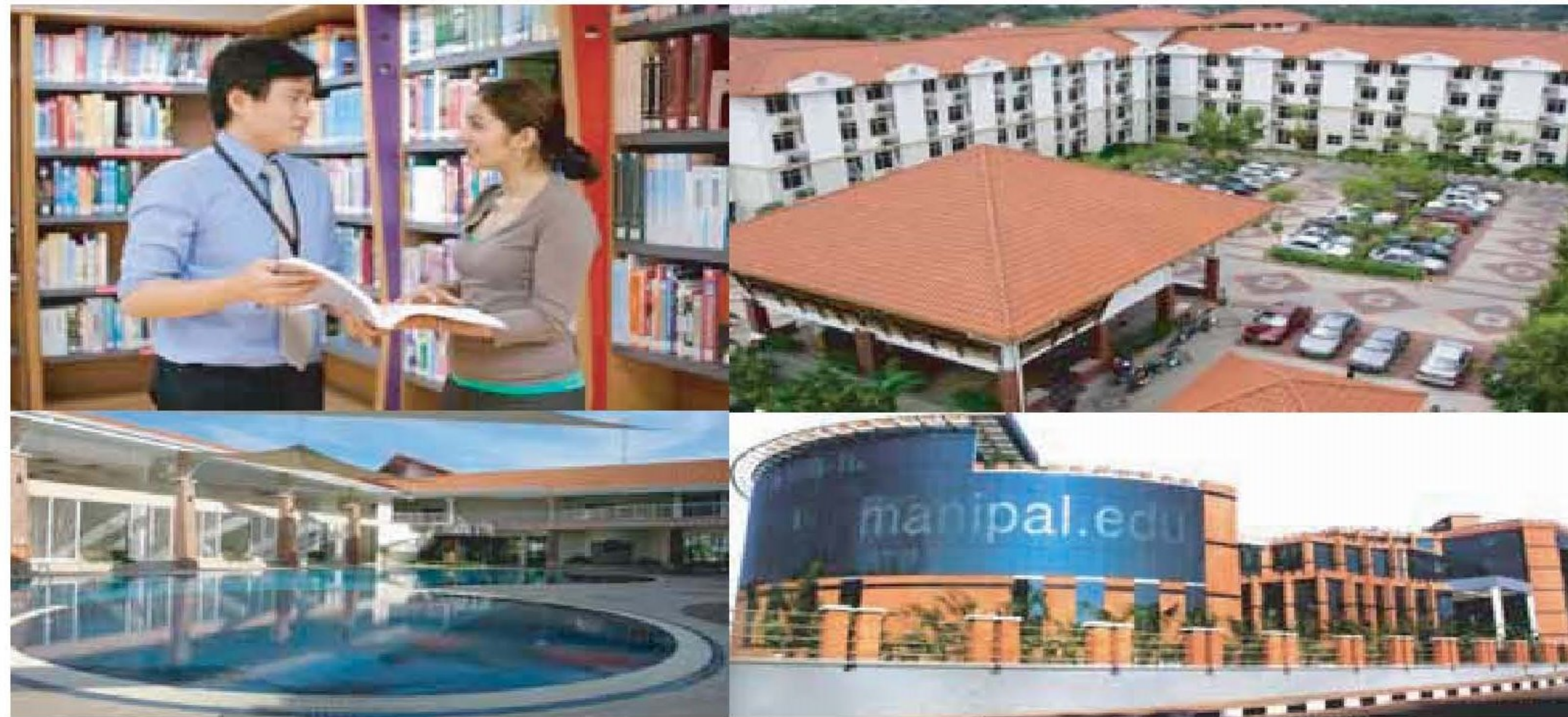


MELAKA-MANIPAL MBBS TWINNING PROGRAMME



Students selected for the programme do 2 ½ years of pre-clinical training in Manipal, India, followed by 2 ½ years of clinical teaching and training based at the Melaka and Muar Hospitals of the Ministry of Health, Malaysia. There are two intakes per academic year; March and September. Applicants with suitable grades in any three subjects out of Physics, Chemistry, Biology and Mathematics in their STPM or equivalent examinations will be considered for admission.



MELAKA-MANIPAL MEDICAL COLLEGE

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20th
ANNIVERSARY

Howzit

MANIPAL ALUMNI ASSOCIATION MALAYSIA NEWSLETTER



VOL-1

Koshy-forward we march.....

A new committee was elected during the Manipal AGM in April. Helming the association is Koshy Thomas, a veteran of sorts who has earned his stripes from various posts in the alumni. We caught up with him for a short tete a tete after a sumptuous steak dinner in Klang. He footed the bill which is one of the perks of being President.

Following are the excerpts from the interview:

Howzitnews: Congratulations Koshy on being elected President of MAAM. Could we start with the members getting to know you?

Koshy: Thank You. I graduated from KMC Mangalore in 1974. I am married to Elizabeth Koshy a dental surgeon also from KMC. We have 3 children -2 girls and a boy. I am a GP practicing and residing in Klang. I have been and still active in MMA Selangor. I love football, travelling, collecting antiques and socialising.

Howzitnews: Could you elaborate on your reasons for accepting the post of President?

Koshy: My reasons for accepting the post are mainly:

- 1) My admiration for the alumni
- 2) I believe I can contribute towards the enhancement and betterment of the Alumni.
- 3) To steer the organisation to meet the needs of the member

Howzitnews: What is your vision for the alumni?

Koshy: The Manipalites form a good proportion of Doctors and Dental surgeons in Our Country. I dare say if all manipalites become members of the Alumni, whatever challenges we may face. My vision for the Alumni is:

- 1) Increase the membership
- 2) Be a proactive organisation
- 3) Enhance social activities for the members
- 4) Community service for the less fortunate

Howzitnews: New graduates seem reluctant to join the asso. Could you tell us how you plan to address the situation?

ANNOUNCEMENT



Manipal Convention '06

Date : 8-10 Dec. 2006

Venue: Selesa Resort (Formerly Regency Hotel) Port Dickson. Negri Sembilan.



Cont.. pg 2

Dear Members,

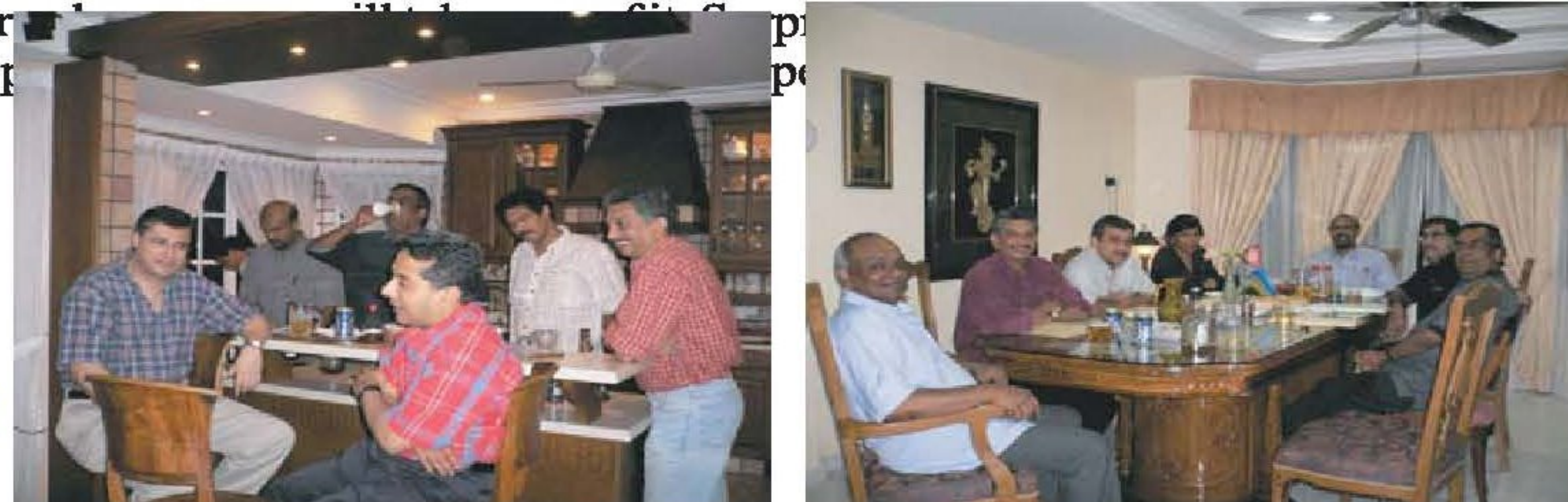
The Editor's Desk...

Welcome to the machine....the inaugural issue of the quaterly Manipal Alumni Newsletter. Firstly I would like to thank Melaka-Manipal Medical College for partly settling our bills. Kudos and applause to the past committees for their untiring and selfless dedication to this alumni of ours. I hope you guys will bear with me while I sort out the teething problems with regards to this newsletter. I hope to get it going full swing by the 3rd issue. Would really appreciate if you people could contribute articles, cartoons jokes etc. If it does get published watch out for a surprise gift from us..... For obvious reasons we don't accept poetry.. In this issue I have written an article on Meditation. Due to space constraints it is very brief. I hope it will stir some interest. Bom shanker. For those of you who are not going to be impressed anyways...our next feature article is titled an Astronauts guide to Kama Sutra. OK then people, on to some serious business.... here are some important notices from the Committee:

- 1) Manipal Convention will be held from Dec. 8-10 in P.D. We need you guys to organize some sponsorships from your medical reps. etc. Any amount will do. Those of you with corporate connections please use your leverage. Just do anything short of robbing a bank. Call Jeyalan or committee members for details.
- 2) The committee is organising a joint Medical/Dental camp in Sept. 2006 at Kuala Selangor. Those of you who feel guilty and like to volunteer- please contact- Thomas Abraham @ 012-3248463.
- 3) Here is something we all should be proud about. Dato Dr. N.Arumugam is being installed as President of the World Medical Association in Sun City. S.A. For the record he is the first Malaysian/Manipalite- Congratulations Dato. Details Contact : Dr. Vaithy @ 012-2997239 : Alice Joseph- MMA
- 4) Viji/Padma who are in charge of the membership drive have initiated a member get member programme. You will find a copy of the Application form along with your newsletter. They have added a Credit Card option which will make it more convenient. You can also download the form from our Website and fax/post it to us. Please ignore the proposer/seconders of most applicants. Hint: All expenses

OK guys gtg. Enjoy and Have a nice day.

Editor
howzitnews@gmail.com



Cond. for pg 1..

Koshy: I have heard that graduates from the Melaka -Manipal Medical College intend to start an association of their own. This is definitely not in line with the aspirations of the Alumni. Fresh graduates must realise that even though they are undergoing a twinning programme their medical degree is conferred by MAHE. Thus to have another association appears to be irrelevant and not in good faith. The committee plans to meet not only fresh graduates but also the students at the Melaka Manipal to have a fruitful dialogue with them. To recruit new members we intend to appoint liaison representatives in all states.

Howzitnews: Finally could you brief us on your committee's plans for the year? The present committee comprises of both senior and junior members representing different disciplines. They are a sincere and energetic group with extensive exposure eager to get things done. The committee has lined out various activities for the year:

- 1) the highlight is of course the Manipal Nite scheduled for 8-10th Dec.2006 at Port Dickson. We promise you a bash that will truly be difficult to forget.
- 2) Community projects -a Medical/Dental camp to be held in Sept. for the less fortunate to be held in the Klang Valley.
- 3) Treasure hunt-date to be confirmed later. We will take off if we can attract a reasonable number of cars.
- 4) Overseas trip to Mauritius during Chinese New Year holidays in 2007.
- 5) Members are advised to log on to our websites to update themselves.

Lastly to achieve whatever the committee has planned, we need participation from every member. I am sure members would come forward and contribute in whatever way they can.

Thats it guys.

So if you happen to be in Klang next time don't forget to call up your President for an excellent steak dinner at the Windmills or Bak Kut Teh in Teluk Pulau.

The Kiasu Guide to Meditation



People who meditate have long known that this practice has positive health benefits that include energy and calmness of mind. Research has shown that meditation also increases level of melatonin, an important hormone that supports the immune system, promotes deep and restful sleep, slows cell damage and ageing, improves energy and may even inhibit the growth of cancer cells. It also has been known to lower blood pressure and cholesterol levels. Here are two meditation techniques that are based on those used in research studies. For maximal benefit, try to meditate twenty minutes to half an hour before you go to sleep using the technique that feels most comfortable to you. Mindful meditation which blends concentration and receptive awareness is one of the simplest techniques for beginners to learn.



Mindful Meditation

1. Find a quiet and comfortable place. Sit in a chair or on the floor with your head, neck and back straight but not stiff. Try to put aside all thoughts of the past and the future and stay in the present.
2. Become aware of your breathing, focussing on the sensation of air moving in and out of your body as you breathe. feel your stomach rise and fall, the air enter your nostrils and leave your mouth. Pay attention to the way each breath changes and is different.
3. watch every thought come and go, whether it be a worry, fear, anxiety or hope. When thoughts come up in your mind, don't ignore or suppress them but simply note them, remain calm and use your breathing as your anchor.
4. If you find yourself getting carried away with your thoughts, observe where your mind went off to, without judging, and simply return to your breathing. Remember not to be too hard on yourself if this happens.
5. As the time comes to a close, sit for a minute or two, abecomming aware of where you are. Get up gradually.

Relaxation Response

1. Find a quiet place and sit in a comfortable position. Try to relax your muscles.
2. Choose a word or phrase that has special meaning to you and makes you feel peaceful. Or you can try these words "Ham Sah", a Sanskrit mantra meaning "I am that".
3. As you breath in, slowly produce the sound "hammmm" as if you are sinking into a hot bath. As you exhale slowly produce the sound 'saaah', which should feel like a sigh.
4. Breathe slowly and naturally. Inhale through your nose and pause for a few seconds. Exhale through your mouth again pausing for a few seconds.
5. Don't worry about how well you are doing and don't feel bad if thoughts or feelings intrude. Simply say to yourself "okay" and return to your repetition.
6. As the time comes to a close, continue to be aware of your breathing but sit quietly. Becoming aware of where you are slowly open your eyes and get up gradually.



It is best to attend meditation classes where experienced teachers can guide you. I highly recommend Vipassana which is Mindful Meditation. For information on Mindful Meditation classes

e-mail : auspice@tm.net.my

Recommended Reading: Meditation for Dummies-Stephen Bodian - RM60

It comes with a CD which will help you in guided meditation. Check out websites for free downloads on meditation music. Well finally I can only hope that this article has been of some benefit to you. Comments/ Brickbats/ Inquiries

e-mail: howzitnews@gmail.com

Bye for now.

MANIPAL ALUMNI ASSOCIATION

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