

Goal, Perspective & Experience

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

“Our third HFRI Medical Externship project was again blessed and graced with higher energy which made it very enjoyable, extremely educational, culturally motivational with the exposure to the medical science, Ayurveda, Indian village life, yoga, meditation and was privileged with sightseeing trip to Parasnath and Summit Shikhar.” – Dr. Veena Gandhi (2017-18)

Last year's program ran from Dec 24 to Jan 6 at Ranchi - Jharkhand, India. The participating students rounded with internists, surgeons, pediatricians and preventive and community health departments in the renowned medical school at Ranchi connected with AIMS from Delhi to learn about common diseases prevalent in that area and basic medicine. They also visited private nursing homes, small, medium and large sized charity hospitals and outreach clinics. This gave them tremendous exposure about India's Medical health systems. There was also a trip to a remote village, Gola, to learn about the village life, village culture and traditions. They learnt about the HFRI initiative of anemia eradication program in women and children, village medical challenges and also visited Ekal Vidyalaya schools. **Arogya Foundation of India** is our Indian counterpart which is fully involved in this endeavor. The trip cannot be more rewarding and cost effective for all.

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

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

HFRI is ready to offer this program again for 2018-19. Kindly review the website www.hfriusa.org for externship program details. If there are any questions, do not hesitate to call **Dr. Veena S Gandhi**, (856)435-9148 or **Dr. Hasmukh Shah** at (815) 441-0559. Students will be selected on a first come first serve basis.

PERSONAL INFORMATION

Date: _____

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

Applicant's Address: _____ City, State, Zip _____

Email address: _____ Phone Number _____

What university do you attend? _____

What is your current status? ___ 2nd yr ___ 3rd yr ___ 4th yr ___ 5th yr ___ Paramedical ___ Med Student (yr)

What languages do you speak? _____

Do you speak Hindi? ___ Yes ___ No

Can you understand Hindi? ___ Yes ___ No

What are your expectations from this endeavor? ***

What are your strengths? ***

Please use separate page.

Parent/Guardian Information

Name (First, Last, MI): _____

Address: _____

City, State, Zip: _____

Phone#: _____

Email: _____

Emergency contact I

Name (First, Last, MI): _____

Phone number: _____

Relation to contact: _____

Address: _____

Email: _____

History

Have you been to India before? ___ Yes ___ No

If yes, did you experience any problems?

Emergency contact II

Name (First, Last, MI): _____

Phone number: _____

Relation to contact: _____

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



**HFRI/AAPI – PRE-MEDICAL/MEDICAL
EXTERNSHIP APPLICATION FORM
EKAL AROGYA 2018 - 2019**

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

MEDICAL HISTORY (This will be strictly kept confidential)

Have you ever been hospitalized? ___ Yes ___ No

If yes, what for? _____

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

Please list any allergies: _____

Please list any medications you currently take: _____

Medical Insurance

Name of plan and ID#: _____

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

PROPOSED PROGRAM AND FEE SCHEDULE – 2018-19

Dates: Dec. 22nd 2018– Jan. 2nd 2019

Place: *** Ranchi, India

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

Please fill out the PMME application from the HFRI website www.hfriusa.org or Ekal Vidyalaya website www.ekal.org or www.aapiusa.org and send completed applications by emails to:

Dr. Veena S. Gandhi (veenagandhiom@gmail.com)

Dr. Hasmukh Shah (hptampico@gmail.com)

Proposed Program*

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

(See details in the curriculum)

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

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

Contacts:	1. Dr. Veena Gandhi	Email: veenagandhiom@gmail.com	Tel: 856-435-9148
	2. Dr HasmukhShah	Email: hptampico@gmail.com	Tel: 815-441-0559
	3. Tanay Hardikar (prev. participant)	Email: tanaysh3@gmail.com	Tel: 862-684-1380
	4. Dr. Vivek Pradhan	Email: vivek.pradhan.hou@gmail.com	Tel: 409-370-7267

Timeline:

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

Proposed Medical Education Details

1. **Internal Medicine (5 hours of learning):**– fundamentals of good history and physical examination, medical rounds with professor, seeing common medical conditions like Malaria, Tuberculosis (TB), encephalitis, hepatitis, anemia, thalassemia etc., visiting CCU, kidney dialysis unit.
2. **General Surgery (5 hrs of learning):** Lecture on common surgical conditions, fundamentals of good surgery, pre/post operative care, surgical rounds, scrub in surgeries at private nursing homes.
3. **Pediatrics (5hrs of learning):** Learn common pediatric problems such as malnourishment, rickets, malaria, anemia, diarrhea and encephalitis, rounds on the pediatric floor.
4. **Preventive and Community Medicine (5 hrs of learning):** statistical analysis of different diseases between India and USA, causes of certain common diseases specific to India, prevention strategy, analysis of basic hygiene, water supply and excreta disposal, governmental intervention programs and vaccination programs.
5. **Ekal Village Medical Health Camp and Visit to Ekal Vidyalaya School (8 hrs)**
6. **Visit to Private Nursing Homes – private hospitals (8hrs of learning):** scrubbing for different surgeries, visiting ICU and CCU at Alam Nursing Home, lecture on basic cardiology and learning about how to setup a private hospital facility.
7. **Visit to small and medium public/private partnership hospitals (4hrs)**
8. **Ayurveda (4hrs of learning):** Fundamentals of Ayurveda, different body types, visit and recognize different medicinal plants and process of making Ayurvedic medicines.
9. **Individual medical lectures in the evening (4hrs of learning)**
10. **Yoga (10hrs of learning):** every morning for an hour, “What is Yoga and its goal?”, Astang yoga, the basic Asanas, Pranayamas, how yoga affects/helps treat medical diseases and meditation
11. **Visit to spiritual places:** to receive the blessing from higher energy
12. **Daily discussion with mentors:** mentors are physicians themselves having practiced in USA

Program Details

Throughout this program, participants will have the opportunity to experience the following:

1. Frequent visitations to RIMS (Rajendra Institute of Medical Sciences)
 - a. Learn about how a large, government hospital operates in the state of Jharkand
 - b. Opportunities to interact with patients and doctors from the following fields
 - i. Internal Medicine
 - ii. Surgery
 - iii. Pediatrics/Neonatology
 - iv. Dentistry
 - v. Community Medicine
 - c. Gain an understanding of the differences in care between America and India (there will be lectures in all of the above departments)
2. Visiting private hospitals/ nursing homes
 - a. See how a private hospital operates in India
 - b. Learn how public-private partnerships enhance healthcare in India
 - c. Learn about the importance of Ayur Veda and integrated medicine in India
 - i. Visit an Ayur Vedic Hospital
 - d. Have the opportunity to watch various surgeries
3. Learn about the efforts of Ekal Abhiyan in expanding education and healthcare
 - a. Visit an Ekal Abhiyan women empowerment center
 - b. Visit an Ekal Abhiyan computer literacy center
 - c. Visit an Ekal Vidyalaya school
 - d. See a health camp set up by Ekal Arogya in a tribal village
4. See how medicine and education interact in rural areas/ tribal villages in India
5. See the influence of religion, yoga, and spirituality in healthcare and wellbeing education

Brief Mentor Profiles:



Dr. Veena Gandhi is an obstetrician and gynecologist by profession, and has had over 40 years of career dedicated to her profession. She loves yoga and spiritual pursuits. She has written a book on yoga and pregnancy, "Creating miracle child with yoga", complete and practical guide for expectant parents. She is the founder and chairperson of HFRI, and has over 30 years of community work experience, with passion for education and healthcare. Dr. Gandhi is based in New Jersey area.



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

*** There may be more mentors.

