



Goal, Perspective & Experience

2020-2021

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. Ekal Arogya has successfully completed five 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.

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 in a new virtual format due to COVID-19 again for 2020-2021 from December 20th to 29th 2020. Kindly review the website <https://www.ekal.org/us/news/arogy-pme-premedical-externship-is-now-virtual> for the details for externship program. If there are any questions, do not hesitate to call Dr. Hasmukh Shah at 815-441-0559 or email hptampico@gmail.com. Students will be selected through a phone interview and a short essay of 250 words in the format below.

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 college year? _____

What languages do you speak? _____ **Do you speak Hindi/Gujarati?** _____

Can you understand Hindi/Gujarati? _____

Please upload your latest
Passport Size Photo



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.

PROPOSED PROGRAM AND FEE SCHEDULE –2020-2021

Dates: Dec. 20th 2020– Dec. 29th 2020

Place: Ekal IVD Center Zalod, Dahod District, Gujarat State India

Please fill out the PME application from the website www.ekal.org/us or and send completed applications by email to:

Dr. Hasmukh Shah(hptampico@gmail.com)

Proposed Program*

There will be 4 mandatory half hour pre-internship sessions on the following dates November 15th, 22nd and December 6th, 13th 2020. Starting December 20th, there will be daily 90-minute zoom sessions with India at 10:30 pm EST, 9:30 pm CST and 7:30 pm PT. There will also be 90-minute zoom sessions among interns and preceptors at 11:30 am EST, 10:30 am CST and 8:30 am PT (this time can be adjusted). The first 30 minutes will be a group lecture, the next 30 minutes will be a group discussion and the last 20 minutes will be in breakout rooms with your groups with 10 minutes to plan for the next India zoom.

Interns will connect to villages through Arogya Sevikas (healthcare worker) and learn how they provide information about hygiene, nutrition, and the prevention of communicable diseases. Interns will learn about the healthcare system in India, social/cultural aspects of healthcare, alternative medicine, anemia eradication, and women's health.

Cost of Internship- non-refundable \$300 for entire program paid before November 15th.

This fee will enable us to purchase and provide digital arrangements to be made for Arogya Sevika and ground team including travel expenses. Please pay online at <https://www.ekal.org/us/donate> and specify that the fee is for the 2020 Ekal Arogya Virtual PME.



Participants at 2019/20 PME in Baroda, India

PME 2020/21 Application Write-up

What are your expectations from this endeavor?

What are your strengths?

How do you want to contribute to tribal villages in India specifically in health, hygiene, and prevention of medical illnesses?

What is your opinion of digital learning for remote areas in India?