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## THE DONOR CUP

### A SAMSA INITIATIVE

SAMSA, or South Asian Medical Students' Association is an apolitical, non profit, non governmental organisation registered with the Government of India under Section 8 of the Companies Act 2013 (Reg No. 221376). This organisation believes in the motto of "Service with Conscience, Knowledge with Purpose." The organisation aims to promote scientific temper, research aptitude, personality and leadership skill development and selfless service for the cause of humanity.

The organisation arranges for health camps, academic workshops, exchange programmes for medical students. It strives for selfless service for the cause of humanity. Through its activities, the organisation aims to bring about a positive change in the healthcare and medical education system.

Besides conducting various workshops, competitions and educational programmes at the various medical colleges all over the state, SAMSA also collaborates with numerous national and international organisations like:

- Asia Pacific American Students' Association (APAMSA)
- American Medical Quality Training Programme (AMIQT)
- National Institute for Biomedical Genomics (NIBMG)
- Child Rights and You (CRY)
- Institute for Indian Mother and Child (IIMC)

The Donor Cup, is a one of its kind, unique event, a brainchild of SAMSA. Planned to be an inter college competition, with regular editions, it would be spread over half a year, in which SAMSA shall encourage all the medical colleges to conduct awareness drives and programmes in various places all over the state, thus helping the general public to get rid of myths and taboos associated with organ donation. This will not only be about the creativity and motivation of the medical students, but also about increasing the number of NOTTO registrations. Such a concept has not been put into action before, and if well executed, has the potential to become one of the best things to actively involve medical students in the upliftment of the society.

To announce the first edition of this competition open, a ceremony has been organised on the 14th of November, 2017 at RGKar Medical college premises. Not only that, we shall be hosting a poster making, writing, and a photography competition all stressing on organ donation and a heart warming patient doctor relationship. The various medical colleges that will be participating in this programme will also present before everyone a short cultural function. The rules and regulations of the competition shall be declared on that day itself. The most hardworking and motivated team will be winning for themselves the 'Donor cup.'

Here's to hoping that the best team wins!

-SHREYA CHATTERJEE





## GOONJ — A new beginning

Goonj stands for echo in Hindi. For an echo to be produced one needs to send out a voice. A voice that shall reverberate and create a difference, a voice which shall be hard to ignore.

Goonj is our voice. A voice reflecting the hopes and aspirations of the members of SAMSA (South Asian Medical Student's Association). A voice that we hope can spread far and wide to the minds and hearts of all the medical students of India and beyond to convey our desire to contribute meaningfully to society. My team sincerely hopes that this initiative echoes all the good work that SAMSA has done till now and shall inspire more students to join our family.

I would like to thank the members of my Newsletter Team for their hard work and dedication to see this initiative through to the end.

**-Souvik Sarkar**

*Editor-in-Chief (Goonj) and*

*Secretary of Academics, SAMSA*

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*“What we do now  
echoes in eternity”  
- Marcus Aurelius*

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### The Goonj team

Souvik Sarkar  
Arunav Roy  
Kunal Mathela  
Surjeet Kumar Malakar  
Dr. Rishav Mukherjee  
Ketan Banerjee  
Sumaiya Naaz  
Soumya Seth  
Dr. Pronoy Sen  
Subha Chattopadhyay  
Nitya Beriwal



**Service with Conscience.  
Knowledge with Purpose..**

Email: [samsaindia@gmail.com](mailto:samsaindia@gmail.com)

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*The organization arranges for health camps, academic workshops, exchange programmes for medical students, research aptitude, personality and leadership skill development. We strive for selfless service for the cause of humanity. Through its activities, the organization aims to bring about a positive change in the healthcare and medical education system.*

*To join SAMSA, please contact your College Representative to SAMSA or the Secretary of Membership.*





## President's note

And may we serve our people till our last breath! SAMSA represents an organisation born out of revolution.

This revolution, initially ridiculed by many as a pipe dream has been made possible by hundreds of medicos who believe in a common dream: to contribute to society in a meaningful and radical manner. As a medical student I was desperate to contribute to the society. The remoteness of possibilities and difficulty of making a dream come true would then engage me and some of my fellow friends in a journey full of struggles, heartbreak and innumerable obstacles which we could overcome with the strength of our unity and our never-say-die spirit. A student organisation was born, determined to bring about a change. Initially people were rather sceptical of us and our ideas were declared as impossible but one thing I had realized was that if you have the will power you can move mountains. So I, along with my team kept pushing and trying and today after half a decade of struggle I can finally claim we have an organisation which has positively impacted healthcare and medical education in our country for hundreds of people.

I want to thank all the 300+ members of SAMSA for being a part of this fairy tale journey. I want to thank all parents and family members, including my own, for supporting their wards in their endeavour to contribute to society. I also wish to thank all the teachers and seniors who encouraged us.

We have brought a paradigm shift to medical education in the country and now we are going to change the entire health system for the better.

Medical Science is a wonderful profession. My dear friends, you should be proud you are part of this fraternity.

May the Royal Bengal Tiger keep Roaring!

I have faith in all of you. You are the change we speak of. Make a difference while you still can. There is still a lot of pain in our country and our dear countrymen look up to us for relief. Let's follow the Hippocratic oath and make an example of our profession.

Ullash!

**-Dr. Rupesh Pakrashi,**

*President, SAMSA*

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*"When you cease  
to dream, you  
cease to live"*  
*-Malcolm Forbes*

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## Vice-president's Note

What is Joy?

The Joy of the first cry of a newborn, or the splash of raindrops on your windowpane, the scent of a book, a memory shared with a person you love or a rendezvous with one's conscience? Instances large or small, in hostile circumstances or not, we do tend to extract happiness from unexpected quarters. Giving a lift to self-gratification and in selfish pursuit of Joy, humans also tend to exhibit altruism and service of unimaginable magnitude. Mother Teresa devoted her life to causes, seemingly unmanageable, & yet she achieved a lot with her simplicity, selflessness and might I add an unquenchable thirst to achieve Joy amongst all. The path, shown by luminaries like the Mother, is fraught with rebuke, suspect, & despair and yet it is the undying human spirit that keeps us motivated to achieve more, in spite of all odds.

It has been a privilege, to be associated with individuals who share a common goal to create a difference in the society, by virtue of their personality and profession. South Asian Medical Students Association (SAMSA) is a platform for medical professionals which addresses the unmet need of health services in the society, and ever since its inception in 2013, it has taken small steps to bridge this gap.

The journey hasn't been easy, but the strength of SAMSA lies in its members and their enterprise, who have lend voice to its motto "**Knowledge with Purpose, Service with Conscience**", and this has struck chord with the medical students, philanthropists, social services sector and even the Government Health services to a large extent. The organization is a mirror to reflect on one's services to the society and purpose of study of medical sciences, a flint stone to someone's academic passions, a shoulder for the downtrodden, a friend to the ignored and a baby for its members to nurture and expand its scope. The struggles we faced at inception, snide criticism and conflict, and doubt has added to the character of this organization, and has strengthened each of its members to work selflessly, pour in ideas, develop interpersonal bonds, as they improvise and apply their knowledge and showcase their leadership skills at every venture of SAMSA.

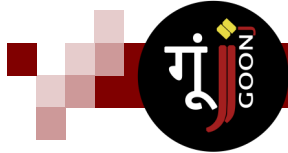
From health camps at residential colonies, slums and remote villages to workshops and academic sessions at medical colleges & hospitals, to organization of transnational events, student exchange programs and collaborations with reputed organizations, and nurturing ideas aimed at simplifying approaches to daunting health problems, it's been a roller coaster journey for SAMSA, as it slowly tries to change things for the better.. SAMSA, has been incorporated as an apolitical non profit NGO with the Government of India and is governed by a strict set of laws to ensure justice to its cause and for securing the rights of its 400+ members. I envisage an organization whose roots lie in the bond of friendship, collaborative thinking, competitive scientific temper, human networking and most importantly a desire to change the wrong, without any prejudice, malice and vested interests. Working here has been a source of personal satisfaction and Joy to me, and I share this platform with some of the most humble yet talented medical students, in pursuing our goals. I sincerely hope I can execute our ventures to the best of my ability and I call upon my fraternity members to join us in this amazing journey in pursuit of Joy, i.e. SAMSA.

*Mens sana in corpore sano.*

**-Dr. Rishav Mukherjee**

*Vice President, Internal Affairs, SAMSA*





~July 2017

## **A Year to look forward to...**

With more than 400 members from across the nation and informative events lined up every month, including workshops/seminars/health camps/international exchange programs/talk sessions/inter-college academic competitions, etc., SAMS is surely on a roll.

It is my pleasure to announce the events that we, as members of SAMS, may expect in the coming months.

The UPCOMING events are :-

1. DONOR CUP- AN INTER-COLLEGE ORGAN DONATION AWARENESS DRIVE COMPETITION
2. AN ACADEMIC SEMINAR ON THE IMPORTANT TOPICS OF SURGERY at R.G.KAR MEDICAL COLLEGE, KOLKATA, WB
3. “MASTER THE SUBJECT”, an INTER-COLLEGE COMPETITION on TEACHING A NON-CLINICAL TOPIC at COLLEGE OF MEDICINE & JNM HOSPITAL, KALYANI, WB.
4. MODEL UNITED NATIONS (MUN) CONFERENCE at COLLEGE OF MEDICINE & JNM HOSPITAL, KALYANI, WB
5. SAMS'S FIRST EVER NATIONAL CONFERENCE.
6. PARTICIPATION IN THE WORLD HEALTH ORGANISATION SIMULATION BANGLADESH
7. HEALTH CAMPS IN COLLABORATION WITH CRY

SAMS is also collaborating with numerous national and international organisations, offering tonnes of opportunities to its members :-

1. ASIA-PACIFIC AMERICAN MEDICAL STUDENTS' ASSOCIATION (APAMSA)
2. AMERICAN MEDICAL QUALITY TRAINING PROGRAM (AMIQT)
3. INTERNATIONAL ORGANISATION FOR PROGRESSIVE GLOBAL COLLABORATION (IOPGC)
4. NATIONAL INSTITUTE OF BIOMEDICAL GENOMICS, KALYANI (NIBMG)
5. CHILD RIGHTS AND YOU (CRY)
6. INSTITUTE FOR INDIAN MOTHER AND CHILD (IIMC)

Since its inception, SAMS has been blessed with a steady influx of enthusiastic medical students, eager to bring about a radical change in the medical society. Given our pledge of “SERVICE WITH CONSCIENCE, KNOWLEDGE WITH PURPOSE”, we are sure to reach the zenith of success.

With your participation and contribution, each event that is organised is only going to be bigger and better. Therefore, I sincerely hope to see you around soon.

**-SOIRINDHRI BANERJEE**

Secretary of Membership & Development, SAMS



## CROSSHACK

The concept of the event, bringing together medical and engineering students into a 2-day time capsule of innovation was intriguing to me and I, along with 3 other friends (medical students) decided to participate in Crosshack '16.

The topic for the hackathon was “Simple, Affordable, Accessible”. The agenda was truly different and original, since it is an unfortunate but true reflection that very few health related initiatives focus on providing cheaper and more accessible healthcare to the poor. On the first day (16th Feb), we were introduced to the concept of a hackathon and then we began “pitching our ideas” to the other participants in order to form teams of engineering and medical students that would work on a project together; Ideas from the doctors, execution by the engineers.

The ideas were innovative, ranging from a walking stick cum sensor for the blind, a temperature controlling device for the neonates in the NICUs, IV channel modifications for better fluid delivery to a customised health card for the rural population to facilitate referrals and accelerate treatment durations.

In the next 48 hours, teams worked on their projects, creating a presentation for each project.



At the end of the second day (17th Feb), we presented each of our projects in front of the panel of judges which included the Principal of R. G. Kar Medical college and representatives from NASSCOM.



**-Ayesha Chaturvedi**  
Secretary of Membership, SAMSA





## ECG Workshop at Apollo Gleneagles

(6th May, 2016)

A workshop was organised in Apollo Gleneagles Hospital which gave attendees a thorough introduction to the ECG waveforms and the general electrophysiology of the heart.

The session also included the interpretation of ECG reports of real cases handled by the hospital.

The Directing Manager of the hospital ended the session with a short but very interesting talk on the future of medicine and healthcare.



## Essential Pain Management Workshop at BelleVue Clinic

(6th June, 2016)

Under the supervision of Dr. Krishna Poddar, founder of the Kolkata Pain Clinic, the participants were taught how to recognize, assess and treat pain.

Group discussions on different aspects of pain management were held in the second half of the session.



## BLS Workshop at Apollo Gleneagles

(October 2016)

In the second workshop at Apollo, participants were taught the very important principles of cardiopulmonary resuscitation.

There was also practical demonstration of CPR techniques, followed by certification.



## IMSEP 2017

The South Asian Medical Students' Association (SAMSA), Bengal chapter in collaboration with the West Bengal University of Health Sciences organised a seven-day long educational-cum-cultural exchange programme for twenty medical students from Taiwan in March 2017.

It began with a grand welcome party at the Desi Lane where the delegates were treated to sumptuous Indian food and they danced to some popular Bollywood numbers. A glimpse of Indian culture was presented before them in the inaugural ceremony that was held at the MCKV auditorium, Liluah, on the following morning. A cultural presentation by the attending Taiwanese delegates enriched the programme. The gracious presence of distinguished guests, *Shri Rajarshi Mitra*, Additional District Magistrate, Howrah; *Shri Kishan Kejriwal*, Chairman of the MCKV group; *Shri Neelkanth Gupta*, Principal of MCKV school; and *Dr. Saumitra Kumar*, Assistant professor of the Department of Otorhinolaryngology, added lustre and dignity to the occasion.



The educational sessions started on March 7th, Tuesday with a workshop on *Neonatal Resuscitation* held at KPC Medical College and Hospital, Kolkata. An interactive discussion on the steps of neonatal resuscitation followed by hands-on training helped the participants sharpen their medical skills. The quiz contest that followed was not only a fun event, but provided considerable value addition to the knowledge and intellect of the budding doctors. The day ended on a lighter note with shopping at Dakshinapan.

On March 8th, Wednesday, College of Medicine and JNM Hospital, Kalyani hosted a workshop on *Endoscopic demonstration of paranasal sinuses* led by Dr. Indranil Pal and Dr. Saumitra Kumar, Dept. of Otorhinolaryngology, offering a visual treat for better understanding and clinical application. The attending students were also given a tour of the anatomy museum. Eminent professors, Dr. Partha Majumdar and Dr. Sharmila Sengupta from the National Institute of Biomedical Genomics, Kalyani delivered lectures on Genomic response of vaccines & Partnerships between Doctors and Geneticists. An insightful talk on ways to tackle diabetes mellitus by Dr. H. S. Pathak, HOD, Medicine, added to the knowledge base of the participants. All the delegates were taken for a post-workshop trip to the ISKCON temple at Mayapur.





After two days of intense academic exercise, the medicos from Taiwan were taken on a tour around the city of joy - Kolkata. The delegates were offered an exclusive peep into the rich heritage of Kolkata through visits to places like the Victoria Memorial. The member students of ESIC Medical College, Kolkata left no stone unturned to make the tour a grand success as they put up a live band performance by 22 Days (The Official band of SAMSA) on the steps of Princep Ghat facing the Ganges.



Calcutta National Medical College conducted a workshop on *Fracture management* on the 10th of March, Friday, where the delegates were enlightened about the different methods employed in diagnosing and treating fractures.



The educational part of the programme concluded with a workshop on *Basic Surgical Skills* at R G Kar Medical College, Kolkata, where special training was imparted to the students on surgical handwashing, suturing, knotting and other surgical procedures through an interactive hands-on session. The workshop was followed by a little trivia quiz.

The seven-day long exchange programme came to an end with a farewell party at Afraa where everyone swayed to music and enjoyed the lip-smacking food.

The foreign delegates were taken for a two-day post-IMSEP trip to the holy city of Varanasi where they visited the Vishwanath Temple and witnessed the breathtaking view of the Ganges aarti at sunset.

It was an enriching experience for the hosts as well as the guests. The SAMSA members from different medical colleges across the state of Bengal came together to put up a great show and take medical education to new heights. The IMSEP 2017 opened up many unexplored arenas for the medical students and also helped to foster lasting bonds between medical students of India and Taiwan.



**-Dr Priyadarshini Bhattacharjee, Vice President, External Affairs, SAMSA**

**Kunal Mathela, Secretary of IT, SAMSA**

**Shriya Saha, College Representative COMJNM, and Secretary of Finance and Audit, SAMSA**

**Aindrila Das, COMJNM, SAMSA**



## Health Camp At Manikuntala Balika Vidyalaya, Adyapith, Kolkata

On November 19<sup>th</sup>, 2016, the South Asian Medical Students' Association (SAMSA), Bengal chapter, conducted a health camp at Manikuntala Balika Vidyalaya, Adyapith, for the students. Over 300 children and adolescents attended the camp. Interns and medical students who are members of this organisation were successful in spreading awareness among them about prevalent health problems like iron deficiency anaemia; calcium and vitamin D deficiency; hypothyroidism; PCOS and the importance of personal hygiene and a healthy diet. A donation of Rs. 5000 was made by SAMSA Bengal, to help the children buy medicines and other essentials.

**Paroma Mukherjee (KPCMCH)**

*Secretary of Finance and Audit, SAMSA*

## JANAYITRI - An Initiative for Safe Motherhood

Held at Calcutta National Medical College, Dr. Hiralal Konar's (HOD, Dept. of Obstetrics & Gynaecology, CNMC) guidance and motivation empowered us to organise an awareness programme related to maternal and child health on Mother's Day.

The SAMSA members at the Ante-Natal Clinic accompanied the pregnant mothers to the session with care, and the volunteers worked diligently to cater to the health requirements of the pregnant women.

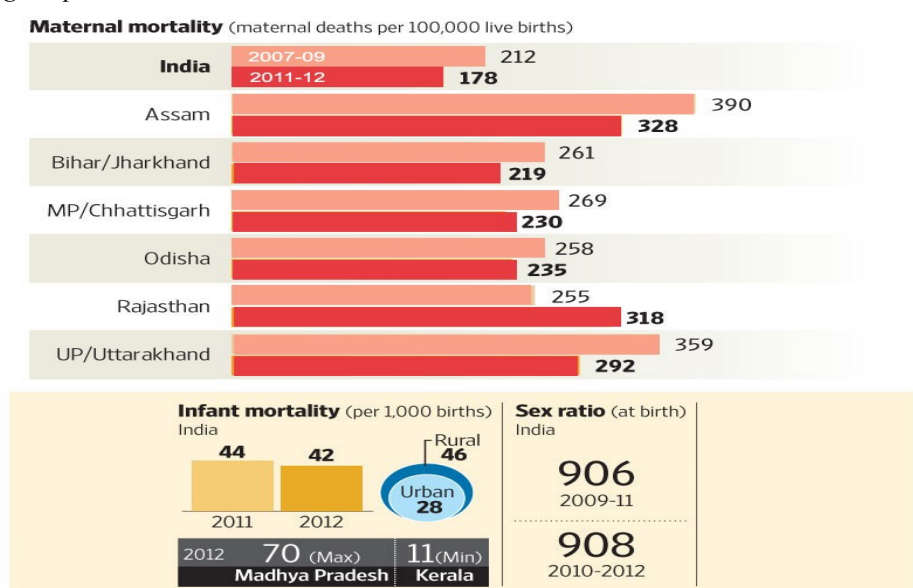
We explained basic lifestyle modifications to all the pregnant women, emphasized on the importance of Pre-natal Genetic Counselling and enlightened them about the warning signs during pregnancy.

Jayantri, was thus a small step in ensuring a positive pregnancy outcome, and SAMSA is proud to have played a part in ensuring it.

In a country with an unacceptably high IMR and MMR, it is imperative to improve health facilities. This event shall be a stepping stone for SAMSA members to actively demand & ensure better utilisation of resources for a healthy mother & child.

**-Aakash Chaudhuri**

*College Representative CNMC, SAMSA*



*“The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice”*  
-Brian Herbert



### Glimpses from Janayitri



## Health Camp at HVL Warehouse in Dankuni

South Asian Medical Students' Association organised an awareness event and health camp focusing on Ergonomics and Industrial Health for workers of a Hindustan Unilever Warehouse in Dankuni, West Bengal on the 4th April, 2017.

The camp was attended by medical students who demonstrated correct techniques of lifting heavy articles, cardiopulmonary resuscitation, first aid and management of some common injuries and conditions faced by the workers, back strengthening exercises; and counselled them regarding use of protective equipment, prevention of injuries, health promotion, and balanced diet. Health parameters including blood pressure, blood glucose, body mass index, near and distant vision were assessed. There also were interns and doctors who attended to these workers and gave them medical advice for their ailments. Most common health ailments among the workers were problems with vision, injuries due to lifting goods and chronic heartburn. The workers also filled up a questionnaire which asked them about their working conditions, duration of work, injuries sustained during work, etc. The filled up questionnaires were analysed and a report was submitted to the warehouse manager.

**-Shoily Nath**

*Secretary of Academics, SAMS*



## Workshop on Depression

Depression is a major disease that affects our society today and is often referred to as a silent killer.

WHO has made depression their focal point on World Health Day 2017. It specially affects young medical students who are under a lot of stress, academic and otherwise. Keeping this in mind, on the 20th of April the members of South Asian Medical Student's Association from ESIC MCH organised a Session on Depression and Stress Management in their college.

This workshop was conducted in two halves. In the first half the students were given a comprehensive understanding of depression, its symptoms and diagnosis, through an interactive session conducted by Dr. Ujjal Banerjee, Head of Department, Psychiatry. This was followed by a lecture by Dr. Avik

Chakraborty, Senior Resident, Psychiatry where he taught the students how to manage and relieve their stress. There was also a presentation by Dr. Praveen Pisudde, Associate Professor, Department of Community Medicine, ESIC MCH where he discussed the results of a recent study conducted by the department on the prevalence of depression among Medical Students.

In the second part of the workshop, students were divided into teams for discussion of problem cards. Based on what they learnt that morning, the students were given problems where patients were suffering from different types of depression and they had to come up with solutions to treat them with valuable inputs by Dr. Banerjee.

After the conclusion of the workshop there was a fun quiz to end the day on a lighter note.

The event proved to be very educational and informative and we hope the students continue to use the skills they gained in their future lives for the benefit of their patients and themselves. The workshop was conducted to effectively address mental health issues amongst medicos and to let our colleagues know that help is always round the corner.

**-Promiti Pal**

*College Representative ESIC MCH, SAMS*





## World Health Day 2017

On the occasion of World Health Day (7th April) South Asian medical students Association conducted a T-shirt painting, poster presentation and Tiny Tale Writing competition to promote WHO's theme for the year 2017 i.e. "Depression, let's talk." The three events had many enthusiastic participants who displayed creativity of the highest level.

Tiny Tale Writing Competition had 32 entries which though consisting of only few words, spread the much needed awareness about depression and why we should talk about it.

The winning entry read, *"The spectacular views of Banaras entertained them all. Only the cancer patients could see the burning ghats in the distance."*

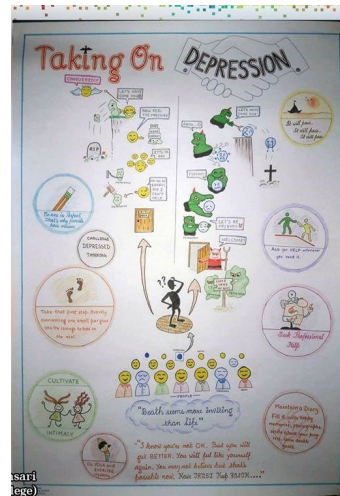
The poster making competitions and t-shirts painting had participants in the form of teams of maximum of 4.

The entries were put up in a workshop on "Depression, Let's talk" in ESIC Medical College, Joka and were judged by the respected professors of Community Medicine of the college who were amazed by the various posters and t-shirt painting as they had a plethora of meaning in them.

**Winning Poster:**



**Runners-up:**



**Winning T-shirt painting titled "The Struggle For Life":**



Depression is merely a disease which can be treated and managed.

Therefore, one should not hesitate or be ashamed of it.

And this event by SAMSA gave the platform for people to talk about depression and it proved to be a huge success.

**-Aayush Bhadani**

College Representative, RGKMCH, SAMSA



## CLASSROOM TO CLINICS

On 18th May, members of South Asian Medical Students' Association in NRS Medical College hosted a clinical case presentation competition for medical undergraduates across Bengal. 12 teams across 6 medical colleges participated, along with Post Graduate Trainees, around a 100 medical students attended this event.

The panel of judges from NRS MCH included Dr. Keshab Sinha Roy, Dr. Sumit Chakraborty, Dr. Goutam Guha, & Dr. Indrajit Mandal, and they provided vital case related inputs to the participants.

### Winning Case

Case : *Tetralogy of Fallot*

Payel Ghosh, Soutrik Ghosh, Parul, Soimontika Nandi & Ankita Biswas (NRS MCH)

### Runners-up

Case: *A case of hypopituitarism with recurrent episodes of hypoglycemia secondary to Viper bite*

Binita Ghosh, Arundhati Das, Spandan Paul, Snehal De, Moyukh Mukherjee (Burdwan MCH)

-Subham Jaiswal

College Representative, NRS Medical College, SAMSA



### EDITOR'S NOTE:

*This SAMSA event marked the beginning of a series "Classroom to Clinics", which is aimed to bring about a revolutionary change in the way medical undergraduates approach their studies. We aim to propagate a holistic clinic based pedagogy, which shall benefit students in their understanding and application of knowledge in their day to day practice.*

## Decoding the Beats - A workshop on heart sounds

For the first time, in collaboration with three departments of Calcutta National Medical College SAMSA organised **Decoding the beats**.

The sole motive behind arranging such a workshop was to create a better theoretical understanding of the pathological and normal heart sounds and correlating it with clinical knowledge.

We owe the success of this event to Dr. Satyajit Saha, Dr. Sanhita Mukherjee, Dr. Snehanishu Shekar Samanta and Dr. S. P. Chowdhury without whose help and encouragement, the event would not have been possible.

The Workshop started with a pre-test where the teachers made a primary evaluation of the knowledge.

The pre-test was followed by 3 lectures, of the relevant Anatomy and Physiology of the heart

The participants were taught the four major valvulopathies i.e. Aortic Stenosis, Aortic Regurgitation, Mitral Stenosis and Mitral Regurgitation and the different congenital cyanotic heart disease like Atrial septal defect, Ventricular septal defect, and Patent Ductus Arteriosus.

In the last session, eight different cases were presented to the participants along with the corresponding heart sounds, which they had to diagnose.

Lastly, Dr. Satyajit Saha explained all the cases and we conducted the post-test, and with that, the event came to an end.



**-Aakash Chaudhari**

*College Representative CNMC, SAMSA*

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*"You will never be able to  
escape from your heart. So  
it is better to listen to what it  
has to say"*  
*-Paulo Coelho*

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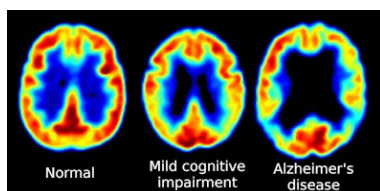
## Opportunities in Nuclear Medicine

Students of Medicine nowadays are really anxious about future career choices, regarding what specialization they will pursue and of course, the pay scale involved. Most of us are often forced to follow the herd and take up conventional streams like Medicine and Surgery solely because we are made to believe by our surrounding peers and seniors too that if you don't take up a core clinical subject then you are not a true doctor. This is a very common scenario specially in Medical Colleges with an age old history and illustrious alumni.

What I will strive to do in this segment is, break these myths and provide alternative career options which are actually essential to healthcare and about which many do not have a proper idea.

Nuclear medicine is a new term in the Indian scenario of medicine. Most of the established doctors ward off it's importance saying that it is a subject to be pursued only if you want to take up research as a career.

How many of us actually know what is nuclear medicine?



Nuclear medicine involves imaging techniques that use small amounts of radioactive materials called radiotracers that are typically injected into the bloodstream, inhaled or swallowed. The radiotracer travels through the area being examined and gives off energy in the form of gamma rays which are detected by a special camera and a computer to create images of the interior anatomy of our bodies. Nuclear medicine imaging provides unique information that often cannot be obtained using other imaging procedures and offers the potential to identify disease in its earliest stages.

Nuclear medicine imaging procedures are noninvasive and, with the exception of intravenous injections, are usually painless. In many centers, nuclear medicine images can be superimposed with computed tomography (CT) or magnetic resonance imaging (MRI) to produce special views, a practice known as image fusion or co-registration.

Nuclear medicine also offers therapeutic procedures, such as radioactive iodine (I-131) therapy that uses small amounts of radioactive material to treat carcinomas and other medical conditions affecting the thyroid gland, as well as treatments for other cancers and medical conditions. For example: Non-Hodgkin's lymphoma patients who do not respond to chemotherapy may undergo radio immunotherapy (RIT), that combines radiation therapy with the targeting ability of immunotherapy, a treatment that mimics cellular activity in the body's immune system.

Myocardial perfusion scans, Pulmonary Function tests, Bony pathologies and fractures, Parkinson's disease, Alzheimer's disease and organic brain diseases, Renal perfusion scans, various carcinomas and their metastases are some of the avenues where nuclear medicine is an upcoming stream and is already showing immense potential.

All of us will now have a common query. What will be my future career prospect on specialization in nuclear medicine? Will I be able to stay in the country? What are my prospects abroad? And most importantly what will be my salary if I employed since I won't be able to practice much with this stream?

Well that's what I am here to tell you.

An Assistant Professor of nuclear medicine in Amrita Institute of Medical Sciences has answered that currently in India the demand for nuclear medicine is currently way more than supply. MD, DNB as well as Diploma courses are currently taught in AIIMS, PGI Chandigarh, SGPGI (Sanjay Gandhi Post Graduate Institute of Medical Sciences) which are the best in the country. Apart from this there are many colleges in Mumbai and Southern India which have Diploma courses in nuclear medicine. JIPMER has also recently started a Degree course. The scope abroad is better with many premier institutes like John Hopkins University (Russell Morgan Department of Radiology), Harvard School of Medicine, Stanford university, University of South California, and a plethora of other medical colleges providing residency programs upon selection through USMLE.

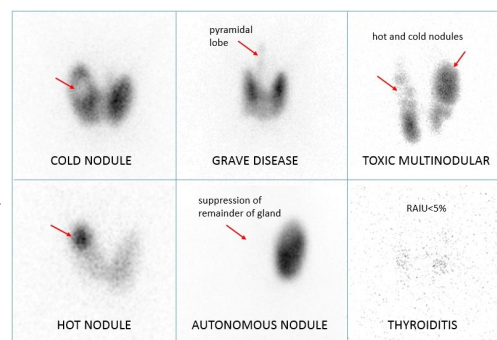
As for scope and salary, independent practice is not possible however recruitment by top notch corporate hospitals with State-of-the-art infrastructure is common. Lifestyle and work profile is similar to radiologists and radiotherapists with standard pay scale similar to consultants of other streams. Limited working hours, good salary and immense opportunities to perform research - since this is a very new field - makes it a formidable career option and definitely one to look forward to in the future. In NEET PG this year, diploma seats were filled at 2000+ rank. Degree courses went till 1.5k.

To sum it up, nuclear medicine is not an option for all you hardcore clinicians out there. But for those who are into research and want a stress free luxurious lifestyle with academic challenges this one is definitely a must go for you.

**-Dr. Pronoy Sen** (College of Medicine and JNM Hospital)

Liaison officer for Sponsorship, SAMSA

*Nuclear medicine involves imaging techniques that use small amounts of radioactive materials called radiotracers*





## Indian Soul

For me, India is not unfamiliar. I grew up in a multiracial country, Malaysia, where Indians are the third largest population. I have close Indian friends from school, and have always loved their jolly personalities, vibrant cultures and flavoursome, palatable delicacies. Not to mention, I especially have a soft spot for Bollywood movies. I can still remember myself sitting for hours in front of the television just to watch the dancing, to the extent when my sister's friends came to visit, they all thought I had an absurd predilection.

And so I thought I knew India.

Before embarking on the next phase of my undergraduate programme, there was a nine month waiting period. Therefore when I came across IMSEP India, I did not think twice. I have always wanted to visit India. My parents had certain reservations, since I would be travelling alone. It was not easy to persuade them. Nevertheless, I won my father over; and eventually, my father managed to convince my mother. The visa application was not as straightforward as I had imagined, but when I received it, I was over the moon. I had a feeling I was about to venture into something incredible. I had fears and concerns too, but the anticipation was overwhelming, especially with the company of another Malaysian friend.

I was not disappointed, at all.

I still remember how heart-warming I felt when I spotted the welcoming signs/ banners greeting us once we got out of the arrival hall of the airport. The tired faces touched me deeply. I could imagine how wearisome the wait must have been! In addition to big smiles, helpful hands offered to help us with our luggage as well. A couple of them kept asking if we were hungry, and offered to buy us some food. Conversation exchanged naturally, there was a lot of energy even at the late hour. Truly, it was an unforgettable first-meeting, and it would not have been possible without the kindest, warmest committee that made me feel so comfortable in their presence.

Everything starting from the airport was fresh and amazing to my eyes. As the midnight air gusted through my hair strands, I watched as the neat rows of white and yellow taxis arranged next to each other passed me by. Settling into the guest house was trouble-free. It was a simple guesthouse, but it felt safe and homely and I liked the place instantly.

As the days rolled by, I could not help but fell deeper in love with the city of joy, Calcutta, India. Critically speaking, it was the very first IMSEP of India, there was obviously room for improvement, although I would say it was negligible. There was absolutely no doubt that the committee had poured their heart and soul into this programme. It was too exhaustive to detail everything here, but they took care of us so much that I felt spoiled. Examples were abundant. Whenever we walked on the street, they always looked out for us by having themselves spread out at the sides, in between, in front, and behind us. During the crazy taxi rides, they jokingly but also lovingly warned us not to act too excited so that the drivers were not further encouraged. In different attractions, while giving us enough freedom to explore on our own, they kept us safe by always watching out for us simultaneously. It was amazing how they pulled it off, with so many locals around! As we were introduced to the nightlife of India, the committee never once failed to make us feel so safe. One of them even had my hand held all the way to the washroom and back - round trip hand-interlocked. I felt as if I had gained so many siblings/ daddies/ mothers here. The ultimate boat party towards the end of IMSEP was an absolute highlight and truly one of the best days of my life. It was also the first time I almost could not walk in a straight line.

As I am typing this, over 2 years and 2 months had passed since. To be honest, every scene still felt just like yesterday. I could still hear the non-stop honking that I totally got used to after day 3 in India. I could still feel the spiciness of the spices on my fingers and I could not forget the authentic taste of Indian cuisines and colourful sarees decorating the streets. However, of all, I could not let go of the friendships I made in India, the inspiration the committee gave me, their determination, grit, the kindest hearts and the free spirits they possess. I could not find those spirits anywhere else. If there were a must-go place before one dies, it will be India. I love India. I love my first IMSEP committee.

**-Ke Ying, Tan**

*Malaysian delegate, IMSEP 2015*



**Ke Ying, Tan**  
Malaysian delegate,  
IMSEP 2015

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*"However, of all, I could not let go of the friendships I made in India, the inspiration the committee gave me, their determination, grit, the kindest hearts and the free spirits they possess"*

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## From the General Secretary's Desk

South Asian Medical Students Association provides a platform in which medical students from different colleges across the globe can come together and learn and explore the various dimensions of the medical discipline.

I was in my 1st year of MBBS Study, when I came across Crosshack, on Facebook, an event which was going to be organised by SAMSA. This was a medical hackathon. I was first reluctant to register for the event. But, few of my seniors from SAMSA encouraged me to participate in it. Believe me, it opened a new world of opportunities for me. I had to join SAMSA. It was something I always wanted to do, Meet new people, learn into the depths of the subject, attend health camps, get practical knowledge, and SAMSA is one platform which provided me with all this. I remember attending the next event, ECG workshop, and being amazed by the ECG waves. It was an amazing experience. I knew I had to go forward in this. Therefore, I tried to attend maximum of the events conducted at the various colleges. It was my second year when I got the opportunity to be the junior college representative of my college, R.G.Kar Medical college, from where SAMSA was born as an effort of Dr. Rupesh Pakrashi. Next up was the college representative post. I always enjoyed taking responsibility and my leadership qualities helped me in successfully conducting few events at R. G. KAR.

I never thought, this would pave way to me becoming the general secretary of SAMSA.

And, therefore, I would like to thank each and everyone who encouraged me to take a step forward and I am really glad that I have been given this post.



**Aayush Bhadani**  
General Secretary, SAMSA

We know with great POWERS, come great RESPONSIBILITIES, I would like to requote it AS With greater responsibilities come greater sense of gratitude and pleasure to work for this organisation. My message to all my members is that it's time, we live our motto knowledge with purpose and service with conscience. My message to all the executive board members and specially the college representatives is that it's time we create ample opportunities for our existing and upcoming SAMSA members. we need to reach newer heights and we need to understand that as aspiring doctors our words of suggestion, our word of wisdom are the words of verdict for many. therefore it's time that we promote our organisation and get more and more people to join this organisation so that we can take a step forward to build the medical healthcare of our country. I also promise to live up to the expectations and show all your support back through my enthusiasm.

Thank you.

## **SAHARA- A Better Health for the elderly**

The first geriatric health camp was conducted by SAMSA members of College of Medicine and JNM Hospital, Kalyani along with representatives from other medical colleges. It was held at Sandhyadeep- an old age home in Kalyani on 19th June, 2017. The health camp was an enriching experience for all the first year students. It primarily focused on geriatric disorders, eye check-up and combating depression amongst the residents. The interns and doctors did a thorough examination of the residents and referred to JNM Hospital for further followup. There was a separate session for individuals dealing with psychiatric and mental health issues. The whole camp was an interactive session between the residents and the junior students. To combat with The loneliness that the residents sulk upon, there was arrangement of an entertainment session. Junior students played various games with them and there was a dance performance at the end.



In the present wretched scenario, when settled families dump their ageing parents in old-age homes, SAMSA is proud to undertake an initiative to take care of their health as well as add some merry to their otherwise bleak life.





## TRACTION

TRACTION, a workshop on orthopaedics was conducted on the 27th of July, 2017 by the members of South Asian Medical Students Association from SAMS ESIC Medical College and Hospital chapter in their college, in collaboration with the Department of Orthopaedics, ESIC MCH.

The aim of the workshop was to teach 4 important and interesting techniques to students:

1. Intra articular injection
2. Nailing
3. Plating
4. Casting

The workshop was conducted in 2 halves.



In the first half, there was a demonstration session. It was conducted by the Head of Department, Dr. S. Keshkar and other teachers of the orthopaedics department. It was a live demonstration session where the teachers showed the students the procedure for each of the 4 techniques while simultaneously educating them about the theoretical and practical importance of the same. The students were made familiar with the equipment required for each technique.

In the second half of the workshop there was a hands on session. The students in groups of ten were given the required equipment to practice the techniques they had learnt in the demonstration session. They were guided by the teachers as they learnt how to properly handle the equipment as they practiced on the given mannequins.

The event was very educational for all the attendees as they got first hand experience in conducting the difficult procedures and acquired skills that'll surely help them in their careers.

**-Promiti Pal**

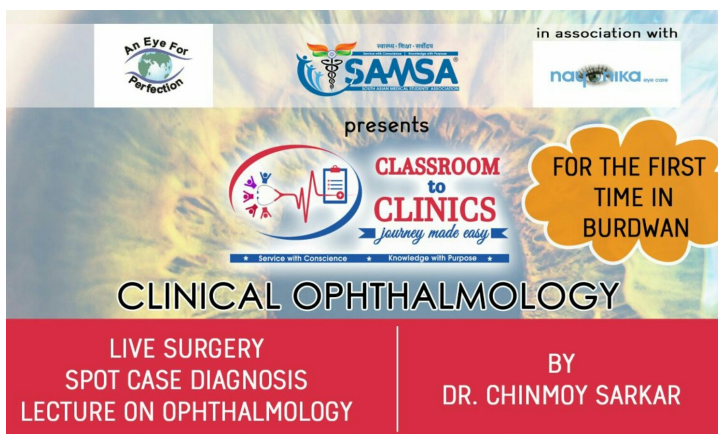
College Representative, ESIC MCH

## CLINICAL OPHTHALMOLOGY

As part of SAMSA's "Classroom to Clinics" series, a workshop on clinical ophthalmology was held for the first time in the city of Bardhaman, West Bengal on 18<sup>th</sup> of July, 2017

The workshop was held at Nayanika Eye Clinic one of the most reputed private hospitals in the city under the guidance of eminent ophthalmologist Dr Chinmoy Sarkar.

Students were shown live surgeries, common procedures, spot cases and a detailed presentation on common eye diseases.



## Turn The Radio On- A Workshop Cum Seminar on Radiodiagnosis and it's relevance in the field of Medicine

Organized by the Burdwan Medical College Chapter of SAMSA, it was an initiative to make radiology easier for the medicos. It was held on the 8<sup>th</sup> of August, 2017 with the help of the Dept. Radiology, Burdwan, to whom we are indebted for their support.

The topics covered up were the basics of X-ray and CT Scan, their principles, their uses in various aspects, mainly focusing on the anatomical as well as the pathological findings of chest x-ray and CT brain.

There was an interactive session on how to make a Differential diagnosis and provisional diagnosis from the radiological plates.



The pathophysiology, treatment and general aspects of those diseases were also covered up.

The participating students also got useful tips about the high yield topics from radiology in the PG entrance exams.



## SPOTLIGHT

On 8th of September, South Asian Medical Student's Association (SAMSA) in collaboration with Department of Community Medicine, COMJNMH organised an inter college medical drama competition, SPOTLIGHT at College of Medicine and JNM hospital, Kalyani, Nadia.



Each team/participant was given a topic, i.e., a medical issue prevailing in our society, with an added 'twist' by our judges. They had to perform in front of a live audience which was a huge challenge. All the participants worked really hard and came up with amazing performances. They kept the audience hooked with their on stage talents. Some sensitive topics like HIV, drug abuse, teenage pregnancy were showcased beautifully. Every act was entertaining in its own way and left huge impact on the audience.



There was also a talk on INSULIN THERAPY by Dr. H.S.Pathak (HOD, General Medicine, COMJNMH) followed by a short demo on devices used for administration of Insulin which were again very informative and interesting.

SPOTLIGHT is a uniquely innovative idea and it was the first time that something like this was conducted by SAMSA. Expectedly, it was a huge success, thanks to our EB members who left no stones unturned in making this thought, a reality. SPOTLIGHT clearly justified what SAMSA strives for and I hope to see it get bigger in the upcoming years.

Obviously, this wouldn't have been possible without our respective judges, Dr. Gandhari Basu, Dr. Deblina Sarkar, Dr. Barnik Choudhary, Dr. Saurav Sarkar, Dr. Mritunjoy Halder and Dr. Ritesh Singh who took out their precious time to become a part of this event. We are immensely grateful for the support and encouragement of our Principal, Dr. Santanu Bannerjee.

Lastly I would say that it was the participants who played a pivotal role in making SPOTLIGHT a grand success! The winner of the event were as follows :-

Best Act (first prize)- '\_\_\_\_KHOR' by Divyajyoti Bannerjee and Sumit Sharma( COMJNMH)

Best Act (runner up)- 'JIJEEVISHA' by Aditya Kashyap and team: Vishwani Kaushik, Akanksha Tailor, Jyoti Sharma, Shiwani Lamboria, Rima Biswas, Disha Bhattacharya, Manisha Kumari (COMJNMH)

Best script(first prize)- '\_\_\_\_KHOR' by Divyajyoti Bannerjee.

Best script (runner up)- Saheli Sarkar(CNMC)

Best Actor- Afreen Jamal(COMJNMH)

## Workshop on Rural Health and Development and Arterial Blood Gas Analysis at KPCMCH

The South Asian Medical Students's Association witnessed its first collaboration project with the Indian Institute for Mother and Child on July 25th, 2017 at KPC Medical College and Hospital. Dr. S. K. Brahmochary, the Chairman of IIMC conducted a seminar on Rural Health and Development for the members of SAMSA. 30 medical students from different parts of Europe who were interning at the IIMC clinic also attended the seminar.



We learnt about how IIMC helped improve the health scenario in the interiors of Bengal as well as other parts of the country. It was an eye opener for us and motivated the organisation for the advancement of medical education in the country.



Dr. Gaurab Bhaduri, a renowned physician, also delivered a lecture on Arterial Blood Gas Analysis (which is an important part of the MBBS curriculum) on the same day, giving the students a clear conception and intricate details of the subject.

The first edition of Goonj - SAMSA's newsletter was launched on that day at KPC Medical College by the respected dignitaries.

- **Paroma Mukherjee**  
Secretary of Finance, SAMSA

## CLINICAL ANATOMY LECTURE

SAMSA is known for its Classroom to Clinics Series, where it challenges its members to move beyond the confines of the classroom for a more holistic development. However, it recognizes the importance of striking a balance between the two and helps its members pay due diligence to their curriculum.



Keeping this in mind, SAMSA partnered with Dr. Ramanuj Mukherjee, Asst. Professor of Surgery Department of R.G.Kar Medical College and organized a session on Clinical Anatomy with special focus on Inferior Extremities and the Abdomen to help the students of 1st year in their Professional Examination and also to provide a refresher course to students of other years. The session took place in a Lecture Theatre of R.G.Kar Medical College and was attended by



over 150 students comprising mainly of First year students. An interactive Q and A session was held afterwards to clear any queries that the students may have had. All in all it was a wholesome caucus and an enriching session for all involved

- **Ketan Banerjee**



## **CRY COLLABORATION**

CRY is a well known organisation that works for the underprivileged children in the country. SAMSA and CRY have partnered to start 'UDAAN': a joint initiative to promote health and wellness among the deprived children in areas served by CRY in Kolkata. SAMSA will be organising health camps in the slums of Kalighat, Dhakuria, Rajabazaar, Dhapa and Howrah with the objective of identifying malnourished children and those in need of medical attention for other ailments. Student members have done surveys in these areas to identify specific health concerns in these areas. They will also be addressing the residents about common skin diseases, diarrhoea, animal handling and household remedies for common illnesses in the upcoming camps. On camp days, medical interns and doctors will be present to give them medical advice and SAMSA shall take responsibility of maintaining records of those who need further interventions. SAMSA student volunteers will also guide them through the process of getting investigations done and will facilitate their treatment at government hospitals. We believe in making a difference wherever we can with our efforts and hope to see these children grow to be healthy, strong and happy adults.



## **OUR TIES WITH IIMC**

On the 25<sup>th</sup> of July Dr. S.K. Brahmochary, the founder and chairperson of Institute for Indian Mother and Child, addressed SAMSA students about rural health and development, highlighting how significant the contribution from each medical student can be for those in need. That was when we were introduced to the noble mission of the institution of promoting child and maternal health, literacy, international solidarity and peace. Since then 52 members have volunteered to contribute to the ongoing projects at IIMC which includes teaching the health workers and other staff about pertinent diseases and their prevention, their project of providing nutritional rehabilitation to the poor, and health camps the remote areas where people are deprived of health care facilities. We look forward to learning, growing and spreading smiles with our contributions to IIMC.



- **Shoily Nath**  
Secretary Of Academics.

## **WHO SIMULATION BANGLADESH 2017**

World Health Organisation Simulation Bangladesh, being organised by WHO Bangladesh is a platform to come together globally to discuss and debate the future of our plane, health and international relations. The occasion will bring professionals from medical, healthcare, life sciences and earth sciences together. The event will be held in December in Dhaka, Bangladesh. SAMSA is proud to announce its participation in the event. The participants will be representing India at this event. I wish the participants good luck for this enriching journey to Bangladesh.



## APAMSA

Asian Pacific American Medical Student's Association (APAMSA), started in 1993, is a national body based in the United States of America, governed by medical students and young doctors, aimed at addressing the medical issues prevalent in their area.

SAMSA's collaboration with APAMSA aims to mediate academic and cultural exchanges between these 2 similar organisations such that members of both organisations can learn about each other and benefit from that knowledge in the long-run.



SAMSA wishes to conduct an exchange program soon for the members of APAMSA which consists of multiple academic workshops and seminars, tours of the medical colleges and hospitals, city tours and a cultural extravaganza - all in the form of week long affair.

Recently, on the 7<sup>th</sup> of October, 2017 SAMSA President Dr. Rupesh Pakrashi was invited to attend the National APAMSA Conference held at the University of California Los Angeles (UCLA), where he showcased, through an audio-visual, our student's exchange programme IMSEP in a bid to secure the participation of the members of APAMSA in the future.



Looking forward to some active participation from all our members here, making cherishable memories together and strengthening our international bonds.

**-Soirindhri Banerjee**

Secretary of Membership and Development



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Registered Office:

**SOUTH ASIAN MEDICAL STUDENTS' ASSOCIATION**  
9B/1FL, PARAMHANSA DEB ROAD  
P.O- ALIPORE, KOLKATA 700027



samsaindia@gmail.com



/samsaindiaofficial



/samsaindiaofficial