

### **Goal, Perspective & Experience**

The vastness of rural India provides many opportunities to learn and fathoms innumerable medical conditions & lifestyle analysis opportunities, including the atmospheric, economic and cultural impacts on the health. HFRI has successfully completed two years of "Medical Internship Initiative", by taking pre-medical students from various colleges across the United States to India, exposing them to Indian medical system, common tropical and infectious diseases, village health, exposure to Yoga and its impact on physical, mental and medical diseases, cultural exposure and spiritual uplifting. These trips have been very rewarding and fabulous experiences for both students and organizers.

*“Our second HFRI M.I.I. project was again blessed and graced with higher energy which made it enjoyable, extremely educational, culturally motivational with the exposure to the science of Ayurveda, yoga, meditation and privileged with sightseeing trips.” – Dr. Veena Gandhi*

Last year’s program ran from Dec 25 to Jan 7 at Ranchi - Jharkhand, India. The participating students rounded with internists, surgeons, pediatricians and preventive and community health departments in the renowned medical school at Ranchi connected with AIMS from Delhi to learn about common diseases prevalent in that area and basic medicine. They also visited private nursing homes, small, medium and large sized charity hospitals and outreach clinics. This gave them tremendous exposure about India’s Medical health systems. There was also a trip to a remote village, Gola, to learn about the village life, village culture and traditions. They learnt about HFRI initiative of anemia eradication program in women and children in EkalVidyalaya villages. The trip cannot be more rewarding and cost effective for all.

The students kept daily journal and subsequently hopefully they may write an article about health care and village health in India. We, at HFRI, strongly feel that this connectivity of West to East will be extremely valuable to the participants, giving them a great exposure to a different country, life style, culture, medical diseases, medical system, and above all, will make them broader thinkers and better doctors. This experience may also help them in their admission into medical schools.

- *“It was enlightening and gratifying to observe first-hand how the funds from donations we make are making real difference to the lives of so many people back in India” – Kriti*
- *“While it was an exhausting trip, we learned a great deal – a great experience of visiting so many medical facilities and interacting with dedicated medical professionals” – Sheila*
- *“Seeing the patients in pediatric ward brought about a great deal of empathy” – Rishabh*
- *“During this trip, I learned different aspects of medicine, including the importance of nutrition, hygiene, religion, and therefore, the significance of health literacy in a country like India” – Sahil*

\*\* Enjoy last year’s video at this link: [https://www.youtube.com/watch?v=TVG\\_LHseuiQ](https://www.youtube.com/watch?v=TVG_LHseuiQ)

HFRI is ready to offer this program again for 2017- 18. Kindly review the website [www.hfriusa.org](http://www.hfriusa.org) for the details for internship program. This year we have a new venue, Banaras. If there is any question, do not hesitate to call **Dr. Veena S Gandhi, (856) 435-9148** or **Dr. Hasmukh Shah at (815) 441-0559**. Students will be selected on first come first serve basis.

**PERSONAL INFORMATION**

**Date:** \_\_\_\_\_

Applicant's Name (First, Last, MI): \_\_\_\_\_ Date of Birth: (mm/dd/yyyy): \_\_\_\_\_

Applicant's Address: \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Email address: \_\_\_\_\_ Phone Number \_\_\_\_\_

What university do you attend? \_\_\_\_\_

What is your current status? \_\_\_ 2<sup>nd</sup>yr \_\_\_ 3<sup>rd</sup>yr \_\_\_ 4<sup>th</sup>yr \_\_\_ 5<sup>th</sup>yr \_\_\_ Paramedical \_\_\_ Med Student (yr)

What languages do you speak? \_\_\_\_\_

Do you speak Hindi? \_\_\_ Yes \_\_\_ No

Can you understand Hindi? \_\_\_ Yes \_\_\_ No

What are your expectations from this endeavor? \*\*\*

What are your strengths? \*\*\*

\*\*\*Please use separate page. \*\*\*

**Parent/Guardian Information**

Name (First, Last, MI): \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone#: \_\_\_\_\_

Email: \_\_\_\_\_

**Emergency contact I**

Name (First, Last, MI): \_\_\_\_\_

Phone number: \_\_\_\_\_

Relation to contact: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

**History**

Have you been to India before? \_\_\_ Yes \_\_\_ No

If yes, did you experience any problems?

\_\_\_\_\_

**Emergency contact II**

Name (First, Last, MI): \_\_\_\_\_

Phone number: \_\_\_\_\_

Relation to contact: \_\_\_\_\_

**Note: If you have any close contact/relative in India, please mention here.**

**Release:** HFRI Management requests that you will allow the usage of your pictures/videos from the MII programs for the program's publicity and HFRI activities. If you have any reservations, please mention here.

**MEDICAL HISTORY (This will be strictly kept confidential)**

Have you ever been hospitalized? \_\_\_ Yes \_\_\_ No

If yes, what for? \_\_\_\_\_

Please list any current or past medical history: (only for the purpose in event of any unforeseen emergencies)

\_\_\_\_\_

\_\_\_\_\_

Please list any allergies: \_\_\_\_\_

Please list any medications you currently take: \_\_\_\_\_

**Medical Insurance**

Name of plan and ID#: \_\_\_\_\_

**Please note: any unforeseen expense for medical treatment outside of insurance coverage will be borne by the applicant or their parents.**



**PROPOSED PROGRAM AND FEE SCHEDULE – 2017-18**

**Dates:** Dec. 25<sup>th</sup> 2017– Jan. 5<sup>th</sup> 2018

**Place:** \*\*\* Banaras, India

\*\*\*Incase the number of students is more than 14, then another site will be Ranchi. In that case, HFRI will review and selection committee for MII will endeavor to pair up applicants with their first choice of the program location, but reserves the right to assign second choices should the situation demand

\*\*\*Students will be chosen on first come-first served basis.

Please fill out the MII application from the HFRI website [www.hfriusa.org](http://www.hfriusa.org) or Ekal Vidyalaya website [www.ekal.org/us](http://www.ekal.org/us) and send completed applications by emails to:

Dr. Veena S. Gandhi ([gandhiom1943@yahoo.com](mailto:gandhiom1943@yahoo.com))

Dr. HasmukhShah ([hptampico@gmail.com](mailto:hptampico@gmail.com))

**Proposed Program\***

1. Inauguration
2. Village trip and general medical camp
3. Hospital round and visit to a private nursing home
4. Medical Rounds- with internists, surgeons, pediatricians, and preventive and community health
5. Private Hospital Visits
6. Day Exposure to the Science of Ayurveda
7. Yoga and its application to medicine/ Meditation
8. Sightseeing/pleasure trips/shopping (time-permitting)
9. Concluding Session/Closing Cermony

**\*Note:** Further details will be provided as we get closer (October-November) to the actual program

**Expense:** Personal flying arrangement (HFRI will guide) to Benaras+ \$1100

<b>Contacts:</b>	<b>1. Dr. Veena Gandhi</b>	Email: <a href="mailto:gandhiom1943@yahoo.com">gandhiom1943@yahoo.com</a>	Tel: 856-435-9148
	<b>2. Sri Dinesh Modh</b>	Email: <a href="mailto:nadi715@yahoo.com">nadi715@yahoo.com</a>	Tel:516-935-0002

3. Dr HasmukhShah                      Email: [hptampico@gmail.com](mailto:hptampico@gmail.com)                      Tel:815-441-0559
4. Dr. Vivek Pradhan                      Email: [vivek.pradhan.hou@gmail.com](mailto:vivek.pradhan.hou@gmail.com)                      Tel: 409-370-7267

**Timeline:**

- Application out by** --- March
- Application deadline** --- beginning of August
- Selection and acceptance letter** --- beginning of September
- Payment (in full) and liability waiver form** ----- end of September
- Preparation 1** --- Instructional letter --- October
- Preparation 2** --- Daily Program Itinerary and flight itinerary ---- by end of October/November
- Preparation 3** --- Final instructions --- November

**Brief Profiles:**



**Dr. Veena Gandhi** is an obstetrician and gynecologist by profession, and has had over 40 years of career dedicated to her profession. She loves yoga and spiritual pursuits. She has writtena book on yoga and pregnancy, "Creating miracle child with yoga", complete and practical guide for expectant parents. She is the founder and chairperson of HFRI, and has over 20 years of community work experience, with passion for education and healthcare. Dr. Gandhi is based in New Jersey area.



**Dr. Hasmukh Shah** has been a family physician for over 30 years. He has been doing significant community work since 1997, and chairs the Gramothan initiative for Ekal Abhiyan. Dr. Shah is the Vice President of HFRI.