

AUDE SAPERE

DR. G.D. POL FOUNDATION

YMT HOMOEOPATHIC MEDICAL COLLEGE
HOSPITAL AND PG INSTITUTE, KHARGHAR

2025-2026



THE HEALING HORIZONS

Homoeopathic materia medica

Organon of medicine

Repertory

Homoeopathic pharmacy

Practice of medicine

KNOWLEDGE

EXPANDING HORIZONS
THROUGH LEARNING AND
DISCOVERY.

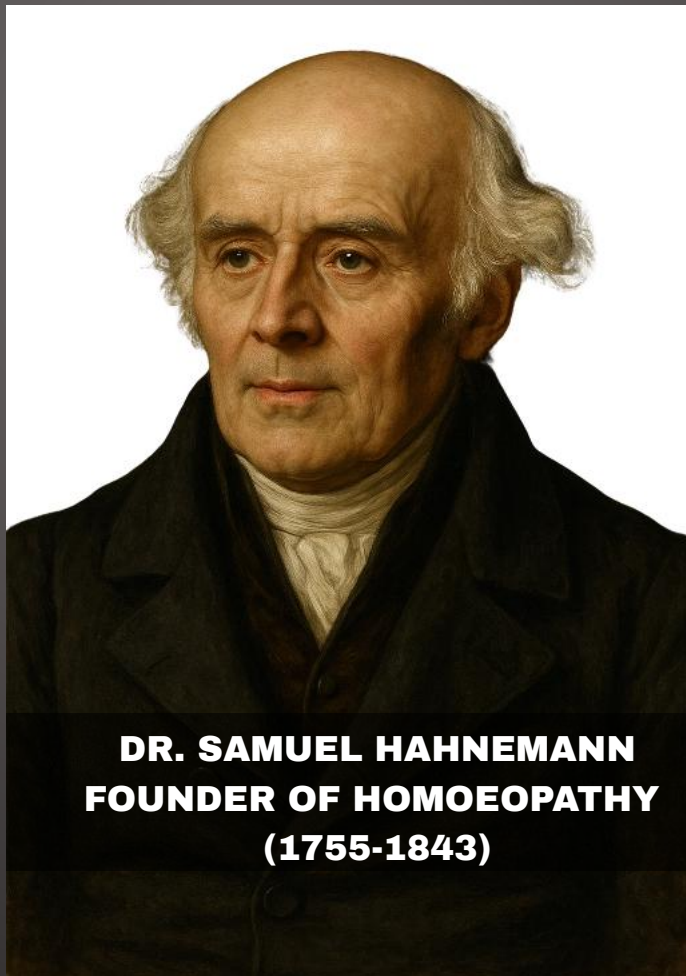
HEALTH

ADVANCING A JOURNEY
TOWARDS HOLISTIC WELL-
BEING.

**CELEBRATING
37 YEARS OF
EXCELLENCE**

WHERE KNOWLEDGE MEETS HEALTH

OUR INSPIRATIONS



HAHNEMANN'S 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 his teachings and to watch over the life and health of my fellow beings.

May the love of my art actuate me at all times.

I shall regard my teacher who has taught me this art equal to my parents.

I shall never see in the patient anything but a fellow being in pain and suffering. I shall consider him sick in body, mind and spirit. I will treat him accordingly and will advise dietetic, hygienic and preventive measures 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 drugs 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
GRATITUDE

FROM THE NCH PRESIDENT

**Dr. MANGESH R.
JATKAR**



होम्योपैथी चिकित्सा आंकलन और रेटिंग बोर्ड
Medical Assessment and Rating Board for Homoeopathy

राष्ट्रीय होम्योपैथी आयोग

National Commission for Homoeopathy

Jawahar Lal Nehru Bhartya Chikitsa Anum Homoeopathy Anusandhan Bhawan, 61-65, Institutional Area, Opp 'D' Block, Janakpuri, New Delhi-110058

Ph.: 011-28520188 | Email id: marbh1-nch@gov.in | Website: www.nch.org.in



MESSAGE



It gives me immense pleasure to extend my warm greetings and best wishes to **Dr. G. D. Pol Foundation, Y.M.T. Homoeopathic Medical College, Post Graduate Institute & Hospital, Kharghar, Navi Mumbai**, on the occasion of the publication of its Annual College Magazine **2025-2026**, commemorating **37 years of excellence**.

Established in 1989, the institution has made a significant contribution to the field of Homoeopathic education, healthcare and research. Its sustained efforts in imparting quality education through undergraduate, postgraduate and doctoral programmes, along with its commitment to patient care and academic advancement, are truly commendable.

An institutional magazine provides a valuable platform to showcase the academic achievements, research initiatives, extracurricular accomplishments and creative contributions of students and faculty. It also preserves the memorable milestones and collective journey of the institution.

I congratulate the Principal, faculty members, students, alumni and the Student Council for their dedicated efforts in bringing out this commemorative edition. May the institution continue to uphold the highest standards of education, professional excellence, ethical practice and service to society.

My best wishes for continued success and greater accomplishments in the years ahead.

Dr. Mangesh R. Jatkar, President

Medical Assessment and Rating Board for Homoeopathy (MARBH)

National Commission for Homoeopathy (NCH), New Delhi



FROM THE NCH PRESIDENT

**PROF. DR. RAJAT
CHATTOPADHYAY**



होम्योपैथी शिक्षा बोर्ड Homoeopathy Education Board

जवाहर लाल नेहरू भारतीय चिकित्सा एवं होम्योपैथी अनुसंधान भवन
नं. 61-65, संस्थागत क्षेत्र, जनकपुरी, नई दिल्ली-110058
Jawahar Lal Nehru Bhartiya Chikitsa Avum Homoeopathy Anusandhan Bhawan
No. 61-65 Institutional Area, Opp. D-Block, Janakpuri, New Delhi-110058
E-mail: president-heb@gov.in Phone: 011-28520607
Website: www.nch.org.in

प्रो. (डॉ.) रजत चट्टोपाध्याय, अध्यक्ष
Prof. (Dr.) Rajat Chattopadhyay, President



MESSAGE

I am highly delighted to know that Dr. G.D. Pol Foundation's YMT Homoeopathic Medical College, Post Graduate Institute & Hospital, established in the 1989 has successfully completed 37 years of dedicated service in the field of homoeopathic medical education, patient care and research.

The Annual College Magazine is a testament to the collective spirit of the entire college community-students, faculty, and alumni alike. The stories, achievements, and ideas shared may take toward knowledge, success, and personal growth.

I take this opportunity to remember the time-tested principles of homoeopathy, invented by Dr. Christian Friedrich Samuel Hahnemann, that has been providing natural, holistic healing for centuries. Homoeopathy's philosophy of treating the person as a whole, rather than just addressing symptoms, continues to inspire trust and hope in millions across the world.

Homoeopathy has served the ailing mankind gently and its popularity has been observed among the masses. As a science, Homoeopathy has maintained its integrity with respect to its principles and stood the test of the time. This institute stands by the path of Homoeopathy by creating knowledge and use of existing knowledge in an advanced way.

May this souvenir serve as a reminder of the countless memories made, the knowledge gained, and the dreams that continue to unfold. We stand united, proud of what we've achieved and excited for the future we will continue to build together.

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

Rajat Chattopadhyay

(Prof. (Dr.) Rajat Chattopadhyay)



FROM THE MUHS REGISTRAR

**Dr. RAJENDRA SHIVAJI
BANGAL**



महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक
MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK
म्हसऱुळ, दिंडोरी रोड, नाशिक - ४२२ ००४
Phone: 0253-2539175 / 176 E-mail - pr@muhs.ac.in, muhs.pro@gmail.com / Web: www.muhs.ac.in

डॉ. राजेंद्र शिवाजी बंगाल

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

कुलसचिव

Dr. Rajendra Shivaji Bangal

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

Registrar

म्हआवि/पीआर/1283/२०२६

दि. 14 ऑगस्ट, २०२६

- शुभेच्छा संदेश -

डॉ. जी. डी. पोळ फाऊंडेशन संचालित, वाय. एम. टी. होमिओपॅथिक मेडिकल कॉलेज, खारघर, नवी मुंबई या संस्थेने वैद्यकीय शिक्षण व रुग्णसेवेत गौरवशाली ३७ वर्षे यशस्वीपणे पूर्ण केल्याबद्दल आणि शैक्षणिक वर्ष २०२५-२०२६ चे वार्षिक महाविद्यालयीन नियतकालिक प्रकाशित करत असल्याबद्दल विद्यापीठ परिवाराकडून हार्दिक अभिनंदन व मनःपूर्वक शुभेच्छा.

आपली संस्था गेल्या ३७ वर्षांपासून होमिओपॅथी वैद्यकीय शिक्षण, दर्जेदार आरोग्य सेवा, पदव्युत्तर शिक्षण व संशोधनाच्या क्षेत्रात सातत्याने उल्लेखनीय कार्य करत आहे. महाविद्यालयाकडून राबवले जाणारे शैक्षणिक व सामाजिक उपक्रम विद्यार्थ्यांच्या सर्वांगीण विकासासाठी प्रेरणादायी ठरत आहेत.

संस्थेचा आणि महाविद्यालयाचा हा प्रगतीचा व प्रेरणेचा आलेख असाच उत्तरोत्तर उंचावत राहो, हीच सदिच्छा. या नियतकालिकाच्या प्रकाशनासाठी, संपादक मंडळास, लेखक-विद्यार्थ्यांना आणि महाविद्यालयाच्या भावी उपक्रमांना महाराष्ट्र आरोग्य विज्ञान विद्यापीठातर्फे पुनःश्य मनःपूर्वक हार्दिक शुभेच्छा.

14-08-26
कुलसचिव

प्रति,

प्राचार्य/अधिष्ठाता

डॉ. जी. डी. पोळ फाऊंडेशन,

वाय. एम. टी. होमिओपॅथिक मेडिकल कॉलेज,

सेक्टर-४, खारघर, नवी मुंबई - ४१०२१०.

FROM THE CHAIRMAN AND SECRETARY'S DESK

We are pleased to congratulate Dr. G. D. Pol Foundation YMT Homoeopathic Medical College on the publication of its Annual Magazine for the academic year 2025–26. The magazine is a reflection of the efforts, achievements, creativity, and academic spirit of our students and faculty. It provides a meaningful platform for students to express their thoughts, showcase their talents, and share their experiences beyond the classroom.



YMT Homoeopathic Medical College, a pioneering institution of the Dr. G. D. Pol Foundation, continues to make steady progress in the field of Homoeopathy through quality academic education, clinical training, research, and overall development of its students. With its commitment to learning, innovation, and service, the institution continues to prepare students to meet the changing needs of healthcare while upholding the values of compassion and dedication.

We take immense pride in the sincere efforts of the Director, Principal, faculty members, and students who continue to contribute towards the growth and development of the institution. Their collective efforts have helped YMT HMC create an environment that encourages knowledge, creativity, professional excellence, and responsible healthcare practice.



We wish the Annual Magazine continued success and hope that it beautifully captures the memorable moments, accomplishments, and creative expressions of the academic year. May YMT Homoeopathic Medical College continue to progress, achieve greater milestones, and contribute meaningfully to the field of Homoeopathy and society at large.

With our best wishes for its continued growth and success.

DR. G. D. POL
CHAIRMAN

MRS. KALPANA POL
SECRETARY

FROM THE PRINCIPAL'S DESK

It gives me immense pleasure to present to you the Annual Magazine of YMT Homoeopathic Medical College for the academic year 2025–26.

YMT Homoeopathic Medical College is a reputed institution committed to quality education, clinical training, and the overall development of its students. Our dedicated faculty members constantly guide and encourage students to excel in academics while also giving them opportunities to participate in sports, cultural activities, research, and other fields.

Our students have consistently brought pride to the institution through their academic achievements, University ranks, gold medals, and accomplishments at national and international levels. Having been associated with the Student Council for more than two decades, first as Vice President and now as President, I have had the privilege of witnessing their growth, confidence, talent, and leadership. These experiences play an important role in shaping them into compassionate and capable Homoeopathic physicians.

In today's changing world, our students are also exploring opportunities beyond the traditional boundaries of Homoeopathic education. Many have pursued higher studies and professional opportunities in fields such as public health, pharmaceutical sciences, and allied areas in countries including the UK, USA, and Australia. Our alumni have also made us proud through their contributions to government services and other distinguished professions.

As YMT HMC completes 37 years of dedicated service, this magazine brings together the achievements, activities, memories, and creative expressions of our students and staff. It truly reflects the spirit and vibrant life of our institution.

I sincerely appreciate the efforts of everyone who has contributed to this magazine and wish it great success. May our students continue to learn, achieve, and make YMT HMC proud through their knowledge, dedication, and service to society.

DR. S. P. DANDGE
PRINCIPAL

PRESIDENT
STUDENT COUNCIL



FROM THE VICE PRESIDENT

It gives me immense pleasure to address the students of our college through this edition of our Annual E-Magazine of the College - Aude Sapere 2026.

As Vice President of the Student Council, I feel privileged to be a part of a vibrant student community filled with creativity, enthusiasm, talent, and diverse perspectives. The Student Council strives to be a bridge between students and the institution, encouraging participation, communication, and a sense of responsibility.

This e-magazine is a reflection of that spirit. Every article, poem, artwork, photograph, achievement, and contribution represents the individuality and creativity of our students. It is more than a collection of pages - it is a snapshot of our journey, memories, aspirations, and accomplishments.

I sincerely appreciate the efforts of the Magazine Executive - Dr S. Kulkarni; Magazine Secretary; Student's council, and contributors whose dedication has brought this edition to life.

I extend my deepest gratitude towards our Respected Chairman - Dr G. D. Pol Sir & the Management for giving our students such a platform where they can showcase their talent. I thank Principal - Dr S. Dandge for her constant support and inspiration; the enthusiastic Council Executives for their active participation and the Faculty Members for their continuous cooperation.

I wish Aude Sapere & the Student Council continued success, happiness, and many more milestones in the years ahead.

DR. VARSHA SHARMA
MD (Hom)

VICE PRESIDENT
STUDENT COUNCIL



FROM CULTURAL SECRETARIES



As the Cultural Committee, it is our privilege to welcome you to the pages of our annual magazine—a reflection of a year that was shaped not only by events, but by the people, emotions and memories woven into each of them.

In the midst of lectures, practicals, examinations and the demanding journey of becoming healthcare professionals, culture gives us a moment to pause. It reminds us that education is not limited to classrooms and textbooks. It is also found in the confidence to step onto a stage, the courage to try something new, the joy of celebrating together and the friendships formed while creating something memorable.

This year gave us many such moments.

Our journey began with LUMINA, the Freshers' Party held on 28th February 2026, where new beginnings were welcomed with enthusiasm and celebration. The same day marked the UG Convocation, followed by the PG Convocation on 28th February 2026, occasions that honoured years of perseverance, learning and achievement.

The White Coat Ceremony on 13th March 2026 marked another meaningful beginning—the first step into a profession built upon knowledge, responsibility and compassion. On 10th April 2026, Hahnemann Day gave us an opportunity to remember the legacy that forms an important part of our professional identity and to celebrate the values that continue to guide us.

Then came EUPHORIA 2026, our four-day cultural celebration from 21st to 24th April 2026. More than a sequence of themed days, EUPHORIA became a space where individuality found expression and talent found an audience. Bingeverse Day brought favourite characters and stories to life. Desi Vogue Day, along with the Inter-Collegiate Dance and Singing Competitions, brought together colour, confidence and healthy competition. World of Thrones transformed the campus with the grandeur of royalty, while Veil of Secrets brought the celebrations to a mysterious and elegant close.

What made these occasions meaningful was not simply what happened on stage. It was everything that happened behind it—the rehearsals that ran late, the ideas that evolved, the nervous moments before a performance, the encouragement between friends, the teamwork behind every successful event and the willingness of students to step forward and participate. These are the moments that rarely find their way into photographs, but often become the memories we treasure most.

As we gather for our Annual Day on 9th September 2026, and this magazine finds its place in our hands, we are reminded that a year passes quickly, but the memories created within it remain. This magazine is our attempt to preserve a small part of that journey—the people who made it possible, the moments that brought us together and the spirit that made our college feel like more than just a place of learning.

We extend our sincere gratitude to our respected management, principal, faculty members, teaching and non-teaching staff, and every student who participated, supported and contributed to our cultural journey. Your encouragement gave us the freedom to create, and your participation gave our celebrations their meaning.

Culture is not merely about performance; it is about expression, connection and belonging. And perhaps, years from now, when we look back at these pages, it will not be the events themselves that we remember most, but how they made us feel—and the people with whom we shared them.

*With gratitude and warm regards,
The Cultural Executives & Cultural Secretaries*

DR. SAMEER POL
(CULTURAL EXECUTIVE)

DR. SNEHAL DIGHE
(CULTURAL SECRETARY)

DR. ARCHANA MESHAM
(CULTURAL EXECUTIVE)

HARSH NIRMAL
(CULTURAL SECRETARY)

DR. VINITA JOSHI
(CULTURAL EXECUTIVE)

DISHA BALWANI
(CULTURAL SECRETARY)

HEITA CHAUHAN
(CULTURAL SECRETARY)

FROM SPORTS SECRETARIES



We, the Sports Secretaries of the Dynamis Council 2025–26, are delighted to present the annual sports report for our college magazine.

This year, our much-awaited four-day sports festival, “LAKSHYA,” brought together students with great enthusiasm, energy, and team spirit. A variety of indoor and outdoor games were organised, giving students an opportunity to participate, compete, and experience the true spirit of sportsmanship.

The indoor events included Carrom, Chess, Table Tennis, and Badminton, while the outdoor events featured Cricket, Dodge Ball, Volleyball, Kho-Kho, and the 100-meter Relay Race. The matches witnessed enthusiastic participation, healthy competition, and tremendous team spirit among the students.

The event also saw encouraging participation from faculty members and alumni, creating a lively and supportive atmosphere throughout. The campus came alive with excitement, camaraderie, and sporting spirit. The Tug-of-War competition was another highlight, adding to the energy and enthusiasm of the festival.

Overall, LAKSHYA 2025–26 was a memorable celebration of sports and togetherness, reflecting the values of fitness, discipline, teamwork, and college spirit.

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, and all the teaching staff and students for their constant encouragement and support in making LAKSHYA 2025-26 a grand success.

*With gratitude and warm regards,
The Sports Executives and Sports Secretaries.*

DR. JAYESH SANGHAVI
(SPORTS EXECUTIVE)

DR. SACHIN CHAVAN
(SPORTS SECRETARY)

DR. YOGESH MANDLE
(SPORTS EXECUTIVE)

SURAJ NARALE
(SPORTS SECRETARY)

TEJAS SHINDE
(SPORTS SECRETARY)

KAPIL JADHAV
(SPORTS SECRETARY)

SANIKA RAUT
(SPORTS SECRETARY)

SHRIYA SINGASANE
(SPORTS SECRETARY)

FROM THE CHIEF EDITOR'S DESK

It is our honour and immense pleasure to present to you our annual E-Magazine "AUDE SAPERE", centred around the theme "Healing Horizons : Where Knowledge Meets Health." This edition is a reflection of the learning, creativity, experiences, and memories that have shaped our journey throughout the year.

Creating this magazine has been a journey in itself. We reached out to many people, gathered contributions, and watched with pride as students came forward to share their artwork, literature, poems, articles, achievements, and creative expressions. Each contribution has added a unique voice to these pages and made this magazine truly special.

Through AUDE SAPERE, we hope to inform, inspire, encourage, and celebrate the many dimensions of student life where knowledge goes beyond textbooks and finds its place in creativity, compassion, health, and human connection.

We are filled with gratitude for everyone who made this publication possible. Our heartfelt thanks to Chairman Dr. G.D. Pol Sir, Director Dr. P.P. Page Ma'am, Principal Dr. S.P. Dandge Ma'am, our Teaching Staff, and all our Students for their constant encouragement, guidance, support, and valuable contributions.

With great pride, we present AUDE SAPERE—a collection of voices, ideas, and memories, celebrating the horizon where knowledge meets health.

DR. SWATI KULKARNI
MAGAZINE EXECUTIVE

SHAIKH NAFISA
MAGAZINE SECRETARY



FROM THE GENERAL SECRETARY



As I look back on this year, I realise that being the General Secretary was never simply about holding a position it was A year that began with plans, expectations and a little uncertainty has somehow become a collection of moments, people, lessons and memories that I know I will carry with me for a very long time.

This year gave us the opportunity to do things that had never been done before, and organising our first-ever Inter-College Event was certainly one of the highlights. It was a reminder of what can happen when an entire team comes together with a shared vision.

I would like to express my heartfelt gratitude to our Principal, Dr. Seema Dandge Ma'am, for her constant guidance and support; to our Vice President, Dr. Varsha Sharma Ma'am, for always being there for the council; and to our Cultural Executives, Dr. Sameer Pol Sir, for standing beside me through so many moments of this journey and for being a constant source of support. Dr. Vinita Joshi Ma'am and Dr. Archana Meshram Ma'am, for their valuable and generous contribution.

To my PG Council, thank you for your cooperation, your efforts and for being an integral part of everything we accomplished this year. And to my UG Council— y'all are my heart. Every contribution, big or small, mattered.

This council was not just my team; they became a part of my everyday life. We laughed, argued, stressed, celebrated, figured things out at the last minute, and somehow always found our way through. I will remember the countless conversations, the crazy plans, the behind-the-scenes chaos and the moments when we stood together far more than I will remember any title. I am incredibly proud of each one of you, and even more grateful that I got to experience this year with you.

And to every student who participated, questioned, supported, laughed, complained, celebrated and simply showed up—thank you. You are what made this year meaningful.

I also extend my sincere gratitude to the Dr. G. D. Pol Foundation and the Management Team for their continued support and encouragement.

As this chapter closes, the positions will eventually become memories, but the people and moments will remain. And if I could choose one thing to take away from this year, it would be this: I came into this year as a General Secretary, but I leave it with a family of memories I will always carry with me.

*With gratitude and pride,
General Secretary
KANAK KAITHWAS*

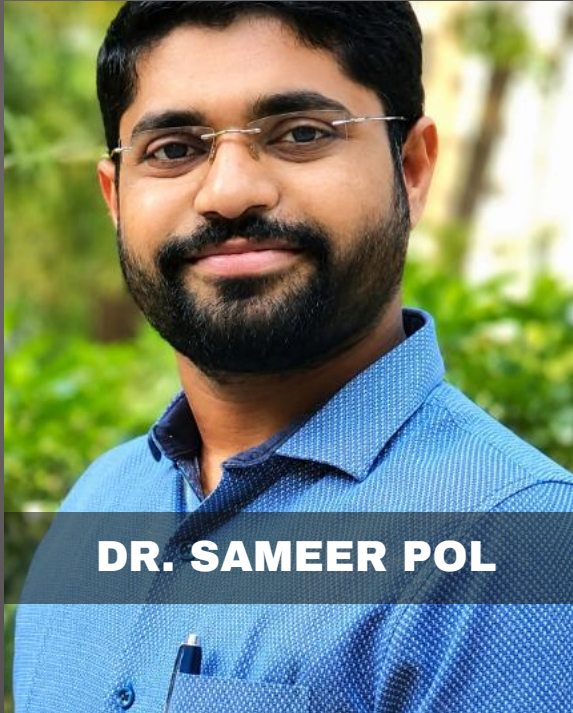
MEET THE TEAM



PRESIDENT

**VICE
PRESIDENT**





DR. SAMEER POL



DR. VINITA JOSHI



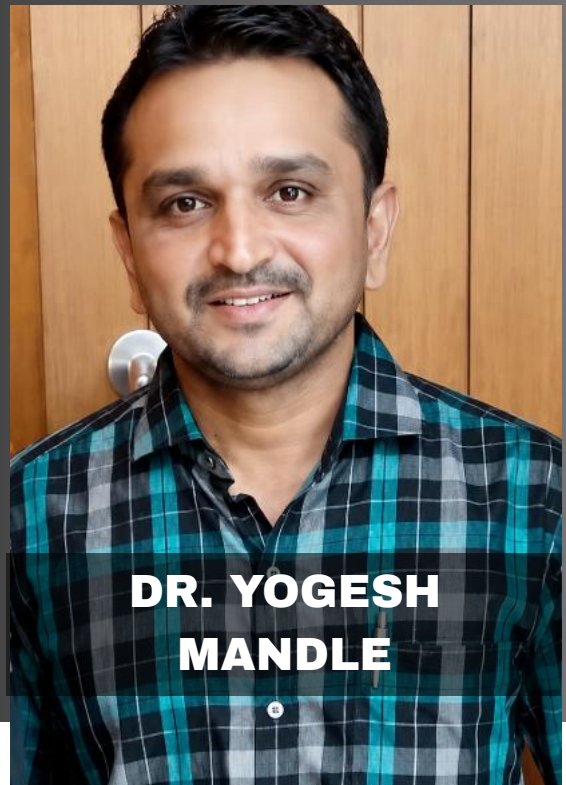
**DR. ARCHANA
MESHAM**

CULTURAL EXECUTIVES

SPORTS EXECUTIVES



DR. JAYESH SANGHAVI



**DR. YOGESH
MANDLE**

MAGAZINE
EXECUTIVE



DR. SWATI KULKARNI

NSS
PROGRAMME
OFFICER



DR. PRAVEEN YAMGAR

DYNAMIS
U.G AND P.G
COUNCIL
2025-26



Dr. K. BALASAI REDDY
P.G



KANAK KAITHWAS
U.G

GENERAL
SECRETARIES

CULTURAL SECRETARIES





TEJAS SHINDE
U.G



KAPIL JADHAV
U.G



SANIKA RAUT
U.G



Dr. SACHIN CHAVAN
P.G

SPORTS **SECRETARIES**

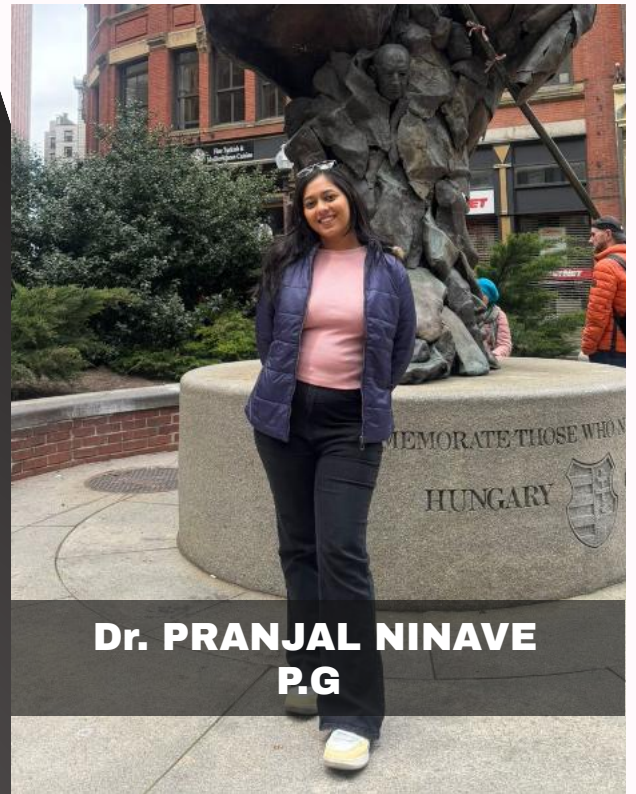


SHRIYA SINGASANE
U.G



SURAJ NARALE
U.G

ACADEMIC SECRETARIES





SHAIKH NAFISA
U.G



Dr. TANVI BAGWALE
P.G



Dr. SHRUTI PANDIYATH
P.G

MAGAZINE
SECRETARIES

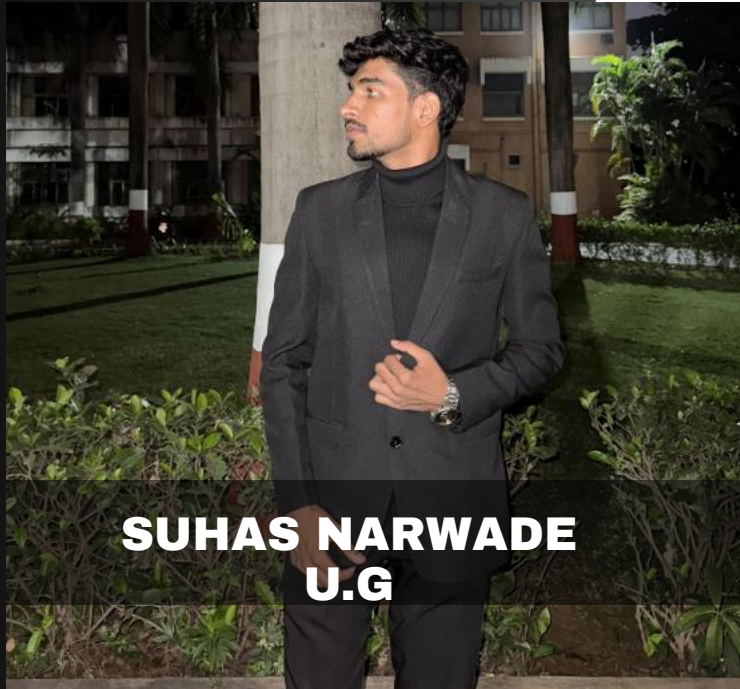
TREASURERS



LADIES REPRESENTATIVE



EXCURSION
SECRETARY



SUHAS NARWADE
U.G

NSS
COORDINATOR



AKASH NARWADE
U.G

ANNUAL
REPORTS
2025-26

COLLEGE REPORT

Dr. G. D. Pol Foundation YMT Homoeopathic Medical College, PG Institute & Hospital is nearing completion of four 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 Government of Maharashtra. Later in 1996, the College was upgraded to the Degree Course – Bachelor of Homoeopathic Medicine & Surgery (BHMS). 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 was 3 students each. Ph.D. 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 & are 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 all undergraduate and postgraduate departments, lecture theatres, library, gymkhana, administrative office, seminar hall, OPD, Hospital, canteen, etc. The hostel is located in the same premises and is readily available. Dr. G. D. Pol Foundation YMT HMC is situated in the beautiful & serene environment of Kharghar, Navi Mumbai.

Our college has been a torchbearer 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 and academic activities. They continue to score various positions in numerous intercollegiate events and in various competitive exams conducted by several institutes.

SALIENT FEATURES

- *Imparts quality education to undergraduate and postgraduate 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 a lush medical botanical garden.*

TEACHING FACULTY

The teaching faculty of our institute comprises highly qualified, dedicated & experienced full-time MUHS-approved staff. Our entire teaching faculty is MD qualified. The college & hospital are supported by adequate teaching, non-teaching & hospital staff.

DEPARTMENTS

Every preclinical and clinical department is spacious, well-ventilated, and adequately equipped with teaching resources such as charts, instruments, models, specimens, departmental libraries, computers, LAN facilities, intercoms, and other essential amenities. Regular symposiums, interdepartmental seminars, tutorials, and academic activities are conducted to enhance students' knowledge and learning. The postgraduate departments are also equipped with dedicated seminar rooms.

LIBRARY

The college library houses more than 12,948 books on Homoeopathy and allied subjects, along with subscriptions to 43 Indian and international medical journals. These resources help students and faculty acquire, enhance, and update their knowledge with recent developments in the field of medicine. Adjacent to the library are spacious and well-illuminated reading rooms with separate facilities for teaching staff, undergraduate students, and postgraduate students.

GYMKHANA

The college gymkhana is well-equipped with facilities and sports equipment for table tennis, carrom, chess, badminton, cricket, and other recreational activities. Students actively participate in various intercollegiate and university-level sporting events and have brought laurels to the institution by securing several prizes and accolades.

HOSTEL AND CANTEEN

College provides separate hostel arrangements for boys and girls, ensuring a comfortable and secure living environment. The hostels are equipped with adequate facilities and sufficient security for the students. The college canteen provides delicious, hygienic, and nutritious food, catering to the daily needs of students and staff.

RESULTS 2025

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

The figures mentioned below reflect the passing percentage of our students in the exams conducted by MUHS , Nashik in 2025

COURSE	YEAR	PASSING	PERCENTAGE
		SUMMER 2025	WINTER 2025
I BHMS	CBDC	-	79.43%
II BHMS	CBDC	82.10%	94.50%
III BHMS	2015	75%	83.33%
IV BHMS	2015	96.55%	100%
PG PART I		91.3%	100%
PG PART II		100%	100%

HOSPITAL

Our institute has a well-equipped 74-bedded hospital with specialized Medicine, Surgery, Gynaecology, and Paediatric wards, along with a well-maintained Operation Theatre (OT). The hospital provides essential diagnostic and therapeutic facilities, including Pathology, X-ray, Sonography, and Physiotherapy.

Highly experienced and qualified practitioners and specialists attend the hospital and provide their valuable services to patients. The hospital is committed to delivering quality healthcare and treatment at reasonable and affordable rates, ensuring accessible healthcare for the community.

OUT-PATIENT DEPARTMENTS

Clinical exposure is provided to our students and interns through the Central OPDs at Kharghar and the Navi Mumbai Municipal Corporation Hospital, Vashi. A large number of patients visiting these OPDs receive treatment from our highly efficient, dedicated, and compassionate staff.

The institute also operates peripheral OPDs at various locations, extending homoeopathic healthcare services to different communities and providing students with valuable clinical experience.

CAMPS

With the objective of creating awareness about Homoeopathy and serving the community, regular Homoeopathic medical camps are organized every month at our OPD and in and around Kharghar. These camps provide free Homoeopathic consultation and treatment, along with investigations at concessional rates, making healthcare more accessible to the community.

Qualified and experienced doctors attend these camps and provide comprehensive medical guidance and care. Our postgraduate students and interns actively participate in various annual camps, including the Lalbaugcha Raja Camp and the Pandharpur Camp conducted during the festive season.

SEMINARS

The institute conducts seminars, workshops, case presentations, journal clubs, book reviews, case discussions, and webinars to enhance Homoeopathic knowledge, clinical skills, presentation abilities, and academic exposure.

NSS

The NSS unit conducts AIDS awareness rallies, MUHS Foundation Day celebrations, blood donation camps, tree plantation drives, Homoeopathic medical camps, and other community service activities, fostering social responsibility and service.

CAMPUS PLACEMENT

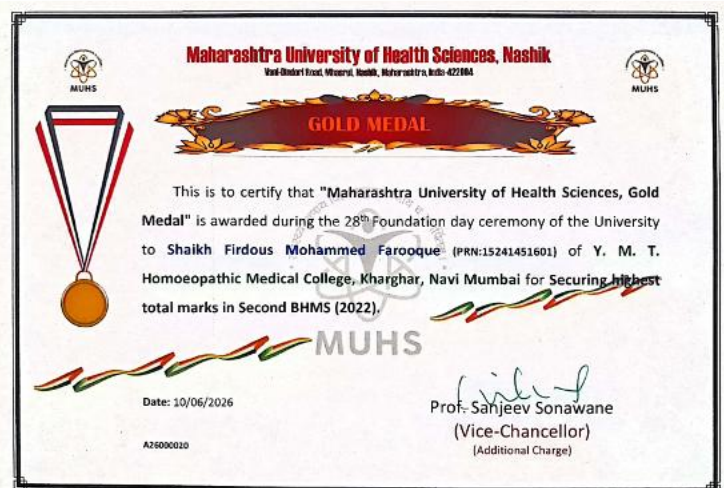
Various organizations conduct placement sessions for interns and postgraduate students, providing opportunities to explore career and professional avenues.

CONVOCATION & FRESHER'S DAY

UG Convocation Day & Fresher's Day was organized on 28/02/2026, celebrating the achievements of the graduating batch, welcoming the new students, and bidding farewell to the outgoing batch.

SPECIAL ACHIEVEMENTS

**SHAIKH FIRDOUS
MOHAMMED FAROOQUE**



She secured two Gold Medals in BHMS under MUHS, achieving this remarkable feat in both First and Second Year. Her dedication, perseverance, and academic excellence stand as an inspiration to fellow students and a proud moment for the entire institution.

SPECIAL **ACHIEVEMENTS**

**ANUPAMA SHEELA AMARDEV
YADAV**

**CCRH Short- Term Studentship in Homoeopathy
(STSH) Research Programme Achievement.**

GUIDE:- DR. PALLAVI CHIKHALE

We proudly congratulate Anupama Yadav on being selected for the Short-Term Studentship in Homoeopathy (STSH) for her research study titled, "EVALUATING THE EFFICACY OF PHOSPHORIC ACID 200C IN THE TREATMENT OF CANINITES IN AGE GROUP OF 18-30 YEARS ADULTS" under the guidance of Dr. Pallavi Chikhale . Her research was successfully published, marking a commendable achievement in student research and contributing to the academic spirit of our college

CONGRATULATIONS !!

STSH 2025 SELECTED STUDENTS

Some research begins with a question, while some begins with noticing a problem that often goes unheard. My research journey began with an interest in understanding an often overlooked skin concern among women—Allergic Contact Dermatitis associated with sanitary napkin usage.

I am Afraa Khokhar, a third-year BHMS student, undertaking my research under the guidance of Dr. Pratiksha Yadav. My study, titled “Effectiveness of Individualised Homoeopathic Medicine in the Management of Allergic Contact Dermatitis due to Sanitary Napkin Usage in Females (18–40 years),” aims to explore the condition, its effect on quality of life, and the role of individualised homoeopathic management.

AFRAA KHOKHAR
3rd YEAR

Working on this project has been a meaningful learning experience, helping me develop a deeper understanding of clinical research, case-taking, follow-ups, and evidence-based thinking. I am truly grateful to my guide, professors, and institution for their constant guidance and encouragement, and I hope that our efforts contribute something valuable to the field and receive recognition from CCRH.

I am Achyuta Nair, a third-year BHMS student, and I am honoured to undertake my research project under the STSH 2025 programme, titled “Utility of the Big Five Personality Inventory in Aiding Individualised Homoeopathic Medicine Selection for Premenstrual Dysphoric Disorder Management – A Randomized Controlled Trial.”

Inspired by my keen interest in psychology and homoeopathy, this study represents an attempt to explore the intersection of both fields in understanding and managing PMDD, a condition with significant implications for women’s mental health.

I am sincerely grateful to my college for providing this valuable platform, and to my guide, Dr. Vinod Sawant Sir, and my professors for their constant guidance and encouragement. I hope my efforts are fruitful, and that mine, and my peer’s final research reports are selected and approved by CCRH



ACHYUTA NAIR
3rd YEAR

STSH 2025 SELECTED STUDENTS



VAISHNAVI PATIL
3rd YEAR

My journey with the STSH research project, titled “Effectiveness of Joanesia asoca Mother Tincture in the Management of Menorrhagia in Females Aged 18–35 Years – A Non-Controlled Experimental Study,” has been a truly enriching experience.

What began as an academic project gradually became an opportunity to understand the realities of clinical research—from framing a research question and reviewing literature to patient interaction, data collection and follow-ups. The process has taught me patience, precision and, most importantly, to look at clinical practice through the lens of evidence. I learned that research is rarely a straight line; it is a continuous process of questioning, correcting and learning.

I am sincerely grateful to my mentor, Dr. Neelam Wayal, for her constant guidance, encouragement and support throughout this ongoing journey.

NSS

YEARLY REPORT

APRIL 2025 TO MARCH 2026

DR.GD.POL FOUNDATION

**YMT HOMOEOPATHIC MEDICAL COLLEGE, HOSPITAL (CHARITABLE), PG
INSTITUTE, KHARGHAR**

NSS UNIT

YEARLY REPORT APRIL 2025 TO MARCH 2026

STRENGTH OF THE UNIT: 100

NAME OF PROG. OFFICER: DR. PRAVEEN YAMGAR

**ASST.PROG. OFFICER: DR. YASHSHREE PATIL
DR. PRATIKSHA YADAV**

**STUDENT CO-ORDINATOR: KAIF KHAN
AKASH NARAWADE**

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

Regular activities throughout the year are planned by the unit with list and also the residential camp is integral part of the activities 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 Chambharli from 12/03/2026 to 18/03/2026. Total 160 patients were seen.

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

DR.GD.POL FOUNDATION
YMT HOMOEOPATHIC MEDICAL COLLEGE, HOSPITAL (CHARITABLE), PG INSTITUTE,
KHARGHAR
NSS UNIT
April 2025 to March 2026

LIST OF ACTIVITIES

- 07 April 2025- Medical Health Camp and Blood Investigation in Adopted Village, on the Occasion of “World Health Day- 2025”.**
- 11 April 2025- “Mahatma Phule” Jayanti celebrating**
- 14 April 2025- Rally till the Memorial of Dr. Babasaheb Ambedkar.**
Speech by Students on Occasion of Dr. Babasaheb Ambedkar Jayanti Celebration
Pad Yatra on occasion of Dr. Babasaheb Ambedkar Jayanti Celebration
- 30 April 2025- Shramdan on the occasion of “Maharashtra Din 2025”**
- 01 May 2025- Make Video for importance of Maharashtra Din put on instagram Account of YMT HMC.**
- 10 May 2025- Mock Drill Direction are received from Ministry of Home Affairs as well as The Ministry of Youth Affairs to extend all possible support and cooperation of NSS unit / Institution.**
- 05 June 2025- World Environment Day (Reel)**
- 10 June 2025- Speech by NSS Student on the occasion of 27th MUHS Foundation Day Celebration, Flag Hoisting on occasion of 27th MUHS Foundation Celebration**
- 21 June to**
- 6 July 2025- Provide Medical Health Camp in Pandharpur Vari**
- 14 June 2025- Blood Donation Camp on Occasion of World Blood Donor Day**
- 19 June 2025- Yoga for Students on occasion of Yoga week celebration**
- 19 June 2025- Poster Making Competition on occasion of Yoga week celebration**
- 21 June 2025- Celebrating International Yoga Day 2025**
- 21 June 2025- Celebrating International Yoga Day for Staff**
- 25 June 2025- Workshop on How to Become Financially Independent by Abhijit Sawant**
- 01 July 2025- Hygiene Dance and Games on the occasion of “Doctors Day Celebration”**
Skit Play on the occasion of “Doctors Day Celebration”
- 11 July 2025- World Population Day reel**
- 23 July 2025- Medical Health Check up camp –Adopted Village Chambharli**

- 4 August 2025- Awareness Lecture on Occasion of Indian Organ Donation Day**
- 14 August 2025- Har Ghar Tiranga Campaign**
- 15 August 2025- Flag Hoisting – Speech ,Songs on occasion of Independence Day Celebration**
- 23 September 2025- Rally on occasion of Ayurveda Day**
- 25 September 2025- NSS Foundation Day**
- 30 September 2025 -Swachh Bharat Abhiyaan**
- 10 October 2025- World Mental Health Day**
- 15 October 2025 – On the occasion of birth anniversary of Dr. APJ Abdul Kalam- Vishwa Vidyarthi Diwas**
- 31 October 2025- On the occasion of birth anniversary of Sardar Vallabhbhai Patel – Rashtriya Ekta Diwas**
- 26 November 2025- Constitution day celebration**
- 1 December 2025- Rally on the occasion of AIDS Day**
- 23 December 2025- Awareness Skit- Say no to Addiction at Don Bosco School, Nerul**
- 12 January 2026- Jija Mata Jayanti, Swami Vivekananda Jayanti (Yuva day) Celebration**
- 26 January 2026- Flag hoisting, National Anthem, Songs, Parade, Speech on importance of National Anthem on the occasion of Republic Day celebration at YMTHMC**
- 28 January 2026- Medical Health check up camp at Sector 30, Gurudwara, Kharghar on the occasion of HIND-D-CHADAR**
- 15 February 2026- Medical Health check up camp at Sector 30, Gurudwara, Kharghar on the occasion of HIND-D-CHADAR**
- 19 February 2026- Medical Health check up camp at M.G.D Public school, Khanda colony, Panvel on the occasion of Shivjayanti Celebration.**
- 19 February 2026- “PADAYATRA” on the occasion of Shivjayanti Celebration at Panvel.**
- 27 February 2026- Poster making competition on the occasion of ‘ Marathi Rajyabhasha Divas” at YMTHMC**
- 01 March 2026- Medical Health check up camp at Sector 30, Gurudwara, Kharghar on the occasion of HIND-DI-CHADAR**
- 01 March 2026- Swachhta Abhiyaan at Sector 30, Gurudwara, Kharghar on the occasion of HIND-D-CHADAR.**
- 11 March 2026 – International Women’s Day – General Health Check up of Old Age Home- Narmada Niketen**
- 14 March 2026 – International Women’s Day – Medical Health Camp in YMT HMC OPD, Kharghar**
- 24 March 2026- World TB day – Lecture on Dementia; Seminar Hall, YMT HMC**

DR.GD.POL FOUNDATION
YMT HOMOEOPATHIC MEDICAL COLLEGE, HOSPITAL
(CHARITABLE), PG INSTITUTE, KHARGHAR
NSS UNIT
August 2024 to July 2025

National Service Scheme (NSS) was evolved and introduced by the government of India in the year 1969. It aims at developing among students sense of participation in nation building through social work. This deepens the understanding of social environment and enriches his/her personality through actual participation in day to day of the society. This process of learning is not only desirable supplement the classroom education but also develops sense of responsibility in students. NSS Unit of YMT Homoeopathic Medical College, Hospital (Charitable),

Pg Institute, Kharghar, run from since year 2004. So many activity play in NSS Unit like ,Blood donation camp, Campus cleaning drive, Celebration of important days, Participation of students in various seminars conducted all over the state . Various cultural activities aiming at personality development of students, Raising of funds for various altruistic activities, Miscellaneous

LIST OF ACTIVITIS OF SWACHATA ABHIYAAN

3 September 2024- Environmental protection by Swachhta Abhiyan at Raigad Zilla Parishad School, Chambharli on occasion of NUTRITION WEEK CELEBRATION

19 September 2024- Swachhta Pledge taken by Students at YMTHMC

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

05 February 2025- Swachhta Abhiyan at Group grampanchayat Jasai

NSS

EVENTS PRIZE WINNERS

AIDS DAY POSTER MAKING COMPETITION

1 st Prize :- Prerana Pangare (1st Year)

2 nd Prize:- Nidhi Balwani (1st Year)

3rd Prize :- Tanvi Baikar (2nd Year)

YOGA POSTER MAKING COMPETITION

1 st prize :- Amina Jalgaonkar (1st Year)

2 nd prize :- Ansari Sara (1st Year)

3 rd prize :- Hajra Solanki (1st Year)

BEST NSS CANDIDATE

Akash Narwade (3rd Year)

CONGRATULATIONS!



Navi Mumbai, Maharashtra, India
23j7+929, Sector 4, Kharghar, Navi Mumbai

DOCTOR'S DAY



Navi Mumbai, Maharashtra, India
23j7+929, Sector 4, Kharghar, Navi Mumbai,
Maharashtra 410210, India



Navi Mumbai, Maharashtra, India
Ymt Dental College Yerela Medical, 18, Belpada Rd, Sector
4, Kharghar, Navi Mumbai, Maharashtra 410210, India
Lat 19.032062° Long 73.061864°
01/07/2025 01:34 PM GMT +05:30



AIDS DAY



Kharghar, Maharashtra, India
Block-y M T College Of Physiotherapy, 18, Sector 4, Kharg
Maharashtra 410210, India
Lat 19.03101° Long 73.062292°
02/12/25 GMT +05:30



Navi Mumbai, Maharashtra, India
Kharghar, Navi Mumbai, 410210, Maharashtra,
India
Lat 19.031440, Long 73.062215
12/02/2024 10:55 AM GMT+05:30
Note : Captured by GPS Map Camera



Navi Mumbai, Maharashtra, India
Sector 4, Kharghar, Navi Mumbai, Maharashtra 410210, India
Lat 19.031836, Long 73.060763
Monday, 01/12/2025 10:58 AM GMT+05:30
Note : Captured by GPS Map Camera



Panvel, Maharashtra, India 🇮🇳

Plot No. 43, Belpada Rd, Sector 4, Kharghar, Panvel, M

410210, India

Lat 19.03112° Long 73.062537°

16/06/26 GMT +05:30



Panvel, Maharashtra, India 🇮🇳

Plot No. 43, Belpada Rd, Sector 4, Kharghar, Panvel, Maharashtra

410210, India

Lat 19.03119° Long 73.062545°

16/06/26 GMT +05:30

BLOOD DONATION CAMP



HINDI CHADAR



Navi Mumbai, Maharashtra, India 🇮🇳

2449+f98, Sector 6, New Panvel East, Panvel, Navi Mun

Maharashtra 410206, India

Lat 19.006241° Long 73.118554°

15/02/26 GMT +05:30



SWACHH BHARAT ABHIYAN



Kharghar, Maharashtra, India
18, Sector 4, Kharghar, Maharashtra 410210, India
Lat 19.031148° Long 73.062496°
24/09/25 GMT +05:30



Navi Mumbai, Maharashtra, India
23j7+929 Block-y M T College Of Physiotherapy, Plot No. 43, Belpada Rd, Sector 4, Kharghar, Navi Mumbai, Maharashtra 410210, India
Lat 19.031332° Long 73.062129°
30/09/25 GMT +05:30



Navi Mumbai, Maharashtra, India
Ymt Dental College Yerela Medical, 18, Belpada Rd, Sector

INDEPENDENCE DAY



Navi Mumbai, Maharashtra, India
Ymt Dental College Yerela Medical, 18, Belpada Rd, Sector 4, Kharghar, Navi Mumbai, Maharashtra 410210, India
Lat 19.03177° Long 73.06167°
15/08/25 GMT +05:30



Navi Mumbai, Maharashtra, India
Ymt Dental College Yerela Medical, 18, Belpada Rd, Sector 4, Kharghar, Navi Mumbai, Maharashtra 410210, India
Lat 19.031888° Long 73.061704°



Navi Mumbai, Maharashtra, India
Ymt Dental College Yerela Medical, 18, Belpada Rd, Sector 4, Kharghar, Navi Mumbai, Maharashtra 410210, India
Lat 19.031888° Long 73.061704°

YOGA DAY



**MUHS FOUNDATION
DAY**

PANDHARPUR WARI CAMP

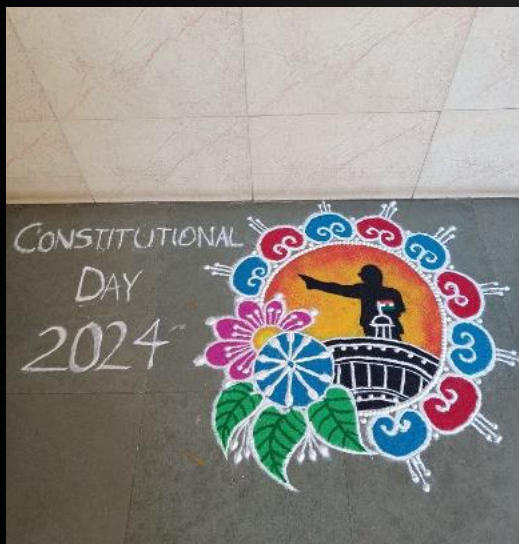


MARATHI RAJYABHASHA DIVAS





AMBEDKAR JAYANTI



CONSTITUTION DAY



**FIVE DAYS, COUNTLESS SMILES
ONE UNFORGETTABLE
EXPERIENCE**



**NSS
RESIDENTIAL
CAMP
2025-2026**

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.

As part of these initiatives, the Medical Health Camp Team from YMT Homoeopathic Medical College also collaborated with the Panvel Mahanagarपालिका to conduct community health camps and extend healthcare services to the local population

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. SHAMAL MESHARAM



SCHOOL HEALTH CAMP



Panvel, Maharashtra, India 🇮🇳
Ymt Dental College Yerela Medical, 18, Belpada Rd,
Sector 4, Kharghar, Panvel, Maharashtra 410210, India
Lat 19.031298° Long 73.062106°
Saturday, 08/08/2026 01:12 PM GMT +05:30



Panvel, Maharashtra, India 🇮🇳
Plot No. 43, Belpada Rd, Sector 4, Kharghar,
Panvel, Maharashtra 410210, India
Lat 19.031359° Long 73.062197°
Saturday, 27/06/2026 10:11 AM GMT +05:30



Panvel, Maharashtra, India 🇮🇳
Ymt Dental College Yerela Medical, 18, Belpada Rd,
Sector 4, Kharghar, Panvel, Maharashtra 410210, India
Lat 19.031292° Long 73.062111°
Saturday, 27/06/2026 10:59 AM GMT +05:30

YMT HMC OPD MEDICAL HEALTH CAMP

HORIZON REPORT



On June 29, 2026, the prestigious Dr. G. D. Pol Foundation, YMTHMC Seminar Hall, Kharghar, Navi Mumbai hosted the 20th Annual National Homoeopathic Workshop & Seminar, named "HORIZON". The event, which brought together homoeopathic practitioners, students, and enthusiasts from all around the nation, was a huge success.

A light breakfast and a friendly registration process kicked off the day, making everyone feel welcome. As participants picked up their seminar kits, the registration desk was bustling with activity. The event officially commenced with a grand welcome and inauguration ceremony. Our Principal Dr. S. P. Dandge Ma'am, PG Co- Ordinator Dr. S. M. Bhagwat Ma'am, our esteemed speaker Dr Ashok Borkar sir and the entire Teaching faculty of Y.M.T.H.M.C honored the event by their presence.

With gratitude to our Chairman Dr. G. D. Pol Sir and all members of G. D. Pol Foundation we started by lighting the candle and asking for our Master's blessings, signifying the eradication of ignorance and the arrival of wisdom.

Our Principal, Dr. S. P. Dandge Ma'am, gave a hearty welcome to all of the doctors from different colleges who attended the seminar. She also encouraged them to participate fully in the day's activities and emphasized the value of ongoing education and innovation in the field of homoeopathy.

Dr. S. M. Bhagwat Ma'am presented the idea of "Horizon," outlining the seminar's purpose. She went into detail on how the horizon symbolizes the boundless possibilities of homoeopathy and the significance of pursuing novel avenues in both practice and research.

The P. G. Council's General Secretary, Dr. Balasai Reddy, conveyed his sincere joy at the eagerly anticipated "Horizon." He discussed how he and his team were excited to absorb the pearls of wisdom from the eminent speaker, Dr. Ashok Borkar, sir, and stressed the significance of such gatherings in enhancing the homoeopathic community's expertise.

Dr. Aaroahi Mate Ma'am, who skillfully led the proceedings and made sure everything went smoothly, served as the event's elegant anchor. Her insightful and respectful introduction of our esteemed speakers set the atmosphere for the enlightening conversation that ensued.

The seminar led by knowledgeable speaker Dr. Ashok Borkar Sir, was the event's high point. He went deeply into the topic of "Homoeopathic Management of Pathologically Advanced Cases," offering perceptive viewpoints and making it participatory. As they took notes and participated in the subsequent interactive Q&A session, the participants showed a high level of engagement.

Our marketing team skillfully arranged a number of homoeopathic booths where attendees could network and talk about sessions in a laid-back setting before lunch. Informal conversations, which are frequently just as insightful as the formal seminars, were made possible by the break.

The post-lunch session featured an interactive Case Based Activity conducted by Dr. Sneha Bhosale Ma'am and Dr. Chintan Mehta Sir. This practical exercise highlighted the value of clinical examples in understanding and utilizing homoeopathic concepts. The session was very useful and educational as participants worked through real-life issues under the guidance of skilled facilitators.

The event concluded by Dr. Sneha Bhosale Ma'am with a vote of thanks by Dr. Vinita Joshi Ma'am 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.

Attendees left the 20th Annual National Homoeopathic Workshop & Seminar "Horizon" with a plethora of information, new contacts, and a revitalized interest in Homoeopathy. It was an incredible event. It was a day devoted to broadening the field of Homoeopathy, encouraging education, and motivating the upcoming generation of homoeopaths.

The main points that made the event unforgettable for everyone participating are highlighted in this report, which also captures the spirit of the occasion.







Navi Mumbai, Maharashtra, India



Panvel, Maharashtra, India
Ymt Dental College Yerela Medical, 18, Belpada Rd, Sector 4, Kharghar, Panvel, Maharashtra 410210, India



Navi Mumbai, Maharashtra, India
Belpada Road, Kharghar, Navi Mumbai, Maharashtra 410210, India
Lat: 19.031908, Long: 73.061480
Monday, 29/06/2026 14:02 GMT+05:30
Note: Captured by GPS Map Camera



Navi Mumbai, Maharashtra, India
Institutional Area, Kharghar, Navi Mumbai, Maharashtra 410210, India
Lat: 19.032165, Long: 73.063072
Monday, 29/06/2026 09:53 GMT+05:30
Note: Captured by GPS Map Camera



Navi Mumbai, Maharashtra, India
Institutional Area, Kharghar, Navi Mumbai, Maharashtra 410210, India
Lat: 19.031752, Long: 73.061477
Monday, 29/06/2026 17:13 GMT+05:30
Note: Captured by GPS Map Camera



DR. G. D. POL FOUNDATION
Y.M.T. HOMOEOPATHIC MEDICAL COLLEGE-HOSPITAL & PG
INSTITUTE, KHARGHAR
HOMOEOPATHIC WEEK AND WORLD HOMOEOPATHY DAY

On 2nd April – On the occasion of 271st Birth Anniversary of Dr. Samuel Hahnemann & World Homoeopathy Day –

A seminar on “Mental Health Issues Related to Relationship Stress and Societal Pressure” conducted by Sonali Pranipe offered a thoughtful exploration of how modern life impacts emotional well-being. The session highlighted how interpersonal relationships and societal expectations often become major sources of stress, particularly among young adults navigating career, family, and personal identity.

The speaker emphasized that relationship stress can arise from miscommunication, unrealistic expectations, lack of emotional boundaries, and dependency patterns. Romantic relationships, friendships, and even family dynamics can contribute to anxiety, self-doubt, and emotional exhaustion when individuals struggle to balance their own needs with those of others. She noted that in many cases, people internalize problems rather than expressing them, which intensifies mental strain over time.

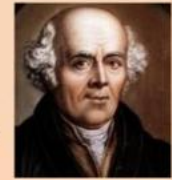
Equally significant was the discussion on societal pressure. Expectations related to success, appearance, marriage, and social status often create a constant sense of comparison and inadequacy. The pressure to “fit in” or meet predefined milestones can lead to chronic stress, burnout, and even depression. The speaker pointed out how social media further amplifies these pressures by presenting curated versions of reality, making individuals feel they are falling behind.

A key part of the seminar focused on coping mechanisms, particularly meditation and mindfulness practices. Sonali Pranipe explained that meditation helps individuals develop self-awareness and emotional regulation. By practicing regular mindfulness, people can observe their thoughts without judgment, reducing impulsive reactions and improving clarity in relationships. Techniques such as deep breathing, guided meditation, and grounding exercises were suggested as practical tools to manage anxiety and restore inner balance.





Dr. G.D. Pol Foundation
Y. M. T. Homeopathic Medical College, PG Institute &
Charitable Hospital, Kharghar, Navi Mumbai - 410 210



WORLD HOMOEOPATHY DAY

On the occasion of 271st HAHNEMANN'S BIRTHDAY

FREE HOMOEOPATHIC CAMP

Healthy Living: Homoeopathy For Pre-Diabetes Screening

Diabetes Awareness



4th April 2026
Saturday

Venue: Y.M.T.H.M.C
(OPD)

Take the first step
towards a healthier life
with our **FREE RBS** test.

Who Can Benefit:

- Obese
- Age : above 35 yrs of age
- Family History Diabetes

HOMOEOPATHIC CONSULTANTS

Dr. Shriya Patil

MD (Hom)

9029298140

Dr. Sampada Rawale

MD (Hom)

8779602286

Dr. G. D. Pol (Chairman)

Dr. S. P. Dandge (Principal)

On 4th April – On the occasion of 271st Birth Anniversary of Dr. Samuel Hahnemann & World Homoeopathy Day –

Free Homoeopathic Camp conducted by our Homoeopathic consultants - Dr. Shriya Patil, Dr. Sampada Rawale on 'Healthy living: Homoeopathy for Pre-Diabetes screening – Diabetes Awareness', where the patients were provided free pre- diabetes screening with free RBS test.

Along with it proper case taking was done and homoeopathic treatment was provided and awareness about diabetes was provided in our Homoeopathic OPD.



On 6th April - On the occasion of 271st Birth Anniversary of Dr. Samuel Hahnemann & World Homoeopathy Day –

A Walk for Homoeopathy initiative was taken where all the students and faculty of the YMT Homoeopathic Medical College came on the streets of the area around the college premises to create awareness about Homoeopathy.

Here all the students carried the Posters/ Charts which were made by the students of the college for Poster/ Chart/ Model making competition.

On 6th April - On the occasion of 271st Birth Anniversary of Dr. Samuel Hahnemann & World Homoeopathy Day –

Poster/chart/ model making competition was organised where participation was open for UG students, Interns & PG students on the topics of

Topics: 1. Epigenetics and Homoeopathic Perspective
2. Constitutional Demography, Genomics & Nano-Pharmacology Interface.

3. Epidemic Management Models

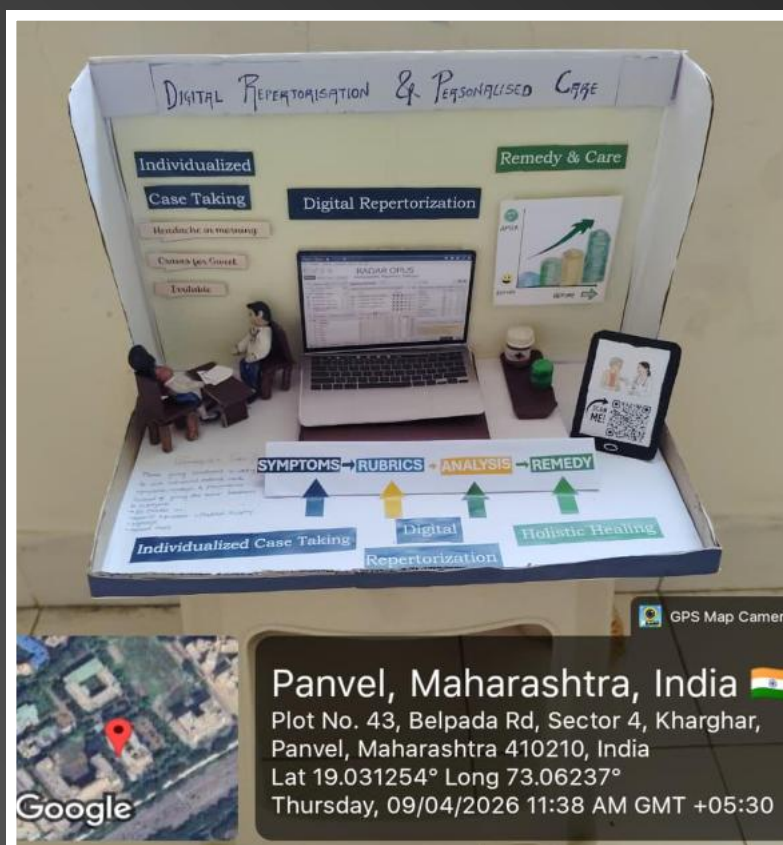
4. Digital Repertorization and Personalised Care

The participants were allowed to create E-poster or Handmade Poster/ Chart of Size: A5. Individual or Group participation was accepted. Posters/Charts/ Models were allowed to be prepared prior and submitted by 6th April, 26 by 1pm.

Instructions like the content of Poster/chart/model should be educational, informative, and relevant to the topics and should be clear, concise, and accurate were given.

Evaluation Criteria for the Posters/charts/models for judging was based on:

Relevance to the topic. Creativity and originality. Clarity of message. Visual appeal and presentation.





Panvel, Maharashtra, India

Plot No. 43, Belpada Rd, Sector 4, Kharghar,
Panvel, Maharashtra 410210, India



Panvel, Maharashtra, India

Plot No. 43, Belpada Rd, Sector 4, Kharghar,
Panvel, Maharashtra 410210, India

Lat 19.031254° Long 73.06237°
Tuesday, 07/04/2026 12:08 PM GMT +05:30

On 7th April - On the occasion of 271st Birth Anniversary of Dr. Samuel Hahnemann & World Homoeopathy Day -

Essay competition - was organised where participation was open for UG students, Interns & PG students on the topics of

- 1. Epigenetics and Homoeopathic Perspective*
- 2. Constitutional Demography, Genomics & Nano-Pharmacology Interface*
- 3. Epidemic Management Models*
- 4. Digital Repertorisation and Personalised Care.*

Word Limit: 800 - 1000 words.

Language: English, Hindi, Marathi.

Time duration: 1 hour.

Essay to be handwritten. Blank papers were provided for writing.

Evaluation Criteria - Relevance to the topic. Depth of knowledge.

Clarity of ideas. Originality. Language and presentation.

Essays were evaluated by a panel of experts in Homoeopathic education and practice.

Prizes: Winning & Participation Certificates were awarded.

Winning essays shall be published in our College Magazine.

On 8th April – – On the occasion of 271st Birth Anniversary of Dr. Samuel Hahnemann & World Homoeopathy Day –

A Seminar was conducted by Dr. Aditya Patil on Critical Appraisal of Evidence in Homoeopathy: Exploring Logical Fallacies Within the Paradigm of Evidence-Based Medicine.

A seminar on “Critical Appraisal of Evidence in Homoeopathy: Exploring Logical Fallacies Within the Paradigm of Evidence-Based Medicine” by Dr. Aditya Patil offered an analytical and thought-provoking perspective on how evidence is interpreted, validated, and sometimes misunderstood within the field of homoeopathy.

The speaker began by outlining the concept of evidence-based medicine (EBM), emphasizing its three core pillars: clinical expertise, patient values, and the best available research evidence. A central theme of the seminar was the critical appraisal of evidence. Dr. Patil explained that not all evidence carries equal weight, and practitioners must be equipped to evaluate research quality, study design, sample size, bias, and reproducibility. He stressed the importance of distinguishing between anecdotal success, observational studies, and randomized controlled trials, encouraging participants to adopt a more scientific and questioning approach rather than accepting findings at face value.

The discussion on logical fallacies was particularly insightful. The speaker identified common errors in reasoning that can influence both supporters and critics of homoeopathy. He emphasized that such fallacies can distort judgment and hinder objective understanding of therapeutic outcomes. At the same time, he encouraged practitioners to engage with rigorous research methods and contribute to building stronger, more credible evidence.

In conclusion, the seminar underscored the need for a rational, evidence-informed approach in homoeopathy. By developing skills in critical appraisal and recognizing common reasoning errors, practitioners can make more informed decisions, improve patient care, and contribute meaningfully to the evolving dialogue between traditional systems and modern scientific medicine.



WORLD HOMOEOPATHIC DAY CELEBRATION

On 10th April – World Homoeopathy Day Celebration

On - 10th April – On the occasion of 271st Birth Anniversary of Dr. Samuel Hahnemann & World Homoeopathy Day –

Video making competition - was organised where participation was open for UG students, Interns & PG students on the topics of Themes:-

1. Ethical vs Unethical Homoeopathic Practices.

2. Myths about Homoeopathy.

3. Pros & Cons of AI in Ayush.

Rules & Guidelines for the Video was to be created prior and submitted latest by 7th April, 26 by 3pm. Video must be created within the college campus. Video Duration: Should be 3–4 minutes in duration, minimum duration- 2 mins.

The participation was Individual or in teams. Language in English, Hindi, or Marathi, but English subtitles are preferred for clarity. Technical Specifications: Submitted in MP4 format. File should be in landscape orientation (recommended) with clear audio and video quality. The content: Should be informative, educational, and relevant to the theme.

Videos were judged based on: Relevance to the theme. Creativity and originality. Clarity of message. Presentation and technical quality.

The organizing committee reserves the right to display, or publish the videos for educational purpose. Videos were evaluated by a panel of experts in Homoeopathic education and practice. Prizes for the Winning & Participation Certificates were awarded on 10th April – World Homoeopathy Day.

Quiz competition was organised where participation was open for UG students, Interns & PG students

The Subjects Covered were - Materia Medica, Organon & Repertory Group Formation for the teams consist of 1 Senior PG, 1 Junior PG, 1 Intern, 1 UG Student. For which 5 teams participated.

The rounds for the Quiz competition

- 1. THE SINGLE STRIKE ROUND P.S – ANSWER IN ONE WORD ONLY WITHIN 15 SECS.*
- 2. IMPOSTER AMONG US ROUND P.S – FIND AN ODD ONE OUT.*
- 3. BRAIN FAG ROUND P.S – RAPID FIRE ROUND.*
- 4. COGNITIVE CONNECT ROUND P.S – SOLVE THE CROSSWORD PUZZLE*
- 5. SCENE SENSE ROUND WATCH FOR THE VIDEO/ IMAGE AND ANSWER THE RUBRIC*

Scoring was done accordingly and the team with the highest score was awarded on the basis of 1st and 2nd rank.

Drug dramatization was organised where participation was open for UG students, Interns, PG students & Faculty

A group of students along with the faculty participated in the event and presented a skit for 20mins.



FMT VISITS

POLICE STATION VISIT

Police station visit report

As part of the practical orientation in Forensic Medicine and Toxicology (FMT), approximately 100 students of the 2nd Professional BHMS visited the Police Station at Sector 7, Kharghar on 23 rd August ,2025 under the supervision of Dr Aparna Kulgude (HOD ,Dept of FMT) . The visit was organised to provide students with first-hand exposure to the functioning of the police department and its role in medico-legal cases. The students witnessed various things such as FIR papers, case files, panchnama report and different types of rifles, guns and bullets. The interaction with the police personnel helped students appreciate the practical aspects of Forensic Medicine beyond the classroom and understand the important role of doctors in assisting the legal and investigative process. The visit was an informative and enriching experience, bridging the gap between theoretical knowledge and real-world medico-legal practice.



Navi Mumbai, Maharashtra, India

Plot No. 24, 23m9+m25, C-504, Patel Heritage Service Rd, Near Tharwani Heritage, Sector 7, Kharghar, Navi Mumbai, Maharashtra 410210, India

Lat 19.0346° Long 73.067993°

23/08/2025 12:18 PM GMT +05:30

Google



GPS Map Camera

POSTMORTEM VISIT

The 2nd Professional yr BHMS students undertook an educational Post-Mortem Visit to Topiwala National Medical College & B.Y.L. Nair Charitable Hospital, Mumbai, from 8th to 15th December 2025 under the supervision of Dr Aparna Kulgude (HOD ,Dept of FMT) & Dr Saritha Mandy (Asst. Prof, Dept of FMT). The students attended the visit in three batches, enabling them to gain meaningful exposure to the practical aspects of forensic medicine. During the visit, the students had the opportunity to observe various post-mortem cases and understand the systematic procedure of conducting a medico-legal autopsy. The sessions were supplemented with forensic medicine lectures and discussions, which helped students correlate the findings observed during autopsy with their theoretical knowledge.



DR. G. D. POL FOUNDATION YMTHMC

Department of FMT

solicits your presence to witness the

MOOT COURT

Moot court activity

A Moot court activity was conducted for the students of 2nd yr BHMS –CBDC batch as part of academic enrichment on 19/12/25 under the supervision by Dr Aparna Kulgude and Dr Saritha Mandy. The activity was conducted through 7 theme-based skits, in which students enthusiastically portrayed various roles involved in the judicial process, including doctors, lawyers, witnesses, police personnel, and other courtroom participants. Through these performances, students explored medico-legal situations in an imaginative and practical manner. The activity helped students understand concepts such as giving evidence, examination and cross-examination of witnesses, presentation of medical documents, and the role and responsibilities of a medical professional in court. The event was not only academically enriching but also highly enjoyable for both students and teachers. The creative skits encouraged active participation, teamwork, confidence, and effective communication, while making the learning of medico-legal concepts interesting, memorable, and enjoyable.

BRACE YOURSELF FOR A COURTROOM
CLASH LIKE NEVER BEFORE!

WHERE ARGUMENTS TURN INTO ADRENALINE

— Join us on —
19 December 2025, friday,
10 AM – 2 PM, Seminar Hall.

- *" The price of a kidney" illegal organ removal case*
- *Death, lies & Cyanide- Jolly Joseph case*
- *Trust betrayed- A family vs hospital*
- *" Justice delayed but not denied -Dr Kunal saha vs AMRI hospital*
- *web of suspicion, A double murder mystery (*
- *The Shadow of Mumbai - Raman Raghav case*
- *Ethics under white coat*



COMMUNITY MEDICINE VISITS 2025-2026

Community Medicine is an integral part of the IV BHMS curriculum, bridging theoretical knowledge with practical understanding. To provide students with a firsthand insight into various concepts, a range of educational field visits is organised. These visits enable students to observe community health practices in real-world settings, strengthen their practical knowledge, and gain a deeper understanding of the subject. Through such experiential learning, students are encouraged to broaden their perspective and enhance their academic and professional competencies.

17/03/2025 – 28/03/2025 – Kasturba Hospital Visit

02/04/2025 – Lectures on Milk Pasteurization

24/06/2025 – Public Health Laboratory

04/07/2025 – Sewage Treatment Plant

01/10/2025 – Water Treatment Plant

28/10/2025 – 13/12/2025 – Kasturba Hospital Visit

18/02/2026 & 20/02/2026 – Milk Pasteurization

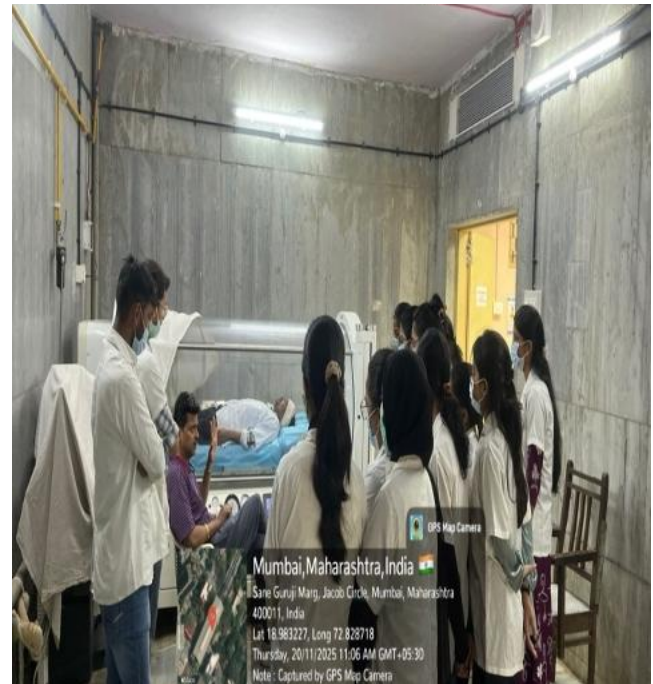
24/06/2026 & 26/06/2026 – Milk Pasteurization

28/07/2026 – Water Treatment Plant

19/08/2026 – Public Health Laboratory



DR.G.D.POL FOUNDATION
YMT HOMOEOPATHIC MEDICAL COLLEGE- HOSPITAL (CHARITABLE), PG
INSTITUTE, KHARGHAR NAVI MUMBAI
SUB: COMMUNITY MEDICINE RESEARCH METHODOLOGY AND BIOSTATISTICS
AGENDA: KASTURBA HOSPITAL INFECTIOUS DISEASE CASE STUDY-VISIT
VENUE: MUMBAI
DATE: 28/10/2025 TO 13/12/2025



DR.G.D.POL FOUNDATION

**YMT HOMOEOPATHIC MEDICAL COLLEGE- HOSPITAL (CHARITABLE), PG
INSTITUTE, KHARGHAR NAVI MUMBAI**

SUB: COMMUNITY MEDICINE RESEARCH METHODOLOGY AND BIOSTATISTICS

AGENDA: SEWAGE TREATMENT PLANT VISIT

VENUE: KHARGHAR, NAVI MUMBAI

DATE: 04/07/2025



DR.G.D.POL FOUNDATION

**YMT HOMOEOPATHIC MEDICAL COLLEGE- HOSPITAL (CHARITABLE), PG INSTITUTE, KHARGHAR
NAVI MUMBAI**

SUB: COMMUNITY MEDICINE RESEARCH METHODOLOGY AND BIOSTATISTICS

AGENDA: WATER TREATMENT PLANT VISIT

VENUE: MULUND, MUMBAI

DATE: 01/10/2025



AGENDA: MILK PASTURIZATION LECTURE

VENUE: FOURTH YR CLASS ROOM YMT HMC

DATE: 02/04/2025



YMT HMC TEACHING FACULTY MEMBERS



FIRST ROW: (FROM L TO R)

**DR. S. D. MESHARAM , DR. WAYAL , DR. VICHARE , DR. SHARMA ,
DR. V.A. JOSHI , DR. KULGUDE , DR. A.V. PAWAR , DR. GAIKWAD ,
DR. V.J. SAWANT , DR. S.V. SAWANT , DR. U.B. PAWAR ,
DR. A.S. MESHARAM.**

SECOND ROW: (FROM L TO R)

**DR. YAMGAR , DR. SANGHAVI , DR. KULKARNI , DR. MENON, DR. POL,
DR. DANDGE (PRINCIPAL) , DR. BHAGWAT , DR. GOPALE , DR. BHOSALE ,
DR. S. PATIL , DR. LONDHE.**

THIRD ROW: (FROM L TO R)

**DR. G. N. JOSHI , DR. MANDY , DR. RAJPUT , DR. YADAV , DR. S.V. SAWANT ,
DR. JAIN , DR. KHOT , DR. DEWADE , DR. BODEKAR , DR. BHALERAO ,
DR. B.B. PATIL , DR. MATE , DR. SOLANKI , DR. MANE , DR. S.A. SABLE ,
DR. JADHAV , DR. N.R SABLE , DR. GURAV , DR. MISTRY , DR. RAWALE ,
DR. V.S. SAWANT , DR. SAYYED , DR. MEHTA , DR. SHEIKH.**

STUDENT COUNCIL WITH COUNCIL EXECUTIVES



FIRST ROW: (FROM L TO R)

DR. SNEHAL DIGHE (CULTURAL SECRETARY), DR. SHRUTI PANDIYATH (MAGAZINE SECRETARY), DR. TANVI BAGWALE (MAGAZINE SECRETARY), DR. PRANJAL NINAVE (ACADEMIC SECRETARY), KANAK KAITHWAS (GENERAL SECRETARY), DR. BALASAI REDDY (GENERAL SECRETARY), DR. KAJAL BADGUJAR (ACADEMIC SECRETARY), DR. AKANKSHA DESAI (ACADEMIC SECRETARY), DR. SACHIN CHAVAN (SPORTS SECRETARY).

SECOND ROW: (FROM L TO R)

DR. JOSHI (CULTURAL EXECUTIVE), DR. POL (CULTURAL EXECUTIVE), DR. KULKARNI (MAGAZINE EXECUTIVE), DR. SANGHAVI (SPORTS EXECUTIVE), DR. DANDGE (PRESIDENT), DR. SHARMA (VICE PRESIDENT), DR. MESHAM (CULTURAL EXECUTIVE), DR. MANDLE (SPORTS EXECUTIVE), DR. YAMGAR (NSS PROGRAMME OFFICER).

THIRD ROW: (FROM L TO R)

AKASH NARWADE (NSS COORDINATOR), ABHISHEK PRAJAPATI (TREASURER), VAISHNAVI PATIL (ACADEMIC SECRETARY), DISHA BALWANI (CULTURAL SECRETARY), HEITA CHAUHAN (CULTURAL SECRETARY), HARSH NIRMAL (CULTURAL SECRETARY), UMANG KHARANGATE (TREASURER), SUHAS NARWADE (EXCURSION SECRETARY), VAISHNAVI BHONKAR (LADIES REPRESENTATIVE), SHRIYA SINGASANE (SPORTS SECRETARY), SANIKA RAUT (SPORTS SECRETARY), KAPIL JADHAV (SPORTS SECRETARY), TEJAS SHINDE (SPORTS SECRETARY), SURAJ NARALE (SPORTS SECRETARY), SHAIKH NAFISA (MAGAZINE SECRETARY).

EVENTS OF THE
YEAR
2025-26

A YEAR IN CELEBRATION

CULTURAL COMMITTEE • 2026

28 FEBRUARY 2026

LUMINA
Freshers' Party

28 FEBRUARY 2026

UG & PG CONVOCATION
Celebrating academic milestones

13 MARCH 2026

WHITE COAT CEREMONY
A meaningful step into the medical journey

10 APRIL 2026

HAHNEMANN DAY
Honouring the legacy of Dr. Samuel Hahnemann

21 APRIL 2026

EUPHORIA 2026
Bingeverse Day

22 APRIL 2026

EUPHORIA 2026
Desi Vogue Day • Inter-Collegiate Dance & Singing Competitions

23 APRIL 2026

EUPHORIA 2026
World of Thrones

24 APRIL 2026

EUPHORIA 2026
Veil of Secrets • Masquerade Day

2 SEPTEMBER 2026

TEACHERS' DAY
Celebrating our mentors and guides

9 SEPTEMBER 2026

ANNUAL DAY
A celebration of the year's journey

CREATIVITY • PARTICIPATION • TOGETHERNESS • MEMORIES

★ LUMINA ★ FRESHERS 2026



ESHIKA TIWARI
MISS FRESHER'S 2026



ROHIT S. KUSHWAHA
MR. FRESHER'S 2026



*where new faces shone bright and talents came alive.
With dance, music, walks and creativity, the stage sparkled with youthful energy.
A day of joy, talent and unforgettable beginnings.*

*A celebration of knowledge,
dedication, and achievement.
A proud milestone as our graduates
step into new horizons.*



P.G
CONVOCATION
2026



WHITE COAT CEREMONY

A NEW BEGINNING

SPORTS EVENTS

LAKSHYA 2026



A celebration of teamwork, talent, and sportsmanship.



Lakshya 2K26 Sports Achievements

Kho - Kho Boys

- 1. Rohan Jadhav & Team*
- 2. Vivek Chavan & Team*

Table Tennis Doubles Boys

- 1. Suraj Narale / Tejas Shinde*
- 2. Shubham Sanap / Dr Akash Dudhbawane*

Cricket Boys

- 1. Vivek Chavan & Team*
- 2. Kalpak Salve & Team*

Chess Boys

- 1. Dr Akash Dudhbawane*
- 2. Pranay Gadade*

Tug Of War Boys

- 1. Alsaif Khan & Team*
- 2. Ritesh Behra & Team*

Badminton Boys

- 1. Dr. Saurabh Manwar*
- 2. Swapnil Somkuwar*

Athletics Boys (100 m)

- 1. Aman Tadv*
- 2. Prashant Patil*

Athletics (400 m)

- | | |
|--------------------------|-------------------------|
| <i>1. Divya Mestry</i> | <i>1. Nima Yadav</i> |
| <i>2. Akshada Kale</i> | <i>2. Aditi Dangat</i> |
| <i>3. Aman Tadv</i> | <i>3. Suraj Narale</i> |
| <i>4. Prashant Patil</i> | <i>4. Shubham Sanap</i> |

Carrom Boys

- 1. Ritesh Behra / Roshan Adde*
- 2. Rohan Ruchke/ Vikas Yadav*

Kho - Kho Girls

1. *Payal Jadhav & Team*
2. *Soni Walia & Team*

Table Tennis Doubles Girls

1. *Madhura Mahajan / Nirzara Khilare*
2. *Nima Yadav / Shaheen Shah*

Cricket Girls

1. *Dr. Namrata Ingale & Team*
2. *Soni Walia & Team*

Chess Girls

1. *Dr. Shivani Joshi*
2. *Dr. Jaspreet Kaur Popaly*

Tug Of War Girls

1. *Dr. Sanyogeeta Jadhav & Team*
2. *Jhalak Bhanushali & Team*

Badminton Girls

1. *Urmila Mhatre*
2. *Vaishnavi Kirkan*

Dodge Ball Girls

1. *Nima Yadav & Team*
2. *Dr. Namrata Ingale & Team*

Athletics Girls (100 m)

1. *Aditi Dangat*
2. *Nima Yadav*

Carrom Girls

1. *Dr. Simran Takke/ Dr. Shital Andil*
2. *Nima Yadav/ Shaheen Shah*

Sportsperson of the year (Male)

Ritesh Behra - 2 Gold and 2 Silver

Sportsperson of the year (Female)

Nima Jayram Yadav - 1 Gold and 6 Silver

CULTURAL EVENTS

EUPHORIA 2026 ✨



BINGE VERSE

“A day where favourite characters left the screen and walked into YMT.”



**INTER COLLEGE
COMPETITIONS**

*First time for YMT, bringing
together young talents from
different colleges and turning
competition into a celebration
of togetherness.*



INTERCOLLEGIATE

WINNERS OF INTERCOLLEGIATE

DANCE COMPETITION



*1. SWAPNALI CHANDRA MORE
(BR HARNE COLLEGE)*



*2. DIVYA MESTRY
(YMTHMC)*

SOLO SINGING COMPETITION



*1. AJINKYA JADHAV
(YMT PHYSIOTHERAPY)*



*2. ANUSHKA NEHARE
(YMTHMC)*

GROUP SINGING COMPETITION



*1. REYNAS PAWASKAR AND TEAM
(BHARTI VIDYAPEETH DENTAL)*



*2. RIFFSCAPE GROUP
(YMT PHYSIOTHERAPY)*



OFF STAGE EVENTS



OFF STAGE WINNERS

PHOTOGRAPHY

1st: Dr. Revati

2nd: Rohit (1st yr)

LIVE PAINTING

1st: Dr. Shivani Joshi

2nd: Sayyed Shamail

MEHENDI

1st: Ansari Ayesha (3rd yr)

2nd: Dr. Smriti (PG)

CLAY MODELING

1st: Safa Shaikh

2nd: Anushka Nehare (3rd yr)

REEL MAKING

1st: Akansha (4th yr)

2nd: Hita Kalyani (1st yr)

RANGOLI

1st: Mayuri Chandanshiv (1st yr)

2nd: Dr. Namrata Ingale (PG)

TOTE BAG

1st: Amina Jalgaokar (1st yr)

2nd: Pratiksha Maghade (3rd yr)

FIRELESS COOKING

1st: Dr. Jaspreetkaur (PG)

2nd: Hajra Solanki

MAKE-UP

1st: Umama Khan (3rd yr)

2nd: Dr. Namrata Ingale (PG)

ACADEMIC RANKERS

1st BHMS (WINTER 2025)



TANVI M. BAIKAR
(1st RANK)

MOINUDDIN BOOTWALA
(2nd RANK)



CONGRATULATIONS !!

2nd BHMS (SUMMER- 2025)



**SHAIKH FIRDOUS
(1st RANK)**

**SAMUEL ANDREWS
(2nd RANK)**



CONGRATULATIONS !!

2nd BHMS (WINTER- 2025)



**MHATRE NISHANT
(1st RANK)**

**GUPTA BABITA
(2nd RANK)**



CONGRATULATIONS !!

4th BHMS (SUMMER -2025)



**SHAIKH IFFAT
(1st RANK)**



**TOPE SNEHAL
(2nd RANK)**

CONGRATULATIONS !!

**INTO THE GARDEN
OF
LITERATURE**

वह एक लड़की है

वह एक लड़की है,
थोड़ी अलग-सी, पर सयानी है,
थोड़ी-सी नादान, पर कितनी सुहानी है।

उसकी मुस्कान पर चाँद भी कुर्बान हो जाए,
उसके कोमल स्पर्श से
गुलाब के काँटे भी नरम पड़ जाएँ।

वह एक लड़की है...
कच्ची धूप की सुनहरी किरण-सी,
जो हर ज़िंदगी में उजाला घोल देती है,
और एक मकान को प्यार से घर बना देती है।

किसी की बेटी है, किसी की पत्नी है,
किसी की उम्मीदों की कहानी है,
पर सबसे पहले
वह बस एक लड़की है।

थोड़ी-सी ज़िद्दी, थोड़ी-सी तीखी,
उसकी बातें नदियों-सी चंचल बहती हैं,
और उसकी आँखें
समंदर से भी गहरी लगती हैं।

किसी की कलम की वह स्याही है,
किसी कोरे कागज़ की अनकही कहानी है।

वह एक लड़की है—
थोड़ी अलग-सी, पर सयानी है।

उसकी आवाज़ बरसती बूंदों-सी मधुर है,
उसकी बातों की मिठास के आगे
चाशनी भी फीकी पड़ जाए।

ज़िम्मेदारियाँ उसे
एक प्रौढ़ स्त्री का रूप दे देती हैं,
पर जब भी प्रेम का कोमल स्पर्श मिलता है,
वह फिर बन जाती है
वही मासूम, नादान-सी लड़की।

क्योंकि आखिर...
वह एक लड़की है—
थोड़ी अलग-सी, पर सयानी है।

—समृद्धी ❤️

SAMRUDDHI SUNIL PARAB
3rd YEAR



कुछ दोस्त ऐसे भी

कुछ दोस्त बचपन से लेकर बुढ़ापे तक साथ निभाते हैं,
कुछ परिंदों की तरह, ज़िंदगी से उड़ जाते हैं।

जब हो समय बलवान आपका, कुछ दोस्त आस-पास मंडराते हैं।
बुरे समय का आभास होते ही, कुछ दोस्त परे हट जाते हैं।

जब भी हो ज़रूरत धन की, कुछ दोस्त काम आते हैं।
बुरे समय में साथ रहते हैं, मन को सांत्वना पहुँचाते हैं।

कुछ दोस्त दिखावा करते, आपकी खुशी में खुश होने का,
मिल जाए गर तुम्हें सफलता, इनका दिल दुःख ढोने का।

संग बैठकर हँसना-बोलना, दोस्त ही महफ़िल सजाते हैं।
ज़िंदगी में ज़हर घोलकर, दोस्त ही दुश्मन बन जाते हैं।

कुछ दोस्त मतलब के होते, मतलब तक साथ निभाते हैं।
जैसे पूरा मतलब होता, फिर कभी नज़र नहीं आते हैं।

दोस्त प्यार है, दोस्त मरहम है, दोस्त ही तो ख़ज़ाना है।
एक ज़िंदगी, एक हम हैं, फिर क्यों दोस्ती ठुकराना है !

आओ मिलकर साथ रहें हम, गिले-शिकवे मिटाना है।
कुछ ही दिन की ज़िंदगी है, फिर लौट सभी को जाना है।



JESSICA VAZ
(INTERN)



किनारे पर रेत में मैंने तेरा नाम लिख दिया..
लहरों के साथ आकर समंदर उसे ले गया..
इश्क तुमसे..
क्या समंदर को भी हो गया..??

लगता है मेरी किताब की पन्नों को
और मेरी कलम को भी मेरी मोहब्बत
समझ में आने लगी है।
मैं उसका जिक्र लिखना तो
चाहती हूँ पन्नों पर,
लेकिन उसके पहले ही,
मेरी कलम शर्मा जाती है।

ये जो आँखों से कत्ल-ए-आम जारी है तुम्हारा,
इल्जाम-ए-मोहब्बत सिर्फ हमपर ना थोपो..
अब कह भी दो अपनी रज़ा कुछ इस कदर
की हाथों पर मेरी हीना कर दो..



DR. SHITAL M.S ANDIL
(DEPT. OF ORGANON OF
MEDICINE)
P.G PART 2

सखी मराठी माई

अ अननस, आ आई
अशी चालू झाली तुझी आणि माझी गंमत
आणि मिळाली मला तुझी संगत
अ पासून अः पर्यंत
क पासून ते ज्ञ ज्ञानेश्वरांपर्यंत
बसली माझ्यासमोर तुझीच पंगत
जेव्हा बाराखडीच्या पंगतीत बसले
काना, मात्रा, वेलांटी, उकार,
अनुस्वार वाढत होतीस तू मला
शेवटी जेवणानंतर दिलास
बाराखडीचा प्रसाद मला
एक अक्षरी, दोन अक्षरी,
तीन-चार ते पाच अक्षरी
ओळख झाली शब्दांची
आता आली वेळ वाक्य वाचण्याची
तुला वाचण्याची खूप
झाली होती घाई
तू तर माझी मराठी माई

कवयित्री — सेजल कणसे



SEJAL SANTOSH KANSE
4th YEAR

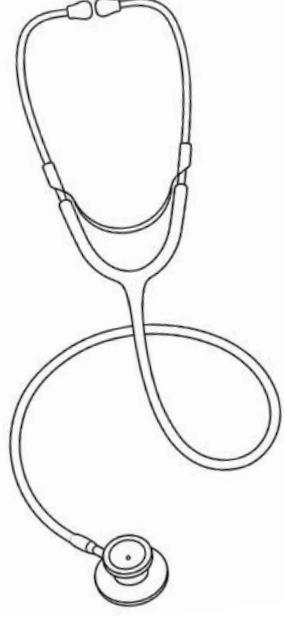
मी मराठी बोलतेय.....!

काल-परवा पर्यंत मी
तुमच्याच राज-महालातील राणी
'खेळत होते, बागडत होते, नाचत होते तुमच्या ध्यानी-मनी
गेले ते दिवस, गेला तो माझा राजमहाल
ज्या राजमहालात मी राज्य होते गाजवत
माझी कौतुकं, गीते तुम्ही होतात सांगत
राजमहाल होता माझा
तुम्हीच होतात माझे शिल्पकार
पण आज सोडून राजमहाल
तुम्ही करतात मला हृदपार
राज्य गाजवले मी इतिहासावर
आणि माझ्या माणसांच्या हृदयावर
आज तुम्ही गाजवाताय राज्य माझ्यावर
धनी बसतात हो माझ्या मनावर
मला नकोय तो धाव
मला हवाय मराठी मनांचा गाव
तुम्हाला पुन्हा देईल मी माझा गंध
राहाल ना तुम्ही माझ्या अस्तित्वासाठी कटिबद्ध
ज्ञानदेवांच्या शब्दजन्माचे
आहेत माझ्यावर ऋण
तुम्ही घाल ना तुमचे
नवे शब्द कण
वचन हवे मला,
मराठीच्या संवर्धनाचे
तरच, संवर्धन होईल तुमच्या महाराष्ट्राचे
प्रेलाल तुम्ही हा गोवर्धन
तरच होईल मराठीचे संवर्धन
कवयित्री -सेजल कणसे



फॅमिली डॉक्टर - हरवत चाललेला दुवा.

गिरगांवात काळा राम आणि गोरा राम मंदिराच्या मध्ये त्यांचा दवाख
पार्टिशन ओलांडून आत गेलं की एक लांबच लांब चिंचोळी खोली. दं
बाजूला बसायला आरामशीर खुर्च्या. एका वेळी २०-२५ जण बसू शक
एवढी जागा. डाव्या हाताला कोपऱ्यात उंचावर चक्क एक टी.व्ही. चा
असायचा. पुढची जागा त्यांच्या कंपाउंडरांची. दोन उंच स्टुलावर त्या दो
बसलेल्या असत. समोरच्या कपाटात असंख्य आकाराच्या आणि रंगाच
औषधांच्या बाटल्या, डबे, खोके.

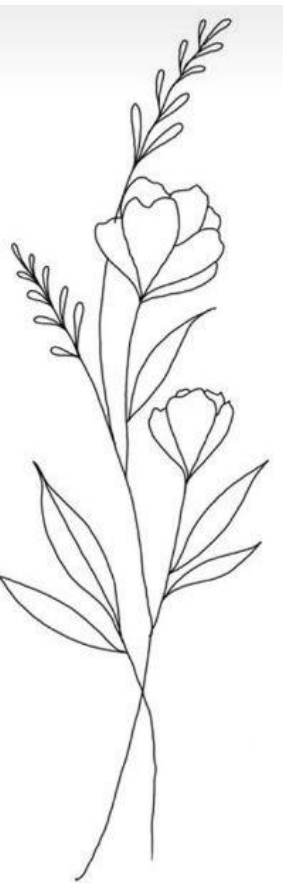


आतली खोली डॉक्टरांची! मी आतापर्यंत अनेक दवाखाने आणि हॉस्पिटल
बघितली पण इतकी रंगीबेरंगी प्रसन्न खोली नाही बघितली. एका छोट्या
टेबलापाशी डॉक्टरांची फिरती खुर्ची आणि पेशंटना बसायला खुर्ची. बाजूच्य
कपाटात आणि टेबलावर बरीच पुस्तकं, प्रिस्क्रिप्शन पॅड्स, इतर डॉक्टरांची
व्हिजिटिंग कार्ड्स, पेशंटचे पेपर, रिपोर्ट्स सगळं व्यवस्थित अस्ताव्यस्त
पडलेलं असायचं. इथेही एका कोपऱ्यात टी.व्ही. चालू असायचा. त्यावर
क्रिकेटची मॅच नाहीतर नवीन सिनेमा चालू असायचा. आजूबाजूला शोपीसेस,
पेनस्टॅंड, एम. आर नी दिलेली सॅम्पल सगळं गुप्यागोविंदाने नांदायचं. पण
सगळ्यात लक्षवेधी होत्या त्या भिंती. अमिताभ, ऋषी, हेमामालिनी, रेखा अशा
त्यावेळच्या बॉलिवूड सुपरस्टार्सची इतर कुठे न दिसणारी देखणी लाईफस्टाईल
पोस्टर्स! दवाखान्या ऐवजी एखाद्या इव्हेंटसाठी आलो की काय असं वाटायचं
नवख्या माणसाला!

हा दवाखाना डॉक्टरांच्या व्यक्तिमत्त्वाचा आरसा होता. प्रसन्न होशी आणि
अफाट उत्साहाचा धबधबा म्हणजे डॉक्टर! जिथे जातील तिथल्या माणसांचा
आणि परिस्थितीचा कब्जा घेऊन टाकतील. गोरा पान रंग, देखणा चेहरा,
वजनदार असल्याने लक्षात न येणारी उंची. अतिशय स्टायलीश कपडे, टाय,
परफ्युम, बूट. उत्तमोत्तम गोष्टींची त्यांना मुळातच आवड होती. आवाज
त्यांच्यासारखाच भारदस्त! क्रिकेट, सिनेमा आणि खाण्याची खूप आवड.

झुलता दरवाजा उघडून आत गेलं की गडगडण्याच्या आवाजात स्वागत
व्हायचं, “ओ! तुला काय झालं?”

त्यांना बघून अनेक पेशंटसंच अर्ध दुखणं पळायचं. पेशंट्सची past
history पूर्वीचे आजारच काय family history ही त्यांना तोंडपाठ
असायची. या शिवाय कौटुंबिक इतिहासही माहित असायचा. मग “तुला घरी
विश्रांती मिळेल का” असं म्हटल्यावर समोरचा पेशंट धडाधडा मनातली
दुःखणी सांगायचा आणि अर्धा बरा व्हायचा. एखाद्या आईची नस “तीन
मुलांची आई अर्धा डॉक्टरच असते ग” असं म्हटल्यावर त्यांना बरोबर
सापडायची



अर्थात डॉक्टर म्हणून त्यांचे रोगनिदान अतिशय उत्तम होते तेही अगदी जरूर असेल तरच एखादी तपासणी करून. त्यांनी एखादे investigation सांगितले तर बहुतेक वेळा ते positive यायचे. बाळंतपणासाठी किंवा ऑपरेशनसाठीच त्यांना इतर डॉक्टरांना रेफरन्स द्यावा लागायचा. बाकी नवजात बाळापासून डायबेटीस ब्लड प्रेशरवाल्या आजीआजोबांपर्यंत सर्वांना त्यांचे औषध लागू पडायचे.

त्यांचा दवाखाना नेहमीच गजबजलेला असायचा. बाहेर पेशंटची रांग आणि आत दोन तीन तपासणीच्या खोल्यात २-३ पेशंट्स! त्या शिवाय समोर एखादा मित्र नाहीतर इतर काही कामासाठी आलेले कोणी तरी. अशात “आयला काय विकेट काढली रे” असं बोलून डॉक्टर आत जात पेशंटला विचारत “काय खाल्लेस काल पोटात दुखायला?” परत बाहेर येऊन पुढचा बॉल बघायचा. मग आत जाऊन दुसऱ्या पेशंटला इंजेक्शन द्यायचं. आणि मग तिसऱ्या पेशंटचं ब्लडप्रेशर बघायचं. “वेळेत आणलंस हं याला” असं एखाद्या पेशंटच्या बायकोला बोलायचे. अनेकांना इंजेक्शनच काय तर ब्लडप्रेशरही त्यांनी बघितलेलंच पटायचं. इतक्या सगळ्या गोंधळात त्यांचं पेशंटवरचं लक्ष अजिबात विचलित होत नसे. कदाचित बाहेरच्या गलबल्यातच त्यांचं मन अधिक एकाग्र व्हायचं. कधी चुकून पेशंट्स कमी असले की त्यांची चलबिचल जाणवायची.

पेशंटने बोलावल्यावर त्यांच्या घरच्या लग्न, मुंज, वाढदिवस अगदी सर्व कार्यांना डॉक्टर सहकुटुंब सहपरिवार म्हणजे दवाखान्यातील सर्विसकट हजेरी लावत. खाण्याचे शौकीन असल्याने घरच्या गृहिणीचे भरभरून कौतुक करत.

९ ऑगस्टला दर वर्षी दवाखान्यात पूजा असायची. नेहमीच्या पेशंटनी यायलाच हवं असा त्यांचा आग्रह असायचा. नाहीतर पुढच्या वेळी भेटल्यावर कारण तयार ठेवावं लागे. माझे बाबा त्यांच्या मोठ्या भावाच्या वर्गात होते त्यामुळे आमच्यासाठी तर ते डॉक्टर, फॅमिली फ्रेंड सर्वच होते. ते असेपर्यंत आमच्या कुटुंबात कोणालाही कधीच सेकंड ओपिनियनची गरज वाटली नाही. अगदी मी डॉक्टर झाल्यावर माझ्या ही! तसे तर हा त्यांच्या बहुतेक पेशंट्सचा अनुभव होता. त्यांना डावलून कोणी सेकंड ओपिनियन घेतलेले त्यांना आवडायचे नाही. काही जणांना त्यांची औषधे महाग वाटायची पण ते त्यांच्या कौशल्याचे मूल्य होते. He was the best & he knew that!

आज त्यांचा तो दवाखाना, त्यांचे ते साम्राज्य उरले नाही. डॉक्टरांना जाऊन आता २० वर्षे होतील. मधूनतरी रस्त्याच्या कामात ती इमारतही पाडलेली पाहिली आणि वाटलं कधीच बदलणार नाहीत असे वाटणाऱ्या गोष्टीही बदलतात की! पण आजही मला स्वतःला घरातल्या

कोणत्या आजाराबद्दल काही प्रश्न पडले की डॉक्टरांची आठवण येते. आजकाल फॅमिली डॉक्टर ही संकल्पना हरवत चालली आहे. त्याचे गंभीर परिणाम संपूर्ण आरोग्य व्यवस्थेला जाणवत आहेत. अशा वेळेला तुमच्यासारख्या डॉक्टरांची उणीव खूप भासते.

डॉ. स्वाती कुलकर्णी



बाबा...

कसं सांगू बाबा तुला मी,
शब्दांत तुझं मोल नाही!
केलेस कष्ट आमच्यासाठी,
तुझ्या निस्वार्थीपणाला तोड नाही!
सोसलेस त्रास अन सोसले कष्ट,
फक्त मला पुढे आणण्यासाठी,
बाजूला सरलीस स्वप्ने तुझी,
फक्त मला मोठे करण्यासाठी!
दिलास आकार माझ्या जीवनाला,
उपकार तुझे फेडू कसे?
आता फक्त एकच ध्येय माझे,
स्वप्न तुझे पूर्ण करू कसे?
ढाल-तलवारीपरी खंबीर तू,
सर्व संकटांना सामोरे गेलास,
मला थोडे जरी खरचटले,
मात्र तूच हळवा लगेच झालास!
काय सांगू बाबा तुला मी,
आहेस तू किती महत्वाचा,
तुझ्यामुळेच माझ्या जगण्याला,
मिळाला अर्थ लाख मोलाचा!

~Tanvi Manohar Baikar

TANVI BAIKAR

2nd YEAR

होमिओपॅथिक डॉक्टर – उपचारापलीकडची माणुसकी

रोग फक्त शरीराचा नसतो,
मनाचाही एक आवाज असतो,
तो आवाज ओळखून उपचार करणारा,
तोच खरा डॉक्टर असतो.

थेंब थेंब औषधातून,
आशेचा किरण जागवतात,
रुग्णाच्या प्रत्येक वेदनेला,
आपुलकीने समजून घेतात.

लक्षणांपलीकडे पाहून,
रुग्णाला व्यक्ती म्हणून जाणतात,
शरीर, मन आणि स्वभावाचा,
सुंदर समतोल साधतात.

घाई नाही, फक्त संयम असतो,
प्रत्येक रुग्णासाठी वेळ असतो,
औषधासोबत विश्वास देणारा,
डॉक्टरांचा तो स्पर्श खास असतो.

ना मोठ्या शब्दांची गरज,
ना कौतुकाची अपेक्षा,
रुग्णाच्या चेहऱ्यावरचं हसू,
हीच त्यांच्या सेवेतली परीक्षा.

होमिओपॅथीच्या वाटेवर चालताना,
माणुसकीची ज्योत तेवत ठेवतात,
“रुग्ण म्हणजे फक्त आजार नाही,”
हे जगाला रोज शिकवतात.

ज्ञान हातात, करुणा मनात,
आणि सेवाभाव प्रत्येक श्वासात—
असे असतात होमिओपॅथिक डॉक्टर,

आरोग्याच्या प्रवासातील विश्वासू सोबती खास! 🌿💕

DR. TANVI BAGWALE
(DEPT. OF MEDICINE)
P.G PART 2



पहाटे किलबिलणारे पक्षी
दारापुढे रांगोळीची सुंदर नक्षी

सूर्याची किरणे सोनेरी
प्रसन्न, चैतन्य दिसे क्षितिजावरी

झाड, वेलींवर थेंब लहान दवांचे
येई रंग उजळून तयांचे

नाजूक कळीचे फूल उमललेले
सौंदर्य किती झाडाचे फुललेले

प्रसन्न ही प्रभात छान
आनंदी वाटते सर्वांना फार .

कवयित्री
सिद्धी पवार



SIDDHI PAWAR
4th YEAR

का अधिकार नाही जगण्याचा मला ।
फक्त वंशाचाच दिवा आई , दिसतो का तुला

होईन मी वंशाची पणती तुझी
नको मारू मला , जन्म घ्यायच्या आधी

प्रकाश मी दोन्ही घरी देईन
तुझी आणि बाबांची काळजी शेवटपर्यंत घेईन

दया दाखव आई जरा तु माझ्यावर
खूप प्रेम करायचे आहे मला तुझ्यावर

आज मी सांगते माझे दुःख सारे तुला
या सुंदर जगात सन्मानाने जगायचे आहे मला .

कवयित्री
सिद्धी पवार

Her Own Wings 🕊️

*Being ordinary was never meant to be your story,
For, girl, you are extraordinary in all your glory.
Look at yourself in the mirror, once and twice,
And remember you don't need anyone to define
your worth or price.*

*Even when tears come running down your
cheeks,
You still find the strength to smile through the
weeks.*

*Never forget, girl, you are strong and versatile,
You're enough to walk your own journey with a
smile.*

*So come on, girl! Spread your wings and fly,
Live like a free bird beneath the open sky.
Life may be hard, but remember you are strong,
You have the courage to rise whenever things go
wrong.*

*You have the power to create, to dream, to grow,
And leave behind everything that holds you low.*

*So, girl, just be yourself, fearless and true,
And fill every chapter of your life with joy anew.*



- SHAIKH NAFISA

SHAIKH NAFISA
3rd YEAR



THE ANATOMY TEACHER WHO STILL LEARNS EVERY DAY

*I enter the classroom, chalk in hand,
With bones and books and lessons planned;
Before me sit young minds anew,
With questions waiting to break through.*

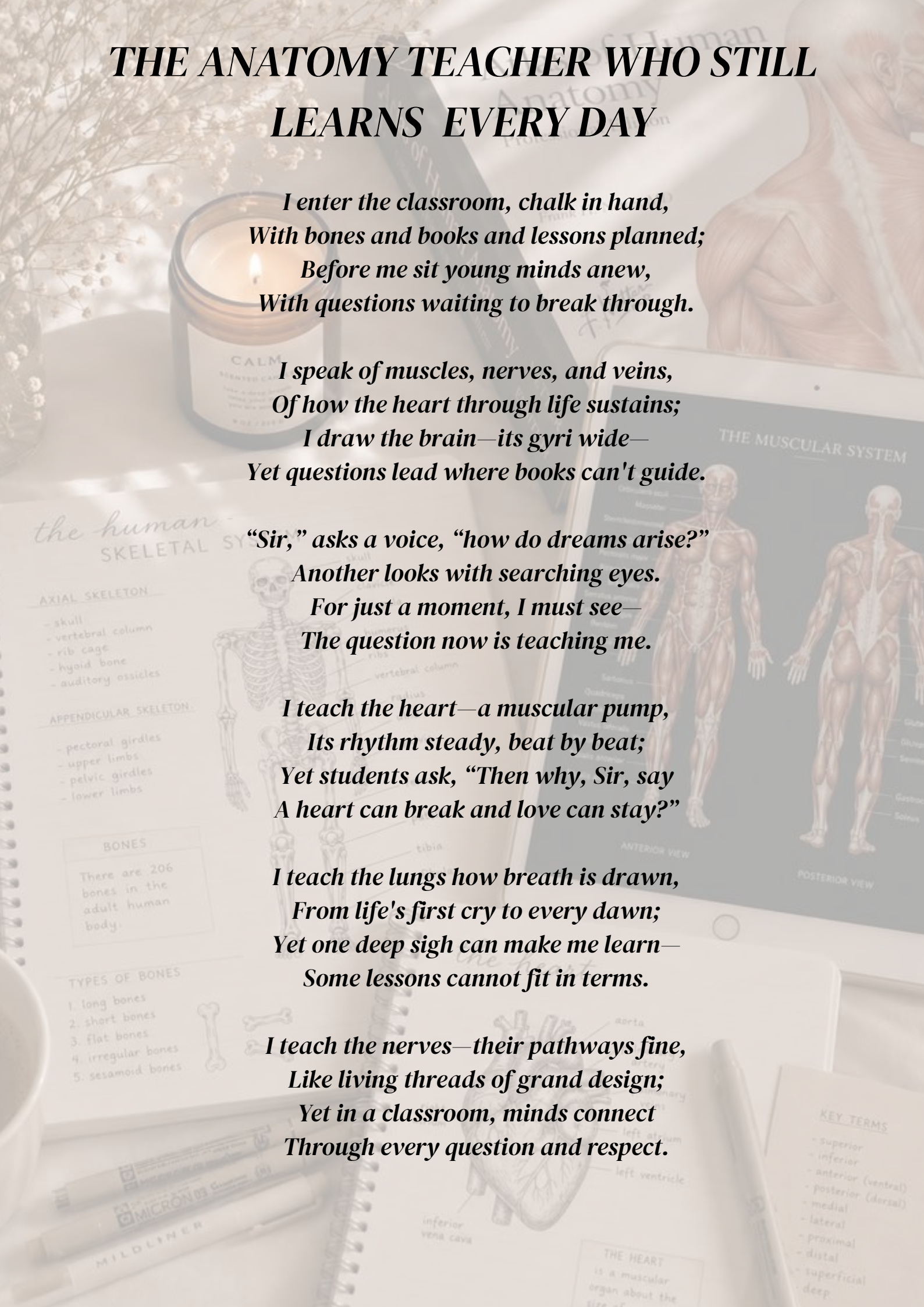
*I speak of muscles, nerves, and veins,
Of how the heart through life sustains;
I draw the brain—its gyri wide—
Yet questions lead where books can't guide.*

*“Sir,” asks a voice, “how do dreams arise?”
Another looks with searching eyes.
For just a moment, I must see—
The question now is teaching me.*

*I teach the heart—a muscular pump,
Its rhythm steady, beat by beat;
Yet students ask, “Then why, Sir, say
A heart can break and love can stay?”*

*I teach the lungs how breath is drawn,
From life's first cry to every dawn;
Yet one deep sigh can make me learn—
Some lessons cannot fit in terms.*

*I teach the nerves—their pathways fine,
Like living threads of grand design;
Yet in a classroom, minds connect
Through every question and respect.*



*One student asks, another disagrees,
A third adds something no one sees;
And suddenly, before my eyes,
The teacher learns—the students rise.*

*A femur bears the body's weight,
Yet courage helps us stand up straight;
The spine maintains our posture true,
But principles support us too.*

*I teach the skin, our outer wall,
The largest organ of them all;
Yet life has taught me, deep within,
Some wounds exist beneath the skin.*

*So every day I come prepared
With knowledge gathered, facts to share;
Yet leave the classroom knowing more
Than I had known the day before.*

*For knowledge lives not on a shelf,
Nor only in the learned self;
It beats like hearts, it breathes like air—
And grows whenever minds are shared.*

*So let my students always say,
“He taught us something every day.”
But let my greatest lesson be:*

*Each day, my students taught me too—
And that is how a teacher grew.*

**DR. IRSHAD SAYYED
(ASST. PROFESSOR)
DEPT. OF ANATOMY**

IF THE HUMAN BODY COULD TALK

"You study me every day. You name my parts, trace my pathways, and memorize my functions. But do you ever stop to listen to me?"

If the human body could talk, perhaps this would be its first question.

As medical students, we spend countless hours learning about the human body. We study the heart, the brain, the lungs, the nervous system, the microscopic world of cells and the complicated pathways that keep us alive.

Yet, somewhere between memorising structures and understanding functions, we sometimes forget something very simple: The human body is not just a subject to study. It is a life to understand.

Imagine the heart speaking. "I have been beating for you since before you knew what life was. I never asked for rest. I simply kept going."

For years, the heart beats silently inside us - through happiness, fear, excitement, sadness and countless ordinary moments. We rarely notice it until something goes wrong. Perhaps that is the heart's greatest lesson: some of the most important things in life work quietly.

Then the brain might speak. "I hold your memories, your thoughts, your fears and your dreams. I help you understand the world, but sometimes you forget to understand yourself."

The lungs would probably say: "Every breath you take is something you receive without asking."

We breathe thousands of times a day without noticing. But behind every effortless breath is an extraordinary process involving millions of tiny structures working together.

And then there are the kidneys, quietly maintaining balance; the immune system, fighting battles we never see; the liver, performing countless functions; and every cell, performing its role without demanding recognition.

The human body is a masterpiece of cooperation. No organ exists completely alone. The heart depends on the lungs. The brain communicates with the entire body. The blood connects distant tissues. A disturbance in one place can affect the whole system.

Perhaps this is another lesson the human body teaches us: Everything is connected. And maybe the same is true of healing.



ROHIT S. KUSHWAHA
1st YEAR



When we become healthcare professionals, our responsibility will not simply be to identify a disease or prescribe a treatment. A patient will never be just a diagnosis. Behind every patient is a story. Someone's mother. Someone's father. Someone's child.

This is where knowledge meets health. Knowledge tells us what is happening inside the body. Compassion helps us understand what is happening inside the person. And true healing begins when we bring the two together.

A prescription may treat a disease, but kindness can give a patient courage. A procedure may repair a body, but empathy can restore trust.

Medicine is therefore not only a science. It is also a responsibility. It is the responsibility to look beyond the disease and see the person.

So, if the human body could truly talk, perhaps it would not ask us to memorise more. Perhaps it would ask us to understand more. To understand pain. To understand silence. To understand fear. To understand hope. And above all, to understand the human being behind the illness.

The next time you open an anatomy book and see a heart drawn on a page, don't see only an organ. See a heartbeat. When you study the brain, don't see only neurons. See someone's dreams. When you study the lungs, don't see only alveoli. See someone's next breath. And when a patient eventually stands before you, don't see only a disease. See a human being waiting to be heard, understood and healed.

Because medicine is not merely about adding years to life. It is about adding life to those years.

Perhaps that is where our true healing horizon begins - where knowledge meets health, where science meets compassion, and where a healer learns to see not just the illness, but the human being .

HEALING HORIZONS

*We came here chasing knowledge, page by page,
Learning Materia Medica and Organon with
heart,
But somewhere between the book and the patient,
We learned healing is more than just a chart.*

*A stethoscope hears a heartbeat loud and clear,
But kindness hears the fear beneath that beat,
Knowledge tells us what is wrong and why,
But homeopathy heals with gentle and complete.
Where textbooks end, our horizons start,
Where science finally meets the human heart.*

*POEM BY - ROHIT S. KUSHWAHA
1st YEAR*



WHEN A CHILD IS BORN A FATHER IS BORN TOO....

The silent struggles, sacrifices and emotional journey of new fatherhood

“जिसके आने की खबर से घर में खुशियाँ छा जाती हैं, उस नन्ही-सी जान के साथ, एक पिता की दुनिया भी बदल जाती है।”

We speak endlessly about motherhood—and rightly so. A mother carries a child within her, experiences pregnancy, childbirth, breastfeeding, sleepless nights and profound physical and emotional changes. Her sacrifices are irreplaceable. *This article does not compare a mother's pain with a father's, nor does it attempt to reduce the extraordinary significance of motherhood. It simply asks: while we celebrate the mother, do we remember that a father is also being born?*

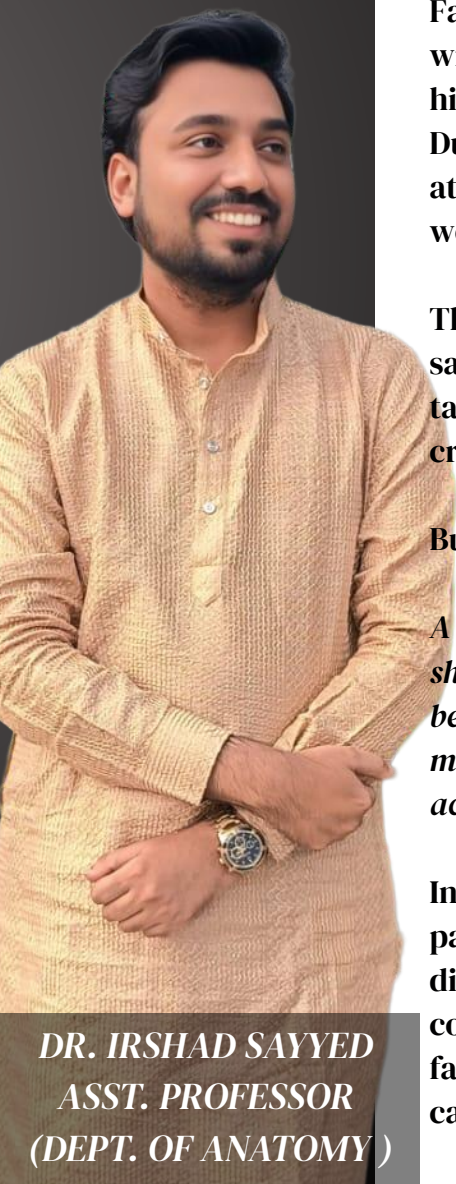
Fatherhood begins long before the first cry in the delivery room. It begins with two lines on a pregnancy test. A man who once planned his life around himself suddenly begins planning it around someone he has not yet held. During pregnancy, he watches his partner change, worries about her health, attends appointments, and imagines the baby's future—and quietly wonders, “Will I be good enough?”

Then comes the delivery day. Everyone waits for the mother and baby to be safe. The father often stands nearby, anxious and helpless, wishing he could take away even a fraction of the pain. And when he finally hears that first cry, something inside him changes forever.

But the celebration eventually ends, visitors leave, and reality begins.

A new father may return to work carrying an entirely new responsibility on his shoulders. His professional decisions are no longer only about ambition; they become about security. Promotions, job stability, savings, education expenses, medical costs, housing and the uncertain future of a growing family suddenly acquire a different weight.

India's Time Use Survey 2024 shows that 75% of men aged 15–59 participated in employment-related activities, while only 25% of women did. At the same time, only 21.4% of men participated in unpaid caregiving, compared with 41% of women. These numbers reflect a social reality: fathers are still often expected to be the economic backbone, while caregiving continues to be culturally associated primarily with mothers.



DR. IRSHAD SAYYED
ASST. PROFESSOR
(DEPT. OF ANATOMY)

And behind that expectation is a human being.

Research also tells us that fathers are not emotionally untouched by the transition to parenthood. A meta-analysis of 74 studies involving more than 41,000 participants estimated paternal depressive episodes during pregnancy and the postpartum period at about 8.4%. Another large review found postpartum depressive symptoms in fathers at about 8.75% during the first year after birth.

These are not merely numbers.

They are fathers who smiled when they were frightened.

They are men who said, “*I am fine*,” when they were exhausted.

They are husbands trying to support a recovering wife while themselves learning how to become parents.

He carries no child beneath his heart,

Yet carries its future in his mind.

He may not speak of every fear,

But leaves his own dreams behind.

He earns, he worries, he protects,

He learns to love in a brand-new way—

And somewhere between responsibility and sacrifice,

A father is quietly born each day.

Fatherhood can change a man's personal life, professional priorities, friendships, sleep, finances and even his identity. Yet society often tells men to “*be strong*” rather than asking, “*How are you coping?*”

Perhaps we need to change that question.

A child does not need a mother who sacrifices everything while a father merely provides. Nor does a child need a father who earns everything while remaining emotionally distant. *A child needs both—a mother and a father who participate, nurture, protect, teach, comfort and grow together.*

Motherhood and fatherhood are not opposing stories. They are two chapters of the same beautiful story.

As the ancient Indian wisdom reminds us:

“माता पिता गुरु देवम्”

Mother and father hold a sacred place in a child's life.

And perhaps the most beautiful definition of fatherhood is not found in how much a man earns, but in how much of himself he quietly gives.

Because when a child is born, a mother is celebrated—but a father is born too. And perhaps it is time we celebrate him, listen to him, and remind him that even the strongest fathers are allowed to need support.

From Motion to Emotion: The Hidden Path

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.

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.

Exercise and Mental Health

Research demonstrates that regular exercise 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.

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.



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.

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.

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.

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.

A portrait of Dr. Namrata Ingle, a woman with dark hair, smiling, wearing a white sweater and a dark blazer.

DR. NAMRATA INGALE
(DEPT.OF PEDIATRICS)
PG PART 1

Fueling Gen Z: Why Food and Nutrition Matter More Than Ever

*"To eat is a necessity, but to eat intelligently is an art."
— François de La Rochefoucauld .*

Trends come and go, but one thing never really changes: what we eat still shapes who we are. For Gen Z — the generation that grew up with a phone in hand and a cause in heart — food has become more than fuel. It's identity. It's activism. It's self-care, plated. And yet, in the scramble of busy schedules, endless food delivery apps, and 15-second recipe videos, nutrition is often the thing that quietly slips through the cracks.

Born between 1997 and 2012, Gen Z is coming of age in a moment defined by constant change — technological, cultural, and personal. Their relationship with food reflects all of it: fast-paced routines, heavy social media influence, and a genuine concern for the planet. How this generation eats today will ripple outward, shaping not just their own health but public health trends for decades.

A Generation Informed — and Overwhelmed

Gen Z has more nutrition information at their fingertips than any generation before them, and somehow that hasn't made things simpler. If anything, the flood of conflicting advice — one influencer swearing by intermittent fasting, another debunking it entirely — has made it harder to know what's actually good for you.

A few patterns show up again and again:

- *Fast food has become the default. Between school, work, and everything in between, grabbing something quick and processed is often just easier than cooking.*
- *Deficiencies are creeping in. Iron, vitamin D, and calcium shortfalls are increasingly common, usually tied to diets that lack real variety.*
- *Weight and metabolic issues are climbing. Long hours sitting — in class, at a desk, on a phone — combined with calorie-dense, nutrient-light food is taking a toll.*
- *Food and mood are connected. There's a growing body of evidence linking poor diets to higher anxiety, depression, and foggy thinking.*

Food as a Statement, Not Just a Meal

What's on the plate says something about what they believe in.

Plant-based eating has surged, driven less by trend and more by genuine concern for animals and the environment. Sustainability matters too — organic, local, low-waste options are being sought out not because they're trendy, but because they feel like the responsible choice.

Social media has turned healthy cooking into something genuinely accessible and fun — but the same platforms also push fad diets and questionable "wellness" advice that can do more harm than good. Learning to tell the difference has become its own kind of literacy.

Why It All Matters

Getting nutrition right isn't just about avoiding illness later in life, though that's part of it. Good food supports the brain in ways that show up immediately — sharper focus, better memory, more energy to actually get through the day. It also plays a quiet but real role in emotional resilience, helping buffer against the stress and burnout so many young people describe feeling.

None of this is just about individual choices, either. It's a shared responsibility — one that needs better food education, smarter policy, and yes, personal accountability, all working together.

For Gen Z, food was never going to be just about survival. It's tangled up with identity, ethics, and mental health in a way no generation has quite experienced before.



DR. VINITA JOSHI
(DEPT.OF MEDICINE)

HUMAN EVOLUTION

Human evolution is closely related to anatomy, because many evolutionary changes can be understood by comparing the structure and function of the human body with those of our ancestors and other primates.

Correlation between Anatomy and Human Evolution-

Anatomical feature	Evolutionary change	Significance
Skull & brain	Progressive increase in cranial capacity Behavior.	Development of cognition, language and complex.
Foramen magnum	Shifted toward the centre upright of the skull base.	Associated with posture and bipedalism
Vertebral column	Development of cervical/lumbar curvatures.	Helped maintain balance during erect posture.
Pelvis	Became shorter, broader and more bowl-shaped.	Supports abdominal organs and facilitates bipedal walking.
Lower limb	Femur became more oblique; knees adapted for.	Efficient up right walking weight bearing.
Hand	Improved thumb opposition.	Better tool making and use and precision grip.
Foot	Development of arches.	Walking and running efficiently great toe became aligned.
Upper limb	Relatively Shorter locomotion; than lower limb.	Reduced role in greater freedom for manipulation
Face	Reduced prognathism and brow prominence.	More human-like facial structure.

Importance anatomical evidence of evolution.

1. Bipedalism
2. Enlargement of the brain
3. Hand Evolution
4. Vestigial Organs
5. Comparative Anatomy etc.

Conclusion

Human evolution did not directly create the subject of anatomy, but it produced the body structures that anatomy studies. Evolution explains the origin and modification of these structures, while anatomy describes their form, position, and function. Evolution answers “Why does the body have this structure?”

Anatomy answers “What is the structure and how is it organized?”

Thus, the study of human evolution enriched anatomy by providing an explanation for the origin, modification, and functional significance of human body structures.

For medical students, anatomy is not just the description of organs and systems; it is also the story of how millions of years of evolution shaped the modern human body. Humans became curious about how and why the body is structured the way it is and how its parts function. Knowledge of evolution helps anatomists understand not only the structure of the body but also the origin of these structures.

Relationship between Human Evolution and Anatomy

Relationship between Human Evolution and Anatomy

1. Evolution created complex body structures Over millions of years, the human body developed special features such as:

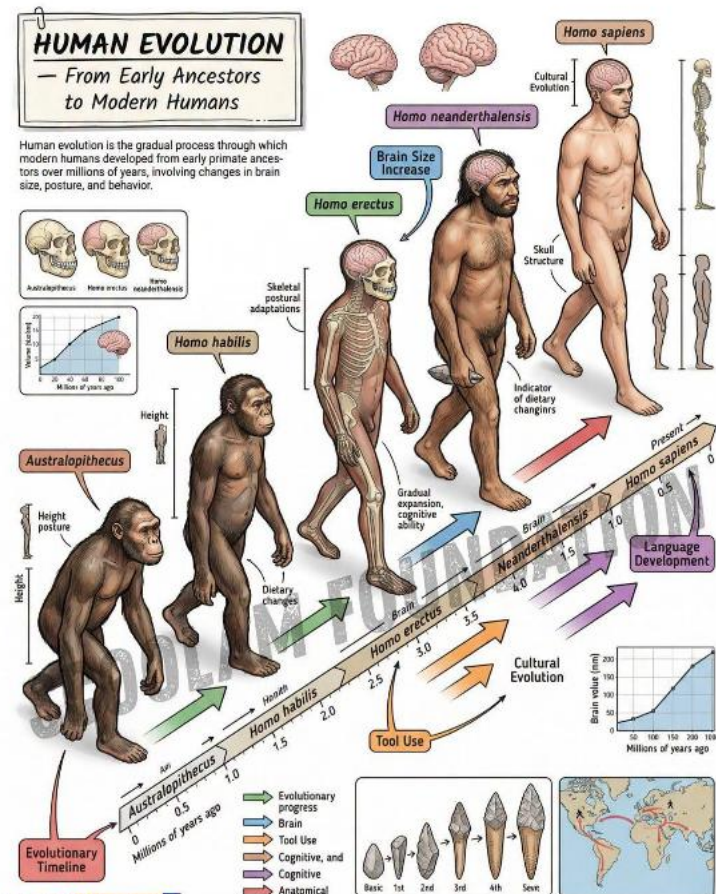
- Upright posture (bipedalism)
- A highly developed brain

2. Comparative anatomy provided evidence of evolution

- Early anatomists compared human organs and bones with those of other animals.

3. Anatomy helps understand adaptation

- Anatomists study how body structures are adapted for functions such as walking, grasping, speech, thinking, etc.



Evolution of the Study of Anatomy

The study of anatomy has evolved from simple observation and dissection of the human body to a highly advanced science using imaging, microscopy, molecular techniques, and digital technology.

Ancient Period:

- Early civilizations studied the body mainly through observation, injuries, embalming, and limited dissection.
- Ancient Egyptian medical texts such as the Edwin Smith Papyrus contain observations about injuries and body structures.
- Greek physicians gradually emphasized observation and systematic study.

Greek Period:

- Hippocrates (460–370 BCE): Promoted observation and rational explanations of disease.
- Aristotle: Studied comparative anatomy, especially in animals.
- Herophilus & Erasistratus: Performed human dissections in Alexandria and made important observations about organs, nerves, and blood vessels.

Roman Period

- **Galen (2nd century CE):** Performed extensive animal dissections and developed influential anatomical descriptions.
- His work dominated medical education for more than a thousand years, although some conclusions were incorrect because they were based largely on animals.

Renaissance (Major Revolution)

- **Andreas Vesalius (1514–1564):** Performed systematic human dissections and challenged many errors in Galen's work.
- His book *De Humani Corporis Fabrica* (1543) became a landmark in modern anatomy.
- Direct observation and dissection became central to anatomical education.

17th–18th Centuries

- Anatomy became increasingly systematic and specialized.
- **William Harvey:** Demonstrated the circulation of blood.
- Microscopy allowed scientists to study tissues and eventually cells.

19th Century

- Histology developed with improved microscopes and tissue-staining methods.
- Embryology, comparative anatomy, neuroanatomy, and surgical anatomy developed rapidly.
- Anatomy became closely integrated with medical and surgical education.

20th Century

- New technologies allowed anatomy to be studied without dissection alone.
- Key developments included:
 - X-ray
 - Ultrasound
 - CT scanning
 - MRI
 - Electron microscopy

Modern Anatomy Today

Today, anatomy includes:

- **Gross anatomy:** Structures visible to the naked eye
- **Histology:** Microscopic tissues
- **Embryology / Developmental anatomy:** Development of the body
- **Neuroanatomy:** Nervous system
- **Radiological anatomy:** Anatomy seen through imaging
- **Clinical and surgical anatomy**
- **Molecular and cellular anatomy**
- **3D digital and virtual anatomy**



DR.KARUNA N. LONDHE
ASSOCIATE PROFESSOR
(DEPT. OF ANATOMY)

MORE THAN MEDICINE

Beyond Medicine.

A pill for pain?

A remedy for fear?

A prescription for hope?

Because sometimes, the body asks for medicine, but the person asks to be understood.

We live in a world full of opinions—from family WhatsApp groups to Ravi Kishan on television and of course Gen Z has entered the chat. We Google our symptoms, Instagram reels our remedies, ask ChatGPT for a diagnosis, and somehow convince ourselves that one headache is either dehydration or the beginning of something catastrophic.—but a patient doesn't always need another opinion. Sometimes, they simply need someone to listen.

Medicine teaches us the language of the body: bones, blood, nerves, symptoms and signs. But patients teach us something our textbooks cannot—every symptom has a story.

Since we live in era of Protests,

Pain is the body's protest. Fever is its alarm. Fatigue is its plea. And perhaps a physician's greatest responsibility is not merely to silence the protest, but to understand why the body raised its voice in the first place.

I feel that is where healing begins.

To the physicians who have walked these paths before us, there is perhaps one question worth asking:

“After years of practising medicine, what does healing mean to you?”

Perhaps the answer is to cure. Perhaps to comfort. Perhaps to understand.

And perhaps all three are right.

Because every physician has a different horizon.

And then there is us—the students. Somewhere between “Yes, ma'am, I understood” and “Ma'am, one more time, please.”

We came to learn medicine, but slowly discover that medicine is also teaching us how to be human.

Because knowledge tells us what is wrong.

But compassion asks what matters.

Someday, someone will sit across from us—afraid, hurting, hoping.

We will have a choice: to see a case, a diagnosis, an illness—or a person.

Perhaps that is the true meaning of being more than medicine.

Not simply knowing how to cure, but knowing how to care.

And before you turn the page, ask yourself:

“When your turn comes to heal—will you treat the illness, or listen to the story?”



ESHIKA R. TIWARI
1st YEAR

HOW IT FEELS TO BE A DOCTOR ..

A doctor.

The person you see in a hospital, sitting behind a desk in a clinic, walking through a crowded ward with a stethoscope around their neck—or sometimes even smiling at you from a television advertisement.

But have you ever wondered who that doctor was before becoming a doctor?

Before the white coat.

Before the stethoscope.

Before the endless textbooks, examinations, night duties and sleepless nights.

That doctor was once a little child sitting on a nursery bench, probably struggling to hold a pencil properly, learning:

A for Apple.

B for Ball.

C for Car.

And years later, somehow, it becomes:

D for Doctor.

Funny how life works, isn't it?

One day, you're learning the alphabet.

And years later, you're learning the language of the human body.

Being a doctor can be one of the most hilarious professions sometimes.

Think about it.

The whole world usually runs after positive things. People celebrate positive results, positive news and positive reports.

But doctors?

Sometimes, we are genuinely happy to hear the word negative.

Not that kind of negative.

The medical kind.

Imagine a doctor saying:

“Your COVID test is negative.”

And suddenly, the word negative sounds like the best news in the world.

But behind all the jokes, there is another reality of being a doctor.

A reality that isn't always visible from outside the hospital.

Sometimes, being a doctor is difficult.

Because you may know something that the patient doesn't.

You may know how serious the disease is.

You may understand what the reports are saying.

You may know that despite every possible effort, a patient may not survive.

*And then comes one of the hardest responsibilities of all:
telling someone the truth.*

A doctor can learn how to diagnose a disease.

A doctor can learn how to prescribe medicines.

A doctor can learn how to perform procedures.

*But how do you learn to tell a family that the person they
love is no longer coming home?*

There is no textbook chapter that can truly prepare you for that moment.

You become the bridge between medical reality and human emotion.

And trust me, that bridge is not always easy to cross.



Sometimes, being a doctor means having the courage to speak the truth while wishing you could somehow make that truth less painful.

But then there is another side of this profession.

The respect.

The moment you enter medical college, something changes.

Suddenly, relatives who once asked about your marks start asking about your patients.

At family weddings, you become a slightly more important member of the family.

Someone will definitely come up to you and ask,

“So, how is college going?”

“Are you studying properly?”

And you smile politely and say,

“Yes, Aunty.”

Because somewhere in your mind, you're thinking,

Of course I study. I just don't spend my entire life studying.

And please—never answer that question with “No.”

Because the moment you say you don't study, that same aunty who was about to ask you for medical advice will suddenly lose all faith in your degree.

But the respect isn't really about the title.

It is about the trust people place in you.

Because being a doctor means working with one of the most precious, unpredictable and complicated things in this world:

a human being.

A human being who is not just a case.

Not just a diagnosis.

Not just a bed number.

Not just a medical report.

Every patient has a story.

Someone waiting at home.

Someone who loves them.

Someone who is afraid of losing them.

And sometimes, all they need from their doctor is not another complicated medical term.

Sometimes, they need someone to sit beside them and say,

“I understand. Don't worry, we'll figure this out.”

That is when you realise that medicine is not only about treating diseases.

It is also about treating fear.

Listening to pain.

Giving hope.

Accepting uncertainty.

And sometimes, simply being there.

So, if you are a doctor—or if you are studying to become one—remember this:

Be a doctor who listens to the patient before looking at the report.

Be a doctor who treats the person, not just the disease.

Be a doctor who can handle responsibility without losing compassion.

Be a doctor who knows that duty matters, but so does having a life outside the hospital.

Be a doctor who can face the truth, even when the truth is difficult.

Be a doctor whose patients remember not only the medicine you prescribed, but the kindness with which you prescribed it.

Because one day, you may save a life.

And another day, you may simply make someone's worst day a little easier.

Both matter.

And perhaps that is the strangest, hardest and most beautiful thing about being a doctor.

You begin as a child learning A for Apple, B for Ball and C for Car.

You spend years learning about bones, blood, cells, diseases and medicines.

You lose sleep.

You face examinations.

You question yourself.

You grow.

You learn.

And one day, you finally hear those two letters placed before your name:

Dr.

Two simple letters.

But behind them are years of sacrifice, knowledge, responsibility, sleepless nights, countless patients and a promise to keep learning.

Because becoming a doctor isn't simply about adding a prefix to your name.

It is about becoming someone worthy of the trust that comes with it.

And perhaps that is what D for Doctor really means.



ANSARI AYSHA ASIF

1st YEAR

HEALING HORIZONS: WHERE KNOWLEDGE MEETS HEALTH

Horizons are ever-expanding areas. Healing Horizons symbolizes hope, growth & a better future in healthcare. Healing can be mental growth, self-acceptance, physical healing & personal healing as well.

It simply means that we are in a medical profession, where, as individuals, we become a part of someone's life by helping them achieve a healthier life. Healthcare is the platform where we apply all the wisdom & knowledge we gain during our medical learning journey to help patients to recover & improve their quality of life.

On a personal level, healing is learned through our experiences & the problems we have faced & overcome in the past. On a physical level, it is a journey from suffering, pain & illness to a healthy life.

Knowledge is the key that guides us towards health. These are the places where learning is transformed into healing. These healing horizons are our medical colleges, hospitals, clinics & research centres.

It means looking beyond present difficulties & believing that better days, better understanding, & new possibilities lie ahead. As medical students, it represents our journey where every single day we learn new skills & their application for public welfare.



UPASANA PANDHARINATH KENE
1st YEAR

ARRIVAL AND GROWTH OF RAGGING IN INDIA

Ragging arrived in India during the late 19th and 20th centuries under British colonial rule. It was initially introduced in elite English-style boarding schools, military academies, and premier medical and engineering institutions.

INITIAL FORM (1900s–1970s)

In its early decades in India, ragging was largely confined to light, harmless fun, singing, or performing small tasks for seniors.

ESCALATION (1980s–1990s)

As higher education expanded rapidly across India, ragging morphed into a tool of power, regionalism, and systematic harassment. By the 1990s, violent ragging reached alarming levels, particularly in professional colleges across South and Central India, leading to widespread dropouts and student suicides.

HISTORY OF ANTI-RAGGING IN INDIA

In 1997 (First State Law): Following the murder of medical student Navin Bojresh in Tamil Nadu, the state passed the Tamil Nadu Prohibition of Ragging Act, 1997, making ragging a cognizable criminal offence.

WHAT IS RAGGING?

Ragging is any form of behaviour that humiliates, intimidates, threatens, insults, or causes physical or mental distress to another student, especially a newcomer.

It may sometimes be disguised as a “tradition” or “fun”, but humiliation cannot become acceptable simply because it is called a tradition.

If someone is afraid, uncomfortable, or hurt, it is not fun. It is ragging.

The effects of ragging can extend far beyond the moment in which it occurs. A student who enters college with excitement and dreams may instead experience fear, loneliness, loss of confidence, and difficulty adjusting to the new environment.

Words and actions that seem insignificant to one person may deeply affect another. A healthy educational environment must therefore protect every student's dignity and sense of security. Some people believe that ragging helps juniors become familiar with seniors. But friendship can never be built through fear.

True seniors guide; they do not intimidate.

True leaders support; they do not humiliate.

A senior can make a junior feel welcome with a simple conversation, a helping hand, or genuine friendship. That creates memories worth keeping.

Educational institutions must also create awareness, provide accessible reporting mechanisms, ensure that complaints are taken seriously, and maintain a culture where students feel safe asking for help.

Rules are important, but a culture of respect is even more powerful.

OUR MESSAGE

*Let us replace fear with friendship,
Humiliation with respect,
And ragging with welcoming.
Let every fresher enter college with confidence and energy.
Let every senior have the opportunity to become a role model.*

BE A BUDDY, NOT A BULLY.

Welcome, don't humiliate.

Guide, don't intimidate.

Respect, because every student deserves dignity.

*Together, let us build a campus where every student feels safe, respected,
included, and valued.*

*Say NO to ragging — not just because it is wrong, but because kindness is
the foundation of a truly educated society.*

THANK YOU.

**(WINNER OF ESSAY WRITING COMPETITION ON ANTI-
RAGGING)**



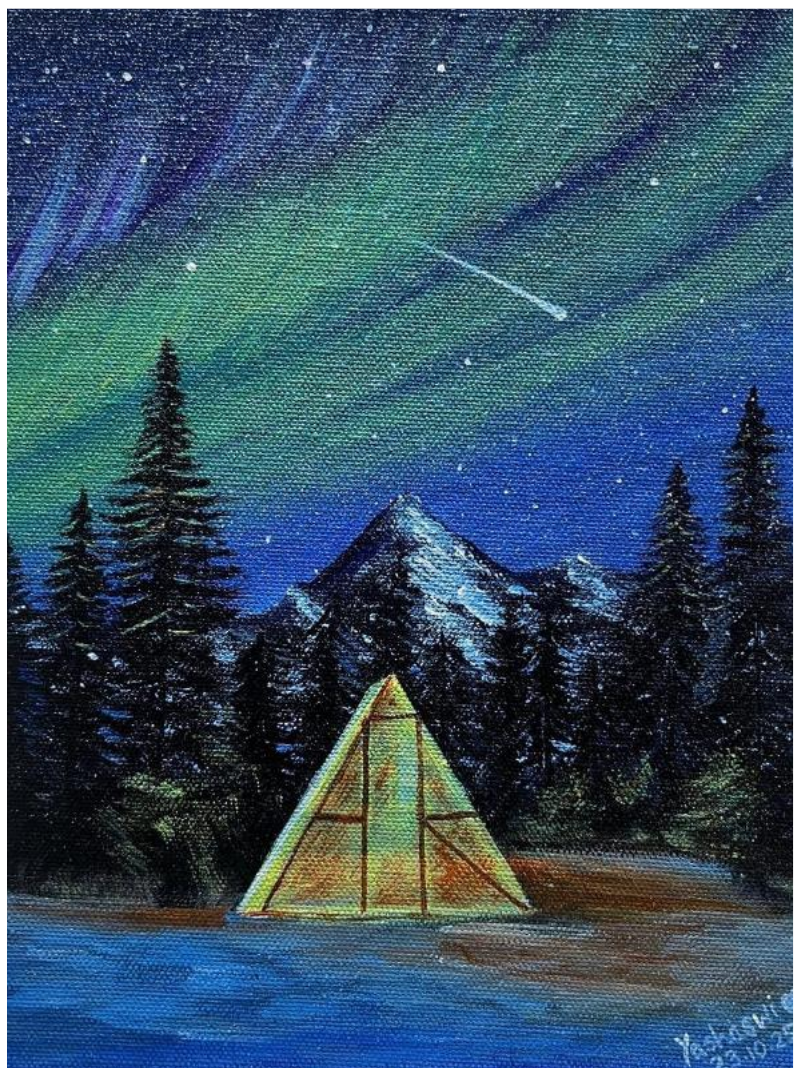
SHAMBHAVI VAISH
1st YEAR

The image features a light beige background with two decorative elements: a series of thin, wavy, golden-brown lines in the top right corner and another similar series in the bottom left corner. Centered on the page is the text "WHERE IMAGINATION MEET EXPRESSIONS".

WHERE IMAGINATION
MEET
EXPRESSIONS

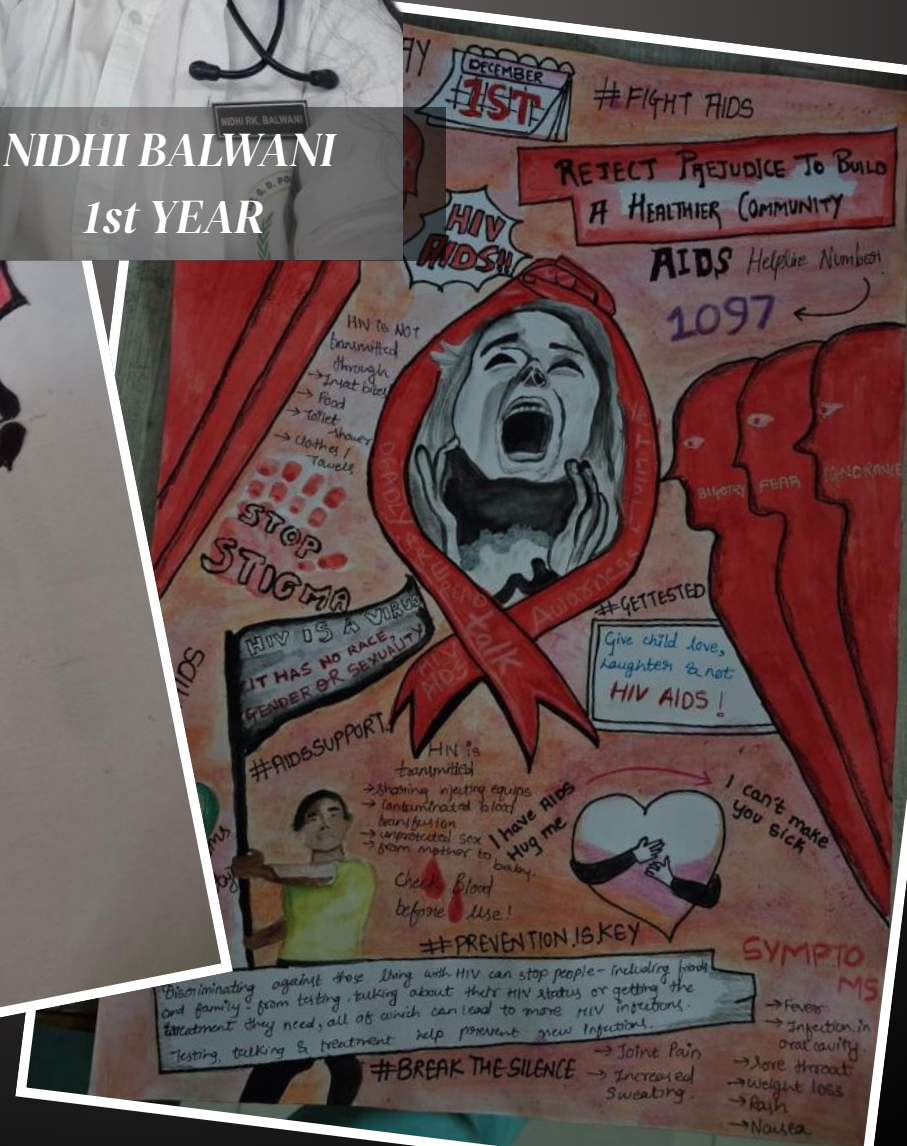
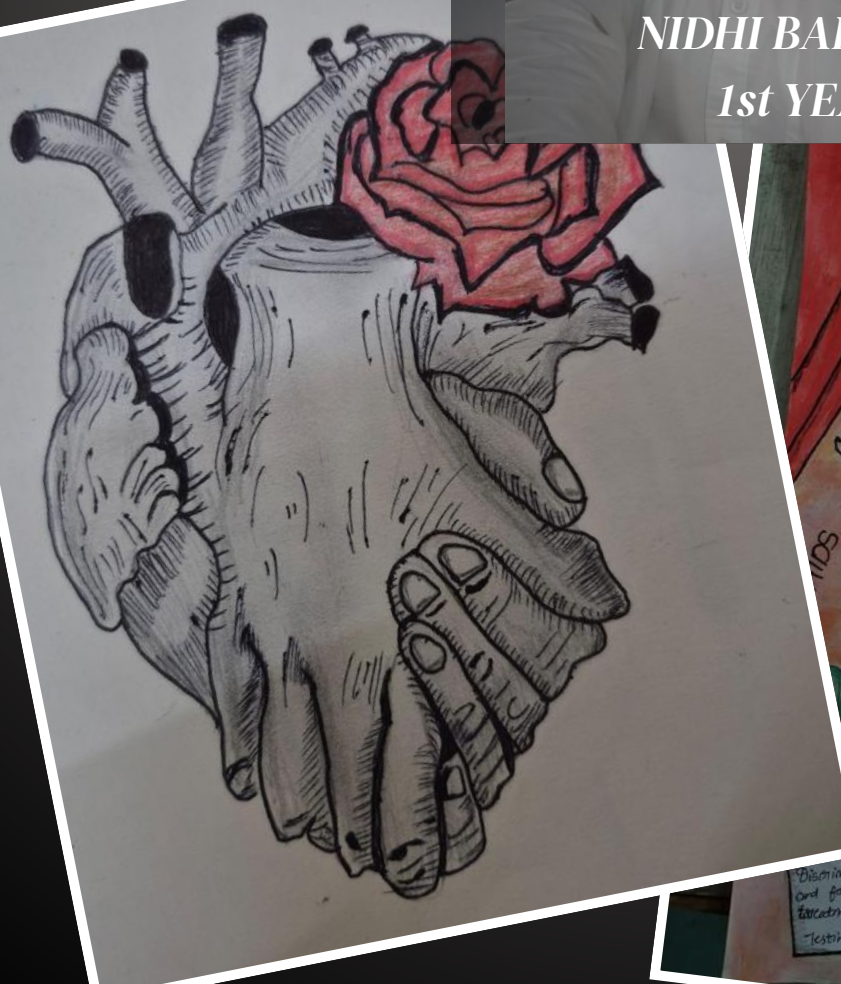


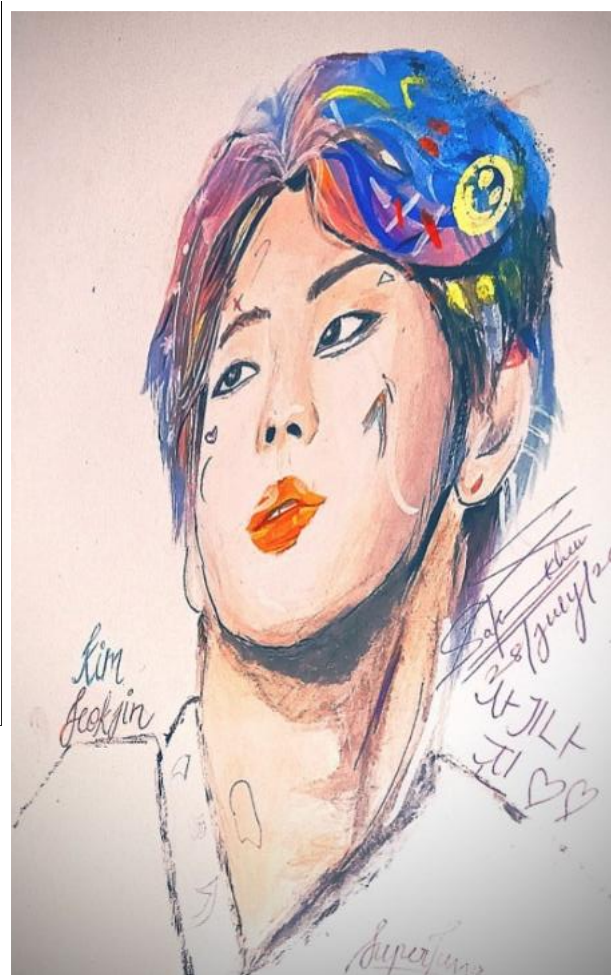
YASHASHWI SONAWANE
4th YEAR





NIDHI BALWANI
1st YEAR

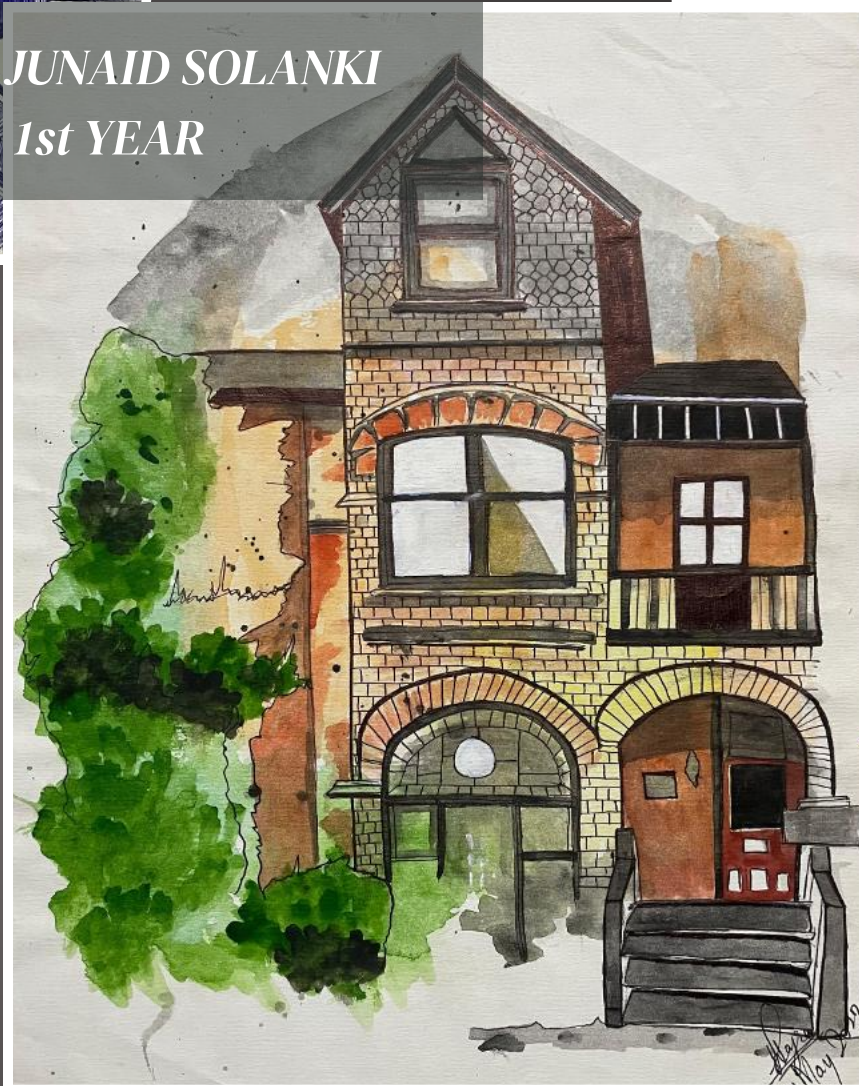




SAKINA TAFAZZUL KHAN
1st YEAR



HAJRA JUNAID SOLANKI
1st YEAR



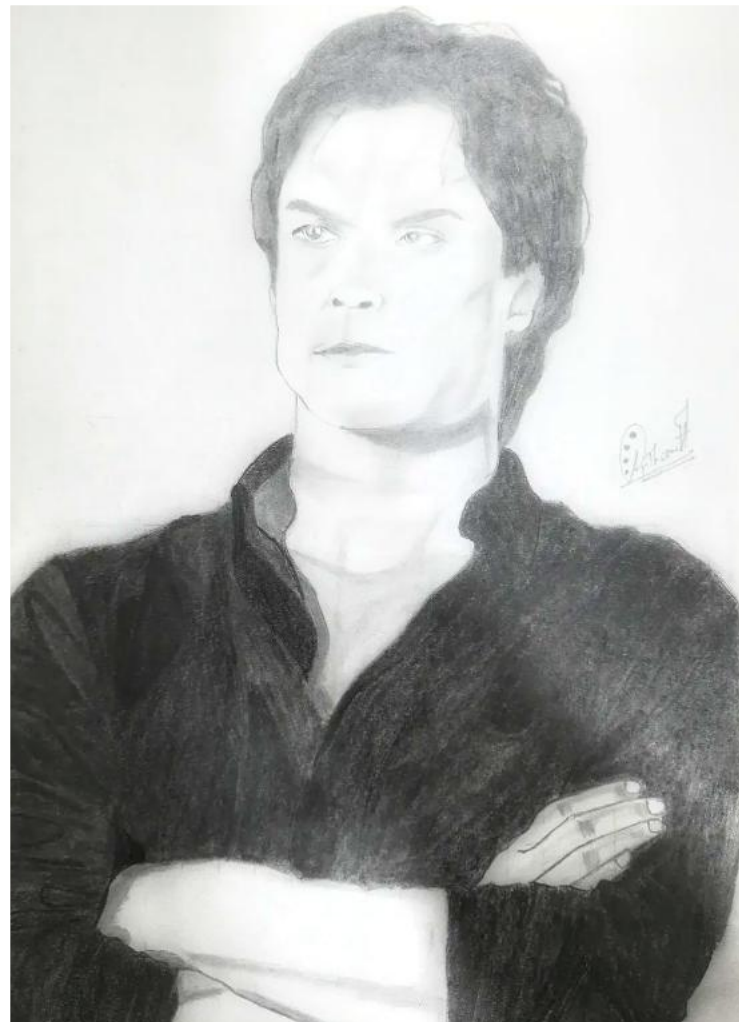
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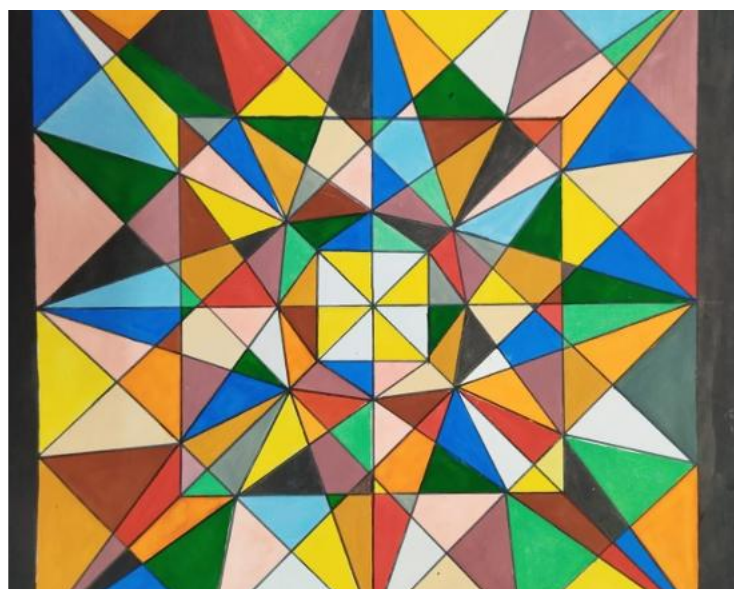
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AKASH PRADEEP THORAT
(INTERN)



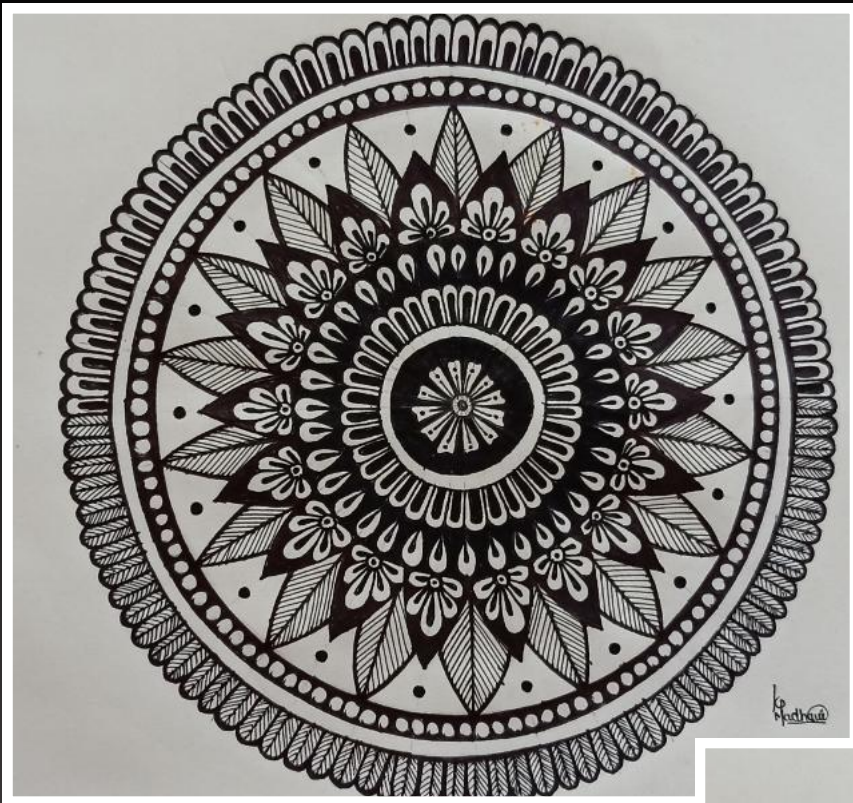


SHRIYA SINGASANE
3rd YEAR

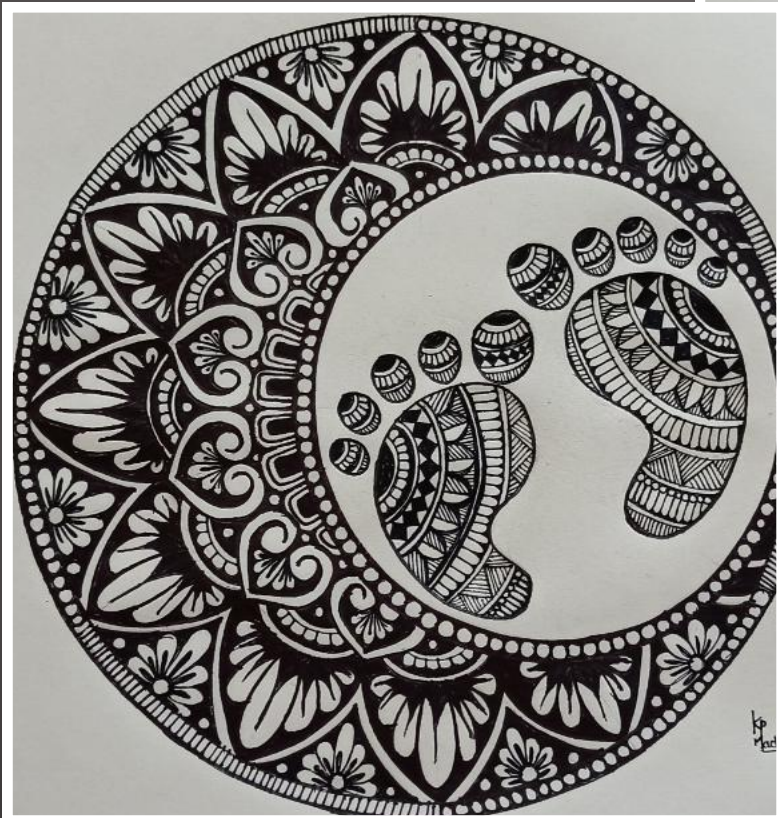


SANA KHAN
1st YEAR





DR.KAJAL PARSHURAM MADHAVI
(DEPT. OF HMM)
P.G PART 1



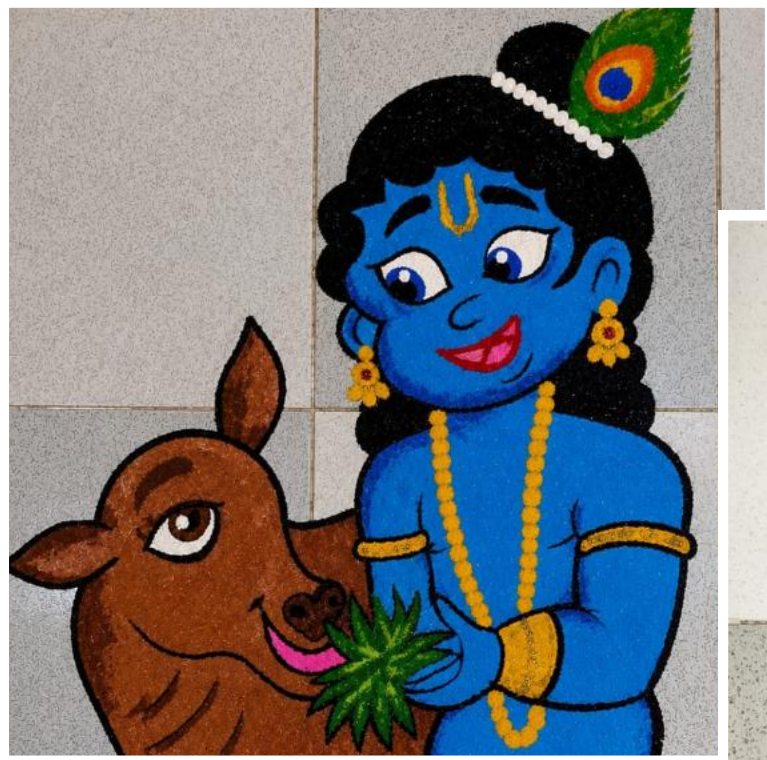


DR. KARTIKEE RAJENDRA PAREKAR
(DEPT OF PAEDIATRICS)
P.G PART 1





SHAIKH ANAM AHSAN ALI
2nd YEAR



MOKSHA MEHTA
3rd YEAR



DR. NAMRATA INGALE
(DEPT. OF PAEDIATRICS)
P.G PART 1





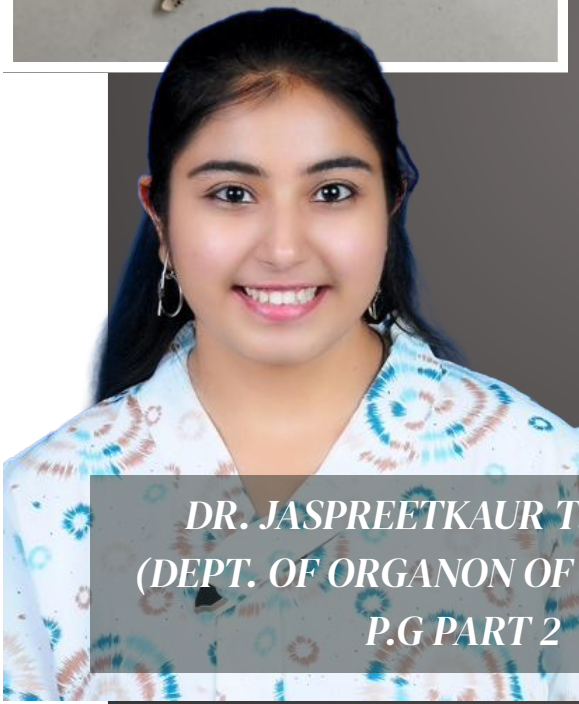
PRERNA SHIROLE
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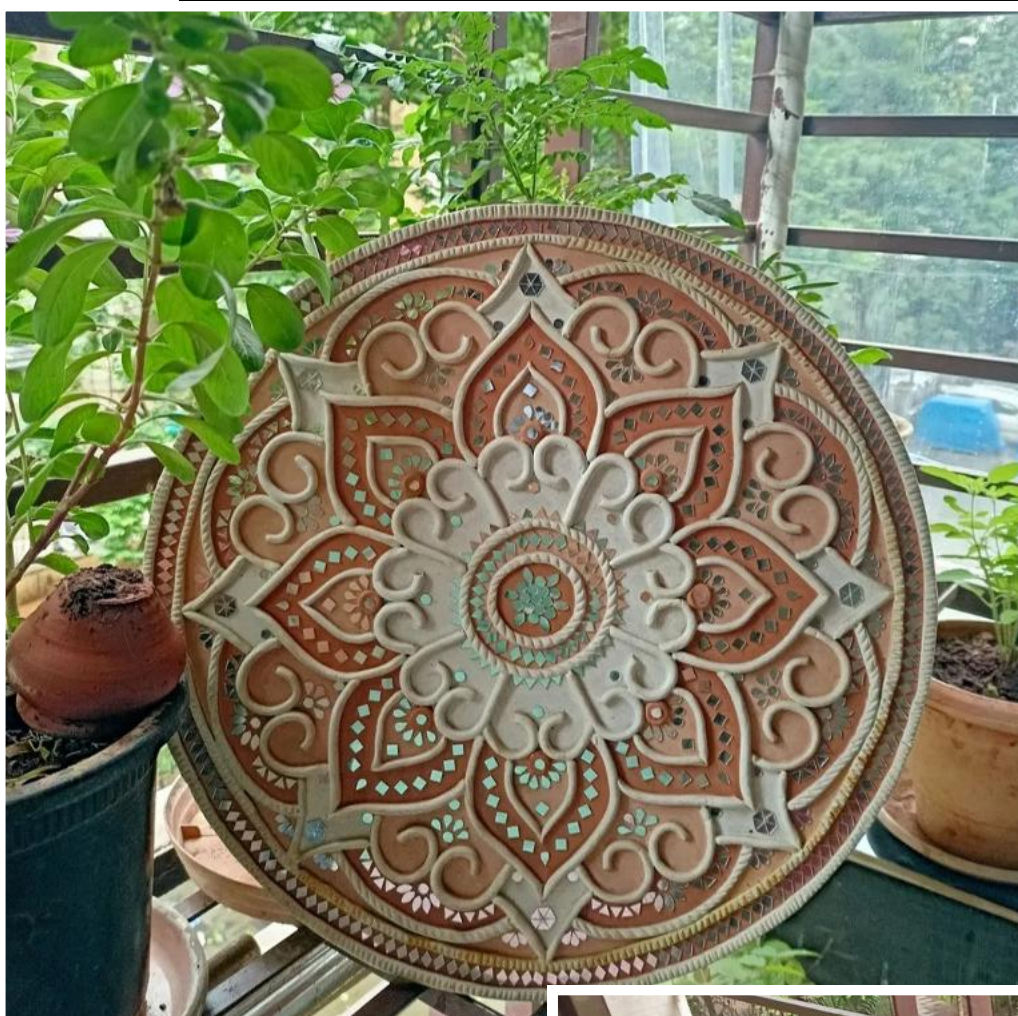


SNEHA ASHOK YADAV
2nd YEAR





DR. JASPREETKAUR T. POPALY
(DEPT. OF ORGANON OF MEDICINE)
P.G PART 2



*DR. SNEHAL SHANKAR DIGHE
DEPT. OF ORGANON OF MEDICINE
(P.G PART 2)*



JESSICA VAZ
(INTERN)

The art of Photography





P.G MAGAZINE SECRETARIES :-

*DR. TANVI BAGWALE
DR. SHRUTI PANDIYATH*

THANK YOU