



Index MEDICAL COLLEGE, HOSPITAL & RESEARCH CENTRE, INDORE

(Unit of Mayank's Welfare Society)
(Constituent Unit of Malwanchal University)

ACCREDITED BY NABH & NABL



NABL Certificate No. MC-3448
NABH Certificate No. PEH-2019-0966

IMCHRC/VAC/2024/09

Date – 1st June 2024

CIRCULAR

We are pleased to announce that a value added course on “**Complementary & Alternative medicine (CAM)**” has been scheduled from 20th June to 22th June 2024 in the lecture hall no. 4 of index medical college, hospital and research centre, Indore.

It is being organized by the faculty of IMCHRC, Malwanchal University to train the MBBS – 2nd professional students about the concepts of complementary & alternative medicine (CAM). The course is free for all 2nd professional students. Interested students are requested to register for the course by 15th of June 2024.

Dean

IMCHRC, Indore

CC:

The Chairman

Vice Chairman

Vice Dean

Registrar – Malwanchal University

All Administrators

HODs of all Departments

Notice Board – college notice board, hostel – Boy's/Girl's, PG hostel

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INDEX MEDICAL
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CENTRE, INDORE

“Complementary
& Alternative
medicine (CAM)”



ABOUT

CAM is a group of diverse medical and health care systems, practices and products that are not presently considered to be part of conventional medicine.

REGISTRATION

ELIGIBILITY: MBBS 2ND YEAR

Co-ordinator: Dr. Akash

Vishwe

Registration fee: 0

Dates: 20th to 22th June
2024

Venue: Lecture hall no. 2 of
index medical college

RESOURCE PERSON

Dr. Akash Vishwe, Associate

Professor (Pharmacology)

Mrs. Preeti Pardesi, Asst.

Prof. (Pharmacology)

MODULES:

- Module 1 : comple-
mentary medicine
- Module 2 : Alternative
medicine
- Module 3 : integrative
medicine
- Module 4: conventional
medicine

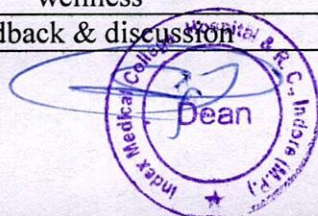
OUTCOMES:

- Biologically based
methods
- Energy medicine systems
- Manipulative and body
based practices
- Mind body medicine
systems
- Whole body medical
systems

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Time-Table
Value Added Course
Topic: Complementary & Alternative medicine (CAM)
For: - MBBS 2nd Year

Day-1 : (20/06/24)		
Title	Time	Speaker
Introduction to Yoga	09:00am – 10:00am	Dr. Akash Vishwe
How yoga maintains the health & wellness	10:00am – 11:00am	Mrs. Preeti Pardesi
Tea	11:00 – 11:15am	
Factors unbalancing health & wellness	11:15am – 12:15pm	Dr. Akash Vishwe
Psychosomatic Disorders: disease processes	12:15pm – 01:15pm	Mrs. Preeti Pardesi
Lunch	01:15pm – 02:00pm	
Psychosomatic Disorders: Wellness, Healing & Management through yoga	02:00pm – 03:00pm	Dr. Akash Vishwe
Prevention of psychosomatic diseases through yoga	03:00pm – 04:00pm	Mrs. Preeti Pardesi
Day-2 : (21/06/24)		
Relation between Ayurveda naturopathy & yoga	09:00am – 10:00am	Dr. Akash Vishwe
Understanding the Ashtang yoga	10:00am – 11:00am	Mrs. Preeti Pardesi
Tea	11:00 – 11:15am	
Yogic Health Techniques	11:15am – 12:15pm	Dr. Akash Vishwe
Therapeutic application of different Aasanas	12:15pm – 01:15pm	Mrs. Preeti Pardesi
Lunch	01:15pm – 02:00pm	
Yogasanas beneficial in hypertension: description & demonstration	02:00pm – 03:00pm	Dr. Akash Vishwe
Yogasanas beneficial in diabetes: description & demonstration	03:00pm – 04:00pm	Mrs. Preeti Pardesi
Day-3 : (22/06/24)		
Yogasanas beneficial in hypothyroidism: description & demonstration	09:00am – 10:00am	Dr. Akash Vishwe
Yogasanas beneficial in obesity: description & demonstration	10:00am – 11:00am	Mrs. Preeti Pardesi
Tea	11:00 – 11:15am	
Yogasanas beneficial in memory enhancement : description & demonstration	11:15am – 12:15pm	Dr. Akash Vishwe
Yogasanas beneficial in depression: description & demonstration	12:15pm – 01:15pm	Mrs. Preeti Pardesi
Lunch	01:15pm – 02:00pm	
Health industry based on yoga & wellness	02:00pm – 03:00pm	Dr. Akash Vishwe
Feedback & discussion	03:00pm – 04:00pm	Mrs. Preeti Pardesi



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Report: Complementary & Alternative medicine (CAM)

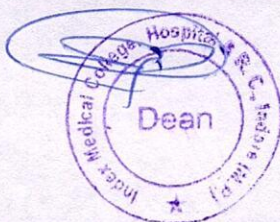
A value added course on “**Complementary & Alternative medicine (CAM)**” has been scheduled from 20th June to 22th June 2024 in the lecture hall no. 4 of index medical college, hospital and research centre, Indore. This course was conducted for 18 hrs., where each section was conducted for 6 hrs.

Complementary and alternative medicine (CAM) is the term for medical products and practices that are not part of standard medical care. People with cancer may use CAM to

- help cope with the side effects of cancer treatments, such as nausea, pain, and fatigue
- comfort themselves and ease the worries of cancer treatment and related stress
- feel that they are doing something to help with their own care
- try to treat or cure their cancer

Modules :

1. **Complementary medicine** is used along with standard medical treatment but is not considered by itself to be standard treatment. One example is using acupuncture to help lessen some side effects of cancer treatment. Less research has been done for most types of complementary medicine.
2. **Alternative medicine** is used instead of standard medical treatment. One example is using a special diet to treat cancer instead of cancer drugs that are prescribed by an oncologist. Less research has been done for most types of alternative medicine.
3. **Integrative medicine** is an approach to medical care that combines conventional medicine with CAM practices that have shown through science to be safe and effective. This approach often stresses the patient's preferences, and it attempts to address the mental, physical, and spiritual aspects of health.
4. **Conventional medicine** is a system in which health professionals who hold an M.D. (medical doctor) or D.O. (doctor of osteopathy) degree treat symptoms and diseases using drugs, radiation, or surgery. It is also practiced by other health professionals, such as nurses, pharmacists, physician assistants, and therapists. It may also be called allopathic medicine, biomedicine, Western, mainstream, or orthodox medicine. Some conventional medical care practitioners are also practitioners of CAM.



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5. **Standard medical care** is treatment that is accepted by medical experts as a proper treatment for a certain type of disease and that is widely used by healthcare professionals. Also called best practice, standard of care, and standard therapy.

For details about specific CAM therapies, NCI provides evidence-based Physician Data Query (PDQ) information for many CAM therapies in versions for both the patient and health professional. Also see the page from the National Center for Complementary and Integrative Health (NCCIH) Cancer and Complementary Health Approaches: What You Need to Know for more details about CAM and some of the current research.

The Safety of CAM

Some CAM therapies have undergone careful evaluation and have been found to be generally safe and effective. These include acupuncture, yoga, and meditation to name a few. However, there are others that do not work, may be harmful, or could interact negatively with your medicines.

Clinical Trials to Test CAM Therapies

NCI and the National Center for Complementary and Integrative Health (NCCIH) are currently sponsoring or cosponsoring clinical trials that test CAM treatments and therapies in people. Some study the effects of complementary approaches used in addition to conventional treatments, and some compare alternative therapies with conventional treatments.

Patients, their families, and their health care providers can learn about CAM therapies and practitioners from the following government agencies:

- National Center for Complementary and Integrative Health
- NCI Office of Cancer Complementary and Alternative Medicine
- NIH Office of Dietary Supplements



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At the end of the course, participant will learnt about:

- Biologically based methods
- Energy medicine systems
- Manipulative and body based practices
- Mind body medicine systems
- Whole body medical systems



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Index Medical College, Hospital & Research Center Indore M.P.

Department of Pharmacology

MBBS 2nd Year

Value Added Course: Complementary & Alternative medicine (CAM)

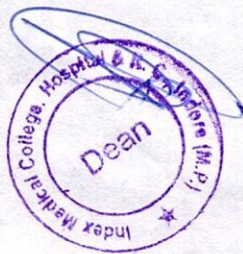
Attendance Sheet

S. No.	Name of the Student	Date		
	Sanjay Dhakar	<i>Sanjay</i>	<i>Sanjay</i>	<i>Sanjay</i>
	SansitaRath	<i>Sansita</i>	<i>Sansita</i>	<i>Sansita</i>
	Sanskar Mehta			
	Santosh Waskel	<i>Santosh</i>	<i>Santosh</i>	<i>Santosh</i>
	SapnaOjha	<i>Sapna</i>	<i>Sapna</i>	<i>Sapna</i>
	SatghareSanket Suresh			
	TanishPatidar			
	TanveerMultani	<i>Tanveer</i>	<i>Tanveer</i>	<i>Tanveer</i>
	Teesha Chopra	<i>Teesha</i>	<i>Teesha</i>	<i>Teesha</i>
	TejaChouhan			
	Tiya Chopra			
	TusharPatidar	<i>Tushar</i>	<i>Tushar</i>	<i>Tushar</i>
	Uddhav	<i>Uddhav</i>	<i>Uddhav</i>	<i>Uddhav</i>
	UjjwalDhakad	<i>Ujjwal</i>	<i>Ujjwal</i>	<i>Ujjwal</i>
	SakshiDhakad	<i>Sakshi</i>	<i>Sakshi</i>	<i>Sakshi</i>
	SakshiKatariya	<i>Sakshi</i>	<i>Sakshi</i>	<i>Sakshi</i>
	SakshiMarchya	<i>Sakshi</i>	<i>Sakshi</i>	<i>Sakshi</i>
	Sakshi Yadav			
	SaloniPatidar			
	Saloni Yadav			
	Sambhav Jain			
	Sanchiia Rajput			
	SangeetaDodwa	<i>Sangeeta</i>	<i>Sangeeta</i>	<i>Sangeeta</i>
	SanghpriyaGautam	<i>Sanghpriya</i>	<i>Sanghpriya</i>	<i>Sanghpriya</i>
	VipulParmar	<i>Vipul</i>	<i>Vipul</i>	<i>Vipul</i>
	Virendra Singh Rajpoot			
	VishakhaKashyap			
	Vishal Sendhav			
	YachanaBadadwal			
	YogeshKaroda	<i>Yogesh</i>	<i>Yogesh</i>	<i>Yogesh</i>
	Yogeshwari Thakur	<i>Yogeshwari</i>	<i>Yogeshwari</i>	<i>Yogeshwari</i>
	Yoshi Sonkar	<i>Yoshi</i>	<i>Yoshi</i>	<i>Yoshi</i>
	YuvrajVerma	<i>Yuvraj</i>	<i>Yuvraj</i>	<i>Yuvraj</i>
	SajalVerma	<i>Sajal</i>	<i>Sajal</i>	<i>Sajal</i>
	SajanKirade	<i>Sajan</i>	<i>Sajan</i>	<i>Sajan</i>
	SakshiChimnani			
	SaniaSaiyed			
	SanikaGadge	<i>Sanika</i>	<i>Sanika</i>	<i>Sanika</i>
	Sanjay Bhilala	<i>Sanjay</i>	<i>Sanjay</i>	<i>Sanjay</i>
	Tamanna Bhardwaj	<i>Tamanna</i>	<i>Tamanna</i>	<i>Tamanna</i>
	TanayaHiwase			

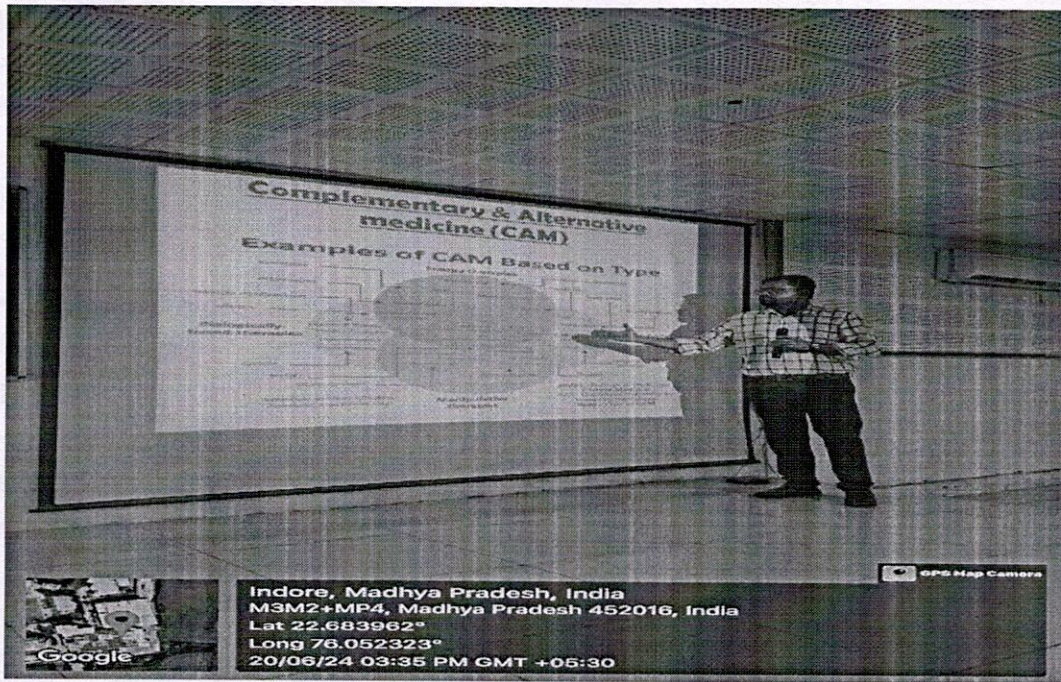


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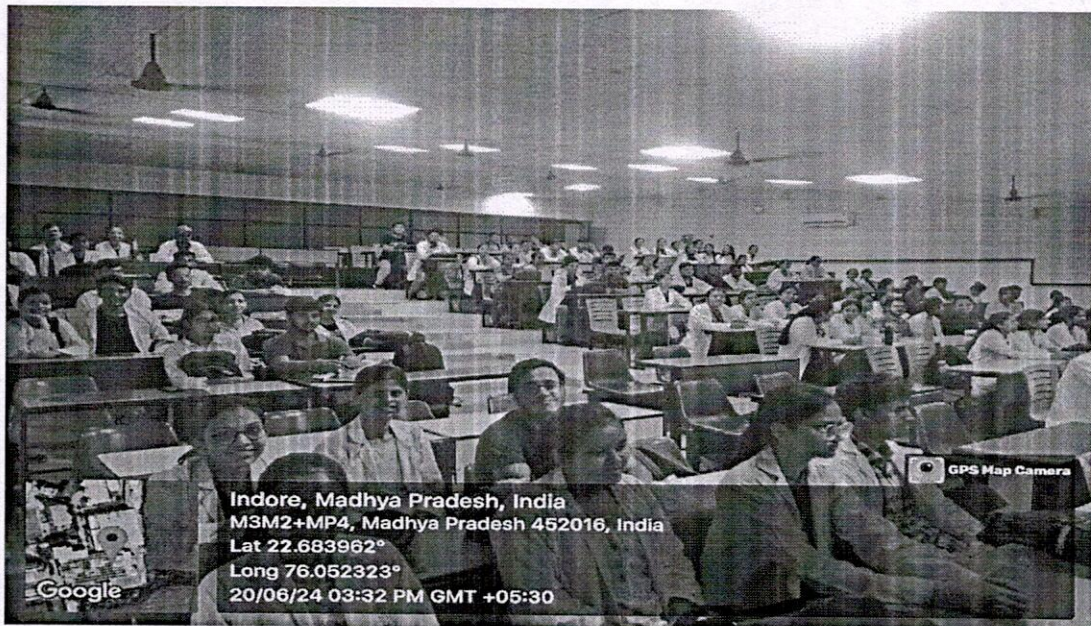
MitanshiBorna	<u>Mitanshi</u>	<u>Mitanshi</u>	<u>Mitanshi</u>
MohdShahwan	<u>MohdShahwan</u>	<u>MohdShahwan</u>	<u>MohdShahwan</u>
NileshJamod	<u>Nilesh</u>	<u>Nilesh</u>	<u>Nilesh</u>
NishantDandotiya	<u>Nishant</u>	<u>Nishant</u>	<u>Nishant</u>
PalakPitalia			
PalakRoul	<u>Palak</u>	<u>Palak</u>	<u>Palak</u>
Pallavi Solanki			
Mahi Joshi			
MahimaVishwakarma	<u>Mahima</u>	<u>Mahima</u>	<u>Mahima</u>
MaitrayeeAndheriya			
Maneesh Singh	<u>Maneesh</u>	<u>Maneesh</u>	<u>Maneesh</u>
Manisha Lobaniya			
Manisha Ninama	<u>Manisha</u>	<u>Manisha</u>	<u>Manisha</u>
Priyanshi Singh Kushwaha			
Priyesh Sharma			
Radha	<u>Radha</u>	<u>Radha</u>	<u>Radha</u>
Rahul Kumar Gurjar	<u>Rahul</u>	<u>Rahul</u>	<u>Rahul</u>
RajendraNingwal			
Pankaj Dhakad	<u>Pankaj</u>	<u>Pankaj</u>	<u>Pankaj</u>
PappuDawar	<u>Pappu</u>	<u>Pappu</u>	<u>Pappu</u>
Paridhi Chopra			
ParmarKrishrajsinhKamleshkumar			
Parth Mahajan	<u>Parth</u>	<u>Parth</u>	<u>Parth</u>
RajnandaniDawar	<u>Rajnandani</u>	<u>Rajnandani</u>	<u>Rajnandani</u>
RajshreeTomar			
Raju Solanki	<u>Raju</u>	<u>Raju</u>	<u>Raju</u>
RuchiraVasudeoDeore			
RupaliDehariya			
SabhyaGirnar	<u>Sabhya</u>	<u>Sabhya</u>	<u>Sabhya</u>
Sachin Patel	<u>Sachin</u>	<u>Sachin</u>	<u>Sachin</u>
SadhanaKatara			
SahilPrajapati	<u>Sahil</u>	<u>Sahil</u>	<u>Sahil</u>
RanjanaMalviya			
Ravi Dhakad	<u>Ravi</u>	<u>Ravi</u>	<u>Ravi</u>
Rimi Thakur			
Rishikesh Kumar Dubey			
RitikPuriGoswami	<u>Ritik</u>	<u>Ritik</u>	<u>Ritik</u>
RituBhuriya	<u>Ritu</u>	<u>Ritu</u>	<u>Ritu</u>
Ritu Gupta	<u>Ritu</u>	<u>Ritu</u>	<u>Ritu</u>
Riya Waskle	<u>Riya</u>	<u>Riya</u>	<u>Riya</u>
Roshan Parmar	<u>Roshan</u>	<u>Roshan</u>	<u>Roshan</u>
Roshan Shaikh	<u>Roshan</u>	<u>Roshan</u>	<u>Roshan</u>



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VAC on complementary and alternative medicine



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