



# HORIZON

VOLUME 1, ISSUE 5, MAY 2023

LIFESTYLE, PRODUCTIVITY, CULTURE & SO MUCH MORE.....

The power of Taking-Notes

Lost opportunities : The impact of language and religion on International Medical Students's career and Prospects

Techniques To improve learning

Pizza - your brain's first choice

# 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.



**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



“

Experiences and knowledge we have received up until this very moment has assisted in shaping and carving our personalities and thought processes to create the individuals we are today. This metamorphosis has inculcated within us the wisdom to head in each of our personal journeys and the voicing out of pieces of our journeys is a great opportunity to create a supportive environment within the student body.

As the Editor-in-chief (Apr-Jun,2023) of this magazine and the Supervisor for future editorials, I plan on focusing on delivering together with my co-editor (Apr to Jun, 2023) a array of exciting blogs filled with facts, tips and descriptions on various topics that have been proposed and penned by students and alumni of GrSMU.

”



**ANJELO LEARD, SUPERVISOR FOR THE HORIZON,  
EDITOR-IN-CHIEF (APR-JUN, 2023)**

“

I have always loved reading and writing. Reading a good novel makes me see an entire new world from the author's point of view. I believe that apart from academics, we should be involved in other activities too which enhances our personality and uplifts our mood.

When I was offered the opportunity to work for “The Horizon” by the Founder himself, I had to take this chance! Getting to read all the articles first as they are (raw) is an honour in itself. It always brings me immense joy and pleasure to read the stories that fellow students have written. Reading this magazine makes you want to explore even more and you start noticing little things in life that you might have failed to notice before.

”

And a message to our dearest readers, we would like to invite you all 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

Dvarkesh K. Rabadiya

For enquiries and submissions.

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# THE POWER OF TAKING-NOTES

The highlight of this blog is the benefits of note taking and how it can help students improve their grades in school/university. It allows you to record information and ideas in a way that is easy to access later on, which helps in quick revision during exams.

WRITTEN BY  
NIMAVAT ANMOL M

CLASS OF 2024

Taking notes is an important part of the learning process. To take good notes, you need to listen carefully to what the teacher is saying and look at what they are writing or drawing. Try to write down the most important things they say or show, like new words or important ideas. Don't write everything you listen or see, try to determine what is important enough to write down. You can use words, pictures, or symbols to help you remember things. It is like making a map of what you learn in class. It can help you understand and remember things better.

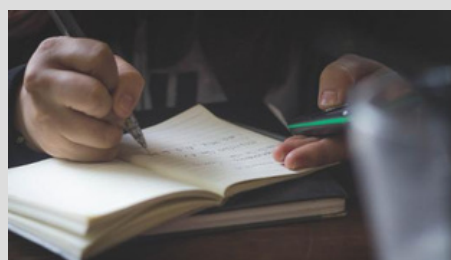
## Formats of Notes

When you take notes, there are different ways you can write them down. These different ways are called formats.

- Outline: This format is like making a list, where you write down the most important information first, and then add more details underneath each point.
- Mind map: This format is like drawing a picture, where you start with the main idea in the center and draw branches out to different details and sub-topics.
- Chart/table: Some people like to take notes in a chart or table format, where they make columns for different categories of information and fill in the details under each one.

There also many different formats, no matter which format you choose, the most important thing is to find one that works best for you and helps you remember the information you need to learn.

## Benefits of taking good notes



## Memory Benefits

Improves recall. When you take notes, you're forced to think about what the professor is saying and organize it into a coherent whole. This process helps bind information in your memory by making sure that all the pieces fit together properly.

Helps with studying. When you study your notes later on, they act as a guide for what needs further review or clarification--you can look back at them and see where there might be gaps in your understanding that need filling in before moving forward with new material.

It will enhance understanding. Taking notes forces us to pay attention during lectures; if we don't write down what was said, we won't really know what happened during those events until later when we review our notes!

### Communication Benefits

Taking notes is a great way to improve your communication skills, as well as your confidence. It helps you think more clearly and speak more confidently, which can make you feel more comfortable in social situations.

You'll be able to recall information better because of the way that note taking forces you to organize and structure your thoughts before speaking them out loud. This is especially helpful if you're not an extrovert who's used to talking about yourself or sharing personal stories with others on a regular basis!

### Creative Benefits

Taking notes is a great way to encourage creativity and critical thinking. It also helps develop problem solving skills, as you have to figure out how best to organize your thoughts in order for them to make sense on paper or on screen.

### Career Benefits

- Improves job performance.
- Increases employability.
- Helps to build a professional network.

### Organizational Benefits

- Helps organize information.
- Saves time and enhances understanding.

### Time Management Benefits

- Improves focus.
- Increases productivity.
- Helps prioritize tasks.

### Social Benefits

Taking notes is a great way to improve your own understanding of the material, but it can also help you collaborate with others. If you're in a group setting, like a class or team meeting, taking notes together helps everyone stay on the same page and learn from each other's perspectives. It encourages teamwork and builds relationships between classmates .

### Conclusion

- You can take notes on anything you're interested in and need to remember.
  - It's easy to share your notes with others and collaborate with them on projects.
- If you are not taking notes, it is definitely worth giving it a try. Experiment with different note-taking techniques and find a method that works best for you. With practice, you can achieve academic success.

### Reference

"How To Take Study Notes: 5 Effective Note Taking Methods." Oxford Learning. from <https://www.oxfordlearning.com/5-effective-note-taking-methods/>





# LOST OPPORTUNITIES : THE IMPACT OF LANGUAGE AND RELIGION ON INTERNATIONAL MEDICAL STUDENTS'S CAREER AND PROSPECTS

The highlight of this blog is to demonstrate how the international students have to face the challenge of language and religious barrier and how it affects them positively and negatively.

WRITTEN BY  
PATEL KRUSHIKUMAR PANISHKUMAR  
CLASS OF 2024

As the world becomes increasingly globalized, medical students from diverse cultural and linguistic backgrounds are pursuing their education in countries other than their own. While this offers a unique opportunity for cross-cultural exchange and learning, it also presents challenges when it comes to navigating language and religious barriers in the medical profession. In this blog, we will explore some of the challenges faced by international medical students in this regard, as well as the opportunities for professional growth and development.



## Language Barriers

One of the primary challenges faced by international medical students is the language barrier. Being proficient in the language of instruction, as well as the language spoken by patients, is essential for effective communication and quality healthcare delivery.

However, this can be a significant challenge for students who are not fluent in the local language. Language barriers can lead to miscommunications, misunderstandings, and even medical errors. In a medical context, a miscommunication can have serious consequences for patients. In addition, students may struggle to convey their knowledge and expertise effectively, leading to a lack of confidence and reduced opportunities for professional growth.

Fortunately, there are several strategies that international medical students can employ to overcome language barriers.

One of the most effective is to improve their language skills through language classes and immersion programs. This will not only improve their ability to communicate with patients, but also enhance their overall understanding of the healthcare system in the country of study. Students can also seek out language exchange programs, which provide an opportunity to practice their language skills with native speakers. Another effective strategy is to work with interpreters or translators. Many healthcare institutions offer interpreter services, which can help bridge the language gap between healthcare providers and patients.

In addition, international medical students can benefit from working with translators to improve their written communication skills. This will be particularly useful for writing medical reports and communicating with colleagues.

### Religious Barriers

In addition to language barriers, international medical students may also encounter religious barriers that can impact their professionalism. Patients may have religious beliefs or practices that conflict with medical treatments or procedures, leading to ethical dilemmas for healthcare providers. It is important for international medical students to be knowledgeable and respectful of their patients' religious beliefs and practices to provide culturally competent care.

One of the most important things that international medical students can do to overcome religious barriers is to educate themselves about the religions and cultures of the patients they will be treating. This will help them understand the values and beliefs that may impact a patient's decision-making regarding their healthcare. International medical students can also seek out cultural competency training, which will provide them with the skills and knowledge necessary to provide effective care to patients from diverse backgrounds.

Another effective strategy is to work with religious leaders and organizations in the local community. This can provide international medical students with a better understanding of the religious beliefs and practices of their patients. They can also seek guidance from religious leaders when dealing with ethical dilemmas related to religious beliefs.

While language and religious barriers can present challenges for international medical students, they also offer opportunities for professional growth and development. By overcoming these barriers, students can become more culturally competent healthcare providers, with a deeper understanding of the diverse needs of their patients. One of the key opportunities for professional growth is the development of language skills.

Being fluent in multiple languages is not only valuable in a medical context, but also provides a competitive advantage in a globalized job market. International medical students who improve their language skills may also have opportunities to work in multicultural and multinational healthcare environments.

In addition, international medical students who develop cultural competency skills will be better equipped to provide quality care to patients from diverse backgrounds. They will be able to understand the unique needs and challenges of patients from different cultures and religions, and tailor their approach to care accordingly. This can lead to improved patient outcomes, higher patient satisfaction, and a stronger reputation as a healthcare provider. Another opportunity for professional growth is the development of empathy and understanding. By navigating language and religious barriers, international medical students will gain a deeper understanding of the challenges faced by patients from diverse backgrounds. This can help them develop greater empathy and compassion for their patients, and become better advocates for their healthcare needs.



Finally, international medical students who successfully navigate language and religious barriers will be better equipped to handle the challenges of a rapidly changing healthcare landscape. As healthcare becomes increasingly globalized, healthcare providers who can navigate cultural and linguistic barriers will be in high demand. By developing these skills, international medical students can position themselves as leaders in the field of global healthcare.



### Conclusion

Language and religious barriers present significant challenges for international medical students, but they also offer unique opportunities for professional growth and development. By improving their language skills, developing cultural competency, and building empathy and understanding, international medical students can become more effective and compassionate healthcare providers. As healthcare becomes increasingly globalized, these skills will be in high demand, and international medical students who successfully navigate language and religious barriers will be well-positioned for success in their careers.

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# TECHNIQUES TO IMPROVE LEARNING

A guide to a multitude of learning techniques that are proven to assist students in the pursuit of knowledge.

WRITTEN BY  
MAITHRI RATHOD

CLASS OF 2028

Do you ever feel like your study habits simply aren't cutting it ? We can all struggle with a lack of energy and inadequate time so ensuring that we are investing both in the right places is the key. Fortunately there are many active, effective study strategies that are shown to be effective. This handout offers several tips on effective studying. Implementing these tips into your regular study routine will help you to efficiently and effectively learn course material.

## 1. Feynman technique

The main idea behind the technique is to take something that's hard to understand and try to clarify it in your mind by explaining it as if you were talking to a child. Ideally write & speak at the same time just as a teacher does it at the blackboard. This makes you realize which part you understand and where you still have gaps. Whenever you get stuck go back to study & repeat the process until you have explained the whole topic from start to end.

## 2. Blurting method

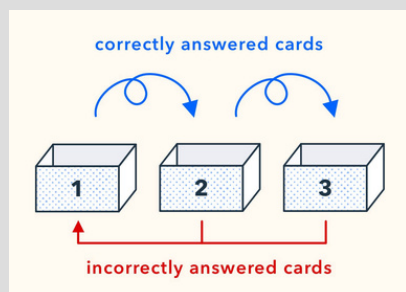
Blurting is an active recall technique that is often used as part of the exam revision process. Blurting is often also referred to as a memory dump. Blurting involves quickly reading a section of a textbook, an exam specification, or other study guide and then closing the book and writing down as much of the information as you can remember. Once you have done this you then reopen the textbook or the study guide and compare what you have written to the text, and see which areas you recalled and which areas you might need to work on.

## 3. Gap learning method

In this method you stop randomly every once in a while and take a 10 seconds break and just do nothing. Inside of this little rest block the brain runs many repetitions of the material that you are trying to learn. So speed and depth of learning is much faster.

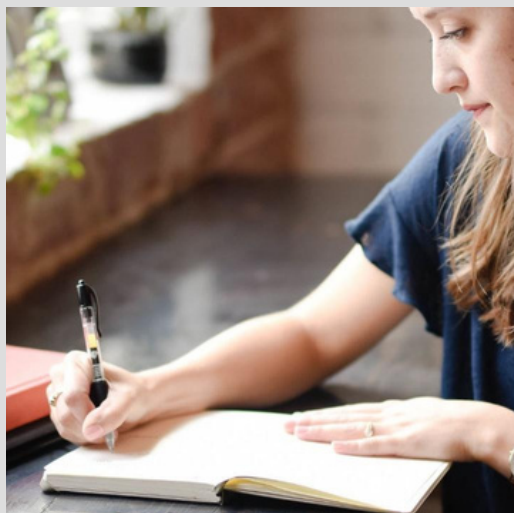
#### 4. The Leitner system

It is based on the principle of spaced repetition, the idea that our brains will better remember material if we revisit it repeatedly over a length of time. The technique primarily uses flashcards to make learning and memorising concepts easier. Rather than cramming information into your brain all in one sitting, spaced repetition encourages learners to space out learning over periods of time. By executing this technique, students can attain clarity of their strong and weak concepts.



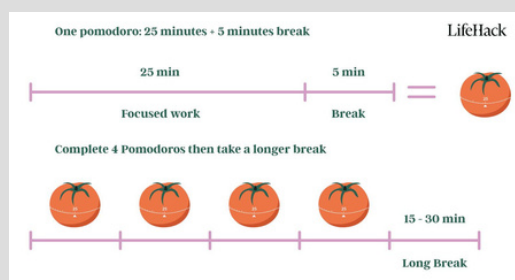
#### 5. The 5-min rule

Procrastination is result of the conflict between the emotional and logical sides of our brain. So you want to avoid different tasks that don't offer an immediate reward. In this technique you set a goal of doing whatever it is you would otherwise avoid, but only do it for five minutes. If after five minutes it's so horrible that you have to stop, you are free to do so. However, what most people find is that after five minutes of doing something, it's easy to continue until the task is done. Setting the intention and starting is usually the hardest part. By thinking about the task as something that may take only 5 minutes, it feels much less overwhelming and a lot more doable.



#### 6. Pomodoro technique

This method is based on studying in time intervals. A time management method where a 25-minute stretch of focused work is broken by five-minute breaks. We learn best when we are fully engaged in a task, but this can be mentally exhausting. With this intensity breaks are important. During the longer breaks our brains are assimilating the new information and resting for the next round. Procrastination-busting strategy is exactly what the pomodoro technique asks you to do: break down your big tasks, projects, or goals into something you only have to do for the next 25 minutes. It keeps you hyper focused on the one next thing you need to do rather than get overwhelmed by the enormity of what you're taking on



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<https://www.mydegreeguide.com/how-to-study-tips/>  
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# PIZZA - YOUR BRAIN'S FIRST CHOICE.

Ever wondered why a slice of pizza, a bite of cheeseburger or a packet of lays seems more appealing than a tossed green?

WRITTEN BY  
GOR NANCY MAHESH  
CLASS OF 2023

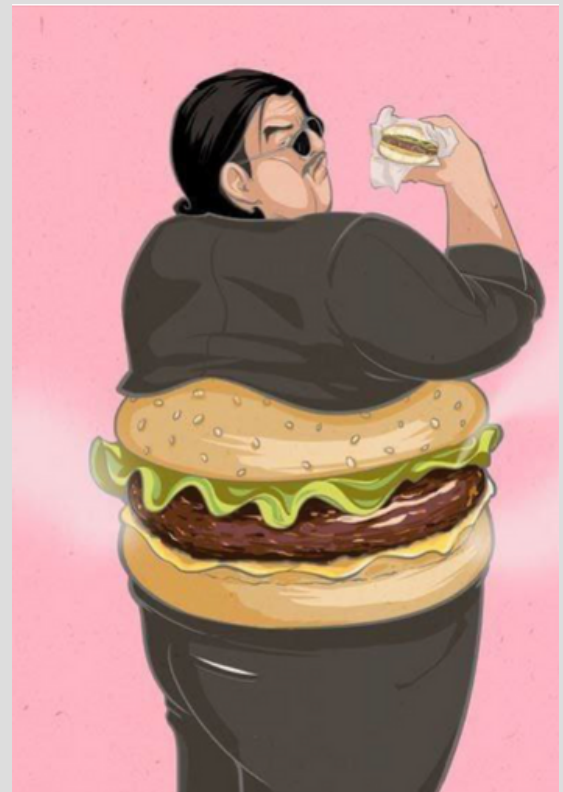
Why even a thought of having a bowl full of ice cream or chocolate cake gives you an immense amount of happiness?

And why does the thought of eating a salad seem less appealing.

Here's a great answer for you all

## **Why our brain crave so much of fast-food?**

World wide famous fast food chains have mastered the art of making their food more appealing and addictive. Saturated fat, refined carbohydrates and ultimately the sugar makes a pattern that is really hard to break. The combination of ingredients are designed in a way that we make our ways for coming back to them. Potato and cheese, milk and sugar, cheese and bread stimulates the reward system of our brain making them so hard to resist.





## The brain's reward system

As fast food is designed to be addictive our reward system is responsible for our desires. Our brain registers all the pleasurable things in the same way whether it comes from narcotic drugs, sexual activity or having a great meal, it all proceeds in a similar way !

Pleasure causes the release of DOPAMINE-a neurotransmitter from the nucleus accumbens under the cerebral cortex. Not only does it play a role in stimulating the pleasure centre but is also responsible for motivation, reward and learning.

Decisions about food consumption and calorie density are linked to the part of the brain known as the ventromedial prefrontal cortex (an area that encodes the value of stimuli and predicts immediate consumption.)



## Ingredients of fast food.

Carbohydrates, Fat, Sugar all these macronutrients make us happier—and not just because they're delicious, but they actually have a chemical reaction because they boost your brain's release of serotonin – a chemical in the brain that helps you feel calm and satisfied.



## Role of genetics:

Genetics also plays a major role in our food preferences. People carrying FTO gene risk alleles are inclined to higher energy intake foods like fat or proteins and reduced satiety, resulting in overeating, and many even lose control when eating. FTO gene is also associated with a higher risk of obesity and preferences for fast food or higher intake may be due to differences in brain chemistry.

Never occurred to us but surprisingly social, economical as well as stress acts as factors that are responsible for our heavy fast food consumption as people with limited income finds these food easier and cheaper to afford. During stressful conditions our body releases cortisol, a hormone that increases our appetite for high calorie foods.



## But what about Salads then ?

Salads are nutritious, packed full of gut-loving fibre, micronutrients, vitamins, minerals and antioxidants, yet not the first food preference. As the texture, ingredients and amount doesn't make us feel much pleasurable so we often ignore their consumption.

Ultimately making healthier choices and improving our well being are majorly influenced by daily life habits, so this process requires effort and commitment. Break the fast food chain, manage your cravings and triggers. Rewire your brain to pick and adapt a much more healthier and balanced lifestyle.

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