



**DR. M. L. DHAWALE MEMORIAL HOMOEOPATHIC INSTITUTE,
PALGHAR**

E-MAGAZINE 2024-25



PULSE



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FROM THE DESK OF THE PRINCIPAL

Let me congratulate the magazine committee for coming out with this edition of our Institute magazine PULSE in a record time. Last few years have seen the effort of our institute in the direction of the quality and the latest addition is the NAAC accreditation. NAAC committee under the leadership of Dr. Sunita Nikumbh and the able guidance of the Dr. Anoop made this possible.

Multiple successful representation in state and national level research competition and poster presentation was possible due to able leadership of research department.

Academically institute continues to contribute at national level and university level in formulation and training of faculty in new curriculum based on competency based dynamic curriculum.

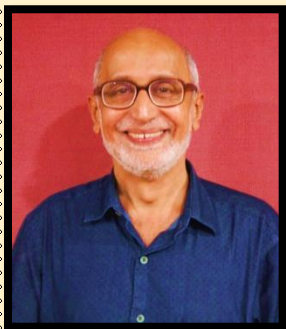
Our faculty has participated in many national and international conferences to share their knowledge and research output.

Cultural committee and sports committee kept the campus vibrant and active by organizing many events and competitions, which made it possible for residents to show case their talent and strength.

We had good show in terms of university results as both our batches secured 100 percent results.

Thanks to all the faculty and residents for making last year very creative and constructive, hope that coming year will be even more. Gratitude is also due to management committee for supporting in all endeavors undertaken by the institute.

*Dr. Bipin Jain
Principal, MLDMHI*



WORDS FROM THE CHAIRMAN

It is a matter of pride that MLDMHI is reviving the practice of the e-magazine after a long gap. I compliment the Principal, Dr. Bipin Jain, and the Editorial team, which has undertaken this stupendous task at such a short notice.

Students and Teachers as professionals in caring for community health need to be good communicators. Our Institute has been at the forefront in the area of scientific communication through JISH. Our Newsletter has been having an impact in a very different way. Our students excel themselves in scientific presentations and posters-with many of them getting recognitions and prizes for their work. Cultural committee is always careful in organizing events where the creativity of our students is given free rein.

Pulse 2024-25 provides very different opportunities for the MLDMHI inhabitants to show case their art, talent and imagination. I am sure that all will contribute in an active way and make this endeavour a grand success as they have done in the past.

My hearty congratulations to the team for taking up this endeavour and completing it in record time.

Dr. Kumar Dhawale
Chairman, MLDMHI



MESSAGE FROM THE VICE PRINCIPAL

Dear all,

MLDMHI has always witnessed hidden talents and creativity in its residents and staff. MLDMHI has tried to keep the flame of creativity alive in the hearts of its residents and staff through this platform pulse.

This year too, I am amazed by the contributions to PULSE from all the residents and staff members. I am sure editorial team must have gone through difficulties for the final selection of articles. I appreciate the hard work taken by the whole team of PULSE for bringing this creation in time.

I wish to thank and give my best wishes to the whole editorial team of PULSE for this beautiful creation. I am sure that PULSE will ignite the flame of creativity in readers.

As an organisation committed to continuous improvement in the quality of products, we welcome comments and suggestions, which will enable us to undertake further treatment.

Dr. Sachin Junagade
Vice Principal, MLDMHI



MESSAGE FROM THE DTH DIRECTOR

It brings me great joy to contribute to this edition of the Pulse college magazine, a platform that showcases our institution's vibrant academic, cultural, and healthcare spirit.

At Dr. M. L. Dhawale Memorial Trust Hospital, our unwavering commitment revolves around providing holistic, affordable, and compassionate healthcare to every corner of society. Over the past year, our dedicated team- comprised of nurses, support staff, and doctors, with a particular nod to our dedicated PG residents- has tirelessly laboured to broaden our outreach, refine our services, and innovate in the realm of patient care. The efforts for enhancing care were recognized as a best practice by the IMC Ramakrishna Bajaj National Quality Award Trust.

Some of the key highlights include our ongoing efforts in rural health camps, school health initiatives, laparoscopic surgeries, and cataract and cancer detection and management programs. A team of exceptional homeopaths has demonstrated the highest level of individual patient care and cures, as desired by Dr. Hahnemann. We have also made significant strides in preventive health education and community awareness initiatives. Our focus on integrative medicine, which combines classical homoeopathy with modern medical diagnostics, has allowed us to offer unique and effective treatment models.

Training and capacity building are central to our mission. Through our regularly organized Continuing Medical Education (CME) programs, immersive clinical workshops, and hands-on learning opportunities, we aim to foster a culture of lifelong learning and excellence within our organization. As we look to the future, we draw inspiration from the visionary legacy of Dr. M. L. Dhawale continuing to harmonize science with selfless service for the noble betterment of humanity.

*Warm regards,
Dr. Prashant Tamboli
Director, Dr. M. L. Dhawale Memorial Trust Hospital*



MESSAGE FROM THE DIRECTOR OF RESEARCH & MIS

Research culture has a strong presence at our esteemed institute. Our institution perceives research not merely as an academic pursuit but as a mission driven by evidence and innovation. This year, our Postgraduate Residents have shown impressive dedication in advancing scientific inquiry in Homoeopathy, actively participating in national platforms like the Research Conclaves organised by Central Council of Homoeopathy &

Avishkar organized by Maharashtra University of Health Sciences. Their high-quality posters and presentations have garnered appreciation and showcased essential research skills. We have seen an increase in scientifically rigorous postgraduate dissertations and PhD projects, which support evidence-based Homoeopathic practice. Our community-based research on malnutrition and anaemia exemplifies our commitment to addressing real public health challenges.

A notable achievement includes launching a prestigious research project under the Extra Mural Research (EMR) Scheme of the Ministry of AYUSH, showcasing the quality of our work. Our collaboration with Malini Kishor Sanghavi Homeopathic College, Vadodara, and Homeopathy University in Jaipur showcased our research excellence.

The faculty at MLDMHI has played a vital role beyond our campus. Their active contribution to developing the Research Methodology syllabus for both postgraduate and undergraduate Homoeopathy courses is shaping the future of homoeopathic education nationwide. Equally noteworthy is the faculty's involvement in educational research, aimed at enhancing teaching and learning methodologies and raising academic standards. This reflective approach ensures that we continue to evolve as both educators and learners. Looking forward, I am confident that our efforts will continue to strengthen our position as a Centre of Excellence in Research in Homoeopathy, as we pursue knowledge with curiosity and a commitment to serving humanity.

Warm regards,

Dr. Prashant Tamboli



EDITOR'S DESK



We as a team feel extremely delighted to take up the responsibility of "E- Pulse Magazine 2024-25" as the proverb goes,

***"A duty which becomes a desire,
Will ultimately become a delight" (George Gritter)***

This magazine comprises of tremendous skills in the form of poems, sketches, paintings, other forms of arts, photography and few emotional touch ups all contributed by our beloved students, our alumni and faculty of MLDMHI & DTH, Palghar

We would like to acknowledge all the senior faculty, chairman, principal for their constant support and guidance, and last but not the least our beloved students who contributed actively by submitting their piece of art in various forms.

It was an overwhelming experience for each one of us to participate and actively contribute to the making of E-magazine and it was all possible due to teamwork and time to time guidance. We hope you all will enjoy going through this beautiful piece of work put forth by the e-magazine team.

Dr. Shama Rao, Dr. Sonam Tiwari Mishra, Dr. Chetana Sakpal

Magazine Editorial Team



MLDMHI NCH EXPERTS



Dr. Bipin Jain
HMM



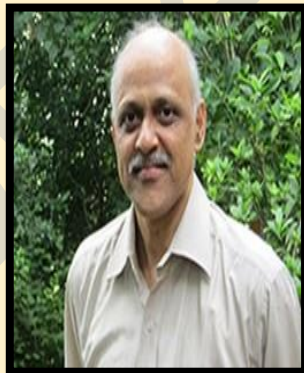
Dr. Anoop Nigwekar
Repertory



Dr. Prashant Tamboli
Research



Dr. Shama Rao
Dermatology



Dr. Chandrasekhar
Goda
Paediatrics



Dr. Nikita Mehta
Paediatrics



ALLOPATHIC CONSULTANTS OF DTH

Sr No	Name	Designation
1	Dr. Hardik Bhanushali	General Physician
2	Dr. Niraj Yadav	Head OT
3	Dr. Aniket Patkar	Head Clinical
4	Dr. Prakash Gudsoorkar	Orthopaedic Surgeon
5	Dr. Dattaguru Kulkarni	General Surgeon
6	Dr. Ratnakar Mane	General Surgeon
7	Dr. Jitendra Malviya	Urologist
8	Dr. Mahesh Prasad	Nephrologist
9	Dr. Nikhil Chamankar	Neurosurgery
10	Dr. Snehal Joshi	Dietician
11	Dr. Chetan Bhambure	Cardiologist
12	Dr. Pragya Singh	Physiotherapist
13	Dr. Venu Chafekar	Neuro Physiotherapist
14	Dr. Vijesha Pillai	Physiotherapist
15	Dr. Sharad Satvi	ENT Surgeon
16	Dr. Pranjali Shah	Gynaecologist & Obstetrics
17	Dr. Sudesh Lad	Paediatrician
18	Dr. Sumukh Madhu	Ophthalmologist
19	Dr. Kalpita Patil	Ophthalmologist
20	Dr. Samruddhi Gaddewar	Dental
21	Dr. Kunal Doshi	General Physician
24	Dr. Akshay Shah	Laparoscopic Surgeon
26	Dr. Udit Avashia	Radiologist
27	Dr. Madhav Devkate	Anaesthetist
28	Dr. Shobha Sankhe	Anaesthetist
29	Dr. Amar Tupkar	Paediatrician
30	Dr. Tushar Agrawal	Paediatric Ortho Surgeon
31	Dr. Anil Mathur	Pathologist
32	Dr. Saijyot Raut	Spine Surgeon



POST GRADUATE ACADEMIC DEPARTMENTS



THE MEDICINE MAVENS
(Medicine Department)



THE SUNSHINE SQUAD
(Pediatric Department)



THE COMPASSION COVE (Psychiatric Department)



THE PROVING PIONEERS (Materia Medica Department)



THE REPERTORIANS (Repertory Department)



THE PHILOSOPHERS (Organon of Medicine Department)



THE EVIDENCE EXPERTS (Research Department)



STUDENT COUNCIL

ACADEMIC COMMITTEE

Sr no.	NAME OF MEMBERS	DESIGNATION
1.	Dr. Avani Mehta	Student Representative (Batch- 2021-24)
2.	Dr. Shreya Manwani	Student Representative (Batch- 2021-24)
3.	Dr. Sukhada Kulkarni	Student Representative (Batch- 2022-25)
4.	Dr. Jisha Raichura	Student Representative (Batch- 2022-25)
5.	Dr. Yogini Shirode	Student Representative (Batch- 2023-26)
6.	Dr. Rahul Mali	Student Representative (Batch- 2023-26)
7.	Dr. Janhvi Joshi	Student Representative (Batch- 2024-27)
8.	Dr. Prachi Vispute	Student Representative (Batch- 2024-27)

CLINICAL COMMITTEE

SR. NO.	NAME OF MEMBERS	DESIGNATION
1.	Dr. Shraddha Manwani	Student Representative (Batch- 2021-24)
2.	Dr. Vaishnavi Bharade	Student Representative (Batch- 2021-24)
3.	Dr. Radhika Ashar	Student Representative (Batch- 2022-25)
4.	Dr. Padma Keluskar	Student Representative (Batch- 2022-25)
5.	Dr. Yarish Sadri	Student Representative (Batch- 2023-26)
6.	Dr. Sakshi Vishwakarma	Student Representative (Batch- 2023-26)
7.	Dr. Manasi Jadhav	Student Representative (Batch- 2024-27)
8.	Dr. Mahesh Nagare	Student Representative (Batch- 2024-27)
9.	Dr. Abbasali Momin	Student Representative (Batch- 2024-27)



CULTURAL COMMITTEE

SR. NO.	NAME OF MEMBERS	DESIGNATION
1.	Dr. Bhairavi Jadhav	Student Representative (Batch- 2021- 24)
2.	Dr. Kajal Margale	Student Representative (Batch- 2021- 24)
3.	Dr. Gurpreet Ghataura	Student Representative (Batch- 2022- 25)
4.	Dr. Gauri Waghmare	Student Representative (Batch- 2022- 25)
5.	Dr. Akshay Desai	Student Representative (Batch- 2023- 26)
6.	Dr. Divyani Hedao	Student Representative (Batch- 2023- 26)
7.	Dr. Kruti Shah	Student Representative (Batch- 2024- 27)
8.	Dr. Shravanee Ghag	Student Representative (Batch- 2024- 27)
9.	Dr. Anuja Jadhav	Student Representative (Batch- 2024- 27)
10.	Dr. Pranita Chavan	Student Representative (Batch- 2024- 27)

SPORTS COMMITTEE

SR. NO.	NAME OF MEMBERS	DESIGNATION
1.	Dr. Ann Athira	Student Representative (Batch- 2021- 24)
2.	Dr. Shivani Devale	Student Representative (Batch- 2021- 24)
3.	Dr. Gaurang Haralikar	Student Representative (Batch- 2022- 25)
4.	Dr. Onkar Kulkarni	Student Representative (Batch- 2022- 25)
5.	Dr. Pranav Jog	Student Representative (Batch- 2023- 26)
6.	Dr. Anjali Gupta	Student Representative (Batch- 2023- 26)
7.	Dr. Yogesh Patil	Student Representative (Batch- 2024- 27)
8.	Dr. Vaishnavi Harale	Student Representative (Batch- 2024- 27)
9.	Dr. Savashree	Student Representative (Batch- 2024- 27)
10.	Dr. Abhishek Sawaliya	Student Representative (Batch- 2024- 27)



HOSTEL AND CANTEEN COMMITTEE

SR. NO.	NAME OF MEMBERS	DESIGNATION
1.	Dr. Gayatri Gude	Student Representative (Batch- 2021- 24)
2.	Dr. Unnati Bhangare	Student Representative (Batch- 2021- 24)
3.	Dr. Hirensinh Gohil	Student Representative (Batch- 2022- 25)
4.	Dr. Afsha Sangmeshwari	Student Representative (Batch- 2022- 25)
5.	Dr. Pawan Soni	Student Representative (Batch- 2023- 26)
6.	Dr. Prachi Shirsat	Student Representative (Batch- 2023- 26)
7.	Dr. Nidhi Poojary	Student Representative (Batch- 2024- 27)
8.	Dr. Shweta Sakpal	Student Representative (Batch- 2024- 27)

SCR COMMITTEE

SR. NO.	NAME OF MEMBERS	DESIGNATION
1.	Dr. Aishwarya Kulkarni	Student Representative (Batch- 2021-24)
2.	Dr. Sheetal Chudasama	Student Representative (Batch- 2021-24)
3.	Dr. Rishikesh Bhalinge	Student Representative (Batch- 2022- 25)
4.	Dr. Snehal Mane	Student Representative (Batch- 2022- 25)
5.	Dr. Utkarsh Mittal	Student Representative (Batch- 2023- 26)
6.	Dr. Sonia Jawalia	Student Representative (Batch- 2023- 26)
7.	Dr. Vaishnavi Thote	Student Representative (Batch- 2024- 27)
8.	Dr. Sayli Bansode	Student Representative (Batch- 2024- 27)



PR COMMITTEE

SR. NO.	NAME OF MEMBERS	DESIGNATION
1.	<i>Dr. Devey Parit</i>	<i>Student Representative (Batch- 2021- 24)</i>
2.	<i>Dr. Manali Kedar</i>	<i>Student Representative (Batch- 2021- 24)</i>
3.	<i>Dr. Roshni Desale</i>	<i>Student Representative (Batch- 2022- 25)</i>
4.	<i>Dr. Sarika Bawane</i>	<i>Student Representative (Batch- 2022- 25)</i>
5.	<i>Dr. Ruchir Vaidya</i>	<i>Student Representative (Batch- 2023- 26)</i>
6.	<i>Dr. Pooja Shah</i>	<i>Student Representative (Batch- 2023- 26)</i>
7.	<i>Dr. Aisha Khan</i>	<i>Student Representative (Batch- 2024- 27)</i>
8.	<i>Dr. Saif Shaikh</i>	<i>Student Representative (Batch- 2024- 27)</i>

LIBRARY COMMITTEE

SR. NO.	NAME OF MEMBERS	DESIGNATION
1.	<i>Dr. Suraksha Wahane</i>	<i>Student Representative (Batch- 2022- 25)</i>
2.	<i>Dr. Shital Pande</i>	<i>Student Representative (Batch- 2022- 25)</i>
3.	<i>Dr. Keshav Nakate</i>	<i>Student Representative (Batch- 2023- 26)</i>
4.	<i>Dr. Aishwarya Dhuri</i>	<i>Student Representative (Batch- 2023- 26)</i>
5.	<i>Dr. Bhargavi Oak</i>	<i>Student Representative (Batch- 2024- 27)</i>
6.	<i>Dr. Pratiksha Mittal</i>	<i>Student Representative (Batch- 2024- 27)</i>



PG ACADEMIC DEPARTMENTS



FIVE SQUARE (Batch 2021 -22)



Batch 2022-23



THE SIMILIA SAPIENS (Batch 2023-24)



Batch 2024-25



SUPPORT STAFF (DTH AND MLDMHI)







CONGRATULATIONS!!!

CONVOCATION OF MD BATCH OF 2020-2024





BEACON COMPETITION WINNERS AND PARTICIPANTS -2024





XVII Case Presentation Contest organized by Beacon Foundation

Date: 23rd February 2025

Venue: Sathaye college auditorium, Vile Parle, Mumbai.

First Prize: **Dr. Devey Parit**- Case of Cina. Diagnosis: Croup.

Rs 2501/- Certificate, Trophy and Gift hamper from Mumbai Indians

Consolation Prizes: Certificate, Medals, and Gift hamper from Mumbai Indians

1) **Dr. Hirensinh Gohil**- Case of Carbo animalis. Diagnosis: Hypoxic encephalopathy

2) **Dr. Gurpreet Kaur Ghataura**- Case of Bryonia. Diagnosis: Emphysematous Cholecystitis

3) **Dr. Disha Wadhwani**- Case of Phosphorus. Diagnosis: Renal colic

Consolation Prize: Certificate & Medal

4) **Dr. Kajal Margale**- Case of Urtica urens. Diagnosis: Urticaria



TITLE: Correlating self-esteem assessed by Rosenberg Self Esteem Scale with Homoeopathic Clinical Practice among Homoeopathic Postgraduate Residents: Cross-Sectional Survey

Student- Dr. Jisha Raichura



Poster of Bhartiya Vidyapeeth Research Conclave Poster



SCHOLARSHIP FOR THE YEAR 2023 AND 2024

TATA SCHOLARSHIP

<i>Sr. No</i>	<i>Name of the Student</i>	<i>Amount</i>
1	Kulkarni Aishwarya Deepak	76000/-
2	Avani Mehta	60000/-
3	Bhairavi Kailash Jadhav	60000/-
4	Disha Rajeshkumar Wadhwani	45000/-
5	Tiwari Sakshi Naresh	45000/-
6	Samina Bohra	45000/-
7	Lad Sanjyoti Sanjay	45000/-
8	Dewade Shivani Kundanmal	46700/-
9	Sonali Mohan Kompelli	46700/-
10	Vaishali Tekram Lanje	45000/-

MLD TRUST SCHOLARSHIP:-

Dr. Harshal Somnath Kene has been selected for S. G. Barve Memorial Scholarship of Rs. 75000/-

Dr. Sheetal Bhaudas Pande has been selected for Prof. Ram Kapse Memorial Scholarship of Rs. 75000/-

Free refundable loans of Rs. 75000/- to Dr. Keshav Bhagwat Nakate & Dr. Sarika Ramdas Bawane and of Rs. 45000/- to Dr. Smita Ashok Patil.



NEW BATCH INDUCTION PROGRAMME (Batch 2024-25)





COMMUNITY HEALTH ACTIVITIES

Hypertension Day



Kharekuran

Surya Valley, School



Shirgaon

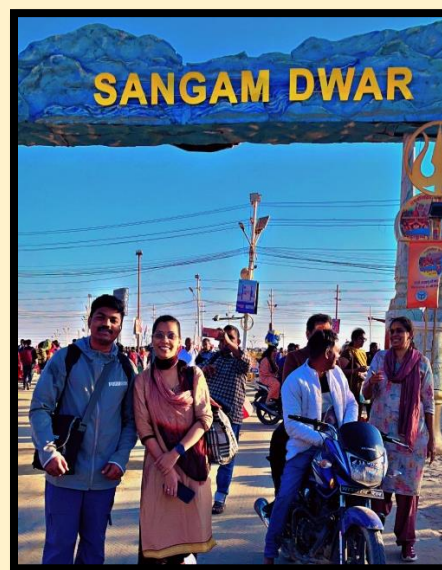
Boisar





VARTALAP

Maha Kumbh Mela 2025 - Prayagraj



Faculties who experienced the divinity of MahakumbhMela 2025

Second line- Pic 1- Dr. Rajesh Yadav, Pic 2- Dr. Sonam Tiwari, Pic 3- Dr. Chetana Sakpal



The Maha Kumbh Mela has commenced in Uttar Pradesh's Prayagraj on January 13. The 45-day religious gathering is significant for Hindu pilgrims and devotees as the event marks the completion of 12 Kumbh Mela cycles, occurring in 144 years

Origin of Kumbh Mela

The history of the Kumbh Mela can be traced back to the eighth-century Hindu philosopher Adi Shankaracharya, who encouraged regular assemblies of spiritual leaders and ascetics, as per The Hindu report.

He also introduced the monastery system and the 13 akharas, groups of warrior-class monks and seers.

As per Hindu mythology, the origin of the Kumbh Melas is linked to Samudra Manthan or the churning of the cosmic ocean, when deities and demons came together to attain amrit, or the nectar of immortality.

Hindu legends say that Lord Vishnu, disguised as Mohini, took the pot of amrit after the churning of the ocean to protect it from demons. A battle broke out, leading to drops of the nectar falling at four sites – Prayagraj, Haridwar, Nashik and Ujjain. These places house four Tirthas or holy sites and a dip in the rivers flowing through them – River Kshipra in Ujjain, Nashik's Godavari, Ganga in Haridwar and Sangam at Prayagraj – would lead to salvation.

AYUSH AT MAHA KUMBH

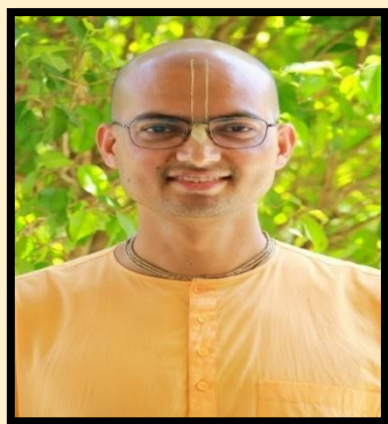
The AYUSH OPD's, clinics and wellness sessions emerged as major attractions for devotees and visitors at Maha kumbh 2025, Prayagraj. The National AYUSH Mission, Uttar Pradesh, provided pilgrims free healthcare services to both domestic and international pilgrims.

Written by- Dr. Sonam Tiwari Mishra, Asso. Prof., Department of Medicine



Dive into serenity of Divine Govardhan Ecovillage

Write up from His Holiness Mahabhagwatdas Prabhuji, ISKON TEMPLE, Palghar



Govardhan Eco Village located 108 Kms from Mumbai in the tranquil hills of Maharashtra, India, serves as a unique educational hub that combines sustainability, spirituality, and community living. This eco-conscious village offers a variety of activities and features that provide invaluable learning experiences for students of all ages.

Few highlights of this perfect divine destination:

1. Sustainable Architecture

Govardhan Eco Village is a testament to eco-friendly design. Its buildings utilize local materials and sustainable practices, showcasing how architecture can harmonize with nature. Students can study various sustainable building techniques, including natural ventilation and renewable energy systems, and gain insights into award winning eco-friendly construction.

2. Organic Farming Practices

The village promotes organic farming as a sustainable way to produce food. You can participate in hands-on workshops that teach organic farming principles, natural manure techniques & local natural pest controls. This practical experience equips learners with the knowledge to cultivate food sustainably, emphasizing the importance of treating earth as a mother & receiving her grace.



3. Cow Sanctuary and Vedic Practices

The cow sanctuary at Govardhan Eco Village underscores the cultural and spiritual significance of cows in Vedic traditions. Caring for cows is not just “not killing” them but “making them happy” from birth till their natural death.

4. Yoga and Meditation Programs

In today’s fast-paced world, mental well-being is crucial. The Eco Village offers yoga and meditation sessions that promote mindfulness and relaxation. These programs teach students from all backgrounds the valuable techniques for managing stress and enhancing focus, skills that are increasingly important in academic settings.

5. Spiritual Discourses and Workshops

The village regularly hosts spiritual discourses and workshops led by knowledgeable practitioners explaining age old wisdom with relevance. These sessions provide insights into Vedic philosophy and ethics, encouraging students to explore deeper meanings in life and develop a sense of purpose and responsibility.

6. Nature Trails and Biodiversity Exploration

Govardhan Eco Village is surrounded by lush greenery and diverse flora and fauna. Students can explore nature trails that offer opportunities for biodiversity studies and environmental science. This exposure enhances their understanding of ecosystems and the importance of conservation efforts.

7. Culinary Workshops

The village's restaurant serves nutritious vegetarian meals made from organic produce. One can participate in culinary workshops where they learn to prepare traditional dishes using local



ingredients. This experience promotes healthy eating habits and an appreciation for sustainable food sourcing.

8. Community Engagement and Living

The ethos of community living at Govardhan Eco Village emphasizes collaboration and shared values. one can immerse themselves in communal activities like planting rice in deep mud, creating cob houses, cooking & serving sanctified food, Medical Camps, Rural development - fostering teamwork and social responsibility. This exposure teaches the importance of community engagement and collective well-being helping us fight against loneliness & digital slavery.

9. Cultural Events and Celebrations

The Eco Village hosts various cultural events and festivals that celebrate Vedic traditions. Students can participate in music, dance, and art workshops, providing a vibrant cultural experience that enhances their appreciation for diversity and creativity.

10. Innovative Sustainability Practices

As a living laboratory for sustainability, Govardhan Eco Village showcases innovative practices such as water conservation techniques -enriching underground water table with huge recharge ponds, renewable energy usage like solar, and natural waste management systems like Soil Biotechnology.

In summary, Govardhan Eco Village is a rich educational resource that offers a multitude of activities and features aimed at fostering sustainable living, spiritual growth, and community engagement. By integrating practical experiences with theoretical knowledge, it provides a holistic understanding of how to live harmoniously with oneself, society around & mother nature. Educational institutes can greatly benefit from incorporating visits to this unique destination



into their curricula, inspiring the next generation of environmentally conscious and socially responsible individuals.

Govardhan Eco Village has made significant strides in rural development in local villages.

1. Education Initiatives: Over 500 local students have benefited from educational programs, including workshops on science & mathematics, sustainable farming, environmental awareness, and personal development.

2. Employment Generation: The Eco Village has created approximately 200 jobs for residents, focusing on sustainable agriculture, hospitality, and crafts. GOVARDHAN SKILL CENTER trains the local youth in short technical courses to earn quick employment.

3. Organic Farming: The WADI Project initiative using local crop varieties in 2 acres of land has significantly increased crop yields for local farmers.

More than 100 acres of land are dedicated to organic farming practices in nearby talukas of palghar district.

4. Water Conservation: Initiatives such as rainwater harvesting and irrigation training have improved water availability for over 1,000 households in surrounding villages.

5. Health and Nutrition: The introduction of organic food practices has improved nutrition for around 300 families, leading to better health outcomes. Govardhan Annakahetra is a high-tech community kitchen dedicated to free food distribution for all visitors & the needy in palghar district.



6. Women's Empowerment: Programs aimed at empowering women have supported over 100 women in skill development and entrepreneurship, enhancing their roles in the community. Also created 30+ anganwadi schools benefitting local children & mothers.

Govardhan ecovillage is Recognized for Excellence and received following awards:

United Nations World Tourism Organization (UNWTO) Award

WTM Responsible Tourism Awards -Global Winner

5-Star Investor Ratings for **ZeroWaste**, UK's Top Recognition Scheme

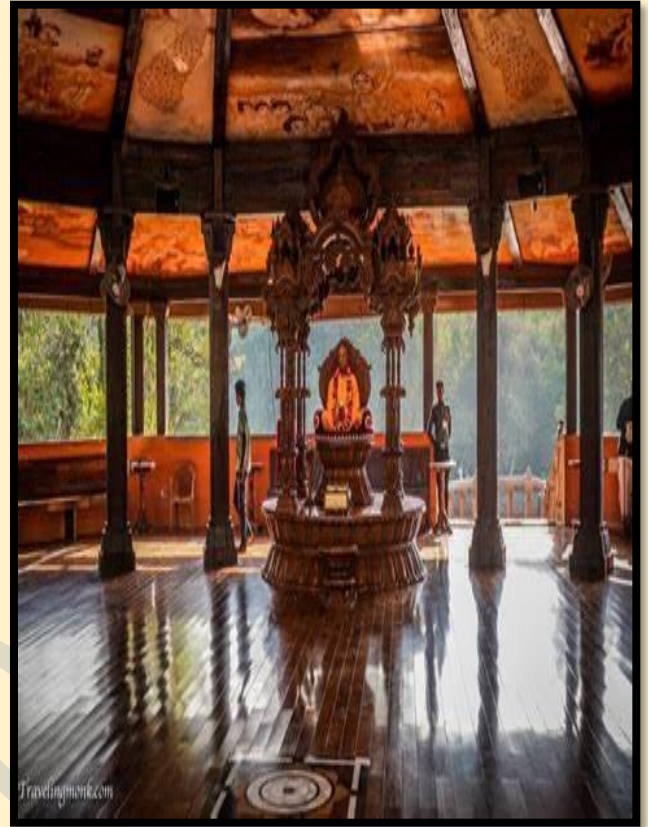
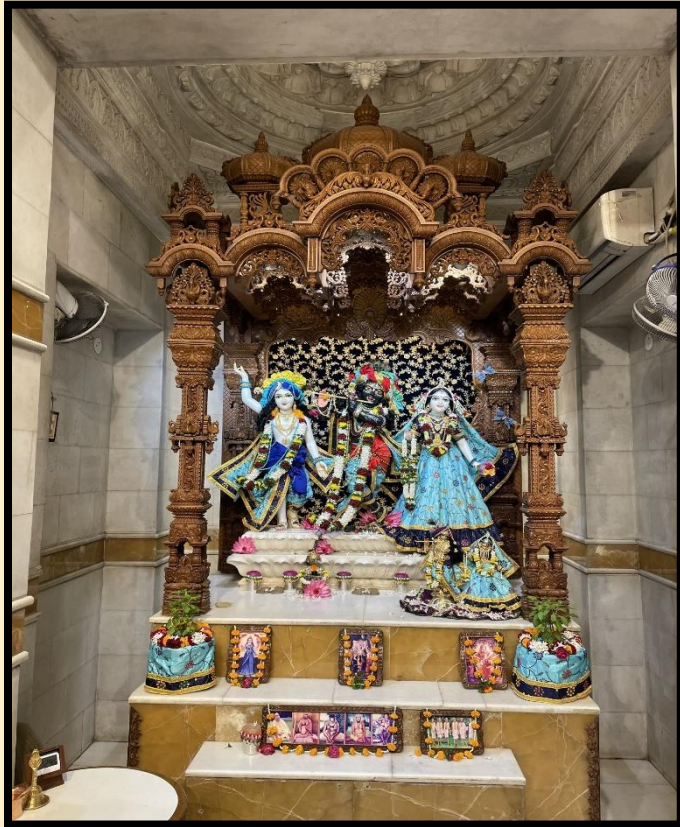
International **Green Apple** Award

The Golden Globe Tigers Awards

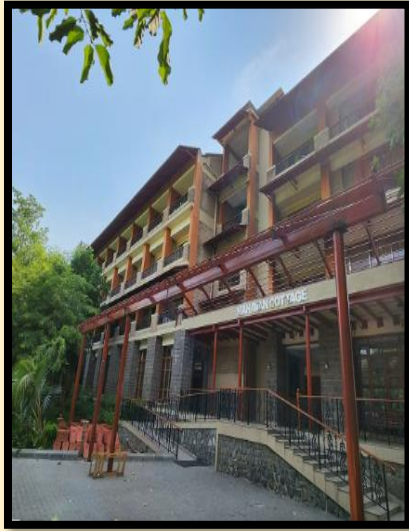
Best Paper Award in **IICBE** International Conference, Bali

GRIHA Exemplary Performance Award 2020

Construction World Architect and Builder (**CWAB**) Award







ISKON TEMPLE, Palghar



ESSAY MASTERS

HOMOEOPATHY IN ALIGNMENT WITH QUANTUM PHYSICS AND

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NANOMEDICINE

“प्रत्यक्षं हि अल्पम्, अनल्पं अप्रत्यक्षम्” याचा अर्थ असा होतो, की जे इंद्रियगम्य आहे ते फारच थोडे आहे पण जे अप्रत्यक्ष आहे, ज्याचे ज्ञान इंद्रियांच्या मदतीने होऊ शकत नाही ते अमर्गादि आहे. अशीच एक अमर्गादि उपचारपद्धती म्हणजेच होमिओपॅथी. होमिओपॅथीचा शोध १७९६ मध्ये डॉ. सॅम्युअल हॅनेमन यांनी लावला. होमिओपॅथी जशी कार्य करते याचा सिद्धांत आधुनिक वैद्यकशास्त्राच्याही पलीकडे आहे. होमिओपॅथी समः समं समयति (Similia similibus curentur) या मूलभूत तत्वावर आधारलेली आहे. म्हणजेच समानात्मा समान धरे करते हे ते तत्त्व आहे.

भौतिकशास्त्राची पलीकडे जाऊन विचार करायला लावणारी ही समचिळिसापद्धती कायमच वाढत्या भोवऱ्यात अडकलेली आहे. सवर्त महत्वाचे म्हणजे डॉ. हॅनेमन यांनी होमिओपॅथीमध्ये मांडलेल्या अनेक संकल्पना या आजच्या विज्ञानाच्या पटतच नाही, परंतु त्या संकल्पना क्वांटम भौतिकशास्त्राच्या तत्वांमा-द्वारे समजून घेता येऊ शकतात. भारतीय तंत्रज्ञान संस्था, मुंबई (IIT, Bombay) येथील प्रा. वेळारे यांच्या शास्त्रज्ञांच्या चमूने होमिओपॅथीक औषधांमध्ये नॅनोक्षणांची उपस्थिती इलेक्ट्रॉन मायक्रोस्कोपीच्या सहाय्याने दर्शवली होती. होमिओपॅथीक औष-धांमध्ये मूळ औषधी पदार्थाचे फण असल्याचे व ही औषधे सौम्य असल्याचे सिद्ध केले आहे. शास्त्रज्ञांनी यावरिती औषध-निर्माणची पूर्ण प्रक्रिया अभ्यासून त्या प्रक्रियेद्वारे औषधे नॅनोक्षणां फसे रिक्त ठेवतात यावर अभियांत्रिकी दृष्टीक्षेप घातला आहे. हे सर्व पुरावे डॉ. हॅनेमन यांनी सांगितलेल्या किमान दोसऱ्या नियमाच्या (Law of minimum) पाठिंब्या देतात.

होमिओपॅथीमध्ये पोटॅंशियेशन हे ‘संस्करण’ आणि ‘ट्रांस्फे-रेशन’ या दोन पद्धतीने केले जाते. या प्रक्रियेमुळे मूळ औषधी द्रव्याची महत्वाची ऊर्जा (vital energy) सक्रिय होते. पोटॅंशिय-ेशनमुळे होमिओपॅथीक औषधांतील मूळ द्रव्य हे अँवॉमॅट्रो नंवरच्याही पलीकडे जाताना. क्वांटम भौतिकशास्त्रानुसार एखादी भौतिक वस्तू अणुपातळीवर ऊर्जा आहे, हे दर्शवते म्हणून होमिओ-



पौष्टिक औषधांमध्ये नॅनोक्णांमध्येसुद्धा ऊर्जा असते, हे दिसून येते. आईन्स्टाईनच्या समीकरणाने उदासीन आणले की, $E=mc^2$ म्हणजेच औषधांमधील नॅनोक्णांमध्ये अभ्यासित ऊर्जा उत्पन्न करण्याची क्षमता आहे. थर्मोडायनॅमिक्सच्या पहिल्या नियमानुसार "ऊर्जा एका स्वरूपातून दुसऱ्या स्वरूपाने बदलली जाऊ शकते, परंतु ती निर्माण किंवा नष्ट केली जाऊ शकत नाही." यावरून आपल्याला हे समजते की, होमिओपॅथिक औषधांमधील ऊर्जा ही डायल्युशननंतर नष्ट होत नाही तर ती रुग्णाला आजारातून बरे करण्यास मदत करते.

पाण्याची स्मरणशक्ती (Memory of Water) या संकल्पनेचे संशोधन जॅफ वेनविस्ले या शास्त्रज्ञानी केले होते. त्यांच्या मते, होमिओपॅथिक औषधांचे डायल्युशन जेव्हा पाण्यासोबत होते तेव्हा पाणी नेहमी पातळ होण्याआधी त्यात विरलवलेल्या औषधी पदार्थाच्या धाट्याची स्मृती टिफवून ठेवू शकते.

ऑरिस्टॉटल असे सांगतो की, "तळकूद मोठी एकाच होतात आणि तळहीन मोठी वेगवेगळ्या होतात." याचा अर्थ असा होतो की वैयक्तिक वैशिष्ट्ये हे एका व्यक्तीपासून दुसऱ्या व्यक्तीकडे बदलतात. हाच होमिओपॅथिक अभ्यासाचा पाया आहे. सजीव केवळ काही सामान्य धाट्यांनी बनले आहे, जसे की कार्बन (C), हायड्रोजन (H), ऑक्सिजन (O) आणि नायट्रोजन (N). जोपर्यंत जीव एका संतुलित स्थितीत असतो, तोपर्यंत स्थिर राहतो. रोगाच्या प्रक्रियेत जेथे लहाने दिसू लागतात तेथे बहुधा इलेक्ट्रॉन संवेगाच्या स्पिनमध्ये घड्याळाच्या काट्याच्या उलट दिशेने फिरतात (Anticlockwise), हे रुग्ण करताना की जीव असंतुलित आला आहे. जो पर्यंत गतीचा हा नष्टात्मक काल कायम राहतो तो पर्यंत जीव असंतुलित राहतो. याचा योग्य उपचार म्हणजेच होमिओपॅथिक औषधांमधील नॅनोक्णांमधील ऊर्जा जी इलेक्ट्रॉन्सच्या स्पिनला परत घड्याळाच्या काट्याच्या दिशेने (clockwise) फिरवते.

मॅडम क्युरी यांनी रेडिओअॅक्टिव पदार्थाच्या तपासणीत आणि लॅव्हिएरच्या कुरमामी शोधामध्ये हे दाखवून दिले आहे की



घटक किंवा पदार्थाची विभाज्यता जेवढी जास्त असेल तिन्ही ते जीवनाश्यक ऊर्जा (vital Energy) प्रदर्शित करतात. ऊर्जा वस्तुमानावर अवलंबून नसून अणूच्या सकारात्मक आणि नकारात्मक ध्रुवामधील खेळावर किंवा संतुलनावर अवलंबून असते. याच्यामुळे हे दिसून येते की पोटॅन्शियल प्रक्रियेद्वारे कमीत कमी भौषधी पदार्थातून ऊर्जा सोडली जाते. जी शरीर (Body), (Mind) मन, आत्मा (Soul) या तिन्ही स्तरावर मनुष्याच्या अन्मवास्थित जीवनाशीवर (vital force) स्वतः जलद आणि अचूकपणे प्रभाव लावते.

डॉ. स्टुअर्ट ब्ल्योन् त्यांच्या पुस्तकात सांगतात की, प्रत्येक क्रियेला समान आणि विरुद्ध प्रतिक्रिया असते, याचा संबंध न्युटनच्या तिसऱ्या गतीच्या नियमाशी दिसून येतो. डॉ. हॅनेमनच्या म्हणण्यानुसार उपाय शरीरावर कार्य करेल, ज्यामुळे शरीर त्यावर समान किंवा विरुद्ध रीतीने प्रतिक्रिया देईल. जर हा उपाय त्या रोगाच्या स्थितीशी समान असेल, ज्यावर शरीर यापुढे प्रतिक्रिया देत नाही. रोग पुढून राहला जातो आणि रुग्ण बरा होतो. जर उपाय खूप मजबूत असेल तर तो रोगास कारणीभूत ठरेल. 'मजबूत आजार पुर्वील आजाराच्या काढून लावतो' असे डॉ. हॅनेमन यांनी एफोरिझम २६ मध्ये सांगितले आहे. याचाच 'निसर्गाचा उपचाराचा नियम' असेही म्हणतात.

डॉ. एच. ए. रॉबर्ट त्यांच्या पुस्तकामध्ये असे सांगतात की, भौतिकशास्त्र आणि शरीरविज्ञानाच्या सीमावर्ती क्षेत्रावरील संशोधनाचा पाढपुरावा करताना असे वाटते की त्या सीमारेषा नाहीशा होत आहेत आणि जिवंत आणि निर्जीव यांच्यामध्ये संपर्काचे बिंदू बाहेर पडत आहेत. डॉ. रॉबर्टचा असा विश्वास आहे की प्रमाणाच्या गणितीय नियम (Law of Quantity) सर्व निसर्गाद्वारे विस्तारित आहे. दुसरा गणितीय नियम लक्षात घेतला तर निसर्गातील कोणताही बदल घडवून आणण्यासाठी आवश्यक कृतीचे प्रमाण कमीत कमी शब्दात आहे; आणि फिल्लेने सांख्यिक्याप्रमाणे निर्णायक रज्जूम ही



नेहमीच किमान असते, अनंत असते (The decisive amount is always minimum, an infinitesimal).

आद्युक्ति भारतीय साहित्यातील महान लेखक रवींद्रनाथ टागोर यांनी होमिओपॅथीचे कौतुक करताना लिहिले आहे "मी होमिओपॅथीच्या विज्ञानावर दीर्घकाळापासून विश्वास ठेवतो, आणि मला आनंद वाटतो की आता त्याच्या मुळ भूमीपेक्षाही भारतात त्याला जास्त पळ मिळाली आहे. हा केवळ काही औषधांच्या संग्रह नसून एक वास्तविक विज्ञान आहे, ज्याचा आधार आहे तर्कबद्ध तत्वज्ञान."

अशाप्रकारे डॉ. सॅम्युअल हॅनेमन यांनी खूप वर्षांपूर्वी सांगितलेले होमिओपॅथीमधील नियम आणि संज्ञप्ती यांची पाळमुरुं विज्ञानात खोलावर रुजलेली दिसून येतात. विज्ञानाच्या या खंबीर पाठिंब्यामुळे छिन्नीतरी वादविवाद सुरू करून होमिओपॅथी सुमारे २०० वर्षे तग धरून उभी आहे. वैद्यकीय क्षेत्रातील होन असलेल्या प्रगतीमध्ये नॅनोमेडिसिनचा फार मोठा वाटा आहे आणि तो पुढील काळात वाढत जाणार आहे. आतापर्यंत होमिओपॅथी, क्वांटम भौतिकशास्त्र आणि नॅनोमेडिसिन यांमध्ये झालेले संशोधन हे समुद्रामध्ये एका येथे-सारखे आहे, अशाच प्रकारचे संशोधन भविष्यातदेखील होत राहिले तर ते होमिओपॅथीच्या विज्ञानासाठी उपयोगी ठरेल.

क्वांटम भौतिकशास्त्र आणि नॅनोमेडिसिनच्या मदतीने उपचाराची ही पद्धत शास्त्रीय पाठिंब्यासोबत जगासमोर येऊ शकली, तर त्यामुळे संपूर्ण जगाचा आरोग्यस्तर उंचावेच हे नक्की!

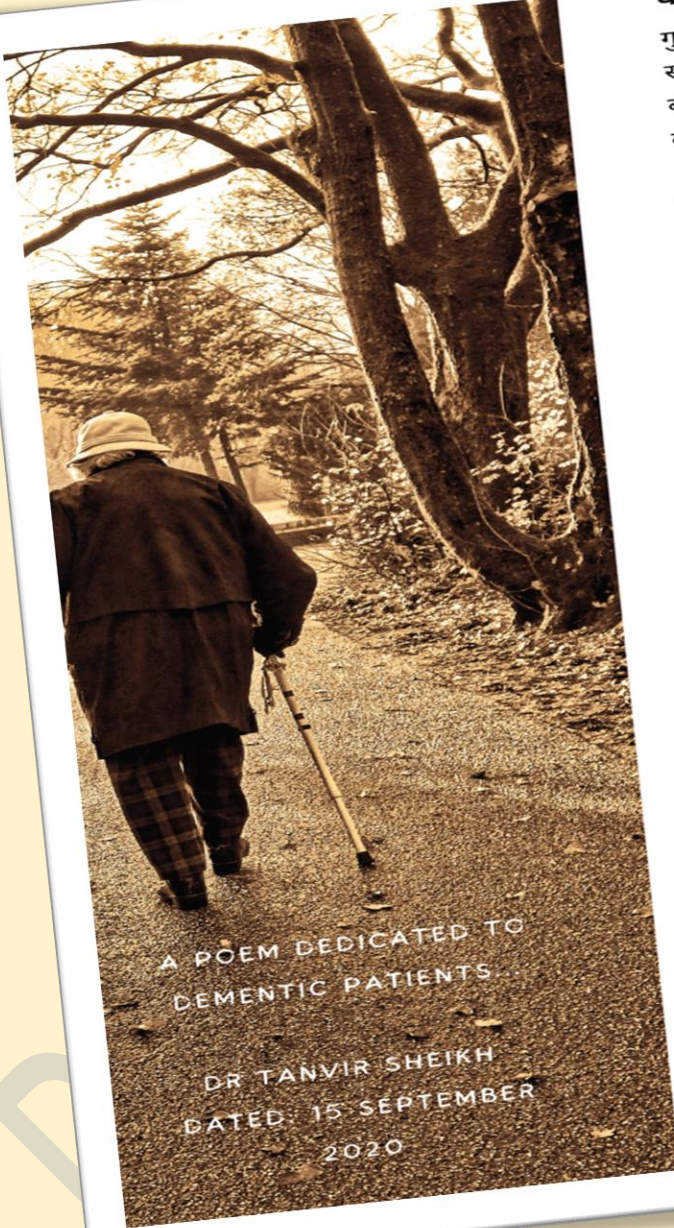
Written by,

Dr. Mahesh Nagare, MD Part 1, Batch 2024

Department of Materia Medica



KAVI KALASH OF MDMHI



A POEM DEDICATED TO
DEMENTIC PATIENTS...

DR TANVIR SHEIKH
DATED: 15 SEPTEMBER
2020

वो भूलती...

गुम सम वो रहती
सब होकर भी कहते, हु मैं अकेली...
बच्चों को अपने नहीं पहचानती
कहती सुलझाओ तुम ये पहेली...

सुबह की दवा जहर लगती
अपनी को गैर समझती...
भरोसा नहीं है किसी पर
ना किसी को पहचानें, वो भूलती...

सामान समेटे सुबाहा शाम
फिर सोच में पड़ जाती...
खो ना जाए जिसे वो खजाना समझती
सीने से लगा कर सोती...
सुबह फिर वही तलाश में जुट जाना पड़ता
रात यू ही बीत जाती
नहीं याद अब कुछ, वो भूलती जाती है...

जो गम बीत गया कभी ना कहती
एक पल रो ले फिर हस्ती...
अब वो भूलती भले ही
माथे पे काली बिंदी लगा
आज भी युवा समझती...

शायद उसे याद नहीं
बीत गई समय की घड़ी...
उमर कहे तीस हू
बच्चों को मित्र समझती

खेलती अब वो बचपन सी
ना लज्जा की परवाह रही
हंसती गाती कभी डांट देती...
शायद अच्छा ही हुआ
के वो भूलती....

Written by,
Dr. Tanvir Shaikh, Asst. Prof, Department of Psychiatry



पर्वतों का सबक

जहाँ आसमान भी झुकने लगे,
वहाँ पर्वतों का संकल्प धड़कने लगे,
हर चोटी पर लिखी है कहानी एक नई,
सन्नाटे भी सुनाते हैं बातें गहरी कई।

चट्टानों की खामोशी में शब्द छिपे होते हैं,
उनकी ठोकर से इरादे भी कदम बढ़ाते होते हैं,
रास्ते कठिन सही, पर मंज़िल रौशन है,
हर गिरना, हर उठना एक नया दर्शन है।

पर्वत कहते हैं – रुकना मत,
थक जाओ तो भी झुकना मत,
ऊँचाई सिर्फ ऊँचाई नहीं होती,
ये तो अंदर की गहराइयों की सच्चाई होती।

नीचे की दुनिया आसान लगती है,
पर चोटी की तन्हाई कुछ और ही कहती है,
जहाँ हर साँस में है एक संघर्ष का गीत,
वहाँ हर जीत है – खुद से जीत।

ज़िंदगी भी एक पर्वत है, चलना होगा,
डर से, दुख से, सब से लड़ना होगा,
चढ़ते रहना, गिरते रहना, बन जा एक मिसाल,
क्योंकि पर्वतों का सबक है – कभी न मान तू हार।

Written by,
Dr. Rajesh Yadav, Asso. Prof, Department of Psychiatry



**Hey girl...be the REAL
YOU..**

**Be gentle and graceful
but don't forget to be
bold,
Live your life, so you
can forever cherish
those beautiful
memories new and
old..**

**We worry about and
take care of our
children and are keen,
But when needed let
your vulnerability also
be seen...**

**We always strive to be
the responsible and
compassionate
wife...mother and play
that perfect role,
But its also okay to be
unapologetic at times
and flaunt that newly
bought stole...**

**The world is not
responsible for your
happiness nor worthy
to judge the real YOU..
The beautiful strong
being seen in the
mirror is worthy of
admiration and
motivation, not by
others but by
YOU...yes YOU....
HAPPY WOMEN'S DAY!**



**Written by,
Dr. Sonali Mandal, Asst. Prof, Department of Peadiatrics**

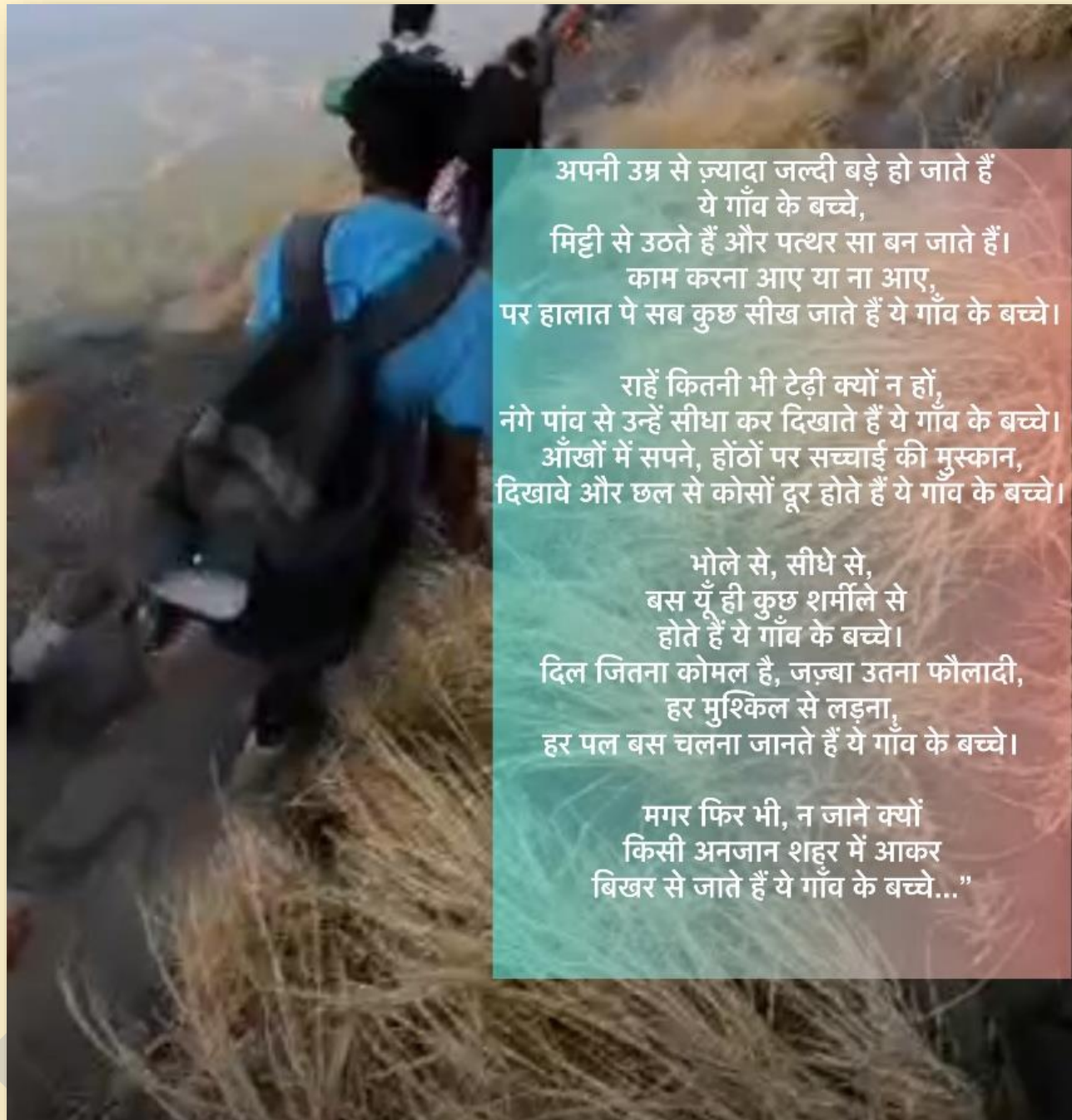


नाज़ुक दिल

नाज़ुक सा दिल है,
हर तेज़ आवाज़ पर सहम जाते हो।
समुंदर से नैन हैं,
हर नाराज़गी में भीगो लेते हो।
ज़रा सी तकरार क्या हुई,
तुम झगड़े से डर जाते हो।
ना जाने कितनी ही बार,
बात शुरू होने से पहले खत्म कर देते हो।
लोग नाराज़ होंगे, गुस्सा करेंगे,
बस दुनिया की फिक्र में उलझ जाते हो।

रिश्ते बस बने रहें,
तुम हदें तक भूल जाते हो।
किसी के जाने की खबर से
इतना क्यों मचल जाते हो,
क्या अपने जज़्बातों को कभी,
खुद से साझा कर पाते हो?

DR. GURMEET KAUR
BATCH2021-2022, DEPT. PSYCHIATRY



अपनी उम्र से ज़्यादा जल्दी बड़े हो जाते हैं
ये गाँव के बच्चे,
मिट्टी से उठते हैं और पत्थर सा बन जाते हैं।
काम करना आए या ना आए,
पर हालात पे सब कुछ सीख जाते हैं ये गाँव के बच्चे।

राहें कितनी भी टेढ़ी क्यों न हों,
नंगे पांव से उन्हें सीधा कर दिखाते हैं ये गाँव के बच्चे।
आँखों में सपने, होंठों पर सच्चाई की मुस्कान,
दिखावे और छल से कोसों दूर होते हैं ये गाँव के बच्चे।

भोले से, सीधे से,
बस यूँ ही कुछ शर्मीले से
होते हैं ये गाँव के बच्चे।
दिल जितना कोमल है, जज़्बा उतना फौलादी,
हर मुश्किल से लड़ना,
हर पल बस चलना जानते हैं ये गाँव के बच्चे।

मगर फिर भी, न जाने क्यों
किसी अनजान शहर में आकर
बिखर से जाते हैं ये गाँव के बच्चे..."

Written by,
Dr. Gurmeet Kaur, MD Part 2 (Batch 2021)
Department of Psychiatry



उड़ान

उड़ान बढ़ी होगी तो थकान तो लाजमी है ना,
राह में प्यास लगना तो लाजमी है ना।
पर फूलती सांस और लगी प्यास से जो हिम्मत हार जाए,
उसके ख्वाबों का फिर अंजाम क्या रह जाए?
ऊँचाई पर गिरने का डर तो लाजमी है ना,
ज़मी के बगैर पैरों का कांपना तो लाजमी है ना,
मगर डर से जो क़दम बढ़ाना भूल जाए
उसकी मंज़िल का फिर नाम क्या रह जाए?

आसमान में उड़ोगे तो आँधियाँ लाजमी हैं ना,
बादलों से टकराओगे तो तूफ़ान लाजमी हैं ना।
पर जो तूफ़ान के डर से जो घर लौट आए,
उसके पंखों का फिर पैग़ाम क्या रह जाए?
राही का तो फ़र्ज़ है चलते जाना,
मंज़िल से पहले जो राह बदल दे,
उसे राही का मुक़ाम फिर क्या कहा जाए?

DR. GURMEET KAUR
DEPARTMENT - PSYCHIATRY , BATCH-2021-2022



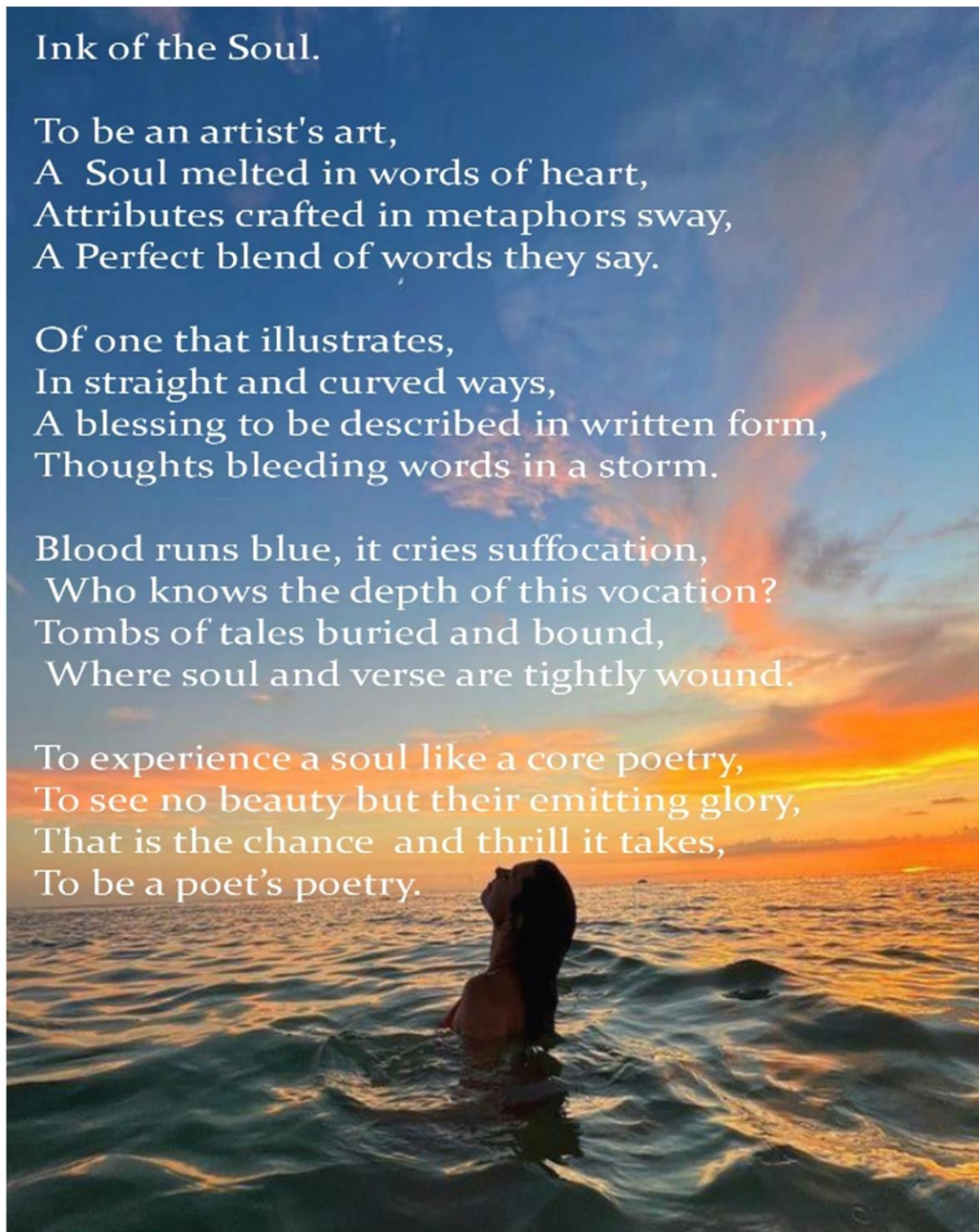
Ink of the Soul.

To be an artist's art,
A Soul melted in words of heart,
Attributes crafted in metaphors sway,
A Perfect blend of words they say.

Of one that illustrates,
In straight and curved ways,
A blessing to be described in written form,
Thoughts bleeding words in a storm.

Blood runs blue, it cries suffocation,
Who knows the depth of this vocation?
Tombs of tales buried and bound,
Where soul and verse are tightly wound.

To experience a soul like a core poetry,
To see no beauty but their emitting glory,
That is the chance and thrill it takes,
To be a poet's poetry.



Dr Safah Shaikh
MD Part 1 Resident,
Department of Psychiatry
(Written on 10 Nov, 2024, 1:30am)





एसा कुछ कर जाऊ.....

मक़ाम तै कहाँ, नहीं उरूज़ का वसिला
पाँलू अपनी मंज़िल एसा कुछ कर जाऊ

हसरत रही हैं पहले से ही ये नादियो कि
बेबाक़ सी बहू मीलू और समंदर हो जाऊ

नोखी खुशबूए और है कई अनोखे फ़ुल
धूप हे कड़ीं पर सूर्यमुखी सा निखर जाऊ

है सैलाब, तूफ़ाँ और हर तरफ़ स्याह बादल
मैं उस बीच कही मेघधनुष सा उभर जाऊ

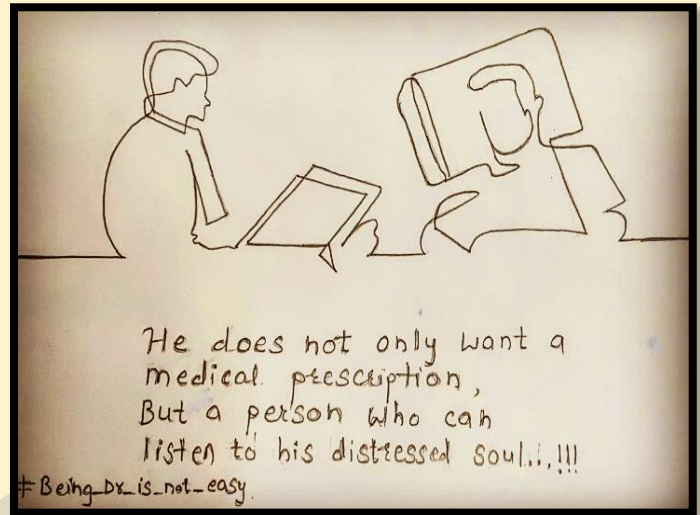
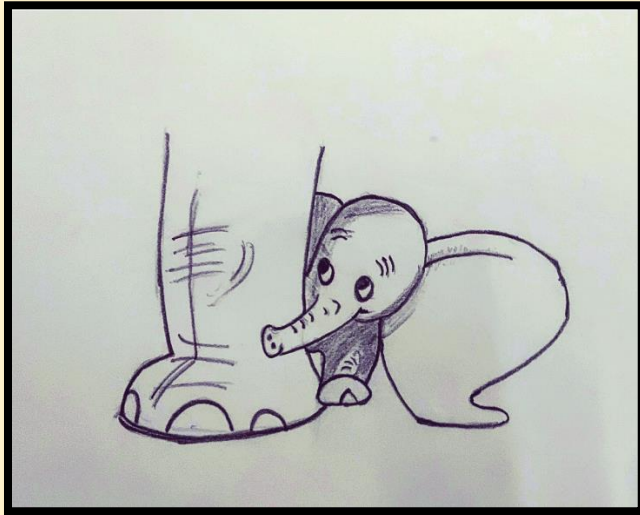
थका हारा हूँ और ये बाद ए शाम है सुबह
अंधेर सी दुनिया और सूरज सा बिखर जाऊ

हम फ़ानी से और कितना मुमकिन है भला
मिसाल बन जाऊ पहले के कूच कर जाऊ

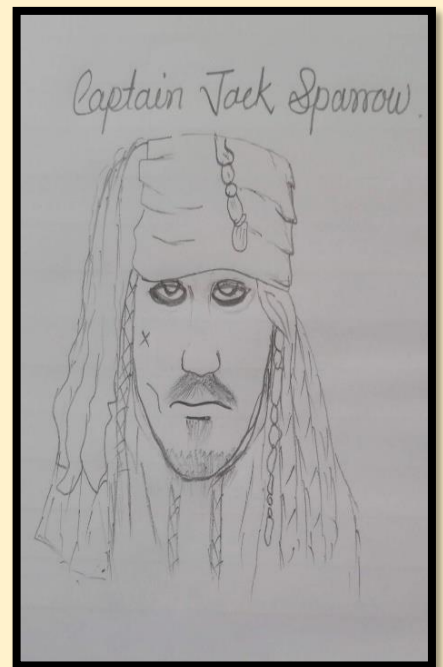
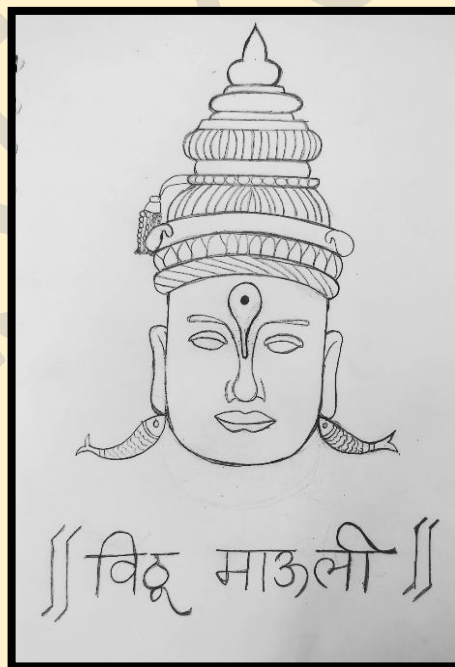
Written by,
Dr. Abbasali Momin, MD Part 1 (Batch 2024)
Department of Medicine



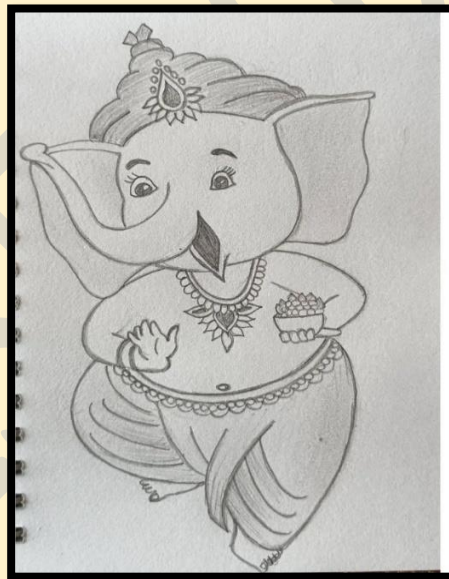
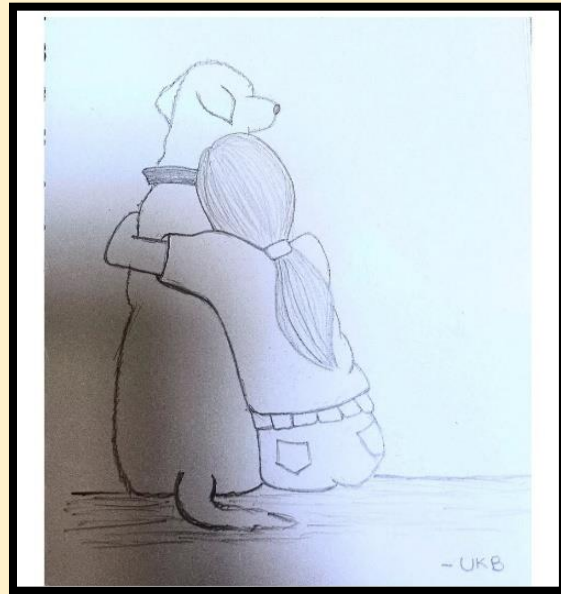
SKETCHES AND SCRIBBLES



Sketched by Dr. Chetana Sakpal, Asst. Prof., Department of Repertory



Sketched by, Dr. Roshani Desale, MD Part 2 (Batch 2022), Department of Medicine



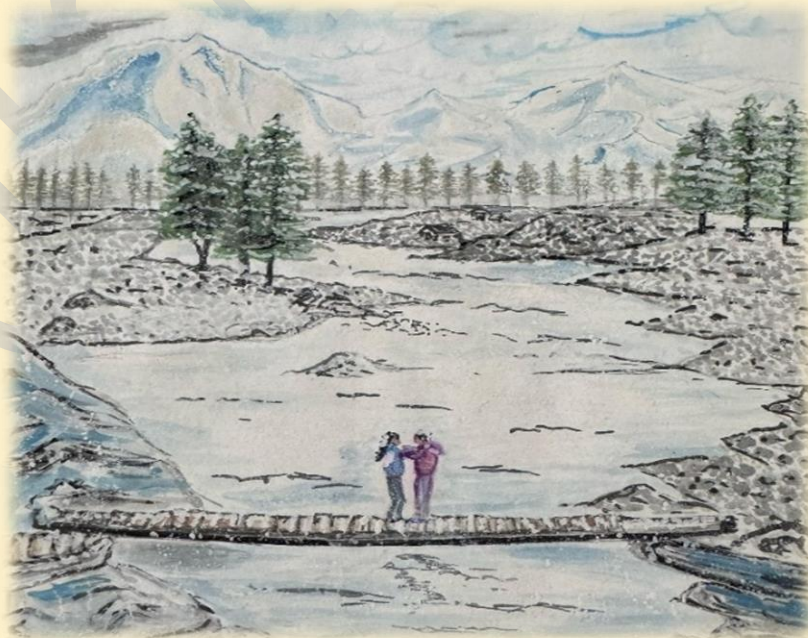
Sketched by,
Dr. Unnati Bhangare, MD Part 2 (Batch 2021)
Department of Materia Medica



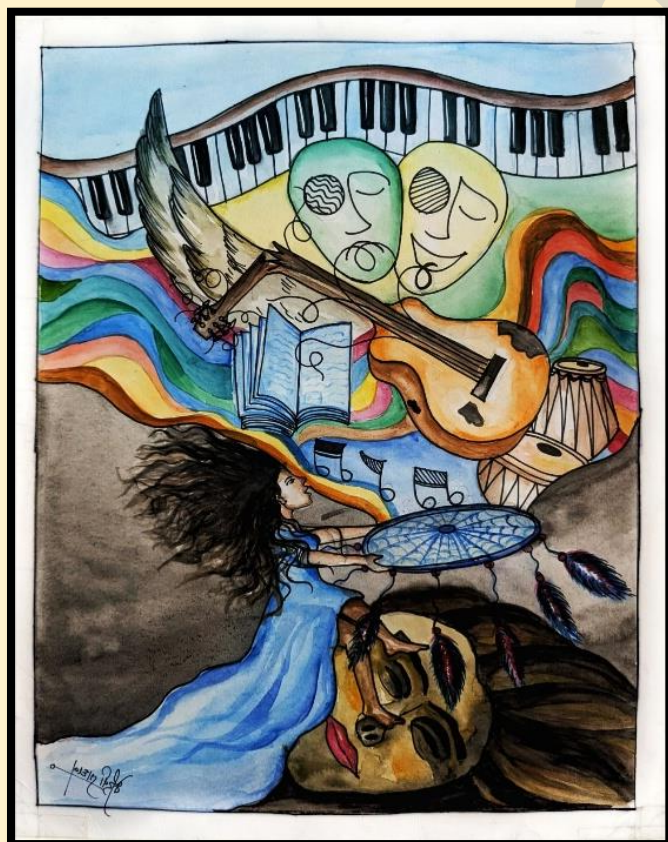
PICASSO OF MLDMHI



Art by, Dr. Akshata Nayak, Asso. Prof. Department of Materia Medica



Art by, Dr. Tanmayee Pawaskar, MO, DTH

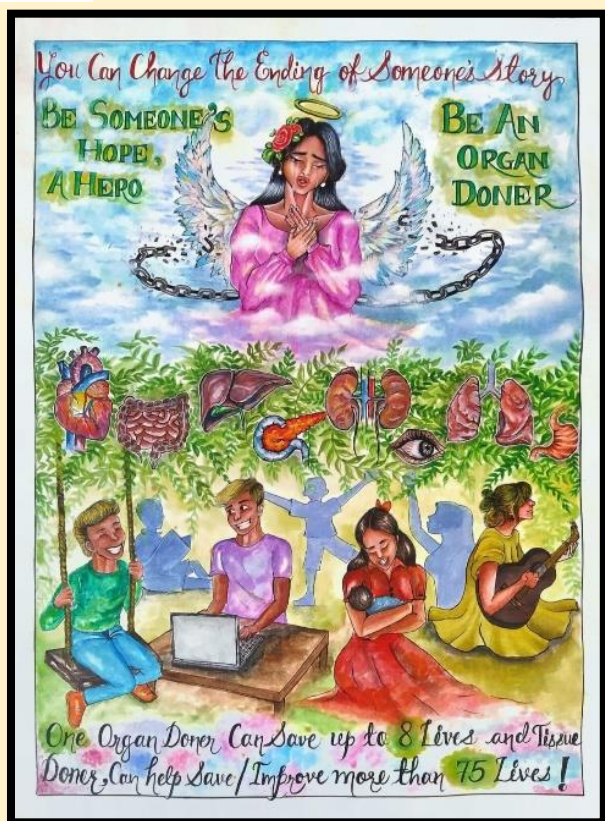


Yet, I Sing

*A dream once whole, now torn apart,
A broken guitar, a silent heart.
Strings have snapped, the notes run dry,
One wing remains, yet I still try.*

*An incomplete song drifts in the air,
A melody lost, yet lingering there.
Between my passion and the life I chase,
I bind the fragments, I find my place.*

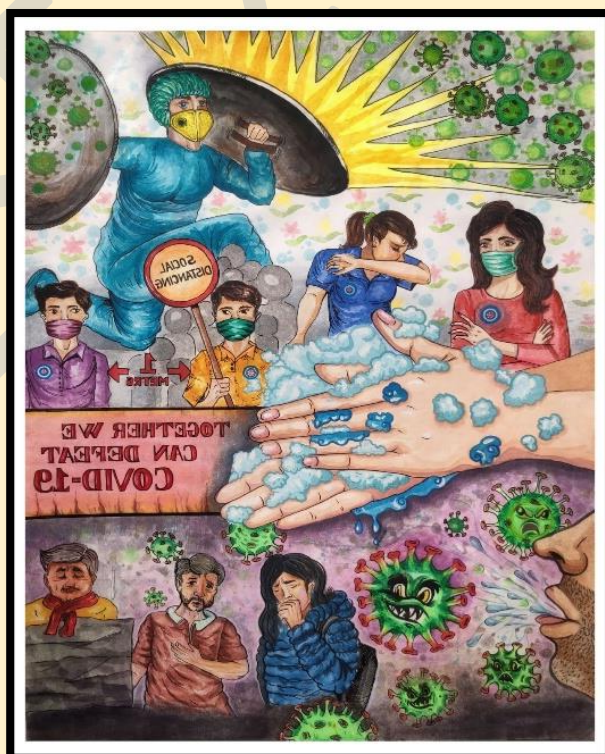
*One wing can't soar, yet it still fights,
A shattered tune, still sparks the night.
Though dreams may break and time may sting,
With all that's left yet, I sing.*



Art by,

Dr. Bhairavi Jadhav, MD Part 2, Batch 2021

Department of Psychiatry





Art by,

Dr. Divya Shankare, MD Part 1, Batch 2024

62

Department of Repertory

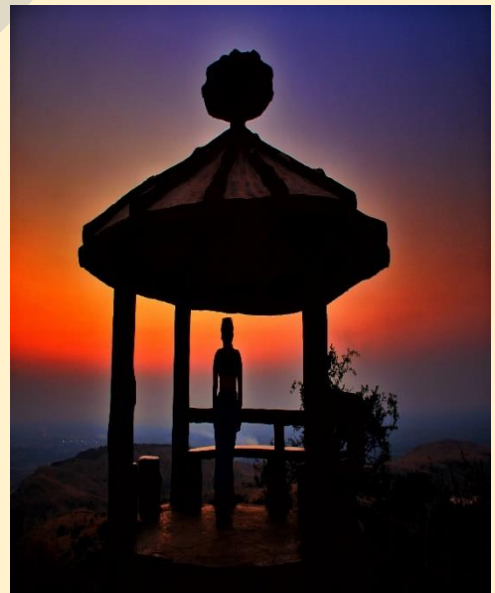
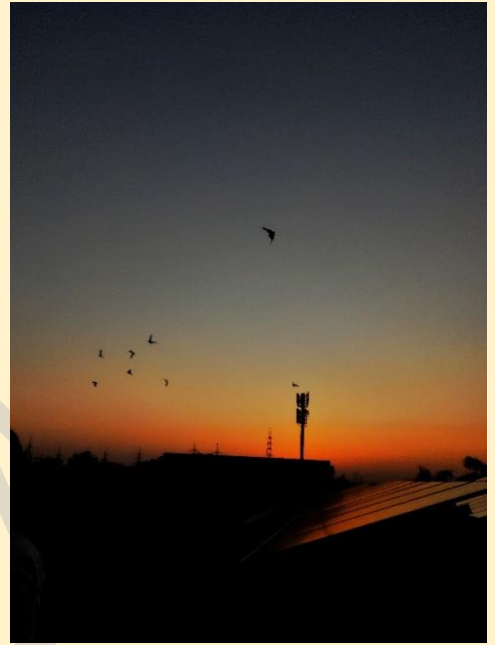


Art by,
Dr. Divya Shankare, MD Part 1, Batch 2024
Department of Repertory





VISUAL VIBES



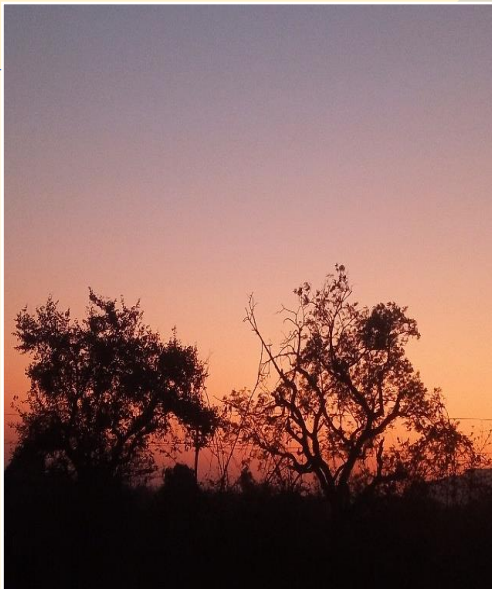
Clicks by,
Dr. Shruti Kulkarni, MD Part 2, Batch 2022
Department of Medicine



*In full bloom... Me and
Flowers.....*



*Taking "The Yashraj Film"
feel....*



*Phew... The best therapy
is here!*

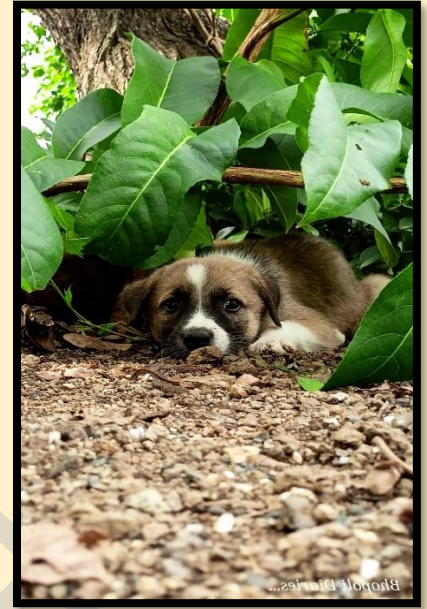
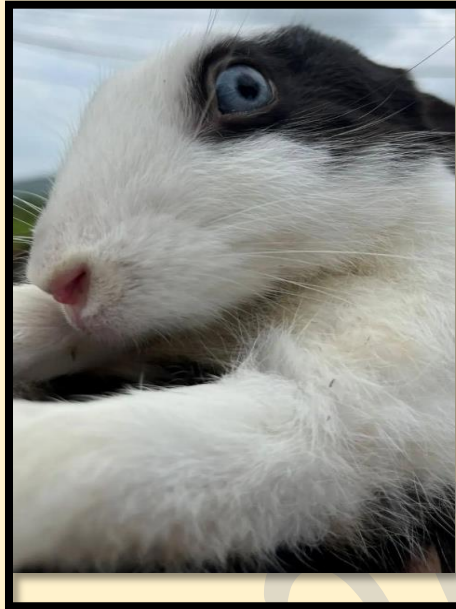


Simply alluring...!!!

Clicks by,

Dr. Radhika Ashar, MD Part 2, Batch 2022

Department of Materia Medica



Clicks by, Dr. Vaishnavi Bharade, MD Part 2, Batch 2021, Department of Materia Medica

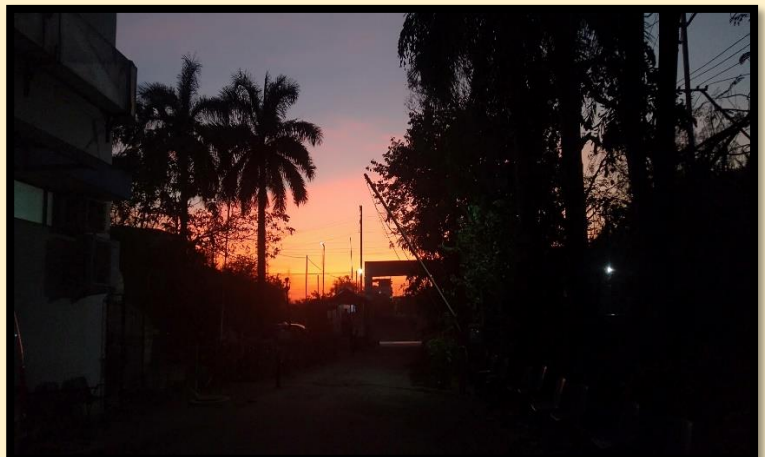


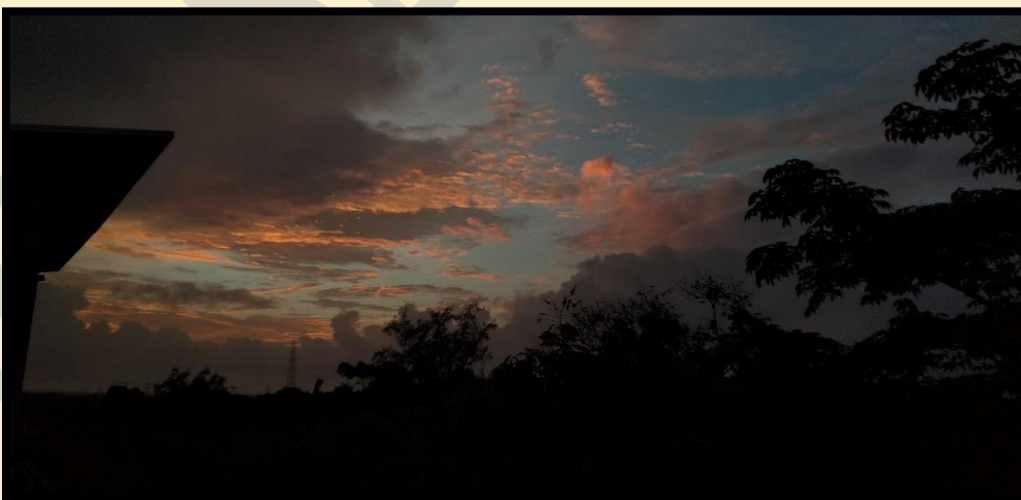
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Ye Sham Mastani... ..

POV.... You love capturing THE GOLDEN HOUR from the MLDMHI campus

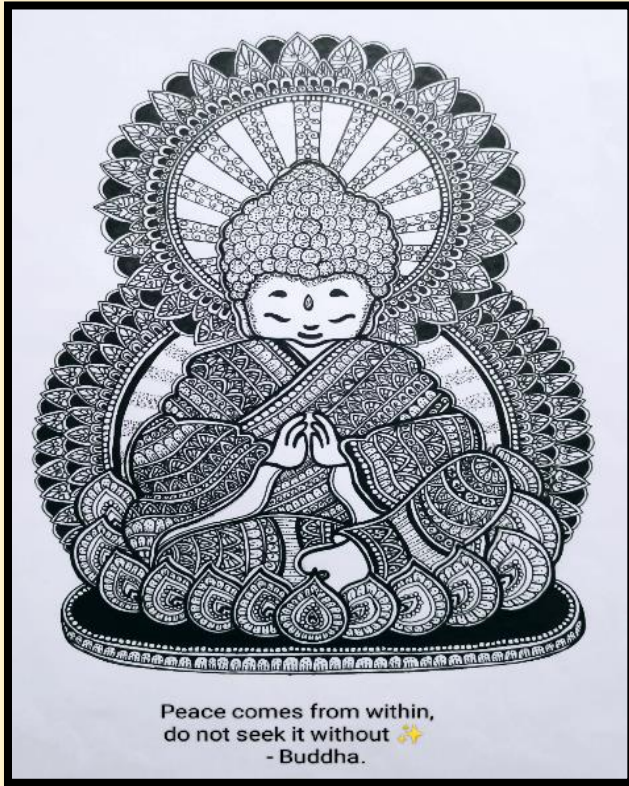




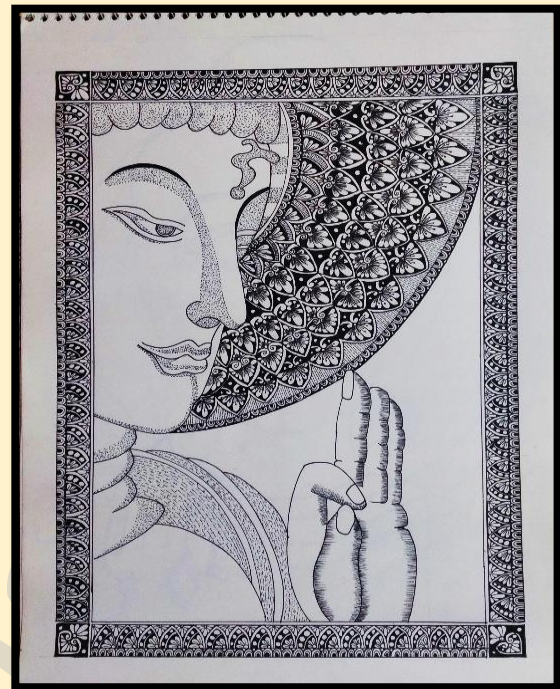
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THE MANDALA MAGIC



Dr. Shreya Manwani, MD Part 2, Batch 2021, Department of Organon of Medicine



Dr. Vaishnavi Bharade, MD Part 2, Batch 2021

Department of Materia Medica



Dr. Shraddha Manwani, MD Part 2, Batch 2021

Department of Psychiatry



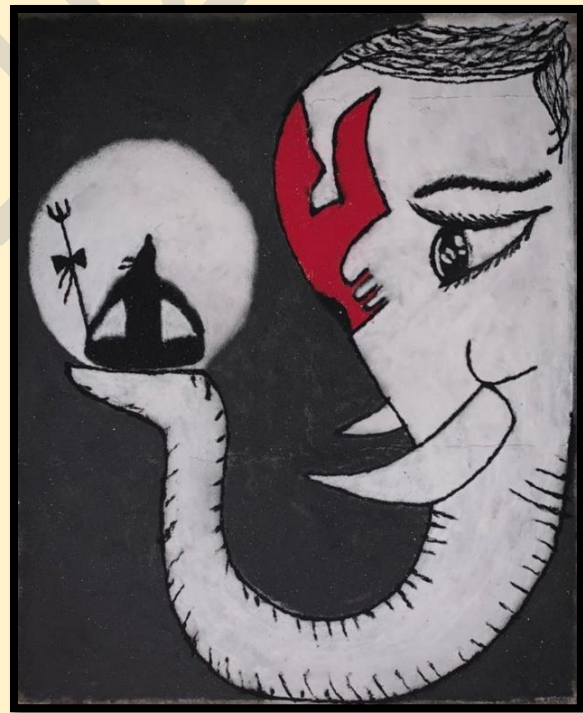
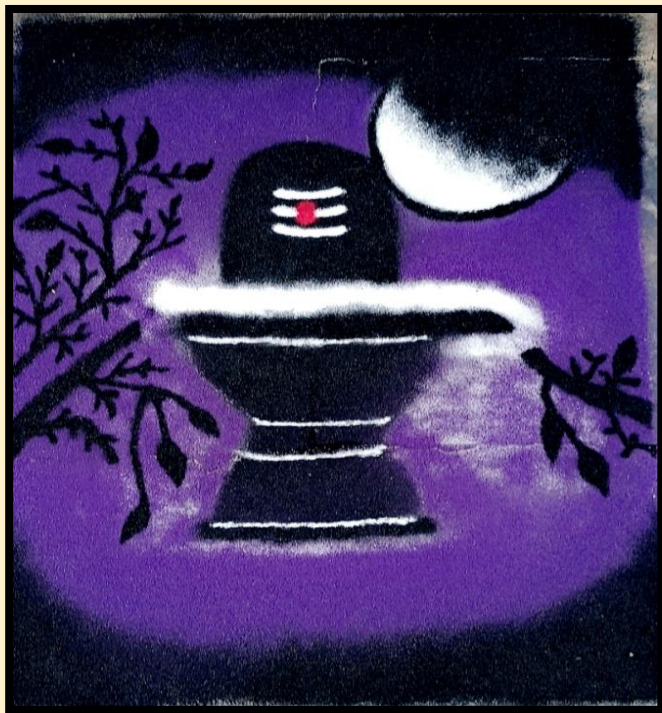
CULTURAL CHRONICLES



*Dr. Khushbu Janwa
Asst. Prof, Dept of Organon*



*Dr. Harshla Sarvagod
Asso. Prof, Dept of Medicine*



Dr. Shreya Manwani, MD Part 2, Batch 2021 Department of Organon of Medicine



*Dr. Prerna Pawar, MD Part 1,
Batch 2024,
Department of Psychaitry*

FACE PAINTING ENTRIES





SPORTS SCOOP







TREKKING CLUB ACTIVITIES



Waghoba Trek, Palghar



Kalavantin Durg, Panvel



River Rafting, Kolad



AMK Trek, Bhandardara



Ratangarh Trek, Ahmednagar



THE GOURMET GAZETTE

Mexican Vegetarian Burrito Bowl Recipe



This delicious recipe is very simple and easy to make. The combination of various components makes it full of flavor. The ingredients for this recipe are always easily available in our home. It's

the perfect dish for a one-dish dinner. The recipe may be assembled by layering the different components in a dish, but another way to serve this Mexican classic is to arrange the components separately like a 'Burrito Bar' and allow one to choose the toppings and assemble their own bowls.

Components of Mexican Veg Burrito Bowl

- 1] Boiled beans 2] Herb rice 3] sauteed vegetables 4] corn salad 5] Guacamole 6] Hung curd
7] Nachos 8] Lettuce leaves 9] Salsa sauce 10] cottage cheese

Ingredients:

1] Boiled Beans: <ul style="list-style-type: none"> 1.5 cup Rajma (Large Kidney Beans) if you are making for 2 to 3 people- Boiled, keep its water aside after draining to slowly put while making spicy beans. 1 tomato, chopped 1 Onion, chopped 	2] For Herb Rice: <ul style="list-style-type: none"> 2 cups Cooked rice, fluffy, with grains seperated Coriander Leaves, finely chopped Basil leaves finely chopped. 	3] For the sautéed vegetables <ul style="list-style-type: none"> 1 Red Bell pepper (Capsicum), sliced 1 Green Bell Pepper (Capsicum), sliced 1 Yellow Bell Pepper (Capsicum), sliced 1 Onion, sliced 2 cloves Garlic, crushed 1 teaspoon Dried oregano 	4] For Corn salad <ul style="list-style-type: none"> 1.5 cups Corn Kernels boiled salt to taste, oregano and chilly flakes, butter
--	--	---	---



<ul style="list-style-type: none"> • 3 cloves Garlic, crushed • ½ inch ginger -grated • 1 teaspoon red chilly flakes • 1 teaspoon coriander powder • 1 teaspoon turmeric powder • ½ teaspoon garam masala powder • 3 teaspoon Oil • Salt, to taste 	<ul style="list-style-type: none"> • 3 cloves garlic finely chopped or crushed • 1 teaspoon oregano • Salt, to taste • 1 tablespoon butter/refined oil (tastes best in butter) 	<ul style="list-style-type: none"> • 1/2 teaspoon Red Chilly flakes • Salt, to taste • 3 teaspoon Extra Virgin Olive Oil • May include carrot/broccoli/mushroom etc. 	
5] Guacamole <ul style="list-style-type: none"> • 1 Avocado, fully ripe • 1 Green Chilly, finely chopped • 1 Tomato, finely chopped • 1 Onion, finely chopped • 1 tablespoon Lemon juice • 12 tablespoons Coriander Leaves, finely chopped • Salt, to taste, may add little oregano and chilly flakes <p>Hung curd- Hung the normal curd for 45 min to 1 hour, add little pink salt/chaat masala/salt to taste</p>	6] Mexican Salsa <ul style="list-style-type: none"> • 1 tomato-finely chopped (usually boiled tomato is taken) • 1 onion finely chopped • Coriander leaves • Chilly flakes +tomato sauce • Red chilly sauce less than 1/4th teaspoon 	7] Salsa sauce <ul style="list-style-type: none"> • 1 Onion, chopped • 1 Tomato, chopped • Coriander (Dhania) Leaves, small bunch, chopped • 2 tablespoons Lemon juice • 1/2 teaspoon Red Chilly flakes, (optional) • Salt, to taste • 1 teaspoon tomato ketchup 	Other ingredients <ul style="list-style-type: none"> • 3/4 cup Cheddar cheese, or Mexican cheese, shredded • 1/2 cup Lettuce leaves, shredded (optional) • 1/4 cup Black olives, sliced

To make Mexican Vegetarian Burrito Bowl Recipe

1. *To begin making the Mexican Vegetarian Burrito Bowl, prepare the various components first.*
2. *For the herb rice, take 1 teaspoon of butter, add oregano 1 teaspoon, then add to cooked rice, add the chopped coriander, some basil finely chopped and salt. Toss the mix together till all the flavours are well combined.*
3. *For the spicy beans, place a pan on heat, add some oil to it and allow it to get warm. Add finely chopped ginger and garlic sauté it for 1-2 minutes, onion, and cook until the onions are softened. Then add chopped tomato and cook for 5-10 minutes on a medium heat, add all spices (coriander, haladi, garam masala and chilly flakes) and salt to taste. When the mix begins to bubble, add the cooked kidney*



beans/rajma along with the water that was used for cooking it. Stir well. Mix it all up well and cook to make a thick sauce. This may take 5-7 minutes. Turn off the heat and keep it aside.

4. For the sautéed peppers/vegetables, place a pan on heat, add some olive oil/butter to it and allow it to get warm. Next add garlic. Once done add all the chopped peppers (or any other vegetables that you may like), onion along with the carrot/beans/mushrooms etc. Sprinkle salt and sauté for 1-2 minutes. Then, add chilli flakes and oregano, toss together, and turn off the heat. Keep aside.
5. For the corn salad, boil the corn, then in a pan add butter, salt oregano and chilly flakes add boiled corn to it. keep it aside.
6. For Avocado guacamole take fully ripe avocados, add chopped onion and tomatoes to it, chopped chillies, coreinder, salt to taste, some oregano and chilly flakes but remember that guacamole needs to be eaten fresh, so this is one component that has to be made last, or just before assembling and serving the burrito bowl.
7. For Mexican salsa sauce usually, boiled tomatoes are chopped but fresh can also be chopped finely, to it add chopped onion, 1 teaspoon tomato sauce, 1/2 teaspoon red chilly sauce. Keep aside.
8. Take hung curd and put some salt/chaat masala for better taste.
9. To assemble the burrito bowl, if you are preparing one big bowl for your guests, use a fairly deep 8-9" flat bottom bowl or serving dish.
10. A burrito bowl is essentially layered, so begin with the herb rice. Spread it generously at the base of the bowl.
11. Over it, spoon the spicy beans and spread it around the rice.
12. Next, layer the sauteed peppers over the beans.
13. On top of that goes a layer of guacamole.
14. Spread some corn salsa over it, hung curd and top it with the lettuce (if using), place some sauted cottage cheese on it and black olives and serve.
15. To make a Burrito Bar, simply place all the prepared components on convenient location.
16. Top it with some nachos.

Dr. Namrata Pandey
Asst. Prof, Department of Medicine



Flavours that cherish our lives!!!



Dr. Sonam Tiwari Mishra
Asso. Prof, Department of Medicine



ALUMNI ---WHERE ARE THEY NOW?

Homeopathic Stars Of Nagpur

Don't miss out the valuable insights and advice from experts

Guest speaker

Dr.Mithun Ladiwala
Expert Homeopath, HHF Nagpur.

Host

Dr.Priyanka. Kewalramani
M.D(psy)

8th September 2024, Sunday
INSTAGRAM LIVE @1pm

Topic:- Basics of Homoeopathy

Stay tuned@Aashwashomoeocare

HOMOEOPATHIC STARS OF NAGPUR

With Dr. Ajay Kale

On

Comprehensive Clinical Homeopathy: a practical approach for treating diverse disorders

You tube video releasing soon

stay tuned @Aashwas Homoeo Care

Host

Dr.Priyanka Kewalramani
M.D-Hom Psy

Guest speaker

Dr. Ajay kale
Expert Homeopathic consultant

Dr. Priyanka Kewalramani, Batch 2018-19

A thought behind "Homoeopathic stars of NAGPUR" in her own word

"When I came back to my native city: - Nagpur, I always wondered that unlike Mumbai, why Nagpur city lacks collaborative efforts in homeopathy though there are many experienced Homeopaths in the city yet few are known to the world!

Also, I wondered, I have learnt through many stalwarts in Mumbai, so learning process should never be stopped so why not to learn from the Nagpur Homeopathic stalwarts itself, hence with this intention I started the idea of "HOMOEOPATHIC STARS OF NAGPUR"

So, I with many other budding homeopaths have been learning and upgrading homeopathic knowledge through this online program."



The “Running” inspirations.....

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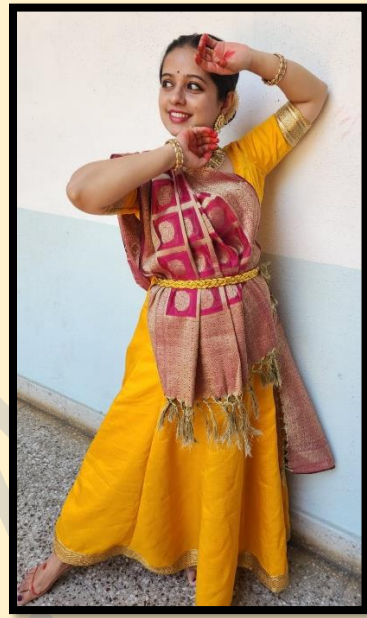
Dr. Arun Gawande, Batch 2003-04



Dr. Archana Kabra, Batch 2009-10



The Dancing Feet.....



Dr. Shraddha Joshi, Batch 2018-19



Dr. Ashwini Kuthe, Batch 2018-19



The eyes that holds the beauty.....



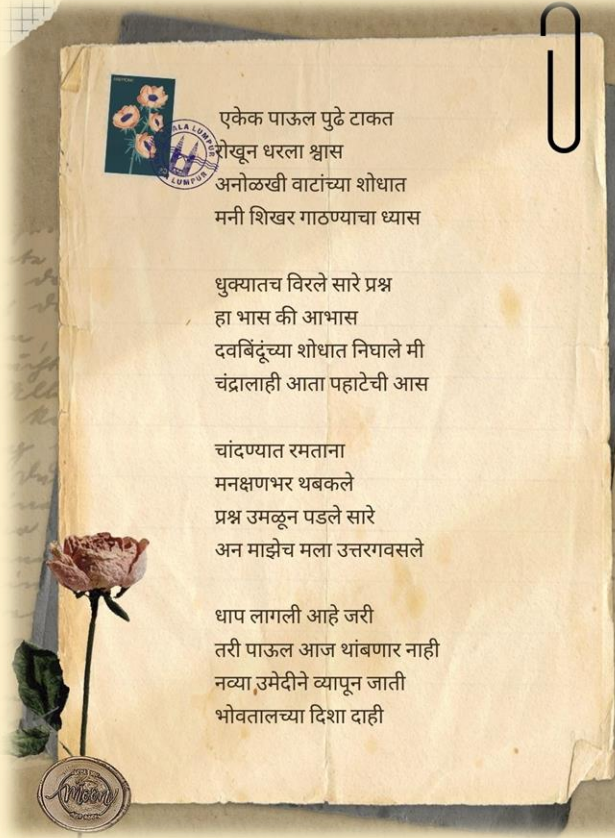
Dr. Nishigandha Mahajan, Batch 2016-17



The Brilliant Brains... .. Dr. Keyur Vakharia, Batch 2010-2013



The extended healing touch.... Dr. Swarupanand Sarkar, Batch 2011-12



"I became a part of MLD trekkers group almost a year after graduating from MLD. Trekking is something I used to enjoy as a teenager but after suffering from COVID infection twice in a year, I'd lost confidence to go on treks again. But MLD trekkers group is always patient to gradually work on your pace. Our guide Rajesh Sir has been igniting zeal in me to push my boundaries and experience the nature in its pure, raw form.

Recently I did my first solo trek. A torn shoe and being alone at absolutely unknown place were challenging at the moment. Sir says traveling solo will answer all your questions. Well solo trek was nothing but a start of my journey towards inner self.. Looking forward to more such solo experiences and if at all question of safety comes in mind, Rajesh Sir and my trekker friends are just one call away."

Dr. Madhura Kode, Batch 2019-20



COVER PAGE ENTRIES



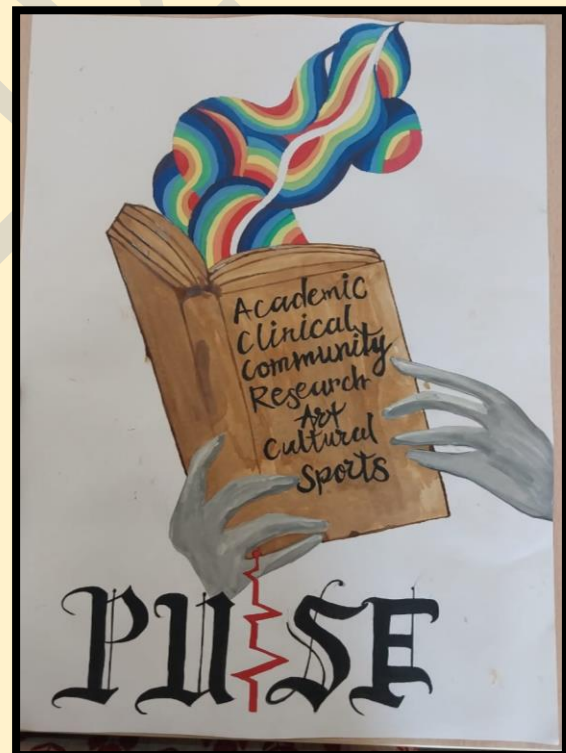
Dr. Tanvir Shaikh
Asst. Prof, Department of Psychiatry



Dr. Gauri Waghmare, MD Part 2, Batch 2022
Department of Repertory



Dr. Manisha Shitole, MD Part 1, Batch 2023
Department of Peadiatrics



Dr. Divya Shankare, MD Part 1, Batch 2024
Department of Repertory