



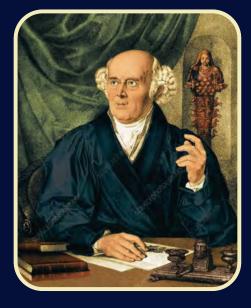
AUDE SAPERE



MENTAL WELL BEING

"NOURISH YOUR MIND WITH POSITIVITY, REST YOUR HEART WITH PATIENCE AND REMIND YOURSELF DAILY THAT HEALING IS NOT A RACE BUT A JOURNEY."

OUR INSPIRATION



Dr. SAMUEL HAHNEMANN Founder of Homoeopathy (1755-1843)



Dr.G.D. Pol Chairman



Dr. (Mrs) P .P. Page Director



Mrs.K.G .Pol Secretary





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 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. 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 of homoeopathy. I may be honored by my fellow beings eternally.

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





WORDS OF ORATITUDE







डॉ. मंगेश जतकर, अध्यक्ष प्रभारी Dr. Mangesh Jatkar, Chairperson(I/c)

राष्ट्रीय होम्योपैथी आयोग National Commission for Homocopathy

जवाहर लाल नेहरू भारतीय चिकित्सा एवं होम्योपैयी अनुसंधान भवन नं.६१-६६ संस्थागत क्षेत्र, जनकपुरी, नई दिल्ली -110058 Jawahar I.al Nehru Bhartiya Chikitsa Avum Homocopathy Anusandhan Bhavan No. 61-65, Institutional Area, Janakpuri, New Delhi-110058 Email: chair.nch/@gmail.com/. Phone: 011-28526873 Website: www.nch.org.in



MESSAGE

I am happy to extend my best wishes to Dr. G.D. Pol Foundation, YMT Homoeopathy Medical College & PG Institute & Hospital on completing 36 successful years of excellence in the field of homoeopathic education. It is indeed a pleasure to learn that, on the occasion of the Annual Day, the college releases its annual magazine "Aude Sapere" (Dare to be Wise), which showcases reports on various activities, achievements, and insightful articles contributed by both students and staff.

Homoeopathy has served the ailing mankind gently and its popularity is increasing among the masses. As a science, Homoeopathy has maintained its integrity with respect to its principles and stood the test of the time. This association stands by the path of Homoeopathy by creating knowledge and use of existing knowledge in an advanced way. The National Commission for Homoeopathy remains dedicated to elevating the standards of homoeopathic education by integrating modern principles and technological advancements into teaching and learning.

I extend my best wishes to the management, faculty and students of Dr. G.D. Pol Foundation, YMT Hom. Medical College & PG Institute & Hospital for the continued success in shaping future generations of skilled homoeopaths. Such an approach is vital to strengthening the credibility, expanding the scope, and inspiring innovation in Homoeopathic therapeutics within the modern healthcare landscape.

I convey my best wishes for this event to become a huge success in achieving this goal and encourage the Homoeopathic fraternity.

(Dr. Mangesh Jatkar)

Chairperson(I/c), National Commission for Homoeopathy
& Member, Homoeopathy Education Board,
National Commission for Homoeopathy
Ministry of AYUSH, Government of India

MUHS PRO-VICE CHANCELLOR





महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

्रि स्वातंत्र्याचा अगृत महानाव

प्रा.डॉ.मिलिंद निकुंभ एम.बी (लग शरीर) प्रति कुलगुरु Prof. Dr. Milind Nikumbh M.O. (Rashana Sharir) Pro-Vice Chancellor

MESSAGE

I am very glad to know that, Dr G. D. Pol Foundation's Y.M.T. Homoeopathic Medical College, Navi Mumbai is publishing the Annual College magazine "Aude Sapere" Year 2024-2025.

In addition to giving students a suitable platform to showcase their original ideas and literary prowess. I hope that the Magazine will reflect the progress and achievements made by the students and faculty members.

I wish the organizers, teachers and students of the College all success in their endeavors and best wishes for successful publication of the magazine "Aude Sapere" Year 2024-2025.

Prof Dr. Milind Nikumbh Pro-Vice-Chancellor



दिंडोरी रोड, म्हसरुळ, नाशिक – ४२२ ००४. (महाराष्ट्र) Dindori Road, Mhasrul, Nashik - 422 004. (Maharas Tel.: (0253) 2539115, 2539116 Fax - (0253) 2539130

MUHS REGISTRAR





महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK म्हसरूळ, दिंडोरी रोड, नाशिक Phone: 0253-2539173 178 E-mail - pr@muhs ac in, muhs program

डॉ. राजेंद्र शिवाजी बंगाळ कुलसचिव

Dr. Rajendra Shivaji Bangal M.B.B.S. M.D. (Forensic Medicine), D.N.B. L.L.B. Registrar

मआविवि / पीआर /864/2025

- शुभेच्छा संदेश

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

शैक्षणिक, सामाजिक आणि अध्यामिक क्षेत्रात आपल्या संस्थेचे कार्य उल्लेखनीय आहे. सामाजात शिक्षणाचा प्रचार-प्रसाराचे महत्वपूर्ण कार्य आपल्या संस्थेकडून घडत आहे. शिक्षणाचा ध्यास व सामाजासाठी राबविण्यात येणारे विविध उपक्रम प्रेरणादायी आहेत. 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 मनःपुर्वक शुभेच्छा.

मा. अधिष्ठाता डॉ. जी.डी. पोळ फांऊन्डेशन वाय.एम.टी. होमिओपॅथिक वैद्यकीय महाविद्यालय खारघर, नवी मुंबई - 410210.

FROM THE CHAIRMAN'S & SECRETARY'S DESK





We congratulate the endeavor taken by Dr. G. D. Pol Foundation YMT HMC to release their Annual Magazine Aude Sapere for the academic year 2024–25. This magazine is a sincere attempt undertaken to encourage writing skills, research aptitude, and the creative expressions of our students.

It is worth mentioning that YMT Homoeopathic Medical College, a pioneer institute of Dr. G. D. Pol Foundation, is making remarkable progress in the field of Homoeopathy by providing excellent academic training, advanced clinical exposure, and opportunities for holistic development. The institute is consistently striving to achieve newer heights by fostering innovation, dedication, and a spirit of service in its students.

We take immense pride in the persistent efforts of the Director, Principal, faculty members, and students for their contribution in uplifting the standards of Homoeopathic education and clinical practice. The college has not only excelled in academics but has also been a guiding force in shaping compassionate, skilled, and ethical Homoeopathic physicians.

Wishing Aude Sapere 2024–25 great success and may this magazine continue to reflect the brilliance, creativity, and scholarly spirit of YMT HMC. We extend our best wishes to the institution in its journey of scaling greater heights and in its noble mission of propagating Homoeopathy globally.

DR. G.D. POL CHAIRMAN MRS. KALPANA POL SECRETARY

FROM THE DIRECTOR'S DESK



It is a matter of immense pride and joy to present to you our Annual Magazine "Aude Sapere" 2024–2025. This annual magazine will provide you with insightful glimpses into the vibrant activities, academic excellence, cultural events, and remarkable achievements of our staff and students. It will also highlight the creativity, innovation, and hidden talents of our budding learners. This magazine stands as a testimony to the collective efforts of our staff, students, and the dedicated editorial board, who have worked tirelessly to bring this edition to life.

Our students continue to shine in several inter-collegiate academic and extracurricular activities, making our institution a center of holistic development. Our college is committed to providing quality education, nurturing analytical thinking, and shaping individuals into confident, capable, and responsible citizens of a rapidly evolving global society.

With the unwavering support and motivation of our Hon'ble Chairman Dr. G. D. Pol Sir, the visionary management, and our devoted teaching and non-teaching staff, the institute has been constantly flourishing. Together, we strive to evolve not only the personality but also the competitive spirit and ethical values of our students.

As we move ahead into another academic year, I sincerely wish that the Annual Magazine 2024—2025 becomes a true reflection of our collective growth, aspirations, and achievements. May this edition inspire many more young minds to dream big, work hard, and achieve greater milestones.

Wishing my students, faculty members, and the editorial team of Aude Sapere 2024–2025 the very best of luck in achieving new heights of progress, prosperity, and success.

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

FROM THE PRINCIPAL'S DESK



It is a great pleasure to present to you our Annual Magazine "Aude Sapere" for the academic year 2024–25.

Our institute, YMT Homoeopathic Medical College, is one of the highly esteemed and well-reputed institutes in India. At our institute, we strongly believe in the all-round personality development of students, wherein our dedicated and experienced faculty play a vital role in shaping their careers and future. We maintain strict discipline in our curriculum, encourage active clinical exposure, and ensure that our students remain focused, motivated, and confident in every field. Academically, our students have consistently proven their merit by securing gold medals and top ranks at the University level.

The magazine reflects the recent achievements of the college, showcasing the dedication, passion, and collective efforts of both students and staff.

Being Vice President of the Student Council for the past 21 years and now being the president, I have witnessed the immense growth of our students in extracurricular activities and sports. Our students have won laurels, including silver medals at the Asian Games. These achievements not only boost their confidence but also enhance their interactive and leadership capacities, ultimately shaping them into compassionate and skilled homoeopathic physicians.

With the global trend nowadays, our students also excel at the international level. They receive opportunities in diverse fields such as public health, pharmaceutical sciences, and higher studies in countries like the UK, USA, and Australia. Many of our alumni are excelling in government services, achieving top ranks in public service commission exams, and proudly serving as IPS and IAS officers.

YMT Homoeopathic Medical College has earned a place of pride due to its commitment to excellence, state-of-the-art infrastructure, well-equipped hospital facilities, and a holistic approach towards education. Our students are trained not just to treat patients, but also to become empathetic human beings who can serve society with dedication and responsibility.

We, at our institute, believe in quality education, good clinical training, and overall development that empowers our students to emerge as successful professionals and proud ambassadors of YMT Homoeopathic Medical college

DR. S.P.DANDGE PRINCIPAL

VICE PRESIDENT'S MESSAGE



It gives me immense happinness in penning down the Vice-Presidents message for the E-magazine of our institute "AUDE SAPERE". It is matter of great appreciation towards the Eco-friendly approach adapted by our institute in continuing with the E-Magazine mode rather than printing the magazine.

The Students Council started the wonderful journey of organizing various events. It begins with the Freshers and Graduation day for the students, a break from their hectic schedule. In the near future, Council shall be further organizing many more activities for the students.

I express my gratitude to our respected Chairman Dr. G.D. POL sir for his guidance and support, I am thankful to our Director Dr. p.p.page ma;am for always encouraging the council activities. Heartful thanks to our Principal Dr. S.P. DANDGE mam for her immense motivation.

Special thanks to all the students and the students council for their active cooperation and enthusiasm .

Wishing a grand success to the magazine

DR. VARSHA SHARMA VICE- PRESIDENT

CULTURAL SECRETARY'S MESSAGE













As the Cultural Committee, we are thrilled to greet you through the pages of our college's annual magazine. This year was filled with the incredible talent and spirit, from the electrifying dance performances to the soulstirring musical nights and the fun stage plays, our cultural events were a celebration of creativity, passion, and unity.

We believe that culturals is the heartbeat of our college. It's what allows us to step outside our academic pursuits, discover new talents, and form bonds that last a lifetime.

Thank you to every student who participated, performed and supported our events. Your enthusiasm is what makes our college events truly special.

We hope the memories captured in this magazine inspire you to continue expressing yourselves and to embrace the rich cultural heritage.

The year started with the theme GENESIS 2025, which began with a pioneering event – the White Coat Ceremony for the Fresher students of the I - Prof. B.H.M.S. (Batch 2024-25) on 13/02/2025.

Followed by 20th Post Graduate Convocation of YMTHMC on 13/02/25.

The day also marked the spectacular event of Freshers Party – GENESIS 2025, on 13/02/25, an evening filled with great performances and abundant display of talent of the UG & PG Fresher Students.

Following this, came the Cultural Week – ATHAANG 2025, conducted from 19/04/2025 to 21/04/2025, three days filled with different cultural activities, competitions and fun-fair.

Dr. Hahnemann Day was celebrated on 11/04/2025 with a debate competition, followed by Prize distribution.

Then came time for Convocation and to bid farewell to the GRADUATING BATCH OF DOCTORS who were embarking on a new journey of medical practice and patient care. This year, the Dynamis Council of YMTHMC collaborated with the Atharva

Council of YMTAMC in the celebration of Ganesh Utsav 2025 – AARADHYA.

TEACHERS DAY WAS CELLEBRATED ON 04/09/25

The Annual Day 2025, will be taking place at Vishnudas Bhave Natyagruha, Vashi and hoping it to unfold with abundant success. We extend our sincere gratitude to our Chairman Dr. G. D. Pol Sir Director Dr.P. P. Page Ma'am, Principal Dr. S. P. Dandge Ma'am, Vice President Dr. Varsha Sharma Ma'am & last but not the least to our Dynamis Council, teachingand non-teaching staffs for the constant support and help.

DR.SAMEER POL (CULTURAL EXECUTIVE)

DR.ARCHANA MESHRAM (CULTURAL EXECUTIVE)

DR.MANSI LAD (CULTURAL SECRETARY)

MS.KANAK KATTHWAS (CULTURAL SECRETARY)

MR.ANDREWS SAMUEL (CULTURAL SECRETARY)

MS.DIVYA MESTRY
(CULTURAL SECRETARY)

SPORT SECRETARY'S MESSAGE













Sports Report – AUDE SAPERE (2024–25)

We, the Sports Secretaries of the Dynamis Council 2024–25, are delighted to present the annual sports report for our magazine AUDE SAPERE.

This year, our grand four-day sports festival "RANANGAN" brought together an exciting blend of indoor and outdoor games, fostering enthusiasm, energy, and camaraderie among students.

Indoor games included Carrom, Chess, Table Tennis, and Badminton, while outdoor games featured Cricket, Dodge Ball, Volleyball, Kho-Kho, and the 100-meter relay race. The badminton matches were conducted at Shuttle Star Badminton Academy, Little World Mall Badminton Court, offering students a professional sporting experience

The event saw active participation from students, who showcased both talent and team spirit. Faculty members and alumni joined in, creating a lively and supportive atmosphere. The entire campus resonated with energy as athletic talent, sportsmanship, and unity came alive on the field.

A special highlight was the Tug-of-War competition, which encouraged enthusiastic participation across all levels, further adding to the vibrancy of the event.

Overall, RANANGAN 2024–25 was a resounding success, reflecting our college's commitment to promoting wellness, teamwork, discipline, and institutional pride.

We extend our heartfelt gratitude to Chairman Dr. G. D. Pol Sir, Director Dr. P. P. Page Ma'am, Principal Dr. S. P. Dandge Ma'am, Vice President Dr. Varsha Sharma Ma'am, along with all the teaching staff and students, whose encouragement and support made this event a grand success.

SPORTS EXECUTIVE DR.JAYESH SANGHAVI SPORTS EXECUTIVE DR.YOGESH MANDLE

SPORTS SECRETARY HRIDAY RAJURKAR AJIT DHASAL DR.PREM RRAJPUT SPORTS SECRETARY SNEHA PPATIL VAISHNAVI PPATEL

FROM CHIEF EDITOR'S DESK





We are very glad to present to you our Annual Magazine "AUDE SAPERE" 2024–2025. Genuine efforts have been made by our teaching staff and students through writing articles, poems, artwork, and other creative work for this magazine.

This year, our theme revolves around "Mental Well-being", a subject of great importance in today's fast-paced and demanding world. In an age where stress, anxiety, and emotional struggles are on the rise, it becomes vital to cultivate resilience, inner peace, and balance. Mental well-being is not merely the absence of illness, but the presence of positive thoughts, emotional strength, and the ability to cope with challenges gracefully. Through this magazine, we hope to shed light on the importance of caring for one's mental health alongside physical health, and how small steps such as mindfulness, empathy, balanced lifestyle, and creative expression can make a big difference.

We are filled with immense pride and gratitude. This annual publication represents not only the culmination of our team's hard work but also the valuable support given by everybody.

The magazine incorporates insightful articles, wonderful poems, and amazing artwork with diverse perspectives. Our goal is to inform, inspire, and engage the reader. We hope that each page will offer something meaningful, thoughtful, and encourage everyone towards building a healthier mind and spirit.

We wish to extend our deepest gratitude to the Chairman Dr. G.D. Pol Sir, Director Dr. P.P. Page Ma'am, Principal Dr. S.P. Dandge Ma'am, Ex-MUHS Dean Dr. D.G. Bagal Sir, Teaching Staff, and Students for their continuous support and best wishes

DR.SWATI KULKARNI CHIEF EDITOR

MS.ANKITA DUBEY
MAGAZINE SECRETARY

GENERAL SECRETARY'S MESSAGE



It is a matter of great pride to pen down the message for my college magazine. "With great power comes great responsibility" a quote which we all heard in the Spider-Man movie today I came to know its meaning.

Being the General Secretary of DYNAMIS STUDENT'S COUNCIL 2024-25 was a great journey with lots of learning & new experiences. In my tenure various events were organized like White Coat Ceremony which was organized for the first time in college along with PG convocation. Fresher's Party was organized for the new batch. Many more events such as Sports week, Cultural week, World Homoeopathy Day, UG convocation, Teacher's Day, etc were organized where students participated with great enthusiasm.

I thank my council team which is the best, fighting all odds & giving their best. Many challenges came but all were strong & supported me. Special mention of PG Student's Council without them we would not be able to organize all these events successfully and smoothly.

Special mention of Dr. Page ma'am & Dr. Dandge ma'am for their constant inspiration; Dr. Sharma ma'am for her expert guidance; Council Executives & teachers for keeping faith in me & always motivating me and for giving me an opportunity to be the General Secretary of Dynamis Student's Council 2024-25. I express my deep gratitude to one and all.

I hope the DYNAMIS STUDENT'S COUNCIL 2024-25 has served you all well. Thank you all for your love, support & faith in me.

MR. ADWATT ASWAR GENERAL SECRETARY

MEET THE TEAM

PRESTDENT



Dr. S.P. DANDGE

VICE - PRESIDENT



Dr.VARSHA SHARMA

CULTURAL EXECUTIVE'S





Dr.SAMEER POL Dr. ARCHANA MESHRAM

SPORTS EXECUTIVE'S



Dr.JAYESH SANGHAVI



Dr. YOGESH MANDLE

MAGAZINE EXECUTIVE



Dr.SWATI KULKARNI

NSS -PROGRAM OFFICER



Dr.PRAVEEN YAMGAR

DYANAMIS U.G. & P.G. COUNCIL 2024-25

GENERAL SECRETARIES



DR.OMKAR KADAM (P.G.)



ADWAIT ASWAR (U.G.)

CULTURAL SECRETARIES



DR. MANSI LAD (P.G.)



KANAK KAITHWAS (U.G.)



ANDREWS SAMUEL (U.G.)



DIVYA MESTRY (U.G.)

SPORTS SECRETARIES



DR.PREMODAY RAJPUT (P.G.)



VAISHNAVI PATEL (U.G.)



HRIDAY RAJURKAR (U.G.)



SNEHA PATIL (U.G.)



AJIT DHASAL (U.G.)

MAGAZINE SECRETARIES



DR.PRATHMESH BHOSALE (P.G.)



DR.PAYAL ISRANI (P.G.)



Ankita dubey (u.g.)

ACADEMIC SECRETARIES



DR.SAURABH GAWANDE (P.G.)



DR.PRAGATI DARWADE (P.G.)



Sanmaee Kadam (U.G.)

TREASURER



SHIFA SHAIKH (U.G.)



Amey kokane (U.G.)

LADIES REPRESENTATIVE



AKSHADA KALE (U.G.)

EXCURSION SECRETARY



SUJAL SONULKAR (U.G.)

NSS CO-ORDINATOR



Kaif Khan (U.G.)



ANNUAL REPORTS 2024-25

COLLEGE REPORT 2024-25

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 with 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 are 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 theaters, library, gymkhana, administrative office, seminar hall, OPD, Hospital, canteen, etc. The hostel is located in the same premiavailable. Dr. G. D. Pol Foundation YMT HMC is situated in the beautiful & serene environment of Kharghar, Navi Mumbai.

Our college has been a torch bearer in establishing high standards of disciplined 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 & efficient faculty
- Fully functional central OPD catering to a multitude of patients.
- 74 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 medical 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 spacious with proper ventilation and is well equipped with teaching materials like 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 also are having seminar rooms.

IIBRARY

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 development in the field of medicine. Adjacent to the library, there are huge, well illuminated reading rooms separate for staff, UG &n 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 having 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 2024.

COURSE	YEAR	PASSING	PERCENTAGE
		SUMMER 2024	WINTER 2024
I BHMS	CBDC	88%	76%
II BHMS	2015	88%	100%
III BHMS	NEW	50%	100%
	2015	100%	94%
IV BHMS	NEW	66.66%	66.66%
	2015	83.33%	100%
P.G. PART I		91%	100%
P.G. PART II		100%	100%

HOSPITAL

Our institute has a well equipped 74 bedded hospital with specialized Medicine Surgery, Gynaecology & Pediatric wards along with a well maintained OT. There is availability of Pathology, X ray, Sonography & Physiotherapy in the hospital. Highly experienced and qualified 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, Vashi. Large number of patients visiting these OPDs is treated by our highly efficient and dedicated staff. We are also having peripheral OPDs to render services in different localities.

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 camps namely Lalbaugcha raja camp; Pandharpur camp during the festive season.

SEMINARS

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

NSS

Various activities are undertaken by the NSS unit. Few of the NSS events in which the volunteers actively participated were AIDS rally, MUHS foundation day, Blood donation camp, Tree plantation, Homoeopathic camps, etc.

CAMPUS PLACEMENT

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

CONVOCATION & FRESHER'S DAY

UG Convocation Day & Fresher's Day for new admission students was organized on 13/02/25 where we welcomed our budding physicians and bid adieu to the outgoing batch.

STUDENT ACHIEVEMENTS

MR. RAHUL BALAJI PAWAR (4RT YEAR) HAD BEEN SELECTED FOR THE ALL INDIA INTER-UNIVERSITY GAMES (2024-25) IN CRICKET ,REPRESENTING THE CRICKET TEAM OF MUHS

OUR STUDENT FROM 1ST YEAR HAD PARTICIPATED IN SPANDAN.

SPANDAN IS THE ANNUAL STATE-LEVEL CULTURAL YOUTH FESTIVAL

ORGANIZED BY THE MAHARASHTRA UNIVERSITY OF HEALTH SCIENCE (MUHS)..

OUR STUDENT HAD TAKEN PARTS INTO

NSS UNIT

YEARLY REPORT APRIL 2024 TO MARCH 2025

STRENGTH OF THE UNIT:- APRIL 2024 TO MARCH 2025-100

NAME OF PROG. OFFICER- DR. PRAVEEN YAMGAR

ASST.PROG. OFFICER- DR. YASHSHREE PATIL DR. PRATIKSHA YADAV

STUDENT CO-ORDINATOR - KAIF KHAN (from Sep 2024)

AKASH NARAWADE (from sep 2024)

The unit has been working actively in the field of giving back to the society in ways possible.

Regularly activities throughout the year are planned by the unit with list 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 in the village. Residential camp was organised at Group grampanchayat Jasai from 04/02/2025 to 10/02/2025. Total 507 patients were seen.

The NSS unit is also active through its online portal i.e. on Instagram: ymthmc_nss.

LIST OF ACTIVITIES

- 8 April 2024- Medical Health Checkup Camp on occasion of World Health Day at Chambharli
- 7 May 2024- Medical Health Checkup Camp with NSS Unit of YMT Dental College at Karjat
- 31 May 2024- Displaying Posters on occasion of World No Tobacco Day at YMT HMC
- 5 June 2024- Environment Day 2024-Pledge at YMT HMC
- 6 June 2024- 350 Shivrajyabhishek Sohala at YMT HMC
- · 8 June 2024- Medical Health Checkup Camp at Alibaug District Jail, Raigad
- 10 June 2024- MUHS Foundation Day 2024 Celebration at YMT HMC Campus
- 14 June 2024- Blood Donation camp on occasion of Blood Donor Day at General Hospital,
 YMT HMC Kharghar
- 21 June 2024- ESSAY writing- Yoga for Women Empowerment at fifth floor Seminar Hall
 YMT HMC
- 21 June 2024- Yoga demonstration for teaching staff at YMT HMC
- 21 June 2024- Yoga demonstration for Non- Teaching staff at YMT HMC
- 21 June 2024- Yoga demonstration for Students at YMT HMC
- 21 June 2024- Yoga Poster Competition & Exhibition at YMTHMC
- 3 August 2024- Lecture by Mrs. Prarthana Divedi from MOHAN FOUNDATION on occasion of NATIONAL ORGAN DONATION DAY at YMTHMC, Kharghar
- 3 August 2024- Anatomical painting & poster making competition on the occasion of NATIONAL ORGAN DONATION DAY at YMTHMC
- 12 August 2024- Awareness lecture on Drug De-addiction at YMTHMC
- 12 August 2024- Pledge for Drug free India at YMTHMC
- 12 August 2024- Tree plantation under "EK PED MAA KE NAAM" campaign
- 12 August 2024- Rally for Drug Free India at YMTHMC campus
- 14 August 2024- National Anthem under "HAR GHAR TIRANGA" campaign at YMTHMC
- 14 August 2024- Pledge under "HAR GHAR TIRANGA" campaign at YMTHMC
- 14 August 2024- Rally under "HAR GHAR TIRANGA" campaign at YMTHMC
- 14 August 2024- Selfie with TIRANGA under "HAR GHAR TIRANGA" campaign at YMTHMC
- 15 August 2024- Independence celebration at YMTHMC
- 3 September 2024- Chikki distribution to school students & staff at Raigad Zilla Parishad school, Chambharli on occasion of NUTRITION WEEK CELEBRATION

- 3 September 2024- Demonstration about GOOD TOUCH & BAD TOUCH to school students & staff at Raigad Zilla Parishad school, Chambharli on occasion of NUTRITION WEEK CELEBRATION
- 3 September 2024- Environmental protection by Swachta Abhiyan at Raigad Zilla Parishad school, Chambharli on occasion of NUTRITION WEEK CELEBRATION
- 3 September 2024- Blood Investigation for school students & village people at Raigad Zilla
 Parishad school, Chambharli on occasion of NUTRITION WEEK
 CELEBRATION
- 3 September 2024- Medical Health check up camp for school students & adults at Raigad Zilla
 Parishad school, Chambharli on occasion of NUTRITION WEEK
 CELEBRATION
- 3 September 2024- Height & weight monitoring for school students at Raigad Zilla Parishad school, Chambharli on occasion of NUTRITION WEEK CELEBRATION
- 3 September 2024- Lecture on IMPORTANCE OF NUTRITION & HYGEINE to school students & staff at Raigad Zilla Parishad school, Chambharli on occasion of NUTRITION WEEK CELEBRATION
- 19 September 2024- Swchata Pledge taken by Students at YMTHMC
- 19 September 2024- Community Health camp at Taloja
- 20 September 2024- Community Health camp at Wadghar, Panvel
- 23 September 2024- Community Health camp at Devicha pada. Panyel
- 24 September 2024- Community Health camp at Usarli Khurd, Panvel
- 25 September 2024- Community Health camp at Shedung, Panvel
- 26 September 2024- Cleanliness Drive at 4th & 5th floor at YMTHMC
- 26 September 2024- Community Health camp at Barpada, Panvel
- 27 September 2024- Cleanliness Drive at Kharghar Bus stop
- 27 September 2024- Cleanliness Drive at Kharghar Railway station
- 27 September 2024- Cleanliness Drive at 2nd & 3rd floor including Girls common room at YMTHMC
- 27 September 2024- Cleanliness Drive at Belpada Metro station area
- 28 September 2024- Swachta awareness rally at YMTHMC campus
- 30 September 2024- Cleanliness Drive at Kharghar post office, Cidco Garden
- 01 October 2024- Community Health camp at Sai, Panyel
- 01 October 2024- Cleanliness Drive at Homoeopathic OPD, YMTHMC
- 01 October 2024- Cleanliness Drive at General Hospital, YMTHMC
- 01 October 2024- Cleanliness Drive at Ground floor & 1st floor at YMTHMC
- 01 October 2024- Cleanliness Drive at Garden area, YMTHMC
- 02 October 2024- Lecture on IMPORTANCE OF CLEANLINESS for village people at Chambharli

- 02 October 2024- Gandhi Jayanti celebration at Chambharli
- 02 October 2024- Taken Pledge on "SWACHHTA HI SEVA" at Chambharli
- 02 October 2024- Tree plantation under :EK PED MAA KE NAAM" campaign at Chambharli
- 02 October 2024- Cleanliness Drive at Chambharli
- 03 October 2024- Community Health camp at Rohinjan, Panvel
- 04 October 2024- Community Health camp at Gavhan, Panvel
- 05 October 2024- Community Health camp at Kopar, Panvel
- 07 October 2024- Community Health camp at Ghotgaon, Panvel
- 08 October 2024- Community Health camp at Bhingarwadi, Panvel
- 09 October 2024- Community Health camp at Bhatan, Panvel
- 26 November 2024- Speech Borsa Munda on occasion of his 150th birth anniversary at YMTHMC
- 26 November 2024- Presented Sanvidhan Geet, Skit on occasion of Constitution Day at YMTHMC
- 26 November 2024- Speech on RIGHTS BY CONSTITUTION & Pledge taken on occasion of Constitution Day at YMTHMC
- 02 December 2024- Speech by Police Inspector Santosh Kane (Traffic department, Kharghar) on awareness about Traffic rules & road safety at YMTHMC
- 02 December 2024- AIDS awareness rally on occasion of World AIDS DAY from YMTHMC campus to Kharghar railway station & back to YMTHMC campus
- 02 January 2025- Speech on occasion of Savitribai Phule Jayanti celebration
- 24 January 2025- Yoga and Sports activities taken on occasion of National Girl Child Day at Adopted village Chambharli.
- 24 January 2025- Lecture on importance of Hygiene, Nutrition, Hand washing technique for students at Adopted village, Chambharli.
- 24 January 2025- Rally for Awareness about Constitution day in Adopted village, Chambharli.
- 24 January 2025- Medical Health check up camp held at Adopted village, Chambharli.
- 26 January 2025- Flag Hoisting, Speech, Poem & Singing of Patriotic song on occasion of Republic Day celebration
- 26 January 2025- Parade taken on occasion of Republic Day celebration
- 04 February 2025- NSS Residential camp at JASAI Village
- 05 February 2025- NSS prayer at NSS residential camp at JASAI
- 05 February 2025- Inauguration of Residential camp at Group grampanchayat JASAI village.

- 05 February 2025- Free Dental check up camp at Group grampanchayat Jasai
- 05 February 2025- Swachchta Abhiyan at Group grampanchayat Jasai
- 05 February 2025- Tree plantation at Group grampanchayat Jasai
- 06 February 2025- NSS prayer at NSS residential camp at JASAI
- 06 February 2025- Guidance lecture by Dr. Vijay Kokane Sir from Jan Shikshan Sansthan for NSS students at Group grampanchayat Jasai
- 6 February 2025- Free Medical Health check up camp at Group grampanchayat Jasai
- 06 February 2025- Free Physiotherapy check up & treatment at Group grampanchayat Jasai
- 06 February 2025- Free Peripheral Medical Health check up camp at Ranjanpada, Uran
- 06 February 2025- Lecture on Female disorders, Hygiene and Breast Cancer awareness by Dr. Yashshree Patil for females at Jasai.
- 06 February 2025- Drawing Competition, Bucket & ball game, Sac race held for students of Z
 P School Jasai.
- 06 February 2025- Skit on topic "Cyber Crime awareness" at Group grampanchayat Jasai
- 07 February 2025- NSS prayer at NSS residential camp at JASAI
- 07 February 2025- Free Medical Health check up camp at Group grampanchayat Jasai
- 07 February 2025- Free Peripheral Medical Health check up camp at Surungpada, Uran
- 07 February 2025- Intelligent testing games & Musical chair held for students of Z P School,
 Jasai.
- 08 February 2025- NSS prayer at NSS residential camp at JASAI
- 08 February 2025- Free Medical Health check up camp at Group grampanchayat Jasai
- 08 February 2025- Free Peripheral Medical Health check up camp at Domba Adiwasi Wadi,
 Uran
- 08 February 2025- Free Eye check up camp at Group grampanchayat Jasai
- 08 February 2025- Lemon & spoon race, running race held for students of Z P School, Jasai.
- 09 February 2025- NSS prayer at NSS residential camp at JASAI
- 09 February 2025- Free Medical Health check up camp at Group grampanchayat Jasai
- 09 February 2025- Free Peripheral Medical Health check up camp at Railway Colony, Uran
- 10 February 2025- NSS prayer at NSS residential camp at JASAI
- 10 February 2025- Free Medical Health check up camp at Group grampanchayat Jasai
- 10 February 2025- Free Peripheral Medical Health check up camp at Ekatghar, Uran
- 05 February 2025 to 10/02/2025- Students cooked food for all during NSS special camp at Jasai
- 10 February 2025- Camp farewell ceremony at NSS special camp Jasai

- 19 February 2025- Speech on occasion of Shivjayanti
- 19 February 2025- Rally on occasion of Shivjayanti under "JAY SHIVRAY BHARAT PADAYATRA"
- 27 February 2025- Garlanding the photo of Sant Dnyaneshwar and played Maharashtra Geet on occasion of Marathi Rajya Bhasha Din
- 27 February 2025- Singing, Poem & Dance performed by students on occasion of "Marathi Rajya Bhasha Din"
- 27 February 2025- Speech by students on occasion of Marathi Rajya Bhasha Din
- 27 February 2025- Talent games taken on occasion of Marathi Rajya Bhasha Din
- 05 March 2025- Lecture on topic female disorders & hygiene by Dr. Yashshree Patil for females on occasion of International Women's Day celebration at Jasai village.
- 05 March 2025- Free Medical Health check up camp with free investigations for females on occasion of International Women's Day celebration at Jasai village.
- 08 March 2025- Lecture on topic female disorders & hygiene, Women & girls safety, Women
 Empowerment by Dr. Yashshree Patil for females on occasion of International Women's Day
 Celebration at Dighode village
 - 08 March 2025- Lecture on topic female disorder & hygiene by Dr. Shruti on occasion of International Women's Day celebration at Adopted village, Chambharli.
 - 08 March 2025- Free Medical Health check up camp on occasion International Women's Day celebration at Adopted village, Chambharli.
 - 10 March 2025- Self Defence session held for female students & staff by Trainer Sachin Pattekar from Academy of Karate on occasion of International Women's Day celebration at YMTHMC
 - 11 March 2025- Singing, Dances speech followed by games for females staff on occasion of International Women's Day celebration at YMTHMC
 - 16 March 2025- Rally on occasion of National Vaccination Day
 - 22 March 2025-Rally on occasion of World Water Day
 - 24 March 2025- Rally on occasion of World Tuberculosis Day

Dr. Praveen Yamgar NSS Prog. Officer Dr. Seema Dandge Principal

WINNERS

N.S.S. EVENTS PRIZE WINNER 2024-25

I. AIDS DAY POSTER MAKING

1ST RANK: HIRAL LOHAR (1ST YEAR)

2ND RANK: TANVI MANOHAR (1ST YEAR)

3RD RANK: PRATIK CHAUDHARY (1ST YEAR)

2. ESSAY COMPETITON

1ST RANK: SHARVARI SHINDE (1ST YEAR)

2ND RANK: NABAH ZAIDI (1ST YEAR)

3RD RANK : BHAKTI PANCHAL (1ST YEAR)

3. YOGA DAY - SLOGAN

1ST RANK : URJITA KEDAR (INTERN)

2ND RANK : SHRIYA SINGARANE (1ST YEAR)

4. YOGA DAY - POSTER

1ST RANK: SHREYA PATOLE(INTERN)

2ND RANK : SANIKA RAUT (1ST YEAR)

5. BEST NSS CANDIDATE

1ST RANK : SAKSHI PATIL (2ND YEAR)

RUNNER: ABHISHEK KARALE (2ND YEAR)

VARIOUS ACTIVITIES DONE BY 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 & prevent diseases. These camps have received good appreciation and response from all sectors. Physicians, interns & post graduate students regularly attend these camps.

We have done multiple activities, reports of these activities are given below. As well as in Year 2024- 2025 we have organized different camps 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 patients 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.

DR. DHANRAJ GOPALE
CAMP INCHARGE

DR. VINOD SAWANT

DR. PRAVEEN YAMGAR

DR.SHAMLI KAMBLE





HORIZON REPORT

The 19th Annual National Homoeopathic Workshop & Seminar titled "HORIZON" was held on 17th June 2025 at the esteemed Dr.G.D.Pol Foundation, YMTHMC Seminar Hall , Kharghar , Navi Mumbai. The event was a resounding success, bringing together practitioners , students and enthusiasts of homoeopathy from across the nation.

The day began with a warm registration process accompanied by a light breakfast, setting a welcoming tone for the participants. The registration desk was abuzz with enthusiasm as attendees collected their seminar kits. The event officially commenced with a grand welcome and inauguration ceremony. Our Director Dr.P.P.Page Ma`am , Our Principal Dr. S.P. Dandge Ma'am, PG Co-ordinator Dr. S.M.Bhagwat Ma'am , Our esteemed speakers Dr. Hemal Bhagat Sir, Dr. Jayesh Sanghavi Sir, Dr. Chintan Mehta Sir and the entire Teaching faculty of Y.M.T.H.M.C honoured the event by their presence.

With gratitude to our Chairman Dr.G.D.Pol Sir and all members of G.D.Pol Foundation, we began with the lighting of the lamp & seeking blessings of our Master symbolizing the dispelling of ignorance and the ushering in of knowledge.

The event began with a warm welcome by our Dean Dr.P.P.Page Ma'am congratulating and encouraging all the Doctors from various colleges for being a part of the seminar & setting up a strong foundation for the sessions to follow, encouraging participants to engage actively in the day's events.

The Principal of YMTHMC DR. S.P. Dandge Ma'am delivered an inspiring address, highlighting the importance of continuous learning and innovation in the field of homoeopathy.

Dr. S. M. Bhagwat introduced the concept of "Horizon," explaining the vision behind the seminar. She elaborated on how the horizon represents the limitless potential of homoeopathy and the importance of exploring new frontiers in research and practice.

Dr. Omkar Kadam, the General Secretary of the P.G.Council, expressed his heartfelt happiness about the much awaited "Horizon" . He shared how he and his team were eagerly looking forward to absorbing the pearls of wisdom from the distinguished speakers Dr. Hemal Bhagat, Dr. Jayesh Sanghavi, Dr. Chintan Mehta & emphasized the importance of such events in enriching the knowledge and skills of the homoeopathic community."

The event was gracefully anchored by Dr Aarohi Mate, who efficiently guided the proceedings, ensuring a smooth flow of events. She had the honor of introducing our distinguished speakers, doing so with great insight and respect, which set the stage perfectly for the enlightening session that followed."

The highlight of the event was a seminar conducted by an expert speakers Dr. Hemal Bhagat, Dr. Jayesh Sanghavi, Dr. Chintan Mehta who delved deep into the subject "Decoding the Troubled Abdomen" providing insightful perspectives and making it interactive. The participants were highly engaged, taking notes and participating in the interactive Q&A session that followed.

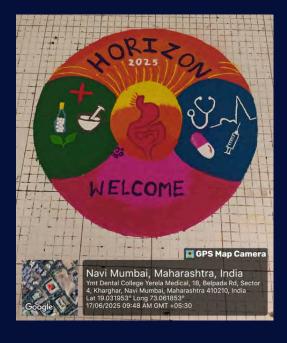
There were numerous Homoeopathic stalls well organized by our Marketing team under the allowed participants to network and discuss sessions in a relaxed atmosphere followed by Lunch break. The break provided an opportunity for informal interactions, which are often as enlightening as the formal sessions.

The post-lunch session featured an interactive workshop titled "Clinical tips in managing abdominal problems". This hands-on workshop emphasized the importance of clinical cases in learning and applying homoeopathic principles. Participants worked through real-life cases, guided by experienced facilitators, making the session highly practical and informative.

The event concluded by Dr. Varsha Sharma followed with a vote of thanks by Dr. Sneha Bhosale expressing gratitude to all the speakers, participants, and organizers for their contributions. The organizers appreciated the efforts of the team that worked tirelessly behind the scenes to ensure the smooth running of the event.

The 19th Annual National Homoeopathic Workshop & Seminar "Horizon" was a remarkable event, leaving attendees with a wealth of knowledge, new connections, and a renewed passion for homoeopathy. It was a day dedicated to expanding the horizons of homoeopathy, fostering learning, and inspiring the next generation of homoeopaths.

This report captures the essence of the event and highlights the key moments that made it a memorable experience for all involved.















































HAHNEMANN DAY

World Homeopathy Day Celebration – 11th April 2025

On 11th April 2025, the 270th birth anniversary of Dr. Samuel Hahnemann, the founder of Homeopathy, was celebrated with great reverence and enthusiasm.

The event was graced by our Director Dr. P.P. Page Ma'am, our Principal Dr. S.P. Dandge Ma'am, P.G. Co-ordinator Dr. S.M. Bhagwat Ma'am, Vice President Of Council Dr. Varsha Sharma Ma'am. The Teaching Faculty Of Y.M.T.H.M.C. honoured the event by their presence.

The program commenced with lamp lighting and garlanding ceremony, symbolizing wisdom and respect. This was followed by an insightful address on the "Significance of the Day" delivered by Dr. Payal Israni.

A thought-provoking debate competition on the topic "Is modern pharmacology in homeopathy a boon or a bane?" was then conducted. The session was enriched by valuable insights shared by Dr. Dandge Ma'am and Dr. Page Ma'am.

The event proceeded with a prize distribution ceremony, recognizing the talent and efforts of participants.

The program concluded with a vote of thanks delivered by Academic Secretary of UG Council, Ms. Sanmaee Kadam, who expressed heartfelt gratitude to all participants, faculty members, and the audience for their contribution to the success of the event.

As a mark of celebration, a cake-cutting ceremony was carried out by our respected Principal and teaching faculty, adding joy to the occasion













DEBATE COMPETITION







PRIZE DISTRIBUTION ATHANG & RANANGAN









FMT VISITS

1.POST MARTEM VISIT

YMT HMC, Kharghar has organized visit to Topiwala National Medical College & B.Y.L. Nair Charitable Hospital for the students of 2nd PROFFESIONAL BHMS through the department of FMT ON 2ND DECEMBER to 4TH DECEMBER UNDER supervision of DR. APARNA KULGUDE (HOD OF FMT) and DR. SADAF KHAN.

During this visit valuable guidance was provided regarding POST MARTEM and their objective includes

- 1. Determining the cause of death.
- 2. Identifying any contributing factors
- 3. Assessment of Medical interventions.
- 4. Supporting the legal or Administrative actions.
- 5. Educating and improving practices.



2ND BHMS STUDENTS WITH DR.APARNA KULGUDE & DR. SADAF KHAN



2. POLICE STATION VISIT

On 21 ST & 22 ND AUGUST, under the supervision of Dr. Aparna KULgude (HOD, Dept. OF FMT) & Dr. SADAF KHAN (Asst. Prof., Dept. of FMT), the students of 2ND PROFESSIONAL BHMS went for a Police Station Visit at sector-7, Kharghar, Navi Mumbai.

The students were divided into tWO batches A & B consisting of 50 students each. BOTH THE batchES visited the Police Station ON 21ST & 22ND AUGUST ,2024, RESPECTIVELY.

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.



2ND BHMS STUDENTS WITH POLICE INSPECTOR OF KHARGHAR POLICE STATION AND DR. APARNA KULGUDE & DR.SADAF KHAN





COMMUNITY MEDICINE VISITS

SUBJECT OF COMMUNITY MEDICINE IS TAUGHT IN IV BHMS. TO UNDERSTANT VARIOUS THEORITICAL TOPICS IN DETAIL AND HAVE A VISUAL & PRACTICAL UNDESTANDING OF THE TOPICS, VARIOUS FIELD VISITS ARE ARRANGED WITH THE AIM OF ENHAHNCNG THE KNOWLEDGE OF THE STUDENT AND TO UPLIFT THEIR PERFORMANCE

VARIOUS FIELD VISIT CONDUCTED

- PULSE POLIO VISIT: 03RD 07TH MARCH 2024
- KASTURBA HOSPITAL VISIT COMMUNICABLE DISEASE:

 $21^{ST} - 22^{ND}$ MAY 2024

05TH - 08TH NOV 2024

17TH - 28TH MARCH 2025

- PUBLIC HEALTHCARE CENTER, KHARGHAR: 14TH 27TH AUG 2024
- PUBLIC HEALTH LABORATORY: 25TH 27TH SEPT 2024

24TH JUN 2025

• SEWAGE TREATMENT PLANT: 04TH - 05TH OCT 2024

 $04^{TH} - 05^{TH} JUN 2025$

- INDUSTRIAL VISIT: 23RD 25TH OCT 2024
- WATER TREATMENT PLANT VISIT: 11TH DEC 2024











YMT HMC TEACHING FACULTY MEMBERS



FIRST ROW Dr. Mandle, Dr. Wayal, Dr. S. Sawant, Dr. V. Sawant, Dr. Meshram,

(FROM L TO R): Dr. Yamgar, Dr. Kulgude, Dr. Chikhale, Dr. Pawar, Dr. Mate.

Dr. Kulkarni, Dr. Sanghavi, Dr. Menon,

SECOND ROW

(FROM L TO R): PRINCIPAL : Dr. S.P. Dandge , DIRECTOR : Dr. P.P. Page,

Dr. Bhagwat, Dr. Sharma, Dr.Pol, Dr.Bhosale.

THIRD ROW Dr. Yadav ,Dr . Khan, Dr. Khot, Dr. Kamble, Dr. Jadhav,

(FROM L TO R): Dr. Mane, Dr. N. Sable, Dr. S. Sable, Dr. Rawale, Dr. Shende

Dr. Joshi, Dr. Solanki, Dr. Patil, Dr. Bhalerao, Dr. Bodekar,

Dr. Bazaz, Dr. Mehta, Dr. Ahir

STUDENT COUNCIL WITH COUNCIL EXECUTIVES



FIRST ROW (FROM L TO R):

Akshada Kale (Ladies Representative), Ankita Dubey (Magazine Secretary), Hriday Rajurkar (Sports Secretary), Andrews Samuel (Cultural Secretary), Kanak Kaithwas (Cultural Secretary), Adwait Aswar (General Secretary), Ajit Dhasal (Sports Secretary), DR. Payal Israni (Magazine Secretary P.G.), DR. Saurabh Gawande (Academic Secretary P.G.),

SECOND ROW (FROM L TO R):

Dr. Yamgar, Dr. Mandle, Dr. Kulkarni, Dr. Sanghavi,

PRINCIPAL: Dr. S.P. Dandge, DIRECTOR: Dr. P.P. Page,

Dr. Bhagwat, Dr. Sharma, Dr. Pol, Dr. Meshram

THIRD ROW (FROM L TO R):

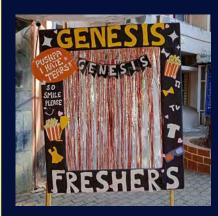
Divya Mestry (Cultural Secretary), Vaishnavi Patel (Sports

Secretary), Sanmaee Kadam (Academic Secretary)



EVENTS
OF
THE
YEAR
2024-25

CULTURAL EVENTS 2024-25



































SPORTS EVENT 2024-25

























STUDENT'S ACHIEVEMENTS







OUR STUDENT FROM 1ST YEAR HAD PARTICIPATED IN SPANDAN

SPANDAN IS THE ANNUAL STATE-LEVEL CULTURAL YOUTH FESTIVAL ORGANIZED BY THE MAHARASHTRA UNIVERSITY OF HEALTH SCIENCE (MUHS).

All participants:
Kimaya ajabe
Tejashree ingale
Lisha ahire
Moti padwi
Govinda kolekar
Vaishnavi deshmane

2.



• MR. RAHUL BALAJI PAWAR (4RT YEAR) HAD BEEN SELECTED FOR THE ALL INDIA INTER-UNIVERSITY GAMES (2024-25) IN CRICKET, REPRESENTING THE CRICKET TEAM OF MUHS.

CONGRATULATIONS

SPORTS ACHIEVEMENTS

CRICKET - BOYS

1ST PRIZE: JAYESH AND TEAM

2ND PRIZE: SAURABH AND TEAM

CRICKET - GIRIS

1ST PRIZE: MADHVI AND TEAM

2ND PRIZE: SUSHMITA AND TEAM

BADMINTON - BOYS

1ST PRIZE : YASH ROKADE

2ND PRIZE: SIDDHARTH MAHAJAN

BADMINTON - GIRLS

1ST PRIZE : AASHTHA NIGUDKAR

2ND PRIZE: URMILA MHATRE

CARROM

 $\mathbf{1}^{\mathrm{ST}}$ PRIZE : DIMPLE RAJPUROHIT & AKASH

DUDHBAWANE

2ND PRIZE :: JATIN VERMA & PRATIK CHAUDHARY

CHESS - GIRLS

1ST PRIZE : DR SHIVANI JOSHI

2ND PRIZE: SHRAWANI KOTHWARKAR

CHESS - BOYS

1ST PRIZE: TEJAS SHINDE

2ND PRIZE: AAKASH THORAT

ATHELETICS

100 M - GIRLS

1ST PRIZE : TANVI BAIKAR

2ND PRIZE : ADITI DANGAT

100 M - BOYS

1ST PRIZE : RAHUL PAWAR

2ND PRIZE : VISHAL WAGHMARE

RELAY

1ST PRIZE: RAHUL PAWAR & TEAM

2ND PRIZE: JAYESH SHINDE & TEAM

TUGOF WAR-BOYS

1ST PRIZE : KAIF KHAN & TEAM

2ND PRIZE: RAHUL PAWAR & TEAM

TUG OF WAR-GIRLS

1ST PRIZE : DIMPLE RAJPUROHIT & TEAM

 2^{ND} PRIZE : KIMAYA AJABE & TEAM

DODGE BALL

1ST PRIZE : KIRTI SANAP & TEAM

2ND PRIZE : NIMA YADAV & TEAM

KHOKHO - GIRIS

1ST PRIZE: DHANASHREE BICHUKALE & TEAM

2ND PRIZE: KIMAYA AJABE & TEAM

KHO KHO - BOYS

1ST PRIZE : RAHUL PAWAR & TEAM

2ND PRIZE: JAYESH SHINDE & TEAM

TABLE TENNIS - BOYS

1ST PRIZE : ADARSH SHUKLA & ABHISHEK TELORE

2ND PRIZE: TEJAS SHINDE & SURAJ NARALE

TABLE TENNIS - GIRLS

1ST PRIZE : PAYOJA SINGH & SHAHEEN

 2^{ND} PRIZE : MADHURA MAHAJAN & AASTHA NIGUDKAR

CONGRATULATIONS

CULTURAL ACHIEVEMENTS

MEHENDI COMPETITION

1ST PRIZE: RAHILA SHAIKH

2ND PRIZE: FIRDOUS SHAIKH

3RD PRIZE: AYESHA ANSARI

ANTAKSHARI

1ST PRIZE : SIDDHARTH MAHAJAN & TEAM

MAKE-UP & HAIRSTYLE

1ST PRIZE : ZOHYA KHAN

2ND PRIZE : PALAK GUPTA

RAMP WALK (WEDDING)

SOLO: SHRAVANTI MAILE

DUET : GOVINDA KOLEKAR & SONALI HALDANKAR

HANDWRITING COMPETITION (MARATHI)

1ST PRIZE : SIDRA LANDGE

2ND PRIZE : AKASH DUDHBAWANE

HANDWRITING COMPETITION (ENGLISH)

1ST PRIZE : SHIFA KHAN

2ND PRIZE : DR. SHIVANI JOSHI

CLOTH PAINTING

1ST PRIZE: AKASH DUDHBAWANE

2ND PRIZE : SIDRA LANDGE

LOGO DESIGNING

1ST PRIZE : KRIYA MEWADA

RANGOLI MAKING

1ST PRIZE: DR. NAMRATA INGLE

ANATOMICAL PAINTING

1ST PRIZE: FIRDOUS SHAIKH

2ND PRIZE : AKASH DUDHBAWANE

3RD PRIZE: PRATIKSHA MAGHADE

TALENT HUNT

1ST PRIZE : DR. GANESH JAGDALE

2ND PRIZE : SIDDHARTH MAHAJAN

3RD PRIZE: PRATIKSHA MAGHADE

PHOTOGRAPHY

1ST PRIZE : DISHA BALWANI

2ND PRIZE : KAYNAT KHAN

DANCE

SOLO: DR. SNEHAL DIGHE

DUET: VAISHNAVI MAHALE & SONALI HALDANKAR

RAMP WALK (PROM)

SOLO: AASTHA NIGUDKAR

DUET: AVADHUT GHADGE & GOVINDA KOLEKAR

REEL MAKING

1ST PRIZE: DISHA JAIN

2ND PRIZE: AKANKSHA BHOWAD

3RD PRIZE: DR. REMYA & GROUP

TREASURE HUNT

1ST PRIZE : SIDDHESH & GROUP

CONGRATULATIONS ACADEMIC RANKERS

IST BHMS (SUMMER-2024)



MS. FIRDOUS SHAIKH (IST RANK)



MS. SHIFA SHAIKH (2ND RANK)

IST BHMS (WINTER- 2024)



MS. AFRAA KHOKAR (IST RANK)



MS. BABITA GUPTA (2ND ND RANK)

ACADEMIC RANKERS

3RD BHMS (WINTER- 2024)

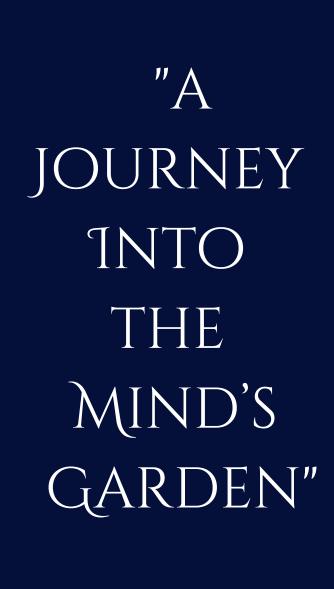


MS. AISHA SIDDIQUI (1ST RANK)

MUHS: 5TH RANK



MR. YASH MAHADIK (2ND ND RANK)



MENTAL WELL BEING A TRND WORTH FOLLOWING



Picture this: You've just finished three back-to-back lectures, your brain is stuffed with repertory rubrics, and you still have a viva tomorrow. Your friend says, "Chal, let's grab a coffee." But your mind? It's already spiralling through remedies like a broken record.

Sounds familiar? Welcome to the everyday life of a medico. And guess what's trending these days (thankfully, not just on Instagram)? — mental well-being!

Why mental well-being is the real deal for us?

Our brain is our super-tool, and running it tired or foggy is like using a blunt scalpel—dangerous and ineffective. Patients, too, pick up our stress more than we realise; they notice when we're restless or cranky, which directly affects their trust and comfort. And let's not forget the long-term picture—stress isn't "just in the mind." It sneaks into our stomach, skin, and sleep, making us living examples of the very cases we study daily.

Little hacks that work wonders

The best part is—you don't need dramatic lifestyle changes. Sometimes, just taking micro-breaks between long study sessions, even stretching in the library aisle, resets your head. A hearty laugh with friends in the canteen works like the cheapest antidepressant, often better than an extra coffee. Talking to batchmates and sharing your frustrations is like applying first aid on emotional bruises—instant relief. Creating tiny "noscroll zones" in your day, like keeping your phone away during breakfast or before bed, brings surprising calm. And here's a homeopathy twist: keep observing your own mental generals! Notice when you get weepy at dusk, irritable before exams, or restless without reason. It's like practicing case-taking—on yourself!

Trend, But Timeless

What's cool about mental well-being is that it's not a passing craze. It's like Hahnemann's Organon—always relevant, even centuries later. The world is finally giving the mind its due importance. For us, that means less burnout, more creativity, and yes, actually enjoying this roller-coaster ride called medical college.

So next time you feel like life is one long viva—pause, breathe, smile, maybe hug a friend. Because the greatest prescription you can give yourself is:

Mental well-being — the only trend that never expires and yes, it is non-negotiable.

Dr Gazala Azam Sheikh MD(HOM)

Assistant Professor

Department of Organon

WHY GRATITUDE IMPROVES MENTAL HEALTH



Gratitude, defined as the conscious acknowledgment of benefits received, has gained significant attention in mental health research. Studies consistently demonstrate that gratitude practices produce measurable improvements in psychological well-being, sleep quality, and overall life satisfaction. This paper examines the scientific mechanisms underlying these benefits.

How Gratitude Changes the Brain

Neurobiological Mechanisms

Research using functional MRI reveals that gratitude activates brain regions associated with reward processing and emotional regulation. Regular gratitude practice strengthens neural pathways in the prefrontal cortex, the area responsible for executive function and emotional control.

Neurotransmitter Effects: Gratitude increases dopamine and serotonin levels, neurotransmitters crucial for mood regulation. This neurochemical shift promotes positive emotions while reducing symptoms of depression and anxiety.

Stress Response: Gratitude practices lower cortisol levels and activate the parasympathetic nervous system, promoting relaxation and reducing the harmful effects of chronic stress on mental health.

Neuroplasticity: The brain's ability to reorganize means that consistent gratitude practice literally rewires thought patterns, making positive thinking more automatic and natural over time.

Psychological Benefits

Cognitive Changes

Gratitude interventions help individuals shift from deficit-focused to abundance-focused thinking. This cognitive restructuring reduces rumination and catastrophic thinking patterns that maintain depression and anxiety. Patients learn to notice positive aspects of their experiences that previously went unrecognized.

Emotional Regulation

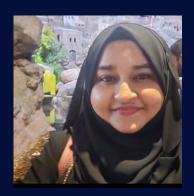
Regular gratitude practice provides a reliable mechanism for shifting from negative to positive emotional states. This skill strengthens resilience by fostering greater emotional stability and reduced vulnerability to mood disorders.

Social Connection

Grateful individuals experience stronger relationships and increased prosocial behavior. Expressing gratitude strengthens social bonds and promotes reciprocal positive behaviors, creating supportive networks that buffer against mental health challenges.

DR. AAFIYA SHEIKH DEPT. OF PEDIATRICS

PROUD TO BE DIFFERENT, PROUD TO BE HOMOEOPATHS



Let's be honest—studying homeopathy isn't always a smooth ride. Between endless materia medica, confusing repertory rubrics, and the Organon's tricky aphorisms, there are days when students wonder: "Did Hahnemann really expect us to remember all this?"

But here's the fun part—homeopathy isn't just about memorizing remedies; it's about discovering a completely new way of looking at people and health. Every time you learn a new symptom picture, you're adding another piece to a fascinating human puzzle. And unlike many other medical systems, homeopathy allows you to see a patient not just as a case history but as a unique story. That's pretty cool!

Think about it: in what other field would "desire for pickles at 2 am" or "feels better when standing on the balcony in the wind" be valuable clinical information? Only in homeopathy! It's like being a detective—but instead of solving crimes, you're solving the mystery of health.

And don't forget—your knowledge isn't limited to Materia Medica and Organon. You're also learning Anatomy, Physiology, Pathology, Surgery, Gynaecology, Paediatrics, Forensic Medicine—the same subjects MBBS students slog through! The only difference? You're also trained to think beyond the lab tests and CT scans, to see the person behind the disease. That's a superpower many doctors secretly wish they had.

So next time someone says, "Oh, homeopathy is slow," smile and remember—our system treats chronic, deep-seated cases where even "English dawai" often shrugs its shoulders. Both systems have their place, but never feel "less than." You're not behind—you're different, and that difference is your strength.

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Here's why you should feel awesome

- You're part of a 200+ year tradition.
- You've got all the basic medical sciences under your belt.
- You're learning remedies that can turn the tiniest clue into a life-changing prescription.
- And you'll graduate as a doctor who can heal gently, deeply, and holistically.

Studying homeopathy may feel tough now, but one day you'll look back and laugh at how "Pulsatilla with weepy eyes" or "Sulphur and their messy hair" became your lifelong companions.

So keep going—don't compare, don't doubt. You're not "less" than anyone—you're simply homeopathic, which means you're rare, detailed, and one of a kind!

Dr Gazala Azam Sheikh MD(HOM)
ASSISTANT Professor

Dept of Organon

MENTAL WELL BEING & THE INNER WORLD: WHERE SCIENCE MEETS SELF

Exploring the hidden connections between thought, emotion, and happiness.

Mental well-being is often described in terms of lifestyle factors—diet, exercise, social support, and work-life balance. While these external influences are undeniably important, research increasingly points toward another powerful force: the inner world. This refers to the constellation

of thoughts, emotions, self-perceptions, and beliefs that shape how we experience life.

The World Health Organization defines mental well-being not only as the absence of mental illness

but as a state in which individuals can cope with normal stresses, work productively, and contribute

to their communities. Achieving this state requires more than managing external circumstances—it demands cultivation of a balanced, resilient inner environment. In this article, we explore how science explains the inner world and how nurturing it can unlock true mental well-being.

The Inner World- The "inner world" is a psychological ecosystem. Like the natural environment, it thrives when diverse elements coexist in balance:

Cognition: Our patterns of thought, problem-solving strategies, and interpretations of events.

Emotion: The spectrum of affective states, from joy to sadness, and our capacity to regulate them.

Self-Perception: The narrative we hold about who we are, our worth, and our identity.

Mindset and Beliefs: Underlying assumptions about life, success, relationships, and challenges.

When these elements align positively, they foster resilience, motivation, and peace. When disrupted—through chronic stress, negative self-talk, or unresolved trauma—they can contribute to anxiety, depression, and burnout.

The Science of the Self\(\text{\text{N}} \)1. Neuroscience- Advances in brain imaging have revealed that mental well-being is deeply linked

to brain activity. The prefrontal cortex supports decision-making and self-control, while the amygdala governs emotional reactivity. Chronic stress overactivates the amygdala and weakens connections with the prefrontal cortex, making emotional regulation harder. Practices like mindfulness meditation have been shown to strengthen these neural pathways, improving calmness

and clarity.

- 2. Psychology- Cognitive psychology demonstrates that our inner dialogue shapes mental health. Cognitive distortions—such as catastrophizing or overgeneralization—fuel anxiety and depression. On the other hand, techniques like cognitive-behavioral therapy (CBT) teach individuals to reframe negative thoughts, which reduces symptoms and enhances resilience.
- 3. Psychoneuroimmunology- This interdisciplinary field shows how mental states influence physical health. Persistent negative emotions elevate cortisol, weaken immunity, and increase risk for chronic disease. Conversely, optimism, gratitude, and self-compassion reduce inflammation markers and strengthen the body's defense systems. Mental well-being, therefore, is not just "in the mind"—it is biologically embedded.

Inner Surroundings and Mental Health

The quality of our inner environment directly affects how we navigate challenges:

Positive Inner Dialogue: Self-compassion has been linked to lower cortisol and greater emotional stability. Talking to oneself with kindness, rather than harsh self-criticism, builds resilience.

Resilience Mechanisms: People with strong inner coping resources recover more quickly from trauma or setbacks. Their inner world acts as a buffer against external chaos.

Cognitive Flexibility: The ability to shift perspective—seeing obstacles as opportunities rather than threats—is a hallmark of mental health. Flexible thinkers adapt better to uncertainty and stress.

Where Science Meets Practice- Scientific findings translate into practical strategies that anyone can adopt to nurture their inner world. Four evidence-based approaches stand out:

- 1. Mindfulness Meditation-Mindfulness involves focusing on the present moment with acceptance. Studies show it lowers amygdala activity, reduces stress, and enhances emotional regulation. Even 10 minutes a day can shift brain function toward greater calm and focus.
- 2. Cognitive Reframing-A core technique of CBT, reframing encourages replacing negative self⊠talk with balanced, constructive thoughts. For example, shifting from "I always fail" to "This time

didn't work, but I can learn from it" reduces self-defeat and fosters growth.

3. Gratitude Practices- Journaling three things you are grateful for each day has been linked to

increased happiness and decreased depressive symptoms. Gratitude shifts attention away from

scarcity toward abundance, altering both perception and emotional tone.

4. Self-Reflection and Journaling- Regular reflection helps individuals identify recurring thought

patterns and emotional triggers. Journaling not only clarifies feelings but also activates the prefrontal cortex, improving self-regulation and problem-solving.

Bridging Inner and Outer Worlds- While cultivating inner surroundings is essential, it does not

exist in isolation. Social connections, work environments, and cultural contexts shape how inner

processes unfold. The key lies in integration: balancing supportive external conditions with a

strong, resilient inner world. For instance, a person with a stressful job may not always control

workplace demands but can regulate stress responses through mindfulness and positive reframing.

The path to mental well-being is not only paved by external circumstances but also sculpted by

the landscapes of our inner world. Science confirms what philosophy has long suggested: thought patterns, emotional regulation, and self-awareness profoundly shape psychological health. By nurturing this inner environment—throreflection—we align science with selfugh mindfulness, reframing, gratitude, and reflection - we align science with itself

In the end, mental well-being emerges when the mind becomes a supportive companion rather

than a hostile critic. Cultivating the inner world is not just an art, but a scientifically grounded

necessity for a fulfilling life.

"Be the master of your thoughts, never let thoughts and fancies master you"

DR. PAYAL GOVIND ISRANI

PG PART II

FROM MOTION TO EMOTION: THE HIDDEN PATH

- 1) Exercise and Mental Health
- 2) Research demonstrates that regular exercise Abstract

Mental well-being is increasingly recognized as an essential component of overall health. Among the various strategies for promoting psychological resilience, physical exercise has emerged as a highly effective, accessible, and natural intervention. Beyond its physiological benefits, exercise contributes to holistic well-being when examined through spiritual and homeopathic perspectives. This article explores the multi-dimensional role of exercise in nurturing mental health, emphasizing the interconnectedness of body, mind, and spirit.

3) Introduction

Mental health challenges such as stress, anxiety, and depression are on the rise globally. While pharmacological and psychological therapies remain valuable, there is growing interest in complementary approaches that address well-being in a more comprehensive manner. Physical exercise, long celebrated for its cardiovascular and musculoskeletal benefits, also plays a critical role in supporting mental health. When integrated with holistic, spiritual, and homeopathic viewpoints, exercise becomes a multidimensional tool for sustaining mental resilience.

reduces symptoms of anxiety, improves mood, and enhances cognitive functioning. Physiologically, exercise increases endorphin release,

regulates cortisol, and improves cerebral blood flow, thereby contributing to improved memory and focus. Such evidence highlights exercise as a cost-effective, non-pharmacological strategy for preventing and managing common mental health concerns.

1) Holistic View

The holistic model emphasizes the inseparable relationship between mind, body, and spirit. Practices such as yoga, tai chi, and mindful walking illustrate how exercise can integrate breath, movement, and awareness, thereby functioning as both physical activity and meditative practice. Through conscious movement, individuals can release tension, balance emotions, and achieve a state of inner harmony.

2) Spiritual View

Many spiritual traditions link movement with the flow of vital energy. Yogic philosophy, for example, views asanas (postures) as a means to awaken prana, while martial arts emphasize discipline and mindfulness as paths to clarity. Such perspectives encourage individuals to approach exercise not solely as a physical task but as a practice that fosters self-awareness, gratitude, and connectedness with nature.

3) Homeopathic View

Homeopathy approaches health by addressing the whole individual—physical, emotional, and psychological. Remedies such as Ignatia (for grief and emotional disturbances) and Kali Phos (for mental exhaustion) can complement exercise by supporting emotional resilience. Together, homeopathy and physical activity create a synergistic model for promoting balance and restoring mental well-being

1) Lifestyle Practices

The incorporation of exercise into daily life does not require strenuous regimens. Simple yet consistent practices—stretching, brisk walks, or recreational dance—can yield substantial benefits. When combined with meditation, balanced nutrition, and supportive homeopathic care, such practices enhance resilience, reduce stress, and contribute to sustainable well-being.

2) Conclusion

Mental well-being extends beyond the absence of illness; it encompasses resilience, clarity, and the ability to engage fully with life. Physical exercise, viewed through scientific, holistic, spiritual, and homeopathic lenses, emerges as a comprehensive strategy for achieving this balance. By embracing movement as a daily practice, individuals can foster harmony of body, mind, and spirit, thereby advancing both personal and public mental health.

DR. NAMRATA INGLE P.G.

CREATING PLACE OF TRUST & COMFORT IN COLLEGE

Creating Spaces of Trust and Comfort in College

College is often described as a second home — a place to learn, explore, and form lifelong connections. For this journey to be fulfilling, one thing is essential: a sense of safety. When students feel safe, they can focus on their studies, express themselves freely, and truly enjoy their time on campus.

Why Safety Matters for Mental Well-Being

Safety is closely linked to mental health. When there are worries about harassment, poorly lit spaces, or even fear of being judged, the mind feels unsettled. Over time, this can lead to:

Difficulty concentrating on studies

Increased anxiety or restlessness

Disturbed sleep and low confidence

In contrast, a safe and supportive environment allows students to feel calm, motivated, and more willing to take part in activities.

***** What Makes a Campus Feel Safe?

Safety is not only about rules or security systems. It is also about the everyday environment students experience. A safe campus includes:

Well-maintained and well-lit spaces for comfortable movement.

Approachable counseling services where students feel heard.

Clear policies against harassment that encourage fairness.

Respectful classrooms and peer circles where every voice matters.

Such surroundings create trust and give students the confidence to grow.

Working Together

A safe campus is built through collective effort.

Institutions can provide supportive resources and awareness programs.

Teachers and staff can encourage respect and inclusivity.

Students can look out for one another, show kindness, and speak up when something feels wrong.

When everyone contributes, safety becomes a shared culture rather than just a rule.

A Gentle Reminder

"When we feel secure, our minds are free to focus on dreams, not fears."

Safety is the foundation of freedom — the freedom to learn with focus, to share ideas without hesitation, and to grow without fear. When safety and mental well-being go hand in hand, a campus becomes not only a place of study but also a true community of care.

SANA KHAN (INTERN)

INDIVIDUALIZATION IN HOMOEOPATHY

Every human being is a world in themselves, with a unique blend of physical structure, mental outlook, emotions, and reactions to life's challenges. No two people experience health or disease in exactly the same way. A patient may present with the same medical diagnosis as another, yet the way symptoms appear, aggravate, and improve differs widely. For instance, two individuals may both suffer from asthma—one feels worse in damp weather and better in warmth, while the other improves in open air and worsens at night. Though the disease label is identical, the lived experience of illness is profoundly different.

Homoeopathy, unlike systems that generalize treatment, takes these differences into account through the principle of individualization. This principle forms the very heart of homoeopathy, guiding the physician to treat not merely the disease name but the unique patient who suffers from it.

Understanding Individualization

Dr. Samuel Hahnemann, the founder of homoeopathy, emphasized that disease is not simply a local disturbance but an expression of imbalance in the vital force, the dynamic energy that animates life. Since this life force is individual to each person, its disturbance too is individual. Thus, the same disease name never appears with identical symptoms in all patients. One may experience restlessness, fear, and sleeplessness during fever, while another may become sluggish, drowsy, and indifferent.

For the homoeopathic physician, these unique shades of suffering are not minor details but the most important clues to selecting a remedy. Instead of prescribing one common drug for all fevers or all headaches, the physician searches for the remedy whose pathogenesis—the symptom picture produced in healthy individuals—most closely resembles the totality of symptoms of the sick patient. This process of careful matching is called individualization, and it ensures that treatment addresses the patient as a whole rather than only the disease in isolation.

How Remedies Reflect Individualization

Homoeopathic remedies reflect the principle of individualization through their very nature. Each remedy is not just a drug name but a complete picture of physical, mental, and emotional symptoms, gathered from provings on healthy individuals. When a physician selects a remedy, it is not based solely on the pathological diagnosis but on the totality of symptoms—that unique combination of sensations, modalities, cravings, fears, and emotional states that make one patient different from another.

In conventional practice, two patients with the same diagnosis usually receive the same line of treatment. In homoeopathy, however, the same diagnosis may lead to entirely different prescriptions, because the physician sees beyond the disease label. The remedy chosen must be the "similimum"—the one medicine that mirrors the individuality of the patient as a whole. This approach ensures that the treatment is deeply personalized, addressing not only the local complaint but also the person's constitutional tendencies and emotional characteristics. Thus, homeopathic remedies are not "disease-specific" but

"person-specific." They remind us that illness is not a mechanical process to be suppressed, but a unique expression of the disturbed vital force. By individualizing, the physician acknowledges the patient as a whole living being, and not merely as a carrier of symptoms.

In this way, remedies become a reflection of individuality itself-each prescription as unique as the person for whom it is given.

Homoeopathic remedies are chosen based on the totality of symptoms, which includes mental, emotional, and physical characteristics. For example:

Pulsatilla - Pulsatilla is suited to gentle, mild, and emotional individuals who often seek comfort and sympathy. They are easily moved to tears, and their complaints are highly changeable

-symptoms shift in location and intensity. In women, menstruation is often scanty, delayed, and variable, with flow that may stop and start irregularly. Pains tend to wander and are accompanied by weepiness, relief from consolation, and dislike for warmth. Physically, Pulsatilla patients prefer cool, open air and often suffer digestive upsets after rich or fatty foods.

This remedy beautifully illustrates individualization, as it is prescribed not merely for indigestion or menstrual troubles, but for the patient's entire constitution and temperament.

Calcarea carbonica - Chosen for those who are cautious, responsible, and sometimes overwhelmed by anxiety. Physically, they may struggle with slow metabolism, weakness of bones, or chronic fatigue. People who crave for sweets, eggs, undigestable things etc and shows aversion to milk, meat and fatty foods.

Lycopodium clavatum - Suited to persons who are thin in upper body but with bloated abdomen and lower body emaciated .Fits individuals with intellectual sharpness but low self-confidence, often accompanied by digestive complaints such as bloating, flatulence, and liver issues.

Mild to superiors and dominant to inferiors. Fear of being alone but dislikes company. Complaints aggravated from 4 to 8 pm

Sepia - Suited to those who feel emotionally indifferent or detached, especially women with hormonal imbalance, menstrual irregularities, or uterine complaints. Her complaints get better by vigerous excercise, dancing, and hardwork and worse by consolation. A marked bearing-down sensation in the pelvis, as if everything would fall out, is characteristic; many women find relief by crossing their legs or applying firm pressure. Menstrual periods are often irregular, scanty, or sometimes too early and profuse, accompanied by weakness, irritability, and aversion to sympathyThese remedy portraits highlight that even when patients present with the same diagnosis, the choice of medicine differs because their individuality shapes their disease expression.

Importance in Modern Practice

In today's fast-paced world, people face varied lifestyle, emotional, and environmental challenges that influence their health.

Individualization becomes crucial because standardized treatment may not address the underlying imbalances unique to each person.

Homeopathy's personalized approach strengthens the vital force, helps prevent recurrence of disease, and improves overall emotional and physical resilience. Individualization Beyond Physical

Health

Individualization also plays a key role in emotional and psychological well-being. Patients often report improvement not only in physical symptoms but also in mood, confidence, and stress management. By addressing the mental and emotional aspects of health along with the physical, homoeopathy restores harmony to the whole being and promotes long-term wellness rather than temporary relief.

Conclusion

The principle of individualization is what sets homoeopathy apart as a truly holistic system. By recognizing and treating the uniqueness of each person, it goes beyond merely curing symptoms to heal the individual in their entirety. In a world where one-size-fits-all medicine is common, homeopathy's emphasis on personal uniqueness reminds us that true health is the balance of mind body and spirit.

PRATIKSHA MHAGHADE

3RD YEAR BHMS

Application of Homeopathic Medicine in the Treatment of Mental Disorders

Application of Homeopathic Medicine in the Treatment of Mental Disorders

Mental health issues are increasingly being recognized as a major public health concern
across the world. Conditions such as depression, anxiety, stress, bipolar disorder, and other
mood or cognitive disturbances affect millions of individuals, often leading to a
diminished quality of life. While conventional medicine frequently relies on
pharmaceuticals, psychotherapy, or a combination of both, there is a growing interest in
alternative and complementary therapies, one of which is homeopathy.

Homeopathy, a holistic system of medicine which focuses on treating individuals by stimulating their own healing mechanisms or vital force. It is based on the principle of "like cures like," meaning that substances that cause symptoms in healthy people can, in very diluted forms, treat similar symptoms in those who are ill. This principle is applied to both physical and mental health conditions, including mental disorders.

Key Principles of Homeopathy in Treating Mental Disorders

Homeopathy treats mental disorders based on an individualistic approach, considering both the emotional and psychological states of the patient. Some of the key concepts are:

- 1. Holistic Approach: Homeopathy views each person as an interconnected whole—body, mind, and spirit. Unlike conventional treatments that often focus solely on the mental aspect of disorders, homeopathy aims to address the underlying cause of emotional disturbances and their impact on the physical body.
- 2. Individualization: Homeopathic remedies are prescribed based on a person's unique symptoms and overall constitution. In cases of mental disorders, the homeopath will take into account emotional tendencies, personality traits, fears, stress responses, and past traumas to prescribe the most suitable remedy.

Minimal Dosing: Homeopathic remedies are prepared through a process of serial dilution and succussion, resulting in highly

- 1. diluted remedies. Homeopathy philosophy believes that these minute doses can stimulate the body's vital force to restore balance and health without the harmful side effects that are common with conventional pharmaceuticals.
- **2.** Emphasis on Prevention and Long-Term Well-Being: Homeopathy not only aims to treat mental health conditions but also to prevent their recurrence. By addressing the root causes and improving the resilience of the individual's mental and emotional health, homeopathy seeks to provide long-term well-being.

Homeopathic Remedies for Common Mental Health Disorders

A range of homeopathic remedies are used to treat mental health disorders, based on the specific symptoms exhibited by the individual. Here are some common homeopathic remedies and the conditions they are often used to treat:

1. Aconite (Aconitum napellus)

- Used for: Anxiety, panic attacks, and fear.
- Symptoms treated: Acute anxiety, restlessness, and sudden onset of fear, often after a traumatic event or a shock.

Aconite is often used in the early stages of panic attacks or high-stress situations. Individuals requiring this remedy may feel fear and restlessness, often accompanied by physical symptoms such as a racing heart or shortness of breath.

2. Arsenicum album

- Used for: Anxiety, OCD, and insomnia.
- Symptoms treated: A tendency toward perfectionism, insecurity, and fear of the future. Often, there is a high degree of restlessness and obsessive thinking.

Arsenicum album is helpful for those who experience anxiety that is linked to fear of failure or a need to control every

situation. People needing this remedy may feel uneasy when they are unable to achieve a high standard.

3. Ignatia amara

- · Used for: Grief, emotional shock, and depression.
- · Symptoms treated: People who need Ignatia are often dealing with deep emotional pain, grief, or unresolved trauma. They may exhibit mood swings, a sense of loss, and feel emotionally fragile.

Ignatia is commonly used for individuals who have experienced a recent emotional setback, such as a breakup or death, and are unable to process their feelings of sadness and grief.

4. Natrum muriaticum

- Used for: Depression, sorrow, and self-isolation.
- Symptoms treated: Feelings of deep sadness or grief, especially if the individual is suppressing emotions. People requiring Natrum muriaticum often avoid talking about their emotions and prefer to keep their feelings to themselves.

This remedy is often prescribed to those who are prone to emotional withdrawal, preferring solitude over social interaction, and may feel emotionally cold or distant.

5. Pulsatilla

- Used for: Mood swings, anxiety, and emotional instability.
- Symptoms treated: Individuals who require Pulsatilla often feel tearful, insecure, and dependent on others. They are typically sensitive to their environment and the emotions of those around them.

 Pulsatilla is often suited to individuals who are emotionally fluctuating and require constant

reassurance. They may feel abandoned or neglected, and their moods can shift rapidly.6. Sepia

- · Used for: Depression, exhaustion, and irritability.
- · Symptoms treated: Those needing Sepia may experience feelings of overwhelming tiredness, a loss of interest in life, and a sense of emotional detachment. Often, there is a sense of being overwhelmed by responsibilities.

Sepia is commonly used for individuals who have been mentally and emotionally drained, often due to work, family, or personal pressures. They may become irritable, distant, and disconnected from their loved ones.

Effectiveness of Homeopathy for Mental Health Disorders

In terms of effectiveness, while some studies and patient testimonials suggest positive outcomes, clinical research has yielded mixed results. Many proponents of homeopathy argue that the individualized and holistic nature of the treatment makes it particularly effective in addressing the complex, multi-faceted nature of mental health conditions. Homeopathy also has the advantage of being non-toxic and free from the side effects commonly associated with conventional psychiatric medications.

ANUSHKA NEHARE 3RD YEAR BHMS

Don't conform to the World, be like a Butterfly & Just Transform!!

If I were to ask you to note down the things that are currently making you unhappy about life, how many points would you be able to note down?

Take a moment, close your eyes and think about those things.

There are numerous things that have happened to us & with us - in the past or in the present or something that you're anxious about with regards to the future, that puts you into a state of depression or sadness for a small period of time, if not for a longer span of time, which makes it feel like FOREVER!

Now, should we compare ourselves to this beautiful looking tiny insect that morphs from one form to the other & is called Butterfly?



But before we dive into that, let me tell you a fun fact about how butterflies were named.

A long time ago, Butterfly was actually called Flutterby which was more apt to its nature. So the King of the region had a tongue twister while pronouncing the term Flutterby and made it an order for everyone to call these pretty little delicate winged creatures Butterflies and not Flutterbies!

Do you feel that Flutterby makes more sense & would have been a better name than Butterfly? Anyways, fun facts aside, let's get to the real deal.



A butterfly is never born as a butterfly but as a caterpillar. This caterpillar undergoes the stage of Chrysalis and then transforms into a butterfly. Now when we look at the following image,



What is it that looks the most attractive to us -

- 1. The Chrysalis or Cocoon
- 2. The Caterpillar
- 3. The Butterfly

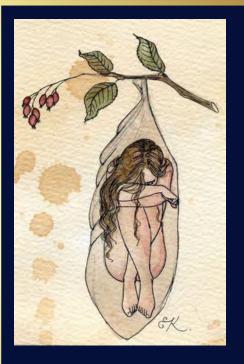
If I ask you to rate them in the order of what looks the most attractive - most of our ratings would look like this: The Butterfly being the most attractive, followed by the caterpillar and lastly the cocoon - the least attractive to the eye.

Now let me help me see you yourself in these 3 stages.

1. The caterpillar is how you are born. The pure, raw, original & unadulterated (without the world's perspective on how you should be) YOU. This version of you is NOT THE BEST VERSION of you.

This version of you is weak, makes a lot of mistakes and is naive. In this stage you are still developing yourself and are bound to make blunders.

2. The Chrysalis or the Cocoon is when you try to mould yourself into someone who you are not or when you are working hard to change yourself for the better. Eg. Working on a negative aspect you have to try and turn it into a positive one.



It is in this Cocoon phase that you are surrounded by nothing but your own shell. And given the adverse circumstances, this Cocoon is gonna be made of nothing but your negative thoughts and you cursing yourself for the situation you are in or you may blame yourself that you are the SOLE reason who brought upon this Negative Situation by yourself.

This phase, although hated by ALL of us is perhaps the most essential phase which truly builds our Character and makes us stronger.

3. The Butterfly is when you are the most comfortable in your own skin after you have gone through the darkness in your life. You accept all your flaws, know that not everyone is perfect neither are you. You love yourself regardless of the challenges you have had or have faced. This stage is your Successful State



Always remember that - One cannot become a butterfly without 1st being a caterpillar and then without being inside a cocoon. Our difficult times are like the cocoon phase. The phase where the caterpillar does not understand whether it is going to live or die. It does not understand what is happening with it. It just trusts the process. But the caterpillar survives the worst and comes out to become a magnificent Butterfly.

We often compare our cocoon with someone else's Butterfly.



WE OFTEN COMPARE OUR COCOON WITH SOMEONE ELSE'S BUTTERFLY.

What we do not see & understand is that the person whom we are looking at and admiring and envying for being a beautiful butterfly might have once been a caterpillar and may have been stuck in a cocoon (it's difficult times) for who knows how long of a time. It may have felt like an eternity to it but nonetheless it endured that phase.

So do not forget that to become a butterfly you will have to go through your cocoon first and what the cocoon will be made of will be entirely in your hands.





A butterfly always reminds us that there is always beauty at the end of all the pain. Don't conform to the world. Be like a butterfly and transform.

--Jessica Vaz 4TH BHMS

LOVE... A LITTLE MORE



We all know, flowers come in different colours, shapes & sizes. Some flowers stand tall while some are found in clusters, some bloom at day while some bloom at night, most flowers give a sweet fragrance while some do not. Each flower is surrounded by a variety of leaves while some are surrounded by thorns as well. But there's one common opinion about flowers, I believe, we all share.



No matter what colour the flower is, no matter how big or how small it is, it doesn't matter if the flower grows amidst ugly bushes or if it is surrounded by thorns or spines or if it grows in mud or on land.

Nothing matters because flowers are beautiful in everyone's eyes, aren't they?



My dear readers, ladies and gentlemen both alike, you all are like these flowers.

Your skin colour, your shape, your size, your height, your weight, where you come from, what others think about you, anything that makes you feel insecure and conscious about yourselves, does not matter. Read that again my beautiful people, none of those things matter.

Let's imagine a world where flowers do not have their colours. How dull would they look, wouldn't they? All of a sudden the very flowers that made you feel fresh and happy and lively, will make you feel the exact opposite way.

In a similar fashion, when you do not love yourself, you portray a dull perspective of yourself for others when they look at you.

Love is what adds colour to our souls and our being. Without love, we too look dull.

When you choose to love yourself, the world will love you too for the fact that you have the power within you to appreciate yourself.

Love can make all things happy, if you have the right perspective about it.



Here are ways on how you can love yourself, broken down in a few easy steps.

Number 1 Know your worth

"We accept the love we think we deserve." Stephen Chbosky

Acknowledge the fact that you are important. You are the creator of your own life. Do not give this power into someone else's hands because this power should be all to yourself.

Number 2 Do not let anyone put you down

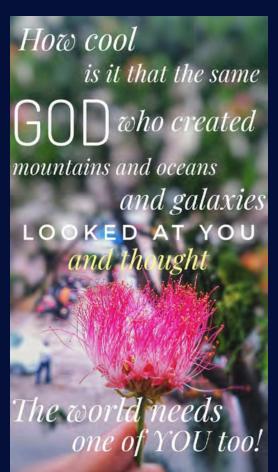
Now that you have understood your worth, you must not let others disrespect you. Stand up for yourself. Because in the end, you have to fight your own battles.

A word of caution: Standing up for yourself doesn't necessarily mean that you can always be on the right side. If you are at fault under some circumstances, do not be afraid to accept your mistake. This will surely help you be a better person.

Number 3 Look after yourself

It is only when you love yourself that you can love others. Hence, it is important to keep yourself happy.

Number 4 Remember these words whenever you are feeling very low & cannot get yourself together to go through steps 1, 2 & 3



Now since you have love within yourself, you can share this love with the ones around you. No doubt that self love is indeed the best love. But things do multiply when we chose to share it with others.

As we read above, that we shall not allow anyone to look down upon us and ill treat us, in the exact way we too, must not make anyone else feel small.

Love your family & friends

In the first few paragraphs, I have compared us to the beautiful flowers. And I repeat, we all are like those beautiful flowers. Now, the catch is that, flowers do not grow by themselves. They need the soil and the nutrients in it to enrich its growth, flowers need the plant on which they grow, namely the roots, stems, leaves, twigs, everything is important for the growth of the flowers.

JESSICA VAZ 4TH BHMS

ABOOK

BY: SANA KHAN (INTERN)

The unsent Letters

A STORY OF QUIET HEALING

Not every story ends in words. Some are buried in silence, tucked into prayers, and folded away like letters that were never sent.

Sara thought love had begun to bloom again — quiet, gentle, and real.

But one photo changed everything.

Without warning, she was left to untangle unspoken promises, unread signals, and a silence more painful than rejection.

She never confronted him. She never asked why. She simply... let go.

Or tried to.

The Unsent Letters is a deeply emotional illustrated story about heartbreak, faith, and rediscovering purpose where love was once lost.

Told across eleven quiet chapters, it traces the unspoken questions that live in all of us — and the unexpected healing that comes from choosing grace over revenge.

For anyone who has loved in silence, walked away without closure, or healed without applause — this story is yours.

Genre:Fiction

BY S.K





WHISPER OF THE YOUNG MIND

AN ODE TO HER

She cares, she nurtures, she brings to life,
The origin of all, cutting through strife.
Goddess of love, of peace, and grace,
With deepest compassion on her face.
She is brave, she is fearless, a guidinglight,
Though often unheard and pushed from sight.
She rises each time she stumbles and falls,
Building back stronger, answering life's calls.
A woman's aura, an unsung song,
She remains bold and resilient all along.
For all she gives, we're forever in debt,
A smile for every sacrifice she's met.
To respect her is our solemn duty,
To seed appreciate her timeless bemuel

BY – Andrews Samuel (IIIrd Professional B. H. M.S.)

BEYOND THE BLUES

A weight, a fog, a silent ache, A path where sunbeams rarely break. The world in shades of heavy gray, A weary traveler losing their way. A whisper says, "You're not enough," A constant battle, grim and rough. But deep inside, a tiny spark, A single light within the dark. It flickers, fights, begins to grow, A seed of hope, a gentle glow. A hand held out, a listening ear, A whispered truth to calm the fear. The courage found to take a stride, With every breath, a turning tide. To walk with wounds, but stand up tall, To rise and answer freedom's call. The blues don't vanish, they just fade, A memory of the storm you made it through, unafraid. For now you see, beyond the pain, The sun can rise and shine again.

BY – Andrews Samuel (IIIrd Professional B. H. M.S.)

अद्भुत अवनी

रम्य सुगंधाचे हे सुंदर फूल विहंगाचे मंजुळ सूर आठवता आठवता आठवणींचे येई पूर

आमोदाने गाऊ लागले गाणी रत्नाकर सारसातले हे मौल्यवान पाणी

अबुंधी वरील या मंद मंद लाटा <u>विसरले मी या अनो</u>ळखी वाटा

सोनेरी दिसतो हा सूर्य मावळताना छान दिसतात फुलपाखरे फुलांवरूनी झुलताना

> सर्वात सुरेख ही अद्भुत अवनी हा सुंदर अविस्मरणीय निसर्ग पाहूनि सर्वच होतात आनंदी.

> > कवयित्री सिद्धी पवार 3RD BHMS

आई

ऐकून तुझी साद आले डोळे भरून सारे दुःख विसरून झाले आनंदी मन

आईची ही कोमल माया देऊन जाते सुखाची छाया

प्रेम मातेचे हे अनमोल किती विसरू शकणार नाही नियती

खेल अनोखा हा नियतीचा प्रेम करण्याऱ्या या मातेचा दूर गेलेल्या माझ्या माऊलीचा अंतःकरणातल्या दुःखाचा.

> कवयित्री सिद्धी पवार

ती म्हणजे प्रेम 💚

प्रेम म्हणजे नक्की काय असते हे फक्त तिला पाहूनच कळणे कोणतीही अपेक्षा न करता फक्त तिलाच न्याहाळणे

ती म्हणजे श्रावणातील पहिली सरी, मनात गोंजारणारी, अन् ओलसर आठवणींत श्वासांची गाणी गुंफणारी

> ती म्हणजे प्रेम... नजरेतून बोलणारी, हसण्यातून सांत्वन देणारी, न बोलता समजून घेणारी, मनाच्या खोलवर रुजणारी

ती म्हणजे प्रेम... नवे स्वप्न दाखवणारी, जगण्याला नवे अर्थ देणारी, वाऱ्यासारखी उमटणारी, आणि तरीही हातात न पकडता येणारी

ती म्हणजे प्रेम... एक गूढ ओळख, एक मधुर स्पर्श, कधी न समजलेली पण सतत भासणारी, कधी आपल्या, कधी हरवलेल्या कवितेसारखी

> ती म्हणजे प्रेम, शब्दांच्या पलिकडचं, फक्त "मनाने जाणवलेलं"...

> > -अद्वैत A3

WELL BEING

The journey of my life,
Goes like a ride,,
I went through alot,
I suffered alot.

Surrounded by darkness, anxiety and negativity, I lost my calm and it dwelled up physically.

Well being was a part,

I almost forgot,

I realized, I need to learn and endure.

The social, mental and physical well being had to be looked after,

At the end, it was my SOUL, Which never gave up.

I bought up myself,
Learned the psychos behind it "
It has to be me
To keep me healthy.

The enormous journey came up healthy,
The ride is beautiful as well as my WELL BEING.

MAAZIYA SIDDIQUE 1ST BHMS

THE SILENCE, SHE SPEAKS

She's that shy, little introvert kind of a girl, who takes out her phone, whenever the sky is in pretty colours,

who loves long conversations about history, literature, poetry, galaxies, books and existence, whose love for reading books, night rains, listening to music and tea is infinite,

who likes her room dark, cold and quiet,
who loves long walks late in the nights,
who likes being complimented but doesn't know how to
take it,

who believes in the supremacy of handwritten letters, who replays the whole song because she didn't appreciate it enough,

who prefers being in the world of books rather than the real one,

who believes someone's a good person even when they've shown her in every way they're not,

who wants just someone who would understand her silence and would say, "Everything will be alright."

She's not an open book kind of thing but an old soul and beautiful mind.

BHAKTI PANCHAL 2ND BHMS

तो....

का कुणास ठाऊक खूप महत्वाचा झाला आहेस तू, माहित नाही का पण माझी गरज झाला आहेस तू, एकाग्र केले लक्ष जरी, विचारातून तू काही जात नाही, कसली जादू केलीस माझ्यावर, माझे मलाच भान रहात नाही. वडिलांनंतर डोळ्यासमोर एकच प्रतिबिंब येते, तेव्हा सुद्धा मला फक्त तुझीच आठवण येते. आस लागलीय मनाला माझ्या दूर मला करू नको, जीव गुंतलाय माझा तुझ्यात सोडून मला जाऊ नको. खूप आले खूप गेले विलक्षण तू सार्यांमध्ये, नेत्रदीपक रूप तुझे मिळणार नाही जगा मध्ये. माझे उर्वरित आयुष्य सारे तुझ्या सोबत जगायचे आहे, मला माझा श्वास शेवटचा तुझ्याच कुशीत घ्यायचा आहे, तुझ्याच कुशीत घ्यायचा आहे!!!!

TANVI MANOHAR BAIKAR IST BHMS

आरोग्यदूत

असली धावपळ आयुष्यात जरी, आनंद मात्र भरपूर आहे, असले परिश्रम जास्त जरी, समाधान त्यात फार आहे. रुग्णांमध्ये विलीन होतो, स्वतः साठी तो जग विसरतो, पाहून हसरे चेहरे त्यांचे, स्वतःचेच तो सांत्वन करतो. दुसऱ्यांचे आयुष्य सावरता सावरता स्वतःलाच तो मागे ठेवतो दुसऱ्यांसाठी जगता जगता स्वतः साठी तो जग विसरतो केले काम निष्ठेने जरी समाज हा नावाच ठेवणार, पत्करणार नाही विरोध समाजाचा पुढे आहे मी चालत राहणार. विश्वास ठेवतात लोक तुझ्यावर, विश्वासघात तू करू नको, जास्तीच्या चार पैश्यासाठी नियत तुझी सोडू नको. आल्या जरी बाधा किती निश्चय हा पक्का आहे , नावापुढे डॉक्टर लावलय , आता ते निभावायचे आहे. जाता जाता एकच सांगेन , जाता जाता एकच सांगेन, वाटले आयुष्य कधी कठीण तुझे, एकदा तू रुग्णालयात ये, भेट घेऊन प्रत्येकाची, मोल आयुष्याचे जाणून घे, मोल आयुष्याचे जाणून घे...!!

TANVI MANOHAR BAIKAR IST BHMS

दुपार

अल्हाददायक सकाळचा उन्हानंतर तळपत असते ती दुपार--! शेतकऱ्यांच्या कष्टातील घामातून, विरंगुळा असते ती दुपार--!

धरतीच्या मातीवरील भाकरामधली, वासुधेची असते ती दुपार--!

> पक्ष्यांच्या चिवचिवाटाला, थांबवत असते ती दुपार--!

गावातील कुत्र्याच्या झोपेमधली, मधली सुट्टी असते ती दुपार--!

थोडी विश्रांती घ्यावी घटकाभर, सांगत असते ती दुपार--!

पण, विश्रांतीनंतर पुन्हा नव्या उमेदिने, कष्टाने, घामाला सुखात कर, हीच शिकवण देत असते ती दुपार--!

ती प्रेरणा; फळशिलता; कर्तृत्वता, आशावादीची नवयुगिनी, असते सर्वांची, ती असते दुपार--!

> सेजल कणसे ^{3RD BHMS}

ढगाप्रसंग

अंधार, शांत सायंवेलत्या, लालसर निळक्या ढगाप्रसंग--!

हलकेच पाऊल टाकताना तुझा, पाहून आम्ही प्रेमी तुझा––!

सुखवणाऱ्या शांततेचा तू राजा, सायंकाळी घडवतोस तू अप्रिय आमची रजाई.

घेऊन पक्षीवृंद सोबत सारा तु असमर्थ निरोप घडवतोस का रे?

रोज सायंकाळी तुझी ही, निरोपाची खेळ, क्षणाक्षणाला बदलते पंचम स्वर, पाहून आम्ही नेहमीच प्रेमात सखे.

होतो निरोप आता, हो निरोप आता, या सायंवेलत्या ढगाप्रसंग--! पुन्हा पृथ्वीवर ये तू लालसर निळक्या ढगाप्रसंग--!

> सेजल कणसे ^{3RD BHMS}

आयुष्याच्या वळणावर

आयुष्य हे निखळ असते नदी सारखे, आयुष्य हे चपळ असते वाऱ्यासारखे. चुटकी सरशी निसटून जातात आयुष्यातील ते रम्य क्षण, त्यांना आयुष्यभर आठवत जगते मन. आयुष्य हे मनाला कधी कधी सुखावते, मग हळूच दुःख नी यातना देते. आयुष्य हे मनाला अलगद सांभाळते, मन मात्र भावनांचा कल्लोळात हरवून जाते. आयुष्याच्या वळणावर मन मोगरा फुलतो, हृदयमात्र ते क्षण आसवां सहित झेलतो. आयुष्याच्या वळणावर मिळतात अनेक प्रियजन , ते देतात साथ आयुष्यभर भले खिशात नसो धन. आयुष्याच्या वळणावर भेटतात अनेक सखे सोबती, त्यांच्या सहवासात राहून खुलतात नाती.

> निर्भया खरात 3RD BHMS

मेरे अंत की मंज़िल मेरी आँखों के सामने, अपने हाथ फैलाए खड़ी थी। ज़िंदगी कहीं दूर खड़ी रहकर मुस्कुरा रही थी।

अब इस निष्कर्ष पर पहुँच गई थी मैं, भुला देती हूँ अपनी हर उम्मीदों को, हौसलों को। लांघ देती हूँ ये मंज़िल, ख़त्म कर देती हूँ अपनी सारी परेशानियों को।

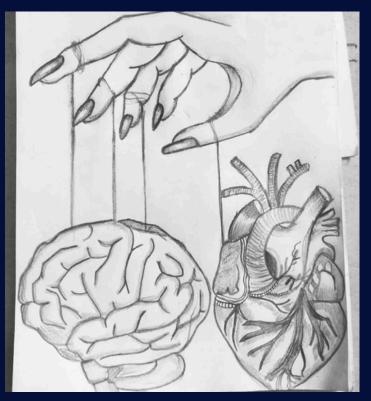
व्यथाएँ मानो मेरी आँखों के सामने सतर बन खड़ी थीं, कह रही थीं मुझसे— "लांघ दे ये मंज़िल, ख़त्म कर दे अपनी दुविधाओं को।"

तब जाकर, ज़िंदगी मेरी आँखों के सामने आ खड़ी हुई। अपनी बाँहों में भरकर कहा उसने मुझसे— "देख, ज़िंदगी हूँ मैं तेरी, कोई ख़ुदा नहीं, जो हर वक़्त तेरे लिए अच्छा ही करूँ।

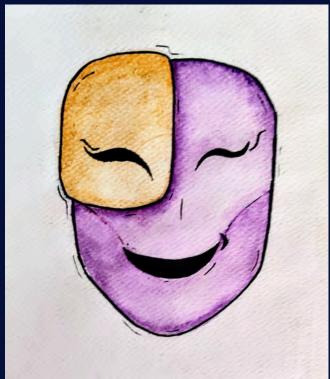
> माना, थोड़ी बिखर पड़ी हूँ मैं, पर तू हौसला दिखाकर समेट ले मुझे। जैसी भी हूँ, आख़िर हूँ तो तेरी ही ज़िंदगी। तू अपने सिरहाने लगाकर अपना ले मुझे!"

> > समृद्धी परब 2ND BHMS





Pratiksha Maghade (3rd year)



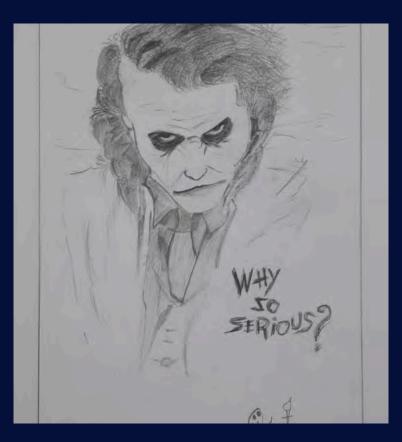
Anushka Nehare (3rd year)



Rutuja Jadhav (4th year)



Akash Thorat (4th year)



Akash Thorat (4th year)



Mayuri Nikale (1st year)

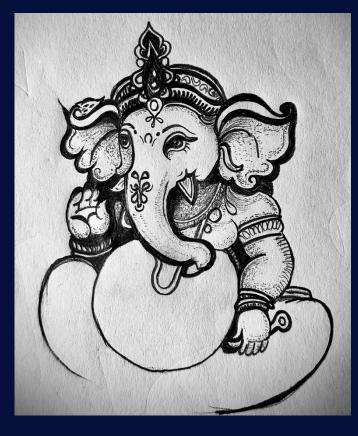




Shriya Singasane 2nd year



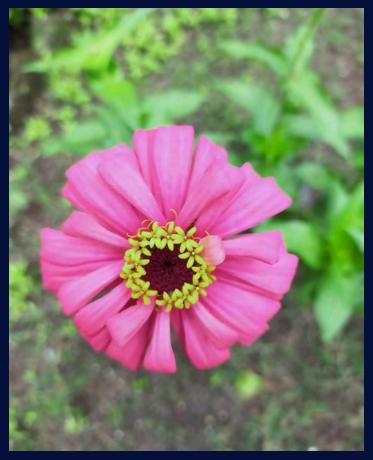
Akash Thorat (4th year)





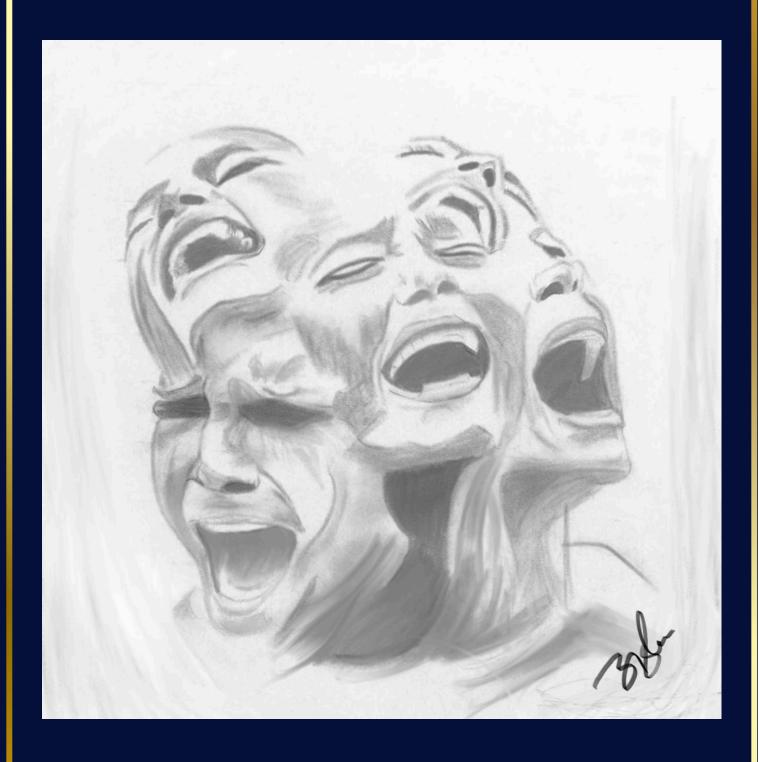
Dr Anjali Maurya PG part I





Dr Payal Israni PG part II

MANY FACES, ONE MIND, "THE BATTELES WITHIN ARE OFTEN UNSEEN"



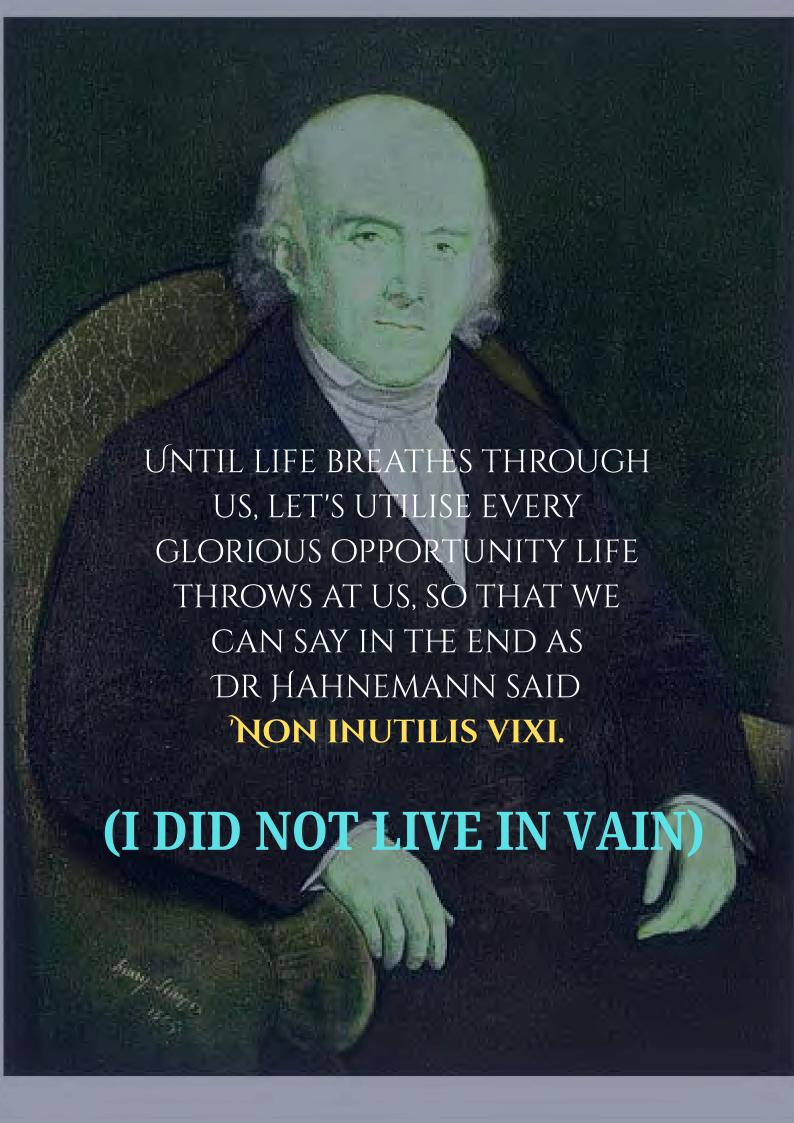
ASHUTOSH DANGE (4TH YEAR)

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THANKYOU!

