HFRI - Premedical Internship Initiative (M.I.I.) – 2017

by Veena Gandhi, MD

Here is our short record of this years' great trip. This was our second year of premed. M.I.I. The past experience of the year 2016 had added tremendously in our planning, organizing, and conducting these years' efforts. The duration again was for 11 days, starting from December 27th. To January 7th. keeping in mind about the good weather and suitable time of winter break for the pre medical students' college timing.

Arriving on Dec. 27th, the inauguration session and orientation details were given in Ranchi City Hall Hotel campus hall. Presence of the local leaders and physicians was very encouraging. All were looking forward for our arrival.

This year our lodgings and boarding was in the excellent hotel in the outskirts of the busy section of the city.

On the second day our introduction started with the renounced Ayurvedic physician Dr. Mishra, author of several Ayurvedic books. The youths were introduced to the concept of Panch Maha Bhuta, Tridosha, important plants for the preventive and curative treatment of diseases, usage of minerals and the process of formation of Ayurvedic medicines. This was very exciting and informative for the students, because they were never exposed to this wonderful heritage of Ayurvedic science.

Subsequently for the next four days, Ranchi Institute of Medical science (RIMS), which is associated with AIMS, taught our students the basics of internal medicine, general surgery, pediatrics, and community medicine. It was very heartwarming that each department took keen interest in these students and imparted their best and to the level of these students. Walking through the different wards, seeing crowded wards with the families, different types of diseases in this large State hospital gave them tremendous exposure of Indian Medical hospital. Teaching by medical professors and post graduate students with their deep clinical sense and compassion was very rewarding. We cannot thank enough for their contribution in the development of our pre medical students. At this stage I also thank the Director, assistant director of RIMs and all the head of the departments. Dr. Madhukar Bhatt, our coordinator had arranged all this along with Dr. Mukul Bhatia.

The students also received afternoon and evening lectures by different medical experts on the different subjects. We had also an opportunity to see small and medium size hospitals, so called private nursing homes. The tremendous excitement to see and assist in laparoscopic cholecystectomy and laparoscopic hysterectomy was seen on the faces of our students.

Subsequently our village trip, traveling in a bus through the forest and mountain, welcome by villagers with flowers garland and "Tica" with red kumquat, all was new for the students. We saw soak pit formation to avoid stagnant water was very informative and gave the lesson about how to prevent communicable diseases like malaria and how to construct soak pit in a reasonable amount. They saw the
village culture, free roaming of dogs, cattle, hens, and most excitingly monkeys. The villagers provided simple, hot and nutritious lunch.

This year due to our better management and experience, it was possible to take the students to the world well known places like "Buddha Gaya and Rajgir", the place of Lord Buddha's enlightenment and Veerayatan situated in the middle of mountains, where 23 tirthankers of Jain sampradaya did Sadhana. Rajgir with hot water springs was a new site. In Buddha Gaya the atmosphere was full of spiritual vibrations. Lots of devotees were meditating and doing yoga. The whole place was decorated with thousands of flowers. We also went on the top of the mountain by lift chairs to see "shanti stupa of Lord Buddhs" which was very scenic.

Our next trip was planned to show these students how Ekal Abhiyan movement works for the integral growth of remote and tribal villages. We went to Karangio resource center, about 3 hours from Ranchi. Computer on wheels bus, organic farming, students' hostels, classes for sewing, drawing, carpentry, cow rearing, and Hanuman temple on the premises, all was very exciting. Also we visited one Ekal School in the nearby area where the students enjoyed and played "Kho Kho" with the children. This way open atmosphere gave freshness to all of us.

The last day in the concluding session the students expressed their satisfaction beyond their expectations and joy.

We organizers feel that this self sustaining program has lot to offer to these students beyond medical exposure. The value of exposure to Bharatiya culture, traditions, Indian medical systems including Ayurveda, local sightseeing, and Bharatiya hospitality, learning yoga and enjoying the group are the benefits beyond the words.

Last but not the least we thank God for this to have happened safely. All the students reached USA safely with the happy memories and the great experience.

Thank you all. Namaste.

Veena