

Question Set 1-6 India Internship Final Report

Question Set #1

1. What are your initial impressions of the organization and an overview and thoughts about the kind of work you've started doing; how does the work match your expectations, how does it match your goals?

My initial impression of the organization that stands out the most is their hospitality. It's difficult to comprehend their magnitude of love, care, and thoughtfulness upon others. It inspires me to be better individual, and it has made me contemplate my hospitality to others when I get back to the United States. They never hesitate to say yes to any problems I had, and I love them for that. They made me feel welcomed with arms open. I was also impressed with their security and their thoughtfulness to take extra care to the interns. It almost feels like this is a second home for me. The orientation in the first week is very informative, and it has made me appreciate the creation of Pravara Institute of Medical Science much more. They have overcome many socioeconomic obstacles to create such a beneficial medical school facility in a rural area. When they were talking about the M.D. B.S. undergraduate program and Postgraduate program, it made me want to go to school in Pravara (its roughly 10,000 rupees per year of undergraduate medical program!). It's always great to be curious, and I'm thankful for all our orientation guides, hostel services helpers, and CSM department to answer any of my questions.

When Sunil (the individual who will be arranging our internship schedule) provided our weekly schedule, I was excited to know where I will be going. On Monday and Tuesday, I was posted at the medical mobile unit. On Thursday and Friday, I was posted at the A.R.T (Anti-Retroviral Therapy) center. I was filled with excitement, and I couldn't wait until I was able to go. I didn't have much sleep on Sunday because I was so excited! I'm thankful that the intern I was working with is kind and is willing to answer my questions. I really thought it was meaningful to be a part of the medical mobile units because it taught me the values and expectations of medical doctors at Pravara Institute of Medical Science: all for the people, and nothing but the people. I was surprised that they provided a selected few medicine to be free of charge to the patients; if the patients needed cough syrup, multi-vitamins, and pain medications, they could buy it at a reasonable price. It saddens me when a few patients are unwilling to see a medical doctor at the hospital, but instead remedy their condition with temporary reliefs. Going into the medical mobile units I didn't have much expectations because I have no background knowledge of it. I was surprised how organized and methodical the medical mobile units were. They had a weekly schedule of nearby villages to go to and had veteran nurses that knew where to go to. This matches my goals because it fortifies my understanding of rural medicine and provides an insight to treating patients that are usually forgotten.

When I was posted at the ART center, it wasn't what I expected. I'd always loved to go to a new posting because I get to meet more medical interns and become friends. There wasn't much at the ART center because the medical interns would just document the HIV patient's records and sign off Anti-Retroviral medications for the patients. But, many people often forget the little details that are impactful in many ways. Without the ART center, many patients are left untreated with the symptoms of HIV. Again, I didn't have much expectation going into the ART

center because I've never been a part of the system. This aligns with my goals because it enhances my understanding of Pravara's medical system and how its medical system works. Because Pravara is lacking many full-fledged Medical Doctors due to 70% of the Medical Doctors move to urban areas to treat patients, many medical interns at Pravara are lacking mentors that could potential teach them more about medical heuristics and experiences. All and all, there is much to learn about this medical school and its teachings. Time is flying too fast, and I can't believe it's already been two weeks!

2. What stood out to you the most regarding your arrival?

To be honest, everyone I've made in contact were so nice. When I was unable to contact my driver from Mumbai to Loni, I asked a stranger at the Mumbai airport to call my driver Mangesh. They were so welcoming to help; it really surprised me! It was interesting to know that there are no driving limit in India – seatbelts were also recommended, not required. The usage of honking is meant to tell other drivers that you're located either on the left or right of the other driver. When I was going through the orientation, many Indians wanted to take pictures with me and gave many stares. With 11 interns in total, we stood out like a sore thumb. I've heard from previous interns that the food provided at the institute was mediocre. They are totally wrong! I loved the cafeteria food; it was amazing and delicious. I couldn't even believe that it was all vegetarian meals – I didn't even crave for meat. In my mind, I thought Monsoon season was going to be an issue. However in Loni, it's mostly sunny and occasionally has drizzled rain. I was surprised the water in Loni is filtered and are drinkable. To be safe, I also bought a case of 12 liter bottled water for only 150 rupees (~ 2 USD!). At first it was difficult to hear the Indians speak due to their soft voice and loud background noises. It required intense focus and listening abilities to understand fully. Additionally, Loni surprisingly doesn't have much mosquitos. By going with the saying "Expect for the Worst and Hope for the Best," I was surprised on how accommodating our living situation is. It was better than I'd imaged, and I was prepared for the worst – A/C, filtered water, comfortable beds, and friendly hostel service workers were available. If you're willing to smile to Indians, they're willing to smile back – you don't see that too often in the United States. Head wobbling was definitely difficult to comprehend at first as it is used for meaning things, including Yes and No. I would have expected the directors and the heads of the institute would be difficult to interact and are hard to approach, but I was totally wrong! They are friendly, willing to help, approachable, and are willing to spend a little time with us even with a busy schedule. Because Loni is a rural agriculture area, I would expect the hospital to be underdeveloped, but it was developed and houses roughly 12,500 beds – further extension of campus is also in development. Another interesting fact is that each medical field has an undergraduate and postgraduate quarters.

3. What was your greatest anxiety prior to departing and how do you feel about that now that you have arrived?

The greatest anxiety prior to departing was the fear of the unknown. I didn't know what to expect to get from India, especially since I've never been here. I didn't know if I was able to communicate good enough with the people, I didn't know if the flight to India would be safe, and I didn't know how my stomach would adapt to the food in India. After I have arrived, I loved the people instantly because they're so welcoming, they're always happy, and they're

thoughtful. It has only been two days, and I've already made 5 friends! Don't ever be afraid to ask questions; they're more than welcome to answer them! Even when my flight had a total 180 shift in its schedule due to an incident in Seattle, I was able to make it to India without a problem – with the help from all the customer service airlines. I was put in a tough position when I arrived to Mumbai, as both my checked-in luggage were missing. Without the help from the baggage service, I wouldn't have obtained one of my checked-in luggage. They were so willing to help me find my 2nd checked bag, and they were nice enough to drive my checked-in baggage from Mumbai to Loni (a 6 hr drive!) without any fees. Lastly, I fell in love with their cafeteria food. It's amazingly good! I haven't had any stomach issues since I got here – thank god. I can't believe all this has happened within two days of my internship. I think it's best to not know what the future might hold because it can turn out to be amazing – low expectation, high hopes!

Question Set #2

1. How are things going at work now that you have settled in for a bit? How does this align with your professional goals that you set for yourself? What would you like to achieve in the remainder of your internship?

Work has been very busy since it began. My intern partner and I have been posted to the Medical Mobile Units, A.R.T. (Anti-Retroviral Therapy) Center, Rahata Rural Medical Outreach Center, and a few informative outreach locations: Shevgaon (Village of Shev) College of Ayurveda, HIV/AIDS Interventional Research Center in Nashik, and School Health, Hygiene and Environment Program in Bhandardara. I'm thankful that I have my DSLR camera with me so that I was able to snap a few photos to remember the moments. At all three postings, most of the patients arrive in the morning due to their main professions as agricultural farmers. We saw about 15 patients at each posting in the morning, and saw about 4 in the late afternoon. I'm thankful I've become friends with the medical interns that I've met because they're willing to answer my questions and guide me through their processes when they were doing a procedure. For the informative outreach locations, the ride to these locations were rougher than expected, especially for Bhandardara, because the roads had many potholes as well as uneven pavement. Luckily, I don't get car sick easily, so it was bearable. Additionally, I expected more hands-on work for these outreach sites with project engagement for us interns, but these sites were meant to be at-the-site-info-session. With each info session of each site, I got to understand Pravara Institute of Medical Sciences (PIMS) much better through the breadth and depth of the work they do as a rural institute.

This aligns with my professional goals that I have set for myself. With the info-sessions, packets, CD discs, and brochures of the outreach services provided out of Loni, I was able to understand Indian hospitals a lot better. I was able to have a better comparison between US hospitals and Indian hospitals a lot better. It's fascinating how PIMS is able to adapt their standards of expenses for medical attention to align with the socioeconomical status of its rural population. I was in awe when I heard pharmaceutical drugs were selling 2-3 rupees per pill. I'm thankful that I was able to learn about the hospital system first before observing the works of a few postings. I'm also thankful for being posted to rural medicine areas to get an idea of how doctors reach out to the people outside their radius.

For the remainder of my internship, I hope to be able to see each of the medical departments such as Pediatrics, Surgery, and ICUs. Since I was able to have a grasp of the hospital as a whole, I want to see the practices behind each medical departments they have. Hopefully, the last 2-3 weeks of my internship I'm able to stick with one department that I'm fond of. I want to continue to ask more questions, I want to continue to be acquainted with more interns and doctors at PIMS, and I want to still curious throughout this internship.

2. How are things going relative to your personal goals? In which areas have you made progress and where do you still have some room to expand? What do you want to make sure you address before you leave?

My personal goals are being achieved slowly but surely. Originally, I wanted to push myself to meet people at PIMS and mend some long-lasting relationships. To be honest, it was difficult at first because some of the individuals I have met do not speak English at all. From the time of arrival to present, I've met many people at PIMS. I've written all the names of the people that I have met, and have a few WhatsApp contacts for future contact. I'm definitely jealous of how welcoming and open they are to people, and I really want to integrate this culture back into the states.

There are plenty of room to enhance my experience with more personal goals. I really want to be able to interact and go out with other interns at their home city such as Pune and Mumbai. I would love to see these locations in the eyes of the local. It's never always fun to go to touristy areas because it lacks closeness to the people. I want to fight against my fears and become more personable with people by interacting and talking with them when they're available. I want to reach out to some interns during their free time and hang out with them. I never reach out to people due to my introvertedness, but I'm willing to develop as an individual.

I do have a few issues that I want to address before I leave. I want to understand the lifestyle and the living situation at PIMS in the eyes of the student. I want to understand why so many doctors want to move to Urban areas rather than stay in rural areas to work. I want to leave a good and lasting impression at PIMS so that maybe one day in the future I can visit again. With all the people that I've met and the interactions I've done, I've called this my second home. I don't want to ever forget this picture; therefore, I want to snap as many memorable pictures as I can!

3. How are things going relative to your cross-cultural goals? What kinds of experiences have stood out to you so far? What do you want to ensure to experience before you leave?

I'm doing really well with adapting to Indian culture, as I am willing to learn and be open about their culture. As I have stated before, I am a foodie. I really do believe that tasting a variety of Indian food brings me closer to their culture. Their food is truly amazing and flavorful that I will miss this food when I get back to the states. Like the people, the food is colorful, exciting, and extravagant. When other medical interns test my spice tolerance level, I met their standards because I LOVE spice food. Because I'm a foodie, I was daring enough to eat outside food because it's where the authenticity is! Street food are to die for because it's fresh, hot, and made in front of your eyes.

I'm thankful for one of the hostel workers named Shankar. He was willing to teach me a few Mahrati phrases so that I was able to make a few individuals happy that I was able to communicate with them. It has made me want to develop a few communicable phrases to talk with the non-English speaker.

I was honestly surprised that there are a small percentage of Christian and Catholics at PIMS. Additionally, I didn't know arranged marriages still exist. Many of the rural families around Loni have arranged marriages – Women married at age 18 and Men married at age 22.

I want to ensure that I'm able to go to Ladakh to experience and see Northeastern India. I have made a brother at PIMS, and he and I will arrange a trip to Ladakh to understand its culture. We both love to explore and learn different cultures. I've heard that Northeastern Indians have Chinese heritage in their blood, and I'm curious and fascinated enough to want to go visit. I also want to be able to be a part of an Indian traditional festival so that I get to experience and be a part of it.

Question Set #3

1. Describe a day in your life – what is your work schedule like, what do you do after work, how do you balance your time between work and exploring life outside of work?

My internship coordinator in India provides me with a weekly schedule. I'm posted at each department of medicine for two days. I usually wake up 7:30 AM to get breakfast, and I go to work at 9:00 AM. I would typically introduce myself to the medical interns and the medical officers at that particular department so that they're able to explain their diagnosis, their insights, and their opinions for each patients. I got a better understanding of each depart based on the people I've interacted. I usually spend half the day in the OPD (outpatient department) and then half the day in the OR (operation room), if the department has surgery. Lunch is usually from 1:30 – 2:00 PM. The working time is from 9:00AM – 5:00PM. If you're a part of the OT, it can be longer.

After work, I tend to take an hour rest from 5:00PM – 6:00PM and go to yoga for an hour session. After the yoga session, I go to the cafeteria for dinner. By the time I'm done with food, curfew hits at 9:00PM. I tend to do my independent time during 9:00PM-12:00AM for relaxing, reading, catching up with family, listen to music, and edit the photos that I have taken with my DSLR.

I balance my time between work and exploring life by planning the weekend trips during the weekday and work during the weekdays. Lunchtime is especially a good time to communicate with other interns and postgraduate students. Once I was accustom with many postgraduate and intern students, you can hang out with them and talk with them. They will gradually invite you to go hiking, eating out, and be invited to their homes for a homestay. In order to have time outside of work, I have to plan in advance what to do during the weekends. It is especially nice when CSM is able to arrange transportation and staff to be our guide for places nearby Loni such as Nashik, Bhandardhara, Aurangbad, Elora, Ajanta, and Pune.

2. Housing: What is your living situation like? Knowing what you know now, are there other options you would have chosen instead? If you can provide some resources for future interns, that would be most helpful.

My living situation is not what you think a hostel will be. I was provided a single bed room with A/C, private bathroom/shower, fan, TV. I was also provided with free room clean services, filtered water systems, and clothes washing services (7 rupees per clothing). CSM has provided a lot of leisure and support to us interns. I was in awe of the services and amenities in my room. I wouldn't want to live in any other locations. Where I was located, I was very close to the hospital and the lunch cafeteria since NRI hostel is within campus distance of PIMS (Pravara Institute of Medical Sciences).

Tips

- Get to know the NRI hostel workers, Security guards, and service workers so that it is more convenient for you to get what you need quick and easily.
- Do not be afraid to ask for help because they're willing to help you regardless of what issues you have.
- The rooms are real safe and the people in the NRI hostel are reliable – do not be afraid your money will be stolen. If things like this happens, these workers will be in trouble and you will be compensated with what is stolen.
- If you have never seen a cockroach and small lizards, you might get a chance to see them in your room, only in rare occasion – the place is not infested.
- LEARN SOME COMMON MAHRATI – the workers in NRI will appreciate it a lot!

3. Finances: How is your budget working out for you? Are you spending more or less than what you expected? How much do you typically spend on food, recreation, travel, etc? What would you do differently knowing what you know now?

My budget is working out as I have planned. From Monday to Saturday you're provided food from the cafeteria for free – Sunday only breakfast and lunch. You can also eat outside, but your stomach must be accustomed enough to adapt to the food outside. The only safe restaurant to eat in Loni will be Swagat outside. Food, drink, snacks are really cheap in Loni, 200 rupees or less (~4 dollars or less). Drinks and snacks are especially cheap (~1 dollar or less). I'm spending less than expected. The most expensive things are weekend travels due to hotel stays and transportation. I brought \$1000 USD only, and I have used only \$350 USD. The only thing I would do differently is to get a travel visa card for hotel and transportation purchases online. It becomes more convenient and cheaper when planning big trips that are further away from Loni.

4. Travel and Transportation: How do you typically get around town and to work? Are you satisfied with that choice? Would you recommend other options? Do you have time to explore the surrounding area on time off? How do you manage that? What do you recommend for travel options? Where do you recommend exploring?

When going around the town of Loni, walking is good enough. You can also ask for a rickshaw that is right outside the front gates from the medical school. When going to work, it is within

walking distance to all the departments, no vehicles needed. I'm satisfied with the choices I've made. You do have time to explore the surrounding areas as you have the weekends to do exploring. Every Wednesday, I will talk to our coordinator to arrange a weekend exploration of nearby places from Loni, they will handle all the transportation and staff guidance. The CSM department will provide recommendation for the interns to travel to. I recommend travelling to Nashik, Bombay, Pune, Bhandardhara Dam, Ajanta Caves, Elora Caves, Aurangabad (Mini Taj Mahal).

Question Set #4

1. How well did your coursework prepare you for your internship? What knowledge of your field has been most important so far?

I definitely believe taking **advanced anatomy and physiology** helped me a lot in understanding the medical terminology and common diagnosis a lot better. Knowing a little background about the human body and how it functions made me appreciate medicine a lot more. There are times where the procedures and protocols done were too difficult to understand because I didn't understand the mechanism behind it. I was also thankful to be a Microbiology major because it made me more informed about the clinical and blood work labs a lot more. Taking **general microbiology** gave me the basis behind understanding the effects of pathogenesis and bacterial and viral infection a lot more. Lastly, I took **death and dying** to help me prepare mentally how people cope with death. By being more informed about the philosophy of death, it helped me be more accustomed to why people fear death and their willingness to live longer. The most important knowledge that I've attained in my field is understanding the mechanism behind chemical reactions and networks in the human body as well as the anatomy and physiology of the body. As for social wellbeing, the communication with people and understanding how people feel is as important as understanding the human body.

2. Have you learned about any new possibilities for career paths? Have you done any informational interviews (formal or informal) to learn about the field?

My dream occupation in the future is to become a cardiothoracic surgeon. I was definitely surprised when I met two medical interns who would love to be the same profession as I am. However, it amazes me how each medical department has some contribution in helping people become better. However, I did get interested in orthopedics, pediatrics, gynecology & obstetrics, and radiology. It is amazing how the alignment of our bone structure can be detrimental to our body and how it functions. With a simple fixation or breaking of the bone, the alignment can be fixed – our bones will repair according to the fix. Pediatric ICU (PICU) was an eye opener for me. Most cases in the PICU revolve around pneumothorax, low birth weight, and cardiorespiratory system. It is truly amazing when you see an infant moving from the PICU to the wards – it means the baby will survive. OBGYN here is a noble profession here. The doctors here will see ~250 to 300 patients per day. They move from out-patients to operation room to labor room. I'd admired these doctors because they rarely get to rest. Lastly, radiology is definitely an interesting field to be in. Their role is as important as a doctor's diagnosis. Without the findings from a radiologist, doctors wouldn't know what the problem is. I didn't conduct interviews with these individuals, but all of them went through the same process of school to be a

part of the department they're in: 4.5 years M.B.B.S., 1 year M.B.B.S internship, 3 years post-graduation.

3. Describe an event where you misunderstood something due to cultural differences. What did you do? What would you do next time?

When I travelled to touristic places such as the Elora caves, I always wondered why the street sellers are so persistent and enthusiastic in selling their products. I didn't understand why they kept on coming up to me. After a while, I knew they had to sell their products in order to live life. In my opinion, I honestly don't like it when they sell their products at an unreasonable price because I'm a foreigner. When these happen to me, I usually ignore them. What I would do next time is to tell them I'm not interested to avoid from their ranting of their products, and them following me.

4. What is the most frustrating aspect of your host culture? What is the most rewarding aspect?

The most frustrating aspect of my host culture is that I'm unable to return the favor of being hospitable because I'm the guest; therefore, I welcome anyone who will be visiting Oregon to stay at my place so that I can return the favor. The most rewarding aspect is when you make brothers and sisters rather than just friends. They take you to places that most people will not see in their lives, and I'm thankful I've made some long lasting friends here in Pravara Institute of Medical Sciences.

5. What are the most important things you have learned about yourself thus far through this experience?

I've learned that my patients and personal understanding of others has increased. I was definitely surprised how sociable I've become once I've adapted to the welcoming behaviors of my fellow friends. I've also learned that I appreciate culture enough to pick up common phrases and behaviors people do, and I love it. Additionally, I've learned to sometimes go with the flow rather than dwell in the struggles with plans and arrangements. Lastly, I continue to learn and grow in the aspect of loving others even if people might hate you – I haven't personally met a person who has hated me yet!

Question Set #5

1. Now is the time to begin thinking about how to articulate all your experiences you have been gaining for your next endeavors (job search, graduate school applications, etc). Identify 3-4 accomplishments or successes in your internship of which you are most proud. These can be professional, personal or cross-cultural. Explain them briefly below.

- I was able to come back from New Delhi to Loni with little to no assistance in transportation. With the usage of broken Hindi and English, I was able to reach back to Loni safely.

- I was able to learn a few surgical techniques from a surgical resident and a surgical intern for future references in my future career.
- I was able to breakthrough my comfort zone and approached many interns, postgraduates, and medical officers to have a deeper engagement of my clinical observational internship.

2. After identifying 3-4, pick two of these and expand on them with the following:

- **Outline the context of the situation**
- **Describe any challenges you faced**
- **Describe the actions you took to overcome the challenges**

New Delhi to Loni Obstacle

Me and two other interns went on an adventure to Udaipur in Rajasthan state and then New Delhi. Throughout the trip, we had a native friend from Loni to guide us from Loni to Udaipur to New Delhi; however, there is a festival that is happening on the day we leave back to Loni – Raksha Bandhan – and our friend had to fly to Bihar for the attendance along with his family. The biggest challenge was to somehow coordinate from Connaught Place in New Delhi to the airport, finding a cab in Mumbai to take us to a sleeper bus station, and asking bus attendants if the right sleeper bus was found. I was luckily enough to maintain communication with a friend in Loni; she arranged a uber driver from new delhi to the airport, she arranged an taxi driver to pick us up from the Mumbai airport to the bus station, and she booked three spots on the sleeper bus from Mumbai to Loni. Throughout that day, I was very tense and nervous for the other two girls, as they were girls – Mumbai is a little dangerous during the night. The challenge throughout this experience was being able to coordinate the destination of each arranged transportation vehicle in a timely manner. By maintaining communication with my native friend in Loni, I was able to safely take all three of us back to Loni without anything being lost, or anyone hurt.

The Cricket and the Master: Surgical Techniques

Throughout my surgical posting in general surgery, there were two individuals who were willing to teach me surgical techniques that will help me be a better and more focused surgical doctor. The first individual was a surgical intern. She taught me how to do a surgical knot with just my hands and nothing else. I struggled real hard to do the proper mechanism, but she was very patient with me and guided me slowly through the process, and I was able to tie a proper surgical knot on her finger. For the other individual, he was one of the chief surgical residents. He taught me to the best of his capability about the procedures that were going on with drawings and pointing the targeted structures. He properly showed me the mechanism behind using a suturing needle and how he would close the wound up so that it can properly heal up. He personally taught me how to scrub up for an operation with proper aseptic technique. To be clear, I didn't assist or performed any surgeries for this posting. I simply learned the techniques with theoretical means and demonstrations. The most challenging part was to get used to the scene of a surgery and how they operate as a team to stabilize the patient and operate him/her. With multiple exposure of surgeries, I've slowly gained accustomed to the sight.

3. Describe the workplace culture at your host organization. How does your personal cultural lens work within the culture of your host organization?

The workplace culture at my host organization is very heartwarming and engaging. My mentality in going into my host organization is “however much effort you put in, you equally gain the amount of experience you deserve.” At first, it was very difficult to work within my host organization because everyone has their own level of busy. Even though they’re busy, they still somehow manage to welcome you to their department and are willing to explain if you ask questions. Gradually you either become acquaintances or become friends. Also be conscious that the people here are quite shy and timid. Once you get to know them, they will open up like a book and tell you everything about themselves, and you’ll enjoy their company.

My personal culture is very similar to their culture. I’ve assimilated to their culture quite fast through my observations and experiences. I’ve integrated my eagerness to approach others to mend good and lasting relationships for the future. To be honest, there is only so much time you can dedicate to so many friends, so be mindful of how you split up your time. I’ve gotten along with the friends I have made here because our culture is very similar. We both love to treat guest with the up most respect, we both love to care for each other when tough times come and go, and we both love to respect each other’s culture. Wherever I go, I love to keep an open mind and be accepting to any culture and religion. I do believe that patients and being understanding are key elements in understanding a different culture.

4. What words of advice do you have for future interns as they prepare for this internship and living in your host country/culture?

There a few words of advice I would love to provide. First off, never have high expectations. Set your expectations at a low standard and be surprised when the reality exceeds your expectations. Always keep an open mind and open ear when learning a different culture because you’ll learn more about a country through its people more than the textbooks given in class. The people here would love to talk about themselves as much as they want to know who you are. Seriously, I want you to make friends here. You cannot imagine how amplified my experiences was when I met more and more people here. I got to go to different departments that were never a part of the program on my free time to learn even more than what was expected. Never let the fear of language barriers be the preventer of your experience. Through thick and thin, the CSM program director and international relations directors will help you, even in desperate and urgent times. I truly believe that everyone has some good in them, and the people here has exceeded my expectations of their kindness. Another advice is that whenever times get rough, whenever things never go your way, whenever things seem hopeless, just remember to speak your problems out. No one will ever know your issues if you never tell them. Do not be afraid to ask because the worst thing they can say is no. Lastly, stay positive, be positive, and act positive because people enjoy the companies of whoever is happy!

Question Set #6

1. Looking back at your pre-departure journal or notes, how have your impressions of the host culture changed?

I was definitely amazed of how much Loni exceeded my expectations. The living conditions were almost at a hotel level. The workers at the hostel became close friends and were definitely helpful when I needed their help. Every person I've met they've always gave me a warm welcome and treated me with the best they can. I was definitely uncomfortable of how hospitable they were because I wanted to show my appreciation twice their magnitude. I was definitely scared in getting sick in India, but I was surprisingly lucky to not get sick to a level of emergency. I've also gained an iron head in managing the roughest terrains driven in the history of mankind. The roads were so rough that I thought I was on a rollercoaster ride. All an all, everyone here wants to know you, wants to meet you, and wants to be friends with you. All you need to do is to find the strength to introduce yourself and meet them. They're serious one of the kindest people on Earth. On a side note, please be aware of street helpers and hagglers. Trust the people within the campus of Pravara and be weary of the people you meet outside when you don't know the language that well. You will need to be observant to differentiate who is helping you out of kindness and who is helping you out of greed. Please do trust the people on campus. If you're like me, please be optimistic in all your adventures even when the worst of situations arises – the best of stories come from the worst of struggles.

2. What were your greatest challenges and rewards on this internship in each of your three development areas?

Personal

The greatest challenge in upholding my personal goals were being consistent in maintaining them. There are days where motivation seems deem because it was difficult to adapt into a whole new culture and a whole new environment. I was definitely scared to reach out to people as my timid side creeps out from time to time. However, I am glad that the people here are most welcoming to their guest. Their openness made me more willing to be approachable and open to meet new people. Each person I've met has made me realize that meeting people requires only a quick introduction and the willingness to understand who they are. I'm glad that I was 100% myself during the internship, and I'm glad people loved the person they have met. It is most rewarding to know that on the other side of the Earth I have friends I call family and that they will be dearly missed. Two and half does fly by quick, especially when there are rewarding memories with the people I have met.

Professional

The greatest challenge for me as a pre-medical student is to resist in learning medicine through practical means, as I know it would be unethical to do so. It's truly difficult to resist the hands-on experience that I could be doing in India that could potentially help me in my career path. By understanding the unethical means of those actions, I've resisted the temptation to do so. Another challenge was the cringing scene of sanitation. There were moments where I had to leave the room because I knew the sanitation was going to effect the patients one way or another. I've been exposed to all the departments of medicine, even the ones that were excluded from my program. I got to see radiology, dermatology, psychiatric, pediatrics, orthopedics, OBS/GYN, medicine, emergency medicine, family medicine, and surgery. I got to see all the departments that Pravara Institute of Medical Science has to offer. The most rewarding experience was definitely being in the Operation Room and seeing all the different operation being done. I'm glad that I had a few mentors teaching me the logistics behind suturing, the importance behind

pathophysiology, and the utmost importance in maintaining the proper sanitation in the operation room.

Cross-Cultural

One definite challenge was the language barrier that I definitely try to break during my stay in Loni. There were many individuals who were willing to teach me a few phrases that could help around campus. One defining challenge that I had was my unconscious habit to shake people's hands. My good friend at Pravara was shocked when I shook the principal's hand. Due to seniority, I was to only say Sir and bow my hand rather than shake their hand. I'm thankful that these seniors were understanding enough to willingly shake my hand anyhow. I was definitely glad that I was able to eat a variance of flavorful food in India, especially when my friends treat me to something that I've never tried in my life. I definitely love the male Kurta outfit, and I've gotten a few compliments in wearing it – I was only wearing it for special occasions only. One thing I was proud of was that I was able to visit a few homes and was able to enjoy home cooked meals. It was definitely delicious and amazing to experience. I've learned so much about this culture, and I want to incorporate a few social loving behaviors they often do back in the states.