



# Annual Report 2020-2021

**Dr M L Dhawale Memorial Trust**

Palghar | Bhopoli | Malad | Pune | Kolhapur

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# Rural Homoeopathic Hospital, Palghar

The year 2020 -2021 would be remembered for the remarkable work done by MLD Trust during Covid crisis. Our staff, students and doctors resolved to continue with all essential and emergency services when the lockdown was announced despite multiple hurdles and personal risks. Many teams were formed to ensure smooth functioning including infection control measures. We served 71,895 patients from 15<sup>th</sup> March 2020 till 31<sup>st</sup> March 2021. We offered totally free or subsidized services to poor patients to the tune of Rs. 1,28,21,805.

## Covid Unit

RHH was the only Homoeopathic hospital in Maharashtra to get permission to start a dedicated Covid unit so that role of Homoeopathic treatment in Covid infections as an adjunct therapy could be explored. This was possible because of team of allopathic consultants, Homoeopathic PG teachers, medical officers and MD students showing willingness to serve Covid patients.

- We inaugurated the Covid unit on 17th August 2020. We soon inducted various medical equipment like Multipara Monitors, Infusion Pumps, Defibrillator, Video Laryngoscope, X Ray Cassettes, laptops, High Flow nasal oxygen system (HFNC), Liquid Oxygen Bank through support of various donors to create a fully equipped set up.
- Total patients treated: 294    Free: 32        Subsidized: 43
- Services were suspended due to decrease in number of patients in Palghar region on 14<sup>th</sup> January 2021 and restarted on 2<sup>nd</sup> April 2021 due to second wave of Covid infections.

## Support to community

- Distributed Arsenic Album Medicine, a homoeoprophylactic medicine advised by the Ministry of AYUSH, GOI, free of cost to more than 2,00,000 families in Palghar, Vikramgad, Wada, Dahanu, Mumbai, Pune, Kolhapur through volunteer & community leader support.
- Distributed 200 Free Masks for patients & relative donated by lions club of Palghar.

## What we learnt

- Service to the poor is service to God: We realized this when we treated Vinod, a young man of 21, living in dire poverty, suffering from end stage renal disease. In the lockdown on 17th April 2020, he walked 12 km to reach our hospital in a state of breathlessness as he had not been able to go to Valsad civil hospital due to lockdown and hence had not received dialysis since 10-12 days. He needed urgent dialysis to save his life. He was immediately admitted and investigated. His hemoglobin was 4 gm% (N=14-16 gm%) and Creatinine was 27 (N = >1mgm%). RHH continued to give him free dialysis with medicines thru donor support.
- Intent to serve and collective will of the team can overcome all obstacles: 3 staff members travelled more than an hour on a motorcycle to reach the hospital. Our 66-year-old matron refused the offer of a double salary and decided to start staying on the campus to guide the

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nursing staff. One staff member was forced to live on the verandha of his house lest he brought in Covid 19 from hospital. Many stayed on campus just in case their services were required leaving their families far away. They shared the feeling that we cannot abandon our patients in this hour of need

- There are many noble souls out there, even in an era of materialism and consumerism: We need to connect to them. This was experienced intensely when a noble soul, Mr. Mani C. Parmeshwar, picked up and dropped our poor dialysis patients from their homes as they had no means of transport. Families of our doctors gave full support to the team who worked. Families shared “donated” their members to the cause of society; not one family fearing loss of death of their loved one!!
- Hospital services during crisis is all about teamwork: Services of everybody - from senior consultant to ward boy matter a lot. To manage dialysis and Sr citizen center is a challenge we took up as we were responsible for 93 people. They were the most vulnerable group. The team ensured all remained healthy. Not a single Covid case was reported for initial 4 months. Thereafter there have been many cases of Covid infection in staff, students and consultants. But all have rejoined immediately at the end of quarantine period. The spirit to serve has not diminished.
- Staff is willing to risk their lives if they know that management cares for them and their families: The staff asked us who will look after our children if we are no more? This intense and direct question touched the right chord. Our community care committee raised funds to offer life insurance of 5 lacs to each employee. The employees got the message that management cares for us. Attendance has been above 90% since then.

We congratulate all the consultants, teachers, medical officers, MD students, hospital staff for their hard work and commitment towards patient care which allowed them to work despite potential risks to life. We are sure that all benefited in the process - the patients, the learners and Homoeopathy. Thanks are due to many donors and well-wishers not only from Palghar-Thane-Mumbai region but from across India and abroad. Without their overwhelming support we would not have been able to sustain our services.

We look back with satisfaction as we remember Master Hahnemann who said ‘I have not lived in vain’.

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## Highlights of the year 2020-2021

- **Date:14th May 2020-** Inauguration of the following facilities -
  - ETO Machine donated by Mrs. Sharmila Chaudhary.
  - 2 Hot & Cold water Dispensers donated by Mr. Agrawal Jati Kosh
- **Date:12th Aug 2020-** Inauguration of **the** following facilities-
  - 2 dialysis Machines donated by Paramhans Ganesh Ji Charity trust & Singhania family in memory of Late Banvarilalji Singhania.
  - Centrifuge Machine donated by well-wishers from Bahrain.
- **Date: 17th August 2020** - Inauguration of 50 bedded dedicated Covid unit at the hands of Hon. Shri Rajendra Gavit, Member of Parliament, Palghar in presence of Shri Kailash Shinde, IAS, Collector, Palghar
- **Date: 11th September 2020-** The induction of the following various medical equipment in its 50 bedded dedicated Covid unit at Rural Homoeopathic Hospital, Palghar.
  - Multipara Monitors, Infusion Pumps, Defibrillator, Video Laryngoscope, X Ray Cassettes, laptops etc. donated by Rotary Club of Bombay Queen Necklace Charitable Trust.
  - Multipara Monitors donated by Shri Rashes Doshi & Shri Jayraj Doshi, Shri Jugal Saraf & Shri Rohit Saraf, Shri Chandrakant Shah & Shri Harshad Shah.
  - High Flow nasal oxygen system (HFNC) donated by Pioneer Medical Research Foundation ([www.palav.org](http://www.palav.org)) in memory of Late Mr Ravi Sapre.
  - Computers and laptops donated by Shri Narinder Singh & Shri Nitish Raikar.
- **Date : 7<sup>th</sup> October 2020** - Inauguration of the **LIQUID OXYGEN BANK** donated by Lions club of Palghar & Lions club of Mumbai Carter road at the hands of Lion Priety Sodha & Lion Atul Dandekar.
  - Distributed Arsenic Album Medicine free of cost to more than 1,40,000 families in Taluka Palghar, Wada, Dahanu through volunteer & community leader support.
  - Distributed 237 Free Masks for patients & relatives donated by Lions club of Palghar.
  - Free transportation for poor & remote area dialysis patients through well-wisher Mr. Mani C. Parmeshwar.
- **Date: On 17th Feb 2021** Dr. Jitendra Malviya (MBBS, MS, MCH (Urology) has joined RHH on visiting basis.( Time-9.00am to 11.00am -Wednesday. )
  - On 5th March 2021 re-started Covid Vaccination Center.



Upgraded Machinery in the Covid Ward



Covid Ward



## Patient statistics for the year April 2020 to March 2021

Department	New Patients	Follow up patients	Total
<b>OPD</b>			
Homeopathy OPD	898	20,469	21,367
Dental OPD	0	0	0
Gynaecology OPD	77	97	174
Orthopedic OPD	1178	1298	2476
Pediatrics OPD	3	2	5
Gen Medicine.	0	6514	6514
Ophthalmology OPD	100	56	156
Surgery OPD	0	3	3
Neurology OPD	77	7	84
Nutrition OPD	105	13	118
ENT	133	48	181
Gastroenterology		111	111
Urology OPD	32	6	38
<b>Investigations</b>			
Pathology	3095	2940	6035
Sonography	517	245	762
X-Rays	2260	1702	3962
ECG	777	767	1544
Cardiology/2D Eco	125		125
BMD	0	0	0
<b>Emergency services</b>			
Ambulance.	252		252
Casualty	8928		8928
Dialysis	8122		8122
<b>Rehab services</b>			
Occupational Therapy	14	76	90
Physio Therapy	61	443	504
Neuro Physiotherapy	14	156	170
Speech Therapy	14	101	115
Total			
Average Patients per day			302
IPD			2671

## Charity data from Covid lockdown i.e. for the period 15th March to 31th March 2021:

Fund / Scheme	No. of Patients /Dialysis Cycle	Total Bill	Paid by Patients	Help given to Patients	Total benefit received by patients
IPF	167	22,09,038	8,26,082	13,82,956	13,82,956
PPF	69	14,89,945	1,20,427 4	2,85,671	2,85,671
Charitable	187	50,57,470	34,14,72 4	16,42,746	16,42,746
Geriatric	61	14,95,612	7,54,842	7,40,770	7,40,770
Covid FUND	5	1,51,052	79,520	46,472	71,532
PPE Kit concession	24	13,43,978	12,01,85 8	1,42,120	1,42,120
MJPJAY / PMJAY Scheme IPD	38	6,04,500	0	38,542	60,4500
MJPJAY / PMJAY Scheme Dialysis	6698	77,20,850	0	19,24,300	77,20,850
Dialysis cycle not covered in scheme	556	6,95,000	5,29,550	1,65,450	1,65,450
Free Cataract operations	13	39,000	0	39,000	39,000
Care of children with disability project	16	26,210	0	26,210	26,210
Total	7834	2,08,32,65 5	80,10,85 0	64,34,237	12,821,805

### Project: Mental Wellbeing of Residents in old age home

A 9-session series of workshop on Mental well-being aiming to evolve positive mental health in Residents of Old Age Home at Anand Vruddhashram was conducted by Dr. M. L. Dhawale Memorial Trust with sponsorship from Helpage India during Pandemic. Programme was inaugurated on 9th October 2020 in presence of Manager of the Projects in Maharashtra, Mr.Valerian Pais, and Head of Department of Psychiatry, Dr. Manoj Patel, Associate Professor Dr. Sunita Nikumbh, Lecturer Dr. Mansi Surati and Medical Social Worker Mrs Vidya Patil.



Subject experts of various fields like Psychiatrist, psychologist, physiotherapist, Geriatric consultants were involved. Workshops were based on action learning principles and activity based which involved Care Givers as well. At end of each workshop, Action plans were assigned to them keeping Trustee and Care Givers of Ashram in the loop. Workshop modules were crafted by Helpage India and required changes were made in conduct of session as per need of the 22 odd residents of Anand Vrudhashram. Highlights of the topics of workshops is as mentioned in the table below

SR. NO.	SUBJECT	TOPIC OF SEMINAR	DATE
1	General understanding of the group, their likes and dislikes	Creative way of 'knowing the hidden aspect of each other' with the help of the game of communication	9/10/2020
2	Common Mental health issues in the elderly & importance of mental hygiene	- Understanding common mental illness. - Becoming aware to deal with age related Issues.	16/10/2020
3	Understanding YOUR mood	- knowing impact of mood on health - Understanding how to maintain healthy mind and approach towards life	10/11/2020
4	Handling anger and frustration	Impact of anger on self and other Various types of anger patterns Techniques to deal with anger	24 /11/2020
5	Emotional well being	- Impact of emotions on mind and body. - Techniques to maintain emotional well being in elderly - Emotional Well being exercises.	10/12/2020
6	Handling Anxiety and Fear	Knowing effects of anxiety Difference between Anxiety and fear Activities – relaxation	24/12/2020
7	Identifying Depression	Understanding Depression Depression and Sadness Its impact on elderly Handling Depression Activity	15//1/21

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8	Forgetfulness and dementia	Understanding difference between forgetfulness and dementia Clinical expressions of Dementia Dealing and helping individual with Dementia	12/2/21
9	Being physically Active	Importance of physical exercise for well being Impact of physical exercises on mental health	18/3/21

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# Dr. M.L. Dhawale Memorial Homoeopathic Medico Surgical and Research Centre, Malad



Financial Year 2020 -2021 has been a challenging year across the globe due to Covid pandemic resulting in total lockdown announced from 22 March 2020.

Impact of this on our working was that

1. All the nearby private hospitals and general practitioners were not working,
2. No Transport facilities were available.
3. Tremendous fear in mind of all stakeholders (Patients, Doctors and Staff)
4. No one was ready to see their known patients.
5. New disease and approach to the disease was not clear.
6. Lack of knowledge about PPE and its usage in clinical practice
7. Financial losses to both hospital and patients due to lockdown.
8. Everything became virtual from Personal

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**Malad hospital with whole team worked against all odds and has risen to the occasion to achieve the vision and mission of our trust.**

*“Reaching the unreached and serving the needy” with the help of our dedicated team.*

**A: Covid Deliveries in the Hospital:**

Covid positive pregnant females had visited our hospital in labour and had no facilities for delivery as all nearby centers were closed. We conducted 15 Covid deliveries inspite of being non Covid hospital. There was fear in the mind of staff and doctors but it was overcome with constant emotional support, adequate universal precautions, orientation of all the staff and following all necessary sensitization procedures to ensure safety of all concerned. There was no positive case amongst the health workers of the Hospital .

**B: Guiding and Helping Covid Positive Delivery patients:**

We guided 50 Covid positive patients to get admitted for delivery to BMC centers with our good association with P north ward. Patients were happy and relieved with our gesture of helping when nobody was available to listen to them leave apart examining them. We arranged bed, transportation of patients to municipal/government set up and followed up till their discharge from Covid center.

**C: Started Covid testing facilities:**

In the month of April in collaboration with SRL and in order to serve the patients without profit, we started in house Covid testing RT-PCR sample collection. In the last one year, we have conducted approx. 1000 Covid tests.

**D: Charges remained unchanged:**

Considering the economic impact across the community due to lockdown and loss of employment and inspite of low income due to Covid, we maintained constant charges, being true to our mission of serving the poor and needy. (last revision was done in 2016). PPE kits were charged to patients at actuals without making any profit and made it free for the poor and needy

**E: Financial Support:**

No patient was turned back due to lack of financial capacity.

Details mentioned about the total charity given to patients by the Malad Centre is given in table - Charity Data

**F: Introduction of Swasth Card:**

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Considering the above we started a new facility --Swaasth card in the month of September 2020 to help the poor and needy patients in the community. It offered them cash back 10% on our hospital services (OPD/IPD/Investigations/Medicines), loan, and insurance. 600 New Patients were enrolled for the card with approx. 5000 transactions till March 2021

#### **G: Dedication & Care of Employees:**

1. In spite of lockdown, our staff risked their lives and gave importance to duty. There was almost 100% attendance in IPD and 50% attendance in OPD in rotation
2. No staff was discharged in spite of not doing financially well. They were paid for their leaves and no salary was deducted
3. Staff term insurance of 5L Each for taking care of any adversity was implemented.

#### **H. COMMUNITY ACTIVITIES**

##### **I. Celebrated International Women's Day month**

To uplift the mood of the Community /hospital Women's day was arranged through organizing different women centric activities. All activities are listed in Table - community activity

##### **II. Daan utsav Celebration:**

Keeping the Covid pandemic in mind, we celebrated Daan utsav with distribution of Disposable cloth masks. 1000 masks were distributed in the nearby area with awareness of Covid appropriate behavior

##### **III. Distribution of Arsenic Alb Homoeopathic Medicines:**

We distributed 50,000 bottles of arsenic alb in the community free of cost. It was homoeopathic prophylactic medicine for Covid as per guidelines of Ayush Ministry

##### **IV. Project on conflict Management and Performance management:**

In association with TATA pro engage, we conducted successfully 2 projects in the Covid pandemic through digital medium for staff development.

- Conflict management:  
This project was designed keeping in mind various issues faced by staff of hospital on day to day basis with patients and their relatives, colleagues, sister, doctors, management (all stake holders) etc. Almost 15 to 20 staff members attended the program. Areas of difficulties were discussed and possible solutions for those problems were brought forward.  
The staff was happy with the project and results were evident. Improved patient care and satisfaction was seen. The programme was extended for next cycle of 6 months.

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- **Performance Management System**

Approx. 30 employees were part of this project. We are exploring having a performance management system in place to motivate the employees. It will boost their willingness to work hard and smart both. The framework is still under process. The project has also been extended for 6 months to get better clarity on the subject.

**V. Cervical Cancer Awareness month:**

Conducted Cervical cancer awareness talk and camp was arranged. Tests were done at 50% cost to our patients as compared to the market prices.

**VI. Camps:**

Various Camps were conducted in the FY 20-21 for the benefit of needy patients in department of Homoeopathy, Dental, Orthopedic. Details are in Table - Community Activity for reference. Camps helped in early detection, diagnosis and better prognosis of the patient outcome. Patients from the camp were given approx. 50% concession in our routine charitable charges. All camps were conducted with strict Covid appropriate behavior in the community and hospital

**VII. Health talks:**

Health talk on various health related topics as per the need of the community were carried out. Details in table Community Activity for reference. Health talks helped in creating awareness about Covid in community

**VIII. Competition:**

Various competitions were held in the community with the sole motto of improving the morale of community people (especially females) which was down due to Covid. This helped us to bring SMILE on their faces.

## Patient Data

Department	New patients	Follow up patients	IPD	Total Patients
Homeopathic	605	5975		6580
Gynaecology	576	884	104	1564
Delivery	0	0	257	257
Pediatric	243	221	17	481
Medicine	173	150	13	336
Surgery	108	54	42	204
Dental	172	281	0	453
Physio	107	683	0	790
ANC	466	1522	0	1988
Pathology	2318	668	0	2986
Casualty	1027	0	0	1027
ECG	239	0	0	239
Opd Procedures	61	0	0	61
Copper T Insertion	21	0	0	21
USG	555	0	0	555
NST	0	0	0	0
X-RAY	312	0	0	312
Orthopedic	245	169	13	427
Diet	0	0	0	0
Ophtalmology	351	167	36	554
ENT	0	0	0	0
<b>TOTAL</b>	<b>7579</b>	<b>10,774</b>	<b>482</b>	<b>18,835</b>

## Charitable Activity

Mode of charity	No of patients	Total bill	Amt Paid by Patient	Total help given to patients
IPF	19	7,39,210	3,32,680	3,32,680
MLDT	16	3,51,235	3,01,115	50,120
<b>TOTAL</b>	<b>35</b>	<b>10,90,445</b>	<b>6,33,795</b>	<b>3,82,800</b>

## COMMUNITY ACTIVITIES

Date	A. Educational	Beneficiaries
April 20 to March 21	ANC Talks	139
	<b>B. Clinical/Activity-Hospital</b>	
October 2020	DAAN UTSAV WEEK CELEBRATION-Distributed Face Masks(Disposal+Cloth) in Community and Hospital Patients	1000
09-Jan-21	Received Appreciation from Mauli Samajik Sanstha-Malad for our work in Covid Times	
15-Jan-21	Cervical Cancer Awareness Camp conducted at hospital	50
24-Jan-21	Ophthalmology camp at Hospital By Dr.Bhavin Khatri	25
29-Jan-21	Dental Camp at Hospital By Dr.Munir Mehta & Dr. Hemal Dave	23
12-Feb-21	Conflict Management Session by TATA PROENGAGER ( Mr.Sahaje) at hospital for Hospital Staff	45
17-Feb-21	BMD Camp at Hospital	25
18-Feb-21	Dental camp at Hospital by Dr.Hemal Dave & Dr.Munir Mehta	23
01-Mar-21	ANC AND PNC Talk by Dr.Renubala Raut	4
08-Mar-21	Women's Day Celebration at Hospital for Patients and Staff.(Distribution of Rose and Thank You Card )	250
10-Mar-21	HB Camp at Hospital	26
12-Mar-21	Dabaa Party at Hospital for Staff	45
15-Mar-21	Nutrition Salad Making by Dr.Ritu Jain at Hospital for Delivery Patients	10
16-Mar-21	BMD Camp at Hospital	38
21-Mar-21	Games at Hospital for Staff	45
10-Apr-21	Homoeopathic Camp at Hospital	41
	Total	650
	<b>C. Community</b>	
01-Mar-21	Hair Cutting Activity at Bhim Nagar (Mrs Vandana Borade)	75
02-Mar-21	Mehndi for staff at Hospital	45
05-Mar-21	Chocolate Making at Kokanipada Dwarkamai Mahila Bachatgat	23
13-Mar-21	Delicious Sukha Bhel Making at Anganwadi No.28, Shreeram Nagar (Mrs Sneha Narkar)	22
14-Mar-21	Cake Making at Atharv Bachatgat	18



<b>19-Mar-21</b>	Mehndi and Rangoli Competition at Hanuman Mandir, Pratap Nagar	23
<b>25-Mar-21</b>	Nail Art at Anganwadi No.72, (Mrs Usha Bagve)	17
<b>326-Mar-21</b>	Rangoli Competition at Saibai School, Appa Pada	9
<b>30-Mar-21</b>	Good Touch & Bad Touch Talk at Anganwadi No.15,(Mrs Vandana Shirodakar)	31
	Total	263
	Total- A+B+C	1052



9.1.2021 Mauli samajik sanstha Honouring Team MLDT



12.2.2021\_Conflict Management session Tata Proengage



12.3.2021 Dabba Party for staff



13.3.2021\_Bhel Making at Anganwadi no.28



15.3.2021 Salad making at hospital BY Dr.Ritu\_Jain



19.3.2021 Rangoli Mehndi competition



25.3.2021 Nail ART



Daan utsav October 2020



8.3.2021 Women's Day Party Celebrations\_

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# Smt. Janaki Bachhu Dube

## Homoeopathic Hospital, Bhopoli

Covid-19 pandemic began in Maharashtra around end of March 2020.

Due to lockdown all the regular activities slowly came to a standstill. Our medical mobile unit could not reach any of the 25 villages as the community blocked off all the entry and exit points from and into the villages due to fear of Covid. Patients could not reach the centre as transport was not available. And as the doctors could not visit the villages, regular health check-ups of pregnant women and malnourished children could not take place.

During this chaotic situation our community health workers and multi-purpose workers went from door to door, explaining the importance of regular intake of medicines by pregnant women and malnourished children. They assured that though doctors would not be able to visit the villages, they themselves will continue visiting individual houses to examine the beneficiaries and hand over the medicines and supplements.

The beneficiaries understood the importance. After explaining this plan of action to the village authorities, they granted permission to the health workers to enter the villages.

### **Activities during this lockdown period (From April 2020 to October 2020):**

- Iron, Calcium and protein powder distribution: 350 pregnant women and 200 lactating mothers
- Homoeopathic medicines: 321 malnourished children
- Haemoglobin check-up continued for ANC women.
- 50 women were diagnosed to be having severe anaemia. They were provided with ambulance facility to come to the center and injection Orofer was administered. This allowed improvement in their haemoglobin level and all these mothers could have a safe institutional delivery.
- Covid prevention program: As per the guidelines of CCRH, Arsenic Album 200 was distributed free of cost to around 1.5 lakh population from Vikramgad, Wada, and Jawahar. People also came to know about homoeopathic prophylaxis through digital media, news channels, etc. Due to this many gram panchayats demanded distribution of Arsenic Album. Thus we could reach out to a large population without much difficulty.
- Due to lockdown, many people suffered huge financial loss. Very poor and destitutes found it very difficult to even have 2 meals a day. Our health workers brought it to our notice. We could distribute grains, oil, pulses, sugar, tea powder and soap to 1350 families in 5 villages, due to support from HLL and EOTO.

## Patients Statistics

Dept. Month	Casualty		Hospital OPD		OPD Total No. of Patients	IPD	Mobile Patients	Malnutrition	Peripheral OPD F/C	Total No. of Patients
	New	FU	New	FU						
Apr-20	16	28	33	217	294	7	0	281	208	790
May-20	17	55	48	212	332	7	0	319	171	832
Jun-20	21	34	55	315	425	10	0	319	196	950
Jul-20	10	24	50	297	381	10	0	319	158	864
Aug-20	8	57	47	253	365	6	0	319	180	865
Sep-20	15	56	64	424	559	1	0	319	200	1086
Oct-20	12	47	45	278	382	8	0	332	147	881
Nov-20	13	63	46	275	397	20	0	314	148	954
Dec-20	14	38	66	316	434	8	0	315	229	1178
Jan-21	32	12	64	355	463	6	168	285	235	1157
Feb-21	44	15	84	402	545	7	157	285	220	1759
Mar-21	41	62	81	460	644	13	140	285	210	1936

## Adolescent Meetings

No	Date	School	Village	Resource person	No of students	Topic of discussion	IEC material used
1	09-12-2020	Z.P School Satkhor	Dr.Sujata Goda	Dr.Sujata Goda	20	Anaemia & Nutritional Diet	Posters
2	22-01-2021	Z.P School Satkhor	Satkhor	Dr.Sujata Goda	18	Adolescent Health	Posters
3	29-01-2021	Z.P School Satkhor	Satkhor	Dr.Sujata Goda	26	Adolescent Health	Posters
4	11-02-2021	Z.P School Ghanede	Ghanede	Dr.Aqsa	12	Adolescent Health Nutritional Diet & Anaemia	Posters & Chart

5	05-02-2020	Z.P School Satkhor	Satkhor	Dr.Sujata Goda	25	Anaemia & Nutritional Diet	Video & Charts
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### Orientation of ANC Patients & their relatives

No	Date	Village	Pada	Name of CHVs	No of ANC women	No of general people	Topic of discussion	IEC material used
1	06-01-2021	Shilshet	Tarepada	Sujata Sutar	4	5	ANC Care, Diet & Breast feeding	Chart
2	07-01-2021	Kev	Gavthan	Supriya Shelar	5	10	ANC Care, Diet & Breast feeding	Chart
3	08-01-2021	Ghaneghar	Dolepada	Sulbha Dole	2	6	ANC Care & Diet Plan	Chart
4	27-01-2021	Kev	Sambarepada	Sunanda Sambare	1	8	ANC Care, Child Care & Diet Plan	Chart
5	10-01-2021	Karsud	Gavthan	Alka Mali	5	7	ANC Care, Adolescent Health Nutrition & Diet Plan	Chart
6	06-01-2021	Ghanede	Gavthan	Nanda Harwate	6	5	ANC Care	Chart
7	18-01-2021	Vedhe	Dhinda Pada	Paru Bhoir	2	10	ANC Care	Chart
8	07-01-2021	Vedhe	Fararpada	Sanjivani Farara	3	7	ANC Care & Diet Plan	Chart
9	27-01-2021	Kev	Bhagatpada	Sunanda Sambare	1	8	ANC Care & Diet Plan	Chart
10	10-01-2021	Chinchghar	Gavthan	Darshana Patil	3	4	ANC Care & Child Diet Plan	Chart
11	12-01-2021	Ghaneghar	Dolepada	Sulbha Dole	6	5	ANC & PNC Care, Diet Plan	Chart
12	06-01-2021	Kondgaon	Gavthan	Bhavana Gond	8	19	ANC Care IMP of Immunization	Chart

13	15-01-2021	Chinchghar	Gavthan	Darshana Patil	10	10	ANC Care, Breast Feeding & Diet Plan	Chart
14	04-01-2021	Bhopoli	Gavthan	Kanta Tare	12	9	ANC Care &	Chart
15	07-01-2021	Kondgaon	Dongaripada	Bhavana Shelka	6	11	ANC Care & Adolescent Health	Chart
16	18-01-2021	Uprale	Vaghanpada	Pramila Vadhan	4	8	ANC Care & Child Diet Plan	Chart
17	12-02-2021	Kev	Gavthan	Supriya Shelar	4	7	ANC Care IMP of Immunization, & Diet Plan	Chart
18	04-02-2021	Shilshet	Tarepada	Sujata Sutar	3	6	ANC Care	Chart
19	11-02-2021	Ghaneghar	Dolepada	Sulbha Dole	5	9	ANC Care	Chart
20	05-02-2021	Boronda	Gavthan	Manisha Basavat	1	15	ANC Care & Child Diet Plan	Chart
21	08-02-2021	Aapti	Gavlipada	Suvarna Baraf	3	7	ANC Care	Chart
22	08-02-2021	Aapti	Lahangepada	Kavita Lahange	3	6	ANC Care	Chart
23	12-02-2021	Uparlae	Vaghanpada	Pramila Vadhan	5	7	ANC Care	Chart
24	18-02-2021	Bandhan	Gavthan	Nayana Bhoir	5	11	ANC Care	Chart
25	04-02-2021	Karsud	Gavthan	Alka Mali	5	9	ANC Care	Chart
26	10-02-2021	Shil	Pandharepada	Pratiksha Jadhav	3	4	ANC Care	Chart
27	19-02-2021	Kondgaon	Gorthapada	Sudha Umtol	5	9	ANC Care	Chart
28	10-02-2021	Vedhe	Dindhapada	Paru Bhoir	2	8	ANC Care	Chart
29	05-02-2021	Talavli	Gavthan	Kanchan Chabke	8	9	ANC Care	Chart



Adolescent Hb Check up Camp



Adolescent Hb Check up Camp



Medicine Distribution in the villages

## Education Project

Covid-19 has caused financial and educational damage to the whole world. Eventually, the idea of an online class for academically advanced children came up and the classes started very quickly. But children in rural areas have not been able to participate in this process even today. Living in poverty, the problem was where to get a mobile phone and how to recharge it?. This kind of problem is still facing children today. Students have been completely deprived of education for the last six months. This will help the children to study the elements they have forgotten and increased their confidence to return to school happily once school starts.

## Education Project Activity

Sr. No	Particulars	Class	Name of Village learning centre	Total centres	Total Average Students	Total Days Avg.	Who managed
1	English Improvement Activity	1st to 8th	Ghneghar, Karsud (Khoripada), Karsud (Gavthan), Karsud( Bhoir Pada), Kondgaon, Kurunze (Dumad pada), Khanede, Bangarchole, Ghaneghar	9	20 to 25	100 days	Village Volunteer
2	Basic Concept understanding in Mathematics	1st to 8th					
3	Basic Concept understanding in Science	1st to 8th					
4	Village sport	1st to 8th					
5	Career Guidance	1st to 8th					
6	Meditation	1st to 8th					
7	Story Telling	1st to 8th					
8	Science practicals	7th					
9	Tab base Activity	5th to 8th	Kurunze (Dumad Pada) Ghneghar, Karsud (Gavthan) Karsud (Khoripada)	4	20 to 25	120 days	MLDT Staff
10	Mobile Library Activity (In The School, Supported by EOTO)	10th	Bhopoli, Talwada, Vatslya, Kurunze, Man Ashram, Vikramgad Ashram, Kondgaon	7	475 (Total)	100 days	MLDT Staff

In September, we started extra classes for 10th and 12th graders. However, due to Covid positive in our staff, the classes had to be closed. Classes resumed in October. Once again a doctor's report was positive and the class had to be closed again. Classes resumed in November. But the student response did not last. So we started planning community activities in December.



Particulars	Class	Days	Students Present	Subject				
Sep-20	10th	12	17	Marathi	Hindi	English	Science	Geography
	12th	10	7	Marathi	Hindi	English	Science	Geography
20-Oct	10th	16	35	Marathi	Hindi	English	Science	Geography
	12th	13	5	Marathi	Hindi	English	Science	Geography
20-Nov	10th	23	18	Marathi	Hindi	English	Science	Geography
	12th	17	5	Marathi	Hindi	English	Science	Geography
20-Dec	5th to 10th	30	65	Mathematics	English	Tab base Education		



Village Learning Center (VLC-Ghanede )





### Self Help Group (SHG) Project Activity sheet April-2020-March 2021

Sr.No	Particulars	2020-21
1	New Bachat Gat	0
2	Total Revolving Fund	6
3	Total Number of Loan taking SHG	4
4	Total Inactive Groups	3
5	Groups Doing Organic Farming	2
6	Number of up-to-date accounts	0
7	Groups conducting Regular Meet-up	0
8	Number of Groups who have repaid the loan	6
9	Groups having power tailors	0
10	Groups having Decoration supplies and photocopy machines	0
11	Groups having Tempo	0
12	Groups having Generator	0
13	Groups having DJ unit and Decoration	0
14	Fish sellers	1
15	Grocery shop holders	0
16	Food supplies to Anganwadi	1
17	Tailors	7



Vaccination Awareness session



Covid Awareness session 2



Covid Awareness session 3



Learning to do the signature



Learning to do the signature

## Organic Farming

Focus of work for this year continued on marketing – creation of a sustainable robust market arrangement. Various actions towards this have been listed below.

1. Due to heavy rain fall this year, cultivation started little late in rabi but vegetable supply continued for a longer duration.
2. A person with monthly salary of 9500/-was hired for 3 months for vegetable collection.
3. Compared to last year, the number of varieties in the Rabi season increased to 28 including French beans, Surati papadi, Red radish, lady finger, cucumber. Increase in variety has been an important enabler for accessing markets.
4. Each farmer too has cultivated at least 8 -10 varieties which also serves as a good risk mitigation especially when some vegetables are attacked by pests or do not grow well.

Season	Number of Farmers	Quantity Supplied in Kgs	Rate	Value realized RS	Average farmer returns per season In Rs
Kharif	18	1359.1	45.5	61,941	3441
Rabbi	37	11,122.6	39	4,35,090	11,759

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# PUNE

The shadow of Covid19 loomed large from March 2020. It demanded changes in style of functioning and also the nature of activities.

Being a homoeopathic institution committed to community service, we organised a Covid awareness drive along with distribution of PREVENTIVE HOMOEOPATHIC MEDICINE Arsenic album 30 in the local community. With the help of local corporator, Mr SAMEER MASULKAR, and a social help group BE THE CHANGE we distributed the medicine to about 6500 families(26,000 individuals)

Also another 500 families( 2000 individuals) were benefited similarly with the help of SAVARKAR MANDAL , a trust which runs a library and many other socio- cultural activities. The whole team of ICR centre actively participated in the task of dispensing and supplying medicine.

## LOCKDOWN:

The pandemic had created fear and panic in everyone. Even medical professionals hospitals, general practitioners as well as specialists refrained from treating patients initially. Pimpri centre continued its service with full vigour even in the absence of staff for a month or two single handedly. The patients were given consultation personally and also telephonically. Medicine was couriered for those especially staying away or who were senior citizens. This generated faith in local community about the centre's commitment to service inspite of all odds.

## Covid HELPLINE

We started with Covid helpline to provide telephonic guidance about treatment for patients who are suspected or diagnosed with Covid. This helpline was started with a objective of treating mild to moderate cases of various kinds of fever at home safely with homoeopathy. Get information and help about quarantine/isolation. Care and guidance about severely ill patients. This helpline was active in whole of 1<sup>st</sup> and 2<sup>nd</sup> wave. Keeping view in pandemic telephonic and personal consultation was given. Preventive medicines was given to the local community around 2000 individuals. All the medicines were distributed free of cost.

Month	Follow-Up	Screening	New Case	Total Follow-up
Apr-20	57	3	1	61
May-20	110	6	5	121
Jun-20	121	2	1	124
Jul-20	127	2	2	131
Aug-20	142	4	1	147
Sep-20	114	2	4	120
Oct-20	116	3	2	121
Nov-20	116	9	2	127
Dec-20	135	1	3	139
Jan-21	158	2	5	165
Feb-21	133	4	5	142
Mar-21	162	7	4	173
<b>Total</b>	<b>1491</b>	<b>45</b>	<b>35</b>	<b>1571</b>

Year 2020	Follow up	New patients
April	36	
May	7	
June	46	
July	35	2
August	16	
September	42	1
October	86	1
November	79	3
December	72	4
January	81	1
February	78	1
March	55	1



**ONLINE HOMOEOPATHIC CLINIC**

**STAY HOME, STAY SAFE.**  
Contact Us, We Are a call away

- Treat mild to moderate cases of various kinds of **FEVERS** at home safely with homoeopathy.
- Get information and help about quarantine/isolation.
- Care and guidance about severely ill patients

**HEAL YOUR MIND & BODY ..**  
**HOLISTIC CARE with HOMOEOPATHY**

- Boost your immunity (physical and mental) with homoeopathic treatment.
- Guidance about lifestyle changes, stress management, diet and exercise.
- Care of whole family through preventive treatment and advice.

**CONTACT US : 7249802587.**  
**Timing 10am to 5 pm**

**GURURAJ CLINIC, Paud road, Kothrud.**  
▪ Dr. Rahul Malushte. ▪ Dr. Pravin Bhalgat.  
▪ Dr. Manasi. ▪ Dr. Vidula. ▪ Dr. Sai.  
@ [www.mldtrust.org](http://www.mldtrust.org) UPI ID : ICRPUNE@ICICI

### GERIATRIC CARE PROJECT

On reflecting upon the experience of treating patients during Covid period, it was intensely realised that the overall health condition of senior citizens is a neglected yet very important aspect. Covid situation only worsened it. A need to cater service to them was felt. This formed the foundation of the geriatric care project which was launched on 26th January 2021.

Under this project the senior citizens overall health assessment is done taking into account his medico-psycho- socio- financial condition while providing palliative or curative treatment as well as allied care. The basic goal is helping them to lead a healthy life, as independent as possible, with dignity.

We offer treatment with subsidized rates. Under this project we are treating around 30 patients. A few were given free treatment as they were below poverty line or without any caretaker.

### ICR DHOLE PATIL ROAD CLINIC

Keeping in view with common objective of organization, we distributed preventive medicine to lower socioeconomic people and patients around clinic.

The shadow of Covid loomed large from March 2020. It demanded changes in style of functioning and also the nature of activities. Being a homoeopathic institution committed to community service, we organised a Covid awareness drive along with distribution of PREVENTIVE HOMOEOPATHIC

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MEDICINE Arsenic album 30 in the local community. With the help of housing society committees to BE THE CHANGE we distributed the medicine to 700 individuals.

Also another 500 families( 2000 individuals) were benefited similarly with the help of SAVARKAR MANDAL , a trust which runs a library and many other socio- cultural activities. The whole team of ICR centre actively participated in the task of dispensing and supplying medicine.

No	Month of 2020	Total follow ups	New cases
1	April	60	1
2	May	60	1
3	June	70	2
4	July	122	5
5	August	137	5
6	September	23	1

The clinic has been closed down from 15<sup>th</sup> September 2020.

Covid IPD PROJECT AT DEENANATH MANGESHKAR HOSPITAL ERANDWANE-

We conducted a Research Project on Covid 19 patients which got approved in Deenanath IEC. It is a joint venture between MLDT and Deenanath Mangeshkar Hospital. The topic was - **Efficacy of indicated Homoeopathic medicines as an Adjuvant therapy”**

We studied 100 patients and the findings were as follow-

\*CONCLUSIONS by Statistician\*

**1. Reduction in O2 requirements.**

Yes. O2 requirements are significantly ( $p=0.000$ ) reduced.

in treatment group among 85.2% patients as compared to placebo patients (5.6%).

**2. Maintaining no oxygen requirement status at Day 4.**

Oxygen requirement on the 4th day was significantly ( $p=0.002$ )

lower (among 0% patients) as compared to that among placebo patients (46.2%).

**3. Reduced duration of hospitalization.**

Yes. There was significant ( $p=0.002$ ) reduction in the hospital stay among treatment group (6 days) as compared to placebo group(9 days).

**4. Trends towards reduced mortality/ increased survival.**

Although mortality was lower in treatment group (14.8%) as compared to placebo group(22.2%) it couldn't achieve statistical significance.

**5. Reducing need of ICU shifting.**

Yes. There was significant ( $p=0.026$ )reduction in the patients required ICU shifting among treatment group (0%) as compared to placebo group(16.7%).



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The paper was published later in a peer-reviewed Journal - Journal of Integrated Standardized Homoeopathy

Apart from this project we also treated around 400 patients in Deenanath under the same project.

## **Covid curative and Preventive measures in Deenanath and other centres** **By MLDT PUNE**





*Distribution of medicine with the help of local library and socio cultural organization, Swatantraveer SawarkarMandal by by Masurkar Colony Clinic, Pimpri Chinchwad*



*Distribution of Preventive medicine with help of local corporator by Masurkar Colony Clinic, Pimpri Chinchwad*



*Distribution of Preventive medicine with help of local corporator by Masurkar Colony Clinic, Pimpri Chinchwad*



*Gururaj Clinic, Kothrud*

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# MLDT'S URBAN CHARITABLE SERVICES

Dr. M.L. Dhawale Trust runs 5 Homoeopathic Charitable Clinics in Mumbai and its suburbs for the lower socioeconomic needy strata of the community since 1984 at Deonar, Jogeshwari. Clinics in Santacruz, Mahul, and Ghansoli are in collaboration with like-minded organisations.

The objective of urban clinical services is to provide quality health services to the needy urban community at charitable rates. This has been possible through our dedicated and sincere team of ICR trained physicians who have been constantly striving to achieve our motto of promising 'Quality assurance in a cost-effective way'.

Due to the outbreak of the Covid pandemic last year, our services at Deonar, Ghansoli and Santacruz clinics have been temporary suspended, as they are in the temple / school campus. The latter were closed almost through the year. The patients were attended online by respective physicians.

Name of the Centre	Screening	New case	Follow ups	Total Patients
Mahul	38	21	1652	1711
Jogeshwari Morning	55	13	326	394
Jogeshwari Evening	32	1	124	157
Total	125	35	2102	2262

Clinical services at Mahul and Jogeshwari have resumed with all precautionary measures like social distancing, sanitization, and compulsory use of mask.

## **MAHUL CLINIC-April 2020 – August 2020**

The world was hit by Corona Pandemic in March 2020 and the clinic functioning was modified due to the same. As physicians do not reside in the proximity of the clinic and due to the non-availability of public transport, they attended the clinic on alternate days. They also offered video and telephonic consultations for the patients. The compounder dispensed the medicines which were collected by the patients. Appropriate care like social distancing, wearing masks and sanitisation was taken.

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### **Distribution of Ars alb 30 medicine in Mahul on 20 May 2020**

As per the suggestions of the Ministry of AYUSH, GOI, 1150 bottles of Ars alb 30 were distributed to the residents of Mahul and Ambada village, free of cost. Each bottle catered to a family of 5 people for 2 months. These medicines were arranged by Dr. M. L. Dhawale Trust.

This distribution, in Mahul, was carried out by physicians attending the clinic and assisted by Mr Jayesh Koli, member of '*Mahul gaon samiti*', and his volunteers. They prepared a list of all members in each family along with their contact numbers which helped in timely preparation and organised distribution. The distribution was done following all necessary precautions.

Dr Sunil Bhalinge and Dr Madhavi Tamboli (Director and Supervisor of urban clinics of Dr M L D Trust, respectively) guided the physicians in the above process. A meeting was held at the clinic with Mr Jayesh and his volunteers to orient them about Ars alb medicine (when to take, how to take, when to repeat the next dose). This meeting was also attended by Dr Mohini Mhatre (General Practitioner from Mahul *gaon*) and Mr Ramesh Patil (Trustee of *Mahul gaon samiti*).

### **Ars Alb 30 distribution in Ambada on 29 May 2020**

Mr Havesh Katkar from Ambada Gaon took the initiative in Ars Alb distribution here. 500 bottles were distributed in Ambada residents. Each bottle catered to a family of 5 people for 2 months.

As the number of cases started decreasing, and lockdown was released by the government, the clinic started functioning all six days a week from September 2020.

### **JOGESHWARI CLINIC**

The clinic has also started functioning on the daily basis since February 2021, after taking all the necessary precautions.

# DAHISAR

- The patient data has been added in a table below. It includes the number of patients each month.(New and follow up). Despite of the ongoing pandemic of Covid-19, we have a full functioning opd with all the necessary precautions taken for the patients as well as the doctors.
- Apart from, general Homoeopathic OPD, we have been successfully running our Psychiatry opd under Dr Kumar Dhawale and Child Psychiatry OPD under Dr Madhavi Tamboli.

Patient data			
Homoeopathic			
Months	New Case	FU Case	Total Pt.
Apr-20	0	49	49
May-20	2	110	112
Jun-20	1	137	138
Jul-20	12	173	185
Aug-20	5	183	188
Sep-20	10	201	211
Oct-20	9	250	259
Nov-20	8	208	216
Dec-20	6	259	265
Jan-21	13	274	287
Feb-21	11	267	278
Mar-21	12	267	279
<b>Total</b>	<b>89</b>	<b>2378</b>	<b>2467</b>

# KOLHAPUR

## Academic activities - Monthly workshop

We have been regularly conducting academic activities for practitioners and students since 21 years (since 2001). A 2 days training workshops in SCR system are conducted. Cases treated in practice are presented by members to enhance the learning from these experience. It is regularly attended by 8 – 12 members. Where pandemic disaster has certainly hampered academic activities (at one level) in the whole world, like all others, we also continued to sustain our academic activities by going digital and did not hamper regular learning activity. The following table gives the details of the workshops held



Dr Anoop Nigwekar Sir at workshop



Dr Sunil Bhalinge sir at workshop



Group members at workshop

No	Date	Consultant	Members
1	Online October 2020	Dr. Anoop Nigwekar and Dr. Sunil Bhalinge	10
2	Online September 2020	Dr. Anoop Nigwekar and Dr. Sunil Bhalinge	11
3	7 and 8 <sup>th</sup> November 2020	Dr. Anoop Nigwekar	8

4	18, 19, 20 <sup>th</sup> December 2020	Dr.Anoop Nigwekar	9
5	23 and 24 <sup>th</sup> January 2021	Dr.Anoop Nigwekar	8
6	20 and 21 <sup>st</sup> February 2021	Dr. Sunil Bhalinge	7
7	20 and 21 <sup>st</sup> March 2021	Dr.Anoop Nigwekar	8

#### SCR Methodology based Workshop details -

### Clinical Services

#### 1. STANDARDIZED MULTISPECIALITY HOMOEOPATHIC CLINIC, KOLHAPUR

With main objective of reaching to the community through homoeopathic specialties, we the alumni's chose to attend the specialty OPD's based on our past experience in Post Graduate training at MLDMHI and subject expertise.

This specialty clinic has helped us to evolve as a homoeopathic physician in specific specialty. We are working hard to be perfect in this chosen subject that will help us to improve our clinical as well as homoeopathic knowledge in specialty.

#### Patients statistics:

MONTH	NEW	SCREEN	FOLLOW UPS
April 20	OPD was closed due to Covid Lockdown		
May 20			
June 20			
July 20	02	00	01
August 20	02	01	01
September 20	02	03	06
October 20	01	04	09

November 20	01	04	12
December 20	01	03	10
January 21	01	02	11
February 21	03	07	13
March 21	00	05	21
TOTAL	13	29	84

### **Kuditre Peripheral Rural OPD**

Homoeopathic Charitable Clinical services are operational at Kuditre village which is 12 km from Kolhapur since 11 June 2006 it operates once in a week. Dr Avinash Patil MD (Hom) is the consultant at Kuditre clinic. Dr Avinash is known for his work with rural population and understanding rural problems and correlating the same with our Homoeopathic Materia medica. It's an evolved skill of Dr Avinash.

MONTH	NEW	SCREEN	FOLLOW UPS
April 20	01	05	47
May 20	01	01	37
June 20	00	03	35
July 20	02	00	41
August 20	02	01	42
September 20	01	00	43
October 20	05	00	55
November 20	02	02	48
December 20	01	00	32
January 21	04	00	42
February 21	00	00	36
March 21	02	00	30
TOTAL	24	12	488



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## Community work in pandemic:

- a. Distribution of prophylactic medicine (Arsenic Album 30 – as advised by Ministry of AYUSH, GoI) to the Board of Directors and all members of and staff of Virshaiva co-operative bank, Kolhapur and were also oriented about Covid 19 disease and its prevention



- b. With the help of Mr. Arjun Mane, Corporator - E ward, Kolhapur we distributed prophylactic homoeopathic medicine – Arsenic album30 to 7500 people of Nagala park area free of cost. And for this Dr. Vilas, Dr. Ajay, Dr. Pravin and Dr. Satish took special effort.





होमिओपॅथिक औषध वितरणप्रसंगी नगरसेवक अर्जुन माने व इतर.

डॉ. एम. एल. ढवळे मेमोरियल होमिओपॅथिक इन्स्टिट्यूट व नगरसेवक अर्जुन माने यांनी नागाळा पार्कसह परिसरातील ७५०० नागरिकांना होमिओपॅथिकची औषधे दिली आहेत. आयुष मंत्रालयाच्या प्रोटोकॉलनुसार ही

- c. As a Preserver of health, team had an opportunity to use homoeopathic medicines for inmates in quarantine centers at various centers in and around Kolhapur. Permission was received on 3.6.2020 and efforts started from 5.6.2020. Team of physicians- Dr. Ajay Hanmane, Dr. Vilas Satpute, Dr. SudhirPatil, Dr. Seema Hanmane under the guidance of Dr. Sunil Bhalinge and Dr. Anoop Nigwekar managed the inmates.



Team of physicians



Screening of Covid case at quarantine centers



Screening of Covid case at quarantine centers

Names of the quarantine centers screened –

- DOT building, Shivaji University.
- Ladies hostel, Shivaji University.
- Boys hostel 1 Shivaji University.
- Boys hostel 2 Shivaji University.
- Boys hostel 3 Shivaji University.
- Minority ladies hostel, Rajaram college
- Boys hostel, Rajaram college
- Polytechnique boys hostel
- Agriculture college UG – 1,2,3,4

**Details of screened people at various centers -**

	MALE	FEMALE	ADULT	CHILDREN	TOTAL
People screened at center					
	246	96	318	33	693
Number of people given medicines					
	231	87	318	27	663
Nature of medicines given					
	Prophylactic	Acute	CONSTITUTIONAL		
	321	12	42		

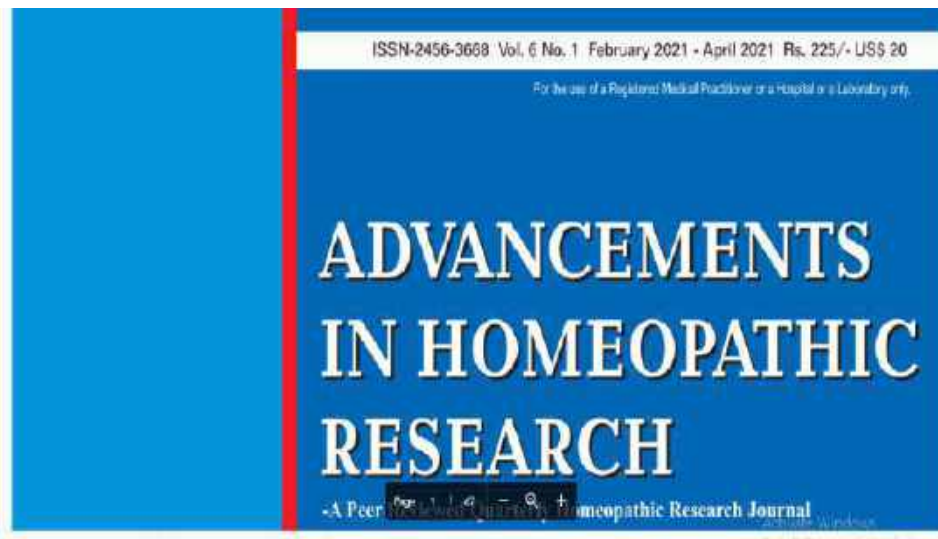
February 2021



Visit of Alumni association President – Dr Bipin Jain sir on 3<sup>rd</sup>Feb 2021

### Paper Publication

Publication of Article paper in Advancements in Homoeopathic Research- a peer reviewed quarterly homoeopathic research journal - by Dr. Vilas Satpute and Dr Anoop Nigwekar was published.



## Silica for Nocturnal Enuresis

Vilas Satpute<sup>1</sup>, Anoop Nigwekar<sup>2</sup>

### Introduction

Homoeopathic paediatrics is the emerging field of homoeopathy. As a homoeopathic paediatric physician our aim should be to restore the sick children to health, to cure as early as possible. In this case series we wish to present the scope of Homoeopathic medicine in Nocturnal enuresis. This common paediatric condition is not life threatening but it develops psychological and emotional stress in the children

been established. Nocturnal Enuresis is classified as the Primary (Persistent) type and Secondary (regressive) type. Primary Nocturnal (voiding urine at night) Enuresis (PNE) is most common in occurrence of involuntary voiding at night after 5 years of age. It is the age when volitional control of micturition is expected to have been established. According to modern medicine the management of the child with should begin with behavioural therapy and

### NABH accreditation

A wonderful and proud movement was application for Entry level NABH accreditation - AYUSH for center. Our team was guided by Dr. Anoop Nigwekar. Group ventured in to this lifelong learning activity with enthusiasm and had an unforgettable rollercoaster ride full of doubts, document writings and deadlines and many other things. Group literally read each word, understood meaning of each sentence, pen downed it multiple times, gone through technical and mechanical aspect of each chapter of Entry AYUSH for Center level Standards book. Group at one level came to standstill state and supervisors' motivational skill pulled up group from procrastinated state and moved faster towards achieving first step in quality care. Amid lockdown we had many virtual meetings with our supervisors Dr Anoop Nigwekar and Dr. Dilip Nandha from Sumeru Campus of MLDMHI's Undergraduate College in Vadodara, Gujrat. They personally gave very valuable and important inputs on each chapter. Kolhapur chapter is deeply indebted to have their valuable time and availability whenever we needed. Group members also sat weekly, and exchanged their ideas, views on each chapter and arrived at a consensus.

It was indeed great learning opportunity!!

In this year MLDMHIAA'S Kolhapur chapter is on its way to be place bench mark in homoeopathic world and this is going to be the very first NABH accredited Entry Level AYUSH Center of Homoeopathy in the INDIA.



## Reaching Out to Donors & Supporters

During the pandemic the world experienced countless changes in physical, emotional, financial, social behaviours around us. On one hand when people were facing financial difficulties the other hand came forward to become their support. MLD Trust received a huge response to our appeal to support 'Covid Relief Fund'. Both online and offline campaigning was to reach out to people from India and abroad. And the response was overwhelming. Two crowdfunding were initiated with Ketto.org which collectively raised over 20 lacs. Help of social media is worth mentioning. We once again thank all the donors for their generous help. Following are the appeal documents



Dear Friend,

The year 2020 was tough! किसीने अपने खोये तो किसीने सपने! Some lost their jobs, some their near ones. It hasn't been easy, has it? Fortunately, this was also the time when human goodness in each of us came out in abundance!

During these tough times, in spite of the considerable risk, our team of Doctors, Nurses, Paramedical staff, employees continued the service to the community. Through the year, we served more than 100,000 patients offering charitable service worth Rs. 2 crores. This was possible only because kind hearted people like you, supported the needy.

December 2020 looked very promising as we saw a steep decline in number of COVID patients allowing us to suspend the COVID unit. Unfortunately the second wave hit and the number of patients started rising rapidly. We re-opened the unit while continuing to offer regular services to non- COVID patients. We also started a vaccination centre and have vaccinated 2000+ people so far.

There is no other hospital with a fully functional ICU in Palghar, so essential for treating severely affected patients. A 40 bedded unit with dedicated ICU at our hospital, is available in service of COVID patients, Sadly, the unit has been fully occupied. We would like to add more beds, hopefully with your support we shall be able to do that soon.

While we are fully dedicated and equipped to handle the medical side to tackle the pandemic, we have to depend on donors for financial support. Your support is critical. This is the time, once again, to give back to the society!

### *Indian Passport Holders*

#### **Cheque** - Payable to

Dr M L Dhawale Memorial Trust  
Post it to the address given  
on the next page.

#### **NEFT**

Dr M L Dhawale Memorial Trust  
Saraswat Co-op Bank Ltd  
Current A/c No. : 0591 0010 0001 807  
IFSC : SRCB 0000 059

#### **Online**

<https://mldtrust.org>  
or  
[bit.ly/supportdhawalehospital](http://bit.ly/supportdhawalehospital)

### *Foreign Passport Holders*

<http://www.mldcommunitycare.org/donate/>

(USA citizen's donations are tax deductible under 501(c)3)

**DONATE NOW**



# Appeal for Support

## to Dr. M. L. Dhawale Memorial Trust's COVID 19 Unit at Rural Homoeopathic Hospital, Palghar

COVID 19 continues to prevail in several rural areas, including Palghar. Palghar rural area is adding 150-200 new COVID cases per day out of which 15% need hospitalization for moderate and severe disease. Since the lockdown, Rural Homoeopathic Hospital was advised by the district authorities to serve non-COVID patients as the number of Covid cases in Palghar were less and treatment of patients on dialysis, ICU, NICU, Sr citizens, orthopaedic and general surgeries was the need of the hour due to shutting down of most private hospitals. Hence, we continued with all our services including Homoeopathic OPD and 100 -bedded IPD serving 17,389 patient visits. Only due to the generous support of our donors, were we able to provide subsidy of Rs 51.52 Lakhs during these trying times.

The District authority has now advised us to start a COVID-19 unit while continuing to offer service to non-covid patients. There is no hospital with a fully functional ICU in Palghar, so necessary for treating severely affected patients. We have thus dedicated 50% of our beds (including the ICU) to exclusively treat COVID affected patients while the remaining 50% will continue to offer essential and emergency services to non-covid patients. In the interest of both, physical barriers have been erected for separate entrance, casualty and ICU to protect non-covid patients and the treating team.

### **Our Covid unit is offering:**

- A swab collection center
- Special care unit for managing COVID suspect patients
- A well-equipped lab and radiology department for all routine investigations
- Tie up with SRL Phadke Lab, Dadar for specialized investigations like RTPCR, Covid antibody test, inflammatory markers etc.
- Upgraded oxygen supply system to meet increased needs of COVID patients
- A dedicated team of 50 medical & para-medical personnel
- Lodging boarding facility for the staff and doctors to stay on the campus 24x7





Our team in Pune has been working with Deenanath Mangeshkar Hospital, Pune for the last 3 months and has treated more than 250 mild and moderate Covid patients with Homoeopathy as an adjuvant therapy with encouraging results. Now we wish to offer integrated treatment to Covid patients with moderate or severe disease through a team of 3 competent allopathic consultants and 10 Homoeopathic doctors. We are confident that this will result in faster and safer recovery.

We need to offer 25% beds free to poor patients under Mahatma Jyotiba Phule Jan Arogya Yojana and offer services to 55% patients as per Government prescribed rates. 20% special beds will be offered at modest hospital rates. The costs of treating Covid 19 patients are much higher due to higher salaries to be paid to employees for working in a riskier environment, need of PPE kits and other infection control materials & consumables, etc.

We appeal for your support as a majority of our patients come from weaker sections of society and cannot afford the costs. As more funds become available through your support, we shall continue to add more medical equipment, steady supply of PPEs and other infection control materials to improve quality of care of Covid patients and safety of our staff.

You may wish to donate under one or more of the following Donation Schemes

#### DONATION SCHEME

No	Donation Head	Amount
1	Free Homoeopathic treatment for 10 days	1000
2	Subsidize a poor patient for 1 day	2000
3	Subsidize a poor patient for 5 days	10000
4	Free advanced Investigations for 1 patient (D-dimer, Ferritin, Blood culture)	5000
5	Free antiviral medicine (Injection Remdesivir 1 vial)	5000
6	Free antiviral medicine full course (Injection Remdesivir 6 vials)	30000
7	Food expenses per day	11000
8	Oxygen expenses per day	15000
9	Infection control expenses per day (PPE kits, masks etc)	21000
10	Support a dialysis for Covid patient	2500



TEAM RHH On the day of Inuguration of the COVID Ward.

Donation to the Trust is exempted u/s 80G

[www.mltrust.org](http://www.mltrust.org)

To Donate, visit - [bit.ly/supportrhh](http://bit.ly/supportrhh) or  
Indian Passport Holders, please use this bank:

Dr M L Dhawale Memorial Trust,  
Saraswat Coop Bank Ltd. Palghar.

Current A/c No 059100100001807

IFSC Code SRCB0000059

Non-Indian Passport Holders, please use this bank:

Dr M L Dhawale Memorial Trust,  
Bank of Baroda, Khetwadi, Mumbai 400004

Saving A/c No 10950100001978

IFSC Code BARB0KHETWA (5th character is zero)

Swift Code : BARBIN BB GUL

## OUR SUPPORTERS

Donation for FY 2020-21		
Donation more than 50,000		
Sr. No.	Donor Name	Amount
1	Charities Aid Foundation India Oracle (CAF India)	27,00,000
2	Bajaj Finance Limited	26,00,000
3	Govik Electrical Pvt Ltd	20,00,000
4	Rotary Club of Mumbai Queens Necklace	20,00,000
5	Retort Chemicals Pvt. Ltd.	12,00,000
6	Shree Estate of Late Satyadev Dubey	10,00,000
7	Hemendra Kothari Foundation	10,00,000
8	Shreyas Shipping and Logistics Limited	8,93,200
9	Navin Bihari Kalani	7,56,000
10	Real : Youth to Youth	7,30,993
11	Vishpala Parthasarthy	7,00,000
12	Raptim Research Ltd	7,00,000
13	Lions Club of Millennium Charity Trust	6,00,000
14	Paragon Property Enterprises Pvt. Ltd	5,00,000
15	Viat Instruments Pvt. Ltd Unit II	5,00,000
16	Minal Mehta	4,00,000
17	Neon Foundation	3,35,000
18	Ashok Pendse	3,25,000
19	Kairav Chemofarbe Industries Ltd.	3,00,000
20	External Affairs Spouses Association Charitable Trust	3,00,000
21	Mitco Foundation	3,00,000
22	Padmaben J Bhatt	3,00,000
23	Karan Vasani	3,00,000

24	Narinder Pal Singh Seth	2,45,000
25	People For Progress in India	2,40,145
26	Ganapathy Iyer	2,15,000
27	Gira Sardesai	2,10,000
28	Madhukanta Gunvant Sheth Charitable Trust	2,00,000
29	Blossoming Hope ( Mr. Arun Nanda)	2,00,000
30	Aurochem Laboratories(I)Pvt. Ltd	2,00,000
31	Vishal Purohit	2,00,000
32	Nandini Vallath	2,00,000
33	Jayraj & Company (Mr. Jairaj Purandare)	2,00,000
34	Maruti Enterprises	2,00,000
35	Sachin Kamal Bahl	2,00,000
36	Maharashtra Foundation	1,75,498
37	Jayant Printery LLP	1,65,100
38	Kumar Dhawale	1,64,300
39	Devarajan Subramaniam	1,61,000
40	B L R Logistiks (I) Ltd	1,60,501
41	Parag Mathur	1,50,000
42	Prakash Mohan	1,50,000
43	Annapurna Neogi	1,50,000
44	Sanjay Asrani & Mugaadga Thakur	1,48,434
45	Bliss GVS Charitable Trust	1,41,600
46	Rashmi Sharma	1,30,000
47	Anand Engineers Pvt.Ltd	1,25,000
48	Nandlal More Charitable Trust	1,25,000
49	Madhukar S. Padhye	1,20,000
50	Vijaya Nair	1,15,000
51	Foundation for ENV Conse	1,00,400
52	A. K. Sasindran	1,00,000
53	Nikita Containers Pvt. Ltd.	1,00,000
54	Banwarilal N. Kyamsaria	1,00,000
55	Silvan Varghese	1,00,000
56	Reji John	1,00,000
57	Estate of Late Prabhakar Shantaram Khandke	1,00,000
58	Ramnik Parekh	1,00,000
59	Aruna Soman	1,00,000
60	Joachim Alwyn Dsouza	1,00,000
61	Satguru Marble Industries P. Ltd	1,00,000

62	Sachin Jaidayal Shukla	1,00,000
63	Ramdas Acharya	1,00,000
64	Vasudev Bhandarkar	1,00,000
65	Dhruv Kumar Khaitan	1,00,000
66	Deepa Tracy	1,00,000
67	Shree Keertan Kendra	1,00,000
68	Rajul Manoj Shah	1,00,000
69	Paramhans Sadguru Shri Janardan Swami Kher Charitable Trust	1,00,000
70	Dhwaja Shares & Securities Pvt. Ltd.	1,00,000
71	Nirmala Rao	1,00,000
72	Saraf Chemicals	1,00,000
73	Standard Greases And Specialties Pvt Ltd	1,00,000
74	Bala Shashikant	1,00,000
75	Bhagawati Engineers	1,00,000
76	Sastry N Penumarthy	1,00,000
77	Sudhir Madhukar Walawalkar	1,00,000
78	Taramati Vinod Dharamsey	1,00,000
79	Vrushali Chaudhari	1,00,000
80	Shreeti Patel	1,00,000
81	Bharat Petroleum Corporation Ltd.	94,569
82	Supriya Mangalathu Roy	80,001
83	Resins & Allied Products	70,000
84	Ms. Aboli Amol Sulakhe	60,000
85	Anagha Sanjay Gadre	52,000
86	Maruti Mane	51,630
87	K K Modi Charitable Trust	51,000
88	Shrimati Vidyavati and Shri Ramnarayan Sehgal Smarak "Kalyan" Trust"	51,000
89	Trichem Laboratories Bombay Pvt. Ltd.	51,000
90	Vidya Gauri Kantilal Doshi (Neelkanth Valley)	51,000
91	Lalit Maheshwari	51,000
92	Abhay Rangnekar	50,191
93	S.R. Ganesh	50,001
94	Champatlal B. Jain	50,000
95	Smt. Dayaben Girjashanker Sheth Trust	50,000
96	Bhavana Arvind Apte	50,000
97	Ravindra Shripaad	50,000
98	Manoj Patel	50,000

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99	Monika Ravindranath	50,000
100	Sushila R Choudhry	50,000
101	Radheshyam M Chowdhry	50,000
102	Shubha Milind Gokhale	50,000
103	Maxim Pharmaceuticals Pvt. Ltd.	50,000
104	Neha Trivedi	50,000
105	Bhalchandra Raghunath Gokhale	50,000
106	Leena Bagadia	50,000
107	Chispa Etrm Solutions Pvt. Ltd.	50,000



DR. M. L. DHAWALE MEMORIAL  
HOMOEOPATHIC INSTITUTE

# DR M L DHAWALE MEMORIAL HOMOEOPATHIC INSTITUTE, PALGHAR

## ACADEMICS -

MLDMHI admitted 31 students for the Postgraduate MD Homoeopathy course in the year June 2020-2021.

Results of MUHS MD (Hom) examinations for the academic year 2020 are as follows –

1. In Summer 2020 MD I examination, 30 residents out of 32 have cleared the examination.
2. In Winter 2020 MD I examination, 27 residents out of 30 have cleared the examination.
  - Year 2020 witnessed the pandemic Covid 19, curbing all educational activities with physical presence. MLDMHI continued training of all its PG residents who were on hospital duty, through the virtual medium. MLDMHI had organised various Webinars on Covid 19 to update its residents about the new disease.
  - MLDMHI had been granted as a centre for MUHS theory examination centre for two terms in 2020 during Covid 19 pandemic. By abiding to the Covid 19 Pandemic protocol, MLDMHI conducted the examinations successfully.

## 74<sup>th</sup> Independence day celebration 2020 –

During 4 months old pandemic, when India had been going through harrowing times, the economic and social distress was palpable and gross. Numerous lives had been lost and living had been fractured. Health care for the common man had been a major casualty and health care providers had gone through unimaginable stress coping with the afflicted while taking care of their own safety and well-being.

**As we celebrated the 74<sup>th</sup> day of Independence, the theme that was evolved through numerous informal discussions was “Creativity during Destruction”. The well-known ‘tandava’ of Shiva represented the theme in our philosophy and mythology. It was an opportunity for all residents and those working on our campuses at Palghar and Bhopoli to share their creative impulses in a function - part frontal and part online – on 15<sup>th</sup> August after the flag hoisting.**



### **Chairman Dr Kumar Dhawale Flag hoisting on Republic day, 2021**

On the Occasion of Republic day MLDMHI held a competition for its post graduate residents on the topic “Innovation in UG teaching”. Most of the residents proactively participated in the competition throwing light on various innovative ways in UG teaching.

### **E Magazine Publication -**

A team of residents of magazine committee comprising of Drs Mansi Shinde, Rashi Moradiya, Tanvir Shaikh, Sanjana Gangarde, Nishita Gala, Shradha Gadre, Irshad Sayad, Raja Mishra, Aisha Momin, Dhvani Gesota, Shyamali Dave, Mehvesh Ahmed, Devangini Broker under the guidance of MLDMHI teaching faculty Drs Devangini Broker, Mansi Surati, Harshala Sarvagod and Ms Sayli Walke, Art consultant, worked hard to publish an e-Magazine “ PULSE 2020”.

### **Covid UNIT OF Dr M L Dhawale Trust’s Rural Homoeopathic Hospital, Palghar manned by the Resident doctors of MLDMHI**

- World witnessed the Covid 19 pandemic curbing physical movements. It taught the world about virtual training. MLDMHI also bore the burnt of pandemic. In spite of a lot of hurdles, without halting its activities, MLDMHI continued training its residents by virtual method. MLDMHI residents showed the spirit of service to the community by involving in the management of Covid 19 patients at the 50-bedded Covid unit of MLDT’s Rural Homoeopathic

Hospital, Palghar. MLDMHI reached to the community for free of charge distribution of Arsenic album medicines, the prophylactic medicine advised by the Ministry of AYUSH.



#### Covid Warriors of MLDMHI Palghar

- As a part of curriculum and to generate interest and develop research aptitude in PG aspirants, a workshop was organised from 9th to 13th March for MD I batch 2018-19 and from 11th November to 13th November 2020 (for batch -2019- 20)
- 74th Independence Day 2020 was celebrated by flag hoisting followed by Presentation on “Creativity during Destruction – A Presentation by students and staff of MLDMHI and MLDT.

#### Community Mental health-

Psychiatry department of MLDMHI actively engaged in maintaining mental health of community by organising events in OLD AGE Home and College students-





## Identifying and managing anxiety disorders in the Adolescent age group A community activity of the Department of Psychiatry, MLDMHI

Anxiety disorders bring an unpleasant and unjustifiable sense of apprehension accompanied by somatic expressions. They are one of the most common disorders seen among children and adolescents with prevalence of 4% to 20%. Adolescent age is when numerous transitions take places, such as developmental concerns about future, interpersonal relationships along with academic stress, and biological changes in body in the form of psychosexual development. Observing certain cases presenting with difficulties at a personal, family and social levels in our outpatient department, we decided to undertake this activity in the community. Also the current pandemic situation is known to have taken a major toll of students and affecting their psych and soma in various ways.

So, to address the above issues, the Department of Psychiatry, MLDMHI, approached Dandekar junior and senior college of Palghar, which has the mission to spread higher education in rural and tribal youth to prepare them for advance studies and researches. So the project is an attempt to help the Institution to realize that mission.



#### Objectives:

- To spread awareness about normal expressions of anxiety and its progress to pathology to junior college students
- To identify and study the common and characteristic expressions of anxiety disorders in young adolescent age group
- To study the efficacy of homoeopathic management in cases of anxiety disorders in junior college students

The project kicked off on January 19th 2021. Two resident doctors of the psychiatry department have taken up a research project in the same field made a presentation of anxiety and their common expressions along with their effect on daily life. Students and teachers were very keen to know about all the activities and participated very actively. Some of them approached the presenters to discuss their personal issues and if they could help some of their friends who are at home and have issues related to anxiety. Screening using Hamilton A scale was done of 461 students of the 12th std (Science, Arts and Commerce).

Analysis showed that around 31 students displayed severe anxiety and 60 had moderate level of the problem. This has led us to propose a weekly OPD in their college campus itself. Also as per the request of Vice principal, similar sort of activity is being planned for teachers in campus. Also these activities will allow us to take steps to approach the senior college in a similar manner, with whom Mental health volunteers training along with teachers was launched last year which was interrupted due to pandemic. Project is in its active planning and programming stage and the end result and analysis is to be followed soon.

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## **CAREER GUIDANCE SESSION -**

In order to help the exiting final year residents to plan their career, MLDMHI had organised an online CAREER GUIDING SESSION for its MD II residents on 17<sup>th</sup> December 2020. Dr Sachin Junagade under the guidance of Dr Anoop Nigvekar, HOD Repertory, coordinated the event. Final year residents benefited in choosing a path for their future.

## **“UDAAN 2020” A Farewell function for the batch 2017-20**

Every year middle batch residents of MLDMHI organizes a farewell function for its exiting residents. It is an important event with mixed emotions for exiting batch residents. After completing their three years residential PG course they are about to fly high in the world of Homoeopathy carrying tons of memories of past three years. This provides them a platform to express their feelings, gratitude towards their teachers and friends. This year too it was organized by middle batch residents for 2017-20 batch residents on 17<sup>th</sup> January 2021. Many residents from the exiting batch had worked during the Covid-19 period in hospital providing services, so MLDMHI valued their contribution by giving "certificate of appreciation" to those who have contributed their service for a noble cause.





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**THANK YOU!**