of my friends, classmates and seniors have hit burnout at some point or the other on our paths. In high school, coaching classes are, in my opinion, a necessary evil. Necessary in order to keep pace with the competition, but evil because they treat you like emotionless Carnot engines - 100% efficient! And guess what? If you thought you would be free of coaching classes after you cracked NEET, you've got another think coming! Coaching classes for NEET-PG, and foreign entrance exams like USMLE make themselves ubiquitous if not on day one of medical college, at least by second or third year.

**My advice to you is: pace yourself. It's a marathon and an exhausting one at that. There's no point putting yourself in that race when you aren't yet ready for it, when it won't really produce results and just exhaust you faster. Join coaching classes only when it really makes sense to do so, take only what you need from them and recognise your own limits. Find time for recreation, and don't throw away your hobbies just because you are entering senior classes. It'll do you better than you know to have some joyful relaxing thing to turn to! Personally, I did my Bharatanatyam Salangai Poojai in 11th grade, and my Arangetram in 3rd year of medical college, which really helped me keep my hobbies close!**

### **3- So, what does the syllabus in medicine really entail?**

A lot of people dismiss medicine as a legitimate career option because the only times they have seen doctors is when they had a sore throat, or needed a vaccine, or were minorly ill, and they think that's all it is to be a doctor. Becoming a doctor actually opens up extremely diverse options for your career down the line!

Medical college is structured as follows: in your first year, you cover subjects that describe how the normal human body looks and works.

You study its extremely intricate structure in Anatomy, the normal functioning (in elaborate detail) in Physiology, and the molecular pathways that sustain life in Biochemistry. In second year, you cover the basics of everything that can go wrong: you learn about all sorts of germs and worms and viruses that can cause infection in Microbiology, medicines to treat all sorts of ailments in Pharmacology, and everything that can go wrong with the body at a tissue level in Pathology. In third year, you learn about public health policy and how to practise primary health care in Community Medicine, causes and mechanisms of death by various causes in Forensic Medicine, and you get a taste of clinical subjects in Ophthalmology and ENT, that teach you about all the diseases, diagnosis and treatment of conditions involving the eyes, ears, nose and throat.

Everything finally comes together in 4th year/final year, where you apply all of the anatomy, physiology, biochemistry, pathology, microbiology and pharmacology, along with clinical skills and knowledge, in Internal Medicine, General Surgery (with orthopaedics), Paediatrics and Obstetrics and Gynaecology. Internal Medicine basically deals with problems of all of the internal organs, like the heart, lungs, gastrointestinal tract, kidneys, endocrine system, brain and so on. General Surgery gives you an overview on common conditions that require surgery to treat them, like gallstones, hernias and so on, and teaches you (at least in theory) the steps of some important surgeries, and Orthopaedics teaches you about the most common types of fractures and how to manage them. Paediatrics has some special bits relevant to the care of children, like growth and development, vaccinations and so on. Obstetrics and Gynaecology deals with the management of pregnant people, and other issues with the organs 'down there' like the ovaries and uterus.

Unlike other courses where you have some freedom on what subjects you study in college, all of these subjects are *mandatory* for a medical education in India and you must pass all of these subjects in order to graduate with an MBBS degree. That means that even if you're not too keen on a particular subject, you need to be able to push yourself to study it, at least enough to pass.

What's most important to sustain yourself in a career in medicine is *interest*. You need to be excited to learn theory and interact with patients and learn to examine patients. You may be extremely intelligent and be performing well in school and competitive exams, but I know NEET rankers who joined medical college and slipped very far academically because they fundamentally lacked interest in what was being taught. In medical college, like most colleges, you get as much out of it as you put into it, so the more interest and initiative you show to professors, the more they will eagerly teach you.

There's nothing wrong with not having interest; it isn't meant for everyone. Perhaps you may think that you are interested until you actually land up in medical college, a huge stack of books on the table in front of you the day before your exam when you finally have the revelation that you aren't really enjoying the material. It happens, it has happened to some of your seniors, and that's a difficult position to be in; where you have to take the call to either suffer through the rest of MBBS (extremely hard when you don't have interest) to at least have a degree and the title of 'doctor' in your hands and then figure out your next steps, or to face the tough decision of dropping out and finding your true calling in another course.

**What I recommend to you to avoid this is to meet a medical student - a friend, sibling, cousin, senior, acquaintance, anyone - and maybe request them to tell you more about the coursework and perhaps give you a 'demo' on any one topic in a subject to show you what it's really like. I, personally, would be happy to do this for any of you, and I will attach my contact details if you are interested!**

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If you're still reading this article, I assume that you're leaning into the medical journey, or at least thinking more seriously about it. Here are a few more topics that you should keep in mind as you move further in your dreams.

#### **4- Finances!**

You do start earning a stipend by your fifth year of college, but that's hardly anything compared to your school friends in other careers who will start earning in lakhs after a 4 year bachelor's degree. If you want or need to be financially independent fast, medicine may not be the best route. However, choosing a career in medicine equips you with specialised skills that make you universally employable, so you may in the long term enjoy more stability in your career than your peers.

Doctors are also notorious for not really knowing how to manage money well, which is a vital skill for anyone, in any career to have.

**My advice to you would be to try and educate yourself on personal finance whenever you have the time to do it. There are great courses on Udemy, Coursera etc., but maybe one of my batchmates who is now in the finance industry would be a better person to advise you on that!**



## 5- Doctors = God?

No, doctors are not God, contrary to popular belief particularly in the previous generation. It is a privilege, yes, and a huge responsibility to be in charge of *lives*. To some, medicine is a 'divine calling', and doctors are expected to be 'noble' and 'selfless' in order to earn respect in society. But medicine is also *just a career*. You are not at fault for wanting a career that gives you a social life, hobbies and interests outside medicine, and to want to clock out of the workplace and leave all of the problems of work at work, and live a life at home. You are also just a human, and sometimes you have to make difficult decisions as a doctor that you may face unwarranted flak for. The thought that doctors are humans too is one that is only slowly starting to occur to doctors today, and choosing a career in medicine now will make you feel guilty several times a day for wanting to clock out and go home, so you need to be prepared to contend with that and stand for your own wellbeing and right to unwind. And that starts from your preparation to enter medical college.

**My advice: Start prioritising self-care, even in school. Eat nutritious meals. Sleep properly. Don't pull all-nighters for exams (ever). No exam is worth that. Learn to recognise your own limits (again), and say no to commitments that stretch you too thin. Balance work with rest.**

## 6- Building your work ethic

Something that I was told very often when I was preparing to enter medicine was that the volume of syllabus to study would be unlike anything I had ever done before. Unlike other fields, one cannot afford to skip topics or forget topics after the exam either, because lives depend on it. So one way or another, you have to make that information stick in your head, for a long time.

The best, evidence-proven way to do it is to build good learning habits. Contrary to what some people may tell you, repeatedly reading and highlighting textbooks has been proven to be one of the most ineffective ways to retain information. Active methods like solving questions and practising with flashcards are proven, and personally tested effective methods to study and retain information. Working on these methods wherever you are in your journey, whether you are just entering high school, actively preparing for NEET or in medical college already, will definitely help you long-term by making information retention way easier for you.

Setting study schedules by prioritising topics according to your level of comfort, the importance of the topic and the size of the topic is a method that worked extremely well for me during my NEET preparation, and avoids spending futile time on topics you already are comfortable with, or difficult topics that are not very high yield.

Limit distractions (especially on your smartphone) during your periods of dedicated focus by using 'digital wellbeing' features on your phone, or third-party apps like Forest and AntiSocial.

**I strongly recommend the Coursera course 'Learning How to Learn', which is free to take and provides very concrete learning strategies that will benefit you wherever you go next.**

*The topics that I have covered here are based on observations I have made on my own experiences, as well as those of my school and college batchmates, juniors and seniors, so I hope they will be useful to you! To those of you who have already started their journey towards medicine, and those of you who are considering it, we are excited to welcome you to the fraternity very soon! To those of you who are reconsidering their decision, we support you and your quest to find your own calling!*

Yours,

**Dhwani Ravi**



# TEACHER SPEAK

## Do You Wish to Sharpen Your Memory?

Working memory is the small amount of information to be kept in mind that can be used in the performance of analytical tasks. Since long term memory takes information from these short-term memories, it is important for students to improve their working memory. Memory is important as it helps to store and retrieve one's learning. Working Memory gives every student mental workspace while he/she is engaged in other activities. It helps to hold information for a long time and helps in concentration and follow instructions. To improve memory, you have to encode what you have learnt by attaching meaning to the factual knowledge. These meanings will be stored in different parts of the brain. The neurons will then send signals to each other about what you have perceived - just like the way you talk to your friends- and create a long-term memory from these. For this transition from temporary to long term memory, one has to replay or revisit the encoded facts. To strengthen the connections, it is always good to recall than to reread the facts.



As a practice, make notes and review them, as this will help you retain your learning. To improve your memory and brain health, make sure that you get adequate sleep, physical activities along with nutritious and timely food. Do remember to keep hydrated too. Always remember that you can sharpen your memory by regular and conscious efforts.

**Vishu Nair,**  
**Department of Physics**



# EXPRESSION

## Broken Chains

His mother returned home late, once again last night,  
Breaking her promise to take him to the park,  
A small argument turned into a big fight,  
Tears shed, and inalienable words were spoken.

She had been to the doctor,  
That was the reason she was late,  
Cancer was the diagnosis.  
But what she got from her child was far worse than that,  
It was immense hate.

As his mother left for work one day,  
He waited for her return,  
As he had built up the courage to apologize and make  
things right,  
Only, she wasn't going to return home that night.

**-Siddhant A**

**11A**



**-Ivana Dwani Chander**

**9C**

***No endeavour is in vain; Its reward is in the doing.***

With these beautiful words of the American poet, Henry Wadsworth Longfellow, we wind up this edition.

More information, more insights, more expressions in the next edition.  
Goodbye!



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