

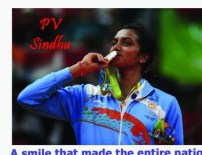


**The Real SULTAN-
India's first Medalist in Rio (Wrestling)**

PRASHAMAN

B J M C MONTHLY WALL MAGAZINE

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**A smile that made the entire nation Proud-
Silver medalist in Rio (Badminton)**

FACE 2 FACE

More than 1.2 B population, still India stood 67th with 2 medals in Rio Olympics. What do you think is lacking? Prashman took views of our college students and staff on this issue.



We are not giving much importance to sports other than cricket and even funding and infra-structures are not standard that can make us comparable to international level. Internal competition & motivation from people is lacking. **Dr. Mithlesh Nayak (Dept. of pharmacology)**



Indian mentality inspires all Sports aspirants to Become Doctor or Engineer only. There is too little concentration on sports in schools, just mugging up the measurements of Ground is enough for our education system. Unavailability of dedicated coaches at school level adds to the sadness. Still some strongly determined sportspersons rise above all these, but can't reach further because of lack of basic facilities and motivation from Govt. **Parth Lathiya (2nd Due)**



In rural area there is a poverty hence the priority is engaging adolescent in either study or occupation. There is also lack of physical trainer, economical support, motivation and proper guidance. In urban area I think facility is available but adolescents are very lethargic to go for that. We are just garlanding winners but nobody is motivating efforts of other participants who represented India.... **Mr. Palsania (Administrative Officer)**



In our sports committee, we have politicians and other person who don't have experience of sports. Instead, the sports committee should consist of the retired experienced sportspersons so that they can take correct decision....It's funny how the people who have not played a single game on ground, judge our good sportspersons. They should be punished so hard for lowering the spirits of sportspersons. Training for sports should begin from school. PT should be made an essential subject. **Prati Vashnav (2nd Due)**



...Schools do not focus on practically cultivating students for sports rather give theoretical education. If at all things work and one gets national recognition still on international level we can't compete with others due to lack of infrastructure, corruption, ignorance, attitude of officials running sports federations and economy. I hold great respect for Olympic medal winners and participants but there are still millions in our country who are equally talented as the international competitors, the need of hour is to search them, train them the best that can be possible, support them in every way possible and stand for them even against the odds. **Rujal Shastri (2nd Due)**



Chief reason being zero focus on sports at core level. China and Britain are doing really well by focusing right from the root level. Recent example of Wang Yan-gymnast who won medal at just 16, Reasons being Provided Facilities, Technical and professional training and most importantly- Motivation from school. Nobody in India focuses on other sports. Even media doesn't care to even telecast the news about India standing Third with 173 medals in Special Summer Olympics 2015. This turns into the Lack of awareness and encouragement towards Olympics sports. The final reason being Corruption in sports. There is merely presence or very less involvement of retired sportsperson in any sports bodies or association. Politics and corruption has not spared even this field. **Dhiman Maraviya (2nd Due)**



To begin with, let's be fair to India... It has only participated in a few spots like hockey till very recently... Even today India has one of the smallest contingent (119 athletes in Rio 2016) from major nations USA - 500+, China-close to 400. Our problems are....Firstly there is dearth of facilities and funds... And to add to it even the management of given funds are not proper. We are more interested in doing Commonwealth Games scans than building a good sporting culture... Then there is poor infrastructure. Rather non-existent I should say. The talents in the population go unidentified and unnoticed. There are not enough good coaches to polish the raw gems....And let's face it; we don't care watching any other sport except cricket. There are more than three to four sponsors for an Olympics telecast in India. It is amazing then, how we expect India to win medals in Olympics while doing absolutely nothing to make that happen? **Dip Joshi (Intern)**



The primary cause of this is the lack of proper money and resources for training, equipment, coaching facilities that will make athletes competent at an international level. Further, in a cricket crazy nation where patriotism is only fired by sixes and centuries, athletes often fail to find the required felicitation and get out.... **Vimal Sangam (2nd Due)**



The mindset that success is measured only by academic excellence whereby everyone wants to become a doctor/engineer....Lack of numerous sport complexes, Highlighting sports, lack of knowledge of the various sports. Afterlife of many sports personalities is miserable whereby we see gold medalists struggling to make two ends meet due to no govt. facilities for them, the ones who are best on the other side are satisfied after getting a govt. job and leave their career in sports (It is money after all which everyone gives 1st preference) Nevertheless given a thought, there are numerous factors like politics in sports, unjust to women after marriage in sports participation etc. But what lies above all is the genuine love for a sport and a die hard wish to be the best at it. We must maneuver our minds towards winning and being the best. **Kavita Shastri (First Year)**



One reason amongst many is : comfort zone mindset of Job/ future security. Means if student is brilliant then go for the doctor, If average then go for the engineering, If dull then towards family business....this seemingly Easy and Quick settlement leads students to opt out of Sports career....Very few chooses it and very few sticks to it for life time....A typical saying "There is no scope in Sports" has ruined many sports career. It's time to come out of the box, It's time to leave the Rat-Race. It's time to step out of comfort zone. Then we can eye some more medals in Olympics. **Yash Patel Modasa (2nd Due)**



Lack of technical aspect, financial constraint, cricket fever. Discussion about the politics during selection may become still longer. **Nasir Salar (2nd Due)**

HATS OFF 2 U DOC !

The Ordeal
(Rutvi Pandya - 2nd /Due)

Pari a little girl of just 3 years of age. One day while playing, she accidentally put a peanut inside her mouth. Her small throat could not accommodate the peanut leading to its aspiration into the trachea. She coughed violently and was rushed to the hospital. Emergency bronchoscopy was performed. It revealed a peanut lodged in the right bronchus. They attempted to remove it but failed. They gave it another chance, but in vain. The doctors referred her to U. N. Mehta, CHA for open cardiac thoracotomy.

As Pari was overtly stable, her parents first took her to ENT Department, CHA. She was found to be breathless on general examination. Bronchoscopy revealed similar results. Her right lung was found to be collapsed. Histology revealed granuloma formation around the foreign body.

The doctors contemplated the various modes of intervention possible. On one side, was open cardiac thoracotomy, a complicated procedure wherein the pleural cavity is incised. It also happens to be one of the most difficult surgical incisions to deal with post operatively. On the other hand, was bronchoscopy, a simple procedure which had been attempted unsuccessfully twice.

They decided to give bronchoscopy a try. When they were about to reach the peanut, suddenly her HbO2 level depleted drastically and the scope had to be removed. They tried again, this time reached a little closer than before, but had to remove the scope again. This left them wondering if bronchoscopy would even serve the purpose or would Pari have to face the complications of open cardiac thoracotomy. One last try, one last hope. And this time it worked; they removed the peanut successfully.

The skill and experience of doctors and better instrumentation available at a tertiary healthcare centre, CHA saved Pari from suffering the consequences of a high risk surgical procedure. Indeed, a little more persistence, a little more effort and what seemed hopeless failure may turn to glorious success.

Sometimes what is required is not an extra ordinary measure but an ordinary procedure with the required skill and persistence. A major surgery of open cardiac thoracotomy was prevented by a simple procedure of bronchoscopy!

Hats off to you doc!

(Based on real life story, characters are fictional. Courtesy - ENT Department, CHA)



ART-O-GRAPHY

ARTIST: Haard Barot (3rd / 1st)

ART : Badminton

ACHIEVEMENTS : Won bronze medal in 2014Pulse-AIIMS, A Gold in VIBRANT 2014-Baroda, Thrice gold medal(2014,2015,2016) in Adrenaline-NHL, Bagged gold in BJ beats 2014/2015/2016.

ABOUT HIS ART : I play an attacking game with deceptive drops and half smashes. This type of unpredictable shots help me a lot.

ABOUT TIME SPARING FOR ART : I have been playing badminton for last 10 years and music for about the same time.

HOW DOES THIS PASSION HELP IN STUDIES : It adds the freshness and calms the mind. Moreover it acts like a stressbuster.

ABOUT HIS INSPIRATION FOR ART : My inspiration has been my dad .

ADVICE TO FRIENDS : My advice is to mix the hectic MBBS curriculum with such extracurricular activities to relieve stress and boredom and remain fit and fresh.

AVAILABLE ON : Facebook, Whatsapp

STETHOSPEAKS

India @ Rio

(Bhargav Deshmukh - 3rd / 1st)

Rio olympics is the current hot topic and I couldn't resist myself to write about it. The first thought that was came to my mind was what should I write that hasn't been written earlier. There is nothing which people don't know. From athlete's name to game's rules, we came to know everything in last fifteen days. Rio of Brazil was the first south American city to host Olympics. There were 208 nations with more than 11,551 athletes who participated in 306 events in 28 sports in this mega event which started from 5th August to 21st August. The top three nations were America (121 medals), China (70 medals) and Britain (67 medals). India stood 67th with 2 medals. The important thing is that Bahrain(steppesease.), Fiji(rugby), Ivory Coast(taekwondo), Jordan(taekwondo), Kosovo(judo), Puerto Rico(tennis) and Singapore(swimming) were the first time gold medalists in this Olympics. Kuwait (suspended as country but competing under IOC) also got a gold medal in double trap shooting. Women overshadowed the men for the first time for India. India participated with 117 athletes in 15 sports, 67 events and won 2 medals silver in badminton and bronze in wrestler Sakshi Malik became the heroines and prevented India from returning empty handed for the first time since the Barcelona 1992 Olympics games. Controversies also took place along with the Rio journey of India like DOPE test failure, selfie tweet, no official support etc. But, wait friends, that's not all, India connected with Rio, they felt it and enjoyed the Rio. It was the first time that India's people held their breath on finals other than Cricket. After Rio Olympic again a debate has started for non-sporting culture in India. But there is no point just blaming any one here, school and parents find any sports or physical culture a diversion from the real mission in hand: getting the highest marks. Official apathy and hostility are simply symptoms of such non-sporting culture. Now when the Olympics are over , the dust will settle down and we are going to turn our back from sports. If we want to learn something from Olympic medalists it is this: One needs to want something bad enough to get it. Lastly, just cheering and waving Tri-color won't work. Lay out of modern professional sporting system while gritty talented individuals keep giving their best.

MURMUR

Shashank Patel (2nd Due)

તમે....

જંજોરની સંજોગમાં બંધાયેલા છો તમે....
સમાજના વિચારોની જંજોગમાં બંધાયેલા છો તમે....
મનુષ્યની આ સંસ્કૃતિમાં રોકાયેલા છો તમે....
પણ પછાત નો વિચાર કરી કામ કરવા રોકાયેલા છો તમે....
મજૂરી કેમથી મળેલા આ જીવનમાં કંઈક કરી છુટવા માંડાયેલા છો તમે....
કોઈક બંધાની સાથે તો કોઈક એકલા રહેને પકડાયેલા છો તમે....
શા માટે આ જીવન મરણ છે અને ? એમ પૂછવા વારંવાર દેવાયેલા છો તમે....
મુશ્કેલીની હેનખાઈ ગયેલી પળોમાં જીવન કૂટાનો વિચાર કરી ગયેલા છો તમે....
પણ જ્યારે કુટુંબમાંથી કંઈક અંકુર કરતાં મળો છો તમે....
ન્યારે મિત્રો ને, આ અપરંપરી જંજોર ના તારાઓને ખોલો છો તમે....
મુકત મને આ સંસારને ભૂલીને. જીવનની અમૂલ્ય પળોને જીવો છો તમે....

TRAVELER-X



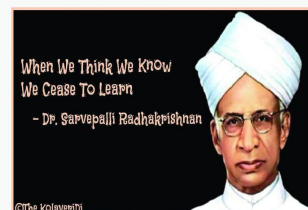
"IMAGICA EE YA EE YA EEEYA."
(Pratik Suratwala - 2nd / Due)

Daman, Udaipur, Chandigarh and Dalhousie: These are the places I "ALMOST" went during previous vacations. Every time we planned a trip, made all the bookings preparations and BOOM! the trip would get cancelled. Either we had to cancel it or the organizers themselves cancelled the entire trip. But finally in last May vacation, I managed to actually finally my trip to the most favorite- "IMAGICA THEME PARK". Our trip had four days. In first two days, we roamed around on the roads and beach of MAYA VI NAGARI "MUMBAI". On first day we visited 'Jahangir Ali Gallery': The stupendous exhibition of how beautiful a creator man can be! We almost spent 3 hours there. In the evening we went to 'Heart of Mumbai'- Gateway Of India. Standing in front of the never ending ocean, we couldn't resist ourselves from feeling 'Mumbai Meri Jaan'. At night we spent some quality time at the most beautiful place- Marine Drive. Our main trip to Imagica began at the stroke of 4: 00 am the next day with the IMAGICA THEME SONG alarm. The plan was simple. Go to CST, take train to Karjat, change train to Khopoli, eat the Bombay Wala vada-paav at Khopoli Station and then to Imagica to feel the thrill of various rides like Nitro, Dare to Drop and the most unforgettable SCREAM.

But main attractions were the Theme rides especially I FOR INDIA that fill you with the utmost pride for the Nation. The next day Joy shifted to Aqua Imagica. It had an entire level of Rides, but the Fun and The transportation were all the same. Though it was not a big trip but some memories that made this trip truly awesome were:

Fun with friends at our own GopalBaug, Tasty food at melting point, Vadapaavs at Khopoli, Sleeping for over 3 hours in Local Train and ya the dance on the streets of Mumbai on the song- "IMMMAGICA EE YA EE YA EEEYA."

Something Quoted



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When We Think We Know
We Cease To Learn

- Dr. Sarvepalli Radhakrishnan

Happy Teachers' Day
(5th September-Birthday of
Dr. Sarvepalli Radhakrishnan)



Jenil Thakkar
(2nd Due)

CAMPUS LIVE

• Post Graduate Ceremony (farewell ceremony) for MD/MS/Diploma passed students of BJMC was organized by JDA on 1st of August 2016 at Auditorium of college.

• Vivek Solanki, Prashant Vekaria, Darshil Kharadi, Dipen Chaudhary (all 3rd / 1st), Dr. Pragnesh Popatya, Dr. Deval Poriya, Dr. Iren Kathiriyala (all intern doctors) and Dr. Ketan Garasiya, Dr. Pravin Parmar (Resident doctors, PSM) donated blood in blood donation camp organized at Rajbhavan, Gandhinagar on 9th of August 2016.

• Mayank Chaudhary, Smeet Kapadia and Nirav Goswami (all 3rd/ part I) actively participated in Independence Day function organized at college garden.

• 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.

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