

# Connections

Bulletin of the Government Medical College Chandigarh Old Students Association (GMCCOSA)

## Looking Back, Moving Forward

*Divyanshoo R Kohli, 2003 batch*

It was back in my second year of medical school that I saw a flyer for writing an article for the alumni magazine of GMCH. Given the relative lull in an otherwise hectic medical curriculum, I was bored and had ample time to ponder over the desultory philosophies of life. As I aimlessly wandered the hallway of the Sarai building, I saw the flyer and decided to send in my submission.

In the ensuing months, I received a communication from Navneet Majhail (1991) informing me that I had won prize money of Rs. 1000 which I was to share with my immediate senior from 2002, Saurabh Uppal. I subsequently had an opportunity to meet Sandeep Kochar from the 1993 batch and Hemender Singh from 1991 batch after which I was 'recruited' to be a part of GMCCOSA. Over the years, we brought out Connections, got to work with Krishan Sawhney (2003; soul behind the 'Koshish' endeavor to involve medical students in helping out the indigent patients), Anuj Gupta, Urvi Kapoor and Siddharth Duggal. At the time, in the pre-Facebook era, GMCCOSA seemed surreal - connecting alumni to the alma-mater was restricted to downloading an issue of Connections and/or posting a message on the website.



As I look back, I am reminded of multiple conversations with friends who lamented the lack of a formal reunion of all the students who had passed through the hallways of the D-hall and quivered outside the door of the external examiner. The other critique came often from my good friend Alkesh Khurana (1998) who would always gently mock the alumni association of being populated by *firangi* NRIs. The presence of Anuj and the subsequent editors did little to help me in my wisecrack rejoinders.

The twin-ghosts were finally laid to rest in March 2015 when the first GMCH alumni dinner was held at Mountview Hotel, Chandigarh. After 25 years of existence of GMCH, the alumni came together (appropriately enough) in Chandigarh and bonded over the fine Indian cuisine. The organizers, Rohit Jindal (1993), Rajeev Kansay (1996) and Vikas Bachhal (1999) and several others undertook the massive exercise of reaching out to the alumni, co-ordinating the event and leading it to its successful conclusion. As the photographs on Google plus

This is the 33<sup>rd</sup> issue of Connections! Read the first ever issue of [Connections \(Jan 2004\) HERE](#)  
Check out the [CONNECTIONS link on gmccosa.org](#) for archived issues

scrolled on, a rush of memories came back. Playing table-tennis with Veerinder Sandhu when he was a SR, getting ragged by Vikas Bachhal in the hostel, sharing the sweets distributed by Amit Gupta on his wedding, working on-stage with Gaurav during Euphoria took me back to the good old days. Seeing the faculty members brought a smile on the lips - who would have imagined that the stern-faced faculty members laughed and danced as well?

The credit for this goes to the newly minted GMCH Alumni association which is centered in Chandigarh and led by alumni who are closely associated with the college itself. It brings all the graduates immense joy to see our seniors/batchmates/juniors become faculty members in the same place where they had started off. In terms of giving back to the alma-mater, hardly anything comes closer.

We encourage the GMCH Alumni association to make this dinner an annual feature with a pre-defined schedule and agenda. We all look forward to more updates and events at Chandigarh itself.

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## *Rohit Jindal Joins GMCCOSA Editorial Board*

Editors: Rohit Jindal has joined the GMCCOSA Editorial Board. Rohit is from the 1993 batch and is Associate Professor of Orthopedics at GMCH, Chandigarh. He has been instrumental in getting the GMCH Alumni association together and will be integrally involved in organizing GMCH's upcoming 25<sup>th</sup> anniversary celebration in 2016. Rohit is well known for his perpetual smile and good humor, and his perseverance and dedication to every cause he takes up. We are thrilled that he has joined our Editorial Board.




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## *Tweeting My Way To Istanbul*

*Navneet Majhail, 1991 Batch*

Ok, let's rewind here. Let me first tell you about what I am going to write about here. This is the story of my tryst with Twitter and how it has taken me places.

It all started 6 months ago. I remember the fateful day in December when I signed up for a Twitter account. To be honest, I was a bit oblivious to this social media platform before then. I had heard about it, but never really paid attention to it. Life was busy at work and at home, and I barely had time to look at my Facebook feed, let alone indulge in another social media site. I am still not sure what prompted me to sign up for a Twitter account - maybe it was an email from a professional society encouraging attendees to its annual conference to use Twitter during the meeting. But I signed up and took up the online persona of @BldCancerDoc.

Initially, I was an observer – watching what others were saying. Gradually, I gained the confidence to produce my own content – write about my opinions and share my observations – and I used this platform exclusively for professional purposes. A few people were interested in what I had to say in the beginning, which motivated me to say more. Over time, the list of my “followers” has grown. I have become a de facto expert on social media in medicine – more of “andhon mein kana raja”! Irrespective, that has worked for me. It seems I made some influential followers who were impressed enough by my Twitter prowess that they invited me to talk about this social media platform at a medical conference in Istanbul, Turkey.



Well, here a few things to take away from my experience with Twitter. For the uninitiated, it is a microblogging social media site – you have 140 characters to say what you want to say, including spaces. You can follow people or people can follow you. If you like what someone has to say, you can retweet it or favorite it – and it can be seen by your followers – and if they like it as well, they can do the same, and then their followers, and so on and so forth.



I use Twitter in several ways. First, I follow several medical journals, including the New England Journal of Medicine and the Journal of American Medical Association to name a few, where I can learn about new articles. I also use it to get information about professional societies that I am a member of and to get perspectives and articles from non-peer reviewed journals and periodicals related to my specialty. I follow some experts and people who I find interesting and do not hesitate to provide strong opinions about issues I am passionate about. I share my observations as a physician. I will often tweet about my research papers that get published. I also find it as a good medium to take a quick break. More information on how to utilize Twitter for professional purposes in medicine can be found at [www.slideshare.net/nsmajhail/twitter-EBMT](http://www.slideshare.net/nsmajhail/twitter-EBMT).

I have also used Twitter at medical conferences. It is a fun and interesting way to get to know some tweeps, to get commentary on presentations by experts and colleagues, to learn about what matters to patients and to have fun. In fact, it becomes very engaging to almost addicting if there are several people attending different sessions and posting tweets about the data being presented in real time. Its use is becoming increasingly popular in such settings and is encouraged by medical societies that host the conferences. If you want to learn



how to use this social media platform at medical conferences, you can look up this article: [ashclinicalnews.org/bldcancerdoc-or-how-i-learned-to-stop-worrying-and-love-twitter/](http://ashclinicalnews.org/bldcancerdoc-or-how-i-learned-to-stop-worrying-and-love-twitter/).

Last but not the least, patients are increasingly turning to Twitter to obtain information, at least in the US. Hence, it is good to know what they are saying and how they are interpreting latest research – to learn what really matters to them.

So that's all about Twitter in a nutshell. I hope some of you will go to [www.twitter.com](http://www.twitter.com) and explore it. You can decide how to use it – where you want to be on the 'social media ladder' – the spectrum ranges from being a passive observer to an active content creator. It takes less than a minute to sign up for an account. If you do like it, don't forget to follow @BldCancerDoc!



**Social Media Special Session**  
**Why Do We Need Twitter (in BMT)?**

**Navneet Majhail, MD, MS**  
 Director, Blood and Marrow Transplant Program, Cleveland Clinic  
 Professor, Cleveland Clinic Lerner College of Medicine  
 Cleveland, USA

**@BldCancerDoc**  
**Click here to see this presentation**

#EBMT15 [www.ebmt.org](http://www.ebmt.org)



*Siddharth Duggal, 2011 Batch (Chief Coordinator, Euphoria 2015)*

Euphoria – the annual inter college cultural, literary and sporting festival of GMCH in its seventeenth year continues to scale unprecedented heights. It was organized from 18th to 21st February, 2015. Every year in spring, GMCH opens its doors and embraces thousands of students from colleges all over India with open arms. Over the past decade it has evolved into a phenomenon and become an integral part of the itinerary of medical students all across India. It provides students with an opportunity to unleash their creativity and showcase their prowess in dance, music and sports. For all the alumni who have been associated with it, it holds an important place in their hearts. Behind all the glitz and glamour there is a lot of blood and sweat which the students, alumni and faculty have to put in to make this fest possible. If it weren't for Euphoria, there won't be any chance for young and dynamic students to showcase their talents in intensely competed events like singing and dance – western and folk.

This year witnessed a record breaking turnout of over 1,200 delegates who benefitted from the musical genius of acclaimed artists like Swastik Band, Meet Brothers, and Diljit Dosanjh. From the famous Sarai auditorium to the PCA cricket ground, Euphoria fever had spread like wild fire. Batch 2011 being the senior most batch, had been vested with responsibility of organizing this year's extravaganza. Organizing it left an indelible mark on our souls and helped us evolve our personality as future doctors. We grabbed the opportunity with unmatched zeal and enthusiasm. Like every GMCHite we too wish for the grand success of Euphoria in the coming years. Thank you for the memories GMCH! Cheers!

## GMCH Sports Day

*Aanandi Dhavan, 2014 Batch*

Acting on the proverb “all work and no play makes jack a dull boy”, GMCH 32 hosted a thrilling ten days sports bonanza. From 26th Feb to 5th March the college thronged the sports complex in Sector 42 which had a mix of both indoor and outdoor games. The college recognized the talent of its students in cricket, football, basketball, volleyball, badminton, lawn tennis and table tennis. The chief guest and the Director Principal flagged off the sports day at the sports complex in Sector 46. The event started off with the traditional lighting of the ceremonial torch and an impressive march past. The highlights of the sports day included races, shot-put, javelin, discuss throw, high jump, long jump and triple jump. Mani Ratnesh and Geetika were adjudged the best athletes. Students were impressed when the faculty proved their point and showed that they are the best both in the class as well as in the sports arena. The Director Principal emphasized the role of sports in personal development and acclaimed the performances of the students. At the end of the concluding day, the hall resonated with the beats of Bhangra and all the participants including the faculty swayed to its beats to mark the end of the gala sports meet.

## Musings

*Urvi Kapoor, 2010 Batch*

Life is a gift.

Appreciate it, beautify it, live it, enjoy it, accept both the good and the bad.

Fight with your failures, fight and rise each time you fall.

Do everything u can in your own power to make your journey worth being remembered.

And whatever life offers never ever try to put a full stop to it.

Don't give up.

Find a solution. If you can't, ask someone to find it for you.

Fight to live your life the way u want to live it. Do whatever it takes but please don't give up on this beautiful gift.

Someone out there cares about your life even in the moment when u give up on it.



GMCH is planning its Silver Jubilee reunion in 2016. Alumni, what time of the year will work best for you to attend the 25<sup>th</sup> anniversary celebration? Please email Rohit Jindal your preferred month and batch year: [rohitjindalortho@yahoo.com](mailto:rohitjindalortho@yahoo.com)



## GMCH Alumni Reunion, February 2015

Thanks to the leadership and organizing capabilities of several GMCH alumni including Rohit Jindal, Rajeev Kansay, Vikas Bachhal, Anubhav Malhotra, Swati, Jasleen, Roosy Aulakh, Mohit Bhutani, Jagan Virk, Anil Kapoor, Dinesh Sandal and several others, along with patronage from Dr Atul Sachdev, Dr Sudhir, Dr Rajeev Sharma and Dr Sanjeev Palta, the first GMCH Alumni function was conducted on February 28<sup>th</sup>, 2015. More photographs from the event are at [bit.ly/1PhVPMd](http://bit.ly/1PhVPMd)









## GMCHites (Again) Outshine In US Residency Match

Editors: Congratulations to all GMCHites who secured positions in the US residency match.

- ☆ Rahul Dhawan (2005 batch) matched in Internal Medicine at the University of Louisville, Louisville, KY
- ☆ Saurabh Sharma (2005 batch) matched in Internal Medicine at East Pennsylvania hospital.
- ☆ Mukul Singhal (2006 batch) matched in Internal Medicine at Rochester General Hospital, Rochester, NY
- ☆ Kartikeya Kashyap (2007 batch) matched in Internal Medicine at Georgetown University-Washington Hospital Center, Washington, DC
- ☆ Ashish Angl (2007 batch) matched in Internal Medicine at Cook County Medical Center, Chicago, IL
- ☆ Mitali (2008 batch) matched in Internal Medicine at Albert Einstein Medical Center, Philadelphia, PA
- ☆ Mandeep Singh (2008 batch) matched in Internal Medicine at Metrowest Hospital Framingham, MA
- ☆ Kabeer (2008 batch) matched at Mayo Clinic for a transitional year
- ☆ Mishika Malik (2008 batch) matched in Pediatrics at Springfield Southern Illinois University, Springfield, IL

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## Awards & Accolades

- ☆ Puneet Chopra (1998 batch) received the Anand memorial award for best performing candidate in Indian diploma of critical care exam (Pictured on right)
- ☆ Avinainder Singh (2006 batch) was awarded a certificate of merit for his research by the American College of Nuclear Cardiology
- ☆ Poonampreet Kaur (2006 batch) secured eleventh rank in the Punjab Civil Services entrance exam. She will now serve the Punjab government





## Stork Bites



Varun Aggarwal (1998 batch) was blessed with a son, Vidit (pictured on right)

Saurabh Behl (2001 batch) was blessed with a son

Minal Chaudhry (1999 batch) was blessed with a daughter Anyesha (pictured on left)

Kanwaljit Singh (1999 batch) was blessed with a daughter, Meghna (pictured below, left)

Aman Jain (2001 batch) became a father (pictured below, right)



## Weddings & Engagements



Aarti Pahuja 2003 batch got married

Gaurav Mittal (2003 batch) got married to Shruti

Deepak Vashisht (2004 batch) got engaged to Sandhya Joshi

Nitin Chopra (2005 batch) and Rashi Saxena got married (pictured on left)

Jivtesh Singh (2005 batch) got married (pictured on right)





Rashmi Shrivastava (2006 batch) got married

Aditi Singhal (2006 batch) got engaged

## Reunions



1993 batch: Dinesh Arora, Nipun Vinayak, Datinder Deo and Rohit Jindal in Chandigarh (pictured on left)

2001 batch: Rahul Kataria, Amit Lakhani, Vivek Kochar, Vikram Jassal and Raghav Gupta (pictured below)



2005 batch: Mohit Bhutani, Prannay Gulati, Saurabh Sharma, Rahul Dhawan, Vishal Jindal (pictured on left)

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