

VANI



MSAI

MAKING A DIFFERENCE TOGETHER



FROM THE PRESIDENT'S DESK

NIPUN NAGPAL, PRESIDENT 2018

I remember my journey in MSAI through fond eyes. Joining back in 2016, starting as LPO (Public Health), to two terms as Regional Director and now President, it has been an eventful one, to say the least. The journey has taught me about perseverance and evolving as a person. More than that, I have witnessed the evolution of MSAI into the powerhouse it is today.

Writing for the 3rd edition of Vani, the official Magazine of MSAI, I would like to thank and acknowledge the mammoth effort of the Publication Support Team and its director, Shibiraj Patel. The MSAI Vani is the true voice and a

source of regular updates on all things MSAI. I would also take this opportunity to thank all the members of the EBTO for being the best team that MSAI has seen. You are the face and forefront of MSAI and I would not have it any other way. I am extremely humbled and honoured to be representing such a bright group of individuals with exceptional talents.

MSAI has seen good times and bad in equal measure. But, I am proud to write that we are in a time of exponential growth and an increase in outreach and impact. Being one of the only medical student organizations to respond to the Kerala Flood Crisis, representing India and

MSAI's quality activities in IFMSA GAs, soaring external representation & consolidating our internal structure shows that we are ready to represent & channel medical students domestically and internationally. MSAI stands true to its beliefs for One-Health & youth.

As for me, I am but the humble representative of the strength that is MSAI and will assure you of effective service till the end of my term and beyond. For the members, I would write that, We as a fraternity of medical students are effective. Effective in channeling our energies to any cause we want. So don't be a stranger and come work

with us. It is rewarding personally to say the least.

In light of the recent progress in India and MSAI, it is fit to leave you with this

"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 and it takes no survey to remove repression" - Harvey Milk

Nipun Nagpal

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Team 2018



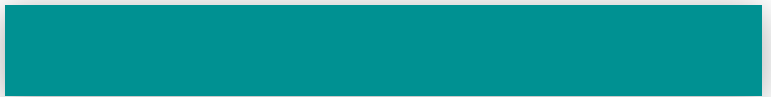
IFMSA AM 2018



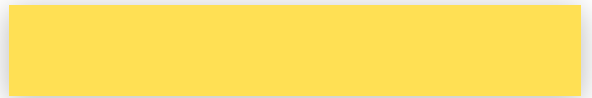
NGA 2018



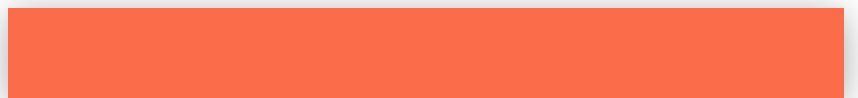
Kerala Floods



National Trainings



LC Structure



Green family of MSAI



Time-Lapse





WELCOME TO

VANI

The Medical Students Association of India (MSAI) is a non-government organization of, for and by medical students of India, founded in October 2011.

MSAI is a registered society in New Delhi under the Societies Act and is dedicated to work for the welfare of medical students across the country and enhance healthcare in India. MSAI was adopted as the 100th NMO (National Member Organization) of the International Federation of Medical Students Association

(IFMSA) on 6th March, 2012 at Accra, Ghana. MSAI is India's first and largest nationally and internationally represented federation, comprising 17,000 medical students across the country.

As an organisation, MSAI strives to provide its members with numerous opportunities to develop themselves as global health leaders of today and tomorrow. To achieve this, it organises a variety of events inclusive of workshops, health camps, awareness

sessions, assemblies, seminars and exchange programmes.

We (at MSAI) closely follow the principle of Think Globally, Act Locally. We believe in Making a difference together! MSAI works with issues that matter the most to the nation's youth by empowering the medical students and improving the health of the country with meaningful youth participation.

SCOME



Medical Education should be a concern of every medical student as it shapes not only the quality of future doctors but also the quality of healthcare. The International Federation of Medical Students' Associations (IFMSA) has a dedicated organ which aims to implement an optimal learning environment for all medical students around the world - the Standing Committee On Medical Education (SCOME). Through all our joint efforts we work to create sustainable changes around the world, for ourselves as medical students, for the generations to come and for our future patients and our communities who are in fact the final beneficiaries of our education.

SCOME was one of IFMSA's first standing committees from the beginning of its foundation in 1951. It acts as a discussion forum for students interested in the different aspects of medical education in the hope of pursuing and achieving its aim.

Today, SCOME works mainly in medical education capacity building. SCOME provides several platforms and methods to educate medical students worldwide on various medical education issues. Through this knowledge, it empowers them to advocate to be a part of the decision-making chain. SCOME believes in medical students as important stakeholders in creating, developing and implementing medical education systems.

SCOME's vision is that medical students attain an optimal professional and personal development to reach their full potential as future doctors for better healthcare worldwide. Their mission is to be the frame in which medical students worldwide contribute to the development of medical education. Students convene in SCOME to share and learn about medical education in order to improve it as well as benefit the most from it on a personal and professional basis.

Sirisha
SCOME

Mahak Gosh
SCOME

SCOPE



The Professional Exchange program is a full educational program offering clerkships to medical students abroad. As early as 1952, a total of 463 students spent a period of practice abroad, and today, it continues to be the backbone of the Federation and constitutes its longest running project.

Annually, more than 13,000 students from 90 countries travel around the world to discover new health systems, new cultures and to enhance their global health and intercultural understanding.

The aim of SCOPE is to promote cultural understanding and co-operation amongst medical students and all health professionals, through the facilitation of international student exchanges. SCOPE aims to give all students the opportunity to learn about global health, and attains this partly by having its exchanges accredited by medical faculties across the world.

SCOPE - INDIA (Active from 2016)

Namaste!

There are 50,000 medical students in India and having you here just adds more fun to the party.

India is considered the largest creator of doctors with 426 eminent colleges nationwide.

With the expansion of the current exchange programs, SCOPE India is currently paving the way for increased exchanges both to and from our country.



Aatmika Nair

NEO-out

Ayushi Garg

NEO-In

SCOPH



The Standing Committee on Public Health (SCOPH) brings together medical students from all over the world to learn, build skills, cooperate, explore and share ideas to address all issues related to Public Health, including Global Health issues, health policies, health promotion, and education activities.

Medical students of the IFMSA formed the Standing Committee on Students' Health (SCOSH) in 1952, driven by a strong will to take an active part in preventing and making policies concerning health problems. During the following years, the wide variety of activities led to the change of SCOSH to Standing Committee on Health (SCOH) in 1963. In 1983 the name of the Committee changed once more to Standing Committee on Public Health (SCOPH). During these six decades, SCOPHeroes have implemented, maintained and improved a wide variety of community-based projects on a local, national and international level.

Through these activities, we are pursuing our vision of a healthy society and we are developing our own potential of being complete and skillful health professionals. SCOPH envisions that Medical Students attain the optimal skills and knowledge to contribute to their full potential towards the making of healthier communities in their capacity as medical students and as future healthcare providers.

Their mission is to promote the development of medical students world-wide regarding Public Health issues through an international sharing knowledge network, projects management, community-based learning, capacity building, advocacy, exchanges placements and access to external learning opportunities.



Katya Caksena
NOPH

Priyansh Shah
NOPH

SCORA

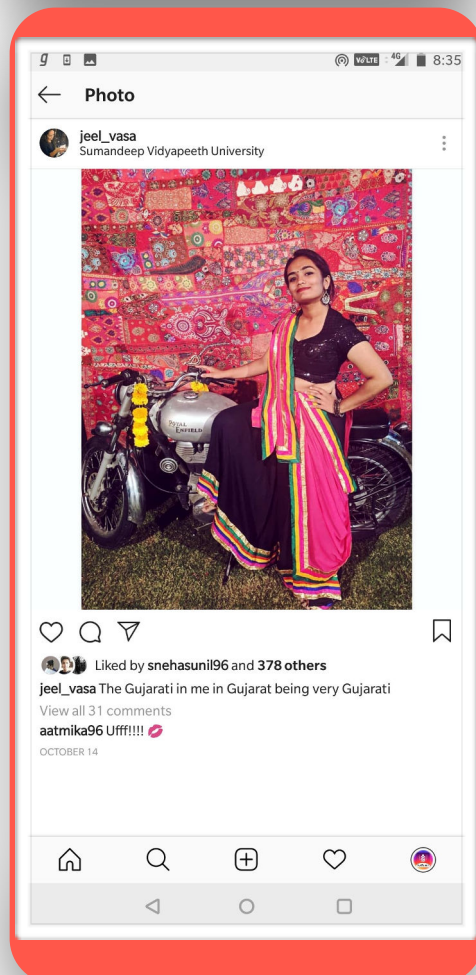
Welcome to SCORA!

Standing Committee on Sexual and Reproductive Health including HIV/AIDS is gathering passionate individuals who are committed to promote sexual and reproductive health and rights and are passionate about creating positive change in our local communities.

Objectives-

- Comprehensive Sexuality Education To raise awareness on topics related to HIV/AIDS, and sexual and reproductive health.
- Promote positive sexuality and healthy sexual life.
- Advocating for policies concerning sexual and reproductive health and represent medical student worldwide.
- Collaborate and facilitate joint actions concerning medical education, public health and human rights.

Provide tools for capacity building for future healthcare professionals in terms of sexual and reproductive health and rights, SCORA this year will be working to improve the healthcare for girls and women with a series of campaigns aimed at individuals from all walks of life.



Shweta Podual
NORA

Jeel Vasa
NORA

SCORE

In India, there are very few students who take up the research before graduation. Some blame it on the lack of opportunities and some on the exorbitant expenses. Research is essential for the development of medicine for it provides innovation in both diagnostic procedures as well as understanding in the workings of the machine that is the human body.

SCORE gives you this platform that is lacking in our regular curriculum to explore your interest in the field of research from the best institutions across the globe. The IFMSA Research Exchange is a research project that provides medical students with the opportunity to deepen their knowledge in the specific area of their research interest.

This program is officially recognized and supported by the medical school/university and is guided by a mentor who introduces exchange students to the basic principles of research, including literature search, data collection, scientific writing, laboratory work, statistics and ethics. Upon completion of the program, students may be required to prepare a written scientific report or an oral presentation.

Moreover, students have the opportunity to explore and experience their host country and its

culture, cuisine, tradition and people making for an overall learning experience.



Ashmeet Sachdev
NORE In

Utkarsh Shah
NORE Out

SCORP

Welcome to SCORP!

"The world will not be destroyed by those who do evil but by those who watch them without doing anything."

-Albert Einstein.

Medicine is a social profession. Doctors do not merely have a job to treat the physical ailments that the human body succumbs to but can cater to a number of other forms of ailments too- mental and social. Since the expanse of medicine extends beyond imagination, it is safe to say that physicians play a major role in betterment of the world.

As we progress into an era of pure technological success, it's a must that we preserve the past, act in the present and plan the future- we at MSAI strongly agree with this concept. At the turn of the millennium came the Millennium Development Goals, but with it came many more un-addressed issues. Today as the world experiences the worse human life crisis; it is only CHANGE that can save us. In India, every state and every city has its on human rights issues. And PEACE, well that's just an abstract thought. The relevance of this topic in today's scenario makes us wish that we could contribute to it in some way or the other.

SCORP :- Standing Committee for Human Rights and Peace !

Hmmm, Yes Human Rights and peace!

A small effort to highlight Medical Humanities and enhance Humanity in Medicine. It starts with advocacy, Proceeds to awareness and action culminates in peaceful coexistences. At SCORP- India we advocate and spread awareness of Human rights and peaceful coexistence through various mass education programs and healthcare camps.

Confused? DON'T BE

CALL FOR ACTION:

We have a choice to make and yes, some responsible citizens of the world have made their choice.

The United Nations has set down the Sustainable Development Goals which all of us have to achieve till 2030 such that we can create a better world for everyone. The IFMSA has adopted 5 of the 17 goals to work on with the agenda - Think Globally, Act Locally. Thus, we at MSAI under the Standing Committee of Human Rights and Peace have fallen in line with these global agendas, identified some problems to be tackled at a local level and now stretch out our hands to seek your help.

The 5 adopted Goals:

'No Poverty, No Hunger, Health and Well Being, Quality Education, Reduce inequalities'

Some of the events which we have jotted down and wish to work for in the year 2016-17:

Calendar Girls

Mental Health including Positive Body Image Propagation to Tackle Eating Disorders

Elderly Abuse

Child Abuse

Bioethics for Medical Students

Disaster Preparedness and the Health Care During Disasters

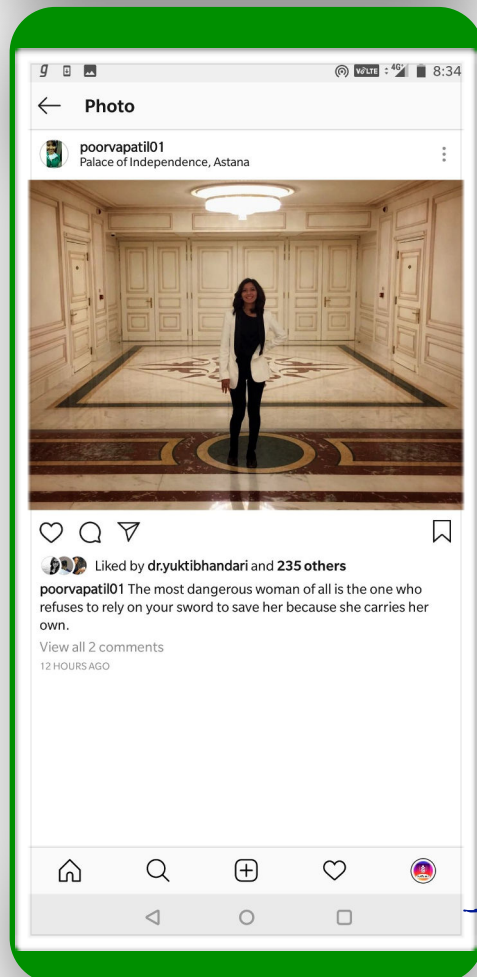
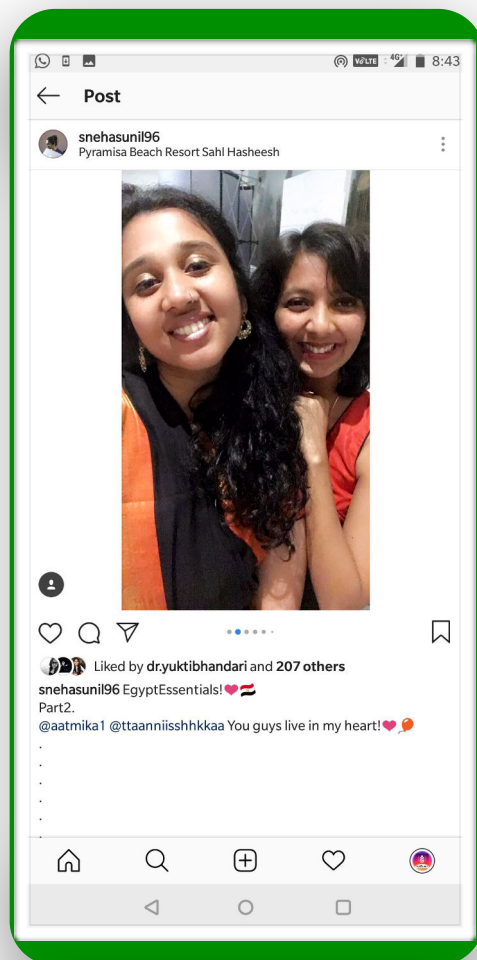
We will support all ideas that each one of you come up with and will guide you to implement them.

We need you to join us in our endeavor such that every person lives a better life on account of their Human Rights.

We at MSAI believe in the concept of "BE THE CHANGE YOU WISH TO SEE." It is our dream to build a world where human rights are never violated. Join our endeavour! Let's build a better India & a better world.

Sneha
NORP

Pooja Patil
NORP



REGIONAL DIRECTORS

RD NORTH



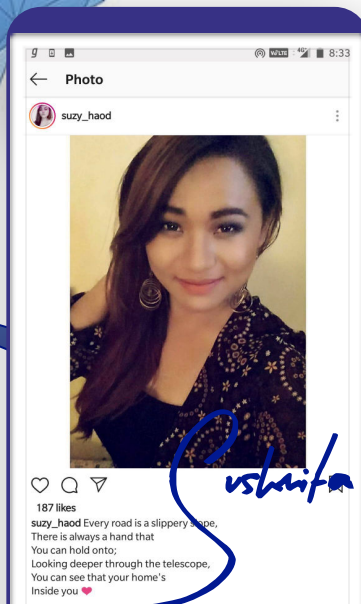
RD WEST



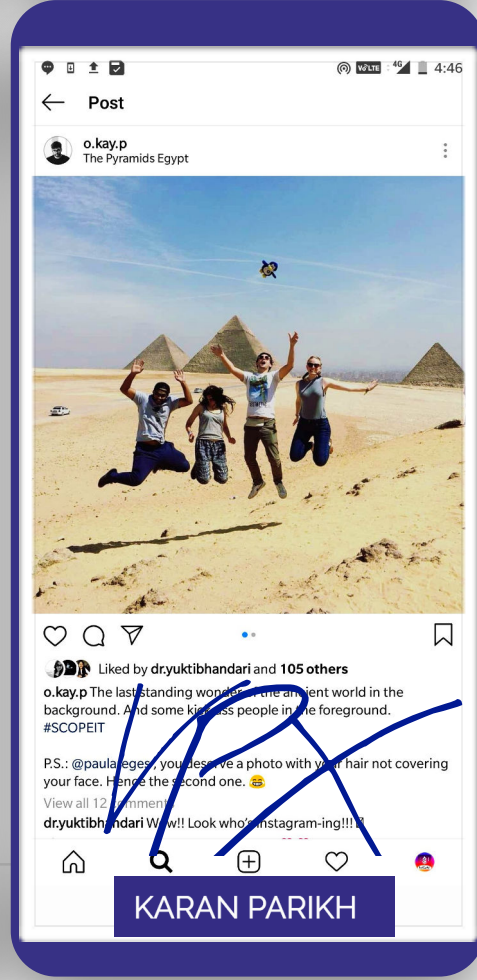
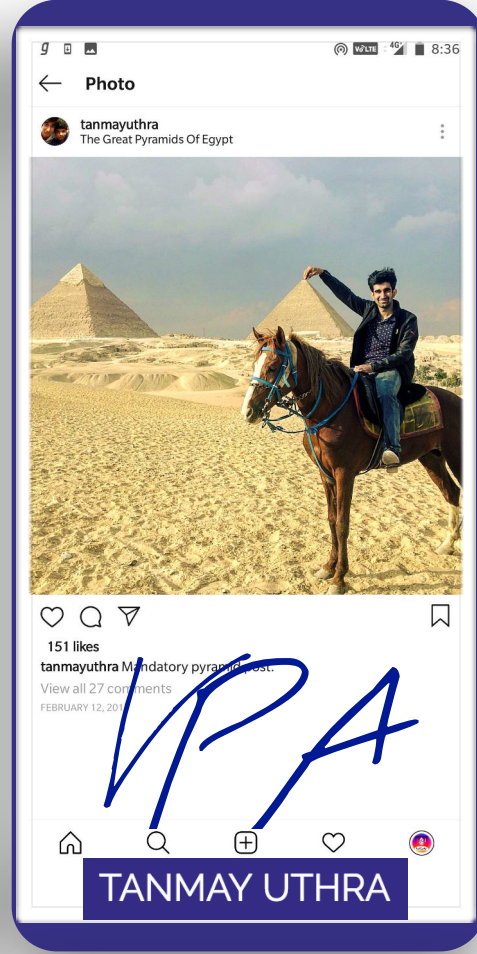
RD EAST



RD SOUTH



VICE PRESIDENTS



SUPERVISORY COUNCIL



Your Guardian Angels for this term, the Supervising Council.



INTERVIEW WITH OUR DELEGATES!

Can you give us brief introduction to IFMSA GA?

It Stands for General Assembly. Twice a year IFMSA has meetings where medical students from all over the world come together, discuss new ideas and share their work and experiences under all the Standing committees that come under IFMSA. There are different trainings, workshops, guest lectures, plenaries and Standing committee sessions.

You might feel confused and overwhelmed with these new terminologies, but don't worry, you'll be well oriented and trained by MSAI about everything you need to know before you leave!

How was your experience at AM 2018?

I have to admit, I never thought culture shock was a thing before I went for this GA! People from ALL OVER the world were there! Every continent, even the countries who's name I hadn't heard of before had people representing them! Although it was so exciting to see so much diversity, it made me jump into my shell. I suddenly got conscious of everything I had to say, conscious of what I was wearing, how I look. Conscious of if I was being friendly enough and if I would be liked enough. I wasn't able to share my thoughts and ideas which is very rare and uncomfortable for a super-opinionated person like myself! This self-battle went on for about 2 hours until I reminded myself how much my flight ticket to Canada costed (Yes, My Indian-ness helped me through it). I reminded myself how it was up to me to make most out of this experience and be the best version of myself. And well since then, there was no looking back.

I was able to fight my culture shock in 2 hours. Some people would have taken much longer and some wouldn't have experienced it at all. Nevertheless, if you are the kind of person who is in constant quest for growth, and are looking for experiences that enrich your personality and your life? Then there is no better place for it than a GA.



Ashmeet Sachdev
National officer on
Research Exchange In

Let's Not forget the IFMSA Motto: "Work hard, Party harder".

So, like I said above, the cultural amalgam could sometimes be nerve-wrecking but it is also the coolest thing and IFMSA knows how to make the most out of it. Every working day, is followed by a social event. They could be culturally enriching events with performances food and drinks from all over the world or just crazy parties. Either way, I assure you that you will leave them with dozens of new friends and everlasting yet blurry memories.'

2 Best things ?

1. Being a National representative:
Having the privilege to represent your country, promote it with pride is probably the best feeling ever. To vote for plenaries and Regulation changes in SC sessions, and knowing that not only will you be the main spokesperson for your country but also being able to make changes in the IFMSA regulations for the whole world to follow is extremely empowering.



2. Second reason is extremely important too and it's probably why I know I'm going to keep going back for as many IFMSA meetings as I possibly can!

The GA is one of the nicest environments I have ever been in. People take active efforts to make sure every single person feels respected, valued and welcome. It's amazing to see how nice everyone is to each other. Nobody cares where you're from, what you're wearing, how you look. As long as you're friendly and have something smart to say everyone will always be keen to learn from you and grow with you! And that, to me, is the best thing about this wonderful organization.



How to make most of this opportunity?

Dear Reader, if you too are planning to go for a general assembly I could probably share the four most important insights from my experience to make sure you extract the most out of this opportunity.

1) IT IS NOT A VACATION! Yes, IFMSA parties are fun and they're probably the highlights of your GA experience. But you'd be stupid to not realize what a learning opportunity this can be. You'd have the access to the brightest minds from all over the world. (Don't forget! You too, are one of them).

Really indulge yourself into the workshops, trainings, sessions and be open to learning and working together to enrich the world as future health-care professionals.

2) Things are not always going to be great. There will be times when you will be uncomfortable and overwhelmed and that's completely okay. You're going to come out of it So enriched and extremely proud of yourself.

3) SPEAK UP! It is very easy to get carried away and shy down. But remember that you are there to share your ideas and intellect so don't be afraid to speak your mind and let no one tell you otherwise!

4) Be open! Treat people just the way you want to be treated. If you manage to have zero judgement and have no preconceived notions only then will you be able to extract the best out of this. Be empathetic and try to see the reason behind people's behaviours and mannerisms and only then will you realise how beautiful the IFMSA world can actually be!

CONTRACEPTIVES WERE SWEET THIS AM2018

They said to me that the General Assembly needs fairies, not the general godmother kind but a very special kind. The condom fairies.

So let me tell you something about being a condom fairy. It's probably the coolest experience ever.

Imagine yourself among the most sexually enlightened, sex positive and playful adults distributing condoms and lube while they smile so naturally and say to you, 'Hope you have a great night too!'

So guess what I did this time- My oh so excited condom fairy self

distributed condoms but not by slipping them sheepishly. I distributed them as candies- The condom candies.

Here's to being sex positive and still being playful and childish. Here's to hoping that someday, we're all so proud and open about our physicals.

I remember someone once told me, the invention of a condom wasn't just a method of contraception, it was a very big tool in the empowerment of women. As radical as this may sound, it's true.

Only then did women get the power to control with who, how

and when they wished to have sex.

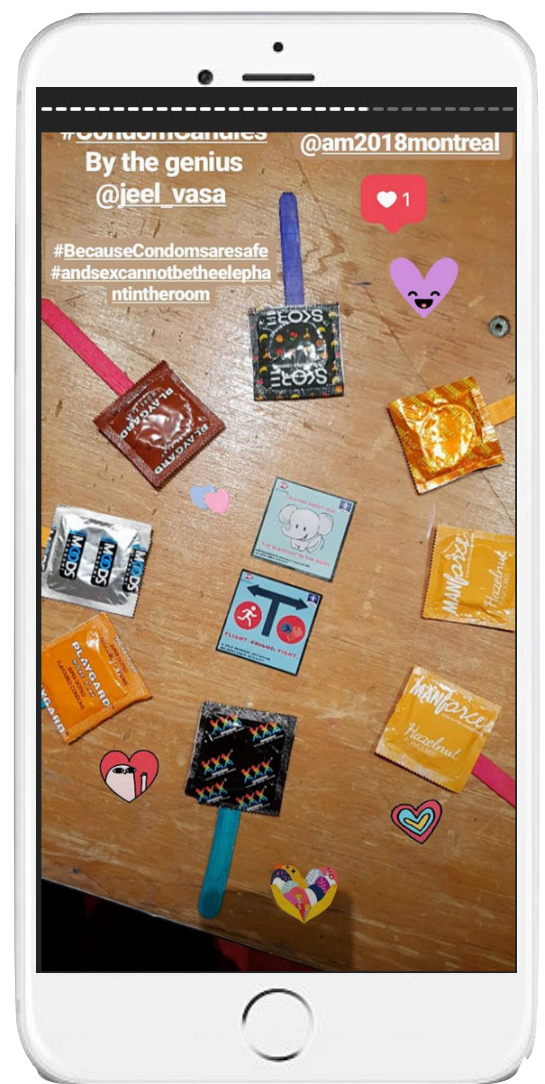
Only then did couples truly understand the pleasure of sex and not just its power as a method of perpetuation.

Only then could sex be free from the worries of impregnation and diseases.

Surprising what a latex ring with some lube on it can accomplish, isn't it?

Jeel Vasa

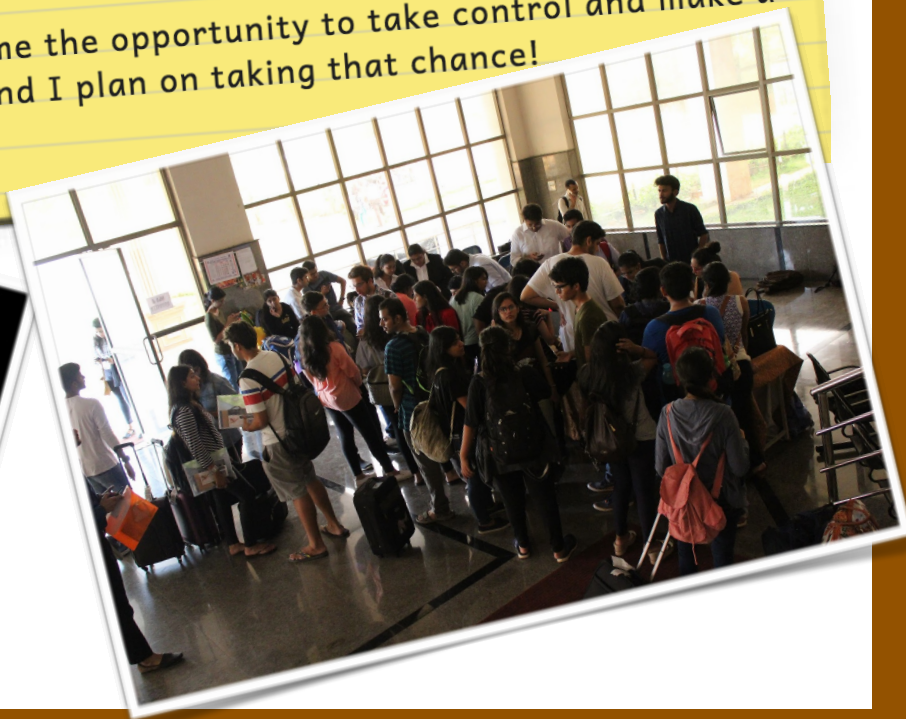
Condom Candies by Jeel Vasa, NORA



NGA 2018, FROM PERSPECTIVE OF NEW MEMBER

The NGA 2017 was held at KIMS Bangalore. With the bustling registration counter, it was a swarm of medical students from all over the country. On collecting their id's and folders the tired but excited faces soon headed on over for some much-needed coffee and breakfast. Nervous smiles and glances were exchanged all throughout. The opening ceremony marked the beginning of three packed days. A few introductions and some reunions with long lost friends marked the lovely beginning of this annual meet. With the national officers and other team members of the six committees all prepped to carry out their session; it was left to the delegates to decide upon their committee of choice.

After our introduction to the hilarious energizers, introductions were made around the room and we settled into the session. An invigorating three hours followed. A short break for lunch was followed by a more interactive part of the session involving details of the working of the organization and various tasks involving problem-solving techniques. It gave us a perfect introduction to the various ways in which we could contribute and brought to our attention the problems currently being tackled by the organization. By the end of the day, friends were made and plans of exploring the city together implemented. It presented to me the opportunity to take control and make a difference in my own little way and I plan on taking that chance!



Day 2 involved continuation of the discussion on topics of the previous day and more activities followed. The conversation was flowing and numbers were exchanged. There was an ease in the room now, ideas and solutions were flowing. The organizers although tired, kept our spirits up. They were on top of their game and their energy was palpable. Besides, the energizers replaced the need of caffeine in our bloodstreams!

The social night was much talked about and was the most anticipated event. It was really enjoyable and was a great opportunity to discuss ideas with fellow medical students from all over the country. It was a great night with lots of food, fun, and laughter across the room.

The last day introduced us to SWG's and the more intricate details that would allow for participation in the various committees were discussed. The description and the tasks related to various posts of the organization were also explained. We were encouraged to let go of our inhibitions and participate more actively. It was amazing to see the change in dynamic in the room, the more quiet and shy delegates were now opening up and expressing their ideas in front of the room. This was my favorite part of the NGA, everyone was given the chance to speak openly and new ideas were not only accepted but were also encouraged. Everyone attending came with a positive frame of mind and this allowed for a lovely session.

The evening was concluded with the announcement of the result of the much-awaited election for the upcoming term. Congratulations were shared and certificates distributed; Promises to meet at the next NGA were already in place.



All in all, it was a wonderful experience, one that showed me that there is more to medicine than just academics. It presented to me the opportunity to take control and make a difference in my own little way and I plan on taking that chance!

Shamita Nadella

Primary Author

Nidhi Phad

Public Relations and Communication Assistant



Kerala Floods 2018

Contribution of MSAI

Beginning on 12 August 2018, severe floods affected the south Indian state of Kerala, due to unusually high rainfall during the monsoon season.^[4] It was the worst flooding in Kerala in nearly a century. Over 483 people died, and 15 are missing.^[6] At least a million people were evacuated, mainly from Chengannur, Pandanad,.

Edanad, Aranmula, Kozhencherry, Ayiroor, Ranni, Pandalam, Kuttanad, Aluva, and Chalakudy, N. Paravur, Chendamangalam, Eloor and few places in Vypin Island. All 14 districts of the state were placed on red alert. According to the Kerala government, one-sixth of the total population of Kerala had been directly affected by the floods and related incidents. The Indian government had declared it a Level 3 Calamity, or "calamity of a severe nature". It is the worst flood in Kerala after the great flood of 99 that happened in 1924.

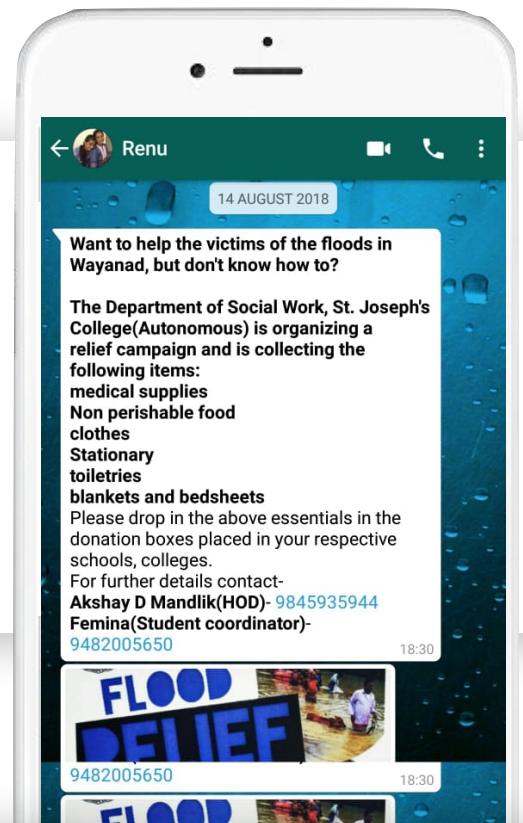
Thirty-five out of the fifty-four dams within the state were opened for the first time in history. All five overflow gates of the Idukki Dam were opened at the same time, for the first time in 26 years.

Heavy rains in Wayanad and Idukki have caused severe landslides and have left the hilly districts isolated.

14th August, 2018

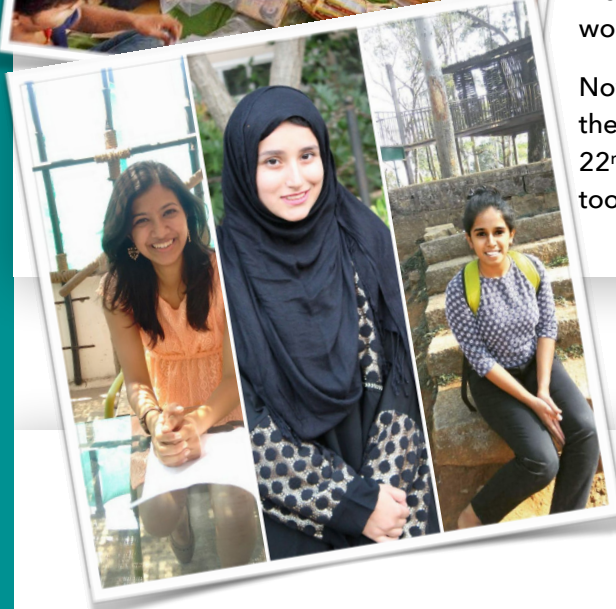
The day was 14th of August. I was just lying on my bed, switching between apps when Renu (my friend from St. Joseph's College) sent me this (img1). I knew at that time that Kerala was flooded due to heavy rains. The situation was dire and I wanted to help.

However, my individual contribution to the cause seemed insignificant and it struck me that I could amplify the movement to the whole of Karnataka, all the medicos, under the MSAI-Karnataka banner. I called up Sushmita Hoadjam (RD south) and told her about how such a movement would make a significant difference, help the MSAI show its presence, as well as boost the morale of the Kerala unit of MSAI. She spoke to Nipun about it and so it began.



Like every other project, ours too began with the creation of a WhatsApp group. The plan was simple. Volunteers from various colleges across Karnataka were notified to set up drop boxes in their respective colleges, spread word about them, regulate them, and wind it up by 23rd and that all of the collection had to reach KIMS college, Bangalore by 24th evening. From there, the shipment would be sent to St. Josephs college and they would send it to Kerala. It was smooth sailing.

Now for the plot twist. The shipment was supposed to leave Bangalore on the morning of 25th but we unanimously decided to advance that date to 22nd since a few people were afraid that the shipment might reach Kerala too late.



It was crazy because it meant that the JNMC, Belgaum team had to send in the goods to KIMS, Bangalore by 21st noon. Three lovely ladies made this happen : Kompal and Harshita from JNMC and Deena from the KIMS.

In the meantime, at AIMS, Sushmita (a busy final year student), and Parveer (having recently recovered from status asthmatics), along with Abhinav and Anantha helped me pack our collection and load it into the ambulance, which dropped me and our college collection to KIMS in Bangalore.



21st August, 2018

5:30

The ambulance reached KIMS at around 5.30pm on Tuesday 21st, we unloaded the goods in the store room.

6:30

When Tejas from St Joseph's came to reset the three goods from KIMS, he realised that he didn't have any vehicle that could transport such a huge pile of goods. This was a major setback.

8:00

Eter Mohammed Rashid (KIMS student and our Batman. His batmobile : a borrowed goods auto. The auto was, alas, too small and couldn't accommodate the whole shipment. "That's alright, we'll make two trips", he said with a smile.

10:30

The first trip started at 10:30pm and the second trip ended at around 11.45pm i.e. 7.2km x 4 times. The St. Joseph's team had 2 store houses, which were approximately 5kms apart and Rashid and his auto made 3 trips.



Hope for mankind's brighter future lies in the selfless acts of giving and volunteering. My heartfelt gratitude goes towards the kind hearted donors who contributed and took all troubles in reaching out to us on time. To all my lovely volunteers, thank you so much for making this endeavour possible in such a short time, you guys are amazing. I specially thank St Joseph's College, Bengaluru, Department of Social Work, for helping us reach our target at the earliest. Thank you for helping us make a difference.

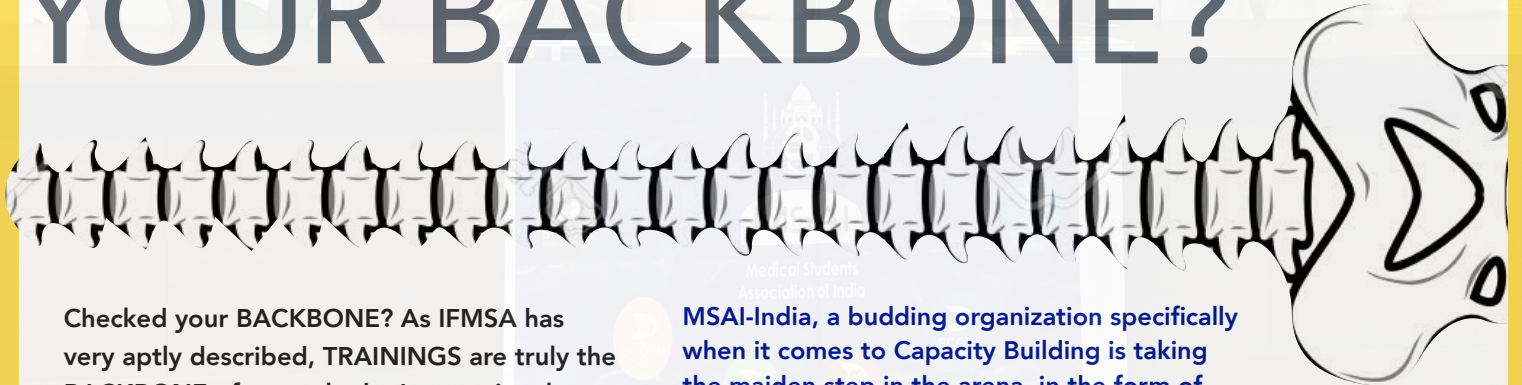
Darshan

Primary author and witness

Sushita Handjan

Article Courtesy, RD South

TRAININGS | HAVE YOU CHECKED YOUR BACKBONE?



Checked your BACKBONE? As IFMSA has very aptly described, TRAININGS are truly the BACKBONE of not only the International Federation but also almost all NMOs (National Member Organisations) like MSAI-India. Trainings are the heart of Capacity Building. In this uniquely empowering youth led organization, enormous emphasis is laid on Capacity Building, which constitutes a significant part of the aims and objectives of the organisation. It incorporates all the areas of work – all the 6 Standing Committees, leadership, administration, etc. to offer a vivid diversity of trainings and workshops where medical students learn from other higher experienced and trained medical students, also external/guest speakers like doctors or other relevant professionals. These are peer-to-peer trainings that involve a wide variety of engaging and interactive teaching and learning methods to impart the knowledge and skills that the participants can take home and put in action for better work and world. The list of topics of the trainings and workshops is endless, as we continue to explore and never stop adding to the training resources. A series of intense sessions focusing on key issues, knowledge and skills, soft skills training, simulations, activities, energisers, bonding amongst the trainers and participants, lessons for lifetime, unforgettable memories is what constitutes a training or workshop.

MSAI-India, a budding organization specifically when it comes to Capacity Building is taking the maiden step in the arena, in the form of the National Workshop Meet 2018. As dedicated and hard working organising committee's efforts finally paint this dream into reality, we ecstatically embrace this new beginning and shall work to make this bigger and better.

Article Courtesy, Rujvee Patel

Supervisory Council

SUCCESS STORY

MSAI's first Local Committee, The Local Committee of Sumandeep University.

MSAI is growing at an exponential rate with its branches spreading globally and its roots spreading locally, hence was born this idea of deepening them by building a local committee.

A local committee includes local officers of various standing committees coming up together along with presiding officers to function as a unit, it is an element of the NMO working at a local level governed by a set of bylaws set hand in hand by the NMO and the committee.



112 MEMBERS
12 EVENTS
2 EXCHANGES
AND 1 TEAM
MSAI'S FIRST
NWM
IN 3 MONTHS



Our mission is identical to that of MSAI and that is to offer future physicians a comprehensive introduction to health related issues; through our programme we aim to develop a cultural spirit among medical students along with numerous opportunities to foster themselves as global health leaders of today and tomorrow.

We contribute our missions to MSAI by

- Representing MSAI locally
- Enhance student involvement in public health, reproductive health, and other social projects locally, nationally and globally.
- Providing training opportunities, internships and activities that sensitise medical students of our college in social, cultural skills.

Keeping these in mind, in July '18 Sumandeep Vidyapeeth had their first LC elections. The entire election process, a brainchild of the VPCB inspired from his experiences in Morocco was a huge success. And hence, through formal voting the LC was elected.

There was no turning back then, with an induction session for the fresher's as the first joint activity, the newly elected Local Committee conducted. Like none other, it was followed by a convivial ice breaking session between fresher's and senior batches.

This was followed by an anti-tobacco campaign (SCOPH). Not to mention the concurrent exchange program(SCOPE) hosting incomings from over the world. The incomings not only interacted professionally but also by means of the LSP, NFDP etc.

August passed in the blink of an eye where in various events such as Celebration of world breastfeeding day (SCORA), Flight-fright-flight (SCORA), It Can Be You (SCORP) were organised marking a successful first month of the LC of Sumandeep Vidyapeeth. August served as a hallmark for the Basic Surgical Skills Workshop (SCOME) which was the first of its kind to ever be conducted in our college. This not only led to flooding of new MSAI members (an unexpected 90 students participated in this activity) and enthusiasts but also impressed. The Dean thus imprinting MSAI on his paramount list.

September commenced with calls for exchanges and the LEOs were approached by the largest number of applicants ever seen in college. SCOME and SCOPH joined hands to conduct "Under the weather". SCOME and SCORA held M-pathy, another joint venture. "Introduction to clinics" (SCOME) was a merge of social media and teaching where the video prepared by our volunteers were circulated all throughout the campus via Instagram, YouTube, WhatsApp etc. SCORP was not behind, organising, "Minutes after Disaster" reaching an audience of around 120. These were accompanied by various other activities and a new set of friends as incomings through SCOPE.

A highlight was the blood donation camp held in Dhiraj General Hospital as a joint activity which received recognition by the ISBTI, and the students were given mementos at the state level felicitation program held by them.

Achievements:

Large number of new active MSAI members

Newly found place and respect for MSAI in the faculty of Sumandeep Vidyapeeth

Recognition by the government (ISBTI) for our work

Loads of experience and love expressed by the community of Vadodara

New interactions and collaborations with companies like Johnson and Johnson (providing supplies for the Basic Surgical Workshop)

Above all giving all members new experiences, friends and knowledge

It would be wrong to say we did not face obstacles, but overcoming them was easier, for we, worked together as a team.

It's true, the saying, "United we stand Divided we fall".

The making of a Local Committee opened gates to an unbreakable collaboration between MSAI and Sumandeep Vidyapeeth. This decentralisation of power and work created new opportunities for students to work as now issues like attendance, exam timings, etc. couldn't hold them back anymore.



GREEN FAMILY OF MSAI



Greetings,

from **The standing Committee Of Human Rights and Peace**, to all MSAI members.

The terms of 2017- 2018 has been absolutely marvellous for SCORP, with a complete turn over with massive participation, enthusiasm, awareness and most importantly making our bit of change in the society.

The start of the SCORP 2017-18 journey started with the launch of our campaign - **"It Can Be You"**

This event is designed to address the areas where major human right violations is happening in our society in India.

We found two areas of focus that needed to be addressed and acknowledged

- 1) Child Abuse with relation to children and women
- 2) Sexual Abuse in relation to children and women

And the cofactors why these human rights violations are happening, which may be due to lack of knowledge related to the basic -

- 3) Child Rights
- 4) Gender Sensitization/ Patriarchy/ Imposed social roles of women.

This campaign encompasses all these violations and cofactors to the violation.

Our main aim is educate the children of their rights, that they are not helpless, people are with them. The government is with them. That they have access to their rights!

Also to prepare them how to react when such circumstances come knocking on their door.

And it's not a precaution in today's society it is a must! To know about these rights.

These include helpline numbers, talking it out with their parents or someone they trust. Most importantly seeking help immediately when such instance occurs rather than silently suffering. Three instances where the child feels he's the one who is wrong! To let the children know the whole scenario to know the person inflicting it on them is wrong not them! And to immediately seek help.

This campaign is extremely prominent especially with **light to the case of Asifa, which has brought mass protests and increasing awareness on child sexual abuse and a national uproar on this matter!**



Another focus area of this campaign is - Sexual abuse and abuse against women.
We address what could go be the reasons this is happening.

The event has been a great success, with huge participation and awareness throughout the country and we can't be more proud of the big change it has brought!

We have also launched an infographic on **Child Labour Day**, to spread awareness on child labour which is extremely important and necessary in our country. The stats prove that there are 4.5 million girls and 5.6 million boys in the age group 4-15 are still forced to work.

Let's move on to the star of the show our newly launched campaign-

'Minutes After Disaster' - A Disaster Relief Project.

The entire country came to a stand still when the Kerala disaster struck.

Were we able to anticipate its magnitude?

Where we able to anticipate it's catastrophic impact?

Were prepared for action?

The world we are living in today is afflicted with the rapidly changing climate - we are at the highest rate in the probable history to be struck with a disaster.

It can happen anytime, anywhere.

What do you do then?

How do you save yourself?

Minutes After Disaster is a Disaster Relief Project- a guide to how you could survive the most crucial time after a disaster strikes.

The response has been magnificent, we hope the event grows more as time progresses. To spread awareness on the Kerala Disaster, SCORP has also put forward an Infographic.

SCORP along with these two campaigns has also launched a tool kit SWG - **White Coat Predators**, taking a look at the issue of sexual harassment in medical schools.

With this, in the nearing future we'll also be launching a Campaign with collaboration with SCOME called **"The Good Doctor"** to create awareness on the rights of a doctor.

We'll be launching our Human Rights Campaign by end of November. Also a Women Rights campaign by Jan!

There's a lot of excitement and passion in the working of SCORP, we can't wait to put out our ideas and campaigns and see the change it brings!

Lots of Love and Green Hugs,

SCORP TEAM



Article Courtesy
NORP



TIMELAPSE

- 
- 2016**
- AUG,** MSAI becomes a Full Member of International Federation of Medical Students' Associations at the IFMSA GA held in Puebla, Mexico.
 - SEP,** Attended the WHO South East Asia Regional Committee held in Colombo, Sri Lanka.
 - OCT,** Sarthak Bahl, Anmol Patted, Rahoul Gonzalves and Ansruta Raodeo are selected as *Regional Assistants for Asia Pacific*.
 - NOV,** Represented MSAI at the United Nations Climate Change Conference held in Marrakech, Morocco
 - MAR,**
 - We Attended at the IFMSA General Assembly held in Budva, Montenegro.
 - Represented at Commission on Status of Women held in New York, USA.
 - APR,**
 - MSAI National General Assembly held in New Delhi, India.
 - Represented at UNESCO World Congress held in Limassol, Cyprus.
 - MAY,** Represented at World Health Assembly held in Geneva, Switzerland.
 - JUL,** Represented at High Level Political Forum held in New York, USA.
- 2017**
- AUG,**
 - Attended at the IFMSA Asia Pacific Regional Meeting held in Tokyo, Japan.
 - Anshruta Raodeo and Mokshada Sharma are elected to the IFMSA Team of Officials.
 - We Attended at the IFMSA General Assembly held in Arusha, Tanzania.
 - Represented MSAI at World Health Congress held in Hyderabad, India.
 - OCT,** Saniya Sahasrabudhe, Shashi Bhushan and Karan Parikh are selected as *IFMSA International Team members*.
 - MAR,**
 - MSAI wins the 2nd place at the IFMSA Rex Crossley Awards at the IFMSA GA held in Hurghada, Egypt.
 - Represented at Commission on Status of Women at held in New York, USA.
 - APR,**
 - MSAI National General Assembly held in Bengaluru, India.
 - MSAI completes 2 years of successfully running Clinical Exchanges.
 - MAY,** Represented at World Health Assembly held in Geneva, Switzerland.
 - JUL,**
 - MSAI completes 2 years of successfully running Research Exchanges.
 - Attended at the IFMSA Asia Pacific Regional Meeting held in Seoul, Korea.
 - 1st meeting with World Health Organization - India in New Delhi.
 - 2018**
 - AUG,** MSAI completes 2 years of successfully running Research Exchanges.
 - SEP,** MSAI sends its first national Youth Delegates to the YP Foundation Youth Conclave held in New Delhi, India and becomes The Regional Focus for UN Major Group for Children and Youth.
 - OCT,**
 - Ashmeet Sachdev, Saniya Sahasrabudhe and Akshay Raut are selected as IFMSA International Team members.
 - 1st National Workshop Meeting is held at Vadodara, India.

Karan Parikh
Article Courtesy,
Karan Parikh VPX



Public Relations & Communication 2018



Sharan Jhaveri
Executive Editor



Shilp Upadhyay
Project Manager



Avichal Dani
Content and Graphic Editor



Nidhi Phal
Executive Curator



Mandar Shah
Public relations Gujarat



Shibiraj Patel
Director Of Public Relations and Communications

MAKING A DIFFERENCE TOGETHER

Thank-you for all the Love, happiness and Support.
May our this edition of VANI bring lots of awareness and echoes propagating,
One Health.