

Stethospeaks

SOMETIMES...IT'S EASY
Compiled by:Parita Bhalodia(3rd/1st)

Sometimes, when you're walking down the street and you see a couple coming your way and you notice that they're carrying a garbage bag--because they're picking up litter and trash as they walk along--it's easy to see the goodness in other people, and to feel positive about the ways that other people live and the things that they do.

When a co-worker gets a phone call and is told that someone turned in the digital camera that she had lost a few days earlier, it's easy to believe that there's a great deal of goodness in the world, and that most people, when given the opportunity, will do the right things rather than the selfish or greedy things.

When I see someone compliment another person for no obvious reason, or encourage them to do their best even when that person gets no obvious benefit from the other person's action, then it's easy to see that human beings are generally very helpful and considerate beings, whether we always show it or not.

When I read about lawyers taking on cases for people who can't afford legal representation, or doctors and dentists performing surgery for people who need it but can't afford it, or business people donating their time and money and resources to help those who are less privileged than they are, then it's easy to believe that there's hope in this world for a better world, one that we're hopefully working towards every moment we live.

When I see kids sharing with each other; athletes demonstrating good sportsmanship; students acting with integrity and character; mothers and fathers treating their children with dignity and respect; successful people sharing credit with others who contributed to their success; husbands and wives being faithful to their spouses; "famous" people showing humility; researchers devoting their time and energy to developing products and medicines that will serve humankind--the list could be endless--I realize that there are far more people working to contribute to the goodness in the world than there are trying to harm the world and the people in it.

In theory, of course, I don't need to witness any of these things to know in my heart that human beings are basically good, caring, and compassionate. But it seems that many people are afraid of showing that side of themselves, so sometimes it's nice to be reminded that this world basically is a very good, very positive place in which to live. And the people who are here with us want to contribute to the positive side of life, even if all of them aren't able to do so because of their fears or insecurities. I'm very grateful when others make it easy for me to see the goodness, for those are the times when I feel most optimistic about the lives we're leading and the world in which we're leading them.Their example makes me want to emulate them, and it thus becomes even easier for me to contribute to life in positive ways myself.

For those of you who make it easier for me: thank you! I owe you a tremendous debt of gratitude!

Hi - 5

Monsoon

After months of oppressive and blistering heat, the roaring clouds douse us with the first rains and it’s finally time to welcome the Monsoon season. Here are 5 fun things you must do this Monsoon to make it more memorable and enjoyable._

1) A cup of tea and a handful of bhajiya.....There isn’t a better time to do it than on a chilly wet day; looking at the downpour, sipping a cup of piping hot tea, a plate of delicious bhajiya and a good conversation with a friend. Good weather, good company and delicious food; what else do you need to enjoy life?

2) Plan a short trip.....The rains embellish nature to the pinnacle of its magnificence. This is a perfect time to unwind and visit popular places like Goa, Mahabaleshwar and Lonavala with your family and friends. The enchanting lush green environment will make you fall head-over-heels for the rainy season!

3) Hit the playground!.....Though they make the sport a little challenging, playing football in the slushy ground during the rains has a charm of its own. Take a ball and hit the playground with friends and family to create a moment to remember.

4) Go bird watching.....Besides the breath-taking greenery, the rains also delight us by bring out a variety of colourful and chirpy birds. This is a great time to visit the bird sanctuaries at Thol and Nalsarovar to behold the majestic birds and click some stills.

5) Take care of yourself!.....The Monsoon is a harbinger of a plethora of upsetting diseases like Malaria, Dengue, Typhoid etc. Hence it is of utmost importance that you take care of yourself and the community by performing simple tasks like preventing collecting of stagnant water, washing hands and taking a shower after getting wet in the rains, avoiding street food and drinking clean and uncontaminated water to name a few.

So make sure you enjoy, but do enjoy responsibly.

Face 2 Face



Results of the Gujarat University PG exam held in May-June 2016 is just out .Dr.Harshil Soni doing his M.D. in Emergency Medicine scored highest marks (798 /1000) in our college. Prashaman took opportunity to talk with him.

Prashaman : Congrats.How do you feel now ?
Dr.Harshal : I feel happy about the result.
Prashaman :What do you think are the major factors for this success?
Dr.Harshal : Guidance, support and encouragement from my HOD Samira madam, PG teacher Chirag Sir and APs of our department and also my seniors, colleague and juniors and my parents.
Prashaman: How do you remember three years of residency in this hospital ?
Dr.Harshal: It was a completely different experience, never I had or would have such a time. I learnt a lot about everything in this hospital.
Prashaman : What was your dissertation topic?
Dr.Harshal: My dissertation topic was "Ultrasonographic measurement of optic nerve sheath diameter in head injury patients"
Prashaman : Tell us about the scope in this emerging branch i.e M.D. in Emergency Medicine.
Dr.Harshal: It’s a wonderful branch. You have to rapidly diagnose the condition and take steps to treat it as time is of essence in such situations. It’s just the beginning of Emergency Medicine in our country so there are lots of scopes. Internationally it’s already an established and accepted branch so scopes are immense.
Prashaman : Are you planning for any superspeciality/subspeciality course ?
Dr.Harshal: After Emergency Medicine you can pursue certain subspecialities like Pediatric Emergency Medicine, Emergency Toxicology, Critical Care and Expedition Medicine.
Prashaman : Would you tell us about your future plan and goals? Like practice or govt job?
Dr.Harshal: I would like to continue on the good work Emergency Physicians are doing globally and be of help to people in need whether in govt. or private sector.
Prashaman :What are the memories you will take with you when you leave the gates of this campus?
Dr.Harshal: It would be both types of memories - good and bad, but the thing that matters is that in the end, everything turned out to be good.
Prashaman : Any specific incident during residency which inspired you and is worth sharing.?
Dr.Harshal: It difficult to pinpoint any single incidence, but on the whole it was a novel experience working in the Emergency Department. Against all odds how patients recover from life threatening situations along with the help from their family underscores humanity and inspires to continue on.
Prashaman : What is your message to BJites...?
Dr.Harshal: Our true significance lies in our continuing desire to understand and explore the human ailments and try to lessen them as far as possible. So we should just continue on the good work.
Prashaman : Thank you sir for sparing time for us and wish you a successful career and prosperous life ahead.
Dr.Harshal: Thanks.

Hats off 2 U Doc!

વંદે માતરમ્ |
(દિ. ગેશા પટેલ (૩:1)

વંદે માતરમ ના નાદ થી ગુંજી ઉઠ્યું ગોવર્નમેન્ટ સ્પાઈન ઇન્સ્ટિટ્યૂટનું ભવન આ નાદ બોલનાર હતો 17 વર્ષીય તરુણ હિમાંશુ.

વાત જાણે એમ બની કે બે મહિના ના વેકેશનના દિવસો માં હિમાંશુ મિત્રો સાથે ક્રિકેટ રમતો અને એક દિવસ રમતા રમતા દડો વીજળી ના થાંભલા પાસે જઈને પડ્યો. આ થાંભલા પરથી 11000 વોલ્ટ નો હેવી લાઈન નો તાર લટકતો હતો. દડો ફેંકતા જતા હેવી લઈને નો કરન્ટ લાગતા હિમાંશુ ખેંચાઈ ગયો અને તાર સાથે ચોંટી ગયો. તાત્કાલિક તેને સિવિલ હોસ્પિટલ માં લાવવામાં આવ્યો ત્યારે તેના શરીર માં થી રાખ પડતી હતી અને શરીર માંથી ધુમાડા નીકળતા હતા .

તેને દાઝેલાના વિભાગમાં દાખલ કરવામાં આવ્યો.તે કોમા માં જતા રહેતા આઈ .સી .યુ . માં રાખવામાં આવ્યો. આ દરમયાન એની હાલત એટલી દયાનીય હતી કે એના કઠણ કાળજા ના પિતા પણ એની પાસે જતા કતરાતા હતા. ધીરે ધીરે તેના શરીરને ચેપ લાગ્યો.આથી પહેલા એક હાથ અને ત્યાર બાદ બીજો હાથ અને પગ પણ કાપી નાખવાની સ્થિતિ ઉભી થઈ. કરન્ટ લાગવાના લીધે તેની કિડની પણ કામ કરતી ન હતી. આવી નાજુક સ્થિતિમાં સંપૂર્ણ તબીબી વિભાગ તેને બચાવવા પ્રયાશ કરી રહ્યા હતા.

એક મહિના ના અંતે સારવારથી જિંદગી બચી ગઈ પણ હાથ પગ ના રહેતા અપંગતા આવી ગઈ પણ આવી અપંગતા થી હારે તો હિમાંશુ શાનો ? તેના મનોબળ ને જોતા તબીબો એ તેને કૃત્રિમ હાથ - પગ બેસાડવા નું નક્કી કર્યું . કૃત્રિમ પગ બેસાડવામાં તકલીફ ન હતી પણ હાથ બેસાડવા માટે પૂરતી જગ્યા ન હોવા થી હાથ લગાવી શકાય એમ ન હતું.

અંતે ડો. એમ .એમ. પ્રભાકર સાહેબે હાથ નું હાડકું વધારવાની વિશિષ્ઠ સર્જરી કરીને 4 ઇંચ જેટલું હાડકું વધાર્યું અને કૃત્રીમ હાથ બેસાડ્યો .

આવા કૃત્રિમ હાથ વડે હિમાંશુ એ 26 જાન્યુઆરી 2016 ના રોજ ગોવર્નમેન્ટ સ્પાઈન ઇન્સ્ટિટ્યૂટ માં ધ્વજવંદન કર્યું કદાચ સમગ્ર ગુજરાત માં આવા કૃત્રિમ હાથ વડે ધ્વજ લેહરાવનાર હિમાંશુ પ્રથમ હશે.

આજે પણ તે નિયમિત સ્પાઈન ઇન્સ્ટિટ્યૂટ ની મુલાકાત લે છે યોગ્ય કસરત અને સારવાર સાથે તે મક્કમતા થી પોતાના જીવન માં આગળ વધી રહો છે .

(સાભાર : ડો. એમ .એમ. પ્રભાકર,ગોવર્નમેન્ટ સ્પાઈન ઇન્સ્ટિટ્યૂટ,સિવિલ કેમ્પસ ,અસારવા.



DISSECTION

Book: Breeze
Author: Anuj Gupta (3/1ST Student of BJMC)
Reviewer: Shivam Panchal (3/1st)

Have you ever noticed how a cool breeze instantly freshens your mind? And that's how you would feel after reading fellow medico Anuj Gupta's debut novel, Breeze.It follows a young British geologist, Igneous Arthur, and his journey to find the love of his life, leaving behind a plush job and home, in the vast colonial state of India. All he knows is her name, and that they were in the same college for some months. It didn't help that it was the 1940s, when the fastest things were ships, and airplanes were only used in war, or for mail.

Along with him on this rollercoaster is his best friend from college, Paul. Together, they travel hundreds of miles, looking for clues to where she might be. Would they find her? And even if they did, would the story end there? It is a journey fraught with tense moments, when anything can (and does) happen. Romantic at the core, but also having a decent measure of thrills.

About the technical aspects. Yes, it's a period romance, and that has been taken care of. The premise is interesting - he's chosen not to go the easy way of writing a 21st-century contemporary college romance. Vivid descriptions of events and places abound, and there is just the right amount of humour bridging serious and slapstick. I would definitely recommend this book to you all.

Campus Live

•Results of Guj. Uni.PG (MD/MS/Diploma) held in May-June 2016 is declared. Congrats to all who come out with flying colours.....and good luck for their professional career.

•Dr.Harshal Soni (Emergency Medicine) scored highest marks (798 /1000) in Guj. Uni.PG (MD/MS/Diploma) exam conducted in May-June 2016 from our college.

•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

કરી ગુંજશ
જય ઔપરી(intern Doctor)

ભલે આંહાને તું મને ઇતિહાસમાં,
તારી કળવાશથી,અસ્ત્ય તથ્યોથી,
ભલે કરે ધરાશાશ્વી કાદવોમડયકડિ,
ખંબેરી એ ધૂળને,હું કરી ગુંજશા||
મંતવ્યની હઠીઓમાં,મહું હું મીન આજે
વીંધી ગંતવ્યના ગર્ભ,કાલે કરી ગુંજશા||
વાસંતી વમળીમાં,કરી પરાસ્ત પાનખરને
અઆકે કરી અવતરીશ,ત્યારે કરી ગુંજશા||

SOMETHING QUOTED

In the real world, 90% of the money spent on medical research is focused on conditions that are responsible for just 10% of the deaths and disability caused by diseases globally.