**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, 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 22 to Jan 3 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. 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 2019-2020. Kindly review the website www.hfriusa.org for the details for externship program. If there is 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 first come first serve basis.
HFRI - MEDICAL INTERNSHIP APPLICATION FORM

EKAL AROGYA 2019 – 2020

PERSONAL INFORMATION

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 1

Name (First, Last, MI):_______________________

Phone number: ______________________________

Relation to contact: __________________________

Address: _________________________________

Gdrular:_______________________________

Email: ___________________________________
History
Have you been to India before?  _Yes  _No
If yes, did you experience any problems?
______________________________________________________________________________

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

Emergency contact II
Name (First, Last, MI):_____________________
Phone number: __________________________
Relation to contact: ______________________

Release:  HFRI Management requests that you will allow the usage of your pictures/videos from the externship program 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 – 2019-2020


Arrival:  Dec 22nd 2019 morning or early afternoon. If students arrive earlier then they will have to pay for extra night. For a reason (for college starting earlier) please let us know.

Departure:  Jan 3rd 2020 morning.

Place:  ***This year we have confirmation from the Dean Medical School in Ahmadabad, so the location of PMME 2019-20 will be in Ahmadabad.

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

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

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

CC: Mohan Daptardar (mohanaptardar@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 Ahmadabad + $1100

Contacts:  1. Dr. Veena Gandhi   Email:  veenagandhiom@gmail.com   Tel: 856-435-9148

2. Dinesh Modh   Email:  mailto:nadi715@yahoo.com   Tel: 516-728-0741
Timeline:

Application out by --- March

Application deadline --- August

Selection and acceptance letter --- beginning of September

Payment (in full) and liability waiver form ----- end of September

Communication 1 --- Instructional letter --- October

Communication 2 --- Daily Program Itinerary and flight itinerary ---- by end of Oct/Nov

Communication 3 --- Final instructions --- November

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
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 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.

Mr. Dinesh Modh is a Microbiologist/Pharmaceutical Scientist and has 30+ years of working experience with Pfizer, Allergan, and other pharmaceutical companies. Since 1979, he is been a dedicated community volunteer and works with adults as well as children. He lives on Long Island, New York with his wife Nayana Modh, who is also a community volunteer since 1984. He is an executive committee member of Vishwa Hindu Parishad of America (World Hindu Council).

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.