

# HOMEO EXCELLENCE



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Biannual Bulletin - RHMC

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## EDITORIAL



**Dr. Krishna Murari Pathak, M.D.(Hom)**  
Associate Professor  
(Department of Organon of Medicine, PG)

Dear Readers,

I am honoured and lucky to have the opportunity of furnishing the 34<sup>th</sup> issue of Homoeo Excellence biannual bulletin of our college volume XXXIV which enlighten us about the "Post Covid Complaints".

The coronavirus pandemic of 2019 (COVID19) has not only brought about drastic changes in our daily lives and activities but also has had serious health, economic, and financial consequences. political and social. In March 2020, several countries around the world adopted quarantine and physical/social distancing measures. Hundreds of thousands of people around the world have died from COVID19. Heavily shaken by the corona pandemics many of us are currently thinking about how we could contribute to overcome this unprecedented situation. The COVID-19 crisis not only challenges disease control and crisis management, but may also have long-term and far-reaching impacts on states, societies and international cooperation. There are increasing indications that the world will look different after the crisis and that globalization will be questioned in many areas. According to these observations, the COVID-19 crisis would mark a turning point.

This time, however, the Government messaging is more cautious with warnings that the second wave was yet to abate, and recommendations of continued behavioural caution. This is also accompanied by projections that say, at its worst, a possible third wave cannot be as catastrophic as the second wave peak, even accounting for significantly more infectious and lethal variants suddenly emerging. Thus, to expand vaccination and track new variants are the only real ways forward.

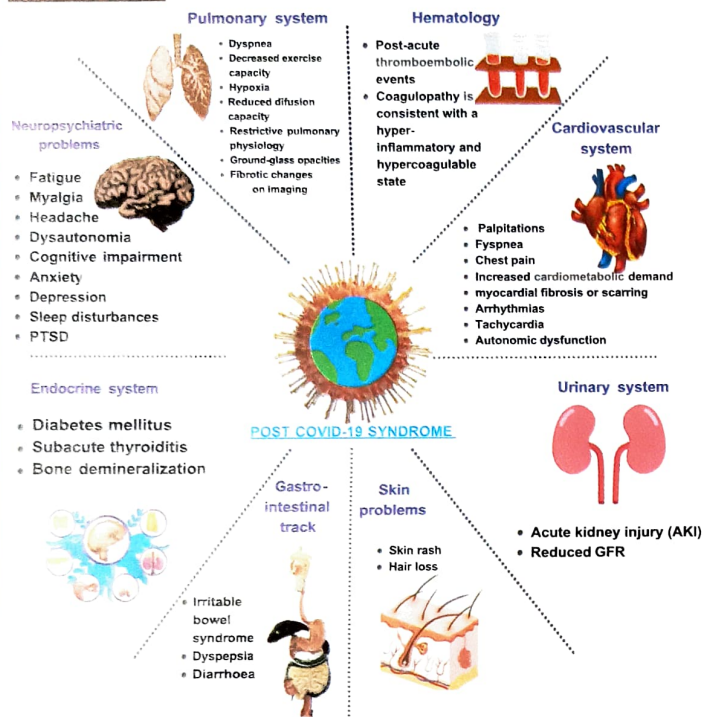
Now that COVID-19 vaccines have reached billions of people worldwide, the evidence is overwhelming that no matter which one you take, the vaccines offer life-saving protection against a disease that has killed millions. The pandemic is far from over, and they are our best bet of staying safe and we must stay vigilant and continue to protect our loved ones by adopting all the preventive measures.

**"We will not be the same people we were"**



**SANDIP VAGHELA**  
4<sup>TH</sup> BHMS (Sr)

## POST COVID-19 SYNDROME



**BANSI SANGHANI**

3<sup>RD</sup> BHMS

## POST COVID COMPLAINTS

### What is Post Covid Syndrome or Long Covid?

According to the WHO, patients will recover totally after an incubation period of 10 to 14 days, and occasionally more. COVID-19 cases that are mild to moderate will heal in

around 14 days. COVID-19 symptoms might last anywhere from 20 to 45 days in certain cases. Patients may develop post-COVID problems as a result of the coronavirus's long-term effects.

Post-COVID consequences are a wide variety of new, ongoing, or returning health disorders that people might get after being infected with the coronavirus for more than 28 days / 4 weeks. For varying lengths of time, these issues can cause various sorts and combinations of health problems.

### What are the causes of post-COVID syndrome / long COVID?

According to a recent paper, putative long-term causes discovered in COVID-19 patients include:

- Immune system response is reduced or absent.
- Multisystem inflammatory syndrome (MSIS) is caused by re-infection of the virus (MIS)
- Hospitalization for a long time owing to the severity
- Post-traumatic stress disorder (PTSD) is a condition that occurs after Survivors of acute COVID-19 infection may be at an increased risk of infections with bacteria, fungal infections, or other problems, according to new findings from SARS-CoV-2 survivors, 30-40% of whom developed secondary infections.

### What are the warning signals that you've recovered from COVID?

Some people may suffer symptoms after they have recovered, which can last anywhere from 7 to 28 days. We recommend that everyone be aware of the warning indications of post Covid problems such as fever, chest discomfort, chronic shortness of breath, difficulty breathing, weariness, muscle or joint pain, dizziness or blackout upon standing.

### What are precautions to take post COVID recovery?

Because the immune system has been impaired by the virus, it is recommended that you keep hydrated by drinking enough fluids, practicing meditation and breathing exercises, eating nutritious foods, getting enough sleep, and avoiding alcohol and smoking. Those who have recovered from COVID-19 and have co-morbidities such as diabetes, hypertension, cardiovascular disease, renal disease, liver disease, or other chronic medical illnesses should return to their pre-Covid medication as soon as possible. After 45 days of recuperation, get immunized.

## ACADEMIC ACHIEVEMENTS OF THE STUDENT 1st BHMS 2020-21



**1st RANK**  
**TARANNUM AAKHUNJI**



**2nd RANK**  
**POOJA CHAUHAN**



**3rd RANK**  
**SAGAPARIYA KRUTI**

## 2nd BHMS 2020-21



**1st RANK**  
**DHWANI SAVANI**



**2nd RANK**  
**DENCY DADHANIA**



**3rd RANK**  
**RAJVI SORATHIYA**

## 3rd BHMS 2020-21



**1st RANK**  
**JINKAL SOMMANEK**



**2nd RANK**  
**GAJJAR PURVANG**



**2nd RANK**  
**VAGHELA SANDIP**



**3rd RANK**  
**POORVA SORIYA**

## ACHIEVEMENTS OF THE FACULTY IN NATIONAL LEVEL POSTER COMPETITION

**Dr. KANUPRIYA 3rd RANK IN POSTER  
COMPETITION ETIFON 2021 ORGANIZED BY  
SAURASHTRA UNIVERSITY**



## ACHIEVEMENTS OF THE STUDENTS IN NATIONAL LEVEL POSTER COMPETITION

**MANSI NATHWANI 4th BHMS SECURED  
3rd RANK IN POSTER COMPETITION  
ETIFON 2021 ORGANIZED BY  
SAURASHTRA UNIVERSITY**



**Live life to the fullest, focus on the positive-Matt Cameron**

## FACULTIES OF RHMS AS RESOURCE PERSON IN NATIONAL INTERNATIONAL WEBINARS AND ORGANISED BY DIFFERENT ORGANISATION



**DR. KRISHNA MURARI PATHAK**  
01-09-2021



**DR. VANI OZA**  
03-09-2021



**DR. KANUPRIYA**  
06-09-2021



**DR. HUMANI SHARMA**  
11-09-2021



**DR. SHAILENDRA BHAMAR**  
15-09-2021



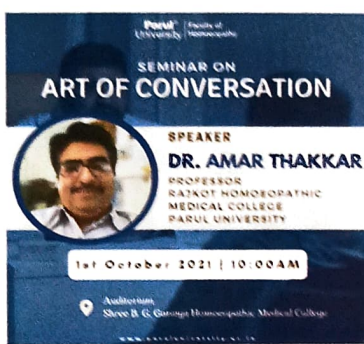
**DR. ANKIT DUBEY**  
17-09-2021

### LIVE PHONE PROGRAMMER ORG. BY AYUSH (MOHEW)



**DR. HITARTH N. MEHTA**  
POST COVID MENTAL DISEASES & HOMOEOPATHY  
20-09-2021

### SEMINAR BY FACULTY IN OTHER ORGANISATION



**DR. AMAR THAKKAR**  
ART OF CONVERSATION  
01-10-2021

### EXPERT TALKS CONDUCTED



**DR. DARSHAN JANI - CRITICAL CARE MEDICINE (25-09-2021)**



**DR. PRABHAT VAGHAMSHI**  
ESSENTIALS OF HOMOEOPATHIC SOFTWARE (22-10-2021)

## COCURRIULAR ACTIVITIES OF VARIOUS DEPARTMENTS



**DEPT OF ORGANON OF MEDICINE IN ASSOCIATION WITH TECHNICAL EVENT CELL ORGANISED CASE PRESENTATION COMPETITION FOR 4th BHMS STUDENT (07-10-2021)**



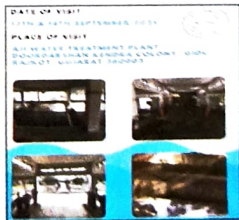
**DEPT OF PHARMACY EDUCATIONAL VISIT TO HEAL WELL (25-08-2021)**



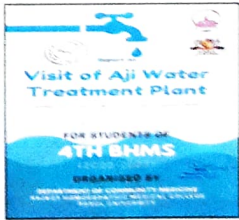
**DEPT OF COMMUNITY MEDICINE SYMPOSIUM ON NUTRITION DAY (8-10-2021)**



**DEPT OF COMMUNITY MEDICINE PHC VISIT (2/3-8-2021)**



**DEPT OF COMMUNITY MEDICINE AJI WATER PLANT VISIT (13/14-09-2021)**



**DEPT OF FORENSIC MEDICINE & TOXICOLOGY EDUCATIONAL COURT VISIT FOR 2nd BHMS STUDENT (14-12-2021)**

## ALUMNITALK



**DR. KRUTI RATHOD (BATCH OF 2012) 05-10-2021**



**DR. POOJAN GANDHI (BATH OF 2012) 11-10-2021**



**DR. SHRUTI RATHOD 29-10-2021**



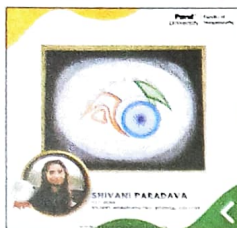
**DR. DRASHTI UPADHYAY (BATCH OF 2011) 30-11-2021**

"These so-called bleak times are necessary to go through in order to get to a much, much better place"

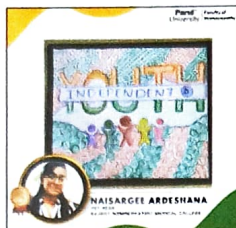
## POSTER COMPETITION ON 75th INDEPENDENCE DAY (WINNERS)



1st  
DRASHTI MANVAR  
(4th BHMS)



2nd  
SHIVANI PARADAVA  
(1st BHMS)



3rd  
NAISARGEER ARDESHANA  
(1st BHMS)

## POSTER COMPETITION ON WORLD HEART DAY (WINNERS)



1st  
SHIVANI PARADAVA  
(1st BHMS)



2nd  
ANALI LUNGARIYA  
(4th BHMS)



3rd  
NIYATI SONI  
(1st BHMS)

## COMMEMORATION DAY OF DR. JAYESHBHAI K. PATEL ON 25-08-2021



SHANTI PATH



MOTIVATIONAL TALK BY  
MRS. VANITA RATHOD  
(PRESIDENT AWARD WINNER  
FOR BEST TEACHER)



BLOOD DONATION



FOOD DISTRIBUTION  
AT OLD AGE HOME



MEGA HEALTH CAMP AT  
SAINATH HOMOEOPATHIC  
HOSPITAL



FELICITATION OF FACULTIES



FOOD DISTRIBUTION  
AT MENTAL ASYLUM

## SOCIAL RESPONSIBILITY CELL (SRC) ACTIVITY DISTRIBUTION OF FOOD TO CHILDREN OF SLUM AREA IN RAJKOT (17-09-2021)



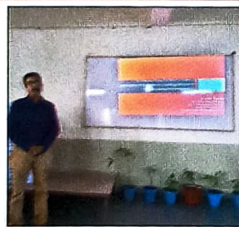
## BREAST FEEDING AWARENESS WEEK 06-08-2021



## FACULTIES AT 3rd NATIONAL CONFERENCE, NOBCON JUNAGADH



20-10-2021



2nd AWARD PROF (DR.) AMAR THAKKAR

## NAVRATRI CELEBRATION



## AWARENESS RALLY ON WORLD AIDS DAY 1-12-21



## INTERN TALK



AHMC-INTERN TALK  
PSYCHOLOGICAL DISEASES & HOMOEOPATHY  
12-08-2021



RHMC-INTERN TALK  
MANSON FEVER  
21-08-2021

## SWACHHATA PAKHWADA (MINISTRY OF AYUSH, NEW DELHI)



15 TO 31-10-2021

Life doesn't get easier or more forgiving, We get stronger and more resilient.

**GLIMPSES OF EVENTS ORGANISED UNDER AZADI KA AMRUT MAHOTSAV AS PER GUIDELINES  
GIVEN BY NATIONAL COMMISSION FOR HOMOEOPATHY (NCH), NEW DELHI**



**BACHPAN PLAY SCHOOL**  
02-09-2021



**SHREE VINOBA BHAVE PRIMARY SCHOOL**  
03-09-2021



**PRATIK SCHOOL**  
04-09-2021



**SHREE SOMNATH SCHOOL**  
03-09-2021



**SHREE ANANDPAR PRIMARY SCHOOL**  
04-09-2021



**SHREE UDGAM SCHOOL**  
03-09-2021



**SHREE SHUBHAM SCHOOL**  
04-09-2021



**NAVI KANYA TALUKA SCHOOL**  
25-10-2021



**SHREE PRATIK SCHOOL**  
04-09-2021



**DR. JIVRAJ MAHILA PRATHMIK SHALA NO. 89**  
27-10-2021



**JALARAM MANDIR (MEDICAL CAMP)**  
14-11-2021



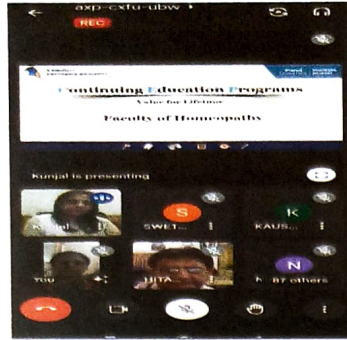
**DR. DHORI'S CLINIC (MEDICAL CAMP)**  
28-11-2021



**BRIGHT KIDS SCHOOL**  
16-12-2021

*Balance is not something you find, it's something you create.*

## TRAINING PROGRAMME FOR INTERNS AND GLIMPSE OF MEDICAL CAMPS



TRAINING OF BLS & CPR BY DR. TUSHAR BUDHVANI, MD (ANAESTHESIA) (27-10-2021)



BMW TRAINING UNDER NABH  
(18-10-2021)

HAND HYGIENE TRAINING UNDER NABH  
(19-10-2021)

03-12-2021

09-12-2021

### LIST OF MEDICAL CAMPAS AT SAINATH HOMOEOPATHIC HOSPITAL

| Sr. No. | Date       | Venue  | No Of Patients |
|---------|------------|--|----------------|
| 1.      | 25/08/2021 | Mega medical at Sainath Homoeopathic Hospital, Makkam Chowk, Rajkot  | 126            |
| 2.      | 31/08/2021 | Azadi Ka Amrit Mahotsav - Medical camp at Jain chal, Rajkot  | 100            |
| 3.      | 30/09/2021 | Azadi Ka Amrut Mahotsav Free Health Check Up Camp at Sainath Homoeopathic Hospital   | 114            |
| 4.      | 10/10/2021 | Azadi Ka Amrut Mahotsa and Mental Health Day Guidance Regarding Mental Health By. Dr.H.N.Mehta & Free Health Check Up At Sainath Homoeopathic Hospital | 240            |
| 5.      | 21/10/2021 | Azadi Ka Amrit Mahotsav - Health Check Up Camp at Vitrag Neminath Society, Raiya Road, Rajkot  | 102            |
| 6.      | 25/10/2021 | Azadi Ka Amrit Mahotsav - Health Check Up Camp at Tirupatingar, Raiya Road, Rajkot & Bhimanagar, Hanuman Madhi, Rajkot                                 | 201            |
| 7.      | 27/10/2021 | Azadi Ka Amrit Mahotsav - Health Check Up Camp at Chandreshnagar, Mayani Chowk, Rajkot   | 122            |
| 8.      | 28/10/2021 | Azadi Ka Amrit Mahotsav - Health Check Up Camp at Dhruvnagar & Anjani Society, Raiya Road, Rajkot  | 189            |
| 9.      | 03/12/2021 | Campaign At Slum Areas Near Rajkot Dairy, Dudhsagar Road, Rajkot   | 152            |
| 10.     | 09/12/2021 | Azadi Ka Amrit Mahotsav - Health Check Up Camp at Mehulnagar, Kothariya Road, Rajkot   | 135            |

#### Sender's Name & Address

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