#### MONTHLY BJMC WALL



NOVEMBER 201 5 ---- VOL :05 ---- ISUE :06

# HATS OFF 2 U DOC!

"एकला चलो रे"

(सपना मित्तल / ।।/।)

"खुशियाँ परिस्थितियों की मोहताज नहीं होती।" सूरत शहर में कपिल व उसके माता-पिता अपनी छोटी सी दुनिया में खुश थे। कपड़ा-मील से होने वाली आय में उनका निर्वहन हो जाता था। पर भविष्य के गर्भ में क्या है-किसे मालूम?! 28 वर्ष की छोटी-सी आयु में ही कपिल को कुष्ठरोग नाम की गंभीर बीमारी ने घेर लिया।

हमारे समाज में कुष्ठरोग के बारे में बहुत सारे मिथक प्रचलित हैं। इसी के चलते कपड़ा-मील के मालिक ने कपिल को काम से निकाल दिया। उन्हें यह डर था कि उसके रहने से बाकी कर्मचारी काम छोड़ देंगे, शायद उनकी मील का कपड़ा कोई खरीदने भी ना आए।

हर तरफ से निराशा ही उसके हाथ लगी। लेकिन ऐसी मुश्किल परिस्थिति में भी उसका परिवार उसके साथ खड़ा रहा। उन्हें ये जानकारी थी कि साथ रहने, उठने-बैठने या खाना खाने से यह बीमारी नहीं फैलती। इलाज के लिए कपिल त्वचा-रोग विशेषज्ञ के पास पहुँचा। वहाँ उसे कई तरह की दवाइयाँ दी गई। क्योंकि बीमारी ज्यादा फैल गई थी, कपिल की नस पर भी असर हो गया। इसी कारण उसे पंजा-हाथ (Claw Hand) नाम का विकार हो गया। उसे प्लास्टिक सर्जरी विभाग, सिविल अस्पताल में भेजा गया।

वहाँ उसकी चारों उँगलियों में "टेंडन ग्राफ्ट" किया गया। इसमें दो हफ्ते लगे। इस प्रिक्या के बाद सिर्फ उसके अंगुठे में ही विकार बचा था। तीन महीने बाद यह विकार भी सुधार दिया गया। अब कपिल रोजमर्रा के काम आसानी से करने के काबिल हो गया। अब वह पुरी तरह स्वस्थ था। उसने अपनी किराने की दुकान खोली। कुष्ठरोग जैसी गंभीर बीमारी को मात देकर कपिल आज एक स्वाभिमानी व स्वावलम्बी जिंदगी व्यतीत कर रहा है।

केंद्र सरकार ऐसी गंभीर बीमारियों के लिए कई सारे कार्यक्रम चलाती है। उन्हीं में से एक है- राष्ट्रीय कुष्ठरोग निवारण कार्यक्रम। इसी के तहत कपिल का इलाज मुफ्त किया गया। इस कार्यक्रम का मुख्य उद्देश्य कृष्ठरोग से संबंधित सभी भ्रांतियों को दुर करना है व समाज को यह समझाना है कि कुष्ठरोग का इलाज संभव है।

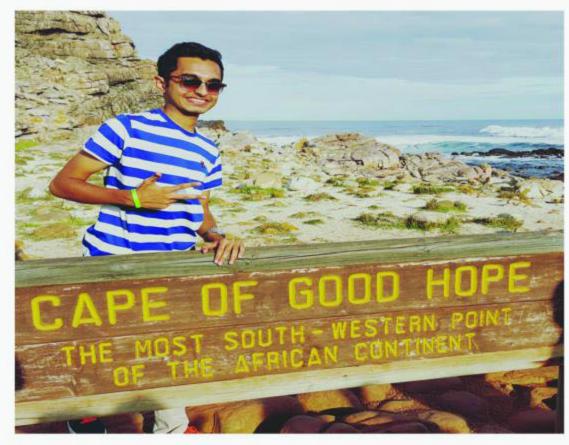
यहाँ ये कहा जा सकता है कि- समझो इस पहेली को, बूंद हो अकेली तो सागर जैसे कुछ भी नहीं, हम औरों को छोड़ें तो, मुंह सब से ही मोड़ें तो इन्द्रधनुष बन सकता ही नहीं।"

(सत्य घटना पर आधारित, पात्र काल्पनिक हैं।...... प्लास्टिक सर्जरी विभाग, सिविल अस्पताल, अहमदाबाद)

#### **CAMPUS LIVE**

- Radio Mirchi held auditions for "Mirchi Rockstar", in BJ Medical College on 17th Oct, 2015. 7 students got selected for the Semi-finals which are to be held in December.
- BJMC In collaboration with Junior Doctor's Association organised Radha Krishna Night on 18th Oct, 2015. Moreover to keep up the spirit of Navratri,
- prizes for best dancer and best costume (male and female) were awarded to the students.
- Dharender Singh Raghav (3rd/1st), launched a book on 21st Oct 2015 Titled "Raghav's review on Parasitology".
- Students of 2nd / 1st will be organising an Awareness Program on AIDS, on 1st December 2015 in Kasauti Bhavan.
- 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.



#### Traveler X

STUPENDOUS SOUTH AFRICA

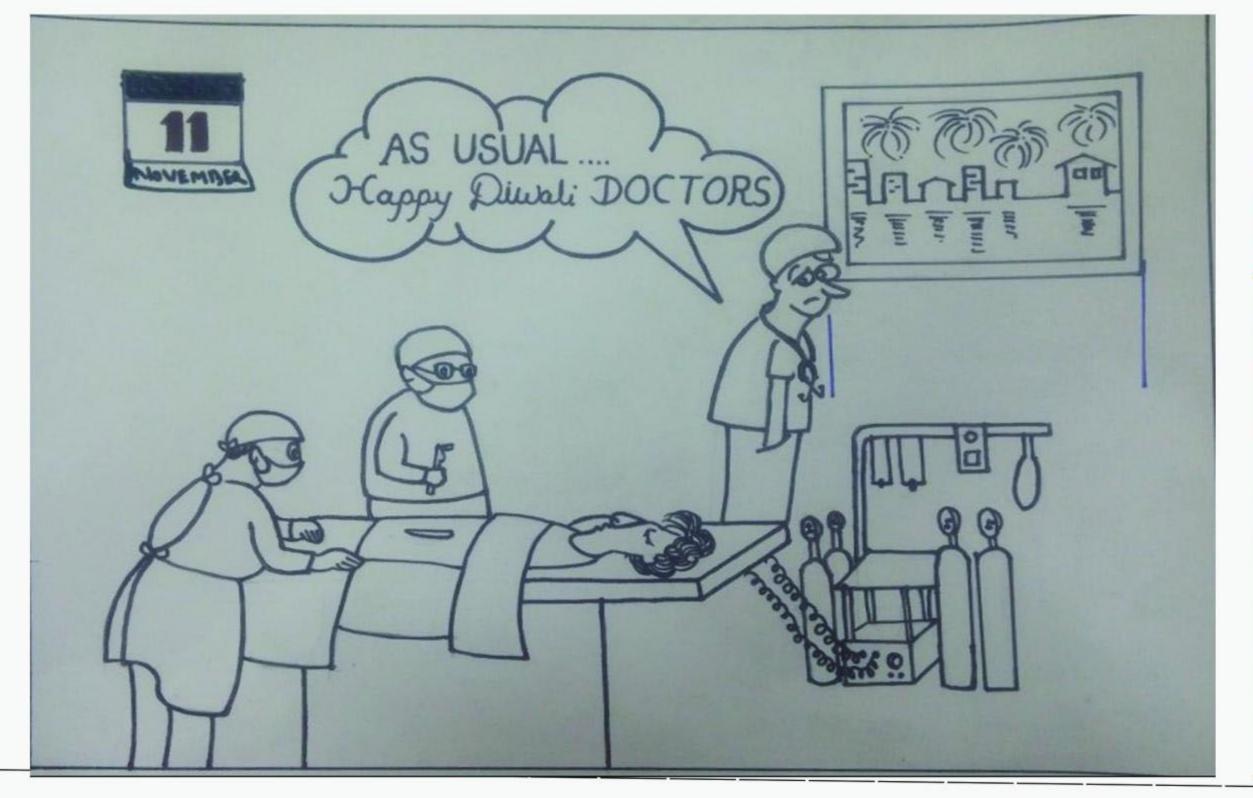
The 12 day trip to the wilderness was one of the best and most mesmerizing experience of my life. The journey began from Seychelles, a beautiful island famous for its beauty, water sports and marine life.

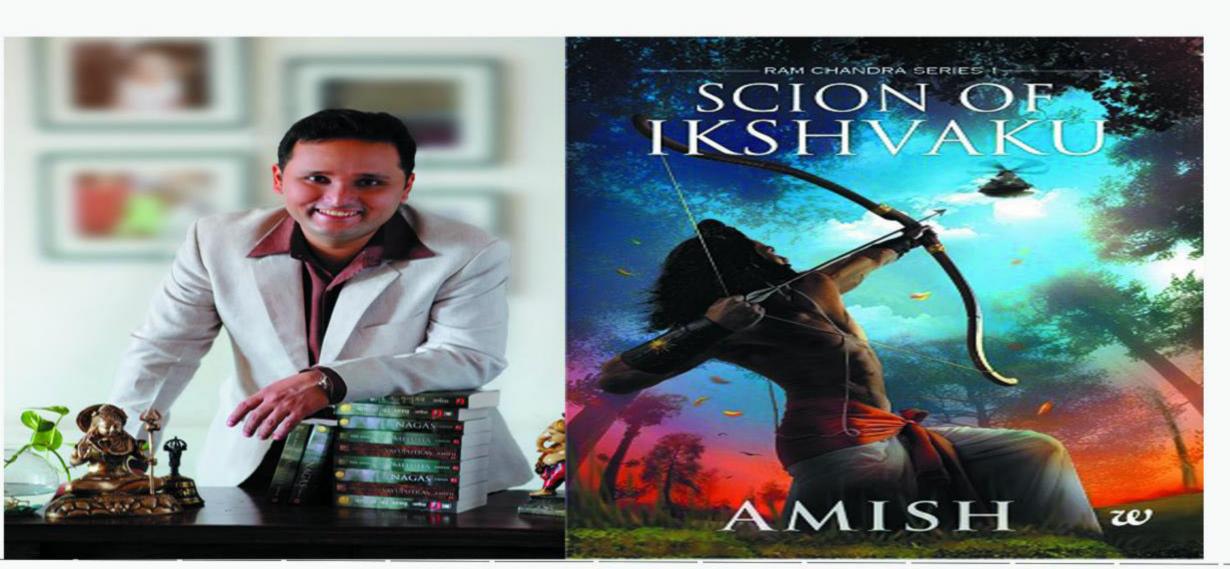
Besides it is also known as "KINGDOM OF TUTRTLES'. The other center of attraction was its airport located between the sea. Our next destination was the capital of the country JOHANNESBURG famous for its gold mines and GANDHI square another center of attraction for us INDIANS.

Then was the turn to try out hand at various adventure sports. MOSSEL BAY situated exactly half way between Cape Townprovinceis a perfect place for all the adventure lovers .besides it has also got museums, art and craft galleries and the serene beaches. I got the chance to perform bungee jumping at the world's highest bungee site (216 feet), the other horrifying yet fun sport was skydiving from a height of 10,000 ft., the thought of jumping from that height itself gave me goosebumps.mossel bay besides these air sports also provides you with awesome water adventures like shark cage diving and speed boating. Stay at bay was one of best part of the entire tour.

South Africa tour is incomplete without dose safari rides. Our last destination was the beautiful city CAPE TOWN, this place is basically famous due to the presence of one of the Seven Wonders of the World 'the table mountain'. The other places to visit are the seal island. Cape of Good Hope. It was best tour of my life, it showed me the Mother Nature at its best and gave me life cherishing moments.

# CA-TOON BY - POOJA PANCHAL-2nd YEAR





# Stethospeaks

MAGAZINE

"અરે ભાઈ થોભો!... જય ચૌધરી (ફાઈનલ ઇયર)

હાશ! પ્રિલિમ પતી, હવે યૂનિવર્સિટી ને પછી આપણે ડૉક્ટર.... "અરે ભાઈ થોભો! કઇંક પાછળ છૂટી ગયું છે" વાત છે સાડા ચાર વરસના સંસ્મરણોની !! છેલ્લી વાર એક સાથે આ ૨૦૧૧ ની બેચ કસોટી ભવનમાં છે કવે એ વહેલી સવારે વોટ્સએપના ગ્રૂપ ધમધમશે નહીં.દર્દી અને સાહેબની ઘેરાબંધી કરીને કંઈક જોતી-જાણતી ટોળાશાહીના તણા હવે વિખુટા થશે.વોર્ડએન્ડના દિવસે રોલ નંબરને દેખા-દેતા કાગળના ચોરસ ચોકઠાઓની યળવળ હવે સમેટાશે. પહેલી પાટલીએ ટકાર બેસી કંઈક શીખવાની તત્પરતા હોય કે છેલ્લી પાટલીએ વાગતા ઢીલાશના ઢંઢેરા,બેચ શાંત પડશે. ખિસ્સામાંથી નીકળતા કે ગળામાં લટકતા આઇ-કાર્ડને દ્વારપાળની ભૂમિકામાં ઊભેલા પરિક્ષકની આંખો આગળ ધરી, કસોટીકક્ષમાં પ્રવેશ લેવો ને પછી મ્યાનમાંથી ચાર-પાઁચ કલમો કાઢી એમાથી એકને ધારદારનું બિરુદ આપી,થોડી આવડતરૂપી તો થોડી અનુમાનરૂપી શાહી પુરવણીમાં મઢવીને જે ખૂટતુ હોય એ કાન સરવા કરીને આજુબાજુથી ઉમેરવુ !! બહાર નિકળીને સામેવાળાના હાવભાવ પરથી અંદાજ આવી જાય તોય ખાતરી કરવા પુછવુ, 'કેવું રહ્યુ!!'

પરિવર્તન એ નિયમ છે ને વીતેલી પળોનું સ્મરણોમાં સ્થિર થવું તે પણ સ્વાભાવિક છે. "હવે કયારેક એક્લા દોડવાનું થશે તો પગ અયકાશે નહીં અને એનુ કારણ આજ સુધી જોડે ચાલીને જે શીખ્યા એ જ હશે"



#### Travel within

(Dr.Arjun – Resident Doctor)



7. Bhujangasana (Cobra posture)

On the inhalation, lower the hips while pushing the chest forward and upward with the hands, until the spine is fully arched and the head is facing up. The knees and lower abdomen remain above the floor. Focus the awareness at the base of spine and feel the tension from the forward pull. This pose gives dynamic expansion to the organs of the chest and abdomen, relieving many ailments such as asthma, constipation, indigestion, kidney and liver problems. It is very helpful in relieving tension in the back muscles and spinal

8. Parvatasana (Mountain posture)

Exhale and get back to posture 5.

(Posture 5: On the exhalation bring the right leg back to join with the left leg. Simultaneously raise the buttocks and lower the head between the arms, so that the body forms a triangle with the floor. Try to place the heels flat on the ground. Focus awareness at the neck area. This posture strengthens the nerves and muscles in the arms and legs, stretches the calf muscles and Achilles' tendons and makes the spine straight and taut. It relieves varicose veins and tones spinal nerves. Maintaining the posture take a deep inhalation.)

9. Ashwa Sanchalanasana (Equestrian posture)

Inhale and swing the right leg forward between the hands. The left leg remains back. Resume posture 4. (Posture 4: On your next inhalation, extend the left leg back and drop the knee to the ground. The right knee is bent and kept between the hands and the right foot placed flat on the ground. Lift the spine and open the chest. Concentrate at the eyebrow center.)

#### Face 2 Face

So many times, we're confused about which book to refer. But there are other kinds of people too, who write their own book and read it. Prashaman talked to one such BJMC student, Dharender Raghav (M.B.B.S-III/I) who recently launched a book-"Raghav's Review of Parasitology" on 21st October. Prashaman: What brought you to write this book?

Raghav: In 2nd Year, during my studies I felt the need of notes which can save my time comprising only the important questions that are commonly asked in Exams. Then I made notes on these. Previously one of my seniors 'Sukharam Gehlot' had made notes for Mycology, which further inspired me to write my notes in the form of a book which can help other students also.

Prashaman: Do you have any Mentor for writing? Raghav: Actually I'm not professional writer, so I can't say mentor, but I would like to specially thank Dr. Praveg

Gupta Sir, who guided me at each step to write this book. Prashaman: What are the special features of your book?

Raghav: It's a quick and brief review of the subject Medical Parasitology. Point wise description of the text and Hand-Made diagrams which are easy to draw in exams are the unique features of this book. Moreover Pathogenesis is explained in flow chart form with easy life-cycle pattern. That will attract the students .

Prashaman: With whom do you share the credit of launching of this book? Raghav: Without the publishing team, 'Devarshi Edutech', My book could never have been published at such big

level. So, I specially thank to Devarshi Edutech and Both the editors of this book- Dr. Sumeeta Soni Ma'm and Dr. Praveg Gupta Sir.I would also like to thank My Classmate Yash Oza who scanned and photoshoped the diagrams I made.

Prashaman: How did you balance between Writing and Studies?

Raghav: I had already made notes during my second year. Till the end of August in my third year, I was done with modification and typing. I had also finished the diagrams. It was August and September when I met the publishers and got my book edited. It was the time of launching on 21st when my studies got disturbed at some extent as there was prelim exam on 26th, but somehow I finished the Big Work.

Prashaman: How far do you see yourself in this field? Raghav: If time allows, I will surely write books on medical subjects which will make medical study easy for the

students.

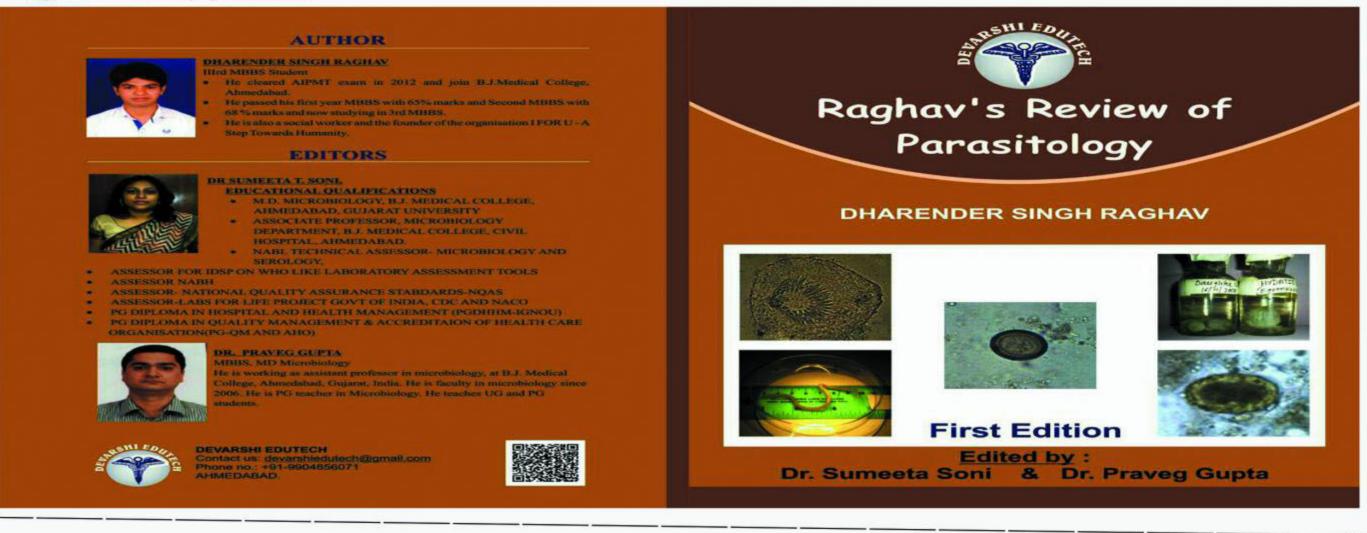
Prashaman: What would you like to say to your juniors? Raghav: "When there is a will, There is a way" If anyone tries to do something, he can surely do. Even writing a

book is not an uphill task, if you really believe in yourself.

Prashaman: How can we get a copy of your book?

Raghav: It's available at All the nearby Medical Book Stores. It's available on flipkart too. Prashaman: Thanks for talk.

Raghav: It's my pleasure.



# DISSECTION

Book: Scion of Ikswaku Author: Amish Tripathi

Reviewer: Mrudev Gandhi (3rd / part I )

After the eminent conquest of the Shiva Trilogy, renowned for his excellence in transforming mythical strata into today's most blissful reading matter, Amish is back with Scion of Ikswaku - the first tome from the Ramchandra series. To be honest, when you initiate reading it might feel not even read worthy. Well none of us is unaware of the story. But as you get into it, believe me it won't ever disappoint someone who is a little bit interested in religious mythology. All logically applied modifications make us belive in various incidents that we might have ignored during the actual Ramayana. No prose is left that won't be able to acknowledge you about some unknown part. Meticulously carved story though it should not be mounted on him indicates the dynasty of Raghu. It compelles the reader to feel gratitudes towards our culture and render us to go more and more into it. Endeavour is indeed admirable! In a handful, if you a guy into legacy of Indian lore and the individual of Ramchandra specifically, all the clichés are gonna turn true! Otherwise don't read it. Wait up for whole the series to come out ;-) P.S,- The book is available in Hindi too. Still is going to be translated in Gujarati and Bengali.

### **MURMUR**

भूचाल के भँवर में Jay Chaudhari (Final Year)

भूचाल के भँवर में झगमगाता था जो शहर, डगमगाया आज तेरे कहर सें। अंदाज हुआ औकात का, खुमार किया जो तेरी खुदाई ने।। हथियार था ह्नर का, पर न रुकी,ह्ंकार हाहाकार की। मुलाकात थी मातम से, काम न आया दामन, दुआओ का।। टुटा तिलिस्म हमदर्दी का, बिखेरा दर्द,जो तूने दहेलीज पे। डटे है कालिस्म संवारने की, डेरा है"मैत्री"का,भूचाल के भँवर में।।

#### **B JOY**

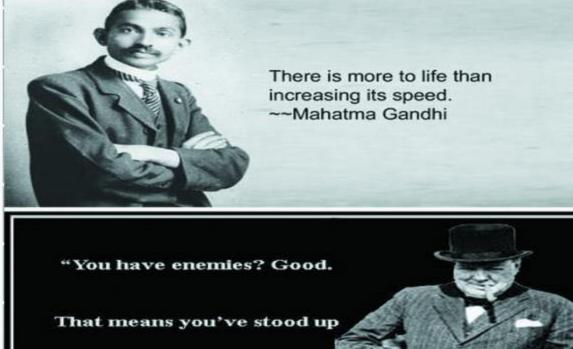
Doctor: I have some bad news and some very bad news. Patient: Well, might as well give me the bad news first. Doctor: The lab called with your test results. They said you have 24 hours to live.

Patient: 24 HOURS! That's terrible!! WHAT could be WORSE? What's the very bad Doctor: I've been trying to reach you since yesterday.

**Bookmark and Share** A man speaks frantically into the phone, "My wife is pregnant, and her contractions

are only two minutes apart!" "Is this her first child?" the doctor queries. "No, you idiot!" the man shouts. "This is her husband!"

#### **SOMETING QUOTED**



for something in your life.

Sir Winston Church



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# **DESIGNED BY:** Deep Patil(2nd Due), Jenil Thakkar (2nd 1st)

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