



Government Medical College



Surat

**"THE WHOLE PURPOSE
OF education
IS TO TURN MIRRORS
into WINDOWS."**

— Audrey J. Harris



THE KINDLE
Adolescent Education Drive
By
Medical Students



Bulletin:4



Dr. J. M. Brahmbhatt
MS Surgery, MCh(Plastic Surgery)
Government Medical College, Surat.

Welcome to Government Medical College, Surat and to one of the best University of Gujarat. Our mission is high quality education, research and service! Our mission as an institution is to teach with creativity and dedication, to heal with quality and compassion, and to inspire discovery and innovation with integrity and resolve! We have outstanding and dedicated faculty in the College. Our ideals, partnerships, and unique opportunities enable each of us to live up to the mission. We look forward to supporting the personal and professional growth of our graduate & post-graduate students, faculty members as well as our medical fraternity. I am sure, you have many great and exciting years ahead of you! Everyone has a talent and so do you. Let it shine out...that's all you have to do...!

Enjoy this time—it is fun! Be courteous & supportive to one another, to your patients & to yourselves. We hope you enjoy your journey as you prepare for your future medical career. I wish you all the best for brilliant future!

Review Board

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Chair Person

Dr. Latika Shah

IT Support












Ronak Gandhi


SUFFER NOW
AND LIVE THE
REST OF YOUR
LIFE AS A
GREAT DOCTOR

KNOW YOUR TEACHERS







**“THE DIFFERENCE
BETWEEN ORDINARY
AND EXTRAORDINARY
IS THAT LITTLE
EXTRA.”**

Jimmy Johnson

Sr.No	Department Details			
1	Name Of Department	PEDIATRICS		
PEDIATRICS		Name	Designation	Passport Size Photo
		Dr. Vijay B Shah	Professor & Head	
		Dr. Sangita Trivedi	Additional Professor	
		Dr. Jigisha Patadia	Additional Professor	
		Dr. Panna Patel	Associate Professor	
		Dr. Kirti Mehta	Associate Professor	
		Dr. Manish Sharma	Assistant Professor	
		Dr. Pinakini Solanki	Assistant Professor	
		Dr. Priti Patel	Assistant Professor	
		Dr. Ankur Patel	Assistant Professor	
		Dr. Upendra Chaudhari	Assistant Professor	
		Dr. Praful Bambharoliya	Assistant Professor	

		Dr. Khushbu Chaudhari	Assistant Professor	
3	Departmental Facilities	<p>Patient Care: OPD with five rooms well maintained paediatric wards, 43 bedded NICU, 10 Bedded PICU. Department also runs Nutrition Rehabilitation Center & Hemophilia Care Center. Wards are fully equipped with latest Gadgets & equipments for routine and emergency care of patients.</p> <p>Department also has enough audiovisual equipments & classrooms with seminar room Library with enough no. Of books.</p>		
4	Departmental CME, Workshop	<p>A) EmNBC, BEMOC, IMNCI, BLS Training of Medical and Para Medical staff of various MEDICAL COLLEGE, District Hospitals, PHC, and CHC.</p> <p>B) Date: 02-02-2017: Treatment & Prevention of Malnutrition through Nutrition Rehabilitation Centre: A Novel approach on Sam, By NRC.</p> <p>C) Date: 09-03-2017- Overview of Haemophilia & management of Haemophilia with special reference to Inhibitor management at G4 Ward.</p>		
5	Departmental Social Services, Community Services	<p>Faculty members and residents take part in large no of medical camps organized by different NGO and Jail authority. They even attend School Health Programme.</p> <ul style="list-style-type: none"> - They participate in Sumul healthy baby contest as clinical Examiner & Judges. - They also participate in Social activities carried out by Surat Paediatric Association Charitable Trust. 		
6	Departmental Future Vision	<p>Children coming for treatment to this department should get state of art comprehensive and holistic care. Starting from Newborn to Adolescent age group and all super speciality services under one roof. Department is always ready for academic progress for bright future of Students.</p>		
7	<p>Carrier Option or any academic progress after post graduate in your subject.</p> <p>They can go for different super speciality courses like Neonatology, Cardiology, Nephrology, Adolescent Health, Neurology etc.</p>			







Sr.No	Department Details		
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1	Name Of Department	Ophthalmology		
		Name	Designation	Passport Size Photo
		Dr.Priti Kapadia	Professor and Head	
		Dr.Trupti M. Solu	Additional Professor	
		Dr.Kunjan Patel	Associate Professor	
		Dr.Shivani Patel	Assistant Professor	
		Dr.Isha Patel	Assistant Professor	
		Dr.Pradyna Bhole	Assistant Professor	




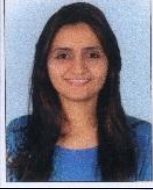



3	Departmental Facilities	<ul style="list-style-type: none"> ▪ In the outpatients department various procedures are performed like objective and subjective correction for refraction, retinoscopy, slit lamp examination, indirect ophthalmoscopy, direct ophthalmoscopy, perimetry , pachymetry , keratometry, tonometry both appplanation and noncontact tonometer , synaptophore, A scan biometry, B scan, UBM ,YAG laser, retinal angiography and photo coagulation etc. ▪ In the operation theatres various anterior and posterior segment surgeries are performed on daily basis . Routine phacoemulsification,Keratoplasty, squint surgeries, oculoplastic surgeries specially ptosis, entropion, ectropion, extra ocular tumour 		
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		<p>excisions, pterygium surgeries, Vitrectomy, Anti glaucoma surgeries are performed .</p> <ul style="list-style-type: none"> ▪ Department beholds fully equipped eyebank with keratoanalyser, clinical specular microscope, cornea preserving media and all surgical equipments for corneal transplantation.
4	Departmental CME, Workshop	<ol style="list-style-type: none"> 1. Diabetic Retinopathy CME for ophthalmologists and Physicians of NCH. 2. Glaucoma workshop with Dr M.Khamar:
5	Departmental Social Services, Community Services	<p>Services offered</p> <ol style="list-style-type: none"> 1. All anterior segment diseases' of eyes their diagnosis and management. 2. Posterior segment diseases examined by honorary vitreoretinal surgeon every Wednesday in afternoon hours. The laser treatment of retinal diseases given as per the appointment. 3. Eye bank services : Registered Eye bank 4. Govt. Recognized Centre for tissue transplantation 5. Organization of camps for certifying visually handicapped patients, for diagnostic purposes, diabetic retinopathy and operative for cataract surgeries. 6. School health check up 7. Community health check ups at PHCs specially to register cases of cataract, pediatric ophthalmic diseases, diabetic retinopathy and corneal blindness.
6	Departmental Future Vision	<ul style="list-style-type: none"> • The Department of Ophthalmology provides a well coordinated, progressive, balanced experience for the M.S. degree students for a period of 3 years during which he/she will transform him/herself into a surgeon with adequate basic science knowledge and anterior segment surgeries. Their experience includes clinical teaching of interns and undergraduate students in Govt. Medical College: Surat, Outdoor patient care, indoor and emergency ophthalmic patient care, ophthalmic microsurgery, experience of research proposal writing, conducting research and how to write manuscript etc , professional ethics , how to organize diagnostic camps, and exposure to eye banking. <p>Our vision is to develop a state of art- eye care centre to offer excellent facilitation for under and post graduate students. To do quality research and its publications by faculty members in peer</p>

	reviewed journals
	For community patients :To provide state of art diagnostic ,surgical and therapeutic facilities to all ophthalmic patients.
7	Carrier Option or any academic progress after post graduate in your subject.
Fellowship in various ophthalmology fields are offered by various institutes in Cornea, Glaucoma, Retina, Oculoplasty, Paediatric Ophthalmology, Neurophthalmology, etc. Students of this college have been doing such fellowships.	

Sr.No	Department Details		
1	Name Of Department	Medicine	
	Medicine Department, Govt. Medical College, Surat	Name	Designation
		Dr. Tinkal Patel	Professor & Head
		Dr. P. Z. Wadia	Additional Professor
		Dr. K. N. Bhatt	Additional Professor
		Dr. M. G. Solu	Additional Professor
		Dr. Ashvin Vasava	Associate Professor
		Dr. Amit Gamit	Associate Professor
		Passport Size Photo	
			
			
			
			
			

		Dr. Arvind Sharma	Assistant Professor	
		Dr. Vivek Garg	Assistant Professor	
		Dr. Sweta Gamit	Assistant Professor	
		Dr. Priyanka Mody	Assistant Professor	
		Dr. Ashish Patel	Assistant Professor	
		Dr. Soham Chaudhari	Assistant Professor	
		Dr. Kunjan Chaudhari	Assistant Professor	
3	Departmental Facilities	OPD service,emergency service,Indoor service,10 bed icu service,echocardiography and TMT facility available, heamodialysis facility available		
4	Departmental CME, Workshop	Cardiology Update.		
5	Departmental Social Services, Community Services	Diagnostic Camps in periphery.		
6	Departmental Future Vision	Super speciality Set Up in Hospital.		
7	Carrier Option or any academic progress after post graduate in your subject.			
	One can start academic carrier after completion of M.D. after doing 1 year SRship.			
	One can have Private practice as Physician.			
	One can go for further Study in Super speciality Subjects, where once again one can go for academic carrier or can go for private practice.			

Sr.No	Department Details			
1	Name of Department	PSYCHIATRY		
	PSYCHIATRY	Name	Designation	Passport Size Photo
		Dr.Ritambhara Mehta	HOD & Professor	
		Dr. Kamlesh Dave	Associate Professor	
		Dr.PradhyumanChaudhary	Assistant Professor	
		Dr. Dimple Dadarwala	Assistant Professor	
		Dr.SanjibaniPanigrahi	Assistant Professor	
		Dr.NehaModi	Senior Resident	
		Mrs. Ami Pathak	Clinical Psychologist	

3	Departmental Facilities	 
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General facilities –

- Daily OPD
- Indoor facility of 40 beds at J-0 ward
- ECT and EEG facilities
- Psychological testing, Counselling and Psychotherapy

Special Clinics (3 to 4 pm)

- Memory Clinic (first Wednesday of every month)
- Psychosexual Clinic (Every Thursday)
- Alcohol group meeting (Every Friday)
- Saathi (Caregivers) meeting (first and third Saturday 10 to 12 noon)
- Maitri (Self-Help group) meeting (Every Sunday 10 to 12 noon)

Other facilities include-

- DOST Centre (NACO Project)- Intravenous Opioid user De-addiction centre
- DTC Centre (NDDTC-AIIMS Project) – De-addiction Centre
- DEIC – District Early Intervention Centre for Disability reduction

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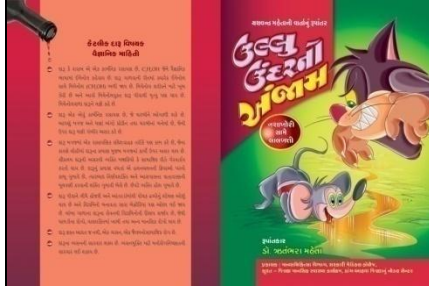
Departmental CME, Workshop

CME for Post-graduates – Every Saturday
 Case Conference for Post-graduates- Every Friday
 Journal Club for Post- graduates – Every Monday
 DASH Stress management for Medical Education – for First year UGs
 DASH Being a Doctor – Doctor-pt Communication workshop – for First year PGs in batch of 50
 Gatekeepers’ training for Suicide Prevention for students and Teachers
 Tobacco Awareness Workshop (GUTS)
 UG and PG Psychiatry Quiz upto WZ level

5

Departmental Social Services, Community Services





National Mental Health Program
 District Mental Health Program
 Educational publications & Plays
 Camp at Zankhvav Community Health Centre every 3rd Sunday.
 Maitri Group – self-help group for patients.
 Saathi Group – self-help group for caregivers.
 Mental Health Awareness Week 4th to 10th October



6	Departmental Future Vision	<p>After more than 30 years of stagnation with only 3 consultants, with the Central and State level funding, in last one year only, the Department has been added with 2 more APs, one clinical psychologist, DTC and DEIC centres with Specialized Counselors and Nurses. It is developing into a Multi-Disciplinary and Holistic Mental Health Facility.</p> <p>Department aims -</p> <ul style="list-style-type: none"> • To Start M. Phil. in Clinical Psychology with Manpower scheme of NMHP in 11th 5-year plan • To build infrastructure for Child Guidance Clinic and establish the Child and Adolescent services • To start training courses in Para-psychiatric fields of Psychiatric Social Work and Psychiatric Nursing <div data-bbox="651 752 1439 1335" data-label="Image"> <p>The image shows a group of approximately 15 people, mostly men and women, standing in a line in a well-lit room. They are wearing white polo shirts with a small logo on the chest. Some are holding microphones, suggesting a formal event or presentation. A white rectangular box with a black border is superimposed over the top center of the image, containing the text "It's A Teamwork" in a bold, black, sans-serif font.</p> </div>
7	Career Option or any academic progress after post graduate in your subject.	<p>Psychiatry in India is in its nativity still, as for many years after freedom, its development is very slow, without much para-psychiatric support, which is getting realized now, with the global pressures from WHO and Human rights quarters, as well as Disability front.</p> <p>Now there is more money also available, which has made it possible to have Psychiatrist in every district. Still, trainings need to be more specialized. Niches for subspecialties are many, considering Family psychiatry, Child and Adolescent psychiatry, Geriatric psychiatry, Forensic psychiatry, De-addiction psychiatry, Social psychiatry, Community psychiatry , Positive and Preventive psychiatry and many more.</p> <p>Half of the trained psychiatrists from India are out of India, doing very well in the field and changing the world psychiatry, even on the top posts of World Psychiatry Association, American Psychiatric Association, British Psychiatric Society and so on.</p> <p>This Department has produced many Academicians who are now doing very well in India and Abroad.</p> <p>Psychiatry touches every aspect of Human Life and Psyche, and makes it unique, with infinite career options. Only, it needs Vision, Motivation, Creativity and Persistence.</p>

ACHIEVEMENTS



- **Dr. Shivani Kumawat, Third year resident , Department of Pathology, GMC, Surat Got first prize in e- poster presentation at 41st GAPM Conference held at Rajkot, Gujarat.**



- **3 rd year Resident Dr Sabari ,Dept of Respiratory Medicine GMC Surat recieves best E Poster Award at State level Critical care conference -- 5th GUJCRITICON**



- **Dr. Akash 2nd year Resident of Medicine Dept , GMC Surat recieves 2nd prize in best E Poster Award at State level Critical care conference -- 5th GUJCRITICON**



- **3rd year Resident Dr Neha Dept of Medicine GMC Surat receives 2nd prize in quiz at State level Critical care conference -- 5th GUJCRITICON**



- **Resident doctors of Medicine Dept. Dr.Rahul Shah and Dr. Piyush Savaliya got 1st price in quiz at APGCON Bhuj.**



- **It is a moment of pride for GMC, Surat as our college students became champions in V.N.S.G University Inter-College Table Tennis (Women) Tournament organised at J.Z. Shah Arts & H. P. Desai Commerce College, Amroli, Surat on 8th January 2018. Team Members : Shivani Dalal, Alisha Jacob, Aayushi Rajani.**



- **Recipient of best performing state in RNTCP at Medical Colleges Of Gujarat State, A Trophy Given by Dr. Devesh Gupta - ADDG THE.B.(GOI) ,Dr. P. Kumar - Director NTI Banglore. At West Zone Task Force Workshop at Navi Mumbai 5th & 6th January 2018. Under leadership of Dr. M. Z. Patel as STF Chairman.**



- **Dr Taha Dagainawala R3 surgery Dept got best paper award 1st prize at hernia society of India's annual conference at Vapi .One more feather in cap of our Department captain Dr Nimesh Verma Under guidence residents are glorifying department.**



- **Our resident doctor Dr.Sabarinath Ravichandar from department of Pulmonary medicine GMC Surat had won Best Poster presentation award in ACPGCON state level conference held at Rajkot ...he is being honoured by Dr.Rajesh Solanki HOD of pulmonary medicine, BJ Medical College, Ahmedabad.**



- **NICU of New Civil Hospital, Surat awarded ‘Best Infection Control Practices in NICU’
-by Govt of Gujrat**



CURRICULUM ACTIVITIES



- **Successfully organised and completed 1st Revised Basic workshop in Medical Education Technologies from 21st to 23rd Nov by Medical education unit, under MCI observer. It was an effective workshop with enthusiastic Resource faculty and energetic participants.**



- **The Joint Annual Conference of Indian Association of Preventive and Social Medicine (IAPSM) – Gujarat Chapter (Silver Jubilee) and Indian Public Health Association – Gujarat Chapter (VII) was successfully organized by the Department of Community Medicine on 7th and 8th December 2017**



- **Saw Bone workshop on Hip and knee arthroplasty Conducted by Orthopedic Dept, GMCS.**



EXTRACURRICULUM ACTIVITY:



- Department of ophthalmology & NCD clinic staff celebrated world diabetic day in a unique way.

About 125 diabetic patients visiting New Civil Hospital OPD were explained the importance of retinal examination on time to prevent occurrence of blindness due to diabetic Retinopathy, a leading cause of preventable blindness.

About 118 patients were examined thro' handheld fundus camera in normal pupil. The examination took a minute and all pictures saved in computer. They identified different stages of Retinopathy in 10 pts. One patient had tractional retinal detachment.

Most of the patients will be treated with laser.

A good example of

“Helping patients by quick screening “

It achieved a satisfaction in both health professional & patients.



- Children Day Celebrations at NRC, New Civil Hospital, Surat!





- 'World COPD Day' Celebrations at GMCS & NCHS on 15-11-2017!



- YOLO Celebration at Government Medical College, Surat for preventing Suicides.

Government Medical College – Surat in association with Parenting for Peace and School Mental Health task force of IPS have organized a seminar for the first year and second year MBBS student on Suicide prevention. Approximately 300 students and Dean, all head of the department, medical faculties were present in the session.

The program is named – YOLO (You Only Live Once)

The program started by the welcome address by Dean Dr Jayesh Brahmhatt who addressed the gathering about the importance of the stress management and how to identify and treat a person with suicidal tendency

The team of Doctors from the Parenting for Peace was there for the presentation which included Dr Aarti Mehta , Dr Latika Shah, Dr Prashant Kariya, Dr Salim Hirani,, Dr Kamlesh Parekh and Dr Trupti Patel. The Program started with a song instead of a prayer – All is well .. all students rocked on the song first. More than 1,32,000 deaths occur in India. And every 40 seconds somewhere in world someone is doing suicide.

In India Suicide is considered as taboo so we are having under reporting and the actual no of cases are much more as compared to what are reported to the health system. It

can be compared to the tip of iceberg in which many attempted cases or under reported cases are not counted. Broadly the reason are classified into three partes

- 1) Psychological factors include motional Imaaturity, Impulsivity, and lack of life/copying skills.
- 2) External factors like lack of education and family environment, Bullying and Media effects also plays a role. Child Sexual and Physical abuse is also considered as a risk factor.
- 3) Psychitric Illness like Depression, Mania, Schizophrenia and Addiction also play a big role.

Students of Second MBBS (Alisha Jacob, Anand Raju, Pooja shah, Saransh Narang and Vishma Porwal) have performed a Skit named J.D. ki Dard Bhari Dastan and they showed the symptoms and signs of Suicide.they have discussed about Do's,important message was Inform Responsible and Concerned persons,Inform Parents/guardians or concerned authority,Call suicide help lines and Take professional help of Psychiatrist/Counselor



વિશ્વમાં દર ૪૦ સેકન્ડે એક આપઘાત થાય છે

સુરતની સરકારી મેડિકલ કોલેજમાં ચોલો કાર્યક્રમનું આયોજન કરવામાં આવ્યું

દુનિયામાં દર વર્ષે ૮ લાખથી વધારે અને ભારતમાં ૧.૩૨ લાખ લોકો દ્વારા આપઘાત કરાય છે

સુરત: સુરતની ગવર્નમેન્ટ મેડિકલ કોલેજ દ્વારા આયોજન કરવામાં આવ્યું હતું. જેમાં ડો.સારતી મહેતા, ડો.સલીમ શિરાણી, ડો.પ્રશાંત કારીયા, ડો.કમલેશ પારેખ, ડો.વતિકા શાહ અને ડો.નરિ પટેલ હાજર રહ્યા હતા.



(વસીર હાસીપ/સીટી)

મદદરૂપ થાય એ માટે આયોજન કરવામાં આવ્યું હતું. આપઘાત વિષે વાત કરતા તેમણે જણાવ્યું હતું કે દુનિયામાં દર વર્ષે ૮ લાખથી વધારે આપઘાત થાય છે. અને ભારતમાં દર વર્ષે ૧.૩૨ લાખ આપઘાત થાય છે. એમને ભારતે વિશ્વને

સૌથી વધારે થતા આત્મહત્યાના દેશોમાં એક છે. દુનિયામાં દર ૪૦ સેકન્ડે એક આપઘાત થાય છે. આત્મહત્યા કરનાર ૮૦ ટકા કિસ્સામાં ઉંઘ ન આવવી, ભૂખ ન લાગવી, ઉંદાસ રહેવું, લોકોથી અલગ રહેવું, અચાનક રડવા કરવું, ગુસ્સો આવવો, પોતાની સંભાળ ન રાખવી, દારૂ-ફિગરેટનું વ્યવહાર કરવું, મરવાની વાતો કરવી જેવા લક્ષણો જોવા મળે છે. આવા લોકોને બચાવવાની વાત કરતા સરકારી મેડિકલ કોલેજના ડીન ડો.વચેશ બહાભાઈે કહ્યું હતું કે આવા લોકોને બચાવવા માટે એમને ઇગ્નોર ન કરો, એમને ચેલેન્ડ ન કરો, એમની ગોસીપ કરો નહીં, એમની મજાક નહીં વિચારો

- Bedaquiline Treatment started in the first patient Manish bhai rafalia for X- DR TB patients at J 4 PMDT ward under the care of Respiratory Medicine Dept on 24.11.17 .



- On 29th Nov, GMC Surat in collaboration with IMA, SMCA, FPA, RSR, Samarpan NGO, World Record Foundation organised a Blood donation camp betn 10.00am to 5.00pm at New Civil hospital Surat coordinated by Dr Amrish Pandya, Dr Mayur jarag & Dr Parul Vadgama, where total 51 units were collected at Blood bank NCHS which is an accredited blood bank NABH .Many faculties and students attended the same.



- Election awareness and voting tips seminar by Mr Niharr Sarawala & Dr Parul Vadgama for all the students, faculties and admin staff of GMC surat. This entire event was motivated by Dean Dr Jayesh Brahmhatt and Supritendent Shree Dr MK Wadel. on 29 Nov 2017



- World AIDS day with Children & Parents-ART CENTER, NCHS.



- **GMCS- ‘Medical-Quiz’ organised in collaboration with IMA-Surat on ‘World AIDS Day’ on 1st December 2017!**



- **World AIDS Day at DOST Center,GMCS on 1st December 2017!**



- **‘World AIDS Day: HIV SCREENING CAMP at L& T by Patho dept.-GMCS.**



- All India women conference EVECON 2018 at ahmedabad attended by GMC,Surat faculties and students.



- Republic Day Celebration At GMC, Surat.



- **Celebration of World Cancer Day at New Civil Hospital Surat with skit, posters and video presentation for patient awareness.**



Department of orthopaedic Conducted 2 workshops :

1. Adolescent paediatric trauma

2. Young arthritic knee

at New civil hospital as part of GOACON (annual conference of Gujarat orthopaedic association)



Under the NHM , NCD cell of New Civil Hospital & Department of Dentistry , Govt. Medical College jointly organized the one day National Oral Health Programme on the theme of - Integrating the Dentist into the Medical assessment and treatment plan of Oral cancer, HIV, & Trauma patients.



- **GMCS-First workshop for Interns on 'future opportunities & challenges -in Pre and Para-clinical subjects '**



- **Workshop on ' Balanced fluid therapy' was organised by Dept of Anaesthesiology Govt. Medical College Surat on 22nd February 2018. Total 67 participant from various Dept including faculty and postgraduate students attended the workshop.**



- **International Women's Day celebrations: Under ' Nanhi Pari Avtatan Karyakam' for New born female child (under -Save girl child & educate girl child project) by Dept. Of H & FW, Govt. of Gujarat-Distribution of 5 gms Silver coin, Sweet box & Mamta kit by Hon. District Collector & Magistrate Shri M S Patel, state Mantri Smt. Darshiniben Kothiya, Dean GMC, Surat; at NCH, Surat.**



- **“Adolescent Education Drive”**

An Initiative taken by GMC, Surat.

programme named “ Adolescent Education Drive” where a team of Medical Faculty and students will go to different schools run by Government, Corporation and private bodies to impart knowledge and guidance through interactive sessions in regards to the “Adolescent issues, Sexual & reproductive life, Physical & Mental body changes etc, specifically for Adolescent girl students.



STUDENT CORNER



A CONTEMPLATING LETTER TO 2018

Dear 2018,

I can't be more thankful and overjoyed to catch up with you here. You, just like a clockwork arrived perfectly on time.

And with all the opportunities 2017 had to offer, I am glad to have lived to them upto my expectations. But 2018 seems just different- sparkling, brand new and flawless. Just like a plain canvas ready to be painted with colourful memories down the lane. So just like most others, I have decided to become a person I wanted to become and erase the follies of past while concentrating more on my efforts as well as strengths.

It's easy to celebrate New year but it's a bliss if I learn to celebrate and eagerly look forward to each day. After all, life isn't a cakewalk. 2017 had its memorable times (on a lighter note, Year in review by courtesy of Facebook reminds me of that) not to forget, it too taught some of the toughest life lessons. I am not naive enough to believe that the new year won't have challenges and setbacks. But it's my indomitable will to prove that comebacks shall always greater than setbacks. I know this is easier said than done but I shall have to learn these lessons eventually.

Twenty- seventeen and I were doing pretty well until I started treating it like twenty-sixteen, and then it got a little salty (some of us are so sensitive). You see, I couldn't change some things. So I blamed my twenty-sixteen problems on twenty-seventeen and it caused a strife between us. Instead of perceiving my twenty-sixteen rough situations as isolated, short-lived experiences, I over-generalized them and carried my bad attitude into twenty-seventeen. But I can assure you I will not blame you for twenty-seventeen's problems. When challenges arise, I will introspect and reconsider the way I see them. Good experiences and bad ones often go hand in hand, and I'll do my best not to catastrophize problems or overestimate what I think I would do if I had everything I think I needed while underestimating what I can do with what I have.

Okay, I'll admit it. I've been known to be a little too demanding of previous years. I wasn't as appreciative as I could have been and let my emotions get the better of me. I had high aspirations and my reference point for success was a little off. I didn't always know how to be happy when certain things weren't in place, and accused twenty-seventeen of not keeping up with my increasing demands. I have learnt to be more practical and realistic towards my goals. That also does not mean I won't take risks. I shall definitely take calculated risks, persevere and believe what I want to make it happen. After all, it's the test of fire that makes fine steel. I have decided to give myself small treats and appreciate myself for accomplishing small targets. Most importantly, I wouldn't burden myself with immense performance pressure, at least not at the cost of my health. Alas, you know, the ambitions that stretches us, gives us satisfaction, and makes the journey worth it. But I will no longer be preoccupied with unrealistic goals that are triggered by anxiety or fears. I'm well aware that many of my feel good moments are fleeting and are just for the time being, and it's my response to events, not necessarily the events themselves, that govern my happiness. I promise to redirect my energies towards activities and things that are more meaningful and satiating to me.

Twenty-seventeen started out really dreamy. But all the excitement of the new year eventually fizzled out and life felt just so... Well, status quo. The strange thing about it is nothing significant changed. Well yes, I did some new things and gained worthwhile experiences for life too, but my outlook towards you mattered a lot, which I realised of the late.

I'd love for you to promise me that nothing bad will happen this year, and I'll fare well with no unfortunate incidences or regrets. But all the years before you taught me better. It's a good thing you heal all wounds. I won't try to slow you down since I already know you wait for no one. So instead, I've learned not to waste you by getting stuck with past regrets. I'll respect the past but I will live my life forward. Lastly, I want to thank each of you- family, friends, philosophers and guides for making this year memorable. It's difficult to express my deepest gratitude merely in words. Au Revoir 2017!!

So here I come 2018. I know we will take some time to adjust with each other. Also let me warn you that I may not be able to fulfill all the promises I have made above. But I know you have the best in store for me. I have anticipated that you will offer me some of the best opportunities once again so that I can keep learning and growing.

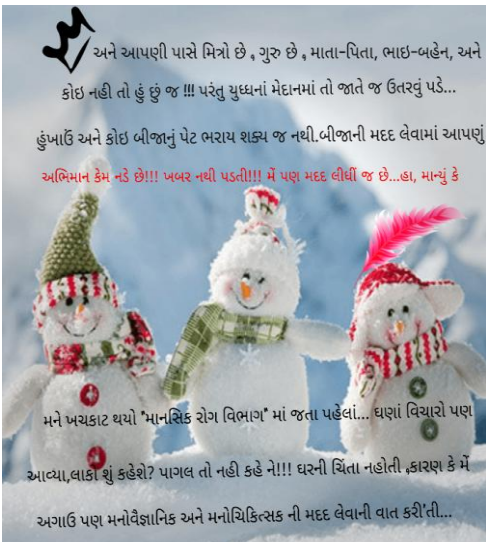
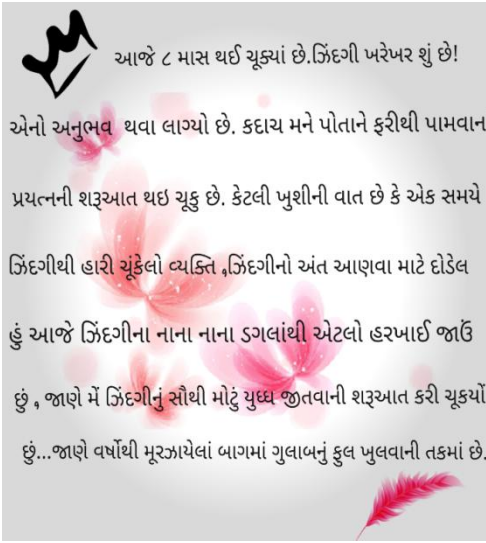
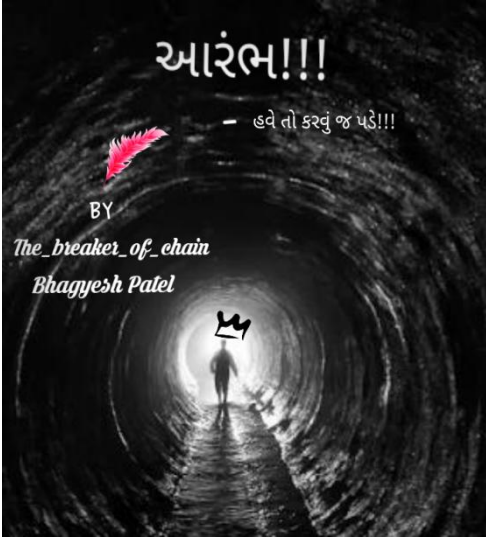
Eagerly awaiting for the fantastic next 365 days...!

Yours truly,

Not so Perfect yet Unique.

SHIVANI.

BATCH 95.



.BHAGYESH PATEL...

BATCH 94.

FACULTY CORNER



Mind Your Mind... I



Dr. Ritambhara Mehta

Professor in Psychiatry, GMC, Surat, Gujarat, India.

It's Resolutions Time...

Come New Year, and its customary to think of New Year Resolutions. New Beginnings, New Starts, New ideas, New Visions, New Challenges, New Goals... and all put together... New year Resolutions. We don't know about earlier generations, but today's generation is definitely influenced by global centre, and Christmas celebrations, New year eve parties, greetings exchanges are quite part of on social life now, and so are the New year Resolution ! You also must have made some New Year Resolution, isn't it? But... also.. You are thinking... you could not stick to it or you couldn't pursue it, isn't it? Most of the people can't. Do you want to know why? Do you want to be successful in sticking to your resolutions? Do you want to follow your decisions? Then you must know why?....

There are mainly three reasons why people fail to achieve their New year's Resolution Goals.

- 1) They are not motivated enough to achieve them.
- 2) They do not know how to achieve them.
- 3) They formulate their Resolutions unintentionally to lead them to failure.

So, let's look them one by one.

First is, are you motivated enough? You will say, just because I thought about it, I was definitely motivated. Yes, you are right to an extent...but not fully. Motivation is a particular state of mind. It is not just a desire or willingness, but much more and much more complex. Though people use the terms like Willpower, Commitment, Determination, Readiness and Motivation interchangeably; Motivation is usually defined after the fact – that is, if you are successful, you are motivated. It is the tipping point for making the change to happen. For good or for bad is decided by the consequences.

Years of Motivation related research shows that it has to be person-driven or self-directed. And for every person the situation, environment or conditions are different to be motivated. At the same time, mostly for the research in De-addiction strategies, motivational interviewing has emerged as a superior one compared to many others. Meaning, if you want to disengage from a behavior, you need to work very hard to keep yourself motivated, as there is resistance to change, psychologically as well as biologically. But, the brighter side is that you can be helped, scientifically, by expert interviewing leading to self-exploration ending with motivation to change.

Second is, not knowing how to achieve the goal. And this is true for most of us. We think, We desire, We want and We decide... First steps completed, but next steps are Action and its Maintenance. To keep on pursuing the goal takes persistent goal directed behavior – called Action. If you want to exercise, you need to fix up a time e.g. get up earlier than usual or free half or one hour for exercise. For that you need to put an alarm or ask you friend to give you call daily. You need to get up, dress up and start walking... Walking? No, No, Bicycling... Jogging may be? But my friend plays badminton. No, I am not good at sports... Should I do aerobic exercise or weight training ? Muscle building like Salman may turn eyes... Baba Ramdev makes it hilarious... Morning or evening? You may go through all these thoughts and options and confusions... but you need to choose... one small exercise.

You will have to decide on which exercise, where to start for yourself, how much initially, with whom, where, how long, what if you can't follow, and so on...

First few days may give you sores and aches which will deter your motivation, but you need to boost it with other rewards and positive strokes. Each day, action... and each day reward/positive strokes... Until one day, it becomes a habit... a good habit... and it starts rewarding you hugely in terms of health, vitality, strength, friends... and above all feeling good!

Knowing yourself - your strengths and weaknesses, your physical and emotional resources, your pushes and pulls, your earlier experiences, your beliefs and attitudes... you can plan for your goal better and put it in action better.

Thirdly, and most importantly, how you have stated your resolution/ your goal. Many resolutions are stated in negative terms. For example, 'I will not eat much sugar'. This is not the way our brain operates. Your brain needs to "understand", and this kind of statement is a sure way to fail, because brain functions very differently. Left brain or Dominant brain makes words; and Right brain or Non-dominant brain produces images.

Now 'imagine a pen', pen word is understood and sent to Right brain for creation of an image of a pen. Thus, we have the whole brain involved.

Now 'imagine yourself not reading this article'. You can't do it, can you? To imagine not doing something, you first need to imagine "Doing" it, isn't it? Meaning, you can first only understand what you are trying, but the Right brain has no understanding of "NOT" or the Negative.

So, you very sincerely thought and imagined 'not eating sugar' or 'not smoking', the Right brain creates the image of exactly that action, which you want to avoid. And this is the cue for the brain, it involves the whole lot of experiences surrounding that act or behavior which you want to avoid... lo and behold... You end up with a craving, a desire, a sweet memory of the experienced 'high' or 'positive', and then you indulge in the same act or behavior, which you very much resolved to stop.

So... what's the way out? You can make and imagine a better strategy. You can make the positive statements e.g. "I REFUSE to eat sugar" or something like "I will eat fruit/protein" (or whatever healthier option you choose), or "I REFUSE (SAY NO) to smoke". This statement makes your right brain imagine an act or behavior of '**Saying No**'. That's the key; you imagine and say, **what you want to do**. This is called commitment language.

Hope, this will help you all make resolutions which last longer... Next time, we shall talk about the "Change Cycle".

Mind Your Mind... II



Dr. Ritambhara Mehta

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The Change Cycle...

Dear friends, last time we talked about Resolutions, and making smarter Resolutions for better success rate. Motivation is the main driving force behind all our actions, desires and needs; which leads us to repeat the same behavior. And any change, that we want to bring about, needs this changed behavior, repeating in order to decrease and quit the earlier behavior which is seen as 'bad' or 'not helping'. But it is not at all easy to change the gear and move on to this new habit or new behavior like a train changing the track. We usually fall back to earlier patterns, we get demotivated, and soon assume the previous pattern.

Thus, for any 'Persistent' or 'Permanent' change to take place, Mental Health Professionals, especially Prochaska and DiClemente, who worked in the Deaddiction field, came up with a 'change cycle'. This cycle is what we all go through while trying to make a change. They described five stages of changes - Pre-contemplation, Contemplation, Preparation, Action and Maintenance. And if not maintained properly, we RELAPSE, or go back to the previous pattern. We shall discuss each stage one by one.

In a technique called Motivational interviewing, the change cycle is emphasized and applied. It is important usually for addictions and lifestyle changes required for exercise, food etc. in diabetes, cardiovascular conditions or even for normal population with 'change' goals.

Let's take the example of exercise only. At first, you are comfortable with 'no exercise' status. It does not do any harm, especially in younger population as such. You are unaware of its advantages also. You are surrounded by others who also are doing only a regular routine of attending college, classes, work, reading etc. But in your studies or on media, WhatsApp or your friend tells you about how physical exercise helped someone to achieve higher grades! This is like a seed in your mind... a new knowledge or a novel thought has been generated now, if you dwell on this seed thought for longer. You may look at books/ internet/ friends/ mentors/ parents for what is this 'Exercise helps Brain' stuff. You start gathering knowledge and most of the sources tell you, that it is helpful. And at times, your parents/ friends have also been labeling you as a 'couch-potato', a sedentary person, obese or low energy guy. That can add fuel to the fury... You start doubting /thinking about increasing your exercise levels ...This is called 'COGNITIVE DISSONANCE'. Meaning, if you find yourself with mental discomfort with these contradictory beliefs, ideas or values, your balance of mind is shaken. So far you were 'OK' with your exercise level and believed that it had nothing to do with your achievements; but now another knowledge has crept in and your long standing beliefs are being challenged. Your father, who never exercised was your ideal, but he suffered a heart attack

and that can really shatter your ideal too... Such a catastrophic event can be a game changer... What we call 'Jor ka Jhatka' or 'Navvanumo Dhakko'. The ball has started rolling now... you have arrived..... in the 'Contemplation stage'...

You start thinking about exercise, gather more evidence, check with friends, get on the internet... Search and gather the nitty-gritties of the exercise – which exercise is good, what is the minimum that one should do? How much time, when to do, with whom, where, who can teach, who can accompany... and so on... You are contemplating... Which gym to join? Who goes there? Has he got any benefits? Is it too expensive? What are the timings?... You are trying to make yourself decide.....

And you meet a friend, who has really been an athlete, running the recent city Marathons and cycling... which you also would love to... You think of starting running with him, and he is equally inviting... BANG... You have arrived at a decision... You are now into the 'Preparation Stage'.

In preparation stage, you will have to prepare and plan, plan for the small details, plan for a schedule, plan for failure management. A guide or counsellor helps get to this stage in a much better way, but anyone can do it by self. Because of planning and preparation, if fool-proof, then chances of failing are minimized. Many people, once decided, make resolution on the spur of the moment, plunge without planning... and that doesn't last for long.

For preparation stage, you must identify your own beliefs, ideas and values which you have held so far. It takes a lot of introspection - for this area of the exercise, of course - (or any area which you are working on to change). Your childhood experiences with exercise/ physical activity, your surrounding people or family's views and practice about it, your friends and your school days with exercise... Events remembered are most important! Did you enjoy your sports days? Do you enthusiastically take part in physical games or competitions? If yes, you enjoy physical activity... it's easy then. If your ideal is some sports person, you are closer to change... But if while running, you had a bad fall or a sports event led to your teasing, then you might have to uncover your anxieties and rewrite your emotions and values attached to it... If you don't do this mental work, but decide to exercise... any time you will encounter this resistance and it can lead to failure.

Preparation stage also needs micro-planning... for running attire, shoes, the track etc. If you have a well-versed friend, or a marathoner, nothing like it. You make friends with him/her, and join in his/her daily routine... though slowly, at first. Also, plan for failure... what if you have some bodyache? Initially there can always be sores and aches. To start with 'Slow and low' is the key. What if you don't feel like it? What can be your motivation booster? What if one day you just didn't get out of bed? Should you view it as a failure? May be not, a lapse sometime is 'OK' to have... but it should not get frequent. What if you see people your age run faster and longer than you? You are not to be disheartened... You are different. And above all, what are you preparing for? Is your aim to get more active to help you in your overall fitness and health or you want to be an Olympian? Your goal will decide your preparations too.

And, then we call it an "A-Day"... The day when you start the real 'ACTION'... get set... GO... This day can be your special day - your Birthday /

New Year/ any significant occasion. It need not be always so... Your taking ACTION on that day itself can make it special too... But START is what is necessary. And this is the most tumultuous stage, Action stage. You may start smoothly, or there can be hurdles. The exams are starting just after a week... so, you stopped doing exercise. That's a bad start. That is why, an 'A-Day' must be chosen carefully, as change is 'stressful'. Any change can be stressful, small or big, for everyone... And how you perceive it makes it even more important. Exercise is the obvious ticket to physiological toughness, and it is also a building block to the overall hardiness or resilience. A Princeton University study found that rats that exercise generate new neurons that are less responsive to stress hormones!

Once you are in the ACTION Stage, you decided on 'A-Day', plunged into Action, did some exercise on the first day, you are bound to feel zealous, and at times overzealous. So be careful and do not over exert on the first day or first few days. Go slow... You only exercise till your muscles show a little 'Stress' or 'Fatigue'. On 2nd – 3rd – 4th days and up to a week or two, your body and muscles may give you mild ache, your new shoes may give your feet sores. (So never ever wear brand new shoes for the start.) But persistence and endurance are most needed in this phase. This initial Action stage is the most crucial stage. Most, around 95% people, give up and go back to earlier pattern due to such experiences. So prepare yourself to expect such problems and have plans ready for such hurdles. Steam / sona bath, massage, rest, more water, more electrolytes... and so on... can help pass this stage. Most importantly, share your experience with the seasoned players (Your experienced friends who are on to the pattern now for long). They can guide you, share their own experience, give you tips and most importantly support and keep you motivated. It is the emotional endurance, which people call 'WILL POWER' which pulls you through this stage. And of course, the Sunny side up attitude.

And when exercise gets enjoyable, you make it into a routine, you start missing it if you can't do it... then.... You have entered the last 'MAINTENANCE' stage. Now, you only have to maintain it as this level. There can be some lapses, for example, you could not go to exercise because you were sick or travelling. But real maintenance is, wherever you are, to stick to the routine. And intelligent improvisations and creativity always come in handy. Only gym makes you exercise? No... you can do it anywhere. These are 'Mental Barriers', and they also need to be shattered, and if addressed during Preparation stage, you can always come out successful. But mind well, 'Relapses' also happen only during this stage. Boredom, Beliefs, Lack of Rewards, no tangible results, no observable punishment and sheer earlier habit... can put you back to square one ! Do not worry. Failures teach us what not to do. Every next time, you are closer to success. So, be vigilant, keep your goals in front of you, keep yourself rewarding, talk about it positively with friends and above all... Motivate others... Share your success... That can be the key to success forever...

So, I hope this can guide you through any change, which you want to bring about, with stage by stage insight and preparations. Wishing you success in every change...

Next time, we shall see why just listening to the Motivational Gurus does not help us get motivated.

પ્રેમ:પ્રેમ એટલે કે સાવ ખુલ્લી આંખોથી થતો મળવાનો વાયદો



પ્રેમ એટલે .. મનનો મેળ .. બે વ્યક્તિ વચ્ચે એમના તફાવતોની સાથે જોવા મળતી હારમોની ...તમે પ્રેમ ક્યો છે.? જેણે પ્રેમ નથી ક્યો એ માણસનો ,માણસ તરીકેનો અવતાર એણે ગયો હોય એવું મને લાગે છે! જગતમાં સૌથી વધારે બધાને ગમતો શબ્દ હોય તો “લવ” આવે, અને ગુજરાતીમાં એ “પ્રેમ” આવે. પ્રેમ એટલે સ્ત્રી

અને પુરુષની વચ્ચેનો પ્રેમ, મનની સંવેદનાથી લઈ તનના સેતસ સુધીની પુરી સફર એટલે પ્રેમ. પ્રેમનાં બીજા પાણ સ્તવરૂપ હોય છે, મા ના બાળક સાથે,ભાઈ બહેનના, કમર કમરના.. પાણ પ્રેમ શબ્દ સ્ત્રી અને પુરુષના પ્રેમને વધારે વંચાયો છે અને લખાયો છે..પ્રેમને અનુભવવા માટે પ્રેમમાં પડવું પડે છે. જેમ તરતા શીખવું હોયતો પાણીમાં પડવું પડે.... એમ.

પ્રેમ એક સાધના છે પ્રેમ એક સંબંધની ચેલેન્જ છે. એમા દદદનો ભય છે હું ના અહંમનુ મુત્યુ છે. શબ્દોનો રોમાંસ છે. સમાજની સામે સાહસ છે.લાલક ડોલક થતી સંવેદના છે. ત્યારેક ખુશી છે. ત્યારેક વેદના છે. કદાચ જીંદગીના બધા જ રંગ પ્રેમમાં છે. પ્રેમ સપ્તરંગી મેઘધનુષ છે.પ્રેમ એ સમર્પદત થઈ જવાની લગાણીનું બીજું સ્તવરૂપ છે કે પ્રેમ એટલે જ અત્યંત પીડાનું પાણ સ્તવરૂપ .પ્રેમમાં સમપદણ છે જે અપેક્ષા પાણ જન્માવે જ છે અને અપેક્ષા જન્મ આપે છે પારવાર પીડાને. પાણ એમાં સફળતાનો રંગ લાલ બતાવે છે.ગાલ પર લાલી આવી જાય છે.પાનેતરનો લાલ રંગ એનો જ તો નથી?મેહંદીનો લાલ રંગ ?બબંદીનો પાણ લાલ જ રંગ? પ્રેમમાં પડવાના કારણ નથી હોતા , ,કોઈ પાણ ઉમરે , કોઈ પાણ સ્તવરૂપે , કોઈ પાણ સમયે એ તમારા દદલને દસ્તક દે.. અને તમે કારણો શોધવા મંડો , ત્યારે તુષાર શુતલ કહે છે,



તું પૂછે પ્રેમનું કારણ,હું કરતો પ્રેમ અકારણ.

પ્રેમ તો કેવળ પ્રેમ છે.એમાં શું કારણ?શું કેમ?

ચાહીએ એને ચાહતા રહીએ.....

પ્રેમ માં પડવા કરતા પ્રેમ માં raise થવું જોઈએ , Don't fall in love, raise in love..લવ અને લસ્ટ આ બે શબ્દ વચ્ચેની ભેદરેખા ત્યારેય ખબર પડતી નથી .લવ એ ભુખ કે વાસના નથી પાણ એ બે પ્રેમી વચ્ચે લોહીયુંબક જેવી ક્નકટતાની ફીલીંગ છે. જ્યારે લસ્ટને સેતસ તૃષ્ણા કહી શકીએ.ધાણીવાર એવું લાગે છે કે લવ એ હામોનલ ઈમબેલેન્સ છે લવ કક્વતાની કક્ષાએ પહોંચે એ

દરેકની દદલની વાત નથી.દદલથી શબ્દો કાગળ પર ઉતરે, અને શબ્દો જ ગઝલ બની જાય ,આદદલ મન્સૂરી કહે છે,જ્યારે પ્રાણની જગમાં શરૂઆત થઈ હશે,ત્યારે પ્રથમ ગઝલની રજૂઆત થઈ હશે. પોતાના અક્સ્તત્વને ઓગાળી , પોતાના અહમ પોતાના હું ને ભુલીને પ્રેમ કરનાર અને પ્રેમ પામનાર બંને જ નસીબદાર કહેવાય.આપણે એવી કોઈ હેક્સયત જ નથી, કોઈક આપણે ચાહે,એ બહુ નસીબની વાત છે.ચાહવું અને પૂજવામાં કોઈ ફેર નથી . પ્રેમ એક ઈબાદત છે.અને એજ પ્રેમ આત્મા સુધી પહોંચે છે છે ..સ્ત્રીનો પ્રેમ આત્મામાંથી ક્નકળી શરીરને કરે છે. પુરુષનો પ્રેમ શરીરથી આત્મા સુધી પહોંચે છે. પુરુષ અને સ્ત્રી બંનેની પ્રેમમાં જરૂરીયાત અલગ અલગ હોય છે. એમની વ્યાખ્યાઓ અલગ અલગ હોય છે.અને એની જ આ ક્વકભન્નતાની મઝા છે.મુકુલ ચોતસી પ્રેમ ને કૈક આ રીતે કહે છે ,

I promise I will be there, whenever you need me...



પ્રેમ એટલે કે સાવ ખુલ્લી આંખોથી થતો મળવાનો વાયદો,

સ્ત્વપ્નમાં પળાય એવો કાયદો;

પ્રેમ એટલે કે તારા ગાલોના ખાડામાં ડૂબી જતાં મારાં
ચોયાદસી લાખ વહાણોનો કાફલો !

પ્રેમની એક ખાક્સયત છે. તમે એક જ વ્યદકતમાં રોજ હંમેશા કંઈ નવું શોધી કાઢો છો. આ એક એવી અનુભુતી છે કે દદલ ખોલીને તમે હા પાડો કે ના પડો, તમારુ ભણતર , તમારી બુદ્ધી,તમારા આદશદ, તમારા વરસોના અનુભવ બધુ જ તહસનહસ કરી નાખે છે. પ્રેમનો અનુભવ વારંવાર થતી ઘટના નથી એ એકવાર જ થાય, અને થાય કે કોઈ કોઈને શા માટે આટ આટલું ચાહે છે? પ્રેમ એટલે પોતાનું દદલ અને પ્રેમી એટલે એનાથી જ પોતાનું અક્સ્તત્વ બનતી પોતાની જાત જ નહીં? માણસની પ્રેમ એક જરૂરીયાત છે. આપણી એક જીજીવશા હોય છે કે આપણે કોઈ પ્રેમ કરતુ હોય. કોઈ તમારી બેસબ્રીથી રાહ જોતું હોય, કોઈ એવું કહે તારા વગર જીવી ના શકુ, કોઈની સવાર આપણાથી જ શરુ થાયને , કંઈક પહેરે ને એને થાય આણે ના જોયું ,મારુ નવું પેહરેલુ નકામું ગયું .. એને એ ખબર હોય તમને શું ભાવે છે, એ તમારા મેસજની તમારા ફોનની રાહ જુવે છે.. તમારા સપનાને એ એનું સપનું માનતું હોય..તમને ખબર હોય કે એની લાઈફની દરેક ઘટનામાં તમે જ કેન્દ્રમાં હોવ છો. તમને એ ક્વશ્વાસ હોય દુક્નયા તમને કોઈ સમજે કે ના સમજે એ સમજશે .. તમને એ ક્વશ્વાસ હોય દુક્નયા તમારો સાથ આપે ના આપે એ..આપશે.. કોઈ છે તમારી લાઈફમાં? તો કસીને પકડી લો..

એવા કોઈ વગર બજંદગી બેસ્ત્વાદ હોય .. એવું નહી ?

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