

प्रशामन

सुविचार

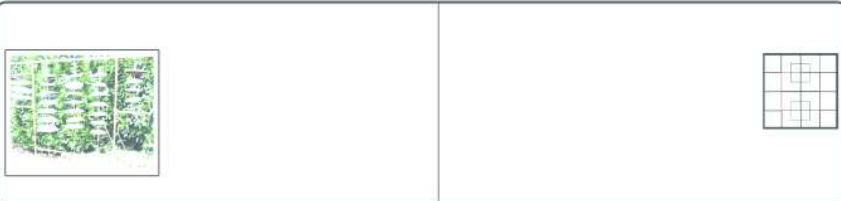
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Something Quoted

"Should mention your general feeling or general not mentioned them unless
 like of character always remain itself in the end!"

B@Y

A volunteer is reading out his friend's will.
 "I had to say something tough about you," I always said. I'd
 mention you in my will too..."



Campus Live

- We wish good luck to the 1st year students for their ongoing university exams. Hard work and perseverance is surely going to help them sail through the exams. The students are back on track after enjoying the Summer vacation.
- UG counseling is being held in our college. We welcome the new aspirants onboard.
- NSS Unit of BJMC in collaboration with Gujarat association of Kickboxing Organization conducted a "Self-Defense" class for girls on 1st July at Sanskriti Hall. It was an initiative taken for girl empowerment against the increased prevalence anti-social elements.
- NSS Unit of BJMC conducted Blood Donation Camps from 14th to 20th of June at Blood Bank, Civil Hospital.
- MSAI in collaboration with an NGO also held nationwide Voluntary Blood Donation Camps on 5th July. It was held at Blood Bank, CHA in Gujarat. 25 units of blood were collected.
- We congratulate Sukha Ram Gehlot, 3rd year student for releasing his work in the field of Microbiology titled "Gehlot's Review on Mycology" online.
- Flag hoisting program will be held on the upcoming 15th of August, in the garden of BJMC. Everyone is invited for the program.

मनुष्यनु मजाक अरेभर रहस्यतो लंडर छै। शरीरमा अन्व ज्ञायाये यत्ता रोगीनु निदान अने सावरार करवी घण्टीवार तबीबो माटे मुकल बनी जतु होय छे त्वारे मजाकन रोगीनी सावरार अरेभर कपडु काम छे। तेमा पछ जे निदान करवामा काक कयास रहीं जायतो दहीनी जिंदगी हारीरिड, मानसिक अने सामाजिक रीते दुर्गम बनी जती होय छे। अन्वो जे केस किटिल केस अहीं रज्जु करवानो प्रयत्न कया छे। जेमा सायकोजेनिक ताखने पछीवार अन्व रेज्युलर ताख समजने सावरार शरु करवामा आवे तो दहीनी हालत सुधरवाने बदैले तनी मानसिक अने आर्थिक स्थिति वधारे प्रभाव शरु जती होय छे।

सिदिलिनी ओ पी.डी.मा अके सवार अके मातापिता पोताना १८ वर्षना दिकर कर्तव्य साथे दाखल थया। तेने कास लेवामा तलईल पडती हती। वगी, ते साथे ठोठ रोपोजन अपी रक्ती नहने। अने तेने पोताना अउरो-पेशाब पर पछु काबु नहने। तेने अलगज प्रकरनी भेय आवी रही हती। तेने आवी भर लेखला ६ वर्षथी यावु हती। परंतु छेला ५ वर्षमा तेने मेअनी दवाबोनी पछु असर घती नहने। अथी जनरल मेडीसीन डोक्टरे "आ सामान्य थपना मेडिसिन नथी" आवी नोप साथे सायकोलोजीक डीपार्टमेन्टमा हदीने मोकल्यो हने।

कर्तव्य साथे वालोतिर शरु करत। ते योडी वार पछीतो ते काबुमा आव्यो अने तछे बोड बोड जवाबो आया। तेने दाखल करीने तेनी दवाबो शरु करवामा आवी। अथी दिवसे ६-७ अगाड जवाब नोन सेपिलेटीक सीजरना सेपिलेटीक आया। अने टरेक सेपिलेटीक १०-१५ मिनिट रहेना हती। त्योवाट तेनी साथे अथी दिवसे वात करतु जवाब्ये "ते रेवेना हती तरिकेनी मज्जरी करतो हने। तछे योथा पोस्टग्रीव सीजरना सेपिलेटीक लीगे लव्जवानु भय करीने दियु हती। वगी, तेना मातापिता पछु डेकडेछेल छेजामा मेज्जरी करतु होछ तेमज निरक्षर होछ सारी रीते सावरार पछु करती नहने।

आ ठोठारन तेने अके अछुअछे छुपु सुय सारवतो हने के, "होछु सरी छेला ४ वर्षथी तेने टरेक जवाबो पीछे करी रही छे। ते तेने प्रीकास छे, अपशब्दो कहे छे अने प्रभाव तीना मारे पछु छे।" अथरे डोक्टरे तेने पछु के, "ते होछु छे?" तेने अछुअछु, पावर ५५-६० नी आसपास हती। तेने छ.छ.छ. टेम्पोरल लीबमा वधारे पडनु केसाइडेसन दशवतो हती। तेना मातापिता भुबज थिति हला के, तेना मजाकनी आउटी प्रभाव हालत माथी तीकरती आवये के नथी। आ थपानी साथे रोज ६-७ भयना सेपिलेटीको तेने यावु ज होत।

तेना वतकावामा डोडिय करत डोक्टरोने जवाब्ये, ते धरमा नथी नानो हती। मोडो बाथ क्वांरनोय बलज रहेतो हती। अने वय्येनी बाथ तेनी सिधवा प्रडोछो साथे संबधो गाठ थवाथी मातापिताने छोडीने, अछुडीने तेनी साथे रहेवा जतो रह्यो हती। ते सी धरना बधा लोकोनी साथे अछुडती हती। अने भास करीने तेना मातापिताने गेरहाजरीमा "तु गाडी छे" अवे कहीने भुबज थपशब्दी बोलती अने मार मारती। अथी कर्तव्यो युडेलेनी छुपु ६२ आख सी हती। तेथोथे पोतानु पर बदैली नाभववा छत ते सी तेनी रोज मलाकात लछेने तेने हेरान करती हती।

अनेको पोतानो कालो भास धरमाथी जतो रक्ती होछ वगी। पोते पछु कछु कमांछेनु कुठुभने मदेडुप बनवा माजतो हती। आ बधा रहेसमा तेने आ मजाकनी थक संभस्था थछु हती।

आ थय जवाब्ये पछी डोक्टरे तेना बाथ अने पेटी सी साथे अने कर्तव्य साथे करीथी काउन्सेलींग कछुअने साथे टीपीकल सेपिलेटीकी डीटेमेन्ट यावु ज हती। वगी ६ महिना सुधी सन्त रेज्युलर दवाबो लेवा अने डोलीअप माटे आववा जवाब्ये, कर्तव्य अने तेना मातापिताना सहकारथी डोक्टरी तेनी थपानी दूर करी थया। ते हवे संपुलुपु स्वस्था हती। कौछु युडेल देखाती नहती। कौछु ६२ रह्यो नहती। सौप्रथमवार अल्यो हती त्यारना ६ महिना पछी कन्वैल्ट रीटवरी साथे आर्जे ते अरे दक्खीनु हुनानमा होल्परनी नोकरी करीने पोताना परिवारने आर्थिक रीते मदेडुप थछु रह्यो छे। तेना मातापिता सिदिलिना सायकोलोजीना डोक्टरीनी सावरारथी भुबज थय छे केमके तेथोथे तेना कर्तव्यने तेने पाछो आथो हती। डोक्टरेथे कौछुना श्रुतीकना खुनदतीभया तेल परवानु उमदा कावे कछु हन्त।

- Lightning strikes about 5, 00,000 times during the monsoon.
- The term "monsoon" does not mean rain, actually, it refers to the strong winds that blow from cold to hot places.
- During summers when the central and northern parts of India get very hot, monsoon (winds) blows over the Indian Ocean towards these areas. On the way they absorb water from the Indian Ocean and once they reach the southern tip of India they hit the mountains. That is when the splash of water begins!
- The term "monsoon" comes from the Arabic 'mausim' that means season or a shift in wind
- Officially, the last day of monsoon is typically 30th of September.

Dissection - Inferno

"Seek And Ye Shall Find" With these words echoing in his mind, Robert Langdon, famous Harvard symbolist wakes up in a hospital bed having no idea of where he is or how he got there. He also finds in his jacket a macabre object, its origin unknown. Inferno means 'Hell' in Italian. It is the first part of the epic poem 'The Divine Comedy' written by Italian poet Dante, describing Dante's journey through hell. One of the major problems the world faces as of today is exponential population growth. Earth's ecosystem can sustain only 4 billion people, while the current population is nearing double this number. An eccentric biochemist and a fan of Dante's work, Bertrand Zobrist believes the WHO is not doing enough to tackle this major problem, and decides to take the matter in his own hands. He has created a device to counter the problem, which he believes is a gift of salvation for mankind. But is his solution rational? One can sincerely argue over that. He also leaves behind a clue referring to Dante's Inferno. Langdon must solve this if he wants answers to this puzzle which may, or may not, help save the world from this terrifying threat.

Inferno is written in Dan Brown's classic 'race against time format' and is set in 3 beautiful cities of Europe - Florence, Venice and Istanbul. History and art enthusiasts will love this book, for Dan Brown has written the book in great depth. One may find the book a little confusing at times, but that'll make sure you don't put it down. And as you read on, you'll be able to connect the dots. With a good plot and interesting new ideas like Trans humanism, the book is a good read. But if you're thinking all of it sounds like Dan Brown's typical way of storytelling, let me tell you the book is everything, but predictable. So go, grab a hot cup of coffee, and enjoy the book this weekend!

FACE TO FACE

As we all know everyone has come here in the medical field having dreams of becoming the greatest doctor, but after coming in the medical field, do all of us remember the goal for which we all had come over here in the first place? No, except a few, rest all have forgotten the higher goal - in making college life the most enjoyable one, few have personal life problems, few have hostel problems etc. They don't read, don't even attend college lecture or clinics. Yeah, all the "jabs" have to be done as the college life will not come again but they need to understand that, so will the UG years too, will never come again. Regular study is needed because we have to deal with life of people, unlike non-medical fields.

Not only studying during exam time or studying only in final year or internship or only when we attend the personal coaching classes during that time, because of coaching classes, students don't attend internships & bank clinics during under graduation, by thinking that they will do in internship. Because of such behaviour, even after getting admission in good branch for PG & becoming famous doctors they sometimes misdiagnose & because of that patients have to suffer.

I am going to discuss a few examples here indicating misdiagnosis of very good doctors.:

A girl named Sunita complaining of severe neck pain for a very long time consulted the orthopaedic surgeon for that & she was diagnosed of having a case of loss of cervical lordosis & advised to take physiotherapy like SWQ US spine traction and other simple neck exercise but even after doing all this, she had no improvement even after 6 months. Then after discussing her problem with her medical friend, she went for lab test of vit B₁₂ and guess what? She was having severe Vit B₁₂ deficiency. She improved after getting injections. The thing is that after being on such a high post, due to inability in garnering basic knowledge few specialist doctors can misdiagnose simple cases.

Another boy named Vikram fell down his bike & immediately consulted a doctor. After seeing all the reports & X-rays, orthopaedic diagnosed arthritis around his right knee & gave pain killer. The swelling around knee increased day by day. So he aspirated 45cc blood from his joint but still again swelling appeared. So he consulted another orthopaedic & he was told that there had been no need of aspiration, it had to be done on the last stage. The doctor tied only pressure bandage & advised him to perform simple knee exercise, after that his condition improved.

Another girl, named Mona had accidentally severe nasal bleeding from her nostrils which didn't stop even for few seconds & consulted an ENT specialist. He said his nasal septum is deviated and told her that she had to be operated for that. As seen normally she became scared after hearing the name of operation. So she consulted another ENT specialist & only to find out that she was having only a simple nasal ulcer, no need of worry. He gave her ointment & nasal drops, her condition improved within 2 days. These are only a few examples. We can find many cases of misdiagnosis.

So are the doctors not doing their job properly? While we are at it, we should think about it and realize that once we reach such a post that even a simple misunderstanding on our part can put the patient's life in danger. They give us the place of God in their hearts. So, we should justify their beliefs by diagnosing & treating them properly, because they think that doctors are ALMIGHTY & we have to justify that.

पुष्पमा आ अमी हे चोकरा,
स्मरती हे राम।

रामे सुरज की मणिया से,
हुआ अंधेरा जल के राधा।

भक्तिवो को देख उठना,
जागी हे एक प्यारा।

मैं भी हूँ उठने जवान मैं,
या करूँ नूँ बरजना सारा।

आदमी के पार जाके,
पादों पर पड़ कर मैं जाऊँ,
सुरतो को मैं नीर पी लूँ,
वनी के फल मैं लूँ लूँ,
सारी धरती पर मैं जाऊँ,
बस मैं उठना ही जाऊँ ३

हे सुकृष्ण ना क्लमक मेरा,
तु कि बस अपना सुमोहरा।

पंख के तिन बना ही ये कर पाऊँगा,
उड़ने को पर, मैं कहां से लाऊँगा।

कलम पर जो है कलम तो बस करके ही उतरागा,
हे भरतार... आज का कम, पंख को मैं लाऊँगा।

Narottam Singh Argal
(Second year)

FACE TO FACE

- There is this famous proverb, "When there is will, there is a way!" From thousands of students who appeared for the NEET-PG last year, here are some of the B@ites who paved their way to success through their determination, hard work and perseverance. Prashaman asked them questions regarding their secrets of success in NEET-PG.
- Advice you'd like to give to all the NEET-PG aspirants of BJMC.
- What is the secret of your success in NEET-PG?
1. Read standard books, especially "ROBBINS" and "HARRISON". Solve AA and papers well. Do repeated revisions. Try to do theories perfectly. MAKE FIRST READING BROAD AND NEXT ONES METICULOUS.
 2. I tried to focus more on papers and most importantly tried to master my concepts. I also attended coaching classes and test series helped me a lot.
 3. Plan well. Follow standard books. Join coaching classes and take them seriously. One can also watch all the USMLE lectures. Most importantly, believe in what you are doing. It's the fear of failure which is the greatest obstacle in the way of success.
 4. I took my classes and tests with utmost sincerity. Also, my credit goes to my seniors for inspiring me, and my fellows and juniors for believing in me.
 5. Do your studies. Do not worry about exams, results, court processes or rumours related to them. These things affect everyone and there is no point wasting precious time thinking about them.
 6. I had made a schedule in February and followed it strictly. Pacing yourself is quite important while studying for such long periods. Confidence in what you do and in god to make everything alright always helps. My schedule was my key to success. WELL BEGUN IS HALF DONE!
 7. Stick to your goals 24*7. Try to grasp the maximum every time you study. Do smart work. LESS TIME MORE STUDY!
 8. There are no secret ingredients to the success recipe. Your target needs your complete devotion. Keep faith, work hard and God will do the rest.
 9. To all the aspirants, there is only one sure shot mantra to success, it is ages old but it works. Work hard, and harder, have faith in yourself and don't give any importance as to how the world rates you. You know your weaknesses and strengths. So just believe in yourself and remember nothing is impossible.
 10. There is no secret to my success. It is just like all success stories. MBBS is not all about cramming up. I used concepts where ever possible and it works wonders. All the best to all the future MD's/MS aspirants.
 11. Focus more on the theory part and revise major subjects regularly which carry more weightage.
 12. Regular revision and smart study rather than extensive approach.

Editorial Board

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