

Discipline

Dedication

Devotion

HOMOEOPATHIC

LAKSHYA



Education is that which enables one, to stand on his own legs- Swami Vivekanand

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## Homoeopathic treatment with “Nutritional and Nourishment therapy” in daily routine.

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ABSTRACT

Nutrition is the science of how food affects the body and supports its growth, maintenance, and overall health. It involves studying the nutrients in food, how the body uses them, and the relationship between diet, health, and disease. **Homeopathy in Nutrition** combines the principles of homeopathy with dietary and nutritional approaches to promote health and well-being. While homeopathy and conventional nutrition are distinct fields, integrating them can involve using homeopathic remedies alongside dietary guidance tailored to an individual's unique needs. **Nourishment** refers to the process of providing the body with the essential nutrients, substances, and energy it needs to maintain life, promote growth, and support overall health and well-being. It encompasses not only the physical act of consuming food and drink but also the body's ability to absorb and utilize these nutrients effectively. Beyond physical sustenance, nourishment can also refer to anything that supports overall well-being. Homeopathy can support **Nourishment** by addressing underlying issues that impact the body's ability to absorb, utilize, and balance nutrients effectively. While it doesn't replace the need for proper dietary practices, homeopathy can complement nourishment **by Promoting overall health** and resolving obstacles to good nutrition.

KEY WORDS:

Nutrition, nourishment, homoeopathy, mindfulness, daily routine, activities, prevention, individualization, holistic treatment, homoeopathic medicines.

**Introduction:**

In today's world, the significance of eating well goes far beyond just filling our stomachs. True health and wellness require a deep understanding of both nutrition the scientific aspect of what our bodies need and nourishment the nurturing and satisfying qualities of food that promote overall well-being. Together, these concepts form a holistic approach called Nutriment. Nutriment embodies more than the nutrients on a food label; it represents an integrated view of food as a source of life, energy, and mental clarity. This approach encourages mindful eating, choosing foods that support bodily functions and nurturing both the body and soul. Homeopathy has some concepts which is well fits in nutriment. Nutrition and nourishment suggest proper diet and nutrition with mindfulness. While homeopathy is not directly a nutritional science, its principles can offer complementary insights into fostering nutrition, nourishment, and a wholesome life when integrated with conventional dietary practices. Homeopathy has concept of holistic cure, individualization and dynamic medicines. Homeopathy focuses on personalized care, tailoring remedies to the unique physical, mental, and emotional constitution of an individual. Homeopathy treats the whole person, not just symptoms. Similarly, nutrition should address all dimensions of health: physical, emotional, and mental. Homeopathy promotes gentle, non-invasive healing, emphasizing prevention over cure. Nutrition shares this ethos through balanced diets that prevent chronic diseases like diabetes, heart disease, and obesity. Homeopathy's individualized approach can be adapted to detect and address specific nutrient needs through customized dietary plans and supplements.

**Key Components of Nutrition:**

**1. Nutrients:** These are the substances in food that provide energy, promote growth, repair tissues, and regulate bodily functions. Nutrients are divided into:

- **Macronutrients:** Needed in large amounts for energy and bodily functions.
- **Carbohydrates:** Main source of energy.
- **Proteins:** Build and repair tissues, produce enzymes and hormones.
- **Fats:** Provide long-term energy, support cell function, and aid in absorbing vitamins.
- **Micronutrients:** Needed in smaller amounts but essential for proper health.
- **Vitamins:** Organic compounds that regulate various body processes.
- **Minerals:** Inorganic elements like calcium and iron that support bones, nerves, and muscles.
- **Water:** Vital for all bodily functions, including temperature regulation and waste removal.

**2. Diet:** Refers to the kinds and amounts of food consumed. A balanced diet provides all the necessary nutrients in proper proportions.

**3. Metabolism:** The process by which the body converts food into energy and building blocks for growth and repair.

**4. Health Implications:** Proper nutrition is essential for maintaining good health, preventing malnutrition, and reducing the risk of chronic diseases like diabetes, heart disease, and obesity.

**Importance of Nutrition:**

- **Growth and Development:** Provides the building blocks for cells and tissues, particularly important during childhood, adolescence, and pregnancy.
- **Energy:** Fuels physical activities and vital processes like breathing and digestion.
- **Disease Prevention:** Supports a strong immune system and reduces the risk of lifestyle-related conditions.
- **Mental Health:** Influences brain function, mood, and cognitive abilities.
- In essence, nutrition is a foundation for a healthy and productive life.

## Homeopathy in Nutrition

Combines the principles of homeopathy with dietary and nutritional approaches to promote health and well-being. While homeopathy and conventional nutrition are distinct fields, integrating them can involve using homeopathic remedies alongside dietary guidance tailored to an individual's unique needs.

Nutrients are essential compounds required by the body for energy, growth, repair, and overall maintenance. Here is a summary of the basic nutrients and their primary sources:

### 1. Carbohydrates

**Function:** Provide energy

**Sources:**

- Whole grains: Brown rice, oats, quinoa, whole wheat
- Vegetables: Potatoes, sweet potatoes, corn
- Fruits: Bananas, apples, berries
- Legumes: Lentils, beans, chickpeas

### 2. Proteins

**Function:** Build and repair tissues, enzymes, and hormones

**Sources:**

- Animal: Chicken, fish, eggs, dairy (milk, yogurt, cheese)
- Plant: Beans, lentils, tofu, nuts, seeds, quinoa

### 3. Fats

**Function:** Energy storage, cell structure, absorb fat-soluble vitamins

**Sources:**

- Healthy fats: Olive oil, avocado, nuts, seeds
- Animal fats: Fatty fish (salmon, mackerel), butter
- Dairy: Cheese, full-fat yogurt

### 4. Vitamins

**Function:** Support immune function, metabolism, and cell repair

**Sources:**

- Vitamin A: Carrots, sweet potatoes, spinach
- Vitamin C: Oranges, strawberries, bell peppers
- Vitamin D: Sunlight, fortified milk, salmon
- Vitamin E: Nuts, seeds, vegetable oils
- Vitamin K: Leafy greens, broccoli, Brussels sprouts
- B-complex vitamins: Whole grains, eggs, leafy greens

### 5. Minerals

**Function:** Support bones, teeth, fluid balance, and nerve function

**Sources:**

- Calcium: Dairy, fortified plant milk, leafy greens
- Iron: Red meat, spinach, lentils, fortified cereals
- Magnesium: Nuts, seeds, whole grains
- Potassium: Bananas, potatoes, avocados
- Zinc: Shellfish, legumes, seeds

## 6. Water

**Function:** Hydration, temperature regulation, nutrient transport

**Sources:**

- Water, fruits (watermelon, cucumber), soups

## 7. Fiber

**Function:** Supports digestion and regulates blood sugar

**Sources:**

- Whole grains: Oats, barley
- Fruits: Apples, berries, pears
- Vegetables: Broccoli, carrots, Brussels sprouts
- Legumes: Beans, lentils

These nutrients work together to ensure optimal health. A balanced diet with a variety of foods is key to getting all these essentials.

Vitamins are organic compounds that are essential for various bodily functions. They are divided into two categories: **fat-soluble** and **water-soluble**. Here's an overview of the types of vitamins and their sources:

### Fat-Soluble Vitamins

These vitamins are stored in the body's fat tissues and liver. They are absorbed with dietary fat.

#### 1. Vitamin A

**Function:** Supports vision, immune function, and skin health.

**Sources:**

- Animal: Liver, eggs, dairy (milk, cheese, butter)
- Plant: Carrots, sweet potatoes, spinach, kale, mango (beta-carotene).

#### 2. Vitamin D

**Function:** Regulates calcium and phosphorus, supports bone health.

**Sources:**

- Natural: Fatty fish (salmon, mackerel), egg yolks
- Fortified: Milk, cereals, orange juice
- Sunlight: The body synthesizes vitamin D when exposed to sunlight.

#### 3. Vitamin E

**Function:** Acts as an antioxidant protects cells from damage, supports skin and immune health.

**Sources:**

- Nuts and seeds: Almonds, sunflower seeds
- Oils: Sunflower oil, safflower oil, wheat germ oil
- Vegetables: Spinach, broccoli.

#### 4. Vitamin K

**Function:** Aids in blood clotting and bone health.

**Sources:**

- Leafy greens: Kale, spinach, broccoli, Brussels sprouts
- Fermented foods: Natto
- Other: Soybean oil, green tea.

## Water-Soluble Vitamins

These vitamins are not stored in the body and need to be replenished regularly.

### 1. Vitamin C (Ascorbic Acid)

**Function:** Supports immune function, collagen synthesis, and iron absorption.

**Sources:**

- Fruits: Oranges, lemons, strawberries, kiwis
- Vegetables: Bell peppers, broccoli, Brussels sprouts.

### 2. B Vitamins

**Function:** Aid in energy metabolism, red blood cell production, and brain function.

**Types and Sources:**

- **B1 (Thiamine):** Whole grains, pork, sunflower seeds, beans
- **B2 (Riboflavin):** Dairy, eggs, almonds, leafy greens
- **B3 (Niacin):** Poultry, fish, peanuts, whole grains
- **B5 (Pantothenic Acid):** Meat, fish, avocados, whole grains
- **B6 (Pyridoxine):** Bananas, chicken, potatoes, chickpeas
- **B7 (Biotin):** Eggs, nuts, seeds, salmon, sweet potatoes
- **B9 (Folate):** Leafy greens, legumes, oranges, fortified cereals
- **B12 (Cobalamin):** Meat, fish, dairy, fortified plant-based milk.

## Homeopathy's Role in Nutrition:

### 1. Supporting Digestion and Nutrient Absorption:

- Homeopathic remedies may be used to address digestive issues like acid reflux, bloating, or food intolerances, which can impact nutrient absorption.
- Examples:
  - *Nux Vomica*: For indigestion or overconsumption of rich foods.
  - *Lycopodium*: For bloating and gas after meals.

### 2. Treating Nutritional Deficiencies:

- While dietary adjustments are essential, homeopathy can support the underlying causes of deficiencies, such as poor metabolism or absorption.
- Example: *Calcarea Phosphorica* may be recommended to enhance calcium metabolism.

### 3. Managing Food Cravings and Emotional Eating:

- Homeopathic remedies might address emotional or psychological factors that lead to unhealthy eating habits.
- Example: *Antimonium Crudum* may be used for overeating or comfort eating.

### 4. Allergy and Sensitivity Management:

- Homeopathy can be used to desensitize the body to specific allergens or intolerances.
- Example: *Sulphur* for food sensitivities that cause skin or digestive reactions.

### 5. Weight Management:

- Remedies can address underlying metabolic or hormonal imbalances contributing to weight gain.
- Example: *Fucus Vesiculosus* for sluggish thyroid function.

### 6. Detoxification and Organ Support:

- Some homeopathic remedies may support detoxification processes in the liver, kidneys, or other organs, aiding in better nutrient metabolism and overall health.

### Key Principles in Homeopathy and Nutrition:

- **Individualized Treatment:** Both fields emphasize personalized care. Nutrition plans and remedies are tailored to the individual's constitution, lifestyle, and symptoms.
- **Holistic Approach:** Focus on treating the whole person, not just isolated symptoms or deficiencies.
- **Prevention and Maintenance:** Addressing root causes rather than symptoms to achieve long-term well-being.

By combining homeopathy with sound nutrition principles, individuals can potentially address both physical and emotional aspects of their dietary challenges, promoting a more balanced and holistic approach to health.

**Nourishment** refers to the process of providing the body with the essential nutrients, substances, and energy it needs to maintain life, promote growth, and support overall health and well-being. It encompasses not only the physical act of consuming food and drink but also the body's ability to absorb and utilize these nutrients effectively.

### Key Aspects of Nourishment:

1. **Nutrient Supply:**
  - Involves delivering essential nutrients like carbohydrates, proteins, fats, vitamins, minerals, and water to the body.
  - These nutrients are necessary for energy, cell repair, and maintaining bodily functions.
2. **Energy Provision:**
  - Nourishment fuels the body's daily activities, from basic metabolic processes like breathing and circulation to physical and mental tasks.
3. **Growth and Development:**
  - Proper nourishment supports growth during developmental stages like childhood, adolescence, and pregnancy.
4. **Repair and Maintenance:**
  - Nourishment helps repair tissues, build muscles, and maintain organs, ensuring the body remains functional and resilient.
5. **Immune System Support:**
  - A well-nourished body has a stronger immune system, making it more effective at fighting infections and diseases.

### Broader Meaning of Nourishment:

Beyond physical sustenance, nourishment can also refer to anything that supports overall well-being, including:

- **Emotional Nourishment:** Positive relationships, mental health care, and self-care practices.
- **Spiritual Nourishment:** Activities that provide a sense of purpose, connection, or peace, such as meditation or meaningful experiences.
- **Intellectual Nourishment:** Engaging in learning and creative activities that stimulate the mind.

**Signs of Proper Nourishment:**

- Consistent energy levels.
- Healthy skin, hair, and nails.
- Optimal growth and weight management.
- Strong immune function.
- Mental clarity and emotional balance.

**How to Ensure Nourishment:**

1. **Balanced Diet:** Include a variety of nutrient-dense foods like fruits, vegetables, whole grains, lean proteins, and healthy fats.
2. **Adequate Hydration:** Drink enough water to support bodily processes.
3. **Mindful Eating:** Pay attention to hunger and fullness cues, and choose nourishing foods over highly processed options.
4. **Supplementation:** When necessary, use vitamins or minerals to address specific deficiencies under professional guidance.

Nourishment is essential for a healthy and fulfilling life, as it forms the foundation of physical vitality, emotional stability, and mental clarity.

Homeopathy can support **nourishment** by addressing underlying issues that impact the body's ability to absorb, utilize, and balance nutrients effectively. While it doesn't replace the need for proper dietary practices, homeopathy can complement nourishment by promoting overall health and resolving obstacles to good nutrition.

**How Homeopathy Helps in Nourishment:**

1. **Improving Digestion and Absorption:**
  - Poor digestion can hinder nutrient absorption. Homeopathic remedies help address issues like indigestion, acid reflux, or sluggish digestion.
  - Examples:
    - *Nux Vomica*: For indigestion due to overeating or stress.
    - *Carbo Vegetabilis*: For bloating and poor digestive function.
    - *Lycopodium*: For gas and incomplete digestion.
2. **Addressing Nutritional Deficiencies:**
  - While supplements and diet modifications are key, homeopathy can enhance the body's ability to metabolize and utilize nutrients like iron, calcium, or vitamins.
  - Examples:
    - *Calcarea Phosphorica*: Supports calcium absorption for strong bones.
3. *Ferrum Metallicum*: Helps with iron-related deficiencies.
4. **Boosting Metabolism:**
  - A sluggish metabolism can affect nutrient utilization and energy levels. Remedies can stimulate metabolic balance.
  - Example:
    - *Thyroidinum*: For supporting metabolism in hypothyroidism cases.
5. **Correcting Eating Habits and Disorders:**
  - Emotional and psychological factors like stress, anxiety, or trauma can affect nourishment. Homeopathy helps address these root causes.
  - Examples:

- *Ignatia Amara*: For emotional eating related to grief or stress.
  - *Antimonium Crudum*: For overeating and discomfort from food cravings.
6. **Enhancing Detoxification:**
- By supporting organs like the liver and kidneys, homeopathy can promote the elimination of toxins that interfere with nutrient absorption.
  - Examples:
    - *Liver Remedies: Chelidonium Majus* or *Nux Vomica* for liver health.
    - *Berberis Vulgaris*: For kidney function and detoxification.
7. **Supporting Growth and Development:**
- For children or individuals recovering from illness, homeopathy may stimulate natural growth and repair processes to enhance nourishment.
  - Examples:
    - *Silicea*: For strengthening connective tissues.
    - *Natrum Muriaticum*: For hydration and nutrient balance.
8. **Strengthening Immunity:**
- Homeopathic remedies can enhance the immune system, enabling the body to better respond to nutritional challenges.
  - Example:
    - *Echinacea Angustifolia*: To boost immune defence.
9. **Harmonizing Emotional Well-being:**
- Emotional imbalances like stress, anxiety, or low mood can indirectly affect eating habits and nutrient utilization. Remedies aim to bring emotional balance, which is crucial for proper nourishment.
  - Example:
    - *Pulsatilla*: For individuals who comfort eat due to emotional sensitivity.

### Benefits of Homeopathy in Nourishment:

- **Holistic Approach:** Treats the whole person—physical, emotional, and mental factors affecting nourishment.
  - **Individualized Care:** Remedies are tailored to the person's unique symptoms and constitution.
  - **Complementary Nature:** Can work alongside conventional dietary practices to enhance overall health.
- In homeopathy, remedies are not "nutritional supplements" in the traditional sense, but they aim to stimulate the body's ability to heal and balance itself, addressing underlying issues that may lead to **nutritional deficiencies** and promoting **mindful nourishment**. Below is a list of commonly used homeopathic medicines that might help with these purposes:

### For Daily Nutritional Deficiencies

1. **Calcarea Phosphorica (Calcium Phosphate):**
  - Supports bone and teeth health.
  - Used for calcium-related deficiencies, especially in growing children, the elderly, or during recovery from illness.
2. **Ferrum Metallicum (Iron):**
  - Helps with iron deficiencies and anemia-related symptoms like fatigue, weakness, and pallor.
  - Useful for individuals who struggle with iron absorption.
3. **Natrum Muriaticum (Sodium Chloride):**
  - Addresses water retention and hydration imbalances.

- Enhances electrolyte balance and helps with dry skin or digestive issues affecting nutrient absorption.

4. **Silicea (Silica):**

- Strengthens connective tissues, skin, hair, and nails.
- Supports the absorption of minerals and detoxification processes.

5. **Magnesia Phosphorica (Magnesium Phosphate):**

- Useful for magnesium-related deficiencies.
- Helps with muscle cramps, spasms, and nerve health.

6. **Phosphorus:**

- Assists in maintaining energy and bone health.
- Helps with general weakness or fatigue due to poor nutrient metabolism.

7. **Alfalfa (Medicago Sativa):**

- Known as a tonic for improving appetite and digestion.
- Helps in cases of general malnutrition and weight gain in underweight individuals.

8. **China Officinalis (Cinchona Bark):**

- Addresses weakness and exhaustion due to nutritional deficiencies.
- Enhances recovery after illness or prolonged stress.

### For Mindful Nourishment and Emotional Eating

1. **Ignatia Amara:**

- For stress and grief-related emotional eating or loss of appetite.
- Helps regulate emotional imbalances impacting dietary habits.

2. **Pulsatilla:**

- Useful for individuals who crave comfort foods or eat emotionally due to feelings of sadness or rejection.
- Balances hormonal and mood-related eating patterns.

3. **Nux Vomica:**

- Helps with overeating, food cravings, or digestive sluggishness due to stress or irregular eating patterns.
- Promotes mindful eating by addressing stress-induced behaviors.

4. **Antimonium Crudum:**

- For overindulgence and feelings of heaviness or sluggishness after meals.
- Supports those who tend to eat out of boredom or habit.

5. **Sepia:**

- Addresses emotional exhaustion or irritability that may lead to neglecting healthy eating habits.
- Helps those who feel disconnected from their bodily needs.

6. **Sulphur:**

- For people with poor hygiene and dietary habits who crave spicy or rich foods.
- Helps detoxify and re-establish better eating patterns.

7. **Arsenicum Album:**

- Supports mindful nourishment in individuals with perfectionist tendencies who may be overly restrictive with food.
- Helps with anxiety about food choices and nutrition.

### Homeopathic Tonic Combinations:

Many homeopathic tonics or bio-combination remedies combine these substances to enhance overall health:

- **Bio-Combination 28:** A general tonic for improving digestion and absorption.
- **Alfalfa Tonic:** Promotes appetite, energy, and general well-being.
- **Bioplasgen 21:** Addresses growth and development deficiencies in children.

**How to Use Homeopathic Remedies for Nourishment:**

1. **Personalization:** Remedies must match the individual's symptoms and constitution. Consult a qualified homeopath for a tailored plan.
2. **Dosage:** Homeopathic remedies are usually taken in small doses like 6X, 30C, or 200C potency. Follow professional guidance for the correct dosage.
3. **Complementary Practices:**
  - Pair remedies with a balanced diet, adequate hydration, and mindful eating habits.
  - Address lifestyle factors such as sleep, stress management, and physical activity

**Limitations and Considerations:**

- **Not a Replacement:** Homeopathy does not replace balanced diets, supplements, or medical treatments for severe deficiencies or illnesses.
- **Professional Guidance:** Always consult a qualified homeopath and nutritionist to ensure safe and effective integration.
- **Evidence Base:** While many find homeopathy helpful, its efficacy is a subject of debate, and it works best as a complementary therapy.  
By addressing physical and emotional factors, homeopathy can enhance the body's ability to achieve better nourishment and support overall vitality.

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# Student Corner

## WIND FLOWER

By

NEETI DONDA

4<sup>th</sup> B.H.M.S (Batch 2024-25)

दर्द सुनना चाहती हूँ पर रोने में लग जा ती हूँ,  
प्यार करे सब मुझे, मनाए भी सब मुझे,

यहीं तो मैं चाहती हूँ इसलिए रोने लग जाती हूँ,  
रोना मुझे आता है, जब कोई मुझे न मानता है,

दर्द मेरा हैं तितर-भितर, खाना नहीं हैं चीज़ और बटर।  
पैर मेरे दद करे ऐसे,

जैसे छूटे बंदूक से गोली।  
ठंड मुझे लग जाती है,

फिर थोड़ी गर्मी आती हैं।  
ठंड कंपन को जो साथ लाए,

गर्मी के बाद पसीना तक ना आए।  
बात में कर पाती नहीं, डरपोक सी हैं मेरी परेशानी,

प्यास मुझे लगती नहीं, आँसू मेरे रुकते नहीं,  
पैर मेरे रहते हैं गिले,

सिर में दर्द जैसे है पीटे।

आयरन टॉनिक मेरी पहेली सखी, ज्यादा लेले ती हु कभी कभी।

खाने के एक घंटे बाद लगता हैं पेट भारी भारी ,  
जैसे हो पेट मे पत्थरों की आतीष बाजी।

पहचानो कौन हूँ मैं प्यारी,  
मैं हूँ एक रोती हुई नारी ।

होमियोपैथी में Pulsatilla है ऐसी दवाई,  
जो मेरे भटकते मन को काबू कर पाती।

**Educational Visit of fourth BHMS(2023-2025) Conducted at Nirma Ltd. Kalatalav****Educational Visit of fourth BHMS (2023-2025) Conducted at Water Filtration Plant**



**Educational Visit of First BHMS (2023-2025) Conducted at Healwell Ltd.- Kadi and Punit Botanical Garden, Gandhinagar**



**CME*****Cervical Cancer Prevention and Early Detection***

18-January-2025



02 P.M. Onwards



Seminar Hall, College Campus

**-Speaker-****Dr. Rubi Gupta**

Gynecological Oncology.GCRI-BCCRI, Bhavnagar

**: Organized by :****IQAC Cell- Swami Vivekanand Homoeopathic Medical  
College & Hospital-Bhavnagar-Gujarat.**

QCI-MARB Rating



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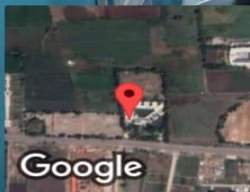
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## Celebrated Republic Day



Discipline

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Devotion



## Fire Safety Training for the Staff, Interns and Students





## Educational Visit by Second BHMS(2024-2025) at Vartej Police Station





**Launching of Gujarat Cultural Oration Competition By Honorable Chief minister of Gujarat, shree Bhupendrabhai Patel saheb**





## Thalassemia Test for 1st BHMS(2024-2026) Student






શ્રી નરેન્દ્રભાઈ મોદી  
માનનીય વડાપ્રધાનશ્રી

ગુજરાત સરકારશ્રીના આરોગ્ય અને પરિવાર કલ્યાણ વિભાગ  
નિયામકશ્રી, આયુષની કચેરી, ગાંધીનગરના માર્ગદર્શન હેઠળ  
શેઠ જી. પ્ર. સરકારી આયુર્વેદ મહાવિદ્યાલય તથા સંલગ્ન  
તાપીભાઈ સરકારી આયુર્વેદ હોસ્પિટલ, ભાવનગર દ્વારા આયોજીત




શ્રી ભુપેન્દ્રભાઈ પટેલ  
માન. મુખ્ય મંત્રીશ્રી  
ગુજરાત

શ્રી અમિતેશ પટેલ  
માન. આરોગ્ય મંત્રીશ્રી  
ગુજરાત

# આયુષ મેળો

**નિઃશુલ્ક આયુર્વેદ અને હોમીયોપેથીક નિદાન અને સારવાર કેમ્પ**

**પ્રદર્શન**

- ✦ દિનચર્યા
- ✦ ઋતુચર્યા
- ✦ યોગ નિદર્શન
- ✦ ઔષધીય વનસ્પતિ પ્રદર્શન
- ✦ હોમિયોપેથી ચાર્ટ પ્રદર્શન

**નિદાન સારવાર કેમ્પ**

- ✦ જનરલ OPD આયુર્વેદ/હોમીયોપેથીક
- ✦ કાન-નાક-ગળાના રોગો
- ✦ બાળરોગ ✦ સ્ત્રીરોગ
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**અન્ય સેવાઓ**

- ✦ અગ્નિકર્મ દ્વારા સારવાર
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**Educational Visit of fourth BHMS (2023-2025) Conducted at Sarvottam Dairy-Sihor****Educational Visit of fourth BHMS(2023-2025) Conducted at PHC-Valukad**

# CME

BREAST EXAMINATION, LABOR PROCEDURES AND ESSENTIAL EMERGENCY CLINICAL PROCEDURES: HANDS-ON TRAINING ON MANNEQUINS  
( SKILL LABORATORY )



23-March-2025



09 A.M. Onwards



Skill LAB. , College Campus

**-Speaker-**

**Ms. M.SANJEEVENI CELINA**

Post Graduate in Medical Surgical Nursing  
Super Speciality- Cardiothoracic nursing

&

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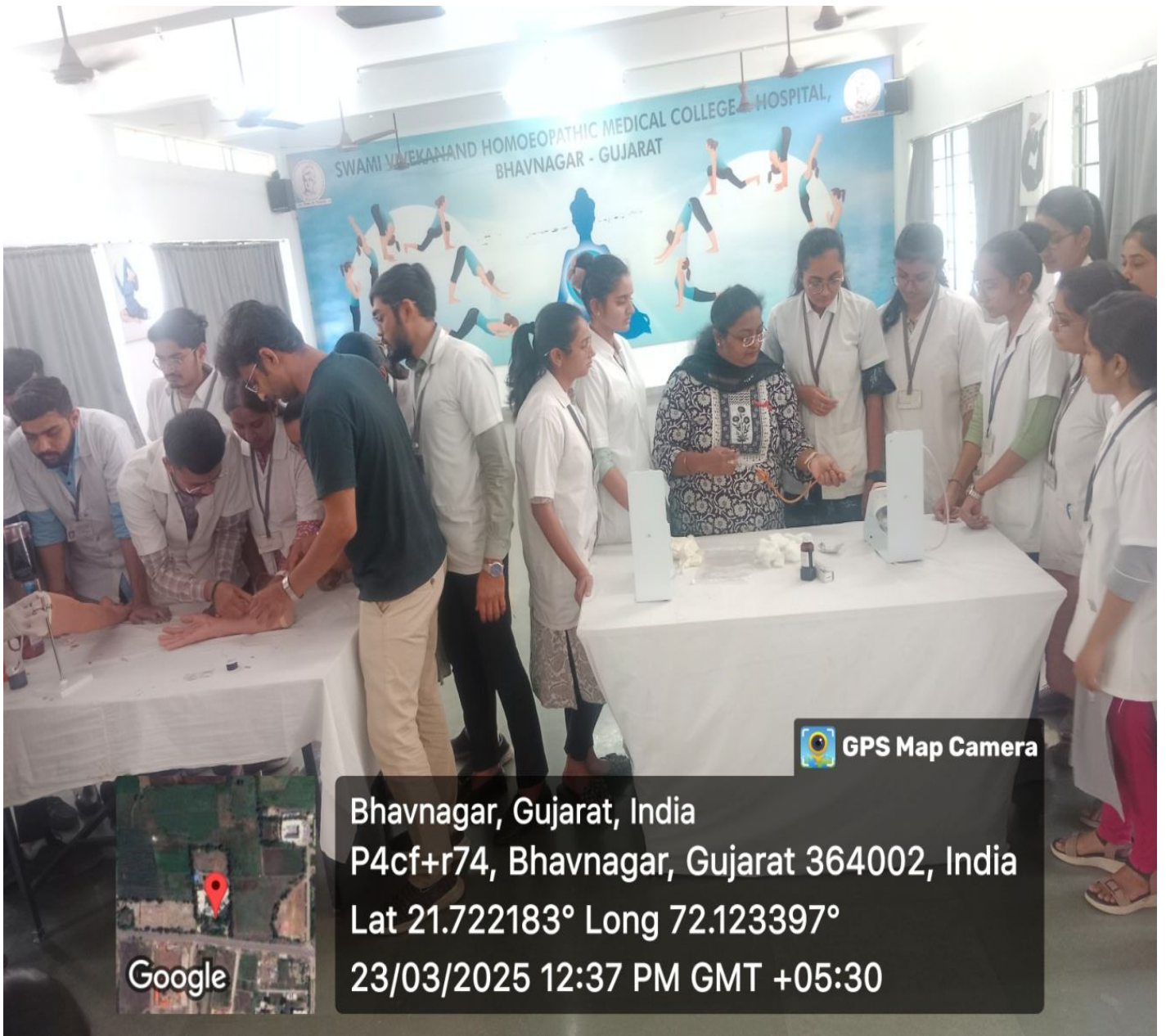


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