



सर्वे भवन्तु सुखिनः

स्वास्थ्य कल्याण

दैदीपत्र

Volume 5

“Take up one idea. Make that one idea your life, think of it, dream of it, live on that idea, let the brain, muscles, nerves, every part of your body be full of that idea and just leave every other idea alone. This is the way to success.”



Honourable Prime Minister
Shri Narendra Modi

सर्वे भवन्तु सुखिनः



“ A highly evolved environment for growing ideas & nurturing talents of young minds in healthcare sector. ”

कर्मधन्य युगपुरुष

श्री कल्याण प्रसाद अग्रवाल (सूतवाले)

(28 जून, 1925 – 27 नवम्बर, 2001)



संस्थापक

पूरणमल फूलादेवी मेमोरियल ट्रस्ट, जयपुर

From the Chairman's desk

Dr. S. S. AGARWAL

Chairman, Swasthya Kalyan Group
Chairman, Rajasthan Hospital

📧 @drssagarwal

📷 @drssagarwal



Swasthya Kalyan Group has embarked on a remarkable journey spanning nearly four decades, and it is with great pride and satisfaction that we reflect on our recent accomplishments. When we established this group back in 1982 to provide affordable, quality healthcare, we encountered a significant challenge: the scarcity of skilled and knowledgeable human resources necessary for delivering such healthcare. There were no colleges for nursing, paramedical, physiotherapy, and allied health science education. To fulfill our mission, we founded institutions capable of imparting education and skills in healthcare, enabling us to realize our dream of providing quality healthcare at affordable prices. Thus, we created an institution where individuals longing for knowledge and skills could thrive.

For 42 years, we have continuously delivered quality, skilled education. Beyond imparting knowledge, we have instilled in the very fabric of our institution the five core values encapsulated in **'TEACH': Teamwork, Excellence, Authenticity, Creativity, and Humbleness**. Quality is not happenstance; it results from a relentless pursuit of perfection, and our longstanding commitment is yielding promising results. We ensure every healthcare specialist graduating from our institutions remains attuned to the latest developments and possesses the skills necessary for a modern clinical approach.

Our youth is mandatory for creative inspiration, essential for building and fulfilling the dream of a developed India. We take great pride in our team of highly positive academicians dedicated to igniting the creative spark within these young minds. Our core value, "TEACH," empowers our students to overcome challenges and achieve sustainability and employability.

Additionally, we aim to nurture compassionate, responsible, and humanistic healthcare professionals who serve the sick and underprivileged. Trust is crucial for medical professionals and therefore, we focus on developing ethics along with technical skills in our students, shaping them into exemplary healers and leaders.

"Dedipya" represents our endeavor to unite the intellectual minds of all Swasthya Kalyan institutions through a collection of articles and write-ups across various fields, authored exclusively by our dynamic faculty and students. This platform urges everyone to share their knowledge, literary work and emotions, while we spread these contributions to wider audiences.

I also congratulate the Dedipya Editorial Board team for their regular and timely contributions.

Best wishes to them.

A handwritten signature in black ink, appearing to read 'S. S. Agarwal'. The signature is written in a cursive, slightly slanted style.



कलराज मिश्र

माननीय राज्यपाल, राजस्थान

शुभकामना संदेश

मुझे यह जानकर प्रसन्नता हुई है कि 'राजस्थान हॉस्पिटल के स्वास्थ्य कल्याण ग्रुप' द्वारा वार्षिक विशेषांक—2024 'द्वैदीप्य' का प्रकाशन किया जा रहा है।

शिक्षा एवं स्वास्थ्य के क्षेत्र में सभी स्तरों पर प्रभावी कार्य किए जाने की ही आज अधिक जरूरत है। हमारे यहां कहा गया है, 'पहला—सुख निरोगी काया।' शिक्षा जीवन को गढ़ती है और स्वास्थ्य जीवन का आधार है। इस दृष्टि से आपके इस समूह द्वारा किए जा रहे कार्य स्तुत्य हैं। मैं चाहता हूं कि शिक्षा और स्वास्थ्य के आलोक में समाज को मार्गदर्शन प्रदान करने वाले उपयोगी आलेख, विचार प्रकाश्य स्मारिका में प्रकाशित हो।

मेरी हार्दिक शुभकामनाएं हैं।

कलराज मिश्र
(कलराज मिश्र)



श्री ओम प्रकाश माथुर

माननीय राज्यपाल, सिक्किम

सदस्य – सामान्य प्रयोजन समिति

सदस्य – वाणिज्य समिति

सदस्य – पेट्रोलियम एवं प्राकृतिक गैस समिति

शुभकामना संदेश

मुझे यह जानकर अपार हर्ष व हार्दिक प्रसन्नता है कि 'स्वास्थ्य कल्याण गुप' (शिक्षा के विभिन्न क्षेत्रों मेडिकल, नर्सिंग, इंजिनियर, योग व प्राकृतिक चिकित्सा, फिजियोथेरेपी, ब्लड बैंक) के द्वारा वार्षिक संस्था विशेषांक- 2024 'दैदीप्य' का प्रकाशन किया जा रहा है।

विगत 21 वर्षों से आपकी यह संस्था शिक्षा के सभी क्षेत्र में महत्वपूर्ण भूमिका निभा रही है और आज यह एक वटवृक्ष के रूप में खड़ी है। आपकी संस्था के इस प्रयास के लिए मैं अपनी शुभकामना प्रकट करता हूँ और विश्वास है कि इस विषय में भी शिक्षा और स्वास्थ्य के क्षेत्र में आप की संस्था महती भूमिका निभायेगी।

'दैदीप्य' में संस्था से जुड़े अग्रणी बुद्धिजीवी, वरिष्ठ चिकित्सक, शिक्षक तथा होनहार छात्रों द्वारा विभिन्न विषयों पर गुणवत्तापूर्ण आलेख प्रकाशित होने तथा उपयोगी पाठश्य सामग्री के समावेश होने से हमारे समाज में सभी के लिए जरूरी शिक्षा तथा स्वास्थ्य के प्रति जागरूकता का उद्देश्य पूर्ण होगा। इस अनुकरणीय योगदान के लिए मैं 'स्वास्थ्य कल्याण गुप' संस्था से जुड़े सभी समाज बन्धुओं का हार्दिक आभार व्यक्त करता हूँ।

मैं इस संस्था के निरंतर विकास व वार्षिक संस्था विशेषांक-2024 'दैदीप्य' के सफल प्रकाशन की कामना करता हूँ और इस संस्था से जुड़े सभी बन्धुओं को मेरी हार्दिक शुभकामनाएं।

3/11/24

(ओम प्रकाश माथुर)



श्री गुलाब चंद कटारिया

माननीय राज्यपाल, पंजाब
प्रशासक चंडीगढ़, संघ शासित प्रदेश

शुभकामना संदेश

मुझे यह जानकर अत्यंत प्रसन्नता हुई है कि स्वास्थ्य कल्याण ग्रुप, जयपुर के वार्षिक विशेषांक 'दैदीप्य - 2024' का प्रकाशन किया जा रहा है। समाज की स्वास्थ्य संबंधी आवश्यकताओं को पूरा करने और स्वास्थ्य सेवाओं के विस्तार के लिए उच्च और गुणवत्तापूर्ण स्वास्थ्य शिक्षा और प्रशिक्षण अत्यन्त महत्वपूर्ण है। यह अति हर्ष का विषय है कि स्वास्थ्य कल्याण ग्रुप युवाओं को स्वास्थ्य शिक्षा के विभिन्न क्षेत्रों जैसे चिकित्सा, नर्सिंग, योग और प्राकृतिक चिकित्सा में उच्च और गुणवत्तापूर्ण स्वास्थ्य शिक्षा और प्रशिक्षण प्रदान कर रहा है और यहां से शिक्षित एवं प्रशिक्षित सक्षम युवा देश में स्वास्थ्य सेवाओं के विस्तार एवं लोगों को चिकित्सा सेवाएं प्रदान करने का पुनीत कार्य कर रहे हैं।

वार्षिक संस्था विशेषांक-2024 'दैदीप्य' में संस्था के अग्रणी एवं बुद्धिजीवी चिकित्सक, शिक्षक एवं छात्रों के विभिन्न विषयों पर गुणवत्तापूर्ण आलेखों के साथ ही संस्था द्वारा चलाई जा रही सामाजिक गतिविधियों की सम्पूर्ण जानकारियों का समावेश करना निःसंदेह समाज के लिए महत्वपूर्ण है।

मुझे विश्वास है कि वार्षिक पत्रिका 'दैदीप्य' में संस्था के उद्देश्यों, कार्यों एवं स्वास्थ्य व शिक्षा के क्षेत्र में दिए जा रहे योगदानों तथा संस्था के विद्यार्थियों एवं शिक्षकों की उपलब्धियों को दर्शाया जाएगा।

मैं स्वास्थ्य कल्याण ग्रुप, जयपुर की पूरी टीम को विशेषांक के सफल प्रकाशन के लिए अपनी हार्दिक शुभकामनाएं देता हूँ।


(गुलाब चंद कटारिया)



श्री भजन लाल शर्मा

मुख्यमंत्री, राजस्थान

शुभकामना संदेश

मुझे यह जानकर प्रसन्नता है कि स्वास्थ्य कल्याण ग्रुप अपने प्रकाशन 'दैदीप्य' का विशेषांक 2024 प्रकाशित कर रहा है, जिसमें संस्था की सामाजिक गतिविधियों के साथ ही बुद्धिजीवियों, चिकित्सकों, शिक्षकों एवं विद्यार्थियों के विभिन्न विषयों पर गुणवत्तापूर्ण आलेख शामिल होंगे।

स्वास्थ्य कल्याण ग्रुप द्वारा वर्षों से मेडिकल, नर्सिंग, होम्योपैथी, योग एवं प्राकृतिक चिकित्सा, फिजियोथैरेपी, ब्लड बैंक जैसे शिक्षा एवं स्वास्थ्य के विभिन्न क्षेत्रों में किए जा रहे जनकल्याणकारी कार्य सराहनीय हैं। शिक्षा से बड़ा कोई निर्माण नहीं और चिकित्सा से बढ़कर कोई सेवा नहीं है। हमारी संस्कृति हमें लोगों की सेवा करना सिखाती है, इसलिए भारतीय संस्कृति में चिकित्सा को महती सेवा माना गया है। मरीजों की सेवा करना चिकित्सकों का नैतिक कर्तव्य है। राजस्थान में प्रदेश सरकार चिकित्सा को सुलभ एवं सुविधायुक्त बनाने के लिए निरंतर प्रयासरत है।

मुझे विश्वास है कि संस्था द्वारा प्रकाशित 'दैदीप्य' का यह विशेषांक सभी पाठकों के लिए उपयोगी साबित होगा। साथ ही, संस्था की सामाजिक गतिविधियों की जानकारी से अवगत कराएगा। मैं प्रकाशन की सफलता के लिए अपनी शुभकामनाएं प्रेषित करता हूँ।



(भजन लाल शर्मा)



श्री ओम बिरला

अध्यक्ष, लोक सभा

शुभकामना संदेश

मुझे यह जानकर अत्यंत प्रसन्नता हुई है कि स्वास्थ्य कल्याण ग्रुप, जयपुर (राजस्थान) अपना वार्षिक विशेषांक 'दैदीप्य' का प्रकाशन करने जा रहा है।

उन्नत स्वास्थ्य सेवाएँ किसी भी राष्ट्र के विकास में महत्वपूर्ण भूमिका निभाती हैं। वर्तमान में, हमारा देश स्वास्थ्य और चिकित्सा के क्षेत्र में तेजी से प्रगति कर रहा है, सरकारी और गैर-सरकारी स्वास्थ्य संबंधी संगठन इस प्रयास में सक्रिय रूप से योगदान दे रहे हैं।

यह उल्लेखनीय है कि स्वास्थ्य कल्याण ग्रुप पिछले 2 दशकों से न केवल अस्पतालों, चिकित्सा एवं अनुसंधान संस्थानों और ब्लड बैंकों के माध्यम से क्षेत्र के लोगों की चिकित्सा आवश्यकताओं को पूरा करने में बल्कि इसका साथ ही युवाओं को स्वास्थ्य के विभिन्न क्षेत्र में गुणवत्तापूर्ण शिक्षा और प्रशिक्षण भी प्रदान करने में सराहनीय भूमिका निभा रहा है।

मुझे विश्वास है कि ग्रुप द्वारा प्रकाशित विशेषांक में स्वास्थ्य एवं चिकित्सा से संबंधित सूचनाप्रद आलेख शामिल होंगे। साथ ही संस्था द्वारा चलाये जा रहे विभिन्न सामाजिक गतिविधियों सहित उपलब्धियों पर भी प्रकाश डाला जाएगा।

मैं स्वास्थ्य कल्याण ग्रुप के प्रबंधन, प्रख्यात चिकित्सकों, शिक्षकों एवं छात्रों को हार्दिक बधाई देता हूँ और विशेषांक के सफल प्रकाशन के लिए अपनी शुभकामनाएं देता हूँ।


(ओम बिरला)



श्री वासुदेव देवनानी

अध्यक्ष
राजस्थान विधान सभा

शुभकामना संदेश

मुझे यह जानकर प्रसन्नता हुई है कि स्वास्थ्य कल्याण ग्रुप द्वारा वार्षिक विशेषांक-2024 'दैदीप्य' का प्रकाशन किया जा रहा है, जिसकी बहुत-बहुत शुभकामनाएँ ।

इस अवसर पर संस्था से जुड़े बुद्धिजीवियों, चिकित्सकों, शिक्षकों और समस्त छात्र छात्राओं को बधाई प्रेषित करता हूँ जो कि सामाजिक गतिविधियों में संलिप्त रह रहे हैं एवं उनके गुणवत्तापूर्ण आलेख इस वार्षिक विशेषांक में प्रकाशित किये जा रहे हैं ।

“स्वास्थ्य कल्याण ग्रुप” पिछले 21 वर्षों से शिक्षा और स्वास्थ्य के विभिन्न क्षेत्रों में निरन्तर कार्यरत है एवं समाज के लिए मेडिकल, नर्सिंग, होम्योपैथी, योग, प्राकृतिक चिकित्सा, फिजियोथैरेपी एवं ब्लड बैंक आदि समस्त क्षेत्रों के लिए समाज में सकारात्मक सोच वाले कार्यकर्ता उपलब्ध करवा रहा है, इसके लिए मैं “स्वास्थ्य कल्याण ग्रुप” को साधुवाद ज्ञापित करता हूँ। सन् 2047 तक विकसित भारत के निर्माण के लिये राष्ट्रीय स्वाभिमान से ओतप्रोत लोकल फॉर वोकल के लिए कार्य करने वाले होनहार चिकित्सा सेवा में कार्य करने वाले लोगो की निरन्तर आवश्यकता रहेगी। साथ ही यह भी आवश्यकता है कि हम समाज के अंतिम छोर के व्यक्ति के लिए कार्य करें।

मैं यह मानता हूँ कि शिक्षा और चिकित्सा व्यवसाय नहीं हैं बल्कि सेवा हैं अतः समस्त छात्र छात्राओं से यह अपेक्षा है कि जीवन में जो कुछ अर्जित किया है उसका समाज, देश और विश्व मानवता के लिए अर्थपूर्ण उपयोग हो। मैं स्वास्थ्य कल्याण ग्रुप द्वारा प्रकाशित वार्षिक विशेषांक-2024 'दैदीप्य' की सफलता के लिये शुभकामनाएँ प्रेषित करता हूँ।


(वासुदेव देवनानी)



श्रीमती दिया कुमारी

उप मुख्यमंत्री, राजस्थान

शुभकामना संदेश

यह हर्ष की बात है कि स्वास्थ्य कल्याण ग्रुप, राजस्थान हॉस्पिटल द्वारा अपने वार्षिक विशेषांक 2024 'दैदीप्य' का प्रकाशन किया जा रहा है जिसमें संस्था के चिकित्सकों, शिक्षकों, छात्रों के आलेख और संस्था द्वारा चलाई जा रही सामाजिक गतिविधियों की जानकारी होगी, यह प्रकाशन उपयोगी और पठनीय सामग्री सिद्ध होगा। इसके लिए आपको हार्दिक बधाई। स्वास्थ्य कल्याण ग्रुप पिछले काफी लम्बे समय से स्वास्थ्य के क्षेत्र में कार्य कर रहा है जो कि प्रशंसनीय है।

मैं आशा करती हूँ आपकी संस्था आगे भी इसी तरह उत्तरोत्तर प्रगतिपूर्ण कार्य करती रहेगी और आपके द्वारा इस तरह के आयोजन किये जाते रहेंगे।

यह आयोजन अपने उद्देश्यों को प्राप्त करें, एक बार पुनः बधाई।

(दिया कुमारी)



डॉ. प्रेमचन्द बैरवा

उप मुख्यमंत्री, राजस्थान

शुभकामना संदेश

मुझे यह जानकर अत्यंत प्रसन्नता हुई है कि स्वास्थ्य कल्याण ग्रुप द्वारा वार्षिक संस्था विशेषांक 2024 'दैदीप्य' का प्रकाशन किया जा रहा है। संस्था द्वारा शिक्षा के विभिन्न क्षेत्रों यथा ब्लड बैंकिंग, मेडिकल, नर्सिंग, योग एवं प्राकृतिक क्षेत्र एवं प्रधानमंत्री जन औषधि के माध्यम से आमजन की आवश्यकताओं को प्राथमिकता देते हुए निरंतर सराहनीय कार्य किए जा रहे हैं।

वार्षिक संस्था विशेषांक 2024 'दैदीप्य' में संस्था के अग्रणी एवं बुद्धिजीवी चिकित्सक, शिक्षक एवं छात्रों के विभिन्न विषयों पर गुणवत्तापूर्ण आलेखों के साथ ही संस्था द्वारा चलाई जा रही सामाजिक गतिविधियों की सम्पूर्ण जानकारीयों का समावेश करना निःसंदेह समाज के लिए महत्त्वपूर्ण कार्य है। मैं 'स्वास्थ्य कल्याण ग्रुप' द्वारा प्रकाशित विशेषांक 'दैदीप्य' 2024 के सफल प्रकाशन हेतु शुभकामना प्रेषित करता हूँ।

(डॉ. प्रेमचन्द बैरवा)



श्रीमती वसुन्धरा राजे

पूर्व मुख्यमंत्री, राजस्थान
विधायक, झालरा पाटन

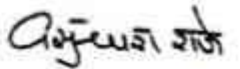
शुभकामना संदेश

मुझे यह जानकर प्रसन्नता हुई कि स्वास्थ्य के क्षेत्र में विगत 21 वर्षों से कार्यरत 'स्वास्थ्य कल्याण ग्रुप' वार्षिक संस्था विशेषांक-2024 'दैदीप्य' का प्रकाशन करने जा रहा है, जिसमें संस्था के बुद्धिजीवी चिकित्सकों, शिक्षकों एवं छात्रों के आलेखों का समावेश होगा। इस प्रकाशन में संस्था द्वारा चलाई जा रही गतिविधियों की भी जानकारी दी जाएगी।

'स्वास्थ्य कल्याण ग्रुप' मानवीय सेवा का एक संकल्प है, जिसका एक मात्र उद्देश्य लोगों की जीवन रेखा बढ़ाना और समय-समय पर स्वास्थ्य के प्रति जन-जन को जागरूक करना है। लोगों का जीवन बचाना ही सही मायने में ईश्वरीय सेवा है। मुझे यह कहते हुए खुशी है कि ऐसे प्रतिष्ठित संगठनों के कारण ही यह दुनिया बेहतर, सुरक्षित और स्वस्थ है। ऐसे संगठन हमारे लिए देवदूत समान हैं, जो बिना रुके, बिना थके, निःस्वार्थ भाव से हमारे जीवन की रक्षा करते हैं। एक दोस्त की तरह सही सलाह देते हैं और एक पिता की तरह सही रास्ता दिखाते हैं।

मुझे विश्वास है कि पहला सुख निरोगी काया और स्वस्थ भारत का जज्बा लेकर निस्वार्थ भाव से काम कर रहे 'स्वास्थ्य कल्याण परिवार' का 'दैदीप्य' प्रकाशन निश्चित रूप से लोगों के लिए उपयोगी सिद्ध होगा।

'दैदीप्य' की सफलता के लिए हार्दिक शुभकामनाएं।


(वसुन्धरा राजे)



श्री गजेंद्र सिंह

चिकित्सा एवं स्वास्थ्य मंत्री
राजस्थान सरकार

शुभकामना संदेश

मुझे यह जानकार अपार हर्ष एवं हार्दिक प्रसन्नता हुई है कि 'स्वास्थ्य कल्याण ग्रुप' (शिक्षा के विभिन्न क्षेत्रों मेडिकल, नर्सिंग, इंजीनियर, योग एवं प्राकृतिक चिकित्सा, फिजियोथेरापी, ब्लड बैंक) के द्वारा वार्षिक संस्था विशेषांक – 2024 'दैदीप्य' का प्रकाशन किया जा रहा है।

विगत 21 वर्षों से आपकी यह संस्था शिक्षा के सभी क्षेत्र में महत्वपूर्ण भूमिका निभा रही है और आज यह वटवृक्ष के रूप में खड़ी है। आपकी संस्था के इस प्रयास के लिए मैं अपनी शुभकामना प्रकट करता हूँ और विश्वास है कि भविष्य में भी शिक्षा और स्वास्थ्य के क्षेत्र में आप की संस्था महत्ती भूमिका निभाएगी। 'दैदीप्य' में संस्था से जुड़े अग्रणी बुद्धिजीवी, वरिष्ठ चिकित्सक, शिक्षक तथा होनहार छात्रों द्वारा विभिन्न विषयों पर गुणवत्तापूर्ण आलेख प्रकाशित होने तथा उपयोगी पाठ्य सामग्री के समावेश होने से हमारे समाज में सभी के लिए जरूरी शिक्षा तथा स्वास्थ्य के प्रति जागरूकता का उद्देश्य पूर्ण होगा। इस अनुकरणीय योगदान के लिए मैं 'स्वास्थ्य कल्याण ग्रुप' संस्था से जुड़े सभी समाज बंधुओं का हार्दिक आभार व्यक्त करता हूँ।

मैं इस संस्था के निरंतर विकास एवं वार्षिक संस्था विशेषांक – 2024 'दैदीप्य' के सफल प्रकाशन की कामना करता हूँ और इस संस्था से जुड़े सभी बंधुओं को मेरी शुभकामनाएं।


(गजेंद्र सिंह)



श्री सी पी जोशी

संसद सदस्य (लोक सभा)

चित्तौड़गढ़, राजस्थान

पूर्व प्रदेशाध्यक्ष – भाजपा राजस्थान

शुभकामना संदेश

मुझे यह जानकर अत्यन्त प्रसन्नता है कि 'स्वास्थ्य कल्याण ग्रुप' शिक्षा एवं स्वास्थ्य के विभिन्न क्षेत्रों में कार्यरत इस संस्था द्वारा वार्षिक विशेषांक – 2024 'द्वैदीप्य' का प्रकाशन किया जा रहा है।

इसमें संस्था के अग्रणी एवं बुद्धिजीवी चिकित्सक, शिक्षक, एवं छात्रों के विभिन्न विषयों पर गुणवत्तापूर्ण आलेख शामिल होंगे। यह विशेषांक समाज के लिए काफी हितकारी सिद्ध होगा।

'द्वैदीप्य' के प्रकाशक एवं आयोजकों को मेरी ओर से सादर शुभकामनाएं।


(सी पी जोशी)



श्री रामचरण बोहरा

पूर्व सांसद जयपुर लोकसभा

शुभकामना संदेश

मुझे यह जानकर अत्यंत प्रसन्नता हुई कि "स्वास्थ्य कल्याण ग्रुप" शिक्षा एवं स्वास्थ्य के विभिन्न क्षेत्रों (मेडिकल, नर्सिंग, होम्योपैथी, योग एवं प्राकृतिक चिकित्सा, फिजियोथेरेपी, ब्लड बैंक) में विगत 21 वर्षों से कार्यरत है। संस्था द्वारा वार्षिक विशेषांक 2024 'दैदीप्य' का प्रकाशन किया जा रहा है। इसमें संस्था के अग्रणी एवं बुद्धिजीवी चिकित्सक, शिक्षक एवं छात्रों के विभिन्न विषयों पर गुणवत्तापूर्ण आलेख शामिल रहेंगे तथा संस्था के द्वारा चलाई जा रही सामाजिक गतिविधियों की सम्पूर्ण जानकारी भी रहेगी।

मैं प्रकाशित की जाने वाली वार्षिक विशेषांक 'दैदीप्य' के लिए स्वास्थ्य कल्याण ग्रुप राजस्थान हॉस्पिटल के चेयरमैन डॉ. एस. एस. अग्रवाल सहित सभी पदाधिकारियों एवं समस्त कार्यकारिणी सदस्यों का आभार व्यक्त करते हुए उनके उज्ज्वल भविष्य की कामना करता हूँ।

हार्दिक बधाई एवं शुभकामनाओं सहित।


(रामचरण बोहरा)



प्रो. वैद्य प्रदीप कुमार प्रजापति

कुलपति, डॉ एस आर राजस्थान आयुर्वेद विश्वविद्यालय

शुभकामना संदेश

“नहि ज्ञानावयवेन कृत्सने ज्ञेये विज्ञानमुत्पद्यते” चिकित्सा विज्ञान के क्षेत्र में सम्पूर्ण ज्ञेय (जानने योग्य) में एक अवयव (अंश) के ज्ञान से सम्पूर्ण विषय का ज्ञान नहीं होता है। इसलिए श्रेष्ठ चिकित्सक व शिक्षक सम्पूर्ण विषय को विप्रतिपत्ति पूर्वक जानने में अभिरुचि प्रदर्शित करते हैं। विद्यार्थी संवर्ग, चिकित्सकों व शिक्षकों की जिज्ञासा को शान्त करने के लिए वर्तमान में अनेकों माध्यम हैं, ये माध्यम विशेष रूप से दो प्रकार के हैं एक ऑनलाईन एवं दूसरा ऑफलाईन। ऑनलाईन माध्यम में यूट्यूब, गूगल, वीकीपीडिया, ऑनलाईन पोर्टल, ई-जर्नल तथा ई-बुक आदि उपलब्ध हैं तथा ऑफलाईन माध्यम में बहुविध नेशनल-इन्टरनेशनल पीयर रिव्यू जर्नल, मेगजीन तथा विषय विशेषांक भी सर्वाधिक उपयोगी हैं। मेडिकल, नर्सिंग, होम्योपैथी, योग एवं प्राकृतिक चिकित्सा के क्षेत्र में 21वर्षों से कार्यरत स्वास्थ्य कल्याण ग्रुप के द्वारा वद्वत् चिकित्सकों व शिक्षकों के गुणवतापूर्ण अनुसंधानों, प्रयोगों व अनुभवों से प्राप्त परिष्कृत ज्ञान को वार्षिक विशेषांक 2024 'दैदीप्य' प्रकाशित कर विद्यार्थियों, चिकित्सकों व शिक्षकों तक पहचाने का प्रशसनीय कार्य किया जा रहा है। “भेता हि भेद्यमन्यथाभिनति” ज्ञान प्राप्त करने वाला युक्तिज्ञ व विबुद्ध पुरुष विषय को विशिष्ट रूप से समझकर उत्कृष्ट कार्य को सम्पादित करता है। इसलिए 'दैदीप्य' में प्रकाशित आलेखों से मेडिकल, होम्योपैथी, योग व प्राकृतिक चिकित्सा के ज्ञान प्राप्त करने के इच्छुक विद्वत् समाज की जिज्ञासा का शमन होगा, ऐसी आशा करता हूँ। प्रकाशन जैसे दुरुह एवं पूनीत कार्य के लिए स्वास्थ्य कल्याण ग्रुप को शुभकामनायें प्रेषित करता हूँ एवं वार्षिक विशेषांक 2024 'दैदीप्य' के प्रकाशन पर बधाई देता हूँ।

(प्रो. वैद्य प्रदीप कुमार प्रजापति)



डॉ. धनंजय अग्रवाल

कुलपति

राजस्थान स्वास्थ्य विज्ञान विश्वविद्यालय, जयपुर

शुभकामना संदेश

मैं यह जानकर अत्यन्त हर्षित महसूस कर रहा हूँ कि शिक्षा एवं स्वास्थ्य के विभिन्न क्षेत्रों में कार्यरत आपकी "स्वास्थ्य कल्याण ग्रुप" वार्षिक विशेषांक-2024 'द्वैदीप्य' का प्रकाशन कर रही है।

मुझे आशा ही नहीं बल्कि पूर्ण विश्वास है कि यह विशेषांक एक संवादात्मक कार्य होगा जो अध्ययनकर्ताओं, चिकित्सकों और छात्रों के मुल्यवान सर्वश्रेष्ठ आलेखों को संकलित करेगा जिससे हमारे समुदाय के सभी वर्गों के लिए महत्वपूर्ण जानकारी सुलभ होगी।

मैं संस्था के उज्ज्वल भविष्य की कामना करते हुए 'द्वैदीप्य' के सफल प्रकाश हेतु संस्था को शुभकामनाएं देता हूँ।

(डॉ. धनंजय अग्रवाल)



डॉ. आभिजात सेठ

अध्यक्ष, एनबीईएमएस

शुभकामना संदेश

इस वर्ष की पत्रिका के लिए एक संदेश लिखना मेरे लिए वास्तव में सम्मान की बात है। मैं अपने संदेश की शुरुआत 'स्वास्थ्य कल्याण समूह' को वार्षिक विशेषांक 2024 'द्वैदीप्य' का प्रकाशन करने के लिए बधाई देकर करना चाहूंगा।

एक गैर-लाभकारी संगठन होने के बावजूद, स्वास्थ्य कल्याण ग्रुप की समाज और पूरे समुदाय के प्रति समर्पण और योगदान सराहनीय रहा है और इसने पिछले कई दशकों में गौरव और सम्मान के साथ सफलता एवं सेवा के कई मील के पत्थर हासिल किए हैं। यह समूह शैक्षिक और स्वास्थ्य सेवाओं के माध्यम से लोगों के कल्याण पर केंद्रित है।

स्वास्थ्य कल्याण समूह का दृष्टिकोण और मिशन छात्रों और शिक्षार्थियों के लिए नए मील के पत्थर, सफल उद्यम व समृद्ध जीवन स्थापित करने में सहायता के लिए शिक्षण मंच विकसित करने तक ही केवल सीमित नहीं है, बल्कि यह वंचित समुदायों तक स्वास्थ्य देखभाल पहुंच प्रदान करना, स्वास्थ्य शिविरों का आयोजन, स्वच्छता और बीमारी की रोकथाम पर कार्यक्रम व सार्वजनिक स्वास्थ्य परिणामों में सुधार के लिए सरकारी एजेंसियों और अन्य गैर सरकारी संगठनों के साथ सहयोग करना भी है।

हम स्वास्थ्य देखभाल के क्षेत्र में सकारात्मक बदलाव लाने के लिए एनबीईएमएस और स्वास्थ्य कल्याण समूह के बीच साझेदारी के लिए तत्पर हैं एवं मैं आशा करता हूँ की जिस सफलता के साथ यह समूह अपने लक्ष्य के प्रति अब तक समर्पित रहा है उसी दृढ़ता के साथ भविष्य में भी अग्रसर रहेगा।

डॉ. आभिजात सेठ

(डॉ. आभिजात सेठ)

From the Vice Chairman's desk



BAIJAYANTI MALA AGARWAL

Vice Chairman, Swasthya Kalyan Group

I am delighted to share the news that Swasthya Kalyan Group is soon releasing the 5th volume of its highly popular publication, “दैदीप्य” as we celebrate four decades of our remarkable journey. Looking back, I recall the numerous challenges and triumphs that have shaped Swasthya Kalyan's path to this significant milestone. What stands out most is the growth that we've experienced, marked by the addition of bright minds, diverse talents, valuable skills, and dedicated manpower. Please accept my warmest congratulations for once again presenting this printed edition of “दैदीप्य”

Each volume of “दैदीप्य” showcases exceptional refinement - refinement in the creative potential of our college students, as well as the remarkable achievements of our esteemed faculty and staff.

I firmly believe that success in any mission requires unwavering dedication to one's goals. It's when one looks inward, discerns their true aspirations, and maps out the path to their objectives that they are best positioned for success. The strength of a nation is often said to be directly proportional to the quality of its education system. This principle applies not only to our ancient Indian knowledge systems but also to modern institutions specializing in Artificial Intelligence. I have every confidence that all our institutions, diligently nurturing the healthcare sector with their skilled workforce, are aligning with the evolving demands of hospitals. Our students, instilled with the core values of "TEACH," are receiving a high-quality education that will fuel their passion as they transition into professionals.

Teachers are akin to the force of gravity, holding the globe of knowledge together. All entities, including students, rely on their guidance. A teacher's role extends beyond planning the educational system; they also execute, monitor, and evaluate students' progress. In doing so, they become role models for their students. In turn, students who learn with dedication from their teachers contribute significantly to the development of our nation. This is how an education system evolves, and this is precisely what I meant when I said that a nation's strength is intrinsically tied to the quality of its education system.

I extend my heartfelt best wishes for a prosperous future in 2023 to all the principals, officers, staff, faculty, students, and trainees of the Swasthya Kalyan Group. Your dedication and commitment are invaluable assets in our journey towards excellence.

Baijayantimala

From the President's desk



Dr. SARVESH AGARWAL

CEO, Rajasthan Hospital

President, Swasthya Kalyan Group

It brings me great joy to introduce you to the vibrant, diverse, and highly enthusiastic community at Swasthya Kalyan Group in the current year. Our students, faculty, and staff members all share a common goal - to contribute to the improvement of our healthcare ecosystem. Leading this exceptional team, I take pride in our commitment to Swasthya Kalyan's mission of establishing a sustainable healthcare ecosystem.

At Swasthya Kalyan, we hold excellence in high regard. Our pride stems from the fact that our students relentlessly seek paths to success. Over the past few months, amidst all the turbulence, I have been deeply impressed by the response from our faculty and students who have embraced new methods of teaching and learning with remarkable positivity. This reflects the eagerness of our students to learn and evolve, ultimately becoming exemplary professionals.

The success of Swasthya Kalyan is a product of the partnership we have forged with our students and staff members. As we move forward, it is imperative that this relationship continues to strengthen, underpinned by mutual respect and courtesy. I am also grateful for the strong connection we maintain with our community, a commitment that all our students and staff members stand ready to fulfil.

Our entire staff works tirelessly to create a positive environment where each individual's unique strengths and talents are celebrated. We uphold a culture of high expectations for both students and staff, with the sincere goal that every student graduates with a clear plan for the future and the essential skills to succeed in their chosen paths. In addition to our robust academic programs, we have established a culture of strong social and athletic initiatives that promote the holistic development of our students. This combination of academic achievement and attention to social and emotional well-being empowers our students to achieve remarkable feats each year.

As we embark on a new academic year, I remain optimistic about the future of our students and our institution. The ever-evolving landscape of healthcare education presents numerous learning opportunities as we witness significant changes in our surroundings. Together, we are committed to ensuring that our students, faculty, and staff continue to collaborate in meaningful ways to achieve remarkable outcomes. I extend my heartfelt congratulations to the team responsible for bringing this publication to life and express my deep gratitude for your passion and enthusiasm for Swasthya Kalyan.

Here's to a year filled with promise and accomplishment!

A handwritten signature in black ink, appearing to be 'Sarvesh Agarwal', written in a cursive style.

From the CEO & Editor's desk



CA SHRADDHA AGARWAL

CEO, Swasthya Kalyan Group
Consultant, Rajasthan Hospital
President, Jaipur Chapter, Image Management Professionals
Association (IMPA)

Welcome to the 5th edition of the Swasthya Kalyan Group's annual magazine. We are brimming with pride and enthusiasm as we introduce this remarkable issue, poised to unveil the untold tales of our most cherished and unforgettable campus moments.

Consider this magazine a launchpad, igniting the natural creative sparks within our young talents. As the saying goes, a mind is like a parachute – it works best when fully open. This humble initiative provides a canvas for budding minds to wander freely through the realms of imagination and expression, painting vivid worlds with their words.

We firmly believe that the unwavering positivity, sheer hard work, relentless efforts, and innovative ideas showcased by our young talents will ignite the minds of our readers, transporting them to a surreal realm of unadulterated joy and delight. We have poured our heart and soul into ensuring that this treasure trove is nothing short of excellent.

It brings me immense pleasure to affirm that this magazine has not only met but exceeded its intended goals. It stands as a testament to our students' creativity and achievements. I extend my heartfelt gratitude to all the contributors, as their invaluable contributions infuse this magazine with charm and warmth for our readers.

Helen Keller astutely remarked that the world is propelled forward not only by the mighty efforts of its heroes but also by the collective contributions of each honest worker. Editing this school magazine, a Herculean task, would have been impossible without the unwavering support of our dedicated Editorial Board. They diligently sifted through a deluge of articles from our eager and inquisitive young writers, crafting a fair draft that shines brightly.

I want to express my appreciation for our “देदीप्य” Team, all our Principals, Faculty members, and Students who have successfully brought this magazine to life. I also wish to extend my gratitude to all the esteemed dignitaries who generously spared their valuable time to convey their best wishes for this magazine.

To all our readers, I wholeheartedly offer my best wishes, hoping that this publication will earn your critical acclaim and, most importantly, play a pivotal role in the holistic development of our students.

A handwritten signature in black ink, appearing to read 'Shraddha'.

From the Dean & Chief Academic Officer desk



Prof. ARUN CHOUGULE

DRP, Ph.D., FAMS, FIOMP, FIICC, FICTP, FACSU, MSRP, FCMP, FTWAS
EX. Senior Professor, Department of Radiological Physics
SMS Medical College & Hospital, Jaipur
Ex-Pro-Vice Chancellor, RUHS

Greetings,

I am delighted to introduce the latest edition of our college group magazine "Dedipya" fifth edition. The college magazine is a showcase of the remarkable achievements, talents, and intellectual pursuits of our esteemed students, teachers, and staff. This publication is a testament to the dedication and passion that our students, teachers bring to their studies, research, and creative endeavours.

Swasthya Kalyan Group (SKG), established in 1982 which is committed to provide quality education, training, and healthcare services at an affordable cost. In last four decades SKG has expanded in providing quality services and leaved to its commitment despite of difficult situations. This year we have added a Pharmacy college at Sitapura campus and started new paramedical courses. For students and their parents SKG is the first choice of getting admission in various streams and courses which endorses the quality of education and training.

I commend the editorial team for curating an engaging compilation that reflects the diverse interests and achievements within our academic community. As Dean of Academic Affairs, I am immensely proud of the commitment our students and teachers display in pursuing excellence across various disciplines. The Dedipya magazine not only celebrates their accomplishments but also serves as an inspiration for future generations of scholars. It highlights the transformative power of education, the impact of innovative ideas, talent, and the beauty of artistic expression. I extend my heartfelt appreciation to the contributors, editors, and everyone involved in bringing this 5th edition of "Dedipya" magazine to life. Your hard work and creativity have made this edition a true reflection of the vibrant academic environment that defines our institutions of SKG. I encourage all members of our college family to immerse themselves in the pages of this magazine, to be inspired by the stories within, and to continue contributing to the intellectual tapestry of our community.

May this publication stand as a reminder of the heights we can achieve when we embrace knowledge, curiosity, and collaboration.

Warm regards,

Achougule

Editorial Team



CA SHRADDHA AGARWAL
Chief Editor



Dr. SHUCHITA CHATTREE
Assoc. Prof. SKHMC
Team Leader
Content Editor English



Dr. ADITI BULIYA
Asst. Prof. SKCP
Team Leader



Dr. ANKESH SINGH
Principal & Prof. SKINYS
Content Editor Hindi



ANTIMA JADON
Rajasthan Hospital
Magazine Designer



Dr. AWANTIKA PRIYA
Asst. Prof. & Medical Officer SKINYS
Coordinator



MANISH SHARMA
Asst. Prof. IMT&NE
Coordinator



PARUL SHARMA
IMT&NE Lecturer DMLT
Coordinator



BHAWANA SHARMA
Academic Incharge SKIPT
Coordinator



VARUN SINGH
Rajasthan Hospital
Coordinator



HEMANT JHA
Rajasthan Hospital
Coordinator



RAJSHREE
Blood Bank
Coordinator

Contents

1	About Swasthya Kalyan Group	1 - 5
2	Timeline of Swasthya Kalyan	6 - 7
3	About Dr. S. S. Agarwal	8 - 12
4	Swasthya Kalyan Gallery	13 - 15
5	Key Persons in Swasthya Kalyan Journey	16
6	Swasthya Kalyan Group	18 - 51
7	Writers Corner	53 - 112
8	Events 2023 - 2024	113 - 118
9	Research & Publications	120 - 130
10	Academic Performance	132 - 134
11	Voices of The Alumni	136 - 139
12	Dedipya Previous Editions	140
13	Contact Us	141

About Swasthya Kalyan Group

In 1982, the Swasthya Kalyan Group was founded under the auspices of the Purnamal Phoola Devi Memorial Trust. Our unwavering mission has always been the well-being of individuals through our educational and healthcare initiatives. Throughout the years, we've fostered innovation, nurtured talents, and wholeheartedly served the community. The Swasthya Kalyan Group is synonymous with a rich educational and research ecosystem, state-of-the-art infrastructure that rivals the best, and a distinguished and highly qualified faculty.



About Pooranmal Phoola Devi Memorial Trust



In 1980, the **Late Shri Kalyan Prasad Ji Agarwal Sootwale** established the **Pooranmal Phoola Devi Memorial Trust** in loving memory of his parents, Late Shri Pooranmal Ji Agarwal Sootwale and Late Smt. Phoola Devi Agarwal. This noble trust has been dedicated to providing medical assistance to the underprivileged and nurturing skilled individuals for the nation.

Driven by compassion and a genuine desire to make a positive impact, the trust has been a steadfast beacon of hope, health, and happiness in our society. Through healthcare facilities, educational institutions, and various community initiatives, the trust diligently carries out its mission to uplift and fortify the foundations of our community.

The trust's primary focus is on sustainable development achieved through community empowerment and education, reflecting its unwavering commitment to the betterment of society.

Founder and Beacon Light

28 June 1925 to 27 November 2001

Why Swasthya Kalyan?

Swasthya Kalyan is your top choice for education and healthcare excellence. Here's what sets us apart:



Diverse Education

With 7 colleges offering over 25 courses, Swasthya Kalyan prepares you for a wide range of healthcare careers, from diplomas to Ph.Ds. We provide a comprehensive education tailored to the evolving needs of the healthcare sector.



Quality Healthcare

Swasthya Kalyan boasts three modern hospitals, four reputable blood banks, and three well-equipped pharmacies. Our facilities are staffed by highly skilled professionals and equipped with cutting-edge technology, ensuring top-tier medical services.



Core Values

We're guided by core values like Teamwork, Excellence, Authenticity, Creativity, and Humbleness. These values shape our culture and instil ethics and professionalism in our students and practitioners.



Affordability

We believe in making education and healthcare accessible to all. Our commitment to affordability ensures that pursuing a healthcare career is within reach for everyone.



Skill Development

Swasthya Kalyan places a strong emphasis on skill development. Our training programs prepare you with the precision and expertise needed to excel in the healthcare field.

By choosing Swasthya Kalyan, you're not just investing in your future, but you're also contributing to the healthcare sector by producing skilled professionals guided by ethical principles. Join us for a successful and impactful medical career marked by excellence and affordability.



Education

- Swasthya Kalyan Homoeopathic Medical College & Research Centre
- Institute of Medical Technology & Nursing Education – Nursing Division
- Institute of Medical Technology & Nursing Education – Paramedical Division
- Swasthya Kalyan Institute of Naturopathy & Yogic Sciences
- Swasthya Kalyan College of Physiotherapy
- Swasthya Kalyan College of Paramedical Technology
- Swasthya Kalyan College of Pharmacy



Health Care

HOSPITALS

- Rajasthan Hospital
- Swasthya Kalyan Homoeopathic Hospital

BLOOD BANKS

- Swasthya Kalyan Blood Bank
- Apex Swasthya Kalyan Blood Bank
- Swasthya Kalyan Institute of Transfusion Medicine

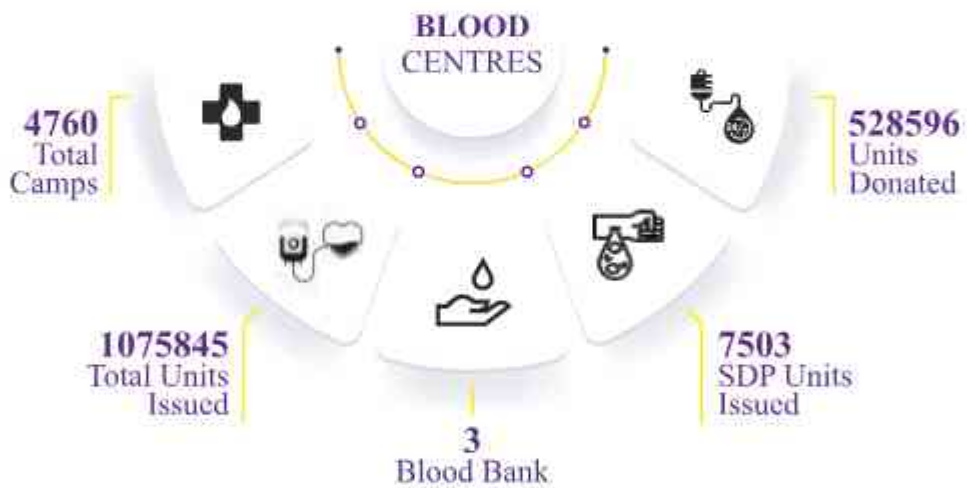
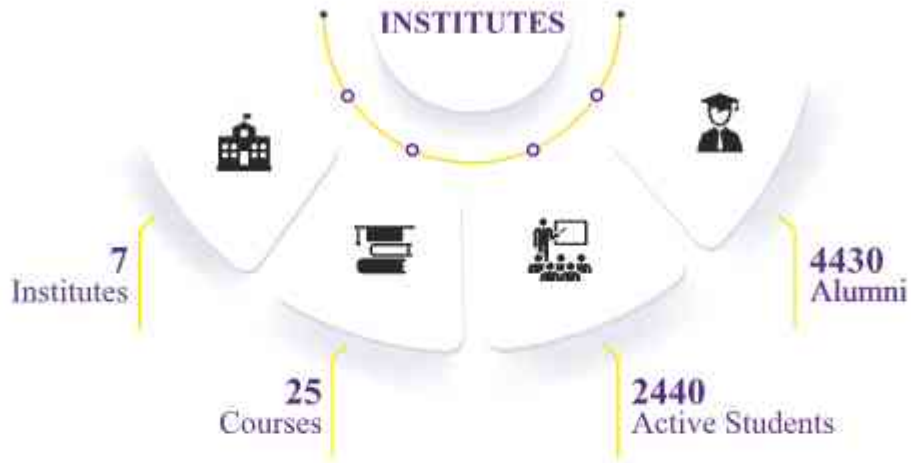
PHARMACY

- Pradhanmantri Jan Aushadi Kendra
- Swasthya Kalyan Homoeopathic Pharmacy



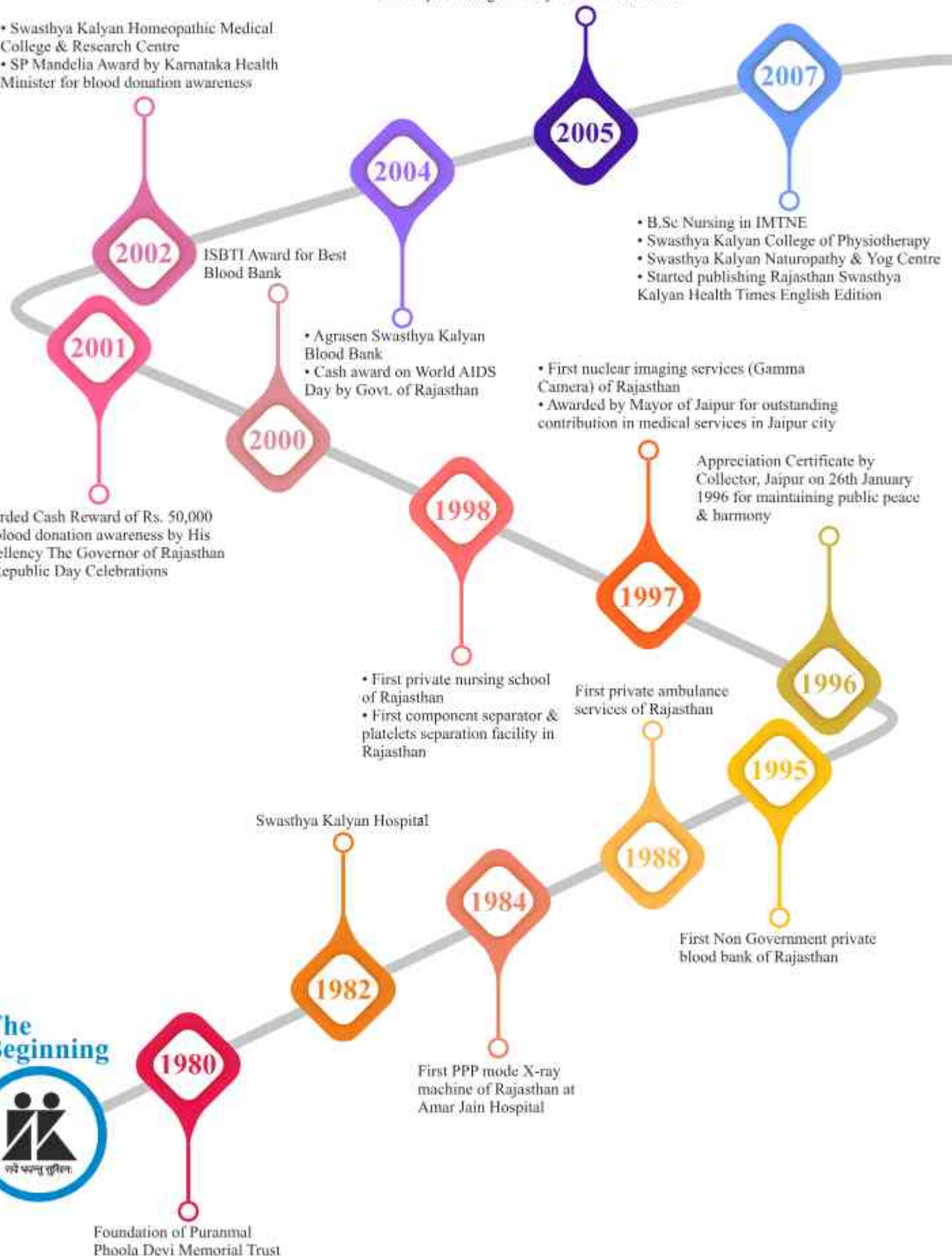
Swasthya Kalyan Group

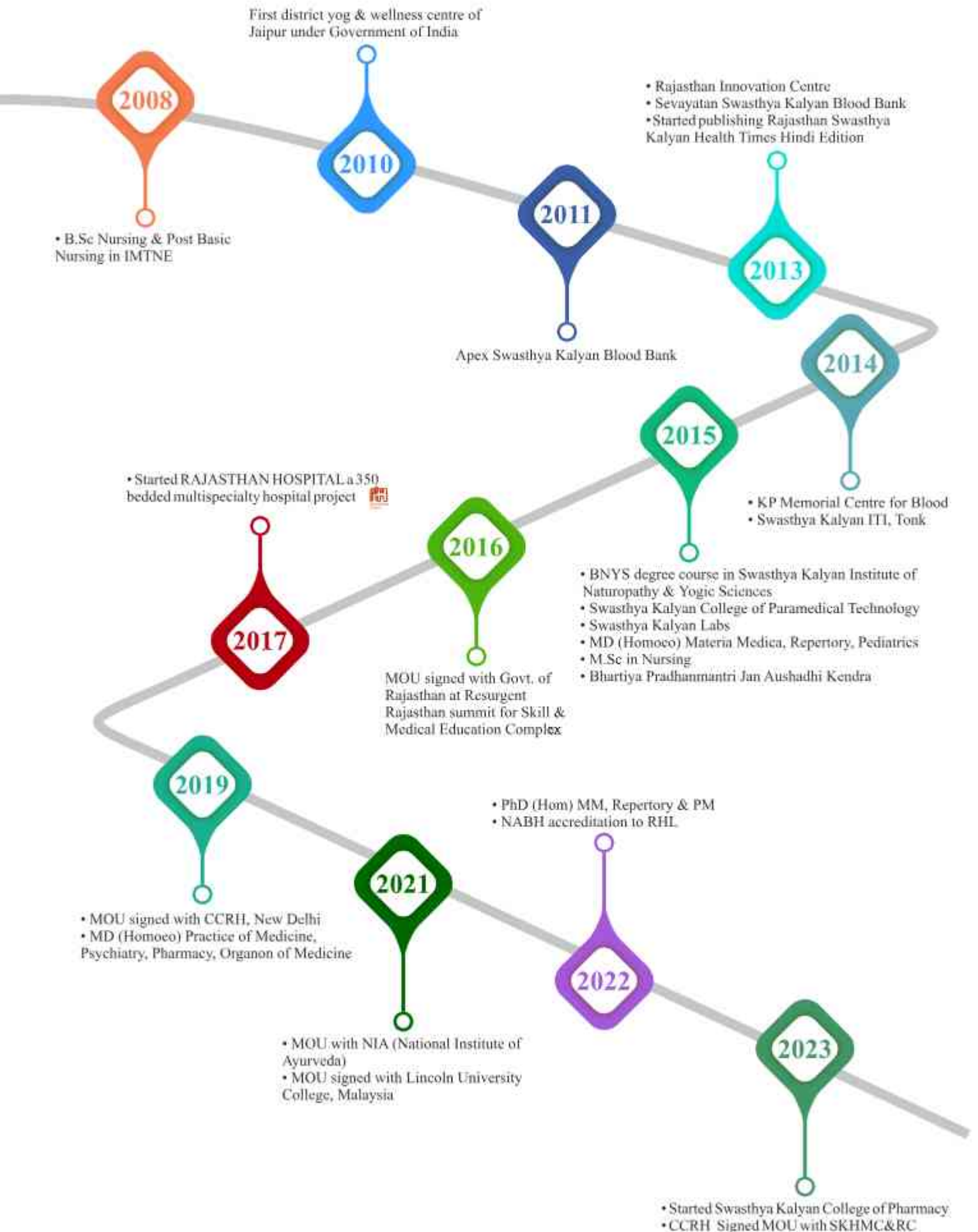
at a glance



- Constituting the first independent ethics committee of Rajasthan
- Started first AICTE approved paramedical course in Rajasthan
- Inauguration of Swasthya Kalyan Sitapura Campus
- Started publishing monthly Medic News Times

- Swasthya Kalyan Homeopathic Medical College & Research Centre
- SP Mandelia Award by Karnataka Health Minister for blood donation awareness





Dr. S. S. AGARWAL

Chairman, Swasthya Kalyan Group
Chairman, Rajasthan Hospital
President, AIIMS, Jodhpur



A Visionary Leader in Health and Education

Dr. S. S. Agarwal is a pioneer in the fields of health and education, renowned for his visionary contributions to the state of Rajasthan and beyond. He started his own clinic in 1982 in a downtrodden area of Jaipur where healthcare facilities were not available. In 1988, he launched the first private ambulance service, followed by the establishment of the first private blood bank in 1995, the first nuclear imaging center in 1997, and the first nursing school in 1998 in the state of Rajasthan.

Beginning his illustrious career in 1982 as the founding chairman of the Swasthya Kalyan Group, Dr. Agarwal has grown the organization into a network of 17 entities encompassing education, healthcare, and public welfare. He also serves as the chairman and managing director of Rajasthan Hospital Limited, a 350-bed multi-specialty hospital.

Dr. Agarwal's leadership extends to prestigious roles such as the current President at AIIMS Jodhpur, nominated by the Ministry of Health and Family Welfare, Government of India. In 2016, he was nominated by the Hon'ble President of India as a member of the Managing Body of the India Red Cross Society, headquartered in New Delhi. He also held the esteemed position of National President of the Indian Medical Association in 2016, the first from Rajasthan to do so. Additionally, he served as the National Convener of the Bharatiya Janata Party (BJP) Medical Cell from 2007 to 2013 and was the Rajasthan State President of the International Vaish Federation. He served on the Board of Governors of the Medical Council of India Ethics Committee and was also the founding Secretary of Maharaja Agrasen Hospital, Jaipur.

Among his many accolades, Dr. Agarwal received a State Award of Rs. 50,000 from His Excellency the Governor of Rajasthan on Republic Day 2001 for his exemplary work in the medical field. His contributions have earned him over a hundred awards, including lifetime achievement recognitions at national, state, and regional levels from various government and private healthcare bodies. Dr. Agarwal has published more than 100 articles in national and international medical journals and has delivered over 1,000 lectures nationally and globally.

He was awarded the distinguished alumnus title during the Platinum Jubilee celebration of SMS Medical College in Jaipur, where he earned his MBBS and MD in Medicine. Dr. Agarwal was instrumental in establishing the Alumni 1971 SMS Medical College (regd) and played a key role in establishing a sports complex, a reading hall, an E-studio, and renovating the cafeteria of SMS Medical College & Hospital. He is also an honorary fellow of the American College of Physicians (FACP). Further extending his influence, he serves as an Independent Director of Rajasthan Medical Services Corporation Limited, a Government of Rajasthan enterprise, and as a Trustee of Calgary Eye Hospital, Jaipur.

Dr. Agarwal's relentless dedication and pioneering spirit continue to inspire and shape the future of healthcare and education.

Achievements Timeline

2024

- Nominated as लोकसभा संयोजक BJP Rajasthan
- Inaugurated New premises of RHL Heart Center at Mahaveer Jaipuriya Rajasthan Hospital

2023

- January NABH accreditation to Swasthya Kalyan Blood Bank, Jaipur
- Honored by Mahavir International Association Jaipur for distinguished services in medical, health and blood banks
- Shri Dattatreya Hosbole Sarkaryawaah RSS met Dr. S S Agarwal at residence during his Jaipur visit
- June Distinguished speaker at 'Samvaad' a program highlighting Govt. of India's achievement for public benefits
- July Appointed President AIIMS Jodhpur by MOH & FW, Govt. of India
- August Daideepya Edition 4 released on Independence day at Swasthya Kalyan Campus Sitapura
- September Tree plantation - Swasthya Kalyan Campus Sitapura on Birthday of Prime Minister Sh Narendra Modi
- October NABH accreditation extended to RHL's Renova Cancer Center, Psychiatry
- RHL achieves NABH Standards for Nursing Excellence Accreditation in 2023

2022

- 1st January – NABH accreditation to Mahavir Jaipuria Rajasthan Hospital
- 6th March - Chief of ICMR Dr. Raman Gangakhedkar released book 'Critical care & Covid 19 – A compendium at RHL
- June – NABL accreditation to Mahavir Jaipuria Rajasthan Hospital labs
- Hon Vice President of India & ex Governor Bengal Sh. Jagdeep Dhankhar inaugurated 1st Robotic Angioplasty at RHL
- Dr. S S Agarwal, Executive member BJP State committee, Shri Bhajanlal Sharma, General Secretary BJP were the dignitaries on International Yog Diwas 2022 by Shyampur mandal, Sanganer, Jaipur

2021

- 21st March - Felicitated by Rajasthan Sanstha Sangh, New Delhi on Rajasthan Diwas 2021
- Rajasthan Hospital & IVF gave free oxygen concentrators to corona patients for home use
- Distinguished speaker on role of volunteers in medical field at a program by BJP Jaipur city
- 2nd November - MOU signed with National Institute of Ayurved, (NIA) Jaipur, in August presence of Union Ayush Minister Shri Sarbanand Sonowal, Union minister of state for Ayush Munjpara Mahendrabhai Kalubhai
- 2nd March, Birla Auditorium, welcome of Shri J P Nadda, National President BJP at BJP state working committee
- 6th March Hotel Marriott, Jaipur – addressed Excellency Ambassadors, Consulate Generals and High Commissioners meeting by International Vaish Federation (IVF)
- 1st October - with Rajasthan Governor respected Shri Kalraj Mishra, Shri Ramcharan Bohra MP Jaipur, Dr. SS Agarwal released poster on National blood donation awareness day at Raj Bhawan Jaipur

2020

- Nominated State President Rajasthan - International Vaish Federation
- Nominated by Govt. of India as member of Institute Body AIIMS Jodhpur
- COVID-19-Video Conferencing with Shri Amit Shah-Union Home minister, Dr Harshvardhan-Union Health minister and on platforms of IMA, IVF, Patrika TV for Corona awareness & assistance to public in distress

2019

- He met Prime Minister Shri Narendra Modi when Hon'ble PM visited Jaipur in April 2019
- Distinguished guest of Installation ceremony of IMA, Rajasthan State Branch office bearer team 2019-21
- Distinguished guest at Florence Nightingale Award ceremony on International Nurses Day 2019 organized by Rajasthan Private Nurses Association at Pink City Press Club Jaipur

2018

- Awarded "Vashisht Chikitsa Ratan" on Doctors day by DMA for his contribution to the medical profession & society
- Felicitated by Credent TV with Shikshak Ratna Samman at a public function
- Felicitated by SMS Medical College for excellent public services at Science of Life Exhibition on 7th April 2018
- Organizing Chairman of Doctors Day Celebration & award ceremony 2018 of Rajasthan Medical Council
- Distinguished guest at Samarpan Santha's 5th शिक्षा सहायता एवं समर्पण समाज गौरव सम्मान समारोह
- Chief Guest at 1st Anniversary of Medical Buzz a medical bulletin
- Distinguished speaker for BJP workshop on Nation First
- Appointed as Media Panelist of Rajasthan BJP Media panel
- Honored with "सेवा रत्न" by Rajasthan State Minorities Commission on 30th August at Jaipur
- Program Convener भाजपा प्रबुद्ध नागरिक सम्मेलन addressed by Shri Amit Shah National President BJP at Jaipur.
- Secretary, Reception Committee for 10th National Convention of Saksham
- Distinguished guest at Bengali Samaj Durgapuja mahotsav at Jaipur
- Honored with Double Helical 'National Health Award' by Ex Union Health Minister, at Delhi - 18th November
- Nominated on Board of Governors in supersession of Medical Council of India WEF 6th November

2017

- Felicitated by Team IMA Bengal at Kolkata on 15 April 2017
- Felicitated by Mahavir International Association as Speaker on 'Importance of Blood & Blood Donation' - 27 May 2017
- Felicitated by IMA Rajasthan & Jaipur Medical Association at Hands of Sh Kali Charan Sarraf - Health Minister Rajasthan
- Felicitated at Vivekanand Yuva Samman Samaroh - Yuva Mahotsav 2017 on 10 Jan. 2017

2016

- Felicitated as Distinguished alumnus of SMS Medical College at Seven Decade celebration ceremony 28 Dec. 2016
- Guest of Honor at Delhi Medical Association's 102 Foundation Day function on 21 August 2016
- Distinguished speaker at Raktamani Samman Samaroh Kotputli held on 4 Jan. 2016
- Guest of Honor at Delhi Medical Association's IMA Women Health Conference on 6 March 2016
- Felicitated with 'Certificate of Excellence for outstanding meritorious services of the highest order towards the cause of Humanity' by Indian Medical Association & MAMCOS on 20 Feb. 2016
- Felicitated with 'Rashtriya Gaurav Samman' on being elected as National President IMA,
- Felicitated on Doctors Day 1 July 2016, by Jaipur Medical Association & Medical Practitioners Society
- Felicitated by IMA Jharkhand on being elected as National President Indian Medical Association
- Distinguished guest at opening of Ultra Modern Facility of Maharaja Agrasen Hospital program on 3 July 2016 by Agrasen Medical Relief & Research Society
- Distinguished Guest at GPCON 2016- Conference of IMACGP & IIIrd SWC Meeting of IMA U.P at Hapur on 3 Sept
- Distinguished Guest for 'Women's Day Celebration' by IMA Tumkur Karnataka on 10 March 2016
- Felicitated with Patron's Award by Husan.Ara Trust
- Distinguished guest at Kolkata for Conference on IMA HBI-NABH accreditation sensitization Seminar on 3 July 2016
- Felicitated at Mega Blood Donation Camp by Uday India Knowledge Tree on 20 Aug. 2016
- Distinguished guest at 71st BIMACON-2016 by IMA Bhagalpur on 7 Aug. 2016
- Life Time Achievement Award by JMA & Medical Practitioners Society on Doctors day 1 July 2016
- Felicitated by RA Poddar Institute of Management during Blood Donation Camp for 70th Independence Day
- Felicitated with Distinguished Services Award on International Nurses Day celebration 2016 by Indian Medical Association, The Trained Nurses Association of India & Heart Care Foundation of India Felicitated with 'HONORIS CAUSA' award by Pacific Medical University Udaipur on 22 Sept. 2016
- Felicitated with 'International Achievement Award for Extra ordinary Contribution Globally at PGHTNCON - 2016 by Society of Pediatric Gastro enterology Hepatology Transplant & Nutrition on 11 Feb. 2016
- Distinguished speaker on SMART Health Care of India at IIHMR University Jaipur - 21st Annual Conference
- Felicitated at ICON 2016-IMACGP Conference by IMA Mumbai West Branch on 25 June 2016
- Felicitated at President Installation Ceremony of IMA Mumbai Branch as Chief Guest on 10 April 2016

2015

- Awarded for exemplary Services by Vaidhya Kunhayilal Mishr Smriti Ayurved Sansthan & Janhit Manch
- Represented FANS-Rajasthan Chapter at New Delhi for National Seminar on Border States Security of Forum for Awareness of National Security on 1 Aug. 2015
- Felicitated on International Yoga Day 21 June 2015 at Swami Anandanand Yog & Naturopathy Chikitsalaya
- Distinguished guest at National Homoeopathy Conference of Research Society of Homoeopathy on 14 March 2015
- Felicitated at Shri Shyam Gungaan Mahotsav 2015 by Shri Shyam Seva Sangh, Mansarovar
- Distinguished speaker on 'Drug Free, Environmental India' by ABVP Tonk - 27 July 2015
- Distinguished guest at UFYLC 'Model United Nations' a mock debate at Law College Raj University
- Felicitated at State Executive Meeting by Vaishy Sammelan Tonk District. On 26 Sept. 2015
- Felicitated by Jai Club Jaipur on election as National President IMA
- Chief Guest & Speaker at Program of Institute of Company Secretaries of India (ICSI)
- Felicitated by Rajasthan Pradesh Vaish Mahasammelan, Shrimati Govindi Devi Indarlal Derewala Trust & Eternal Hospital at Free Heart, Angiography-Plasty, Handicap assistance, Diabetes Check up & Consultation Ca
- Felicitated as Guest of Honor on Doctors Day Celebration by Delhi Medical association on 5 July 2015
- Guest of Honor at IMA UP State 2nd State Working Committee meeting & EVOLVE 2015 - CME on 7 June 2015
- Guest of Honor at 55th Maharashtra State Annual Scientific Conference MASTACON-2015 by IMA Mumbai West
- Felicitated as Guest of Honor on Annual day 2015 of Vikas Vidhya Mandir Sr Sec. School

2014

- Distinguished Guest on World Diabetes Day function by Dr B Lal Clinical Laboratory Pvt. Ltd. On 14 Nov. 2014
- Felicitated by International Vaish Federation on 4 Jan. 2014
- Felicitated by Naagrik Club Jaipur in 2014
- Distinguished guest at Silver Jubilee Raj APICON 2014 on 16 Octo. 2014
- Distinguished Guest on World Diabetes Day function by Dr B Lal Clinical Laboratory Pvt. Ltd. On 14 Nov. 2014
- Felicitated by International Vaish Federation on 4 Jan. 2014
- Felicitated by Naagrik Club Jaipur in 2014
- Distinguished guest at Silver Jubilee Raj APICON 2014 on 16 Octo. 2014

2013

- Felicitated on 'Swami Vivekanand Sarth Shati' function by Seva Bharti Jaipur Mahanagar on 18 Aug. 2013
- Felicitated on 150th Anniversary of Swami Vivekanandji by 'Vivekanand Gaurav-2013'

2012

- Felicitated with 'Vivekanand Gaurav Samman 2012 by Rajasthan Yuva Chaatra Sansthan on 12 Feb. 2012
- Felicitated on occasion of 200th Blood Donation Camp of Shri Gopal Krishna Seva Samiti on 9 Sept. 2012
- Felicitated at Health Vision 2014 as distinguished speaker organized by BJP Medical Cell
- Distinguished guest at 54th Annual Conference of IMA U.P State

2011

- Swasthya Kalyan Blood Bank appreciated at Caterers Expo 2011 by Jaipur Catering Dealers Samiti on 17 Sept 2011
- Distinguished Speaker at National Workshop on Health Care Waste Management by SIHFW & Rajasthan Health System Development Project on 12 May 2011
- Felicitated with Special Award for organizing All India Medical Conference 2010 at 86th Annual Conference of IMA by Karnataka State on 27th Dec. 2011

2010

- Felicitated by BJP on Shri B R Ambedkar Jayanti
- Inaugurated Raktadaan-Netradaan Shivir of Shri Agrawal Seva Samiti on Shri Agrasen Jayanti Mahotsav 2010-11
- Distinguished guest at Abhivyakti-2010 by ABVP & Technical Education Vidhyarthi Parishad on 19th March 2010
- Felicitated by Brij Mandal Medicos Association at SPUNK 2010
- Designated as Honorary State Professor of IMA CGP Hqs Chennai on 28 Dec. 2010
- Speaker at Forum of Integrated National Security Haridwar function March 2010

2009

- Felicitated by Society of Nuclear Medicine at 41st Annual Conference SNMICON on 6 Dec. 2009
- Distinguished guest at Maharashtra Mandal Trust organized Health Check up Camp on 13 Dec. 2009

2008

- Life time Achievement Award 2008-09 by Medical Practitioners Society
- Felicitated by Rajasthan Unani Medical College & Research Center, Jaipur at UNANI FESTA 2007-08

2006

- Felicitated with Raktadaan Sahayog Samman by Shri Gopal Krishna Seva Samiti on 20 Sept. 2006.

2004

- Swasthya Kalyan Blood Bank felicitated on World AIDS Day by Rajasthan State AIDS Control Society on 1 Dec. 2004
- SK Homoeopathy Medical College felicitated by Patrika Group at Good Health & fair 2004 on 16 April 2004
- Antyodaya Swasthya Yojana inaugurated by Shri Rajnath Singh-National President BJP on 11 May 2004
- IMA 'Aao Gaon Chale' project was inaugurated by H.E. Pratibha Devi Singh Patil-President of India on 4 Dec. 2004

2003

- Felicitated by H.E. Bhairon Singh Shekhawat-Vice President of India for Exemplary contribution in the field of Voluntary Blood Donation on 29 Octo. 2003
- Felicitated as distinguished guest at Blood Donation Camp by Pujya Sindhi Panchayat Samiti on 27 July 2003
- Felicitated by H.E. Bhairon Singh Shekhawat-Vice President of India on 23 Octo. 2003

2001

- Felicitated by H.E. Governor-Rajasthan with Cash Award of Rs 50,000/- and Appreciation Award at Republic Day State Function 26 Jan. 2001

2000

- Felicitated by Marwadi Yuva Manch, Sri Ganga Nagar
- Felicitated by BJP Sikar
- Felicitated by BJP Vyaapaar Prakoshth
- Felicitated with 'Be Healthier, Feel Better, Live Longer' memento by Johnson & Johnson-Ortho Clinical Diagnostics
- Memento by National Medicos Organization, Agra
- Felicitated as Chief Speaker by BJP Medical Cell Chattisgarh
- Distinguished guest at IMA Assam State Branch program
- Felicitated with Agraratna Samman by Akhil Bhartiya Agrawal Sammelan Kota
- Felicitated by Sevayatan Maternity & General Hospital at Annual Function
- Felicitated as Guest of Honor by Ram Krishna Jan kalyan Trust
- Felicitated by Apex Hospitals Jaipur
- Felicitated by Bagru Mahila Mahavidhyalaya, Bagru
- Felicitated by Swaroop Govind Pareek PG College, Jaipur
- Felicitated with National Citizen's Excellence Award from Intellectual People and Economic Growth Association
- Felicitated by Women Doctors Wing IMA, Jharkhand with Award for 'Towards Well Being of Indian Community'
- Felicitated by Indira Gandhi National Open University (IGNOU) regional Center Jaipur

1998

- First private nursing school of Rajasthan
- First component separator & platelets separation facility in Rajasthan

1997

- First nuclear imaging services (Gama Camera) of Rajasthan
- Awarded by Mayor of Jaipur for outstanding contribution in medical services in Jaipur city

1996

- Appreciation Certificate by Collector, Jaipur on 26th January 1996 for maintaining public peace & harmony

1995

- First Non Government private blood bank of Rajasthan

1988

- First private ambulance services of Rajasthan

1984

- First PPP mode X-Ray machine of Rajasthan at Amar Jain Hospital

1982

- Swasthya Kalyan Hospital

1980

- Foundation of Purnamal Phoola Devi Memorial Trust

Swasthya Kalyan Gallery (1/3)



1996

Swasthya Kalyan Hospital inaugurated by Shri Atal Bihari Vajpayee, former Prime minister of India



1984

First PPP Mode X-Ray Machine in Rajasthan inaugurated by Justice Suresh Chand Agarwal



1998

First Nursing School of Rajasthan inaugurated by Smt. Vasundhara Raje, State Minister Foreign Affairs GOI



2016

Blood Bank Inaugurated by Honorable Governor of Raj. Shri Bali Ram Bhagat



2005

Swasthya Kalyan Sitapura Campus inaugurated by Shri Lal Krishan Advani, Former Deputy Prime Minister of India and Smt. Vasundhara Raje, Chief Minister of Raj.



2021

Dr. SS Agarwal With Shri J P Nadda, National President BJP at BJP state working committee



2022

H.E Vice President of India & ex Governor of Bengal Shri Jagdeep Dhankhar inaugurated the 1st Robotic Angioplasty at RHL.

Swasthya Kalyan Gallery (2/3)



1996

Awarded cash prize by Honorable Governor of Rajasthan Shri Anshuman Singh for blood donataion awareness in the state



2018

सर संघ चालक राष्ट्रीय स्वंग सेवक संघ Shri Mohan Bhagwat ji with Key Persons of Swasthya Kalyan Group



2015

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences inaugurated by Shri Shripad Yesso Naik, AYUSH Minister of India and Shri Rajendra Rathore, Health Minister of Raj.



2018

Shri Amit Shah, National President BJP was accorded warm welcome by Dr. SS Agarwal during Prabudh Nagrik Sammelan at Birla Auditorium, Jaipur



2018

Medical camp at Rajasthan Hospital was inaugurated by Nimbarkacharya Shri Shree ji Maharaj.



2021

Meeting Smt Smriti Irani Union Minister of Women & Child development



2009

Blood Bank poster vimochan by Shri Narendra Modi, Chief Minister of Gujrat



2019

Dr. S S Agarwal with hon'ble PM Shri Narendra Modi during his visit to Jaipur

📖 Swasthya Kalyan Gallery (3/3)



2023

Dr. S.S. Agrawal with Sh. Dattatreya Hosabale, Dr. Mahesh Chand Sharma and Sh. Dhanshyam Das Agrawal



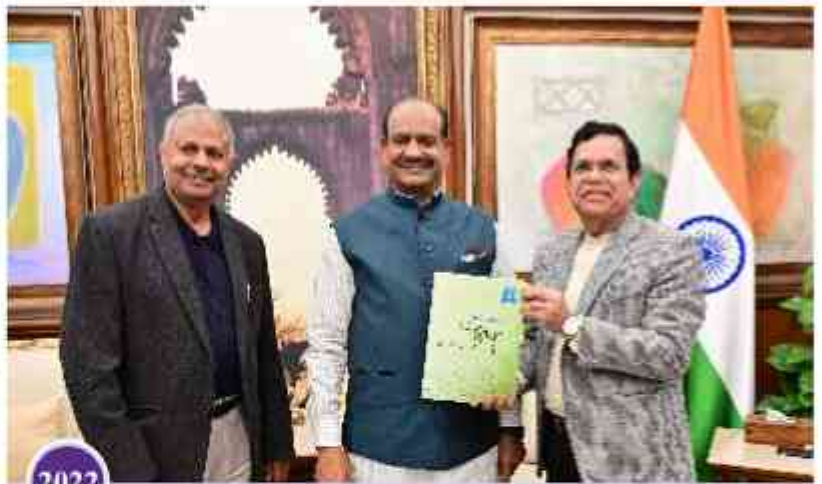
2023

Dedipya vol.4 released by former State CM, Smt. Vasundhara Raje, Ex. State President Dr. Mahesh Chand Sharma, Jaipur MP Sh. Ramcharan Bohra, Dr. Sarvesh Agrawal, Smt. Shraddha Agrawal



2021

Foundation day of Swasthya Kalyan Blood Bank, MP Sh. Ram charan Bohra with Dr. S.S. Agrawal and others



2022

Loksabha speaker Shri Om Birla, Dr. S S Agarwal and Dr. Mahesh Mangal -11.02.2023 at Delhi



2023

Sh Bhajanlal Sharma C.M. Rajasthan on Yog Diwas Celebration at Swasthya Kalyan Bhawan, Sitapura, Jaipur



2023

Sh. Bhajan Lal Sharma, Chief Minister, (Raj.), Sh. Mansukh Mandaviya, Health and Family Welfare minister with Dr. S.S. Agrawal at 4th Convocation ceremony, AIIMS, Jodhpur



Key Persons in Swasthya Kalyan Journey



Mr. G. D. AGARWAL

Former Chairman of Trust
Poonan Mal Phoolu Devi Memorial Trust



Mr. R. S. AGARWAL

Trustee
Poonan Mal Phoolu Devi Memorial Trust



Mr. S. B. AGARWAL

Trustee
Poonan Mal Phoolu Devi Memorial Trust



Late Dr. VINOD ARORA

Advisor
Swasthya-Kalyan Group



Dr. K. K. MISHRA

Advisor
Swasthya-Kalyan Group



Late Dr. H. N. MANGAL

Director Technical
Swasthya-Kalyan Blood Bank



Dr. R. L. AJMERA

Advisor
Swasthya Kalyan Group



Mr. PRADEEP AGARWAL

Director Infra
Swasthya Kalyan Group



Mr. MANOJ KHEMKA

Head Finance & Accounts
Swasthya Kalyan Group



Mr. ANAND AGARWAL

Managing Director
Swasthya Kalyan Blood Bank



Late Dr. RAMMOHAN GUPTA

Director, Swasthya Kalyan
Homoeopathic Medical College



Dr. PANKAJ SHARMA

Director, Swasthya Kalyan
Homoeopathic Medical College



Dr. SWARNIL SINGHAL (Ph.D.)

Manager Project
Swasthya Kalyan Group



Mr. B. L. GUPTA (Ret. IAS)

Former C.O.O.
Swasthya Kalyan Group



Education

Courses Offered

Swasthya Kalyan Homoeopathic Medical College & Research Centre

- Bachelor in Homoeopathic Medicine & Surgery (BHMS) 4.5 year programme + 1 year internship
- MD (Materia Medica) 3 year post graduate programme
- MD (Paediatrics) 3 year post graduate programme
- MD (Pharmacy) 3 year post graduate programme
- MD (Psychiatry) 3 year post graduate programme
- MD (Practice of Medicine) 3 year post graduate programme
- MD (Organon of Medicine) 3 year post graduate programme
- MD (Repertory & Case Taking) 3 year post graduate programme
- Ph.D (Hom) (Practice of Medicine | Materia Medica | Repertory) 3 year research programme

Institute of Medical Technology & Nursing Education – Nursing Division

- Diploma in General Nursing & Midwifery, GNM 3 year programme
- Bachelor of Science (B.Sc.) in Nursing 4 year programme
- Post Basic B.Sc. Nursing 2 year programme
- M.Sc. Medical Surgical Nursing 2 year programme
- M.Sc. Mental Health (Psychiatric) Nursing 2 year programme
- M.Sc. Child Health (Pediatric) Nursing 2 year programme
- M.Sc. Community Health Nursing 2 year programme

Swasthya Kalyan College of Physiotherapy

- Bachelor of Physiotherapy (BPT) 4 year programme + 6 months internship

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

- Bachelor of Naturopathy and Yogic Sciences (BNYS) 4½ year programme + 1 year internship

Swasthya Kalyan Institute of Paramedical Technology

- Diploma in Medical Lab Technology (DMLT) 2 year programme
- Diploma in Radiation Technology (DRT) 2 year programme
- Diploma in Blood Banking 2 year programme

Institute Of Medical Technology & Nursing Education – Paramedical Division

- Diploma in Medical Laboratory Technology (DMLT) 2 year programme
- Diploma in Radiation Technology (DRT) 2 year programme
- Diploma in Ophthalmic Technology (DOPT) 2 year programme

Swasthya Kalyan College of Pharmacy

- Diploma in Pharmacy (D Pharma) 2 year programme

College Leadership



Dr. Yogeshwari Gupta
Principal



Dr. Tanuj Rajvanshy
Vice Principal



Dr. Satish Avasthi
Principal - Nursing College & GNM



Mr. Satyaprakash Tiwari
Vice Principal - GNM



Dr. Mahesh Shou
Principal



Dr. Deepak Rajpurohit
Vice Principal



Dr. Ankesh Singh
Principal



Dr. Rambabu Potturi
Vice Principal



Dr. K.K. Mishra
Principal



Mr. Gopal Sharma
Vice Principal



Dr. Charu Pundhir
Principal



Dr. Mahesh Arora
Professor Emeritus



Prof. (Dr.) Vikas Agarwal
Principal



Hands on Learning

Practical training is a vital part of our curriculum. This approach ensures that our students move beyond the classroom and learn from real-world situations.



Research & Innovation

We provide students with an environment that harbours an approach towards research and innovation, the building blocks of a young scientific mind.

Diversity

Our campus has a plethora of societies and clubs which cater to a diverse group of students with varied interests.



Entrepreneurship

The history of Swasthya Kalyan has entrepreneurship written all over it and we ensure that we provide similar encouragement, support and guidance to our students in becoming successful entrepreneurs.

Employability

Our students graduate with a competitive edge compared to their peers in other institutions that enables them to succeed in their professional lives.



Holistic Development

We consider academics to be just one of the many dimensions of student growth. By ensuring that our students participate & excel in various extracurricular, cultural, sport & other activities we provide an all-round development of individuals.

Celebrating Student Placements



शरीरपाथं खलु धर्मसाधनम्



पेशेंट सेफ्टी एंड क्वालिटी एश्योरेंस पर स्टूडेंट को किया अपडेट



समाचार जगत न्यूज

जयपुर, स्वास्थ्य कल्याण ग्रुप ऑफ इंस्टीट्यूट्स ऑफ पैरामेडिकल डिवाइज, सोलापुर, जयपुर में 'पेशेंट सेफ्टी एंड क्वालिटी एश्योरेंस' पर दो-दिवसीय वर्कशॉप आयोजित की गई। डॉ.एम.एल.टी. एवं डॉ.बी.बी.टी. के छात्रों को पेशेंट सेफ्टी और क्वालिटी एश्योरेंस के प्रति जागरूक करने के उद्देश्य से आयोजित कार्यशाला का उद्घाटन डॉन एकेडेमिक्स स्वास्थ्य कल्याण

डॉ. अरुण चोगले ने किया। प्रधानाचार्या डॉ. चारु पंडीर ने बताया कि वर्कशॉप में सैपल कलेक्शन, क्वालिटी मैनेजमेंट एवं डिजास्टर मैनेजमेंट पर मुख्य अतिथि ने छात्र-छात्राओं को अपडेट किया। वर्कशॉप में डॉ. श्रुति सुरेख (हेड ऑफ क्वालिटी डिपार्टमेंट राजस्थान हॉस्पिटल), डॉ. अनुष्का अग्रवाल (असिस्टेंट क्वालिटी मैनेजर राजस्थान हॉस्पिटल), कुसुम (क्वालिटी मैनेजर, लेबोरेटरी राजस्थान हॉस्पिटल) शामिल थे।

आईएमटीएनई में मनाया वर्ल्ड रेडियोग्राफी दिवस



जयपुर, इंस्टीट्यूट ऑफ पैरामेडिकल डिवाइज, सोलापुर में मनाया वर्ल्ड रेडियोग्राफी दिवस। डॉ. अरुण चोगले ने बताया कि वर्कशॉप में सैपल कलेक्शन, क्वालिटी मैनेजमेंट एवं डिजास्टर मैनेजमेंट पर मुख्य अतिथि ने छात्र-छात्राओं को अपडेट किया। वर्कशॉप में डॉ. श्रुति सुरेख (हेड ऑफ क्वालिटी डिपार्टमेंट राजस्थान हॉस्पिटल), डॉ. अनुष्का अग्रवाल (असिस्टेंट क्वालिटी मैनेजर राजस्थान हॉस्पिटल), कुसुम (क्वालिटी मैनेजर, लेबोरेटरी राजस्थान हॉस्पिटल) शामिल थे।

'रेडिएशन हैजर्ड एंड प्रोटेक्शन' कार्यशाला में छात्रों को किया जागरूक



जयपुर, समाचार जगत न्यूज, स्वास्थ्य कल्याण ग्रुप ऑफ इंस्टीट्यूट्स ऑफ पैरामेडिकल डिवाइज, सोलापुर, जयपुर में एक दिवसीय वर्कशॉप 'रेडिएशन हैजर्ड एंड प्रोटेक्शन' का आयोजन किया गया। डॉ. अरुण चोगले (हेड अकेडेमिक्स स्वास्थ्य कल्याण), मुनेश देव (परिचर रेडियोग्राफर), रमेश चंद्र शर्मा (परिचर रेडियोग्राफर), अनुराज प्रजापति (रेडियोग्राफर) शामिल थे। डॉ. चारु पंडीर ने बताया कि वर्कशॉप में एमबी.बी.एस. फिलम बनाने के उद्देश्य से आयोजित कार्यशाला का उद्घाटन डॉ. वसुधा अग्रवाल (हायरसेक्रेटरी, स्वास्थ्य कल्याण ग्रुप) ने किया। वर्कशॉप में मुख्य अतिथि के तौर पर डॉ. अरुण चोगले (हेड अकेडेमिक्स स्वास्थ्य कल्याण), मुनेश देव (परिचर रेडियोग्राफर), रमेश चंद्र शर्मा (परिचर रेडियोग्राफर), अनुराज प्रजापति (रेडियोग्राफर) शामिल थे। डॉ. चारु पंडीर ने बताया कि वर्कशॉप में एमबी.बी.एस. फिलम बनाने के उद्देश्य से आयोजित कार्यशाला का उद्घाटन डॉ. वसुधा अग्रवाल (हायरसेक्रेटरी, स्वास्थ्य कल्याण ग्रुप) ने किया। वर्कशॉप में मुख्य अतिथि के तौर पर डॉ.

विश्व एड्स दिवस : हंगोली, कैंडल मार्च, मानव श्रृंखला व वॉकथॉन जैसे कई आयोजन हुए बचाव के तरीके और सावधानियां बताई



समाचार जगत न्यूज

जयपुर, स्वास्थ्य कल्याण ग्रुप के इंस्टीट्यूट ऑफ पैरामेडिकल डिवाइज, सोलापुर, जयपुर में शुक्रवार को विश्व एड्स दिवस का आयोजन

किया गया। इस अवसर पर मुख्य अतिथि रूप में डॉ. अरुण चोगले के अध्यक्षता में डॉ. अरुण चोगले एवं परामेडिकल डिवाइज के प्रधानाचार्या डॉ. चारु पंडीर शामिल थे। डॉ.एम.एल.टी. एवं डॉ.बी.बी.टी. विद्यार्थियों ने इस अवसर पर एड्स

बचाव के तरीके और सावधानियां बताई। डॉ. अरुण चोगले ने बताया कि एड्स एक संक्रामक रोग है और इस रोग को रोकने के लिए सुरक्षित यौन संबंध बनाना और रक्त दान करने से बचना आवश्यक है। डॉ. अरुण चोगले ने बताया कि एड्स एक संक्रामक रोग है और इस रोग को रोकने के लिए सुरक्षित यौन संबंध बनाना और रक्त दान करने से बचना आवश्यक है।

मानव श्रृंखला बनाई

एड्स से निवारण के लिए जागरूकता बढ़ाने के उद्देश्य से डॉ. अरुण चोगले के अध्यक्षता में डॉ. अरुण चोगले एवं परामेडिकल डिवाइज के प्रधानाचार्या डॉ. चारु पंडीर शामिल थे। डॉ.एम.एल.टी. एवं डॉ.बी.बी.टी. विद्यार्थियों ने इस अवसर पर एड्स



एड्स से निवारण के लिए जागरूकता बढ़ाने के उद्देश्य से डॉ. अरुण चोगले के अध्यक्षता में डॉ. अरुण चोगले एवं परामेडिकल डिवाइज के प्रधानाचार्या डॉ. चारु पंडीर शामिल थे। डॉ.एम.एल.टी. एवं डॉ.बी.बी.टी. विद्यार्थियों ने इस अवसर पर एड्स

विद्यार्थियों ने जाना, क्या है एड्स



नारखें एड्स रोगियों के साथ भेदभाव। डॉ. अरुण चोगले ने बताया कि एड्स एक संक्रामक रोग है और इस रोग को रोकने के लिए सुरक्षित यौन संबंध बनाना और रक्त दान करने से बचना आवश्यक है। डॉ. अरुण चोगले ने बताया कि एड्स एक संक्रामक रोग है और इस रोग को रोकने के लिए सुरक्षित यौन संबंध बनाना और रक्त दान करने से बचना आवश्यक है।

अल्बर्ट हॉल पर आमजन को जागरूक किया



अल्बर्ट हॉल पर आमजन को जागरूक किया। डॉ. अरुण चोगले ने बताया कि एड्स एक संक्रामक रोग है और इस रोग को रोकने के लिए सुरक्षित यौन संबंध बनाना और रक्त दान करने से बचना आवश्यक है। डॉ. अरुण चोगले ने बताया कि एड्स एक संक्रामक रोग है और इस रोग को रोकने के लिए सुरक्षित यौन संबंध बनाना और रक्त दान करने से बचना आवश्यक है।

नारखें एड्स रोगियों के साथ भेदभाव



नारखें एड्स रोगियों के साथ भेदभाव। डॉ. अरुण चोगले ने बताया कि एड्स एक संक्रामक रोग है और इस रोग को रोकने के लिए सुरक्षित यौन संबंध बनाना और रक्त दान करने से बचना आवश्यक है। डॉ. अरुण चोगले ने बताया कि एड्स एक संक्रामक रोग है और इस रोग को रोकने के लिए सुरक्षित यौन संबंध बनाना और रक्त दान करने से बचना आवश्यक है।

लैम्प लाइटिंग सेरेमनी के साथ नर्सिंग प्रथम वर्ष स्टूडेंट को दिलाई शपथ



समाचार जगत न्यूज

जयपुर. स्वास्थ्य कल्याण ग्रुप के सीतापुरा स्थित इन्स्टीट्यूट ऑफ मेडिकल टेक्नोलॉजी एण्ड नर्सिंग एजुकेशन, जयपुर में लैम्प लाइटिंग सेरेमनी एवं शपथ ग्रहण समारोह का आयोजन हुआ। कार्यक्रम में मुख्य अतिथी एकेडमिक डीन डॉ. अरुण चौगले, आई.एच.टी. एण्ड एन.ई. कॉलेज के प्राचार्य डॉ. सतीश अवस्थी, स्वास्थ्य कल्याण ग्रुप के विभिन्न कॉलेजों के प्राचार्य, एवं नर्सिंग

कॉलेज कि फेकल्टीज उपस्थित रहे। नर्सिंग कॉलेज के प्राचार्य एच. सी. नर्सिंग के प्रथम वर्ष विद्यार्थियों को लैम्प लाइटिंग के साथ शपथ दिलाई ताकि वो अपने व्यवसाय के प्रति समर्पण भावना के साथ मानव सेवा करें। डॉ. अदिति अस्पताल ने अपने शाखा में नर्सिंग की जग्यदात्री फेलोरेन्स नार्सिंगल की जीवनी के उपर प्रकाश डाला और बताया कि फेलोरेन्स नार्सिंगल ने अपने सम्पूर्ण जीवन को मरीजों की सेवाभाव के लिए समर्पित कर दिया।

स्वास्थ्य कल्याण कैंपस में मनाया स्वतंत्रता दिवस



जयपुर. स्वास्थ्य कल्याण ग्रुप के इन्स्टीट्यूट ऑफ मेडिकल टेक्नोलॉजी एण्ड नर्सिंग एजुकेशन में 27 वें स्वतंत्रता दिवस मनाया गया। इस अवसर पर मुख्य अतिथि कल्याण ग्रुप के अध्यक्ष डॉ. अरुण चौगले, डॉ. सतीश अवस्थी, डॉ. अरुण चौगले, डॉ. अरुण चौगले (मैडिकल डीन), डॉ. सतीश अवस्थी (एडमिनिस्ट्रेटिव डीन), डॉ. सतीश अवस्थी (एडमिनिस्ट्रेटिव डीन) एवं अन्य अधिकारी उपस्थित रहे।

कार्यक्रम में सभी अधिकारियों ने भारतीय ध्वज का अभिवादन किया। कार्यक्रम के अंत में डॉ. अरुण चौगले ने सभी छात्रों को संबोधित किया और उन्हें स्वतंत्रता दिवस के अवसर पर देश की सेवा करने का आह्वान किया। कार्यक्रम में डॉ. अरुण चौगले ने सभी छात्रों को संबोधित किया और उन्हें स्वतंत्रता दिवस के अवसर पर देश की सेवा करने का आह्वान किया।

शिविर में दिखा उत्साह और 52 लोगों ने किया रक्तदान



समाचार जगत न्यूज

जयपुर. स्वास्थ्य कल्याण ग्रुप के इन्स्टीट्यूट ऑफ मेडिकल टेक्नोलॉजी एण्ड नर्सिंग एजुकेशन (पेरामेडिकल डिभिजन) में शिविर का आयोजन किया। कार्यक्रम में 52 रक्तदाताओं ने अपना रक्त दान दिया। कार्यक्रम में डॉ. अरुण चौगले ने सभी रक्तदाताओं को धन्यवाद दिया।

शिविर में डॉ. अरुण चौगले ने सभी रक्तदाताओं को धन्यवाद दिया। कार्यक्रम में डॉ. अरुण चौगले ने सभी रक्तदाताओं को धन्यवाद दिया। कार्यक्रम में डॉ. अरुण चौगले ने सभी रक्तदाताओं को धन्यवाद दिया।

मनोचिकित्सक डॉ. राघव शाह ने कहा

मानसिक स्वास्थ्य से संबंधित बीमारियों के प्रति लोगों को जागरूक होना जरूरी

समाचार जगत न्यूज

जयपुर. स्वास्थ्य कल्याण ग्रुप के सीतापुरा स्थित इन्स्टीट्यूट ऑफ मेडिकल टेक्नोलॉजी एण्ड नर्सिंग एजुकेशन, जयपुर में विश्व मानसिक स्वास्थ्य दिवस अवसर पर आयोजित जागरूकता कार्यक्रम में मुख्य व्यक्ति राजस्थान अस्पताल के जानेमाने मनोचिकित्सक डॉ. राघव शाह ने 'मानसिक स्वास्थ्य एक सार्वभौमिक मानवाधिकार है' थीम पर बोलते हुए कहा कि इस दिवस को मनाने का उद्देश्य मानसिक स्वास्थ्य से संबंधित बीमारियों के बारे में लोगों को जागरूक करना है। उन्होंने विद्यार्थियों को परीक्षा



के तनाव को प्रबंधन करने और ऑनलाइन गैमिंग एवं मोबाइल की लत से बचने के उपाय बताये। इस अवसर पर संस्था के प्राचार्य डॉ. सतीश कुमार अवस्थी ने मानसिक स्वास्थ्य को अच्छा रखने के लिए योग, ध्यान, अध्यात्म के साथ सकारात्मक सोच और कई तरह के अलग-अलग तरीकों को अपने

जीवन में उतारने के लिये जागरूक किया। इस अवसर पर स्वास्थ्य कल्याण ग्रुप के विभिन्न कॉलेजों के फेकल्टी एवं विद्यार्थी उपस्थित थे। कार्यक्रम के अन्त में शीला शर्मा (एसोसियेट प्रोफेसर) ने कार्यक्रम में शा मिल हुए विभिन्न कॉलेजों के प्रिंसिपल, फेकल्टी एवं विद्यार्थियों का धन्यवाद ज्ञापित किया।

मेडिकल लैब साइंस कॉन्फ्रेंस 17 से, जयपुर में जुटेंगे देशभर के लैबोरेट्री टेक्नॉलॉजिस्ट

जयपुर, समाचार जगत न्यूज। इंडियन कॉन्फेडरेसन ऑफ मेडिकल लैबोरेट्री साइंस, नई दिल्ली की दो दिवसीय राष्ट्रीय स्तरीय मेडिकल लैब साइंस कॉन्फ्रेंस आई सी एम एल एस 2022 शनिवार 17 दिसम्बर से जयपुर के सवाई मानसिंह मेडिकल कॉलेज एवं अस्पताल के सुश्रुत सभागार में आयोजित की जाएगी।

इस कॉन्फ्रेंस में देशभर के करीब 600 मेडिकल लैबोरेट्री टेक्नॉलॉजिस्ट, रिसर्च साइंटिस्ट एवं मेडिकल लैब साइंस के विद्यार्थी जुटेंगे। इस राष्ट्रीय कांफ्रेंस में देशभर के नामी चिकित्सा संस्थानों, मेडिकल कॉलेजों के मेडिकल लैब टेक्नॉलॉजिस्ट एवं साइंटिस्ट अपने व्याख्यान देंगे एवं इस क्षेत्र में होने वाले नए रिसर्च, अनुसंधान एवं विकास पर भी अपने रिसर्च पेपर पढ़ेंगे। कांफ्रेंस के सह संयोजक गोपाल शर्मा ने बताया कि इस बार राष्ट्रीय कांफ्रेंस के लिए राजस्थान से जयपुर को चुना गया है।

रक्तदाता जागरूकता पोस्टर का विमोचन

जयपुर | विश्व रक्तदाता दिवस के अवसर पर स्वास्थ्य कल्याण रक्त संग्रहण केंद्र पर स्वास्थ्य कल्याण ब्लड बैंक की ओर से रक्तदाता जागरूकता पोस्टर का विमोचन किया गया। कार्यक्रम में डॉ. एस एस अग्रवाल, डॉ. के.के. मिश्रा, आनन्द अग्रवाल, डॉ. ओपी गुप्त, डॉ. उर्मिल धूरिया एवं डॉ. गोपाल शर्मा आदि उपस्थित रहे।



स्वास्थ्य कल्याण ब्लड बैंक के मैनेजिंग ट्रस्टी डॉ. एस एस अग्रवाल ने इस अवसर पर विश्व स्वास्थ्य संगठन की ओर से इस साल का थीम, 'रक्तदान करने के लिए एकजुटता से प्रयास करें और जीवन बचाएं' की जानकारी दी।

मेडिकल लैबोरेट्री साइंस कॉन्फ्रेंस शुरू

जयपुर @ पत्रिका. सवाई मानसिंह मेडिकल कॉलेज के सुश्रुत सभागार में शनिवार से तीसरी नेशनल मेडिकल लैबोरेट्री साइंस कॉन्फ्रेंस आईसीएमएलएस 2022 की शुरुआत हुई। मुख्य अतिथि भाजपा नेता अरुण घतुर्वेदी, डॉ. एसएस अग्रवाल, डॉ. अरुण घोगले, डॉ. पंकज कोल एवं आईसीएमएलएस के अध्यक्ष कप्तान सिंह शोरावत सहित अन्य अतिथियों ने दीप प्रज्वलित कर कार्यक्रम की शुरुआत की। इस अवसर पर मुख्य अतिथि घतुर्वेदी ने कहा कि कोरोना महामारी के दौरान मेडिकल लैब टेक्नॉलॉजी ने सैपल कलेक्शन एवं



जांच में महत्वपूर्ण भूमिका अदा की थी। वहीं, पैरामेडिकल को एलाइड हेल्थ साइंस में बदल दिया है, जो कि केंद्र सरकार के एक नेशनल कमिशन ऑफ एलाइड एंड हेल्थ केयर बिल 2021 के रूप में संसद द्वारा पारित किया है।

राष्ट्रीय स्तर की मेडिकल लैब साइंस कॉन्फ्रेंस आईसीएमएलएस 2022 में जुटेंगे देशभर के मेडिकल लैबोरेट्री टेक्नॉलॉजिस्ट

जीतेन्द्र प्रधान/कट्टी
विजयन/जयपुर

इंडियन कॉन्फेडरेसन ऑफ मेडिकल लैबोरेट्री साइंस, नई दिल्ली की दो दिवसीय राष्ट्रीय मेडिकल लैब साइंस कॉन्फ्रेंस 17 दिसम्बर को

जयपुर के सवाई मानसिंह मेडिकल कॉलेज और अस्पताल के सुश्रुत सभागार में आयोजित की जाएगी। इस कॉन्फ्रेंस में देशभर के करीब 600 मेडिकल लैबोरेट्री टेक्नॉलॉजिस्ट, रिसर्च साइंटिस्ट और मेडिकल लैब साइंस के विद्यार्थी जुटेंगे।

प्रतिवर्ष होने वाली इस राष्ट्रीय कांफ्रेंस में देशभर के नामी चिकित्सा संस्थानों, मेडिकल कॉलेजों के मेडिकल लैब टेक्नॉलॉजिस्ट एवं साइंटिस्ट अपने व्याख्यान देंगे और इस क्षेत्र में होने वाले नए रिसर्च, अनुसंधान एवं विकास पर भी अपने रिसर्च पेपर पढ़ेंगे। कांफ्रेंस के सह संयोजक गोपाल शर्मा ने बताया कि इस बार राष्ट्रीय कांफ्रेंस के लिए राजस्थान

से जयपुर को चुना गया है। इस कॉन्फ्रेंस में इल्ट में संसद द्वारा पारित द नेशनल कमिशन ऑफ एलाइड एंड हेल्थकेयर बिल 2021 पर विस्तृत चर्चा होगी। साथ ही इस बिल के वर्तमान तथा भविष्य में मेडिकल लैब साइंस में होने वाले शिक्षा में परिवर्तन, अनुसंधान, रिसर्च पर पढ़ने वाले छात्रों की चर्चा भी की जाएगी।

आईसीएमएलएस राजस्थान स्टेट ब्रांच के महासचिव राजेश कुमार जर्मा ने बताया कि यह राजस्थान राज्य में इस तरह की पहली राष्ट्रीय स्तर की मेडिकल लैब साइंस कॉन्फ्रेंस है और भविष्य में प्रति वर्ष इस प्रकार की कॉन्फ्रेंस, सेमिनार, वर्कशॉप आयोजित की जाएगी जिससे अलाइड एंड हेल्थकेयर बिल के अनुरूप नए विद्यार्थियों को मेडिकल लैब साइंस में होने वाली नवीनतम टेक्नॉलॉजी को जानने, पढ़ने, समझने का अवसर प्राप्त हो सके।

डॉ. मिश्रा को लाइफटाइम अवॉर्ड

जयपुर @ पत्रिका. इंडियन सोसायटी ऑफ ब्लड ट्रांसफ्यूजन एंड



इम्यूनोहेमेटोलॉजी की वर्चुअल कॉन्फ्रेंस बेंगलूरु में हुई। इसमें स्वास्थ्य कल्याण ब्लड बैंक,

जयपुर के निदेशक डॉ. के.के. मिश्रा को लाइफ टाइम अचीवमेंट अवॉर्ड दिया। राजस्थान ब्लड बैंक सोसायटी के अध्यक्ष डॉ. वेद प्रकाश ने बताया कि मिश्रा ने राजस्थान में सर्वप्रथम सिंगल डोनर प्लेटलेट्स की शुरुआत की थी।



Health Care

About Swasthya Kalyan Blood Banks

The healthcare services of our group have always been initiated on the basis of the needs of the society. For this reason we opened the first private ambulance service, the first private nursing school, and first paramedical college of the state. We continue to cater the medical needs of the people through our blood banks, pharmacy, hospitals, and medical institutions.

Swasthya Kalyan Blood Bank and Thalassemia Research Centre is the first licensed blood bank in Rajasthan which was set up in 1995 and we celebrated 25th foundation day of Swasthya Kalyan blood bank. The blood bank has continued its pioneering work in the field by introducing the first platelet apheresis machine of the state in 1991 and getting the first cryoprecipitate license of the state in 2000. For its work, the blood bank was rewarded with a state reward of Rs. 51,000 by His Highness The Governor of Rajasthan in 2001. Since then, Swasthya Kalyan Blood bank has dedicated itself in ensuring that no one in Jaipur or anywhere else suffer from the paucity of blood and /or its components.

Blood is issued without taking any testing and processing charges from poor and thalassemia patients. The same facility is available for its employees and their dependents.

SWASTHYA KALYAN BLOOD WALLET

As it is first of its kind blood bank wallet, it functions just like a bank. When one donates a unit of blood, it will be credited into his account. The donor will be able to debit it when required or transfer it to another account through this mobile app. This app was launched on 15th May 2019.

Our Blood Banks

- 1 Swasthya Kalyan Blood Bank
- 2 Apex Swasthya Kalyan Blood Bank
- 3 Swasthya Kalyan Institute of Transfusion Medicine



Services Available

- ① Whole Human Blood
- ② Leucoreduced Packed Red Blood Corpuscles
- ③ Leucoreduced Platelet Concentrate
- ④ Leucoreduced Fresh Frozen Plasma
- ⑤ Cryoprecipitate
- ⑥ Platelet apheresis (Using Cell Separator)
- ⑦ Plasma Apheresis (Using Cell Separator)
- ⑧ Saline Washed Red Cells
- ⑨ Leucodepleted Red Cells
- ⑩ Packed Red Cell Aliquot
- ⑪ Platelet Rich Plasma
- ⑫ Pooled Platelets
- ⑬ SDP with PAS (Platelet Additive Solution)
- ⑭ Blood Donation Camps
- ⑮ In-House Blood Donation
- ⑯ Blood Donation Vehicles
- ⑰ Blood Storage Centre for Hospitals
- ⑱ Blood at your door step facility round the clock
- ⑲ Country's first Rakt Sangrahan Bhawan in operation
- ⑳ Continuing Medical Education Programme for Doctors, Lab Technicians and Nursing Personnel
- ㉑ Talks & Lectures in Schools & Colleges

Key Highlights

Established in 1995
Serving for 28+ years



1st Non Government
Blood Bank of Rajasthan

1st licence of Platelet
Apheresis

1st NABH Accrediated stand
alone Blood Centre in Rajasthan

48092
Donation (2020 till date)



96194
Issue (2020 till date)

Partner Hospitals
27+



Hospitals
400+

Storage Centre
4



Mobile Blood
Collection Van

740
Camps (2020 till date)



1500+
NGO Associated

Sister Unit
• Apex Swasthya Kalyan
Blood Bank



35884
Voluntary Donation

Blood Bank Team Members



Dr. S S Agarwal

MBBS, MD Medicine, FRCP
Chairman, Swasthya Kalyan Group
& Rajasthan Hospital



Dr. K K Mishra

MBBS, MD Pathology & Microbiology
Consultant, Transfusion Medicine
Former National Treasurer, Indian
Society of Blood Transfusion &
immunohematology



Mr. Anand Agarwal

MBA
Managing Director



Dr. Sarvesh Agarwal

MBBS, MBA
Chief Strategy Officer



Dr. Urmil Dhuria

MBBS, DIHBT
Senior Consultant, Transfusion Medicine



Dr. O P Gupta

MBBS
Senior Medical Officer



Dr. S P Bhargava

MBBS
Medical Officer



Dr. Om Prakash Gupta

MBBS
Medical Officer Incharge
Apex Swasthya Kalyan Blood Centre

Blood Bank Gallery (1/2)



25th Foundation day ceremony



Rajasthan Blood Banks Society - Poster Release



Independence day celebration



Thanks to voluntary blood donors



World Blood Donors' day at RHL Campus



Blood donation camp on the 28th Foundation day

Blood Bank Gallery (2/2)



ब्लड बैंकों को रक्तदाता बनाए आत्मनिर्भर ताकि एतज में रक्तदान ना करना पड़े: डॉ. अग्रवाल

माऊथ प्रेस अग्रवाल डॉ. ललित पुनिया ने किया स्वैच्छिक रक्तदान आनन्दकाल के दौरान का विगोचन



आत्मनिर्भर को बनाए एतज में रक्तदान करने का अर्थ है कि हमें रक्तदान करने की आवश्यकता नहीं पड़ेगी। डॉ. अग्रवाल ने कहा कि रक्तदान करने से हमें रक्तदान करने की आवश्यकता नहीं पड़ेगी। डॉ. अग्रवाल ने कहा कि रक्तदान करने से हमें रक्तदान करने की आवश्यकता नहीं पड़ेगी। डॉ. अग्रवाल ने कहा कि रक्तदान करने से हमें रक्तदान करने की आवश्यकता नहीं पड़ेगी।

रक्तदान करने से हमें रक्तदान करने की आवश्यकता नहीं पड़ेगी। डॉ. अग्रवाल ने कहा कि रक्तदान करने से हमें रक्तदान करने की आवश्यकता नहीं पड़ेगी। डॉ. अग्रवाल ने कहा कि रक्तदान करने से हमें रक्तदान करने की आवश्यकता नहीं पड़ेगी।

आवश्यकता का 80 प्रतिशत रक्त स्वैच्छिक रक्तदान से मिल रहा



असम के राज्यपाल जगदीश मुखी ने 71 महिला रक्तदाताओं को रक्त गौरव अवार्ड से नवाजा

संस्कृत-राज्य और देश में पहली बार ऐसा कार्यक्रम

कम नहीं महिलाएं

असम के राज्यपाल जगदीश मुखी ने 71 महिला रक्तदाताओं को रक्त गौरव अवार्ड से नवाजा। यह कार्यक्रम असम के राज्यपाल जगदीश मुखी ने 71 महिला रक्तदाताओं को रक्त गौरव अवार्ड से नवाजा।

संस्कृत-राज्य और देश में पहली बार ऐसा कार्यक्रम। यह कार्यक्रम असम के राज्यपाल जगदीश मुखी ने 71 महिला रक्तदाताओं को रक्त गौरव अवार्ड से नवाजा।

कम नहीं महिलाएं। यह कार्यक्रम असम के राज्यपाल जगदीश मुखी ने 71 महिला रक्तदाताओं को रक्त गौरव अवार्ड से नवाजा।

रक्तदान करके बचाएं तीन जिंदगी कोरोना काल में रक्त और प्लाज्मा की बढ़ी जरूरत

व्युरो/नवज्योति, जयपुर। एक यूनिट रक्तदान करने वाला व्यक्ति तीन जिंदगियों को नया जीवनदान दे सकता है। जबकि कोरोना से ठीक हुआ व्यक्ति अपनी नेगेटिव रिपोर्ट के 14 दिन बाद अपना प्लाज्मा दान करके गम्भीर कोरोना मरीजों को बचा सकता है। हर वह व्यक्ति जो कोरोना संक्रमित होकर ठीक हो गया हो और जिसकी उम्र 18 से 60 वर्ष के बीच हो, वह हर 15 दिन में प्लाज्मा दान करके कोरोना मरीजों को बचा सकता है। कोरोना काल में रक्तदान और प्लाज्मा दान की जरूरत कई गुना बढ़ गई है।

विश्वव्यापी कोरोना महामारी के चलते प्रदेश में भी कोरोना मरीजों के इलाज के लिए प्लाज्मा की जरूरत महसूस हो रही है, लेकिन वह प्लाज्मा केवल कोरोना से ठीक हुआ व्यक्ति ही दे सकता है, क्योंकि उसके शरीर के अंदर कोरोना वायरस से लड़ने की शक्ति विकसित हो जाती है। ऐसे में इस महामारी से उभर चुके लोगों को अन्य कोरोना संक्रमित मरीजों की जान बचाने के लिए जनहित में अग्रे आना चाहिए। सुरक्षित माहौल में करें रक्तदान: रक्तदान परिसंघ के सचिव संजय खवाड़ ने बताया कि कोरोना काल में कोरोना के अतिरिक्त अन्य बीमारियों से ग्रसित मरीजों और दुर्घटना आदि में घायल हुए व्यक्तियों के लिए भी रक्त की जरूरत होती है, लेकिन कोरोना के चलते लोग आगे नहीं आ पा रहे हैं। ऐसे में यह पीढ़ियों की सेवा के लिए स्वैच्छिक रक्तदान करने में जरूर हिस्सा लें।

मंडे कांति

1988 में पुलिस अफसर ने सिपाही की जान बचाई तो प्रेरित पत्नी 30 साल से रक्तदान में जुट गई, चुने गए बेस्ट डोनर कपल, 71 महिलाओं का भी सम्मान हुआ

रक्तदान करने की एक दिन, एक ही सपना... पर फिर आनन्द-अनन्द... जिंदगी को बचाइ... रक्तदान करने के लिए एक दिन फिर भी को एक-दूसरे से कोई अपना को डराने के रक्तदान के लिए जुट

अग्रवाल का कहना है कि रक्तदान करने से हमें रक्तदान करने की आवश्यकता नहीं पड़ेगी। डॉ. अग्रवाल ने कहा कि रक्तदान करने से हमें रक्तदान करने की आवश्यकता नहीं पड़ेगी। डॉ. अग्रवाल ने कहा कि रक्तदान करने से हमें रक्तदान करने की आवश्यकता नहीं पड़ेगी।



पत्नी रक्त दान करवाया। 30 साल से रक्तदान करने वाली महिला का कहना है कि रक्तदान करने से हमें रक्तदान करने की आवश्यकता नहीं पड़ेगी। डॉ. अग्रवाल ने कहा कि रक्तदान करने से हमें रक्तदान करने की आवश्यकता नहीं पड़ेगी।

About Rajasthan Hospital (RHL)

Rajasthan Hospital (RHL) is a culmination of years of envisioning with the motto of creating a centre that heals the society. We are an advanced multispecialty hospital with a simple yet bold Vision – “Healing for all”. We identify ourselves foremost as a healing home and then a hospital. With modern infrastructure and state of the art amenities, we provide the best technical facilities with the comfort of a home. We, at Rajasthan Hospital, have redefined the prevailing standards of technology, infrastructure and clinical care, bringing with itself a level of care that gives a massive boost to patient outcomes. Situated in the heart of Jaipur, Rajasthan Hospital gives patients access to the best doctors and the highest quality of healthcare at an affordable cost.

RHL is an NABH accredited hospital with our laboratory being accredited with NABL. The infrastructure is designed for JCI readiness an international benchmarking. It is also awarded with AHPI award 2022 for green hospital, pursuing carbon neutrality. In terms of departmental coverage, the hospital has comprehensive, clinical, medical, surgical, and critical care services and offers tertiary care health care services to the patients. The hospital is equipped with 24x7 emergency and trauma care services with ability to handle all kinds of medical emergencies. Some of the highlights:

- MRI 1.5 Tesla machine for Coronary angiogram, perfusion studies, Complex neuro / musculoskeletal imaging & Onco imaging.
- Facility for Pet CT, Linac, Psychology tests, audiometry
- RHL heart center has North India's 1st Robotic angioplasty, and is fully equipped for coronary bypass & all kinds of Thoraco-vascular surgeries.
- Center for addiction recovery (CARE) is headed by Rajasthan's 1st super specialist DM Deaddiction psychiatry
- RHL Renova Cancer Center is equipped with facility for Medical, Surgical & Radiation Oncology
- Laparoscopic, laser surgery, endoscopy
- Ultramodern GE IGS520 Cath Lab which is the first of its kind in North India and only 3 rd of its kind in India. Capable to perform all kinds of interventional neurology and cardiology procedures including pediatric age group.
- 128 slice GE CT Scan to cater to all kinds of CT imaging including Cardiac Coronary Studies.
- NABL accredited fully automated laboratory with complete integration with Hospital Information System to make sure all reports are on the fingers of doctors and patients.
- One of the most advanced pulmonology departments in India with pioneer work in Asthma, Allergy & Interstitial Lung Disease having facility of ECMO, bronchoscopy & whole lung lavage.
- An advanced eye center having OCT, Phaco, fundus camera and retinal microscope.
- Fully modular Operation Theaters and an OT complex designed for 100% sterility.
- India's first PradhanMantri Jan Aushadhi Pharmacy in a private hospital to ensure presence of high quality affordable medicines for the patients.
- Ultramodern Mother & Child faculty & services with the best in class equipment to ensure that a joyous occasion in someone's life is enjoyed without stress.
- World class Intensive Care (ICU) services with ultramodern monitoring and interventional equipment to ensure improved patient outcome.

Vision and Mission

For a successful healthcare system it is imperative that the service has high quality, is affordable and is accessible. Our vision of "Healing for all" encompasses these three parameters of quality, affordability and access. We aim to realize our vision through our actionable mission of "providing quality care at affordable cost". In all our day to day activities as well as long term envisioning, we stay true to this mission, constantly asking ourselves – does it provide care that is required, at a cost that is in sync with the limitations of the society. To carry out our mission we always try to:

- Excel in specialized care supported by modern approach and research
- Attract the best qualified medical and support staff
- Excel in service
- Provide access to affordable medical care

Organization Values

The word 'Hospital' is often associated with unpleasant memories by people resulting from over-commercialization and lack of compassion. We, at Rajasthan Hospital, intend to change that. We identify ourselves foremost as a healing home where every patient receives the best care possible in a pleasant environment. We've built a structure in which light reaches every corner – and so does hope, life and positivity. Our teams are trained to care with empathy and responsibility.



RHL Leadership



Dr. S S Agarwal

Chairman, Rajasthan Hospital & Swasthya Kalyan Group



Dr. Virendra Singh

President
Rajasthan Hospital



Dr. Sarvesh Agarwal

CEO & VP, Rajasthan Hospital
Sr. Consultant,
Swasthya Kalyan Group



Retd. Maj. Gen.
Dr. Vijay Saraswat

Chief Operating Officer
Rajasthan Hospital



Dr. Raghav Shah

Director & Consultant CARE



Dr. Ravinder Singh Rao

Vice Chairman, Rajasthan Hospital
Chairman, RHL Heart Centre



Dr. Sheetu Singh

Director & Chief Interventional
Pulmonologist, RHL Lung Center

Management

Vijendra Kumar Sharma
Nursing Superintendent

Dr Shruti Sureka Agrawal
Quality Head

Shaily Bohra
Insurance & TPA Consultant

Gyanish Chandra
General Manager Hospitality

Dr Swapnil Singhal
Project Manager

Devkinandan Jhavar
Accounts Manager

Suniti Peswani
General Manager People Operations

Mahesh Kumar Saini
IT Manager

RHL Doctor's Team



RHL Doctor's Directory



Bone, Joint & Orthopedics

Dr. S S Soni

Dr. Jitesh Jain

Dr. Rahul Upadhyay

Dr. Rahul Temani



Brain Center

Dr. Vikram Bohra, Neurology

Dr. Anil Kothiwala, Neurosurgery

Dr. Apoorv Sharma, Neurology



Critical Care

Dr. Narendra Rungta

Dr. Neetika Soni

Dr. Sana



Anesthesiology

Dr. Khushbu Umarwal

Dr. Sheila Gautam

Dr. Sohan Lal Yadav



Lung Center of Excellence

Dr. Virendra Singh, President

Dr. Sheetu Singh, Director

Dr. Madhur Joshi

Dr. Aniket Mondal

Dr. Jitendra Bairwa



Emergency Care

Dr. Rakesh Sharma



ENT

Dr. Pankaj Singh



Eye Center

Dr. Karishma Goyal



Heart Center Cardiology

Dr. Ravinder Singh Rao, Vice Chairman, RHL

Dr. Kailash Chandra

Dr. Govind N Sharma

Dr. Prashant S K Varshney

Heart Center Cardiac Surgery (CTV)

Dr. Budhaditya Chakraborty

Dr. Rakesh Kumar Bhargava



Gastric Sciences

Dr. Naveen Yadav



Surgical Sciences

Dr. Sharad Daga



Interventional Radiology

Dr. Raganath Nagvekar



De Addiction Psychiatry

Dr. Raghav Shah, Director - RHL CARE

Dr. Chitrakshree Singh

Dr. Reeva Chaudhary



Dental Sciences

Dr. Navneet Godara



Medicine

Dr. P. C. Ranka

Dr. Ashok Dutt Mathur

Dr. D K Jain



Mother & Child

Obstetrics & Gynaecology

Dr. Veena Acharya

Dr. Priyanka Sharma

Dr. Shilpa Gupta Jetwani

Pediatrics & Neonatology

Dr. Deep Chand Khandelwal



Physiotherapy & Rehabilitation

Dr. Mahesh Shou

Dr. Arun Kumar Sharma



RHL Renova Cancer Centre

Dr. Manish Chomal

Dr. Abhishek Pareek

Dr. Vinod Sharma

Dr. Ananya Pareek

Dr. Mahendra Acharya

Dr. Sarjeet Saini



Radiology & Imaging

Dr. Radha Mohan Batwara

Dr. Purna Singh Saharan

Dr. Apar Mathur



Diabetes & Endocrinology

Dr. Arvind Gupta

Dr. Suchitra Yadav

Dr. Priyashri Katewa



Renal Sciences

Dr. Ajay Singh, Nephrology

Dr. Sunandan Yadav, Urology



Skin Center

Dr. Dinesh Mathur

EXPERT INSIGHTS ON PCOS



Dr. Veena Acharya

HOD & Sr. Consultant at Rajasthan Hospital, Jaipur



Dr. Priyanka Sharma

Consultant at Rajasthan Hospital, Jaipur

Dear readers,

This time we have a truly insightful interview for you. We are joined by two distinguished experts in the field of gynecology and obstetrics, Dr. Veena Acharya and Dr. Priyanka Sharma. Their combined experience and expertise are set to shed light on a topic of paramount importance – Polycystic Ovary Syndrome (PCOS), a condition that affects countless females of reproductive age and significantly impacts their quality of life.

Dr. Veena and Dr. Priyanka have dedicated their careers to understanding and treating this widespread and often misunderstood condition. Through their knowledge, compassion, and commitment to improving women's health, they are here to provide us with invaluable information about PCOS. We are honored to have them with us in our Dedipya vol. 5 to enhance our understanding of this common problem that has profound implications on the lives of women worldwide.

Gunjan: Hello, ma'am. It's a pleasure talking to you. As you know, PCOS is the most common female problem nowadays. Can you shed light on this topic?

Dr. Veena Acharya: Hello, Dr. Gunjan. Yes, you're right. PCOS is one of the commonest diseases we see in our gynecology OPD nowadays. PCOS, or Polycystic Ovarian Syndrome, is a hormonal disorder that affects about 6% to 12% of women of reproductive age (18-45 years). It is a hormonal disorder that causes enlarged ovaries with small cysts, leading to irregular menstrual cycles or periods.

Gunjan: So, what are the causes, and are certain women at higher risk for PCOS?

Dr. Veena Acharya: The exact cause of PCOS is not known yet, but several environmental and genetic factors, such as insulin resistance or abnormal production of male hormones, can lead to PCOS. As it is a lifestyle disorder, the risk factors include an unhealthy diet and lack of exercise.

Gunjan: Can you tell us about some symptoms of PCOS?

Dr. Veena Acharya: PCOS is a syndrome, so it's a bit challenging to limit the symptoms. Women with PCOS can experience irregular (infrequent/scanty) periods, infertility, abnormal hair growth or acne, darkened skin on the back of the neck, under the arms, or inner thighs, hair loss, and central obesity in 80% of PCOS women. However, about 20% of affected women have been found to be non-obese or lean.

Gunjan: Mam, can you tell us how PCOS is diagnosed? What tests would be advised if a girl with these symptoms goes to a gynecologist?

Dr. Veena Acharya: PCOS is a syndrome with different signs and symptoms in different women. Diagnosis is based on three findings: 1. Oligo-ovulation/Anovulation (no ovulation), 2. Excess Androgens, and 3. The presence of cysts on ultrasound examination. Other tests, including glucose or insulin levels, LH:FSH ratio, fasting insulin, AMH (Anti-Mullerian Hormone), and other hormone tests (thyroid, prolactin, adrenal hormones), should also be done.

Gunjan: Alright, ma'am. Thank you.

My next question is to Dr Priyanka, Mam this is a very very important question that patients often ask, i.e. what could be the major risks in the future if they are suffering from PCOS?

Dr. Priyanka Sharma: Yes, it's crucial for patients to be aware of potential future risks. Having PCOS increases your lifetime risks of metabolic diseases, Type 2 diabetes, and heart disease. The condition can also increase your risk of developing endometrial hyperplasia (when the lining of the uterus becomes too thick) or endometrial cancer.

Gunjan: Ma'am, as we all know diet plays a significant role in preventing diseases, and patients usually seek dietary advice so can you suggest the appropriate diet to be followed by PCOS patients?

Dr. Priyanka Sharma: PCOS can affect how the body processes glucose and insulin levels. Therefore, it's essential to focus on the diet. Some dietary recommendations include: Eating a low-carb diet and mainly consuming "good" carbs like whole grains and fruits. Opt for antioxidant-rich foods like berries instead of sugary treats. Limit the consumption of sugary drinks. Increase the intake of vegetables and lean protein sources like fish and chicken. Include unsaturated vegetable oils, such as walnuts and avocado in your diet. Remember to make changes gradually, one step at a time, instead of trying to change everything at once. Moderation is also essential; you can treat yourself occasionally with your favorite indulgence.

Gunjan: Thank you so much, ma'am, for sharing such insightful information on PCOS. Many women have questions about conceiving with PCOS, such as the chances of multiples and how it might affect their gestational period and their child's health.

Dr. Priyanka Sharma: Yes, women who want to conceive often have many questions like these. Most women with PCOS can have a baby with fertility treatment. When using medication to induce ovulation, there is a possibility that more than one egg may develop and drop into the fallopian tubes during ovulation, leading to a 10% risk of multiples. It's crucial to work with a fertility specialist who can closely monitor your response to the medication. Fortunately, there are no significant side effects of the treatment that would hinder conception.

Gunjan: Ma'am, can you also outline the probable treatment plan for PCOS?

Dr. Priyanka Sharma: The goal of treatment is to address insulin resistance (e.g., with metformin), reduce androgens (using anti-androgen drugs), and provide testosterone treatment for infertility, acne, and irregular cycles (e.g., with birth control pills). This approach also helps prevent endometrial hyperplasia.

Gunjan: Thank you so much, Dr. Veena Acharya and Dr. Priyanka Sharma mam, for your invaluable insights on managing PCOS. Your expertise will undoubtedly be a tremendous help to women dealing with this condition. Your dedication to sharing knowledge is greatly appreciated.



Gunjan

Intern

Batch- 2018-2019

Swasthya Kalyan Homoeopathic Medical College & Research Centre, Sitapura



baat karke ton dekho
Khomakovergips

Here is how you could help your loved one seek treatment for addiction

A young, hard-working man in his 30s started consuming alcohol as a recreational activity, but it soon turned into an addiction. He often complained of financial stress and criticism from family as the reason for drinking. He continued consuming alcohol even after his liver was damaged, as it helped relieve tremors. Finally, when he agreed to seek help, the patient and family understood that alcohol addiction is a chronic illness in itself, and requires treatment. Three to four months into treatment, the individual is recovering well. The family members of individuals struggling with substance abuse often tend to feel angry, helpless and frustrated. But, there are some ways in which you can help a loved one seek treatment.

- Ask a question, rather than saying, "Don't you think you consume too much alcohol?"
- Listen to them empathetically when they speak about addiction, rather than criticizing them.
- Help them connect the dots, that is, how problems in health and various other areas of life are a result of substance abuse.
- Be patient, do not give up when the person refuses to seek help or denies use.
- Encourage and participate in healthy and substance-free activities.
- Be firm in not allowing substance use at home or work.

Change is possible. Help your family member seek help/treatment that will replace their addiction with love and purpose.

Criticism or blame will only push the person with alcohol use further into guilt.

OR RASHMI SHARMA

Disclaimer: The veracity of any health claim made in the above article is the responsibility of the concerned doctor/hospital

राजस्थान अस्पताल में शुरू हुई उत्तर भारत की पहली रोबोटिक एंजियोप्लास्टी

मानव इच्छा को और भी बेहतर करेगी नई तकनीक : धनराज



उत्तर भारत की पहली रोबोटिक एंजियोप्लास्टी का उद्घाटन राजस्थान के राजस्थान अस्पताल जयपुर में हुआ।

जयपुर, (राज.) : उत्तर भारत की पहली रोबोटिक एंजियोप्लास्टी का उद्घाटन राजस्थान के राजस्थान अस्पताल जयपुर में हुआ। राजस्थान के राजस्थान अस्पताल के अध्यक्ष डॉ. धनराज शर्मा ने कहा कि यह तकनीक मानव इच्छा को और भी बेहतर करेगी।

डॉ. धनराज शर्मा ने कहा कि यह तकनीक मानव इच्छा को और भी बेहतर करेगी।

प्रदेश में पहली बार सर्जरी से प्लेट फुट 'चपटे पांव' का इलाज

राजस्थान अस्पताल के विकल्सकों ने की सर्जरी



जयपुर, (राज.) : प्रदेश में पहली बार सर्जरी से प्लेट फुट 'चपटे पांव' का इलाज राजस्थान अस्पताल के विकल्सकों ने किया।

डॉ. धनराज शर्मा ने कहा कि यह तकनीक मानव इच्छा को और भी बेहतर करेगी।

डेंगू के साथ पेट में ब्लीडिंग का गेस्ट्रिक आर्टरी की एम्बोलॉइजेशन से सफल इलाज

राजस्थान अस्पताल के विशेषज्ञ विकल्सकों ने नई तकनीकी का उपयोग कर बचाई मरीज की जान



जयपुर, (राज.) : राजस्थान अस्पताल के डॉक्टरों ने 36 वर्षीय डेंगू के साथ पेट में ब्लीडिंग का कारण बनने वाले गेस्ट्रिक आर्टरी की एम्बोलॉइजेशन से सफल इलाज किया।

डॉ. धनराज शर्मा ने कहा कि यह तकनीक मानव इच्छा को और भी बेहतर करेगी।

इयरेयरानल एपेरेटोमी: पेरिफेरल वॉस्कुलर डिस्टीज के लिए एक व्यावहारिक प्रचार



जयपुर, (राज.) : राजस्थान अस्पताल के डॉक्टरों ने 36 वर्षीय डेंगू के साथ पेट में ब्लीडिंग का कारण बनने वाले गेस्ट्रिक आर्टरी की एम्बोलॉइजेशन से सफल इलाज किया।

डॉ. धनराज शर्मा ने कहा कि यह तकनीक मानव इच्छा को और भी बेहतर करेगी।

मरीज एक और फंगस दो, फिर भी डॉक्टरों ने नहीं मानी हार

राजस्थान हॉस्पिटल के डॉक्टरों ने जटिल सर्जरी कर दी नई जिंदगी



जयपुर, (राज.) : राजस्थान अस्पताल के डॉक्टरों ने 36 वर्षीय डेंगू के साथ पेट में ब्लीडिंग का कारण बनने वाले गेस्ट्रिक आर्टरी की एम्बोलॉइजेशन से सफल इलाज किया।

डॉ. धनराज शर्मा ने कहा कि यह तकनीक मानव इच्छा को और भी बेहतर करेगी।

राजस्थान हॉस्पिटल में हुई ऑस्टियो आर्थराइटिस के लिए जेनिक्वूलर आर्टरी एम्बोलिजेशन



जयपुर।

भारत में पहले का जयपुर के राजस्थान अस्पताल में जेनिक्वूलर आर्थराइटिस के लिए ऑस्टियो आर्थराइटिस के लिए जेनिक्वूलर आर्टरी एम्बोलिजेशन किया गया। मरीज 63 वर्षीय महिला को दोहरी धुरती के ऑस्टियो आर्थराइटिस की समस्या थी। इस धुरती पर भी उपचार इस बात में सफल हो सका है कि उन्हें हर रोज घुबल धुरती धुरती के जेनिक्वूलर आर्थराइटिस पर नहीं था, एक बार में खड़े होने में 5 अग्रगण्य घण्टा का रोज की ऑस्टियो आर्थराइटिस की समस्या को जल्द ठीक करने में सफल हो गई थी।

राजस्थान अस्पताल के इंटरनेशनल रेडियोलॉजी टीम के मुख डॉ. गुरुपत साहनेकर एवं डॉ. मनीष राजपूत ने ऑस्टियो आर्थरी एम्बोलिजेशन का विकल्प बताया। डॉ. मनीष राजपूत ने बताया कि मरीज का घुबल की कि ऑस्टियो आर्थरी है। डॉ. मनीष राजपूत एवं डॉ. गुरुपत साहनेकर ने बताया कि मरीज को घुबल की कि ऑस्टियो आर्थरी है। डॉ. मनीष राजपूत एवं डॉ. गुरुपत साहनेकर ने बताया कि मरीज को घुबल की कि ऑस्टियो आर्थरी है। डॉ. मनीष राजपूत एवं डॉ. गुरुपत साहनेकर ने बताया कि मरीज को घुबल की कि ऑस्टियो आर्थरी है।

अस्पताल के डॉ. एस. एस. अग्रवाल ने बताया कि इससे पूर्व कुछ मरीजों को भी इस उपचार करने में सफलता मिली थी। डॉ. मनीष राजपूत एवं डॉ. गुरुपत साहनेकर ने बताया कि मरीज को घुबल की कि ऑस्टियो आर्थरी है।

भारत में तीन करोड़ से ज्यादा सोरायसिस से पीड़ित: डॉ. दिनेश माथुर

आत्मसंकाया के लिए एक चोस्टर का विमोचन

जयपुर, समाचार काल न्यूज़। जयपुर के डॉ. दिनेश माथुर ने बताया कि सोरायसिस बीमारी से लाखों लोग पीड़ित हैं। डॉ. दिनेश माथुर ने बताया कि सोरायसिस बीमारी से लाखों लोग पीड़ित हैं। डॉ. दिनेश माथुर ने बताया कि सोरायसिस बीमारी से लाखों लोग पीड़ित हैं।



भारत में तीन करोड़ से ज्यादा सोरायसिस से पीड़ित हैं। डॉ. दिनेश माथुर ने बताया कि सोरायसिस बीमारी से लाखों लोग पीड़ित हैं। डॉ. दिनेश माथुर ने बताया कि सोरायसिस बीमारी से लाखों लोग पीड़ित हैं।

सोरायसिस से जयपुर के डॉ. दिनेश माथुर ने बताया कि सोरायसिस बीमारी से लाखों लोग पीड़ित हैं। डॉ. दिनेश माथुर ने बताया कि सोरायसिस बीमारी से लाखों लोग पीड़ित हैं।

प्रदेश में पहली बार राजस्थान अस्पताल में एलोग्राफ्ट से घुटने के लिगामेंट की सफल सर्जरी



जयपुर | राजस्थान अस्पताल जयपुर में पहले का एलोग्राफ्ट से घुटने के लिगामेंट की सफल सर्जरी का उपचार में सफलता मिली है। डॉ. दिनेश माथुर ने बताया कि सोरायसिस बीमारी से लाखों लोग पीड़ित हैं। डॉ. दिनेश माथुर ने बताया कि सोरायसिस बीमारी से लाखों लोग पीड़ित हैं।

डॉ. सिंह को राष्ट्रीय पुरस्कार



जयपुर | वाराणसी में आयोजित नेशनल पल्मोनरी कांफ्रेंस में आयोजित राष्ट्रीय स्तर की प्रतियोगिता में जयपुर की डॉ. शीतू सिंह चैस्ट विशेषज्ञ को अस्थमा और एलर्जी रोगों में सर्वश्रेष्ठ शोध का पुरस्कार मिला। अस्थमा में शोध के लिए उन्हें प्रशस्ति पत्र और 25 हजार रुपये के पुरस्कार से सम्मानित किया गया।

कोरोना के डरावने दौर में भी रखा सब, लंबे संघर्ष के बाद फिर से पाई जिंदगी

राजस्थान अस्पताल से डेढ़ माह के संघर्ष के बाद ठीक हुए 4 कोविड मरीज

जयपुर, समाचार काल न्यूज़। राजस्थान अस्पताल में 4 कोविड मरीजों का संघर्ष के बाद ठीक होना और स्वस्थ होकर डिस्चार्ज होना देखने को आया है। मरीजों को ठीक होने में सफलता मिली है। डॉ. दिनेश माथुर ने बताया कि सोरायसिस बीमारी से लाखों लोग पीड़ित हैं। डॉ. दिनेश माथुर ने बताया कि सोरायसिस बीमारी से लाखों लोग पीड़ित हैं।



जयपुर, समाचार काल न्यूज़। राजस्थान अस्पताल में 4 कोविड मरीजों का संघर्ष के बाद ठीक होना और स्वस्थ होकर डिस्चार्ज होना देखने को आया है। मरीजों को ठीक होने में सफलता मिली है। डॉ. दिनेश माथुर ने बताया कि सोरायसिस बीमारी से लाखों लोग पीड़ित हैं।

जयपुर, समाचार काल न्यूज़। राजस्थान अस्पताल में 4 कोविड मरीजों का संघर्ष के बाद ठीक होना और स्वस्थ होकर डिस्चार्ज होना देखने को आया है। मरीजों को ठीक होने में सफलता मिली है। डॉ. दिनेश माथुर ने बताया कि सोरायसिस बीमारी से लाखों लोग पीड़ित हैं।

जयपुर, समाचार काल न्यूज़। राजस्थान अस्पताल में 4 कोविड मरीजों का संघर्ष के बाद ठीक होना और स्वस्थ होकर डिस्चार्ज होना देखने को आया है। मरीजों को ठीक होने में सफलता मिली है। डॉ. दिनेश माथुर ने बताया कि सोरायसिस बीमारी से लाखों लोग पीड़ित हैं।

राजस्थान अस्पताल - एच.एल.सी. में जयपुर मरीज टावी तकनीक से बिना चीरफाड़ के बदला हृदय का एओर्टिक वाल्व

जयपुर, समाचार काल न्यूज़। राजस्थान अस्पताल में एच.एल.सी. में जयपुर मरीज टावी तकनीक से बिना चीरफाड़ के बदला हृदय का एओर्टिक वाल्व। डॉ. दिनेश माथुर ने बताया कि सोरायसिस बीमारी से लाखों लोग पीड़ित हैं। डॉ. दिनेश माथुर ने बताया कि सोरायसिस बीमारी से लाखों लोग पीड़ित हैं।

हमारा फोकस समस्या के बजाय समाधान पर है : डॉ. अग्रवाल

आरएचएल के सीएआरआई का स्थापना दिवस मनाया

जयपुर, समाचार काल न्यूज़। आरएचएल सेंटर फॉर एडवेंसड रिजल्टी (सीएआरआई) के स्थापना दिवस पर मरीजों से मुक्ति का मुक्ति मरीजों ने अपने आरटी अनुभव साझा किए। इस अवसर पर डॉ. दिनेश माथुर ने बताया कि सोरायसिस बीमारी से लाखों लोग पीड़ित हैं।



जयपुर, समाचार काल न्यूज़। आरएचएल सेंटर फॉर एडवेंसड रिजल्टी (सीएआरआई) के स्थापना दिवस पर मरीजों से मुक्ति का मुक्ति मरीजों ने अपने आरटी अनुभव साझा किए। इस अवसर पर डॉ. दिनेश माथुर ने बताया कि सोरायसिस बीमारी से लाखों लोग पीड़ित हैं।

जयपुर, समाचार काल न्यूज़। आरएचएल सेंटर फॉर एडवेंसड रिजल्टी (सीएआरआई) के स्थापना दिवस पर मरीजों से मुक्ति का मुक्ति मरीजों ने अपने आरटी अनुभव साझा किए। इस अवसर पर डॉ. दिनेश माथुर ने बताया कि सोरायसिस बीमारी से लाखों लोग पीड़ित हैं।

Pharmacies (1/2)

Rajasthan Hospital Pharmacy

At Rajasthan Hospital we are very clear that we want to provide affordable access to quality health. To ensure this, we have opened India's first Pradhan Mantri Jan Aushadhi Pharmacy in a private hospital. This medical shop provides high quality medicine at a fraction of cost. The quality and pricing both are supervised directly by the Government of India which gives enormous financial value addition to our patients.

- A 24x7 computerized pharmacy
- Drugs are procured from Source Company to assure genuine medicines
- Medicines are transported and stored in ideal temperature conditions



Pharmacies (2/2)

Pradhanmantri Bhartiya Jan Aushadhi Kendra at Swasthya Kalyan Blood bank

Pradhanmantri Jan aushadhi kendra at milap nagar Jaipur is the first kendra in Rajasthan established in private sector. In year 2016 such Jan aushadhi kendra selling only generic medicines at pocket friendly & affordable price were run in government hospitals /centers. The center has been successful among the masses and dispelled the prevalent notion that low priced generic medicines are of inferior quality or are less effective. More than 1800 products are available in the stores, of which some are supplied as per consumer's order.





Writers Corner

PREVENTION OF CERVICAL CANCER: INDIAN VACCINE A PROMISING ADVANCEMENT IN WOMEN'S HEALTH



Prof. Arun Chougule
Dean & Chief Academic Officer desk
Swasthya Kalyan Group

Cervical cancer continues to be a significant global health challenge, affecting millions of women around the world. As health care professional this article will be of importance to all of you. As WHO and UICC provides training and capacity-building programs for healthcare professionals in low-resource settings, equipping them with the skills and knowledge required for effective cervical cancer prevention, screening, and treatment, as health professional you will be one of the key implementer of the programmes. First step is understanding about the risk factors associated with cancer cervix and implementing effective prevention strategies toward reducing its prevalence and saving lives.

Risk Factors for Cervical Cancer

- 1. HPV Infection:** Persistent infection with high-risk HPV strains, notably HPV-16 and HPV-18, is the primary cause of cervical cancer. HPV is a common sexually transmitted infection associated with cervical cancer.
- 2. Early Sexual Activity:** Initiating sexual activity at a young age increases the risk of HPV exposure and other sexually transmitted infections, potentially leading to cervical cancer later in life.
- 3. Multiple Sexual Partners:** Having multiple sexual partners raises the chances of acquiring HPV and other infections linked to cervical cancer.
- 4. Smoking:** Tobacco use weakens the immune system and impairs the body's ability to clear HPV infections, elevating cervical cancer risk.
- 5. Immunosuppression:** Weakened immune systems, such as in individuals with HIV or those undergoing immunosuppressive treatments, make them more susceptible to HPV infection and cervical cancer.
- 6. Low Socioeconomic Status:** Limited access to healthcare and screening in lower socioeconomic communities can lead to delayed diagnosis and poorer treatment outcomes in cervical cancer.
- 7. Family History:** A family history of cervical cancer or other gynecological cancers can increase an individual's vulnerability to the disease.

Cervical cancer is a major concern in India, ranking as the second most common cancer among women despite being preventable. The incidence rate decreased by 39.7% from 1990 to 2016. **Globally, there were 604,127 cervical cancer cases and 342,000 deaths, with India having 146,1427 cancer cases and 808,558 deaths,** making it the highest in Asia. A Lancet study revealed that 23% of cervical cancer deaths occurred in India and 17% in China. Asia accounted for 58% of cases and 58% of deaths, followed by Africa (20%), Europe (10%), and Latin America (10%). China and India together had 39% of cases and 40% of total deaths. Cervical cancer, primarily caused by high-risk HPV, can be combated through prevention, early diagnosis, and advanced treatment, with the HPV vaccine being a powerful tool in this battle.

Prevention is key in combating cervical cancer, and there are effective ways to achieve this:

- 1. Vaccination:** The HPV vaccine is crucial in preventing cervical cancer. Administered to young girls before sexual activity, it guards against high-risk HPV strains, the main culprits behind cervical cancer.
- 2. Regular Screening:** Routine Pap tests or cervical cytology screenings can detect precancerous cervical changes early, allowing for timely intervention. Women should adhere to their healthcare provider's screening guidelines.
- 3. Safe Sexual Practices:** Practicing safe sex, including condom use, reduces the risk of HPV transmission, a primary cause of cervical cancer.
- 4. Smoking Cessation:** Quitting smoking significantly reduces the risk of cervical cancer, as smoking is a contributing factor.

In terms of diagnostic methods:

- 1. Pap Smear:** This test detects abnormal cervical cells by collecting a sample from the cervix and examining it under a microscope.
- 2. HPV Testing:** This identifies high-risk HPV strains linked to cervical cancer and is often used alongside Pap smears for more accurate results.

3. Colposcopy: When screening reveals abnormalities, a colposcopy offers a close examination of the cervix using a colposcope to assess the extent of the irregularities.

4. Biopsy: If abnormal cells are confirmed during a colposcopy, a biopsy is performed to establish the presence of cervical cancer. A small tissue sample is analysed by a pathologist.

Understanding HPV and its link to cervical cancer is crucial. HPV is a common sexually transmitted infection, and while most cases resolve on their own, persistent high-risk strains can lead to cervical cancer. The HPV vaccine, available in bivalent and quadrivalent forms, targets these strains. Administered ideally before sexual exposure, it's recommended for both boys and girls aged 11 to 12, with catch-up options up to age 26. Besides cervical cancer, it also prevents other HPV-related cancers and contributes to herd immunity.

India has developed the indigenous Cervavac vaccine to address the **significant burden of cervical cancer due to factors like limited screenings, lack of awareness, and high-risk behaviours**. The vaccine targets high-risk HPV strains linked to cervical cancer, resulting from extensive research and collaboration among Indian scientists and pharmaceutical companies. Rigorous testing ensured its effectiveness and safety, with preliminary data indicating promising results. **Cervavac, India's first quadrivalent HPV vaccine**, is available in the private market, with plans for a public sector rollout. It offers a locally tailored solution to combat cervical cancer, addressing a pressing healthcare issue in the country. Serum Institute of India has a 20–30 lakhs dose production capacity to sustain demand.

On January 24, 2023, India's Serum Institute launched CERVAVAC, the country's first quadrivalent HPV vaccine, coinciding with **National Girl Child Day and Cervical Cancer Awareness Month**. Cervavac underwent extensive testing, involving thousands of participants, confirming its effectiveness in eliciting an immune response and preventing HPV infection.

Presently in India, there are three main types of HPV vaccines available:

1. Gardasil (Quadrivalent): Licensed since 2008, it targets HPV strains 6, 11, 16, and 18. HPV-16 and HPV-18 are responsible for the majority of cervical cancers in India, while HPV-6 and -11 cause most genital warts.

2. Gardasil 9 (Nonavalent): Licensed since 2018, it prevents infection with nine HPV types, including 6, 11, 16, 18, and five other high-risk types (31, 33, 45, 52, and 58), which collectively account for about 10% of cervical cancers.

3. Cervavac (Quadrivalent): India's first indigenous vaccine; available since January 2023, targets HPV-6, 11, 16, and 18. It aims to be more affordable and accessible, potentially addressing India's cervical cancer burden.

To maximize the impact of these vaccines, addressing vaccination barriers, inclusion in national immunization programs, and organizing awareness campaigns to dispel myths and misconceptions are essential. Accurate information plays a crucial role in increasing vaccination rates, providing safe and effective protection against HPV infections that commonly lead to cancer. An affordable indigenous HPV vaccine can alleviate India's cervical cancer burden, but addressing vaccination barriers is crucial. **Inclusion in the national immunization program is vital for raising awareness and acceptance**. Mass campaigns must dispel myths, misconceptions, and stigma, emphasizing accurate information to boost vaccination rates.

Recommended age and dosage guidelines:

1. Preferred target age: 9-14 years, with two doses given at 0 and 6 months (second dose can be administered within 5-15 months).

2. Catch-up vaccination (15-26 years): Three doses at 0, 1, and 6 months for Quadrivalent and Nonavalent vaccines (Bivalent is no longer available in India).

3. Older age groups (27-45 years): Three doses at 0, 1, and 6 months for Bivalent, Quadrivalent, and Nonavalent vaccines. Women over 26 who have been sexually active should be counselled about reduced efficacy and the importance of screening.

HPV vaccination prevents new HPV infections but doesn't treat existing ones. The best time for vaccination is before sexual debut. It's administered intramuscularly in the upper arm and doesn't protect against all cancer-causing HPV types. Vaccinated women should follow the same screening recommendations as unvaccinated individuals.

In a December 2022 update, the World Health Organization (WHO) now recommends the following for cervical cancer prevention:

1. One or two doses for girls aged 9-14 years.

2. One or two doses for girls and women aged 15-20 years.

3. Two doses with a 6-month interval for women older than 21 years.

The goal remains the elimination of cervical cancer worldwide, as per the 2020 WHO strategy:

1. Vaccination: Achieving 90% coverage of HPV vaccination for girls by age 15.

2. Screening: Ensuring 70% of women are screened with a high-performance test by age 35 and again by age 45.

3. Treatment: Treating 90% of women with pre-cancer and effectively managing 90% of women with invasive cancer.

India faces a significant challenge in meeting the 2030 elimination target, with less than 1% of girls vaccinated and less than 2% of women screened according to the WHO strategy. Incorporating the HPV vaccine into the national immunization schedule is crucial, leveraging India's successful history in childhood and COVID-19 vaccination. Success relies on strong political and bureaucratic commitment, along with an effective public awareness campaign emphasizing accurate information to dispel misconceptions and myths. **Collaboration among government, health professionals, students, NGOs, and concerned organizations is essential.** While improvements in screening, diagnosis, and treatment are necessary, widespread HPV vaccination is the most impactful strategy for eliminating cervical cancer.

Ensuring accessibility and affordability of the Indian Cervavac vaccine is vital for public health. Collaboration between the government, healthcare organizations, and manufacturers is essential to reach marginalized and remote communities. Affordable pricing and integration into public health programs are key strategies. The current government has initiated steps, but it's crucial for health professionals, students, NGOs, and the public to raise awareness and utilize this indigenous vaccine.

The availability of an Indian cervical cancer vaccine can significantly impact women's health by reducing cancer rates and the burden on healthcare resources.

The Indian Cervavac's cost-effectiveness, being domestically developed, makes it more accessible, costing one-fourth of imported vaccines. This can expand vaccination coverage and protect vulnerable populations.

In addition to vaccine availability, raising awareness about cervical cancer, vaccination importance, and regular screenings is essential. Health campaigns, community outreach, and education can empower women to take proactive health measures.

The Indian government has taken significant steps to combat cervical cancer, including partnering with the Serum Institute of India to supply the Cervavac vaccine at reduced prices. They have also allocated funds to state governments for vaccination programs targeting girls aged 9 to 13. The government plans to include Cervavac in the national vaccination program for this age group, further strengthening cervical cancer prevention efforts.

The recommended dosing schedule for Cervavac involves either a two-dose schedule for individuals aged 9 to 14, with a six-month interval between doses, or a three-dose schedule for those aged 15 and older, with the second dose administered one to two months after the first and the third dose six months after the first. **Adhering to this schedule is essential for effective protection against high-risk HPV strains.**

Public awareness and education are essential for the success of vaccination programs against cervical cancer. Collaboration among health authorities, healthcare professionals, students, community leaders, and NGOs is crucial. They should collectively educate the public on the significance of cervical cancer prevention through vaccination, including details about the dosing schedule, efficacy, and safety of Cervavac to dispel misconceptions and build trust.

In conclusion, the development of the Indian Cervavac vaccine is a significant achievement for public health. This vaccine targets the root cause of cervical cancer, HPV infections, potentially saving numerous lives and safeguarding women's health in India. Its affordability and accessibility offer a substantial opportunity to reduce cervical cancer's burden. Continued support from the government, healthcare professionals, students, and NGOs, along with public awareness initiatives, is vital. By uniting healthcare authorities, organizations, communities, and NGOs, the Indian vaccine can be a turning point in the fight against cervical cancer, improving women's lives and contributing to a healthier nation. Widespread vaccination not only protects individuals but also contributes to the global effort to eliminate cervical cancer.

Through collective efforts, we can move closer to a future where cervical cancer is no longer a major health threat, and women's health is safeguarded through vaccination and preventive healthcare.



Prof. Dr. Yogeshwari Gupta

Principal
Swasthya Kalyan Homoeopathic Medical College and Research Centre

In an era where healthcare is increasingly diverse and patient centered, the role of alternative and complementary therapies like homoeopathy has gained prominence. Homoeopathy, a holistic system of medicine founded on the principle of '**like cures like**' has drawn ardent support. This article aims to explore the evolving role of homoeopathy in the context of global health and its integration into mainstream healthcare systems as a part of the broader integrative medicine approach.

Homoeopathy's Global Reach

Homoeopathy's influence stretches across the globe, resonating with individuals in diverse cultures and regions. It is used in 100 countries around the world, making it the second popular specific complementary medicine. This wide acceptance highlights the appeal of homoeopathy's individualized treatment approach and its alignment with the principles of treating the whole person, not just the disease.

Integrative Medicine and Homoeopathy

Integrative medicine embodies a collaborative and comprehensive healthcare approach that combines conventional medical practices with evidence-based complementary therapies. Within this framework, homoeopathy finds its place as a potential partner in healing. Integrative medical centres and hospitals increasingly offer homoeopathic remedies alongside conventional treatments, recognizing the potential synergies between the two approaches. By addressing the physical, emotional, and psychological aspects of health, integrative medicine provides a more comprehensive and patient-centred care model.

Patient-Centred Care

Homoeopathy adheres to the patient-centred care philosophy, which is becoming more and more popular in modern healthcare. Homoeopathy aligns with the present focus on fully comprehending patients with its comprehensive evaluation and individualized treatment. This approach empowers patients to actively participate in their treatment decisions, fostering a sense of responsibility for their health journey.

Evidence based Research

The integration of homeopathy into integrative medicine encourages a more robust research agenda. Rigorous clinical trials and studies comparing homoeopathic treatments to conventional approaches contribute to a more evidence-based understanding of homeopathy's efficacy and mechanisms of action. This not only enriches the scientific literature but also informs clinical decision-making.

Conclusion

As healthcare paradigms continue to evolve, the role of homoeopathy in global health and integrative medicine remains dynamic and subject to ongoing exploration. Its integration signifies a broader shift towards patient-centered, holistic care that considers individual needs and preferences. While debates regarding its efficacy persist, the ongoing discourse invites further research and collaboration between diverse medical approaches. Ultimately, the integration of homeopathy into global health and integrative medicine endeavors to enhance health outcomes and overall well-being on a global scale.



OMKARA MEDITATION



Prof (Dr) Ankesh Singh

Principal
Swasthya Kalyan Institute of Naturopathy & Yogic Science

The whole Veda is contained in Omkar or the transcendental supreme spiritual sound vibration called ॐ.

By worshipping this sound vibration, the great spiritual sages cleanse their hearts of all impurities caused by impurities of substance, activities and doer. Such is the power of chanting and meditation on Om ॐ.

The chanting of Om ॐ which represents Krishna, helps a living entity to conquer death by attaining the highest spiritual destination of Vaikuntha.

ततो भूत्स्वृदोकारोयो व्यक्तप्रभवः स्वराट् ।
यत्तल्लिङ्गं भगवतो ब्रह्मणः परमात्मनः ॥

MANIFESTATION OF OMKARA

This omkara ॐ manifests independently, almost naturally, across all manifestations through its own potency. Even though it is not seen through material eyes, it has the manifests – three highest stages of spiritual perfection. That is realization of Brahman (all pervading aspect of Bhagavan Krishna), Paramatma (Krishna as Paramatma in Everyone's heart), Bhagavan (Krishna, The source of everything).

EFFECTS OF OMKARA MEDITATION

- It improves our capacity for concentration and memory retrieval & helps to lower the risk of brain disorders.
- The Omkar chanting causes vibrations that are good for the brain's well-being. It assists in enhancing brain performance. Headaches can be cured by doing a focused and deep Omkar chant.
- It helps us remain calm in difficult situations, keeps our brains at rest, and improves our decision-making capacity.
- It cleanses the mind of negativity. Our entire body is deeply relaxed as a result of it. One can practice Omkar to break out of a depressive mind. It stimulates our body with positive vibes and energy, which reduces our stress.
- Omkar practice helps manage emotions if someone struggles with an emotional imbalance. You gain mental stability as a result. By practicing Omkar, students can reduce their exam pressure.
- Omkar maintains heart strength. It keeps our heart beat regular. Omkar's sound and vibrations permeate the entire body when we practice it.
- It opens all breathing airways in the lungs, relieves sinus discomfort, and clears the throat and sinuses.
- Strengthens vocal muscles and enhances thyroid gland function. It also reinforces our spinal cord.
- Lung respiratory function is improved by continuous Omkar practice. It strengthens your immune system. It also promotes better sleep if somebody struggles with insomnia. Our body cleanses and expels toxins through deep breathing as we practice Omkar chanting
- Om meditation will assist you in connecting with your actual self and nature if you're feeling lost.
- Om meditation is incredibly effective at fostering empathy and treating others respectfully and without bias.

Conclusion- Omkar meditation, centered on the sacred sound "Om," serves as a powerful tool for mental, emotional, and spiritual well-being. By harmonizing the mind, body, and spirit, it fosters a state of deep relaxation and heightened awareness, leading to inner peace and a profound connection to the Universe. Its simplicity and effectiveness makes it a valuable practice for individuals seeking tranquility and enlightenment in their lives.

Reference

- International Journal of Physiology
- Research gate

MENTAL HEALTH TRENDS



Dr. Satish Kumar Avasthi

Principal
Institute of Medical Technology and Nursing Education

In the year 2020, we experienced a global pandemic, which increased the mental health issues such as anxiety, depression, fear and other psychological and behavioral problems. The same year brought a topic ahead that isn't always talked about to the forefront of discussions everywhere. The topic was – mental health. The year 2020 taught us that things are uncertain and nothing is permanent! Time changes and we have to mould according to it.

Mental health is a major issue in our country. It is also one of the major tabooed topics in India. In 2017, an estimation of the burden of mental health conditions for the states across India revealed that as many as 197.3 million people are required to care for mental health conditions. And, despite the prevalence of mental health problems and illnesses, many people still suffer alone because they're afraid to speak up or seek help due to the stigma and myths associated with mental illness. As the time is changing, we've made a lot of progress as a nation when it comes to talking about these issues openly-but there's still more work that needs to be done to create awareness among society to understand behavioral and mental problems at initial stage

10 Mental health trends to watch in upcoming years.

1. Use of technology will increase
2. Employee mental health at the workplace will become a crucial factor
3. More companies will adopt mental health programs
4. Focusing on the young generation's mental health
5. Reducing the stigma related to mental health
6. Making people aware of different mental health conditions
7. Making people aware of different healthcare professionals
8. Making more opportunities for treatment and support
9. Making mental health conversations a bigger part at the national level
10. Making mental health issue a topic for free discussion among family members, friends & health professionals.

Despite India being the first few to put in place a structural **National Mental Health Programme** in the early 1980s, India still is on a back foot while considering mental health. As per the data gathered by NIMHANS a few years back, India had about 100 million people dealing with various mental health issues.

Mental health issues affect a person's physical output, thinking capacity, behavior, emotional stability, etc. If it is left unchecked, mental health issues such as depression and anxiety may persist. Since the battle against mental health problems, is an everyday and ongoing challenge; one needs to have a sustained support mechanism to deal with it effectively. Here are a few predictions for the future of mental health

- The digital era
- More organizations giving preference to mental health
- The increased need of counselors, psychologists, Psychiatrists or other mental health professionals
- More educational institutes providing mental health education
- Better mental health education and training programmes.
- Making use of social media to spread awareness

Conclusion: While talking about mental health openly, it is important to understand, that there is nothing wrong with us, and there is no shame in having a mental illness, we are not crazy, we are human beings. No one should ever be ashamed to be struggling with mental health because most people around the world will struggle with their mental health at least once in their lifetime. This misunderstanding comes from a lack of education and focuses on mental health. Today, it is important to talk about mental health in India because talking about mental health raises awareness, lowers the stigma, and encourages others to seek treatment for their own potential mental health issues. So, talk about it, and seek help!

MOTIVATING ALLIED HEALTH STUDENTS TO SUCCESSFULLY COMPLETE CORE COURSES



Dr. Charu Pundhir

Principal

Swasthya Kalyan Institute of Medical Technology and Nursing Education, Paramedical Division, Sitapura

Introduction: The demand for healthcare professionals continues to increase at a rapid rate and will likely require more than 10 million additional professional positions. Allied health professionals are a unique group of healthcare professionals who provide significant services to patients, physicians, and nurses and are expected to experience significant employment growth. The demand for allied health workers will exceed the availability of competent professionals by the year 2026. Therefore, local allied health schools are faced with the goal of promoting successful classroom experiences so students can succeed in programs of allied health. In this way, allied health students can make important contributions to the workforce by providing specialized services to individuals in both rural and urban communities.

Definition of the problem: A local for-profit allied health career college in the southern region of the United States has experienced a decline in the retention of students who are unsuccessful with passing core courses of medical assistants, surgery technicians, pharmacy technicians, health care reimbursement specialists, and medical billing and coding analysts. The department of allied health requires students to complete core courses, which include anatomy and physiology, medical terminology, and medical law and ethics. While students in pharmacy technology and surgery technology have 2 attempts the students in medical assisting, health care reimbursement, and medical billing and coding are allowed to repeat a core course three times.

According to the survey and personal communication with allied health students, besides other reasons of being unsuccessful, funding also restricts these students from pursuing the 2nd or 3rd attempt for the course. Career counselors assist students by tutorials, skill building programs and alternative career paths.

It needs to be noted that career counseling role enters only after they have failed to meet the criteria of passing core courses. A huge effort is placed on enrollment specialists to meet the quota of enrollment for each academic program. Students are placed in programs with an expectation of being successful.

All this appears to be good until one realizes the evidence of lack motivation to continue. To prevent this situation counselors place more emphasis on the overall likelihood of student success prior to experiencing failure, students receive proper guidance related to career paths and timely academic assistance and remain motivated to complete allied health programs.

According to the U.S. Bureau of Labor health care careers are among the fastest growing occupations and there is a need to increase the number of allied health professionals. Motivating students who are considering withdrawing from school to achieve their educational goals and providing learning environments that enable them to become valued members of a health care workforce that provides services to people all over the world can promote social change.

THE QUESTION OF ACADEMIC FREEDOM



Dr. Mahesh Shou

Principal
Swasthya Kalyan College of Physiotherapy

Students when at the cusp of adulthood need to engage with a diversity of ideas. But longstanding structural constraints on university autonomy now have a new edge with state intervention that has a strong ideological purpose. Academic freedom for both teachers and students has as a result suffered.

Over the last decade or so, academic freedom has been in the news across the world, as have a few other hot button topics such as democracy, autocracy, populism. I would like to suggest that these are not unrelated.

Let me begin with a reference to two sets of data that have an international coverage. The first is from the **Swedish think-tank V-Dem**, which estimates that close to 80 per cent of the world's population today lives in countries where academic freedom is not well-protected, at least not in practice.

1. The Annual Democracy report from the same think-tank estimates that 72 per cent of the world's population today lives in autocracies.

2. This is a striking parallel but perhaps not a surprising one, suggesting that as democracy declines, academic freedom too tends to decline.

India is no exception to this rule. From a once decent record of academic freedom, it is currently placed in the bottom 20-30% of countries on the Academic Freedom Index. The fact that this parallels its downgrading on the Democracy Index, from a liberal-democracy to an electoral autocracy, is arguably not a coincidence.

Let me quickly walk through the main, and almost universally recognised, features of academic freedom. Over the last hundred-odd years, we find a common core of features in each of the notable declarations or recommendations on academic freedom which is, in essence, seen to include the following freedoms:

- Freedom of inquiry and research, and the freedom of academic exchange, the freedom to disseminate and publish the results of this research.
- Freedom of teaching within the university or college.
- Freedom of extra-mural utterance and action, including the freedom of teachers to express freely their opinion about the institution or system in which they work.
- A fourth more recent addition is the Freedom from institutional censorship and freedom to participate in professional or representative academic bodies.

In recent times, each of these has come under attack in India and elsewhere, and the range and comprehensiveness of these attacks has been unprecedented. We hear every day about the politicization of appointments not just of heads of universities, but even of faculty appointments at every level; about constraints on the freedom to teach inside the classroom or disseminate research in the public domain; about threats to campus integrity by vigilante intimidation and violence directed at students and teachers – these stories are familiar to all of us from the pages of newspapers.



JOB OPPORTUNITIES IN PHARMACY PROFESSION



Prof. (Dr.) Vikas Agarwal
Principal
Swasthya Kalyan College of Physiotherapy

We know that healthcare system is a system which is supported by several disciplines. Specifically one of these disciplines is Pharmacy. Pharmacy is the profession which is concern with the art and science of preparing drugs from natural sources and synthetic sources with its safe distribution. In pharmacy Pharmacist play an important role in the preparation of dosage forms such as tablets, capsules, lotion, creams, sterile solutions for injection etc. The pharmacy field offers a wide range of career opportunities. The opportunities in pharmacy are not only diverse but also in high demand, making it a profession with excellent job prospects. Pharmacy degree holders have a greater degree of flexibility than other.

Some job opportunities in pharmacy:

1. Retail Pharmacy: A pharmacist having an aptitude for business can open a retail drug store to serve the community. Retail pharmacist (known as chemist) supply and sell medicines and medical-related products to the general public and medical practitioners and also provide counselling services to patient.

2. Wholesale Pharmacy: Pharmacists can run a wholesale business of drug and medicines. Wholesale is the business of buying medicines in large quantities from drug manufacturers or producers and selling smaller quantities to retail pharmacist. They act as intermediaries between pharmaceutical manufacturers and retailers.

3. Hospital Pharmacy: Pharmacist can work in hospitals as hospital pharmacist for dispensing of medications, formulation, quality testing, monitoring of dose, reporting drug safety, preparing budgets for medications and to provide direct patient care.

4. Pharmacy Technician: Fresher pharmacist can work as an Assistant pharmacist or technician in hospitals working closely with an experienced pharmacist to ensure the health and safety of their patients. They dispense, pack, and label a medication for patient that is then reviewed for accuracy by a pharmacist before dispensed to the patient.

5. Pharmaceutical Industry: Pharmaceutical industries provide a wide variety of career opportunities in different sections.

- Production section: In production the pharmacist work as manufacturing chemist and he has to supervise various steps of production in different pharmaceutical formulations.
- Research and development section: Pharmacist can join R&D section for new or better drug discovery, working on existing drugs to make them better and more effective for patients, preclinical and clinical trials of drugs as a scientist or researcher or some time know as R&D Manager.
- Analytical and quality control section: A manufacturing unit needs the service of an analytical chemist or quality control manager in its analytical laboratory for ensuring the quality, safety, and efficacy of pharmaceutical products by testing a raw materials and finished goods manufactured in industry.
- Marketing and sales: Ambitious and sound personality pharmacy graduate with good communication skills can choose the option of medical sales representative. They are required to approach large no. of clinics, pharmacies, hospitals for developing and increasing sales of the organizations and convince them to prescribe and sell their medicine.

6. Regulatory Affairs: Pharmacy graduate can work as regulatory manager in various companies. In this Pharmacist ensure that pharmaceutical products comply with regulations, guide product approvals, and manage regulatory submissions such as clinical trial approval and other permissions.

7. Drug control administration

Drug control department is a regulatory agency under the medical & health department. It regulates the manufacture of drugs, medical devices & cosmetics and sales of drugs. It offers various positions at different levels.

- Drug Inspectors also known as quality control inspectors, a career as a drug inspector is one of the most promising and well-paying jobs available to those who meet the required qualifications. These are the experts who monitor a drug's safety, performance and consistency from the time it is manufactured until it is sold in a retail shop and also ensure that medicines are suitable for sale & human consumption.

- Licensing authority- Licensing authorities are appointed by the central government. Licensing authority means the agency responsible for the issuance, renewal of the license, or the agency authorized to take disciplinary action against the licensee.

8. Academics: Academics give huge job opportunities with status as teacher in society. Pharmacist can join any Pharmacy Colleges at various positions such as professor, associate professor, and assistant professor to educate future pharmacists, conduct research, and contribute to advancements in the field of pharmacy.

9. Clinical research and clinical trials: Graduate Pharmacists are valuable resources since they have a good knowledge of therapeutic effects of drugs and drug-drug interaction. These collaborate closely with the research team to provide guarantee the efficient and safe administration of drugs. Clinical Research Pharmacist participate in the design and execution of clinical trials, ensuring ethical conduct, patient safety, and data collection.

10. Laboratory analyst: Lab analyst is a professional who is also known as a lab technologist responsible for conducting lab tests, taking observations, preparation of results and analysis of the results.

11. Data manager: Pharmacist can work as a data manager to store data in computer. He is responsible for developing, organizing, storing, and analysing data and data systems. A data manager ensures that all of this is always done with the security and confidentiality.

12. Telepharmacy: Telepharmacy is the delivery of pharmaceutical products via telecommunications to patients in different areas where they may not have direct contact with a pharmacist. In telepharmacy the pharmacist supervises technicians, verifies prescriptions, and performs counselling of patients from a remote location.

13. Pharmacy consultant: A consultant pharmacist is a person who works as a person providing expert advice on clinical pharmacy, academic pharmacy, public health pharmacy, industrial pharmacy, pharmaceutical analysis etc. Pharmacist can work as an independent person or with any consulting firms or team.

14. Nuclear Pharmacy: Nuclear pharmacy is a special area of pharmacy practice involved with the preparation of radioactive materials to improve and promote health through safe use of radioactive drugs to diagnose and treat specific disease.

15. Medical transcription: Pharmacy graduate can work as medical transcriber with medical practitioners. It is manual process of voice reports dictated by healthcare providers into text format.

16. Pharmaceutical journalism: A Pharmaceutical journalist provides all information in a simple language regarding recent developments and new drug discoveries in pharmaceutical field.

17. Nutritionist and dietician: Pharmacy graduates with sound knowledge of nutrition and importance of healthy diet can join various nutraceutical companies.

18. Other opportunities.

- Defence sector such as Indian army, air force, navy, border security forces.
- Railway Sector.
- Forensic Medicines.
- Legal Systems.
- Banking Sector.

ONE NATION, ONE ELECTION: WHAT WILL ITS IMPLEMENTATION MEAN?



Dr. Deepak Rajpurohit
Vice Principal
Swasthya Kalyan College of Physiotherapy

Simultaneous elections to the Lok Sabha and state assemblies will violate the principle of collective responsibility and will crush the federal ethos on which Indian parliamentary democracy is based. The idea of India having a “one nation, one election” format as the basis of its electoral democracy has once again come up for consideration and study. On 1 September 2023, the central government set up a panel with former president Ram Nath Kovind as its chairman to study if a system of simultaneous elections is a pragmatic plan. Its mandate is to examine the feasibility of synchronous elections to Parliament and the state assemblies. The panel has already convened for its initial meeting.

If we look at constitutional democracies today, we find that the range of the basic institutional designs they follow is limited. Most of them are parliamentary systems, presidential systems, or some form of semi-presidential system where both a president and prime minister are directly elected and share power. For our discussion on the workability of simultaneous elections, it will help, even at the cost of repeating the obvious, to look at the design of a parliamentary system and the stance of the Indian Constitution on it.

This discussion will make it clear that making elections simultaneous and fixing a single date for them will crush the accountable and federal ethos on which Indian parliamentary democracy is based. The parliamentary form of government is an institutionally interlinked system that tries to take everybody along and functions on the foundation of governmental accountability. In large countries such as India, it is also based on the federal principle:

In a parliamentary system, the party that wins the majority of seats in parliament forms the government and its leader becomes the prime minister or the head of government (distinct from the head of state). The parliamentary form follows a system of individual and collective responsibility.

The parliamentary form of government is also based on a system of collective responsibility. This means that the head of government and the council of ministers are collectively responsible to the legislature or parliament – they swim or sink together.

Individual responsibility (Article 75 (2) of the Constitution) means that ministers are ultimately responsible for the decisions and actions of their ministry. In the case of a malpractice or error by a ministry, its minister is seen as responsible, and he or she can be asked to apologise or resign by the president on the advice of the prime minister. But this does not mean that the entire government, which continues to function, is culpable.



चन्द्रमा की शान, मेरा भारत महान और हमारा चन्द्रयान



Prof. Dr. Rajeev Saxena

Professor Repertory & Case Taking

Swasthya Kalyan Homoeopathic Medical College and Research Centre

वीरों की सन्तान, हमारा ऊँचा रहे निशान,
सफल हुए हम अच्छी तरह से,
चन्द्रमा और चन्द्रयान।

ये भारत वीरों की धरती, ऊँची शान और वीर जवान,
अच्छी सोच के अच्छे लोग
और हम सब हैं अच्छे इंसान।

कोशिश कर – 2, मेहनत की पर थके नहीं हम हैं वो,
की करत – 2 अभ्यास के जड़मति होत सुज्ञान,
सफल हो गया चन्द्रयान कि मेरा भारत महान।

चार साल पहले कोशिश की पर नहीं मिला वो मुकाम,
नहीं हुए निराश हम फिर खूब दिया और ध्यान,
और देश असफल हुआ, फिर हमने छोड़ा चन्द्रयान।

मिट्टी माँ से जन्म लिए,
फिर नाम औ नमक
और निशान के लिए जिये।

इसरो, नासा, वैज्ञानिक और राज – देश,
बच्चे, नर – नारी, सब लगे हुए थे एक समान,
मेरा देश सबसे महान, हमने छोड़ा चन्द्रयान।

कांटे से कांटा मिला और छूटा तीर कमान से,
भारत – गौरव, गौरान्वित हुआ
पूरे विश्व में शान से।
आओ चलें और तेज चलें, सूर्य व दूसरे ग्रहों की ओर,
अपने सफल कारनामों से
भारत ने दिया सबको झकझोर।

ना घमंड ना गुमान ना अभिमान, ये मेरे भारत की है आन,बान और शान,
धीरे-धीरे चले, चलते – 2 और चले,
देखे ये सारा जहान।

सफल हुए सम्पूर्ण जगत में कि पूर्ण हुआ अभियान,
ना रूकेंगे ना धकेंगे कभी हम और ना हीं हमारे विक्रम, प्रज्ञान
और एक बार फिर से देखो मेरा भारत महान।

चन्द्रयान के समूह ने देखो ये कैसा नाम किया
और सबको ये पैगाम दिया कि सूत कातती दादी माँ को,
शयन दिया आराम दिया।

बस इतना सा आग्रह है कि चलते रहो विक्रम और चलते रहो प्रज्ञान,
हम सब हैं वीरों की संतान,
मेरा भारत महान और मेरा भारत महान।



TIME MANAGEMENT IN LIFE



Dr. Aditi Agarwal

Professor, Department Gynae - Obs
Swasthya Kalyan Institute of Medical Technology and Nursing Education

As Sara Paddison aptly said, **"Realize that now, in this moment, you are creating your next moment; that is what's real."** This article delves into the principles and practices of time management, its benefits, steps to effective time management, implications of poor time management, and essential time management skills. Moreover, it explores the pillars of time management and provides insights into types of time management techniques. Time is a precious resource, and how we manage it can significantly impact our lives.

The three P's of time management

1. Planning: Careful preparation is crucial.
2. Prioritizing: Identifying and focusing on crucial tasks.
3. Performing: Efficiently executing tasks.

Types of Time Management (The 4 "D's")

1. Do: Quickly complete small tasks.
2. Defer (Delay): Pause tasks until you have availability.
3. Delegate: Assign tasks to others.
4. Delete (Drop): Remove unnecessary tasks.

Benefits of time management: Effective time management can bring numerous benefits to your life, including

- Stress relief: organizing your tasks and setting priorities can reduce stress levels.
- More time: efficient time management allows you to have more time for what matters.
- Increased opportunities: by using your time wisely, you create more opportunities for personal and professional growth.
- Goal achievement: time management helps you stay on track to achieve your goals.

Implications of poor time management: Failing to manage your time effectively can lead to consequences such as:

- Poor outcomes: Tasks may not yield desired results.
- Time wastage: Valuable time gets squandered.
- Loss of control: Feeling overwhelmed and disorganized.
- Decreased quality of work: Rushed and subpar results.
- Damaged reputation: Consistently missing deadlines.

Time management skills: Develop these skills to master time management:

- **Organize yourself:** Utilize calendars for long-term planning.
- **Set SMART goals:** Specific, Measurable, Attainable, Relevant, and Timely.
- **Prioritize:** Sort tasks based on importance and urgency.
- **Start early:** Early starts boost productivity.
- **Breakdown tasks:** Divide tasks into smaller, manageable parts.
- **Practice decision making:** Prioritize tasks and say no when necessary.
- **Delegate:** Assign tasks to others when possible.
- Define clear objectives.
- **Set deadlines:** Stick to time frames. Allocate specific time slots for each task.
- **Monitor distractions:** Minimize interruptions.
- **Manage stress:** Deal with stress wisely. Take break to recharge your mind. Use the 20-minute rule i.e. concentrate on tasks for short intervals.
- **Avoid multitasking:** Focus on one task at a time.



Mastering time management is a valuable skill that can enhance your productivity, reduce stress, and open doors to new opportunities. Remember the pillars, skills, and types of time management discussed here to make the most of your precious time.

Find what works best for you!

SIGNIFICANCE OF CONDUCTING A COMPREHENSIVE LITERATURE REVIEW AND STREAMLINING THE FINALIZATION PROCESS



Dr. Shuchita Chattree

Associate Professor

Swasthya Kalyan Homoeopathic Medical College & Research Centre

Ever wonder why researchers look at what others have already studied before jumping into their own research? Well, it turns out that this step, called the Review of Literature, is like having a map before starting a journey. In this article, I will explore why this map is so important.

A literature review, according to some students/researchers, is simply gathering and organizing information for the study that is being proposed/planned or done. As a matter of fact, conducting a literature review requires an empirical approach, critical and analytical thinking. One common subject for research reports, especially theses and dissertations, is the review of the literature. A literature review is a crucial step in the entire research process.

The aim of literature review is to highlight what has been done so far in the field of interest and show how your findings relate to those of other scholars, also to find out the gap and plan to fill the gap by new research. An overview of the findings based on earlier research conducted during the research period is provided by the review. The review also follows the overall trends in the data and the inferences that can be drawn from them. An examination of the literature also reveals techniques and statistical processes that have never been tried before. Locating, reading, and assessing research papers, reports, theses, and other academic materials are necessary steps in the review of literature process.

Literature reviews can be challenging and time-consuming. But the rewards are always there. In research methodology, a review of the literature serves several purposes, as Figure 1 illustrates and is covered in more detail below.

(a) Enhance your approach to research

A literature review gives you access to the methods other researchers have employed to identify and address research questions related to the ones you are studying. By conducting a review of the literature, you can identify potential issues and hazards and effectively plan to choose a methodology that best fits your research project. Also helps to avoid duplication and waste of efforts

(b) Pay attention to research issue

A review of the literature can aid in the development of your research problem because it improves your understanding of the field, which in turn aids in the precise and clear conceptualization of your research question.

(c) Refer to the Research Area Knowledge Base

It is essential that you comprehend the theories that have been advanced, the gaps in the specific field, and what other people are doing in your field of interest or on a topic similar to the one you have been working on. Candidates for master's & doctoral degrees are supposed to be experts in their field; meeting this expectation requires a careful evaluation of the literature.

(d) Setting research results in perspective

It is simple to find the answers to your research questions. The challenges are in how you integrate your research findings into the corpus of existing knowledge. In comparison to the findings of other researchers, how do you respond to your research questions? What new information does your research contribute? What sets your results apart from those of other researchers? You must refer back to the literature review in order to provide answers to these queries. It's critical to contextualize your findings within the body of knowledge already established in your field of study.

(e) Make sure your work is novel

You avoid the risk of trying to discover something new by conducting a review of the literature instead of squandering your time trying to find something that has already been discovered or published in the field of study. You could therefore guarantee originality and fresh contributions to your research work by conducting a literature review.

Steps in literature review:

It is crucial that you have a clear notion of the topic you wish to investigate. It may influence how you approach your research and the methodology you may favor, leading to a less creative selection of research problem and methodology than otherwise might have occurred. Therefore, before reviewing the literature, try to draft your main idea.

Generally there are 4 steps in literature review

1. Examine the Current Literature in the Field of Interest for Your Research

Make sure your chosen topic of interest has been thoroughly investigated and studied, as this will provide you with a wider range of potential research directions. Narrow focus and comprehensiveness of topic go hand in hand. You should have a general understanding of the topic area and the issue you want to look into in order to conduct an efficient literature search. In your research area, the first task would be to assemble a bibliography. As always, the best places to find literature in a given field of study are books and journals. Computers and CD-ROMs are used in most libraries to store information about books, journals, dissertations, and other materials. This can assist you in reviewing the literature and creating a bibliography for your research topic.

2. Review the Literature Obtained

The next step is to begin critically reading the journals and books you have identified in order to identify themes and issues related to your research topic.

Do some critical analysis as you read on, paying special attention to the following points:

- (a) Take note of the theories advanced, the detractors, and the techniques employed (sample size, data used, and measurement procedure).
- (b) Make a note of whether the information pertinent to your framework design has been proven beyond a reasonable doubt.
- (c) Identify discrepancies in researcher opinions and record your thoughts regarding their validity.
- (d) Look into any knowledge gaps.

3. Create a Theoretical Structure

Reading through the literature can seem like an endless task. All of the information you gather from literary sources needs to be organized in a way that makes sense for the themes and problems you have included in your framework. You won't be able to narrow down your literature search topic unless you examine the literature in light of the framework you created. The ideal approach would be to create a framework before beginning a literature search

4. Writing up the Literature Review

Now, the final task would be compiling and writing all the literature you read and reviewed. Begin your review with some theme or points that you want to emphasise. Organisation is of utmost importance and make the structure known to your reader. While writing, identify and describe various theories relevant to your field and specify gaps in body of the knowledge in that area. Proceed to explain recent advances in the area of study as well as current trends (applicable according to area of research).

Most importantly, avoid plagiarism when writing. Give due recognition to the works of other researchers. It does not cost anything to acknowledge sources. In fact, it shows the breadth and depth of your review and shows that your work is precise.

In summary, this article explains the importance of literature reviews for researchers. It aids researchers in navigating body of knowledge. The stages outlined, which include reading up on recent research and crafting the review, provide a useful manual. The article suggests how conducting a thorough literature review enhances research techniques, sharpens research questions, and positions academics as knowledgeable guides. It stresses the significance of ethical writing and teaches researchers how to successfully integrate findings while maintaining originality.

Bibliography:

1. The journal of El-Ryssala for studies and research in humanities PISSN : 2543-3938 - EISSN : 2602-7771 The Importance of Literature Review in Research: An overview and guidelines Maria BEY BOUMEZRAG 1 Ecole Normale Supérieure. (n.d.-b). Laghouat (Algeria), 07, 402-410.
2. (N.d.). Montana.edu. Retrieved December 19, 2023, from <http://www.math.montana.edu/job0/phdprep/documents/phd6.pdf>
3. LibGuides: Conducting a literature review: Benefits of conducting a literature review. (2013). <https://libguides.unf.edu/c.php?g=177129&p=1163732>

जीवन में अच्छे और बुरे लोगों की परख



Mukesh Chand Garg

Associate professor

Department - Community Health Nursing

Swasthya Kalyan Institute of Medical Technology and Nursing Education

आचार्य चाणक्य के अनुसार मनुष्य के जीवन में इंसान को परखना बेहद महत्वपूर्ण होता है। यदि व्यक्ति को धोखे और मुसीबतों से बचना है तो इस कला का आना बेहद आवश्यक है अन्यथा जीवन में उसको बहुत बड़ा धोखा मिल सकता है। परंतु हर व्यक्ति के अंदर अच्छे और बुरे मनुष्य को परखने का गुण नहीं होता है। वो ही इंसान सफल हो सकता है, जिसे अपने आसपास के अच्छे बुरे लोगों की सही पहचान हो। अगर आप अपने आस पास के लोगों को उनके स्वभाव से नहीं पहचान पाते हैं तो भविष्य में धोखा खा सकते हैं।

हम कई बार ऐसे लोगों के बीच आ जाते हैं जहाँ हम अच्छे और बुरे लोगों में फर्क नहीं समझ पाते हैं और यह जीवन की सबसे बड़ी विडम्बना है। ऐसे में कुछ बुरे लोग हमें भी अपने जैसा बनाने की कोशिश में रहते हैं और ऐसा करके उन्हें काफी आनंद भी मिलता है। ऐसे लोग ना तो खुद आगे बढ़ते हैं और ना किसी को आगे बढ़ने देते हैं।

अच्छे लोग आपको आगे बढ़ने की सलाह देने के साथ-साथ आपकी प्रेरणा के स्रोत भी बनते हैं। अक्सर कई लोग उन लोगों के बीच बैठना पसंद करते हैं जो सिर्फ उनकी झूठी तारीफ करते हैं। लेकिन आप बस एक बार उनसे अपने लिए मदद की उम्मीद करके देखिएगा, आप खुद समझ जायेंगे की वो हमारे हितैषी हैं या नहीं।

नीम कड़वा जरूर होता है पर ज्यादातर बिमारियों में नीम हकीम है। कुछ लोग नीम की तरह होते हैं, वो ही आपके सच्चे हितैषी भी होते हैं। ऐसे लोगों से हमेशा आपको फायदा ही मिलता है। क्योंकि उनको जब आपकी बुराई करनी होती है तो वो आपके पीठ पीछे नहीं बोलेंगे बल्कि वो आपके सामने ही आपकी बुराई कर देंगे। उनकी बातें बिलकुल खरी होती हैं।

अब मैं बुरे लोगों की बात करूँ तो वो नकारात्मक पहलुओं को तुरंत पकड़ते हैं और जब हम उनके साथ रहना शुरू करते हैं तो हमारे अन्दर भी वो ही नकारात्मक भाव पनपने लगते हैं। हमारी सोच भी उन्ही के जैसी होने लगती है। क्योंकि एक दुसरे में घुलने-मिलने के लिए हमें भी उनके जैसा ही बनना पड़ जाता है। ये मानव की प्रैति है की वो नकारात्मकता की ओर जल्दी ही आकर्षित हो जाता है। जिसका प्रभाव उन्हें तब दिखाई पड़ता है जब कोई उनकी आशाओं को रौंघकर उनसे आगे निकल जाता है। कई बार तो इतनी देर हो चुकी होती है की मुकाम हाथ से पूरी तरह निकल जाता है जो लोग मीठा बोलते हैं आपको उन से सतर्क रहने की जरूरत है। हो सकता है की वो आपके हितैषी ना हो! मैं ये नहीं कहता की सभी लोग एक जैसे ही होते हैं। कुछ लोग आपकी परवाह करनेवाले भी होंगे। पर हमें विवेक और संयम से काम लेना चाहिए।



WHY DO YOU NEED TO BE DIFFERENT? (औरों से अलग होने की आवश्यकता क्यों है?) आपके मन में यह सवाल आ सकता है..!



R D Choudhary

Associate professor

Swasthya Kalyan Institute of Paramedical Technology (Vidhya Ashram)

जीवन में सफलता प्राप्त करने के लिए, अलग होना बहुत महत्वपूर्ण होता है। क्योंकि जितना अलग हम होंगे, उतनी ही हमारी पहचान बनेगी। दुनिया हमें समझेगी! लोग हमारी कल्पनाओं से, हमारी काबिलियत से परिचित होंगे और हमारे साथ काम करने को और हमारे जैसा बनने को तैयार होंगे। अलग होना आपकी विचारधारा को भी बदल सकता है। जब हम अलग होते हैं, तो हम अपनी सोच को भी अलग बनाते हैं। हम नई विचारधारा का संचार करते हैं, जो दुनिया को प्रेरित कर सकती है।

अलग होने से हमें संघर्ष करना पड़ता है, लेकिन इससे हमारी इस प्रतिस्पर्धा भरी दुनिया में एक नये उच्चतम स्तर तक पहुंचने की संभावनाएं बढ़ जाती हैं। हमें नए-नए कौशलों को सीखने की जरूरत पड़ती है, जो हमें समृद्धि के मार्ग पर ले जाती हैं।

अलग होने से हमें अपनी विशेषताओं को खोजने का मौका मिलता है। हमें पता चलता है कि हम अपनी विशेषताओं को कैसे निखार सकते हैं और हमें अपने लक्ष्यों की ओर आगे बढ़ने के लिए क्या करना होगा।

अलग होने से हमें अपनी जिंदगी को एक नए आयाम में ले जाने का मौका मिलता है। हमें नई उपलब्धियां को हासिल करने का मौका मिलता है जो शायद भीड़ में औरों की तरह बनकर संभव नहीं हो पाता है। औरों से अलग बनने पर हमें बेहतर भविष्य के साथ-साथ और कठिन परिस्थितियों का भी सामना करना पड़ेगा और हो सकता है अलग बनने की राह पर हमें शुरुआत में कठिनाइयां और असफलताओं से भी रूबरू होना पड़ सकता है।

इन कठिनाइयों पर मुझे अपने देश के महानतम राजनेताओं और उच्च कोटि के कवि श्रेणी में से एक श्री अटल बिहारी वाजपेई जी की कुछ पंक्तियां याद हैं।

“क्या हार में, क्या जीत में
किंचित नहीं भयभीत मैं ।
कर्तव्य पथ पर जो भी मिला,
ये भी सही वो भी सही ।
वरदान नहीं मांगूंगा मैं,
हो कुछ भी पर हार नहीं मानूंगा”

क्योंकि आखिरकार अलग होने से हमें अपनी काबिलियत को पहचानने में मदद मिलती है और हमें पता चलता है कि हमारी काबिलियत क्या हैं और हम क्या क्या कर सकते हैं। दुनिया बदलने के लिए और दुनिया में पहचान बनाने के लिए अलग जाति, अलग धर्म और अलग काया की नहीं बल्कि अलग सोच और अलग व्यक्तित्व की आवश्यकता होती है।

As stated in a famous quote –

“Your life is your own game,
be the best player in it and play it your way”



PHYSIOLOGICAL EFFECT OF YOGA PRACTICE ON DIFFERENT BODY SYSTEM



Dr. Nikhat Shah

Assistant Professor

Department of Yoga and Naturopathy

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

Yoga, an ancient practice that combines physical postures, breathing exercises, and meditation, has been recognized for its profound impact on various body systems. Its holistic approach to well-being encompasses not only physical health but also mental and spiritual harmony. In this discussion, we will delve into the physiological effects of yoga on different body systems, it exerts on our nervous system, respiratory system, cardiovascular system, muscular system, endocrine system, digestive system, lymphatic system, and reproductive system.

1. Nervous System: The nervous system plays a vital role in regulating the body's functions, and yoga has a profound positive influence on it. Deep relaxation techniques have been shown to affect the autonomic nervous system, effectively balancing the sympathetic and parasympathetic activities. **Nadi suddhu pranayama**, balance the coordination of the body. This balance results in reduced heart rate, respiratory rate, and energy consumption, while simultaneously promoting mental calmness, alertness, attention, motor response, and coordination of movements.

2. Respiratory System: Controlled breathing exercises are central to yoga practice and have numerous benefits for the respiratory system. Regular practice enhances vital respiratory parameters. Techniques like **Pranayama & Bhastrika** improve external and internal respiration, gas exchange between the lungs and blood, and pulmonary capillaries. Furthermore, yogic practices strengthen the inspiratory & expiratory muscles and are beneficial in the management of respiratory conditions like COPD and asthma.

3. Cardiovascular System: Yoga exercises like **Shavasana** contribute to cardiovascular health by reducing oxygen consumption, regressing coronary plaques, and enhancing myocardial perfusion. They improve repolarization and depolarization, contractility, ejection fraction, stroke volume, end-diastolic volume, end-systolic volume. **Pranayama**, regulates heart rate through nervous system mechanisms and influences vasoconstriction and vasodilation areas. These practices contribute to overall heart health.

4. Muscular System: Yoga fosters uniform muscle balance around joints, enabling eccentric muscle contractions and increasing flexibility. It enhances steadiness, strength, stamina, flexibility, endurance, anaerobic power, neuromuscular coordination, and orthostatic tolerance. Enhanced muscular performance and overall physical well-being.

5. Endocrine System: Regular yoga practice positively influences hormonal regulation. It helps regulate insulin secretion, balance hormones such as growth hormone, thyroid-stimulating hormone, adrenocorticotropic hormone, follicle-stimulating hormone, luteinizing hormone, and prolactin.

6. Digestive System: Yoga enhances the digestive system by improving peristaltic movement, aiding in digestion, and reducing excess fat. **Inverted Asanas** relieve pressure on abdominal organs, stimulate bile secretion, and support metabolic, excretory, and liver functions. The balance of the Manipura chakra, associated with digestion, is crucial, along with improved gut health, pH regulation, gallstone prevention, mucin production in bile, and absorptive functions.

7. Lymphatic System: Yoga enhances lymphatic drainage, aids in the destruction of toxic substances by lymph node macrophages, and improves lymph flow. These improvements contribute to the body's defence mechanisms and the maintenance of tissue integrity.

8. Reproductive System: Yoga's effects on the reproductive system are complex and involve the regulation of menstrual cycles and hormonal functions, contributing to reproductive health.

In conclusion, yoga's holistic approach to physical and mental well-being has far-reaching effects on multiple body systems, promoting overall health and harmony. These practices not only benefit individual systems but also enhance the interplay between them, resulting in improved overall health and vitality.

HOW TO IMPLEMENT NATUROPATHY IN YOUR DAILY LIFE



Dr. Sunita Sahish

Assistant professor
Faculty of Naturopathy,
Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

Introduction: A daily life routine is a system consisting of practices and levels of development in physical, mental, spiritual, emotional, and other aspects of well-being. As the days pass after the great pandemic of **COVID-19**, people have become more aware of lifestyle modifications for healthy living. Naturopathy can play an important role in correcting faulty lifestyles.

In Naturopathy, it is stated that "Germs do not cause disease but are found in disease conditions," meaning that diseases can't be caused by microbes alone. The main culprits in disease conditions are lowered innate immunity resulting from faulty eating habits, sleeping patterns, and lifestyles. Naturopathy aims to correct lowered immunity and enhance the body's healing power through lifestyle corrections, dietary adjustments, natural therapies, and other means.

Objective: The main objective of this essay is to outline a simple lifestyle regimen for a healthy life, based on the principles provided in **Arogya Rakshak Panchtantra** by **B. Venka Rao**. Additionally, Ayurveda has a separate branch and theory for daily regimens known as "**Dinacharya**," which is an integral part of Ayurvedic treatment modalities.

Simple Rules to Follow for a Healthy Daily Life:

Get adequate sleep daily: In the human body, we have our own 24-hour clock called the circadian rhythm, which is regulated by the hormone 'melatonin' secreted by the pineal gland. Adequate sleep is important for the timely secretion of melatonin, which aids in proper growth and maintenance of immunity. Ayurveda recommends getting 7 hours of sleep. Implementing mindfulness before sleep can improve sleep quality. Massaging your feet before sleep can reduce anxiety.

Sleep hygiene - Use aromatherapy, such as a lavender oil diffuser. Change bed sheets every two days since our bodies shed dead skin. Wash your feet before sleep. Use your bed for sleep only. Avoid screens, mobile phones, and TV one hour prior to sleep. Avoid diuretics before sleep.

Exercise for one hour daily: Exercising daily helps reduce the effects of aging, improves sleep quality, reduces anxiety and depression, and enhances cardiovascular health. The American School of Sports Medicine recommends 30 minutes of moderate-intensity cardio exercise for adults.

Eat twice a day: Arogya Rakshak Panchtantra recommends eating twice a day. This aligns with intermittent fasting, which has shown numerous benefits, including improved verbal memory in humans.

Pray twice a day: Praying twice a day is a way to show gratitude to the supreme creator. It promotes a calmer mind, improved spiritual health, and better stress control. Praying has shown positive results in depressed patients, helping them develop a more positive outlook on life.

Drink 2 - 4 liters of water per day: Water is one of the elements of **Pancha Mahabhoot** and represents body fluids and emotions. All metabolic processes and cellular metabolism occur in water (both intracellular and extracellular). Dehydration increases cellular stress, which has deleterious effects on cell health.

Fasting once a week: Fasting involves complete abstinence from food and water for a specific period to provide rest to the physical and mental body. Fasting for 8-24 hours induces autophagy, a process of cell renewal and maintenance. Short-term fasting also induces neuronal autophagy.

Conclusion: The resurgence of naturopathy in medicine represents a return to soulful healthcare. By embracing natural ways of living and patient care, people are experiencing numerous health benefits, including better digestion, improved circadian rhythms, enhanced physical and mental strength, better social lives, and increased life expectancy. **Naturopathic methods like yoga, fasting, meditation, balanced diets, and the use of herbs in daily life have demonstrated improvements in people's daily lives, leading to disease-free living.**



Dr. Gitanjali Mathur

Assistant Professor

Department Organon of Medicine

Swasthya Kalyan Homeopathic Medical College and Research Centre

Yoga, an age's old practice, is a holistic discipline that links the physical, mental, and spiritual aspects of well-being. At the heart of this ancient art are "asanas," the steady and comfortable positions that form the cornerstone of the yogic journey. The power of asanas lies not only in their physical manifestations but in their profound impact on the practitioner's health, concentration, and vitality.

These are special patterns of postures that stabilise the mind and the body through static stretching. Their aim is to establish proper system in the neuromuscular tonic impulses and improve the general muscle tone. Two basic principles governing the performance of asanas are stability and comfort. This suggests that the nature of asanas is psycho-neurophysical and not only physical. Every asana should be performed effortlessly and maintained for a comfortable time. There should be no jerks and the performance of asana should not lead to undue fatigue.

Classification for eczema:

- Atopic
- Seborrhoeic
- Discoid
- Irritant
- Allergic
- Asteatotic
- Gravitational
- Lichen Simplex
- Pompholyx

Eczema reaction:

Acute:

- Redness & swelling, usually with ill- defined margins.
- Papules, vesicles and, more rarely, large blisters.
- Exudation & cracking.

Chronic:

- Lichenification, a dry leathery thickening with increased skin markings, is secondary to rubbing and scratching.
- Fissures and scratch marks.
- Hypopigmentation or hyperpigmentation.

Eczema in old age:

- Loss of elasticity
- Topical corticosteroid usage

Management for eczema:

- Explanation, reassurance & encouragement.
- Avoidance of contact with irritants.
- Regular use of greasy emollients.

ONE LIFE, ONE BODY, ONE CHANCE: TIPS FOR A HEALTHIER LIFESTYLE



Dr. Neha Khayat

Assistant Professor

Department of Physiology

Swasthya Kalyan Homoeopathic Medical College & Research Centre

In today's fast-paced world, everyone desires to be fit and healthy. However, the busy and hectic schedules often hinder people from achieving their desired fitness goals, leading to obesity, unfitnes, and poor health. Obesity can pave the way for chronic diseases like hypertension, hormonal disorders, heart problems, and diabetes.

Based on clinical and personal experiences, here's a short guide on how to attain better health, even amidst a bustling lifestyle.

- 1. No shortcuts, opt for sustainable weight loss:** Instead of seeking immediate weight loss, focus on a sustainable, gradual approach.
- 2. The weight loss trinity:** Prioritize a combination of regular workouts, controlled diet, and sufficient sleep as your go-to formula for weight loss and overall well-being.
- 3. Avoid short-term diets:** Diets like Keto, Intermittent Fasting, or Low Carb may promise quick results, but they often lack long-term effectiveness. Make healthy living your lifestyle, not a temporary project.
- 4. Ditch weight loss medication/nutrition:** Rely on a balanced diet and daily exercise for lasting weight loss, a healthy lifestyle, and a fit physique.
- 5. Say goodbye to stimulants:** Quit harmful habits like Gutkha, Pan Masala, smoking, and excessive alcohol consumption. Also, steer clear of overeating, junk food, and saturated fats.
- 6. Embrace a calorie deficit diet:** Enjoy your favorite foods but manage portion sizes. A calorie deficit diet is key to effective weight loss.
- 7. Incorporate daily workouts:** Burning calories through activities such as running, walking, going to the gym, practicing yoga, meditation, swimming, or engaging in sports is vital for permanent weight loss.
- 8. Limit sugar, salt, butter, cheese, and oil:** Reduce your intake of these high-calorie ingredients for better health.
- 9. Early morning workouts:** Wake up early to maximize fat and calorie burn. Morning workouts can be more effective than later in the day.
- 10. No excuses:** Stick to your workout schedule consistently, without exceptions. Make it a part of your daily routine, 365 days a year.
- 11. Get active with calorie-burning sports:** Engage in sports that burn calories effectively. Consider avoiding indoor games and cricket if you're aiming for significant weight loss.

In today's digital age, consider reducing your time on apps like Tik-Tok, Instagram, Facebook, and WhatsApp. Instead, embrace **fitness apps like Run Tracker, Strava**, and others that can help you monitor your progress and maintain your motivation.

By following these tips, you'll notice positive changes in your body shape, lifestyle, mood, behaviour, and work potential. You'll unlock a better version of yourself that you might not have imagined before. Give it a try and experience the transformation first-hand.

किशोरावस्था बच्चों में SMART PHONE/DIGITAL ADDICTION उसके नकारात्मक प्रभाव और रोकथाम/दूर रखने के उपाय



Sheela Sharma

Assistant Professor

Swasthya Kalyan Institute of Medical Technology and Nursing Education

1. Introduction: आज Digital Era and Social Media के युग में जहाँ तकनीक के उपयोग से कम समय में Advance कार्य सम्पन्न होने के साथ इसके अधिक उपयोग से एक प्रकार का नकारात्मक (-ve) प्रभाव Social Media या Smart Phone Mobile का आदी हो जाना लत (Addiction) को जन्म देता है जहाँ हम Scientific term (वैज्ञानिक शब्दों में इसे “Nomophobia” कह सकते हैं यानि मोबाइल फोन पास न होने का डर)

2. Smart Phone Addiction के कुप्रभाव:-

Smart Phone Addiction के नकारात्मक प्रभावों पर किए वैज्ञानिक और चिकित्सकीय शोधों से कई प्रकार के तथ्य सामने आए हैं जैसे-

(a) Association for consumer research के Journal से पता चला है कि लम्बे समय तक Smart Phone use करने से संज्ञानात्मक (Cognitive) क्षमता कम हो जाती है।

(b) आँखों पर नकारात्मक प्रभाव Smart Phone की नीली रोशनी cornea and lens द्वारा अवरूद्ध नहीं होती अतः Macular degeneration का कारण बनती है।

(c) नींद में कमी – जिसे हम “INDOMIS” कहते हैं मोबाइल को लम्बे समय तक प्रयोग करने से नींद में कमी हो जाती है जिससे अन्य उपापचयी गतिविधियाँ भी प्रभावित होती है।

(d) DAS- Smart phone addiction बच्चों में अवसाद, चिंता और तनाव को जन्म देता है।

(e) बच्चों में अवधान, अभिरुचि, सामाजिक दायित्व की कमी भी Smart phone addiction का मुख्य कारण है।

3. Smart phone Addiction कम करने के उपाय:-

1. बच्चों को smart phone use करने के लिए Educate करें इसके फायदे और नुकसान के बारे में बच्चों को बतायें।

2. Screen time set करें।

3. घर में Digital free zone बनाए।

4. Physical Activities को Encourage करें।

5. घर के कार्यों में Parents के साथ मदद के लिए प्रोत्साहित करें।



THE FASCINATING WORLD OF MEDICAL LABORATORY TECHNOLOGY



Parul Sharma

Lecturer

Department of MLT

Institute of Medical Technology & Nursing Education (Paramedical Division, Sitapura)

Medical laboratory technology is a dynamic field that continues to evolve with advances in technology, providing essential support for healthcare professionals in diagnosing and treating diseases. Here's a deeper look at its fascinating world.

1. Responsibilities of laboratory scientists:

Diagnosis: laboratory scientists help diagnose diseases by analys various samples, as blood, body fluids, tissues, & cells.

Treatment: they assist in the implementation and monitoring of therapies to treat diseases.

Prevention: they also contribute to disease prevention through various tests and screenings.

2. Types of tests performed by laboratory technicians:

Microbiology tests: identifying and characterizing pathogenic microorganisms like bacteria, viruses, fungi, and parasites, as well as determining antibiotic sensitivity.

Biochemistry tests: measuring chemical content in body fluids and cells, including electrolytes, glucose, lipids, proteins, hormones, enzymes, trace metals, drugs, and toxins.

Blood banking tests: identifying blood types, screening for antibodies, and matching blood components for transfusions.

Immunology tests: assessing a person's immune system function, diagnosing autoimmune diseases, allergies, and tissue compatibility for organ transplants.

Haematology tests: counting & classifying blood cells, diagnosing blood disorders, & monitoring anticoagulant therapy.

Histology procedures: preparing biopsy specimens for microscopic examination.

Cytology procedures: identifying cancerous changes within cells, such as the pap smear test.

3. Automation in laboratories: Over recent years, laboratory automation has reduced the hands-on nature of the work and improved the quality of tests. Complex, computerized, and automated instrumentation aids laboratory scientists in performing tests more efficiently and accurately.

4. Work settings: Clinical laboratories are typically well-lit, clean, and safe environments. While the work is not physically demanding, lab technicians may spend a significant portion of their day on their feet. Exposure to odorous reagents and potentially dangerous specimens is common. Flexibility in work hours, including occasional weekends and holidays, is often required. Job stability in this field is relatively high. Wages for laboratory personnel are rising and are correlated with education and training levels. Both technicians and technologists enjoy competitive salaries.

5. Employment opportunities: Apart from clinical laboratories, laboratory scientists can find employment in forensic, environmental, and food industry laboratories. Opportunities also exist in the development, marketing, and sales of home diagnostic testing kits and equipment.

6. Education and training: The Clinical Laboratory Improvement Act of 1988 (CLIA'88) sets standards for clinical laboratory testing personnel. For labs performing high-complexity tests, a minimum requirement is an associate's degree in laboratory science and certification. Educational programs, both at the associate and bachelor's degree levels, include courses in chemistry, pathology, microbiology, anatomy, physiology, and specialized training in specific disciplines. Numerous government and private institutions offer courses in medical laboratory technology. **Colleges for Medical Laboratory Technology in Rajasthan**

Ajmer: J.L.N Medical College

Jaipur: S.M.S Medical College, R.U.H.S Medical College, I.M.T.N.E (paramedical division)

Jodhpur: S.N. Medical College

SUCCESS V/S FAILURE



Reena Kanwar
Assistant Professor
Swasthya Kalyan Institute of Paramedical Technology

- What is it that enables some people to gain whatever goal they set themselves while others do not succeed?
- What makes some men winners in this world and others the losers?

If you want to succeed you must find the right answers to these very important questions.

Success and failure are two sides of the same coin. Both are complementary to each other. There are some people who wait for opportunities to knock at their door, but they forget that for those who wait for opportunities, opportunities never wait for them. They never try to seek opportunities. It is a very old saying that "Fortune knocks once, but misfortune has much more patience." They totally rely on their fate.

Another category of people is those who are punctual and believe that there is nothing impossible in this world. They never wait for opportunities to come their way. Punctuality is a necessary habit in all public affairs of a civilized society. Without it, nothing could ever be brought to a conclusion; everything would be in a state of chaos. There is a really good example of **Dr. Abdul Kalam**, who is a great scientist and was not from a rich family. But he made his own way and rose to become President of India. It has been truly said, "Every man is the architect of his own future." It is man's hard work that takes him towards his destination.

We human beings are God's best creation. We have the potential to create wonders in abundance, but many of us don't recognize it. We are caught in webs of 'ifs and buts' or 'cannot do it.' These words are the big obstacles to our success. We can change our destiny by thinking, 'next time I will be able to do it' or 'it is possible.' Sometimes, it becomes very difficult, but if we are determined, dedicated, and disciplined, nothing can stop us from achieving our goals. Nothing can stop us from achievements with a positive attitude. We should go ahead in our life with the thinking that nothing can defeat us. Thus, by recognizing our 'self' and our abilities and capabilities, destiny is not a matter of chance; it's a matter of choice. It is not a thing to be waited for; it is a thing to be achieved. **"You are never a loser, unless you quit trying."**



URINARY TRACT INFECTIONS AND ITS IMPACT ON FEMININE HEALTH



Dr. Nupur Kumari

Batch 2020-2021

MD-PGR, Department of Homoeopathic Pharmacy

Swasthya Kalyan Homoeopathic Medical College & Research Centre

A Urinary Tract Infection (UTI) is when germs, usually from the digestive system, invade the urinary system, causing issues in the bladder, urethra, ureters, and kidneys. Women are more likely to get UTIs due to their shorter urethra, making it easier for bacteria to reach the bladder. Hormonal changes during menstruation, pregnancy, and menopause can also increase the risk.

This common health concern can bring discomfort and pain, affecting overall female well-being. Let's explore the causes, symptoms, prevention, and treatment of UTIs, with a focus on their impact on women's health and how Homoeopathy can help.

Symptoms:

- Feeling like you need to pee often
- A burning sensation while peeing
- Itching in the urinary area
- Cloudy or bloody urine
- Pelvic discomfort and pain

If untreated, UTIs can lead to kidney infections, causing more severe complications. Recurrent UTIs can negatively impact a woman's quality of life and may contribute to infertility.

Prevention: To reduce the risk of UTIs, consider:

- Staying hydrated
- Good hygiene practices
- Peeing before and after sex
- Wiping from front to back
- Wearing breathable cotton underwear
- Avoiding harsh soaps in the genital area

Treatment: Prompt treatment is crucial. Antibiotics are common, and it's important to finish the prescribed course. Drinking plenty of water helps flush out bacteria. For recurrent UTIs, tests may identify underlying factors.

Homoeopathic Medicines: Certain Homoeopathic medicines can be beneficial, like:

1. Cantheris: Intolerable urging with pain. Blood in urine. Pain and burning before, during and after urine.
2. Clemetis Erecta: Frequent and scanty urination. Burning and tingling in urethra after urination. Dribbling after urinating.
3. Sulphur: Frequent micturition specially at night. Burning in urethra during urination and this burning sensation remains for sometimes after urination. Hurried and sudden urination.
4. Apis: Buring while urinating, last drops burn. Frequent and involuntary urination.
5. Sepia: Offensive, involuntary urination with sensation of bearing down.
6. Sarsaparilla: Scanty, blood like urine. Urine dribbles while sitting. Urine passes in thin, feeble stream. Worse pain at the end of urination.

P.S. - Remember to consult your physician before taking any Homoeopathic medicines.

PREVENTION OF LOW BACK PAIN IN THE MODERN AGE: A HOLISTIC APPROACH TO TACKLE MODERN CHALLENGES



Dr. Stuti Rastogi

M.D. (PGR), Part 2

Department of Materia Medica

Swasthya Kalyan Homoeopathic Medical College & Research Centre

In today's era, the prevention of low back pain is more crucial than ever due to changing lifestyles and work patterns. With the increasing prevalence of desk jobs and sedentary habits, many people spend extended hours sitting at computers or hunched over mobile devices. These prolonged periods of inactivity and poor posture can lead to muscle imbalances, weakened core muscles, and strain on the spine, contributing to low back pain. Additionally, the rise of technology has also resulted in a decrease in physical activity, leading to overall weaker musculoskeletal health. Furthermore, the prevalence of sedentary leisure activities, such as binge-watching TV shows and playing video games, has also taken a toll on our backs. To combat this, individuals must prioritize proactive measures to prevent back pain.

There are several self-care strategies that can help alleviate pain and discomfort. By incorporating certain lifestyle changes into the daily routine, one can reduce the risk of low back pain. The utility of adopting a holistic approach to prevention lies in its effectiveness in addressing the root causes of the problem. By focusing on multiple aspects of health and well-being, individuals can make positive changes that not only reduce the risk of low back pain but also promote overall physical and mental wellness. By continuing to prioritize awareness, research, and interdisciplinary collaboration, we can work towards reducing the global burden of low back pain and improving the overall well-being of individuals affected by this common condition.

Here are some effective strategies for preventing low back pain:

- 1. Maintain a Healthy Weight**
- 2. Practice Good Posture**
- 3. Stay Active**
- 4. Ergonomic Workstation**
- 5. Warm Compresses**
- 6. Stress Management**
- 7. Adequate Rest and Sleep**
- 8. Avoid Prolonged Sitting or Standing**
- 9. Hydration and Nutrition**
- 10. Warm-up before Physical Activity**
- 11. Avoid High-Impact Activities**
- 12. Avoid High-Heeled Shoes**
- 13. Proper Lifting Techniques**
- 14. Seek Prompt Medical Attention**

By incorporating these preventive measures into daily routines, individuals can significantly reduce the likelihood of

By incorporating these preventive measures into daily routines, individuals can significantly reduce the likelihood of experiencing low back pain and maintain a healthier, pain-free back. Regular exercise, proper posture, and mindfulness about body mechanics are key components of a proactive approach to the prevention of low back pain.

In conclusion, preventing back pain in today's era requires a holistic approach that addresses both physical and mental aspects of health. By promoting a more active lifestyle, raising awareness about proper ergonomics, and fostering mindfulness, individuals can safeguard their backs and maintain optimal well-being amidst the challenges of modern living.

ADDICTION TO LIFE



Anamika Gupta

Batch: 2020–21

Swasthya Kalyan Homoeopathic Medical College and Research Centre

What comes to mind upon reading the phrase "**Addiction to Life**"? Is it possible for someone to be addicted to their own life? The word "addiction" typically carries negative connotations, such as someone being addicted to drugs, gambling, the internet, or their phone. But can one be addicted to life itself? In my view, the answer is yes. I agree that when we hear the word "addiction," we often think of a person addicted to things that harm them. However, what if a person loves engaging in activities like exercise, meditation, prayer, and playing, without self-criticism? Is that also negative?

The truth is that addiction relates to a person being overly devoted to a specific substance or activity. Addiction can manifest in various forms, whether it's drugs, a place, food, prayer, games, exercise, or even a person.

If something is making you a better version of yourself, enhancing your well-being, and aiding your personal growth, it is beneficial for your health and life. In this case, it is not an addiction; it's a choice. We should embrace and appreciate these positive habits. **Let's appreciate the small things that help us become better individuals.** If your commitment to something is obstructing your happiness, then it's time to say no. Get addicted to activities that boost your confidence, happiness, and creativity.

"I have found that if you love life, life will love you back!" – Arthur Rubinstein

Once you become addicted to good habits, you'll witness how you can lead not only yourself but also your family, society, and country toward progress. Through your positive habits, people will draw inspiration from your values and adopt good habits themselves, setting in motion a positive cycle in society.

Get addicted to yourself, your happiness, and your life!



MATERIA MEDICA: IT'S SIGNIFICANCE IN HOMOEOPATHIC PRACTICE



Pragati Mathur

Batch: 2020-2022 Associate Professor/Principal
SwasthyaKalyan Homoeopathic Medical College & Research Centre

In the field of medicine, especially in the complex world of homeopathy, physicians are tasked with an enormous array of medicines & an even greater range of symptoms. The expectation is to have a comprehensive understanding of these elements, which can be a challenge if they are not organized in place. The solution to this complexity lies "**Materia Medica.**"

The term "**Materia Medica**" originates from Latin, meaning "**materials of medicine.**" It encompasses the various medicines employed in Homeopathy, derived from plant, mineral, animal, or chemical kingdoms. The first comprehensive work in the history of Homeopathy, Hahnemann's "Fragmenta de viribus medicamentorum," was published in two volumes in 1805.

Hahnemann also contributed an exhaustive work "Materia Medica Pura," which holds a special place in Homeopathic literature. This book contains the pure effects of drugs as observed on healthy individuals of different ages and both sexes. It serves as a repository of collected facts from diverse experiments and clinical experiences, covering pharmacodynamic effects, methods of application, and doses.

Understanding the Significance of Materia Medica

- **Systematic drug records:** Materia Medica serves as a systematic record of drugs that have been meticulously tested on healthy individuals, encompassing both sexes and various age groups. This rigorous testing enables the compilation of comprehensive information about the potential effects of each drug.
- **Facilitating simillimum selection:** In accordance with §106 of the Organon of Medicine, "The whole pathogenetic effects of several medicines must be known." In simpler terms, this means that understanding the full scope of how a medicine affects a healthy individual is crucial before using it as a Homeopathic remedy. Materia Medica provides this critical information, making it easier for practitioners to choose the most suitable simillimum (the remedy that best matches the patient's symptoms).
- **Holistic and philosophical approach:** Homeopathic Materia Medica is rooted in a holistic and philosophical approach to medicine, considering not only physical symptoms but also the mental and emotional aspects of an individual. This comprehensive perspective is vital in the practice of homeopathy.
- **Personalized medicine:** Susceptibility to diseases and symptoms varies from person to person. Materia Medica's extensive collection of symptoms, obtained through rigorous proving, offers a wide range of options when applying remedies to individuals in various conditions. This personalization is a hallmark of homeopathic treatment.
- **In-depth symptom knowledge:** As drugs are tested on healthy individuals, Materia Medica provides an exact understanding of sensations, locations, modalities, and concomitant symptoms associated with each drug. This wealth of information minimizes the challenge of selecting the most appropriate remedy for a patient.
- **Uncovering miasmatic background:** Homeopathic Materia Medica assists in evaluating the underlying miasmatic background of a patient. This knowledge is crucial for understanding the deeper sources of illness and tailoring treatments accordingly.
- **Prophylactic Remedies:** Materia Medica allows physicians to select the best-suited prophylactic remedies for individual patients, helping prevent diseases and maintain overall health.
- **Enhanced case taking:** With an extensive knowledge of a variety of symptoms at their disposal, physicians can formulate more precise and relevant questions during case taking. This not only speeds up the diagnosis but also ensures a more accurate prescription.

Materia Medica stands as a KEY in the practice of homeopathy. It provides a comprehensive resource for Homeopathic physicians, offering a holistic and philosophical approach to healing. By understanding the diverse effects of remedies, physicians can personalize treatments, uncover miasmatic backgrounds, and choose prophylactic remedies effectively. With Materia Medica as a guide, homeopaths can navigate the vast world of symptoms and medicines, ultimately delivering more precise and effective healthcare to their patients.

SCIENTISTS AND PIONEERS IN LABORATORY SCIENCE



Aleema Farooqui

2nd year DMLT

Batch 2020-21

Institute of Medical Technology & Nursing Education (Paramedical Division, Sitapura)

In the ever-evolving realm of laboratory technology, a select group of pioneers has indelibly marked the path to modern advancements in lab science. These visionaries, hailing from various corners of the globe and spanning centuries, have made profound contributions that continue to shape the landscape of scientific discovery today.

Antony van Leeuwenhoek (1632-1723): Father of Clinical Microbiology, Antony van Leeuwenhoek, a Dutch microbiologist, is renowned for his groundbreaking discoveries involving previously unseen microscopic organisms. He created a microscope that enabled the observation of protozoa and bacteria.

Robert Koch (1843-1910): Father of Modern Bacteriology, Robert Koch, one of the most prominent German physicians, pioneered the field of medical bacteriology and received the Nobel Prize in Physiology or Medicine in 1905 for his contributions.

Louis Pasteur (1822-1895): Father of Microbiology, born in France, Louis Pasteur was an expert in medical laboratory sciences, celebrated for his work on microbial fermentation, pasteurization, and vaccination.

Joseph Lister (1822-1912): Father of Modern Surgery, Joseph Lister, born in London, founded antiseptic medicine and was a pioneer in preventive medicine. He was the first to apply germ theory during surgery.

Karl Landsteiner (1868-1943): Father of Blood Transfusion, this Austrian-born physician is best known for his discovery of the polio virus, alongside Erwin Popper. Landsteiner also collaborated with Alexander S. Wiener on the Rhesus factor, determining blood compatibility for transfusions. He was awarded the Nobel Prize in Physiology or Medicine in 1930.

Hans Christian Gram (1853-1938): Father of Gram Staining Technique, Hans Christian Gram, from Denmark, introduced the revolutionary Gram staining technique in microbiology, which facilitated more efficient bacteria study and improved patient treatment options.

Edward Jenner (1749-1833): The Father of Immunology, Edward Jenner, a British medical laboratory scientist, made significant contributions to the field of immunology. He pioneered vaccination through his work on the smallpox vaccine and paved the way for the development of vaccines against diseases like measles, diphtheria, tetanus, yellow fever, and influenza.

Alexander Fleming (1881-1955): Discoverer of Penicillin Alexander Fleming, born in Ayrshire, Scotland, is best known for the discovery of penicillin, identifying it as an antibiotic effective against bacterial infections without harming humans. He received the Nobel Prize in Physiology or Medicine in 1945, along with Ernst Boris Chain and Howard Florey, for this breakthrough.

As we reflect on the remarkable journeys of these trailblazers, we are reminded of the boundless potential that lies within the human spirit. Their stories inspire us to push the boundaries of what is known, to question the unknown, and to embark on our own journeys of scientific discovery.

UNDERSTANDING SWEET POISON - DIABETES MELLITUS



Bharat Sharma
2nd year DMLT
Batch 2020-21



Vansh Dhenwal
1st year DMLT
Batch 2021-22

Institute of Medical Technology & Nursing Education (Paramedical Division, Sitapura)

Diabetes Mellitus, commonly known as diabetes or high blood sugar, is a chronic metabolic disease that affects the body's ability to process glucose efficiently. Glucose, derived from the food we consume, serves as a primary source of energy for our cells. The hormone insulin plays a pivotal role in facilitating the movement of glucose from the bloodstream into our cells. However, when the body doesn't produce enough insulin or the cells don't respond effectively to it, blood glucose levels rise, leading to diabetes.

According to WHO, Diabetes is a chronic metabolic disease characterized by elevated levels of blood glucose, which, over time, can lead to serious damage to the heart, blood vessels, eyes, and nerves.

There are three primary types of diabetes:

- **Type 1 diabetes:** occurs when the body fails to produce insulin. Individuals living with type 1 diabetes must administer insulin regularly, either through injections or insulin pumps, and make lifestyle changes to manage the condition effectively.
- **Type 2 diabetes:** affects the way the body uses insulin. In this form of diabetes, the cells in the body do not respond effectively to insulin. It is the most common type of diabetes and can affect individuals of all ages, including children and adults. Common risk factors for type 2 diabetes include age, overweight, and a family history of the condition.
- **Gestational Diabetes:** occurs in women during pregnancy when the baby becomes less sensitive to insulin. Fortunately, it usually resolves after giving birth and does not affect all pregnant women.

Symptoms of diabetes: Recognizing the symptoms of diabetes is crucial for early diagnosis and effective management. **Common symptoms include:** Increased thirst, fatigue, blurred vision, slow healing sores, frequent infections, frequent urination, unexplained weight loss, causes of diabetes

Several factors contribute to the development of diabetes, including:

Inactivity, family history, age, gestational diabetes during pregnancy, high blood pressure, abnormal cholesterol levels

Treatment of diabetes: Effective diabetes management is essential to prevent complications and maintain a good quality of life. The treatment approach varies for each type of diabetes:

Type 1 diabetes treatment:

Insulin therapy: Regular insulin injections or insulin pump delivery to manage blood sugar levels.

Blood sugar monitoring: Regular checks using a glucometer or continuous monitoring devices.

Carbohydrate counting: Estimating carbohydrate intake for precise insulin dosing.

Lifestyle: Adopting a balanced diet, engaging in regular exercise, and practicing stress management techniques.

Type 2 diabetes treatment:

Lifestyle changes: Focus on healthy eating, regular exercise, and weight management.

Oral medications: Medications such as Metformin and others to improve insulin sensitivity.

Injectable medications: In some cases, GLP-1 agonists or insulin may be necessary.

Blood sugar monitoring: Regular checks, sometimes using Continuous Glucose Monitoring (CGM).

Monitoring: Control blood pressure and cholesterol levels through medications and regular check-ups.

In conclusion, diabetes mellitus is a complex metabolic disorder with various types, each requiring a tailored approach to management. Recognizing the symptoms, understanding the causes, and following the appropriate treatment plan are crucial steps towards effectively managing diabetes and improving one's overall health and well-being. It's essential for individuals with diabetes to work closely with healthcare professionals to develop a personalized diabetes management plan.

SIMPLIFYING BIOMEDICAL WASTE MANAGEMENT: THE IMPORTANCE OF COLOR CODING



Gulnishad

2nd Year DMLT

Batch - 2021-22

Institute of Medical Technology & Nursing Education (Paramedical Division, Sitapura)

Biomedical waste, often referred to as hospital waste, encompasses various materials generated during medical treatment, research, or diagnostic activities involving humans and animals. This waste includes solids and liquids, such as discarded blood, sharps, microbiological cultures, tissues, bandages, and dressings. In developing nations like India, hospitals generate a substantial 136.89 tons of biomedical waste every day. During a pandemic, households also contribute significantly to the volume of medical waste. To ensure environmentally sound management of biomedical waste, the Government of India has enacted the Bio-medical Waste (Management and Handling) Rules 1998 under the Environment (Protection) Act, 1986.

The Role of Color Coding in Biomedical Waste Management: Color coding plays a vital role in segregating and managing biomedical waste efficiently. By using distinct color codes for different types of waste, healthcare facilities can improve waste management practices and reduce costs associated with disposal. Here's a simplified guide to the color-coded segregation system for biomedical waste:

Red for Biohazard Waste: What it Represents: Red bins and bags are used for bio-hazardous materials contaminated with blood or potentially infectious substances. **Examples:**

Blood and blood products

Body fluids contaminated with blood

Sharps waste

Personal protective equipment (PPE) in contact with blood or infectious materials

Yellow for Chemotherapy Waste: What it Represents: Yellow containers are dedicated to trace amounts of chemotherapy waste, including items that have come into contact with chemotherapeutic agents. **Examples:**

PPE contaminated with chemotherapy agents

IV bags or tubing used in chemotherapy

Sharps waste from chemo treatment

Blue for Non-Hazardous Pharmaceutical Waste: What it Represents: Blue containers are designated for non-hazardous pharmaceutical waste, such as unused prescription or over-the-counter drugs. **Examples:**

Pills

Injectables

Antibiotics

Black for Hazardous Waste: What it Represents: Black bins are reserved for hazardous waste with characteristics like ignitability, corrosivity, reactivity, or toxicity. **Examples:**

Hazardous pharmaceuticals

Certain cleaning solvents

Radioactive waste

Regular Non-Hazardous Waste: It's essential to have separate bins for regular non-hazardous waste to ensure proper disposal.

Benefits of Color Coding in Medical Waste Disposal: Implementing a color-coded medical waste segregation system offers several benefits:

1. Efficient Segregation: Color coding simplifies waste segregation, reducing the risk of improper disposal and cross-contamination.

2. Cost Reduction: Proper segregation decreases medical waste disposal costs compared to regular waste management.

3. Environmental Protection: It helps protect the environment by ensuring hazardous waste is managed safely and in compliance with regulations.

4. Compliance: Healthcare facilities can stay compliant with local and federal guidelines by adopting color-coded segregation practices.

Conclusion

Color coding is a crucial tool in the management of biomedical waste, making it easier for healthcare facilities to segregate and dispose of waste efficiently and responsibly. By following these simple color codes, we can contribute to a safer, more cost-effective, and environmentally friendly healthcare system in India and around the world. Remember, responsible waste management is a collective responsibility that benefits both our communities and our planet.

Biomedical waste or hospital waste is any kind of waste containing infectious materials generated during the treatment of humans or animals as well as during research involving biologics.

Biomedical waste may be solid or liquid examples of infectious waste include discarded blood, sharps, unwanted microbiological cultures and stocks, human or animal tissues used bandage and dressings etc.

One of the developing nation's hospitals (Indian hospitals) generates 136.89 tons of BMWs every day. During a pandemic a considerable amount of medical waste is generated from households:

The government of India has promulgated Bio-medical waste (management and handling) Rules 1998 (BMW rules) under the Environment (protection) Act, 1986 for ensuring environmentally sound management of bio-medical waste generated in the country.

Biomedical waste color code management according to segregation:



Human/Animal anatomical waste
Soiled waste, Expired medicine
Chemical waste, Body fluid, Clinical waste



Contaminated waste (Recyclable) Plastic bags,
Bottles Pipes, Container, Catheters



Scalpels, Blades, Needles Syringes with fixed
needle Sharp metals, Needle tip cutter



Broken glassware, Cytotoxic waste
Metallic body implant Contaminated glasses
including medicine vials



INDIA'S ROLE ON THE GLOBAL STAGE: HOSTING THE 2023 G-20 SUMMIT



Ankit Kumar Meena

Batch 2019-20

Swasthya Kalyan Institute of Medical Technology and Nursing Education

The G-20 summit is a yearly gathering of the world's 20 largest economies, including both advanced and developing nations. In 2023, India hosted this important event, recognizing the country's growing economic significance and its ability to shape global discussions. India's economy is one of the fastest-growing globally, driven by its sizable and youthful population, which fuels innovation and entrepreneurship. India has also made notable progress in healthcare, education, and renewable energy.

After the G-20 summit in 2023, several notable gains can be expected for India and the world:

Global Recognition: Hosting the G-20 summit signifies India's growing economic importance and its ability to influence global discussions. This recognition can boost India's standing in the international community.

Economic Cooperation: The summit provides a platform for discussing critical economic issues. India can benefit from cooperation with other major economies, potentially leading to trade agreements and investment opportunities.

Climate Action: India's strong stance on climate change can lead to increased global commitment to reducing carbon emissions and promoting renewable energy. The summit may result in collaborative initiatives to address environmental challenges.

Technological Advancement: Discussions on digital transformation can help India gain insights and partnerships in technology and innovation, fostering economic growth and job creation.

Partnerships: Strengthened alliances with other countries and organizations can open up opportunities for India to collaborate on various fronts, including trade, security, and cultural exchange.

Cultural Exchange: The opportunity to showcase India's rich culture and hospitality can foster cultural diplomacy and people-to-people connections, promoting goodwill and understanding between nations.

Economic Growth: The summit's outcomes can positively impact India's economic growth through increased trade, investment, and cooperation in various sectors.

Experience Sharing: India can share its experiences and best practices in areas such as healthcare, education, and renewable energy, potentially inspiring other nations to implement similar initiatives.

International Diplomacy: Hosting such a significant global event allows India to strengthen its diplomatic capabilities and gain experience in organizing large-scale international conferences.

Global Cooperation: Ultimately, the G-20 summit encourages global cooperation and coordination on pressing issues, contributing to stability and prosperity in the world.

While the specific gains will depend on the outcomes and agreements reached during the summit, hosting the G-20 event can have a lasting positive impact on India's global influence, economic development, and international relationships.



EXPLORING THE IMPACT OF FASTING ON VITAMIN B12 LEVELS



Deepak Saini

Batch 2022-23

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

Fasting has caught a lot of attention because it might be good for our health, like helping with weight loss and making our metabolism work better. But there's a worry among doctors and scientists about how fasting affects important stuff in our bodies, like vitamin B12. Vitamin B12 is a vitamin that can't be made by our bodies, so we have to get it from food or supplements. It's mainly found in animal foods like meat, dairy, and eggs. Vitamin B12 does important things in our bodies, like keeping our nerves working, helping our DNA, and making our red blood cells. If we don't get enough of it, we can get tired and have problems with our nerves.

Vitamin B12 and why it matters: Vitamin B12, also called **cobalamin**, is a vitamin that our bodies can't make, so we need to eat it in our food or take supplements. It's mostly in foods like meat, dairy, and eggs. Vitamin B12 is crucial for keeping our nerves healthy, helping our body make DNA, and forming red blood cells. If we don't have enough of it, we can get tired, have trouble with our nerves, and even become anaemic.

Intermittent fasting and vitamin B12: Intermittent fasting (IF) is a trendy way of eating where you switch between fasting (not eating) and eating. Common IF methods include the **16/8 method (16 hours of fasting and 8 hours of eating)** and the **5:2 method (eating normally for 5 days and eating very little for 2 days)**. While some studies say IF can be good for our health, we need to be careful about how it affects our vitamin B12 levels. There isn't a lot of research on how fasting directly affects vitamin B12 levels, but some studies suggest that fasting for a long time or eating very few calories might make our bodies absorb less vitamin B12 in our gut. Also, people who follow strict diets, including some types of intermittent fasting, might not eat enough foods with vitamin B12 and could be at risk of having too little of it.

How to stay safe: To make sure fasting doesn't mess up your vitamin B12 levels, here's what you should do:

- **Eat different foods:** When you're not fasting, eat foods rich in vitamin B12, like lean meats, fish, dairy, and cereals with added B12.
- **Ask a professional:** Talk to a doctor or healthcare professional before taking vitamin B12 supplements to make sure you're not missing out on this important vitamin.
- **Keep an eye on it:** Get regular blood tests to check your vitamin B12 levels and catch any problems early.

Even though intermittent fasting can be great for your health, it's important to think about how it affects vitamins like B12. Make sure you eat foods with B12 and maybe take supplements if you need to. It's always smart to chat with a healthcare expert before you start fasting to stay safe and healthy.

Vitamin B12 Rich Foods



Fish



Crab



Cheese



Chicken



Egges



Red Meat



Milk



Almond

THE ROLE OF PHYSICAL EDUCATION IN HOLISTIC DEVELOPMENT



Priyanshi Sharma

Batch 2022 - 23

Swasthya Kalyan College of Physiotherapy

In a world dominated by digital screens and sedentary lifestyles, the significance of physical education cannot be overstated. It goes beyond merely teaching sports; physical education is a vital component of a well-rounded education system. The phrase, "**Don't stop when you are tired; stop when you are done,**" carries the spirit of determination that physical education instills in individuals. Here you will explore the multifaceted importance of physical education, going beyond the surface to understand its impact on physical health, social development, character growth, and more.

Physical education is not limited to a gymnasium or sports field; it encompasses a broader spectrum of development. At its core, physical education is about improving physical health and wellness while simultaneously building strength and overall skill. It provides systematic instruction in training related to physical activities necessary for the development of physical power and refinement of skills. A healthy body supports a healthy mind, and vice versa. When students engage in physical education, they are better prepared to excel academically. Physical activity improves cognitive function, enhances concentration, and increases overall productivity.

Physical health and wellness - One of the primary goals of physical education is to promote physical health and wellness. In an era where obesity and lifestyle-related health issues are spreading at fast pace, physical education plays a crucial role in combating these problems. It teaches individuals the importance of regular exercise, proper nutrition, and overall well-being. Through a combination of **aerobic exercises, strength training, and flexibility exercises**, students learn to take care of their bodies, setting the foundation for a healthier future.

Social and personal adjustment - Physical education is not confined to the sphere of physical fitness alone. It serves as a medium for social and personal adjustment. Participation in sports and other physical activities provides avenues for social interactions. For example; Team in sports, teach cooperation, teamwork, and the value of healthy competition. It helps individuals learn how to work in a group, resolve conflicts, and build strong interpersonal relationships. These skills are not only beneficial on the field but also in various aspects of life.

Character growth - It is a powerful tool for character development. The determination, discipline, and consistency required to excel in physical activities translate into valuable life skills. Students learn to set goals, overcome challenges, and push their limits.

Mental and emotional development - Physical education is not just about physical prowess; it significantly contributes to mental and emotional development. Regular physical activity has been shown to reduce stress, anxiety, and depression. It boosts the release of endorphins, which are natural mood lifters. Moreover, it teaches individuals to manage stress and cope with adversity, equipping them with essential life skills.

Physical education is more than just a part of the educational curriculum; it is one of the important aspects of holistic development. As we continue to navigate the challenges of the 21st century, let us recognize and celebrate the invaluable role of physical education in shaping healthier, happier, and better individuals.



SPORTS: A PART OF LIFE



Avani Jain
Batch 2022 - 23
Swasthya Kalyan College of Physiotherapy

Sports are essential for every human's well-being, keeping them fit and healthy. They hold great significance throughout life, contributing to personal development. Physical activity in sports helps control blood pressure, sugar levels, and cholesterol while ensuring a good oxygen supply to the body. Additionally, sports instill discipline in various aspects of life, including communication and behavior.

Significance of Sports in Students' Lives: As students, they face numerous challenges, and participation in sports helps them cope with the pressure of exams while providing physical and mental strength. Playing sports teaches them skills such as accountability, leadership, and the ability to work with responsibility and confidence. **If you're a student, don't forget to play some sports!**

Getting Rid of Excess Weight: Given the rising global obesity rates and associated health issues, engaging in sports is one of the most enjoyable and effective ways to burn calories.

Winning and Losing as Part of the Game: Sports extend beyond winning; they emphasize fair play, equality, and justice. Accepting defeat in a competitive spirit distinguishes a true sportsman, motivating them to strive harder in the next game.

Boosting Self-Confidence: Scoring a goal, hitting a six, or winning a race not only brings joy but also boosts a student's confidence. Performing in front of a crowd, where every move is scrutinized, can be challenging. However, a sportsperson with focus, patience, the right amount of confidence, and a never-give-up attitude shines through.

Learning Time Management and Discipline: Effective use of time and discipline are essential traits of any sportsperson. Student-athletes must commit to being at a specific place at a particular time every day as part of their routine. This teaches them patience and discipline, enabling them to handle criticism and setbacks. Each sport has its set of rules and regulations that help students maintain their fitness and discipline.

Improved Leadership and Team Building Qualities: Sports are all about teamwork. They enhance decision-making skills, self-awareness, and the ability to communicate effectively. Playing sports fosters bonding and communication within a team, encouraging children to showcase their talents. "Sports do not build character, they reveal it."

"Sports do not build character, they reveal it."

In simple words, sports are not just about physical activity; they provide a well-rounded education that extends beyond the classroom. Students who participate in sports gain essential life skills, maintain good health, and become more confident individuals. So, if you're a student, consider getting involved in sports—it's not just about winning or losing; it's about personal growth and development.



THE IMPACT AND BENEFITS OF SHELTERING IN PLACE DURING THE COVID-19 PANDEMIC



Avinash Faujdar

Batch 2022 - 23

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

The COVID-19 pandemic, which surfaced in late 2019, triggered a worldwide public health crisis, compelling governments globally to implement various measures to mitigate the virus's spread. One of the pivotal strategies employed was "sheltering in place," also known as lockdowns or stay-at-home orders. This report delves into the significance of sheltering in place during the COVID-19 era and examines the advantages it brought to individuals and communities.

Importance of sheltering in place - Sheltering in place encompassed restrictions on movement, the closure of non-essential businesses, and the promotion of remote work and online education. This approach aimed to limit person-to-person contact, ultimately reducing virus transmission. The primary objectives were to alleviate the strain on healthcare systems, slow down the spread of COVID-19, and, ultimately, save lives.

Benefits to individuals and communities

- **Reduced Spread of the Virus:** Sheltering in place effectively curtailed the rate of COVID-19 transmission by minimizing social interactions, playing a pivotal role in flattening the curve and averting overwhelming surges in healthcare facilities.
- **Healthcare System Resilience:** By decreasing the number of severe cases, sheltering in place assisted healthcare systems in managing their resources more effectively. This prevented hospitals from becoming overburdened and ensured that medical professionals could provide appropriate care to all patients.
- **Protection of Vulnerable Populations:** Vulnerable groups, including the elderly and individuals with underlying health conditions, were particularly susceptible to severe outcomes from COVID-19. Sheltering in place protected these individuals by limiting their exposure to the virus.
- **Community Solidarity:** The shared experience of sheltering in place fostered a sense of unity and solidarity among communities. People came together to support one another through various means, including virtual events, neighborhood assistance, and mutual aid groups.
- **Environmental Impact:** With reduced industrial activity and transportation, sheltering in place led to a temporary reduction in air pollution and greenhouse gas emissions. This offered a glimpse of the potential benefits of decreased human activity on the environment.
- **Focus on Personal Well-being:** Many individuals discovered opportunities for personal growth, self-reflection, and skill development during the periods of confinement. People explored new hobbies, engaged in creative pursuits, and spent more quality time with their families.
- **Technological Advancements:** The necessity of remote work and virtual communication during shelter-in-place orders accelerated the adoption of technology and spurred innovations in telecommuting, online education, and telemedicine.

Sheltering in place emerged as a critical tool in combatting the spread of COVID-19 and alleviating the burden on healthcare systems. While it posed challenges, such as economic disruptions and social isolation, the benefits of reduced virus transmission, protection of vulnerable populations, and community solidarity were substantial. As societies continue to navigate the pandemic's complexities, the lessons learned from sheltering in place will likely influence future preparedness and response strategies for similar crises.

उपवास के लाभ: आपके शारीरिक और मानसिक स्वास्थ्य में सुधार



Shivam Sharma

Batch 2022 - 23

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

उपवास एक ऐसी आस्था है जो सदियों से चली आ रही है, जिसका उपयोग धार्मिक और स्वास्थ्य दोनों उद्देश्यों के लिए किया जाता है। पिछले कुछ वर्षों में, उपवास शारीरिक और मानसिक स्वास्थ्य में सुधार के साधन के रूप में तेजी से लोकप्रिय हो गया है, और कई लोग इसके लाभों की कसम खाते हैं। यह लेख बताएगा कि उपवास क्या है, लोग उपवास करना क्यों चुनते हैं, और इससे क्या लाभ हो सकते हैं।

उपवास क्या है – उपवास कुछ समय के लिए भोजन और/या पेय से परहेज करने की क्रिया है। यह कुछ घंटों से लेकर कई दिनों या हफ्तों तक ही हो सकता है। उपवास विभिन्न रूपों में भी किया जा सकता है, जैसे कि आंतराधिक उपवास, जिसमें आत्येक दिन एक निश्चित समय तक अपने खाने को सीमित करना शामिल है।

लोग उपवास क्यों करते हैं – उपवास कई कारणों से किया जा सकता है। कुछ लोगों के लिए, यह एक धार्मिक आस्था है, जैसे मुसलमानों के लिए रमज़ान के दौरान या यहूदियों के लिए योम किप्पुर के दौरान। हालाँकि, कई लोग स्वास्थ्य लाभ के लिए उपवास करना चुनते हैं। वजन घटाने के लिए लोग उपवास करना चुनते हैं इसका एक प्राथमिक कारण यह है। कुछ समय के लिए कैलोरी को सीमित करने से, शरीर भोजन से ग्लूकोज के बजाय ऊर्जा के लिए संग्रहीत वसा को जलाना शुरू कर देता है। यह भी देखा गया है कि रूक – रूक कर उपवास करने से इंसुलिन संवेदनशीलता में सुधार होता है, जिससे शरीर के लिए ग्लूकोज को संसाधित करना आसान हो जाता है और चयापचय दर में वृद्धि होती है।

उपवास के कई अन्य स्वास्थ्य लाभ भी पाए गए जैसे –

- यह शरीर में सूजन को कम करने में मदद कर सकता है, जिससे गठिया या अस्थमा जैसी स्थितियों में राहत मिल सकती है।
- उपवास करने से मस्तिष्क की कार्यप्रणाली में सुधार होता है, ध्यान केंद्रित होता है और उत्पादकता बढ़ती है।
- यह हृदय रोग, मधुमेह और कैंसर जैसी पुरानी बीमारियों के खतरे को कम करने में भी मदद कर सकता है।

उपवास के विभिन्न रूप – उपवास करने के कई अलग – अलग तरीके हैं, और ऐसी विधि ढूँढना महत्वपूर्ण है जो आपके लिए काम करे। कुछ लोकप्रिय रूपों में शामिल हैं:

- आंतराधिक उपवास – इसमें प्रत्येक दिन एक निश्चित समय तक भोजन का सेवन सीमित करना शामिल है। आंतराधिक उपवास का सबसे लोकप्रिय रूप 16/8 विधि है, जहाँ आप 16 घंटे तक उपवास करते हैं और 8 घंटे की अवधि के दौरान भोजन करते हैं।
- जल उपवास – इसमें कुछ समय तक, कुछ दिनों से लेकर कई हफ्तों तक, केवल पानी का सेवन करना शामिल है।
- जूस उपवास – इसमें कुछ समय के लिए केवल फलों और सब्जियों के रस का सेवन शामिल है।

सुरक्षित रूप से उपवास कैसे करें – हालाँकि उपवास कई लाभ प्रदान कर सकता है, लेकिन इसे सुरक्षित रूप से करना महत्वपूर्ण है। किसी भी उपवास कार्यक्रम को शुरू करने से पहले एक स्वास्थ्य देखभाल पेशेवर से परामर्श करना अति आवश्यक है। यदि आप उपवास करने का निर्णय लेते हैं, तो हाइड्रेटेड रहना और अपने शरीर की बात सुनना महत्वपूर्ण है। यह भी सलाह दी जाती है कि छोटे उपवास से शुरूआत करें और यदि चाहें तो धीरे – धीरे समय की अवधि बढ़ाएँ।

व्रत तोड़ना भी एक महत्वपूर्ण प्रक्रिया है, छोटे भोजन से शुरूआत करने की सलाह दी जाती है जो पचाने में आसान हो, जैसे सूप या शोरबा, और समय के साथ धीरे-धीरे भोजन की मात्रा बढ़ाएँ।

निष्कर्ष – उपवास सदियों से एक आस्था रही है, और इसके अच्छे कारण भी हैं। यह शारीरिक और मानसिक स्वास्थ्य दोनों में सुधार कर सकता है, पुरानी बीमारियों के जोखिम को कम कर सकता है और मस्तिष्क की कार्यप्रणाली में सुधार कर सकता है। उपवास के कई अलग-अलग प्रकार उपलब्ध होने के कारण, एक ऐसी विधि खोजना महत्वपूर्ण है जो आपके लिए काम करे और इसे हमेशा सुरक्षित रूप से और एक स्वास्थ्य देखभाल पेशेवर के मार्गदर्शन के साथ अपनाएँ।

THE HUMMING BEE BREATH: TECHNIQUES AND BENEFITS



Deepesh Gurjar

Batch 2022 - 23

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

Bhramari, also known as the Humming Bee Breath, is a yoga breathing technique believed to bring various benefits to both the mind and body. In this article, we'll explore the advantages and steps of practicing Bhramari breath, including its ability to relieve tension, headaches, and insomnia.

Bhramari is best practiced on an empty stomach. While it can be practiced at any time of day, bhramari is particularly potent in the early morning and late at night, when there are fewer distracting noises and our inner perception is most acute.

Steps to practice bhramari

1. Find a comfortable seated position: Begin in a serene, quiet place, sitting with an erect spine and relaxed shoulders.
2. Close your eyes: Gently close your eyes to help you focus.
3. Take a deep breath in: Inhale slowly and deeply through your nose, filling your lungs with air. Feel your abdomen expand as you breathe in.
4. Exhale with a humming sound: As you exhale, lightly press your index fingers against your ears, gently closing the ear canals. Now, create a soothing humming sound, like that of a bee. Concentrate on feeling the vibration of the sound resonating in your head.
5. Repeat the process: Practice this breath several times.

Benefits of practicing bhramari

- Calms and quiets the mind
- Releases cerebral tension
- Stimulates the pineal and pituitary glands, supporting their proper functioning
- Soothes the nerves
- Relieves stress and anxiety
- Dissipates anger
- Lowers blood pressure
- Bolsters the health of the throat
- Strengthens and improves the voice
- Supports the healing of bodily tissues
- Induces sound sleep

Contradictions: Bhramari should not be practiced by pregnant or menstruating women. It is also contraindicated for individuals with extremely high blood pressure, epilepsy, chest pain, or an active ear infection. Bhramari should not be practiced in a supine position.



UNDERSTANDING THE PANCHKOSHA THEORY IN YOGA FOR DISEASE TREATMENT



Shubham Jain

Batch 2022 - 23

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

The Panchkosha theory, as explained in the Taitarya Upanishad, is a main concept in the yoga for the treatment of various diseases. This theory encompasses five layers or sheaths, each playing a distinct role in the overall well-being of an individual. By understanding and harmonizing these layers, yoga can be a powerful tool for healing and maintaining health. Let's explore each of these koshas and their significance in the context of health and well-being.

1. Annamaya kosha (physical body): The Annamaya kosha pertains to the physical body and is composed of the five elements - akash (space), vayu (air), jal (water), agni (fire), and prithvi (earth). It is sustained and nourished by the food we consume.

In yoga, specific practices and considerations for this kosha include various asanas (physical postures) such as supine, prone, and sitting positions. Additionally, diet plays a significant role, categorized into satvik, rajsik, and tamsik foods. Cleansing practices, known as kriyas, such as jala neti and rubber neti, are also essential for maintaining the health of the Annamaya kosha.

2. Pranamaya kosha (respiratory body): Pranamaya kosha focuses on the respiratory system. The term "prana" refers to life force or energy, and practices associated with this kosha involve breathing exercises, known as pranayama. Proper regulation and control of the breath are vital for maintaining a healthy Pranamaya kosha.

3. Manomaya kosha (mental body): The Manomaya kosha represents the mental body, encompassing our state of mind and the different perceptions it harbors. Practices aimed at this kosha include meditation techniques like om chanting, concentration on a single point, or focusing on particular thoughts. These methods help in calming and nurturing the mind.

4. Vigyanmaya kosha (intellectual body): Vigyanmaya kosha is the fourth layer of our reality and involves self-realization. It is a state where profound understanding and insight are achieved. The practice of self-study, known as swadhyay, is crucial for nurturing the Vigyanmaya kosha.

5. Anandmaya kosha (peaceful body): Anandmaya kosha is the fifth layer in the Panchkosha theory, representing a state of profound peace and relaxation. To maintain and nurture this aspect of our being, various practices such as om chanting, listening to soothing music, or engaging in relaxing meditation are recommended.

Health precepts of panchkosha: Understanding the Panchkosha theory provides valuable insights into the treatment of diseases through yoga. The following health precepts underscore the importance of this theory. **Modern medical systems acknowledge that over 80% of today's diseases, including diabetes, cancer, and ulcers, are either somatic or rooted in the mind.** Yoga, through the balance it brings to the mind, offers a path to curing many diseases.

The strong relationship between the Annamaya kosha and Manomaya kosha represents the dual aspects of physical and mental health.

- Pranamaya kosha acts as the bridge connecting the body and the mind through the regulation of breath.
- Vigyanmaya kosha is the gateway to self-realization, facilitating a deeper understanding of one's true self.
- Anandmaya kosha embodies a state of peacefulness and relaxation, essential for stress reduction and overall well-being.

Incorporating the wisdom of the Panchkosha theory into your yoga practice can be a transformative journey toward holistic health and well-being, addressing both the physical and mental aspects of health.



ANANDA BINDU: THE BLISSFUL MARK



Khushi Gandhi

Batch 2022 - 23

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

"In the middle of the eyebrows is the place of Shiva, where the mind becomes tranquil. This state is known as turiya, or the fourth dimension, where time is unknown." This beautiful text from the **Hatha Yoga Pradipika** highlights the significance of applying tilak in Hindu culture.

Tilak is a sacred and auspicious practice that has been a part of Hindu rituals, ceremonies, daily prayers, and important events for centuries. The placement of tilak between the eyebrows is considered particularly sacred. Traditionally, tilak is made using **vermillion powder, sandalwood paste, or sacred ash**. Women applied tilak with their ring finger, signifying love and prosperity, while men used their thumb, representing stability.

Different varnas (social classes) used different materials for tilak to symbolize their attributes.

Brahmins applied a white chandan mark, representing purity and often served as teachers or priests.

Kshatriyas applied a red kumkum mark, symbolizing bravery as warriors.

Vaishyas applied a turmeric mark, denoting wealth, as they were typically traders or businessmen.

Applying tilak is believed to awaken the **Ajna chakra**, one of the seven energy centres in our bodies. The Ajna chakra is responsible for concentration and is considered the centre of consciousness. Women wear a single dot, while men wear a vertical line made of sindoor/ mercury to help develop higher awareness and awaken the Ajna chakra. The bija mantra associated with this chakra is **"OM"**. Meditating with complete focus on the Ajna chakra is believed to grant heightened foresight.

Tilak is not only a sacred mark but also a representation of a rich spiritual lineage. In some traditions, it is applied to those nearing the end of life or who have passed away to provide an auspicious transition to the next life.

Unfortunately, in today's world, some people dismiss these traditions as myths and choose not to follow them. However, wearing tilak can bring you closer to God and help you connect with your cultural heritage. By embracing this practice, you become a part of a tradition that has been passed down through generations, gaining access to a deep well of ancient wisdom. So, proudly wear the tilak and let it ignite your inner spirit. It's a beautiful way to reconnect with your roots and deepen your spirituality.



ASANAS AND THEIR BENEFITS



Jyoti Shrivastav

Batch 2022 - 23

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

"स्थिरं सुखं आसनम्" शरीर की वह स्थिति जिसमें शरीर बिना झिले – झुले स्थिर व सुखपूर्वक अवस्था में रहता है। वह आसन कहलाता है।

Yoga, an age's old practice, is a holistic discipline that links the physical, mental, and spiritual aspects of well-being. At the heart of this ancient art are "asanas," the steady and comfortable positions that form the cornerstone of the yogic journey. The power of asanas lies not only in their physical manifestations but in their profound impact on the practitioner's health, concentration, and vitality.

These are special patterns of postures that stabilise the mind and the body through static stretching. Their aim is to establish proper system in the neuromuscular tonic impulses and improve the general muscle tone. Two basic principles governing the performance of asanas are stability and comfort. This suggests that the nature of asanas is psycho-neurophysical and not only physical. Every asana should be performed effortlessly and maintained for a comfortable time. There should be no jerks and the performance of asana should not lead to undue fatigue.

Asanas may be classified as

1. Meditative Asanas (ध्यानात्मक आसन): are sitting postures, which maintain the body in a steady and comfortable condition. By various arrangements of legs and hands, different Meditative Asanas viz. Siddhasana, Swastikasana, Padmasana, Vajrasana, Bhadrarau, Muktasana and Sukhasana are performed. The characteristic feature of the Meditative Asana is, however, keeping the head, neck and trunk erect.

2. Cultural Asanas (शरीर उपयोगी आसन): involve static stretching, which bring about proper tone of muscles. They contribute to the flexibility of the spine and render the back and spinal muscles stronger. They also stimulate proper working of the vital organs in the thoracic and abdominal cavities. There are innumerable varieties of Cultural Asanas, which are performed through sitting, lying and standing position Pavan Muktasana, Naukasana, Viparita Karni, Sarvangasana, Matsyasana, Halasana, Chakrasana etc.

3. Relaxative Asanas (विश्रांतिकारक आसन): are few in numbers like Shavasana, Makarasana, Balasana etc. They are performed in the lying position and are meant for giving rest to the body and mind.

Benefits of asanas

- 1. Improved digestion:** Asanas reduce digestive issues like constipation and indigestion.
- 2. Enhanced circulation:** Better blood flow can prevent heart-related diseases.
- 3. Increased Flexibility:** Yoga improves joint and spinal flexibility.
- 4. Disease prevention:** Regular practice can help prevent common illnesses.
- 5. Mind-Body balance:** Asanas create a sense of calm and inner peace.
- 6. Mental well-being:** Yoga contributes to reduced stress and improved mental health.

Practicing yog asanas should be done mindfully and under the guidance of a qualified instructor, especially if you have any pre-existing health conditions or limitations.



NURTURING MENTAL HEALTH- A VITAL JOURNEY



Khushboo Jolia

B.Sc Nursing Part 4th

Batch - 2019-2020

Swasthya Kalyan Institute of Medical Technology and Nursing Education

Mental health is a fundamental aspect of our overall well-being. It encompasses our emotional, psychological, and social well-being, affecting how we think, feel, and act. Just as we prioritize physical health, it is equally important to understand, support, and maintain good mental health. In this article, we will explore the significance of mental health, common challenges, and strategies to promote well-being.

The Importance of Mental Health

- 1. Emotional resilience:** Good mental health equips us with the ability to cope with life's challenges, adapt to changes, and bounce back from adversity.
- 2. Relationships:** Strong mental health fosters positive relationships, as it enables us to empathize, communicate effectively, and maintain connections with others.
- 3. Productivity:** A sound mind enhances productivity and creativity, benefiting both personal and professional life.

Common Mental Health Challenges

- 1. Anxiety disorders:** Characterized by excessive worry and fear, anxiety disorders can be debilitating if left untreated.
- 2. Depression:** Persistent feelings of sadness, hopelessness, and loss of interest in daily activities are symptoms of depression, which affects millions worldwide.
- 3. Stress:** The modern, fast-paced world often leads to chronic stress, impacting mental health negatively.
- 4. Bipolar disorder:** Alternating between manic and depressive episodes, bipolar disorder requires careful management.
- 5. Substance abuse:** Addiction to substances like drugs and alcohol often co-occurs with mental health issues.

Promoting Mental Health

- 1. Self-care:** Prioritize self-care routines such as regular exercise, a balanced diet, sufficient sleep, and relaxation techniques.
- 2. Seeking help:** Don't hesitate to seek professional help from therapists, counselors, or psychiatrists if you're struggling with your mental health.
- 3. Building resilience:** Cultivate resilience through mindfulness practices, gratitude, and positive self-talk.
- 4. Connection:** Maintain a strong social support system by nurturing relationships with friends and family.
- 5. Education:** Learn about mental health to reduce stigma and increase awareness in society.

Addressing Stigma: One significant barrier to mental health improvement is the stigma surrounding it. People often hesitate to seek help due to fear of judgment. To combat this stigma, it is essential to engage in open conversations, promote empathy, and encourage seeking help as a sign of strength, not weakness.

Mental health is an integral part of our lives that deserves our attention, care, and understanding. Just as we prioritize our physical health through exercise and a balanced diet, we must prioritize our mental health through self-care, seeking help when needed, and promoting awareness. By working collectively to break down the stigma surrounding mental health, we can create a world where everyone has the opportunity to enjoy good mental health and a fulfilling life.

BENEFITS OF MILLETS



Yogendra Kumar Dhaked

Batch - 2019-2020

Swasthya Kalyan Institute of Medical Technology and Nursing Education

Millets have been a staple food for centuries in many parts of the world. These small grains are packed with nutrients and offer numerous health benefits. Millets are gluten-free, easy to digest, and are rich in fiber, vitamins, and minerals. They are also low in fat and have a low glycemic index, which makes them an ideal food for people with diabetes. Here are some of the benefits of eating millets:

1. Rich in nutrients: Millets are rich in nutrients such as iron, calcium, magnesium, potassium, and zinc. They are also a good source of B vitamins such as thiamin, niacin, and riboflavin. These nutrients are essential for maintaining good health and preventing diseases.

2. Gluten-free: Millets are naturally gluten-free, making them an ideal food for people with celiac disease or gluten intolerance. Gluten is a protein found in wheat, barley, and rye that can cause digestive problems for some people. Millets offer a great alternative to these grains and can be used in a variety of recipes.

3. Low glycemic index: Millets have a low glycemic index (GI), which means they release glucose slowly into the bloodstream. This makes them an ideal food for people with diabetes as they help to regulate blood sugar levels. Millets can also help to reduce the risk of developing type 2 diabetes.

4. Good for digestion: Millets are high in fiber, which helps to promote good digestion and prevent constipation. The fiber in millets also helps to reduce the risk of colon cancer and other digestive disorders.

5. Helps to reduce cholesterol: Millets are rich in soluble fiber, which helps to reduce cholesterol levels in the body. This can help to reduce the risk of heart disease and stroke.

6. Helps to maintain healthy weight: Millets are low in fat and calories, making them an ideal food for people who are trying to lose weight. The fiber in millets also helps to keep you feeling full for longer, reducing the urge to snack between meals.

7. Good for bone health: Millets are a good source of calcium, which is essential for maintaining healthy bones and teeth. They also contain magnesium, which helps to absorb calcium into the body.

8. Good for skin and hair: Millets are rich in antioxidants, which help to protect the skin from damage caused by free radicals. They also contain vitamins and minerals that are essential for maintaining healthy hair.

9. Environmentally friendly: Millets are a sustainable crop that requires less water and fertilizer than other grains such as wheat and rice. They are also resistant to pests and diseases, reducing the need for pesticides.

Millets are a nutritious and versatile food that offer numerous health benefits. They are easy to cook and can be used in a variety of recipes. Adding millets to your diet can help to improve your overall health and well-being.



EQUAL HONOR FOR ALL PROFESSIONS



Sakshi Sharma

Batch: 2022-2023

Swasthya Kalyan Institute of Paramedical Technology

In today's diverse world, individuals are engaged in various professional sectors. Some work as teachers, some as doctors, and some as lab technologists. In recent times, the title has evolved from "**lab technician**" to "**lab technologist**" to better **reflect the role's complexity**. Technologists are responsible for performing important tests that require manual procedures. Medical laboratory technologists play a vital role in the healthcare system, collecting samples from patients and conducting tests to analyze body fluids, tissues, and other medical specimens. They are also proficient in operating the laboratory equipment required for these medical tests. Additionally, they meticulously record data from these tests & discuss the results with physicians.

It's worth noting that in India, there is a prevalent misconception that certain professions, like lab technology and nursing, lack prestige or standards. Lab technologists handle tasks such as examining stool and urine samples from patients, which, like nursing, sometimes faces misconceptions that it involves servitude. However, it's essential to recognize the significance of these professions. Each of these professions is crucial and merits respect. Nurses, lab technologists, and even compounders all play pivotal roles in the medical sector. Lab technologists are indispensable for diagnosing diseases, as they provide the crucial data doctors require for accurate assessments.

It is important to appreciate the value and significance of every profession. In the grand scheme of healthcare, each role is like a piece in a puzzle, and the system would not function optimally without the contribution of each. Respect for all professions, regardless of their nature, is essential to ensure the seamless operation of the healthcare system and the overall well-being of the community.

GOLDEN DAYS OF COLLEGE LIFE



Shweta Prajapat

Batch: 2022-2023

Swasthya Kalyan Institute of Paramedical Technology

College is not just a place where we learn about our studies; it's also a place where we learn about ethics, the meaning of relationships, exchange of cultures. On campus, we encounter people with diverse backgrounds and personalities, hailing from various places. Some of them become a part of our life, and a few even become our closest friends. With them, we create memories, we cry, we laugh, we engage in foolish antics, and we playfully tease one another, always ensuring that no one gets hurt by our actions. These distinct personalities impart invaluable life lessons.

Most of us leave our families and hometowns to pursue our studies, future, and dreams. Therefore, our respected teachers, college peers, and seniors play an important role in encouraging us toward our future aspirations, helping us bridge the gap left by our families. College days represent a crucial phase of our lives because they mark the transition into a new chapter where we will enter the job sector, facing a variety of situations and responsibilities.

My message to all students is simple: **cherish your college life**. make friends because these days are irreplaceable. Sometimes, it's good to enjoy time with friends and watch movies because, in the future, while grades will shape your professional future, these memories will light up your smile. Friendships may form and dissolve, and you might experience heartbreaks and moments of depression. During those times, keep your friends close and learn from your adversaries, as they, too, can impart life lessons.

PARAMEDICAL EDUCATION - A KEY COMPONENT OF MODERN HEALTHCARE



Ronak Jain

Batch: 2021-2022

Swasthya Kalyan Institute of Paramedical Technology

Paramedical education, to common man, pertains to supplementary and supportive healthcare professions that do not necessitate a full medical degree. Paramedical courses aim to prepare individuals as allied healthcare professionals who collaborate with doctors and nurses to deliver high-quality patient care. These programs provide students with the knowledge and skills required to conduct diagnostic, therapeutic, and rehabilitative procedures within the healthcare sector.

In the context of India, the healthcare system faces numerous challenges, including inadequate infrastructure, a shortage of trained healthcare professionals, and a high burden of communicable and non-communicable diseases. To address these challenges, the Indian government has implemented various policies and initiatives to encourage the development of the healthcare industry and to train more healthcare professionals, including paramedical professionals. Not just the government, but even the private sector is investing heavily in healthcare infrastructure and has already done the spadework when it comes to making significant investments in healthcare services.

As a result, there is an increasing demand for paramedical professionals in India. A wide range of courses are available to cater to this demand, ranging from **1-year diploma programs to 2-year postgraduate degrees, and even 3 or 4-year doctorate courses.**

Let's look into some of the top paramedical courses currently offered in India.

Diploma in Medical Lab Technology (DMLT): This course equips students with the necessary skills to work in medical laboratories, where they conduct diagnostic tests on patient samples. Throughout the course, students learn how to identify, diagnose, and treat diseases by performing clinical laboratory tests on patients.

Diploma in X-Ray Technology (DXRT): DXRT imparts knowledge and skills to students regarding the operation and maintenance of X-ray machines. They also learn how to interpret X-ray images and understand the principles of radiation protection and safety. This course is crucial for individuals aiming to conduct laboratory tests, general radiography, and electrocardiograms.

Paramedical education plays a vital role in addressing the healthcare challenges in India by producing a workforce of skilled professionals who support the medical field. These courses not only provide students with promising career opportunities but also contribute to improving healthcare services in the country. With the government and private sector's concerted efforts, the scope of paramedical education in India is on an upward trajectory.



MANAGING EXAM STRESS



Vedika Sain

Batch: 2021-2022

Swasthya Kalyan Institute of Paramedical Technology (Vidhya Ashram)

We all feel a little bit of stress from time to time, and sometimes, a little pressure can be helpful in achieving our goals. It's normal to feel some stress during exams as it can help us focus and do our best. However, too much stress during exams can hinder our performance and, more importantly, affect our emotional and physical well-being. It's important to find ways to manage exam stress, and it doesn't require making huge changes. Instead, focus on what you can control, which is yourself. Remember, while exams are important, they are not the only key to a successful future.

Here are some tips for students to manage exam stress:

- **Manage your time and study routine:** Plan your study schedule and stick to it. Break your study sessions into manageable chunks to avoid feeling overwhelmed.
- **Be confident and maintain a positive attitude:** Believe in yourself and your abilities. A positive mindset can help reduce anxiety.
- **Get enough sleep:** Make sure you get adequate rest. Lack of sleep can negatively impact your concentration and performance.
- **Stay away from social media:** Social media can be distracting and time-consuming. It's best to limit its use during your study and exam periods.
- **Eat and drink well:** A balanced diet and proper hydration are essential for your brain to function at its best.
- **Exercise and meditation:** Regular physical activity and relaxation techniques like meditation can reduce stress and improve your overall well-being.
- **Maintain calm before the exam:** Take a few deep breaths and try to stay calm before the start of the exam. Anxiety can affect your performance, so it's crucial to stay composed.
- **Seek help from parents, teachers, friends, and elders:** Don't hesitate to reach out to your support network for guidance and emotional support. They can provide valuable advice and reassurance.
- **Organize and pack everything the night before the exams:** Make sure you have all the necessary materials ready the night before the exam. This will help reduce last-minute stress.

Managing exam stress is vital for your well-being and academic success. By following these tips and focusing on what you can control, you can reduce the negative impact of stress during exams. Remember, exams are important, but they are just one part of your journey toward a successful future.



PRIORITIZING HEALTH AND FITNESS



Harsh Awasthi

Batch: 2021-2022

Swasthya Kalyan Institute of Paramedical Technology (Vidhya Ashram)

Good health is a priceless gift that mainly impacts both our physical and mental well-being. It's not merely a luxury but a necessity for a fulfilling life. The foundation of good health is built on two pillars: **regular exercise and a well-balanced diet**. These two elements, in harmony, nurture our bodies and minds, allowing us to live life to its fullest.

Regular exercise is the cornerstone of physical well-being. It bestows upon us increased strength, flexibility, and endurance. When we exercise, our bodies release endorphins, those natural mood lifters, leaving us feeling invigorated and positive. Incorporating a mix of aerobic exercises, strength training, and flexibility routines ensures a comprehensive approach to fitness.

Equally essential is maintaining a nutrient-rich diet. Consuming a diverse range of foods, including fruits, vegetables, lean proteins, whole grains, and healthy fats, provides our bodies with the necessary fuel and nutrients for optimal function. Adequate hydration is vital, too, as it supports digestion, circulation, and overall health.

Timing plays a important role in our health. Structuring our meals appropriately helps regulate metabolism and sustains energy levels. Breakfast, often pointed out as the most crucial meal, jumpstarts our metabolism and replenishes our energy reserves. This well-timed nourishment supports our physical and mental strength throughout the day.

However, health is more than just the physical wellbeing it also encompasses our mental well-being. Mental health is an integral part of overall health. Stress management, relaxation, and seeking support when needed are essential components of maintaining mental equilibrium.

Hygiene and rest are often underestimated facets of health. Maintaining proper hygiene, getting sufficient sleep, and practicing good sleep habits contribute to our well-being. Rest and sleep allow our bodies to recover and rejuvenate, fortifying us for the challenges of the day.

Preventative care is yet another critical element of health. Regular check-ups with healthcare professionals are essential for early detection and management of potential health issues. By addressing concerns promptly, we can prevent minor health issues from escalating into major problems.

In conclusion, health and fitness are not only about appearances but about our overall quality of life. A fit and healthy body supports an active and fulfilling life. Our bodies are lifelong companions, deserving our care and respect. By integrating exercise, a balanced diet, and healthy habits into our daily routines, we not only improve our physical well-being but also enhance our mental and emotional health. This, in turn, enables us to savor life to the fullest.



THE SCIENCE BEHIND SLEEP: IMPORTANCE AND STRATEGIES FOR BETTER SLEEP



Renu Yadav

Batch: 2018-2019

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

Sleep, often overlooked in our busy lives, plays a pivotal role in maintaining our well-being. Beyond mere rest, sleep is a complex process that directly impacts cognitive function, emotional balance, and physical health. Understanding the science behind sleep can lead us to adopt better strategies for enhancing its quality.

Sleep occurs in distinct stages, including REM and non-REM phases, each serving essential purposes. Our body's internal clock, known as the circadian rhythm, regulates our sleep-wake cycle, emphasizing the importance of consistent sleep patterns. Factors like stress, technology usage, and diet can disrupt this cycle, leading to sleep difficulties.

To achieve better sleep, consider establishing a regular sleep schedule and a calming bedtime routine. Avoiding caffeine and heavy meals close to bedtime can aid in improving sleep quality. Engaging in physical activity promotes better sleep, while minimizing screen time before bed helps mitigate sleep-disrupting blue light exposure.

The slow, controlled breathing used in yoga stimulates your vagus nerve. This nerve affects your parasympathetic nervous system (PNS), which controls your body's rest function and helps you get better sleep.

Sleep disorders, such as insomnia and sleep apnea, are common and require attention. Prioritizing sleep hygiene and seeking professional help when needed are crucial steps toward improving sleep. In an increasingly fast-paced world, acknowledging the significance of sleep and implementing science-backed strategies can contribute to a healthier and more balanced life.



HOLISTIC HEALING: ELIMINATING TOXIC MATTER THROUGH YOGA AND NATUROPATHY



Rohit Nagvansh

Batch: 2019-2020

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

In today's fast-paced world, the human body is constantly exposed to various toxins from the environment, processed foods, and stressful lifestyles. The accumulation of these toxins can lead to various health issues, both physical and mental. Fortunately, the ancient practices of yoga and naturopathy offer comprehensive approaches to eliminate toxic matter from the body, rejuvenating both the body and mind.

Detoxification from within - Yoga, an ancient practice that originated in India, goes beyond physical postures. It encompasses a holistic approach to wellness, including physical, mental, and spiritual wellbeing. One of the key aspects of yoga is its focus on detoxification through various techniques.

- **Asanas (Physical postures):** Yoga postures help stimulate the body's organs, improve blood circulation, and facilitate the elimination of waste products. Twisting poses, for example, help to wring out toxins from the digestive system, while inversions assist in the lymphatic drainage, improving the elimination of waste from the body.

- **Pranayama (Breath control):** The breath is a powerful tool for detoxification. Techniques like Kapalabhati (skull-shining breath) and Bhastrika (bellows breath) help to oxygenate the body, energize the cells, and remove carbon dioxide and toxins from the lungs.

- **Shatkriyas (Cleansing techniques):** These are purification practices that cleanse the body's internal organs. Techniques like Jala Neti (nasal cleansing with saline water) and Shankhaprakshalana (intestinal cleansing) aid in clearing out accumulated toxins from the nasal passages, digestive tract, and more.

- **Nature's path to healing:** Naturopathy is a holistic system of medicine that emphasizes the body's inherent ability to heal itself when given the right environment and support. It uses natural remedies and therapies to promote wellness and eliminate toxins.

- **Hydrotherapy:** Water is a potent detoxifying agent. Hydrotherapy treatments such as cold compresses, sitz baths, and steam baths promote circulation and help flush out toxins through the skin, kidneys, and other elimination pathways.

- **Nutrition:** Naturopathy emphasizes a diet rich in whole, organic, and unprocessed foods. These foods provide essential nutrients that support the body's natural detoxification processes, while avoiding processed and artificial substances that burden the body with toxins.

- **Fasting:** Controlled fasting allows the digestive system to rest and redirects the body's energy toward healing and detoxification. Fasting periods can vary, from intermittent fasting to longer water or juice fasts under professional guidance.

- **Herbal Medicine:** Certain herbs have detoxifying properties that support various organs, such as the liver and kidneys, in eliminating waste and toxins from the body.

Examples include milk thistle, dandelion, and burdock root.

Holistic Harmony - Combining the practices of yoga and naturopathy can provide a synergistic effect on detoxification. Yoga practices prepare the body for the detoxification process by improving circulation, increasing oxygenation, and enhancing overall organ function. Naturopathy, on the other hand, provides the necessary support and tools for the body to eliminate toxins efficiently.

Yoga and naturopathy offer holistic approaches to eliminate toxic matter from the body, allowing for the restoration of health and vitality. These ancient practices address the physical, mental, and emotional aspects of well-being, recognizing the intricate connection between the body and mind. As individuals strive for optimal health in today's toxin-laden world, the integration of yoga and naturopathy can guide them towards a balanced and detoxified life. However, it's essential to approach these practices with guidance from qualified practitioners to ensure safety and efficacy.

EXPLORING THE HEALING BENEFITS OF MUD THERAPY



Deekshant Meena

Batch: 2022-2023

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

Mud therapy might seem a bit unusual, but it has a long history and is thought to bring various health benefits for both the body and the mind.

Mud therapy isn't a new thing; many cultures have used it throughout history for its potential healing effects. When you put mud on your skin, your body can absorb its natural properties, leading to several health advantages.

Detoxification: Mud is believed to pull out toxins and impurities from the body through the skin.

Nutrient Absorption: Mud contains different minerals that your body can soak up through the skin. This can give your body a mineral boost and potentially improve overall health.

Thermal Effects: Mud can keep heat, which can increase blood flow and improve circulation in the areas where it's applied.

Health Benefits of Mud Therapy

People who support mud therapy say that it can offer various health benefits, such as:

Skin Health: Mud therapy can help make skin conditions like acne, eczema, and psoriasis better because of its exfoliating and detoxifying properties.

Pain Relief: The heat from the mud can calm sore muscles and joints, giving relief from conditions like arthritis and muscle tension.

Stress Reduction: Putting on mud and the relaxation it brings can have positive effects on mental well-being, reducing stress and promoting relaxation.

Improved Circulation: Better blood flow from mud therapy can contribute to better cardiovascular health.

Before you try mud therapy, it's a good idea to talk to a healthcare professional, especially if you have existing health conditions or allergies.



THE FIVE ELEMENTS



Geetanjali Nandkishor Pareek

Batch: 2019-2020

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

**"I am not a Hindu, nor a Muslim am I! I am this body,
a play of five elements, a drama of the spirit dancing with joy and sorrow."
Sant Kabir**

From tiny atoms to giant whales to the solar system itself, everything is composed of a combination of five elements. According to the Garbha Upanishad, the human body is made up of these elements: Akash (space), Vaayu (air), Agni (fire), Apas (water), and Prithvi (earth). The Earth provides stability and support, water assists in food assimilation, fire brings warmth and objectifies digestive fire, wind distributes within the body, and Akash provides space. The human body's formation occurs in a cycle of evolution, involving both creation and destruction.

The roots of **PANCHMAHABHUTTAS** date back to the Upanishads and Bhagavad Gita, as mentioned in the Taittiriya Upanishad, from Brahma arises space (akasha), from space arises air (vayu), from air arises fire (tejas), from fire arises water (apah), and from water arises earth (prthvi). After creation, "Brahma" enters the universe as its life and consciousness, illustrating the connection between humans and the natural world.

In the Maitrayani Upanishad, it is stated that Brahma has roots above and branches below, with the branches being earth, water, fire, air, and space. According to the Bhagavad Gita (7, 4-5), the primordial nature is eight-fold: the five elements plus intelligence (buddhi), ego-sense (ahamkara), and mind (manas).

Imbalances in the five elements can affect the body physiologically, leading to diseases such as diabetes, arthritis, and asthma. Naturopathy, with its holistic approach covering physical, mental, spiritual, and social dimensions, aims to balance these elements. From a simple brisk walk to specialized treatments like acupuncture, various approaches seek to cure the body by enhancing its own vigor. "Qi" or "Prana," known as vital energy, is the body's innate intelligence, and restoring harmony within the system can help rejuvenate oneself.

In this intricate dance of elements, we find not just the essence of our physical existence but a profound connection to the universe. As we tread the path of holistic well-being, let us remember that in restoring balance within ourselves, we also harmonize with the cosmic dance of the Five Elements.



TREATMENT OF HIV BY NATUROPATHY



Megha Khandal

Batch: 2018-2019

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

Acquired Immune Deficiency Syndrome (AIDS) is a condition resulting from infection with the Human Immunodeficiency Virus (HIV), leading to profound immune suppression. It emerged as a severe, life-threatening health issue since its first recognition in 1981 and stands as one of the most rapidly spreading diseases of our time. The disease progresses through stages, starting with a latent phase exhibiting initial symptoms such as fever, dizziness, paleness, joint pain, rashes, and widespread lymphadenopathy, followed by an asymptomatic latency period. In the intermediate stage, symptoms like fever, weight loss, night sweats, diarrhea, thrush, skin lesions, and depression become common. Herbal medicine has been embraced in Europe as a popular complementary treatment for HIV-infected individuals, offering a balanced approach to addressing various illnesses.

HIV belongs to the retrovirus class, and the primary HIV protein associated with the envelope is gp120/41, serving as the viral attachment protein. There are two main types of HIV: HIV-1, responsible for global spread, and HIV-2, less pathogenic and predominantly found in West Africa.

Modes of transmission include infected blood or blood components, contaminated needles, and sexually transmitted infections like syphilis, genital herpes, Chlamydia, gonorrhea, or bacterial vaginosis. The stages of HIV infection range from healthy carrier states to Lymphadenopathy Syndrome (LAS) and eventually Acquired Immune Deficiency Syndrome (AIDS).

Herbal medicine has played a significant role in various cultures, and many modern drugs have their roots in plant-based remedies. In India, Ayurveda, a traditional system of medicine, utilizes herbs to treat a wide range of diseases. Several herbs have been explored for their potential in managing HIV and AIDS.

Ashwagandha (Withania somnifera): Known for its sedative and hypnotic effects, Ashwagandha is traditionally used in Ayurveda to enhance health and longevity. It is considered non-toxic and a vital component in HIV treatment.

Tulsi (Ocimum sanctum): Tulsi extract, with antibacterial and insecticidal properties, has been used traditionally to address common colds, headaches, inflammation, heart disease, and as an immunomodulatory agent.

Garlic (Lahsun): Globally recognized for its antibacterial, antifungal, and antiviral properties. It is particularly beneficial against hypercholesterolemia induced by antiretroviral therapy.

Shatavari: Shatavari root stimulates the immune system and acts as a diuretic.

Due to high treatment costs, and increased risks of transmission, alternative medicine systems like Ayurveda, Chinese medicine, and herbal remedies are gaining attention. Ongoing research aims to identify plants and active compounds effective against HIV. Compounds from plants, such as alkaloids, carbohydrates, coumarins, flavonoids, lignin, phenolics, proteins, quinines, xanthenes, phospholipids, and tannins, show promise in inhibiting HIV at various stages of its cycle. Emerging approaches, such as plant-derived microbicides, highlight the potential for herbal medicines to provide safe and effective alternatives for AIDS prevention and treatment.

IONIZING RADIATION SAFETY MEASURES FOR PROTECTION AND CONTROL



Renu Yadav

Batch: 2021-22

Swasthya Kalyan Institute of Paramedical Technology (Sitapura)

Ionizing radiation poses potential risks to human health, and adopting effective safety measures is crucial. **The guiding principle in radiation safety is "ALARA,"** which stands for "**as low as reasonably achievable.**" This principle emphasizes minimizing radiation exposure, even in small doses without direct benefits. To achieve this, three fundamental protective measures are employed: time, distance, and shielding.

Time:

- Time refers to the duration spent near a radiation source.
- It is essential to minimize the time spent in proximity to a radiation source to the necessary duration for completing a task.
- First responders can utilize alarming dosimeters to efficiently manage and reduce the time spent in areas with elevated radiation levels.

Distance:

- Distance is the physical space between an individual and a radiation source.
- Maximizing distance from a radioactive source is crucial to reducing radiation exposure.
- Increasing distance automatically decreases the radiation dose, emphasizing the importance of maintaining a safe distance whenever possible.

Shielding:

- Shielding involves putting a barrier between oneself and the radiation source.
- In radiation emergencies, seeking shelter inside a building and putting walls between oneself and the outside is an effective way to use shielding.
- Protective clothing can shield first responders from alpha and beta particles, but it is important to note that it does not provide adequate protection against gamma rays.

Understanding and implementing these basic protective measures – time, distance, and shielding – are vital for minimizing the risks associated with ionizing radiation. Whether in routine activities or emergency situations, adherence to the ALARA principle ensures that radiation exposure is kept as low as reasonably achievable. By following these simple yet effective guidelines, individuals can contribute to their own safety and the safety of others when working in environments with potential radiation hazards.

ATTENTION ATTENTION ATTENTION ATTENTION ATTENTION



STOP STOP STOP STOP STOP STOP STOP STOP STOP STOP STOP

RADIATION EMERGENCIES AND PREGNANCY: SAFETY MEASURES AND GUIDELINES



Navdeep Singh Rathore

Batch: 2021-2022

Institute of Medical Technology & Nursing Education (Paramedical division, Sitapura)

In the unfortunate event of a radiation emergency, pregnant women must prioritize their safety and that of their unborn child. It is crucial to follow instructions from emergency officials and seek medical attention only when authorities declare it safe to do so.

Prenatal radiation exposure: Radiation exposure during pregnancy occurs when a woman's abdomen is exposed to radiation. Fortunately, the abdomen partially shields the fetus from external radiation sources, offering some protection. However, if a pregnant woman ingests or breathes in radioactive materials, there is a risk of these substances passing through the bloodstream to the fetus, potentially causing severe health effects.

Potential health risks: Even at low radiation doses that may not harm the mother, the fetus can be vulnerable to serious health issues. These include miscarriage, stunted growth, deformities, abnormal brain function, and an increased risk of cancer. The most sensitive period for a fetus is between weeks 2 and 18 of pregnancy, with decreased sensitivity in later stages.

Expert Guidance: In the rare circumstance of a radiation emergency, pregnant women and their healthcare providers can seek guidance from radiation experts. These professionals can provide information and answer questions about radiation exposure and its potential impact on pregnancy.

Radiation Safety Measures:

Lead apron: Wear a lead apron throughout the entire pregnancy, providing at least 0.35 mm lead equivalency. Opt for a pregnancy-tailored lead apron for enhanced protection.

Movable lead shields: Utilize movable lead shields with a thickness of 1 mm between the operator and the X-ray source.

Innovative Technologies: Embrace novel radiation shielding systems to enhance safety. Choose cath labs with low radiation XR imaging technologies for minimized exposure.

Fundamentals of Radiation Safety: Remember the three key principles for radiation safety:

- Time: Minimize exposure time to radiation.
- Distance: Increase the distance from the X-ray source whenever possible.
- Shielding: Use shielding to block scattered radiation from the patient.

In any radiation emergency, the well-being of pregnant women and their unborn children is of utmost importance. Following safety measures and seeking guidance from experts can help mitigate the risks associated with radiation exposure during pregnancy. By prioritizing safety and staying informed, expectant mothers can take crucial steps to safeguard both themselves and their developing babies.

THE HEALING POTENTIAL OF CHROMOTHERAPY



Sachin Jangid

Batch: 2022-2023

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

In the realm of alternative medicine and holistic healing, chromotherapy, also known as color therapy, is an ancient practice rooted in the belief that different colors can influence our emotions, moods, and overall well-being. This article delves into the world of chromotherapy, exploring its history, principles, and potential benefits. The roots of chromotherapy can be traced back to ancient civilizations such as the Egyptians, Greeks, and Chinese, all of whom believed in the healing power of colors.

Chromotherapy operates on the principle that different colors are associated with specific frequencies of light, and these frequencies can impact various aspects of our health and well-being. Each color is believed to correspond to different energy centers in the body, known as chakras in Eastern philosophies.

Red: Associated with vitality and stimulation, red is believed to increase circulation, boost energy, and promote courage and passion.

Blue: Calming and tranquil, blue is thought to promote relaxation, reduce stress, and improve communication.

Yellow: Often linked to happiness and optimism, yellow is believed to stimulate the nervous system, aid digestion, and boost creativity.

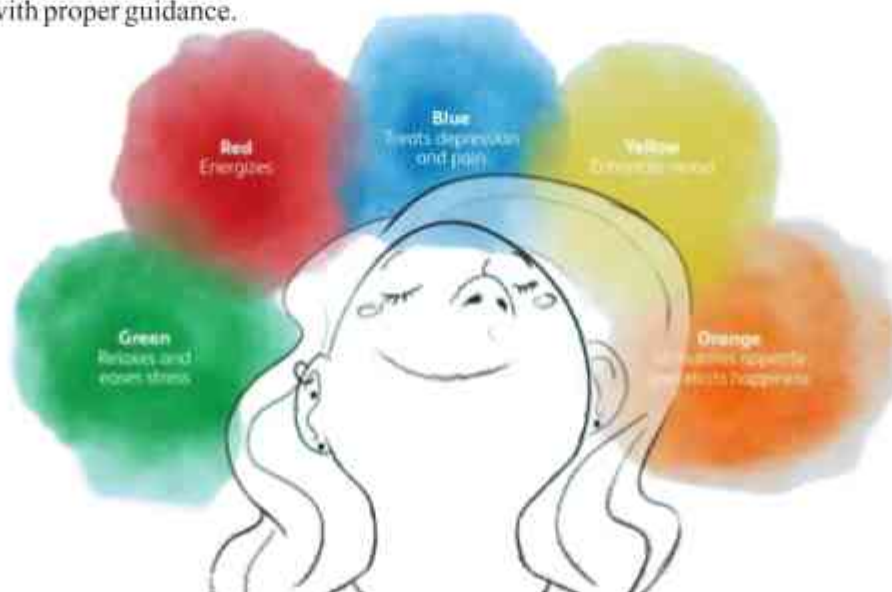
While scientific evidence on the efficacy of chromotherapy is limited, many proponents claim that it can offer several potential benefits, including:

Mood enhancement: Different colors are believed to trigger emotional responses, uplifting mood and reducing feelings of anxiety or depression.

Stress reduction: Calming colors like blue and green are thought to have a soothing effect on the mind, aiding in stress reduction and relaxation.

Improved sleep: Creating an environment with the right colors may promote better sleep by calming the mind and reducing sleep disturbances.

Some wellness centers offer chromotherapy sessions as part of holistic treatments, and individuals can also explore this therapy on their own with proper guidance.



RISE OF CUSTOMIZED NATUROPATHIC CARE, BREAKING DOWN THE CONSTRAINTS OF CONVENTIONAL HEALTHCARE



Prachi Priya Pandey

Batch: 2018-2019

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

In the realm of healthcare, the concept of a one-size-fits-all approach has long been challenged by evolving medical insights and the diverse needs of individuals. General or umbrella treatment strategies, which attempt to address a wide range of conditions with standardized protocols, are increasingly being criticized for their limitations. In contrast, naturopathy has gained attention for its emphasis on customized treatment plans tailored to individual needs. This article explores the shortcomings of general treatment approaches in modern-day practice and highlights the role of naturopathy in delivering personalized care.

Naturopathy's customized approach:

Holistic assessment: Naturopathic practitioners focus on understanding the whole person, including physical, emotional, and environmental aspects. This holistic assessment enables them to create treatment plans that address the individual's unique needs.

Tailored treatment protocols: Naturopathy emphasizes personalized treatment plans that consider the individual's medical history, genetics, lifestyle, and preferences. This approach allows for the integration of various therapies, such as nutrition, herbal medicine, acupuncture, and lifestyle modifications.

Prevention and long-term health: Naturopathic care not only aims to alleviate current health issues but also emphasizes disease prevention and the promotion of long-term well-being. This approach aligns with the idea of treating the whole person, rather than just isolated symptoms.

Patient empowerment: By involving patients in their own care plans, naturopathic practitioners empower individuals to take an active role in improving their health. This collaborative approach can lead to greater patient satisfaction and adherence to treatment recommendations.

The Downsides of general treatment:

• **Lack of individualization:** General treatment protocols often overlook the unique biological, genetic, and lifestyle factors that influence a person's health. Human bodies vary greatly in their responses to treatments, making it essential to consider individual differences.

• **Ineffectiveness for complex cases:** Complex health conditions may require multifaceted approaches that cannot be adequately addressed by a standard treatment plan. Relying solely on general treatments can lead to prolonged suffering and ineffective outcomes for patients.

• **Side effects and unwanted reactions:** Administering generalized treatments without accounting for individual sensitivities can result in side effects and unwanted reactions, potentially worsening the patient's condition or introducing new health challenges.

• **Masking underlying issues:** General treatments may provide temporary relief by addressing symptoms, but they might fail to identify and target the root causes of a health problem. This can delay proper diagnosis and comprehensive healing.

As medical knowledge advances and the understanding of personalized healthcare deepens, the shortcomings of general treatment approaches become increasingly apparent. In contrast, naturopathy offers a promising solution by focusing on customized treatment plans that consider the intricate interplay of individual factors. By embracing naturopathic principles, healthcare providers can move closer to delivering comprehensive care that truly addresses patients' unique needs, leading to improved outcomes and enhanced well-being in the modern age.

THE HEALING TOUCH OF PHYSIOTHERAPY



Rajendra Sharma

Batch: 2020-21

Swasthya Kalyan College of Physiotherapy

In the realm of health, where pain does dwell, A hero emerges, in physio we do tell.
With gentle hands and knowledge deep, Physiotherapists, our secrets they keep.

When joints grow stiff and muscles strain, They bring relief, ease the pain.
Through exercises, stretches, and techniques so fine, They restore our bodies, like a well-aged wine.

Injuries from sports or accidents severe, Physiotherapy offers hope, so crystal clear.
They mend the body, mend the mind, Leaving no ailment, no pain behind.

From cradle to grave, their care extends, To infants, elders, and all life's bends.
With patience, they guide us, every day, On the path to health, in every way.

So let us salute, with gratitude and cheer, The physiotherapists, always near.
They heal our bodies, mend our soul, In their hands, we find our way to be whole.



मत काटो हमें : बचालो हमें



Diwanshi Agrawal

Batch

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

रो रो के कहते हैं वृक्ष ये सारे
हम ही जगत के अंत और सहारे
निर्णय तुम्हारा है, काटो या बचालो
हरा भरा रख कर जीवन संभालो

हम ही तुम्हें अमृत पान कराते
औषधि देकर सबकी जान बचाते
फल फूल हवा ताज़ा हम तुम्हें देते
प्रेम रंग की खुशबू हम महकाते।

जन जन से रिश्ता है प्यारा हमारा
शुद्ध प्राणवायु देकर जीवन संवारा
कुल्हाड़ी, कटारी से, हमको ना काटो
जीवन तुम्हारे हम, हमको तुम संवारी

बहुत मुश्किलों से तुमने, हमको है पाला
हमें काट कर खुद को, मुसीबत में डाला
मत करो जुल्म अब, धरा रो रही है
प्रौतिक शीतलता से दुनिया, मुक्त हो रही है

दिन रात एक करके काटकर रुलाया
रक्तस्राव से भीगा है तना अब हमारा
तेज आंधियों ने भी हमको है तोड़ा
धरती से अलग करके, दूर हमको छोड़ा

आओ बचालो हमको रक्षक हम तुम्हारे
जीने की सांसों हम ही, जीने के सहारे
लेलो प्रतिज्ञा यारो, पर्यावरण सुरक्षा का
यही एक जरिया है, स्वास्थ्य को स्वस्थ रखने का।





Annual Celebrations Calendar

Holidays

Events

MARCH	APRIL	MAY
Holika Dahan Dhuendi		Summer Vacation (16th May-20th June)
International Women's Day World Glaucoma Day World Lab Technician's Day World Tuberculosis Day	World Health Day Hahnemann Day World Malaria Day	World Hand Hygiene Day International Nurses Day World Hypertension Day Anti-Tobacco Day
JUNE	JULY	AUGUST
		Raksha Bandhan
World Environment Day World Blood Donor's Day International Yoga Day	National Doctors' Day International Tiger Day	Breast Feeding Week World Organ Donation Day Independence Day
SEPTEMBER	OCTOBER	NOVEMBER
Ganesh Chaturthi	Vijayadashami Diwali Gowardhan Puja Bhai Dooj	
Teacher's Day Physiotherapy Day	World Mental Health Day World Food Day	World Radiography Day World Diabetes Day National Epilepsy Day
DECEMBER	JANUARY	FEBRUARY
Winter Vacation (25th Dec - 1st Jan)	Makar Sankranti	
World AIDS Day	Republic Day Celebration Cultural and Sports Week	World Cancer Day World Pulses Day

Homeopathy Events 2022-23



Induction Programme For BHMS



Blood Donation Camp



**Book Release
"BASICS OF MATERIA MEDICA"**



**Visit for a Mega Exhibition
"Jaipur Expo"**



Organized a Health Camp



Felicitations of Rank Holders



International yoga day



Teacher's Day Celebration



**Basic Life Support
Training Program**



Poster Making Competition



Inspirational Meditation Session



Felicitations Ceremony



**STSH 2021 award from CCRH in
National Scientific convention**



Visit to a Primary Health Centre



Nukkad Natak & Quiz Competition

Physiotherapy Events 2022-23



Farewell 2023



Induction Programme



Interaction on Healthy living



Farewell



No to RTH Rally



Teacher Day Celebration



Yoga Day 2023



Udaipur Trip SKCP



Induction Program



Physio Cricket League

SKCPT Vidhyaashram Events 2022-23



World Organ Donation Day



Rontegen's Day



Blood Donation Camp



Yoga Day



Conference of MLT



Freshers Party



Republic Day



Diwali Celebration



Teachers Day SKCPT



Conference of MLT

IMTNE - Paramedical Division Events 2022-23



Blood Donation Camp



World AIDS Day



Life Skill Session



Poster Competition on World Health Day



World Radiography Day



Champion Arena



Educational Visit



Talent Hub Workshop



Farewell Ceremony



Life Skill Session

Yoga Naturopathy College Events 2022-23



Jaipur Tiger Festival



Capacity Building and Skill Development Program



Naturopathy Workshop



Health Camp



Tree Plantation



Life Skill Session



Sports Day



International Yoga Day



Arogya Mela



Induction Programme



Nursing Mental Health Universal Human Right



Nursing Lamp Lightening Program



Nursing Independence Day



Research & Publications



Dr. Charu Pundhir

Associate professor

Principal

Swasthya Kalyan Institute of Medical Technology and Nursing Education, Paramedical Division, Sitapura

Title: Sub mental intubation in Maxillo facial trauma

Abstract: Complex maxillofacial injuries require sharing of airway between the surgeon and the anaesthesiologist. Nasal Intubation is precluded when there is associated injury of base of skull. Oral Intubation is not appropriate for the airway management for mandibulomaxillary fixation Sub mental intubation is safe and useful alternative to tracheostomy in such scenario for short term intraoperative and postoperative airway management of patient with pan facial trauma.

Introduction: Sub mental Intubation has been used in establishing the airway in patient with maxillofacial injuries and known to be the safe and cost effective with no major postoperative complications. Here we describe the patient undergoing sub mental intubation posted for Interdental wiring and maxillomandibula fixation.

Case Report: A 35 yr. old male patient with history of road traffic accident following vehicle collision was posted for Interdental wiring and Maxillo mandibular fixation because of having multiple fractures of bones of face along with fracture of base of skull were present in his CT Scan report. Initially airways get secured by oral Intubation. After application of standard monitors and preoxygenation, slow inhalation induction. Patient was kept on Spontaneous breathing. After controlled intravenous induction, direct laryngoscopy with Macintosh 3 size blade was performed. The proximal endotracheal tube connector was replaced with half size smaller tube connector and it was inserted orally and secured temporarily. A small incision was made in sub mental region. A curved haemostat was inserted through the skin incision to gain the access to the floor of the mouth on lingual surface. The proximal connector was removed and endotracheal tube was pulled out through skin incision and once the proximal connector was reattached to endotracheal tube, it was sutured and secured. So, oral intubation was followed with sub mental intubation by using 7.5 mm flex metallic endotracheal tube. Throughout the procedure, adequate general anaesthesia was maintained by inhalation and opioids drugs. There was no compromise on respiratory parameters throughout the surgery and it was provided adequate surgical field. After completion of procedure, endotracheal tube was pulled back into oral cavity and sub mental incision was sutured. The patient was extubated awake without any post-operative complications.

Results: There was no compromise on respiratory parameters throughout the surgery and it was provided adequate surgical field. After completion of procedure, endotracheal tube was pulled back into oral cavity and sub mental incision was sutured. The patient was extubated awake without any post-operative complications. As a result, we can prevent number of major complications like infection, prolonged hospital admission and tracheostomy care expenses.

Conclusion: Submental intubation demands some technical skills but is a simple, effective, safe and reliable method of short term airway management of patient with complex facial trauma with skull base fracture. This may avert tracheostomy and its consequent complication in several such patient.

References

1. Lima SM Jr et al. A retrospective analysis of submental intubation in maxillofacial trauma patients. J Oral Maxillofac Surg. 2011;69(7):2001-2005
2. Junior JM et al. Submental Endotracheal Intubation as an alternative to tracheostomy in selected cases of facial fractures: literature review and technique report. Ulus Travma Acil Cerrahi Derg. 2012;18(6):545-548

Research Abstracts

3. Capturing Tuberculinum Personalities clinically: Our Study



Dr. Yogeshwari Gupta
Principal & HOD



Dr. Shuchita Chattree
Associate Professor



Dr. Nitiksha Sharma
PG Scholar (MD, Part-1) Batch - 2021-22
Department of Materia Medica

Swasthya Kalyan Homoeopathic Medical College and Research Centre

Abstract: Tuberculinum, a stalwart remedy in homeopathy, is a deep-acting pathogenetic product of disease. It has been employed to immunize individuals with a hereditary predisposition to tuberculosis. This constitutional remedy is effective in restoring vital reactions and addressing pathological changes. Tuberculinum personalities exhibit intellectual curiosity, innovative thinking, and a relentless pursuit of their goals, often working independently and eschewing attachment. They are characterized by unpredictability in mood and behaviour, a desire for constant change, and a propensity for restlessness. Tuberculinum individuals are often misunderstood due to their capriciousness, displaying haste and hyperactivity in their pursuit of personal satisfaction and benefit. Despite their contradictions and dissatisfaction, they possess an attractive, fun-loving, and adaptable disposition. Childhood abuse may influence their present experiences, occasionally making them repulsive, but their overall aim is clear. Tuberculinum serves as a miasmatic constitutional remedy, aiding in the recovery of vitality in individuals with inherited diseases. This study highlights two phases of miasmatic changeability, offering insights into how Tuberculinum contributes to homoeoprophylaxis by restoring immunity based on inherited miasms. Understanding miasms sheds light on Tuberculinum's role in dealing with both hopeful and hopeless personalities in cases.

Keywords: Tuberculinum, Homeopathy, Constitutional Remedy, Miasm, Homoeoprophylaxis.

Articles Published by Faculty (2022-2023)

S. No.	Complete Name of College	Name of Faculty/Student (Designation / Departments)	Title of Article	Date of Publication	Name of Journal ISSUE VOL ISSN NO. PAGE NO.
1	Chief Academic Officer, Swasthya Kalyan Group	Dr. Arun Chougule	Guidelines on Professional Ethics for Medical Physicists.	July-September 2023, 307-10	Journal of Medical Physics Volume 48 Issue 3
			IOMP Accreditation of Medical Physics Education Program, accreditation of residency & accreditation of continuous professional development programmes.	2023 ; 23-30	Journal of Medical Physics Vol.11, No.1,
			Standardization & harmonization of medical physics education & training: survey of status.	2023 ; 46-49	Medical Physics International Journal, Vol.11, No.1,
			"Monitor Unit verification for irregular fields in radiotherapy based on Clarkson method combined with in-house MLC shaper software"	2023	Iranian Journal of Medical Physics
			A comprehensive study of the out of field non target dose associated with 6 & 10 MV flattened and flattening filter free X ray beam in a True beam linear accelerator.	2023	Asian Pacific Journal of Cancer Prevention,
			Scientific advances in cancer detection using Raman spectroscopy.	2023	F1000Research journal
2	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Yogeshwari Gupta, Principal & HoD Department of Materia Medica	Crafting effective scientific case reports for journals: A comprehensive guide	18 October 2023	KNOW Homoeopathy Journal E-ISSN: 2583-2158 Volume-3 Issue-2 Pages: 5-6
			Herpes treated by individualized homoeopathic medicine -Sulphur: A case report	18 October 2023	KNOW Homoeopathy Journal E-ISSN: 2583-2158 Volume-3 Issue-2 Pages: 22-29
			Herpes treated by individualized homoeopathic medicine -Sulphur: A case report	Jul-Sep 2023	Materia Novum - The Journal of Homoeopathy ISSN : 2583-4398 Vol 7 Issue 3 Pages: 53-56
			Tinea cruris treated with individualised homoeopathic medicine - An evidence-based case report	2023	Indian Journal of Research in Homoeopathy PRINT ISSN: 0974-7168 E-ISSN: 2320-7094 Volume-17 Issue-3 Page: 181-186
			Case of Chronic Lumbago: A Case Report with emphasis on Mental Rubrics	July – 2023	National Journal of Homoeopathy ISSN: 0971-3247 NJH Vol. –25, No – 7 Page No-44-48
			Strengths, Weaknesses, Opportunities, and Threats -SWOT Analysis of Homoeopathic Education	23 June 2023	Homoeopathy for All ISSN: 0973-9823 Volume-25 Issue-7 Pages-50-52
			Overview on Hypothyroidism with its "H" Management	June – 2023	National Journal of Homoeopathy ISSN: 0971-3247 NJH Vol. –25, No – 6 Page No-11-13
			An Overview on Black Hairy Tongue Treated Constitutionally Through Homoeopathy--A Case Report	23 June 2023	Homoeopathy for All ISSN: 0973-9823 Volume-25 Issue-6 Pages-72-75
			Role of Individualized Homoeopathic Medicine in Urticaria: A Case Report	May 2023-July 2023	Advancements in Homoeopathic Research ISSN: 2456-3668 VOL. 8 NO. 2 Pages: 49-53
			Hyperbilirubinemi a treated with homoeopathy, evidenced based case report	May 2023	The Homoeopathic Heritage ISSN: 9070-6038 VOL. 49 No. 2 Pages: 44-51
			Revolutionary Approach of Teleconsultation in the field of Homoeopathy: A Case Report of Eczema	April 2023	The Homoeopathic Heritage ISSN: 9070-6038 Vol. 49, No. 1, Page: 41-48
			Emblica Officinalis A Rare Proven Drug In Homoeopathy	April-June 2023	Homoeo Tarang (Journal of Homoeopathy) ISSN: 2582-2144 Page: 13-14
Scientific Conduct -Author's Guide	15 March 2023	Know Homoeopathy Journal Issue 01 Vol-03, ISSN: 2583 -2158 Page No. 04-05.			

Articles Published by Faculty (2022-2023)

S. No.	Complete Name of College	Name of Faculty/Student (Designation / Departments)	Title of Article	Date of Publication	Name of Journal ISSUE VOL ISSN NO. PAGE NO.
2	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Yogeshwari Gupta, Principal & HoD Department of Materia Medica	Capturing Tuberculinum Personalities Clinically-Study	March, 2023	Homoeopathy for All ISSN: 0973-9823 Page No. 72-74
			Homoeopathy in Management of Alopecia Areata- A Narrative Review	February 2023- April 2023	Advancements in Homoeopathic Research ISSN: 2456-3668 Pages 58-63
			Book Review on Introduction to MateriaMedica - Extensive Preparatory Notes to UG and PG	Online 27th February 2023	Online www.homoeopathy360.com/
			Urticaria treated by 'H'	Feb -2023	National Journal of Homoeopathy ISSN: 0971-3247 NJH Vol. - 25, No -2, 28 1st Issue. Page No-44-46
			Homoeopathic Medicine Arsenic album 30 C for Covid -19 in 2020: A Retrospective Analysis from Mass - level Data (Contribution)	February 2023	Alternative Therapies IE - Pub ahead on Print ISSN: 1078-6791 Pages 44-4
			Effectiveness of Homoeopathy in Lumpy Skin Disease – A Review of Experimental Evidence	January 2023	Homoeopathy for All ISSN: 0973-9823 Vol. 25 No. 1 (274) Page no. 72-74.
3	Swasthya Kalyan College of Pharmacy	Dr. Vikas Agarwal	Formulation and Evaluation of Sustain Release Matrix Tablet of Aceclofenac	2023	International Journal of Health Advancement and Clinical Research vol. 1, Issue 1, Page no-06-11.
			Formulation Development and In-vitro Evaluation of Famotidine Gastroretentive Tablets,	2023	Journal of Biomedical and Pharmaceutical Research, Vol.12, Issue 3, Page no-23-33.
			Formulation and Evaluation of Bi-Layer Tablet of Nebivolol and Nateglinide	2023	Journal of Biomedical and Pharmaceutical Research Volume 12, Issue 3, Page no-34-42.
			Formulate and Evaluate, Fast Dissolving thin Film of Metoprolol Succinate	2023	Journal of Biomedical and Pharmaceutical Research Volume 12, Issue 3, Page no-60-72
4	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Jagdish Thebar Professor & HoD Department of Practice of Medicine	Polycystic ovarian disease successfully treated with lachesis: A case report	07th March 2023	International Journal of Homoeopathic Sciences E-ISSN:2616-4493, P-ISSN: 2616-4485
5	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Arvind Sharma Professor & HoD, Department of Case Taking & Repertory	Tinea cruris treated with individualised homoeopathic medicine – An evidence-based case report	29th September 2023	Indian J Res Homoeopathy 2023;17(3):181-186. DOI: 10.53945/ 2320-7094.1306
6	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Shobha Teterwal, Associate Professor & HoD, Department of Paediatrics.	Impact of covid-19 on mental health and its Homoeopathic management.	18th April 2023	Published online on Homeopathy360.com. https://www.homeopathy360.com/impact-of-covid-19-on-mental-health-and-its-homoeopathic-management/
7	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Neelima Singh Assistant Professor Department of Pharmacy	Explore area of research in homoeopathic pharmacy	2023	Know homoeopathy journal Volume 3, Issue 1, 26-29
8	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Swarupananda Sarkar Associate Professor Department of Psychiatry	Unlocking the puzzle: A Case Report on ASD	May 2023	National Journal of Homoeopathy Issue:-284 Vol:-25 IssnNo.:- 09713247 Page No. :- 42

Articles Published by Faculty (2022-2023)

S. No.	Complete Name of College	Name of Faculty/Student (Designation / Departments)	Title of Article	Date of Publication	Name of Journal ISSUE VOL ISSN NO. PAGE NO.
17	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Satyam Patel MD Scholar Department of Materia Medica	Case of intertrigo: A Case report with emphasis on mental rubrics.	31st August 2023	WJPR Vol. 12 Issue 15,2023 ISSN no.2277-7105
18	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Shivani Saini MD Scholar Department of Materia Medica	Urticaria treated by 'H'	February 2023	National Journal of Homoeopathy Vol. 25, 281 st issue.
			Herpes treated by individualized homoeopathic medicine – Sulphur: A case report	October 2023	Know Homocopathy Journal ISSN – 2583-2158, Vol 3 , Issue 2 , page no 22-29
19	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr.VenuGopalan MD Scholar Department of Paediatrics	Impact of covid-19 on mental health and its Homoeopathic management	18th April 2023	Published online on Homeopathy360.com. https://www.homeopathy360.com/impact-of-covid-19-on-mental-health-and-its-homoeopathic-management/
20	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Nimishi Sisodia MD Scholar Department of Psychiatry	Unlocking the puzzle: A Case Report on ASD	May 2023	National Journal of Homoeopathy Issue:-284 Vol:-25 ISSN No.: 09713247 Page No. : 42
21	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Mansi Sharma MD Scholar Department of Psychiatry	Impact of covid-19 on mental health and its Homoeopathic management.	18th April 2023	Published online on Homeopathy360.com. https://www.homeopathy360.com/impact-of-covid-19-on-mental-health-and-its-homoeopathic-management/
22	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Meha MD Scholar Department of Psychiatry	Unlocking the puzzle: A Case Report on ASD	May 2023	National Journal of Homocopathy Issue:-284 Vol:-25 ISSN No.: 09713247 Page No. : 42
23	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Riya Gupta MD Scholar Department of Materia Medica	Case of Intertigo: A Case Report with Emphasis on Mental Rubrics.	31st August 2023	WJPR Vol.12 Issue 15, 2023 ISSN No.2277-7105
24	Institute of Medical Technology and Nursing Education Jaipur.	Manish Kumar Sharma Designation: Lecturer Department: Community Health Nursing	"A comparative study to assess prevalence of obesity and it's perceived health problems among women and men residing in Selected urban area's of Jaipur city."	13th December 2023	International Journal of Advance research in community health nursing Volumr -5 E-ISSN No.2664-1666 P-ISSN No.2464-1658 Page No.102-104

Our Journal

Journal of Classical Homoeopathy



सर्वे भद्राणि सुखाः

Volume:1 | Issue:1 | Year: 2024



JOURNAL OF CLASSICAL HOMOEOPATHY

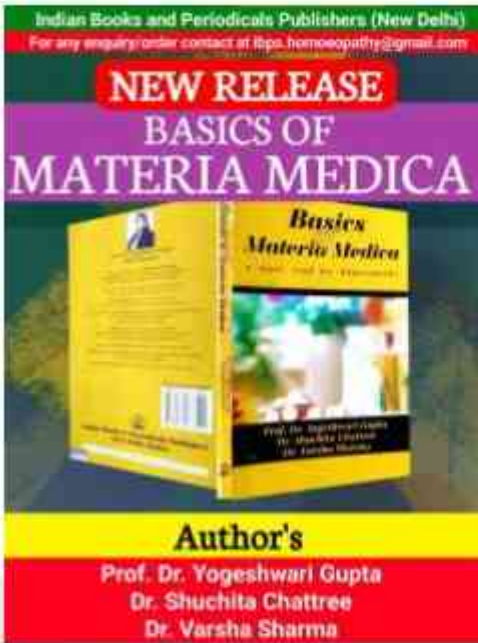
By Swathya kalyan Homoeopathic Medical College
& Research Centre, Jaipur

Official Publication

www.swathyakalyan.org

Book Published

Book Name	Basics of Materia Medica
Author	Dr. Yogeshwari gupta, Dr. Shuchita Chattree, Dr. Varsha Sharma



Dr. Yogeshwari Gupta

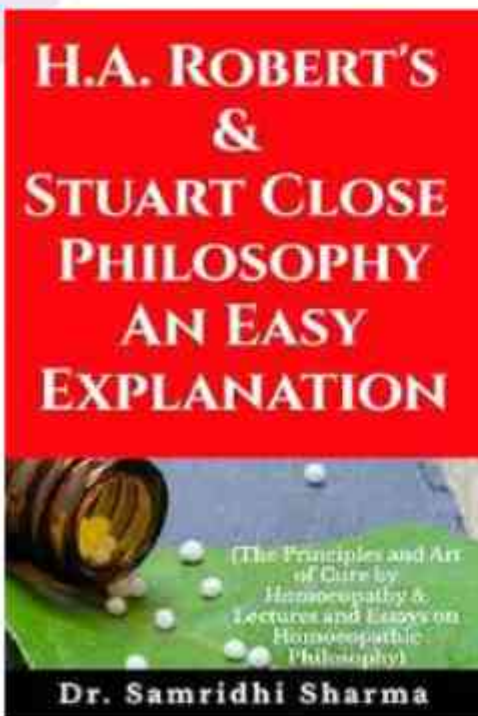


Dr. Shuchita Chattree



Dr. Varsha Sharma

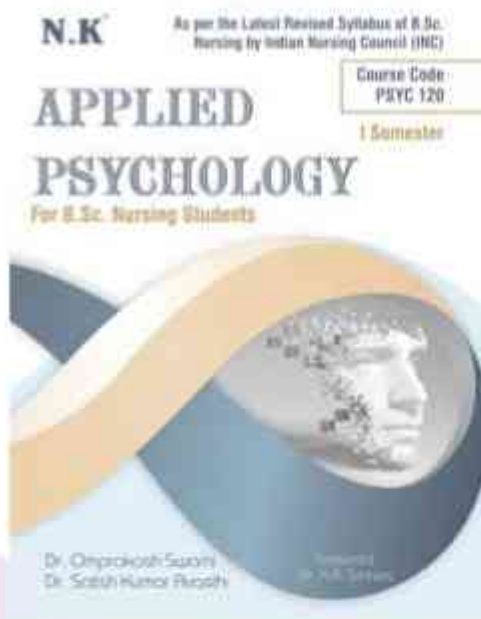
Book Name	H.A. Robert's & Stuart Close Philosophy - An Easy Explanation
Author	Dr. Samridhi Sharma



Dr. Samridhi Sharma

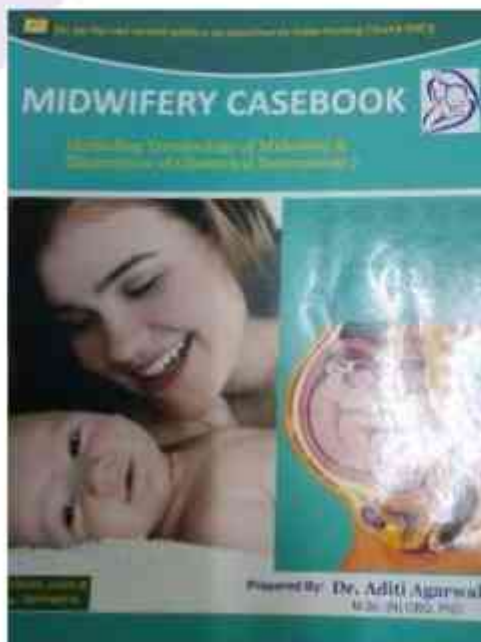
Book Published

Book Name	Applied Psychology
Author	Dr. Satish Kumar Avasthi



Dr. Satish K Avasthi

Book Name	Midwifery Casebook
Author	Dr. Aditi Agarwal



Dr. Aditi Agarwal



Academic Performance

Campus Rank Holders – 2022-2023

Institute of Medical Technology & Nursing Education – Paramedical Division

DMLT – IInd Year (2018-2019)	1st Rank	Sonu	83.33%
	2nd Rank	Fareen Khan	81.00%
DMLT – IInd Year (2019-2020)	1st Rank	Anjali Choudhary	73.85%
	2nd Rank	Rupal Saini	71.92%
DMLT – Ist Year (2020-2021)	1st Rank	Vishakha Saini	80.08%
	2nd Rank	Vikas Sharma	75.65%
DRT – IInd Year (2018-2019)	1st Rank	Nishu Saini	73.33%
	2nd Rank	Girish Kumar Sharma	73.16%
DRT – IInd Year (2019-2020)	1st Rank	Sonam Agrawal	73.83%
	2nd Rank	Prachi Sharma	72.16%
DRT – Ist Year (2020-2021)	1st Rank	Jyoti Bhargav	71.6%
	2nd Rank	Abhishek Kumar Jainan	69.00%
DBBT – IInd Year (2018-2019)	1st Rank	Arti Nama	61.00%
	2nd Rank	Seema Bai	60.00%
DBBT – IInd Year (2019-2020)	1st Rank	Mohammad Gani	60.00%
	2nd Rank	Vikash Kumawat	59.60%
DBBT – Ist Year (2020-2021)	1st Rank	Yashu Sharma	67.40%
	2nd Rank	Yadraj Saini	66.60%



Voices of The Alumni





Dr. Kamal Pratap Singh

Current work place - Homoeopathy University, Jaipur
Designation - Assistant Professor, Department of
Community Medicine,

I pursued my MD at **Swasthya Kalyan Homoeopathic Medical College, Jaipur**, from 2015 to 2018. Being part of the inaugural batch presented numerous challenges, but the unwavering support of the college faculty, staff, Repertory department, and the college **Principal Dr. Yogeshwari Gupta** proved instrumental in overcoming these hurdles.

The college took proactive measures to address our concerns by establishing various committees dedicated to resolving our issues. The teaching staff consistently motivated us, fostering our academic and clinical skills development. To enhance our practical knowledge, the college organized numerous camps, seminars, and research initiatives, featuring subject experts who enriched us with insights into disease diagnosis, homocopathic diagnosis, and homocopathic management.

The friendly and interactive environment, coupled with engagement with undergraduate students, provided continual learning experiences and solutions to different challenges. Additionally, the college's diverse activities, including cultural events, sports, and motivational sessions, became cherished memories, offering refreshing breaks during our busy schedules.

I express my deepest gratitude to the **Repertory department teachers, including my guide Dr. Rajeev Saxena**, for creating a supportive and friendly atmosphere. Their guidance was invaluable in successfully completing my MD. Other departments also contributed significantly to honing our skills in various subjects.

These experiences at Swasthya Kalyan Homoeopathic Medical College are forever etched in my memories, shaping not only my academic journey but also fostering personal growth and camaraderie.



Dr. Abhishek Achalpurkar

Current work place - Homoeopathy University, Jaipur
Designation - Assistant Professor, Department of Pathology

“I had the privilege of working at **Swasthya Kalyan Homoeopathic Medical College & Research Centre**, in Jaipur, as Assistant Professor, Department of Pathology for more than 3 years, where the positive atmosphere and excellent management, led by **Dr. S.S. Agarwal and Mrs Shraddha Bhandari**, fostered a conducive work environment. Their visionary leadership within the Swasthya Kalyan Group greatly contributed to a fulfilling professional experience. Initial days were comfortable as my colleagues were welcoming and supportive, later as they recognized my skills management always supported me to excel in area of my interest, also offered me new assignments which made me more efficient professionally and in person. Currently I am working with Homoeopathy University, Jaipur and the experienced I gained at Swasthya Kalyan helped me to achieve greater heights in my present job. Overall journey was worth adding meaning to life and I wish all success to Swasthya Kalyan Group for future.”



Harshikesh Chhipa

Current work place - AIIMS Gorakhpur

Designation - Nursing Officer

Hello everyone, I'm **Harshikesh Chhipa** from the Batch of 2018-19, currently serving as a **Nursing Officer at AIIMS Gorakhpur**. I wanted to take a moment to share my memories and experiences at the Institute of Medical Technology and Nursing Education (IMT&NE), where I started on my educational journey in 2018.

From the very start, the college was like a supportive community that played a vital role in shaping my academic years. The principal and faculty members nurtured both personal and professional growth.

One of the highlights of my time at IMT&NE was the **emphasis on practical and clinical-based learning**. This approach prepared me for the real-world challenges of the nursing profession. The annual hospital duties organized by the college provided a unique opportunity for hands-on experiences that were both educational and enriching.

I must extend my gratitude to the college library and its dedicated staff. The availability of good books was a tremendous asset, contributing significantly to my academic success.

A special mention goes to **coordinator Ravindra Ji**, whose support and guidance were guiding torch throughout my college life.



Sidharth Lawaniya

Current work place - ESIC LUCKNOW

Designation - Nursing Officer

I enrolled at IMT&NE in the academic year 2010-11, and my experience throughout those years was truly remarkable. The college environment was not only supportive but also developed a sense of community. The principal and faculty played a important role in making my college journey enriching.

The emphasis on practical and clinical learning set the foundation for a well-rounded education. The annual hospital duties organized by the college were incredibly educative and provided valuable hands-on experience. I must express my gratitude to the library and its staff – the vast collection of books available over the four years proved to be a significant asset to my academic journey.

A special acknowledgment goes to our **coordinator, Arvind Ji Sir**. His unwavering support and guidance were instrumental in shaping the academic and personal growth of each student over the four-year period. I am sincerely thankful for the positive and enriching experience at IMT&NE, and the memories will undoubtedly stay with me for a lifetime.



Ishika Nama

Current work place - Jaipur

Designation - Government Laboratory Technologist

I was incredibly nervous on my first day of college at **Swasthya Kalyan Institute of Paramedical Technology, Jaipur**. It was difficult for me to understand things in the beginning, but with time, it became easier because of the motivation and guidance given by **Priyanshi mam, Pooja mam, and Gopal sir (faculty SKCPT, Jaipur)**. All the teachers are talented, supportive, and friendly to each student and also explain things in an easy and very simple way.

As a math student, it was initially challenging for me to grasp the medical words and subjects, but with time and the support of teachers, I understood all subjects very easily. Gopal sir was the best teacher in our college, always motivating students for their better progress. He taught us about facts and acts related to our field. I also attended many conferences, where I learned many things. Additionally, many cultural programs and sports weeks were held, full of fun and enjoyment.

Our college has a library with many books related to paramedical courses, government technologist exams, general English, and computer books for reading. All books are in simple language, easy to read and understand. Bhawana mam is also a good teacher, always helping us and teaching things in an easy way for better understanding. She always supports students.

I learned many things from this college, attending various blood donation camps. **Our college principal, Dr. K.K. Mishra sir**, is always a good and helpful person, assisting students in finding jobs in laboratories and teaching fields. I am very thankful for all the teachers of this college because of their efforts, hard work, and support; I got selected for the Government Laboratory Technologist position. I am happy that I was a student of this college. Lastly, I want to say that this is the best college for study, and I will always miss my teachers.



Pooja Meena

Current work place - Jaipur

Author - Various Competitive Books for medical laboratory technologists

Alumni Faculty - Swasthya Kalyan College of Paramedical Technology (Vidhya Ashram Wing)

I'm sharing my experience as an alumna of **Swasthya Kalyan College of Paramedical Technology (Vidhya Ashram Wing)**, where I worked. When I started, I felt a mix of excitement and nervousness. Dr. KK Mishra, the Principal, played a crucial role in boosting my confidence, motivating me to deliver my best work. At SKCPT, I learned the importance of teamwork and supporting each other. The collaborative atmosphere extended beyond work, influencing my personal growth.

The college provided opportunities for self-discovery and development. **I authored Paramedical books, including a competitive book for medical laboratory technologists with Manish Jain Publications**. This achievement stemmed from my teaching experience at SKCPT, revealing hidden skills. Reflecting on my time there, I appreciate the profound impact of teaching, not just academically but also in understanding the value of education.

I'm grateful to Dr. KK Mishra for being a constant source of inspiration, shaping my focus in life.

In conclusion, my journey at SKCPT has been transformative, teaching me not only about education but also about myself. I'm thankful for the opportunities and support that contributed to my personal and professional growth.



Dr. Chetna Narang

Current work place - Jaipur

Designation - Sports Physiotherapist

@ Elite Football Club & Senior Physiotherapist

@ Hope Hospital

Hello, I'm **Dr. Chetna (PT)**, an alumna of **Swasthya Kalyan College of Physiotherapy**, graduating in 2016. My journey at SKCP was a roller coaster, teeming with invaluable experiences. The knowledge I gained here is and will always be helpful in my professional life. Gratitude fills me for the trust my teachers and principal placed in me, providing opportunities that shaped me into a multifaceted individual – a diligent student, supportive senior, dependable friend, passionate sportsperson, effective leader, and dedicated professional.

SKCP equipped me with well equipped labs, where I could practice and learn. Being part of the College Magazine team, **Dedipya**, added a creative dimension to my college life, fostering collaboration and expression.

I am immensely proud to be associated with this reputable institution. The memories, friendships, and lessons from SKCP are cherished. The foundation laid here significantly contributed to my professional success. Best wishes to readers and students of Swasthya Kalyan Group.



Dr. Hirdesh Bharti

Current work place - Jodhpur

Designation - Chief Medical Officer

Swasthya Sadhana Kendra (PrakritikChikitsalaya)

I'm pleased to share my work experience at **Swasthya Kalyan Institute of Naturopathy & Yogic Sciences**, Jaipur. It was really a great experience to work in a Rajasthan's one of the best institutes for quality education, newly equipped infrastructure & teaching aid under the leadership of **Dr. Ankesh Singh**.

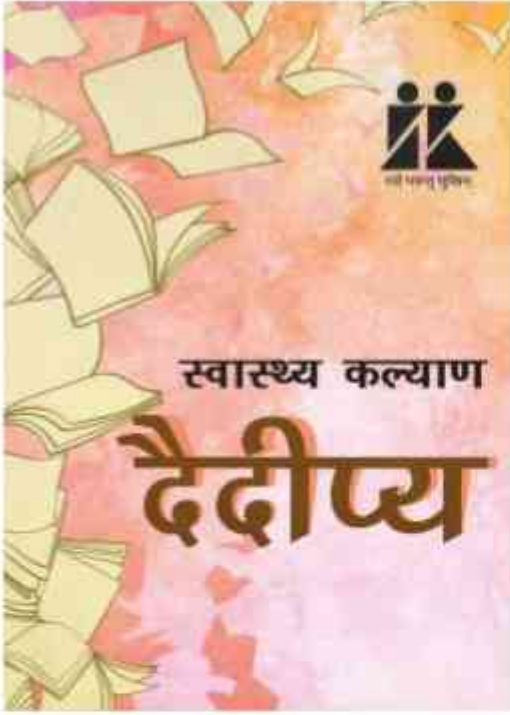
1st I would like to express my thank to our Chairman **Dr. S. S Agarwal**, for establishing an esteemed institute by following his keen interest to adopt and developed Indian systems of medicine. Also, would like to thank **Mrs. Shraddha Agarwal** for their excellent management & leadership qualities which helped me to work with dedication, passionately, and consistently. Swasthya Kalyan Group of institution provided homely environment which motivated me to work with full dedication and enthusiasm and also given me the opportunities to express my skills and expertise.

I had opportunities to conducted numerous camps, cultural events, attended various seminar for overall developments of students of the institute. Institute also offered me to leads the various administrative committees. All these position given me confidence and helped me for the development of my leadership qualities. The friendly, family & interactive environment of the staff at institution helped me to sustain and face all up & down challenges of the professional as well personal life, also their guidance and support motivated me work in a proactive manner.

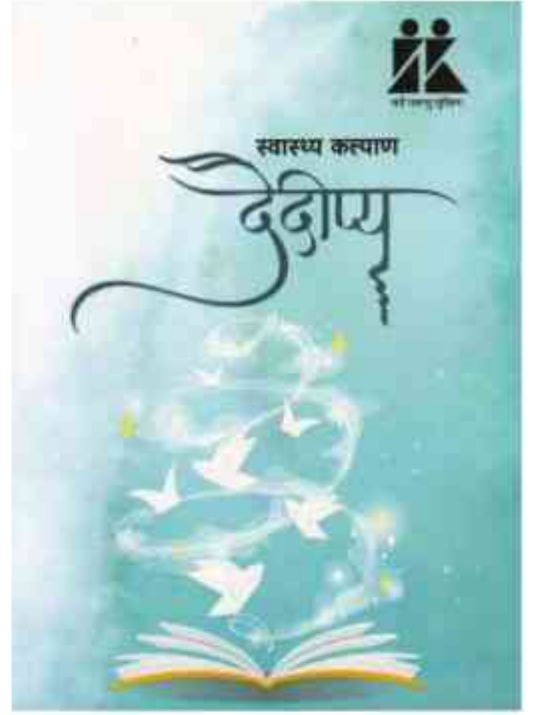
I learned so many latest diagnostic and treatments modalities while I was posted into the integrative department of Rajasthan Hospital, I was really a great experience to use naturopathy & yoga in collaboration with other system of medicine. Overall it's a great, memorable experience at Swasthya Kalyan Institute of Naturopathy and Yogic sciences.

Once again, I would like to thank **Dr. Ankesh Singh (Principal)** for offering me all the opportunities, guidance & support, which helped me alot to gain success in the professional life.

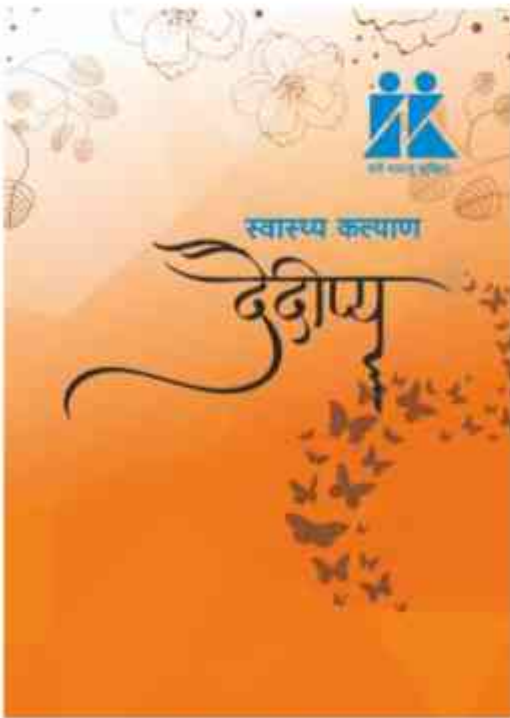
Dedipya Previous Editions



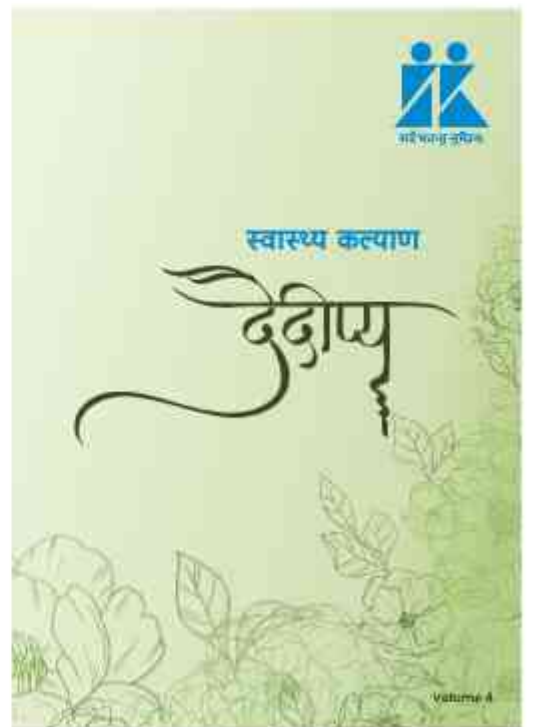
Volume 1st | Year 2018



Volume 2nd | Year 2019



Volume 3rd | Year 2020



Volume 4th | Year 2022

Contact Us

CORPORATE OFFICE

Swasthya Kalyan Gamma Bhawan www.swasthyakalyan.org
📍 Narain Singh Road, Near Trimurti Circle, Jaipur, Raj. – 302004

☎ 0141-2560874, 0141-2573935

EDUCATION

Swasthya Kalyan Homoeopathic Medical College & Research Centre
📍 RIICO Institutional Area, Tonk Road, Sitapura, Jaipur, Raj. -302022 ☎ 0141-2771778 📧 @skhmcjpr

Institute of Medical Technology & Nursing Education – Nursing Division
📍 RIICO Institutional Area, Tonk Road, Sitapura, Jaipur, Raj. -302022 ☎ 0141-2770514 📧 @imtne

Institute of Medical Technology & Nursing Education – Paramedical Division
📍 RIICO Institutional Area, Tonk Road, Sitapura, Jaipur, Raj. -302022 ☎ 9214488810 📧 @imtnepd

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences
📍 RIICO Institutional Area, Tonk Road, Sitapura, Jaipur, Raj. -302022 ☎ 9261813100 📧 @skionys

Swasthya Kalyan College of Physiotherapy
📍 RIICO Institutional Area, Tonk Road, Sitapura, Jaipur, Raj. -302022 ☎ 0141-2771578 📧 @skcophy

Swasthya Kalyan College of Paramedical Technology
📍 4A, Institutional Area, Inside Samachar Jagat Lane, Opp. Vidyasharam School, JLN Marg, Jaipur, Raj -302015
☎ 0141-2712012

Swasthya Kalyan College of Pharmacy
📍 RIICO Institutional Area, Tonk Road, Sitapura, Jaipur, Raj. -302022 ☎ 0141-2992919

HEALTHCARE

Hospital

 Rajasthan Hospitals Limited www.rajasthanhospital.in
📍 Opp. Jaipuria Hospital, JLN Marg, Jaipur, Rajasthan ☎ 0141-2720020 📧 rajasthanhospital

Swasthya Kalyan Hospital
📍 5449, Prem Bhawan, K.G.B ka Rasta, Johari Bazar, Jaipur, Rajasthan ☎ 0141-2567375

Blood Bank

Swasthya Kalyan Blood Bank
📍 125, Milap Nagar, Tonk Road, Jaipur, Rajasthan- 302017 ☎ 0141-2721771, 0141-2545293

Agrasen Blood Bank
📍 Maharaja Agrasen Hospital, Sector No-7, Vidyadhar Nagar, Jaipur, Rajasthan-302023 ☎ 0141-2220290

Apex Swasthya Kalyan Blood Bank
📍 G 139/C, Second Floor, Malviya Industrial Area, Malviya Nagar, Jaipur, Rajasthan ☎ 0141-2751870

Pharmacy

RHL, Pharmacy
📍 Rajasthan Hospital, JLN Marg, Jaipur ☎ 0141-2720020

Swasthya Kalyan Homeopathy Pharmacy
📍 Institutional Area, Tonk Road, Sitapura, Jaipur ☎ 0141-2771778

Pradhan Mantri Janaushadhi Kendra
📍 125, Milap Nagar, Tonk Road, Jaipur ☎ 0141-2721771



🌐 www.swasthyakalyan.org

✉ info@swasthyakalyan.org ☎ 9982836836 | 0141-2573935

📍 Swasthya Kalyan Bhawan, RIICO Institutional Area Sitapura, Tonk Road, Jaipur, Rajasthan