

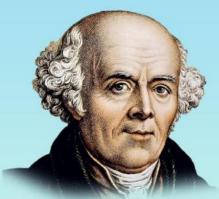
## Our Inspiration



Dr. G. D. Pol Chairman



Mrs. K. G. Pol Secretary



Dr. Samuel Hahnemann Founder of Homoeopathy (1755 - 1843)



Dr. S. B. Patil Treasurer



Dr. (Mrs.) P. P. Page Dean

## HAHNEMANNIAN OATH

I swear by Hahnemann, the great physician and all the Gods and Goddesses making them my witness, that I will fulfill according to my ability and judgement this oath till the last minute of my life.

I shall consider myself as a physician appointed to practice according to the teaching of his and to watch over the life and health of my fellow beings. May the love of my art actuate me at all times.

I shall regard my teacher who has taught me this art equal to my parents. I shall never see in the patient anything but a fellow being in pain and suffering. I shall consider him sick in body, mind and spirit. I will treat him accordingly and will advice dietetic, hygienic and preventive measure for his benefit according to best of my knowledge and judgement. I will always avoid any harm or injustice to my patient. I may be granted strength, time and opportunity to fulfill my ideas.

I will always administer drug which are prepared according to the instructions laid down in Organon. I will never give any drug which can destroy life, even if asked for it nor will I suggest it to anyone. Similarly I will not give to a woman an aborting drug. No thirst for fame, nor a passion for a great reputation will engage my mind and deceive me from my path.

I will always exert for the benefit of sick, who come to me. I will always be free from prejudices, and remain away from all mischief and in particular from sexual relations with male and female, either in bond or free.

I will never disclose any of the facts that I may hear during the course of treatment or even outside the treatment to any one, on no account. In this way no evil will be done by me to any one during his life.

I will always have an open mind. I will correct what I have acquired, if necessary and extend its domain. I will develop a spirit of indefinite limits to acquire knowledge. I will cultivate the vision, to discover my errors of yesterday, to appreciate what I have today and to get the glimpses of the new sight of tomorrow.

If I fulfill this oath and do not violate it in any respect, I may be allowed to enjoy life and the art homoeopathy. I may be honoured by my fellow beings eternally.

If disagree and swear falsely, may the opposite of this be my fate.



# FROM THE CHAIRMAN'S DESK & FROM THE SECRETARY'S DESK





We congratulate the efforts taken by YMT HMC, in moving towards eco-friendly models and thus taking the initiative of launching e-magazine of their Annual Magazine – Aude Sapere.

It is worth mentioning that the Homoeopathic Institute which is the pioneer institute of Dr. G. D. Pol Foundation Institutes is making gigantic efforts in contributing their best in providing quality Homoeopathic education and in offering Homoeopathic medical service to the suffering mankind.

We appreciate the teamwork, commitment & persistent efforts taken by the Dean – Dr. Page, Vice Principal – Dr. Bagal and the faculty members for constantly working towards the betterment of Homoeopathy.

Wishing great success to the e-magazine 'Aude Sapere'.

DR. GAJANAN POL

Chairman

MRS. KALPANA POL
Secretary

## FROM THE TREASURER'S DESK



I congratulate the efforts taken by YMT HMC, in launching their first ever e-version of Annual Magazine – Aude Sapere on the eve of their Annual day.

I extend my best wishes to Dr. (Mrs.) P. P. Page - Dean; Dr. D. G. Bagal - Vice Principal; faculty members; students & all those who continue to contribute their best in making the Institute accomplish success in several spheres & in attaining greater & greater goals in offering Homoeopathic education.

I owe the advancement of this Institution to the dedicated & constant commitment of the Chairman, Dr. G. D. Pol.

Wishing huge success to Aude Sapere and the Annual event.

DR. SHYAM PATIL
Treasurer

## FROM THE DEAN'S DESK



With immense pride and pleasure, I present to you the first ever e-version of our college souvenir "AUDE SAPERE". The initiative of launching the e-magazine this year was considered as a small step towards the fight against paperwaste and deforestation.

This e-magazine offers a platform to the students to display their writing & artistic skills. Aude Sapere is an enormous collection of informative & interesting articles; creativity & write-ups. It further highlights the achievements of staff and students and also offers a glimpse of various activities carried out by our Institute. Through Aude Sapere, we also try to create awareness regarding Homoeopathy amongst the laymen. Aude Sapere is the outcome of the contributions made by the staff, students and immense efforts taken by the Editorial Board.

My students actively participate & continue to win laurels in several inter-collegiate academic as well as extracurricular events. I am positive that YMTHMC will always be a beacon of light, guiding the destiny of its students by its integrated teachings.

I extend my gratitude to the creator of our Institute, Dr. G. D. Pol Sir & the entire Management for offering their constant support and inspiration in furthering the progress of our Institute and of Homoeopathy.

I am thankful to our esteem and valuable readers for their constant support. I hope Aude Sapere provides inspiration to our readers and stimulates fresh thinking regarding Homoeopathy.

Wishing good luck and success!!!

DR. (Mrs.) P. P. PAGE

Dean/Director

## FROM THE VICE PRINCIPAL'S DESK



With great pleasure I express my wishes on successful completion of 29 yrs of our YMTHMC in the field of medical education. I feel extremely honored to be a part of YMTHMC and express my gratitude to our Chairman, respected Dr. G. D. Pol sir for his constant support and encouragement. I feel proud that our esteemed Institute is one of the astonishing jewels in the jewel box of MUHS.

Enlightening you about our University:

More than 300 colleges are affiliated under assistance of MUHS.MUHS is committed with a mission to develop compassionate and caring medical professionals through excellence in Teaching, Patient care and Medical Research.

More than 70 courses in undergraduate, post-graduate, Suoerspeciality and Fellowship are offered under our University and each course is defined with an aim to develop skills in their respective professional field by each and every student.

Faculty and students of YMTHMC are its pride and its strength. It is my dream that we take our Institute to extraordinary level. As Dean-Faculty Homoeopathy I want to encourage students to take full advantage of the facilities made available to them by MUHS and perform to their fullest potential and support me in my vision to make homoeopathy recognized in International scientific platform. Also let us work together to set Homoeopathy as a bench mark to other systems of medicine affiliated under MUHS. I would like to conclude my message with my best wishes on occasion of launch of our Annual Souvenir "AUDE SAPHERE" to all the Teaching, Non-Teaching staff and students of YMTHMC.

HAVE a great year ahead.

LONG LIVE HOMOEOPATHY ....

DR. D.G BAGAL

MD (Hom)

Vice Principal

Dean - Faculty Homoeopathy, MUHS

## **ACADEMIC SECRETARY'S MESSAGE**





I quote Mahatma Gandhi - "The future depends on what you do today".

It is a matter of great honor to write regarding our academic achievements. This year in the MUHS examinations, we had breathtaking results with a huge passing percentage of 1<sup>st</sup> to 4<sup>th</sup> BHMS students. Our students not only performed well in college but also at the university level. We have subject toppers in university as well as rankers who did their extreme best in the exams. Throughout the year there are various academic inter-collegiate events held. Regular interdepartmental sessions, symposiums/seminars are conducted. The students present seminars with the help of AV aids which makes the understanding of the topic better and interesting.

At the end, I would like to thank our Principal Dr. Page Ma'am for her constant support and good will and also our Vice Principal Dr. Bagal Sir for his encouragement. I would like to extend all my gratitude towards the teaching faculty for their unending dedication and devotion & the non-teaching staff for their love and co-operation. I would like to thank the student council for being there through my thick and thin.

I hope you all have a great year ahead..... Long live HOMOEOPATHY....

DR. D.G BAGAL
MD (Hom)
Vice Principal & Academic Executive
Dean - Faculty Homoeopathy, MUHS

MR. UMESH DIKE Academic Secretary

## **VICE-PRESIDENT'S MESSAGE**





With great pride and pleasure, we present to all the readers of, "AUDE SAPERE" the Vice President's message for the year 2018-2019.

This year, as usual, the council began its event with a grand welcome for the freshers and convocation ceremony for the passing batch of YMTHMC. The occasion was graced by our Dean Dr. (Mrs.) P. P. Page. This was followed by a fun-filled sports week in which all the students and staff participated with great enthusiasm as participants.

This year a feather in the cap of sports event was added by Miss Shweta Shervegar, winning a Silver Medal for India at the Asian Games.

The cultural week was again very colorful in which the students displayed their artistic skills during the different events.

We express our gratitude to our respected Chairman Dr. G. D. Pol, our Dean Dr. (Mrs.) P. P. Page and Vice-Principal Dr. D.G. Bagal for their wholehearted support and encouragement.

DR. SEEMA DANDGE MD (Hom)

DR. FALGUNI JOSHI MD (Hom)

## **CULTURAL SECRETARY'S MESSAGE**









"Coming together is a beginning. Keeping together is progress. Working together is success". Owing to this quote we started the beautiful journey of DYNAMIS and thrived to win and succeeded in doing so.

Our first event was the most awaited "FRESHERS AND FAREWELL CEREMONY ALOHANOVATO 2019". This was the beginning of the newly entered freshers and a goodbye to the interns who had earned the title DOCTOR. It was a wonderful event filled with great performances by the freshers.

Next in line was "ATTIRE WEEK" and how wonderful it was. Followed by this was our "CULTURAL WEEK" which witnessed the celebration of various days such as MELA DAY, ENCHANTRIX, JASHN-E-BARAAT and HAWAIIN DAY. The winner of our race will be annual day-KSHITIJ-2019 where the talents of our students will be displayed in the form of dance and singing.

We would like to thank our Principal Dr. (Mrs) P. P. Page ma'am for being there with us and supporting us always; our Vice Principal Dr. D. G. Bagal sir for helping us in making our events successful.

And a special thanks to all the students who made it all possible by their active participation throughout, Thank You. Heartfelt thanks to all council members and the Volunteers for being with us till the end.

#### **CULTURAL EXECUTIVES**

DR. POONAM DAND MD (Hom)

DR. SAMEER POL

MD (Hom)

**CULTURAL SECRETARIES** 

YASHIKA SHETTY

**HADEEQA KHAN** 

## FROM CHIEF EDITOR'S DESK







It gives us immense happiness in presenting to you the first ever e-magazine of our institute — 'Aude Sapere 2019'. In a world facing major climate and resource crisis, every effort to reduce paper wastage needs to be considered. Every innovator should understand the importance of moving towards ecofriendly models, which shall probably become most widespread in the near future. Hence, playing a small role in the fight against paper-waste and deforestation; our Institute this year decided to take a vital initiative of bringing out an e-magazine rather than the customary print magazine. With this plan of e-magazine, we intend to easily reach out to larger populations. Via the e-magazine, we hope to attract more readers to our website as this digital magazine shall be more convenient for the readers to access the information at their comfort.

The platform of 'Aude Sapere' exhibits the hidden talent of the staff and students through the articles of academic interest and individual creativity displayed by them in the form of write-ups, poems & drawings. 'Aude Sapere' further gives our readers a glimpse of the college activities that occurred during the year. We hope that the articles in this e-magazine enhance the credibility and popularity of Homoeopathy and enlighten many more towards Homoeopathy.

We wish to extend our deepest gratitude to the Chairman, Dr Pol Sir; Management; Principal Dr. (Mrs) Page; Vice-Principal Dr. D. G Bagal; Staff, & contributors for acknowledging the magazine with their blessings and support. In spite of great caution, some errors may have crept in, for which we extend due apologies. Looking forward to your continuous support and valuable suggestions.

MAGAZINE SECRETARY
MR. MOHD RAHIL SHAIKH

CHIEF EDITOR DR. VARSHA SHARMA MD (Hom) MAGAZINE SECRETARY
MS. RAIYA MOMIN

## SPORTS SECRETARY'S MESSAGE











We, the Sports secretaries of DYNAMIS 2018-19 present the sports report for our yearly magazine.

The sports week was organized from 8<sup>th</sup> February to 21<sup>st</sup> February 2019. Many indoor and outdoor games were conducted like Carrom, Chess, Table Tennis, Badminton, Throwball, Volleyball, etc. The students participated actively and had a great time.

This year students also won laurels in intercollegiate competitions held at various colleges. MISS. SHWETA SHERVEKAR (IV BHMS student) won the SILVER MEDAL in ASIAN GAMES, Jakarta 2018.

We thank the Dean Dr. Page, Vice-Principal Dr. Bagal, all teaching staff and students who helped us in making the events a grand success.

SPORTS EXECUTIVE DR. PRATIK MORE - MD (Hom)

SPORTS SECRETARIES
MS. JAISHREE RATHOD MS. SAYALI JADHAV MR KARAN GADE MR FARDEEN DADAN

## GENERAL SECRETARY'S MESSAGE



Being the General Secretary of Dynamis Council 2018-19, it gives me immense pleasure in reporting the events organized by the Student's Council of this year. The council started with an auspicious beginning with DANDIYA RASS. Freshers of UG were welcomed with ALOHANOVATO-The Fresher's Party with a great amount of happiness and enthusiasm. At the same time, Fresher's Batch of PG's were welcomed along with the Graduation of UG's and PG's. "ALOHANOVATO" was followed by successful dance competition where Fresher's explored their talent.

After Fresher's Party, this year Dynamis Council organized Sports Week with various indoor and outdoor games. Students including teachers actively participated in various events. The feather on the cap this year was added by Miss Shweta Shervegar by winning a silver medal for India during the Asian Games and making us proud.

After Sports event, there arrived the Cultural Event Named "UMANG" this year included MELA DAY, ENCHANTRIX DAY, JASHN-E-BARAAT DAY, followed by HAWAIIAN DAY. For the first time, cultural week got a great start as Council organized various food stalls for students along with art exhibition and the response by the students was fantastic. Finally arrives the ANNUAL DAY-KSHITIJ 2018-19 which is truly an exhibition of artistry and humor.

These all events were organized by Dynamis Council and my Unofficial FOC's but it wouldn't have been possible without the full-fledged support of our teachers: President Dr Page Ma'am; Vice-principal & Dean Faculty of Homoeopathy, MUHS Dr Bagal Sir; Vice-Presidents Dr Seema Dandge & Dr Falguni Joshi; Cultural Executives Dr Poonam Dand & Dr Sameer Pol; Magazine Executive Dr Varsha Sharma & Sports Executive Dr Pratik More. Heartfelt thanks to all of you for supporting us. I would like to thank my entire Council & FOC for execution of work and last but not the least thanks to all the participants of the events without which our efforts couldn't have gained momentum.

I would like to conclude the message with a small thought that hopefully I stood up to all your expectations and you all had a good time with us.

MR. MAITRAV SANKHE
General Secretary



## **COLLEGE REPORT- 2018-19**

#### The Year At A Glance

Dr G. D. Pol Foundation YMT Homoeopathic Medical College, PG Institute & Hospital is nearing completion of three decades of successful existence in the field of Homoeopathic education. The institute was established in 1989 with the Diploma Course in Homoeopathic Medicine & Surgery (DHMS) which was recognized by Govt. of Maharashtra. Later in 1996, the College was upgraded to the Degree Course - Bachelor of Homoeopathic Medicine & Surgery (B.H.M.S.). The intake capacity for BHMS course is 100. The institute further continued to upgrade itself by commencing Post Graduate courses in Homoeopathy from the academic year 2002-2003. Initially, MD (Hom.) was offered in the subjects of Homoeopathic Materia Medica, Organon & Repertory but from the academic year 2008 - 2009, the institute offered post graduate courses in additional two subjects -Medicine and Pediatrics. The intake capacity for postgraduate courses in the subjects of Homoeopathic Materia Medica, Organon & Repertory is 6 students each while, in Medicine & Pediatrics it is 3 students each. The undergraduate & postgraduate courses is affiliated to Maharashtra University of Health Sciences, Nashik & is recognized by Central Council of Homoeopathy & the Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH), Govt. of India, New Delhi. This institute is the first Postgraduate Centre in the city of Navi Mumbai & Mumbai.

Our college YMT HMC functions in a five storied building comprising of all under graduate and post graduate departments, lecture theatres, library, gymkhana, administrative office, seminar hall, OPD, Hospital, canteen, etc. The hostel is located in the same premises. YMT HMC provides all the facilities to its students. It is situated in the beautiful & serene environment of Kharghar, Navi Mumbai.

Under the supportive guidance & motivation of the Management; Chairman Dr. G. D. Pol Sir & dedication & untiring efforts of Vice Principal Dr D. G. Bagal; Teaching staff; Non Teaching staff, Hospital staff & my dear students, YMT HMC is emerging versatile in every aspect by achieving better goals in each academic year.

Our college has been a torch bearer in establishing high standards of discipline, work, culture & educational aspiration. Every year there are a large number of students passing from this college and rendering Health Services throughout India. Through our constant efforts we hope to give the World trained Homoeopathic practitioners. Our students excel in various extracurricular & academic activities. They continue to score various positions in numerous inter collegiate events & in various competitive exams conducted by several institutes.

#### **SALIENT FEATURES**

- Imparts quality education to under graduate and post-graduate students.
- Regular seminars and workshops conducted by well-known Homoeopaths & Modern Medicine physicians.
- Highly qualified, experienced & post graduate faculty.
- Fully functional central OPD catering to a multitude of patients.
- Peripheral Homoeopathic OPDs at Municipal Corporation Hospitals at Vashi & Nerul.
- 49 bedded well equipped hospital with OT, Radiology, Physiotherapy, Yoga & Pathology facilities.
- Dr. G. D. Pol Foundation has launched an insurance policy in collaboration with New India Assurance Company - 'ArogyaVima Card' thus, making healthcare at our Hospital feasible and affordable to everyone.
- Regular medical camps are conducted in and around the vicinity of Kharghar.
- Huge campus with lush medicinal botanical garden.

#### **TEACHING FACULTY**

Teaching faculty of our institute comprises of highly qualified, dedicated & experienced full time MUHS approved staff. Our entire teaching faculty is MD qualified. The College & Hospital is supported with adequate teaching, non-teaching & Hospital staff.

#### **DEPARTMENTS**

Every preclinical & clinical department is well equipped, spacious with proper ventilation, adequately illuminated with illustrative charts, instruments, models, specimens, departmental library, computer, LAN facility, intercom, etc. Regular symposiums, interdepartmental seminars and tutorials are held for the students. The PG Departments further supports seminar room.

#### **LIBRARY**

There are more than 12454 books on Homoeopathy and allied subjects and subscription for 52 Indian & foreign medical journals which helps in acquiring and updating the knowledge of the students regarding the recent developments in the field of medicine. Adjacent to the library, there are huge, well ventilated & well illuminated reading rooms separate for staff, UG & PG students.

#### **GYMKHANA**

Gymkhana is well equipped with sports aids for table tennis, carrom, chess, badminton, cricket, etc. Our students have won laurels by winning several prizes at various inter collegiate events at university levels too.

#### **HOSTEL & CANTEEN**

The Hostel is situated within the campus, comprising of a building, with separate arrangements made for both boys and girls. Adequate facilities and sufficient security is provided in the Hostel. The canteen serves delicious & hygienic food.

#### **RESULTS**

Our students continue to make us proud by achieving university ranks and scoring higher percentage in the university exams.

Below mentioned figures reflect the passing percentage of our students in the exams conducted by MUHS, Nashik in May – June & Nov- Dec, 18.

COURSE		PASSING PERCENTAGE	
		MAY - JUNE, 18	NOV – DEC, 18
I BHMS	2015	63.02%	56.81%
	New	20%	
II BHMS	2015	80%	89.6%
	New	45%	46.15%
III BHMS	2015	94.64%	88%
	New	66.66%	51.85%
IV BHMS	New	75.67%	93.24%
PG Part I		85%	100%
PG Part II		100%	100%

#### **HOSPITAL**

Our institute has a well equipped 49 bedded hospital with specialized Medicine, Surgery, Gynaecology & Paediatric wards along with a well maintained OT. Availability of Pathology,

X Ray, Sonography & Physiotherapy facilities exist. Highly experienced and qualified medical practitioners and specialists attend the Hospital and render their valuable services to the needy patients. This hospital provides medical treatment and facilities at reasonable rates.

#### **OUT PATIENT DEPARTMENTS**

Clinical exposure is provided to our students & interns through central OPD at Kharghar; Smt. Meenatai Thackeray Municipal Hospital Homoeopathic OPD, Nerul and Navi Mumbai Municipal Corporation Hospital Homoeopathic OPD, Vashi. Large number of patients visiting these OPDs is treated by our highly efficient and dedicated Staff.

#### **CAMPS**

To spread awareness regarding Homoeopathy and to treat the ailing mankind, regular Homoeopathic camps are organized every month at our OPD and in the vicinity of Kharghar. Free Homoeopathic treatment and consultation along with investigations at concessional rates are offered in these camps. Qualified and well experienced Doctors attend these camps. Our PGs & interns actively participate in the annual Pandharpur Pilgrim camp; Lalbaug Ganeshostav camp, Kharghar visrajan camp, Kharghar marathon camp, etc.

#### **HORIZON**

Horizon is an annually conducted National Post Graduate Workshop & Seminar. This year the 16th Annual National Post Graduate Workshop & Seminar was organized on 28th February & 1st March, 2019. This year the seminar & workshop was based on the theme of "Application Of Concepts Of Organon In Clinical Practice." Workshop was conducted on demonstration of Live case taking & discussion with the students. Paper & poster

presentation competitions were conducted. On this occasion the Special Horizon Issue of Aphorismi – a peer review PG bulletin was released.

#### **SEMINARS**

To further widen Homoeopathic knowledge of our students towards clinical practice; regular seminars, workshops, case presentations, journal club, book reviews, case discussions sessions are conducted. Students are also given the exposure of attending webinars.

#### **KSHITIJ**

Kshitij is the name given to our Annual Day. There are various cultural activities and prize distribution which takes place along with the release of our Under graduate college magazine- 'AUDE SAPERE' on the eve of Kshitij. This year we have decided to release the eversion of Aude Sapere. Prior to the annual day, cultural week & sports week is organized wherein several events and competitions are organized. Students and staff participate in these events with great enthusiasm.

#### **GARBA & DANDIYA RAAS**

We organize Navratri festival, Garba and Dandiya Raas with great enthusiasm. Students & staff dance to glory & thoroughly enjoy the event.

#### NSS

Various activities are undertaken by the NSS unit. NSS volunteers along with the staff conducted a residential camp at Mahodar, near Taloja from 2nd March 2019 - 8th March 2019 where Homoeopathic consultation and medicines were given free of cost to the ailing villagers. Few of the NSS events in which the volunteers actively participated were Pulse polio drive, AIDS rally, MUHS Foundation's Day, Blood Donation Camp, Tree plantation, International Yoga Day, Homoeopathic camps, etc.

#### **SELF DEFENCE TRAINING**

Self defence training was provided to the female students of our college by ABVP cell.

#### **FIRE FIGHTING SKILLS**

Fire personnel trained our staff, interns, students & non-teaching staff regarding the proper usage of fire extinguisher in case of fire. Demonstration was done by the fire personnel.

#### **CAMPUS PLACEMENT**

Various companies conducted campus placement sessions at our institute for interns and postgraduates.

#### **GRADUATION & FRESHER'S DAY**

UG Graduation Day, PG Convocation Day & Fresher's day was organized where we welcomed our budding physicians and bid adieu to the outgoing batch.

#### **ACCOLADES & ACHIEVEMENTS**

#### STAFF ACHIEVEMENTS

- On 17th February, 2018 Dr D. G. Bagal Vice Principal & HOD Dept. of Repertory & Dr.
   U. Agale, Asso. Prof., Dept of Repertory presented two Papers at Leveraging Information Technology for Agricultural & Nutritional Development Seminar at Kandivali.
- On 4th March, 2018 Dr (Mrs) Page, Dean received the prestigious Dr Mahendra Singh Memorial award for Best Principal by Dr Mahendra Singh Memorial Trust.
- In 2018, Dr. Falguni Joshi, HOD & Asso. Prof., Dept of Pathology was nominated as Member Board of Studies, Paraclinical, MUHS.

- On 2nd June, 2018 Dr. D. G. Bagal, Vice Principal & HOD Dept. of Repertory was elected as the Dean, Faculty Homoeopathy MUHS, Nashik.
- In October, 18 Dr. (Mrs) P. P. Page, Dean/Director & HOD Dept. of Organon was nominated for the third time as the Senate Member, MUHS.
- Dr Pratik More, Asst. Prof., Dept of Anatomy was nominated as 'Best Professional Cricketer' in Mumbai by Cricketgraph.com.
- On 16th February, 2019 Dr. Neena Menon, Prof Dept of HMM participated in Poster presentation competition organized by AYUSH at International AYUSH Conclave, Thiruvananthapuram.

#### **STUDENT ACHIEVEMENTS**

- Ms. Shweta Shervegar, IV BHMS student won Silver medal for India in 49er FX Sailing Event at Asian Games 2018.
- Dr. Kajal Jain, our PG Part I student (Dept of63 Repertory), won 2nd prize in poster presentation competition at AYUSH India Expo 2018, Ahmedabad, Gujarat. She also presented a paper there which was selected in top 10.
- Dr. Shreepee Singh received Dr Arun Bhasme award for securing the highest marks in the subject of Repertory in IV BHMS, at Summer 2017 MUHS examinations.
- Dr. Krutika Mishra received Dr (Mrs) Varsha Ramakant Dagade Gold medal award for securing highest marks in the subject of Organon in IV BHMS, at Winter 2017 MUHS examinations.
- Ms. Prerna Jaiswal, Ms. Pranjali Birajdar & Ms. Mokshada Kurkure won Ist prize in Best out of waste at SK Somaiya NSS Event in December, 2018.
- On 11th Dec, 18 Ms. Prerna Jaiswal, II BHMS student secured IIIrd Prize in Elocution competition at SK Somaiya NSS Event.

- Ms. Shravanee, BHMS student secured IInd Prize in Poster making competition at SK Somaiya NSS Event in December, 2018.
- On 11th Dec, 18 Ms. Shruti Gaikawad, undergraduate student secured IInd Prize in Tshirt painting competition at SK Somaiya NSS Event in 2018
- Our students Ms. Prerna Jaiswal, Mr. Maitrav Sankhe, Ms. Ankita Patil & Ms. Pranjali
   Birajdar won IInd Prize in Devil follow team at SK Somaiya NSS Event in December, 2018
- Ms. Prerna Jaiswal, Mr. Parth Shrimankar, Ms. Pranjali Birajdar & Ms. Raiya Momin won IIIrd prize in Election campaign competition at SK Somaiya NSS Event in December, 2018
- Mr. Maitrav, Mr. Pranita, Ms. Harshada, Ms. Aishwarya, Ms. Shruti, Ms. Shreya, Ms. Pankaj, Vidhyabhushan, Ms. Trupti & Mr. Nikhil were winners for Skit play at Vidyalankar College of Engineering in December 2018.
- Mr. Manish Sharma, intern was awarded with Dr. Malati Allen Noble Award at the 7th Dr.
   Malati Allen Noble Award Ceremony 2018 for securing the 1st position at Final BHMS,
   MUHS Examinations.
- Mr. Manish Sharma, intern was awarded the 1st prize at New Frontiers in Homoeopathy
   2018, a seminar cum Quiz competition organized by Arefa Memorial Charitable Trust.
- In March, 19 the proposals of our PGs Dr Sayli Patil (Dept of HMM), Dr. Kinjal Sanghavi (Dept of Organon) & Dr Siddhi Salunkhe (Dept of Medicine), for MUHS Short Term Research Grant (STRG) under the guidance of Dr. Swati Bhagwat, Dr. Varsha Sharma & Dr. Vasika Seliya respectively has been recommended by the scrutiny committee.

Thus YMTHMC is gearing towards grooming its students into ideal individual & equipping them with the best in Homoeopathic Science.

MD (Hom)

Dean/Director

YMT HMC

**NSS REPORT** 

**NSS Strength:** 50 Students

NSS Incharge: Dr. Poonam Dand

Assistant Incharge: Dr. Praveen Yamgar

Student's Coordinator: Miss. Prerna Jaiswal

The NSS unit of our college has been actively conducting and participating in various activities

with respect to the social aspect, environment and nature conservation, awareness programmes

and medical camps. All the activities are focused on the aim of making this society a better place

and giving back to the society in whatever way we can. Hence promotion, awareness, utilization

remains our prime objectives.

There are several activities undertaken during the residential camp. On regular basis, medical

camps are conducted twice, every month in adopted villages. Our teams of doctors, interns, PGs,

and NSS members visit the adopted villages twice in a month and provide medical treatment to

the patients free of cost. They also conduct certain awareness sessions for the benefit of the

villagers. Twice a month the unit celebrates 'Good Cause Day's' by providing goodies or foods to

the needy.

**RESIDENTIAL CAMP** 

Residing Village: MAHODAR

NSS Visit 2019: Conducted from 2<sup>nd</sup> March 2019 - 8<sup>th</sup> March 2019, my team had a wonderful

experience personally, socially and clinically. Such residential camps are conducted every year

and this year we visited Mahodar, near Taloja as the main residential camp. Chinchawli and Ambe

gaon covered the major peripheral part. As soon as we reached there we started assorting our

dispensing materials viz. phials, sac lac, globules medicines etc. The entire batch was divided into

3 groups namely cooking department, residential OPD, and peripheral OPD. Each group had to

look after every department on rotating basis.

The residential OPD was inaugurated by our respected Dr. Praveen Sir, Asst. Prof., Dept of Community Medicine and Local authorities. We received immense support from the village Sarpanch. The population of the village was around 3000. Each day we received on average 100-150 patients. Most of the patients had skin complaints, joint pain, and blindness issues.

A large number of patients comprising of children mostly suffering from nutritional troubles and hygiene issues. We conducted the residential OPD's from 10am – 5pm., we had divided ourselves into 3 sub-groups on rotating basis for case taking, examining and dispensing. Students acquired great clinical knowledge. The Peripheral OPD was conducted at 8 different places.

#### **YEARLY ACTIVITIES:**

National Service Scheme Day: (24/9/2018)
 We celebrated this day by cleaning our college campus.

AIDS Rally: (3/12/2018)
 Our students walked on the roads of Kharghar to spread awareness Regards
 Aids.

Udaan Fest 2018: (11/12/2018)
 It was conducted by NSS Unit of S.K. Somaiya College. Our students came up with flying colours.

#### Winners:

Best out of waste - Prerna Jaiswal, Pranjali Birajdar, Mokshada Kurkure: Team - 1st Prize

Poster making competition - Shravanee - 2nd Prize

Tshirt competition - Shruti Gaikawad - 2nd Prize

Devil follow team - Prerna Jaiswal, Maitrav Sankhe, Ankita Patil, Pranjali

Birajdar: Team - 2nd Prize

Elocution competition - Prerna Jaiswal - 3rd Prize

Election campaign - Prerna Jaiswal, Parth Shrimankar, Pranjali Birajdar, Raiya

Momin: Team - 3rd Prize

Kamothe Marathon Medical Camp: (16/12/2018)

Medical camp was conducted under the guidance of Dr. Praveen Sir. Our students also participated in the marathon with great enthusiasm.

1st Good Cause Day: (22/12/2018)

A small move to promote # KEEP HUMANITY ALIVE IN YOU

We distributed snacks to the people who stay at the railway station. We visited 3 railway stations - Kharghar, Nerul & Vashi.

Secret Santa Day : (24/12/2018)

We visited an orphanage in Kamothe - 'Kal ki chaya'. We distributed goody bags and chappals. A big thanks to the students and teachers for their valuable contribution. It was conducted under the guidance of our respected Dr. Poonam Mam, Asso. Prof., Dept of Community Medicine.

Kharghar Marathon Medical Camp: (13/01/2019)

Medical Camp was conducted under the guidance of Dr. Praveen Sir

"Hope":- TO BRING A POSITIVE CHANGE

Dr. Poonam Dand Ms. Prerna Jaiswal

MD (Hom)

Student's Coordinator

**NSS Programme Officer** 

## The NSS Team 2018 -2019



NSS team members seen along with Dr. Page (Dean); Dr Bagal (Vice Principal & Dean - Faculty, Homoeopathy, MUHS) Dr Poonam Dand (NSS Programme Officer) & Dr.Pravin Yamgar (Assistant NSS Incharge)

## Various activities undertaken by the NSS team



## **CAMP REPORT**

Dr. G. D. Pol Foundation YMT Homoeopathic Medical College regularly organizes free homoeopathic medical camps with the aim of benefiting the needy. Camps are regularly organized in and around the vicinity of Kharghar. These camps not only provide medical facilities to the patients but also guide them to preserve health and prevent diseases. These camps have received good appreciation and response from all the sectors. Our physicians, interns & postgraduate students regularly attend these camps.

Moreover, this year under NSS we have adopted five villages where camps are regularly conducted twice in a month. Medical camps are organized once in every 15 days at our central Out Patient Department at Kharghar. During these camps, additional benefit is offered to the patient in the form of offering certain investigations at free of cost or at concessional rates. These camps have received good response from the locals. Homoeopathic line of treatment is used in almost all of their sufferings. Through these camps, the PG students & interns get broad exposure and get an opportunity to learn and develop their knowledge and skills as homoeopaths.

Briefing details of a few of the camps conducted from January 2019 to February 2019 are as follows:

- 1) Homoeopathic camp for Diabetes was conducted on 13<sup>th</sup> January 2019. Around 46 patients received appropriate homoeopathic treatment and Free Blood sugar Test was provided.
- 2) FREE HOMOEOPATHIC CAMP CHAIN was organized on 13<sup>th</sup> January 2019, 26<sup>th</sup> January 2019 and 10<sup>th</sup> February 2019. Almost 174 patients received appropriate homoeopathic treatment with free CBC and Ophthalmic examination.
- 3) HOMOEOPATHIC CAMP ESPECIALLY FOR KIDS was organized on 20<sup>th</sup> January 2019. Almost 15 children were offered homoeopathic treatment. Free registration, free nutritional and academic counseling, free first consultation and medication were provided in the camp.
- 4) HOMOEOPATHIC CAMP FOR SKIN DISEASES was organized on 13<sup>th</sup> February 2019. This camp included homoeopathic treatment for Acne, Eczema, Psoriasis, Fungal Infections,

- Warts, Skin Allergy, Hair Related Complaints, other Skin Complaints. Around 35 patients benefitted from the camp.
- 5) LIFESTYLE DISORDERS CAMP was organized on 24<sup>th</sup> February 2019. The camp included free consultation and treatment, diet advice, ECG, yoga and meditation training for 1 month. The camp also included homoeopathic treatment for diabetes, gastric troubles, obesity, heart problems, and stress. Around 30 patients received free homoeopathic treatment and consultations.
- 6) GENERAL HOMOEOPATHIC AND OPHTHALMIC CAMP were organized on the day of Women's day on 8<sup>th</sup> March 2019. This camp was sponsored by Annapurna Mahila Bachat Gath, Kharghar. 108 patients benefitted from this camp. Apart from Homoeopathic consultation & medication few other services were provided at concessional rates during this camp namely, sonography, ECG, & haemoglobin test.

Apart from the above-mentioned camps our staff, interns & PGs actively participate in several other camps namely Lalbaug ganeshostav camp; Kharghar visarjan camp; Kharghar marathon camp; Camp at Taloja jail premises; Homoeopathic camps organized by SPANDAN; Pandharpur camp; mahaarogya mela, Palghar; etc.

#### **CAMP INCHARGES**

Dr. D. Gopale Dr. J. Sanghvi Dr. D. Mistry Dr. P. Yamgar Dr. A. Lamture MD (Hom) MD (Hom) MD (Hom) MD (Hom)

## Various Homoeopathic Medical Camps organized





## **HORIZON-2019 REPORT**

Horizon 2019, 16<sup>th</sup> Annual National Post graduate workshop was held on 28<sup>th</sup> & 1<sup>st</sup> February 2019 at YMT HMC & PG Institute, Kharghar, Navi Mumbai. This year the workshop was based on the theme of "Application Of Concepts Of Organon In Clinical Practice."

Day one began with the inauguration of the seminar by remembering Almighty & our Master Dr. Samuel Hahnemann by our Guest speaker Dr. Anand Kapse, our Principal & Dean Dr (Mrs.) P. P. Page, Vice- Principal Dr. D. G. Bagal & P.G. Coordinator Dr. S. M. Bhagwat. Dr. S.M. Bhagwat enlightened the audience about the concept of horizon.

The first speaker for the day was Dr. Anand Kapse, Professor & HOD Dept of Organon of medicine at M. L. Dhawale Homoeopathic Medical College, Palghar who spoke on "Application Of 6<sup>th</sup> Edition Of Organon In Disease Of 21<sup>st</sup> Century With Special Reference To Neurological & Nephrological Cases."

This session was followed by the launch of peer review PG magazine "Aphorismi" by our special guest Dr. Ramjee Singh (Ex President CCH), Dr. Arun Bhasme (Ex Vice-President CCH), Dr. Rajkumar Patil (Newly elected President MCH), Dr. Ajit Funde (Newly elected Vice President MCH). The launch of magazine was followed by valuable guidance by all the guests.

Our faculty member Dr. Varsha Sharma (Asso. Prof., Dept Of Organon) discussed on the utility of Mental state & mental symptoms in approaching a case. This session was followed by our faculty member Dr. Pratik More (Asst. Prof., Dept of Anatomy) who discussed a case along with detailed discussion of rubrics.

The last event for the day was a unique Paper Presentation competition by Post Graduate students. Apart from the participation of our students in the paper competition, 5 PG students from Bharti Vidyapeeth Homoeopathic Medical College, Pune also participated in the Paper

presentation. Day one, concluded with Sumamr/ conclusion & vote of thanks by Dr. Uttara Agale

(Asso. Prof, Dept Of Repertory)

Day two began with the innovative session of Live case taking & case processing workshop. Our

faculty member Dr. Sneha Bhosle (Prof., Dept of Organon) discussed case taking & case

processing along with Essential Evolutionary Totality in detail. This session was followed by live

case taking of a patient by our PG students under moderation of Dr. Devadiga (Professor & HOD

Dept of Organon, CMP Homoeopathic Medical College, Mumbai). After case taking, the PG

students processed the case & presented their points in detail. Dr. Devadiga then discussed the

case with PG students & guided them about launae in case taking and case processing & how to

conduct effective case taking.

This was followed by detailed discussion on Essential Evolutionary Totality & Psychodynamics of

the case by our faculty member Dr. Vinod Sawant (Asso. Prof., Dept. of HMM). The last event of

the day was Poster Presentation by our PG students & also students from Bharti Vidyapeeth

Homoeopathic Medical College, Pune. The workshop concluded with summary/conclusion & vote

of thanks by Dr. Amruta Pawar (Asst. Prof., Dept Of Repertory)

This year horizon witnessed the participation of Post Graduate students from various colleges of

Maharashtra. The workshop proved to be a great success.

Dr. Swati M. Bhagwat

MD (Hom)

PG Co-ordinator

Dr. Shamali K. Kamble

Dr. Abhijeet M. Gaikwad

Academic Secretary

PG Council

## **HORIZON-2019**

## Welcome



Dr. Page (Dean) along with Dr. Bagal (Vice Principal & Dean - Faculty Homoeopathy, MUHS) welcoming our Chief Guest – Dr. Ramjee Singh (Ex-President, CCH) on the occasion of Horizon 2019. Seen along is Guest of Honour Dr. Arun Bhasme (Ex-Vice President, CCH)



Dr. Page (Dean) along with Dr. Bagal (Vice Principal & Dean - Faculty Homoeopathy , MUHS) welcoming our Guest of Honour – Dr. Arun Bhasme (Ex-Vice President, CCH) on the occasion of Horizon 2019. Seen along are our Chief Guest Dr. Ramjee Singh (Ex-President, CCH); Dr. Rajkumar Patil (President, MCH) & Dr. Ajit Funde (Vice-President, MCH)

## **HORIZON-2019**

## Felicitation



Dr. Page (Dean) along with Dr. Bagal (Vice Principal & Dean - Faculty Homoeopathy, MUHS); our Chief Guest, Dr. Ramjee Singh (Ex-President, CCH) & our Guest of Honour – Dr. Arun Bhasme (Ex-Vice President, CCH) felicitating the newly elected President of MCH, Dr. Rajkumar Patil. Seen along are Dr. Ajit Funde (Vice-President, MCH) & our Guest Speaker Dr A. Kapse (HOD, Dept of Organon, MLD HMC, Palghar)



Dr. Page (Dean) along with Dr. Bagal (Vice Principal & Dean - Faculty Homoeopathy, MUHS); our Chief Guest, Dr. Ramjee Singh (Ex-President, CCH) & our Guest of Honour – Dr. Arun Bhasme (Ex-Vice President, CCH) felicitating the newly elected Vice-President of MCH, Dr. Ajit Funde

## **HORIZON-2019**



Dr. Page (Dean); Dr. Bagal (Vice Principal & Dean - Faculty Homoeopathy, MUHS); our Chief Guest, Dr. Ramjee Singh (Ex-President, CCH); our Guest of Honour – Dr. Arun Bhasme (Ex-Vice President, CCH); Dr. Rajkumar Patil (President, MCH); Dr. Ajit Funde (Vice-President, MCH); our Guest Speaker - Dr A. Kapse (HOD, Dept of Organon, MLD HMC, Palghar) & Dr. S. Bhagwat (PG Co-ordinator) at the release of our Annual issue of 'Aphorismi' – A Peer Review PG Magazine



Dr. Page (Dean), Dr Bagal (Vice-Principal & Dean – Faculty Homoeopathy, MUHS), Dr Kapse (Guest Speaker) & Dr S. Bhagwat (PG Coordinator) inaugurating Horizon 2019

# HORIZON-2019

# Speakers of Horizon - 2019













# INDUSTRIAL VISIT - HPL

The tour of HPL was organised by the Department of Pharmacy YMTHMC under the guidance of Dr V. Virkar (Asso. Prof., Dept of Pharmacy) and Dr D. Mistry (Asst. Prof., Dept of Pharmacy) as a part of I BHMS curriculum in collaboration with "Anant Paryatan" Travels, the Excursion Secretary and 100 Students.

The pharmacy tour to Homoeopathic Pharmacopoeia Laboratory situated at Ghaziabad, Delhi was conducted on 2<sup>nd</sup> February 2018. The main purpose of the visit was to acquire practical knowledge regarding how Homoeopathic Pharmaceuticals Medicines are prepared. The aim of the visit was to give firsthand experience to the students about the things mentioned in the syllabus such as identification and collection of raw drug substances, preparation of Mother Tincture from crude drug substances and the quality control that takes place at every level point of preparing medicines.

On reaching HPL, the students were divided into 3 batches. Dr A. Geeta welcomed us turn by turn. The students were taken to different departments. We visited Department of "Pharmacognosy " by Dr Singh & he gave us practical knowledge regarding scientific analysis of raw materials along with their applications & Clinical parameters, later on Dr Singh directed us to the Department of "Microbiology & Research ". Further, students were taken to the botanical museum where they perceived the specimens of plants and animals. The students returned back on 4th February with lots of experience and memories.



I BHMS students seen along with Dr. D. Mistry (Asst. Prof., Dept of Pharmacy) & Dr. V. Sawant (Asso. Prof., Dept of HMM) & Dr. J. Sanghvi (Prof., Dept. of Surgery) at HPL, Gaziabad

# INDUSTRIAL VISIT – MEDISYNTH

On the 5<sup>th</sup> day of January 2019, an industrial visit to "Medisynth Chemical Pvt Ltd" was organized by the faculty of Department of Pharmacy for the I BHMS as per the curriculum of Pharmacy Subject.

Students were divided into 2 batches, each batch containing 50 students. On reaching Medisynth the students were enlightened with the job carried by Medisynth. Dr. Prakash Joshi, the Technical Advisor of Medisynth enlightened the students with the topic of "GMP- Goods Manufacturing Practice". Dr. Joshi also guided the students on the potentisation of Homoeopathic Medicine and the different processes which are involved in the production of drugs through the PowerPoint Presentation. After the presentation, the students were again divided into 3 batches to have a look at the manufacturing unit of the factory. The factory had different units like the "Research and Development Department" for developing and manufacturing high-quality homeopathic products.

After having visited all the Medisynth departmental units the students were acknowledged with a certificate and a calendar as a thank you gesture. This Industrial Visit overall proved to be very informative and helped the students in understanding the different procedures of manufacture of Drugs.



I BHMS students seen along with Dr. Virkar (Asso. Prof., Dept of Pharmacy) & Dr. Gopale (Prof., Dept of Physiology) at Medisynth Chemical Pvt Ltd, Navi Mumbai

# **COURTROOM VISIT**

On Wednesday 25<sup>th</sup> April, 18 under the supervision of Dr. Aparna Kulgude (HOD & Asso. Prof., Dept of FMT) & Dr. Anjali Lamture (Asst. Prof., Dept of FMT), the students of II BHMS visited the District Court at C.B.D Belapur.

The students were divided into three batches consisting of 25-30 students. Each batch was allowed to attend different courtrooms.

The students witnessed different court sessions of -

- 1) Legal property matters.
- 2) Delayed payment of debt.
- 3) Child custody.
- 4) Sexual assault, etc.

After the observation of cases at different courtrooms, the students assembled and discussed the cases seen in their respective courtrooms. Also, students got guidance from the senior lawyer of the court. The overall experience was highly educative and informative and the students received subjective knowledge about the judicial proceedings required for this subject.



II BHMS students seen along with Dr. A. Kulgude (HOD & Asso. Prof., Dept of FMT) & Dr. A. Lamture (Asst. Prof., Dept of FMT) during the Courtroom Visit

### POLICE STATION VISIT

On 29<sup>th</sup>, 30<sup>th</sup> May and 1<sup>st</sup> June 18, under the supervision of Dr. Aparna Kulgude (HOD & Asso. Prof., Dept of FMT) & Dr. Anjali Lamture (Asst. Prof., Dept of FMT), the students of II BHMS went for a Police Station Visit at sector-7, Kharghar, Navi Mumbai.

The students were divided into three batches A, B and C consisting of 25-30 students each and every batch visited the Police Station from  $29^{th}$  May  $-1^{st}$  June in batches.

The students witnessed various things such as FIR papers, case files, panchnama report, and different types of rifles, guns, and bullets. They also received detailed information about the same.

The overall experience was very educative and the students received subjective knowledge about the Medico-legal cases, its inquest procedure, the role of police, the role of medicolegal expert, etc.



II BHMS students seen along with Dr. A. Lamture (Asst. Prof., Dept of FMT) & Inspectors during the Police Station Visit

# **POSTMORTEM VISIT**

The postmortem visit was conducted at the postmortem department of Grant Medical College & Sir JJ Group of Hospitals. The students were divided into batches and were given specific dates for visit from  $4^{th} - 9^{th}$  September, 18. The students assembled at JJ Hospital Campus at 9 am.

The purpose of this postmortem visit was to get a clear idea of how the bodies are being examined medicolegally and what are the procedures and format for the same. Students came to know how to determine whether the death is natural or unnatural, how to identify the time since death from signs of death and medicolegal aspects of death. The students had an informative experience from this visit. The students also got a fair idea when to send the body for postmortem, how to prepare postmortem report, when to issue a death certificate, etc.



II BHMS students seen along with Dr. A. Lamture (Asst. Prof., Dept of FMT) at the postmortem department of Grant Medical College & Sir JJ Group of Hospitals

## THE FORENSIC SCIENCE LABORATORY VISIT

The Forensic Science Laboratory Visit in accordance with the academic curriculum of MUHS, Nashik was conducted by the Dept of Forensic Medicine & Toxicology by Dr. Aparna Kulgude (HOD & Asso. Prof., Dept of FMT) & Dr. Anjali Lamture (Asst. Prof., Dept of FMT), and Dr. Swati (Guest Prof., Dept. of FMT) on 7<sup>th</sup> of February'19 at Kalina University, Santacruz at 11 am.

Upon arrival, the students were allocated different batches to be headed by their respective group leaders to maintain the smooth functioning of the groups while inside the premises. The university also welcomed other college students from various places to attend the workshop. The entire workshop was divided into several sections: - Physics division; Biology and serological division; Ballistics division; Cyber forensic division; Forensic psychology division; General analytical and instrumental division; DNA examination; Prohibition of alcohol section & Tape authentication and speaker identification. The students imbibed a great deal of knowledge in regards to their syllabus and practically visualizing the theoretical portion proved helpful to a great extent and simultaneously interesting to the students. The students expressed their heartfelt gratitude to their teachers for arranging this visit.



II BHMS students seen along with Dr. A. Kulgude (HOD & Asso. Prof., Dept of FMT) & Dr. A. Lamture (Asst. Prof., Dept of FMT) during the Forensic Science Laboratory Visit at Kalina University, Santacruz

# **BLOOD BANK VISIT**

The blood bank visit was conducted at the blood bank of Grant Medical College & Sir JJ Group of Hospitals. The students were divided into 3 batches of 22 students each & each batch was given specific dates between 4<sup>th</sup> - 6<sup>th</sup> September, 18 for the blood bank visit. The students assembled at JJ Hospital Campus at 9 am.

The purpose of this Blood Bank Visit was to get a clear idea about the blood and its component, separation methods used to collect different components of the blood, their shelf life, conditions in which different components of blood are administered, the importance of cross-matching etc.

The overall experience from the visit was very informative and helpful for the students to understand the importance of blood and haematology in general.



II BHMS students at the Blood Bank of Grant Medical College & Sir JJ Group of Hospitals

# **COMMUNITY MEDICINE VISITS**

Subject of Community Medicine is taught in IV BHMS.

To understand various theoretical topics in detail and have a visual & practical understanding of the topics, various field visits are arranged with the aim of enhancing the knowledge of the student and to uplift their performance, too.

#### **Various Field Visit Conducted:-**

- Industrial Visit 31/01/18
- Public Health Laboratory 26/03/18
- Kripa Foundation 14/06/18
- Ali Yavar Jung 25/06/18
- Sewage Treatment Plant 12/07/18
- Mahananda Milk Colony 19/07/18
- Family Planning Association 17/07/18
- Primary Health Centre 21/07/18
- **FADA** 27/07/18
- Kasturba Hospital 25/07/18 to 10/08/18
- Haffkine Institute 17/09/18
- **Mental Hospital** 06/09/18
- Water purification plant 03/10/18

# KASTURBA HOSPITAL VISIT

KASTURBA HOSPITAL established in 1892, a centre for infectious disease. The whole and sole aim is for the purpose of isolation. The hospital on entering has a view of abundance of trees and a lot of greenery all over. Our 15 days of visit begun by division into groups and visiting each ward alternatively. The wards were as follows: fever- male and female, pediatrics, hepatitis-male, female and pediatrics, malaria, dengue ward, chicken pox, and measles ward. Why chicken pox ward? After all, it is a self-limiting disease.... The purpose is isolation.

This being the first time for most of us we got to see Hepatitis patients and many other patients with a history of clinical conditions like coarctation of aorta, aplastic anemia, leukemia with chicken pox, CSOM with chicken pox. We got to see 3 TB patients. Every day there were at least 2-3 new patients in each of the wards. We learned detailed history taking and cherry on the top was the clinical examination of every patient we got to do. In follow-up, we learned about the process of recovery and complications. In new patients, we got a chance with history and clinical examination to come to a diagnosis and verify the next day.

In fever ward there were at least 30 patients with the same diagnosis, here we got to individualize the patient and also look for the scope of Homoeopathy. In the malaria ward, the fever pattern and the time modality were different. We also referred patients of the pediatric ward with some chronic tendency to take Homoeopathy. Burns ward was very informative. We got to see many types of homicidal, suicidal and accidental cases of burns. They also have a special department of HIV and a therapeutic department of HBOT (Hyperbaric Oxygen Therapy) and vaccination centre. It was a great experience of observing and interacting with patients. In the entire visit was a good opportunity to apply the knowledge of case taking, look out for the scope of Homoeopathy and a lot of food for thought.



IV BHMS students seen along with Dr. P. Yamgar (Asst, Prof., Dept of Community Medicine) attending one of the sessions at Kasturba Hospital during their visit



**FOR** 

BEEN NOMINATED AS A SENATE MEMBER, MUHS FOR THE 3<sup>rd</sup> TIME



DR. (MRS.) P. P. PAGE DEAN AND DIRECTOR

BEEN ELECTED AS DEAN FACULTY HOMOEOPATHY, MUHS



DR. D. G. BAGAL VICE PRINCIPAL

BEEN ELECTED AS MEMBER BOARD OF STUDIES -PARACLINICAL, MUHS



DR. FALGUNI JOSHI HOD &ASSO. PROF DEPT. OF PATHO

#### **STAFF ACHIEVEMENTS**



Our Dean, Dr. (Mrs) Page receiving the prestigious Dr. Mahendra Singh Memorial award for 'Best Principal' from Dr. Arun Bhasme (Ex-Vice-President CCH) and other dignitaries at Hyderabad



Dr. Falguni Joshi, HOD & Asso. Prof., Dept of Pathology been felicitated by Mrs. Kalpana Pol, Secretary for been nominated as Member - Board of Studies, Paraclinical, MUHS. Seen are Dr G. D. Pol, Chairman and Dr. (Mrs) Page, Dean

# **STAFF ACHIEVEMENTS**



Dr. Bagal (Vice- Principal) been felicitated by Respected Vice Chancellor Prof. Dr. Deelip Mhaisekar for creating history by being elected as the Dean - Faculty Homoeopathy, MUHS



Dr. Bagal (Vice- Principal) been felicitated by our Chairman Dr G. D. Pol & Secretary Mrs Kalpana Pol for being elected as the Dean – Faculty Homoeopathy, MUHS

# STAFF ACHIEVEMENTS



Dr. Neena Menon, Prof. Dept of HMM participated in Poster presentation competition organized by AYUSH at International AYUSH Conclave, Thiruvananthapuram



Dr. U. Agale, Asso. Prof., Dept of Repertory presenting a paper at Leveraging Information Technology for Agricultural & Nutritional Development Seminar at Kandivali.

# **FACULTY MEMBERS**



# DEAN/ DIRECTOR DR (MRS) P. P. PAGE & VICE-PRINCIPAL DR. D.G. BAGAL SEEN ALONG WITH

FIRST ROW (FROM L TO R): DR SHARMA, DR KULGUDE, DR PAWAR, DR DAND, DR JOSHI, DR SELIYA, DR POL, DR V. SAWANT, DR MISTRY.

**SECOND ROW (FROM L TO R):** DR GOPALE, DR SANGHVI, DR MENON, DR BHAGWAT, DR DANDGE, DR VIRKAR, DR BHOSALE.

**THIRD ROW (FROM L TO R):** DR YAMGAR, DR MORE, DR LAMTURE, DR RAWALE, DR TAMBEWAGH, DR S. SAWANT, DR AGALE, DR UTEKAR, DR VICHARE, DR CHIKALE, DR ASWALE, DR MESHRAM.



Ms. Shweta Shervegar, IV BHMS student been felicitated by Chairman - Dr. G. D. Pol & Secretary - Mrs. Kalpana Pol for winning Silver medal for India in 49er FX Sailing Event at Asian Games, Jakarta 2018. Seen along are Dr. (Mrs) K. Pol-Nalawade (Trustee), Dr. Page (Dean) & Dr. Bagal (Vice Principal & Dean Faculty- Homoeopathy, MUHS)



Our IV BHMS student Ms. Shweta Shervegar felicitated by Dr. Page (Dean); Dr. Bagal (Vice Principal & Dean Faculty- Homoeopathy, MUHS) & Dr S. Dandge (Prof., Dept of Anatomy) for making us all proud by conquering the Silver Medal in 49 er FX Sailing Event at Asian Games 2018



During the convocation ceremony at MUHS, Nashik our student, Dr. Krutika Mishra receiving Dr (Mrs) Varsha

Ramakant Dagade - Gold medal award for securing highest marks in the subject of Organon in IV BHMS, at Winter

2017 MUHS examinations



During the convocation ceremony at MUHS, Nashik our student Dr. Shreepee Singh receiving Dr Arun Bhasme award for securing the highest marks in the subject of Repertory in IV BHMS, at Summer 2017 MUHS examinations



Our student, Mr. Manish Sharma awarded with Dr. Malati Allen Noble Award at the 7<sup>th</sup> Dr. Malati Allen Noble Award

Ceremony 2018 for securing the 1<sup>st</sup> position at Final BHMS, MUHS Examinations



Mr. Manish Sharma, intern awarded the 1st prize at New Frontiers in Homoeopathy 2018, a seminar cum Quiz competition jointly organized by Arefa Memorial Charitable Trust



Our PGs Dr Sayli Patil (Dept of HMM), Dr. Riddhi Pathare (Dept of Organon), Dr Siddhi Salunkhe (Dept of Medicine), Dr Vishaka Shah (Dept of Medicine), Dr. Kinjal Sanghavi (Dept of Organon) & Dr Pragati K (Dept of HMM) presented their proposal for MUHS Short Term Research Grant (STRG) at MUHS State Level Research Conference



Dr. Kajal Jain, our PG Part I student (Dept of Repertory) receiving the 2nd prize for Poster presentation competition at AYUSH India Expo 2018, Ahmedabad, Gujarat.

# STUDENT COUNCIL 2018 – 2019 WITH COUNCIL STAFF



# DEAN/ DIRECTOR DR (MRS) P. P. PAGE & VICE-PRINCIPAL DR D.G. BAGAL SEEN ALONG WITH

FIRST ROW (L TO R): DR RUPALI AHIRE (HALL AND FELICITATION COMMITTEE), DR SIMANTINI NARWANE (HALL AND FELICITATION COMMITTEE), DR SHAMLI KAMBLE (ACADEMIC SECRETARIES), DR ABHIJEET GAIKWAD (ACADEMIC SECRETARIES), DR PRIYA GORE (FOOD COMMITTEE),, DR TEJA NIMBALKAR (PHOTOGRAPHY COMMITTEE), DR OMKAR MHASHELKAR (PHOTOGRAPHY COMMITTEE), DR DEEPIKA TELGOTE (AV COMMITTEE), DR SHRUTI HALDANKAR (MARKETING COMMITTEE), DR JYOTI PANDEY (CULTURAL SECRETARY)

**SECOND ROW (L TO R):** DR. PRATIK MORE (SPORTS EXECUTIVE), DR. VARSHA SHARMA (CHIEF EDITOR), DR. POONAM DAND(CULTURAL EXECUTIVE), DR. SWATI BHAGWAT (PG COORDINATOR), DR. SEEMA DANDGE(VICE PRESIDENT), DR. FALGUNI JOSHI (VICE PRESIDENT), DR. SAMEER POL (CULTURAL EXECUTIVE)

THIRD ROW (L TO R): RUSHAB JAIN (EXCURSION SECRETARY), SAFA GHARE (LADIES REPRESENTATIVE), SWAPNIL LINGAYAT (TREASURER), RAIYA MOMIN (MAGAZINE SECRETARY), UMESH DIKE (ACADEMIC SECRETARY), SAYALI JADHAV (SPORTS SECRETARY), KARAN GADE (SPORTS SECRETARY), HADEEQA KHAN (CULTURAL SECRETARY), MAITRAV SANKHE ( GENERAL SECRETARY), YASHIKA SHETTY ( CULTURAL SECRETARY), FARDEEN DADAN (SPORTS SECRETARY), JAISHREE RATHOD (SPORTS SECRETARY), RAHIL SHAIKH (MAGAZINE SECRETARY), PRERNA JAISWAL (NSS COORDINATOR), SIDDHANT MHATRE ( TREASURER), JAHAD DAYER (EXCURSION SECRETARY)

# SPORTS WEEK (AVHAAN) 2018 - 19



**CHESS TOURNAMENT** 



**VOLLEYBALL MATCH** 



**BOX CRICKET TOURNAMENT** 



**THROWBALL MATCH** 



**TUG OF WAR MATCH** 



INTERCOLLEGIATE CRICKET TEAM

# CULTURAL EVENTS (UMANG) 2018 - 19













# SPORTS ACHIEVMENTS

#### **CRICKET**

Boys: Fardeen and Team Girls: Tanvi and Team

#### **TUG-OF-WAR**

Boys: Piyush and Team Girls: Akansha and Team

#### **VOLLEYBALL**

Boys: Shahnoor and Team

#### **THROWBALL**

Girls: Prachi and Team

#### **FOOTBALL**

Boys: Prathmesh and Team

#### кно-кно

Girls: Kajal Saraf and Team Boys: Pradeep and Team

#### **LAGORI**

Girls: Tanvi and Team

#### **CHESS**

Boys: Rushabh Jain Girls: Priya Goden

#### **CARROM SINGLES**

Boys: Shams Khan Girls: Komal Jain

#### **CARROM DOUBLES**

Girls: Piyusha and Komal

#### **TABLE TENNIS SINGLES**

Boys: Dr Omkar Mhashelkar Girls: Devyani Ghagre

#### **TABLE TENNIS DOUBLES**

Boys: Ajinkya and Karan

#### **TABLE TENNIS MIXED DOUBLES**

Jayendra and Sayali Patil

#### **BADMINTON SINGLES**

Boys: Dr Yashodeep Girls: Devyani Ghagre

#### **BADMINTON OPEN DOUBLES**

Fardeen and Parth

#### **PUBG SOLO**

Omkar Patwardhan

#### **PUBG SQUAD**

Vidyabhushan Jaiswal Nikhil Govindalwar Pankaj Shinde Aaisha Khan

# **CULTURAL ACHIEVMENTS**

#### Mela Day

Ramp Walk: Jyoti and Team

**Traditional Dance:** 1<sup>st</sup>-Aditi and Ami; 2<sup>nd</sup>-Akansha

### **Enchantrix**

**Tattoo making:** 1<sup>st</sup>-Shivani, Shruti; 2<sup>nd</sup>-Saba

Nail Art: 1<sup>st</sup>-Sanjeevani; 2<sup>nd</sup>-Farheen

Forensic Hunt: Pranita and Team

Ramp Walk: Couple - Jayendra and Piyusha; Boys - Sumedh; Girls - Sonali

How well do you know your partner? : Minhal and Rukhsar

### Jashn-e-Baraat

Mehendi: 1<sup>st</sup> - Sadaf; 2<sup>nd</sup> - Yusra

Make-up:1<sup>st</sup> - Alisha; 2<sup>nd</sup> - Yusra

**Harry Porter Hunt:** Vidyabhushan and Team

Ramp Walk: Jahad and Misbah

Sangeet Dance: 1st - Neha and Group; 2nd - Hrishikesh and Group

Antakshari: Nidhi and Team

### **Hawaiian Day**

Hair styling: 1<sup>st</sup> - Alisha, Saba; 2<sup>nd</sup> - Shruti

**Beg Borrow Steal:** 1<sup>st</sup> - Jay and Team; 2<sup>nd</sup> - Akshata and Team

Ramp Walk: Group - Hiba and Group; Boys - Omkar Kadam

**Musical Chair:** Girls - 1<sup>st</sup> - Trupti; 2<sup>nd</sup> - Nidhi

 $Boys = 1^{st} - Parth; 2^{nd} - Fayyaz$ 

Acting-mimicking: 1st - Neha; 2nd - Kashaf

**Bollywood Quiz:** 1<sup>st</sup> - Neha and Team; 2<sup>nd</sup> - Nidhi and Team

**Madlip:** 1<sup>st</sup> - Jayendra and Piyusha; 2<sup>nd</sup> - Parth and Tanmay

# **ACADEMIC RANKERS**

#### **I BHMS**



Ms. Nusrat Shaikh (1st rank)



Mr. Hazrat Mansoori (2nd rank)

#### **II BHMS**

#### (SUMMER 2018)



Ms. Akshita Jain (1st rank)



Ms. Diksha Danane (2nd rank)

### (WINTER 2018)



Ms. Shaheda Shaikh Ms. Shruti Sawant (1st rank)



(2nd rank)

#### **III BHMS**

#### (SUMMER 2018 – 2015 Course)



Ms. Janhavi Malvankar (1st rank)



Ms. Riddhi Kulkarni (2nd rank)

#### (SUMMER 2018 – New Course)



Ms. Shraddha Sable (1st rank)

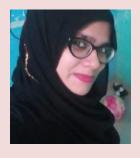


Ms. Prachi Mhatre (2nd rank)

# **ACADEMIC RANKERS**

#### III BHMS

(WINTER 2018 - 2015 Course)



Ms. Zahider Maniyar (1st rank)



Ms.Ayesha Majeed (2nd rank)

(WINTER 2018 - New Course)



Mr. Atharva Chemburkar (1st rank)



Ms. Priya Soni (2nd rank)

#### **IV BHMS**

(SUMMER 2018)



(1st rank)



Mr. Bhumit Jain Ms. Ankita Sable (2nd rank)

(WINTER 2018)



Ms. Taniya Negi Ms. Anjali Padalkar (1st rank)



(2nd rank)



### HOW TO TAKE HOMOEOPATHIC MEDICINES?



Homoeopathy is a gentle, safe & scientific system of therapeutics which encloses numerous benefits. Popularity regarding homoeopathic treatment is increasing. It is seen that more and more people are opting to homoeopathic treatment. People are generally confused regarding the dosage or potency to be taken in Homoeopathy as there is no standard potency or dosage in Homeopathy. The potency, dosage, and repetition of doses are dependent on several factors such as the patient's capacity to react, nature and stage of the disease; intensity of the disease; previous treatment if taken by the patient; etc. Based on these factors the potency, dosage, and repetition of the dose shall differ from patient to patient. These aspects can be appropriately assessed only by a qualified Homoeopathic physician. Hence, self-administration of Homoeopathic dosage is not recommended. Appropriate potency; dosage & repetition of the medicine are essential for rapid, gentle & permanent homoeopathic cure.

In Homoeopathy, there is no fixed duration for the cure & treatment as the reactivity of the medicine differs from person to person. Some patients may require the medicine to be consumed for longer periods while some may require it for a shorter duration. Homoeopathic medicine is not dependent on the disease but depends upon the symptoms expressed by the patient. The Homoeopathic physician is the best person to judge the treatment duration for every individual case.

There are certain instructions that have to be followed when consuming Homoeopathic medicine for effective action of Homoeopathic medicines.

Some of them are as follows:-

- Minimum 10-15 minutes before and after consuming the medicine intake of food or drinks should be avoided. Medicine should be preferably consumed on a clean and fresh mouth.
- Intake of raw onions, raw garlic, and strong coffee is to be avoided immediately before or after taking homoeopathic medicines as they may interfere with the absorption of the medicine and it may also hinder the action of the medicine.
- The medicine is to be avoided immediately after consuming tobacco or alcohol.

Modes of consuming Homeopathic medicines –

Homoeopathic medicine is actually the liquid which is dispensed in different methods. The liquid is dispensed in different ways. Some of the ways of dispensing the liquid are as follows:-

- The medicine dispensed in small white globules or in powder should be kept on or below the tongue and it should not be chewed or swallowed. The medicine shall itself get dissolved in the saliva.
- The medicine dispensed directly as liquid, appropriate quantity of the liquid, as instructed by the qualified Homoeopathic physician is mixed in a one-fourth cup of water, stirred and should be consumed. It should be taken as instructed by the qualified physician.
- The medicine can also be given as olfaction mode or can be rubbed on the skin, which is useful in comatose & unconscious patients.

DR. (MRS) P. P. PAGE

MD (Hom)

Dean/ Principal

# THE ESSENCE OF HOMOEOPATHY



Homeoepathy is the science of therapeutics based upon Nature's Law of Cure. It is based on the principle "Similia similibus curentur" which means "Likes are treated by likes". It strives for stimulating the body's own defense mechanisms and processes, so as to prevent or treat illness. It does not seek to mask symptoms but seeks to cure. In Allopathic system---analgesics, antispasmodics etc are prescribed based on the diseased conditions whereas Homoeopaths select remedies by considering the overall status of the patient i.e. disease symptoms, their lifestyle, emotional and mental states, environmental factors, etc.

Diseases can be acute or chronic depending upon the onset, duration, and pace of disease. Homoeopaths can treat both these conditions if the case taking is done properly. In acute cases, the ailments from or the causative modality should be given prime importance. Complaints like headache started after exposure to sun or rain is one of the examples of causative modality. Here medicines are prescribed on the basis of acute totality.

Homoeopathy is very much useful for seasonal complaints (recurring/annually) like respiratory problems, skin infections, etc. In such chronic cases, a deeper understanding of the patient's history like--- personal, family, past illness, treatment, etc should be considered in order to select a correct similar remedy which leads to cure. In this case, constitutional medicines are prescribed. Homoeopathy is very much effective in complaints resulting from sudden change of weather, exposed to damp atmosphere like rainy season or working in ice factories etc. We have good

medicines to prevent the recurrence of the allergic conditions caused due to certain food substances like peanut, oyster, shell-fish, mushrooms etc. Constitutional medicines are very useful in such conditions.

Biochemic medicines are also used by homoeopaths along with the dilutions, which will help in improving the immunity. This system is based on the law of deficiency which works exactly like vitamin supplements.

We have mother tinctures i.e, extract of the original medicinal substances, useful in metabolic disorders like diabetes, hypertension, etc. Since cure is not possible for such metabolic disorders, we can palliate and keep the levels under control without any side effects.

Polypharmacy is not practiced in homoeopathy. Single medicine in a minimum dose (at a time) is the principle of homoeopathy. Homoeopathic medicines are not to be taken over the counter or by reading related books. There can be a lot of side effects if the medicines are not selected properly. There are certain medicines which can even go deeper and do changes in the genetic level too.

Homeopathy is not steroids. The source of drug preparation is like Ayurveda; i.e, plants, animals, minerals, nosodes, sarcodes, imponderabilia, etc. Each and every medicine is proved on healthy human beings so that the original symptoms are obtained.

The general misconception is that Homoeopathic medicines are very slow acting but the fact is that by proper case taking and selecting a similar remedy, there can be a fast recovery. It is truly a scientific system based on fundamental principles.

Dr. (Mrs) NEENA SURESH MENON

MD (Hom)

Professor, PG Guide – Dept. of HMM

# SCOPE AND LIMITATIONS OF HOMOEOPATHY



It is a known fact that every science has its own scope and limitation, Homoeopathy is no exception to this. Homoeopathy fails to produce a cure in certain diseases while in other cases, Homoeopathy produces marvelous results having a wonderful scope. Homoeopathy is considered to be a safe mode of treatment and can be used safely in all stages of life - childhood, teenager, adolescence or old age.

#### Scope

Homoeopathy has a huge scope in treating various disorders. In certain cases, Homoeopathy has also averted the need of surgery. Some of the conditions where Homoeopathy can be successfully used in treating are as follows:-

- Diseases with functional disturbances.
- Skin diseases such as acne, warts, corns, psoriasis, eczema, etc.
- Psychiatric disorders like anxiety, depression, etc.
- Female complaints such as menstrual irregularities, dysmenorrhoea, leucorrhoea complaints, menopausal syndrome, infertility, polycystic ovarian disease, fibroids, reproductive tract infection, etc.
- Complaints during pregnancy, labor and post-partum.

- Common paediatric problems those are not life-threatening.
- Psychosomatic diseases such as migraine, acid peptic disease, indigestion, etc.
- So called surgical condition such as non-malignant prostratic enlargement, fissures, fistula,
   piles, renal stone, etc.
- Conditions pre and post surgical operations.
- Can be given before and after tooth extraction, to arrest bleeding.
- In fractures where homoeopathy can help in decreasing the pain and in hastening recovery.
- Diseases of viral origin such as common cold, inflammation of the liver, measles, chicken pox, herpes, conjunctivitis, etc.
- Recurrent attacks of tonsillitis, coryza, renal stones, etc.
- Epidemic conditions.
- Prevention of certain conditions.

#### Limitation

Homoeopathy has limited scope in:

- Diseases with irreversible advanced pathological changes.
- In genetic, congenital and metabolic disorders.
- Diseases due to long continued use of large doses of allopathic medicines.
- In cases where surgery cannot be avoided.

In cases where Homoeopathy has a limited scope to cure; it can offer temporary relief to the patient, free of any side effects.

Hence, Homoeopathy can be definitely considered as an important mode of therapeutics in various curable conditions.

DR. VARSHA SHARMA-KAPILA

MD (Hom)
Asso. Prof & PG Guide, Dept. Of Organon

# **OBESITY - AN EPIDEMIC**



Obesity is identified as a medical condition marked by the accumulation of excessive body fats with negative health impacts. It is generally termed as a Body Mass Index (BMI)

Formula to calculate BMI:-

BMI = weight of a person (Kg) ÷ height of a person (m2)

BMI beyond 30 kg/m2 = Obese

BMI between 25-30 kg/m2 = Overweight

BMI between 18.5-24.5 kg/m2 = healthy

#### **Prevalence:-**

Though India is still a developing nation which is been struggling with conditions like poverty, malnutrition, and diseases. India is on second position for obese children in the world i.e 14.4 million obese children. A recent study spanning 195 countries and territories from 1980-2015 published in The New England Journal of Medicine ascertained that 2.2 billion children and adults worldwide were struggling with obesity. Data released by World Obesity Federation a community of organizations dedicated to solving the problem of obesity shows that the percentage of Indian adults living with obesity is set to jump to around 5% by 2025 from 3.7% in 2014.

#### **Causative factors:-**

- Genetic Factors: genes may affect the amount of body fat store and where that fat is distributed.
- Family Lifestyle.
- Personal Inactive lifestyle.
- Stress.
- Medical Problem.
- Certain Medications.
- Social and Economic issues.

### Stress and Obesity relation:-

### 1) Serotonin:-

In stressful conditions people go for foods like muffins, pastries etc which are rich in carbohydrates, it raises body's serotonin level which makes the body feel good because serotonin is chemical which makes the body feel good.

#### 2) Cortisol:-

Chronic stress  $\rightarrow$  increases release of cortisol  $\rightarrow$  critical in managing fat storage and energy use in the human body. Cortisol is known to increase appetite and may encourage cravings for sugary or fatty foods.

#### **Prevention and Management:-**

- 1) It can be prevented by bringing change in lifestyle and strict dietary regimes.
- 2) Physical activity i.e Exercise. Physical activity should be incorporated into the daily routine including walking, climbing stairs, household chores, gardening or sports.
- 3) Physical education in school and colleges is a must.

- 4) Use of footpaths in urban areas.
- 5) Stress-related Obesity prevention:-
  - Eat properly at proper time even during stress ---because when a person is hungry and
    does not eat for a long time sugar level goes low. Then, the person will eat anything
    leading to Obesity.
  - Eat small quantity at a time: divide total daily calories into smaller portions.
  - Eat healthy food:- Food which is in a combination of protein and carbohydrates. Avoid food having fats and sugar.
  - Always think before eating when in stress
  - Should be able to deal with stress: can be possible by trying yoga, meditation, regular exercise, spending time with friends, seeking counseling, reducing the number of stressors in life, etc.

DR. AMRUTA. V. PAWAR

MD (Hom)

Asst. Prof., PG Guide

Department of Repertory

## **HEALING BY HOMOEOPATHY**



The likes cures like system or rather let likes be treated by likes principle adopted by a German physician, Dr. Samuel Hahnemann in response to the cruel treatment of the physicians during his times sparks a great thought after an experiment that gave birth to an entirely different system of medicine known by the name HOMOEOPATHY.

Brought to India in the early 19th century and practiced then in some areas soon expanded its territory in major parts of India due to widespread use and successful results. With over 100 million users in the past year, this system of medicine awaits to be recognized as the main line of treatment besides the allopathic system of medicine.

Known popularly for treating chronic ailments like high blood pressure, kidney stones, variegated allergies, skin problems, asthma, insomnia, migraine, mental health disorders, etc. through the medium of pills, tablets or water containing potentized medicines that are extracted from different sources of nature namely vegetation and animals. A striking feature in this system is that it induces treatment of various diseases with the help of drugs that are extracted from healthy or unhealthy secretions of tissues of the body known by Sarcodes and Nosodes.

Homoeopathy being synonymous with no side effects complies with the fact that the medicine prepared here are in extreme dilutions to cause any major side effect thereby rendering it safe for the person taking the doses.

Apart from the symptoms presented by the patient, this pathy involves complete integration of physical, mental and emotional picture of the individual. Thus, curing the person as a whole and not merely on symptomatic basis.

Individualization is the hallmark of homoeopathy implying that not every person gets like treatment for a particular disease/s, the reason behind it is that it focuses on the cause of the disease or eruption of the latent disease. Hence, targeting the cause leads to a permanent cure or healing.

All in all, homoeopathy has achieved popularity in countries across the globe like India, Germany, France, Switzerland, Pakistan, Saudi Arabia and some parts of the United States and UK.

Receiving strong critics from people who label this system quack or impossible, thorough laboratory researches have been done to outcast the false allegations & to determine Homoeopathy's potential and its use to benefit mankind.

MS. SAMEENA THOKAN
II BHMS

## IMPORTANCE OF DIAGNOSIS IN HOMOEOPATHY



DIAGNOSIS according to Stedman's Medical Dictionary is defined as "identifying one particular disease by a name and differentiating it from other diseases which have similarity of symptoms and signs"

In simple terms, it is the art of distinguishing one disease from another.

Diagnosis is basically divided into two types:

- General
- Homoeopathic

In homoeopathy, diagnosis is not of prime importance in the selection of remedy as in Homoeopathy the selection of remedy differs from individual to individual. In Homoeopathy, selection of remedy is based on the symptoms expressed by the individual. No treatment can be planned without the knowledge of diagnosis.

Some of the reasons for which diagnosis in Homoeopathy is important are as follows: -

- In evaluation of the symptoms:
  - Diagnostic group of symptoms is of lesser importance than the therapeutic group of symptoms.

- Common symptoms are of less importance than the peculiar, queer, rare and strange symptoms.
- Symptoms explained on the basis of pathology are less important.
- In the selection of potency.
- Complete diagnosis helps in the thorough understanding of the origin of the symptoms.
- In assessing the prognosis of the case.
- In the selection of a remedy.
- Helps the physician choose his case and eliminate the cases requiring primarily surgical measures of treatment.
- ❖ Aids in prescription by giving information regarding the location and the picture of pathological changes present.
- Enables the homoeopathic physician to plan the general treatment, prophylactic and auxiliary measures.
- Helps in making a comparative assessment of the therapeutic results possible.
- Knowledge of the diagnostic symptoms helps in determining the individual characteristic symptoms, which forms the basis of prescription in the homoeopathic practice.

It is necessary to know the sickness, not from the pathology, not from physical diagnosis, no matter how important these branches are, but by the symptoms which are the language of Nature, and true picture of the diseased individual.

MS. HADEEQA KHAN III BHMS

# <u>HOMOEOPATHY - A FADING SCIENCE OR AN</u> EMERGING BUSINESS FOR QUACKS?



Homeopathy, as founded by Dr. Samuel Hahnemann has been claimed to be nothing more than a "pseudoscience" by most of the "well learned" people around including Google Wikipedia, to which people trust in undoubtedly. Homeopathy has not only earned the tag of being of more of an art and less of a science but also of being nothing more than a placebo effect.

While those who claim to study homeopathy, understand its ground principles well enough to clear exams, they fail to implement those when they set up a practice. The bait of having a prefix of Doctor has been laid well by the societal pressure to have a profession that is perennial and full of profit. Individuals seeking this very comfortably take up the "alternative" medicine path while being still cramped up with an intense desire in being the "mainstream modern" medicine therapeutics. It will be very unjust to criticize one system of medicine only to glorify the other. It, therefore, becomes important to be unprejudiced and unbiased, a concept which has been explained to the hilt by the Mater. To explain a concept to people having no knowledge about the same requires displaying the instances, proofs, and scientific background. Having said that it becomes important to know that no one will understand like cures like at one instance, it will put them off. However, if it is explained with examples originally occurring in nature it becomes easier to send the message across. If said that the way water is required to quickly melt up the ice

block which in itself is water, we with homeopathy treat in a similar manner to nothing but the exaggerated responses of the body defense mechanism against the infections.

The scientificity aspect of Homoeopathy has royally been in question since the time of its inception. One of the main reasons for this being so is the diversity with which it is practiced with different techniques and researches though done are sporadic and lack unity. Qualifying this system only on the basis of subjectivity deviates from the path of simultaneously quantifying it with numbers in standard researches and trials. This lacuna has proven to be very beneficial to the quack community. And the fact cannot be denied that the numbers of these have increased in recent times which have collectively contributed to the world phenomenon of our science to be one of the best businesses with an unquestionable turnover.

The science of homeopathy was not devised to have monetary compensations but was a way to ease people out of the barbaric treatments that were practiced during the old times. Thus, it becomes extremely important to save this science from fading away in the smog of changing times which demand the conscience of the practicing individual. It is the need of the hour to have a firm belief in THE SCIENCE THAT WE CLAIM TO BE OURS and always remember that any great thing when proposed by default undergoes the stages of RIDICULE, IGNORANCE, and ACCEPTANCE. It is only with PERSEVERANCE AND DEDICATION that the drowning ship can be saved and sailed across the ocean.

DR. GAZALA SHAIKH
PG - Part II
Dept of Organon

## **UTILITY OF NOSODES**

Nosodes are those homoeopathic drugs which are made after the homoeopathic process of potentisation of diseased products obtained from living organisms.

#### **Indications of Nosodes:**

- 1. As a constitutional remedy.
- 2. Well chosen remedies do not act.
- 3. When there is a lack of symptoms.
- 4. "Never well since syndrome" (NWSS).
- 5. When a partial picture of the constitutional remedies manifests yet no one remedy completely fits the case.
- 6. The miasmatic intercurrent.
- 7. Related to genus disease pertussin Clarke's whooping cough.
- 8. As homoeopathic prophylaxis.
- 9. As an Auto Nosodes.

#### **Contra-indications of Nosodes:**

- 1. In the active phase of acute disease.
- 2. In the explosive stage of miasm.
- 3. During the active phase of recurrent attacks.
- 4. In an infectious stage i.e. do not use Tuberculinum in established tuberculosis.

#### **Constitutional features of Nosodes:**

- Generally old people Maltreated & chronic diseases.
- Lean, thin, emaciated persons in great debility. Individuals who are weak, nervous & exhausted.
- Offensive odor of the body.
- Loss of vital fluids and vital energy.

- Diathesis Tubercular, scrofulous
- Thermal Chilly.

### **Characteristics: (Physicals)**

- All nosodes are indicated whenever there is a family history.
- In chronic diseases.
- Tendency towards malignancy.
- Suppressed or ill-treated skin disorders.
- All nosodes crave alcohol.
- Profuse perspiration with relief of symptoms.
- Offensiveness.
- · Hemorrhages.
- Chronic catarrhal condition of the lungs.
- Marked tachycardia.
- Remarkable action on the glandular system.
- Cancerous conditions.
- Trembling, intense nervousness.

Dr. YOGESH PATODE
PG - Part I
Dept of HMM



## पहिलं प्रेम

पहिलं प्रेम म्हणजे होडी असते, आपल्या हक्काच्या माणसाची त्यात गोडी असते, तो सावरतो तोल तिचा आणि ती बेभान होऊन वाहते, तो बनतो रूप तिचं आणि ती आरश्यात त्यालाच पाहते!

पहिलं प्रेम म्हणजे कला असते, जेवढी मनापासून सकाराल तेवढी ती सुंदर सजते, ती गिरवते चेहरा त्याचा तो भलताचं बावरून जातो, ती बनते आवाज त्याचा आणि तो तिच्यासाठी गातो!

पहिलं प्रेम म्हणजे प्रवास असतो, दोन जीवांचा एका शरीरातला सहवास असतो, दोघे बनवतात रस्ता भविष्याचा आणि त्यावर चालू लागतात, साथ देऊनि एक मेकांना ऊन-पाऊस एकत्र झेलू लागतात!

पहिलं प्रेम म्हणजे खेळ असतो, सौंदर्य आणि आकर्षणाचा मेळ असतो, भावना शून्य होतात मनात आणि मिटते आपुलकीची ओढ, तुटतं नातं नकळत आणि मिटून जाते प्रेमाची खोड!

Mr. Omkar Amol Kadam III BHMS

## **NIGHT**

It's just so beautiful, To see the cold veil of light, stretching out in the sky, Fading away as farther from the moon, it does fly. The soothing air; intense and cold, Curiously it touches your soul, And searches for words expressing your story, The moonlight strikes, the leaves and barks, And leaves behind their dark shadows, It whispers when it strikes your ears: 'There is shadow, only cause there exists light', And that pleasing silence, Gives you a moment to think deep of your deserving life, The exceptionally sparkling stars, Occupy your eyes for the whole night, And yet remains the moon, most exquisite of it all, Gracing the most requisite nightfall!



Ms. Mokshada Kurkure
I BHMS

## **OBLIVION**

That real pretense

That apparent disguise,

Oh what an oblivion! for the naive

But darling, I have known you since ages

And I know, that hurt you too.

Leaving me was not your choice

But how you run away from the past, says it all

How Your silence speaks volumes

And Your gestures so expressive,

Keeps me pondering,

No matter how much you push me apart

Your coldness shows you have a heart

Ms. Farheen Shaikh III BHMS

## LET's TALK

The night is dark and full of terrors
And in this horrific night
There am i walking down a path
Which seems to be never ending

There must be some fault in my stars

Or else this gloominess wouldn't be suffocating me

I am all dead and dried from inside

Even tears evaporated for some pretentious bravery

Like the 12 tasks of hercules
I am at war inside myself 24/7
Voice echoing inside of me
Shattering my inner peace
Each back and forth resonating in my veins
Controlling my muscles to grasp my phn
To call you....
I know you won't pick up
But i hope you might
Just a sentence i liked to say...

Let's talk!!!!

Those fifty shades of my soul have turned black
Every thought of me is obscure
Your absence is so mesmerizing
That I am totally blinded
You left me with altered senses
Sometimes I feel like I am the world
And sometimes just the oblivion

I know that accio spell from the wizarding world
Won't bring you to me
But I have tried it too
I have tried it so many times
And each time my hopes crushed

It feels like 1000 swords passing through me Like someone has cursed me with septumsempara

Every morning i bathe
I bathe and imagine like waters of styx wet me
I try to feel impregnable
To shoulder the weight of your abyss

Praying daily to the cupid

That he shoots an arrow through your heart

And you start loving me

But my prayers all left unanswered

With constant remorse churning my subconscious

#### Lets talk!!!

I might be those 13 reasons for your pain
But believe me I never did it on purpose
For everything I did was for you
But turned out to oppose you
Nothing ever have i dreamt anything to hurt you
And never would I dream any
But now while I am there lying in arms of sleep
I see you going away from me
My hand trying to hold you
To catch you
But like wind you escape my grip

But like wind you escape my grip And I wake up screaming, panting drenched in sweat..

From outside I may behave like joey
But deep inside I am that ross
Who has nothing in his life left other that heartbreaks
I sure talk to myself
Ask my inner voice
How you doing. ...
Shhssshhh
No response
No reply
No inner voice talking to me

No inner voice talking to me Everything around me and in me

Slowly losing their vocals

Nothing left on them to talk with me

And I still struck on that one wish

From the lamp's jinee

With one message to convey to you on my behalf.

Lets talk....!!!!

Mr. Rahil Shaikh
III BHMS

## **DIGNITY OF WOMEN**

The realization that a woman should be given respect she deserves and equal right as a contributing member of society as her male counterpart, has dawned on society quite late in the history of the evolution of man. Inspite of today's women being educated, most women face problem because of the narrow outlook of society. This outlook has to be changed and it is educated people like you and me who can bring about this change. It is high time we asserted our rights.

Recently there was a case of a new born baby girl being smothered to death.

If the mother was to be blamed, what a heartless creature she must be! Don't people yet realize that women can shoulder responsibility as well as men can?

The first lady astronaut was an Indian from Uttar Pradesh. The majority of teachers handling the delicate minds of the children are women. The majority of doctors handling the delicate patients are women. A women is....

A guide by our side

To some the leading lights,

She plays in our lives.

Many are the roles

Wherever she goes,

She excels and shows

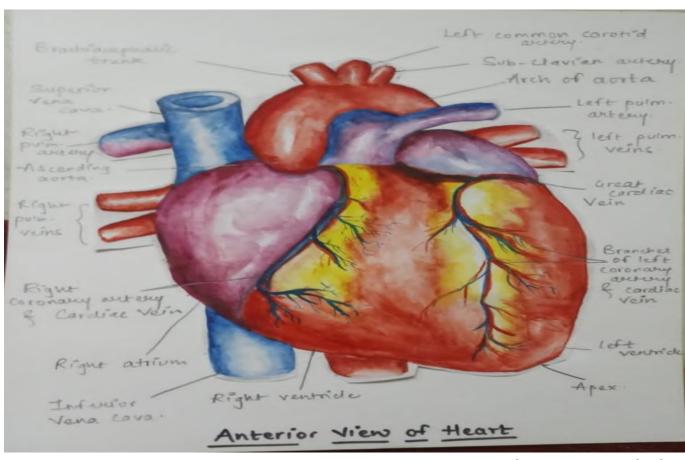
The hand behind every man's success

And also of her own.

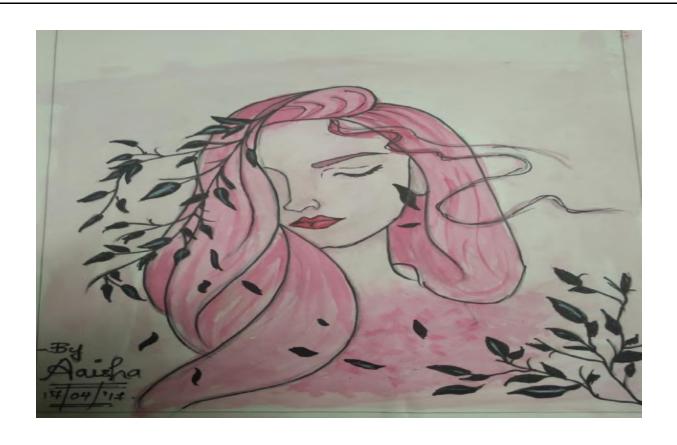


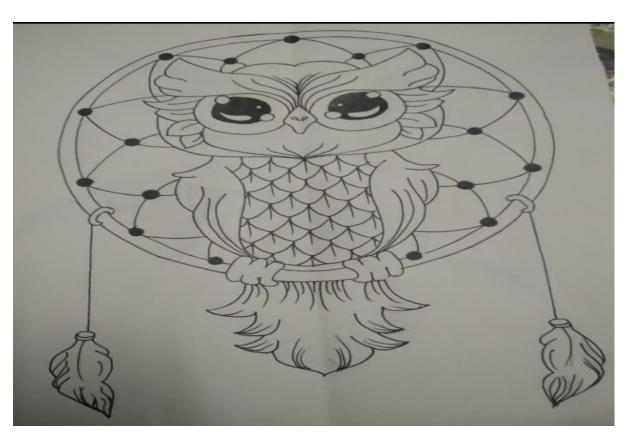
Ms. Yashika Shetty
III BHMS



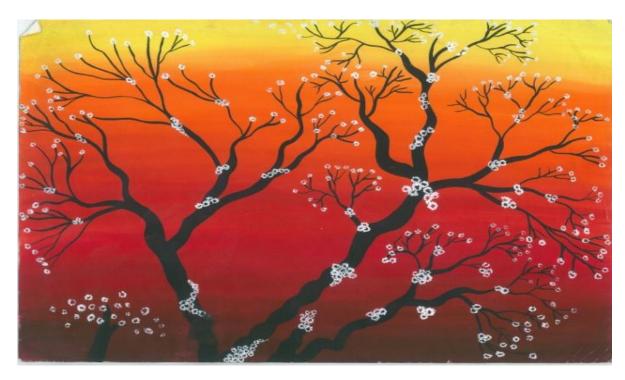


Ms. Shravanee Atul Ghag
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Thank You!