

Orientation for the Batch 2015 at GSVMMC (1.9.2015)

By

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GSVMMC has the unique status of the biggest and the oldest state medical college in the state.

All of you must be proud that you are in GSVN medical college. Feel the ambience of the college and realise the greatness of this college. It is an exciting moment for those who are here to start their ordeal. Graduation is a major academic milestone in an individual's life. It is formal recognition that you are ready to move a step forward towards acquiring yet more knowledge in the area of your choice. Never in the past have there been so much hope and expectation about the future of India than at present. For the young graduates, the road ahead is long, but the journey promises to be exciting.

MCI came to a consensus that the targeted doctor-population ratio of 1:1000 would be achievable by the year 2030.

Presently it is 1 for 1700 =There is only one doctor per 1,700 citizens in India; World Health Organisation (WHO) stipulates a minimum ratio of 1:1,000.

Presently we have about 8 lac doctors (2015)

India would need four lakh more by 2020 but can give only 2 lac in 5yrs.

Three LESSON FOR TODAY

Step 1 Recognise your mood- keep it positive. Positivity in life is very important. **.Identify your strengths-** Is any part of your mindset holding you back? Is there any part of the way that you behave that upsets you? (If so, set a goal to improve your behavior or find a solution to the problem.)

Smiling, can produce effects on the body that are similar to those that result from the actual emotion, such as happiness.

There have been many studies done on the effect of positive emotion on the cognitive mind and there is speculation that positive mood can affect our minds in good or bad ways. Generally, positive mood has been found to enhance creative problem solving and flexible yet careful thinking.

Some studies have stated that positive moods let people think creatively, freely, and be more imaginative. Positive mood can also help individuals in situations in which heavy thinking and brainstorming is involved. Moreover, the study also suggests that being in a positive mood broadens or expands the breadth of attentional selection such that information that may be useful to the task at hand becomes more accessible for use. Consequently, greater accessibility of relevant information facilitates successful problem solving.

Step 2: Setting Lifetime Goals –

We are all born with a divine fire within us. Our efforts should be to give wings to this fire and fill the world with the glow of its goodness”. *Dr.Abdul Kalam our former President of India*

The first step in setting personal goals is to consider what you want to achieve in your lifetime (or at least, by a significant and distant age in the future). Setting lifetime goals gives you the overall perspective that shapes all other aspects of your decision making.

Setting Smaller Goals

Once you have set your lifetime goals, set a five-year plan of smaller goals that you need to complete if you are to reach your lifetime plan.

Then create a one-year plan, six-month plan, and a one-month plan of progressively smaller goals that you should reach to achieve your lifetime goals. Each of these should be based on the previous plan.

Then create a daily **To-Do List** of things that you should do today to work towards your lifetime goals. At an early stage, your smaller goals might be to read books and gather information on the achievement of your higher level goals. This will help you to improve the quality and realism of your goal setting. Finally review your plans, and make sure that they fit the way in which you want to live your life.

Most of you should aim to work in medical college.

The concept of hard work has a different profile now-The story of hare and Rabbit -that fast and consistent will always beat slow and steady;

Step3 .Learn medicine from teachers and patients

. I expect that at least 50% of you will work in a medical college set up .

- 1.No one can truly define success and failure for us- only we can define that for ourselves.
- 2.No one can take away our dignity unless we surrender it.
- 3.No one can take away our hope and pride unless we relinquish them.
- 4.No one can steal our creativity, imagination and skills unless we stop thinking.
- 5.And there is no way we can take care of others, unless we take care of ourselves

Best of Luck

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