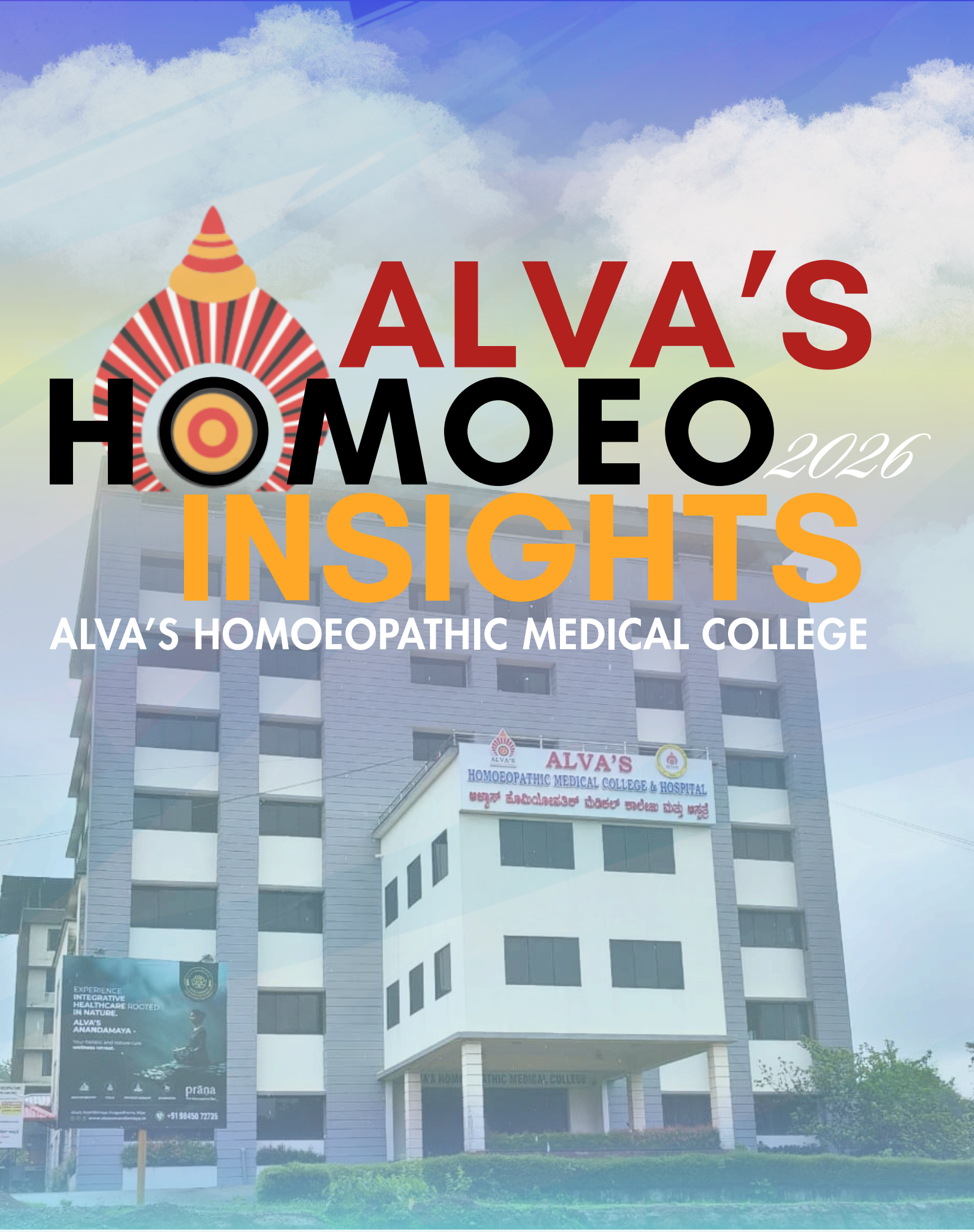
ALVA'S HOMOEO INSIGHTS

2026

ALVA'S HOMOEOPATHIC MEDICAL COLLEGE



Q2 EDITION
ISSUE 08

AHMC E-BULLETIN

APR - JUN
2026

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ABOUT US

Welcome to the current edition of our E-Bulletin, a vibrant reflection of the academic spirit, creativity, and unity that thrives within our institution. Curated by a team of passionate students and guided by dedicated faculty, this bulletin serves as a platform to showcase achievements, insights, reflections, and talents from every corner of our college.

This term, we have strived to bring a more inclusive and engaging experience covering not only academic highlights but also glimpses into the cultural, clinical, and extracurricular vibrancy that defines our campus life. From seminar spotlights and student contributions to literary pieces and departmental updates, each page echoes our commitment to growth, collaboration, and excellence in homoeopathic education.

We thank every contributor and reader for being part of this journey and hope this issue inspires, informs, and ignites a sense of belonging within our college community.

STAFF EDITORIAL BOARD



Dr. Anitha S.K

CHIEF EDITOR

As we move further into another memorable year, this edition of our E-bulletin celebrates a series of milestones that reflect the dedication, achievements, and vibrant spirit of our institution. Every event over the past few months has added new memories and strengthened the bond we share as a college community.

We proudly commemorated World Homoeopathy Day, honoring the rich legacy of Homoeopathy while reaffirming our commitment to compassionate healthcare and academic excellence. The celebrations were followed by our much-awaited College Day, a joyful occasion that showcased the talents, achievements, and unity of our students and faculty. This edition also carries the emotions of Farewell, where we bid adieu to our outgoing students with gratitude and best wishes as they embark on their professional journeys. Another proud milestone was the Graduation Day of the 16th Outgoing Batch, marking the successful culmination of years of hard work, perseverance, and learning. Adding to our celebrations, our institution was honored with the remarkable achievement of RGUHS Gold Medals awarded to our students and faculty in both undergraduate and postgraduate categories. These accolades stand as a testament to the unwavering dedication, academic brilliance, and pursuit of excellence that define our institution. As you turn these pages, we invite you to relive these memorable moments and celebrate the accomplishments that continue to inspire us. My heartfelt appreciation goes to every student, faculty member, and staff whose enthusiasm and commitment make each milestone possible. May we continue to learn, achieve, and grow together, carrying forward the legacy of excellence with pride.



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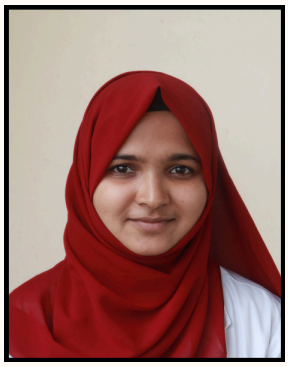

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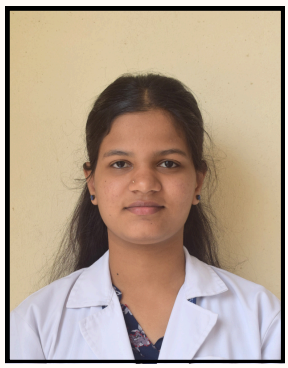

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APR - JUN - 2026

Alva's Homoeo Insight

ALVA'S HOMOEOPATHIC MEDICAL COLLEGE

WORLD HOMOEOPATHY DAY



On the occasion of World Homoeopathy Day, Alva's Homoeopathic Medical College, Mijar, Moodabidre, organized a grand celebration on 10th April 2026 at the Seminar Hall from 10:00 AM to 4:30 PM. The program was conducted by the Department of Materia Medica, Department of Homoeopathic Pharmacy, Department of Repertory & Case Taking, and Department of Organon of Medicine.

The event began with an invocation, lighting of the lamp, and floral tribute, followed by a welcome address by the Principal, Dr. H. Roshan Pinto. Alumni guests, Dr. Aishwarya TC, Dr. Akshatha Rao, Dr. Anjali Raj V, Dr. Pavithra P, and Dr. Shrishti Shetty, shared their valuable experiences, and meritorious RGUHS rank holders were felicitated. The program also featured an insightful guest lecture by Dr. Ramesh Bhat on chronic diseases. Post-lunch, a debate competition was conducted by the student council, making the celebration informative and engaging for both students and faculty alike.











MATERNAL HEALTH CAMP

On the occasion of World Health Week, the Department of Obstetrics and Gynaecology conducted a special health camp on 4th April from 10:00 AM to 1:00 PM at Tenkamijar Panchayat Hall. The camp focused on reproductive and maternal health for women and included awareness talks, skits, charts, and essential health education, followed by general check-ups. The program was carried out by 3rd BHMS students with support from interns, making it a successful community health initiative.







International Yoga Day

Yoga for Health,
Unity for Excellence



Alva's Education Foundation celebrated International Yoga Day on 21 June 2026 with a grand yoga demonstration at Alva's Campus, Moodbidri, involving nearly 1,500 students in an attempt to set an Asia-level record. The programme was inaugurated by Dr. Greeshma Alva, Director of Alva's Pharmacy, who highlighted the importance of yoga in promoting physical and mental well-being. Students of Alva's Homoeopathic Medical College actively participated with great enthusiasm alongside other institutions under the Foundation. The event, attended by the Principals of various institutions, concluded with a strong message of health, unity, discipline, and holistic wellness.

WORKSHOP ON "UNDERSTANDING DEPENDENCE IN A DIFFERENT LIGHT"

"Breaking Dependence, Building Resilience."



Alva's Punarjanma – Prime Centre for Psychological Medicine, in association with Alva's Homoeopathic Medical College, conducted a workshop titled "Understanding Dependence in a Different Light!" on 27th May 2026 to mark World No Tobacco Day and the International Day Against Drug Abuse and Illicit Trafficking. Resource persons Dr. Aniruddha Shetty, Mrs. Suman Pinto, and Ms. Sindhu K. S. shared valuable insights on addiction, mental health, prevention, and rehabilitation, creating awareness among students, faculty, and staff about the importance of a healthy and substance-free lifestyle.

WORLD NO TOBACCO DAY 2026 – HEALTH CAMP

"Choose Health, Not Tobacco."

The Department of Human Physiology and Biochemistry, Alva's Homoeopathic Medical College & Hospital, organized a health camp on World No Tobacco Day 2026 under the theme "Unmasking the Appeal: Exposing Tobacco and Nicotine Products." The program included tobacco use screening, health education, counselling, vital signs assessment, and awareness on tobacco-related health risks, while also providing guidance and support for tobacco cessation.



BREATHE FREE, LIVE HEALTHY



NCH INSPECTION HELD ON 9th & 10th JUNE 2026–

The National Commission for Homoeopathy (NCH) inspection was conducted at Alva's Homoeopathic Medical College & Hospital on 9th and 10th June 2026. The inspection team comprised Dr. Amit, Dr. Devendra Kumar Gupta, and Ms. Aparna Pandey.

World Environment Day








"Inspired by Nature, For Climate, For Our Future."

On the occasion of World Environment Day 2026, the Department of Homoeopathic Materia Medica, AHMC, organized a tree plantation drive to promote environmental awareness and sustainable living. Faculty members and studentsenthusiastically participated in planting saplings within the campus premises, demonstrating their commitment towards a greener and healthier future. The activity highlighted the importance of environmental conservation and encouraged everyone to take responsibility for protecting nature. The programme concluded with a pledge to nurture the planted saplings and contribute actively towards building an eco-friendly environment.



Alva's Homoeopathic Medical College, Naturopathy, Ayurveda, Nursing, M.P.Ed., and B.P.Ed. organized a cleaning drive at Handelu, Moodbidri, on 24th May 2026 with the theme "Stop the Waste Reaching River." Students were divided into 25 groups and assigned different areas of Moodbidri and Vidyagiri for cleaning. Each group was guided by a mentor. Our group was mentored by Kurian Sir, Principal of the Degree College.

The volunteers actively cleaned the surroundings and segregated waste into categories such as plastic and glass. A large quantity of waste was collected, including used diapers, alcoholic bottles, tobacco wrappers, plastic waste, and other non-biodegradable materials.The drive created awareness about proper waste disposal, environmental conservation, and the importance of keeping rivers and public places clean. The program was a great success and encouraged students to take responsibility for protecting the environment.



Celebrating Achievement, Inspiring the future

ÆTHERA'26 – College Day Celebration was held on 8th May 2026 from 2:00 PM to 4:30 PM at the Seminar Hall, AHMC, organized by the Departments of Homoeopathic Repertory & Case Taking, Homoeopathic Materia Medica, Organon of Medicine & Homoeopathic Philosophy, Homoeopathic Pharmacy, and the Student Council. The programme commenced with the escorting of dignitaries, prayer, lighting of the lamp, welcome address by Dr. YM Qadri, guest introduction by Dr. Rabiya Bashri, and an inspiring speech by Dr. E. S. J. Prabhu Kiran. Dr. H. Roshan Pinto presented the annual report and Principal's message, followed by the distribution of academic, attendance, library, literary, research, sports, and cultural awards, champions' announcement, valedictory session, presidential address by Dr. Praveen Raj Alva, and vote of thanks by Dr. Shreyas K. S.








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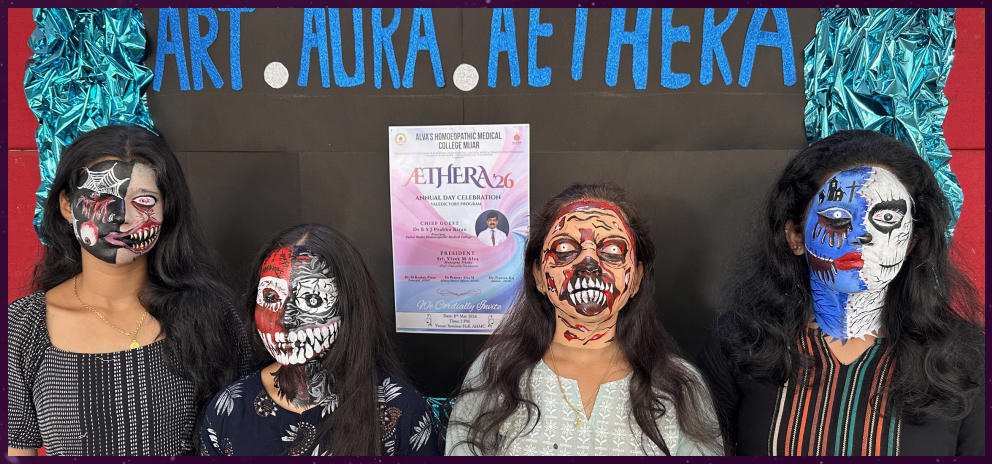
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ALVA'S HOMOEOPATHIC MEDICAL COLLEGE MIJAR
ÆTHERA'26
ANNUAL DAY CELEBRATION


OMOEOPATHIC MEDI
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A INDRA KUMAR FILM
DHAMAL
KISKI KISMAT KAB DHAMAL KAR DE, KUCH PATA NAHI!
TOTAL PAISA VASOOL
MASTI KI PATHSHALA!
FUN UNLIMITED!
6 DOST 1 PLAN
PLOT: 6 DOST, EK KLEK KIYAAS, AUR LOTTERY KA NAAM PE DHOKHA? JO HOGA, WO HOGA... DHAMAL HOGA!
DHAMAL 100%
COMING SOON


ALVA'S HOMOEOPATHIC MED
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HOMOEOPATHIC THERAPEUTICS


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ÆTHERA


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ÆTHERA







GRADUATION DAY 2026









Celebrating Achievement, Inspiring the Future

Alva's Education Foundation, Moodubidire, celebrated Graduation Day 2026 on 30th May 2026 at Alva's Nudisiri Sabhangana, Vidyagiri. The ceremony was presided over by Dr. M. Mohan Alva, Chairman, Alva's Education Foundation, and graced by Prof. P. L. Dharma, Honourable Vice Chancellor of Mangalore University, as the Chief Guest. The event marked a significant milestone in the academic journey of the graduating students, celebrating their achievements and inspiring them to pursue excellence in their future endeavors. On this proud occasion, the 16th outgoing batch (2019- 2025) of Alva's Homoeopathic Medical College was felicitated and conferred with graduation certificates, recognizing their dedication, hard work, and successful completion of their academic programme.



EXCELLENCE EARNED, PRIDE CELEBRATED

RGUHS GOLD MEDAL

AHMC proudly celebrated a remarkable academic achievement as four of its students, alumini and staffs secured RGUHS Gold Medals for the academic year 2025-26. Dr. Pavithra (BHMS), Dr. Prajna (BHMS-MD Organon), Dr. Ananya K (BHMS-MD Repertory), and Dr. Likitha (BHMS-MD Repertory) were recognized as First Rank Holders for their outstanding academic excellence. This prestigious accomplishment reflects the institution's commitment to quality education, academic excellence, and the dedication of its students and faculty. The management, principal, faculty, and students extended their heartfelt congratulations to the achievers on this proud milestone.





A NOTEWORTHY ACADEMIC LAUREATE



Dr. Praveen Raj, the advisor of Alvas Homoeopathic Medical College, Moodbidri, has secured the 3rd Prize in the State-Level Homoeopathic Faculty Online Essay Competition. The academic event was organized by A.M. Shaikh Homoeopathic Medical College, Belagavi, Karnataka, on the occasion of World Homoeopathy Day.

RECOGNITION FOR EXCELLENCE IN HOMOEOPATHY



On the occasion of World Homoeopathy Day, our Principal, Dr. Herald Roshan Pinto, was felicitated by the IHMA Mangalore Chapter for his valuable contributions to Homoeopathy on 12th April 2026 at 5:00 PM at Hotel Deepa Comforts, Mangalore. The recognition brought pride to our institution.

Olive Green to Beauty Queen: A Journey Within





On 9 May, the Rostrum Speakers' Club organised an inspiring session at V.S. Acharya Hall featuring Lieutenant Colonel Ankita Srivastava on the theme "Olive Green to Beauty Queen: A Journey Within." She shared her extraordinary journey of joining the Indian Army despite facing numerous challenges and opposition, demonstrating the power of determination and resilience.

She spoke about her experiences as a woman in the armed forces, the values of discipline and perseverance, and her transformation from a dedicated soldier to a beauty queen. Her story highlighted the importance of self-belief, courage, and breaking societal stereotypes.Students from Alva's Homoeopathic Medical College actively attended the session and gained valuable insights from her inspiring life story.

The session left the audience motivated to pursue their dreams fearlessly and embrace every challenge as an opportunity for growth.

Towards a Greener Future: An Interactive Session with Dr. R. K. Nair





Students of Alva's Homoeopathic Medical College participated in an enlightening session organized by the Rostrum Speakers' Club. The keynote speaker, Dr. R. K. Nair, popularly known as the "Green Hero of India," shared his experiences and insights on environmental conservation, sustainable development, and the importance of nurturing a harmonious relationship with nature.

During his address, Dr. Nair emphasized the role of afforestation, biodiversity conservation, and individual responsibility in addressing environmental challenges. Through inspiring real-life examples from his environmental initiatives, he highlighted how small individual actions can collectively create a significant positive impact. He encouraged students to adopt eco-friendly practices, take responsibility for their surroundings, and become active contributors to environmental sustainability. The session left participants with a deeper appreciation for nature and inspired them to take meaningful steps towards building a greener and more sustainable future.

Spreading Care, Compassion, and Joy Through Community Service







On 05/05/2026, the Department of Community Medicine, AHMC, organized a visit to Seon Ashram, Gandibagilu, Belthangady, a home for 385 physically and mentally challenged destitute individuals receiving free care under the guidance of Dr. U. C. Paulose. Students and staff interacted with the inmates through activities such as painting, singing, object identification, and games. Food grains and donations contributed by the staff and students of Alva's Homoeopathic Medical College, Mijar, were handed over to the Ashram management. The visit was conducted under the guidance of Dr. Bibi Asma Desai (HoD & Professor), Dr. Sudhamati (Professor), and Dr. Sharath Mandicha (Associate Professor), Department of Community Medicine.

Fostering Curiosity, Inspiring Research



The Student Research Forum (SRF) of Alva's Homoeopathic Medical College & Hospital organized the "Quest for Knowledge – Research Workshop" on 13 June 2026 in the Seminar Hall, with 80 students participating enthusiastically. Dr. Sushikshitha S. A., Assistant Professor, Department of Human Physiology and Biochemistry, introduced the fundamentals and types of research, while Dr. Shriraksha, Associate Professor, Department of Repertory, delivered an insightful session on formulating research questions and conducting literature reviews. The workshop received positive feedback from participants, enhanced awareness of research methodology, and motivated students to engage in scientific inquiry. Encouraged by the overwhelming response, the Student Research Forum announced plans to continue the initiative as a weekly Saturday research learning series covering various aspects of research and scientific writing.



NSS CAMPS

Compassionate Care, Health for All

Free Homoeopathic Medical Camp

A Free Homoeopathic Medical Camp was organized by the NSS Unit of Alva's Homoeopathic Medical College & Hospital on 15 June 2026, from 10:00 a.m. to 1:00 p.m., at Vishnumoorthy Temple, Thodar. The camp benefitted 25 patients, who received free homoeopathic consultation and medicines. Health cards were also issued by AHMC, Punarjanma, Mijar, reinforcing the institution's commitment to providing accessible and quality healthcare to the community.

Donate Blood, Save Lives.

Blood Donation Camp

A Blood Donation Camp was successfully organized on 13 June 2026 at Alva's Homoeopathic Medical College & Hospital, Punarjanma (Shobhavana Campus), Mijar, in association with Alva's Rotary Blood Centre. Conducted under the NSS Unit of AHMC as part of Blood Donation Awareness, the camp witnessed enthusiastic participation, with more than 30 students voluntarily donating blood. The initiative promoted the spirit of social responsibility and emphasized the importance of regular blood donation in saving lives.





Awareness Today, Healthier Tomorrow

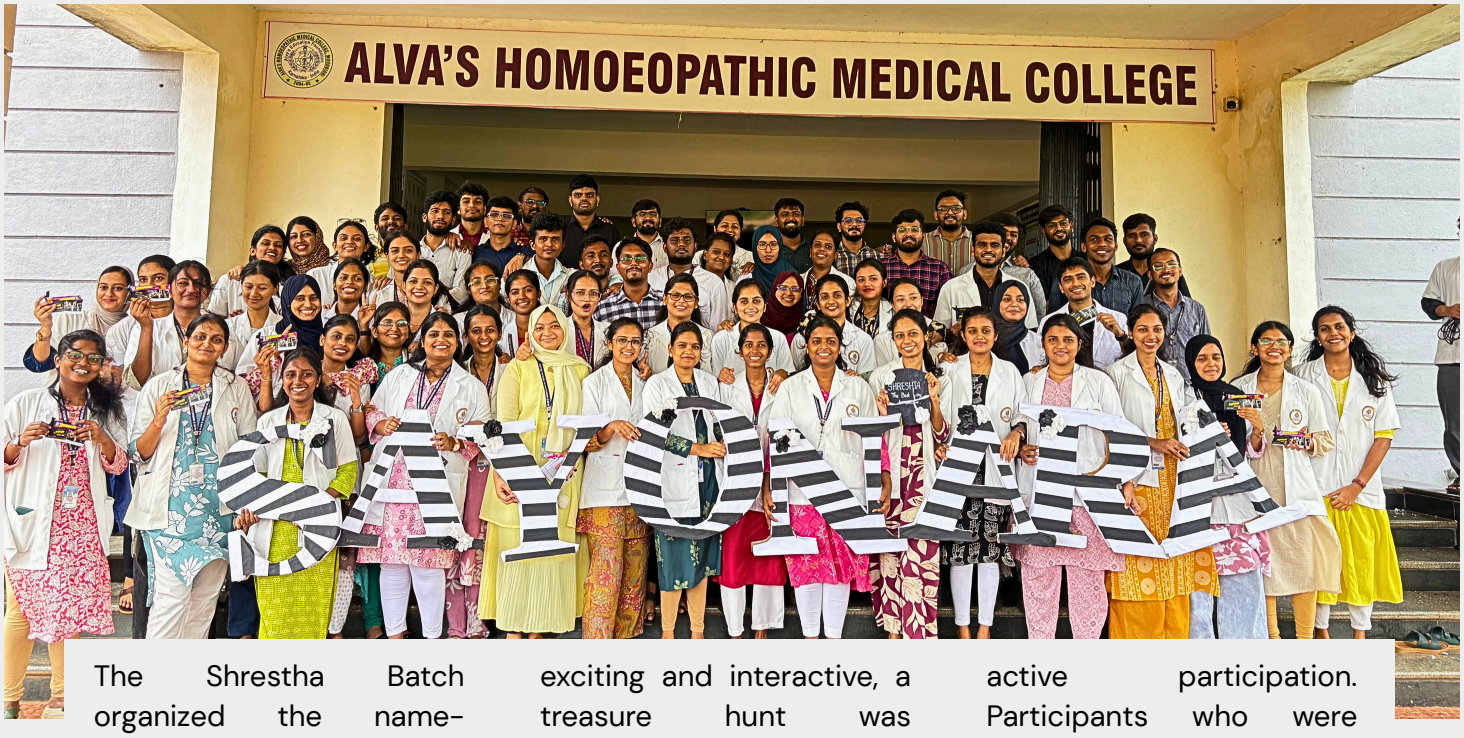
Monsoon Illness Awareness Talk & General Health Camp

A Monsoon Illness Awareness Talk and General Health Camp were organized by the NSS Unit of Alva's Homoeopathic Medical College & Hospital on 16 June 2026, from 10:00 a.m. to 2:00 p.m., at Kateel Sports & Games Club®, Kateel. Dr. Sharath Mandicha delivered an informative session on the prevention and management of monsoon-related illnesses, creating awareness among the attendees. Alongside the session, a general health camp was conducted, where many patients benefitted from free homoeopathic consultation and medicines, promoting community health and well-being.



SAYONARA 2026

OPENS A NEW CHAPTER



The Shrestha Batch organized the name-revealing event for the farewell on 16th June 2026 at the college entrance, where the farewell title "Sayonara" was officially unveiled to the Aikyam Batch. To make the reveal exciting and interactive, a treasure hunt was conducted in which participants searched for hidden letters that collectively formed the word "SAYONARA." The activity encouraged teamwork, enthusiasm, and active participation. Participants who were unable to find the letters were given fun and entertaining dares, creating a lively atmosphere filled with laughter and excitement. The event was followed by energetic dance performances that added charm to the occasion. All the seniors were warmly invited to witness and participate in the event, making it a memorable beginning to the farewell festivities. The program concluded on a joyful note, leaving everyone excited and eagerly looking forward to the grand farewell celebration.



A CELEBRATION OF MEMORIES



On 20th June 2026, the Shrestha Batch proudly hosted Sayonara 2026, a heartfelt farewell for the Aikyam Batch at the MBA Auditorium.

The event began with the official inaugural ceremony in the gracious presence of Principal Dr. Herald Roshan Pinto, followed by the distribution of mementos to the outgoing seniors as a token of love and appreciation.



The afternoon came alive with vibrant unofficial celebrations, where juniors expressed their affection through dance, music, games, and entertaining performances.

Filled with smiles, nostalgia, and unforgettable moments, Sayonara 2026 was more than a farewell, it was a celebration of bonds, gratitude, and new beginnings, leaving behind memories to be cherished for years to come.

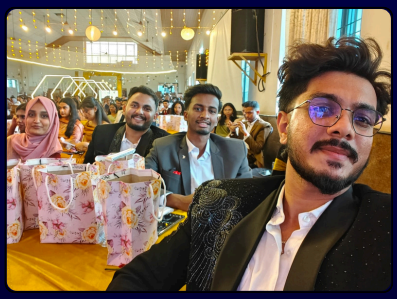
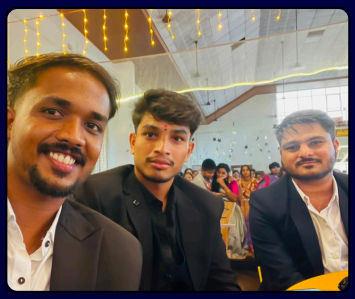
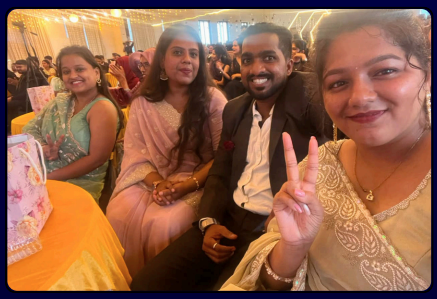





MR SAYONARA
SWAPNIL





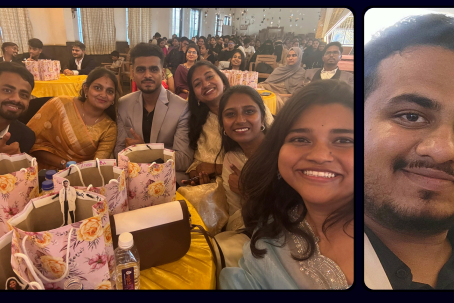
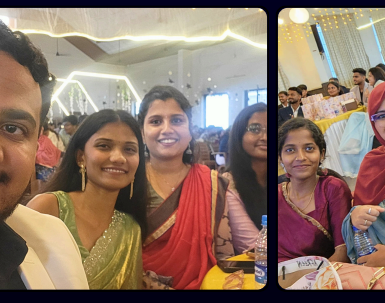
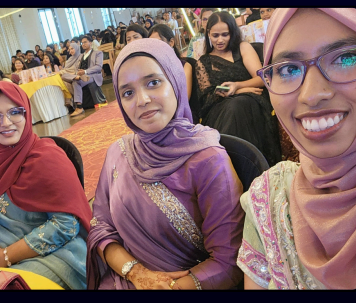












COMMUNITY MEDICINE FIELD VISIT TO NANDINI MILK PRODUCTION UNIT, UDUPI

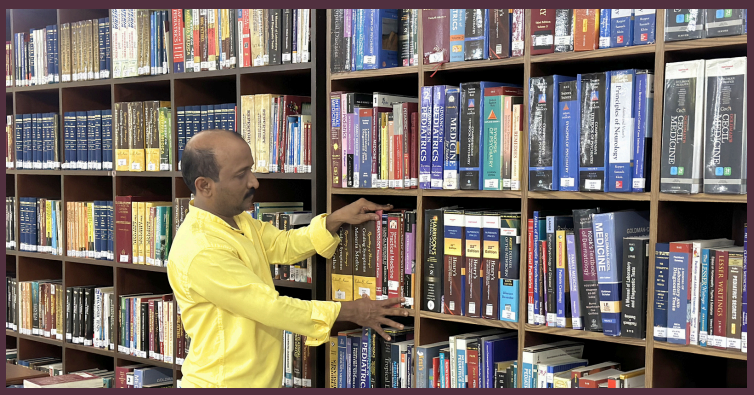
The Department of Community Medicine organized an educational field visit to the Nandini Milk Production Unit, Udupi, on 26th June 2026 for both the 3rd Year Senior and Junior BHMS batches. The visit was conducted under the guidance of Dr. Sudhamathi and Dr. Sharath Mandicha.

During the visit, students gained practical knowledge about the pasteurisation of milk, quality control measures, and hygienic processing methods followed in the dairy industry. They also observed the preparation and packaging of various milk products, which enhanced their understanding of food safety and public health practices.

The field visit was informative and interactive, providing students with valuable exposure to modern dairy production techniques and reinforcing the importance of maintaining hygiene and quality in food production.



THE LIVING HEART OF LEARNING: OUR LIBRARY AND INFORMATION CENTRE







The Library and Information Centre at Alva's Homoeopathic Medical College is a hub of knowledge, supporting students, faculty, and researchers in their academic pursuits. Spread across 2,534.25 sq. ft. with seating for 100 readers, it functions from 9:00 AM to 8:30 PM, providing a conducive learning environment.

The library houses 7,823 books (6,896 textbooks and 927 reference books), 2,000+ e-books, 400+ e-journals, 29 journals (24 national and 5 international), 250 back volumes, and recent additions of 751 books and 747 departmental books. Digital resources include HELNET, OPAC, and online databases, while newspapers and magazines such as The Week, Reader's Digest, Womensera, Sudha, and Taranga keep readers updated.

Managed by **Mr. Girisha Kotian** (MLISc) with Mrs. Rashmi, Ms. Deepika, and Mrs. Usha Bangera, the library continues to strengthen its resources with a proposed ₹6,28,906 budget for 2025–26, making it a vibrant centre for learning, research, and academic excellence.





WHAT'S COMING NEXT?

PRATIBIMB'26

Resonating the Continuum of
Homoeopathic Healing



AHMC yearly Magazine

1st July 2026

On the Occasion of National Doctors' Day

ALVA'S HOMOEOPATHIC MEDICAL COLLEGE, MOODBIDRI,574225

RGUHS GOLD MEDAL [2025-26] - A MOMENT OF PRIDE



DR.PAVITHRA
BHMS



DR.PRAJNA
BHMS-MD[ORGANON]



DR.ANANYA K
BHMS-MD[REPERTORY]



DR.LIKITHA
BHMS-MD[REPERTORY]

Congratulations

FIRST RANK HOLDERS OF **BHMS** & MD [HOM]

MANAGEMENT, PRINCIPAL, FACULTY & STUDENTS
EXTEND THEIR HEARTFELT CONGRATULATIONS

ALVA'S HOMOEOPATHIC MEDICAL COLLEGE
Rajiv Gandhi University of Health Sciences

University Rank Holder 2019-2025

8TH BATCH	42 RANKS
9TH BATCH	45 RANKS
10TH BATCH	27 RANKS
11TH BATCH	84 RANKS
12TH BATCH	99 RANKS
13TH BATCH	115 RANKS
14TH BATCH	51 RANKS
15TH BATCH	85 RANKS



DR PAVITHRA 1ST RANK

II YEAR- 1ST RANK
III YEAR- 7TH RANK
IV YEAR- 1ST RANK

5TH RANK



DR AISWARYA TC

I YEAR- 2ND RANK
II YEAR- 7TH RANK
IV YEAR- 3RD RANK

6TH RANK



DR AKSHATHA

I YEAR- 7ND RANK
II YEAR- 4TH RANK
IV YEAR- 6RD RANK

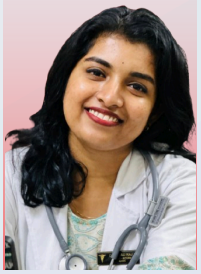
8TH RANK



DR SHETTY SHRISHTI SHRIDHAR

IV YEAR- 2ND RANK

10TH RANK



DR ANJALI RAJ V

II YEAR- 5TH RANK
IV YEAR- 8TH RANK

SUBJECT WISE RANK HOLDER



DR SEEMA THAPA

2ND, 3RD RANK-
MATERIA MEDICA
5TH RANK-REPERTORY
6TH RANK- FMT



DR SREYA P PAVITHRAN

7TH RANK- FMT
8TH RANK- REPERTORY
9TH RANK- PATHOLOGY
10TH RANK- MATERIA MEDICA



DR M I SHARADHI

4TH RANK- FMT
4TH RANK- MATERIA MEDICA
5TH RANK- PHARMACY



DR PALAKURTHI KIRANMAI

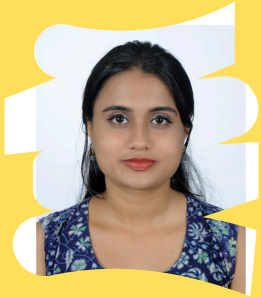
4TH RANK- REPERTORY
5TH RANK- FMT
9TH RANK-PHARMACY



DR SWATHI M S

6TH, 7TH RANK-
MATERIA MEDICA
8TH RANK- REPERTORY

YEAR WISE RANK HOLDER



DR M SMITHA KINI

III YEAR-8TH RANK
3RD RANK-MATERIA MEDICA
7TH RANK- REPERTORY
8TH RANK- OBG
10TH RANK- ANATOMY



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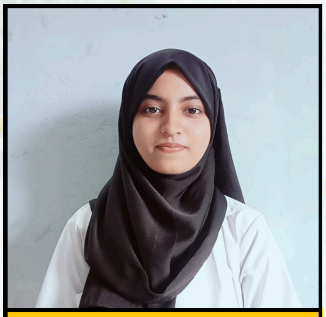

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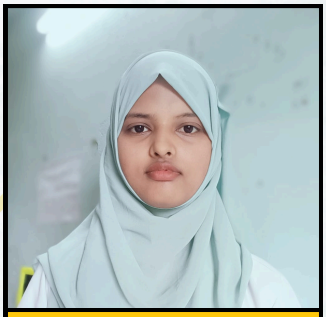

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