



The HORIZON

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- GLOBAL HEALTH INNOVATIONS: HOW TECHNOLOGY IS SHAPING PUBLIC HEALTH IN LOW-INCOME COUNTRIES
- LIFE OF A SURGEON
- HANDS OF HEALTH: MEDICAL INSIGHTS FROM A DECK OF CARDS
- THE ILLUSION OF PRODUCTIVITY: WHY MEDICAL STUDENTS MISTAKE BUSYNESS FOR PROGRESS

DEAN'S DESK



Dear students, we at Grodno State Medical University strive to provide students with top-quality education, but that's not it. GRSMU is also a hub for Scientific, Cultural, and Sports related activities. We wholeheartedly acknowledge that International students are an integral part of our university, and we take immense pride in that. Grodno State Medical University is glad to work with students from different countries and provide them with a stage to represent their nation and culture.

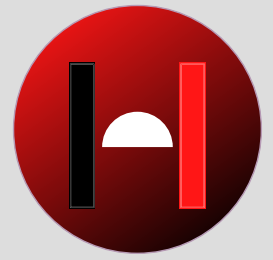


**DEAN OF FACULTY OF INTERNATIONAL STUDENTS
DR. ALEKSANDER ALEKSANDEROVICH STENKO**

GRSMU celebrates its uniqueness in diversity, for in its true essence our university is a junction where students from various backgrounds and cultures come together as one big family. GRSMU has always encouraged students to explore further and beyond in every field they try their hands at. I hope that you like the novel concept of 'The Horizon' - a magazine that serves as a platform for the students to voice their opinions, share their takes and present their points of view.

'The Horizon' is a medium of extended communication where we can learn a lot from one another. I highly appreciate this initiative and personally support it. I look forward to reading the interesting blogs written by you.

WELCOME TO THE HORIZON



“We all have fascinating stories to share!” For the longest time, I have had this idea of starting a magazine. But not just any conventional magazine, one that shall serve as a platform for the students and alumni of International faculty at Grodno State Medical University to share their stories. A platform that enables students to share their takes on various curricular and extracurricular aspects of medicine. Thus, the idea of **‘The Horizon’**, came to life.



**DR. MEHUL H. SADADIWALA, FOUNDER,
CLASS OF 2023**

‘The Horizon’ will be a creative intersection where students can freely give commentaries about Lifestyle, Culture, Productivity tips, and more. Throughout the years, many individuals at GrSMU have inculcated valuable skills and gained experience with a fair share of success in various disciplines. Maybe you run a successful YouTube channel or an educational website, or maybe you are a successful student-researcher or an educator, and so much more. 'The Horizon' enables students to share their personal experiences. The insights that you share will encourage other students to take further strides and explore future possibilities.

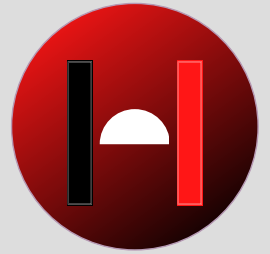
‘The Horizon’ is supported directly by the Dean of the International Faculty, and it will operate under the supervision of the International Students' Scientific Committee. Students from 1st to 6th year, and even graduates, can submit their blogs to this magazine. The articles should directly or indirectly revolve around student life to share knowledge and the collective growth of students.

For inquiries and submissions.

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EDITOR'S DESK



“

I'm Fathmath Shajaa Jihaad, a final year Medical student at Grodno State Medical University. As the Editor in Chief of The Horizon's Spring issue 2025, I would like to create a space where medical students can find balance, inspiration, and a sense of belonging, along with staying connected to the trends shaping the future of healthcare. I would like to make this magazine a platform that informs and inspires. ”



FATHMATH SHAJAA JIHAAD,
EDITOR, APR- JUN 2025



KISHNANI ROHANKUMAR SADHURAM,
EDITOR, APR-JUN 2025

“

Hello! I'm a third-year medical student at GRSMU, and like many of you, I've always admired how The Horizon Magazine creates a vibrant space for students, bridging knowledge, creativity, and university life. Now, as your editor, I'm excited to carry forward this legacy by delivering insightful, engaging, and confidence-boosting content. ”

And a message to our dearest readers, we would like to invite you all, students and alumni, to share with us the blogs that directly or indirectly revolve around student life, to share knowledge and experiences that has had an impact on your growth within and outside the bounds of our university.

Concluding, let us alter the limitations of our individual efforts and collectively explore limitless Horizons.

Cover Credits

Aishath Sara

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GLOBAL HEALTH INNOVATIONS: HOW TECHNOLOGY IS SHAPING PUBLIC HEALTH IN LOW-INCOME COUNTRIES

THIS BLOG EXPLORES HOW HEALTH CARE TECHNOLOGY IS REVOLUTIONIZING MEDICAL ACCESS, IMPROVING OUTCOMES AND STRENGTHENING HEALTH SYSTEMS IN RESOURCE-SCARCE REGIONS. THOUGH CHALLENGES LIKE CONNECTIVITY AND ADOPTION PERSIST, STRATEGIC PARTNERSHIPS AND SMART POLICIES ARE SCALING THESE INNOVATIONS GLOBALLY.

WRITTEN BY

KESAVAN
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CLASS OF 2026

INTRODUCTION

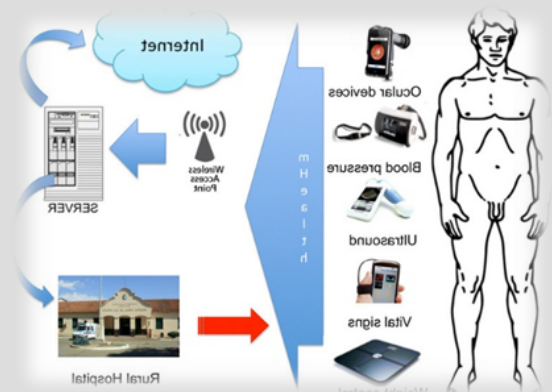
In recent years, the intersection of technology and healthcare has revolutionized the way public health is approached, particularly in low-income countries. With limited resources, infrastructure, and healthcare professionals, these regions face significant challenges in delivering quality care. However, innovations such as mobile health apps, telemedicine, and low-cost diagnostics are bridging gaps and transforming healthcare delivery. These technologies are not only improving access and affordability but also advancing global health equity. This blog explores how these innovations are making a difference, the challenges they face, and the path forward for sustainable impact.

MOBILE HEALTH (MHEALTH) INITIATIVES: HEALTHCARE IN THE PALM OF YOUR HAND

Mobile health (mHealth) applications are revolutionizing healthcare access in low-income countries. With mobile phones becoming increasingly widespread, even in remote areas, mHealth apps are enabling patients to access vital health information, receive reminders, and consult with healthcare providers directly from their devices. For example, MomConnect, a South African initiative, provides pregnant women with essential prenatal and postnatal care information, significantly reducing maternal and infant mortality rates (WHO, 2020). This program has reached over 2 million women, demonstrating the scalability of mHealth solutions.

mHealth tools are also empowering healthcare workers by offering real-time data and decision-making support. Platforms like CommCare, used in countries like India and Africa, help community health workers track patient records and deliver personalized care.

These tools are particularly valuable in regions with a shortage of medical professionals, as they enable workers to manage larger patient loads efficiently. Additionally, mHealth apps are being used for disease surveillance, enabling faster responses to outbreaks. During the Ebola crisis in West Africa, mobile apps were instrumental in tracking cases and coordinating containment efforts.



Despite their potential, this may lead to facing challenges such as limited digital literacy and unreliable internet access. To address these issues, governments and NGOs are investing in training programs and infrastructure development, ensuring these tools can be used effectively.

TELEMEDICINE: OVERCOMING GEOGRAPHIC BARRIERS

Telemedicine is another groundbreaking innovation reshaping healthcare delivery in low-income countries.

By leveraging internet and communication technologies, telemedicine allows patients in remote or underserved areas to consult with healthcare professionals without the need for travel. This is particularly impactful in regions where healthcare facilities are scarce or difficult to access.

For example, Rwanda's Babyl platform has enabled thousands of patients to receive medical consultations via their phones, easing the burden on overcrowded clinics (Wamai et al., 2021). The platform also offers prescription services and follow-up care, ensuring patients receive continuous treatment. Similarly, India's eSanjeevani initiative connects rural patients with urban specialists, addressing the shortage of doctors in remote areas.



Telemedicine also facilitates collaboration between local healthcare providers and international specialists, improving diagnostic accuracy and treatment outcomes. However, telemedicine faces hurdles such as limited internet connectivity and high data costs. To overcome these challenges, governments and private sector players are investing in infrastructure and subsidizing data costs.

LOW-COST DIAGNOSTICS: AFFORDABLE SOLUTIONS

Access to affordable and accurate diagnostics is crucial for early disease detection and management. In low-income countries, high costs and inadequate infrastructure often limit diagnostic capabilities. However, innovations in low-cost diagnostics are addressing these challenges. For example, paper-based diagnostic tests for diseases like malaria and HIV are portable, easy to use, and cost-effective, making them ideal for resource-limited settings (Yager et al., 2008). These tests can be administered by minimally trained personnel, reducing the need for advanced laboratory equipment.

Another breakthrough is the development of low-cost imaging devices, such as handheld ultrasound machines, which are being used in rural areas to diagnose conditions like pneumonia and pregnancy complications.

These devices are particularly valuable in maternal healthcare, where early detection of complications can save lives. For instance, the Butterfly iQ ultrasound device has been deployed in several low-income countries, providing affordable imaging solutions for underserved populations.

Low-cost diagnostics not only save lives but also reduce the economic burden on healthcare systems and patients. By enabling early detection and treatment, these innovations prevent diseases from progressing, minimizing the need for costly interventions. However, scaling these solutions requires collaboration between researchers, manufacturers, and policymakers to ensure they remain affordable and accessible.

CHALLENGES AND THE PATH FORWARD

While these innovations hold tremendous promise, their implementation is not without obstacles. Issues such as limited internet access, low digital literacy, and resistance to change can hinder adoption. Additionally, ensuring the sustainability and scalability of these solutions requires collaboration between governments, NGOs, and private sector stakeholders.

To address these barriers, investments in infrastructure, training, and policy frameworks are essential. For example, partnerships like the Global Fund to Fight AIDS, Tuberculosis, and Malaria have demonstrated how collaborative efforts can drive the adoption of innovative solutions in low-income countries (Global Fund, 2022). Similarly, initiatives like the World Health Organization's Digital Health Technical Advisory Group are working to establish guidelines and standards for the ethical use of digital health technologies.

Governments also play a critical role in fostering an enabling environment for innovation. Policies that promote digital inclusion, such as subsidizing internet access and investing in digital literacy programs, can accelerate the adoption of these technologies

CONCLUSION

Technology is undeniably transforming public health in low-income countries, offering innovative solutions to longstanding challenges. Mobile health apps, telemedicine, and low-cost diagnostics are improving access to care, enhancing health outcomes, and promoting global health equity. These innovations are not only addressing immediate healthcare needs but also building resilient health systems for the future.

While challenges remain, the potential of these innovations to create a healthier, more equitable world is immense. By fostering collaboration and investing in sustainable solutions, we can ensure that these advancements reach those who need them most. As we move forward, it is crucial to prioritize inclusivity, ensuring that no one is left behind in the digital health revolution.

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LIFE OF A SURGEON

This blog is about efforts and sacrifices, challenges and achievements, humiliation and praises, qualities and responsibilities of a surgeon's life.

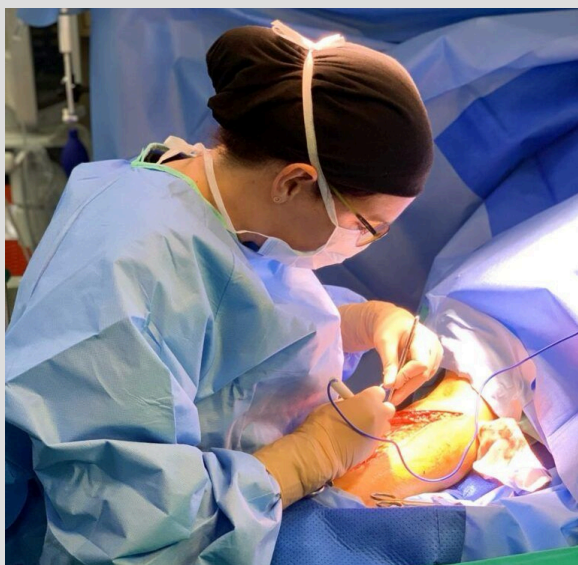
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CLASS OF 2027

INTRODUCTION

Once a medical student graduate, he/she will be able to choose the path they want to continue as a doctor. The doctor who chose to be a surgeon, opens the door to a new level in the game of life. Surgeons are the ones who have valuable gadgets which help to save the patients in the brink of death. The skills they developed, the knowledge they obtained during sleepless nights over 6 years will be their magical powers to save the lives of patients. Operation theatre is surgeons' battle field and they are the masterminds which lead their team to victory in this war of life and death. Once surgeons enter to their battle field, they put whole heart to their work, as if nothing else exist around them. If a doctor chooses to face above situations as a surgeon, he/she should be responsible, straightforward, confident, independent in their decisions and also should be devoted to their patients.



WHAT A SURGEON DOES IN THE HOSPITAL?

In the hospital a surgeon has specific tasks to attend. Early in the morning they attend to ward rounds to check the condition of the patients they have already operated. There they adjust the needed treatments in order to speed up the recovery of the patient. Also, in most of the hospitals, the week is divided in to several sessions. In Sri Lanka, they have 2 days as "clinic day", 2 days as "surgery day", and the other days are normal days unless there's an emergency. In "clinic day", new patients arrive for the consultation.



Most of those require surgical treatments. Also, patients who were previously operated also arrive in order to know about progression of their recovery. In "surgery day", all the previously scheduled operations are performed. In other days of the week, surgeons go to ward rounds as usual and if there's an emergency, despite of which day of the week or the time of the day, surgeon on call arrive to the hospital and perform the surgery if required.

PROS AND CONS OF BEING A SURGEON

There are many pros and cons of being a surgeon. As a surgeon, he/she can have a well-reputed life in the society, a satisfying salary, self-satisfaction by witnessing their patients recovery. These are some major pros you can experience as a qualified surgeon. However, the challenges they face often become significant cons of being a surgeon. First thing is, the difficulty in work-life balance. Due to tight schedule, they may not be able to spend time with their families most of the time. This becomes quite a big problem for the families with parents who are both surgeons.

But they are capable of making family time by adjusting their schedule or sometimes bringing their kids to work, as they can at least see their kids for the whole day.



The next thing is the stress they experience. This mostly occur due to long working hours as well as them having to make decisions on their patients' lives depending on their medical condition. Sometimes even if they try hard to bring a patient who's at the brink of death to life, they fail due to unavoidable medical conditions of the patient. So declaring death of a patient is the hardest moment of any surgeon's life. Malpractice suit is another challenge surgeons face. For this to occur, there are 2 reasons. First reason is surgeon actually making a mistake during surgery (iatrogenic causes). Second reason is that, even though surgeon did everything properly, sometimes patient's family may complain that their family member died because of the operation. This reason mostly depends on the emotions of the family. So, facing a malpractice suit may cause a degradation of surgeon's reputation and may cost his whole career.

So, in order to overcome these challenges, they work harder by paying attention to his/her every single move, starting from studying theory every day to practicing their scalpel skills. They learn from every experience they get, so that they will build their inner soul to grow much stronger and confident during their occupation.

CONCLUSION

The most common words that any surgeon have heard in their lives are, "Thank you doctor for saving him/her, without you he/she won't be able to live" and "Everything was fine until you performed the surgery, he/she died due to the operation you performed". So, if you are a surgeon, you should be precise in skills and knowledge. You should be able to find time for everything that you need to do in your life including your private life. You should also be rational and independent when you are making a decision about other person's health.



For a surgeon, most important thing in his/her career is experience in their specialty and practice because once you hold the scalpel, you are responsible for your action and you can't blame even your scrub nurse for your actions. Surgeons should not choose the patients they treat depending on personal reasons. They should try to save the patient within their capabilities until the end.

In my opinion, a surgeon should ask themselves the reason they have become a surgeon, because if you forget the reason, the passion and quality of yourself as a surgeon will be lost. Then it won't be the best work of you for your patients. I think being a surgeon is the best thing, because a surgeon knows that they can stand straight with self-respect and without regrets every day.



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HANDS OF HEALTH: MEDICAL INSIGHTS FROM A DECK OF CARDS

THIS BLOG IS BASED ON HOW A PACK OF CARDS REFLECTS MEDICAL PRACTICE, DETAILING THE ANALOGIES LINKED TO EACH ELEMENT OF THE DECK AND ITS REPRESENTATION OF A DISTINCT ASPECT OF PATIENT CARE.

WRITTEN BY

SHINY PEIRIS

CLASS OF 2026

INTRODUCTION

A pack of cards may seem like a simple game tool, but it provides sheer insights into the complexities of medicine. Similar to how a deck of cards includes different suits and values, representing diverse strategies and outcomes, the field of medicine embodies various pillars, each rendering to the holistic care of patients. Venturing into the principles of card games - diversity, strategy and cooperation, allows us to determine how they mirror the dynamics of medical practice. Shuffling through the associations and unveiling these analogies deepens our appreciation for both the art of medicine and the straightforward, yet intricate game of cards, thereby opening a whole realm of fresh perspectives.



PARALLELS DRAWN BETWEEN THE TWO SUBJECTS

1. The Deck of Cards: How Medical Specialties Resemble a Pack of Cards.

In this metaphor, each suit represents a specific strength, highlighting their exclusive inputs to patient care.

'Hearts' denote emotions and connection. This suit emphasizes on compassion, connection, trust in the system, advocacy and passion for healing.

'Diamonds' represent the value of knowledge. Healthcare professionals invest their time and resources in training, much like players investing in high-value cards. Diamonds also symbolize growth and development - this describes the ongoing pursuit of advancement and innovation, ensuring that the system is polished to brilliance.

'Clubs' resemble strength, durability and adaptability.

'Spades' stand for themes such as depth, challenge, and transformation.

The concepts of the suits 'Clubs' and 'Spades' go hand in hand when connecting them with the foundations of medicine as they both lay the foundation to overcoming challenges and dilemmas.

This aspect highlights the notion of unpredictability: Just as the Joker Card can disrupt the order of a card game, unforeseen challenges in patient cares arises without warning. These challenges include complications of the disease, outbreaks, sudden financial crisis or any other catastrophes. The Joker also represents the complexity and fluctuating nature of patient needs. Every patient's response to treatment is unpredictable, thereby requiring the healthcare system to be adaptable to individual circumstances.

3. Shuffling the Deck: The Unpredictability of Diagnoses Solely.

Patients' unique anamnesis can also significantly affect the diagnosis as factors such as genetics, life style, comorbidities play a crucial role, similar to how the arrangement of cards in a shuffled deck can affect the game's outcome. This uncertainty of diagnosis calls for the importance of thorough evaluations, and the use of expertise to make informed decisions.



Medical innovations such as 3D printing, Clustered Regular Interspaced Short Palindromic Repeats (CRISPR) gene editing technology, virtual reality, advanced evidence-based medicine, surgical robotics represented by systems such as da Vinci Surgical System for minimally invasive surgery, act as the 'wild card' element to dramatically alter the landscape of healthcare.



Data collection and analysis are the roots of clinical trials. Detailed tracking of various parties allows researchers to evaluate the effectiveness of novel treatment modalities which in turn leads to the prosperity of the medical framework. Moreover, analyzing patient data allows the identification of trends which in turn facilitates the use of evidence-based medicine.

6. The End Game: Evaluating Patient Outcomes. Each patient's journey resembles the unfolding of a card game. Focus is given to the lessons learned, skills acquired, missteps and the implementation of targeted tactics in the future.

7. House Rules: The Ethical Considerations in Medicine.

Ethical guidelines in healthcare are akin to the rules of a card game. It provides the framework for behavior of all the parties, that is, non-maleficence or *Primum non nocere*, justice - promotion of fair play.

This aspect also aids in decision-making, as ethical guidelines help medical teams navigate complex scenarios, providing clarity on prioritizing patient care while addressing ethical considerations.

CONCLUSION

A pack of cards serves as a powerful metaphor for complexities of medicine. Each card symbolizes a crucial element of healthcare, encompassing the unpredictability of patient outcomes and the significance of collaboration and expertise. By adopting the insights from this simple game, healthcare professionals can better tackle the challenges in their field with enhanced understanding. So next time you pick up a deck of cards, remember the refined connections it shares with the world of medicine.

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THE ILLUSION OF PRODUCTIVITY: WHY MEDICAL STUDENTS MISTAKE BUSYNESS FOR PROGRESS

This article challenges a common yet overlooked issue which medical students often equate being busy with being productive, leading to burnout, inefficiency, and guilt. This article is relatable to everyone who has felt like they're working hard but not actually achieving much. It encourages self-reflection and provides a new outlook on achieving success in medical school.

WRITTEN BY

KURUNDUWATTE
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CLASS OF 2027

INTRODUCTION

Medical school is often described as a marathon, not a sprint. But in the race to succeed, many students fall into a common trap: believing that the more hours they spend studying, the more productive they are. The sight of classmates buried in textbooks for 12-hour stretches creates a toxic culture of comparison, where being busy becomes more important than being effective. But is this constant grind truly making us better doctors, or is it just an illusion of progress?

THE PRODUCTIVITY TRAP: WHY WE THINK MORE WORK = MORE SUCCESS

Medical students often view exhaustion as a mark of pride. Long study hours, sleepless nights, and skipping meals become proof of dedication. The idea is simple: if we're always working, we must be improving. But reality tells a different story.

Some students spend 10+ hours a day studying, yet struggle with retention and performance.

Others seem to study half as much but perform better, leaving their peers wondering what they're doing differently. In a competitive environment, students feel guilty for taking breaks, socializing, or even resting.

The problem isn't that students aren't working hard enough—it's that hard work alone doesn't guarantee results.

THE SCIENCE OF TRUE PRODUCTIVITY: WHAT ACTUALLY WORKS?

Real productivity isn't about how much time you put in but how effectively you use that time. Medical students often mistake movement for progress, but research in cognitive science suggests otherwise.

Key Principles of Effective Learning:

- High-yield study methods (like active recall and spaced repetition) is far more effective than passively reading textbooks for hours.



- Deep Work vs. Shallow Work: Multitasking and distractions dilute learning. Hence, focused, uninterrupted study sessions are crucial for a better progression.

- The Forgetting Curve: Simply spending hours rereading notes doesn't reinforce memory. Regular testing, summarizing information, and teaching others enhance long-term retention. More studying doesn't always mean more learning. Smarter studying does!

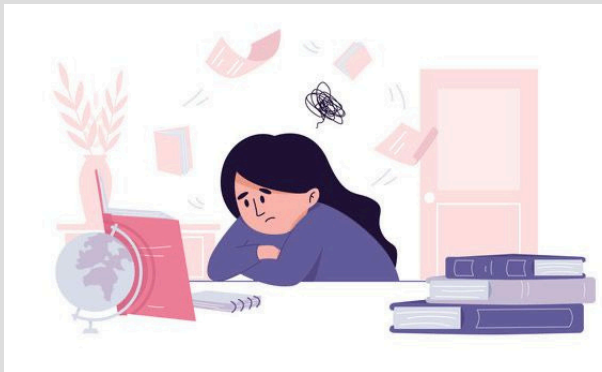
WHEN HARD WORK BACKFIRES: THE MENTAL HEALTH COST OF OVERWORKING

The constant pressure to be busy often leads to burnout, anxiety, and imposter syndrome.

Many students experience:

- Cognitive Overload: The brain can only absorb so much before productivity plummets.
- Sleep Deprivation: Poor sleep destroys memory consolidation, making study efforts less effective.
- Emotional Burnout: The guilt of 'not studying enough' creates chronic stress and mental exhaustion.

Ironically, those who prioritize rest, balance, and mental well-being often perform better than those who push themselves to exhaustion.



THE SOLUTION: STUDYING SMART, NOT JUST STUDYING MORE

If spending endless hours studying isn't the answer, what is?

- Practical Strategies for Effective Learning.
- Prioritize Active Recall: Testing yourself instead of passively reading leads to deeper learning.
- Use Time Blocks: Short, focused study sessions (like Pomodoro technique) prevent cognitive overload.
- Sleep Wisely: A well-rested brain is much more effective at retaining information than one that is sleep-deprived.
- Schedule Breaks: Strategic rest boosts creativity and problem-solving.
- Quality Over Quantity: Aim for efficient, high-yield study sessions, not mindless hours of "being busy."

Moreover, cognitive and educational psychologists have been developing learning techniques to be used by students which are very convenient in using to pursue their learning goals.



Let's pay attention to some extra important facts.

A considerable amount of studies indicates that multi-tasking make a negative impact on efficiency which cause negative results. Which means, for example, you should eliminate distractions such as social media, web browsing, gaming, texting etc.during your study sessions.

In addition, Switch up your setting. You may try several places to study and choose where you study best. With that, recognize a time when you can study the best. It maybe 10AM your focus is not sharp as it is on 10PM. Perhaps you are more productive at a coffee shop with background noise or in the study area at your residence. Studying in bed often makes you drowsy.

Try to become a teacher! Try to explain it on your own words. You can do this in a study group, with a partner, or by yourself. Consider making your own quizzes, as this is a very effective study method. And also you should take control over your timetable. Controlling your schedule and your distractions will help to accomplish the target.



CONCLUSION

Redefining Success in Medical School:

Success in medical school isn't measured by how long you study but by how well you learn. The illusion of productivity keeps students trapped in a cycle of busyness without real progress. The most effective students aren't the ones who grind the hardest—they're the ones who learn strategically, rest appropriately, and focus on meaningful progress.

Being busy isn't the goal. Being effective is:

This perspective shift could change how medical students approach learning and mental well-being. Are you ready to challenge the illusion of productivity and start working smarter, not just harder?

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