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PRASHAMAN

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श्लोक

अतिश्रान्तस्य चरेद् भारं शीतोष्णं च न चिन्तयेत् ।
समस्तेष्वस्तथा नित्यम् वीणे तिष्ठेत् नरोत्तम ॥

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SOMETHING QUOTED

The weak can never forgive. Forgiveness is the attribute of the strong.

મો.ક. ગાંધી mkgandhi

Does It Click ???

face 2 face

Read on a refreshing interview with BJMC's first year University topper Dhruti Pandya ;Marks 491/ 600 (82%) about her experiences so far and more ...

PRASHAMAN: Heartiest congratulation to you on your grand success from the team of Prashaman. So first of all, tell us your first reaction on finding out about the result?

DP: I was very nervous before the result. the night the result came I was having dinner and suddenly my friend kejal called and informed me my result. I was very happy and couldn't believe it until I saw it myself. I was super-excited after seeing it and the most important thing to enjoy was the fact that me and all my friends scored in top 50...!!!

PRASHAMAN: How did you plan your studies?

DP: I used to do day to day reading. I used to make notes of all lectures and tried to cover the topics on the day they were taught in college. It was a lot of fun to do practicals and dissections, bones with my friends. I used to go home on weekends and my maternal grandpa used to discuss stuff with me and taught me. My best shot in this year was my regular reading so that I could get ample time in the end before university exams and did not have any topic left untouched before the university exams.

PRASHAMAN:First year in college, a new environment and medical studies, yet, maintaining your concentration and focus how did you deal with all this ?

DP: Being in The BJMC was my dream because I happen to be the third generation of my family to study here, my parents and my grandfather were BJites. Initially I did feel homesick but i had a very good support of my friends here, especially my roommates. I had a lot of moral support from my family during my days here at Ahmedabad, I used to go home for the weekends to relax and read. We did not have anything to do except reading at the hostel and that helped me lots.

PRASHAMAN:Was being a Doctor a childhood dream or was it a calculated choice?

DP: I hail from a doctor family, my parents, grandparents, aunts and uncles, brothers and sisters all are doctors. So, as such i have not seen anything else than this and that's why i also had the same dream. Being a doctor and that too from the BJMC, what else i could ask for!!!

PRASHAMAN: At times you must have felt struck or frustrated, what did you do to manage it?

DP: Yeah there were times when I was frustrated, felt like not reading anymore and i even had cried sometimes because things were difficult to remember, but that's where you find your friends and family as your biggest strength. I must not forget to mention my seniors who guided me so well, gave me tips about theory and viva exams. Most importantly, I have a lot of faith in God and my lord was always there beside me.

PRASHAMAN:Do you think exam oriented studies benefit as a whole or should it be more extensive and detailed?

DP: I believe its knowledge that matters, if you have knowledge, you will automatically get marks. Ultimately all of us are going to be doctors and nobody is going to look for the fact that who scored more and who less. So yeah, I believe that studies should be extensive but we need to know about our capability and plan our way of study.

PRASHAMAN:What are the plans for upcoming year MBBS? Will it all be studies or are you going to diversify it in other extracurricular activities?

DP: As they say, the first term of 2nd MBBS is the "golden period" so yeah, I am going to enjoy it to the fullest. I am going to Pulse with my friends and have plans for Navratri and stuff, but yeah I have also started with my day to day reading. I even wish to join "Prashaman".

PRASHAMAN:Any cherishing moment of the year gone?

DP: Actually, many moments. Especially the time in the dissection hall, quizzes and the competitions. The most cherishing moment was when some of our resident doctors in anatomy nick-named me "chaurasia"

PRASHAMAN:You must have had certain preconceptions before joining here. How do you feel now that you are a BJite?

DP: To tell a secret, I was in BJMC even when I was a fetus, so it was like home here when i joined the college. I am proud of the fact that i am a bjite and will always remain a bjite. I had dreamt of living in C-block and sitting in our lecture halls and reading in the library.

PRASHAMAN:Have you chalked out a path for yourself in future or you want to take things as they come?

DP: I want to wait and watch, face the situations as they come. Yeah but given the chance, I'd prefer post graduation in Obstetrics and Gynecology.

PRASHAMAN:A piece of advice to your juniors?

DP: For juniors, read lots but don't get depressed or frustrated. First year MBBS will pass so quickly that you people won't even realize. Listen to your teachers coz we have got excellent people in anatomy, physiology and biochemistry. Always remember,

jo aapnu dharyu thai to ishvar iccha ane jo aapnu dharyu na thai to ishvar krupa."

CAMPUS-LIVE

209 students have passed thier 1st MBBS university exam. held on July 2013. Dhruti Pandya stood first with 491/600 & Shewico stood first in University.

Wel Come Ceremony (white coat ceremony) for novice students was held on 31st of August 2013 at Auditorium.

Voluntary Blood Donation Day to be held on 1st of October. Students are requested to donate blood enthusiastically on this day.

Insomnia - the band from BJMC (Gaurav,Jalak,Hriday,Kaif,Shrey, Shashank & Viraneshi have performed a live concert at Rajkot...

For prevention of Dengue/Malaria / Chikungunya etc., students are requested to take appropriate preventive measures.Please contact imediately at Emergency Medicine Department for symptoms of such diseases.

Murmar

CHAHAT

ડુબાઈમાં મારી તમારા સિવાય
અન્ય કોઈ બાબત નહોતી,
માંગ્યા ખુદા પાસે બસ તમને,
બીજી કોઈ ઇબાદત નહોતી...

મારા હૃદયમાંથી ભલે ઊભરાય,
તમારા હૃયમાં એ ચાહત નહોતી,
દરેક અદામાં હોય છે શામિલ,
તમારી "ના" માં એ નજાકત નહોતી.

અને પથમાનો અડાડ્યો હોઠે,
જે આમ તો મારી આદત નહોતી,
દુનિયાએ માંગ્યો જખમોનો હિસાબ,
કદી કરી તમારી શકિયત નહોતી.

પ્રેમ માટે માંડ્યુ યુન્ધ,
તમારે મન કોઈ શહાદત નહોતી,
કફન ઓઢાડવા પણ ન આવ્યા,
એટલે કબરમાંય મને રાહત નહોતી...

Apeksha Solanki (2nd year resident)

TRAVELLER.

The first day at college, the first job, the first date.. you name it..

Anything first is always special. So was my first USA trip. The wait was over and there I was at the Airport on 14th May waiting for my boarding call with a Danielle Steel novel and my I- pod to keep me engaged. After the 26 hour long flight which included a 4 hour transit in Abu Dhabi, I was finally at the Washington Dulles Airport. My uncle and his family received me and we were home after a 1-hour drive to Silver spring, Maryland.

Believe me, it was truly an enthralling experience. Whether it was exploring the Baltimore harbour on foot sipping Starbucks Coffee, grabbing a bite at the "Cheesecake Factory", spending some leisure time at Barnes and Nobles, they were all exciting. The National Aquarium at Baltimore harbor showcased more than 16000 world's aquatic treasures and was magnificent. We also spent time indulging in games like bowling, miniature golf, water sports, rides (some really dangerous ones!!) and my personal favourite "The laser tag". We also went camping to Shenandoah Valley, Virginia. The place was indeed an expression of nature. Breathtaking and serene picturesque view of the overlooks and our hiking trips made it all the more exciting. Washington DC displayed the rich American history and culture. The Capitol tour, the Art galleries, Natural history museum were stupendous. With the perfect weather, it was indeed the most beautiful and apt time of the year to visit USA. The best part of the travel was not only the numerous trips but also the chance to spend time with my loved ones and to bond with them.

Importantly the purpose of my trip was to experience the medical system of USA. I did a voluntary observer-ship at the University of Maryland Medical Center where my uncle works in Pulmonary and Critical Care division. It gave me an opportunity to meet and interact with some of the brightest minds and also get an insight into a well drilled university medical system.

The whole experience was incredible. Thinking of it makes me a bit nostalgic.

Never did I know that a trip planned at such a short notice would lead to memories of a life time. Well, I think I was destined to be there. I hope to do it again if and when an opportunity arrives. However, in the meantime it's back to where my heart and soul belong.

Shreya Poddar
3rd 1st Batch.

DISSECTION

A Tale of Two Cities, by Charles Darwin

Timeless Classic !!! Set in the 1770s and 80s, the plot integrates one of the most important revolutions the world has ever seen – The French Revolution with the story of Charles Darnay, Sydney Carton, Lucie Manette and the ensuing chaos. Dickens portrays a vivid picture of the tension in France and the events leading up to the overthrowing of the French Aristocracy and reclamation of the country. The plot thickens and so does the reader's interest. There is never a moment lacking in interest, be it the description of the internal turmoil Dr Manette undergoes while wrongly imprisoned or the storming of the Bastille prison. It is an excellent example of the sacrifices that a man can make for love, and the last few pages of the novel has so much of emotion that the reader feels compelled to applaud the master writing skills of Charles Dickens. He actually makes you feel sorry for the French aristocrats and their children who are condemned to the Guillotine for decades of atrocities. Dickens has referred to good and evil by using metaphors of light and darkness, as is the case with most novels. He has made an excellent use of "water" in its various forms to depict the emotions of the characters; for example "The sea did what it liked, and what it liked was destruction." The "sea" here being the angry peasant mob which was about to storm the Bastille prison and free the prisoners. Dickens' description gives us an insight into the social life in London at the time as well.

The only deal-breaker for some would be some very lengthy descriptions and use of French sentences to understand which you may need a dictionary. Overall, the book is excellently-written, well-executed and once you read it, you are never going to forget this one for your life. Highly recommended.

Rutvik Dave II/III

Stetho. Speaks

મેડિકલ એટલે....

એનેટોમીથી શરૂ થતી અનંતની ચાચા.DUE TERMSમાં ઘટતી જતી ઊંઘની માત્રા.

ફિસ્ટોલોજી સ્લાઈડ ની કદી સોલ્વ ના થતી મિસ્ટ્રી ને બ્રુમન બોડી ની BIOLOGY સમજતાં રીડીંગ રૂમમાં મળી જતી બે દિલો ની કેમેસ્ટ્રી.

મેડિકલ એટલે ચા.કોફી ને રાતીના ઉજાગરા.વાઈવા વખતે પ્રોફેસર સામે થતાં આવરૂના પશ્ગરા.

એપ્રોન એ પહેરવેશ ને સ્ટેથોસ્કોપ જ નેકલેસ.

મેડિકલ એટલે મેશાલેન દોડ.PG SEAT મેળવવાની ગળાકાપ હોડ, ૩૦ વર્ષ સુધી લગભગ 'Nil' રહેતું બેન્કનું ખાતું ને MCQ કેઈંગ તથા કાઠેબ્રેઈંગ વચ્ચે થીવ્ન ખટવાતું.

"પોતાના" કરતાં પેશન્ટની થતી વધુ પરવા, કાઠસાઉન્ડ ને મરમર સાંભળવાની લહ્યમાં રૂંધાતો દિલની અવાજ.

રોગોના રાફડા,પુસ્તકો જ સાથી આપણા.

મેડિકલ એટલે બારેમાસ વાંચવાની સીઝન ને યુવાની પર ઠંડા કલેજે મુકાતો Incision.

HARRISON અને ROBBINS પૂરી કરવામાં વાંચવાની રહી જતી 'કોઈક'ની આંખો ને તોયે 'હું જ હોશિયાર' એવાં હોય સૌને ફાંકો.

મેડિકલ એટલે દરદ,દવા તથા દુવાની ત્રિવેણી સંગમ, બોર્ડના રેન્કર્સને MMP(માંડ માંડ પાસ)માં કનવર્ટ કરતો અદભુત અભ્યાસક્રમ.

આમ છતાંય-મેડિકલ એટલે જાતે જ choose કરેલી રેસ્ટોરન્ટમાં (e.g. BJMC-કોલેજમાં), પોતાની જ મનપસંદ વાનગી(MBBS)નો અપાતો ઓર્ડર.

'ડોક્ટર' બનવાનું ડ્રીમ.આપણી જ પસંદગીની થીમ્સ,

ખુલ્લી આંખે જોવાતું,જીવાતું ખ્વાબ મમ્મીની (૧૧૩ મા કરેલી) મહેનત.પપ્પાનું પ્રાઉડ.

Mihir Vasavada
Final Year

RATAN TATA

26/11 के बाद रतन टाटा ने अपने भारत और विदेश के होटलों की शरंखला के पुनरनिरमाण के लिये टैंडर जारी किये उसके लिये काफी कमपनियों ने एपलाई किया जिसमें कुछ पाकिस्तानी कमपनियों भी शामिल थी

दो पाकिस्तानी कम्पनियों अपनी बोली को मजबूत करने के लिये बॉमबे हाउस (Head office of Tata) भी आई रतन टाटा से मिलने बनि अपॉइंटमैंट के क्योंकि टाटा ने उनको अपॉइंटमैंट के लिये टाईम नहीं दिया.

उनको काफी देर तक बॉमबे हाऊस के रिसेपशन पर वेट कराया गया फिर टाटा की तरफ से बिजी होने का मैसेज दे कर भगा दिया गया. दोनों उद्योगपति मुंबई से दिल्ली गये और अपने उच्चायुक्त से बात की और एक मंत्री के जरिये टाटा को फोन लगवाया मंत्री ने टाटा से उनको अपॉईंटमैंट देने की रिक्यूसट की तो टाटा ने कहा "तुम बेशरम हो सकते हो लेकिन मैं नही." और फोन काट दिया कुछ महिनों बाद पाकिस्तानी सरकार ने रतन टाटा को एक लाख टाटा सूमो का ऑरडर दिया तो रतन टाटा ने पाकिस्तान को एक टायर तक देने से मना कर दिया देश हमेशा सर्वोपरि होता है ये रतन टाटा को पता है!

- jay chaudhari
2nd yr

Hatts Off 2 You Doc.

એક ગુરુવારની ઢળતી સંધ્યાએ રમેશભાઈ નામના એક આધેડ ઉમરના દર્દી ઈસનપુરથી અમદાવાદ સિવિલ હોસ્પિટલના ટી.બી. વિભાગમાં દાખલ થયા.

"મેડમ, મારા પતિને ગમે તેમ કરીને બચાવી લો." તેની પત્નીએ ડોક્ટરો પાસે કરગરતા કહ્યુ. રમેશભાઈની તપાસ કરતા જાણવા મળ્યુ કે, તેઓ થ્રસ રોગના દર્દી છે. આ પહેલા પણ તેમને થ્રસ રોગ થયો હતો પરંતુ દવાનો કોર્ષ વચ્ચેથી છોડી દેવાના કારણે થ્રસ રોગે તેમને ફરીથી ભરડામાં લીધા હતા.તેઓને ખુબજ ઉધરસ અને તાવ સાથે નબળાઈ હતી. સ્થાનિક બધાજ ડોક્ટરોએ ના કહી દેતા રમેશભાઈ એ અમદાવાદ સિવિલની વાટ પકડી હતી. રમેશભાઈ નો લેબોરેટરી રીપોર્ટ કરવતા જાણવા મળ્યુ કે, તેમને કેટેગરી-૧, ૨ કેલ્યોર ટી.બી. છે. આથી તેને ટી.બી.ની કોઈ પણ દવાઓ અસર કરે તેમ ના હતી. વધારે ચોકસાઈ માટે તેની બેલ.પે. મીડ્યામાં તપાસ કરાવવામા આવી. આ બાબુ રમેશભાઈના કટુંબના લોકો દુખ અને ચિંતાના વાદળોથી ઘેરાયેલા હતા. અને ડોક્ટરોને વીનવતા હતાં, મહેરબાની કરીને તેને બચાવી લો. વળી, આ બાબુ ડોક્ટરોના અઘાત પ્રચલ્લી છતા તેમને ટી.બી. ને લીધે પરંતુ એક પણ એન્ટિબાયોટીક અસરકરતી ન હતી. રમેશભાઈ ને તેના માટે ખુસ અલગણ દવાઓ મક કરવામા આવી. જેના રોજની ૩૦-૨૨ ગોળીઓ અને ઈંજેકશન લેવાના હતા.જે ખરેખર અઘરુ કામ હતું. એવી પણ વ્યક્તિ આદતથી દવા લેવાની વાતથી કિંમત કરી જતા હોય છે. પરંતુ તેમનો જીવન જીવવા માટેનો ઉત્સાહ જોઈને ડોક્ટરોને પણ પ્રેરણા આપતી હતી. જોકે આ સમય દરમ્યાન તેઓને કેટલીક દવાઓના આડ અસરને લીધે શારીરિક દુખાવાની તકલીફો થઈ હતી. જ્યાં શરીર પર જાણે જવાબોજ કરતા હોય એવુ લાગ્યા કરે. આ સાથે સાયકલોસીરીનની આડ અસરઓને લીધે તેને બંધ કરવામા આવી. છ મહિનાની સારવાર બાદ તો તેમે રોજની ૬ ગોળીઓ ૨૪ મહિના સુધી લીધી. ત્યારબાદ તેની રોગ કાબુમા આવ્યો. પછી તેનો એક્સ-રે અને ગળફાનો રીપોર્ટ નેગેટીવ આવ્યો.

આમ, લગભગ અઢી સાલ વર્ષના લાબા સગવગાળા પછી તેમનો થ્રસ રોગ સપૂર્ણપણે મટી ગયો હતો. જે તેમના માટે ખરેખર કલ્પના બહારની વાત હતી. તેના પત્ની અને બાળકો સહિત ઘરના બધાજ લોકો રમેશભાઈની સારા થવાની ખબરથી ખુશ હતા. કારણકે ઘરના મુખ્ય માણસ તેમજ કમાણીનો સ્ત્રોત ત્યારે પથારીવશ હોય ત્યારે આખુ ઘર બેસહારા બની જતુ હોય છે. આ વાત હેલ્થકના વખતની છે, ત્યારે રમેશભાઈ આજે પણ સમમાય રોગ નથી.

આમ સિવિલ હોસ્પિટલની ટિચાલોના હૃદયમા ઘણા આવા ઉદાસ તેમજ ખુશ ચહેરાઓ કંડારાયેલા છે.

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