



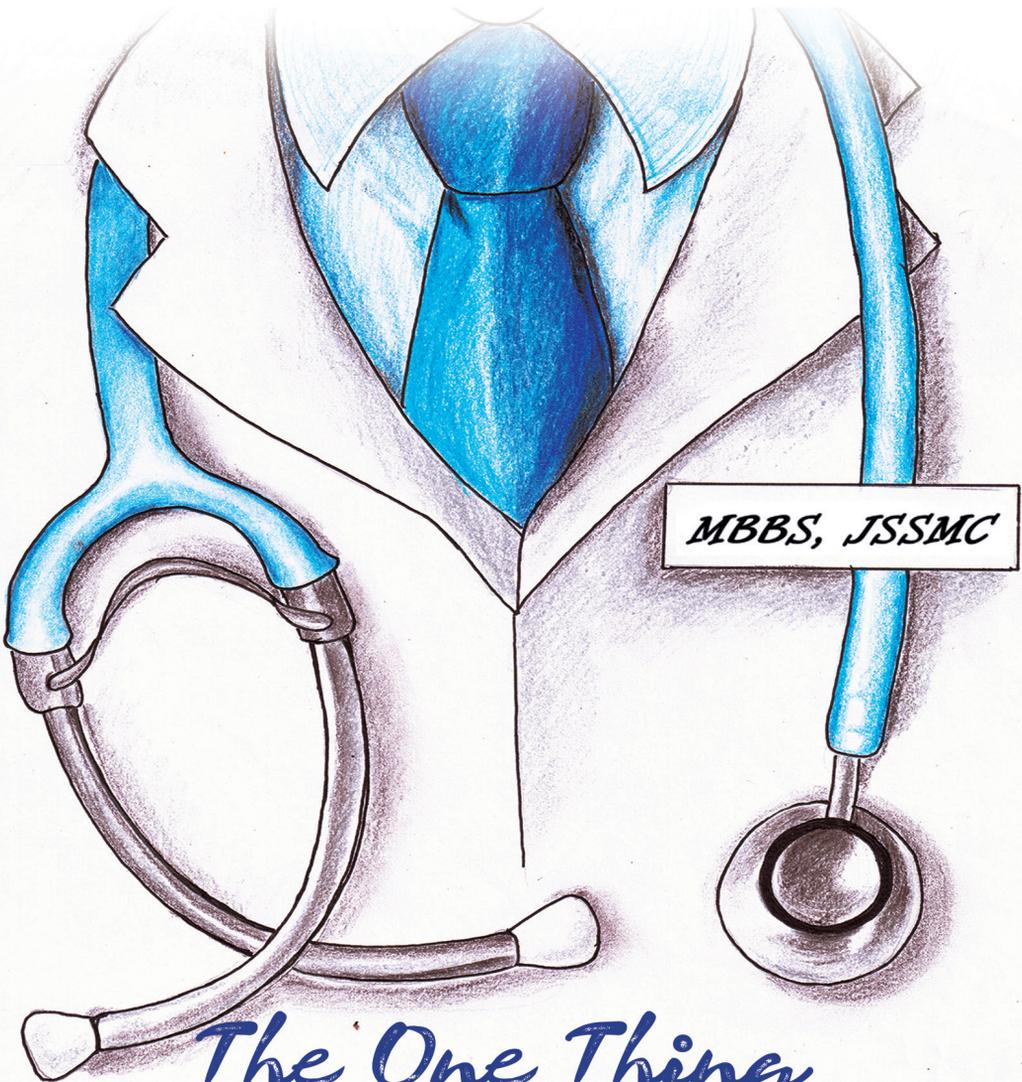
JSS MEDICAL COLLEGE

(Constituent College)

Jagadguru Sri Shivarathreeshwara University

(Deemed to be University)

Accredited 'A' Grade by NAAC



*The One Thing
I Would Like to Tell You*

A Compilation

Edited by - Dr. Suhas Chandran



With the blessings of
His Holiness Jagadguru
Dr. Sri Shivaratri Rajendra Mahaswamiji
&
His Holiness Jagadguru
Sri Shivarathri Deshikendra Mahaswamiji
Chancellor, JSS University
who have given us the divine message
“treat all patients like your own family members”

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Introduction

Dear Friends,

It is indeed a sheer delight to be part of this wonderful initiative led by students!! It was Suhas who proposed this idea and later many students pooled in to bring out this interesting concept book, "One Thing I Would Like to tell you" for the fresh batch of students who join MBBS with many dreams. Just imagine you are in a university where the entire team is keen to work with students & their novel ideas!!

Right from the Honourable Vice Chancellor, Beloved Principal, faculty from various departments to former students, your immediate seniors, nurses and patients themselves have come together in this effort to convey their messages exclusively written for you. You will be on a journey where from time to time, all of these messages will play an important role in your success, something that is decided by the society & highest consciousness imbibed by you!!

However the simplest rule of success and that of education itself, particularly so in medical sciences is in being humble all along life, a quest to learn more, devote more, care more, listen more, understand more and endure more. Just tell your heart, whenever you skip being humble more often, peace of mind will always be elusive to you and nothing will be worth about you neither to us as a teaching institute, for taking responsibility of nurturing you as a young professional nor to patients to whom you have to nurture. So just imbibe humbleness in all your endeavours.

As for us we take pride as we stand united, specially to welcome you on this journey as a reader of these messages as well as renderer of humble services to mankind in coming days.

With Warm Regards

| **Dr M Kishor**
Dept. of Psychiatry

ACKNOWLEDGEMENTS

At the outset, my deepest gratitude to everyone for making this, first of its kind, student led initiative a reality. I hope you, the incoming batch of students, will enjoy reading the articles in this book and imbibe something that will stay with you through your medical journey.

I would like to express my gratitude to Dr Kishor for believing in the concept of this book. Being actively involved in undergraduate teaching, he could share our vision and visualize the need for such a tool to an undergraduate just entering the medical world. I am grateful to him for backing this idea all the way and helping us deliver this book to you today.

I must acknowledge the efforts of the students of JSS medical college, who as part of the editorial team have been very enthusiastic since day one, and have offered valuable suggestions, comments and support. They have played a crucial role in taking this book to its completion, and this compilation is a product of their hard labour. My deep gratitude to Ms Smriti Bhargava, Mr Rohan Jayaram, Mr Ramasawamy Sundararajan, and Ms Preethi Prabhu.

I would also like to specially thank Ms Ananya Jena for her wonderful craft with the design of the book and the cover page.

I would like to express my heartfelt gratitude to Mr. M Jayashankar for his continued support.

I would like to thank all the contributors who agreed to be part of this venture and offered their insightful write ups.

Every faculty at JSS Medical College and Hospital is equally important and each of them have a unique message to convey. However, due to a want of space, a lucky draw method was used to choose the faculty for this iteration. In subsequent years to come, in a similar fashion, a new student team and a new set of faculty will be involved in the making of the next edition of “The one thing I would like to tell you”.

I must convey my deep regard to the Vice Chancellor, Dr B Suresh, for his vision; to the beloved Principal, Dr Basavanagowdappa.H, for all the encouragement and support; to the Department of psychiatry - The HOD, Dr Rajesh Raman, for persistently encouraging us to step out of our comfort zones, Dr T.S.S Rao, someone who inspires us daily to push ourselves, and goes out of his way selflessly and consistently to help us in all our endeavours as though they were his own; Dr Dushad Ram and Dr Shivanand Manohar J for their constant encouragement and guidance.

As with any project, it is inevitable that some error creeps into the literature, for which we, students at the editorial team, apologise in advance. Kindly mail us your feedback at onebookseries@gmail.com.

| Dr Suhas Chandran
Post Graduate Resident
Department Of Psychiatry

From the Editor's Desk...

'The Humanist scientist and the Kikuchi-Fujimoto conundrum'

Dr Suhas Chandran, Post graduate resident, Department of Psychiatry

Growing up, my mother made it sound inevitable that after my primary education I would be going to medical school. I have heard many clichés over time, like the ever popular 'I always knew I wanted to be a doctor since I was a kid'; this however was not my fable. Those were the times (maybe it still is) when a student scoring high grades was deemed to be destined to be a doctor and that was my entry into the medical course. I might not have been inspired, but I was motivated. There is this kick that you get from doing well in exams and learning new things - a high like no other, that once you have it, you must have more. Based on this motto, I got through my first year of MBBS with reasonable ease. There's this intrinsic property of success, where if you are good at something, you feel compelled to keep doing it even though you might not even know why you are doing it in the first place. Success with academics was masking the plasticity of my medical journey, but I was oblivious to this basic flaw. So, I think aetiological models are not necessary when I say I joined as an observer, at a private hospital, in the vacations following my first year. It was there that my motivation transpired to inspiration and a 'Kikuchi-Fujimoto Conundrum' became the pioneer of change.

I was observing under a general physician who was also a family friend and had been kind enough to let me sit in during his clinics. There was this one patient Mr Singh who stood out, a tall 40 year old army man who had been consulting for multiple small swellings in the neck and a low grade fever that was not remitting since the last 7 months. He had visited several doctors across several states and had spent more than a lakh in hospital bills and medications. He had been tried on an extensive array of medications starting from a simple paracetamol to a course of steroids, none of which cured his illness. One doctor thought it was SLE, while another entertained the idea of a lymphoma; a homeopathy doctor told him he had a rare form of chickenpox, none of which had any objectivity. His position in the regiment was under threat and the patient was often discharging his irritability on his wife. He spoke of how he stopped spending time with his daughter because he still did not know what he was suffering from and he feared it might be communicable.

The physician listened to him patiently, examined him, went through his records, was quiet for a moment and then said, "Singhji, you've got something called the Kikuchi-Fujimoto disease. It's very rare; we're not sure what causes it, but we do know how to make it better. It's not communicable, there's no need to worry about your family. Also a medical certificate will be given that you can submit to your superior. You are going to be fine soon."

It's a simple enough thing to say and maybe even elementary cognizance, but all the intricacies were addressed. Two things stood out; he did something that no other doctor had done before him. Firstly, he was able to name the disease and provide closure. Secondly, he was able to abolish Mr Singh's deepest fear, that his daughter would catch the same problem. He would be able to hold her and spend time with her again. There's a personal touch, an undercurrent of quiet confidence, of knowledge of the disease, of knowledge of the patient's background.

The naming of the disease was possible because the doctor had read extensively and had a good hold of his academic principles. Easier said than done, this is hours of solid hard work, assimilating book after book, moving from a sacrifice to a compromise of time he could have spent in many other ways. If you read such that you are able to effectively integrate the anatomy of the neck, the pathology of necrosis, the medicine of differentials of lymph node inflammations and the surgical acuity of the excisional biopsy, only then would you have been able to arrive at a diagnosis that this doctor made look all so simple. So for all of you starting your course now, remember you can never be successful at clinical practice of any subject without having a good hold of all the other 18 subjects in the medical curriculum.

The American psychiatrist Fuller Torrey in his 1972 book *The Mind Game* spoke about how the naming in itself is already a therapeutic act. As long as the illness was nameless, patients felt desperately afraid, but once its magic origin had been defined and the appropriate measures taken, the patient's anxiety decreases and they could face the outcome more calmly. Torrey calls the effect of this linguistic deed 'the principle of Rumpelstiltskin' and 'the magic of the right word'. We find ourselves living in a time where 'Google', at just a click away, offers answers to infinite medical queries. The patient knows a lot more, and has researched a lot more, but information is not everything. A calm reassurance with validation of the disease is a unique human virtue that a computer cannot offer. We must acknowledge that clinical acumen and even technology alone cannot address disease; solutions to illness need to be developed from a deep understanding of the circumstances surrounding their occurrence. Take a moment to realise and appreciate the longitudinal progress of the patient and not just the progress of the disease. Imagine the case above—what if the doctor only told him that he has this Kikuchi disease but did not address his fears regarding his daughter or offer a respite from his vocational problems. The therapeutic process would have been incomplete. We need to know who these patients are outside of their medical diagnosis. These might sound like obvious attributes but there is a wide chasm between knowing that you have to do something and actually executing it. Cultivate this skill right from day 1 of medical college in your interaction with peers, teachers, lab technicians and even your family. Be a good listener, empathise with those who talk to you about their problems, communicate effectively and be a good discussion partner. Learn from these interactions and amalgamate the full array—medical, human, social, and spiritual

for all knowledge is holistic and interconnected.

Mr Singh recalls how a doctor in a hospital in Bhopal examined him and then called in 20 students into the room and asked to examine him. He remarks that having students inspect him was not an issue but it would have been better if the doctor informed him first and then subsequently introduced him as “This is Mr Singh, who has lymphoma” instead of referring to him as “the lymphoma case”. These are subtle variations but they make a huge difference. There are health professionals, who refer to patients as a Token Number, a bed number or a 6 digit IP number. A patient should never have to lose their identity just because they are sick. Treat the patient with the same dignity that you would like to be treated with. Imbibe the art of respecting identity from the first year itself when you go to the dissection lab.

Empathise with that patient who travels for hours and then waits for a few more outside your clinic just for those 5 minutes with you. Make sure those 5 minutes are worth their time. Make sure you use your words to go where a savvy technological scope or your eyes can’t take you, and use your patient listening, to go where the stethoscope or your ears can’t take you, and use your intellect to listen to everything that the patient doesn’t tell you. Medicine is not only a physical science, but also a behavioural one. This was the one piece of advice that the physician gave me. In all its simplicity it is still inspirational, I remind myself of Mr Singh every time I see a patient and this is the “*one thing I would like to tell you*”.

The genesis of the idea for this book comes from this very principle that a single piece of advice can sometimes go a long way in personal development. Over the years I have met and worked with some remarkable people, people far wiser than me and far more experienced than me. Gaining insights into their experiences has helped me bridge the gap between inspiration and motivation. So we asked a few such selected people to share this one message with you through this book-advice from today’s doctors to the future doctors. Given all that they have experienced, all that they have come to learn and realise in their career, they have this one thing to tell you. It might just be your *Kikuchi Fujimoto experience*.

We are human and we have limitations but don’t let them be the boundaries of your dreams. There are no incurable diseases; there are just diseases for which cures haven’t been found yet. Cancer, AIDS, Diabetes, and Alzheimer’s disease - the solutions are going to come. We are waiting for them, and the ideas for these cures might just be incubating in one of your heads right now. In service to the science of medicine be the scientist that never stops aspiring for solutions but also be the humanist that never gives up on the patient behind the disease. Be the best ‘Humanist Scientist’ you can be.

“Medicine is not only a physical science, but also a behavioural one”



Welcome to Your New Abode

Dr.B.Suresh, Vice-Chancellor, JSS University

Dear students,

The prime objective of the medical profession is to render service to humanity; reward or financial gain is a subordinate consideration. I congratulate you and welcome you all for having chosen to embrace the medical profession, to render service to humanity, and also for specifically choosing Jagadguru Sri Shivarathreeshwara University (JSSU) for the same.

Despite the late hours, demanding patients and incredibly stressful situations, being a doctor is amazing. The societal respect and salaries are great, yet secondary still to the reward of daily practice. To think that patients proceed to tell their deepest secrets, trust your every word and call on you in their darkest moments for advice is an experience that is truly unbelievable. For this, physicians should carry the confidence of patients entrusted to their care, rendering to each a full measure of service and devotion. Notwithstanding the perks that come with any position of authority and respect that being a physician has always been a challenge and daunting.

The Jagadguru Sri Shivarathreeshwara University and JSS Medical College will strive to build in you such capabilities, knowledge, skills and attributes that will help you in the better understanding of the profession, and the patients you will serve. The education you will get here will help you evolve as a leader who can influence, motivate and enable to be ready to tread the paths that others won't dare.

I once again welcome you to the university and wish you good luck in your chosen career.

“Welcome to your new abode-JSS University”





Acharya Devo Bhava

Dr. B. Manjunatha, Registrar, JSS University

Childhood is a very pleasant experience and a treasured memory for all of us. It is a time when we are under the impression that everything in this world is either black or white. We tend to think that an individual as either good or bad or as a hero or a villain. Some of these individuals may belong to our families, our friends or classmates, neighbors, or even our teachers. As we grow up, we realize that in reality most of the world is grey. It is up to us to identify and pick the positives from each and every individual; particularly when these individuals happen to be our teachers.

There are many things you can learn and imbibe from teachers. It is your job to pick up the positives from them and use these plus points to improve yourselves. Each and every teacher is unique and will have something good to offer to students. In a medical college, a teacher, apart from his role in teaching and treating patients, is also involved in research.

Some of the qualities which you can learn from your teachers are:

- The way they communicate with students and encourage them, and try to ensure equal participation from them.
- The way he performs a certain technique hands-on or elicits a particular response / sign on the patients during clinical postings.
- Tricks of the Trade - When the teacher handles an emergency situation, manages an agitated crowd or when he convinces a reluctant patient to undergo a procedure / operation for the betterment of the patient.
- The information which the teacher provides to the student quoting from his experience which may not be available in the library or on the internet.

I conclude by stating that you should be aware of the fact that each and every teacher has something useful to offer. It may be in terms of a short term gain (exams) or a long term gain (your future practice). For students to take full advantage, you must attend all the classes including hospital postings, regularly. This will help you imbibe good qualities from your teachers and improve as individuals on a day-to-day basis. This also enables you to serve the society in a better way.

“Childhood is a time when we are under the impression that everything is either black or white, as we grow up we realize that in reality most of the world is grey. It is up to us to identify the positives in every individual”





Ten Commandments for a successful career

Dr.H.Basavana Gowdappa
Principal, JSS Medical College
Dean Faculty of Medicine, JSS University

1. Respect the humanity; you are born with a purpose.
2. Punctuality & time management- efficient time management is an important key to success in life. Manage your activities to the available time. Don't burn out and don't waste your time. Plan it and enjoy the life.
3. Joyful learning- learning as well as every activity in life should be done with happiness. The outcome will always be fruitful if you do your work with joy
4. Self-care and self-respect- take care of yourself, shun from bad habits and learn to respect yourself.
5. Remember the roots- the parents, the teachers and the institutions which shape you up in life are your roots. Always remember them
6. Positive thinking- there will always be ups and downs in life, the positive thinking and disregarding the negative components in life, will go a long way in making you to lead a meaningful life.
7. Ego- always try to shun the ego. If you do not shun the ego your life will be miserable.
8. Innovations and research- this is the era of innovation and research. You will perish if you don't develop these in this competitive era
9. Compassion and care- care given to fellow human beings is like earning millions of happiness which the money cannot get you
10. Perseverance - never give up. The good work and achievement of goal will only depend on your capability of perseverance.

“Compassion and care to your fellow human beings will give you a happiness that money cannot give you”





No Branch is small: Clinical or Para clinical

Dr. P. A Kushalappa, Director (Academics), JSS University

The dilemma facing a young medical graduate is on choosing the subject for post graduation. While on the exciting journey to graduate as a young doctor, most would have looked upon their faculty or mentors as role models and make their decision accordingly. This decision made is bound to change as role models change and newer ones are accepted. However, the most important factor is the impact a subject has on the young student; be it the ease of assimilation or the excitement of a particular subject. A student can also be influenced by the importance of a particular subject in shaping the diagnosis or management of the disease process.

During the internship year, the influence of the subject is more as the connection is more intimate and personal as one comes face to face with the practical aspects of a particular subject. Here too, new heroes and role models are made be it the physician or surgeon and the influence is more profound when the one in question is successful and popular. All this leads to the clinical subjects being more preferred by the young graduate as they seem more of a challenge and exciting, added to the fact that the Pre and Para clinical subjects have long been studied and forgotten. At present, the integrated vertical teaching does take the student back to the preclinical days and the importance of those subjects in laying the foundation for a doctor. This is the precise reason to suggest the Pre and Para clinical subjects to be as important in deciding post graduation. These subjects are the basis for learning Medicine and the job prospects are also better in a teaching Institution. The excitement of helping in diagnosing and management of a disease is enough of a challenge, Post graduation in these subjects have a good potential for research and innovation. It is heartening to note that most of the Nobel Prize winners in medicine have been from subjects like Physiology and Biochemistry, a fact which is constantly reminded to young medical graduates. A student has to consider all aspects of a particular specialty and its importance in shaping medical science and has to understand that every subject in the medical curriculum is equally important and the Pre and Para clinical subjects are as important as the clinical subjects. So the case has been put forth for Pre and Para clinical subjects being on par with clinical subjects for furthering ones career.

“A student has to understand that every single speciality-Pre clinicals, Para clinicals as well as the clinical subjects are equally important in the shaping of medical science”





Knowledge is the Best Currency

Dr. M.D.Ravi, Director, JSS Hospital

When you join a medical college, it is most often with stars in your eyes, visions of walking majestically down aseptic corridors in a sparkling white coat with a stethoscope dangling from your neck while patients stare at you in awe. Then, when you start the first year subjects, you come back to earth with a thud when you look at the vast amount of material you need to memorize. That is when survival instincts take over and you start looking for an easy way out, shortcuts, guides and exam oriented preparation.

Any structure is as strong as the foundation will allow. The same holds true of medicine. The first year subjects are the foundation on which the rest of your knowledge is going to be built. To know the abnormal, one must first know the normal – an often quoted but very true statement. It is well worthwhile spending time and energy understanding physiology and biochemistry and getting a good mental image of anatomy. Dry as these subjects may appear, they are crucial to the understanding of disease processes and to practice scientific medicine.

My teacher always used to say that the real exam is not in the exam hall but the first patient you see independently. Thereafter every patient is a test of your knowledge and skill. To do justice to your profession, you must have a sound understanding of how diseases occur and how to treat them. Exams are only a means to an end. So, from the start of your course, do not orient yourself to just passing the exams, rather, orient yourself to understanding medicine so that you can be a doctor in the true sense of the word.

“Do not orient yourself to passing the exams; rather, orient yourself to understanding medicine so that you can be a doctor in the true sense of the word”





Create Your Own Success Story

Dr. Balaraj B.M, Vice Principal, (Pre & Para), JSS Medical College

At the outset, let me share my experiences as a medical student when I joined the course in 1969 with an ambition to be a doctor. With great difficulty and financial crisis I could complete the course. We had dedicated, committed, marvellous teachers through whom I learnt a lot by being regular to all my clinical postings. During our time, we never had good transportation, communication devices and other advanced technology as it is today. We had to walk or use a bicycle to reach our destination. Even though my premedical school days were in a village with Kannada language, hard work and interacting with my classmates from different parts of India helped me bridge the gap. My great desire was to become a surgeon, but due to financial crunch, I became an autopsy surgeon; but I educated my son to become a surgeon, who is now a surgical gastroenterologist.

Congratulations to the incoming students, as you are about to embark upon an exciting, life altering experience and join an elite group of students who will now be your peers. Going forward, we appreciate your ambition and courage for selecting this career. It is a special journey where there is so much to learn, so much to understand, and so much to serve and give.

My advice to freshers –

- Adapt – go with the flow and adapt to changes.
- Having a good attitude and being enthusiastic can do wonders.
- Be confident and assertive.
- Bad test scores happen – learn from your mistakes.
- Don't cram for an exam late at night, get sufficient sleep.
- Enjoy the simple pleasures of life and be empathetic. Find a thing, relish and enjoy.
- Create a study time table, make colourful notes and mind maps.
- Stress out with friends, team up, start study groups, work and play together. Discuss with friends about subjects and other relevant matters.
- Imbibe the art of working as a team. Be a good listener.
- Be in the habit of making notes, drawing diagrams, flow charts, etc.
- Adjust to the work load. Remember, you are smart and deserve to be here. You will make it through and you will make an excellent doctor.
- Set aside a day to relax and spend time with your friends and family.
- Remember mental health is as important as your physical health. Stay happy and healthy! It will make you a better student and a better doctor.

By following these tips your career will progress by leaps and bounds.

“You are smart and deserve to be here. You will make it through and you will make an excellent doctor”





A Little of Everything

Dr. G.V. Manjunath, Vice Principal (Clinical), JSS Medical College

Dear students,

Welcome to JSS Medical College, my hearty congratulations to all of you. You are entering a noble profession. The long-awaited first day of medical College has nearly arrived. You're about to begin a life-changing journey to become a doctor. Your mind races with the questions - can I really do this, what if I'm not smart enough, and how much will I have to study. High school is like a lawn sprinkler. College is like a garden hose and the Medical College is like a fire hose of information. However, the road ahead is long and the journey is only beginning. Adjusting to an increased academic load is the most pressing concern for new medical students, but there are other areas where they can start off on the right foot.

- 1. Academics:** The amount of information you will be expected to ingest during medical school will be unlike anything you've seen before. If your study habit was to cram a couple of days before an exam, it is difficult to catch up on medical Curriculum. Learning small chunks of material every day will allow you to integrate information better over a period of time, which will be better than cramming a large amount of information over a shorter time frame. Ask questions, don't be afraid. Many doctors love to teach and are passionate about their speciality.
- 2. Extracurricular activities:** A sizable portion of medical students aren't interested in the field of extracurricular activities. Spare time to relax and pursue your extracurricular activities.
- 3. Research:** While the first few months of medical school should be focused on settling in and adjusting to the new environment it doesn't hurt to keep an eye out for research opportunities. Research activities will keep your mind open for recent advances.
- 4. Personal life:** Your lifestyle should ideally be arranged in such a way that you don't get burnt out or get sick. Take time to exercise, which will keep you healthy and focused. You won't have two hours to hit the gym every day, but you have exercise facilities at the medical college campus that you can use during a break.

Remember you are smart, you deserve to be here, you will make it, and you will be a doctor. Perseverance and perspective are keys for success. You Can Do It. Wish you all the best

“High school is like a lawn sprinkler. College is like a garden hose but a Medical college is like a fire hose of information.”





Better, Brighter and Lighter

S.R.Satish Chandra, Administrative Officer, JSS Medical College

I. Better side of student's life

The focus of this side of life is Discipline:

- Get up early in the morning. Your mind will be fresh and your mental energy is at the peak. You will take much less time to study and will understand the subject better.
- Offer prayers. Thank God for all that He has given you.
- Prepare a fixed, daily time table and monitor it by filling it every day.
- Keep your environment, especially study room clean and neat
- Keep things neat & organised.
- Take your studies seriously, be determined. Make time-tables.
- Eat Healthy. Do not skip meals. Do regular exercise.
- Have good friends. Your friends influence your behaviour and habits.
- There is no substitute for hard work. Set goals in life and achieve them.
- Do house hold chores yourself. It will feel good to be independent.
- Give respect and be dignified with friends. Don't be hesitant to ask for help

II. Brighter side of student's life

The theme here is Learning and Character building

- Read books, journals or browse internet regarding subjects other than your academics.
- Participate in sports & cultural activities. Keep smiling, be cheerful.
- Avoid negative emotions like anger, greed, selfishness, ego, fear, etc.
- Develop good emotions-love, kindness, respect, empathy, sympathy, gratitude.
- Be proud of your country. Be grateful to your parents, teachers and society.

III. Lighter side of student's life

The focus here is Fun.

- Have fun: Develop a sense of humour. Tease your friends playfully.
- Retain the innocence and playfulness of your childhood, even as you grow.
- Enjoy listening to music, Go for outings, picnics, spend time with nature.

“Be grateful to your parents, teachers and society, Retain the innocence and playfulness of your childhood even as you grow and remember That there is no substitute for hard work”





The One Thing Our Faculty Would Like to Tell You





Time To Be Irreproachable And How

Dr. Adarsh Thammaiah, Department of Orthopaedics

Being a medical student will involve working harder than you ever worked in your life. Punctuality, perseverance and being focused are the keys to success in your career. Here you are taking the first steps on a journey of lifelong learning and building your basis of professional knowledge. During the course of studying medicine, you can also manage time for activities like sports, music, theatre and other hobbies which are important for your personality development, leadership and organisational roles. It is of umpteen importance to maintain professionalism during medical education. Professionalism shouldn't be defined by how much a doctor earns or by his role or title. It should be defined by a person's work ethic and their conviction for upholding the fundamentals day by day, above everything else. The medical college is a perfect environment for you to cultivate this discipline.

It begins with respecting the cadavers in the first year and continues with patients thereafter. Secondly, respect your teachers who are the back bone of your future - without whom becoming a successful doctor is nearly impossible. Thirdly, maintain good relationships, earn respect and faith of your colleagues. Finally, be humble and grateful to the technicians in the dissection hall and laboratory, nursing staff caring for patients and support staff who keep the hospital and medical college clean and tidy.

I request each one of you to avoid posting unprofessional content like depiction of intoxication, patient information on social media which may harm your future. Indecorous attitude of medical students will jeopardise patient safety, compromise working relationships and causes disruption and distress. Learning medicine can be done through books but being an ethical practitioner which is more challenging these days has to be cultivated by oneself. Enjoy the intellectual and emotional rewards that this profession provides but remember to be fair and do the right thing, even in the face of adversity.

I wish you all a bright future which will bring laurels to the family, institution and to the country.

"If you want to shine like a sun, first burn like a sun"
-Dr. A.P.J Abdul Kalam



The Field of Dreams

Dr. Ashwini P.K, Department of Dermatology

When I started to pen down some words on this topic, I took myself back to my MBBS days. The euphoria of being called as a medico is nostalgic. Walking down the memory lane I saw myself getting introduced to subjects like Anatomy, getting "used to" the dissection hall, beaming with excitement when we handled the organs during dissection about which we had just read in books, getting the feel of being a "doctor" when we got posted in clinical side for the first time, the enthusiasm to learn suturing during internship, the mid night study hours for exams, fun with friends etc. In a nut shell I can say an amazing journey altogether. With this, the one thing I would like to tell you is enjoy the journey. Give your 100% to your field. I am a strong believer that whatever you do in life it needs to be done with passion. Follow your passion, be prepared to work hard and sacrifice, If you do, you will never cease to grow. Let your passion drive you, let reason hold the reins and success will be yours.

"Working hard for something we don't care about is called stress. Working hard for something we love is called passion". When you do something with passion you are going to enjoy it for sure. So I would like to tell you, do like the field you are in. Whether you are reading a subject, whether you are working on a particular case record give it your 100%. There is no substitute to hard work. The key is Knowledge Empowers You. Deal with those edge of the seat rare cases with a childlike curiosity but also retain the same enthusiasm for the 'routine' common cases, for no case is truly routine, each of them teaches you something unique. . All medicine is not a success, there are many pitfalls along the road; But dare to follow this road, have the courage to stand tall in the face of uncertainty and to give it your very best. I agree MBBS is a long journey, but when the journey is enjoyable it's worth it. The journey is going to mould you into a better, responsible and knowledgeable individual. Last but not the least make loads of friends throughout the journey .They are going to be the best assets apart from the degree you add on to yourself.

"The Sun will rise and set regardless. What we choose to do with the light while it's here is up to us. Journey wisely."- Alexandra Elle





Hustle Now, Shine Later

Dr Akkamahadevi P, Department of Emergency Medicine

When I was asked to give some advice to you, my own experience from 35 years ago, went through my mind like a film reel. It was tough to pick that one piece of crucial advice that would help you the most. However, the one thing you are most likely to face, as I did, is fear of your heavy course work. You might have been at the top of your class in your pre-university college, but once you start MBBS you may not be able to retain that position as there will be a cohort of equally intelligent and driven students. Don't be disheartened.

Be regular and phased with your studies. Remember the story of the hare and the tortoise. Slow and steady wins the race. Utilise the Salami method of studying – split your coursework into small, easily digestible pieces. Clear your doubts immediately with your teachers, as they are always ready to help you. Remember, you are here only for a few years, so make hay while the sun shines.

Be curious. Curiosity is the seed from which all knowledge springs. If learning is the main objective of the student, the mind should be receptive to take in new things, which should give them a thrill. Peter Russell writes in 'Brain', the brain is unlike any organ in the body. The internal structure is always changing and developing as a result of experiences. This gives it unlimited capacity for learning.

Finally, be mature in your decisions about your social life. Bad association can cripple mental faculties, corrupting the mind of a person and turning him/her away from the normal course. Be wise about how you spend your free time, without vice.

I wish you all the best in your endeavours. May the next five years be as cherishable as you have envisioned.

“Curiosity is the seed from which all knowledge springs. The urge to know, is a powerful force and is perhaps the most potent weapon to unravel the workings of the medical world”





Winners Always Find A Way

Dr. Arun M, Department of Forensic Medicine

Initially I had this dilemma, as to how better and if not, how different I can make my write-up to meet the purpose for which it has been meant for. I have realized over the years that the typical advices of ‘DOs’ and ‘DONTs’ given by the teachers are merely transmitted by their vocal cords, hits the tympanic membranes of the students and get evaporated from thereof without actually percolating into the cerebral cortex of the students and being exhibited in their routine schedules. So, I thought of becoming more simple and yet practical.

I have found that the newly enrolled pupils of a medical school can be broadly divided into three categories; namely those who had a premeditated interest in the field of medicine, those who landed up in medicine with pressures from parents/society/peers and those who had neither planned nor were pressurized but somehow landed in medical school!! Let me get reminded of a very meaningful quote here, ‘when you have choices, choose the best, when you don’t have, do the best’ So, after being into the medical school now irrespective of the categories I have mentioned above, all of you shall have a single aim, ‘do the best’. More than two and a half decade back, I entered the medical school and I would rather put myself in the third category of enrollments!! But once I came into this esteemed profession, I had put my best efforts in every step of my journey, to be continued till date and forthwith too. Friends, please remember that in a given class, all students may not have an equal degree of intelligence, comprehensive prowess, confidence quotients, and vocabulary/communication skills and not to forget the diverse socio-economical and cultural backgrounds of the pupils. But believe me, at the end of this four and a half year journey, each one of you would have surely grown beyond these obstacles. To move through these obstacles, what one needs is sheer commitment, hard work and punctuality. To put it in simple words, it may not require extraordinary brilliance to do MBBS but of course, one can never succeed here without commitment, perseverance and hard work. I may also add that you are in one of the best Medical Universities of the Country where you will be given umpteen spaces to show case your co-curricular expertise which will, in turn boost up your academic performance.

“When you have choices, choose the best, when you don’t have, do the best”





Fear Is Just An Illusion

Dr. Deepa Bhat, Department of Anatomy

Hey dear friends, welcome to this noble profession. Definitely you are few lucky ones among several, aspiring to get into this marvellous journey. Your hard work, perseverance and penance have finally yielded fruit. Furthermore you are placed at an eminent institution known for its teaching, learning support with innovative techniques, patient load, research opportunities and many more to list out. I bet you that, you are at the right place.

I would like to express my viewpoints to new entrants. The roads to accomplishments are not only a bed of roses but also a path of thorns and fire. These words are not to dishearten you in the beginning of your career. But the preparedness to accept the challenges would definitely guide you to confront them efficiently. They are worth it.

This is not the profession, where studying at the last moment would help you. Definitely you will qualify and get your degree. But this is not fundamental to be a good doctor. Your scores definitely do not reflect upon being an efficient practitioner. The zeal and inquisitiveness like a small child in learning, exploring new things would facilitate you in making this profession an amazing one. Being regular in learning, cultivating the practice of keen observation will assist you in developing appropriate skills to handle with lives. Do not lose hope if your life is not going in a direction as expected. Phase the situations maturely, boldly and practically. Never compare yourself with anyone, as we don't know what their journey is.

A last word of advice: if you are still in dilemma on the choice of profession and you are not passionate, do not hesitate to quit even now. This is a profession that you need to carry till your last breath.

“The road to accomplishments is not only a bed of roses but also a path of thorns and fire. Having the preparedness to accept challenges would definitely guide you to confront them efficiently. They are definitely worth it”





The Imbibition Principle

Dr Madhuri N, Department of Obstetrics & Gynaecology

"It's the journey that matters and not the destination". Much like life, medicine is a journey that shapes you every day. These 4.5(+) years of undergraduate medicine is going to change you. One day, one exam, one patient will not make you a doctor. (at least not a good one!)

Unlike other courses, here you will actually apply what you learn, directly or indirectly in the treatment of patients (remember Pythagoras theorem which we all diligently learnt and are still waiting to apply!!) You will sit (survive) through millions of lectures, experiment with everything from urine to blood, you will wonder how pink and purple can make so many combinations on slides or how black and white can have so many shades in between (ultrasound), you will study the whole week (day/night) and barely pass the paper, you will be confident you will flunk and surprisingly ace a viva. You will listen to many stories of suffering and tales of survival or heroic antics of specialists. You will learn countless ways in which a disease can be diagnosed (or misdiagnosed) alongside the logistical and procedural formalities to do the same. You will see a play of health, wealth, lack of either or both. Disease, death, birth, hope, hopelessness, truth, lies, success, failure, the human angle, the inhuman angle, the media and medico legal angle, the extraordinary and the ordinary. You will learn from everything-from the marvellous (the classic CPR to save a life) to the mundane (mugging up the normal values on arterial blood gas analysis). !

The strong formalin that stings you in the dead of the dissection hall, the play of colours on the slides in a microscope, the various patients on beds with baggage by their bedside, the sterile smell of a freshly fumigated OT, the new born cry amidst the chaos in the labour room or the silent rush of activity in the absence of that same cry- all these and much more contribute to the making of the doctor in you. ! Diseases don't write textbooks and patients don't read them!

"Attendance isn't the only reason you must be present. You must be there to experience the unteachable elements of medicine that you will encounter day after day. It is those million indefinable moments in this blessed journey that will shape the doctor that you will become. So be there every day, you lucky lucky person"





The Theory of Everything

Dr Mahesh P.A, Department of Pulmonary Medicine

I am going to share with you the message passed on to me by my post-graduate teacher – which will help the budding graduate to have a direction in their professional development. What are the ideal skillsets for a doctor? It may be any speciality that you may choose, there are these four basic skill sets that my teacher spoke about. Each of them is different from the other and to be in the top bracket as a doctor, you need the first two. Very few can develop an ideal level of skill in all four. Those who do will be at the top 10% of their field in their country and beyond.

First, is to have the highest level of theoretical knowledge as possible in the subject of your practice and its application to a given patient. It is important to handle difficult cases. Otherwise, after a couple of steps, if the patient does not respond to your treatment, you would not know what to do next. You would not be in a position to pick up rare presentation of common cases or even common presentation of rare cases. The human body is one of the most complex structures in the known Universe. Study the abnormal functions in medical science but also appreciate the normal functioning of the human body

Second, is how you communicate with your patients and your practical skills. Patients often ask simple questions, which do not have definitive answers and unless the doctor has good communication skills and convincing capacity, patients do not feel satisfied and may leave the doctor. Many doctors with distinction or first class fail to do well after they pass out, due to lack of this skill.

Third, is the ability to teach. There is a joy in teaching and seeing your students do well, but it is a separate skill set to be able to go to the level of the student and impart appropriate information.

Fourth, is the ability to think, innovate, be creative, and impart new ideas on how to improve medical field and patient care by research.

“Attain the highest level of theoretical knowledge, teach what you learn, communicate effectively with patients and inculcate creativity in medical research to improve patient care”





Self-learning is the key

Dr Manjunath Hunsur, Department of Paediatrics

Becoming a doctor is the most interesting and satisfying profession there is. Nevertheless, it has its cons. I would like to make things a little less sugar coated for you. Let me start by accepting that I'm still learning. Sometimes it appears to be a difficult task and you will find yourself questioning the worth of your hardship. But it is in these moments of sadness intertwined with fun that will make the best teachers. At times they can be the best source of learning. Albeit, a doctor is assumed to be intelligent, conservative, authoritative, astute, a curious researcher and wealthy at times puts pressure on medical professionals. But never pretend to be somebody else. Never hesitate to use these three important words "I don't know" as this doesn't make you dumb but rather honest. Humility should be used as a medium to expand knowledge.

Unfortunately in the last two decades, Medicine has dramatically changed from being a clinical based science to an investigation based science. It is important to engrave into your minds that in this information age, whatever you are going to learn may soon become out dated. Hence, the only way to sustain in this profession is by self-learning.

Self-learning is a tool which will enable you to explore different ways of thinking and see concepts in a new light, Thereby enhancing your learning experience and can lead to new opportunities academically and professionally. Question everything and chase down any concept that intrigues you.

This requires real knowledge which you should gain over the next five years. Remember, in the coming years you are going to walk along the river of knowledge where you may not realize the value of the water (knowledge) it contains. But soon through the path of your professional journey (akin to desert) you will find out that there will be days when there is no water anywhere along your path. But through a good mix of commitment and willingness you will smoothly sail and go that extra mile. Therefore drink the knowledge of water now as much as you can...

Remember integrity is not a state but a destiny. Every day you will be tempted with choices; avoid those choices that erode your integrity. Treat your patients with the same care.

"Never hesitate to use these three important words- 'I don't know'. This paves way for you to learn more which makes you humble."





Dedication Beats Talent

Dr Manjunath M Shetty, Department of Nephrology

I welcome you into this world of compassion, empathy and humanity. That one thing which I would like to emphasize on in your glorious entry into this world is ‘dedication’. Medicine is a career driven by perseverance, dedication and will to serve mankind. Dedication is needed to acquire knowledge during your period of training as an undergraduate, postgraduate and in your super speciality. Well, it does not end there; every day is a new experience, a learning arena that is of immense value. No other profession has to deal with the added responsibility of life and death of a fellow human being. We should be proud that reducing the suffering and saving lives is our only aim and this can be best achieved with dedication inculcated within us right from our undergraduate days. The results of true dedication are best rewarded in our profession with a higher value than just monetary gains, which needs to be emphasized.

Talent is a natural tendency to be good at a particular thing and varies from person to person. But talent isn’t the whole story. Talent is the fuel for the fire, it will kick-start you towards success and make things easier in the beginning but if you have someone who is very talented but doesn’t work hard, and someone who is not talented but works really hard, the person who works hard is usually going to succeed more.

A medical professional without dedication and hard work will not be able to pursue his career in the long run. It’s a job incompletely done. Dedication towards each patient and towards this noble profession is of top priority to achieve success and satisfaction in our professional life.

Valuable time is spent in gaining tremendous knowledge of the human machinery and rigorous training is required to qualify as a successful medical professional. This can be made easier with a lot of dedication. In conclusion there’s no alternative to dedication of the topmost order in this profession. Talent can take you only so far, dedication can take you further. As medical students, you should feel honoured to be in this position and to the fact that you have been given the greatest opportunity to serve others.

"There's no alternative to dedication. The results of true dedication are best rewarded in our profession with a higher value than just monetary gains"





If Anything Is Sacred, The Human Body Is Sacred

Dr. Manthappa M, Department of Medicine

Medical students should realize that there is a great healing energy within all of us. If this force or energy was not within us all of us would have been dead by now. This force consists of all the mechanisms within us constantly fighting the disease caused by pathogens and thereby keeping us healthy. We should realize that it is ultimately the body and mind that heals itself. We only facilitate this process of healing. For example, a surgeon may close a wound with a suture, but the actual joining and healing of the wound occurs by the body itself. A physician may give antibiotics to control an infection, but ultimately, it is our own immune system which has to fight and get rid of the infection.

Human body is much more than a machine and it has self-correcting mechanisms at play at every level to maintain the homeostasis. Body has an innate intelligence and responds in an appropriate way to any insult that disturbs its normal condition. You may be surprised to know that many so called symptoms of diseases are actually protective mechanisms of the body. Whenever you inhale a foreign body, there is coughing to get rid of that foreign body from our airways. Whenever we ingest something that is harmful to the body, there is vomiting to get rid of it. Whenever there is an infection, the body temperature rises (fever) to kill the pathogen. If we trust this process of healing within everybody, then a great calmness arises in us while treating patients and we also become humble. So trust the body's own intelligence, allow the body to cleanse itself and interfere only when necessary. Always remember this fact whenever you practice medicine.

“Trust the body’s own intelligence, allow the body to cleanse itself and interfere only when necessary.”



Leaf Out of My Book

Dr Nalini Kotekar, Department of Anaesthesiology

As a seventeen year old who entered the portals of Bangalore Medical College, One of the major problems I had to worry about was to get to like the career I had been emotionally blackmailed into joining by my father (my passion was to become an architect). My batch mates on the other hand were more worried about the size of Grey's anatomy text book and who, in the new class, would be worthy of competing with, now that we were all in the rat race. As the days melted into years, I realised that no matter how intimidating a problem appears to be, it holds the promise of making us stronger. During my first few days in medicine, I was sure that I would run away and join architecture. The only thing that held me back was my word to my father. I could never, ever hurt his feelings. Decades later, today, I cannot thank him enough for giving me the opportunity to be a part of the noblest profession on earth. I would trade it for none other. In sacrificing my desire, I discovered that apart from making him happy, I was learning to adapt to the adversities life would constantly throw at me. Difficult situations and people are bound to be a part of our lives. The sooner we learn to cope, the better. I also learnt that parents and teachers are genetically coded to be overbearing, at times, but their intentions are understood by us years later. It pays to nurture an attitude of genuine gratitude towards them and express it often.

Sometime in my second year, I read a story about this little boy, who was walking on the beach, bending every now and then to pick up a starfish or two. His would then throw them into the water. An old man watching this was amused and told the boy, "Child, there are hundreds of starfish that have been washed ashore. How many do you think you can rescue? Do you think it makes a difference at all?" To which the child responded by picking another two and as he flung them in to the waters, he replied, "Well, I did make a difference to this one and to this one!" This little story was etched in some corner of my mind. I found myself recollecting those words every time I interacted with a patient-then, as a student, even now, as a seasoned consultant anaesthesiologist. A kind word, a reassuring smile or touch to those in pain, means the world to them. Medicine is an art, a science and a religion, where we engage in the sacred ritual of caring for our sick. The brownie points come in the form of bountiful blessings!

"Your time is limited, Don't waste it living someone else's life. Don't be trapped by dogma, which is living the result of other peoples' thinking. Don't let the noise of others' opinion drown your own inner voice. And most important, have the courage to follow your heart and intuition, they somehow already know what you truly want to become. Everything else is secondary."

-Steve Jobs





Fall Down Seven Times, Get Up Eight.

Dr. Nithin K.B, Department of Surgery

Hey not many of your classmates from your kindergarten days would have made it to a medical school, isn't it? So you are among one of the most privileged and fortunate ones to have come this far. This accomplishes one half of the journey- Relax. You are left with the other half only. Each one of you has entered this institution with more or less the same amount of apprehension or fear, like every beginner who rides a bicycle has. Looking back at it; we have overcome these fears and have perfected our skills at it.

Your course at the medical school is going to be no different or any tougher; only prerequisite is interest and perseverance; the very same virtues you had while learning to ride a bicycle. You wouldn't stop after falling or failing at the first attempt. Please do the same here. Keep your spirits high, stop not and keep moving. Also remember that some of the most memorable rides were with your friends. Your journey here will be made memorable & lively only when you have good friends. Have a bunch of them. You negotiated the toughest roads when you were more attentive and careful as well as hardworking. You fell or met with accidents when you were careless or distracted. The same applies here in a medical school- hard work, attentiveness and being careful helps from avoiding distraction & careless accidents.

Everyone wants to win while riding, each one thinks he/she is the best. The same in a medical school- you are your best- you are in no way lesser in abilities or qualities to anyone else in this world. Have faith and be confident. World didn't know about moonwalk till Michael Jackson showed it- so please bring out your talent.

Be sportive enough to play & playful enough to be happy- you will end up taking everything in the sportive spirit. Twenty years from now when you look back you will be missing it a lot- make the best use of it. Any year full of practice makes you a good student. A single act of malpractice on the other hand can undo all the good prior to it.. Choose what you want to be...! Every day is a new day- start with knowing your responsibilities for the day. Wind up fulfilling them.

"Live as if you were to die tomorrow. Learn as if you were to live forever."
-Mahatma





Get Through The Start; You Will Tide Over The Rest

Dr Prajwala H.V, Department of Paediatrics

After getting an MBBS seat, every student who enters a medical college is in an elated mood. I hope you maintain the same attitude till the completion of the course. Being a paediatrician, as I look back to my undergraduate memories, even I had difficulty in understanding my first year subjects like any other student. I would perceive these subjects to be Greek and Latin until I realized they are such basic and wonderful subjects. They really are!!! Just give them a chance.

It is important for you to understand that Anatomy is the basis of surgery , Physiology the basis of medicine while biochemistry is the essence of the rest. The years that follow are not very difficult once you begin to clinically correlate what you learn. It begins to get easier as long as you persist with it. To make your studies interesting please correlate the subjects. Read applied anatomy and physiology books and conceptually analyse medicine and paediatrics. Sincerely attend your clinical postings, as one patient can turn out to be one teacher. Try to learn at least one new fact each day.

The start is always the toughest part of anything, the one that requires the most effort but remember the journey of a thousand miles starts with a single step. So start where you are, believe in yourself and overcome the inertia; soon things will start falling into place and it will get easier. Obstacles don't have to stop you, take a problem and turn it into an opportunity. Along the way you might learn new skills, resilience, resourcefulness and overcome things that you once thought you couldn't. If you run into a brick wall, don't turn around, you climb through it, go right through it, build a door or work your way around it.

“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.” – St. Francis of Assis





Friends Are the Family You Get To Choose

Dr. Prashanth V, Department of Biochemistry

While writing this article, I am taken back to the memories of my undergraduate days where in, I am just thinking what is that one thing I would like the others to watch out for?

The one thing which I strongly feel to watch out is for the company or friends that you make. I would like to advise the students to be vigilant in making friendships and be a little cautious while making and accepting friends. Though friendship is a kind of trial and error where in, we, over a period of time mingle with likeminded ones; the initial discovery does make a lot of influence on whom we hang out with in the end. It's easy to make friendships in the early days than during the latter years of your under-graduation. You also mature by the time you reach final year and would have become wiser in selecting friends. But the first few friends do influence college life in a big way. Right from the places you visit, to the activities you partake in; all of this is determined by who you choose to be friends with. Do not be swayed by promises of a fun-filled weekend, if you know it is a bad idea. Be intuitive; you are your best judge. Make friendships you know will last you a lifetime, while at the same time making sure it isn't going to be counter-productive. Find people who you can maintain that healthy balance with, and stick with them. These are the people who you will share most of your experiences with. They are going to be with you through your best moments and your worst. While there will be plenty of people to celebrate your victories, the opposite will turn out to be true for your failures. It is your duty to find people who will stick by you through the hard times. Do not be afraid to approach new people. Everybody is just as new to this as you are, and they are just as nervous. Find your niche and settle in. It is no secret that MBBS is a long and arduous journey. Having friends you can count on is going to make it a lot easier.

Hence, my message to the fresh students is be sagacious while making new friends and take time in judging others.

Wish you all a joyful campus life.

“Be courteous to all, but intimate with few, and let those few be well tried before you give them your confidence”-George Washington





You Matter, Always Have, Always Will

Dr Praveen Kulkarni, Department of Community Medicine

It was 28th May 2008, I was moving to my home after completing my internship waving good bye to all my buddies in the hostel with a bag in hand. A hand from behind grabbed my bag and whispered. “Anna.. Don’t go today”, It was one of my closest juniors in 6th term, Sirish, an introvert, soft spoken, shy, emotional guy. “No, da, I have to leave today”, I replied. He still insisted me not to go, but I was a bit adamant as my commitments were too hectic. Sirish came behind till bus stop, he was trying to say something to me. But didn’t open his mouth. Even I didn’t give much attention to him as I was in hurry. He asked again, “is it too necessary to go today itself Anna”? My answer was the same. Sirish handed over my bag with drops of tears in his eyes and waved a bye.! Just few minutes before I reached my place, my phone rang.. the words from the other end were the worst ones I had ever heard.. Sirish had committed suicide!!! I just dropped my bags in the home and went back catching the next bus.. Sirish was no more.. These were the few lines in his last letter “My professor, scolded me badly in the ward and insulted me in front of everyone. He challenged me that, I will not complete my 7th term in next five attempts..!! I, haven’t failed any time in exams.. How will I show my face to parents, relatives and friends?. It is better to end the life.. Good Bye”..

I felt so guilty for myself, still I feel so, why did I not stay back for a day and listen to him? So that my words would have at least diffused his suicidal thoughts. I still ask for myself, who is the ultimate culprit here? The teacher who scolded the student?

The student who took it so emotionally but did not seek professional help? Me who didn’t stay for a day and diffused his suicidal thoughts?

*“The one thing I would like to tell you newbies which I could not tell Sirish, life of a medico is full of ups and downs, don’t panic. Control your emotions, cope with stress and anxiety, help each other, **learn to seek help**, doctors are also human beings, help yourselves from breaking down for simple things, you are the wealth of the society. We want to preserve you.”*





Do Not Be Afraid To Fail

Dr. Premanath Raman, Department of Ophthalmology

Your chances of success in any undertaking can always be measured by your belief in yourself.

When Thomas Edison invented the light bulb he had tried over 2000 times before he got it to work. A reporter asked him how it felt to fail so many times. He said I never failed once. I invented the light bulb, it just happened to be a 2000 step process.

Don't worry about failure.

Worry about the chances you miss when you don't even try.

Growth is a process of trial and error, experimentation. The failed experiments are as much a part of the process as the experiments that ultimately work.

Life is often about being at the right place at the right time, so being ready for the moment when it arrives is likely to happen when we have done all the trial and error beforehand.

When one spends oneself on a worthy cause, at best there will be the high achievement and at worst, if one fails while daring, you know your place shall never be with the timid souls who knew neither victory nor defeat.

The difference between ordinary and extraordinary is just the little extra. So focussing on quality and daring to go for it you will realize how a little extra attention makes all the difference.

You have all the tools and talent you need. What you do with your life is up to you. The choice is yours.

“Success consists of going from failure to failure without loss of enthusiasm”
-Sir Winston Churchill





Time and Tide Wait For None

Dr. Pushpa V.H. Department of Pharmacology

As a freshman, you will soon grow to find that managing your time efficiently is perhaps one amongst, if not the most, important skills to possess. It helps students prioritise tasks and accurately judge the amount of time needed to complete them effectively.

You should be aware of your assignments from the earliest stages of each class or semester. You can make calendar entries for each module and stick it on the walls in your room, where you can refer to it as and when the need arises. Be prepared to spend at least 2-3 hours each day for studying from textbooks or lecture notes. One hour of focused studying is better than 5 hours of strained unfocused effort. Make time tables and stick to them. If you spend the allotted time for studying each day correctly, not only will it make it easier on you during your exams, but will also free up time to indulge in other extracurricular activities. An entire day of studying can seem rather drab, even to the most bookish of students. After all, playing your favourite sport or catching up on that novel you've been reading goes a long way in brightening up an otherwise dreary day.

Do not allow yourself to get stressed and overloaded with work. Try to organise time for your studies in and around other demands in your life. Work to keep a healthy balance. Making a To-do List, first thing in the morning, can help organise time allotment based on priority.

Your attitude towards time is a critical factor in all you do and everything you accomplish. The clearer you are about your goals and objectives, the more efficient and effective you will be in achieving them. One has to cultivate the art of enjoying essential both work and leisure. It is essential to maintain equilibrium between biological, social and professional time for improving one's effectiveness

Arise! Awake! Stop not till your goal is reached.

Time is very precious and cannot be stored for later use. Managing your time properly is one of the best ways for a student to succeed. Even though you can't control time, you can control how the time you have is used.

“Your attitude towards time is a critical factor in all you do and everything you accomplish.”





Thinking Out Of The Box

Dr Rajesh Raman, Department of Psychiatry

Insulin, Heparin, Sino atrial node and ether anaesthesia to name a few are the discoveries of medical students. They stand as testament to how creativity can be used in a capacity to create a solution that is both novel and appropriate. Sadly, it seems to be a dissipating art. The existing construct of medical education perpetuates an on-going exercise of memorizing and remembering lists, the only creativity being the use of mnemonics for the same.

There is likely a heap of creative talent lurking in medical professionals, much more than we suspect but it needs to be tapped. Bringing it to the forefront could have a salutary effect on the medical interactions that follow. Creativity is the ability to perceive the world in new ways, to find hidden patterns behind common problems, to connect the dots and then generate a real world solution that cuts through multiple specialities. Take the Inflatable incubator for example; a very recent invention that because of its malleable nature can be easily transported, used in diverse situations and it's all cost effective. If utilised effectively and adapted proficiently it can reduce the rate of premature neonatal deaths. The inventor, a 20 Year old BSc student from the United Kingdom: A non-medical professional finding a solution for one of the most common medical problems. It could so easily have been one of us. So the one thing I would like to tell you is to get started from day 1-build the basic skill set, develop mastery of subjects but stay curious, be an explorer, be adventurous, have the willingness to take viable risks and don't be afraid to take the road less travelled. Nurture that inner voice that speaks of innovation in even mundane medical concepts, visualise the impact that these ideas can have, the lives it can change and then don't stop at anything till you transcend these ideas into reality.

“Nurture that inner voice that speaks of innovation in even mundane medical concepts, visualise the impact that these ideas can have, the lives it can change and then don't stop at anything till you transcend these ideas into reality.”





You Are Your Only Limit

Dr Sandhya D., Department of ENT

'Happiness is making your dreams come true.'

Lo and behold! Your dream of becoming a Doctor is finally taking shape as you stand at the threshold of this institution, waiting to experience all that it has to offer.

Seeing all you freshmen here brings back fond memories of what I would like to call my 'good old days', when, as a young aspirant, I took my first steps into a Medical College. The thrill of having entered a coveted college soon gave way to a new emotion - a mixed feeling that arises when you are adjusting to a new style of studies, making new friends, being on your own and missing home. Little did I know that I was living through moments that would make the rest of my life worthwhile.

It's all fun and games until you come across a major roadblock. Make no mistake, it will happen to you, however eventual. It could be in the form of a shortage in attendance, a failed exam, problem with a professor, etc. I tasted my first failure rather early on, during my initial days in Medical College. At the time, it was overwhelming. But with it, I learnt a new lesson. It taught me how to stand up after a fall. Failure will help you to reconsider what went wrong; it might be that necessary push you need to introspect the methods you had adopted and what you could have done differently, to stamp out flaws and to cultivate new skills. Failure is the opportunity to begin again, only this time more wisely and remember every failure can be a success if you learn from it.

Slowly, but surely, there ensued an inseparable relationship between Medicine and us - as the jargon 'infiltrated' our lingo and the dead body became a 'cadaver'. Every day was filled with new lessons, new skills and a whole lot of fun. Every new patient presents to you a new chance to make a difference. The first experience of wearing a white apron, of holding a scalpel (although to cut a cadaver), of using a 'steth', taking 'history' in the wards, and above all, spending unforgettable moments with friends. These might be little things, but take some time out to appreciate them. They may seem trivial but there is a magic in them that must be experienced and cannot be described.

I wish you all a whole world of experience, everlasting friendships and memorable moments as you embark on this journey of learning the 'Art of Healing'.

"It's the little things that count, hundreds of 'em and they are infinitely important"





Say Bye to Stress: Smile and Be Happy!

Dr. T.S. Sathyanarayana Rao, Dept. of Psychiatry.

Stress is everywhere! In fact, being alive in itself is stressful! One may call this by any name – tension, worry, pressure or a problem. Being selected to a prestigious institution like JSSMC / JSS University, though a happy occasion is also likely to put you under pressure to do well. Over and above, a new course, new place, new friends on one hand, and you have to miss your kith and kin, Mummy’s freshly cooked food and the comfort of your bed, bed room and home on the other hand! In addition, medical course is always one of the toughest and longest of all the academic courses and will place so much of demand on you. For a beginner, for the first time you will be exposed to both living and dead! Also a training which involves emphasis on both theory and practice.

Stress is not always bad. In fact, you have done well, studied well and got selected to this prestigious course because of that! Do you remember the midnight oil you burnt! What you need to do is not get into bad stress or what scientists call ‘Distress’. Ultimately, stress can be good, bad or ugly! Here are some simple steps for you to manage well!

1. Maintain good health, eat well, exercise and enjoy whatever you do.
2. Be regular to classes, complete assignments in time, complete the tasks regularly and properly.
3. Discipline, conscientiousness are important. Be good with teachers and friends. Honesty pays in the long run.
4. Develop good communication and interpersonal skills. Company matters.
5. Any stress: Don’t react but think and respond.
6. Feeling tensed? Discuss and share with friends, seniors or teachers. Learn to relax – music, yoga, relaxation and meditation, movies help.
7. Smile & be happy, attitude matters.

“Happiness and success are not accidents of birth nor are they just lucky occurrences. They are the results and committing to and following through on the things you need to do! Happy people are positive, have high self-esteem, believe they are in control of their future and are friendly and open. All are traits we can acquire. A happy smile from the heart costs nothing; get the joy it can spread is priceless.” – Robin Sieger





A Walk Down Memory Lane

Dr Subramanian R, Department of Rheumatology and Immunology

My first day at Medical School was full of apprehension. Just a week prior, I was boasting to my family members that I would soon be the one that everyone would come to for their health problems, and life would be a 'cake walk' after my degree. Little did I realize, I would be stepping into an alien world outside the safe confines of my loved ones, surrounded by a new bunch of people; a day, which I may vaguely recollect as akin to my first day at Kindergarten School.

As a fresher, I wanted to keep a low profile in order to escape the eagle eyes of my seniors, professing shy and reluctant wishes to unknown people; be it seniors, batch mates, the laundry-wala or the security guard at the hostel, just to come off as an innocent young 'fresher'. The memory of stepping into the dissection hall, where the repugnant smell of formalin and the nauseating feeling of having to touch the cadaver, from whom I eventually learned so much, is still distinct in my memory. Always yearning for company, there was never a deficit of people to give you advise. This fear and negativity was short lived and only lasted till the "freshers' period" was over. I've learned that it's important to be able to step outside your comfort zone and be challenged with something you're not familiar or accustomed to. That challenge will allow you to see what you can really do, grow, learn, and develop in a way that expands your horizons beyond what you thought was possible. In a profession like ours that is very demanding, growth must be chosen again and again; fear must be overcome again and again.

Professional, social, and familial responsibilities catch up as we move on from our undergraduate training. As we leave our comfort zones, we realize just how protected we are in our college environment. It is only when we step outside, do we realize how competitive and different the world really is. We also embrace our responsibilities as adults as we are expected to take difficult decisions we once watched our parents make, with ease. Looking back however, I realize every experience was worth it. I look back to my MBBS years, the academics, the relationships that I fostered, as well as seeing a few friends become life partners, and the mischief that I now find hard to accept, collectively make me want to relive my good old MBBS days, which I would definitely term as the "best part of my life".

"Enjoy the journey; enrich it with memories, so that one day you can look back in fond reminiscence"





Compassion Is A Verb

Dr Suchita S, Department of Pathology

The Cecil text book of Medicine talks about the legend of a doctor in Africa who had to choose between receiving a lifetime award from the President, or holding the hand of one of his patients who was about to die. This epitomises the practice of medicine. It's a commitment to place the needs of patient above all else. In the first year you will learn a new language, akin to Greek and Latin. This is the language that you will use for the rest of your professional life. It is also the first test of your ability to learn, adapt and master new ideas. It can be frustrating but once you become comfortable, a new world awaits you. The variety of subjects can look ominous but each speciality is like a cog in a wheel. Each cog has a vital role and its only when all of them work well, the movement is smooth. Some subjects will seem magnetic, some boring. Remember all of them are important in laying a solid foundation for your medical career.

A doctor patient relationship is complex. The doctor needs to listen, examine, conclude and also treat the patient. Investigations have to be done. Other specialists get involved. A cure is delivered. This is what you can learn from the books, but the patient also needs to feel comforted and reassured. A rapport has to be built, communication has to be ensured, complications have to be dealt, relatives have to be handled and a bill has to be realised. This is the part which you can learn by participating in clinical care. A patient is an opportunity for us to use our knowledge and help. In many instances we cannot help. These are the times when humanity needs to come forth. Even when instant cures are not available you need to make it as comfortable as possible for the patient for as long as possible. JSS Medical College has the facilities for you to become a good doctor and a better human being.

Congratulations to you on realising the first step in your dream. It is now time for the next step. A doctor's life is a complex mix of success and failure, rewards and brickbats, satisfaction and frustration. More than anything, it is about an unwavering focus on another person's wellbeing. That in the end is the summary of our profession. The doctor mentioned in the beginning chooses to hold the hand of an old woman. She died with a smile.

“A doctor's life is a complex mix of success and failure, rewards and brickbats, satisfaction and frustration.”





A Question of Ethics

Dr.K.A.Sudharshana Murthy, Department of Medicine

I would have probably cheered and greeted you with more zeal and vigour a decade ago or so, welcome to ‘Noble Profession’. Now I can only say welcome to ‘Medical profession’. Surprised? Yes, the nobility of profession is at stake presently. What was called as Health services once is now called as Health Industry. Corporate sector has made health profession a commercial venture. Medical professionals have become paid labourers and a tool to generate revenue for the corporate houses. In the bargain the patients have lost faith in the profession. The trust and the bondage between doctor and patient have vanished. The healing touch of the doctor is no longer a comfort to the patient. It is only a service rendered for fees.

Well, profession is noble, no second thoughts, only the perception has changed. The need of the hour is to strive hard to bring back the glory of the profession. Who else can be better ambassadors for this than young aspirant doctors like you? Profession demands dedication and hard work. Focus on service. Name, fame and money will be yours for taking. Your effort to convert patients’ grin into smile and cry into blessings give more comfort, satisfaction and sense of worthiness in you. Be true to your conscience and never deviate from ethics. Success is always yours.

Wish you a very bright future.

“Focus on service. Name, fame and money will be yours for taking. Focus on transforming patients’ grin into a smile and tears into blessings”





‘To Be Or Not To Be’

Dr M.N.Sumana, Department of Microbiology

Seventeen years old, struggled very hard for the past 4 years, succeeded in getting a medical seat, feeling on the top of the world, lots of dreams, high aspirations, feeling like a doctor already, dreaming of a luxurious life, new place, new friends, away from home, lots of freedom. So it is time to enjoy life. This is the state of mind in which all of you enter the medical college. But hectic schedules, strict teachers, heavy syllabi, new difficult to remember terminologies- all Greek and Latin, demands very hard work to cope up, the new hostel atmosphere, adjustment issues = state of total confusion. ‘Life was miserable in the last 4-5 years; I am tired, now I want to enjoy my life’ - 80-95% of students think alike. Enjoy life or slog again? That is the choice you have to make and that is the choice that will define your career ahead and the type of doctor you will become. Choose wisely, you may never know how many lives you are destined to save. A few pointers to help you in this medical pursuit-

- Good amount of physical exercise and sleep discipline is essential.
- Study regularly. Consistency is a potent tool.
- Do not study only from examination point of view. Whatever you study, think of its application in clinical practice also.
- Draw as many diagrams as possible. They will fetch you more marks and improve your understanding of the topic. Whenever possible use flow diagrams for pathogenesis, life-cycle, clinical manifestation in sequential order, investigations etc.
- Learn the related MCQs immediately after reading a particular topic.
- Do take part in the interactive lectures. It has become a fashion now not to interact with teachers. This will kill the enthusiasm of the teachers. Not every teacher teaches for the salary paid. Many teach for the passion they have for teaching. They want to share their experience with all of you thinking that you will not commit the same mistakes in clinical practice as they did. Your teachers get motivated by your interaction. They will start feeling young in your company. This is the best reward you can give to your teachers. Nurture the angel within and not the devil. In Every act of yours think of this and act.

“I am sure all of you want to become good doctors. But become good human beings first





The Ingredients Of Success

Dr Thippeswamy T , Department of Medicine

The Medical field has remained a noble profession since ages and shall always remain so. Your dreams and aspirations of joining the medical profession did not develop overnight but was conceived over many years. It is your responsibility now to nurture those dreams with great commitment and courage. There is no shortcut but to work hard to achieve these goals. This field is unique in that it involves lots of emotional entities while learning, acquiring skills and interacting with the patient and his/her attendants including your own family members; initially as a student and then as a practitioner in the future. Lots of common sense with a Tint of Intelligence will steer the wheels towards your destination and enable you to reach great heights in your life.

To be a successful doctor in the future, you need to spend every moment of your day successfully. Few secret principles to be successful students could be;

1. It is important to give due respect to all the subjects; understand the 3 P's (Physiology, Pathology and Pharmacology) to become the 4th P (Physician of all subjects). These 4 P's represents the very pillars of medical profession.
2. Be the "Ekalavya" of Mahabharata and rest will follow on its own to be successful. Learning is to enter the state in which learning becomes possible. Then will many words be written there for thee, and written in fiery letters for thee easily to read. For when the disciple is ready the Master is ready also.
3. Always maintain empathy and ethics throughout your professional career. Wishing you all the very best to your dedicated journey of "Service towards the suffering."

"My hope of the future lies in the youths of character, intelligence and renouncing all for the service of others, and obedient-good for themselves and to the country at large" - Swami Vivekananda





The Checklist Manifesto

Dr. Vikram Patil, Department of Radiology

MBBS is all about the beauty of the subject. So in order to enjoy it you should have the following qualities

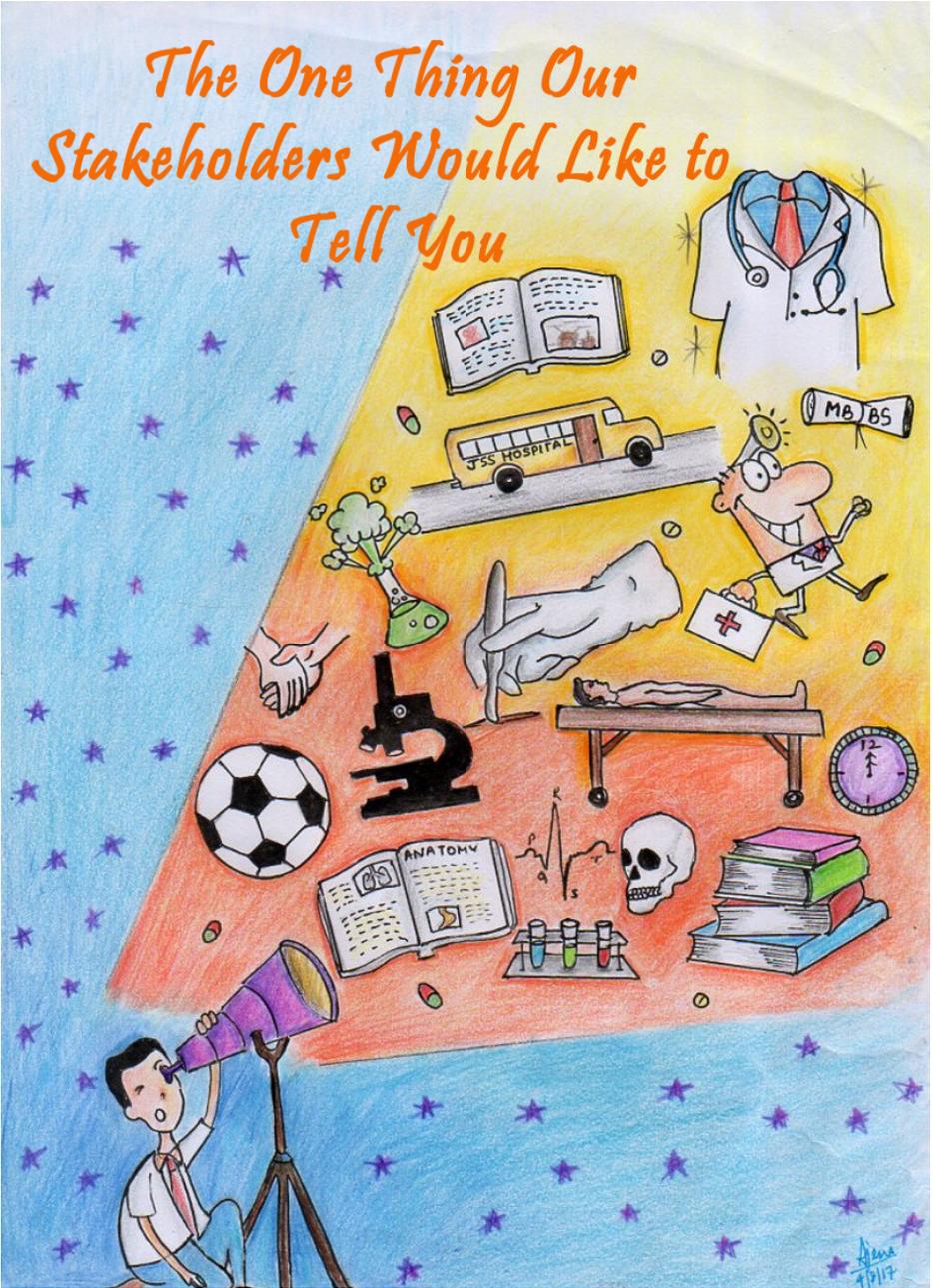
- Be light minded. You may find people around you trying to compete to get marks in exams. However these marks are of no use if you don't have the true understanding of the subject. Remember it is MBBS and not competitive exams where marks are important. Don't mind such people.
- Try to be sincere with yourself. If you decide to complete a particular topic please make sure that you complete it with thorough understanding of the subject.
- Read standard books from the first year itself. Understanding the subject is key.
- Listen to everyone but do only what your heart says is right. You may find seniors who will encourage you to read non-standard books which are purely meant for passing.
- The whole point here is to study every topic of MBBS in such a way that the concepts are crystal clear in your mind.
- Hard work is the key to success, but you need not toil for hours to do that. Do everything with passion.
- Develop the virtues of passion, resilience and knowledge. These will take you a long way ahead in life.
- Be innovative in thinking and try to apply it wherever possible.
- Ask a thousand questions and clear all your doubts, don't go home with unclear concepts.
- You may suddenly face failure in your exams, accept it and learn something from that failure too.
- Enjoy your college life, have fun, make memories and good friends,, participate in all college events and gear up for the life ahead, it's just the beginning, your journey starts after MBBS.

“March from Hard work, through persistence to learning from failures for it's just the beginning, your journey starts after MBBS.”





The One Thing Our Stakeholders Would Like to Tell You





The Need For NEET- Why We Need To Start Early

Dr Pooja Prakash, Alumni, JSSMC

From this day, you set off on a journey that takes you through mountains of knowledge and oceans of books. After a long span of five years and a half you'll finally be a doctor! As fantastic as it may sound, a mere MBBS degree is really not enough these days. As PG entrance exams loom in the distance, it is your duty to find out why cracking the NEET PG is important to you. It is said that once you know the why, you can always figure out the how.

As for as preparation for an MCQ test is concerned, the basic pre requisite is that your fundamentals be very strong. Make a habit of solving MCQS from the first year itself; solve MCQ books of each year in that year itself and get accustomed to methods of progressively eliminating the wrong options. Do not simply memorize the book's definitions. Most examiners setting MCQ's will rephrase things in their own words as they write exam questions, so you must be sure that you really know what the definitions mean. Focusing only on the smallest of the small bits of information in order to crack an entrance test, will not make you a good doctor. In order to crack these competitive exams, your knowledge should be holistic, so your clinical skills are also just as important. When at the hospital, practice the relevant clinical tests on them. But if MCQs aren't enough to make one a doctor, why do we need them at all? This is because of large number of MBBS graduates applying for PG courses and the competition is enormous. The central boards have just one way of filtering them quickly. Though not the most efficient or effective method, MCQ based exams are popular and convenient.

I would recommend you to refer to standard text books, read things repeatedly and imagine everything as you study. Every bit of knowledge that you actively draw inside your mind will help you at some point in the future. If you feel you are pretty good at a certain topic or that you want to read more about it, pick up an MCQ book and solve some questions. The more you solve, the more adept you will be at recognizing question patterns when you read the text. Frame as many questions as possible from what you read, it will help you think like an examiner. Luck may play a small role in the process, but there is no substitute for hard work. The proof lies in the fact that the top 100 in AIIMS as well as PGI (two of the premier entrance exams) are almost the same. Discuss things with your friends. Teaching someone or learning from one of your peers makes the information stick longer in your mind. Start early, Start strong.

“The best preparation for tomorrow is to do today's work superbly well”- William Osler





Learning To Unlearn

Dr. Namratha P, Alumni, JSSMC

It's an all new life; new phase, new challenges, new environment, new friends. It is exciting but a little scary too! Your failures or even your success till now, is all in your past now. It has no effect anymore. This is a fresh start. It is phase of learning & unlearning

Evolution is inevitable. The medical sciences are no exception. An innovative treatment of today might become an out-dated treatment tomorrow. New facts will always continue to emerge challenging the old ones. We live in an age of discovery and rediscovery; and this is why it is important for us to keep an open mind, we must be prepared to unlearn and re-learn throughout our medical journey. The greatest advantage of these years as a student is that these are the only years you can actually commit mistakes as your deeds are well guarded by your seniors and teachers. So unleash your curiosity to learn new things.

The pressure to excel in medical school with its emphasis on marks can rob the enjoyment from the process of learning. Whatever the reasons, once the basics are covered, many people tend to stick with what they know and avoid situations or challenges where they may be forced to learn something new.

When I was posted at Sargur hospital as part of internship, I was fascinated by the care and compassion the entire treating team had for all the patients. I understood that there is so much to unlearn from all my learning over the past few years. There are many assumptions on how our learning in MBBS will be of use in the future, when we practice in the real world. It is only then we will understand, unlearning is an essential component for learning.

Since change is the only constant you can truly rely upon, learning to adapt is not just important to your survival but also for you to thrive in this dynamic medical field. To make the best of your life is only in your hands. This is the profession you have chosen. I won't say that it's the best. Every profession indeed has its importance but it matters how you leave no stone unturned to get yourself to be the best and to do that you need to develop flexibility in your learning habits.

Make the best of these years as a medico. Explore, Observe, Question and be Inquisitive. Create your own style as a doctor by imbibing the best traits from all the best doctors here in this great institute.

"We live in an age of discovery and rediscovery; keep an open mind, be prepared to unlearn and re-learn throughout our medical journey"





All Work And No Play Make Jack A Dull Boy!!!

Dr Shreemit Maheshwari, Post graduate resident, Department of Psychiatry

During the times of preparation for the entrance exams you would have come across many an advice that once you get through this entrance exam Life is set!! You would have won the world!! But in reality it is just the beginning of a long, wonderful and beautiful journey where you are going to learn and live the word M.B.B.S and beyond. To learn and live it, as we know of is definitely hard work to which there is no other substitute. Our minds constitution is such that it can work for a long time but at the same time, proper relaxation is absolutely necessary to keep it from getting overtaxed. An overtaxed mind loses the capability to concentrate and ends in being tensed, stressed and frustrated. Often as a student in med school we are made to learn our lessons continuously so as to get good results in the examination which rather tends to saturate the mind and hamper our learning. So it is very important to keep our mind fresh and rejuvenated to get through the hardships of becoming a doctor. One simple way to achieve that is by reliving your Michal Jordan, David Beckham, Usain Bolt, Roger Federer, Saina Nehwal or Sachin Tendulkar moment/dream here in the med school. Most of us have at some point lived those moments at least in our dreams before reaching med school. And it is very important to continue doing so at least as the David, Saina or Sachin of this college!!

Amongst all the hard work you will put in the studies in the coming years, find some time for a few sports activities, not just to relive your dreams but also as a passion, a recreation activity that is going to help you relax, rejuvenate and give you an edge over others to focus better on the studies. Sports teach you team work, discipline, respect, friendship, leadership, fitness and resilience all of which are an important part of becoming a good doctor. The important thing is to manage work and incorporate sports into your schedule such that it balances out as a recreational activity helping you better focus on your studies. There are ample opportunities in J.S.S Medical College to do that. There are platforms like University fest, Interclass tournaments and Inter-college tournaments to showcase your talent. There are wonderful facilities and a dedicated team for all the sports to guide you through it. So don't wait, pick your sport and rejuvenate yourself to the fullest in order to live your M.B.B.S dream with a little tinge of flavour called Sports in it.

“Sports teach you team work, discipline, respect, friendship, leadership, fitness and resilience all of which are an important part of becoming a good doctor”





Stay inspired

Dr. Karishma Talwar, Postgraduate resident, Department of OBG

It's a fresh start of yet another journey in your lives. Young and enthusiastic faces, with the euphoria of achieving an "entry ticket" into medical school to become a "Noble professional".

You might think that you have already crossed the toughest hurdles of your education so far, and finally entered into the "professional " world". But believe me, it is just the beginning of yet another walk, along a long hazy path...a path which needs to be lit up by a guiding light, which can brighten up your vision and bring out the best in you.

As young children, you must have looked up to your favourite superheroes, and as school going students too, most of you must have had that favourite teacher or role model whom you must have looked up to.

Now, as young "adults" who have stepped into the professional world, always remember that you will continue to be "students" for many many years to come.

You are the chosen lot, who will be taught to meander through the bends and curves of the pathway, by people who have mastered the journey themselves. You are lucky to have fallen into this path, where you will listen to the creepy silence of cadavers, the screams of those in pain, the delightful first cry of new borns, and the soothing words of gratitude of those healed. From long meetings with the dead in the dissection hall, to experimenting with drugs in the laboratories, to getting accustomed to working with new instruments, you will become responsible adults who have been blessed to deal with lives.

The journey is going to be a tough one, and each time you feel like you will succumb to the pressure, always look up to that inspirational force, which makes you to continue working towards your goal...and you will be unstoppable!

"Stay inspired, stay motivated, and plunge into it...the journey is going to be worth it!"





Sometimes the most clichéd advice is the best advice

Dr. Anisha Ganguly, Intern, JSSMC

Congratulations to each one of you for successfully arriving at the doorstep of your dreams. Out of the multitudes who try to crack one of the most difficult entrance exams of the country, only a select few succeed. So, yes, rejoice and celebrate that you've made it.

However, you must realise that to unlock this doorway and continue on your journey, there is only one key. And it's spelled hard work.

This might sound like clichéd advice, but to become a great doctor, there is no magic trick or shortcut. Every success will stem from the days spent working behind it, on the midnight oil that is burnt.

Your friends are undertaking similar journeys of their own. You will probably learn, in your next get-together, that your friends have opted for courses ranging from engineering to law, to even fashion designing or the applied sciences. Medicine is notorious in being one of the most arduous courses of the bunch, and you will undoubtedly be left wondering whether the ungodly long hours you spend studying or the abysmal number of holidays you get in a year are worth the degree you're pursuing. Not to mention the longing for a thriving social life that your counterparts seem to take for granted. You may feel like life dealt you the short end of the stick. What you don't yet realise is that every waking hour you spend working now, will reward you manifold in the future. The course requires grit and determination, but the returns are exponential. The satisfaction that you get when you place a tiny infant in his mother's hands for the first time; that pang of complacency you feel every time you make a correct diagnosis; the moments where you realise that your patient is, quite literally, placing his life in your hands, trusting you to make the right decisions – these are the moments where it'll all be worth it. You'll be glad you put in those extra hours into studying the pathogenesis of that one disease you could never quite understand. You may end up having to put in your all, and maybe then some more, but eventually you'll be more than happy with your choices. Follow your calling and you will stand witness to successes wider than the horizon.

You have now successfully arrived at the doorstep of your dreams. To unlock this doorway and continue your journey further there is only one key... And it's spelled as hard work”





Dear First Year Me

Dr. Aarsha Sadar, Intern, JSSMC

Hereby you enter into the world of medicine with your gleaming eyes, ready to take on the world. And time would pass with explosive inevitability that before you even realise, you would hear yourselves being called ‘Baby Doctor’ aka ‘the Intern Doctor’. Though it’s going to take many more years to even feel remotely doctor-ish! You would feel more like Dasavatara –one minute you are a doctor, next minute you become a porter and then again a glorified clerk! You would start writing Shakespearean proses on case histories and go on rounds like some ancient daily ritual.

And unlike the previous years, people actually expect you to know stuff at this point though you are experientially immature and inadequate. The mask like faces when you are asked to interpret the ABG, ECGs that look like doodles, USGs that look like modern art and CT/MRIs that insult your confused brains with ‘spot the difference’ images- you would realise that over the course of time, you have lost a lot of information you have forced taught yourself to the Bermuda Triangle in your brain! And yeah you would find yourselves question your existentiality and the career choice you have made.

But I assure you that these situations help you learn new things, reinforce old knowledge and establish missing links, all within the safety net of your post graduates and consultants and your life saviours-nurses. So one great thing you could do to yourselves right from the beginning is to get your basics right. Medicine is a vast interconnected web of information. And it is impossible to retain information learned as fragmented, isolated concepts. But when subject barriers are broken down and different concepts are integrated, they are better understood and retained. It is no longer about memorising unrelated facts and regurgitating them on exams but connecting dots and applying them to a clinical scenario. For example, an elderly man comes with hypertension. Before you treat him, you need to know what hypertension is, what medication can be given to him, whether that would worsen his bronchial asthma and so on! Push yourselves harder to put the pieces of puzzle together and nothing could be more satisfying than the final picture.

Yours sincerely,
The Intern Me

“Push yourselves harder to put the pieces of puzzle together and nothing could be more satisfying than the final picture





Trust me, I'm (almost) a doctor

M. Radhika Vishveshwar, Final Year MBBS, JSSMC

Face book status updated - Started medical school# beginning of new journey # complicated relationship with medicine!Most of our 1st day of under graduation course, started with these lines of elation. Comment box overflowed with congratulations from well-wishers. We all have joined medicine with lot of inquisitiveness, dreams and high set goals. Our own imaginary situations woven within the complex cerebral cortex. It's completely normal to feel perplexed when you start going through vastness of 1st year subjects. They start to look scary, and you wonder "for what fun you chose medicine!" When you have just started making attempts to suppress your "home-sickness" and catching up with peers, the announcement of 1st internal assessment gives you a mini-heart attack.

Exam preparation in MBBS doesn't start from a specific day. A regular reading habit and a comfortable methodology of study not only help in completing syllabus periodically, but improve your confidence levels. Scoring highest marks should never be the solitary aim. The objective should be at improving answering skills and expanding knowledge with each exam. A satisfactory score and a good hold over subjects are more satisfying than Securing a 1st rank with no application skills. I personally feel, 2nd year is the most crucial step in MBBS actually when you realise why you had to do your pre-clinical subjects. We tend to absorb more information when we become free from exam stress and when applied on patients. The golden rules of storing medical subjects as solid, long term memory are -understanding basic concepts, repeated readings, spending time with patients, seeing and doing procedures.

"Look beyond the books ". The best way to break the monotony of medical school is through involving yourself in extracurricular activities. Integration of art and medicine gives a new perspective to look at subjects and makes learning creative. It's not all about medicine in a medical school, it's about how you integrate your interests into it and make the whole learning process enjoyable. I would sincerely suggest that preparation for post graduate entrance exam should be started from UG days. Getting oriented to the questions pattern, boosts up confidence for answering in MBBS exams too and improves your hold on the subject. It lends a sense of completion to topics. Finally, the thirst for knowledge and persistent motivation keeps you bonded to complicated relationship with medicine. Because, medicine never gets easier; you just need to get stronger.

"It's always nice to be called a 'Dr' rather than just a 'Mrs'"





Believe you can & you will

Smriti Bhargava , Third Year MBBS, JSSMC

Almost 6 months into Med School, I complained to my mom “I will almost be 23 by the time I am done with UG.” To this my mom replied, “You will be 23 anyway. Might as well be a doctor” Since that day, every day has been a new learning experience. However, one of them has left an unparalleled impression on me-The ICMR project experience. Proudly walking into the Dept of Pathology and getting intrigued by the idea of working on breast carcinoma, I had already started painting images of me being the next Laura Castellano from Doctors. Hitherto; everything was smooth when there came a little twist in the story. My proposal for research didn’t get accepted. While my colleagues withdrew from their respective projects for various reasons, I didn’t. I think it was because of my guide who pushed me to keep it going combined with the fact that I hadn’t come this far to only come this far. Looking back, I know there was this unconscious belief of this turning out to be something marvellous.

But the difficulty didn’t end there. Once I started working on it I realised that it’s not you dressed in purple colour gloves and goggles centrifuging samples at top speed but rather it was me sitting with a pile of files and an excel sheet to be filled. I felt. I was unsure of my place in the entire sequence of the research. Anyhow, having committed to it, I slowly went ahead. As days passed, I started to enjoy and make sense of it. It gave me a platform to master the finer nuances of the human body and to study a particular topic in depth. It not only gave me a perspective about the various horizons in our field but also familiarized me with unusual and interesting cases, in turn providing a strong foundation for better understanding of clinical subjects.

When it ended, I could humbly say it was the one of the best experiences I had indulged in. The feeling of your hypothesis coming true, finding correlations between certain risk factors which predispose to a disease and finally have a research paper published in a journal under your name will be worth all the sweat and hard work. That kick you get when you present your papers in the prime institutions of the country when, for those 4 minutes, you have undivided attention of a 1000 people waiting to learn about what you did. It is then you realise you made a difference. You were brave enough to take a chance and not give up. You know, it’s always the beginning which is the most difficult. There will be so many people wanting to pull you back, stop you from believing in the novelty of your project and ask you to just focus on studies. They lie. Let them not stop you. Never forget why you started.

“The eyes don’t see what the mind doesn’t know.”





So Much to Do, So Little Time

Rupesh Reddy, Second year MBBS, JSSMC

You've made it! Months and months of hard-work have finally paid off. You've gotten into med school. You fully realise what is expected of you, but you're probably wondering what the university has to offer to you.

JSS University, through its Medical College and Hospital, aims to provide quality medical education and contribute to humane and cost effective health care. The academic zeal of students is enhanced by the extensive collection of books and journals available at the library. To keep track with the recent advancements in Medical Sciences, the college provides a fully equipped digital library where you can find the latest journals to give you a better understanding of concepts learnt in the classroom. Pre-clinical subjects, which form the foundation of this course, is well looked after by the highly qualified staff of the respective departments, who are always ready to clarify doubts and make the classes more interactive. The professors take on a student-friendly approach with all their lectures, making classes interesting to attend. Furthermore, the university has adopted a mentorship programme, wherein it assigns professors across various departments, as mentors, to each student. The mentors are actively involved in the academic proceedings of their mentees, and keep in regular contact with each other. Research is of prime importance, here at JSS University and a student research cell helps undergraduate students, at every step, with publishing research papers. Keeping in mind the all-round development of students, the college provides facilities for those interested in sports and games with separate courts for badminton, table tennis and volleyball, as well as a ground for football and cricket. For cultural and literary extracurricular activities, the cultural and literary committees keep track of the events taking place all over the country, and actively encourage students to take part in them. JSSMC hosts an annual 3 day inter-collegiate fest called Tatvam which brings students from across the country to take part in various literary, cultural and sports competitions.

As a doctor in the making, there are resources that can aid students in their academics and provide insight into the lives of doctor. Some must read books include, Michael Balint's "The Doctor, The patient and the Illness"; Ivan Illich's "Medical Nemesis"; Matt Ridkey's "Nature Via Nurture", Eric Segal's "Doctors", Atul Gawande's "The Checklist Manifesto", "Being Mortal" and Paul Kalanithi's "When Breath Becomes Air". Some applications which can aid learning include, "Prognosis", Elsevier's "MyPGMee", "Medscape", "Pocket Pill", and "Anatomy Learning - 3D Atlas". Resources aren't restricted to these with the presence of some wonderful movies. These include, "Concussion", "Patch Adams" and "And the band played on". Documentaries like "The English surgeon" by Geoffrey Smith and "The last lecture" by Randy Pausch.

"You can either win or learn, but never lose"





The first line of contact

Mrs Ambika, Staff Nurse, JSS Hospital

One single doctor can be assigned to several wards and patients, managing the OPD also, spending a lot of time moving between general wards, private wards, intensive care units, casualty etc. but nurses more often are assigned a fixed location. This gives us more time with patients and allows us to monitor the finer nuances of patients more effectively over a longer time than doctors are able to. This allows us to complement a doctor's role by being able to provide valuable information on the status and recovery of a patient in order for the doctor to adjust the treatments as required; to be the eyes and ears of the doctor whenever he is not able to be there.

We often know the consultants quite well and can tell you what information they like available in their ward rounds. Each consultant will have a unique way of approaching patients and doing their rounds. This information is also known to us.

There are two types of doctors. The ones who acknowledge these facts and ask us for our feedback on the above issues, then there are a few who do not seem to be aware of the same or do not want our inputs on the patients. They ask us for reports, printouts, etc. These logistical tasks are definitely an important part of our work, but we can offer so much more, information that can make a difference in the management of the patient. Being acknowledged as a part of the treating team, when you know your observations are welcome will make us want to improve our skills also. Overall the patient is the one who benefits. There is so much we can and want to tell you about your patients, you just need to ask.

“Nurses can be the eyes and ears of the doctor and relay important clinical information to the doctors”



Symbiosis=better health care

Mr Girish, Staff Nurse, JSS Hospital

Every medical student should realise the importance the nurse plays in the hospital. Maintaining friendships with nurses will go a long way in a student's journey. The nurse knows every patient's details inside and out, every case, and that knowledge can be of great use to a medical student at certain times. A simple friendly smile can go a long way. It helps to build the rapport between doctors and nurses. This builds team spirit.

Don't be condescending just because we have done nursing. Sometimes nurses can be more experienced than the doctor at certain things like putting an IV line or giving injections. A student needs to only approach and ask a nurse to help them with something and they'll receive all the help the nurse can possibly give them. It can sometimes be embarrassing to ask a doctor to show simple things that the student is expected to have learnt by then. If that's the case, asking the nurse is always the best option. In our hospital we see students coming from different parts of the country. And a common problem faced is the language barrier in case taking; nurses can help with this also by being effective translators.

Mutual respect towards each other is essential to maintain a good working environment. Doctors need to learn to trust the observations of nurses. They know what they're doing. They've been trained specifically to aid the doctors. And it helps to know that the doc trusts them. Mutual trust and respect, in turn leads to delivering better healthcare.

“Mutual trust and respect, between doctors and nurses means delivering better healthcare.”





Who am I?

Mrs Majida Majid,
A 43 year old lady seeking consultation at JSS hospital

Over the years I have visited many doctors in and around Mysore as my husband & myself have a chronic illness for last decade. I would like to impress on the upcoming doctors the importance of greeting the patient when they first walk in to the OPD. There have been many who instantly ask “What is the problem or what’s wrong with you”. It really helps me feel more comfortable if they spend a few minutes trying to find out where I am coming from, what I do a few such details about me before starting out. I have always been scared of hospitals and ‘White coats’ since I was a teenager and when a doctor spends some time in trying to connect with me, it helps me relax. During the cold seasons the mornings are especially hard because the breathing difficulty increases and a few times doctors have made me wait for a long time in the waiting area before seeing me. I understand that there will be several patients who have come before me and they will be extremely busy but if they or any nursing staff just came and told me how long it might probably take, instead of leaving me guessing then it would feel better, like they have acknowledged my predicament. Thankfully it is something I feel doctors do in this centre compared to some other places I have visited. So I encourage the medical students to think from the patient’s perspectives also when they become doctors in the future. It is important to be cured, but it is equally important to feel cared for.

“It is important to be cured. But it is equally important to feel cared for.”





Caring by sharing

Mr Mahadevappa

A 65 year old gentleman seeking consultation at JSS hospital

I had liver cirrhosis, underwent a surgical procedure and was under observation in the ICU for 2 days. Then subsequently I was in the medical ward for another 5 days before being discharged. During the entire treatment process, starting from the index OPD visit up until discharge I met various medical personnel from various departments. Overall I was very happy with the treatment conferred and I would like to tell you one thing I really liked about most of these doctors, something that I feel the next generation of doctors can pick up and further improve on. This message is the importance of allowing patients to play an active part in their treatment decisions.

Doctors should make efforts to provide information about the treatment or management options, explain it, elicit patients' preferences, and support them in weighing up the alternatives. Patients differ from one another, and often from their doctors, in the weightage they assign to factors that bear on a decision. Doctors need to understand the limitations that a patient may be facing. Not every patient can afford the latest treatment. I want my doctor to support me regardless of what I choose. Prior to coming to this hospital in a nursing home I visited I've been at the receiving end of a temper tantrum just because I didn't say yes to the first option I was given. It was merely because I couldn't afford to go that way. Doctors have so much more knowledge and it can't be totally shared, it's understood, but when relevant salient information regarding the alternatives are shared with us, it makes us well informed.

I appreciate it when options are laid out for me. Explain the merits and demerits. Let me make my own decisions. And do not be angered when I go with something that isn't what you suggested.

“Shared decision making is an important part of good medical practice”





Take Home Message

As everyone extends good luck and the best of wishes to you; we, from the editorial team, will not do that. And here is why-

In the years to come...

We hope you will be treated unfairly from time to time;

So that you will come to know the value of justice.

We hope you will suffer betrayal from time to time;

So that you will appreciate the comfort of loyalty.

We hope you will be lonely from time to time;

So that you will never take your friends for granted.

We hope you will be ignored from time to time,

So that you will know the merit of listening to others.

We hope you will face bad luck from time to time;

So that you will be conscious of the role of chance in life.

We hope you will fail from time to time;

So that you will realise that not every success is deserved.

We hope you will see friends gloat over your losses from time to time;

So that you will understand the importance of sportsmanship.

We hope you will endure just enough pain from time to time;

So that you will recognise the virtue of compassion.

Whether we wish these things or not;

They are invariably going to happen.

Whether you benefit from them or not;

That is entirely on your ability to read the message in your misfortune.

Yours Truly,

The Editorial Team





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