



The

HORIZON

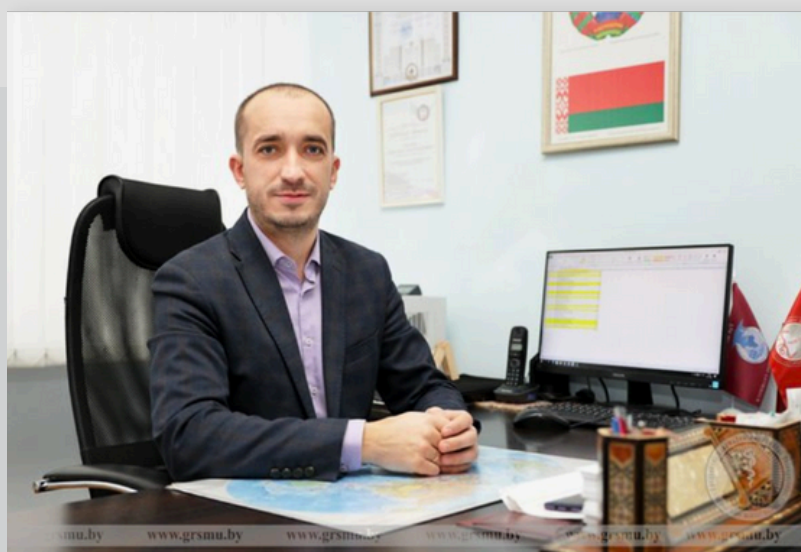
VOLUME 2, ISSUE 09, SEPTEMBER 2024

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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.

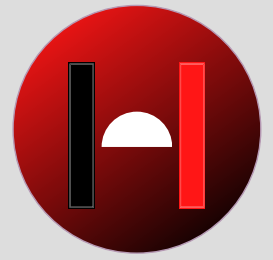


**DEAN OF FACULTY OF INTERNATIONAL STUDENTS
DR. ALEKSANDER ALEKSANDEROVICH STENKO**

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



“ Reading is a critical aspect of the modern science as it enhances educational knowledge, enrich science and promote innovation.

As a person who has a love for reading and attaining new knowledge, it is an honor to be given the opportunity to provide my contribution and to work alongside with the great minds of the scientific society.

I will be acting as the Editor-in-Chief from July to September 2024, I look forward to working together with authors to provide the finest reading experience for the readers ”



FATHIMATH JAZLA HASSAN
EDITOR-IN-CHIEF (JUL-SEP, 2024)

“ Are you fascinated by clinical topics that are both intriguing and innovative? well, I certainly am! My journey into the research field has given me a profound appreciation for the uniqueness of topics, the relationship between variables, and the process of the developing hypotheses. The in-house magazine “The Horizon,” encompasses not only medical topics but also lifestyle-related medical topics. It’s amazing to see the diverse range of topics and content that students produces.

As the chief editor, I can’t wait to see the thrilling content that students will come up with, I would like to extend a warm invitation to all students to share their insight on these exciting topics. Let’s explore the boundaries of knowledge together! ”



DR. GRISHMA RAJENDAKUMAR PATEL
EDITOR-IN-CHIEF (JUL-SEP, 2024)

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.

WHAT IF EVERYTHING WORKS OUT?!

“The positive thinker sees the invisible, feels the intangible, and achieves the impossible.” Winston Churchill

WRITTEN BY
HALAMBA
OSINI
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INTRODUCTION

In a world often consumed by worry and uncertainty, it is refreshing to consider the possibility that everything might turn out well in the end. The purpose of this article is to envision most of our lives from an optimistic perspective. It is to ignore reality or refuse to work on real-life problems. When we encounter challenges and hardships in life, as a preparatory measure, we tend to focus only on the worst-case scenario and act upon that.

WHAT IF?

What if, against all odds, the challenges we encounter get resolved, what we think is hard turns out to be easy, the risks we take will pay off, and the dreams we have about our future come true? When we try to focus on the best-case scenario instead of the worst, use our determination and creativity, and believe in what we do, the possibility of achieving our goals might be within reach. Hence, by daring to ask and believe, “What if everything works out?” we open ourselves to the possibility of reaching our goals in a transformative way by changing the perspective from which we think and react to our challenges.



AS CHILDREN AND AS ADULTS

As children, we believed everything we saw, heard, or read, which, from my point of view, turned into having doubt and fear about everything in adulthood. In my opinion, I believe that in childhood, our experiences with societal expectations and misconceptions such as being cautious in doing things, avoiding certain people, or achieving certain goals to be successful and happy; have influenced our actions as adults. Consequently, as adults, we often panic, fear, doubt, and worry when faced with unfamiliar circumstances.

This article encourages the readers to reflect on their limiting beliefs and analyze how those beliefs have impacted their decision-making in daily life. Most people believe that being positive is unrealistic or challenging, and they often question the benefits of optimism. Instead of believing in the outcome or focusing on the path of achieving the desired outcome, they focus on the obstacles and challenges.

THE POWER OF OPTIMISM

Optimism can be a powerful tool to be used not only in our personal lives but also in our professional lives. The one who tries to see the positive aspects of life will have the ability to deal with the stress that comes from different situations and will also have the resilience to face setbacks in life. Being optimistic inspires us to push boundaries and achieve things that we consider impossible. There are many celebrities, powerful leaders, and successful individuals in the world who achieve their own goals and dreams by imagining themselves as their best possible selves. The optimistic mindset expressed in this article is not just about positive thinking.

It is a cognitive shift that allows us to see the world through a different lens. When we tend to expect positive outcomes and imagine creating the best version of ourselves; we unknowingly make a profound change in our well-being and life outcomes (Carver, Scheier, 2014).



I found myself always overthinking about what would go wrong in life and focusing only on the failures I had. That made me want to change my mindset to a more positive one focusing on the fact that “what if everything works out?!”. That led me to search for how to surround oneself with positivity. Being grateful and practicing gratitude was introduced by many successful people in the world as a great way to be optimistic. Also when we find ourselves diving deep into negative thoughts and worries, we can take a step back and focus on the present moment. We can challenge our negative thoughts and beliefs and replace them with positive self-talk.

THE IMPORTANCE OF POSITIVITY

Many people who are maintaining a healthy relationship with themselves and their environment have stated the importance of starting the day with positivity by using positive affirmations, visualization or inspirational reading. This one habit, we all can start practicing as students in general, celebrating our achievements in life whether they are small or big. As students in general, we also can start celebrating our achievements in life whether they are small or big.



POWER OF POSITIVITY

A study on cancer patients found that diagnosis, treatment, and recurrence of cancer significantly impact their quality of life, leading to depression (Mousavi, Esmaeili, 2015). Positive thinking training given to the patients improved their resilience and quality of life, with factors like religious beliefs, spiritual health, hope, and a purposeful life contributing to the upliftment. Fortunately, we have the opportunity to wake up every day without worrying about death or suffering. We have the chance to learn from our mistakes, forget about our regrets, plan for our future, and work towards our goals and dreams. Hence, whatever the problem is, however big it is, we have the option of looking at the brighter side of things and finding solutions.



However, excessive or unrealistic optimism can lead to overconfidence. Hence, it is important to keep a balance without being too pessimistic or overly optimistic. This phenomenon, emphasizes how our desire to feel good and maintain a positive self-image can often prevent us from seeing potential risks and difficulties (Carver, Scheier, 2014). For example, in certain situations, such as when gambling, this overly positive attitude can harm an individual.

In the end, the question is, "What if everything works out?" allows us to picture a scenario in which our dreams come true and our challenges in life are replaced by a happier, more fulfilling outcome. Even though this vision might not always come true, it can nevertheless be a strong source of inspiration for us to act and work towards a more peaceful, fulfilling future. Through a realistic assessment of the obstacles we confront and an embrace of optimism, we may realize our full potential and design the life that we want.

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LIFE AFTER MEDICAL SCHOOL ENDS: NAVIGATING THE TRANSITION

The transition phase after graduation can be challenging. But it will be worth to chase the dreams during transition phase.

WRITTEN BY
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INTRODUCTION

Life after finishing medical school can be a mix of excitement and apprehension for new graduates. Following years of rigorous studying, numerous exams, and extended hours in hospitals and clinics, medical school graduates eventually arrive at the pivotal moment of graduation. However, this moment does not signal the end of their journey; rather, it signifies the start of a new chapter in their lives – the transition from medical school to the actual world of healthcare practice.



The transition from medical school to residency or practice can be a significant adjustment for new doctors. They may find themselves facing new challenges, responsibilities, and expectations as they step into the role of a healthcare provider.

RESIDENCY PROGRAMS

Here are some key aspects to consider when navigating life after medical school. After completing medical school, many graduates move on to the next phase of their education by enrolling in a residency program.

Residency training is a crucial component of a doctor's professional development, providing them with hands-on experience in their chosen medical specialty. The duration of residency programs varies based on the specific field of medicine, typically spanning from three to seven years. Throughout this period, residents dedicate long hours to their training, gradually assuming greater levels of responsibility, and continuing to expand their knowledge and skills under the guidance of experienced physicians. It's essential for new residents to be mentally and physically prepared to meet the demanding nature of residency. They should also be proactive in seeking assistance and support when necessary to ensure their well-being and success.



LICENSING AND BOARD EXAMS

After completing medical school, graduates must obtain a medical license to practice medicine legally. This process involves passing a medical licensing examination of the practicing country, depending on their degree and place of education.

Additionally, some medical specialties require board certification, which involves passing further exams specific to the chosen specialty. Navigating the licensing and board certification process can be time-consuming and stressful, but it is a crucial step in establishing a successful medical career.



JOB SEARCH AND CAREER PLANNING

As medical school graduates approach the conclusion of their residency or training, they often begin contemplating the various career paths available to them as well as embarking on their job search. Some doctors opt to join a private practice, or into patient care in a specialized setting, while others may be drawn to research, teaching, or the administrative aspects of healthcare in academic medicine. Building professional connections, participating in job fairs, and finding guidance from mentors can all be invaluable in gaining insight into the diverse career options within the medical field and identifying job prospects. It is crucial for newly minted doctors to take the time to assess their long-term career aspirations and actively seek out opportunities that resonate with their passions and principles.

WORK-LIFE BALANCE

Achieving a work-life balance can be a significant hurdle for healthcare professionals, especially as they transition from medical school to residency or practice. The rigorous demands of the healthcare industry can have a profound impact on the physical and emotional well-being of doctors if they neglect self-care and personal time.

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It is crucial for medical professionals to develop healthy coping strategies, set boundaries, and seek support from peers, mentors, or mental health professionals to maintain a healthy balance between their professional and personal lives.

CONTINUING EDUCATION AND PROFESSIONAL DEVELOPMENT

Moreover, ongoing education and professional development are integral to a successful medical career. Given the constant evolution of healthcare practices and technologies, it is essential for medical school graduates to stay abreast of the latest advancements in medicine. This can be achieved by engaging in continuing medical education (CME) courses, attending conferences, workshops, and actively participating in research and quality improvement projects. Furthermore, publishing articles and contributing to the medical community are valuable ways to both expand one's knowledge and skills and advance within the field of medicine.



CONCLUSION

Life after completing medical school is a time of profound transformation that demands meticulous planning, flexibility, and perseverance. Successfully navigating this transition requires a proactive approach, seeking guidance from mentors and peers, and prioritizing one's well-being. By doing so, new doctors can smoothly transition from medical school to residency or practice and launch a gratifying and meaningful career in the field of healthcare.

BENEFITS OF EXTRACURRICULAR ACTIVITIES

What do you do when you're stressed or feeling down? How do you unwind and take a break for yourself? What steps do you take to make new friends? Have you ever considered these questions? You've probably heard of the term "extracurricular activities." But what exactly are they, and why are they so important in our lives?

WRITTEN BY
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INTRODUCTION

Extracurricular activities are pursuits outside of our regular academic curriculum. These activities can range from reading a novel, drawing, listening to music, participating in sports, dancing, conducting experiments, or being a member of a cultural or research club. In today's fast-paced world, it seems like there's hardly any time to relax or engage in anything beyond studying. It's a sad reality that some even view extracurricular activities as a waste of time. But is that really the case? I don't think so. If it were, why do people always look forward to free time? Why do they seek out counselors? The reason is that many people, overwhelmed by stress and loneliness, lack the means to express their feelings and release inner pressures, leading to harmful consequences, including self-harm or even suicidal thoughts.

Without outlets like extracurricular activities, these unexpressed emotions can fester, potentially leading someone down a dark path. That's why it's crucial not only to focus on academics but also to explore the world through activities that interest you.

After all, academic success alone isn't the sole key to a fulfilling life. Even if you're unaware, there are numerous benefits to engaging in extracurricular activities. These benefits aren't found in textbooks—they're gained through experience. They can be categorized into physical, mental, social, emotional, and motivational benefits.

PHYSICAL BENEFITS

Participating in activities like dancing, sports, singing, or drama can boost your fitness and energy levels. These activities strengthen your immune system, reduce stress, and help prevent obesity, heart disease, and other health issues. Additionally, they enhance memory and concentration, which are essential for achieving your goals.



MENTAL BENEFITS

Many of us spend too much time on our phones before bed, disrupting our sleep cycles and contributing to mental health issues. Lack of sleep can lead to various problems, including poor mental health. As discussed by Pasindu Dissanayake in a previous article, sleep is crucial. Engaging in activities like debate club, quiz club, or chess club can improve your critical thinking, self-confidence, and problem-solving skills. These activities help stabilize your mood and motivation for daily tasks.



SOCIAL BENEFITS

In today’s busy world, social communication is becoming increasingly rare. People often keep their feelings to themselves, which can lead to isolation. This is especially true among university students. From children to the elderly, many spend hours in front of screens, leading to a lack of social interaction. Engaging in volunteer work, club meetings, and social gatherings can improve leadership, communication, and language skills. For example, joining the ISSS helped me improve my writing, build self-confidence, and develop leadership skills. So don’t hesitate to take a new step in your life.



EMOTIONAL BENEFITS

When you’re stressed, depressed, or feeling down, engaging in activities you enjoy can help you express and release those emotions.

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Whether it’s sharing your thoughts with a close friend, drawing, writing a story or poem, taking a walk, riding a bicycle, listening to music, or even cooking, these activities can help stabilize your mental health.

MOTIVATIONAL BENEFITS

Extracurricular activities can help you achieve your life goals by enhancing your focus and quality of life. From my experience, participating in a dance competition, sports tournament, or research project gave me more energy for daily activities and helped me perform better academically. These activities improve your performance skills and teach you resilience. When facing failures in an experiment or research project, don’t give up—learn from your mistakes, try again, and keep going until you succeed. Eventually, you’ll become unstoppable. Remember, failures are the stepping stones to success.



CONCLUSION

In conclusion, while hard work is important, working smart is even better. To maintain a peaceful and calm mind, stay physically energetic and healthy, and live an active life beyond studying, you should participate in extracurricular activities. By doing so, you can reap all the benefits mentioned above—and many more—if you use your time wisely.

THE BOUNDARY BLUEPRINT: CREATING LIMITS TO FOSTER PERSONAL GROWTH

Tired of feeling drained and overwhelmed? This blog is your guide to setting healthy boundaries and reclaiming your power.

WRITTEN BY
SAARAH
ALLAHUDEEN
CLASS OF 2026

INTRODUCTION

Have you ever felt like you have been pulled in a million directions? Or felt burnt out by constantly catering to what other people want but not sure how to say no? It's not just you. This pattern fits a lot of people. It's time for a change, and we need to get to the root of why it's necessary. It's often said that good fences make good neighbors, but I believe that strong boundaries do much more—they create thriving, respectful relationships. Whether in our personal lives or professional settings, establishing healthy boundaries is essential for fostering trust, balance, and genuine connection with others.



THE BOUNDARY TOOLKIT

Boundaries are limitations we impose on various aspects of our lives. Be mindful to consider each one when it's time to set your boundaries.

- **PHYSICAL**

This is about your body, your privacy, and your personal space. You may be the type of person who feels fine receiving public shows of affection, such as kisses, hugs, and handshakes, or you may be the type of person who would rather not be touched.

- **EMOTIONAL**

This alludes to an individual's feelings. These include making sure that others respect your emotional condition without going too far and defending your emotional well-being by expressing your preferences and feelings in a clear and concise manner.

- **INTELLECTUAL**

These boundaries apply to your ideas and convictions. When someone disconnects from the thoughts and opinions of another, they are not respecting intellectual boundaries.

- **SEXUAL**

These are the intimacy standards that you hold yourself to. By clearly defining the bounds of physical intimacy, these boundaries protect our safety and well-being during intimate interactions.

- **FINANCIAL**

It is obvious that money is the primary focus of this one. You might not want to lend money to a friend who prefers to save money rather than spend it on the newest trends in clothing.

YOUR BODY'S SILENT SCREAM

Studies in psychology have demonstrated that the brain responds rapidly to transgressions of boundaries. According to a study on the amygdala, when someone enters your personal space, it immediately becomes active. When the brain perceives a threat to our safety, this reflexive reaction—which often occurs without our conscious knowledge—reflects our physical boundaries.

Some of the body's responses to boundary transgressions include:

- Stress hormones are released as a result of the stress reaction, which raises heart rate and narrows veins to enhance blood flow throughout the body.

- Your body shifts more oxygen to your muscles, so they are primed to respond while your brain and body get ready to face the threat.
- Sleep deprivation as our brain can still be sensing it as an urgent threat and continuing to release the stress hormones that keep us alert and prepared to act.
- Long-Term Health Effects. Prolonged stress can affect the health of our gastrointestinal tract and immune system.

IMPACTS OF HEALTHY BOUNDARIES



Raises your self-esteem and helps you make wiser decisions. Helps you realize that self-worth should not be based on other people's opinions or assessments of you.

Reduces your stress by defining boundaries for what you will and will not accept. You keep other people from invading your mental and emotional space when you prioritize your own wants and well-being.

Creates wholesome relationships by improving your ability to interact with others and demonstrates your expectations for their behavior.

It helps you recognize toxic individuals and environments so you can keep yourself safe from them and encircle yourself with uplifting, encouraging individuals.

THE BOUNDARY CHECK-UP

You can use this easy test to figure out if you have trouble setting boundaries. Simply take a situation that you think could be a boundary problem and look for clues, such as feelings of guilt, anger, or anxiety following a specific interaction with another person. It is likely that this other person said, did, or implied something that caused you to feel obligated.

Now imagine you are saying that back to them, aloud. Does it feel strange? Incorrect? Does the idea make your stomach turn? It is likely that your limits are not in line.

HOW TO SET AND KEEP STRONG BOUNDARIES

- Mapping out clear boundaries by considering the reasons behind your boundary lines. People experience uncomfortable things quite often, but they usually do not know why. Ask yourself questions like, “does this bring you joy?” “Does this action help you reach your future goal?”
- Establish limits early on and make an effort to stick to them.
- Begin with a few boundaries . If you are new to setting boundaries, trying to implement too many at once can be daunting—so ease into it. Gradually introducing boundaries helps you progress at a comfortable pace.
- Express yourself clearly. When you do not want to do anything, get better at saying ‘no.’ You are not required to provide an explanation.
- Understand that having flexible boundaries is acceptable as it varies depending on the individual and may also change as a relationship develops and your circumstances change.
- Set aside time for yourself by spending an hour or two by yourself every weekend and pursue activities that bring you joy.
- Establish appropriate limits on social media. Although more communication than before is made possible by these platforms, they have also significantly loosened boundaries.
- Respect other people’s boundaries as each person is different, and as such, their cues will convey and indicate different meanings. Observe whether they retreated, avoided making eye contact, or appeared uneasy. You can always make sure you are aligning to their limits, by asking “ May I ask you a personal question?”



CONCLUSION

Understanding that it is natural for people to test limits and seek the easiest route by asking others to take on tasks is key. However, maintaining strong boundaries boosts your energy, motivation, well-being, and deepens your connection to your true self. Embracing boundaries can truly transform your life!

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1. 10 Ways to Build and Preserve Better Boundaries

Our Editors	
1	Mehul Hitesh Sadadiwala (Jan-Mar, 2023)
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