

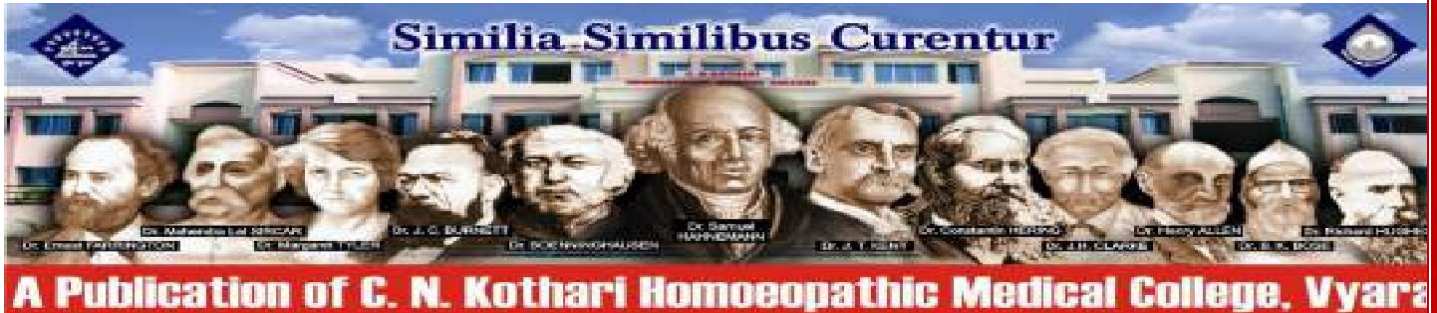


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Summer Complaints and Homoeopathy

Summer brings warmth, energy, and vitality—but it also increases the incidence of certain health complaints due to excessive heat, dehydration, and environmental changes. From a homoeopathic perspective, these seasonal disturbances reflect imbalance in the vital force triggered by external stressors like heat, sun exposure, and dietary habits.

Common Summer Complaints

1. Heat Exhaustion & Heat Stroke

Excessive exposure to high temperatures can lead to weakness, dizziness, Nausea, and even unconsciousness.

Indicated Remedies:

- Glonoine – for intense throbbing headache, heatstroke with congestion.
- Belladonna – hot, flushed face, throbbing carotids, sudden onset.
- Natrum carbonicum – extreme sensitivity to sun, weakness from heat.

2. Dehydration

Loss of fluids through sweating leads to dryness, fatigue, and irritability.

Indicated Remedies:

- China officinalis – weakness from fluid loss, debility after diarrhea.
- Natrum muriaticum – dryness, excessive thirst, headaches from sun.

3. Gastrointestinal Disorders

Spoiled food and excessive intake of cold drinks may cause diarrhea, vomiting, or indigestion.

Indicated Remedies:

- Arsenicum album – food poisoning, burning pains, restlessness.
- Podophyllum – profuse, painless diarrhea, worse morning.
- Veratrum album – vomiting with cold sweat and collapse.

4. Skin Complaints

Heat leads to prickly heat, rashes, and fungal infections.

Indicated Remedies:

- Sulphur – burning itching, worse heat, unclean skin tendency.
- Apis mellifica – redness, swelling, stinging pains.
- Rhus toxicodendron – vesicular eruptions with itching.



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5. Headaches

Triggered by sun exposure, dehydration, or heat.

Indicated Remedies:

- Glonoine – bursting headache from sun exposure.
- Bryonia alba – headache worse motion, better rest.
- Natrum muriaticum – hammering headache, worse sunlight.

6. Urinary Complaints

Concentrated urine and infections are common due to low fluid intake.

Indicated Remedies:

- Cantharis – burning urination, constant urge.
- Sarsaparilla – pain at end of urination.

General Homoeopathic Approach

Homoeopathy emphasizes individualization rather than treating the disease alone. Even in summer complaints, remedy selection depends on:

Patient's constitution

Modalities (better/worse factors)

Mental and physical generals

Preventive Measures

Maintain adequate hydration Avoid direct sun exposure during peak hours Eat fresh, light, and easily digestible food Wear loose cotton clothing Maintain proper hygiene Homoeopathy also offers constitutional remedies that enhance resistance to seasonal changes, helping the body adapt naturally.

Conclusion

Summer complaints, though common, can be effectively managed with homoeopathy when remedies are selected based on totality of symptoms. Along with proper lifestyle and preventive care, homoeopathy provides a gentle, safe, and holistic approach to maintaining health during the hot season.

Reference

1. Dr. Kent. J.T., Repertory of the Homoeopathic Materia Medica, 9th Edition, 2011, Page No-720-723.
2. Dr. Boericke. W., Pocket Manual Of Homoeopathic Materia Medica & Repertory, Lpe- 2007-2008
3. Dr. Allen. H. C., Keynotes & Characteristics with Comparisons of Some of the Leading Remedies of the M.M. with Bowel Nosodes, Lpe-2008.
4. Organon Of Medicine (5th & 6th Edition)

10-Medicines for Respiratory System

Asthma

1. **Arsenic Album:** Asthmatic must sit/bending forwards out of bed at night, especially after 12 O' Clock. (Reference by: Allen's Keynote)
2. **Bromium:** Sailors suffer from asthma "on shore" Better at sea. (Reference by: Allen's keynote)
3. **Carboveg:** Asthma is aged with blue skin, hemorrhage from lung, must be funnel. (Reference by: Boerick M. M.)
4. **Drosera:** Asthma when talking with Contraction of the throat at every word uttered, titillating cough not at all day, but commences as soon as head touches the pillow at night. (Reference by: Boericke M.M.)
5. **Hepar Sulph:** Suffocative attacks has to rise up & bend head forward. (Reference by: Boericke M. M.)



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6. **Nuxvomica:** Asthma which is gastric origin with fullness in stomach, morning/Something were from loosing chest. (Reference by: Boericke M. M.)
7. **Psorinum:** Asthama dyspnea >by keeping arms stretched for a part, think he will die. (Reference by: Boericke M. M)
8. **Sepia:** Asthma relieved by dancing, ball sensations in inner part washer women remedy. (Reference by:Allen's Keynote)
9. **Spongia Tosta:** Croupy cough of asthma, awakening in fright & feel as if suffocating, as if he had to breath through a sponge. (Reference by Allen's keynote)
10. **Stannum Met:**Respiration short, oppressive, stitches in left side when breathing & Lying on same Side. (Reference by: Boericke M. M.).

Step-by-Step Interpretation of a Normal Chest X-Ray

A systematic approach ensures that no structure is overlooked. The commonly followed methods are RIPE for quality assessment and ABCDE for structured interpretation.



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Step 1: Confirm Patient Details

Name, age, gender
Date of X-ray
Type of film (PA or AP)
Side marker (Right/Left)

Step 2: Identify the View

PA View (Postero-anterior): Standard, best for interpretation.
AP View (Antero-posterior): Usually portable, may exaggerate heart size.
Lateral View: Used for lesion localization.

Step 3: Assess Quality (RIPE Method)

R – Rotation
Medial ends of clavicles should be equidistant from spinous processes.
No rotation → symmetrical appearance

I – Inspiration
At least 9–10 posterior ribs or 5-6 anterior ribs visible then adequate inspiration.
Poor inspiration may mimic pathology.

P –Projection
PA and AP (important for heart size interpretation).

E – Exposure
Adequate contrast between lung fields and soft tissues.
Vertebrae should be just visible behind the heart shadow.

Step 4: Systematic Examination (ABCDE Method)

A – Airway
Trachea should be central.
Carina visible at T4–T5 level.
Bronchi and Hilar Structures.
No deviation or obstruction.

B – Breathing (Lungs)
Lung fields should be clear and symmetrical.
Normal bronchovascular markings.
No opacities, nodules, or cavities.

C – Cardiac

Heart size and border.

Cardiothoracic ratio < 50% (in PA view)

D – Diaphragm

Right hemidiaphragm slightly higher than left.

Sharp costophrenic angles.

No free air under diaphragm.

E – Everything Else

Bones: No fractures or deformities (ribs, clavicle, spine)

Soft tissues: No swelling or abnormal shadows

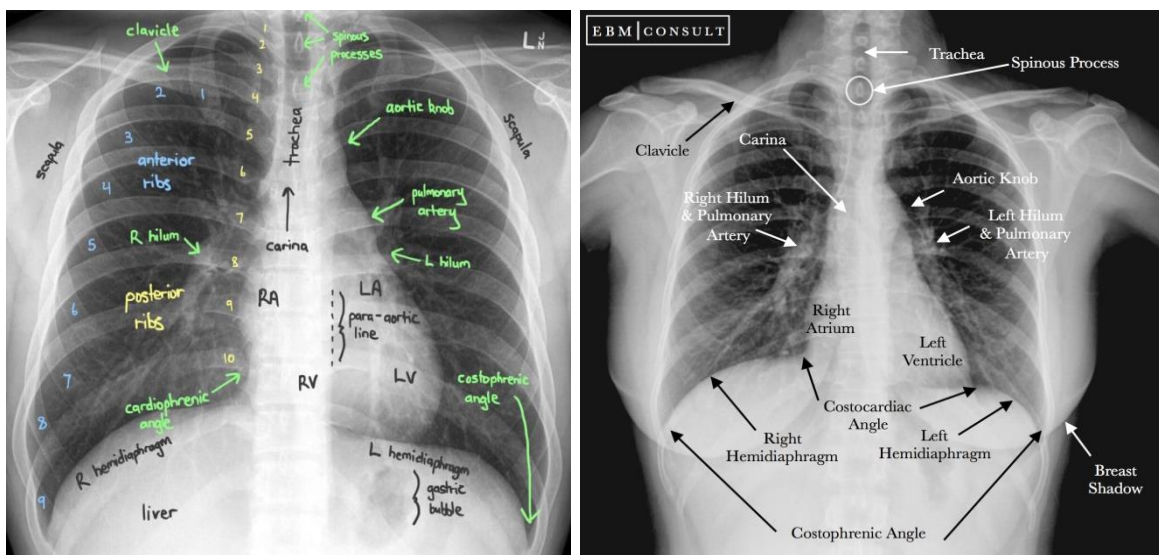
Devices: Tubes, Pacemaker, etc.

Step 5: Additional Normal Findings

Gastric bubble under left diaphragm.

Hila normal in size and position.

No mediastinal widening.



Step 6: Final Impression (Normal CXR)

A normal chest X-ray should show:

Clear lung fields.

Normal heart size.

Central trachea.

Sharp diaphragmatic angles.

Intact bony structures.

7. Common Mistakes to Avoid

Ignoring patient details.

Not following a systematic approach.

Missing subtle findings.

Overlooking bones and soft tissues.

8. Conclusion

Interpretation of chest X-ray is a skill that improves with practice. A structured approach like RIPE and ABCDE ensures accurate diagnosis and reduces errors. Clinicians should always correlate radiological findings with clinical history and examination.

Reference: Surface & Radiological Anatomy, A. Helium, Human Anatomy Vol-1, B.D. Chaurasia

Webinar

“Insight into CBDC (Competency-Based Dynamic Curriculum)”

A webinar “Insight into CBDC (Competency-Based Dynamic Curriculum)” was successfully conducted on 17th January 2026 as part of the 25th Year Celebration of the Institute. The program was organized in the form of a Faculty Development Program (FDP) and was attended by faculty members of the institute.

The session was delivered by Dr. Chirag Shah, Principal, Sumandeep Homeopathic Medical College, Vadodara, who provided valuable insights into the concept, structure, and implementation of the Competency-Based Dynamic Curriculum (CBDC). The speaker elaborated on outcome-based education, faculty roles, student-centric learning, and curriculum adaptability in alignment with modern medical education standards.

The webinar commenced with a welcome address by the Principal, Dr. J. R. Rao, who warmly welcomed the speaker and participants, and highlighted the importance of curriculum reforms and faculty orientation programs in enhancing academic quality.

The session was highly interactive, with an engaging question-and-answer segment, where faculty members actively participated, shared their perspectives, and sought clarifications regarding CBDC implementation in homeopathic medical education. Dr. Chirag Shah addressed the queries effectively, making the session informative and practical.

The webinar concluded with positive feedback from the participants, who found the session insightful and beneficial for academic planning and teaching-learning strategies. The program contributed meaningfully to faculty development and aligned well with the objectives of the institute’s silver jubilee celebrations.



“Why Research Matters: Understanding the Scope of Research in Homeopathy”

A webinar “Why Research Matters: Understanding the Scope of Research in Homeopathy” was successfully conducted by the Research Centre, Vyara, at C. N. Kothari Homoeopathic Medical College on 20th January 2026.

The webinar was delivered by Dr. Pankaj N. Lathiya, who elaborated on the importance of research in homeopathy, its scope, relevance, and future prospects. The session provided valuable insights into research methodology, academic research orientation, and the role of evidence-based practice in strengthening homeopathic medical science. The lecture was informative and intellectually stimulating for both students and faculty members.

The program commenced with a welcome address by Dr. Bhavin Modi, who formally welcomed the speaker and highlighted the significance of research awareness among undergraduate students and teaching faculty. The webinar witnessed the active participation of 4th BHMS students and faculty members, who attended the session enthusiastically. The interaction during the seminar helped students gain clarity regarding research concepts and inspired them to develop interest in academic and clinical research. At the end of the session, Dr. Amitrai Shah proposed the vote of thanks, expressing gratitude to the speaker for sharing his knowledge and to the organizers, faculty members, and students for their cooperation and participation.

The seminar was found to be highly informative, motivating, and beneficial, contributing effectively to the academic growth of students and faculty, and fulfilling the objectives of the Research Centre.



Department Activity

Quiz Competition by Pathology & Microbiology Department

Quiz Competition for 2nd Year BHMS CBDC (2025–26) students was successfully conducted on 20th January 2026 in Classroom No. 3 by the Department of Pathology & Microbiology. The event was conducted by Dr. Divya Gamit under the guidance of Dr. Meena Kalra, Head of the Pathology Department.

Four teams—Team Virulence (A), Team Pathogen (B), Team Immunity (C), and Team Diagnosis (D), participated in five rounds: Rapid Fire, MCQs, Image-Based Identification, Case-Based Questions, and Final Puzzle Round. The quiz promoted conceptual clarity, clinical application, teamwork, and analytical thinking.

Based on cumulative scores, Team Pathogen (Team B) emerged as the winner. The competition was conducted smoothly in a disciplined academic environment and proved effective in enhancing students’ interest and understanding of Pathology and Microbiology.



Elocution Competition on “Necessity of study of Surgery subject in Homoeopathic course” by Surgery Department

Elocution competition on “Necessity of study of Surgery subject in Homoeopathic course” was arranged on 21st January 2026 by the department of Surgery as a departmental activity. Students of 3rd Year BHMS CBDC 2025-26 were participated enthusiastically and eagerly. Dr. Mahendra Burad and Dr. Swapnil Khengar were played the role of the judge. In this competition winning students awarded with the prizes and certificate of participation. The whole event successfully organized by Dr. S. S. Khengar under the successful guidance of the Principal Dr. Jyoti Rao Madam.

Result :

1st Prize: Jain Deepanshi

2nd Prize: Bhavsar Vishwa Datteshbhai



Biomedical Waste Management Training Activity by Department of Pathology and Microbiology

A Biomedical Waste Management Training Activity, being the third departmental activity, was conducted on 9th February 2026 from 1:45 PM to 2:45 PM for 2nd Year BHMS (CBDC 2025–26) students in organized by the Department of Pathology and Microbiology. The objective of the program was to create awareness among students regarding the importance of biomedical waste management and to develop basic practical skills related to segregation, safe disposal, and professional responsibility towards safety and environmental protection. The training began with a brief introductory lecture using PPT, which covered the Biomedical Waste Management Rules, 2016 (with amendments), hazards of improper biomedical waste handling, and the importance of segregation at source.

This was followed by a demonstration session in which faculty members demonstrated the use of color-coded bins (Yellow, Red, White, and Blue), correct segregation of biomedical waste using dummy waste materials, safe handling of sharps with a needle cutter and sharp disposal container, and the proper use of personal protective equipment. Subsequently, students were divided into small groups and provided with baskets containing mixed dummy biomedical waste items, and they were instructed to segregate the waste into appropriate color-coded bins within the stipulated time.

Faculty members observed the activity and provided corrective feedback wherever required. The session utilized audio-visual aids, demonstration materials, and student activity resources to enhance learning. Resource persons for the training included faculty from the Department of Pathology and Microbiology along with the Hospital infection control committee member, & Academic Head Dr. Bhavin Modi, The activity resulted in improved understanding and practical awareness among students regarding biomedical waste segregation, safe disposal practices, and infection control measures. The entire activity was conducted by departmental faculty Dr. Divya Gamit under the guidance of the departmental head Dr. Meena Kalra.



Health checkup program and an awareness program by Community Medicine Department

On 11th March 2026, the Community Medicine department along with the Co-curricular Committee of C. N. Kothari Homoeopathic Medical College and Research Center, Tadkva, Vyara had arranged a health checkup program and an awareness program on “Women's Health” at Vidhya Gurjari School, Paniyari, to celebrate Women's Day 2026.

Doctors of the college, along with students of the 4th year of BHMS, took part in this program. The program started with the traditional lighting of a lamp, after which Students of 4th BHMS performed a skit to give awareness regarding women's health, which was followed by a general Health Checkup of female students.

The Community Medicine department and the college's co-curricular committee successfully conducted the entire program.



World Tuberculosis Day by Community Medicine Department

On 24th March 2026, in observance of World Tuberculosis Day, Community Medicine department of C.N. Kothari Homoeopathic medical College and Research Center, Vyara, organised an engaging Power Point Presentation Competition to spread awareness and foster clinical knowledge regarding the prevention, diagnosis, and treatment of TB.

The competition saw enthusiastic participation of 4th BHMS Students, with students delivering detailed presentations on various facets of TB, including Multi-Drug Resistant TB (MDR-TB), innovative diagnostic tools, and the importance of community outreach in eliminating the stigma associated with the disease.

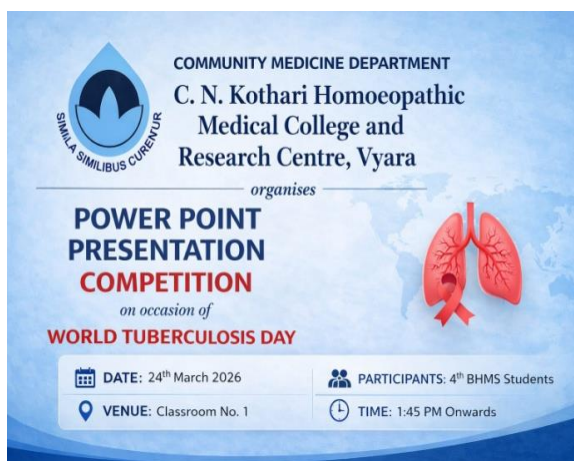
The judges were Dr. Vaishali Chaudhari, Dr. Kamlesh Chaudhari, Dr. Viral Gamit; who evaluated the participants based on content accuracy, presentation style, and their ability of technical skills. After a rigorous evaluation process, the following students were recognized for their outstanding performance:

1st place Siddhi Bhathawala

2nd place Apexa Ghinaiya

3rd place Jaiseel Makwana

This whole program was organized by Community Medicine Department.



Quiz competition by the Homoeopathic Materia Medica Department

The Online Homoeopathic Materia Medica Program quiz competition 2026 was successfully conducted on 10th April 2026 with enthusiastic participation from a total of 39 students (13 groups-each group made up of 3 students) by the Homoeopathic Materia Medica department of C. N. K. H. M. C. & R. C. Vyara. The program aimed to enhance students' understanding of homoeopathic medicines, their indications, and clinical applications.

The sessions were conducted in an organized and systematic manner, covering important remedies from the Materia Medica. Emphasis was placed on keynotes, comparative study, and practical clinical insights to help students develop a deeper grasp of the subject.

Overall, the program was a tremendous success. It's not only strengthened the theoretical knowledge of the participants but also improved their analytical and clinical skills in homoeopathy. We sincerely appreciate the efforts of the organizers, faculty members, and students for making this program meaningful and successful.

Winners are

1st position - price: 2100 ₹

-Group 3

Name-

A. 4th yr—Kalpesh shah

B. 3rd-Deepanshi jain

C. 1st-Twisha dave

2nd position - ₹1500

-Group 2

Name-

A. Kaushal Ghevariya

B. Krutika Wagh

C. Om Mavani

3rd position - ₹900

-Group 6

Name-

A. Ankita Vadhel, 4th year

B. Krinsi Vadi, 3rd year

C. Savani, Jiya, 1st year



Various Days Celebration

Republic Day Celebration

C. N. Kothari Homoeopathic Medical College and Research Center, Vyara enthusiastically celebrated 77th Republic Day. All invitees gathered in college campus for flag unfurling. 1st year BHMS student Dhola Bhautik Pravinbhai Escorted the Chief Guest & marched towards the Flag. Flag was unfurled by Vice President of Aruna Anil Vyara Pradesh Vikas Pratisthan – Shree Shirishbhai Visvanath Pradhan. Then the Chief Guest of the day delivered a short patriotic speech. After that Academic Head Dr. Bhavin B. Modi addressed the doctors and students to make more and more progress for the betterment of the country and the name of the Institution.

The anchoring of this Programme was done by 4th BHMS student Jeel Trivedi. Then all dispersed after taking sweets. This program was conducted by the Activity Committee under the guidance of Principal Dr. Jyoti R. Rao.



College Foundation Day Celebration

On 5th February 2026, C. N. Kothari Homoeopathic Medical College and Research Center, Tadkva, Vyara celebrated 25th Foundation Day. It reflects the 25 years of excellence of the Institute, Faculties and students. The program was commenced with offering flowers to master Hahnemann and Maa saraswati, and traditional lightening of dia.

The program followed by Commemorative speech by Dr. Ajay Desai, Dr. Bhavin Modi and Dr. Meena kalra. Which followed by felicitation of the staff, who have served the institution since its inception, followed by Cake cutting. The event was attended by Teaching staff, non teaching staff and hospital staff.

The program was anchored by 4th year student Jeel Trivedi, and vote of thanks was delivered by Dr. Viral Gamit. This whole program was conducted successfully by Activity committee and team headed by Dr. Dhruni Birari.



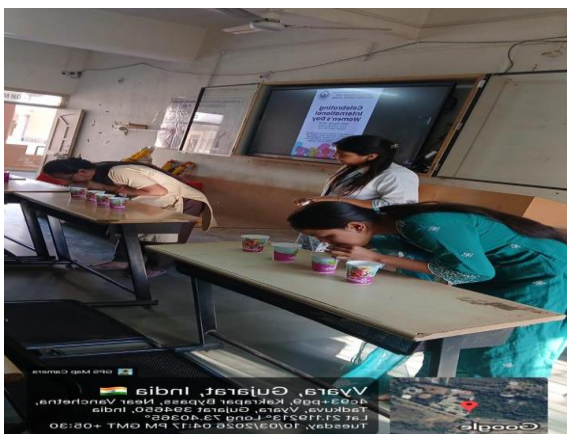
International Women's Day Celebration

C. N. Kothari Homoeopathic Medical College & Research Centre celebrated International Women's Day on 10th March 2026. The program was organized to appreciate and honor all female staff members of the institution.

The event was anchored by Dr. Divya Gamit, who introduced the program and highlighted the importance of celebrating International Women's Day and women empowerment. The program began with the auspicious Deep Pragatya (lighting of the lamp). Dr. Jyoti R. Rao delivered the Welcome Speech and shared inspiring words about the role and contribution of women in society. On this occasion, Dr. Dixita Upadhyay and Dr. Jyoti Shukla also shared their valuable thoughts and delivered inspiring speeches on women empowerment.

All female staff members were felicitated with gifts as a token of appreciation for their dedication and service. Various games were also organized, which created a joyful and enthusiastic atmosphere. The program concluded with a Vote of Thanks, expressing gratitude to everyone who contributed to making the celebration successful.

Whole program was coordinated by co curricular committee head Dr. Dhruni Birari under guidance of Principal Dr. Jyoti R. Rao.



Homeopathy week celebration

C. N. Kothari Homoeopathic Medical College & Research Centre, Vyara celebrated Homoeopathy Week from 1st April to 7th April 2026 to commemorate the 271st birth anniversary of Dr. Samuel Hahnemann, the founder of Homoeopathy. Under the guidance of the National Commission for Homoeopathy, various academic, outreach, and awareness activities were organized throughout the week.

Day 1: Community and Public Health Outreach

The celebration began with an Urban Health Camp at Vyara, coordinated by Dr. Dixita Upadhyay and her team. Free consultation and homoeopathic medicines were provided to the public. The camp aimed to promote awareness about homoeopathic treatment and its benefits. A large number of patients benefited from this initiative.

Day 2: Academic Excellence

The second day focused on enhancing students' academic skills and was coordinated by Dr. Bhavin Modi and his team. An Info graphic Chart Competition was conducted to encourage Creative presentation of Homoeopathic concepts. A Model Exhibition and Competition was Organized, where students displayed innovative models related to Homoeopathy and healthcare. The activities promoted learning through creativity and innovation.

Day 3: Digital & Media Outreach

On the third day, digital engagement activities were carried out under the coordination of Dr. Vaishali Chaudhari and her team. Students created and uploaded short educational videos on social media. These videos highlighted the principles, scope, and effectiveness of homoeopathy. The activity helped in spreading awareness among a wider audience.

Day 4: Digital & Media Outreach

The fourth day continued the digital awareness initiative, also coordinated by Dr. Vaishali Chaudhari and her team. Participants created awareness reels on social media platforms. The content focused on educating the public about homoeopathic treatment and preventive Healthcare. The initiative increased online visibility and engagement.

Day 5: Research and Publication Initiative

The fifth day emphasized research and academic contribution and was coordinated by Dr. Viral Gamit and his team. Faculty members published research articles and newspaper articles. This activity aimed to promote evidence-based homoeopathy and academic excellence. It strengthened the scientific approach within the institution.

Day 6: Social Mobilization

On the sixth day, a Health Awareness Rally was organized under the coordination of Dr. Tushar Dhimmer and his team. Students and faculty participated enthusiastically. The rally aimed to spread awareness about the importance and effectiveness of Homoeopathy. It helped in reaching the community directly and promoting public health Education.

Day 7: Community and Public Health Outreach

The final day concluded with a Rural Health Camp in the adopted village, coordinated by Dr. Dixita Upadhyay and her team. Free consultation and medicines were provided to rural patients. The camp focused on delivering healthcare services to underserved populations. It reflected the institution's commitment to community service.

Conclusion

The Homoeopathy Week Celebration (Day 1–Day 7) was successfully conducted with active participation from students, faculty, and the community. The series of activities effectively combined academic excellence, research, digital outreach, and community service.

The program not only promoted awareness about homoeopathy but also reinforced its relevance in modern healthcare.

All the programs were successfully coordinated by the Nodal Officer, Dr. Dhruni Y. Birari, under the guidance of Principal Dr. Jyoti Rao.



Various Events Celebration Sports Festival

Introduction

C. N. Kothari Homoeopathic Medical College & Research Center, Vyara hosted the much anticipated Sports Festival 2026 from 1st to 3rd January, 2026. There was a healthy spirit of competition throughout the day, along with excitement and enthusiasm. Students, teachers, and non-teaching staff came together to honor the value of physical activity and sportsmanship.

Preparation

The Celebration of Sports Festival 2026 preparations started weeks in advance. The Sports Committee, which was made up of students, faculty, and non-teaching staff, put in a lot of effort to organize and plan the event. They ensured that the sports facilities were in excellent condition, arranged for necessary equipment, and planned the events.

Inauguration

The event commenced with an inauguration ceremony at 10:00 AM on 01-Jan-2026 with lamp lighting and offering Shrifal to almighty GOD. The Academic head in charge, Dr. Bhavin Modi, delivered an inspiring speech emphasizing the importance of sports in developing teamwork, discipline, and resilience.

Team sports

The following events have been organized for the inter-class sports tournaments for **students**:
INDOOR: Badminton, Chess, Carrom, Table tennis
OUTDOOR: Volleyball, Kabaddi, Kho-kho, crickets

Intense volleyball matches featured players demonstrating their skills in serving, spiking, and blocking. Teams of Kabaddi players competed on the ground, showcasing their dexterity and strategic thinking. Students demonstrated remarkable skills and sportsmanship in fiercely competitive Kho-kho matches. The brain game chess allows for new ways of thinking, processing, and applying ideas. The game of carom, which is filled with cheers and screams, offered players and spectators the most entertainment. The game of tricks and tactics, table tennis has produced its own euphoria. The event's main draw was the badminton court, where players had to abide by stringent rules in order to win. The game of cricket teaches us discipline, teamwork, patience and leadership. It shows us how to stay strong after failure and how to remain humble after success.

Awards and Recognition

The awards ceremony, which will be held soon, will honor the participants' accomplishments. The winners & runners-up of each event will receive trophies, medals, and certificates in the presence of invited dignitaries & trustees of the institution.

Conclusion

The celebration of Sports Festival 2026 at C. N. Kothari Homoeopathic Medical College & Research Center, Vyara was a resounding success, thanks to the collective efforts of the organizing sports committee of the college, volunteers, participants, and spectators. The event not only celebrated athletic talent but also fostered a sense of community and college spirit. It reminded everyone of the importance of physical activity and the joy of participating in sports. We look forward to another exciting Sports Festival 2027 next year.

Acknowledgment

We extend our heartfelt thanks to all the teachers, teaching and non-teaching staff, and students who contributed to the success of Sports Festival 2026. Special thanks to our management for their generous support. Thanks to Dr. Bhavin Modi, the support & inspiring speech, Head of the Sports Committee of the college, and sincere acknowledgement to the sports committee of students. Your contributions made this event possible and memorable for everyone involved.



Vasant Panchami

C. N. Kothari Homoeopathic Medical College & Research Center, Vyara Celebrated Vasant Panchami on 23rd January 2026 Principal, Teaching, Non Teaching Staff & students worshipped Maa Saraswatiji by flowers & prayer. All staff & students dispersed with sweets.

The entire program was co-ordinated by Activity committee Head Dr. Dhruvi Birari under guidance of Principal Dr. Jyoti Rao.



Training on Cardio-Pulmonary Resuscitation (CPR)

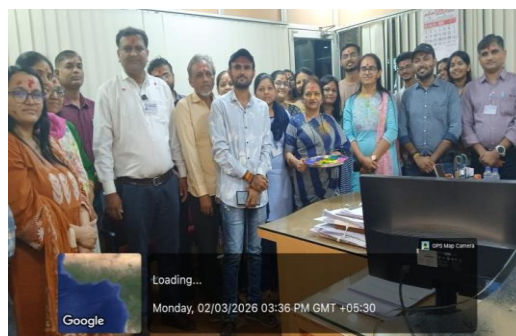
A mandatory training session on Cardio-Pulmonary Resuscitation (CPR) was conducted on 9th February 2026 from 2:30 PM on the 1st Floor of Kalidas Hospital, Vyara. The training was attended by Doctors, Nurses, Aaya, ward boys, multitasking staff, and office staff. The session was conducted by Dr. S. S. Khengar, NABH Coordinator, with the objective of enhancing awareness and practical skills related to emergency life-saving procedures. The training covered the importance of early recognition of cardiac arrest, basic CPR techniques, and the role of timely intervention in improving patient outcomes. All participants actively attended the session, contributing to strengthening emergency preparedness and patient safety standards within the hospital.



Holi Celebration

On 3rd March 2026, C. N. Kothari Homoeopathic Medical College & Research Centre, Vyara celebrated Holi with students and staff. There were few rules followed to avoid inconveniences to others. The colors used in during the celebrations were free of pollutant and irritant compounds. To promote "Save Water" Initiative, only dry colours are allowed for holi celebration. Use of water was strictly prohibited. This celebration is mainly to bring out the Indian culture and unite all the students despite of their variations. The celebration begin with the saraswati Pooja.

Whole programme was arranged by Activity Committee head by Dr Dhruni Birari.



Annual Cultural Program (Rajat Utsav 2026)

The Annual Cultural Programme "Rajat Utsav 2026" was successfully organized on 7th March 2026 at the college campus of C. N. Kothari Homoeopathic Medical College & Research Centre, Vyara. The event was conducted along with the Annual Cultural Programme of Shishu Gurjari / Vidhya Gurjari School, Paniyari.

The Programme commenced with the lighting of the ceremonial lamp and offering floral tribute to Maa Saraswati and Lord Natraj by the dignitaries present on the dais. The management members and trustees graced the occasion and were warmly welcomed and felicitated with flowers by Principal Dr. Jyoti R. Rao and members of the Co-curricular Committee.

The event began with the welcome address by Dr. Jyoti R. Rao, Principal of C. N. Kothari Homoeopathic Medical College & Research Centre, Vyara. This was followed by speeches delivered by the Honorable secretary of trust Shree Nikhilbhai Shah and honorary chief executive director Dr. Ajay Desai, who addressed the gathering and motivated the students.

One of the highlights of the Programme was the felicitation of Topper students from 1st BHMS, 2nd BHMS, 3rd BHMS and 4th BHMS for their outstanding academic performance in the university examinations. The winners of the Inter-college Reel Making Competition were also felicitated during the programme.

The programme further included the felicitation of Class Representatives (CR) and Lady Representatives (LR) of all classes in appreciation of their dedication and contribution throughout the academic year.

The cultural segment of the event started with Lord Ganesh Vandana performed by the 1st BHMS (New) students. This was followed by a vibrant series of 23 performances presented by the students of the college as well as students from Shishu Gurjari / Vidhya Gurjari School, Paniyari. The performances included classical dances, western dances, Garba, singing with theme dances, group performances, comedy dance, live painting, and a Mahabharat them performance performed by students. One surprised performance by college faculty Dr. Viral Gamit. All performances were presented with great enthusiasm and received tremendous appreciation from the audience.

The entire event was gracefully anchored by Jeel Trivedi and Siddhi Bhathawala (4th BHMS) along with Aashiya Khan (1st BHMS). The programme concluded with a vote of thanks and the National Anthem, followed by dinner for all attendees.

The successful organization of the event was made possible under the guidance of Principal Dr. Jyoti R. Rao and the dedicated efforts of Dr. Dhruvi Birari Head of the co-curricular Committee, along with her team.



Camp

Homeopathic Medical Camp at Brahm Vidyalaya and Aashram,

A free Homeopathic Medical Camp was organized by Kalidas Hospital, Vyara, managed by C. N. Kothari Homeopathic Medical College and Research Center, to celebrate the institution's 25th anniversary. The camp was held on 5th January 2026 from 10.00 AM to 12 AM at Brahm Vidyalaya and Aashram, Dhamodi, taluka Songadh. Dist Tapi. The camp was served by Dr. Tanvika Chaudhari. The whole camp was done under the guidance of college Principal Dr. Jyoti Rao and Organised by Dr. Dixita Upadhyay head of camp committee and her team.



Homeopathic Medical Camp at Garvan, Buhari

A free homeopathic medical camp was organized by Kalidas Hospital Vyara, managed by C.N. Kothari Homeopathic Medical College and Research Center, to celebrate the institution's 25th anniversary. The camp was held on 8th Januray 2026 from 10.00 AM to 3.00PM at Garvan, Buhari. The whole camp was served by Dr. Bhoomika Chaudhari in which student and interns has helped her. The whole camp was done under the guidance of college Principal Dr. Jyoti Rao and Organized by Dr. Dixita Upadhyay head of camp committee and her team.



Homeopathic Medical Camp at Budhavada, Songadh

A free Homeopathic Medical camp was organized by Kalidas Hospital, Vyara, managed by C.N. Kothari Homeopathic Medical College and Research Center, to celebrate the institution's 25th anniversary. The camp was held on 09th January 2026 from 10.00 AM to 3.00PM at Budhavada, Songadh. The whole camp was served by Dr. Vaishali Thakur in which student and interns has helped her. The whole camp was done under the guidance of college Principal Dr. Jyoti Rao and Organised by Dr. Dixita Upadhyay head of camp committee and her team.



Homeopathic Medical camp at Gangtha, Kukarmunda

A free Homeopathic Medical camp was organized by Kalidas Hospital, Vyara, managed by C.N. Kothari Homeopathic Medical College and Research Center, to celebrate the institution's 25th anniversary. The camp was held on 10th January 2026 from 10.00 AM to 3.00PM at Gangtha, Kukarmunda. The whole camp was served by Dr. Divya Gamit in which student and interns has helped her. The whole camp was done under the guidance of college Principal Dr. Jyoti Rao and Organised by Dr. Dixita Upadhyay head of camp committee and her team.



Homeopathic Medical Camp at Pati, Kukarmunda

A free Homeopathic Medical Camp was organized by Kalidas Hospital, Vyara, managed by C.N. Kothari Homeopathic Medical College and Research Center, to celebrate the institution's 25th anniversary. The camp was held on 11th January 2026 from 10.00 AM to 3.00PM at Pati, Kukarmunda. The whole camp was served by Dr. Divya Gamit in which student and interns has helped her. The whole camp was done under the guidance of college Principal Dr.Jyoti Rao and Organised by Dr. Dixita Upadhyay head of camp committee and her team.



Homeopathic Medical Camp at Nasharpara, Nizar

A free Homeopathic Medical Camp was organized by Kalidas Hospital Vyara, managed by C.N. Kothari Homeopathic Medical College and Research Center, to celebrate the institution's 25th anniversary. The camp was held on 12th January 2026 from 10.00 AM to 3.00PM at Nasharpara, Nizar. The whole camp was served by Dr. Bhavna Patel in which student and interns has also contributed in camp. The whole camp was done under the guidance of college Principal Dr. Jyoti Rao and Organised by Dr. Dixita Upadhyay head of camp committee and her team.



Homeopathic Medical Camp at Gopalpura, Songadh

A free Homeopathic Medical Camp was organized by Kalidas Hospital, Vyara, managed by C.N. Kothari Homeopathic Medical College and Research Center, to celebrate the institution's 25th anniversary. The camp was held on 13rd January 2026 from 10.00 AM to 3.00PM at Gopalpura, Songadh. The whole camp was served by Dr. Vaishali Thakur in which student and interns has helped her. The whole camp was done under the guidance of college Principal Dr. Jyoti Rao and Organised by Dr. Dixita Upadhyay head of camp committee and her team.



Homeopathic Medical camp at Chitpur Uchchhal

A free Homeopathic Medical Camp was organized by Kalidas Hospital, Vyara, managed by C.N. Kothari Homeopathic Medical College and Research Center, to celebrate the institution's 25th anniversary. The camp was held on 15/01/2026 from 10.00 AM to 3.00PM at Chitpur Uchchhal. The whole camp was served by Dr. Bhavna Patel in which student and interns has also contributed in camp. The whole camp was done under the guidance of college Principal Dr. Jyoti Rao and Organised by Dr. Dixita Upadhyay head of camp committee and her team.



Homeopathic Medical Camp at Hanvantpada, Subir

A free Homeopathic Medical Camp was organized by Kalidas Hospital, Vyara, managed by C.N. Kothari Homeopathic Medical College and Research Center, to celebrate the institution's 25th anniversary. The camp was held on 17/01/ 2026 from 10.00 AM to 3.00PM at Hanvantpada, Subir. The whole camp was served by Dr. Dhruvi Birari in which student and interns has helped her. The whole camp was done under the guidance of college Principal Dr. Jyoti Rao and Organised by Dr. Dixita Upadhyay head of camp committee and her team.



Homeopathic Medical Camp at Gotiyamala, Ahwa

A free Homeopathic Medical Camp was organized by Kalidas Hospital, Vyara, managed by C. N. Kothari Homeopathic Medical College and Research Center, to celebrate the institution's 25th anniversary. The camp was held on 18/01/ 2026 from 10.00 AM to 3.00PM at Gotiyamala, Ahwa. The whole camp was served by Dr. Tanvika Chaudhari in which student and interns has helped her. The whole camp was done under the guidance of college Principal Dr. Jyoti Rao and Organised by Dr. Dixita Upadhyay head of camp committee and her team.



Homeopathic Camp at Rampura

On occasion of the death anniversary of late Shree Chotalal N Shah, Kalidas hospital affiliated to C. N. Kothari Homeopathic Medical College and Research Centre, Vyara organized Free Homeopathic Camp at Rampura on 07 March 2026 from 10am to 12pm.

The camp was served by Dr. Swapnil Khenger. The whole program is done under the guidance of College Principal Dr. Jyoti Rao and organised by Dr. Dixita Upadhyay head of the camp committee and her team.



Homeopathic Medical Camp at Nishal Faliyu Dudhderi, Chapavadi.

A free Homeopathic Medical Camp was organized by Kalidas Hospital, Vyara, managed by C.N. Kothari Homeopathic Medical College and Research Center, Vyara. The camp was held on 26 March 2026 from 10:00 AM to 12:00 PM at Nishal Faliyu Dudhderi, Chapavadi.

The camp was served by Dr. Ashok Gundigara. The whole program was done under the guidance of college Principal Dr. Jyoti Rao and Organised by Dr. Dixita Upadhyay head of camp committee and her team.



World Homeopathy Day celebration (10th April 2026)

Homeopathic screening and treatment Camp at Kalidas Hospital, Vyara

On the occasion of World Homeopathy Day and the 271st Birth Anniversary of Dr. Samuel Hahnemann, Bhartiya Homeopathy transforming traditional wisdom into tangible science, Homeopathic week celebration 2026 As guided by NCH a Free Homeopathic screening and treatment Camp was successfully organized by Kalidas Hospital, Vyara, managed by C. N. Kothari Homeopathic Medical College & Research Centre.

The camp was conducted on 1st April 2026 at Anganwadi, Magdum Nagar, Vyara. A large number of people from nearby areas actively participated in the camp. Patients were provided with free homeopathic consultation and expert medical advice. Special emphasis was given to lifestyle-related disorders, and patients have been also given guidance on diet.

Additionally, Random Blood Sugar (RBS) tests were conducted free of cost to screen for diabetes and related conditions. Homeopathic medicines were given to all patients according to their condition. The camp was served by Dr. Divya Gamit and Dr. Vaishali Thakur and diet was advised by Dr. Jyoti Shukla. The whole camp was done under the guidance of college Principal Dr. Jyoti Rao and Organised by Dr. Dixita Upadhyay head of camp committee and her team.



Homeopathic Medical Camp at Gram Panchayat, Nishal Faliyu, Chikhalda

On the occasion of World Homeopathy Day 2026 and the 271st Birth Anniversary of Dr. Samuel Hahnemann, Bhartiya Homeopathy is transforming traditional wisdom into tangible science. As guided by NCH, a Free Homeopathic treatment Camp was successfully organized by Kalidas Hospital, Vyara, managed by C.N. Kothari Homeopathic Medical College & Research Centre.

The camp was conducted on 7th April 2026 at Gram Panchayat, Nishal Faliyu, Chikhalda from 9.30 am to 12.30 pm. The camp was served by Dr. Bharat Solanki.

The entire camp was conducted under the guidance of college Principal Dr. Jyoti Rao and organized by Dr. Dixita Upadhyay, head of the camp committee, along with her team.



Homeopathic Mega Camp at Indu and Rampura (Old Gram Panchayat), Paniyari (PHC), Katasvan (Gram Panchayat), and Khushalpura (Milk Dairy)

On the occasion of World Homeopathic Day and 271st Birth Anniversary of Dr. Samuel Hahnemann. The Free Homeopathic Mega camp was organized by C. N. Kothari Homeopathic Medical College and Research Centre, Vyara, attached to Kalidas Hospital, Vyara, with the aim of providing accessible and effective homeopathic healthcare services to rural communities. The camp was organized across five adopted villages, namely Indu, Rampura, Paniyari, Katasvan, and Khushalpura, at different timings to ensure maximum participation. The camps at Indu and Rampura (Old Gram Panchayat) were conducted on 10th April 2026 from 4:30 PM to 6:30 PM, while camps at Paniyari (PHC), Katasvan (Gram Panchayat), and Khushalpura (Milk Dairy) were held from 10:00 AM to 12:00 noon.

The camp provided free consultation and treatment for various health conditions, especially focusing on skin diseases such as eczema, psoriasis, hair fall, and dandruff, as well as female disorders including fibroid of uterus, dysmenorrhoea, menorrhagia, and metrorrhagia. In addition, an anaemia diagnostic camp was also conducted to identify and manage cases of low hemoglobin levels among patients. The medical services were efficiently delivered by a dedicated team of doctors including Dr. Sonu

Shah, Dr. Anjali Sindhi, Dr. Suchita Patel, and Dr. Smita Gamit who served patients across different locations.

A large number of patients actively participated in the camp, benefiting from free homoeopathic consultation, medicines, and health guidance. The camp also played an important role in spreading awareness about the safety, effectiveness, and holistic approach of homoeopathic treatment. The entire program was successfully organized and managed by Dr. Dixita Bhatt and her team, under the valuable guidance of Principal Dr. Jyoti Rao. Overall, the camp proved to be a meaningful initiative in promoting community health and bringing homoeopathy closer to rural populations.



Death Anniversary of Late Shree Mohanbhai Gamit

On occasion of the Death anniversary of late shree Mohanbhai Gamit, Kalidas Hospital affiliated to C. N. Kothari Homeopathic medical College and research institute, Vyara pay floral tribute to Late shree Mohanbhai Gamit. On 12th January 2026, the program was opened by lighting the lamp and floral tribute by Dr. Bhavin Modi and Members of camp committee and College Faculties.

The whole program was done under the guidance of college Principal Dr. Jyoti Rao and Organised by Dr. Dixita Upadhyay head of camp committee and her team.



Field Visit

Field Visit by Homoeopathic Pharmacy Department at Sneh Rashmi Botanical Garden, Surat

The Department of Homoeopathic Pharmacy, C.N. Kothari Homoeopathic Medical College & Research Center, Vyara, organized an educational field visit to Sneh Rashmi Botanical Garden, Surat, on 05 January 2026, for the students of 1st BHMS (Batch 2024–26). The visit was conducted as a part of the department's academic activities in accordance with the curriculum prescribed by the National Commission for Homoeopathy (NCH), New Delhi.

The objective of the visit was to provide students with practical exposure to medicinal plants and to enhance their understanding of the botanical sources of homoeopathic medicines. During the visit, students observed a wide variety of medicinal plants, learned about their identification, habitat, and medicinal importance, and correlated their theoretical knowledge with real-life observations.

The field visit proved to be an enriching and interactive learning experience. It helped students develop a deeper appreciation for medicinal flora, encouraged environmental awareness, and strengthened their foundational knowledge in homoeopathic pharmacy. Overall, the visit was successful and highly beneficial for the academic and professional development of the students.



Field Visit by Forensic Medicine & Toxicology Department at the Forensic science Laboratory

On 17/1/2026, the Department of Forensic Medicine & Toxicology of C. N. Kothari Homoeopathic Medical College organized a field visit to the Forensic science Laboratory for second-year BHMS students, accompanied by three faculty members, as a part of the curriculum prescribed by NCH, New Delhi.

The visit was organized with the primary objectives of understanding:
Scientific examination of evidence

To analyze physical, biological, chemical, and digital evidence using validated scientific methods.
Identification of individuals and materials

To identify persons (e.g., through fingerprints, DNA) and materials (weapons, poisons, drugs, documents, etc.)



The entire program was conducted successfully by the Department of Forensic Medicine & Toxicology.

Field Visit by Community Medicine Department at District TB Centre 3rd CBDC

On 11/02/2026 Community Medicine Department of C. N. Kothari Homoeopathic Medical College and Research Centre arranged visit of District TB Centre for 3rd BHMS (CBDC) students as a part of their NCH curriculum. Students along with 2 faculties have visited the District TB Centre.

Medical officer Dr Abhishek Chaudhari and Dr Nirav Gamit have Explained Regarding Functioning of Tb Centre as well as ART Centre.

Key Departments Observed:

- Outpatient Department (OPD): Screening area for presumptive TB cases (chest symptomatic).
- Designated Microscopy Centre (DMC): The primary lab for sputum smear examination.
- Molecular Diagnostic Lab: Equipped with CBNAAT.
- District Drug Store (DDS): Centralized pharmacy for anti-TB drug stocks.

This whole visit was planned and conducted successfully by community medicine department.



DTC Visit 3rd BHMS cbdc 25-26



Field Visit by Community Medicine Department at District TB Centre for 4th BHMS

On 12/02/2026 Community Medicine Department of C. N. Kothari Homoeopathic Medical College and Research Centre arranged visit of District TB Centre for 4th BHMS students as a part of their NCH curriculum. Students along with 2 faculties have visited the District TB Centre.

Medical officer Dr Abhishek Chaudhari and Dr Nirav Gamit have Explained Regarding Functioning of Tb Centre as well as ART Centre.

Key Departments Observed:

- Outpatient Department (OPD): Screening area for presumptive TB cases (chest symptomatic).
- Designated Microscopy Centre (DMC): The primary lab for sputum smear examination.
- Molecular Diagnostic Lab: Equipped with CBNAAT.
- District Drug Store (DDS): Centralized pharmacy for anti-TB drug stocks.

This whole visit was planned and conducted successfully by community medicine department.



DTC Visit 4th BHMS 25-26



Field Visit by Pharmacy Department at Dr. Willmar Schwabe India Pvt. Ltd.

To provide knowledge about Homoeopathic medicine preparation.

On 26/2/26, the Pharmacy department of CNKHC & RC arranged a visit of Dr. Willmar Schwabe India Pvt. Ltd. for 1st BHMS CBDC(24-26 Batch) Students as a part of their NCH curriculum. A total of 99 students attended this visit along with 4 faculty members. This visit was highly enriching and informative. Students gained Practical knowledge about how homoeopathic medicine has been prepared from raw materials to its final form. We have visited different sections of Pharmaceutical company like Raw material, Trituration, Globuli, Tablets, Mother Tincture Preparations, and Storage, and also visited the biochemistry section of company for Final testing of medicine etc.

- How to store raw materials and prepared medicine through Trituration & Succussion Method.
- Students gained practical knowledge about globules making, mother tincture preparation and storage & packaging of it.
- Students also learned about microbiology section of company and consumer complaints section.
- Students also visited the botanical garden of company and developed an understanding of various plant species.
- Students expressed enthusiasm and engagement throughout the visit.

This educational visit to the pharmaceutical company was a wonderful experience and provided an enriching learning experience to the Students.



Field Visit by Community Medicine Department Primary Health Center (PHC) at Chapawadi

The Community Medicine Department of C. N. Kothari Homoeopathic Medical College and Research Center, Vyara, arranged an institutional visit to the Primary Health Center (PHC) at Chapawadi on April 2, 2026.

The objective of this visit was to provide students with practical exposure to the functioning of primary healthcare delivery systems in rural India and to understand the role of various health personnel in public health management.

Objectives of the Visit

- To understand the organizational structure and administrative setup of a PHC.
- To study the implementation of various National Health Programs at the grassroots level.
- To observe the maintenance of health records and the Health Management Information System (HMIS).
- To learn about the cold chain system and immunization protocols.
- To understand the integration of AYUSH services within the primary health framework.

This entire program was conducted successfully by the Community Medicine Department.



Field Visit by Community Medicine Department at Sewage Treatment Plant, Vyara

On 8th April 2026, as part of the Community Medicine curriculum, 4th Year BHMS students at C. N. Kothari Homoeopathic Medical College & Research Center, Vyara, conducted an educational field visit to the local Sewage Treatment Plant (STP) in Vyara.

The main goal was to give students real-world experience in how to keep the environment clean, understand public health systems, and learn how wastewater is managed, which are all important for stopping water-related illnesses and improving community cleanliness. During the visit, the technical staff at the STP guided students through the multi-stage treatment process.

A. Preliminary Treatment

The removal of large debris, rags, and grit using screens and grit chambers.

B. Primary Treatment

Sedimentation

C. Secondary Treatment

Biological Process

D. Tertiary Treatment

Disinfection

The Community Medicine Department successfully conducted the entire program.



Field Visit by Community Medicine Department at Primary Health Center (PHC), Chapawadi

The Community Medicine Department of C. N. Kothari Homoeopathic Medical College and Research Center, Vyara arranged an institutional visit to the Primary Health Center (PHC) at Chapawadi of 4th-year BHMS students on April 9, 2026. The objective of this visit was to provide students Practical exposure the functioning of primary healthcare delivery systems in rural India and to understand the role of various health personnel in public health management.

Objectives of the Visit

- * To learn about how a PHC is set up and how it works.
- * To study the implementation of various National Health Programs at the grass roots level.
- * To observe the maintenance of health records and the Health Management Information System (HMIS).
- * To learn about the cold chain system and immunization protocols.
- * To understand the integration of AYUSH services within the primary health framework.

This entire program was conducted successfully by the community Medicine Department.



Field Visit by Community Medicine Department at Water Purification Plant

On 13/04/26, as part of the 4th Year BHMS curriculum Community Medicine Department of C. N. Kothari Homoeopathic Medical College and Research Center, Vyara, arranged an educational visit to the Water Purification Plant in Vyara. The primary objective was to provide students with practical insights into large-scale water treatment processes, ensuring the delivery of safe and potable water to the community to prevent water-borne diseases.

Objectives of the Visit

- To understand the technical stages involved in the purification of surface water.
- To study the physical, chemical, and biological standards of drinking water.
- To observe the practical application of disinfection methods, specifically chlorination.
- To correlate theoretical knowledge of environmental health with real-world public health infrastructure.

This Whole program was arranged and conducted by Community Medicine Department



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