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AHMEDABAD MEDICAL ASSOCIATION

(Branch of Indian Medical Association) ESTD 1902

AMA House, First Floor, Opp. H. K. Arts College,

Ashram Road, Ahmedabad - 380009 Phone : (079) 26588775

AHMEDABAD MEDICO NEWS

Email: amagsbima@yahoo.co.in

Website: www.ahmedabadmedicalassociation.com

AMACON²⁰²⁴

4th 5th May 2024 Sat - Sun

The Annual Conference of **Ahmedabad Medical Association**

Venue:

Ahmedabad Management Association AMA

Dr Vikram Sarabhai Marg, IIM Road, Ahmedabad, Gujarat 380009



VOL. 18

FEBRUARY - 2024

ISSUE - 10

Dr. TUSHAR PATEL
President - AMA



Dr. URVESH SHAH
Hon. Secretary AMA

Imm. Past President - **Dr. JITENDRA SHAH**

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F.N.C.C.P., F.I.C.S.

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MD, DNB, Post Doctoral Fellow
(Pulmonary Medicine)

Dr. Mansi Dandnaik

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Message From President & Hon. Secretary



Dear members

Napoleon Bonaparte quoted, "It is the cause, not the death, that makes the martyr."

The supreme sacrifice of our COVID warriors, who laid down their lives due to COVID while rendering their services to the needy people, inspires us to rededicate ourselves in tribute to their great memory. The Indian Medical Association, Headquarters, announced 30th of January as COVID martyrs day in loving memory of all those heroes. We at AMA, paid homage by arranging Shraddhajali & Bhajan Sandhya on that evening. We honour especially those who actually had a great loss – their family members.

"The great gift of human beings is that we have the power of empathy, we can all sense a mysterious connection to each other."

— Meryl Streep

Empathy plays pivotal role in patient/doctor relationship. Many of the patients' problem & issues can very well be resolved by our empathic behaviour. One of the best examples of empathy & its effect was observed at another unique event arranged at



Ahmedabad Medical Association on 26th January 2024, where, around 100 children who have been treated for their hearing loss by cochlear implants were invited with their family members. The chemistry between the beneficiary children & their healers was commendable. The flag hoisting, stage performance & everything in a patriotic environment was amazing on that day.

We are continuing our efforts to cater maximum possible academic feast to our members. AMACON 2024 is going to be another big academic event. Everyone is expected to participate & take benefit of it.

The people & media have observed our unity against violence on doctors; every compartment of society strongly condemned such incidences.

“United we stand, divided we fall” – the phrase used in his last speech, Patrick Henry conveyed a best ever message; & that's the only way we can defeat every enemy of our profession & at a large also of our entire society.

May the magic of spring fill up your life with lots of love, joy and peace!

Happy Spring!

Jai AMA



Jai IMA

Dr. Tushar Patel
President

Dr. Urvesh Shah
Hon. Secretary

Ahmedabad Medical Association



75TH REPUBLIC DAY CELEBRATION 26 JAN 2024





75TH REPUBLIC DAY CELEBRATION 26 JAN 2024





75TH REPUBLIC DAY CELEBRATION 26 JAN 2024





AMA CME 21 JAN 2024





MEETING WITH HEALTH MINISTER AND HEALTH DEPARTMENT REGARDING PENDING PMJAY YOJANA PAYMENTS 21 JAN 2024



CANCER AWARENESS TALK IN ASSOCIATION WITH GCRI & ZYDUS HOSPITAL 03 FEB 2024



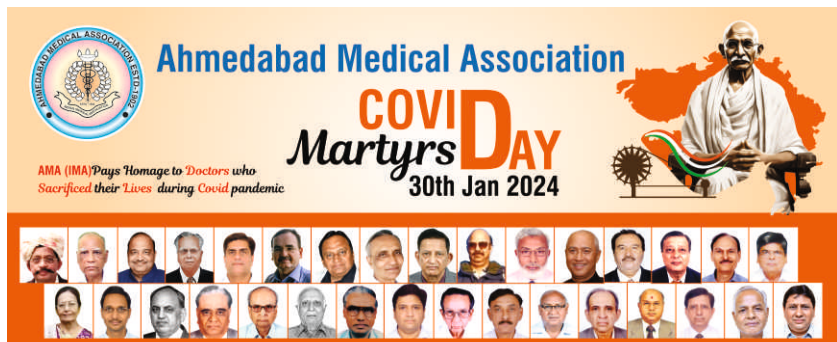


GRAND REVISIONS FOR 2ND MBBS STUDENTS APPEARING IN GUJARAT UNIVERSITY EXAMINATION 10-13 FEBRUARY





IMA - COVID MARTYRS DAY 30 JAN 2024





IMA - COVID MARTYRS DAY 30 JAN 2024





IMA - COVID MARTYRS DAY 30 JAN 2024





IMA - COVID MARTYRS DAY 30 JAN 2024





LADIES CLUB PROGRAMME 29 JAN 2024



ANSHCON 27-28 JAN 2024



SMAG CRICKET CUP 2024





RUN FOR ORGAN DONATION AWARENESS 04 FEB 2024





AAO GAON CHALEN





CPR TRAINING PROGRAMS





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Dr. Yogesh A. Gupta
MD (Internal Medicine), PGDHM
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Consultant Physician

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☎ +91-97270 45459



DEPARTMENT OF GENERAL MEDICINE



Dr Rajesh Kumar

MBBS, MD (Internal Medicine)

Physician

✉ rajeshj.kumar@marengoasia.com

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**AHMEDABAD MEDICAL ASSOCIATION YEAR : 2023-2024****OFFICE BEARER****PRESIDENT****Dr. TUSHAR BHAGAVATPRASAD PATEL**

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4th 5th May 2024 Sat - SunThe Annual Conference of **Ahmedabad Medical Association**

SALIENT FEATURES:

- Eminent National Faculties
- Paper/Poster Presentation for students
(for IMA members only) with certificate
- Pre Conference workshops
- Full day Spouse Programs
- GMC Credit Points
- Attractive gift

4th May 2024 (Saturday)

Venue:

Leading Hospitals Of City

Time: 01:00 pm to 05:00 pm

N.B. No Spouse or students activity
on Saturday 4th may

5th May: 2024 (Sunday)

Venue:

Ahmedabad Management Association Hall

Time: 08:00 am to 05:00 pm

Main Conference:

Full Day Spouse Program

Paper and Poster Presentation for students

More details will be updated on website: www.ahmedabadmedicalassociation.com

REGISTRATION FEES

CATEGORY	Up to 31.3.24	Up to 15.4.24	Up to 30.4.24
DELEGATE	₹ 1000	₹ 1200	₹ 1500
COUPLE DELEGATE	₹ 2000	₹ 2400	₹ 3000
STUDENTS- RESIDENTS	₹ 500	₹ 700	₹ 1000



AMACON 2024

4th 5th May 2024 Sat - Sun

The Annual Conference of Ahmedabad Medical Association

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DR. DHANESH PATEL

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Dr. Tanumati G. Shah Scientific Programme

'Haematology Update'

Date : 3-3-2024, Sunday

Time : 10 am to 1 pm

Venue : Ahmedabad Medical Association,
Ashram road

Expert speakers & Topics :

Dr. Himal Shah : Rational use of Blood components in
haematology practice

Dr. Eva Bhagat : Case based discussion – 'From the desk of
haematologist'

Dr. Ankit Raiyani : Approach to thrombocytopenia

Co-ordinators

Dr. Mukesh Maheshwari

Dr. Hitendra Nayak

Programme will be followed by lunch.

For Registration Contact:

AMA office on 079-26588775

during 2.00 pm to 6.00 pm

Courtesy : Lupin Oncology

Dr. Tushar Patel
President, AMA

Dr. Urvesh Shah
Hon. Secretary, AMA



Dr. Tejas Patel Scientific Programme

**Ahmedabad Medical Association has
organized Scientific Programme
In association with College of GP, IMA-GSB on
“Multi-speciality Update on Eosinophilic disorders”**

Date : 10-3-2024, Sunday

Time : 10 am to 1 pm

Venue : Ahmedabad Medical Association, Ashram road

Expert Speakers

Dr. Chirag Shah : Gastroenterology

Dr. Vishnu Sharma : Immunologist

Dr. Amrish Patel : Pulmonologist

Co-ordinators

Dr. Rajesh Desai

Dr. Arpit Prajapati

Programme will be followed by lunch.

**For Registration Contact: AMA office on 079-26588775
during 2.00 pm to 6.00 pm**

Dr. Tushar Patel
President, AMA

Dr. Urvesh Shah
Hon. Secretary, AMA

Dr. Jashwantsinh Darbar
Director, CGP IMA GSB

Dr. Vasant Patel
Secretary, CGP IMA GSB

Dr. Bharat Kakadia
President, GSB IMA

Dr. Mehul Shah
Hon. Secretary, GSB IMA



Dr. H. G. Jambhekar Scientific Programme

Ahmedabad Medical Association organises Interactive CME on Hematology and Solid Tumours In Association with HOC VEDANTA

Date : 31-03-2024, Sunday | Time : 9.30 am to 12.35 pm

Venue : To Be Announced

09.30 am - 10.00 am	Breakfast & Registration
10.00 am - 10.15 am	Changing Paradigm in Medical Treatment in Cancer Dr. Bharat Parikh (Medial Oncologist)
10.15 am - 10.30 am	Treatment of Iron Deficiency Anemia Dr. Sandip Shah (Hematologist Oncologist & Stem Cell Transplant Physician)
10.30 am - 10.45 am	When to suspect Cancer in Clinic Dr. Asif Shaikh (Medical Oncologist & Hematologist)
10.45 am - 11.00am	Overview of treatment of breast cancer. Dr. Chirag Desai (Medical Oncologist)
11.00 am - 11.15am	Tea Break
11.15 am - 11.30 am	Suspecting and workup of case of Myeloma Dr. Bhavin Shah (Medical Oncologist)
11.30 am to 11.45 am	Suspecting Hematology Malignancy in a Pediatric Patient. Dr. Deepa Trivedi (Pediatric Hematologist)
11.45 am - 12.00 pm	Immunotherapy in cancer patients. Dr. Rahul Jaiswall (Medical Oncologist)
12.00 pm - 12.15pm	Workup and deciding treatment approach in lung cancer Dr. Jay Dadhania (Medical Oncologist)
12.15 pm - 12.35 pm	Interactive session with Question Answers and MCO's TEAM HOC VEDANTA
12.35 pm onwards	Lunch

(Registration is free, but compulsory)

For registration, send your Name & Designation on 9898337948

Co-ordinators

Dr. Dhananjaysinh Gohil

Dr. Alpa Gandhi

Dr. Tushar Patel

President, AMA

Dr. Urvesh Shah

Hon. Secretary, AMA



CONGRATULATION

**PADMABHUSHAN****Dr. Tejas Patel**

MD, DM, FACC, FESC, FSCAI, FCSI

**Chairman and Chief Interventional Cardiologist
at Apex Heart Institute, Ahmedabad**

Ahmedabad Medical Association takes this opportunity to wish Dr. Tejas Patel for being conferred with prestigious **PADMABHUSHAN** which is the third-highest civilian award in the Republic of India. It's a well deserved recognition for his contribution in the medicine field. Dr Patel has also received **PADMASHRI** for the year 2015 from Hon'ble President of India & Dr. B. C. Roy Award for year 2005. **He is first Doctor from Gujarat who has received such honour.**



Report of Dr Love Dalal Scientific Programme 'Gastro Update' Date 21-01-2024

A CME was organized by Ahmedabad Medical Association in collaboration with Aryav Superspeciality Hospital and Apex Gastro Health at AMA hall, Ashram Road, Ahmedabad on 21st January, 2024. Dr Neil Palkhiwala, Dr Pathik Parikh, Dr Jigar Patel and Dr Jignesh Patel were invited as expert speakers. The programme was co-ordinated by Dr Hitendra Parikh, Dr Aniket Tripathi and Dr Rutvij Parikh. CME was attended by more than 65 delegates. The sessions were quite informative and interactive.

Report of 75th Republic Day celebration Date 26-01-2024

75th Republic Day of India was celebrated at AMA hall, Ahmedabad with great zeal and enthusiasm. Flag hoisting ceremony was joined by approximately 100 children with cochlear implants. After flag hoisting ceremony, cochlear implantee kids showcased their talents through various stage performances. Our sincere gratitude to Dr Neena Bhalodiya, Department of ENT and AudiologySLP College, GMERS Medical College, Sola for taking initiative and smooth execution of this unique event. our sincere gratitude to all the donors for that generous contribution of Rs. 40 Lakhs to department of ENT, GMERS medical college Sola. Dr. Kalpita Dave, Dr Alpa Gandhi, Dr Monika Vyas and Dr Hetal Pandya were the co-coordinators for the programme.

Report of 'COVID Martyrs Day' Date 30-01-2024

Ahmedabad Medical Association has organized Bhajan Sandhya to pay homage to the doctors of our association who sacrificed their lives during COVID pandemic. The family members of such doctors were invited to pay the tribute. Prof (Dr) Bharat Joshi Vice-Chancellor of Gujarat Vidyapith were invited as a Chief Guest for the programme. The programme was very well anchored by Dr Nirali Patel.



Report of Grand Revision session of Pharmacology, Microbiology & Pathology Practicals for UG students Date 10-02-2024 - to 13-02-2024

Ahmedabad Medical Association has organized grand revision of Pharmacology, Microbiology & Pathology practicals session for the undergraduate students preparing for the Gujarat University exam from 10th February, 2024 to 13-02-2024 at AMA hall. Emphasis was given to practical exercises and preparation for the viva. Our sincere gratitude to the expert faculties of the subject Dr. Vipul Chaudhary, Dr. Jigar Panchal and Dr. Devang Rana, Dr Atit Shah & Dr. Urvesh Shah, Dr. Sanjay Dhotre, Dr. Anjali Goyal, Dr. Minesh Gandhi and Dr. Hemina Desai for sparing their valuable time and expertise for UG students. Sessions were conducted in two batches.

OBITUARY



Dr. Mukul Shah

M.D., Gynec

(Dt. 08-01-1950 - Dt. 28-01-2024)

Ex-Vice President, Ahmedabad Medical Association - 1983-1984

Ex-Mayor, Ahmedabad.

Ex-Pro Vice-Chancellor of Gujarat University



OBITUARY

May their soul rest in eternal peace.



DR. DHANRAJ JASRAJ KOTHARI

L-368 M.D., L.L.B.

Date of Birth : 21-09-1939

Date of Death : 22-12-2023



DR. KANUBHAI T. SHAH

L-965 M.B.B.S.

Date of Birth : 15-05-1924

Date of Death : 30-1-2024



DR. MANOJ M. SHAH

L- 986 M.S.FICS

Date of Birth : 24-12-1945

Date of Death : 07-01-2024



DR. JAYSHREE V. PATADIA

L-3768 M.D. Medicin

Date of Birth : 12-06-1971

Date of Death : 30-01-2024



DR. MONA MAYANK PATEL

L-2433 M.D.

Date of Birth : 11-12-1960

Date of Death : 05-02-2024

We send our sympathy & condolence to the bereaved family.



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લેડીઝ-ક્લબ

यत्र नार्यस्तु पूजयन्ते, रमन्ते तत्र देवताः

૨૯-૧-૨૦૨૪ એ સર્વાઈકલ કેન્સર વિષે,
તેમજ તેનાં વોક્સન વિષે જરૂરી માર્ગદર્શન,
તેમજ બ્રેસ્ટ કેન્સરનાં પણ કારણો તેમજ
તેની સારવાર અંગે માહિતી આપતો
જાગૃતિ સભર કાર્યક્રમ લેડીઝ-ક્લબ ખાતે યોજાઈ ગયો.

આગામી પ્રોગ્રામ, પીકનીક્કનું આયોજન કરવામાં આવ્યું છે.

તારીખ : ૦૨-૦૩-૨૦૨૪, શનિવાર

ડૉ. ક્ષમાબેન શાહ (પ્રમુખ)

મો. ૯૩૨૭૦ ૬૬૬૪૦

ડૉ. તુષાર પટેલ (પ્રમુખ, એ.એમ.એ.)

ડૉ. મનીષાબેન મહેતા (સેક્રેટરી)

મો. ૯૮૮૮૦ ૧૬૮૭૪

ડૉ. ઉર્વેશ શાહ (સેક્રેટરી, એ.એમ.એ.)



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12598	L	DR. SAVANI DAYABEN BABUBHAI
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12601	L	DR. SHAH POOJA JAYESHBHAI
12602	L	DR. PATEL CHETANKUMAR JAYANTILAL
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12609	L	DR. SONI AKSHAR VASANTKUMAR
12610	L	DR. KAPADIYA NAVNEETKUMAR MANUBHAI
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12612	L	DR. VYAS HIRAK BHAVNESHBHAI
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12614	LC	DR. PATEL JANKI GIRISHBHAI
12615	L	DR. PATEL JIMMY MAHENDRAKUMAR
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12623	LC	DR. AGARWAL APURVA KUSHAL
12624	L	DR. SHAH SANYAMKUMAR KISHORBHAI
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12626	LC	DR. SAGPARIA KHUSHBU JAYANTBHAI
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12780	LC	DR. TAVIYAD ANKIT LAXMANBHAI
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12848	L	DR. PATEL SHAILYA AMRISH
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12870	LC	DR. CHANGELA HARMONY RAJBHAI
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12874	L	DR. SHUKLA MAULI KETANBHAI
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12880	LC	DR. PATEL MANSI SHAILESHKUMAR
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12882	L	DR. SHAH KRUPA KUNJANBHAI
12883	L	DR. NARANIA PAYAL DHRENDRABHAI
12884	L	DR. THARAD KRITI SURENDRABHAI
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12887	L	DR. SHAH KESHA BAKULBHAI
12888	L	DR. PATEL RUCHA SUBHASHKUMAR
12889	L	DR. PATEL SALONI TUSHARBHAI
12890	L	DR. PARIKH BANSARI KALPESHBHAI
12891	L	DR. BHATT RUTVIK KETANBHAI
12892	LC	DR. PATEL HARSH BALVANTBHAI
12893	LC	DR. PATEL HIMADRI DIPAKKUMAR
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"P. P. S. House", Beside Sakar-V Building, Nr. Mithakhali Railway Crossing,
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Website : www.ppsgsbima.com

(Reported by Dr. Bipin M. Patel, Chairman, P.P.S.)

Sub. : Renewal Notice : 2024-2025

The Office has received back the Renewal Notices of the following members with postal remarks as 'left' or 'Not Known'. The concerned members are requested to notify immediately change of their addresses to the P.P.S. Office.

Sr. No.	P.P.S. No.	Name	Branch/ City
1	741	Dr. Nayak Umesh Hargovindbhai	Adipur (Kutch)
2	2129	Dr. Achrya Vijay Bhanubhai	Ahmedabad
3	15226	Dr. Adatia Ravi Rajeshbhai	Ahmedabad
4	7967	Dr. Ambani Hemaxi Hemang	Ahmedabad
5	16600	Dr. Anand Nirav Babubhai	Ahmedabad
6	14536	Dr. Anderpa Mayankkumar Maganbhai	Ahmedabad
7	15784	Dr. Anita Srinivasan D/O Srinivas Rajamani	Ahmedabad
8	9004	Dr. Bajaj Devanand Lalchandra	Ahmedabad
9	15069	Dr. Bakhda Dhawal Navinchandra	Ahmedabad
10	14509	Dr. Parikh Umakant Vithaldas	Ahmedabad
11	15044	Dr. Bhagat Chintan Ayantilal	Ahmedabad
12	14925	Dr. Bhatt Darshankumar Madhavray	Ahmedabad
13	12381	Dr. Bhatt Dhvani Nareshkumar	Ahmedabad
14	6574	Dr. Bhatt Jagat Bharatkumar	Ahmedabad
15	8361	Dr. Bhatt Maharshi Prakash	Ahmedabad
16	1181	Dr. Bhatt Shailesh Chhabilshankar	Ahmedabad
17	16868	Dr. Bhattar Rohit Kamal Kishor	Ahmedabad
18	10714	Dr. Bhavsar Devang Chandrakantbhai	Ahmedabad
19	2109	Dr. Bhojak Nitinbhai Jesinghbhai	Ahmedabad
20	15253	Dr. Chandrana Uttam Hasmukhbhai	Ahmedabad
21	5053	Dr. Chaudhari Mukeshkumar Kedarmal	Ahmedabad
22	13995	Dr. Chaudhari Vipulkumar Dineshbhai	Ahmedabad
23	13580	Dr. Chauhan Sanjay Ranchodbhai	Ahmedabad
24	7383	Dr. Chuahan Nilesh Ramanlal	Ahmedabad
25	5793	Dr. Dalal Nipa Aroonkumar	Ahmedabad
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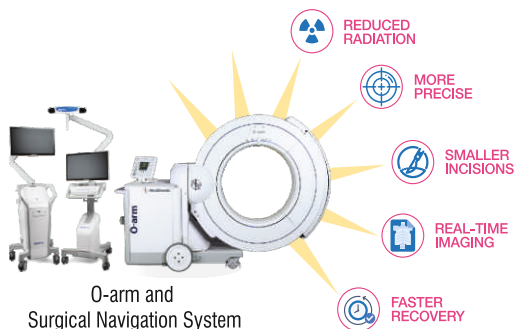
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Exam Stress and its Management

Dr. Suhas Doshi

M.D. Psychiatry(Gold Medalist)

CBT Specialist

GIPS Hospital

Ahmedabad

In India, exam season create an environment of deep stress involving students, parents, teachers and coaching classes. While parents concerned about their societal status, schools and coaching classes create unnecessary environment of competition and comparison. Exam anxiety may cause some students to work harder and be more motivated, but it may also have debilitating effects on other students, such as making them unable to concentrate or causing them to put things off, which can result in low grades or even dropout rates. Let us start with understanding what anxiety is and how it is related to examinations. Fundamentally, anxiety is the body's usual reaction to something that has to be attended to in the surroundings. The body goes through a process known as the "fight-or-flight response," in which it gets ready to either face the threat or run away from it. Although a small degree of worry can help to foster drive and responsibility, excessive anxiety can cause mental and physical health issues as well as make it difficult for a person to operate in a variety of social and academic contexts.

Here are few research findings explaining the reasons and impact of exam anxiety. According to Cheraghian et al. (2008), test takers may feel anxious because they believe their performances are being closely watched and assessed. Moadeli and Ghazanfari (2005) state that low confidence or subpar academic achievement



may be the outcome of this distressing emotion brought on by test anxiety. In addition to worrying about social evaluation, test-anxious people may also worry about being negatively judged by others, including parents and teachers (Lowe et al., 2008). Research also indicates that female students are more likely than male students to experience anxiety, and older students often experience higher levels of stress (Ginter et al., 1982). Several studies have indicated that students' exam anxiety may stem from a lack of preparation. There is a theory that suggests that the fear of falling short of expectations, whether they are set by one or by others, can set off a vicious cycle of anxiety that lowers motivation and increases negative self-talk. Wine's 1980 study found that people who are test-anxious have a tendency to use their attentional resources inefficiently by worrying and criticizing themselves, which makes it harder for them to concentrate on the job at hand. All these suggest that both social and psychological factors contribute in causation of exam anxiety. Now let's learn to manage exam anxiety.

The goal of test anxiety management techniques is to lessen the strain brought on by exam-related anxiety and is not to completely eliminate anxiety because most students can benefit from a moderate level of discomfort. A few strategies are mentioned here:

- Self awareness and acceptance among the student and their family, regarding the issue of exam phobia/test anxiety is the foremost thing. This will pave the way and open the door for resolving the issue, as without awareness and acceptance change is not possible.



- Parents and near one should be watchful about their own anxiety which, if unaddressed, can lead to increase in fear among the students. They should avoid undue advices, nagging and allow child to prepare as per his preferences. They should not bring complete change in their routine work as this can increase performance pressure among children. They should ask student whether he/she requires any help and should do accordingly.
- Dare to be average: Looking at the current scenario one of the major factors contributing to exam fear is apprehension of not been among the top creamy layer. This undue harshness on oneself should be lowered by understanding that exam score does not completely define any student.
- Exam is only one part of life. This basic understanding needs to be cultivated in the society as a whole. It is not the end of life if you score low or fail in any exams.
- Sabse Bada Rog Kyaa Kahenge Log: The fear of been judged by family members, teachers or society needs to be addressed collaboratively. The need to impress others by scoring well should be corrected. The primary purpose of education is to acquire knowledge, stay happy and learn basic life skills. Education is not the only source of earning or employment should be understood.
- A fearful student should neither avoid nor should try very hard to study. Both these behaviors in fact increase the fear. As you try more and more the situation slips out of your control and fear increases.



- Be mindful. Don't focus on getting rid of the anxiety because that will only feed the anxiety. Be with your anxiety-be and observer of your physical symptoms and continue with your work.
- Don't create your own emotional web. During anxious phase it's very common to have fearful thoughts and apprehensive questions. Commonest mistake is trying to find answer and to feel reassured. This leads to rumination and increase anxiety, at the end of which you feel helpless, more anxious and frustrated. So just allow those thoughts to come and go and you carry on with your activities.
- Regular exercise, sleep and eating schedule will definitely help all students who are appearing for exams. This can vary from student to student.
- Preparing for exams well in advance and take regular breaks for your hobbies. Make small and achievable targets and work consistently on them rather than taking a huge step at once and then failing to maintain it. Learning specific remembering techniques from experts and seniors do help.
- Lastly one should not hesitate to seek professional help to deal with the situation. In case of chronic case an expert should be consulted at least 3-4 months prior to exams.

In conclusion, test anxiety is comparable to an unforeseen pop quiz, taking us by surprise. However, equipped with straightforward strategies and a modest understanding, we have the ability to transform these anxious sentiments into assured success.



Substance Abuse : Let's Fight with All our Might

Initiative by Ahmedabad medical association

Opiate and psychotropic drugs are valuable therapeutic tools when used as medically indicated for a variety of symptoms and conditions.

Unfortunately, non-clinical misuse of these addictive substances is an enormous problem worldwide.

Drug addiction is a complex social, economic and legal issue as well as a threat to public health and safety globally.

It affects people from all demographic and social groups and economic spheres. In addition to exposing themselves to the direct health risks related to the inappropriate use of these substances, persons addicted to drugs may engage in high risk behaviour, such as needle-sharing and unprotected sex, and many resort to criminal activity to finance their expensive addiction.

These factors increase transmission of viral infections, such as Hepatitis B and C and HIV/AIDS, among both users and non-users alike. Other results of addiction include failure to maintain employment or to function in social and family life.

We doctors are forefront in this fight against the substance abuse. Let us formulate this guidelines in our day to day practice.

1. Responsible prescribing practices

- Doctors should be aware of the addictive properties of certain psychotropic and opiate drugs.
- When such drugs are medically indicated, their use must be carefully monitored to ensure that the patient is following



strict dosage instructions, timing and any other factors associated with the safe use of the particular drug.

- All appropriate measures must be taken to prevent the stockpiling, resale or other illicit usage of the drug.
- Doctors should be aware of non-medical factors that may predispose patients to addiction. These may include, among others, family history, past addiction, emotional trauma, depression or other mental health conditions and peer pressure, especially among young persons.
- Drug seekers often consult more than one physician in an effort to obtain multiple prescriptions. In extreme cases, drug seekers may harm themselves to create symptoms to obtain a prescription
- When prescribing any psychotropic or opiate substance to minors, doctors must ensure that the parents or guardians of the patient are fully informed of the potential misuse of the drug and encouraged to monitor the child carefully to ensure adherence to the physician's instructions

2. Awareness raising and policy development

- Let us come together to promote appropriate drug prevention programming at all levels of the educational system.

Story of Tramadol

We all know this synthetic opiod has revolutionized the management of pain across all speciality. But as the class suggest long term missue of this medicine can lead to substance abuse. The reasons behind this are



1. Feel good chemical Dopamine which makes patient feel relaxed and calm.
2. Tolerance which leads to high dose giving effects
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When this medicine are taken along with Alcohol, Other Painkillers, Sedatives, like Benzodiazepines and Sleeping Pills And Cold Medicine, the risk of developing an addiction is higher. Mixing these substances can lead to respiratory depression. It also increases the risk of seizure or overdose.

Recently we have seen a rise in abuse of alcohol, drugs and substance abuse. Ours is a young country and we need to protect the young from this abuse. They need the right information from the right people. And doctors are the best people to guide, prevent, treat and rehabilitate these young people.

Let's vow for Abuse free Youth.

The Crucial Role of Bone Marrow Transplantation Across Diverse Diseases : A Guide for Medical Physicians

Dr Himal M. Shah

MD, DM (Clinical Hematology ,CMC Vellore)
Hematologist and BMT physician
QURE Hematology centre, Ahmedabad
9099923281

Bone marrow transplantation (BMT), a medical marvel that has revolutionized the treatment landscape, serves as a cornerstone in the management of various diseases. As medical physicians, understanding the need and requirements of BMT across a spectrum of disorders is essential for providing comprehensive



care to our patients. This article explores the significance of BMT, its indications, and the evolving landscape of this therapeutic modality.

Understanding Bone Marrow Transplantation: A Therapeutic Marvel

Bone marrow, a dynamic tissue within bones, is a rich source of hematopoietic stem cells responsible for the production of blood cells. Bone marrow transplantation involves the infusion of healthy stem cells into a patient's bloodstream to replace damaged or diseased marrow. This procedure can be life-saving for individuals with disorders affecting the bone marrow's ability to function optimally.

Indications for Bone Marrow Transplantation: A Diverse Spectrum

1. Hematologic Malignancies:

- **Leukemias:** Acute myeloid leukemia (AML), acute lymphoblastic leukemia (ALL), and chronic myeloid leukemia (CML) often necessitate BMT as a curative or consolidative therapy.
- **Lymphomas:** Both Hodgkin's and non-Hodgkin's lymphomas may require BMT in cases of relapse or high-risk disease.
- **Multiple Myeloma:** Autologous BMT remains standard of care as consolidation therapy in all patients of multiple myeloma who are transplant eligible after receiving initial induction therapy.

2. Non-Malignant Hematologic Disorders:

- **Aplastic Anemia:** BMT is a definitive treatment for aplastic anemia, where the bone marrow fails to produce enough blood cells.



- **Thalassemia/Sickle cell anemia:** Patients with hemoglobinopathies may benefit from BMT to replace faulty marrow and improve blood cell production.

3. Genetic Disorders:

- **Primary immunodeficiency:** BMT offers a potential cure for Primary immune deficiency diseases by providing healthy stem cells capable of producing normal functional immune system

4. Autoimmune Diseases:

- **Multiple Sclerosis:** BMT is being explored as a treatment option for some cases of aggressive multiple sclerosis, aiming to reset the immune system.
- **Systemic Sclerosis:** BMT has shown promise in halting the progression of systemic sclerosis, an autoimmune connective tissue disorder.

5. Inherited Metabolic Disorders:

- **Hurler Syndrome:** BMT can be a life-altering intervention for certain metabolic disorders like Hurler syndrome, preventing the progression of debilitating symptoms.

6. Solid Tumors:

- **Neuroblastoma:** In select cases of high-risk neuroblastoma, autologous stem cell transplantation (using the patient's own cells) may be employed for consolidation after intensive chemotherapy.

Requirements and Considerations for Bone Marrow Transplantation: A Multifaceted Approach

1. HLA Matching:

- **Optimal Donor Selection:** Achieving human leukocyte antigen (HLA) compatibility between the donor and



recipient is critical to minimize the risk of graft-versus-host disease (GVHD) and improve engraftment success.

2. Conditioning Regimen:

- **Myeloablative vs. Non-Myeloablative:** The choice of conditioning regimen depends on the underlying disease, patient's age, and overall health. Myeloablative regimens involve high-dose chemotherapy or radiation to eradicate the existing bone marrow, while non-myeloablative approaches aim for immune system modulation.

3. Graft Types:

- **Autologous vs. Allogeneic:** Autologous BMT involves using the patient's own stem cells, while allogeneic BMT utilizes stem cells from a compatible donor. Allogeneic transplantation is often preferred for conditions where graft-versus-tumor effect is desirable.

4. GVHD Prophylaxis:

- **Immunosuppressive Medications:** Graft-versus-host disease, a potentially serious complication of allogeneic BMT, is managed through prophylactic immunosuppressive medications to modulate the immune response.

5. Post-Transplant Monitoring:

- **Vigilant Surveillance:** Regular monitoring for signs of engraftment, graft rejection, infection, and GVHD is crucial. Adjustments to the treatment plan may be necessary based on the patient's response.

Conclusion: Navigating the Landscape of Hope



In conclusion, bone marrow transplantation stands as a beacon of hope for patients grappling with a diverse array of diseases. As medical physicians, our role extends beyond diagnosing and managing diseases; it encompasses understanding the nuances of BMT, recognizing its indications, and navigating the evolving landscape of transplantation medicine. With ongoing research and technological advancements, the scope of BMT continues to expand, offering new possibilities and improved outcomes for patients in need. By staying informed and embracing the potential of bone marrow transplantation, we contribute to a future where more individuals can experience the transformative power of this life-saving intervention



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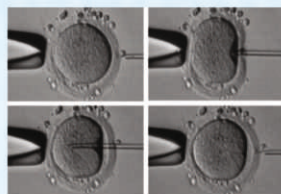
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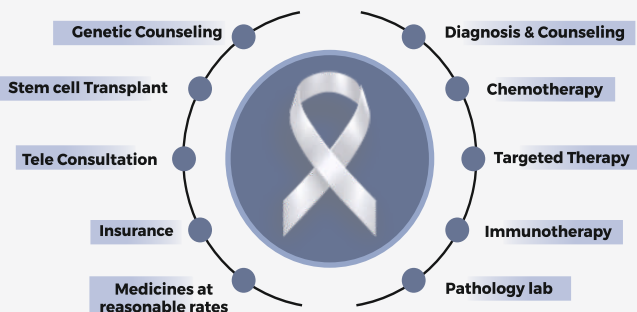
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- It is minimally invasive and leaves no visible scars.
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Bowel Endometriosis management by colo-rectal resection: Laparoscopic surgical technique & outcome

Background and Objectives: Bowel Deep Infiltrating Endometriosis (DIE) management by colo-rectal resection is a complex procedure. The purpose of the present study is to delineate a meticulous approach to the assessment of the patient, step-wise surgical technique, pre, and post-operative care, and its short-term and long-term outcomes.

Methods: This is a single centre retrospective study done on patients of bowel DIE managed by colo-rectal resection between January 2019 to June 2021.

Results: There was a significant improvement in the symptomatology of patients post-surgery. Our surgical technique is feasible with acceptable short-term and long-term outcomes.

Conclusion: Bowel DIE management can be proficiently executed with proper diagnostic approach, appropriate surgical expertise with exhaustive pelvic anatomy knowledge especially concerning autonomic nerve plexus.

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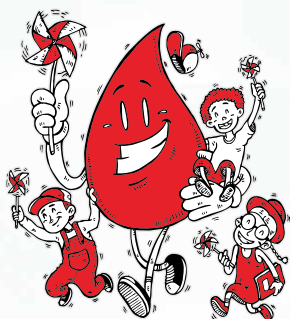
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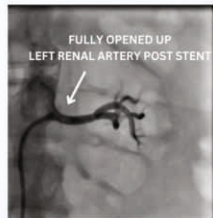
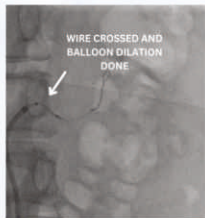
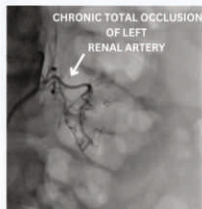
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