

# प्रशमन

Outcome Of Medicoz Creativity

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## Bijoy

After hair cut, shave & pedicure of himself, man said I will come back till that time cut the hair of this kid. After an hour salon owner to kid: "Where is your father?" Kid: He is not my father. He met me outside and said, let's have free short hair cut of you & me

## STETHO SPEAKS

### Corruption Free India-Is it Possible?

At present, almost every system of India is corrupted. Even all of us are corrupted in one or the other way. In the movie Singham, there is a dialogue "POLICE KA NAAM CHAHE KUCHH BHI HO, PAR USKA SURNAME TO CORRUPTION HI HOTA HAI." But we also need to consider 'mango people' like us. We should ask certain questions to ourselves as a part of self evaluation-Are we giving bribe to traffic police? Are we taking help of RTO agents to get license early? Are we using our contacts to get more marks in exams? Are we giving money in PHC in order to get completion certificate? If yes, do we feel guilty for doing so? Will we be able to stop ourselves from doing so?

Bitter however it may sound but it is almost impossible to make "whole" India corruption free. But we need to begin from somewhere. At least we can reduce prevalence of corruption if we can't uproot it completely. We must understand that it can't be removed by just cursing the system for it or by just hooting against corruption in a rally. We need to reboot ourselves and try to be as honest as possible. To remove corruption from India, first we need to remove corruption from ourselves. Jai Hind!!

- Vivek Joshi  
3rd First MBBS

## CHOSCHORYUM!!

### FORGOTTEN FACTS OF OUR ANCIENT MEDICAL SCIENCES!

- In the base columns, there are two main branches of medical science: Surgery & Medicine. Dr. Shushruta (M.S.) & Dr. Charaka (M.D.) were so great health masters that degrees written behind their names in bracket are like "bacterium against a blue whale..!!!!"
- Shushruta performed plastic surgery. He used black ant (mankodo) for stitches! It would bite and insert appendages in separated skin. Poisonous blood was sucked by leech! His instruments were so precise that they could divide human hair into 2 halves vertically! He had written 'Shushrut-samhita' the so named encyclopedia of surgery.
- Charaka authored massive book "Charaka-samhita". He described various diseases, causes, treatment, prevention, dietary restrictions, balanced diet, tridoshas- "Cough, Pitt and Vayu".
- Chyawan made 'Chyawanprash' from Amla and regained his youth (anti ageing therapy). Perhaps he knew its role in cross linking of collagen in connective tissue.
- Let's peep out in our mythology. King Pandu was historical victim of anaemia so named Pandurog. Lord Ganesha with head of elephant and his "NANA" Dax with head of goat are classical examples of Xenograft. Of course, some of them are fabulous cum fictitious but they have same value as "Leonardo Da Vinci's aero plane painting". Isn't it????

Interviewed by:-  
Urvashi Rana, 3rd MBBS

## FACE 2 FACE



Minhaz Karthanaswala  
1<sup>st</sup> year UG

It needs pure dedication and disciplined reading to be at the pinnacle. Minhaz Karthanaswala from BJMC TOPPED the Uni. exams(held in July 2011) with 82.8%. Urvashi Rana, for PRASHAMAN talked with him about his Journey.

**Prashaman:** At the outset, heartiest congrats for your exemplary performance in the Uni. exams.  
**Minhaz:** Thanks a lot.

**Prashaman:** So how did you celebrate your success?

**Minhaz:** I was delighted when the results were out. I went for an outing with parents. Actually I am waiting for my hostelite friends to return. They surely are going to ask for a treat!

**Prashaman:** How did you plan your studies?

**Minhaz:** After 12th, everyone takes college a little leisurely so did I. But I believe in timely hard work. Plus the first year curriculum is so drafted that we have tests at regular intervals that keeps you on your toes. Also I made it a point to read everything and clear my concepts, which proved helpful in the long run.

**Prashaman:** First year in college, a new environment & medical studies, how did you deal with all this & at the same time maintain your concentration & focus?

**Minhaz:** It is a different feeling, you are out of the school wherein it is a protected environment and in the college, you have this thing of having grown up, a lot changes. But I am fortunate to have supportive friends & seniors who guided me. The professors and tutors tune you so well that I could comfortably get into this new mould.

**Prashaman:** At times you must have felt stuck or frustrated, what did you do to manage it?

**Minhaz:** Yeah, I did but I also knew that there is no escapism. You have to study and there are no excuses. I made it a point to balance studies & recreation so that I could keep stress at bay.

## एक दिन

एक दिन चलते रास्ते पर उनका दीवार हो गया

ये दिल साला उस दिन से बीमार हो गया

'लब्ब डब्ब' की धुन गुनगुनाने वाला ये,

अब तो 'धक धक' के साज का शिकार हो गया

युं तो ये चेहरा कभी कभी मुस्कुरा लेता था,

पर अब वोह बिना बात की भीखी मुसकान का मरीज बन गया

संस्कारों की नाव पर अडग चलने वाला ये मन,

बस उनकी नशीली आँखों के तूफान में सबकुछ भूलता गया

बस हरपल उन्हें देखने की उस पागल छ्वाहश में,

ये पैर हरकदम उनकी ओर बढ़ता गया

उनके पाने की वोह दिवानी तमन्ना में,

मे तो खुद से ही बड़ा दूर होता गया

एसे ही दिल के दर्द दूर करने वाला ये डॉक्टर,

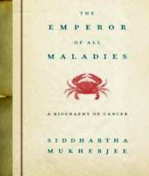
दिल का ही मरीज बन गया

-Kuldeep Sapariya  
1st First MBBS

## DISSECTION

### Book Review:-The Emperor of All Maladies

By: Siddharth Mukharjee



Siddharth Mukharjee is a well known cancer physician and researcher. He is assistant professor of medicine at Columbia University, USA and practices at CU/NYU Presbyterian Hospital. In "The Emperor of All Maladies", he examines cancer with a cellular biologist's precision, a historian's perspective and a biographer's passion. He has personified cancer and has attempted to enter the mind of this immortal illness, to understand its personality and to demystify its behaviour. The result is an astonishingly lucid and eloquent chronicle of a disease that humans have lived with and perished from for more than five thousand years. The story of cancer is not only a story of human ingenuity, resilience and perseverance but also of hubris arrogance and misperception.

The author, here by, recounts centuries of discoveries, setbacks, victories and deaths, told through the eyes of predecessors and peers. Two characters who stand at the epicenter of this story are Sidney Faber, the Father of modern chemotherapy and Maru Lasker, a legendary entrepreneur, socialite and lobbyist, who helped to launch a national movement for initiating cancer research on large scale.

Finally, the book provides a fascinating glimpse into the future of cancer treatments and ends on a note of optimistic attitude towards control of cancers. The book was highly praised by critics and won "The Pulitzer Prize" for Non Fiction category, 2011.

Book price: 500 Rs.  
Publisher: Harper Collins



Kamal Bhatt, 3rd First

Ragging is prohibited by law. If you feel you are victimized, don't hesitate to contact security staff, hostel warden/superintendent, teacher or staff member.

## Campus Live!

>>>"Eye Donation Fortnight" was celebrated in the college from 25th August to 7th September. NSS volunteers spread awareness in the community and in OPD. A lecture was also conducted for First MBBS students as a part of celebration.

>>>On 15th August, Tree Plantation 'Tarunodaya' program was organized in the campus. Indeed, a novel way to mark Independence Day...as they say "GO GREEN!"

## THE GUIDING ARROW

We heartily welcome the freshers. The first few weeks in campus are extremely critical for all new students.

Here are some tips for them...

- Make connections with your classmates, roommates and seniors.
- Attend your classes regularly.
- Don't hesitate to clear your doubts with the professors and seniors.
- Make use of group discussions and "Atlas"-for visual memory.
- Get involved in campus activities and spare time for activities of your interest.
- Eat right, stay healthy and learn to cope up with homesickness.

Have a great fun in the new life as a Bjitte!!

-Vinkal Ladani  
II/III<sup>rd</sup> MBBS

## DOES IT CLICK??

Identify the person and put your answers in Drop-box. Name will be displayed in next issue.



Last month answer:  
Vijendra Singh  
-Olympic Medalist  
Indian boxer



## MURMUR

लले सुभ हे या इ.भ.न.ल.र.ल.मा.र.हे  
हंमेशा भरा आसरलमा.र.हे.  
हे मळम मनोवज मंजिलमा प्रल.  
अडग हे कडलली कडलमा.र.हे.  
कडे वेवकाश जगत कर कडम.  
छना हे वडना वललमा.र.हे.  
हीला ज्वा सवंधो ज्वा स्वाथेना  
सदा वेगज आसरलमा.र.हे.  
हे पामु न पामु परम तलवने.  
थड निलोली तारा रडलमा.र.हे  
गरीबो-अनाथोली मलती रहे  
हे येती कोड डयाना जललमा.र.हे.  
हसलु कोड रडता मासुमने,  
हसीने जलले ये वेतरलमा.र.हे  
कडे काम हे ये भुडा मेहेर कर  
मरीने हे जलित स्मरलमा.र.हे  
गजल तारी 'सुयोदय' मेहेरती रहे  
लले हे 'अने' के न 'पल' मां रहे

-Akahay Chaudhri  
3rd First MBBS



ARCHANA DABGAR,  
3rd Final

## SOMETHING QUOTED

Artist use lies to tell you the truth, while politicians use them to cover it up.  
-William Shakespeare

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