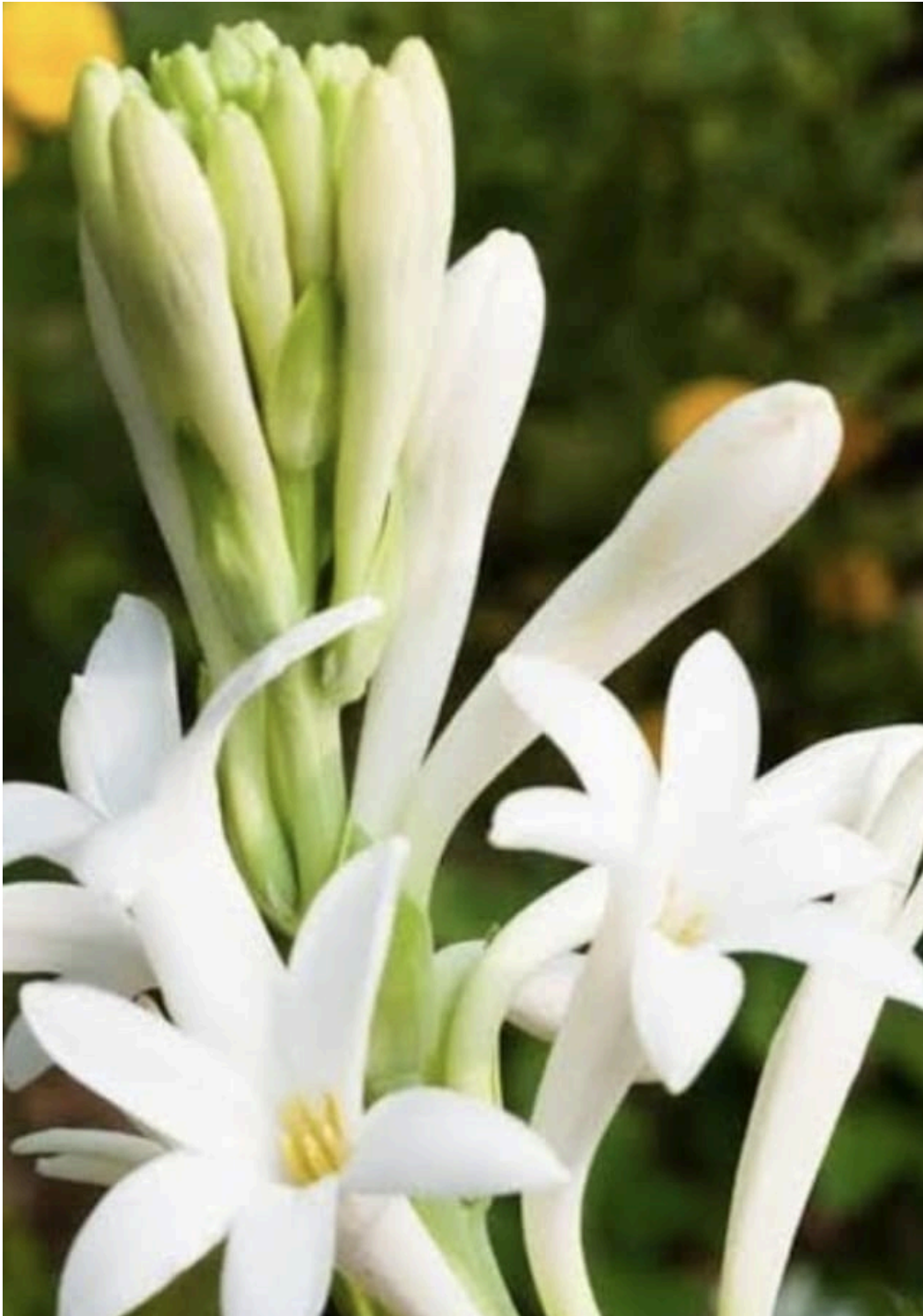


NON-ACADEMIC

JAN-MAR 2026

# ARMVERSE



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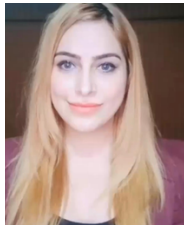


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## EDITORIAL

Welcome to ARM Verse, a vibrant e-magazine from Mumbai's radiology community that celebrates creativity beyond academics.

Within these pages, readers will explore a colorful collection of art, travel experiences, glimpses of history, poetry, and many engaging stories that spark joy and inspiration. Every contribution adds a new shade to our collective imagination.

ARM Verse is more than just an e-magazine. It is a space to relax, to express, and to celebrate the creative spirit that connects us all. We warmly invite new voices and fresh talents to become a part of this journey. Share your thoughts, stories, photographs, poems, or ideas and let them flourish here.

We warmly invite readers and contributors to be a part of this journey and enrich ARM Verse with their thoughts, experiences .

Warm regards



**Dr Manisha Sawant**

**Dr. Avinash Mural**



वय शिरतंय वयांत ।

वय शिरतंय वयांत  
भय शिरतंय मनांत,  
वयाचं भय संपत नाही, मनाचं कांहीं खरं नाही ।  
वय मोजतो पोटांतून, दिवस रात्र मोजमोजून  
त्याचे होतात महिने,  
हळूहळू जपून जपून ।  
नंतरचे दिवस, मंतरलेलं बालपण,  
त्यांतूनच वाढतं मोठ्यांचं  
मोठेपण ।  
दिवसांचे होतात महिने आणि महिन्यांची वर्ष  
हळू हळू मावळतो काळाचा हर्ष ।  
म्हातारपण आलंच कीं साठी उलटून गेली  
वाचतां वाचतां कळलं कीं,  
मेंदूला पालवी आली ।  
साठी सत्तरीचा मेंदू मिळून काम बघतो,  
डावं, उजवं करत नाहीं,  
मिळून कविता करतो ।



**Dr. Malini Nadkarni**

Former Chief of Radiology  
Seth G.S. Medical College  
and K.E.M. Hospital



## **Embracing the Morning: A Walk Through Nature's Beauty**

There's something magical about the early hours of the day. I wake up while the world is still hushed, and step out for my morning walk, greeted by the soft whispers of nature. The moment I breathe in, the earthy scent of wet soil fills the air as the gardener waters the plants—it's a smell that feels both grounding and alive.

Every flower along the path seems to have its own story. Daisies beam with simple joy, lilies sway gracefully, and roses flaunt their colors in a riot of reds, pinks, and yellows. I pause often, admiring each bloom, marveling at its perfection, its vibrancy, and the quiet way it celebrates life.

In my hand is a cup of flavored tea, warming me from within, while my eyes drink in the beauty surrounding me. Each sip, each glance, feels like a gentle reminder of the blessings that surround us—the calm, the colors, the fragrance, and the simple gift of being present.

Morning walks have become my sanctuary, a time to slow down, reflect, and express gratitude. I thank God for the gift of nature and the chance to witness its daily wonders. Starting the day with this serene ritual fills me with joy, peace, and inspiration, reminding me that sometimes, the simplest moments are the most beautiful.



**Dr Manisha Sawant**  
**Mumbai**



**We're grateful to Dr. Hemant Morparia. MD, a prominent cartoonist, for his generous contribution.**



**Dr. Vasundhara Patil**  
Professor, Dept of Radiodiagnosis  
Tata Memorial Hospital, Mumbai





**Dr Avinash Mural**  
**Mumbai**



**Photography by:**  
**Dr Nikhil patkar**  
**Mira Road**

## **\*\* Lights, Camera, Action!**

**A Bollywood Night to Remember (Now With Full Masala)!!**

**If anyone still believes radiologists live quiet, dimly lit lives behind ultrasound screens and CT consoles, they clearly missed \*THE\* event of the season—a dazzling, drama-filled, utterly unforgettable \*Bollywood-themed cultural night\* that brought together the brightest minds in radiology... and revealed their hidden inner superstars.**

**This wasn't just an event. It was a full-on Bollywood blockbuster!**

**# It started with The Grand Entry:**

**When Doctors walked in all dressed up in striking Bollywood costumes, it was nothing short of a massive \*Red carpet\*. That day we had the gracious Umrao Jaan, the charismatic Khalnaayak, the arm-less Thakur, the now-dead Shantipriya and many others. “Hum” ke Amitabh से लेकर kuch hota hai ke Anjali Rahul and Tina तक, सब लोग आए थे अपन की party में, बिड़!**

**# The Fame Games, - The ones that Hit All the Right Notes:**

**The Bollywood games this year were not for the faint-hearted—they were competitive, chaotic, and hilariously musical.**

**Round 1: We started with “Guess the hook step”, where more than half the participants were on stage, doing pelvic thrusts to “I am a disco dancer” and hand thrusts to “Jumma chumma de de”. The three teams Yamla, Pagla and Deewana- were super competitive, but also enjoying so much that we almost didn't want to head to round 2! Let's just say—radiologists don't just read films, they can star in them too!!**

**Round 2: Guess the disease: Well, we cannot separate ourselves from Medicine, but we definitely can make it as Bollywood as possible! नहीं समझी? Tell me, what do you think when you hear the lines “ टिप टिपबरसा पानी , पानी नेआग लगायी ”? Nooooo, I don't mean Raveena Tandon in the yellow saree- I mean urinary tract infection (read that again)! Among the disease guesses with hilarious songs describing them, we didn't even realise how much we had laughed already.. and imagine, the party had just begun! Somewhere between forgotten lyrics and overconfident singing, pure magic happened!**

**Round 3: Guess the Tune: Will you guess the song if I only play the first few seconds of it's tune? Will you be sporting enough to perform the belt hops of udd dabbang dabbang with it? This game turned into an instant crowd-pleaser and also led to some heated yet friendly banter. It also gave us our final winners, before we headed to the talent shows!**



**# Radiologists Got Talent: If the games warmed up the crowd, the \*Talent Showcase\* completely set the stage on fire. Things escalated quickly from “Dafali Wale Dafali Baja”-oing... to baja-oing of other instruments like mouth organ, keyboard, guitar, etc, along with some soulful singing, some peppy dances, a hilarious stand-up comedy act and a trendy fashion show. This led to even more enthusiasm (with bonus audience hooting) and we loved every second of it. It was here that the real Bollywood came alive! What truly made it unforgettable was the sheer energy, the unfiltered joy and the touch of madness.**





**# Some free style dancing on the floor! How can a night with such delicious food, such trippy drinks and such awesome music- end without some ghaati dance?!**

**Doctors singing loudly off-key, Seniors dancing without hesitation, Juniors cheering like it's a stadium concert. Someone randomly starting "Husn tera tauba tauba" ... and everyone instantly joining in like it is a national anthem.**

**The second chaiyya chaiyya was played, everyone being down on their knees**

**It was loud. It was chaotic. It was perfect.**

## **# Final Scene: A Night to Remember:**

**Beyond the glamour and performances, this night reminded everyone that medicine isn't just about precision—it's also about people, passion, and moments of joy.**

**For one evening, reports were forgotten, scans were replaced with songs, and radiologists became performers, storytellers, and stars.**

**\*And if Bollywood has taught us anything... it's that nights like these deserve a sequel. \***

**Until we meet again (in the ARM Cultural Night द्वितीय), here's your host and dost Dr. Roopali Bansal signing off .... क्यूं की, picture अभी बाकी है, मेरे दोस्त!!**



**Dr Roopali Bansal**  
**Mumbai**