



SINGAPORE MEDICAL SOCIETY OF VICTORIA

[SMSV NEWSLETTER]

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President's Address

Dear Member,

First off, we would like to thank you all for the tremendous amount of support you have given to SMSV over the years. This organization is only where it is today because of your dedication and support.

In 2014, the various subcommittees of SMSV put many new initiatives in place which were successful only because of your support. We set up a new events subcommittee that has many exciting events planned for 2015. In 2014, we have also worked alongside various other organizations aimed at ensuring Singaporeans feel at home in Melbourne, and we hope to continue to do so in 2015. 2014 also saw the education subcommittee take on new challenges in an attempt to ensure that our members' education is as enriching and supported as possible.

In 2015, we hope to see SMSV reach even greater heights. We hope to be able to work more closely with our members and external organizations, to enhance the sense of belonging amongst our members. Come 2015, we are starting a new SMSV Alumni wing, aimed at continuing to support our members even after they graduate. The Alumni wing will see SMSV assist our graduating members in securing jobs both in Singapore and Australia, and be a point of contact for support for our members who are already working hard in the workforce. Our events committee has a busy year ahead, starting off with the SMSV Orientation Camp in January 2015, to welcome our incoming juniors into SMSV and Victoria. As we have done in the past, in 2015, SMSV will continue to be the point of contact for the Ministry of Health (MOH), Singhealth, National Healthcare group (NHG) and the National University Health System (NUHS), the major healthcare organizations in Singapore. Through our liaison with these groups, we aim to constantly keep our members updated on the constantly changing medical scene in Singapore.

As the executive committee of SMSV, we pride ourselves in being as student-orientated as possible. We aim to reach out to both our undergraduate and postgraduate medical students studying in Victoria, to assist them in any way we can, and to help foster a sense of community amongst our medical students. As future doctors, we understand the importance of teamwork. Therefore we would like to honor the efforts of our previous leaders, who have worked tirelessly to bring SMSV to where it is today. Thank you to Kenneth, Jasmine and Jia Min, who have worked with so

much passion and commitment and have been so encouraging. We wish you all the best in your future endeavors.

As the new executive committee of 2015, we hope that you continue to give SMSV your support. We will work hard to ensure that your stay and education in Victoria is as smooth sailing and fruitful as possible. Let's all work together to make 2015 a year of contentment and fulfillment. It is our privilege to be able to serve you in the year 2015. We hope that this year brings you happiness and good health.

We wish you and your family a blessed and happy new year.

Warmest Regards,

A handwritten signature in black ink, appearing to read 'Trishpal', is written on a light-colored rectangular background.

Trishpal Kaur Dhaliwal

(President, on behalf of the SMSV Executive Committee 2015)

New Logo

Dear member,

We would like to take this opportunity to officially unveil our new club logo.



This new logo was created to enhance the club's identity; to better reflect its core values of competence and professionalism. The various elements of the logo have been carefully chosen to embody the club's mission - to serve as a thriving platform for Victorian-based Singaporean medical students to congregate and develop into competent medical professionals of tomorrow. The Rod of Asclepius, an internationally recognised symbol of medicine and healthcare, serves to underlie our fundamental role as a medical society. This, in combination with the crimson colour theme and our island nation's backdrop, points to our Singaporean origin.

This logo will henceforth be incorporated into all our official events, publications, documents etc.

Thank you.

Warmest Regards,

SMSV Executive Committee 2015

Singapore Medical Alumni of Victoria (SMAV)

Dear readers,

Hello I am your alumni officer Jiahao. This year marks a momentous year for SMSV as it is the first year we are going to have an alumni wing. Through the alumni wing, we hope to be able to be a point of contact for Singaporean medical graduates of Victoria both in Australia and in Singapore.

As this is our inaugural year, we will be trying to build up our membership numbers. All graduates, even those of earlier batches, qualify for membership. For the graduating batch of 2015, we hope to be able to provide you with help from seniors with regards to job applications both in Singapore and in Australia.

We look forward to serving you guys in this year.

SMSV Committee Descriptions

Education Committee:

This year, the SMSV education subcommittee aims to continue to provide SMSV members with excellent resources to assist their endeavor to succeed academically at Monash as well as enhance their knowledge for future medical practice. We conduct various educational events, such as revision lectures, OSCE practices, VESPA study groups as well as manage a library of study resources. This year we will be launching a new initiative- the Case Presentation Club, where SMSV members from the various levels meet to discuss interesting clinical cases with the expertise of a Singaporean doctor working in Victoria. The education subcommittee hopes that SMSV members will enjoy and benefit from its initiatives and academic support.

Events Committee:

The aim of the events committee is to foster a sense of belonging, support and camaraderie amongst SMSV members through various events. These range from the Asclepius Cup (an annual inter-level sporting event) to suturing workshops, ensuring that we cater to the members' varying interests. These events give our members the opportunities to interact with students from other year levels, and also create a vibrant Singaporean community to ensure that members feel at home in Melbourne.

Missions Committee:

Missions 2015 includes members from very varied backgrounds with one similar passion – to promote the spirit of missions amongst young aspiring doctors! After all, medicine equips us with a great privilege to help any community anywhere around the world. Our schedule for this year will include both overseas and local (Singapore) missions programs. These take place at the end of the academic year over the summer and are catered for both pre-clinical and clinical years. For 2015 – 2016, look forward to visiting Yunnan/Kunming, Cambodia and Nepal in the list of overseas programs, and KK Hospital OT painting as well as migrant workers health screening carnival in Singapore.

UniMelb Committee:

Our aim this year is to make the Singaporean medical student community in the Melbourne MD Program a more close knit one. We are into the fifth year

of the new program and it is great to see the strong friendships and camaraderie within and between year levels.

To start off the year, the gathering that was held on 7 February 2015 was a great success with more than 30+ MD students being present. We also welcomed 9 new MD1 students to SMSV on this day.

The year-long mentorship program between year levels and OSCE preparation sessions for MD1s will continue as per last year, with this being expanded to involve MD3s and MD4s this year for the specialty rotations. Through this, we hope to continue cultivating the culture of teaching and mentorship in all UniMelb SMSV members.

Importantly, we also hope to build stronger links between members from both Victorian medical schools through the various SMSV events and activities throughout the year, as it will be highly likely that many of us will be working as colleagues in the same hospital, department or even team in the future. Say hi and get to know us if you see any of us around, and the city is a great place to chill and hang out.

SMSV Committee Members for 2015

Feel free to contact the relevant people listed below for assistance.

Position	Name	Contact
President	Trishpal Kaur Dhaliwal	president@smsv.sg
Vice-President	Sathisvaran s/o Kanavathy	vicepresident@smsv.sg
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Education Sub-committee (Year 1)	Lim Zheng Jie	education@smsv.sg
Education Sub-committee (Year 1)	Loo Leong Shuen	education@smsv.sg
Education Sub-committee (Year 1)	James Mui	education@smsv.sg
Education Sub-committee (Year 1)	Poh Su Ern	education@smsv.sg
Education Sub-committee (Year 1)	Grace Tung	education@smsv.sg
Education Sub-committee (Year 2)	Samuel Koh	education@smsv.sg
Education Sub-committee (Year 2)	Lee Tze Yang	education@smsv.sg
Education Sub-committee (Year 2)	Lee Wen Shen	education@smsv.sg
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Education Sub-committee (Year 2)	Vanessa Tan	education@smsv.sg
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Events Officer	Prasad Palanisamy	events@smsv.sg
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Events Sub-committee	Debbie Siew	events@smsv.sg
Events Sub-committee	Marcus Sng	events@smsv.sg
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Missions Officer	Nicolea Tan	missions@smsv.sg
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Missions Sub-committee	Soh Han Jie	missions@smsv.sg
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Publicity Officer	Jonathan Lim	info@smsv.sg
Publicity Officer	Samuel Tho	info@smsv.sg
Alumni Officer	Jiahao Wong	alumni@smsv.sg
UniMelb Liason Officer	Richard Lu	melbuni@smsv.sg
UniMelb Education Officer	Sean Ezekiel Wei Shuen Seow	melbuni@smsv.sg

Things to Look Out For...

Kindly note that the listed dates may be changed. Further information on each event will be released in due course.

Students' Welcome Reception

Date: 6 March

Venue: MAIA Hall, 161 Harbour Esplanade, Docklands

Register now at the event page on Facebook. A SOV created "Guide to Melbourne book" containing useful information on getting around Melbourne plus food and lifestyle recommendations will also be distributed.

SMSV Freshies' gathering

Date: 7 March

Venue: Jackomos Hall, Monash University, Clayton

A great opportunity for the Year 1s to meet seniors and socialize over food and icebreakers. This is also when VESPA groupings for Year 1s and 2s are released.

Inter-varsity Games

Date: 25 April

Venue: Melbourne Sports and Aquatic Centre

This is an annual sporting event between Singapore societies in Victorian universities. The sports played will be Soccer and Captain's Ball. A total of 12 players are required in 1 team, with 5 players in each game, and at least 2 players have to be female. More details will be provided by SOV in due course.

SMSV Year 3 Clinical Skills Night

Date: 13 March

Venue: TO BE CONFIRMED

SMSV Suturing Workshops

Date: TO BE CONFIRMED (sometime in Semester 1)

Venue: TO BE CONFIRMED (likely to be Monash Medical Centre)

Attention all budding surgeons! This is a good chance to pick up basic suturing techniques early on under guidance from your seniors and doctors. There is a pre-clinical workshop and a clinical workshop held at different times in order to facilitate targeted learning.

SMSV Semester 1 AXP

Date: TO BE CONFIRMED (sometime in June after exams)

Venue: TO BE CONFIRMED

Come and join in on SMSV's inaugural Semester 1 AXP! Enjoy a Christmas themed get-together with all your new friends during the Aussie winter!

SMSV Leadership Seminar

Date: 4 July

Venue: TO BE CONFIRMED

This seminar is aimed at providing its delegates an opportunity to interact closely with both Australian-trained and Singaporean doctors who are distinguished medical leaders in their respective fields. It serves as a good opportunity for delegates to understand the challenges surrounding career development, work-life balance as well as becoming a medical leader.

SMSV Hospital Attachments in Singapore

Date: End of semester holidays

Venue: Tan Tock Seng Hospital and Khoo Teck Phuat Hospital

SMSV continues to offer medical student attachments with both hospitals from the National Healthcare Group. Students, both preclinical and clinical, have a

chance to experience life in Singapore's hospitals. There are a number of specialties available. More details will be released in due course.

SMSV Meddies' Lunch/Dinner

Date: TO BE CONFIRMED (sometime in Semester 2)

Venue: TO BE CONFIRMED

Always a popular event, the Meddies' Lunch/Dinner is a great opportunity to meet other students from different year levels, as well as engage with both junior and senior Singaporean doctors who have a lot of useful tips and experience to share. It's also a great chance to get great food at a cheap price!

SMSV Asclepius Cup

Date: TO BE CONFIRMED (sometime in August)

Venue: TO BE CONFIRMED

Now in its second year of running, this is an event that pits juniors against seniors. Be prepared for an exciting day full of sports and activities that will no doubt bring out the competitive spirit we know you all have. The Year 2s of 2014 brought back the coveted Asclepius Cup last year. Who will it be this time?

National Day Parade Celebration (with SOV)

Date: 9 August

SOV's annual NDP celebration never fails to disappoint. Great entertainment, watching NDP live, a chance to meet fellow Singaporeans from other Universities, good food – what more could you ask for?

Singapore Community Day

Date: 30 August

Venue: TO BE CONFIRMED (either Federation Square or Queen Victoria Market)

It is a Singapore food fiesta. Stay tuned for more details.

SMSV Year 3 Mock OSCEs

Date: 10 October

Venue: TO BE CONFIRMED

SMSV Year 2 Mock OSCEs

Date: 15 October

Venue: TO BE CONFIRMED

SMSV Year 4 Mock OSCEs

Date: 17 October

Venue: TO BE CONFIRMED

SMSV Mission Trips

Date: Summer holidays

Venue: Various locales stretching from the Indian subcontinent to our own backyard in SE Asia

More details will be made available regarding signing up for these trips.

SMSV Orientation 2015

By Debbie Siew

The SMSV Orientation 2015 commenced early the morning of 17th January, and kicked off with a set of icebreakers which transitioned into an exciting series of telematches held on Palawan beach in Sentosa, where Orientation



'Surprises' during the Night Walk added excitement to the event

Groups (OGs) were pitted against each other. An Amazing Race followed which took participants through 9 game stations that ultimately led them to a sumptuous barbeque dinner, which SMSV seniors were also invited to. The day, however, did not end there! On the way back to the Salvation Army where participants spent the night, a series of games along a designated route, termed the Night Walk, led each OG to guess the murderer of a treacherous crime.



Participants of the fashion runway

For Day Two, participants were thrown into a smorgasbord of food games during the Food Trail, which encompassed 15 admittedly fun, but ridiculous games. The camp culminated in Finale Night - highlights of the night included a short skit by each OG, and a fun fashion

runway with representatives docked in smashing outfits designed from recycled materials, parading down the fashion runway to pose and have a go at our very own pinata. The night, and thus the camp, ended on a high with prize presentations, 'selfies', 'wefies', and loads of fun!



Seniors and juniors pose for a group shot

SMSV Clinical Students Gathering 2015

By Elizabeth Chen

On 12th January 2015, SMSV had its first event to kick-start the year—a combined gathering between year 3s, 4s & 5s. Other than being an excellent time to catch up & socialise over some good local food (Amos opened his house for the event & invited Mr Prata-Man from Casuarina Curry over with the 'Prata on the Spot' catering menu), this event served as a platform for juniors to find out more about clinical years & for seniors to share their experiences (& wisdom). Everyone sat around in groups based on clinical sites, & the air was filled with lively chatter & the sound (& smell) of fresh prata being made. It was a relaxing & enjoyable evening, & hopefully everyone left that night feeling satisfied from a good catch-up session, a full belly, & a better idea on how to make the most of the coming year. Personally, the main takeaway for me was this (& I reckon it applies to any situation one finds oneself in): Every clinical site has both strengths & weaknesses; start the year with an open mind, a spirit of adventure, make the most of what you have & learn as much as you can from every experience. Enjoy the year ahead, & may it be a fulfilling & fruitful one!