

Bulgarian Seminar Conducted By Dr Ajit Kulkarni

In late June and early July (25/06 to 2/07) of 2005 a total of 80 representatives of 4 European countries—Bulgaria, Russia, Ukraine, Poland—were lucky to attend seminar and practical training, both conducted by Dr Ajit Kulkarni. The whole event took place in well-known Bulgarian resort place—Sunny Beach, during hot season of bathing, tanning and having fun. But the participants left all those pleasures aside for taking a serious piece of homeopathic experience and teachings. First positive thing about this seminar was that the theoretical part was blended with practical training. This format gives an unique opportunity to see how academics and abstract matters—group characteristics, analogies, impressions and delusions—become vivid, live, closely connected with sick people in form of symptoms, behaviour and body language. One more point is that practical training after theoretical section somehow puts the one who conducts the seminar into an interesting, complicated and intriguing position. Theoretical section was completely prepared beforehand, every word and slide weighed, designed and well performed—unlike the practical part which deals with the unpredictable sick individual, who however should be assessed and given the remedy through theoretical approach presented. Dr Ajit Kulkarni managed all these tasks with grace, and the applause of the audience proved that more than once. The Theoretical part covered interesting topics: Bird remedies, Fish and Marine remedies, alkaline elements. The list of topics seems astonishing? Bird and Fish remedies are considered rare and therefore often misunderstood, ignored, forgotten and under prescribed. As we all homeopaths know, each remedy has unique

picture and fits perfectly when symptoms agree. Many times, giving some medicines and observing partial response again and again, we consider the case irreversible—but here rare remedies could come into play. Knowing them makes our understanding of homoeopathy and personalities more complete and colorful. And here another virtue of Dr Ajit Kulkarni is seen—he showed those rare remedies through their associations, contacts, parallelisms, and likeness with well-known polychrests—so he defined a route to better understanding and deeper knowledge for every homoeopath.

Alkaline elements are widely used in homoeopathy since Hahnemannian times, but to date no one can feel the bottom of this theme—its importance is obvious. Here we continue to explore various aspects of group studies—it is a perfect way to study, understand and accumulate Materia Medica. Of course, group studies of alkaline elements were presented during the seminar successfully, through patho-physiology, biochemistry, miasmology and clinical features. View of the seminar will be incomplete without speaking on presentations—they were loaded with hard intellectual work, as well as some pieces of art. The presentations of Bird remedies contained such vivid items as movies, cultural and behavioral parallels. All that made this serious piece of knowledge a colorful and festive kaleidoscope easily comprehensible. Dr Ajit presented the themes of Bird remedies under following headings and elaborated upon each theme through illustrative cases.

1. Freedom
2. Spiritualism
3. Emotionalism / Attachment
4. Work / Creativity / Adventure/ Travel
5. Awareness / Consciousness
6. Sensitivity / Activity
7. Aloofness / Gregarious
8. Territory

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- 9. Art / Beauty / Skills
- 10. Joy / Enjoyment / Exhilaration

The seminar required meticulous organizational efforts. Each day was planned, each topic given proper time. By the way, this is fifth Homeopathic Summer School which has become a traditional meeting of homeopathic students from many countries and inviting well-known homeopathic teachers and practitioners. All participants feel grateful to the organizers – European School of Classical Homeopathy, Directors– Roman Buchimensky and Dora Pachova, with significant efforts made by “Edicta” and “Via Homeopatica” teams. Needless to say that the organizational experience accumulated by these people leads to arranging seminars at very high level.

Actually the theoretical part was not merely theoretical, as presentations of Bird remedies, Marine remedies incorporated many illustrative cases which were linked to general approaches to case analysis, prescribing, follow-up understanding. Full explanations of those illustrative cases helped to understand the remedy essence, as well as to get into the core of parallelisms and connections of those rare medicines with well-proved polychrests.

Amazing was the fact that question-answer sessions took place at the end of each day and did not stick to the themes discussed currently, but depicted free flow

of homeopathic mind from lecturer to the audience and in reverse direction.

It is difficult to describe practical training, because it is practical and needs to be seen. As in each practical training, there was case taking in front of the audience, case analysis with interpretation of body language of patients, repertorization done with ISIS software, choosing proper potency and dose repetition, final discussion of the case. Dr Ajit Kulkarni is not a newcomer to Bulgaria, his first Bulgarian seminar was in December 2004, and so the cases taken last year were followed during this session, certainly with full explanations. Anyway, the uppermost goal of practical training– showing the mode of narrating, observations, thinking and arriving to similimum in front of the audience– was fulfilled with elegance, and most participants were satisfied in spite of all difficulties encountered. Those difficulties were natural for international communications– each phrase of patients and case-taker needed to be translated for the foreign participants, and that took double time, putting aside many cultural and personal differences (which were easily seen in American man case) that required thorough understanding for proper case analysis and prescribing. Reading this makes you wish you were there? Then sign in for the next seminar in Russia in 2005 October 21-24!



The most effective sleeping pill.....Peace of mind

The most crippling failure disease.....Excuses

The most powerful force in life.....Love

Alert! Readers!!

We have an article on IBS pending with NJH

Author-unknown

Please write in and we will print it in next issue

MD Induction Program 2005-06, Dr MLD Institute, Palghar

FIRST DAY: 2ND DECEMBER 1700-2030

THEME I: THE INSPIRATION

1. Introducing ourselves
2. Introducing the ICR Group of Organizations
3. Living with the Founder: Dr Anand Kapse
4. Living with the Values: Dr Nityanand Tiwari
5. Inculcating the Values: Dr Navin Pawaskar
6. Spreading the Values: Dr Manoj Patel

SECOND DAY: 3RD DECEMBER: 0700-1800

THEME II: THE GROUND

Field visits to the Trust Centres at Bhopoli, Dahisar, Malad and Jogeshwari and interacting with the Faculty and Staff of these centres.

THIRD DAY: 4TH DECEMBER: 0900-1300

THEME III: THE SKY

Formulating one's Vision and Sharing with the group:
An exercise

4TH DECEMBER 2005: 1400-1600

THEME IV: THE FOUNDATION

1. Learning in the Clinic-the OPD and IPD: *Department of Medicine*
2. Learning Standardization: *Department of Repertory*
3. Learning through ICR Literature: *Department of Organon and Homoeopathic Philosophy*
4. Learning from the Community: *Department of Rural Health Services*

4TH DECEMBER 2005 - 1700-2200

THEME V: THE SHOW

Games, Entertainment and Dinner: The Formal Welcome

Reported By

Dr DOLPHIN KARAT

Senior PG Resident

Dr DEEPAK K Fresher Student

Dr M L Dhawale Memorial Homoeopathic Institute, Palghar

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INTO THE GURUKUL

Dr DEEPAK K, Fresher student

We have been ceremoniously inducted into the Gurukul formally and informally, within a period of 4 days filled with jet-paced activity, that ruffled us thoroughly and managed to keep us on our toes. It really has given us a glimpse of how our lives are going to be for the next 3 years. The message conveyed was loud and clear...if anybody thought they could remain in their comfort zones and in their time tested ways, then they were in for a rude shock. The message was to expect the unexpected; the challenge thrown to us was to tread the path, which few dare to choose. Will we or won't we rise up to the challenge?? Only time will tell..... so much for the prologue.....now for some flashback...

The day was 2nd Dec... winter had slowly started to grip the sleepy village of Palghar in its sway, but we were coming into the most happening place in PALGHAR... "M L DHAWALE MEMORIAL HOMOEOPATHIC INSTITUTE"! I started developing cold feet as I took my first uncertain fledgling steps into the institute but the moment I stepped into its confines, I felt myself being drawn towards it by a sort of aura. Help came from all directions, people seemingly came up from nowhere to put us at ease and to guide us to our rooms. Not a bad beginning at all! In the warm confines of our room we were given the schedule to be followed over the next 4 days.

As the day wore on, more of our batch mates trickled in, mutual introductions followed and we all found ourselves in a similar state of anxiety and worry with countless questions in our minds. Soon it was 5 o'clock - the time had come for 1st session categorically named: "Inspiration" and to say that we were inspired at the end of it would be a gross understatement. We started off by introducing ourselves in the weirdest way possible.

Believe it or not, our skills at dumb charades and dance were sorely tested!! Next, we were asked to form groups of three and took rounds getting to know the values, beliefs and expectations of others - in the group, and in other groups. Done with this, we were exposed to real heavy duty, concentrated lectures from the pillars of this institution regarding the value system that it upholds and what drives them to rally behind this institution with unshakeable belief and unparallel faith. The energy generated in that room was electrifying and it literally galvanized us all. The guru mantra has been passed on. The icing on the cake was the inspirational CD, which highlighted the various landmarks that the Institute has scaled. At the end of the day we were filled with pride for having joined an institute which has such a glorious and noble past to boast off...to be part of an institute that is probably the only one of its kind - granted permission to conduct PG courses without having an under graduate college, purely on the merit of its selfless dedication towards the propagation of homoeopathy. Truly *neighbour's envy, owners pride!* On that note, the day wound up.

Everyone was looking forward to the field trip planned for the next day. The trip had lot of said and unsaid objectives, the obvious one was to see the various centers that have been the starting blocks for the rise of the institution. The other one was to break the ice-getting to know each other. The journey started with a visit to Khanpada, the landmark which represents the humble beginnings of the trust's activities, then to the Bhopoli cottage hospital, nestled as it were, in nature's cradle. We then visited the "padas". The vivid images of the stark reality of life in typical rural India left a deep impact on us. Most of our urban-bred selves were seeing for the first time the other contrasting spectrum of life!! To see that the Institute gives importance to serving such people was really heart-warming. Off from there, we went to urban Mumbai to see the new baby of our family, the huge magnificent structure of the Dahisar hospital. We then proceeded to the clinical centers at

Malad and Jogeshwari, which serve the people of the adjoining slums. We had completed full circle of all the centers of our institute. Most of us had by now started forming our visions about our future as we now had seen the strong base of our institute. We could now dare to safely take our flights.

We had now been given the license to dream full size. The institute has already earned the distinction of being a "KALPATARU". So on the third day we all let loose our imaginations and dreamed up all that we could with sincere faith that all of them would come true. Now that our visions were clear it was time to form a foundation strong enough to build our vision on. Having done that we came towards the end of the formal induction program. Now we were ready to be inducted into the family of ICR group of organizations.

"AARAMBH" as it was rightly called, ... will always be etched in our memories.....it truly reflected the true spirit of our institute. Music, dance, plays and games spiced up the whole environment. We were all feeling warm even though the climate was cold. We were now a part of MLDMHI. Our journey now begins.....

"AARAMBH 2005" - A LABOUR OF LOVE

Dr DOLPHIN KARAT
Senior PG Resident

"A labour of love"!! How else do you describe the overwhelming response and enthusiasm of the senior students in organizing the cultural fest for welcoming juniors into their fold?

The schedule they drew up for themselves was punishing. None of their regular duties were called off or made lighter. They still attended the OPDs and their alternate day, round the clock call duties. They had to deal with the demands of the consultants who gave them assignments at the most inconvenient of times. There were the inevitable Casualty calls just when all the members of the practice group had finally assembled, and of course, the endless IPD monitorings. Yet,

somehow they seemed to possess a secret reserve of ceaseless energy which sustained them not only through the packed days and nights of regular duty and the practice sessions that ran upto 3-4 am into the nights, but enough energy left over to enable them to be still up and about the next day in time for their morning rounds and OPD duty. Indeed, they stretched themselves to the very limit! Even unmindful of the dark threatening clouds of the Preliminary and University Examinations that hovered just over the horizon, too close for comfort.

It was truly an “Aarambh” for the Institute with its MD course in its toddling third year, the first batch yet to pass out of its annals. Of course, the earlier two batches of the MD students had been inducted into the course and the Institute, but never on such a grand scale. Never before had the seniors been involved in the induction process. So the seniors, some for the very first time in their lives, were called upon to take up roles, responsibilities, and display their hidden talents in order to make the culminating event in the induction process a grand success.

As it usually is in such situations, the going was not easy. The seniors were a motley bunch. To motivate them all and set them working on different tasks towards a common goal was a Herculean task, which the event organizers skillfully handled, sometimes with a little highhanded authority, but mostly, using their endearing charm.

The planning of the event started on a positive note – with a brainstorming session. The enthusiastic ideas and suggestions from all quarters extended the very “noisy” session for a record 4 hours!! Then came the organizing and sifting of these ideas with guidance from the faculty

to give the ideas a definite shape. Once the events were conceived and the committees formed, the initial part of the practice to perfect the performances started on a very positive note. But then, it ran into rough weather. Even here, in this institution, after all the moulding one undergoes, people are human after all, some more so than the others. And as humans sometimes do, some create conspiracies and some others fall prey to conspiracies. It takes just one to start the chain of events, and a few others to fall for it. This is exactly what happened during the countdown to the finale, and the force it generated threatened to sabotage one of the main events planned. It started with an alleged “comment” about one of the participants. The actual comment was kept secret but the description of the alleged comment in derogatory adjectives was freely circulated. As this passed on from mouth to mouth, it assumed a magnitude of gigantic disproportions. Emotions ran high, bringing in strong reactions. Participants withdrew, and also tried actively to persuade the rest of the participants to also withdraw. Ironically these supposedly well adjusted, mature postgraduate medical students were reacting without even knowing what they were reacting to!!! Fortunately good sense and sanity prevailed. After a major hiccup, things started moving again, gradually gaining momentum till the much awaited day finally dawned. Finally it was time to sit back with the freshers and conduct/participate in/ enjoy the events – which unfolded one by one till Aarambh 2005 finally came to a close at around midnight.

As the next day dawned bright, the seniors, exhausted by the rigours of the day past, went about their “normal” working day with a deep sense of satisfaction of a task well done.

The most worthless emotion.....Self-pity

The most beautiful attire..... A SMILE!
