



PEOPLE



Mohandas Karamchand Gandhi; Babu; and his beliefs have laid the foundation of our nation. To put his ideas into our actions; to fulfil his dreams for India is our prime responsibility. Babu strongly believed that " Everyone must be his own scavenger".

As a remembrance to him, the Government of India launched the Swachh Bharat Abhiyaan (Clean India Campaign) on the 2nd of October, 2014.

The AIM of this campaign : To provide every person and every village with toilets, sanitation facilities including solid as well as liquid disposal systems, safe and adequate drinking water supply by 2019 - when we shall celebrate Babu's 150th birthday.

According to the Ministry of Drinking Water and Sanitation, a village is declared to be "Open Defecation Free" (ODF) if, every household has a fly proof toilet, safe sewage disposal system and every member of household has access to a toilet. It has been proposed to build 12 crore toilets in rural India by 2019.

How successful has the campaign been till today? : 60% of population of Rajasthan used to defecate in open. After the implementation of the campaign, 7 villages of the state have been declared ODF. Similarly, 11 villages in Koraput district of Odisha have been declared ODF. Navlewadi village of Maharashtra, that used to face a scarcity of clean water today had a 35,000 litre water tank and several pipelines. Chauras, on the banks of Narmada in Madhya Pradesh was filled with garbage but today has access to clean water. Thrissur in Kerala used to suffer the repercussions of industrialisation, but on account of it's waste management programme, it has become an epitome of cleanliness for the whole nation.

Yet, there are miles to go! - There are yet 61 million children in India with stunted growth due to bad sanitation and malnutrition. 5000 children die daily due to diarrhoea. The India today, comprising of 65% youth is driven towards the foreign countries attracted by the hygiene maintained there.

How can we, "Be the change we want"?

- by self observation of hygiene.
- by making sure we don't rob off our surroundings of their beauty by littering here and there.
- by using the status this society offers us to create awareness all around.
- by never missing any chance of providing health and hygiene education to our countrymen.
- by encouraging recycling of garbage.

When each one of us will take such small steps, together we will be able to fulfil the dream of the Father of our Nation - of a Cleaner, Greener India! Jay Hind!

Campus Live

Teachers and students of all medical colleges coming under Gujarat University were felicitated at B.J. Medical College, Ahmedabad in a special function on 8th of September 2015 for their exceptional work / achievement on the occasion of Teacher's day.

Result of 1st M.B.B.S exam Of Gujarat University held in July 2015 is declared. Anvay Shah stood first in our college with 80.33% (482/600). Mallary Chandravadiya and Prati Vaishnav stood 2nd and 3rd respectively.

1st of October is observed as Voluntary Blood Donation Day..... Eligible students and staff members are requested to donate blood on this day or 1st week of October at Blood Bank (B-2) of civil hospital, Ahmedabad which is remaining open 24x7.....

For prevention of Dengue / Malaria / Swine Flu etc, students are requested to take appropriate preventive measures suggested by Authority. Please contact immediately at Emergency Medicine Department for symptoms of such diseases...

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, Ahmedabad :

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Write something on this Page... SOMETHING QUOTED::

AN EYE FOR AN EYE WILL MAKE WHOLE WORLD BLIND - M .K. GANDHI



Surya-namaskara is rhythmic Yogasana series done with respiratory control. It contains 12 steps and there are specific Mantras for each step. Let's start to learn them.

1. Pranamasana

(Salutation posture) :

Stand erect with feet together. Join the palms together in front of the chest. Concentrate on standing straight, steady and in a prayerful attitude. This posture helps to induce a state of introversion, relaxation and calmness. It activates the anahata chakra. Exhale fully.

2. Hastauttanasana

(Raised arm posture)

Inhaling stretch both arms above the head, palms facing upward. Arch the back and stretch the whole body. This posture stretches the chest and the abdomen and lifts the Prana (energy) upward to the upper parts of the body propelled by inhalation.

3. Padahastasana

(Hand to foot posture)

Exhaling bend the body forward and down, keeping the spine straight. Avoid collapsing the chest or "over-rounding" the upper back. Keep the legs straight and perpendicular to the ground. The knees may be allowed to bend a little if needed. This posture massages the abdominal organs, especially the liver, kidneys, pancreas, adrenals, uterus and ovaries.



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ART O GRAPHY

- 1 ARTIST Dr. JAY D. MODHA – Medical Intern
- 2 ART speech and elocution
- 3 ACHIEVEMENTS B.J. Medical 2012 on vivekananda - 2nd price
 - * Mr BJ beats 2013 - Runners up
 - * BJ beats 2014 elocution - 2nd Prize
 - * BJ Beats debate 2014- 1st Prize
 - * On Geeta, zone level ahmedabad (swadhyay)- 1st Prize
 - * NMOCON 2013 Ahmedabad - 3rd Prize
- 4 ABOUT HIS/HER ART My Journey with My Art-Aggressiveness was the part of me. so my family provided me platform to convert it into words and I started taking parts in elocutions organized by schools and organizations like lions club. Then in college I found myself on the larger and more louder stages to speak. Giving speech in front of hundreds of audience in NMOCON 2013 on same stage with Mr. Narendra Modi gave me the opportunity to speak impactful and straight from gut
- 5 ABOUT TIME SPARING FOR ART There are 2 components: 1 words and content of topic 2 How you deliver it. The night Before a competition its a party night with a mirror in front of me and we talk for hours to sharpen words with echoes and to deliver it with a certain time limit by improving tone, dialoge delivery, attitude etc. Otherwise "BUSY" word is a illusion created by creatures that can't myclinate their nerves.
- 6 ABOUT HIS INSPIRATION FOR ART Aggressive meaningful speeches related to national issues always pump blood in my heart. "My parents, My colleague Bina and all my dear amigos always provide blueprint to add colors in it. Also when I feel like short circuiting my brain I listen to Les brown, Eric thomas, Lary page and some Tedex videos and read blogs of Olive emberton and Jay vasavada to get iron nourishment.

7 ADVICE TO FRIENDS We all are smart phone using souls(Does it mean we are ourself not smart enough? so that we need smart phones?!) There is a default app known as HEART in our system .just open it and sign in it with the username BRAIN and apply promocode PASSION AND PERSERVANCE .you shall surely get the 100% cash back called SUCCESS. and please don't hang it with overloaded thinking otherwise system may crash...!! And its hard to find service centre this days...!! Speaking and living should be straight from gut!

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વાત છે કેલ્ચુઆરી ૨૦૧૫ ની. કનુભાઈ અમરેલી જીલ્લાના જેડીયાવદર ગામના રહેવાસી છે. પ્રેતમજરી કરી પોતાનું જીવન વિતાવે છે. બાજુના ગામ માંડવડા કામચી જવાનું થતા તેમને કાકાના દીકરા મહેશને મોટરસાયકલ લઈને સાથે આવવા કીધું. બન્ને જણા માંડવડા જવા નીકળ્યા. કનુભાઈ પાછલી રીટ પર બેઠા હતા. એવામાં રસ્તામાં વચ્ચે ડેક્ટર આવતા મહેશે મોટરસાયકલનો કંટોળ ગુમાવ્યો, જોર થી બેક લગાવી ને મોટરસાયકલ રોડ પર સ્લીપ થઇ ગયું. આ અકસ્માતમાં મહેશ ને તો ફક્ત નાનીમોટી ઈજા થઇ પણ કનુભાઈનો જમનો પગ મોટરસાયકલના પાછલા વ્હીલના આરમમાં આવી જતા ધુંટીથી સાવ કપાઈ ગયો માત્ર સ્નાયુના લોચા જેવી લબડેલી હાલતમાં હતો. મહેશે તરત જ ૧૦૮ પર ફોન કર્યો અને કનુભાઈ ને બગસરા ના પાયામીક આરોગ્ય કેન્દ્ર પર લઇ જવાયા. ડોક્ટરે જરૂરી પારાપીટી કરી કનુભાઈને અમરેલીના મોટા દવાખાનામાં લઇ જવા કહ્યું. અમરેલીના ડોક્ટરોએ પગની હાલત જોતા જ તાત્કાલિક રાજકોટ સિવિલ હોસ્પિટલ લઇ જવા કહ્યું. ૮ વાગ્યા ની આસપાસ કનુભાઈને લઈને તેમના સ્વજનો રાજકોટ પહોંચ્યા પણ ત્યાંના અર્થોપેડીક વિભાગ ના ડોક્ટરોએ કહ્યું કનુભાઈના પગને તાત્કાલિક ઓપરેશન નહીં થાય તો પગ કપાવો પડશે. માટે ડોક્ટરોએ તેમને અમદાવાદ સિવિલ હોસ્પિટલમાં જવા જણાવ્યું. રાત્રે ૩ વાગ્યાની આસપાસ કનુભાઈ ને અમદાવાદ સિવિલ હોસ્પિટલમાં હોમા રોડ પર લાવવામાં આવ્યા, ફરજ પર કોજર ડોક્ટરે તરત જ કનુભાઈના પગની ઈજાની તપાસ કરી અર્થોપેડીક ઇમરજન્સી હોમામાં મોકલી આપ્યા. અર્થોપેડીક વિભાગના ડોક્ટરોએ તરત જ ઓપરેશન માટેના જરૂરી રિપોર્ટ અને અક્સરે કરાવી લાવવા કીધું. સવારે ૬ વાગ્યા સુધીમાં બધા રિપોર્ટ આવી જતા તરત જ કનુભાઈને ઓપરેશનમાં લઇ લેવાયા. ગણી ને ૩ કલાક સુધી ઓપરેશન ચાલ્યું. ઓપરેશનમાં પ્લાસ્ટિક સર્જરી વિભાગના ડોક્ટરોની પણ મદદ લેવામાં આવી. કનુભાઈના પગમાં ત્રણ અને પંજામાં બે સળિયા નાખીને પગને સામાન્યતઃ જોડવામાં આવ્યો. ત્યારબાદ તેમને પ્લાસ્ટિક સર્જરી વિભાગના વોકીમાં દાખલ કરવામાં આવ્યા, મહિના સુધી ત્યાં પગની જરૂરી સારસંભાળ રાખવામાં આવી. બે મહિના બાદ પગમાં રૂજ આવતા ઓર્થોપેડિક વિભાગમાં ફરી ઓપરેશન કરવામાં આવ્યું અને સળિયા કાઢી લઇ પગમાં ચેલીજરો ફીટ કરવામાં આવ્યું જેથી પગના હાડકાની લંબાઈમાં જરૂરી વધારો થતો રહે, ડોક્ટરોના કહેવા મુજબ પગના હાડકામાં જરૂરી વધારો થઇ ગયા બાદ ફરી ધુંટીના સંધાનું ઓપરેશન કરવામાં આવશે અને જરૂરી રૂજ આવ્યા પછી કનુભાઈ ફરીથી ચાલતા થશે. આજે પણ કનુભાઈ અને તેમના સ્વજનો સિવિલ હોસ્પિટલના અર્થોપેડીક અને પ્લાસ્ટીક સર્જરી વિભાગના ડોક્ટરોની હોશી હોશે અભાર વ્યક્ત કરતા થાકતા નથી. કનુભાઈ તો ત્યાં સુધી કહે છે કે જો સિવિલ હોસ્પિટલમાં તેમની સારવાર ના થાત તો આજે તેમની પગ ન હોત.

(સત્ય પઠના પર આધારિત, પાત્રો કાલ્પનિક છે..... સાભાર સિવિલ હોસ્પિટલ, અમદાવાદ)

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face-to-face

The result of First year MBBS Gujarat University is out! Prashaman takes the chance to interview our College topper and Star of the Month (September), Anvay Shah (482/600 - 80.33%) and ask him about his experiences so far and more...

Prashaman : Congratulations to you on your grand success!
Anvay : Thank you so much!
Prashaman : What was your first reaction on finding out your result?
Anvay : I would say I was pretty much surprised. In medical or I should say in any college course you study not for getting rank or something and so I just wanted to get good marks. So yes, I was a bit shocked.
Prashaman : How did you plan your studies?
Anvay : I was regular in my work and that paid off.

Prashaman : First year in college, a new environment and medical studies, how did you deal with all this and at the same time, maintain your concentration and focus?
Anvay : We are medical students and we are all a little bit obsessed with the term. Every person has to work hard, so being in medical is not different. Yes, initially there was a period, let me talk about when upper limb was started in Anatomy and I could not understand how to prepare but then as time passes by, I was prepared.

Prashaman : At times, you must have felt struck or frustrated, how did you manage then?
Anvay : Yes, I was frustrated at times but I used to talk with my mother or friends or watch a movie and that helped a lot. My mother always supported me. I still remember my mother making tea at night during exams. My brother also helped me and made me feel rejuvenated. So family and friends help.
Prashaman : Was being a doctor a childhood dream or was it a calculated choice?
Anvay : No, being doctor wasn't my childhood dream. I still don't know what I want to be. I have the dream of a happy life where I can make difference.

Prashaman : Do you think exam oriented studies benefit as a whole or should it be extensive and detailed?
Anvay : I know a student who read biochemistry because he liked it. I could not do that. But I think what we could do is extensive preparation with exam study.

Prashaman : What are your plans for this upcoming year of MBBS? Would it be all studies or you would diversify yourself and get involved in extra-curricular activities?

Anvay : Seniors tell it is a bit light. So I think one can relax a little.
Prashaman : You must have had perceptions before joining this institute. How do you feel now when you see yourself as a BJite?
Anvay : As I told, medical study is no different. I had certain doubts before I joined MBBS but they were pointless.
Prashaman : Have you chalked out a path for yourself or do you want to take things as they come?

Anvay : I have still not figured my path yet. I would take things as they come.
Prashaman : A piece of advice to your juniors.
Anvay : Concentrate more on diagrams and flowcharts, it will help. And of course respect your teachers and parents.
Prashaman : Thanks for sharing your views.
Anvay : It's my pleasure.

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High up in the sky
Dr. Hemal Chheda (General Surgery)

I want to be high up in the sky - I want to be high up in the sky
But I don't know how to fly
I prayed to God give me wings
He smiled and said It's vain
Then I thought for a while
God is not kind
But I will fight against all those who decline
Just to be high up in the sky
Even when I don't know how to fly
When I told my pals
They thought I'm irrational
And said it is impractical
But I was determined to be high up in the sky
Even when I don't know how to fly
I tried many times but every time I got injured
Not just physically but morally
sometimes I felt broken
But never gave up my vision
I was too adamant to change my mentality
Even when I realised it is beyond my capability
I don't know how to fly
Still I want to be high up in the sky...

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DISSECTION

Book : Angels & Demons
Author : Dan Brown
Reviewed By : Dhruvi Shah (2nd/1st)

This book is a prequel to the Da Vinci Code, the most renowned book of Dan Brown. This book tells the story of symbiologist Robert Langdon's adventure in Vatican City and Rome, a year before his fateful visit to Louvre. The riddles are as visually arresting as those in Da Vinci's paintings. There is the usual plethora of puzzles, arcane history, cliff-hangers and unexpected twists.

Robert Langdon is summoned to a Swiss research facility to analyze a cryptic symbol seared into the chest of a murdered physicist. He discovers a deadly vendetta against the Catholic Church by a centuries old underground organization-The Illuminati. He is desperate to save the Vatican from a powerful time bomb and joins hands in Rome with the beautiful and mysterious scientist – Vittoria Vettra.

Together they embark on a frantic hunt through sealed crypts, dangerous catacombs, deserted cathedrals and most secretive vault on Earth-the long forgotten Illuminati lair.

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