

**ALVA'S**  
**HOMOEOPATHIC** 2025  
**INSIGHTS**  
**ALVA'S HOMOEOPATHIC MEDICAL COLLEGE**

**Q4 EDITION**  
**ISSUE 06**

**AHMC E-BULLETIN**

**OCT - DEC**  
**2025**

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# ABOUT US

Welcome to the current edition of our E-Bulletin, a vibrant reflection of the academic spirit, creativity, and unity that thrives within our institution. Curated by a team of passionate students and guided by dedicated faculty, this bulletin serves as a platform to showcase achievements, insights, reflections, and talents from every corner of our college.

This term, we have strived to bring a more inclusive and engaging experience covering not only academic highlights but also glimpses into the cultural, clinical, and extracurricular vibrancy that defines our campus life. From seminar spotlights and student contributions to literary pieces and departmental updates, each page echoes our commitment to growth, collaboration, and excellence in homoeopathic education.

We thank every contributor and reader for being part of this journey and hope this issue inspires, informs, and ignites a sense of belonging within our college community.

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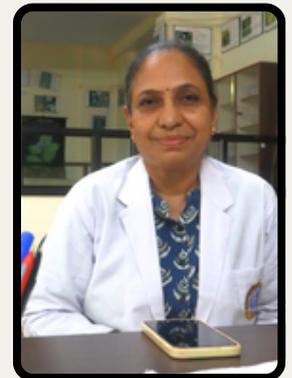
With great joy and pride, I present this special edition of our college E-bulletin, commemorating the successful completion of two meaningful years of its journey. It truly reflects the dedication, creativity, and progressive excellence of our budding homoeopaths.

The past term was vibrant with academic, cultural, and social activities that fostered learning and unity on campus. Events such as Karnataka Rajyotsava, Intern Inauguration, farewell programmes, and the festive celebrations of Deepavali and Christmas organized by AEF added colour and warmth to college life. Health camps and initiatives during Diabetic Week further highlighted our institution's strong commitment to community service and holistic healthcare.

This E-bulletin stands as a symbol of growth, teamwork, and shared values. I extend my heartfelt gratitude to all contributors, organizers, and readers, and wish that the spirit of Homoeopathy continues to guide and inspire us in all our endeavours.



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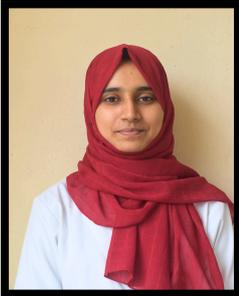
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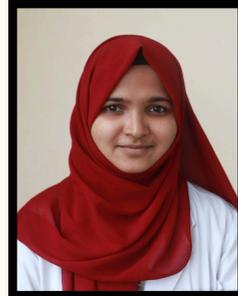
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# Alva's Homoeo Insight



## ALVA'S HOMOEOPATHIC MEDICAL COLLEGE



CATCH SOME WAVES IN

# KARNATAKA RAJYOTSAVA

Organized  
by the Kannada Vedike,  
AHMC

The Kannada Rajyotsava Celebration 2025, organized by the Kannada Vedike of Alva's Homoeopathic Medical College, Shobhavana Campus, Mijar, Moodbidri, was held on 21st November 2025 at the AHMC Seminar Hall with Dr. Ganesh Ameen Sankmar as the Chief Guest. The event honoured Karnataka's culture and language, beginning with a traditional procession, lamp lighting, prayer, and the Nada Geethe. Numerous off-stage competitions such as crossword, quiz, translation for non-Kannadigas, tug of war, photography, fancy dress, essay, story and poetry writing, drawing and rangoli, along with on-stage performances including Dollu Kunitha, Kamsale, Yakshagana, welcome dance, class-wise dances, thematic skit, competitions for non-Kannadigas, group singing, and a documentary on Karnataka encouraged enthusiastic student participation. The program concluded with prize distribution and refreshments, fostering unity, creativity, cultural harmony, and showcasing outstanding talent. The participation of non-Kannadiga students highlighted inclusivity and cultural integration, making the celebration a grand success and strengthening pride in Kannada heritage.



# KANNADA



# VEDIKE



# VIBES



# WORLD HEART DAY

The Department of Practice of Medicine, Alva's Homoeopathic Medical College, organized a program on the occasion of World Heart Day on 7<sup>th</sup> October 2025 at the AHMC Seminar Hall.



The event aimed to raise awareness about cardiovascular health and the importance of preventive measures to maintain a healthy heart. The Chief Guest for the program was Dr. B. Sadanand Naik, Consultant Physician at Alva's Health Centre, Moodbidri, who addressed the gathering and shared valuable insights on heart health and lifestyle management.



The event proved to be informative and inspiring, encouraging everyone to prioritize heart health and adopt preventive care practices in daily life.



## # DONT MISS A BEAT



Dr. Prashanth Donkar, Head of the Department of Practice of Medicine, delivered a talk on "World Heart Day – Importance and the Goal", emphasizing the significance of spreading awareness and adopting healthy habits.



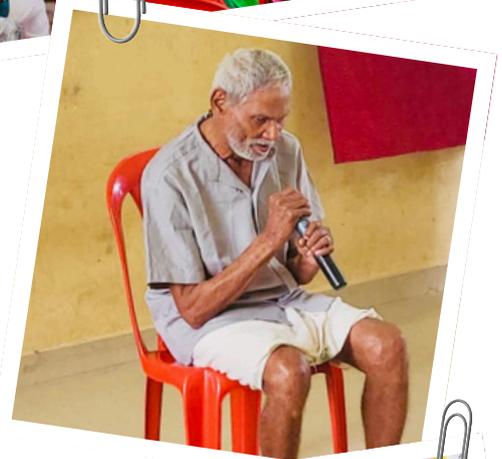
Dr. Manu Bhat, Head of the Department of Forensic Medicine and Toxicology, spoke on "Cardiac Illness and the Scope of Homoeopathy", highlighting the role of homoeopathy in managing cardiac disorders through a holistic approach.



# WORLD OLD-AGE DAY

On the occasion of International Old Age Day, the Department of Surgery, Alva's Homoeopathic Medical College, organized a heartfelt visit to Sneha Bharathi Vidyasamsthe – Home for Senior Citizens, Guddangadi, on 11<sup>th</sup> October 2025.

The visit aimed to share love, joy, and compassion with the elderly residents through various engaging activities. The event commenced with a soulful prayer by the AHMC team, followed by melodious songs and lively dance performances, during which many senior citizens also joined with enthusiasm. Fun games and simple exercises suitable for them added energy and laughter to the day. The residents actively participated, creating an atmosphere of warmth, togetherness, and emotional connection. The program concluded with blessings, smiles, and promises to visit again. Additionally, AHMC conducts regular OPD services every Saturday at the same old age home, ensuring continuous medical care and emotional support for the residents.



*"Spreading Smiles. Sharing Moments - A Day of Love and Laughter with Our Elders"*



**Breaking the Silence –  
Because Every Mind Matters**

# WORLD MENTAL HEALTH DAY



Alva's Homoeopathic Medical College, Mijar, Moodabidre, observed World Mental Health Day on 14th October 2025, organized by the Departments of Homoeopathic Materia Medica and Homoeopathic Pharmacy.

The event also included Anti-Drug Addiction Day and Suicide Prevention Day, emphasizing the need for awareness and empathy toward mental well-being. Mrs. Vidyashree M.S., MPhil, PhD student and Psychosocial Consultant at Dr. A.V. Baliga Hospital, Udupi, delivered an insightful talk on “Breaking the Silence – Mental Health Matters.”



The program was graced by Dr. H. Roshan Pinto, Dr. Prajnaya Alva M, Dr. Rabiya Bashri, and Dr. Y.M. Qadri. The session inspired students and faculty to prioritize mental health and foster a compassionate, drug-free community. Attendees actively participated in discussions, sharing experiences and raising questions, making the seminar both interactive and impactful. The event concluded with a collective commitment to break the stigma surrounding mental health and support one another in building emotional resilience.

# WORLD ANATOMY DAY

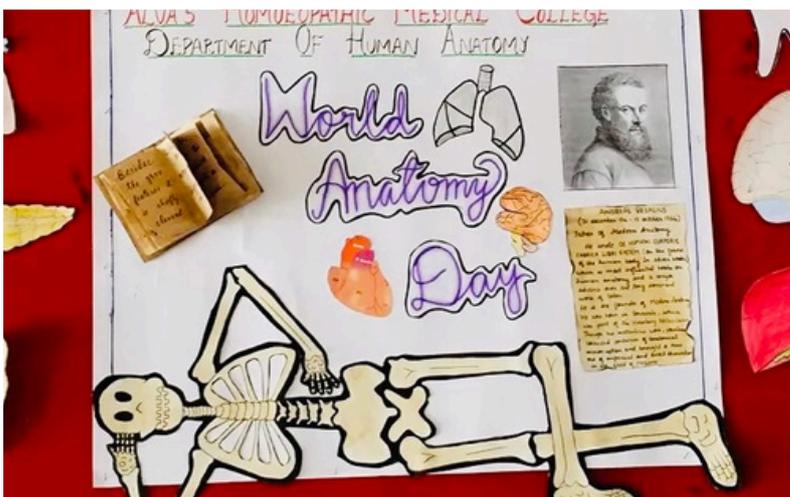


THE DEPARTMENT OF ANATOMY OF ALVA'S HOMOEOPATHIC MEDICAL COLLEGE CELEBRATED WORLD ANATOMY DAY WITH GREAT ENTHUSIASM ON 13th OCTOBER IN 1st BHMS LECTURE HALL.

The program began with an invocation and a welcome Address by Dr. Deepak R.D Head of the department of Anatomy. The chief guest , Dr. Herald Roshan Pinto inspired students with an insightful speech emphasising the importance of compassion , respect and curiosity in the study of anatomy.

Students from four groups actively participated in creative competitions such as debate, face painting, drawing and clay modeling , showcasing their talent and teamwork. Prizes were distributed to the winners of various competitions and the event concluded with a heartfelt vote of thanks by Dr. Bharath Raj C.K , assistant prof department of anatomy.

The celebration beautifully blended learning with creativity , honouring the essence of anatomy – the true foundation of medicine.



# F D P

## FACULTY DEVELOPMENT PROGRAMME

### “ON CLASSROOM MANAGEMENT STRATEGIES”

The Medical Education Technology Unit, in collaboration with the Department of Homoeopathic Pharmacy, organized a Faculty Development Programme on “Classroom Management Strategies” on 17th October 2025 at the Seminar Hall, Alva’s Homoeopathic Medical College, Mijar. The session was conducted by Mr. Shankara Murthy H. K., Principal, Alva’s College of Education, who shared valuable insights on creating a positive and effective classroom atmosphere. He highlighted that classroom management goes beyond discipline—it focuses on building rapport, fostering curiosity, and maintaining student engagement. Drawing from his educational expertise, he emphasized the importance of emotional intelligence, communication skills, and empathy in teaching, qualities essential for shaping responsible and compassionate medical professionals. His interactive approach encouraged teachers to adopt innovative learning strategies and reflective teaching methods suited for medical education. The programme was moderated by Dr. Y.M. Qadri, Professor and Head, and co-ordinated by Dr. Shreyas K. S., Assistant Professor, Department of Homoeopathic Pharmacy. The session concluded with an engaging discussion and positive feedback from the participants.



*‘Exploring Innovation -  
Advancing Research, Inspiring Discovery’*

### FDP – AT MANGALORE UNIVERSITY

Alva’s Homoeopathic Medical College, Mijar, Moodbidri, organized a Faculty Development Programme on “Enhancing Research Perspective” on 27th October 2025 (Monday) from 10:30 a.m. to 1:00 p.m. at Mangalore University. The program, organized by the Research Committee, AHMC, included an educational visit to the Center for Advanced Research in Radiation and Technology (CARRT) and the Center for Cell Line Facility. The visit aimed to provide faculty members with deeper insights into advanced research methodologies, modern laboratory techniques, and the application of scientific tools in interdisciplinary research. The initiative served as an enriching experience, fostering a culture of research excellence and innovation among the teaching faculty.



# WORKSHOP - DR DEEPA KOTARY

*'Bridging Mind and Medicine – Where Science Meets Sensitivity'*

Alva's Homoeopathic Medical College, Shobhavana Campus, Mijar, organized a workshop on "Bridging Mind and Medicine: Exploring Psychological Dimensions in Homoeopathic Research" on 30th October 2025 at the college seminar hall from 10:00 a.m. to 1:00 p.m. The session, conducted by Mrs. Deepa Kotary, Director, Alva's Center for Wellness Training, was aimed at deepening the understanding of the psychological aspects involved in homoeopathic research. Through her insightful presentation, Mrs. Kotary emphasized the importance of recognizing the mind-body connection in holistic healing and highlighted how emotional and mental states influence the process of disease and cure. Organized by the Research Committee of Alva's Homoeopathic Medical College, the workshop offered an engaging and thought-provoking experience for students and faculty, inspiring them to bridge scientific reasoning with compassionate understanding in the practice of homoeopathy.



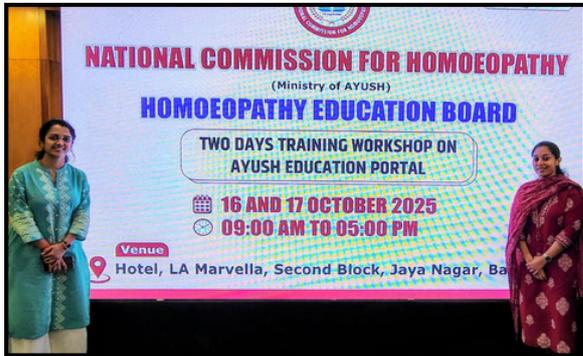
## C M E

Dr. Sushikshitha, Assistant Professor, and Dr. Athira, Assistant Professor, Department of Physiology, AHMC, participated in the six-day CME programme "Physiology & Biochemistry Module – I", organized by Ahmedabad Homoeopathic Medical College, Parul University, and sponsored by the Ministry of AYUSH with coordination by RAV, held from 6th to 11th October 2025. The programme, designed as a faculty development initiative, comprised 24 sessions including lectures, demonstrations, and discussions by eminent resource persons, focusing on the integration of physiology, biochemistry, and homoeopathic philosophy. It enhanced conceptual clarity, introduced recent scientific insights, and promoted innovative teaching methodologies while encouraging academic interaction. Full support for lodging, boarding, and study materials was provided to the participants.

*Strengthening Minds, Elevating Medical Education.*

# WORKSHOPS

## NCH WORKSHOP



A two-day training workshop on the AYUSH Education Portal was organized by the National Commission for Homoeopathy (Ministry of AYUSH) under the Homoeopathy Education Board on 16th and 17th October 2025 at Hotel La Marvella, Bengaluru. The programme aimed to familiarize faculty with effective utilization of the AYUSH Education Portal for academic and administrative activities. Dr. Mahalasa, Dr Shri Raksha and Dr Herald Roshan Pinto, Principal AHMC attended the workshop and gained valuable insights into recent digital initiatives for strengthening homoeopathic education.

## QP BANK, SET-UP

A workshop for the preparation of the Question Paper Bank for Third BHMS (CBDC – RS-6, 2022–23 batch onwards) was conducted at the RAATI Section, RGUHS, on 19th, 20th, and 21st November 2025 at 10.30 a.m., focusing on the development of the question bank blueprint, Practical/Viva-voce examination templates, and other curriculum-related academic tasks. Three faculty members from Alva's Homoeopathic Medical College, Mijar—Dr. Anjali S., Professor & HOD of OBG.

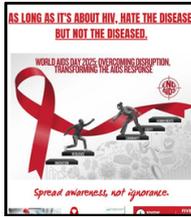
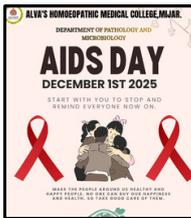
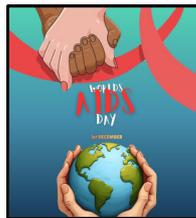
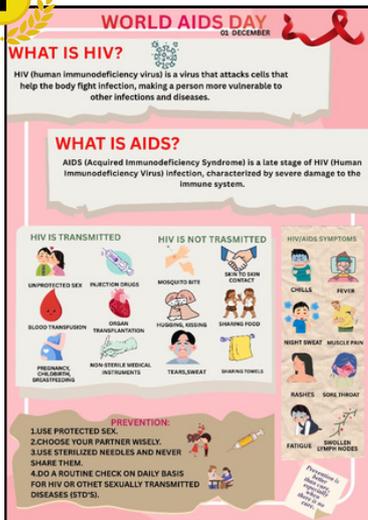
Dr. Mahalasa Kanthi, Associate Professor, Department of Surgery; and Dr. Jiji S. Kappil, BOS Member (UG), RGUHS and Professor & HOD of Organon of Medicine and Homoeopathic Philosophy—were nominated and attended the workshop for all three days, actively contributing and successfully completing the assigned tasks on time.



# WORLD AIDS DAY



## DIGITAL POSTERS



## RADIO TALK



An awareness talk was organized on 02.12.2025 in Radio Sarang (107.8 FM) at 6:00pm-7:00pm. This talk show was a live interview organised by Department of Pathology and Microbiology where general awareness regarding role of homoeopathy in improving immunity, especially stressing on awareness regarding AIDS its spread, symptomatology, diagnosis and prevention was spoken about. Dr Praveen Raj Alva and Dr Prajna were featured in the talk. The show also created an opportunity for general public to raise their concern regarding the topic, which were addressed by the speakers.



## PUBLISHED ARTICLES

Dr. Rabiya Bashri, Professor and Head, Department of Materia Medica, Alva's Homoeopathic Medical College, authored the article titled "Addictions and Homoeopathy", published in Vital Informer, October 2025, pages 12-15.



Dr. Rabiya Bashri, Professor and Head, Department of Materia Medica, Alva's Homoeopathic Medical College, guided the research study conducted by Intern Allencia Longjam. The study titled "An Experimental Study on the Effectiveness of Sulphur 6C in the Germination, Growth & Yielding of Bhut Jolokia" was published in the Tanta University Journal of Homoeopathy and Medical Science, Volume 8, Issue 3 (July-September 2025).

# INTERN INAUGURATION

## ORIENTATION FOR THE NEW BEGINNING **ORIENTATION**



### A NEW CHAPTER BEGINS – FROM LEARNING TO HEALING

Alva's Homoeopathic Medical College, Shobhavana Campus, Mijar, Moodbidri, organized the Inauguration Ceremony of the 2020-2021 Batch of Interns on 31st October 2025 from 9:30 a.m. to 10:00 a.m. at the Seminar Hall, Alva's Homoeopathic Medical College. The event was graced by Dr. Hana Shetty, Laparoscopic Gynaecologist and Obstetrician & Managing Trustee, Alva's Education Foundation, who served as the Chief Guest. The program was presided over by Dr. Herald Roshan Pinto, Principal, AHMC, and held in the esteemed presence of Dr. Praveen Raj P, Advisor, AHMC. The ceremony marked a significant milestone for the new interns as they embark on their clinical journey, bridging theoretical learning with hands-on patient care. The event inspired the interns to uphold the ideals of compassion, dedication, and professionalism in their homoeopathic practice.

THE ORIENTATION PROGRAMME FOR FIRST PROFESSIONAL BHMS STUDENTS (BATCH 2025-26) BEGAN ON 18TH NOVEMBER 2025 WITH A WARM WELCOME AND AN INTRODUCTION TO THE INSTITUTION'S VISION, ACADEMIC STRUCTURE, AND PROFESSIONAL EXPECTATIONS. SESSIONS INCLUDED THE COLLEGE VISION AND MISSION BY PRINCIPAL DR. HERALD ROSHAN PINTO, AN OVERVIEW OF THE BHMS CURRICULUM AND FACULTY BY DR. KEERTIRAJ PATIL, A CAMPUS TOUR BY DR. BHARATH RAJ C K, AND LECTURES ON BLS, MENTAL HEALTH, COMMUNICATION, HEALTHCARE SYSTEMS, PATIENT SAFETY, FIRST AID, PROFESSIONALISM, TIME MANAGEMENT, AND CLINICAL DOCUMENTATION BY RESPECTIVE FACULTY MEMBERS, ENSURING A WELL-ROUNDED AND CONFIDENT START TO THE BHMS COURSE.



# LEARNING BEYOND THE CLASSROOM

## FMT VISIT

On December 2025, the 2nd BHMS students of Alva's Homoeopathic Medical College visited the Forensic Museum at Kasturba Medical College, Mangalore. The visit was organized by the Department of Forensic Medicine and Toxicology and guided by Dr. Manu Bhatt. At the museum, Dr. Jagdish Rao explained the autopsy procedure in a clear and practical manner, helping us understand how an autopsy is performed, its purpose, and its role in determining the cause of death. The session offered valuable insight into the real-life application of forensic medicine.



Later, the students proceeded to SDM Law College as part of the curriculum to observe a Mock Trial session on a medical negligence case in the Trial Moot Court. This experience gave a better understanding of how medical evidence is presented in court, the legal responsibilities of doctors, and the way such cases are addressed within the legal system. The overall visit was highly informative and strengthened our understanding of both forensic and legal aspects of medical practice.

## FROM SPECIMENS TO CLINICAL INSIGHT:

## MAP VISIT

An educational visit to the Anatomy and Pathology Museum at Manipal University was conducted on 18/12/2025 for second-year BHMS students, organized by the Department of Pathology and Microbiology, Alvas Homoeopathic Medical College & Hospital. Guided by faculty from Pathology, Anatomy, and Obstetrics & Gynaecology, students observed gross specimens, histopathology slides, anatomical models, and OBG specimens, gaining practical insight into disease processes and structure-function relationships. The visit effectively reinforced theoretical learning through multidisciplinary interaction and was well appreciated by the students.





# UTKANSH

## *Farewell*

of the 2020-21 Batch (ADYUKT)

### UTKANSH – Brighter Days Await Your Success

Organized by AIKYAM, Alva's Homoeopathic Medical College, Mijar. The aura of nostalgia blended with joy filled the MBA Auditorium on 11th October 2025, as the AIKYAM batch (2021-22) of Alva's Homoeopathic Medical College, Mijar, hosted a heartfelt farewell titled "UTKANSH – Brighter Days Await Your Success" for their beloved seniors, the ADYUKT batch (2020-21)

The ceremony commenced with a soulful invocation and traditional lamp lighting, graced by Sri Vivek M. Alva, Managing Trustee, Alva's Education Foundation, as the Chief Guest, along with Dr. H. Roshan Pinto (Principal), Dr. Prajnaya Alva M.(Administrative Officer), and Dr. Praveen Raj(Advisor). In his inspiring address, Sri Vivek M. Alva encouraged the outgoing students to uphold compassion and perseverance in their professional journey. The Principal's words of blessing added a note of warmth and pride. The juniors poured their hearts out through vibrant cultural performances, including energetic dances, emotional skits, and soulful melodies. A nostalgic memory-lane video brought smiles and tears alike, rekindling moments of friendship and growth. Fun games and spontaneous interactions strengthened the bond between the two batches. The event concluded with heartfelt speeches, a vote of thanks, and a joyous photo session that captured the essence of gratitude and love. UTKANSH wasn't just a farewell — it was a celebration of journeys, memories, and the promise of brighter tomorrows.





# UTKANSH BY *Aikyam*



# DIABETIC

# Week

## WORLD DIABETES DAY 2025

THE WORLD DIABETES DAY 2025 COMBINED PERIPHERAL OPD SCREENING CAMP, ORGANIZED BY THE DEPARTMENT OF REPERTORY IN ASSOCIATION WITH THE NSS UNIT OF ALVA'S HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL, MOOBBIDRI, WAS CONDUCTED FROM 10TH TO 15TH NOVEMBER 2025, OFFERING FREE BLOOD GLUCOSE SCREENING FOR THE GENERAL PUBLIC AGED ABOVE 35 YEARS. THE INITIATIVE AIMED TO IDENTIFY UNDIAGNOSED DIABETICS, PRE-DIABETICS, AND HIGH-RISK INDIVIDUALS, WHILE PROVIDING COUNSELLING ON LIFESTYLE AND DIETARY MODIFICATIONS AND REFERRING PATIENTS REQUIRING FURTHER EVALUATION. SCREENING SERVICES WERE PROVIDED ACROSS 12 PERIPHERAL OPDS INCLUDING PADUKONAJE, PUTTIGE, PAKSHIKERE, HUDKO COLONY, ALANGAR, KODYADKA, IRUVAIL, HOSANGADI, GUDDEYANGADI, SURATHKAL, PUNARJANMA OPD, AND AHC MOOBBIDRI. A TOTAL OF 336 INDIVIDUALS WERE SCREENED, COMPRISING 145 MALES AND 191 FEMALES, WITH 55 KNOWN DIABETICS, 281 NON-DIABETIC PARTICIPANTS, AND 184 INDIVIDUALS IDENTIFIED WITH HIGH-RISK SCORES, WHILE 150 PARTICIPANTS RECORDED NORMAL GRBS BUT WERE CATEGORIZED AS HIGH-RISK. THE HIGHEST PARTICIPATION WAS OBSERVED IN THE 65+ AGE GROUP, MAKING THE CAMP A SUCCESSFUL STEP TOWARD EARLY DETECTION AND DIABETES AWARENESS IN THE COMMUNITY.



## SCHOOL CAMP [MDB]

A SCHOOL HEALTH CAMP WAS ORGANIZED BY ALVA'S HOMOEOPATHIC MEDICAL COLLEGE, MIJAR, MOOBBIDRI AT MOOBBIDRI MAIN SCHOOL ON 03/12/2025 FROM 9:30 AM TO 1:00 PM. THE CAMP WAS CONDUCTED UNDER THE GUIDANCE OF DR. SHIVAKUMAR M.K AND DR. KALPANA, WITH ACTIVE PARTICIPATION FROM INTERNS ALWIN CRASTA, ANANTHRAM H M, LIKITH R B, DYUTHE K, ATHIRA SURESH, AND SANJANA. A TOTAL OF 78 STUDENTS WERE EXAMINED, WHICH INCLUDED 42 BOYS AND 36 GIRLS, AND 40 STUDENTS RECEIVED MEDICATION. THE ASSESSMENT REVEALED 46 UNDERWEIGHT STUDENTS, WHO WILL BE PRIORITIZED FOR HEALTH IMPROVEMENT. FUTURE PLANS INCLUDE MONTHLY FOLLOW-UP VISITS, CONDUCTING HEALTH AWARENESS TALKS, AND MONITORING UNDERWEIGHT STUDENTS WITH HOMOEOPATHIC SUPPLEMENTS, ALONG WITH THE TREATMENT OF ACUTE ILLNESSES DURING FOLLOW-UP CAMPS.

# CAMPS

*Celebrating Legacy and Service  
Through a Community Health  
Initiative*



## IRUVAILU SCHOOL CAMP

A School Health Camp was conducted at Iruvail on 22nd November 2025 by our medical team comprising Dr. Anitha S. K, Dr. Bharath Raj C. K, and a group of interns. A total of 88 students benefited from the camp, where general medical examinations including height, weight, vital signs, dental and skin assessment, and screening for common illnesses were carried out. Necessary medical advice and primary treatment were provided on the spot, and students requiring further evaluation were referred to appropriate healthcare facilities. The camp concluded successfully with active participation from the students and excellent cooperation from the school staff.

## BANTAKALLU

Celebrating Legacy and Service through a Community Health Initiative

The School Centennial Celebration Committee of Bantakallu, in collaboration with Sri Durga Parameshwari Aided Higher Primary School and other local associations, organized a Free Health Check-up Camp at Bantakallu School on Sunday, 9th November 2025. The programme aimed to promote community health and provide accessible medical services to residents of the region. As part of the event, the committee respectfully honoured **Dr. Sushma Kiran**, a former student of Bantakallu School who is now serving the community as a dedicated medical professional. She was felicitated in recognition of her valuable contribution to the field of healthcare and her inspiring journey from student to doctor. The camp received positive participation from the public and reflected the school's continued commitment to social welfare and community development.



# RGUHS 23<sup>RD</sup>

# ANNUAL INTER COLLEGIATE ATHLETIC MEET



RGUHS

Alva's Homoeopathic Medical College actively participated in the RGUHS 23rd Annual Inter Collegiate Athletic Meet 2025-2026, held from 18th to 20th November 2025 and hosted by Alva's Ayurveda Medical College, Moodubidire. Organized under the theme "Nasha Mukth RGUHS for Nasha Mukth India," the event brought together athletes from various RGUHS-affiliated institutions. Students from Alva's Homoeopathic Medical College enthusiastically took part in the competitions, showcasing teamwork, sportsmanship, and dedication, thereby contributing to the overall success and vibrant spirit of the athletic meet.

## MEDALS THROUGH MUSCLE

The RGUHS Powerlifting, Weightlifting and Best Physique Competition was held on 16th and 17th December at KVG Medical College, Sullia. Our college showcased an excellent performance, winning a total of 7 medals (2 Silver and 5 Bronze).

Bronze medals in Powerlifting were secured by Sunil Sapkale, Chitransh, Pavan, and Basangouda. In Weightlifting, Harshal Mahanubhav and Vikas Mane won Silver medals, while Irayya earned a Bronze medal. The achievement reflects the dedication and sportsmanship of our athletes.

## S P O R T S 2025



# Explora 2025: A Journey Beyond the Classroom



## NATIONAL CONCLAVE ON WOMEN'S HEALTH



The National Conclave on Women's Health, themed "Nurture the Nurturer,,", was held at V. S. Acharya Auditorium, Moodubidire, organized by Sakshama – Alva's Women's Association in collaboration with IAPEN India Association. Experts addressed key issues related to women's physical, emotional, and hormonal health. Topics included body image concerns, menstrual education, PCOS awareness, iron deficiency, and the impact of gut health on overall well-being. The session was moderated by Mrs. Smitha Varsha M. U. The event was graced by Dr. Greeshma Vivek Alva, Dr. Archana Prabhat, and Mr. Vivek Alva. A total of 35 students and 11 staff members from AHMC participated and gained valuable insights.



A group of students from Alva's Homoeopathic Medical College took the opportunity to attend Explora 2025, the three-day international homoeopathy conference hosted by Father Muller Homoeopathic Medical College from 14th-16th November 2025. The event brought together leading academicians, clinicians, and researchers from India and abroad, offering rich insights through keynote sessions, panel discussions, research presentations, and hands-on OSCE-based workshops. For our students, it was an inspiring platform to witness the future of homoeopathic education and research, interact with experts, and broaden their academic horizons.

# DEEPAVALI 2025

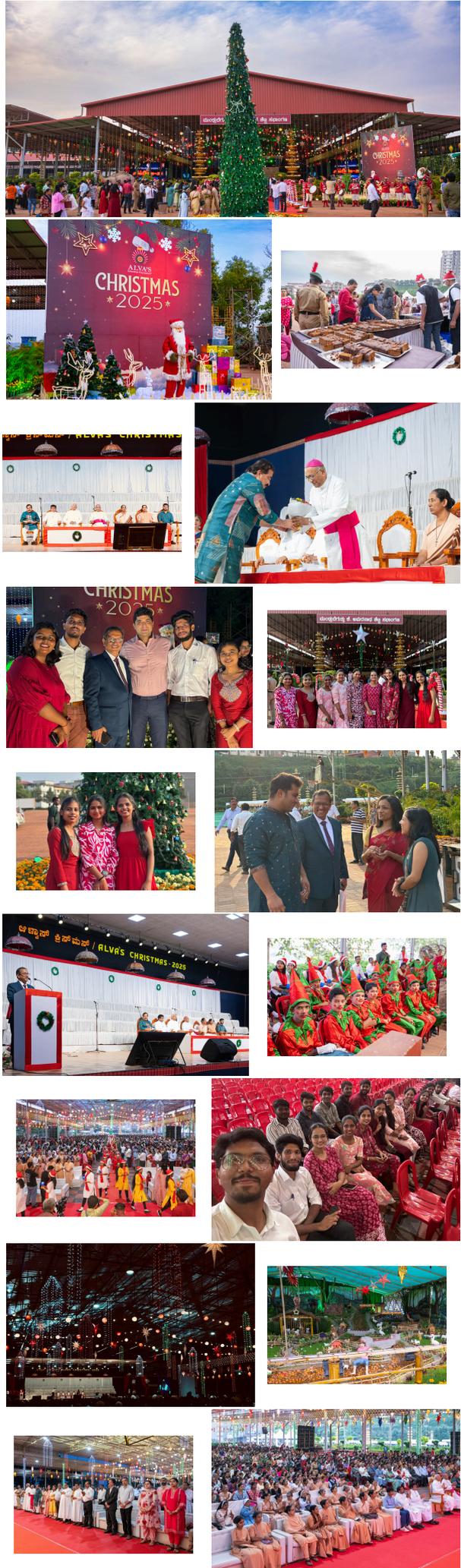


Alva's Deepavali 2025 – Campus Illuminated with Festive Colours was celebrated with great enthusiasm and cultural splendour on November 12, 2025, at the Smt. Vanajakshi K.Sripati Bhat Byluranga Mandira, Moodbidri. The program began with a Meravani and traditional Puja, followed by a vibrant cultural performance featuring Ashtalakshmi Bharatanatyam, Yakshagana, Gujarati Dandiya, Manipuri stick dance, Mohiniyattam, Mallakhamba, rope gymnastics, Dollu kunita and Bombe Vindodavali, showcasing the diversity of Indian art. The event reflected excellent organization and enthusiastic participation from students and faculty. The celebration concluded with a stunning fireworks display, symbolizing hope and unity, making the evening truly memorable.



# X-Mas

# Alva's Christmas – 2025



organized by Alva's Education Foundation, was celebrated with devotion and festive spirit on December 19, 2025, at Krishisiri Vedike, Vidyagiri, Moodubidire, conveying the message of peace, love, and hope. Staff, students, and guests gathered in unity to commemorate the birth of Christ. The programme began at 5:30 p.m. with Praise and Worship, followed by a solemn procession by the Alva's Education Foundation team. Dr. Herald Roshan Pinto, Principal, Alva's Homoeopathic Medical College, welcomed the gathering and highlighted the spirit of love and togetherness. The invocation, prayer, and Gospel reading were led by Rev. Fr. Melwyn Noronha, Parish Priest of Holy Rosary Church, Alangar. The Chief Guest, Most Rev. Dr. Aloysius Paul D'Souza, Bishop Emeritus of Mangalore, delivered an inspiring Christmas message on compassion, humility, and service. The programme was presided over by Dr. M. Mohan Alva, Chairman, Alva's Education Foundation<sup>®</sup>, who emphasized harmony, gratitude, and social responsibility. Rev. Fr. Francis Xavier Gomes, Retired Senior Priest of St. Zuze Vaz Home, Mangalore, was felicitated for his dedicated service. The celebration featured vibrant cultural performances by the Alva's Education Foundation team and Team Rang-Tarang, and concluded with a Christmas dinner, fostering fellowship and joy. Alva's Christmas – 2025 remained a memorable celebration blending spirituality, culture, and community bonding.

# EXTENDED KNOWLEDGE

## CCRH

The Central Council for Research in Homocopathy (CCRH), Ministry of AYUSH, Government of India, conducted Lecture 18 under the RISE (Research Interactions for Student Enrichment, Enhancement and Encouragement) webinar series on 17th November 2025, from 2:00 PM to 4:00 PM. The session, titled "Knowledge of Data - II," was delivered by Dr. Amulya Ratan Sahoo, Officer-In-Charge/Scientist-IV, Regional Research Institute for Homocopathy, Guwahati. The lecture focused on data presentation, data management, and maintaining data quality in research, highlighting their importance in strengthening scientific work among homocopathic students. The webinar was conducted under the guidance of Dr. Subhash Kaushik, Director General, CCRH, and Dr. Sunil S. Ramteke, Deputy Director General, CCRH, and was informative and enriching for participating students.

## CLINICAL MEETINGS – A DAY OF INTEGRATED LEARNING

On 17th December 2025, Alva's Homocopathic Medical College conducted clinical meetings for 1st to 4th year BHMS students between 10:00 am and 1:00 pm, offering valuable exposure to practical case-based learning.

The 1st Year meeting focused on understanding the patient and symptom classification through a gynecological case. The 2nd Year session (11 am-1 pm) emphasized symptom analysis, provisional diagnosis and totality using a dermatological case. The 3rd Year meeting (11 am-1 pm) discussed a chronic case of allergic rhinitis, highlighting the role of stress and lifestyle in disease progression. The 4th Year meeting covered advanced aspects such as repertorisation, miasmatic evaluation, posology and follow-up in a chronic skin condition.

Overall, the sessions enhanced students' clinical reasoning and reinforced the holistic homocopathic approach.

## AWARENESS TALK

The 2000th Madyavarjana Shibira was held from 30 October to 6 November 2025 at Alva's Punarjanma Mental Health and De-addiction Centre, Mijaru, Moodubidire, under the blessings of Poojya Dr. D. Veerendra Heggade and Dr. Hemavathi V. Heggade, as part of the extension activities of SDM Vyasnamukti & Research Centre, Laila. The inaugural programme on 30 October 2025 was inaugurated by Dr. M. Mohan Alva and presided over by Dr. Vinay Alva. During the camp, Dr. Prajnya Alva, AAO and Dr. Herald Roshan Pinto, Principal, AHMC delivered impactful talks highlighting mental well-being, de-addiction, and family support. The programme concluded with the Family Day and Valedictory Ceremony on 6 November 2025 at Sri Kshetra Dharmasthala.



# RESEARCH GRANT APPROVAL

Rajiv Gandhi University of Health Sciences

PROJECTS OF THE YEAR 2025-26



**VIJAY M HALAGERI**

GUIDE: Dr SHREYAS K S

TITLE: A COMPARITIVE STUDY ON EVALUATING THE ANTIFUNGAL ACTIVITY OF X- RAY 30CH, 200CH AND 1M BY SPRAYING METHOD ON GOSSYPIUM BARBADENSE : AN EXPERIMENTAL STUDY.



**SACHIN GAVIT**

GUIDE: Dr ANJALI S

TITLE: AN EXPERIMENTAL STUDY TO INVESTIGATE THE EFFECT OF HOMOEOPATHIC MEDICINE BELLADONA 200CH IN MANAGEMENT OF RED ROT DISEASES ON SACCHARUM OFFICINARUM

HEARTLY *Congratulations*

**STUDENTS' RESEARCH FORUM**

Of Alva's Homoeopathic Medical College,  
Mijar, Moodabidre, Mangalore



# ALVA'S HOMOEOPATHIC MEDICAL COLLEGE

## STUDENT COUNCIL 2025-26



SAI BHUVAN KOTTARY  
Chairperson



SACHIN GAVIT  
Vice-Chairperson



D ARADHANA BHAT  
General Secretary



SAKSHI REDDY  
Joint Secretary



ASHISH PANDEY  
Sports Secretary



MEETHIKA CS  
Sports Secretary



DEVENDRA P BHATT  
Sports Secretary



VISHETH POOJARY  
Treasurer



SHWETA DHOLE  
Treasurer



PRUTHA R RAI  
Cultural Secretary



PRAJAKTA R KHATAL  
Cultural Secretary



DRAKSHAYANI BALLARI  
Cultural Secretary



SHUBHAM BHANUSHALI  
Boys' Representative



BHAVANA C N  
Girls' Representative



ASIL FARHAN  
Media & Publicity



AKSHATHA  
Media & Publicity



ABDUL RAHEMAN  
Media & Publicity



SAGAR HUCHHANNAVAR  
NSS Coordinator



SHREYA  
NSS Coordinator



AKSHARA SHETTY  
Magazine & Literature



NITHYA B  
Magazine & Literature



PRAJWAL B  
Magazine & Literature



NEHA PRABHU  
NSS Coordinator

### CLASS REPRESENTATIVES



SUMIT CHAVAN  
I YEAR



MANASA B  
I YEAR



AFREEN KHATAL  
II YEAR



SAHANA B HADAKAR  
II YEAR



KUNDAN SINGH  
III YEAR



THEJASHWINI R  
III YEAR

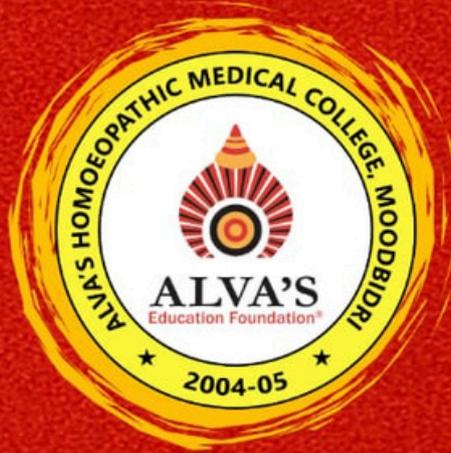


VIVEK KAWLE  
IV YEAR



SHEJAL DHOLE  
IV YEAR

ALVA'S HOMOEOPATHIC MEDICAL  
COLLEGE, MIJAR



ANNUAL COLLEGE SPORTS DAY

# ECHELON

*Games*  
25

Chief Guest

**DR SUSHEEL SHETTY**

Principal, Alva's Ayurvedic Medical College & Hospital,  
Vidhyagiri, Moodabidre

**Dr Herald Roshan Pinto**  
Principal, AHMC

**Dr Praveen Raj**  
Advisor, AHMC

**Dr Prajnaya Alva M**  
Administrative officer,  
AHMC

**Dr Prashant Donkar**  
Sports coordinator,  
AHMC

**NEXT  
IN LINE**

**Mr Avinash S**  
Physical Education  
Director

*We Cordially Invite*

**DATES : 29<sup>TH</sup> - 31<sup>ST</sup> DECEMBER 2025**

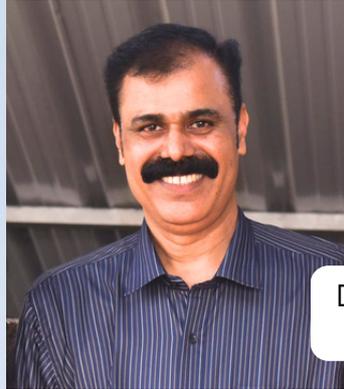
**TIMING: 9:00 AM - 5:00 PM**

**VENUE : OLD VIRASATH GROUND, MIJAR**

ORGANIZED BY SPORTS COMMITTEE, STUDENT COUNCIL 2025-26

# SPORTS COMMITTEE

## STAFF COORDINATORS



DR. PRASHANTH DONKAR  
SPORTS CHAIRPERSON



DR. DEEPAK RD



DR. BHARATH SIR



DR. SHUSHIKSHITHA

## STUDENT COORDINATORS



ASHISH PANDEY  
Sports Secretary



MEETHIKA CS  
Sports Secretary



DEVENDRA P BHATT  
Jr. Joint Secretary

## SPORTS REPRESENTATIVE



KARTAVAYA BHOIR



DIKSHANT



TEJASWINI SS



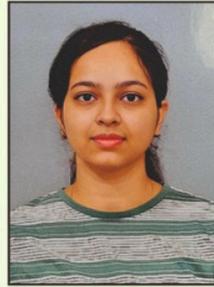
# ALVA'S HOMOEOPATHIC MEDICAL COLLEGE

## RGUHS RANK HOLDERS (2018-2024)

8th Batch	42 RANKS
9th Batch	45 RANKS
10th Batch	27 RANKS
11th Batch	84 RANKS
12th Batch	99 RANKS
13th Batch	115 RANKS
14th Batch	51 RANKS

### OVERALL TOPPERS

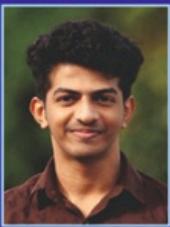
9th Rank



II BHMS- 8th Rank  
 Pathology - 10th Rank  
 Anatomy - 7th Rank  
 FMT - 5th Rank  
 MM - 7th. 3rd  
 Organon - 2nd Rank

**DR. S RAJALAKSHMI**

### SUBJECT WISE RANK HOLDERS



**Dr. Rohan R**  
Organon - 9th



**Dr. Dileena**  
II BHMS- 10th Rank, Pathology - 6th  
FMT - 8th. MM - 4th



**Dr. Rasha Kabeer**  
MM - 10th & 8th



**Dr. Smera Anna Thomas**  
FMT - 4th,  
Organon - 5th & 6th CM - 2nd



**Dr. Sandra V C**  
Community Medicine- 10th



**Dr. Marylyne Oinam**  
FMT - 7th, MM - 5th  
Organon - 4th



**Dr. Ashwathi M P**  
FMT - 9th, MM - 5th & 9th  
Organon - 7th



**Dr. Sruthi**  
Pharmacy - 10th, Pathology - 5th  
FMT - 2nd, Organon - 3rd  
II BHMS- 3rd Rank



**Dr. Hanna Fathima**  
FMT - 9th, MM - 6th  
Organon - 9th



**Dr. Ahalya**  
FMT - 10th



**Dr. Fathimath Rana**  
MM - 3rd



**Dr. Divita**  
Pathology - 6th, FMT - 3rd, MM - 2nd & 8th  
Organon - 10th, Med - 10th  
Community Medicine- 10th, II BHMS- 4th Rank



**Dr. Harsha T P**  
Organon - 9th



**Dr. Prachi**  
IV BHMS- 5th Rank  
MM - 6th & 9th, Organon - 1st  
Community Medicine- 2nd



**Dr. Anngloria Thankachan**  
MM - 8th



**Dr. Rahla Muhamm**  
MM - 8th



**Dr. Keerthana**  
II BHMS- 9th Rank FMT - 3rd  
MM - 6th & 8th, Organon - 8th

<https://alvasHomoeopathy.com/Insight/Home.html>

Next Edition on Jan:

Q4 EDITION  
ISSUE 06  
OCT - DEC

2025



## QUATERLY E-BULLETIN

**For Any Feedback  
Contact Us:**



<https://alvasHomoeopathy.com/Insight/Home.html>



[ebulletinahmc@gmail.com](mailto:ebulletinahmc@gmail.com)



+91 70906 39555

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Through the e-bulletin, we aim to foster a sense of unity, transparency, and engagement. It's not just about broadcasting information; it's about sparking conversations, exchanging ideas, and building relationships.