

A detailed photograph of a butterfly with intricate orange, black, and white patterns on its wings, perched on a vibrant orange flower. The background is a solid, light grey color.

# 31 Unalloyed Veracities

**Dr. Jarina Begum**

# 31 Unalloyed Veracities

Edition First



Author

**Dr. Jarina Begum**  
Professor, Department of Community Medicine  
FAIMER Fellow 2018, Faculty Advisor

**Title of the Book:** 31 Unalloyed Veracities

Edition 2021: First-2021

**Copyright 2021 © Dr. Jarina Begum**, Professor, Department of Community Medicine, GEMS & Hospital, Srikakulam, Andhra Pradesh. FAIMER Fellow 2018, Faculty at CMC-Ludhiana Regional Centre for FAIMER.

No part of this book may be reproduced or transmitted in any form by any means, electronic or mechanical, including photocopy, recording, or any information storage and retrieval system, without permission in writing from the copyright owners.

**Disclaimer**

The author is solely responsible for the contents published in this book. The publishers or editors do not take any responsibility for the same in any manner. Errors, if any, are purely unintentional and readers are requested to communicate such errors to the editors or publishers to avoid discrepancies in future.

**E-ISBN: 978-1-68576-051-9**

**MRP Rs. 150/-**

**PUBLISHER & PRINTER: INSC International Publishers**

Pushpagiri Complex, Beside SBI  
Housing Board, K.M. Road  
Chikkamagaluru Karnataka

Tel.: +91-8861518868

E-mail: [info@iiponline.org](mailto:info@iiponline.org)

**IMPRINT: I I P**

***Dedicated***

***To***

***My late Grand Father-***

***Mr. Fazlullah Shareef***

***(Urdu Poet)***

## **Preface**

The poetry book was written during the pandemic. Most of the poem written in this book inspired by real life persons, places, and events. Few were directly experienced by me and my friends. These events changed me and made me little closer to reality and the unalloyed veracities, wondering how I could help, I then decided to pen down my thoughts, which could change at least one more mind towards creating a better world. It is a combination of thoughts on philosophy of life, care for nature, effects of pandemic, nationalism, patriotism, gender equality, work ethics, unity, and love for humanity.

I hope these poems will reach to your heart and my plan of trying to pleasantly remind you of the facts that makes life beautiful, worth living for and brings us towards humanity will be successful.

The Author

**Dr Jarina Begum**

## Acknowledgement

As I lay the final touches to this work, I feel an overwhelming gratitude for my father **Mr. Chand Uddin khan**, my mother **Mrs. Meherun Nisa begum** and my **family members** for their constant encouragement, moral and emotional support.

I owe my deep sense of happiness towards selfless help & cooperation rendered to me by my dear husband **Dr Syed Irfan Ali** and my cute little son **Mr. Mir Ihsaan Ali**.

Here I also want to mention that behind every successful show there are numerous backstage workers and supporters. I am indebted for ever to my sister **Mrs. Rehana Nawaz**, my brother **Mr. Moinuddin Khan** who helped me and supported me whole heartedly during the entire period.

Last but not the least, I owe my deepest reverence to “**ALMIGHTY GOD**”, who has given me the strength and willpower to complete this entire work.

Above all, to err is human and I must admit that whatsoever errors remain in this work are all mine.

## Contents

<b>Modus Operandi...Beginning of the end</b>	<b>1</b>
<b>Can't take it anymore!!!.....Go Girl!! ..... Spread the Wings &amp; Fly!</b>	<b>3</b>
<b>Poor Haters you are a drop in the Ocean of Love</b>	<b>5</b>
<b>The Echo of Ecosystem ..... An Ordeal!!!</b>	<b>8</b>
<b>Life! Easy peasy lemon squeezy!!</b>	<b>10</b>
<b>Yin Yang!!!Bargain of happiness in Life....</b>	<b>12</b>
<b>A believer.....! Colouring the canvas of life!!</b>	<b>14</b>
<b>One of us battling to become one among us!!!</b>	<b>16</b>
<b>Father...A Real-life superhero ...</b>	<b>18</b>
<b>Fiberals!!! A fanatic pretending to be a liberal.....</b>	<b>20</b>
<b>A hype in the name of love.....!!!</b>	<b>22</b>
<b>Being Ambitious &amp; resentment go hand in hand!!</b>	<b>24</b>
<b>Hard to escape from our locked minds!!!</b>	<b>26</b>
<b>Freedom from your own fear!!!</b>	<b>28</b>
<b>Independence....</b>	<b>30</b>
<b>Just being thankful! Gratitude!!!</b>	<b>32</b>
<b>What it is like!! living with COVID-19 🤔</b>	<b>34</b>
<b>Metamorphosis a process in everyone's life .....</b>	<b>37</b>

<b>🌾Farmers: Heart of every nation♥☐♥☐😊</b>	<b>39</b>
<b>New Year Resolutions</b>	<b>41</b>
<b>Mistakes # caution ⚠☐.....</b>	<b>43</b>
<b>Untitled treasures</b>	<b>46</b>
<b>😊The constitution Day of India....</b>	<b>48</b>
<b>Unseen traps of life😊</b>	<b>50</b>
<b>Social media imposters 😊 it's ok G to be not ok!!!</b>	<b>52</b>
<b>Mystery of our own mind</b>	<b>54</b>
<b>Yes it's your # 2nd home👋👩☐ The Workplace 👩☐!!!</b>	<b>56</b>
<b>Building a fairer, healthier world for everyone everywhere 😊😊</b>	<b>58</b>
<b>You are right or wrong!! Whose decision ??</b>	<b>61</b>
<b>If Mute thoughts have words.....</b>	<b>63</b>
<b>And this is summer! for us to discover...!!</b>	<b>65</b>





Dr Jarina Begum  
Professor in Community Medicine  
Great Eastern Medical School & Hospital,  
Srikakulam, AP, 532484



Date of Birth: 19/06/1983,  
Languages:  
ODIA, HINDI, TELUGU,  
ENGLISH, URDU  
MD (Community Medicine)  
FAIMER Faculty 2020  
MIAPSM, MIPHA, Member  
of APCRI, IMA, EFI

MEU Co-ordinator,  
ACME, FAIMER Faculty  
Distinguished chapters in  
3 Books  
Work experience: 8-year

#### SKILLS

Area of Interest: Research,  
Epidemiology, Nutrition,  
Medical Education, English  
Literature.

#### CONTACT

WEBSITE:<https://www.iandj.org>  
EMAIL: [dr.jarina@gmail.com](mailto:dr.jarina@gmail.com)



InSc publication House(IPH)  
Selfepage Developer's Pvt Ltd.

e-ISBN:978-1-68576-051-9



MRP Rs.150/-