

PRASHAMAN

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Face 2 Face

TRAVELER-X

"UP TO THE HILLS"

(By Gunjan Ramani – 2nd / 2nd)

The result of the P.G. Entrance exams (both Gujarat University and All India) is out.Prashaman took an opportunity to know from toppers of these exams.

Sweetly Thakkar (First in GUPGEE,2016)
Samarth Patel (Rank – 59 in AIPGEE, 2016)

Prashaman: How much time,in a length, is required to prepare for this exam ?

ST : 10-12 months,should start from mid Feb. Prashaman: How much time,in a length, is required to prepare for this exam ?
SP : 5-7 months of rigorous preparation is sufficient,if you have studied regularly during U.G.

Prashaman: And how much on daily basis ?

ST :I made daily schedule according to clinical postings but enough sleep was always my first priority.
SP : In the first 4-5 months of internship,I used to study around 4-8 hours per day.During the last 2 months before AIPG ,I used to study around 9-12 hours per day.Again,quality of reading is more important than quantity.

Prashaman: How did you manage to balance internship and the preparation simultaneously?

ST :It's easy. "If there is a will; there is a way." But we shouldn't avoid postings because it gives us idea about which branch we love.Prashaman: How did you manage to balance internship and the preparation simultaneously?
SP : That is a tough question to answer. ... You have to learn how to get help from residents to get enough time for reading.

Prashaman: Do you believe in "Smart Study", selective reading v/s thorough reading?

ST :Yes, it's not possible to read each and every topic thoroughly in just 10 months. Focus mainly on concepts .Practice more and more MCQs. That's the key.
SP :A balance in needed... If you have read from the standard textbooks and made good concepts during UG then selective reading during internship is sufficient to attempt MCQs.Time is limiting factor and you can't cover all 19 subjects during internship alone.You have to plan these things during your UG days.

Prashaman: What is the role of MCQ Lab of our college in shaping your knowledge?

ST : It is very helpful.One should give every exam as it gives rectifying mistakesPrashaman: What is the role of MCQ Lab of our college in shaping your knowledge?
SP : As the exam pattern has changed from paper based questions to Computer Based Test or CBT, It helps the students to get familiarize with this new pattern.The question bank is also pretty much recent. Students can track their performance and it gives a sense of confidence for the final exam.Its important that students give tests regularly even if they have not prepared.

Prashaman: What did you do for relaxation and recreation?

ST :Music and talking with friends & family.
SP : I used to listen to songs and chat with friends whenever I got tired of reading. Some of my friends were always present in the canteen or at Maruti coffee shop so I used to hang out with them and get refreshed.

Prashaman: What was the most tense moment during this preparation?

ST :Only one.Those 7 hours between exam and result. Prashaman: What was the most tense moment during this preparation?
SP : It was the last one month right before the AIPG. If u can't keep yourself calm during this time it can ruin your entire preparation. Its important that you keep yourself focused and do not get frustrated in this period.

Prashaman: Is there any relation of coaching classes and success?

ST :It's really helpful. It provides us idea about direction of preparation & moreover way of excluding choice in MCQs.
SP : I had not joined any coaching classes so I can't really tell about this but what I know from my experience is that if you have not read properly in UG days , then you may not be able to optimally utilize the coaching. Coaching classes are meant to supplement your preparation and they don't cover the whole syllabus. It depends on the student how he utilizes them.

Prashaman: Does the amount of time consumed by these classes justify their benefits?

ST :Yes definitely. Prashaman: Does the amount of time consumed by these classes justify their benefits?
SP : Coaching classes may be helpful in quickly revising the ...it may help you to make notes that can be used later on for last minute revision.....it may help your to make a solid concepts that u may never be able to understand on your own.

Prashaman: Which one is more beneficial,solo reading or group readings?

ST : I did solo reading and occasionally group reading. Prashaman: Which one is more beneficial, solo reading or group readings?
SP : Solo reading,because that was the way i could concentrate more but i used to discuss topics since 2nd year of MBBS. I was fortunate to have some really good friends with whom i could discuss topics that we had studied or that we had confusion about.Group discussion is really helpful but it has to be a healthy group discussion.I never liked group reading

Prashaman: Tell us about the Do's and Don'ts for the entrance exam preparation.

ST :Give as many exam as possible. Subject wise, grand tests, even if you are not fully prepared. Do Take care of your health.Give enough time for revision atleast 3-4 times. You should have one motivation that encourages you when you are down, makes you happy &corrects your faults. For me, it's my roommate.
SP : Try to read from quality textbooks during your UG days. You may not realize its importance until you write an entrance exam .
Try to build concepts rather than just cramming them. Concepts will remain with you forever.
Planning is the most important step in Internship.Make a time table for your self and try to follow it.It will definitely help you.
Its completely natural to get depressed at some point during preparation but its also important that you lift yourself up from it. Read some motivational quotes and watch videos to boost yourself.Do not waste your time. Time is most crucial factor.

Prashaman: Which branch do you wish to choose and where?

ST :Radiodiagnosis in BJMC
SP : General Surgery, probably at KEM or MAMC.
Prashaman: Tell us, your "success mantra".
ST : "Study smart, have faith in yourself and God"
SP : A dream doesn't become reality through magic; It takes a lot of blood sweat and tears to get there. What comes easy won't last and what will last won't always come easy.

Prashaman: Thank you Sweetly. All the best for your PG.
ST :Thanks.

Prashaman: Thank you Samarth.All the best for your PG.
SP : Thanks.

Stethospeaks

Treating patients and touching hearts!
(Compiled by Simran Lakhani – 2nd / 2nd)

Every once in a while we stumble upon stories that have such a deep impact on us that it can change our outlook towards life. This is one such story, Dr Bhakti Yadav, now 91 years old, has gone an extra mile to prove the fact that pursuing a career is not just about making a living out of it.

And how!
A gynaecologist who is the first woman to hold an MBBS degree in Indore, Dr Bhakti has been treating her patients for free for the past 68 years. She has been a mid-wife for thousands of women in Indore and has never expected a penny in return.
But over the years her age has come in-between her profession, and she does not get as many patients as she used to. Many women from in and around UP and MP throng to seek treatment from her.
She goes out of her way to help her patients get the best treatment and makes sure that they feel loved in the process.
Now, that's what is called being truly selfless! We salute you Dr.Bhakti.
Stories like these will keep inspiring people, particularly medicos, for generations to come.

(Source: Indiatoday)

Campus Live

• Results of PG entrance (GU and AI) are declared. Sweetly Thakkar stood first in GU while Samarth Patel stood 59 in AI.

• Results of University exams for 2nd,3rd part 1 and 3rd part 2 is awaited.

• 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 whom he or she knows in case of any difficulties. You may contact teachers who are members of Anti-Ragging Committee of B.J.Medical College,Ahmedabad for the same.

MURMUR

બાળપણની તસ્વીર

(Jay Chaudhary – Final year)

રખડયો જે માસૂમિયત ની શોધમાં,
આખરે મળી મને તે અહીં કેદમાં !!
નિખાલસતાની હતી જે ચકાસણીની,
પુરતી નીવડી એમાં એક જ સાબિતી!!

નજર લગાડે તેવી જોઇ મેં નાજુકતા,
દૂર થયો વહેમ મારી નાસુરતાની!!
ગોત્યુ બધે મેં જે બાળસહજ હાસ્ય,
લાગ્યું મને એ આજે પણ અંકબંધ!!

પૂરી થઇ તલાશ મારા રંક રૂદનની,
હાશ!!મરીવસત રીમઅ આું તરૂપેછ !

DISSECTION

Episode: The Abominable Bride
Air date : 1st January 2016
Reviewer : Riya Shah (2nd/2nd)

The highly anticipated show Sherlock is back and, as usual, with a bang. Set in Victorian London, it marks the return of Benedict Cumberbatch as Detective Sherlock Holmes and Martin Freeman as Dr. John Watson.

As the duo unravel the mystery of Emilia Ricoletti who shoots herself in the head and returns from the grave to kill her husband, the episode digs deeper into the mind palace of Sherlock Holmes. There is an 'inception' style twist in the end which gives us an insight into the cliffhanger from the last episode and sets the stage for the next season.

Cumberbatch and Freeman as always give plausible performances. The chemistry between them with their witty exchanges and comedic misunderstandings stands out. The action in the episode clipped by at rapid pace with the story taking a slight gothic turn. The episode also highlighted the burning issue of feminism.

The jam packed episode completely lived up to the hype.



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Designed by
Deep Patil

THINK *Deeply,*
SPEAK *Gently,*
LOVE *Much,*
LAUGH *Often,*
WORK *Hard,*
GIVE *Freely,*
AND BE KIND

Lord Shiva