



OCTOBER 2019
VOLUME 4 | ISSUE 01



THE WINDOW INTO MSAI



ENESTRA



A Note from the President

Greetings MSAI family,

It is an honour to present 'Fenestra' after the first half of term 2019-20 to you. This term was commenced at the NGA , Chandigarh. Attended by delegates from all over the country, NGA - CHD was an instant success amongst youth health advocates. The elected team has worked tirelessly over the first six months to ensure that members do not miss out on any opportunity - International and domestic alike. The effort has helped lay a solid foundation which is helping us get local, National and International recognition for our work. I would like to congratulate all involved members for being a vital part of this evolution that we at MSAI are witnessing

Geetanshu Singla
President



From the Editor's Desk

Dear MSAI readers,

I am absolutely delighted to present the first quarterly report for the term 2019-20 - *Fenestra : The window into MSAI*. Through Fenestra we aim to sensitise our readers to the work we do here at MSAI and the kind of impact it has had on the target audience. You will find articles by the organisers and volunteers of the events as well as an insight into the kind of work that goes into making these activities a nation-wide success! We're very excited to take you along with us on a timeline through the last 6 months and hope we can inspire you to kickstart your own MSAI journey!

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SPREAD THE LOVE

An activity aiming to raise awareness among healthcare students about the LGBTQ+ community, the discrimination and the barriers to healthcare that they face, and to equip them with knowledge to be LGBTQ+-inclusive health care professionals.

THE HPV PROJECT

This activity targeting women in the reproductive age group works to raise awareness about human papilloma viruses, cervical cancer and prevention and early detection measures for the same. We also worked to dismiss myths regarding STIs, specifically HPV stigma.

HEART TO HAART

This activity was a collaboration between SCORA and SCOME and was focused on raising awareness among healthcare students. This initiative targeting HIV discrimination in healthcare aims to sensitise future healthcare professionals about HIV stigma and to equip them with the knowledge to create a safe environment for people living with HIV within a healthcare setting.

FEEL THE TEAL

A PCOS Awareness Activity aims to raise awareness about Polycystic Ovarian Syndrome, including its symptoms and its management, the importance of taking care of your body, body positivity and to beat PCOS stigma.

GO GULABI

Go Gulaabi aims to raise awareness about breast cancer screening methods, specifically but not limited to breast self examination. The activity also encourages women to seek healthcare actively and to beat the stigma of having breast cancer.

Outreach

9125

Volunteers

1143

Events

153

Activities

5

ACTIVITIES



GMERS Medical College, Sola, Ahmedabad conducted **Spread The Love** on 21st June 2019 addressing 40 medical students, providing them with a better understanding of the LGBTQ+ community & how to be LGBTQ+ inclusive health care professionals.

The activity included:

>> Face painting activity involving painting rainbow flags for the audience to feel the spirit of pride!

>>Introduction to the term "**SOGIESC**" (Sexual Orientation, Gender Identity, Expression ; Sexual Characteristics) and breaking down each term to. The explanations cleared many doubts the students had regarding these terms.

>>Discussion on discrimination the LGBTQ+ community faces including, human rights violations and lack of acceptance.

>>Encouraging students to respect personal gender pronouns while talking to or about an individual in a conversation as it can make a huge difference to an LGBTQ+ person.

>>Addressing the barriers the LGBTQ+ community face to access healthcare services in our country such as limited access, negative experiences & lack of knowledge.

>>Guided them on why & how to be an inclusive health care provider

>>Role play of a Doctor-LGBTQ+ Patient interaction to practice implementing all the skills they learnt!

The response of the audience was really positive and they were quite interactive. We ended the amazing session with loads of pictures with Pride flags and glitter to create a Pride-like atmosphere and effectively 'Spread the Love!!'

Events like this are necessary as they make a significant difference among the healthcare students and empower them with the knowledge and skills to take active steps to being more inclusive.

Warisha Fathima

NORA Asst for Capacity Building,

Outreach

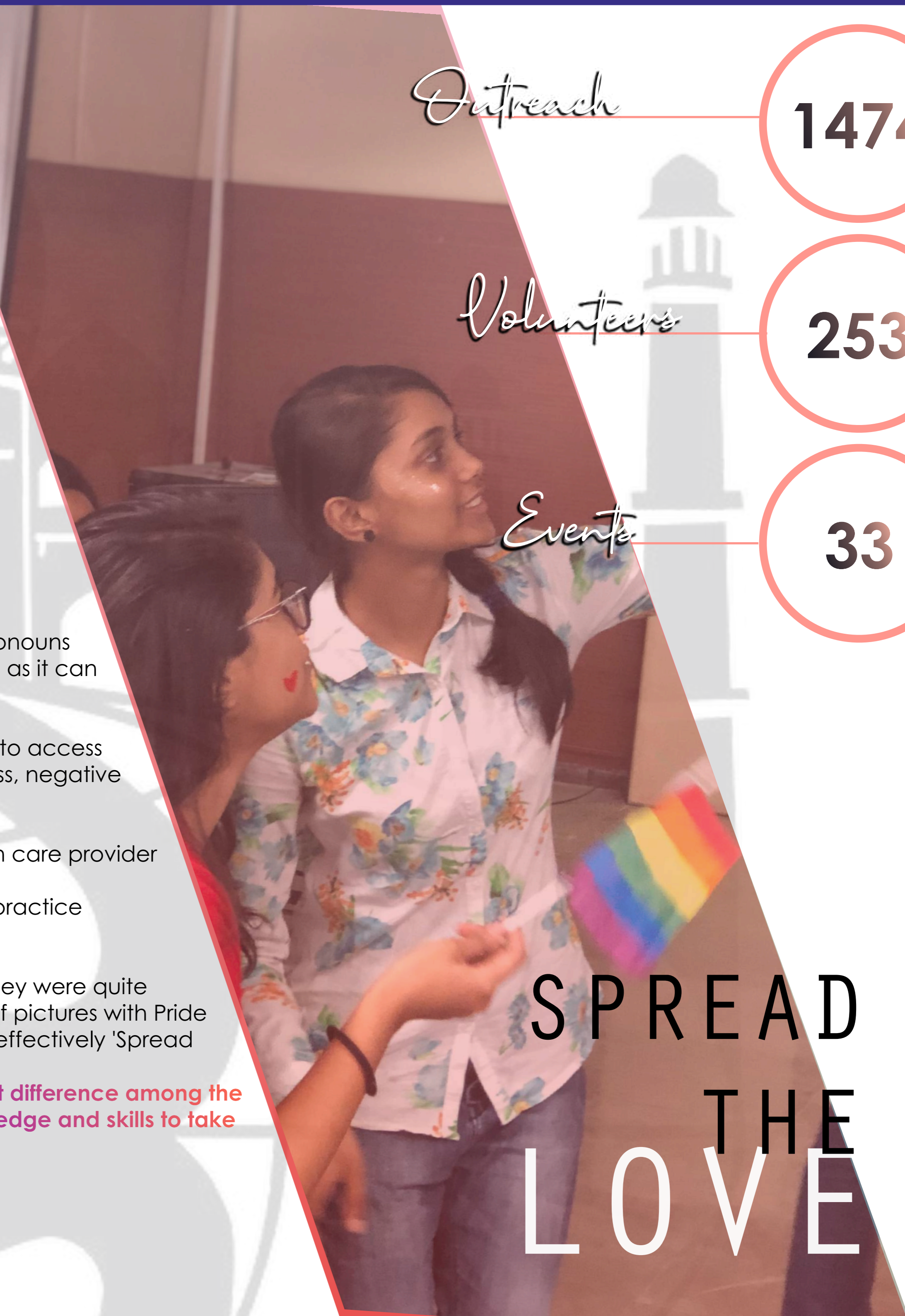
1474

Volunteers

253

Events

33



**SPREAD
THE
LOVE**



12176

Outreach

DROP THE DOPE

To raise awareness amongst healthcare students about the cause and consequences of substance abuse, and how and when to seek help for the same.

923

Volunteers

UNDER THE WEATHER

To create awareness among people belonging to the lower socioeconomic strata about diseases with special emphasis on signs and symptoms and prevention, something they can grasp and adopt in their daily lives. A collaboration with SCOPH.

171

Events

INTRODUCTION TO CLINICS

To bridge the gap between pre/para clinical medical education and clinical education by orienting 2nd year students for their very first clinics exposure.

6

Activities

HEART TO HAART

To sensitize future healthcare professionals about stigma related to HIV and to equip them with the knowledge to create a safe environment for people living with HIV within a healthcare setting, all while making them understand the important role healthcare providers play to help PLWH move away from stigmatization to a better life.

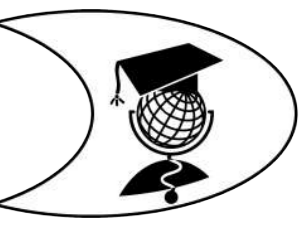
BEAT THE BURNOUT

To sensitize medical and paramedical students about the concept of stress and it's varying manifestations and how they can help themselves and others to overcome any stress-related issues by emphasizing the importance of stress management and teaching them techniques for the same.

BACK TO SCHOOL

Our newly launched activity to orient pre-med aspirants to all the facts and realities associated with medical school and a medical career and give them the tools required to mentally equip themselves for the same.

ACTIVITIES



3000

Outreach

500

Volunteers

34

Events



Medicine is not easy. The constant and never ending pressure and stress starting right when you embark on this journey can easily push people down the path of indulgence. Acceptance is the first step towards improvement.

With that in mind, SCOME-India took up the initiative of assessing the prevalence and consequences of substance abuse in the medical student fraternity. This helps us understand the various modalities pertaining to substance abuse and led us to create curated content for this campaign.

All across the country, local officers and motivated members decided to take up this important cause, and addressed their peers about the reasons and consequences of substance abuse. They spoke about the need to accept this as a problem, talked about how to assess when you or someone else need help, and direct them to the right sources while doing your bit to help them.

Life saving procedures like the Bacchus Maneuver were demonstrated and management of an overdose was discussed.

Organizers across the country were given the creative liberty on how to engage their peers- some organised quizzes, some essay writing competitions and some debates. The most touching and impactful were the instances when a volunteer or even audience member spoke up about their journey with substance abuse.

SCOME India is proud of each and every organizer, volunteer and audience member for taking this step to rid our community of the horrible disease that is substance abuse

Sanjana Taneja and Simran Garg
National Officers on Medical Education

**DROP
THE
DOPE**

NOT JUST EQU'ALL'ITY

Highlight and abolish the idea of gender stereotyping thus deconstructing the stigma around gender roles. Approached school students creating an intrinsic change right from the developing ages of a child and break the stereotypes and boxes they are boxed in.

BOXED BOXES

Primarily aimed to be a biphasic activity of Not Just Equality, we intend to survey medical students and decipher their approach to gender roles. We installed boxes and posters in campuses for Boxed Boxes to also create an awareness on gender stereotyping.

BLEEDING ARMORS

Analyse and examine the recent and multiple aggressive violence against the healthcare providers & discuss the appropriate measures for the protection of doctors against any form of potential violence

POST DON'T ROAST

Sensitise the community about cyberbullying, its detrimental consequences on the victim and thus create a safer and more friendly social network.

UDAAN

Focus on 3 main aspects of Women's Rights spread across 3 terms. Literacy, Abuse and Financial Independence. Aimed at teaching women the basic literacy skills to empower them, initiate a feeling of independence and encourage them to educate their young ones

SEEKHO WITH MEEKO

Everything deemed controversial has a dark origin and grave consequences blanketed by our ignorance. We conducted an online activity across 4 weekends on 4 topics: **Triple Talaq**, sexual assault against all genders: **Us Too**, Human Right Violations in Kashmir: **Voices of the Valley** and Discrimination against North East Indians: **The other Indians**.

A WRINKLE IN TIME

33% of our elderly are fighting through geriatric depression. An activity aimed to highlight the current scenario, identify the cause, find solutions and provide psychosocial assistance to the elderly.

Outreach

16643

Volunteers

2633

Events

165

Activities

7

ACTIVITIES



SCORP
Human Rights & Peace

Harvey Milk once said, "It takes no compromise to give people their rights...it takes no money to respect the individual. It takes no political deal to give people freedom. It takes no survey to remove repression."

This is what SCORP truly stands for. Centuries have passed by. The world is finally discussing Equality. Amidst the never ending chaos of fragmented opinions, we hope to salvage the rights of every gender, forced and placed in predefined grids. Stereotyping is omnipresent. We are all entrapped in this cycle of normalcy.

Boundaries are set from childhood. It is instilled as a way of life. We intend to work right from where it begins and change and shape our world addressing to those who the future belongs and concerns the most: our children. With this engulfing problem of the society, we designed and conducted **'Not Just Equ'ALL'ity'**, with the hope to break gender stereotypes. We approached a total of 3850 students from Grade 5-8 covered in 26 events conducted Nationally. The activity was designed to churn the mindset and initiate an intrinsic desire to question, call for change and eventually be the change. Through our Activity, we intend to break the chains which bind our individuality. We hope to create a world where there are "No Rules For Roles." Because our fight is our right, and this time, it's **NOT JUST EQU'ALL'ITY.**

*Little princesses wear pink, Superheroes can't cry
Such stereotypes around, Have we ever asked why?
He can't have dolls. She can't have goals
Do we really need, Any Rules for roles?*

Sahiba Maniar and Jaimin Maniar
National Officers on Human Rights and Peace

Outreach

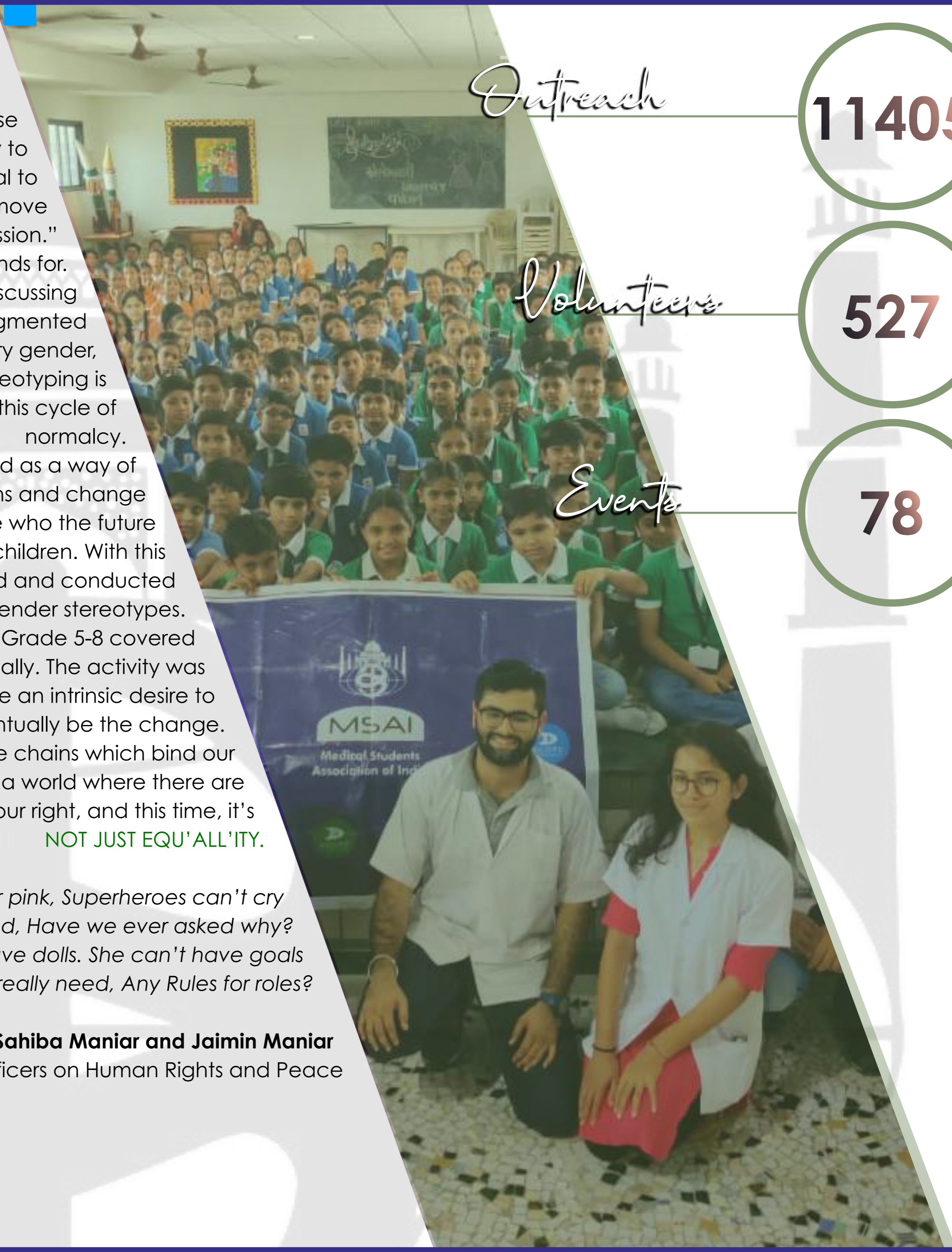
11405

Volunteers

527

Events

78



**ALL
OR
NONE**



ACTIVITIES

20103

Outreach

ANTI-TOBACCO CAMPAIGN

Implemented annually for the last 3 years on the 31st of May ,The world No-Tobacco Day. The campaign was designed with an aim to educate students about the harmful effects of tobacco consumption and develop peer-advocacy amongst them.

1353

Volunteers

BLOOD DONATION CAMPAIGN

An annual campaign to raise awareness about the need for blood donation and organising blood donation camps across the country. Recent addition : Marrow Donation

183

Events

UNDER THE WEATHER

Awareness about seasonal diseases, with emphasis on Vector borne diseases. The awareness sessions aimed to prevent and control seasonal diseases and promote basic hygiene practices amongst the targeted populations.

7

Activities

B-FREE

SCOPH-INDIA conducted a vaccination and awareness campaign for all health care workers to spread awareness about hepatitis B .

JAL HAI TOH KAL HAI

SCOPH - INDIA launched an event to raise awareness about water pollution, sanitation and conservation .

REMEMBER US

Bring attention to the different healthcare requirements of the geriatric population and provide a platform for interaction with them. This activity focused on Dementia and Alzeimers awareness.

SEMICOLON;

The focus on Mental Health has recently increased due to major impact it has on the lives of people. This activity is dedicated to increasing awareness as well as de-stigmatising mental health issues.

6715

Outreach

367

Volunteers

44

Events



Public Health
SCOPH

It's a common routine to mend a problem at a late stage, rather than preventing it in the initial stage itself. We see a lot of chronic smokers around us, wasting their productive years, carrying the burden of ill effects of smoking. This is the time most of us realise the magnitude of the issue and search for a solution. That's when we, decided to take a leap and nip the problem in the bud. This year the SCOPH national team decided to target a large number of audience and what better way than going *online*?

SCOPH-India introduced an online campaign on social media "**DON'T LET TOBACCO TAKE YOUR BREATH WAY**".

Followers posted beautiful pictures of everything around them that is worth *taking their breath away instead of tobacco*, the response was overwhelming. Being SCOPHeroes, one thing we love is going on ground and interacting with people hence we conducted an offline campaign targeting school students. It was with great expectations we visited our first school to conduct this campaign; He gave us the permission and helped us identify students who were closely associated with smoking. We organised an awareness session explaining the ill effects of tobacco and how to stay away from it through PowerPoint presentations. We were able to discern some highly vulnerable students and interacted with them individually through some of our activities. As we concluded the event, we made the students pledge never to use tobacco products. This was a truly phenomenal occasion for all of us as we not only felt immense pride and joy, but also truly privileged to be a part of a cog that create a healthy and productive society.

Abdul Basith K M
Local Officer on Public Health

SMOKE
&
MIRRORS



SCORE
Research Exchange

SCOPE
Professional Exchange

- ACTIVITIES**
- POST DEPARTURE TRAINING
 - UPON ARRIVAL TRAINING
 - IOG UPDATING
 - SCOREXCHAGNES 101
 - SCOPH-EXCHANGE
 - SXC - SCORA EXCHANGE
 - GoSCORP - SCORP EXCHANGE

People always wish to travel the world, to learn different cultures of the world, to interact with different people of the world, to taste different delicacies of the world and this August I got to meet the world as I was one of the fortunate ones to attend the IFMSA GA AM19 at Taipei, Taiwan. At the GA, I attended the SCORE sessions and was no doubt very informative but I would like to share some interesting things I witnessed that got me to think. During our sessions, we discussed over a lot of things from National Social Programs to Research Education. Each NORE and delegate with me had different backgrounds and skills but one thing that stayed common and bound us all together was the love for Medical research and the enthusiasm to spread the idea of research! Like for instance, we had delegates who had research education as a part of their curriculum to delegates who had to put in all the hard work out of their interest to learn about and start a research with minimal to no help at all. I remember Mahmood from Iraq mentioning that his professor punched him on the face when he expressed his desire to conduct research under him. These things are saddening to come across but it makes me so happy to know how the ideas we shared with each other is going to change someone's perspective of looking at research and how some student in some corner of the world is getting an opportunity to do what he loves. We, exchange people are very fond of our exchanges fairs. Poster fair and contract fair were both one amazing experience. Exchange poster's fair gave me a platform to represent, interact and observe the world of research exchanges while contract fair gave me the thrill of closing international deals (yes! It is as it sounds like!). As the sessions went on, we would discover new obstacles and find new possibilities together. We would understand new concepts and plan new future together. We would celebrate new friendships and make them stronger together. I found two such friends in Yuki and Kevin. Yuki who was the NORE of IFMSA Japan. Her compassion towards research inspired me to do more and she also shared many ideas from Japan with me that helps research interested students in India. Kevin is the NORE of Indonesia and also a part of SCORE IT. He was very fun to be around and taught me to express oneself and no one can reject that! He gifted me a cute shirt from Indonesia that says "Future Researcher" Thank you Yuki and Kevin. Some students have opportunities others have obstacles, I found myself in between, but I believed in building those opportunities in my NMO and helping eliminate obstacles of others. As our Moto remains to make this world a better place! I would like to thank SCORE, MSAI and IFMSA for giving me this opportunity and to all my SCORE people, sing it with me-

"Kiss me, Research me, SCORE ME!"

H. M. Shiva Sandesh
NORE Assistant REA

SCORE Active Colleges

10

SCORE Active Colleges

6

LEO

43

LORE

40



**GIVE
MEMOR**

READ ALL ABOUT THE SXC EXPERIENCE AT @MSAINDIAEXCHANGES
SXC - SCORA X-CHANGE



GOSCORP - SCORP EXCHANGE

READ ALL ABOUT THE GOSCORP EXPERIENCE AT @MSAINDIAEXCHANGES



CAPACITY BUILDING

We have all heard the term capacity building. We have heard big organisations like WHO, UN, World bank to the smallest community organisations using “capacity building”. *Did you ever stop and think what it meant? How is MSAI building your capacity?*

Here at MSAI, capacity building for us turning its members into future advocates, leaders and managers. We wish to empower medical students as they hold the key to future healthcare and development of the society. MSAI has developed several workshops with the help of our internationally and nationally trained trainers to strengthen your skills by pulling you out of your comfort zone in the most comfortable manner. It gives you a chance to step out of your books and apply them to real life situations, thus creating teaching methods beyond the scope of formal educational methods.

MSAI has organised many such capacity building events already in its few months of this terms like:

1. On **4th of August an 8 hour long workshop** was successfully conducted at Grant Government Medical College, Mumbai for 14 undergraduate participants on **Public Health Leadership in Antimicrobial Resistance by Ritika Mishra (NPO) and Hazique Jameel (NPO-Assist)**. All the participants showed a lot of enthusiasm and came up with innovative presentations at the end.
2. MSAI and in collaboration with **Auxesis, the Academic Conference of GGMC**, Mumbai organised a panel discussion on **‘Career Opportunities after MBBS’ on 7th August 2019..** It included leaders in the field of Innovation and Entrepreneurship, Research, Public Health, Post Graduation in a medical field. The panellists spoke about their inspiration to excel in their field, achieving success at a National and International platform, the scope in each field to an audience of more than 300 medical students.
3. **TRAININGS DURING SCORA X-CHANGES INDIA 2019 - Mini HIV Education and Advocacy Training ; Workshop on gender, patriarchy and access to safe abortion in collaboration with Asia Safe Abortion Partnership and India Safe Abortion Youth Advocates ; Workshop on Sexual Pleasure: The Forgotten Link in SRHR in collaboration with Love Matters India and the Global Advisory Board on Sexual Health**
4. On **22nd of september a 6 hour long workshop** was successfully conducted at Jawalahlal Nehru Medical College, Aligarh Muslim University for 33 undergraduate participant on **Public Health Leadership in Mental Health by the Dr. Yukti Bhandari (VPCB), Dr. Arpita Pawa (NPO-Assist), Hazique Jameel (NPO-Assist)**.
5. With ever growing events and opportunities in MSAI and partners, **every couple of weeks an orientation call is organised for newly joined members** to help them effectively grab such opportunities and address their doubts directly by the MSAI officials.
6. MSAI is nothing without it’s members. Inductions are organised in colleges by MSAI members to share the presence of the unique platform for them to make a difference together from the very start of their medical careers.



7. **MSAI's first IFMSA Workshop : TNHRT: Training New Human Rights Trainers conducted in Pondicherry** from 24th- 29th September during **GoSCORP, SCORP exchanges** by **Dr. Rujvee Patel (VPCB 20117-18)** and **Henna Bhandari (NORP-Assist)** with a total of 11 international and 9 national participants. **The trainers, participants and OC members were invited by Dr Kiran Bedi, Lieutenant Governor of Pondicherry at Raj Niwas.**

8. SCORP India, collaborated with **Arpan**, in Mumbai on a **comprehensive training on Understanding Child Sexual Abuse on 1st October 2019**. It was attended by 9 International participants and 9 National participants.

Dr.Yukti Bhandari
Vice President - Capacity Building

..AND HELP CAME FLOODING IN! - MSAI'S HELPING HAND DURING THE KARNATAKA FLOODS

A friend in need is a friend in deed. As North Karnataka was flooded, the St Joseph's team planned for sending some relief, similar to what was done last year for the Kerala floods. Hence they turned to their medico friends - the MSAI Karnataka wing, this time too; remembering the overwhelmingly successful contributions headed by Darshan n Sushmita (aims) last year for the Kerala relief, Tejas from St Joseph's called Deena, RD South, for a joint action this time too. The collaboration was agreed, Reuben toi made posters with Darshan and Deena's names and contact numbers, WhatsApp groups were created and swift action was taken immediately without wasting much time. With target site and date set for kudala Sangama on 29 th August 2019 respectively, the collection process began with Bangalore KIMS as the collecting point. People could courier their contributions there. Once the dates were closing in, the materials were transported from Kim's to St Joseph's with help from Rashid, which were in turn distributed directly to the flood victims on 31st August. Kotabaghi village was taken care of too. Jnmc Belgaum also helped by locally contributing to their surrounding areas. Looking forward to partner with St Joseph's college for further collaborations for similar noble causes.

Darshan Sai A G
RDA South-Karnataka
Adichunchanagiri Institute of medical sciences

YOUTH LED NATIONAL CONSULTATION

THE YP FOUNDATION AND THE POPULATION FUND OF INDIA [PFI] AND THE MINISTRY OF HEALTH AND FAMILY WELFARE

THEME : ACCELERATING YOUTH AND ADOLESCENT HEALTH

NEW DELHI

HIGH LEVEL POLITICAL FORUM

THEME : EMPOWERING PEOPLE AND ENSURING INCLUSIVENESS AND EQUALITY

UN HQ, NEW YORK

4th NATIONAL FMPC CONFERENCE

4TH NATIONAL CON. ON FAMILY MEDICINE AND PRIMARY CARE - AFPI

BANGALORE

UNGA SIDE EVENT : PLANETARY HEALTH

UNITED NATIONS GENERAL ASSEMBLY SIDE EVENT ON PLANETARY HEALTH

MSAI : LINK BETWEEN HEALTH AND CLIMATE CHANGE AND MEDICAL STUDENTS JOINING THE CLIMATE MOVEMENT

UN HQ, NEW YORK

IFMSA GA AUGUST MEETING

IFMSA GENERAL ASSEMBLY AUGUST MEETING 2019

TAIWAN

72nd WHO SEARO MEETING

72ND WHO SOUTH EAST REGIONAL OFFICE MEETING 2019

NEW DELHI

YOUTH ACTION ON HEALTH & CLIMATE

THEME : ROLE OF MEDICAL STUDENTS IN CLIMATE ACTION AND IMPACTS ON CLIMATE CHANGE ON HEALTH

LONDON

EXTERNAL REPRESENTATION



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