

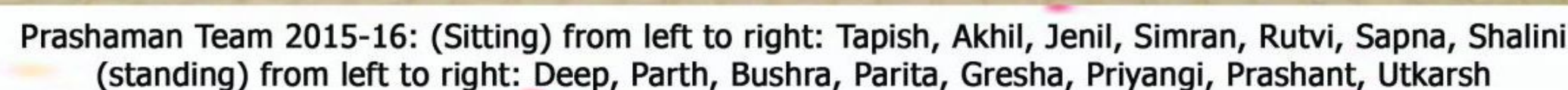
## MEDI-SKETCH

-Rutvi Pandya, 2nd/2nd MBBS

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(Courtesy: ENT Department, Civil Hospital, Ahmedabad)



## DISSECTION



It traces their journey to how ruthlessly they build their empires, their problems and their rivalries. It is interesting to note how their paths cross once to help each other and then to destroy each other to prove their superiority.

## Face 2 Face

Prashaman is completing five years of its publication. It requires discipline and dedication to work as team for this wall magazine. Here are some experience of our past editors.

...Little did I realise, how it became my 'Passion' and later an 'Obsession'. PRASHAMAN got published every 16th of the month. So, every 15th of the month would become a roller coaster ride for our entire team. The Brainstorming sessions would begin 10 days before, where the team would discuss the design and also select and edit the articles to be published. But balancing it with the college lectures and other activities, it'd always be a challenge....As an editor, the challenge for me would be to edit, add - subtract - modify without jeopardising the originality of the creator. There had been times when I had to edit the same article 5 times in a single night....a big thank you to Dhvani, Shreya, Bhavik and Preet for being amazing team mates. Not just the literary world, PRASHAMAN has taught me many life lessons and I have grown not just as a writer and editor but also as a human with it. I will always cherish my PRASHAMAN days!!!

*-Dr.Shruti Goel (R - 1 Radiotherapist)*

It was good time to be a part of creativity other than study. I used to make ca.toon for prashman and I felt satisfied making others laughing and relaxing. I still miss those days of Making Cartoons every month.

*-Keval Patel (3rd/Final)*

Being a cartoonist was such a great feeling to just draw down your ideas every month.A new topic to make people laugh or to spread awareness in a colorful way, its like your hobby.Its amazing how prashman gives a background to art and ideas for medcos. It keeps the art alive in us inspite of the busy schedules we have!

*-Ankur Jain (Intern Doctor)*

The feeling that you are part of college's magazine was great.I was the designer of Prashman.It felt so good to design That.Really it was a experience you can't afford to delete from your mind.

*-Yash Oza (3rd / final)*


Very nice experience. It's really amazing magazine which provides platform to express your skills and ideas.I used to work for column "Hats off to you doc." Which gave me a nice experience in writing stories.Also increased my contacts and communication skills.

*-Pinal Pipaliya (Intern Doctor)*

It was really an fantastic experience. Prashman taught me so many things. To work within the particular time period, to talk with dignitaries. I worked for "face to face" column. Gave me opportunity to take interviews of various people and various issues. Really Prashman took me a step near to the World of ideas and creativities.

*-Shivam Kotak (Intern Doctor)*

Prashaman - the word itself suggests tranquility! I was fascinated by Prashaman since first year and after getting through the interview, I was overjoyed to be selected as an editor of our wall magazine because I was carrying forward my father's legacy, who, too, was the editor of Annual magazine "Shreyam" in 1989. My experience as an editor of Prashaman is ever-lasting. It has taught me the importance of communication, advertisement, knowledge, literature, art, humanity, hardwork, punctuality, acknowledgements, information, technology, friendships, team efforts, and how not to overlook minor details. I got opportunities to interview some of our esteemed teachers and came into contact with a lot of students through Prashaman. An identity, as an editor of Prashaman, will always remain one of the highlights of my college days, a memory that will be cherished forever.

 I was one of the editors of Inaugural edition of Prashman. The idea of Initiating the Wall magazine has reached too far now, Prashman has gone through a lot of transition in last 5 years. But happy to see that Its main Motto is all the same. "To take the creativity out of Medicoz"

**-Dr. Dhruvi Pandya (3rd / Final)**

Still remember those days, 5 years back when we started this wall magazine. Right from choosing name, tag line, color, names, composing, photoshop and to get final print out, we've done everything and enjoyed it from day 1. Prashman has evolved in every aspect. It is a moment of enormous pride to see your BRAINCHILD completing 5 years with bright success and giving opportunities to create minds of BJMC.

**-Dr. Manas Vaishnav (R-2, Medicine)**

## CAMPUS LIVE

- BJ BEATS 2016 was a grand success and received active participation from students and faculty.
- Blood Donation Camp was organized by Blood Bank, Civil Hospital Ahmedabad on World Blood Donor Day (14th June 2016).
- We wish all the best to students appearing in University Exams in July 2016.

- 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...
- Raging 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.



## Editorial Board

**Hemaxi Chaudhary,Krupal Chaudhary ( III part I )**  
**Bushra Jahan,Deep Patil,Parita Bhalodia,Parth Dave,Utkarsh Lekhadia,**  
**Prashant Parmar,Priyangi Patel ( II year)**  
**Akhil Nagrani,Jenil Thakkar,Shalini Singh,Simran Lakhani,Tapish Dadlani**

*Views and Thoughts are of Authors, and not of Prashaman*

With the University Exams of First Year students just around the corner, the eminent toppers of the Senior batch have come together with the following tips that might help the students ace their first University exams.

1) The day before the exam..  
Thoroughly revise as many topics as you can and focus on the important topics first. Make sure you fully understand the directions to your exam centre.  
Adequate sleep of 6 - 7 hours is an absolute must. Avoid having junk and street food during the exam days.

2) The day of the exam..  
Do not forget to carry your hall ticket to the exam. A watch will be really helpful to manage your time during the exam. You should be carrying all the stationary you will be needing during the exam. Take a light meal to avoid lethargy during the exam. Leave for the exam centre well in advance to reach at least 30 mins before the exam starts.

3) During the exam..

Read the question paper thoroughly and choose the questions you want to attempt first. Do not start haphazardly. Manage your time well and allot fixed time to the questions. To-the-point answers are preferred over lengthy ones. An answer is incomplete without a diagram in Anatomy and flowcharts and cycles save a lot of time in Physiology and Biochemistry.

4) Practical exams..  
Attending the practical revision in the different centres will help familiarize you with the different specimens of their department. Spruce yourself up: have neatly combed hair, shave, dress up properly and carry a clean, white and ironed apron. Be confident while answering during the viva and try steering your viva towards the topics you are more familiar with.

5) Don't stress out!

The University exams are much simpler than the Internal exams. If you have worked hard and studied well, you definitely will pass with flying colours. And if your Paper 1 doesn't go well, you don't have to worry as you have Paper 2 to make up for it. The viva revolves around basic concepts and one can score very well with much ease.

We wish you the very best for your exams!

I recently visited Bangkok and Pattaya City in Thailand and the experience I had in these two charming cities is worthy of being shared. Thailand, officially the Kingdom of Thailand, is purely a traveller's delight. Royalty and simplicity have been so intricately intertwined amidst ancient Buddhist temples, magnificent palaces and tropical beaches that one is often at a loss of words.

We visited the city of Pattaya first. Known for its exotic seafood and notorious nightlife, Pattaya has two beautiful beaches, Jomtien beach

We visited the city of Pattaya first. Known for its exotic seafood and notorious nightlife, Pattaya has two beautiful beaches, Jomtien beach and Pattaya beach where the adventurous water sports like parasailing, paragliding, scuba diving, and snorkeling among others are the major tourist attractions. I took a day trip to the Koh Larn island, translating

precisely to 'Coral Island' which is about 70 miles from Pattaya and boasts of six gorgeous islands decorated with colourful corals and curious creatures of the ocean. Ta Waen beach is one of the more popular beaches among tourists where underwater sports are a highlight. Bangkok, the capital city of Thailand, is an ultra modern concrete jungle which is considered to be one of the top shopping escapades in the world. The sprawling metropolis celebrates Buddhism in the form of ornate shrines and temples like the Wat Phra, Wat Arun and the Sanctuary of Truth among others. The Safari World, Siam's Ocean World and Marine Park are one of the best places to be in Bangkok as they boast of an exciting experience with wild beasts and strange sea animals. A pleasant night cruise along the Chao Phraya river is a choice that many tourists make. I loved the authentic Thai delicacies, traditional folk dances and pumping Thai music that made the cruise an insight into the wonderful culture that is the heartbrot of Thailand.

With exquisite markets, architectural marvels and breath taking landscapes, Thailand is unarguably one of the finest countries in Southeast Asia and surely a tourist's thrill.



## Something Quoted

“BLOOD  
Is Meant  
To Circulate.  
Pass It  
Around.”

— The Fresh Quotes —

### World Blood Donor Day (June 14)

*BJ  
BEATS'16*

## Organizing Team

**DESIGNED BY:**



**Jenil Thakkar**  
(2nd 2nd)

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