

Discipline

Dedication

Devotion

**HOMOEOPATHY****LAKSHYA****Education is that which enables one, to stand on his own legs- Swami Vivekanand**

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**SUICIDE AND MENTAL HEALTH****Dhruvi Matariya, Interns ,SVHMC&H**

Suicide comes from latin word “SELF MURDER”. According to Edwin Shneidman : Suicide is associated with unfulfilled needs, feeling of hopelessness & helplessness ambivalent conflict between More than survival & unbearable stress. 70000 people die due to suicide every year . Suicide is the fourth leading cause of death among 15 to 29 years old. 77 % of global suicides occur in low & middle income countries. Ingestion of pesticides, hanging & firearms are among the most common method of suicide globally .Every suicide is a tragedy that affects families communities & entire countries and has long effect on the people left behind.

**WHO IS AT RISK?**

There is link between suicides & mental disorder like depression and alcohol disorder, stress, financial problem, relationship break up or chronic pain & illness .This all crisis make person impulsive to do suicide. In US -30,000/YEAR die by suicide & total 650,000 attempt /YEAR. It means 1 suicide every 20 min. Suicide rate = 12.5/100,000.

**WHY SUICIDE OCCURS?**

There is the main reason is mental disorder because many people's are thinking of taking their own life or who have attempted suicide because they are not getting the help they need.

So for prevention and control of suicide is only possible when we are known about the mental disorders.

## WHAT EXACTLY MENTAL ILLNESS IS ?

- A mental disorder characterized by clinically significant disturbance in individual's cognition, emotional regulation or behaviour.

## WHY IT IS INCREASING DAY BY DAY?

- The main behind mental illness are : Biological  
Psychological  
Environmental
- But most of them suffer greatly from their environmental factors which brings :-
  - Environment of family
  - Environment of work place
  - Relationship issues
  - High ambition & goal orientation

## PSYCHOLOGICAL CAUSES:

- Mental illness: depression, bipolar disorder, schizophrenia and other mental illness increase the risk of suicide.
- Substance abuse: alcohol and drug abuse can increase the risk of suicidal behaviour.
- Traumatic life event: physical or sexual abuse, death of loved one, or a traumatic event may be at higher risk of suicide.

## IMPORTANCE OF MENTAL HEALTH

- In this era it has been the most important topic on which we should talk about because in this modern era people are more concern about their physic, shape & appearance running behind this, they had forgotten the value of mental health of their own as well people surrounding them.
- Mental illness affect 19% of adult, 46% of teenagers & 13% of children each year .people struggling with their mental health may be in family, live next to your door ,at your work place ,anywhere But only half of the amongst have been treated ,because of some stigma attached to mental health.
- The most recent example to understand this is how the whole world was affected mentally from pandemic era there is lot of fear ,insecurities ,economical issues occur also deal with the sudden death of loved ones .but this disturbance may resolve with time when the factor goes off. but if this mental disturbance persist for longer time ,it may take birth in form of mental illness& mental disorder.
- To prevent this we should consult the physician without any hesitation to bring about the solution.

## CONCLUSION

- Suicide is a complex issue that can have devastating consequences for individuals, families, and communities .however, it is preventable ,and many effective prevention strategies exist .if you or someone you know is struggling with suicidal thought or behaviour , seek help immediately .

## Reference

- WHO guidelines for mental health awareness
- Synopsis of psychiatry by K PLAN& SADOCK'S.

# “Save Soil “Awareness Program





## Educational Visit of fourth BHMS Conducted at infectious disease hospital vadodara



## Educational Visit of fourth BHMS Conducted at Mental Hospital, Vadodara





## Educational Visit of fourth BHMS Conducted at Dr. R.P.Patel Institute of Homoeopath vadodara



## Educational Visit of fourth BHMS Conducted at Amul Dairy, Anand







Blood Donation Camp on occasion of 160th Birth Anniversary of Swami Vivekanand





## Fire Safety Training for Students, Interns & Staff







# Celebration of Republic Day





**CME****Celebrating World Cancer Day  
Screening and Early Detection of Cancer****Date: 04, Feb 2022****Time: 2:00 pm onwards****Venue:- Seminar Hall, College Campus****-Speaker-****Dr. Umang Desai****Cancer Surgeon ( M.S., M.Ch.)****: Organized by :****Swami Vivekanand Homoeopathic Medical  
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**Visit by Students - Fourth B.H.M.S.(2021-23)**  
**Date: 16th Feb 2023**  
**Department of Community Medicine**



**"NIRMA LIMITED,**  
**Village : Kalatalav, Ta. & Di. Bhavnagar**

**Visit by Students - Fourth B.H.M.S.(2021-23)**  
**Date: 17th Feb 2023**  
**Department of Community Medicine**



**"NIRMA LIMITED,**  
**Village : Kalatalav, Ta. & Di. Bhavnagar**







**Foundation Program**

Welcome and Introduction to Vision/Mission of the Institute

Date: 20, FEB. 2023

Time: 09 am to 10 am

Venue:- Seminar Hall, College Campus.



-Speaker-

**Dr. Girish Patel**

M.D.(Homoeo.), Ph.D.(Homoeo.)

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**Foundation Program**

Mission and role of Homoeopathy and a Homoeopath in society including showcasing effects of Homoeopathy

Date: 20, FEB. 2023

Time: 12 noon to 03 pm

Venue:- Seminar Hall, College Campus.

-Speaker-

**Dr. Manisha Boricha**

M.D.(Homoeo.), Ph.D.(Scholar)

**Dr. Dhaval Ladumor**

M.D.(Homoeo.)



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**Foundation Program**

BHMS Course of study and introducing to first year faculty

Date: 20, FEB. 2023

Time: 10 am to 11 am

Venue:- Seminar Hall, College Campus.



-Speaker-

**Dr. Priti Muni**

M.D.(Homoeo.), Ph.D.(Homoeo.)

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**Foundation Program**

Different health care systems recognized in the country and the concept of pluralistic health care systems

Date: 20, FEB. 2023

Time: 03 pm to 04 pm

Venue:- Seminar Hall, College Campus.

-Speaker-

**Dr. Divya Darji**

M.D.(Homoeo.)

**Dr. Apoorva Patel**

M.D.(Homoeo.)



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**Foundation Program**

Who is professional?

Date: 21, FEB. 2023

Time: 09 am to 11 am

Venue:- Seminar Hall, College Campus.

-Speaker-

**Dr. Divyang Gohel**

B.H.M.S.

**Dr. Kishor Bhaliya**

M.D.(Homoeo.)



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**Foundation Program****National health priorities and policies**

Date: 21, FEB. 2023

Time: 1 pm to 2 pm

Venue:- Seminar Hall, College Campus.

-Speaker-

**Dr. Jaimeen Chotaliya**

M.D.(Homoeo.)



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**Foundation Program****Ragging Policies**

Date: 21, FEB. 2023

Time: 12 noon to 1 pm

Venue:- Seminar Hall, College Campus.

-Speaker-

**Dr. Girish Patel**

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**Foundation Program**  
Stress management including importance of sports and extracurricular activities  
Date: 22, FEB. 2023 Time: 09 am to 10 am  
Venue:- Seminar Hall, College Campus.

  
-Speaker-  
**Dr. Viral Thakar**  
D.N.Y.S.

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**Foundation Program**  
Importance of Mental Health and Hygiene to a medical student in the medical profession  
Date: 22, FEB. 2023 Time: 10 am to 11 am  
Venue:- Seminar Hall, College Campus.

  
-Speaker-  
**Dr. Jigna Shanishchara**  
B.H.M.S.

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**Foundation Program**  
Primary community care  
Date: 22, FEB. 2023 Time: 12 noon to 02 pm  
Venue:- Seminar Hall, College Campus.

  
-Speaker-  
**Dr. Khushbu Sahitya**  
M.D.(Hom.)

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**Foundation Program**  
History of Medicine and Homoeopathy state of Homoeopathy in the world  
Date: 22, FEB. 2023 Time: 03 pm to 04 pm  
Venue:- Seminar Hall, College Campus.

  
-Speaker-  
**Dr. Ashish Mehta**  
M.D.(Hom.)


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**Foundation Program**  
**Concept and practice of mentoring**  
 Date: 23, Feb. 2023 Time: 09 am to 11 am  
 Venue:- Seminar Hall, College Campus.  
 -Speaker-  
**Dr. Subhaschandra Sharma**  
 Professor, Department of Psychology, M.K.Bhavnagar University, Bhavnagar

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**Foundation Program**  
**Stress management including importance of sports and extracurricular activities**  
 Date: 23, FEB. 2023 Time: 02 pm to 04 pm  
 Venue:- Seminar Hall, College Campus.  
 -Speaker-  
**Mr. Kshijit Purohit**


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**Foundation Program**  
**Adult learning principles**  
 Date: 23, FEB. 2023 Time: 12 noon to 02 pm  
 Venue:- Seminar Hall, College Campus.  
 -Speaker-  
**Dr. J.R. Sonwane**  
 M.A., M.Ed., Ph.D.  
 Professor, Dept of Education, M.K.B.U.

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**Foundation Program**  
**Concept and practice of mentoring**  
 Date: 24, Feb. 2023 Time: 09 am to 11 am  
 Venue:- Seminar Hall, College Campus.  
  
**-Speaker-**  
**Dr. Subhaschandra Sharma**  
 Professor, Department of Psychology, M.K. Bhavnagar University, Bhavnagar.  
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**Foundation Program**  
**Importance of Observation and Documentation in Homoeopathic practice**  
 Date: 24, FEB. 2023 Time: 02 pm to 04 pm  
 Venue:- Seminar Hall, College Campus.  
  
**-Speaker-**  
**Dr. Neha Jagad**  
 M.D.(Hom).  
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**Foundation Program**  
**Concept of Holistic and Positive health**  
 Date: 24, FEB. 2023 Time: 12 noon to 02 pm  
 Venue:- Seminar Hall, College Campus.  
  
**-Speaker-**  
**Dr. Poonam Hariyani**  
 D.H.M.S.  
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**Foundation Program**

Importance of Observation and Documentation in Homoeopathic practice

Date: 25, FEB. 2023

Time: 09 am to 11 am

Venue:- Seminar Hall, College Campus.



-Speaker-

**Dr. Harikrishna Joshi**

M.D.(Hom), Ph.D.(Hom).

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**Foundation Program**

Computer Skill

Date: 25, FEB. 2023

Time: 12 noon to 02 pm

Venue:- Seminar Hall, College Campus.



-Speaker-

**Mr. Darshak Mehta**

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**Foundation Program**

Time Management

Date: 25, FEB. 2023

Time: 02 pm to 03 pm

Venue:- Seminar Hall, College Campus.



-Speaker-

**Dr. Priti Muni**

M.D.(Homoeo.), Ph.D.(Homoeo.)

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**Foundation Program**

Patient safety and biomedical hazards

Date: 25, FEB. 2023

Time: 03 pm to 04 pm

Venue:- Seminar Hall, College Campus.



-Speaker-

**Dr. Chinmay Shah**MD, Ph.D, PGDHPE, ACME, GSCM FAIMER Fellow, PGDHM  
Prof. & Head, Dept. of Physiology, GMC, Bhavnagar.

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**Foundation Program**

First aid-principles and techniques

Date: 27, FEB. 2023

Time: 09 am to 11 am

Venue:- Seminar Hall, College Campus.



Red Cross Society-Bhavnagar.

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**Foundation Program**

Constitutional values, equality, gender sensitization

Date: 27, FEB. 2023

Time: 02 pm to 04 pm

Venue:- Seminar Hall, College Campus.

-Speaker-

Dr. Priti Muni  
M.D.(Homoeo), Ph.D.(Homoeo)Dr. Bhavin Vaghela  
B.H.M.S.

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**Foundation Program**

Medical ethics - role in enhancing patient care

Date: 27, FEB. 2023

Time: 12 noon to 02 pm

Venue:- Seminar Hall, College Campus.



-Speaker-

Dr. Dipesh Gohil

B.A.M.S.

Shree Bajrangdas Bapa Arogyadham Hospital

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**Foundation Program****Universal Precautions and Vaccinations**

Date: 28, FEB. 2023

Time: 01 pm to 02 pm

Venue:- Seminar Hall, College Campus.



-Speaker-

**Dr. Manoj Ajmera**

M.D.(Hom.).

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**Foundation Program****Language skills**

Date: 28, FEB. 2023

Time: 02 pm to 04 pm

Venue:- Seminar Hall, College Campus.



-Speaker-

**Ms. Vaidehi Hariyani**

M.A.(Eng), Ph.D.(Scholar)

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**Foundation Program****Basic life support By Critical Care physician**

Date: 01, March. 2023

Time: 09 am to 02 pm

Venue:- Seminar Hall, College Campus.



**Dr. Vipul Parekh & His Team**  
Shree Bajrangdasbapa Arogyadham

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**Foundation Program****Time Management**

Date: 01, March 2023

Time: 02 pm to 04 pm

Venue:- Seminar Hall, College Campus.



-Speaker-

**Dr. Namita Shah**  
M.A., Ph.D

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**Foundation Program**

Communication-Its nature and importance in different social and professional settings

Date: 02, March 2023

Time: 09 am to 11 am

Venue:- Seminar Hall, College Campus.



-Speaker-  
**Dr. Nrupa Oza**  
M.D(Hom.), Ph.D.

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**Foundation Program**

Communication-Its nature and importance in different social and professional settings

Date: 02, March 2023

Time: 02 pm to 04 pm

Venue:- Seminar Hall, College Campus.



-Speaker-  
**Dr. Niraj Sanchaniya**  
B.H.M.S.

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**Foundation Program****Team work**

Date: 02, March 2023

Time: 12 noon to 02 pm

Venue:- Seminar Hall, College Campus.



-Speaker-  
**M.S. Aalapi Bhatt**  
M.B.A.

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## Visit by Students - Fourth B.H.M.S.(2022-24) Date: 24th March 2023



### Department of Community Medicine



**"Water Filtration Plant, Shree Deepakbhai Mehta Road,  
Takhteshwar, Vidhyanagar, Bhavnagar-Gujarat**

## Sewage Treatment Plant- Foruth B.H.M.S.(2022-24) Date: 20th March 2023 Department of Community Medicine



**Ruvapari Road, Bhavnagar-Gujarat**

2023/3/20 12





## Drama & Elocution Competition on "No Tobacco"





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<http://www.svhmc.org>, Email:

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Printed Matter

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