

NON-ACADEMIC

OCT-DEC 2025

ARMVERSE



E - MAGAZINE OF ASSOCIATION OF RADIOLOGISTS OF MUMBAI

ASSOCIATION OF RADIOLOGISTS OF MUMBAI (ARM)



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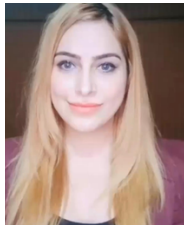


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EDITORIAL TEAM**Dr. Avinash Mural****Dr Manisha Sawant**

EDITORIAL

Welcome to ARM Verse, a warm and vibrant e-magazine curated straight from the heart of Mumbai's radiology community. This space celebrates everything beyond academics—where creativity breathes freely and stories find their wings.

Here, you'll discover an enchanting blend of art, travel, history, poetry, and countless tales that entertain, inspire, and connect us.

ARM Verse isn't just a magazine—it's a joyful escape, a companion, and a celebration of imagination.

We wholeheartedly welcome all new talents to join us on this beautiful journey.

Let your words shine, your ideas bloom, and your creativity flow—ARMverse awaits you.

Warm regards,



Dr Manisha Sawant



Dr. Avinash Mural

PRESIDENTS MESSAGE

ARMverse - Celebrating the Art of Being a Radiologist!

Dear Friends,

It gives me great pride and joy to introduce ARMverse - the official digital creative magazine of the Association of Radiologists of Mumbai (ARM).

Over the years, we have celebrated excellence in academics, research, and clinical expertise. But every radiologist is much more than a diagnostician. Within us reside poets, painters, travellers, storytellers, musicians, photographers, dreamers. ARMverse is a platform that celebrates that side of us.

The ethos of this magazine is simple yet powerful:

Radiologists are artists at heart - whether crafting diagnoses or crafting stories.

We see beauty in anatomy and symmetry in pathology. Our profession trains us to look deeper, observe sharper, and appreciate the unseen. ARMverse is a tribute to this spirit - to the creativity that quietly flourishes behind the glow of monitors and the hum of scanners.

Radiology is a science of precision, clarity, and evidence. Yet behind every scan we report, there is a human mind that imagines... a heart that feels... and a soul that creates. ARMverse has been envisioned to celebrate that very essence - the vibrant, artistic, philosophical and adventurous side of radiologists that often lies unseen beyond the grayscale images.

This initiative is also a reflection of what ARM stands for - inclusivity, innovation, collaboration, and celebration. We are not just reporting images... we are shaping culture, forging friendships, and nurturing well-rounded, happy professionals.

A magazine of this spirit requires passionate leadership - we are blessed to have Dr. Avinash Mural and Dr Manisha Sawant as the main editors of ARMverse. Their combined energy, artistic vision, and unwavering dedication assure us that this platform will flourish, inspire, and celebrate creativity in all its forms. On behalf of the entire association, I wish them and their editorial team every success in crafting something truly extraordinary.

As we step into this exciting phase, it is also a moment to cherish the incredible year gone by.

CROSSECON 2025 - Third Consecutive Sell-Out Success, further establishing Mumbai as a hub of excellence in training radiologists in cross-sectional imaging.

Hands-on Colour Doppler Workshop, empowering young radiologists with critical practical skills.

ARM Cultural Night, being held today reminds us that joy, music, friendship, and laughter are integral to the radiology family.

Upcoming: RAKSHA Initiative - a heartfelt service visit at a girls' orphanage, extending the touch of radiology beyond the hospital and into the community where care is needed the most.

These milestones are a reminder that when we come together with purpose and passion, there are no limits to what ARM can achieve.

Everything we have achieved this year has only been possible because of our united force - Team ARM. My deepest gratitude to every member who continues to bring ideas to life with sincerity, efficiency and a spirit of selfless service.

As we launch ARMverse today, let us reaffirm our belief that radiologists are not just interpreters of images... we are storytellers of the human experience.

ARMverse is more than a magazine - it is a celebration of who we are.

A celebration of the unseen talents within our community.

A reminder that behind every scan, there beats a creative heart.

Let us write together, paint together, celebrate together - and proudly showcase the many dimensions of Mumbai Radiology.

To new ideas.

To unity.

To an unforgettable era in ARM's story.

With warmth, gratitude, and unwavering enthusiasm,



Dr. Zubair Kazi
President
Association of Radiologists of Mumbai (ARM)

FROM THE DESK OF SECRETARY

Welcome to ARMVERSE — the creative heartbeat of the Association of Radiologists of Mumbai! While we spend our days reading scans, this magazine is where we read each other — through stories, art, music, poetry, and everything that makes us who we are beyond radiology. *ARMVERSE is our space to celebrate talents, hobbies, and hidden passions. Every edition is a reminder that behind every radiologist is an artist, a dreamer, a storyteller. So dive in, enjoy the journey, and maybe get inspired to share a piece of your own world too!



Dr. Chinmay Mehta
Secretary
Association of Radiologists of Mumbai (ARM)

✿ When Ink Becomes Emotion ✿



When screens grow loud and days rush fast,
A quiet page brings peace at last.
A simple pen ✍️, a steady hand,
Can calm the storms we can't withstand.

On paper, feelings learn to flow,
Like gentle rivers moving slow.
Each word we write, each pause we take,
Heals a wound we didn't break.

No buzzing phones, no fleeting glare,
Just pure emotion resting there.
Ink becomes a mirror true,
Showing the heart in shades of blue.

A diary, a magazine, a little page—
They hold our truth from age to age.
For what we write with soul and grace,
Becomes a memory time can't erase.

So pen your joys, your tears, your dreams—
On paper soft with silent seams.
For when we write, we truly see:
The best technology... is still you and me.

Dr Manisha Sawant
Mumbai

शीर्षक: फक्त लढ म्हणा

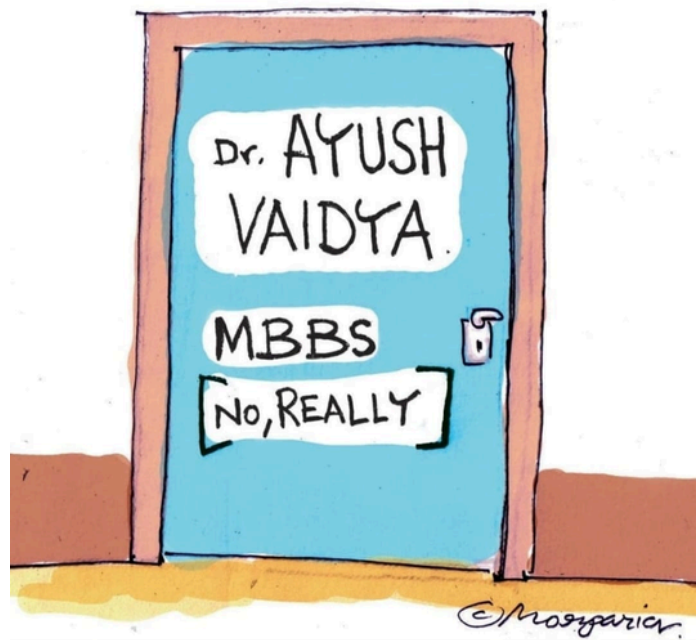
चोर पावलांनी साथ पसरली
 कवेत घेऊन जना
 थट्टा - मस्करी हवेत विरली
 भिती दाटली मना
 अदृश्य विषाणू संगे लढण्या
 उभा ठाकला रणा
 पाठीवरती ||१||
 विलगीकरणास न जुमानता
 फोफावला याचा जोर
 टाळेबंदीस न पर्याय
 जरी भासे उपाय अघोर
 पाश आवळता कोरोनाचा
 वाढत गेली गणना
 पाठीवरती ||२||
 स्वरूप न ठाऊक याचे कोणा
 संकट हे मायावी
 नवे उपचार, नवी पद्धती
 निष्प्रभ रोज ठरावी
 अंतराळवीर मानवाची
 फोल ठरे वल्गना
 पाठीवरती ||३||
 जो तो भयभीत जो तो चर्चेत
 देश, सरकार, अर्थचक्र गर्तेत
 स्तब्ध जगामध्ये आम्हा
 फुरसत न थांबण्या
 पाठीवरती ||४||
 कोरोनाचे दुष्टचक्र
 शवासंगे रुग्ण नांदती
 रुग्णालय भासे कुरुक्षेत्र
 चक्रव्यूह हा अभेद्य असूनही
 आम्ही करतो सामना
 पाठीवरती ||५||

जीव घेऊनी तळहाती
 न कर्तव्यात कसूर
 डोळे चिमुकले वाट पाहती
 मनी ठेऊन सबूर
 शेजाऱ्यांस भय भारी न दिसे
 आमुची वेदना
 पाठीवरती ||६||
 कुटुंबासह गमती जमती
 मजेत जातो वेळ
 परी छातीचा कोट करुनी
 आम्ही रोखतो काळ
 खेद न आम्हा तव भाग्याचा

जीव घेऊनी तळहाती
 न कर्तव्यात कसूर
 डोळे चिमुकले वाट पाहती
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 खेद न आम्हा तव भाग्याचा



Dr Vivek Ukirdet
 Associate professor
 Sion Hospital , Mumbai



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

Soulbound



Aarav always believed that some people enter your life only once—like a passing season. But when he met Meera, he realised some souls don't just enter... they stay, they echo, they return. They met for the first time in college—two strangers who accidentally sat next to each other during a lecture. Meera dropped her pen; Aarav picked it up. Their eyes met for three seconds, but something inside them whispered a thousand memories neither could explain.

A strange warmth.

A soft familiarity.

As if they already knew each other from somewhere the world couldn't see.

Their friendship blossomed quietly—shared chai, long walks, stolen laughter. And slowly, the unspoken turned into undeniable love.

But destiny, sometimes cruel, sometimes kind, played its own game.

Meera had to move to another city after her father's sudden transfer. One tearful evening, they hugged like the world was ending, and promised to meet again someday.

Years passed. Life moved on.

But love does not obey distance.

It hides in the heartbeat, waits in silence, and breathes in memories.

Aarav tried to forget, but every time rain touched the window, he remembered her laughter. Every time he heard a soft tune on the radio, her voice came back. Meera buried herself in work, but one whisper of wind on a lonely night reminded her of Aarav's gentle eyes.

They lived their lives separately... but their souls kept meeting in the spaces between thoughts.

Years later, both ended up attending a spiritual retreat in the mountains—unplanned, unexpected, and beautifully fated. Aarav walked into the meditation hall, unaware that time was about to return something it had once stolen from him.

He saw Meera sitting near the window, the same calm face, the same magic in her smile. For a moment, he forgot how to breathe.

Meera looked up, and when her eyes met his, everything inside her trembled.

Old wounds healed instantly.

Old love woke up quietly.

And the distance of years collapsed into a single heartbeat.

Aarav whispered, “I knew you would come back... somehow.”

Meera smiled, tears shining like morning dew.

“Maybe we were never apart. Maybe our souls kept meeting all these years.”

They walked together under the golden sky, speaking of all the things their hearts had carried silently—unwritten letters, unfinished dreams, and unspoken love. No explanations were needed. Their hearts recognised what time had changed, and what time could never erase.

That evening, when the sun dipped behind the mountains, Aarav gently held Meera’s hand. This time, she didn’t let go.

Some love stories aren’t about perfect timing—they are about perfect souls.

Some people are not just chosen by the heart—but remembered by the soul.

And some stories...

are not about meeting for the first time, but meeting again, because they were always meant to.

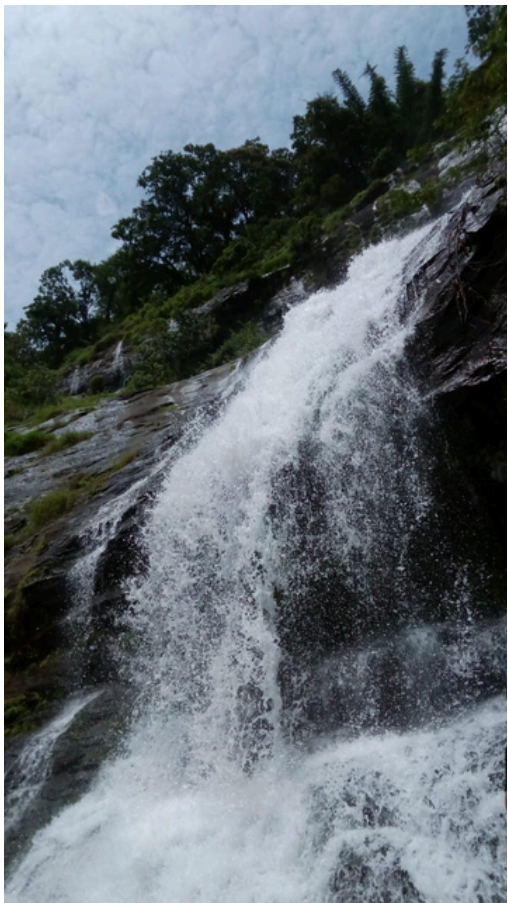
United once.

Reunited again.

And two wandering souls finally found home in each other.



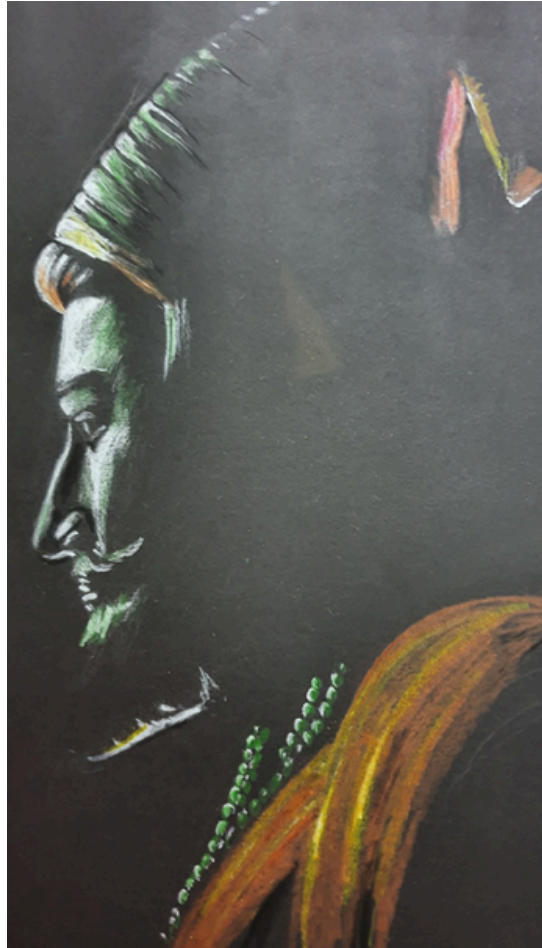
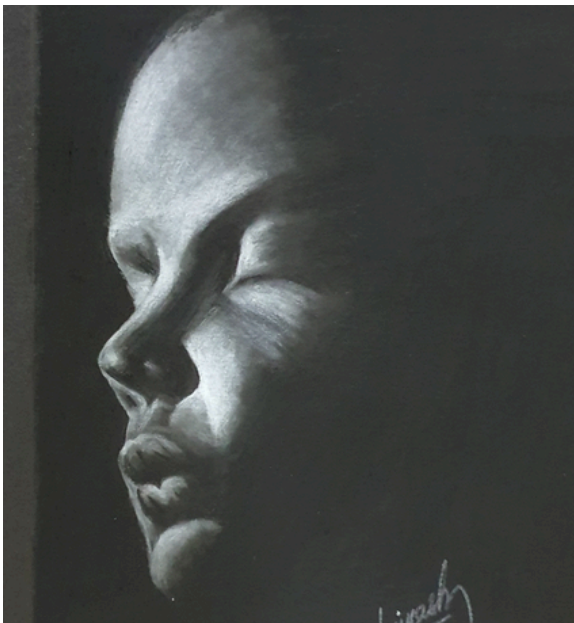
Dr Manisha Sawant
Mumbai



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



Art by:Dr. Vasundhara Patil
Professor, Dept of Radiodiagnosis
Tata Memorial Hospital, Mumbai



**Art by: Dr Avinash Mural
Mumbai**

Winning Squad



Mumbai Legends have triumphantly clinched the RPL championship title in both their 8th and 9th years — a remarkable back-to-back victory under the inspiring leadership of our current ARM Secretary, Dr. Chinmay P. Mehta.





We proudly recognize and congratulate the team members who made this possible:

Dr. Akhil Sardesai, Dr. Ajay Singh, Dr. Akshay Dubewar, Dr. Ashraf Ansari, Dr. Dipesh Yadav, Dr. Rajesh Mayekar, Dr. Raviraj Gadhia,
Dr. Sanket Zarekar, Dr. Suresh Sahani, Dr. Varun Tyagi, and Dr. Vikrant Firke (in alphabetical order).

We wish the Mumbai Legends continued success and hope to see them complete a spectacular hat-trick in the next RPL season!



Champion!

Dr. Anagha Joshi, HOD of Radiology at Sion Hospital, makes us proud once again with her remarkable achievements. At the 2023 World Masters, she secured a Bronze medal in Doubles, adding another shining milestone to her inspiring sports journey.

Heartiest congratulations to her! Wishing Dr. Joshi continued success, strength, and many more victories ahead.





This season all titles Maharashtra
State Masters



RIDE BEYOND LIMITS — SPITI VALLEY 2025 ❄️



Seven riders. One legendary route. Endless adrenaline.

From Chandigarh to the raw heights of Spiti, our Royal Enfields roared through rocky climbs, icy mud trails, glacial streams, and roads that vanished without warning. Every victory pose hid a close call — and we loved it.





Amid the chaos, monasteries like Key and Tabo gave us stillness, reminding us that adventure has a soul.

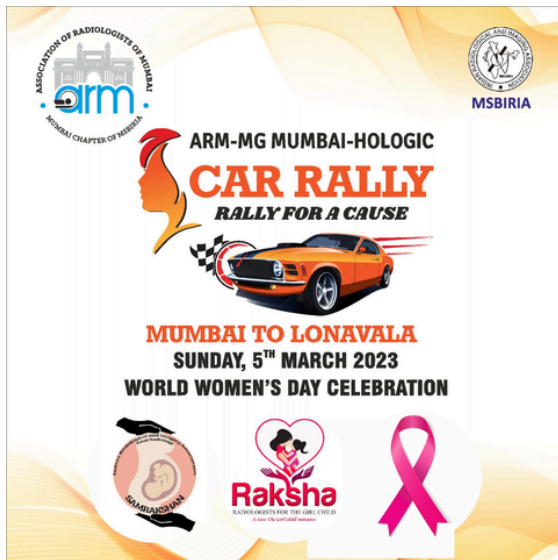
Seven riders. One brotherhood. Falls, laughs, courage — nothing stopped us.

We returned with muddier bikes, stronger nerves, and memories etched into the mountains.

Spiti didn't hand us adventure.
We earned it. 🏍️

Dr Shlok Lolge, Dr Ranjeet Gawade & Dr Nitish Patel
Navimumbai

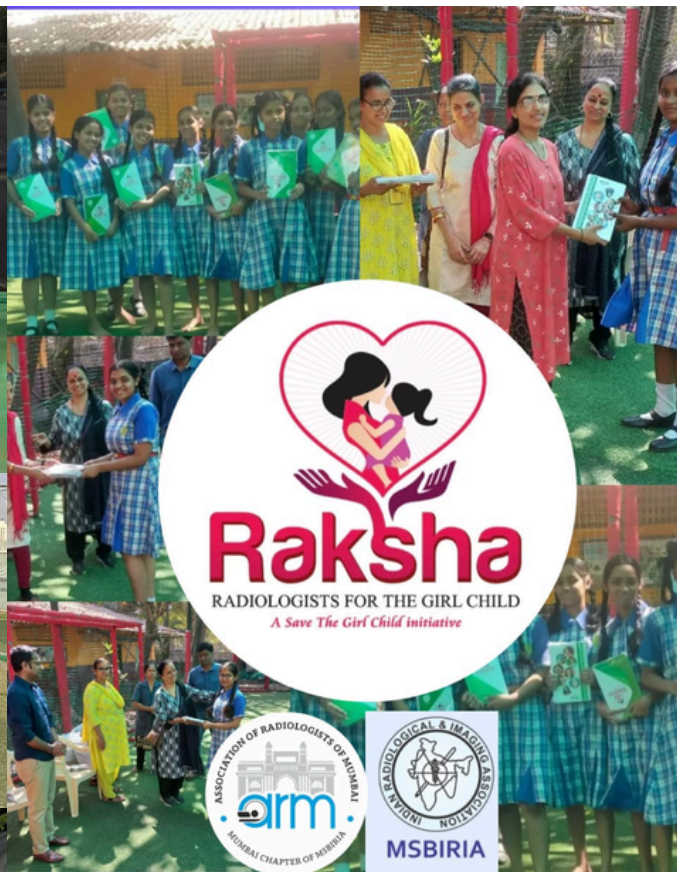
SHAKTI - SAFAR



For the very first time in the history of IRIA and all its state chapters a car rally was organised in March 2023







Under 'Raksha' initiative of MSBIRIA, ARM -Association of Radiologists of Mumbai through a NGO distributed notebooks to girl students at a school in Kandivali west.



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