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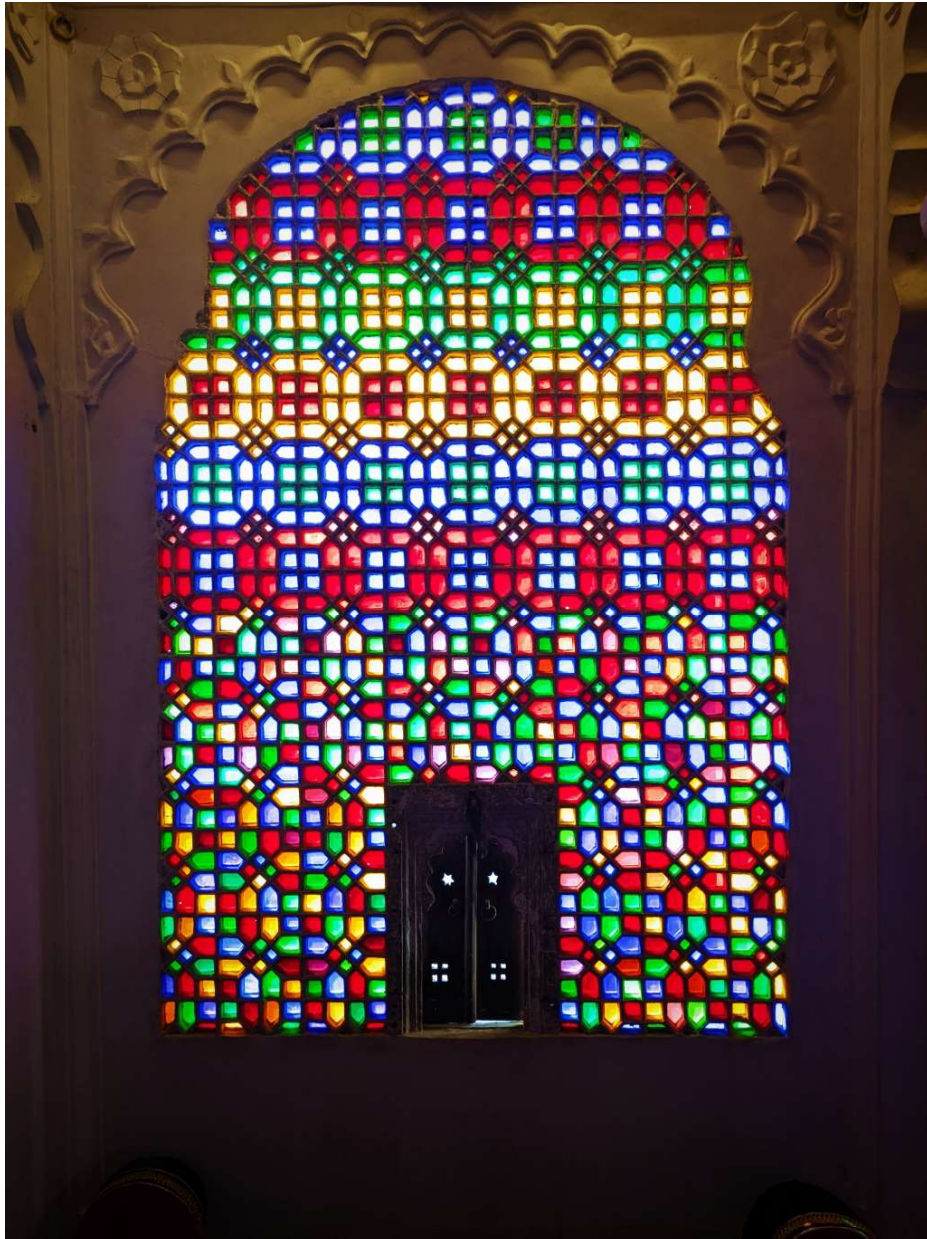




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EXPLORING MEDICINE AND BEYOND:

MY GENERAL EXPERIENCE AT MSAI'S NATIONAL GENERAL ASSEMBLY IN NASHIK

In May 2023, I had the privilege of attending the National General Assembly hosted by the Medical Students Association of India (MSAI) in the picturesque city of Nashik. This four-day event was an exceptional blend of academic, social, and cultural experiences; that left an indelible mark on my life. The event, which included an exchange workshop known as Explore 2.0, an organ donation workshop, a vibrant party night called "Socials" and a chance to explore the ancient Pandav Leni caves and Sula Vineyards, offered me an incredible opportunity to enhance my communication, leadership, and networking skills while connecting with medical students from across the nation.

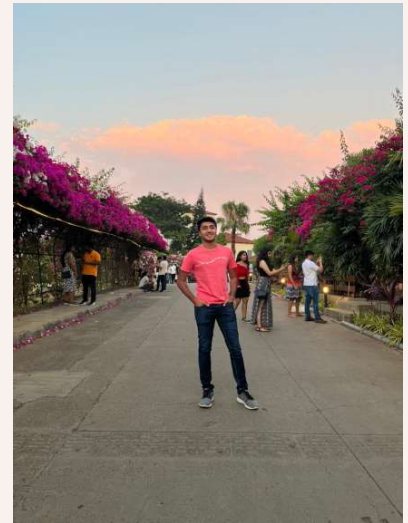


The Explore 2.0 Workshop

Explore = Exchanges + Leadership+ Research

The Explore 2.0 workshop was the first step on my knowledgeable experience during the National General Assembly. This interactive workshop was held in collaboration between two Standing Committees of MSAI known as "Standing Committee for Professional Exchange (SCOPE)" and "Standing Committee for Research Exchange (SCORE)." This Workshop was aimed to broaden our horizons about the whole process of how a medical student goes for an exchange to a foreign university for a period of 4 weeks and learns how the medical system of that particular country works. This program also encourage cultural exchange, and

fosters collaboration among medical students from diverse backgrounds. It was fascinating to interact with peers from different parts of India, each bringing their unique perspective to the table. The discussions and activities not only expanded my knowledge about exchanges but also honed my communication skills, as I had to articulate my thoughts and ideas effectively in a multicultural setting.



The "Socials" Party Night

Amidst the wealth of knowledge and learning, the "Socials" night offered a well-deserved break from the intense workshops. It was an evening filled with music, dance, laughter and camaraderie. This gathering allowed me to unwind, let loose and connect with fellow attendees and trainers on a more personal level. It was a testament to the importance of balance in the life of a medical student; the ability to enjoy the present while remaining committed to our future roles as healthcare professionals.

A Taste of Sula Vineyards

One of the unexpected delights of my time in Nashik, was the visit to Sula Vineyards. Located amidst lush vineyards, this experience was a delightful contrast to the intellectual rigors of the assembly. Exploring the vineyards and learning about the winemaking process was an unforgettable experience. It was an excellent opportunity to relax and savor the finer things in life while enjoying the picturesque landscape.



Exploring Pandav Leni Caves

Nashik, known for its historical significance, provided a perfect backdrop for our off-campus explorations. During our free time, I ventured to explore the ancient Pandav Leni Caves, each of which had a story to tell. These remarkable cave complexes, with their intricate carvings and serene atmosphere, served as a reminder of the rich cultural heritage of India. This excursion not only broadened my cultural awareness but also allowed me to bond with fellow attendees who shared my enthusiasm for history and heritage.



My fortunate presence at the National General Assembly (NGA) hosted by the Medical Students Association of India (MSAI) in Nashik this May, 2023 was an enriching and memorable journey, not only for the wealth of knowledge and experiences gained but also for the profound friendships formed. Moreover, what made this event truly exceptional were the friendships that blossomed during my time in Nashik. The NGA was more than an event; it was a transformative experience that molded me into a more versatile, confident, and socially aware individual, thanks in large part to the bonds I made with my new friends. These connections are a testament to the power of coming together with like-minded individuals, and they will undoubtedly last a lifetime.



"My aim is to go for an exchange for at least once and experience the beauty of medicine in a foreign country."



Vrutant Vora
II MBBS

SAVE YOUR POSTURE

What is the Best Posture for Studying?

‘A good stance and posture reflect a proper state of mind.’

– Morihei Ueshiba.

Almost all of us must have been nagged by our elders to avoid sitting in a hunchback position or read while lying down. Indeed, their concern is serious because our posture can actually make or break our muscles and affect our body’s reaction to fatigue and tiredness. Doctors and especially medical students spend a substantial amount of time sitting in front of their tabs/laptops/books to work/study. It has become essential that we remind ourselves to sit up straight and not inculcate a bad posture in our lives. If you are thinking about what is the best posture for studying, then don’t worry, we’ve got your back! This time, literally! Scan the QR code below and get to know about the correct posture for studying along with the importance of maintaining a good posture and its various health benefits.

1. What is the Best Posture for Studying?
2. Correct Sitting Posture for Studying
3. Best Position to Study on the Floor
4. Best Posture for Reading
5. Best Posture for Studying on Bed
6. Why does Posture even Matter?
7. Benefits of Maintaining a Good Posture
8. Consequences of a Bad Posture

Why does Posture even Matter?

Medical and Psychological researchers have consistently emphasized upon the connection of a good posture with various psychological factors like positive memory, confidence, cognitive stress, energy etc. A study conducted through health psychology also concluded that the way we sit during work/studies can affect our overall mood. Hence, apart from causing physiological damage, a bad posture can also result in a negative mood and reduced focus. Despite there being several factors that affect cognition, it is undeniable that posture certainly can be one of the factors. A relaxed posture also seems to activate the right (creative) side of the brain. A prominent study by researchers of Harvard University (<https://leverageedu.com/universities/harvard-university>) and Columbia University (<https://leverageedu.com/universities/columbia-university>) assessed the risk taking behaviour by participants while they were sitting in a powerful pose or while occupying minimal space (bad posture), and how it subconsciously affected the decision making. They found out that those sitting in a powerful posture not only made rational decisions but were 45% more likely to take a risky bet. Therefore,

Benefits of Maintaining a Good Posture

Apart from the various psychological benefits, good posture plays a huge role in your physiological well-being.

- Maintaining a good posture reduces the chances of having headaches. An unaligned posture increases strain in your neck. We often bend or lean forward while looking at our laptop or phone which results in overstretching of tendons and ligaments in the neck. Such problems in the neck lead to neck spasms, inflammation and dizziness.
- Using a good posture for study or work also effectively eases breathing. When you slouch or lean on your desk, it tightens the rib which makes it difficult to breathe. Sitting upright helps ease the pulsating movement of the diaphragm.
- As concerning it is, back pain is one of the most common issues for adolescents and adults. Again, it all spirals down to a bad posture. An aligned posture can back pain instantly.
- Along with these, , you can avail many psychological benefits such as a confidence boost, positive mood, improved focus and concentration.

Consequences of a Bad Posture

Still not convinced if sitting properly can help your body feel less stressed and strained? Take a look at some of the shocking dire effects of a bad posture.

- A bad posture for study can lead to Carpal tunnel syndrome because of the tightening of muscles.
- Leaning or bending while sitting can also lead to poor digestion due to the pressure on the abdomen.
- Few long term effects include higher risks of cardiovascular diseases due to the tightening of blood vessels. It can also lead to an impaired lung function, hyperflexion and hyperextension, etc.

Exercises

1. Shoulder stretch

Standing or sitting for long periods of time can take a toll on your muscles. To prevent or reduce stiffness and pain, try simple office stretches throughout the day. Perform these stretches several times through the day to help keep your muscles from feeling sore and tight.

Start by stretching the back of your shoulder:

- Place one hand under your elbow.
- Lift your elbow and stretch it across your chest. Don't rotate your body as you stretch.
- Hold the stretch for 30 seconds. You'll feel tension in the back of your shoulder.
- Relax and slowly return to the starting position.
- Repeat the stretch with the other arm.

2. Upper arm stretch

To stretch the back of your upper arm and shoulder:

- Lift one arm and bend it behind your head.
- Place your other hand on the bent elbow to help stretch your upper arm and shoulder.
- Hold the stretch for 30 seconds.
- Relax and slowly return to the starting position.
- Repeat the stretch with the other arm.



3. Chest stretch

To stretch the muscles of your chest:

- Place your hands behind your head.
- Squeeze your shoulder blades together, bringing your elbows back as far as possible.
- Hold the stretch for 30 seconds.
- Relax and slowly return to the starting position.
- Repeat.

4. Chin tuck

To loosen stiff neck and shoulder muscles, try the chin tuck:

- Face straight ahead.
- Lower your chin to your chest.
- Hold the stretch for 30 seconds. You'll feel tension in the back of your neck.
- Relax and slowly return to the starting position.
- Repeat.

5. Head turn

You can also stretch the muscles in your neck by turning your head to one side:

- Face straight ahead.
- Turn your head to one side while keeping your shoulders straight.
- Hold the stretch for 30 seconds. You'll feel tension in the side of your neck and your shoulder.
- Relax and slowly return to the starting position.
- Turn your head to the other side and repeat the stretch.

6. Side neck stretch

To stretch the muscles along the side of your neck:

- Face straight ahead.
- Tilt your head so that you're moving your ear toward your shoulder. Don't bring your shoulder up to your ear.
- Hold the stretch for 30 seconds. You'll feel tension in the side of your neck.
- Relax and slowly return to the starting position.
- Tilt your head to the other side and repeat the stretch.

7. Lower back stretch

To stretch your lower back:

- Sit in your chair.
- Bring one of your knees toward your chest. Use your hands to grab the back of your thigh and gently pull it toward you. Keep your back straight, being careful not to lean forward.
- Hold the stretch for 30 seconds. You'll feel tension in your lower back and the upper part of your buttock.
- Relax and slowly return to the starting position.
- Repeat the stretch with the other leg.

8. Standing thigh stretch

You might also want to try standing stretches. To stretch the front of your thigh:

- Stand up straight, placing one hand on a chair or desk for stability.
- Grab one of your ankles — or your pant leg — and bring it up toward your buttock. Remember to maintain an upright position, keeping your back straight and your knees parallel to one another.
- Hold the stretch for 30 seconds. You'll feel tension in the front of your thigh.
- Relax and slowly return to the starting position.
- Repeat the stretch with your other leg.



Dr. Rutvik Raval
Ex-Intern
BJMC, Ahmedabad

CROSS SECTIONAL SURVEY

If you could create a new college rule, what would it be and why ?

1. Girls (of same batch) have to do proxy of boys who don't want to attend college even if they properly don't know that guy.

- Bhavik Teraiya , 2nd MBBS

2. No animals allowed in college premises (dogs, cats, snakesiykyk)

- Diva Chhichhia, Intern

3. Bring weird backpacks to school ...like imagine bringing a weird rug sack with books or 3 guys bringing a coffin filled with books for lectures ... that would be so funny

- Abhishek Verma, Final MBBS

4. 1 hr sports period which should also have 75% attendance compulsory, if not then fill ur reterm.

- Laxmi Meena, 3rd MBBS

5. There should be one hour after college in which all students has to watch comedy tv shows (like TMKOC) in auditorium. Just for relaxing and fun after frustrated college hours.

- Pratibha Parmar , 3rd MBBS

6. College Uniform

- Rahul Chavda , Intern

If you were a medication, what would be your side-effects ?

1. Say honestly everything that comes to your mind in stressful situations and realise after saying it (In class, in viva, in front of professor etc.)

- Muskan Meman , Intern

2. Sedation and detoxing the body cells.

- Mansi , Final MBBS

3. Dependence, Withdrawal symptoms and Sedation.

- Patel Diya, 3rd MBBS

4. Profound urge for accurate pronunciation of words.

- Prasham Trivedi, 2nd MBBS

5. Talking in Baby voices using Taylor Swift lyrical phrases with throwing of random tantrums atleast twice a week with outburst of excitement and anger, happiness and flood of tears (sort of cataplexy) with loss of sleep at night and sleepiness in the daylight... !!!
Lose of appetite mixed with unusual craving of panipuri .

- Anjali Keneri, 2nd MBBS

Phraseology

“Art is how we decorate space, music is how we decorate time, literature is how we decorate reality.”

- **Jean Micheal Basquiat**

“Knowing is better than wondering, waking is better than sleeping, and even the biggest failure, the worst, beats the hell out of never trying.”

-**Meredith Grey**

“Experience is knowledge, everything else is just information.”

-**Albert Einstein**

“Forgiveness is tricky. Because at the end, it is more about you than about the person who has been forgiven.”

-**Cynthia Hand**

“Illusion of knowledge is more dangerous than the mirror of ignorance.”

-**Stephen Hawking**

“It is the strongest spirit that wins, not the most expensive sword”

-**Proverb**

“The people who are crazy enough to think they can change the world are the ones who do.”

- **Steve Jobs**

“The best way out is always through.”

- **Robert Frost**

“If you change the way you look at things, the things you look at change.”

- **Wayne Dyer**

“A river cuts through rock, not because of its power, but because of its persistence.”

- **Jim Watkins**

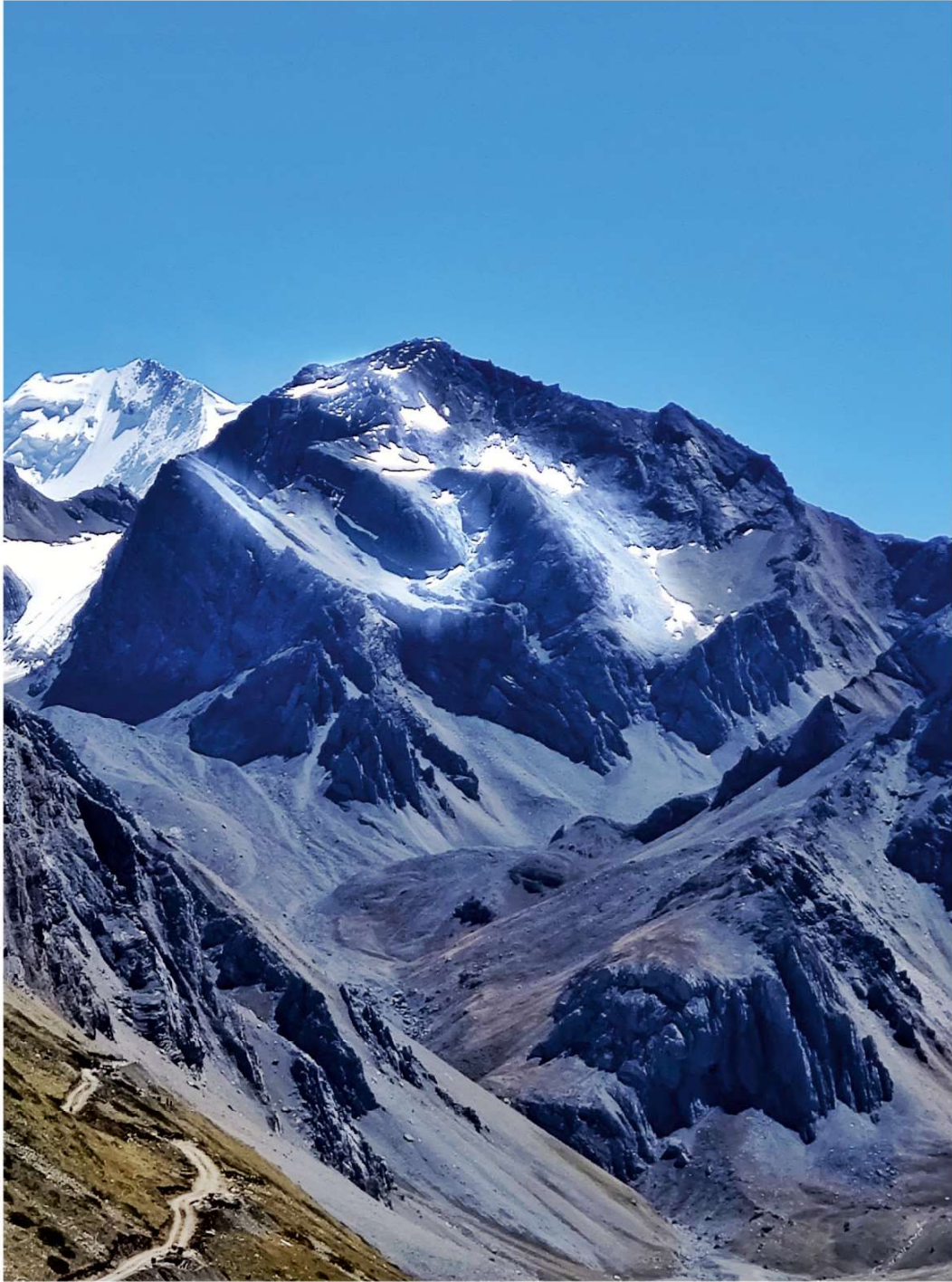
“You can have it all. You just can't have it all at once.”

- **Oprah Winfrey**

“A goal without a plan is just a wish. “

- **Antoine de Saint-Exupéry**





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