

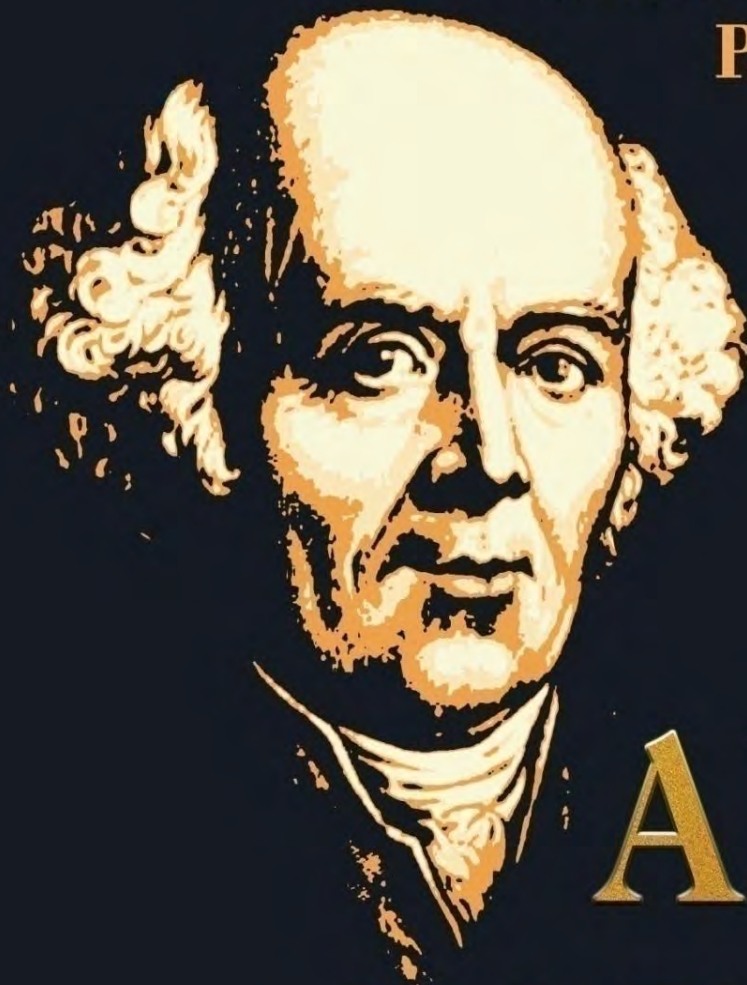


2021-22

Dr. G. D. Pol Foundation

**Y. M. T.
HOMOEOPATHIC
MEDICAL COLLEGE,
P.G. INSTITUTE
& HOSPITAL**

SEC - 4, INST AREA,
KHARGHAR,
NAVI MUMBAI - 401210



**AUDE
SAPERE**

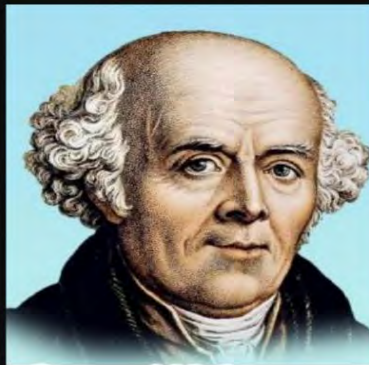
Our Inspiration



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 judgment 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 advise dietetic, hygienic and preventive measure for his benefit according to best of my knowledge and judgment. 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 anyone 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 honored by my fellow beings eternally.

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

2021-22

WORDS OF GRATITUDE



AUDE SAPERERE



डॉ. अनिल खुराना, अध्यक्ष
Dr. Anil Khurana, Chairperson

राष्ट्रीय होम्योपैथी आयोग
National Commission for Homoeopathy

जवाहर लाल नेहरू भारतीय चिकित्सा होम्योपैथी अनुसंधान भवन
नं. 61-65 संस्थागत क्षेत्र, जनकपुरी, नई दिल्ली-110058
Jawahar Lal Nehru Bhartiya Chikitsa Avum Homoeopathy Anusandhan Bhawan
No. 61-65 Institutional Area, Janakpuri, New Delhi-110058
E-mail: chair.nch@gmail.com; Phone: 011-28526873
Website: www.nch.org.in



Message

It is pleasure to convey my best wishes to the Y.M.T. Homoeopathic Medical College & Hospital for releasing of annual college Magazine "Aude Sapere". This initiative brings the students & teachers of various disciplines on a common platform to share & display their ideas and vision. My best wishes to all the staff & students who are involved in publication of this e-magazine.

(Dr Anil Khurana)

Place: New Delhi
Date: 6th October, 2022.



	<p style="text-align: center;">राष्ट्रीय होम्योपैथी आयोग National Commission for Homoeopathy HOMOEOPATHY EDUCATION BOARD होम्योपैथी शिक्षा बोर्ड Jawahar Lal Nehru Bhartiya Chikitsa Avam Homoeopathy Anusandhan Bhavan No.61-65, Institutional Area, Opp. 'D' Block, Janakpuri, New Delhi-110058</p>	<p>Phone: (Direct) 28522506 Email: nchinda21@gmail.co m</p> <p style="text-align: center;"></p>
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F. No. 3-96/2022/NCH/HEB/Massage / 75/0

Dated

06 OCT 2022



MESSAGE

It is pleasure to convey my best wishes to Dr.G.D Pol Foundation, YMT Homoeopathic Medical College for releasing annual college magazine, "Aude Sapere".

AUDE SAPERE is perfect blend of literary articles and achievements by the students and staff. This initiative brings the students and teachers of various disciplines on a common platform to share and display their ideas and vision.

May there are more future achievements on your way to success in future. My best wishes for entire endeavor.

Yours Faithfully

(Dr. Tarkeshwar Jain)

President, Homoeopathy Education Board



महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक
MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

लेफ्टनंट जनरल माधुरी कानिटकर (निवृत्त)
(बालरोग नेफ्रोलॉजिस्ट) पीव्हीएसएम, एव्हीएसएम, व्हीएसएम
कुलगुरु

Lt Gen Madhuri Kanitkar (Retd)
(Pediatric Nephrologist) PVSM, AVSM, VSM
Vice-Chancellor

Date: 21st October 2022

MESSAGE

It gives me immense pleasure to pen a few lines for the Annual Souvenir AUDE SAPERE of Dr. G. D. Pol Foundation Y.M.T. Homoeopathic Medical College Kharghar, Navi Mumbai.

I am extremely happy to note that Y.M.T. Homoeopathic Medical College Kharghar, Navi Mumbai has completed over two decades of successful existence in the field of Homoeopathic education. The invaluable contributions of Dr. G. D. Pol Foundation in the field of health sciences education as well as the involvement and commitment of the Foundation in serving the poor and under-privileged with healthcare services are noteworthy.

I congratulate and extend my best wishes to the students, staff and management of the College.

Lt Gen Madhuri Kanitkar (Retd)

दिंडोरी रोड, म्हासरुळ, नाशिक - ४२२ ००४. (महाराष्ट्र) Dindori Road, Mhasrul, Nashik - 422 004. (Maharashtra)

Tel.: (0253) 2971111, 2539112, 6659112 Fax : (0253) 2539113, 6659113

Website : www.muhs.ac.in Email : vc@muhs.ac.in



महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक
MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK



प्रा. डॉ. मिलिंद निकुम्भ
एम.डी. (रचना शरीर)
प्रति कुलपति

M.D. (Rachana Sharir)

MESSAGE

I am very glad to know that Dr. G. D. Pol Foundation Y.M.T. Homoeopathic Medical College, Navi Mumbai is publishing the Annual Magazine "**Aude Sapere**".

I hope the magazine would not only provide an appropriate platform to the students to exhibit their creative ideas and literary skills, but also highlight the activities of college.

I wish the organizers, teachers and students of the College all success in their endeavours and best wishes for successful publication of the Annual Magazine "**Aude Sapere**".

(Prof Dr. Milind B. Nikumbh)
Pro-Vice Chancellor

दिंडोरी रोड, म्हासळ, नाशिक - ४२२ ००४. (महाराष्ट्र) Dindori Road, Mhasrul, Nashik - 422 004. (Maharashtra)

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म्हसऱूळ, दिंडोरी रोड, नाशिक - ४२२ ००४

Phone: 0253-2539175 / 176 E-mail: www.pr@muhs.ac.in, muhs.pro@gmail.com / Web: www.muhs.ac.in



डॉ. राजेंद्र शिवाजी बंगाल

एम.बी.बी.एस, एम.डी. (न्यायवैद्यकशास्त्र), डी.एन.बी, एल.एल.बी.

कुलसचिव

मआवि/पीआर/283/2022

Dr. Rajendra Shivaji Bangal

M.B.B.S, M.D. (Forensic Medicine), D.N.B, L.L.B.

Registrar

दि. 29 सप्टेंबर 2022

— शुभेच्छा संदेश —

डॉ. जी. डी. पोळ फाऊन्डेशन वाय. एम. टी होमिओपॅथिक मेडिकल कॉलेज, खारघर, नवी मुंबई यांना वर्धापन दिनानिमित्त विद्यापीठ परिवाराकडून हार्दिक शुभेच्छा.

आपले महाविद्यालय शैक्षणिक कार्याबरोबर समाजाशी नाळ जुळवून ठेवत आरोग्य आणि सामाजिक कार्यात सजगता निर्माण करण्याचे सकारात्मक कार्य करत आहे. महाविद्यालयाच्या वर्धापन दिन निमित्ताने प्रकाशित करण्यात येणारी ई-स्मरणिका आरोग्य क्षेत्रातील व्यक्ती, डॉक्टर, अभ्यासक व विद्यार्थी यांना मार्गदर्शक ठरणार आहे.

आपल्या प्रेरणादायी कार्याचा आलेख सदैव उंचावत राहो ही अपेक्षा. आरोग्य विज्ञान विद्यापीठातर्फे 'Aude Sapare' स्मरणिकेचे प्रकाशक व सर्व समिती सदस्यांना शुभेच्छा. तसेच भावी उपक्रमासाठी पुनःश्च मनःपूर्वक शुभेच्छा.

— 100 —
29/9/22
कुलसचिव

प्रति - मा. अधिष्ठाता

डॉ. जी.डी.पोळ फाऊन्डेशन वाय.एम.टी.
होमिओपॅथिक मेडिकल कॉलेज
इन्स्टिटयुशनल एरिया, सेक्टर 4, खारघर
नवी मुंबई - 410 210

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



We congratulate the endeavor taken by Dr. G. D. Pol Foundation YMT HMC to release their Annual Magazine **Aude Sapere**. This magazine is the sincere attempt undertaken to encourage writing skills and other creativity of the students. It is worth mentioning that the Homoeopathy Institute which is the pioneer institute of Dr. G. D. Pol Foundation Institutes is making immense efforts to enhance its alcove. It is full of gratification to see students passing out from this institute and surpassing in various clinical and academic fields. We cherish the persistent efforts taken by the Dean, Vice-Principals and faculty members in contributing their best and striving hard in sustaining higher standard of education and in achieving greater heights, towards the progress of humanity.

Wishing great triumph to **Aude Sapere** and everyone of YMT HMC in propagating and scaling Homoeopathy to large heights.

DR. GAJANAN POL

Chairman

MRS. KALPANA POL

Secretary

FROM THE TREASURER'S DESK



I congratulate the efforts taken by Dr. G. D. Pol Foundation YMT HMC, in launching their E-version of Annual Magazine – **Aude Sapere**.

I extend my best wishes to Dr. (Mrs.) P. P. Page - Dean; Dr. D. G. Bagal and Dr. S. Dandge - Vice Principals, faculty members; students & all those who continue to contribute their best in making the Institute accomplish success in several aspects & 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**.

DR. SHYAM PATIL

Treasurer

FROM THE DEAN'S DESK



It is a matter of great pride and pleasure to present to you our Annual Magazine “**Aude Sapere**” 2021-2022. It accentuates the achievements, hidden talent, creativity and activities of our staff and students. This magazine is the result of the contributions made by staff and students along with immense efforts made by the editorial board.

My students continue to excel in several inter-collegiate academic and extra-curricular events. Our institute bestows quality education, motivates and empowers the students as trained learners, analytical thinkers and productive members of this ever changing global society. With the active co-operation and motivation from our Chairman Dr.G.D.Pol Sir, Management, devoted and dedicated teaching and non-teaching staff, we all together constantly flourish, evolving the personality and competitive spirit of our students.

Wishing my students and faculty members good luck in achieving new summit of progress and prosperity.

DR.. (MRS.) P. P. PAGE

Dean / Director

FROM THE VICE PRINCIPAL'S DESK



Welcome you all to the Dr. G. D. Pol Foundation YMT Homoeopathic Medical College and Hospital and PG institute.

Our institute is one of the highly esteemed and very well reputed institute in India. We, at our institute believe in all round personality development of students wherein our faculty plays important role in shaping their future. We believe in strict discipline in our curriculum. We motivate students to stay focused and involve in lot of clinical activities. Academically our students are very strong and achieve gold medals at University level.

Being Vice President of student Council for last 20 years, I have seen students excelling in extracurricular activities and sports. Our students has won silver medal at Asian Games. This helps students build confidence in themselves and increases their interactive capacities which inturn help them to become good homoeopathic physicians.

With global trend nowadays, our students excel at international level also. They get opportunities in fields like public health, pharmaceutical science, etc in countries like UK, USA, Australia, etc. Our students also excel in government services by achieving excellence in public service commission exams. We are proud to mention, they become top ranking IPS and IAS officers.

We, at our institute believe in good clinical training of our undergraduate, post- graduate and PhD students by motivating them for attending medical camps and OPD's which in turns lead them to become a good homoeopathic physician and will benefit the society.

With the blessing and motivation from our Chairman Dr. G. D. Pol Sir, Principal Dr. P.P Page Ma'am and co-operation of teaching and non-teaching staff. I am sure that we will reach to indefinite heights.

DR.. S. P. DANDGE

**MD (Hom)
Vice Principal**

ACADEMIC SECRETARY'S MESSAGE



Education is the most powerful weapon you can use to change the world.

– NELSON MANDELA

With our heads high up, we announce the academic achievements of our beloved students in the yearly Annual Magazine in order to appreciate their hardwork, strong will and dedication. There has been a remarkable growth in academics of the students amongst all years. It can be formulated by observing the wonderful marks obtained by students and elevated graphs of number of students passing in MUHS examinations. Not only this, our students have made us proud by acquiring ranks in subjects at University level amongst other colleges.

The teachers and students have always made academics fun and exciting by organizing various inter-college events. Every subject department ensures that regular inter departmental sessions symposiums, seminars are conducted for enhancing students overall personality. They are provided with AV, laptop, mics which helps them in explaining concepts in a refined way.

Every year it's our ritual to celebrate World Homoeopathy Day in remembrance of Dr. Samuel Hahnemann, intra-college competition winners are felicitated on the same day. The Covid-19 pandemic shook everyone's lives but our staff made sure that quality of education remains uncompromised.

We are grateful to our principal Dr. Page ma'am for constant support, wisdom and our vice principal Dr. Bagal Sir for always uplifting us. Skeleton is the framework of our body, similarly all our accomplishments were possible only due to diligent devotion by the teaching faculty and synergistic efforts of the non teaching staff. Student council became our strength in providing students the foremost facilities and opportunities.

Thank you everyone.

“ Be strong as you fight your way to success. The difficulties faced are nothing compared to joy of victories.”

DR. D.G BAGAL

MD (Hom)

Vice Principal & Academic Executive

Dean – Faculty Homoeopathy, MUHS

ACADEMIC SECRETARIES

MISS. PRANITA BHANDWALKAR

MISS. VAIDEHI CHAUHAN

VICE-PRESIDENT'S MESSAGE



It gives me immense happiness in penning down the Vice-President's message for the E-magazine of our institute – „**Aude Sapere**". It is a matter of great appreciation towards the eco-friendly approach adapted by our Institute in continuing with the E-magazine mode rather than the print magazine.

After a huge gap of two years post pandemic, Student Council started the wonderful journey of organizing various events. It began with the Freshers and Farewell ceremony followed by a Teacher's Day picnic which was organized for teachers, a break from their hectic schedule. Several other events such as Dr. Hahnemann Day & Raas Garba were organized. In the near future, Council shall be further organizing the sports week, cultural week, Annual day and several other activities.

I express my gratitude to our respected Chairman Dr.G.D.Pol Sir for his guidance and support. I am thankful to our Principal Dr. P.P. Page Ma'am for always encouraging me. Heartful thanks to our Vice-Principal and Dean – Faculty Homoeopathy Dr. D. G. Bagal Sir and Vice - Principal Dr. S. Dandge for their constant inspiration.

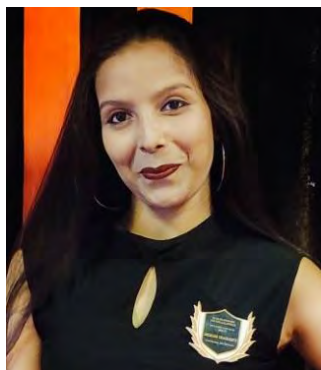
Special thanks to all the students and the Student's Council for their active co-operation and enthusiasm.

Wishing grand success to the magazine

DR. VARSHA SHARMA
MD (Hom)
Vice – President

YMT HMC

CULTURAL SECRETARY'S MESSAGE



**„Art is an effort to create, beside the real world a more humane world“–
ANDRE MAUROIS.**

The art and cultural activities play an important role in the well being of an individual and also cohesion of the community, shaping values. Keeping this in mind, the Cultural Committee of YMT Homoeopathic Medical college strives to celebrate the cultural activities at intra and intercollegiate level by organizing various competitions, events, activities, programs and days wherein students get opportunities for the students to relax, to enjoy, to discover and enhance their skills and talents. It also helps to bridge cultural, ethnic and class differences.

Because of restrictions on gatherings and social distancing norms during the Covid-19 pandemic the cultural activities are the hardest hit since 2022. As the pandemic was over, Dynamis Council started the wonderful journey with 2021 - **CAROUSEL** followed by Farewell ceremony for the interns and that really helped to bring life amongst the students and staff in that stressful atmosphere. This is followed by teachers picnic on Teachers Day - 5th September, 2021 as a recreation for teachers from their hectic schedule. Next in line was colourful event of **Raas Garba - 2021**.

In 2022, Hahnemann Day was celebrated on 10th April, 2022 where students performed Drug dramatization skits in a very innovative way. Freshers 2022 – AARAMBH, was arranged on 14th June 22 to welcome aspiring graduates in a friendly atmosphere. Doctors day was celebrated on 1st July 22. Raas Garba 2022 was organized on 30th Sept 22 with the splendid performances by students and staff. Recently a team of 16 students are selected and preparing to participate in „INDRADHANUSH“22-23, to represent MUHS in an inter-university cultural event organized at Rahuri - Ahmednagar.

We would like to thank our Chairman Dr.G.D.Pol Sir for his guidance and support. We are thankful to our Principal Dr. P. P. Page ma'am for being there with us always. Heartful thanks to our Vice-Principals and Dean – Faculty Homoeopathy Dr. D. G. Bagal Sir and Vice-Principal Dr. Seema Dandge ma'am for their support and guidance and special thanks to all the students who made it possible by their active participation and enthusiasm throughout. Heartful thanks to all the members of staff and student council and all teaching and non-teaching staff for their valuable support.

The committee is looking forward to organize Annual day, Cultural week, Convocation ceremony, Sports event and various other inter and intra collegiate activities for preserving cultural heritage and transmitting cultural values.

CULTURAL EXECUTIVES

DR. APARNA KULGUDE

DR. SAMEER POL

MD (Hom)

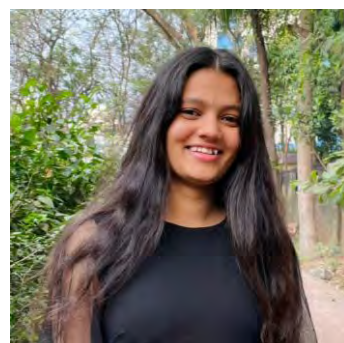
MD (Hom)

CULTURAL SECRETARIES

MISS. SHREYA HEDAOO

MISS. ARCHANA CHAURASIYA

FROM CHIEF EDITOR'S DESK



We are very glad to present before you our Annual Magazine „**AUDE SAPERE**“**2022** . A genuine effort has been made by staff and students by writing articles, poems, and other creativity for this magazine.

This magazine manifests the concealed treasure of knack of staff and students. It also gives you a glance of various activities that took place throughout the year in college. We hope that the articles in this Aude Sapere enhance the plausibility and insight of homoeopathy.

We wish to extend our deepest gratitude to the Chairman Dr.G.D.Pol Sir, Management, Principal Dr. (Mrs.) Page, Vice Principals Dr. D. G. Bagal and Dr. Seema Dandge, staff and students for acknowledging the magazine with their best wishes and support.

Looking forward for your continuous support and valuable suggestions.

CHIEF EDITOR

DR. AMRUTA PAWAR

MD(Hom)

MAGAZINE SECRETARY

MR.PANKAJ SHINDE

MAGAZINE SECRETARY

MISS.CHANDRAMA NANNAWARE

SPORTS SECRETARY'S MESSAGE



We the Sports Secretaries of Dynamis 2021-22 present the sport report for Annual Magazine **AUDE SAPERE**.

We conduct a sports week named „**AAVHAN**“ in which many indoor & outdoor games are included like carrom, badminton, table tennis etc. The staff too participate enthusiastically. The students participate actively and have a great time. We also conduct intercollegiate event YPL (Yerala Premier League) in which faculties of YMT family & other medical College are invited for the event.

We thank the Dean Dr. (Mrs.) P. P .Page, Vice Principal Dr. D. G. Bagal & Dr. S. P. Dandge & all teaching staff & students for supporting throughout who are helping us making the event a grand success.

SPORTS EXECUTIVES

DR. JAYESH SANGHVI

MD(Hom)

DR.YOGESH MANDLE

MD(Hom)

SPORTS SECRETARIES

MS. AARTI YADAV

MS. SHREYA PATOLE

MR.SIDDESH DESHMUKH

MR. NILESH BHARADE

YMT HMC

GENERAL SECRETARY'S MESSAGE



Being the General Secretary of Dynamis Council 2022-23, it gives me immense pleasure in reporting the events organized by the Student's Council of this year.

The council started with an energetic beginning with Freshers of UG who were welcomed with "AARAMBH 2022 - The Freshers Party" with a great amount of happiness and enthusiasm. At "AARAMBH", the newcomers came with amazing talent and showed their skills and hidden talents which was followed by the revealing the winners of Mr And Miss Fresher. After Freshers Party, everyone enjoyed with DJ Jam Session which was full of energy and Liveliness. The event of Freshers was preceded by introducing new concept of "FLASHMOB" for revealing name and date of freshers.

Moving On Further Council gave a helping hand to NSS Unit for conducting Azaadi ka Amrit Mahotsav ,Shivrajya Abhishek Sohala . "RAAS GARBA 2K22" was conducted on 30th of September with amazing support of staff and students making the day memorable.

These all events were organized by Dynamis Council and FOC's but it wouldn't have been possible without the full-fledged support of our teachers: President Dr Page Ma'am; Vice-Principals Dr. Bagal Sir and Dr. Seema Dandge Ma'am; Vice-President Dr. Varsha Sharma Ma'am ;Cultural Executives Dr. Aparna Kulgude Ma'am & Dr. Sameer Pol Sir; Magazine Executive Dr. Amruta Pawar Ma'am & Sports Executives Dr. Jayesh Sanghavi Sir and

Dr. Yogesh Mandle Sir; NSS Incharge Dr. Praveen Yamgar Sir. Heartfelt thanks to all of you for supporting us.

I would express heartfelt gratitude towards our Non-teaching staff also for their helping hands. 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 also like to show gratitude towards all our beloved teachers Dr. Pratik More Sir, Dr. Vaishali Vichare Ma'am, Dr. Shakir Deshmukh Sir, Dr. Vaishali Virkar Ma'am, Dr. Falguni Joshi Ma'am and Dr. Poonam Dand Ma'am who had their farewell this year and would like to wish them lot of success and Happy and healthy life ahead.

I would like to conclude the message that me along with my team put on sincere efforts in ensuring conducting all the events and would further continue doing the same and we hope you all had a good time with us.

MR.. TANMAY GHODKE
General Secretary

2021-22

ANNUAL REPORTS



AUDE SAPERE

COLLEGE REPORT- 2021-22

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. Phd. Courses also commenced in the subjects of Homoeopathic Materia Medica, Organon of Medicine, Repertory and Medicine since 2019-20. The undergraduate & postgraduate courses is affiliated to Maharashtra University of Health Sciences, Nashik & is recognized by National Commission for 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. Dr.G.D.Pol Foundation 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 Principals Dr D. G. Bagal and Dr. S. Dandge; Teaching staff; Non Teaching staff, Hospital staff & my dear students, GPF-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.
- 49 bedded well equipped hospital with OT, Radiology, Physiotherapy, Yoga & Pathology facilities.
- 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 12948 books on Homoeopathy and allied subjects and subscription for 43 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 2021-2022.

<u>COURSE</u>		<u>PASSING PERCENTAGE</u>	
		WINTER 2021	SUMMER 2022
I BHMS	2015	72.32 %	56 %
	New	-	-
II BHMS	2015	60 %	57.89 %
	New	-	-

III BHMS	2015	76 %	85.47 %
	New	20 %	40 %
IV BHMS	2015	93.75 %	88.88 %
	New	23%	72.72 %
		Jan-Feb 2021	July-Aug 2022
PG Part I		100%	--
PG Part II		95.83%	83.33%

HOSPITAL

Our institute has a well equipped 49 bedded hospital with specialized Medicine, Surgery, Gynaecology & Pediatric 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; 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.

SEMINARS

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

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 Sukhapur , near Panvel from 20th March 2021 – 27th March 2021 and other areas covered were Chipale and Bhokarpada 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

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 22nd September 2022, Dr.(Mrs.) P. P. Page nominated as External Member of Board of Studies for Homoeopathic Subjects (U.G.)at KLE Academy of Higher Education & Research, Belagavi, Karnataka
- Dr. Swati Bhagwat was an esteemed speaker for Hahnemann Day 72 Hours Global Marathon programme hosted by Enlightenment Education

STUDENT ACHIEVEMENTS

- Essay Competition based on Principles Advances – Homoeopathy Intercollegiate competition conducted by MUHS.

3rd Prize – Dr. Shalaka Gurav (PG Part – 2)

- Hahnemann Day and Golden Jubilee Year Celebration – State level Online E- Poster held on 31st March 2022: Conducted MTES Dhondumama Sathe Homoeopathic Medical College, Pune.

3rd Prize – Dr. Deepanwita Biswas (PG Part – 2) and Dr. Priyanka Ghadge (PG Part – 2)

- Ms. Jhanvi Malvankar received **Gold Medal** for highest total marks in I+ II+ III+IV BHMS combined and also in women category MUHS (2019-2020).
- Mr, Swapnil Wagh (4th Year), represented MUHS in YOUTH LEADERSHIP PROGRAMME organized by Government of Maharashtra and UNICEF at Savitribai Phule Pune University, Pune.
- Surgery seminar on BED SIDE CLINICAL PROCEDURE

1st Prize –Mr. Sanket Shirsolkar and Mr. Shafat Shaikh (3rd Year)

2nd Prize –Ms. Amisha Pandey and Ms. Nikita Sambare (3rd Year)

Best Speaker –Ms. Amisha Pandey

Best Content – Ms. Chhaya Mishra, Ms. Priyanka Gavit, Ms. Mrunmayee Gaikwad and Ms. Bijal MithaliaMs. Shreya.B.Patole (3rd BHMS) has got selected from MUHS, Nashik for All India Interuniversity Judo Tournament 2021 – 2022 for National level under – 48 Kg Category at Chhatrapati Shahuji Maharaj University, Kanpur

- Winner of Miasma 2022- Elocution Competition (Marathi)

1st Prize- Mr. Swapnil Wagh (4th Year)

- Winner of Miasma 2022 – Poster Presentation

2nd Prize – Ms. Harshada Zanje (4th Year)

- Rahul Pawar (2nd Year) selected for MUHS Cricket Team by All India Inter-University Games 2022 – 23 from MUHS team.

- Karan Gade (Intern BHMS) and Abhishek Acharya (Intern BHMS) are the members of YMT football team. 1st Runnerup of Bharati Vidyapeeth League (BPL) at Bharti Vidyapeeth College of Engineering, Kharghar.

Dr. (MRS.) P. P. PAGE
MD (Hom)

Dean/Director

YMT HMC

NSS REPORT

NSS Strength: 50 Students

The unit has been working actively in the field of giving back to the society in ways possible. Regular activities throughout the year are planned by the unit with gist and also the residential camp is integral part of activity carried by the unit.

The college has adopted 5 villages and the unit is working efficiently in upgrading their health status. Various awareness programs are also carried on in the village. Every alternated Thursday health checks up and free homoeopathic treatment is given in the villages.

The unit is activity through its online portal that is on Instagram : ymthmc_nss.

Many activities during to current scenario (Covid19) were carried online

RESIDENTIAL CAMP

Residing Village: SUKHAPUR

NSS Visit 2021 : we conducted from 20th march – 27th march 2021, my team had a wonderful experience personally, socially & clinically. Such residential camps are conducted every year & this year we visited Sukhapur, near Panvel as the main residential camp. Chipale & Bhokarpada gaon covered the major peripheral parts. As soon as we reached there we started assorting our medicine dispensing material viz. phials, sac lac, globules medicines etc. The entire batch was divided into 3 groups namely cooking department, residential OPD & 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 & local authorities. We received immense support from the village Sarpanch. The population of village was around 50,000. Each day we received on average 100-

150 patients. Most of the patients had joint pain, blindness issue , diabetes and menstrual problems.

A large number of patients comprising of children mostly suffering from nutritional troubles & hygiene issues. We conducted the residential OPD from 10 a.m. – 5 p.m. We had divided ourselves into 3 sub groups on rotating basis for case taking, examining of patients and dispensing. Also we distributed Arsenic album 30 for boosting immunity against COVID-19 prevention in local areas.

RESIDENTIAL CAMP – 2

Residing Village: CHAMBHARLI

NSS Visit 2022 : we conducted from 20th march – 26th march 2021, my team had a wonderful experience personally, socially & clinically. Such residential camps are conducted every year & this year we visited Chambharli, near Panvel as the main residential camp. Kaambe & Vaat gaon covered the major peripheral parts. As soon as we reached there we started assorting our medicine dispensing material viz. phials, sac lac, globules medicines etc. The entire batch was divided into 3 groups namely cooking department, residential OPD & 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 & local authorities. We received immense support from the village Sarpanch. The population of village was around 25,000. Each day we received on average 80-100 patients. Most of the patients had joint pain, blindness issue , diabetes and menstrual problems.

A large number of patients comprising of children mostly suffering from nutritional troubles & hygiene issues. We conducted the residential OPD from 10 a.m. – 5 p.m. We had divided ourselves into 3 sub groups on rotating basis for case taking, examining of patients and

dispensing. Also we distributed Arsenic album 30 for boosting immunity against COVID-19 prevention in local areas.

YEARLY ACTIVITIES:

26th January 2021– Republic Day celebration – college campus.

31st January 2021 – Pulse Polio in Kharghar .

8th february 2021 – Covid-19 Vaccination YMT HMC.

19th February 2021 – Shiv Jayanti occasion Tree plantation .

26th February 2021 – Swantantra Veer Sawarkar Jayanti – Lecture taken by student .

8th march 2021 – Visit to old age home – Karuneshwar old age care house New Panvel.

9th march 2021 – Women's day celebration in college .

Lecture by female Inspector Vimal A. Bidve – on women safety and issues

10th march 2021- Video Making on SavitribaiPhulePunyatithiInstagram (@ymthmc_nss)

Residential Camp –

20th march to 27th march 2021

Location – Sukhapur , New Panvel

Various activities carried at the residential camp –

- Residential OPD on daily basis

- Peripheral camp on daily basis
- Swachha Bharat Abhiyan
- Blood Sugar and ECG Medical Checkup in Residential Camp.
- Dental Checkup and screening of villages.
- Health Checkup and homoeopathic treatment camp at Laxmi Public School
- Family Survey
- Activities for Children – Drawing Competition.

- Camp At temple in Chipale.
- Camp At school in Bhokarpada.
- Lecture about awareness of covid19 (Locals and in school)
- Menstrual Hygiene Lecture for Village Women
- Health Checkup camp at Pesarve village
- Ophthalmology checkup camp
- Interaction with parents on health and hygiene
- Distribution of Arsenic Album 30 for Immune Booster

23th March 2021-World Martyr's Day at Laxmi Patil School Sukhapur.

24th March 2021- Poster making competition on World Tuberculosis Day at YMTHMC.

10th April 2021-Online Session on World Homoeopathy Day at YMTHMC.

1st April 2021-Video Making on Mahatma Phule Jayanti on Instagram (@ymthmc_nss)

22nd April 2021-Before and after images of plants on World Earth Day on Instagram (@ymthmc_nss)

1st May 2021-Online Session for Maharashtra Day by Mr.Satyajeet Bhosale on Zoom

5th June 2021-Online Session on World Environment Day by Mr. Bharat Godambe at

YMTHMC

10th June 2021- Online event of MUHS Foundation Day at YMTHMC

21th June 2021- Yoga Day for teaching and non-teaching staff at YMTHMC Seminar hall.

22nd June 2021- Online Yoga Session for all year students of YMTHMC.

23rd June 2021- Online Yoga Session for all year students of YMTHMC.

7th July 2021 – Online webinar on the occasion of no plastic day by Mr. Soham Kulkarni
(Sagar Mitra Abhiyan, Satara).

1st To 15th August – Swachhta Abhiyann

15th August – Flag hoisting At YMTHMC Kharghar , 75th Independence day.

18th August – Online Session on ZOOM for Organ Donation Day by Mr.Puroshottam Pawar & Dr. Kamakshi Bhate at YMTHMC.

3rd to 4th September – Covid Vaccine Awareness at YMT Homoeopathic Medical College, Vaccine Centre.

6th September 2021 – Tree Plantation In Sec. 5 at Herbarium Garden Of YMTHMC.

15th September – To Measure Height & Weight of Children at Girija Orphanage Sec. 12 Kharghar.

17th September – Tree Plantation at Sec. 5 Kharghar.

25th September – To Distribute Nutritious Kit In Girija Child Orphanage at Sec. 12.

26th September to 1stOctober – Pulse Polio Camp at UPHC, Sec. 12, Kharghar.

28th September – Nutrition Lecture - Fish Important in Diet in YMT HMC.

30th September – Fit India Movement (Yoga) in YMTHMC.

30th September – Swacchata Abhiyaan on occasion of Mahatma Gandhi Jayanti at YMTHMC.

1st October 2021 – Swacchata Abhiyaan on occasion of Mahatma Gandhi Jayanti at Campus of YMTHMC.

2nd October 2021 – Swacchata Abhiyaan on occasion of Mahatma Gandhi Jayanti at their respective homes.

26th November – Constitution Day at YMTHMC.

1st December – Poster Making & Slogan Writing Competition on World AIDS Day at YMTHMC.

4th December 2021 – Tree Plantation at Campus of YMTHMC.

10th December 2021 – Awareness on International Human rights day by making reel.

27th December 2021 – Awareness about AYUSH and Homoeopathy lecture was conducted by Dr. Vichare on occasion of Azadi Ka Amrit Mohatsav.

12th January 2022 – Seminar by MUHS on occasion of National Youth day.

14th January 2022 – Suryanamaskar on occasion of Azadi ka Amrit Mohatsav.

25th January 2022 – Oath taking for National voters day.

26th January 2022 - Republic Day celebration - College Campus.

12th February 2022 – Webinar on Cyber violence against females & children.

26th February 2022 – Mazhi Vasundhara Diwas tree exhibition at YMT Homoeopathic medical college, Kharghar.

28th February 2022 – Marathi Rajya Bhasha Divas celebration. Guest lecturer Mrs. Prachi Shintre, Dept of Marathi, Khalsa college of Art, Commerce, Science.

8th March 2022 – Womens day celebration in seminar hall at YMT HMC.

Residential Camp –

20th March to 26th March 2022

Location –Chambharli, New Panvel

Various activities carried at the residential camp –

- Residential OPD on daily basis
- Peripheral camp on daily basis
- Swachha Bharat Abhiyan
- Blood Sugar and ECG Medical Checkup in Residential Camp.
- Ophthalmology checkup camp.
- Dental Checkup and screening of villages.
- Health Checkup and homoeopathic treatment camp.

- Family Survey.
- Activities for Children – Drawing Competition with awareness.
- Lecture on Women's health.
- Interaction with parents on health and hygiene
- Distribution of Arsenic Album 30 for Immune Booster for Covid 19.

31st March 2022 – Elocution, poster, essay competition for sending entries for University level competition conducted by MUHS Nashik, on the occasion of World Homoeopathy Day “On the Eve of World Homoeopathic Day”.

7th April 2022 – World health day celebration with lecture on World health day by Dr. Poonam Dand at YMTHMC.

12th April 2022 – World Homoeopathy day celebration by conducting Drug Dramatization, quiz competition at YMTHMC.

WINNERS:

YOGA DAY

POSTER MAKING

1st Rank – Ms. Sonali Gaikar

2nd Rank – Ms. Mulla Bibadh Nisar

3rd Rank – Ms. Aakanksha Bowad

SLOGAN COMPETITION

1st Rank – Ms. Jessica Vaz

2nd Rank – Ms.. Komal Surve

3rd Rank – Mr. Yash Mahadik

ESSAY COMPETITION

1st Rank – Ms. Komal Surve

2nd Rank – Ms. Nima Yadav

Ms. Siddhiqui Rizwan

3rd Rank – Ms. Sanika Sawant

DRUG DRAMATIZATION

Winner – Ms. Trupti Patil

WORLD AIDS DAY COMPETITION

POSTER MAKING COMPETITION

1st Rank – Mr. Ashutosh Dange

2nd Rank – Ms. Urjita Kedar

3rd Rank – Ms. Jessica Vaz

SLOGAN WRITING COMPETITION

Winner – Ms. Ashutosh Dange.

DR. PRAVIN YAMGAR

MD (Hom)

NSS Programme Officer

MR. SWAPNIL WAGH

Student's Coordinator

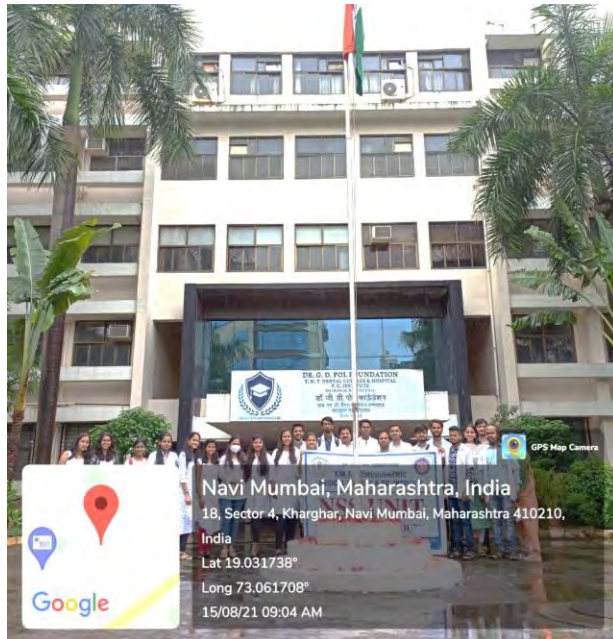
The NSS Team 2021 – 2022



YMT HMC NSS team members seen along with Dr.P.P. Page (Dean); Dr. D. G. Bagal (Vice Principal); Dr. S.P. Dandge (Vice Principal); Dr. P. Yamgar (NSS Programme Officer) & Dr. S. Gaikwad (Assistant NSS Incharge)

Various activities undertaken by the NSS team





CAMP REPORT

DR.G.D.POL FOUNDATION YMT HOMOEOPATHIC MEDICAL COLLEGE, P.G. INSTITUTE KHARGHAR

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 & prevent diseases. These camps have received good appreciation and response from all the sectors physicians, interns & post graduate students regularly attend these camps.

Moreover, this year under Azadi ka Amrut Mohotsav.

We have done multiple activities, reports of these activities are given below. As well as year 2022 is the great year for Ophthalmic OPD & IPD we have organized cataract camp at concessional rates and many patients get benefit from this. Medical camps are organized at our Central Out Patient Department at Kharghar. During these camps, additional benefits 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. Members of Camp team.

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

1. Distribution of Anemia medicine & Nutrition kit to ANC Females at UPHC, Kharghar on 15-09-21 & 23-09-21.
2. Measurement of Height & weight of children & also Distribution of Nutrition kit to childrens at Astha Orphanage, Kharghar on 15-09-21 & 25-09-21.
3. Various school awareness programme (online) is taken during 4-10-21 to 28-12-21 at different schools in Maharashtra.

4. Homoeopathic camp was conducted on 10-07-22 around 46 patients received appropriate homoeopathic treatment at Vitthal mandir, sec-3 Kharghar.
5. Health care camp was conducted on 3-10-22 & 4-10-22 at Public health care sec-15, Kharghar around 34 patients received appropriate treatment.
6. FREE HOMOEOPATHIC CAMP CHAIN was organized on 27-07-22 & 28-08-22. Almost 208 patients received appropriate homoeopathic treatment.

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; Maha arogya mela, Palghar; etc.

CAMP INCHARGES

DR. JAYESH SANGHAVI

MD(Hom)

DR. DHANRAJ GOPALE

MD(Hom)

DR. SACHIN CHOKKAKAR

MD (Hom)

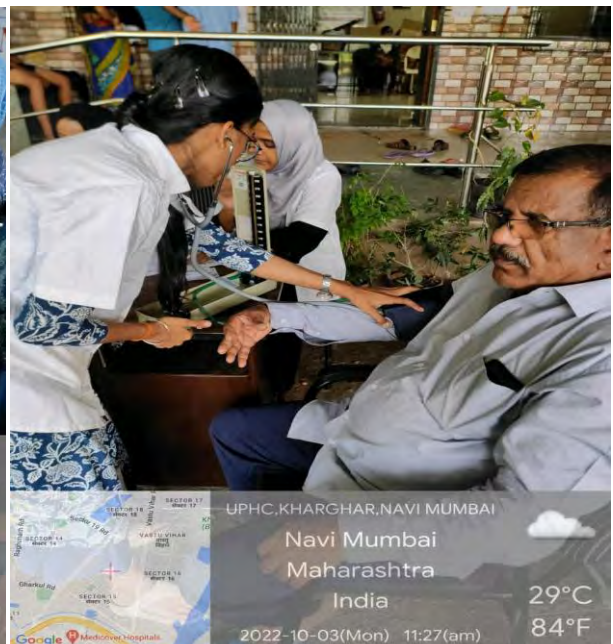
DR. PRAVIN YAMGAR

MD (Hom)

DR. ANJALI LAMTURE

MD (Hom)

Various Homoeopathic Medical Camps organized



ISKHANA

CANCER CARE UNIT INAUGURATION ON 1ST JULY NATIONAL DOCTORS DAY



Dr.P.P.Page, Principal & Dr.D.G.Bagal along with Dr.Seema Dandge, Dr. Sachin Chokkakar, Dr.Sameer Pol & Dr.Anjali Lamture Inaugurating "ISKHANA"



Principal & Vice Principal on I.P.D Rounds along with Dr.Jayesh Sanghavi, Dr.Neena Menon & Dr.Vinod Sawant.



Ikshana inauguration speech given by Dr. Anjali Lamture



Lamp lightning done by Dr. P. P. Page (Dean) and Dr. D. G. Bagal (Vice Principal)

डॉ.जी.डी.पोल फाउंडेशन
वाय.एम.टी. होमिओपैथिक मेडिकल कॉलेज, हॉस्पिटल व पी. जी. इन्स्टिट्यूट, खारघर

ईक्षाणा कॅन्सर केअर व वेलनेस युनिट
(सेवा, मदत, आधार)

देशभरातून येणाऱ्या कॅन्सरग्रस्त रुग्णांसाठी पुढील सुविधा अत्यल्प दरात उपलब्ध

जनरल वॉर्ड	स्पेशल रुम
राहणे + जेवण	राहणे + जेवण
300 रु./व्यक्ती	300 रु./व्यक्ती

उपलब्ध सुविधा

- सुसज्ज जनरल वॉर्डमध्ये राहण्याची सुविधा.
- तीन वेळेचे शाकाहारी जेवण. ३) २४ तास वैद्यकीय सुविधा.
- होमिओपैथिक उपचार, योगा, प्राणायाम, मेडिटेशन.
- आधुनिक, दंतचिकित्सा, रक्तचापण्या व आपातकालीन वैद्यकीय सुविधा गरजेनुसार उपलब्ध करून देण्यात येईल.

IKSHANA

पत्ता : वाय.एम.टी. होमिओपैथिक मेडिकल कॉलेज, पाचवा मजला, रोडवर-४, खारघर, जवी मुंबई-४१०२१०.

संपर्क :	डॉ. रविन बोकाकर	डॉ. उर्मिला पवार	डॉ. समीर पोल	डॉ. अंजली लामतुरे	समीर मोरे	शनिता हस्तक
	9172488888	9892753385	9773597900	9890668770	9702233920	9220227539

Cancer scheme provided by Y.M.T Homoeopathic Medical College & P.G. Institute for Geriatric Patients and economically weaker sections of society.

**DR.G.D.POL FOUNDATION
HOMOEOPATHIC MEDICAL COLLEGE, HOSPITAL & P.G. INSTITUTE
KHARGHAR
IKSHANA CANCER CARE & WELLNESS UNIT
SERVICE ON STAY**

1. Bed + Beddings (Bedsheet + Pillow cover)

2. Hot Water for bath

3. Basic Gas facility

4. Fridge

5. Fan

6. Ventilated Ambience

7. Lift

8. Nursing Service 24*7

9. Ward Boy / Aaya Service 24*7

10. Yoga + Meditation session

11. MSW (for help)

12. Emergency Transport (Ambulance)

GENERAL WARD

1. Charges- Stay 100/- per person

2. Charges- Stay + Breakfast 100+30 (Breakfast), 10 (Tea), 10 (Milk) /- per person

3. Charges- Stay + Lunch 100+ 70 (Dal, Rice, Bhaji (1), Chapati (2+2), Salad /- per person

4. Charges- Stay + Dinner 100+70 per person, (Dal, Rice, Bhaji (1), Chapati (2) / Bhaji (1) + Salad /- per person

5. Charges- Stay + All three meals 300/- per person

SPECIAL WARD

1. Charges- Stay 250/- per person
2. Charges- Stay + Breakfast 250+30 (Breakfast), 10 (Tea),10(Milk) /- per person
3. Charges- Stay +Lunch 250+ 70 (Dal, Rice, Bhaji (1), Chapati (2+2), Salad /- per person
4. Charges- Stay + Dinner 250+70 per person, (Dal, Rice, Bhaji (1), Chapati (2) / Bhaji (1) + Salad /- per person
5. Charges- Stay + All three meals 600/- per person

POLICE STATION VISIT

YMT HMC, Kharghar has organized visit to Kharghar Police Station for the students of 2nd year BHMS through the Department of FMT from 27th January to 29th January 2021 and 25th march 2022 under supervision of Dr. Aparna Kulgude (HOD of FMT) and Dr. Anjali Lamture.

During this visit valuable guidance was provided by API Haresh Kesalkar. He described in brief about various types of :

Medicolegal cases, Natural and unnatural deaths, Mechanical and fireman injuries, Natural and unnatural sexual offences.



YMT HMC II year students seen along with Dr. A. Kulgude (HOD & Asso. Prof., Dept of FMT) & Dr. A. Lamture (Asst. Prof., Dept of FMT) during the Police Station Visit



YMT HMC II year students seen along with Dr. A. Kulgude (HOD & Asso. Prof., Dept of FMT) & Dr. A. Lamture (Asst. Prof., Dept of FMT) & Inspector during the Police Station Visit

COURTROOM VISIT

Dr.G. D. Pol Foundation YMTHMC has organized court visit at Vashi Belapur Court . Total 100 students has visited from 27/6/2022 to 28/6/2022 .

Purpose of visit : To study -

- 1) Medical ethics and etiquettes.
- 2) Summons, warrant, witness.
- 3) General court procedures.
- 4) Cases of medical negligence.



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

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:-

- **Primary Health Centre, Kharghar - 15/02/21 & 3/06/22**
- **Sewage Treatment Plant, Kharghar – 4/03/21 & 25/02/22**
- **Public Health Lab – 20/10/21 & 16/02/22**
- **Pulse Polio Visit – 28/09/21 & 3/02/22**
- **Kasturba Hospital – 17/11/21 to 30/11/21**
6/06/22 to 15/7/22
- **Ali Yavar Jung Institute, Bandra – 5/08/22**
- **Warna Diary Visit, Nerul – 23/09/22**

KASTURBA HOSPITAL VISIT

Kasturba batch 2022-23 Arthur road, Byculla.

KASTURBA HOSPITAL established in 1892, a centre for infectious disease. The whole and sole aim for the purpose of isolation. The hospital on entering has a view of abundance of trees and a lot of greenery all over. We 4th year BHMS students were divided in two batches for Kasturba hospital visit on infectious diseases. 1st batch visited from 8/6/22 till 22/6/22. 2nd batch ranging from 21/6/22 to 2/7/22. Observing General OPDs, hepatitis ward, fever ward where we all got an opportunity to communicate with, and examine all type of fever patients including dengue, Malaria, typhoid, leptospirosis. Measles, mumps, chickenpox ward were allotted to us as well.

They had a different burn section where we saw burns patients. How did they cause a burn. Their undergoing treatment, therapeutics and diet. Every Morning in a group of 4-5 students from 9.00am till 11.00am we used to visit BURNS dressing section where we got an idea about identification of different type of burns with its dressing. General OPDs taught us about General allopathic prescription on common viral flu, allergies, General pain etc.

We got a practical utility about all of these infectious diseases, diagnosis, systemic examination under the guidance of teachers and practitioners there.



YMT HMC IV year students attending one of the session at Kasturba Hospital during their visit



YMT HMC IV year students attending one of the session at Kasturba Hospital during their visit

2021-22

ACHIEVEMENTS



AUDE
SAPERERE

CONGRATULATIONS

FOR



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

**BEEN NOMINATED AS
EXTERNAL MEMBER OF BOARD OF STUDIES FOR
HOMOEOPATHIC SUBJECTS(UG)
AT KLE ACADEMY OF HIGHER EDUCATION &
RESEARCH, BELAGAVI KARNATAKA**



DR.SWATI BHAGWAT
P.G. CO ORDINATOR

**BEEN AN ESTEEMED SPEAKER FOR
HAHNEMANN DAY 72 HOURS GLOBAL MARATHON
PROGRAMME DEDICATED AND COMMITTED TO BRING
ABOUT A TRANSFORMATION IN 5000 HOMOEOPATHS
ACROSS THE GLOBE**

YMT HMC TEACHING FACULTY MEMBERS



DEAN/ DIRECTOR DR.(MRS).P.P. PAGE, VICE-PRINCIPALS DR.D.G. BAGAL & DR. S.P. DANDGE SEEN ALONG WITH

FIRST ROW (FROM L TO R): DR.P.YAMGAR, DR.C.MEHTA, DR.VINOD SAWANT, DR.P.UTEKAR, DR.U.AGALE, DR.A. KULGUDE, DR.P.CHIKALE, DR.S.SAWANT, DR.U.PAWAR, DR.S.POL, DR.D.MISTRY, DR.R.SIRSAVKAR

SECOND ROW (FROM L TO R): DR.J.SANGHVI, DR.V.SELIYA , DR.N.MENON, DR.S.BHAGWAT, DR.V.SHARMA, DR.S.BHOSALE, DR.D.GOPALE

THIRD ROW (FROM L TO R): DR.A.PAWAR, DR.Y.MANDLE, DR.S.TAMBEWAGH, DR.N.WAYAL, Dr.S .GAIKWAD, DR. S.SHENDE, DR.A.MATE, DR. V.JOSHI, DR. D.SOLANKI , DR N.INGLE & DR.S.RAWALE.

YMT HMC STUDENT'S ACHIEVEMENTS



Essay Competition based on Principles Advances – Homoeopathy Intercollegiate competition conducted by MUHS.

Dr. Shalakha Gurav (PG Part – 2) received 3rd prize



**Hahnemann Day and Golden Jubilee Year Celebration – State level Online E- Poster held on 31st March 2022 :
Conducted MTES Dhondumama Sathe Homoeopathic Medical College, Pune.**

Dr. Deepanwita Biswas (PG Part – 2 YMT HMC) and Dr. Priyanka Ghadge (PG Part – 2 YMT HMC) received 3rd prize.

YMT HMC STUDENT'S ACHIEVEMENTS



IV year- YMT HMC, BHMS student Mr. Swapnil Wagh Represented MUHS in YOUTH LEADERSHIP PROGRAMME organized by Government of Maharashtra and UNICEF at Savitribai Phule Pune University, Pune.



Mr. Swapnil Wagh YMT HMC (IV year) BHMS student, secured 1st prize in Miasma 2022- Elocution Competition (Marathi)

YMT HMC STUDENT'S ACHIEVEMENTS



Ms. Harshada Zanje YMT HMC (IV year) BHMS, student secured 2nd prize in Miasma 2022 – Poster Presentation Competition



Ms. Shreya Patole YMT HMC(III year) BHMS, got selected from MUHS, Nashik for All India Interuniversity Judo Tournament 2021 – 2022 for National level under – 48 Kg Category at Chhatrapati Shahuji Maharaj University, Kanpur

YMT HMC STUDENT'S ACHIEVEMENTS



Mr. Rahul Pawar YMT HMC (II year) BHMS, selected for MUHS Cricket Team by All India Inter University Games 2022 – 23 from MUHS team



YMT HMC Interns, Mr. Karan Gade and Mr. Abhishek Acharya (BHMS) members of YMT football team won a 1st Runnerup of Bharati Vidyapeeth League (BPL) at Bharti Vidyapeeth College of Engineering, Kharghar

YMT HMC STUDENT'S ACHIEVEMENTS



**Mr. Sanket Shirsolkar and Mr. Shafat Shaikh YMT HMC (III year) BHMS won 1st prize for Surgery seminar on
BED SIDE CLINICAL PROCEDURE**



**Ms. Amisha Pandey and Ms. Nikita Sambare YMT HMC(III year) BHMS, won 2nd prize for Surgery seminar on
BED SIDE CLINICAL PROCEDURE**

YMT HMC STUDENT'S ACHIEVEMENTS



Ms. Amisha Pandey YMT HMC(III year) BHMS, received prize as Best Speaker for Surgery seminar on BED SIDE CLINICAL PROCEDURE



Ms. Chhaya Mishra, Ms. Priyanka Gavit, Ms. Mrunmayee Gaikwad and Bijal Mithalia YMT HMC (III year) BHMS, received prize for Best Content for Surgery seminar on BED SIDE CLINICAL PROCEDURE



Ms. Jhanvi Malvankar from YMT HMC, received Gold Medal for highest total marks in I+ II+ III+IV BHMS combined and also in women category MUHS (2019-2020).

YMTHMC STUDENT COUNCIL WITH COUNCIL STAFF



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

FIRST ROW (L TO R): SIDDESH DESHMUKH (SPORTS SECRETARY), ARTI YADAV (SPORTS SECRETARY), VAIDEHI CHAUHAN (ACADEMIC SECRETARY), ARCHANA CHAURSIYA (CULTURAL SECRETARY), TANMAY GHODKE (GENERAL SECRETARY), SHREYA HEDAAO (CULTURAL SECRETARY), PRANITA BHANDWALKAR (ACADEMIC SECRETARY), SHREYA PATOLE (SPORTS SECRETARY), NILESH BHARADE (SPORTS SECRETARY)

SECOND ROW (L TO R): DR.PRAVEEN YAMGAR (NSS PROGRAM OFFICER), DR.AMRUTA PAWAR (CHIEF EDITOR), DR.JAYESH SANGHAVI (SPORTS EXECUTIVE), DR.SWATI BHAGWAT (PG COORDINATOR), DR.SAMEER POL (CULTURAL EXECUTIVE), DR.VARSHA SHARMA (VICE PRESIDENT), DR.APARNA KULGHUDE (CULTURAL EXECUTIVE), DR.YOGESH MANDLE (SPORTS EXECUTIVE)

THIRD ROW (L TO R): CHANDRAMA NANNAWARE (MAGAZINE SECRETARY), HARSHDA ZANJE (LADIES REPRESENTATIVE), HRISHIKESH JADHAV (EXCURSION SECRETARY), KEDAR ATTARDE (TREASURER), SWAPNIL WAGH (NSS COORDINATOR), DEVESH GUPTA (TREASURER), SIDDHARTH MAHAJAN (EXCURSION SECRETARY), KAJAL KESARI (LADIES REPRESENTATIVE), PANKAJ SHINDE (MAGAZINE SECRETARY)

CULTURAL EVENTS AT YMT HMC



CONGRATULATIONS

YMT HMC CULTURAL ACHIEVEMENTS

“ CAROUSEL ”

Freshers - 8th September, 2021

Mr. Fresher – Mr. Ashutosh Dange

Miss. Fresher – Ms. Jessica Vaz

Best Talent – Mr. Siddharth Mahajan

Beautiful Hair – Ms. Archana Chaurasiya

Miss Personality – Ms. Priyal Patel

“ AARAMBH 2k22 ”

Freshers – 14th June, 2022

Mr. Fresher – Mr. Suraj Narale

Miss Fresher – Ms. Rahela Shaikh

Best Talent – Mr. Yash Harnawale

Ms. Anshu Jain

Best Smile – Ms. Vaishnavi Sali

Best Hair – Ms. Sonali Gaikar

“ RAAS GARBA ” 30th September

Rangoli Competition

1st Ms. Khushi Jethwa

2nd Ms. Shruthi Vanga

3rd Ms. Rutuja Jadhav

Appreciation – Ms. Priyanka Gavit

Pot Decoration

1st Ms. Shruti Gaikwad

2nd Ms. Sonali Gaikar

Toran Making

1st Ms. Disha Gavhale

2nd Ms. Shruthi Vanga

Dandiya Decoration – Ms. Priyanka Gavit

Best Dress – Ms. Ayushi Chaddwa and Ms. Vaishnavi Sali

Best Dance Female – Ms. Piyusha Mhatre

Appreciation – Ms. Priyal Patel

Best Dance Male – Mr. Gaurav Patil

Appreciation – Mr. Shubham Gotpagare



Udaan Fest held at S. K. College of Science and Commerce

CONGRATULATIONS

ACADEMIC RANKERS

I BHMS



MS. ZOHYA KHAN
(1ST Rank)



MS. VAIDEHI CHAUHAN



MS. AMREEN DALVI
(2ST Rank)

II BHMS

SUMMER 2020 (BHMS-2015)



**MS. DIVYANGI
PAGDHARE**
(1ST Rank)



**MS. AISHWARYA
JADHAV**
(2nd Rank)

WINTER 2020 (BHMS-2015)



**MS. ADEEBA
NAAZ**
(1ST Rank)



**MR. FARDEEN
SHAIKH**
(2nd Rank)

III BHMS

SUMMER 2020 (BHMS-2015)



**MS. NUSRATJAHAN
SHAIKH**
(1ST Rank)



**MS. SAYMA
KHAN**
(2nd Rank)

WINTER 2020 (BHMS-2015)



**MS. HIBA
MIYANA**
(1ST Rank)



**MR. KSHITIJ
PURARKAR**
(2nd Rank)

IV BHMS

SUMMER 2020 (BHMS-2015)



**MS. PAVITRA
KASHI**
(1ST Rank)

**MS. KHATOON
ZAHEDA**
(2nd Rank)

WINTER 2020 (BHMS-2015)



**MR. MOHD
BADRUL SIDDIQUI**
(1ST Rank)



**MS. SNEHA
MUDHALIYAR**
(2nd Rank)

NEW BATCH(SUMMER)



**MS. AKSHITA
JAIN**
(1ST Rank)



**MS. DIKSHA
AKSHOK**
(2nd Rank)

CONGRATULATIONS

ACADEMIC RANKERS



MS. IFFAT SHAIKH
(1st Rank)

I BHMS



MR. DEVESH GUPTA
(2nd Rank)



MS. SHRUTHI VANGA
(1st Rank)

II BHMS



MS. MADHAVI MANDHARE
(2nd Rank)

III BHMS

SUMMER 2021 (BHMS-2015)



**MS. AISHWARYA
JADHAV**
(1st Rank)



**MS. SHRUTI
GAIKWAD**
(2nd Rank)

WINTER 2021 (BHMS-2015)



**MS. ADEEBA
NAAZ**
(1st Rank)



**MR. FARDEEN
SHAIKH**
(2nd Rank)

CONGRATULATIONS

ACADEMIC RANKERS

IV BHMS

SUMMER 2021 (BHMS-2015)



MS.SHAHEDA SHAIKH
(1st Rank)



MS.YASHIKA SHETTY
(2nd Rank)

WINTER 2021 (BHMS-2015)



MS.NUSRAT SHAIKH
(1st Rank)



MR. UMESH DIKE
(2nd Rank)

CONGRATULATIONS

AACDEMIC RANKERS 2022

II BHMS



MS.SHABENAAZ ANSARI
(1st Rank)



MS.NASEEM SHAIKH
(2nd Rank)

III BHMS



MS.MADHAVI MANDHARE
(1st Rank)



MR.AKASH DUDHRAWANE
(2nd Rank)

IV BHMS



MS.HIBA MIYANA
(1st Rank)



MR.KSHITIJ PURARKAR
(2nd Rank)

2021-22

HOMOEOPATHIC SEGMENT



AUDE SAPERE

Truth behind Homoeopathy and **Homoeopath**



Dr.(Mrs) NEENA S. MENON
M.D. (Hom.)
Professor, P.G.& PhD Guide
Dept of HMM, YMTHMC

The external man is but an outward expression of the internal; so the results of disease (symptoms) are but the outward expression of the internal sickness. Everything is harmoniously working in the well man.

Man cannot be made sick or be cured except by some substance as ethereal in quality as the Vital Force. Vital force is of the Soul, and cannot be destroyed or weakened. It can be disordered, but it is all there.

You must see and feel the internal nature of your patient as the artist sees and feels the picture he is painting. Study to feel the economy, the life and the soul. You cannot depend on lucky shots and guess work; everything depends on long study of each individual case. The physician who violates his conscience, destroys his ability to perceive. The human mind should not be burdened with technicalities. They destroy description, and close the understanding. The disease is not to be named but to be perceived; not to be classified but to be viewed, that the very nature of it may be discovered. Every scientific man today is trying to find something he claims as his own. Such a man cannot understand Homoeopathy. He

worships himself, has dwelt on the externals so long that it is impossible for him to think rationally. One can never look from the toxic, to see what is in harmony with the dynamic, but may look from the dynamic to see what is in harmony with the toxic.

If there were no Idiosyncrasy there would be no Homoeopathy. Every individual is susceptible to certain things; is susceptible to sickness, and equally susceptible to cure. Cure rests in the degree of susceptibleness. Susceptibility exists in the Vital force, and not in the tissues. Now when a person becomes sick, he becomes susceptible to a certain remedy, which will affect him in its highest potency; while upon a healthy person it will have no effect.

Principle teaches you to avoid suppression. Anything which looks away from exactitude is unscientific. The Physician must be classical; everything must be methodical. Science ceases to be scientific when disorderly application of law is made. The experience which the Homoeopath has is experience under law and confirms the law and by this order is maintained.

Materia Medica never inspires perception. The physician must have the love of its use, and he becomes wise in proportion as he loves his use and in proportion as he lives uprightly with his patients; that is, desires to heal them; beautify their souls.

Dr. Kent mentions “The Law of Similars as a Divine Law. As soon as you have accepted this law, sooner you have accepted Providence, which is law and order.”

Homoeopaths have a consciousness of what life is, what the life force is, what the nature of disease is, and can apply to all theories of the world, our measure and test them. They can realize the philosophies.

Homoeopathy is an applied science and not a theory. Homoeopathicity is the relation between the symptoms of the patient and the remedy which will cure. The Homoeopathic principles, when known, are plain, simple and easily comprehended. They are in harmony with all things known to be true. Always remember Homoeopathy never fails, it is the failure of a Homoeopath which occurs.

ALOPECIA AREATA AND ITS SCOPE IN HOMOEOPATHY



Dr. Sneha Bhosale
Professor
Dept. of Organon



Dr. Khadija Javed
MD- I
Dept. of Organon

Alopecia areata (AA) is an autoimmune disease characterised by non-scarring hair loss in single or multiple areas of the scalp. The disease affects hair on the head or other parts of the body. It is usually a reversible condition and occurs in people of all ages. It affects 1-2% of human population.

Aetiology:

The exact cause of alopecia is presently not known, although it is generally agreed that it is a **disease of the autoimmune system**. Various **triggers** such as infections, trauma, hormones and stress are known to worsen the disease. **Genetic component** plays an important role with a likelihood of severe symptoms seen in first-degree relative.

ALOPECIA AREATA is considered an immunological disease because of:

- Association with other auto-immune diseases (auto-immune thyroid disease, pernicious anaemia, vitiligo, and atopy). Moreover, it responds to immunosuppressives.
- **Cytokines** produced by dermal papillae in lesions not only attract lymphocytes to perifollicular region but also stimulate them to multiply.
- As opposed to normal hairs, strong major histocompatibility complex (class I and class II) immune reactivity found in affected follicles.

The affected hair follicles are mistakenly attacked by own immune system (white blood cells), resulting in the arrest of anagen (hair growth) stage and a move to the telogen (resting) stage where the hairs are then abruptly shed.

Clinical Features:

It is characterised by rapid appearance of circumscribed, circular or oval bald patches in hairbearing areas especially the scalp. Commonly the patches are from **2 to 5 cm in diameter**. Presence of **exclamation mark hair** at the periphery of the lesion is pathognomonic² & is indicative of activity.

Variants:

- Ophiasis (band-like hair loss on the temporal and occipital scalp)
- Alopecia Totalis (total scalp hair loss)
- Alopecia Universalis (total body hair loss)

Differential diagnosis: Tinea capitis, Cicatricial alopecia

Treatment In Modern Medicine:

There is no specific treatment for Alopecia Areata cases. However, **topical immunotherapy, intralesional and topical or systemic corticosteroids** are used in patients with Alopecia areata. Other treatment options **include immune suppressant and biologics medicines**. The patients under treatment with these drugs should be constantly clinically monitored due to the adverse effects that can be generated. An important element of the management is offering **psychological support**. With psychological support and education about the disease, long-term improvement can be achieved.

Scope in Homoeopathy:

Homoeopathic remedies can offer gentle and safe treatment for patients suffering from Alopecia. Homoeopathy treats the person as a whole. This includes a detailed medical history of the patient, family and causative factors. Any underlying predisposition factor and susceptibility is also considered. **Alopecia Areata** is mentioned as a clinical symptom and a lot of **therapeutic indications** have been found in several Homoeopathic literatures like “Guiding Symptoms of our Materia Medica” by **C. Hering**, **W. Burt’s** Physiological Materia Medica⁷, in **Boericke’s** Pocket Manual of Homoeopathic Materia Medica & Repertory Materia Medica, in **J.H Clarke’s** Dictionary of Practical Materia Medica, in **Phatak’s** Materia Medica and Repertory and many more.

Bronchial Asthma And Homoeopathy



Dr. Amruta.V.Pawar
M.D.(Hom.)
Assist.Professor Dept. of Repertory

Introduction

Bronchial Asthma is a disease characterized by variable airflow obstruction, airway inflammation and bronchial hyper- responsiveness.

Until recently bronchospasm was considered as a cardinal feature but now in addition to bronchospasm airway inflammation is recognized as an essential component of asthma.

Inflammation is a **persistent** factor it is present even in asymptomatic periods and other symptoms and **bronchospasm** are **intermittent**.

Types of asthma:-

- 1) Atopic Asthma /Extrinsic/early onset asthma
- 2) Non-atopic Asthma

	Atopic Asthma	Non-Atopic Asthma
1	Starts at early age, children usually affected	Starts at late age, adults are affected
2	Provoking factors- Allergens+ other triggers	Provoking factors- Not by Allergens

3	In Family history allergic diseases are more common	In Family history allergic diseases are uncommon
4	Pathogenesis – Patient develops IgE antibodies when they come in contact with common allergens	
5	Serum IgE levels are raised	Serum IgE levels are normal
6	Other allergic disorders of skin ,nose and eyes are present	No such disorders
7	Skin test for allergens are positive	Skin test for allergens Negative.

Ailment from are of 2 types:-

Inducing Factors-

- 1) Genetic factors are important.
- 2) Asthma occurs in relatives of atopic individual therefore atopy is considered as a important risk factor
- 3) A distinct gene for atopy on chromosome 11 has been identified.

Provoking Factors

1) INFECTION-

History of URTI before asthmatic attack. This symptoms are due to viral infection especially rhinovirus infection.

2) ALLERGY-

House dust mite- commonest

Pollens , molds , animal danders and cockroaches are common allergens provoking asthma.

3) DRUGS-

Beta blocking drugs, Cholinergic drugs.

4) FOOD-

Food allergens are not common triggers of asthma like egg, milk, wheat, yellow colouring agents such as tartrazine, food preserving agents-sulphites.

Cold edibles are not implicated in aggravating factor of asthma. But in India ice and cold drinks reported to be more sensitive and bronchoconstrict.

5) EXERCISE-

Vigorous exercise on cold dry day leads to bronchial asthma in 80% children and adults.

6) ENVIRONMENT-

Cold and dry day especially strong wind, traffic pollution, tobacco smoke.

7) PSYCHOLOGICAL FACTORS-

Stress- major contributor

Clinical features

- chest tightness
- dyspnoea
- wheezing
- cough with or without sputum production

Homoeopathic Management

Homoeopathy focuses on treating root cause of disease. Homoeopathic philosophy of disease is not based on the external causes but the internal factors. Bronchial Asthma also has the intrinsic factors, so in homoeopathic treatment those factors are considered and accordingly medicines are given. There are well effective medicines in homoeopathy for Acute attacks also. There is good scope in Homoeopathy for Bronchial Asthma.

2021-22

STUDENT SEGMENT



AUDE SAPERE

मनोगत

देहू-आळंदीहून पंढरपूरला जाणाऱ्या पायवारीचे कुतूहल अनेक वर्षे माझ्या मनात घोळत होते. कोणत्याही निमंत्रणाशिवाय दरवर्षी जमणारा तो लाखोंचा जनसमुदाय, “ज्ञानोबा माऊली तुकाराम” हा एकच जयघोष, भागवत धर्माची भगवी पताका, ग्रामीण महाराष्ट्रातील कष्टकरी, बहुजन समाजातील स्त्री-पुरुषांचा हा भोळा भक्तिभाव, त्यांची पंढरपूरची श्री विठ्ठल रुक्मिणीच्या दर्शनाची दरवर्षीची पण दरवेळी तितकीच तीव्र असणारी ओढ, ह्यासारख्या अनेक गोष्टींचे मला कुतूहल वाटायचे, म्हणूनच काहीही झाले तरी आयुष्यात एकदा तरी आपण वारीत सहभागी व्हायचे असे मनात होते. आणि दोन वर्षांच्या प्रतिक्षेनंतर पुन्हा एकदा पंढरीची वारी सुरू होनार तेव्हाच कॉलेजच्या ग्रुप वर मॅसेज आला की पंढरपूर वारीत वारकऱ्यांच्या सेवेसाठी माऊली चॅरिटेबल ट्रस्टने आयोजित केलेल्या मेडिकल कॅंप साठी जायचे आहे, मी काहीही विचार न करता माझा होकार कळवला. बॅच 2 मध्ये माझी निवड झाली आणि 1 जुलै रोजी डॉक्टर्स डे च्या दिवशी माझा फलटण पासून ते पंढरपूर पर्यंतचा वारी चा प्रवास सुरू झाला.

वारीत वेगवेगळ्या दिंड्यांमध्ये सहभागी झालेले. गळ्यात माळा घातलेले, ज्ञानोबा माऊली, तुकाराम... हा जयघोष करणारे वारकरी वारीत भेटले.तो वारकऱ्यांचा उत्साह , भजनांचा आवाज, राम कृष्ण हरी चा जयघोष आणि ते मन प्रसन्न करणारे वातावरण!!!

फक्त दोन जोडी कपडे घेऊन, मिळेल तिथे राहून, मिळेल ते खाऊन, पायाला ठेचा लागून जखमा होतात तरीही रोज त्याच उत्साहाने पुढच्या वाटेला चालतात...

इतकं वय असताना ,पाय दुखत असताना ही ,कसे चालणार बाबा पंढरी पर्यंत? अस विचारल्यावर “ माऊली नेतील की बाई” हे सगळ्यांचं ठरलेलं उत्तरं ऐकून मल श्रद्धा म्हणजे काय असत ते कळालं.

या वारीतला वारकरी श्रद्धाळू आहे खरा पण तो अंधश्रद्धाळू खचितच नाही. पंढरपूरच्या पांडुरंगाचे कोणतेही कर्मकांड नाही, की नैवेद्यही नाही. या वारीत लहान-मोठा, गरीब – श्रीमंत असला काही भेदभाव नसतो तिथे सगळेच माऊली असतात..

पांडुरंगाच्या दर्शनाच्या एकमेव ओढीने 20-22 दिवस चालत येणारी ही माणसे आषाढी एकादशीच्या दिवशी पंढरपुरात मंदिरात जाऊन विठ्ठलाचे दर्शन घेण्याच्या भानगडीत पडत नाहीत, हे कळल्यावर प्रथम मला धक्काच बसला. माहिती घेतल्यावर कळाले की, “आषाढी एकादशीच्या आधी व नंतरचे दोन दिवस देव मूर्तीत नसतोच मुळी, तर तो भक्तांचेच दर्शन घ्यायला कळसावर आलेला असतो.” अशी या भोळ्याभाबड्या वारकऱ्यांची श्रद्धा. म्हणून केवळ कळसाचे दर्शन घेऊन हे वारकरी परत आपल्या घराच्या वाटेला निघतात. तर काही वारकरी 14 -15 तास दर्शनाच्या रांगेत उभे राहतात. हे सगळं बघून मन भारावून गेले. 10 दिवस कसे गेले कळलेच नाही.

संत नामदेव म्हणतात,

“सुखासाठी करिसी तळमळ, तरि तू पंढरीसी जाय एकवेळ,

मग तू अवघाची सुखरूप होसी, जन्मोजन्मी दुःख विसरसी...

DR.CHAITALI JADHAV

(PG PART 1 YMTHMC)

YMT HMC

‘ती’

ती इथे ही असते

ती तिथे ही असते

अडखळणाऱ्या प्रत्येक वाटेवर

ती पहिलीच असते

हॉस्पिटल तिच्याविना अधुरे दिसते

अन्

घरसुद्धा तिच्याविना सुने वाटते

कारण ती इथे ही असते

ती तिथे ही असते

अश्या ह्या ती साठी

नेहमी तीच लढत असते

स्वप्नात रमून सुद्धा

ती तीलाच विसरत असते

सहनशक्ती, आत्मसम्मान सर्वासाठी

ती नेहमीच लढत असते

पण स्वतः मधल्या ती ला

तीच विसरत असते

अशा ह्या स्त्रीला सन्मान देण्यासाठी

शिवरायांची मान ही नेहमी झुकते

कारण ती ही फक्त स्त्री असते

-डॉ. प्रिया बा. भालेराव

(PG PART 1 YMTHMC

COVID TIMES

Twenty nineteen ended,
And in twenty twenty we landed.
Wishing everyone, with a smile on face,

Without knowing the consequence.

“The busy roads of mumbai,
The beautiful beaches,
The strolling”,
To us, they all are calling.

The people were busy earlier,
And the nature were dirtier.
But now the time is healing,
And the nature itself is cleaning.

The life has taken a huge turn,
Everyone have stopped to run.
Mumbai which doesn't sleep,
Has now started to weep.

From elders to teen,
Everyone is in quarantine,
Hoping that this horrible scene,
Might become a scene unseen.
From gatherings at clubs,
To gatherings at video conference,

From nightouts,
To not going out,
What this year is all about???

MS. AISHA SIDDIQUI
I YEAR YMT HMC

How to bury your burdens at the beach.

Do you feel tiresome carrying the heavy load of stress that comes free with life?

Each and every person from a small child to an adult experiences stress in their own unique ways. Stress should not be allowed to build up in our bodies, minds and hearts.

If you are an adult, you are possibly tired of hiding your worries just so that when your loved ones look at you, they should be happy too.

Try this inexpensive way of releasing your stress.

According to psychology, there are numerous ways to relieve stress. Meditation, time management, anger management, exercising, having social support, etc are a few to name.

However, Nature always has a calming effect on us, the best being water.

Let me explain why it is so.

Even before we were born, we were surrounded by water in our mothers womb. It is from that time on that water is a source of calmness for us.

Hence, whenever you are stressed, being close to any water body will surely have a soothing effect on your mind as well as on your body.

B.E.A.C.H

Best Escape Anyone Can Have

Here are a list of things you can do to chill whenever you find yourself at the beach.

Number 1

Walk near the shore with the soft breeze carrying your worries away.

Number 2

Look out for shells while you are walking. Try and find out the ones you find to be the prettiest.

Number 3

If you wish to, you can capture pictures of it too.

Number 4

Bring out the child in you and feel relaxed.

Number 5

Sit down anywhere on the sand and breathe in the salt in the atmosphere.

These are a few things that I do to feel good. You can do numerous things that makes you happy

MS. JESSICA VAZ
II YEAR YMT HMC

YMT HMC

My Journey through Homoeopathy.

Got into Homoeopathy,
A course of five and half years,
Finally being a medical student,
Joined the college with happy tears.
Along with Pharmacy, Anatomy and Physiology,
College introduced us to Materia medica, organon and psychology.

Understanding the history of HANHEMANN,
A child with allopathic background became Homoeopathy's fan.
HMM, Forensic medicine and toxicology,
Organon, microbiology and parasitology,
The 2nd year subjects were difficult to comprehend,
To understand them, my entire Lockdown was spent.

Surgery, obstetrics and gynecology,
Ortho,dental and ophthalmology,
3rd year was more clinically oriented,
The allied subjects in my mind were perfectly cemented.

While Celebrating the world homoeopathic day,
I participated in drug dramatisation,
Learning Homoeopathic drug personalities,
Became an integral part of my education.
Now that I'm a final year student,
I still feel Ive just began,

Gathered a lot of knowledge and memories,

I'm perplexed at how fast the time ran.

Within months my journey would be completed,

To be a good practitioner is what I always prayed,

Understanding repertories and software,

A future Homoeopath will be made.

MS. PRIYANKA WAGHMARE

IV YEAR YMT HMC

PRISON

We think our mind is like cage
Where our all the thoughts would be

Locked, hidden, safe.

We have strong desire to outburst it.

Strive to open it.

We desire... still we fear...

Fear of disownment, fear of being judged

We stepped back...

From being free, from being content...

We crave.

For breaking those emotional barriers. Those non-realistic thoughts, yet so realistic.

Which Surrounded us like, roses:

Gratifying to look as a whole,

Bleed when we touched it's thorny-part.

We crave.

For that undefined urge of freedom.

For sense of being fulfilled,

We crave for those.

Un-caged thoughts

Which doesn't need any wrapping of

Protectiveness

We crave for.

A clear vivid sky: A Depth of sky

Where our all thoughts

Gets meddled up with moist of sky.

With essence of liveliness and

Enormous moments of euphoria.

We crave for.

Happiness.

We crave for.

Peace.

FREEDOM

I've stopped

I've stopped searching for happiness

In the dark cave

I've stopped searching for happiness

Where I thought I will be happy

I've stopped convincing myself that

Better days will come

I no longer spill on these pages

Like a lie that I'm trying to

Force myself to see as truth.

I've stopped expecting the things

Which I fall into more disappointments

More heartbreaks

I've stopped talking

Like we never even started

As if it was impossible to forget

Feel of no use

I've stopped looking for love

In all the places I came back

Maybe it's walking towards me
While I'm constantly moving
Searching for it in all the
Wrong places I felt my own

Maybe it won't ever find me.

More I think, more lonely hopeless
Devastated helpless me gets sicker
While I flick away the thoughts of
All the people I've ever loved
Like a last domino piece.

I do not know
Which is worse; not accepting fact
Or going with the flow.
I do not know what sickens me more:
Having these walls to keep myself
Safe while keeping away the good
Or breaking them down
Only to watch myself die everyday
Thousand times over
Just to feel like
I belong somewhere.

MS. NEHA KHAIRNAR
IV YEAR YMT HMC

आपलं गाव

धावत्या गाड्यांच्या रोडपासून ,
घुसमतलेल्या श्वासापासून,
विसरलेल्या माणुसकीपासून ,
खूप लांब अंतरावर निसर्गरम्य परिसरात सुटसुटीत वसलेलं
चिमण्यांचा चिवचिवाट बैलगाडीच्या घुंगराचा आवाज.....
दुपारचं काळ्या मातीत बसून ठेचा भाकरीचा जेवण.....
कपडे मळलेले असले तरी समाधानी चेहरे....
सायंकाळी शेतातून घरी परततांना
ते असत आपलं गाव
भर पहाटे उठून आपल्या कामला
सुरुवात करणारे गावकरी मंडळी...
गावत कोणी भेटलं तर
हसमुखाने राम राम घालत भेटतात
सार्वजनिक कार्य असो वा दुःखाचा प्रसंग
सगळे एकमेकांसाठी धाऊन येतात
थोडक्यात जिथं माणसाचं नाव असत
तिथेच माणसाचं गाव असत

MS. DIPTI SARODE
IV YEAR YMT HMC

तुझी चाहूल

तूझी चाहूल लागताच माझं सर्वकाही सोडून धावत येणं,
आणि चालता चालता दोन क्षणांसाठी आपलं नजरेला नजर मिळवणं,
त्या दोन क्षणांआधी आरश्यात बघून स्वतःला सावरणं,
आणि माझं हळुच मनामध्ये लाजणं,
शब्दांनी कधी बोलला नसलास माझ्याशी,
तरी नजरेने खुपकाही बोलून गेला आहेस.♥□

कधी न मिळालेली उत्तरं

कसं जमलं?

स्वतः हसवून मग स्वतःच रडण्याचं कारण होणं,

कसं जमलं?

स्वतः जोडून, उभं करून मग स्वतःच तोडणं,

कसं जमलं?

स्वतः काळजी घेऊन सोबत राहून मग अचानक स्वतःच असं परकं करणं,

कसं जमलं?

स्वतः आयुष्याची उत्तरं देऊन मग स्वतःच एक मोठं प्रश्न बनून उभं राहणं,

कसं जमलं?

अहसास और यादें...

कल भी वही शाम थी, आज भी वही शाम हैं।

कल भी तेरी यादें साथ में थी, आज भी तेरी यादें साथ में हैं।

कल भी हम हम हि थे, और आज भी बस् हम हि हम हैं।

अब इन सब बातों में, तेरे एक पैगाम की कमी हैं।

अहसासों का सफर...

मेरी उलझी हुई सांसों में बसा नाम तेरा,

मेरी दिल की धड़कनों में बसी तेरी यादें,

मेरी आँखों में तेरे ख्वाबों के वो पल,

मेरे मन में बसी तुम्हारे लिये फिक्र,

ये सारी बातें यही बताती हैं की,

हम दोनों अलग होकर भी एक अहसास में समाये हैं।

MS. YOGITA MORE

IV YEAR YMT HMC

सोनेरी पहाट

एक सुंदर सोनेरी पहाट
त्यात मधुर किलबिलाट
आल्हाददायक वाटे मनासी
वाटे कवेत घ्यावे या गगणासी ॥

एव्हाना सुरू होतो
वान्यासवे तो पानांचा खेळ
पाहुनी होते मन प्रसन्न
वाटे सुटूनी न जावे
हातातील हे सुंदर क्षण ॥

या माणसाच्या मनी मात्र
सदा विचारांचा घोळका
निघुनी जातो एक एक क्षणही
आणि ही सुंदर पहाट ही ॥

मग परत उदास होई मन
आणि परत ते आठवणींत मग्न
मनाचाच हा सर्व खेळ ग
शेवटी गेले ते सुंदर क्षण ग ॥

स्पर्श होता कोवळ्या किरणांचा
वाटे जगुनी घ्यावे परत एकदा

आधार देत सूर्य म्हणतो कसा
थांबव हे विचार या क्षणी माणसा ॥

जगुनि घे जीवनातील प्रत्येक क्षण
प्रत्येक क्षण ही तितकाच मौल्यवान
दाखव जगाला तुझा तो प्रखर प्रकाश
मोहमायेच्या बंधनात नको अडकवू त्यास ॥

जगास आहे गरज तुझी रे
थांबू नको चालू लाग आता रे
ही पहाट ही तुझी अन रात्र ही तुझीच
जाणुनी घे लवकरी मानवा हे ॥

MS. VAISHNAVI UNDURE

IV YEAR YMT HMC

Poem To my best friend

You came as a ray of light,
Made my life cheerful and bright,
Showering your affection over me
So that my face was full of glee.
Taking away my complete loneliness
And giving me back all the happiness
With a Midas touch of your care
To keep me away from despair.
I'll never leave you midway,
And tales of our bond people will say...!!

MR. RAVINDRA G KALE

IV YEAR YMT HMC

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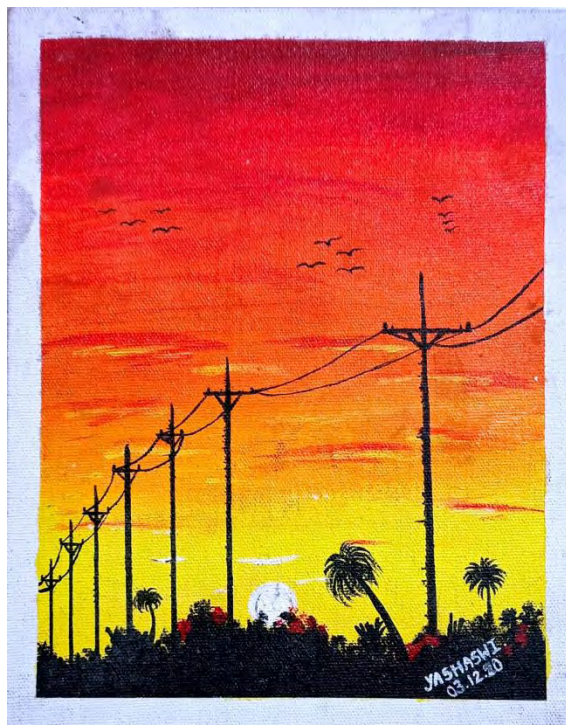


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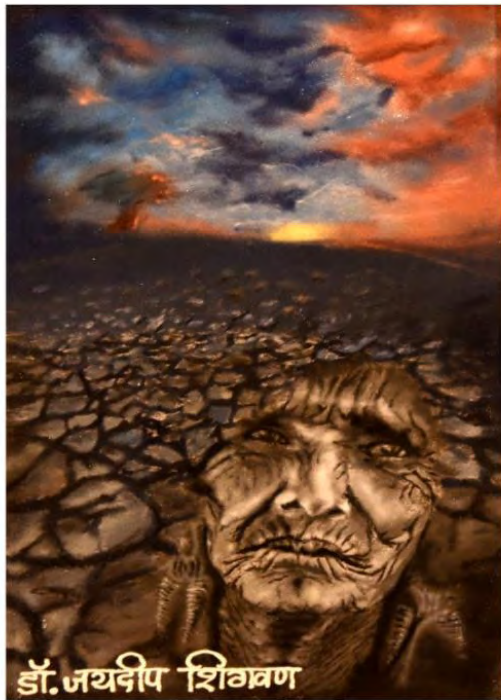


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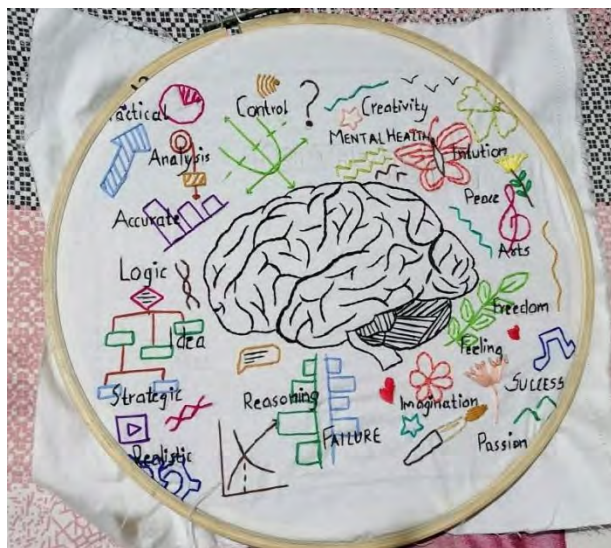


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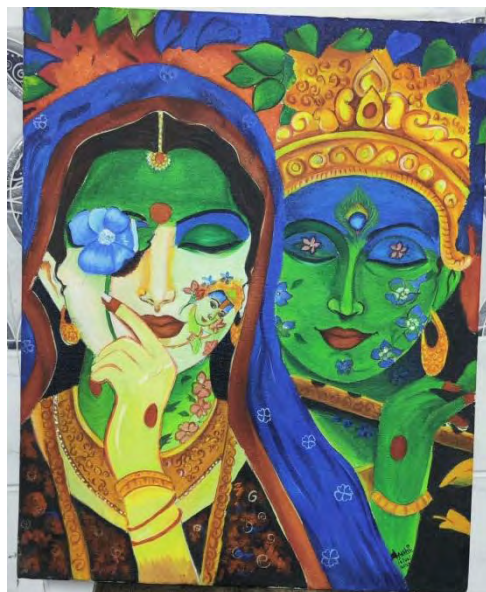


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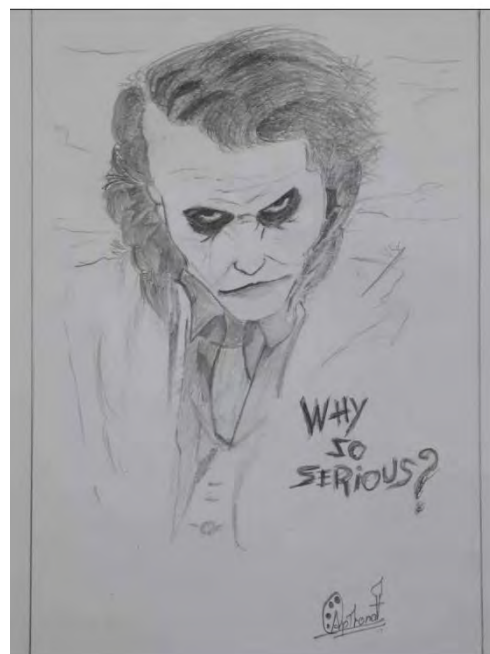
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**MS. VAISHNAVI SALI
I YEAR YMT HMC**

YMT HMC

COVER PAGE
&
DESIGNS

AKASH DUDHBAWANE

THANK YOU!