AUGUST 201 5 ---- VOL :05 ---- ISUE :03



Look at the sky. We are not alone. The whole universe is friendly to us and conspires only to give the best to those who dream and work.

क्या हम यह नहीं जानते कि आत्म सम्मान आत्म निर्भरता के साथ आता है ?

रहतवार करहे वाली की उतमा ही मिलता है नितमा संघर्ष करने वाले छेड़ देते हैं



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TRAVEL WITHIN (Dr.Arjun - Resident Doctor)

Maharshi Patanjali created Ashangyoga. The Aim of Ashangayogais to achieve infinite joy and harmony with supreme power. Asana & Mudra, popularly known as yogasana is one of the important steps in Ashangayoga. Yogasana follows the Yam, Niyam the very first two steps of Ashangayoga. Yogasana is more focused on physical stability. To carry a sound mind one should have a sound body first. The basic difference between Yogasana and exercise should be kept in mind. Yogasana should be done with respiratory control. The specific respiratory action like Inhalation (PURAK), exhalation (RECHAK), and holding breath (KUMBHAK) are must be done respective of Yogasana pose. Lastly Yogasana is all about static maintaining a defined pose with breath control, while exercise is repetitive change in postures.

Surya-namaskara is rhythmic Yogasana series done with respiratory control. It contains 12 steps and there are specific Mantras for each step. Surya-namaskara contains mostly all Yogasanas from each sub-group of Yogasana. The perfect time for performing Yogasana is early morning but it can also be performed at evening too. Not too loose and not too tight clothes are suitable for Yogasana practice. One should have to avoid liquid diet before 30 minutes and solid food before 3 hours. The carpet you use should be made up of cotton material and enough thick.

We know that United Nation has declared 21st of June as "World Yoga Day"... We will discuss about how to do Surya-namaskara in next Article.

Surya-namaskara in next Article

HATS OFF 2 U DOC!

નવજીવન (Compiled : Harsh Vyas – III/I)

લક્ષ્મણભાઈ બેટલે બેચરાજીમાં મજુરી કરી પૈકીયું રળતો ગરીબ માણસ પરિવારમાં પત્ની અને બે દીકદા પત્ની પણ તેમની શાશે મજુરી કરવા આવે. યાલીલ વર્ષોય લક્ષ્મણભાઈ અંતરિયાળ લિસ્તારમાં પીતાના કાયા પરમાં મીઠી બેંદર માણતા હતા. અચાનક તેમને જમણા સાથેળે કંઇક કરજો ક્રીય તેમ તાર્જો, અંધાદું કીવાથી તેમને ખબર ન પડી કે શુ શ્રદ્યું આજું બાજુ જોયું પણ કઈ દેખાયું નહીં. સમની પત્ની પણ જાગી ગઈ.

ત્રેમની પત્ની પણ જાગી ગઈ. શકુઓતમાં તૈમને લાગ્યું કે કંઈજ શયું નશી.પરંતુ શેડી જ વાદમાં તેમને એક ઉલટી શક.તેમની શ્વાસ કંધાના ભાગ્યી.આંખી પણ ધીરે ધીરે ભારે શના ભાગી.લાકપણભાઈને ગભરામણ શના શના ભાગી. રાત્રીનો સમય કોઈ સારવાર પણ તરત ન મછે.તેમને નજીકના દાલાખને લાઇ જવામાં આવ્યા.તેમને પ્રાથમિક શારવાર આપવામાં આવી. પરંતુ શેડીવાર પછી તેમની તબિશત નમારે ખરાબ શક. બદમણભાઈ જાહે કે અપે લેભાન અવસ્થામાં પહેલી ગવા.તેમને નજીકની કિલિટલમાં લાઇ જવામાં આવ્યા. કોસ્પિટલના ડોક્ટરોને ભાગ્યું કે આ કેચ સ્ત્રેક ભાઈટ નો છે.પરંતુ કોસ્પિટલમાં ગ્રેન્ટી સ્ત્રેક તેનમ શ્રીરા ઉપલબ્ધ ન કોલાશી લક્ષ્યાયુભાઈને કોઇ પણ જાતની લિલેબ કર્યા વગર વધુ શારવાર માટે અમદાવાદ ક્રિલિલ કોસ્પિટલ લાઇ જવાનું કરેવામાં આવ્યું.

માટે અમદાવાદ શિલિલ હેલ્પિટલ લઇ જવાનું કહેવામાં આવ્યું.

અમદાવાદ પહેંચતા સુધીમાં તો તેઓ લેભાળ શ્રંછ ગયા હતા.તેમને શ્રાસ લેવામાં ખુબજ તકલીક પડતી હતી.લિલિલ હેલ્પિટલમાં પહોંચતા જ તેમને દાખલ કરવામાં આવ્યા.તેમની કાળજીપૂર્વક પૂછપરજ કરવામાં આવ્યા.તેમની કાળજીપૂર્વક પોક્સ પ્રાથમ હતામાં આવ્યા.તેમની આ પણ કરવામાં આવ્યા તકાવણભાળ ને ચોક્ક્યમાં એક તેમ પ્રાથમ હતામાં તેમની લિક મશીન પર દ્વિમાં સાચેમાં માટે શું હતામાં આવ્યા.તેમને તેમને હત્યે જેવન આપવામાં આવ્યા. તરફ વિધારોત એટલામાં આવ્યા.તેમને તેમને હત્યે જેવન આપવામાં આવ્યા.તેમને તેમને હત્યા હત્યા તેમને હત્યા હતામાં આવ્યા. તેમને લિલાતમાં સાચા લેવામાં આવ્યા આવી.પીમ પીધે ર દિવસની સારવારને એટલાઓ અંત લક્ષ્યાણભાઈની તેમને લિલાતમાં સાચા શ્રે શ્રો કર્યા હત્યા તેમને તિલાતમાં વધારે સુધારો જેવાતા તેમને લિલાતમાં આવ્યા હતામાં આવ્યા. તેમને કાર્યા મારે લાગ લેવામાં આવ્યા. તેમને કાર્યા સ્થાન પડ્યું છે... પણ કર કરવામાં આવ્યા.તેમને કોસ્કરીને કહ્યું : "સાઢબ આજે તમારે કારણે મને નતું જીવન પડ્યું છે."

(સત્ય પટના પર આધારિત,પાત્રો કાલ્પનિક છે......સાભાર – ઇમરજન્સી મેડીસીન વિભાગ,સિવિલ ક્રેસ્પિટલ,અમદાવાદ)

ARTIST-- Dr. Ambika Bhatnagar - Medical Intern

- 3 ACHIEVEMENTS —Graduation(visharad) inKathak dance......Won second position in dance competition in classical category at the 39th South Asian Socio-Cultural, Literary and Sport meet, Pulse2011, conducted by A.I.I.M.S.....Dance competition winner in 'B J BEATS' (2012-13) in solo and group dance competition. Performed at Taj Mahotsav-Pestival of art, craft, culture and cuisine in 2004-6.....Won several dance competitions organized by Sanskar Bhartiya Natya Kendra, Sangeet Kala Kendra, Globe International literary and cultural organization and other national literary and cultural organization and other national level cultural organizations
- 4 ABOUT HIS/HER ART -- From 2nd standard I strted Kathak training since then dance has been a major part of my life. Whenever my brain used to get blocked after continuously cramming books for hours, and used to stop absorbing anything, I uses to dance.infact my roommates used to join and with just one session of dance we were all fresh ..ready to learn and absorb more also dancing is about expressing and communicating to the audience, which helps, as a skilled doctor also needs to communicate well with the patients.
- 5 ABOUT TIME SPARING FOR ART -- Now it's hard to take out time for practicing but it's not impossible. occasions like cultural fests encourage us to keep our art form alive. I never had problem in taking out time for dance since it's as essential as breathing for me. I dance to celebrate happiness in my life and to cheer me up when I feel low.
- 6 ABOUT HIS INSPIRATION FOR ART -- My grandmother was great inspiration for me.....being a disciple of indian classical music she forced my parents to get me trained in Kathak dance form..... my guruji (Shri Suraj natraj pal), pandit birju maharaj, madhuri Dixti and hema malini
- 7 ADVICE TO FRIENDS --Your art is not a leisure activity it should be a necessity especially in a bit fru of mbbs. It breaks the monotonous routine and refreshes your brain.your talent shapes your personality and

MURMUR "SCUL"

** 5 લા ગાં. ** કર્યા પાર્ટી અહિલાની અની કે બેલાં સ્થાનનાન્ય પ્રયાભે છે! સ્થાદી પાત્ર હતુમાન પાંચ છે. કેમાની લાત અભેગોની વિષ્યા પાત્ર પાત્ર બેલાં આવ્યાં પાત્ર પાત્ર બેલાં આવ્યાં પાત્ર પાર્યા પાત્ર પાત્ર પાત્ર કેમાની લાદી કૃષ્ટિલા સુધી આવતી પાત્ર વિષ્ટે કર્યાં તે હતું કૃષ્ટિલા સુધી કૃષ્ટલા હતું બેલાં આ સુધી કૃષ્ટલા હતું બેલાં આ સુધી કૃષ્ટલા હતું અલિક આ સુધી કૃષ્ટલા હતું અલિક સામ અને ક્ષ્યું દેશ કરવામાં કૃષ્ટલા સ્થાન સ્થાન સ્થાન કૃષ્ટિલા કૃષ્ટલા ક

CA- TOON BY - KAIVAL PATEL 3RD YEAR





Never Justify Person by his Religion Its one's own moral values that makes that makes him Good or Deutl.

Independence day was celebrated with great enthusiasm at B.J.M.C.....students presented patriotic songs on this occasion.

•First year students (batch 2015) have taken entry in our college welcome to all of them !

CAMPUS LIVE

For prevention of Dengue / Malaria / Chikungunya etc, students are requested to take appropriate preventive measures suggested by Authority. Please contact immediately a 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 who he or she knows in case of any difficulties. Following is list of Teachers who are members of Anti-Ragging Committee of B.J.Medical College, Ahmedabad

STETHOSPEAKS

People's President (Compiled by Dhruti Pandya III/II)

Avul Pakir Jainulabdeen Abdul Kalam, popularly known as APJ Abdul Kalam, is one of the most influential personalities of India as a great scientist. This former President of India, i.e., 11th President of India was a lot more than just a political figure. His childbood: He used to circulate newspaper while he was a child for living. But he used to circulate paper only after he has read whole of it. His dedication towards gaining knowledge was imprecable. His long hair style: By birth, Abdul Kalam had one half ear: So he used to cover one of his ears with his hair. His distinctination towards marriage: He believed that marriage and children would lead to selfishness towards life and he didn't want to do so as he had dedicated his life for serving the nation to say he had dedicated his life for serving the nation to space and define programs in India: He was one of those scientists who had started working with ISRO during the agency's early years and a part of India's early space program. Dr Kalam was the Director of the project that indigenously developed to the SIV-HII (Space Lunuch Vehicle) and also the PSLV-which is operational even today and was used in the Moon and the Mars Missions. In 1980, SIV-III successfully injected the Robini satellite into a near-Earth orbit and made India an exclusive member of the Space Club.

he SLV-III (Space Launch Vehicle) and also the PSLV- which is operational even today and was used in the SLV-III (Space Launch Vehicle) and also the PSLV- which is operational even today and was used in the second of the SLV-III successfully injected the Robini satellite into a near- Earth orbit and made India an exclusive member of the Space Clab.

And the with ISRO, Dr. Kalam took up responsibilities for developing Indignous Glided Missiles at the DRDO which led to the concurrence of AGNI and PRITIVI missiles. He also led the Pokhran-II nuclear tests that made India a nuclear weapon state. It is said that thing India Gandhi's regime. Dr. Kalam was the man who convinced the Prince Minister for an advanced missile program for the country- and despite the disapproved of the Union Cabinet, PM Gandhi had secretly funded Kalam's aerospace and defence projects. And the rest, as they say, is history.

His contribution as President: He toured and travelled almost all villages, districts and cities in our country, and interacted with millions of youth and others. He came to a general understanding of the problems faced by the citizens. So, he prepared intense reports regarding the plan of actions, addressing every problem. His visions, his dreams and his actions go hand in hand. He may have been old, but is dedication and determination to improve and develop our nation was absolutely incredible.

"I have identified five areas where India has a core competence for integrated action: (1) agriculture and food processing (2) education and healthcare (3) information and communication technology (4) infrastructure, etilable and quality electric power, surface transport and infrastructure for all parts of the country and (5) self reliance in critical technologies."

His declination to context 2012 presidential Poll: "Many, many citiens have also expressed the same wish. It only reflects their love and affection for me and the aspiration of the people. I am really overwhelmed by this support. This being their wish, I respect i

wettate of students. He was the first scientist and bachelor to reside in the Rashtrapati Bhavan he was noted for his integrity and simple lifestyle. He never owned a television, and was in the habit of rising at 6:30 or 7 am and sleeping by 2 am. Being a Mallim, daily namaz and fisting during Ramazan were integral to his life. His few personal possessions included his books, his veena, some art of clothing, a CD player and a laptop; at his death, he left no will, and his possessions went to his eldest brother, who survived his

BJMC STUDENTS WITH ARI IN MEDICAL TOURISM



FACE 2 FACE

How do you see - "People's President" - Dr. A.P.J. Abdul Kalam?

-Indian Constitution doesn't allow Presidents' to do much. But some people just don't rely onenportunities, they create them and Dr. Abdul Kalam was one of those. With his selflessnessand affection for the people of his country, he has become immortal in the hearts of ourcountrymen. In his absence now, it is not the time to moan, but to strengthen our shoulders and lift the country to fulfill his dream — VISION 2020!

By: Jenil Thakkar, 1st year

-Dr. APJ Abdul Kalam – the Missile Man of India – who unequivocally was "Made in India", hasleft this mortal Earth, but not our immortal soul. The life he lived is an epitome for us Quoting him, "Excellence is a continuous process, not an accident", India needs to makeindefatigable efforts so as to make his vision for the nation to come to life. the nation to come to life. By: Rutvi Pandya, 1st year

-I see Dr. Kalam as an embodiment of the proverb, "To him, that will ways are not wanting." The journey from a poor fisherman's son to ISRO and then to Rashtrapati Bhavan is as awe inspiring as it can be. A visionary, a genius and a personality so wast and great—the zeal for knowledge, the continuous efforts and humbleness despite success. Though he is not among us bodily, his vision and works will always act as a beacon for the country. Rest in peace, Dr Kalam. By: Lakshmi Shankar, 2nd/due

On 27th July this year, India lost one of its most valuable assets, Dr APJ Abdul Kalam – a scientist, a former President, an inspirational leader, above all, an enthusiastic teacher who had the conviction that the only way to uplift the nation is by educating the upcoming generation and he did utmost for the realization of the same. Truly, president Kalam has done it all, from designing rockets missiles to leading a country, just as toddless dream of achieving! His life itself is only like his message to the youth. By: Shriraj Talati, 2nd/due

In a country like India where Presidential post is just a rubber stamp, with Dr. Abdul Kalam, we got someone who was above the political affairs, who was a role model of millions, who was idealistic, who was influential, who was a visionary—these virtues made him "People's President" Having heard our grandparents saying that they have seen times of Gandhi and Sardar, we, in future, will proudly tell our grandchildren that we have seen times of Kalam—such manalastic was his to see

-Dr. APJ Abdul Kalam - an impeccable human being, a man of thoughts, lessons and visions, "Bharat Ratna", a man of integrity and simple lifestyle. He always intended to share his experiences, helping the youth to jaint tehr imagination and preparing them to work hard and with passion for a developed India. Dr. Kalam was an embodiment of the eelecticism of India's heritage of diversity. India has never had a more beloved President. Blessed are we to have had such a "Pecople's President."

-Dr. APJ Abdul Kalam's life is an open book and an inspiration for every Indian. When you are as determined and as dedicated, however humble your determined and as dedicated, however humble you background is, you are sure to succeed. He was an epitome of selflessness, simplicity and the perfect example of a great leader. He wanted to be remembered as a teacher and taught us the biggest lesson of life — "How to Live."

By: Anees Puthawala, 3rdFinal

-As a President, he broke many protocols - he -As a President, he broke many protocols - he interacted with the common man, opened the gates of Rashtrapati Bhavan for the common man, cared for countrymen and above all, even after his demiss resides in the bearts of the people of our nation!

"People's president" he was indeed:)

By: Vishakha Tyagi, 3rd / Final

DISSECTION

Ignited Minds
(By: Kavan Takvani, Zad/due)
"Dream, dream, dream. Dreams transform into thoughts.
Thoughts result in actions: "The vision of the former Indian
President, Dr. APJ Abdal Kalam – which he shares with us in

"Dream, dream, ferom. Dreams transform into thoughts. Thoughts sent in actions." The vision of the former finding broughts are in actions." The vision of the former finding significant to the state of the state of

Editorial Board: