

In the Shadows of Divinity: Journey to Adi Kailash and Om Parvat

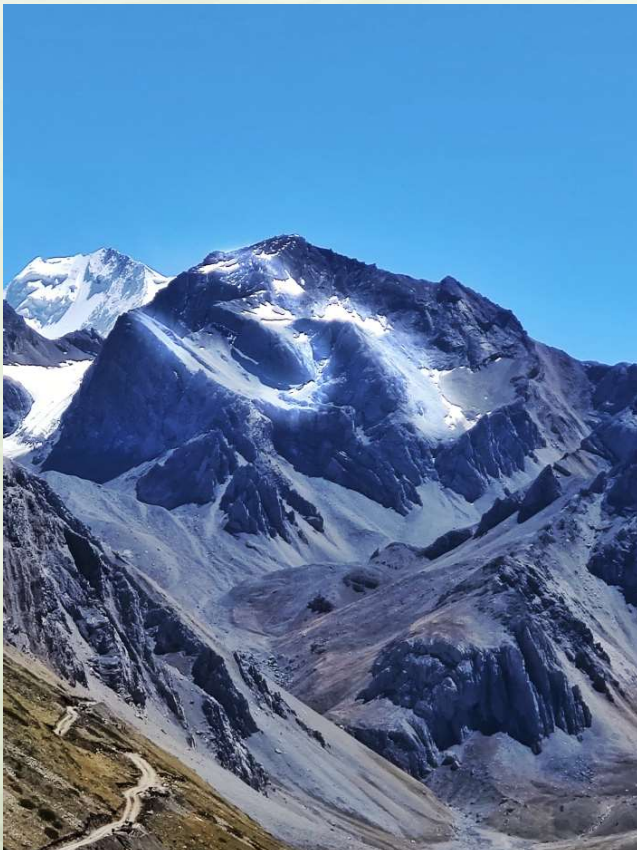
An experience of a life-changing spiritual journey over an absolute Adventure

India is a kaleidoscope of multiple religions, faiths, spirituality and various cultures. For centuries, people have been embarking on adventurous pilgrimages to the Himalayas on a quest for spiritual awakening and discovery of one's deepest beliefs. In the Himalayas, every mountain stands as a testament to spirituality and natural grandeur. Among the myriad peaks of the Himalayas, lie two enchanting destinations, Adi Kailash and Om Parvat, quietly nestled in the embrace of the sacred Himalayan range. Join us on an awe-inspiring journey, as three friends explore these mystical realms, where devotion meets the divine and where adventure whispers the ancient secrets of cultural experiences.

In the last week of September 2023, three of us embarked on a journey high up in the Himalayas to have a darshan of Adi Kailash and Om Parvat located in the Kumaon region of Devbhumi Uttarakhand.

I and a friend of mine from Ahmedabad, Prakash Patel traveled to Delhi to witness the making of history in the world of motorsports grand prix. For the first time, India was hosting the MotoGP race at

Buddha International Race Circuit from 22nd to 24th Sept 2023. MotoGP is a premiere motorcycle racing world championship established in 1949. We were joined by our friend, Shekhar Jayal from Delhi in this trip.

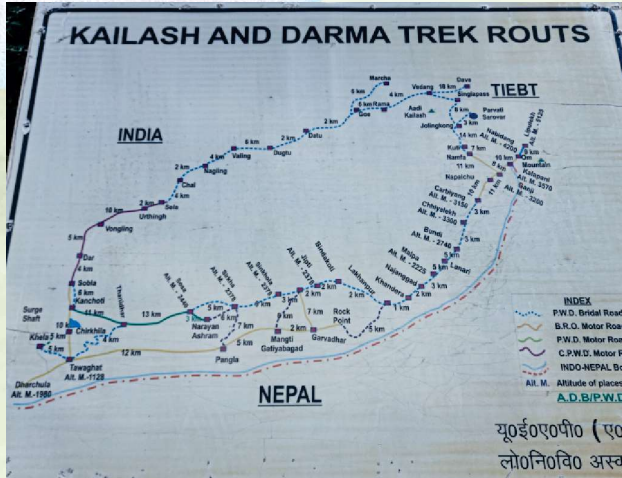


In the shadows of adventure and divinity:

We three friends began our journey towards the Himalayas quite early in the morning of 25th September, 2023. On day one, we traveled from Delhi to Dharchula, covering a distance of 650 km. Dharchula is a culturally rich, picturesque hill town located in the Pithoragarh district of Uttarakhand. It lies on the ancient trading route linking the Indian Kumaon region to Tibet and Nepal.

Encircled by towering mountains, Dharchula is nestled on the southern banks of gushing Kali River, which forms a geological international boundary between India and Nepal. Since we were traveling further in the Indo-Nepal -Tibet tri-junctional border areas, an 'Inner line permit' was required. The required permit, along with health fitness certificate and police verification was performed at Dharchula (Details of online application and required documents can be found on: pass.pithoragarh.online).

Once we left Dharchula, we encountered the most rugged and challenging Himalayan roads in the next couple of days. It's a serious affair driving across these roads and requires experienced skilled driving. Weather check is of utmost importance while you navigate these roads, and so is carrying appropriate clothes, tools and medical care. But, the drive along the Kali River offers breathtaking views of the valley



as the roads wind up the mountains. If the adventurer in you seeks that ultimate thrill, this drive should be on your checklist. We also carried extra fuel for the journey as the last fuel pump was at Dharchula.

Our permits were checked at Indo-Tibetan Border Police (ITBP) and Indian army checkpoints en route. After a rugged drive of 6 hours, we reached Gunji.

The Journey of Devotion and Discovery:

Gunji, at an altitude of 3500 meters, is one of the main villages on this route. There are temporary shelters by Kumaon Mandal Vikas Nigam (KMVN) and a few home stays with ample food and warmth. You can also find a temporary branch of the State Bank of India and a post office that remains open for only six months of the year. At Gunji, the road forks into two separate motorable routes, the one in North takes you to Om Parvat and further to Kailash-Mansarovar (Ancient Kailash Mansarovar pilgrimage route crossing



Liphulekh Pass) and another to the the one in the West takes you to Adi Kailash. A night's stay at Gunji, is critically important for acclimatization in high Altitude to prevent Acute Mountain Sickness (AMS). Gunji offers some breathtaking views of snow-covered mountain peaks and alpine meadows. We encountered a tyre puncture at Gunji. Luckily, we were well equipped to handle such an obstacle and managed to repair the flat tyre with the team efforts of three of us.

Om Parvat: The Canvas of Sacred Symbol and Highest Garba session:

We started our journey towards the darshan of Om Parvat. Have you ever heard about the legendary eight mountains with the impression of the symbol 'Om' hidden in the Himalayas? Well, according to the ancient legends, there are eight of these mountains but only one has been discovered yet. The quest for seven others is still going on. The drive was mostly off-road for 3 hours before we reached a place called Nabhi-Dang. Beyond this, there is no road for cars and we had to hike further for 1 Km. So we parked our car, our permits were checked, and had some food at the one and only dhaba at Nabhi-Dang.



Om Parvat, a site where mythology and geology intertwine. At twilight, the setting sun casts a spell, illuminating the mountain and revealing an awe-inspiring natural occurrence – a perfect 'Om' symbol etched in snow. This divine phenomenon draws pilgrims and travelers alike, marveling at the mystical wonders of the Himalayas. We were fortunate to encounter a very clear weather window to be able to have the darshan of Om Parvat for a couple of hours. We took a few pictures; but mostly just sat there in the awe of the mesmerizing miracle of nature.

While hiking back towards the car, we met a few Gujarati pilgrims and of course, after initial greetings, the happiness turned into a session of Garba. The amazing part was that hearing garba songs, the Gujarati army personnel from nearby posts also joined us; turning it into perhaps, the highest garba session in the Himalayas.

Camping night: Embracing the Silence of the Himalayas:

From Om parvat, we returned back to Gunji and further drove towards a place called Jolingkong, a base camp for the Adi Kailash Parvat trek. We witnessed some of the most spectacularly located beautiful villages of this region. Since we were taking more than a few pit stops to take photographs; it got a little late to reach Jolingkong that day.



We decided to camp for the night since we were carrying tents and food for a situation like this. We were fortunate to find a picture-perfect camping site on the banks of the Dhauli Ganga River; originating from the glaciers of the Adi Kailash Mountain. We pitched our tents before the dark and prepared the food. It felt like the three friends had left the cacophony of the world behind. It's in this silence that the mountains speak – each whisper of the wind, each rustle of the leaves, the gurgling of the river nearby, and each crunch of the rock beneath our boots became a part of the conversation that evening. Sharing stories and laughter over a camping evening turned into memories that are engraved into our minds that we will cherish for the rest of our lives. As it is said 'Don't take anything from the mountains except for the memories and don't leave anything behind except for your footprints'; we cleared up our camping site in the morning by cleaning and collecting all the garbage; leaving behind no trace of our presence

We reached Jolingkong by late afternoon and found a place to stay; a temporary shelter created by a local family for the tourists. We had simple food cooked in traditional style for lunch and it felt like a true luxury to be provided with warm water to take a bath at such a remote location. On the same day, at 4 PM, we started our hike towards Gauri Kund, a glacial lake located at the base of Adi Kailash mountain.

Unraveling the Mystique of Adi Kailash:

At the lap of Adi Kailash, lie two beautiful lakes; the first one is the 'Gauri Kund' and the other one is 'Parvati Sarovar'. Gauri Kund presents you a beautiful reflection of Adi Kailash. It was a mesmerizing experience to be immersed in the surroundings of the lake. Our eyes fixated on the beauty of the mountain, Adi Kailash.



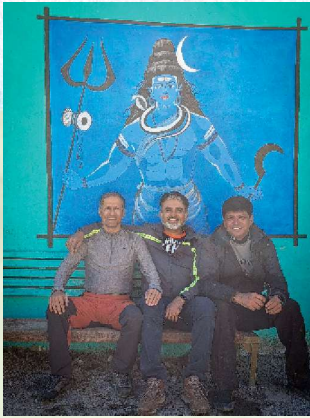
Adi Kailash stands tall at an elevation of 6191 meters. According to the Hindu scriptures, this place is the abode of Lord Shiva and Goddess Parvati. On the next morning, we took a hike enjoying the scenic beauty of enchanting mountains and another high-altitude glacial lake, 'The Parvati Kund'. There is a small Parvati shrine located on its shorelines. The hike from Jolinkong to Parvati Kund and back is about 4 hours. Once we reached back to Jolingkong, We started our return journey towards Dharchula.

Narayan Ashram: An institution for happiness:

En route, we stayed a night at the 'Narayan Ashram', a hermitage established by Narayan Swami in 1936. Narayan Ashram is located at an elevation of 2734 meters; 60 km from Dharchula. It provides shelter and food to the pilgrims on the Kailash Mansarovar Yatra. It is not a tourist destination, but a spiritual one. The Ashram has now become an educational hub and also a symbol of socio-spiritual development; attracting a large number of solace seekers and visitors every year.

Went as a tourist and came back enlightened:

As we continued on our return journey; we realized that Adi Kailash and Om Parvat are not just destinations; these are sanctuaries of spirituality, where the soul finds its nourishment amidst the pristine beauty of the Himalayas. Along the way, we



encountered the warmth of local hospitality, savored regional delicacies and shared stories around campfires, creating a sense of camaraderie and friendship that would stay with us for years to come. We reached back to Delhi with lots of memories and life-changing experiences.

In the echoes of chanting pilgrims and the silent whispers of the mountains, one discovers a profound sense of reverence and peace. As you tread the sacred paths, you'll realize that these Himalayan wonders are not just mountains; these are gateways to a higher realm, where divinity and nature co-exist in harmonious splendor. So, embark on this transformative journey, and let the Himalayas unveil their mystique to you in most extraordinary way possible.

The team: a perfect mix of passionate and seasoned travelers.

1. I, Dr. Bhavin Kodyatar, am a doctor by profession but a traveler and biker by passion. I have received a course on 'High Altitude mountain medicine specialist', affiliated with the Indian Mountaineering Foundation. I have traveled wide and far across India



on a motorbike and car. I am also a holder of the 'India Book of Records' and 'World Records of India' as the first solo motorcycle rider to complete a route circuit in Zanskar.

2. Mr. Prakash Patel, is a businessman based in Ahmedabad. He has completed one of the most audacious journeys on a motorcycle. He traveled from Ahmedabad to London on a motorcycle by land covering 22,600 km in 63 days passing through 17 countries reroute.

3. Mr. Shekhar Jayal is a professor of Japanese language based in Delhi. He is an avid mountaineer and one of India's finest mountaineering photographers. He has participated as a government of India representative in many national and international mountaineering expeditions. Shekhar is also a proud owner of our vehicle for the trip 'GAJRAJ' (The Thar).

Practical Tips for Travelers:

Best time to travel: The best time to go on the Adi Kailash trek is during June – September as the atmosphere is pleasant and the temperature remains suitable.

Nearest Airport: The nearest airport to Dharchula is Pantnagar Airport, about 317 km away. Pantnagar is connected to Delhi with daily flights.

Nearest railway station: The nearest railhead to Dharchula is Tanakpur, about 200 km away. Tanakpur is connected with major destinations in India with multiple trains.

Road: Dharchula is well connected by motorable roads with major destinations of Uttarakhand and northern India. Buses from ISBT Anand Vihar can take you to Champawat, Almora, Tanakpur, Haldwani and many other destinations; from where you can easily hire a local cab to reach Dharchula.

Places to Stay: There are government guest houses by KMVN at most of the major destinations. One can also find homestays in every village en route.

Respect Local Customs: While interacting with locals, be respectful of their traditions and customs. Seek permission before taking photographs of people or religious sites.



Dr. Bhavin B. Kodyatar
Assistant professor in
Anatomy,

Independence Day Celebration

The 77th Independence Day was celebrated on 15th August, 2023 by Civil Hospital and B. J. Medical College community at Asmita Bhavan, Civil Hospital Campus, Ahmedabad. The occasion was graced by the presence of many eminent personalities including Dr. Manoj Agrawal, ACS, Health and family welfare department, Govt. of Gujarat, Dr. Rakesh Joshi, Medical Superintendent, Civil Hospital Ahmedabad, Dr. Hansa Goswami, Dean, B. J. Medical College, Dr. Rajnish Patel, Additional Medical Superintendent, Civil Hospital Ahmedabad, Dr. Shashank Pandya, Director, Gujarat Cancer Research Institute, Dr. Vineet Mishra, Director, Institute Kidney Diseases and Research, Dr. Swati Devanhalli, Director, M & J Institute of Ophthalmology, and Dr. Girish Parmar, Dean, Government Dental College, Ahmedabad. Various faculty members and dignitaries from Civil Hospital and B. J. Medical College, Ahmedabad also attended the occasion.

The programme commenced with the arrival and felicitation of dignitaries. Following this, the flag was hoisted by ACS, Dr. Manoj Agrawal in the campus of Asmita Bhavan, Civil Hospital Ahmedabad, which left everyone's heart filled with pride. The air was oozing with emotions and a sense of patriotism.

The attendees left with proud hearts and their souls filled with unwavering love for India, having celebrated 76 years of Indian independence.



White Coat Ceremony

On September 20, 2023, BJ Medical College in Ahmedabad hosted a white coat ceremony for the newly admitted students of the first year MBBS course. The ceremony was held at 9:00 AM in the auditorium hall of the college and was attended by the parents of the students, the faculty members, and the dignitaries of the college.

The white coat ceremony is a symbolic event that marks the transition of the students from pre-medical to medical education. It signifies the acceptance of the students into the medical profession and their commitment to uphold the ethical standards and values of medicine. The ceremony also aims to instill a sense of responsibility and professionalism in the students.

The ceremony began with a welcome speech by the dean of the college, Dr. Hansa Goswami, who congratulated the students on their achievement and encouraged them to pursue their dreams with passion and dedication. She also emphasized the importance of empathy, compassion, and teamwork in medicine. She then introduced the chief guests of the event, renowned alumni of the college currently excelling in their respective fields.

All the alumni delivered an inspiring keynote address, in which they shared their personal journey and experiences as a medical student and a doctor. They highlighted the challenges and opportunities that lie ahead for the students and advised the students to always keep learning and improving themselves.

They also urged the students to maintain a balance between their academic and personal lives and to take care of their physical and mental health.

After the speech, the students were called on stage one by one to receive their white coats from Dean as well as from respected dignitaries. The students then recited **the Charak Shapath**, pledging to uphold the principles and ideals of medicine. The ceremony concluded with a vote of thanks by Dr. Hansa Goswami, the dean of the college, who thanked all the guests, parents, faculty members, and staff for their presence and support.

The white coat ceremony was a memorable and meaningful occasion for the students, who felt proud and honored to join the medical fraternity. The ceremony also motivated them to work hard and excel in their studies and future careers.



BJ BUZZ'23



Commencing from 1st week of August, what a fun filled week it was; an opportunity to bring out our inner models! From wearing a sanskari saree to looking completely funky on the mismatched day; BJ Buzz gave us a chance to display our unexplored creativity and craziness.

The week, organized by students of I MBBS, started with the 'Traditional day'. The first day saw the medicos adorn themselves with traditional sarees and kurta-jhabbas and embracing the Indian culture to the fullest.

The next day, we celebrated the 'Executive day', which saw the boys put on their best selves with well polished shoes and crisp suits. Girls also looked absolutely suave in their office pants still-a-toes.

This was followed by the 'Mismatched day'. Fashionistas would probably kill themselves if they even caught a glimpse of the havoc that rained down that day. Everybody understood the assignment well. From mismatching our outfits to using unexpected props like broken helmets and number plates, the day saw everybody showcasing their craziness!

The 4th day, being the 'Signature day' witnessed different connections blossoming amongst the batchmates, with everyone expressing their feelings in short and sweet slang words. The day ended with faded but etched memories.

Then came the day, when everyone cosplayed different characters - Charlie Chaplin, Captain Jack Sparrow, Meenama, PK, Sheila, Rahul and Anjali, Gangubai, Naina, Aditi, Poo, Virus and many more! The show stoppers were Sherlock Holmes, Scarlet Witch, Sheldon, Popatlal, Joker and Barfi.

BJ Buzz ended with 'Group Day' which saw different groups sporting customized t-shirts and jackets.

Memorable pictures clicked, trending reels made, and good moments shared! BJ BUZZ'23 will surely be cherished by us forever!



B J BEATS , 2023

The most awaited and appreciated annual event of bj medical college was celebrated by the whole college including faculty members and students from 7th to 10th June,2023.

The event started with the inauguration ceremony "Aagaz" attended by many eminent personalities. It was inaugurated by Dean of BJMC, Dr. Hansa goswami, Additional Dean of BJMC, DR.Jayesh Sachde, Medical superintendent of CHA, Dr. Rakesh Joshi and Additional superintendent of CHA, Dr. Rajnish Patel. The esteemed dignitaries got on the divas and shared their wisdom with the students and marked the fest open! Our faculty members and resident doctors from various departments attended the opening ceremony.

What followed inauguration ceremony was a plethora of events ranging from day events like fun games, rangoli competition, antaxari, health run, quiz competitions, face painting, open mic, food eating competition, penumbra, treasure hunt and many more; to night events including cultural night, unplugged night, dayro, concert night and garba night!

Students and other members of the institute actively participated in a number of events including quiz competitions, antaxari, treasurer hunt, arts competitions , gully cricket, dance off, tug of war, pictionary etc.

The major attraction of BJBEATS'23 included Breathtaking Cultural night, Star stunned Celebrity night by melody queen "Shreya Ghoshal", Soul stirring Unplugged night by Archit Patadia and team, Authentic Kathiyawadi Dayro by Milan talaviya and team And an Energetic Garba night!

The success of BJBEATS'23 was only possible due to the active participation of students, support from the family n the hardships of the organizing batch and mentors!

This time Batch of 2021 brought back the legacy of bjbeats, with more thrill in the days and glamour in the nights. Like they promised, it shall beat even when your heart stops.

“ खतम भी हुआ, पर क्या खूब खतम हुआ ;
वो 'BJ BEATS' जो हर दिल में धड़कता है । ”





Exploring the Diverse Tapestry of the International Museum Expo 2023

The International Museum Expo 2023, held at Pragati Maidan, New Delhi between 18th to 20th May, 2023, showcased an array of captivating exhibits, bringing together art, history, culture, and innovation under one roof. This narration will



take you on a journey through some of the most intriguing installations and highlights at the expo, including the Indian Navy Museum, art conservation and restoration, Cartist, art from e-waste, ancient art and artifacts, cricket museum, doll museum, artist corner, the National Archaeological Center museum, and mesmerizing light decorations.



Indian Navy Museum: Preserving Maritime Heritage

The Indian Navy Museum stood as a testament to India's rich maritime history. It showcased meticulously preserved artifacts, ship models and displayed chronicles of bravery and achievements of the Indian Navy. Visitors were treated to an immersive experience, gaining insights into the nation's naval prowess.

Art Conservation and Restoration: Reviving the Past

Art conservation and restoration took center stage, emphasizing the importance of preserving and rejuvenating artistic masterpieces. Experts demonstrated various techniques, from cleaning delicate paintings to repairing damaged sculptures. This segment underscored the significance of safeguarding cultural heritage for future generations.



.Cartist: The Fusion of Art and Automobiles

Cartist, an innovative concept merging art and automobiles, captured visitors' attention. Artists transformed discarded cars into vibrant pieces of art, exemplifying the beauty of upcycling. This unique approach showcased the potential to create visually stunning works while promoting sustainability.



Art by E-Waste: Repurposing Technology

The exhibit featuring art created from e-waste shed light on the growing concern of electronic waste. Talented artists repurposed discarded electronic components to craft through thought-provoking sculptures and installations. This display not only highlighted the importance of responsible e-waste management but also demonstrated the inherent creativity within recycling.



Ancient Art and Artifacts: A Glimpse into History

The expo paid homage to the rich cultural heritage of India by featuring ancient art and artifacts. Intricate sculptures, pottery, and artifacts showcased the artistic skills of civilizations long past.



Cricket Museum: Celebrating a National Passion

Cricket, the beloved sport of India, was honored with a dedicated museum. Rare memorabilia, historical records, and interactive displays engaged visitors, chronicling the

evolution of cricket in the country. The museum celebrated the sport's profound impact on Indian Society and showcased the nation's cricketing heroes.



National Archaeological Center: Uncovering Ancient Treasures

The National Archaeological Center exhibited rare archaeological finds, unearthing the mysteries of India's past civilizations. Visitors marveled at ancient relics, architectural wonders, and archaeological discoveries that shed light on the country's rich history.



National Police Museum:

The National Police Museum showcased its rich collection of artifacts and exhibits related to law enforcement agencies. Visitors had the opportunity to explore the history, evolution, and significant contributions of the police force in maintaining law and order. The museum presented engaging displays, interactive exhibits and informative presentations, offering a comprehensive understanding of the role and challenges faced by police personnel.



National Philatelic Museum:

The National Philatelic Museum exhibited a fascinating array of postage stamps, postal history, and philatelic memorabilia. Visitors were able to witness rare and valuable stamp collections from around the world, learn about the art of stamp design, and delve into the cultural significance of stamps. The museum provided educational programs and workshops to encourage philately as a hobby and promote the study of postal history.



Anthropological Survey of India:

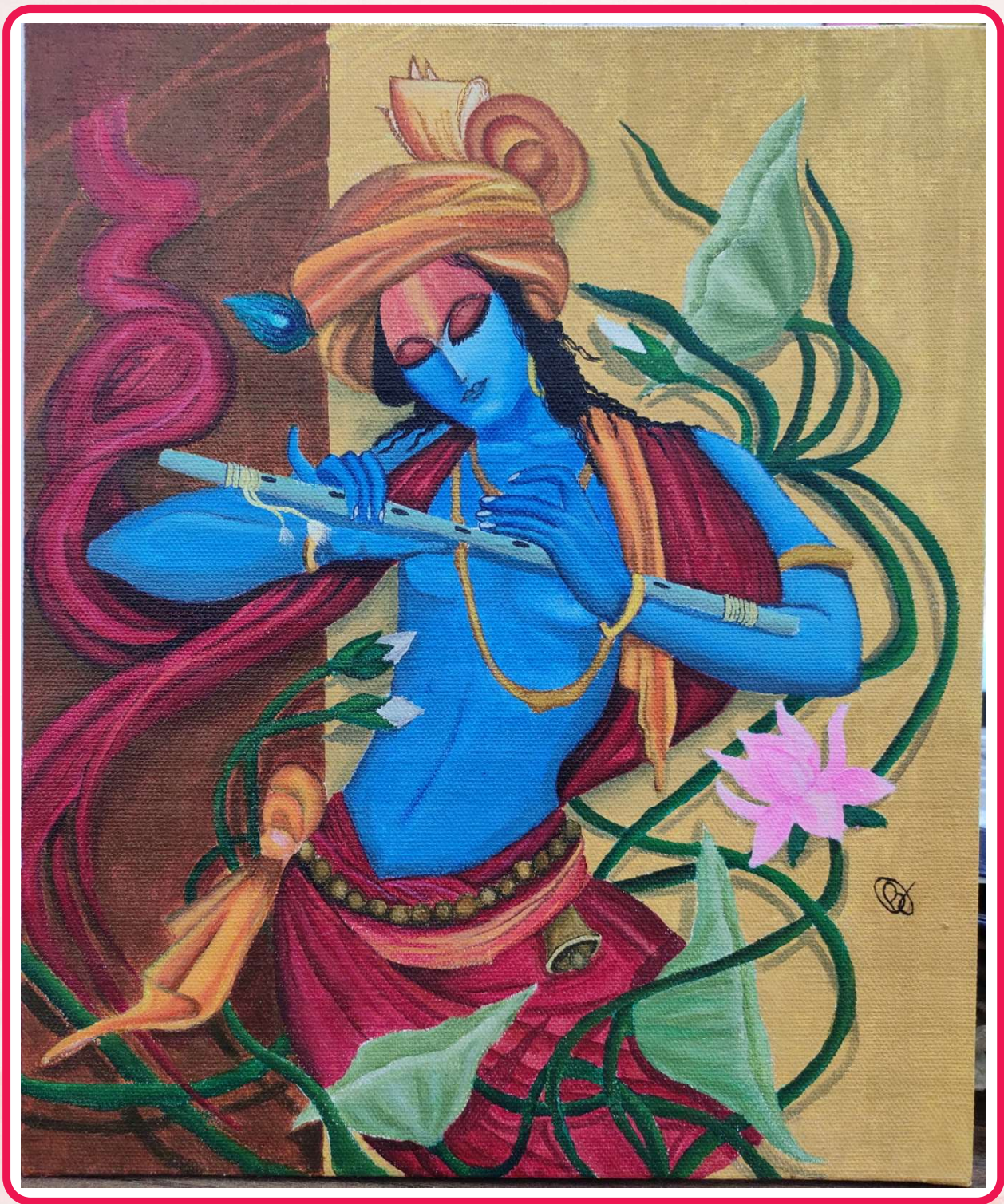
The Anthropological Survey of India presented a captivating exhibition on the diverse cultures, traditions, and lifestyles of India's indigenous communities. The museum aimed to foster understanding, respect, and appreciation for India's anthropological diversity.

Museum's captivating exhibition, presented by the Government of India, showcased India's rich rail heritage. With historic locomotives, evolution of rail travel displays, and interactive experiences, it offered a fascinating glimpse into the Nation's railway legacy. One can discover the significance and technological advancements that shaped the Indian Railways in this must-visit exhibit.



The International Museum Expo 2023 showcased the incredible diversity and richness of India's cultural heritage while highlighting innovative approaches to art and preservation. From the Indian Navy Museum to art conservation, Cartist, and ancient artifacts, the expo left visitors inspired and in awe of the creative and historical treasures on display. This convergence of art, history, and innovation provided a platform for cultural exchange and appreciation, making the expo a truly unforgettable experience. I would like to express my heartfelt gratitude to Dr. Hansa Goswami madam for granting me this wonderful opportunity to embark on a truly memorable trip to international Museum expo 2023.

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