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Mentor's note

Lt Gen PP Rao Director and Commandant AFMC. Pune

As the Commandant of this esteemed college, I am thrilled to present the 8th issue of this newsletter. This moment stands as a tribute to the dedication and determination of our cadets within the Scientific Society (SciSo), whose remarkable talent and innovation continue to enrich our college community.

I would like to express my heartfelt gratitude to the Officer in Charge, Col. Y Uday, whose guidance and encouragement have been instrumental in driving our cadets to take on such meaningful endeavors. His unwavering support has been pivotal in transforming the vision of this newsletter into a reality. I sincerely hope this collection of work will ignite curiosity and inspire our cadets to delve deeper into their intellectual pursuits and to share their achievements with a wider audience.

With this newsletter, I see an inspiring source of motivation and empowerment for our cadets. Each article, research project, and artistic creation featured here reflects the exceptional talent and dedication of our students. I encourage them to continue pushing boundaries, challenging norms, and leaving lasting marks in their chosen fields. May this publication serve as a tribute to their passion and determination, motivating them to dream big, aim high, and build a legacy for future generations.





Mentor's note

Maj Gen Giriraj Singh Dean and Deputy Commandant AFMC, Pune

As the Dean of this distinguished college, it brings me immense pride to witness the passion and energy our students pour into the Scientific Society. Their dedication to scientific inquiry and research stands as a powerful example of what is possible when curiosity meets determination. This special edition of our newsletter celebrates their noteworthy accomplishments, underscoring their exceptional talents and steadfast commitment.

I am certain that these budding scientists and thinkers will continue on this journey of discovery, contributing meaningfully to their fields. Their drive for knowledge and enthusiasm for exploration are the qualities that will lead them to new horizons and impactful achievements.

To our students, I extend my deepest appreciation for embracing the unknown with courage and a thirst for discovery. Your work is an inspiration to us all.

I also want to acknowledge the outstanding team behind this publication. Your attention to detail, dedication, and teamwork have made this newsletter a reality. Through your efforts, we are able to showcase the remarkable contributions of our Scientific Society to a wider audience.

Let this newsletter be a source of pride and inspiration for our entire college community. May it spark curiosity in each of us and motivate us to push the boundaries of science. Together, let us continue building a culture that supports intellectual growth and empowers our students to create a brighter future

EDITOR'S NOTE

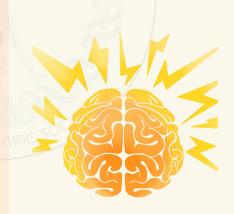


We, the team at SciSo, are thrilled to present the 8th issue of SciSo Chronicles. This newsletter represents our commitment to showcasing the diverse activities and achievements of our scientific society. As the Officerin-Charge of the college's scientific society, I am immensely proud to work alongside such bright and passionate individuals who have brought this newsletter to life through their dedication and commitment to science.

The primary goal of SciSo Chronicles is to offer students a platform that keeps them informed about research opportunities, academic events, field activities, and other achievements within our society. By establishing a regular newsletter, we hope to foster a sense of community, encourage scientific curiosity, and inspire intellectual growth among our cadets. Additionally, it will serve as a record of the significant undergraduate scientific activities within our college.

I hope you enjoy reading this newsletter and gain valuable insights into the scientific endeavors undertaken by our own cadets. We also eagerly anticipate valuable contributions from alumni and faculty members at AFMC, whose continued support nurtures scientific curiosity among our young, motivated minds.

I kindly request all faculty members from various departments to information on undergraduate research activities conducted at AFMC under their guidance for inclusion in future issues of the newsletter.



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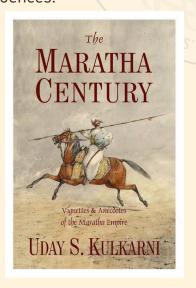
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An Annual Medical Conference by the Armed Forces Medical College

Illuminati 2025 was successfully conducted from May 5th - 6th ,2025 with the motto of igniting prodigious minds . A total of 1342 students from over 81 medical and 3 engineering colleges actively participated in the event.

The event was graced by eminent personalities like Dr. Debojvoti Chakraborty who enlightening session delivered enlightening session on revolutionary gene-ector CRISPR-Cas9. the on gene-editing He explained the underlying mechanism of the CRISPR-Cas9 system. emphasizing its precision in targeting modifying specific and sequences.





We also had Dr. Uday Kulkarni, noted historian and author who presented a captivating lecture on the history and legacy of the Marathas. He traced their rise under Chhatrapati Shivaji Maharaj and elaborated on their pivotal role in shaping 18th-century Indian politics and resisting colonial forces. Drawing from material and historical narratives. Kulkarni highlighted the military, administrative, and cultural contributions of the Marathas.

Various departments conducted over 18 workshops over two days that gave amazing learning experience

S No.	Workshop	No. of	
		Students	
1.	10 most common cases in Internal Medicine (Medicine)	113	
2.	Clinical presentation and ECG (Medicine)	105	
3.	Fundoscopy & visual acuity (Ophthalmology)	22	
4.	AI in Medicine (Medicine)	127	
5.	Laparoscopic Surgery Simulation (Surgery)	84	
6.	Suturing and Bedside Surgery (Surgery)	104	
7.	BLS and Vascular Access (Anaesthesia)	53	
8.	Neonatal Resuscitation (Paediatrics)	43	
9.	Neuromodulation in Psychiatry (Psychiatry)	33	
10.	CBC, Flow cytometry and Electron Microscopy (Pathology)	17	
11.	Syndromic approach to infectious diseases (Microbiology)	22	
12.	Surgical Skills on Saw Bone Models (Orthopaedics)	53	
13.	Clinical Examination in Hansen's Disease & Bedside Tests (Dermatology)	48	
14.	Advanced Imaging Modalities (Radiology)	48	
15.	Basics of Nuclear medicine and Its Application (Nuclear Medicine)	44	
16.	Cancer genomics (Biotechnology)	48	
17.	PPH Drill and Pre-Eclampsia Drill (OBGYN)	37	
18.	Outbreak Investigation (PSM)		
Total Stu	1026		

655 students participated in over 8 scientific events formulated keeping in mind two aspects i.e. Clinical knowledge and research including innovation and the winners were as follows:

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S.	Event		Name	College	Prize
No.					Amount
1	Paper	1st	Swastika Mandal	KPC, Kolkata	12000
		1st	Roopika Peela	AFMC	12000
		2nd	Bilha Ann Jicky	Jubilee Mission Medical	10000
				College, Thrissur	
		2nd	Sharayu Sunil Indurkar	VV Patil medical college	10000
		3rd	Celine Raphael	AFMC	8000
2	Case	1st	Sarina Bengare	Goa MC	10000
		2nd	Antara Agrawal	GMC, Nagpur	7000
		3rd	Manaswini Vuddagiri	SDM Medical	5000
		4th	Harivignesh	Stanley Medical College	4000
			Vmasanakr		
		5th	Navya Pradeep Goud	SDM	3500
			Patil		
3	Hackathon	1st	Abhinav Bhadri	ACMS	15000
		2nd	Samreddyee Jain	Amrita, Faridabad	8000
		3rd	Suryansh Byadwal	Goa MC	5000
4	Symposium	1st	Chintan Devang Jani	Seth GS	35000
		2nd	Atharva Pankaj	TNMC	30000
			Deshpande		
5	Resonate	1st	Shubham Singh	ACMS	10000
		2nd	Abhinav Bhadri	ACMS	8000
6	Onco Quiz	1st	Abhishek Dwivedi	Gandhi Medical College	10000







				_	
No.					Amount
		2nd	Maithili Prasad	GMC Satara	8000
			Gawade		
7	Peds Quiz	1st	Shreya Narwal	SMCW	20000
		2nd	Chaitanya Agrawal	AFMC	15000
8	Clinical	1st	Abhinav Bhadri	ACMS	5000
	Escape	2nd	Aika Arun Mavath	AFMC	3000
	Room	3rd	Saifansab Hajimalang	GIMS, Gulbarga	1000
			Nadaf		
		3rd	Vivek Vishal Pohra	GMC, Nandurbar	1000
9	Original	Every	Rs 2000 per book x 50		100000
	Paper	one	books		
	Presenters				
TOTAL prizes worth					3.55.500

Cadets form an integral part of every college event . Ass a gesture of appreciation , the organising batch H3 and all members of Students Scientific Society were presented with a token of appreciation kit by Maj Gen Giriraj Singh, Dean and Deputy Commandant, Armed Forces Medical College







INSPIRING THE NEXT GEN BY LT GEN: COMMY'S **TALK**

The Students' Scientific Society had the privilege of hosting an inspiring and intellectually stimulating session by Lt Gen Pankaj P. Rao, Cmdt ,AFMC who captivated cadets with his lecture on the application of robotics in surgery. With clarity and vision, he unfolded the fascinating ways in which robotic technology is transforming the surgical landscape, enabling precision. efficiency, and safer patient outcomes.

The session drew overwhelming interest from cadets, who engaged enthusiastically discussions. Far from being a conventional lecture, it evolved into an interactive dialogue, where curiosity met experience. He not only demonstrated how robotics is shaping the future of medicine but also encouraged the students to think beyond traditional boundaries of learning.





He emphasized that innovation in medicine begins with questioning the ordinary and daring to dream of the extraordinary. Linking the present with the future, he sensitized the audience about the potential of space medicine a domain that prepares humanity to extend the practice of healing even beyond Earth. The thought that medicine could one day transcend the limits of gravity and atmosphere resonated strongly with the young minds, leaving them awestruck and motivated.

INSPIRING THE NEXT GEN BY LT GEN: COMMY'S TALK

The lecture was more than a lesson in medical technology; it was a call to action for budding innovators. Lt Gen Rao urged cadets to explore, ideate, and innovate outside the boundaries of their textbooks. He reminded them that the field of medicine is not just about treating illness, but also about reimagining health in new environments and embracing technologies that redefine possibilities.

The event concluded with cadets brimming with ideas and inspiration, carrying forward the message that in science, as in life, there are truly no limits—not even the sky.







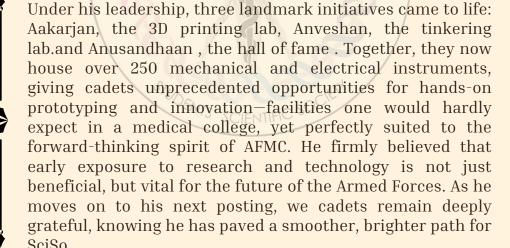
VIVA LA VIDA SIR!



VIVA LA VIDA SIR!



When we cadets look at SciSo today, it is impossible not to recognize the immense transformation it has undergone under the guidance of our dean, Maj Gen Giriraj Singh .Sir , an X batcher during his own days as a cadet was a member of the Students Scientific Society , though at that time facilities were scarce and opportunities limited . Perhaps it was this personal experience that made him determined, upon returning as Dean of his alma mater, to reshape SciSo into the vibrant and resourceful body it is today. With unwavering commitment, he became the guiding light of the society, always thinking ahead and asking how SciSo could better serve the cadets.



VIVA LA VIDA SIR!



A SMALL 3D PRINTED TOKEN OF LOVE FROM SCISO TO OUR BELOVED DEAN

BLAST FROM THE PAST



SIP TALES:

SUMMER IN NITVAR- A STEP CLOSER TO RESEARCH

REFLECTIONS: M/CDT PRAGATI (I3)

I had the opportunity to pursue Summer Internship **ICMR-NITVAR** Program at (National Institute ofTranslational Virology and AIDS Research), which was a highly enriching academic experience. My focus was on clinical research and epidemiology, and internship provided excellent exposure to these domains.



One of the most rewarding aspects was being part of interactive discussions on actual research proposals, where I could both learn and contribute. It was enlightening to observe the thought process behind refining protocols for ethical submission and practical feasibility.

The mentorship was supportive, and the overall environment at ICMR-NITVAR encouraged active learning and curiosity. This internship has strengthened my understanding of clinical research and inspired me to engage more deeply with evidence-based medicine and public health research.

SIP TALES : PLAYING AROUND WITH DNA FINGER PRINTING

REFLECTIONS: M/CDT KHUSHBOO (I3)

.I was honored to be selected by the aharashtra niversity of ealth ciences on the basis of academic merit to attend a prestigious -day summer internship program at I - I , une. y experience was immensely enriching both academically and personally.

he internship provided me with my first structured exposure to the field of molecular biology and bioinformatics, which significantly broadened my understanding of laboratory-based disease investigation and research techni ues.





On a personal level, this internship was incredibly empowering. It was my first time engaging deeply with laboratory research beyond textbooks, and I realised how vast and multidisciplinary the medical field truly is.

I completed my full couse duration, I made the most of it and walked away with hands-on skills, practical knowledge, and a new enthusiasm for research.

SIP TALES: MUMBAI RAINS GO AWAY, I HAVE MY SIP TODAY

REFLECTIONS:M/CDT SAMBHAV SINGH (J3)

This summer, I had the enriching opportunity to intern at the Centre of Excellence in Research and Training, Kasturba Hospital, under Dr. Javanthi Shastri. I explored the depths microbiological and molecular diagnostics-from PCR to NGS and TB testing-guided by inspiring mentors. We also got a glimpse into Mumbai's dynamic medical circle with visits to KEM and Nair hospitals. Travelling daily from Colaba, I had my first whirlwind encounter with Mumbai locals. Everyone romanticizes Bombay rains-until your train starts sailing instead of rail-ing! Between serology sessions and soggy shoes, I discovered the joy of hands-on learning, scientific curiosity, and surviving spirit. monsoons with internship has left me smarter, soaked, and sincerely grateful for the experience.





SIP TALES:

KARYOTYPING - A UNIQUE EXPERIENCE

REFLECTIONS:M/CDT ASHISH SHUKLA(I3)

I completed a two-week summer internship programme under MUHS at the MUHS Regional Centre, Pune, where I was introduced to various genetic diagnostic techniques such as karyotyping and DNA extraction. The most rewarding aspect of the internship was analysing the results of tests carried out for cancer diagnosis. This experience deepened my understanding of chromosomes, their structure. and the detailed procedures involved in various diagnostic tests.





It was fascinating to witness the complete lab workflow for the first time. Interpreting genomic data was initially a complex and timeconsuming task, but with consistent guidance from mentors. our gradually developed clarity and confidence in the process. Being my first hands-on exposure to a diagnostic laboratory, it was a truly enriching and insightful experience that sparked my interest in the field of medical genetics and diagnostics.

RADIOLOGY UNVEILED: MY TATA MEMORIAL OBSERVERSHIP

y observership at Tata emorial ospital in umbai, from une to une , an exerience immersing me in radiodiagnosis and interventional radiology, was truly eye-opening.

In the radiodiagnosis suite, I marvelled at contrast-enhanced T scans unveiling intricate anatomical details, while P T and P T studies transformed metabolic signals into vivid diagnostic clues. igh-resolution I se uences revealed subtle soft-tissue contrasts I had only read about in textboo s, and daily ultrasound sessions felt li e dynamic conversations between probe and patient.

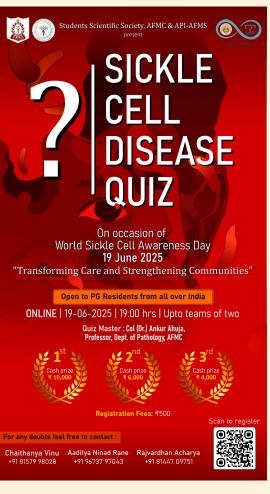


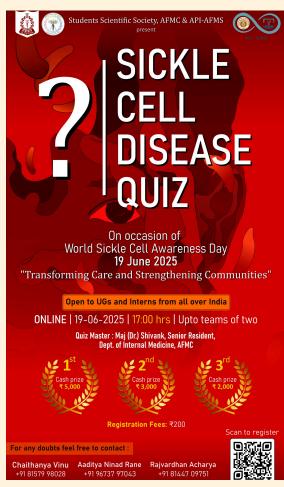


Placement of self-expanding metal stents and pigtail catheters illustrated immediate relief for patients with obstructive complications, while renal angioembolization underscored the delicacy of vascular intervention.

Throughout this journey, I observed multidisciplinary teams collaborating seamlessly and genuine empathy in every patient interaction. This immersive experience has not only broadened my technical understanding but also inspired me, as an aspiring physician, to integrate cutting-edge imaging with compassionate care in my future practice

NATIONAL LEVEL SICKLE CELL DISEASE QUIZ 2025





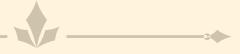
NATIONAL LEVEL SICKLE **CELL DISEASE QUIZ 2025**

OUIZ MASTERS PG: Col Ankur Ahuja UG: Maj Shivank



- 1. The National Level Sickle Cell Disease quiz, was conducted by the Students' Scientific Society in collaboration with the Association of Physicians - Chapter AFMS (API-AFMS)
- 2. Date: 19th April 2025
- 3. Col Ankur Ahuja as the guiz master for PG Quiz and Maj Shivank as the guiz master for UG Quiz.
- 4. A total of 76 UG teams and 36 PG teams participated.
- 5. The guiz comprised of highly competitive rounds comprising of clinical, trivial ,pathological questions .

All participants were given e-certificates and the winners were given amazon gift vouchers.



MEDIACE -QUIZ 2025

An Inter-College Pre and Para Medical quiz "GENESIS" was conducted by Smt. Kashibai Navale Medical College and General Hospital , Pune in which 3 teams from our college have participated and secured 2nd and 4th position and one qualified for the finals.

The teams consisted of:

TEAM A

- Satyam raj(H3)
- Yash (H3)
- M.sai shri chusma(H3)

TEAM B

- Dev Singh (J3)
- Prisha Joshi (J3)
- Mada Dharan Sai (K3)

TEAM C

- Jung Bahadur Singh (J3)
- Jyotish Kumar (J3)
- Mokshith Moluguri (K3).



Overall the experience of attempting and participating in the quiz was worth all the effort we put in. The quiz also taught us about some strategies which we could use in our future quizzing events.

DIVING DEEP INTO 3D PRINTING

GURSEHAJBIR SINGH LALLI (13)1

We recently held a session for fellow members of the Scientific Society Club on the basics of 3D printing. Our aim was not just to explain the technology, but to show how learning it can benefit them in the long run.

We walked through the basic steps-starting from the design files, moving to slicing, and finally reaching the actual printing process.

More than the technicalities, I wanted everyone to see how these steps build confidence. For instance, once they understand file formats like STL and 3MF. they realize they can easily handle 3D models and start experimenting on their own. Knowing about slicing and G-code gives them the sense that this isn't some complex, unreachable machine—it's something they can actually control.

Overall, the session was interactive and engaging, and I could sense genuine curiosity among the juniors. My real goal was to leave them with the belief that 3D printing isn't just about machines-it's about turning imagination into reality, a mindset that will continue to help them in their journeys.



DIVING DEEP INTO 3D PRINTING

MEDHA P KALYAN (13)

I recently conducted a session for my juniors and fellow members of the Scientific Society Club on the basics of 3D printing and blue light scanners. The aim was to familiarize juniors with the basics of these technologies and highlight their growing importance in healthcare.

The session introduced participants to the workflow of 3D printing, from handling design files and slicing to the final print. Emphasis was placed on how understanding simple concepts like STL formats and G-code can make the technology more approachable. Applications such as creating surgical models, prosthetics, and dental implants were discussed to connect the concepts directly to medical practice.

Participants were also introduced to Blue Light Scanners, learning how structured light enables accurate 3D surface capture. Different types of scanners -handheld, stationary, and hybrid-were presented, along with their uses in digital dentistry, orthopedics, and reconstructive surgery.

The session was interactive, with juniors actively engaging in discussions. It successfully conveyed that these technologies are not limited to engineering but have immense potential in advancing medical education, research, and patient care.

Introduction to Creality 3D **Printers**

Affordable, Reliable, and Creative 3D Printing

What is Creality?

- · A leading manufacturer of consumer 3D printers based in Shenzhen, China
- · Known for affordable, reliable, and mod-friendly printers
- Huge global user base, especially in the DIY and maker community



Hands to heal killing themselves' Suicides amongst medicos

A brief yet impactful session was conducted on suicide prevention among medical professionals, addressing the rising concern of mental health in the medical community. The discussion focused on identifying stressors unique to medicos and promoting support systems. I presented a comparative overview of suicide prevention models from countries Australia and Japan, highlighting strategies such as the Lifespan Model and community-based interventions.

The session concluded with a call for institutional reforms and peer support to foster a healthier, more compassionate environment for medical students and professionals alike.

-Swapnil (J3)

PREVENTION- 2016 (10

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- AMMENDMENT)
 Decline in suicide rates by 35% from 2006 to 2022
- 7 key strategies involved
- Key institutions behind Japan's model

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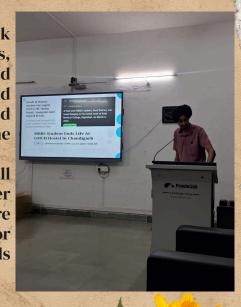
Hands to heal killing themselves Suicides amongst medicos

I had the privilege of speaking on Day 1 of WIGS in front of my fellow cadets and Col Y Uday on a topic that weighs heavily on all of us—rising suicides among medical students. Standing there, I felt both the weight of responsibility and the power of shared experience. I spoke not just as a medical student but as someone who has seen the silent struggles behind smiling faces. The atmosphere was respectful, attentive, and deeply emotional. What touched me most was the quiet nods of agreement and the visible reflection in the eyes of my peers. It reminded me that we are not alone, and our voices matter.

This session was more than a talk—it was a call to create safe spaces, check on one another, and prioritize mental health. I walked away humbled, proud, and determined to be part of the change we so desperately need.

The session concluded with a call for institutional reforms and peer support to foster a healthier, more compassionate environment for medical students and professionals alike.

Gursehajbir Singh Lalli (I3)



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fell in love with it.

Hands to heal killing themselves Suicides amongst medicos

Suicide among medicos is a very neglected topic of discussion among us. This is because we al Culture stigmatize the idea of "Mental ess and Health". Medicos often have a rability, self disturbed mental status, which diverse could be for a variety of reasons, be it from academic stress, achieve wanting "perfectionist" role, ragging, and also because of other nonspecific issues. The problem arises when the student is not able to manage that burden in a good way, instead, he/she resorts to harmful ways which end up with the death of the individual



Thus suicides among medicos is a pressing topic as these medicos are going to be future doctors and with their count decreasing we can't guarantee good healthcare in the future. To prevent suicides we have discussed several relative methods such as increasing the number of counselors and making them accessible to every student of the college, To open an anonymous chat where the student could vent out to a counselor without telling his/her identity, Having burnout prevention techniques like Yoga and meditation being inculcated in medical curriculum and assigning faculty members as mentors so that they can seek help and support from them during class hours. Some other solutions would be to create rage rooms in colleges where students can vent their anger out and to ensure a raggingfree campus. Therefore we must safeguard the health of our healers and address medicos' mental health crisis

-Mada Dharan(K3)

fell in love with it.

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Hands to heal killing themselves Suicides amongst medicos

bar At the first session of WIGS, delivering the presentation on suicide prevention in medical colleges was a profoundly impactful experience.

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Sharing insights on recognizing warning signs, fostering a supportive community, and promoting mental health resources resonated deeply with my peers. Witnessing the audience's engagement and concern for this critical issue was heartening. The discussion that followed highlighted the need for collective action and support.

I felt a sense of responsibility and hope, knowing that even small steps can make a difference in saving lives. This experience reinforced the importance of prioritizing mental health and well-being in our I II community.

-Sukirtii Jhala(I3)





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ISSUE EDITORS

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