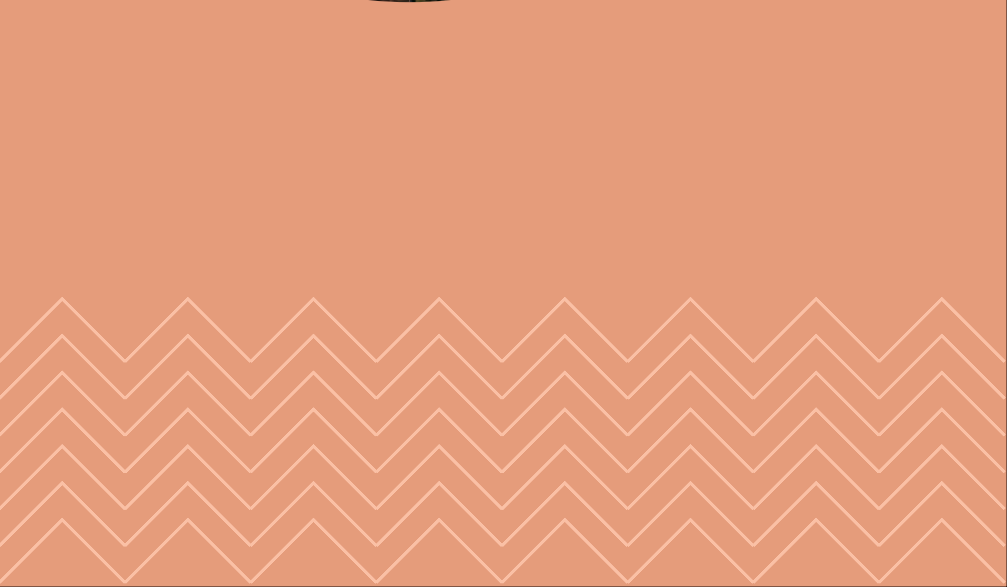


Meraki

Soul.Creativity.Love

CMPHMC

Annual Magazine 2021-2022



Life in a city... or is it CMP?



The morning alarm rang aloud,
Smoke from cars filled air around,
Everywhere on the streets was rush and madness,
Amongst them were CMP student buddies.

A little push here, a little pull there,
Members of this urban civilization rushed everywhere,
A little push here, a little pull there,
Were the students in the labs with formalin in air.

“Come to our stall” was every vendor's slogan,
Contributing to this urban mayhem and din,
“I'll go for the new case” rushed all students with their journal,
OPDs witnessing every day, this chaos eternal.

The scorching heat reaching its peak,
Forcing people to take a break and eat,
The 12:30 pm bell now rang,
CMP now stuffing their stomach with dosa and tang.

While life continues to move in this loop,
This urban culture finds time to party and hoot,
While life continues to be full of exams and lessons,
CMP finds time to destress at college week celebrations

As we co-exist with peace and prosperity,
Learning with positivity and with creativity,
We realize that our little CMP,
Is no less than an URBAN CITY!!



From the Desk of DR. MOHANBHAI PATEL



MESSAGE FROM THE PRESIDENT

One more year has passed when our country had to go through difficulties and problems created by the Corona and the pandemic. Our college has faced the problems very effectively. We ourselves contributed a great deal by providing treatment to the affected ones and distributing medicines free of charge in various neighboring areas where such help was badly needed.

The patients and outside visitors who come to our campus very greatly admire the cleanliness, the beautiful New India garden, the playground and generally all facilities that are so very well maintained.

Our auditorium also comes in very handy and useful sometimes to public causes such as distribution of Chandaben Mohanbhai Patel Rotary Excellence Awards, Rotary Leadership Functions, Public Medical Conferences and other such meetings.

Of course, as always, our academic standards have continued to remain very high, thanks to the dedicated teaching staff and both homeopathic and allopathic facilities being available to the students.

Cleanliness in the campus is very strictly enforced and maintained. No wonder therefore that our college received from R K HIV AIDS Research and Care Centre - 'Clean Green Campus of the Year' Award. Our Principal Dr. Parizad Damania received 'Excellence in Governance' Award. All HODs received Certificates of Appreciation for training Interns for various camps.

Our college has been helping for last 20 years the Camps for Health Awareness Programmes in slums and rural areas where health services are not available to destitute and needy people.

This year our Vice President Dr. P. V. Diwanji sought to retire from the Vice Presidentship of our Homeopathic Education Society. He served us very well for more than 3 decades. The advice and guidance given by him was very helpful. Throughout his positive attitude has resulted in the continuous growth of our institution. He resigned because of his health reason and regretfully the Managing Committee had to accept his resignation. But he has promised to continue to attend meetings of the Managing Committee and be available to us to help and guide.

He is succeeded by Shri Nayan Patel who is known for his public work and association with industrial and educational institutions. He is the Honorary Consul of Tanzania in Mumbai and we look forward to a great deal of contribution towards the management of our institutions by way of his sharing his life time experience and new ideas for further development.

Dr. Mohanbhai Patel
Ex-Sherriff of Mumbai
President, The Homeopathic Education Society

From the Desk of
DR. ASMITA PARIKH



MESSAGE FROM THE HONORARY SECRETARY

Hope this year you all be able to actualize your yearning dreams and aspirations.

Our aim is to produce excellent Doctor's ready to serve the society with exemplary compassion and devotion to duty.

We have a dedicated team of faculty, striving hard to provide the students to stand out in this fiercely competitive medical world.

Our campus is vibrant with energy, enthusiasm and activity. The environment is congenial for learning and it is up to you to take the full advantage of the opportunities and exploit your potentials.

I wish everyone to become successful in life with the values aligned.

Dr. Asmita Parikh
Honorary Secretary
The Homeopathic Education Society

DR. PARIZAD F. DAMANIA
Principal



Dear Students

I am happy to meet you through this page of our Annual magazine – Meraki 2021-22 of this premier institute of Homeopathy.

Each issue of our magazine provides a platform to students for their creativity, self-expression, learning experience and an identity they will be proud of through accepting the challenge of writing. Such an opportunity allows its readers to delve and appreciate new voices and expressions of budding poets, writers and essayists.

I congratulate the entire Editorial team of Meraki lead by Dr Sumit Goel for bringing together this year edition of College Magazine.

I congratulate the entire Council team MERAKI lead by Aditi Muni and Parth Shah for their zeal, enthusiasm and hardwork during working term 2021-2022.

The college strongly believes that co-curricular activities complements academics for shaping an all-round personality of students, widening their area of interest and inspiring them to aim higher.

I look forward to students reaching new heights in the field of Homeopathy nationally and internationally and making our institution proud.

Happy reading and Best Wishes

Dr. PARIZAD F. DAMANIA
Principal

DR. JENIL PANTHAKI
DR. AVISHKAR ZAGDAY
DR. PRACHI SINGH

Vice Presidents, Students Council 2021-2022

Man needs his difficulties because they are necessary to enjoy success - A P J Abdul Kalam

It gives us immense pleasure to write in this editorial as the Vice Presidents of the Students Council - Meraki 2021-2022.

Resuming college activities and events post pandemic was a big challenge keeping in mind the protocols we needed to follow for Covid safety. Being Vice Presidents was like being a bridge between the students and administration to ensure that the thoughts and ideas were executed well.

The biggest block to creativity can be in our mind's inability to allow a thought or insight to become a possibility, Meraki broke through the obstacles and limitations, put their love and passion in all the events and presented a platter full of education, duties, culture and entertainment.

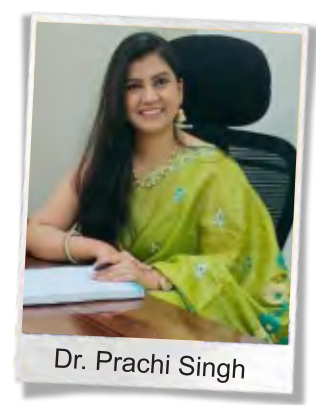
During our tenure of the Council, we ensured that each important event was celebrated and commemorated, few amongst the many were Azadi ka Amrit Mohotsav on occasion of 73rd Republic Day and 76th Independence Day, Hahnemann's Day and Valentines week with utmost purity and love.

Our Council ensured that students and faculty came together in creating awareness on World Cancer Day, World Health Day, Organ Donation week through edutainment. Sports involving teachers and students were also held to complete the overall development.

Council faced lots of roadblocks in all possible forms but through sheer dedication and hard work we could achieve all that was planned of which college cultural event was like a cherry on the top.

It goes without saying that all these wouldn't have been possible without the immense support of our Management, Respected Principal, our enthusiastic colleagues and lovely students.

We wish best of luck and Success for this Amazing Magazine.



ADITI MUNI

General Secretary



CMPites call you - GS Muni

A riddle whose answer is your post

The head of all college events,
Solve whichever problem it presents.

Responsible for all, accountable for all,
But never let my council enthusiasm stall.

Point of contact for all official information,
Leading the team to greater heights, that's my passion.

Song which describes your experience as General Secretary

"The Climb" by Miley Cyrus

Your support system

My dear Principal - Dr Parizad Damania, Vice Presidents - Dr Jenil Panthaki, Dr Avishkar Zagday and Dr Prachi Singh for constantly pushing me to bring out the best in me and believing in me no matter what. The biggest support was none other than team Meraki - for always rooting for me. My strongest pillar of support has been my elder sister Khusboo for always being a shoulder to lean on.

Biggest challenge of your tenure

Covid-19 - From day one this pandemic has been a hurdle at each step, but nothing we couldn't overcome together as a team.

Advice for the next Gen-Sec

Buckle up, it's going to be a long memorable journey filled with mixed emotions, but don't let it get over you & keep doing your best. You'll learn a lot about responsibilities, as they say - Bigger the post, bigger is the responsibility. Always let your work speak and make the most of this tenure, as this is the period that you'll always cherish in your life.

'Soul Creativity Love' means...

It means, 'Giving it your all' - Doing everything with passion, enthusiasm and putting an essence of yourself into your work.

PARTH SHAH
Cultural Secretary



CMPites call you - Phoenix ka CR

A riddle whose answer is your post

Aatmaram Tukaram Bhide of CMP events

Song which describes your experience as Cultural Secretary

Kabhi khushi kabhi gham

Your support system

Dakshata Rajani, Naira Shaikh, Sanjeev Dangi, Phoenix

Biggest challenge of your tenure

Challenge - convincing the management and students together

Advice for the next Cult-Sec

Keep a good bond with the office staff and hear out what the students expect from you

'Soul Creativity Love' means...

Pour all the love into your soul and let that creativity sparkle from within

SHWET DESAI

Treasurer



CMPites call you – Chickoo

A riddle whose answer is your post

They call me the money man,
Costs, expenses and profits I plan.
The one of balance sheet, book keeping and banking,
Being spendthrift is the lowest in my ranking.
I know the funds in and out,
And my accounting skills you never doubt.

Song which describes your experience as treasurer

"यह ना सोचो इसमें अपनी, हार हैं कि जीत है, उसे अपना लो जो भी जीवन कि रीत है" - **Yeh Jeevan Hai**

Your support system

My biggest support system has been my parents who have always helped me get through everything. I would also like to thank the president of the council, Dr. Parizad Damania and the Vice Presidents, Dr. Jenil Panthaki, Dr. Avishkar Zagday and Dr. Prachi Singh for believing in me. I would like to thank the entire Meraki family for always being there.

Biggest challenge of your tenure

The pandemic of Covid -19 was undoubtedly the biggest challenge but fortunately we were able to overcome it.

Advice for the next Treasurer

It is going to be a bumpy ride and you are going to have bad days but don't let it get to you. Take each day as it comes. Be calm and eventually everything will fall in place.

'Soul Creativity Love' means...

It means that wherever you are in your journey pour yourself wholeheartedly, and that your essence is forever connected to what you do.

RUJU DOSHI

Publication Secretary



CMPites call you – Creative Head

A riddle whose answer is your post

A passion for sharing knowledge and good judgment,
Attention to detail at every moment.

Knowledge of grammar, knowledge of style,
Pictures, illustrations and write ups, all I pile.

I turn boring material into art, that you cannot take your eyes off,
My skills through this magazine I show off

Song which describes your experience as Magazine Secretary

Har nazar ki yahaan pe socho
Ek manzil hi hai
Mauqa mile toh khona nahi
Yeh aaayega naa baar baar

Your support system

My parents for bringing me up to be a better individual and supporting at every stage of my life. Dr Nimish Mehta, Dr Sonal Kothari, Dr Divya , Dr Tanvi, Dr Shyama for being an amazing support throughout the journey of CMP NOW!!! Dr Sumit, Dr Vidya, Radha and the entire magazine team!!! Friends-for making the ordinary moments extraordinary and helping me out in my entire journey of being a Publication Secretary.

Biggest challenge of your tenure

To keep calm through all the circumstances

Advice for the next Pub-Sec

Work diligently from day 1 and manage things perpetually

'Soul Creativity Love' means...

My work is my love which I do with vision and creativity and my soul leads me onward and upward!

MOHIT PATANGE

Technical Head

RAJAT BHOSLE

Social Media Head

CMPites call you - Momo ... the Tech Guy

A riddle whose answer is your post

You go in a room with broken projector, non-accessible word document and 100 visuals rendering at the same time

Song which describes your experience as Technical head

All is well

Your support system

My whole Millennials family, my juniors from Phoenix, Zephyrs and Gallants the list is never ending and I am happy to create memories with each one of them through my whole journey in CMP.

Biggest challenge of your tenure

Forming a technical team for the council

To make sure everything runs smoothly during events. Every event is challenging here and being innovative with new ideas is the difficult task is what I feel.

Advice for the next Tech-Head

First form a team for yourself and be ready to pitch in innovative ideas which will leave others in awe, always try to find solutions to each and every problem you may face and be a team player, always set the bar high for your successor...

'Soul Creativity Love' means...

Soul creativity love means RAM

Randomly Accessible Mohit, working in 10 different projects at the same time.



CMPites call you - Meowist

A riddle whose answer is your post

I have the most photogenic view for all college events
I have the updates on latest instagram trends
Who am I?

Song which describes your experience as Media Head

We will rock you

Your support system

Naira, Dakshata, Alisha and our dearest GSAditi

Biggest challenge of your tenure

Collecting and sorting out the College week data while being a part of a participating batch

Advice for the next Media Head

To submit all the data to Pharmacy department on time!

'Soul Creativity Love' means...

Animating the vital force



SANJEEV DANGI

Marketing Head



CMPites call you - Jugadu

A riddle whose answer is your post

Spearhead tactical execution and an analytical mind,
All my skills together I unwind

I give my days and hours of ease,
To plan and manage budgets of all degrees

Strategic marketing campaigns are my ability,
Setting and reporting on team goals is a part of my versatility

Song which describes your experience as Marketing Head

Jeene ke hai char din baaki hai bekar din!!

Your support system

My friends and the entire Meraki council!

Biggest challenge of your tenure

As junior class coming to council to plan and execute things with all new people in council after a year! Without experience and trying to coming up best of us!

Advice for the next Marketing Head

Just stay calm and execute things! Let opportunity come to you

'Soul Creativity Love' means...

Spread happiness and share different emotions!

VRUTTI CHATTANI

Sports Secretary

CMPites call you - Vru

A riddle whose answer is your post

Adding the masala to your cricket,
but now I'm gonna miss it.

Song which describes your experience as Sports Secretary

Badal pe paon hai

Your support system

Muskaan, Moksha & Riri (nothing without my girls)

Biggest challenge of your tenure

Biggest challenge of my tenure was definitely conducting the auction, carrying out the cricket event smoothly and making it a huge success

Advice for the next Sports-Sec

Being a Sports Secretary, you gotta have the mental strength of an athlete. This includes being confident and firm yet having the patience to tackle with the questions bombarded at you.

In khiladi lingo, you gotta be a Kohli at times and at times, you gotta be a Dhoni.

'Soul Creativity Love' means...

Soul - my lovely teachers and peers

Creativity - my entire sports team

Love - my journey as the Sports Secretary

Individuals play the game, but a team beats the odds.

And this very team is soul, creativity love for me



SACHITA SONI

Sports Representative

CMPites call you - SACH

A riddle whose answer is your post

I'm the one that keeps
the child within you alive
I'm the one that kindles

The spirit of your life
To make all the sport events lively
Me and my team strives
Guess who am I

Song which describes your experience as Sports Representative

Abhi toh party shuru hui hai

Your support system

Parents and Gallants

Biggest challenge of your tenure

Balancing study with responsibility

Advice for the next Sports-Rep

Being a sports representative is something you'll love if you love sports...

'Soul Creativity Love' means...

For me soul, love and creativity are all one. It's all Meraki. You can't touch hearts without creating something different. You can't create unless you love. You can't love without giving your soul. And that's what Meraki is about.



ALISHA D'ABREO

Club Arteria

CMPites call you - Dabs

A riddle whose answer is your post

With joy of creating and skill of persistence,
Ups and downs full of resilience
I pour my thoughts into fantasies kept,
And my work must speak its depth
I use my paints to create art,
Striving my best to touch your heart

Song which describes your experience as Art head

'Zindagi ek safar hai suhana'
because every moment of my tenure has been a journey of learning and unlearning, pushing past my comfort zone and certainly 'yahan kal kya ho kisne jaana'

Your support system

Mala, Divya, Rekha, Chaitali, Twinkle for being a part of my everyday shenanigans and my entire batch of Zephyrs for tagging along.

Biggest challenge of your tenure

The tenacity of delivering up to everyone's expectations while coping up with time constraints was the stressful highlight of my job.

Advice for the next Art Head

As my Dad always says 'There are always a million reasons to not do something, find one reason so strong that it keeps you going.' Be a leader, not the boss.

'Soul Creativity Love' means ...

Love is the inspiration to creativity and creativity is the refreshment to our souls.

RADHA THAKUR

Club Literaria

CMPites call you - Chota neta

A riddle whose answer is your post

Step on the floor
With books and authors galore

Song which describes your experience as Literary Head

Kahaani khatam hai ya shuruvaat hone ko hai

Your support system

My batch of Gallants. Especially Gallants council members who have loved, trusted and encouraged me throughout.

Biggest challenge of your tenure

Coordinating the magazine submissions.

Advice for the next Lit-Head

Our college has so many talented and enthusiastic writers. Get them together. You will feel at home.

'Soul Creativity Love' means ...

Loving what you do and doing what you love.

SHRUTIKA TUPE

Club Theatrica

CMPites call you - Tupeee

A riddle whose answer is your post

Little bit confused and little bit smart,
I'm in myself a cocktail of theatre and art!!

Song which describes your experience as Theatre Head

Kashi nashibane thatta aaj mandli

Your support system

My parents and my darling Santo

Biggest challenge of your tenure

To bring smiles on faces through our skits!!

Advice for the next Theatre Head

Do's: When performing on stage, take into consideration what will make audience happy.

Don'ts: Never loose hand on your character, always try to justify it to maximum possible.

'Soul Creativity Love' means ...

For me this means doing any work with loyalty, love and dedication by pouring my soul into it!



KASHVI GALA

Seminar Head

CMPites call you - One who goes on trips before exams

A riddle whose answer is your post

A mandatory to your internship, not a lecture yet often theory

Song which describes your experience as Seminar Head

Apni toh pathshala Masti ki pathshala

Your support system

Dr Sumit Goel

Biggest challenge of your tenure

Trying to make it to every smallest event despite being on PL for final exams

Advice for the next Seminar Head

Try to be as proactive as you can but don't lose your focus

'Soul Creativity Love' means ...

Bring out the best shade of you



OMKAR HEGDE

Seminar Representative

CMPites call you - Goldie

A riddle whose answer is your post

Riddle me this, Riddle me that -

I can be created,

I can be made,

I can be told,

And I can be played. Who am I?

Song which describes your experience as Seminar Representative

Hana no uta (Flower song)

Dye a red ribbon in a sea of blood (Red ribbon army DBZ)

Your support system

Railways and Parents and Zephyrs

Biggest challenge of your tenure

Ubiquity (Presence) among teammates during activities and functions

Advice for the next Seminar Rep

Visit Birdys (there shall lie the key to unlock the level below Rs.30)

'Soul Creativity Love' means ...

Churchill's 1940 speech "We shall fight on the beaches"



ASHA CHOUDHARY

Intern Coordinator



I can't express how grateful I am to be a part of Meraki, Students Council 2021-2022.

But most of all, thank you to my Xanthrons and our respected Principal Dr. Damania madam for expressing your confidence in me and giving me the opportunity to represent my batch.

CMP is a vibrant institution of highly engaged scholars and physicians who we all look upto. As far as I can remember back in my life from the beginning, all that comes in my mind is CMP taking us-clueless teenagers in its arm with a warm heart promising to be our second home. In these 6 years, we have come to love this institution.

The person I am today, the way I see the world and how I react to it is all because of this institute. It made me a better person. In future, when I would be asked about the most important thing in my life, the answer would be CMP. Just as I am going to remember it, is how I want CMP to think of me.

For my dear Xanthrons -We did it!

We all accomplished the major early milestone of our lives, Graduation. This is a major step in the journey of our lives, one that should be recognized for its immense significance. It is an act not only of personal commitment, but also one of pride. We all worked hard to get to this day, and all our work did not go to waste.

But graduation is not an end goal in itself, it is instead a part of the larger journey of life. Wherever your future takes you, let it take you. Life is a journey and all accomplishments we achieve during its course should be taken as starting points for further achievements! Our graduation should serve a launching pad, projecting us to wherever our futures are meant to take us.

Life is about growing and each new opportunity is an opportunity to continue learning, to sharpen our skills, to carry with us for the rest of our lives. This graduation has already shown us how capable we all are of accomplishing our goals when we commit ourselves to them.

Nobody knows what tomorrow has in store for us. So never stop learning, never stop asking questions and never forget that medicine is an art as well as a science, practiced by doctors and researchers who bring to the bedside and to the bench-not only technology and training, but also their humanity, caring and concern.

Asha Choudhary

DR. SUMIT GOEL

DR. VIDYA ARUNACHALAM

Publication Director, Mentor, Coordinators

The journey from a concept to creation
The journey from an idea to implementation
The transformation from obstacles to opportunities
The transformation from seeds to trees!!!

The Annual Magazine is the story of the zenith, that every Institute, Faculty and Students aspire for!
The story of each one of us is the story of this Mag!

The Institute celebrated the World Book Day for the first time and it is inspiring that many of us – faculty and students have embarked on the journey of writing.

The post-Covid scenario has complicated the ever-worsening stress of urban living. This became the central theme of the Mag. Cruising through the past few months, juggling between lectures and clinics, between exams and celebrations, piecing and stitching the fabric of achievements of 2021-2022 became our mission and passion!

Some souls just inspire us by their existence.

We acknowledge everyone we have met in this wonderful Institute, every story that inspired, every situation that broke us to help rebuild. We express our gratitude to all and sincerely hope that this Mag serves its soulful purpose.

“We cannot always change the events that happen to us in life, but we can choose how we respond to them.”

“In today's rush, we all think too much, seek too much, want too much and forget about the joy of just being.”

“The vision must be followed by the venture. It is not enough to stare up the steps - we must step up the stairs.”

Lets celebrate our existence and evolution ... Lets enjoy the Annual Mag of Meraki 2021-2022



RUJU DOSHI
RADHA THAKUR
Eds-in-Chief

We kept putting off writing this editorial for the longest time.

The reason we gave, “The editorial should encapsulate our experience of creating this magazine from start to end. How can we do justice to the editorial if we write it midway?”

However the real reason was hidden in the meaning of the statement. Penning the editorial would signify the end of our beautiful journey and we didn't want to acknowledge that.

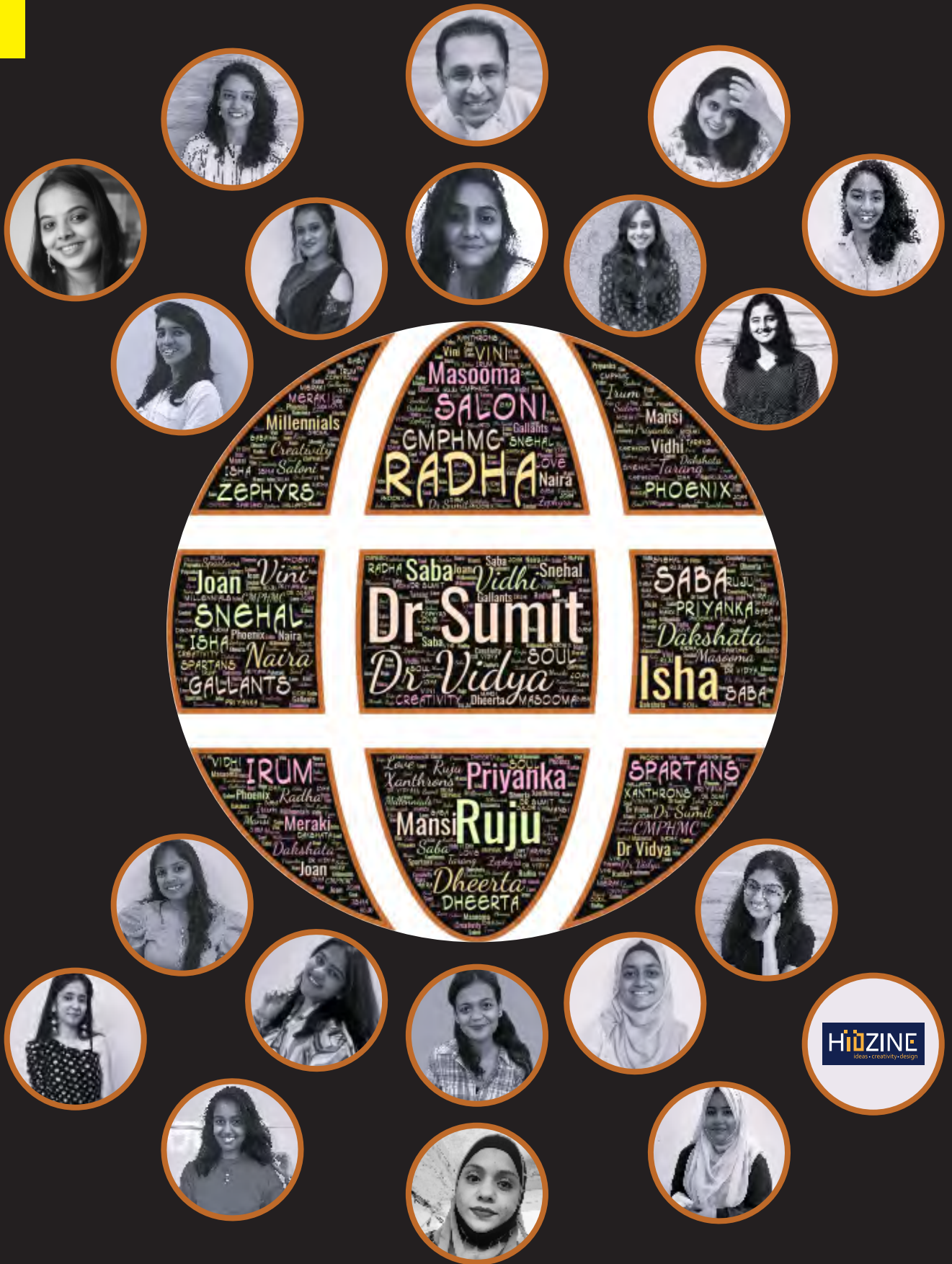
It has been our honor and privilege to 'chiefly edit' Meraki 21-22. We sincerely thank Dr Mohanbhai Patel, Dr Asmita Parikh, Dr Parizad Damania, Dr Jenil Panthaki, Dr Avishkar Zagday, Dr Prachi Singh and our GS Aditi Muni for giving us this wonderful opportunity. Special thanks to Dr Sumit Goel and Dr Vidya Arunachalam for being the constant guiding source. (The Steve Jobs to our Mark Zuckerberg)

Photo collection, record collections, coordinating article submissions, finalizing the photos, proofreading the articles; all of it seemed like a back-breaking task..... and it was but more importantly it was a 3-month long workshop which taught us important life lessons like discipline, teamwork, coordination, communication, leadership skills, time management and many more. It showed us how to put the greatest creative minds together which our incredible magazine team and get the best out of them; with is exactly what we did.

With great joy and excitement we present to you
CMP Annual College Magazine
MERAKEI 21-22
SOUL, CREATIVITY, LOVE



MAGAZINE TEAM



HiZINE
Ideas • Creativity • Design

MAGAZINE TEAM





Uzma Dadan



Yash Kausatkar



TEACHERS



Dr Parizad Damania



Dr. Jenil Panthaki



Dr. Nimesh Shukla



Dr. Amirali Badami



Dr Prabhakar Devadiga



Dr Rupa Rao



Dr Vanita Johari



Dr Sonal Kothari



Dr Prachi Bedekar



Dr Sumit Goel



Dr Gausia Sayed



Dr Trupti Deorukhkar



Dr Rakeh Gupta



Dr Avishkar Zagday

TEACHERS



Dr Nimish Mehta



Dr Shivani Surve



Dr Jayesh Dhingreja



Dr Abhinandan Hulamani



Dr Tarul Jadhav



Dr Kanika Sabharwal



Dr Vidya Arunachalam



Dr Shyama Bora



Dr Divya Menon



Dr Kiran Tiwari



Dr Prachi Bhanushali



Dr Prachi Singh



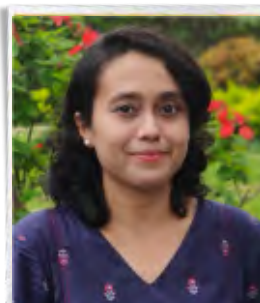
Dr Tanvi Mahant



Dr Neha Patel



Dr Anuja Sheth



Dr Dipika Velkar



Dr Shruti Thakkar

NON TEACHING STAFF



College Admin



Hospital Staff



Support Team

NON TEACHING STAFF



Equator Staff - College



Equator Staff - Hospital



Security Team



Canteen Staff



DEPARTMENT OF ANATOMY

THE BODY QUEST – ANATOMY QUIZ

Department of Anatomy organized the annual Anatomy Quiz, on 29th October 2021 for students of 1st BHMS (20-21 batch)

Batch A - Winner Team Venous Vikings	Siddiqua Ansari; Dhruv Jain; Rajat Bhosle; Namrata Gokhale
Batch B - 1st Runner up Team Gray Matter	Mansi Nanda; Ritika Gupta; Riya Kheto; Heena Khan
Batch C - 2nd Runner up Team Buccinator	Sachita Soni; Janhavi Yadav; Joan Vaz; Uzma Naseem

Edutainment spirit was stimulated with teams having anatomical names, team colors and icon placards. It had innovative rounds like KYCA, Guess Who, What's your AQ, and Fast Forward, which added to the excitement and tested the mettle of the contestants. Principal **Dr. Parizad Damania** gave away the prizes which were sponsored by Elsevier publications.

ORGAN DONATION AWARENESS PROGRAM

In accordance with the directives from AYUSH and MUHS, the department organized 'Organ Donation Awareness Week' from 13-20 August 2021. Saba, Ritika, Radha, Janhavi, Joan, Sachita, Ishwari and Aryan presented a seminar on '**Organ Donation - A Ray of Hope**'. Dr. Sonal Kothari introduced the concept of organ donation and transplant. Dr. Shivani Surve spoke about recent advances in the field of organ donation. Dr. Anuja Sheth presented a poignant poem written by her.

Online Essay writing Competition 14th August 2021	1st prize - Parinaz Marolia 2nd prize - Hetvi Shah; Kshitij Soni
Online Rangoli Competition 16th August, 2021	Dhanashree Divekar
Digital Poster Competitions 17th and 18th August, 2021	Sachita Soni; Krishna Thakar
Hand-made Poster Competitions 17th and 18th August, 2021	1st prize - Alisha D'Abreo; Mohit Sonawane 2nd prize - Armeen Siddiqui; Ganesh Gaikwad

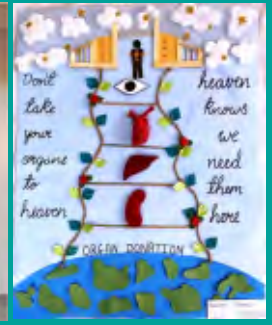
GENDER EQUALITY

To promote gender equality amongst students, the department conducted a seminar on 'Gender equality - empowerment of women and girls' on 15th December 2021. **Dr. Sonal Kothari, Dr. Shivani Surve, Dr. Anuja Sheth** highlighted the meaning, causes, examples of gender inequality and goals and steps to achieve equality

CLASS SEMINAR

A seminar was conducted by students of 1st BHMS from 8-14 September 2021. Groups of 4-5 students each were randomly allotted a topic of Abdomen/HFN. C2 was adjudged the Best Batch. Prize winners were –

A1 Siddiqua Ansari	B1 Riya Kheto	C1 Saba Shaikh
A2 Dhruv Jain, Harshid Gondhane	B2 Mansi Nanda	C2 Janhavi Yadav
Dr. Sonal Kothari	Dr. Shivani Surve	Dr. Anuja Sheth
Associate Professor and HOD	Assistant Profesor	Part time Faculty





DEPARTMENT OF PHYSIOLOGY

PHYSIOLOGY SEMINAR – POWERPOINT AND CHART PRESENTATION

The seminar for students of 1st BHMS was conducted on 13th and 14th October, 2021. Students were allotted various topics from their curriculum and had to present their topic in a group during a stipulated time period. Each student participated in presenting their topic either via PowerPoint presentation or using diagrams and other props.

All the students gave wonderful presentations and spoke with a lot of confidence. They used many creative ideas for presenting their matter. Students were judged based on various parameters and evaluated individually and as a group. They were awarded various prizes like best speaker, best group, etc. It was good platform for students to showcase their creativity and various skills.

BEST CHART

Transport across cell membrane

Heena Khan; Bhounik Keni; Yash Kausatkar; Maryam Shaikh; Samiksha Kini; Masooma Khan

Pancreatic Juice

Dhruv Jain; Namrata Gokhale; Santoshi Gond; Safura Ghare; Sakshi Dhawle; Krushna Kamble

BEST GROUP

Errors of Refraction

Rajat Bhosle; Zunaira Ansari; Arshi Ansari; Gaziya Ansari; Rohit Bargode

Growth Hormone

Dhruv Jain; Namrata Gokhale; Santoshi Gond; Safura Ghare; Sakshi Dhawle; Krushna Kamble

Best Innovative Group – Movements and hormones of GIT

Joan Vaz; Radha Thakur; Abhishek Srivastava; Arshie Tanwar; Ishwari Wankhede

Best Speakers

1. Rajat Bhosle
2. Dhruv Jain
3. Mansi Nanda
4. Yash Kausatkar

SEMINAR - HUMAN VALUES

Department of Physiology organized a Seminar on Human Values on 11th October 2021 for I BHMS students. It stressed on using Human Values in Patient Care. It was conducted by Dr. Avishkar Zagday, Dr. Silloo Patel and Dr. Shyama Bora.

GLOBAL RECYCLING DAY

Department of Physiology celebrated GLOBAL RECYCLING DAY on 17th March 2022. Dr. Avishkar Zagday and Dr. Shyama Bora organized E- waste collection from the staff and students. Same was given to ECO Recycling Company for recycling. Awareness about various day-to day e-waste items was thus created.

Dr. Avishkar Zagday

Dr. Shyama Bora

Associate Professor and HOD

Assistant Professor





DEPARTMENT OF HOMOEOPATHIC PHARMACY

Pharma Q 2021 – ANNUAL PHARMACY QUIZ

66 students participated in the written quiz, which was conducted on 28 October 2021. The quiz was aimed at assessing their abstract and rapid thinking skills and to prepare them for future Entrance exams.

1st prize	Krishna Tanna; Ritika Gupta
2nd prize	Shruti Kandula
3rd prize	Joan Vaz
Certificate of Merit	Janhavi Yadav; Siddiqua Ansari; Samiya Qureshi; Ayesha Baig; Shreya Pathak; Sunny Gala

CLASS SEMINAR - PHARMACEUTICS

Seminar on 'PHARMACEUTICS' by students of I BHMS was presented as a part of Experiential and Participative Learning. It was conducted from 25th to 31st August 2021 at 2 pm in the Homoeopathic Pharmacy Laboratory. The topics covered were Potentization and Class V-IX. The seminar was aimed at developing their communication skills, public speaking skills and was an opportunity for both slow and advanced learners as a part of Student Enrichment Program. It was attended by 88 students and 2 faculty members.

CLASS SEMINAR - VEHICLES

Seminar on 'VEHICLES' by students of I BHMS was conducted from 17-23 September at 2 pm in the Homoeopathic Pharmacy Laboratory. The topics covered were Vehicles – Sugar of milk, Globules, Tablets and Cones, Distil water, Alcohol and Proof spirit. It was attended by 85 students and 2 faculty members.

FACULTY SEMINAR - INDUSTRIAL PHARMACY - DR. PARIZAD DAMANIA

A Seminar on 'Industry–Academia Collaboration – INDUSTRIAL PHARMACY' was conducted by Dr. Parizad Damania conducted on 31st August 2021. Videos from 4 leading global Homoeopathic Pharmaceutical Industries were shown – Dr. Willmar Schwabe India Pvt. Ltd., Boiron, Reckeweg and Helios. The seminar was aimed at integrating the theoretical teaching with practical knowledge at the industrial level. It also covered aspects of schedule M1 and Good Manufacturing Practices.

FACULTY SEMINAR - ACTION POTENTIAL OF DRUGS - DR. DIVYA MENON

Dr. Divya Menon conducted a 2-day seminar on 'ACTION POTENTIAL OF DRUGS' by as a part of Seminar on Pharmacy and Collection Practices. The event was conducted on 21st and 22nd June 2021 at 09.30 am in the auditorium. The seminar was aimed at developing a foundation for understanding Materia Medica and Clinical Medicine. This was beyond-syllabus talk to update students on pharmacology. It was attended by 89 students and 2 faculty members.

HOMEOPATHIC PHARMACY WEBSITE

On 10th April 2021, the department launched their website to provide a digital channel for teaching. A brainchild of Dr. Sumit Goel, it contains Study Blogs, MCQ Quizzes, Photo Gallery, Video Links, etc. The team includes Dr. Parizad Damania, who mentored and Dr. Divya Menon who supported the venture. It can be accessed at www.homoeopathic-pharmacy.com

Dr. Parizad F. Damania

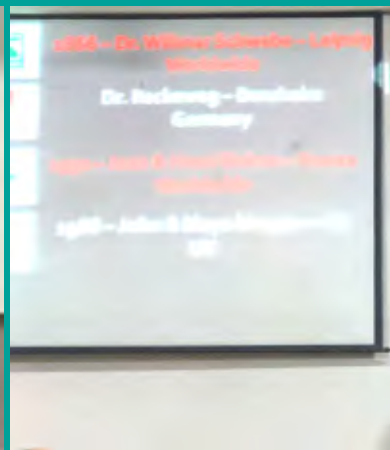
Dr. Sumit Goel

Dr. Divya Menon

Principal

Associate Professor and HOD

Assistant Professor





GENERAL HEALTH SCREENING CAMP

- Juhu, Kolivada, Vile Parle (West) – 2 Jun 2021; 5 Jul 2021
- Shastri Nagar, Vile Parle (East) - 15 Jan 2021
- Moragaon, Juhu, Vile Parle (West) - 16 Jan 2021; 13 May 2021
- Nehru Nagar, Vile Parle (West) - 13 Feb 2021; 7 Apr 2021
- Kalina, Santacruz (East) - 5 Mar 2021
- INCA Carbon Product India LLP, Kopri naka, Virar East – 5 Dec 2021

NON-COMMUNICABLE DISEASE AWARENESS SESSION

- Prathamesh English School, Kalina - 25 Aug 2021; Gunjan Pal Vidyalaya

SPECIAL CAMPS

- Eye and General health screening camp - Moragaon, Juhu - 2 Oct 2021
- PAP Smear and Breast Cancer screening camp - Virar (East) - 9 Oct 2021
- Screening camp for skin diseases and TB - Apna Bazar, Naigaon - 24 Nov 2021
- Screening for anaemia and PEM - Rameshwar School, Vakola - 26 Jan 2022
- Screening for anaemia and PEM - Holy Mother School, Malvani, Malad - 10 Feb 2022
- Screening for anaemia and PEM – Chimapatil Shikhshan Sanstha – 12 Feb 2022
- Screening for anaemia and PEM - Gunjan Pal Vidyalaya, Diva, Thane – 19 Feb 2022
- Free Anaemia Screening Camp – Hanuman Tekdi – 8 Mar 2022
- Bollywood Biggest Free Multispeciality Medical Camp - Chitrakoot Banquets, Andheri West – 1 May 2022
- Maha Arogya Shibir for Adivasis - Mandla, Madhya Pradesh – 7-8 May 2022

AWARENESS SESSIONS

- WASH (Water and Sanitization Hygiene) and ARSH (Adolescent Reproductive Sexual health) - NMMC, Number 16, Shivaji Nagar, MIDC, Nerul – 22 Feb 2022
- Awareness on ARSH and Menstrual Hygiene and free distribution of Sanitary napkins for AKAM School - School 22, NMMC, Turbhe – 23 Feb 2022
- Awareness on ARSH and Menstrual Hygiene (Swatchhta Abhiyan) PWD colony, Patlipada, Hiranandani Estate, Thane West – 23 Feb 2022
- Female foeticide awareness talks - Majas gaon, Tekdi, Anand nagar – 9 Mar 2022
- NCD awareness camp - Holy Mother School, Malwani, Malad West – 10 Mar 2022
- NCD awareness and General health screening for anaemia and PEM - Rameshwar School, Vakola – 11 Mar 2022
- Our planet, our health – Community Hall, SHED, Harinagar – 7 Apr 2022

CLASS SEMINARS AND ACTIVITIES

18 Jan 2021	Hematology - Student presentations as a part of Participative teaching learning methods
8 Feb 2021	
10 Feb 2021	Research methods and biostatistics in Homeopathy
9 Apr 2021	Significance of laboratory investigations and clinical diagnosis in case taking and remedy prescription
17 May 2021	Covid appropriate behavior amongst community
6 Oct 2021	Research Methodology

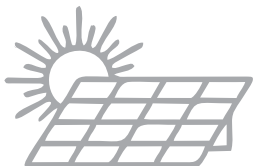
Dr. Prachi Bedekar

Dr. Prachi Bhanushali

Associate Professor and HOD

Assistant Professor





DEPARTMENT OF FORENSIC MEDICINE AND TOXICOLOGY

CAUSE OF DEATH WEBINAR WORKSHOP

Department of Forensic Medicine and Toxicology conducted an online workshop on Death Certificate/Certifying the Cause of Death on 27th January 2021 for Interns as per guidelines of CCH/MUHS and AYUSH. The speaker was **Dr. Rakesh Gupta** who elaborated the techniques and methods of certifying the medical cause of death as Practitioners. **Dr. Shivani Surve** and **Dr. Kanika Sabharwal** coordinated the workshop.

NO TOBACCO DAY—2021

An online webinar on Tobacco De-addiction was conducted on 31st May 2021 for II BHMS students on occasion of NO Tobacco Day. The speakers were Dr. Parizad Damania (Principal) and **Dr. Rohan Bartake** (Guest speaker). A NO TOBACCO OATH was taken by the participants at the end of this informative seminar.

SEMINAR—CAUSE OF DEATH

Department of Forensic Medicine and Toxicology conducted 'Certifying the Cause of Death' workshop on 13th October 2021 for the Interns as per the guidelines of CCH/MUHS and AYUSH. **Dr Rakesh Gupta** and **Dr Prachi Singh** trained the interns for the techniques and methods of certifying the Medical cause of Death as Practitioners.

SEMINAR ON SEXUAL HARASSMENT OF WOMEN AT WORK PLACE ACT 2013

Department of Forensic Medicine and Toxicology conducted a seminar on 'Sexual harassment of women at work place act 2013' on 3rd March 2022. **Dr. Rakesh Gupta** talked about awareness for prevention, prohibition and redressal of sexual harassment and the role of the Vishaka committee. Principal **Dr. Parizad Damania** introduced the committee members reassuring strict discipline for the same.

WEBINAR – HAHNEMANN WEEK 2021

Dr. Rakesh Gupta and **Dr. Prachi Singh** conducted a webinar for students and interns on Dr. Boenninghausen's approach—beginners easy way of prescription stressing upon his philosophy, totality and its significance.

NO TOBACCO DAY—2022

A street play was performed by the IV BHMS students on 30th May in the hospital reception area on the ill effects of smoking and how it leads to tobacco addiction. A power packed performance with a message.

A seminar on Tobacco De-addiction was conducted on 31st May 2022 for II and IV BHMS students and interns on the occasion of World NO Tobacco Day. The speakers were Dr. Nilam Gada (Guest speaker) and Dr. Rakesh Gupta. The seminar gave insights on the harmful effects of tobacco, various de-addiction techniques and remedies used to counter tobacco addiction.

Dr. Rakesh Gupta

Dr. Prachi Singh

Associate Professor and HOD

Assistant Professor





DEPARTMENT OF SURGERY

ORTHOPAEDIC CAMP

On 30th Oct 2021 and 3rd Nov 2021 an Orthopaedic camp was conducted post lockdown in our hospital Shree Mumbadevi Homoeopathic Hospital respectively.

Dr. Badami alongwith Dr. Kshitij Shah and Dr Tarul Jadhav headed the camp. The focus of the camp was Arthritis and Osteoporosis.

32 patients were screened by 5 interns. Bone densitometry was done in this camp. Patients availed free bone densitometry and free medication and consultation with the orthopedic surgeon. Free calcium supplements and other medications sponsored by ALKEM pharmaceuticals were given to the patients too.

In the camp the patients were oriented, guided and they were given 1 week free homeopathic medicine. Interns and students were enlightened.

OPHTHALMIC CAMP

“FREE – EYE CHECK-UP” was conducted on 29th March 2022 by the Department of Surgery, celebrating the World Optometry Day which was on 23rd March.

Aim was to spread awareness to highlight the theme - “Save your Vision” and “Workplace Eye Awareness Month”.

The camp was conducted in Shree Mumbadevi Homeopathic Hospital with the support and guidance of our ophthalmologist Dr. Janak Shah and free homeopathic consultation was given by Dr. Badami and Dr. Tarul Jadhav.

High lights of the camp were –

- Free optometric check-up by an optometrist
- Free sample of eye drops received from SBL for distributing to patients
- Free samples of eye drops received from BIOCHEM pharma – which was arranged by Diamond chemist
- Free samples of eye drops and antibiotics were arranged by Dr Janak Shah from Sunway's India Pvt Ltd

Interns actively participated in making charts for orienting patients about eye health too.

Around 31 registered for eye checkup and 10 – 15 more eye checkups were done without registration. The interns and the 3rd year students posted in the surgery department participated with full enthusiasm in the camp.

Dr. Amirali Badami


Dr. Tarul Jadhav

Associate Professor and HOD

Assistant Professor



SMT. C.M.P.HOMEOPATHIC MEDICAL COLLEGE & HEMBADEVI HOMEOPATHIC HOSPITAL
 DEPARTMENT OF SURGERY
 OPHTHALMOLOGY & LASER UNIT
FREE EYE CHECK-UP



ON: 29th MARCH 2022 (SUNDAY)
 FROM: 10:00 AM - 12:00 PM
 VENUE: Shree Mahadevi Homeopathic Hospital

FACILITIES AVAILABLE

- A Free comprehensive Eye Examination
- A Free Eye Prescription
- A Free Eye Treatment
- A Free Eye Surgery

THE PROFESSIONAL EYE CARE PROVIDER
 FOR ALL SURFACE EYE DISEASES





DEPARTMENT OF GYNAECOLOGY AND OBSTETRICS

INTERNATIONAL WOMEN'S DAY – MEDICAL CAMP

On 9th March 2021 and 8th March 2022, a webinar and Inter-disciplinary Camp for women was organized at Shree Mumbadevi Homeopathic Hospital on the occasion of "International Women's Day". Dr. Falguni Sanjanwala and Dr. Archana Prabhu enlightened the attendees on the topic, Covid 19 and its implications in Pregnancy and Gestational Diabetes. Dr. Trupti M. Deorukhkar, Dr. Falguni Sanjanwala, Dr. Kanika Sabharwal provided the following services - Health talk for Awareness on women's health, free homeopathic consultation, free homeopathic medicine for a week, free Gynecologist consultation, general examination and breast examination. The students' skill in history taking, examination, investigations and advice were tested and polished. They also were trained in attending to the patients' queries and in prompt prescription of the remedy.

MENSTRUAL HYGIENE WEEK

The department conducted awareness session on Menstrual Hygiene for patients in the Gynaecology OPD on 28th May 2021 as well as an awareness session for students on a digital platform. Various aspects and the importance of Menstrual Hygiene including clinical considerations were explained to patients consulting in the Gynaecology OPD. Sanitary products available with advantages of each were discussed. A seminar on 'practical aspects of menstrual hygiene products' was conducted on 27th May 2022, followed by an awareness talk and screening of female patients regarding menstrual hygiene products on 28th May 2022, at Mumbadevi Homeopathic Hospital.

CLASS SEMINAR

A seminar on digital platform focused on participative learning and exam preparation was organized from 11th- 19th May 2021 for III BHMS students. Each batch was allocated a topic as follows - A1- CA ovary and endometrium, A2- CA cervix, B1- BOH, B2- Rh incompatibility, C1- IUGR, C2- IUFD. On 5th-12th February 2022, a class seminar on topics, Ante-natal care, Puerperium & Menstrual cycle was organized for II BHMS students, focusing on participative learning. Both seminars took place under the guidance of Dr. Trupti Deorukhkar and Dr. Kanika Sabharwal.

EDUTAINMENT SEMINAR

A Seminar focused on participative learning was conducted for students of 3rd B.H.M.S by the department to revise important terminologies used in Obstetrics and Gynaecology and for a quick revision of important topics from II BHMS syllabus. The seminar was introduced by Dr. Trupti Deorukhkar who then initiated the quiz. This was followed by a game of housie conducted by Dr. Kanika. The session was concluded with prizes to the winners.

MOTHERS DAY CELEBRATION

A health awareness talk was conducted by Dr. Trupti M. Deorukhkar and Dr. Kanika Sabharwal on the occasion of Mother's Day at Khandroli village, Maharashtra. The talk was organized by Smt. Chandaben Mohanbhai Patel Homeopathic Medical College in collaboration with the Foundation of Humanisation. The talk highlighted - Antenatal care focusing on nutrition, exercise, High Risk Pregnancy, danger signs and symptoms of pregnancy, nutrition advice for children, alarming signs and symptoms, important investigations for women as a routine screening and contraception advice.

Dr. Trupti Deorukhkar

Dr. Kanika Sabharwal

Associate Professor and HOD

Assistant Professor



22-Jan-2022 15:31 pm



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Mumbai Suburban
Maharashtra



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CMP Homeopathic Medical College



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DEPARTMENT OF MEDICINE

ACADEMIC SEMINAR

On 30th March 2022, a seminar was organised by Department of Medicine for 4th year students, interns and Faculty. Students were up skilled on the topic 'Clinical Investigations in Common Conditions' by Dr. Tushar Shah. The sole purpose of the seminar was to provide integrated and participative learning for the students.

The Seminar was interactive with quizzes and case solving where students were engrossed, eager and enthusiastic to learn.

The seminar was hosted by Astha and Ruju

The seminar concluded with a vote of thanks by Dr. Kiran Tiwari.

PARTICIPATIVE METHOD OF TEACHING-LEARNING

On 6th January 2022, in the pursuit to enhance the Teaching-Learning process, the Department of Medicine conducted a session of PARTICIPATIVE LEARNING with the students of IV BHMS under the guidance of Dr. Jenil Panthaki.

The participants were the students of 4th BHMS: Priyanka Duvvada, Shwet Desai, Sanjeev Dangi, Sangeeta Dhedhi, Astha Dube, Nandini Chachad.

The Participants carried out a very active process that involved their contribution towards the topic of Pancreatitis. With the help of a skit depicting case taking of a patient suffering from Acute Pancreatitis followed by a Power-point presentation, the participants imparted the details of the topic. Session was concluded by Dr. Jenil Panthaki who summarized the entire topic.

EDUTAINMENT

On 24th August 2021, an Edutainment Seminar for 4th year students, interns and Faculty was arranged by Department of Medicine for a participative and experiential Learning on 'Differential Diagnosis of Respiratory Diseases'.

The seminar started with a brief introduction by Dr Nimesh Shukla.

Speakers of the seminar were the students of 4th year.

Rushabh Khanderia
Samish More
Parinaz Marolia
Mohit Patange
Prashant Ghadge

Sagar Kale
Vinay Gujar
Pranav Jog
Vivek Patel
Yarish Sadri

Khalid Shaikh
Rajvi Shah
Mohit Gupta
Saloni Negandhi
Niyati Patel

Niyati Naik
Saylee Deshmukh
Jhanvi Chitalia

They concluded the skit by paying a tribute to doctors and for their hard work during pandemic as we merged education with a little dose of entertainment.

Dr Nimesh Shukla rightly mentioned this as "Hope 21" - A hope to grow together, to further have such encouraging activities and fun ways of learning.

Dr. Nimesh Shukla

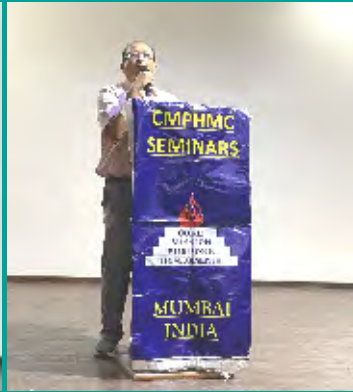
Dr. Jenil Panthaki

Dr. Kiran Tiwari

Professor and HOD

Associate Professor and Vice Principal

Assistant Professor





DEPARTMENT OF COMMUNITY MEDICINE

VISITS

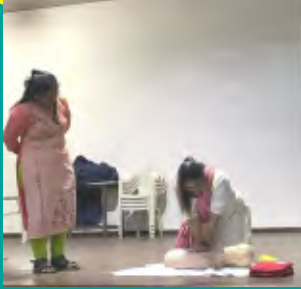
DATE	ACTIVITIES
4th Feb 2021	Virtual Seminar on Unknown Facts about Cancer on World Cancer Day- Speakers: Dr. Nimesh Shukla, Dr. Zubin Marolia and 4th Year students
7th Apr 2021	A video presentation by Teachers on Tips on Boosting Immunity during Covid- 19 times
11th Aug 2021	Class seminar on Emerging and re- emerging infectious diseases- Covid-19
1st Dec 2021	Webinar on WORLD AIDS DAY Speakers- Dr. Girish Trivedi
17th Dec 2021	Class seminar - Environment and sustainability
4th Feb 2022	<ul style="list-style-type: none"> - An awareness talk focusing on Cervical & Breast Cancer in Women was conducted for female patients in the OPD. - Street play on Cancer Awareness - Seminar on World Cancer day
14th March 2022	Class Seminar- Participative learning Naira Shaikh - Tubal Ligation Ruju Doshi - Cold Chain Kinjal Pamecha - Levels of Prevention
24th Mar 2022	A Seminar on 'Recent advances in Tuberculosis'– by Dr. Salil Bendre for Interns and 4th year students.
7th Apr 2022	The street play focused on the theme for the year, “Our Planet Our Health” wherein the students portrayed the hazards of air, water and noise pollution on humans and animals.
20th Apr 2022	Seminar-Emergency Medical Management, First- Aid and CPR

Dr. Rupa Rao

Associate Professor and HOD

Dr. Tanvi Chitrakathi

Assistant Professor





DEPARTMENT OF HOMOEOPATHIC MATERIA MEDICA

SEMINAR - BACH FLOWER REMEDIES

A lot of people suffer from “Mental States” where they experience acute emotional duress. This has especially gained emphasis during the Covid pandemic. With this in mind, it was the intention of the Department to introduce the knowledge of Bach Flower remedies to the students of IV BHMS. Splitting the seminar in to Emotional themes, the department guided them in the concepts of case taking – especially understanding the emotional spectrum and Flower remedies that would be ideal for their state. The topics were:

“Darr ke aage jeet hain” (Fear/ Anxiety/Phobias)

“Ata Maajhi Satakl” (Anger/ Rage/ Agitation)

“Jab koi baat bigad jaye” (Depression/ Suicide/ Hopelessness)

“Tayyari Jeet ki” (Poor Confidence, Examination funk/weak memory).

HAHNEMANN DAY CELEBRATION – FANDOM

The Department organized a seminar on 9th April 2021 for the class of 4th BHMS on the topic FANDOM, wherein the students grasped the ability to relate, dwell deeper into the psyche of the patient and to get a deeper insight. The students presented 6 cases where detailed case taking brought out finer traits of the patients while discussing their favourite characters from much-loved movies/books. The presentation was followed by a game session, where the clips from popular movies and sitcoms were played. It was indeed a very enriching and fun time for students presenting and attending online.

HAHNEMANN WEEK CELEBRATION

The department arranged a seminar on the subject 'tracing the path to find personality traits and remedies through the food habits' for the class of 2nd BHMS wherein the students demonstrated how the internal mental vacuum of the person was translated into food cravings and aversion, a physical attempt of the body to overcome a mental void.

HMM QUIZ

- On 6th June 2022 the department came up with a quiz in an attempt to teach students how to learn Homeopathic Materia Medica in an innovative way. The students were asked to select one symptom of the drug and enact, draw and sing a line from any song to elucidate their understanding of the remedy. The quiz was conducted by Dr. Vidya Arunachalam.
- On 13th June 2022, the class was divided into four groups: Amazing Allen's, Brilliant Boerickes, Clever Clarkes and Fantastic Phataks. Seven rounds of questions and answers were held from each author's text, which was conducted by Dr. Vanita Johari. Apart from the subject learning, the activity also provided an avenue for team building.

Dr. Vanita Johari

Dr. Abhinandan Hulamani

Dr. Vidya Arunachalam

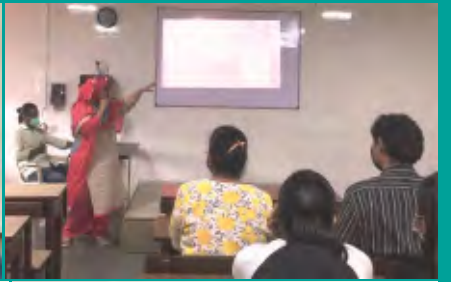
Dr. Shruti Thakkar

Professor and HOD

Associate Professor

Assistant Professor

Part time Faculty





DEPARTMENT OF ORGANON OF MEDICINE AND HOMOEOPATHIC PHILOSOPHY

HAHNEMANN WEEK CELEBRATION

This was organized in honor of the 267th birth anniversary of the founder of Homeopathy, Dr. Samuel Hahnemann. The events were held on 6th, 7th, 8th and 11th April 2022 and conducted in collaboration with the Department of Materia Medica and Department of Physiology.

On 6th and 8th April, a session on “Exploring lesser-known remedies through case studies and reverse Materia Medica” was conducted in collaboration with Department of Materia Medica. Eight meritorious students from 4th year presented cases on rare remedies.

Name of Drug	Speaker	Case diagnosis	Facilitator
Palladium	Kinjal Pamecha	Allergic Rhinitis	Dr. Jayesh Dhingreja
Badiaga	Parvathi Rajan	OA knees	Dr. Vidya Arunachalam
Chocolate	Aastha Dubey	DNS with Sinusitis and Hairfall	Dr. Vanita Johari
Cenchrus	Ruju Doshi	SSPE	Dr. Nimish Mehta
Vanilla	Sanjeev Dangi	Scabies Bronchial Asthma with Oral Lichen Planus	Dr. Dipika Velkar
Zingiber	Pratiksha Mittal	OA knees with Diabetes and	Dr. P.Y. Devadiga
Rhododendron	Chintan Chawda	Fissure in Ano	Dr. Abhinandan Hulamani
Falco- Pe	Aditi Muni	Proplapse Intervertebral Disc with compression	Dr. Shruti Thakkar

On 7th April, Dr. Shyama Bora from the Department of Physiology presented a seminar on “Case reviews of Dr. Hahnemann and other pioneers with original cases for study of prescribing methods”. She spoke on methods adopted by Hahnemann, Kent, Boenninghausen and Hering during case solving.

On 11th April, Dr. Rajesh Barve and Dr. P.Y. Devadiga conducted a session on “Recent research in Homeopathy and opportunities ahead”. Dr. Devadiga spoke on how Hahnemann was the first researcher in his time and the journey on how research has progressed in homeopathy in recent ages. Dr. Barve presented research papers in which students from our own institute took part in the study. The topics were “Does homeopathy dilutions show a positive alcohol breath test?”, “Can diabetic patients consume homeopathy pills without a rise in their glucose levels? Another student group conducted research on plants showing the importance of Agro-homeopathy.

A Live skit on “Hahnemann's later years in France” was presented by the students depicting the impact Dr. Hahnemann had in the conception of the 6th Edition of Organon.

An interactive panel discussion headed by Dr. P.Y. Devadiga, Dr. Nimish Mehta and Dr. Jayesh Dhingreja discussed on the careers that can be pursued after graduation.

Dr. Prabhakar Devadiga

Dr. Nimish Mehta

Dr. Jayesh Dhingreja

Dr. Dipika Velkar

Professor and HOD

Associate Professor

Assistant Professor

Part time Faculty





DEPARTMENT OF CASE TAKING AND REPERTORY

SEMINAR

On 28th October 2021, the Department of Case Taking and Repertory conducted a Seminar on the topic of Cross Repertorization. Following students of IV BHMS - Winter 2021 batch presented the concept and cases.

- Yarish Sadri and Saloni Negandhi presented the concept of Cross Repertorization.
- Cross Repertorization was demonstrated by presentation of following cases:
 1. Irum Khan presented a case on Lipoma solved by Kent and Complete Repertory.
 2. Pratiksha Mhaske presented case on Post Traumatic Subcutaneous Haematoma Solved by Boger Synoptic Key and TBB (Cross – Repertorisation)
 3. Sakchi Pandey presented case on Bronchial Asthma Solved by Kent and BBCR Repertory (Cross – Repertorisation).

EDUTAINMENT

On 29th October 2021, EDUTAINMENT was organised by the Department of Case Taking and Repertory on the subject of Approaches by Masters. A skit was conducted by students of IV BHMS - Winter 2021 batch.

Welcome speech was given by Rushabh Khanderia, thereafter students enacted as different stalwarts and in a very student friendly and lucid way and tried to differentiate the concepts and contributions of different repertory authors. It was entertaining and educational. They made it a point to convey that the ultimate source is Dr. Hahanemann. Dr. Kamlesh Mehta inspired and guided the audience at the end.

CASE PRESENTATIONS

Case presentations were done by students of IV BHMS. Each student presented a case and was taken up for discussion. Case presentations and experience sharing were done by IV BHMS students of Winter 2021 and Summer 2022 batch. This experiential learning improved their understanding in different topics.

SEMINAR ON SYNERGY HOMEOPATHIC SOFTWARE

Department of Case taking and Repertory conducted a seminar on 26th March 2022 for 4th BHMS students. The speaker Dr. Alpesh Oza explained the Synergy Homeopathic Software. The department also felicitated Foram Mehta and Saima Shaikh for getting distinction.

Dr. Gausia Sayed

Dr. Neha Patel

Associate Professor & HOD I/c

Assistant Professor





TEACHERS ACCOLADES - SEMINARS

PUBLICATIONS

BOOKS

- **I WANNA GROW UP ONCE AGAIN – Dr. Sumit Goel** - with Introduction by **Anupam Kher**
- **A STUDY ON ORGANON OF MEDICINE AND HOMOEOPATHIC PHILOSOPHY** - 3rd edition - **Dr. Sumit Goel**
- **ART AND SCIENCE OF HOMOEOPATHIC PHARMACY** – 4th edition - **Dr. Sumit Goel**
- **PRACTICAL MANUAL FOR HOMOEOPATHIC PHARMACY** – 1st edition - **Dr. Sumit Goel, Dr. Parizad Damania and Dr. Divya Menon**
- **THE COMPARE AND CONTRAST OF HOMEOPATHIC RUBRICS** – E-book - **Dr. Gausia Sayed**
- **COLUMN 2 PEDIATRIC MATERIA MEDICA** – E-book – **Dr. Kanika Sabharwal**

JOURNALS

Dr. Rupa Rao

- Role of anti-miasmatic remedy in case of Alopecia Areata - International Journal of Homoeopathic Sciences, Volume 5, Issue 3, Year 2021

Dr. Vanita Johari

- How to use different ammunitions from the vast armamentarium of Materia Medica - International Journal of Homoeopathic Sciences, Volume 5, Issue 4, Year 2021
- Acute Surgical Emergency during Lockdown – Acute Calculus Cholecystitis - Hpathy.com October 2021

Dr. Sumit Goel

- Homoeopathic Management of a case of Psoriasis - International Journal of Homoeopathic Sciences, Volume 5, Issue 2, Year 2021

Dr. Rakesh Gupta

- Homoeopathic Management of a case of Psoriasis - International Journal of Homoeopathic Sciences, Volume 5, Issue 2, Year 2021
- Hospitalisation and Homoeopathic Management of Acalculous Cholecystitis - Hpathy.com, February 2022

Dr. Gausia Sayed

- Homoeopathic Management of a case of Psoriasis - International Journal of Homoeopathic Sciences, Volume 5, Issue 2, Year 2021
- Role of anti-miasmatic remedy in case of Alopecia Areata - International Journal of Homoeopathic Sciences, Volume 5, Issue 3, Year 2021

Dr. Avishkar Zagday

- Learning Outcomes in the subject of Physiology in I BHMS students in Maharashtra during the online learning methods in Covid—19 Pandemic - International Journal of Multidisciplinary Education Research, Volume 10, Issue 8(6), August 2021.
- Role of anti-miasmatic remedy in case of Alopecia Areata - International Journal of Homoeopathic Sciences, Volume 5, Issue 3, Year 2021

Dr. Neha Patel

- Research-oriented homoeopathic approach: need of the hour - The Homeopathic Heritage, October 2021, Vol 47, no.

SEMINARS AND WEBINARS

LMHI Global Colloquium 2021 – 7-11 December 2021

Dr. P.Y. Devadiga	Tweaking the syllabus and curriculum for better acceptance of Homeopathy in masses
Dr. Neha Patel	A prospective observational study to evaluate the effect of individualized holistic homeopathic approach in women suffering from PMDD
Dr. Trupti Deorukhkar	A prospective observational clinical trial to evaluate response to sarcode in the management of PCOS
Dr. Gausia Sayed	Role of Anti-Miasmatic Remedy in case of Alopecia Areata
Dr. Rakesh Gupta	Case series on Acute Diseases presenting with Fever and its Homeopathic Hospital Management
Dr. A. A. Hulamani	Socio Cultural Theme

Dr. Nimesh Shukla

- Conducted a webinar on 14th August 2021 on the topic, 'Management of Acute Ailments'. It was organized by Enlightenment Education Mission 5000.
- Conducted an Internal Webinar series, Mission 5000 by Enlightenment Education - 'Acute Prescription' on 2nd October, 6th November, 11th December 2021, 21st January and 28th January 2022, attended by participants from India, Asia, U.S.A, Canada, Europe and Australia.

Dr. Prabhakar Devadiga

- Management of Covid complications with Homoeopathy' at Global Homeopathic Summit an International Conference on Covid 19 pandemic held on 3rd October 2021.
- Invited by Homeopathy Middle East to speak on World Mental Health Day on 10th October 2021. He highlighted the work done at Shree Mumbadevi Homeopathic Hospital regarding Mental Health and Homeopathy.
- Presented his experiences in managing Covid 19 cases on 6th June 2021 in a series of webinar arranged by IHMA Karnataka branch.
- Presented his views on 'Making Homeopathy the mainstream medicine' on 18th April, 2021 in an international seminar arranged by International Forum for Promoting Homeopathy

Dr. Nimish Mehta

- Presented an international webinar on 'KEYNOTES - Readymade or made?', on 18th July 2021 for ICR month celebrations 2021, organized by the MLDT PG INSTITUTE of Palghar.

Dr. Sumit Goel

- Sarkarischool.in as a part of Project Aarogya held 'Healing Hands – A Talk Session with Dr. Sumit Goel' on 1st July 2021 to celebrate Doctor's Day.
- Invited as speaker at a webinar organized by YMT Homoeopathic Medical College on 19th January 2022, where he spoke on 'Challenges in Homoeopathic Posology'
- Conducted a seminar on 'Decoding the Dose' at Motiwala Homoeopathic Medical College, Nashik as a part of Faculty Exchange Programme on 25th March 2022

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Dr. Gausia Sayed

- Conducted a series of International Online Webinars on 'Homeopathic Treatment for Skin Disease' for International Forum for Promoting Homeopathy and University of Cyberjaya, Malaysia from 11th June to 3rd July 2021

Dr. Trupti M. Deorukhkar

- Invited as speaker on 'Effects of modern lifestyle on women's health' conducted by NSS Unit of Universal College of Engineering on 8th March, 2021 on International Women's Day
- Invited as speaker at Global Homeopathic Online Summit 2021 from 10-15th April 2021 by The Quest for Similimum Academy to celebrate World Homeopathic Day on 'My clinically proven approach for amenorrhea with my top nine targeted remedies'

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- Webinar conducted on 'Healthy Stress Management' at Rotary Addiction and Prevention and Rotary Club of Downtown Sealand on 6th March 2022
- Invited for Awareness Talk Podcast on 7th April 2022 - World Health Day on 'Issues related to Lifestyle

and Avoiding Heart Attack and Stroke' on Medikabazaar Platform

- Presentation at 4th World Congress on Homeopathy and Traditional Medicine organized by Sukul Institute of Homeopathic Research Kolkata on 'Clinical Utility of Homeopathic Treatment in Ophthalmological Diseases' on 21st April 2022
- Speaker at a session on 'Am I Next – Rape' organised by International Woman's Right Association on 30th November 2021
- Speaker at webinars in association with Kotak Education Foundation on Eye Diseases on 2nd, 6th, 9th September 2021
- Speaker on 'Mental Health and Stress Management for Women Volunteers and Social Workers' on 24th March 2021
- Mumbai Traffic Police D. N. Nagar Traffic Division Andheri (west) Organized Awareness Programme as part of Road Safety Month – 'Sadak Suraksha Jeevan Raksha' wherein Dr. Rakesh Gupta was invited as Speaker to create awareness about medical emergencies arising due to Road Traffic Accidents.

Dr. Tarul Jadhav

- Took a seminar on 3rd October 2021 for Lions Club of Dombivali Palava City on 'Mother's Stress – Why it is important for a mother to manage her stress now'
- Speaker at online International Orthopaedic Conference organized by the Longdom conferences on 24th April 2021
- Invited for webinar on 1st May 2021 by Satva Charitable Sanstha on 'Resilience building in Challenging Times of Covid Pandemic'
-

Dr. Kanika Sabharwal

- Speaker at Argentum Mentoring, Australia on 'GIT disorders in children' on 24th March 2021
- Speaker at Cathedral and John Cannon School on 'Allergies in children – Identification and Approach' on 26th March 2021
- Speaker at Argentum Mentoring, Australia on 'Nosodes in Pediatric practice' on 30th June 2021
- Speaker at Argentum Mentoring, Australia on 'Group 2 remedies in pediatric practice' on 15th December 2021
- Speaker at Argentum Mentoring, Australia on 'Constipation in children' on 1st June 2022
- Speaker at Satva Charitable Sanstha on 'Sarcodes Folliculinum for Infertility' on 12th June 2022

Dr. Shyama Bora

- Delivered online lectures on 'Practical Utility of Organon' in a 6-month weekend Practical course.
- Conducted a webinar organized by International Forum for Promoting Homoeopathy on 'Hormonal Harmony with Homoeopathy' on 25th July 2021
- She was invited on 13th June 2021 for a live Instagram talk with Dr Ragini Dhakriya on 'What's your Mantra?' to share her journey as a Homoeopath

AWARDS / RECOGNITIONS / FELICITATIONS

Dr. Sumit Goel

- High flyers 50 Global Indians – 50 Success Stories of Outstanding Achievers – Excellence Awards 2022 – Dr. Sumit Goel was honored as one of the 50 Global Indians as a Doctor-Teacher-Author and also as BEST MOTIVATIONAL AUTHOR. The award was presented by Pooja Bedi with a trophy, certificate, coffee table book with media coverage.
- Brands Council Ratings Conclave and Awards 2022 – CERTIFICATE OF ACHIEVEMENT – BEST

Dr. Nimesh Shukla

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Dr. Trupti M. Deorukhkar

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Mission 5000
#IStandUpForHomeopathy

Enlightenment Education

Acute Prescription Session 7 - Throat & Rectum

Dr. Nimesh Shukla, MD

DATE:
21st January 2022 (India & Europe)
20th and 21st January 2022 (USA & Canada)

Approved by
AROH

Register Now : bit.ly/HomeoMission5000

Invite your Friends and Share this link on

On the occasion of International Women's Day NSS Unit of UCoE has organized

WEBINAR ON
Effects of Modern Lifestyle on Women's Health

Speaker: **Dr. Trupti Deorukhkar**
(HOD of Gynaecology & Obstetrics at CMP Homeopathic Medical College, Vile Parle)

8th March, 2021 | 3 pm to 4 pm

<https://bit.ly/3uSkwX9> REGISTER NOW

Certificate of Recognition

Langkaii Conference with a focus

Dr. Nimesh Shukla, MD

Dr. Nimesh Shukla, MD, Homeopathic Medical College, Mumbai, India.
In the government field with a background in
Appointments of Specialist Hospital (over 10 years) of Unconquered in
Dear Doctor - (through Homeopathic University),
at the Webinar on 08/03/2021

INSPIRATION !!
12 HOURS 250 INSPIRING STORIES

Dr. Sumit Goel

World Record Attempt
ASIA RECORD

+250 OTHER SPEAKERS

India Best Motivational Author

Dr. Sumit Goel

HIGH FLYERS
50 GLOBAL INDIANS
EXCELLENCE AWARDS 2022







MERAKI





MERAKI TEAM



Cultural Team



Club Team



MERAKI TEAM



Technical Team



Marketing Team



MERAKI TEAM



Sports Team



Seminar Team



THE TARANG CREW





TEACHERS DAY PARIKSHA PE CHARCHA – WORLD BOOK DAY





REPUBLIC DAY – MUHS FOUNDATION DAY – SWACHH BHARAT ABHIYAAN – ONE STUDENT ONE TREE





WORLD CANCER DAY





HAHNEMANN DAY





INTERNATIONAL DAY OF YOGA





INTERNATIONAL DAY OF YOGA





FOLK





FOLK





PROJECT MILAAP





PROJECT MILAAP





GLITZ GLAMOUR & SRIVALLI



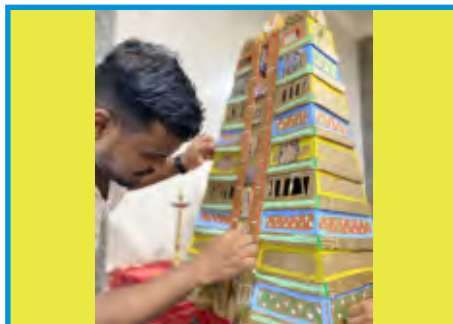
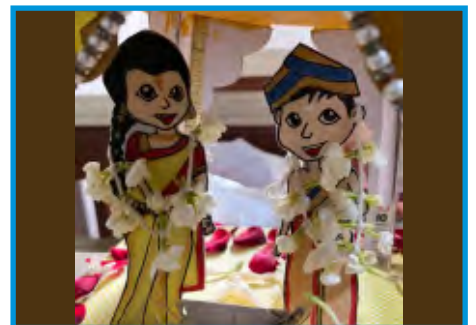


GLITZ GLAMOUR & SRIVALLI





CLUB ARTERIA



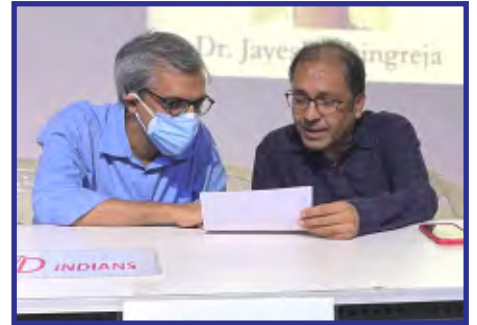


CLUB THEATRICA



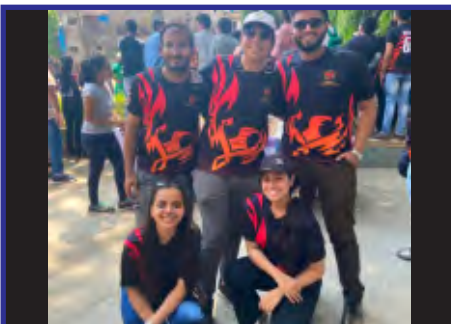


MASALA CRICKET





MASALA CRICKET





XANTHRONS





EDITORIAL

Dear CMP,

(Not just a person, the place or institute but the whole feeling)

6 years since we first stepped into the quiet place amongst the hustle bustle, we didn't realise we were going to enter through Irla gate as a student and leave through the hospital gate as a doctor. We started with the corpses and learnt how to not let a person turn into one. Our journey, like every other has had its up's and down's, the literal highest up being when a group of us got lost in Lansdowne! (In search of Maggi, the eternal soul food). We had the privilege to learn not only medicine and homoeopathy, but life as well.

In our practicals and OPDs, we've always been curious, weather it is about getting a chair and standing on it to see the dissections or being the last ones to leave the OPDs. Our drive to learn made us wait for hours at the hospital to see a post-mortem while we kept ourselves busy with fun games and dumb charades.

Xanthrons, the symbolism of unity has stood through the rough times and sailed through the great ones. We we've shifted from classroom no. 2 to zoom lectures but still hold the same place for each other in our hearts. In our journey, we saw great teachers retire and great teachers take up their legacy, teaching us how - we, twenty-four-year-old young kids could be the light of homoeopathy someday.

We entered the college as a teenager still figuring out our dreams and we will leave as an adult, who may not have it all figured out yet, but at least has the wings and courage to soar.

We hope as we leave, the college will miss our dance performances, Ganpati dance, 7 sins and 7 emotions, our ultimate over the top spoofs (at least this one's funny) and the Pani puri stalls at Masala Cricket. We hope when you look back at your pictures, you find one with our selfie point at F.R.I.E.N.D.S lounge or sitting under the cherry blossom tree.

Thank you, CMP, for letting us be, helping us excel and giving us the courage that whatever happens, happens. Thank you, Xanthrons for being an everlasting memory, imbibing good friendship, love and humanity.

Here, the Class of Xanthrons, bids a happy goodbye, as we embark on our personal journey for service to humankind.



IV BHMS – SUMMER 2021

1st Rank Saima Shaikh

2nd Rank Foram Mehta

3rd Rank Aakifa Sayyed

DISTINCTIONS

Materia Medica Foram Mehta

Materia Medica Aakifa Sayyed

Organon of Medicine Saima Shaikh

Repertory Foram Mehta

Repertory Saima Shaikh

Repertory Anam Ansari

Repertory Gauri Kadam

Repertory Janvi Doshi

Community Medicine Shaily Shah

Community Medicine Aakifa Sayyed





ACADEMIC ACES



Aakifa Syeda



Anam Ansari



Foram Mehta



Gauri Kadam



Janvi Doshi



Saima Shaikh



Shaily Shah



MILLENNIALS





EDITORIAL

Millennials ... A family!!!

Placing those first steps with curious hearts and nervous minds in Classroom 2 on 3rd October 2017 ... to walking with happy faces and proud smiles as interns on 20th June 2022 ... What a marvellous journey the Marvellous Millennials have had!

Millennials is not just a batch name ...

It's a pillar of strength,

It's a symbol of unity,

It's a treasure house of talents,

It's an epitome of teamwork,

It's a box of beautiful memories,

It's a basket of emotions,

It's a bouquet of friendships and joy,

It's a wholesome feeling ... the feeling of being "one" and at the same time the feeling of being "us".

It's a family. "We" are a family.

While threading the pearls of the precious moments into the necklace of time, we didn't know we were making memories of a life time.

Shining in the college week and sports events, performing on annual days, bagging ranks and setting records in academics, putting the best foot forward in OPDs has been our forte. Be it our spoof team, our art team, our sports team, our dance team, our CR and batch leaders' team ... we have spread our wings elegantly because sky is the limit.

Each and every member of our Millennials family represents the essence of who we truly are ... Learners, believers, seekers, dreamers, torchbearers, benchmark setters and most importantly healers!

We wish to take forward this Millennial spirit ignited within us and radiate our enthusiasm and energy to the world!

Once a Millennial, Always a Millennial.

#Togetherforever



III BHMS – SUMMER 2020

1st Rank	Kashvi Gala
2nd Rank	Vidhi Panchal
3rd Rank	Husena Burhanpurwala



DISTINCTIONS

Materia Medica	Komal Ranka
Materia Medica	Niyati Naik
Materia Medica	Kashvi Gala
Materia Medica	Aditi Rawool
Materia Medica	Saloni Negandhi
Materia Medica	Sakchi Pandey
Organon	Jamila Kanchwala – Subject MUHS Topper
Organon	Kashvi Gala



III BHMS – WINTER 2020

1st Rank	Afsari Shaikh
2nd Rank	Pranjal Picha
3rd Rank	Simran Shigwan



IV BHMS – WINTER 2021

1st Rank	Niyati Naik
2nd Rank	Aditi Rawool
3rd Rank	Parinaz Marolia



DISTINCTIONS

Medicine	Aditi Rawool
Medicine	Parinaz Marolia
Medicine	Hetvi Shah
Medicine	Krishna Parekh
Medicine	Niyati Naik
Materia Medica	Niyati Naik
Materia Medica	Saloni Negandhi
Materia Medica	Ritu Saboo
Materia Medica	Zohra Khan
Materia Medica	Sakchi Pandey
Materia Medica	Aditi Rawool
Repertory	Kashvi Gala
Repertory	Niyati Naik
Repertory	Jamila Kanchwala



CLASS OF MILLENNIALS



Aditi Rawool



Afsari Shaikh



Hetvi Shah



Husena Burhanpurwala



Jamila Kanchwala



Kashvi Gala



Komal Ranka



Krishna Parekh



Niyati Naik



Parinaz Marolia



Pranjal Picha



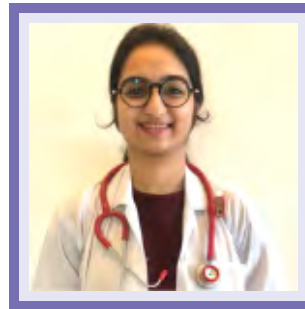
Ritu Saboo



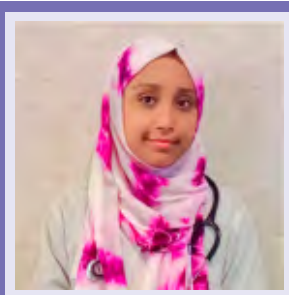
Sakchi Pandey



Saloni Negandhi



Vidhi Panchal



Zohra Khan



Simran Shigwan



PHOENIX





EDITORIAL

Here we are the fiery birds of Phoenix!

Pushing the ground as hard as we could with our feet, spreading our wings as far as we can we The Phoenix started our flight with the vision and hope of not just becoming good doctors but even good humans. We started our journey as 100 undaunted birds with pure intentions of help and heal ... as the days and the years unfolded, our flock was strengthened by the addition of our new friends. No longer they joined us, we all were flying together as healing clans with the same purpose and vision.

It was sure a daunting task to summarize 4-1/2 years' worth of memories into a single page. The 1st time we entered the Anatomy, Physiology and Pharmacy lab ... staring at faces unknown; little did we know, these very faces would be etched in our hearts for a lifetime. Each of us were with a unique background and different perspectives, but what brought us together was our supportive, inclusive and resilient nature. Then came the 2nd year where we entered the clinical world practically lost and scared tailing our seniors, who've always had our back. Last minute completion of journals and the first time we witnessed an autopsy will always be well remembered.

While flying high we encountered several storms, mountains, petrifying rains; but our unshakeable determination did not let our wings go down... we in turn kept it high... we soared above the dark clouds and challenging mountains like the covid pandemic, online lectures, offline exams in the pandemic... and proved our unflinching attitude by excelling academically in such dismaying times as well.

The dull silence following the storm was filled by our flocks' melodious songs ... the Hahnemann day, World cancer day street play, Masala cricket... and many more and College week 2022, where our unity was indubitably proved strong and everlasting by our victory against our tough competitors Zephyrs and Gallants. Indeed, it was our team effort and sheer determination to win that made us lift the Cultural Trophy on our unbreakable wings.

Oh yes! Phoenix will surely shed its tears when we will depart our flock after our internship ... but as they say, the tears of phoenix has healing powers... and so does our CMP family!

1-1/2 year down the line, when our flight is over and we keep our feet on the ground, we are sure with the help of our CMP family, we will be with much stronger wings, tougher legs and deeper vision ... Each Phoenix, again set for a completely different, unique and intriguing flight ahead...

CMP presented the opportunity to meet and grow alongside a collection of driven, compassionate and inspiring classmates. One thing we know for sure that Phoenix will not be remembered for 4 years but rather a lifetime of gratitude, friendship and beautiful memories!

YE PHOENIX HAI JO UTHAAPNI RAAKH SE!

YE PHOENIX HAI KUCH PAANE KI TALAASH ME!

YE PHOENIX JO KARKE DIKHAYEGA JO ABTAK NHI HUA CMP KE ITEHAAS ME!!!



ACADEMIC ACES



II BHMS - SUMMER 2020

1st Rank	Parvathi Rajan – 1st in MUHS
2nd Rank	Kinjal Pamecha - 2nd in MUHS
3rd Rank	Ruju Doshi - 4th in MUHS



DISTINCTIONS

Pathology	Aditi Muni
FMT	Ruju Doshi – Subject MUHS Topper
FMT	Parvathi Rajan
FMT	Dipti Rexwal
FMT	Rida Mukadam
FMT	Kinjal Pamecha
FMT	Shumaiza Shaikh
FMT	Zareena Thakur
FMT	Astha Dube
FMT	Sonia Tikhe
FMT	Yashi Rathod
Materia Medica	Parvathi Rajan
Materia Medica	Ruju Doshi
Materia Medica	Sonia Tikhe
Organon of Medicine	Kinjal Pamecha



II BHMS - WINTER 2020

1st Rank	Zeenal Thakkar
2nd Rank	Bhagyashree Gujar
3rd Rank	Sachin Maurya



III BHMS – SUMMER 2021

1st Rank	Kinjal Pamecha
2nd Rank	Astha Dube
3rd Rank	Parvathi Rajan



DISTINCTIONS

Gynaecology	Kinjal Pamecha
Materia Medica	Astha Dube
Materia Medica	Kinjal Pamecha
Materia Medica	Parvathi Rajan
Materia Medica	Chintan Chawda
Materia Medica	Ujwal Gawande
Materia Medica	Priyanka Duvvada
Materia Medica	Vrutti Chattani
Organon	Parvathi Rajan



III BHMS - WINTER 2021

1st Rank	Zeenal Thakkar
2nd Rank	Apurva Nar
3rd Rank	Pooja Kadam



DISTINCTIONS

Materia Medica	Zeenal Thakkar
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ACADEMIC ACES



Astha Dube



Apurva Nar



Aditi Muni



Bhagyashree Gujar



Chintan Chawda



Dipti Rexwal



Kinjal Pamecha



Priyanka Duvvada



Parvathi Rajan



Pooja Kadam



Rida Mukadam



Ruju Doshi



Sachin Maurya



Shumaiza Shaikh



Sonia Tikhe



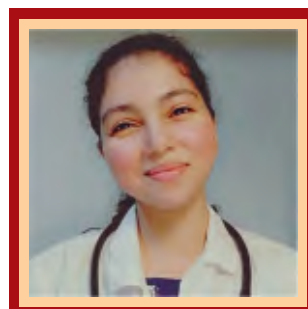
Ujwal Gawande



Vrutti Chattani



Yashi Rathod



Zareena Thakur

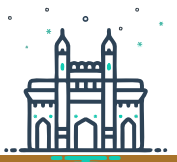


Zeenal Thakkar



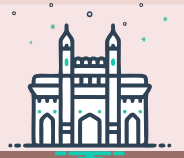
STARS OF TARANG

Rang do kulhad (Pottery Painting)	2nd 3rd	Zeenal Thakkar Suruchi Bagwe
The tale of 3 classes (Improv)	1st	Pushpam Thaware; Nitin Soni; Ujwal Gawande; Chirag Patel; Astha Dube; Yashi Rathod; Parth Shah; Saloni Shah
Fastest finger first (Cultural Quiz)	1st	Ruju Doshi; Parvathi Rajan; Nandini Chachad; Manas Chugh; Kshamika Dhattrak
Aao sune ek kahaani (Folk Spoof)	2nd	Nitin Soni; Pushpam Thaware; Bilal Shaikh; Ujwal Gawande; Devyani Dhuri; Paravthi Rajan; Isha Rane; Chiraj Patel
Folk Studio	2nd	Saba Siddiqui; Shwet Desai; Nidhi Poojary; Suruchi Bagwe; Nitin Soni; Sanjeev Dangi
Rang Manch (Folk Dance)	2nd	Kunal Kambhari; Sanket Rangani; Shwet Desai; Aditi Kale; Astha Dube; Moksha Jain; Vrutti Chhattani; Muskaan Jain; Priyanka Yadav; Nishi Patel; Khuhboo Vishwakarma; Priyal Jaiswal
Color shed (Rangoli)	1st 1st	Apurva Nar; Isha Rane Hema Jarande; Khushboo Vishwakarma
A pen is mightier... (Essay Competition)	1st	Riya Dhande
Janhit mai jaari (Street play)	1st	Azra Sayed; Astha Dubey; Sanjeev Dangi; Pushpam Thaware; Nitin Soni; Chirag Patel; Sanket Rangani; Nandini Chachad; Hetasvi Vora; Suruchi Bagwe; Yashi Rathod; Priyaka Duvvada
The whole CMP is watching (Rally And Speech)	1st	Bilal Shaikh
Art and you in a flash (Photography)	2nd 3rd	Parth Shah Pooja Kadam; Naira Shaikh; Chintan Chawda
Itihas gawah hai (Musical Drama)	2nd	Kunal Kambhari; Chintan Chawda; Nitin Soni; Shwet Desai; Devyani Dhuri; Apurva Nar; Vidhi Vasa; Pratiksha Mittal; Parvathi Rajan; Swarni Bari; Aaliyah Shaikh
Battle of the best (Jugalbandi)	2nd	Sonia Tikhe; Bhairvi Solanki; Sanket Rangani; Muskan Jain; Priyal Jaiswal; Hema Jarande
Table no. 21	3rd	Zareena Thakkar; Khushboo Vishwakarma; Aaliyah Shaikh; Uroosa Shaikh
Teri jhalak asharfi (Make up challenge)	2nd 3rd	Nandini Chachad; Sanjeev Dangi; Saloni Shah; Parth Shah Khushboo Vishwakarma; Hamza Quraishi; Suruchi Bagwe; Chintan Chawda
Chance pe dance (Hook step)	1st	Kinjal Pamecha; Aditi Kale; Hema Jarande; Priyal Jaiswal; Shwet Desai; Astha Dube; Saloni Shah; Muskaan Jain; Riya Dhande; Nishi Patel
Met Gala (Fashion show)	1st	Aditi Muni; Sonia Tikhe; Vrutti Chhattani; Naira Shaikh; Bhairavi Solanki; Riya Dhande; Sadaf Khan; Apurva Nar; Shwet Desai; Chintan Chawda; Parth Shah; Bilal Shaikh
Shark Tank	1st	Bilal Shaikh; Pushpam Thaware; Nitin Soni; Parvathi Rajan; Ruju Doshi
Shaam Shaandar	3rd	



PHOENIX RED CARPET







EDITORIAL

It was the year 2019, when 100 young minds entered through the gates of CMP.

With enthusiasm like that of fire on one sleeve and a headstrong envision like that of river on the other, we Zephyrs swooshed through the classrooms of CMP.

Zephyrs - a calm breeze, being true to our name we faced every challenge with ease! From shining bright in academics to showing our full strength in college week, the waves of our wind have been steady and unwavered!

United we stand, divided we fall - has been our motto through it all. These three years that we've spent in CMP has been nothing less than a rollercoaster ride in the literal sense.

The adrenaline rush of stepping into the Anatomy lab for the very first time, the sense of dizziness and excitement that hit us from smelling the Formalin.

The thrill of working with concentrated acids and alkalis in the Biochemistry lab, the nervousness of checking our friend's BP for the very first time and the sense of pride after getting it correct. From pricking ourselves for Hematology practicals and getting an estimate of Hb of our blood has been nothing but an adventure in its own right.

From measuring the size of globules to succussing and triturating Carbo veg, Pharmacy lab will always have a special place in our hearts.

We are a class of enthusiasts, enthusiastic to learn by spending that extra hour in the OPD, cutting short on our breaks to attend Ophthalmology lectures, running behind teachers to clear what Robert's means when he says "One man's meat is another man's poison"; enthusiastically participate in every sports events, elocution competitions, essay writing events, poster making contests, rangoli making contests, cooking during the college week, you name it and we are there, excelling in everything we have put our hearts and soul into.

To summarize the journey of Zephyrs:

Entering CMP with glitter in our eyes,

Hearts on our sleeves with mind so bright,

From clicking pictures with the heart, we dissected,

To succussing the vials with our hand outstretched,

From going back to our homes because of virus outbreak,

To learning how the dead turn into rotten cheesecake,

From entering the gates once again,

To mugging what Kent, Robert and Close once said,

We the batch of Zephyrs,

Have gracefully overcome all our shackles,

And as we continue to embark upon the journey we started,

We will continue to be the be one's who are lionhearted!



ACADEMIC ACES



I BHMS – SUMMER 2020

1st Rank	Omkar Hegde – 1st in MUHS MUHS – Jai Vasant Joshi Gold Medal
2nd Rank	Afreen Shaikh – 3rd in MUHS
3rd Rank	Subham Mulky



DISTINCTIONS

Anatomy	Afreen Shaikh – Subject MUHS Topper
Anatomy	Omkar Hegde
Anatomy	Raziya Khan
Anatomy	Divya Borana
Anatomy	Misba Shaikh
Anatomy	Subham Mulky
Anatomy	Sagar Doshi
Anatomy	Priyal Bothra
Anatomy	Chaitali Taneja
Physiology	Shweta Patel – Subject MUHS Topper
Homoeopathic Pharmacy	Omkar Hegde – Subject MUHS Topper
Homoeopathic Pharmacy	Brindha Naidu
Homoeopathic Pharmacy	Afreen Shaikh
Homoeopathic Pharmacy	Shweta Patel
Homoeopathic Pharmacy	Vini Nandu
Homoeopathic Pharmacy	Saarah Shaikh
Homoeopathic Pharmacy	Basim Bhoira
Homoeopathic Pharmacy	Divya Borana
Homoeopathic Pharmacy	Subham Mulky
Homoeopathic Pharmacy	Puja Mandhare
Homoeopathic Pharmacy	Shahida Siddiki
Homoeopathic Pharmacy	Arshi Siddique
Homoeopathic Pharmacy	Riya Tulsani
Homoeopathic Pharmacy	Rekha Jain
Homoeopathic Pharmacy	Ramsha Ansari
Homoeopathic Pharmacy	Sagar Doshi
Homoeopathic Pharmacy	Raziya Khan
Homoeopathic Pharmacy	Misba Shaikh



II BHMS - SUMMER 2021

1st Rank	Twinkle Lulla
2nd Rank	Raziya Khan
3rd Rank	Riya Tulsani



DISTINCTIONS

Pathology	Raziya Khan
FMT	Vini Nandu
FMT	Arshi Siddiqui
FMT	Twinkle Lulla
FMT	Raziya Khan
Materia Medica	Twinkle Lulla
Materia Medica	Riya Tulsani



CLASS OF ZEPHYRS



Afreen Shaikh



Arshi Siddique



Basim Bhoira



Brindha Naidu



Chaitali Taneja



Divya Borana



Misba Shaikh



Omkar Hegde



Priyal Bothra



Puja Mandhare



Ramsha Ansari



Raziya Khan



Rekha Jain



Riya Tulsani



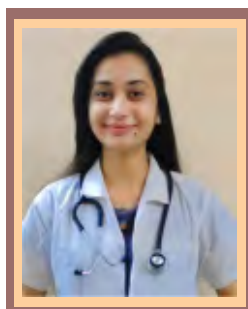
Saarah Shaikh



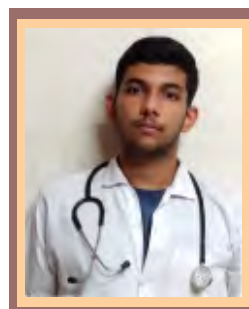
Sagar Doshi



Shahida Siddiki



Shweta Patel



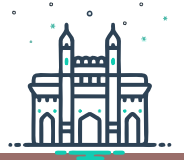
Subham Mulky



Twinkle Lulla



Vini Nandu



STARS OF TARANG

Rang do kulhad (Pottery Painting)	1st	Alisha D'abreo
	1st	Vini Nandu
The tale of 3 classes (Improv)	2nd	Afreen Shaikh, Shriya Kinariwala; Sakhi Ayarekar, Hetvi Shah, Riya Tulsani, Dakshata Rajani, Shweta Patel, Suhani Yadav
Fastest finger first (Cultural Quiz)	2nd	Sundaram Upadhyay, Hetvi Shah, Sagar Doshi, Shriya Kinariwala
Aao sune ek kahaani (Folk Spoof)	3rd	Shriya Kinariwala; Sakhi Ayarekar; Swapnil Sawant; Sachin Chavanake; Divya Borana; Divya Bhanushali; Dhanashree Divekar; Mala Chaurasia; Rishi Sawadkar; Akshay Patil; Lina Tayade
Folk Studio	1st	Aditi Shinde; Sakhi Ayarekar; Komal Vaishya; Mrinmayee Agnihotri
Rang Manch (Folk Dance)	3rd	Vini Nandu; Shweta Patel; Sakhi Ayarekar; Riya Tulsani; Mansi Moolya; Mrinmayee Agnihotri; Brindha Naidu; Komal Vaishya; Hitesha Shah; Puja Mandhare; Sanjivani Pardeshi, Sakshi Chache
Color shed (Rangoli)	3rd	Brindha Naidu, Shweta Patel; Vaishnavi Kanade, Divya Bhanushali
A pen is mightier... (Essay Competition)	1st	Riya Dhande
Janhit mai jaari (Street play)	2nd	Afreen Shaikh; Hetvi Shah; Mala Chaurasia; Rekha Jain; Divya Borana; Dhanashree Divekar; Divya Bhanushali; Sachin Chavanake; Rishi Sawadkar; Sujit Hake; Swapnil Sawant; Mushfira Shaikh
The whole CMP is watching (Rally And Speech)	3rd	Alisha D'abreo
Art and you in a flash (Photography)	1st	Suhani Yadav
	2nd	Devanshi Patel
Itihas gawah hai (Musical Drama)	3rd	Sakhi Ayarekar; Aditi Shinde; Rishi Sawadkar; Prashant Manikdurge; Shriya Kinariwala; Vini Nandu; Twinkle Lulla; Sakshi Chache
Battle of the best (Jugalbandi)	3rd	Tejas Tejankar; Tanmay Darda; Twinkle Lulla; Dimpy Shah; Chaitali Taneja; Dakshata Rajani
Table no. 21	2nd	Asmat Aghariya; Mushfira Shaikh; Gayatri Gharat; Saarah Shaikh
Chance pe dance (Hook step)	2nd	Alisha D'abreo; Dakshata Rajani; Shriya Kinariwala; Devanshi Patel; Helly Shah, Hitesha Shah, Divya Borana, Tanmay Darda, Dimpy Shah, Sundaram Upadhyay
Art and you in a flash (Photography)	1st	Devanshi Patel
	2nd	Tanmay Darda; Alisha D'abreo
	3rd	Suhani Yadav
Met Gala (Fashion show)	3rd	Chaitali Taneja; Tejas Tejankar; Alisha D'abreo; Divya Borana; Tanmay Darda; Helly Shah; Dakshata Rajani; Vats Jain; Dimpy Shah; Sachin Chavanake; Prashant Manikdurge; Akshay Patil
Shark Tank	2nd	Sagar Doshi; Shriya Kinariwala; Dakshata Rajani; Sakhi Ayarekar; Riya Tulsani
Shaam Shaandar	1st	PRIZE



ZEAL OF ZEPHYRS







EDITORIAL

Gallants ... 3 batches
Infinite memories 2 syllables
Hundred emotions 1st year
0 freshers party

We were the Covid batch. We carried buckets and balloons during online college and learned Anatomy practicals online-offline. Though we were present in college we were still learning muscles and bones online. During Physiology, we all would get saturated in mere seconds but the starch and dextrin solutions took forever to saturate; Pharmacy department would always remember us for breaking the alcoholmeter and the dumb charades we've played in the Anatomy lab is something that we would never forget.

Then we came in the second year. The number of subjects and the number of journals both increased and so did our masti. One lecture we would be talking about pani puri and vadapav and the next lecture we would be (fake) hanged to death. One lecture we would be motivated as hell and the next, we would get depressed.

Be it sharing badam shakes or selling cupcakes during masala cricket or while doing stunts and lifts while practicing for college week, we've always had each other's backs. We have supported each other and we would never let each other fall, both literally and metaphorically.

We've laughed and cried together all in one year.

Yes, we have already made infinite memories in just the span of one year. Be it garba sessions in the auditorium or be it singing, jamming sessions in the class during breaks or even staying till late in college during College week ... we have made infinite memories that fill not just our snapchats, but also our hearts. And we'll continue to do so in the upcoming years because some infinities are bigger than others.

'Gallants' is not just a name. It's a feeling, an emotion, a pride, a family.

Despite having a lack of experience, you could hear us roar. We gave our best without any fear and gave our seniors a run for their money.

United we stand, together we roar!!!

At the end,

Memories are all we have and memories are all we want ...



ACADEMIC ACES



I BHMS - WINTER 2021

1st Rank Ritika Gupta

2nd Rank Shreya Pathak

3rd Rank Riya Kheto

DISTINCTIONS

Anatomy	Ayesha Baig
Anatomy	Ritika Gupta
Anatomy	Fatema Karjatwala
Physiology Homoeopathic	Shreya Pathak
Pharmacy	Ritika Gupta
Homoeopathic Pharmacy	Krishna Tanna
Homoeopathic Pharmacy	Ayesha Baig
Homoeopathic Pharmacy	Rupa Mengji
Homoeopathic Pharmacy	Samiya Quereshi
Homoeopathic Pharmacy	Fatema Karjatwala
Homoeopathic Pharmacy	Sakshi Deo
Homoeopathic Pharmacy	Shreya Pathak
Homoeopathic Pharmacy	Shruti Kandula
Homoeopathic Pharmacy	Radha Thakur
Homoeopathic Pharmacy	Riya Kheto
Homoeopathic Pharmacy	Saba Shaik
Homoeopathic Pharmacy	Joan Vaz
Homoeopathic Pharmacy	Siddiqua Ansari
Homoeopathic Pharmacy	Janhavi Yadav
Homoeopathic Pharmacy	Dhruv Jain
Homoeopathic Pharmacy	Hashvi Nak
Homoeopathic Pharmacy	Nadia Rodrigues
Homoeopathic Pharmacy	Anjali Gunaware





ACADEMIC ACES



Anjali Gunaware



Ayesha Baig



Dhruv Jain



Fatema Karjatwala



Hashvi Naik



Janhvi Yadav



Joan Vaz



Krishna Tanna



Nadia Rodrigues



Radha Thakur



Ritika Gupta



Riya Kheto



Rupa Mengji



Saba Shaikh



Sakshi Deo



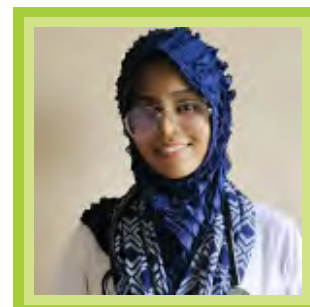
Samiya Qureshi



Shreya Pathak



Shruti Kandula



Siddiqua Ansari



STARS OF TARANG

Rang do kulhad (Pottery Painting)	2nd 3rd	Tushar Madhavi Bhagyashree Khatiya
The tale of 3 classes (Improv)	3rd	Dhiraj Surve; Harshid Gondhane; Joan Vaz; Mansi Nanda; Sachita Soni; Santoshi Gond; Sumit Kumar; Yash Kausatkar
Fastest finger first (Cultural Quiz)	2nd	Dhruv Jain; Kshitij Soni; Rajat Bhosle; Saba Shaikh; Sachita Soni
Aao sune ek kahaani (Folk Spoof)	1st	Bhounik Keni; Durgesh Rathod; Harshid Gondhane; Heena Khan; Jainam Shah; Santoshi Gond; Saqibul Siddiqui; Sumit Kumar; Sunnv Gala; Yash Kausatkar
Folk Studio	3rd	Abhishek Srivastava; Aditya Sampat; Rohit Bargode; Shrutika Tupe; Yash Kausatkar
Rang Manch (Folk Dance)	1st	Abhishek Srivastava; Bhagyashree Khatiya; Bhounik Keni; Ishwari Wankhade; Jainam Shah; Krishna Thakar; Kshitij Soni; Rajat Bhosle; Riya Kheto; Samiksha Kini; Tejaswi Sahane; Tushar Madhavi
Color shed (Rangoli)	2nd	Bhagyashree Khatiya; Riya Kheto
A pen is mightier... (Essay Competition)	2nd 3rd	Aiman Shaikh Siddiqua Ansari
Janhit mai jaari (Street play)	3rd	Dhruv Jain; Ishwari Wankhade; Krishna Thakar; Mansi Nanda; Naman Agrawal; Rajat Bhosle; Riya Kheto; Samiksha Kini; Shrutika Tupe; Tushar Madhavi
The whole CMP is watching (Rally And Speech)	2nd	Radha Thakur
Itihas gawah hai (Musical Drama of historic event)	1st	Abhishek Srivastava; Aditya Sampat; Arkam Shaikh Dhiraj Surve; Dhruv Jain; Heena Khan; Rohit Bargode; Shrutika Tupe; Sumit Kumar; Yash Kausatkar
Battle of the best (Jugalbandi)	1st	Abhishek Srivastava; Aditya Sampat; Arkam Shaikh Dhiraj Surve; Dhruv Jain; Heena Khan; Rohit Bargode; Shrutika Tupe; Sumit Kumar; Yash Kausatkar
Table no. 21	1st	Bhagyashree Khatiya; Saba Shaikh; Samiya Qureshi; Saqibul Siddiqui
Teri jhalak Asharfi (Make up)	1st	Dhruv Jain, Samiksha Kini; Sachita Soni, Abhishek Srivastava
Chance pe dance (Hook step)	3rd	Harshid Gondhane; Krishna Tanna; Ritika Gupta; Riya Kheto; Sachita Soni; Samiksha Kini; Shruti Goyal; Shruti Kandula; Tushar Madhavi; Zunaira Ansari
Met Gala (Fashion show)	2nd	Abhishek Srivastava; Arshie Tanwar; Aryan Sanas; Harshid Gondhane; Jainam Shah; Kshitij Soni; Naman Agrawal; Rajat Bhosle; Sachita Soni; Santoshi Gond; Shrutika Tupe; Zunaira Ansari
Shark Tank	3rd	Dhruv Jain; Ishwari Wankhade; Joan Vaz; Krishna Tanna; Saba Shaikh
Shaam Shaandar	2nd PRIZE	



GALLANTS IN ACTION





SPARTANS





EDITORIAL

To live by choice, not by chance
To be motivated, not manipulated
To make changes, not excuses
To excel, not compete.

With myriads of emotions going in our mind, butterflies in our stomach, heart beating at a rate so high, on 11th April 2022, we SPARTANS, entered the college trying to be meek yet anxious, leaving behind several thousands of our competitors is an inexpressible feeling. Introducing ourselves to our batchmates, orientation in class 2, message of our principal and HOD's, no ragging promise given by our seniors – everything that happened on that day is like.....as if it just happened yesterday.

*When we landed here,
So proud and happy,
Just didn't know then,
What was waiting for 'me'.*

*We started speaking of ourselves
Like showing resume for a job
Felt like promoting oneself
In the midst of a mob.*

*We are budding Doctors,
Was what we felt then,
But soon our glucose started rising,
When we studied Physio and Biochem.*

*Then came the dead-ly Anatomy
The boss of 1st year
The fun we had
The formalin and tear.*

*Then came Pharmacy experiments,
We medicated some sweet pills.
Lectures increased our excitement,
Because all other subjects made us ill.*

*Days passed by,
And now we are all friends,
Bunking lectures and sleeping in class,
Were few of the commonest trends.*

CMP has made us believe that we are in right place, a place where we belong

Through these months from disputes and debates, to support and care, we SPARTANS have already grown into a family ... We have much more to show, there is much more to prove!!!



AOTY - PERFORMER OF THE YEAR



Sakhi Ayarekar
Performer of the Year



Bilal Shaikh
Performer of the Year



Mansi Moolya
Athelete of the Year



Niyati Naik
Academic Excellence Award



Parinaz Marolia
SOTY 2021



Kinjal Pamecha
SOTY 2022



CULTURAL TROPHY - PHOENIX

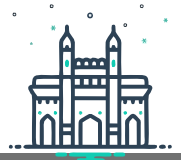




INTERCOLLEGE LAURELS - BEACON - MUHS







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- 4)USG GUIDED RADIO FREQUENCY TUMOR ABLATIONS
- 5)SCLEROTHERAPY FOR VARICOSE VEINS

DIAGNOSTIC FACILITIES :

- 1)ABDOMEN AND PELVIC ULTRASOUND
- 2)KUB ULTRASOUND
- 3)COLOR DOPPLER
- 4)MUSCULOSKELETAL ULTRASOUND
- 5)THYROID AND SONOMAMMOGRAPHY

DR.ALOK SINGHAI
RADIOLOGIST

DR.MAUNIL BHUTA
MD DNB FENI
INTERVENTIONAL RADIOLOGIST



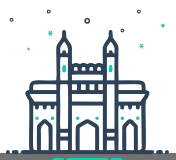
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- ▶ USG, Color Doppler, 3D-4D Sonography
- ▶ 2D-Echo, Stress Test (T.M.T.) ECG
- ▶ Intervention - BIOPSY, FNAC & Guided Procedures.
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Sagar and Dad

by Sagar Kale

#UrbanLifestyle

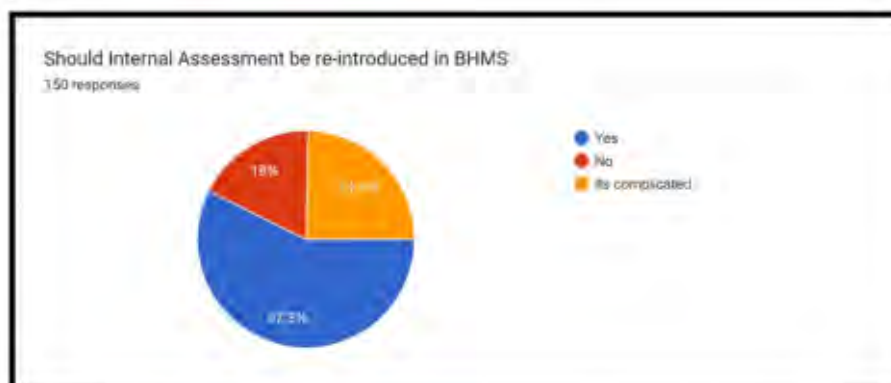
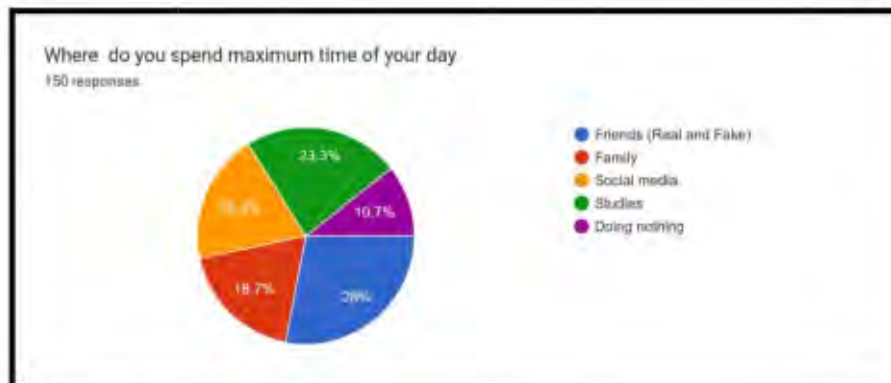


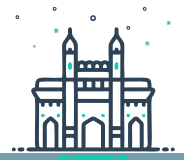
SAGAR KALE





URBAN LIFESTYLE SURVEY





MENTAL HEALTH ISSUES - AN ANALYSIS

Rajat Bhosle	Constant want of validation in some form or to please people in society without putting themselves first
Sangeeta Dhedhi	High expectations and self-doubt. Negativity is like a slow poisoning to your mental health, physical health and your soul too.
Khadija Malik	Life is so fast that people don't have time for their own; because of social media addiction, people don't have time for their own family. They have time to interact with one who is 1000 kms or more away from him - strangers.
Vats Jain	Higher the standard of living, higher the expenses, higher the hunger to earn, higher the stress/mental health issues
Vini Nandu	Expectations – City life demands us to earn more for a wealthy life resulting in uncontrolled stress, frustration and irritation. Also due to daily hustle of life, people have lost laughing out 'dil kholke' leading to stress.
Shreya Pathak	Loneliness and not able to connect with nature, cannot connect with oneself
Justina Samson	Competition of just being better than others; Going after satisfying people. Giving people the power for controlling your state of mind.
Mustafa Kharbe	Youngsters are involved in social media stuff which plays with their psyche badly - hey are trapped under materialistic things which are unaffordable
Ayesha Khatib	For working people - work hours and not having enough downtime. Lack of work life balance and the time for travel not being included in working hours. For students - academic pressure, competition along, unhealthy lifestyle.
Namrata Gokhale	Competition and comparisons
Rushikesh Sangave	Workload, lack of company, socialization, away from tradition and not listening to elderly's advice, etc
Rehmani Maryam	Having to maintain standards to 'fit in', having to be a part of cut-throat competitions in education. The mindset of always working to achieve something big, and not appreciating simple and little things that bring joy.
Safura Ghare	Lack of self-belief and relationship issues at earlier stages where they are not even prepared
Krishna Parekh	Low paying stressful jobs
Alisha D'abreo	City life is a fast-paced complexity - We need empathetic listeners!
Israa Junsani	Putting others first rather than putting our own selves - LOG KYA KAHENGE! Love yourself and accepting the way you are and just be happy and confident you can achieve anything you desire.
Dheerta Doshi	With the fast-paced life of the city, slowing down doesn't seem like an option. Slowing down just increases the backlog. It's easy to feel burned out which ends up being the root cause of mental health issues in city.
Mrinmayee Agnihotri	Now a days almost every family is nuclear with both parents working, so children feel unattended and lonely, leading to loneliness and depression.
Harita Waghela	Not being heard
Atharva Vyawahare	People have a false belief of maintaining the perfect pretentious image of themselves at the cost of their degrading self-image.
Janhavi Yadav	Lifestyle and lack of true friends with whom one can genuinely share their thoughts and problems
Dakshata Rajani	High stress levels; Excessive competition; Rat race; Wanting to "fit in" with the others; High cost of living; Not having enough time for oneself, family and friends
Shriya Kinariwala	Pseudo Awareness - everyone thinks that they are addressing the issues but the depth in understanding the mental state of oneself or the other is lacking.



JOURNEY OF MEDICINAL PLANTS



Dr. Parizad Damania

Humans have been close to their environment since beginning of life on earth and used the ingredients to obtain shelter, oxygen, food and medicine. Awareness and application of plants to prepare food and medicines have been realized through trial and error, observing how apes and other animals utilize plants, spiritual learning by ritual use of medicinal plants in religious ceremonies and meditation. Preserving the oral tradition, knowledge about plants was passed by traditional healers from generation to generation.

What followed next was investigating the activity of crude extracts and active principles, analyzing the chemical structure, synthesis and structural modification (standardization and evaluation) of drugs, hence the emergence of new era of healthcare system to treatment of diseases in the future.

Journey of medicinal plants dates back to one of the oldest science in countries such as India, China, Greece and Egypt. Scripts about medicinal plants date back to almost 5000 years ago in India (a Sumerian clay slab from Nagpur dating back to 5000 years ago was found.), China and Egypt and 2500 years in Greece and Central Asia.

Hippocrates the founder of Greek medicine and Aristotle, pupil of Hippocrates used medicinal plants for treatment of diseases. After



them Theophrates, a Greek scientist, founded the school of medicinal plants. Then, Pedanius Dioscorides(1st century AD), a Physician and Surgeon in the years 75-45 BC, wrote an encyclopedia, called De Materia Medica, to describe 600 therapeutic medicinal plants in the form of a series of scientific studies on medicinal plants.

Today, according to WHO more than 80% of world population relies more on traditional drugs mainly plants as main source of healthcare. The botanical wisdom accumulated by indigenous people has led to the establishment of the traditional systems of medicine including Chinese, Ayurvedic, Middle eastern, European, African and American.

Some important plants used are basil, ginger, neem, turmeric, aloe, fennel, chives, cilantro, apple mint thyme lemon balm sage, oregano. Home remedies used are turmeric, it has antibiotic properties and is used to heal cuts and wounds. Plants like black pepper, cinnamon, aloe, sandalwood, ginseng, red clover, burdock, bayberry and safflower are used to heal wounds sores, and boils. To reduce fever and the production of heat chiryata, black pepper, sandalwood, and safflower are recommended. Cardamom and coriander are renowned for their appetizing properties. Ginger and cloves are used in certain cough syrups, they are known for their expectorant property, which promotes the thinning and ejection of mucus from lungs trachea and bronchi. Eucalyptus, cardamom, wild cherry are also expectorants. For promoting good blood circulation plants like chamomile, calamus, basil, chrysanthemum, coriander fennel, peppermint spearmint, cinnamon, ginger and turmeric are used. Syzygium cumini is used worldwide against

cardiometabolic disorders which include anti hyperglycemic, hypolipemiant, anti-inflammatory, cardioprotective and anti-oxidant

activities. More than 30 cardiac glycosides have been isolated from dried foxglove leaves has been used for treatment of congestive heart failure for many decades. Rauwolfia serpentine, the snake root used traditionally to treat insomnia whilst the extracted alkaloid reserpine from rauwolfia roots is used for treatment of high blood pressure. Seeds of horse chestnut, Aesculus hippocastanum have long been used to treat venous disorders like varicose veins.

The recent discovery of anti-neoplastic drug Paclitaxel from Taxus brevifolia (pacific yew tree) stresses role of plants as a continual resource for treatment of medicine. They can dramatically improve, hard to treat illnesses, such as cancer and cardiovascular disease.

Medicinal plants have a hopeful future since they are about a million plants around the world, most of them have not yet been studied in medical practice hence current and future studies on medicinal activities can be effective in treating diseases.

As billions of people worldwide rely on medicinal plants for health and sustainability, we should do everything possible to preserve biodiversity of our plant ecosystem.

Dr. Parizad F. Damanica
Principal



MUTAGENI-CITY – THE URBAN ISSUES

To quote Dr. Manmohan Singh, ex-Prime Minister of India: 'Urbanization is the inevitable outcome of the processes of growth and the processes of modernization'.

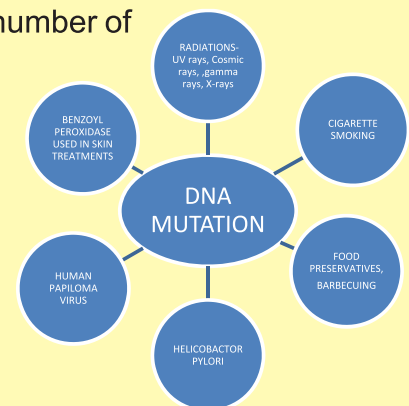
Urbanization is not merely expanding the area of cities, it is a complete change from rural to urban style in terms of industry structure, employment, living environment and social security. These ideas of urbanization have been realized very rapidly in the last two decades. Globally one has witnessed the burgeoning of not just cities but smart cities and the steady exodus of people wanting to occupy them in their quest for a good life.

But everything comes at a price. As has this indefinite growth which is demanding a price from each and every species on this planet. Let us explore how it impacts the very core of our being-i.e. at the level of 'Human Genes'.

Genes are the basic units of inheritance made up of DNA. Any change in the DNA sequence leads to mutation. Changes in even a single base pair can cause dramatic malfunctions. The effect of this can be catastrophic. Mutations can occur in somatic cells - expressed by various diseases in the individual or in germ cells - where the effect is transferred to the progeny and hence affects the next generation.

DNA in any cell can be altered by a number of factors (mutagens):

- Environmental factors
- Certain chemicals
- Spontaneous mutations
- Errors during replication



With urbanization and changing lifestyle, the interaction of DNA



with mutagens has increased.

“Every time you go out- you are putting your DNA in Danger.”

Too far-fetched? Not at all. Don't we all know about the protective ozone layer and its depletion caused due to man-made chemicals? The very chemicals used in air-conditioners, refrigerators, inhalers, cleaning of computers and electronics; all the appliances which are integral to urban life. Consequence? Harmful UV rays reach the earth and affect us in unimaginable ways; they can also induce a mutation in skin cells causing basal cell carcinoma. Genetic diseases such as diabetes mellitus and breast cancer find expression due to the urban lifestyle. As the saying goes - “Genes load the gun, life-style pulls the trigger”.

Urbanization has also seen women coming to the forefront - getting educated, having lucrative careers and earning their rightful place in society. But modern living has led to an increase in the maternal age which in turn can cause many numerical and structural chromosomal aberrations leading to changes in gene sequence. We find that there is higher incidence of genetic diseases like- Down syndrome, Cri-do-Chat etc.

We all know the idiom-every dark cloud has a silver lining. Is there a silver lining to all this? Yes of course!

Mutation is the Engine of Evolution. Not every mutation has an undesired or unpleasant outcome. Some can even be beneficial. The most dramatic effects of mutation relate to its role in Evolution. Indeed, without mutation evolution would not be possible. Because mutation provides the raw material upon which mechanisms of natural selection can act. The mutations furnish individual organisms with

characteristics better adapted to changing environmental conditions. These are passed on to off-springs i.e. the next generation thereby influencing the future of the species.

Urbanization has provided better opportunities to researchers for the development of preventive and curative measures of various life-threatening diseases. The very genes which can be irrevocably damaged can also be beneficially altered. Paving the way for designer genes? Who knows? Possibilities are endless! Genetic engineering and gene therapy have shown tremendous potential in the field of medicine. Paradoxically; as the diseases have increased so have the cures. World over, people are living longer and better lives.

As women look to shatter the glass ceiling, the technique of Egg freezing allows them the choice/chance to pursue their dreams before they take on the responsibility of motherhood. Intermingling of people from diverse cultures has led to inter-community, inter- caste and even inter-nationality marriages. This is indeed a huge advantage for it widens the gene pool with progeny having a better selection of genes.

Charles Darwin wrote in his book 'The origin of Species'- “It is not the strongest of the species that survives, nor the most intelligent. The species that survives is the one that is most adaptable to change.”

So let us not demonize urbanization but embrace it with all its pros and cons, because we as humans have the CapaCity and the TenaCity to tide over any AdverCity.

**DR. SONAL KOTHARI
DR. SHIVANI SURVE
DR. ANUJA SHETH**

Department of Anatomy



"WHAT HAPPENS IN US IS MORE IMPORTANT THAN WHAT HAPPENS TO US!"
- SUMIT GOEL

THE BURNOUT SYNDROME

Setbacks of Urban Lifestyle

Dr. Sumit Goel

Being challenged in life is inevitable, being defeated is optional.

As I look back on my life, I realize that every time I thought I was being rejected from something good, I was actually being re-directed to something better.

Breakdowns can create breakthroughs!

I motivated myself. I tried.

I tried. I failed.

I failed. I am a failure

How do I motivate myself again?

What if I fail again?

I have no motivation to re-try.

I have no energy to re-try.

I fear to try again.

I don't know why I failed.

I don't know how to try again.

In the stress of urban lifestyle, we all experience setbacks, breakdowns and relapses in our life journeys. All of us experience them at some point in life. How we handle our setbacks, determines our journey of life. Some of us have the strength to just pick up the pieces and move on. Others find it difficult to let go. Facing setbacks, breakdowns and relapses, we all experience frustration, hopelessness, sadness, disappointment or anger. Each one of us deals with it differently. Some choose denial, some anger, some grieve and some just decide to run away.

Not all of us are empowered or motivated to bring about a change in our lives. Those of us who get inspired and motivated ... try. Setbacks set us back. The biggest problem with a setback is that

it requires more than the previous level of motivation to try again. We tried with a certain level of motivation, but could not succeed. Next time, it requires more self-convincing, more motivation, more efforts, more self-limiting beliefs to unshackle, more doubts and questions to overcome, more emotions to work on ... to be able to get back on to our journey of life. And it gets more and more difficult, every time we hit a roadblock. We get tired of even trying. We burn out. Till a time, when setbacks become the story of our life.

While setbacks and obstacles can derail us, they also are opportunities to look at our life from a different perspective. Many breakthroughs were achieved after people took a risk, hit a roadblock, regrouped and moved forward.

The different types of hurdles

- Setbacks are usually relatively minor hiccups. They are like speed-breakers, in that they do not actually stop us. They just slow us down.
- Relapses are a deterioration after a period of success. It is returning to the previous state of being after a period of change and transformation.
- Roadblocks are obstacles that do a little bit more than just slow us down. They actually make us get 'stuck'.
- Breakdowns are a failure to function, a failure to progress or have effect, a collapse.
- Defeats conveys the feeling of 'being beaten', feeling demoralized and overcome by



adversity. It is the mother of all setbacks and roadblocks.

When face to face with a hurdle, we blame. Blame the situation, blame people, blame destiny, blame God, and even blame our own self. Another response to a setback or defeat is anger. Anger, because we feel frustrated and sad, because we have let ourself down, because we are not quite where we wanted to be at this point in our life. It is how we react, that we are actually hurting ourself.

SET-BACK TO STEP-UP ... the 16 step formula

1. Acknowledge it
2. Eliminate blame
3. Take time
4. Experience the emotions
5. Accept reality
6. Shift the perspective:
Normalize – Reprioritize - Reframe
7. Move from “no” to “not yet”
8. Stay in the Present
9. Take a break
10. Clarify what the goal was
11. Clarify the outcome
12. List the things that were
correct and those that went wrong
13. Divide the list in 2
14. Flush out the list of things we
cannot change
15. Make an action plan
16. Take action

“

Fear of failure generates a vicious cycle that creates what is most feared.”

Is this how we want to live the rest of our life?

A child who is learning to stand and walk, falls down, cries and then tries.

He falls down again. But this time the effort was more than the first attempt. He tries again and again. And step by step, the baby steps propel the child to push forward the goal. To run. The child took time, took efforts, but cried and tried. Does the child call it a setback, a breakdown or a defeat?

It is important to be child-like sometimes, stubborn enough to not give up and keep demanding more from self!

We live in an **instant** world. We are an impatient generation. We believe that there is a quick fix for everything – A pill for every **ill!** **But the pill** does not address the cause or the genesis of the **ill**.

If nothing changes, nothing changes.

It takes an entire life to get into the mess we are in. Give yourself some time to get out of it. We actually need the ups and downs in life. The ups remind us where we want to go, and the downs push us to get there. Over time, ups continue to get higher and lows aren't quite as low.”

Dr. Sumit Goel
Motivational Author

“I Wanna Grow Up Once Again”





Dr. Vidya Arunachalam



Urbanisation is a sight to behold with its fast-paced movement and flurry of colours. The intense variety of stimuli can be both exciting and overwhelming.

Mankind has surprised itself with the momentum of forward movement it has made in this past century. We have come a long way from scavenging for food, toiling for a few coins and praying to the Gods for shelter. The theme of the moment is to be bigger, better, faster.

The benefits have been monumental. We have, as a race, evolved from surviving to thriving. Produce is plentiful. Data is easy to come by. Societal norms have relaxed and become more inclusive. Entertainment is a standard and no longer a luxury. The changes in the external environment have brought about so many in the internal environment too. The modern Homoeopath now faces the challenge of conceptualising an old Materia Medica with the new presentations.

An area where Materia Medica is seeing a shift is in paediatric prescriptions. With an increase in stimulation at a physical (vibrant colours, catchy music) and an intellectual level (increased syllabi in schools) we are noticing a generation of children who have hyperaware senses. This has led to children developing a rapid rate, perhaps at a pace even they are unable to cope with.

They are very sharp and process things quickly but are often distracted and face difficulties concentrating. They show symptoms of exaggerated physical energy and are paving way to multiple diagnoses of ADHD, Tics,

Tourettes etc. Miasmatically we are seeing a definite shift towards the Tubercular miasm and with the need for a different set of drugs.

The spider group has started to come in handy with children becoming more colourful and active. These little performers are joyous and high energy- often too much for their parents. This energy often precipitates in them being destructive and a little too distracted. When this energy fails to be channelized, despite of their extracurricular endeavours, these children precipitate with tics and in rare cases epilepsy.

Children are also becoming incredibly self-aware. With the onslaught of social media consciousness steeping in, they veer towards thinking they deserve to be selfish (Platina), becoming politically proper (Carcinosin) or paranoid by the many evils of the world (Arsenic).

In the adult life, the changing perspective of masculinity and femininity is most apparent.

With the human ideologies shifting the expressions and behaviours are morphing too. No longer are the politically correct Lycopodiums the gruff, macho and dogmatic men of the yore but are now presenting more as sensitive metrosexuals, in touch with their feminine to match the newer understanding of what it is to be a "Man".

Carefulness. "A peculiar strain of conservatism and slowness runs through all shades of Lyc. personalities. It is the caution of a person who has learned to rely not on physical strength and impulsiveness but upon the slower pace of deliberation and careful scrutiny. [Conscientious even about trifles.]

They are shifting their behaviour to be more inclusive, politically correct and socially sensitive. You see them improving their grooming regimen to include mani-pedis and are

using more feminine colours like lavender and peach in their wardrobe.

Likewise, Sepia is no longer a beaten down, frustrated housewife of the yesteryears. She has shifted from being caged by her domestic responsibility to becoming a powerful all rounder.

The symptoms of mental and emotional stasis are no longer stemming from unfulfilled expectations but from deliberate honing of her intellectual and emotional capacities to become well rounded and balanced individuals. She does still enjoy her dancing though. She is slowly shifting from her aversion to men and sex into enjoying their company

"Sepia is naturally very feminine, but her femininity is of a special kind, being intuitive, and sensitive to life and the body. She represents one pole of Womanhood, whereas Pulsatilla represents the other, more nurturing, passive pole. It is when Sepia is pressured by her upbringing and her society to deny her own form of femininity that she becomes aggressive, and ultimately may come to hate men." Bailey

With modern concepts attempting to equalise genders, the conflicts of former years are slowly dissipating.

There is also an exchange of conventional remedies: we are getting to see more prescriptions of Pulsatilla and sepia for men, where as a large number of Lycopodium and Nux Vomica for women.

Towards the later years, the nuclearization of families is bringing about some distress to the elderly. No longer can they count on the stability of having family members around. Financially, many of them are finding themselves in need and living very frugal lives. This brings about deep insecurity and a sense of being poor. Many of the

elderly are shifting into a phase of "Calcarea Fluorica" where they need to be miserly and worry about expenditure despite working hard throughout their lives. Their constriction and worry often precipitating into thickening of their blood vessels and forming of hardened tumours.

The effects of ageing on their health often lead them to have anxiety. This superadded with the lack physical presence of their family often precipitates in severe anxiety, leading to prescriptions like Calcarea Arsenicosa and Gelsemium or even just Arsenic.

The emotional loneliness has also taken its toll. With their children occupied in their own lives, or shifting to different countries, elderly parents are prone to sadness stemming from lack of love. Added to that, a lot of the younger generation choose not to have their own progeny. This deprives the old ones from the joy of being grandparents. A lot of prescriptions of Acid Phosphoricum (physical prostration and paralysis coming from chronic grief) and Aurum Metallicum (A/F failure to fulfil responsibility e.g. teaching children to take care of their elders; leading to depression).

Overall, modernization has proven that it has solved so many issues of the past but has brought with it, its own imps. The learning for all us would be to nurture a secure inner environment that holds steady in any circumstance. This will allow us to embrace and enjoy newness without the fear of losing ourselves to its charm. The body and mind are indeed your Temples and must be tended with care and love.

Dr. Vidya Arunachalam

Department of Homoeopathic Materia Medica





URBANIZATION AND MIASMS

A disease is no absolute physical entity but a complex intellectual construct, an amalgam of biological state and social definition.- Charles Rosenberg, 1962

Over half of the world's population lives in urban areas and the urban population is increasing by about 2% annually. Over the next three decades, more than two billion people are expected to be added to urban populations. A significant proportion of these will be living in informal or slum settlements. Urbanization presents itself with lots of opportunities and risks, as well as enormous challenges for maintaining and improving human health and wellbeing.

Urban areas are extremely complex environments in which a large number of environmental, social, cultural and economic factors have an impact on individual and population health and wellbeing.

Many organizations such as World Health Organization and others have suggested that time has come to employ new approaches in managing cities, enhancing healthy urbanization, and addressing major health challenges, focusing more on understanding

causes and prevention than on medical intervention and treatment.

Dr. Hahnemann was much ahead of all the contemporary policy makers. He has mentioned in his writings in Organon of Medicine and Chronic diseases about understanding and addressing the cause of disease in curing both acute and chronic diseases. According to him, miasms, being the sole cause of chronic diseases can lie latent and dormant in the human being for years together, but can be triggered into activity by an acute disease or any stressors in the environment. Then to cure or palliate the chronic disease we need to understand the miasm and take care of it by prescribing the indicated Anti-miasmatic remedy.

Urbanization affects human health in several ways, from dietary patterns to the physical environment. The concentration of people in urban areas, with a multitude of economic activity including industrial production and extensive transportation, contributes to air pollution, which is a major health hazard.

Although urbanization allows more accessibility to health services, it also creates health hazards. In poor parts of the cities, health problems include inadequate water and sanitation, limited or no waste disposal and poor air quality, as well as crowded living conditions and general poverty. In such urban areas the air, land and water are often contaminated, spreading disease. In cities in the more affluent parts of the world, health hazards resulting from urbanization are mainly connected to air pollution, as well as

crime, traffic and lifestyle.

Some problems connected to the urban physical environment affect virtually everyone, particularly air pollution. The burning of fossil fuels from transportation, industry and energy production is the main culprit regarding outdoor urban air pollution. Another health hazard common in, but not exclusive to, the cities is connected to lifestyle and consumption patterns, including dietary changes and obesity.

In an urbanized setup, man is exposed to different stressors from the environment. They are physical, emotional, chemical, biological, socio-cultural, religious, spiritual, and economic-political objects. These stressors may be the causative modalities or the maintaining causes or the modifiers of the miasm in man.

Thus, whenever the constitution is exposed to these stressors, the miasm in man gets activated and response is generated depending upon the predominant miasm. This phase, we recognize as the phase of the disease.

Each of the chronic miasms has its characteristic signs that are an integral part of the disease and its totality of the symptoms. For example, Psora tends to produce irritation, inflammation, and hypersensitivity; Sycosis infiltrations, indurations, and overgrowth. Pseudopsora tends toward tubercles, fibrosis, and suppuration; Syphilis tends toward destruction, granulation, degeneration, and ulceration. The miasm are present in the very symptomatology of the patient. The syndromes produced by

the miasms point to the fundamental cause even if it cannot be traced in the case taking to specific etiologic factors.

Urbanization offers the lure of better employment, education, health care, and culture; and they contribute a lot to national economies. However, rapid, unplanned and unsustainable patterns of urbanization are making cities focal points for many emerging environment and health hazards and are responsible for a lot of chronic diseases as well as acute diseases in man.

As homeopathic healthcare providers, we need to understand the effects of urbanization on the human economy and how it activates the miasm in order to successfully manage the diseases arising out of it with homeopathic medicines.

DR. PRABHAKAR DEVADIGA
DR. NIMISH MEHTA
DR. JAYESH DHINGREJA
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Department of Organon of Medicine
and Homoeopathic Philosophy





URBANIZATION PATHOLOGY

IMPACT OF URBANIZATION ON LIFESTYLE DISEASES

Urbanization refers to the population shift from rural to urban areas in pursuit of better employment, opportunities, education, lifestyle, comfort etc. It is associated with many challenges leading to a load on the lifestyle like sleep timings and quality, diet and nutrition. People tend to spend most of their time at work and commuting to and from work.

Urbanization demands a fast lifestyle, which prevents them from being in touch with their families, friends, spending time with nature, pets, hobbies or even preparing healthy meals for themselves. It is observed that most people sleep late and have a disturbed sleep cycle along with poor dietary choices with easy availability of more and more packaged and fast-food choices leading to endocrinal disturbances like PCOS, Hypothyroidism, Diabetes, Hypertension, COPDs, Acid Peptic Disorders, IHDs, Cancers and obesity. To combat with the competitive markets and high cost of living people take up multiple jobs. To cope with sedentary lifestyles, irregular diets, long commute hours and daily work/family stressors there is an increase in intake of caffeinated drinks, alcohol/smoking/drug addictions, social media/mobile/gaming addictions and further disturbances in the lifestyle.

One should learn to create a healthy work life balance, stay away from addictions and maintain a disciplined lifestyle to have time for recreation and healthy habits. Maintenance of basic hygiene is important to avoid communicable diseases in the over-crowded places. Try and include meditative practices, yoga and exercise schedule to ensure better health and better productivity. Prevention is better than cure, so it is also advisable to keep doing routine check-ups. AYUSH system of medicine has been proven to be the best option for prevention of many diseases. Homeopathy along with nutrition management and yoga has been accepted by people all over the globe for management of lifestyle diseases.

Reduction of Carbon foot print, keeping the needs minimum is the key to healthier urbanization.

DR. PRACHI BEDEKAR
DR. PRACHI BHANUSHALI
Department of Pathology





MY LETTER TO GOD

They say marriages are made in heaven.
It's only that we fall in love when on earth.
When knots we tied in heaven,
Why do we love someone else after our birth?

Why do we fall in love,
When we don't know if we'll marry or not?
Why can't the heaven then change,
It's a rule to turn that love into a firm marriage
knot?

Why are our lives governed by destiny?
If so, why do we fall in love,
If marriage is not to be?

Why is it that the heaven's knot and our love,
Are they never the same which makes us cry
and bow?

Why do we when in love,
Wait for luck and fate?
Love is GOD's gift, then why
In any case do we see all closed gates?

Oh Lord! Up there, why do you
Play such a game with our heart?
First you make two unknown persons come
together,
Then make them fall in love, then why apart?

Emotions are gifted, by you only,
That's why over our past we repent.
Feel you were unfair with us,
And we are your unloved children sent.

Then to console us you'll give us the best life
mate.

But then what about our past memories
Then we feel, why did you make us meet that
one,
Or in helping to meet this one was you late?

Oh Lord! Parting makes the heart to ache,
Tears are permanent gift in life then, and no
one happy of the two.
Missing and memories make their home with
us then,
I fear for such to happen,
Oh Lord! Let me not be in those few.

Oh Lord! Why do you make
Such tricky situation come in anyone's life
Please make me fall in love with the one,
Who's heavenly decided and with you blessing
Tie the knot and bless me to be forever his
only wife.

If it happens so that I fall in love,
And my love is not accepted for the knot.
I'll beg to you, to change the rules and destiny.
And make him mine, but please
Don't break my heart after my first love's
lesson is taught.

Aching heart with memories and pricking
absence

Is a real pain to go through.
If it happens and I lose my love.
I'll feel it's a punishment to me by you,
And I was never amongst your loved children,
And that probably for any of my mistakes
You have never forgiven me too..

DR. TARUL JADHAV

An Excerpt from her new book
'My Meshed up Love Story'





A Letter

A Letter

Amidst of the noise

I buried the pain of silence ...

Amidst of all the choice

I chose pretense!

Amidst of the hassle

I binged to avoid mess inside my head ...

Amidst of all emotional baffle

Numbness was what I opted instead!

Amidst of the routine

I don't fail to bring you back in memory...

I wondered about wrinkled skin

I would get with you in my life story!

Amidst of bottling all of it up

Ended with devastating myself ...

I am so not sure -will it interrupt

When you find me enveloped in your
bookshelf!



Chronically Incurable!

We are the generation ...

Who use music to heal the wounds.

Relating ever single word they mention...

Matching the heartbeat with background
sounds.

We are that generation.....

Who depends on rupee, yen and pounds..

Working hard till our cremation...

Buying every material...selling our body as if it's
worth pounds!

We are that generation.....

Who post stories of togetherness we found..

Forgetting the present moments of
appreciation..

God knows what stays with you now....you feel
alone all around!

We are that new bee generation.....

Emotions don't matter...its how presentable you
are to astound!

Raising the bar sky high of sophistication.....

I guess, personification of glamorous outfits with
the pretty necklaces will roam around.!!

We are the generation....

Most chronically incurable, to be bound

Warmth is only felt in novels, stories and fiction...

Not a single person can you turn to, with this bulk
of mortals around.!!!

VIJETA TIWARI
Xanthrone



SAYLEE DESHMUKH SHARE AND NIYATI NAIK SHARE

City Life: A Warm Hustle

From tapri wali chai to tea latte
 From classic eateries to cute insta-worthy cafès
 From tram trucks to uber cool cabs
 Urbanisation has progressed as fast as the life in the city.
 We are so used to the pace of the urban lifestyle
 That we find exasperation as well as tranquility in the same
 For us city dwellers, the rush in the local trains is as comforting as pleasing it is to be at the marine drive with our closest.
 From the warmth of the first rain to the scorching heat of May
 The hustle in the city never stops what come may.
 The entire city is what we call our home
 It is not only the lifestyle but also the people who we call our own.
 The trends in the city keep changing so fast
 But the opportunities that the city gives are sea-like vast.
 The hustle here makes us a better person,
 The city-life is definitely the crème de la crème in my opinion.

SAYLEE DESHMUKH
Millennials



Could you take a moment?

Amidst the busy streets where everyone is in a hurry to run,
 Just how fast the night changes as time waits for none,
 Could you take a moment to pause?
 Walking through the noisy traffic and construction sites,
 Talking through boisterous parties going on for nights,
 Could you take a moment to listen?
 Among the dazzling citylights and flashy lifestyle,
 Where people cannot have eye contact even for a while,
 Could you take a moment to appreciate?
 Struggling, surviving, stretching upto all your strengths,
 Having to choose hustle over serenity and health,
 Could you take a moment to smile?
 While waking up to a new battle everyday,
 Chasing your dreams and then feeling you've lost your way,
 Could you take a moment to feel alive?
 Could you take a moment to read this and feel,
 Are you listening to your heart and trying to heal?

NIYATI NAIK
Millennials



CHINTAN AND DAKSHATA DESCRIBE

Materia In Verse

I am Arsenic I want to be clean.
I am Bryonia, I'm just lazy don't think I'm mean.
I am Calcarea, I need some security.
I am Dulcamara I don't want dampness, give me purity.
I am Euphrasia I need a hanky to clean my eyes and nose.
I am Fluoric acid, I want to roam around free, don't force
I am Gelsemium, I am feeling so dizzy and drowsy.
I am Hyocyamus I am shameless and lousy.
I am Ipecacuanha I just wanna puke.
I am Justicia soothe my cough, everything I took.
I am Kali Carb, I have bad back pain.
I am Lachesis, you can't stop me from talking, your efforts are in vain.
I am Mancinella I'm sad and silent.
I am Natrum Muriaticum don't give me sympathy it makes me violent.
I am Opium, I have so much constipation.
I am Phosphorus, I want colours and celebration.
I am Quillaya, I can't stop sneezing.
I am Rhus tox, my joints are pleading.
I am Sulphur, I'm burning inside brightly.
I am Tarantula I just can't sit quietly.
I am Urtica, I have bad rashes.
I am Veratrum album, I'm so weak I feel like ashes.
I am Wyethia, Please cure my throat.
I am Xerophyllum I'm so dull, I feel like a goat.
I am Yucca, my stomach is not well.
I am Zincum I have so much fag, my life has become hell.



CHINTAN CHAWDA
Phoenix

Cities, a ray of hope?

Making my way through the heap of cartons,
I heard the raindrops pelting through my window,
“Come on, it's time to leave” my mother whispered,
I left the city with a heavy heart and sorrow.

The desert city with fertile fortunes of Muscat,
The never-ending days and nights of Bombay,
The childhood filled with love and light of Ahmedabad,
The place I call home with vibrance of Pune.

Nurturing my heart and rebuilding my home,
In every city from time to time,
The different essence yet the same spirit,
Has been an exhilarating journey to revive.

The endless opportunities in these times,
Racing through my inevitable chores,
Observing the hardworking souls with a ray of hope,
Is this our only life's force?

DAKSHATA RAJANI
Zephyrs





SHRIYA KINARIWALA EXPRESSES ...

I Go....

With the strength of Ferrum Met
And the guidance of Strontium Carb;

With the determination of Platina
And the responsibility of Aurum;

With the fun of Phosphorus
And the warmth of Chocolate;

With the energy of Coffea
And the vulnerability of Pulsatilla;

With the peace of Opium
And the cluelessness of Hydrogen...

I Go...

I go Diving into the depths of humanity...
Till eternity and beyond ...

I Go...



Wilderness to Civility

From the green lands to the grey roads

From the whirling wind to the roaring engine

From the tiny bird to the magnificent plane

From the giant banyan to the bonsai in my
garden

From the magical fireflies to the inventional
torches

From the calmness of the forest to the noise of
the city

From the rocky cave to the comfy bed

From the almighty sun to the illuminating bulb

From the pyramid to the skyscraper

I admire every bit,
Every proton and electron that conjugated
together to make this world that I call home ...

SHRIYA KINARIWALA

Zephyrs





CHASING DREAMS

'Dreams' are the things with magnets, for what it's worth
Makes the driven emigrate to the brightest corners of the earth.

With paranoia on their feet and hopes of a life devoid of pity,
They see the rosy picture unaware of the dark reality.
Perhaps it's the charm that the city lights lure,
That despite the lack of awareness and council they leave
the starry skies obscure.

From picking up odd jobs irrespective of its legality to
adjusting with below average standards of living,
Down the rabbit hole of poverty and substance abuse the
inexperienced keep falling.

The sober are labelled teetotallers, strippers casually cruel,
For selling their body to men and soul to the devil.
They are controlled and looked down on due to lack of
experience in a metropolitan city,
Falling prey to dejection, depression and collapse of faith
merely looking for an identity.

Trials, hassles, risks and competitions,
This is but the scheme of industrialisation,
And yet 'urban cities are concrete perditions,
Where dreams are made up' is a widespread perception.

Nonetheless, if you're a dreamer, a hope-er or a magic
bean buyer,
Holding eyes with a fervent desire,
Like a phoenix from the ashes you shall rise higher,
That's the magic the city lights harbour.

There's certainly something about the city lights that makes
sleep futile,

All the struggle had been leading to a beautiful chapter all
this time,
And oh how wonderful it is, to live
and not just survive,
Perhaps better than living with
ignorance, blissful and not so
labyrinthine.



SANIYA FATIMA
Gallants





DHRUV AND ROHIT'S CITY LIFE

City Never Sleeps

Red, Yellow, Green lights lined up neatly at the foot of streets.

When the evening begins to spread the night like a flash of jewellery from a distance.

On the recliner beneath the trees fluttering and dancing in breeze.

Beautiful movements of the wave like never before!

Continuous as the stars that shine and twinkle on the milky way.

The atmosphere of drinking tea and coffee with snacks from the balcony with a beautiful view.

Friendly people.

Soothing music.

The atmosphere is what makes you dance!

With every morning rush hour traffic,

People are all around,

People dining in cafes,

Cinemas split their sides,

Fat office blocks got stuffed with light

And gloated over the empty parking lots.

“CITY NEVER SLEEPS”

DHRUV JAIN

Gallants



Rohit Bargode



FEELINGS AND EXPERIENCES OF MANSI AND MASOOMA

Feelings

For 18 years, I've been oblivious,
 Oblivious to what I had been missing
 And what I had been wishing,
 For 18 years,
 I've unknowingly craved for this,
 This feeling of belonging
 To a place like no other,
 Where I didn't want to go by sooner.

It's weird
 How I've felt in 10 days
 A feeling I never had till now
 All these new people
 Make me at home like never before
 These new friends feel like family
 It's like I've opened a whole new door
 And it took me to a different world
 Where we are all Making memories
 That will stay with me forevermore



MANSI NANDA

Gallants

Local Trouble

Misfortune in local train,
 Miss my station in vain.
 Met strangers; shared smiles,
 Though both have different paths, different
 miles.
 Different faces, different story,
 Some sorry, some full of glory.
 Life is busy; full of traffic's horn,
 Still have time for Juhu's corn.
 Training, vaining, gaining; Yes, we slay!!!
 That's how we live our urban day.



MASOOMA KHAN

Gallants





FROM THE PEN OF AYESHA KHATIB

Living in the City

A beautiful world today I saw,
A dog being poked,
By a bird's claw.
A festival of joy
Having all the colours and lights
And prettily dressed girls and boys
Flying their showy, pretty kites.

Noticed people reading books,
While waiting for the train.
And then erroneously I took,
A wrong turn in my lane.
Everything looked dark,
Nothing seemed the same.
A world so stark,
I felt a sense of shame.

Streets lined with children,
Who had no place to stay.
Thieves on the run,
Depressed drunkards in alleys.
And people die of hunger,
I got to know that day.
Sites I'd gazed with wonder at
Appeared as mocking displays.

Why is one part black, the other white?
Is balance necessary for a perfect life?
Is beauty an illusion,
That we are forced to see,
To make living bearable
Is it a way for us to flee?

AYESHA KHATIB
Spartans





Chaos of the city

In the chaos of the city,
You made me feel wanted or important

In the chaos of the city
You made me feel safe and warm

In the chaos of the city
When everyone was leaving
You were the one who waited for me.

In the chaos of the city,
When I felt so worthless,
You tried to heal my wounded soul.

In the chaos of the city
Where everything was just so dark
You made me happy

In the chaos of the city
Where I hated myself
But surprisingly loved the girl I was with
you.

The chaos of the city indeed taught me
many things,
It taught me that finally you were the one I
had always dreamt of.

DEVASHREE TAMBE
Spartans





Gratitude



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On my honor I swear that

I shall practice the teachings of Homeopathy, perform my duty,
render justice to my patients and help the sick
whosoever comes to me for treatment.

May the teaching of master Hahnemann Inspire me and
may I have the strength for fulfilment of my mission.



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