



SANTOSH
Deemed to be University



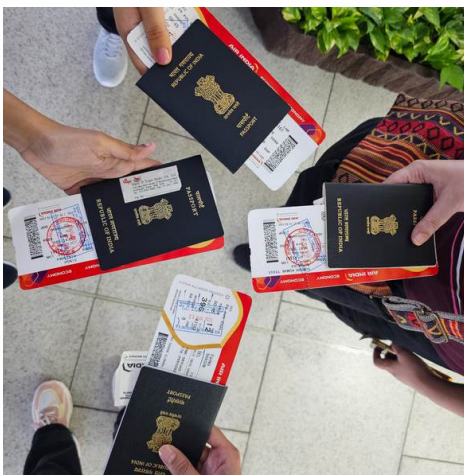
THE QUILL & THE CAULDRON

*From Classrooms
to Castles*

The toppers' enchanted voyage

INTRODUCTION

The journey of excellence is marked by dedication, perseverance, and an eagerness to embrace learning. This spirit was exemplified by three remarkable MBBS students - Shagun, Kanishka, and Aarushi - who secured the top three positions in overall MBBS academics. Welcoming the medical curriculum with open arms and demonstrating an unyielding commitment to their studies, they stood out as role models for their peers. Under the expert guidance and supervision of Dr. Mayurika, their hard work and determination were rewarded with a well-deserved foreign trip to United Kingdom - a testament to their academic brilliance and the power of inspired mentorship.



Dr. Alka Agrawal

Medical Dean



Success is the sum of
small efforts,
repeated day in and day out.



- Robert Collier

Educational tour to United Kingdom for our top achiever students marks yet another landmark in the ever increasing list of milestones of Santosh Medical College.

It is a unique opportunity to broaden our horizons and spread our wings into global universities.

This educational tour was not only an opportunity to award our meritorious students but also to enrich their knowledge and exposure to medical advancements across the world; An opportunity to embrace the rich global cultural diversity, an opportunity for immersive learning. We, at Santosh are committed to challenging ourselves to meet the newest demands of the 21st century with a vision to make our learners more independent and responsible for their own learning. Such educational tours open doors to more fruitful collaborative partnerships with other acclaimed global health Universities.

I am happy that our students returned from the trip loaded with rich experiences, mindful insight into personal and professional growth and quest for continuous enlightenment.

Heartiest Congratulations.

Dr. Mayurika S. Tyagi

HOD, Department of Immunohematology & Blood Transfusion

This academic visit to the United Kingdom has been an unforgettable journey of learning, growth, and connection. I am sincerely thankful to our Chairman Dr. P. Mahalingam Sir and Vice Chairman, Dr. Santosh Mahalingam Sir, for their vision, the Management of Santosh Deemed to be University for their support, and most of all, our respected Dean Dr. Alka Agrawal Madam, for entrusting me with this opportunity.

While I began the journey with excitement for the academic insights, the true joy lay in mentoring and traveling with three meritorious young girls as they grew in confidence and vision. Sharing time beyond classrooms allowed me to understand their aspirations and beliefs in a more personal way.

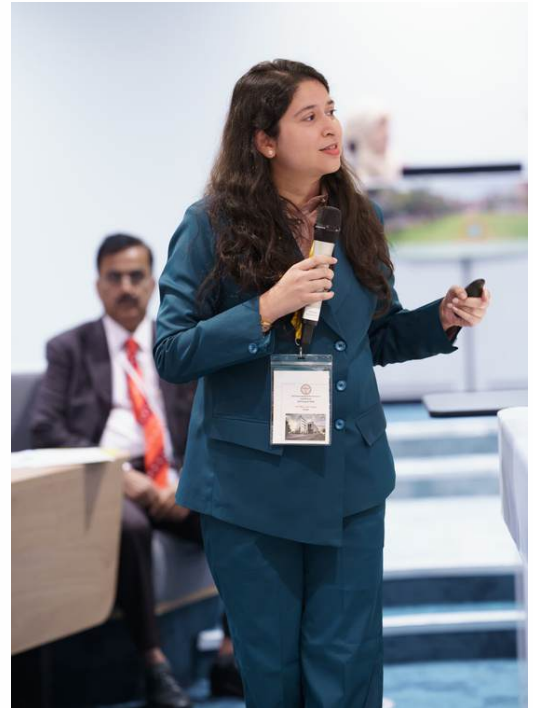
It was a privilege to mentor these budding innovators and leaders closely, especially as we worked together on their projects, which they proudly presented at the 3rd International AUE Conference in Bolton.

As a medical academician, visiting Bolton Medical School and interacting with colleagues across continents was deeply inspiring. The networking and academic exchanges opened new avenues to connect medical education across borders.

Being an all-girls trip, the journey was filled with warmth, laughter, and camaraderie—helping me connect with the students not just as their mentor, but as a fellow traveller.

This experience has also been one of personal growth. It reaffirmed my belief that mentorship is about listening, guiding, and learning alongside students. This visit was more than an academic tour—it was a journey of connection, growth, and inspiration. We returned not just with knowledge, but with dreams that go beyond borders.

From museum halls to medical schools, every stop in the UK was a classroom. From scrubs to stone circles, NHS talks to Turkish dinners – this UK trip was medicine with a side of magic. This journey was more than miles travelled, it was hearts connected, dreams nurtured, and lessons carried home.



Dr. Shagun Pahwa



First and the foremost, my heartfelt gratitude goes to Santosh Deemed to be University and our esteemed Dean, Dr. Alka Aggarwal Ma'am, for gifting me this incredible opportunity. This trip was more than travel—it was a reward, an honor, and a celebration of learning beyond classrooms.

I'm Dr. Shagun Pahwa, currently an Intern at Santosh Deemed to be University, with a heart full of curiosity and a mind eager to explore the world through the lens of medicine. Somewhere between textbooks and hospital wards, I found myself stepping into a journey that felt like a beautiful pause—where learning wore a new face and experience became my greatest teacher.

From the serene landscapes of Cumbria to the bustling academic corridors of Bolton, each day unfolded like a chapter in a storybook—blending the rigors of medicine with the magic of travel.



We explored West Cumberland Hospital where innovation met compassion; community centres, where healthcare intertwined with social well-being, and attended conferences that sparked ideas bigger than borders. Along the way, there were strolls by harbors; moments of laughter, and glimpses of a culture that welcomed me with warmth. This wasn't just a trip; it was an experience that deepened my understanding of global healthcare, polished my perspective as a young doctor, and left me with memories stitched together by both science and soul.

And now, as you flip through these pages, I invite you to relive the journey with me—day by day, thought by thought, and dream by dream. Because sometimes, learning doesn't sit still in a lecture hall—it dances across continents.

Dr. Kanishka Singh



When I embarked upon my medical journey, I never imagined being chosen among the toppers for such a prestigious academic excursion. To be entrusted with this honor is both humbling and deeply gratifying, and I am sincerely thankful to my university for this opportunity.

The trip was a harmonious blend of learning and exploration. Academic sessions and project presentations broadened our perspectives, while hospital visits offered invaluable insight into the UK healthcare system, extending our understanding beyond textbooks. Exploring culture, history, and landscapes added color and warmth, making the

journey both intellectually stimulating and emotionally enriching.

It would be incomplete without mentioning Dr. Mayurika Tyagi ma'am. Despite her hectic schedule



and demanding presentation, she devoted herself wholeheartedly to guiding us through our projects, offering unwavering encouragement and support that made us feel truly valued. What began as a faculty-student association gracefully transformed into a companionship closer to friendship, turning the excursion into a shared voyage rather than a formal endeavor.

This journey was not merely a trip, but a tapestry of knowledge, fellowship, and cherished memories that will remain with me always.

Dr. Aarushi Pratap



My MBBS journey started roughly, marked by poor NEET UG performance and the ensuing taunts, which led to self-doubt and low self-esteem. My brother's advice – to study for knowledge, not scores, as marks don't define potential – resonated deeply. I committed to MBBS, focusing on knowledge and clinical skills, not to be a topper or studying only for exams with cramming and rote learning. Hard work paid off with a sponsored international academic trip. I'm grateful to my institute for this enriching opportunity. The trip boosted my medical knowledge and confidence, especially through presenting a paper internationally. It was also a rich cultural experience.

My mentor, Dr. Mayurika ma'am, was exceptional, guiding me through the project and encouraging me to share my thoughts with esteemed delegates. Her support was invaluable.



Academically, the NHS visit was a highlight. Experiencing NHS operations firsthand, particularly health education, was far more impactful than reading about it. The way they respect their coworkers, be it fellow doctor, nurses, lab technicians or even their cleaning staff is worth enculcating in our behaviour. There, a doctor and a nurse are treated equally, no senior or junior which leads to positive work environment and no toxicity.

Culturally, our time in Cumbria, a serene English village with mountains, peaceful weather, and grazing livestock, felt like a dream vacation. The conference itself offered great learning in law, ethics, counseling, and respecting colleagues.

Ultimately, my journey, though starting rough, now feels firmly back on track.

The Voyage Opens:

From India's Shores to Glasgow's Gates in Scotland, The Land of Golf

Santoshians part from India
not in farewell, but in promise-
to return richer in
knowledge and fuller in spirit.



Their journey began at Indira Gandhi International Airport, Terminal 3, filled with excitement and a touch of sadness as they bid farewell to their families. A 10-hour flight took them to London, followed by a rushed transit through terminals via the Heathrow Express and Elizabeth Line. Soon, they boarded a British Airways flight to Scotland—checking into two countries in one day felt like unlocking a traveller's bonus level.

Glasgow greeted them with rolling green hills, cloudy skies, and charming stone houses. The cobblestone streets amusingly reminded the group of the "cobblestone appearance" in pathology—their medical minds couldn't help but draw the connection. But nothing could have prepared them for the breathtaking sight of the University of Glasgow, with its Gothic architecture and enchanting, Hogwarts-like aura.

From India's Shores to Glasgow's Gates in Scotland, The Land of Golf



WANLOCKHEAD LEAD HILLS

After a refreshing start to the day, the group set off from Glasgow to Leadhills and Wanlockhead, the highest village in Scotland, renowned for their historic lead mining heritage. Surrounded by vivid green hills, brisk winds, and serene trails. As they explored the Heritage Trail, they uncovered the region's geological significance, learning how tectonic shifts had shaped the earth and concealed precious minerals beneath its surface. Peaceful streams and scattered pinecones added a timeless charm to the experience. It was a day where nature and science converged, offering deep insight into Scotland's rich mining and geological past.



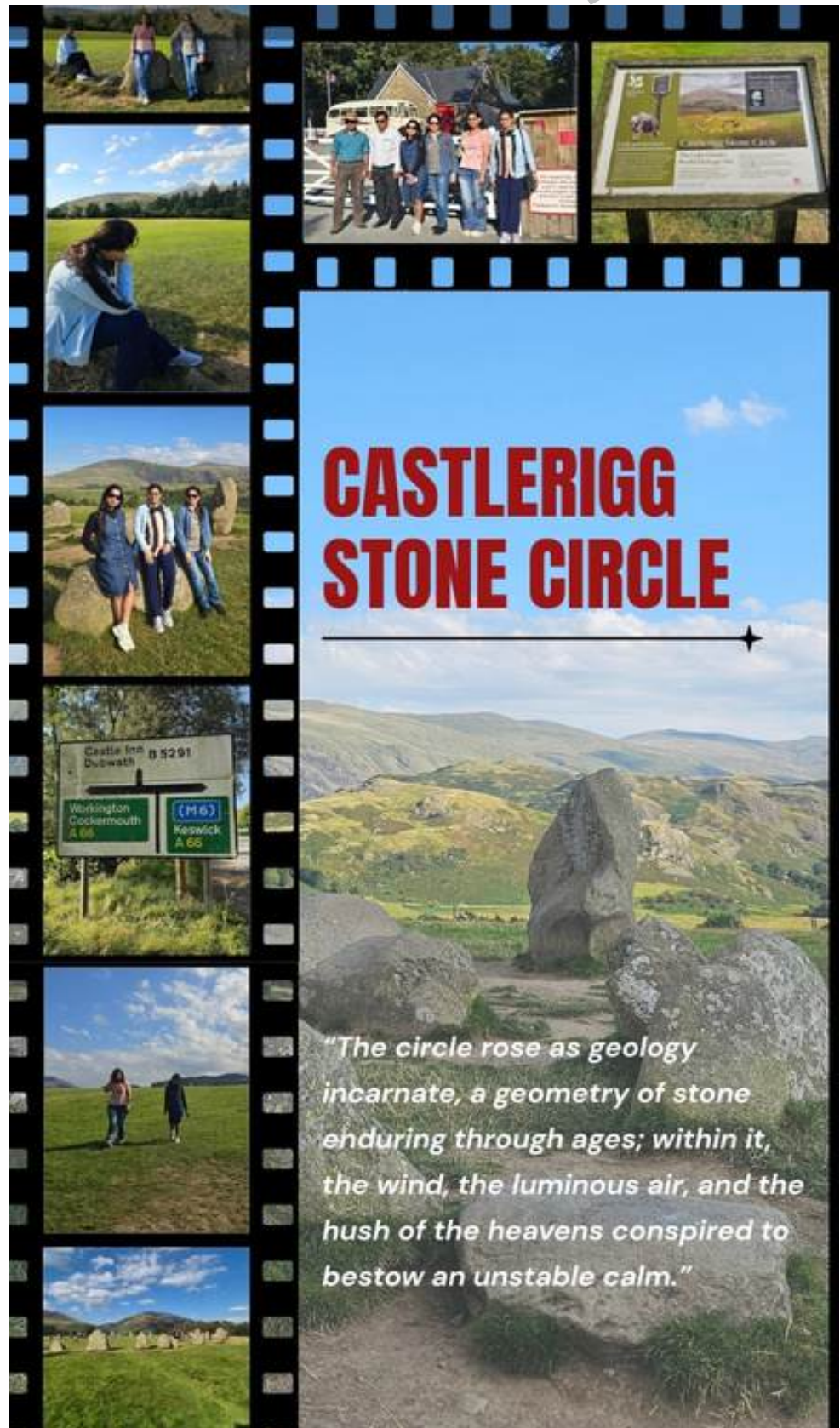
Museum of
Lead Mining
WANLOCKHEAD VILLAGE



LEAD HILLS

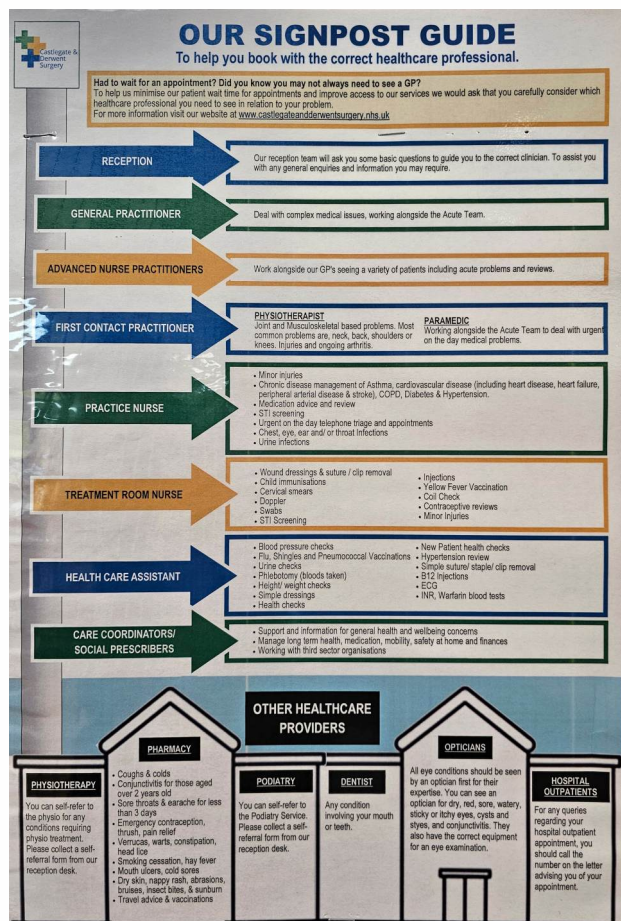
CASTLERIGG STONE CIRCLE & BASSENTHWAITE LAKE

Crossing into England, the students visited the Castlerigg Stone Circle in Keswick, a World Heritage Site surrounded by timeless beauty. The landscape resembled a painting brought to life. The ancient stones invited quiet reflection, as if time itself had slowed. Nearby, they explored Bassenthwaite Lake, one of the few lakes in the Lake District without an island, its still waters adding to the serenity. A visit to the charming Lake Station, with its vintage railway vibe, added a nostalgic touch. The day ended with a warm and hearty English supper, highlighted by a rich, homemade Sticky Toffee Pudding—a sweet, comforting taste of true English hospitality.



COCKERMOUTH COMMUNITY HOSPITAL & HEALTH CENTRE

At the Cockermouth Community Hospital & Health Centre, the air buzzed with conversations that blurred the lines between health and everyday life. A meeting in the Health Education Room revealed something remarkable: patients and healthcare workers weren't just discussing illnesses, but also the social threads that shape well-being. It served as a living example of how the NHS seamlessly weaves together medicine, support, and society.



TOTAL TRIAGE »

'Our new improved way to book an appointment'

Visit our website for more details or ask a member of our team
www.castlegateandderwentsurgery.nhs.uk

Total triage forms are completed using any of the three methods below:

- Online (Preferred method) - completed by patient on the NHS app or via our website www.castlegateandderwentsurgery.nhs.uk
- In person - Patient assisted by one of our team who will complete on your behalf.
- Telephone - call us on 01900 705750. Patients will be assisted by one of our team who will complete on your behalf.

Completed forms will all arrive into our central inbox.

- Our Care Navigators will initially screen all requests filtering out any admin requests, nurse appointments (blood tests, ECG, cervical screening, annual reviews etc) and an appointment will be arranged.
- All remaining forms will be reviewed by our triage GP who will look at the information provided by the patient and assign an appropriate appointment. This will be within the appropriate timeframe and with the clinician or service to assist with your concern.

Red appointments will require a same day telephone or face to face appointment. Our team will telephone/ contact patient to arrange.

Amber appointments will be arranged for the next 2-5 days. Our team will either send out a text message with a self book link. Patients can then view availability and book directly. Or we will contact you to arrange.

Green appointments are next routine available appointment. Our team will either send out a text message with a self book link. Patients can then view availability and book directly. Or we will contact you to arrange.

No matter how you ask for an appointment, you will be asked the same questions. This helps the doctors know what you need and makes sure everyone is treated the same.



WEST CUMBERLAND HOSPITAL

West Cumberland Hospital in Whitehaven stands as an impressive facility in one of England's quietest regions. Despite serving a sparsely populated area, it operates one of the busiest emergency departments. The hospital is known for its efficient systems that allow most patients to return home the same day, blending urgent care with streamlined processes. Its quiet corridors and hardworking staff reflect a deep sense of resilience and dedication. In a place where one might not expect such a high level of medical activity, the hospital emerges as a vital, quietly heroic institution at the heart of its community.



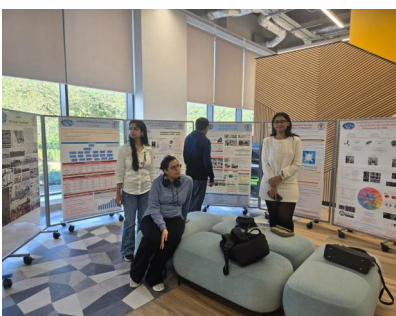
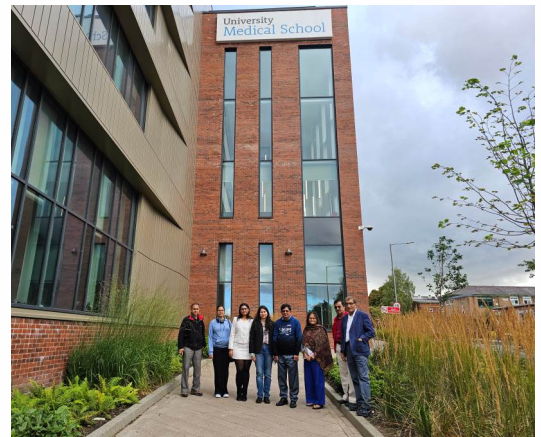
BOLTON UNIVERSITY

Their journey began with a fond farewell to the cozy charm of Broughton Craggs, as the road led them from the rolling greens of Cumbria to the bustling heart of Bolton. By the time they checked into the Holiday Inn and enjoyed a comforting lunch, anticipation for the days ahead was already in the air.

The afternoon took them straight to the University of Medical Science in Bolton, Greater Manchester – soon to be the stage for their upcoming conference. As they arranged posters and banners, a buzz of excitement filled the air, as though the halls themselves were preparing for the energy to come. A campus tour with Ms. Alisa revealed the wonders of modern medical training—simulation classrooms where mannequins mimicked real-life emergencies, the cutting-edge Anatomage virtual cadaver, and a serene library promising endless hours of exploration.

An engaging session with Dr. Harsh Arya and Dr. Pratibha added depth to the day. Their insights into the NHS, postgraduate training, mentorship, and community healthcare painted a vivid picture of life within the UK's medical landscape. From one-stop cervical cancer clinics to holistic child health, every detail carried both inspiration and perspective.

Three brilliant MBBS graduates from Ghaziabad delivered an extraordinary presentation at Bolton University, captivating the audience with their insightful perspectives on medical science. Their exceptional research, confidence, and clarity placed them at the top of the conference leaderboard, leaving experts deeply impressed by their innovation and academic excellence.



AIIMS CONFERENCE

The 3rd International AIIMS Conference at Bolton University brought together brilliant minds who shared their perspectives on change, learning, healthcare, and human connection.

- Dr. Mayurika Tyagi and Dr. S.M. Kantikar, a medicolegal expert, sparked an inspiring discussion on how doctors and lawyers can unite their strengths for society's greater good. Together they wove a dynamic conversation that bridged the white coat and the black robe, highlighting how collaboration, not confrontation, can lead to a more compassionate and accountable healthcare system.
- Dr. Kanishka Singh captivated the audience with her presentation "Understanding the elusive Doctor-Patient Relationship." She discussed how trust, empathy, and communication form the foundation of effective care, reminding everyone that medicine is not just a science, but also an art of connection.



- Dr. Shagun Pahwa brought a fresh perspective with her session on "Understanding different forms of learning: Pedagogy, Andragogy & Heutagogy." She explained how learning evolves—from teaching children, to guiding adults, to enabling self-driven learners—and highlighted the importance of adapting educational styles to empower growth at every stage.

- Dr. Aarushi Pratap wrapped up the sessions with her insightful talk on "Understanding different forms of healthcare systems." She compared healthcare models across the world, emphasizing how each system influences accessibility, quality, and outcomes for patients.

Together, these speakers left the audience inspired—with new ideas, deeper understanding, and a renewed sense of responsibility towards learning and community well-being.

THE CUMBERLAND INFIRMARY

The group travelled through the peaceful English countryside to The Cumberland Infirmary in Carlisle, where they observed a healthcare system rooted in both innovation and human connection. From radiology and surgery to occupational therapy and emergency care, each department reflected a seamless blend of clinical expertise and compassion. Highlights included Same Day Emergency Care, thorough pre-surgery assessments, and a growing cancer centre offering both treatment and hope. Later, they explored Cockermouth's historic Town Center before ending the day with a warm Turkish dinner at Aspava. The experience showed that healing extended beyond hospital walls into the heart of the community.



Where Care Becomes a Collective Art

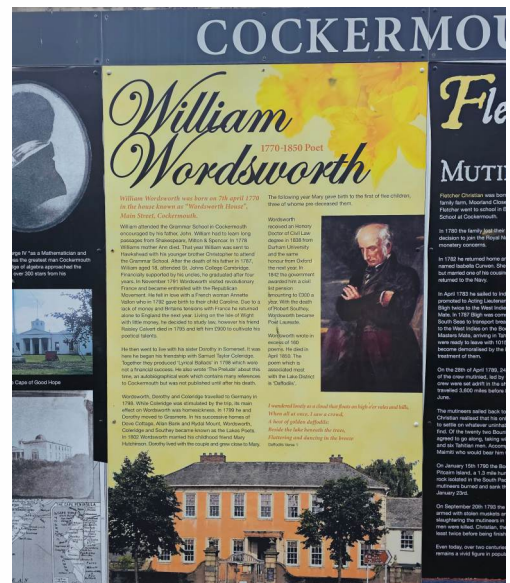
WHITEHAVEN HARBOUR & GRETNA

After a morning of academic focus, the group shifted into leisure, enjoying a peaceful stroll along Whitehaven Harbour, where the sea breeze offered a welcome calm. Lunch brought a cheerful break at Tesco followed by an energetic visit to Gretna's Caledonia Park where shopping, laughter, and souvenir hunting filled the afternoon. The day concluded in Carlisle with dinner at Adriano's where conversations flowed easily, blending reflections on healthcare experiences with excitement over the day's purchases. It was a balanced day—marked by learning, relaxation, and shared moments that deepened both understanding and camaraderie among the group.



SCOTCH STREET & COCKERMOUTH TOWN CENTRE

Along the quaint stretch of Scotch Street in Carlisle, they wandered through the cool air, pausing by elegant shops and warm cafés that reflected the town's quiet glory. Later, in Cockermouth's lively Town Centre, flowers bloomed along the lanes, turning shopping into a gentle stroll through colour and calm. Here, William Wordsworth gave the world "Daffodils" and John Dalton his Atomic Theory—a town where poetry blossomed and science took shape, echoing memories of school days, literature books, and lessons that once sparked their imagination



LAKE DISTRICT COAST AQUARIUM, MARYPORT

At The Lake District Coast Aquarium, Maryport - we found ourselves surrounded by an enchanting world of swirling blues and silvers—graceful fish gliding through vibrant habitats, each tank a living canvas of the ocean’s poetry. Conversations drifted toward conservation, sustainability, and the fragile beauty of marine life, while the thought of a stroll by Maryport Beach lingered like a refreshing breeze waiting just beyond the horizon.



THE ECHOES OF THE MANNER

Visit to the English Residence

Stepping into an English house felt like entering the pages of a Shakespeare play. Wooden beams and tall chimneys gave it an old-world charm, while the gentle squeak of the floors made every step feel alive. Antique crockery, brass candle stands, elegant lamps, and reddish painted walls filled the rooms with a warm richness. Antique furniture—polished cabinets, ornate tables, and soft armchairs—stood with quiet dignity. Paintings, some faded with age and others still vivid, lined the walls, adding a sense of history and storytelling. In the centre rested a beautifully carved round table, its intricate wooden designs beneath a glass top resembling a miniature world in itself.

An intimate interaction with Dr. Veena, an ex-PLAB examiner and OSCE expert who shared candid reflections on examinations, training and realities of pursuing a career in the UK. Her words struck a chord—equal parts inspiring and grounding—offering a glimpse into futures shaped by resilience and choice.

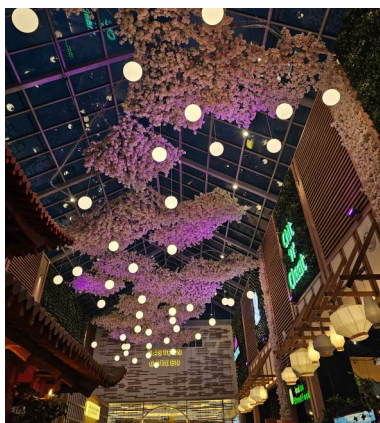


THE TRAFFORD CENTRE

The Majestic Promenade of Manchester



As dusk approached, the Trafford Centre dazzled them with its sheer grandeur. Beneath its glittering domes and ornate ceilings, the blend of high-street brands, themed architecture, and lively energy created an experience that was part shopping spree, part sightseeing wonder. Between window shopping, retail discoveries, and photo-worthy corners, the visit felt like stepping into a sparkling world of indulgence.



LONDON

Between Big Ben & the Boarding Gates



Wandering through the glamorous heart of London

From the chimes of Big Ben beside the timeless Thames, to the soaring London Eye (The Millennium Wheel), once the tallest observation wheel in the world, where the city unfolded in breathtaking panoramas. Crossing Westminster Bridge, the skyline sharpened with the Gothic towers of Westminster Abbey and the Palace of Westminster, both echoing with centuries of coronations, debates, and legacy.



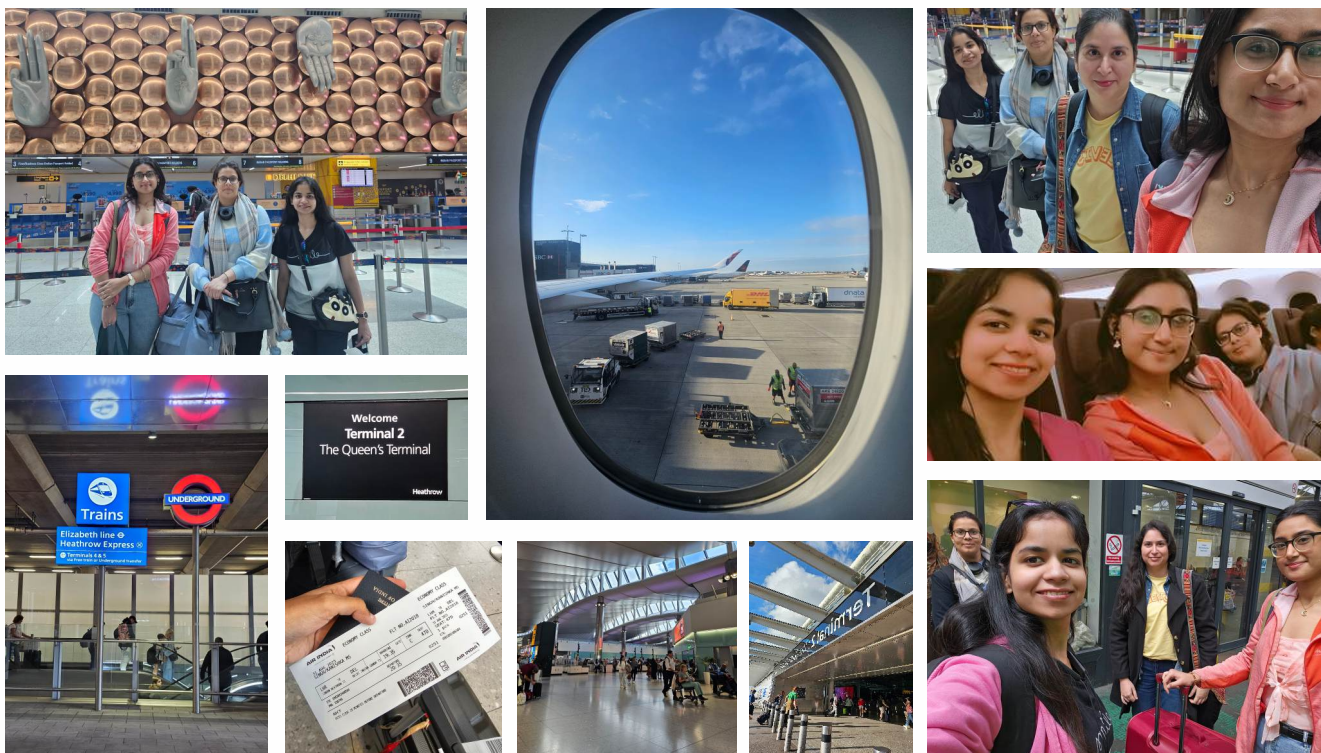
The stride down Whitehall carried the weight of remembrance, with solemn war memorials like the Monument to the Women of World War II, before the city softened into the quiet elegance of Pimlico's Lupus Street and St George's Drive, graced by the calm presence of St. Gabriel's Church in Warwick Square. The grandeur of the triumphal Wellington Arch, a symbol of victory and gateway to London's royal parks, made the city feel majestic.

"Each crossing, each landmark, tied together power, beauty, and memory – a London that dazzled not only the eyes but also the soul."

THE ENDNOTE OF EXPLORATION

Each crossing, each landmark, tied together power, beauty, and memory—a London that dazzled not only the eyes but also the soul. Had they toured well enough in just a few hours? Oh yes, they believed so now—beautiful! Wow!

But as the saying goes, every story has its last page. Soon, it was time for them to return. Their hearts clung to the city, whispering to stay, but their hands held tickets that pulled them away. At the airport, after check-in, they rested, replaying their explorations—academic insights, cultural wonders, and emotional bonds—all that the trip had woven together.



At 8:30 p.m., they boarded the flight back to India. Calls to family were made—"Mumma... we're boarding now..." And as the plane lifted off, emotions began to flow: memories of their arrival, feelings both shared and individual, and the bittersweet realization that this one-week, all-girls trip had given them something rare—a new bond. Unpredictable yet precious, built on shared laughter, shared steps, and shared dreams.

High above the clouds, the journey softened—restful sleep mingled with movie marathons: *Jab We Met*, *Devdas*, *Chak De! India*, *Zindagi Na Milegi Dobara*—genres shifting just like their moods. A smile, a sigh, a quiet nap...

And then finally—Delhi. Immigration complete, bags in hand, they exchanged goodbyes. Not just goodbyes, but "see you soon," carrying with them cherished memories, indelible bonds, and an album of moments they knew would echo whenever they met again.

REWINDED REALMS

The Concluding Frame

Day 1: 24/08/25

Arrival in U.K.

- 🚩 Glasgow University, Scotland
- 🚩 Hunterian Museum, Scotland



Day 2: 25/08/25

- 🚩 Wanlockhead, Scotland
(HIGHEST VILLAGE IN SCOTLAND)
- 🚩 Museum of Lead Mining, Leadhills, Scotland
- 🚩 Castlerigg Stone Circle, England
- 🚩 Bassenthwaite Lake Station, England



Day 3: 26/08/25

- 🚩 Cockermouth Community Hospital & Health Centre, England
- 🚩 West Cumberland Hospital, England
- 🚩 Whitehaven Harbour, England
- 🚩 Gretna, Scotland



Day 4: 27/08/25

- 🚩 Scotch Street, Carlisle, England
(Where they shopped in Tesco & had lunch at Adriano Italian restaurant)
- 🚩 The Cumberland Infirmary, England
- 🚩 Cockermouth Town Centre, England

THE CONCLUDING FRAME

Postscript of the Path

Day 5: 28/08/25

- 🚩 The Lake District Coast Aquarium, Maryport, England
- 🚩 Visit to English Residence, Carlisle, England



Day 6: 29/08/25

- 🚩 Bolton University, Greater Manchester, England
- 🚩 Trafford Centre, Manchester, England



Day 7: 30/08/25

- 🚩 Bolton University, Greater Manchester, England



Day 8: 31/08/25

- 🚩 London, England



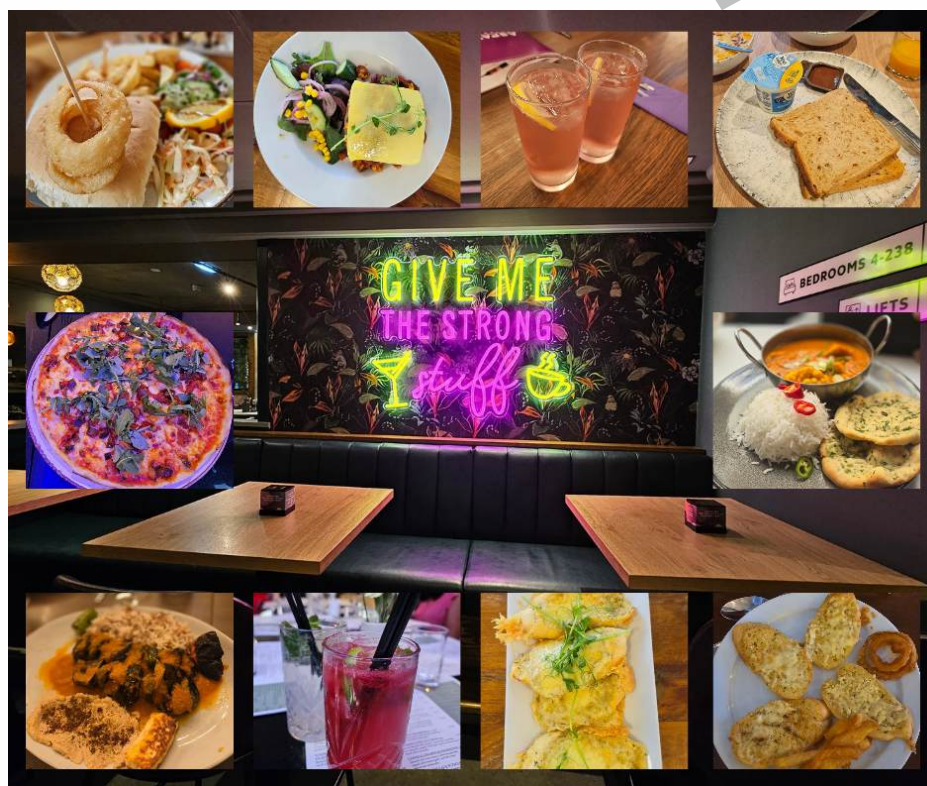
Day 9: 1/09/25

- 🚩 Arrival in Delhi, India



THE EPICUREAN PALETTE

British Bites



THE EPICUREAN PALETTE

British Bites



EDITORIAL TEAM



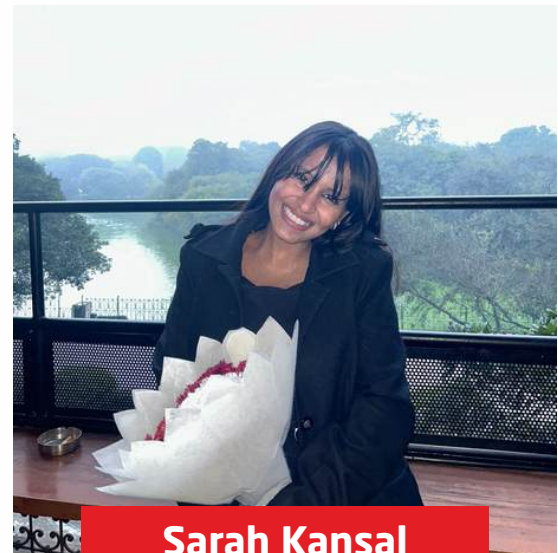
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