

**AMSEP India X Indonesia 2020**  
**Asian Medical students Exchange Programme**  
DMIMS(DU), Wardha, MH  
21st -27th February

Report- Day 2

The second day of the AMSEP India × Indonesia was very eventful.

There was a **welcome address in the august presence of Dr Ashish Anjankar, Director Student welfare JNMC and Dr Pramita Muntode, Associate professor dept of psm** for the students in JNMC where they exchanged a few snippets of information about the two countries.

The Indonesians were extremely interactive and were curious to learn about the Indian medical education system. They started with introducing each student and felicitating them with a little token of appreciation: A custom printed AMSEP t-shirt, a custom water bottle, a momento consisting of a miniature Gandhian charkha amongst other things. Then they moved onto a presentation of their own and one by the exchange students followed by an interactive session where our team spoke with the delegates and learned about their culture and their life as medicos along with sharing their own stories. The students had brought their representative snack items like a ginger candy, soya chips and flour covered peanuts which they really enjoyed tasting. They also presented our teachers with their traditional shawls.



Next the students visited the **IVF lab** along with our AMSA representatives where they learned about the various ART techniques along with telling us representatives about Indonesian advancements in the field.

In the evening they had a very fun cultural session where they indulged the students in **Rangoli making and Diya decoration**. To top it all of, they were taught a few of our signature dance moves in return of which they taught them some of theirs too, and this was followed by a pizza and dessert feast at Domino's!

All in all, it was a very educational and interactive experience for all of them. .

### Report day 3

On day 3, after a hearty breakfast, the delegates and the volunteers headed towards a **Primary Healthcare Center in Nachengaon, where they met Dr. Shridhar Tamhankar**, a medical officer posted there. He, very kindly, showed them around the place explaining about the infrastructure and the medical equipment present in the PHC. He described the various investigations that went on, such as calculation of the Total Leucocyte Count (TLC), blood haemoglobin % etc. He showed them the stored vaccines and explained how they were preserved with careful temperature regulation. Then, he went on to ask the delegates about their countries' government policies regarding vaccines programs and explained our laws regarding the same. He went on to list the compulsorily administered vaccines to a newborn and shared information about how the PHC worked under government aid and how it provides to nearly 40,000 villagers. The group returned enriched with knowledge from sevagram.





Next, they went on to the **Gandhi ashram in sevagram** where our delegates could have a firsthand experience of the simplicity and purity of a gandhian lifestyle. The guide there took them to the various kutis (cottages) made for Gandhiji and his contemporaries explaining their lifestyle and the history behind their stay in sevagram. The display of the original articles preserved from the time of gandhiji's residence in Babu kuti left them in awe and wonder.

Next, they had a short visit to the **Vishwa Shanti Stupa- a buddhist temple**. The magnificent white peace pagoda along with the golden Buddha statue made the delegates deeply appreciate the architectural wonder. There was also a small Japanese Buddhist temple and a large park in the premises.



In the second half of the day the students were taken to Nagpur for a **recreational visit to Chokar dhani**. Over there, the delegates got to experience the essence of Rajasthani culture. They took camel and horse rides, went on carousels, played games, danced to rajasthani folk music, and watched various performances by trained artists. They also got to make clay pots which were later gifted to them. Towards the end, they had a splendid rajasthani meal consisting of many traditional dishes from the state leaving all of them extremely happy and satisfied

#### Report day 4

On day 4 was an eventful day for the delegates. They had a day trip planned to the **virtual school of learning, JNMC**. After a hearty breakfast, the delegates went to the Virtual School of learning in Sawangi. The delegates were greeted and welcomed by the AMSA College head, Dr. Kushagra Mathur. Our delegates were made aware of the various facilities available in the building by short presentation by **Dr. Shraddha Patel Ma'am and Mr. Diwakar Sir**. After this, their school of the school began with **Obstetrics and Gynaecology models by Dr. Tiwari Ma'am** who explained and demonstrated the procedure of parturition to the delegates. Next, they saw the ultrasound machine and learnt its uses and its applications in real life scenarios. The students were excited for the Laparoscopy model. The VR feature completely surprised the delegates, and they were eager to try it out. The delegates also tried their hands on the Anatomage and Atlas Virtual Dissection Tables. The Delegates saw SIMMAN named "Tukaram and Damodar." They also had a suturing session by Praful Gaikwad Sir. Lastly, they had a fun session where the delegates gave a shot at CPR, with Kushagra Mathur Sir.



Afternoon session had a complete tour of the research house. We were welcomed cordially in the **Research and Development Cell by Dr. Punit Fulzele**. An orientation with the in-house monocular probe that made various interventions feasible and affordable. An introduction to the mobile app that helps in calculations and analysis of vital information (like weight, height etc.), which is specifically targeted towards infants and is still a work in progress, in association with Harvard University. Then the delegates visited the DMIMS SINNO Lab which is devoted for implementing social development and its working in association with the European Union. Then they visited the Child developmental center where they got an introduction to various interventions that involved using in-house toys and various board games that targeted the overall development of children from age 1 to 3.





In the evening on the 4th day, the incoming delegates were taken for a **Bioethics workshop on \_\*”Ethical competence in healthcare practice”\*\_** organized collectively by the national students’ program and MGIMS wing of UNESCO chair in bioethics in association with **AMSA-India at MGIMS, Sevagram**. The workshop taught the ethical skills that a doctor must possess in order to reach out to patients and effectively communicate with them. The organizers at MGIMS were extremely interactive and made it easy for the delegates to follow the presentations. An ice breaker session was followed by a presentation to demonstrate the importance of speaking in an interactive way to make a conversation more effective. Next, there was a session to explain how team work was of essence in treating a patient and there was a role play as well where 2 different scenarios were acted out by the students and the delegates. Towards the end, **Dr. Shiv joshi, President, national students’ program of UNESCO chair in bioethics**, explained how it was equally important to listen and empathize with a patient. He explained that there can be many differences between people but it was of utter importance to understand differing opinions and treat them with respect. Two students from DMIMS namely Mr. Vishwin Doda from 2016 batch and Ms. Aayushi Bhatnagar from 2019 batch were awarded with the 'Best Delegate' title for overall active participation. The workshop turned out to be a hit amongst all the attendees.

## Report-Day 5

Day 5 of AMSEP India x Indonesia was a busy yet interesting day for the delegates. After breakfast the delegates were taken to **Mahatma Gandhi Ayurvedic College, where they were given a tour of the Ayurved hospital by Dr Srihari S, professor dept of paediatrics, MGAC.** The delegates were also shown a few ayurvedic procedures and the herbal garden. They then met with the dean of the college.

This was proceeded by a workshop on **clinical snippets conducted by Dr Sourya Acharya, Professor dept of Medicine, JNMC.** He introduced the students to medicine beyond the textbooks. The students were shown interesting cases and explained various tests performed for diagnostic purposes.



The delegates also participated in the platelet rich plasma workshop which was held from 11am-1:30pm, where in they were introduced to **platelet rich plasma as well as the STARS therapy along with a series of photographs on the progress of ulcer healing with platelet rich plasma** which is being followed in JNMC, wardha. This introduction was followed by a question and answer session between the students and their **facilitator, Dr. Aditya Pundkar, Assistant professor ,orthopaedics,** while the students had snacks after which they were given a demonstration on how to prepare autologous platelet rich plasma using STARS therapy , followed



by administration in a patient with fracture tibia.

In the afternoon, the **delegates met Dr. P Mohite , Vice dean administration,JNMC and Dr Samarth Shukla, Vice dean Academics,JNMC**. They presented sir with a souvenir from Indonesia and momento after which there was an **official photograph**. The delegates then headed for lunch after which there was an ethnic eve arranged for them.



An **ethnic photo booth** was set up and the delegates dressed up in an indian attire. They performed a dance they had prepared. They had a lot of fun.

After this the delegating headed to Nagpur where they had dinner. Next morning, they headed to Panchmari, Madhya Pradesh

Report Day 6,7

The 6th and 7th day of the exchange program was very interesting. The delegates had a short **trip planned to pachmarhi** also known as Satpura ki rani, a hill station in Madhya Pradesh and were accompanied by our AMSEP members . We reached Pachmarhi in the early morning and headed towards our resort where we resided in beautiful tent houses. The day had series of wonderful events planned for the Indonesians.

After a few hours of nap, the delegates were taken to visit the city's main sights , starting with the museum in Satpura Tiger Reserve. The delegates also bought soveniers from the local shop inthe area.

Then we went to Bee Falls which is surrounded by dense forest and with beautiful and awestrking scenario which beautify the sight even more. The delegates had a nice time there and were amazed by its beauty. After having a delicious lunch ,the delegates were taken to do some adventure sports. There were lots of adventure sports out of which our delegates tried zip line and also drove rv bike. It was of immense pleasure for them.

Then they visited Pandava Caves - five rock cut temples, another historical marvel of the town. There is a wonderful garden in front of the monument. The Indonesians were pleased by the scenic beauty of the place. After this, they were taken to the Jatashankar temple and were told about the religious and historical importance of the temple by the local guide . The delegates were keen to learn about the Indian culture and religion. After a fun and amazing day the delegates where taken to a beautiful restaurant for dinner. The day didn't end with this.



We had a bonfire planned in the resort for them in the frosty and chilly weather. This was too enjoyable with a lot of music, dance, games and snacks. With this we were successful in making the day memorable for the delegates.

Next day started with a filling breakfast. Then the delegates visited the beautiful valley named Handi Khoh where they clicked pictures and afterward enjoyed Souvenir shopping. Then we left Panchmarhi with a lot of memories in our heart .

Enroute to Nagpur we had a lot of fun playing games , listening to music . We reached Nagpur in the evening with heavy hearts hoping to see each other again. We also exchanged souvenirs which we bought for each other earlier that day.

The AMSEP program was huge success, it definitely brought medical students from different countries together and learn so much about each other's culture and way of life.