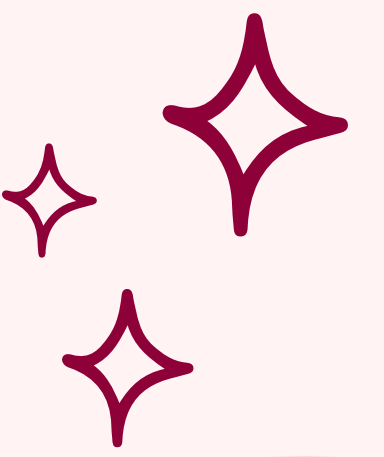


HARDINGE 101

THE FIRST YEAR GUIDE



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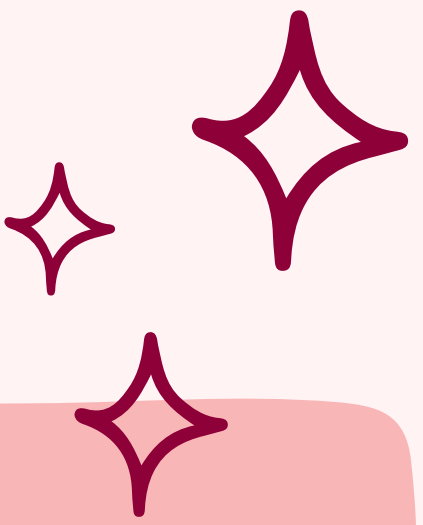
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The team behind this

“You don’t choose Hardinge, ‘Hardinge chooses you”

To all the countless days you will spend at the Audi steps, the cheers and the cries, the love that you will give and receive, as you go from “um main statue ke paas hu” to “yaar main Mata pe bethi hu”...



FOREWORD

Congratulations new Hardonians!

A hearty welcome to my beloved alma mater. It is indeed my privilege and honour to serve the hallowed portals of Lady Hardinge Medical college as faculty in Department of pathology. I have very fond memories of my undergraduate days- full of curricular and extra-curricular activities. Our teachers were our role models- explaining the basics of medicine, teaching us the conduct and behaviour of a medical professional and encouraging us to have a work-life balance. The social and cultural festivals are occasions of great interaction between students and faculty. Hardinge offers you an excellent platform to show your skills as a physician with strong background in academics and clinical experience. You also get to experience life in the capital with a rich cultural life outside the campus.

Being a Hardonian has made me what I am today. If given a chance, I would go back in a jiffy and relive those beautiful days.

The alumni network is a 2500 members strong LHMCA alumni association (LHMCAA). The association offers scholarships, medals and mentoring to all the students. We also support numerous social and communal welfare within institution and outside. We hold our annual day on the 3rd Sunday of December every year, where senior alumni interact with the students and faculty with facilitation of golden jubilee and silver jubilee batches.

Membership is easily done through our website (lhmcaa.org)

I encourage you all to become members of the LHMCAA at the earliest and be a part of the ever expanding vibrant community of Hardonians!

You may enter Hardinge as a mouse but you will surely grow into a lioness. That is the magic of Hardinge. It moulds you into a stronger and braver person. Imagine being 25 years at a place! It will not only become your home, but also a part of your soul.

Per Ardua ad Astra

Dr. Anita Nangia

President, LHMCAA

Hardinge batch of 1988

HISTORY

Hardinge, this 109-year-old institution, has imbued colour into the lives of thousands of people living across the world. Lady

Hardinge Medical College was named after Winifred Sturt, Baroness Hardinge of Penshurst and was established in 1916.

Its hallowed halls, the statue of Lady Hardinge 'Mata', the spiral staircases and a lot more in its heritage building have a special place in the hearts of all hardonians.

Initially the college had admitted 16 students. The college was affiliated to University of Delhi in 1950 and started post graduation courses in 1954. Currently the college admits 240 students and has two teaching hospitals, Smt. Sucheta Kriplani and Kalawati Saran Children's Hospital.

A MESSAGE

Dear new saplings

It might sound a lil cliché by now but, CONGRATULATIONS!!

Congratulations on having successfully sailed through a stormy sea and to be chosen by Hardinge.

We're excited to have you among us.

Medicine, of all professions, is one of the most noble and respected ones. However, it comes at a price- not the 1300 Rs. that Hardinge charges us but the price you must pay in terms of hardwork, time, giving up family functions, saying no to those school friends of yours, and all the fun in between. In the first year of college, while you adapt to a new environment with a whole new set of friends and maybe staying far away from home, taste the newly found freedom and the independence of taking decisions for yourself, it is easy to find yourself lost.

We say this because we've been in those shoes. Which is why we came up with this guide- a much hard worked upon piece put together by some amazing seniors of yours.

Welcome onboard. Officially.

However scary it may have sounded, there is one thing I can assure you of- it ain't gonna be as bad as walking on a bed of thorns either (save the part where you'll get down to sit for proffs :p).

Out of the cocoon called school, college gives you memories unbound. Capture them. Surround yourself with amazing friendship and laughter. MBBS is the one phase of life where you can grow manifolds. Lessons that will go a long way. Make sure you dont miss out on the fun while you immerse yourself in an ocean of books and exams.

As for Hardinge while some of us longed to study here, most of us 'ended up' here despite our wishes to be elsewhere. Hardinge was not the first choice for most of us too but we've all found a home in here, in its people and its glorious history. Hope you'll find one too as you sail through this journey.

Psstt, Your dis are always there for you. Feel free to reach out to any of us.

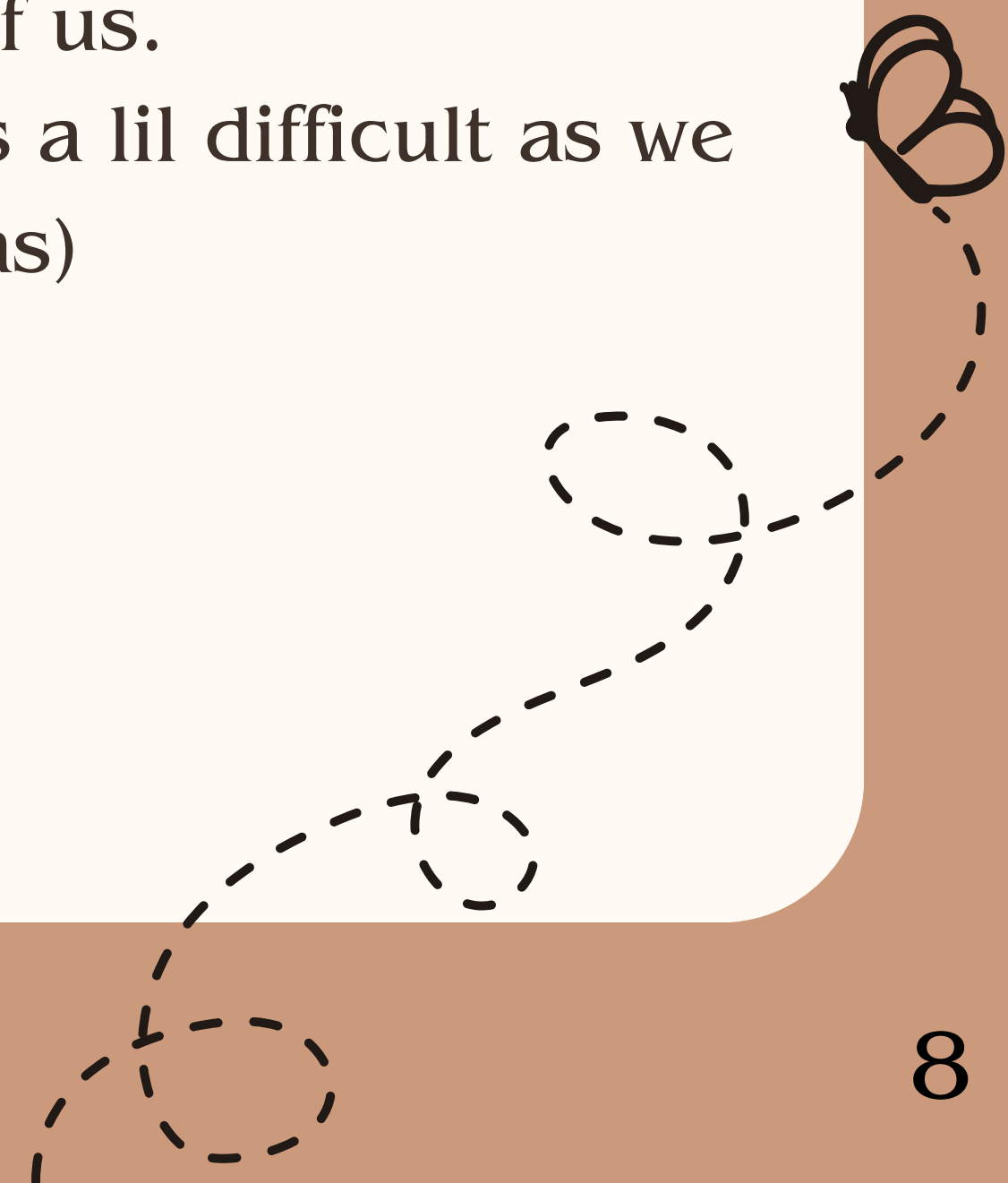
In any way, if you want help or wanna just hang around (the latter gets a lil difficult as we go up the ladder but sure we can find time for you lovely smart fachhas)

Love

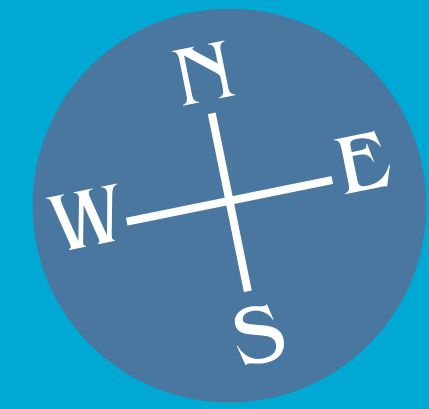
All the Best

Bhavya Kansal

2019 batch



COLLEGE MAP



- 1 Academic block
- 2 Anatomy depart.
PSM depart.
FMT depart.
- 3 Pharma depart.
Biochem depart.
Physio depart.
Director's Office
Tailor Shop
- 4 Medicos
- 5 SJ Auditorium
Library
Gym
- 6 Cent A block
- 7 Cent B block
- 8 North block
- 9 South block

- 10 West block
- 11 UG Mess
- 12 Director's Residence
- 13 Swimming pool
- 14 Church
- 15 Old Emergency
Dargah
- 16 Central bank
ATM
Amrit Pharmacy
- 17 New Academic block
- 18 House Surgeons block
Xerox Brothers
Book Shop
Laundry
PG Mess
KKD (kamal ki dukaan)

- 19 Micro depart.
Path depart.
- 20 Nursing College
- 21 Nursing Hostel
- 22 New Emergency
- 23 IPD Building
- 24 OPD Building
- 25 CT Scan Block
- 26 Oncology
- 27 Kalawati Saran
Children hospital
- 28 SSKH Old Hospital
building
Hanuman mandir

AT THE OUTSET

1. LET GO OF THE COMPETITIVE SPIRIT

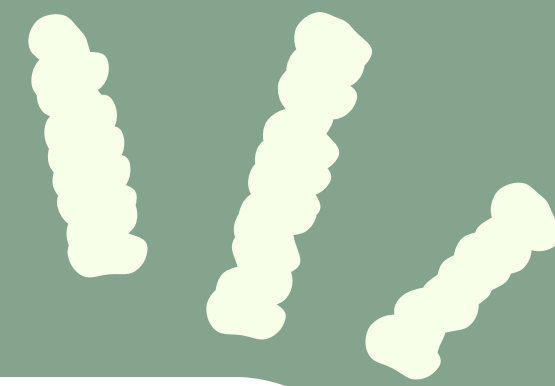
First year is probably the one year when we are all superdedicated towards studies. I'm sure by the time this guide reaches your hands, you would have (or at least tried to) gulped down the first few chapters of Ganong or general anatomy bdc. There's not a single doubt that you must've given your 100% to understand them but whether you actually understood them, there is doubt. You're not to be blamed either. We were all wired the same. We all are the cream of the nation. We all have been toppers back in school. Having faced the rigorous drill called NEET prep, it's hard to let go of the 'hard-working habit' and more so, the inner force to make it to the top.

Well, it's not my place to discourage you or say don't. But I can say that those chapters are nevertheless insignificant. In the tons of medical jargon at your disposal in the coming years, these chapters, as trivial as they are, would never come to use or would be covered in everything else that you read. They don't give you any sort of upper hand in the long run. On the other hand, while you rush to your hostel or your home, you miss discovering friendships, the tons of gossip your seniors would love to give to you, learning to live a life out of your cocoon and a hundred other things more.

Moreover it's a long journey ahead. Very. Always competing and doing it all by yourself will only take you so far.

Let go of any pride/ego or even inferiority complex that might arise out of your rank. A sheet of 360 Questions cannot fully describe who or how a person is. Everyone here is just as smart. Y'all start from scratch in MBBS. Your past knowledge can only help so much but if you have a strong support system beside you, you can fly real high. So don't make friends by judging them on the basis of their ranks or quota or in fact college too. You never know where you might find a gem.





2. **HAVE FUN**

You can literally start your life afresh in college. Do not know a skill? Learn it. Age 17 is not too late. Learn that guitar, pick that paintbrush. Volunteer in events and societies. Attend that fest, dance till your legs hurt, laugh till your stomach aches. Put yourself into social gatherings, make a social network (who knows you might get that free entry in the Next Pulse).

Let go of that shy introvert nerd from school.

For if not now, when?

Life ahead is only gonna grow tough.

First year is probably the only time your mistakes will be all forgiven, where you'll have all the support and be pampered by the admin and your seniors all alike. (Ps. You might disagree with me on the last during splash :0)

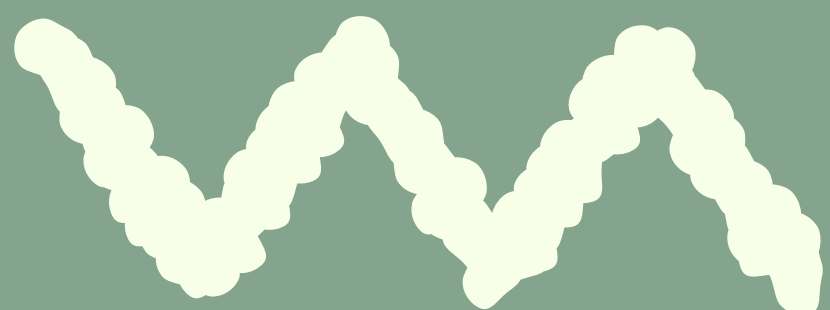
3. WORK HARD, PARTY HARDER

The challenges in MBBS are myriad. Every day brings a small challenge. Whether it's taking the lead in that group activity or whether it's the exam that got announced out of nowhere. It is true that marks really don't matter here, in this course. As long as you don't compare your marks with your classmates, you'll be happy.

Push yourself as much as you can. Just don't fall off the edge! Know when you have reached your limit, take a break before you burn out.

And once the ordeal is over, remember to party harder. As much as you're a Hardonian, you are a CPite. Living in the heart of Delhi, never deprive yourself of the various activities and day outs with friends.

But do remember, maintain a certain decorum. Now that you're Hardonians, you carry the reputation of Hardinge everywhere you go, so make your decisions carefully. Safety has to be a priority.



4. BE ACTIVE IN GROUPS

There is a general tendency of people to not talk in groups and preferring direct messaging/smaller groups to it. While the latter has its own perks, it in no way should not be a substitute for the former. For those of you who feel insecure about it:

- You're not doing a crime. No one is gonna judge you. Even if they do, kya hi ho jayega. Your personal/social/physical life is not gonna be at stake. If you think people will make fun of your Inglees, trust me you won't need them in your life either because they would always fail to notice the more beautiful side of yours.
- It boosts your confidence. We are in a profession that requires us to interact with people. If you don't build communication skills now, when will you? Remember, Medals don't shine for doctors who don't know how to communicate. The more you express, the more you will understand the art of expression.
- Being active in a group helps solve doubts of hundreds others. It doesn't even piss off the other person who is on the answering end. Rather the probability of your doubt being answered is more in a group when there are more people who can answer it. In my personal experience, whenever I've asked something in a tutorial/SGD, I've received a better response than when I do it on a personal chat.
- Lastly, aren't groups meant for discussions and collection of views from all? You might in fact land up interacting with a likeminded.

VOCABULARY

PG/JR-

The post graduate/ junior resident has completed their MBBS. They have cleared their NEET PG exam and are pursuing post graduation in that subject in Hardinge. Since this degree is 3 years long, you have-
PG1, PG2, PG3.

Once completed, the degree they receive is MD/NS/DNB

SR-

The senior resident has completed their post graduation. It is allotted as per seat availability and credentials. You receive an experience certificate upon completion. Useful in applying for consultant positions in government hospitals.



"We are a family, you'll grow to realise that"
~ Shubhi di

If we at Hardinge are proud of one thing, it's the sisterhood that we share. We call our seniors didis, short mein 'di', all of them irrespective of batch.

BI-COPE

You might be very competent indeed (there's not a single doubt about it) but eventually you will (as do we, still) need seniors to set your boats to sail, to help you see beyond your own shells.

You'll get to interact with us mostly as part of the mentorship program, various groups and societies, and while organizing events. You don't HAVE to be part of any of the above to reach us. We're all a whatsapp text or a simple Hi away tbh. All of us.

In first year we're all very comfortable asking our teachers, expecting they'd help us out. But the problems you're gonna face are either a far cry from their jurisdiction or are hardly their concern. But we seniors, especially your immediate ones, have been in those shoes. Whatever situation you're stuck in, we were there once too.

If we can make it easier for you in any way, we'll be very happy to. We'll fetch the world for you if you just ask, so please never shy away. In fact before you drop that message to the senior outside of your college, try to ask around in your own college first. Mind it it's 250 of us per batch. Your problem can't be that rare that none among the 250/200×infinite batches above you has not faced it. We can guide you exactly how you can solve that particular situation.

Don't you ever feel awkward reaching out to seniors irrespective of how senior the person is.

It might very well happen that we're busy with our own commitments and might not be able to respond.

1. You don't have to take that to your heart.
2. It does not entail that you always start your subsequent messages with "sorry to disturb you di".

The more comfortable you feel with us, the more will we too.

All we expect in return is you maintain the sanctity of Hardinge and maintain basic courtesy. We don't believe in setting up a toxic hierarchical system. Treat us the way you would to a sister or a friend, and the sister friend we will be. We wouldn't ever 'demand' respect just because we're seniors. We believe it should be given to those who deserve it, be it a junior /a senior / a workman or anyone who makes our lives better. And if you ever feel that something is misfit, be confident enough to voice it out and you'll be heard. Just don't be rebellious about it.

Hoping you find a senior whom you find solace with to rant to, whom you can find a friend in, beyond a person who'd just bookmark your books.



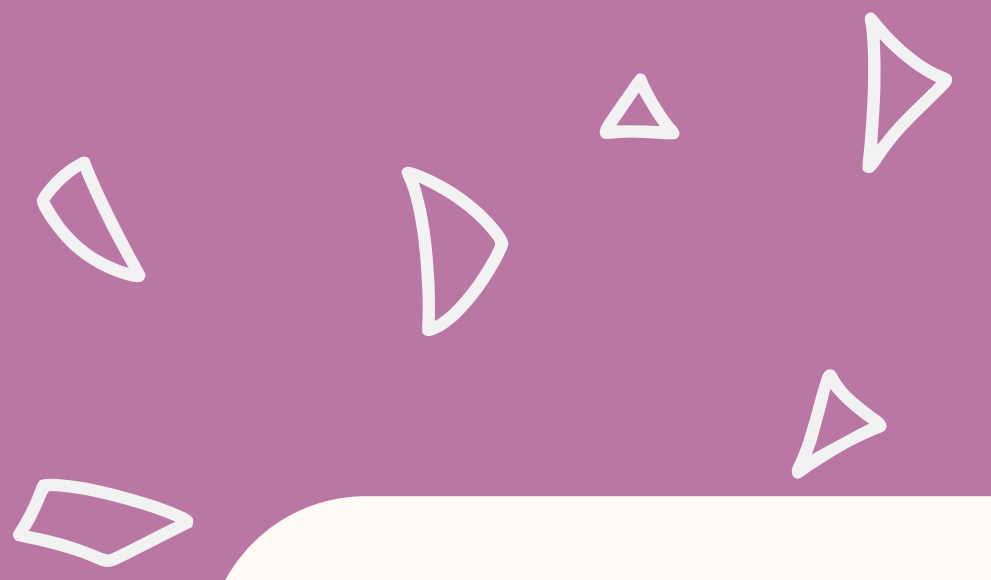
DAY SCHOLAR VS HOSTELLER?

Being a dayscholar means rushing home the moment you see the opportunity to, to hunt for places to have lunch, to decline the many parties you'd be invited to, sitting at home and munching while scrolling away the Rishikesh trips your hosteller batchmates and friends make which you painstakingly said no to because either you were too afraid to ask for the permission back home or were given a blunt 'No' if you had the courage to. It may not be wrong to equate one half of college life of dayscholars as being spent staring at the metro station boards flash by and the never ending "The doors will open on the right. Please stand clear off the doors".

You do get more time with your family and books but you're never able to become independent. Everything you seek will require an explanation and will have its temporal and geographical limits. For people coming from a non medico family background it gets even tougher.

Dear dayscholars, you deserve an equal share of fun. Try getting a hostel ASAP, apply in the first year itself.

P.S. you can stay in a friend's room when you're late to go home after fests. The guard stops none of us and it's seldom that the warden checks the rooms.



As a hosteller, you don't get as lavish a life as a dayscholar but you definitely become very mature. You get a sense of responsibility towards self, a skill of making life decisions, being okay being by yourself, managing your finances by your own, learning to adjust (with rommates and neighbours), and dedicating as much time you want to academics, co curriculars and other things without having to worry about travelling every day and feasibility of doing things. Sky's the limit when you're a hosteller and it makes you the best version of yourself, that you have zero regrets about.

IN TRANSIT



The Delhi Metro might just be the best, most convenient thing about Delhi. The way some of the city's best locations are connected by metro is mind blowing. Our very own metro station Rajiv Chowk is at the junction of the city's two busiest and longest lines - the blue line and the yellow line which makes it so crowded that if it were not for the metro, it could very well qualify as a fish market.

Quick notes:

1. On a tiresome day (i.e. most days), the corner seats can definitely provide a good nap.
2. Keep the metro map (and a few songs) downloaded at all times. You lose network at many places, especially when underground.
3. Do not carry your dissection kits in the metro.
4. As much as we all want as first years to wear that shining white apron at all times, you must also realize how much responsibility this glorious fabric carries, which you, neither are we, ready to carry yet. So, do NOT wear the apron outside of college! P.S. You don't wanna ruin it in the Rajiv Chowk rush in your early days, do you?
5. You can find a train here as early as 6 am and as late as 11:45 pm.
6. Try to stick around the women's coach esp after 9pm. It might be bustling at RC but till your destination it might not.
7. Gate 1 and 2 are ACTUALLY closer to college.

SJ AUDITORIUM

We take pride in having one of the most beautiful auditoriums in Delhi.
(okay might be a bit exaggerated)

We use the audi for every celebration from our white coat ceremony to interns day. We start our events by lighting the lantern as a part of ritual. For the inital few days, 1st year classes are also conducted there.

Caution: comfy chairs and good ac will ruin the experience of any movie theatres.

Also marking proxies in audi is a lot easier than LT.

LIBRARY

All of us from 1st years to PGs are found together at this place. Some hang out here for just good wifi and ac, while other actually study.

There's total 3 floors-
1st floor and lesser known basement library are only open from 9am- 8pm monday-saturday.

Books can be issued with the help of a library card. (DO NOT MARK THESE BOOKS WITH PEN)

The reading room is open 24/7 for everyone.

Rules are simple:
Don't make any noises.

Don't litter.

Don't leave your stuff lying around for days.

Don't eat there.

Apart from that, library is gonna be your one stop destination during proff season.

P.s. Some might agree that audi stairs also serve the purpose of unofficial library.

ACADEMIC BLOCK

Lecture Theatres

This is the place where you all (first years) will be spending most of your time, attending lectures and trying not to doze off during the same! Even the backbenchers are clearly visible to the teacher, so keep that in mind while attempting to complete your file during a lecture.

P.S. Beware the pigeons.

Examination hall

The brightly lit room may blind your eyes at first but hold on, keep your calm; you got this. Tons of tests throughout the degree await you, so breathe. It'll be alright even if you fail, try not to though in order to keep yourself sane. Don't worry you'll get used to it sigh.

Mini Auditorium

Seating approximately 250 people, this place will give you the sense of sitting in a PVR, with its colourful chairs and superb air conditioning.

An ideal place to host small sessions or even a movie screening!
(Unfortunately, we do not get to watch movies here)

ACADEMIC BLOCK

Floor
GROUND FLOOR LT 1, CANTEEN
1ST FLOOR CANTEEN
2ND FLOOR LT 2, SKILL LAB (BIOCHEM)
3RD FLOOR LT 3, SKILL LAB (PATH, MICRO)
4TH FLOOR EXAMINATION HALL
5TH FLOOR LT 4, MINI AUDI
6TH FLOOR ETHICS COMMITTEE

Wings
TB AND RD, BIOCHEM
MEDICINE
ORTHOPAEDICS
SURGERY
A. RADIOLOGY B. SURGERY, BURNS AND PLAST SURGERY
DERMATOLOGY, OPHTHALMOLOGY
ENT, DENTAL SURGERY, PSYCHIATRY

HOSTELS



- Buildings: Hostels consist of 4 buildings, with North Block and South Block being the first-year residences. Cent is for 2nd years and 3rd years and West Block for 4th years and interns.
- North Block is a historic building, likely built during the pre-independence era or at least that's what it looks like.
- Two rooms share one washroom, so it's 6 people sharing one indian style toilet that you will come to appreciate once you get to the cent buildings.
- The area in front of South Block is a haven for dogs like most of the college, so beware at night.
- **Curfew: Officially there isn't one, the beauty of Hardinge.**
- As time goes on, you'll pick up the small details, like mastering the bathroom lock and knowing which switch controls what. Most importantly, you'll adapt to living with roommates. You might not room with them again, but you never forget your first.
- Living in the hostel will be a learning experience that you will come to cherish.

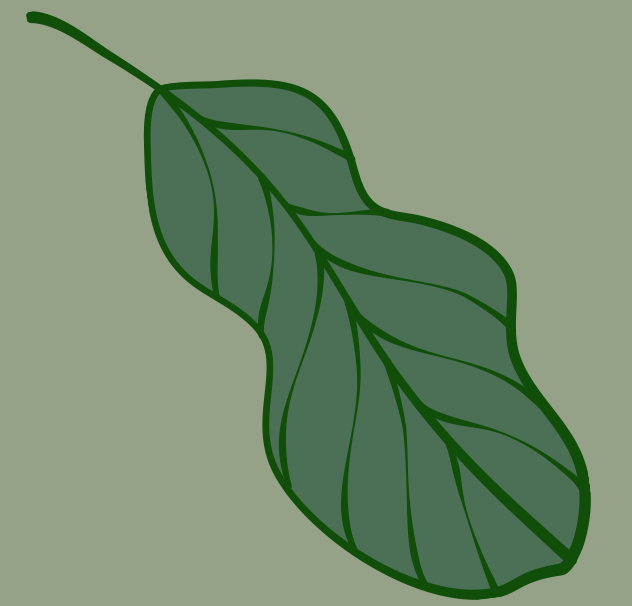




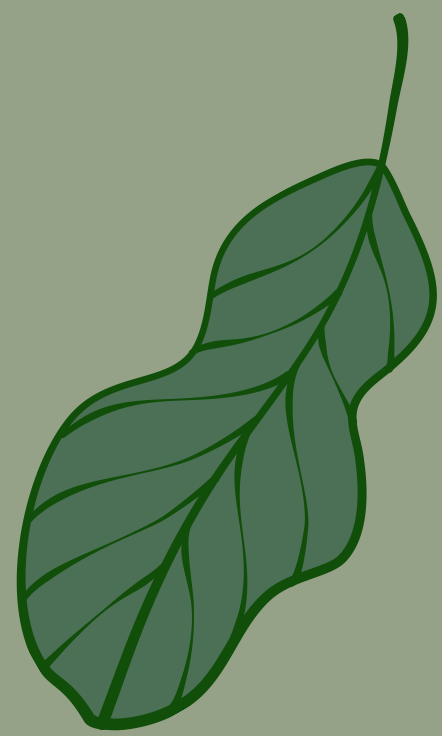
CENT BLOCK



NORTH BLOCK



SOUTH BLOCK



WEST BLOCK

Shelf indulgence

Shelf indulgence is the library that is maintained by The Book Club of Hardinge.

It was initially kept under lock and key, however it has been unlocked and thrown open to all. It's a space to escape with books. ,open for everyone and everything. We welcome every genre and discussion you love and enjoy and every book you want to share.

One almirah has academic books and the other non academic.

All these books have been donated by seniors.

You can take them if you need them but pls don't hoard books at your room.

Ps: you can donate books to the lib too

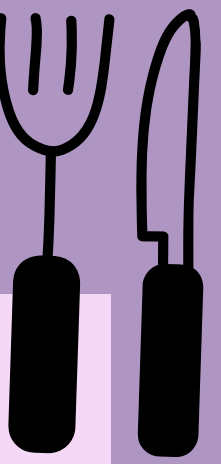
For lending/borrowing,
contact the coordinators:

Pragya(2021)

Mansi(2021)



UG MESS



Timings: Breakfast: 7:30 to 10 (meaning you always get late to 8:00 am classes on the days that you have to fight for dosas.

Lunch: 12:30 to 14:00.

Dinner: 7:30p.m. to 9:00 p.m on weekdays and 8:00 p.m to 9:30pm on weekends.

They have a weekly menu which is never followed thoroughly.

The tables are arranged year-wise. First years end up spending their lunch at the last table in the scorching June heat without any fans.

Current fees: 2900 monthly which all UGs must pay regardless of how often they take their meals here.

There's also a good luck lunch a day before professional exams of all the batches.

Closed on the 2nd Sunday of the month.
Caution: Please inspect your chair before sitting, there might be 1 in 100 chance that it has a nail popping out of it, all set to rip that jeans of yours.

MESS OFF

Can be availed for **60 days** in a year

With the current mess charges, you could save around 6k a year! (₹96/day)



PG MESS

Location: In the building labeled House Surgeon Block, behind KKD.

Air conditioned, if you're lucky enough to sit right next to the ac.

Menu: Greater variety than UG mess, daily variations

Fees: A la carte, depending upon what you want to eat.

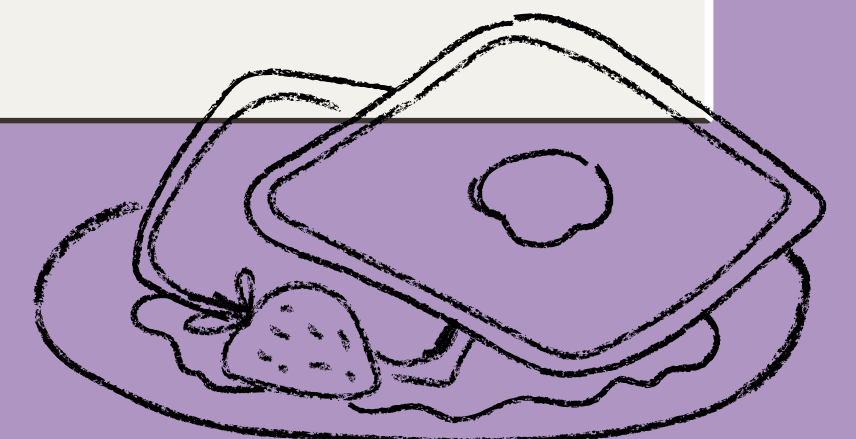
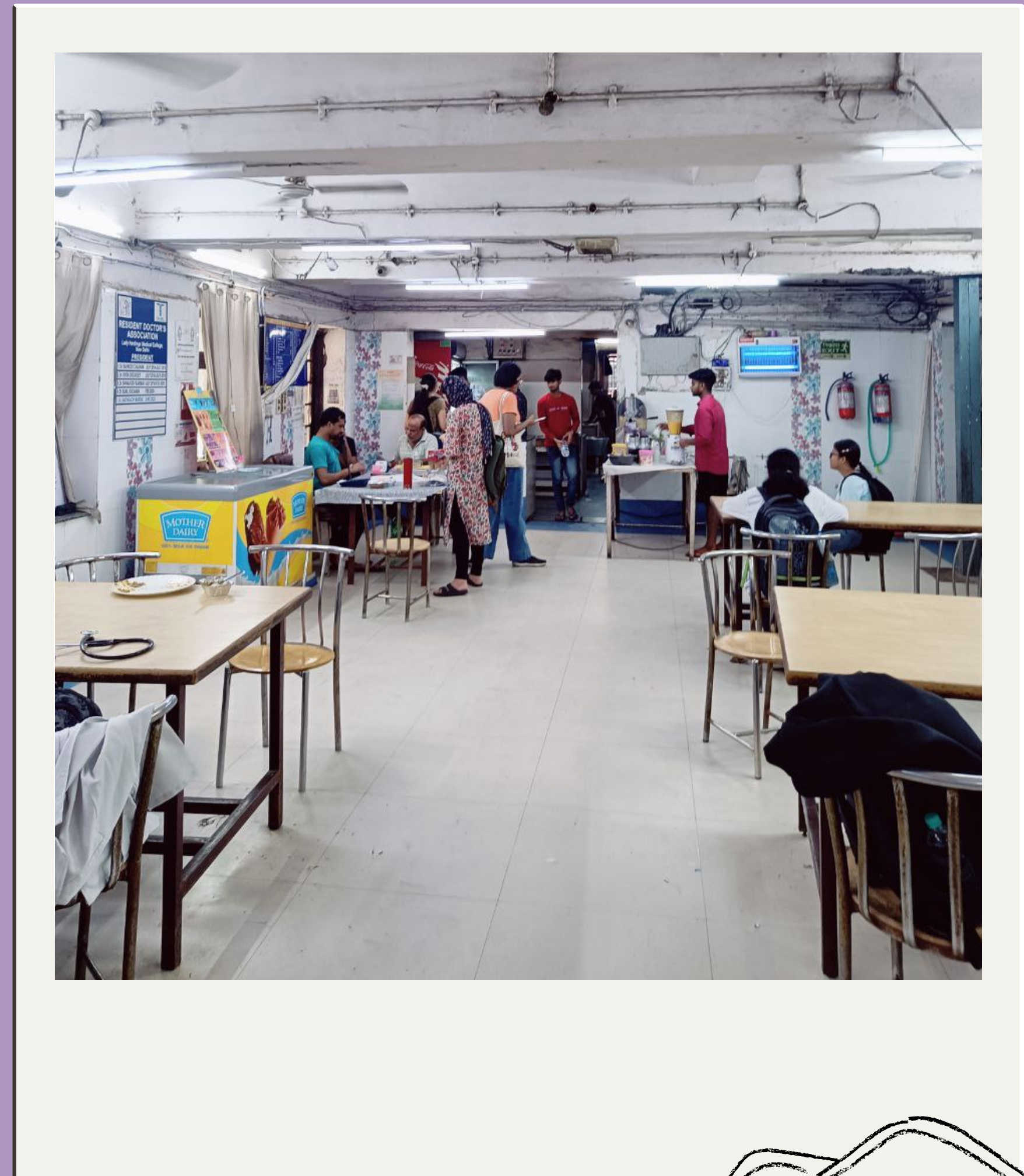
A good option when you're bored of the regular mess food and want a change of taste while being broke.

Closed on the 3rd Sunday of the month.

It is open till 2 am in the night.

Recommendations:

- ★ Potato fried rice
- ★ Gobi Chilli Fresh
- ★ Fruit Juice



CANTEEN



Medico's

This place is flooded w people during lunch, might get difficult to find a location for your squad.

Go-to spot for mid lecture cravings, do not try this stunt before lecture of a strict professor. It is acceptable to pack snacks from medico's and have it during biochem SGDs(at your own risk).

I hope you don't get to face 'aapka kya order tha' after waiting for 20 minutes.

It is still not yet settled which place offers a better cold coffee, medicos or kkd.

Popular Orders:

☀ Pasta

☀ Cold Coffee



Kamal ki dukaan(KKD)

This place would be your everyday go-to-spot in the quest of surviving this super demanding degree.

From fulfilling your sweet cravings, to the mid-day energy shots, to overloading on your junk supplies, to getting all the basic everyday things, KKD is the place.

Also, the brownies here will cement a very special place in your heart.

Fun fact, they are made by an SR from our very own college, its upto you to find out who.

And Kamal Bhaiya's ever smiling face can always cheer you up on the not so good days.

PS- this is also the spot for all the online shopping and food deliveries.



STATIONERY

Book Shop

All your stationery needs
(Sometimes, cute stationery is
all one needs to sit and study.)
All books are available or can
be made available through
orders.

DO NOT FORGET TO TAKE CASH
for the BOOKS.

You need dissection kits?
Materials required for
physiology practicals? go here.
Online payments are accepted
for stationary and stuff.

ps. The prices are pretty
reasonable. Equal to or maybe
less than what you might get
online.

Contact: 9891955462



Cyber Cafe

Once you reach KKD, go straight in that lane and take your first right again, to go towards the PG mess, you'll find the cyber cafe (Vijaylakshmi).

You'll get all your prints as well as your logbooks, files, etc from there .

You'll have to mail the content that needs to be printed and paytm works there.

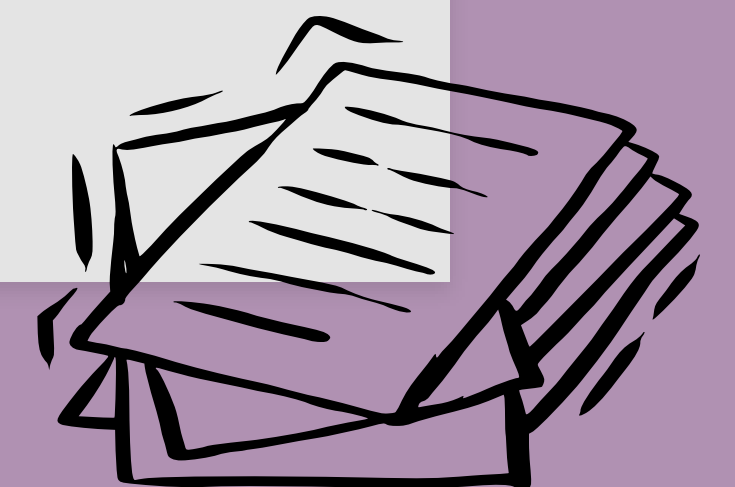
contact: 9868031154



Brother's Xerox

You need 2 passport sized photographs? Rush to this little shop in the street neighbouring new acad building. Apart from printouts & photocopies, lamination, spiral binding and stationery is also available here. It also offers notes of DAMS/Marrow but for now, who cares.

Contact: 9205560582

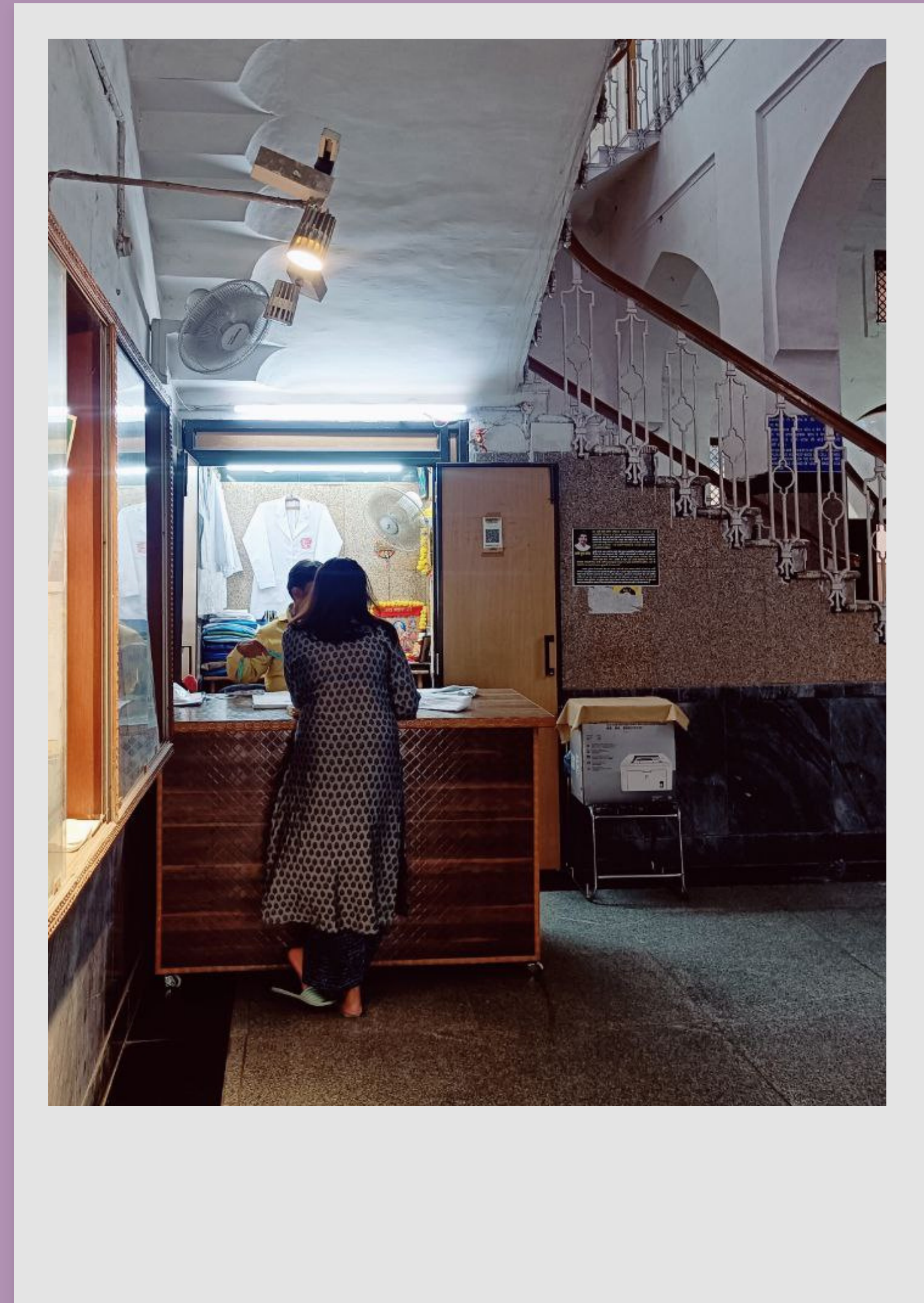
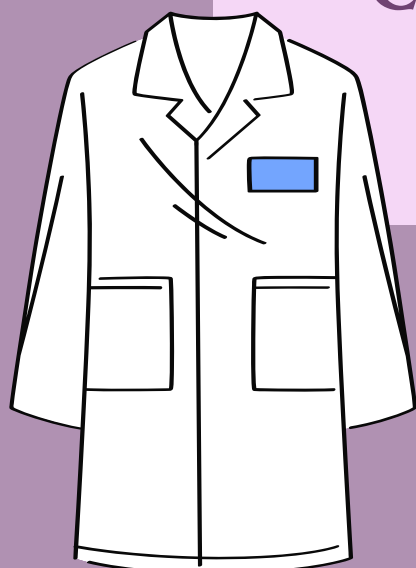


Tailor shop

In the administrative block ,you will encounter a small tailor shop proximal to the stairs. It sells coats, scrubs and some clinical items like histo pencils, reflex hammer, tuning forks, torch, stethoscope etc.(ahem ahem overpriced) Though name tags are also available but during your proffs., we were asked to put up our roll no. instead (If teachers insist you can just write it on paper and adjust it with a safety pin) In short every emergency item, just keep your pockets full. Online payment is accepted here.

Two qualities of coats are available, the expensive one is raymond material.

Though both their ranges are more expensive than the bookshop, the fit and quality is better.



Laundry

Tired of your daily mundane lives of banging your head against the wall due to your anatomy stage coming on the way and not have enough time to wash your clothes?

Well, lhmc offers just the right solution to your problem.

We have laundry shops available on campus.

1. In the **UG hostel**, just in front of the mess.

Timing: 8:00 A.M - 2:00 P.M

They usually take 1-2 days to wash your clothes.

Pricing range: Rs.10-20 depending upon the type of clothes.

Remains closed on Sundays.

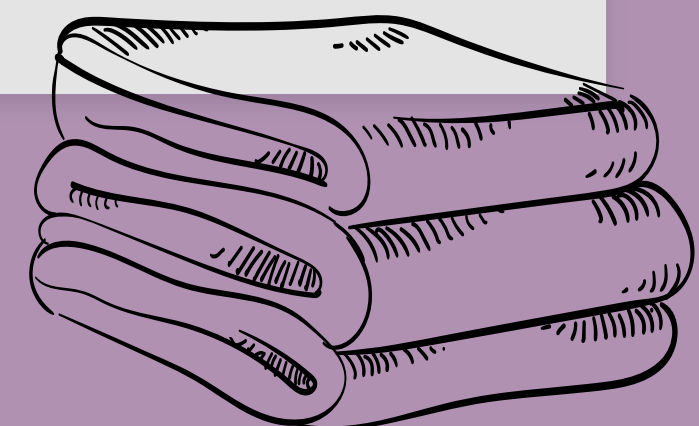
2. In the **PG hostel**, near the book shop.

Timing: 10:00 A.M-9:30 P.M

remains closed on Sundays

They usually take 2 days to wash your clothes.

Price Range: Rs. 10 - 20 depending on type of clothes to be washed



WHEN DOCTOR BECOMES PATIENT

OPD

For consultation: first go to 4th floor and ask the person behind the counter to make a "parchi".

He'll ask your mobile no. and the department you want to consult. Then you go to the respective floors

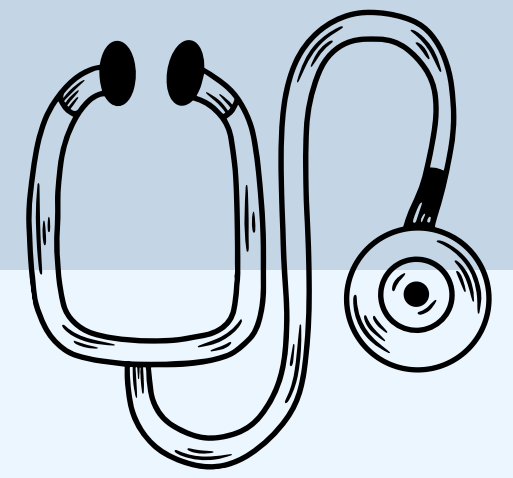
For blood tests : Ask intern di to make yellow, pink forms for the reports. Then, go to ground floor to extreme left. Person behind the counter will fill your entries then, you have to get your blood drawn . You can collect the reports after 1 week from the fourth floor opd reception.



Floor

Department

EIGHT	TB&RD, AYUSH, YOGA
SEVENTH	DERMA, DENTAL
SIXTH	SURGERY
FIFTH	ENT, OPHTHA
FOURTH	GENERAL MEDICINE, DOTS CENTRE
THIRD	PSYCHIATRY & DE-ADDICTION, NEURO
SECOND	OBST. & GYNAE
FIRST	ORTHOPEDICS
GROUND	REGISTR, PHARMACY, SAMPLE COLLECTION, PMR, SUNDAY OPD, PAC



Emergency

For all the clumsy and responsible souls, if you do ever fall down the Hostel stairs, get chased by dogs and trip or bitten, bump into any iron gates or fumble on your own two feet and make your friends tumble along with you or you have simple cough/ cold or you have stomach pains from gol gappe the day before, the emergency services of the SSK Hospital are fortunately close by.

Ahead on your right would be the registration counter and to your left the counters to get treated. Do not forget to take your ID and wear your white coat (you'll get preference) and do wear your mask.

Steps

- 1: Get yourself registered at the counter
- 2: Take your slip to counter 1 in emergency. You'll be directed further from there.



CP EATERIES (A PER MONTH SCALE)

START

(just received pocket money, feeling fancy/ask seniors for a treat)

Berco's

★Recommendations:

Ved dimsums Padi Thai
Burnt garlic chicken
soup.

Gola Sizzler's

★Recommendations:

Crispy lamb sizzler Basil
paneer sizzler Pesto

Sandoz

★Recommendations:

Dahi ke shole (must order)
Line kafir drink Aglio olio

Big Chill Cafe

★Recommendations:

Blueberry cheesecake

The Immigrant cafe

★Recommendations:

Broccoli kabab

MIDDLE

(can't splurge, gotta
save some ₹₹ but yum)

Wenger's deli

★Recommendations:

- Margherita (surprisingly good)
- Meatball sub
- Lasagne

Sarvana bhawan

★Recommendations:

- Badam halva (heavenly)
- Ghee roast masala dosai
- Parotta

Bistro 57

★Recommendations:

- hazelnut frappe
- french fries

Andhra canteem

★Recommendations:

Podli idli
Egg parotta
Rava masala Dosa

Madras coffee house

★Recommendations:

Paper masala dosa
vietnamese iced coffee

END

(So broke
but food brings joy)

Jain Chawal Wala

★Recommendation:

- Lemon Soda
- Food craving at 2am

Bangla Foods

★Recommendation

- Chhole Bhature

Janpath

★Recommendation

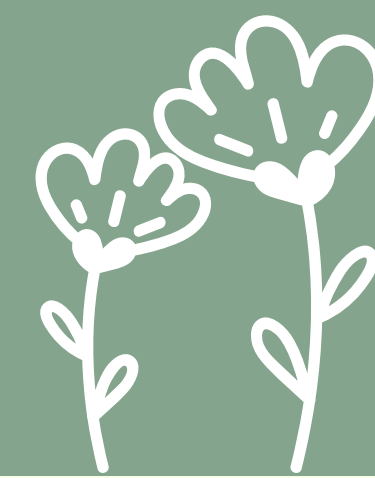
- Momos
- DePaul's milkshake

24/7

★Recommendations:

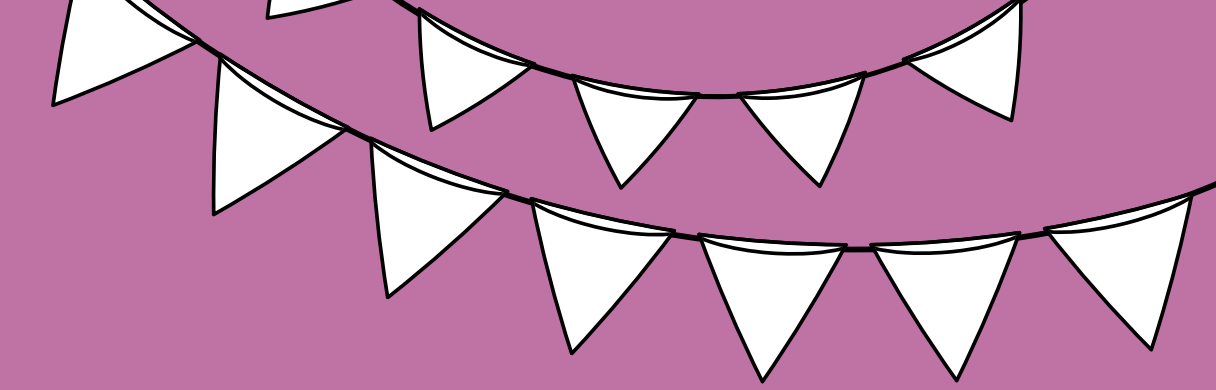
- Veg baos
- Hot dogs
- Biryani

BASIC ESSENTIALS



- Daily needs - Paharganj market
- Gadgets - Karol Bagh
- Gadget Repair- Nehru Place market
- Parties - Hudson Lane (GTB Nagar), Khan Market (on a lil expensive side), Greater Kailash
- Picnic Spot - Sunder Nursery, Lodhi Garden
- Tibetan cuisine- AMA cafe and surrounding cafes (Vidhan Sabha metro station)
- Indian cuisines and arts- Delhi Haat INA
- Markets - Janpath, Palika bazaar(go with someone here, a lil shady) , Lajpat Nagar, Sarojini Nagar (ps. You can bargain big time in these places), Kamla Nagar, Laxmi Nagar
- Post terms : WOW @Noida, Adventure Island
- Post Proffs: Trips to further off places. Nainital, Manali, Jaipur, Goa

EVENTS



Founder's Day

Celebrates LHMC's founding in 1916 by Lady Hardinge of Penhurst, featuring cultural performances and alumni guidance. It is the event of the season.

Splash

Hardinge's fest with its colorful history is an intercollege fest with DJ nights, Star nights, Comedy night, and competitions organized by the most hardworking team of people.

Hostel Day

A day when even day scholars join in the celebration, with society stalls and fun events. Also, there's a theme!

Cobweb

An unforgettable intracollege event filled with fun activities.

Intern's Day

Commemorates the graduating batch's last year, a mix of happiness and sadness with colorful attire and memories of their MBBS journey.

Medicus Conventus

The annual Scientific conference of Hardinge (talk about variety). A 3-day conference filled with workshops of the highest standard with some culture thrown in.

All this and more! We have celebrations of all festivals from Diwali to Eid.

The events are rarely on schedule, but when they finally do end up happening, they create college experiences that you will never forget.

SOCIETIES & MORE

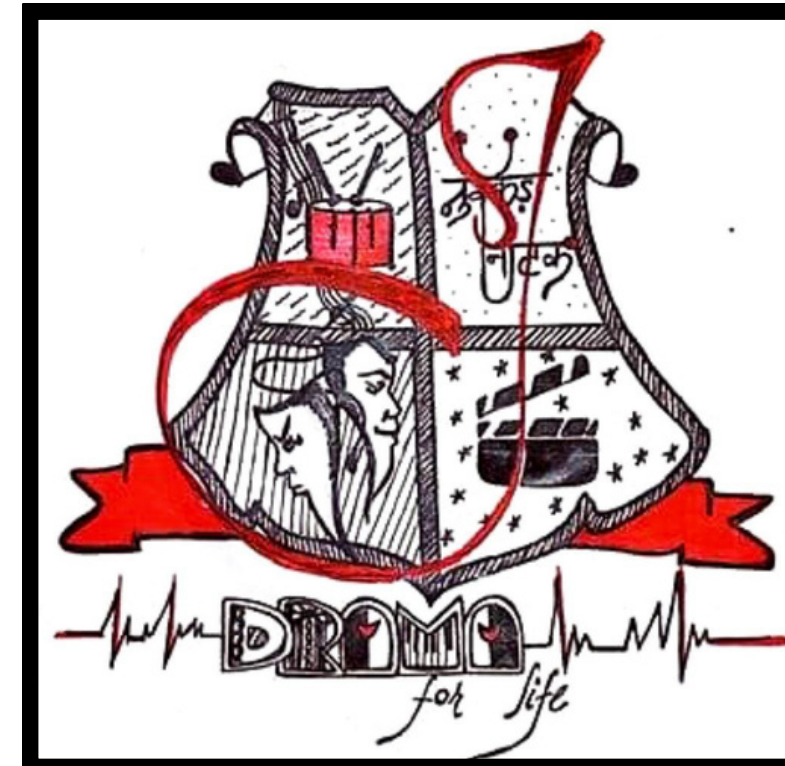


VIOLA The Western Dance Society

Coordinator
Tanya Nehra

Co-Coordinator
Suhani Boya

PR head
Ishika Bhardwaj



JIJEEVESHA The Drama Society

Coordinator
Priyanshi Mishra

Co-Coordinator
Kritika Bharadwaj

PR head
Ananya Arya



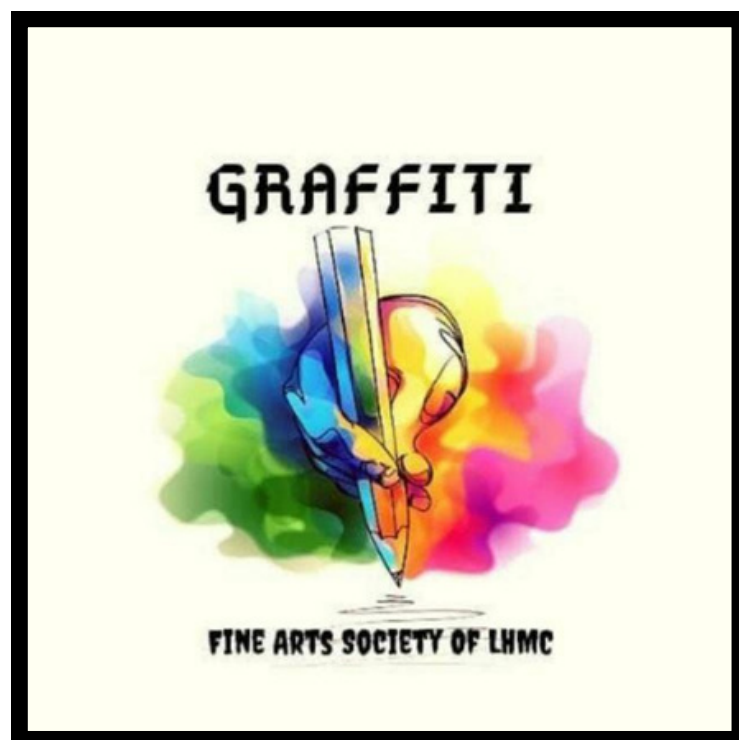
BELLEZA The Fashion Society

Coordinator
Samridhi Arora

Co-Coordinator
Piyush Saharan

PR head
Anesh

TERM 23-24

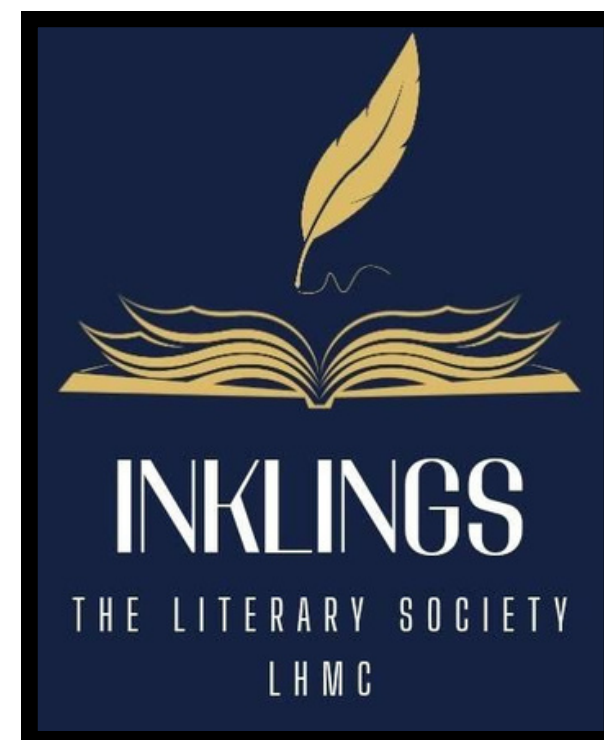


GRAFFITI
The Fine Arts Society

Coordinator-
Anshika Choudhary

Co-Coordinator
Kashish Saxena

PR head
Zainub Iqubal



INKLINGS
The Literary Society

Coordinator-
Richa Yadav

Co-Coordinator
Leena Wahane

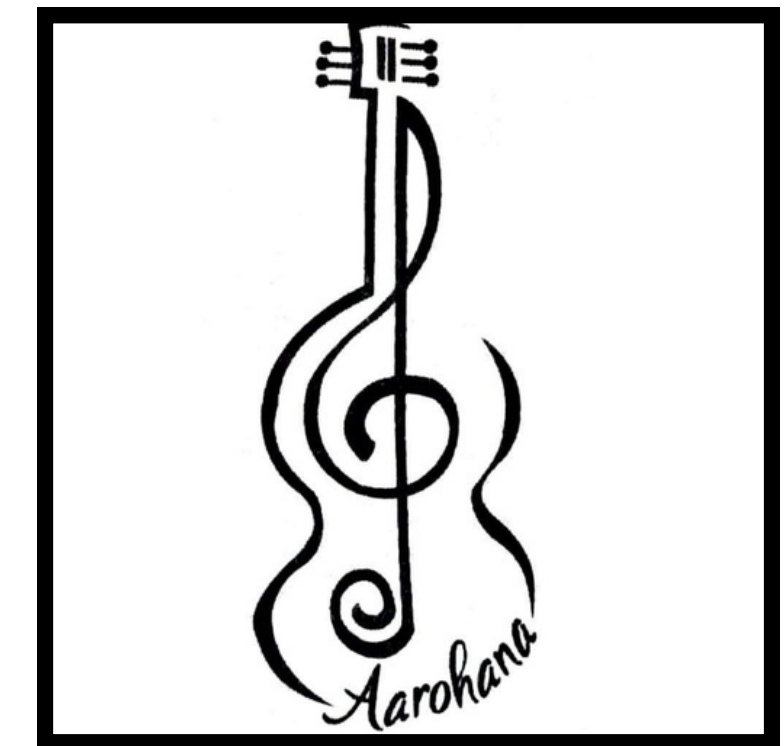
PR head
Shimab Akhtar



PERSPECTIVE
The Photography
Society

Coordinator-
Akanksha Chandra

Co-Coordinator
Pragati Virmani



AAROHANA
The Music Society
Coordinator-
Sneha Choudhary

Co-Coordinator
Asmi Gupta

PR head
Jhalak Jangra

Media head
Nisha Pacheria

Finance heads
Aditi Vertika, Asusa Liruna

TERM 23-24



VENCEDOR
The Sports Society

Coordinator-
Priyanshi Singh

Co-Coordinator-
Komal Choudhary

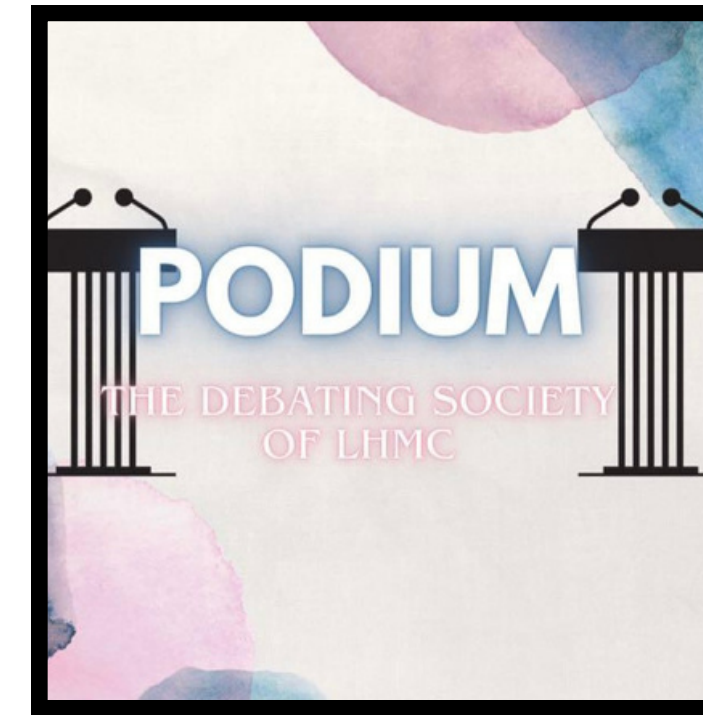


Q-RIOUS
The Quizzing Society

Coordinator-
Deepita Singh

Co-Coordinator
Maheen Fatma

PR head
Mansha Batra



PODIUM
The Debate Society

Coordinator-
Anahita Singh

Co-Coordinator
Suhani

PR head
Manya Srivastava

TERM 23-24



MEDIQUEST
The Academics
Society

Chairpersons-
Shambhavi Varma
Vedanshi Verma

Scientific Secretary-
Asmita Suri



**HARDINGE
CHRONICLES**
Newsletter

Editor-in-Chief
Ananya Gupta

Organising head
Pragya Singh

Design & PR head
Palak Agarwal

Writing head
Amna Tasneem

Literary head
Richa Yadav



QUERENCIA
(Not a society)

Group of students
that advocate for
equitable and
inclusive healthcare
for the LGBTQIA+
community

For any queries-
Ananya Gupta

TERM 23-24

STUDENT UNION 23-24

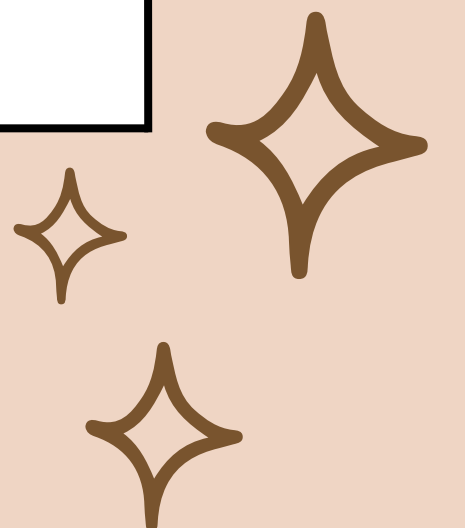
<i>Post</i>
PRESIDENT
VICE PRESIDENT
GENERAL SECRETARY
FINANCE SECRETARY
CULTURAL SECRETARY
JOINT SECRETARY
HOSTEL SECRETARY
MESS SECRETARY

<i>Elected Candidate</i>
KOMAL YADAV
LAXMI DEVI
JASLEEN KAUR
NISHA PACHERIA
KOMAL CHOUDHARY
SHREYA CHOPRA
AYUSHI VIDUSHI YADAV AAKRITI MANSHA BATRA
TANISHA GARG

STUDENT UNION 23-24

<i>Post</i>
EVENT COORDINATOR
MEDIA HEAD
MARKETING HEAD
WEBSITE COORDINATOR


<i>Candidates</i>
ISHA BHARTI UPASANA
NITIKSHA BANSAL KRITYANJAL JAGDISH
RIYA JAIN VISHAKHA KUMARI
JHALAK JANGRA



SLM

STUDENT LEADERSHIP MISSION

Topic	Facilitator	Topic	Facilitator
<i>Law and Ethics</i>	Dr. Anil Gurtoo 9810255153	<i>Sports</i>	Dr. B.K.Sharma 9899666510
<i>Nature and Poetry</i>	Dr. Anil Gurtoo 9810255153	<i>Prevention of blindness and visual impairment</i>	Dr. Sarita Beri 9871406064
<i>Voluntary Blood Dention</i>	Dr. Sangeeta Pahuja Dr. Sunita Sharma 9818359888	<i>Organ donation awareness</i>	Dr. Sheetal Joshi 9711933704
<i>Smoking Cessation</i>	Dr. Tanmay Talukdar 9654166237	<i>Life Stratigies (Stress and Time Management)</i>	Dr. Ritu Singh 9811173213
<i>Art and medicine</i>	Dr. Madhulika 9811123237	<i>Lifestyle disease and nutrition</i>	Dr. Ritika Sud Dr. Anupam Prakash Dr. Goel 9810373961
<i>Breast-feeding Importance and Sensitization</i>	Dr. Sushma Nagia 9810838181	<i>Alcohol dependence and substance abuse</i>	Dr. V. Om Sai Ramesh 9643922393
<i>HIV AIDS Awareness and Support</i>	Dr. Anju Sethi 9868206390		



Initially it's easy to lose track in such a big pool of knowledge but I'm sure as you read more, you'll be able to appreciate the beauty of medicine and everything will start to make sense. You just have to be patient.

You will have many ups and downs, many, but don't let that zeal EVER die down in you.

~Bhavya di

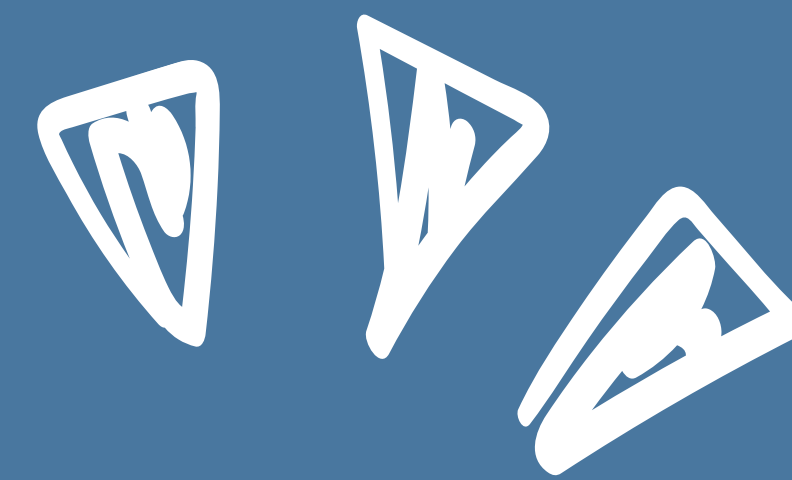
ACADEMICS

"The effort you put in your 1st and 2nd years will bear fruit later in life and you'll blossom into a great clinician."

This section won't serve you the answer to the million dollar question: what books to read in first year. There is a separate folder in the 'Whole MBBS' drive link* that has a very comprehensive list for the same.


<https://drive.google.com/drive/folders/16lehKL6XwohW0bibr7JUip9GggXzP9Oq>

*the whole mbbs drive was made by the 2019 batch in an attempt to consolidate all the study materials we require as UGs of Hardinge. From all previous year questions to all the practicals' stuff that you will ever need, it has it all. The link is open to edit for all which means 1. We trust you guys are technologically adept enough to not accidentally Delete items from it. 2. You'll continue to update it so that it may be passed on to the junior batches.



One thing we do wanna say is, stick to **standard textbooks** despite what others say. Remember it's not school. Your marks will only take you so far. Please do not study for the sake of exams. Marks in MBBS, especially the bigger exams are given as if dice throw because there are multiple examiners and there is no definitive marking scheme. It's highly likely that you wrote 4 best bullet points and your friends wrote 10 irrelevant points and you end up securing less. It might be the vice versa too.

So, study to become a doctor, not a ranker. If you aim to be the former, you might eventually be the latter (no promises made though).



Don't start preparing for PG entrances from Day 1. You'll soon be bombarded with offers by various coaching institutes and trust me when I say they feed on our Indianness of the urge to be always running in a rat race.

The notes you'll get from them are no match to the knowledge and concepts the standard books can give you. Standard books make you fall in love with the subject. Notes don't. They just tell you what's important from an exam point of view.

As for lectures, try concentrating because these ppts are gold. Most are made from standard books. However, it cannot be missed to mention that some teachers are pretty much capable of putting you to sleep in minutes and there are those who'd do everything else during the lecture apart from teaching in the first 50 mins and then rush through in the last 10 mins. **It's highly suggestive that if you think you're not able to capture a lot from a particular professor's classes or any class for that matter, miss them to do things you're normally not able to find the time to, but must be done during college hours (in no way includes instagramming).** For eg research. 75% attendance, as scary as it sounds, also implies you don't have to attend all of 'em lectures. Jotting down notes during classes often helps because as I said these ppts are mostly standard book content but you'll retain stuff only when you go back and revise them.

Don't collect stuff for the weekend. You'll land up making a tome of the same and once it starts collecting it never ends.

Consistency is the only key.


Ps you dont have to read books cover to cover either. You'll never finish.




Take your **Physiology competencies** seriously not for the sake of passing them but because it's the only one time where you'll learn Clinical skills in the most supervised manner. You would get to perform all of these skills in the wards in the later years during your clinical postings but then, whether your technique is correct you'd never know because the patients get irritable if multiple examinations are done which means only 2 or 3 people at max get to do it at a time. Neither the residents or faculty have enough time to supervise every time you do it.

P.S.- Buy the round reflex hammer and 512Hz tuning fork as it'll be useful in clinical postings as well.

Given that your batch will be appearing for **NEXT** for sure, concepts more than facts from your first year subjects would matter even more now. Focus more on anything that has a clinical implication. You can try doing USMLE Step 1 questions or Case files. The clinical vignettes would help you retain better because it's easy to forget facts but patient stories go a long way. These qbanks are available on **Telegram**. In fact, telegram has a huge number of Medico channels for Qbanks, Notes, Videos etc. Use them. **YouTube** too is an exhaustive platform. Ninja nerd, dr najeeb physiology lectures, Medicosis perfectionalis are examples of some real good channels you'll find there.



Lastly, remember to flavor your academic endeavors with fun. My fondest memories of first year come from dissection hall. Teaching each other, gossiping about the latest news in town, having shed tears of formalin and those borne out of scoldings in the same place a hundred times over and eventually becoming insensitive to them, holding and seeing the very organs of your body, performing dissections and while doing so injuring ten structures on your way. If you're a first gen doctor the thrill is even more.



NAVIGATING FRIENDSHIPS

You enter college with so much enthusiasm to meet new, diverse people and make friends. We're often told that college will be where we find our 'tribe,' but reality doesn't always align with these expectations.

You discover that you have a "social battery" and how it's very much like your iPhone's battery.

Socializing becomes a daunting task and you're left to decide whether you are an extroverted introvert or an introverted extrovert.

We know, being in a girls college it's hard to settle at first. The first month itself is spent lamenting those silly mistakes, of how we could have been in a different place had we not made a blunder on that OMR sheet.


But remember-You didn't choose hardinge, Hardinge chose you. It can be lonely initially, but you will find your place. Hold onto that. Find genuine friendships that contribute to your growth.

One mindset shift worth embracing is the idea that instead of searching for that one perfect friend to do everything with, seek out a variety of friends who complement different facets of your personality.

Like Jug said “Why just that one special rishta? Zindagi mein, alag alag ehssaaso ke liye alag alag rishte!”.

We’re an amalgamation of complex interests and passions, and these can serve as bridges to connect with a diverse range of people.

Support each other selflessly, without calculating potential benefits. Remember, 'It's easier to snap a thread than to make one.' Maintaining positive relations with everyone can help you avoid unnecessary stress.



☀️ Pro tip: When you sense differences cropping up among your friends, consider calling or meeting in person rather than relying solely on texts. Texts can miscommunicate feelings and escalate misunderstandings. More importantly, be direct in your communication.

Do not shy away from confrontation. You're grown up and are mature individuals now, Talk it out. Real friends don't hesitate to point out mistakes and appreciate constructive criticism.

HACKS

LECTURES

Depends on the professor. Some teachers are quite chill with whatever you do in their class unless and until you do not make any noise. On the other hand some might not even give you attendance and ask you to walk out of the class.

Taking a middle ground both literally and metaphorically works most of the time.

One basic etiquette that you should follow is if you are late for a lecture, do not cross the teachers podium, it creates unnecessary distraction. Quickly and quietly, take a seat on the side from which you entered.

Try to maintain a decent attendance since the start of the year otherwise you would be required to attend remedial right before proffs. This time can be valuable for studying so save it wisely.

VIVA

During viva speaking less is better than giving grossly wrong answers.

Like wrong organ identification in Anatomy soft parts. Admitting that you don't know an answer irritates the examiner less, opens the opportunity to get new questions or be shooed away. The latter two come with better chances of passing.

A given, but dress appropriately, it creates the first impression.

P.S. You're training to become a doctor so dress like it, in and around campus and hospitals. You don't require a documented dress code for it.

MESS

How to avoid the long lines:

If you are short on time, have rice and dal/rajma/chhole. They're kept on every table. But please, don't skip the lines. It is annoying, everyone is short on time, always. That's not an excuse. Secondly don't fill up your plate with all the puris you can see in the box. As much as you want to fill in your tummy, those behind you, want to as well. You can always come back later to take another. And yes, mess can be used by day ski's as well!!

Rs50/Per meal charges are applicable

COOKING IN HOSTEL

Use Induction, there are separate utensils for it. For cost effectiveness would recommend you to rather pool in money. Please don't use washroom basins to wash your utensils.

For veggies and fruits: Blinkit delivers in our area.

Bananas are available in the mess.

Fridge is recommended.

DEALING WITH ADMIN

Admin refuses to agree to your demand:

Get them to document the refusal in the form of a letter. Might as well ask them to document a reason for the same.

They abide to the contrary, ie. They give you what you wanted.

(They're lazy peeps, will state a hundred rules to say no. Saying no is easy. But documenting isn't)

PARTIES/ NO MESS-FOOD DAY

Get premium accounts in sharing for swiggy/ zomato. You get good discounts on them.

LOCKED OUT OF THE ROOM?

Always have two spare keys

Leave them with your neighbors

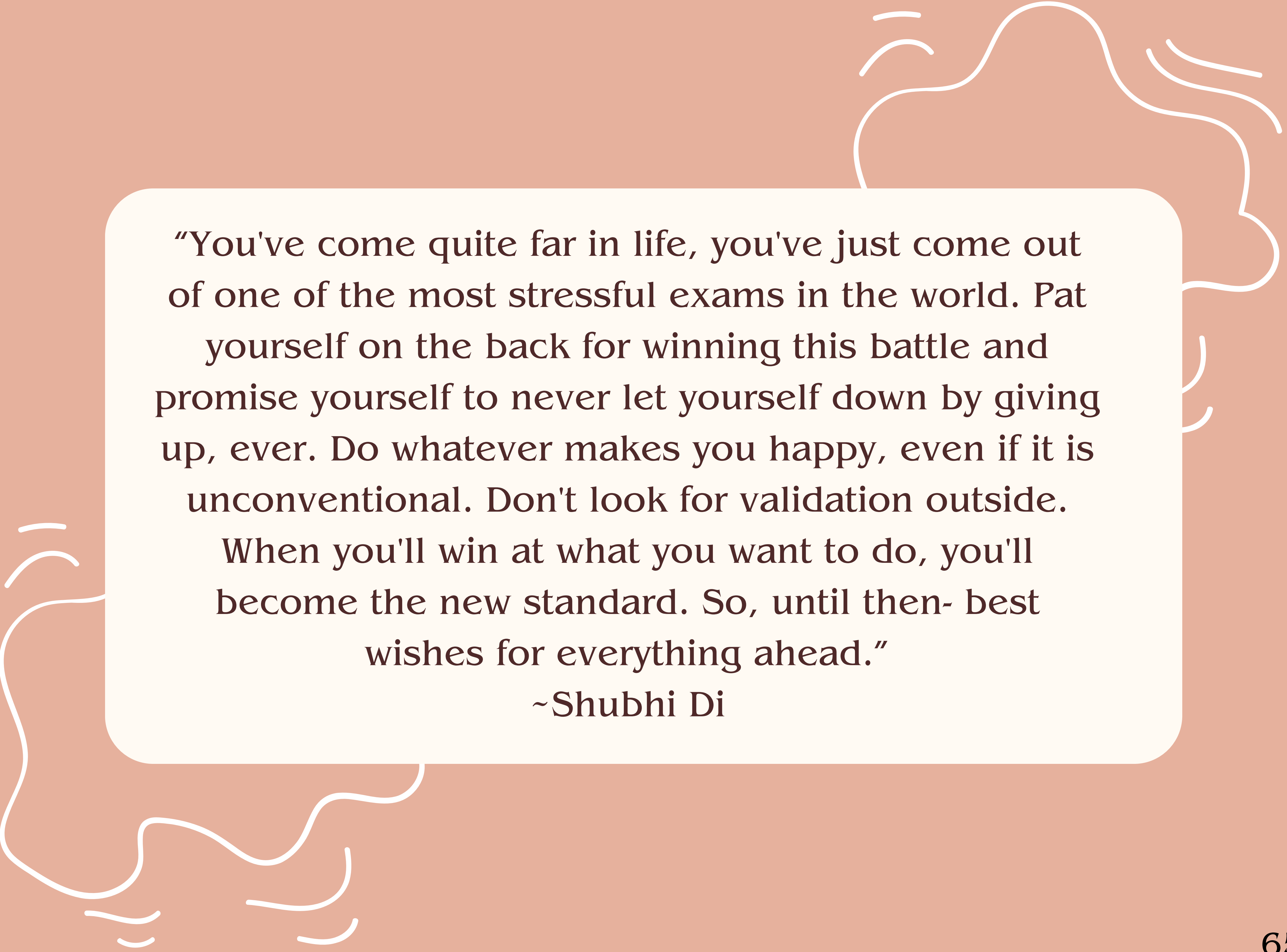
Last option, break the lock with a hammer

Phone gallery full of dissection hall photos, files and papers

Upload the stuff that you think will be helpful to many, on the drive

Ps. No books pls

Collaborate, divide duties to share lecture slides, histology slides, practical work etc.



“You've come quite far in life, you've just come out of one of the most stressful exams in the world. Pat yourself on the back for winning this battle and promise yourself to never let yourself down by giving up, ever. Do whatever makes you happy, even if it is unconventional. Don't look for validation outside. When you'll win at what you want to do, you'll become the new standard. So, until then- best wishes for everything ahead.”

~Shubhi Di

KEEPING YOUR MENTAL HEALTH IN CHECK

Your mental health is as crucial as your medical career. Being in a medical college , you are going to face a lot of challenges in your studies as well as living in the hostel. You might not do well in studies as you would have done in school. But that's the thing, you are not in school anymore. Whenever you feel low , DO NOT lose hope. Talk to your parents , friends and also to your seniors.

We have all been through the same phase.

You never have to think that you are alone.

Things you can do to improve your mental health

1. Try peer support. Talk to someone you are comfortable with.
2. Yoga, meditation and workout. Stay active.
3. Participate in extracurricular activities .
4. Join different societies according to your interest.
5. Remember it won't last forever.

You can seek counselling in the Psychiatry OPD or Adolescent clinic in Kalawati, they will help you and maintain utmost doctor-patient confidentiality!

You matter.

Your mental health matters.

AFTERWORD

Hello there!

I remember the day when I started my journey at Hardinge; freshly eighteen, supremely exhausted and full of ideas! However a lot of time was spent in navigating the little nuances of first year MBBS, which could have been utilised in better things. It was difficult to weigh in different views offered by seniors and faculties, it was difficult to understand basic ins and outs of college life which lead to me (and a lot of batchmates) hoping for some respite.

I am so proud and so thankful to all the lovely ladies who put their heart and soul into releasing this 'Guide to Hardinge'. It is something that every batch wanted, needed and deserved, and now we finally have it. You all have made an incredible addition to the legacy of Hardinge and are pioneers in setting a standard for the batches to come, so give yourselves a pat on your backs.

This college is one place which alongside ruthless academics and testing, shall offer you a safe space to grow into individuals who are capable and skilled. Take every opportunity here to learn something new, no matter what your plans are ahead.

Hardinge is an emotion and not just an institution. Your days ahead shall be filled with a lot of joy, laughter, fights and moments of learning. At the end of the next 5.5 years, almost all of you will leave with an MBBS degree, it is the personality building that we all have to focus on. So enjoy your days, go out to parties, have experiences to last you a lifetime and study hard!

Lots of love to all of you

Dr. Priya Bansal

2018 Batch

THE TEAM BEHIND THIS

This guide is the vision of our beloved seniors,
without whom this wouldn't have been possible.
We have merely tried to bring it to life.

Team Hardinge Chronicles

Led by: Bhavya Kansal, Ananya Gupta

Amna Tasneem, Gauri Srivastava, Sanchita Garg, Priyanshi Singh, Ashi Soni

Team Grafitti

Led by: Anshika Choudhary, Kashish Saxena, Nisha Pacheria

Team Inklings

Led by: Richa Yadav, Leena Wahane

Riya Jain, Srashti Garg, Swati Sharma, Anushka Gupta, Farha, Ghanishtha,
Harshita Makhija, Jayana, Mahak, Mallica, Nishtha Srivastava, Shreya Gupta,
Srashti, Srishti Rajput, Suhani Sinha, Toshal

Team Perspective

Led by: Akanksha Chandra, Pragati Virmani, Srishti Rajput

PER ARDUA AD ASTRA



FOR HARDONIANS, BY HARDONIANS