

Down The Lane

Looking by the window pane,
My memory rushes down the lane.

When the path of life had just begun,
All the innocence n childishness was on the run.

The time when life was a straight line,
Just a hug n everything seemed fine.

Now that feel just got lost somewhere,
A lot has to be done but no one seems to care.

When loved ones were always there to abide,
LIVING ON THE EDGE still I could confide.

TIME plays the tricks and turns,
Now this life just burns n burns.

I wish those times to blossom again,
Relieve me through this undying pain.

But till then this life seems at CROSSROADS,
One path too stony while the other full of loads.

Looking by the window pane,
My memory rushes down the lane.

*Abhijit Yadav
(Outgoing Intern)*



BJMC Monthly Wall Magazine

प्रशमन

Outcome of Medicoz Creativity

Volume - 1
Issue - 10
March - 2012

Dedicated to the batch admitted in 2006

THE PRIDE OF BJMC IN AIPGME



RUTVIZ MISTRY
AIR - 32



JIMIL SHAH
AIR - 58



A@KASH KUMAR
AIR - 63



At a farewell party of the interns, all were wishing goodbye to each other. A girl came to a boy and said, "You had been a great support all these years. You are the best buddy I ever had. I'll miss you very much." The boy answered, "I'm not going to miss you until you return all the money you borrowed from me."

I WANT TO BE A DOCTOR!

"I WANT TO BECOME A DOCTOR!" This is the reply of majority of children when asked, "What is your goal?" in their innocent schooling years. I was one of them!

I am sure they, like I didn't, don't know what one really is. And fortunately I made it to the one of the most prestigious medical colleges of the country.

Spirits soaring high, ambitions touching sky and wings to fly.

It was like a dream come true. This college was like other engineering colleges but with a difference.

Scalpel instead of tools, dead human bodies and not machines and dissection hall as the favorite time pass and not the cafes. I still remember the first day at the dissection hall-colleagues fainting, that intolerable formalin and nauseating dead bodies!

Even a drop of blood on dissection made a child pass through heart, didn't know had to deal with a pool of it later in life. Apart from learning what wonder a human body and brain is, mass bunks and proxies were fun! But stealing organs from dissection halls for revision at hostels before exams is the most exciting incidents to quote (I am going to get beatings from anatomy department now..!!). There were fun weeks with retro and traditional days..Till then it was just another college when a blast changed our lives. A blast literally! Bomb blast in Civil Hospital 2009.It shook the very pillars of Civil Hospital and we were left aghast.

As a kid when I said I want to become a doctor, I wasn't ready to see lost limbs, spilt blood, gasping breaths and inconsolable keens. Casualties were flooding and every doctor working 24*7 to do the best they could. Then I knew who I was and where had I entered.

I was like a lost child with burdened shoulders n tears rolling when a mother to a ten year old Cerebral palsy child in lap asked me, "When will my child start walking?" in pediatrics' ward. This was the time I wanted to quit because I couldn't gather courage to answer such questions but life itself is a great teacher. Going to wards, though clueless about diseases through doctor's logics in younger years, seeing the disease through patients eyes or Listening to their wishes of wanting to see their child becoming Doctor too or mere smiling back, which generally is a rare phenomena at Govt. hospitals, gave me strength to carry on at least. A chat with a famous Doctor still echoes in my mind "God has granted u with the healing touch. Don't back out for what you cannot do, see what you can heal!"

It was then in final year when we actually got buried under the load of books and understood why it is called the toughest course! Now I got to know the diseases through Doctors eyes. Somewhere in the process doctors logic overtakes layman's sympathy! Not to blame the doctors, I wish none had to be compromised.

We were proud doctors, full of vigor, looking forward to making use of our ornament-"Stethoscope" and move to practical field. We had read how to fly but had never entered the sky. And when we did it felt like a newborn was asked to fly! No theories work under their vast firmament. It is all that you see and work gets you the skills. We also tried to pay back to the society by collecting small amount from our stipend from all the batch mates and bought fruits and clothes for laborers there in Civil Hospital and donated smiles, not alms for sure.

Now that we have to move for our Post graduation, it feels like leaving our home while packing bags from this campus. This college, under the guidance of finest doctors of the country has made us what we are today.

THERE WERE TOUGH TIMES,

THERE WERE TIMES I WANTED TO QUIT,

BUT GUARANTEED, LIFE WOULDN'T 'VE BEEN BETTER IF IT WERE NOT HERE!



*Poorvi Agarwal
(Outgoing Intern)*

FACE TO FACE

Rutviz Mistry, AIR - 32, AIPGME - 2012!! Fascinating, no? That's what we e-talked with Rutviz with a view to share his experiences. On behalf of BJMC, Prashaman congratulates him for making BJMC proud, again and again!

Prashaman: We congratulate you for your awesome success in the AIPGME-2012. It would have been a huge relief as well as a heart pumping time for you. So how do you feel?

Rutviz: No words can describe this feeling. It is awesome to see yourself in such position. I really can't find words to describe it.

Prashaman: To keep going on, one should remain motivated 24*7, so what was your source of motivation?

Rutviz: My source of motivation was the outstanding performance of our seniors. After a while a stage comes when you stop thinking about motivation. A desire to excel, to give your best to a problem, keeps you going and helps you raise your standards day by day.

Prashaman: What would be your tips for the new intern batch??

Rutviz: Internship is crucial both for the PG entrance as well as the skills that you have to build during it. The most important thing is to strike a balance between the both. It is useless to be only a theoretical doctor. You may also regret if you focus most of your time on building skills and you don't get a PG seat. So, balance it wisely.

Prashaman: What's the important difference to be kept in mind during preparation of AIPGME and GUJPGME?

Rutviz: Both of them are different in the type of the question asked in them. GUJPGME is mainly based on information and fact based questions, while in AIPGME you can find cases and logical questions scattered among fact based questions. For GUJPGME, you will have to be thorough with Paper Sets and books like AA containing explanations to the questions to build your concepts.

Prashaman: In AAA, so many answers are given wrong. Should they be left as they are or should they be corrected?

Rutviz: In our GUJPGME, certain questions were copied as they are given in the AAA. But that should not stop you from answering the questions correctly.

Prashaman: According to you, how important are the coaching classes for PGME?

Rutviz: It's a matter of personal opinion. I don't prefer classes because it makes your internship schedule hectic. But certain friends of mine with classes have also scored well. So, it will be wrong to outright criticize classes. But those interns thinking about classes should prepare themselves to work harder because classes and internship utilize so much time that it may hamper self-study.

Prashaman: How much helpful can group discussions (GDs) be in our field?

Rutviz: In fact, it is one of the most important things in the medical field. Medical field is so vast that no one can know all the things. It's my experience that every discussion brings out something new- new concept or new information. Besides it motivates you.

Prashaman: Nowadays students prefer to commence the coaching for pre PG exam right from the 3rd year. What are your views about it?

Rutviz: I don't think that is right. You can't succeed to build a tower when you don't have a strong foundation.

Prashaman: Most of the students have difficulty in time management for preparations as well as during exams. Any special suggestions?

Rutviz: It's true that time management is one of the most important thing required for good preparation. Making a time table is undoubtedly important, but more important it to follow it. Compliance is the major concern most of the time. For PGMEs, try to give time to the subjects based on the proportion of questions asked. In medical, it's better to be a jack of all than to be a king of one.

Prashaman: How much help does the clinical exposure in clinical terms during UG and internship make in PGME?

Rutviz: Very important. Certain questions in the PGME are based on the clinical scenarios and protocols that you learn when you observe the management of your patients in Emergency wards or OTs or rounds.

Prashaman: What's the importance of using different standard books viz. Harrison, Robbins, etc. for the PGME?

Rutviz: Standard textbooks make the base of your knowledge. Without a nice base you can't expect to jump high enough. Make your base strong during the UG years. Then brush it up with MCQ books during internship.

Prashaman: You have been a top ranker throughout your UG. What differences do you find between regular university exams and this pre-PG entrance exam?

Rutviz: Both of them are quite different. UG exams were based on theory topics. Apart from the knowledge, performance in viva voce was slightly based on confidence, communication skills and examiners. These are eliminated in Pre PG entrance. Superficial knowledge may save you in University viva but thorough knowledge is required for entrance. Problem with entrance is that predominance of Information based question sometimes encourage cramming.

Prashaman: Do you have any special memory of BJMC, which you will like to keep in your heart for the whole life?

Rutviz: Obviously. In fact, there are many of them. Most of my youth has passed in BJ. Even while answering this question, hundreds of memories are projecting in my head.

Prashaman: Thanks you, Rutviz. Thanks a ton for everything!!

Rutviz: Anytime and all the best for PG aspirants of our college.

Sparkling stars of BJMC brought home the laurels by fetching the highest marks in the University Examinations.

Vidita Khatri (3rd Year, Part -2)

Ritema Mangal (3rd Year, Part -1)

Jay Kharsadiya (2nd Year)

Rutviz Mistry made BJMC proud through his brilliant performance in AIPC (AIR-32).

The following students are the top three of BJMC, in GUJPC MEE - 2012.

Prashaman congratulates them bottom of our heart.

1) Karna Maheshwari 2) Sagar Hansaliya 3) Hardik Suthar

Annual NSS Health Camps are being conducted in the rural communities.

The Prashman Team is thankful to its pioneers - Rutviz Mistry, Parthraj Jadeja and Kruti F atel for handing us the legacy and wishes them a very bright future ahead.

DOES IT CLICK?

Last Month Answer - Prakash Raj

Right answer given by:

Dr. Milan Dharsandia

Dr. Rinku Parmar

Dr. Dipal Jethva

Tulsikumar Paswan



From the Frontal Lobe

Tell us about your feelings when the flashbacks of "Kuch Khatte, Kuch meethe pal" at BJMC take you in its embrace?



PRAVIN PANDEY

I don't know when these 5 long years went away, I still remember my innocent first day at BJMC. If I've to conclude my journey at BJMC, then I must say, I got the best dean sir, the best professors, the best friends, the best juniors and of course, the best college. One song dedicated to all my colleagues is, "Hum rahe ya na rahe, yaad aayenge ye pal." I love my college a lot and have always tried to make it better and the thing that made me cry is the event that'll be the sweetest memory of my life, of course, BJ Beats



PARTHRAJ JADEJA

It's been a cherishable journey for me. So many memories are connected with this college. The first song comes to my mind for this college is the title track of Yaadein,

"Nagme hain, shikwe hain,
Kisse hain, baatein hain
Baatein bhool jaati hain,
Yaadein yaad aati hain"



NISHA LAKHANI

The first song that comes to my mind is,

Hum rahe ya na rahe kal
Kal yaad aayenge yeh pal
Pal... Yeh hai Pyaar ke pal
Chal aa mere sang chal

Aane wali subah jaane hogi kitni suhaani
Chamkenge ese ki sari duniya hogi apni deewani.



PALLAVI SHARAF

I'd dedicate this song to my beloved college,

Kab milenge yaaro fir se hum sabhi
Laut kar fir naa aayenge woh mastibhare din kabhi
Yaad aayega yeh campus aur iski apni duniya
Yaad aayega humesha yeh aasiyana
Dil yeh mera kahe ae doto
I'm really gonna miss this place
I'm gonna miss my college days!!



BHUVANESH SHARMA

"College life", the period of life which we never felt or going to in the future. Each day, every second of it has been memorable. Either it's the smell of formalin or that of the urine specimen. Everything happens for the first time, first case history, first internship posting, first stipend and what not. Life here's about love, finding yourself, freedom, late nightouts, b'day parties, free term movie outings and due term group studies. Everything happens for the first time. Gonna miss it. Love you, my friends and love you, BJMC.

Something Quoted

Don't be dismayed at goodbyes. A farewell is necessary before you can meet again. And meeting again, after moments or lifetime, is certain for those who are friends. - Richard Bach



Should Final Year (Part - 1) students start preparing for PG Entrance Exams simultaneously?



Harshil Shah (Intern, BJMC)

3rd year, 1st Part is the time when you people will be the most free Utilize it carefully, even if you had not read standard text books like Guyton or Robbins during 1st and 2nd year, you can compensate all by reading the Harrison!



Maulik Doshi (DM-Pharmacology, KEM)

If you go to "Pakwan" where unlimited food is served, still you can't eat beyond certain limit! For reading in III/1st plus classes would be hectic. Your approach should be reading standard text books (as far as possible). You need to have in depth reading for those topics which are asked in ALL India/AIIMS.



Chintan Mangukia (R3 in Surgery)

I have double thoughts on this. III/1st is a golden term. Rather we should enjoy it fully. And it will be a hurdle if we join the classes in this period. Well, this can be exception for those who are extremely 'booky' and who don't have to play cricket or table tennis, or listen to music.



Mitesh Chandarana (AIR-427)

There is no need to join classes in III/1st. It is the best time to read the standard textbooks. One should focus on AA in final year, not now. Something which is lacking in our college students at the end of MBBS, is clinical knowledge (well that's what I think).



Bhavesh Solanki

To all these 'GYANI' and knowledgeable persons, for me III/1st is to learn how to live n enjoy life in medical field, to do things that you like the most! Last words-To get admission in pathology or in radiology is not the barometer of success or even i would say III/1st is the best time to know yourself what you want to be.

Interns	Final Year	8 th Semester	6 th Semester
Parthraj Jadeja	Mansi Trivedi	Kamal Bhatt	Rutveen Shah
Rutviz Mistry	Sumit Pandia	Urvashi Rana	Mansu Vaishnav
Kruti Patel	Rajaram Sharma	Dipika Buddhadev	Shreekanth Dhanani
	Nirav Parmar	Smit Patel	Vinika Ladani
		Parth K. Shah	Foram Lalcheta
			Nayan Chauhan
			Monalisa Vegada

4 th Semester	2 nd Semester
Bhavik Shah	Ashita Singhal
Shruti Gohel	Shalin Shah
Preet Hatthi	Tanushree Agarwal
Dhivani Parithi	Kunal Desai