

Everlight

Jahrom University Of Medical Sciences

THE INTERVIEW MUSIC GENRES SPRING IS COMING!



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Introduction

S*Siavash Zahabi* Greetings and salutation! We are tremendously glad to be with you again and entertain you with creative and informative concepts prepared by the Everlight author team. We are highly eager to receive your interesting feedbacks and don't forget that you can help us get better and more confident. Your contribution will be wholeheartedly accepted. By the way, Everlight team wish you an unforgettable Nowruz, and remember to keep your life potion far away from toxic drops.

Student life And Its Difficulties

S*Javad Miri* To be a part of health care system is a dream not everyone can achieve. Helping physically sick individuals is somehow like what prophets have done to the soul of human being. Therefore, this is not simply a simple job, working as a member of this system can be another meaning of Holiness! Being a doctor, nurse, etc. is like a game which you must survive the difficult levels even though other dragons have failed. You should study day and night and work in the hospitals exactly at the time others are enjoying themselves and posting: #Hello_summer! Or #Happy_Nouruz! You have to push your eyelids up even if their small muscles have been in a contracted condition for a long time. Focus on the destiny and don't be afraid of dreadful valleys of this pathway. After all, We've chosen this way of living to be like angels. And I'm sure we won't regret our decision ever in the whole life time.



The interview:

JAHROM FEELS MORE COMFORTABLE THAN SHIRAZ

Please introduce yourself to our readers.

My name is Farzan Modarresi born on 15th day of the tenth month in the year 1365 of solar hijri calendar. I was born in shiraz and have now a phd in medical bacteriology.

One of the questions that many students have a burning desire to know your answer, especially, is your general idea on social media and the ways you use it. How many hours a day you spend on social media?

I myself have been using social media for a long time and am very fond of the applications that allow people to keep a close relationship with family and friends no matter how far the distance between them is.

I suppose I spend 3-4 hours a day on social media

And do you read e-books on your social media times?

Of course, there are certain databases and also the latest scientific discoveries are being updated to the internet everyday. I have joined a few channels on telegram, catching me up with the latest books and articles. I'm also a member of researchgate and linkedin which are work related apps.

What are your thoughts on the English knowledge of JUMS students?

Well I expect much more, especially from medical students, their biggest problem is their pronunciation, because they mostly tend to study translated books.

What's your favorite genre of music?

I myself have been playing the piano and the keyboard for over

20 years now; however, these days due to my hectic lifestyle I don't have much time to practice. Pop by far is my favorite genre.

You always assume that your tests are easy but students believe the opposite. What do you think?

Generally, I expect students to study carefully and to be focused during the test, sometimes they may lose concentration or cannot study a certain topic, this may adversely affect their performance.

What's your opinion about Jahrom in comparison to Shiraz?

The city is incomparable to Shiraz regarding the facilities but all in all it's a nice, quite city for students to live

Have you ever considered moving to Shiraz, teaching at SUMS?

The board of SUMS are really



interested in the idea, me working there, but I think if I moved, I wouldn't be as comfortable as I am here in Jahrom because there are more experienced professors in Shiraz.

What's your advice for junior students?

They should study no matter how the situation is. It's of inevitable facts that our society is coping with a huge unemployment rate but they should keep this in mind that if only one person is going to

make it in this situation, that could be one of them. They are putting their time and energy into this and don't want to squander their youth not gaining any knowledge after a couple of years. And if they are planning to maintain their studies in a foreign country, they had better make a plan and acknowledge the means to reach their goal now, not after graduation; there may be some obstacles very difficult to overcome by then.

And the final question My personal favorite Who is the best? Messi or Ronaldo?

WRITE THIS DOWN. Until a few months ago, before the Juventus-Manchester United clash, I would've definitely gone with Ronaldo, but after that hideous celebration he did against his former club they are not any different for me.





Music Genres

Roxana Rouhi Music comes in many different types and styles and we all know that. We listen to different music but have we ever wondered what genre are we listening to? Where does it come from? what does it represent? Many genres have a rich history or geographical significance, a music root that goes far beyond our time. Here is the name of some popular genres in music industry:

Alternative Music
Blues
Classical Music
Country Music
Dance Music
Electronic Music
Hip Hop / Rap
Indie Pop
Asian Pop (J-Pop, K-pop)
Jazz
Latin Music
Opera
Pop (Popular music)
R&B / Soul
Reggae
Rock

Now I want to give you a short introduction about some of the most popular genres you listen to commonly:

Pop Music:

“Pop” is a term derived from “Popular” and thus Pop music is known to be a genre of popular music. With its roots in the rock & roll style, this form can include any form of music ranging from urban and dance to rock, country and Latin. Instruments highly used are electric guitars, synthesizer drums as well as bass.

Rock Music:

Originated as “Rock & Roll” in the United States, Rock music has been rocking the world since the 1950s. It is a form of music that started actually around instruments, but now uses other modern instruments too, making it a little difficult to give it an accurate definition.





Its loud and strong beats make it popular among the youths.

Jazz:

Identified with swing and blue notes, Jazz has its roots both in the West African and European culture. It is said that Jazz is “One of America’s original art forms” and boasts a unique combination of creativity, coactions and inter-activity. This genre originated in the late 19th to early 20th century.

Rhythm and Blues:

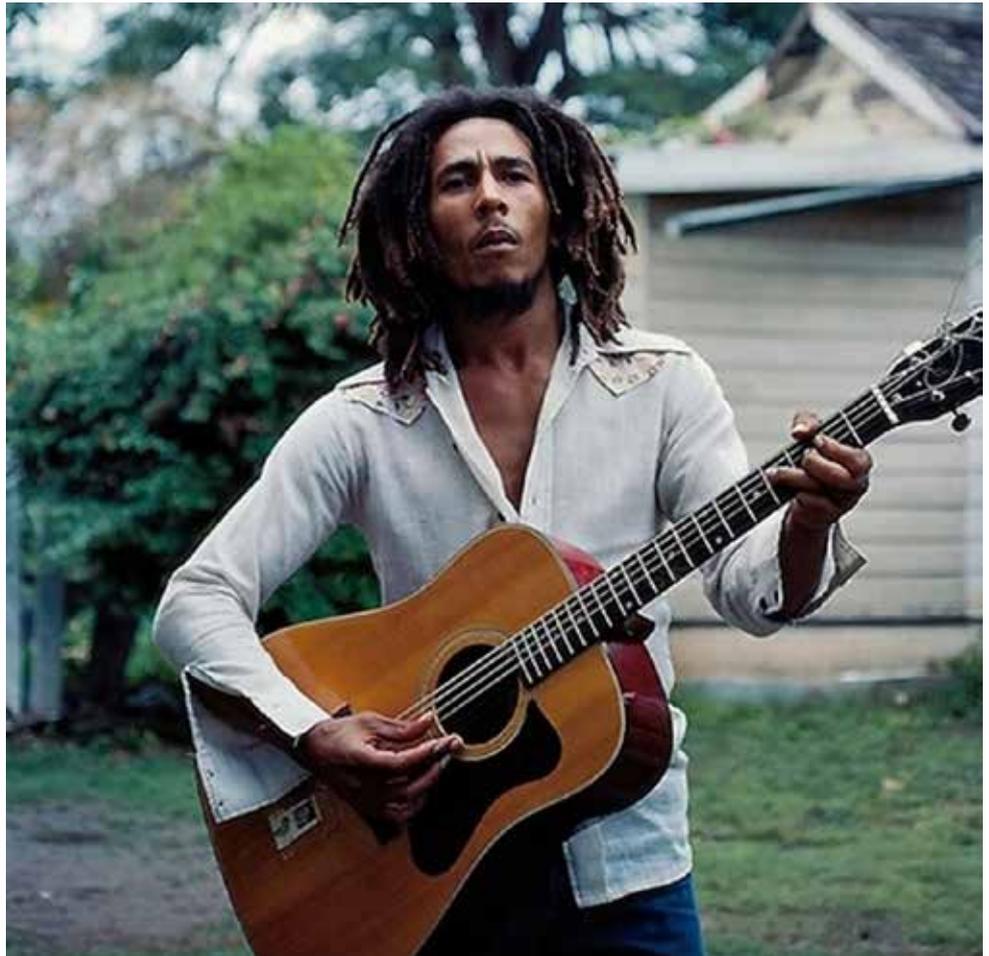
Originated in the 1940s, this African-American music is a combination of hip hop, funk, dance, pop and soul focusing on themes like relationships and freedom.

Country Music:

Another popular genre of American music which originated in the 1920s, Country music has its roots from American folk and western music. It is formed using simple forms of instruments ranging from electric and steel guitars to drums and mandolin or mouth organ.

Hip Hop:

Music composed of four main elements: rapping (also known as emceeing), disk jockeying, break-



dancing and graffiti. A cultural movement, hip hop began among African Americans in New York City in the 1970s. The rapper is accompanied by an instrumental track, usually referred to as a “beat” because of the emphasis on rhythm, performed by a DJ, a record producer, or one or more instrumentalists. This beat is often created using a sample of the percussion break of another song, usually a funk, rock, or soul recording. In addition to the beat, other sounds are often sampled, synthesized, or performed. Sometimes, a track can be made up of just the beat by itself, as a showcase of the skills of the DJ or producer.



Colours In Studying Medicine

Niloofar
Razmavar

Colour, the word that I knew since I was a little girl; Actually, when I could draw some primary pictures. The pictures of a home, flower or a girl with border of black and colours like pink and red inside of it.

At first my drawings were just like cave man pictures and with few colours in it. Gradually when I grew up, I understood that mixture of colours could create more beautiful and pleasing drawings. My favourite painting tools were crayons and pencils, specially crayons. The texture and smell of crayons encouraged me to draw; Even after several years I still have my old crayons and the texture of them remember my drawings.

Painting was finished but using colourful stationery was started. During school time I studied with colourful pens, high light markers and stick notes. Actually, colourful pencils in my drawings changed into colourful pens in my notebooks. School years finished and university time started. Again with colours but much more than past years!!! The question that may form in your mind is that what is the relationship between colours and studying medicine?

In medicine I have to study lots of subjects and that is sometimes a little boring for me. If I just memorize them without colourful classification, I definitely forget

them after a short time; Even just few hours after the exam. To solve this problem, I classify and summarize the lessons with colourful pens and high light markers. In this way key sentences become short and prominent. So instead of studying mass of boring lessons, I read my own colourful summary. I call it "Medical Art". It means using different kind of stationery tools in studying medicine.

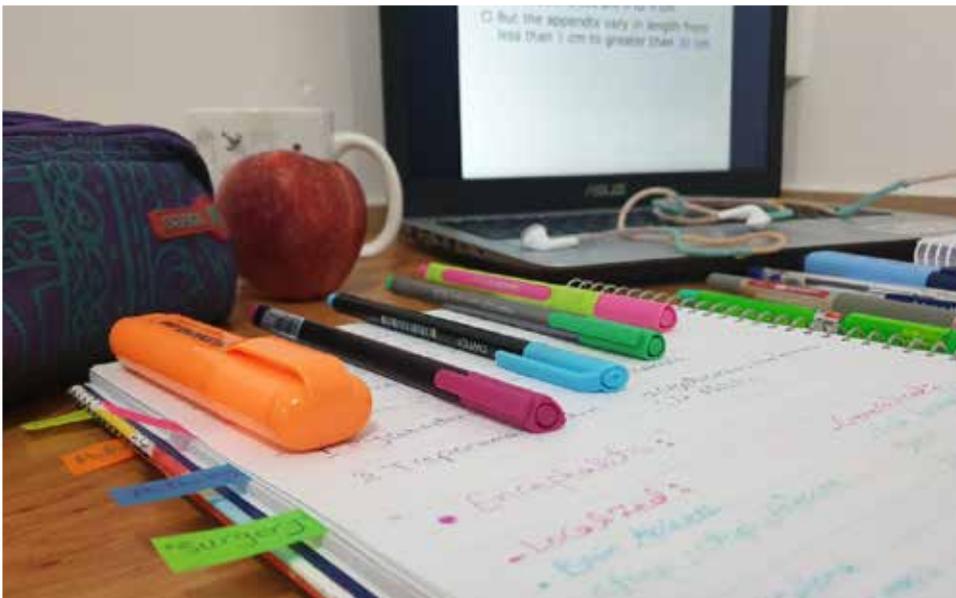
Of course this method takes a lot of time and few students may do that but makes me feel pleasure during studying.

I wish I could make a collection of colourful handwriting classification in various branches of medicine in the future.

The questionable point in my mind is that what is the advantages of colourful notes in learning lessons and do they have any effects on long term memory.

Maybe the answers of my questions are in colour psychology.

The last point that I really want you to know that is about the stationery price. Stationery is almost always a part of expensive goods. I would be very happy if its price becomes a little cheaper.





FINAL BOSS

Struggles When The Tests HWWWit

Alireza Baziyar (1) We're getting close to that time of the semester which creates dozens of memories that we won't ever forget. It made me think about writing a little bit about this frustrating topic. The exams!

(2) Different people might have different ways of dealing with it. I believe there are three main groups with various strategies.

(3) Firstly, the ones who study regularly during the semester and won't have much problem coping with the situation in the end. However, among this group, you can find students who find it hard to pass the exams and the reason is still unknown.

(4) The second group consists of the "night owls". The ones who decide to study the night before the exam and rely on the power of caffeine and some pills to pass the exams. Some of them even don't know what to study and because of the fact that the time really matters to them in this situation, they choose the only way left. They decide to omit some of the lessons and ask God and of course other students for help. Among the girls, this group is extremely rare and I like to call them "the endangered species".

(5) The last group is made up of the students who

-as they themselves say- don't study at all and when the grades come out, you can see their names at the top of the list. Maybe they're really smart or maybe they're just in the first group and pretend not to be. Anyway, if you're not one of them, you better not fall for their cleverness!

(6) Usually the other two groups join the night owls and make the most of the last night.

(7) Apart from studying, another important factor that has a tremendous influence on your grades is the professor who gives the exam. Some of them prefer to write questions different from what they teach you. For example, they teach you that the sky is blue and, in the exam, they ask you to name all the planets in the solar system.

(8) The power of the professors should not be underestimated. Sometimes, no matter how hard you try, it's your gender that determines whether you pass or fail. The key to success is not to mess with them and try to act decently. Also, be mindful of the absences.

(9) The point is, with a little bit of time management, you can easily attend the classes, study properly, and do your hobbies. Alas! If I did that, I wouldn't be here.



SPRING IS COMING!

S*iyavash
Zahabi*

Throughout the mysterious life, almost all human-beings are waiting for something special; an extraordinary moment which helps you forget despair and sorrow for a while and see the beautiful side of life. Perhaps one awaits a call, while someone else's desire is finding a job. The obvious thing is that these joyful moments, which I rather call sparkling turning points, are relatively personal!

Apparently, not everyone is interested in the very desire you have in mind. Am I trying to convince you

that it's impossible to find every individual down in happiness at the same time? Of course not!

In every civilization throughout the history, some special days were defined as "ceremony".

A majority of them were rites inspired by cosmic events, like Christmas eve (which is totally different from New Year's Eve) and others are merely based on environmental changes. The purpose if these decisions was to boost people's confidence and encourage them to enjoy every pleasant aspect of life; exactly like what we have done for over two thousand years.

Nowruz: Since the Hakhmaneshian dynasty, Iranian people have celebrated the first day of Farvardin (march 24), the advent of spring, and consider this day as the resurrection of our lovely planet earth; the day when living creatures are brought back to life.

But how is this unique day exactly celebrated? Nowruz like any other event, follows the tradition of the very country which the event is held. The main custom is called "haft sin" table; a table consists of seven symbolic items and each item represents a message. The interesting thing is that the name of





each item starts with the sound “S”. And it clearly shows why the table is called “haft sin”.

1.Sabze:

A haft sin table without Sabze is like a king

without a golden crown! Literally, no one likes to start the new year without the sense of being fresh inspired by the presence of the jade-green Sabze!



2.Sib:

Which means apple in Persian, offers

a neat healthy year, makes you feel invulnerable to pain, fear and intimidation. And as you know an apple a day...never mind!!



3.Senjed:

Senjed (better known as



Russian olive in other countries) is usually used as herbal medicine to improve memory and prevent some sort of brain disorders. Therefore, we can perceive that Senjed is the symbol of wisdom.

4.Serkeh:

Better known as vinegar, symbolizes satisfaction and disinfection. It's an obvious fact that the chemical substances in serkeh are somewhat antimicrobial. To make it short you'd better have bottle in your house, though it doesn't taste tremendous!



5.Samanu:

Wonderful brown paste, made of wheat, and delicious indeed (unlike serkeh!) is mostly found during Nowruz holidays and is kind of rare in the rest of the year. Samanu symbolizes power and valor.



6.Somaq: Simply symbol of patience and tolerance as the word Somaq is widely used in



old and contemporary Persian literature.

7.Seer: Which

means garlic, represents eternity and desire to experience

a life full of joy and prosperity.



Beside these key items, there are also some other stuff like coin, Quran, mirror, fish and candlesticks which can be found in most Haft sin tables among Iranian families.

So how are you going to celebrate Nowruz this year? Are you going to rock it with close friends or share the good time with your family? Remember whatever you do, don't forget to get your Eidy! You miss the crucial point, you'll have to wait another year!



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