

*News***13th IMSPQ – An Unforgettable Experience**

On August 10, few students from Ibrahim Medical College, along with Prof. Fatima Khanam, Dr. Shamima and myself embarked on a fascinating journey to Malaysia, which was to turn out to be an unforgettable experience for everyone else involved when we participated in the 13th Inter-Medical School Physiology Quiz (IMSPQ) hosted by University of Malaya. In the next few days of our stay in Malaysia, I witnessed hundreds of students with a common passion for physiology, from all over the world gather at University of Malaya to fight for the ultimate title, champions of Physiology. What ensued was a truly terrific, moving and learning experience for not only the participants but also us, the teachers, who were there to witness it.

Inter- Medical School Physiology Quiz (IMSPQ) is a physiology quiz competition for medical students organized annually since 2003 by the department of physiology of the University of Malaya of Kuala Lumpur, Malaysia. It is an annual global educational activity event that has been attracting many Universities and Medical school from different countries around the world. This year 93 teams from 23 countries from around the globe with approximated

420 medical students accompanied by 113 physiology lecturers. The participating countries

this year include Bangladesh, China, Croatia, India, Indonesia, South Korea, Laos, Mongolia, Myanmar, Malaysia, Philippines, Poland, Russia, Singapore, Sri Lanka, Sudan, Sultanate of Oman, Taiwan, Thailand, Turkey, United Arab Emirates, United Kingdom and Vietnam.



On July 30, 2015, Ibrahim Medical College organized a Workshop Program few days prior to the competition. The workshop program was arranged as a practice session for the participating team of Bangladesh to prepare them for the main event of IMSPQ in Malaysia. Besides 20 students BSP members were present in that workshop include Prof. Noor Jahan Begum (BSMMU) President of SAAP, Prof. Nasim Jahan (SSMC), Prof. Fatima Khanam (IMC), Prof. Jesmin Ara Begum (IMC), Dr. Dilruba Begum (DMC) and Dr. Kazi Salma Binta Faruky (BMC).

The quiz competition was an exciting and enlightening experience and it was fascinating to see so much love for physiology exuding from the participants during the competition which turned out a great learning experience. The quiz was followed by a cultural program where various medical Colleges performed to represent their country. Ibrahim Medical College and Bangladesh Medical College collaborated to

perform an array of patriotic Bengali Songs to showcase Bengali culture and following the performance received a standing ovation from the crowd for such a moving performance.

Also, one of the highlight of the whole competition was the informative and knowledgeable seminar on “***Gastrointestinal Physiology***” by the Guest of Honor, Prof. Kim E. Barrett the author of the book “***Ganong’s Review of Physiology***” and “***Gastrointestinal Physiology***”.

We are very thankful to University of Malaya for establishing such a platform for medical students and for reinvigorating their interest in

the wonderful subject that is Physiology. Inspired by this experience, steps are already being taken to organize the first ever National Inter-medical College Physiology Competition in Bangladesh in April 2016.

Based on what we have experienced, I would urge SAAP to take this competition into international levels as this would not only create a rich learning, experience for our students but also showcase to the world what knowledge and depth the medical students of our country possesses. Hopefully Bangladesh can witness new grounds in the field of physiology.

Reported by

Dr. Shahana Parvin

Ibrahim Medical College
Dhaka, Bangladesh

Most cancer cases 'caused by lifestyle, environment - not bad luck'

Lifestyle behaviors and environmental factors account for around 70-90% of cancer cases, according to new research published in the journal *Nature*.



Researchers say up to 90% of cancer cases are caused by lifestyle and environmental factors, such as smoking.