



ASR LUX SCIENTIAE HOMOEOPATHICAE



APRIL 2026

RESTORING HARMONY IN THE MODERN ERA

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The month of March 2026 has been a testament to the vibrant academic and community spirit at **ASR Homoeopathic Medical College & Hospital**. As we transition into April, this issue of our magazine reflects on a month dedicated to the empowerment of women—not just through celebratory gatherings, but through rigorous clinical inquiry and grassroots medical outreach.

The "syndrome of modernity" presents a unique challenge to the 21st-century physician. As highlighted in our lead articles this month, the rapid acceleration of lifestyle stressors, nutritional dysregulation, and environmental toxins has led to a global surge in hormonal imbalances. From the metabolic complexities of PCOS to the sensitive management of Precocious Puberty in children, the endocrine system has become the primary site where the "Vital Force" struggles against the pressures of urbanization.

Our featured academic contributions by Prof. Dr. Sanapala Ananda Rao and Dr. Pulla Uma Maheswari underscore a pivotal truth: Homoeopathy is uniquely positioned to navigate these modern epidemics. By moving beyond symptomatic suppression and embracing **Constitutional Medicine**, we offer a "way out" that aligns the patient's internal rhythm with their

external environment.

March Retrospective: Action & Advocacy

This issue captures the heart of our mission through a visual and narrative journey of our recent activities:

- **Community Outreach:** In honor of Women's Month, our teams conducted extensive **Women's Health Awareness and Medical Camps** across **Athili, Ballipadu, Pydiparru, and Relangi**. These camps served as vital touchpoints, bringing specialized care and health education to the doorsteps of those who need it most.
- **Academic Excellence:** March 10th marked the successful execution of **ARETE HOMOEOPATHICA**, our State Level Seminar, which fostered high-level dialogue among practitioners and students alike.
- **Collaborative Learning:** Our engagement with **Manipal Hospital, Vijayawada** on March 25th showcased our commitment to integrative learning and staying at the forefront of contemporary medical advancements.

As we present this April edition, we celebrate the dedicated faculty, the tireless medical board, and the students who make these initiatives possible. We remain steadfast in our pursuit of a holistic paradigm—one where the physician perceives not just the disease, but the individual in its entirety.

CONSTITUTIONAL APPROACH TO WOMEN'S HORMONAL DISORDERS: NAVIGATING MODERN LIFESTYLE AND DIETARY INFLUENCES

Prof. Dr. Sanapala Ananda Rao, M.D. (Hom.)

HOD, Department of Materia Medica

ASR Homoeopathic Medical College & Hospital, Tadepalligudem, India

Abstract

Hormonal imbalances in women have seen a sharp rise globally, largely attributed to the "syndrome of modernity" a combination of circadian rhythm disruption, processed nutrition, and psychogenic stress. Conditions such as Polycystic Ovarian Syndrome (PCOS), thyroid dysregulation, and menopausal syndrome are increasingly prevalent. While conventional medicine often relies on hormone replacement or symptomatic suppression, Homoeopathy offers a holistic paradigm through constitutional prescribing. By addressing the individual's unique psychophysical totality, Homoeopathy seeks to recalibrate the vital force and correct the underlying dynamic disturbance. This article evaluates the intersection of modern lifestyle stressors and hormonal health, advocating for a constitutional approach as a definitive way out for long-term clinical recovery.

Keywords: Constitutional Medicine, Women's Health, Hormonal Disorders, Materia Medica, Lifestyle Medicine, Vital Force, Homoeopathy.

Introduction

The endocrine system that serves as the physiological bridge between the mind and the body. In the modern era, the delicate equilibrium of the hypothalamic-pituitary-ovarian (HPO) axis is under constant assault. Rapid urbanization has introduced a plethora of "endocrine disruptors," ranging from chemical toxins to socio-professional pressures.

Modern clinical practice frequently encounters:

- Neuro-Endocrine Stress: Chronic activation of the HPA axis leading to the "cortisol steal."
- Nutritional Dysregulation: High glycaemic index diets contributing to insulin resistance.
- Circadian Mismatch: Blue light exposure and irregular sleep cycles affecting melatonin and reproductive cycling.

In accordance with Aphorism 3 of the *Organon of Medicine*, a physician must perceive the "pathogenetic power" of these external influences while identifying the "curative power" within the indicated remedy. Constitutional treatment acts not just on the organ, but on the person in whom the organ resides.

Hormonal Disorders: The Modern Epidemic

Contemporary women's health concerns are no longer purely pathological; they are increasingly metabolic and functional. Key conditions include:

- Polycystic Ovarian Syndrome (PCOS): Now recognized as a systemic metabolic-endocrine disorder.
- Hypothyroidism: Often presenting as a sub-clinical manifestation of chronic fatigue.
- Dysmenorrhea and PMS: Reflecting heightened sensitivity of the nervous system.
- Perimenopausal Disturbances: Exacerbated by a lack of constitutional resilience.

The Impact of Lifestyle and Nutrition

The shift from traditional to "Westernized" habits has fundamentally altered female physiology:

1. Chronic Psychosomatic Stress: Persistent mental strain leads to progesterone deficiency and estrogen dominance.
2. Sedentary Habits: Lack of physical movement encourages peripheral aromatization of androgens in adipose tissue.
3. Dietary Pathogenesis: The consumption of trans fats and refined sugars triggers chronic low-grade inflammation, a precursor to most hormonal imbalances.
4. Environmental Toxins: Exposure to xenoestrogens (plastics/pesticides) creates a "pseudo-hormonal" state that confuses cellular receptors.

The Homoeopathic Constitutional Paradigm

Homoeopathy posits that health is the harmonious play of the Vital Force (Aphorism 9). A "Constitutional Remedy" is selected based on the patients:

- Physical Make-up: Morphological traits and predispositions.

- Mental/Emotional Totality: Core temperaments and reaction to stress.
- Miasmatic Background: The underlying genetic and acquired susceptibility.

In hormonal cases, the remedy must cover the "totality of symptoms," acting as a biological regulator to restore the feedback loops of the endocrine system.

Therapeutic Indications in Materia Medica

Sepia Officinalis (The Washerwoman's Remedy)

- Clinical Focus: Stasis and exhaustion of the portal and pelvic circulation.
- Constitutional Profile: Indifference to loved ones, "worn out" mothers, bearing-down sensations.
- Lifestyle Link: Excellent for women balancing intense professional and domestic roles.

Pulsatilla Nigricans (The Windflower)

- Clinical Focus: Variability of symptoms; delayed or scanty menses.
- Constitutional Profile: Cries easily, seeks sympathy, thirstless, better in open air.
- Lifestyle Link: Addresses disorders stemming from rich, fatty modern diets and emotional suppression.

Calcarea Carbonica (The Oyster Shell)

- Clinical Focus: Metabolic sluggishness, obesity, and thyroid dysfunction.
- Constitutional Profile: Fair, fatty, flabby; easily tired; apprehensive.
- Lifestyle Link: Corrects the "slow metabolism" archetype common in sedentary environments.

Lachesis Mutus (Surukuku Snake Venom)

- Clinical Focus: Climacteric troubles and vasomotor instability (hot flashes).
- Constitutional Profile: Loquacity, jealousy, intolerance of constriction.
- Lifestyle Link: Effective for the high-intensity, "Type A" personality facing hormonal transitions.

Clinical Methodology

To achieve success in an international clinical setting, the following protocol is recommended:

1. Comprehensive Anamnesis: Prioritizing the "Aetiology" (e.g., *Grief, Sedentary Habits, Suppressed Eruptions*).
2. Miasmatic Analysis: Determining if the disorder is Psoric (functional), Sycotic (proliferative like cysts), or Syphilitic (degenerative).
3. Ancillary Management: We must not only prescribe but also "remove the maintaining causes." This includes dietary counseling (low GI diet) and sleep hygiene.
4. The "Way Out" Strategy: Informing the patient that while Homoeopathy provides a scope for recovery, it is a collaborative journey of lifestyle alignment.

Discussion & Conclusion

Hormonal disorders are rarely isolated events; they are the physical expression of a deeper constitutional imbalance. Modern lifestyle factors act as "exciting causes" that trigger latent miasmatic predispositions. While conventional therapeutics often provide temporary relief through exogenous hormones, they may further suppress the vital force.

Homoeopathy offers a sustainable alternative. By integrating individualized constitutional remedies with rigorous lifestyle modification, we can provide a "way out" for patients—moving beyond temporary palliation toward a state of genuine health and equilibrium.

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CLINICAL MANAGEMENT OF PRECOCIOUS PUBERTY: A HOMEOPATHIC LITERATURE REVIEW

Dr Pulla Uma Maheswari

Assistant Professor, Department of Practice of Medicine

ASR Homoeopathic Medical College & Hospital, Tadepalligudem, India

Abstract

Precocious puberty (PP) is a growing pediatric concern worldwide, characterized by the premature activation of the hypothalamic-pituitary-gonadal (HPG) axis. While conventional medicine utilizes Gonadotropin-Releasing Hormone (GnRH) analogues to stall maturation, the holistic framework of homeopathy seeks to address the underlying constitutional susceptibility and environmental triggers. This review explores the pathophysiology of PP, the homeopathic understanding of miasmatic influences, and a comparative analysis of therapeutic interventions found in contemporary literature.

Keywords: *Precocious Puberty, Homeopathy, HPG Axis, Constitutional Prescribing, Endocrine Disruptors, Miasmatic Dynamics, Pediatric Endocrinology.*

1. Introduction

Precocious puberty is traditionally defined as the development of secondary sexual characteristics before age 8 in girls and age 9 in boys. Recent secular trends indicate a global decrease in the age of pubertal onset, often linked to rising childhood obesity and environmental exposure to endocrine-disrupting chemicals (EDCs). In homeopathy, this accelerated maturation is interpreted as a "discord of the Vital Force," where internal and external factors trigger a premature physiological shift.

2. Pathophysiology and the HPG Axis

The onset of puberty is a complex neuroendocrine process involving the pulsatile release of GnRH from the hypothalamus. This stimulates the anterior pituitary to secrete Luteinizing Hormone (LH) and Follicle-Stimulating Hormone (FSH), which drive gonadal steroidogenesis.

- **Central Precocious Puberty (CPP):** Gonadotropin-dependent maturation.

- **Peripheral Precocious Puberty (PPP):** Gonadotropin-independent, often linked to adrenal or ovarian pathologies.

3. Homeopathic Perspective: The "Precocity" Totality

Unlike suppressive protocols, homeopathic management prioritizes the **Totality of Symptoms**. Literature emphasizes three core areas:

1. **Constitutional Susceptibility:** Identifying the "Physical Type" (e.g., the *Calcarea* child with early obesity).
2. **Psychosocial Impact:** Addressing the "Emotional Age vs. Biological Age" gap—a critical factor in homeopathic remedy selection.
3. **Miasmatic Influence:** Many cases of PP are categorized under the **Sycotic miasm** (overproduction/early growth) or the **Tubercular miasm** (rapid, erratic development).

4. Comparative Therapeutic Indications

Remedy	Literature Focus	Core Symptom Set
<i>Baryta Carbonica</i>	Developmental Dissonance	Physical precocity paired with mental/social dwarfishness; shy, slow to comprehend.
<i>Calcarea Carbonica</i>	Metabolic Imbalance	Early development in children with a tendency toward obesity, soft bone structure, and excessive perspiration.
<i>Phosphorus</i>	Growth Velocity	Tall, slender children with rapid linear growth and an overly affectionate or "sensitive" disposition.
<i>Natrum Muriaticum</i>	Psychosomatic Triggers	When early maturation follows emotional trauma or suppressed grief; reserved and introverted.
<i>Medorrhinum</i>	Miasmatic Depth	Strong family history of early puberty; children who are intensely driven, restless, and crave extreme environments.

5. Integrative Considerations and Environmental Mitigation

The literature increasingly supports an integrative approach to reduce the "estrogenic load" on the child:

- **Nutritional Adjustment:** Reducing consumption of hormone-treated dairy/poultry and avoiding plastic containers (BPA/Phthalates).
- **Emotional Safeguarding:** Utilizing remedies like *Ignatia* or *Pulsatilla* to support the psychological transition and prevent social withdrawal.

6. Conclusion

Homeopathy offers a viable, non-invasive secondary or adjunctive strategy for managing precocious puberty. By focusing on the child's unique symptomatic totality and miasmatic background, homeopathic remedies may help stabilize the HPG axis and allow for a more natural developmental progression.

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WOMENS DAY CELEBRATIONS

ASR
HOMOEOPATHIC

ASR Homoeopathic Medical College, Tadepalligudem

In collaboration with
Andhra Pradesh State Women's Commission

In association with our NGO Partner
Umar Alisha Rural Development Trust

INTERNATIONAL WOMEN'S DAY - 2026

AP State Women's Commission Flagship Initiative
"Honouring The Warrior Within"

Chief Guest:
Smt. Akula Rama Kumari Garu
Secretary & Correspondent, ASR Group of Institutions

President of the Function:
Smt. Akula Vimala Garu
Director, ASR Group of Institutions

Distinguished Guest Speakers:
Dr. V. Shoba Rani Garu
Professor & HOD, Dept. of Practice of Medicine, ASRHMC

Smt. K. Manjula Garu
Advocate, Secretary - Bar Association of Bheemunipatnam,
Legal Aid Counsel, and Certified Advocate Mediator

Dr. Sritha Garu
Neuro Psychiatrist

Host:
Dr. Ananda Kumar Pingali Garu
Principal, ASR Homoeopathic Medical College

GIVE - GAIN: WHAT WE CHANGE, WE GAIN

Date : 9th March 2026
Venue : ASR Seminar Hall
Time : 01:00 PM – 04:00 PM

PROGRAM SCHEDULE

01:00 PM Elocution Competition: "My Future in My Hands: Unlocking My Potential with the Keys of Self-Reliance".

02:00 PM Investiture Ceremony: Official introduction of the Dignity Champ and IWD Campus Ambassadors. The Chief Guest will formally present the White Scarves to the student leaders on the dais.

02:30 PM Guest Speeches

03:30 PM Honoring Our Women Warriors.

04:00 PM Closing Ceremony: A symbolic Balloon Release at the ASR Garu Statue led by our Guests, the Dignity Champ, and the Campus Ambassadors, followed by a Commemorative Group Photo.

Pre-Event Engagement

ASR Commitment Wall: All faculty and students (both men and women) are invited to the foyer prior to the meeting to sign the pledge: "I Pledge to Honour the Warrior Within – What We Change, We Gain."

#IWD2026 #APSWC #GiveToGain #WarriorWithin









WOMENS HEALTH AWARENESS AND MEDICAL CAMP AT ATHILI



అంతర్జాతీయ మహిళా దినోత్సవం

ఏ.ఎస్.ఆర్. హోమియోపతిక్ మెడికల్ కాలేజీ మరియు హాస్పిటల్, తాడేపల్లిగూడెం మరియు ఉచుర్ ఆలీషా రూరల్ డెవలప్‌మెంట్ ట్రస్ట్, పిరాపురం సంయుక్త ఆధ్వర్యములో

మహిళా ఆరోగ్య చైతన్య సదస్సు & ఉచిత హోమియోపతి వైద్య శిబిరం

తేదీ: 9 మార్చి 2026
సమయం: ఉదయం 9:00 గంటల నుండి 12:00 గంటల వరకు

రక్త పరీక్షలు : కేవలం రూ 600 మాత్రమే

1. హిమోగ్లోబిన్ (HB%)
2. ర్యాండ్మ్ బ్లడ్ షుగర్ (RBS)
3. థైరాయిడ్ ప్రొఫైల్ (THYROID PROFILE)
4. లిపిడ్ ప్రొఫైల్ (LIPID PROFILE)

Health is Wealth – Healthy Women are the Backbone of Society
ఆరోగ్యమే మహాభాగ్యం - ఆరోగ్యవంతురాలైన మహిళే సమాజానికి వెన్నెముక

వెబిక్ : అత్తిలి సెల్ : 94942 78969



WOMENS HEALTH AWARENESS AND MEDICAL CAMP AT BALLIPADU



వి.ఎస్.ఆర్. హోమియోపాతిక్ మెడికల్ కాలేజీ వుండు హస్పిటల్, తాడేపల్లిగూడెం మరియు ఉమర్ అలిషా రూరల్ డెవలప్‌మెంట్ ట్రస్ట్, పిఠాపురం సంయుక్త ఆధ్వర్యములో మహిళా ఆరోగ్య చైతన్య సదస్సు & ఉచిత హోమియోపతి వైద్య శిబిరం

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WOMENS HEALTH AWARENESS AND MEDICAL CAMP AT

PYDIPARRU



అంతర్జాతీయ మహిళా దినోత్సవం

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మహిళా ఆరోగ్య చైతన్య సదస్సు & ఉచిత హోమియోపతి వైద్య శిబిరం

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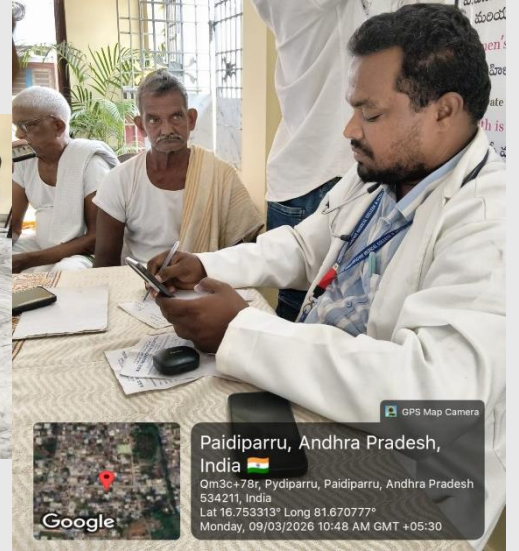
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వెబ్ సైట్ : ప్రొడిపర్లు నెం : 94900 80419



WOMENS HEALTH AWARENESS AND MEDICAL CAMP AT RELANGI





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సంయుక్త ఆధ్వర్యములో

**మహిళా ఆరోగ్య చైతన్య సదస్సు
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వేదిక : రేలంగి సెల్ : 90006 82909



ARETE HOMOEOPATHICA – STATE LEVEL SEMINAR – 10/3/2026



ARETE HOMEOPATHICA

STATE LEVEL SEMINAR ON HOMOEOPATHIC CLINICAL EXCELLENCE

ORGANIZED BY

ASR Homoeopathic Medical College & Hospital, Tadepalligudem.

In collaboration with **The World Teacher Trust & Alisha Academy**



Quality Control By : **Internal Quality Assurance Cell, ASRHMC**

President of the Function : **Dr. Akula Vijay Vardhan,**
Chairman, ASR Group of Institutions

Date : **10th March 2026**

Time : **09.00 AM TO 04.30 PM**

Venue : **ASR Seminar Hall, ASRHMC**

THE SPIRIT OF THE SEMINAR

The term **ARETE** represents the ancient Greek ideal of excellence and the realization of one's full potential. In Clinical Practice, this translates to the meticulous application of the Law of Similars and a deep understanding of the patient's psyche to achieve true healing. This seminar is dedicated to fostering that spirit of clinical mastery and professional virtue.

SEMINAR SCHEDULE

TIME	SESSION / TOPIC	SPEAKER
09:00 AM - 09:30 AM	Registration & Reception	
09:30 AM - 10:00 AM	Inaugural Session	Dignitaries & WTT Members
10:00 AM - 10:30 AM	Classical Homoeopathy: Hahnemannian & Kentian Approach	Dr. G.A.V. Rameswar, MD Homoeo Medical Officer, A.U, Visakhapatnam
10:30 AM - 11:00 AM	Importance of Homoeopathy in Present Society	Prof. E. Udaya Bhaskar Reddy Andhra University, Visakhapatnam
11:00 AM - 11:30 AM	Importance of Organon in Acute & Chronic Diseases	Dr. P. V. Raghava Rao, MD
11:30 AM - 12:00 PM	How to Study Materia Medica in Practice	Dr. G.R.S.S. Sarma, MD
12:00 PM - 12:30 PM	Essence of Homoeopathy	Dr. Srikanth, BHMS, MSc
12:30 PM - 01:30 PM	Lunch Break	
01:30 PM - 02:00 PM	The Architecture of Insecurity: A Psycho-Somatic Analysis of the Calcarea Group	Prof. Dr. Ananda Rao Sanapala, MD
02:00 PM - 02:25 PM	Rapid Individualized Constitutional Prescription in Modern Practice	Dr. A. Bhavya Lakshmi Kumari, MD
02:25 PM - 02:50 PM	Homoeopathy and Hypothyroidism	Dr. D. Sairam, MD
02:50 PM - 03:15 PM	Art of Selecting Rubrics in Homoeopathic Practice	Dr. P. Radha, MD
03:15 PM - 03:40 PM	A case of Thyroglossal cyst with Hypothyroidism	Dr. Sree Hanumantha Rao, MD
03:40 PM - 04:10 PM	Case Taking: Patient Understanding & Boenninghausen's Totality	Prof. Dr. Ananda Kumar Pingali, MD, Principal, ASRHMC
04:10 PM - 04:30 PM	VALEDICTORY SESSION	

REGISTRATION & LOGISTICAL DETAILS

- ✦ **Registration Fee :** ₹100/-
- ✦ **Lunch Provision :** For the convenience of visiting participants and non-hostlers, lunch may be purchased at the ASRHMC Canteen for ₹50/- per plate.
- ✦ **Certification :** A Digital Certificate of Participation will be issued to all REGISTERED participants.
- ✦ **Note :** No spot registration is allowed. Limited seats only.



FOR GOOGLE FORM








SEMINAR BY MANIPAL HOSPITAL VIJAYAWADA – 25/3/26

Manipal Hospital Vijayawada


in association with
ASR Homoeopathic Medical College & Hospital
cordially invites you to an Educational Health Talk

Panel of Experts



Dr. Ch. Manoj Kumar
Senior Consultant – General Physician

Topic: Approach to Fever



Dr. Bhavani Mandava
Consultant - Hematology

Topic: Anemia from basics to bedside

| 25-03-2026 | Wednesday

| 02:00 PM onwards

| ASR Homoeopathic Medical College & Hospital, Prathipadu

