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EDITORIAL

BULLETIN 2022

Welcome one and all to the season of festivities.

This is also the season of various colourful and fun-filled activities among the student community. Our creative and knowledgeable team is also buckled up to bring you a new edition of our quarterly bulletin which is imaginative, entertaining and informative, as usual. This quarter too, our wonderful staff and students conducted a myriad of activities in our college which which kept the vibrancy in our campus very much alive and kicking throughout the monsoon. This year passed with a brisk pace due to a lot of pent up activities in the social environment after almost 2 years of static Period due to Covid-19. With the hope and wishes of an equally wonderful and enjoyable 2023 to all of you we bring to you this edition .

- WISH A HAPPY AND MORE IMPORTANTLY A HEALTHY 2023..



**DR. PINTU KANANI
ASSOCIATE PROFESSOR,
DEPARTMENT OF SURGERY**

HEALING FROM THE CORE

This is a case to illustrate the case taking process and how zeroing down to the basic issue of the patient helps us find the remedy. Addressing the issue from core leads to permanent recovery rather than just removing the superficial symptoms.

CASE IS EDITED FOR BREVITY

WHAT PROBLEM DO YOU HAVE?

As such I don't have any problem physically but I fell down twice. It happened so that I slept while driving the bike and met with the accident, second time it was my fault, had accident again and got fractured, third time the leg got twisted and I fell down and got fractured. My family thought that I am having some disturbance mentally and so did MRI. I did CT- Scan also when earlier I slept while driving, **but I don't know exactly what happened at that time as that much memory got washed off. I don't know what happened at that time, when I got into senses I was lying in the hospital.** I had started allopathic treatment for high blood pressure and also high cholesterol. Earlier my routine was very nice, my bowel movement and appetite all were very good. **All was fine when I was in savli, but all got disturbed after I came to Oudh. There is as such no work load here, the X-Ray machine also worked for only 2 months and now there is not much work to do (hg),** so there is nothing that would disturb me but because of the high cholesterol I thought of taking treatment as there may be some disturbance happening in me. I sleep more, no other physical problem. My appetite is good, all is fine.

TILL YOU WERE IN SAVLI, ALL WAS FINE....

I liked working there, the outpatient department was also heavy there, **and my group and companions were also fine, used to go out with them. I was totally engaged there whereas here I have become blank (hg). I don't feel much about this change as I had myself asked for it,** (change in center) as I would have to travel less. There I was continuously active, even in afternoon we used to go to the villages for social and religious activities (HG). So we would be engaged for full day and in comparison to that at present here I am less engaged. I have been here since a year and so haven't got good company of people here. So sometimes I feel that I am unnecessarily wasting (hg) my time. I develop an ill feeling within myself as **I have earlier been totally engaged and now have nothing to do.**

TELL ABOUT THAT I DEVELOP ILL FEELING HERE AS THERE I USED TO BE ENGAGED AND HERE ITS NOT SO, FEEL BLANK. TELL ABOUT THAT ENGAGED, BLANK AND ILL FEELING?

We are not active....time as it is.... (hg of closing the palm), how much can one read? Have less work there and government give high class salary, so then I go to sleep. There is no work as the X-ray machine doesn't work. So in my service span of 1 year hardly I would have worked for few months. There I used to be free and can do activity what I want to do while here I can't do is as there is limitation. It's **like one is flying there and here it caged.**

TELL ABOUT THAT THERE I USED TO SIT WITH EVERYONE AND DO ALL THE ACTIVITIES FREELY BUT HERE THERE ARE LIMITATIONS AS IF ONE IS FLYING AND THEN GETS CAGED. TELL ABOUT FREE, FLYING, LIMITATIONS AND IN CAGE.

My liking of meeting others (hg) doesn't get satisfied, so I feel that there is no fun in living here. It gets settled if I get to sit and talk with someone (hg) but for that particular phase (when alone), I do feel that its not fun here. Everything is nice, salary is good, family setup is nice, but for this particular service period I am locked (hg). I can't do anything in it, till that time period of job I have to be physically present there,(hg) can't do my work as the machine is not in working condition and even there is a limitation to it, in a day maximum there would be 10 patients for x-ray. So it is only an hour work and remaining hours are as it is. I like to read and write, but it depends on the mood and feel disturbed if have to read in compulsion in a particular span of time (hg).

TELL MORE ABOUT IT THAT I AM LOCKED FOR THAT PARTICULAR TIME, FEEL DISTURBED IF HAVE TO READ IN A COMPULSION OF TIME, FEEL AS IF WAS FLYING AND NOW INSIDE THE CAGE.

Until now I was totally engaged in the job I was doing and so would even enjoy eating after coming back home. I would feel satisfied on coming home if I have helped some patient or did something like that. (hg). **I would be sharing my feeling with other people and even with some psychiatric patients. In that hospital patients would come off and on for their treatment esp. in T.B. Section and so even became friendly with them. I would be talking to those patients; they would share their other problems with me (hg). As in short our continuous human touch keeps reducing, we feel that (hg). Earlier one would be always in contact with people and when that reduces, one feels so. (hg)**

TELL ABOUT THAT CONTINUOUS HUMAN TOUCH REDUCES, SO FEEL SO, TELL ABOUT IT.

There is a **blank feeling** (hg) that I am not feeling good. The things which we like are not happening.

WHAT WOULD ONE FEEL IF THE THINGS ONE LIKES DON'T HAPPEN?

Then I make up inside (hg), there is turmoil inside but I make up that whatever is there is fine, whatever situation is given to me, I should face it. I won't create a sad picture out of it, would maintain it, if it is like this then let it be so. As such it's the best phase to read, but I have not habituated to read much since beginning.

HOW DOES IT FEEL TO BE IN THIS SITUATION?

I feel as if something is lacking(hg), nothing major, but because it's a situation which I don't like and so feel as if something is lacking, and I put efforts to fill up that gap(hg) of whatever I am not getting here. Many a times even when I get it, I keep talking for a long period of time until I get bored.

TELL ABOUT THAT SOMETHING IS LACKING AND TRY TO FILL UP THE GAP,FEEL AS IF LOCKED, IN A CAGE AND LIMITATION.

It's the feeling of the heart, I am habituated to talk to others by heart (hg), so until the unity is not by heart with the person, that level of satisfaction doesn't come (hg) and I don't enjoy. I don't get the people who can talk to me by heart.

HOW DOES IT FEEL? YOU ARE TELLING THAT UNTIL THERE IS UNITY BY HEART, OR HUMAN TOUCH I FEEL A GAP. JUST TELL ABOUT THE GAP?

That gap can be realized, it can't be explained.

JUST TELL ME ABOUT THIS FEELING THAT I FEEL AS IF THERE IS SOME GAP.

It can be felt but difficult to express, **it is like loneliness (hg) that we call as a gap. I feel so only when there is a vacuum at that particular time.**

JUST TELL IT ABOUT THAT LONELINESS OR VACUUM?

The situation that we want is not there and so one feels so.

THE SITUATION WE WANT IS NOT THERE, SO HOW DOES IT FEEL TO BE INTO THAT SITUATION?

How to express this feeling? There is a limitation of words here.

HOW DO YOU FEEL WHEN THE SITUATION THAT YOU WANT IS NOT THERE?

The situation where I can be constantly active (hg), engaged with others (hg) and the feeling that something we have done is not there. If I don't do anything then no such feeling is going to happen.

YOU WANT A SITUATION WHERE IN

I would do something

I CAN BE CONSTANTLY ACTIVE, ENGAGED AND FEEL THE SATISFACTION OF HAVING DONE SOMETHING. HOW DO YOU FEEL HERE?

Here its not there, so I don't feel so.

HOW IS IT HERE?

I don't enjoy here.

WHAT DO YOU EXPERIENCE IN THIS SITUATION?

Feel as if we have something lacking within us (hg), that either I can't make this situation very good so it may be some lacking within me. I feel for myself that I can't overcome this situation or maybe I have a lazy nature and it may be due to it as we don't want to do the work for others.

HOW DOES IT FEEL TO BE INTO THIS SITUATION?

I feel for myself that I am unable to do it.

TELL ABOUT IT.

I can't do what I want to do, maybe I am not capable for it (hg) so get a doubt on myself that in this situation I don't have any solution which can be best for me. So internally I feel a pinching for myself (hg) that I am not able to make a hard situation the way I want it to be. (hg)

INTERNALLY I HAVE PINCHING, TELL ABOUT THAT PINCHING?

I feel from inside **that I am not what I was before and so all this has changed**, may be my behavior has changed and so the situation is like this. **I can't change the outer reality so let me see whether I lack something inside, so I constantly try to search inside that what to do and how to do, so that I can make these situation better. (hg)**

FEEL AS IF I AM NOT AS I WAS BEFORE.

Yes.

THERE IS PINCHING INSIDE, TELL ABOUT IT.

I feel a kind of **dullness and sluggishness or something like that which may be restricting us to do certain things. I can't change outside situation so there is a kind of pinching inside (hg).**

ITS RESTRICTING US AND INTERNALLY ALSO THERE IS A PINCHING INSIDE.

I know about the ideal life that we should live, but am unable to do so and that I feel as a lack inside. As such there should be that lacking feel as only then one would try to fulfill it. (hg) so on one side, I try to bring that awareness and put the efforts to that side (hg).

TELL ABOUT SOMETHING LACKING INSIDE, SOMETHING RESTRICTING AND PINCHING.

There is a kind of laziness inside (hg) which is restricting me from inside and may be it has increased here as there is not much work to do.

TELL ABOUT THIS RESTRICTION, THAT THERE IS A KIND OF LAZINESS INSIDE WHICH RESTRICTS ME.

There may be a possibility that may be in this situation I can be more helpful to other people in their work, but because I don't get up from my place and go there, so I am alone. On other side I feel that if I do the work of others then they will become lazy (hg). **So if I leave my laziness then I make the other person dependent on me.** In government office, **if in a new place I interfere more in someone else work then more work would come on me.** (hg) in government offices if the officer is not good then he would give us even unnecessary work which is not as such my duty. **I would like to do even others work but only when I wish to do so, and would not do it or leave it whenever I wish to, so I won't be bound to it (hg).**

TELL ABOUT NOT BE BOUND TO IT.

Means on one side the logic tells one thing(hg) and on other side the internal feeling is different (hg) in which I feel that because of my lazy nature I am not doing their work (helping them). In a way if I want to do the work of others then I should do it, then what ever may happen, and on the other side the laziness stops me to do so. **Logic tells that by doing their work, I make them lazy but due to this logic I myself become lazy. (hg) so there is an ambiguity inside whether I should cross my boundary or not. (hg) whether to get indulged in other's work, whatever the other person is doing, I should go and start doing it with him,** I was even ready to clean the floor with the other person if he is doing that work. So now whether to let him do or stop him from doing it himself (hg) whether to be with that person, he may get habituated to it, so may be my attitude has changed also due to the age. **There is a ambiguity and a turmoil** of such thoughts goes on while sitting idle and thinking (hg) it keeps happening with the self. (hg)

TELL ABOUT THAT TURMOIL, THAT AMBIGUITY...

A struggle keeps happening with the self (hg) that I am unable to do what I want to, maybe that's because of the weakness inside me (hg) and due to this lacking all this is happening (hg). I can't even change the situation and to keep sitting in that situation come what may..... Whatever is the situation (hg). I had to keep sitting for 2 months because of this accident so maybe because of it also this has happened.

TELL ABOUT THE TURMOIL THAT WHETHER I SHOULD CROSS THE BOUNDARY AND GET INTO OTHER'S WORK OR NOT TO DO SO, IF I DON'T DO SO THEN THAT BOND IS NOT FORMED BETWEEN US. TELL ABOUT THIS AMBIGUITY, CROSSING BOUNDARIES AND BONDING?

I mainly feel that it is because of **my internal laziness, the outer situation may not be much but my inner laziness must have increased.** So I put efforts to overcome it after 7 pm onwards when I reach home from the office I am always working for the work of swadhyay (social work) even if I have to stay away from home till 12 at night, that's my field, there I go in a group and do all sorts of work, I won't leave any work there. (hg) whatever be the activities to be done there, I would go in all of them. (Social activities).i would thus make up for the day in a way (hg), in the morning I don't get to do things and so I remain active here. **There may be because of the restriction my mind makes an excuse and remains sitting, (hg) and it becomes aggressive to compensate it.**

THERE IS A RESTRICTION THERE AND TO COMPENSATE IT I BECOME AGGRESSIVE HERE. TELL ABOUT THAT RESTRICTION AND AGGRESSIVE?

There are **physical boundaries here (hg), the place also plays its role.**

TELL ABOUT RESTRICTION AND AGGRESSIVENESS?

Here there is a **restriction that I can't do what I want to do.**

TELL ABOUT THAT CAN'T DO WHAT I WANT TO DO, RESTRICTION, MORE ON THIS.

I should do something in my hours of duty as I take salary from here, but can't do it.

SO HOW DOES IT FEEL?

Feel bit of that...

WHAT DO YOU FEEL?

I don't feel satisfied.

HOW DOES IT FEEL?

I feel guilty that I can't do.

TELL ABOUT CANT DO, RESTRICTION, FORGET ABOUT YOUR WORK AND JUST TELL ME ABOUT RESTRICTION.

The superior boss is not like that so we have a limitation in working as he would not like us to interfere in someone else's work (hg) that also becomes a limitation.

TELL ABOUT THAT RESTRICTION BIT MORE. THE SUPERIOR BOSS IS SUCH THAT HE WON'T LIKE MY INTERFERANCE IN OTHER'S WORK AND THAT BECOMES RESTRICTION. JUST TELL ABOUT IT. FORGET ABOUT YOUR WORK AND TELL ABOUT RESTRICTION.

There is **restriction (hg) due to that physical situation; I can't do what I want to do.**

WHAT DO YOU EXPERIENCE IN THAT SITUATION

I don't get the **inner joy (hg)**

TELL MORE ABOUT HOW DOES IT FEEL, WHAT DO YOU EXPERIENCE IN THAT SITUATION?

It is difficult to describe.

JUST TELL ABOUT IT.

That feeling can be felt (hg), it's difficult to describe it more.

YOU ARE TELLING THAT THERE IS LONELINESS; JUST DESCRIBE ME ABOUT THE LONELINESS AND RESTRICTION.

Earlier I was an extrovert, (hg) and now when I become introvert in the sense that earlier I was with people and now when I have to be alone then I feel so and then I try to compensate it by getting into myself(hg). As such I am not that much habituated to being with the self and so there is a gap(hg) as neither that situation happens nor can I be continually be with myself, so a level comes where this also becomes a kind of limitation (hg). It's better to be with the self for a limited period of time (hg) there is a difference between being with oneself by wish and being with self forcefully (hg), so when I have to sit alone forcefully then it happens.

In that place all the rooms were together whereas here my room is isolated (hg) it's a totally separate building and so it is very isolated, so I become separate from others and all alone. I have never been alone until now in life and this is the first time in life that I have to sit alone (hg). **When I wish I can be with all, do all works and then be alone as per my wish.** Earlier I used to do so in my previous job, I would go away alone out of that place. That was by my willingness that I would sit alone but when I have to sit alone forcefully (hg) has happened for the first time in my life.

HAVE TO SIT ALONE FORCEFULLY, TELL ABOUT IT, HOW DOES IT FEEL TO BE INTO THAT SITUATION?

Naturally I won't like it because the thing that I liked until now is not there.

HOW DO YOU FEEL IN THIS SITUATION?

I don't enjoy.

WHAT DO YOU EXPERIENCE IN A SITUATION WHERE YOU ARE ALONE AND HAVE TO SIT ALONE FORCEFULLY?

I don't enjoy in it and it is also a kind of clash of thoughts (hg) as I have already heard the preaching of Veda and other powerful talks and then a situation comes where I can't do anything here. There is no issue of defeat, have to face the situation and fight against it (hg) so there is a **constant this thing happening (hg) inside.**

CONSTANT INSIDE?

A clash of thoughts inside (hg) that I have to be with the self and its not at all acceptable that I don't enjoy it (hg), I am not used to this poor life (hg) and have powerful thoughts and on other side I don't enjoy in this situation. On one side I tell that even if you put me in a fire, I will change it into a garden (hg), means I tell such things to people and believe so but when that situation comes then...(hg) as such in this struggle I should not feel such things, (hg) I should be able to enjoy even in this situation.

TELL ABOUT THAT CLASH/FIGHT/STRUGGLE?

The fight happens in these kinds of situations where in I should be working or at least be doing my work as I take salary for it, but I am not able to do that also. (hg) we talk about honesty and as such I try to be honest but with honesty all such things (hg).

THEY MAKE US SIT FORCEFULLY AND I HAVE TO SIT FORCEFULLY ALONE, I DON'T LIKE THAT. HOW DO YOU FEEL IN THAT SITUATION? WHAT DO YOU EXPERIENCE IN IT?

There is a **struggle inside (hg)** in that situation.

HOW DOES IT FEEL TO BE INTO IT?

Its not that much (hg) but the wanted situation is not there.

WHAT IS A WANTED SITUATION FOR YOU?

I like to sit with people meet them and interact with them; I have always lived like that. (hg)

YOU LIKE TO SIT WITH PEOPLE, MEET PEOPLE...

And share my feeling by talking or interacting with them.

HOW DO YOU FEEL HERE?

Here I am sitting **alone (hg)** so that's the restriction.

TELL ABOUT ALONE AND RESTRICTION?

I am physically alone and then **I start talking with myself, there is no one else and so I start getting involved and talking with myself. (hg) and then I feel that here I can't live the way I want to (hG)**

HOW DO YOU FEEL YOUR LIFE TO BE HERE?

I feel that I can't do, now whether it is that I can't do or I don't want to do(hg), I keep evaluating about it, but who will decide it or who will be the judge as I am talking with my own self (hg). Who will be the judge whether we are on the right track or not. Is it that I don't want to do or I am not allowed to do it (hg).

TELL ABOUT THAT EITHER I DON'T WANT TO DO OR NOT ALLOWED TO DO.

Maybe the **restriction is coming from inside due to the laziness; (hg) there may be outer restriction and even the inner restriction which doesn't allow us to do the things, so there may be two limitations. (hg)** until now may be I was habituated like that and whatever laziness is inside, is hindering me.

TELL ABOUT THAT OUTER AND INNER RESTRICTION.

I think from inside that I want to do but can't do, so that won't be allowing us to do anything.

I WANT TO DO BUT CAN'T DO, TELL ABOUT RESTRICTION.

My inner habit also doesn't let me go into it, which can be a reason (hg).

WHAT DO YOU FEEL IN THAT SITUATION, YOU TOLD ABOUT INNER RESTRICTION AND OUTER RESTRICTION, JUST TELL ABOUT RESTRICTION.

It means **that I can't work up both of them (hg), both the things are there and I put efforts towards it and so to have a backup of thoughts I keep reading good books, hear good preaching (hg) and try to be with**

active people and constantly try to practice that whatever is the situation, it should be taken as granted (hg).
The situation is going to remain the same, so let me try... (hg)

HOW IS THE SITUATION? HOW IS THE OUTER SITUATION?

It doesn't allow me to do what I want.

SO WHAT DOES IT DO TO YOU?

To do good to others, to help others and all such things of life.. (hg)

YOU FEEL THAT THE OUTER AND INNER SITUATION RESTRICTS YOU, JUST TELL ME ABOUT THAT RESTRICTION. FORGET ABOUT YOUR WORK AND ALL AND JUST TELL ME ABOUT RESTRICTION, WHATEVER COMES IN YOUR MIND, TELL ABOUT IT.

Restriction means I want to do something but can't do it. (hg) I have a wish from inside to be good to people, participate in their life and share feelings with them (hg). I have a nature since beginning of sitting with people and heartily sharing things with them (hg) and also my guru...

TELL ABOUT RESTRICTION?

yes, in it I can't do all this.

WHAT DO YOU FEEL IN THIS SITUATION?

I feel **confined (hg) and helpless.**

TELL ABOUT CONFINED AND HELPLESS. TELL ABOUT RESTRICTION, CANT DO, CONFINED AND HELPLESS.

Whatever I have thought of doing, doesn't happen, its a reality although I try to put efforts towards it and a stage will come when I will overcome it. It is a practicing period, **the situation is also such and it is from inside also (hg) and I will build up more from inside (hg) and do it (overcome it) but still then I have to face it.**

JUST TELL ABOUT THIS CONFINEMENT, HELPLESS, RESTRICTION AND CAN'T DO.

How can I tell it in detail?

YOU ARE DOING WELL; JUSTTELL ABOUT IT, WHATEVER COMES TO YOUR MIND?

It is that I can't do the things that I want to do (hg) and either the physical or internal situation restricts us.

IT RESTRICTS YOU IN WHICH WAY?

It may not even be restricting but that is what I feel. (hg)

PUT IT ASIDE, TELL JUST ABOUT RESTRICTION, CONFINEMENT AND HELPLESS.

Restriction in the sense that I can't do what I want to do.

TELL ABOUT CONFINED, RESTRICTED AND CAN'T DO WHAT I WANT TO DO.

I can't go in detail of it, it Is just the way I feel it.

YOU TOLD THAT IT WAS VERY NICE IN THE OLD PLACE OF WORK AND ALL THIS STARTED AFTER COMING HERE, THERE THE SITUATION WAS AS I WANTED.

There I was with people (hg) who used to be sit together, be together and I had trust on them by heart (hg), so if I am free, I would sit with someone or other and talk, even I would start chatting with the peons as there was a lot of staff.

HOW DID YOU FEEL THERE?

I enjoyed there as I would sit with all and keep talking and although I may not be able to do my normal work as the x-ray machine is not working but in my extra time I can sit and talk with others. (hg)

YOU TOLD THAT HERE THERE IS RESTRICTION SO AFTER 7 PM WHEN I GO THERE, I BECOME AGGRESSIVE. TELL ABOUT THAT AGGRESSIVE.

Whatever I am not able to do here and has remained lacking, I try to do it in the social field (hg), so I am ready for wherever I have to go or whatever I have to do and don't keep sitting.

WHATEVER IS THE LACKING THAT HERE....

I try to fill it up here as although I can't do here, but I can surely do there.

WHAT DREAMS DO YOU GET?

I don't have many dreams, now I don't get the dreams that I earlier used to get before starting the medication.

TELL ABOUT ANY DREAM THAT YOU REMEMBER SINCE CHILDHOOD, WHICH HAS COME FREQUENTLY TO YOU OR WHICH HAS TOUCHED OR AFFECTED YOU A LOT.

I don't remember any such dreams at present. Sometimes I see dadaji (a guru) in dreams and those dreams I remember.

TELL ME ABOUT YOURSELF AS A PERSON?

I am lazy by nature, I feel to get into someone's internal matters and do for them by heart. I have a feeling to create relations by heart. I like to help people but that too in limits.

TELL ABOUT IT.

It is that if I have to help someone financially then I will do it within my range but not by getting myself scraped.

TELL ABOUT IT THAT I WISH TO HELP OTHERS, BUT IN A LIMIT, NOT BY GETTING SCRAPED.

If someone needs my help mentally or intellectually or if my thoughts/ideology can show the way to someone then I can do that.

TELL ABOUT NOT BY GETTING SCRAPED.

It means financially. I can help in my range, not more than my capacity. (hg) I would take care of mine and help others.

TELL ABOUT AFTER TAKING CARE OF MINE, IN MY RANGE AND LIMITATION

I won't do it for someone by losing myself. I have a limit in helping someone financially whereas there is no limitation in helping someone with my thoughts /ideology(hg) as I can give them some suggestions or help by means of thoughts or mentally(IDEOLOGY) so that he can be helped by that and also make me gets better.

TELL ABOUT THAT I WON'T HELP A PERSON FINANCIALLY SO MUCH BY LOSING MYSELF BUT I CAN HELP HIM IF HE WANTS SOME SUGGESTIONS AS IT WILL MAKE ME ALSO BETTER AND BE OF HELP TO HIM.

I don't have physical limitation but I do have limitation if I have to help financially. I can't give someone more than my capacity, so that becomes my limitation.

TELL ABOUT THAT IT IS MY LIMITATION THAT I CAN'T HELP BEYOND MY CAPACITY AND IN IDEOLOGY....

I am free in that and give as much as I have and if I don't have then I would send him to dada (guru) because that's a place where you can get more.

TELL MORE ABOUT THAT I HAVE A WISH TO BE HELPFUL TO SOMEONE, BUT IN MY LIMITATIONS, IT IS NOT THAT I WOULD LOSE MYSELF IN IT WHEREAS IN REGARDS TO IDEOLOGY I CAN GIVE AS MUCH AS I HAVE.

If someone is in problem then **I can guide him through my thoughts or ideas in regards to the way of thinking, way of living (hg) and positivity. So I can share whatever I have got.**

WHAT ABOUT PHYSICAL AND FINANCIAL WAY.

I do have a limitation financially.

TELL ABOUT LIMITATION.

It is obvious that if our pocket doesn't permit then how we can give. (hg)

TELL ABOUT ANY INCIDENCE SINCE CHILDHOOD WHICH HAS TOUCHED YOU OR AFFECTED YOU A LOT.

I am happy that I met dada (guru).

TELL MORE ABOUT IT.

After I passed out from B.Sc I had somewhat inferiority that I didn't become a doctor or an engineer, after hearing him that inferiority got washed off. The feeling that I have not studied got removed and so I felt happy. Earlier we used to believe that a person becomes big by the degree that he has, but if you don't have degree it doesn't mean that you are like that. So there is no reason for me to consider myself inferior. **Dada used to tell that people who show their degree basically show their ignorance that I am only M.B.B.S. or I am just C.A. or a lawyer and not anything else. (hg) so by the degree a person shows that I know only this much whereas there is a lot more to be known in this world. The school education is only for this and there is a lot more lacking in life which has to be known. So by hearing all these things, this feeling of being a B.Sc got washed away. (hg) I could get the education of life which I got from him. So the feeling I had that all got over and I could not do anything went away. He showed me a scope of life, I enjoyed it. (hg)**

TELL ABOUT THAT NOW I DIDN'T FEEL THAT I CANT DO ANYTHING, SAW A SCOPE OF LIFE.

Earlier I had a feeling of inferiority that I could have done this and that but I didn't study, kept roaming or wasted my time instead of studying. Later on I felt that it is ok, there is a lot more to be known in this world. While doing B.Sc I had hardly read one or two books, even I didn't read even from my syllabus, I passed by simply listening to what was taught in class. Since childhood I was not habituated to study, I had three elder sisters, so they would read and I would listen and the same habit was even in college. I started reading books after meeting dada.

TELL ABOUT THAT EARLIER I USED TO FEEL INFERIOR BUT NOW I DON'T FEEL SO.

I mean that to study for the degree is not the most important thing in life, it is not the only thing and there is lot more to know in life. **This is just an education for food and there is a lot more to know in life.**

ITS NOT THAT I COULD NOT DO ANYTHING IN LIFE, THERE IS SCOPE.

I mean that I could not do due to the situation and I will try to overcome it. (hg) I have a feeling from inside that if this situation is there, then it doesn't mean that now nothing can happen. We are still dashing (hg) and it is not that we won't be able to do it.

WE ARE STILL DASHING?

I am putting efforts and it is not that I just want to sit and do nothing. I do try to overcome the situation (hg), I even put effort to fulfill the internal lacking by being in such a company or such thoughts or even by craving that I don't want this situation in next birth, so I even have such thoughts and go with a positive thing, we will do that thing.

WE WILL DO THAT THING, WHICH THING YOU WANT TO DO?

I would work for social and religious causes.

ITS NOT THAT I COULD NOT DO IT...

It is not that I could not do it, but I did less, so don't feel satisfied, want to do more. (hg)

TELL ABOUT IT.

It is that **god has preached in Geeta that if you tell my preaching or thoughts to all the people then I would love it. So I like to share more of such thoughts with people and become a medium to make these thoughts to reach to as many people as possible. I don't want much of physical gains or money but in this way that I should be helpful to people by my thoughts and the share the good thoughts that I got from dada. (hg)**

AFTER HEARING DADA I FELT THAT IT'S NOT THAT WE HAVE NOT DONE SOMETHING, SO WE ARE NOTHING.

As I didn't study well and did not have a degree, so I had these thoughts, but after meeting dada, all these went away. At that time **I didn't have a backup and then got a backup from dada and it went away.**

TELL ABOUT BACKUP?

Means I got the thoughts/ideology of dada (ideology), guidance, way of thinking, positivity, (hg) and I took that situation positively.

ANALYSIS :

Lacking

In capable to overcome

Limitation

Sharing idea and thoughts

All above mentioned issue leads us to mineral remedy from row three.

Limitation vs free

restriction

confined vs engaging people

I am not just having b.sc degree but I am more than this

to be more than just degree (identity given by others)

Sharing one's idea and thoughts and help them out

Continuous human touch and sharing your feeling

Feeling gap/vacuum

Helplessness feeling of

Ambiguity: 1) constantly active and engage vs alone/loneliness 2) should I cross the boundary and help them in their work or should I be just with self

I can be with all when I wish vs be alone with myself when I wish

Above mentioned issue leads us to the understanding that patient has developed the ability to be different and distinct, he is more than what society think of him or identify by degree. So there is an identity apart from what is given to him(degree) and other conflict is that patient likes to be with many people or company but too much of it leads to losing sense of self (identity) and if he remain alone that give him the sense of self but too much of being alone is also lead to suffocation and not able to share the thoughts and idea and ultimately feeling of the restriction of the self(identity)

These leads us to the phosphorus

Prescription : phosphorus 200

FOLLOW UP: after 5 months.

WHAT ARE THE CHANGES IN YOU?

I am feeling well, there is no problem.

TELL ABOUT FEELING WELL.

The negativity that was in me is no more now. I am fresh now, also like to read books now. The feeling which I had earlier of being confined (hg) is not now.

TELL ABOUT THE CONFINED FEELING IS NOT NOW?

Earlier I used to feel so, **I used to feel as if packed or locked in some place which I don't feel now.**

TELL ABOUT BEING PACKED AND LOCKED?

That was the feeling earlier which I had told you during consulting but now I am feeling fresh. I like to meet with others, keep sitting with them.

TELL MORE ABOUT IT.

In short now I can enjoy and am fresh. There is no negativity inside now.

TELL ABOUT I AM ENJOYING AND FEEL FRESH.

Now I can do what I wish to do and don't feel that I am unable to do things as per my wish. (hg) earlier I had the feeling that I am unable to do but now.....

NOW?

Now I am free. Things are happening as per wish so don't feel any obstruction and enjoy.

THINGS HAPPEN AS PER WISH, NO OBSTRUCTION. I CAN DO WHAT I WISH. TELL ABOUT IT.

I had a feeling that god's work should be done, so now I feel satisfaction. **The physical limitations which I used to feel are not there, even I don't feel sleepy whole day now.**

HOW IS YOUR SLEEP?

Sleep is also nice now.

EARLIER YOU FELT LIMITATIONS, AND NOW.

Now it is not there. **Now I do such work and so feel joy and can also meet and talk with people somehow instead of being locked.**

LEARNING: THIS IS WHAT THE HEALING IS. ONCE PERSON HEALS, HE MOVES OUT OF SITUATION INSTEAD OF BEING STUCKED THERE.

HOW DO YOU FEEL NOW?

Now I am happy.

NOW YOU CAN MEET AND TALK WITH OTHERS AND SO ENJOY, WHAT ABOUT SLEEPINESS?

It is reduced now, it is only if I have slept late at night, **whereas earlier even if I would be sleeping at night I would feel sleepy whole day.**

WHAT ELSE, WHICH ARE OTHER CHANGES?

Everything is all right. My cholesterol is also normal now and blood pressure is also remain under very much control.



**DR.KRUSHA PANJWANI
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DEPARTMENT OF SURGERY**

RISKS OF ANESTHESIA FOR THE CHILD WITH AN UPPER RESPIRATORY INFECTION

INTRODUCTION :

[Upper respiratory tract infections](#) are the most frequent medical problems in paediatric age groups undergoing surgery and the leading medical causes to defer surgery.

Approximately, 200 viruses cause the infection that produces the clinical syndrome of cough, [nasal congestion](#), discharge, sore throat, and sneezing. [Rhinoviruses](#), [para-influenza](#) viruses and influenza viruses are the most common viruses causing [respiratory illness](#). The type of virus most commonly causing URTIs varies with different age groups. [Respiratory syncytial virus](#), para-influenza viruses, [adenovirus](#) are the most common viruses infecting the infant and preschool child. URTIs are self-limiting. However, it may produce hyper-reactive airway that can persist for 6 weeks.

Children with less than five years may have six up to seven episodes of URTIs per year with each lasting up to two weeks and residual pulmonary effects of 2 to 6 weeks. The issue of whether to proceed with [elective surgery](#) on a child with an URTI has been source of debate for many years. The purpose of this review is to summarize current evidence regarding perioperative anaesthetic management of children with URTIs undergoing elective surgery and to minimize traditional approach of blanket cancellation of surgery.

Multiple studies have shown that children who undergo general anesthesia with a current or recent URI are at increased risk of **perioperative respiratory adverse events** (PRAEs), mostly related to airway hyper reactivity, though most of these events are mild and easily managed. Perioperative respiratory events increase admission rates and costs and prolong hospitalizations, but long-term consequences of brief oxygen desaturations have not be demonstrated.

PRAE (perioperative respiratory adverse event)s include laryngospasm, bronchospasm, atelectasis, coughing, airway obstruction, hypoxia, stridor, and breath holding. Though most PRAEs are easily managed, more significant events can occur. According to data from the Pediatric Perioperative Cardiac Arrest Registry, after cardiovascular causes, respiratory

events were the second-most common cause of perioperative cardiac arrests in children, with laryngospasm being the most likely cause for respiratory-induced cardiac arrests.

Performing anaesthesia in children with URTIs increases the risk of perioperative respiratory adverse events (PRAEs) like laryngospasm, bronchospasm, and desaturation and breath holding.

Children with mild and moderate URTIs can safely anaesthetized with optimal preparation and optimization of the patient in the preoperative period. Prevention of stimulation of a potentially irritable airway, use of bronchodilators and induction with propofol are helpful. Furthermore, adequate suppression of airway reflexes with optimal depth of anaesthesia is highly recommended.

Anaesthesia for [elective surgery](#) in paediatric patients with a recent URTI was commonly postponed for several weeks in the past. The blanket defer of surgery can have an impact on social, economic, and emotional consequences for the child, the family and the health service system in general. Furthermore, inadequate optimization of child with URTIs undergoing surgery will causes high incidence PRAEs and unnecessary hospitalization, which could affect the health-care cost and parents satisfaction.

Empirically, postponing surgery in a child suffering from [upper respiratory tract infection](#) was usually based on an increased risk of PRAEs, which can occur up to 6 weeks after the disease. Today there is a notable trend for anesthesia to be safely performed in children with URTIs when a careful assessment of potential risks and benefits for the child is implemented and safety precautions are taken.

This review emphasis on comprehensive assessment, stratification of sign and symptoms of URTIs, optimization in the [preoperative period](#) and design appropriate anaesthetic management, which may avoid traditional blanket cancellation of surgery and decrease the risk of perioperative respiratory adverse events (PRAEs) following the surgery.

[Upper respiratory tract infections](#) affect the apparatus of the upper airways frequently and there is no single universally accepted definition of URTIs. However; most clinical studies define URTI as two of the following symptoms: rhinorrhoea, sore or scratchy throat, sneezing, [nasal congestion](#), and malaise, cough, or fever more than 38 °C respectively. The most frequent symptoms are rhinorrhoea, followed by nasal congestion, sneezing, productive cough, sore throat, and fever.

Perioperative respiratory adverse events are the major complications during intraoperative and [postoperative period](#) in children with URTI. Typical adverse events in children with [respiratory tract infection](#) are [laryngospasm](#), [bronchospasm](#), breath holding, [atelectasis](#), [arterial oxygen desaturation](#), [bacterial pneumonia](#), and unplanned hospital admission. Hence, these children may benefit from pre-anaesthetic assessment and specifically targeted perioperative anaesthetic management. When evaluating a child with an URTI for whom

[elective surgery](#) is planned, [preoperative information](#) must be meticulously obtained for the best anaesthetic management, in order to reduce the risk of perioperative respiratory adverse events.

Preoperative assessment :

Identifying sign and symptoms of URTIs in [preoperative period](#) for paediatric patients undergoing surgery through medical history and physical examination is very crucial.

Studies classified the severity of URTIs based on clinical manifestations.

- Mild URTIs is considered, if the child has recent Hx of URTI, with no current sign and symptom within the past 2–4 weeks.
- Moderate URTIs is considered, if the child has any symptoms of URTI (runny nose, dry cough), without [wheeze](#) and no systemic symptoms such as fever or pyrexia (>38 °C) or irritability (lethargy), for one or two days before the [day of surgery](#).
- Severe URTIs is considered, if the child has any symptoms URTI with systemic manifestation (*Fever*, >38 °C, productive cough, mucopurulent secretion, nasal congestion, sore or scratchy throat, wheezing, [laryngitis](#) and pulmonary involvement).

The potential for a [lower respiratory tract infection](#) after URTIs is relatively common in children. So, preoperative evaluation should consist of listening to the child's lungs for [rhonchi](#) or wheezing. It is also important to determine if there is a history of asthma or wheezing. Children who are exposed to common colds are at greater risk for [reactive airway disease](#) and can hence have a greater propensity for wheezing or bronchospasm during anaesthesia.

Passive smoking, Age below 6 years, particularly infants below 1 year with severe sign and symptoms of URTIs, children with any respiratory or pulmonale comorbidity, ENT surgery or eye surgery, and surgery with impairment of [respiratory function](#), such as upper [abdominal surgery](#) or cardiac surgery are identified independent risk factors for perioperative respiratory adverse events. Studies have suggested that a child with severe manifestation of URTIs, and moderate URTIs with independent risk factors must defer surgery for at least two weeks.

Perioperative management :

The crucial points to optimize and prepared children with URTIs are identifying the severity of infection, and risk factors for PRAE. Moreover, the experience of [anaesthetist](#) has a great role in the prevention of perioperative respiratory adverse effects in many cases by early predicting the possible complication, providing optimal [depth of anaesthesia](#), administration of the appropriate drugs.

Induction of anaesthesia :

Propofol is known to depress laryngeal reflexes and may decrease airway responsiveness by relaxation of bronchial smooth muscle. This may be the reason that it was associated with fewer adverse events than the other agents.

Airway intervention :

Facemask, [laryngeal mask](#) ventilation (LMA) or endotrachealtube can be used based on the proposed surgery, anticipated duration and patient condition during general anaesthetic to provide the patient the ability to breathe spontaneously or to provide [positive pressure ventilation](#).

Child with URTIs undergoing surgery under general anaesthesia with [endotracheal intubation](#) had the highest probability of suffering adverse respiratory events than those whose airway was managed by LMA or facemask.

A large trial showed that children with URTIs had a two to seven times increased risk of suffering an adverse respiratory event during anaesthesia, and eleven times increased risk if the child was Intubated. The incidence of laryngospasm is increased in intubated patients and in patients having airway surgery and they concluded that LMA under optimal depth of anaesthesia may be able to provide a clear safe airway.

Postoperative management :

It is important to recognize that children with URTIs may be prone to desaturation, bronchospasm, [stridor](#) or persistent coughing. Furthermore, nasal oxygen supplementation, adequate hydration, and post-op adequate pain control is recommended for such patients.



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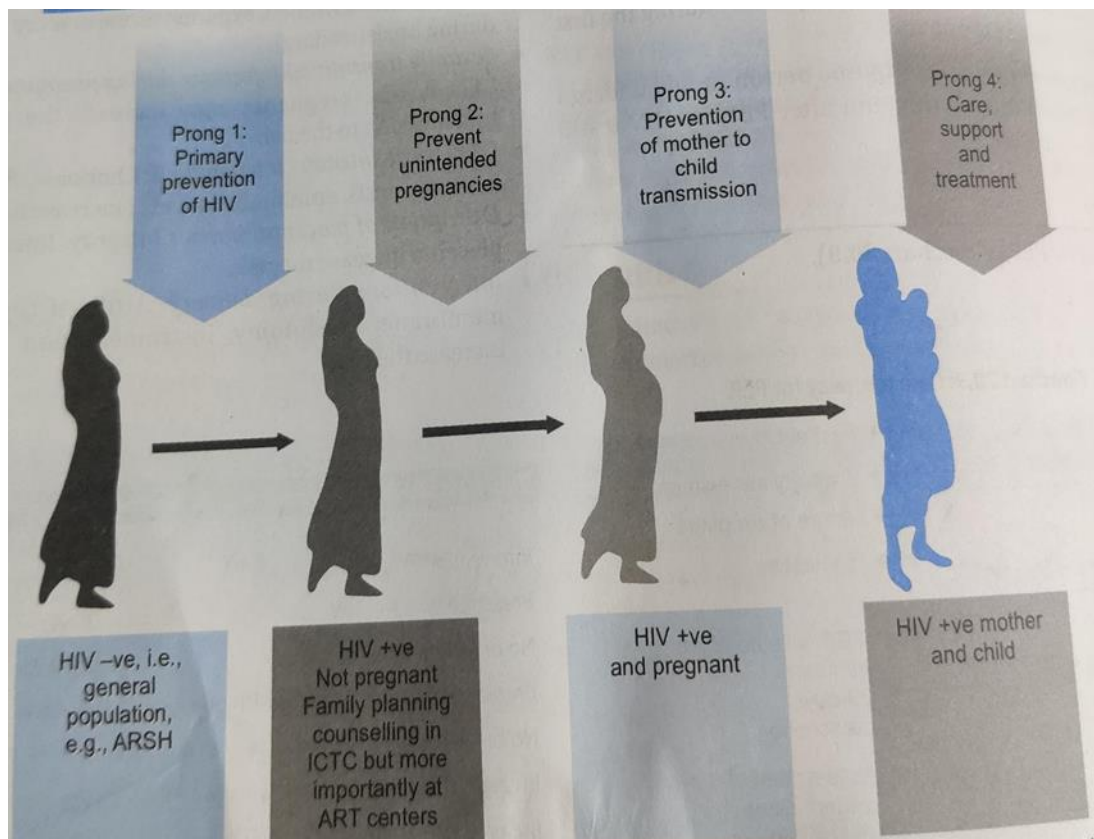
HIV AIDS during pregnancy



- Parents to child transmission of HIV from a HIV positive woman to her child during pregnancy, labour/ delivery through breast feeding.
- All HIV positive pregnant women have to be detected and provided timely ART (Anti-retroviral therapy) to reduce mother to child transmission (MTCT).

Prevention of parent to child transmission (PPTCT)

- New guidelines by WHO reduce the risk of HIV Transmission from mother to child as low as 1%.
- Under the national program it is recommended to provide lifelong ART for all pregnant and breast feeding women living with HIV.
- Presenting in labor with HIV receive a 'single pill' triple drug regimen for prevention of vertical HIV transmission for exposed infant.
- Nevirapine prophylaxis to HIV exposed infant.



ARSH= Adolescent reproductive and sexual health

ICTC= Integrated counseling and testing centers



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PROFESSOR,
DEPT. OF MATERIA MEDICA

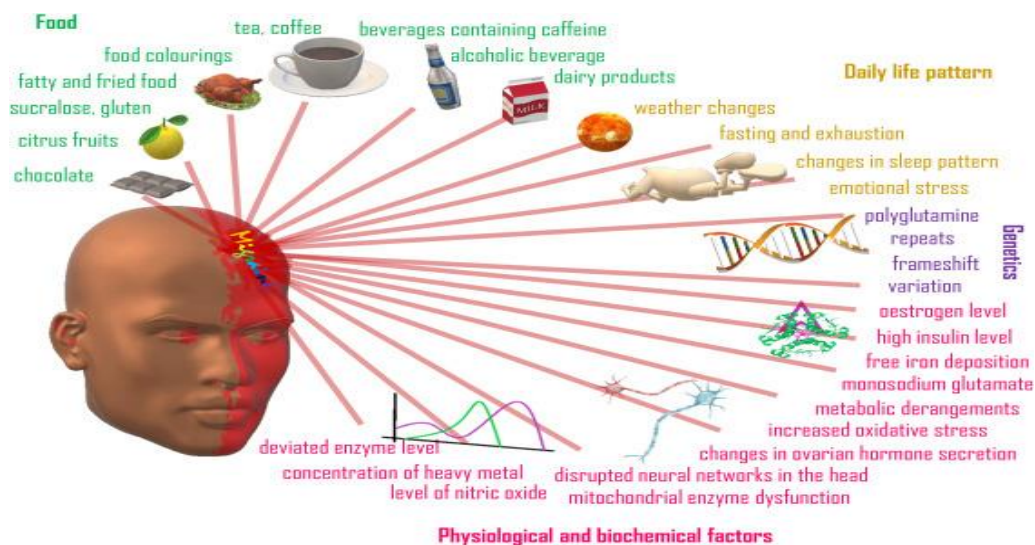
HEADACHE AND HOMOEOPATHY

If you have ever woken up with a throbbing, splitting headache, you know how it can derail your day. While most people have headaches from time to time, it can be really frustrating to battle one daily. From mild, nagging pain that does not seem to go away to intense pain in your temples that leaves you feeling crippled and incredibly frustrated.

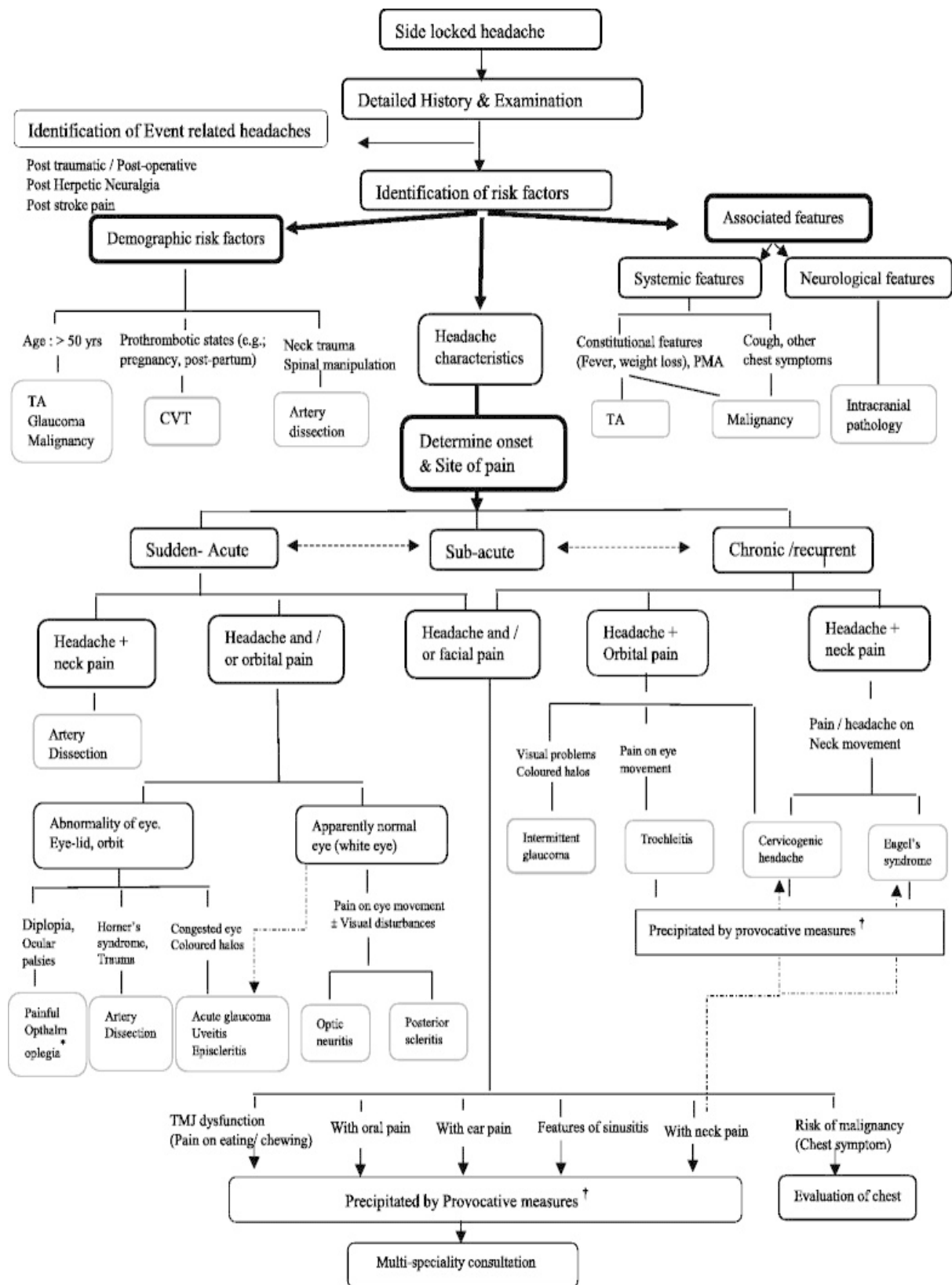
What causes headaches?

It is important to understand that there are several different types of headaches and while some are short-lived, some of them can trouble throughout the length of the day. There are different triggers for headaches. Here are some of them:

- Strain on the eyes
- Skipping a meal
- Poor sleeping habits
- Loud noise
- Tension
- Dehydration
- Sinus
- Heavy caffeine consumption



Headache classification & Diagnosis :-



Abbreviations: CVT- cortical venous thrombosis, PMA-polymyalgia rheumatica; TA- temporal arteritis TMJ-temporomandibular joint,;

* Refer to text books or review articles for the details. †- Refer to Figure-4 for the details

Homoeopathic treatment for headache

While it is common for people to pop one painkiller after another to get through the day, these over-the-counter pain medications come with their own set of side-effects. They may help you get rid of the pain for one day, but they do not get to the root cause of the same. This is where an alternate treatment approach like homoeopathy comes to fore.

How to treat headache with homoeopathy?

The approach of homoeopathy lies in treating the medical condition along with the emotional state for complete and long-lasting relief. This is why when you go to a homeopathic practitioner, he/she might ask you a host of questions pertaining to your lifestyle and other existing medical conditions.

Here are some of the most commonly used medicines to treat headaches in homoeopathy. Remember to choose a medicine which closely matches the symptoms of the headache and make it a point to take a dose every hour until you get some relief.

➤ ARNICA

If you have suffered from serious head trauma and have constant headaches because of it.

➤ BELLADONNA

If you have a throbbing headache and feel that your head might just 'explode' with pain. The pain is usually on the right side of the head and often comes rapidly. It can also be taken for headache resulting from too much exposure to the sun.

➤ BRYONIA ALBA

Symptoms include a headache which gets worse by moving, dry mouth and lips and the pain is usually near the left eye.

➤ CHINA

Remedy for headaches caused due to weakness, exhaustion and anaemia.

➤ CIMICIFUGA

Headache resulting from stiff neck and menstrual cycle.

➤ RANUNCULUS BULBOSIS

Remedy for headaches caused due to a change in the weather.

➤ NUX VOMICA

Treats headaches triggered from strong scents, loud noise, ingestion and tension.

➤ SPIGELIA :-

Treating migraine headaches, which are present on the left side of the head. It is known as left-sided migraine.

➤ GLONOINUM:-

It cure migraine headaches, which occur from excessive congestion in the head and exposure to the sun for a long time.

➤ SANGUINARIA CANADENSIS:-

It for the treatment of migraine headaches felt on the right side of the head. The pain and throbbing are experienced on the right side, starting from the back of the head and settling over the right eye. Good for migraine in women after menopause.

➤ IRIS VERSICOLOR:-

Intense migraines with blurry vision and pain that extends to the face and teeth, along with vomiting and a burning feeling in the throat and stomach

➤ SEPIA:-

Left-sided migraines with dizziness and nausea, worse from missing meals, and worse near menstrual periods or during menopause

➤ SILICEA:-

it is migraines that come on after mental exertion or near the menstrual period.

➤ IGNATIA:

Helpful for migraines in sensitive people, especially headaches after emotional upsets

So, many other Homoeopathic medicine uses for headache under guide of Homoeopathic physician.



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WOMEN EMPOWERMENT

“THE FUTURE BELONGS TO THOSE WHO BELIEVE IN THE BEAUTY OF THEIR DREAMS.”

This year we are celebrating the 75th year of Independence. The whole year we are celebrating as ‘Azadi ka amrit mahotsav.’ One of the key aspects of Azadi in our country after 75 years of Independence is women empowerment.

Since centuries Bharat is known to fight with bravery for its glory against invaders. During this era women also played an important role to defeat them. Amongst them we know ‘Jhansi ki rani’, ‘Madam Cama’, ‘Kasturba’ & many others whose sacrifice is just unforgettable.

In 19th century, ‘Savitribai Phule’ started schooling for women. She was the social reformist. Even ‘Raja Ram Mohan Rai’ who fought against “sati” pratha. And then after many such social workers who came forward for women’s upliftment.

After Independence in 1947 Bharat had so many issues and troubles to resolve. Amongst them one important issue was “Women’s Upliftment”. There were certain caste and society at that time who believed in femicide. They were against female education & even they believed in dowry. If you will see the other side of a coin, there were certain families who believed in female education and female rights. For example, ‘Shrimati Indira Gandhi’, ‘Sarojini Naidu’, ‘Kiran Bedi’, ‘Annie Besant’, ‘Vijayalakshmi Pandit’, ‘Shrimati Sudha Murthy’ and many others.

After 75 years of Independence our society has changed. Perspective of our society related female upliftment has changed. Now-a-days female is there in each and every sector. They are just wonderful in their professional life, Home maker and as a mother they are just Amazing. There is a proverb which means “If a man is educated in family, only one person

is educated but if a woman is educated in family, the whole family is educated.”

Government is also taking steps to educate & save girl child. They have released slogans like “Sarva Shikshan Abhiyan”, “Beti Bachao, Beti Padhao”.

Few days before I was watching 26th January parade at ‘Lal Quilla’. In that I observed that female presenters were there from all three wings of defense i.e. Indian Army, Navy and Airforce. Female had to struggle a lot to achieve their dreams but if she has strong determination then nothing is Impossible for her.

Recently we have one more feather in the cap & she is “Harnaaz kaur sandhu” who won beauty pageant award i.e. “Miss World” title. I was very impressed with her confidence, presentation & of course with her answer i.e. follow your dream & believe in yourself to fulfill them. So, always believe in yourself & do something for your career, your upliftment.

I must say that our college “SHREE MAHALAXMIJI MAHILA HOMOEOPATHIC MEDICAL COLLEGE” is the first girls’ homoeopathic medical college in Bharat who believes in higher education of girls’ conducts different activities to motivate girls and also give them space to express their ideas.

Lastly, I would end with a quote “Everyone’s a star and deserves the right to twinkle.”

CAMPS, EVENTS AND CELEBRATIONS

HEALTH CHECK UP CAMP

A Check-up and treatment camp was organized in collaboration with Ganga-Jamna hospital in **Pratapnagar Police Station** on Saturday 27th August 2022.



NAVRATRI CELEBRATION

“A Night of Navratri Celebration” was organized by the Management on Sunday 25th September 2022 at "The Grand Mercure" Hotel Surya Palace.



INAUGURATION CEREMONY OF THE NEW BUILDING OF SHRI GOVIND GURU UNIVERSITY

The President, Vice-president, Principals, Staff, Interns and students of Shree Mahalaxmiji Mahila Homoeopathic medical college Vadodara, Shree Shamalaji Homoeopathic Medical College & Shree Shamalaji Nursing College Godhra attended the Inauguration ceremony of the New building of Shri Govind Guru University Godhra at the auspicious hands of Prime Minister Shri Narendra Modiji.



INTERNATIONAL AIDS DAY

The "International AIDS Day" was celebrated in college campus with various activities giving basic information related to this condition.



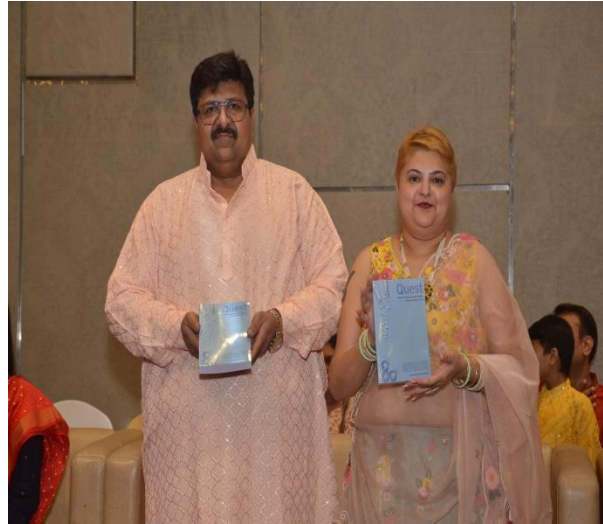
➤ EDUCATIONAL VISIT

Students of 4th BHMS along with the Staff of Dept of Community Medicine visited Baroda Dairy to observe the method of Pasteurization of Milk as a part of their curriculum.



BOOK LAUNCHING EVENT

Release of 2nd Edition of “QUEST” A JOURNEY TOWARDS UNLOCKING OF ORGANON”-a book authored by Dr.Chintan Shah a faculty of SMMHMC, was organised by management on 25th Sep.2022



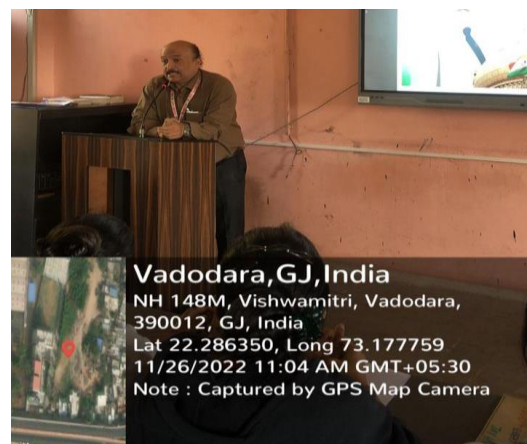
RANI LAKSHMIBAI DAY:

On November 19, 2022 birth anniversary of Rani Lakshmibai was celebrated in college campus.



CONSTITUTIONAL DAY:

Constitution Day also known as 'Samvidhan Diwas', is celebrated in our country on 26th, November every year to commemorate the adoption of the Constitution of India. On this day, in 1949, the Constituent Assembly of India adopted the Constitution of India, which came into effect from 26th January, 1950. Day was celebrated at Our College campus, fundamental rights were revised and the constitutional pledge was taken by Teaching staff, Non-teaching Staff and students



DAYS CELEBRATION:

Different days were celebrated by the students of 1st Yr ,2nd Yr, 4th Yr Sr & Jr BHMS from 19th December 2022 to 24th December 2022.

