



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

**B N PATEL COLLEGE OF PHYSIOTHERAPY**

Managed by Sardar Patel Education Trust, Anand

**NEWSLETTER**



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Managing Trustee & Secretary  
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**Message from Dr. Parimal Patel**

Chief Executive Officer: BAPS Shastriji Maharaj Hospital, Vadodara

Dear Friends,

Newsletter is the mirror image of a collective efforts put together by different departments, from students to faculties.

On this occasion, I would like you to make goals of life. Please plan your day, weeks, months, quarters, and year and review your dairy periodically and write what did to achieve in order to chase the goal.

In today's world digital media is available on fingers, what the new innovation in your field is and how I it practised. What are the best practices is being followed in your respective field, how morally you are committed to your profession...

Communication is the key and more transparent and easy language you use and check the other end that they understand the same which you intended.

Truth, simplicity, openness to adapt is the key salient features to success.

Don't be a common student, work towards excellence... believe me you shall enjoy the passion and your dreams shall be achieved.



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WHY QUIT??

**Woman**

A scene takes place between a lady and her mother-in-law.

Lady : Hello!

Mother In-law : Hello beta, give me the good news fast. Can't wait to hear you!

Lady : Mumma, I am so happy I just gave birth to a baby girl.

Mother In-law disconnected the call.

Lady : Hello, hello!!! Can you hear me?

**YES, CAN YOU HEAR ME?**

This is a common question that every girl asks once in her lifetime whenever she feels alone or lost.

The birth of a baby girl, a daughter, a wife, a mother, a WOMAN, some families celebrate and some grieve.

Mother smiles and keeps her daughter's name "Adhira"

On Adhira's 16<sup>th</sup> birthday, her mother asked her to make a wish.

Adhira asks for her father. Mother in tears answered "Your father went far away to bring gifts for you, he will come soon"

Adhira : Soon? Like how many days mom?

Mother : umm, he will come when he will find a perfect gift for you maybe your prince charming!

Adhira : Wow mom! Thank you! I'm so excited.

Her mother somehow escapes to speak the reality that her husband and her in-laws left them at the day she was born.

Adhira turned 18, beautiful, gorgeous and attractive, goes to college, a group of 5 people out there followed her every day, made fun of her, and one day they started harassing her, Adhira without any fear warned them to stay away from her and told everything to her mother.

The next day the guys snatched her dupatta and started teasing, Adhira slapped them in public and gave a final warning that soon she would lodge a complaint to the police.

Anyhow she escapes and literally cries in front of her mother.

Her mother turned a blind eye and explains to her that girls should always stay away and be quite even if something wrong take place, because girls can't fight to guys or the society, she told her that no one will marry her if she takes revenge.

Adhira controls herself,

The next day Adhira started going to college, people from her colony and neighbors started gossiping

about the same incident.

While walking, someone murmured from behind, "Ye dekho besharam, ye toh padhne jaa rahi hai, meri beti hoti toh sharam ke maare apna muh naa dikhati"

Adhira didn't pay heed to them and reached college .

Soon time passed away, she is now 25, well qualified, today is a big day for her, and she always awaited for this day since her childhood,

Aman, a MBBS doctor, 28, well settled comes to see Adhira with his family.

Adhira and Aman started liking each other, they fell in love and planned to marry soon.

Soon, she got married, after few days of her marriage her mother- in-law asked her to leave her studies and her job.

Adhira does not listen to her in-laws and goes to the job, at night when Aman gets to know things, comes and slaps Adhira.

Adhira in tears, asks him only one word, Why?

Aman forces her to leave her job, friends, studies and to take care of home.

Adhira left the house.

**WHERE SHE WOULD HAVE GONE?**

She complains a file for her husband and mother- in-law, section 498, under government laws.

She met them directly at the judiciary court.

The judge asks her to speak about her complain.

Adhira speaks in tears

"I, Adhira, a daughter, a wife, a mother, a WOMAN, These are the only characters I play in the society of India, where a girl child is born to stay quiet all her life and become a slave or entertainment for many!

My father left my mother because of me,

Guys out there in my colony tried to harass me,

I was told to stop and abandon my studies,

I was told to sit at home and do daily house chores only,

I was restricted to make friends,

But I am not the one who will face this , i am not strong like my mother who beared it all her life, women are equal to men, god has differentiated only the sexual organs nothing else, a woman is more stronger because she gives birth to a new being, she goes to job and handles the house, but people think girls are born to become slave and reproduce.

'I want to be the change, I'll fight for my rights. I want to change this fate'

The judge called for 2 years of jail for her husband and mother-in-law and penalty of 10000 rs

Adhira's mother hugged her and appreciated her

"Adhira now you are a future of many women" her mother replied.

Adhira now has her own NGO for women rights and fights with women for their rights!

**"THERE IS ALWAYS A HIDDEN ADHIRA IN EVERY GIRL!"**

-Kajal Khuman (SYBPT)

**The power of positive thinking**

We all are familiar with the word positive thinking. We suggest everyone to think positive. But the main thing is we don't do that.

According to studies almost 60,000 thoughts come in our mind everyday but in that 80% are negative. It there are 80% chances to get failure in our routine life because success and positive thoughts have deep relation to each other.

We are inspired by successful people and think about the reasons why they are successful. The first thought comes in our mind is about luck. But no! It's not luck that made them succeed because God has given same mental power to everyone. According to 'BHAGVATGEETA' we are the creator of our luck. But there's a secret which I would like to say that all the things happening around us is because of our thoughts. Scientists have relieved that each and every thought has its own frequency like radio signals have.

Whatever you think the world act like a reciever and hear all the thoughts you had sent to them and it works like it. I know that it sounds like a friction but it's real and proven. Now take an example that you are getting late to catch a bus at that time you think "I don't want to miss the bus." instead of thinking "I have to catch it". The difference between successful people and us is this thinking style.

There is a secret that whatever command you will give to your brain it will give you hundreds of reasons to make it happen. Now its your choice to give positive or negative command.

Do u want to get full marks in exam or promotion in your job? So here is a technique, stop comparing yourself with anyone and give command to yourself. I want to share an experiment with you to make anything possible. It will not consume more time of yours. The thing what you have to do is when you go to bed relax yourself and stop thinking everything and think what you want it maybe good marks, money, or bungalow anything. Now think that you have already got it. Think this just for 5 minutes before you sleep. Give command to the world about that. I assure you that it will definitely work in couple of months and that thing will be yours but it should be done everyday and you have to trust on your positive thinking. The positive thoughts can be said as the best medicine in the world.

- Preet Mehta (SYBPT)

## Indian Surgical Strikes Against Terrorists in Pakistan

On 29 September, eleven days after the Uri attack, the Indian army declared surgical strikes conducted against suspected militants in Pakistani-administered Kashmir. Left General Ranbir Singh, Indian Director General of Military Operations (DGMO), said that it had received "very credible and specific information" about "terrorist teams" who were preparing to "carry out infiltration and conduct terrorist strikes inside Jammu and Kashmir and in various metros in other states". The Indian action was meant to pre-empt their infiltration.

India presented its operation as preemptive self-defence against terrorism, striking against terrorist infrastructure along with "those who are trying to support them." Columnist Ankit Panda thought the latter included Pakistani soldiers or the elements of Pakistani state.

On 30 September, Indian minister for information and broadcasting Rajyavardhan Singh Rathore said that there had been no aerial strikes and that the operation had been conducted "on the ground".

Ranbir Singh said that his Pakistani counterpart had been informed. The Pakistani military said the DGMO communications discussed only the cross-border firing, which was part of the existing rules of engagement.

Pakistan denied the news regarding the surgical strikes .. The Inter-Services Public Relations said that there had been only "cross border firing". But, Pakistan Prime Minister, Nawaz Sharif condemned the "unprovoked and naked aggression of Indian forces", which he said resulted in the death of two Pakistani soldiers.

UN Secretary General Ban Ki-Moon said that the UN Observer Group in Pakistani Kashmir did not directly observe any "firing across the Line of Control" relating to the incident. The Indian envoy at UN Syed Akbaruddin dismissed this statement, saying "facts on the ground do not change whether somebody acknowledges or not."

Analyst Sandeep Singh, writing in The Diplomat, said that the operation is better characterised as a cross-border raid because "surgical strikes" involve striking deep into the enemy territory and typically using air power.

-Savan Dhamelia (FYBPT)

## Could someone bring back my "those days"?

Those days when I was innocent,

Those days when my universe was around my toys,

Those days when running after colourful butterflies was fun,

Those days when everyone appeared to be a friend,

Those days when more time was spent with textbook than facebook,

Those days when grams and pulses were only know gram,

Those days when asking what's up was more trending than whatsapp,

Those days when dancing on street was more amusing than clubbing,

Those days, the days of joy, enjoyment and happiness

Those days, the days are lost

Those days, the days are forgotten

Those days, the days of CHILDHOOD

-Shraddha Katwe (FY BPT)

## WHY QUIT?? When you are capable enough!

Your college is the base structure of your career. The base has to be so firm that no hurdle can shake it to bring it down. The subjects are the core ingredients. Each subject is a raw material especially for the first year students the raw material has to be processed so well by your hard work to bring the best outcome for each subject.

Therefore, work so hard and smart that the ground floor is so concrete. This may seem hard but the result is totally worth it. The 2nd year, 3rd year and 4th year will lead to astonishing result.

The most important thing every student should remind themselves every step you take matters, it matters to you, your parents, teachers and well-wishers. When I talk about steps I am relating to YOU being in a practice hall (college) which prepares you to be the best version of yourself for the real world. These words are from my supporters which give me motivation, inspiration and remind me of my priorities- You know what, "Priorities and act on it before it's too late!"

So keep learning, don't be afraid of making mistakes, the mistakes teach you, mould you and shape you in a better role model, It's not the end. The change starts from you, you have to get up and make a change nobody else will.

These are a few lines from my teacher's which keep me going:

- No question is stupid, so Ask, ask and ask!
- Practice brings perfection!
- A single paper will never define one's ability, there are loads of opportunities to give a second trial, therefore just push the word DISSAPOINTMENT out of your dictionary.
- Failure is just another boosting energy drink, it depends on how you take it. Take it positively and work for the change the rest will flow.
- The day you are proud of yourself, just tell yourself hey! Watch out that pride will bring me down you don't know everything there's still a lot to learn.
- There's always room for improvement.

So good luck the ball is in your court AIMING, SHOOTING & SCORING depends totally on you.

**"ELIMU NI BAHARI"**

(Learning is like an ocean, it's endless).

I THINK  
I QUESTION  
I DESIGN  
I CREATE  
I STRUGGLE  
I COLLABORATE  
I TRY  
I SOLVE  
I INVENT  
I REFLECT  
I LEARN

"I am called a STUDENT".

-Simran (FYBPT2)

