

adani
Healthcare

GAIMS
Gujarat Adani Institute
of Medical Sciences

M E d D R N E

M é l a n g e o f M e d i f e



-Vishwa ॥

Dear Readers,

Season's Greetings! We are thrilled to present the second edition of our college magazine, 'MEdDRONE - Melange of MedLife'. Following the resounding success of our inaugural edition launched during the white coat ceremony of batch 2023-24, we have been overwhelmed by the appreciation and enthusiasm from our readers and contributors alike. We are especially delighted to see the keen interest of around 20 students from batch 2023-24 who have joined our editorial team, making this edition even more special.

Within this edition, you will find a captivating blend of creativity, heartfelt reflections, and much more. Our second edition introduces exciting new columns such as "Chromatic Crew," "MEdDRONE Panorama," and "Medical Digest," ensuring a complete package of entertainment and knowledge for you.

We extend our heartfelt thanks to all the contributors whose artistry, originality, and innovation have enriched this edition. Special recognition goes to Vishvam Ajani (Batch 2019) for proposing the name 'MEdDRONE,' Deven Maheshwari (Batch 2019) for designing the magazine's logo, and Vishwa Thacker (Batch 2021) for creating the stunning front and back cover pages.

In short, આપણા મેડિકલ ની હજારો પત્રાઓ ની બુક્સ અને એના સ્ટ્રેસ ને બેલેન્સ કરનારું એક નાનકડું પુસ્તક એટલે આપણું આ મેગેઝિન.

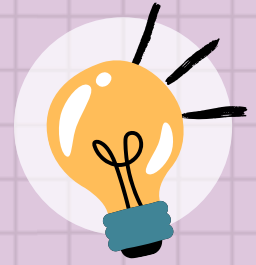
We hope you all will adore this 2nd edition and encourage the team to work with more enthusiasm for all future editions.

Happy reading!

Team MEdDRONE



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શું કહે છે GAIMS ના નવા નિશાળીયાઓ?

1

As I stepped onto the campus of my new college, I couldn't help but feel a mix of emotions. Excitement, nervousness and a hint of uncertainty all swirled together in my stomach. I was about to embark on a new chapter of my life, one that would bring new challenges, opportunities and experiences.

The first few days were a whirlwind of orientation activities, introducing me to my new classmates, professors and campus facilities. I was bombarded with information about the colleges history, academic programs and student services. While it was overwhelming at times, I was determined to soak it all in and make the most of my time here.

Academically, I was eager to dive into my coursework and explore new subjects. However, it quickly became apparent that college level work was more challenging than high school, I had to work harder to stay on top of my assignments and I struggled to balance my time between classes, studying and extracurricular activities.

Throughout the year, faced setbacks and frustrations but I also experienced moments of triumph and joy. I learned to prioritise my time effectively. Manage my stress levels and communicate effectively with my peers.

As the semester drew to a close, I reflected on my journey thus far. It had been a rollercoaster ride of emotions but I had grown so much as a person. I had developed resilience, adaptability, and confidence. I had made lifelong friends, discovered new passions, and gained valuable skills that would serve me well in the future.

Looking back on my first year of college life, I am grateful for the experiences that have shaped me thus far.

-Sandhya Patel
(Batch 2023)

Living in a medical hostel and experiencing campus life is a unique blend of rigorous academic challenges and personal growth. These environment provide medical students. 'not only with the educational foundation needed for their future careers but also with life skills and unforgettable memories. This essay explores the intricacies of residing in a medical hostel and the dynamics of campus life, reflecting on both the struggles and the joys that come with this experience.

The Medical Hostel (Home Away from Home): A medical hostel often becomes a second home for students, where they spend a significant part of their academic life. It is a place where lifelong friendships are forged, diverse cultures are embraced, and communal living teaches invaluable lessons.

Adjusting to Hostel Life: The initial phase in a medical hostel can be daunting. Adjusting to a shared living space, managing personal routines amidst academic pressures, and dealing with homesickness are common challenges. However, this phase also fosters independence and resilience. Learning to live with roommates from different backgrounds enhances one's cultural sensitivity and communication skills, which are crucial for future healthcare professionals.

The Role of Community: Community life in a hostel is vibrant and supportive. Study groups form organically, where peers help each other understand complex medical concepts and prepare for exams. This collaborative environment extends beyond academics, with students sharing experiences, celebrating festivals and participating in hostel events. Such activities foster a sense of belonging and create a support system that is essential during the demanding years of medical education.

The Campus (Microcosm of Society): The medical campus is a bustling microcosm where academic rigor meets social interaction, and professional growth aligns with personal development.

Academic Rigor: Medical campuses are renowned for their rigorous academic programs. The demanding curriculum, extensive hours of study, and practical sessions in laboratories and hospitals are designed to prepare students for the challenges of the medical profession. This intense academic environment requires discipline, time management, and a relentless pursuit of excellence. While the workload can be overwhelming at times, it also instills a deep sense of responsibility and commitment to the medical profession.

Extracurricular Activities: Beyond academics, Medical campuses offer a plethora of extracurricular activities. From student-run medical journals and research projects to sports teams and cultural clubs, there are numerous opportunities for students to explore their interests and develop well-rounded personalities. Participation in these activities not only provides a break from academic stress but also enhances teamwork, leadership, and organizational skills.

Navigating Social Life: Social life on campus is dynamic and multifaceted. Students build friendships that often last a lifetime, participate in social events and engage meaningful discussions about their future roles as healthcare providers. These interactions contribute to a well-rounded education, helping students to develop empathy, social skills, and a broader perspective on life.

Personal Growth and Professional Development: Living in a medical hostel and navigating campus life contribute significantly to both personal growth and professional development.

Independence and Self-Discipline: The hostel experience teaches students to be independent and self-disciplined. Managing daily routines, balancing academics with personal life and handling responsibilities prepare students for the independence required in their future careers.

Emotional Resilience: The emotional ups and downs experienced during this period build resilience. Coping with academic pressure, personal challenges and the stress of being away from home strengthens mental fortitude. This resilience is crucial for dealing with the high-stress environment of the medical profession.

Professional Identity Formation: The medical campus environment plays a pivotal role in shaping a student's professional identity. Interactions with peers, mentors and patients, along with exposure to real-world medical scenarios, help students develop a sense of professionalism, ethical understanding and a commitment to patient care.

Conclusion: Life in a medical hostel and on campus is a transformative journey. It is a time of rigorous academic training, personal challenges and profound growth. The experiences gained in this unique setting not only prepare students for the technical demands of the medical profession but also mold them into compassionate, resilient, and well-rounded individuals. While the journey is demanding, it is also immensely rewarding, leaving a lasting impact on both personal and professional facets of a student's life.

**-Piyush Naktode
(Batch 2023)**

**Editors : Mansi Khakhkhar (2023)
Rudra Nimbark (2023)**

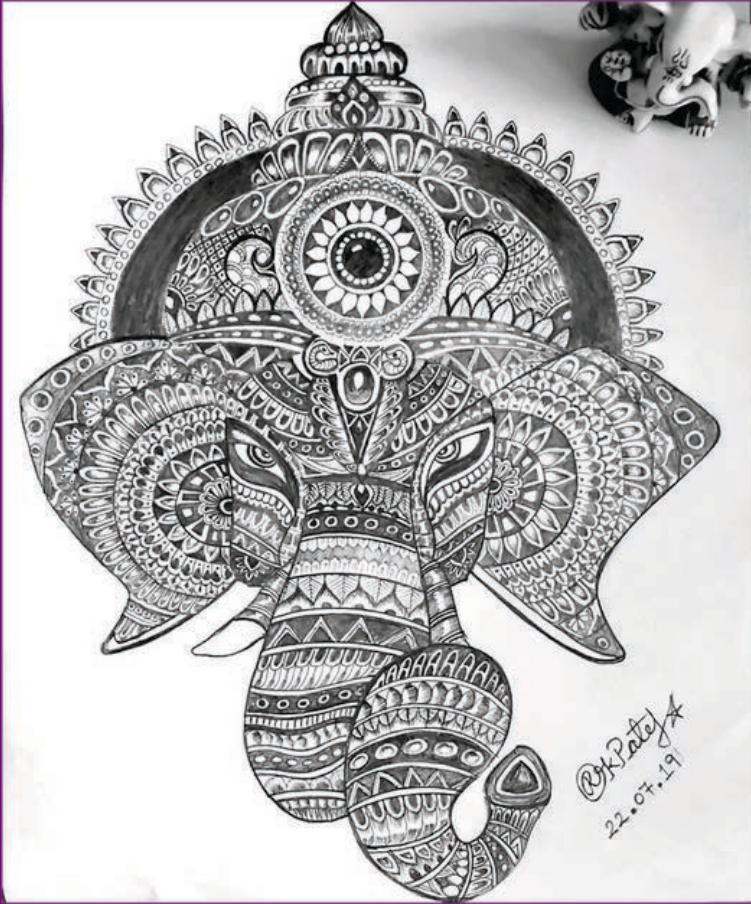


Creative GAIMSians

Editors :

-Honey Gusai (Batch 2021)

-Bhoomi Desai (Batch 2022)



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(Batch 2018)



Dhruvi Raithatha
(Batch 2021)



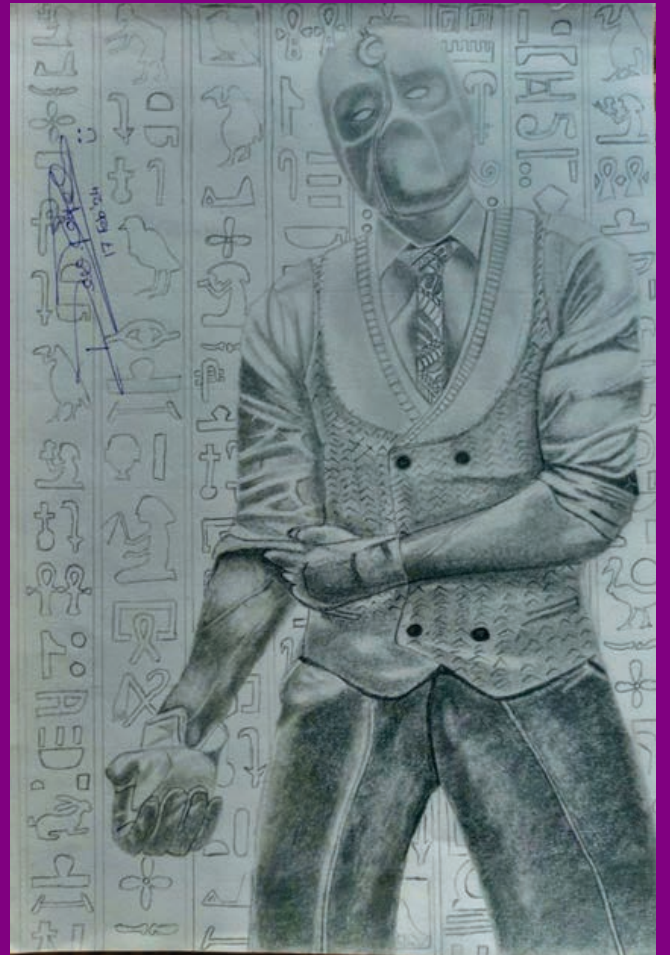
Tanmay Chaudhari
(Batch 2022)



Deexa Patel
(Batch 2021)



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(Batch 2022)



Maitri Ahir
(Batch 2021)



Shubham Kodia
(Batch 2022)



Twinkle Soni
(Batch 2022)



Anshumansinh Zala
(Batch 2021)

Dedicated to 2nd professional medical students !!

Jab exam ke 5 min pehle, kya padha kuch bhi yaad na aaye

toh medical student ho tum;

Clinical features yaad karte karte, clinician wali feel aaye

toh medical student ho tum;

Topic toh ratta maarliya, par case hi identify na ho

toh medical student ho tum;

Puri lab diagnosis yaad karte ho, aur paper mei sirf PCR yaad aaye

toh medical student ho tum;

10 marker question mei 3 page ke baad agar tumne sirf bakwas ki hai

toh medical student ho tum;

Answer likhte hue tumhe khud hi next statement na pata ho

toh medical student ho tum;

Antiemetic ki ADR mei nausea vomiting likhke cut kiya hai

toh medical student ho tum;

Diagram ke naampe H&E pencil se lines and circle draw karke aaye ho

toh medical student ho tum;

Paper kesa gaya uska moh na rahe, bas khatam hone ki khushi ho

toh medical student ho tum;

Last paper deke agar tumhe lage ki duniya ka sara sukoon laut aaya hai

toh medical student ho tum;

Agar har raat sirf 2 ghante ki neend pe zinda ho tum

toh medical student ho tum.

-Nikita Singh (rimjhim)
(Batch 2021)



Contentment

You're like sunny sun on a beach day,
Lays out ecstasy on their beach day.


You're like starry sky in a warm night,
Unrolls serene of it in a pleasant night.

You're just like a honeybee,
Conscientious engaged in your work.

You're as pleasing as a sweet desert,
That all the time gives remembrance.

You're as precious as butterfly sitting on a flower,
That outspread merriment of CONTENTMENT.

-Anshumansinh Zala
(Batch 2021)





Simplicity a virtue

Simplicity's the ninja in life's ninja vs. pirate debate,
Sneaking in, stealing the show, leaving complexity to its fate.

While others hoist sails and plunder the seas,
Simplicity's chilling in a hammock under the trees.

It's like trying to teach a cat to fetch,
While simplicity's already mastered the stretch.


In a universe of complicated apps and tech,
Simplicity's like, "I'll stick with pen and check"
When life throws curveballs, twists, and turns,
Simplicity's there, with popcorn, just to learn.

It's like finding humor in a tangled mess,
While complexity's left wondering, "What's next?"
When life throws a party with a guest list so grand,
Simplicity's the one crashing with a ukulele in hand.

It's like finding hilarity in a sitcom rerun,
While complexity's still trying to figure out puns.
So here's to simplicity, the witty charmer we adore,
In a world of chaos, it's the comic relief we implore.

For in the grand circus of life's grand parade,
Simplicity's the one-liner that never fades.

-Freya Sanghvi
(Batch 2022)






Autumn always precedes spring

Hold on tighter and then let go harder.
When it's autumn and the tree has made all it's efforts,
To make the leaf stay, to hold on even if it hurts.
It's then, that it decides to loosen its grip,
Realising that there's no time to stand and weep.
It knows it has done all it can,
But nothing's greater than god's own plan.
There has to be a beautiful reason,
That the almighty himself has made this season.
Without the act of letting go,
There would be no space for growth, we all know.
It will be better, sooner or later,
Let nature and God take care of this matter.
Oh! Let the man be reminded,
He is the tree and leaves are just phases of life,
Ofcourse not to give up so soon and cut off with knife,
But when it's time,
When the wind strikes the wind chime,
Let the leaf fall with the beautiful sound produced,
Let it not just be forcefully glued.
After every loss, there's always growth,
Growth, if there's patience and nourishment,
Belief and enrichment.
There will be time when the nature will sing,
And soon you'll realise it's already spring!

-Bhoomi Desai
(Batch 2022)



HOSTEL : MY FIRST HOME

Living in a hostel was my first true experience of independence and personal growth. Leaving my family home, I embraced a new life filled with diverse people and shared experiences. The hostel quickly became a close - knit community, fostering friendships that felt like family. Managing my own responsibilities, from cooking to budgeting, taught me essential life skills. The challenges of communal living, such as limited privacy and noise, were outweighed by lessons in patience and cooperation. The hostel was more than just a place to stay; it was my first home, shaping me into a more adaptable and independent individual.

- Nihir Joshi
(Batch 2023)



આખા દિવસ ની ચર્ચા કરવા માટે બેસ્ટ જગ્યા એ હોસ્ટેલ ..
 રાતે ૧૨ વાગ્યા પછી નાસ્તા ના ડબ્બા ખુલતા હોય એ હોસ્ટેલ..
 અલગ અલગ જગ્યા એ થી આવી ને ભેગા થયેલા નમૂના એ હોસ્ટેલ ..

અલગ અલગ વ્યક્તિઓ જોડે ભળતા શીખવે એ હોસ્ટેલ ..

બર્થડે સેલિબ્રેશન હોય કે ધુળેટી માં થતી
 મસ્તી જ્યાં થતી હોય એ હોસ્ટેલ..

ઘર થી દૂર રહી ને પણ ઘર ની યાદ ના આવવા દે એ હોસ્ટેલ ..

સવારે નાહવા માટે લાઈન લગાવવાની હોય
 કે મેસ માં જમવા માટે એ હોસ્ટેલ..

એક રૂમ માં ભેગા થઈને પરિક્ષા ની તૈયારી કરવાની હોય
 કે ફરવા જવાની પ્લાનિંગ કરવાની હોય એ હોસ્ટેલ..

કેટલીય લાગણીઓ છપાઈ હશે દીવાલો પર
 એ કહેવું મુશ્કેલ છે એ હોસ્ટેલ..

બાજુ માં સિનિયર નો રૂમ હોય તોય જાણી જોઈને
 હેરાન કરવાની ખુશી જ કઈક અલગ છે એ હોસ્ટેલ..

બાલ્કની માં જઈને કોઈક વાર રડતા હોય તો કોઈક વાર
 આકાશ માંથી દેખાતા ચાંદ ને નિહાળતા હોય એ હોસ્ટેલ..

હોસ્ટેલ નો રૂમ ફક્ત ખાલી રૂમ નથી , એક ઘર છે જ્યાં સાડા પાંચ વર્ષ
 સુધી રહી ને જીવન ની ખાસ પળો નો અનુભવ થતો હોય એ હોસ્ટેલ..

કોઈ પૂછે કે ઘર ગમે છે કે હોસ્ટેલ તો ..
 મારો જવાબ હોસ્ટેલ જ હશે..

- Hetvi Rathva
 (Batch 2023)

In the heart of Gujarat Adani Institute of Medical Sciences, amidst the sprawling campus, stood the girls hostel, a beacon of dreams and determination. Room no. 269, on the second floor, was a small universe in itself, where me as a first-year medical student, begin my journey. My room is a small space, with just enough room for a bed, a study table and a bookshelf. But for me, it was a place of solitude and reflection. I found the rhythm in the chaos of medical school, with the hostel's corridors echoing the steady beat of countless footsteps. I found my place among the other girls, each a story of resilience and ambition. Among all the friendships, one stood out the most my bond with Saniyah. As the days turned into months, our friendship deepen. We tackled the mysteries of the human body, pored over case studies, and celebrated small victories together. The hostel, our first home away from home, where we learned to be independent, where we discovered our strengths and faced our weaknesses. The hostel life is the blend of rigorous academics and spontaneous adventures. The walls of the room were silent spectators to my late-night studies, illuminated by the soft glow of the desk lamp. The library became my sanctuary, where I poured over medical tomes, my mind absorbing the knowledge that would one day save lives. The mess hall is the melting pot of cultures, where students from different cities share stories, creating a mosaic of memories. The hostel had been more than just a roof over her head; it had been a mentor, my confidante, and my first home.

-Suzan Khan Mistry
(BATCH - 2023)

Yes, I know that according to all of us our first home should be where we live with our mom dad, its right nothing wrong in it but why do i believe hostel as first home. This is just because how it has become the guide in way of living life not only about studies but also about the way to treat everyone and most importantly self. From just being a hostel it has now become a home for not due to fact that at our home also the way we live here. We do our work by our own, handling every situation by our own. Hostel is my first home that is for the reason how it is preparing me a better person day by day. Throwing new challenges, meeting with some deadlines. Apart from all of that snatching time for our friends to spend few great moments. What makes this place so special for me is its peace which i have mention earlier. Its surrounding like it has garden and various plants and flowers providing relax feel. In the end apart from any hurdles or fun part it is just a magical and phenominal place to live.

-Karan Mandana
(BATCH - 2023)

Editors :

-Zinal Chaudhary (2023)
-Vaibhav Bhavsar(2023)

Giving back to the Society

EDITOR : HETA BORIYA

Life saving initiative: Mundra' blood donation drive triumphs

• 23/06/2024

I am thrilled to share the success of a series of blood donation camps organized at various locations in Mundra. The locations were Adani Power, Adani House, Adani Wilmar, Petrochemicals, and CT Terminal.

Under the guidance of Swapnil Sir HMA and Eram Ma'am, these camps saw the dedicated participation of our team. Blood Bank Head Jigna Ma'am, Counselor Darshan Sir, Resident doctors Bhumididi, Kinjaldidi, Priyal Didi, Karmididi, Kaushal Bhai, and Rutvididi played crucial roles.



Alongside, me and my fellow interns Parth, Akash, Abhilasha, Krishna, Riya, Kunjan, Aditya, Deven, Kruti, Dipti, worked tirelessly to ensure everything ran smoothly. The support from lab technicians, nursing staff, PCA, and all organizers was invaluable.

Together, we successfully collected over **1,000 units** of blood, making a significant impact on the community.

By
Vishvam Ajani
On behalf of Interns batch
2019
GAIMS BHUJ.



The Joy of giving: Enriching lives through Generosity

December 31, 2023



The “Joy of Giving” was a heartwarming experience that transcends material possessions and touches the lives of those in need. Dr. Parth Rathva, a dedicated medicine resident at GAIMS, spearheaded an inspiring initiative that exemplifies this spirit.

The idea behind this endeavor was spontaneous yet impactful. A staggering **2000 pieces** of clothing, bags, and toys were collected. These items found new purpose as they were distributed in various locations near Bhuj. The Bhujiya Hills, Hamrisar Lake, the railway station, and the vicinity of Accord Hospital became hubs of compassion, where the needy received these essential items.



The inauguration of this noble effort was graced by Dr. Balaji Pillai, the esteemed Director of Medical Services at GAIMS. His presence added significance to the occasion, emphasizing the institution’s commitment to community welfare. The experience was nothing short of amazing. The smiles on the faces of those who received our unwanted belongings left an indelible mark.

Team **JDA GAIMS**, along with the GAIMS Event and Student Council, played a pivotal role in making this initiative a success. Faculty members, undergraduate and postgraduate students, nursing staff, and all supporting personnel at GAIMS together shared their abundances with those in need, demonstrating the power of collective goodwill.

Toys, books, and shoes found new homes, but more importantly, they brought joy and comfort to those less fortunate. The “Joy of Giving” reminds us that compassion knows no boundaries, and even small acts of kindness can create lasting ripples of positivity.



MASTERLY MEDICOS



Rutvi Dalsaniya (Batch 2020)
Kalindi Rajgor (Batch 2021)

Welcome to "Masterly Medicos," a column in our college magazine "MEEDRONE" that celebrates the extraordinary achievements and accomplishments of our talented students beyond their academic pursuits. From winning prestigious awards to volunteering in their communities, our Masterly Medicos are making a positive impact in the world and inspiring us all to reach for greatness.

Here are the Achievements of GAIMSians..

1. Manang Khakhariya (Batch 2019) participated in district level 'YUVA SANSAD PARV - BHASAN PRATIYOGITA 2023-24' organised by Nehru yuva kendra sangathan Gujarat and secured 2nd position.
2. Shruti Nayak (Batch 2020) performed in Nritya Sandhya on the occasion of Vasant Panchami organised by The Galaxy Education System - TGES at Rajkot in 2018 and 2019.
3. Suhangi Rathod (Batch 2020) participated in National level Kho-Kho competition organised by VidhyaBharti Akhil Bharti Siksha Sansthan in 2014 at Ghaziabad.
4. Anumeha Rao (Batch 2020) participated in 18th youth festival of KSKV Kachchh University and secured 1st position in installation competition in 2023.
5. Jiya Trivedi (Batch 2021) participated in Udgosh-District level public speaking competition held in Aadipur-Tolani Institute and secured 2nd position in 2023.
6. Jiya Trivedi (Batch 2021) participated in 18th youth festival of KSKV Kachchh University and secured 3rd position in debate in 2023.
7. Harsh Detroja (Batch 2021) participated in 18th youth festival of KSKV Kachchh University and secured 3rd position in debate in 2023.
8. Harsh Detroja (Batch 2021) participated district level public speaking competition held in Aadipur - Tolani Institute.

9. **Aishani Saraswat (Batch 2021) participated in 18th youth festival of KSKV Kachchh University and secured 1st position in Indian light vocal solo in 2023.**
10. **Aishani Saraswat (Batch 2021) participated in 18th youth festival of KSKV Kachchh University and secured 3rd position in Western vocal solo and also got opportunity of representing GAIMS in interuniversity west zone Nagpur in 2023.**
11. **Nandani Patel (Batch 2021) participated in District level Yoga competition organised by Sanskriti and Yog Gathan Trust Rajkot and secured 3rd position in 2017.**
12. **Nandani Patel (Batch 2021) participated in District level Yoga competition organized by Sports authority of Gujarat Gandhinagar at Rajkot and secured 5th position in 2012.**
13. **Nandani Patel (Batch 2021) participated in All India national yoga asana championship 2012 held at Pune.**

14. **Sneh Thacker (Batch 2022) got full marks in Classical singing 1st level organised by Akhil Bharatiya Gandharva Mandal, Mumbai.**

15. **Vrund Patel (Batch 2023) participated in Khel Maha Kumbh in Kabaddi sport at Taluka level and secured 1st position in 2018.**
16. **ParthKumar Rangpara (Batch 2023) participated in NVS National Hockey Meet conducted by Navodaya Vidhyalaya samiti at Bhopal region in 2019-20.**
17. **Parthkumar Rangpara (Batch 2023) participated in NVS Regional Kabaddi Meet conducted by Navodaya Vidhyalaya samiti at Pune region in 2018-19.**
18. **Shreyas Patel (Batch 2023) participated in Lalithakala national level students' art competition (pencil shading) and secured 1st position.**

GAIMSWE'LL MISS YOU!!

An interview with **Dr. Vatsal Chhag** By **Krishna Vyas**

The Final Curtain Call at GAIMS: An Intern's Reflection



“ As I pen down these words, the corridors of GAIMS echo with the laughter and learnings of yesteryears. It's not just the end of an academic chapter; it's the culmination of a journey that has shaped me, Vatsal Chhag, into the individual I am today.

GAIMS, a beacon of medical education in Bhuj, has been a nurturing ground for my aspirations. White coat ceremony was not just a ritual but the moment that made me fall in love with this college instantly. The dissection hall was my favourite place in the first year.

It was a place where unknown people became my family. AURA, was more than just an event; it was a canvas where we painted our youthful exuberance. The sports field, the literary debates, and the fun events were not mere distractions; they were an integral part to our holistic development. The first-year exam season was filled with fear, overnight study sessions and the coffee that kept me awake. Life was good until it was “THE COVID SEASON”. I remember how I spent my second year at home with online classes and tests. When the college doors reopened we were welcomed with the university exams which we cleared easily. Thank god. Third year was made exciting by the psm visits. Also, we were the organising batch for AURA that year and we slayed. And then comes the Final year. it was really dramatic with hectic schedules. It was difficult to manage clinical postings with lectures and NEET preparation. But all this hustle paved my way towards being a better student. We pulled an all-nighter for uni exams that year.

Internship Diaries:

It was the best part of my entire MBBS journey. It helped me bond with people I hardly talked to. Hangouts with the residents, NEET PG Preps, and friends made the year survivable. The culmination of our journey was the convocation. As I traded my white coat for the graduation gown, I felt a surge of pride. The gown fluttered like a flag of victory, a testament to the perseverance and hardwork that had walked the path before me. As we threw the caps in the air, it was not just a celebration of an ending but the commencement of a new beginning. GAIMS, a heartfelt thank you for being the crucible that transformed a student into a healer. As I step out of the gates of GAIMS, I carry with me the memories, the lessons, and the spirit of this great institution. Though I may no longer walk its halls, GAIMS will forever be a part of who I am.

Farewell GAIMS and thank you for the memories that will last a lifetime...

GAIMSWE'LL MISS YOU!!

An interview with Dr. Prachi Joshi By Krishna Vyas



“

WHY WILL WE MISS GAIMS? આ પ્રશ્નનો જવાબ આપવા જતા મનમાં પાછલા સાડા પાંચ વર્ષોની યાદોનું REPLAY થવા લાગે,ત્યારે હોઠ પર સ્મિત અને આંખોમાં નમી એક સાથે આવી જાય છે !

GAIMS,આ માત્ર એક જગ્યા નહીં,પણ હવે અમારા માટે જીવનનો એક શ્રેષ્ઠ PHASE બની ગયો! આલ્યા હતા ત્યારે આંખોમાં કંઈક કેટલાંય સપનાઓ,આકાંક્ષાઓ,પરિવારની અપેક્ષાઓ અને નવી જ જિંદગી માં પ્રવેશ કરતાં છલકાતો રોમાંચ લઈને પ્રવેશ્યા હતા, પણ હવે જ્યારે જઈએ છીએ, ત્યારે મોટાભાગે મિત્રો સાથેની અઢળક, અનમોલ યાદોનો ખજાનો લઈને જ જઈએ છીએ.

એ પછી ફર્સ્ટ યર DISSECTION HALL માં રમેલી રમતો હોય કે પછી RRK SIR ના STRICT લેક્ચર્સ. PSM વિઝીટ ના નામે થતી પિકનિક હોય કે પંચિંગ માટે થતી ઝપાઝપી, CLINICS ના સમયે સિલ્વર કુલ પાસે બેસીને કરેલો નાસ્તો હોય તો ક્યારેક ATTENDANCE માટે જ ભરેલા લેક્ચર્સ. અમને સૌથી વધારે યાદ આવશે CELEBRATIONS, DAYS, AURA, SPORTS WEEK, બધી જ ધમાલ-મસ્તી -મજાઓ હવે ક્યાં મળશે!GAIMS અને મિત્રો વગર હવે ગણેશ-ચતુર્થી,નવરાત્રી,હોળી,ઉત્તરાયણ બધા જ તહેવારો તો આવશે,પણ એવી રોનક લઈને નહીં આવે.

હોસ્ટેલ લાઈફ-આ લાઈફ તો ભાગ્યશાળી હોય તેને જ મળે! આટલા વર્ષો જે આપણું સરનામું રહ્યા, તે હોસ્ટેલના રૂમ,કોરિડોર્સ, રિક્રિએશન રૂમે આપણને હસતા,રડતા,વાતો કરતા,ખાતા-પીતા,તૈયાર થતાં,નાચતા- ગાતા અને એકબીજાનો સહારો બનતા જોયા છે. MESS,એ જગ્યા,જ્યાં જમવાથી વધારે દુનિયાભરની અખૂટ વાતો કરી છે.આ બધી જગ્યાઓ તો આપણા માનસપટ પર રાજ કરવાની જ છે!

ઇન્ટર્નશીપ એવો સમયગાળો રહ્યો જે દરમિયાન એક જ વર્ષમાં આપણે ઘણું બધું શીખ્યાં,ઘણા બધા અનુભવો પહેલીવાર થયા,સારા અને ખરાબ બંને સમયમાં બધા એકબીજાની સાથે ઉભા રહ્યા.

એવું કહેવાય છે કે કચ્છમાં માણસ આવે પણ રડતો અને જાય પણ રડતો એ વાત અહીં સાવ સાચી ઠરી ગઈ.

અહીં FRIENDS સાથે જેટલું ક્યારાં છીએ તે પણ બહુ યાદ આવશે. આપણે આજે જે કાંઈ પણ છીએ તેમાં GAIMS અને તેના લોકોનું બહુ જ મોટું યોગદાન છે. માટે THANK YOU ALL.

"

घर से दूर एक घर बनाया है, मैंने उन यारों के संग, एक नया जहाँ बसाया है।
अब हर लमहे को समेट के मन की दीवार पर सजाया है, उम्र भर के लिए दिल में एक यारों का कमरा बनाया है।"

”

- DR.PRACHI JOSHI BATCH 2018



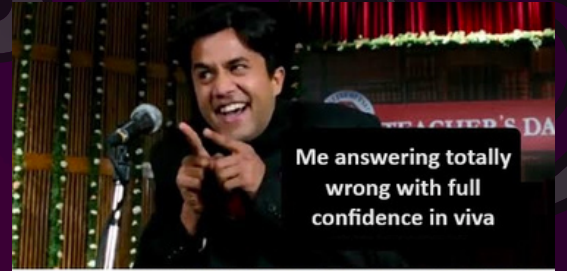
GAIMS MEMELOGY

-Jenil Sadhu (2019)
-Dhruv Patel (2021)

*me after passing final MBBS and entering internship



paisa hi paisa hoga



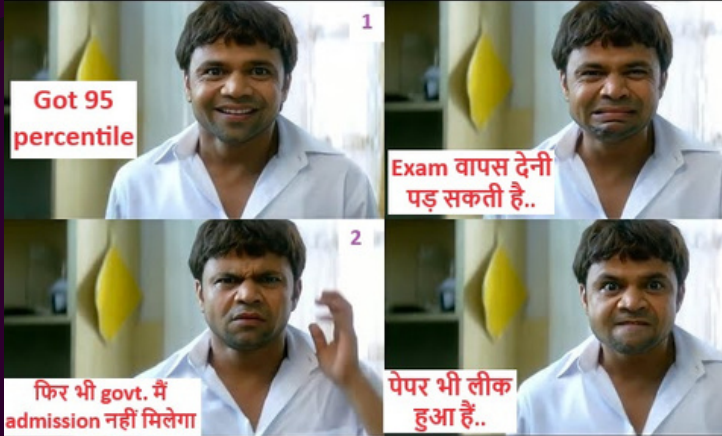
Me answering totally wrong with full confidence in viva



External laughing on my answers

*le internal: अबे क्या बकवास कर रहा है?

NEET UG 2024 aspirant



Got 95 percentile

Exam वापस देनी पड़ सकती है..

फिर भी govt. में admission नहीं मिलेगा

पेपर भी लीक हुआ हैं..

PG के लिए 19 subjects prepare करने हैं



Kam se kam tees saal ka time toh de re

*me watching my colleague being roasted during surgery viva



લેકચર મા રોલ નંબર પ્રમાણે જ બેસવાનું હોય અને બને બાજુ છોડરીઓ નો રોલ નંબર આવે



कहना क्या चाहते हो प्रभु

G A I M S

VALLEY OF FLOWERS

FOR DIVYANSH (BATCH 2023).

To a great friend and a enthusiastic person you did prove that all people in this world are not mean and selfish

Stay happy and enlighten our life with your presence

FOR: RUDRA NIMBARK (BATCH 2023).

Need a person like you in every life. The way you handle things is just perfect You do fill the room with happiness. You and your caring side for all your friends does make me feel comfortable around you

FOR: ZEEL SHAH (BATCH 2023).

It takes a great deal of bravery to stand up to your enemies, but a great deal more to stand up to your friends "

From the countless inside jokes to late night heart-to-heart conversation, you Zeel, have been my confidant. Through the ups and downs, you have stood by my side, offering comfort, laughter, and a listening ear whenever I needed it . Your friendship has brought so much joy, light that I love to have your company. It takes a great deal to find a dancer, a badminton player, a makeup artist, and what not to find the same person.

Thanks for being the incredible person that you are, for your unwavering loyalty and for simply being you.

FOR : RISHITA JAIN (BATCH 2023).

Family is not we choose. But friends become our chosen family. Quantity of friends doesn't matter, but quality does.

Having a single loyal best friend can change your life. Having his/her support can make a big difference in our lives. That makes everything better.

I also have a friend who matches my vibe and is very kind, honest to me.

I can proudly say that I found her in college who will stay with me forever.

Because of you I laugh a little harder, cry a little less, and smile a lot more.

And its you -Rishita

In today's generation, I can say that-POV: you are my unpaid therapist.

I can literally share all my problems without hesitation with you. It feels like you are my sister from another mother.

Thank you so much for always listening to me !!

I hope you always shine brighter and get everything you deserve.

Editors: Sneha Saxena (2019)
Parth Pareek (2023)



KEEP CALM, IT'S JUST AN EXAM!!

Being from the healthcare system, we all know how our health is important for the body to function properly but have you ever wondered that mental health is as important as physical health for proper functioning of the body. We all might have topped our exams in school but after coming into med school, we barely can pass the exams which obviously can lead many of us to anxiety.

How to handle anxiety? Let me tell you a saying of famous doctor, "Study not for the exams but because what knowledge you will gain today will save someone's life tomorrow". Remember no patient will see your marks or how much you scored in your exams, but will appreciate your ability to cure them. So, there's no need to feel anxious about how much will you get in the exams. As Shri Krishna said in the famous Bhagvad Gita "कर्म करो और फल की चिंता मत करो।"

Exams can be a source of significant stress and anxiety for many students. However, with the right strategies in place, you can effectively manage your mental health and anxiety during this challenging period. Here are some tips to help you navigate through exams with a focus on your well-being:

- 1. Establish a Routine:** Create a study schedule that allows for breaks, meals, and sufficient sleep. A consistent routine can help reduce feelings of overwhelm and maintain a sense of control over your workload.

2. Practice Self-Care: Prioritize activities that promote relaxation and rejuvenation, such as exercise, meditation, deep breathing exercises, or spending time with friends and family. Taking care of your physical and emotional needs is essential for maintaining overall well-being.

3. Break Tasks into Manageable Steps: Divide your study material into smaller, more manageable tasks. Focus on one task at a time, and reward yourself for completing each one. This approach can prevent feelings of being overwhelmed and help you stay motivated.

4. Set Realistic Goals: Be realistic about what you can achieve within a given timeframe. Set specific, achievable goals for each study session, and celebrate your progress along the way. Avoid comparing yourself to others and focus on your own growth and improvement.

5. Practice Mindfulness: Incorporate mindfulness techniques into your daily routine to help manage stress and anxiety. Mindfulness exercises, such as body scans or mindful breathing, can help you stay grounded and focused during stressful moments.

6. Reach Out for Support: Don't hesitate to seek support from friends, family, or mental health professionals if you're feeling overwhelmed. Talking to someone about your feelings can provide valuable perspective and support during challenging times.

7. Limit Caffeine and Stimulants: While it may be tempting to rely on caffeine to stay awake and alert, excessive consumption can exacerbate feelings of anxiety and disrupt your sleep patterns. Opt for healthier alternatives, such as herbal tea or water, to stay hydrated and focused.

8. Practice Relaxation Techniques: Incorporate relaxation techniques, such as progressive muscle relaxation or visualization exercises, into your daily routine. These techniques can help reduce muscle tension and promote a sense of calmness and well-being.

9. Stay Organized: Keep track of important deadlines, exam dates, and study materials to avoid last-minute cramming and unnecessary stress. Use organizational tools, such as planners or digital calendars, to stay on top of your responsibilities.

10. Maintain Perspective: Remember that exams are just one aspect of your life and do not define your worth or capabilities. Keep things in perspective and focus on the bigger picture, including your long-term goals and aspirations.

By implementing these strategies, you can effectively manage your mental health and anxiety during exams while also performing your best academically. Remember to prioritize self-care and seek support when needed, as your well-being is paramount during this challenging time.





MEDDRONE

MAYHEM



1. Dr. Watson has four patients scheduled for today, each with a different condition: diabetes, lupus, rheumatoid arthritis and fibromyalgia. Their names are Alice, Bob, Charlie and Diane. Each patient has a specific appointment time at 9 AM, 10 AM, 11 AM and 12 PM.

[Clues: Alice's appointment is not at 9 AM and she does not have lupus. The patient with diabetes has an appointment before Bob. Charlie has an appointment at 10 AM and does not have rheumatoid arthritis. Diane, who has fibromyalgia, has an appointment after the patient with lupus. The person with rheumatoid arthritis has an appointment immediately before the person with diabetes. Determine the appointment time and condition for each patient.]

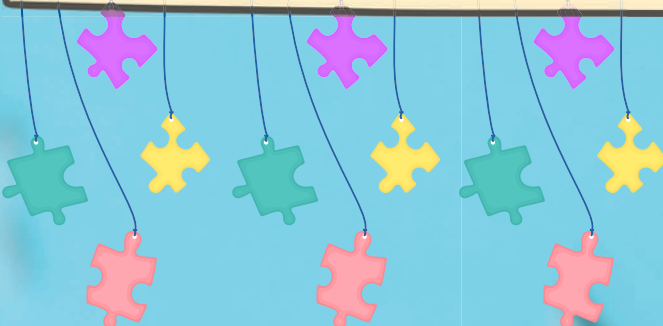
Ans. Alice: 11 AM, Rheumatoid Arthritis
 Bob: 12 PM, Diabetes
 Charlie: 10 AM, Lupus
 Diane: 9 AM, Fibromyalgia



2. Decode the following cryptogram to reveal a famous medical quote. Each letter in the cryptogram represents a different letter in the alphabet:

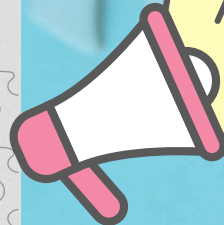
PHKAG QH UBA VHKD,
 PHKAG QH UBA BZOY,
 PHKAG QH UBA BKNYK.-EKA UXKYYOA

Ans. FIRST DO NO HARM, FIRST DO NO GOOD.
 FIRST DO NO KILL THE HIPPOCRATICOATH
 (P=F, H=I, K=R, A=S, G=T, Q=D, H=O, U=N, B=Q,
 A=S, V=H, H=A, K=R, D=M)



3. Riddle 1: I am a single cell but can be found in vast colonies. I am essential for your health, especially for digestion, but some of my relatives can make you very sick. What am I?

Ans. Bacteria



4. Riddle 2: I can be as small as a pinhead or as large as a melon. I can cause discomfort but sometimes you won't feel me at all. I might need a needle to be removed or some medicine to make me go away. What am I?

Ans. Cyst



?????

5. ANAGRAM PUZZLE: Unscramble the following medical terms:

RIMEOTTHER (Hint: A common household device for measuring body temp.)

CLRAATPOOSO (Hint: A type of surgery with minimal incisions)

Ans. RIMEOTTHER - THERMOMETER
 CLRAATPOOSO - LAPAROSCOPY

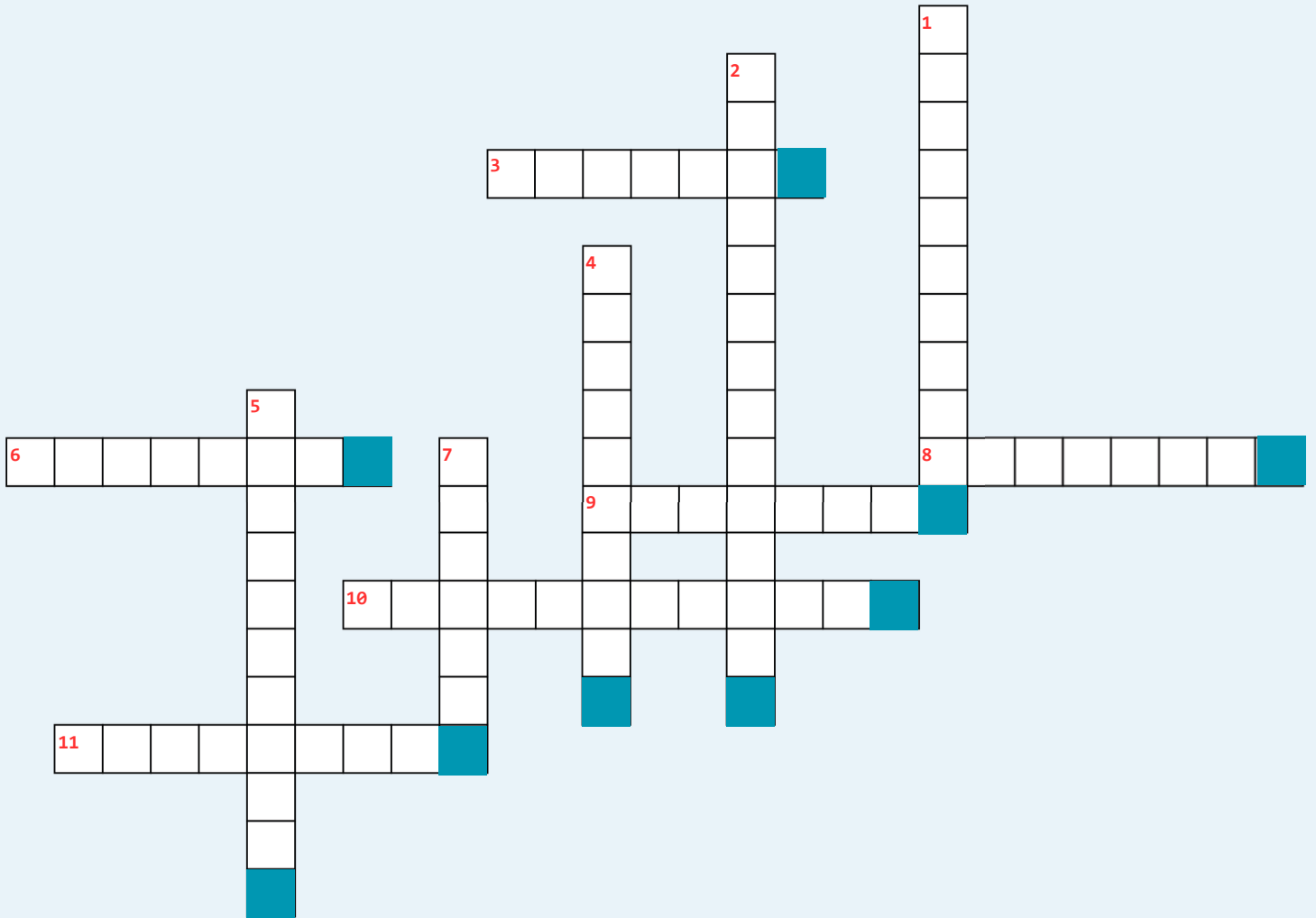


SCRUBBED IN

“A SURGICAL CROSSWORD CHALLENGE”



Prepared By: Deven Maheshwari (Batch 2019)



Across

3. It is used by surgeons to stitch together tissue or wound edges after surgery.
6. This is a step in surgery involving covering the patient with sterile cloths to create a sterile field around the incision site.
8. It is the name of the small, sharp knife used by surgeons for making precise incisions.
9. It is the technique which uses heat or chemicals to seal blood vessels or tissues to prevent bleeding during surgery
10. This is a minimally invasive surgical technique which uses a camera and small instruments inserted through small incisions.
11. It is the term for a surgical cut made into the body during an operation

Down

1. It's a medical term which refers to the process of stopping bleeding.
2. It is a process ensures that surgical instruments and equipment are free from microorganisms
4. It is a surgical instrument is used to hold back organs or tissues to provide access to the surgical area.
5. It is a medical practice involves numbing a patient to prevent pain during surgery.
7. It is a procedure that involves taking a small sample of tissue for examination under a microscope

1- Hemostasis 2- Sterilization 3- Suture 4- Retractor 5- Anesthesia 6- Draping 7- Biopsy 8- Scalpel 9- Cautery 10- Laparoscopy 11- Incision

Editors: Freya Sanghvi (2022)
Moksha Sarkhedi (2022)

SCHOLARLY MEDICOS

Editors : Rutvi Dalsaniya (Batch 2020)
Kalindi Rajgor (Batch 2021)

Dr. Meet Parikh Resident Doctor (Department of Ophthalmology)

Dr. Meet Received 1st Prize in Paper Presentation Under the Guidance Of Dr. Kavita Shah (Professor and Head Of Department of Ophthalmology) at Multidisciplinary Conference CME on Geriatric Medicine Update 24th September 2023 at Narendra Modi Medical College, Ahmedabad.



Dr. Sharvil Nimavat Resident Doctor (Department of Ear, Nose and Throat)

Dr. Sharvil presented 3 oral posters in the National Conference, Which was held in Bengaluru ISGCON 2023 on December 21st to December 24th, Topics of that National Conference were as :

- 1) **Burden of Oesophageal Cancer and its Trend in India between 1990-2019:** A Systematic and Comparative Analysis for the Global Burden of Disease Study and secured 8th position.
- 2) **Statewide burden of pancreatitis and its attributable risk factor in India between 1990-2019:** Results from the Global Burden of Disease Study 2019 and secured 1st position.
- 3) **Burden of Peptic Ulcer Disease and its Trend in India from 1990-2019:** A Benchmarking and Comparative Analysis.



Dr. Nancy Patel (Batch 2018)

Dr. Nancy Patel selected from Gujarat Adani Institute of Medical Sciences, Bhuj for Gujarat youth parliament competition on 9th March 2024 at Mahatma Gandhi mandir, Gandhinagar.



**Gopi Limbani &
Yashvi Mota
(Batch 2019)**

They participated in 36th IAP Pediatric Quiz for Undergraduates quiz, which was held at BMCRI, Palanpur on 17th August 2023, under the guidance of Dr. Rekha Thaddanee and Dr. Ajit Shrivastav and they secured 3rd position in it.



**Tisha Shah
(Batch 2021)**

Tisha participated in AMCON Adrenaline conference 2024 held at smt. NHL medical college Research Poster Topic: A Successful Necrosectomy Of Pancreas - A Case Report and secured 1st Rank.



**Aishwarya Bhensdadia, Kevin Patel, Krupal Chaudhary, Hetansh Bhalala,
Shruti Nayak(Batch 2020), Tisha Shah, Nilesh Singh Rajput (Batch 2021) :**

They represented Gujarat Adani Institute Of Medical Sciences, Bhuj as delegates at state level medical conference ADRENALINE 'AMCON-2024' which was held at Smt. NHL municipal medical college, Ahmedabad. They also took part in Dexterity- Surgical workshop, Gestation- Gynaecology and Code Blue workshop.

MEDDRONE PANORAMA

Introduction

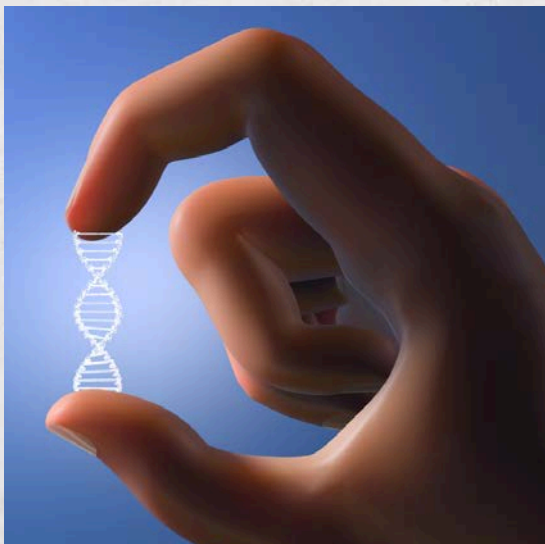
Dive into "MEDDRONE PANORAMA," your gateway to the forefront of medical science. Explore groundbreaking research and cutting-edge advancements that push the boundaries of healthcare. From innovative discoveries to futuristic technologies, this column keeps you informed, inspired, and engaged with the latest developments shaping the future of medicine

FDA Approves World's First Chikungunya Vaccine, a Game-Changing Milestone in Public Health

The FDA has approved the first vaccine against Chikungunya virus, a significant step in preventing the mosquito-borne disease. This decision follows successful clinical trials showing the vaccine's efficacy and safety in protecting individuals aged 18-64. The approval marks a milestone in global efforts to combat Chikungunya and its debilitating effects.



"Morning Sickness Mystery Unveiled: Groundbreaking Discovery Identifies Its Cause!"



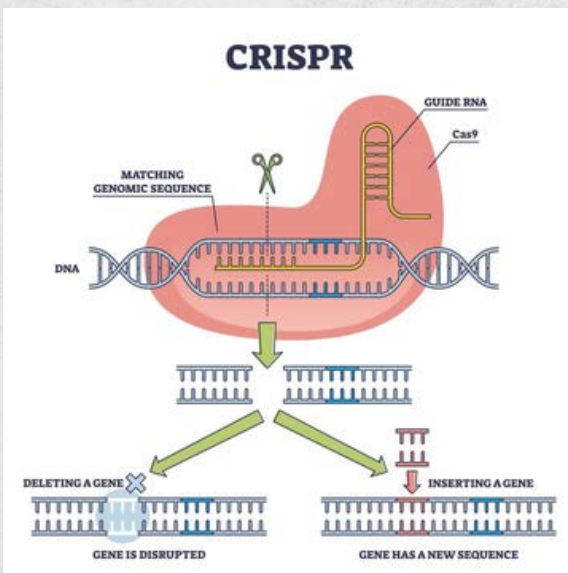
Morning sickness is nausea and vomiting experienced by many pregnant women, often in the first trimester, linked to hormonal changes, particularly human chorionic gonadotropin (hCG). In a groundbreaking revelation, scientists have unearthed the elusive culprit behind morning sickness: a hormone named GDF15, secreted by the developing fetus in the placenta. This discovery, detailed in the prestigious journal Nature, unravels a profound link between heightened GDF15 levels and severe nausea and vomiting in expectant mothers.

Groundbreaking Bariatric Surgery with Apple Vision Pro Headset

Exclusive Breakthrough: In a pioneering feat, a New Delhi surgeon has utilized Apple's Vision Pro headset for a groundbreaking bariatric surgery. This cutting-edge technology promises enhanced precision and safety, heralding a new era in surgical innovation that could revolutionize procedures worldwide, setting a precedent for future medical advancements



"CRISPR: Revolutionizing Gene Editing for Disease Treatment"



CRISPR, short for Clustered Regularly Interspaced Short Palindromic Repeats, represents a cutting-edge gene-editing technology inspired by bacterial immune systems. It utilizes these systems' ability to target and "cut out" specific segments of DNA, potentially altering genetic sequences with unprecedented precision. This technology holds immense promise for revolutionizing disease treatment by targeting conditions like cancer and HIV at their genetic roots, paving the way for transformative advancements in medical science.

Lecanemab, the New Alzheimer's Treatment

Lecanemab (Leqembi), a groundbreaking Alzheimer's drug, has emerged as a beacon of hope for early-stage patients. Developed to target amyloid plaques in the brain, it represents a pivotal breakthrough in Alzheimer's treatment, potentially slowing disease progression. This innovative therapy underscores a new frontier in neurology, promising to enhance quality of life and ignite optimism among researchers, clinicians, and families impacted by Alzheimer's disease globally.





Mind Vita

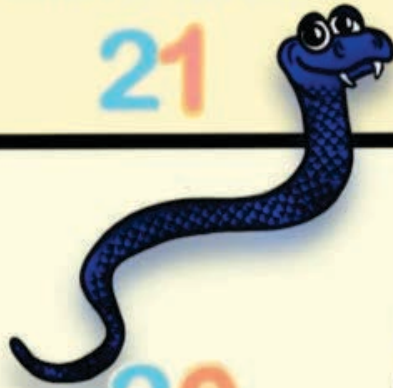
A
game of
mental
well-being!

START

30
Mental
well-being

Intoxicating
yourself to
relieve stress

21



20

29

Too much
irrelevant
thoughts in
mind

22



19

Too much
spending time
on social media

12



10
Believing that
mental health
is also
important



Isolating
yourself when
not feeling
good

9



Limiting use of
social media

1

2



GAIMS SPORTS CLUB

Editors : Harsh Seta (2020)

Riya Shah(2020)

Step into the world of sports excellence with the MEdDRONE magazine's dynamic sports section! Discover the phenomenal sporting feats achieved by our students, from the fierce battles of inter-collegiate competitions to the electrifying atmosphere of intra-college tournaments like AURA and Sports Weeks. Stay updated with the latest results and highlights of all the thrilling sports events right here on campus.

We aim to shine a spotlight on the exceptional performances that demonstrate how GAIMS students excel not only in the OTs and Laboratories but also in sports arena.

“All work and no play, makes Jack a dull boy.” Physical fitness is crucial, especially in light of the growing epidemic of Non-Communicable Diseases (NCDs). Join us in promoting a lifestyle of health and activity emphasizing the significance of physical fitness and the multitude of benefits that come with participating in sports. Embark on a journey of empowerment and drive, a healthy and active lifestyle!

VOLLYBALL SHOOTING
Winners 🏆



Team 2k18

100 m RACE
BOYS



Kamleshbhai
(batch 2018)

CARROM (BOYS)
Winners 🏆



Sagarbhai
vivekbhai
(2018)

BASKETBALL (BOYS)
Winners 🏆



Team 2k18

BASKETBALL (BOYS)
Winners 🏆



Team 2k18

AURA
CHESS TOURNAMENT
WINNER
KISHAN UPADHYAY
BATCH 2020



RELAY RACE
400 m



Darshan bhai
Kamlesh bhai
Rushik bhai
Pranay bhai
(2k18)

AURA
KABADDI WINNER



1 TEAM 2018

BADMINTON
(MIX DOUBLES)
Winners 🏆



Parthbhai
Roshnididi
(2018)

Basketball (GIRLS)
Winners 🏆



Batch 2018

CRICKET (BOYS)
Winners 🏆



TEAM ALL STAR

TABLE TENNIS
MIX DOUBLES




Renishbhai & Harimitadidi
Batch 2019

TABLE TENNIS
Boys doubles



Jaybhai and Parthbhai
2018

100 m RACE
GIRLS



Maitri
(batch 2021)

AURA FOOTBALL WINNER



TEAM 2K18 B

VOLLEYBALL
Winners



TEAM 2020

Discus throw
GIRLS



Hetvi
(Batch 2021)

TABLE TENNIS
GIRLS SINGLES



Harimitadidi
batch 2019

BADMINTON
(GIRLS DOUBLES)
Winners



Rutvididi
Roshnididi
(2018)

SHOTPUT
GIRLS



Hetvi
(batch 2021)

RELAY RACE
400 m



Dipika
Maitri
nandini
Malisha
(2k21)

CARROM (GIRLS)
Winners



Nikita
Nandani
(2019)

SHOTPUT
BOYS



Parthbhai kagathara
(batch 2018)

KHO KHO WINNER (GIRLS)



Batch 2020

TABLE TENNIS
Boys singles



Parthbhai Kagathara
Batch 2018

“Five and a half years back I met some 150 crazy people,
Entered room number 230 which we shared triple;
Exchanged names and hanged out in ways so casual,
In a totally new place with a “promise-to-be-ready-soon” visual.

Climbing up and down the stairs of G.K.General hospital,
Bunking the afternoon “STASSTICS” lecture down the ramp- like cattle;
Befriending some in the mess & some in the dissection halls,
Scribbling down memories in our hippocampal walls.

There were moments which made us panic- like the first physiology tutorial
Where we hid our Sembulingams under Guytons & appeared surreal;
When Cunningham was like the executive pass you need to enter a concert
When the OAT was still under construction, making your
“compulsory-white-dissection-shoes” full of dirt;

The 5 o'clock time in the New Mess for “chaaaa”
Guys glancing out “maari vaadi have to aaaaa”

Exams came and went;
Results gave us a “dil ma dent”;
A year passed and started the 9 am clinics,
People began to mix up, so PSM visits felt like picnics;



Second year for couples was like monsoon for frogs,
Gossips began to fill up our Whatsapp Chatlogs;
“chotlis” transformed into shampooed straightened hair,
Formals into casuals, afterall Love Was In The Air;

Still remember those evening times when library got full
Disturbing with “ssh ssh” and “kach kach” was actually cool.
The second year passed in parties: dine till nine,
The university exams sent a chill down the spine.

Third year started which was truly a relief,
Annual functions, trips, movies – our priorities chief;
Informals, DJs, Garbas, Antakshris & the magic of Aura,
KSKV site getting updated before results- a feeling of tora tora;

Final year bells started ringing,
Our spreaded out schedules started shrinking;
The tension of the coming final exams,
The sadness of the nearing departure from GAIMS arms;

The journey through GAIMS is not over yet,
Alumnis are definitely gonna meet up and re-unite I bet;
I am taking with me the heaviest sweetest memory bag,
Thank you for the amazing journey The Batch With a Swag.”





FROM THE WHATSAPP UNIVERSITY

No Clue who wrote this but if a Final Year MBBS student were to write a Long Answer on the Complications of Diabetes, this will fetch him Full Marks.

Here's a brilliant ode to
Diabetes

"Wounds that don't heal
Nerves that don't feel.
No food I can eat at ease
What a disease I have" -- Diabetes!

Specialists call me by another name like Tripathy
As I induce painless or painful nerves, Neuropathy
And also vandalise the vast vascular network, Vasculopathy
Before I damage the camera of the eye, Retinopathy.

It is not due to what you eat, katta or meeta,
But as your lifeboat wrecks on the Islets of Langerhans
Even though you feel secure with the insulin of Best & Banting
Alas! the ultimate cure is still wanting!

As all your diet fails, you put on tablet
Your therapist says 'take it' or order your 'stone tablet'
As the needle-less therapy still cannot prevent you becoming lean
You lean on needle therapy with insulin, from which you may not wean.

Makes me pee all day & night putting me at stand-at-ease.
No more about-turn once I develop hypertensive disease
The 'Nephro' says "No more kidding with your kidney"
Beg, borrow or steal to live on with your kith or kin's kidney".

As the moiety forms the callous cataract
With the society - you fail to interact
All the afflictions of the errant eye
If you don't care, may bid a permanent bye!

You ask your Queen of hearts for some more tart
"Risk not dear, No more of them" comes the reply so curt.
Even as your ego takes the beating with the hurt
Odd becomes the arrhythmic beating of your heart.

As you cannot 'rise to the occasion' and vex
The urge ushers you to the sentinels of specialist in sex!
Waxing and waning of the velocity of your life's Niagara
Calls on you to fall on the pellets of Viagra!

When all the faltering organs invite diabetic coma
Your soul plays dilly-dallying within your soma.
Even as you recollect all the deeds of your karma
There comes the 'appointed time' with Yamadharma.

Initiated by the ineptitude & apathy, failing to gain sympathy
You wander hither - thither from naturopathy to homeopathy
If all your pathys cannot be allayed even by Allopathy
You become their prey or pray Venkatachalapathy!

Funny observation

Usually, the questions that are asked in the MBBS theory exam are not asked in viva.

Questions that are asked in Viva are not asked in theory.

Questions that are not asked in theory and viva are asked by the patient and their attendants in practice.

Questions that are not asked by patient and their attendants are asked by lawyers in courts.

And those not asked by all above are asked by press..



Patient fully prepared to see his doctor after googling

Male Pt : *Sir I have PCOD*

Doctor : *But that's a disease of ladies*

Sir may be COPD then

EDITOR : RIYA SHAH (BATCH 2020)

GAIMS TALE

YOU, ME AND PHYSICS

(Our favourite genre- Romance with a tinge of the subject that appears dreadful in textbooks but interesting in YouTube shorts-Physics.....blended together in this cute little short story.)

Night it was; a not-so-dark yet obscure night. The sky treasured multitude of diamonds, singing glories of red spectrum. Stars twinkled and electrons in my head buzzed with some uncanny frequency. The velocity of air was just enough to make my tresses swirl and dance with an intensity directly proportional to its notoriousness. Gliding my hands swiftly over the grass, I sighed essentially at an inaudible pitch. But I couldn't know when the longitudinal waves broke the barrier of critical point and reached his ears.

"What makes you sigh?" He asked while tuning the strings of his guitar- the only thing he loved since big bang and the only thing he would ever cherish till the big crunch. His voice seemed in sync with preternatural cosmic reverberances; perfectly intoned with sudden to and fro lurches that my heart tried to overpower in vain. As distinctly as the least mosaic nebulae could appear, the silvertoned magic mingled with his timbre precisely.

Moonlight melted in his eyes as they peeped into mine. Looking in his eyes was equivalent to getting drowned into deepest of the oceans at a rate indescribable in physical terms. The dominating vectors that his eyes shot with intense magnitude and fathomless direction, would always make my heart skip and beat or two. So I looked at the sky again, running away from all conundrum. Just as the focal length of my eye lens began gazing at the perpetual void again, projectile of a shooting star revealed itself. "There!" I pointed at the fast disappearing phenomenon with awe and avidity, "Go on, make a wish!"

Why hustle for such swindle? You are such a kiddo!" was his vague and plain reply, followed instantly by a brief laughter. Some absurd yet melodious tones got weaved by brilliant oscillating movements of his fingers on the strings. My cheeks distended mimicking the inflation of an air bubble when it nears the surface. Not violating the first law of thermodynamics, the isolated exasperation causing surface tension to increase in my cheeks found its way out in the form of sound waves framing a crass "huh" . "You are a bit too practical." I folded my hands while my lips assumed the form of a grotesque downward parabola.

"Oh, is it?

"Yes, and to an irritating extent."

"How sad is that." He was razzing me again. He thought his pesky ways could annoy every atom of my body and guess what... he was actually right. No more words did I utter and spontaneously looked astray, lest my entropy would increase.

Sometimes, my subconscious overwhelmed me a bit too much, engendering loony emotions similar to what a proton might feel while having a nice time inside a cyclotron. The intoxicating deception of my encephalon pushed me into believing that we were something. But when such trickery would set in, genuine realisation would hit me at a speed exceeding that of light.

People said we were best of friends. Maybe it was true... atleast from his side. He was always equipoised and composed unlike me. Even the sub-atomic particles would condense by fondles of his breaths. But there was always a change in the brightness of his eyes when I was near. Maybe this dissimilitude still kept the flame of my feelings from getting extinguished.

Valence band was the residing place for emotions in his heart. And trust me, the band gap's damn high. I don't know if my love would ever be able to bridge the gap. Maybe it was time for disclosure. No!

A breakneck stroke on the strings startled me as I sensed the conversation in my head getting progressively complex. "Evanescing again and again, aren't we? His charming voice was inebriating me again." Here, I guess you need some music." Maybe it was time for disclosure. No!

*Positioning the guitar properly in his lap, he commenced.
He sang and played.
Heard and savoured.*

The settings and the scene could not be more perfect. My head felt light as if the universe breathed adagio through my confounded conscience. My heart, that felt heftier than a neutron star, now imitated baby Saturn.

The prodigious adoration that I held had reached terminal velocity and all my worries and fears got kicked out at 11.2 km/s.

The fact that- Of all people out there, he was sitting here with me, was enough for me. I had started realizing the subtleties of sentiments and affection.

Readily disowning all angst, I endeavored towards accepting abundance. Why hustle for such swindle? He was right. Emotions certainly become a swindle if they become toxic.

Yes, I was in love but not bound. Yes, I held endearment but could still be unattached. It was at that moment that all duality of matter and radiation ceased to exist for me.

Maybe it was time for disclosure. Nah... that shall never be needed now.

I smiled.

**By: Vishwa Dave
(Batch 2020)**

RX FOR LAUGHTER

In the quaint town of Hilaria, where laughter flowed as freely as the town's famous fountain of jokes, lived Ishaani, a girl whose wit was as sharp as her sense of humor. But one day, tragedy struck when she slipped on a banana peel during her daily comedy routine, landing herself in the hospital with a broken funny bone. As she lay in her hospital bed, surrounded by well-meaning but terribly unfunny get-well cards, Ishaani couldn't help but find irony in her situation. "Well, this is just unbelievable," she quipped to the nurses as they checked her vitals, earning a round of eye-rolls and groans in response. But even in her pain, Ishaani refused to let go of her sense of humor. She turned her hospital room into a stand-up comedy club, regaling visitors with tales of her slip-and-fall escapade and poking fun at the absurdity of her predicament. As days turned into weeks, Ishaani's wit became her greatest ally, turning even the most mundane hospital routines into laugh-out-loud moments. From her hilarious reenactments of her fall to her witty commentary on hospital food, she had everyone in stitches—even the grumpy old man in the next bed over couldn't help but crack a smile. And when the time finally came for Ishaani to bid farewell to her hospital room. After all, in a town where laughter was the best medicine, Ishaani was the queen of comedy, proving that even in the darkest of times, a good joke could light up the world.

*- Freya Sanghavi
(Batch 2022)*

HEARTS IN HARMONY

Ananya walked into her first anatomy class, the scent of formaldehyde heavy in the air. She was nervous but excited, ready to embark on her journey through medical school. As she took her seat, she noticed someone across the room. Arjun, with his kind eyes and warm smile, stood out amidst the sea of anxious faces.

Their eyes met, and in that instant, Ananya felt a spark, a connection she couldn't explain. Throughout the lecture, she found herself glancing at him, hoping he'd look her way again. To her delight, he did, and each time, his smile seemed to grow a little wider.

After class, Ananya gathered her courage and approached him. "Hi, I'm Ananya," she said, her heart pounding.

"Hi, I'm Arjun," he replied, extending his hand. The touch of his hand sent a shiver down her spine, and she knew this wasn't just a fleeting crush.

They quickly became study partners, spending countless hours together in the library and labs. Their shared passion for medicine and mutual respect deepened their bond. They laughed over anatomy jokes, supported each other through tough exams, and shared dreams of their future careers.

One evening, while studying late, Arjun looked up from his books and said, "Ananya, I've been wanting to tell you something."

She felt her heart race. "What is it?"

"I think I fell in love with you the moment I saw you in that anatomy class," he confessed.

Ananya's face lit up with a smile. "I felt the same way."

From that moment, their love blossomed, providing a source of strength and joy amidst the rigorous demands of medical school. Together, they navigated the challenges, knowing that their connection was something truly special, a love that had begun at first sight and would last a lifetime.

*- Deven Maheshwari
(Batch 2019)*

**SAKSHI RAUT (2023)
POOJA DADLANI (2023)**

OUR AURA- याद आयेंगे ये पल....

EDITORS : HETANSH BHALALA
KRISHNA VYAS

BY



AURA: EXPERIENCE THE EXTRAORDINARY!

As the vibrant hues of Navratri fill the air, our college campus comes alive with excitement, rhythm, and fervor. The annual cultural fest, AURA, is a red-letter week in the college curriculum. Students wait eagerly for this event for an entire year. AURA is a week-long extravaganza that unites students, faculty, and guests in a celebration of talent, creativity, and unity. Let's dive into the kaleidoscope of events that make AURA an unforgettable experience.

From the moment the fest kicks off, the campus buzzes with anticipation. This year it kicked off on October 16 by our beloved Dean Dr. A N Ghosh sir and Director Medical Dr. Balaji Pillai sir.

AURA offers something for everyone - whether you're an artist, an athlete, a wordsmith, or simply someone seeking joy. Here's a glimpse of the diverse activities that unfolded during that week:

CULTURAL EVENTS

There were a variety of events held this year. Ranging from henna art to cartoon doodling, book cover painting to pot decoration, body painting to cooking without fire, diving in the vivid colours of Rangoli to emerge into fierce competitive drive to attain the position of Mr. and Ms. AURA.



MAKE MEMORIES THAT LAST FOREVER

SPORTS EXTRAVAGANZA



The Sports enthusiasts engaged in fierce matches, battling it out on the field. The cheers from the side-lines created an electric atmosphere.

Cricketers and footballers ruled the fields while badminton players ruled the courts. The matches between residents and ug students were thrilling and the atmosphere was filled with vortex of excitement. The Clinking of carrom pieces and the silent contemplation over the chess board showcased a blend of sharp minds and deft fingers. The virtual battlegrounds witnessed strategic warfare and quick reflexes on the E-Sports arena.



LITERATURE PURSUITS

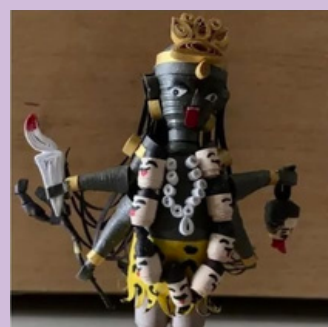
- **Debates and Quizzes:** Intellectual minds collided as participants debated burning issues and tested their knowledge.
- **Antakshri:** Melodic voices echoed through the auditorium. It truly captivated the audience.
- **Creative Writing:** Poets and story-tellers weaved magic with their words. The literary corner resonated with emotions, wit and imagination.



FUN AND FROLIC

Evenings were engaged by funny yet witty events like Flip the bottle challenge, paani sang masti, fun cricket etc. Beg, borrow, steal tested the wit, persuasion and chasing power as participants negotiated with fellow students which led to hilarious encounters and memorable stories.

Food Stalls: AURA wouldn't be complete without mouth-watering treats. From spicy chats to sweet delicacies, the food stalls catered to every craving.



MAKE MEMORIES THAT LAST FOREVER

MIDNIGHT GARBA

As the sun set, the rhythmic beats of garba reverberated across the campus. Students, dressed in traditional attire, swirled and twirled to celebrate unity and joy.

Garba Photo Booth: Selfies, group photos, and goofy poses – the photo booths in the anatomy garden captured memories that would last a lifetime.

THE GRAND FINALE: THE AURA NIGHT!

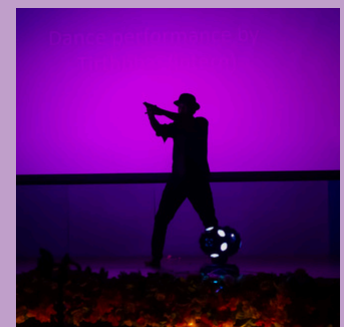
The crescendo of AURA always arrives on the final day – AURA Night. The auditorium transformed into a magical setting, adorned with fairy lights and anticipation. Here's what unfolds:

- **Performances Galore:** The stage hosts mesmerizing dance routines, soul-stirring songs, and theatrical brilliance. Each act is a testament to the students' dedication and talent.
- **Fashion Parade:** The runway transformed into a canvas for creativity. The students got all dolled up and flaunted their themed outfits with their fierce and confident walk.

The hosts added stars to the night with their hilarious speech and their amazing stage presence.

- **Prize Distribution:** Our beloved Dean sir and esteemed faculties acknowledged outstanding performers with trophies and certificates. The joy on the faces of those who received recognition was palpable – a reward for their relentless efforts.
- **Guests and Memories:** Distinguished guests, alumni, and well-wishers graced the event. Their presence added prestige and encouragement. AURA Night became a memory capsule – a collage of laughter, applause, and shared dreams.

As the curtain fell on AURA, we carried its spirit with us – the spirit of unity, creativity, and celebration. Until next year, when the beats of Navratri will once again ignite our souls, AURA remains etched in our hearts.



MAKE MEMORIES THAT LAST FOREVER

GLORY OF GAIMS

*(Interview of a person who has achieved something and
inspiring story to share)*

Editors:

Drashty Thacker (Batch 2021)

Rutvi Dalsaniya (Batch 2020)

1

Interview of Dr. Balaji Pillai DIRECTOR MEDICAL, GAIMS, BHUJ

Here is the interview of Dr. Balaji Pillai sir - the Director Medical of GUJARAT ADANI INSTITUTE OF MEDICAL SCIENCES. He has reached here after going through a long journey full of challenges and mind-blowing bounce backs.



Interviewer : Good evening Sir. We, the students always admire you and get amazed when we look at where you stand. We would like to know your journey from the very beginning. Where did you complete your graduation and post graduation from?

Dr. Balaji Pillai: I was a 12th Board topper from Valsad district in 1983. I wanted to pursue Medicine from BJMC Ahmedabad but I got admission in GMC Surat in 1983. I was interested to have my masters degree in Psychiatry or ENT.

In my college I missed the single available ENT seat by one mark. Then the same night I travelled to Ahmedabad for submitting my PG Application in Gujarat University. In the due course of 2 months, I was awarded DIPLOMA ENT seat in NHL Municipal Medical College, which then got converted into MS so I was lucky to have had double qualification as DLO and MS - ENT. I topped Gujarat University in MS - ENT in 1992.

Interviewer: That's amazing sir. Then how did you enter into Administration ?

Dr. Balaji Pillai: I wanted to polish myself. I wanted to learn and gain more professional experience. So I joined my mentor Dr. Milind Kirtane in PD Hinduja Hospital Mumbai as a Clinical assistant in ENT Department and had the opportunity to manage three Senior renowned Consultants. There I got a really good expertise in managing patients, learned leadership and communication skills.

Talking about the stipends in those days, you would be surprised to know; my Internship stipend was ₹750 per month. In residency it was ₹2200 per month. In Hinduja hospital I used to earn ₹4000 per month.

Interviewer: Sir which era are we talking about?

Dr. Balaji Pillai: Say around 1990s. I got a call for from SGPGIMS Lucknow for Super Specialty MCh - Neurotology, passed the Entrance exam and Interview, but then lost the prestigious seat to the local politician. In October 1994, setup my own clinic and daycare unit in a shopping complex and a one BHK flat on rent in the Industrial town Vapi, Valsad District.

The challenge was that mine was the only single specialty hospital in the city., but then I surpassed all the first year hurdles and I gained popularity within one year, I could manage buying my Own property to establish 06 Bed State of the Art Boutique ENT Day Care Hospital in Vapi. . in 06 to 07 years of Successful practice, I had started managing lot of HIV patients, I reported to Government of India. I was invited by GOI to be interviewed by a panel of MOH from Botswana- a South African country supported by India in the field of Education, Health and Defence..

Out of 12 specialties I was the only ENT specialist selected and appointed as the HOD of ENT department in Botswana., I had to start from scratch as there was no ENT department and this is where I got the opportunity to build ENT department in the land of African Continent.

The Botswana state borders were not too strict thus the people from neighboring countries would cross the border to get access to Anti Retro Viral medicines. Thus inspite of having the medicines the citizens of the country would lack in getting services.

So the Government wanted to introduce IT system in distribution of ARV medicine.I always had a fancy towards technology and helped the MOH and Ministry of ICT with my limited knowledge of Healthcare Informatix. MEDITECH co. trained me on EMR and in 6 months I was certified as an EMR expert. I trained more than 300 doctors, 500 nurses and many technicians.

Now it was 5 years, from 2001 to 2006. I returned to India as my children were growing. I was offered the post of CIO at Botswana but I wanted to return India anyhow. I wanted to revive my clinic at Valsad but my family wanted me to stay back in Chennai.So, I joined Apollo Hospital Chennai as DGM in Telemedicine Department.

Because of my IT experience and expertise, I was able to develop **1st tele ICU model** at Apollo hospital. We sent 16 Videophones to nursing homes that would refer patients to Apollo Hospital – Emergency Dept.. These videophones were able to transmit ECG reports, BP recordings and stethoscopes sounds. At that time a foreign telecom Hutchison wanted to test 2G spectrum in India. So we organized camp 300 km away and treated lots of patients using telemedicine platform.

They suggested me to join Apollo-Bangalore as it was a better place to work in Apollo IT team. There I got a chance to work with IBM. IBM wanted a profile of Meditech EMR trained person to work with the largest health care provider in the world – HCA which has a huge chain of more than 400 hospitals in USA.

For a year I worked with their IT team to provide Meditech services and support the team of US. But then it was not fancying me anymore. It became monotonous as I lost touch with people, patients. That was when I went back to Apollo operations and joined as a General Manager.

Being in-charge of 10 clinics I was regional head of Apollo clinics in Karnataka. Then to explore more I went to Global Hospitals Chennai and joined as associate vice president and learned all Specialties as it is the largest Multi Organ Transplantation Centre.

I also learned Disaster management in December 2015 when Chennai got flooded. In that condition we were able to complete liver transplant of a 62 year old patient and an 8 month old baby. Also we were able to safely evacuate 82 patients without single casualty. My contact with the Apollo hospitals helped me a lot and helped me to transfer all 84 patients from GLOBAL HOSPITAL to APOLLO HOSPITAL in Chennai. That's why I always ask students to develop good networking and maintain inter-person relationships. We got the hospital functioning within 10 days of recession of flood which was exceptional and an article on this achievement was published in the **British Medical Journal**.

Then I got a call from Ahmedabad Apollo CBCC Cancer Hospital, to join as me as a Medical director and COO. Suddenly my son was diagnosed with ulcerative colitis so I had to move back to Chennai.

Again fortunately I got an opportunity to take a charge of Vice President Operations and COO Incharge of Gleneagles Global Hospital Chennai. the monthly revenue of 16 to 18 crores dropped down to less than 08 crores because of the exit of the country's Leading Liver transplant Surgeon, his team and associated specialities.

That was a challenging time for me to bring up the revenue, In 3 months time I brought it up to 15 crores with marketing strategies and good programs and improved to 24 crores within 08 to 09 months.

Interviewer: Amazing journey sir.

Dr. Balaji Pillai: Again, that's the time when China's Corona virus hits the country. So we had to Convert our new renovated Advanced Heart & Lung Transplant ICU unit, worth 5 crores, into COVID ICU.

In the midst of managing the tough situations, one Sunday I felt sick and isolated myself at my sister's house. Once my condition deteriorated, I got myself to Gleneagles Global Hospital. On the 07th July 2020 night my Oxygen Saturation goes down from 90% to 50%. I was adamant enough to refuse the ventilator support and opted for NIV, hence I survived and beat the odds of coming out alive from the ICU after 21 days.. I was able to come back to my normal life after 3 months. I wrote my Warrior to Survivor story on Face book, then it was inspiration for many of my followers, friends and relatives. Then again Apollo Hospitals Group called me to head the Apollo Hospitals Ahmedabad Cluster as COO.

At the same time I got a call from Adani Foundation for a leadership position.

Madam **Dr.Priti G Adani**, Chairman of Adani Foundation told me "Dr. Balaji, why don't you get yourself the experience of heading the Academic institute, as well work for the Poor Patients population and convinced me to Head GAIMS as Medical Director and I was convinced. It took me 6 months to convince Apollo hospitals Management to relieve me.

In September 2021, I joined Adani foundations.

Interviewer: Sir we always wonder how you are so fluent at speaking Gujarati?

Dr. Balaji Pillai: Basically, I was born in Madurai but we migrated to Pune and then to Valsad due to my father's business.

Interviewer: Sir we see that every time you faced a challenge you had a bounce back to it. So what kept you going on ?

Dr. Balaji Pillai: Will power. I always had the will to come out of the situation with triumph.

Interviewer: And how did the 'not so stable' journey affect your lifestyle? Also what hobbies did help you to achieve all that you have?

Dr. Balaji Pillai: I am always curious as a child and I can still vibe with any kid or any elderly. So going from place to place would make me enjoy my life and it did not ever annoy or disturb me. And if you ask about my lifestyle, I became physically active only after Covid. Before that I had no specific schedule for my health or anything as such.

Interviewer: Then sir, how are you able to stay mentally stable?

Dr. Balaji Pillai: I believe one needs no classes or seminars to learn it. Just laugh it out. Stop worrying about the problem and keep it away from your head and you will be able to solve it. Always keep your Cool especially in the Crisis Hours. Let the Stormy Dust settle down and you will have the Clarity to see the rainbow.



2

Interview of Dr. Niyati Sharma (Resident Doctor - Department Of Orthopedics)

It's time to have a cup of tea with the 'Doctor-O'. Dr. Niyati Sharma, the first female resident doctor in Department of Orthopedics which was till now a male dominant branch.



Interviewer: Ma'am when and from where did you pursue your MBBS?

Dr. Niyati: I completed my UG from Narendra Modi Medical college Ahmedabad.

Interviewer: So, what was your inspiration for joining orthopedic branch?

Dr. Niyati: Actually, I was not clear about what I would get into, until I completed my internship But I was definitely amazed by surgeries and I wanted to take a surgical branch.

Interviewer: Then how did you come to know that orthopedic is your dream branch?

Dr. Niyati: I felt that orthopedic is a sophisticated branch. I was fascinated by identifying fractures and taking stitches and handling trauma.

While internship, we were not exposed enough to OTs due to COVID pandemic. After completing my internship, I worked as a junior resident at my college in orthopedic department for 5 months.

After that I got more interest in orthopedic branch and then I was sure that orthopedic is my dream branch.

In my PG counselling, I decided to either pursue orthopedic branch or repeat the exam. Luckily, I was able to secure a PG seat in orthopedic branch.

Interviewer: How was your family's response to your decision?

Dr. Niyati: I am the 1st doctor in my family. So, there was no one who would deny my decision. My family has always been supportive and allowed me to do whatever I wanted.

Interviewer: Who was your mentor to guide you into this field?

Dr. Niyati: My faculty and some seniors in my college encouraged and advised me to go ahead.

Interviewer: How is your experience after starting PG?

Dr. Niyati: I wanted to get all the experience that I could, so I selected a unit in which I was the only resident.

Initially, it was tough to manage all the situations alone, but my previous exposure helped. Also, I always had the tendency to work so having more work did never upset me.

Also, my seniors and faculties are really supportive and do not discriminate between me and my male colleagues.

Interviewer: Being a female, was it challenging for you as it requires a lot of physical efforts?

Dr. Niyati: Earlier it was believed that females can't do such heavy works. But technology has simplified our job.

Now a days, your presence of mind becomes more important than your physical effort.

Interviewer: Do you wish to do super specialty?

Dr. Niyati: Yes, I wish to do a fellowship in Pediatric orthopedics. Also, I am interested in orthoplastic surgeries.

Interviewer: Do you ever regret your decision?

Dr. Niyati: No, I always wanted to be what I am and I am enjoying it.

Interviewer: Would you like to share any memorable experience with us?

Dr. Niyati: During Biparjoy, we had 22 IPDs within 2 days and 12 Ots out of them. And I had to manage all of them single-handedly.

During my 1st year, sometimes I would hardly get 6 hours of sleep after 3 to 4 days of continuous duty.

Interviewer: That's so tough!! Do you feel it's all worth it?

Dr. Niyati: I feel it definitely is, because at the end what matters is whether you are satisfied by your work.

Interviewer: Very true ma'am. And by the way we worship 'Shakti', the Goddess of power and strength. Thank you for your time. You are an inspiration for many females who want to pursue surgical branch but somehow hesitating due to fear and reservations in mind



There are no secrets to success, it is the result of preparation, hard work, and learning from failure



DAWN OF DOPAMINE





DARE TO DIE DAY (D3)

When life hands you colors, slay them with your birth-mates.





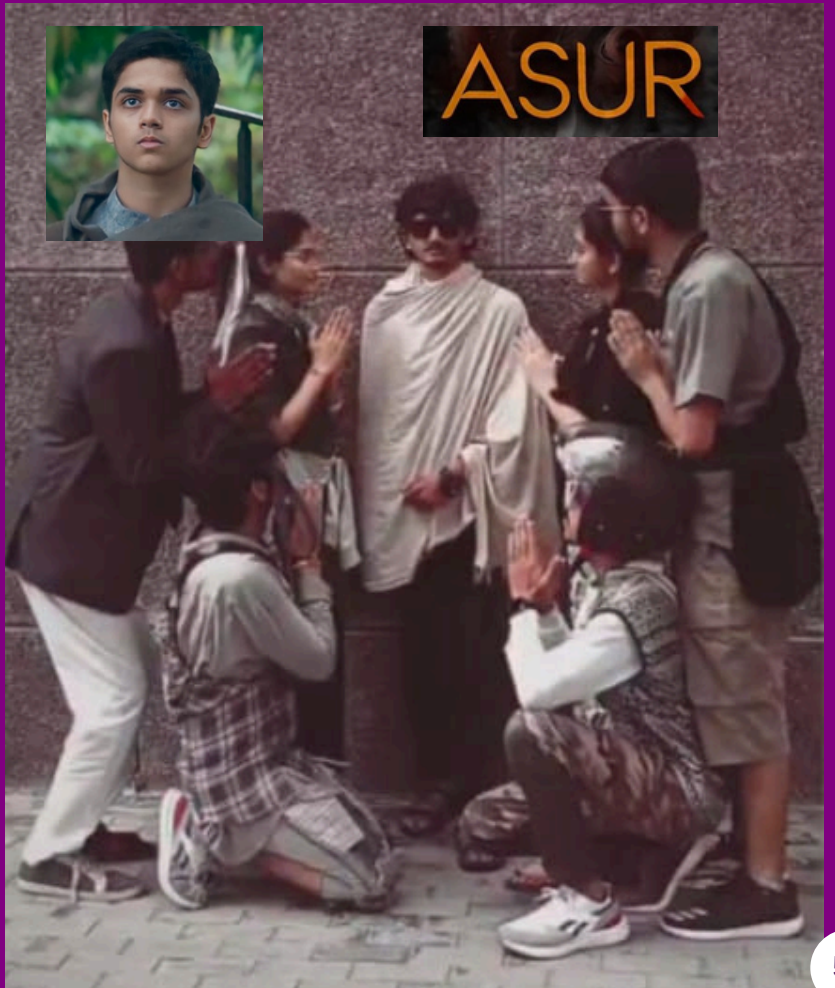
Weirdo's day & Bollywood day



MUNNA BHAI M.B.S.



ASUR



GANGUBAI KATHIWAR

Group Day & Signature Day



Journeying through bound emotions



Emotions inked into fabric of stories



Editors : Ameer Hadia (2022)
Moksha Sarkhedi (2022)

Chromatic Crew

Editors : Yashvi Mota (2019)

Riya Hansaliya (2021)



मोबाइल और हम



जिंदगी जीने का खुमार ले गया,
ये मोबाइल तो हमारा बहुत कुछ मार ले गया!

रोज़ दोस्त जमलते थे, खूब खेला करते थे,
जगरते थे, संभलते थे, खूब मेला करते थे,
अब सारे खेल एक 'डब्बे' में कैद हो गए,
ये मोबाइल तो बचपन के यार ले गया!

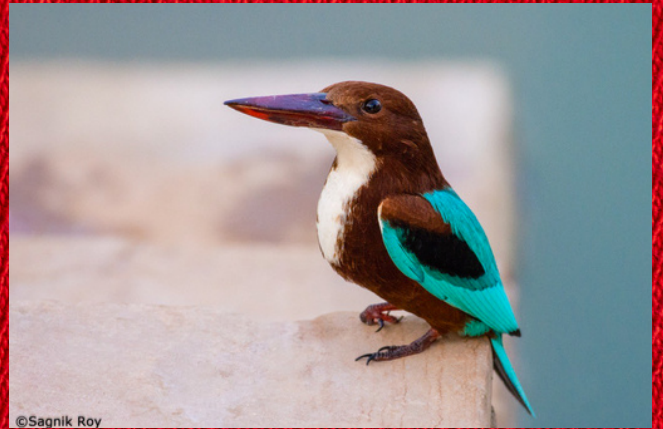
रेल की जिकि कराने स्टेशन जाया करते थे,
लाइन में खड़े लोगो से घंटे बतियाते रहते थे,
हर शय अब तो घर पे ही बैठे बैठे मिल जाती हे,
ये मोबाइल तो मेलजोल के तार ले गया!

टीवी पर सब मिलजुल कर रामायण देखा करते थे
लंका के जलने पर सब जश्न मनाया करते थे,
सबका अपना रामायण अब, सबकी अपनी लंका है,
ये मोबाइल तो हमारे परिवार ले गया!

छुट्टी के जदन सुबह-शाम चौपालें लगा करतीं थीं,
सर्दी हो या गर्मी हो, दरबारें लगा करतीं थीं,
अब छुट्टी के जदन भी सब कुछ सूना-सूना लगता है,
ये मोबाइल तो हमारा इतवार ले गया!



-डॉ अजीत कुमार खिलनानी (प्रोफेसर)
कान, नाक और गला विभाग
गुजरात अदानी इंस्टीट्यूट ऑफ मेडिकल साइंसेज
भुज, कच्छ, गुजरात, भारत



Dr. Dhara Goswami
Senior Resident
(Forensic Medicine and Toxicology)



Dr. Sagnik Roy
Professor and Head,
Department of Anatomy

Medical Digest

1. What is USMLE?

Ans- USMLE-United States medical licensing examination, it is to earn a license to practice medicine in the USA.

2. How many steps are there in USMLE?

Ans- There are total 3 steps,

Step-1: Tests basic medical sciences.

Step-2: Divided into Clinical Knowledge (CK) and Clinical Skills (CS).

Step-3: Assesses medical knowledge and understanding of clinical science essential for the unsupervised practice of medicine.

“

- Step-1 and Step-2 tests are conducted over 1 day and Step-3 test is conducted over 2 days.

”

USMLE Test Step	Exam Type	Total Duration	Number of Questions	Skills Assessed
Step 1	Computer based	1 Day	7 blocks of 40 MCQs, 280 in total	Basic Science Concepts + Application to medical practice
Step 2	Computer based	1 Day	316 MCQs across 8 blocks	Clinical Science Concepts + Application
Step 3	Computer based	2 Days	233+180 MCQs across 6 blocks (Day 1 & 2) +13 computer-based simulations	Biomedical & clinical science concept + applications, patient management, ambulance care etc.

3. What is the best time to start exam preparation?

Ans- Many students start preparing for Step-1 during their 2nd year of medical school, as the content is covered in basic science courses. For Step 2 CK and CS, preparation often begins in the clinical years, typically during the third or fourth year. The best time to start is when you have a strong grasp of the relevant material and can dedicate sufficient time to focused study.

4. What are the rules for USMLE?

Ans- You must be a medical student or graduate. The total number of attempts allowed per Step is four. No specific age limit.

5. What are the expenses for USMLE examination?

Ans- As an Indian student appearing for the USMLE exam, you typically have to factor in the USMLE fees for Step-1 + Step-2 + Step-3. Now, since the fees for Steps 1 and 2 are \$975 each, you need to multiply $\$975 \times 2 = 1950$. You then have to add another \$895 for step 3.

6. What are the passing score for the 3 steps ?

Ans- USMLE results are reported on a 3-digit scale. The current minimum passing scores are as follows:

Step-1: Reported as Pass/Fail only*

Step-2 CK: 214

Step-3: 198

7. What are resources for exam preparation?

Ans- Common resources include:

Books: "First Aid for the USMLE Step 1", "Step-Up to Medicine".

Question Banks: UWorld, Kaplan Qbank.

Review Courses: Kaplan, Becker.

Other Resources: Pathoma, SketchyMedical, OnlineMedEd

8. For more information, you can visit

Ans- <https://www.usmle.org/>

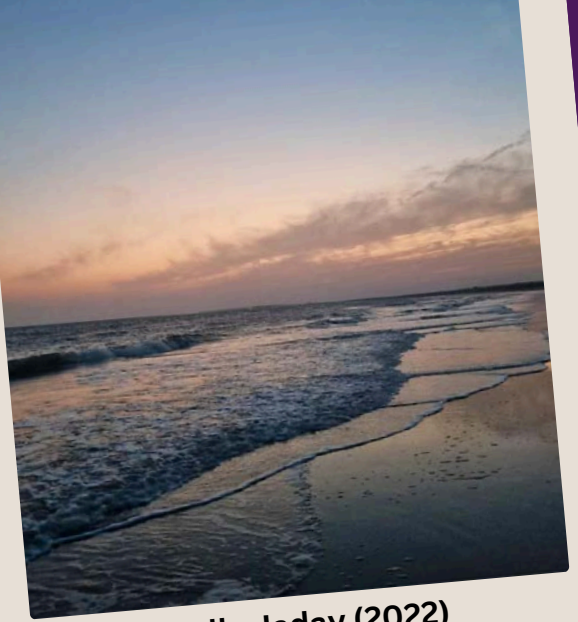
<https://www.dbs.com/digibank/in/study-abroad/exams/usmle>



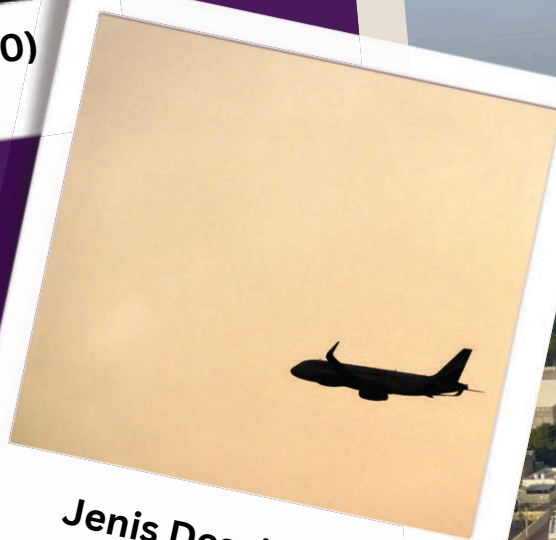
GAIMS SHUTTERBUGS



Vishvrajsinh Jadeja (2020)



Helly Jadav (2022)



Jenis Desai (2022)



Sneh Thacker (2022)



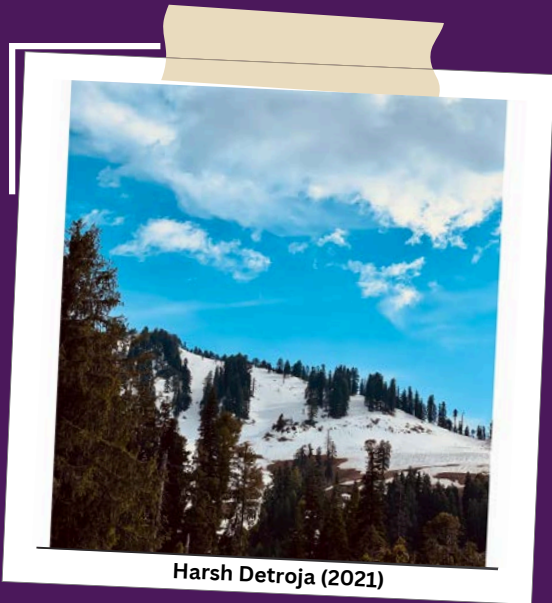
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Jyot Keshrani (2020)



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Siddhi Jariwala (2022)



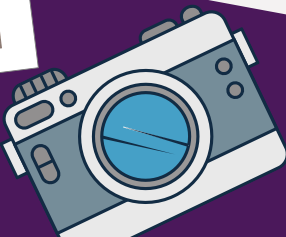
Dhruvi Raiththa (2021)



Anmol Sharma (2022)



Reeva Javia (2022)



Editors: Sidhhi Jariwala (2022)
Freya Sanghvi (2022)



અદાણી મેડિકલ કોલેજમાં 'ગ્રેજ્યુએશન સેરેમની' સંપન્ન સમાજ તબીબોમાં ભગવાનનું સ્વરૂપ જુએ છે તેથી જવાબદારી પણ વધે છે

ભુજ, સપ્ટેમ્બર ૨૦૧૮ની બેચના ૧૪૪ વિદ્યાર્થીઓએ ડોક્ટરની પદવી પ્રાપ્ત કરતા સાડા પાંચ વર્ષના સંઘર્ષ બાદ બિરદાવાયા યોજાયેલા 'ગ્રેજ્યુએશન સેરેમની' અદાણી મેડિકલ કોલેજના આઈડિરિપમમાં તમામ નવોદિત ડોક્ટરોના માતા-પિતાની ઉપસ્થિતિમાં એ. પટેલ મેડિકલ જનતામાં વિધિવત્ત પગ મુકતા તબીબોને શીબ આપતા ઉમેરવું કે, ૨૧મી સદી હલ્લે કરતી છે. તેથી અનેક પડકારો આ ક્ષેત્રે છે અને આવશે ત્યારે નીતિમતાને જાણવી. ડોક્ટરોના વ્યવસાયને ટીપાવજો અને જ્યાં જવ ત્યાં ગ્રેઈમ્સ અને કમ્પ્યુનિસ્ટીટીનું નામ રોશન કરવા અને માતાપિતાના ત્યાગને હંમેશા યાદ રાખવા જુઓ. આ પ્રસંગે અદાણી મેડિકલ કોલેજના અધિકારીઓએ નવોદિતોને અભિનંદન માટે ખાદ્યવાહી સંદેશનું વાંચન મેડિકલ સર્વિસના ડાયરેક્ટર ડૉ. બાલાજી પિલ્વાઈએ કર્યું હતું. તેમણે પોતાના ઉદ્દેશ્યમાં જણાવ્યું કે, ભારતમાં હેલ્થ કેર સેક્ટરમાં વિકાસ કરવું છે ત્યારે

અનેક પડકારો સામે આવશે તેની સામનો કરી તેને હકમાં જાહેરવાની મોટી સેલેન્સ છે. તબીબોએ તો રોજ રોજ શીબવાનું છે અને દર્દી પહેલી જ નું શીબવા મુજબ તેમણે નવી ટેકનોલોજી સાથે અપેક્ષા રાખી પણ આહવાન કર્યું હતું. અદાણી મેડિકલ કોલેજના ડેપી. ડૉ. પંકજ દેસાઈએ વર્ચ્યુઅલ ઉકલમાં કરી મેડિકલ સ્નાતક માટે અનેક ટકો સાથે પડકાર પણ છે ત્યારે રસના વિષયમાં આગળ વધવા આહવાન કરી મેડિકલની દુનિયામાં પ્રવેશવા જલ્દ અભિનંદન આપ્યા હતા.

પ્રારંભમાં મેડિકલ કોલેજના ડીન ડૉ. એ.એન. ધોષ સ્વાગત પ્રવચન કર્યું હતું જ્યારે કમ્પ્યુનિ. ના રજીસ્ટર ડૉ. અનિલ ગોરે ડૉ. પોસ્ટ પાવર છે ત્યારે જવાબદારી પણ વધે છે તેવા સંજોગોમાં લોકોને નરર સામે રાખી કામ કરવા અપીલ કરી હતી. અહીં આક્ટિવ ડીન ડૉ. સામિક ડેસાઈ તબીબોને મહર્ષિ ચરકના શબ્દ લેવાડ્યા હતા. આ પ્રસંગે છેલ્લા વર્ષમાં એમ.બી.બી.એસ. માં ઓવરઓલ દેખાવમાં ડૉ. ત્યાગ વૈજ્ઞવને ગોલ મેડલ અને બેસ્ટ આઉટ ગોઈંગ સમગ્ર દેખાવ કરનાર ડૉ. કુંડ મહેતાને ગોલ મેડલ ઉપરાંત વિવિધ અભ્યાસ ક્ષેત્રે દેખાવ જલ્દ વિદ્યાર્થીઓને ગોલ અને સિલ્વર મેડલ આપવામાં આવ્યા હતા. જ્યારે સમગ્ર ઉપાધ્યાયને પ્રાપ્ત થયો હતો. આભાર દર્શન એનાટોમી વિભાગના પ્રો. ડૉ. નિર્વહિતા રોયે કર્યું હતું. કાર્યક્રમને સમગ્ર બનાવવા ગૌરવના વહીવટ વિભાગે જવાબદારી ઉભરી હતી. TRISH KANGA

મેડિકલ જવાબદારી અને અપેક્ષાથી જોડાયેલો ઉમદા વ્યવસાય અદાણી મેડિકલ કોલેજમાં સફેદ કોટ પરિધાન સાથે ૧૫મી બેચનો થયો પ્રારંભ

મહર્ષિ ચરકના શબ્દ સાથે નવા ૧૫૦ વિદ્યાર્થીઓએ કર્યા મેડિકલ કારકિર્દીનો પ્રારંભ

ભુજ | સંદેશ પ્રતિનિધિ
અદાણી મેડિકલ કોલેજમાં એમ.બી.બી.એસ. અંદર ગ્રેજ્યુએટ માટેની ૧૫મી બેચનો સફેદ કોટ પરિધાન જહાજના સંસ્કાર સાથે પ્રારંભ થયો હતો અને ૧૫૦ ભાવિ તબીબોએ મહર્ષિ ચરકના શબ્દ લઈ, ઉમદા વ્યવસાયની ગરિમા જાણવવાના શબ્દ લીધા હતા.

મેડિકલ કોલેજના સભાખંડમાં યોજાયેલા આ કાર્યક્રમમાં વર્ષ ૨૦૨૩ની નવી બેચના વિદ્યાર્થીઓને અદાણી હેલ્થ કેર ગ્રૂપના ચેરમેન ડૉ. પંકજ દોશીએ વર્ચ્યુઅલ ઉદ્બોધન કરતા કહ્યું કે, મેડિકલ એક ઉમદા વ્યવસાય છે, પરંતુ તેની સાથે અપેક્ષા અને જવાબદારી જોડાયેલી છે. તેથી કારકિર્દીની આ યાત્રામાં સખત મહેનત, સમર્પણ જરૂરી છે. મેડિકલ કોલેજના ડાયરેક્ટર ડૉ.બાલાજી પિલ્વાઈએ આ સફેદ કોટ પરિધાન પ્રસંગે જણાવ્યું કે, આ સંસ્થામાં વિદ્યાર્થીઓ સલામત ઝોનમાં છે અને મેનેજમેન્ટ પૂરતું ધ્યાન આપવા પ્રતિબદ્ધ છે, ત્યારે વાલીઓએ પણ એટલા જ કિયાશીલ બનવું પડશે. તેમણે કોલેજમાં મેડિકલના અભ્યાસ ઉપરાંત અને ચાલતા સંકલિત વ્યક્તિત્વ વિકાસ કાર્યક્રમ અંગે વિગતવાર માહિતી આપતા કહ્યું કે, અભ્યાસની સાથે વિદ્યાર્થીઓને કરુણા અને માનવીય સંબંધો કેમ વિકસાવવા એ ભાવન ઉપર ખાસ ધ્યાન આપવામાં આવે છે. એટલે જ ડોક્ટર માત્ર તપાસ કરનાર નહીં પણ સંવેદનશીલ બને તે જરૂરી છે. આ પ્રસંગે ચીફ મેડિકલ સુપરિન્ટેન્ડન્ટ ડૉ. નરેન્દ્ર હિરાણીએ મહર્ષિ



ચરકના શબ્દ નવોદિતોને લેવાડ્યા હતા. પ્રારંભમાં મેડિકલ કોલેજના ડીન ડૉ. એ.એન. ધોષે આવકાર પ્રવચનમાં કોલેજની શૈક્ષિક, સામાજિક, સાંસ્કૃતિક પ્રવૃત્તિઓનો પરિચય કરાવ્યો હતો અને વિદ્યાર્થીઓને સમૃદ્ધ મેડિકલ જ્ઞાન મળે તેમજ તેમનાં સુંદર ભવિષ્ય માટે સંસ્થા પ્રતિબદ્ધ હોવાનું જણાવ્યું હતું. આ કાર્યક્રમની સાથે એમ.બી.બી.એસ.ના વર્ગોમાં ઉત્તીર્ણ શ્રેષ્ઠ વિદ્યાર્થીઓ તેમજ ઈતર પ્રવૃત્તિમાં સુંદર દેખાવ કરનારને મેડલ અને પ્રમાણપત્ર મહાનુભાવોના હસ્તે આપવામાં આવ્યા હતા. આ પ્રસંગે ફિઝિયોલોજીના પ્રોફે. ડૉ. પારસ પારેખના માર્ગદર્શન હેઠળ તૈયાર કરાયેલા મેટ્રોન મેનેજિનનું વિમોચન કરવામાં આવ્યું હતું. આસિ. ડીન ડૉ. અજિત ખીલાવાની, અધિક મેડિ. સુપ્રિ. ડૉ. વિવેક પટેલ, તબીબો, વિદ્યાર્થીઓ તેમજ તેમના વાલીઓ ઉપસ્થિત રહ્યા હતા. નવા વિદ્યાર્થીઓ પૈકી વરુણ પટેલ અને પુશ્પી ઓડેરાએ પ્રતિભાવ આપ્યા હતા. **SD**



નવનિયુક્ત છાત્રો સાથે અને સંસ્થાના અગ્રણીઓ તેમજ વરિષ્ઠ તબીબો.

સ્વાસ્થ્યથી રાષ્ટ્રસેવા કરવાની શીખ અપાઈ

ભુજ, તા. ૨૩ : અહીંની અદાણી મેડિકલ કોલેજમાં નવા આવેલા છાત્રોને આવકારવા માટે નેશનલ મેડિકલ ઓર્ગેનાઈઝેશન (એનએમઓ) તથા આરોગ્યભારતી ભુજ દ્વારા નૂતન છાત્ર અભિવાદન કાર્યક્રમનું આયોજન કરાયું હતું. છાત્રોના આવકાર સાથે રાષ્ટ્રવાદના જાળવવાની શીખ અપાઈ હતી. અદાણી મેડિકલ કોલેજના મેડિકલ ડાયરેક્ટર ડૉ. બાલાજી પિલ્વાઈ, સુપરિન્ટેન્ડન્ટ ડૉ. નરેન્દ્ર હિરાણી, એનએમઓના પ્રમુખ ડૉ. સમીર શાહ, મુખ્ય વક્તા ડૉ. પન્નાબેન રૂણાણી, આરોગ્યભારતીના પ્રતિનિધિ ડૉ. હિમાંસુ વાલાણી હાજર રહ્યા હતા. ડૉ. સમીરભાઈ શાહે સોને આવકાર આપ્યો હતો. વિદ્યાર્થી પાર્ષ પટેલે સંસ્થાઓ દ્વારા થયેલા અત્યાર સુધીના કાર્યાનો વિગત આપી હતી. ડૉ. પન્નાબેન રૂણાણીએ ભવિષ્યના ડોક્ટરો એવા સો છાત્રોને એક ડોક્ટરની સમાજ પ્રત્યે ઋણ અદા કરવાની કસ્ટ વિશે વાત કરી, સાંધે સાથે એક ડોક્ટર દ્વારા કેવી રીતે રાષ્ટ્રસેવા થઈ શકે એ વિશે છજાવટ કરી હતી. નિકેત અદાણી મેડિકલ કોલેજમાં એનએમઓ-આરોગ્ય ભારતીએ છાત્ર અભિવાદન કાર્યક્રમ યોજ્યો તારપરરાએ સૌ વિદ્યાર્થીઓને મહર્ષિ ચરક શબ્દ લેવાડ્યા હતા. ડૉ. આલાપ અંતાણીએ વંદે માતરમ ગાન કરાવ્યું હતું. 'સ્વાસ્થ્ય સેવાથી રાષ્ટ્રસેવા'ના ઉદ્દેશ સાથે કાર્ય કરતી આ બે સંસ્થાની નવનિયુક્ત સમગ્ર ટીમનો પરિચય કરાવાયો હતો. એનએમઓના પ્રમુખ ડૉ. સમીરભાઈ શાહ, ઉપપ્રમુખ ડૉ. પન્નાબેન રૂણાણી, મંત્રી ડૉ. દિવ્યરાજસિંહ જાડેજ, સમગ્રની ડૉ. સંગીત ભૂઝિયા, ખજનચી ડૉ. મોલીભાઈ શાહ, આરોગ્યભારતી સમિતિમાં ડૉ. રામભાઈ ગઢવી, ડૉ. મેહુલસિંહ ઝાલા, ડૉ. જિજ્ઞેષા દક્કર, ડૉ. આલાપ અંતાણી, ડૉ. હિમાંસુ વાલાણી, ડૉ. હિતેશ રંગણાણી, ડૉ. ઝે-નીશ ચૌહાણ, ડૉ. હરીશ વરસાણી, ચિરાગભાઈ કોઠારી, ધિરેશભાઈ દક્કર હાજર રહ્યા હતા.

ડૉ. સુરેશ રૂણાણી, ડૉ. હિમાંસુ મોરબિયા, ડૉ. જિગર પટેલ, ડૉ. મિલિંદ જોશી, ડૉ. હેમલ જલ્લાનિય, ડૉ. સંજય ઉપાધ્યાય, ડૉ. ડિપાલસિંહ જાડેજ, ડૉ. રિદિબેન કોઠારી, ડૉ. ક્રોપાબેન મંડેડી, ડૉ. દેવલબેન જેઠવા, ડૉ. રૂપાલીબેન મોરબિયા, ડૉ. પુષ્પાબેન શાહ, ડૉ. વિધિબેન શુક્લા, ડૉ. વિજય ગોસ્વામી, ડૉ. જિગર દક્કર, ડૉ. રાજેશ ગોરી, ડૉ. હાર્દિક દરસ, ડૉ. હિતેશ વસાણી, ડૉ. અખિન લીલાશીએ ઉપસ્થિત રહી ઉલ્લાસ વધાર્યો હતો. ટીચર કેમ્પ ડૉ. આરોગ્યવિધિ ડૉ. દિવ્યરાજસિંહ જાડેજએ કરી તથા સંચાલન પાર્ષ પટેલે કર્યું હતું.



નિયમિત યોગ કરવાથી માનસિક તણાવ દૂર થાય છે અદાણી મેડિકલ કોલેજમાં યોગ નિષ્ણાતે કરાવ્યા યોગ

અદાણી મેડિકલ કોલેજના એનાટોમી પ્રાંગણમાં આયુષ્ય મંત્રાલય પ્રમાણિત યોગ શિક્ષક ડૉ. કુંદ મહેતાએ યોગદિન નિમિત્તે ઈન્ડિયન યોગા પ્રોટોકોલ અંતર્ગત કોલેજના તબીબો વિદ્યાર્થીઓ, તબીબો, કોલેજ તથા જી. કે. જનરલ અદાણી હોસ્પિટલના સ્ટાફને સૂક્ષ્મ અને સ્થૂળ વ્યાયામ, યોગાસન, પ્રાણાયામ, ધ્યાન અને યોગનિદ્રા ઉપર યોગાસનના પાઠ ભણાવ્યા હતા. આ પ્રસંગે મેડિકલ ડાયરેક્ટર ડૉ. બાલાજી પિલ્વાઈ, કોલેજના ડીન ડૉ. એ. એન. ધોષ તેમજ ચીફ મેડિકલ સુપ્રી. ડોક્ટર નરેન્દ્ર હિરાણીએ ઉપસ્થિત રહી યોગ કર્યા હતા. યોગા અભ્યાસ દરમિયાન ડૉ. કુંદ મહેતાએ કહ્યું કે, યોગ દ્વારા વર્તમાન કાળ પ્રત્યે સંપૂર્ણ સજાગતા કેળવી શકાય છે. વર્તમાનમાં જીવવાથી માનસિક તણાવ ઘટે છે. મેડિકલ વ્યવસાયમાં એટલે જ યોગ અતિ આવશ્યક છે. અને ઉલ્લેખનીય છે કે, તબીબ સહ યોગ શિક્ષક હોવું એ ભાગ્યે જ બનતું હોય છે. ડૉ. કુંદ મહેતા તબીબ સાથે યોગ શિક્ષક પણ છે. ભુજમાં એમ.બી.બી.એસ સંપન્ન કર્યા બાદ અત્યારે ઈન્ટરનશીપ કરે છે. તેમણે અભ્યાસ દરમિયાન ભારત સરકારના આયુષ્ય મંત્રાલય હેઠળ લેવલ-૩ નો કોર્સ કરી, વાયસિબી પ્રમાણિત યોગ શિક્ષકની ઉપાધી મેળવી છે.



Driver Fitted a Radio Set in His Car for the Benefit of His Patrons



આરોગ્ય માટે સ્વચ્છતાની ભૂમિકા મહત્વની

આરોગ્ય ક્ષેત્રે સફળતા પ્રાપ્ત કરવા સ્વચ્છતાની ભૂમિકા અત્યંત મહત્વની હોતા ગાંધી જયંતી નિમિત્તે જી.કે. જનરલ અદાણી હોસ્પિટલ દ્વારા સ્વચ્છતા જ સેવા અંતર્ગત સફાઈ ઝુંબેશ શરૂ કરવામાં આવી હતી. આ ઝુંબેશમાં કોલેજના ડીન ડૉ. એ.એન.ઘોષ, અને ઓપરેશન હેડ ડૉ. સુનિલ પેઢારકર ના માર્ગ દર્શન હેઠળ હોસ્પિટલના પરિસરમાં કોલેજના એમ.બી.બી.એસ.ના પ્રથમ વર્ષના સ્ટુડન્ટ, સુરક્ષા વિભાગના જવાનો, સફાઈ કર્મીઓ તેમજ ઈન્ટર્ન તબીબો જોડાયા હતા.

Vavad

વિશ્વ પર્યાવરણ દિન નિમિત્તે જી.કે. જનરલ હોસ્પિટલમાં વૃક્ષારોપણ



ભુજ : જી.કે.જનરલ અદાણી હોસ્પિટલના પરિસરમાં વિશ્વ પર્યાવરણ દિન નિમિત્તે વૃક્ષારોપણ કાર્યક્રમ યોજવામાં આવ્યો હતો. રોપાઓનું વાવેતર કરતા ચીફ મેડિકલ સુપ્રિ. ડૉ.નરેન્દ્ર હિરાણીએ કહ્યું કે, વૃક્ષો પર્યાવરણનું જતન કરી જીવ સૃષ્ટિના આરોગ્યનું રક્ષણ કરે છે. આ પ્રસંગે અદાણી મેડિકલ કોલેજના ડીન ડૉ એ. એન.ઘોષ તેમજ બ્લડ બેન્કના હેડ ડૉ.જીજ્ઞાબેન ઉપાધ્યાયે અને હોસ્પિટલના ઓપરેશન હેડ ડૉ.સુનીલ પેઢારકર દ્વારા પણ વૃક્ષારોપણ કરાયું હતું.



આરોગ્ય માટે સ્વચ્છતાની ભૂમિકા મહત્વની

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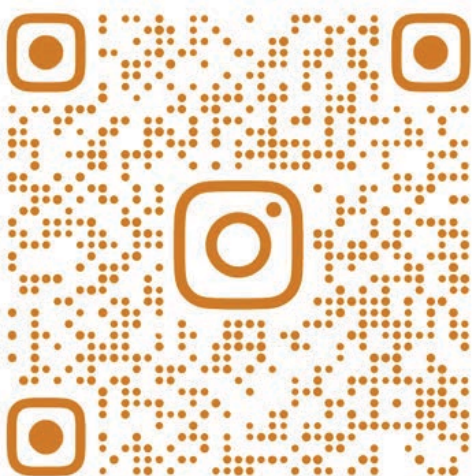
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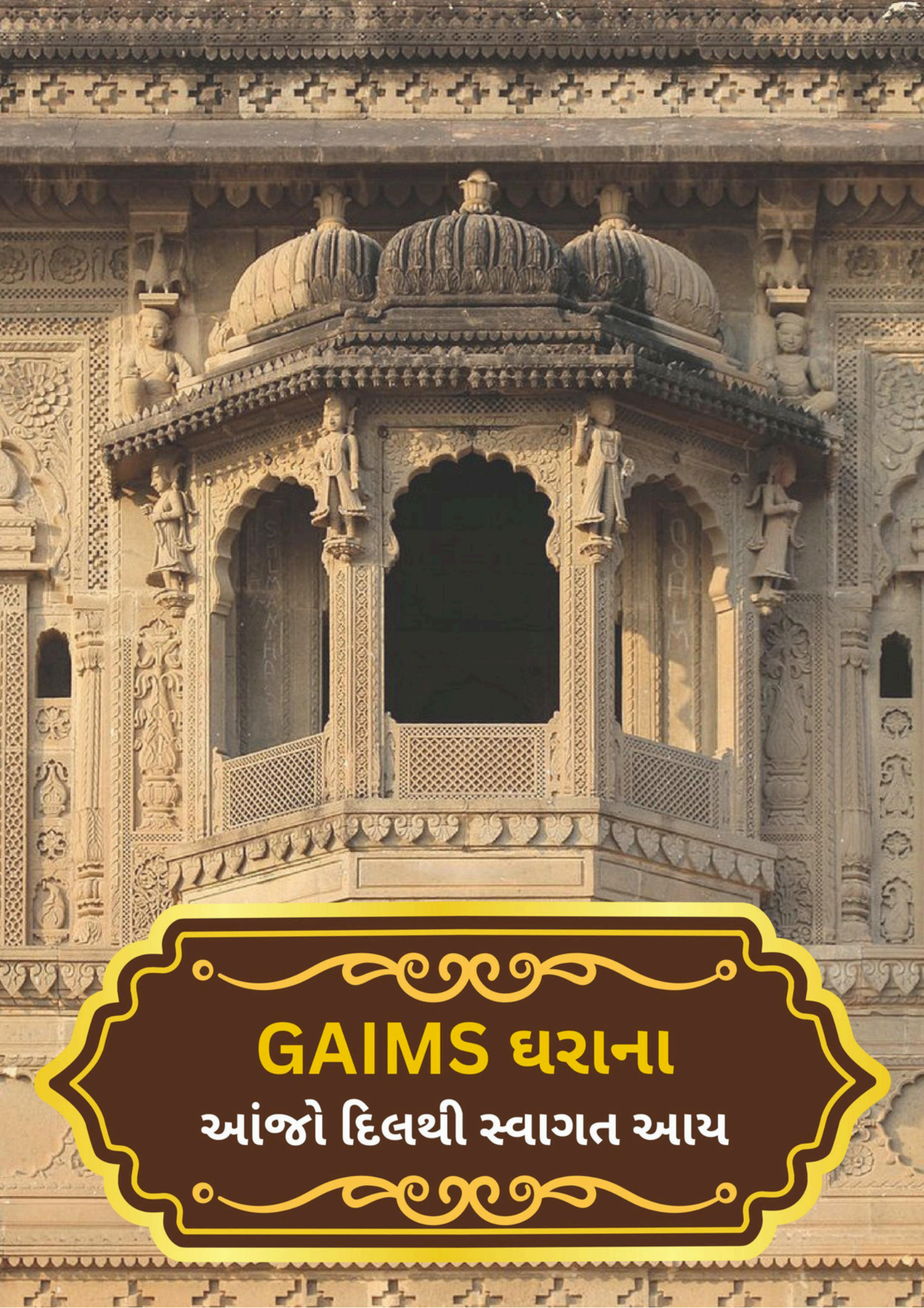


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