

Homeofragment

Quarterly Medical Bulletin
Issue No. 3 December, 2021



Advisors

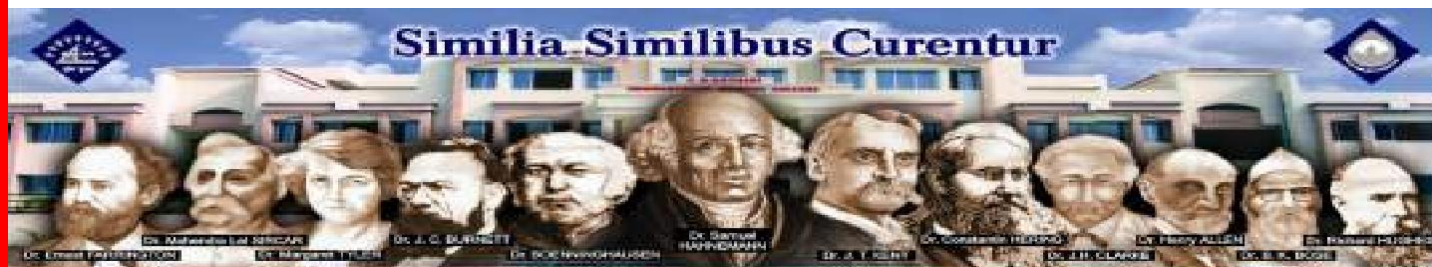
Dr. Ajay.K.Desai
Dr. Ghanshyam.D.Raval
Dr.(Mrs) Jyoti.R. Rao

Editor in chief

Dr. Asfaque S. Amla

Editorial Board

Dr. Tushar Dhimmer
Dr. Vaishali Chaudhari
Dr. Kirti R. Soni
Ms. Taslim Patel



75 Azadi Ka Amrit Mahotsav



Awareness program for students
about Homoeopathy
At -Jay ambe International school.
Indu

A case of Metrorrhagia in Covid 19

Here is the case of Woman Age 38

Started suffering from Heavy bleeding in Lockdown.

Menses continue for 10 days, stops for 9 days and again restart with heavy bleeding.

Too weak after the bleeding feels as if exhausted.

Bleeding <by Exertion, Overwork too.

Associated complaints are It ear swollen with pain inside.

Chest becomes heavy before and after menses.

During menses too heavy bleeding.

Feels too much sad after the trouble.

Due to heavy bleeding, Exhaust easily, can't do hard work, got breathless too..

Initially was exercising regularly but now can't feel whole body heavy.

Mentally becomes irritable, can't bear the heat and perspires easily.

Life situations.

She is coming from the joint family where parents, one elder BIL and SIL, their two children and her own two children, total 10 people living together.

After the parents got infected, BIL and SIL and her husband too infected at a time.

At the same time all are quarantine in different room and individually she has to take care and responsibilities of the all family and house she has to perform.

Initially she frightened a lot now what will happen, as she didn't too such large responsibility in joint family and now she has to take the whole responsibilities by her ownself.

She was frightening whether she was able to do it or not?

If she not what other family members will think about me that I am not capable to take the care of them?

Such thoughts make me so much frightened and nervous too.

With this I started doing all work and can't rest for the moment make me tired and exhaust.

Nature wise she is very mild and gentle lady.

But due to this situation become too much irritable.

Personal History

App; Normal

Cr: Dal Rice, Khichadi

Av: Fruits it leads to vomiting.

Thirst; ok

Perspires easily, <Hot weather.

Sleep: restless dreams not specific.

Remedy: Calcarea Mur 200 bds for two days with SL for seven days.

After one week pt improves, bleeding stops, feels energetic to do all duties.

Understanding of Cal Mur

Is According to Jan Scholten books of minerals Cal Mur pt always feels, doubtful about themselves to take care of the other people, as they have lack of confidence, feels as if fear of criticism affects them a lot.

They always think if I will not take proper care of the people, will be criticised by them.

Thanks

Ref... Homoeopathy and minerals By Jan Scholten.



Dr. Amitrai K. Shah .DHMS
Professor,
Dept of Organon of Medicine

The Role of Homeopathy In Dealing With Dandruff



**Dr. Tanvi A. Shah M.D. (Hom),
Assistant Professor,
Dept of Hom. Materia Medica**

- ❖ Those unpleasant white flakes on the collar of your dark shirt or blouse are dandruff. Dandruff is a sign that the skin of the scalp is peeling off (exfoliating). It is perfectly normal for the skin to exfoliate.
- ❖ **Causes**
 1. Seborrheic dermatitis
 2. Not enough hair brushing
 3. People sensitive to Yeast
 4. Dry skin
 5. Shampooing and skin care products
 6. Certain skin conditions (psoriasis, eczema, tinea capitis, ringworm etc.)
 7. Diet (less consumption of foods that have zinc, vit. B)
 8. Mental stress
 9. Age, more likely in adolescence.
- ❖ **Some Key Points**
 1. Dandruff is a common condition, but it can be embarrassing and difficult to treat.
 2. It is not related to hygiene, but washing and brushing the hair can help remove old skin flakes.
 3. Risk factors include having certain skin or medical conditions and the use of inappropriate hair Products.
 4. Various treatments are available over the counter, but more severe cases should be seen by a doctor.
- ❖ **Self care**
 1. Managing stress
 2. Shampoo more often
 3. Little exposure to sunlight.
 4. Preparation made of Tea tree oil.
 5. Apply Aloe vera
- ❖ **Homeopathic Remedies**

DANDRUFF

 1. Sanicula = Scaly dandruff over the scalp, eyebrows and other hairy parts. Give one dose every week.
 2. Phosphorus = Copious; falls out in clouds. Falling off of hair in bunches. Itching of scalp.
 3. Graphites = Herpetic dandruff (dandruff accompanied with eczema or other eruptions). Scalp scaly with distressing itching, humid. Falling of hair. Burning on vertex.
 4. Calcarea Sul = Dandruff on the scalp causing eruptions with thick yellow crusts; eczema; also pimples due to dandruff; falling of hair.
 5. Sepia = Dandruff in circles, like ringworm. Moist scalp, hair falls out; pimples on forehead near hair.

6. Carboneum Sul= Dandruff on the scalp; eruptions; crusts; eczema; itching; moist scaly pimples, sore and painful.
7. Thuja =White scaly dandruff; hair dry and falls out.
8. Posrinum= Dandruff smells badly.
9. Nat. Mur= White dandruff, alternating with catarrh or loss of smell.
10. Sulphur= When well-selected remedies fail.
11. Ars. Alb= In debilitated subjects. Patients with fair skin. Scalp itches intolerably; circular patches on bare spots; dry scales; nightly burning and itching.
12. Mezereum= With great itching and loss of hair.
13. Acid Flour= Dry scurfy irritable scalp with falling off of hair.
14. Medorrhinum= Hair dry, crispy. Itching of scalp; dandruff.
15. Kalium Sulphuricum= Bald spots. Dandruff and scaldhead.
16. Kalium Muriaticum= Crusta lactea. Dandruff.
17. Badiaga= Dandruff; scalp sore, dry, tetter-like.
18. Allium Sativum= Dandruff
19. Cantharis= Scales on scalp, enormous dandruff.

Here, few medicines as therapeutic indicative medicines are covered . As in Homoeopathy we believe in individuality. We have to follow all laws for treatment of suffering one.

Delta variant

Delta variant is a variant of concern that WHO is tracking and monitoring around the world because we know it has increased transmissibility. This has been demonstrated by several countries. And we know that where the Delta variant is identified, it really rapidly takes off and spreads between people more efficiently than even the Alpha variant that was first detected around December, January 2021. As of today, the Delta variant has been reported in 96 countries and we expect that the Delta variant will continue to spread. There are a number of factors that are contributing to increased transmission around the world.

- The first are these variants of concern, including the Delta variant.
- The second factor is that we have increased social mixing and increased social mobility, which increases the number of contacts that individuals have.



**Dr. Vaishali Chaudhari M.D.(Hom),
Assistant Professor,
Dept of Practice of Medicine**

- The third factor is the relaxation or the inappropriate use of public health and social measures. Proven public health and social measures that we know prevent infections reduce the spread of somebody who is infected with the virus to others and save lives.
- And the fourth factor is the uneven and inequitable distribution of vaccines. The world remains largely susceptible to infection, including any variants of concern, including the Delta variant.

There are many things that you can do yourself that can keep yourself protected and keep your loved ones protected against this virus, including the Delta variant. This includes making sure you have **clean hands** and **wearing a mask**, making sure that mask covers nose and mouth and that you have clean hands when you put on mask and you take off mask. It involves **avoiding crowded spaces**, keeping your **distance from others**; making sure that if you are indoors, room that has good ventilation so that you have good airflow. Taking all of those measures will reduce the possibility of exposure to the virus and reduce the possibility of getting infected. In addition, when it's your turn, **get vaccinated**. We know that the vaccines are incredibly effective of preventing severe disease and death. And so, when it is your turn make sure that you take that opportunity and you get vaccinated and you get the full doses so that you could be fully protected against severe disease and death.

Too many people around the world are not yet vaccinated or have not yet received the full vaccination course. People who are remain vaccination susceptible to infection and they may susceptible to severe disease and death. At the present time, we recommend to continue to adhere to all of the measures that we have, all of the tools that we have at our disposal. Follow the local guidance that's issued in your area and make sure that you take control over every day activities and reduce opportunities for getting infected. So remember, this is a dynamic situation and we're learning more every day about these variants of concern.

Infections and Spread

- **The Delta variant is more contagious:** The Delta variant is highly contagious, nearly twice as contagious as previous variants.
- **Some data suggest the Delta variant might cause more severe illness than previous strains in unvaccinated persons.** In two different studies from Canada and Scotland, patients infected with the Delta variant were more likely to be hospitalized than patients infected with Alpha or the original virus strains.
- **Unvaccinated people remain the greatest concern:** Although breakthrough infections happen much less often than infections in unvaccinated people, individuals infected with the Delta variant, including fully vaccinated people with symptomatic breakthrough infections,

can transmit it to others. However, the greatest risk of transmission is among unvaccinated people who are much more likely to contract, therefore transmit the virus.

• **Fully vaccinated people with Delta variant breakthrough infections can spread the virus to others. However, vaccinated people appear to be infectious for a shorter period:** Previous variants typically produced fewer viruses in the body of infected fully vaccinated people (breakthrough infections) than in unvaccinated people. In contrast, the Delta variant seems to produce the same high amount of virus in both unvaccinated and fully vaccinated people. However, like other variants, the amount of virus produced by Delta breakthrough infections in fully vaccinated people also goes down faster than infections in unvaccinated people. This means fully vaccinated people are likely infectious for less time than unvaccinated people.

Vaccines

Vaccines are highly effective, including against the Delta variant

- The COVID-19 vaccines are highly effective at preventing severe disease and death, including against the Delta variant. But they are not 100% effective and some fully vaccinated people will become infected (called a breakthrough infection) and experience illness. For such people, the vaccine still provides them strong protection against serious illness and death.

Masks

As we knew that Delta variant, vaccine effectiveness, and current vaccine coverage, layered prevention strategies, such as wearing masks, are needed to reduce the transmission of variant

- At this time, as we build the level of vaccination nationwide, we must also use all the prevention strategies available, including masking indoors in public places, to stop transmission and stop the epidemic.
- Vaccines are playing a crucial role in limiting spread of the virus and minimizing severe disease. Although vaccines are highly effective, they are not perfect and there will be vaccine breakthrough infections. Millions of Americans are vaccinated, and that number is growing. This means that even though the risk of breakthrough infections is low, there will be thousands of fully vaccinated people who become infected and able to infect others, especially with the surging spread of the Delta variant. Low vaccination coverage in many communities is driving the current rapid and large surge in cases associated with the Delta variant, which also increases the chances that even more concerning variants could emerge.

References

1. <https://www.cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html>
2. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/media-resources/science-in-5/episode-45> --delta-variant

Mnemonics in Physiology

As a medical student we have to remember waste amount of data. Some need to be understood and some need to be remembered. Certain topics are very difficult to remember. It is a tough task. Mnemonic may help in such cases.



**Dr. Tushar Dhimmer M.D.(Hom),
Assistant Professor,
Dept of Physiology & Biochemistry**

What is mnemonic ?

- A mnemonic is a **tool that helps us remember certain facts or large amounts of information.**
- They can come in the form of a song, rhyme, acronym, image, phrase, or sentence. Mnemonics help us remember facts and are particularly useful when the order of things is important.
- A mnemonic is an **instructional strategy designed to help students improve their memory of important information.**
- A **mnemonic** technique is one of many **memory** aids that is used to create associations among facts that make it easier to remember these facts. ... Thus simpler memories can be stored more efficiently.

History

The word **mnemonic** derives from **Greek** mnēmōn ("mindful"), which itself comes from the **Greek** word **meaning** "to remember." (In classical mythology, Mnemosyne, the mother of the Muses, is the goddess of memory.) The mnemonics, collectively known as the Ancient Art of Memory, were discovered in 447 BC by a **Greek poet, Simonides** (power of his memory was famous).

Advantages of Mnemonics

- Improvement in memory
- Enhance imagination
- Sensory stimulation
- Retrieves Important information
- mnemonic strategies are found beneficial in **helping students score better**
- It doesn't have to make sense and mnemonic makes a subject fun...

Disadvantages

- If used in excess, it can lead to confusing situations.
- They work on memory so understanding of concept can be inadequate.
- They must be practiced in precise manner to produce correct information.

Some of the mnemonics for particular topics are given below. They are not the only one for that particular topic. One may find many. One must use which one is convenient for him/her. Students can also try on their own.

Mnemonic for 13 Coagulation Factors

	Factor	Mnemonic
1	Factor I	Fibrinogen
2	Factor II	Prothrombin
3	Factor III	Thromboplastin
4	Factor IV	Calcium
5	Factor V	Labile
6	Factor VI	-----
7	Factor VII	Stable
8	Factor VIII	Anti Haemophilic Factor
9	Factor IX	Christmas
10	Factor X	Stuart Prower
11	Factor XI	Plasma Thromboplastin Antecedent
12	Factor XII	Hagman
13	Factor XIII	Fibrin Stabilizing Factor

Mnemonic 9 Essential Amino Acids

Amino acid

Valine Isoleucine Phenylalanine
Histidine Arginine Lysine Leucine
Methionine
Tryptophan Threonine

Mnemonic

VIP
HALL
ME
TT

Mnemonic 5 Layers of Epidermis

Layer of epidermis	Mnemonic
Stratum Corneum	<u>C</u> 'mmon
Stratum Lucidum	<u>L</u> et's
Stratum Granulosum	<u>G</u> et
Stratum Spinosum	<u>S</u> ome
Stratum Basale	<u>B</u> reads

Mnemonics for 12 Cranial Nerves with their type

Cranial nerve	No	Mnemonic	Type	Mnemonic
<u>O</u> lfactory	I	<u>O</u> ne	Sensory	Some
<u>O</u> ptic	II	<u>O</u> f	Sensory	Say
<u>O</u> cculomotor	III	<u>O</u> ur	Motor	Marry
<u>T</u> rochlear	IV	<u>T</u> amil	Motor	Money
<u>T</u> rigeminal	V	<u>T</u> eacher	Both	But
<u>A</u> bducens	VI	<u>A</u> sks	Motor	My
<u>F</u> acial	VII	<u>F</u> or	Both	Brother
<u>V</u> estibulocochlear	VIII	<u>V</u> ery	Sensory	Says
<u>G</u> lossopharyngeal	IX	<u>G</u> ood	Both	Big
<u>V</u> agus	X	<u>V</u> ada	Both	Brains
<u>A</u> ccessory	XI	<u>A</u> nd	Motor	Matter
<u>H</u> ypoglossal	XII	<u>H</u> alva	Motor	More

Mnemonic for Krebs Cycle



Teacher's Day Celebration

C. N Kothari Homoeopathic Medical College and Research Centre, Vyara celebrated Teacher's day on 8 September. The celebration begun with floral tribute to Maa Saraswati, Dr. Sarvapalli Radhakrishnan Menon and Dr. Samuel Hahnemann by all teachers. Students of the fourth BHMS participated as a teacher with great enthusiasm and played their best role as a teacher. All the teachers of Teachers day were judged by Dr. Jain Dr. Swapnil Khengar, Dr. Dhruni Gavli, Dr. Asfaque Amla, Dr. Sona Shah, Dr. Tushar Dhimmer, Dr. Bhumika Chaudhari and following students were awarded with prizes

First BHMS	1 st Prize	–	Jalpa Jadav
	2 nd Prize	–	Chintan Virani
Second BHMS	1 st Prize	–	Krishna Solanki
	2 nd Prize	–	Azima Memon
Third BHMS	1 st Prize	–	Ravina Ladumor
	2 nd Prize	–	Purvi Lad
Fourth BHM	1 st Prize	–	Krishna Pathak
	2 nd Prize	–	Dhruvi Shah

All other teachers of teacher's day were awarded with certificates and pen. On this occasion all the teaching faculties were felicitated with flowers and pen. The whole program was coordinated by Dr. Heema Pandya and her team under the guidance of Principal Dr. Jyoti Rao. All dispersed after having delicious Lunch.



Festival of Lord Ganesha

C. N. Kothari Homoeopathic Medical College & Research Centre, Vyara had organized "Ganesha Festival" from 10/09/2021 to 14/09/2021 with all protocol of Covid-19 and had arranged Eco- friendly idol of Lord Ganesha. Every day Aarati of God Ganesha done in morning and evening by all year students with following of all protocol of Covid- 19 which is given by Government?

On last day of festival there was "Satyanarayan Katha" & 56 Bhog given to lord Ganesha. After that immersion was done in spiritual atmosphere with Covid- 19 protocol. These whole programs was conducted by Activity Committee members of Students & Professor Dr. Heema Pandya and team under guidance of Principal Dr. Jyoti Rao mam.



Azadi ka Amrit Mahotsav

C N Kothari Homeopathic Medical College and Research Centre Vyara organized awareness workshop regarding women rights, **POCSO** act and other legal issues related to women in coordination with District Legal Authority Services Tapi district to mark Azadi ka Amrit Mahotsav. After lightening the lamp program began with floral welcoming to Mr. **M D Parmar secretary DLSA, Mr BH Jadhav superintendent** and their team by Principal Dr. Jyoti Rao and by Dr. Swapnil Khengar. Mr. B H Jadhav gave information regarding NALSA and free legal services available for different legal matters. Mr. M D Parmar made students aware about POCSO act and other subject like acid attack victim scheme and compensation. The whole program was coordinated by Dr. Heema Pandya and team under the guidance of Dr. Jyoti Rao.



“Azadi Ka Amrit Mahotsav” “Celebration of AYUSH Week

Azadi Ka Amrit Mahotsav AYUSH Week was celebrated at C. N. Kothari Homoeopathic Medical College & Research Centre, Vyara by the Ministry of AYUSH Government of India under the guidance of National Commission for Homoeopathy, New Delhi. In which college teaching staff visited 10 different schools in Tapi District and gave guidance on what is AYUSH? And what is Homoeopathy? as well as to create Awareness among the people about Homoeopathic Medicine and Treatment. Also 3000 to 3500 Kits of COVID-19 preventive drug Arsenic Alb 30 were distributed.

The Medical Staff of the college as well as the students went to different villages in the vicinity and distributed Arnica 30 First Aid Medicine for the Injury under the Programme “Homoeopathy at Your Home”

The Medical Staff of the college as well as the students visited the surrounding villages and distributed Medicinal Plants under the Azadi Ka Amrit Mohotsav Programme and Explained their use and importance.

A Seminar on the Importance of AYUSH and Homoeopathy in old age was organized by the Medical Staff of the college at Senior Citizen Group Vyara and all the Senior Citizen Present were given resistant drug Arsenic Alb 30 as well as Tulsi Plant.

Under the leadership of Dr. Piyush Pandya Yoga Expert and Naturopath, “Workplace Stress Yoga Intervat” Yoga was organized in the college with the participation of the Teaching Staff, Non- Teaching Staff and Hospital Staff of the College.

The entire Programme was successfully coordinated under the guidance of the Principal of the College, Dr. Jyoti Rao, with the help of the Activity Committee as well as the staff.



Slogan Competition World AIDS Day

C.N.Kothari Homoeopathic Medical College And Research Centre, Vyara In collaboration with HMAI, (Vyara Unit) Department Of Community Medicine conducted "Slogan Competition "to mark World Aids Day On 1st Dec 2021.

The following students were declared winners as follows:

- 1) Miss Raveena Ladumor - 1st prize
- 2) Miss Purvi Lad - 2nd prize
- 3) Mr.Nirmal Shiroya-3rd prize
- 4) Mr. Devesh Sisara-3rd prize

Attractive cash prizes will be awarded on 15th December 21. First and second prize were sponsored by college and third prize by HMAI, Vyara unit.

The Competition was judged by following faculties of college:

Dr. Pramod Patel

Dr. Mahendra Burad

Dr. Pankaj Lathiya

College congratulates all winners and participants and thanks judges for their valuable judgment Appreciation is extended to Community Medicine department for this activity under the guidance of Dr. Jyoti Rao, Principal of the college.



Camp Health Check Up

To Mark Birth Anniversary of Our Prime Minister Mr. Shree Narendrabhai Modi C. N. Kothari Homoeopathic Medical College and Kalidas Homoeopathic Hospital, Vyara organized Medical Camp Including Health Check Up and Free Homoeopathic Treatment at Khu. Ma Gandhi Primary School and Fadke Nivas where about 150 patient Where Benefited. In These Camps Dr. Vaishali Chaudhari and Dr. Swapnil Khengar gave their Services with final year Students.



Camp

Free Homoeopathic Camp

On Death Anniversary of late. Shree Jagdishchandra Channdulal Shah Kalidas Hospital run by C. N. Kothari Homoeopathic Medical College & Research Centre, Vyara Tapi district organized free Homoeopathic Camp at magdumnagar, Vyara on 20-09-21 under guidance of Ministry of Ayush (Government of India) and NCH, New Delhi to celebrate Azadi Ka Amrut Mahotsav.

The Camp was headed by Dr.Vaishali Chaudhari and team under guidance of Principal of college Dr. Jyoti Rao, where many patients were benefited.



Tribute To Late Dr. Markand Bhatt

C. N. Kothari Homoeopathic Medical College & Research Centre, Vyara staff paid highest respectful tribute to Late Dr. Markand Bhatt, legendary homoeopath of South Gujarat on his birth anniversary on 15 December 2021. College and HMAI Vyara Unit arranged Competition - "Figure out Materia Medica with Fun" for all students with attractive prizes in memory of Late Dr. Markand Bhatt. In this competition good numbers of students took part with great enthusiasm in this Covid situation. Dr. Pramod Patel, HOD- Homoeopathic Materia Medica Department. gave his valuable service as expert. College appreciates the efforts of all participants in this Covid situation. Winners are as follows:

- | | | | | |
|-----------|---|------------------------------|---|----------|
| 1st prize | - | Rs. 3000/- Priyanka Upadhyay | - | 3rd BHMS |
| 2nd prize | - | Rs. 2000/- Milan Jayswal | - | 4th BHMS |
| 3rd prize | - | Rs. 1500/- Devesh Sisara | - | 4th BHMS |

Two consolations prizes from HMAI Vyara as follows

- | | | | | |
|--------------|---|--------------------------|---|----------|
| 1) 4th prize | - | Rs. 250/- Tarjani Parekh | - | 4th BHMS |
| 2) 5th prize | - | Rs. 250/- Krishna Pathak | - | 4th BHMS |

This activity was coordinated by Homoeopathic Materia Medica Department under the guidance of Principal Dr. Jyoti Rao.



Sports Festival

C.N. Kothari Homoeopathic Medical College & Research Centre, Vyara witnessed the most memorable and enjoyable days in “sports festival 2021” Organized from 9th to 13th December 2021. Number of indoor and outdoor games were organized like volleyball, kho-kho, kabaddi, Badminton, Carom, Chess, One minute show, Table Tennis, Rope pulling, Musical chair, Lemon Spoon, Sack race, etc. for boys and girls. Congratulation all champion teams, runner up teams, winners of first and second position and also all participants. Great job was done by Referees, Umpires, Scorers, timers, Commentators, Volunteers, Captains etc. Excellent cheer up by audience Thanks to Principal Dr. Jyoti Rao Ma'am and management for the Providing wonderful moment. Sports incharge Dr. Bhavin Modi & team executed sports festival successfully.



“Days Celebration Week”

C. N. Kothari Homoeopathic Medical College & Research Centre, Vyara has arranged “days celebration week” from 14/12/21 to 18/12/21 in which various days like Suit & Saree day, Materia Medica medicine get up day or group day, Funfair day, Twins & signature day, Retro/ western day, mismatch day etc. were celebrated by students as well as teaching & non-teaching staff who participated enthusiastically. The main attraction of the celebration was in Materia Medica Medicine get up day where students were dressed in various homoeopathic medicine personality. All these activities were successfully organized by activity committee under the guidance of principal ma’am Dr. (Mrs.) Jyoti Rao.



Achievement

Priyanka upadhyay got 2nd rank in sugam sangeet competition organised by rashtriya kala kendra. nd given cash prize of Rs.750/-.



CONGRATULATIONS!

COLLEGE TOPPERS IN UNIVERSITY EXAM (BATCH 2020-21)



Bhatt Tejasvee
Second BHMS
1st RANK



Patel Hiteshi
Second BHMS
2nd RANK



Zinzala Nishaben
Second BHMS
2nd RANK



Desai Shrutiben
Second BHMS
3rd RANK

This Bulletin is for private circulation only

Published by & All Correspondence to

C.N.Kothari Homoeopathic Medical College & Research Centre

Vilasini k.desai arogya sankul, near vanchetna, kakrapar bypass tadkuva vyara-394
650 dist. Tapi ph.(02626) 224651, 221092,
E-Mail:cnkotharicollege@gmail.com

Warning: This medical bulletin is published on its website by the institute may be used only for Education Purposes. You may not copy or distribute any part of this material to any other person. Where the material is provided to you in electronic format you may download or print from it for your own use. You may not download or make a further alteration, deletion in this copy for any other purpose. Failure to responsibly expose you to legal action for infringement and/or disciplinary action by the institute at the time rising of dispute.