

PRASHAMAN

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Stetho Speaks

By:Jenil Thakkar(2nd/2nd)

कर्मण्येवाधिकारस्ते,
मा फलेषु कदाचन।



After 22 years and 6 nominations, he finally won it...!! Leonardo d'caprio, the acting legend received the Oscar Academy Award. This legend showed the world that no matter how many failures one encounters one's dedication and hard work should never decrease. One should neither give up nor complain.

There are some landmarks of success, but they define neither your success nor you. You and your success are defined and appreciated by your actions. Not by the trophies or medals but by the hearts you win.

Never forget what you're working for, never let go the sight of your goal but also don't run after materialistic rewards.

If you stay focused and keep on giving your best, success is bound to come to you to

"You have the right to perform your actions but you are not entitled to the fruits of the actions.

Do not let the fruits be the purpose of your actions, and therefore you won't be attached to not doing your duty."

(Bhagvadgeeta chap II, verse 47)

Hats off 2 u Doc.!!

Duty comes first
-Rutvi Pandya

The residential colony of Ahmedabad Navy campus was brightly lit, the sky sparkling with crackers, the floor layered with rangoli and flowers, the darkness annihilated with the glow of the diyas and lamps. There was joy all around. And as always, the teenagers were gathered to burst crackers and were boosting the spirit of the festive night. Little kids were playing catch just close by.

A little boy, Raj, unknowingly crossed the path of the teenagers. A cracker ready to explode was within the 5m radius. In an instant, Raj felt someone pulling him away to safety. This was Akshay, the 14 year old son of Mukesh Prajapati, Captain, Indian Navy. Years of training and discipline that Akshay inherited had saved Raj. Meanwhile Akshay felt dizzy and lost consciousness. Everyone got panic-stricken. Akshay was rushed to the campus hospital. Due to scarcity of specialised doctors in the campus hospital, he was transferred to Civil Hospital Ahmedabad (CHA).

The one place that stays open for service 24×7, 365 days, irrespective of any festival is CHA. Akshay was admitted to the I.C.U. By now, his condition was aggravated and he was experiencing difficulty in breathing. So, he was put on ventilator. Doctors diagnosed that Akshay was suffering from autoimmune thyroiditis and pneumocystitis. The sight of the boy, who was fit and healthy just a few hours ago, now lying still and unresponsive, shocked his parents. With their hearts calling for mercy, their hands joined in prayers.

Akshay was in the expert care of distinguished physicians and anaesthetists of CHA. Various combinations of drugs in high doses were administered to him. After few days his condition improved and he was taken off the ventilator. Under the surveillance of the doctors, it took him just 3 more days to reach full recovery.

Seeing Akshay healthy, just like before, filled his parents with gratitude. His father wrote an appreciation letter to the government for the prompt services of the doctors. What the doctors did was what every doctor swears to do when he starts this noble practice "I will devote my life to the service of humanity".

Courtesy: Anaesthesia Department, Civil Hospital, Ahmedabad.

MURMUR

Oscar Mania

By: Mohak Jain (2nd/2nd)

Oscars, white as ivory this year,
So white, even Jack Black you won't hear

DiCaprio broke the jinx, with The Revenant
Took home the Oscar, became an illuminant

Mad Max's 6 Oscars, showcased its technique
The Danish Girl too, proved it wasn't so antique

Brie Larson's performance won her Best Actress
Awed the audience with her beautiful tresses

Sam Smith's mellifluous Writing's on The Wall
Proved his mettle & entered the fame's Hall

Original Score went to Hateful Eight
Showed, it pays not to imitate

Finally, Martian had to settle with a Golden Globe
Quenched Damon's Oscar thirst with next year's hope.

Face 2 Face

In this era of competition, just completing M.B.B.S is surely not enough. It's not the age of ordinary people. you have to be special in at least something to stay in the race. Otherwise you are just a ordinary creature on this planet,; who came here, survived and went away. No-one notices you. the first step of being extra-ordinary for Medicos is Pre-PG EXAMINATION. Prashaman talked to the conquerors of it- **SAMARTH PATEL(AIPG RANK-59)** and **SWEETY THAKKAR(GU ENTRANCE EXAM-1st RANK).**

(N.B.-considering importance of this interview,it's been repeated.)

Sweety Thakkar (first in GU)

P: What, according to you, is the amount of time required to prepare for the post graduation exams?
ST: Preparation should start from mid Feb. So this will give 10-11 months for preparation.

P: How much time did you give for the preparation of the exam on a daily basis?
ST: I made daily schedule according to clinical postings but enough sleep was always my first priority.

P: 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.

P: 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.

P: What did you do for relaxation and recreation?
ST: Music and talking with friends & family.

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

P: How significant are the PG Classes in craving your path of success?
ST: It's really helpful. It provides us idea about direction of preparation & moreover way of excluding choice in MCQs.

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

P: Tell us about the Do's and Don'ts 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 atleast 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.

P: Which branch do you wish to choose and where?
ST: Radiodiagnosis in BJMC

P: Describe to us, your "success mantra".
ST: "Study smart, have faith in yourself and God".

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



Sweety



Samarth

SAMARTH PATEL(AIPG-59)

P: What, according to you, is the amount of time required to prepare for the post graduation exams?
SP: If you have studied regularly in UG then around 5-7 months of rigorous preparation is sufficient.
P: How much time did you give for the preparation of the exam on a daily basis?
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.

P: How did you manage to balance internship and the preparation simultaneously?
SP: That is a tough question to answer.Rotation in clinical postings can vary from one day per week to 4-5 days per week depending upon the unit. You have to learn how to get help from residents to get enough time for reading.
P: Do you believe in "Smart Study", selective reading v/s thorough reading?
SP: A balance of selective reading during internship and thorough reading during UG is important. 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.

P: 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.
P: What did you do for relaxation and recreation?
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.

P: What was the tensest 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.
P: How significant are the PG Classes in craving your path of success?
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 them.

P: Does the amount of time consumed by the classes justify their benefits?
SP: Coaching classes may be helpful in quickly revising the topics that you had studied a long time ago and they can save your time in making notes that can be used later on for last minute revision. Some of the faculties are really good at making solid concepts that u may never be able to understand on your own.(I selectively attended a one day lecture of orthopedics by Dr Apurva Mehra and a six days Special revision Program by Dr Thameem Saif and i found them to be useful.
P: Did you go for solo reading or group readings? Which one do u think can be beneficial?
SP: I liked reading alone 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

P: Tell us about the Do's and Don'ts for the entrance exam preparation.
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.
P: Which branch do you wish to choose and where?
SP: I want to do my PG in general surgery as i found it to be really interesting . I have not decided the college yet but would probably do it in KEM, Mumbai or MAMC Delhi.

P: Describe to us, your "success mantra"
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.
P: Thank you Samarth. All the best for your PG.
SP: Thanks.

TRAVELLER-X

By: Simran Lakhani(2nd/2nd)

As they truly say "Kutch nai dekha toh kuch nai dekha" my visit to Kutch was mesmerizing!
Vijay Vilas Palace is a reminiscent of a large English country house, 7km west of town amid extensive orchards, and set by a private beach. The view from the roof is worth the climb, and the gardens make a nice stroll. If you're lucky you might be able to glimpse a few peacocks in the gardens.

For peace and tranquility we resorted to the Maharao's private beach, accessible for a fee. The sunset from the pavilion, lovely blue waters, lots of birds, sandy beaches and colourful fishing points made it paradise . Kala Dungar is the highest point in Kutch. This place has to be on your bucket list once you are in Rann of Kutch. It is around 95 kms from Bhuj. On a clear day, the sunset point here offers breathtaking views of the Rann.

The best of all was the White heart of Kutch against a serene blue sky, the white sand decorated by the color and festivities of the Rannotsav. Night stay at the cottages and the opportunity to see the Rann in a full moon light is not to be missed.
Other places worth visiting are Shyamji Krishna Varma's memorial which is a few km from Mandvi and Kandla port at Gandhidham



DISSECTION

Movie : Spotlight
Director : Tom McCarthy
Reviewer : Rushi P. Shah
(2nd/2nd)



An amalgamation of magnificent performance by an esteemed cast; which includes Mark Ruffalo, Michael Keaton, Rachel McAdams and Liev Schreiber amongst many others; "Spotlight" is a gripping detective story and a superlative newsroom drama, a solid procedural that tries to confront evil without sensationalism. This is achieved by an ensemble of a great script, superb cast performance - especially by Mark Ruffalo as a dedicated investigative reporter, and brilliant direction which focuses on the systemic directions of the story.

The movie is pretty heavy on dialogue which is necessary to bring out the flavour of the gripping storyline. The investigation is perfectly deconstructed without wasting a second. Though the ultimate outcome of the story may be known by all, the director and the cast work efficiently to generate plenty suspense that keeps the audience engaged. In the end, it is an audacious and stupendous piece of work and I would highly recommend it.



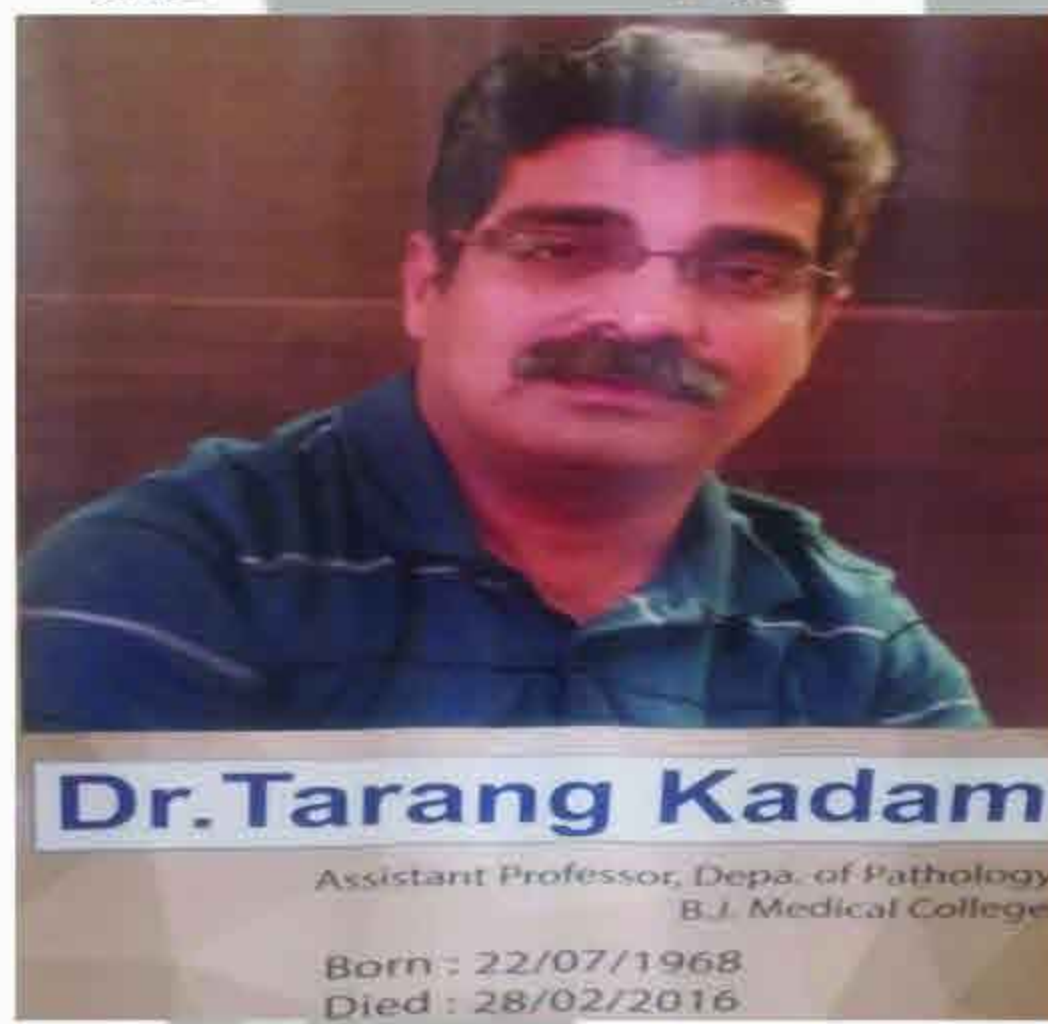
CA-TOON (By Rohan Gajjar)



CAMPUS LIVE

- We congratulate all the students of our college who have cleared their University Exams.!!
- Top 3 scorers from
- 3rd Final-1.Kautliya Patel(674/900), 2.Aakansha Agarwal(663/900) 3.Sunita Beniwal(662/900)
- 3rd 1st -1.Shikha Shah(316/400) 2.Neha Jangid(309/400) & Amay Banker(309/400) 3.Dhruvi Pandya(303/400)
- 2nd Due-1.Smit Shah(430/550) 2.Yash Shah(425/550) 3.Kavan Parikh(419/550)
- Congrats to Dhruvi Pandya(3rd Final) for receiving 2 gold medals in Pathology(highest score) from Gujarat University.
- The farewell ceremony of outgoing students (Internship completed on 15th March,2016) is organized on 29th of march.
- Dr. Tarang Kadam(Dept.Pathology) donated his organs to give lives to maximum people he could after his death. Prashaman Salutes him.
- 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

Obituary



Dr.Tarang Kadam
Assistant Professor, Dept. of Pathology
B.J. Medical College
Born : 22/07/1968
Died : 28/02/2016

Something Quoted

When you look at the stars and the galaxy,
you feel that you are not just from any
particular piece of land, but
from the solar system.
-Kalpana Chawla
(March 17,1962-Feb 1, 2003)



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