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B.J.M.C MONTHLY WALL MAGAZINE

# PRASHAMAN

OUTCOME OF MEDICOZ CREATIVITY

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SOMETHING QUATED

Let Your food to be your  
medicine and Your  
Medicine to your Food.

- HIPPOCRATES

## HATS OFF TO YOU, DOC

બાળપણની મોજમજા અને યુવાનીનો એ તરવરાટ અને થનગનાટ કોને ન ગમે? કષ્ટદાયક અવસ્થા તો છે ... કફ વૃધ્ધાવસ્થા. જીવનની આવી આથમતી સંધ્યાએ તંદુરસ્તી પણ સાથ છોડી દે છે. એટલે વધારે પરાધીનતા. મોટા ભાગે તો વૃધ્ધાવસ્થા અને રોગ જાણે બે સમાંતર રેખાઓની જેમ સાથે ચાલતા હોય છે.

રવાજીદાદા,રાજસ્થાનના રહેવાશી.એક અઠવાડિયા પહેલા અમદાવાદની સવિલિ હોસ્પિટલમાં દાખલ થયા. હતા. ત્યાના ડોક્ટરોએ દાદાની બીમારી જોતા તેમને અમદાવાદ સવિલિ હોસ્પિટલમા મોકલ્યા હતા. તેમની સાથે તેમની વૃધ્ધાવસ્થાની લાકડીનો ટેકો બનીને તેમનો દીકરો આવ્યો હતો. તે તેના પિતાની પારિસ્થિતિ બાબતે ખૂબજ ચિંતિત હતો. "સાહેબ, ૪ મહિનાથી મારા બાપુજીની જમણી આંખનો ડોળો ફરતો નથી. આંખ પણ ખોલ બંધ કરવામાં તકલીફ પડે છે. એક અઠવાડિયાથી માથાનો દુખાવો. ચક્કર આવવા એ બધુ ચાલુ છે." "પંદરેક દિવસથી બોલવામા પણ તકલીફ પડે છે. તેમજ ખાવા પીવા અને મોઢાના હલન-ચલનમાં પણ તકલીફ પડે છે. અને હા જીભ પણ એક જ બાજુએ રહે છે." તેમના દીકરાએ ડોક્ટરને આવી ફરિયાદ કરતા તેની પારિસ્થિતિ વિશે જણાવ્યુ.

આવા લક્ષણો પરથી પહેલા તો બધા ડોક્ટરોને એવુ જ લાગ્યુ કે બી.પી. ની તકલીફ કે વાઈરલ ઇન્ફેક્શન હશે. પણ પછી વધારે તપાસ કરતા જણાયુ કે કુલ ૧૨ ચેતાઓમાંથી પહેલી અને બીજી સિવાય બધી જ ચેતાઓને અસર કરતી કોઈ બીમારીને કારણે રાવજીદાદાને લકવો થઇ ગયો છે. આવો કેસ તો સનિચિર ડોક્ટારોએ પણ તેમની જંદિગીમાં ૨જો કે ૩જો જ જોયો હતો. રોસડન્તો માટે તો તદન નવો જ હતો.યુનિટના બધાજ ડોક્ટરો આ માટેનુ કારણ શોધવા મંડી પડ્યા. દાદા અને તેનો દીકરો તો આ બધુ શુ ચાલી રહ્યુ છે તે સમજી ન શક્યા પણ જુદા જુદા રિપોટ. પેટની સોનોગ્રાફી અને કે.યુ.બી. કરાવતા જાણવા મળ્યુ કે દાદાને પ્રોસ્ટેટ ગ્લંધનુ કેન્સર છે. તેથી તબીબોને એવો વિચાર આવ્યો કે કદાચ આ કેન્સર કરોડરજ્જુ ધ્વારા મગજ સુધી પહોચી ગયુ હશે.ત્યારબાદ ચહેરાનો એક્સ રે અને મગજનુ સીટીસ્કેન કરાવતા ડોક્ટરોને ખ્યાલ આવ્યો કે દાદાને "Nasopharyngeal Carcinoma" એટલે કે નાકના પાછળના ભાગમા તેમજ કંઠનળીમાં કેન્સર હતુ. અંતે ડોક્ટરો સચોટ નિદાન પર આવ્યા કે આ જ કેન્સર ત્યાથી ફેલાઈને મગજ સુધી આવ્યુ છે. અને બધી ચેતાઓનુ પેરાલીસીસ થયુ છે. આ બાબતને હજુ વધારે ચોક્કસ કરવા માટે કાન-નાક-ગળાના વિભાગનો સંપર્ક કરવામા આવ્યો. તેમને ત્યાથી ગાઠની બાયોપ્સી લઈને ખાસ તપાસ કરવા માટે કહ્યુ. પણ તે ડોક્ટરો એ તેમ કરવાની ના પાડી. કારણકે ત્યા ઘણી બધી રક્તવાહિનીઓ ખૂલતી હોવાથી જો બાયોપ્સી કરવામા આવે તો વધારે પડતુ બ્લીડીંગ થવાથી ત્યાને ત્યા મોતને ભેટે એવુ બની શકે.

દાદાની હાલત તો દિવસે ને દિવસે કથળતી જતી હતી. બધી જ ચેતાઓ કામ કરતી બંધ થઈ ગઈ હોવાથી તે પોતાનુ રૂટીન કામ પણ જાતે કરી શકતા ન હતા. વળી, સાથે ફક્ત તેમનો દીકરો જ આવ્યો હતો તેથી તેની પરિસ્થિતિ અત્યંત દયનીય હતી. કેમકે તેને ડોક્ટરોના કહેવા મુજબ બધા રિપોટ કરાવવા દાદાને લઈ જવાના, રિપોટ લેવા જવાનુ અને સાથે સાથે દાદાની તો કાળજી રાખવાની જ. તેની આવી હાલત જોતા ડોક્ટરોએ તેમને ઘણી મદદ કરી આ સાથે એન્ટીબાયોટીક અને એન્ટીહાઈપરટેન્સીવ દવાઓ શરૂ કરવામા આવી. બે દિવસમા દાદાની સ્થિતિ સુધરતા તેને વધુ સારવાર માટે કેન્સર વિભાગમા મોકલવા મા આવ્યા. બન્ને પિતા-દિકરે સચોટ નિદાન માટે ડોક્ટરોની મહેનત અને મદદ બદલ આભાર માનીને કેન્સર વિભાગ તરફ રવાના થયા.

સત્યઘટના પર આધારિત પાત્રો કાલ્પનિક છે. સાભાર- મેડીસીન વિભાગ, સિવિલ હોસ્પિટલ, અમદાવાદ  
લેખક : પિનલ પિપળીયા , 3rd year/due

## MURMUR

### MY ANGEL

I love you my angel....  
I am not i without you.  
I can not live without you.  
There are rains of tears without you.  
One day is like a year without you.  
I love you my angel..  
When i see you , i feel something.  
For you i can do anything.  
For me you are everything.  
Without you my life is nothing.  
I love you my angel..  
Girl like you, i can never find.  
After talking with you i get peace of mind.  
You are always in my mind.  
I love you as if i were blind.  
I love you my angel.....

PRATIK PARMAR  
(2nd Year/ due)

### Campus Live

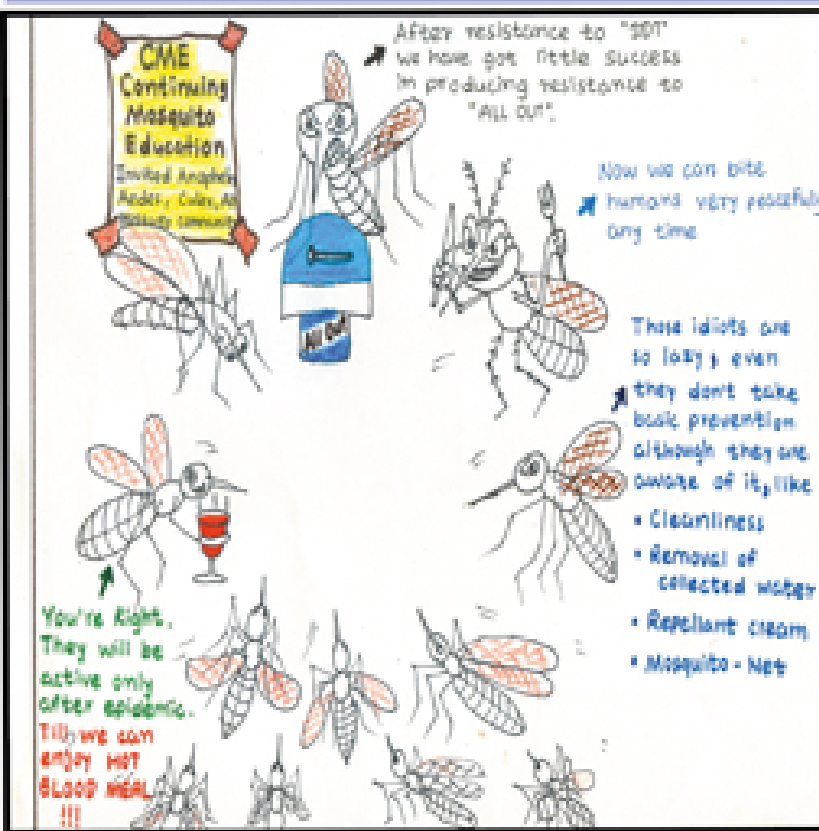
Results of 1st M.B.B.S. University Exam : Anjali Shah (79.7%,University 2nd),Jahan Bushra (79%,University 4th ),Smit Shah (79%,University 4th),Kevan Parikh (78.5%,University 6th)....congrats to all students....  
Inter medical college pharmacology quiz was organized at N.H.L.Medical College,Ahmedabad.....Dhruati Pandya,Shivam Shah,Malay Thakkar has won 2nd prize in this competition.  
For prevention of Dengue / Malaria / Chikungunya etc, students are requested to take appropriate preventive measures suggested by Authority.Please contact immediately at Emergency Medicine Department for symptoms of such diseases...  
•Integrated teaching session has been planned for students of B.J.Medical College on topic "Malaria" at Asmita Bhavan on 19th of September 2014 sharp at 2-00 p.m.

• **Ragging** is prohibited as per the law.Students of first M.B.B.S. are instructed to contact Hostel Superintendent / Rector / Security Officer / Teacher who he or she knows in case of any difficulties. Following is list of Teachers who are members of Anti-Ragging Committee of B.J.Medical College,A'bad :

Dr.Bharat Shah – Dean  
Dr.Asha Shah – Professor & Head,  
Medicine Department  
Dr.Mira Desai – Professor & Head,  
Pharmacology Department  
Dr.Neeti Talsania – Professor,  
Community Medicine Department  
Dr.B.B.S.Solanki – Associate Professor,Medicine  
Department

Dr.Pranay Shah – Addition Dean  
Dr.Geeta Kedia – Professor & Head,  
Community Medicine Department  
Dr.C.A.Pensi – Professor,Anatomy  
Department  
Dr.Rajesh Solanki – Professor,TB & Chest  
Department  
Dr.Kirit Khardadia – Tutor,Microbiology

## CA. TOON

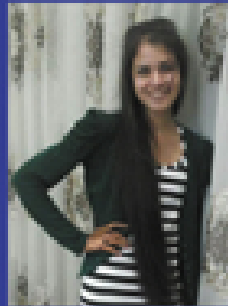


## TOPPER'S POINT

### Prashaman : What is the secret of your success and your advise to juniors?

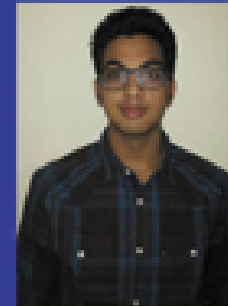
SMIT SHAH – ANATOMY 164/200(82%)

I would like to attribute my success to the esteemed teachers of anatomy department of our college.  
For the juniors, my piece of advice is the way I craved my path of success in Anatomy, i.e. being based of facts to a greater extent. Anatomy requires day to day work, repeated reading and revision. I advise to regularly attend lectures, tutorials and dissection classes. I also suggest discussing the topics with your friends and batch mates and this exercise will also develop confidence for answering in viva. As far as theory is concerned, writing the answers to the point with adequate figures and highlights is just more than enough.



Anjali Shah – Physiology 163/200(81.5%)

I had never perceived Physiology for scoring marks but it was always something very lively for me! It was like a marvel for me in first year, something that used to bloom me up! For juniors, I would only say that rather than exam oriented reading, they should undertake concept based reading from the best books of the subject because if the concepts are cleared well, you will automatically get good marks.



RAJAN GUPTA – BIOCHEMISTRY 159/200(79.5%)

I believe that nothing more than regular reading and understanding the basic concepts is needed for success in any subject. For the juniors, I would advise to regularly attend lectures, read the topic before going to attend lecture.... never hesitate in asking questions to clear doubts. Also, I would suggest to read more than one book for clarifying certain concepts. Ultimately, it is important to enjoy what you read and try to analyze what the subject is all about rather than opting for exam oriented reading.

## MEDI-SKETCH

PAINTING  
BY  
DWANI  
DOLARIA  
(medical graduate at BJMC)



## STETHO SPEAKS

Respect life...it's worth it!

“Life” .....one word of English language, formed technically by combination of four letters, but it has taken decades for mankind to decipher its essence. A lot has judged about it; this truth we “live” has been looked at by science, religion.... but is it rational to give up what we call a ‘boon’ in just a moment like suicide!? May be for the person who asphyxiated himself, it seemed rational; it seemed to be the only way left to deal with misery, the reality, to deal with the burden of every breath....It's convenient for the ones who judge him to call his bold (though coward ironically) decision as “suicide”. It's easy for them to judge the person who assembled all his guts to kill himself, as “coward”. The ones, who do comment, do they really understand the situation about which they mock, gossip, glance with grief or ignore? Ending in a moment what god designed and destined to be, it is neither easy nor justified. Not every pain afflicted to mankind comes with an analgesic! Not every misery / loss grieving a person comes with an antidepressant designed for it! When life isn't something you can control, how can ending the same be!

Life looks like a puzzle to me. There are pieces of everything, everywhere. To different people; to different souls – those pieces mean different dimensions of life! Some connect their lives to success and failure makes them want to end it. Some live with the idea that SA node doesn't keep their hearts paced to life, rather their loved ones pump life to their souls! And losing them makes them want to end their suffering.... Guild, greed, love, success..... every piece of life has the ‘potential’ to kill. It's not what's left to do when misery strikes – it's what you choose to. If puzzles were meant to be perfected, then there remains no zeal in dealing with pieces! You can't simplify it even by ending your life! It is not just the person in the clip before me whom I see committing suicide, there are many more known, unknown; there are people struggling with odds of life they find impossible to deal with. Misery is ubiquitous, it is everywhere. It is something inescapable. All we need to do is to deal with it.  
For someone who died of loneliness, a helping hand could mean life. For someone who died of guilt, mercy could mean life. For someone who died of failure, one more effort could mean life. There is not everything in your hands but there is something! Ending life solves nothing. It simply serves the purpose of telling the world “I failed!” There is never a ‘reasonable’ reason to die except when we are destined to. “Life is not fair” - is all people say. But, are we fair to life? A ray of hope, a change of insight, an effort to bounce back...it matters to you, me, to every person! All we need is a little hope. The world will be a better place when someone stops this person from hanging himself or even more when he himself learns to respect life. Rationality isn't the same for all, but getting to live and explore definitely is!

(Shikha Shah – 2nd / 2nd .....BJ Beats Story Writing – 1st Prize)

Editorial Board :

Nikita Pandya, Mohit Rathod, Radhika Shrotria, Rahul Rohit, Shalin Shah, Shivam Kotak, Dhanajay Majhi ( 3rd Year )  
Dhruati Pandya, Harsh Vyas, Keval Patel, Mohit Makwana,Hemaxi Chaudhari,Krupal Chaudhary ( 2nd Year )

Views and Creations are of authors, and not of Prashaman.

DESIGNED BY :- DR. NILESH G. PATEL ( II YEAR MD PSM )



## FACE TO FACE

It is hardly a case when someone is taking care of you like your parents when you are not at home. Anatomy department is one such place.....thanks to faculties specially Dr.C.A. Pensi,strict yet jolly Professor and Head.She is now retiring after a long years of teaching. Prashaman talks with her on this occasion.....

PRASHAMAN : Being a teacher at heart, what did you like the most about teaching?  
DR.PENSI : Good teaching is very important in a student's life. According to me, the best part of teaching is where teachers provide knowledge to the students and give them the useful tips for their future endeavors.  
PRASHAMAN : What was the most memorable experiences throughout your journey in BJMC ?  
DR.PENSI : I have enjoyed each and every day of my job in BJMC. Recently, I was honored by the college for excellent academic work in the presence of all the students and the entire faculty. So far, this event is most memorable one.  
PRASHAMAN : If we compare the students in the past and now, do you see any change?  
DR.PENSI : Being one of the most prestigious medical institutes of Gujarat, BJMC has every year received the highly meritorious students. I am happy to see that every year, more and more intelligent students who are extensively enthusiastic and eager to learn every possible aspect of the subject have come to our college.  
PRASHAMAN : How did you manage such a tough job as HOD ?  
DR.PENSI : I have had great pleasure throughout my tenure as the HOD of the Department. I feel blessed to be a part of such a disciplined, dedicated and affectionate staff.  
PRASHAMAN : What are your views on our college, the B.J.M.C. ?  
DR.PENSI : BJMC is a well-equipped institute with all academic and infrastructural facilities. I do agree that being a Government College, some problems do arise, but they are very well handled by the staff support of BJMC.  
PRASHAMAN : What, according to you, are the changes needed in present teaching methods?  
DR.PENSI : Right now, according to me, we are having the best facilities and the latest technological methods of teaching.  
PRASHAMAN : What are your views on newer trends and future of Anatomy ?  
DR.PENSI : Newly and rapidly emerging divisions of Anatomy these days are Embryology, Genetics, Plastination and newer embalming techniques for the preservation of body parts and tissues. It was a dream of my senior teachers to have a genetic laboratory and today I am overwhelmed to inform that our efforts for the same have succeeded; the Department of Anatomy, BJMC has a functioning genetic laboratory of its own.  
PRASHAMAN : What would you miss the most as a teacher after retirement?  
DR.PENSI : I love to prepare lectures and deliver them to students, surely I would miss this the most after my retirement.  
PRASHAMAN : What are your plans after retirement? How do you feel about it?  
Dr.Pensi : Retirement is a natural process. After successfully and satisfactorily completing my tenure, I am happy to retire. I have decided to give my full time to my family which I couldn't do during service. More than that, I have no plans yet  
PRASHAMAN : Don't you think Mam, the new batches are going to miss a great asset—i.e. your neuroanatomy lectures!?  
DR.PENSI : I feel grateful that my students consider me and my lectures as an asset. I am sure that my colleagues are nicely trained and efficient enough not to let the students miss any teaching part in Anatomy.  
PRASHAMAN : Share with us some moments of your "Tea-Coffee Club."  
DR.PENSI : It's unique ! Since years,all staff members ranging from resident doctors to Professors and HOD sit together twice a day without fail. All academic and official information are exchanged with the celebrations of happy events of every staff member. I will miss...  
Prashaman : Being such an experienced Anatomist, do you have plan to write a book on subject ?  
DR.PENSI : No, I haven't planned anything yet.  
PRASHAMAN : Tell us about "Faculty Development Programme" undertaken by our college?  
DR.PENSI : It is a must for all the medical teachers to keep themselves updated with the latest MCI requirements and methods of teaching and evaluation. The organizers of "Faculty Development Programme" are doing a good job in that aspect. I am proud to convey that the Department of Anatomy, BJMC has trained all the teachers in "Faculty Development Programmed".  
Prashaman : What is your message for students and future medicos of BJMC ?  
DR.PENSI : There is no substitute to hard work.Sincerity and honesty will always pay you.So, do your best and leave the rest to the Almighty.  
PRASHAMAN : Thanks you very much mam for sparing time for us.  
Dr.Pensi : It's my pleasure.God bless you.