

OUTCOME OF MEDICOZ CREATIVITY

PRASHAMAN

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Hats off 2 U Doc !

Never Say Never
(By Rutvi Pandya – II / I)

"And then in front of her eyes, the scintillating lights of the street metamorphosed into the red light of the ambulance and then into the dim light of the operation theatre."

Having met with a tragic road accident, 70 year old Bhagirathiben was rushed to civil hospital, Ahmedabad. While in the ambulance, she lay unconscious in the midst of family and doctors. That wife, who rushed to him the moment he beckoned her; that mother, who heard even what they thought in their heads, was lying before them indifferent to their pleas.

As the ambulance drove into the hospital premises, the team of trauma surgeons rushed to her care. As she was unconscious and unresponsive, she was immediately taken for an MRI. It revealed an intracranial haemorrhage. Then she was admitted in the Neurosurgery ward. Considering her age and the self-resolving nature of the haemorrhage, the team of neurosurgeons decided not to operate on her.

Due to the accident, Bhagirathiben also sustained severe abdominal injury. Hence, she was taken to the Surgery operation theatre for a laparotomy. As the knife made the incision, their hands met blood. Her peritoneum was filled with blood: she had hemoperitoneum. As the blood was sucked out, unexpectedly they encountered a ruptured spleen. Immediately splenectomy was performed. It was also noticed that her chest X-ray revealed pleural effusion. One of her lungs was fully non-functional and the other one was only partially working. The light at the end of the tunnel seemed farther, dimmer than before. When the world says give up, hope whispers 'Try it once more'. The Surgery department followed the same. They drained the fluid by intercostals drainage tube (ICDT). Her condition started improving. Once again, her lungs became fully functional and the internal bleeding in the abdomen too subsided. Miraculously, the intracranial haemorrhage was on the resolve.

In this whole period of her recovery, Bhagirathiben was taken care of with great attention and dedication by the department of Surgery. Who knew that the patient who was thought to be a gone case ended up recovering in a span as short as 2 weeks! Faith is taking the first step when you don't see the whole staircase. Indeed, it is God's grace and the "Never-say-never" attitude of our doctors that made this miracle a reality.

(Based on a real life story, characters are fictional. Courtesy : Surgery department, Civil Hospital, Ahmedabad.)

Stethospeaks

Accept the Alienated...
-Aditi Kothari (1st Year)

In a society where crimes like rape and eve teasing go unnoticed the "crime" of blood transfusion inflicted in the form of AIDS is a punishment in its severest form. The stigma faced by the so called "victims" of this disease kills them long before any of the infections can.

So taught me one of many such victims! 32 years was her age when one positive test removed all the positivity from her life. The world categorized her as an untouchable monster, not even her kids were spared from the judging eyes. After all who would allow their kids to play with the "victims" kids. In spite of being aware and educated the people behave in such a way that the victims are forced to look down upon themselves with shame, anger and guilt. It is high time that we the well educated people of the society accept the diseased the way they are help them lead a normal life instead of treating them like aliens. For our support and encouragement will heal them more quickly than any of the medications.

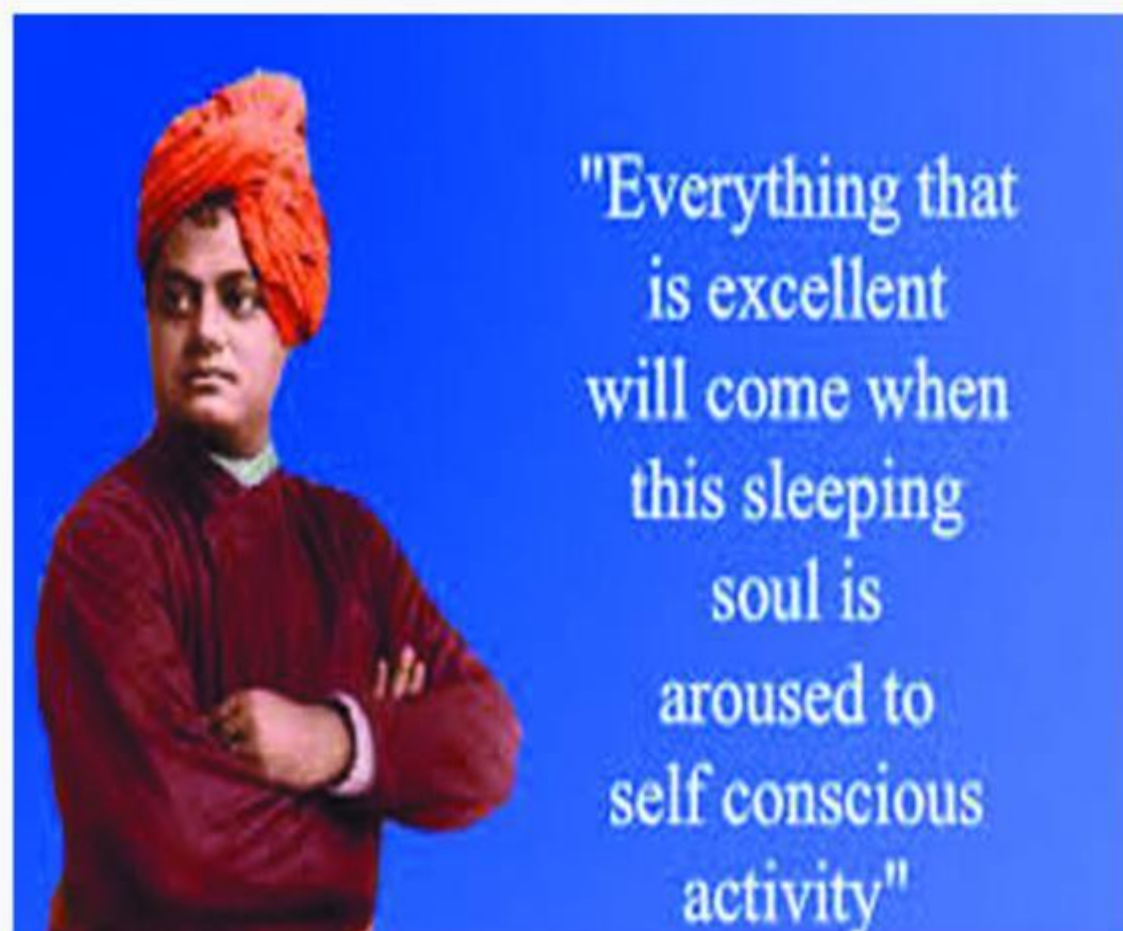
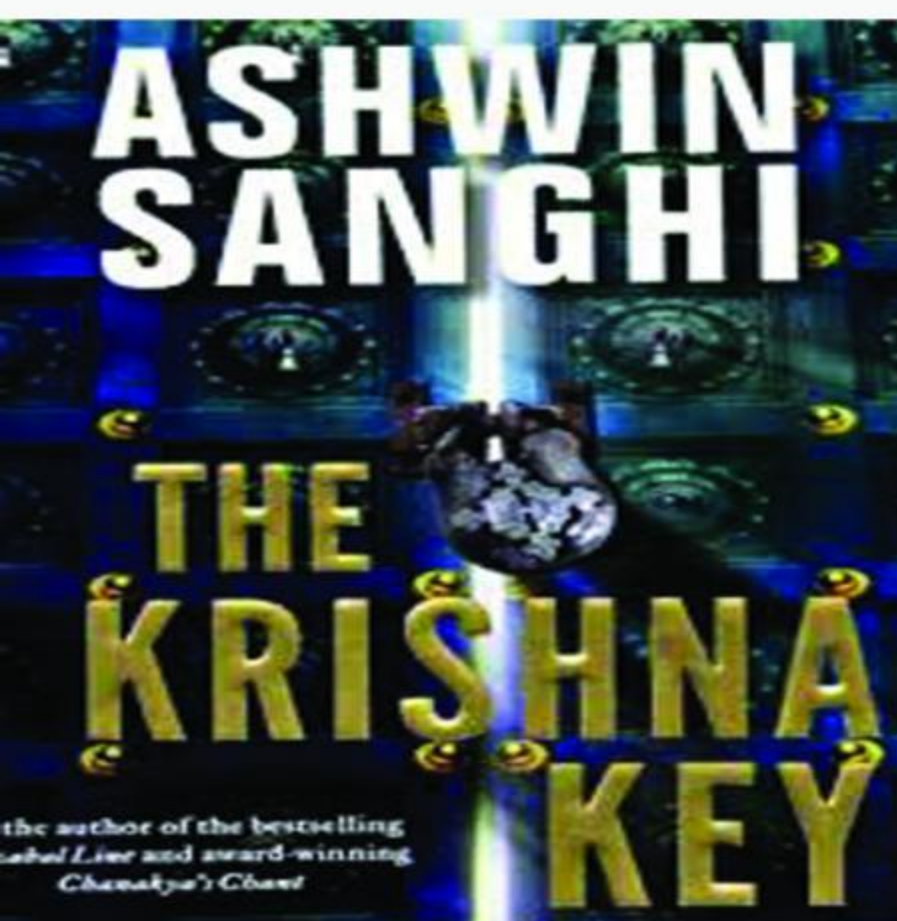
Let's work towards the day when AIDS hype and stigma is reduced to such a level that one can say

"Suffering from AIDS are you? Don't worry I got common cold just last month"

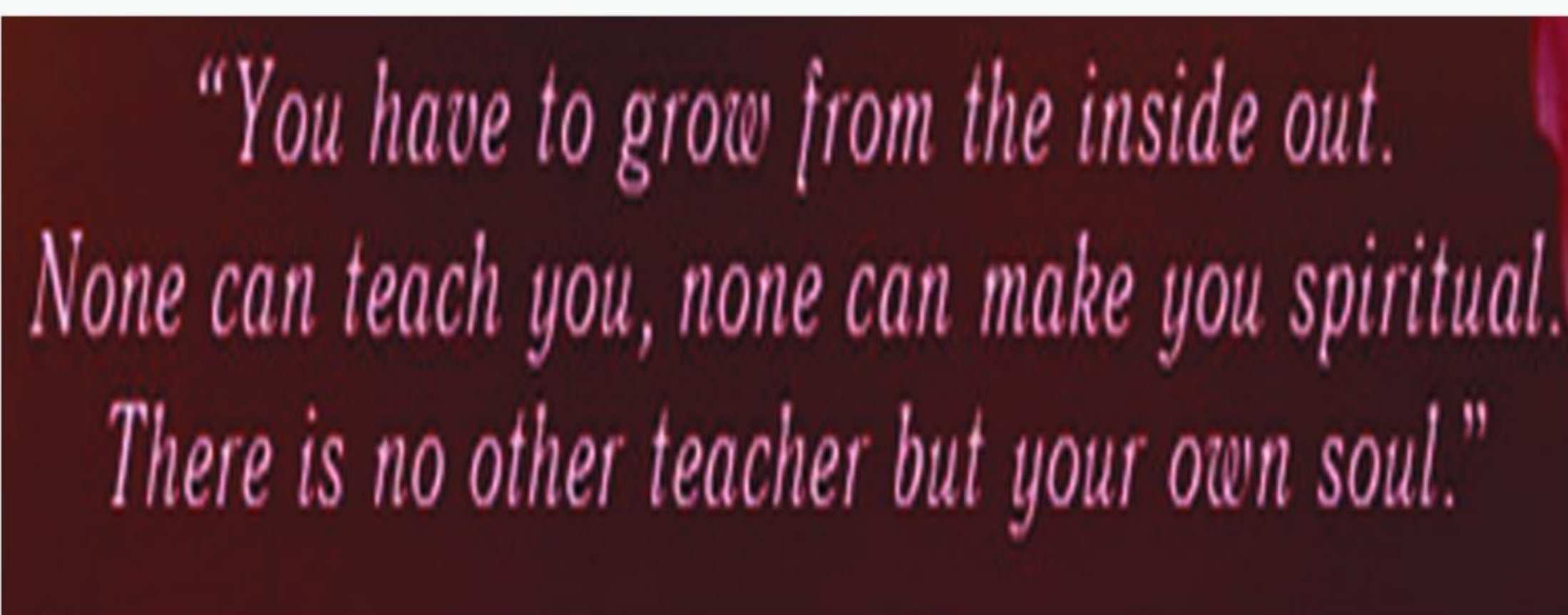
DISSECTION

Book : The Krishna Key
Author : AshwinSanghi
Reviewer : Shruti Dixit(2nd/1st)

One breathtaking tale that revolves around the conspiracy to expose an ancient secret – Indian God Krishna's priceless legacy to mankind. A lonely little boy grows up believing he is the final Avatar of the Blue God. However, he is a serial killer who gruesomely executes well crafted murders in the name of God. The murder of his best friend, linguist Anil Varshey, was the first clue for historian Ravi Mohan Saini that some dangerous plot was being executed. Saini along with his beautiful student Priya must now dash from the mysterious lingam of Somnath, submerged ruins of Dwarka to icy heights of Mount Kailash in a quest to discover Krishna's priceless legacy. "Their only hurdle – dodging a powerful enemy who wants them dead." From Vrundavan to Kalibangan, Saini is the Indian version of 'Robert Langdon' who mesmerizes readers with his adventures and an alternative interpretation of our Vedic texts, beliefs and ideas. A wonderful effort by Ashwin Sanghi that will be cherished by thriller addicts everywhere. Go for it!



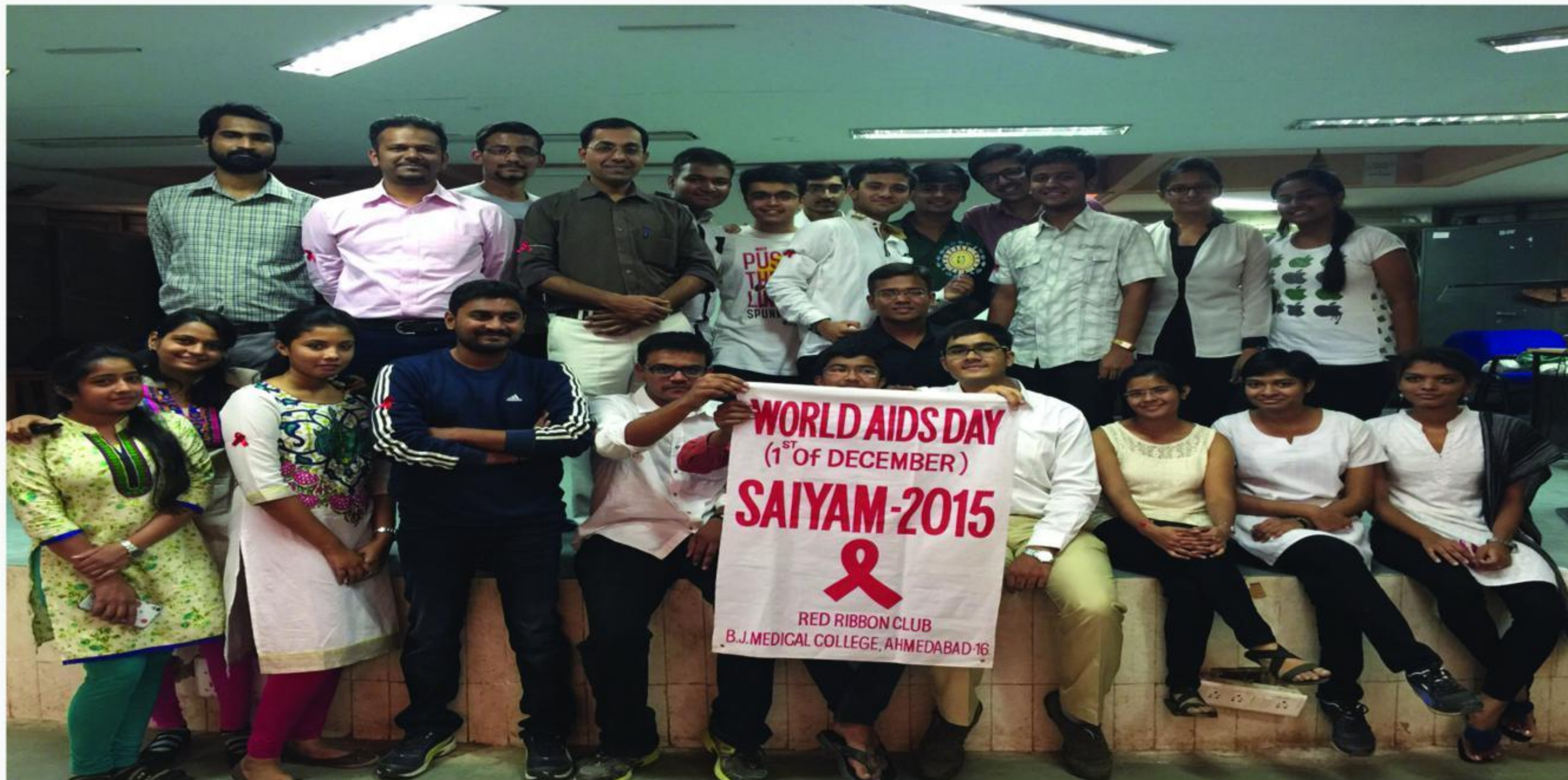
SOMETHING QUOTED



Swami Vivekananda

SEND YOUR CREATIVITY us via
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MEDISKETCH



Travel within (Dr.Arjun – Resident Doctor)



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.

10. Padahastatasana (Hand to foot posture):
Exhaling, bring the left foot forward. Join both legs and resume posture 3.
(Posture 3: 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. The power of digestion increases and female disorders such as prolapse and menstrual irregularities are relieved. A healthy flow of blood is sent to the spinal nerves as they are stretched and toned. The hamstring muscles at the back of the thigh and calf muscles are stretched and toned. Inversion increases blood flow to the brain. The Prana is channeled to the lower regions of the body propelled by exhalation.)

11. Hastauttanāsana (Raised arm posture)

Inhale, raise the trunk up and bend backward. Resume posture 2.
(Posture 2: 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.)

12. Pranamasana (Salutation posture)
Straighten the body and bring the hands in front of the chest. Resume posture 1.
(Posture 1: 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.)

Face 2 Face

Two centuries back when Indian youth needed a torch-bearer who could enlighten their path on leading the Nation towards the bigger stage of world; this country was blessed with one of the greatest leader of all time on 12th of January, 1863. Today, on his 153rd Birth-Anniversary we have SWAMI VIVEKANANDA talking with us....

Prashaman: Swamiji, Where according to you lies the biggest strength of India?
Swamiji: Certainly it's the youth of India who governs the decision making of future India. Demographically, the India of today is at its youngest best. Nearly 78% of our country's population is less than 40 years old. Imagine the potential energy in these millions of young Indians and you can then fathom the fact that we could face any challenge as a Nation.
Prashaman: So, Swamiji, you say, "The youth is strength of India." Then why it is that none of them is taking an initiative to take the country forward?
Swamiji: It's not that none of them is taking initiative. But the majority of them lack the will power. "I will drink the Ocean" says the persevering soul. Having that sort of will, the tremendous will to work hard is the key to attain pinnacle of success of any endeavor.
Prashaman: But why the youth lacks the will, even when they know that their Nation is calling them?
Swamiji: In today's time, people's action is governed by greed. They never try to come out of 'comfort zone'. All that gives them satisfaction is Materialistic Happiness. Temporary joy like mobiles, addiction fascinates them more than living in a problem free country. It's only when they get rid of their addiction they can work for true happiness. The Happiness of being part of Nation's progress.
Prashaman: You talked about 'comfort zone'. What exactly do you mean by 'comfort zone'?
Swamiji: Following the established dogma has become a protocol now. They fear that if they think out of the box or they think independently, they may face a lot of resentment of public. All they need to do now is to take a stand for their thoughts. If you know you are true, you must have confidence that even mountains cannot come in your way. It's only when you believe in yourself, you can make others believe.
Prashaman: You mean they have forgotten 'the meaning of life' in materialism?
Swamiji: Yes, I always believe that real birth of the individual takes place when the purpose of his life germinates. He who doesn't have a purpose of life is nothing but a walking and talking corpse. Youngsters today lack the purpose and direction. Aimless approach to life is absolutely useless. You need to find a path on which you will walk for your entire life. If you can't find a path, make one. I'd like to tell the youth, "Take up one idea; Make that idea your life, Think of it, Dream of it. Live on that Idea. This is the way to success."
Prashaman: It was our fortune to have you with us. Thank you for talking.
Swamiji: My pleasure. God bless you.

(Note : It is a hypothetical interview of Swami Vivekananda. Prashaman sincerely thanks **Harshil Shah** (2nd / 1st) for providing us with his ideas and vast knowledge of Swamiji's life and thoughts.)

Campus Live

- Red Ribbon Club-BJMC organized SAIYAM-2015, an awareness campaign regarding HIV/AIDS for 1st MBBS Students. These included Power Point Presentation and Role Play by 2nd Year Students.
- Best of luck to all BJites appearing for University Examinations in January 2016!!
- AIPGME-2015(PG Entrance Examination) was conducted from 2nd-8th December 2015. A lot of students from BJMC appeared for the same. Hope for the best!
- 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 whom he or she knows in case of any difficulties. You may contact teachers who are members of Anti-Ragging Committee of B.J. Medical College, Ahmedabad for the same.

Swami Vivekananda's birthday is celebrated as 'National Youth Day'.

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

MURMUR

"Differently" Different
By: Sapna Mittal(2nd/1st)

You are different from others, As a child, I was always told;
But so 'differently' different, Difficult to know, for a 6 year old.

Once I heard mom praying, It was why only me;
Then did I come to know I was suffering from HIV.

My parents struggled to get me admitted in a school.
Forced to sit in a corner there on a far separate stool.

To talk with me during breaks, No friend was there.
During recess, my food, with none, I could share.

Teachers were rude to me, had to face their harsh tone.
In park and playground too, I was left all alone.

I was boycotted in society, Humiliated, many a time.
Ousted from the job, as if, I've done some crime.

I too want to fly, Alas! My wings are cut,
Just because, I have AIDS, All the doors are shut.

More difficult than AIDS, There is one thing to tolerate,
This stigma-ridden society, That treats you separate.

I have some medicines to Suppress its manifestation,
But I have no means To stop discrimination.

AIDS is not like flu that Occurs with changing weather.
It can never spread By just staying together.

I don't understand as to why people differentiate.
A stigma-free society, why can't we create?

TRAVELER X

"THE MARVEL CALLED KERALA"
-SHASHANK PATEL(2nd/1st)

Diwali vacation was a bit different this year as me and my family planned to enjoy the serenity and silence of the nature instead of breaking it and hence called for a visit to "God's own country KERALA".

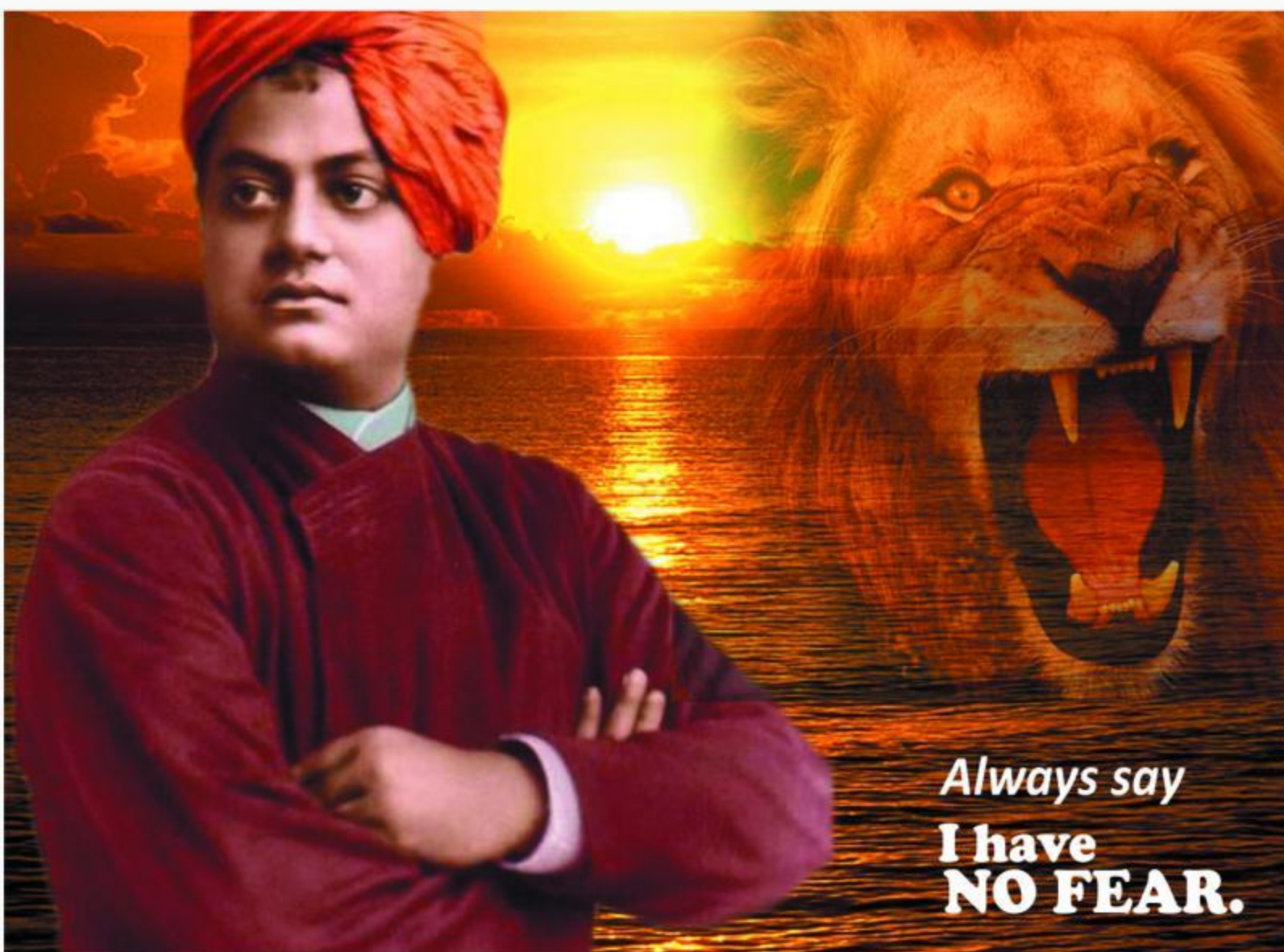
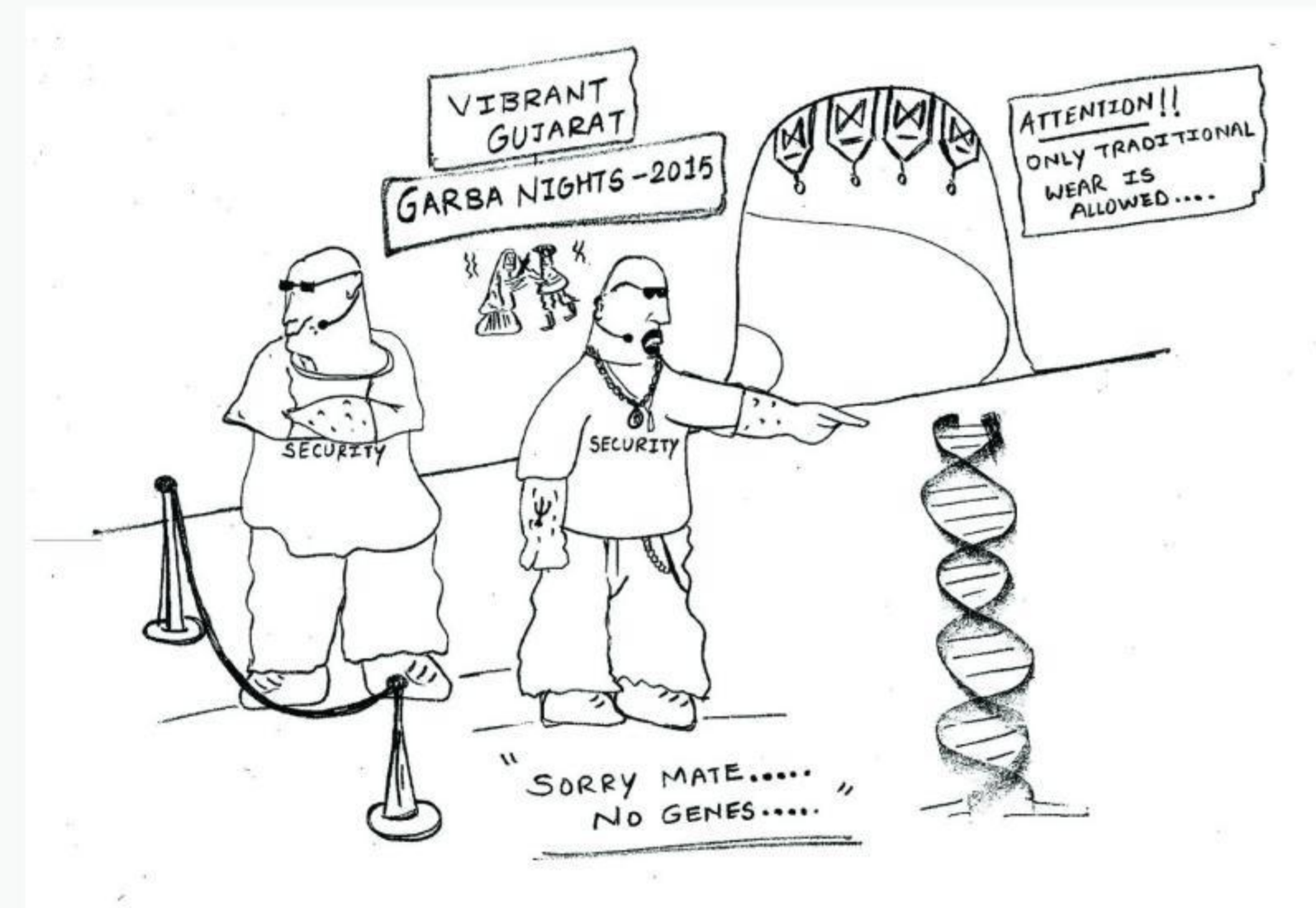
The timeless beauty of the palm fringed beaches at Kovalam, the greenery all around, the ayurvedic gardens and the huge Rudraksh tree left me spellbound. Being in the god's land my Kerala visit would have been incomplete without a visit to those marvelously designed temples; the one that left me awestruck was PADMANABHASWAMINI temple, one of the richest temples of our country. The beautiful culture, the Kathakali dance, the entirely different kind of food was all too much fun and worth cherishing. After the visit to god, now it was a turn to visit his beautiful gigantic creation the 'ATHIRAPPILLY FALLS' also called as 'Niagara of India' located in the Thrissur district. The safari rides at the 'Pariyar sanctuary' was wonderful and it was the first time I saw these many elephants. The next on my list was Munnar: a must visit for all the tea lovers. Besides those long stretches of evenly distributed tea plantations it also offers adventure sports. Not to forget the echo points, those beautiful blossom parks and the yummy passion fruits. The stay at the tranquil and relaxing houseboat in Kerala backwaters made me love this place all the way more.

So this was a bit of my experience of my stay in this beautiful patch of land, it's a destination of a lifetime and I would definitely love to visit it again in my future.



CA-TOON

By: Rohan Gajjar (2nd/ 1st)



Always say
I have
NO FEAR.

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