

QUOTATION :
The true sign of intelligence is not knowledge but imagination.

-ALBERT EINSTEIN

PRASHAMAN

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Travel within (Dr.Arjun - Resident Doctor)



Surya-namaskara is rhythmic Yogasana series done with respiratory control. It contains 12 steps and there are specific Mantras for each step. Let's start to learn them.

4. Ashwa Sanchalanasana (Equestrian posture) : On your next inhalation, extend the left leg back and drop the knee to the ground. The right knee is bent and kept between the hands and the right foot placed flat on the ground. Lift the spine and open the chest. Concentrate at the eyebrow center.
5. Parvatasana (Mountain posture) : On the exhalation bring the right leg back to join with the left leg. Simultaneously raise the buttocks and lower the head between the arms, so that the body forms a triangle with the floor. Try to place the heels flat on the ground. Focus awareness at the neck area. This posture strengthens the nerves and muscles in the arms and legs, stretches the calf muscles and Achilles' tendons and makes the spine straight and taut. It relieves varicose veins and tones spinal nerves. Maintaining the posture take a deep inhalation.
6. Ashtanga Namaskara (Salutation with eight limbs) : Exhaling gently drop both knees to the ground and slowly slide the body down at an angle as you bring the chest and chin to the ground. All eight limbs - toes, knees, chest, hands and chin - touch the floor. The buttocks are kept up. Hold the breath. This posture develops the chest and strengthens arms. It sends additional blood to this area helping to rejuvenate the nerves.

HATS OFF 2 U DOC !

साइडनी
(By:Rishi Pandya)

बात है पलकनी 2014 की। एक अच्छे घराने में दसरे बच्चे की किलकारी गुंजी। कामसिस्ट पिता रिजेशभाई व माता कमलाबेन के जीवन में नन्ही पत्नी सागरिका के आने से खूबी रंग गई। तीन-चार बच्चों तक उनका जीवन सामान्य रहा। जब वो बच्ची का टीकाकरण करवाने से गए, तब डॉक्टर ने बच्ची को देखकर कहा कि 'बच्चा सर धोखा बड़ा लग रहा है। इसकी जांच करवाओ।' सी टी स्कैन में आया कि सागरिका को सेरिब्रल है। पर कुछ समय बाद पिता को मरण नहीं माना। वो सागरिका को सिविल अस्पताल को विशु विभाग में ले आए। यहाँ उसे ICU में भर्ती कराया गया। तब सागरिका डेड मर्दाने की थी। यहाँ पता चला कि सागरिका को विभाग की बीमारी -सेरिब्रलइन्फेक्शन है। यह ब्राइटेलेन्स निमोनिया के पीछे ही सेरिब्रल केलिब्र व सेरिब्रलइन्फेक्शन के कारण सेरिब्रल पर रखा गया। इस कारण उसका MRI नहीं किया जा सका। विशु विभाग में न्यूरोसर्जनी विभाग को रेफरन्स भेजा। वक़्त सब भी सागरिका की देखभाल में लग गए। सभी को सागरिका का सिविल अस्पताल का सारा जर्नल दिन की सोजनी नहीं देख पायी।असलत पढ़ने पर उसकी तीन न्यूरोसर्जनी की गई। प्रतिकूल परिस्थितियों के बावजूद, माता-पिता को सिविल अस्पताल के डॉक्टरों पर पूरा भरोसा था। लगातार डाई मर्दाने तक पिता ICU के बाहर किसी करिबमें की आस में बैठे रहते थे। जैसे मन ही मन सागरिका कह रही हो 'आगे ये खूबी डोरी, पाने की पुन बाली, मेरे सपनों को जलाया सारी रात भले करिबमें लेती जाँगी, भले सिविल भले जाँगी, बस इतनी सी याद तो रिबमें लेती बात, लेती साइडनी में छोड़ती ना तेरा हाथ।'

आशा अमर है - माता-पिता की निष्ठा व डॉक्टर की मेहनत आखिरकार ये लाई।सागरिका ने मीठ से लडकी रही।उसे साढ़े तीन पाइ की उम्र में अस्पताल से घर ले जाया गया। समय बना नहीं करया सकली। किसी भी तरह का मेडिकल बेकाउण्ट ना होने के बावजूद सागरिका की घमनी उसके लिए किसी नर्स से भी बेहतर साबित हुई। रायलव ट्यूब इंसर्ट करने से लेकर कानसा इन्जेक्शन कम, कैसे व कितने डोज में देना चाहिए-यह सब उन्होंने बखूबी सीख लिया।

शिशु विभाग की लगातार कोशिश व माता-पिता के सहयोग के कारण जो सागरिका हर पल मीठ से जुड़ रही थी उसे साढ़े आठ महीने की जिन्दगी नसीब हुई। करते हैं कि **Some Infinites are bigger than other Infinites!** सागरिका की ये छोटी-सी जिन्दगी उसके माता-पिता का दिलिगी भर की खूबी है गई।

(सब घटना पर आधारित, पात्र काल्पनिक हैंघन्त्यवार शिशु विभाग, सिविल होस्पिटल, अहमदाबाद)

Art-O-Grphy

1. **ARTIST-** Priyanka Alurkar - Medical Graduate
2. **ART-** Scuba diving. I also like sketching and dancing
3. **ACHIEVEMENTS-** Trained scuba diver upto advanced level, done 70 dives till now.
4. **ABOUT HIS/HER ART-** I got introduced to scuba diving for the first time in mauritius. And I got so passionated that I decided I want to take formal training. So I went to Goa and started from the basic level. I cleared the exam and got certified as a scuba diver. Thereafter I have been diving in andamans, Bali, philippines, red sea, and Australia. It breaks the monotonous routine and refreshes your brain,your talent shapes your personality and determines your individuality.therefore never abandon your talent.
5. **ABOUT TIME SPARING FOR ART** - Given the fact that my passion is not very accessible everywhere, I have to spare atleast 8 days once a year to travel. But I believe the time you spend in such activities is quality time and it is an investment for a person's overall development.
6. **HOW DOES THIS PASSION HELP IN STUDIES-** It is difficult to say if diving has helped me in studies. But every dive trip is rejuvenating. I come back with a clear mind and this helps me to be more focussed in studies. Also diving has helped me increase my stamina and be a tougher person.
7. **ABOUT HIS INSPIRATION FOR ART** - My inspiration is my dive instructor back in goa, who is a 55 year old diver and yet is so full of life. He has always encouraged me since the time I started training with him.
8. **ADVICE TO FRIENDS-** Live life, meet people & do something that is beyond books. Always follow your passion.

CA-TOON BY - ROHAN GAJJAR-2nd YEAR



Sumit Saboo (2nd/ 1st) made it to the Semi-Finals in Men's Singles Badminton in Pulse 2015 AIIMS, New Delhi.

Blue day and Black Day were celebrated on 5th and 12th October 2015 respectively by the students of 2nd/ 1st.

CAMPUS LIVE

- CME on "Autopsy" was conducted by the Pathology Department on 10th & 11th October 2015, which received 210 registrations.
- 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 who he or she knows in case of any difficulties.

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Stethospeaks

The Legacy Continues...

As another successful year nears its end, and as you attend to your priorities, it is time to bid you farewell. You have nurtured Prashaman and have augmented its growth with every edition. With every pair of eyes galvanizing your hardwork, Prashaman has grown strong and profound. With eyes glimmering of excitement and dedication, we are filled with pride as we take on your roles. We thank you for your overwhelming support and immense contribution. We hope to take Prashaman to even greater heights. Goodbye and best of luck!



DHRUVI PANDYA



SURBHI NAIK



YASH OZA



MOHIT MAKWANA



HARSH VYAS



MRUDEV GANDHI



NIKHIL BATHIJA



KEVAL PATEL

Face 2 Face

1st October is celebrated as National Voluntary Blood Donation Day. Red Ribbon Club successfully organized a Blood Donation Campaign during 1-7 October. Prashaman talked with some donors of the campaign and tried to know their feelings.....



Chintan Panchal (2nd/1st): Once my Grandpa met with an accident. At that time somebody donated blood & he survived. Since then only I decided to donate blood regularly. I request all not to trust rumors that blood donation brings weakness. It's a heavenly feeling.



Viraj Shah (2nd/1st): The Blood Donation Campaign motivated me to donate blood. It's really nice to know that we too can do something for the needy ones. We've been blessed with so much. So we should help by any means to those who really need it.



Maharsi Raval (2nd/1st): Initially, the piercing was painful, but later on it was an explicable feeling. There are so many cases where there is emergency need of blood in Civil. So, we all must donate blood regularly.



Krupa Vakharia (2nd/1st): Being eligible for the Blood Donation itself was too delightful for me. Because I didn't expect my Hb level to match the standards. Our Journey in medical is too long. But still then we can save so many lives by this noble job. At last, I'm the first girl of Campaign. Yippeee....!!!



Yash Shah (2nd/1st): Donated Blood for the second time. But the excitement & joy was no less. Felt really proud for being part of this Campaign. These types of Campaigns keep motivating people. Really it's an awesome feeling.



Harsh Bhandari (2nd/1st): I wanted to donate blood since very long. But I was like, afraid of that. Thanks to this campaign I could donate my blood and trust me there is nothing to be afraid. I'll surely donate my blood regularly at 3 months. I request you all too, DONATE BLOOD, SAVE LIVES.

DISSECTION

Book: THE GAME OF THRONES - A SONG OF ICE AND FIRE
Author: George RR Martin
Reviewed By: Priyanshi Gupta (2nd/1st)

"Can a man still be brave when he is afraid? That is the only time a man can be brave."
Written by American novelist and screenwriter George RR Martin, the first volume of "A Game of Thrones" series has the whole world reading, watching and now writing about it.
Starting the series is like embarking on a journey of royal kings, raging battles, brutal murders, shady conspiracies, heartbreaking betrayals, captivating magic and the unforgettable majestic dragons.
You will find yourself intrigued with the stunning complexity of the characters and the immaculate patience and ingenuity with which the author establishes a connection between them.
As you progress into the story, you will face a plethora of emotions as your favorite characters are murdered, mutilated or crushed to death; being a frequent occurrence in the series.
The taut and gripping storyline makes the series highly addictive and is a must read for all avid readers.

DESIGNED BY:

Deep Patil(2nd Due),
Jenil Thakkar(2nd 1st)
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