

PRASHAMAN

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OUTCOME OF MEDICOS' CREATIVITY

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SOMETHING QUOTED

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination." -jimmy dean

FACE TO FACE

PG entrance result has arrived. PRASHAMAN has asked following questions to the TOPPERS which will motivate aspirants for hardwork :

What is the mantra of your success?? How important is time management in the preparation?? It would have been a better score if something was not missed, what is that "something"???

How did u deal with the frustration when you were preparing for second time*? *if second trial

Drumil Shah (GU marks: 317.5)
The mantra is complete one year dedication...no other thing than your goal. make your mind that this is the only first and last time. there is no second year to give this exam. Very crucial part is time management..we have to complete 19 subjects in one year..decide the no. of mcqs you want to complete per day and divide them with no of hrs you are reading..i used to count mcqs per 15mins..so there is less distraction and u can increase your speed...It would have definitely a very good score if my aggregate was good..my aggregate is a bit low than others..but past is past..

Shivana Patel (AI rank : 348)
Regularity, clear-cut goals, time management and continuous evaluation of your study techniques and REVISION. Importance of the time table cannot be more stressed. It will see your effort convert into the results. Without following proper timetable one cannot prevail. Presence of mind at the time of examination is the most important thing. And it will be learned only through the practice of taking exams sincerely on regular basis. So I believe I have taken less exams than required. When your whole future is at stake, one year should be least of your concern. If you believe in that firmly and if you set a goal towards your ambition, you will not have time to frustrate.

Nirmal Nakum (GU Marks: 317.5)
The mantra of my success is "Dedication+Smartwork+Prayer". It require combination of three. You have to dedicate whole year for pg entrance exam and it also require smartwork and prayer. For cracking pg entrance exam with internship time management is very very important. You have to read 7-8 hrs/day without any break in whole year. It is very difficult to complete 19 subject within year. So you have to read continuously with busy internship. According to me that something is "time". Bcz we were not clear that who is going to take AIPGMEE and the GUJARAT PG ENTRANCE EXAM will be taken or not till august. So if it was clear that AIPGMEE will be taken by NBE and GUJARAT PG ENTRANCE EXAM will be taken from beginning than i would have more time and i would have been better score in pg entrance exam.

Harshil patel (AI rank: 391)
SUCCESS mantra: "Where there is a will, there is a way"
I was just an average student like most of us are, and believe me if i can do it, ANYBODY can. But you need to keep this in mind, there are no shortcuts, HARD WORK is the only key. I had a vision to pursue orthopaedics in top most institute. Along with 80,000 other meritorious students, if you are to stand apart, qualities which matter most are : A set goal > self confidence (that you can and you will) > positivity (no matter what small setbacks come forth your way) > determination and dedication (firm as rock)....and above all faith in almighty....
TIME MANAGEMENT: Pg entrance is all together different from mbbs exams. How to read and how much to read- both matters equally. To cover everything and at the same time giving more time to importance topics, all this require perfect time management. It is the key to success and helps you get along with

Shreva Butala (AI rank: 482)
There is no alternative to hardwork...Studying from the first day and most importantly understanding what one reads not just mugging up..thorough knowledge of the subjects during four years makes preparing for entrance a lot easier.. Time management is really important for entrance exam preparation, one needs to complete all the subjects in less than a year, at the same time giving equal importance to all subjects, its important to make a time table & try to follow it..Proper time management, & a bit more hard work & bit more systematic preparation, then it would have been a better score..

Jyoti Gupta (AI rank: 489)
Mantra is to always believe in yourself..And to put in your best effort in your dreams & stop worrying about the results..Rest all shall fall in place.. Time management is as much important as studying itself..One should know what to read thoroughly and what not.. And I think I could have done better had I started taking PG entrance more seriously one more month ago than I did.. All the best to all those who are preparing for this..

Rahil Aerawal (GU marks: 317.5)
1) consistent hard work...
2) Time management is the most important thing i guess as far as prep preparations are concerned...
3) though i am satisfied with whatever god has bestowed me with, i think i could hv been more dedicated in the initial part wen i just began to study for my exams..in mid feb...i became really serious in june where in I felt that i need to step on the gas to get an admission..!

Dr.Meef Dhansandiya (GU marks : 318.5)
First of all i would like to thank prashman team for providing me this opportunity to say something..
Thorough and extensive reading from standard author's text books help a lot. focussed dedication from the beginning of internship is a key to success. Along with reading, keeping your mind fresh is of utmost importance too. U can't prepare by only reading reading n reading...It may throw your mind in depression n feeling of tiredness day by day..so watch some movies in between, go outside to have some fresh air n don't miss gossips with your friends ever. it will refresh your mind n rebuild your capacity to read...I would say time management is most important asset while ongoing internship where you have to manage between preparation time and internship duty. Scheduled oriented subject wise approach with a revision gives a fruitful outcome. I am very well satisfied with my achievement but when this question is to be answered i would say if i would not have wasted initial time worrying about court's decision regarding NEET/AIPGMEE or whether gujarat university exam will be held or not, i would have scored better. I mean to say while you are preparing for an entrance exam your sole focus should be on preparation, not on the world of rumours.

DISSECTION

Divided into three parts-"IMMORTALS OF MELUHA", "THE SECRETS OF NAGAS" and "THE OATH OF VAYUPUTRA" its a EPIC in itself.

Initially author "AMISH TRIPATHI" faced rejection from several publishers, but after being published it has become very famous especially among youth. It has found a place among fastest selling book series in history of Indian publishing .2 million copies in print and 50 crores in sales.

This book has its root dug in the soil of religious culture of ancient India. It depicts the life of 'Shiva', one of the hindu god. Belonging to Tibetan tribal area, it shows how he became saviour of many meluhan people entitled by 'Neelkantha' (one having blue throat). Shiva decided to help meluhan of Suryavanshi race in their war against Chandravanshi who had joined their forces with a cursed group Nagas. Eventually in his journey and fight he found, this war was above two human races. it was a war between "good and evil". Through his unbiased and correct choice he raised himself up to occupy his place in every Indian heart.

This novel imprints a message in our mind that-"god resides in heart of every human and he becomes god by his karma".



-Nishita Patel
2nd/2nd

FRONTAL LOBE

Badminton morons
अड्डा है ये अपना,
जहां सीखा है हमने खेलना..
बनाए दोस्त कई नये,
कुछ हलके, कुछ कमलि...
रैकेट-शटलन ले ली पेन पेन सीलकी जगह,
इस नशे की नही था कोई वजह..
मूवी देखना नही था हमे प्यारा,
वेडमन्टिन खेलनेमें ही था इन्टरेस्ट सारा...
2nd let की ये हमारी बातें,
रहेगी हमेशा बनके यादें...रहेगी हमेशा बनके यादें...

-Archana Jadeja,
-Neha Jangid.
(2nd/2nd)

" Though the floor's nails hurt players...I love this place where we make new friends and come closer to older ones..
(#badminton court- a painful love.) "

-Niraj Patel
2nd/1st



STETHO SPEAKS

POTATOES, EGGS, and COFFEE BEANS

Once upon a time a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed.

Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot, and ground coffee beans in the third pot. He then let them sit and boil, without saying a word to his daughter. The daughter, moaned and impatiently waited, wondering what he was doing.

After twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He pulled the eggs out and placed them in a bowl. He then ladled the coffee out and placed it in a cup. Turning to her he asked, "Daughter, what do you see?"

"Potatoes, eggs, and coffee," she hastily replied.
"Look closer," he said, "and touch the potatoes." She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face.

"Father, what does this mean?" she asked.
He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity- the boiling water. However, each one reacted differently.

The potato went in strong, hard, and unrelenting, but in boiling water, it became soft and weak. The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard.

However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

"Which are you," he asked his daughter. "When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?"

Moral:
In life, things happen around us, things happen to us, but the only thing that truly matters is what happens within us. Which one are you?

compiled by Dhruvi Pandya (2nd/2nd)

HATS OF 2 U DOC !

DOTS for ALL

Jeenabhai, a 42 year old fruit vendor residing at Asarwa area. It was very difficult for him to earn the bread for his eight member large family. But they were happy in their 2 room kuchchhaa makan. His health was normal until he got fever and cough. He thought it is like one which will go away itself. But it continues for few days. With routine treatment by local doctor it was not cured in 3-4 weeks. As he kept on changing the doctors, there were multiple drugs available with him. He was not able to perform his work and was feeling weakness while going for vendoring. It was not noticed by him until his friend Ramesh told him that his weight was reducing and there is some problem with him. Unfortunately he was never advised for sputum examination during this period. By this time, Jeenabhai's son also had dry cough and night fever. Both were suffering a lot due to this. They didn't know how to get rid of this. This was come to the knowledge of TB health worker of his area. She visited Jeenabhai's house and advised him to go to TB department of civil hospital and have a sputum examination. He followed her advice and had their sputum examination done. Sputum examination suggested that Jeenabhai and his son both were suffering from Tuberculosis. It was a big shock for him. In community TB means death. He also had observed one of his neighbor died due to TB. Thanks to TB Supervisor who cleared all his doubts and linked them to TB Clinic at Urban Health Centre (UHC). They were explained about TB treatment. They were informed that government is giving free drugs for TB under RNTCP. Necessary dietary advice is also given to them. Now Jeenabhai and his son take TB treatment regularly from DOTS provider. Their symptoms have gone and they feel better now. Today after 2 months of treatment both of them are tested negative for AFB. They have no symptoms of TB and how they are feeling better. TB health visitor has advised them to continue treatment for 6 month to get cure. It would have been a huge economic burden for Jeenabhai's family if they were not linked with TB clinic.

(Based on real life incidence, Names chaged, Courtesy : UHTC Interns)

MEDISKETCH

Glass Painting
by
Pooja Prajapati
3rd final



MURMUR

I AM UNABLE...

I am unable to forget you,
I am unable to forgive you,
All stroms, quakes and griefts,
I am unable to believe you !!
My god knows how pathetic it is;
My soul knows how traumatic it is
Tears, pain and loneliness;
I am unable to respect you !!
Your friendship a bliss,
Your anger a curse
Hell, shadows and darkness
I am unable to love you !!
I am parting apart,
I am breaking your heart
All misunderstanding distrust and obsessions,
I am unable to leave you !!



-Swarna Bhardwaj (2nd / 2nd)

SHUTTERBUG



Ridham Patel
3rd / first

CA TOON

Keval Patel
2nd/2nd



જરા તુ...
સતત દોડતા યંત્રમાનવી ! એક પળ તુ રોકાઈ જા !
બંધ નેત્રે સતત ઉભરતા ચિત્રોને કહે "જરા તુ સ્મરણાઈ જા"
સાથે બેસી કરેલ અદ્ભૂતચોથી ગુંજતા નાદ,
મિત્રો સાથેના એ પ્રસંગોને કહે "જરા તુ અંકાઈ જા"...
અર્થવિહિન ચર્ચાની રમૂજ પાછળની માસૂમિયત,
સરવા કાન સાથે, એ અવાજોને કહે "જરા તુ સંભળાઈ જા"
રમતો રમતા કરેલી મસ્તી સાથેના ધાની ભેટ,
દેખાતા શરીર પરના નિશાનને કહે "જરા તુ દુખાઈ જા"...
ઝડપતા આપડતા કરેલ રીસામણાથી ફૂલેલા ગાલ,
ભાવવિહીન બનેલા એ ગાલને કહે "જરા તુ રીસાઈ જા"...
ફૂટા પડતા ભારે હૃદયે, વણબોલાયેલા શબ્દો,
બે જોડ મિત્રો સામે એ બોલને કહે "જરા તુ બોલાઈ જા"...
સમય નથી કે હિમત નથી એ પળો માણવાનો ?
પળ ઇંસાવી એ સ્મૃતિઓને કહે "જરા તુ ઝલાઈ જા"...

-Zalak Kelawala
3rd Final



OLD MAX



Kunal nath - Acting in a drama on World TB Day
at OPD of our Hospital
(MBBS batch 2001,
Pg (MD) batch 2007,
At present DM Neuromedicine from SMS jaipur)

CAMPUS LIVE

- A CME on the topic of "women's health beyond reproduction in post -2015 development agenda" was organised by dept of community medicine on 5th of February at sanskriti hall.
- 3 major batches- 2nd year due term, 3rd 1st and 3rd final have just finished their university exams and are now enjoying their free time.
- Ragging is prohibited as per the Law. New comers are advised to contact Hostel Superintendent / Rector / Security Officer / Teachers / Staff Members whom he / she knows in case of any such difficulties...
- For prevention of Dengue / Chikungunya / Malaria etc, students are requested to take appropriate preventive measures as suggested by Authority. Please contact immediately at Emergency Medicine Department at CHA for symptoms of such diseases.
- The UG students of 1st year have been successfully shifted to their new hostel placed on camp road.

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