



Government Medical College,
Surat



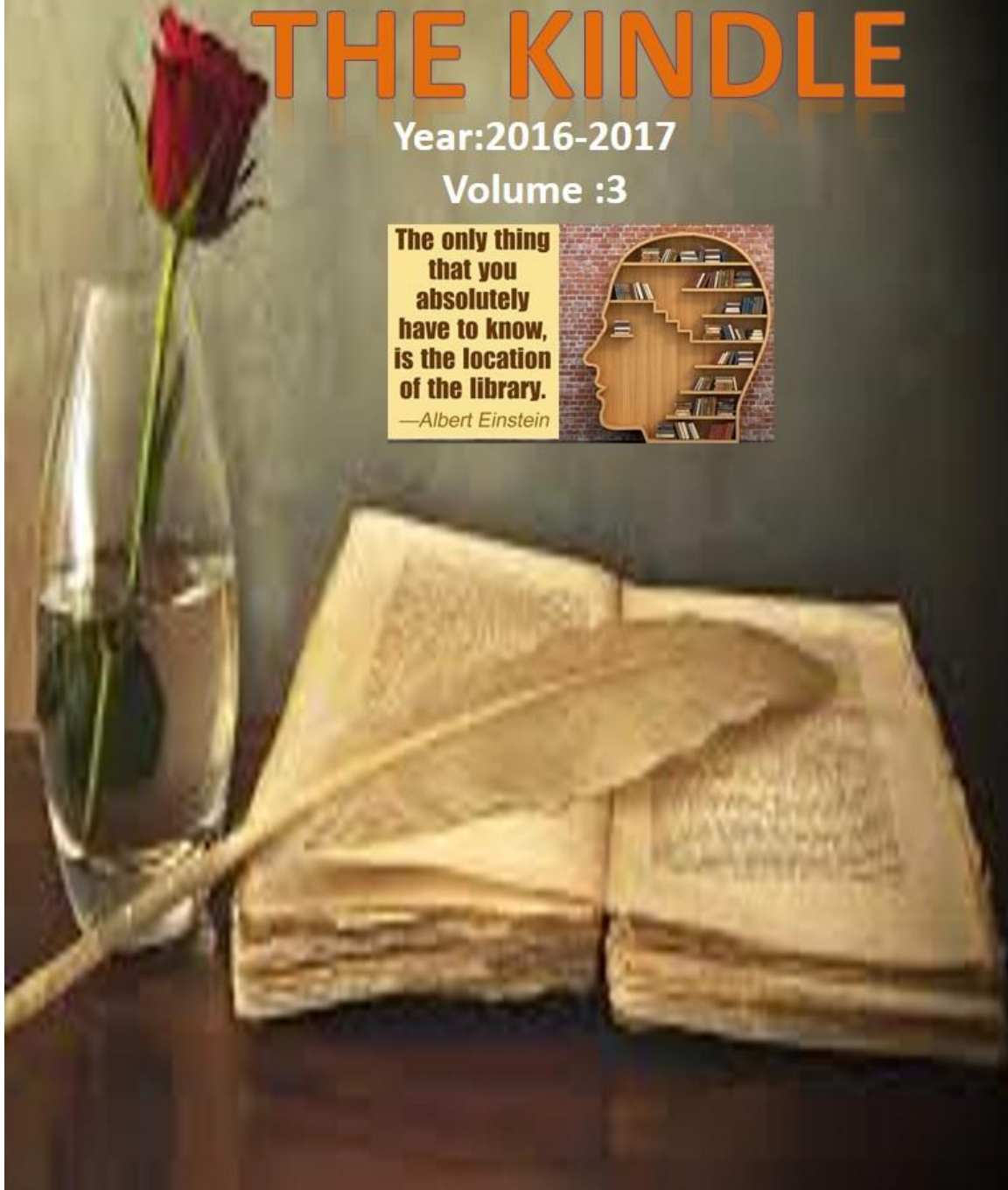
THE KINDLE

Year:2016-2017

Volume :3

**The only thing
that you
absolutely
have to know,
is the location
of the library.**

—Albert Einstein



Dean's personal tit - bits ...

Name : Jayesh Brahmhatt

Schooling : Till 10th, Municipal High School, Dehgam, Dist. Gandhinagar (Gujarati Medium)
11th – 12th Sardar Patel Swami Vivekanand High School, Maninagar, Ahmedabad

College : In 1986; MBBS from B.J. Medical College
1989 MS from B.J. Medical College.
1992 MCh Plastic Surgery from NHL Municipal Medical college.

Hobbies: Reading books, Learn behaviour pattern in people, Sports like badminton, Table Tennis, Gyming, Swimming, Cricket.



Favourite author : Lord Krishna

Favourite book : Bhagwad Geeta



Fictional character you identify yourself with Howard Rock (From Book "Fountain Head" By Ayan Rand)

One thing you regret the most not being able to do ? : I could not save my mother

Goals & Ambitions of Life : Self Improvement & Self Realization

If you are invisible for a day, what you will do I will be with my self

Your favourite hangout place in college or Surat : My Home

Your most memorable moment or day of life : All the days; which I spent with my mother

If not a doctor then what : Actor



Editor Message:




Dr. Latika Shah
MD (Microbiology)
MD (Pathology)

“You're only given one little spark of madness. You mustn't lose it” —Robin Williams, as editor I believe it is absolutely true.









It is truly an interesting and exciting experience when we release E magazine. This magazine is one such cherished work that has its roots in the persuasion. It would be a snapshot of the various activities and advancements for all associated with GMCS. Proper communication plays a vital role in institution's development. This E magazine will serve to reinforce and allow increased awareness, improved interaction and integration among all of us. Usually we fail to appreciate the good deeds of many people and activities that happen around us as we are engaged in irrelevant talks and assumptions. It could all change if we just pause to think of what is our contribution to the society from which we have been gifted with this blessed life. The progress of the society is mainly depends on many people who are working behind the scenes, overtime round the clock planning things to the smallest. This E magazine will be a medium to provide proper acknowledgement and respect all of these efforts and its results.











**THE PURPOSE
OF LITERATURE
IS TO TURN
BLOOD INTO INK**



Know Your Teachers

Sr. No	Department Details				
1	Name Of Department	Pathology			
2	Teaching Staff Details	1.	Dr. M.M.Patel	I/C Prof. & Head	
		2.	Dr.V.M.Bhagat	Additional Prof.	
		3.	Dr.R.N.Hathila	Additional Prof.	
		4.	Dr.Arpita Nishal	Associate Professor	
		5.	Dr.Bhavna Gamit	Associate Professor	
		6.	Dr.S.M.Patel	Assistant Professor	
		7.	Dr.Pinal Shah	Assistant Professor	
		8.	Dr.Komal Patel	Assistant Professor	

9.	Dr.Prashant Patel	Assistant Professor	
10.	Dr.Suresh Padsala	Tutor	
11.	Dr.Pinkal Shah	Tutor	
12.	Dr.Mubin Patel	Tutor	
13.	Dr.Archana Patel	Tutor	
14.	Dr.Deepshikha Dave	Tutor	
15.	Dr.Chandni Patel	Tutor	
16.	Dr.Pallavi Chaudhari	Tutor	

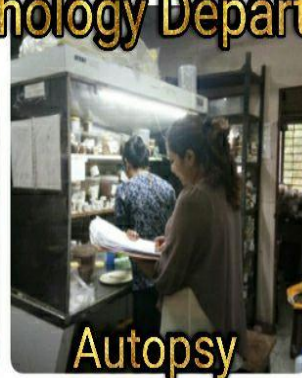
3

Departmental
Facilities

Pathology Department



Histology



Autopsy



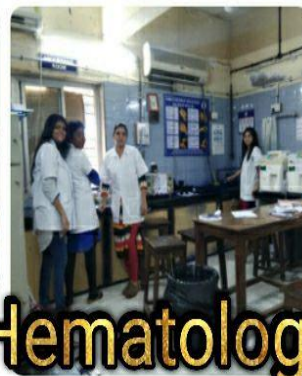
Sickle lab



Cytology












Hematology














- Surgical Pathology
 - Histology
 - Cytology
 - Autopsy
- Haematology & Clinical Pathology
- Sickle laboratory











4	Departmental CME, Workshop	
<ol style="list-style-type: none"> 1. Clinico Pathological Co-relation meet held on 08/08/2017 with Paediatric department. 2. Clinico Pathological Co-relation meet held on 28/09/2017 with Orthopaedic department. 		
5	Departmental Social Services, Community Services	<ol style="list-style-type: none"> 1. We are attending medical camp. Wherever laboratory Test are needed. 2. We are monitoring and attending voluntary blood donation camp. 3. When the NGO arranges camp for cervical CA (PAP test) we report these PAP smear.
6	Departmental Future Vision	We want to establish flow Cyto -meter for leukaemia, fluorescent microscopy for kidney and skin biopsy, and molecular pathology, tissue micro array.
7	Carrier Option or any academic progress after post graduate in your subject.	

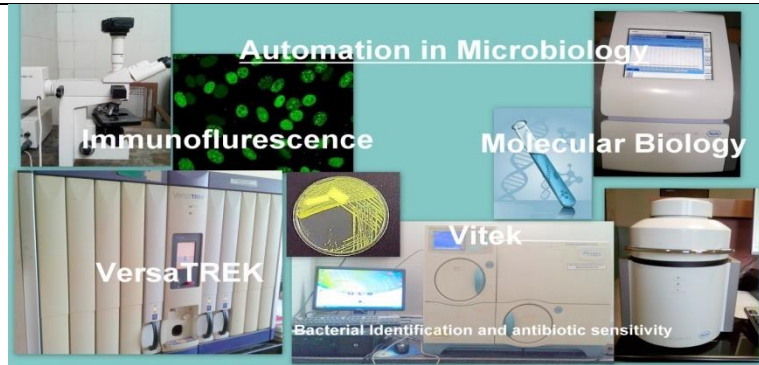
Sr.No	Department Details				
1	Name Of Department	Pharmacology			
2	Teaching Staff Details	Professor & Head	Dr. N.D Kantharia		
		Associate Professor	Dr. Chetan Acharya		
			Dr Preeti Yadav		
			Dr Chetna Patel		
		Assistant professor	Dr Anita Sinha		
			Dr Mayur Chaudhary		
			Dr Diwakar B		
			Dr. Jayshree Patel		

		Tutor	Dr. Neha Patel	
			Dr. Manoj Halpatti	
			Dr. Brijal Patel	
			Dr. Nrupal Patel	
			Dr. Rahul Chaudhary	
3	Departmental Facilities	ADR Monitoring i.e pharmacovigilance centre is established as per national pharmacovigilance program of india, head office at Ghaziabad.		
4	Departmental CME, Workshop	Prescription audit of various different clinical department was done earlier. Professionalism CME		
5	Departmental Social Services, Community Services	Plagiarism CME Pharmacovigilance Training BLS Training		
6	Departmental Future Vision	Flood relief camp- organised by PSM department in flood areas of Gujarat- Dr. Chetan Acharya , Dr. brijalpatel, Dr. Rahul Chaudhary were the co-ordinators. Our PG residents namely Dr. Richa, Dr. Trupti, Dr. Nidhi took active participation throughout the camp. To Establish Clinical Pharmacology Department.		
7	Carrier Option or any academic progress after post graduate in your subject.			
As a faculty in medical institute Medical advisor in pharmaceutical industry, As a research fellow in various organisations.				

Sr.No	Department Details			
1	Name Of Department	Microbiology Department		
2	Teaching Staff Details	HOD	<ul style="list-style-type: none"> ➤ DR. NEETA KHANDELWAL ➤ MBBS, MD Microbiology ➤ NABL Accessor ➤ Total teaching Experience - 20 YEARSExperience ➤ Professor & Head Of Department Of Microbiology 	
		Associate Professor	<ul style="list-style-type: none"> ➤ Dr. GEETA VAGHELA ➤ M.B.B.S.,M.D Microbiology ➤ NABL Accessor ➤ Total teaching Experience 23Years ➤ Associate ProfessorDepartment Of Microbiology 	
		Assistant Professor	<ul style="list-style-type: none"> ➤ Dr.Latika Shah ➤ M.B.B.S , DCP MD pathology <p>MD microbiology</p> <ul style="list-style-type: none"> ➤ NABL Accessor ➤ Total teaching Experience - 18Years Experience ➤ Assistant Professor Department Of Microbiology 	
		Assistant Professor	<ul style="list-style-type: none"> ➤ Dr. Tanvisukharamwala ➤ M.B.B.S,M.D Microbiology ➤ NABL Accessor ➤ Total teaching Experience - 10Years Experience ➤ Assistant ProfessorDepartment Of Microbiology 	
		Assistant Professor	<ul style="list-style-type: none"> ➤ Dr. SANGITA RAJDEV ➤ M.B.B.S., M.D. microbiology , PGDRM ➤ NABL assessor ➤ Total teaching Experience - 7Years Experience ➤ Assistant Professor at Department Of Microbiology GMC ,Surat 	
		Assistant Professor	<ul style="list-style-type: none"> ➤ Dr. ULLAS MACHHAR ➤ M.B.B.S , M.D.microbiology ➤ Total teaching Experience - 10Years Experience ➤ Assistant Professor at Department Of Microbiology Stem cell therapy Institute ,Surat 	

		TUTOR	<ul style="list-style-type: none"> ➤ Dr. DIPAL JETHWA ➤ M.B.B.S,M.D Microbiology, ➤ Total teaching Experience - 6 years experience ➤ Tutor Department Of Microbiology GMC ,Surat 	
		Tutor	<ul style="list-style-type: none"> ➤ Dr. PURVI GANDHI ➤ M.B.B.S,M.D Microbiology ➤ Total teaching Experience - 2 months ➤ Tutor Department Of Microbiology GMC ,Surat 	
		Tutor	<ul style="list-style-type: none"> ➤ Dr. ALPA . PATEL ➤ M.B.B.S,M.D Microbiology ➤ Total teaching Experience - 2 months ➤ TUTOR Department Of Microbiology GMC ,Surat 	
		Resident	<ul style="list-style-type: none"> ➤ Dr. Rima Kapoor ➤ M.B.B.S ➤ 3rd Year Resident, Department Of Microbiology GMC ,Surat 	
		Resident	<ul style="list-style-type: none"> ➤ Dr.KhushbooPrajapati ➤ M.B.B.S ➤ 3rd Year Resident, Department Of Microbiology GMC ,Surat 	
		Resident	<ul style="list-style-type: none"> ➤ Dr.Manali Shah ➤ M.B.B.S ➤ 3rd Year Resident, Department Of Microbiology GMC ,Surat 	

3	Departmental Facilities	 <p>The department of Microbiology is located on the third floor of the College wing. It has an Undergraduate laboratory for conducting practical for students, a research laboratory, preparation room, departmental store, departmental library, departmental seminar room, demonstration room, lecture hall museum and rooms for faculty members. Department has facility of internet for PG student and faculties for research work.</p>
4	Departmental CME, Workshop	 <ul style="list-style-type: none"> ○ Workshop on Leptospirosis: <ul style="list-style-type: none"> ● Microbiology department regularly organize “HANDS ON TRAINING workshop of LEPTOSPIROSIS DIAGNOSIS ”. ○ HIV workshop/ Hands on training: <ul style="list-style-type: none"> ● Department organize the work shop of Laboratory technician for HIV testing for 5to 6 days, on 6 month basis. ○ Workshop on Immunofluorescence <ul style="list-style-type: none"> ● Microbiology department organized workshop on “IMMUNOFLUORESCENCE TECHNIQUE IN MICROBIOLOGY ”on 13 th and 14 October, 2013. Gujarat Medical council granted 7 credit hours for the workshop. ○ Training under IDSP Programme: <ul style="list-style-type: none"> ● Training is imparted by Department to all medical officer as well as laboratory technicians for IDSP on annual basis or early whenever any new outbreak/disease.
5	Departmental Social Services, Community Services	<ul style="list-style-type: none"> ○ Department of Microbiology offers various diagnostic services in the field of Bacteriology, Serology, Mycology, Parasitology, HIV which is also an SRL. Molecular testing for Leptospirosis, Dengue, H1N1, Tuberculosis are carried out beside there other diagnostic tests .There is an ICTC centre (integrated counselling and testing centre),PPTCT centre (Prevention of parents to child transmtion),STI Centre (Sexually transmitted infections);as well as CD4 laboratory with ART centre of hospital. ○ Department has obtained the prestigious NABL Certification (National Accreditation Board for testing and Clinical Laboratories) for majority of diagnostic tests carried out by departmental laboratories. ○ Laboratory received around 1,20,000 samples in 2013 and till November,2014 :1,05,000 samples from hospital. Majority test are accredited by NABL.



- Bacteriology laboratory receives 100-150 samples per day. Also have VITEK for identification of organism and their antibiotic sensitivity testing.
- Immunology laboratory receives 200-250 samples per day. Laboratory is performing ELISA for many serology parameters like HAV, HEV, HBsAg, and few specialised tests like TORCH, Measles, Dengue (IgM, NS1), ANA, VitD, HbAb titre etc.

Leptospirosis Laboratory and Research Center:

- samples from all over Gujarat, besides Gujarat few samples from western India and some part of Northern India.
- Leptospirosis laboratory is state of art in western zone, well equipped with basic as well molecular equipment. (RT-PCR machine)
- Laboratory is doing battery of test for leptospirosis, like Rapid, ELISA, MAT, PCR and Culture.
- The faculties are well trained from reference centre of India, (WHO ICMR) Andaman, Port Blair. One of the training was awarded by Dr. Ramdas, Health minister.

○ Department participating in Different National Program's






- National Vector Borne Disease Control Programme (NVBDCP)
- National AIDS Control Programme: Prevention of Parent To Child Transmission Programme, integrated counseling and testing, HIV EQAS (NACP phase-3)
- Revised National TB Control Programme (RNTCP)
- State based Integrated Disease Surveillance Project (IDSP):
 - It is designated as state reference laboratory supporting all peripheral health system for laboratory test. Disease being tested and monitored in Gujarat are Acute Diarrheal Disease, Bacillary Dysentery, Viral hepatitis, Enteric Fever, Dengue/DHF/DSS, Chikungunya, Acute Encephalitis syndrome (AES), Meningitis, Measles, Diphtheria, Pertussis, Chickenpox, Fever of unknown origin (PUO), Acute Respiratory infection, (ARI)/influenza like illness (ILI) Pneumonia, Leptospirosis. The laboratory data is submitted weekly to Gandhinagar centre.


• Awards, Publications and Ongoing Research Activity of Microbiology Department

- Microbiology Department was awarded by Health & family welfare department of government of Gujarat for excellent work done in Leptospirosis control during post flood outbreak in and around surat in 2007.
- Awarded ICTC for the "Outstanding performance for HIV testing, 2009 by Human Surat AIDS Prevention and Control Unit.
- Supportive award for excellent work in H1N1 pandemic by Health & family welfare of Government of Gujarat in 2011.
- Department has around 28 publications.
- On going Research Activity:
 1. Study of Sexually transmitted infection.
 2. Leptospirosis Isolation and Prevalence of Serovars of Leptospirosis of South Gujarat in Humans and Animal.
 3. Study of Antibiotics resistance.

		<ul style="list-style-type: none"> ❖ Microbiology Department's Awards in STI Clinic. ❖ Microbiology Department Star Achiever of the Year 2009 for Top Performance in STD clinic in New Civil Hospital Medical College, Surat, on 1st December 2009 World AIDS Day, GSACS, Ahmedabad. ❖ Award to Excellence 2009-2010, New Civil Hospital & Government Medical College & Hospital, 1st Dec 2010 World AIDS Day. ❖ Excellent Performance is awarded to STD Clinic, New Civil Hospital, Surat, on 1st Dec 2011 World AIDS Day. ❖ Excellent Performance is awarded to STD Clinic, New Civil Hospital, Surat, on 1st Dec 2012 World AIDS Day. ❖ Excellent Performance is awarded to STD Clinic, New Civil Hospital, Surat, on 1st Dec 2013-14 World AIDS Day. ❖ PPTCT lab got award for Highest ANC testing in Gujarat, on 1st Dec 2013 and ICTC got award of state level
6	Departmental Future Vision	<ul style="list-style-type: none"> ○ Our mission is to offer inclusive education and create a continuous stream of trained medical professionals to cater to the emerging healthcare needs, to serve the community needs, disadvantaged and underprivileged people at most affordable cost. ○ Microbiological department commits to provide accurate and clinically useful results by using appropriate testing methods and upholding good Laboratory practices. ○ For quality we report the results of examination in ways, which are timely, confidential, accurate and clinically of use. The Microbiological Laboratory provides services for any outbreaks in south gujarat as and when needed by GOG.
7	<p>Carrier Option or any academic progress after post graduate in your subject.</p> <ul style="list-style-type: none"> • MEDICAL MICROBIOLOGISTS: • Medical microbiologists study the role played by micro-organisms in inflicting diseases in humans and animals. They research and investigate these organisms to find ways to cure and prevent, occurrence of these diseases. • Participating in Research of Emerging pathogens and development of new antimicrobial drugs. • AGRICULTURAL MICROBIOLOGISTS: • Agricultural microbiologists study plant diseases, the role of micro-organisms in soil fertility and spoilage of farm products. • INDUSTRIAL MICROBIOLOGISTS: • Industrial microbiologists work with industries producing products such as alcoholic beverages, amino acids, citric acids, Vitamin C and antibiotics etc. with the help of micro-organisms. • MARINE MICROBIOLOGISTS: • Marine microbiology deals with the micro-organisms present in the ocean. It is a relatively new division of microbiology and promises to be an exciting one. • GENERAL MICROBIOLOGISTS: • General microbiology focuses on the fundamentals and basic features of micro-organisms including ecology, metabolism, genetics, physiology and structure. • Microbiologists can work as an Infection Control Officer in any Hospital • Evaluating antibiotics and developing vaccines, manufacturing drugs by fermentation, etc are also some of the scopes of microbiologists. • Microbiology and immunology provide major inputs to biotechnology and hence several organisations involved in biotechnological research offer opportunities. • In municipal or public water departments microbiologists undertake routine testing of water supplied to industrial and domestic users. • Other employment options are with university departments, research councils and government-funded research institutes. • They can work as Environmental Microbiologist. 	

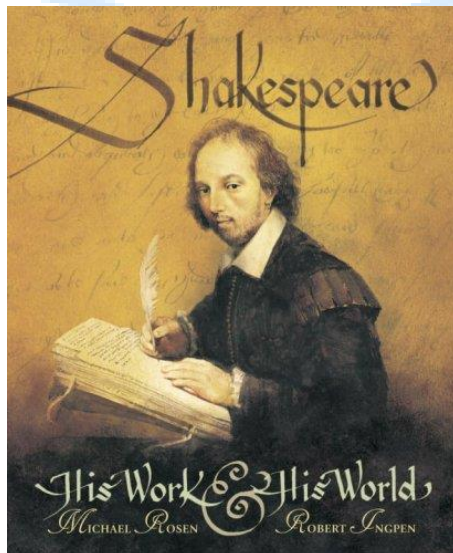
- The **pharmaceutical, food, beverage industries**, swimming pools, water processing plants, bottling industries and hotels employ microbiologists.
- In Agricultural research microbiologists are recruited for conducting research in the **area of plant development, plant disease and tissue culture.**

Sr.No	Department Details			
1	Name Of Department	Forensic Medicine & Toxicology		
		Professor & Head	Dr. Ganesh Govekar MD(FM)	
		Associate Professor	Dr. Chandresh I Tailor MD(FM)	
		Assistant Professor	Dr. Jignesh B Patel MD(FM)	
		Assistant Professor	Dr. Paresh V Chandegara MD(FM)	
		Tutor	Dr. Pikesh M Modi MD(FM)	
		Tutor	Dr. Milind N Patel MD(FM)	
		Tutor	Dr. Raghurajsinh Vaghela MD (FM)	

		Tutor	Dr. Ritesh Bhabhor MBBS MD Pursuing	
3	Departmental Facilities	Library, Museum, Autopsy, Research lab, Medicolegal Record Room, Demonstration Room, Conference Hall, Audio Visual Room		
4	Departmental CME, Workshop	<p>Joint CME with Obs. & Gyne. Dept regarding medicolegal aspects of survivors of Sexual Offence.</p> <p>The Department is regularly conducting workshop for medical officers of PHC, CHC of the South Gujarat Region; in collaboration with SIHFW, Gandhinagar. This training is for 3 days covering various aspects i.e.</p> <ol style="list-style-type: none"> 1. Autopsy Procedure 2. Medicolegal report and certificates writing 3. Viscera Preservation 4. Record Keeping 5. Recent amendments in various IPC and CrPC 6. Court Procedure 7. Discussion on various medicolegal issues. 		
5	Departmental Social Services, Community Services	<ol style="list-style-type: none"> 1. Active participation of faculties in various workshops and CME organized by Medical Associations & NGOs by delivering lectures and taking part in panel discussion on various medicolegal issues. 2. Giving expert evidence in court of law by all faculties on behalf of government for establishment of justice 3. Blood Donation 		
6	Departmental Future Vision	<p>The department strive to fulfil following vision “Promote, Provide and Assist Justice through knowledge of Medicine” And there by prepare future medical practitioners being self reliant in handling medicolegal issues.</p>		
7	Carrier Option or any academic progress after post graduate in your subject.			
<p>After completing post graduate, one can choose services in government and private medical college as teaching faculty. One can also work as private medicolegal consultant. By pursuing Ph.D. Degree or degree in law he or she can do law practice.</p>				



Achievements:



- **Dr.Shabina Seth 3rd year Psychiatry resident winning RC Maniar Award for her paper in IOS Gujarat state branch conference held at Jaipur.**



- **Dr ShivangiInamdar(PSM Dept) Got first prize in ASICON HYDERABAD.Presentation on Caregiver's burden of Children living with HIV on ART at an urban setup.**



- **Dr.RiteshSondawale , third year OG resident, stood 1st in Eposter in National Seminar in Reproductive Endocrinology and Infertility**

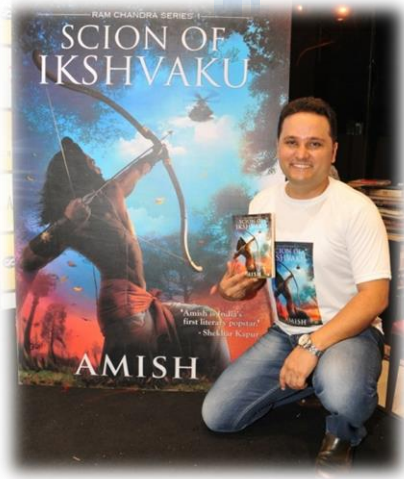


- **Dr Grinish Tamakuwala for being awarded with Gold medal for acquiring highest marks in PG Respiratory Medicine.**



Curriculum Activities:

Academics



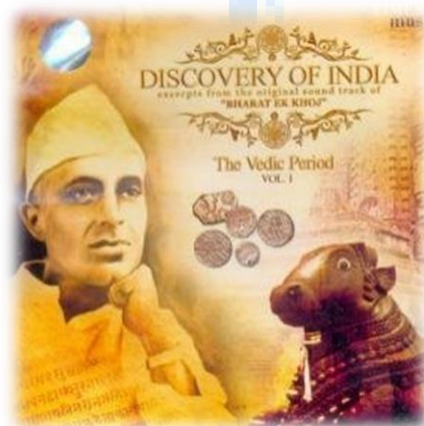
- **CPC (Clinico-pathological Corelation) meeting by Pathology- Paediatric Department, GMC, Surat; on 8th August, 2017.**



- **GMCS Team participated in South Gujarat zone UG Psychiatry quiz. They are Runner up winners among all. Congratulations!**



ExtraCurriculum Activity:



- **Independence Day Celebration 2017**



- **Orientation For New UG Entrants**

Welcome Ceremony and Orientation Program for Freshers (UG) with Parents-Organised on 29/08/17 at GMC, Surat with presence of Senior students, Faculties & office bearers of various Medical Associations of city!



- **Addressing Parental Anxieties through Parental Counselling of New UG Entrants' Parents by Psychological counselling and Guidance Centre team-GMC, Surat on First Day of Welcome Ceremony and Orientation Program (29/08/2017) for Freshers!**



- **'Teacher's Day' Celebrations-GMC, Surat on 5th September, 2017. Welcoming and Respecting Teachers by Students-GMC, Surat.**



● **Workshop on Research Protocol Review!**



YOLO



Government Medical College, Surat

8th September, 2017
 Parenting for peace (P4P) &
 School mental health task force of IPS
 Presents
YOLO

Time: 2.30 pm to 5. pm
Venue: Physiology Hall

P4P Team

Dr.Ketan Parekh. Dr.Ketan Bharadva.. Dr.Aarti Mehta Dr Sushma Desai Dr.Salim Hirani
 Dr.Prashant Kariya. Dr. Trupti Patel Dr.Latika Shah

Our special Participants: Mrunal Shah .Raj Shah. Heli Desai . Yash Thakkar(batch 93)

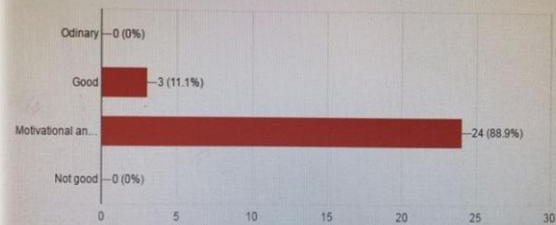
Dean: r. Jayesh Brahmhatt **Superintendent: Dr.M.k.Vadel**



Feedback :

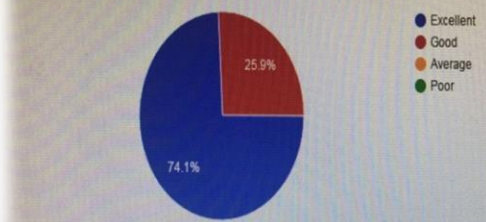
6. What is your opinion about this program ?

27 responses



8. Please rate your overall impression of YOLO Program?

27 responses



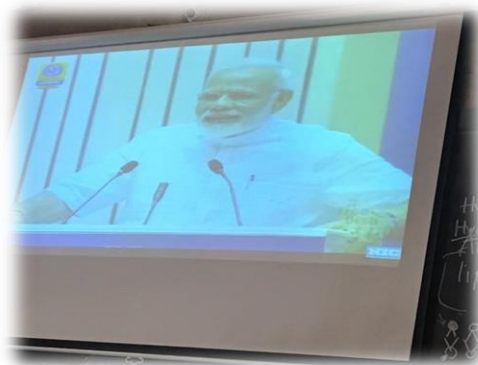
- **Orientation Program by Para-clinical & Clinical subject Teachers for II/I MBBS Batch-GMC, Surat**



- **Elsevier MCQ Competition - GMCS.**



- **Digvijay Day-11-09-2017: Live webcast-Speech by Hon. PM sir & other dignitaries! Attended by students, faculties & Dean, GMCS.**



- **Successful completion of workshop for 1st yr postgraduate residents, Batch-1, 12th & 13th September 2017, Title- Guide to writing an effective Dissertation protocol**



- **workshop on Reference management with Mendeley software by Dr.IrfanMomin on 14th September for Research Cell, Curriculum committee and MEU of Government Medical College Surat.**



- **Appreciation of the work and services rendered by Admission Help Centre team members at GMCS**



- **GMCS-RNTCP/TB Sensitisation Training for PG Students!**



- **Swachhata Pledge by Dean, MS, HODs, Faculties, UG/PG Medical students, Physiotherapy students, Admin staff & Outsourced personnel on 25/09/2017-GMC, Surat.**



- **2nd CPC meet-Orthopedic, Pathology, Radiology Department.**



- **Innovative posters prepared by the students of first MBBS... as a part of Swachh Bharat Abhiyan week.**



- **Tree plantation activity-‘Green Campus ‘ initiative under Swachhata Mission!-GMC, Surat.**



- **service users organised a fashion show on world mental health week under the idea 'BE YOURSELF' at NCH SURAT It was a great moral boosting movement.**



- **Mental Health Awareness program at different District of South Gujarat by Psychiatry dept of GMC,Surat.**



- **GMCS-‘NAMO e Tab’ Distribution programme- for students; to in the presence of -Dignitaries-Hon MLA Shri Harsh Sanghaviji, Hon VC- VNSGU - Shri S. Guptaji, MCI member-Dr Mahindrasinh Chauhan!Total 91 tabs distributed.**



- on " world sight day" Department of Ophthalmology took initiative to start examining the Anganwadi children of Surat city for eye check up.

This year once again the focus of NPCB is on childhood blindness.

Our resident doctors and interns with the help of ICDS Mr HarishbhaiSondharwa could start the good work of examining Anganwadi children who otherwise donot approach hospitals for ocular morbidities. Wish us so that we can pursue the good work and visit maximum Anganwadis



- The Senate had organised "Carpe dictum" on 3rd November 2017 for the development of fresher's oratory skills - in the presence of honorable Dean sir, literary committee members and the professors. The winners of the event are-Best protagonist- Krishna Brahmhatt , Best rebuttal- Mehak Khanna ,Best conclusion- DhruvParmar , Best oration- AayushiRajani



- GMCS-Students: 35 Students participated in TOI Public Speaking Contest at Surat. Out of 35 GMCS Students, 5 were selected as Top 20 ! Congratulations to all students & their mentoring faculties!

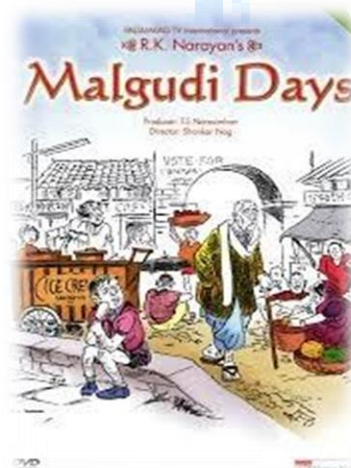


Rank	Name	Score
1	SHRADDHA KUMAR	80.67
2	ANUSHKA KUMAR	75.61
3	ANUSHKA KUMAR	75.33
4	ANUSHKA KUMAR	71.67
5	ANUSHKA KUMAR	71.33

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One of the highest rated utility Apps

Feedback from valued customers...
"I am appreciative to receive an app for my mobile phone as it is convenient and easy to use. I can use it to check my bill and also to report any issues. The app is very user-friendly and I would recommend it to my friends. Thank you for the app and for the excellent customer service. I would like to see more apps like this in the future." - Mr. A. B. C.

Faculty Corner



Dr.N.D.KANTHARIA
Professor & Head
Department of pharmacology
Government medical college, Surat



Compliance: A neglected entity

Meaning of compliance according to oxford dictionary is “obedience to request or command”.

In medical field compliance means obedience to doctor`s orders. Some prefer adherence or even concordance because they express the quality of drug prescribing by the doctor and taking by the patient i.e. therapeutic alliance.

Successful therapy especially if its long term comprises a great deal, more than choosing a drug of first choice. It involves patients and doctor compliance. The latter is liable to be overlooked (by doctors), for doctors prefer to dwell on deficiencies of their patients rather than of themselves. Thus not only patient's compliance but also doctor's compliance is identified as a major factor in therapeutic failure in both routine practice and in scientific therapeutic trials.

Patient compliance is the extent to which the actual behavior of the patient coincides with the medical advice and instructions. It may be complete, partial, erratic, nil or over compliance. Sometimes doctors assume that the patient will gratefully or accurately do what they have been told, but this assumption is wrong leading to therapeutic failure. A number of drug utilization studies in India have shown that the rate of non-presentation of prescription is 10-15% and even more in elderly. On top of it ,having obtained the medicine some 20-25% of patients either fail to follow the instructions to a significant extent or they do not take it at all.

What are the prime factors for poor compliance?

- Patient has not understood the instructions.
(Patient was told to spray medicine to throat and he sprayed on anterior surface of neck)
- Patient has understood the instructions but fails to carry them out.

Let us see the various reasons for poor patient compliance:-

1) Frequency and complexity of the drug regimen.

Poly-pharmacy is a proven inhibitor of compliance. Here if more than three drugs are taken concurrently it can very easily lead to poor compliance.

2) Unintentional non-compliance or forgetfulness

It can be addressed by associating drug taking with cues in daily life (i.e. breakfast and bedtime) Or By special packing like calendar packing.

3) Intelligent or willful non-compliance

Here patient decides that they do not need medicine if they are asymptomatic e.g. Hypertensive or they do not like the drug because of side effects.

4) Poor compliance may be due to other associated illness e.g. impairment of cognition and depression.

5) Lack of information

One third of patients may forget the instructions after leaving the OPD. Lucid and legible labeling of containers, patient friendly information's are must to take care of poor patient compliance.

6) Poor patient-doctor relationship

The best way to achieve compliance is to cultivate patient-doctor relationship. Doctors cannot be expected to like all their patients but it is of great help if they make positive efforts to understand how individual patients must feel about their illness and their treatments i.e. to empathize with their patients. This is not easy but its achievement is the action of the true professional and indeed is part of their professional duty of care.

Suggestions for doctors to enhance patient compliance/adherence

- ✓ Form a non-judgmental alliance with the patients; give patient an opportunity to ask questions.
- ✓ Plan a regimen with minimum number of drugs and drug taking occasions. Use SRP and FDC
- ✓ See the patient regularly so that the patient feels that doctor has not lost interest.
- ✓ Motivate the other family members.

Directly observed therapy (DOT)

DOT is employed or imposed among free living uncooperative patients who may be menace to the community e.g. drug resistant tuberculosis.

Evaluation of patient compliance:

1) Merely asking the patient whether they have taken the drug cannot provide the reliable evidence.

Hippocrates said that patients are liars regarding compliance and the way a patient is questioned is very important.

For e.g. Are you able to take the drug may get a truthful reply while did you take the drug may not because the latter question may be taken as a personal criticism.

2) DOT is the most accurate way of evaluation of compliance.

3) Some pharmacodynamic effects such as heart rate with β blocker may provide physiological marker as an indicator of presence of drug in the body.

Dr. Chandresh Tailor
Associate Professor
Forensic Medicine Department
Government Medical College, Surat.



The Gujarat Prohibition (Amendment) Bill, 2017

It was passed by the state Assembly in February this year and subsequently became an Act in March after the state governor Shree O P Kohli gave his assent.

As per the rules issued today for the Act, the state government would constitute a monitoring cell to enforce the liquor ban in the state, a government release said.

Now, citizens can directly inform the state government about any liquor-related illegal activity by dialling the toll-free number- 14405. People can also inform the state monitoring cell on its mobile number- 9978934444, the release said adding that the identity of the caller would not be revealed.

For the effective implementation of the act, the government will use social media to spread awareness. People can also share details with the monitoring cell on its Facebook page 'SMC Gujarat', the release said.

The act provides for stringent action against bootleggers, tipplers as well as officials who help culprits to escape during raids on liquor dens.

As per the act, those found guilty of manufacturing, purchasing, selling or transporting liquor would face up to 10 years in jail and a fine of Rs 5 lakhs. In the previous Act, punishment for this illegal activity was just 3 years, said the release.

Similarly, liquor den operators as well as those helping them would face imprisonment of up to 10 years.

The act says that people who create ruckus or harass others in an inebriated condition, will face a jail-term of up to three years, not less than one year.

Police officials found guilty of helping bootleggers in escaping during the raids would attract a punishment of seven years in jail and Rs 1 lakh in fine.

Vehicles caught transporting liquor will be permanently seized as government property.

Important Aspects Regarding Alcohol:--

- According to Motor Vehicle Act, 1988; legal limit of blood alcohol concentration for driving in India is 30 mg%. If person has above this level, 6 months imprisonment or 2000 rupees fine for 1st offence and 2 yrs imprisonment or 3000 rupees or both if offence committed within 3 yrs of 1st offence. Under this Act, there can be arrest without warrant, a breath test and a laboratory test can also be carried out.

- Alcohol is a most important cause of road traffic accidents.
- For estimation of alcohol level, blood and urine shall be collected.
- In Gujarat; living person's Blood alcohol level is tested in Central Forensic Science Laboratory, Gandhinagar.
- Gas Liquid Chromatography is a most specific and reliable test to detect alcohol level in blood and urine.
- Breath analyser is a spot test to detect blood alcohol concentration from a breath sample.
- Alcohol is a commonest substance that causes drug abuse and produces psychosis.

કલમ: 65 (ઇ)

શું છે આ કલમ

નાશાયુક્ત પદાર્થ (અડીલા સિવાય)ની હેરફેર, વેચે કે ખરીદે

સજા

10 વર્ષ સુધીની કેદ અને 5 લાખ સુધીનો દંડ



કલમ: 65 (અ)(અ)

શું છે આ કલમ

નશાકારણ પદાર્થ રાખે, હેરફેર કરે, વેચે કે ખરીદે (10 લિટરથી ઓછો)

સજા

3 વર્ષ સુધીની કેદ અને દંડ



કલમ: 66(1)(બી)

શું છે આ કલમ

નશાકારક પદાર્થનો ઉપયોગ કરે કે પીવે

સજા

2 વર્ષ સુધીની જેલ અને 2 હજાર સુધીનો દંડ



કલમ: 67(1)

શું છે આ કલમ

સ્પીરિટ વિકૃત કરવા, હેરાફેરી કરવા, રાખવા

સજા

3 વર્ષ સુધીની કેદ અને 1 લાખ સુધીનો દંડ



કલમ: 68

શું છે આ કલમ

પીઠું ખોલવું, રાખે અથવા ઉપયોગ કરે

સજા

10 વર્ષ સુધીની જેલ અને 1 લાખ સુધીનો દંડ



કલમ: 85

શું છે આ કલમ

જાહેર સ્થળે પીને ત્રાસ વર્તાવો, ઝઘડો કરવો

સજા

3 વર્ષ સુધી જેલ અને દંડ



Dr Latika Shah.
Microbiology Department.
MD(Pathology)
MD(Microbiology)



How to be Innovative in life?

DARE
to be different



When you read about highly successful innovators—the likes of

Steve Jobs, Marissa Mayer, DhirubhaiAmbani..Ratan Tata.. Amitabh Bachchan..



It's easy to think that they just have something that the rest of us don't. How can they keep coming up with such great ideas that change businesses, industries, and possibly even the world? Lots of people mistakenly think that creativity is related to genes that some people are born to innovate but that's completely wrong. By altering your life style and making some changes to your belief system. You can become more creative and innovative

I think trying to some habits of creative people may help us to be creative and innovative in life: **What are some habits of creative people's?**

1. Remove Self-Limiting Inhibitions –



We need to free ourselves from mind-created constraints by removing assumption and restrictions. **“Think outside the box”**. Encourage ourselves to be open to new ideas and solutions U can say , innovation is more about psychology than intellect.

Get rid of your limiting beliefs: One of the things that kills creativity and prevents innovation is limiting beliefs. Limiting beliefs prevent you from seeing possibilities and the result is being stuck in a certain reality without trying to change it.

2. Follow your heart and trust that it knows where it's going.



Six months into Steve Jobs' first year at Reed College, Jobs dropped out. He had no idea what he wanted to do with his life, no idea how college was going to help him figure it out. Jobs thought, here he was spending all of the money his parents had saved their entire life. So he decided to drop out. It was pretty scary at the time, but looking back it was one of the best decisions he ever made.

You have to trust in something—your gut, destiny, whatever. This approach has never let him down, and it has made all the difference in his life."

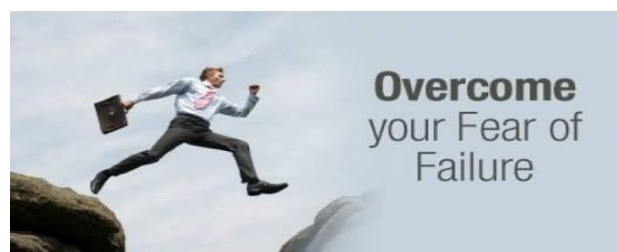
3. Take Risks, Make Mistakes –

I believe that part of the reason why we create self-imposed inhibition is due to our fear of failure. Expect that some ideas will fail in the process of learning. Rather than treating the mistakes as failures, think of them as experiments. "



"I have not failed. I've just found 10,000 ways that won't work."

Thomas A. Edison **Overcome fear of failure:** In order to become more creative and innovative you need to keep trying and failing. Creativity is all about doing few wrong things until you come across the right thing. If you fear failure or if you fear taking risks then you will always be stuck in your comfort zone and you will never become creative. The worst thing that could happen might turn out to be the best thing that could happen. One of the worst things to happen to Jobs was dismissed from Apple. To add to the humiliation, the board fired him. It was focus of his entire life, he thought running away from valley. "But he still loved what he did. And so he decided to start over."



"Ten years later, when he was designing the first Macintosh computer, it all came back to him, he designed it all into the Mac. It was the first computer with beautiful typography." "Of course it was impossible to connect the dots looking forward when He was in college. But it was very, very clear looking backward ten years later," So you have to trust that the dots will somehow connect in your future. That's why the best innovators are also some of the biggest learners, not just about fields directly related to their work. They follow passions and interests that might not make sense.

7. Learn to observe:



Sometimes observing other people can inspire you and lead you to innovate and become creative. When you observe them, you will be adding pieces of information from here and there together and you come up with something totally new

8. Writing Things Down –

Many innovators and creative people keep a journal to jot down ideas and thoughts. Some keep a sketch book, scrap book, post-it notes, and loose paper.



They all have a method to capture their thoughts, to think on paper, to drop their inhibitions and start the creative process. Leonardo Da Vinci's famous notebook was purchased by Bill Gates for \$30.8 Million dollars.

9. Curiosity–

Many innovators are just curious people , and like to solve problems. **Practice seeing things differently.**For example, When seeing the solution to a problem, ask yourself, "What are some alternative ways to doing this?". Ask a lot of questions and challenge the norms or existing methods.

Find A Creative Environment– Find a relaxing or inspiring environment that triggers your creativity. Try different spots until you find some that really bring out the best in you.



10. Partnering – Find creative partnerships with another.

New ideas can surface as a result of two forces that would not have been arrived by a single person. **Get a Buddy**

Innovation rarely happens in a vacuum. Pick a colleague you feel comfortable with. Encourages him or her to keep trying new things, It's better—and easier—together



11. Surround Yourself With Inspiration

Whenever you see something from the big wide world that captures your attention put it on display. It can be any discovery: an awesome ad in a magazine, an unusually arranged menu, The more provocative, the better! If you have space on a wall near you, eke out a spot where you can display everything. **Surround Yourself with Heroes**

Successful people surround themselves with those who inspire them.

12. Pick Small Projects

We often think that ideas must always be big, transformative, and game-changing. But often, it's lots of small, novel things that add up to make a huge difference. The benefits to small-scale innovation are huge. Try changing lots of small things, like how you sign off your emails, how you reward yourself for good work



13. Flip Your Assumptions

We all have things we do with our eyes shut. Over the course of the day, identify all the tasks you do without thinking. Take a moment to talk about how you could do them differently. Sometimes it won't work (**spell check might be the best way to proofread your work**). However, it will often lead you to find a new way of doing the same old thing.

14. Bring it to Life



Stop talking and start building! Put your thoughts into words, your words into pictures, and your pictures into prototypes. When people can see your idea, they're less likely to forget it and much more likely to take it seriously and become involved in its development. Bad Drawing is better than no drawing.

15. Change your routine:

Research has shown that fixed routine is a great creativity killer. In order to become more creative and innovative you need not to stick to the same routine each day. Change anything you can change in your daily activities, try to do the same things in a different way or even try things you never tried before.

Dedicate free time for creative thinking: Even if you changed your routine you might still not be that creative because of being bound by rules. In order to become really creative you need to dedicate some free time for creative thinking where you are not bound by any rules.



16. Fuel Up on Creativity

For too many of us, checking our phone is the first thing we do each day.

Feed your mind with creativity. Pick your favourite song, to kick-start the morning. Whatever it is, make sure it fuels your imagination. You'll be amazed how much it will inspire your attitude and creativity throughout the day.



These tricks may seem simple, but together they force you to see the world in a new way. And **that's what innovation is all about—seeing opportunity where no one else can.** The more you practice these, the more easily it will become your default way of thinking—and the more innovation will become part of your daily work. **As a final thought, remember that committing to innovation is a brave thing to do. Your actions will likely inspire others on your team to join. And remember that persistence beats resistance.**

Innovation in Action



Student Corner

Poetry



हैं विचरते स्वप्न सुंदर,
किंतु इनका संग तजकर,
व्योम-व्यापी शून्यता का कौन साथी हो रहा है?
विश्व सारा सो रहा है!

भूमि पर सर सरित् निर्झर,
किंतु इनसे दूर जाकर,
कौन अपने घाव अंबर की नदी में धो रहा है?
विश्व सारा सो रहा है!

न्याय-न्यायधीश भू पर,
पास, पर, इनके न जाकर,
कौन तारों की सभा में दुःख अपना रो रहा है?
विश्व सारा सो रहा है! - हरिवंशराय बच्चन

<p>Life: A book When you start writing your life's script with sparkle in your eyes, Be aware that it will have both: Hello and good-byes; Maybe tragedies in life will tear you apart And 'losing hope' is what you will choose at the start; Some things in life are worth fighting for though you don't achieve, Because giving up is something which you shouldn't believe; At the end,not all stories are meant to be published, Few tales written by destiny are only meant to be cherished.</p>	<p>હળવા કરવા દુઃખ તમારા તમારી આંખો થઈ જનમવું છે. આપવા ઉષ્મા જીવન પ્રેમ ની તમારા ગાલો પર સરકવું છે. અને જો મો ખુલે જો સ્મિત થી તમારું. તમારા હોઠો માં મરવું છે. મારે તો બસ તમારા આશુ બનવું છે. ઓગાળી દરેક દુઃખદ ઘટના તમારી ખારાશ બની ટપકવું છે. કરવા પ્રતિનિધિત્વ નિર્મળ મનનું પારદર્શી બની ચમકવું છે. બની સાથી દરેક વિલક્ષણ ક્ષણનો તમારા દિલ થી ઉભરવું છે. મારે તો બસ તમારા આંશુ બનવું છે.</p>
<p>Name :Shreenidhi Patel Batch-95</p>	<p>પ્રતિક પટેલ(ક્ષિતિજ) Batch 97</p>
<p>खुद ही बिखर के खुद ही सिमट गया अगर टूट जाता तो लोग बाँट लेते मुझे पत्थर सा बन गया हूँ अब तो नाजूक होता तो लोग कांट लेते मुझे अपने प्यार पर हमे भी कभी बहोत गुरुर था उनपे हमारा अतूट भरोसा तो ज़रूर था क्या पता था उनकी चाहत नहीं ज़रूरत है क्या पता था उनके लिए हम इंसान नहीं मूरत है</p>	<p>મૃગજળ તારો પ્રેમ પણ છે એક મૃગજળ જે સમર્થ નથી છીપાવવા મારી પ્યાસ; આમ તો રણ માં કમળ ખીલતા નથી, પણ આ ભમરાને તો એ મીઠા રસ ની આસ; વાંક તો એ મદીરા ભરેલી આંખો ને નિર્દોષ વાતોનો, અયોગ્ય જ છું તો કેમ છીનવે છે એન મારી રાતોનો? હવે તો આ આંખોમાં છે રાતો ના ઊજાગરાનું ઝેર, 'નજરો ના મિલાવીશ' એટલી તો કર મારા ઉપર મહેર. બસ તારા માટે અને બસ તારો જ - " વૈભવ "</p>
<p>Name: Meet Ghonia Batch - 95</p>	<p>Solanki Vaibhav Batch 91</p>

આજેવી પટેલ
બેચ-95

પ્રકૃતિ બોલે છે

આ ગોરંભાયેલા વાદળોમાં કોઈનો આભાસ છલકાય છે
વરસતા આકાશ પાછળ કોઈ ખિલખિલાટ હસી રહ્યું છે
હવામાં ઊડતી રેતીમાં કોઈનો ચહેરો બની રહ્યો છે
જળવષાળેની ધારની પેલે પારથી કોઈ બોલાવી રહ્યું છે
રયાતી કુદરતી રંગોળીમાં કોઈની નિદ્રોષ આંખો વતાય છે
ટપટપ પાણીના અવાજમાં કોઈનું રણકતું હાસ્ય વતાય છે
ભીની સુંગઘ કોઈની સ્નેહની લાગણીઓનું સરનામું છે
પવનનો ઠંડો સ્પર્શ કોઈના હોવાનો અહેસાસ બની જાય છે
આ નવી ફૂટેલી કુંપળ મને કોઈની યાદ અપાવી જાય છે
ઝાકળના ટીપામાં કોઈનું સ્પષ્ટ પ્રતિબિંબ વર્તાય છે
ખીલેલા જાદુઈ ફુલો કોઈના આવવાનો અણસાર છે
વૃક્ષોની ઘટાઓમાં જાણે કોઈ વિલીન થઈ રહ્યું છે
કુદરતી શાંતિમાં જાણે કોઈનો પગરવ સંભળાય છે
આવામાં મનથી મનનો મેળાપ કોઈની હાજરી નોંધાવે છે
પીગળતી પ્રકૃતિ કોઈના અસ્તિત્વ ની યાદ અપાવી જાય છે...યાદ અપાવી જાય છે.

Photos of the Month



Name: Sarfaraj Saiyad
Batch : 91

Amish Kanani

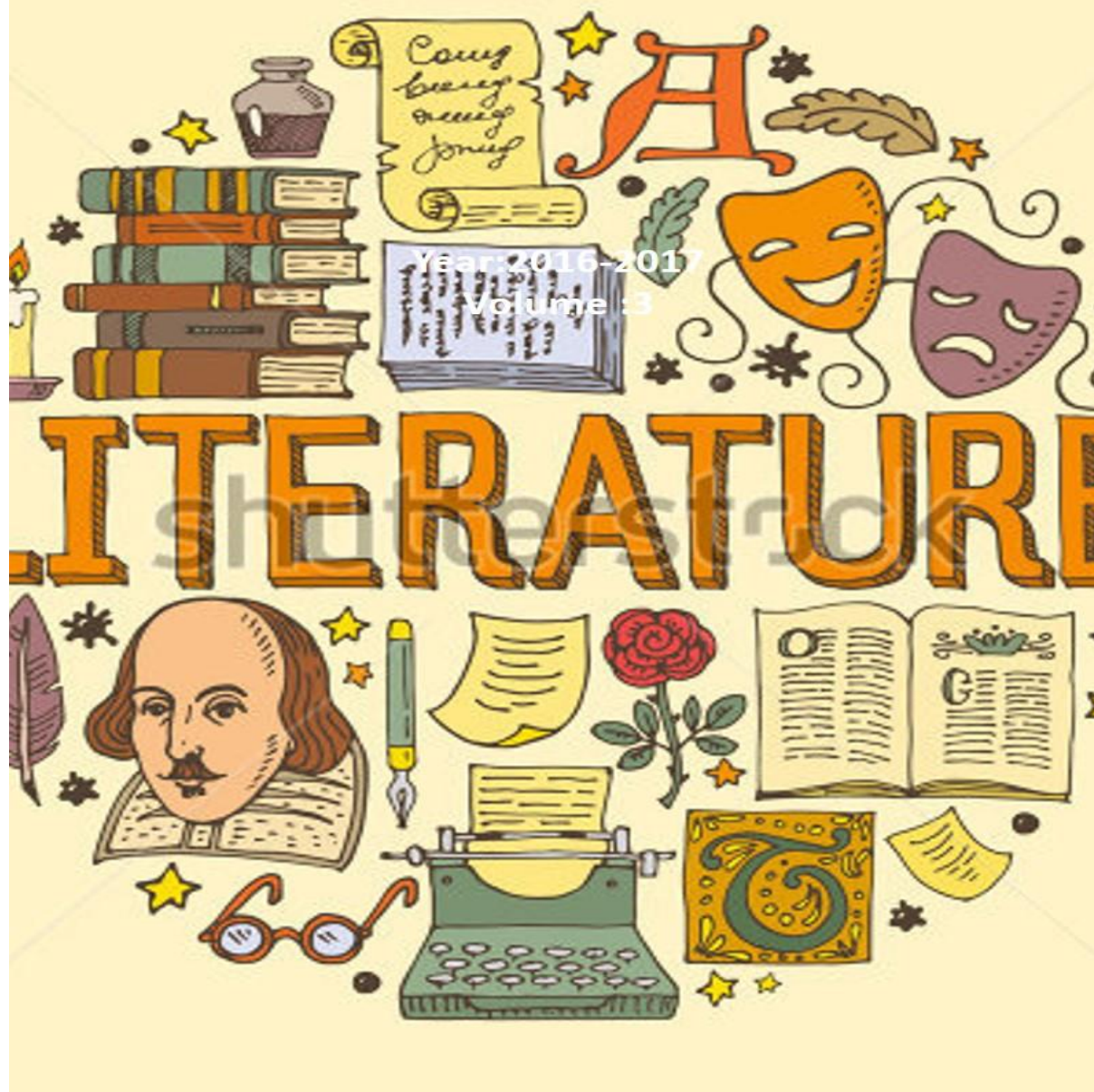
GOVERNMENT
MEDICAL COLLEGE



Dr. Harsh Patel

Amit Kanani

Government Medical College, Surat



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