



# B N PATEL INSTITUTE OF PARAMEDICAL AND SCIENCE (PARAMEDICAL DIVISION)

## B N PATEL COLLEGE OF PHYSIOTHERAPY

Managed by Sardar Patel Education Trust, Anand



Shree Bhikhubhai N. Patel  
Managing Trustee & Secretary  
Sardar Patel Education Trust

# NEWSLETTER

### 2021 WILL CONTINUE TO TEST HUMAN RESILIENCE

The healthcare industry and the entire world have seen a lot of uncertainty in the past one year, due to COVID-19 pandemic. As of today, we all know that the crisis is far from over and even when it is over, the implications of this crisis will linger on for a while. We, as healthcare professionals have the responsibility to get the world out of this and be prepared for any future pandemics or crisis situations.

Taking the positives with us and learning from our mistakes of past year, we need to prepare a roadmap for 2021. In my opinion the focus points to work upon can be: C — Communicate and support; — Overcome obstacles and fear; V — Focus on vital requirements; I — Be independent and self-sufficient; and D — Declutter and simplify. The first focus point has to be to communicate and provide support to those who are bearing the brunt of the pandemic. They are our healthcare workers, sanitation workers, support system workers, government and private agency workers who fight with the common enemy of ignorance, fear, lack of knowledge of this novel disease. Healthcare communication has always been an important but undervalued part for all stakeholders. And in extraordinary situations like this, a clear, concise, correct and compassionate communication is more important than ever. The second focus point is to overcome obstacles and find innovative ways to fight the pandemic. In the quest for survival, we have to explore our hidden strengths and qualities and allow our teams to work with freedom, find new ideas, and implement new processes. This shall help in overcoming the problems and reducing the burden of risk. Till now we have seen results of innovation in development of low-cost ventilators, research and development of vaccines, developing infrastructure of healthcare facilities with oxygen supplies, managing real time data of health through mobile applications, manufacturing of personal protective equipment, sanitizers and many more. In 2021 we have to consolidate on them and keep on learning new ways in managing healthcare.

The third focus point is to work on vital components, which are absolutely necessary for survival, for patient management, and for organization. While working under limited resources we have to focus on optimal utilization and correct reach. Reduction in wastage of resources, providing vital resources and helping in developing new ones will be crucial in this year.

The fourth focus point is to become independent and self-sufficient. We have to look for alternatives to make things easier and reduce the supply chain concerns. To become self-sufficient, we have to look for answers to modify our routine practices and adapt to new environment, to cushion the impact of pandemic restrictions and limitations. Strengthening of local supply chain and exploring areas for vertical integrations will be of vital importance.

The last and most important focus of 2021 has to be to declutter and simplify things. We all are burdened with overload of information and we have to strategically filter the timely and correct information for decision making. To overcome the information overload, we need to stop sharing unauthentic information, spurious thoughts and hearsays. We have to declutter our communication and our workplaces, simplify things for everyone so that the correct message reaches to all the levels of healthcare hierarchy. From policy making level to the final implementation level, simple, correct, timely information will solve a lot of problems. We can work on simplifying methods, developing simple healthcare delivery models and have easy to understand goals.

In my opinion 2021 will continue to test human resilience. It will test how strong we are as individuals, as teams, as leaders and how strong is our healthcare delivery system. The roadmap for 2021 is to be united, simplify and strengthen our healthcare delivery system.

-Kunal Jawahar Thakkar



DR KUNAL JAWAHAR THAKKAR  
COO,  
BAPS PRAMUKHSWAMI HOSPITAL

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## Career in Medical Technology (Imaging Technology)

*"Next to creating a life, the finest thing a man can do is save one."* quoted by Abraham Lincoln.



Health is a state of physical, mental and social well being in which disease and infirmity are absent. To maintain and achieve the healthy life medical field plays key role to save lives and imaging technology is part of them.

Imaging Technology is a branch of paramedical science which uses ionizing and non ionizing radiation to provide images of the tissues, organs, bones and vessels that comprise the human body. It helps in diagnosis of patient's disease by using different imaging modalities such as X ray, CT scan, Ultrasonography, and MRI which further helps in treatment.

One can get into this noble profession by establishing a career in imaging technology. People having profession in imaging technology are known as radiographer or radio-technologist

This curriculum provide wide range of scope which includes radio-technologist in government/private hospitals and diagnostic centre, application specialist in various imaging modalities manufacturing companies, Radiation safety officer in hospitals, and tutor/lecturer in academic institution.

The profession offers you diverse opportunities with balance between lucrative remuneration and quality of life.

-Satish Kumar Jha  
Assistant professor

Department of imaging technology

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## Why, what & where of Optometry?

**Why:** Optometry is "a healthcare profession that is autonomous, educated and regulated (licensed /registered). It creates a qualified eye care professional, enables to practice independently, gives diverse & flexible career options and opens high end professional path.

**What:** Training of Optometry includes comprehensive eye & vision care including: Refraction & Dispensing, detection/diagnosis of eye diseases, management of ocular abnormalities, specialty of optometry (e.g. Contact lens, Orthoptics & Vision therapy, Low Vision, Ocular Prosthesis) and rehabilitation of visual system.

**Where:** At B N Patel Institute of Paramedical and Sciences (Paramedical Division) we are offering, a job oriented 4 years degree course in Optometry which creates Optometrists who are the primary healthcare practitioners of the eye and visual system.

-Bharat Kumar Bhayal  
Assistant Professor,  
Department of Optometry

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## BE A STUDENT OF LIFE 'Plan for an impressive future'

See what your heads does, and how they think and did that attitude in your work. A business college will doubtlessly encourage you content in principle on the best way to update your expert status yet your sharp perception will show you exercises past what can be accumulated and educated in any book or course.

be a student of life, be a student of achievement and to be that you will be needed to work more, convey more and bear extra obligation and pressing factor. The duty and pressing factor of a head is more prominent than chiefs, the obligation and pressing factor of a CEO is more noteworthy than that of a supervisor, etc. Train yourself for it, welcome that additional work.

Know this. Everything can't be educated to you, and simultaneously nobody can prevent you from getting the hang of everything. Keep your eyes and ears open and you will discover learning in each circumstance.

Know your fantasy, your objective and your objective and regardless of whether you are simply restricted to your work area, Google can present to you the correct exercise in the event that you would simply mind enough to click!

-Miss. Pallavi Baria  
Department of CMLT.

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## Bitter Melon and Diabetes: Is bitter melon really bitter?

Bitter melon, also known as bitter gourd or karela (in India), is a unique vegetable fruit that can be used as food or medicine. The bitter melon itself grows off the vine as a green, oblong-shaped fruit with a distinct warty exterior; though its size, texture and bitterness vary between the different regions in which it grows and is rich in vital vitamins and minerals.



In addition to being a food ingredient, bitter melon has also long been used as a herbal remedy for a range of ailments, including type-2 diabetes. The fruit contains at least three active substances with anti-diabetic properties, including charanti, which has been confirmed to have a blood glucose-lowering effect, vicine and an insulin-like compound known as polypeptide-p.

These substances either work individually or together to help reduce blood sugar levels. It is also known that bitter melon contains a lectin that reduces blood glucose concentrations by acting on peripheral tissues and suppressing appetite, similar to the effects of insulin in the brain. This lectin is thought to be a major factor behind the hypoglycemic effect that develops after eating bitter melon.

### Research Project:

The aim of the current research project is to see whether bitter melon cause drop in fasting blood sugar and HbA1C level.

-Dr.Sulabhsinh Solanki  
(Research Guide)

Ph.D. Medical Technology (Pathology)  
Head and Associate Professor

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## Vintage Tenderness

“Here, Take this and try it on and see if it fits you.” My mom said holding up a pair of jeans in one hand that roughly resembled bell bottoms while making space for me to sit among piles of other such clothes that were probably seeking dust in her wardrobe since god knows when. I tried it on and to my surprise it fit so perfectly that I might have probably been looking like she did in her teens. It is said that old is gold. I rather like to call it the opposite instead-old is priceless. Wearing mom's sarees, switching between dad's denim jackets and listening to retro songs of Jagjit Singh and Kishore Kumar on Sunday mornings, we all grew up. Vintage is indeed so atypical to itself that the emotion and nostalgia associated with it is at an entirely different level.

I don't remember how exactly we ended up with the vintage trend instead of loving the essence that the 21st century holds. Perhaps it was when the smell of the age old books that your grandfather gave you long ago, that took you with it in its arms into the story world or when you began collecting the outdated yet antique coins of your great great grandparents' times. There is but nothing as timeless as the black and white, now turned yellow photographs of our family. None of us during our childhood liked watching the movies and songs that were played on Doordarshan that our parents made us watch. We would ask them to change it so we could watch something that our eyes felt good watching. Ironically, now we call them 'the classics'. They are black and white, yet full of all colors of life that they describe so gracefully.

Vintage is the memento that we carry with us to be reminded of all the good and bad times and peoples the world has ever seen. This love of vintage is endless and is going to be adore forever. Someone well said that “Older the fiddle, finer the tune”. That's why I will say that, As I am not but still, I love to call myself a 90's kid. What era do you wish to live in?

-Prachi Bhatt  
(S.Y.Optomety)

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## How to enjoy your own company?

### Get Rid of Misconceptions

While growing up, most of the teenagers are advised and told not to be a bore, start hanging out, meet new people, make more friends, and explore yourselves BUT... to have blessed with good people surrounding you is a hard luck. It's okay to be alone, not every time but definitely sometimes. You can watch a movie alone, and it sometimes happens that a movie hits you different and gives a different feeling to understand that story on being alone... you can cry, laugh, bitch or vibe without having concern what the other people will think

### Find Your Thing

Your thing can be anything, except just sitting in a corner and over think and feel dumb. One can utilize the time in reading (and by reading I don't point up on studies), writing, singing, dancing, visit to orphanage, playing with stray animals; can be anything, from sketching to meditating. Do step out of your comfort zone, and see yourself from a new perspective and find the food for the soul.

### Get a Digital Detox

Put down all the technologies from your phone, laptop, kindle, gaming console, music players to televisions. Why this? Cause all this distracts us from the sparkling ideas peeping out of the mind every time. It just snatches away all our capacity to think new, create new and we are losing our imagination power by keeping our selves constantly busy in useless and non-beneficial things.

Thank you

- Krupanshi Panchal

Imaging Technology (second year)

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### Department of Imaging Technology:

Department of imaging technology organized webinar to commemorate World Radiology Day in 10/11/2020, webinar topics; Radiology Department Preparedness in Covid by Dr. Suresh bhoi (senior consultant radiologist at zyudus hospital Anand) and Advancement in MRI by Mr. Arnabjyoti Deva Sharma (assistant professor Assam Down Town University).

### Department of Optometry:

Department of optometry organized free eye camp where 163 eye checkup were done over two days and 61 patients were given free eye glasses for presbyopia correction in 21 and 22 January 2021.

### Department of Clinical Laboratory Technology:

Department of clinical laboratory technology celebrated world iodine deficiency day to create awareness about importance of iodine in daily life also to enumerate iodine deficiency disorders, diagnosis, prevention and management in 21 October 2020.

### Department of Physician Assistant:

Department of physician assistant celebrated world trauma day by organizing webinar on accident trauma types, treatment and management on 17th October 2020.

### Department of Renal Dialysis:

Department of renal dialysis organized three days work shop on hemodialysis machine on 25/01/2021.

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## Upcoming events:

### Emerging Trends in Allied Health Sciences- 2021(ETAHS-2021)

Under the enlightenment of B N Patel Institute of Paramedical and Science (Paramedical Division), Department of Medical technology- Clinical laboratory technology is going to organize a national level webinar on Emerging Trends inn Allied Health Sciences-2021 on February 06, 2021.

It will be an excellent event for undergraduates, postgraduates, research scholars, faculties, and medical practitioners, technical and industrial personnel's who are keen to acquire knowledge in allied health sciences. Participants will have the unique opportunity to interact with subject experts and also get encouraged to share their innovative research work through e-poster presentations. Three eminent speakers will share their knowledge on the event. Here is the details talk.

#### Topic: Emerging trends in development of vaccines against human pathogens

**Prof. A. M. Deshmukh,**

President, Microbiologist Society of India,

#### Microbiota: Alternative to medicine

**Dr Girish Goswami,**

Project Director, RSM-Bhavnagar,

GUJCOST, DST, Government of Gujarat, Gandhinagar, Gujarat

#### Synergic approach of natural metabolites and antiviral therapy in Covid-19

**Prof. Rakesh Rawal,**

HOD, Department of Forensic Science and Biochemistry, School of Sciences, Gujarat University, Ahmedabad, Gujarat.

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