



## Learning to Climb

Let me share an unforgettable memory of mine during the start of my clinical postings. Excited to wear the white coat, I was walking around the general ward when I happened to see a friendly patient and got to chatting with him. The conversation veered on to his sickness and for the first time in my life, someone asked me the golden question ‘what should I do now doctor?’ Feeling elated, I acted like a ‘doctor!’ I took the next obvious step - took her CT scans and looked at them.-Now looking back, I wonder if I even held them right!- But I mumbled something about ‘dense hemiplegia’ and internal capsule. I might have looked ‘educated’ to them! They seemed impressed, till the next day. Little did I know that my professor had seen me looking at the CT scan from the other side of the ward. The next day; my professor-asked me to present the ‘-case’ - the very same patient whose ‘history’ I had taken earlier (and also diagnosed) I got stuck at every point; right from defining pulse to measuring JVP to taking relevant social history. I didn’t feel so much like a doctor then. Then he told me the golden rule - basics first. Learn to take a proper history, pick up relevant signs and then appropriate investigations. Then - only if needed look at the CT. I learned my lesson that day. Since then, it’s always been - basics first; then if needed advanced ‘antiques!’

**-Fr.Dr. Daniel Johnson**

*Director-Medical Missions*

## Editorial Medicine & Technology

Over the past decade India has leapfrogged in the field of technology e.g. in space, defence, education and medicine. However, what seems to follow these developments like a shadow is the fine print that says it was way cheaper than what a similar product, technology or services would have cost in the developed world.

While ‘cheap’ could also mean ‘value for money’, in another time and place it goes with the warning “caveat emptor”, i.e. ‘Buyer Beware’ or in plain speak, you get what you paid for. So, in order to focus on the medical front and India, statistics tell us there is a tremendous increase of patient’s year on year and it is all set to grow. A general yard stick seems to suggest that a complete end to end treatment in India is on average about 3 times less expensive as compared facilities elsewhere. But should we stop here? No, that would be futile and a very short term and short-sighted approach. Remember, if the formula for success is only low cost, then, this recipe will be easily replicated by other countries with a low- cost advantage e.g. the Philippines, China or Sri Lanka. Look at what’s happened to the manufacturing industry, most of it has flown away to China. While this may not be the podium to set things alight, it is proposed that the focus of medical education, post-graduation and hospital services also upgrade for what is seemed as cutting edge technology i.e. Robot Assisted Surgery, Stem Cell Therapy, Photodynamic Therapy, Stem less implant shoulder replacements.

It should be an obvious fact that what is seemingly ‘hi-tech’ today, percolates down with respect to affordability both in the international and national scenario. Hence, if time and effort were to be invested at this very juncture in what is termed as planning for the future, it will help all of us. For now, enjoy this news letter!

**-Naomi Joji Kurian**  
*Student Editor 2017-2018*  
*Batch of 2017*

## BCMC-First Impressions

As the car passes through the magnificent double arched entry, the honks of the cars and the roars of the scooters passing on the street die away, to be replaced by the sweet chirping sounds of the numerous birds and the eye soothing lush green scenery. What is more impressive are the towering four storeyed buildings that lay ahead, one of them being the college campus.

The infrastructure that replicates the 15<sup>th</sup> century Victorian buildings leaves one wondering about the impression history has left on mankind's mind. Wandering around the college, I peek into the various rooms. Here I see fully equipped labs that leave me curious about the various experiments that we were about to perform. There are 5 air conditioned lecture halls with a seating accommodation of approximately 150 students, a grand auditorium on the 4<sup>th</sup> floor capable of accommodating 500+ guests, a large examination hall, the dissection hall where we would learn to dissect on the cadaver and discover the secrets of the human body, the central administrative block, a world class museum with over 200 specimens for the students to observe and learn, the chapel where the daily morning prayer services are held, and definitely, not to be forgotten, the thought provoking library, where there are enough medical books to satisfy anybody's taste.

Outside the building, looming ahead, is the hostel wing for girls, in front of which is the badminton court. A variety of exotic plants line the walkway, creating vibrant patterns in a field of green. Up ahead, we also have the principal's house, with our respective batch trees planted in front.

The campus also has its very own manmade lake with a depth of 40 feet, volleyball, basketball courts and a football ground. It also houses the Believer's Church Residential School and the largest theological library in South Asia. The premises also has its very own

poultry farm which supplies eggs and meat to students studying in the medical college, seminary, and school, and a bakery where all the bread and other confectionaries are made. The Metropolitan H.E. Most Rev. Dr. K.P. Yohannan's house is also located here, along with the staff accommodation and accommodation for the seminary students.

The teaching faculty are well acknowledged in their field and dedicated to their profession. They teach us with new and innovative methods so that we are able to grasp the concept quickly. We feel free to ask them doubts whenever we have not comprehended a portion of the subject. The foster parent system also helps us feel more comfortable and at gives us a homely feel even while far away from home.

Working in accordance with the motto, our hospital ensures quality care to the patients at an affordable cost. It also has various outreach programs such as 'bridge of hope' for reaching out to those who do not have access to basics. Community related programs are also held to reach out to people in the far of areas such as the adivasi tribes. The staff at the hospital are well acknowledged about the modern day technologies in the medical field, well trained and perform their duty in the healthcare sector with at most sincerity. I feel blessed to have become a part of this institution and look forward to the coming years we will spend here.

- Irene Jacob

*Batch of 2017*



## Reaching out, extending a BRIDGE OF HOPE

What better way to begin the new year than extending a ray of hope and a bridge of help to the underprivileged children of our country. That's exactly what the 2017 MBBS batch decided to do.

The first batch retreat was held on the 29<sup>th</sup> October at the Synod Campus. A bright Saturday morning, all 100 of us spent time looking around the beautiful campus, enjoying the serene atmosphere and beautiful buildings. Later that day, Rev.Dr. Daniel Johnson, Director of Medical Missions introduced us to something different. It was the BRIDGE OF HOPE project, a child care project of the Believers Church that supports over 70,000 underprivileged children by providing free education, health care and nutritious food. Rev.Dr. Daniel shared some touching real-life stories and videos on how these children were rescued from the clutches of poverty. All 100 of us decided we had to do something. We were all so privileged to be coming from well-to do homes and pursuing

MBBS at a prestigious institution. And there were so many, just like us, who couldn't manage a square meal a day. We decided to help.

This very thought was our driving force and we decided to join the Bridge of Hope Project. Rs. 50 that each of us would save per month would make a difference in the lives of 5 underprivileged children we would sponsor. We were driven by the joy of making a positive impact on each child. Sponsorship gives these children the necessary tools and opportunities for success by providing benefits and supportive programmes. We are proud to be part of this non-profit organization that gives children a new ray of hope for a brighter future and we hope to positively impact many more children and families in the near future.

**-Amala Maria Saji**

*Mission secretary 2017-2018*

*Batch of 2017*



**Name:** Mathan Ravikumar

**Date of Birth:** November 19, 2011

**Gender:** Boy

**Location:** Tamil Nadu, India



**Name:** Reddyvari Mamatha

**Date of Birth:** January 03, 2011

**Gender:** Girl

**Location:** Andhra Pradesh, India



**Name:** Yommi Likar

**Date of Birth:** December 14, 2007

**Gender:** Girl

**Location:** Arunachal Pradesh, India



**Name:** Binita Sujeet

**Date of Birth:** June 15, 2006

**Gender:** Girl

**Location:** Maharashtra, India

**Name:** Khajabi Shak

**Date of Birth:** October 24, 2010

**Gender:** Girl

**Location:** Andhra Pradesh, India



## Sunshine In My Pocket

Sitting across the window, I was listening to music, humming with joy on Christmas Eve at my home. My dad and mom were busy packing for the family trip to the beach. I was not that excited unlike my sister who also joined them happily. It had been three months in college and it was chaotic. In fact, all I wanted this vacation was to sleep and eat home cooked food. Every year we have a family tradition to go for trips like these.

On 29<sup>th</sup> December, at 10:00 am we left our home to reach Cherai at 2:00 pm. Away from the city, Cherai is famous for its calm beach. We stayed at an old style mansion named 'Esha Heritage Inn'. It was a quiet place where you could hear waves lapping in a rhythmic motion. I was mesmerised the moment we reached the place. In the evening we sat on the rocks and gazed at the expanse of serenity. All of us decided to go to the beach the next day.

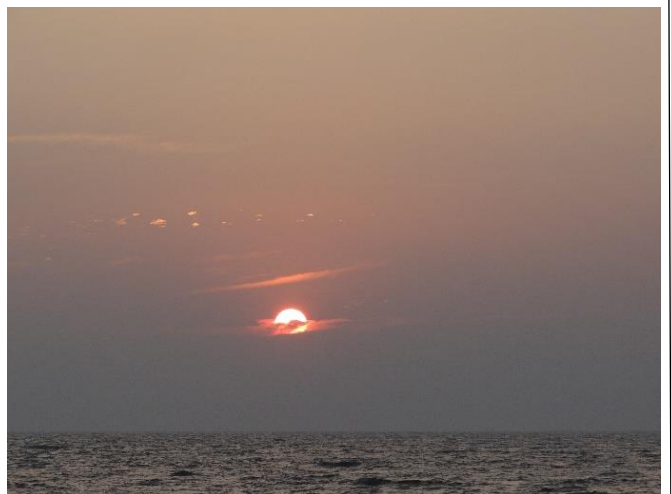
On 30<sup>th</sup> December morning, after a quick breakfast we decided to go to the beach. The smell of the salt in the air, the soft sand of the beach and beautiful waves washing my feet with sun shining on my face... Is this heaven? I thought to myself. But we had to come back quickly as the sun was burning us as the day passed to noon. We had a simple lunch and just sat in our rooms listening to the waves and I remember dad singing 'Sagar jaisi aankhon wali' matching the rhythm of the waves. The afternoon passed quietly and my sister and I were very excited to go to the beach again. In the evening, we reached there by 5:00 pm. My sister raced to wash her feet. I went behind her trying to match her pace, next thing we got wet by a huge wave. We laughed

madly and helped each other to stand up. And of course, we took a lot of pictures. Some candid, some random, some of our funny faces. Happiness do come in waves!

The waves continued to go back and forth with its enchanting sounds of nature. The more I stood there, the more I was in awe of this paradise. No noise, no complaints, no arguments, no questions, just the beach and I talking silently to each other. We sat on the rocks to watch the sunset by 5:55 pm. The sun went white to yellow, then to orange by this time. As it descended behind the clouds, it looked as if the sun had a moustache too! The sun set behind the waves slowly and the moon peeked out in the twilight sky.

By the time I reached the hotel, tears welled in my eyes. The trip was over and I had to get back to college before first of January. Travelling back home on 31<sup>st</sup> of December, I realized that the sea taught my soul.

**-Medha Vijayakumar**  
*Vice President 2017-2018*  
*Batch of 2017*



**Photography- Medha Vijayakumar**

## Commercialization Of Health Care

Recently thousands of medical students and doctors took to the streets to protest against the National Medical Commission. The National Medical Commission Bill was introduced in Lok Sabha recently and is listed for consideration and passage. The parliament proposes to replace India's existing medical education system with a new body that is to be represented by a majority or non-medical associated committee members.

A licentiate exam for MBBS graduates will be mandatory within 3 years of the passage of the bill. This exam will serve as a basis for granting license for medical practice and for admission to PG courses,.

So, why are Doctors against this new body? The NMC Bill should be opposed on several grounds.

It holds double standards as MBBS students are required to write a licentiate exam while students of other streams like Ayurveda and homeopathy need only a bridge course to

practice medicine. The government seeks to revive Ayurveda as a form of medicine in its purest form. However students could abandon their methods and this could lead to a mass of quack doctors practicing quasi allopathy. The Indian Medical Association has strongly opposed the NMC bill saying that it will cripple the functioning of medical professionals by making them completely answerable to the bureaucracy and non medical administrators. The bill takes away the right of every doctor to elect their medical council. As of now the supreme court has sent the bill to parliament committee for examination.

**-Jeffi Koshy**  
*Batch of 2016*

## Like the Forgotten Waves

As I gazed upon the shore  
The waves lapping at my feet  
One after the other they come and  
go  
Leaving no trace,  
Giving me solace.

I stare into the horizon  
Looking for a sign of console  
I leave my heart open wide  
Give all of me, with all that I am  
Yet I lay forgotten  
Like those waves that lash the  
shore...

The grey, dark clouds remain still  
The winds around whispers chills  
Paying no heed to my pleas...  
All of lays forgotten...  
Like the waves that lash upon the  
shore

**-Riya Trissa Siby**  
*Batch of 2016*

## ART



**-Irene Jacob**  
*Batch of 2017*



**-Irene Jacob**  
*Batch of 2017*

## NEWS & EVENTS

### **Informal freshers day**

More like an icebreaker session, the batch of 2017 showcased their talents, putting their best foot forward. It was a very memorable event and it helped the students to know one better.

### **Formal Interaction**

The first official interaction between the two batches of BCMC. A talent showcasing and the introduction of the new Students Council by Dr. George Chandy.



## NEWS & EVENTS

### Movie Club

A club started in order to help the students de-stress and enjoy an evening watching movies with a meaning that will stay etched in their hearts and minds forever. The movies screened till date are:

- i. Patch Adams
- ii. Life is Beautiful
- iii. Charlie

### Flash mob on awareness week

A flash mob conducted in the hospital foyer to raise awareness about various illnesses and about general hygiene.

### Corona

The first ever college day celebrated by BCMC with our guest of honour Dr.Ivan from CMC Vellore. An all round success witnessed by staff and students of the both the college and hospital.

### Stethoscope ceremony

As the pioneer batch of BCMC began their second year of medical studies, which includes clinical postings, they were given stethoscopes blessed by our Metropolitan. They were also enlightened about their responsibilities they shoulder as medical professionals.

### Awards ceremony

A ceremony to applaud the academic and co-curricular achievements of 2016 batch. The awards were distributed by the chief guest – the Vice Chancellor of Kerala University of Health Sciences (KUHS), Dr. M.K.C. Nair.

### Medex alapuzha

The 2017 batch was taken to Alapuzha Medical college for MEDEX , where they were enlightened about the various fields in medicine. It was an amazing learning opportunity and a day to remember.



## PHOTO GALLERY



**Patron:** Dr. George Chandy

**Student Editor:** Naomi Joji Kurian

**Editorial Team:** Irene Mary Jacob

Riya Mercy Jacob

Gowri Ratish

Lisa Mary George

Hanna Mary Shine

Hana George Babu

**Photography:** Varghese Tharakan K. O.

Navaneeth Krishna A