### **B.J.M.C. MONTHLY WALL MAGAZINE**

# PRASHAMAN OUTCOME OF MEDICOZ CREATIVITY

## Volume2, issue no. 10, march 2013 ]

# face 2 face

With the recent results of 2nd and final years, the Prashaman team met with some of our rankers and also about their extracurricular activities that rescued them from the boredom of studying every now and then.



Dr.Ritema Mangal

707/900(78.5%)

Final year

Dr. Ritema Mangal: What I did was good enough but ... I would like to share what actually could be done. Always have a knack for understanding the concept and keep your fundamentals strong. Forcing information during the last few days is incredibly inefficient...Concentrate more on the clinical knowledge and press on solving pre pg prep books. Everyone has their own studying patterns. One should go for what one is most comfortable with. Besides, we fail to recognize that some time spent on extra-curricular activities can actually save time in the long run so I just make sure to take some time out for something fun and relaxing, in my case dancing, listening to music or going out for a movie or dinner with a friend...



Dr. Kanhai Lalani Final year 609/900(67.66%) Dr. Kanhai Lalani: I started Medicine (CVS, Resp, General) Obstetrics (first 20 chap) and surgery (General) all together in 3rd 1st and tried to complete as much as possible. In final yr, syllabus is too long to be completed in 1yr. Every day in the morning after I came back from clinics, I got around 1 hr before lunch and then from 2 to 8 pm with 1.5 hr break, and after dinner 9 pm to 1-2 am, so around 9-10 hrs/day. Its difficult to complete everything, still I prefer to read most of the things in the first reading. In the next reading, I check the exam papers and mark the questions which are important and read them multiple times. Along with that I read AA mcq book, it's also helpful for theory short notes. When you are reading any question prepare it in such a way that you can write in 10 min according to 4-5 marks in exam as examiner doesn't know you, they scrutinize students by the answers only, written in 3 hrs even if you have spent many days preparing for that... Mostof the free time I spend watching movies and exploring Ahmedabad and its numerous food joints !! !!!



Final year

609/900(67.66%)

Dr. Kamal Bhatt:Not to be humble but I feel that this isn't even a cliff I have crossed. As far as study was concerned, I focused mainly on the fundamentalsand basic topics of every subject. Got well oriented by seniors. Read everything logically instead of mugging it up. I think that good presentation in theory and confidence, fluency and clarity of speech in practical were thethings for which I got rewarded. Bottom line "work hard but party harder". My hobbies are Literature, Swimming (used to go even with university exams ongoing), watching English sitcoms and movies(at an ungodly hour of the night).

### SOMETHING QUOTED:

The difference between try and triumph is a little umph. ~Author Unknown

ay Kharsadiya: Not that big an achievement to be honest, but indeed happy with the results that I got for the efforts I put in this time. Always felt that repeating a topic more times is more fruitful than going all out for that just once in the same amount of time, especially in a subject like PSM. Also the introduction of clinical subjects and exam in the wards was a new challenge. Discussing with friends greatly helped. It was the sole reason I was able to revise the course thrice in December. Extra curricular activities for me are mainly watching Cricket and playing computer games.

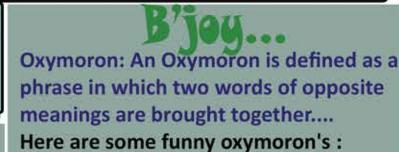
whita Trivedi: I read each topic with thorough understanding in the first read. Clearing concepts, memorizing and making notes whenever needed helped me a lot. During revision, I narrow down to the important topics. It is essential to strike a balance between all subjects... I believe that co-curricular activities are not just something that you like to do or want to do, it's something that you should do. I love reading novels and drawing. I take out time for it on weekends or just after exams. But I do make sure that I don't 3rd 1st do it at the expense of studies.

Ainhaz Karkhanawala: Well, I have never focused deeply on exam oriented preparation. One must get one's concepts right and thorough by reading standard books (like Robbins, Katzung) for each subject. Apart from theory, developing one's clinical skills and a clinical outlook is also necessary; so attending clinics is a must. Before exams, we usually do not get a lot of time to prepare, so thorough revision of topics usually asked in the exams(refer old papers to get an idea) will suffice... I hope this will help. You get plenty of time in the 2nd year to pursue your hobbies. We did a lot of activities in the third semester including the Movie Club, Reader's Paradise and other NSS activities as well.

Pratiksha Kapadia: Hard and smart work is what you actually want to be different. Interactive lectures, clinical postings and reading standard books serve most of the purpose. I believe college life is all about discovering yourself and your potentials. Balancing studies with the co-curricular activities is not a big task when u aim for your all round development. Engaging myself in things i like refreshes my mind, makes me more focused and happy. It works as fuel and beats my stress and boredom.



410/550 (74.54%)





Jay Kharsadia

300/400(75%)

3rd 1st

Send your creativity to us via

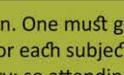
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300/400 (75%)



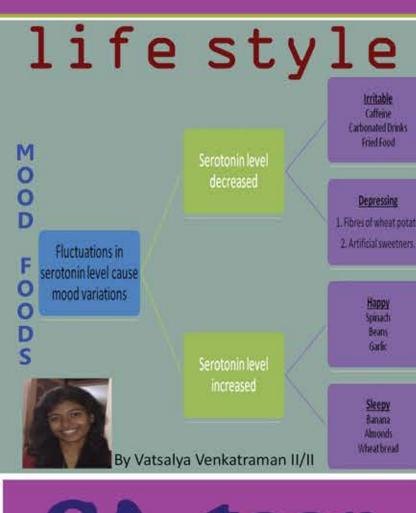
Minhaz Karkhanawala 2nd year 441/550 (80.18%)



college who have cleared their university exams

• Mansi Satasia (3rd/1st) and Mohit Makwana (1st Year) organized an exhibition of their paintings in the Sanskriti Bhavan on the First Floor on 23rd February, 2013. Cheers!!! We wish the awesome artists a colourful future!!! • A C.M.E. was held in Pathology Department on 23rd February 2013 on CNS Tumors. • N.S.S. Unit, B J Medical College is organizing village health camps on all Saturdays of March and First and Last Sundays. All N.S.S. members are requested to be a part of them. • Aakanksha Agarwal (2nd/2nd) received a Gold Medal for securing highest marks in the University in the subject of Biochemistry in her First Year University Exams held in July, 2012. Congratulations!!! Keep up the good

work!! • We bid farewell to all the current interns and wish them a bright future!!! We shall miss you!!! We wish a warm welcome to the new interns who shall assume their duties from 15th of March. Welcome aboard !!!



# STETHOSPEAKS

As the internship has come to an end for the batch of 2007, the PRashaman team talked to a few students of that batch, cherishing their experiences about their splendid time as a BJite

#### r. Nishith Modi :

I still remember the day 07-07-07 when I stepped into the world of BJMC and CHA. The first steps I put forward were filled with joy, thrill, excitements and of course, the fear of unknown. Bot I ought to say, right now, I'm nowhere near the person who wailked in. The time of 5 and a half years has chaged my views, my thoughts and most importantly, has transformed me from a common man into a doctor. The person responsible to the community, the medium which makes the life worth living. Today, while writing this, a feeling of gratefulness, respect and a sudden burst of sadness surrounds me when I think that the journey has finally come to an end. But right now, even those times bring a smile to my face. The smile of contentment, the smile of facing the challenges, the smile of winning over them.

Internship! The time when I was confused between the lines of "I'm a doctor" and "I'm not!" Who would have thought that the med-school journey would turn out to be so much challenging yet so much fun? But, as I right this, I can't stop wondering, 'Is it the end?' With NEET-PG running all over the mind, I suppose it isn't!

#### Dr. Nirav Parmar

Though it's the end of a big leap, it's not the end of the journey. On the contrary, it's just the beginning - of a life with responsibilities, with commitments, with appointments with strugg les. Gone are the days when all you had to do was saunter round the campus in the most carefree of a stride, to gaze at the pretty girls of other colleges. Or the most activity you did other than reading was eat, sleep and bath. I know that this is a definitely crucial phase in not just my own life, but also of those who are related to me in some way or other. I see this transition as a new portal, a new door, to pass through. I don't know what is there on the other side of the threshold. Though I have got a slight notion of what could be there, but can't be sure. Life beyond internship is not just patients and clinics and degrees. It's something more profound, more demanding, more harrowing then the cozy years i have gone through.

There are so many paths leading out, so many vistas open to me. I feel like a lone wanderer, trapped in some giant forest. Every where there is the illusion of new way, but everyone i similar to the other all the same. I have to study further, take entrance tests, encounter hurdles, support myself. And most of all, I have to project myself as a unique identity in the world where I could earn respect, regard and station.

#### Dr. Jeet Gandhi :

07-07-07 was the day I got my sdmission to BJMC and 15-03-13 was the day when Icompleted my internship. In between, these 2 days lies some of the most cherished moments of my life. The first days of first year in 'D' block were hell-like. Home sickness coupled with room over crowding, cold tiffin-food and unknown faces made life difficult. In the very first exam, I failed. But then everyone else surrounding me also failed. Life went on this way. Then, I moved to 'A' block, my second home. Lectures, bunks, movies, outings made life interesting. Be it the fight with friends or the first call to your crush, everything will be etched forever in the memory.

Sometimes, the question are complicated and asnweres are simple. The college life and the hostel life gave me a new motto for life: You've gotta dance like there's nobody watching, Love like you've never been hurt, Sing like there's nobody is listening, And live like it's heaven on the earth!

#### Dr.Vaishali Makwana :

today, i m completing my internship as well as UG......When i came here for the first time, was like a little child lost in unknown and dreadful world.but today i say that this journey has given me a pool of great pals, thousands of wonderful memories n millions of cheerful moments, Gmail was launched just before midnight fragrance of this college, library, canteen, lecture hall n each n every part of this college is living i my heart...m thankful to pharmac teachers who scolded me in exams, anat ma'm who scolded me for discipline, vivas which made me braver, ward endings which made me fearless, residents who supported me in internship,n last but not the least my colleuges to whom i quarelled thou sand times for igo,n attitude,many small things n for wht not.....but this campus has bound us with a string of feelings...n i II miss them forever......

#### By Dr.'ANONYMOUS':

"Whenever called upon to write memoirs of the life-changing era of your life, it is but obvious to slip into cliches of nostalgia. As hard it was to leave all things known and enter a new world its even harder to leave it. A medical college not being the conventional college by definition, has its unique quirks and irks. Learning to live in a large family in hostel life, gobbling thousands of pages of information as if its no big deal, criticising the clinics yet can't go without it ( whether its studies, or it serving as gossip center). It goes without saying that being on stepping stones to one of most demanding career-workaholics, is the apt word describing us. But years here also thought me that no knows better ways to enjoy life then ppl here. Apart from studies, many life lessons were learnt. Friendships made, friends estranged, hearts broken, experiments with food, gym, fashion and other less descriptive items defined the person we are and gave the wisdom to face tomorrow's world. To end it, it would be fit to say college life is always a golden period of one's life. Despite of n number of drawbacks, looking back one can only see the laugh ter and hilarious embarrassing painful moments that we'll remember in years to come."

- Clearly Misunderstood Exact Estimate
   Fully Empty
- Small Crowd Pretty Ugly.
- Seriously Funny. Act Naturally.
- Found Missing
  Only Choice.
- Original Copies...

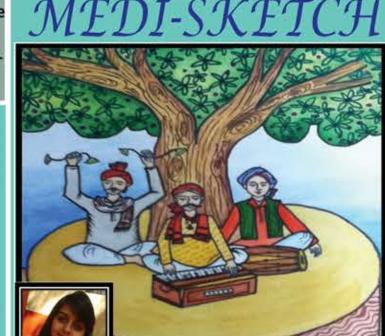
And the Mother of all **Happily Married** 

AHO ASHCHARYAM **April Fool's Day**  April the first, at one time, was New Year's Day.

· William Harvey, who discovered the blood circulation, was born on this day. Google Fooled Us, But Not Always on March 31, 2004. With free web-based e-mail with one gigabyte of storage, the service was first thought to be a hoax. 6 years later on the same day (2010), YouTube implemented its new video page design.

On April 1, 2010, Google Street View received a new feature to toggle anaglyph 3D images.

 April Fool was the codename for a spy, who allegedly played a key role in the downfall of the former Iragi President Saddam Hussein.



# DISSECTION

Q.In this hallucinatingly changing world, even perception and practice of medicine is also changing. In this particular era the sky is the limit for medicos. Here are some better, if not best, options for mediocs cracked by Dr. Maulik Doshi (ex-bjite)

-Thinking different is always going to help if one puts his hard work on his thinking. MBBS+MBA is a very good option if one is interested in his dream and want to be trend setter. Regarding job satisfaction, I strongly believe that

-Based on my experience of having lived and worked in 5 different countries, I can safely say that shifting from a medical PG to an MBA is a very TOUGH step. I repeat - it's a VERY TOUGH step. You need real guts and mental resilience to break out of the trend. There is cut-throat competition out there. It's a dog eat dog world. Medicos should continue their medical career instead of MBA if they are basically using an MBA as an ESCAPE route from those challenges (High PG fees, more and more doctors coming into field, fierce competition to set up practice, want to live in metro city only, etc.). You are basically going back to the same crowd whom you surpassed during your 10th and 12th examinations and again competing against them to fetch that high profile career which you couldn't build EVEN AFTER GETTING INTO MEDICAL field. So, until and unless you put in efforts beyond your limits you won't succeed - whether it is your career in medical field or MBA field. -Dr.Shreyash Goswami (MBA, Consultant at Global Perspective Inc.USA)





#### it is a subjective thing. -Dr.Himanshu Vadodaria (Radiologist)

Today, We need good health/hospital administrators. Keeping this in mind am happily pursuing MHA masters in Hospital administration from Tata Institute of Social Sciences, Mumbai. But individual career expectations and self actualization is much needed before choosing any career path. Dr.Biren Chauhan (Master of Health Administration From TISS) Being a doctor, MBA is a worth only (and only) if you are doing it from tier-1 B-school, if you are expecting a decent starting package. Although corporate hospital culture is picking up in India, Hospital Management it is still in nascent stage, not robust enough to be defined as a mainstream career choice. In My Humble Opinion, Health Consultation is the best available option if one wants to make the best of both MBBS and MBA, and also wants to be paid well. -Dr.Kripal Rana(MBA from IIM Calicut)







NDIT RAVISHANKAR

### ખામોશ દિલ કી આવાજ

ખ્વાઠિશોં કા આસમાન જબ તન્હાઈચોં કે બાદલોં સે ગઢરાચા અરમાનો કે જહ્ઞન મેં જબ કભી પ્યાર કા મૌસમ લઢરાચા દિલ ને તબ તબ તુઝકો ચાદ કિચા દિલ ને તબ તબ તુઝકો ચાદ કિચા

ઔંસઓ કે દલદલ મે જબ કભી ઔંખેં ડૂબ સી ગઈ દર્દ કે સાએ મેં જબ જબ ઢઁસી છ્પ-સી ગઈ दिल ने तल तल तुऊडो याद डिया दिल ने तल तल तुऊडो याद डिया

ચાદો કી વાદિયોં મેં દિલ ને જબ જબ સફર ડિચા પલ પલ મરના તેરે બિના જિસને સીખ સા લિચા દિલ ને તબ તબ તુઝકો ચાદ કિચા दिस ने तल तल तुऊडो याद डिया

તેરી આવાજ કી ખતક સે જબ-જબ ધડકનેં રુક-સી ગચી તેરે ગીતો કી સરગમ મેં ૧બ કભી દુનિયા થમ-સી ગયી દિલ ને તબ તબ તુઝકો ચાદ કિચા हिल ने तल तल तुऊडो याद डिया

મેરી કર ઈબાદત મેં તૂ ઈસ તરક શામિલ સી જૈસે આદતોં કે બિના દિલ કા દર્દ સાહિલ પર दिस ने तल तल तुऊड़ो याह डिया हिस ने तल तल तुऊडो याह डिया - પાર્થ ટાંક



લગભગ એકાદ મહિના પહેલા સિવિલ હોસ્પિટલના ગાચનેક વિભાગમા ભાવનગરના એક દર્દીનુ લેપ્રોસ્કોપી દ્વારા કોપર-ટી કાઢવાનુ ઓપરેશન કરવામાં આવ્યું હતુ. કારણકે કોપર-ટી ગર્ભાશચની બદલે અન્ય જગ્યાએ હોવાથી ભાવનગરના લોકલ ડોકટરે દર્દીને અમદાવાદ સિવિલમા મોકલ્યા હતા. દર્દીનુ નામ જાગૃતિ હતુ. અહી જાગૃતિનુ સફળતાપૂર્વક ઓપરેશન કરીને તેને બે–ત્રણ દિવસમા બધા જ ચેક અપ બાદ ફરીથી ઘરે જવાની રજા આપવામા આવી પણ થયુ હતુ. કતી. દસેક દિવસ બાદ અચાનક એક રવિવારની સાંજે જાગૃતિ ગંભીર રક્તસ્ત્રાવ સાથે સિવિલ જાગૃતિના પતિની કિંમતને તો ખરેખર સલામ કરવી જ પડે કેમકે આટ આટલા દિવસથી કોસ્પિટલના ટ્રોમા સેન્ટરમા દાખલ થઈ. જાગૃતિને છેક ભાવનગરથી છ-સાત જેટલા લોકીના બાટલા ચડાવીને સિવિલ સુધી લાવવામાં આવી હતી.

"સાઢેબ મારી પત્ની બચી તો જશે ને?" ખૂબજ ચિંતાજનક સ્થિતિમાં તેનો પતિ સિવિલના ડોક્ટરોને પૂછતો હતો.જાગૃતિને ઈમરજન્સી વિભાગમાં રકતસ્ત્રાવ બંધ થવા માટેની દવા અને ઈંજેક્શન આપવામા આવ્યા. કારણકે તેને શરીરના એક કરતા વધારે અંગોમાથી રક્તસ્ત્રાવ ચાલુ હતો, જે તાત્કાલિક બંધ કરવો જરૂરી હતો. વધુ તપાસને કરાવતા જાણવા મળ્યુકે દર્દીની આ સ્થિતિ કદાચ અગાઉ કરાવેલા ઓપરેશનના લીધે કશે. માટે ગાચનેક ડોકટરોને પણ બોલાવવામાં આવ્યા. તપાસ બાદ જાણવા મળ્યુ કે જાગૃતિને ડી.આઈ.સી છે. તેમજ તેના પ્લેટલેટ્સ ૧૬૦૦૦ થી પણ ઓછા કતા. તેથી તેને ૨૯ બોટલો એફ.એફ.પી. અને ૩૯ બોટલો પી.આર.સી.ની ચડાવવામાં આવી. આમ છતા તેની ગંભીરતામાં સુધારો ન જણાતા વધુ રિપોર્ટ

તે આધારે તેને મેડીસીન ડિપાર્ટમેન્ટમા ટ્રાન્સફર કરવામા આવ્યુ. પરંતુ મેડીસીન વિભાગના ડોકટરો દ્રારા ઘણી સારવાર કરવા છતા પણ જાગૃતિની તબિચત તો

સુધારો થવાનુ નામજ લેતી ન કતી. તેના પતિનુ મગજ તો ચકરાવો ખાઈ ગયુ કતુ. કેમકે બે-બે વિભાગ દ્વારા આટલી બધી સારવાર આપવા છતા જાગૃતિની તબિચત તો દિવસે ને દિવસે કથળતી જતી હતી. જાગૃતિને સતત આઠ દિવસ વેન્ટીલેટર પર રાખવામાં આવી. બધા જ પ્રકારની તપાસને અંતે જણવા મળ્યુકે જગૃતિને ડી.આઈ.સી ની સાથે સાથે સેપ્ટીસેમિયા

કોસ્પિટલની દોડધામ છતા તે સિવિલના ડોકટરોમા વિશ્વાસ રાખીને સારવારમા પૂરેપૂરો સફકાર આપી રહ્યો હતો. અંતે સામાન્ચ એન્ટીબાચોટીક અસર ન કરતા તેને ભારે એન્ટીબાચોટીકસ

આપવા મા આવી. આથી ધીમે ધીમે બધી સારવાર પછી જાગૃતિની તબિચતમા સુધારો થયો. ઈશ્વરની કૃપા અને ડોક્ટરોની મહેનત રંગ લાવી! જાગૃતિનો પતિ તો જાણે આશ્ચર્ચ જ પામી ગચો હતો. કેમકે આટઆટલા દિવસની દોડધામ અને જાગૃતિની ગંભીર હાલત જોતા તેના માટે 🚺 તો આ બધુ સ્વપ્ત સમાન ૧ હતુ. એક પતિને તેની પત્ની અને બાળકોને તેની માતા પરત આપીને બધાજ ડોક્ટરોને દિવસ–રાત મહેનત કર્યા નો પૂરેપૂરો સંતોષ અને કરખની લાગણી અનુભવાતી કતી.

(સત્ય ઘટના પર આધારીત, પાત્રોના નામ કાલ્પતિક છે. સૌજન્ય: ગાચનેક વિભાગ) story collected by: Pinal Pipalia II/II

મગવાન વડે તૈચાર થચેલી ચિત્રકલાનું એક પાનું જે આપણાજ દેશનું પણ અજાણ્યું, મનમોફક આતંદ અને

ાંતિદાચક સ્થાન એટલે–આંદમાન નીકોબાર.

આંદમાન નીકોબાર બંગાળાના ઉપસાગરમાં આવેલા છે. જેમાં આંદમાન એ ઘણા બધા નાના ટાપઓનો સમહ બ્ચારે નીકોબાર ખૂબજ નાનો ટાપૂ છે. આંદમાન નીકોબારના પંદર દિવસના પ્રવાસે હુ મારા પરિવાર સાથે ગઈ હતી મંદમાન નીકોબારની ખૂબજ ઓછી વસ્તી, પ્રકૃતિનો લખલૂટ ખજાનો,ચારે બાજુ દરિયો અને વ્રુક્ષોથી બનેલ છે. તેનું ાટનગર પોર્ઠબ્લેચર છે. તેમા આવેલ છે પ્રકૃતિના ભારોભાર સૌંદર્ચ વચ્ચે આવેલ અદભૂત માનવસર્ભન અને અંગ્રેજોની વેદેચતા સુચવતુ સ્મારક સમુ−"સેલ્યુલર જેલ". તેમા ગુલામી સમયે કાળાપાણીતા સજા કરવામાં આવતી. તેમાં ૭\*૧૦ ટની ખુબ નાની કોટરી હતી.જેમાં પાસપાસેની કોટરીના કેઠી એકબીજાને જોઈ ના શકે અને પોતાના તાળાને અડી પણ ના ોકે અને બારી પણ એકજ હતી. કેદીની સ્થિતિ જવન–મરણ વચે લટકતી.આજે પણ ત્યા એક વડન વ્રક્ષ છે જે દેશભક્ત દીઓનુ પ્રતિનિધિત્વ કરી રહ્યુ છે

પોર્ટબ્લેચરમાં બીજ મુખ્ય સ્થળ છે બારાટંગાના જંગલો, જેમાં ગીચ વનરાજી અને નાલિચેર, સોપારી, ગુંદર,

ારીતા વ્રક્ષો આવેલા છે. 'ભરવા" કઠેવાચ છે. જેનો મને તેઓ મોતે ભાગે ફિંસક ાતા જીવતા પથ્થર પોર્ટબ્લેચરથી અમે ા પર ગચેલા. આ બન્ને માં નીલઆઈલેન્ડ તો ્પાસેના દરિચામા નીલ કેજેથી કિનારેથી ઉંડે રહે ઘચ. ફેવલોક ટાપૂને

વામાં આવે છે-હેવનલી



પોર્ટબ્લેચરમાં આ સિવાચ અમે વંડરબીચ, રોઝ આઈલેન્ડ, તોર્થ બે, વાઈપર આઈલેન્ડ પણ ફર્ચા.જેમાં તોર્થ બે માઈલેન્ડ્રનું દ્રશ્ય ભારતની વીસ રૂપિયાની ચલણી નોટ પર છપાયેલું છે. આ ઉપરાંત દરિયામાં બોટ વડે સવારી કરતી વખતે અમને પેકેટફૂડ પણ આપેલુ, જે ખૂલ્લા આકાશ નીચે અને ચારેબાજુ

મેઘા પ્રજાપતિ ॥/॥

દરિચાની વચ્ચે જમવાનો આનંદ જાણે એક સ્વપ્નકૂલવાડી જ લાગે!! અમદાવાદથી પોર્ટબ્લેચર ચેન્નઈ થઈને એમ બે ક્લાઈટ વડે પ્લેનમાં જઈ શકાય છે.ચેન્નઈથી પોર્ટબ્લેચર ફ્રઝમા પણ જઈ શકાય છે જેમાં 3 થી ૪ દિવસ લાગે પોર્ટબ્લેચરના એરપોર્ટનું નામ વીરસાવરકર આંતરરાષ્ટ્રીય વિમાનમથક છે. આમ, આ સમગ્ર પ્રવાસમાં ભણે એક સ્વર્ગીચ અને અલૌકિક દુનિયાની એક ઝલક લઈ આવ્યા હોય તેવુ લાગ્યુ



Designed by : Bhavik Shah & Mrugank Patel