



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

B N PATEL COLLEGE OF PHYSIOTHERAPY

Managed by Sardar Patel Education Trust, Anand

NEWSLETTER



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



Message from Dr. Paresh Parikh, M.D.

Director and Medical Superintendent
Dr. Jivraj Mehta Smarark Health Foundation
Bakeri Medical Research Center

We are happy to be associated with B.N. Patel Institute of Para Medical & Science which was established in 2010. There is a great demand of Paramedical persons throughout India and Gujarat. We are happy that B.N. Patel Institute has taken initiative and started the courses for Optometry, Kidney dialysis, Physiotherapy, Digital X ray, Laboratory Technician, and Physician Assistant. There is a great demand of such paramedic and B.N. Patel Institute of Para Medical and Science will be a great boon to the society.

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ORGAN DONATION

What is organ donation?

Organ donation is the process of surgically removing an organ or tissue from one person (donor) and placing it into another person (recipient).

Organ donation has proved to be a miracle for the society. Organs such as kidneys, heart, eyes, liver, small intestine, bone tissues, bone marrow skin tissues and veins are donated for the purpose of transplantation. The donor gives a new life to the recipient by the way of this noble act. In organ donation, a person pledges during her/his lifetime, that after death, certain (or all) organs from the body can be used for transplantation to help terminally ill patients get a new lease of life.

Facts related to organ donation

- **One organ donor can up donate up to 25 different organs and tissues for transplantation. This can save up to 9 lives!**
- 500,000 people die every year because of non-availability of organs
- 200,000 people die every year due to liver disease
- 50,000 people die from heart disease every year
- 150,000 people await a kidney transplant but only 5,000 get the one
- 1,000,000 lakh people suffer from corneal blindness and await transplant

What are the different types of organ donation?

With recent advances in transplantation, people of all ages and medical histories can donate organs – even people in their 80s have donated organs in the past. However, the final call on the organs and tissue that can be donated is taken only after doctors analyze the donor's medical condition.

- **Living Donation:** Living donation takes place when a living person donates an organ (or part of an organ) for transplantation to another person. The living donor can be a family member, such as a parent, child, brother or sister, grandparent or grandchild (living related donation). It can also come from someone who is emotionally related to the recipient, such as a good friend, a relative, a neighbor or an in-law (living unrelated donation).
- **Deceased Cadaver Donation:** Deceased cadaver donation means donation of organs from a brain death person. The recipient is kept in a waiting list and when the organs are available, the recipient is informed.

Who can be an organ donor?

There is no age limit on becoming an organ donor. But there are few medical conditions that prevents one from organ donation. Healthcare professionals decide which organs are suitable for donation.

To be an organ donor, it is important to register by signing up for Organ Donation. One needs to fill a prescribed consent form. In case of deceased donation, a written consent form from the lawful custodian of the body after the death of the patient is required in a prescribed application form.

What hinders organ donation in India?

Finding a donor match is difficult to begin with. In India, this challenge is compounded by bureaucratic hurdles and lack of awareness.

The first challenge is red-tapism and lengthy paperwork. According to existing rules, if the potential donor is not related to the person who needs the organ, the transplant needs to be approved by a state-level committee or by a hospital committee that includes government officials

The next challenge is that it is often difficult for family members to accept their loved one is brain dead. On a life support system, the person looks like he/she is sleeping. The fact that body is warm to touch and the heart is beating makes it difficult for doctors to convince the family members to donate the organs of their relative. Even if the family is ready to donate organs, superstitions and misconceptions become impediments.

Another problem is that there are too few surgeons and hospitals equipped for transplants. Ventilators for preserving the organs of a brain dead person and intensive-care unit personnel trained to manage such situations are prerequisites for a transplant.

To pledge your organ donation, you can register at the NGOs mentioned below.

1. Mohan Foundation: <http://mohanfoundation.org/>
2. Shatayu: <http://shatayu.org.in/>
3. Gift Your organ: <http://gifyourorgan.org/>
4. Gift a Life: <http://giftalife.org/>

Inter-class competitions

B N Patel Institute of Paramedical and Science (Paramedical Division) organized various inter-class competitions including Clay Modeling, Rangoli Making, Collage Making, Spot Photography, Poster Making, Spot Painting, Cartoon Making and Singing from 21st to 26th July, 2018. More than 100 students took part in competitions and it was celebrated with enthusiasm. The result of the competitions are as under:

	First	Second	Third	consolation prizes
Clay Modeling	Trupti Vyas (SY CLT)	Sanskriti Panchal (FY MT)	Yashri Shah (SY CLT)	
Rangoli Making	Bhavana Marahte (FY MT)	Neha Ingle (FY MT)	Krishna Pandya (SY PA)	Ishika Patel (FY MT)
Collage Making	Anjali Amin (FY MT)	Grishma Patel (FY MT)	Bhagyashri Rathod (FY MT)	
Spot Photography	Dhruvi Patel (MSc II)	Prashant Zinzala (MSc II)	Mehul Prajapati (SY IMT)	Pratik Bhayani (SY IMT) Darshan Patel (SY IMT) Akash Machhi (SY IMT)
Poster Making	Dhwani Jani (SY IMT)	Grishma Patel (FY MT)	Riddhi Patel (SY OTAT)	
Singing	Janki Amrutia (MSc I)	Rebecca Solanky (FY MT)	Dharini Chokhadia (FY PA)	
Cartoon Making	Janki Patel (SY IMT)	Chandani Ravalji (SY PA)	Riddhi Prajapati (SY Renal)	
Spot Painting	Dhwani Jani (SY IMT)	Khomi Patel (SY Renal)	Hery Patel (FY MT)	

MOUNT KILIMANJARO



Mount Kilimanjaro is located in the East African country of Tanzania and sits in the Kilimanjaro National park near a small town of Moshi. It is

comprised of three distinct volcanic cones

KIBO-5,895m/19,341feet

MAWENZI-5,149m/16,893feet

SHIRA 3,962m/12,998feet.

Uhuru peak is the highest point of the three cones and it is located on Kibo's crater rim. Two of its three peaks, Mawenzi and Shira are extinct while Kibo, its highest peak is dormant & could erupt again, however the last major eruption has been dated to between 150,000 to 200,000 years ago!



There are several routes for hiking on Mount Kilimanjaro but I would like to share my experience, back on the year 2014, by the Marangu route which takes a duration of 5-6 days. Driving from Moshi to Marangu gate gives you a spectacular view of the rich greenery habitat. The weather is



pretty cold but the beautiful natural habitat is all worth it.

SIKU YAKWANZA

(DAY ONE)- "Easy Peas-y"

Marangu gate (1840m/6,036 ft)



Mandara hut(2,720m/8,923 ft).

From the park gate you ascend on a clear ridge trail through the rainforest, the beginning is just like a walk in the park. Gauzy moss hangs from trees, waterfalls whisper in the distance, red clay and forest this is one of the nature's finest colour combinations. Most of the Kilimanjaro animals are found here being not lucky enough though, I spotted a monkey only. However, various species of birds may be spotted on specific routes such as Male malachite sunbird, Sunbird at Lemosho, Shia or Machame route. We settled down for the night at Mandara in A-shaped huts, the porters then served us dinner at the mess where I still remember the yummy zucchini soup which was a delight for the chilly weather. Before I forget for your information Peak a boo!! , at late night either be it a reason to use the restroom or not feeling sleepy cause I bet you would love to see the star-stitched sky.

SIKU YA PILI-"Our goal was clear!"
(DAY TWO)

MANDARA HUT (2,720m/8,923 ft)



HOROMBO HUT (3,720m/8,923 ft)

The Landscape changes from rainforest to shrub-strewn heath and moorland. The land becomes textured, perfect for mid-mountain light. Peaks begin to appear. First Mawenzi peak and then snow-capped Uhuru peak in the distance. Our goal was in sight which gave all the students a lot more motivation to keep going. The horombo hut was the best stop over ever they were camps set in groups, many A-shaped hut like small house, with 6 bed bunks in each, a vast fountain of water which was just near my stay, this was a heaven on earth experience were we are far from all worldly issues because on the mountain it's just you and the nature the almighty has created. What more could you ask for? "It truly is a place where u appreciate the creations of the Almighty".

SIKU YA TATU-"Acclimatization day."

(DAY THREE)

HOROMBO HUT(3,720m/12,204 ft)



ZEBRAROCK

An extra day and night is strongly recommended to hikers for acclimatization from horombo to zebra rock and back to horombo were you will spend a night. As I said Hormobo is the best stopover, I call it the charger stop for hikers. I'm saying this because the weather changes and the long walks may get you into giving up! but trust me the celebration after summit by the descending hikers and porters is celebrated by singing and dancing gave all of us a lot more motivation to keep going. You might have heard the word "HAKUNA MATATA" so here's one of the Kilimanjaro songs for you:

Jambo, jambo bwana (Hello, hello Sir)

Habari gani (How are you?)

Mzuri sana (Very fine)

Wageni, mwakaribishwa (Foreigner's you're welcome)

Kilimanjaro, hakuna matata (Kilimajaro there is no problem)

Tembea pole pole, hakuna matata (Walk slowly, slowly no problem)

Utafika salama, hakuna matata (You'll get there safe, no problem)

Kunywa maji mengi, hakuna matata (Drink plenty of water, no problem)

And many more songs in celebration of summit. The fire camps are lighted, some enjoying the calm scenery; other hikers were even busy writing their experiences in a notebook.

SIKU YANNE-"Get lost in the nature"

(DAY FOUR)

HOROMBO



KIBO HUT

The route to kibo is a very stony and eroded area more of like an Alpine desert. You may give up but don't because the porter's keep motivating you by saying "POLE POLE NDIO MWENDO" meaning walk at a slow pace you'll make it to the point. The porters were awesome we had enough water filled up by them as the last watering point is in between the route so you need to carry enough water for kibo,

Coming closer to kibo you'll see few snowy glaciers further away from a point. Remember to drink plenty of water and sleep early to get enough rest.



SIKU YA TANO-"Is where the challenge begins!"

(DAY FIVE)

KIBO HUT



UHURU PEAK

From the kibo hut we rose around 23h20min and this was the toughest part "for me!" though you should always remember what asks you for an effort gives back colourful results. The first section of the trail consists of a rocky path to the Hans Meyer Cave, and it's a good resting spot. Then, the path zigzags to Gillman's point where you will normally encounter snow all the way up to Uhuru peak(5895m), the highest point in Africa. Total exhilaration and satisfaction- We made it! Weather on the summit will determine how long you will be able to spend, taking photographs, before 3 hour descent back to kibo hut.

After a short rest we gathered all our gear we left behind for the ascent and headed down to Hormobo hut(3 hr) for an overnight.



SIKU YASITA

(DAY SIX)

After the night stay at horombo hut all the hikers descend to the Marangu gate which takes approximately 6hrs. The hikers that made up to the Gillman's point are issued with green certificate & those that summit the Uhuru peak receive gold certificate.



ASANTE (Thankyou).

Simran
FYBPT



Photo credit : Neil FYBPT

Student Council Committee

(2018-19)

B.N. Patel Institute of Paramedical and Science
(Paramedical Division)



Dr. Arpita Arora
(President)



Mr. Mehul Agrawal
(Vice-President)

Knowledge Band

- Organize "Gyanotsav".
- Members of council, students and faculties will share their knowledge through Journal Club, research club,..
- Organize State / National / International level conferences, workshops, seminars and Guest lecture series.

Creative Expression Band

- Under this cluster, skills for elocution, debate, creative writing and translation have to be inculcated into the students.
- Council will organize debate, elocution and essay competitions.

Fine Arts Band

- Under this cluster, council will conduct activities in Fine Arts such as painting, clay modeling, Rangoli, on the spot paintings..etc.

Theatre Band & Music and Dance Band

- Theatrical activities, skit play, Dance, singing..etc to be organized under these clusters.

Yoga and Sports Band

- This cluster aims at imparting upon the students true knowledge of physical education as it is distinctly related with the mental and spiritual processes.

Community/Social Service Band

- Community awareness program
- Health checkup Camps, Street acts, walkathons,..
- Also, organize hospital and Industrial tours
- Help Placement Cell of the institute.



Mr. Prashant Zinzala
(General Secretary)



Ms. Shefali Srivastava
(Ladies Representative)



Mr. Dhaval Panchal
(Cultural Secretary)



Ms. Dhruvi Patel
(Cultural Secretary)

Name	Class
Divya Patel (CR/LR)	F.Y. B.Sc. (PA)
Karan Raj (CR)	S.Y. B.Sc. (PA)
Margi Patel (LR)	
Jignesh Shah (CR)	T.Y. B.Sc. (PA)
Niyati Patel (LR)	
Ruchit Patel(CR)	
Anjali Patel (LR)	F.Y.B.Sc. (MT)
Saniya Vohra (LR)	
Khomi Patel (CR&LR)	S.Y.B.Sc. (RDT)
Milan Shiroya (CR)	T.Y.B.Sc. (RDT)
Shefali Srivastava (LR)	
Bhargav Patel (CR)	S.Y.B.Sc. (OTAT)
Janvi Rana (LR)	
Kuldip Babariya (CR)	T.Y.B.Sc. (OTAT)
Princy Macwan (LR)	

Name	Class
Vishruti Ka.Patel (CR)	S.Y.B.Sc.(CLT)
Happy Patel (LR)	
Krishna Somani (CR)	T.Y.B.Sc. (CLT)
Rutvi Patel (LR)	
Brijesh Varma (CR)	S.Y.B.Sc.(IMT)
Agna Baby (LR)	
Dhaval Panchal (CR)	T.Y.B.Sc.(IMT)
Happy Patel (LR)	
Vaibhav Patel (CR)	
Nisha Parmar (LR)	DMLT
Viral Kardani (LR)	
Fatehali Abidali Vadhaniya (CR)	M.Sc. Part-I
Anjaliben Patel (LR)	
Prashant Zinzala (CR)	M.Sc. Part-II
Kajal Oza (LR)	



8 Truths of Life

- Nobody is real in this world except mother.
- A poor person has no friends.
- People do not like thoughts they like good looks.
- People respect money not people.
- The person who love you the most will hurt you the most.
- Truth is simple but the moment you try to explain it, it becomes difficult.
- when you are happy you try to understand music but when you are sad you try to understand lyrics.
- In life two things define you, your patience when you have nothing and your attitude when you have everything

Miral Patel
(FYBPT)

B N Patel Institute of Paramedical and Science (Paramedical Division) celebrated 'Oriosh- 2018' Orientation + Fresher's party

B N Patel Institute of Paramedical and Science (Paramedical Division) celebrated 'Oriosh- 2018', Orientation + Fresher's, to welcome the freshers in the various courses like, Physician Assistant, Bachelor of Optometry, Medical Laboratory Technology, Renal Dialysis Technology, Medical Imaging Technology and Operation Theatre and Anesthesia Technology. The objective of the program was to make the students familiar with the institution.

The students were first of all welcomed and briefed about the institution, rules and regulations and teachers by Dr. Arpita Arora, Director, B N Patel Institute of Paramedical and Science (Paramedical Division). The students' council was also announced by Dr. Devang where Mr. Mehul Agrawal was elected as Vice-president, Mr. Prashant Zinzala was elected as General Secretary and Ms. Shefali Srivastava was elected as lady Representative. Then the senior students welcomed the freshers by presenting cultural events including Dance, songs and mime. Students also briefed them about different co-curricular activities the institute organizes.

Then, the Chief Guest of the function Shri Bhikhubhai N Patel, Managing Trustee and Secretary, Sardar Patel Education Trust, formally welcomed and addressed them. He briefed students about the how the college had been established and been developed gradually year by year. He also discussed the future plans and its agenda how determined he is for the execution of he plans. Ms. Mrudulaben Patel, Joint Secretary, Sardar Patel Education Trust, welcomed students and wished them for better learning experience. The trustees of Sardar Patel Education Trust, Shri Rameshbhai, Shri Anveshbhai and Shri Rajeshbhai were also present in the function. At the end a dance party was organized after lunch.

The whole program was planned and executed under the guidance of Dr. Arpita Arora, Director, B N Patel Institute of Paramedical and Science (Paramedical Division).