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APR - JUN
JULY 01

AHMC HOMOEOPATHIC INSIGHT

2024
—
JULY

ALVA'S HOMOEOPATHIC MEDICAL COLLEGE

ABOUT US

E bulletin- the digital platform presented to you by Alva's Homoeopathic Medical College marks a significant step forward in our efforts to streamline communication, foster engagement, and enhance the overall college experience.

Through the e-bulletin, we aim to foster a sense of unity, transparency, and engagement. It's not just about broadcasting information; it's about sparking conversations, exchanging ideas, and building relationships.

From important announcements and upcoming events to academic updates and student achievements, you'll find it all right here at your fingertips.

Let's embrace this new chapter of enhanced connectivity and collaboration with enthusiasm.

Ritu Antony (Final Year)

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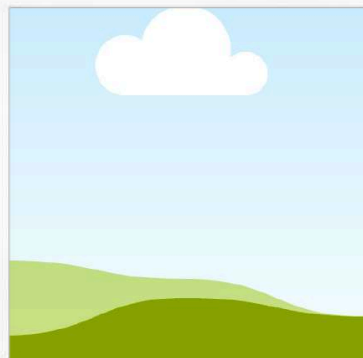
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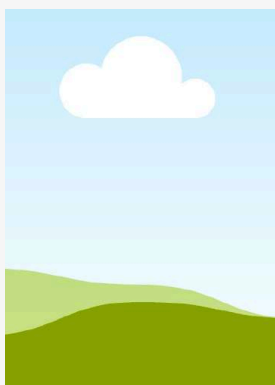
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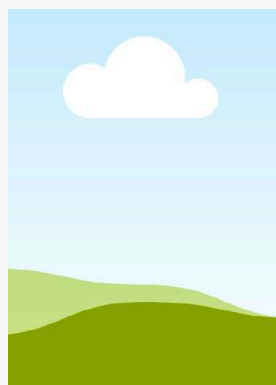
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I'm delighted to introduce Alva's Homoeo insights. An e-bulletin focusing on documenting and communicating the diverse range of activities and accomplishments within our college community. Step into the heart of campus life with us.

We're committed to publishing every three months, covering from riveting cultural showcases to adrenaline - pumping sports events and enlightening CME sessions. We bring you the pulse of our college.

I also thank the management for their dedication to fostering a nurturing learning environment that has been instrumental in our collective success.

Thank you

Dr. Anitha S.K



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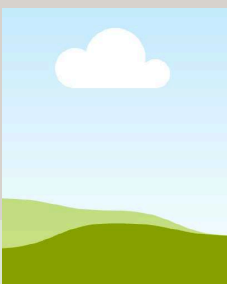
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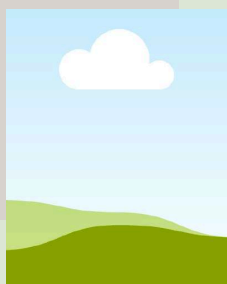
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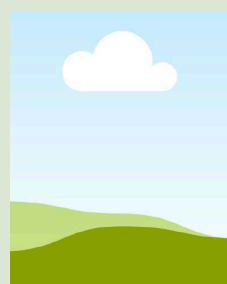
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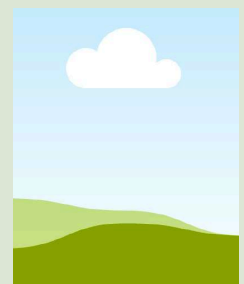
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Homoeo Insight

ALVA'S HOMOEOPATHIC MEDICAL COLLEGE

Dr. Christian Friedrich Samuel Hahnemann, the founder of Homoeopathy was born on April 10, 1755. In order to commemorate and pay tribute to this great visionary every year our college conducts "Hahnemann's day".

Hahnemann's journey was one of relentless pursuit of truth, of efficacy, and above all, of compassion. In a world entrenched in conventional medical practices, he dared to question, to explore, and to innovate. Through his unwavering dedication, he unearthed the fundamental principles of homeopathy—a system of medicine that treats the individual, not just the disease. By advocating for the principle of "like cures like" and the concept of potentization, he unlocked the inherent healing potential of nature itself.



Celebrating the legacy of Dr Samuel Hanemann

He was a humanitarian, a scholar, and a beacon of hope for those in need. In an era marred by uncertainty and despair, he offered solace and healing, reminding us all of the profound impact that one individual can have on the world.

In the words of Samuel Hahnemann himself, "The highest ideal of cure is rapid, gentle, and permanent restoration of health." May we carry forth this ideal in our hearts and in our practice, ensuring that the flame of healing he ignited continues to burn brightly for generations to come.

CELEBRATING THE SUCCESS OF OUR STUNNING FLAIRS.



Kerala Samajam

Kerala samajam, a committee formed by the keralites of Alvas education foundation under the lead of Sri.Vivek Alva & Dr Kurian Principal of Alvas degree College.

The samajam opens up a platform for the students to exhibit their amazing talents through the programme

"Keraleeyam". The venture also enlightens the students about culture, diversity & traditions of the state.

The students of Alvas Homoeopathic medical college secured First place in Thiruvathira and Second place in Margamkali. Our students have also participated in Nadanpattu and Light music.



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ALVA'S *Traditional* DAY *Celebration 2024*



On 11th June, 2024 at Krishi Siri Vedhike, Vidyagiri Alva's Education Foundation witnessed the "Alva's traditional day" which is not just an event but a celebration of India's cultural tapestry. It embodies the spirit of inclusivity, creativity, and pride in cultural heritage, making it a significant and memorable occasion for all involved.





This event serves as a platform to showcase and celebrate the rich cultural diversity of India. Participants dressed in traditional attire representing different states and cultural backgrounds.

TRADITIONAL DAY



The chief guest for the program was the renowned Actor and Art Director - **Mr Arun Sagar** who graced the occasion with his presence. Various food stalls offered regional delicacies and traditional cuisines from different parts of our country.



INTER ALVA'S RGUHS ATHLETIC MEET

Alva's RGUHS Athletic Extravaganza: **AHMC Dominates!**

Under the vibrant skies of Swaraj Maidan, Moodbidri, On April 20, Inter Alva's RGUHS Athletic Meet unfolded with electrifying energy. Dr. Mohan Alva, the visionary President of AEF, and Dr. Kishor Kumar, the esteemed Guest of Honor, graced the event with their presence, while the spirited march past and flag salute set the tone and Dr. Kumar's inspiring speech stirred the hearts of all present. Amidst the thunderous applause, the entire AEF family, including principals, dedicated teachers, and enthusiastic non-teaching staff, lent their unwavering support.



AHMC soared to victory, claiming 1st in Tug of War, 2nd in the boys' 4x100m relay, and 3rd in the girls' 4x100m relay. Likith's mighty shot put (11.5m) and Ananth Narayan's blazing 100m dash stole the show. With the entire AEF community cheering them on, AHMC's athletes left their mark, guided by the indomitable spirit of Mr. Avinash S PeD RGUHS and Dr. Bharath. A tale of triumph and teamwork, cementing AHMC's legacy in the annals of athletic greatness.



Front Row: Dr.Suhruthom, Dr.Sudhamathi, Dr.Ashitha, Dr.Vasumathi, Dr.Anitha S.K
Sec Row: Dr.Rabiya, Dr.Bibi Asma, Dr.Mahalasa K, Dr.Sreeraksha, Dr.Siva Kumar,
Dr.Sasitharan, Dr.Prem Kumar.
Third Row: Dr.Sharath, Dr.Indu O.S, Dr.Archana K



OVERALL CHAMPIONSHIP

boys runners up

Shotput 1st
place by *Likith* with
11.5m



Shotput 3rd
place by *Vikas* with
10.5m



AHMC TEAM PACKED 1ST PRIZE IN

Tug of war

Front Row (left to right):

Raviteja, Ananthram H.M, Ramchandra M, Alwin Crasta, Abhay.

Back Row (left to right):

Swapnil Patil, Pranav Patil, Dr.Shivakumar (H.O.D Surgery), Dr.Herald Roshan Pinto (Principal AHMC), Dr.Bharath (Asst. Prof. Anatomy), Likith R.B, Pavan Kumar, Sunil Sapkale, Vikas.





Women's 4x100m RELAY 3RD PLACE

4*100m relay ran in 4:09min and secured 3rd place.
From left to right:
Pavithra, Arshiya, Bhavana, Rithiksha



Men's 4x100m RELAY 2ND PLACE

4*100m relay ran in 48.5sec and secured 2nd place.
From left to right:
Ananth Narayan, Manimaran, Rumaiz, Ramchandra



Success and Skill Shine at South Indian Inter College Homoeo Sports Fest

Cricket Tournament!

The South Indian Inter College Homoeo Sports Fest Cricket Tournament, held at Chottanikkara School Ground on May 4th and 5th, witnessed spirited competition among participants such as Vishal, Ananth, Alwin, Siddharth, Veerayya, Ramchandra, Dhanvanth, Shashank, Basavaraj, Varshith, Diksanth, Irayya, Abhimanyu, Antony and Visheth. AHMC Team claimed the Runners-up title, showcasing impressive teamwork and determination. Dikshant stood out as the tournament's Best Bowler and also earned the prestigious Man of the Match accolade for his exceptional performance. Additionally, Veerayya was recognized as another outstanding player with the Man of the Match award. The tournament celebrated sportsmanship and showcased the burgeoning talent in cricket among the student athletes, making it a memorable event for all involved.



Convocation DAY 2024

CHEERS TO NEW DOCTORS IN TOWN!

Graduation day ceremony was held on 06/04/2024 at K V Subbanna Bayalu Mandira, Vidyagiri. Chief Guest of the Ceremony was Prof T G Sitharam (Chairman, AICTE, Delhi) and was presided by Dr M Mohan Alva.

Batch of 37 Graduated, S Raja Lakshmi was awarded with Best Outgoing student and Marylyne Oinam and Kanglangbi Chanu were awarded with P B Acharya award for North East Topper students.





Recent Seminars

National Homoeopathic Post-Graduate Conference

"RAJATHOTSAVA" hosted by Father Muller Homoeopathic Medical College from 1st May to the 5th of May, a scientific session on addressing clinical challenges through evidence based solutions headed by Dr.Jaswanth Patil.

Following interns of Alva's Homoeopathic Medical College participated in the Quiz Marathon and secured the 3rd prize.

- Aparna Deth.
- K. Kanglanganbi Chanu.
- Marylyne Oinam.



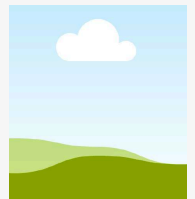
"Green Campus: College Promote E-Waste Education & Responsible Disposal"

On 22nd April 2024, final year senior and junior batches of AHMC attended an E- waste management awareness programme organised by Alva's Degree College at Vidyagiri campus. The guest of honor, Mr. Venkatesh Murthy, detailed on the safe disposal of hazardous components, refurbishing reusable items and the importance of public awareness and participation. His presentation highlighted the role of collective responsibility in transforming E-waste challenges into sustainable opportunities .

CELEBRATING EXCELLENCE:

CLASS TOPPERS OF 2ND AND 3RD
YEARS IN RGUHS EXAMS!

We are thrilled to announce the outstanding achievements of our 2nd and 3rd Year in the RGUHS Examinations of 2023-2024. Congratulations to all our high achievers for their incredible performance!



3rd Year topper:

Ranitha R – 79%

2nd year toppers:

Akshatha – 78.2%

D.Aradhana – 78.2%



Enlightening Horizons:

World Homoeopathy Day 2024 Delhi Unveiled.

In the dynamic centre of New Delhi, April 10th marked the grand inauguration of 8000 delegates. The honourable President of India Smt. Draupadi Murmu's impassioned address ignited the event, spotlighting Homoeopathy's crucial relevance in contemporary health care. On 11th April the gathering **celebrated achievers of STSH and MD dissertation including the distinguished duo from AHMC Alwin crasta and Akhil G.**



LIFE-SAVING SKILLS UNLEASHED: ALVA'S MSW COLLEGE HOSTS THRILLING BLS AND FIRST AID WORKSHOP

On April 18, 2024, Alva's MSW College became a hub of life-saving knowledge, hosting an exhilarating workshop on Basic Life Support (BLS) and First Aid, orchestrated by our esteemed professor Dr. Prashanth Donkar.

This action-packed event blended theory, demonstrations, and hands-on practice, ensuring participants were fully immersed in the essentials of emergency response. The workshop not only equipped attendees with vital skills but also ignited a passion for ensuring the safety and well-being of those in need.



Bangalore CME: A Prescription for professional brilliance!

April 28th unfolded a captivating Continuing Medical Education (CME) session at Bangalore's. Tata Institute, orchestrated by KHMA. The event, graced by K. Srinivasalu, Commissioner of the AYUSH Department, Karnataka, witnessed Homoeopathy luminaries like Dr. Vijay Krishna, Dr. Aradhana Chitra, and Dr. Srinivasan, casting their spellbinding expertise. AHMC's students of 3rd year, 4th year and interns lent their enchanting presence, illuminating the session with the magic of Homoeopathy.



Mangalore CME ELEVATING HOMOEOPATHY: INSIGHTS FROM WHD'24 & CME

The recent event, WHD'24 & CME, organized by IHMA Karnataka & St. George's Homoeopathy Maq on 12th May 2024, featured Dr. Dhiraj Samuel, MD (Hom), and Dr. Mohammad Iqbal, District AYUSH Officer DK.

Dr. Samuel elaborated on evidence-based homeopathic management in pathologically advanced cases, showcasing successful case studies and advocating for collaborative approaches. Dr. Iqbal lauded the initiative, advocating for the integration of traditional practices into mainstream healthcare. Notably, the event was attended by our final year students, interns, and esteemed college staff including Dr. Praveen Raj, Dr. Vasumathi Kodaikal, and Dr. Guru Prasad, and Dr. Bharath, further enriching the discourse on alternative medicine.



Kannur CME BRIDGING GAPS AND FOSTERING INNOVATION IN HEALTHCARE

On 28th of April a seminar was hosted by IHMA Kannur district chapter titled "ESSENTIA'24". The eminent speakers

were Dr. Parinaz Humranwala and Dr Nandhini Bhatt. Students and Interns of Alva's Homoeopathic Medical College along with Dr. Herald Roshan Pinto Principal, AHMC and Dr. Manu Bhatt HOD of Forensic medicine and Toxicology actively participated.

BEYOND THE BOOKS:

"CLINICAL MEETINGS OFFER REAL-WORLD INSIGHTS FOR ASPIRING PHYSICIANS"

A well discussed case gets distributed among the students of 1st , 2nd , 3rd and final year, according to their skills and objectives. The case working is individually done by each student and such emboldening clinical meeting being conducted for students every month, helping them to learn more on homeopathic case taking , disease conditions, remedy selection and more moulding out new stars of tomorrow's Homoeopathic world.



"Protecting Women's Wellness: _____ The Benefits of Regular Pap Smear Screenings"



A screening programme was held on 4th of May, 2024 in Vidyagiri campus organized by Alva's Health Center in association with Alva's Homoeopathic Medical College in which our staff Dr. Anjali S, HOD Department of Obstetrics and Gynecology, Dr. Sudha Mathi, Professor, Department of Community Medicine and interns actively participated.

The screening included breast examination, HPV vaccine awareness and cervical cancer prevention. More than 150 women benefited from this programme and around 50 papsmears were collected for further follow ups.



"IN THE REALM OF CLINICAL MEETINGS,

EVERY VOICE CONTRIBUTES TO A SYMPHONY OF
CARE THAT RESONATES THROUGH PATIENT LIVES"

THE DEPARTMENT OF OBSTETRICS AND GYNAECOLOGY HELD A CLINICAL MEETING ON THE 19TH APRIL 2024 . DURING THE MEETING , THE CASE PRESENTED BY DR ANJALI , FOCUSED ON FIBROCYSTIC DISEASE ACCOMPANIED BY SECONDARY INFERTILITY . THE DISCUSSION PROVIDED VALUABLE INSIGHTS INTO THE MANAGEMENT AND TREATMENT STRATEGIES FOR SUCH CONDITIONS , REINFORCING THE IMPORTANCE OF COLLABORATIVE CLINICAL DIALOGUE IN IMPROVING PATIENT OUTCOMES.

EXPLORING THE EFFICACY OF HOMOEOPATHY



The Department of Repertory and Case taking had organized a Webinar on **"Homoeopathic Software – RADAR OPUS"** by Dr. Anushree Gupta, RADAR Trainer from B JAIN Group of Companies on 16th of May, 2024 at 3.00PM in the Seminar Hall for the students of IV BHMS(Sr) and Interns.

Under the guidance of Dr.Vasumath Kodikal, Associate Professor, Dept. of Repertory Alva's Homoeopathic Medical College, the session marked the importance of the software system helpful for practioners in their case analysis and remedy selection.

"EDUCATING TOMORROW'S HEALTHCARE PROFESSIONALS: COLLEGE PRIORITIZES BIOMEDICAL WASTE TRAINING"

On 22nd May, 2024 from 4:00 to 5:00 pm at Alva's Homoeopathic Medical College under the guidance of Dr.Prashanth Donker and Dr. Suhrothom an awareness programme was conducted on hospital infection control and management of biomedical waste which plays a crucial role in safeguarding public health and protecting the environment.



Beyond the Bandage: Med Students Equip Themselves for Fire Emergencies

Fire & safety committee of Alva's Homoeopathic Medical College conducted a mock drill on 31st May 2024, organized by Thaksheel Fire and Safety Equipment's in collaboration with Hindustan Institute of Safety Management, Mangalore, Karnataka (a branch of NIFS).

The drill was led by fire safety officers Mr. Harish HP and Mr. Nobert Rodrigues, along with their team. The objective of the drill was to enhance the preparedness of faculty, staff, and students for fire emergencies and to provide practical training on fire fighting and rescue operations.



Supporting Women's Rights

On 25th of April, 2024 a detailed information was addressed to the 1st year BHMS students of Alva's Homoeopathic Medical College briefing them about the cell and setting in confidence in them to approach the cell members fearlessly and take action accordingly.

Anti-Tobacco Day

On 1/06/2024 an awareness program was conducted to enlighten the public about World Anti-tobacco day. Recognizing the dangers of tobacco, particularly for young people, AHMC students the behest of Department of Anatomy held a campaign at Neerkere panchayat school, Mijar, Moodbidri, Mangalore to deliver an anti-tobacco awareness program in schools.

Through interactive workshops and presentations, they educated students about the addictive nature of tobacco and the importance of making healthy choices.



A Green Initiative in AHMC

CELEBRATING WORLD ENVIRONMENTAL DAY:

On June 5th, 2024, AHMC marked World Environmental Day with a vibrant and engaging event organized by our Pharmacy department. From 11 AM to 1 PM, the campus buzzed with energy as 1st year senior batch showcased their creative posters, sparking lively discussions among seniors and staff about pressing environmental issues under the theme "Restore Our Earth."

The celebration continued on Saturday, June 8th, in the seminar hall. Dr. Shreyas K S, our Master of Ceremony, commenced the event at 10 AM with an inspiring welcome speech. The principal's thought-provoking message set a reflective tone, followed by an oath-taking ceremony led by Dr. Shreyas K S in English and Dr. Y M Qadri in Hindi. The program concluded at 10:30 AM with a heartfelt vote of thanks, culminating in the planting of saplings in our butterfly garden, symbolizing our unwavering commitment to nurturing the environment.

STAFF Achievements

Dr. Anjali S



We are delighted to acknowledge Dr. Anjali's ongoing commitment to professional development with the successful completion of a **Diploma in Nutrition & Health Education**.

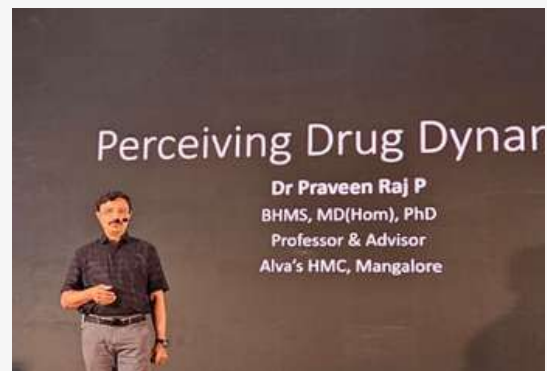
Dr. Praveen Raj Alva



We're delighted to honor Dr. Praveen Raj on his well-deserved **PhD**! This achievement marks years of dedication and a major contribution to his field.

Praveen Sir Seminar ^ Chief Guest news to be added here

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Alva's Pragathi 2024

The 14th edition of Alvas Pragathi, renowned as the largest placement drive was held on June 7th and 8th, 2024, at the prestigious Alvas campus in Vidhyagiri, Moodabidri. With participation from over 25 esteemed hospitals, the event has showcased a plethora of opportunities. A staggering 1000+ job openings were on offer, spanning diverse fields including 600+ in nursing, 200+ in degree programs, and 200+ in medical and paramedical domains.

Our college's placement drive, with alumni from AHMC working at Namma Homoeopathy interviewing our interns, left us uncertain about its success and the opportunities it offered.

Our interns from Alvas Homoeopathic Medical College have demonstrated active engagement and have successfully secured positions. In all, 2,468 job aspirants were recruited on the spot by 217 companies during the two-day job mela. Pragathi seamlessly bridging the aspirations of budding professionals with the exigencies of esteemed healthcare institutions.