B.J.M.C. Monthly Wall Magazine

प्रशमन्

Outcome of Medicoz Creativities

Vol. 1, 3rd Issue
August 2011

BjDay

A couple is lying in bed one night when the woman turns to the man, smiles and says, "I'm going to make you the happiest man in the world".
The man replies, "I'll miss you..!"

Does It Click???

Identify the Person and put your answers in Drop-Box. Name will be displayed in next issue.

Last month's Answer:
Robin Cook
-author of many medical thriller books

Face 2 Face

With the admission procedure for various professional courses running in background, KAMAL BHATT on behalf of PRASHAMAN took an interview of the parent of an enthusiastic fresher of BJMC on their first visit to Civil campus.

Prashaman: First of all, Sir, I would like to congratulate you on behalf of our magazine for success of your son in board exams and getting admission in BJMC. What was your reaction when you heard about his result?

Parent: Thank you! When I heard about his result, I was indeed very happy .I just hugged him and tears ran through our eyes. I am very proud of him .It was like a dream come true for him. I was extremely satisfied as two years of his efforts and hard work finally came out with flying colors. Before results I was hopeful that he will get somewhere in MBBS but getting into BJMC, the top medical collage in the state, added more cheers.

Prashaman: That reminds me of my own result day for a moment. You have got a medical college at your hometown. What was the reason for selecting BJMC?

Parent: I have no doubt that BJMC is the best medical collage in our state with maximum number of students and good educational facility. This is first place that comes to your mind when you think about medical collages. It's also affiliated with very large CIVIL hospital which will add to a students clinical knowledge. So I thought it would be good to get admitted to a better collage even if has to leave our home town. I have also heard that GUJARAT University has more seats for Post-graduation.

Prashaman: It seems that you have collected a good bit of information prior to admission. Was the decision of getting in BJMC his own or yours?

Parent: Well, we both and, of course, his Mummy discussed in detail and after looking at all the pros and cons, we took this decision together as a family.

Prashaman: Your son would be staying here at hostel and would have many new experiences. How do you see this transition from life at home to hostel, being two poles apart?

Parent: Recaptulating my own experience at hostel, I think that this would be his golden period of life. He would come to know about good and bad things will learn to differentiate them and choose what is best for him. It will make him self-reliant and will give him experiences with a variety of situations and people. He would develop a whole new understanding of life. He would have a glimpse of the world which he will be facing tomorrow. I'm bit anxious, weather he will be able to cope up with this situation or not. But sooner or later it would be very helpful to him in his life. It will make him mature.

Prashaman: The hostel life is indeed a paradigm shift. Moreover there would also be change in medium of education from Gujarati to English. What is your take on that?

Parent: Yes, there would be a few difficulties to begin with, but he would gradually learn English, just like his other curricular subjects.

Prashaman: In which field of specialization would you like to advance your son after MBBS?

Parent: This decision entirely rest on him as to what passion he develops during his under graduation.

Prashaman: What according to you is the role of Extra-curricular activities in college life?

Parent: Until now he was engrossed in his studies, preparing for board exams. So he had not got enough time to do such activities. But I will encourage him to take part in activities of college, so that he develops good communication skills and learns to do work as a team. He has also a great inclination towards playing Guitar, but due to lack of time he was not able to practice it much. I think he will get some time now to move ahead in this direction.

Prashaman: I'm glad to inform you that various community activities organized by NSS group & our college fest, BJ Beats will help him to boost his creative side. This brings me to my last question .You might have heard/read about "Ragging". What is your view point regarding this sensitive issue?

Parent: There is hardly any suspicion that a healthy interaction between seniors and juniors is an integral part of hostel and college life. Seniors help a lot in studies and help the new comer to cop up with this strange environment. The relation between a senior and junior must be similar to that between a younger and an elder brother. But sometimes in the heat of pseudo power and strength of bully seniors, some lame newbie has to suffer. I strongly oppose and discourage Ragging. I consider Ragging to be a kind of mental perversion and nuisance. I believe that the students, of the cadre of BJMC, are well mature enough not to indulge in such activities.

Prashaman: I assure you that nothing of that sorts happen here. Thank you for your precious time. Thanks a lot.....

Interviewed by
Kamal Bhatt
3rd 1st MBBS

SCIENCE ARTICLE

Ongoing War

Rutviz Mistry
Intern

5th June, 2011 marked the completion of three decades of identification of first case of HIV/AIDS. Then, no one had imagined the degree to which the infection would spread in such a short span. Presently more than 33.4 million individuals survive with this disease which WAS considered to have no treatment. Recently there was a buzz in the Medical Community when Mr. Timothy Brown, presently 45, diagnosed HIV positive in 1995, had been declared completely 'FREE' from the disease. He is famous among the medical circles as "THE BERLIN PATIENT"

In 2006, he was on anti retroviral therapy when he was diagnosed for Acute Myeloid Leukaemia (FAB M4 subtype). He was treated with two rounds of induction chemotherapy after which he developed renal failure. HAART was discontinued for a while, which resulted in HIV viral rebound (diagnosed by serial PCR for viral counts). Seven months after the initial diagnosis, his AML relapsed. Allogenic stem cell transplantation was done. Out of the 80 HLA matching subjects, 64 underwent screening for the CCR5 mutation and only one matching donor was found. Post transplantation, he was negative for HIV, HAART was stopped and he is still HIV negative with 3.5 years of follow up.

The trick in this case was the deliberate selection of the homozygous CCR5 mutant by oncologist Gero Huetter and his colleagues at Berlin's University Hospital who treated Timothy. To enter target cells, HIV-1 requires both CD4 and a co-receptor, predominantly CCR5. Blocking of the preferentially used CCR5 receptor by inhibitors or through gene knockdown, will bring antiviral protection. The homozygous CCR5 delta32 deletion, observed in approximately 1% of the white population, offers a natural resistance to HIV acquisition.

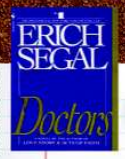
Past attempts to graft "immune" T-cells failed, due to the long lifespan of the victim's infected T-cells. Long lifespan bought the virus enough time to mutate and overcome the graft's immunity. But in Mr. Brown's case, the chemotherapy killed enough of the infected cells that the mutation was not able to occur (in HIV, to overcome the newly acquired immunity). CCR5 delta32 is associated with high but not complete resistance to HIV-1. Mr. Brown was fortunate in that a donor was found who happened to have this mutation. Most won't be that lucky. But researchers are hoping to create stem cells from the patient's various cell lines, differentiate them into T-cells, and finally using gene therapy to knock out the CCR5 receptor DNA.

Certainly, the treatment Brown received could not be applied to the millions of people infected with HIV — it is far too risky and expensive for that. But its results offer proof that there are ways to turbo-charge the immune system to prevent and even fight off established infection without taking a cocktail of pills every day, the officials wrote in the Annals of Internal Medicine.

This treatment may not be viable to extend to the common man but this case was the breakthrough of 30 years of tireless research in the field of HIV treatment which seemed fruitless till date.

This case brings hope to the medical fraternity: What mankind has achieved in case of Tuberculosis, Plague and countless other disease CAN BE REPEATED with HIV.

(Reference : Long-Term Control of HIV by CCR5 Delta32/Delta32 Stem-Cell Transplantation,The New England Journal of Medicine 2009; 360:692-69)



-DISSECTION-

"BOOK REVIEW - DOCTORS by Erich Segal"

This is the story of four medical students at Harvard Medical School. These guys in their schooling days passed through few such events that inspired them to choose this profession. They tried their best & ultimately they were called by Harvard for their medical curriculum...

The life in Harvard breaks some of them while it forces others to fulfill their dreams & satisfy hunger for secrets of human body. The novel describes inhuman pressure on docs. It also validates Charles Darwin's theory of natural selection:" BECAUSE IN MEDICAL SCHOOL, IT IS THE SURVIVAL OF FITTEST NOT THE SMARTEST"

Medical profession is the most satisfying profession of all but on the other side of coin it is the cruel most. Novel describes intolerable pressures on medical students & doctors but this 'Men of God', as often quoted by people; handle this cruelty & serve the mankind smiling. But paradoxically, doctors are treated with sarcasm & disgust by some people. We all know that these immortal acts & malpractice are sins of minority. As a matter of fact, Medical profession contains far more saints than sinners.....

The novel also illustrates most troublesome time for docs... It is when he knows the diagnosis but can't treat the patient. It is the time when patient (& a doctor too) surrenders to god & you despite being physician can't do anything but to stand beside your patient speechless.....helpless.....

The maladaptive lifestyle of doctors is also aptly written. "WHY DOCS FAIL TO CARE FOR THEMSELVES?" There is no suitable answer for this but this is no more than one of the painful realities of life in an unbelievably demanding profession." So sometimes doctors are called as "WOUNDED HEALERS" or "THE IMPAIRED PHYSICIANS"

-Nikhil Rupareliya, Intern

MEDISKETCH

STETHO SPEAKS

" બુદ્ધિ કેરા સીમાડા જ્યાં બધા અટકી ગયા,
એ પછીના મ્હેલોને શ્રદ્ધા સંતો કહી ગયા."

જગતના પ્રાચીન ધર્મોમાંનો એક એટલે મહાભૂલો જૈન ધર્મ. વિશાળ મહાકાય પ્રવ્રજ્યાસ્તરના અવશેષો ક્યાંક્યાં મળી આવે કે પછી મહાકાય વૃક્ષી અને મહેલોના પુરાવા ક્યાંકથી મળી આવે તો કુનિયામાં અવશ્યજનો માહોલ સર્જાઈ જાય! અરે! પ્રવર્તમાન ચોવીશીના ચોવીશ જૈન તીર્થંકરોમાંના પ્રથમ તીર્થંકર એટલે ભગવાન આદિનાથ પ્રભુ, જેમની કાયા પાંચસો ધનુષ ઊંચી હતી અને તેમો ત્રણ ટગલામાં શત્રુંજય પર્વત ચઢી જતા હતા. વળી એમનું આયુષ્ય તો ગણિતિક ક્રિયાઓથી પણ ન ગણી શકાય તેટલું દીર્ઘ હતું. આ કોઈ વાર્તા નથી, જૈન ધર્મગ્રંથોમાં તેનો સમય અને સંજ્ઞોત્ર સાથેનો ઉલ્લેખ મળી આવે છે. જૈન ધર્મના સ્થાપક પ્રભુ મહાવીર હતા, એ વાતને તો આથી આપણે રહિયો જ આપવો પડે.

As stated in one of the websites of Jainism "There is no fixed date of origin of Jainism" એટલું જ નહિ, પ્રવર્તમાન ચોવીશી પૂર્વે પણ અગણ્ય અતીત ચોવીશીઓ અને અનાગત (ભવિષ્યની)ચોવીશીઓ પણ અગણ્ય! કાળચક્ર ચાલ્યા જ કરવાનું પણ રહેશે શાશ્વત જૈન ધર્મ, શત્રુંજય પર્વત અને મહામંગલકારી નમસ્કાર મહામંત્ર (નવકાર મંત્ર).

પર્વોમાં પર્વ એટલે પર્યુષણ મહાપર્વ. પર્યુષણ એ કોઈ તહેવાર નથી. અહીં તો ત્રણ ટંક ભોજન છોડીને તપની વાત. અહી તો ' તેરા-મેરા' છોડી ત્યાગની વાત. બદલો લેવાનો ભાવ છોડી જ્ઞાતને બદલવાની વાત. વ્યવહારોમાંથી બહાર આવી વૈરાગ્ય તરફની વાત.

અને એટલે જ આપણે પર્યુષણને એક 'પર્વ' કહેતું પડે. આવા પર્વાધિરાજ પર્યુષણની શરૂઆત દર વર્ષે શ્રાવણ સુદ બારસના રોજ થાય (According to Lunar Calendar) અને તેરસ, ચૌદસ, અમાસ, ભાદરવા સુદ એકમ, બીજ, ત્રીજ, ચોથ એમ આઠ દિવસ પળાય છે. આ વર્ષે પર્યુષણ પર્વ તા. ૨૫/૦૮/૨૦૧૧ થી ૧/૦૯/૨૦૧૧ દરમ્યાન પાળવામાં આવનાર છે.

આ પવિત્ર દિવસોમાં જૈન મંદિરોમાં (જિનાલયે, દેહેરાસર) ભક્તોની ભીડ સમાતી નથી. પૂજા-અર્ચનાયે લોકો જ્ઞાય છે. ઘણા લોકો અઠ્ઠાઈ તપ (આઠ દિવસ ઉપવાસ-સંપૂર્ણ અન્ન ત્યાગ), અઠ્ઠમ તપ (ત્રણ દિવસ ઉપવાસ) વગેરે કરતા હોય છે. પર્યુષણ પર્વનો પાયનો દિવસ-બાળકોના સુદ એકમ. આ દિવસે ચતુર્વિધ જૈન સંઘ (સાધુ, સાધ્વી, શ્રાવક, શ્રાવિકા) પ્રભુ મહાવીરના જન્મને ભાવોલ્લાસથી વધાવે છે. આ દિન તો માત્ર ઉજવણીનો છે. મૂળ જન્મ કલ્યાણક એટલે ચૈત્ર સુદ તેરસ. પર્યુષણનો આઠમો અને અંતિમ દિન એટલે પરમ-પાવન મંગલકારી સંવત્સરી. આખા વર્ષનો રૌદ્રી પાવન મંગલમય, મહાન દિવસ. આ દિવસે જૈનોના મૂળ ધર્મગ્રંથ 'કલ્પસૂત્ર' ની બારસો ગણાવાળા 'બારસા સૂત્ર' નું જૈન ઉપાશ્રયમાં આચાર્ય મહારાજના મુખે વાચન થાય અને સમસ્ત જૈન સંઘ સાંભળે. બપોરે ત્રણ કલાકનું પ્રતિક્રમણ થાય જેમાં આખા વર્ષના પાપોને પખાળવાનું મહામૂલું અનુષ્ઠાન આયોજાય અને બાલ-વૃદ્ધ સૌ એમાં જોડાય, જિનાલયોમાં જિનેશ્વર ભગવાનની આલેખુલ આંગી-શણગાર થાય.

" ખામેમિ સવ્વજીવે, સવ્વે જીવા ખમંતુ મે॥ મિત્તી મે સવ્વભૂએસુ, વેરં મજ્ઝ ન કેણઈ॥"

ભાવાર્થ: હું સર્વ જીવોને ક્ષમા આપું છું, સર્વ જીવો મને ક્ષમા આપે, મારે સર્વ જીવો સાથે મૈત્રી છે અને કોઈની સાથે વેરભાવ નથી. આવી ઉચ્ચ ભાવના સાથે આપણે આવનારા પર્યુષણના દિવસોમાં ભક્તિમય બનીએ એજ શુભ આશય સાથે આપની સાથે આજદિન સુધી કયારેય પણ મનદુઃખ થયું હોય, વિચાર, વાણી અને વ્યવહારમાં કોઈ કયારા રહી ગઈ હોય તો હું ગ્રે. ઉત્સવ આપને મન, વચન અને કાયાથી 'મિચ્છામિ દુક્કડમ્'(મારાં પાપ મિથ્યા થાઓ) પાઠવું છું.

' પર્વ પર્યુષણ આવ્યા રે,
તમે પૂણ્ય કરો પુણ્યવંત,
ભવિક મન ભાવ્યાં રે. '

પર્વાધિરાજ પર્યુષણ

Dr. Utsav Shah
BJMC batch 2005

MURMUR

राखी का त्योहार

भाई-बहन का रिश्ता कुछ इस तरह से है
जैसे आंखो और पलको की अपनी एक राह है
अगर आंख मे कुछ गिर जाये तो पलक झपक देती है
और अगर पलके कुछ देर ना झपके तो आंखे रो देती है...

यूं तो हमारा भाई-बहन का एक प्यारा सा नाता है
इस पवित्र रिश्ते मे बहुत अपनापन उभरके आता है
ये रिश्ता हमे कुछ ज्यादा ही पसन्द आता है
क्योंकि यहि है वो रिश्ता जो पुरे दिल से निभाया जाता है
राखी का ये धागा इतना मजबुत और प्यारा है
मेघधनुश के सातो रंगो से ज्यादा ये न्यारा है...

धडकन को दिल से कभी जुदा नही कीया जा सकता
वैसे ही तुम्हरे साथ बिताये लम्हे को कभी भुलाया नहि जा सकता
संगीत के सातो सूर सिर्फ तराने बनाते है
लेकिन इस रिश्ते का तालमेल उसे सरगम बनाता है...

-देवांशी शाह, 3rd 1st MBBS

B J ઉવાચ...

ભૂકેરામણ જાણ્યોઈ, રૈદિ ૬ મહાવિદ્યાલય,
"બજરંગ" અને "કુમુદવીલા" બે ભતના ગ્રંથાલય;
વિદ્યાર્થીઓ B રૂપના અહીંથી બધા ગુજરતા,
તેમાંથી માંડ અહીંસો નંગ એકી પ્રવેશતા;
મારું ખાર ડીસ્ટીન્ક્શનનું લોટફોર્મ છે એક,
પહેલી પસંદ બનતી કેમ કે PG લીસ્ટ છે અનેક;
મહાવિનાશ કેમ્પસ મારું કહેવાય છે 'સિવિલ',
જાંબામ ખોટું બદામ છે "રેસીડન્ટ ઓવેલ";
લેક્ચરમાં ફ્રીવા ટેકારથી કું ગુજરી,
બારસતરમાં 'આઠમા' કમ કું ગિરજરી;
દરેક સ્ટૂડન્ટ વિદ્યાર્થી ને લાગે ખાલી ગુ,
એ તો કરવે જ નહી જેની દર્મ કોચ ડ્યુ;
બીજે બીટ્સમાં મળ્યા મન તવા રૂપ આકાર,
સંજવનીથી શરુ થયા ખાલે ફરી ધબકાર;
કમણાં કમણાં મારું થઈ રહ્યું છે રિનોવેશન,
'પ્રશમન' નામે શરુ થયું છે રિબ્રેન્ડીંગ રિનોવેશન.

Vaibhav Karoliya
1st MBBS

The Lincon-Kennedy Coincidence

- LINCON WAS ELECTED IN 1860.
- KENNEDY WAS ELECTED IN 1960.
- KENNEDY'S SECRETARY WAS NAMED LINCON.
- LINCON'S SECRETARY WAS NAMED KENNEDY.
- BOTH MEN WERE SHOT DEAD IN THE PRESENCE OF THEIR WIVES.
- THE SUCCESSOR OF EACH PRESIDENT WAS NAMED JOHNSON.
- LINCON AND KENNEDY WERE CARRIED TO THEIR GRAVES ON THE SAME CAISSON.

'Campus Live'

- The new batch of first MBBS students has arrived and as per BJMC tradition a "White Coat ceremony" was conducted on 4th august. The freshers were briefed about the college and medical profession.
- The campus is abuzz with activities related to the protest by medical teachers for salary hike.
- Recently, A report by a popular magazine ranked B J Medical College as the 8th best amongst medical institutes in India. Indeed a proud moment for every BJite..!

"Something Quoted"

Too many people spend money they haven't earned, to buy things they don't want, to impress people they don't like.

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Design : Dr. Sumegh Prajapati, BJMC batch 2005