



Medical Students Association of India

# HENESTRA

Volume 3 Issue 1 | 1st March 2018

Cover Photo: Parimal Udupurkar



World Bioethics Day campaign was conducted in the month of October 2017

## World Bioethics Day

World Bioethics Day was observed with collective efforts of MSAI and UNESCO in the month of October 2017, under the guidance of Dr Praveen Arora (Head, World Bioethics Day). The theme for the event was, "Equality, Equity and Justice". The event spanned over a week in 10 medical colleges across the country to sensitize students to bioethics and its different applications and aspects.

A team of 392 students and 28 teachers ensured effective organization of the event. Volunteers conducted orientation, extempore, street play, flash mob, debate, and panel discussion in college campuses. Events such as essay writing, poster making, online photography, slogan writing, 'share your best tip', just-a-minute, video making competition and debate were conducted online.

In addition to various interesting activities, the event also included informative lectures from Dr Russell D'Souza, (Head, Asia Bioethics Wing, UNESCO chair in Bioethics, HAIFA).

More than 1000 students participated in this campaign.

## Periodoubt: Menstrual Hygiene Campaign

A national-level campaign was organised by SCORA during the months of November and December on Menstrual Hygiene Management. Nearly 13,000 girls and boys (early adolescents) were addressed across the entire nation. This issue also received special recognition from the District Health and Education Officer (DEO), Mr N.M. Mehta, sanctioning permission for 'Periodoubt' to be conducted in schools all over Ahmedabad.

The campaign was conducted in two spells— an online campaign and a community/on ground campaign. Boys and girls from the age group of 9-13 years were the main target population of this event. They were mainly addressed with the help of audio-visual aids, presentations and posters made by the volunteers.

The event was conducted with the aim of addressing common myths and misconceptions regarding menstruation, encouraging children to discuss about this normal physiological process freely in order to reduce the taboos in society pertaining to menstruation, and bring to light the problems faced by women during menstruation.

They were also provided with information regarding menstrual hygiene, frequency of changing sanitary napkins, accessing sanitary napkins, hand hygiene and overall personal hygiene. The volunteers gave a demonstration on how to use sanitary napkins and how to dispose them off properly. The event was conducted through personal and one-on-one interaction so as to provide a comfortable environment for the students to discuss their problems without any hesitation. Small groups of 5-6 students were made and discussions were conducted. Feedback was obtained through small notes and drawings made by the students.

Below: Students gather around a volunteer in a small-group discussion on menstruation and allied topics



## Professional Exchange Pre-Departure Training

The Standing Committee on Professional Exchange (SCOPE) became active in India in 2016, and in just two years, it has sent more than a hundred students on exchanges and welcomed over 60 incoming students.

Recently, the committee took another major step in improving the exchange experience for outgoing students by conducting a Pre-Departure Training session. Held on 27th January at Grant Government Medical College and Sir J.J. Group of Hospitals, Mumbai, the session lasted four hours and covered a range of topics from Intercultural Learning to Ethics in Medicine. The latter was jointly developed by IFMSA and UNESCO and involved group discussions on various ethical dilemmas that could be faced by exchange students.

Arranged by Chaitanya Kalra, (State Director, Maharashtra), the event was packed with discussions, presentations and activities. The speakers in the session were Iris Blom (SCOPE General Assistant), Saniya Sahasrabudhe, (National Public Health Officer), Aatmika Nair (NEO Assistant), Karan Parikh (NEO, MSAI and SCOPE-RA, Asia Pacific Region, IFMSA).



**Above:** Partnership with Saving Lives Foundation and Faculty of Disaster Medicine India and Nepal

## Disaster Medicine Training

In an effort to equip medical students to work towards a disaster resilient community, MSAI – represented by Sneh Lalwani, Rujvee Patel and Arshiet Dhamnaskar – partnered with the Saving Lives Foundation and Faculty of Disaster Medicine (India and Nepal) represented by Dr Peter Patel, Dr Punidha Kaliaperumal and Dr Tamorish Kole. Upcoming trainings and drafting of a sustainable project plan were discussed.



**Above:** Pre-Departure Training session held at Grant Government Medical College. This was the first such session held by MSAI SCOPE

## Project Santa

MSAI SCORP conducted 'Project Santa', a food distribution drive wherein we collected leftover food from restaurants and distributed it among the homeless and needy on the streets of Ahmedabad, Gujarat.

Efforts inspired a few restaurants to come forward and distribute fresh food instead of just leftovers. The team fed over 150 homeless people during the course of the drive.

**Below:** Children pose wearing Santa hats



## Peacewings

The Standing Committee on Human Rights and Peace (SCORP), MSAI, observed International Peace Day by conducting 'Peacewings', an activity where we visited various schools and addressed students on basic concepts of human rights and peace. This picture shows students of class 6th and 7th of Secab school (Vijaypur, Madhya Pradesh) where, following the activity, they pledged their responsibility towards peacekeeping by exchanging signed paper cranes amongst themselves, symbolising a promise to maintain peace with their comrades, family and community.



**Above:** Students hold up their paper cranes as a symbol of their pledge towards peacekeeping

## Rural Health Assessment

Medical students from Rajarshi Chhatrapati Shahu Maharaj Medical College visited Mahadikwadi, a village near Kolhapur, on 6th November 2017. The village was chosen due to its isolated nature, a small population of 800, motivated authorities and its glaring problem of waste management.

The survey aimed not only at assessing the villagers' practices of sanitation but also their attitude towards it. To establish a rapport with the villagers, each volunteer was requested to choose a house at random and interact with the families.

The aim was to find out the status of sanitation and cleanliness of the village. This survey was held as the first step towards the ambitious 'Swachh Bharat, Swasth Bharat (Clean India, Healthy India)' programme, an effort directed towards making a clean environment and sanitation a health priority by SCOPH, MSAI.

## Comprehensive Sexual Education

Comprehensive Sexuality Education sessions were organised by SCORA, MSAI, from August 2017 to January 2018 in various schools across India. The local officers were provided CSE training by TARSHI (Talking About Reproductive and Sexual Health Issues), an NGO based in New Delhi, through their online course - 'Basics and Beyond'.

Students of classes 6th, 7th, and 8th were addressed on topics such as basic anatomy of the human body, how to differentiate between good touch and bad touch, the pubertal changes which occur during growing up and how to deal with them.

Students of classes 9th and 10th were addressed on topics like genital anatomy and physiological pubertal changes. They were also taught about the importance of consent. They were then addressed with important concepts such as intercourse, rape, contraception and its uses, masturbation, sexuality and sexual orientation. The sessions were delivered with the help of audio-visual aids and various interactive activities.

After evaluation, it was found that there was an increased awareness amongst the students, regarding the concepts after the session. The students were able to communicate freely without any hesitation and were able to get their doubts solved by the volunteers. The sessions targeted about 2700 students throughout the nation.

## SCOMEdipedia

SCOMEdipedia is an initiative by the Standing Committee for Medical Education, MSAI, to help fellow medical students cope with their medical syllabus and make learning interesting.

With every month dedicated to one particular theme/topic/system/subject, we hold discussions, doubt-solving sessions and provide a variety of study material to interested members. Mnemonics and multiple choice question quizzes are held to effect better learning among participants.

During the months of December and January, topic-related material was circulated at least thrice a week. A discussion about the chosen topic with professors was conducted at the end of each month via a live webinar.

## Bearers of the SCOPE Banner

The SCOPE banner, a 4x10 feet long, blue and white piece of cloth, has had an interesting and unique journey across the world, travelling from the beaches of Portugal, the forests of Amazon to the Dead Sea in Jordan, finally coming to a halt in Arusha, Tanzania for the 67th IFMSA General Assembly in August 2017.

All countries wanted to carry the SCOPE banner home, yet just one would have the honour. In a bid for the same, representatives from MSAI India put up an energetic and fun Bhangra performance to an ecstatic audience. After each country showcased their talents, the delegates voted, a decision was made and the banner was handed over to India.



Above: SCOPE enthusiasts pose with the Banner in Bollywood style!

## Semicolon; A Mental Health Awareness Project

Even in 2017, the stigma surrounding the discussion on mental health remains a major public health challenge. Data suggest that nearly 10% of the world's population is suffering from depression, anxiety and/or tobacco abuse. Intentional self harm (suicide) is the second most common cause of death within the age groups of 15 to 29 years, and one of the top ten causes of overall mortality, out of which nearly 90 percent of the victims have an underlying mental illness.

Our ongoing project, Semicolon (Mental Health Awareness) addresses high school students (aged 15 to 19 years), and our aim is to focus on raising awareness about various major and minor, organic and inorganic mental health issues, discussion on stigmas associated with mental health issues and introduction to the concept of mental well being, stress coping mechanism, importance of communication and emotional and psychological first aid. Since its inception in September 2017, we have been able to successfully reach more than 1500 high school students in 9 different regions of India. The evaluation from our follow up sessions suggests that 84.53% of the participants could correctly guess major symptoms of clinical depression and 59.86% could guess the symptoms of eating disorders at large. 70.7% of the participants felt confident enough to discuss with the general population (predominantly friends and peers), about mental health issues, associated stigmas, primary prevention, emotional first aid and profess the importance of professional help.

The event is structured in a way so as to actively help medical student volunteers to become informed, sensitized and confident mental health advocates. As of 19th December 2017, 93 medical student volunteers have been responsible for the success of this project by enthusiastically organising and delivering the sessions. The project resources used were all developed with the aid of, and approved by a psychiatrist. Currently, the project is in its implementation phase, with every event being followed by an immediate and independent impact assessment.

## Trinity International Winter School

A session on 'Medical Student Involvement in Healthcare: Communicable Diseases' was conducted at the Trinity Winter School this February, which had participants from Philippines, Spain, Turkey, Uganda, Morocco and South Korea. The event was facilitated by Saniya Sahasrabudhe and Arshiet Dhamnaskar. The winter school is recognized by the Ministry of Health and Family Welfare, Government of India.



Above: Workshop on 'Medical Student Involvement in Healthcare – Communicable Diseases' at Trinity 2018

## Trinity 2018

An orientation workshop on 'International Opportunities for Medical Students' was held at Trinity 2018, LTMMC, Sion by Karan Parikh and Arshiet Dhamnaskar, highlighting the journey from current launchpads in the field to greater platforms while pursuing the course of medical study.



Above: Participants of 'International Opportunities for Medical Students' Workshop at Trinity 2018

## National General Assembly 2018

The MSAI National General Assembly will be held in the city of Bengaluru from 13th to 15th of April this year. The 3-day assembly will consist of training sessions, administrative discussions and plenary, staff member elections, standing committee orientation sessions, regional capacity building sessions and a theme event. The theme for the Assembly this year is 'Global Health'. Apart from formulative sessions, the schedule will also feature fun team building and social events. Stay tuned to our social media portals for more updates!

## Our Partners

**Arlington British Medical Academy**  
Based in the United Kingdom. It is a consultancy service for the Professional and Linguistic Assessments Board (PLAB) examinations.

**Adrenaline Medical Conference (AMCON 2018)**  
One of India's largest undergraduate medical conferences, hosting several esteemed speakers and panelists from all over the country.

**Delhi Academy of Medical Sciences (DAMS)**  
A popular name in the field, it was established to create a bench-mark institution to achieve excellence in the PG Medical Entrance Exams.

**Hridaya**  
The annual medical fest held by Terna Medical College and Hospital, Nerul, Navi Mumbai for undergraduate students that lets them explore their knowledge in the field of medical science.

**Innervate 2017**  
A national level intercollegiate medical fest and CME. It is an initiative by the SJNAHS student body to facilitate and improve existing dialogue among medical

students.  
**International Quiz for Medical Undergraduates**  
An initiative taken up by the students of KMC, Manipal to foster among fellow medical students a passion to go beyond the textbooks and foray into the multitudinous discoveries and research happening in the medical field today.

**Trinity International Tropical Diseases Winter School**  
A seven-day long agenda for international medical students around the world to improve their knowledge and experience in the field of tropical medicine in India.

**Swaasthik 2018**  
An All India Undergraduate and Postgraduate Medical Conference by Topiwala National Medical College and BYL Nair Charitable Hospital. It brings together students and professionals alike to participate in extensive dialogue and discussion.

**WONCA World Rural Health Conference (WRHC 2018)**  
An international event which discusses ideas on the latest developments and challenges in rural family practice and rural and remote health generally.



Above: IFMSA Asia Pacific Regional Meeting 2017, Japan

## Asia Pacific Regional Meeting 2017

The Medical Students Association of India sent an 8 member delegation to the IFMSA Asia Pacific Regional Meeting 2017 held in Tokyo, Japan. Events consisted of vibrant discussions on various regional policies and interactive activities inclusive of those featuring local tradition and culture.

Follow us: [facebook.com/msai.india](https://facebook.com/msai.india)