



# **GOVERNMENT MEDICAL COLLEGE, SURAT.**



## **E-MAGAZINE**



**BULLETIN : 6**



**Dr. J. M. Brahmhatt**

**M.S.(Gen. Surgery), M.Ch. (Plastic Surgery)**

**Government Medical College, Surat.**

Welcome to Government Medical College, Surat and to one of the best Universities 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 and post-graduate students, faculty members as well as our medical fraternity.

Dear Students, I am sure you all 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 and supportive to one another, to your patients and 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!

Dear Faculty, under your guidance you nurture this young talent, the future medical professionals. Your support and counsel can lift them to great heights. And we grow along with their growth. Let us all together provide this young energy an encouraging environment and a caring culture!

## **ABOUT US**

Government Medical College, Surat was established in the year 1964 with the primary objective of imparting medical education and for extending tertiary level care for the patients of South Gujarat and surrounding regions. Government Medical College is affiliated to Veer Narmad South Gujarat University. The campus sprawling over an area of 130 acres, now houses the main buildings of Medical College, New Civil Hospital, hostel for students and residential quarters for different categories of staff. At present the college admits 250 students for M.B.B.S. degree course every year. 177 seats of Post-graduate degree - diploma courses are also offered in most of the subjects.

New Civil Hospital, Surat was established before five decades in the year of 1964 with the facility of 300 beds for indoor patients with the primary objective of imparting medical education and for extending tertiary level health care for the patients of South Gujarat and surrounding regions. It was the part of the Government Medical College, Surat which was established in the same year. Gradually, over fifty years, it has grown to the present size and dimensions with teaching-bed capacity of 1150 beds with other 110 beds like beds for ICUs and Special rooms; over and above these.

It caters to the needs of nearly 4000 patients on outdoor basis and on an average 150 to 200 patients are admitted as indoor patients. There are spacious, well ventilated and furnished general wards and special A.C. rooms. Outdoor patient department is well equipped with computerized Registration counters with token system, with separate windows for senior citizens and disabled, stretcher & wheel-chair bay, drinking water & sanitation facilities and broad-speciality and super-speciality consultation services. Hospital has its own round the clock Ambulance services with well-equipped ultramodern Ambulance vehicles and 'ICU on Wheels'. To provide latest Healthcare, Medical Education and Research, Hospital is equipped with most sophisticated, ultramodern and state of the art equipments, instruments & diagnostic services. There are NABL accredited laboratory services for Pathology, Biochemistry and Microbiology and NABH accredited Blood bank in Immuno-histology and Blood Transfusion department. Hospital has its own Nursing college and Physiotherapy College. The ART center of this hospital is awarded the Best ART center in the state serving maximum number of patients with its allied PNC Clinic and STI Clinic.

# Editorial Review Board



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*“Potential is not an endpoint but a capacity to grow and learn.”*

**Eileen Kennedy-Moore**

American Psychologist

# Achievements

## 1 September 2018 to 30 April 2019

- 3rd year Psychiatry resident Dr. Pooja Shatadal won Dr. R C Maniar Award at Gujarat Psychiatry Branch IPS conference at Kumbhalgarh on 7-9 September 2018.



- GMCS duo Shivani Dalal & Alisha Jacob that secured 4<sup>th</sup> position out of 21 contestant team in State level IAPM Quiz!



- Our 3rd year resident of Psychiatry dept Dr. Pooja Shatadal has won 1st prize for Blitz Presentation Competition at International Dementia Conference 14-16 Sept 2018 at Bangalore.



- GMCS- Dept of Community Medicine: Dr Samudyatha UC received First prize of Rs Twenty thousand for her presentation " Pitfalls in the Road map to Elimination of Mother to Child Transmission (EMTCT) of HIV in India" under mentorship of Dept of Community Medicine.



- GMCS-Received award for best ART centre in high load category in Gujarat.



- Award for highest percentage of component separation for the year 2017-18 by Gujarat state aids control society on world AIDS day on 01/12/2018.



- Poster presentation at NAPCON:GMCS-Dept of Resiratory Medicine: 1st year resident Dr Robin Patel has won 3rd prize in poster presentation in infectious diseases category.



- GMCS-Department of Respiratory Medicine: Dr Greenish Tamakuwala getting 1st prize in BOXER QUIZ Competition at National conference "NAPCON 2018" at Ahmedabad.



- GMCS-Department of Pathology: MEDENGAGE SCHOLARSHIP SUMMIT 2018. FIRST AWARD IN WIZ KID CATEGORY Won by 3rd year resident Dr. Shivangi.



- GMCS-Department of Community Medicine: Proud moments. Won 7 awards at IAPSMGCCON 2018 organized by BJ Medical College, Ahmedabad on Jan 2019.



- Proud moments for GMC, Surat-Dr. MananJayesh Trivedi student of Batch 87 GMC, Surat secured 45th All India Rank and 6th Rank in Gujarat with total marks of 917/1200 in PG NEET 2019.



- Proud moment for GMCS, Surat with sincere efforts, constant encouragement and support from respected Dean, GMC, Surat Department of Pharmacology happily shares that our institute has been recognized as 'Adverse Drug Reaction Monitoring Centre' under Pharmacovigilance Program of India by Indian Pharmacopoeia Commission.





**INDIAN PHARMACOPOEIA COMMISSION**

National Coordination Centre- Pharmacovigilance Programme of India (PvPI)  
MINISTRY OF HEALTH & FAMILY WELFARE, GOVERNMENT OF INDIA  
SECTOR-23, RAJ NAGAR, GHAZIABAD, U.P- 201 002.

Tel No: 0120- 2783392, 2783400, 2783401 Fax: 0120-2783311  
e-mail: [pvpi@ipcindia.net](mailto:pvpi@ipcindia.net), [icclab@vsnl.net](mailto:icclab@vsnl.net), Web: [www.ipc.gov.in](http://www.ipc.gov.in)

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Date: 01.02.2019

To  
Dr. N D Kantharia  
Prof. & Head Pharmacology,  
Government Medical College,  
Majuragate, Surat, Gujarat-395001

**Sub: Recognition of your Institute as Adverse Drug Reactions Monitoring Centre (AMC) under PvPI.**

Sir/Madam,

This is with reference to your letter of intent to participate in nationwide programme to monitor the safety of drugs, it is a matter of great pleasure to bring in your kind notice that the Indian Pharmacopoeia Commission (IPC), National Coordination Centre (NCC) - Pharmacovigilance Programme of India (PvPI), Ghaziabad has agreed in principle to recognise your institution as an Adverse Drug Reactions Monitoring Centre under PvPI.

The detailed roles and responsibilities and resource materials will be sent to you after your acceptance.

Please accept our heartiest congratulations.

With regards

Yours faithfully

  
(Dr. G. N. Singh)  
Secretary-cum-Scientific Director

Copy to:

- a) The Dean, Government Medical College, Majuragate, Surat, Gujarat-395001
- b) The Administrative Officer, Indian Pharmacopoeia Commission, Ghaziabad, UP-201002
- c) The Finance & Accounts Officer, Indian Pharmacopoeia Commission, Ghaziabad, UP-201002
- d) Dr. Jai Prakash, Officer-in- Charge-PvPI, Indian Pharmacopoeia Commission, Ghaziabad, UP-201002

*"Let us join hands with PvPI to ensure patients safety"*  
ADR Reporting Help line (Toll Free): 1800-180-3024



# Co-curricular Activities

- Department of Respiratory Medicine GMC Surat organised a certified Spirometry workshop on 8th September 2018 with the support of Chest Research Foundation, Pune. 60 delegates trained for the same. Demonstrations for performing PFT were done.



- CME organised on basics of fracture fixation course part-1, by Orthopaedic Department, GMC Surat, attended by faculty & residents of GMC, Surat & SMIMER. Our guest lecturers were orthopaedic stalwarts, Dr. Rajiv Raj Choudhary, Dr. Nikhil Vachhrajani.



- GMCS- Department of Pathology: Guest lecture. by Dr. Dhaval Bamania on 'Interpretation of histogram in Hematology disorders' on 20/09/2018.



- GMCS- Bone marrow transplantation: Patient and Doctors' awareness programme was conducted on 7th October at hemophilia care center by Department of Paediatrics.



- NMHP - SURAT organised an IEC activity for the nursing students on Theme of Addiction - IDUs and HIV in observance of WORLD AIDS DAY at DOST center, Department of Psychiatry, GMCS.



- GMCS/NCHS: Inaugural function of Leprosy Reconstructive Surgery Camp & Nationwide Video Conference in the presence of DDG Dr. Anil Kumar & ADG Dr. Rupali, NLEP, GoI, DD Leprosy Dr. Girish Thakar, Plastic Surgeon Dr. Atul Shah.



- Department of Community Medicine has organised 3 days training on LAC monitoring, HIV viral load and cascade monitoring under aegis of WHO India, NACO and GSACS on December 17-19, 2018.



- GMCS-Department of Respiratory Medicine: Asso. Prof. Dr.Parul Vadgama as a FACULTY in National TB Conference NATCON at Nagpur with Chairperson Dr.Radha Munje& Dr. Salil Bhargava from Bhopal.



- Training Workshop on Counselling - Cough to Care Pathway was inaugurated by Dean, GMCS and MS, NCHS. It was organised jointly by Respiratory Medicine Department and Psychiatry Department on 24th December 2018.



- A DASH Workshop on Residents' Well-being was organised on 22 January 2019 at Seminar room, Psychiatry department. It was attended by 62 participants mainly HoD or In-charge HoD along-with PG Guides and staff members of Psychological Counselling and Help Center.



- On 7th Feb 2019, Gatekeepers' Training for Students for Distress and Suicide for Mentors and Teachers was arranged by Psychological Help and Counselling Center of GMC, Surat at Department of Psychiatry, GMC, Surat.



- On 8th Feb 2019 Gatekeepers' Training for Distress and Suicide for Mentors and Teachers was arranged by Psychological Help and Counselling Center of GMC, Surat at Department of Psychiatry, GMC, Surat.



- GMCS-RNTCP State Task Force Meeting on 12-02-2019.



- GMCS- Department of Ophthalmology: Dr. Priti Kapadia conducted an instructional course in All India Ophthalmology conference 2019 at Indore.



- GMCS-Department of Ophthalmology: Dr. Trupti Solu was invited to evaluate papers & Instruction course on cornea for all India Ophthalmology conference. She has done this task for AIOS conference 2019 at Indore. For this work Dr. Lalit Verma scientific committee chairman has honored her at Indore.





*“It is paradoxical that many educators and parents still differentiate between a time for learning and a time for play without seeing the vital connection between them.”*

Leo F. Buscaglia



# EXTRA-CURRICULAR ACTIVITIES

- GMCS- Teacher's Day Celebrations – 5<sup>th</sup> September 2018.



- GMCS- On first day of Navratri Mahotsav organised by Medical Students & Faculties: Adhya shakti Mataji Arti by Hon'ble M.P. Shri C. R. Patil, Dr.Mahendra Chauhan,Dean Dr.Jayesh Brahmhatt,Shri Paresh Patel &Dr.Dhanesh Vaidya at GMCS Campus.



- Navratri function at Govt. Medical College, Surat, with MLA Sangitaben Patil.



- WAD 2018 commemoration at ART Centre, NCH Surat: Many Congratulations to Dr Tinkle Patel and team ART for not only treating patients but contributing in Treatment as Prevention. Media conference with SMC, DAPCU and GSNP + Police advocacy at Varachha Police station by PARAS PSM project.



- GMCS -Attended the function of 'Home Guards Day' (06-12-2018); held at GMCS campus with MS,NCHS, Surat District Commandant Home Guards, other Dignitaries and Jawans!



- GMCS- National Voters' Day Celebrations with Oath taking ceremony by Medical, Paramedical & Admin staff and Students!



- GMCS – Republic Day Celebrations 2019.



- GMCS-NCHS: Inauguration of midwife-led labour room at F1 ward. First of its kind in the whole state of Gujarat! Thanks to Commissioner of Health ShriJayanti Ravi and the team for the initiative!



- GMCS:

ભારત દેશના વીર જવાન સૈનિકો પર પુલવામા થયેલા આતંકી હુમલા મા શહીદ થયેલા ભારત માતાના વીર સપુતો ને નતમસ્તક કોટી કોટી વંદન સાથે હૃદયપુવેક શ્રદ્ધાંજલિ !



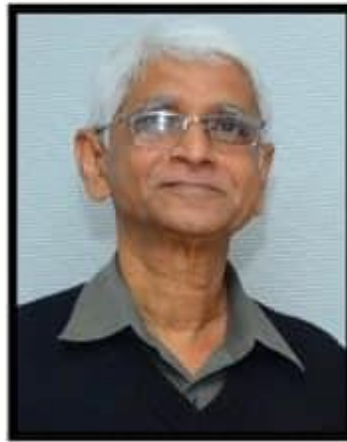
- On 22<sup>nd</sup> April, 2019, GMTA and GMCS felicitated the retiring professors Dr. Umrigar of Skin and VD Department and Dr. M Z Patel from Respiratory Medicine Department. Dean, MS and many other staff and students expressed their feelings for both. Both have established their respective departments and have developed them from scratch.



# Felicitation Corner



# Government Medical College Surat



## A Token of Gratitude

### Dr. Dipak Umrigar

The Govt. Medical College , Surat expresses its indebtedness for your Noble, Selfless and dedicated Services! We are Grateful not only for your un-tiring efforts, inputs and and exemplary & sincere hard-work for the Growth & Progress of the Institution but, also for sharing your Knowledge, Experience and Wisdom with staff and students for the service of Humanity!

Now as the day dawns on the next chapter in your Life, May God's Blessing be upon you as you follow in his way and may you find Joy & Peace as He Inspires you Everyday.

**Congratulations on your Retirement !**  
**Well Done, Thou Good and Faithful Servant...**

◆ ◆ ◆  
April 2019



# Government Medical College Surat



## A Token of Gratitude

### Shri M. Z. Patel

The Govt. Medical College , Surat expresses its indebtedness for your Noble, Selfless and dedicated Services! We are Grateful not only for your un-tiring efforts, inputs and and exemplary & sincere hard-work for the Growth & Progress of the Institution but, also for sharing your Knowledge, Experience and Wisdom with staff and students for the service of Humanity!

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◆ ◆ ◆  
April 2019

**STUDENTS'  
AND  
FACULTY'S**

*Corner  
Of  
creativity*



# ARTWORK



## GOND ART

BY

DR. ANJALI MODI (DEPARTMENT: COMMUNITY MEDICINE) &

HER SON RAGHAV

ARTWORK  
BY DHWANI AMIN, BATCH 95

Dhwani has a flare for Natural silhouettes with a good colour sense.



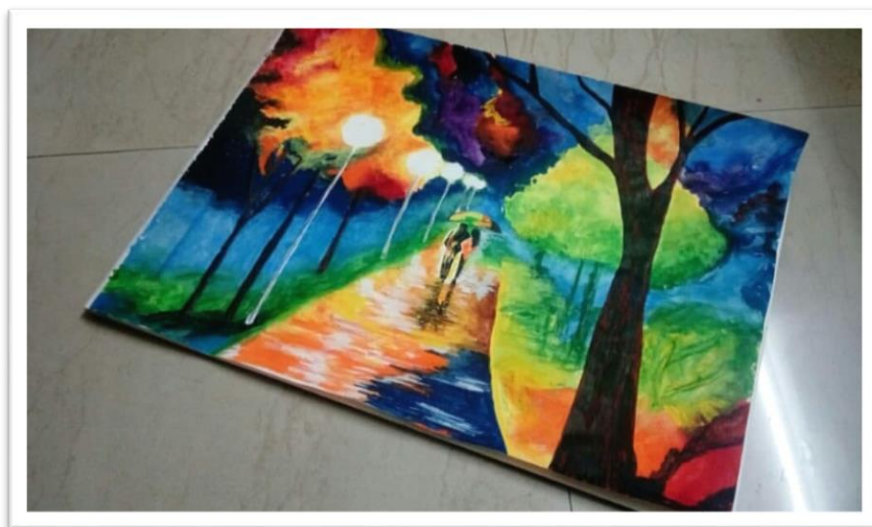
Acrylic on Canvas



Water color



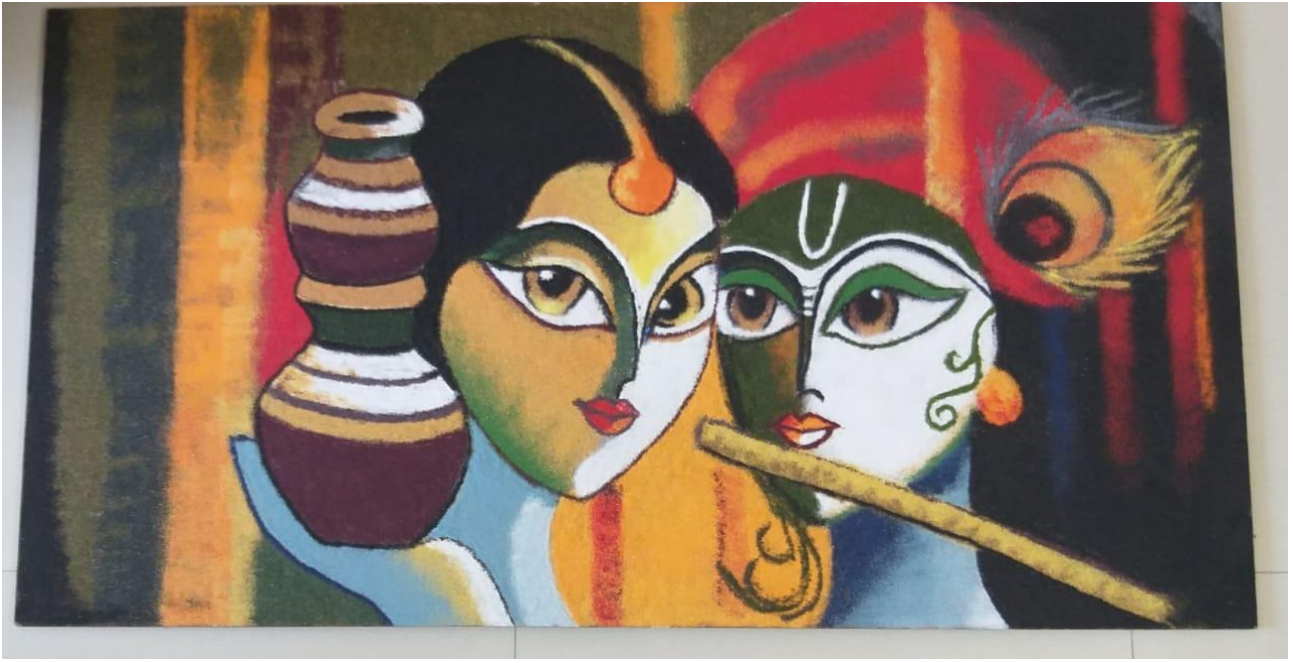
Water color



Water color

ARTWORK  
BY VIDHI DUBEY, BATCH 99

Vidhi has done this beautiful Rangoli with colored Sand.



# **BODY DONATION**

## **ANATOMY DEPARTMENT, GMC SURAT**

The Department of Anatomy, Government Medical College, Surat has been bringing awareness to the common public regarding the importance and benefits of body donation. The department organizes lectures and has been publishing information bulletins and pamphlets time to time. Body donation enthusiasts have already booked their bodies before hand for donating them in case of their deaths. These consent forms are available for such wishers at the Department of Anatomy, GMC, Surat. The entire department is well trained for receiving and embalming the dead body for its preservation and use for teaching purpose.

### **WHY DONATE BODY?**

The importance of body donation is gradually increasing with the increase in number of medical, dental and physiotherapy colleges. For the future to-be doctors and paramedical staff, having the facility to imbibe maximum anatomical knowledge is very vital. This is possible only if there are sufficient dead bodies in the anatomy department of the college. Not only for the 1<sup>st</sup> year MBBS students but any surgical branch resident doctors need thorough knowledge and practice of anatomical landmarks, surface anatomy and hands on training. Thus, instead of just cremating the dead body as per religious norms, the idea of donating it for the pious purpose, for the betterment of the mankind at large is considered nowadays. Just like eye donation and organ donation, body donation is now looked up to as an alternative for altruism. This is where the anatomy department of Government Medical College, Surat comes in picture.



## ચકલીનો અવાજ

શનિવારની સાંજે મારા ઘરના સાંકડા ઝરુખામાં ઉભો હતો અને ઝરુખાની બહારના વિશાળ વિશ્વને અનુભવવાનો પ્રયત્ન કરી રહ્યો હતો. પણ હવે તો ઉજાસ ઓછો થઈ રહ્યો હતો અને સમયના કેન્વાસ પર કાળી બોર્ડર પથરાઈ રહી હતી અને જાણે ચુકાદો અપાઈ રહ્યો હતો : ચિત્ર અહીં પૂરું થાય છે, ધી એન્ડ !

શિયાળાની કૂણી શીતળતામાં ઉનાળાનો અંશ ધીરેધીરે એવી રીતે ઉમેરાઈ રહ્યો હતો, જાણે માથા પરના અસંખ્ય કાળા વાળમાં થોડા થોડા સફેદ થઈ રહેલા વાળ. ખેર, આ ઝાંખા થઈ રહેલા વિશ્વમાં નિહાળવા કરતાં સાંભળવાનું કદાચ ઓછું કષ્ટદાયક હશે એમ માનીને પેલા ચિંતિત-વ્યાકુળ મનના એક જોડાણને બાજુમાં રાખી 'બ્લ્યુ ટ્રથ' વડે કાનને અને મનને વિવિધ અવાજો સાથે કનેક્ટ કર્યા.

દેખાય નહીં એવા અંતરે દોડી રહેલી કોઈક રેસર બાઈકનો, સાયલેન્સર વગરની બાઈકનો જોરદાર અવાજ. ગભરાવી મૂકે એવો અવાજ. અલબત્ત આ અવાજ વીજળીના એક ચમકારા જેવો ક્ષણિક હતો, પણ તન-મનમાં ઉથલપાથલ કરી મૂકનારો હતો. અને પછી બી.એસ.એન.એલ.ની લેન્ડલાઈન ટેલીફોનની ઘંટડી એવી રણકતી સંભળાઈ જાણે કે છેલ્લી વખત વાગતી હોય. લેન્ડલાઈનના એકધારા અવાજને કંટાળાજનક અને કર્કશ સાબિત કરતા હોય એમ બે ત્રણ મોબાઈલના સુમધુર રીંગ ટોન જોતજોતાંમાં જુદીજુદી દિશાઓમાંથી ઉતરી આવ્યા. સહેજ દૂરથી વારા ફરતી બે જુદેજુદે સ્થળેથી પ્રેશર કુકરની સીટીઓ ઉપરાષ્ટાપરી વાગતી હતી. સાચૂકલી સ્પર્ધાત્મક મેરેથોનમાં બે દોડવીરો વચ્ચેની હરીફાઈ હોય એમ લાગે. નોકરી ન કરતી ગૃહિણીઓ પણ તો વ્યવસાયિક માનુષિઓની માફક ચડસાચડસી તો કરી જ શકે ને ! અને બાજુમાં રહેતા ગોલુ નામના બાળકનો રડવાનો અવાજ પણ આવી ગયો - દાદાજીને બદલે પબજી સાથે રમવું છે.

અને દૂર કોઈ એક જ જગ્યાએ અસંખ્ય કાગડાઓએ ભેગા થઈને કોઈ એક મુદ્દા પર કા,કા, કા કા કા કરી મૂક્યું. સારુ થયું મારું ઘર એ કાગડા-કોલોનીમાં નથી, પણ એ સંપીલા અવાજોએ મારી પ્રાકૃતિક વિચારધારાને વિચલિત તો કરી જ હતી. ભલે ને દૂર દૂરથી.

શનિવારે સાંજે દીકરા-વહુની ગેરહાજરીમાં કોઈ કાકાથી અચાનક ટાટા સ્કાય ચાલુ થઈ ગયું હોય અને કોમેડી શોના સંવાદો સંભળાય અને એ વિધુર - વિરહી કાકા અવાજ ઓછો કરવાને બદલે બેબાકળા થઈ ચેનલ બદલ્યા કરતા હોય એમ આપણને ખબર જ પડી જાય.

બે ચાર ઓળખી ન શકાય એવા પક્ષીઓના અવાજમાં, ઓળખી શકાય એવો એક અવાજ હતો: ચકલીનો. ચકલીનું ચીં ચીં ચીં, મારા માટે ચીરપરિચિત ! નાના હતા ત્યારે ઘર આંગણાના આ પક્ષીને કૌતુકભરી નજરે નિહાળતા રહેતા. સામાન્ય રીતે સંભળાતો આ ધ્વનિ કદાચ કર્ણપ્રિય ન હોય તોય ઘોંઘાટ તરીકે નથી જણાયો. ગણિતના શિક્ષક કનુ જોષીના ક્લાસમાં કનુ સાહેબ જ્યારે પ્રમેય જેવી તર્કબદ્ધ બાબતો ભણાવવાનું શરુ કરે અને બારીના સળિયા પર બિરાજીત ચકલી પટ દઈને ઉડી જાય.

એકધારો - અલપ-ઝલપ, દૂર ઉડી ઉડી જતો, નજીક ફરકતો એક સહજ સ્વર ! જીવન સાથે એકરસ થઈ ગયો હતો. જીવનનો દૈનિક ભાગ બની ગયો હતો. ભાગ્યે જ એ કટ કટ કે ટક ટક રુપે, જ્યારે આયના સમક્ષ હોય ત્યારે જ, જણાતો અને એને બંધકરવો ડાબા હાથનો ખેલ હતો. ન સૂરીલો- ન બેસૂરો પણ આ નાની, નિર્દોષ ચકલીઓનો અવાજ આ મનોજગતમાં છવાયેલો રહેતો. આ અવાજ ન તો બુલંદ હતો કે ન એમાં કોઈ 'પરફોર્મન્સ એન્કાઈટી' સામેલ હતી. એમાં કોઈ હેતુ ન હતો. કદાચ કેવળ નિજાનંદ. હવે તો અગણિત વૈવિધ્યપૂર્ણ અવાજો. અવાજોનુંબજાર. મેન મેઈડ મેલોડીઝ- ટેકનોલોજીથી ભરપૂર. એક નાદ બીજા નાદને અસ્વસ્થ કરી મૂકનારો. અરે, એક સંગીતવૃંદ બીજા ઓરકેસ્ટ્રાને હચમચાવી દેનારું. હોડ લાગી છે. અને પેલા 'કરાઓકે' સાથે સુમેળ સાધવા ફક્ત પ્રયત્નો નહીં પણ મહાવરો પણ કરવો પડે ! અકલ્પનીય અવાજોનું મેઘધનુષ ચકલીના નિરર્થક ચીં ચીં ને ભૂંસી નાંખશે ?

કહે છે પેલો ચકલીનો અવાજ અદ્રશ્ય થઈ રહ્યો છે. સામાન્ય સહજ એ સ્વર ઓબ્સલીટ થઈ રહ્યો છે. ચકલીનું ચીં ચીં , સામાન્ય માનવીનું પોતીકાપણું, અસંખ્ય અસામાન્ય પડકારને ઝીલવા મથી રહ્યું છે. ઝરુખા બહારનું બ્રહ્માંડ હવે અકળ જણાતાં હું ઘરમાં આવીને ટીવી ચાલુ કરું છું.

ડીસ્કવરી ચેનલવાળા જ્યારે બતાવે છે કે આ ઘરા પર ચકલીનું અસ્તિત્વ જોખમાઈ રહ્યું છે ત્યારે નિરાશા વ્યાપી જાય છે અને હું ચેનલ બદલી નાખું છું.

પણ નેશનલ જ્યોગ્રોફીકવાળા ડાર્વિનનો પહેલો નિયમ ટાંકીને શરૂ કરે છે કે 'સ્ટ્રગલ ફોર સર્વાઈવલ'- અસ્તિત્વ માટેનો સંઘર્ષ ત્યારે એક આશાનું કિરણ દેખાય છે અને એ એક કિરણના પ્રકાશમાં હું રીમોટથી ફરી એકવાર ઝડપથી ચેનલ બદલી નાખું છું કારણકે હું ભણ્યો છું કે ડાર્વિનનો બીજો નિયમ છે: 'સર્વાઈવલ ઓફ ધી ફીટેસ્ટ !'

ડૉ. અભય કવીશ્વર

સહ પ્રાધ્યાપક (પી.એસ.એમ.)

## Birth Rate to Death Rate as per PSM Biostatistics

### (જન્મદરથી મૃત્યુદર સુધીની સફર)

જન્મ થયો મારો તો હું જન્મદર (Birth Rate) નો એક અંક બની ગયો.

થયા જિંદગીના ૨૪ કલાક તો ૧ દિવસની જિંદગીનો અંક સફળ થઇ ગયો.

કરી સ્તનપાન અને કાંગારુ કેર, થયો ૨૮ દિવસ મોટો,

તો Neonatal Death (નવજાત મૃત્યુદર)માંથી મારો નંબર દૂર થઇ ગયો.

આગળ વધતાં જિંદગી થઇ પૂરી ૧ વર્ષની,

તો Infant Mortality Rate (બાળમરણ)માંથી મુક્ત થઇ ગયો.

પુરા કરી ૫ વર્ષ જિંદગીના under 5 mortality માં થી બહાર થઇ ગયો.

૬ વર્ષ પુરા કરી આંગણવાડીમાંથી શાળા માટે લાયક થઇ ગયો.

આગળ વધ્યું બચપન તો ૬-૯ વર્ષ કોઇના ધ્યાનમાં ન આવ્યું શું કરવું?

૯-૧૯ વર્ષ દરમ્યાન Adolescent Age Group (તરુણવસ્થા)નો ભાગ બની ગયો.

૧૮ મા વર્ષે મતદાતા બન્યાનો અધિકાર મળી ગયો. પુખ્તવયનો જવાબદાર નાગરિક બની ગયો.

ગયા જિંદગીના ૦-૧૪ વર્ષ એમ ને એમ, Dependency Ratio ૦-૧૪ નો બોજ બની રહી ગયો.

૧૯-૨૫ વર્ષની જિંદગી કોલેજ ભણવામાં વિતાવી.

માંડ્યો ઘરસંસાર તો Eligible Couple (લાયક દંપતિ)ના લિસ્ટનો ભાગ બની ગયો.

સમજી જવાબદારી સ્વીકારી પરિવાર નિયોજનની જવાબદારી,

તો Couple Protection Rate (CPR) નો ભાગ બની ગયો.

પગભર થતાં કરી કમાણી અને સ્વીકારી કુટુંબની જવાબદારી,

તો ૧૫-૬૪ વર્ષનો કમાણી કરતીવસ્તી (Earning Population) નો ભાગ બની ગયો.

થયા નિવૃત્ત ૬૨ વર્ષે તો, જો મળ્યું Pension તો Independent બની ખુમારીથી જીવ્યા.

નહીં તો >૬૫ વર્ષના બનીને બાળકો પર ફરી બોજ બની ગયા. (Old Age Dependency Ratio).

તંદુરસ્ત જીવન જીવવાની હોડમાંભાગદોડ કરતો રહી ગયો.

કમાણી કરી હતી જે યુવાનીમાં તે વૃદ્ધાવસ્થામાં ખર્ચ થઇ ગઇ.

કોઇ રહી ના શકે સાથે તો Home Alone થઇ ગયો.

જ્યારે ઘટી p value તો statistics પ્રમાણે Significant થઇ ગયો.

પરંતુ વાસ્તવમાં ઘટી p value (પગાર/પેન્શન/આવક) તો લોકોના માટે Non - Significant થઇ ગયો.

જિંદગીના દિવસો થઇ ગયા પૂરા, તો મૃત્યુદર (Death Rate)નો ભાગ બની ગયો.

આમ ને આમ જિંદગીની સફર થઇ પૂરી, Birth Rate to Death Rate (જન્મદરથી મૃત્યુદર) થઇ ગયો.

ડૉ.હર્ષદ એમ. પટેલ

સહ પ્રાધ્યાપક (પી.એસ.એમ.)

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## 2019

26<sup>th</sup> To 30<sup>th</sup> March, 2019

*The Complete Blend*

*of Cultural, Social, Literacy, Informal and Academic Events*

### CULTURAL NIGHTS:

26<sup>TH</sup> MARCH TUESDAY  
27<sup>TH</sup> MARCH WEDNESDAY  
28<sup>TH</sup> MARCH THURSDAY  
29<sup>TH</sup> MARCH FRIDAY  
30<sup>TH</sup> MARCH SATURDAY

ALANKAR - THE FASHION NIGHT  
SWARAM - THE MUSICAL NIGHT  
AARANGAM - THE DANCE NIGHT  
RANG MANCH - THE DRAMA NIGHT  
ORCHESTRA NIGHT

### DAY EVENTS

MEDICAL CONFERENCE:	Neonatal Resuscitation and Research Methodology Workshops
LITERARY EVENTS:	THE EVINCE - Poster Presentation TTT WORKSHOP - Creative Writing Workshop GUJARATI DEBATE MED MENTIS 3.0 - Medical Quiz PLENUM - Mock Parliament
THE ROYAL WRANGLE 3.0:	A Panel Discussion Between Government Official Private Practitioners & Students
SOCIAL EVENTS:	Tree Plantation      Wall Painting Blood Donation
FUN EVENTS:	Ice Breaker Tacit Quill Open Mic

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Shri Kirit Gandhi ( Colortex )

### ALANKAR PARTNERS

Amrut The Fashion Icon

JadeBlue

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### AARANGAM PARTNER

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# EUCON – the Knowledge Feast

This 2 day long medical Conference on 26<sup>th</sup> and 27<sup>th</sup> March 2019 was totally Organised and Managed by medical students themselves. This time it was a mix of workshop, debate, panel discussion, plenary session, poster session and so much more on varied topics.

GOVERNMENT MEDICAL COLLEGE, SURAT  
PRESENTS



**EUCON**  
2019

**Workshop-1**  
-Neonatal resuscitation

**Workshop-2**  
-Research Methodology

**The Royal Wrangle 3.0**  
-Talk between government and private panelists

**Guest Lectures**  
-Technology in Medicine

**Plenum 3.0**  
-Assemble. Assess. Argue

**Med Mentis 3.0**  
-Prove you are the Wiz

**Evince 3.0**  
-Poster Presentation

Registration begins 8<sup>th</sup> March

Contact us: Jay Joshi  
9737448991

Rajhans Rathod  
9904089597

Alap Parmar  
7575800161

**Organizing chairperson: Dr.Ritambhara Mehta**

**The EUCON team: Alap Parmar, Jay Joshi, Rajhans Rathod, Hetvi Parikh**



**Day 1: 26<sup>th</sup> march 2019**

**Total Participants:161**

**Events:**

- Guest lecture by Dr.Amit Khurana on Diagnostic blood disorders
- Guest lecture by Dr.Bhavya Gokani on Medicine- Inception to Infinity and Beyond
- Med mentis A Quiz program where 14 teams participated

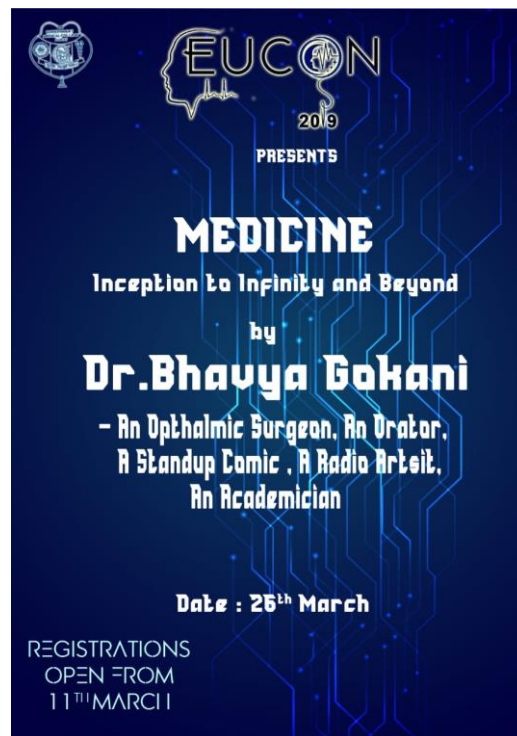
**Winners:**

1<sup>st</sup>:- Aahan, jahanvi kapadia, tanu j presswala

2<sup>nd</sup>:- khushali gandhi, prati kpatodia, parjanya bhatt

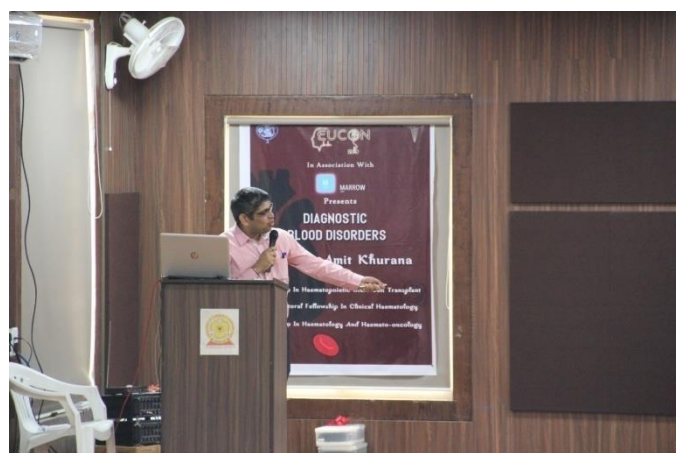
3<sup>rd</sup>:-ayushi dudhat, simran patel, shreya agawral

- Guest lecture by Dr.Amit Khurana on Diagnostic blood disorders



- Guest lecture by Dr. Bhavya Gokani on Medicine- Inception to Infinity and Beyond

The poster is set against a dark red background. At the top left is a circular logo with a caduceus. In the center is the 'EUCON 2019' logo, which includes a stylized head profile with a brain and a pulse line. To the right is another caduceus logo. Below these is the text 'In Association With' followed by the 'M MARROW' logo, where 'M' is in a blue square. Underneath, it says 'Presents' and then the main title 'DIAGNOSTIC BLOOD DISORDERS' in large, bold, white capital letters. Below the title is the speaker's name 'By : Dr. Amit Khurana'. At the bottom, three lines of text list his qualifications: 'Fellowship In Haematopoietic Stem Cell Transplant', 'Post Doctoral Fellowship In Clinical Haematology', and 'Fellowship In Haematology And Haemato-oncology'. A large black silhouette of a hand is on the left side, and a red circular graphic is at the bottom center.



- Med mentis A Quiz program where 14 teams participated



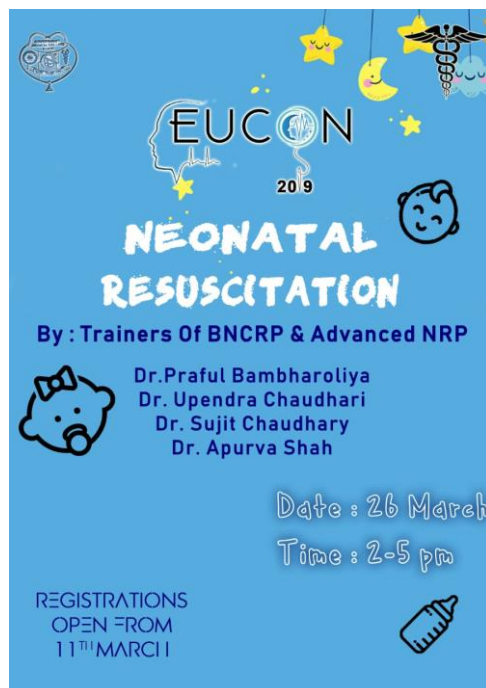
**Winners:**

1<sup>st</sup>:- Aahan, jahanvi kapadia, tanu j presswala

2<sup>nd</sup>:- khushali gandhi, prati kpatodia, parjanya bhatt

3<sup>rd</sup>:-ayushi dudhat, simran patel, shreya agawral

- Neonatal Resuscitation workshop in afternoon was a grand success with more than 160 students getting the Hands on training of saving the neonate at birth, conducted by our own faculty of Pediatrics Department, GMCS, Dr.PrafulBambharoliya, Dr.SujitChaudhary, Dr.UpendraChaudhari, Dr.Apurva Shah



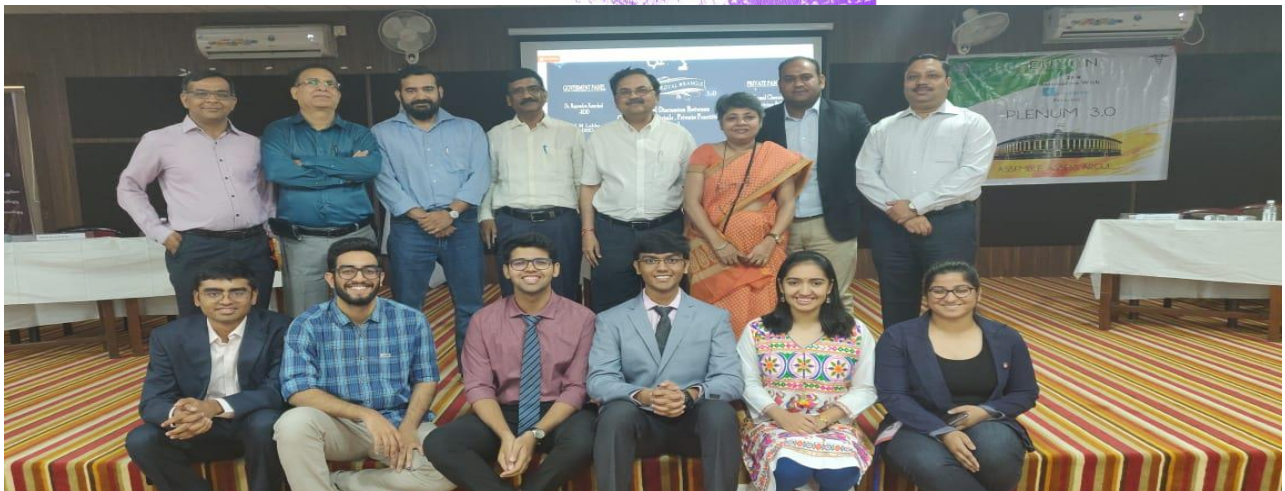
**Day: 2      Total Participants: 146**

THE ROYAL WRANGLE 3.0... the great debate on Government Health schemes, defended by Government as well as Private hospital stalwarts.

Moderators: Dr. Ritambhara Mehta, Dr.Vijay Shah

Government Panel: RDD Surat - Dr.RajendraKanchhal, Dr.M.Lakhani, Dr.Chinmay Shah, AHA - Mr.Keshaw Kumar

Private Panel: Dr. Samir Gami, Dr. Shiv NarainKalia, Mr.HemantBhatnagar





**And today's young medicos are entrepreneurs too... they learnt about how to dream and manage a corporate hospital with a purpose, from none other than Dr. Adit Desai of KD Hospital, Ahmedabad.**



**As young medical students, they are also dedicated researchers at heart, which was consolidated by Dr. Chinmay Shah elaborating on Ressearch Methodology.**



**A Mock Parliament, with all its hilarious moments of truth... Putting the Bill on new CBME curriculum and opposing with arduous arguments... both sides won as the Jury panel of Dr. Priti Kapadia, Dr. Chinmay Shah and Dr.Arпита Nishal, all 3 great acadicians and MEU members tried to give more clarity on the contentious issue.No Winners, the Bill Passed on to Next Session.**





**EUCON**  
2019

**EVINCE**

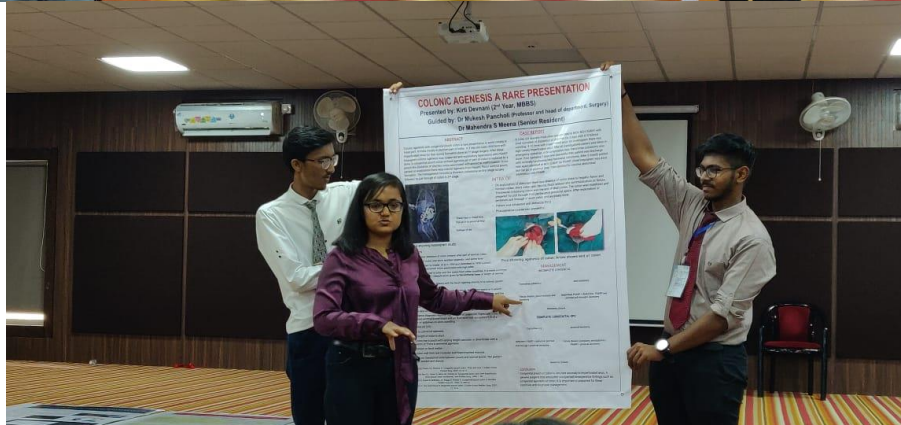
**POSTER/PAPER PRESENTATION**

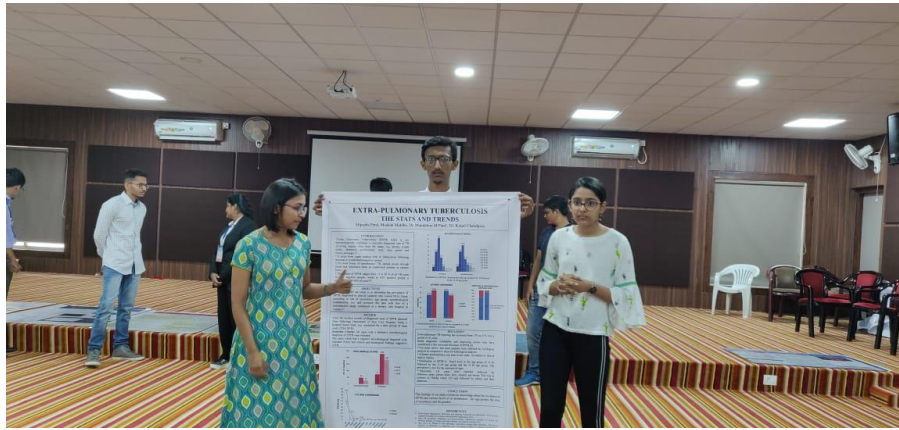
**DATE : 27th March**

**TIME : 4 TO 5 PM**

**CONTACT NO - HETVI PARIKH : 8758482751**

Your Research, Our Platform





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With 12 papers presented, and several entries from out of Gujarat, the session ignited young minds, judged by Dr. JayeshKosambiya, Dr. AlkaUdainia and Dr. ArpitaNishal.

Winners: 1<sup>st</sup> - TejasShelar, 2<sup>nd</sup> - PrayagJariwala, 3<sup>rd</sup> -MushkanGoyal and Mipasha Patel

# ALANKAR – The Fashion Night

Since elegance never goes out of style, our Eucrasia night events started by Fashion Night. It was full of innovative themes in which our students as well as faculties participated.



On 26<sup>th</sup> March, 2019 Fashion Night was held at VNSGU Convention Hall and total 178 participants with 5 faculties participated. All the themes were artistic, dignified and full of grace.

**Names of Judges :** Jagdish Purohit, Rupal Shah

**Chief Guests of our night :** Dr. Jayesh Brahmabhatt

**Dr. Mahendra Chauhan**

**Dr. Nimesh Verma**

**Dr. Ragini Verma**

**Dr. Dhanesh Vaidhya**

These were our 8 themes and in each their winners:

## Social causes

Every year we organise a theme in which we create a theme on a social message and winners of this theme are:

Best walk- Prachi Hemalkumar Shah

Best look- Dhwanijaysukh Rampariya

Overall male- Vibhor Agrawal

Overall female- Jahanavee Ashvin Prajapati

## Ethnic

Traditional wear never goes out of style and here we had a theme on it which was **Sponsored by Amrut-The fashion icon**. Winners of this theme were:

Best walk :Nishapatel  
Best look :Fenilvaghasiya

Overall male : devangparmar  
Overall female : rujul shah

### **Scream**

With iconic horror music this theme gave its best performance and took position for one our best themes.

Best walk :Jaladhi Patel  
Best look :IshwarTiwari

Overall male : Zankhesh Desai  
Overall female : Twisha Patel

### **Palace of Illusion**

This theme is a rendition of Hindu epic Mahabharata as presented from Draupadi's viewpoint. Smart, resilient, courageous Panchaali got the position in one of our best themes.

Best walk :Akanksha Jalandhara  
Best look :JanviGabani

Overall female : Nishi Modi, NidhiVariya

### **Remiss**

Now it was the turn for our bikers medicos. This theme represented bikers look and executive look. Our Executive looks were **Sponsored by- JADE BLUE SURAT.**

Best look - RajviAnajwala

Overall male - AlapParmar.

Best walk – yutikasodhaniOverall female - SrishtyAgarwal

### **Seven sins**

The seven daily sins warmth, greed, sloth, pride, lust, envy and gluttony were gracefully presented by all theme members.

Best walk- AmandeepChabariya

Overall male- Hitesh Khatri

Best Look- AnkitbargujjarOverall female- utsavi Desai

### **Incredible India**

As our India is too implausible to be credible, 8 pairs of this theme represented Indian culture with all grace.

Best walk - DhruvThakkar

Overall male - AnuragSaini

Best look - Sanjana ManojGhael

Overall female - MeenakshiMalhotra

### **Bollywood**

We Indians sure love our Bollywood and with all style and dialogues we presented our last theme of the night.

Best walk-ParasParmar

Overall male-Anandangan

Best look-Mipasha

Overall female-Anulapsiwala

### **Faculty walk**

Not only our students but our faculties were also enthusiastic and did a beautiful performance.

**Dr.Prashma Doctor, Dr.HetalThakar, Dr.RajeshriBodat, Dr.Mamta Rani Verma,  
Dr.SukshaGamit**

In the end our Judges took a Rapid Fire Round of all 16 overall winners with riveting questions. From which our respected Dean and Judges selected FASHION NIGHT MALE and FEMALE.

**Fashion Night Male: AlapParmar**  
**Fashion Night Female: Rujul Shah**

**Best themes: Palace of Illusion and Scream**



Make up by **JAG'Z INSTITUTE IN ASSOCIATION WITH ENRICH**  
**ANCHORS OF THE NIGHT:RajviAnajwalaandShivaniDalal**







**Organisers of the night:** Bansari Patel, JanviGabani, Rujul Shah

**Theme organisers:**

**Social:** ShivaniDalal, Shreenidhi Patel, AnchalChandramauli

**Bollywood:** Priya Patel, Jinisha Patel, SmitGajjar

**Faculty Walk:** ParagButani

**Palace of Illusion:** KrutiKahar, Harsh Mehta, Poojan Shah

**Ethnic:** Aashi Shah, Sneha Gandhi

**Horror:** Urmeel Patel, PoojaParmar, Jay Joshi

**Remiss:** AlapParmar, Bansari Patel, RajviAnajwala

**Indian Culture:** PoojaParmar, Jinal Patel

**Seven sins:** AaditiArora, ShivaniParmar

# SWARAM – The Musical Night

EUCRASIA 2K19

Presents:-

# SWARAM

*The Musical Night!*

EVENT ON:-  
**27/03/2019**

Venue:- VNSGU convention hall

Time :- 7:30 pm onwards

ORGANIZERS:-

Nidhi Variya:-  
9723597365

Aahan Shah:-  
9726119033

Poojan Shah:-  
9099160601



# AARANGAM – The Dance Night



Government medical college, Surat students every year express their dance abilities on the floor with various themes, dance forms & new ideas. This year we had auditions on 7<sup>th</sup> march judged by Dr. Satyen Patel from Anatomy department & Dr. Geeta Vaghela from Microbiology department. From 30 entries for auditions including solo, duet, trio & group dances, 28 were selected including 8 duet/trio performances, 12 solo performances & 8 group performances.

Aarangam, the dance night was held on the 28<sup>th</sup> March, 2019 at the VNSGU convention hall. Total participants were 120. After the performances, Judges announced the winners of all dance categories & best among all performances of the night based on their costumes, themes, energy etc.

**Judges:** *Sapan Shah, Shraddha Shah, Haremb Jha, Dr. Shivani Patel*

**Anchors of the night:** *Kaushal Patel, Shreenidhi Patel, Nishi Modi, Harsh Pranami*

**Aarangam's winners:**

**Performace of the night: The Organizing Batch**

**Solo category:** 1) *Vaidehi Mendpara*, 2) *Nidhi Jariwala*, 3) *Dolly Mehta*

**Duet/Trio category:** 1) *Rahul Chandani & Mukesh Guduru*,  
2) *Rutvi Vaidya & Jahnvi Champanera*

**Group category:** 1) *Oh Yeah! Group*, 2) *Biba Group*, 3) *Shikha Shah & Group*

**The Organizers:** *Harsh Mehta, Urmeel Patel, Pranali Gohil, Harsh Pranami, Jaydeep Chauhan, Khyati Patel, Narendra Meena*



# RANG MANCH : THE DRAMA NIGHT

*Eurasia Presents*

## RANG MANCH THE DRAMA NIGHT



Date: 29th March, 2019  
Place: VNSGU Convention Hall  
Time: 7:30 pm

### CONTACTS:

DHRUVESH: +91 85113 99683  
MIHIR: +91 70465 95314  
NISHA: +91 72260 30268  
PARTH: +91 99241 32994

SUPREET: +91 73590 59292  
DHRUV: +91 97145 24185  
SNEHA: +91 94292 29853  
NIRAV: +91 84017 58294

Drama is the most effective way to showcase emotions and give message with entertainment. The Drama Night was full of comedy, romance, suspense ...!!

Auditions for "DRAMA NIGHT" held at New Canteen, GMC-Surat. Multitalented students took part in auditions and among them 30 students got selected.

Total 5 Dramas and one skit were prepared under the guidance of Manthan Theatre's Directors Team.

**On 29<sup>th</sup> March, 2019** Drama Night was held at VNSGU Convention Hall. All the Dramas were the perfect mixture of Acting, Action, Comedy, Romance along with Important Social Message.

**Names of Judges: VasantGhaswala, Mehul Sharma.**

The Following Dramas were performed.

**1) MRUTYUKARTA:** Suspense story narrating the cunning nature of VijyaDutta and her various tricks for blackmailing her colleagues to get money from them. AtlastVijayagot killed and allegation of murder applied on her colleague, but the murder mystery takes turns and the murderer turns out to be other than Vijaya's Colleague.

**Director: Vitraag Shah**

**Participants:**

**Sneha**

**Gandhi,**

**PoorvaSinghal,PrachiShah,HellyKhetwani,KirtiDevnani, Mansi Rajput.**



**2) SUICIDE HELPLINE:**Comedy Skit narrating how the Ms.RajviKhatri decided to commit suicide and take help of the suicide Helpline for the same purpose. This skit was successful to make the people laugh by the suicide suggestions given by suicide helpline Executive.

**Director: SalilUpadhyay**

**Participants: AtmajaSheth, RuchiModi, MihirSolanki**



**3) EK NAVI DISHA:** A Heart Touching story on Modern Day problem, about how the parents are being treated by their own children in their old age. Drama was beautifully acted and conveyed the message to give due respect and care to our parents.

**Director:** SalilUpadhyay

**Participants:** Parth Patel, NiravGopani, MahekDeasi, NituPandey, Krishapatel, SohamMaheriya



**4) PARNELANI PUNCHHDI VAANKI:** Comedy story narrating the lifestyle of the Romantic husband Rasik, who fell in love with his Neighbour who is a Heroine by Profession. Story narrates how Rasik depicts his love, which turns out to be comedy for Audience. This was the most Lovable Drama as it brings the participants **Gold Medal for the Best Play.**

**Director: Yajatra Bhatt**

**Participants: Nisha Patel, Vedant Patel, PalakBasantani, Vishal Modi, PrenceKeraliya, PratyakshMakavana**





**5) ANAARKALI NO SWAYAMWAR:** Drama narrating how the SALIM fell in Love with the ANAARKALI at the first sight and decides to marry her and organizes the swayamwar of Anaarkali. Many Brave Kings came for the swayamwar but got rejected by Anaarkali for their past offence. This Drama was successful to conveying message of “A Human should always be self – introspecting rather than being a Critic to others”

**Director: Kashyap Joshi**

**Participants: Harsh Pranami, DhruvPrajapati, PranaliGohil, AbhishekPrajapati, Pratik Paatidar, Jenil Patel, Yash Jain**



**6) SHUKAN APSHUKANIYAAL:** Drama narrating problem of ancient and modern world about Shukan and Apsukan myths. They depicted story of modern life couple Rajni and Rama. How Rama applied her thoughts of Shukan and Apsukan on her Daughter Sapna and her Daughter's love Suketu and how these myths are being broken by Rajni turns out to be a Riot of Laughter For the Audience.

**Director: Dr. Manthan Upadhyay**

**Participnats: Dhruvesh Patel, Mihir Solanki , Krishna Brahmbhatt, Prachi Shah**



**Winners :**

**Best Actor – Male**

- 1- Vedant Patel
- 2- Dhruvesh Patel
- 3- Parth M Patel

**Best Actor – Female**

- 1- Krishna Brahmbhatt
- 2- Nisha Patel
- 3- Prachi Shah

**Best Play**

- 1- ParnelanipunchhdiVaki
- 2- EkNaviDisha



**Organizing Team of RANG MANCH-The Drama Night**

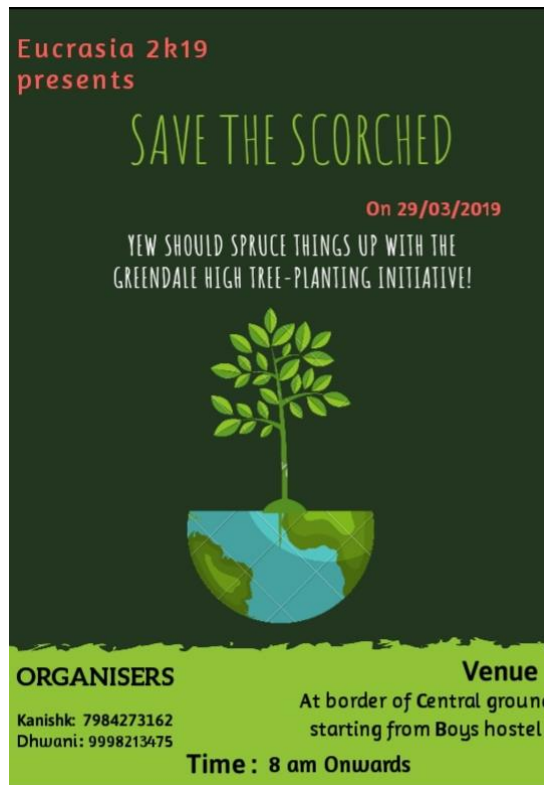
EUCRASIA 2K19 presents

**વાદ વિવાદ**  
"બે બાણ, એક નિશાન"

વિષયો



**Save the Scorched - Tree Plantation**



In the College Campus, students were able to plant 250 indigenous fruit and flowering trees, capable of holding bird nests. Students also mounted 50 bird nests on other grown trees.



Green Enthusiasts Dean and Additional Dean also participated.

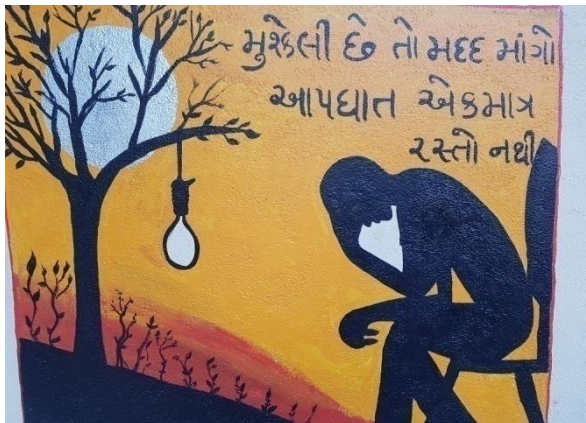




## PICASSO - Wall Paintings competition on 28<sup>th</sup> March 2019

GMC, Surat students expressed their creative painting talent on the outer walls of the College, with the theme for wall paintings as 'Mental Health for All'. 42 students and faculties participated. 14 trio teams participated, whose creations were judged by Dr.Ritambhara Mehta, Dr.Kalpan Patel and Mrs. Vinita Brahmhatt. All creations depict some message for Mental Health. 3 prizes were given, 3<sup>rd</sup> was shared by 2 teams. So many passers by people can see these, get sensitized and even approach right place, as even the helpline numbers are displayed on the wall.

	Theme	Winners
1 <sup>st</sup> prize	Suicide Prevention	Siddhi Patel, PurvajVanker
2 <sup>nd</sup> prize	Depression Help	KhyatiVasani, NehaKachhadiya, NehaUnadkat
3 <sup>rd</sup> prize	Positive Mental Health	Dhwani Shah, SakshiGambhava, Shradha Patel
3 <sup>rd</sup> prize	Alcohol Deaddiction	Chintal Patel, PoojaParmar, JinalPrajapati







## Poetry Writing Workshop by Terribly Tiny Tales on 28<sup>th</sup> March 2019



**Event organisers: Shivani Dalal, Swayam Tailor, Raj Shah, Divyam Shah, Dhruv Parmar**

**Event Sponsors: Prizma Eye care Hospital, iVenus**

A poetry writing workshop was conducted by The Senate with the elite artist Megha Rao in association with Terribly Tiny Tales on 28th March, 2019 as a part of our annual fest EUCRASIA in Government Medical College, Surat. This event was the first of its kind in the medical campus and was a phenomenal success. It was attended by approximately 80 participants who enthusiastically attempted to write on various poetry prompts given by her. Also we were honoured to have the presence and support of our teachers - Dr.RitambharaMehta, Dr.Mohua Moitra, Dr.Arпита Nishal, Dr.Deepshikha Dave and Dr. Paresh Chandegra.



**Don't worry if you missed out on the most appreciated event of the day. We are here to brief you about tips and tricks shared by Megha Raoto bring alive the poet in you. So here you go!!**

1. It is not important to be very poetic and use hi-fi language and jargon to write a good poem. **Simple and effective words can do wonders if used well.**

2. Write your thoughts and ideas. Let your creativity go wild. **Choose your MUSE and BE DIFFERENT.** She gave the example... to generate curiosity...

**I heard the knock on the .... Door...is too obvious. You have to be different.**

**I heard the knock on the .... Coffin... mousetrap...** and people are more curious... what next?

3. **Be descriptive** and learn to throw in enough details. Make sure you use enough Adjectives to describe any person, place, object or thought to bring out the emotional appeal to the poetry.

4. Make judicious **use of Metaphors**- A figure of speech in which a word or phrase is applied to an object or action to which it is not literally applicable.

For example, *She's poem, divided into stanzas of pain & couplets of beauty.*

*My house is a calm breeze amidst the thunderstorms of the day.*

*My principal is a dragon.*

*Time is money.*

And let's see how many adjectives the group could bring out for.... **MY HOUSE >>> is...**

**A Crumbling cake, A Bumble bee hive, A nest to rest, A Creepers' delight, A stashed Book corner, A ....** You can try your imagination too...

5. **Bring out the unexpected** in your work. And Megha Rao gave one line of poetry, which the group tried to finish with their own creativity.

*I have my mother's mouth & my father's eyes,...*

**... I wish they realized that I wasn't any orphan begging on the roadside,  
but their abducted first born child.**

*I have my mother's mouth & my father's eyes,...*

**... But the scars tell the tales of my lows and highs.**

Actually the poetry written by Warren Shire as...

*I have my mother's mouth & my father's eyes,...*

**... On my face they are still together.**

6. **Anything can be your MUSE.** Try to write even about the small objects around you. E.g: chair, stethoscope, Mike, coat, Violin, or someone next to you.... Many from the group chose to write on the **AMPLIFIER** and the **PHOTOGRAPHER**.

7. Lastly, there's no better way to improve your writing skills than **doing profound reading of good literature**. Sometimes collaborative efforts also pay. She also suggested one can write on **HAPPY themes** like Roadtrip, Friendship, Childhood...

8. Lastly, it's important that you can **PERFORM your poetry**, in your own unique way, which way you have experienced it, and the way you want it conveyed... That takes your work to the audience.

**HAPPY POETRY WRITING.** And don't forget to share.

Some of the Poetries that filled the ttt App space...

[ thought ]

The outside world is carelessly  
leaving its glimpse from those  
half curtained windows,  
reminding me of that sunny now  
and constantly changing world  
outside,  
This comfort and stadiness  
inside here is just a momentary  
conceptions!

Half curtained windows

by [calligraphy\\_of\\_thoughts](#)

created on  
terribly tiny tales

[ 140 ]

The plastic wrappers on the  
chair,  
Not so fancy thing,  
But as it is the sign of newness,  
fancy thing is expected wrapped  
within it !

Plastic wrapper

by [calligraphy\\_of\\_thoughts](#)

created on  
terribly tiny tales

[ poem ]

As the curtains rolled down the  
windows,  
Darkness crept in.  
As hollow as my once shattered  
dreams.  
I looked around to find the door,  
To get out of my thoughts so  
sore.  
At last, i heard spattering of rain.  
And maybe with that,  
The last drop of the hope  
squelched.

Impaired

by [aatiqah](#)

created on  
terribly tiny tales  

[ 140 ]

Someone's presence at  
somewhere else making us all  
enjoy what our present!

[Sponsorship banner](#)

by [calligraphy\\_of\\_thoughts](#)

created on  
terribly tiny tales

[ poem ]

Sitting in a little room,  
A crying messed up girl in the  
corner,  
When her whole universe  
seemed so dark,  
The only light at that time  
Was the one that came  
through the space from the  
ceiling,  
And she heard the  
footsteps,  
A glitter of hope she can see  
Walking down the stairs was a  
familiar face,  
And then she realised  
she was just the pawn in the  
game of chess.

Her deceiving friend

by stana

created on  
terribly tiny tales

[ poem ]

You be the one sitting in that little  
corner  
Waiting for people to notice you by  
Whenever i speak lights within you  
prepare a dance  
Then all of a sudden silence  
breaks as if your joys weren't  
meant to last  
Every event is impossible without  
you  
But you hardly get any credit for  
what you do But don't worry  
brother one day will people notice  
you  
That will be the day when silence  
would break through

Inspiration:- The Amplifier  
Batch 99  
Roll No 185

In That Corner

by [anonymitious](#)

created on  
[terribly tiny tales](#)

[ poem ]

They are a little over a dozen  
Within this haven for thoughts  
Working tirelessly to comfort  
The strangers that walk in on  
random days

Little is their existence  
appreciated  
Until they stop  
And the air becomes dreadful  
The air conditioning here is  
the unnoticed bliss

The unnoticed bliss

by [startlight](#)

created on  
[terribly tiny tales](#)

[ poem ]

Up when I stared,  
Was shocked and glared,  
The thing that caught my sight  
Was the air conditioner at right..  
It seemed to have perfect  
combination in light  
And wouldn't have been able to  
be glad by beauty if it were to be  
a darkness filled night..  
The plastic wrapped over it  
fluttering  
Just as the camera's shuttering  
The flap throwing a cold breeze  
Enough for the sweat to freeze  
Nowadays many where are you  
The Heat Absorber..

by [nielkela](#)

created on  
[terribly tiny tales](#)



[ poem ]

Room like my life, This room is  
my life.

At times black and white,  
And at times full of colors.

Sometimes a great pull of  
gravity,

And at times floating without  
gravity.

sometimes under the eye of a  
watchful parent,

And at times threatened by  
the stare of strangers.

My room is full of stories, that  
can't be shared even in a  
lifetime.

Come inside and have a peep,  
You want to laugh or weep.

~Ritambhara mehta

---

Room of my life.

### **Her aztec bag**

Weaving the threads  
Her fragile fingers trembled  
Thirty-four hours later  
It was finally ready  
A mother's first gift to her daughter  
She placed it around her half-slept child  
Arrived at the temple  
Placed them near the pillar  
Unfortunate for a daughter  
Born at that time  
Thirteen now,  
She still needed her mother  
Helpless,  
She wore it around her back  
Her aztec bag.

**- Mehak Khanna**

Cursing my fate to help me cry  
Withered for want of love, smiling wry  
Deserted myself in the sea so deep,  
Overwhelmed with grief , but couldn't weep.

The belle of the house is weary today,  
Nothing to hide she has, nothing to say,  
Into the infinity, the sun and stars shine bright,  
Down on the earth, there's only dark night.

Running away from reality, chasing nothingness,  
Crowded mind with thoughts of hollowness,  
Committed sin in this sacred soil,  
Working out salvation, these steep hills that I toil.

Then my mom told me, "It isn't worthy,  
Why u cringe, why you cry for more?  
My Dear , it's all so temporary,  
Like a toy dropped on the shore.

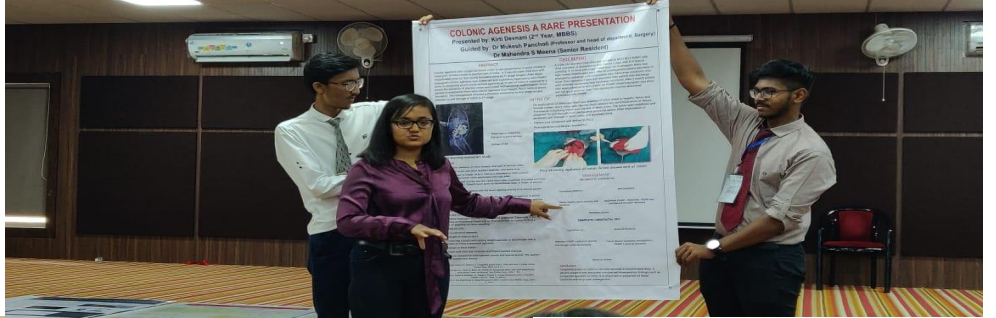
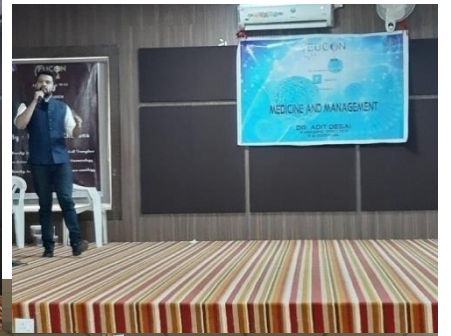
Do this for once , And do this forever,  
Cry your heart out and blame the weather.  
Let no pain, no meaning be derived,  
Let no sorrow be flourished,  
Let just heart be so loud in crowd,  
Before the world's finished.

**- Aashi Khatri**

# IMPORTANT WEB LINKS

- College website – [www.gmc Surat.edu.in](http://www.gmc Surat.edu.in)
- New Civil Hospital – [www.nch Surat.org](http://www.nch Surat.org)
- College on social media : FB - @governmentmedicalcollegesurat  
Twitter - @gmc Surat
- VNSGU University - [www.vnsgu.ac.in](http://www.vnsgu.ac.in)
- MCI - [www.mciindia.org](http://www.mciindia.org)
- Health & Family Welfare Department, Government of Gujarat – [www.gujhealth.gujarat.gov.in](http://www.gujhealth.gujarat.gov.in)
- Ministry of Health & Family Welfare, Central Govt – [www.mohfw.nic.in](http://www.mohfw.nic.in)
- <https://antiragging.in> (How to fill An Online Anti Ragging Undertaking)
- [www.amanmovement.org](http://www.amanmovement.org) (How to fill An Online Anti Ragging Affidavit)

# EUCRASIA 2K19



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