

CAMPUS CHRONICLES

VOL:1 ISSUE:1 JUNE-JULY 2017



EDITORIAL

ASSALAMUALAIKUM!

Welcome back from your Eid holidays everyone! It's that time again; time to brush away those cobwebs in your cranial cavities and get back to work.

As we all know, medical school has its ups and downs (and rights and lefts) and we've never had a hard copy of our memories. So we put our heads together and worked hard over the past few weeks to bring you (drumroll please) the Shifa Chronicles!

We wouldn't have been able to go forward with this newsletter without *Dr Muhammad Amir*, and *Dr Ali Tayyab*, both of whom we'd like to thank for their guidance and support.

We will also ensure that all students/faculty associated with *STMU* will have the opportunity to contribute in the future issues of *Campus Chronicles* and expand its editorial board accordingly.

Please send us your thoughts, suggestions and feedback at

theshifachronicles@hotmail.com

We hope you enjoy our little project and help make it bigger and better.

STAY CALM. STAY CAFFEINATED.

Hibah Malik (*Editor*)



A WISE LESSON

To my curious childhood, observing an ant carrying a sugar crumb to its colony and joyfully interrupting its path again and again, seemed more pleasing than my mother calling me to eat a cup of vanilla custard. Strange, isn't it?

After joining a medical college and having spent almost two years in the lion's den, I am now beginning to feel somewhat at home with its complex shades. Observations both good and bad have occurred to me and, like any other ordinary human being, at times I too have felt as though in the middle of nowhere, and at times close to giving in. Was it because of not being able to interpret things well? Or because I wasn't able to understand them in the first place? Or perhaps because, for me, the air here was too clumsy to fit in? Why?

Not that I'm extraordinary today, but things do seem much better. It took me some time to realise, but the solution came. It came in the form of remoulded thinking, worked upon with the guidance of devoted guides and reflection on the ants' philosophy. I figured out what the problem was and came to know what I had not known.

Success will never come in one go, neither will knowledge nor learning. They are gradual continuous processes, and where you stand in both is determined by your individual perception of the two. If your perception lingers around temporary results, then your knowledge and success shall both be restricted to short-cuts and calculations. But if you define the two in terms of intellectual growth, then each step would matter differently and each second would count.

“Success will never come in one go, neither will knowledge nor learning.”

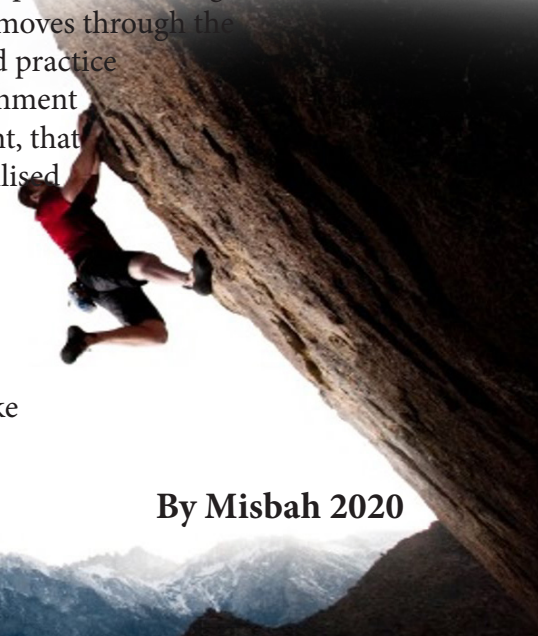
I realised that I stood for the latter, but where would I start? The answer lies in reshaping the attitude, first and foremost. Yes, attitude is what it's all about. Unlike that ant moving towards its colony, I never was determined enough, my motivation - unlike the ant's to fulfil its commitment - was never clear enough and henceforth, my efforts couldn't produce the desired outcome. There was no direction to my learning, and therefore I couldn't be like that ant, constantly trying to reach its goal despite the odds. In simple words, my attitude - unlike the ants' - was not defined, and a random blind imitation was, indeed, absurd and futile.

This, in fact, is and has been the dilemma. Failure to work on and adopt appropriate attitudes; or blindly imitating borrowed ideologies, be it on part of the learners or those whom they learn from, results in bleak consequences. Where critique is verbally encouraged but rote learning practised, ambiguity is seen in clarity and clarity in ambiguity.

I realised that in this process, honesty and critical self-analysis are both essential and inevitable to do well. So the real question then should be, whether or not I want to learn? If yes, then How? These two key answers will clear up a whole lot of confusion. Not that you will never err or fail, since to err is human and failures add to the value of success, but you'll no longer be like a person wandering in the desert without a compass. Rather, you'll enjoy the different shades of your intellectual growth and will merrily embrace wisdom, step by step.

So, I was taught and I learnt. Taught, that for a learning spirit even a colony of ants is a respectable teacher, that wisdom is the fruit of an attitude which begins with self-discipline and respect for learning, learners and the learnt ones, moves through the hardships of skill and practice and ends in enlightenment and education. Learnt, that for us to become civilised and enthusiastic contributors, the rationale of this lesson needs to be internalised and implemented, just like the ant.

By Misbah 2020





A letter to the youth

Ripple effect of Ramadaan

So when you stumble upon the inevitable moment(s) where wisdom, strength of character and peace within oneself is the key to making the right decisions at the right time, your past obliviousness to the frailty of your character doesn't shackle you down.

Imam Ahmad (Raheemahullaah) recorded from Abu Hurayrah (RadiyAllaahu 'anhu) that the Messenger of Allaah (sallAllaahu 'alaihi wa sallam) said:

إِنَّمَا بُعِثْتُ لِأَتَمِّمَ صَالِحَ الْأَخْلَاقِ

"I have only been sent to complete (perfect) righteous character."

[Tafseer ibn Katheer (Raheemahullaah); Surah al-Qalm 68:4. Classified as Saheeh by Shaykh Al-Albaani (Raheemahullaah)]

Indeed, Islaam spurs personal development.

But where to begin? Well, just like one drop of water can cause a beautiful ripple effect in an ocean, so can Ramadaan in one's life.

يَتَأْتِيهَا الَّذِينَ ءَامَنُوا كُنِبَ عَلَيْكُمْ الصِّيَامُ كَمَا كُنِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

"O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous (so that you may attain Taqwaa)"
[2:284]

For this is the goal, the soul and the role of Ramadaan in our lives. To enable us to build a system to preserve the purity of the content and stability of the currents of the ocean. Despite the wind, climate, gravity and other natural forces influencing the ocean.

The One for Whom we keep the fast, He's the One who elucidates that the intent and the effect of fasting is to embrace Taqwaa; consciousness of Allaah 'Azza wa Jall.

It was Ramadaan 2003, studying in my law college, that transformed my life forever and for the better. Al-hamdu-lillaah. Hence, I write this in the hope this Ramadaan does the same, rather even better, for you and I. In shaa' Allaah.

We hear most people, esp. the zealous youth, talk about how they wish to do incredible things for others; whether for family, friends, the community or humanity as a whole. But the fact is, as an 'Arab proverb goes:

الشخص الذي يفتقر إلى شيء لا يمكن أن تعطي للآخرين

"The one who lacks something cannot give it to others."

But if you desire and enquire, you can change your internal and external attire.

This is where one sets foot into the journey of personal development. A conscious journey of assessing, building and strengthening various aspects of one's character - with the aim to enhance the quality of life in this world and the next.

Never think you are at an age or a state of life where you are beyond any need for 'personal development'. Because the fact is **the more one has on their plate the more they are in need for discipline**. Therefore, let your inner self breathe and pay heed.

Pay heed to refining your character and get a tight grip on its reign beforehand. The sooner the better. For calamity doesn't knock at the door before appearing.

To become righteous, to become better, to improve. To improve in character - in physical, emotional and mental strength; so that we acquire the desire and the will power to preserve our purity. The very word Taqwaa comes from an Arabic verb, waqa'a yaqee, which means to protect oneself. A shield is a wiquayah, rooting from the same verb, something to protect yourself with.

However, a person is only attentive to and possessive of what is precious to him. The greatness of the effort he places in safeguarding the content of his life is a reflection of how significant he considers his life to be. How grateful and loyal he is to the One Who entrusted this life upon him.

Know when you acquire consciousness (Taqwaa) of your Creator, when you awaken to the fact that you were not created in vain, and when you become mindful of the fact that the Most Great did not create anything insignificant. So you are not insignificant. Nothing that happens to you is insignificant, without purpose. That is what triggers in you the utmost yearning and fervor to watch over yourself. To cherish your sight, hearing, speech and deeds, your surroundings, relationships, wealth, health, youth, time, abilities, knowledge, blessings and your life as a whole from everything distracting you in this brief voyage towards the awaiting destination of the eternal life.

To preserve your beautiful ocean. Beyond being merely pretty enough on the surface but when submerged into its depths to find beauty never seen before. To improve in Duniyah so to improve one's Akhirah. This is the purpose of Ramadaan!

Nevertheless, the question is: how to earn Taqwaa practically?

In this month of Ramadaan, when Qur'aan is recited and heard, also understand it, explore it, feel it and reflect upon it. Constantly. For self-improvement.

Each time you come across a verse, ponder over it: How does this Ayah apply to me? How can I improve myself? What can I learn from it? Reflecting upon one's life in light of Qur'aan. This is the purpose of Ramadaan!

For this is how you attain consciousness of the Lord in all your affairs, that leads to wisdom in all matters and strength against all odds.

Fifteen years ago at the age of 21, distracted by the glitz and glamor of the world, this deep reflection on the Qur'aan in the month of change - Ramadaan - changed someone's perspective about life completely. Enabling her to seek optimism, wisdom and strength from every experience thereafter. Grasping the reality that **you cannot control what happens to you but you can control how you react to what happens to you.** That being the entire point! Never realizing how right from the inception of connecting with the Qur'aan, Allaah 'Azza wa Jall was preparing her all along for an immense tragedy that was to befall her 7 years later.

In the middle of the voyage, when a storm sways you away through your own ship, disconnecting you from the ocean, into the isolation of an unknown island, the survival strategies and the ability to analyze the stars above as signs directing you out of the darkness must all be learnt beforehand. This is how she survived.

Following the beam of the Word of the Creator enabled her to come out of the darkness of the wild forest of the island into the sunlight. From the shore, glaring at the sparkling ocean (her life), for the first time sensing the scent, sound and sight of the ocean from afar. Realizing what she was taking for granted in her life and missing all along.

Got on board the ship again. To sail better. This time consciously. The ship being one's blessings in life, to not dwell in, but to be utilized to complete the voyage with comfort. She found her way to an even better route than she was at before. Starting the journey all over again but this time stronger and wiser.

For a change, enabling her to take others along on board. Indeed, the one who lacks something cannot give it to others.

That Ramadaan, that reflection on the Qur'aan, had her well-equipped for the unforeseeable. Enabling her to come out victorious from the impossible.

"And will provide for him from where he does not expect. And whoever relies upon Allaah - then He is sufficient for him. Indeed, Allaah will accomplish His purpose. Allaah has already set for everything a [decreed] extent." [65:3]

Know that this unconditional and unsinkable trust only stems from knowing the Lord better. But how can you know someone without knowing what he

says?!

Understand the way of the Lord from His Speech.
Witness its manifestation in your deeds.

Know that the ease placed in Ramadaan you and I will not find in any other month before or after.

As in the passage of Surah al-Baqarah bringing along with it the commandment of fasting in Ramadaan, Allaah 'Azza wa Jall also says:

“Allaah intends for you ease, and does not intend for you hardship.” [2:185]

Hence, there is no better time for self-reflection, self-improvement and self-control. To make resolutions in light of your past, to make changes in your present and to prepare yourself for your future. In shaa' Allaah!

This Ramadaan, burn the bridges to the distractions. The bridge being the sins. For Ramadaan comes from the word Ramad, meaning intense heat. Not only because this month was named such as it fell at time of intense heat (Az-Zamarakhshari), but also because Ramadaan visits us annually to burn our sins away (Al-Qurtabi).

To dump the accumulated garbage left by those we allow to surf our ocean undeservingly. The foul smell of which numbs one's senses, blurs out the vision of one's innate nature and blinds the heart. To purify our souls like gold. To revive it's true nature (fitrah), in which we were created.

So this Ramadaan, strive to repent sincerely. Invoking Him to take all your sins into His Mighty Pardon. Standing in prayer at night and fasting in heat of the day, with utter faith and hope of reward from the Lord of all that exists.

Show hospitality to this guest as you've never shown before. Pray as you've never prayed before. Fast as you've never fasted before. Supplicate as you've never supplicated before. For you cannot do the same thing over and over again, expecting a different result each time.

It was narrated from Abu Hurayrah (RadiyahAllaahu 'anhu) that the Messenger of Allaah (sallAllaahu 'alaihi wa sallam) ascended the minbar and said:

“Aameen, Aameen, Aameen.”

It was said to him, “O Messenger of Allaah, why did you do that?”

He said, “Jibreel said to me, ‘May Allaah rub his nose in the dust (meaning he will be wretched), that person who Ramadaan comes and his sins are not forgiven,’ and I said, ‘Aameen’.

Then he said, ‘May Allaah rub his nose in the dust, that person who lives to see his parents grow old, one or both of them, but he does not enter Paradise,’ and I said, ‘Aameen’.

Then he said, ‘May Allaah rub his nose in the dust, that person in whose presence you are mentioned and he does not send blessings upon you,’ and I said, ‘Aameen.’”

[Narrated by Ibn Khuzaymah, 1888; at-Tirmidhi, 3545; Ahmad, 7444; Ibn Hibbaan, 908. See Saheeh al-Jaami', 3501]

O traveler! Do not let this month of ease and change slip away once again...for we do not know if this honorable guest will visit us again...



By Ayesha Khattak

Annual Scholars Day

Annual Scholars Day is an excellent platform to promote the culture of research in medical students. This year, on its 6th consecutive event SCM attracted a healthy participation from 9 well reputed medical colleges in Rawalpindi and Islamabad. Kudos to Dr Sajida Naseem and DHPE for pulling a successful event in the new campus of SCM and I hope that this trend continues to explore the 'Ibn e Sina' among students.

Getting first prize on our first ever poster presentation was truly a memorable occasion. The entire process, starting from conceiving the idea, collecting data and then wrapping up results was an invaluable learning experience. We did not have a very promising start as the study proposal was initially rejected by the Institutional Review Board. However, our supervisor's constant support and the various new skills and protocols involved kept our interest in the project. Our study was solely based on patient interaction and this exposure actually improved our history taking and counselling skills. We reviewed medical records and became familiar with Shifa International Hospitals' protocols. We discovered ways in which the study variables could have been increased during the process and this will hopefully benefit us next time. The staff, nurses, and doctors in SIH Endocrinology OPD were very supportive during the data collection process. Members of SIH Nutrition department also helped us formulate the initial draft of the study. Our message to all the aspirant students is to make full use of the culture of research in Shifa, and utilize Scholars' Day to groom your presentation skills.

By Umar Farooq (2019)



ABSTRACT: 1

Diet management is an integral part of a therapeutic plan for diabetics. This study aimed to find dietary habits and practices of diabetic patients and to determine the relation of control of diabetes with food intake. 180 diabetics were interviewed in SIH Endocrinology unit using a structured questionnaire.

A statistically significant association was found between the consumption of different desserts/sweets and HbA1c levels ($p = 0.008$), followed by fruit intake like mangoes ($p = 0.004$) and then grapes ($p = 0.02$), using chi-square test, p -value < 0.05 . A majority of the people had uncontrolled blood sugar levels. There is general unawareness about the types of diabetes. Income had no relation with glycemic control and dietary intake. There is a need to educate diabetics regarding diet management in terms of glycemic index of foods.

Demographics,

2

eating habits in terms of high glycemic index foods consumed in each food group, dietary practices were assessed according to number of meals per day and adherence to diet plan, and HbA1c values were recorded.



100

of the patients reported taking 3 meals a day.

60% subjects had an income $> \text{Rs}50,000/\text{month}$.

70.6%

of the patients were not aware of the type of diabetes they suffered from.



65% patients had high HbA1c levels.

85%

made a change in diet following DM diagnosis



93.3%

had recommended food available in their house, and 36.1% followed a strict recommended diet plan.



The most popular high glycemic index foods included



beef
(31.7%)



beverages
(36.1%)



egg whole
(37.8%)



white bread
(33.3%)



mangoes
(52.2%)



Game of Virtues: this year's theme for the annual scholastic tournament organized by Shifa Student Society. Spanning the weekend of 18th and 19th February, SIST 2017 was initially fraught with tensions. With complete rebranding and fantastic marketing, there were lots of teams from different schools signing up to participate. Things got even more hectic when it was finally revealed that Maulana Tariq Jamil had agreed to come, creating an even greater audience. Stress levels rose higher with security clearance issues- nevertheless, Saturday arrived and everyone was pumped to get the show on the road. The Convention Center was decorated in theme with balloons (courtesy Pappu) and paper decorations (courtesy decor team) and security was amped up appropriately. Sadly, Maulana Tariq Jamil was unable to come due to health and security issues, sending a personalized video message instead. Some visitors were understandably dismayed, but with the other fantastic speakers arranged for the event, things continued smoothly. Sheikh Abu Esa, Sheikh Abdul Wahab and Fahad Sarwani all gave interesting and enlightening lectures on morality and the need to maintain good virtues, before participating in a panel discussion of questions brought forward by the audience. Faiez Seyal also gave a very motivating workshop of 7 effective habits and Ustadh Kashif

Dilkasha had his own insightful lecture. These sessions were punctuated with the competitions and events planned out for all the participants, with new events added, like 3D Science Projects and Project Runway, and old ones shining brightly as ever, like Jeopardy and Bait Bazi. Overall, the event was a success and may everyone who worked to make it so be rewarded for it.

By Hafsa Khan (2019)

"S" to the "D" to the League

Apart from the fact that it is an extracurricular which looks good on anybody's profile, debating happens to be a sport where you defiantly stand in front of your opponents to tell them they know nothing about what they're saying. I mean it in a good way, if that makes sense.

Our college, however, didn't have this sport until a few years ago, when a group of passionate students thought it was important to recruit some of our own and send them off into the arena de debating that exists, with our sharpened argumentative arsenal. Either that or we were just bored and running out of options to entertain ourselves.

We started off small. A small inexperienced team. Two people. Then three. And so forth. Getting eliminated in the preliminary matches of tournaments. Making all those losses our Edisonian 10,000 ways not to go about debating, we eventually learned how to win. Gathering little tiny victories to grabbing 1st and 2nd prizes in the most prestigious tournaments nationwide: yeah we got some awesome debaters. So much so that we've hosted our own college debating championship, TWICE. Both of which were a major success, Canyoubalivit?

We have come very far since the advent of our society, which we have named the great SHIFA DEBATING LEAGUE. True, we've grown exceedingly in experience and numbers, but the best part about it is that the members of the league are family. The trips to all those cities and the institutions hosting the tournaments are our perfect escapades from the monotonous college life cuz we don't just go to those cities to debate; we party the rest of the time. Lahore to Rawalpindi to Lahore to Topi to Lahore to Sindh to Lahore to Islamabad. (Lahore's the center of all the major tournaments. Also, Lahore is love.) Basically, Shahjewan, GIKI, GC, Ameerudin, Westminster, RMC to name a few.

In a nutshell, debating is fun. With us, it's super fun.

By Faraz Sipra (2018)

Clinical Workshop by Dr. Shahid Latif Sabahat Abdul Ghaffar (2018)



was held on 21st March, 2017 in C-0 Hall of Shifa International Hospital. This workshop focused particularly on working in the United Kingdom and how to develop communication, presentation and organization skills in a clinical setting in UK. Dr. Shahid Latif is a Consultant Psychiatrist/Clinical Director at NHS Trust in Leicester, UK. He is an award winning doctor who has published multiple research articles, mainly dealing with the treatment and management of people with mental complaints, risk assessment, performance management and service development.

The session highlighted building up of a student's portfolio, containing qualifications and experience required for obtaining a job; the achievements and experiences relevant to specific skills. The goal of this symposium was to enlighten students about requirements in the UK to acquire a job; to be able to utilize their time accordingly and to have an occasional reflective practice in order to build up a persona. The workshop was attended by Medical Officers and House Officers of SIH and students from Shifa College of Medicine. Towards the end of the session, students were called upon the stage to reenact an interview session which was later analyzed by Dr. Shahid via the eyes of an interviewer and an interviewee.

The talk was organized and coordinated by SIH members and members of Research Association of Medical Sciences (RAMP) with special thanks to:

- **Dr. Habib – Chairman of SIH board of directors**
- **Dr. Nadeem**
- **Dr. Mohsin**
- **Usama bin Saif- president of RAMP**
- **Umer bin Boor- Vice President of RAMP**

Embrace the struggle

Wardah Hussain Malick (student of DPT, class 2018)

Life is boring without challenges. What makes it more interesting is accepting challenges and striving to become bolder and better from them. Mahgul Anwar, a student of DPT, class of 2017, and the person who worked day and night to make 'Embrace the Struggle' happen, said "I have faced a lot of challenges in my life. But a challenge which truly rejuvenated me and boosted my self confidence in a very astounding manner was the organization of a motivational speaking session in my university."

This event, held on 27th April, 2017, was the first of its kind in the history of all Allied Health Science Colleges of Shifa Tameer e Millat University.

Mahgul knew from day one that if given the best, the results could be staggering. Henceforth, she set out on her path. A path full of tribulations and tests lay ahead of her because she had never organized an event as big as this in her life. She started off by encouraging people to participate. Thankfully, with the help of her friends, we witnessed a huge turnout.

Obviously, a guest speaker had to be present to light up the event and so Mahgul contacted Dr. Uzair Mushahid, who is a former president of Shifa Student Society and a renowned public speaker. He is now an ENT specialist in CMH, Rawalpindi.

His mere presence in the event was an inspiration for many students. From discussing religious aspects to Iqbaliat, from quoting Victor Emil Frankl to various Quranic verses, everything was amalgamated into a vivid and vigorous speaking session. He quoted some of the most relatable examples from our daily lives to emphasize how we can manage to live a successful life by simply embracing its struggles.

We were not expecting the event to be such a big success, but guess what? Hard work really pays off. Alhamdulillah, the event kept on making headlines in the university for several following weeks.

"I want to thank all those who supported me and believed in me even when I was doubtful of my own abilities. My only message to the masses is: Don't stop believing because Allah is the witness and who else is a better witness than Allah," said Mahgul.

In the end, I would like to say that if you go through chapter 94, verse 5 and 6, you will find the best mantra of living life i.e. "Verily, along with every hardship is relief." (94:5) If you live life by this ideology and incorporate it in your daily lives, nothing will stop you from having a bed of roses!

Thank you STMU!

SPORTS DAY 2017



The Shifa Tameer-E-Millat University Sports Day(s) took place from May 5th-7th at the Shifa Sports Ground. The event brought nearly 500 students, faculty, and staff together to participate in 13 different events, which included Football, Basketball, Tennis, Table Tennis, Badminton, Volleyball, and a 100m Race.

Many teams were made with members mixed from different classes of the College of Medicine, Allied Health Sciences, College of Nursing, and Department of Physical Therapy, while other teams had been playing together for years.

The Shifa College of Medicine Class of 2019 dominated the event, winning 1st Place in 7 of the 13 events.

1st Place also went to talented teams from the Shifa College of Medicine Class of 2020, Allied Health Sciences, and the Department of Physical Therapy.

All in all, Sports Day 2017 was a weekend to remember, showcasing just how multifaceted, and multitalented the student body can be. Excelling in not only academics, but athletics as well.

By Bakhtawar Mirza (2019)

Keeping with tradition, the Class of 2019 held a series of events marking the half-way point in our journey at Shifa. The past two and a half years have been a grueling test of our capabilities and every member of our class has proven themselves- not just as excellent students but as people of character. Years like these always call for celebration, and that's just what the Class of 2019 did. We commemorated our ups and downs and added more memories to a long list. Seeing everyone in a new light, whether it was dressed to the nines for the Masquerade Ball, jumping off a 40-ft cliff into the sparkling blue waters of Khanpur Lake, or letting loose for an epic Rang Fight, strengthened our ties as a class. It made us remember why we built our relationships in the first place and reminded us that we have made friendships worth protecting for a lifetime. We were proud to represent these class bonds by sporting class colors and rejuvenating our school spirit in the halls where this all started, and InShaAllah will all come to an end.

T-Half 2019



One hundred and twenty seconds

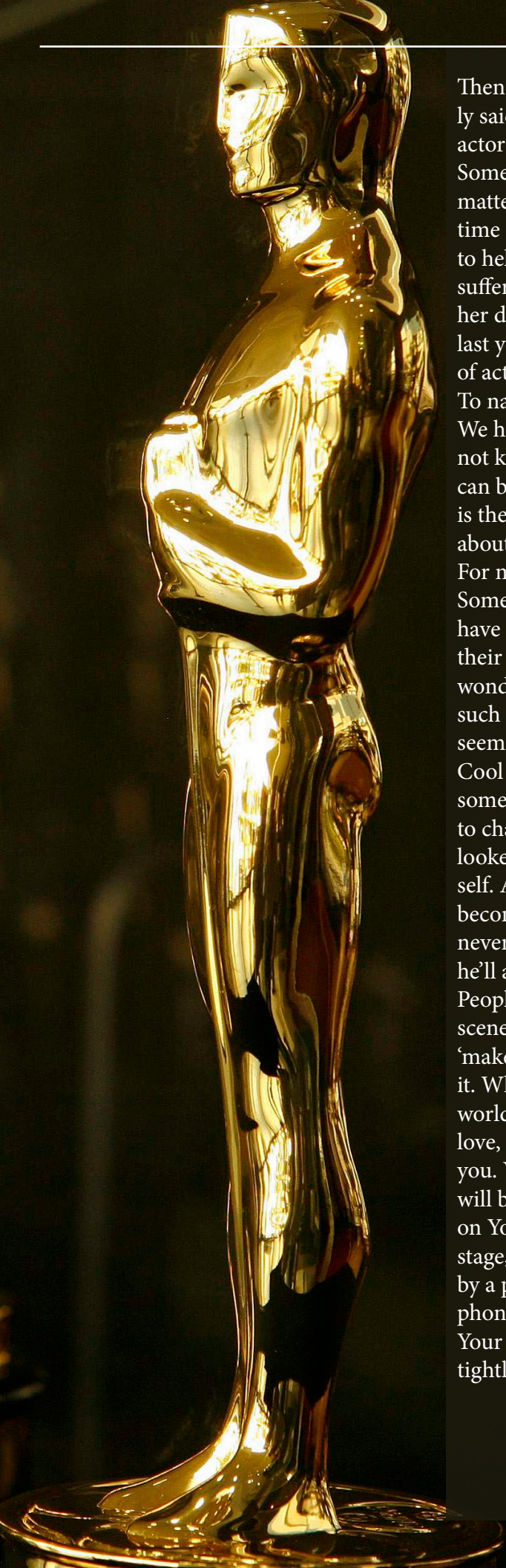
If you had two minutes to say something which people all over the world would listen to again and again and again, and would probably be used by everyone to form an impression of you, what would it be?

As Oscar season comes to an end, and movie geeks of the world reluctantly sit back and wait for the end of the year (when movies aptly termed Oscar bait will be released); this might be a good time to look back at what makes the famous awards, famous. People might look forward to seeing their favourite people out of character, and to ooh and aah at their lush gowns and crisp tuxedos, but one other thing resonates within people, and stays with them long after the four hour ceremony has come to an end – the winners' speeches.

For as long as there have been awards, there have been nervous people giving acceptance speeches. With the ominous music ready to usher them off stage in case they exceed their time limit, and the gravity of the moment having dumbfounded them as it is, it is a tough time for people who are accustomed to scripts and rehearsals; whether they come with prepared speeches, or try to be spontaneous. While no category is inferior to another, it might be easier to only comment on the words of actors and actresses. Over the years, thespians have used their two minutes in the spotlight to express gratitude, lighten the mood, raise awareness for pressing matters, and perhaps – if we are fortunate enough – inspire us with their words of wisdom. When the notoriously politically active Marlon Brando won best actor for his iconic role as the Godfather Vito Corleone, he sent Apache woman Sacheen Littlefeather on his behalf, to protest the representation of North American people in film, and also to demonstrate his rage over an on-going operation.

Contrariwise, there have been less controversial (and more light-hearted) acceptances too, which earned whole-hearted laughs from the entire crowd. Robin Williams, who inspired people with his wonderfully comic characters, invariably with a hauntingly beautiful backstory, won best supporting actor for his role as a troubled therapist in *Good Will Hunting*. He remarked at the end of his acceptance note, "And most of all I want to thank my father up there, the man who when I said I wanted to be an actor he said wonderful, just have a backup profession, like welding."





Then there are cool and suave celebrities like Kevin Spacey, who smartly said, “Well, this has been the highlight of my day,” when he won best actor for his excellent role in *American Beauty*.

Some actors have played such powerful characters dealing with pressing matters of this day and age, and have taken the opportunity to use their time in the spotlight to talk about it, and endorse any efforts being made to help. Julianne Moore won best actress for her role as an Alzheimer’s sufferer in the movie *Still Alice*, and she took the chance to talk about her disease. Leonardo DiCaprio, upon finally being awarded the trophy last year, wanted to talk about global climate change, and the importance of acting now. And Tom Hanks spoke about AIDS when he won in 1994. To name a few.

We have very little knowledge of the private lives of these people. We do not know how much they practice what they preach, or how much they can believe in something that they portrayed for a year. So what exactly is the perfect speech? Is it when the speaker sacrifices some time to talk about something that is for the benefit of the society?

For me, it is a speech that inspires.

Something that has a message to the people watching at home, who may have absolutely nothing to do with showbiz, to go out there and leap for their dreams. Matthew McConaughey won his Oscar in 2014, and his wonderfully written speech (coming from an extremely eccentric mind, such as his) did the rounds on social media recently, even though it seemed all the more powerful when he first gave it.

Cool and unphased by the spectacle, he said he needed three things; something to look up to, something to look forward to, and someone to chase. God was someone to look up to, and his family was what he looked forward to. But the third thing, someone to chase, was his future self. And he said that every ten years, he was chasing the hero he would become ten years later. He added he would never catch up to that guy, never achieve what he sees himself achieving a decade earlier, because he’ll always want more, he’ll always want to chase.

People associated with the medical profession work more behind the scenes than actors. Indeed, people who work in front of a camera, and ‘make it big’, are in a category of extremely rare people. But think about it. What if you were being honoured with something, and the entire world was watching? You were in a room full of your peers; people you love, people you hate, people you’re jealous of, people who are jealous of you. You are being telecast live to over 225 countries. Whatever you say will be played and replayed for years and years to come, and will end up on Youtube, and Facebook, and hundreds of websites. You walk up to the stage, and are handed a token of appreciation, made purely out of gold, by a person you’ve idolized your entire life. You walk up to the microphone, look at maybe a thousand people staring back expectantly at you. Your mouth goes dry, your knees are trembling, you clutch the award tightly for dear life.

What do you say?

By Anonymous