



E - Souvenir



NAVRANG 2020 *Love u Zindagi...*

*1st IMA Maharashtra State Annual Cultural Conference
3rd Annual Cultural Festival of IMA Dombivli @ IMAFEST 2020*

**Organized by : IMA Maharashtra State
Hosted by : IMA Dombivli**

Editor :

Dr. Archana Pate

Co Editors :

Dr. Suchitra Kamath

Dr. Ashwini Dharmadhikari

Dr. Nayana Chaudhari

Dr. Anjali Vaidya

CONTENTS

• Team NAVRANG 2020	2
• From the State President's Desk	3
• Message from Hon. Secretary, IMA MS	4
• Message from President, IMA Dombivli	5
• Message from Patron, IMA Dombivli	6
• Message from Chairperson, NAVRANG 2020	7
• NAVRANG 2020 Events	9
• Participants @ NAVRANG 2020	10-14
• Participants of Essay, Photography and Poetry Competition	15
• NAVRANG Judges	16
• Winners @ NAVRANG 2020	20
• Words of Appreciation from across Maharashtra	21
• The Hub... Essay Writing Competition	23-43
• Moments...The Photography Competition	44-51
• Synaesthesia....The Poetry Corner	52-57
• Team NAVRANG E-Souvenir	58

IMA DOMBIVLI

Webiste : www.imadombivli.com **Email :** imadbl2010@gmail.com

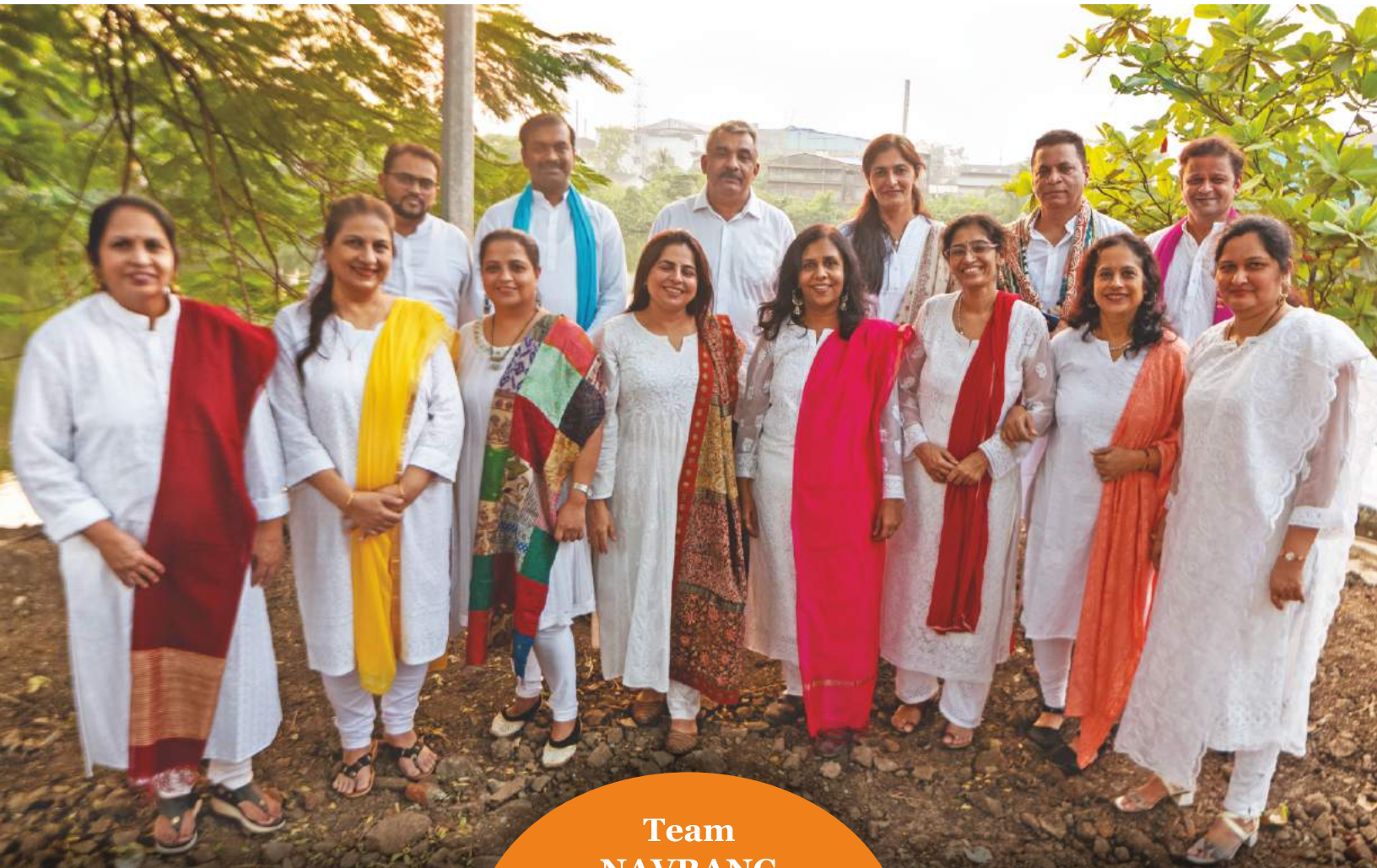
Thoughts and Opinions published in this bulletin belong to the author

IMA House, IMA Dombivli Branch, 2nd Floor, Deep Shikha Society, Opp. CKP Hall, Dombivli (E).

NAVRANG 2020

Love You Zindagi

1st IMA Maharashtra State Annual Cultural Conference
3rd Annual Cultural Festival of IMA Dombivli @ IMAFEST 2020



Team
NAVRANG
2020



From the State President's Desk

Dr. Avinash Bhondwe

President, IMA, Maharashtra State.

The members of Indian Medical Association Maharashtra State are cream of the society and I have always witnessed their enormous intellectual prowess in handling the medical problems and deliberating their clinical skills at seminars and programmes at local, national and international levels.

But all the time I was aware of the incredible capacities of our members in the field of arts, performing arts, Literature and a lot more expertise in the cultural field. I have always seen that hundreds of our members have compromised their talents in pursuing medical studies. Unfortunately, I must confess that I am one of those who missed the cultural bus in preference to Medicine. For this very reason, I dreamt of arranging a gala festival of Cultural events in the IMA year 2019-20.

I am delighted to see my dream of holding a first-ever Cultural Conference of IMA Maharashtra State during 2019-20 come true. I thank and congratulate team IMA Dombivli for leaving no stone unturned for making it a reality. I witnessed the incessant and relentless efforts for more than a month by dynamic ladies Dr Archana Pate, Dr Meena Pruthi, Dr Neeti Upasani, along with the energetic President Dr Sunit Upasani, Hon. Secretary Dr Hemant Patil and all the spirited members of IMA Dombivli. To make my concepts of this festival and incarnate it into NAVRANG of IMA Members, it was none but my best friend, leader par excellence, Dr Mangesh Pate, who materialised the idea and brought it into existence with surgical precision.

It was, in fact, a phenomenally difficult year on account of COVID19 Pandemic. All of us have suffered a lot during the last eight months. Now let us take a cultural break and enjoy the delightful staging of our gifted members.

...



Message from Hon. Secretary, IMA MS

Dr. Pankaj Bandarkar

Hon. Sec, IMA Maharashtra State

It is a profound delight to know that IMA Dombivli branch is organising NAVRANG 2020, the 1st Annual Cultural Conference of IMA Maharashtra State with 3rd Annual Cultural festival, IMAFEST 2020 on 6th, 7th and 8th November. This year the cultural fest will be online on zoom platform, definitely a unique projection.

It is informed that we will have a variety of cultural and entertainment programs, including mimicry, dance, singing, Hasya Kavi Sammelan etc.

I Congratulate IMA Dombivli branch for exploring the hidden talent of our members!! It will definitely be a great scoop.

Let me have this opportunity to extend my hearty congratulations and best wishes for this excitement galore.

Happy Diwali and a Prosperous New Year.

Long live IMA!

...



Message from President, IMA Dombivli

Dr Sunit Upasani

President, IMA Dombivli

Hello friends,

This is golden jubilee year for IMA Dombivli and I feel proud to be the 50th president of prestigious IMA Dombivli. It's a proud moment for all of us that we are hosting 1st IMA Maharashtra state cultural conference in this golden jubilee year.

This was the dream of our IMA MS President Dr Avinash Bhondwe Sir that there should be a cultural conference.

We are lucky enough that he bestowed this responsibility on IMA Dombivli. We as a team took up to this responsibility not as a challenge but in this gloomy days of Pandemic, we as a team wanted to spread happiness. Happiness is achieved by giving happiness and spreading smiles to others.

This would not have been possible without the blessings of all Past Presidents, our State and National IMA leaders and each and every member of our team who took up the task and completed it in a meticulous manner without leaving any stone unturned.

Last but not the least our own patron and our beloved friend who is more than family to us Dr Mangesh Pate Sir, who used to always says 'Go for it with sincerity and the rewards will be seen.' So thank you, Sir for being with us always.

So friends let's all bring a smile on our face and our family and enjoy the the cultural festival NAVRANG 2020.

Thank you !

•••



Message from Patron, IMA Dombivli

Dr Mangesh Pate

Chairman, IMA Hospital Board, Maharashtra State
Treasurer, IMA HBI HQ.

It's a great first once again for IMA Dombivli to host the First Cultural Event of IMA Maharashtra State. It's a great new beginning for IMA Maharashtra State & a proud moment for IMA Dombivli.

Navrang is the brand Cultural festival of IMA Dombivli branch for the last 3 years where many of our IMA members have displayed their talents, skills and hobbies. This year, IMA Maharashtra State Cultural event is being celebrated through Navrang & it's wonderful to see so many IMA members across the state participating in it!

Cultural events organised by our fraternity are best as our members get to perform & enjoy simultaneously. In the backdrop of gloominess due to COVID 19 pandemic, Navrang will definitely bring a lot of cheer and relaxation.

I congratulate President Dr Sunit Upasani, Secretary Dr. Hemant Patil, Navrang Chairperson Dr. Archana Pate, Co-Chairperson Dr. Meena Pruthi, Navrang Organizing Secretaries Dr. Nayana Chaudhari, Dr. Bhakti Lote & entire Team IMA Dombivli, Team Navrang 2020, and wish every success to this one of a kind event!

Long Live IMA !

• • •



Message from Chairperson, NAVRANG 2020

Dr. Archana Pate
Chairperson, NAVRANG 2020

Each of us is a gifted personality, born with some creative talents and /or cultivated skills in childhood. However, somewhere as we grow and get busy with the practicalities of life, these talents take a backseat and we are left facing mundane routine of life! Our routines, our inhibitions, our responsibilities, our professional commitments...don't they somewhere take us far away from ourselves? The Covid 19 pandemic has brought tremendous gloom in our lives but it did manage to make us understand the value of our relations, our life and most importantly ourselves!

When we took up the state cultural event NAVRANG 2020 – the 1st IMA Maharashtra State Annual Cultural Conference along with 3rd Annual Cultural Festival of IMA Dombivli @ IMAFEST 2020, we had no idea that we would have to do it on an online platform! Organizing an online cultural event was an extremely new concept for us and looked pretty difficult as most of us had limited technological knowledge – but the strong team work made the whole process so smooth, enjoyable and memorable! It was a whole new learning process for us and we enjoyed it to the core! We found it to be a great outlet for ourselves to come out of the gloominess, reconnect and get on with life! We hope we have been able to spread some cheer and happiness around!

NAVRANG 2020 was spread over 3 days and showcased Performing Creative Events i.e. Nupur, Tarana, Talent contest, Hasya Kavi Sammelan, Crazy Ad making, Mono acting; as well as Non - Performing Arts like Essay writing, Poetry writing and Photography competition. The enthusiastic response we received from across Maharashtra was truly overwhelming! As Organising chairperson of NAVRANG 2020, I sincerely would like to say a few heartfelt Thank you's...

First and fore most Thank you to Dr Avinash Bhondwe sir and IMA Maharashtra state for having faith in us and for entrusting us with the 1st Cultural conference of IMA Maharashtra State – NAVRANG 2020. Also, a heartfelt thank you Bhondwe sir for your personal presence here at IMA Dombivli for the inaugural session – your presence boosted our morales tremendously.

A big thank you to all the participants from across Maharashtra for participating so enthusiastically in Navrang 2020 despite so many technological challenges ... it's only your participation, which made this event so beautiful! Thank you, all the delegates!

Sincere Thank you to the judges of Navrang – Mr Ninad Aajgaonkar, Mrs Sanjana Thakur, Mr Vivek Tamhankar, Mr Shirgaonkar, Mr Piyush Sen, Mr Nibre and of course our very own Dr Avinash Bhondwe sir and Dr Dinesh Thakare! It would not have been possible to select winners amongst all participants without your expertise, since each and everyone who participated was uniquely talented!

My sincere gratitude to IMA Dombivli patron Dr Mangesh Pate for sorting out all creases as always! Thanks to him, we never have to worry for coordination with state and National dignitaries and his mere presence is enough to boost all the morales and get any and every problem sorted! Thank you for allowing us to use your entire OPD complex for complete 3 days of NAVRANG and IMAFEST to set up the entire work station!

Heartfelt Thank you to IMA Dombivli President Dr Sunit Upasani for his wholehearted, unconditional, unwavering support! Thank you for always giving a go ahead for all new ideas...

Big Thank you to IMA Dombivli secretary Dr Hemant Patil for strong communication and for complete coordination with AV team and tech team – one of the major headaches which probably no one but him could have done better! Thank you for manning the computer for all 3 days looking into all the technical nitty gritty's!

Big Thank you to Navrang 2020 Co - Chair Dr Meena Pruthi for being the strongest and most reliable back up, for coordinating with judges so beautifully, day wise sorting of presentations and for wonderful coordination with the AV team for Love U zindagi – the IMA Dombivli video presentation!

Thank you, Navrang organising Secretary Dr Nayana Chaudhari for superb coordination with participants and judges. Your prompt response to participants for their queries was so well received! Thank you for handling Adakari along with Dr Vijay Chinchole! Thank you for handling prize distribution so efficiently along with Dr Meena Pruthi!

Thank you, Dr Vijay Chinchole for handling Adakari and for handling finances of NAVRANG 2020 efficiently!

Thank you, Navrang Organising secretary Dr Bhakti Lote for great support, and for handling IMA's Got Talent along with Dr Ashwini Acharya! Thank you Dr. Bhakti and Dr. Ashwini for being part of Love U Zindagi!

Thank you Dr Niti Upasani – For handling Nupur along with Dr Meena Pruthi and Thank you for helping with Love U zindagi – the video presentation of IMA Dombivli & for the AV backup!

Thank you, Dr. Neelima Date madam & Dr Alka Gadgil madam for handling Tarana. Watching RJ Neelima and RJ Alka live in action was an absolute treat and was superbly appreciated by all participants as well!

Sincerely appreciate Dr Makrand Ganpule for handling Hasya Kavi Sammelan, and for helping with coordination of participants for Love U Zindagi – the video presentation of IMA Dombivli.

Thank you Dr Vijayalaxmi Shinde for handling Ad mad show along with Dr Hemant Patil and for helping with AV management! Thank you Dr. Makrand and Dr. Vijayalaxmi for coordinating with the judges and for helping with AV backup!

Thank you Dr Deepa Shukla & Dr Bhushan Kene for handling the entire Non performing Arts section. Despite not having many chances to come in front working as they were handling NPA – we never saw any disappointment on their faces! We always saw both of them working quietly and efficiently! Thank you Dr. Bhushan for arranging the venue for shooting of Love U Zindagi – the video presentation of IMA Dombivli

Thank you Dr. Suchitra Kamath and the co editorial team – Dr Nayana Chaudhari, Dr Ashwini Dharmadhikari and Dr Anjali Vaidya for the lovely NAVRANG E souvenir!

Thank you Mr. Dipen Mehta and Mr. Aditya Kuche from Digishield and Ms. Aarti from Creative Hub for all the tech and Av support! Thank you Mr Adit Khazode, Mr Daqsh and Mr Shreejith for helping with the beautiful video presentation @ Love U Zindagi...

Sincere gratitude to the entire NAVRANG 2020 team, team IMA Dombivli & team IMAFEST 2020! This online event has only been possible because of such superbly fantastic and strong team work! God bless the whole team!

Thank you to all the participant and delegates once again on behalf of the entire team and hope you all enjoyed the whole event as much as we enjoyed putting it together!

Till we meet again...

***Life is beautiful, Life is precious, Life is a blessing...
Love it, Live it, Enjoy it...***

At NAVRANG 2020, the 1st IMA Maharashtra State Annual Cultural Conference along with 3rd Annual Cultural Festival of IMA Dombivli @ IMAFEST 2020, 6 performing and 3 non-performing events were organized online. Pre-recorded videos of all performances were invited except Hasya Kavi Sammelan which was a Live event !

NAVRANG 2020
Love U Zindagi
1st IMA Maharashtra State Annual Cultural Conference
3rd Annual Cultural Festival of IMA Dombivli
NUPUR
Dance to Express

NAVRANG 2020
Love U Zindagi
1st Annual Cultural Conference of IMA Maharashtra state
3rd Annual Cultural Festival of IMA Dombivli
(5th, 6th, 7th & 8th November 2020)
Adakari
Come, own the stage.

NAVRANG 2020
Love U Zindagi...
1st IMA Maharashtra State Annual Cultural Conference
3rd Annual Cultural Festival of IMA Dombivli @ IMAFEST 2020
(5th, 6th, 7th & 8th November 2020)
TARANA... Gao Dil Se!

NAVRANG 2020
Love U Zindagi
1st IMA Maharashtra State Annual Cultural Conference
3rd Annual Cultural Festival of IMA Dombivli
IMA का उल्टा चश्मा

The Hub
Essay writing competition

Moments
Photography competition

Synesthesia
Poetry writing competition

NAVRANG 2020
Love U Zindagi
1st IMA Maharashtra State Annual Cultural Conference
3rd Annual Cultural Festival of IMA Dombivli
(5th, 6th, 7th & 8th November 2020)
AD MAD SHOW

NAVRANG 2020
Love U Zindagi
1st IMA Maharashtra State Annual Cultural Conference
3rd Annual Cultural Festival of IMA Dombivli
IMA'S GOT TALENT
Showcase your talent
6th, 7th, 8th Nov

We are grateful for the phenomenal response received for NAVRANG 2020 !
Following is the list of Participants for various events @ NAVRANG 2020.



NAVRANG 2020

Love U Zindagi

1st IMA Maharashtra State Annual Cultural Conference
3rd Annual Cultural Festival of IMA Dombivli @ IMAFEST 2020



PARTICIPANTS @ NAVRANG 2020

PARTICIPANTS OF TARANA

1	DR. AMEE RAHATEKAR PRAPAN	NAGPUR	APKI NAZARON NE SAMJHA
2	DR. SUSHIL SHINDE	DOMBIVLI	IN DINO DIL MERA
3	DR. NEKEE RAJDEO	NAGPUR	HAME AUR JEENE KI CHAHAT NA HOTI
4	DR. AMAR POWAR	DOMBIVALI	BHAGWAN HAI KAHA RE TU
5	DR. JANHVI PATIL	BHUSAWAL	YEH ZINDAGI USIKI HAI
6	DR. PRIYA NAIR PRATAPAN	NAGPUR	MERE DHOLNA SUN
7	DR. SANDESH BAGADI	KOLHAPUR	E DIL HAI MUSHKIL
8	DR. INDU AGRAWAL	CHANDRAPUR	KISLIYE MAINE PYAR KIYA
9	DR. SHARAD PHATALE	BEED	LAJUN HASANE
10	DR. VIDYADHAR DATAR	JALGAON	ZINDAGI KAISI HAI PAHELI HAYE
11	DR. MEGHA GHATE	ALIBAUG	DIL TO HAI DIL
12	DR. SWETA RANA	GONDIA	ALLAH MUJHE DARD KE KAABIL
13	DR. SEEMA SHARMA	CHANDRAPUR	MILTI HAI ZINDAGI MEIN
14	DR. ANANT BENDALE	BHUSAWAL	KABHI - KABHI MERE DIL ME
15	DR. PRACHI SANCHETI	NAGPUR	DILDIYAN GALLAN
16	DR. APARNA RAKESH GUPTA	GONDIA	LAG JA GALE
17	DR. ANJALI AMBATKAR	CHANDRAPUR	PANCHHI BANU UDTI PHIRU
18	DR. APOORVA KOLTE	GONDIA	YE JEEVAN HAI
19	DR. NEELIMA MULEY	CHANDRAPUR	ZINDAGI EK SAFAR
20	DR. PRAVIN SAWANT	DOMBIVLI	CHALO EK BAAR PHIR SE
21	DR. NAYANA TELKAR	AKOLA	EKACH YA JANMI JANU
22	DR. ANIL AVHAD	MUMBAI	JAANE KAHA GAYE WO DIN
23	DR. HEMANT BAXI	GONDIA	DILBAR MERE
24	DR. PAYAL CHOUDHARY	GONDIA	MANA KE HUM YAAR NAHI
25	DR. MILIND PATIL	BHUSAWAL	JEEVAN SE BHARI TERI AANKHEIN
26	DR. GARGEE BAHEKAR	GONDIA	AIYE MEHERBAAN
27	DR. PRADEEP GUJAR	GONDIA	TUMNE KISI KI JAAN KO
28	DR. POORNIMA	BHIWANDI	O! MERE SONA RE



NAVRANG 2020

Love U Zindagi

1st IMA Maharashtra State Annual Cultural Conference
3rd Annual Cultural Festival of IMA Dombivli @ IMAFEST 2020



PARTICIPANTS OF TARANA

29	DR. VINOD OSTWAL	BEED	KISI KI MUSKURAHATO PE HO NISAR
30	DR. PALLAVI INGALE	CHANDRAPUR	PALBHAR MEIN YE KYA HO GAYA
31	DR. SHIRALI	DOMBIVLI	MANRE TU KAHE NA DHEER DHARE
32	DR. RAKESH GUPTA	GONDIA	PUKARTA CHALA HOON MEIN
33	DR. SAMEER CHAOUHDARY	BHUSAWAL	KUCHH NA KAHO, KUCHH BHI NA KAHO
34	DR. MANGALA GHODESHWAR	NAGPUR	O SAJANA BARKHA BAHAR AAYI
35	DR. RAJEEV ADHAV	DOMBIVLI	EHSANN TERA HOGA
36	DR. CHAYA CHAOUHDARY	BHUSAWAL	LAG JA GALE
37	DR SARIKA SHAH	YAWATMAL	LAMBI JUDAAI
38	DR. PRATIBHA SAWANT	DOMBIVLI	ZINDAGI BHAR NAHI BHULEGI
39	DR. SWATI PETKAR	DOMBIVLI	YE JEEVAN HAI
40	DR. ANASUYA GOPAL	DOMBIVLI	JAYOSTUTE
41	DR. SMITA AHIRKAR	BHIWANDI	HATH NAKA LAVU MAJHA SADEELA
42	DR. RAJENDRA TUNGENWAR	NANDED	KEHNA HAI AAJ TEMSE YE PEHLI BAAR
43	DR. SANJAY GHOTANE	KOLHAPUR	SOCHENGE TUMHE PYAAR KARE KE NAHI
44	DR. VIJAY PATIL	BULDHANA	ZINDAGI KI YABI REET HAI
45	DR. MUKUND GANERIWAL	NAGPUR	ZINDAGI KA SAFAR HAI YE KAISA SAFAR
46	DR. RAHUL SHUKLA	SHIRVAL	LAJUN HASANE
47	DR. SANJANA BAGADI	KOLHAPUR	BABUJI DHEERE CHALNA
48	DR. NITIN DAWALBHAKTA	BHUSAWAL	CHALA JAATA HU KISIKI DHUN ME
49	DR. PRACHI UJAVNE	YAVATMAL	MEIN TERI BAN JAOONGI
50	DR. AKSHAY MARAWAR DR. ANAGHA GUNDEWAR	AURGABAD PUNE	MEIN SITARON KA TARANA
51	DR. MIHIR BAIRAT	DOMBIVLI	MAULA MERE LELE MERI JAAN
52	DR. NISHIKANT LOKHANDE	NAGPUR	OM NAMAH SHIVAY
53	DR. VAISHALI KANDAIT	NAGPUR	DUNIYA KARE SAWAL TO HUM KYA
54	DR. SURESH IYER	NAGPUR	TUJHE YAAD KAR DIYA AAYAT KI TARAH



NAVRANG 2020

Love U Zindagi

1st IMA Maharashtra State Annual Cultural Conference
3rd Annual Cultural Festival of IMA Dombivli @ IMAFEST 2020



PARTICIPANTS OF TARANA

55	DR. SUVARNA SONDAWADE	CHANDRAPUR	AKHIYON KE ZAROKHO SE
56	DR. ADITI SHUKLA	SHIRVAL	MOHE RANG DO LAAL
57	DR. GAURI ARORA	NAGPUR	BAHON KE DARMIYA
58	DR RAJEEV KOLTE	GONDIA	MERE NAINA SAAVAN BHADO
59	DR ARPITA BAJAJ	GONDIA	ADHEER MAN ZAALE
60	DR. SWETA DATE	KAMOTHE	MOHE RANG DO LAAL
61	DR. ANUSHREE BAHEKAR	SANGALI	YE MOH MOH KE DHAAGE
62	DR RAJASHREE SAWANT	LATUR	DIL HAI CHHOTA SA
63	DR. DEEPAK ATHAVLE	JALGAON	YAAD NA AAYE BITE DINO KI
64	DR. GIRISH MANE	YAVATMAL	PYAR MANGA HAI TUMHI SE

PARTICIPANTS OF HASYA KAVI SAMMELAN

1	DR. AVINASH BHONDWE	PRESIDENT, IMA MS
2	DR. SATISH KANVINDE	IMA DOMBIVLI
3	DR. VILAS MALVADE	IMA MIRAJ
4.	DR. SANJAY DEOLALE	IMA NAGPUR
5	DR. SHEETAL GANDHI	IMA SOLAPUR
6	DR. RAJENDRA THIGALE	IMA NASHIK
7	DR. MILIND JOSHI	IMA PALUS
8	DR. RAMESH GANDHI	IMA NAGPUR
9	DR. PRAMOD BEJKAR	IMA DOMBIVLI



NAVRANG 2020

Love U Zindagi

1st IMA Maharashtra State Annual Cultural Conference
3rd Annual Cultural Festival of IMA Dombivli @ IMAFEST 2020



PARTICIPANTS OF NUPUR

1	DR. SHUBHANGI TEKURKAR	PIMPRI -CHINCHWAD	SOLO
2	DR. RAHUL & DR. VASUDHA JAJU	BEED	COUPLE
3	DR. PRACHI SANCHETI	NAGPUR	SOLO
4	DR. KALA ESWARAN	DOMBIVLI	SOLO
5	DR. AMEE RAHATEKAR	NAGPUR	SOLO
6	DR. UJWALA KEDARE	NAGPUR	SOLO
7	DR. SANDHYA BHAT	DOMBIVLI	SOLO
8	DR. CHARU SAKHARE	KURUNDWADI	SOLO
9	DR. INDRAYANI CHANDURKAR	BADLAPUR	SOLO
10	DR. AARTI SAMEER CHAUDHARI	BHUSAWAL	SOLO
11	DR. PALLAVI TUNGENWAR	NANDED	SOLO
12	DR. BAGESHRI VABALE	PIMPRI -CHINCHWAD	SOLO
13	DR. GHANSHYAM SHIRALI	DOMBIVLI	SOLO
14	DR. SNEHA BHAT RATHOD	YAVATMAL	SOLO
15	DR. KSHITIJ PANDITRAO-KASTURE	PUNE	SOLO
16	DR. BAGESHRI VABALE, DR. SHUBANGI TEKURKAR	PIMPRI - CHINCHWAD	COUPLE
17	DR. ANUSHREE CHAUDARI	SANGLI	SOLO
18	DR. GARGI BAHEKAR	GONDIA	SOLO
19	DR. INDU AGRAWAL	CHANDRAPUR	SOLO
20	DR. SUREKHA BARLOTA, DR. PIYUSH BARLOTA	YAVATMAL	COUPLE
21	DR. SHILPA DATE	SANGLI	SOLO
22	DR. SANDESH BAGADI	KOLHAPUR	SOLO
23	DR. UJWALA DEORE	CHALISGAON	SOLO
24	DR. RAJASHRI PRAMOD SAWANT, DR. MOHINI ASHOK GANU	LATUR	COUPLE
25	DR. KIRTI CHANDRASHEKHAR SATHAYE	ALIBAUG	SOLO
26	DR. KALPANA GULWADE, DR. MANISHA WASADE, DR. KIRAN JANWE, DR. PREETI CHAUHAN, DR. PRAJAKTA ASWAR	CHANDRAPUR	GROUP
27	DR. SHARMILI PODDAR	CHANDRAPUR	SOLO
28	DR. PRAGATI KHALATKAR	NAGPUR	SOLO
29	DR. NILIMA MULAY	CHANDRAPUR	SOLO
30	DR. PRAGATI KHALATKAR, DR. AISHWARYA KHALATKAR	NAGPUR	COUPLE
31	DR. PALLAVI ALURWAR, DR. KALYANI DIXIT, DR. APARNA DEWAIKAR	CHANDRAPUR	GROUP
32	DR. PRAGATI & DR. VASANT KHALATKAR	NAGPUR	COUPLE



NAVRANG 2020

Love U Zindagi

1st IMA Maharashtra State Annual Cultural Conference
3rd Annual Cultural Festival of IMA Dombivli @ IMAFEST 2020



PARTICIPANTS OF IMA's GOT TALENT

1	DR. DEEPAK PATIL	JALGAON	GUITAR
2	DR. PRASHANT DESHPANDE	AURANGABAD	GUITAR
3	DR. MANDAR BAPAYE	SOUTH MUMBAI	MIMICRY
4	DR. RAJESH MULAY	DOMBIVLI	KEYBOARD
5	DR. SWAPNA MULAY	DOMBIVLI	KEYBOARD
6	DR. SOPAN CHOUGULE	KOLHAPUR	MIMICRY
7	DR ANUSHREE CHAUDHARI	SANGLI	DIY - QUILLING
8	DR. DILIP PAUNIKAR	GONDIA	PAINTING
9	DR. RAJIV KOLTE	GONDIA	PAINTING
10	DR. SONAL GUPTA	GONDIA	PENCIL ART -PAINTING
11	DR. PRADEEP GUJAR	GONDIA	PAINTING
12	DR. HEMANT BAXI	GONDIA	FLUTE

PARTICIPANTS OF AD MAD SHOW

1	DR ALKA GADGIL	DOMBIVLI	UMBRELLA
2	DR MAKARAND GANAPULE	DOMBIVLI	FEVIQUICK
3	DR SHIRALI	DOMBIVLI	SOCKS
4	DR NEELIMA MULEY	CHANDRAPUR	HAT
5	DR RAJLAXMI SADRAS	CHANDRAPUR	DIAPER
6	DR MILIND JOSHI	PALUS	SOAP
7	DR PALLAVI INGALE	CHANDRAPUR	TOWEL
8	DR ARPITA BAJAJ	GONDIA	MASK

PARTICIPANTS OF ADAKARI

1	DR. NITI UPASANI	DOMBIVLI	DON MULANCHI AAI
2	DR. GHANSHYAM SHIRALI	DOMBIVLI	TALIRAM FROM 'EKACH PYALA'
3	DR. SARIKA SHAH	YAVATMAL	PROBLEMS OF SINGLE MOTHER
4	DR. SARITA UGEMUGE	NAGPUR	JJABAI MONOLOGUE
5	DR. MILIND JOSHI	PALUS	PRAVACHAN
6	DR. MILIND JOSHI	PALUS	DOCTOR'S MONOLOGUE
7	DR RIDHORKAR	NAGPUR	SCENE FROM 'TI PHULRANI'

Participants of Essay, Photography and Poetry Competition



ESSAY

1	Dr. Ashwini Dharmadhikari	IMA Dombivli
2	Dr. Vijayalakshmi Shinde	IMA Dombivli
3	Dr. Aishwarya Dhodapkar	IMA Virar
4	Dr. Namrata Tendolkar	IMA Virar
5	Dr Mandar Bapaye	IMA Mumbai
6	Dr Shruti Patki	IMA Dombivli
7	Dr Sanjay Janwale	IMA Beed
8	Dr Seema Arawkar	IMA Dombivli
9	Dr Rajlaxmi Sadras	IMA Chandrapur
10	Dr Nilima Mulay	IMA Chandrapur
11	Dr Kalpana Gulwade	IMA Chandrapur
12	Dr Aparna Dewaikar	IMA Chandrapur
13	Dr Sneha Rathod	IMA Yavatmal
14	Dr Kirti Sathaye	IMA Alibag
15	Dr Shilpa Mungatiwar	IMA Chandrapur



PHOTOGRAPHY

1	Dr. Aditi Shukla	IMA Lonand Nira
2	Dr Alka Gadgil	IMA Virar
3	Dr Mandar Bapaye	IMA Mumbai
4	Dr. Sushil Shinde	IMA Virar
5	Dr. Aishwarya Dhodapkar	IMA Virar
6	Dr Mihir Bairat	IMA Dombivli
7	Dr Yogesh Jibhkate	IMA Bhandara
8	Dr Pallavi Ingle	IMA Chandrapur
9	Dr Anuradha Salphale	IMA Chandrapur
10	Dr Chaitanya Kumar	IMA Gondia
11	Dr Anurag Bahekar	IMA Gondia
12	Dr Prashant Deshpande	IMA Aurangabad
13	Dr Shilpa Mungatiwar	IMA Chandrapur
14	DR Sudhakar Shinde	IMA Kamothe
15	DR Vishakha Jibhakate	IMA Bhandara
16	Dr Yogesh Salphale	IMA Chandrapur



POETRY

1	Dr Vijayalakshmi Shinde	IMA Dombivli
2	Dr Shruti Patki	IMA Dombivli
3	Dr Aditi Shukla	IMA Lonand Nira
4	Dr Anushree Choudhari	IMA Sangli
5	Dr Anurag Bahekar	IMA Gondia
6	Dr Ragini Mandalik	IMA Nagpur
7	Dr Vilas Malwade	IMA Miraj
8	Dr Ujjawala Kedare	IMA Nagpur

The pre-recorded videos were sent to eminent personalities which were invited as judges by IMA Dombivli. Since all participants had performed so beautifully, even judges found it difficult to choose winners ! Following eminent experts judged the various events @ NAVRANG 2020.

NAVRANG JUDGES



NAVRANG 2020

Love U Zindagi

1st IMA Maharashtra State Annual Cultural Conference
3rd Annual Cultural Festival of IMA Dombivli @IMAFEST 2020



DR. AVINASH BHONDWE
PRESIDENT IMA MS

- Physician at Dr. Bhondwe Clinic
- Past President, Indian Medical Association, Pune Branch
- Active Rotarian
- Many Publications
 - Arogyaateel Andhshradha
 - Taruny Gaan, Tarunyachya Umbarthyavar
- Prolific & Great Writer
- Exceptional leadership in the State during COVID



NAVRANG 2020

Love U Zindagi

1st IMA Maharashtra State Annual Cultural Conference
3rd Annual Cultural Festival of IMA Dombivli @IMAFEST 2020



DR. DINESH THAKARE
Vice President, IMA MS

- M.B.B.S., Dip. Path & Bact. LL.B.,
M.A.(Journalism & Mass Communication),
B.A.(Eng. Litt.), M.B.A.(Gen. Management),
Pursuing Internat. Certificate In UNESCO Bioethics.
- President Elect, IMA Amravati Branch.
 - Master Trainer, NABH Pre Accreditation Entry Level
 - Member Indian Medical Association (IMA) SC For Legal Cell;
 - Director, IMA Hospital Board of India HQs.;
 - Managing Editor, Journal of Indian Medico Legal & Ethics Association.

NAVRANG JUDGES



NAVRANG 2020

Love U Zindagi



1st IMA Maharashtra State Annual Cultural Conference
3rd Annual Cultural Festival of IMA Dombivli @IMAFEST 2020



MR. VASUDEO SAGUN NIBRE

83 YEARS OLD RETIRED LECTURER J.J
INSTITUTE & APPLIED ART.

TEACHER OF PHOTOGRAPHY IN RACHANA
SANSAD

IN 1998 STARTED AN ART SCHOOL AT
SAWANTWADI



NAVRANG 2020

Love U Zindagi



1st IMA Maharashtra State Annual Cultural Conference
3rd Annual Cultural Festival of IMA Dombivli @IMAFEST 2020



MR. SAGAR SHIRGAONKAR

- "True at heart Marathi Mulga ! Born and brought up in Shivaji Park.
- Started in the direction department with Pooja Bhatt and after a string of movies like **Jism**, **Paap** AND moved on to the direction team of the big budget Shah Rukh Khan starrer, **Ra-One**, with Mr Anubhav Sinha.
- He loves being a part of honest movies which tell stories with a message. **Mulk**, **Article 15**, **Thappad** are a few proud associations amongst them.
- He has now transitioned into production with these.

NAVRANG JUDGES



NAVRANG 2020

Love U Zindagi

1st IMA Maharashtra State Annual Cultural Conference
3rd Annual Cultural Festival of IMA Dombivli @IMAFEST 2020



Mr. VIVEK TAMHANKAR

- Mr. Vivek Tamhankar is MA, B PEd & Dip in performing folk arts.
- He is currently doing his PhD.
- His special interest is folk music. He has been a singer, actor, dance artist in various films & serials judge in various reality shows.
- He has received various awards like 'Ideal teacher', 'Adarsh Dombivlikar'.
- He is the recipient of various awards at national & international level for choreography, playwright & director.



NAVRANG 2020

Love U Zindagi

1st IMA Maharashtra State Annual Cultural Conference
3rd Annual Cultural Festival of IMA Dombivli @IMAFEST 2020



Look like an
AWESOME
Choreographer

MR. PIYUSH SEN

JUDGE FOR NUPUR' AT NAVRANG 2020

Proprieter of PIYUSH DANCE ACADEMY
the 2nd largest DANCE academy in mumbai
with more than 5000+ students | 27
locations in Mumbai & thane district.

Mr. Piyush Sen started very young
When as a kid of 7 years ,he found his passion in
life-the creative field of ARTS IN MOTION-DANCE.
At the age of 16, he started his own dance and
since then has been a part of this industry for the
past 14 years, nuturing it with his tireless
enthusiasm and talent and contributing to the field
of dance , bringing out the best in dance in kids ,
teens and adults.

NAVRANG JUDGES



NAVRANG 2020

Love U Zindagi



**1st IMA Maharashtra State Annual Cultural Conference
3rd Annual Cultural Festival of IMA Dombivli @IMAFEST 2020**



Mr. Ninad Vasant Ajgaonkar

**JUDGE FOR TARANA – SINGING COMPETITION
AT NAVRANG 2020**

- Ninad, being the son of well-known music composer and singer, Shri. Vasant Ajgaonkar, imbibed musical lessons right from his childhood and with many eminent classical music teachers as his mentors.
- He is a recognized singer on the All India Radio With many solo album based on Marathi Devotional Songs named "Naad Vitthal Vitthal" & "Swami Sarva Sukh".
- He has had the privilege to perform in the presence of the All time Greats in music such as, Pt. Sudhir Phadke, Smt. Asha Bhosle, Anil Mohile, Dashrath Pujari, Yashwant Dev, Dr. Ashok Ranade and also some leading lights of Marathi Literature such as Kusumagraj, Mangesh Padgaonkar, Vinda Karandikar, P.L. Deshpande, Vijaya Rajadhyaksha and has received quite a few accolades from them



NAVRANG 2020

Love U Zindagi



**1st IMA Maharashtra State Annual Cultural Conference
3rd Annual Cultural Festival of IMA Dombivli @IMAFEST 2020**



MRS. SANJANA THAKUR

**JUDGE FOR TARANA – SINGING COMPETITION
AT NAVRANG 2020**

- She has mastered the art of singing & performed shows all over India and has given playback for many Marathi & Hindi movies & albums.
- She has worked with maestros like Smt. Asha Bhosale, Anup Jalota, Shankar Mahadevan, Alka Yagnik, Kumar Sanu, Shaan & Kavita Krishnamurti.
- She was part of TV shows like Aawaz ki duniya, Antakshari, Star Kalalar, Music station, TaraRum Pum etc.
- She is the director of Entertainment Co. 'Yashaswi creations'.
- She is the creator of the Hindi ballad & album Krishnapriya.

It was a tough job for the judges to select winners @ NAVRANG 2020. We are grateful to the judges for selecting winners after much deliberation ! All the winners will receive e-certificates along with cash prizes of Rs. 1000, Rs. 750, Rs. 500 & Rs, 250 for 1st/2nd/3rd & Consolation Prizes respectively !
All participants will receive Participation Certificates online !



WINNERS @ NAVRANG 2020



ESSAY

1st	Dr. Aishwarya Dhodapkar	(Virar)
2nd	Dr. Nilima Mulay	(Chandrapur)
3rd	Dr. Seema Arawkar	(Dombivli)

Consolation

	Dr. Kirti Sathaye	(Alibag)
	Dr. Ashwini Dharmadhikari	(Dombivli)

POETRY

1st	Dr. Anushree Chaudhari	(Sangli)
2nd	Dr. Anurag Bahekar	(Gondia)
3rd	Dr. Ujjwala Kedare	(Nagpur)

Consolation

	Dr. Ragini Mandlik	(Nagpur)
--	--------------------	----------

PHOTOGRAPHY

1st	Dr. Yogesh Jibhkate	(Bhandara)
2nd	Dr. Mandar Bapaye	(Mumbai)
3rd	Dr. Aishwarya Dhodapkar	(Virar)

Consolation

	Dr. Aditi Shukla	(Lonad Nira)
--	------------------	--------------

AD MAD SHOW

1st	Dr. Milind Joshi	(Palus)
2nd	Dr. Ghanashyam Shirali	(Dombivli)
3rd	Dr. Rajlaxmi Sadras	(Chandrapur)
	Dr. Alka Gadgil	(Dombivli)

ADAAKARI

1st	Dr. Milind Joshi	(Palus)
2nd	Dr. Anuradha Ridhorkar	(Nagpur)
	Dr. Sarika Shah	(Yavatmal)
3rd	Dr. Savita Ugemuge	(Nagpur)
	Dr. Niti Upasani	(Dombivli)

IMA's GOT TALENT

1st	Dr. Rajiv Kolte	(Gondia)
	Dr. Mandar Bapaye	(Mumbai)

NUPUR

1st	Dr. Shilpa Date	(Sangli)
2nd	Dr. Gargee Bahekar	(Gondia)
	Dr. Rajashri Sawant &	
	Dr. Mohini Ganu	(Latur)
3rd	Dr. Shubhangi Tekurkar	(Pimpri Chinchwad)
	Dr. Rahul & Dr. Vasudha Jaju	(Beed)
	Dr. Kala Eswaran	(Dombivli)

TARANA

1st	Dr. Suresh Iyer	(Nagpur)
2nd	Dr. Nishikant Lokhande	(Nagpur)
3rd	Dr. Mihir Bairat	(Dombivli)
	Dr. Aditi Shukla	(Shirval)

Consolation

	Dr. Girish Mane	(Yavatmal)
	Dr. Anagha Gundewar &	
	Dr. Akshay Marawar	(Pune)
	Dr. Mukund Ganeriwal	(Nagpur)

HASYA KAVI SAMMELAN

Participants

	Dr. Avinash Bhondwe, President, IMAMS
	Dr. Satish Kanvinde, IMA Dombivli
	Dr. Vilas Malwade, IMA, Miraj
	Dr. Sanjay Deotale, IMA Nagpur
	Dr. Sheetal Gandhi, IMA Solapur
	Dr. Rajendra Thigale, IMA, Nashik
	Dr. Milind Joshi, IMA Palus
	Dr. Ramesh Gandhi, IMA Nagpur
	Dr. Pramod Bejkar, IMA Dombivli

WORDS OF APPRECIATION FROM ACROSS MAHARASHTRA

+91 94229 18854

~Neeraj Murkey

IMA MS CC Dr Rajeev Agarwal IMA HBI HQ...
CONGRATULATIONS TEAM IMA
DOMBIVALI. 🌸🌸🌸
NAVRANG was Wonderful event & worth at...

Ditto.....And the best part was that the
artist within our members PAN..
Maharashtra was well woven too.
Congratulations 👍👍

08:49

+91 75077 55333

~Dr.Mayur Sarode

🌸🌸 Congratulations
Dr Mangesh sir,Dr Archana Mam and
Team Dombivali for great well organised
event



08:55

Dr Archana Kothari IMA Nagpur

Dr Santosh Kulkarni IMA

📷 Photo

Very nicely written by Bhondwe sir 👍👍
Satik tippani

09:03

CONGRATULATIONS TEAM IMA

DOMBIVALI. 🌸🌸🌸

NAVRANG was Wonderful event & worth
attending
Hats off to the spirit of all the
participants & organisers for putting an
extraordinary show 👍👍👏👏🌸🌸



09:03

Dr Santosh Kulkarni IMA

👏🌸 मनपूर्वक अभिनंदन 🌸👏

नवरंग 2020 सांस्कृतिक कार्यक्रम खूप छान झाला ,
अप्रतिम नियोजन , उत्कृष्ट सादरीकरण , प्रचंड उत्साह
आयोजक आणि स्पर्धकांचा, सुरेख IMA डोंबिवली
थीम साँग

🌸👏 Love U जिंदगी ,Love U डोंबिवली IMA

👏🌸 अभिनंदन मार्गदर्शक डॉ अविनाश भोंडवे, डॉ
पंकज बांदरकर, टीम IMA MS ,डॉ मंगेश पाटे सर , डॉ
अर्चना पाटे, डॉ. हेमंत पाटील, डॉ सुनित उपासनी डॉ
निती उपासनी, डॉ वंदना धाकतोडे ,डॉ भक्ती लोटे, डॉ
मीना पूर्णी, डॉ विजय चिंचोले, डॉ मनीषा चांदोरकर सर्व
टीम IMA डोंबिवली

🌸👏 विजेत्यांचे अभिनंदन , मान्यवरांचे आभार,
निःपक्ष पने निकाल देणाऱ्या सर्व जजेस चे हार्दिक
आभार.

👏🌸 वक्त ही तो है , गुजर जायेगा खूप छान
प्रेरणादायी IMA डोंबिवली थीम साँग 👍

09:29

congratulation to team Navarang



10:14 am

+91 90399 91173 ~Dr. Suvarna Sonda...

Congratulations to all participants
n all winners for doing their best



...A big thank to team Dombivli and
all organizers to conduct such a
successful mega event hats off
u 👍

10:43 am

Dr. Chitnawis IMA Gondia

Congratulations to all winners 👏



Congratulations to all Participants



Congratulations to Team
NAVRANG and IMA Dombiwali for
creating a milestone in history of
IMA. MS

Long live IMA 👏👏👏👏👏🌸



10:46 am

Dr Prashant Patil Radiologist Kalyan IMA

CONGRATULATIONS TEAM IMA

DOMBIVALI. 🌸🌸🌸

NAVRANG was Wonderful event. 👍

08:13

IMA MS CC Dr Ashok Shukla MiraBhayande...

Congratulations IMA DOMBIVALI and
team for fantastic NAVRANG 2020 🌸🌸

08:14



NAVRANG 2020 was very well received & appreciated Messages started pouring in from all over Maharashtra.



Dr. Prachi Ujawane IMA Yawatmal
You
Good morning everyone

Heartfelt Thank you to each and eve...
Congratulations mam & team IMA dombivli for excellent organization
Beautiful comparing
Wholehearted support to all the participants.
You rock 🙌🙌
9:35 am

Dr. Pallavi Ingle Ima Chandrapur was added

Dr. Pallavi Ingle Ima Chandrapur
Congratulations to winners.
Great efforts by ima dombiwali
10:10 am

Dr Prachi Sancheti IMA Nagpur
Congratulations to all winners and participants 🎉🎉
Thank you team Navrang for an enjoyable experience 🙏
10:11 am

congratulation to team Navarang 🙌🙌
10:14 am

+91 90399 91173 ~Dr. Suwarna Sonda...
Congratulations to all participants n all winners for doing their best 🎉🙌🙌
...A big thank to team Dombivli and all organizers to conduct such a successful mega event hats off u 🙌
10:43 am

Dr. Chitnawis IMA Gondia
Congratulations to all winners 🙌🌹
Congratulations to all Participants 🙌🙌🌹
Congratulations to Team NAVRANG and IMA Dombiwali for creating a milestone in history of IMA. MS
Long live IMA 🙌🙌🙌🙌🙌🙌🌹
10:46 am

+91 98202 40065 ~Dr Shubhangi Teku...
Yes...madam...it's not easy to conduct such a big event of competition for 3 days... That to online (which we generally are not use to)

Keeping pace, temper, work quality everything under control because it's a state level event and that to of senior, junior **Doctors**.... And not small kids.

So whatever you all have done is brilliant work. Great efforts by NAVRANG team .
We really appreciate it 🙏🙏🙏🙏
9:40 am

Dr Nasreen Mawani Chandrapur IMA
Under the Leadership of state Ima President and sec sir, and the efforts of team Ima Dombivilli, Navrang festival brought smiles to the participants and the audience.
The local branches breathed some freshness away from Covid gloom during Navrang.
Thanks for the lovely moments 🙌🙌🙌
10:28

Lele Jayesh Dr.
last seen today at 09:44
My father Dr Sukomal Dey was a life member of Indian Medical As...
https://m.facebook.com/story.php?story_fbid=2754957731394548&id=100006410440765
09:44 ✓

TODAY

Excellent events,
Hearty congrats to TEAM IMA DOMBIVALI and NAVRANG 2020
09:30

🙏🙏 09:40 ✓

Dr Londhe President IMA Kalamb
Hearty congratulations to Dr Archana Pate madam and her Team of Navrang of IMA Dombivali. Its a great show. We enjoyed.
🙌🙌🌹🌹
23:09

Pawade Arun Dr.
🌹🌹 Congratulations
Dr Mangesh Dr Archana Madam and Team Dombivali
🙌🙌🙌🙌
07:44

Dr Jyoti Chidgupkar Solapur
CONGRATULATIONS TEAM IMA DOMBIVALI. 🌹🌹🌹
NAVRANG was Wonderful event. 🙌🙌
🙌🙌🌹🌹
07:51

IMA MS CC Dr Rajeev Agarwal IMA HBI HQ...
CONGRATULATIONS TEAM IMA DOMBIVALI. 🌹🌹🌹
NAVRANG was Wonderful event & worth attending
Hats off to the spirit of all the participants & organisers for putting an extraordinary show 🙌🙌🙌🙌🌹
08:48

Dr Kute Ravindra
IMA dombivali cultural event Navrang well organized event. Great talents great artists provided dias to all of them. All events fantastic, all participants excellent performance. Archana Pate madam and team Hardik Abhinandan 🌹
07:42

Dr Rakhi Agrawal Mira Bhayender
IMA dombivali Cultural event Navrang very well organized team work with rich content and reflected efforts of Great Leaders. Well done. Congratulations to entire team and participants who performed in Cultural Bonanza. 🌹
07:54

Dr Prerana Kolte Chandrapur IMA
CONGRATULATIONS TEAM IMA DOMBIVALI. 🌹🌹🌹
NAVRANG was Wonderful event. 🙌
09:19

The Hub...

Essay Writing Competition



लव्ह यु जिंदगी!

डॉ ऐश्वर्या धोडापकर
IMA Virar
1st Prize

“या जन्मावर या जगण्यावर शतदा प्रेम करावे”

मंगेश पाडगांवकर यांच्या गीताचे सुरेल बोल कानी आले आणि कोविड सारख्या महामारीत क्षणभर मनात अलंगद एक विचार तरळून गेला. खरोखरच मनुष्य जन्म म्हणजे माणसाला लाभलेली एक अनमोल दुर्लभ देणगीच नव्हे का ?

देवाने आपल्याला हा सुंदर नरदेहच नव्हे तर त्या देहात ज्ञानेंद्रिये, कर्मेंद्रिये, मन, बुद्धी, विवेक दिली आहेत. त्याच बरोबर सर्व सुख-दुःखादी भावना सारं कसंजिथल्या तिथे ...अशी व्यवस्थित रचना केली. त्यांचा मानवाने करावयाचा वापर, ह्याशिवाय कोणत्या कुटुंबात जन्माला घालावे, कोणती नाती-गोती या व्यक्तीसाठी असावी, कोणते ते रसायन किती प्रमाणात ह्या देहात असावे, एवढेच नव्हे तर कर्मभूमी, जन्मभूमी देखील तोच ठरवतो. जन्मापूर्वीच सारा जीवनपट आखूनच आपल्याला जन्माला घालत असतो. मग हे सारं जर त्या जग - विधात्याने निर्माण केलं आहे आणि आपल्या विशिष्ट हेतूने हा सुंदर नरदेह दिला आहे तर का न आपण तो सार्थकी लावून त्या निर्मात्याला व त्याचबरोबर आई-वडील, गुरु, समाज यांना कृतकृत्य झाल्याचे समाधान द्यावे.

आपला जीवनाकडे बघण्याचा दृष्टिकोन सकारात्मक असल्यास आपण प्राप्त परिस्थितीतही सुखी समाधानी राहू शकतो. सर्वांचीच परिस्थिती सारखी किंवा सर्व ठिकाणी सारखेच गुण नसतात. कोणी सोन्याचा चमचा घेऊन जन्माला येतो तर कुणी अठराविश्वे दारिद्र्य घेऊन व हे सारं परमेश्वराच्याच ईच्छेनं कर्माचे फल असते. संचित, क्रियमाण आणि प्रारब्ध या तीन खांबांवर आपली जीवन्नरूपी ईमारत साकारली जाते. कुणाला अल्पशा प्रयत्नाने यश, सुख, ऐश्वर्य मिळते तर कोणाला प्रयत्नांची पराकाष्ठा करूनही यश, किर्ती, ऐश्वर्य त्यांच्यापासून दूर पळते. अशावेळी आपण आपले निवडलेले कार्यक्षेत्र, त्यातील आपले स्थान, आपली जबाबदारी ओळखून स्वतंत्र अस्तित्व निर्माण करण्याचा प्रयत्न करावा. थोर पुरुषांचा जीवनपट आठवावा, कधी काळाच्या प्रवाहासोबत तर कधी प्रवाहाविरुद्ध जरा हटके आव्हान स्विकारून यशापयशाची तयारी ठेवून त्यातून काहीतरी आगळंवेगळं निर्माण करावं. स्वतःच्या क्षमता ओळखून स्वनिर्मितीच्या आनंदाभूतीत रममाण व्हावं. करायला थोडं अवघड जातं पण कठीण नाही. कारण सोन्याला जेव्हा मूशीतून तावून सुलाखून काढलं जातं तेव्हा त्याची झळाळी सोन्याची वेगळी ओळख दाखवून जाते. जीवनात देखील काही आगळंवेगळं करायचं असेल तर संघर्ष करावा लागतो, तडजोड करावी लागते. त्याशिवाय जीवनाला खुमारी ती कसली !! जसं जेवण रसहिन खाण्यात मजा येत नाही तसेच मिळमिळीत जीवनातही मजा येत नाही,

म्हणूनच परमेश्वराने सहा ऋतुंची व नवरसांची निर्मिती केली आहे. या ऋतुंच्या बदलाप्रमाणे आपणही बदलांना सामारे जायचे असते. कधी आपल्या जीवनात संकटांची मालिका सुरु होते व ग्रीष्माचे चटके सोसावे लागतात, पण स्वतःवर आणि देवावर विश्वास ठेवल्यास कोणीतरी आपल्या जीवनात प्रेमाचा आधार देणाऱ्या वर्षाऋतूचे आगमन होते. कधीतरी कुठेतरी मदतीचा हात एखाद्या अनोळखी व्यक्तीला दिल्याने जीवन हिरव्या श्रावणाने समृद्ध होते.

आपले जीवन समृद्ध करायचे असेल तर आपली प्रतिमा स्वच्छ, निर्मळ, निरागस बालकापरि आरसपानी असायला हवी. साधेश्रळ जीवन जगण्याचा प्रयत्न करावा. आपले जीवन एक रंगमंच आहे आणि ह्या मंचावर आपल्याला विविध भूमिका साकारायच्या आहेत. त्या साकारत असताना आपण आपल्या भारतीय संस्कृतीचं स्मरण कलं तसेच चार आश्रम सांगितलेले आहेत. त्या आश्रमपद्धतीने जर आपली जीवनशैली असली तर निश्चितच आपलं जीवन लज्जतदार, बहारदार होईल. भारतीय समाज व्यवस्थेत एकत्र कुटुंबपद्धतीला प्राधान्यक्रम दिला तो योग्यच आहे. एकत्र कुटुंबात वाढणाऱ्या मुलांत समाजिकरण, प्रेम, आत्मविश्वास, आचार, विचार, वर्तणूक, रुढीपरंपरा, तडजोड, संगोपन सारं कसं व्यवस्थित झाल्याने व सर्वांगीण विकास झाल्याने छोट्यामोठ्या अपयशाने नैराश्य येत नाही. समर्थपणे, खंबीरपणे व यशस्वीपणे समाजाचा उत्तम नागरिक म्हणून तो समाजाचा पाईक बनतो. प्रत्येक क्षेत्रात तो आपलं स्वतंत्र यशस्वी अस्तित्व निर्माण करतो. मग तो या जीवनाच्या रंगमंचावर कधी नायक तर कधी खलनायक बनून आपलं जगणं सुसह्य करू शकतो. त्याला कर्तव्याची जाण येते. जीवनातील पाच ऋण फेडल्यास तो सज्ज होतो व कुठेही कमी पडत नाही. (मातृ ऋण, पितृ ऋण, परमेश्वर ऋण, आचार्य ऋण, समाज ऋण) आपले विहित कर्म करताना, त्याच्या हातून कधीही कुकर्म होत नाही. त्याची सद्सद्विवेकबुद्धी सतत जागृत असल्याने तो कधीही वाममार्गाला जात नाही. तो संयमी, शांत, प्रसन्न, आनंदी राहू शकतो. कोणतेही पापी, दुराचारी विचार त्याला स्पर्श करत नाहीत. कोणतेही, कोणाच्याही उपकाराचे ओझे, विश्वासघात केल्याचे दुःख, चोरी, संपत्ती हिरावून घेणे, मन दुखवणे, नाती तोडणे सारखे पापाचे ओझे नसल्याने प्रवास कसा हलका फुलका सुखकर होतो. त्यातूनच प्राचिप्रांत तांबूस होवून रक्तवर्णी सूर्याचा उदय होतो आणि सर्व सृष्टि बहरते. स्वच्छ, सुंदर जीवन सुरु असल्यास “सत्यम् वद धर्मम् च स्वाध्यान्मा प्रमदः” असे आचरण असल्यास आपल्या जगण्यात “सत्यम् शिवम् सुंदरम्”चे सोऽहऽम सर्वसाक्षी, शिवाचे दर्शन घडते. त्यातूनच निसर्गाचे लाभलेलं लेणं आपण अनुभवू शकतो. जगण्यातल्या छोट्या छोट्या गोष्टींमुळे आपण

आपले जीवन सुंदर बनवू शकतो. बागेत फिरायला जावे....बागेतील सुंदर रंगीबेरंगी फुलं वेगवेगळ्या आकारातील, सुवासातील मनाला ताजंतवान करतील आणि त्यावर बागडणारी रंगीबेरंगी अल्पायुषी फुलपाखरं जगण्याचं बळ देतील. संध्याकाळच्या आकाशातील विविधरंगी छटा पश्चिमेचा खजाना, दिवसभर निष्काम कर्म करणारा तेजोमयी तपोकर्मी, कर्मसाक्षी अस्ताला जाणारा तेजोनिधी आपल्याला जगण्याची उभरी देवून जाईल. ढगांचे वेगवेगळे आकार मनाला आनंद देतील. समुद्रकिनारी कधी शांत सागर तर कधी फेसळणारा निळासागर सागर कधी गगनचुंबी लाटा आपल्याला दर्यादिलाची आठवण करून देईल. संध्याकाळच्या प्रशांत समयी हसत येणारी निशा तुम्हाला निराश करेल पण रात्रीच्या गर्भात जेव्हा उषःकाल येईल तेव्हा त्या ब्राम्हणमुहूर्तावर उठून त्या रम्य पहाटे भूपाळी ऐका, भावगीत, भक्तीगीतांचे सूर ऐका म्हणजे मन प्रसन्न होते. परमेश्वराप्रती कृतज्ञता भाव व्यक्त करा, दिवसभर कार्य करण्याची उर्जा मिळेल. कोणतेही काम मागे पडणार नाही. सर्व कामात, यशात प्रत्येक हालचालीत त्याचे स्मरण करा, त्याला हाक मारा, त्याच्यावर सर्व भार सोपावून त्याच्या साक्षीने सर्व करा, बघा जगणं कसं सुंदर होईल.

विद्यालयात जा....सकाळची ती मैदानावर प्रार्थना म्हणणारी, खेळणारी, भांडणारी, खाऊची वाटावाटी करून खाऊ खाणारी मुलं बघा. त्यांच्याकडून त्यांच स्वभावसिद्ध चांचल्य, बालपण, निरागस हसणं, मुळमुळ रडणं, शिक्षकांप्रती विश्वास ठेवून निष्ठेने अभ्यास करणं बघा, जगण्याची नवी उमेद येईल, जगण्याचा नवा अर्थ कळेल, गोशाळेत जा, गार्गीची सेवा करा मन प्रसन्न होईल. ईमानदान कुत्र्याच्या श्वान निद्रेचा गुण घ्या. नदीत उभे राहून बकध्यान बघा एकाग्रता साधेल.घरातील वृद्ध म्हणजे घरातील दैवत, त्यांची सेवा करून आशीर्वाद घ्या. मंदिरात जाऊन त्या मनोहारी मूर्तीला डोळ्यात साठवा, बघा मन कसे प्रसन्न होईल. मंदिराबाहेर बसणाऱ्या भिकाऱ्यांना एखाद्या दिवशी मिष्टान्न द्या त्यांच्या चेहेऱ्यावरचा भाव व आशीर्वाद तुम्हाला जगण्याचं बळ देईल. जीवनाकडे जर उघड्या डोळ्यांनी बघायला शिकलं ना तर ! छोट्या छोट्या गोष्टींतून पण खूप आनंद, समाधान मिळतं. आपल्या सभोवताली घडणारी प्रत्येक घटना, प्रसंग खूप काही शिकवत असतात. आपली दृष्टी फुलपाखरासारखी असावी. एका अनुभवातून व एका प्रसंगातून शिकावं आणि जीवनात त्याचं उपयोजन करावं, म्हणजे जीवन बघा कसं कश्मिरी गालीच्यासारखं मुलायम होतं. आपोआपचं आपलं मन ह्या काश्मिरी गालीच्यावर संवेदनशील होईल, सान्या भावभावनांचा सुखद दुःखद स्पर्श जाणवेल. या जाणीवेतूनच आपलं अलगद कवी मन तर कधी एखादा चित्रकारीता ह्या जादूई बोट्यातून साकारेल तर कधी व्यक्तिचित्र, साहित्य, शब्दचित्र किंवा वाङ्मय डोकावण्याचा प्रयत्न करेल तर कधी सर्वासमवेतही शांत बसता येईल तर कधी सर्वांशिवाय एकटं असून देखील स्वात्मसुखाचा अनुभव घेता येईल. आंतर्नाद जाणवेल, मन प्रसन्न होईल, जगणे खूप सुंदर होईल आणि आपण दीर्घायुषी होण्याची जाणीव होईल.

शेवटी प्रत्येकाने स्वतः ठरवायचे असते की या जगण्यावर प्रेम करण्यासाठी, हसत हसत जगायचे, जगण्याचा भरपूर आनंद घ्यायचा की रडत रडत आयुष्य कधी संपेल ह्याची वाट बघत बसायची. आपले जीवन सुंदर असणे म्हणजे वाळवंटात पाणी आणि हिरवळ असल्याचा अत्यानंद आहे. आम्हा डॉक्टर मित्र-मैत्रिणींचे जीवन असेच सुंदर आहे. आमच्याकडे बघून अशा हताश, निराश आजाराने मनाने खचलेल्या रुग्णाला धीर येऊन जगण्याचे बळ येते. म्हणूनच आम्हाला “धन्वंतरी” विरुदावली प्रदान करण्यात आली आहे. तेव्हा आमच्यावर आजच्या ह्या कोविड-१९ सारख्या साथीच्या महामारीत मोठी जबाबदारी टाकली आहे. त्याचबरोबर आम्हालाही स्वतःच घरदार, प्रपंच, नाती-गोती, व्यवहार सर्वांची काळजी घेता घेता स्वतः नैराश्याच्या गर्तेत जातो की काय असं वाटायला लागलं पण तोच स्वतःचे ठायी असलेल्या बालपणीच्या छंदाची आठवण होवून आतील उर्मी उफाळून न यावी तरच नवल !

संगीत, चित्रकला ह्याची आवड असल्याने थकलेल्या भितीग्रस्त मनाला उभारी येऊ लागली आणि अशाही परिस्थितीत जीवन सुसह्य झाले. आम्ही आनंदी, प्रसन्न असलो तरच रुग्ण सेवा करू शकतो. आपला व्यवसाय आणि आपल्याकडे सर्वसामान्य लोकांचा बघण्याचा दृष्टिकोनच असा आहे की डॉक्टरांनी सदैव आमच्यासाठी हजरच असावे. त्यांना स्वतःचे जीवन नसतेच पण त्यातही जेव्हा जसा वेळ मिळेल तसे स्वतःच्या मनाला ताजे टवटवीत करण्यासाठी वेगवेगळे छंद जोपासून त्यात रममाण व्हायला हवे. प्राणपणाला लावून, जीव धोक्यात घालून काम करत असता कला, क्रिडा, अध्यात्म यातून स्वतःला स्थीर धीरोदत्त ठेवून रोज मरण्याचा सामना हसत हसत करायला हवा. सरकारने आमच्या खांद्यावर टाकलेली धुरा ज्या विश्वासाने सांभाळायची त्याच विश्वासाने पाच ऋणांनाही विसरून चालणार नाही, त्यासाठी अत्यंत जागृत रहावे लागेल तर जीवनातील ह्या मौलिक क्षणांची आनंदाभूती घेता येईल अन्यथा समुद्रातील वाळू मुठीतून अलगद, नकळत निसटावी असे होता कामा नये.

मनुष्य जन्म हा क्षणभंगूर आहे ते आत्ताच आपण अनुभवले. कितीतरी जीवांना कोविड-१९चा लढा देता देता वीरगती प्राप्त झाली. आमच्याच व्यवसाय बंधु-भगिनींनी अविश्रांत परिश्रम घेतल्याने त्यांनी जगाचा निरोप घेतला.

“मानव रितीच ओंजळ घेऊन येतो।

ओंजळ रितीच ठेवूनी जातो ॥

ओंजळीत आल्यागेल्या श्रेयांवरती ।

पुसट...कोवळे नाव कोरुनी जातो ॥”

तसं काहीसं प्रत्येकाचच होणार असल्याने या जन्मावर या जगण्यावर शतदा प्रेम करावे.

•••

प्रेम कोणाकोणावर करावे ?

Dr. Nilima Mulay
IMA Chandrapur
2nd Prize

कविवर्य कुसुमाग्रज म्हणतात, 'प्रेम कुणावरही करावे, प्रेम योगावर करावं, भोगावर करावं आणि त्याहूनहि अधिक त्यागावर करावं. कारण प्रेम आहे माणसाच्या संस्कृतीचा सारांश, त्याच्या इतिहासाचा निष्कर्ष आणि भविष्य काळातील त्याच्या अभ्युदयाची एकमेव आशा, पण सर्वप्रथम आपण आपल्या स्वतःवर भरभरून प्रेम करायला शिकले पाहिजे.

नेहमी आनंदी राहण्यास शिकावे. समाधानी असलो तरच आपण आनंदी राहू शकतो. जीवनांन खूप प्रयत्न करावे पण त्यातून जे प्राप्त होईल त्यात पूर्ण समाधान असले पाहिजे.

'ठेविले अनंते तैसेचि रहावे। चित्ती असू द्यावे समाधान' तुकाराम महाराजांच्या उक्तीचा हाच अर्थ आहे. जीवन नेहमीच सारखे नसते. ते प्रवाही, वाटावळणांचे, चढउतारांचे, कधी खाच-खळग्याचे हि असते. शिक्षणाने आणि अनुभवाने जो विवेक प्राप्त झाला असेल, त्याच्या सहाय्याने सगळ्या अवघड परिस्थितींवर हसत हसत मात करता आली पाहिजे.

Life is not full of roses always जीवनात फुलं आणि काटे दोन्ही असणारच, मात्र काट्यांनाहि हळूवारपणे दूर सारून आपण फुलांचा आनंद घेतला पाहिजे.

Positive Thinking – सकारात्मक दृष्टीकोन आयुष्यात सुखी होण्यासाठी सकारात्मक दृष्टीकोन असणे फार आवश्यक आहे. कोणीहि 100 टक्के परफेक्ट नाही. गुण दोष प्रत्येकातच असतात, दुसऱ्यांच्या चुका काढण्यापेक्षा त्यांच्यातील गुण पहावेत, कौतुक करावे, प्रोत्साहन द्यावे.

आनंदासाठी मोठ्या समारंभाची गरज असतेच असे नाही, लहान लहान गोष्टीं मधून सतत आनंद मिळवता आला पाहिजे. आयुष्य हे क्षणभंगुर आहे. मग अशा या आयुष्याचा हा जो काळ चालला आहे तो महत्वपूर्ण आहे. कितीतरी स्वप्न उराशी बाळगलेली आहेत, ध्येय खुणावत आहेत. पण अशा या आयुष्याला भूतकाळाची काजळी लागू देऊ नये. भूतकाळात रमण्यापेक्षा वर्तमानकाळ आनंदात कसा घालवायचा ह्याचा विचार करावा.

जीवन सुखी होण्यासाठी सगळ्यात आवश्यक गोष्ट म्हणजे सुदृढ

शरीर म्हणून लहानपणा पासूनच खेळ, व्यायाम, उत्तम आहार, फिटनेस, योगा ह्याविषयी जागरूक असावे.

जीवन जगतांना आणखी एक महत्वाचा पैलू म्हणजे नीतिमत्ता. चोरी करणे, खोटेपणाने दुसऱ्याला लुबाडणे ह्या गोष्टी क्षणिक सुख देतीलहि पण कालांतराने मनाची शांती व समाधान हिरावून घेतील हे नक्की.

मनुष्य हा Social Animal आहे असं नेहमी म्हटल्या जातं. पण ही Society आपल्यालाच जमवावी व सांभाळावी लागते. नातेवाईक, मित्रमंडळी ह्यांच्या शिवाय आनंद व्दिगुणित होत नाही. इतरांच्या सुख-दुःखात सहभागी होणे हाहि आपल्या जीवनाचा अविभाज्य भाग आहे.

आयुष्याला लौकिक ध्येय प्राप्तीनंतर सुध्दा एखादे खूप मोठे ध्येय असावे. खरंतर दुसऱ्याला आनंद देत राहणं, दुसऱ्याची दुःखे दूर करण हेहि फार मोठे ध्येय आहेत. दुःख शेअर करण्याने कमी होते तर सुख हे वाटण्याने वाढते.

आत्ताच पहाना हे कोविडचे संकट कसे अनपेक्षितपणे आले आहे. ना औषध, ना नक्की उपचार, ना जिवाची खात्री, ना कशाचा आधार..... पण अशाही संकटकाळात आपल्याला आधार वाटतो तो आपल्या आपजनांचा व मित्रमंडळीचा कोणतीहि अपेक्षा न ठेवता प्रेम करणाऱ्या या प्रियजनांमुळे आपला हा संध वाटणारा काळहि पुढे सरकतो आहे.

जन्म, बालपण, तारूण्य आणि मग जीवनाची संध्याकाळ हा आयुष्याचा जीवनक्रम निसर्गानेच ठरविला आहे. पण ह्या संध्याकाळी Nervous व्हायचं नाही. Depress व्हायचं नाही. Stress तर बिल्कुलच घ्यायचा नाही. स्वतः भरभरून जगायचं अन् दुसऱ्यानाही जगू द्यायचं स्वतःला खूप Busy ठेवायचं, तब्बेतीची कुरकुर तर असणारच आहे पण ते विसरून जायचं. दुसऱ्यांसाठी जगायचं, आपले छंद जोपासायचे. जीवनात जे तुम्हाला करायची इच्छा होती पण काही कारणास्तव करता आले नाही ते तुम्ही आता करू शकता. पण आयुष्याच्या संध्याकाळी बेफिकीर रहायचं नाही. नित्यनियमाने, आहार विषयक काळजी

घेणे, व्यायाम, योगा, ध्यान करणे, मेंदु तल्लख ठेवण्यासाठी आपल्या आवडीच्या विषयाचा अभ्यास करावा. तसेच शरीरामधले चांगले **Hormones (Endorphines) secret** होण्यासाठी काही activities केल्या पाहिजेत. जसे की, पतिपत्नीचा सहवास, गप्पागोष्टी, नातवंडाबरोबर खेळणे, चांगला सिनेमा पाहणे, संगीत ऐकणे, मित्रमैत्रिणीं बरोबर गप्पा, निसर्गाच्या सोबत वेळ घालविणे वगैरे वगैरे तसेच आपल्या आर्थिक परिस्थितीची काळजी घेतली पाहिजे.

कितीही वय झालं तरी You must have physical, mental, spiritual, financial and social fitness. In short, Live, till you die & Don't die, before you die.

तर आपल्या आयुष्याचा सर्वकष विचार करू जाता जीवन फार सुंदर आहे.

कविवर्य मंगेश पाडगावकर ह्या सुंदर जीवनावरील भाष्य करताना म्हणतात -

सहा ऋतुंचे सहा सोहळे

येथे भान हरावे.

या जन्मावर, या जगण्यावर

शतदा प्रेम करावे

शतदा प्रेम करावे.

• • •

“जिंदगी एक सफर है सुहाना; यहा कल क्या हो किसने जाना...

Dr. Seema Arawkar
IMA Dombivli
3rd prize

“जिंदगी एक सफर है सुहाना, यहाँ कल क्या हो किसने जाना...” या सदाबहार गाण्याच्या ओळी कानावर पडल्या आणि मन नकळत भूतकाळात गेले आणि गतकाळातील जीवनपट नजरेसमोर तरळला. कडू-गोड आठवणींचे कप्पे उघडले गेले. काही विस्मृतीत गेलेले क्षण परत डोळ्यासमोर उभे राहिले आणि Love You Zindagi असे पुन्हा पुन्हा म्हणावेसे वाटले.

८४ लक्ष्य योनींमधून 'मनुष्यजन्म' मिळाला हे खरोखरच भाग्य, पूर्वजन्मीचे सुकृत! सुसंस्कृत आई-वडिलांच्या पोटी जन्म मिळणे, प्रेमळ सगेसोयऱ्यांचा- आतेष्टांचा गोतावळा मिळणे, सुस्वभावी-सुयोग्य सहचर, लडिवाळ अपत्ये असणे... असे सगळे दुग्ध शर्करायोग्यच.

“बालपणीचा काळ सुखाचा रम्य आठवणींचा अनमोल खजिना..” मुक्त स्वच्छंद असे आयुष्य. या नकळत्या वयात कुंभाराने ओल्या मातीला आकार देत सुंदर वस्तू तयार करावी त्या प्रमाणेच थोरांकडून, गुरूजनांकडून जीवन घडत गेले. कुटुंबियांच्या-भावंडांच्या प्रेमळ सहवासात, मित्र-मैत्रिणींच्या निरागसमैत्रीने हे फुलपंखी दिवस कसे सरले हे कळलेच नाही.

“एक दिन उम्रने तलाशी ली...

तो जेब से लम्हे बरामद हुए;

कुछ गम के थे

कुछ नम से थे

कछ टूटे हुए थे,

जो सही सलामत मिले वो बचपन के थे.”

हे अनुभवताना म्हणावसं वाटतं Love U Zindagi.

तारुण्यात प्रवेश करतानाच्या टप्प्यावर अधिक सजगता आली. पालक-गुरूजनांच्या अनमोल मार्गदर्शनामुळे आयुष्याला दिशा मिळाली. मन संस्कारीत, सक्षम होत गेले. कधी यशाची किरणे तर कधी अपयशाचे चटके..

सर्व सुहृदांच्या साथीने-आधाराने जीवन सुकर झाले. महाविद्यालयीन शिक्षणाचा खडतर प्रवास सेवाभावी, उत्कृष्ट आणि तज्ज्ञ शिक्षकांमुळे, समंजस व जीवाला जीव देणाऱ्या मित्र-

मैत्रिणींच्या सहवासाने आणि कुटुंबियांच्या भक्कम पाठिंब्यामुळे लीलया पार पडला. अभ्यास व्यतिरिक्त इतरही अनेक क्षेत्रांचा परिचय झाला. ते रंगी-बेरंगी आणि मंतरलेले दिवस परत आठवले आणि म्हणावसं वाटतं Love U Zindagi.

आयुष्याचा पुढचा टप्पा खरंच आव्हानात्मक होता. सांसारिक जबाबदाऱ्या आणि आपल्या क्षेत्रात स्वतःला सिद्ध करण्याचा काळ! नवीन काही वेगळं शिकणं, प्रयोग करत राहणं. अनेक कडू-गोड अनुभव, प्रसंग यातून कौटुंबिक आधारामुळे तावून सुलाखून बाहेर पडत आलं. पालकत्वाची जाणीव खूप सुखद आणि जबाबदार बनवणारी होती, तितकीच परीक्षा घेणारी आणि मुलींकडून खूप काही शिकवणारी ठरली.

“Two things to be learnt from a child: to be happy for no reason and to be always busy doing something. Never lose the child inside you.”

हा विचार तंतोतंत अनुभवता आला. मुलींचे निरागस बालपण आठवताना परत एकदा म्हणावसं वाटतं Love U Zindagi.

नोकरी-व्यवसायात वरिष्ठ, सहकारी या सर्वांकडून अगणित गोष्टी आत्मसात करता आल्या. कामाचाप्रचंड ताण असला तरीपण खेळीमेळीच्या आणि मैत्रीपूर्ण वातावरणामुळे काम करणे सुसहय आणि आनंददायी ठरले. वैद्यकीय कौटुंबिक पार्श्वभूमी असल्यामुळे चर्चा, अचूक मार्गदर्शनामुळे अनुभवाने सिद्ध होता आले. स्त्रीरोग प्रसूती विभागात कार्यरत असल्याने नवजात शिशुंना जन्म देण्याचे कार्य हातून घडते. तो चिमुकला, निरागस, स्वमग्न जीव बघितला की हरपून जायला होते. स्त्रीआरोग्यक्षेत्रात काम करत असल्याने समाजसेवेत खारीचा वाटा उचलता येतो. कष्टकरी, वंचित स्त्रियांचा जीवन संघर्ष, खडतर आयुष्याचा प्रवास जवळून अनुभवता येतो. कठीण प्रसंगातही झगडून आत्मनिर्भर होण्याचा त्यांचा प्रयत्न खूप प्रेरणादायी असतो आणि आपल्या जगण्यालाही नवी उमेद देऊन जातो. त्या मानाने आपल्याला आयुष्यात कमी संघर्षाला तोंड द्यावे लागले यासाठी परमेश्वराचे आभार मानून म्हणावसं वाटतं Love U Zindagi.

आयुष्य थोडं स्थिरसावर झाल्यावर स्वतःच्या छंदांसाठी वेळ देता

आला, ब्रह्मविद्या, योगाभ्यासाची आवड जपता आती. श्री योगेश्वराच्या कृपेने अचानकपणे महान आणि आदरणीय गुरूंकडून श्रीमद्भगवद्गतेची संधी घेण्याची संधी मिळाली. लहानपणापासूनच आईमुळे घरी कानावर पडणाऱ्या गीतेतील श्लोकांचा अभ्यास सुरु झाला. या सर्वे गोष्टींमुळे जीवनाकडे पाहण्याच्या दृष्टीला नवा आयाम मिळाला.

**“समः शत्रौ व मित्रे च तथा मानापमानयोः
शीतोष्णसुखदुःखेषु समः सङ्गविवर्जितः॥”**

या श्लोकात उद्धृत केल्याप्रमाणे समत्वबुद्धी अंगिकारण्याची प्रेरणा मिळाली आणि त्या दृष्टीने वागण्याचा, ती वृत्ती स्वतःमध्ये रुजवण्याचा प्रयत्न सुरु झाला.

कोरोना महामारीने सर्वे जागाच आकस्मिक रित्या धास्तावले, ठप्प झाले. या संकटातूनही प्रत्येकालाचखूप काही शिकायला मिळाले. कुटुंबीयांचं निवांत सहवास लाभला, सगळ्यांनामिळून चांगल्याप्रकारे वेळ घालवता आला. नेहमीच्या मदतनीसांशिवाय, नवरा आणि मुलींच्या साहाय्याने सव कामे पार पाडताना “संसाराचा गाडा ओढणे” या उक्तीचा पूर्णपणे प्रत्यय आला. आपल्या गरजा किती कमी असतात याची जाणीव झाली. या संकटकाळात आलेले सणवार साधेपणाने पार पडत सर्वांच्या कल्याणासाठी प्रार्थना केल्या. स्वतःशी संवाद साधण्याची संधी मिळाली. नातेवाईक, मित्र-मैत्रिणींच्या प्रत्यक्ष भेटी जरी

होऊशकल्या नाहीत तरी अधुनिक तंत्रज्ञानाच्या माध्यमातून पोटभर गप्पागोष्टी करता आल्या आणिसुख-दुःखे वाटून घेता आली.

या सगळ्यांसाठीच परत म्हणावंसं वाटलं Love U Zindagi.

पृथ्वीवरील प्रत्येकाचं सजीवाला जगण्याची दुर्दम्य इच्छाशक्ती, आंतरिक उर्मी असते. सर्व बाबतीत सकारात्मक दृष्टी, कायम नवीन गोष्टी शिकण्याचा ध्यास, समोरच्या व्यक्तीमधले चांगले गुण अंगिकारण्याचा प्रयत्न करत त्यातील न्यूनते कडे दुर्लक्ष करता आले तर आपलं जगणं आनंदी, सुसह्य होतं. श्री बाबा आमटेंचे कुष्ठ रोग्यांसाठी केलेले अलौकिक कार्य, सिंधुताई सपकाळ यांनी घेतलेला समाज सेवेचा वसा, नसीम दीदी हुरझक या अपंगांकरिता करत असलेले अतुलनीय कार्य.. अशा अनेक ज्ञात-अज्ञात व्यक्ती जगण्यासाठी, जोमाने कार्य करण्यासाठी ऊर्जी देऊन जातात.

आता पर्यंतच्या आयुष्यात या सगळ्यांच्या मनभरून आनंद आणि अनुभव घेता आला त्याबद्दल नक्कीच म्हणावंसं वाटतं Love U Zindagi.

कवी मंगेश पाडगावकर यांच्या प्रसिद्ध गीताचा भरभरून आस्वाद घेत जगावेसे वाटते,

**“या जन्मावर, या जगण्यावर शतदा प्रेम करावे...
शतदा प्रेम करावे...”**

• • •

Love you Zindagi! (Celebration of Life)

Dr. Kirti Chandrashekhar Sathaye

IMA Alibaug

Consolation Prize

ए जिंदगी गले लगा ले!, कशी आहेस गं तू ? सखे, चल गप्पा मारू जरा IMA Dombivli च्या उपक्रमानिमित्ताने माझ्या आयुष्याच्या या Roller Coaster Ride मध्ये आधी मला तुझे आभार मानू दे, तुझ्या अखंडसोबतीबद्दल!

एखाद्या खळाळत्या नदीसारखी तुझी साथ, अजून काय हवे आयुष्यात ? कशी बरं करू सुरुवात ? बालपणापासून करू या चल, मैत्रिणींबरोबर गजगे, गुंजा, विटीदांडू, बुक्कांबुक्की, कांदाफोड, कोपरापाणी, नदी का डोंगर, लपाछपी, निबंध, भाषणाच्या स्पर्धेतील चढाओढ, समरगीत स्पर्धा, वार्षिक gathering ची धम्माल सगळं कसं लखवं आठवतंय. NCC ची परेड प्रमुख आणि शाळेची अध्यक्ष म्हणून निवडून आले तेव्हा काय भारी वाटलं म्हणून सांगू! टाऊनहॉल पर्यंत चालत गेलेकी खारीमुरी आणि सुहानाभेळ बक्षीस! काय बहार होती! खूप हिरीरीने केलेला अभ्यास आणि घटकचाचणी संपल्याच्या आनंदात बच्चन चे Picture! आईने शेजारच्या काकूंबरोबर केलेले लोणचे, खारोड्या, पापड आणि तितक्याच सफाईने दिलेले भोतिकशास्त्र न भूगोलाचे धडे! दहावीच्या प्रत्येक सराव परीक्षेसाठी मिळणारे नवीन पेन आणि दहावी-बारावीत मेरीटयादीतले नाव, दयानंद सायन्स ची मेरीट होल्डर असा वाटलेला अभिमान!....सगळेच कसे नुकतेच घडल्यासारखे!

छोट्या छोट्या गोष्टीत आनंद आणि समाधान घेऊन त्याचा सण करायला शिकवलसतू, किती गं गुणाची पोर.

बघता बघता BJ Medical College मध्ये पोहोचलो की! दोन वेण्यांवरून चक्र रिंगिंग! लहान गाव, मराठवाड्यातले म्हणून असलेला थोडा बुजरेपणा, Inferiority Complex तुडवून पुढे जायला वाटदाखवलीस. Doctor झाल्याचा सार्थ अभिमान होताच पण जबाबदार व्यक्ति म्हणून पल्ला गाठायचा असतो याची जाणीव करून देण्याचे अवघड तंत्र तू अवगत केलंस, आईवडिल, मैत्रिणी, गुरुतुझ्यासाठी होतंच.

जीवनसाथीच्या निवडीनंतर एका नवीन सकस अनुभवाची संधी तू मला दिलीस. आपल्या जोडीदाराला स्वातंत्र्य देऊन त्याच्या वेगाने दोडायची मूभा देणं हे प्रत्येक साथीदाराचं कर्तव्यच! समोरच्याला त्याच्या गूणदोषासकट स्वीकारणे हा एक नामी उपाय तू सुचवलास. आनंदी राहण्याचे गमकच!"

सोसावे दुख्खाचे डोंगर, परी अन्यायाचा करावा प्रतिकार "असा सणसणीत धडाही दिलास. भूलतज्ञ म्हणून व्यावसायिक वाट नीट हाताळलीस. योग्य वेळी दुसरी वाट निडरपणे निवडलीस. Family Physician म्हणून RCF कुटुंबात स्थिर झालीस. डॉक्टर आणि रूग्ण यांच्या नाजूक नात्यास मनापासून जपायला शिकवलेस. रूग्णाचा फक्त आजार बरा न करता, तो निरोगी आणि आनंदी राहिल यासाठी तत्पर राहिलीस. आपल्या मुलांबरोबर आपणही वाढायचे हा जाणीवपूर्वक यत्न केलास. आपल्या मुलांनी एक चांगलेमाणूस बनावे अशी माफक आणि ठाम अपेक्षा तू केलीस.

अनेक सत्वपरीक्षांचे क्षण आले, प्रत्येक वेळी तू दिसलीस. नवीन आव्हानाला ठामपणे सामोरेजायचे याचा आत्मविश्वास दिलास. मला नं निवडूंग चित्रपटातलं हे गाणे तुझ्यासाठी फार समर्पक वाटतं बघ. तू तेव्हा तशी, तू केंव्हा अशी, खटटीमिटठी! माझी डोळस नजर तुला शोधतेच सगळीकडे. रूग्णाच्या नजरेत, भूकेच्या डोळ्यात, कष्टकरी हातात, गाण्याच्या लकेरीत, नृत्याच्या ठेक्यात, सागराच्या गाजेत, लुसलुशीत पुरणपोळीत, खुसखुशीत चिरोट्यात, मनाच्या गाभ्यात, तनाच्या तृष्णेत! कामाचा ताण, नं नात्यांतला तणाव ! ह्या तारेवरच्या कसरतीस तोंड देण्यासाठी.. जीवाभावाच्या सख्याची म्हणजे छंदांची सोबत मीठाच्या मोलाची. वाचन, लेखन, भरतनाट्यम, निवेदन आणि शरीरम् आद्य खलु धर्मसाधनम् ! मी एकतव्यासारखी शिकत राहिले, तुला गुरू मानून ! ध्येयाच्या दिशेने कूच करत! कोरोनाकाळात तर डोळ्यात अंजन घातलस. आणि आयुष्याच्या ब्रीदवाक्याची दिक्षा दिलीस.

जे टाळणे अशक्य,

दे शक्ती ते सहायाजे शक्य साध्य आहे,

निर्धार दे करायामज काय शक्य आहे,

आहे अशक्य काय,

माझे मला कळायाने बुद्धी देवराया.

Thank you very much गं जिंदगी...माझ्या सखे.

Love you Dear !

...

Love You Zindagi

Dr. Ashwini Dharmadhikari

IMA Dombivli

Consolation Prize

If we think about various aspects of our "Zindagi" we find following aspects.

First and foremost our personal life that is our body and mind.

Next comes our relationships. Our relationship with ourselves, our close family members, our colleagues at work place, our social and environmental responsibility.

Loving our Zindagi means caring for all the above aspects and ensuring positivity to them.

In personal life it is essential to care for body by regular exercise, walk or a sport that we like. This must be sufficient to atleast to push ourselves out of the comfort zone.

On the level of mind we keep accumulating a lot of impressions daily. Meditation should be done at least once daily, ideally twice a day. This daily practice helps clear clutter in the mind, increase awareness and rid ourselves of all negative emotions that we gather in material world. Meditation and breathing exercises releases endorphins (happy hormones) which lead to a better mental state thus enhancing our efficiency as well. Also important is to pay attention to what and how much do we eat. Because what we eat ultimately has a big influence on our

body and mind.

In terms of relationships, we need to be sensitive to the feelings of the people we are dealing with. We need to put ourselves in their shoes and think about every situation from their perspective and create space for them. Forgiveness is a great virtue that can strengthen relationships.

Being sensitive to our environment is other most important aspect. Nature has given us so much including our bodies. Our bodies are nurtured by the things given by nature like food, fresh air. Therefore if we love our Zindagi we must care for the nature. Caring and sharing for fellow human beings is one more aspect of life because it brings us lot of personal merit. So one must think what I can give instead of what I can get.

Last but not the least, feeling contented and grateful for what we have been given enhances our quality of life.

It is said by great humanitarian and saint, "Love is not an Emotion, it is your very Existence".

Once we understand how true these words are, then we can really say "Love you Zindagi".

• • •

Love You Zindagi

Dr. Aparna Dewaikar

IMA Chandrapur

Eternally thankful to Amit Trivedi for coining this phrase!!!

It so much resonates with my personal philosophy as well. Mine being also “Take each day as it comes”. Loving thyself is integral to do justice to this theme though.

In this era of awakened times where inhibitions are shed and right from celebrities to the common man is being vocal about mental illness, this mantra should be the go to word for everyone. We as humans have only fleeting, hazy and uncertain theories about before and after life.

So this is the one life we have got and to live it to the fullest should be the mantra. Unleashing the inner beast and driving full throttle, whatever be the circumstances in life, is an art which has to be cultivated and inculcated over the years. Facing challenges and overcoming them with gusto and full confidence makes you love ZINDAGI.

How one's life gets panned out is like opening a PANDORA'S BOX.

Life throws you such innumerable gauntlets to test your strength. One such eternal truth is constantly told to ARJUNA by Lord KRISHNA in the BHAGWADGEETA.

There are such real heroes whom we celebrate and who inspire us day in day out,our health care

workers, cancer and acid attack survivors and all those who ignite the spark within to fall in love with life/ZINDAGI.

One way to achieve this elusive state of mind of loving every moment of it is to be honest, and celebrate the state you are in, the work you do and to put in your hundred percent. It has been found that loving the work you do has been linked with a greater emotional quotient of happiness and a sense of fulfillment.

Finding a way out from tricky and difficult situations makes you a better person, a strong one at that and a happier one in the long run. But how do you make everyone, you yourself included and the near and dear ones love this enigma called “ZINDAGI”? After all not all is in our hands. There is something called destiny, some might say.

But I say it is some part destiny and some part KARMA.

And KARMA is what you make of this beautiful gift to us called life.

After all we all will be remembered for the conquests achieved, the glories attained, the personal and professional successes and all those things which have made this one life worth living and loving!!

So in these testing times say resilient, stay happy, stay safe and celebrate ZINDAGI!!

• • •

Love You Zindagi

Dr. Namrata Ravindra Jaya Tendolkar

IMA Virar

Flash back to February 2020. The roads were bustling with traffic sounds; kids were on their way to schools; you would find their parents squished between the crowd in local trains at the peak of rush hour. As regards to most of us, we were all running in this rat race. Stress-induced cortisol was the only thing keeping us going. Most of us being frazzled, restless, constantly trying to juggle between work and personal life, running a race called *LIFE!*

Right from the start, we were always conditioned to do the 'right' thing - By getting 'good' grades, going to a 'good' college, building a 'good' career, getting a 'good' job, setting up a 'good' family and eventually teaching them to continue this cycle. In this process, some blindly follow the paths that were imposed, few lucky ones choose their passions while others assign themselves to careers that bring them money and status, but aren't fulfilling. In either case, over time, the sense of purpose to live can begin to fade. We end up leading a mechanical life, doing the same routine, taking pleasure in the mundane.

Wise learned ones have encouraged us to live our lives to the fullest. '*You only live once, but if you do it right, once is enough*', they said. '*Live, love and laugh*' - the simple formula to lead a happy life, they preached. All these things seemed great to read in a book, see in a movie or hear about in Radio. But in the past, very few of us tried inculcating / practising this ideology in reality.

Fast forward to April 2020. The same roads were now empty, no kids, no school, no local trains, no crowd. There was no race, only stand still. Thus we faced the once in a lifetime experience of a Pandemic - Covid 19. It took a single virus to make 7.8 billion people globally aware about the importance of life. Yes, we did have a life prior to Corona times. But only now have we fully understood the importance of every single moment. We have never felt more alive.

Right from spending quality time with family, to missing friends this lockdown ; Right from being MasterChef in our kitchens, to baking Banana bread

this lockdown ; Right from washing utensils to washing clothes this lockdown ; Right from pursuing our hobbies, to discovering new ones this lockdown ; Right from Netflixing to Zoom callings this lockdown ; Right from working in hospitals in stress and sweat, to smiling each time a recovered patient was discharged this lockdown ; Right from Masks to PPEs, from Swabs to HCQs, from WHO to ICMR ; This lockdown has been an learning experience for all of us!

It made us realise that life is special. It needs to be lived for yourself, needs to be shared with people you love and needs to be dedicated to people who need you. The purpose of life lies in celebrating all memories that we have made over the years.

Ironically the most dreaded virus, taught us the importance of life! It taught us to value life. It taught us to celebrate life. It gave us the purpose to live life. It gave us a reason to say *Love you Zindagi!*

• • •

Love You Zindagi

Dr. Rajlaxmi Sadras

IMA Chandrapur

I can easily voice I love you to the husband / wife, my home, my family, my city, my country, friend, teacher, I may even declare love for chicken biryani or the Kapil Sharma show. But ZINDAGI means all these put together, and that's HUGE year !

Let us analyse - LOVE is something that gives you peace, contentment, happiness and a true sense of well being. It is not a physical feeling, but an emotional sensation. Human beings are a storehouse of various emotions like love hate, greed, envy, grief, compassion, etc which surface at different times in different people according to the situation, and tend to be like an out of tune orchestra unless tuned by a learned conductor.

Now ZINDAGI life, in which the distribution of good and bad things is not uniform. I don't blame the almighty. I see that some people in spite of having everything in life are never happy with their zindagi. Where as, there are others who in spite of having problems like poverty, ill health, unemployment, family issues, bravely face them and maintain a bindas attitude.

I Wonder who wholeheartedly, truly loves his /her zindagi. Yes, could be some very lucky and blessed person who has everything

- 1) Wealth 2) Name & fame 3) Health 4) Family
- 5) Popularity 6) Love

I can think of one person - The phenomenal AMITABH BACHCHAN, who has been blessed, evidenced by every thread of his custom made attire and the confidence in every cell of his towering personality. Yes I am sure he can confidently declare "LUVYOU ZINDAGI" in BARITONE !

Rest of us mortals always have some blank spaces in our biodata. I have even made a "bucket list" of things I would like to achieve before I kick the bucket, but "the woods are dark and deep and miles to go before I sleep". I would be lying if I say "love you zindagi" The hurdles and thorns in our path of attaining absolute happiness and contentment and what

invokes us to complain and grumble, could be financial difficulty, health issues, professional dissatisfaction, love life going haywire etc, the mentally strong amongst us face it, fight it and come out fresh and new and happy and may even declare that they "love their zindagi", the weak and unstable may just breakdown, or even turn to illegal and criminal activity in the pursuit of complete blissful contentment.

And there is the stupid, insane group, who give up the fight and foolishly throw away the most precious gift of God their "LIFE" and commit suicide, though they seem to have all the reason to love their "zindagi". The recent Sushant Singh episode or years back Marilyn Monroe.

The MAGIC MANTRA to "luv your zindagi" is contentment and counting your blessings, not looking at the grass on the other side of the fence, yet trying to achieve your goals by truthful means. For this you must develop the qualities of patience, perseverance, pain tolerance (physical and emotional)

Sing

1. Zindagi har kadam ek nayi jung hai
2. Jo dil se lage usae kah do hi! hi! Jo dil na lage usae kah do bye bye

Remember Zindagi na milegi dobara, So

LOVE ZINDAGI

• • •

Khushboo

Dr. Shilpa Mungantiwar

IMA Chandrapur

It is said that when Corona infection hits you, it takes away the sense of smell. Yeah, it causes anosmia as confirmed by some of Covid affected friends and the symptom is quite specific to the disease.

God forbid if I have anosmia what would I miss the most I thought.....

The aroma of delightful recipes said my mind but my heart would miss the fragrance of fresh flowers.

The memories of fragrance may be distant but are always distinct. Walking into a garden pleases many of our senses. First we see the beauty, then walk closer to the plant, feel the petals & leaves, then another step forward and we kneel to sniff the flowers and its divine, the ultimate ever-lasting joy.

The aroma that we love is there for biological reasons: to attract pollinators. Thankfully we get a chance to enjoy their sweet sweet smell too.

The other day my morning walk was even more refreshing as I was enjoying the blissful 'Parijatak' smell. Of course its month of October, I reminded myself. Parijatak flowers are loved by Lord Krishna and the tree emerged during 'Samudra-Manthan' according to the mythological stories. As such thoughts were wavering in my mind I bumped into the carpet of these tiny white and orange flowers. The night bloomers were on the ground still fresh and aromatic.

Once my brother could not come for my mother's birthday and he had ordered an bouquet online. The smell of 'Nishigandh' filled our small home for almost three days and made my mother so happy.

Few years back we moved into our new home. The Gruha-Pravesh Pooja was planned. We were hurriedly driving so as to reach in time and begin the ritual at proper Muhurat. Suddenly I made my husband stop the car by the roadside to buy the mogra gajra. Though my ever punctual husband is quite aware of my crazy and unpredictable ways the angst and anxiety of getting late was writ largely on his face. But as soon as I was in with the Gajra, the fragrance calmed him and soothed his nerves.

It was breezy evening and I thought of relaxing on terrace with a cup of masala chai. But the phone buzzed and I had to rush to the hospital. While entering the hospital I got a whiff of Frangipani flowers. Which made me smile and I gleefully finished the task at hand.

I guess the trend to propose with the Rose is due to its intoxicating smell. It certainly sets in the tone for romantic ties.

The aroma of floral decoration in a marriage hall is so typical and unmistakably Shubh-Mangal.

There was Raat-Rani creeper on an old dilapidated building nearby. Open the windows, and the smell was all yours. But as the building was dismantled the creeper too was scrapped. Will miss that one till the new plant grows.

Fragrance is one of the immense pleasures we derive from nature's creation. May God always keep our sense of smell intact and bestow us with more such subtle joys and lift up our spirits.

After all “A Fragrance is all about sensations and imagery and can evoke visions, feelings and thoughts”

— Shakira.

Celebration of Life (Love you.... Zindagi)

Dr. Sneha Bhat Rathod

IMA Yavatmal

“The more you praise and celebrate your life, the more there is in life to celebrate.”

Life really works on principle of law of attraction. If you smile more you will have more reasons to smile. Likewise groaning about life will bring you more reasons to groan on. If we accept this principle and follow it then it's such wonderful to know that we can create more and more happiness around us. Having gratitude towards every single moment in life just proportionally increases those cherishing moments. This is what truly means celebrating life; acknowledging life.

“You live once, but if you do it right, once is enough.”

Yes! In every phase of life we have reasons to celebrate. Childhood is about celebrating innocence n dependency. Adolescence is about cherishing fearlessness and risk taking attitude. Adulthood is about nurturing maturity and about being caretakers for our dependants. And an old age is everything about valued experience. It's so amazingly beautiful one's life is.

“Life is about moments, don't wait for them, create them.”

Are we over doing it? Or just faking to do it? Every individual knowingly or unknowingly is getting involved in this rat race of creating moments and projecting moments socially. This has created a

virtual world around us. A virtual world of social media. This is giving us a pseudo feeling of happiness and accomplishment. Not just that it has its darker side too which is leading an individual to loneliness and inner fear adding to the counts of depression and devastation. As if you are surrounded by whole world but nobody is sitting next to you. This is really taking us towards emptiness of life.

“Nothing can dim the light that shines from within.”

Let's think over it! Let's come out of this pseudo world and cherish real physical world. Have people around you. Talk with them, laugh with them, share with them, like them, comment on them but in person, in reality. We don't need a big crowd around us to celebrate life but those few people on whom you can rely even your data pack is over. Those few ones whom you can ask for a cup of tea at any point of a day in your life. And having privilege to have that sip of tea with your close one is in real sense a celebration of life.

Everyone's life though short or long, when ends, it does carry a message. Make it inspiring so that our unsaid last words should resonate saying...

“Tell everyone, I have had a wonderful life.”

• • •

Leopard and the Baby Monkey

Dr. Vijayalaxmi Shinde

IMA Dombivli

A TV show documentary I was watching. Life Wins...in the Dark Jungle! The predator who helps the pray & Life wins. A soft hearted predator in a cold night decides to help the pray and does not hunt.

It was a cold night in a jungle. An adolescent leopard was wandering in the dark dense jungle looking for warmth. Leopard decides to climb up a tree. Moon shines in the backdrop, trees sway with the breeze, rustling sound of leaves. Leopard looks for right branch to relax, waits for the night to pass. He climbs up gazing at the branches around to find the best one to give him comfort all night. He looks around, alert concentrating on every sound around. He's a predator who needs to be alert to capture his pray. He finally finds a place to lay down his head and gaze the earth around. The dry tree bark, leaves to relieve his itch, tail swaying back and fro to balance and be alert. Sound of nightlife, insects, rats, buzzing, hooting sounds. Jungle is awake tonight. His shiny bright eyes look alert, keeps searching in dark.

A Shriill cry occasionally! Leopard opens his eyes. Cry Repeats again! Leopard Moves his eyes around to find nothing. He Sleeps back.

Cry repeats! And something falls from the tree top, lands on a near by twig. The alert quick move of the Leopard and it catches hold of the falling something. A crying baby monkey falls from the tree. Weak in the cold night looking for his mum, may be!

Leopard is curious and confused. Cold night ,dry weather! A prey trapped easily? He observes closely. Surprisingly the Leopard is still thinking. Suddenly he tries to extend a helping hand(paw) to the barely supported monkey. Tries to lift him up, tries to keep the baby monkey awake. Monkey struggles to open his eyes and balance .Cold can wither the tiny life. Night grows darker and deeper in the jungle. Predators on alert to find their pray but the Leopard is trying to pick the monkey to a comfortable position.

After hours of efforts leopard finally brings the monkey to a branch. Monkey sleeps! The leopard

looks around for mother of baby monkey. He tries to comfort the baby monkey, gives warmth. The monkey snuggles and cuddles the leopard. The night passes. The leopard and the monkey sleep.

Light Footsteps approach around. Searching eyes looking for something. They come closer, comes a long arm, picks the baby monkey and runs. Probably, the mother of the baby monkey!

Leopard is startled, thinking! Am I dreaming? Is it for real? I slept with a baby monkey, gave the warmth of a Parent the whole night. As the Sunrise nears, Jungle goes to sleep. A Night of predators...!

Hunting is not always the rule for survival. Laws of nature exist. All living beings should follow them. Baby Monkey won his Life this night.

Life wins ! Life is beautiful always...Life Matters!

• • •

Love You Zindagi

Dr. Kalpana Gulwade

IMA Chandrapur

Chikoo, your online class has started !. Get up! I shouted, for the nth time. My first year MBBS son lazily opened one eye and lazily turning his back towards me, continued to sleep. My hardworking mind fails to understand how a young , supposed to be energetic person can be so callous towards studies. I curse and swear under my breath, the familiar “when I was your age.....” rant which again fell on deaf ears.

But actually when 'I' or shall I say 'we,' middle aged gen were his age, how many could afford to sleep till 9 A.M ??! Remember our 8 A.M lecture , the API hall, the precarious run on the slippery polished kota floor, to just enter before the master closes the doors for the slow runners. College life was fun and seems crystal clear today even after 30 years. Never did our parents interfere with our inability to attend class or never did we have the guts to complain about our lecturer's fantasy for the minute hand. In fact, we sheepishly accepted his punctuality and epitomized it saying 'HUM BHI EK DIN....’.

Do I sound 'generation gap' types, or is it actually the positivity imbibed over the years by the hardships endured? How many of us had a separate room and the luxury of a 24 hour running AC. ? A two wheeler and a 4 wheeler license at the turn of 18 years? A device which at a click opens up the KNOW ALL MASTER –GOOGLE, an ocean of knowledge on any topic? So gone are the hard working searching library days, gone are the 'cycling to college' days, and so crib! Yes CRIB about a 'ALL' is this generation!.

“Scarcity induces efforts”, abundance deters it!

So true this saying... The struggle to keep upto expectations made us shine brighter like the chiseled diamonds erupted from the dark coal mines. Now , inspite all these hardships , we have come to realize the value of small pleasure in the journey called 'LIFE'! May be the ease of availability of means to the present gen makes their expectations high , they simply fail to thrive in disappointments and setbacks. Back to my not so cheerful son, who just

doesn't appreciate the sunsets, and the rises, the chirping birds, the joys of that sunbird with its long beak peeking into the flowers on the balcony. The adrenaline rush still felt while hiddenly trying to capture that nature's marvel with my 7 year old daughter is probably the harbinger of eagerness to face the challenges of a busy gynecologist within me. Is that why this gen chooses to end the God gifted desire to live by just hanging oneself onto that relentless wind machine, the fan.

What and how does the desire to give up this lovely life for maybe uncertainty in popularity or a girlfriend who binges on your assests arise in the young, naturally productive minds ? Let us JOINTLY take an oath to imbibe happiness and low expectations to our young minds so they realize that life is more about sharing, giving and appreciating, than hoarding, snatching criticizing. Teach them LOVE AND LIVE LIFE to the fullest, after all zindagi gives you back love when we pour out love onto it.!

• • •

लव्ह यु जिंदगी!

डॉ. संजय जानवळे
IMA Beed

हर घडी बदल रही है रूप जिंदगी
छाँव है कभी, कभी है धूप जिंदगी
हरपल यहाँ जी भर जियो
जो है समा कल हो न हो...

या एका अप्रतिम गाण्याच्या ओळीतून 'आयुष्या'वर केलेलं भाष्य अंत्यत समर्पक आहे. माझ्या आयुष्यात जणू प्रत्येक पावलागणिक मला याची प्रचिती होत आहे. पक्षांचा थवा उडून जातो, अगदी तसाच माझ्या आयुष्याचा सत्तेचाळीस वर्षांचा काळ कसा उडून गेला, हे कळलं नाही. चढ-उतारांची, खाचखळ्यांची व वळणावळणांची ही आयुष्याची पायवाट तुडवताना मलाही अनेक आव्हानांचा सामना करावा लागला. 'जगण्यासाठी संघर्ष अटळ असतो', असं माझी आई सांगत असे. त्यामुळे आयुष्यातल्या संघर्षाला सामोरं जाण्याची मानसिक तयारी मी केली होती पण कधी-कधी तो संघर्ष ऐवढा पराकोटीचा असायचा, तेंव्हा मन उदास होत असे अन् जगणं नकोसं वाटायला लागे. नैराशच येई. खिन्न मनाने माझी पावलं नेतील तिकडे मी जात असे. डोक्याला हात धरून तासन् तास विचार करत बसत असे. अशावेळी सृष्टीचे रूप न्याहाळातना मनाला बरं वाटायचं. जेंव्हा- जेंव्हा मी सृष्टीचे रूप न्याहाळाले, पक्षांच्या अस्मानभरा-या, सोनेरी उन्हात भिरभिरणारे भ्रमर अन् हिरव्या डोंगर उतारावर डुलणारी चिमुकली रानफुलं पाहिली की, माझ्यात नव्याने पुन्हा जगण्याची उमेद जागृत होई. तेंव्हा, राहून-राहून माझ्या आवडल्या एका कवितेच्या ओळी मनात रुंजी घालत असत.

अनंत मरणे झेलुन घ्यावी,
इथल्या जगण्यासाठी
इथल्या पिंपळावरती,
अवघे विश्व तरावे

या जन्मावर, या जगण्यावर शतदा प्रेम करावे...

फुलं असोत, पक्षी वा भ्रमर, त्यांच्या लहानशा, संघर्षमय आयुष्यातल्या उत्साह तसूभरही कमी होताना दिसत नसे. तो दुर्दम्य उत्साह पाहून मलाही जगण्याची ओढ लागे. आईबाबांनी देह

दिला, मनही दिले, याची जाणीव होत असे. खरंच आयुष्य ही विधात्याने आपल्याला बहाल केलेली एक अनमोल देणगी आहे. आयुष्य अमूल्य असून प्रत्येकाला ते एकदाच लाभते, हे एक त्रिकालाबाधित सत्य आहे. हे जेंव्हा मनाला पटलं, मी आयुष्यावर मनातून प्रेम करू लागलो. अत्यंत प्रतिकूल परिस्थितीचा सामना करत-करत आयुष्याचा पैलतीर गाठला. आमची आर्थिक परिस्थिती बेताचीच. मात्र आमच्या बाबांनी काहीच कमी पडू दिलं नाही. प्रसंगी त्यांनी स्वतः हलाखीत जगले. खडतर परिश्रम करून माझं शिक्षण पुर्ण केलं, माझी सर्व स्वप्ने साकार केली. माझ्या आईने प्रेमळपणे माझ्या आयुष्याचा जडणघडण केली, ज्ञान दिलं अन् माझ्यात चांगुलपणाचा बीजे रोवली. माझ्या पत्नीने आजवर अनेक कठीण प्रसंगात सावलीसारखी साथ दिली, स्वप्ने पाहण्याची व ते साकार करण्याची प्रेरणा दिली. माझ्यावर माझ्या मुलांनी अतोनात प्रेम केलं. हाताला धरून माझ्या गुरुजींनी 'अबकड' मला शिकवले. अनेक जीवलग दोस्तांचं प्रेम लाभले. या सर्वांमुळेच माझं जगणं सुसहय झालं, त्याला अर्थ प्राप्त झाला. या सर्वांच्यामुळेच मला जगावंसं वाटलं. जगणं सुंदर झालं! अंधारातील या प्रवासासाठी मला जणू हात मिळाला अन् स्वप्नाहूनही जग अधिक सुंदर दिसले. आनंद द्विगुणीत झाला. जगण्याचा महोत्सव झाला.

आयुष्य जगताना स्वप्नांमागेच जास्त धावलो अन् धावता-धावता त्या स्वप्नांच्याही पुढे कधी गेलो, हे उमगले नाही. एवढं जगलो तरी आयुष्याची काही कोडी उलगाडली नाहीत. 'आयुष्य', म्हणजे तरी काय हा प्रश्न मनात घर केलं होतं. त्याचं समर्पक उत्तर मिळालं. आयुष्य म्हणजे 'कधी हसू तर कधी रडू', असा सुखदुःखाच्या ऊनपावसाचा खेळ! आपलं जीवन हे दवबिंदू सारखेच तर असतं, हे दवबिंदू कुठून येतात आणि कुठं जातात हे कुणालातरी माहित आहे का? कुणाचा तरी प्रकाश घेऊन ते चमचमतात. जोराचा वारा आला की, हे हसरे दवबिंदू आक्रोश न करत मातीत विरून जातात. नद्या वाहत वाहत अखेर सागरात विलीन होतात. आपल्या जीवनाचंही तसंच असतं. अनंताकडून अनंताकडे चालू असणा-या त्या अखंड प्रवासाचा आनंद घ्यावा लागतो. जगण्यावर 'प्रेम' करावं लागतं; इतरांनाही ते देत त्याची लयलूट करावी लागते.

मंगेश पाडगांवकरांनी त्यांच्या एका अप्रतिम कवितेत 'कसं जगायचं', याचा जणू कानमंत्रच दिला.

**आयुष्य हे विधात्याच्या
वहीतील पान असतं...!
रिकामं तर रिकामं,
लिहले तर छान असतं...!**

हे मला आता चांगले कळले आहे की, जीवन अपुर्ण आहे; त्यालाही मर्यादा आहेत. म्हणून जे जीवन माझ्या वाट्याला आलं, ते मी आता आनंदाने जगत आहे. तसा बालरोगतज्ञ म्हणून मी प्रचंड बिझी आहे. क्षणाचीही उसंत नसते. वैद्यकव्यवसायात सेवाभाव जपला, इमानेइतबारे रुग्णसेवा केली. या व्यवसायाने किर्ती व प्रतिष्ठा मिळवून दिली. जगण्याची मध्यान्ह आता ढळली म्हणून आजवरच्या आयुष्यात जे केले नाही, ते करण्याचा प्रयत्न करत आहे. अनेक छंद जोपासले, लेखन केले, आजवर असंख्य लेख राज्यस्तरावरच्या दैनिकांत प्रकाशित झाले. बालरोग विषयावर दोन पुस्तके लिहीली. त्यांना वाचकांचा उत्तम प्रतिसाद लाभला. रोज न चुकता जिमला जातो. नुसतं जात नाही तर कठोर मेहनत व व्यायाम करून या वयातही पोटारवर पॅक्स आणले आहेत. कधी ऐरोबिक्स तर कधी एक्सरसाईज डान्स करत फुल्ल एन्जॉय करतो. अनेक मॅराथॉन रेसमध्ये सहभागी झालो, दोनदा मुंबईच्या टाटा मॅराथॉन मध्ये सहभाग नोंदवला. अशा स्पर्धेतून पटक व बक्षिसं मिळतात तेव्हा

मनस्वी आनंद मिळतो. कालौघात नव्हते, पण आता हे कळले की, माझे आयुष्य हे अविस्मरणीय क्षणांची एक मात्रिकाच आहे. जुन्या आठवणींना नाजूकपणे जपलं. नाती जपली. ती जपतानाच आयुष्याचे बंधही विणले. स्वप्नेही जपून ठेवली. जगलो म्हणून तर माझं आयुष्य लहान झालं. नेहमी आनंदी राहण्याचा प्रयत्नही केला. जगलेले माझे अविस्मरणीय क्षण मी पारिजातकाची फुलं जशी वेचतात तसेच पुन्हा-पुन्हा वेचतो आहे. येताना काही आणलं नाही, जाताना काही नेणार नाही. मोग-याची फ्रं फततात, सुगंधाची लयलट करतात अगदी तशीच आनंदाची व प्रेमाची लयलट मी मनोमन करत आहे. येताना ऐकला असलो तरी जाताना सर्वांचा होऊन जाणार आहे. कारण आयुष्याशी माझ्या, मी तसा करारच केलाय. अगदी मावळतानाही लखलखण्याचा विचार मनात पक्का केला आहे. जेव्हा-जेव्हा आयुष्याविषयीचे विचार मनात दाटतात, तेव्हा नकळत या गीताच्या ओळी माझ्या ओठात येतात.

**मैं ये इकरार करता हूँ
मैं तुझसे प्यार करता हूँ
जिंदगी आ रहा हु में...
लव्ह यू जिंदगी!**

...

Serenity

Dr. Shruti Arabatti Pataki

IMA Dombivli

Serenity. And Serendipity. Two of my favorite words in the English language. (Before you roll your eyes... ... Yes! I have these kind too. I have favorites of all kinds. Favorites of favorites if you please).

And as I contemplate today, I find myself surrounded by serenity, for some time at least. This past month and five been a roller coaster of sorts with many a new developments and insights. Yet the heart and the mind have their own cameras and I keep going back to a lot of those moments of serenity that I can only write about from the past. And when I do, I am feeling one of my favorite words. So, coming back to Serenity. As I was saying I am surrounded by it; have been for some time now at least. My sister's house is called Serenity (the building complex), my mom's email id is serenity*****, I was watching a movie listing called Serenity (There was also a 'Serendipity') today and I was thinking... "Boy, Am I feeling serene today!"

I wonder if it's our mood that sets stage for the events around us or vice versa. But after reading the recent book "Fall Like a Rose Petal by AVIS Vishwanathan, I do believe it is our mood that primarily brings about the rest to happen. By mood I mean our thoughts. Our innermost thoughts that set stage to what physically manifests. Yes, I do believe in destiny (it has dictated a major part of my life) but what I really mean is that we see or experience only that which we think about. Throughout my medical training we are always taught this rule, "The eyes see what the mind knows". It works in this way for doctors. If you have extensively studied every illness, its signs and symptoms and once your mind knows it only then, when you see it with your eyes will you be able to recognize it. Or else you will have missed that illness altogether. And hence such extensive training and grueling work schedules for those training to be good doctors. And now I believe this applies to life in general as well. When put in a particular situation, you will see or perceive only that which you know in your mind... ie. your thoughts. Only that part of your destiny will manifest to you physically that you are

ready to see or perceive. So, what is the solution? Train extensively to know?

I think that is what life does. Trains you to see. So, trains you to know first. If you still fail to see it, it will keep sending back its lessons, sometimes its messengers and even the messages. Till your mind knows it well enough to recognize it when you see it!

When I woke up early in the morning today, I was reminded of this poem that I had written back in 2012. (I used to have this poems' blog then) It was composed in a Mumbai local train while I was headed home one morning after a heavy "call" (Emergency duties sometimes lasting more than 48hrs at a stretch) and the train had stalled midway between two stations due to some technical problem for almost an hour. I was exhausted to the point of not feeling any anger or frustration at the situation which is always the normal reaction to such breakdowns. As I looked out of the window aimlessly and a little out of focus (the kind when you are lost in your own thoughts and are looking but really not seeing) I thought I saw the river running by the tracks (a small stream like section of the Ulhas river runs past them) full of beautiful white flowers. I kept looking out of focus and saw that the stream was unusually vigorous and playful that day. It jumped and skipped and rushed over the rocks in its path, frothing in places swirling and whirling around carrying those bunches of flowers like it were adorned. I felt an unusual happiness stemming from me and reaching my lips. I caught myself smiling. I am sure my fellow passengers thought me to be insane, smiling in a stalled local. Yet I distinctly remember that feeling. SERENITY! Then I opened my eyes and looked... and I saw a really dirty body of water almost black (sewage like) carrying huge amounts of plastic bags, rubble and discards. The magic spell was broken and I was again in a crowded train with harried fellow travelers on a sweltering day near Mumbai.

This is the poem that I wrote on getting home. The essence captured! It flowed from me like it was meant to be. I had not fully understood what it

meant. But today I do. AVIS says in his book (Fall like a rose petal), the universe sends us messages yet we do not understand. Today I do. The universe was telling me “to be” in the times to come.

To be. To Flow. To trust. And to smile!

And especially in these unique times we are going through, that knows no end it is all the more reason we find our trust in the source of creation, in ourselves, the strength within us to do the right, the love for everyone and everything in spite of all, and our own little pieces of serenity in all moments. Amen.

Here is the poem I wrote. I hope you all feel the Ulhas (“Happyness” with a ‘y’ and serenity) that I did while composing it.

THE 'HAPPY' RIVER

If you were not so full of trash,
Your saunter would have more panache.
If you were not so dark and dense,
In you I would have seen reflections
Of those Gulmohars or the fence,
That run along your banks,
Spiking the perimeter, holding hands,
Walking along your long stretch,
Changing form and character, like out of a sketch,
Made by an amorous painter,
On an evening longing for that lost lover.
If you were not so trashed,

Those scraps of plastic and discards,
Would have been flowers and Mallards,
Floating in your serene flight,
Rippling and swirling in your delight.
Tumbling and tripping, hopping and skipping,
You go on yet... moving,
Moving ... as is your nature.
Conforming to nature's natural feature.
Moving a few,
Yet the unmoved zoo,
Of 'civilized' creatures.
Elegant and serene,
Even in that extreme
Demeaning treatment of you,
You seem not to have one grudge to pursue.
You revel in your flow,
Ebb and surge and glow,
In being yourself true,
Doing what you were meant to do,
Rise high or ...low,
As seasons shower their love,
On you as they go by,
You just be.. and reply,
Symbolizing the eternal truth,
Love only needs 'to be'.. to exist.
If we only had cared,
You would have remained,
The 'happy' river that you were named!

• • •

Love You Zindagi

Dr. Mandar Bapaye

IMA Mumbai

The theme for the essay is all about loving zindagi or life. Our life, a precious one, is becoming more and more precious since the arrival of the virus with a shape of a crown from the land of dragons. Our 'zindagi' since then has changed to adapt to the term called the New Normal which we still find difficult to get acclimatised to.

Our zindagi on this Blue planet was going smooth with intermittent rough patches. From students preparing for exams for which they have toiled the whole year to their parents planning for holidays, some in our heartland and some outshores. Sportsmen from all over the world preparing for the event occurring once every four years, the prestigious Olympics. Tax-payers readying themselves to pay taxes while film producers planning to release their blockbusters every Friday. Everything was going as planned and the future looked bright and exciting as ever. But destiny had planned something else.

As covid cases started rising on the peninsula, a token day lockdown named Janata Curfew was followed by a prolonged one with no confirmative end. The tunnel was going to be the longest one with no signs of it ending, forget about seeing the light. From educational institutions, malls, restaurants, theatres, shops, markets, parks, trains, buses, cabs and flights went into shutdown mode. Streets and lanes were devoid of vehicles, vendors and vagabonds. It gave a ghostly look which we had never experienced before. People were in a state of lockdown, state of shock, an infinite one probably, with a fear psychosis glooming over, the fear of getting contracted with the deadly virus. Mask, Sanitization and Social distancing was a norm which was followed by banging utensils, clapping and lighting the diyas. We did it all!! Did we want this kind of depressing Zindagi? definitely not. Then why should we love this kind of new normal modified life?? But then Why not!!!

'The coin always has two sides' or in Hindi 'Ek haath se Taali nahi bajti'. Staying in the maximum city and working in a profession which is an extremely demanding one, I always felt that we just toil hard and time just vanishes in front of our eyes. We don't live life in true sense. For us work is worship. The lockdown was blessing in disguise though as a health care

professional, I never stopped working. But the blessing was indeed a gift for many. Family members started meeting each other, spending time and obviously talking, the vanishing art after invention of social media. Apart from monotonous online schooling (Nothing replaces going to school), the children had all the time in the world to enjoy life. Play, eat and sleep. For others, reading books, watching the OTTs, learning new languages, musical instruments and learning new culinary acted as an antidepressant. People started pursuing their hobbies in a big way. Infact they started enjoying their zindagi. Corona forced us to concentrate on our health. Honestly, we Indians, in general, lack nuances of community living. From washing hands to having proper cough and sneeze etiquettes, hygiene became our topmost priority. Eating home cooked meals, exercising, spending quality time with children and parents and finally sleeping tight in a city which never sleeps. And not to forget the Work from Home lifestyle, to which many of us have already adapted with all positivity. All these finer aspects of living life like our elders and ancestors we seem to have adjusted with only a few complaints, though. In the outside world pollution dropped drastically and birds and animals trespassed the land to which they originally belonged to, before the homo-sapiens dominated. Suddenly, farmers, the soul of our soil, were in great demand.

The tunnel, though a long one, has to end and the light has to emerge at the end of it. As doctors, we started to know the virus and became more or less successful in managing the affected in a better way.

People have started going out, working and that's a good and positive signal. God has given us only one life and nothing comes free. One has to be in a very positive mindset. Pandemics might come and pandemics might go, but we must always remember, that life is 10% of what happens to us, and 90% of how we react to it. Life itself is a privilege. But to live life to the fullest, well, that is a choice.

Next time, instead of always saying 'C'est la vie' or 'life's like that', say, 'La vie est belle' or 'life is beautiful!'

• • •

A silhouette of a person's arm and hand holding a camera, set against a bright, golden sunset sky. The person is on the left side of the frame, and the camera is held in their right hand, pointing towards the right. The background is a soft, glowing orange and yellow sky with a dark horizon line.

Moments....

The Photography Competition
Love You Zindagi

PHOTOGRAPHY COMPETITION



Dr. Yogesh RY



1st Prize :
Dr. Yogesh Jibhakate
IMA Bhandara

Dancing Monkey

2nd Prize :
Dr. Mandar Bapaye

NOSTALGIA :

As a Mumbaikar, fog is an entity not quite familiar to us and playing in a fog that too of DDT in a time where getting out of the house was seemingly risky. These kids oblivion to the Covid world enjoy every moment of life like there is no tomorrow



PHOTOGRAPHY COMPETITION

3rd Prize :
Dr. Aishwarya Dhodapkar
IMA Virar

स्त्री शक्तीचा जागर



Consolation Prize :
Dr. Aditi Shukla,
IMA Lonand Nira

मधु सेवनानंद, स्वच्छंद हा धुंद !

PHOTOGRAPHY COMPETITION



Dr. Mihir Bairat
IMA Dombivli

Their friendship was
more glittering
in that orange light !



Dr. Alka Gadgil

IMA Dombivli

आनंदाचे डोही, आनंद तरंग ।
आनंदाचि संग, आनंदाचे ॥

PHOTOGRAPHY COMPETITION



Dr. Sushil Shinde

IMA Dombivli

Love you Zindagi - Again !!
Corona Warrior se
Corona Survivor tak ka
suhana Safar.



PALLAVI INGLE



Dr. Pallavi Ingle

IMA Chandrapur

Life is really beautiful !!



PHOTOGRAPHY COMPETITION



Dr. Anuradha Salphale

IMA Chandrapur

Life blooms at unusual places...
just needs to be appreciated!



Dr. Yogesh Salphale

IMA Chandrapur



.....The Supreme Love and Care....

MOM

Dr Chaitanya

Dr. Chaitanya Kumar

IMA Gondia

The Supreme Love and Care....Mom



PHOTOGRAPHY COMPETITION



↑
Dr. Anurag Bahekar
IMA Gondia

Eat....Read....Live !

Dr. Sudhakar Shinde,

IMA Kamothe

Living life to the fullest !



Dr. Sudhakar Shinde

PHOTOGRAPHY COMPETITION



Dr. Vishakha Jibhakate

IMA Bhandara
Love you Baby !



Dr. Shilpa Mungatiwar

IMA Chadrapur
Go slowly my lovely moon ...go slowly!!



Dr. Prashant Deshpande

IMA Aurangabad

Happy friendship day
"Love You Zindagi"



rhythm caesura song
 lyric rhyme accent elegy
 idyll stanza hyperbole alliteration connotation epithalamium couplet
 narrative figure of speech personification repetition assonance epic simile
 haiku imagery mood ode prose line antithesis idiom refrain
 literature haiku imagery mood ode prose line antithesis idiom refrain
 metaphor pastoral ballad limerick canzone poem epigram meter onomatopoeia
 symbol

Synaesthesia...

Poetry
Corner



The tiresome flight...

Dr. Anushree Chaudhari

IMA Sangli

1st Prize

Life , in its cruel cloak
mocks me in a bitter way
I am but its puppet doll
jigging as she may say.

Surrounded by gruesome grief
Ridiculed by death and jeered away
the vast sky, your azure I seek
In mother earth's laps, as I lay.

I long for calmness, some quiet
I peep inside my soul
it was here within me
but no, not anymore.

The sea of frightful uncertainty
Is all I drown deep in,
The wild waves of worries engulf me
I am too feeble to swim.

Is everything's fine?
My dear and near ones ask,
I nod as I try to suppress
the affect on my countenance.

The downcast eyes, the dispirited heart
The strength in me reduced to half,
What they probably know not
Is I smile but I rarely laugh.

My wings , weary by now
how I yearn a new flight
No sunshine, no rainbows
But just another dark night.

Ushered in this path by
nothing but chance
I wait for being rescued
by faiths empathetic dance.

Though Hope seems beyond the horizon
I dare not stop the flight,
The wind below my wings
Will carry me through the night.

Faith and courage as my wings
I will rise above the haze of dust
Eyes penetrating through the glum blues
I will keep flying until I must.

The sun has been down for too long
The soul is devoid of brawn,
But I will think of no retreat till I avenge the fate
As the darkest hour precedes the dawn.

I will hold on to the stars , the studs of night
and wash my fears away in the moonlight.
To fall or to rise, I have to choose
the sea below , or the tiresome flight?

And I will choose to rise , and choose the flight
Till the sun rays penetrate the air all foggy
My heart will strive till the very last moment
for I love you my life,I love you my zindagi .

What the poem deals with:

We doctors have been a part of this fight against Covid _19 since eight months now. More than the physical hardships we are facing while working, it is the mental taxing that is taking its toll . This poem deals with the emotional turmoil of a doctor, the sorrow of people dying around , the uncertainty of the future , if and when will we see the light at the end of this tunnel, worrisome days and sleepless nights which have become a routine. But even though the situation is tough, we have to go on, have faith and courage and decide to fight till the end, till we see the sun..because Life is precious.)

• • •

Love You Zindagi

Dr. Anurag Deepak Bahekar

IMA Gondia

2nd Prize

COVID 19 took us all through the deepest lows of life. It taught us to love Zindagi... It taught us what to value in life ... in the most difficult ways!

We are all so focused on achieving our goals, we

sometimes fail to find time for what matters. It is when we are facing the darkest hours alone; that we realize what truly matters.

Here's the story of one such journey...

The Journey

As he woke up that morning,
He could feel the eerie chill in breeze,
The dampness of the sully cold,
That the crimson ball could not seize...

He got up with a cruel jolt,
His heart & breath all ruffled.
Strangers roaming, strangers around,
His core and soul got baffled.

As his rowing eyes glanced around,
They scanned the limits of sight;
But they couldn't decipher the ugly code,
Which ravaged all that was right.

With a heavy heart and broken dreams,
We wondered with soggy eyes,
Not a single heart was around to share,
Disdain or blatant lies?

The seething sun tried to melt him,
The ruthless winds tried hurting deep.
But the jolt of loss made him numb,
The pain could no longer seep.

As he strolled down, he wondered,
He wondered what went wrong.
Glory, name, comfort all he had,
He lived life like the perfect song!

He had reached all the goals that he had set,
In this journey over the years...
As he looked back over his shoulder,
The realization brought him to tears.

He realized, goals are just a passing phase,
Not the eternal truth you can hold on to...
He had spent half his life yearning for more,
A blind race- not what he ought to do!

Goals will come and goals will go by,
But this journey called life will go on,
The enticing smell of victory mellows down,
As tomorrow a new challenge is born!

Goals, victories, wins don't move on,
What moves on is sharing hearts,
Life is a beautiful journey, not a race;
To be lived soulfully, not in parts.

Live life like a race & you live to see more,
'The Victor's Cup' in golden feather.
But when you get hurt & world zooms by,
With no healing touch, your glories wither!

Live life like a journey & you live to feel,
Feel every step as you glide along.
That one soothing touch that always stays by you,
Makes it a journey where you belong.

As tears rolled down, he kept strolling,
Slowly along the road...
The only thing that kept him going was,
A belief within His code-

A belief that one-day the sun will shine bright,
With warmth of hearts he will conquer the numb,
'Together' – he will feel the breeze again,
In this journey, LIFE won't succumb...

जीवन हे जगण्यासाठी

डॉ. उज्वला केदारे

IMA Nagpur

3rd Prize

जीवन हे जगण्यासाठी
जीवनाच्या प्रत्येक क्षणाला जगायचं
वाच्यासारख भन्नाट डोलायचं
अगदी मनापासून जगायचं

कधी रूसायचं, कधी रडायचं
तर कधी भरभरून प्रेम करायचं
दुःखासोबत आनंद पण वेचून घ्यायचं
कल्पनांचे काय ...

स्वप्नांना पण साकार करायचं
अगदी मनापासून जगायचं ...

आव्हाने अनेक असतील
अडचणी अनेक असतील
म्हणून काय ?

प्रत्येक आव्हान पेलायचं
पडलं तरी नव्याजोमाने उठायचं
अगदी मनापासून जगायचं.

स्त्री म्हणून कुठेच अडखळायचं नाही
की थकली म्हणून कधी बसायचं नाही
कधी कौतुक होईल
कधी नाव ठेवले जाईल
त्यात काय ?

यशासोबत अपयश ही पदरात घ्यायचं.
अगदी मनापासून जगायचं...

नसेल घरी पैशाच झाडं
म्हणून काय ... ?

फुलांना डोलतांना बघायचं
श्रावण सरीत चिंब भिजायचं
चांदण्यांना ओंजळीत धरायचं
आभाळाला पण खेचून खाली आणायचं
अगदी मनापासून जगायचं...

• • •

हृदयस्थ श्री कृष्ण

डॉ. रागिणी मंडलिक

IMA Nagpur

Consolation Prize

कित्येक रूपात मजला आज श्रीकृष्ण दिसला,
कारागृहात असता देवकीच्या पोटी तो जन्माला,
वासुदेव मग घेउनी तथा निघाला,
यमुनेस पार करता यमुनेत मार्गी झाला,
जरी पुत्र देवकीचा नंदा यशोदेचा झाला,
कधी त्याने आनंद दिला दावून बाललीला
कधी तोच गोकुळी आनंदे गुराखी झाला,
भगवद्गीतेमधेही शब्दात कृष्ण आला
कधी मोरपीस होउनी स्पर्शात कृष्ण आला,
कधी पार्थाचा सारथी म्हणोनी दिसला,
ज्ञानेश्वरी च्या ओठीही श्रीकृष्ण भावला मजला,
असे अनेक रूपात श्रीकृष्ण मी पाहिला,
त्याला बघुनी माझा अंतरात्मा तृप्त झाला.

• • •

ऐ जिंदगी...

डॉ. विजयलक्ष्मी सुशिल शिंदे

IMA Dombivli

ऐ जिंदगी तू थोडी थम जा, आज जी लूँ कुछ पल अपनों के लिए
और कुछ अपने लिए।

ऐ जिंदगी आज कुछ यादें समा लूँ, कुछ लम्हें चुरा लूँ,
खुशियाँ बटोर लूँ सबके लिए।

ऐ जिंदगी आज बारिश हो जाए और हीरे जैसी बूंदें
इन हाथों में थमा लूँ और झूमू जी भर के।

ऐ जिंदगी आज बरसात के बाद की कोमल धूप को निहारूँ,
उसे हरी जमीन से लिपटते हुए देखलुं जरा।

ऐ जिंदगी आज फिर सफर कर लूँ जरा, रास्ते ढूँढ लूँ हिमालय की चोटी तक,
या फिर समन्दर की लहरों को देखता रहूँ दिन भर।

ऐ जिंदगी आज जंगल में टहलना चाहता हूँ,
पशु पक्षियों की आवाज सुनना चाहता हूँ।

ऐ जिंदगी आज बगीचे में बच्चों जैसे बचपन जीना चाहता हूँ,

और बुजुर्गों की जीवन गाथा सुनना चाहता हूँ।
 ऐ जिंदगी आज खो जाना चाहता हूँ संगीत की दुनिया में,
 या शायर की महफ़िल में।
 ऐ जिंदगी जी लूँ हसीन पल उसकी आंखों में
 और सुंदर सपना बुनू उसके साथ।
 ऐ जिंदगी आज पढ़ लूँ सीख लूँ और कर लूँ जो चाहता हूँ मैं,
 समा लूँ आसमान सारा इस मुट्ठी में।
 ऐ जिंदगी दोस्तों के संग खुशियां बांटू, खूब हसकर सारे गम भुला दूँ।
 ऐ जिंदगी आज का समा बदल गया,
 इस वक्रत ने तेरा मतलब सीखा दिया।
 फिर तूने नए सिरे से जीना सिखा दिया और जीने का मतलब बता दिया।
 प्यार, एकता, मानवता और
 परिवार का मतलब फिर सिखा दिया।
 ऐ जिंदगी खूबसूरत है तू, बहोत मुश्किल है तू,
 पर जीना तूने सिखा दिया।

...

"लव यू ज़िन्दगी"

डॉ. अदिती शुक्ल
 IMA Lonand Nira

सुन्दर सलोना घर है,
 भरा पूरा परिवार है,
 बच्चों की किलकारियाँ,
 अपनों का प्यार है,
 तो दिल क्यों न कहे,
 लव यू ज़िन्दगी !
 अच्छा काम है,
 स्टाफ भी गुणवान है,
 भगवान की कृपा से
 थोड़ा बहुत नाम है,
 तो दिल क्यों न कहे,
 लव यू ज़िन्दगी !

अच्छी दोस्ती भी पायी है,
 प्रेम और विश्वास से निभाई है,
 वे सुख - दुःख के संबल हैं,
 सच कहूँ तो सब मंगल है,

तो दिल क्यों न कहे,
 लव यू ज़िन्दगी !
 देश -विदेश घूमने का लगाव है,
 गाने गुनगुनाने का भी चाव है,
 ईश कृपा से न कुछ अभाव है,
 तो दिल क्यों न कहे,
 लव यू ज़िन्दगी, लव यू ज़िन्दगी !

...

पहाट-प्रभा

डॉ. विलास बाबुराव माळवडे
 IMA Miraj

लंगड्या जनावारांसारखे 'आयुष्य'
 खुरडत चाललो मी,
 दुःखाचा आवेग गिळून
 चेहऱ्यावर हसू ल्यालो मी.

आपल्या सारख्याच दुर्दैवीना
 जगताना पाहतो मी,
 विसरून दुःख माझे
 आनंदात राहतो मी.

दुःखापाठी येणार सुख
 वाट पाहतो मी,
 सोडलीच नाही आशा
 पहाट-प्रभा होतो मी.

घडी आयुष्याची जरी विस्कटली
 संसार सावरतो मी,
 येईलच उद्या सुदिन
 आशा बाळगतो मी.

जगण्याचे संदर्भ बदलले,
 'जसे आहे' ते स्वीकारतो मी .
 गणित आपले चुकलेले
 नव्याने सोडवितो मी.

'जीवन' असते काय
 भोगून पाहतो मी,
 भल्या-बुऱ्या प्राप्त क्षणांचे
 सोने करतो मी.

...

Before the After

Dr. Shruti Arabatti Pataki
IMA Dombivli

I heard her story... ..
Felt something stir within,
A time gone by, a distant memory;
Almost killed a dream,
knuckled under, just gave in!

The world was unkind,
It was easier to hate,
Self-pity was all I'd find,
Hell had no heaven to negate.

A sliver of goodness,
Pierced the darkness then.
Where defeat could egress,
Perhaps hope would filter in.

Lucky was I?
Able to hang in?
An 'instant' to live or die?
Strength or lack therein?
Matters obscure to the mind,
Are wont to a hasty judge.
Lessons to be learnt; in time; in kind.
Yet, its water under the bridge!

Time's a healer; Time's the leveler.
And it waits for none.
In time I crossed over,
To behold all the undone.

Come a whole circle,
In a game of lost and found.
Older by the day, even wiser a little,
On newer paths; to destiny bound.

Yet, a prayer; an endeavour perpetual...
Life as a good example!
Victory promises the paradise eternal!
And Failure; a benchmark, warning terrible!

• • •

Team NAVRANG E-Souvenir



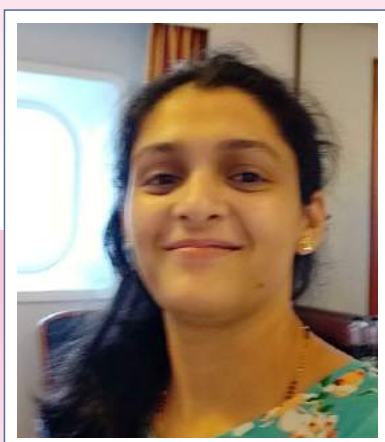
Dr Archana Pate
Editor



Dr Suchitra Kamath
Co-Editor



Dr Nayana Chaudhari
Co-Editor



Dr Ashwini Dharmadhikari
Co-Editor



Dr Anjali Vaidya
Co-Editor