



## EKAL AROGYA – PRE-MEDICAL/MEDICAL EXTERNSHIP APPLICATION FORM

2020-2021

### 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 four 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 EKAL AROGYA Medical Externship project was again blessed and graced with higher energy which made it very enjoyable, extremely educational, and 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 23 to Jan 3 at Baroda - Gujarat, India. The participating students rounded with internists, surgeons, pediatricians and preventive and community health departments in the renowned medical school at Baroda 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 EKAL AROGYA initiative of anemia eradication program in women and children, village medical challenges. 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 EKAL, 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*

EKAL Arogya is ready to offer this program again for 2020-2021. Kindly review the website [www.ekal.org](http://www.ekal.org) for the details for externship program. If there is any questions, do not hesitate to call Mr. Mohan Daptardar at (203) 505-1632. Students will be selected on first come first serve basis.

**EKAL AROGYA - MEDICAL INTERNSHIP APPLICATION FORM**

**2020 – 2021**

**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 \_ 3<sup>rd</sup> yr \_ 4<sup>th</sup> yr \_ 5th yr \_ Paramedical \_ Med Student (yr)

**What languages do you speak?** \_\_\_\_\_ **Do you speak Hindi?** \_Yes \_No

\_\_\_ Can you understand **Hindi**?

**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**

**Emergency contact II**

Please affix here your latest Passport Size Photo

Have you been to India before?  Yes  No Name (First, Last, MI): \_\_\_\_\_

If yes, did you experience any problems? Phone number: \_\_\_\_\_

\_\_\_\_\_ Relation to contact: \_\_\_\_\_

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

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

**MEDICAL HISTORY** (This will be kept strictly 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 – 2020-2021**

**Dates:** Dec. 23rd 2020– Jan. 3rd 2021

**Arrival:** Dec 22nd 2020 evening.

**Departure:** Jan 4th 2021 morning.

**Place:** \*\*\* Baroda, India

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

\*\* This program is supported by few volunteers in USA and India. In order to benefit their valuable time, PME program needs at least 9 students to confirm by end of September.

Due to COVID-19 we will provide the updates on the program by end of September 2020.

**Please fill out the MII application from the website [www.ekal.org/us](http://www.ekal.org/us) or [aapiusa.org](http://aapiusa.org) and send completed applications by emails to:**

**Mohan Daptardar ([mohandaptardar@gmail.com](mailto:mohandaptardar@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 to Ahamadabad/Baroda + \\$1100](#)

**Contacts:** 1. Mohan Daptardar ----- [mohandaptardar@gmail.com](mailto:mohandaptardar@gmail.com)-- Tel: 203-505-1632

2. Dr. Yogendra Patel ----- [nilayogi@verizon.net](mailto:nilayogi@verizon.net)-- Tel: 718-877-8774

3. Dr. Jaya Daptardar ----- [jmdaptardar@hotmail.com](mailto:jmdaptardar@hotmail.com)-- Tel: 203-460-0189

**Timeline:** Application out by --- 1 June  
Application deadline --- 15 September  
Selection and acceptance letter --- end of September  
Payment (in full) and liability waiver form ----- First week of October  
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 Coverage**

- 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

## Mentor Profiles



Dr. Yogendra Patel is a board-certified surgeon with 48 years of medical career and based in New York area. Dr. Patel is an advisor to HFRI board, active in medical philanthropic work, volunteer for HFRI events in USA and India. Dr. Patel has volunteered for HFRI – PMME program in the past.



Dr. Jaya Daptardar is an Ayurvedic Doctor and Senior Health Care Executive. She is a founder and CEO of Active Ayurveda and Yoga. Dr. Jaya Daptardar has been volunteering for EKAL fundraising in Connecticut from last 12 years. She provides ongoing health and wellness education through seminars and conferences. She is a writer of books: “Aging Gracefully” and “Ayurveda’s wisdom for management of pain and addiction”.



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).



Mr. Mohan Daptardar has been coordinating for PME program for last two years and EKAL volunteer for EKAL fundraising in Connecticut for last 12 years. Mr. Mohan Daptardar is passionate about helping students participating Pre-Medical externship to know healthcare systems in India.



