



GOVERNMENT MEDICAL COLLEGE SURAT



Med-Image



**Bulletin – 8
January 2020**

Dean

Dr. J. M. Brahmbhatt

Medical Superintendent

Dr. Priti Kapadia



Dr. J. M. Brahmbhatt
M.S. (Gen. Surgery),
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Government Medical College,
Surat

Welcome to Government Medical College, Surat and to one of the best college of South 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. College is running PG courses in 22 Broad speciality subjects. Total 177 seats of Post-graduate courses seats are offered in the subjects.

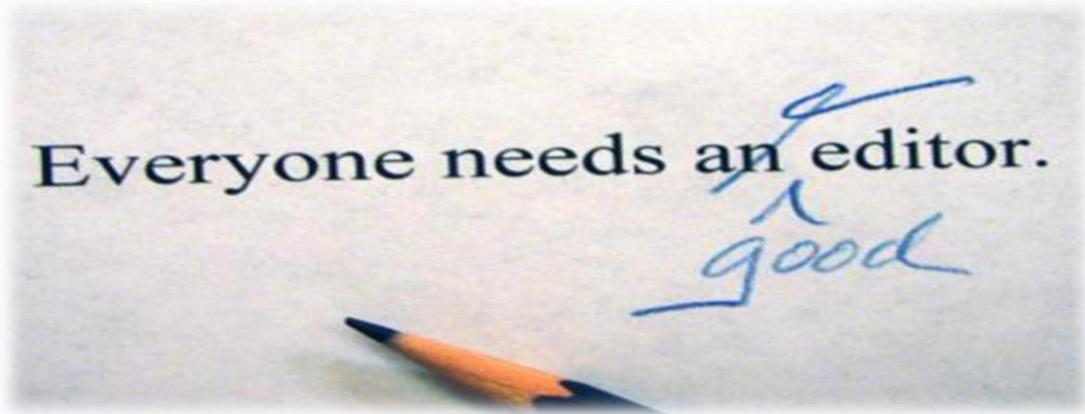
Well experienced & learned faculties cater to the academic needs of UG & PG students of our institute, which is considered best across state of Gujarat. They are supported by efficient administrative and support staff to carry out academic and research activities in the best conducive environment. Institute has well equipped and furnished laboratories & demonstration rooms. Institute has all necessary infrastructure facility with best of the equipments and manpower.

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 window 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 equipment, 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.

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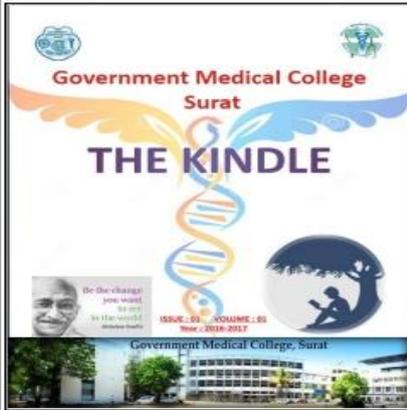
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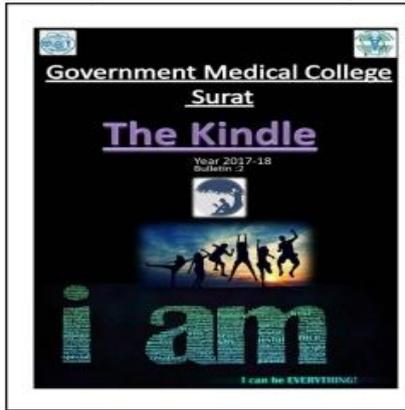
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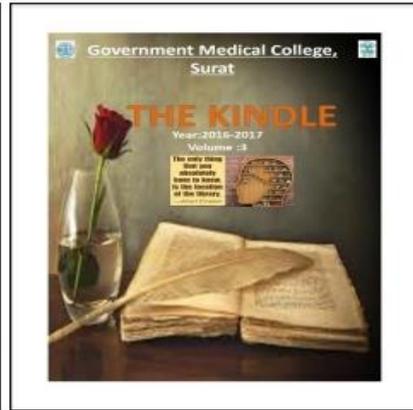
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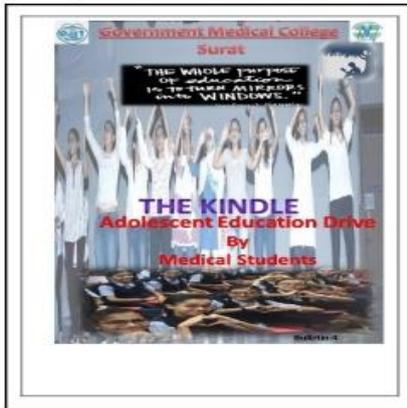
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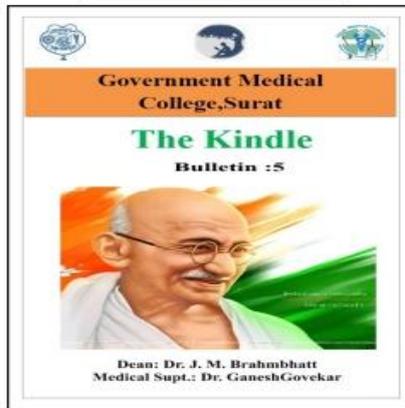
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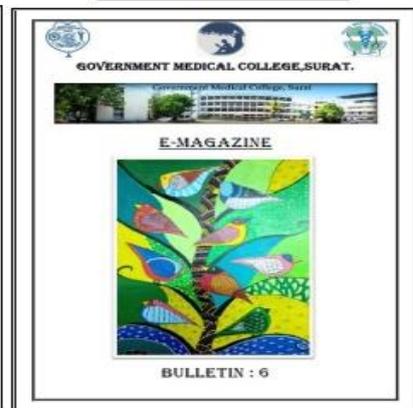
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“DO CONTRIBUTE AND PRINT YOURSELF FOR ETERNITY.”

CO-CURRICULAR ACTIVITIES

Importance with Examples



“It is the supreme art of the teacher to awaken joy in creative expression and knowledge.”

- Albert Einstein

- ◆ GMCS- Dept of Ophthalmology: Our Ophthalmology residents won first prize at all Gujarat Ophthalmic Quiz arranged at Regional Ophthalmic Institute Ahmedabad (M J Institute of Ophthalmology). Total 32 teams with 96 PGs & 6 SRs participated.

Our two teams secured position; one at first winner team & second team secured third position as follows-First position: Dr Devangi, DrTrupti, Dr Dipika
Third : Dr Akshat, Dr Divya ,Dr Parth.



- ◆ Indian Psychiatry Society - Gujarat State Annual conference was held at Jaisalmer from 23rd to 25th August 2019.

Dr. Zainab Binte, 2nd year resident of Psychiatry won 2nd prize in free papers category.

Dr. Darshan Dharaiya, 3rd year resident of Psychiatry won 2nd prize in free posters category.



- ◆ GMCS- Launch program of “Fit India” by Hon. Prime Minister Shri Modi Sir with declaration of 29 th August as ‘National Sports Day’!
Well attended by all faculties, students & staff!





◆ Foundation Course 2019

31 August. Attendance dwindling due to lo...ng holiday weekend. But still around 150 were present. Nonverbal Feedback evident that they want to indulge in pure subjects which are eluding them since one month.

Subject - Reflective Writing.

A daunting task for teachers. Dr. Shivani Patel, Dr. Pooja Shatadal and Dr. Ritambhara Mehta Started with some poetry and writings of the students themselves and their Reflections on Reflections. They just wondered whether we are going to make them writers and poets... instead of Doctors. 😊 But they are a sturdy lot. They were reflective and interactive... through What? So what? and Now what? stages of reflective writing. Some reflective writings were shared. At the end they reflected on the Foundation course experience. (Results will be analysed and shared later) It ended on a cheery note with singing....



- ◆ On the 5th September 2019, Teachers' day, GMCS Intracollege UG Psychiatry Quiz was arranged. 7 teams participated, from 1st to final year MBBS students. With a tough competition and close margins, the winner team is Shivani Dalal and Aahan Shah from Batch 95. They will be participating in South Gujarat zonal intercollege Psychiatry Quiz on 9th September at Vadodara. Winner will go to All Gujarat and then to West zone IPS Quiz. Best wishes to our team. 🏆



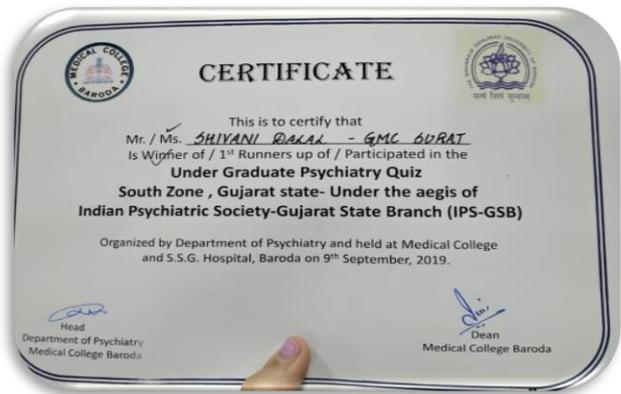
- ◆ GMCS- Teacher's Day: Inaugural Ceremony of J & J IW by Ex-Faculty members of GMCS! J & J IW is well equipped Institute on Wheels by J & J for academic activities & training in Basic & Endo-Suturing technics for faculty members & students! The mobile van will be stationed here for one week.



- ◆ On this auspicious Teachers' Day on 5th September 2019, GMC, Surat celebrated it on the Nostalgic Tone. After the prayer and keynote on importance of the Day 13 earlier Deans, HODs, Teachers were felicitated by Dean, Dr J. M. Brahmhatt and MS, Dr Ganesh Govekar and current faculties with mementos and book. The senior teachers then shared their words of wisdom and their experiences as being part of the institute in past years. Junior faculties & students received tips on professional ethics & making work environment happy, joyous & healthy!



- ◆ Today, on 9th September 2019, our UG team of Shivani Dalal and Aahan Shah participated and WON in South zonal State Psychiatry Quiz at Vadodara. Now they will participate along with 3 other zone winners representing Gujarat at IPS - West zone conference at Mumbai. We proudly congratulate them. 🎉 🎉



- ◆ GMCS- Dept of Anatomy: Cadaveric Oath Ceremony for Fresh UG entrants.



- ◆ On 13th September 2019 a GMC accredited training workshop "Different Strokes of Depression" was arranged on the occasion of World Suicide Prevention Day by Department of Psychiatry, GMCS attended by more than 200 participants; Mainly 1st year PG students alongwith medical and nursing staff and students. It was inaugurated by Dean Dr. J M Brahmhatt and MS Dr. Ganesh Govekar. After a quiz on suicide statistics, Dr. Parag Shah from SMIMER talked about What is NOT Depression. Followed by 4 role plays depicting Melancholic, Postpartum, Geriatric and Agitated Depressions by psychiatry residents and consultants Dr. Pooja, Dr. Dimple, Dr. Kamlesh Dave and Dr. Ritambhara. Lastly after sharing by staff members, all took a pledge to Take a Minute and Save a Life...

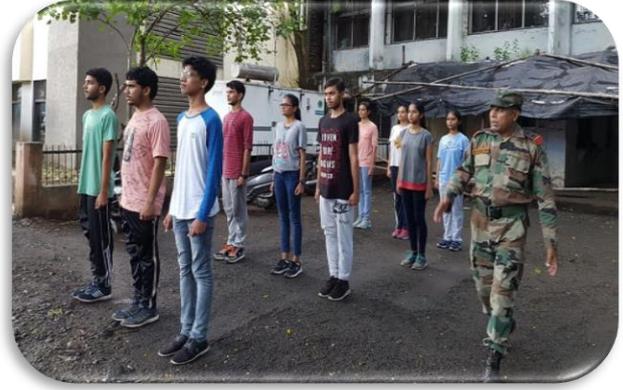


- ◆ We are happy to share that a poster on 'Climate change and sustainability interventions - urban perspectives' by our faculty Dr Shailee Vyas Asstt Professor, Dept of PSM has won the best poster award at the International Conference on Sustainability Education, held at New Delhi on 9-10 September 2019.



- ◆ GMCS- Proud moments: As a Medical Institute GMCS is one of the first to introduce NCC for our students. In last 20-25 years, we are the only institution affiliated to University (VNSGU) to be granted permission to start NCC for Senior Division!

The batch of 21 students have joined so far, and the capacity of each batallion is 50. Every Saturday 3 to 5 pm below the library is the meeting place. Students are enjoying, getting physically trained as well as mentally prepared.



- ◆ GMCS As part of Celebrations on Mahatma Gandhiji's 150th Birth anniversary, 'Swachhata Abhiyaan' & 'Plastic Free Campus Campaign' by GMCS Students!



◆ GMCS 'Swachhata Abhiyaan' & 'Plastic Free Campus Campaign' by GMCS Students!

Day 3

Cleanliness activity Participation by faculty members & Guests and Swachhata Shapath by all staff & students!



◆ GMCS- 01/10/2019: National Voluntary Blood Donors' Day Celebrations with Oath Ceremony!



- ◆ गुजरात के उपमुख्यमंत्री श्री नीतिनभाई पटेल के सूरत दौरे के दौरान सूरत न्यू सिविल हॉस्पिटल में जनता के प्रतिभावो को प्रेषित कर अत्यधिक सुविधा मुहैया कराने हेतु अनुरोध किया.



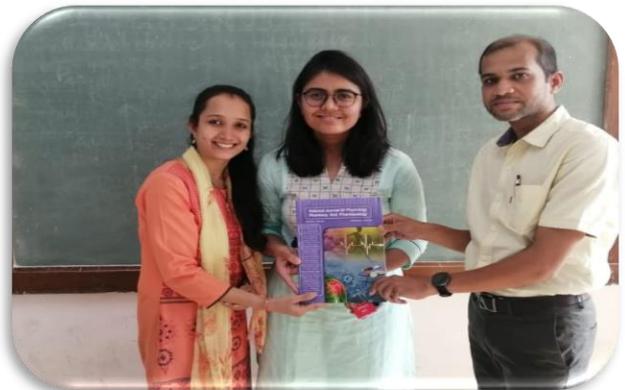
- ◆ Plastic waste Collection drive as Prabhat feri on 2nd October 2019... started from Professor Bungalows and whole campus was covered door to door. The collected plastic waste will be used for making RAVAN on Dasher. The PLASTIC RAVANA will be sent for recycling! You still have opportunity to contribute towards the drive by joining it on 5th and 6th October. UGs especially 1st years were enthusiastically involved. Some moments...



- ◆ GMCS- Dept of Anaesthesia: 16-10-19-World Anaesthesia Day Celebrations at OPD by educating patients and relative about Role & information regarding anaesthesia and hands training on CPR!



- ◆ Simran Patel, 2nd Year MBBS student under the guidance of Dr. Mayur Chaudhari, Asst. Prof and Dr. Nrupal Patel, Tutor of Pharmacology Department published an article entitled “ Evaluation of potential drug- drug interactions in indoor patients of paediatric department of tertiary care hospital” in National Journal of Physiology, pharmacy and Pharmacology, Vol: 9, issue: 10, page no 1012-1016, year 2019. Objectives of study were to determine demography, severity and factors associated with potential drug-drug interactions.
It is matter of great pride for 2nd MBBS student to publish a research article in national journal so early in her rising carrier.



- ◆ GMCS-NCHS: NABH entry level assessment orientation training on 16-10-19.



- ◆ GMCS-Dr Kalagi Gandhi second year resident of Anaesthesia Dept got second prize in case report section in west zone conference Isacon 2019 at Vadodara.



- ◆ GMCS- Dept of Anatomy: Congratulations to students of batch 99-GMCS who have won 2nd prize in Anatomy quiz at Bhuj GAIMS!



- ◆ GMCS-Dept of Community Medicine:
Dr Samudyatha UC 3rd year Resident PSM, GMC, Surat achieved top position in the online course on Health Research Fundamentals conducted by NIE - ICMR out of 650 candidates from all over India.



- ◆ GMCS-Dept of Anatomy: Dean & HoD feeling proud with winner Team 1- Tanuj presswala, Drashti Parikh, Megha Agarwal & other participant
Team 2 - Utsavi Desai, Vidhi Dubey, Yutika Sodhani!



- ◆ GMCS-Dept of Respiratory Medicine & NCD cell conducted quiz on COPD successfully with UG, PG & interns.



- ◆ GMCS -Dept of Community Medicine: Resident Doctors:Dr Samudyatha UC and Dr Manvendra Rathore - have presented posters in the 12th National Conference of AIDS Society of India, ASICON 2019 at Chennai.

Dr Samudyatha presented her work and won the Second Prize on " The wind wane decision towards cost effectiveness: Repeat antenatal HIV screening to achieve EMTCT", co authored with Dr JK Kosambiya, Dr Naresh Chauhan and Dr Harshad Patel. The study recieved administrative support from Dr Rajesh Gopal, APD, GSACS.

Dr Manvendra presented " Survival of PLHIV in Test and Treat era: An impact assessment", co authored with Dr Rajesh Gopal, Dr Anas Patni, Dr Samudyatha and Dr.J.K.Kosambiya.



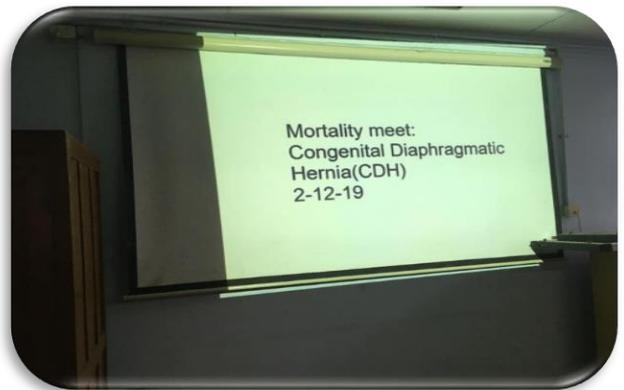
- ◆ GMCS : Dept of Community Medicine: Proud moment-
Winning streak at the 27th IAPSMGCON 2019, hosted by SBKS MIRC, Sumandeep Vidhyapeeth on 29- 30th November 2019.
Dr Samudyatha.U.C, 3rd year Resident, won the prestigious-Shree H.M.Patel Memorial Young Scientist Award-for the best scientific paper. This continues her winning streak, as she has won this award for the third consecutive year:
2019: Samudyatha U C, J K Kosambiya, Harshad Patel, Naresh Chauhan."Screening for Incident HIV in pregnancy using risk assessment tools: A risky business"
2018: Samudyatha U C, Naresh Chauhan, Harshad Patel, J K Kosambiya. "Cost effectiveness of a new paperless linkage system for antenatal HIV testing: a study from South Gujarat."
2017: Samudyatha U C, Vipul Chaudhari, Naresh Chauhan, Rahul Damor, Rikita Munshi, J K Kosambiya. "A new model for Leptospirosis diagnosis in monsoon: a study from South Gujarat."



- ◆ GMCS : Dept of Community Medicine: Spectacular performance at IAPSMGCON 2019, hosted by SBKS MIRC, Sumandeep Vidhyapeeth on 29-30th November 2019-
HM Patel Memorial award for the best paper: Dr Samudyatha U C, 3rd year Resident
First prize in Thematic oral session (2): Dr Kavita Bodar, 1st year Resident
Runner up in Thematic oral session (1): Dr Sweta J Patel, 2nd year Resident
Runner up in Thematic oral session (2): Dr Kiran Kumar M, 2nd year Resident
The Department of PSM presented 21 research papers. Out of 10 papers in the prestigious HM Patel award category, 5 were from Dept.PSM, GMCS.



◆ GMCS- Interdepartmental meeting of Dept Radiology & Dept of Paediatrics on 2-12-19.



◆ A precise and informative 'Hands on training and workshop on Flow Cytometry' was arranged for faculties and residents by HOD Dept. of Pathology GMC SURAT on 01.12.2019 at GCRI Ahmedabad. The training staff and faculty were highly experienced and well trained. Live demonstration of FCM machines and its procedure gave our faculties and residents an everlasting learning experience.



◆ GMCS-Proud moments: Girls Team won the Intercollegiate Table Tennis Tournament of VNSGU!



◆ GMCS- Library Book sets distributions to needy students from first MBBS! 12-12-2019.



- ◆ GMCS- Seminar with interactive session on UG (MBBS) Bond Policy 2019 by Shri Arjunsinh Vanzara & Dr C B Tripathi Sir on 13-12-19 with MBBS students & their parents!



- ◆ GMCS-Visit of Dr. Yasmin Ali Haque - UNICEF India representative to GMCS-NCH Surat with Ms Laxmi Bhavani - Chief of Field Office, UNICEF Gujarat, Dr Narayan Gaonkar - Health Specialist and Dr Ravindra Bagal - Health Officer.
UNICEF Country Head Dr Yasmin Ali Haque with team members visited OBGY Dept- Labor room, OB ICU, Ante & Postnatal wards. She also visited Paediatrics Dept- NICU, NRC etc. She interacted with patients, relatives & nursing staff & was delighted to get their spontaneous positive feedback regarding system.



Extra Curricular Activity

“Children need the freedom
to appreciate the INFINITE RESOURCES
of their hands,
their eyes
and their ears,
the resources of FORMS,
MATERIALS,
sounds and COLOURS.”

Loris Malaguzzi

◆ GMCS-NCHS: Physiotherapy Day Celebrations



◆ World Patients Safety Day Celebration at New Civil Hospital Surat.



◆ 2/09/2019

સરકારી તબીબી મહાવિદ્યાલય માં ગણેશ ચતુર્થી મહોત્સવ નું આયોજન કરવામાં આવેલ, "સિવિલ યા રાજા"માં શ્રી ડીન સર ના માગદર્શન હેઠળ આ વર્ષે કંઈક નવું કરવાનો વિચાર એમના થકી રજૂ કરવામાં આવ્યો જેના માટે અમે હાલની પરિસ્થિતિ ને અનુકૂળ રહી ને 'ફીટ ઇન્ડિયા, હિટ ઇન્ડિયા' થીમ પર અમે ગણેશ ચતુર્થી નું આયોજન કર્યું હતું, અને સર્વ પ્રથમ તો પર્યાવરણ ની તકેદારી રાખવા ના હેતુ થી અમે શ્રી ગણેશ જી ની મૂર્તિ પણ માટી માંથી બનાવેલી લાવ્યા હતા જેથી પાણી ના પ્રદુષણ કરતી પ્લાસ્ટર ઓફ પેરિસ ની મૂર્તિ ની ખરીદ અટકાવી શકાય.



◆ GMCS- 01/10/2019: National Voluntary Blood Donors' Day Celebrations with Oath Ceremony!



◆ MCS- Dept of Anaesthesia: 16-10-19-World Anaesthesia Day Celebrations at OPD by educating patients and relative about Role & information regarding anaesthesia and hands training on CPR!



STAFF CORNER

અનુભૂતિ

ચંદ્રયાન-2 વિશે હજી માંડ બે વાતો સમજી શક્યો એટલામાં ભદ્ર સાહેબે 'ચાંદો ઊગ્યો ચોકમાં'મોકલી આપ્યું.એને 'પેજ ડાઉન'ની કળ દબાવી દબાવીને ઉથલાવી દીધું ત્યાં અમારા મિત્રો પૈકી એકાદ બે મિત્રોના પચાસ વર્ષ પૂર્ણ થયાનાં શુભેરછા સંદેશનો મારો ચાલ્યો. જીવનના પચાસ વર્ષ પૂરાં થઈ ગયા. હવે ખબર નથી પડતી કે આકાશમાં ઉડી જાઉં કે પાતાળમાં ઉતરી જાઉં ? ઘરના આંગણામાં ઉભો રહું કે પાછળના વાડામાં પગ પર પગ ચડાવીને બેસું ?

'ચાંદો ઊગ્યો ચોકમાં'ના કેટલાંક ગીતો- લોકગીતોની એકાદ બે પંક્તિઓ જ સ્મરે છે પણ હજી પણ આ 'ઊગ્યો'શબ્દમાં હ્રસ્વ ઉ કે દીર્ઘ ઊ આવે એ ગૂંચવાડો મનમાં ઉભો જ છે. સાલું આવા બધાં ગીતો, કાવ્યો અને લેખો પાઠ્યપુસ્તકમાં સમાવાયા અને એ વખતે આપણી હવા નિકળી ગઈ. શાળા જીવનના એ અરસામાં વળી કેટલી અક્કલ કે આ બધું સમજાય ! એ વખતે અણસમજને કારણે 'પેજ ડાઉન'કરીને ઉથલાવી નાંખ્યું હતું અને આજે.... કોણ જાણે કેમ મીઠાઈથી ભરેલા આ થાળને જાણે ચોક્કસ સમય માટે હડસેલી દીધો- ડો જગન્નાથ દીક્ષિતના શિષ્યની માફક.

આજે પચાસ વરસે સંસ્કૃતની ઉક્તિ- 'તે હીનો દિવસા: ગતા:'ને સાચી માનવી કે પછી અંગ્રેજી ભાષાના 'ધેર ઈઝ ઓલવેઝ નેક્સ્ટ ટાઈમ!'પર ભરોસો રાખવો ? મગજમાંથી બધું જૂનું કાઢી નાંખીને, ડી લર્ન કરતો રહું કે પછી 'નોસ્ટાલ્જીઆના નશામાં હૃદયને ધબકતું રાખું ?

આ અગાઉ કેટલો બધો સમય હતો પણ ચાંદો જાણે હજી ચોકમાં ઊગ્યો ન હતો. હાથવગો ન હતો, ઈનવીઝીબલ અને ઈનએક્સેસીબલ. અપૂરતી સાધન- સામગ્રી, અધૂરી સમજ, ન સદબુધ્ધિ ન સદ ભાવના. કેટલું બધું જોવાનું- સમજવાનું રહી ગયું. મારા હિંદી બાલપોથી કે હિંદી પહેલી-દૂસરીના પ્રમાણપત્રોને, સલીમભાઈની દુકાનેથી મારા પપ્પા મઢાવી લાવ્યા હતા અને ઘરમાં એવી રીતે ટાંગ્યા હતા કે જાણે એમ બી બી એસ-એમ ડી- પી એચ ડી ના ડીગ્રી સર્ટીફિકેટ હોય ! મારા પપ્પાની વિદાય બાદ મેં જ્યારે એમની જૂની સૂટકેસ ફંફોળી ત્યારે એમના જૂની એસ એસ સીના જીર્ણ થઈ ગયેલા કાગળના સર્ટી, ઉદયપુરની ટ્રેનીંગના કંપલીશન સર્ટીફિકેટ અને પી પી ઓ.(પેન્શન ઓર્ડરનો સહેજ જાડો કાગળ). આ બધું જોતાં જ મને ડૂમો ભરાઈ આવ્યો. અરે, આટલા વર્ષોમાં મને એવી ક્ષણો જ ન મળી કે હું આ બધું જોઉં ? હવે શું ! બીજા બે ચાર કાગળો હાથમાં લીધાં પણ વાંચી શક્યો નહીં. કાગળો ભીના થઈ ગયા.અને મમ્મીનું ખાનું ? એમાં તો એક જ પ્રમાણ પત્ર ! હું તો ચોધાર આંસુએ રડી પડ્યો અને હજીયે રડું છું. મ્યુનિસિપલ કોર્પોરેશને વિનામૂલ્યે આપેલું આ સર્ટીફિકેટ, એમ થાય છે કે ફાડી નાંખું. સહેજ લાંબી અને પીડાદાયક બીમારીને અંતે શું વધ્યું હતું ? રંગ ઉડી ગયેલાં એકાદ બે ગાઉન અને એડલ્ટ ડાયપર્સ.

ચાંદો ઊગ્યો ચોકમાં અને ચંદ્રયાન-2 વચ્ચેની આ જીંદગી - ફ્લેશબેકના સતત ફ્લેશ, ફ્યુચરના એક ટમટમતાં દીવા તરફ દિશા નિર્દેશ કર્યો રાખે છે. પણ બે ફ્લેશ લાઈટ્સ વચ્ચેનો ક્ષણિક અંધકાર ડરાવ્યા કરે છે

કે આગળ ખાસ કંઈ નથી. 'યાંદો ઊગ્યો ચોકમાં'ના લોકગીતોની પહેલી એકાદ બે લીટીઓ પરિચિત હોવાનો દાવો કરીને પકડી રાખે છે અને એકદમ અપરિચિત એલીયન સમું ચંદ્રયાન સહજ આકર્ષતું રહે છે.કઈ તરફ જવું ? ના, ના બન્ને ને સમય આપી શકાય એટલો સમય હવે રહ્યો નથી. અને હા, વર્તમાનમાં જીવવાની વાત તો થોડી અઘરી છે. વર્તમાન તો જાણે રોજબરોજના કામનો પર્યાય બની ચૂક્યો છે. વર્તમાન સમય તો વર્તમાન પત્રની માફક દસ મીનીટમાં ડસ્ટ બીનમાં ફેંકાઈ જાય છે.

ભાદરવાના બીજા અઠવાડીયે પડેલો ભારે વરસાદ. કહે છે કે જે લોકો અષાઢ- શ્રાવણના વરસાદમાં ભીંજાવાના રહી ગયા હતા- વરસાદમાં નાહવાના બાકી રહી ગયા હતા, એમના માટે છે. ધોધમાર છે, મૂશળધાર છે. અરે દોડો, દોડો, અમે પણ તો એક થી પચ્ચીસ વરસ અને પચ્ચીસથી પચાસ વરસના બે સમયખંડોમાં પલળવાના બાકી રહી ગયા છીએ !

(સમાપ્ત)

Dr. Abhay Kavishvar
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STUDENT CORNER

A HALF-DAY LEAVE

The shadows of the giant oak tree at the chauraha were slowly lengthening as the setting sun was bidding adieu to Radhika, who as per her daily schedule, was day-dreaming in her balcony ! Three months ago, Radhika took a VRS from her government job with a hope of spending more time with her son Dr.Krish who had just recently completed his post-graduation in Medicine and now worked as a physician in the civil hospital in the city. What was supposed to be a 9 am to 5 pm job soon became hectic and Krish would be away from his home till as late as 8 pm, serving the ailing patients in need as his mother too in need of his company would sit in her balcony stretching her neck as far as the next street corner, waiting anxiously for her son's arrival. Her husband, Krish's father, had retired three years ago but now ran a consultancy firm with his friend and he too would be home late, leaving Radhika, the oak tree and the setting sun for an otherwise lonely company!

So, Radhika sat there day-dreaming; she would dream of going to the local garden in the town with her grown-up son and her husband; a pleasure she could not enjoy with them during the heydays as she had an extended family of in-laws to look after. To make the two ends meet, Radhika had to work at a government run insurance company while baby Krish would go to a nearby day-care nursery school in the neighborhood yet far away from his hardworking mother!

Radhika knew she had missed out on those precious little moments of her son's childhood-his first step, his mischievous pranks and his first ceiling-touching six with a tiny plastic bat which was Krish's best and only friend. Tears still roll down her cheek every time when memories bring alive that incident when the caretaker working at Krish's nursery school had called her up on a sunny afternoon-

“Radhika madam, you will not believe what happened today!” she said excitedly.

“What happened? Is my prince okay?” a worried Radhika replied from the other end.

“Yes, madam, he's completely fine .He just uttered his first word today,and you won't believe what it was! He called out-‘MAA’!!

Tears rolled down from Radhika's eyes like an overflowing dam as she realized she had missed out on one of the most precious moments of Krish's childhood. She remembers with a heavy heart how little Krish would call out to her everyday while she dropped him to the nursery day care center on her way to office.

“Maa! Please will you take a half day leave from your office and take me to the garden?” baby Krish would plead.

There were not many holidays available to her then and most of her holidays would be spent in serving her ailing in-laws and each additional leave would lead to a salary deduction which was not at all welcome given their financial burdens. With nothing reasonable to answer she would just turn around wiping her tears on the way as little Krish would end his evenings crying and waiting for his mother! Alas, she could never once turn up!

Once on Krish's fifth birthday she had tried leaving the office early post lunch but her nasty boss caught her in the act, called her to his cabin and threatened her that he would fire her from the job if she dared to do so again. A dejected Radhika had ended her entire day sobbing and shedding tears while serving out insurance policies to her clients advising them on securing their investments; ironically, losing out precious time with her biggest investment, her asset and the only apple of her eye!

Today after 22 years of her dedicated hard work, on Krish's 27th birthday, her situation is a lot better financially but emotionally she is still gripped by the same tumultuous waves of nostalgia as she sits waiting anxiously in her balcony hoping against hope that her birthday-boy will come home early and take her to the garden, where she will ask him to cut his favourite chocolate cake which she has prepared with her own hands and topped it with a love that was waiting for a chance to manifest itself for the last 22 years.

She wants to travel to those golden lanes of the past on the time machine when the oak tree was still young and her shoulders were still strong enough to carry her baby Krish on them; take a "half-day leave" from her office and see her prince devouring the chocolate cake with all the ecstasy on his 5th birthday!

But deep down, she knows today again Krish will be late coming home. The sun was now dipping quickly beyond the horizon and the shadow of the old oak tree was vanishing quickly as a blackbird whisked past her, as if summoning her back to reality !

The roses on the plant in her garden were getting ready for their nightly slumber, but Radhika, like nature the creator herself, with all her optimism will wait for a new morning to see the roses blossom again.

– Devashish Palkar

TODAY I M GOING

Today i m going to focus on Purpose of life Make space for the new things to be happen in your life.if you dont allow the space ,remain in limited version of you , than you are right , the huge is not going to happen which is stored in the god's store for you...

Make surround urself with the people with same aim or who inspire and challenges you towards ur aim

Dont remain in the thought of deeds what negative the people have done to you , just learn from them and move ahead ,
god had a purpose to make you learn ,
And not to make urself surrounded by that negativities

Just move ,dont be static like a tree than people will come take ur sweet fruits and cut you with an axe

Be smart ,wild to speak the truth at face , gracious to be silent in group of fools , and patient to the one making you angry...

By doing so ,you are giving these battles of them , an unknown fields that now they cant unplannigly fight...

So its your triumph , be silent ,make them confuse ,let ur success shout...

What all the good ur grandparents had done

,and if Not got the fruit of that

U the child his getting bcoz of them even the things for which you have not worked for,the blessings for which you have not done hard work

The god have a law of justice

Payback is coming to you ,

But dont make them you the sluggish...

Be smart worker , hardwork and prove that these paybacks and blessings are given for some good purpose and to the right person...

Everyone have 2 storis

1 they wanna to shout and share

1 they want to hide and take care...

Make all ur stories an inspiring one...

An inspiring one...

- *Vibhor Agrawal (Batch 97)*

THE EASY AND HARD

easy is to Love

hard is to Hate,

easy is to Forgive

hard is to Forget,

easy is to believe the Seen

hard is to trust the Unseen,

ease is in moving on

harder is holding on ,

easy is to Dream

hard is to Act,

Life is easy

hard is to Live.

- Nisha Patel (Batch -95)

TODAY'S NEED OF THE HOUR

To choose ourselves in between the distractions is tougher than to cherish ourselves at home!

A 14 years old teenager guy got sexually abused and suffered through a depression!

That was a big term and carried a large cloud with a comfortable cushion!

He didn't want to go out and choose to live at home with muting his shout!

But at home, what to do... What to do... What to do...

TV... Ah.... At a point boring... Family time? Ah... Not interested to speak even a word even

with self... Bored poor lad got an interesting gadget called as a smart phone, as we all have!

And by the Time, he found something satisfying, something to make him skip or forget his overthinking called porn!

The journey of PMO starts from right here!

That was something full of fear but exciting and thriller!

Did I just mention fear? Oh! Let me clarify!

It's the fear of God for an unaware guy about sexual education!

There was no one to tell him or guide him about his desires, in stead of that in our contry sex or masturbation talk is a tabboo or a caution!

In this circumstance he got indulged in, more and more!

Somehow He has survived his schooling and entered in a clg life to heal his core!

Once a clever lad now became so underconfident and fearful that he screwed at his studies!

Now, as he moved ahead he found his buddies

He talked about his depression, his anxiety and much more in addition!

little by little with the help of officials he overcame his depression,

But a lot of relapse occurred and tired from medication, he stopped his treatment for his emotions!

What was wrong,

why his soul wasn't getting cured?

Because when we treat symptoms and not the disease, it relapses again and again!

he realized it so late after everything he's lost, even his confidence he gained!, he realized that his fun now has become his addiction...

PMO!! Porn, masturbation and orgasm!

That's normal, we all do but darling anything in excess is harmful to the human soul!!

But whom to talk about it, its a tabboo and he was so shy to talk about it even with his friends! Bcz of his values, cultures, customs...

Somehow, he found guts and talked with his cousin !

His cousin, being so generous, gave him information about no fap and raddit app on which there's a no fap community which helps you and motivate you to deaddict ourselves from PMO

porn, masturbation, orgasm!!

Excessive PMO ruins life, indeed we all need sexual education, especially children!

I know children can't understand it but it's just about to find a right way to show lights who're lost in the dark!

Ladies and gentlemen this was the story of my imaginary character, aakash, as of now lets assume he is under process! And the story is incomplete!

- ***Bhagyesh Patel (Batch 94)***

IMPORTANT WEB LINKS

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



GOND ART
BY
DR. ANJALI MODI (DEPARTMENT: COMMUNITY MEDICINE) &
HER SON RAGHAV

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