



Heart steadfast

Arundhati V Subramani

Final year medical student, Dr. BR Ambedkar Medical College, Bangalore

Corresponding Author:

Arundhati V Subramani

Final year medical student

Dr. BR Ambedkar Medical College, Bangalore.

Email: arundhati dot v dot subramani at gmail dot com

Received: 23-OCT-2023	Accepted: 15-NOV-2023	Published: 03-DEC-2023
-----------------------	-----------------------	------------------------

Invisible battles, minds at war,
In hearts locked up, emotions soar.
Like rising tides, they ebb and flow,
Over the shore, within the marrow.

Through hail and storm, you must endure,
The battles fought, your thoughts obscure.
In this strife, hold on to your might,
Climb towards hope, embrace the light.

Your silent struggles, so often unseen,
Drop the facade, rip open the screen.
Voice your thoughts, own your battles,
End the silence, break free of the shackles.

Hold on to courage that silence betrays,
Heart steadfast, the stigma ablaze.
Rekindle the spirit, support your kin,
Together we strive for peace within.
