



CMPH NOW

& forever.....

SMT. CHANDABEN MOHANBHAI PATEL
HOMEOPATHIC MEDICAL COLLEGE, MUMBAI

A Newsletter from Smt. Chandaben Mohanbhai Patel Homeopathic Medical College, Mumbai.

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JANUARY—MARCH 2023

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FROM THE DESK OF DR. SHIVANI SURVE,
ASST PROF, DEPT OF ANATOMY

As we bid adieu to 2022 and welcome 2023, we look forward in hope and anticipation of what will unfold. With the pandemic behind us, we move ahead with the lessons learned, ready to take up challenges in store especially in the field of medical education and healthcare.

'Change is the only constant without which progress is not possible'. In the last few years technology has taken the world by storm, springing new surprises every day. Let us not overlook the biggest technological revolution gifted to us by 2022 i.e. ChatGPT—the chatbot that has even the mighty Google rattled. It has become imperative for us as academicians, educationists and healthcare providers to not just be well versed with but to be a step or two ahead of such AI Interfaces so that we don't get obsolete.

NCH has recognized the need for future homeopaths to be prepared to meet these challenges head on and hence it has introduced a new competency based curriculum to be implemented with immediate effect. The new CBDC promises Holistic and integrated approach towards education, focuses on skill development, multidisciplinary learning and promotes creativity and critical thinking. This much required modification in teaching-learning methodology will definitely benefit the current techno-savvy generation.

The teaching faculty of our Institution has geared up for this change and the challenges it brings. I am certain that the enthusiastic teachers of CMPHMC with their experience and passion will make this vision of NCH a reality. The department of Anatomy has been witness to many a change and has always put in sincere efforts to maintain its standard and standing as we believe that excellence is not an act but a habit. We see the new curriculum as an opportunity to be a small yet significant part of this metamorphosis.

"Yat bhavo tat bhavati" - what you believe; so you become. Let us trust the change, embrace the challenges, enjoy the process of learning new techniques and Believe that only the best awaits us.

REPUBLIC DAY

Republic Day was celebrated with great fervour on 26th January, 2023. Flag hoisting was done by the Principal, **Dr. Parizad Damania**.

An event was held in auditorium where students performed songs and dances representing the culture of India. **Dr. Parizad Damania** addressed the gathering and spoke about the importance of being a republic nation.



NATIONAL VOTER'S DAY

To celebrate National Voter's day on 25th January, 2023 the council organised a Digital poster making competition. The winners Dev Sondagar, Saniya Fatima and Gayatri Gharat were awarded certificates. Our Principal **Dr. Parizad Damania** reiterated that it is every individuals' right and duty to vote and students took the pledge to exercise their right as voters.



PRINCIPALS' MEET

NCH introduced the new BHMS 2022 regulation via the gazette in December 2022 applicable for 2022 admissions. There were changes in the curriculum at various levels. Hence an All India Principal's meet for orientation and interaction was held in Bhopal on 24th and 25th January, 2023. It was attended by our Principal **Dr. Parizad Damania**.



Results—Batch – WINTER 2022

II BHMS	83%
III BHMS	46.15%
IV BHMS	91.86%

CMP Shines.....

Saima Shaikh was awarded the Gold medal at MUHS, Nashik on 13th January 2023 for securing highest marks in Organon of Medicine and Philosophy at the Final Year university exam.



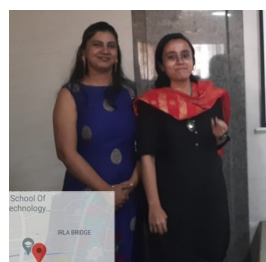
Foundation Course

The foundation course, prescribed by the National Commission of Homeopathy for I BHMS students was conducted from 20th February 2023 to 2nd March 2023, over a duration of 60 hours in 10 days. The sessions were conducted by **22 staff members from the faculty and also some guest speakers.**

At the outset, students were introduced to the vision and mission of the institute by the Principal. All first year heads of departments spoke about the BHMS course following which **Dr. Shivani Surve, Dr. Divya Menon and Dr. Sagar Kansara** gave them a guided tour of the campus and its facilities. **Dr. Rupa Rao and Dr. Tanvi Chitrakathi** gave information about primary community care. Dr. Pallavi Yadav was engaged to teach first aid principles and techniques. Holistic and positive health, different health care systems, language and computer skills were covered by **Dr. Prabhakar Devadiga, Dr. Nimish Mehta, Dr. Sumit Goel, Dr. Sagar Kansara and Dr. Divya Menon** respectively. Topics like medical ethics, communication in professional settings, professional behavior, teamwork, documentation in homeopathy and mental health were tackled by **Dr. Rakesh Gupta, Dr. Vanita Johri, Dr. Aavishkar Zagday, Dr. Prachi Singh and Dr. Dipika Velkar.** **Dr. Sumit Goel and Dr. Prachi Bedekar** spoke about time management and bio-medical hazards. Constitutional values, gender sensitization, anti-ragging policy, concept and practice of mentoring were taken by **Dr. Parizad Damania, Dr. Sonal Kothari and Dr. Shivani Surve.** **Dr. Jayesh Dhingreja** taught them the adult learning principles while **Dr. Rupa Rao and Dr. Tanvi Chitrakathi** enlightened them about national health policies and priorities. Different teaching methods like role play, lectures, interactive discussions, were used for conducting the sessions. The sessions were much appreciated by the students who felt that they would definitely benefit from these well planned and well executed foundation course. Different teaching methods like role play, lectures, interactive discussions, visit to Primacy Healthcare Centre and Urban Healthcare Centre were used for conducting the sessions.



The sequence was decided as per brainstorming by faculty for flow of thoughts for all types of students. The programme was designed for sequential learning steps, logically connected, to create a complete grid of foundation concepts for future homeopaths.



CMP FACULTY SHINES.....



- **Dr. Sumit Goel** was awarded the BRAND ICON OF YEAR 2023 – Best Motivational Author and Homoeopathic Physician in India on 15th January 2023 by PPIR Marketing group.
- For his contribution in the fields of Health, Education and Literature, **Dr. Sumit Goel** was awarded the NATIONAL PRIDE AWARD 2023 by International Human Rights and Crime Control Council on 21st January 2023 at Hotel Park Regis, Goa in the presence of the Honorable Chief Minister of Goa, Dr. Pramod Sawant.



- **Dr. Sonal Kothari** was invited as a resource person for a workshop on “Health in teenage and its importance” at the H ward science exhibition on 11th January 2023. She spoke on various health issues with emphasis on mental health.



- **Dr. Sadhana Kaushal** participated and won the consolation prize at the 15th case presentation contest organized by Beacon Foundation. She presented a case of ‘Suppressed Ailments resulting in Pneumonia- Aphorism 202’, which was treated by **Dr. Rakesh Gupta** and team in the IPD.



- **Dr. Gausia Sayed** was invited by YMT Homeopathic Medical College on 22nd February 2023 to speak on ‘Use of repertories for young practitioners’. The Seminar was attended by students of III & IV BHMS, interns and Post-graduate students.



Educational visit at Public Health Centre

An educational visit on 22nd and 23rd February 2023 at Public Health Centre was conducted under the guidance of **Dr. Rupa Rao** and **Dr. Tanvi Chitrakathi** for IV BHMS students. The students got the opportunity to practically see the various procedures to detect potability of drinking water and also learned about food adulterations and how one can detect them by using simple techniques at home.

MUHS Elections 2023

MUHS Election for membership to the Academic Council, Board of Studies and Senate was conducted on 17th March, 2023 at J.J. College of Nursing. The categories for voting were Principal, Board of Studies (Pre Clinical, Para Clinical and Clinical) and Senate (Professor and Non Professor). The approved faculty from CMPHMC cast their votes for the same.



Seminar on Emergency Medical services- Dept. of Community Medicine

Department of Community Medicine organized a seminar on EMS with CPR on 21st February 2023 by Dr. Pallavi Yadav for Interns. It was an interactive session where she motivated interns to learn about Basic life support .The interns also got hands on training on dummies to perform CPR which was monitored by the speaker.



Seminar—Homeopathic Management of Arthritis

The seminar committee in collaboration with departments of Organon of medicine and Materia Medica conducted a seminar for interns on 29th March, 2023 on the topic ‘Homeopathic management of arthritis: osteoarthritis and rheumatoid arthritis with case presentations’. Interns Pranav Jog and Rushabh Khanderia under their mentor **Dr. Nimish Mehta** presented cases of RA and OA. They highlighted important points about the diseases along with a testimonial video of the patient. Important points about the use of Physiotherapy along with the Homeopathic medicine were a part of the discussion. **Dr. Nimish Mehta** addressed the questions from the audience. The session was summarized by **Dr. P. Y. Devadiga** and **Dr. Vanita Johari**.



Free Medical Camp for Children and Women

Interns from CMPHMC participated in the free medical camp organised by Rotary Club of Mumbai Royales in association with Bhaktivedanta Hospital and Research Center on 28th January, 2023. Homeopathic medicines, sponsored by Boiron Pharmacy, were distributed to the patients.



NIRVAAN- ANNUAL COLLEGE WEEK

The student’s council-NAKSH organized the college fest-NIRVAAN from 16th March 2023 to 18th March, 2023. Each day had a different theme ie Day 1-Navraas, Day 2—Comicstaan and Day 3 - The Red Carpet. The morning contests were followed by afternoon auditorium events. Competitions like flash mob, street play, rangoli making, spoof, healthy cooking, singing etc. allowed the students to showcase their talents of art, dance, music and drama. Each class put in their best efforts with the final year Zephyrs bagging the Cultural trophy of ‘Nirvaan’23.



AAGHAZ-THE SPORTS WEEK

The Annual Sports Week ‘AAGHAZ’ was held from 20th February, 2023 to 4th March ,2023. It was inaugurated by the principal **Dr. Parizad Damania**. Outdoor sports such as cricket, football(boys) and kho-kho (girls) were all won by the class of Zephyrs. Indoor sports-carrom, chess and table tennis for students and teachers were held at college gymkhana.



Synergy Homeopathic software and its application in clinical practice

Department of Case Taking & Repertory in collaboration with seminar committee organized a seminar on 1st March 2023 by Dr. Alpesh Oza on ‘How to use Synergy Homeopathic software effectively in Clinical Homeopathic practice’. It was attended by IV BHMS students, interns and faculty. Dr. Alpesh Oza presented the efficacy of **Synergy Homeopathic** software and its application in clinical practice, it was presented using A-V tools and with the help of recorded cases. The attendees freely interacted with the speaker.



World Obesity Day

Department of Medicine organized a seminar on occasion of World Obesity Day on 4th March 2023. Speaker, **Dr. Nimesh Shukla** spoke about various aspects of obesity from cause to treatment. He made it informative by sharing cases and his experience dealing with them. It was attended by students of IV BHMS.



International Women’s Day

A free Health Camp for women was conducted by the Department of Obstetrics and Gynaecology, on 10th March, 2023 to commemorate “International Women’s Day”. The interns gave an awareness talk on infertility. The students’ skill in history taking, examination and investigations were tested as they managed the patients. They also were trained in attending to the patients queries and in prompt prescription of the remedy.

Dr. Falguni Sanjanwala, **Dr. Trupti M. Deorukhkar** & **Dr. Kanika Sabharwal** extended their services for the camp.



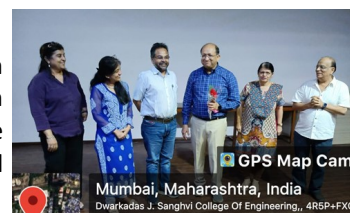
Class seminars/ Quiz

Date	Year	Department	Faculty
Jan 2023 to March 2023 (ongoing)	IV BHMS	Organon of Medicine	Dr. Prabhakar Y. Devadiga Dr. Nimish V. Mehta Dr. Jayesh Dhingreja Dr. Sonali Chhopia
Feb 2023	IV BHM (Summer 2023)	Materia Medica	Dr. Vanita Johari Dr. Abhinandan Hulamani
Feb 2023 to March 2023	IV BHMS (Winter 2023)		Dr. Dipika Velkar Dr. Shruti Thakkar



SEMINAR—ACUTE PAIN SYNDROME

The seminar committee organized a seminar on 'Acute Pain Syndromes' by Dr. Tushar Shah on 9th February, 2023 for interns & students. The clinically oriented session covered 8 pain syndromes such as Angina, Gall stone colic, Migraine, Appendicitis, Gout etc. to enable students to arrive at a diagnosis. Dr. Tushar Shah highlighted the keynote of each and presented it as a short quiz with the winner of every round receiving a copy of his book.



C.B.D.C Training Workshop

A one day Training Workshop was conducted on 16th February, 2023 at D.Y.Patil Institute, Pune for teachers of homeopathic colleges from Maharashtra and Goa [I BHMS subjects] to enable them to successfully implement the CBDC syllabus. **Dr. Prabhakar Devadiga, Dr. Vanita Johri, Dr. Sonal Kothari, Dr. Avishkar Zagday, Dr. Gausia Sayed** and **Dr. Divya Menon** represented our college.

The workshop was split into 2 sessions. The first session was a generalized one where teachers of all subjects were addressed by Dr. Tarakeshwar Jain and the core committee responsible for

formulating the CBDC syllabus. Teachers were introduced to the new CBDC syllabus, its goals and the teaching learning methods to be adopted for the same.

The second session was held for individual subjects in different classrooms. Individual subject experts gave an overview about the changes to be implemented and gave guidance about content mapping and making of a lesson plan. Teachers were also encouraged to give suggestions and get their queries resolved

KURUKSHETRA—MASALA CRICKET

11th March, 2023 saw the coming together of teachers and students in "Kurukshehra - Masala Cricket ". The auctions for the same were held on 4th February, 2023. The matches were played between four teams named Devadiga Dazzlers, Badami Blasters, Gupta Giants and Avishkar Warriors. Finals was held between 'Avishkar warriors' and 'Badami Blasters'; Badami Blasters were the winners. Art and food stalls were put up by all classes. The student's council 2023-NAKSH was introduced with a flashmob.



VALENTINE'S WEEK

8th February 2023 to 14th February 2023 was celebrated as Valentine's week with a different theme every day. Dedications in the form of roses and chocolates were distributed.

World Cancer Day

Departments of Community Medicine and Medicine in collaboration with students council commemorated the World Cancer Day, keeping in mind the theme, 'Impact of Cancer on patients and their families'. Poster making and Essay writing competitions were conducted. Winners were Bhagyashree Khatiya and Sarah Ansari respectively. The students portrayed how cancer affects the mental health of patients and their families through a skit. The day concluded with a seminar by guest speaker Dr. Ravi Doctor who spoke about scope of Homeopathy in Cancers through case examples.



E-Waste Recycling Day

Department of Physiology commemorated the global E-waste Recycling day on 25th March, 2023 by organizing an E-waste drive. Staff and students actively participated by giving their E-Waste for disposal. The collected E-Waste was handed over to Justdispose Recycling Pvt. Ltd for recycling.



Seminar—Department of Obstetrics & Gynaecology

An experiential seminar was planned by the Department of Obstetrics & Gynaecology by interns for III BHMS students. It was organized on the 10th, 14th & 28th March 2023 on important topics such as CA cervix, BOH, Rh Incompatibility, IUGR & IUFD. The objective was twofold- boosting the confidence of interns with an

exposure to teaching and to inspire III year students to focus on long term learning. Interns Parvathi, Kinjal, Naira, Aditi, Yashi, Sanjeev, Shwet, Bilal & Parth each explained one topic. Each presentation was concluded by a summarization and doubt solving session by **Dr Trupti Deorukhkar** and **Dr Kanika Sabharwal**.

Advanced Multispecialty Hospital in collaboration with CMP Homeopathic Medical College and Shree Mumbadevi Hospital

CAMPS

Sr. No	Date	Topic	Venue
1	6 Feb 2023	Awareness session on wash (water and sanitization Hygiene) and Arsh (adolescent reproductive sexual health)	NMMC School Kukshet Navi Mumbai
2	7 Feb 2023	Awareness session on wash (water and sanitization Hygiene) and Arsh (adolescent reproductive sexual health)	NMMC 22 Nerul Shiravane
3	8 Feb 2023	General health screening for anemia and PEM with free distribution of homoeopathic medicine	SBUT site near JJ hospital Bhendi bazar
4	8 Feb 2023	Health camp with Awareness session on wash (water and sanitization hygiene) and ARSH (adolescent reproductive sexual health)	NMMC School , Turbhe Navi Mumbai
5	23 Feb 2023	Health camp with Awareness session on wash (water and sanitization hygiene) and ARSH (adolescent reproductive sexual health)	RK HIV maha arogya shibir Khar west
6	4 Mar 2023	Health camp with Awareness session on wash (water and sanitization hygiene) and ARSH (adolescent reproductive sexual health) and obesity screening	Sunflower school Jogeshwari west
7	15 Mar 2023	Health camp with Awareness session on wash (water and sanitization hygiene) and ARSH (adolescent reproductive sexual health) and obesity screening	
8	17 Mar 2023	Health camp with Awareness session on wash (water and sanitization hygiene) and ARSH (adolescent reproductive sexual health) and obesity screening	Bima nagar school LIC colony Borivali west
9	26 Mar 2023	Health camp and distribution of homoeopathic medicine	Free medical health checkup at Chitrakoot ground Andheri west

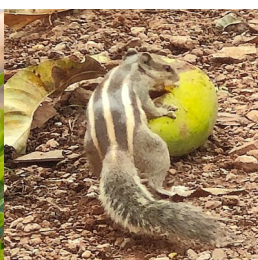
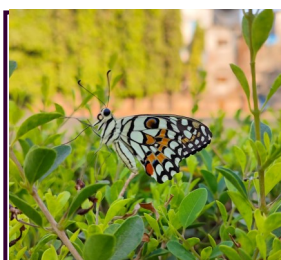


Maha Arogya Shibir- Mega Medical Camp

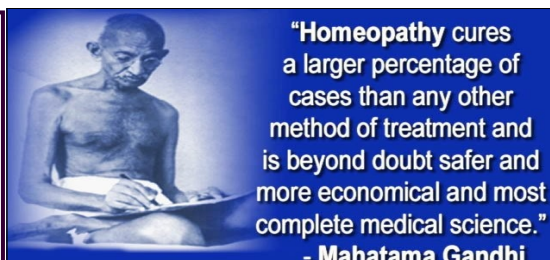
Department of Pathology and Students Council facilitated participation of interns and students in the Maha Arogya Shibir- Mega Medical Camp on 26th March, 2023 at Chitrakoot ground, Andheri organized by R.K. HIV Aids and Care Research for Bollywood workers. It was an integrated AYUSH health camp where there was free distribution of medicines and E shram cards.

Upcoming Events:

- 7th April 2023—World Health day
- 10th —13th April 2023—Hahnemann week celebration
- 10th April: Dr. Parinaz Humranwala—Edutainment with cases
- 11th April: Dr. Aadil Chimthanawala—Cardiologist Homeopath
- 12th April: Dr. Abdequaem Chimthanawala—Pathological cases
- 13th April: Dr. Jayesh Shah—Resonance with Similaris
- 17th April 2023—Batra foundation presentation and seminar
- 5th May 2023—Seminar By Dr. Bimal Shah, ENT—Vertigo
- 31st May 2023—World No Tobacco Day
- 10th June 2023—MUHS Foundation Day
- 21st June 2023—World Yoga Day
- 5th June 2023—World Environment day



NATURE TRAILS AT CMP..... (Left to Right)
 Lime butterfly—Dr. Sumit Goel
 Northern Palm Squirrel—Dr. Sumit Goel



“Homeopathy cures a larger percentage of cases than any other method of treatment and is beyond doubt safer and more economical and most complete medical science.”
- Mahatama Gandhi

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Email: cmphmc@yahoo.com

Website: <http://www.cmphmc.org>



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FROM THE DESK OF DR. JAYESH DHINGREJA,
ASST PROF, DEPT OF ORGANON OF MEDICINE AND HOMEOPATHIC PHILOSOPHY

As we embrace the changing seasons, it is very crucial for us to remember the significance of Homeopathy that has stood the test of time. At our esteemed institute, we are privileged to be part of a community that cherishes the art and science of homeopathy. With a deep-rooted belief in the body's inherent ability to heal itself, our college continues to cultivate a new generation of healers who understand the vital connection between mind, body, and spirit.

One of the highlights of the past quarter was the successful completion of Hahnemannian week, initiated by the Department of Organon of Medicine in collaboration with various other departments. Gathering renowned homeopaths, esteemed faculty, and enthusiastic students, the series of seminars provided a platform for intellectual exchange, deepening our understanding of homeopathy's vast potential. From thought-provoking presentations to interactive sessions, attendees were inspired to explore new horizons in the field.

Our institution takes immense pride in the accomplishments of our students, who continue to excel in both academic and extracurricular activities. Our recently concluded and very successful farewell event for our passing out graduates, "Zenith", is a prime example of it. It was a joyous occasion, celebrating the hard work and dedication of our graduates. These remarkable individuals now embark on their professional journeys, equipped with a solid foundation in homeopathy and a commitment to serving their patients with compassion and integrity.

As we move forward, our institution remains committed to excellence in education, research, and community engagement. We strive to equip our students with a solid foundation in homeopathy, ensuring they possess the knowledge, skills, and compassion necessary to make a meaningful impact in the lives of their patients.

As we reflect upon the remarkable accomplishments and growth of our institution, it is with great joy and gratitude that we express our heartfelt appreciation to the dedicated management **Dr. Mohanbhai Patel** (President), **Dr. Asmita Parikh** (Hon. Secretary) and **Dr. Parizad Damania** (Principal) various departments, staff members who form the strong foundation of our institution. It is through these tireless and collective efforts that our institution continues to thrive as a beacon of holistic education and healing.

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Results—Batch –

I BHMS	82.69%
II BHMS	83%
III BHMS	46.15%
IV BHMS	91.86%

World Homoeopathy Day

On 10th April, the World Homeopathy day was celebrated with lighting of the lamp and garlanding of statue of Dr Samuel Hahnemann. Principal, **Dr. Parizad Damania** and

Dr. Prabhakar Devadiga, addressed the gathering of faculty, interns & students.

They urged the future homeopaths to carry forward the legacy of Dr. Hahnemann and take it to greater heights. Students then performed a play depicting the life and journey of Dr. Samuel Hahnemann.



CMP Shines.....

Distinctions - WINTER 2022

Anatomy	2	Practice of Medicine	1
Physiology	2	Repertory	16
Pharmacy	10	Organon (IV BHMS)	3
FMT	8	HMM (IV BHMS)	7
HMM (II BHMS)	2	Community Medicine	1
Organon (II BHMS)	2		

State rank (Summer 2022)

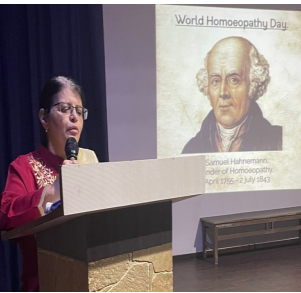
- Ritika Gupta—2nd Rank—I BHMS
- Twinkle Lulla—4th Rank—II BHMS
- Raziya Khan—5th Rank—II BHMS

Subject highest (Summer 2022)

- Ritika Gupta—Pharmacy
- Raziya Khan—Pathology

26th Beacon foundation debate

The 26th Beacon foundation debate was held on 9th April 2023 on the topic ‘Will homoeopathy ever be recognized as a science... if like politics and bollywood, it keeps thriving on perception among the masses and not on performance’. Our students Bilal Shaikh and Chaitali Taneja won the best team prize. Bilal Shaikh was also awarded the prize for Best Speaker. Suhani Ramchandani won the consolation prize



Hahnemann week – Dept. of Organon and Seminar Committee

The Seminar Committee along with Department of Organon of Medicine organized the Hahnemann Week on the occasion of the 268th Birth Anniversary of Dr. Samuel Hahnemann, the founder of Homeopathy. A series of inter-departmental seminar events were held on 10th, 11th, 12th and 13th April, 2023 in which Departments of Materia Medica, Surgery, Gynaecology & Obstetrics and Repertory also contributed as co-organizers.



Principal, **Dr. Parizad Damania** gave the Hahnemann day address with inspiring message related to his zeal and passion.



Dr. Prabhakar Devadiga, HOD, Dept. of Organon of Medicine and Homeopathic Philosophy, made short presentation based on anecdote and quotes from life history of Dr. Hahnemann

Day 1 - The Guest speaker for the day was Dr. Parinaz Humranwala who spoke on “Inspiring cases: Edutainment with Homeopathy”. She explained about various Temperaments and her approach to solving cases, using a temperament filter, in a software version, to select the remedy.



Day 2 - On 11th April Dr Aadil Chimthanawala who has studied homeopathy after completing his post-graduation in cardiology (modern medicine), narrated his experiences about the Scope of Homeopathy in Ishaemic heart disease and other pathological conditions. His engaging and interactive way of talking was reciprocated by the audience.

Day 3 - Dr. Abdequalem Chimthanawala who was the guest speaker on 12th April spoke on ‘The Art of Interpretation and Prescribing.’ He highlighted the importance and application of Keynotes and Bowel Nosodes. His motto, “Homeopathy Never fails – Homeopath may fail” was enlivened by the positive results seen in difficult and incurable cases such as Coma, Gangrene, Hirshprung’s disease, etc



Day 4 - The topic for 13th April “Creating Resonance to the Similar: A phenomenon Life force Centric Approach Vs Remedy Centric – How to integrate the two” was demonstrated by Dr. Jayesh Shah. He talked about integration of “Occult” [diverse dimentions of communication of energies] in medical practice with Homoeopathic system of. He presented a video—case of Rheumatoid Arthritis, showing efficacy of life force centric approach.

Dr. Nimish Mehta as valedictorian, expressed that the presentations and cases reflected the application of Dr Hahnemann’s teachings –the GURU whom we all look upto and draw inspiration for the “GURU-TATVA” from him, passing down through the teachers to younger generation as the guiding light.



CMP FACULTY SHINES.....



- Dr. Prabhakar Devadiga was invited at Dr. M.L. Dhawale Memorial Trust Hospital, Palghar to speak on ‘Role of Homeopathy in Surgical Disorder’ on occasion of World Homeopathy Day on 16th April 2023. The event was attended by PG students and faculty.
- Dr. Sumit Goel’s book “I Wanna Grow Up Once Again’ was published in German, Spanish, Turkish, Italian and French. It also featured in International book fairs in Sharjah and Istanbul.



Visit – Department of Community Medicine

1. Educational Visit to water filtration plant- An educational visit was conducted for IV BHMS students on 24th May, 2023 at Water Purification Plant, Bhandup, Mumbai under the guidance of **Dr. Rupa Rao** and **Dr. Tanvi Chitrakathi**. The students got the opportunity to practically see the various steps of water purification and also testing for portability of drinking water at a large scale.



2. Educational Visit to Kasturba Infectious Hospital– on 24th and 25th April 2023 an Infectious Hospital visit was conducted to Kasturba Hospital for IV BHMS students under the guidance of **Dr. Rupa Rao** and **Dr. Tanvi Chitrakathi**. The students witnessed management of infectious disease in isolation wards, burns wards and hyperbaric oxygen chamber.

Seminar On Digital De-Addiction And Its Management

A workshop on Digital de-addiction was conducted on 14th June 2023 & 21st June 2023 for II BHMS students, interns and teachers. The speaker was our alumnus Dr. Kruti Trivedi Abhyankar from Rotary club (district 3141) who trained the participants with the skills of identifying and management of digital addiction, under Project Log Out (for addiction prevention).



Leadership in Healthcare

A seminar on ‘Leadership in Healthcare’ was conducted on 24th May 2023 by Dr. Crystal Variava. She conducted an introductory session on empowering Healthcare Providers for better patient compliance and outcomes as well as overseeing opportunities.



Seminar on Geriatric Health and Nutrition

Department of Community Medicine and Medicine organized a seminar for interns and IV BHMS students on ‘Geriatric Health and Nutrition’ on 27th June 2023 by Dr Isha Rane and Dr Nisha Patel. The presentation included an overview of the common geriatric health and nutritional issues - its causes, symptomatology, prevention and treatment. It was conducted under the supervision of **Dr. Rupa Rao** and **Dr. Nimesh Shukla**.



Seminar on Nutrition



On 5th April 2023, a session on the ‘Role of Antioxidants in Cooling Inflammation’ was organized with Dr. Shilpa Bansal & **Dr. Silloo Patel** as speakers. Dr. Bansal discussed basic aspects of inflammation followed by various measures to control and reduce it. **Dr. Silloo Patel’s** spoke about the various sources of antioxidants and the mechanism of free radical formation with the importance of antioxidants. The session concluded with felicitation of the speakers by **Dr. Parizad Damania** and vote of thanks by **Dr. Kanika Sabharwal**

Seminar—Department of Surgery



Department of Surgery organized a seminar by on 3rd May 2023 on Vertigo – Mastering the Spin. The speaker, Dr. Bimal Shah interacted with II and III BHMS students and interns as he demonstrated various examination techniques, as well as adaptive and rehabilitative exercises for vertigo. The Principal **Dr. Parizad Damania** felicitated the speaker. **Dr. Amirali Badami** summarized the session and gave the vote of thanks. The event was hosted by **Dr. Pooja Shah**.



Astro homoeopathy – Department of Medicine

A seminar, “Discussion on assignment based study of Astro homeopathy” by Dr. Sakchi Pandey, moderated by **Dr. Nimesh Shukla** was organized by department of Practice Of Medicine & Seminar Committee on 28th June 2023 for teachers, interns & III BHMS students. It was aimed at exploring correlation between homoeopathy and another dynamic science related to human health i.e., astrology. **Dr. Dipika Velkar**, also a JyotishVisharad shared her knowledge and experience.

World Health Day

On occasion of World Health Day on 7th April 2023, Department of Community Medicine organized an awareness talk for the students of IV BHMS. The students were addressed by **Dr. Rupa Rao** and **Dr. Tanvi Chitrakathi** regarding the theme of the current year ‘Health promotion for well-being, equity and sustainable development’.



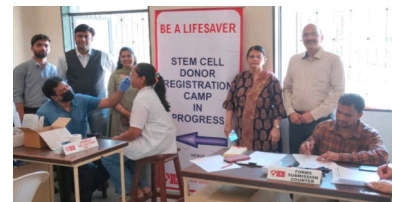
Blood Donation & Thalassemia Screening Camp

Smt. Chandaben Mohanbhai Patel Homoeopathic Medical College in association with The Rotary Club of Bombay West and Department of Materia Medica held a Blood Donation and Thalassemia Screening Camp on 29th May 2023 at Shree Mumbadevi Homoeopathic Hospital. 53 registrations for Thalassemia screening and 36 registrations for blood donation were received.



Marrow Donor Registry Camp

A Marrow Donor registry camp was organized at Shree Mumbadevi Homeopathic Hospital on 19th April 2023 for voluntary enrolment in the marrow register. Dr. Praveen Clement (Transplant co-ordinator) along with **Dr. Rakesh Gupta** & **Dr. Prachi Singh** counselled the donors about the process for marrow donor registration. 98 attendees registered as life-saving donors for cancer patients around the world.



MUHS Foundation Day 2023

On 10th June 2023, Smt. Chandaben Mohanbhai Patel Homeopathic Medical College celebrated MUHS Foundation day to mark its 25th anniversary. The MUHS anthem was played followed by the college anthem. The MUHS flag was hoisted by the Principal **Dr. Parizad Damania**. The event was attended by faculty members and students council.



Tree Plantation

As per guidelines received from MUHS, a Tree Plantation Drive was conducted in the college campus as part of the silver jubilee anniversary celebration of the university. 19 saplings were planted in different parts of the campus



World book day

The World Book and Copyright Day was celebrated on 26th April 2023 (23rd April being a Sunday) by felicitating our teacher authors **Dr. Parizad Damania** (Principal), **Dr. Sumit Goel**, **Dr. Trupti Deorukhkar**, **Dr. Gausia Sayed**, **Dr. Jayesh Dhingreja**, **Dr. Kanika Sabharwal** & **Dr. Divya Menon**. Mr. Omkar Hegde (IV BHMS) was awarded the best library user of the year for referring to the maximum number of books in the Library for the year 2022-23.



Class seminars/ Quiz

Date	Year	Department	Faculty
4 th & 6 th May 2023	IV BHMS	Community Medicine	Dr. Rupa Rao, Dr. Tanvi Chitrakathi
31 st March & 1 st April 2023	III BHMS	Obstetrics and Gynaecology	Dr Trupti M. Deorukhkar, Dr Kanika Sabharwal
19 th & 24 th April 2023	III BHMS	Surgery	Dr. Amirali Badami, Dr. Pooja Shah
24 th April to 6 th May 2023	II BHMS	Organon of Medicine	Dr. Prabhakar Y. Devadiga Dr. Nimish V. Mehta
21 st April to 30 th June 2023	IV BHMS		Dr. Jayesh Dhingreja Dr. Sonali Chhapiya



ZENITH– The Farewell Ceremony

The farewell for MILLENNIALS (batch of 2017-23), was organized on 24th June, 2023. Dr. Niyati Naik gave the valedictory speech. The students received certificates and mementos on successful completion of the course. A nostalgic skit depicting the journey of the batch was performed by the students, followed by dance and singing performances. The Millenials took the Hippocratic and Hahnemannian Oath pledging to serve humanity.



International Yoga Day- 2023



The 9th International Day of Yoga, was celebrated on 21st June, 2023 at Smt. Chandaben Mohanbhai Patel Homeopathic Medical College, Mumbai. Our lead Yoga facilitators were Dr. Atul Pednekar, Founder- Director of Yog Psychology Foundation and Mr. Abhishek Chandorker, a Certified Yoga Teacher from the Yog Institute, Mumbai. The event was attended by Principal, **Dr. Parizad Damania**, faculty and students. The event was hosted by **Dr. Dipika Velkar**, who is a certified Yoga teacher. The event began with simple stretching asanas followed by a fun-filled activity called the “Balloon Game”- which tested the lung capacities of the participants. There were 2 volunteers from each class along with teachers who participated in this competition. The participants were also enlightened on how the yoga asanas are inspired by nature and their applications in daily life. This transitioned into a Meditation session. The event was concluded with a Shanti Path and national anthem.



The event was attended by Principal, **Dr. Parizad Damania**, faculty and students. The event was hosted by **Dr. Dipika Velkar**, who is a certified Yoga teacher. The event began with simple stretching asanas followed by a fun-filled activity called the “Balloon Game”- which tested the lung capacities of the participants. There were 2 volunteers from each class along with teachers who participated in this competition. The participants were also enlightened on how the yoga asanas are inspired by nature and their applications in daily life. This transitioned into a Meditation session. The event was concluded with a Shanti Path and national anthem.



Seminar with Batras— Opportunities and Rewards



On 17th April 2023, the Seminar Committee in collaboration with Dr Batra’s academy organized a seminar as a part of career guidance for interns. The session was conducted by Dr. Samir Chaukkar, Dean of Dr. Batra’s Academy, an alumnus of CMP Medical college. The event began with a display of a short film on Dr. Mukesh Batra’s journey with Homeopathy, followed by felicitation of IV BHMS rankers which were as follows .

Gold Scholarship		Silver Scholarship	
Shaikh Saima Anis	Rs. 40,000	Mehta Foram Manish	Rs. 25,000
Naik Niyati Nikunj	RS. 40,000	Rawool Aditi Suryakant	RS. 25,000



Dr. Samir addressed the interns on various avenues in Homeopathy and opportunities at Dr. Batra’s academy



‘How I treat Dyspepsia’ - Dr. Sanjeev Khanna

The Seminar Committee in collaboration with the Department of Practice of Medicine organized a seminar by Dr. Sanjeev Khanna on 17th April 2023. Dr. Khanna spoke on common GI ailments like Functional Dyspepsia, Epigastric Pain Syndrome, Post Prandial Distress Syndrome, PPI (a bane at times and it’s side effects), ALARM symptoms, GERD. IV BHMS students and interns learnt to make an easier diagnosis and management of these cases.



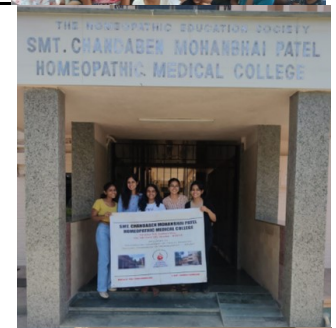
Advanced Multispecialty Hospital in collaboration with CMP Homeopathic Medical College and Shree Mumbadevi Hospital
CAMPS

12 th April 2023	Hahnemann week Celebration in community service	Prem Nagar and St Joseph Church Community centre, Parle West
15 th April 2023	Health Camp	Drona Foundation, Dharavi
15 th April 2023	Obesity Screening Camp	Prem Nagar and St Joseph Church Community centre, Parle West
19 th & 26 th April 2023	Community Service	St Joseph Church Community centre, Parle West
5 th June 2023	World Environment Day- Say No to plastic	Smt. CMP Homeopathic Medical Collge. Mumbai
15 th June 2023	Surat medical health screening awareness for TB	Rameshwar Mahadev Temple, Amroli, Surat
19 th June 2023	Medical camp for workers	Apna Bazar, Andheri West
27 th & 29 th June 2023	Maha arogya Shivir	Pandharpur



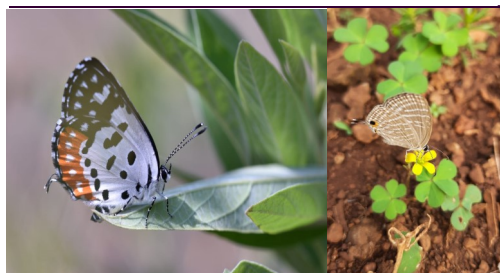
SAY NO TO PLASTIC!

When plastic was first introduced, it was a fantastic innovation. For the changing lifestyle, they promised convenience and ease, which attracted many to use products made from plastics. Benefits pushed our thoughts away from the negative side of plastics and motivated us to use them extensively. Today, they are choking us with their presence and are proven to cause serious health issues. Most plastic wastes find their way to water bodies. Many of them get consumed by animals on land and water. Plastic waste disposal has resulted in a worldwide emergency, necessitating immediate international action. Our future needs less waste. Make the world a beautiful place, start reducing our plastic waste. Homeopaths can take steps to replace plastic bottles and dropper with glass/ silica. On occasion of World Environment Day on 5th June 2023, our students cleared the campus and surroundings of plastic waste and pledged to avoid plastic usage wherever possible.



Upcoming Events:

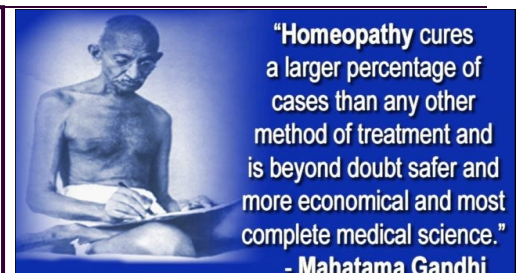
- 1st July 2023—Doctors day/ Guru Poornima Celebration/ Drug Dramatization
- 19th July 2023 - Department of Medicine—Scientific Update on Ozone Therapy—Dr. Mili Shah
- 28th July—Department Of Pathology—World Hepatitis Day
- 1st August 2023—Birthday celebration of **Dr. Mohanbhai Patel**, Hon. President—HES
- 10th August 2023—Vishaka Committee Seminar—on prevention redressal of sexual harassment in workplace
- 15th August 2023—Independence day celebration
- 17th—23rd August 2023—Department Of Anatomy—Organ Donation week



NATURE TRAILS AT CMP..... (Left to Right)

Picture Credits: **Dr. Dipika Velkar**

1. Common Pierot Butterfly
2. Common Cerulean Butterfly



“Homeopathy cures a larger percentage of cases than any other method of treatment and is beyond doubt safer and more economical and most complete medical science.”
- Mahatma Gandhi

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Email: cmphmc@yahoo.com

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SMT. CHANDABEN MOHANBHAI PATEL
HOMEOPATHIC MEDICAL COLLEGE, MUMBAI

A Newsletter from Smt. Chandaben Mohanbhai Patel Homeopathic Medical College, Mumbai.

VOLUME 10- ISSUE 111

JULY—SEPTEMBER 2023

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EDITOR IN CHIEF

DR. PARIZAD DAMANIA
(PRINCIPAL)

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FROM THE DESK OF DR. KANIKA SABHARWAL,
ASST PROF, DEPARTMENT OF OBSTETRICS & GYNAECOLOGY

“In learning you will teach, and in teaching you will learn.” - Phil Collins
I am delighted and grateful for the opportunity to write the editorial for the July- September 2023 issue of CMPH Now and I choose to celebrate Teacher’s Day as a tribute to our wonderful faculty (past and present). For it is at CMPHMC, that I have learnt both Homeopathy and Teaching.

We are fortunate to have esteemed Dr. Mohanbhai Patel and Dr. Asmita Parikh at the helm of our institute- they are leaders who have paved the path for excellence.

It is a privilege to have Dr. Parizad Damania as a mentor and guide at every step of this journey.

The setup at Shree Mumbadevi Homeopathic Hospital that promotes integrated management in the OPDs with modern medicine specialists and Homeopathic physicians, is well aligned with the future of medicine. All - round clinical training is provided with exposure to OPDs, IPD, operative procedures, delivery, radiology etc.

As a faculty in the Department of Obstetrics & Gynaecology, it has been an enriching experience and an honour to work and learn with Dr. Trupti M. Deorukhkar and treat patients in alliance with Gynaecologist Dr. Falguni Sanjanwala.

Through my tenure at CMPHMC, from being a student to a teacher, it’s been a fascinating journey to see the evolution of the Institute- from digital teaching methods; the HOT (hands on training) program; various seminars & presentations to community activities such as camps & health talks, whilst sticking to the core essence of our vision- ‘to prepare proficient homeopathic physicians to foster healthy communities’.

Looking ahead, as we adopt the new guidelines and changes in curriculum, I am sure our Institute will continue to strive for Homeopathy- education, research and treating more patients, for that is and will always be ‘our higher purpose of existence’.



Birthday Celebration of Hon. President—Dr. Mohanbhai Patel

Dr. Asmita Parikh, Mrs. Nisha Sagar, Mr. Karthik Patel along with the teaching and non-teaching staff of Smt. Chandaben Mohanbhai Patel Homeopathic Medical College celebrated the 95th birthday of our very dear Hon. President , **Dr. Mohanbhai Patel**. Our Principal **Dr. Parizad Damania** and few senior faculty members spoke about his contributions in the upliftment of college and community. **Dr. Mohanbhai Patel** shared few anecdotes from his illustrious life inspiring everyone present.



CMP Shines

Rotary excellence awards 2023

Rotary Club of Bombay West awarded the ‘Chandaben Mohanbhai Patel Rotary Excellence Award 2023’ to the meritorious students of Final BHMS on 22nd July, 2023 as follows :

Winter 2022 – Aditi Muni (1st Rank), Kinjal Pamecha (2nd Rank) and Parvathi Rajan (3rd Rank).
Summer 2022 – Rifa Kharbe (1st Rank), Yogeeta Chauhan (2nd Rank) and Parth Chandan (3rd Rank).
Winners were awarded certificates and cash prizes.

Dr. Aditi Muni from CMPHMC, Mumbai was felicitated by Dr. Sarkar Allen Group on 13th September, 2023 for being one of the All India Rankers in Homeopathy Final Year UG. She was lauded by Dr. G. P. Sarkar in Kolkata and acknowledged by the Dr. Malati Allen Charitable Trust for her accomplishment.





Organ Donation Awareness Week

Dept. of Anatomy along with Students Council organized the 'Organ Donation Awareness Week' from 17th to 23rd August, 2023. Various events and competitions like Reel making, Poster



making and Essay writing were held. The highlight of the week was the Walkathon held on 21st August 2023 by the students of I BHMS along with the Principal and Faculty carrying innovative placards, posters and organ cut-outs to create awareness among people and express solidarity with the cause. Students distributed information pamphlets to patients. An awareness seminar was also conducted by the students of I BHMS. They were guided by **Dr. Sonal Kothari, Dr. Shivani Surve and Dr. Anuja Sheth**. A selfie point was created for students and staff to take selfies and post on their social media accounts.

Seminar— Prevention, Prohibition and Redressal of Sexual Harassment of Women at Workplace Posh Act 2013



Dept. of Forensic medicine and Toxicology in association with Seminar committee and Vishaka committee organized a seminar on "Prevention, Prohibition and Redressal of Sexual Harassment of Women at Workplace Posh Act 2013" to prevent sexual harassment at workplace on 10th August, 2023. Mrs Subhangi Bhilawade, Nirbhaya Officer- PSI, Juhu Police Station was the Guest Speaker along with **Dr. Rakesh Gupta & Dr. Prachi Singh**. The event was attended by students, interns and teaching and non-teaching staff.

Seminar - Research Methods in Homeopathy

Dr. Rajesh Barve conducted a seminar titled- Research Methods in Homeopathy for interns on 26th September, 2023. He introduced the subject by describing the various types of research methods and different areas for scope of research in Homeopathy. It was an interactive seminar that was attended by teachers and interns followed by felicitation of the speaker by **Dr. Parizad Damania**.



Workshop—Health Science Education Technology (Basic Teachers Training Workshop)

As per MUHS guidelines, a basic teachers training workshop was conducted from 7th - 9th July, 2023 at Dr M L Dhawale Memorial Homoeopathic Institute, Palghar. The workshop was conducted by the faculty of MLDMHI and attended by **Dr. Prachi Bedekar, Dr. Neha Patel, Dr. Dipika Velkar, Dr. Pooja Shah, Dr. Sagar Kansara, Dr. Anuj Sathe and Dr. Muhammad Ibrahim Ubharay**. Various concepts and modules were presented with

assignments, power point presentation and intensive group discussions with role play. The workshop was aimed at enhancing the teaching learning experience and making it more student centric.

Cause of Death workshop - Dept. of Forensic Medicine and Toxicology

Department of Forensic Medicine and Toxicology along with the Seminar Committee organised and conducted Death Certificate / Certifying the Cause of Death workshop cum webinar on 6th September, 2023 for the teachers, Interns and II BHMS students as per the guidelines of CCH/ MUHS and AYUSH. The speakers **Dr. Rakesh Gupta & Dr. Prachi Singh** trained the young doctors for the techniques and method of certifying the Medical cause of Death as Practitioners.



Experiential learning : Seminar - Dept. of Obstetrics and Gynaecology

On 5th September, 2023 an experiential seminar was organized by the Dept. of Obstetrics & Gynaecology and conducted by interns for III BHMS students. Intern Chirag Patel took a session on 'Medorrhinum in Gynaecological complaints.' The objective of the session was to boost the confidence of the intern and instill the

importance of long-term and clinical oriented learning for the students. The session concluded with a summarization and doubt solving session by **Dr. Trupti M. Deorukhkar**.

Seminar—Ozone Therapy—Dept. of Practice of Medicine

Dept. Of Practice Of Medicine & Seminar Committee organised a seminar titled "Scientific Update on Ozone Therapy" by Dr. Mili Arpan Shah and Dr. Jignasha Captain (CMPHMC alumni) on 19th July, 2023. It was aimed at exploring newer ancillary measures & their compatible application with homoeopathy. Post seminar the interns were invited to visit the Ozone Bisleri Centre to experience the efficacy of Ozone therapy, as per advice of HOD, **Dr. Nimesh Shukla**.



Horizontal Integration— Interdepartmental seminar—Depts. of Practice of Medicine and Surgery

An Interdepartmental seminar on "Acid Peptic Disease" was conducted by Departments Of Practice of Medicine and Surgery for III BHMS students on 4th September 2023. The speakers **Dr. Nimish Shukla, Dr. Amir Badami, Dr. Anuj Sathe and Dr. Pooja Shah** correlated the therapeutic and surgical aspect of the disease with their treatment modalities.

CMP FACULTY SHINES.....

- **Dr. Prabhakar Devadiga** was invited at Motiwala Homeopathic Medical College on 22nd August, 2023 as a resource person for a CME sponsored by Misnistry of AYUSH as per new CBDC (by NCH). He spoke on 'Relationship between Homeopathic Philosophy and Repertory'.



- He was also a speaker at an International Webinar on 'Homeopathic Management of Acute Surgical disorders' conducted by IIHP and Ontario Homeopathic Medical Association, Canada. It was attended by more than 200 international physicians.

- **Dr. Sumit Goel** was felicitated at the Solstice Annual Conference 2023 at Indian Council for Cultural Relations, Kolkata on 6th August 2023 for translation of his book into 21 Indian and International languages.



Visit – Dept. Of Forensic Medicine and Toxicology

Educational Mental hospital visit was arranged at Thane mental hospital (Thane) as per MUHS syllabus for II BHMS Course (2015) on 14th & 15th September, 2023.

Dr. Rakesh Gupta and **Dr. Prachi Singh** guided the students during the visit.



The Common Thread in Remedies—Dept. of Materia Medica

The department of Homoeopathic Materia Medica in collaboration with Student Council and the seminar committee organized a seminar on “The common thread in remedies” on 28th August, 2023. The speakers Dr. Preety Shah and Dr. Prajakta Vaidya spoke about different subclasses of the plant kingdom with special emphasis on subclass 6 by amalgamating the concept of Boger’s grand generalization and group study with the help of cases. The event was hosted by **Dr. Dipika Velkar**, **Dr. Shruti Thakkar** and **Dr. Isha Ved** and attended by teachers and students.



Seminar—Biomedical waste management and basic medical hygiene

Department of Pathology along with the Seminar Committee conducted a seminar on biomedical waste management and basic medical hygiene on 27th September, 2023.

Dr. Prachi Bedekar discussed methods to dispose and segregated waste into dry, wet, sharps and biomedical waste its significance as homeopathic physicians. Dr Monika

demonstrated the hand washing techniques, donning and doffing of gloves and PPEs. Mr. Ajay Rajpoot emphasized the mportance of Reduce, Reuse, Recycle and importance of segregation of waste at source.



Doctor’s Day Celebration

on 1st July, 2023, department of Materia Medica in collaboration with the Students Council organized a Drug Dramatization competition to celebrate Doctor’s day . Each class put in their best efforts with the first year Crusaders bagging the first place. A poster making competition was conducted which was won by Ms. Bhagyshree Khatiya. The atmosphere transitioned into one of joy and camaraderie as the doctors cum teachers gathered for the cake cutting. The highlight of the celebration was the captivating drama performed by the students, which depicted the mentorship, guidance, and support that doctors provide to their patients.



Seminar—Common Cases seen in OPD’ - Dept. of Oraganon of Medicine

Dept. of Oraganon of Medicine organized a seminar titled ‘Common Cases seen in OPD’ on 21st September, 2023. It was presented by interns Naila Khan, Sadaf Khan, Vanshika Mandhan and Pratiksha Mittal under the guidance of **Dr. P. Y. Devadiga**. It was attended by faculty and interns.



CLASS SEMINAR/ ACTIVITY

Date	Year	Department	Faculty
12 th July, 2023	II BHMS	Surgery	Dr. Amirali Badami,
24 th —26 th July, 2023	Iii BHMS		Dr. Pooja Shah
8 th —13 th July, 2023	I BHMS	Anatomy	Dr. Sonal Kothari, Dr. Shivani
23 th Aug—1 st September, 2023			Surve, Dr. Anuja Sheth
11 th , 13 th , 18 th and 19 th July, 2023	III BHMS	Community Medicine	Dr. Rupa Rao,
			Dr. Muhammad Ubharay
7th—27th September, 2023	IV BHMS	Organon of Medicine	Dr. Prabhakar Y. Devadiga
			Dr. Nimish V. Mehta
			Dr. Jayesh Dhingreja
			Dr. Sonali Chhapiya
			Dr. Harshita Vora



**Advanced Multispecialty Hospital in collaboration with CMP Homeopathic Medical College and Shree Mumbadevi Hospital
CAMPS—Dept. of Pathology**

4th—9th Aug 2023	Rural Health Check-up camp	Palanpur, Gujrat and Palghar
6th Aug 2023	General Eye check-up camp	INCA carbon company, Virar
18th—22nd Aug 2023	Balwadi Check-up camp and breastfeeding awareness camp	Santacruz, Andheri, Malad, Goregaon and Virar
21st Aug - 1st Sep 2023	Student Presentations for Participative and Experiential Learning	II Year Classroom

Fit India Mission—Event (Students Council)

In 2019, the Honorable Prime Minister of India declared 29th August (Birthday of Hockey Legend Major Dhyan Chand) as National Sports Day. He launched Fit India Mission to inculcate the culture of sports and fitness in the country. In alignment with this, the Students Council organized various sports events on 29th August, 2023. Students and teachers took the Fit India Pledge reaffirming their commitment to lead an active and healthy lifestyle. Indoor and outdoor sports competitions were held for boys and girls in which students participated with great enthusiasm. Winners in each category were felicitated with certificates.



Teacher’s Day (Students Council)

Teachers' Day was celebrated on 5th September, 2023 by the Students Council. The vibrant cultural programme had performances ranging from classical dances to melodious songs. Following the cultural extravaganza, a series of engaging games were organized exclusively for the teachers. The Principal **Dr. Parizad Damania** thanked the council on behalf of all teachers.

Dr. Batra’s Book launch—Heal with Homeopathy’

CMPHMC Students attended the book launch of Dr Mukesh Batra’s latest writings ‘Heal with Homeopathy’ on 24th August, 2023 at the Crymroza art gallery. The event saw Dr Batra giving insights on his life, his work methods and life lessons. He spoke in great detail about the myths of homeopathy and debunked them. The book was very well received by the audience. An autographed copy was received by the Principal, **Dr. Parizad Damania** on behalf of the institute.



Independence Day Celebration

On 17th August, 2023 the 77th Independence Day was celebrated at the Institute with a spirited sense of patriotic fervor. All teachers and students were dressed in accordance with the colors of the Indian flag. Following this years theme, Tribal freedom fighters were celebrated. Stories of their valour and contributions to our freedom struggle were enacted. It was followed by an afternoon of dance, drama and music to celebrate the ‘Azadi ka Amrut Mohatsav’.

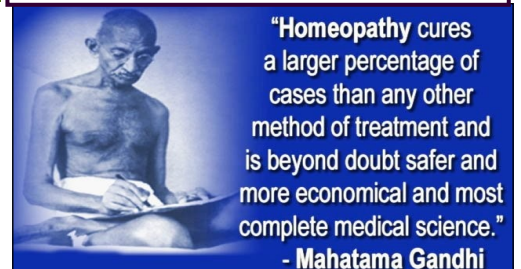


NATURE TRAILS AT CMP..... (Left to Right)

1. Common Blue Bottle Butterfly
 2. Tree Flat Mushrooms
 3. Black Mormon butterfly on Red Flag Bush
 4. Tawny Coaster
- Pic courtesy: 1.,2.,3.—**Dr. Vanita Johari**
4.—**Dr. Dipika Velkar**

Upcoming Events:

- 10th October 2023—World Mental Health day—Dept. of Materia Medica
- 11th October 2023—Seminar—Integral Chakra Psychology
- 13th October 2023—Seminar—Myths about Rheumatology
- 28th October 2023—Ortho Camp—Dept. of Surgery
- 20th and 21st November 2023—Visit—UHC—Dept. of Community Medicine
- 19th—23rd November 2023—Industrial Visit—Dept. of Hom. Pharmacy



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Email: cmphmc@yahoo.com

Website: <http://www.cmphmc.org>



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SMT. CHANDABEN MOHANBHAI PATEL
HOMEOPATHIC MEDICAL COLLEGE, MUMBAI

A Newsletter from Smt. Chandaben Mohanbhai Patel Homeopathic Medical College, Mumbai.

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OCTOBER—DECEMBER 2023

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EDITOR IN CHIEF

DR. PARIZAD DAMANIA
(PRINCIPAL)

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FROM THE DESK OF **Dr. Prachi Bhanushali**,
Asst. Professor, Department of Pathology
'Physical Pathology is therefore result of the disease, not the cause'
- Samuel Hahnemann

My journey as a teacher in Pathology has been one of continuous learning and teaching. This experience has ingrained in me the critical importance of the statement by Dr. Hahnemann from around 18th Century. I've had the privilege to impart knowledge and shape the minds of future homeopaths at this wonderful institute. Teaching pathology has given me insights into the diverse approaches to healing with homeopathy which has been invaluable.

I am grateful to **Dr. Mohanbhai Patel** and **Dr. Asmita Parikh** for this opportunity. It is a privilege to receive guidance from **Dr. Parizad Damania**, **Dr. Jenil Panthaki** and my Head of department **Dr. Prachi Bedekar** for all these years.

Throughout various corners of India, rural communities often have limited access to healthcare resources. Department of Pathology has been instrumental in this quarter for providing awareness and free homeopathic medicines in various rural areas. Awareness was conducted on TB, HIV, NCDs, Mental health etc. for different locations. Interns were also posted for Bidada Camp, which provides them an exposure to a wide range of cases.

I was also fortunate to be a part of the Student's council, NAKSH this year. Student council celebrated the annual day on November 4th 2023 with its annual magazine release. College also conducted the foundation course for 1st year junior batch and oriented them about various subjects in Homeopathy. I also got a chance to visit Dr. Wilmar Schwabe India Pvt. Ltd., Noida along with **Dr. Damania** and **Dr. Sumit Goel** with 1st year senior students as a part of their Pharmacy visit.

With the advent of digital medicine, a few of our teachers attended a training on ABDM (Ayushman Bharat Digital Mission). This synergy between technology and diverse medical approaches of healthcare delivery ensures a more comprehensive and inclusive approach to patient care.

Let us navigate the future with an unwavering dedication to the field of education in Homeopathy and ensure better health care for both urban and rural populations in India.

Ayushman Bharat Digital Mission

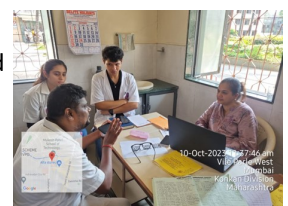
Dr. Vanita Johari, **Dr. Sumit Goel** and **Dr. Sagar Kansara** attended the Ayushman Bharat Digital Mission organized by Board of Ethics and Registration and National Health Authority, Government of India on 6th October, 2023. Topics covered were Digitalization of Health care and creating a digital ecosystem across India.



Components of the digital ecosystem (namely; ABHA number, ABHA app, Healthcare professional registry, Healthcare Facility registry, National Drug Registry), Unified health Interface and Allied Health Service provider registry was explained with special emphasis on Digital Health Incentive scheme. Dr. Anil Khurana (Chairman of National Commission for Homeopathy) and Dr. Pinakin Trivedi (President of Board of Ethics and Registration for Homeopathy) also conducted few sessions. On 7th October 2023, **Dr. Vanita Johari** and **Dr. Sagar Kansara** briefed the college faculty about the same.

World Mental Health Day 2023 Camp - Dept. of Hom. Materia Medica

The Materia Medica Department organized a free screening camp on 10th October 2023, at Shree Mumbadevi Homeopathic Hospital, to mark the World Mental Health Day. Participants were screened using a General Health Questionnaire and offered free counselling and homeopathic consultation and medicines. They were also taught relaxation techniques. **Dr. Vanita Johari**, **Dr. Abhinandan Hulamani**, **Dr. Dipika Velkar**, **Dr. Shruti Thakkar**, **Dr. Isha Ved**, interns, and students actively contributed to the camps success.



Foundation Course

The foundation course, prescribed by the National Commission of Homeopathy for I BHMS students was conducted from 1st to 28th November 2023, over a duration of 60 hours in 10 days. The sessions were conducted by 22 faculty members and also some guest speakers.

At the outset, students were welcomed by Principal **Dr. Parizad Damania**, who also introduced them to the vision, mission of the institute, and oriented them about the institute's anti-ragging policies. Later, she was joined by clinical heads and I BHMS HODs **Dr. N. Shukla, Dr. P. Devadiga, Dr. V. Johari, Dr. G. Sayed, Dr. A. Badami, Dr. T. Deorukhkar, Dr. S. Kothari, Dr. A. Zagday, Dr. S. Goel** explaining the mission and role of homeopathy and its impact on society. Students were shown the campus and various departments by **Dr. S. Surve, Dr. D. Menon, and Dr. S. Kansara**.

Faculty of Community Medicine, **Dr. R. Rao, Dr. M. Ubharay, and Dr.N. Jain**, oriented the students to topics like the healthcare delivery system, primary community care, universal precautions, vaccinations, national health policies, and priorities. They were also taken to Malwani General Hospital for an Urban Health Centre visit. Dr. Pallavi Yadav, an expert in emergency medicine, was invited to conduct a workshop on Basic Life Support.

The Organon department faculty, **Dr.P. Devadiga, Dr. N. Mehta, and Dr.J. Dhingreja**, introduced them to the concept of positive and holistic health, the history of medicine and homeopathy past and present, the importance of observation and documentation, and adult learning principles.

Faculty of Anatomy, **Dr. S. Kothari, and Dr. S. Surve**, spoke about equality and gender sensitization. They also spoke about mentoring.

Material Medical faculty, **Dr. V. Johari and Dr. D. Velkar**, spoke about professionalism, mental health, and time management. Pharmacy faculty, **Dr. S. Goel, and Dr.D. Menon**, spoke about time management, language skills, and mentoring.

Dr.A. Zagday and Dr. S. Kansara from the Physiology department spoke about teamwork, mentoring, and computer skills.

Dr. P. Singh and Dr. R. Gupta from the FMT department spoke about mental health and medical ethics.

Dr. Bedekar from the Pathology department spoke about patient safety and biomedical hazards.

Dr.N. Shukla, Dr.A. Sathe, and Dr.P. Shah from the Medicine and Surgery departments oriented students about first aid and communication.

The sessions were much appreciated by the students who felt that they would definitely benefit from these well planned and well executed foundation course. Different teaching methods like role play, lectures, interactive discussions were used for conducting the sessions.





CMP FACULTY SHINES.....

- On 19th December, 2023 **Dr. Nimish Mehta**, was the resource person for the Ministry of AYUSH, Govt. of India workshop on, ‘Understanding evolutionary Bio-psycho-social aspect at the levels of predisposition and disposition’—at a CME on Homeopathic Psychiatry for teachers of homeopathic colleges at Swasthya Kalyan Homeopathic Medical College and Research Centre, Jaipur.
- An article titled 'A Retrospective Observational Study to Assess the Spectrum of Clinical Presentation and Homeopathic Treatment Modalities in PCOS Management' was published by the Department of Obstetrics & Gynaecology in the September 2023 issue of Homeopathic Heritage. This report analysed 50 patients, examining their clinical features, contributing factors, and common Homeopathic remedies for treating PCOS. The authors were **Dr. Trupti M. Deorukhkar & Dr. Kanika Sabharwal**.
- **Dr. Trupti Deorukhkar**, was invited as an Expert faculty for an online clinical meeting on Ante Natal Care (ANC), organized by Dept. of AYUSH MUHS on 1st November 2023.

Homoeopathy: Choice for Voice – Dept. of Medicine

A seminar titled “HOMOEOPATHY - CHOICE FOR VOICE” by Interns Dr. Gulab Rathod, Dr. Yashi Rathod was organized by Dept. Of Practice Of Medicine & the Seminar Committee on 13th December 2023. It was moderated by **Dr. Nimesh Shukla** and attended by teachers, & Interns. This seminar was conducted to create awareness of scope of homoeopathy in voice related ailments. **Dr. Anuj Sathe** concluded the session with a quiz contest.



Pharmacy Study Tour

On 21st November 2023, **Dr. Parizad Damania**, **Dr. Sumit Goel** and **Dr. Prachi Bhanushali** along with 76 students of I BHMS visited Dr. Willmar Schwabe India Pvt. Ltd, Noida; a large-scale manufacturing unit of homoeopathic medicines (GMP Compliant) to study Industrial Pharmacy and Quality control of homeopathic medicines. They also visited the Botanical Garden in the same premises to create awareness of conservation and homoeopathic uses of herbs and medicinal plants. This experiential learning deeply imprints the subject in the minds of students.

Orthopedic Camp – Dept. of Surgery

In commemoration of World Arthritis Day and World Osteoporosis Day, the Department of Surgery organized an Orthopaedic Camp at Shree. Mumbadevi Homeopathic Hospital on 28th October, 2023. The camp provided free consultations by Dr. Kshitij Shah, **Dr. Amirali Badami** and **Dr. Pooja Shah** along with BMD check-ups, homoeopathic medicines, calcium supplements, and yoga sessions by **Dr. Dipika Velkar**.



Research Methodology Seminar for Interns - Dept. of Community Medicine

On 10th October, 2023, the Department of Community Medicine conducted a seminar on Research Methodology for Interns. **Dr. Muhammad Ibrahim Ubharay** led the seminar, orienting the interns about the significance of research particularly in the field of homeopathy and its potential impact on their careers.



Primary Health Centre Visit - Dept. of Community Medicine

The Department of Community Medicine organized an academic visit for IV BHMS (summer batch) students to Malwani General Hospital on 21st November, 2023. **Dr. Rupa Rao** and **Dr. Muhammad Ibrahim Ubharay** accompanied the students, orienting them about the various facilities available at the Urban Health Centre. Emphasis was placed on the Pediatric unit, Labor room, Casualty, and DOTS center.



CLASS SEMINAR/ ACTIVITY

Date	Year	Department	Faculty
9 th and 11 th October 2023	III BHMS	Surgery	Dr. Amirali Badami, Dr. Pooja Shah
8 th December 2023 15 th December 2023	IV BHMS	HMM	Dr. Vanita Johari, Dr. Abhinandan Hulamani, Dr. Dipika Velkar, Dr. Shruti, Dr. Isha Ved
6 th December 2023 7 th December 2023	IV BHMS Interns	Organon of Medicine	Dr. Prabhakar Y. Devadiga, Dr. Nimish V. Mehta, Dr. Jayesh Dhingreja Dr. Sonali Chhapia, Dr. Harshita Vora



**Advanced Multispecialty Hospital in collaboration with CMP Homeopathic Medical College and Shree Mumbadevi Hospital
CAMPS—Dept. of Pathology**

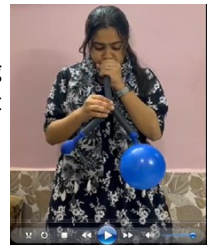
2 nd Oct 2023	Maha Arogya Shibir- TB Mukta Bharat with Awareness in collaboration with PHC and CHC(RK HIV)	Bharuch
3 rd —6 th Oct 2023	Health Awareness and Check-up for children	Airport School Andheri
9 th —12 th Oct 2023	Rural Health Check-up and awareness on Health and Hygiene	SHED, Palghar
23 rd Nov 2023	First Aid Skill based training for community health care workers	Jeevandhara, Panvel
29 th Nov—16 th Dec 2023	NCD Screening and Awareness talk	Multiple Location
1 st Dec 2023	World AIDS day	Kamgar Kalyan Kendra, Goregaon
7 th Dec 2023	STI and Reproductive health awareness	Jagruti Kendra trust, Andheri
22 nd Dec 2023	Reproductive Health and Gynaecological problems awareness	Kamgar Kalyan Kendra, Mobile creche- Goregaon West
28 th Dec 2023	Parent and Toddler health and hygiene	Kamgar Kalyan mandal, Chinchpokli

Saphale Health Camp – Dept. of Pathology and Community Medicine

A rural paediatric health camp was conducted by the departments of Community Medicine and Pathology at Darshet, Kondapada, and Umbarpada of Saphale region on October 12th, 2023. Over 500 school children were screened for nutritional deficiencies. **Dr. Prachi Bedekar** and **Dr. Muhammad Ibrahim Ubharay** along with students and interns actively participated in the camp activities.

PHYSREEL—Dept. of Physiology

Department of Physiology conducted PHYSREEL – a Reel Making Competition as part of experiential learning from 11th to 16th December 2023. Students showcased their creativity and knowledge by submitting short video reels on the topics of Surfactant and Laplace Law in Respiratory System. The same had been demonstrated earlier by **Dr. Aavishkar Zagday**. Criteria for judging was length of the video and physiological accuracy. Fiza Shaikh won the event and Hitiksha Patel and Kiran Raiba were the runners up.



TEACHER on TRAINING Workshop

On 28th and 29th December 2023, a ToT [TEACHER on TRAINING] workshop was conducted by MUHS and NCH for discussion on CBDC Curriculum at MUHS, Nashik. It focused on teaching and learning goals, mapping content of each subject and also on the importance of formulating lesson plans. **Dr. Prabhakar Devadiga**, **Dr. Nimish Mehta**, **Dr. Sumit Goel**, **Dr. Avishkar Zagday** and **Dr. Gausia Sayed** were invited for the same.



Sleep Well- Stay Healthy’ - Interdepartmental Seminar

On 29th November 2023, the Departments of Obstetrics & Gynaecology, Anatomy & Physiology in association with the Seminar Committee organized an inter-departmental seminar on Sleep and its importance, titled- ‘Sleep Well - Stay Healthy’ for I BHMS and Interns. Dr. Saili Bendre, a trained Somnologist, explained normal physiology of sleep, factors that influence and effect sleep. She also discussed the anatomy of obstructive sleep disorders and its impact on health. She also highlighted impact of sleep on women during pregnancy and menopause. The session also introduced sleep studies and monitoring sleep cycles. Principal **Dr. P.F.Damania** and seminar coordinator **Dr. Nimish Mehta** felicitated the speaker. **Dr. Sonal Kothari** gave Vote of Thanks.



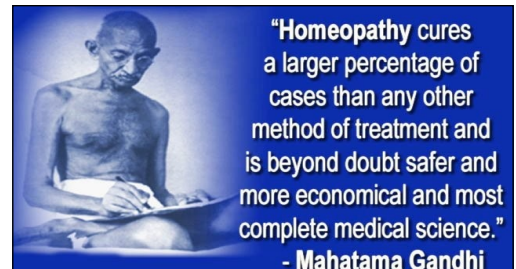
Upcoming Events:

- 25th January 2024—National Voter’s day
- 26th January 2024 —Republic Day
- 4th February 2024—World Cancer Day
- 8th March 2024—International Women’s Day



Nature at CMP

Campus
Larva of Red Pierrot Butterfly by **Dr. Dipika Velkar**.



“Homeopathy cures a larger percentage of cases than any other method of treatment and is beyond doubt safer and more economical and most complete medical science.”
- Mahatma Gandhi

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Email: cmphmc@yahoo.com

Website: <http://www.cmphmc.org>