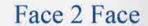
SEND YOUR CREATIVITY to us via DROP BOX near reading room OR prashaman.bjmc@gmail.com www.bjmc.orG www.medadmbjmc.org/Prashaman



The result of the P.G. Entrance exams (both Gujarat University and All India) is out. Prashaman took an opportunity to know from toppers of these exams.

Sweety Thakkar (First in GUPGEE, 2016) Samarth Patel (Rank – 59 in AIPGEE, 2016)

Prashaman: How much time, in a length, is required to prepare for this exam? ST: 10-12 months, should start from mid Feb. Prashaman: How much time, in a length, is required to prepare for this exam?

SP: 5-7 months of rigorous preparation is sufficient, if you have studied regularly during U.G.

Prashaman: And how much on daily basis?

ST: I made daily schedule according to clinical postings but emough sleep was always my first priority.

SP: In the first 4-5 months of internship, I used to study around 4-8 hours per day. During the last 2 months before AIPG, I used to study around 9-12 hours per day. Again, quality of reading is more important than quantity.

Prashaman: How did you manage to balance internship and the preparation simultaneously?

ST: It's easy. "If there is a will; there is a way." But we shouldn't avoid postings because it gives us idea about which branch we love. Prashaman: How did you manage to balance internship and the preparation simultaneously?

SP: That is a tough question to answer. ... You have to learn how to get help from residents to get enough time for reading.

Prashaman: Do you believe in "Smart Study", selective reading v/s thorough reading?

ST: Yes, it's not possible to read each and every topic thoroughly in just 10 months. Focus mainly on concepts .Practice more and more MCQs. That's the key.

SP: A balance in needed... If you have read from the standard textbooks and made good concepts during UG then selective reading during internship is sufficient to attempt MCQs. Time is limiting factor and you can't cover all 19 subjects during internship alone. You have to plan these things during your UG days.

Prashaman: What is the role of MCQ Lab of our college in shaping your knowledge?

ST: It is very helpful. One should give every exam as it gives rectifying mistakes Prashaman: What is the role of MCQ Lab of our college in shaping your knowledge?

SP: As the exam pattern has changed from paper based questions to Computer Based Test or CBT, It helps the students to get familiarize with this new pattern. The question bank is also pretty much recent. Students can track their performance and it gives a sense of confidence for the final exam. Its important that students give tests regularly even if they have not prepared.

Prashaman: What did you do for relaxation and recreation?

ST: Music and talking with friends & family.

SP: I used to listen to songs and chat with friends whenever I got tired of reading. Some of my friends were always present in the canteen or at Maruti coffee shop so I used to hang out with them and get refreshed.

Prashaman: What was the most tense moment during this preparation?

ST:Only one. Those 7 hours between exam and result. Prashaman: What was the most tense moment during this preparation?

SP: It was the last one month right before the AIPG. If u can't keep yourself calm during this time it can ruin your entire preparation. Its important that you keep yourself focused and do not get frustrated in this period.

Prashaman: Is there any relation of coaching classes and success?

ST: It's really helpful. It provides us idea about direction of preparation & moreover way of excluding choice in MCQs.

SP: I had not joined any coaching classes so I can't really tell about this but what I know from my experience is that if you have not read properly in UG days, then you may not be able to optimally utilize the coaching. Coaching classes are meant to supplement your preparation and they don't cover the whole syllabus. It depends on the student how he utilizes

Prashaman: Does the amount of time consumed by these classes justify their benefits?

ST: Yes definitely. Prashaman: Does the amount of time consumed by these classes justify their benefits?

SP: Coaching classes may be helpful in quickly revising the ...it may help you to make notes that can be used later on for last minute revision....it may help your to make a solid concepts that u may never be able to understand on your own.

Prashaman: Which one is more beneficial, solo reading or group readings?

ST: I did solo reading and occasionally group reading. Prashaman: Which one is more beneficial, solo reading or group readings?

SP: Solo reading, because that was the way i could concentrate more but i used to discuss topics since 2nd year of MBBS. I was fortunate to have some really good friends with whom i could discuss topics that we had studied or that we had confusion about. Group discussion is really helpful but it has to be a healthy group discussion. I never liked group reading

Prashaman: Tell us about the Do's and Don't's for the entrance exam preparation.

ST: Give as many exam as possible. Subject wise, grand tests, even if you are not fully prepared. Do Take care of your health. Give enough time for revision at least 3-4 times. You should have one motivation that encourages you when you are down, makes you happy &corrects your faults. For me, it's my roommate.

SP: Try to read from quality textbooks during your UG days. You may not realize its importance until you write an entrance exam.

Try to build concepts rather than just cramming them. Concepts will remain with you forever.

Planning is the most important step in Internship. Make a time table for your self and try to follow it. It will definitely help you.

Its completely natural to get depressed at some point during preparation but its also important that you lift yourself up from it. Read some motivational quotes and watch videos to boost yourself. Do not waste your time. Time is most crucial factor.

Prashaman: Which branch do you wish to choose and where?

ST :Radiodiagnosis in BJMC

SP: General Surgery, probably at KEM or MAMC.

Prashaman: Tell us, your "success mantra". ST: "Study smart, have faith in yourself and God"

SP: A dream doesn't become reality through magic; It takes a lot of blood sweat and tears to get there. What comes easy won't last and what will last won't always come easy.

Prashaman: Thank you Sweety. All the best for your PG. ST: Thanks.

Prashaman: Thank you Samarth. All the best for your PG. SP: Thanks.

Stethospeaks

Treating patients and touching hearts! (Compiled by Simran Lakhani – 2nd / 2nd)

Every once in a while we stumble upon stories that have such a deep impact on us that it can change our outlook

towards life. This is one such story, Dr Bhakti Yadav, now 91 years old, has gone an extra mile to prove the fact that pursuing a career is not just about making a living out of

And how!

A gynaecologist who is the first woman to hold an MBBS degree in Indore, Dr Bhakti has been treating her patients for free for the past 68 years. She has been a mid-wife for thousands of women in Indore and has never expected a penny in return.

But over the years her age has come in-between her profession, and she does not get as many patients as she used to. Many women from in and around UP and MP throng to seek treatment from her.

She goes out of her way to help her patients get the best treatment and makes sure that they feel loved in the process.

Now, that's what is called being truly selfless! We salute vou Dr.Bhakti. Stories like these will keep inspiring people, particularly

(Source: Indiatoday)

medicos, for generations to come.

Campus Live

 Results of PG entrance (GU and AI) are declared. Sweety Thakkar stood first in GU while Samarth Patel stood 59 in

 Results of University exams for 2nd,3rd part 1 and 3rd part 2 is awaited.

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.

MURMUR

બાળપણની તસ્વીર

(Jay Chaudhary - Final year)

રખડયો જે માસ્મિયત ની શોધમાં, આખરે મળી મને તે અહીં કેદમાં !! નિખાલસતાનીં હતી જે યકાસણીની, પુરતી નીવડી એમાં એક જ સાબિતી!!

નજર લગાડે તેવી જોઇ મેં નાજુકતા, દૂર થયો વહેમ મારી નાસુરતાનો!! ગોત્યુ બધે મેં જે બાળસફજ ફાસ્ય, લાગ્યું મને એ આજે પણ અંકબંધ!!

પૂરી થઇ તલાશ મારા રંક રુદનની, હાશામરીવસત રીમઅ આંતરપેછ!

TRAVELER-X

"UP TO THE HILLS" (By Gunjan Ramani – 2nd / 2nd)

Last weekend my friends and me had a visit to the 'Oasis of India- Mount Abu'. This used to be the summer resort of the Rajput royal families and later of became the abode of Britsh. The lush greenary and the wildlife makes abu one of the most beautiful hill station in India and is one of toplisted sites for newly married couples.

The two day stay in the mountains was worth cherishing. First, we went to Sankar math-magnificent monolith 'Shiva Linga' of pink stone. Outside the upper position of the temple has been given shape of Shiva linga which is honored with rainy water by Lord Indra himself. Adhar devi temple is also a common destination for many religion pilgrimages & dedicated to goddess durga. We also visited the Achaleshwar Mahadev temple. It is the only place on the earth where the great toe of Lord Shiva is worshipped. Guru Shikhar is the highest point of Rajasthan. It has commanding view of abu & its surrounding. This peak is the temple of Dattatreya, an incarnation of Lord Vishnu and the peak is called Guru Shikhar after him as guru Dattareya had dignified this place and his footprints are sanctified here in a rock in a cave. A part of the Brahma kumaris spiritual establishment, the Peace park took us away from regular city life & into the world of pure peace, beauty and spirituality. The pilgrimage place of Jains: 'Dilwara Temple' where we observed stunningly engraved marble. It is world famous for the architectural perfection. Sunset point ,toad rock are some of the most popular viewpoint in Mount Abu. Nakki Lake, which was dugout from nails forms the other sight of attraction.

Being near to Gujarat mount abu is one of most frequented holiday spots by most of the students and it's amazing

Hats off 2 U Doc!

Buried Wounds Rutvi Pandya (2nd / 2nd)

35 year old, Mrs. Taraben Sharma worked as a teacher. She was contended with her work. Little did she know of what life had in store for her. When faced with questions on her character, she gradually lost her peace of mind. Thinking of the same over and over again, one day she somehow fell. The fall caused an injury on the back of her head. Over some days, she felt excruciating pain over the occipital region. The pain was so severe that she couldn't even comb her hair. She experienced episodes of vertigo and giddiness. The stress of the allegations and this pain gave rise to depression. She even left her job. She was constantly attempting to prove herself innocent. Gradually her condition deteriorated. She went into 'regression', wherein she started behaving as if she were a small child. She was taken to some neurophysicians and psychiatrists. But there wasn't much

improvement in her state. Finally, Mrs. Tara was brought to the Psychiatry Department, Civil Hospital, Ahmadabad. By then, 10 months had already passed since her fall. After eliciting her history, she was diagnosed with 'conversion' i.e. she showed symptoms without any physical cause. Accordingly, she was given antipsychotics and antidepressants. She showed some improvement. But her condition would relapse time and again. To rule out any hidden brain injury

due to the fall, she was referred to Surgery and then ENT departments. The results came in negative. Her condition kept on deteriorating. She couldn't even walk. She would mutter incoherent sentences. Along with the drugs, her counselling was started. The counselling revealed a lot of the stress that had frustrated her. Her husband had to stay away from home due to work. She was ill-treated by her in-laws. Loneliness, insecurity, dejection and distress had crowded her. She was regularly counselled. These sessions gave a vent to all the anger and frustration that had pent up inside her. Her condition started improving. Even her family was

Mrs. Taraben spent one month in the psychiatry ward. In contrast to the condition she had come with, she left as a changed person. During Diwali, she beautifully decorated the walls of the ward with paintings and messages. She left but her memories still greet the patients of the Psychiatry Department.

(Based on a real life story, characters are fictional. Courtesy: Psychiatry Department, CHA)

Art-O-Graphy

1 ARTIST Mohit Makwana – 3rd / part 2

2 ART Art, Craft, Acting, Writing, Designing, Photography, Video Making 3 ACHIEVEMENTSGOLD MEDAL in 3rd All India child & youth art exhibition- 2009, STATE CHAMPION in

Arts in Youth Festival – 2013 and more than 30 awards with 5 art exhibition in this field... 4 ABOUT HIS/HER ART I have done All kind of Art Forms including wall painting, Face painting, glass painting, Hand painting, nail art, tattoo making, rangoli, poster painting etc. Kirigami and origami in paper craft forms! I Wrote poems and Short Stories. We have a Youtube Channel too.

5 ABOUT TIME SPARING FOR ART I never find it hard to spare time for my art. Not only during vacation or free time, I can manage it even before exam! I have continued my art & craft, writing, designing and video making from last 3 years.

6 ABOUT HIS/HER INSPIRATION FOR ART Lord swaminarayan and guru Pramukh Swami Maharaj who taught me the art of living. My parents, my guru Mr. Bharatbhai Shiyal are the one behind all my success. I am impressed with the Multitalented artist Michelangelo.

7 ADVICE TO FRIENDS Don't let the burden of your studies make you a bookworm. Everyone is gifted with something special that they are great at. So, Find a passion and follow it because all work and no play makes jack a dull boy!

8 AVAILABLE ON Whatsapp - 9998084054, Email – creativeartkeeda@gmail.com

> DISSECTION Episode: The Abominable Bride

Air date: 1st January 2016 Reviewer: Riya Shah (2nd/2nd)

The highly anticipated show Sherlock is back and, as usual, with a bang. Set in Victorian London, it marks the return of Benedict Cumberbatch as Detective Sherlock Holmes and Martin Freeman as Dr. John Watson.

As the duo unravel the mystery of Emilia Ricoletti who shoots herself in the head and returns from the grave to kill her husband, the episode digs deeper into the mind palace of Sherlock Holmes. There is an 'inception' style twist in the end which gives us an insight into the cliffhanger from the last episode and sets the stage for the next

Cumberbatch and Freeman as always give plausible performances. The chemistry between them with their witty exchanges and comedic misunderstandings stands out. The action in the episode clipped by at rapid pace with the story taking a slight gothic turn. The episode also highlighted the burning issue of feminism.

The jam packed episode completely lived up to the hype.



Designed by

Deep Patil

THINK Deeply, SPEAK Gently, LOVE Much, LAUGH Often, WORK Hard,

Hemaxi Chaudhari, Krupal Chaudhary Bushra Jahan, Deep Patil, Parita Bhalodia, Parth Dave, Utkarsh Lekhadia

Prashant Parmar, Priyangi Patel (II year / due) Akhil Nagrani, Jenil Thakkar, Shalini Singh, Simran Lakhani, Tapish Dadlani (Il year)

GIVE Freely, Akhil AND BE KIND