

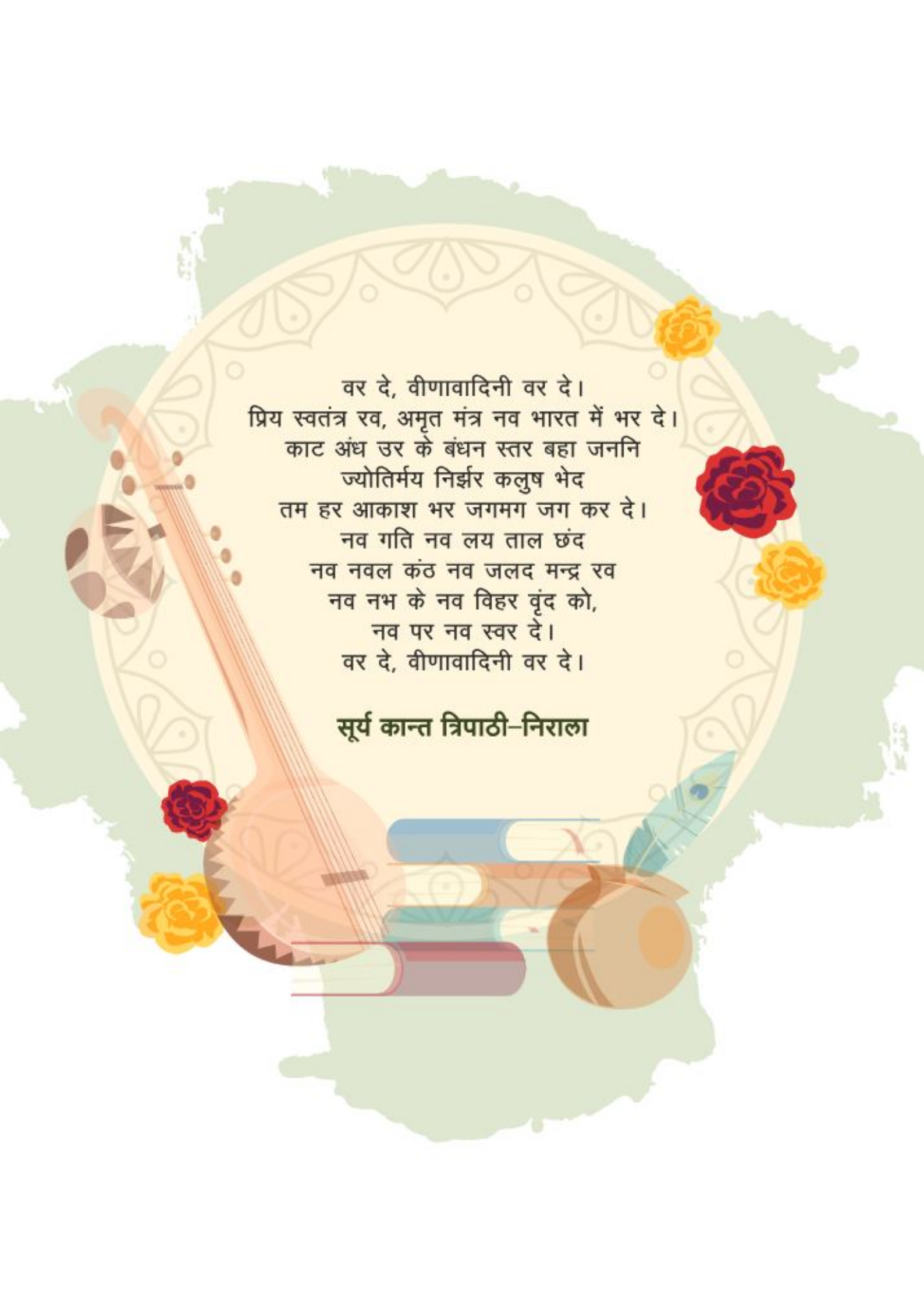


सर्वे भवन्तु सुखिनः

स्वास्थ्य कल्याण

उदीप्य

Volume 4



वर दे, वीणावादिनी वर दे।
प्रिय स्वतंत्र रव, अमृत मंत्र नव भारत में भर दे।
काट अंध उर के बंधन स्तर बहा जननि
ज्योतिर्मय निर्झर कलुष भेद
तम हर आकाश भर जगमग जग कर दे।
नव गति नव लय ताल छंद
नव नवल कंठ नव जलद मन्द्र रव
नव नभ के नव विहर वृंद को,
नव पर नव स्वर दे।
वर दे, वीणावादिनी वर दे।

सूर्य कान्त त्रिपाठी-निराला

सर्वे भवन्तु सुखिनः



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

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कर्मधन्य युगपुरूष
श्री कल्याण प्रसाद अग्रवाल (सूतवाले)
(28 जून, 1925—27 नवम्बर, 2001)
संस्थापक
पूरणमल फूलादेवी मेमोरियल ट्रस्ट, जयपुर



कलराज मिश्र

राज्यपाल, राजस्थान

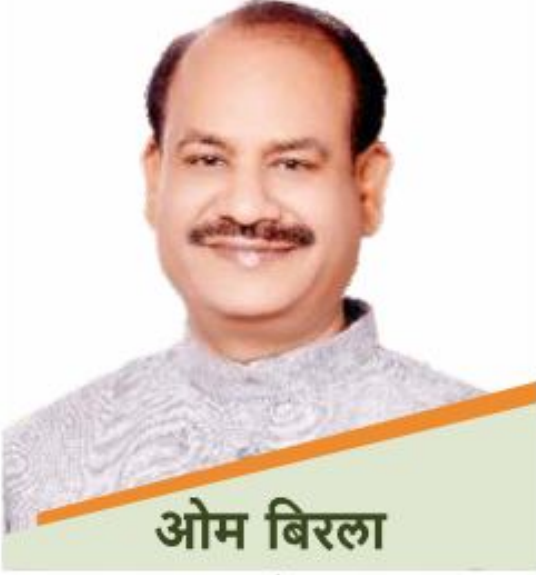
शुभकामना संदेश

मुझे यह जानकर प्रसन्नता हुई है कि चिकित्सा, तकनीकी, योग एवं प्राकृतिक चिकित्सा के क्षेत्र में कार्यरत आपकी संस्था 'स्वास्थ्य कल्याण ग्रुप' द्वारा वार्षिक संस्था विशेषांक 'दैदीप्य' का प्रकाशन किया जा रहा है।

चिकित्सा एवं स्वास्थ्य सेवाओं के लिए गुणात्मक सुधार के साथ प्रकृति से जुड़े रहकर जीना ही इस समय की सबसे बड़ी सार्थकता है। यह सुखद है कि आपकी संस्था चिकित्सकीय एवं तकनीकी क्षेत्र के साथ योग एवं प्राकृतिक चिकित्सा से भी जुड़ी है। उम्मीद करता हूँ, स्वस्थ तन और स्वस्थ मन के लिए उपयोगी आलेखों के साथ आपकी वार्षिक संस्था पत्रिका 'दैदीप्य' में पाठकोपयोगी सामग्री प्रकाशित होगी।

मेरी हार्दिक शुभकामनाएं हैं।

कलराज मिश्र
(कलराज मिश्र)



ओम बिरला

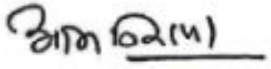
अध्यक्ष, लोक सभा

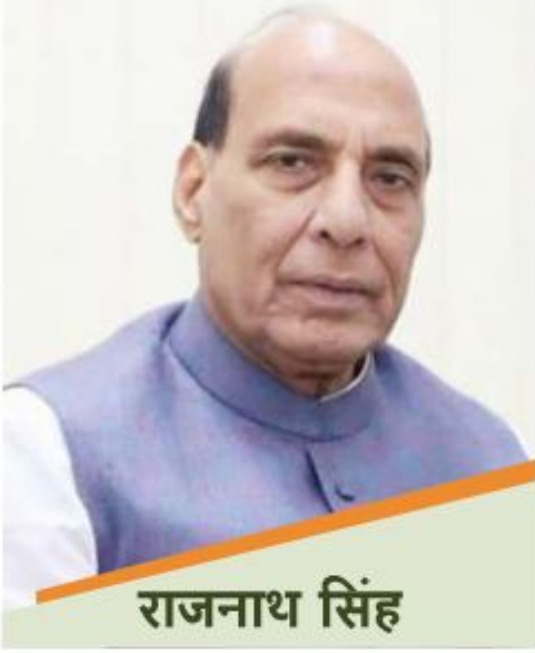
शुभकामना संदेश

मुझे यह जानकर अत्यंत प्रसन्नता हुई है कि स्वास्थ्य कल्याण ग्रुप, जयपुर के वार्षिक विशेषांक **"दैदीप्य – 2022"** 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 अत्यंत महत्वपूर्ण है। यह अति हर्ष का विषय है कि स्वास्थ्य कल्याण ग्रुप युवाओं को स्वास्थ्य शिक्षा के विभिन्न क्षेत्रों जैसे चिकित्सा, नर्सिंग, इंजीनियरिंग, योग और प्राकृतिक चिकित्सा में उच्च और गुणवत्तापूर्ण शिक्षा और प्रशिक्षण प्रदान कर रहा है और यहाँ 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।

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 संस्था के चेयरमैन डॉ.एस.एस.अग्रवाल एवं उनकी पूरी टीम को विशेषांक के सफल प्रकाशन के लिए अपनी हार्दिक शुभकामनाएं देता हूँ।


(ओम बिरला)



राजनाथ सिंह


रक्षा मंत्री भारत

शुभकामना संदेश

मुझे यह जानकर हार्दिक प्रसन्नता हुई है कि स्वास्थ्य कल्याण ग्रुप (राजस्थान) द्वारा संस्था का वार्षिक विशेषांक-2022 "दैदीप्य" प्रकाशित किया जा रहा है जिसमें संस्था के अग्रणी एवं बुद्धिजीवी चिकित्सक, शिक्षक एवं छात्रों के विभिन्न विषयों पर लेख सम्मिलित किए जाएंगे तथा संस्था द्वारा चलाई जा रही विभिन्न सामाजिक गतिविधियों की जानकारी भी उपलब्ध कराई जाएगी।

मैं विशेषांक से जुड़े संस्था के समस्त बंधुओं को हार्दिक बधाई देता हूं तथा इसके सफल प्रकाशन की कामना करता हूं।

शुभकामनाओं सहित।


(राजनाथ सिंह)



वसुन्धरा राजे

पुर्व राजस्थान, मुख्यमंत्री
विधायक, झालरा पाटन

शुभकामना संदेश

प्रसन्नता का विषय है कि स्वास्थ्य के क्षेत्र में विगत 23 वर्षों से कार्यरत 'स्वास्थ्य कल्याण ग्रुप' वार्षिक संस्था विशेषांक – 2022 'दैदीप्य' का प्रकाशन कर रहा है, जिसमें संस्था के अग्रणी एवं बुद्धिजीवी चिकित्सक, शिक्षक एवं छात्रों के आलेखों का समावेश होगा।

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

'दैदीप्य' की सफलता के लिए हार्दिक शुभकामनाएँ।

वसुन्धरा राजे
(वसुन्धरा राजे)



ओम प्रकाश माथुर

सांसद (राज्यसभा)
अध्यक्ष – आवास समिति (राज्यसभा)
सदस्य – सामान्य प्रयोजन समिति
सदस्य वाणिज्य समिति
सदस्य- पेट्रोलियम एवं प्राकृतिक गैस समिति

शुभकामना संदेश

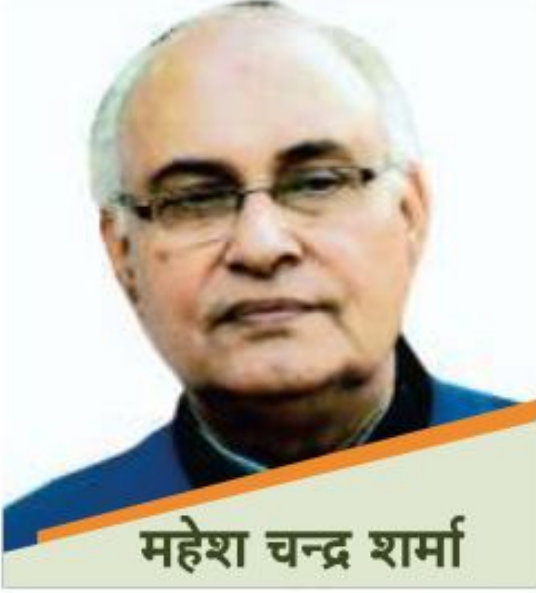
मुझे यह जानकर अपार हर्ष व हार्दिक प्रसन्नता है कि "स्वास्थ्य कल्याण ग्रुप" (शिक्षा के विभिन्न क्षेत्रों मेडिकल, नर्सिंग, इंजीनियर, योग व प्राकृतिक चिकित्सा) के द्वारा वार्षिक संस्था विशेषांक-2022 "दैदीप्य" का प्रकाशन किया जा रहा है।

विगत 23 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 भविष्य 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 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 बन्धुओं को हार्दिक आभार व्यक्त करता हूँ।

मैं इस संस्था के निरंतर विकास व वार्षिक संस्था विशेषांक-2022 "दैदीप्य" के सफल प्रकाशन की कामना करता हूँ और इस संस्था से जुड़े सभी बन्धुओं को मेरी हार्दिक शुभकामनाएं।

ओम

(ओम प्रकाश माथुर)



महेश चन्द्र शर्मा

अध्यक्ष,
एकात्म मानवदर्शन अनुसंधान
एवं विकास प्रतिष्ठान

शुभकामना संदेश

आपके सम्पादन में स्वास्थ्य कल्याण 'दैदीप्य' का चतुर्थ खण्ड, वार्षिक विशेषांक 2022 प्रकाशित हो रहा है, हार्दिक अभिनंदन।

स्वास्थ्य सम्बन्धी सेवा, स्वास्थ्य संबंधी शिक्षा एवं स्वास्थ्य सम्बन्धी लोक जागरण का त्रिवेणी संगम है, अपना स्वास्थ्य कल्याण संस्थान। सकारात्मक कार्यों में जुटी संस्थान के सभी घटकों को बधाई तथा डॉ. एस. एस. अग्रवाल एवं डॉ. सर्वेश अग्रवाल का अभिवादन।

भविष्य की मंगलकामनाओं के साथ।

(डॉ. महेश चन्द्र शर्मा)



डॉ सतीश पूनियाँ

विधायक (आमेर) प्रदेशाध्यक्ष
भारतीय जनता पार्टी

शुभकामना संदेश

मुझे यह जानकर प्रसन्नता हुई कि विगत 23 वर्षों से कार्यरत "स्वास्थ्य कल्याण ग्रुप" द्वारा वार्षिक संस्था विशेषांक 2022 "दैदीप्य" का प्रकाशन किया जा रहा है। संस्था द्वारा शिक्षा के विभिन्न क्षेत्रों यथा मेडिकल, नर्सिंग, इंजीनियरिंग, योग एवं प्रौक्तिक क्षेत्र में आमजन की आवश्यकताओं को प्राथमिकता देते हुए निरंतर सराहनीय कार्य किए जा रहे हैं।

वार्षिक संस्था विशेषांक – 2022 "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 कार्य है।

मैं "स्वास्थ्य कल्याण ग्रुप" द्वारा प्रकाशित विशेषांक – 2022 "दैदीप्य" के सफल प्रकाशन हेतु शुभकामना प्रेषित करता हूँ।

शुभकामनाओं सहित।


(सतीश पूनिया)



चन्द्रशेखर

प्रदेश महामंत्री (संगठन)

शुभकामना संदेश

यह जानकर अति प्रसन्नता हुई कि स्वास्थ्य कल्याण समूह स्वास्थ्य एवं शिक्षा के क्षेत्र में समाज की महती सेवा कर रहा है। इस समूह के चेयरमैन डॉ. एस. एस. अग्रवाल की समाज के सामान्य एवं वंचित वर्गों को सस्ते दामों पर चिकित्सा सुविधा उपलब्ध कराने की परिकल्पना को हमेशा सराहता रहा हूँ।

संस्था द्वारा संचालित स्वास्थ्य कल्याण ग्रुप ऑफ इंस्टीट्यूशन्स अपनी पत्रिका "दैदीप्य – 2022" प्रकाशित करने जा रहा है, मुझे यह भी जानकर प्रसन्नता है कि इस पत्रिका में ग्रुप के सम्बन्ध में सम्पूर्ण जानकारी उपलब्ध कराने के साथ-साथ समसामयिक, सामाजिक, शैक्षणिक एवं चिकित्सकीय विषयों पर ज्ञानवर्धन लेख प्रकाशित किये जाते हैं। मेरा मानना है कि यह पत्रिका जन सामान्य के लिए बहुपयोगी साबित होगी।

मैं "दैदीप्य – 2022" की सम्पादकीय टीम को बधाई एवं शुभकानाएं प्रेषित करता हूँ।

शुभकामनाओं सहित।

(चन्द्रशेखर)



रामचरण बोहरा

संसद सदस्य (लोकसभा) जयपुर
सदस्य : शहरी विकास समिति
सदस्य : रेलवे परामर्शदात्री समिति
सदस्य : हिन्दी सलाहकार समिति

शुभकामना संदेश

मुझे यह जानकर अति प्रसन्नता हुई कि स्वास्थ्य कल्याण समूह स्वास्थ्य एवं शिक्षा के क्षेत्र में समाज की महती सेवा कर रहा है। इस समूह के चेयरमैन डॉ एस एस अग्रवाल की समाज के सामान्य एवं वंचित वर्गों को सस्ते दामों पर चिकित्सा सुविधा उपलब्ध कराने की परिकल्पना की हमेशा सराहना करता रहा हूँ।

संस्था द्वारा संचालित स्वास्थ्य कल्याण ग्रुप ऑफ इंस्टीट्यूशन्स अपनी पत्रिका 'दैदीप्य 2022' प्रकाशित करने जा रहा है, मुझे यह भी जानकर प्रसन्नता है कि इस पत्रिका में ग्रुप के सम्बन्ध में सम्पूर्ण जानकारी उपलब्ध कराने के साथ-साथ समसामयिक, सामाजिक, शैक्षणिक एवं चिकित्सकीय विषयों पर ज्ञानवर्धक लेख प्रकाशित किये जाते हैं। मेरा मानना है कि यह पत्रिका जन सामान्य के लिए बहुउपयोगी साबित होगी।

मैं 'दैदीप्य 2022' की सम्पादकीय टीम को बधाई एवं शुभकामनाएं प्रेषित करता हूँ।

(रामचरण बोहरा)



डॉ संजय जायसवाल

संसद सदस्य (लोक सभा)

शुभकामना संदेश

I express my best wishes and profound appreciation for Swasthya Kalyan Group's "Daideepya" 2022. Since 1982, your prestigious institution has been involved in the noble task of providing medical services and education to the society. Your initiatives in the non-conventional and allied practices of medicine viz. Homeopathy, Nursing, Yogic and Naturopathy Sciences, Physiotherapy and Paramedical education are exemplary and deserve immense appreciation. The current times are challenging with new and dangerous diseases spreading on a regular basis, depreciating lifestyles, increasing stress and several such other factors that are making mankind prone to more health issues. It is the efforts of institutions like yours that the nation rides on. Being a part of the medical fraternity myself, I know the challenges faced by the industry today and hence realize the importance of the role played by quality educational institutions and medical service providers.

I wish you all the best with all your future endeavors and I am positive that you all will continue to increasingly contribute to the health and education of our country in line with your vision of providing sustainable and affordable educational medical services to as many people as possible.

(डॉ संजय जायसवाल)

From the Chairman's desk



Dr. S.S. AGARWAL

Chairman, Swasthya Kalyan Group
Chairman, Rajasthan Hospital

[f @drssagarwal](#) [t @drssagarwal](#)

Swasthya Kalyan Group has travelled through almost 4 decades now and has much to show for its achievements during this period. But what we achieved during the past few months not only makes me proud, but also provides me with a sense of satisfaction. In 1982 when I started this group, one dream that I had dreamed was to build an institution where people are hungry to learn. Over the past few weeks, I saw that very evidently in the students of Swasthya Kalyan Group. I am chuffed to let you know that our students, in collaboration with our tireless faculty, did not miss even one day of college as they continued their education through electronic platforms. Since the first day of lockdown, our team worked together to ensure that we don't let these tough times weigh us down. Rather, we rose to the times and did not let it deter us in our quest to learn. Additionally, many of our colleges took the initiative to contribute to the community by educating people through surveys and door-to-door connect.

We have unequivocally provided quality education since past 38 years, but what I saw this year made me realize that we have actually imbibed in the culture of our institution the five values that we hold dear to us: 'TEACH' i.e. Teamwork, Excellence, Authenticity, Creativity, Humbleness. Quality is never an accident; it is rather a result of pursuit towards perfection, and our long pursuit is yielding some very good results.

Dear readers, our youth needs a creative stimulation which in turn will create & later fulfill the dream of a developed India. We take pride in having a team of highly positive academicians who are driven to ignite these young minds and excavate their creativity. Our value TEACH will help our students to overcome the challenges of survival and thereby attain sustainability and employability.

We ensure that each and every healthcare specialist passing from our institutions is well in tune with newer developments and possesses the skills for modern clinical approach. Our round the year development programs, social events, visits to hospitals and seminars, make our students equipped to serve necessities of today's Google powered population. We also look to develop a compassionate, responsible & humanistic healthcare personal to serve the sick and the impoverished

"दैदीप्य" or Enlightened is a an effort of bringing the intellectual minds of all the institutions of Swasthya Kalyan through this collection of articles and write-ups across various fields written by our dynamic faculty and students. This common platform encourages everyone associated with us to share their knowledge, literary works and feelings, while we in turn carry these works across higher platforms.

I wish you all well!



From the Vice Chairman's desk



BAIJAYANTI MALA AGARWAL

Vice Chairman, Swasthya Kalyan Group

I am glad to know that Swasthya Kalyan Group is coming out with the 4th volume of its now popular souvenir "दैदीप्य". As we complete 4 decades of our journey, I recollect lot of situations that Swasthya Kalyan went through in reaching this milestone. The best part has been growth with addition of minds, talents, skills & manpower. Kindly accept my heartiest congratulations for once again bringing out this print of "दैदीप्य". Every issue has an exemplary refinement; refinement in creative potentials of our colleges' students, achievements of our faculty and staff.

I believe that success in a mission can be achieved by having single minded devotion to your goal; and when one looks within and realizes, as to, what is it that one wants, he automatically sees the path of reaching his target. It is said that the nation is as strong as its education system. This applies to our ancient Indian आश्रम शिक्षा पद्धति and to the modern Artificial Intelligence teaching institutions. I am sure that all our institutions which are continuously recharging the healthcare field with manpower are matching up to the requirements of the hospitals. I am also sure that our students who are embedded with the value TEACH, have acquired quality education and will work with passion when they become professionals.

Teachers are that force of gravity which holds the globe of knowledge and all entities, including students, depend upon them. Teacher does not only plan the education system but also execute, monitor and evaluate the achievement of students. This is how he /she leads the students and becomes a role model for them. In turn the student who learns with devotion from his/her teacher contributes to nation building. This is how an education system develops; and precisely this is what I meant when I said that the nation is as strong as its education system.

I convey my best wishes for a prosperous future and 2023 to all principals, officers, staff, faculty, students & trainees of Swasthya Kalyan Group.

Bajayanti Mala

From the President's desk



Dr. SARVESH AGARWAL

CEO, Rajasthan Hospital
President, Swasthya Kalyan Group

It gives me immense pleasure to introduce you the vibrant, diverse and highly enthusiastic community at Swasthya Kalyan Group. Our students, faculty and staff members share one goal in uniformity - to create a better healthcare ecosystem. I am proud to lead an outstanding team of people who are committed to Swasthya Kalyan's mission of creating "sustainable healthcare ecosystem". Even during this time of crisis when we cannot meet in person, we are working together towards the shared goal of serving our students, serving our patients, and most of all - serving the community.

Under the guidance of learned teachers who love what they do, students from many walks of life become part of our diverse and thriving community. We are continuing to keep that community alive through remote technology, and we eagerly anticipate the day when we can welcome our students back to our beautiful campus.

We at Swasthya Kalyan believe in excellence. Our pride comes from the fact that our students strive to find avenues for success. Through all the turmoil of the past few months, I am amazed to see the response from our faculty and our students who have taken adoption of a new way of teaching and learning extremely positively. This demonstrates the hunger in our students to learn and become better selves of their current selves in their quest to become role model professionals.

The success of Swasthya Kalyan is built on the partnership we have with our students and the staff members. As we move forward, we need to ensure that this relationship remains strong and becomes deeper through mutual courtesy and respect. I am also grateful that we have such an amazing relationship with our community towards which all our students and staff members remain ready to contribute.

Our entire staff works very hard to create a positive environment where every person's unique strengths and talents are celebrated. We have a culture of high expectations for students and staff alike and it is our sincere goal that each and every one of our students graduate with a plan for the future and with the skills necessary to be successful in what they do. In addition to our strong academic programs, over the years we also have created a culture of strong social and athletic programs that ensure an all-round development of our students. The combination of focusing on our students' academic success as well as their social and emotional well-being creates an environment where our students do amazing things every year.

As we enter a new academic year, I continue to be positive about the future of our students and the future of our organization. There is a lot to learn in the ever-evolving landscape of healthcare education as we see massive changes around us. We strive together to ensure that our students, faculty and staff will continue to collaborate together in a meaningful way to make amazing things happen. I congratulate the team involved in bringing this book together and I feel indebted towards your passion and enthusiasm towards Swasthya Kalyan.

Hope to have a great year ahead!

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 4th edition of the annual magazine of Swasthya Kalyan Group. We are really proud and exuberant to acclaim that we are ready with all new hopes and hues to bring out the 4th issue, which is going to surely unfold the unraveled world of the most unforgettable and precious moments of the campus.

The magazine is to be viewed as a launch pad for the children's creative urges to blossom naturally. As the saying goes, mind like parachute works best when opened. This humble initiative is to set the budding minds free allowing them to roam free in the realm of imagination and experience to create a world of beauty in words.

We are sure that the positive attitude, hard work, sustained efforts and innovative ideas exhibited by our young buddies will surely stir the mind of the readers and take them to the surreal world of unalloyed joy and pleasure. We have put in relentless efforts to bring excellence to this treasure trove.

It gives me immense pleasure to ensure that this magazine has successfully accomplished its objective. The reflection of the students' creativity and achievements is the epitome of the magazine. I take the opportunity to thank all the contributors as their contribution is the reason that makes this magazine endearing with our readers.

Helen Keller rightly says that the world is moved along not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker. This herculean task of editing this school magazine would not have been possible without the sincere support of the members of the Editorial Board who sorted of the articles from the flood of articles we had got from our enthusiastic and inquisitive young writers, edited them and finally made a fair draft of them.

I appreciate the efforts of our "दैदीप्य" Team, all Principals, Faculty and Students for bringing out this magazine successfully. I also take this opportunity to thank all the dignitaries for sparing their valuable time to send their best wishes for the magazine. I heartily wish all the readers my best wishes and hope this souvenir will enjoy your critical acclaim and prove itself to play a vital role in the all-round development of the students.

From the Dean and Chief Academic Officer desk



Prof. ARUN CHOUGULE

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

I am happy and proud to be part of Swasthya Kalyan Group (SKG) established in 1982 which is committed to provide quality education and healthcare services at an affordable cost. Six colleges imparting high standard professional education in Homeopathy (BHMS, MD; PhD); Nursing (GNM, B.Sc, Post Basic and M.Sc), Paramedical, Physiotherapy, Yoga & Naturopathy and Pharmacy are run by SKG at a sprawling campus with beautiful ambience and all the amenities needed for quality education and training.

SKG's sister concerns RHL, an NABH accredited hospital, its NABL accredited RHL Lab, blood banks, & the affiliated hospitals for the purpose of clinical experience & exposure are our pillars for the output of trained & qualified professional passing out year after year.

I am proud to lead a dedicated management team supported by well qualified experienced faculty and staff who continuously strive in making these colleges, a symbol of repute with student's excelling in their academic and professional career. All our institutions are at the top choice during seat matrix selections by students. This is due to the overall student development opportunities that we impart in our colleges. Our individual institutes invite experts and leaders in the respective fields, organise camps, sport activities, national programmes, schemes, project & social events.

We are their mentors and take responsibility to nurture & train our students not only for quality education but for good moral values too, so that they serve the society with human touch.

Our well qualified & experienced faculty regularly upgrade their skills, knowledge, and expertise by participating in faculty development programmes and participating enthusiastically in conferences, workshops etc. This in turn brings out the hidden talents among our students, further ensuring their all-round development.

Having been in academics and research since over 40 years, I regularly interact with our institutions' principals, core faculty group and review the activities, program for greater participation of students and faculty in curricular and extracurricular activities. Top rating of UG programs in these colleges has encouraged us to add the PG (Masters) & Doctoral (Ph.D) programs in Nursing, Physiotherapy, Yog Naturopathy and Homoeopathy. My focus is to inculcate 'research culture' so that our faculty and consequently the students excel in research and publications.

Our students from diverse backgrounds collectively share one goal and this is excellence in all they do. To achieve this special help groups are created to help, support, and encourage students to cooperate, not to lose the site from the goal and get distracted. I congratulate team "देवीप्य" for the third edition, by which everyone has shown their literary talent too.

Achougule

Editorial Team



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Editorial Team Head



CA SHRADDHA AGARWAL
Chief Editor



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Editorial Team Head



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ददीप्य

“अपने लक्ष्यों को अपनी क्षमताओं के स्तर तक कम न करें। इसके बजाय, अपनी क्षमताओं को अपने लक्ष्यों की ऊँचाई तक बढ़ाएँ”।

यदि आप सोच सकते हैं कि अनंत शक्ति, अनंत ज्ञान और अदम्य ऊर्जा आपके भीतर है, और यदि आप उस शक्ति को बाहर ला सकते हैं, तो आप भी मेरे जैसे बन सकते हैं।

स्वामी विवेकानंद

About Swasthya Kalyan Group

Swasthya Kalyan Group was established in 1982 and runs under Puranmal Phoola Devi Memorial Trust. The Group is focussed towards the welfare of people through our educational and healthcare services. Over years, we have encouraged ideas, nurtured talents and served people with utmost dedication and commitment. The Group represents a highly evolved environment of teaching and research, infrastructure comparable to the best amongst its peers, and a highly qualified and respected faculty.



About Pooranmal Phoola Devi Memorial Trust

Pooranmal Phoola Devi Memorial Trust was founded in 1980 by Late Shri Kalyan Prasad Ji Agarwal Sootwale as a tribute to his parents Late Shri Pooranmal Ji Agarwal Sootwale and Late Smt. Phoola Devi Agarwal. The trust has since functioned to provide medical relief to the poor and skilled human resource to the nation. With charity in mind and goodwill in the heart, the trust has travelled through time providing hope, health and happiness to the society. Through healthcare centres, educational institutions, and social endeavours, the trust fulfils its duty of serving and strengthening the roots of our society. The trust concentrates on sustainable development through empowerment and education of the community



Founder and Beacon Light

28 June 1925 to 27 November 2001



Our Vision

To provide sustainable, affordable & quality education and medical services



Our Mission

To enrich the life of people by providing skilled training and quality healthcare services



Brand Values - **TEACH**



TEAMWORK

Better together



EXCELLENCE

Stay curious and strive for the best



AUTHENTICITY

Transparency and clear communication



CREATIVITY

Adapt to change; Innovate for growth



HUMBLENESS

Respect each other

Our Services



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



HEALTH CARE

HOSPITALS

- Rajasthan Hospital
- Swasthya Kalyan Homoeopathic Hospital
- Swasthya Kalyan Yog and Naturopathy Hospital

BLOOD BANKS

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

PHARMACY

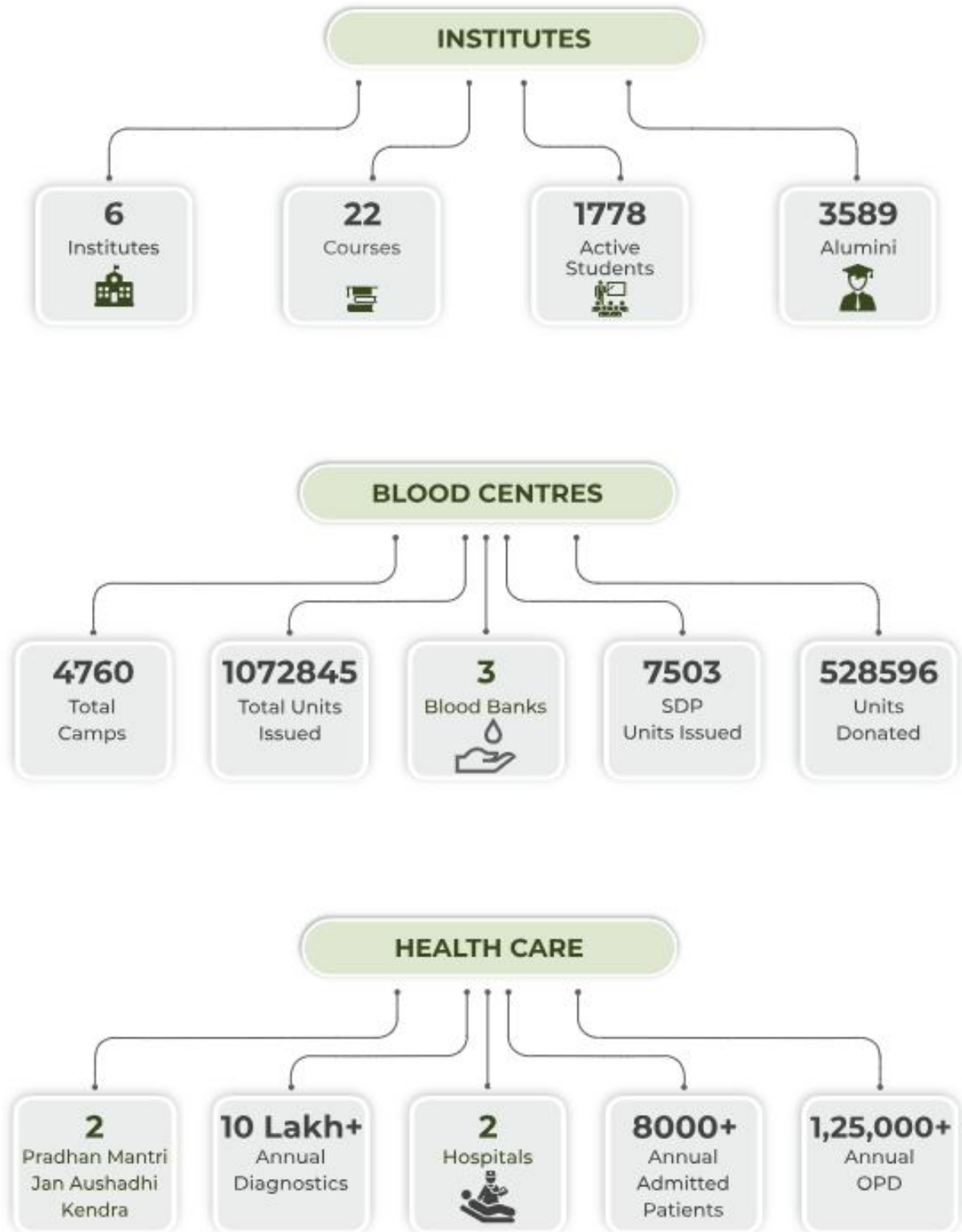
- RHL Pharmacy
- Pradhanmantri Jan Aushadi Kendra
- Swasthya Kalyan Homoeopathic Pharmacy



सर्वे भवन्तु सुखिनः

Swasthya Kalyan Group

at a glance



Timeline of Swasthya Kalyan



About Dr. S.S. AGARWAL

Chairman, Swasthya Kalyan Group
Chairman, Rajasthan Hospital



Dr. S. S. Agarwal is a pioneer in the field of health & education. A visionary - he started the first private ambulance in the state of Rajasthan in 1988, followed by the first private blood bank in 1995, first nuclear imaging center in 1997 and nursing school in 1998.

Dr. S. S. Agarwal started his career in 1982 as the founding chairman of Swasthya Kalyan Group that today comprises of 17 entities across the fields of education, healthcare and public welfare. He is also the chairman & managing director of the Rajasthan Hospital Limited, a 350 bedded multi specialty hospital.

He is member of Institute body, AIIMS Jodhpur, nominated by MOHWF Govt of India. In 2016, Dr. Agarwal was nominated by His Highness, Hon'ble President of India as a member of the managing body of India Red Cross Society, head quartered in New Delhi. He has also held the office of the National President of Indian Medical Association in 2016, becoming the first medical practitioner from the state to hold this prestigious position. He has also served as the National Convener of Bhartiya Janta Party (BJP) Medical Cell from 2007 to 2013. He is Rajasthan State President of International Vaish Federation

He was awarded with a State Award of Rs. 50,000/- by His Excellency the Governor of Rajasthan on Republic day 2002 for his exemplary work in the medical field. His credentials include more than 100 awards including lifetime achievement awards given at national, state and regional level through various government and private healthcare. He also has to his credit, more than 100 papers & publications in national & international journals. To date, Dr. Agarwal has delivered more than 1000 lectures at different forums across the country and the world.

Dr. Agarwal is an alumni of the prestigious SMS Medical College, Jaipur where he did both his MBBS and MD in Medicine. He is instrumental in establishing the Alumni 1971 SMS Medical College (regd). He is also an honorary fellow of American College of Physicians (FACP).

[f @drssagarwal](#) [t @drssagarwal](#)

Achievements Timeline

2022

- 1st January – NABH accreditation to Mahavir Jaipuria Rajasthan Hospital
- 6th March - Rajasthan Hospital hosted Past Chief of ICMR Dr Raman Gangakhedkar at book release function on 'Critical care & Covid 19 – A compendium.
- June – NABL accreditation to Mahavir Jaipuria Rajasthan Hospital labs
- H.E Vice President of India & ex Governor of Bengal Shri Jagdeep Dhankhar inaugurated the 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 Shyopur 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 by Rajasthan Hospital (RHL) and 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, Jaipur - welcomed 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 Indian Medical Association, 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" for his outstanding contribution to the medical profession and the society on Doctors day function by Delhi Medical Association
- 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 नौरथ 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 Main Conference hall, State Secretariat Jaipur
- Program Convener भाजपा प्रबुद्ध नागरिक सम्मेलन at Birla Auditorium Jaipur; Shri Amit Shah National President BJP was the distinguished speaker
- Secretary, Reception Committee for 10th National Convention of Saksham
- Distinguished guest at Bengali Samaj Durgapuja mahotsav 2018 at Jaipur
- Honored with Double Helical 'National Health Award' by Dr C P Thakur-MP & Ex Health Minister, Govt. of India at New Delhi on 18th November 2018
- Nominated by Govt. of India on Board of Governors in supersession of Medical Council of India WEF 6th November 2018

Achievements Timeline

2017

- Felicitated by Team IMA Bengal at Kolkata on 15 April 2017
- Felicitated by Mahavir International Association as Chief Speaker-Topic 'Importance of Blood & Blood Donation' on 27 May 2017
- Felicitated by IMA Rajasthan & Jaipur Medical Association at Hands of Sh Kali Charan Sarraf-Health Minister Rajasthan
- Felicitated by Swami Vivekanand Foundation 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, by Jaipur Medical Association
- 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-Annual National Conference of IMACGP & 113rd SWC Meeting of IMA U.P at hapur on 3 Sept. 2016
- 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 South Kolkata Medical Conference & 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 R A Poddar Institute of Management during Blood Donation Camp for 70th Independence Day on 13 Aug. 2016
- 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
- Felicitated by IIMR University Jaipur at 21st Annual Conference Pradnya 2016 as speaker in session on SMART Health Care of India
- Felicitated at ICON 2016-IMA CGP International Conference of Family Medicine 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 Kanhayilal 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 at Swami Vivekanand 152nd Birth Anniversary on 'Drug Free, Environmental India' by ABVP tonk on 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
- Felicitated as Guest of Honor at IMA UP State 2nd State Working Committee meeting & EVOLVE 2015 a multi specialty CME on 7 June 2015
- Felicitated as 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

Achievements Timeline

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 by Rajasthan Yuva Chatra Sanstha 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

- Appreciation to Swasthya Kalyan Blood Bank 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

- Felicitated of Swasthya Kalyan Blood Bank on World AIDS Day by Rajasthan State AIDS Control Society on 1 Dec. 2004
- Felicitated of Swasthya Kalyan Homoeopathy Medical College by Rajasthan 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

Achievements Timeline

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 Prakosht
- 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



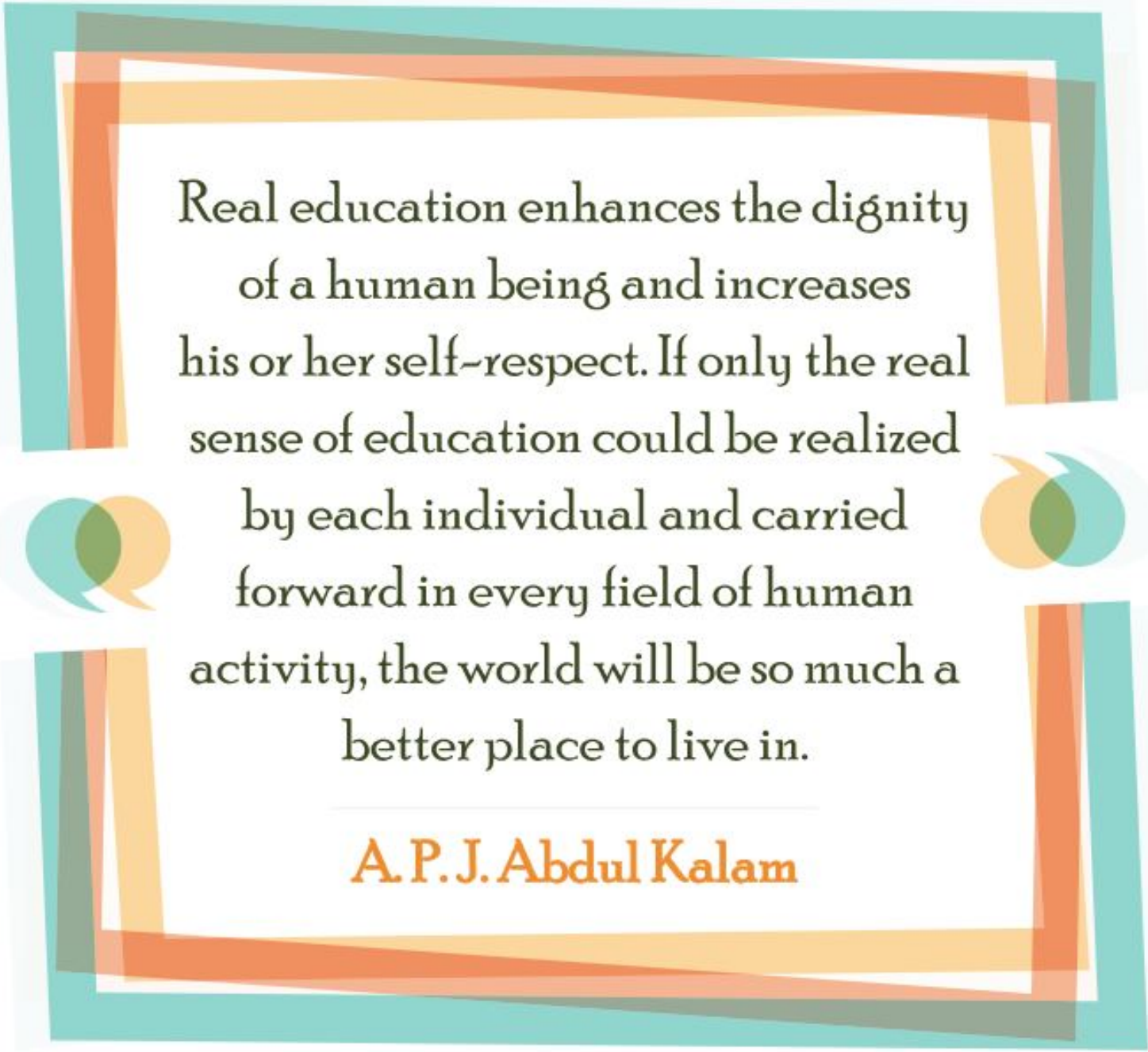
- First PPP mode X-Ray machine of Rajasthan at Amar Jain Hospital

1982

- Swasthya Kalyan Hospital

1980

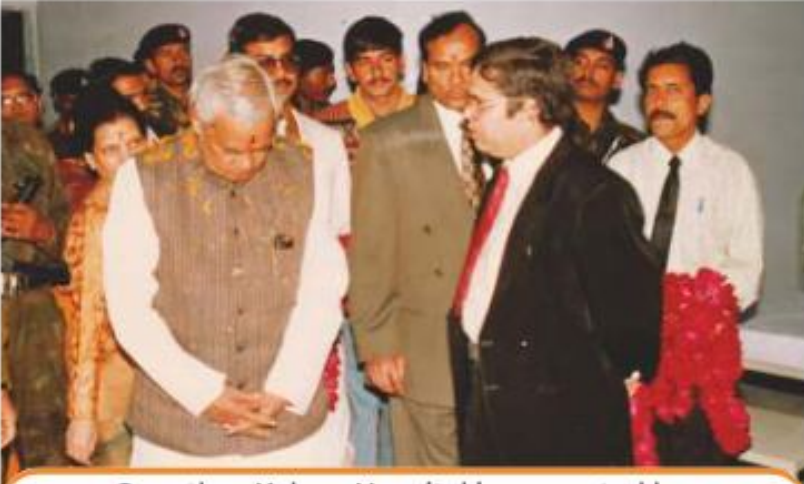
- Foundation of Purnamal Phoola Devi Memorial Trust



Real education enhances the dignity of a human being and increases his or her self-respect. If only the real sense of education could be realized by each individual and carried forward in every field of human activity, the world will be so much a better place to live in.

A. P. J. Abdul Kalam

Swasthya Kalyan Gallery (1/2)



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

1996



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

1984



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

1998



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

2016



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

2005



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

2022



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

2021

Swasthya Kalyan Gallery (2/2)



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

2001



Addressing Ambassadors, & High Commissioners meeting

2021



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.

2015



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

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.

2018



Meeting Smt Smriti Irani Union Minister of Women & Child development

2021



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

2009



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

2019

Key Persons in Swasthya Kalyan Journey



Mr. G. D. AGARWAL

Former Chairman of Trust
Pooran Mal Phoola Devi Memorial Trust



Mr. R. S. AGARWAL

Trustee
Pooran Mal Phoola Devi Memorial Trust



Mr. S. B. AGARWAL

Trustee
Pooran Mal Phoola 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

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. SWAPNIL SINGHAL (Ph.D.)

Manager Project
Swasthya Kalyan Group



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

Former C.O.O.
Swasthya Kalyan Group



Prof. ASHUTOSH PANT

Advisor & Former Additional Director
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)	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
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Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

• Bachelor of Naturopathy and Yogic Sciences (BNYS)	4½ year programme + 1 year internship
• Post Graduate Diploma in Yoga Therapy (PGDYT)	1 year programme

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

College Leadership



Dr. YOGESHWARI GUPTA
Principal

Dr. TANUJ RAJVANSHY
Vice Principal



Dr. SATISH AVASTHI
Principal - Nursing College & GNM

Mr. ARVIND SHARMA
Vice Principal - Nursing College



Mr. SATYAPRAKASH TIWARI
Vice Principal - GNM



Dr. MAHESH SHOU
Principal

Dr. DEEPAK RAJPUROHIT
Vice Principal



Dr. ANKESH AINGH
Principal

Dr. RAMBABU POTLURI
Vice Principal



Dr. K.K. MISHRA
Principal

Mr. GOPAL SHARMA
Vice Principal



Dr. MAHESH ARORA
Principal

Life at Campus

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.

Campus Facilites

Our campus is based in the educational hub of Jaipur with infrastructure that is conducive to learning & development.



CANTEEN



HOSTEL



TRANSPORT



SPORTS GROUND



LABORATORIES



LIBRARY



HOSPITAL



CONFERENCE HALL



AUDITORIUM



TRAINING HALLS

समाज के लिए उत्कृष्ट सेवाएं प्रदान करने वाली महिलाएं सम्मानित

जयपुर, समाचार जगत न्यूज। मानव सेवा ट्रस्ट राजस्थान ने सीतापुरा स्थित स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज एंड रिसर्च सेंटर जयपुर के संयुक्त तत्वावधान में अंतर्राष्ट्रीय महिला दिवस के उपलक्ष्य में नारी सम्मान समारोह का आयोजन किया गया।

कार्यक्रम संयोजक प्रो. डॉ. राजीव सक्सेना ने बताया कि कार्यक्रम में उन महिलाओं को सम्मानित किया गया, जिन्होंने समाज के लिए उत्कृष्ट सेवाएं प्रदान की, जिसमें सम्मानित होने वाली हस्तियों में प्राचार्या डॉ. योगेश्वरी गुप्ता, डॉ. सोनिया टुटेजा, डॉ. वंदना



शर्मा, डॉ. बिंदु श्रीवास्तव, डॉ. राजकृति धाकड़, डॉ. आभा अग्रवाल, डॉ. शुचिता, डॉ. रुचिरा शर्मा, डॉ. पिरा सिंह, डॉ. अंशुल चाहर, डॉ. ममता शर्मा शामिल रही। अतिथियों की ओर से महिलाओं को

प्रमाण-पत्र एवं मोमेंटो से नवाजा गया। इस अवसर पर ट्रस्ट एम.डी. के.के. वर्मा ने कहा कि ट्रस्ट ने महिला सशक्तिकरण एवं बेटी बचाओ, बेटी पढ़ाओ का बीड़ा हाथ में ले रखा है जिसके लिए ट्रस्ट द्वारा

निःशुल्क स्किल ट्रेनिंग्स, आत्मरक्षा प्रशिक्षण, शिक्षा आदि प्रदान की जा रही है। प्राचार्य प्रो. डॉ. योगेश्वरी गुप्ता ने कहा कि महिलाओं के सम्मान व सुरक्षा से ही सशक्त समाज का निर्माण होता है क्रम महिलाओं को समाज में समान अधिकार दिए जाने चाहिए जिसके लिए हम सभी को मिलकर समाज में जनजागरण करना चाहिए।

अंत में विभागाध्यक्ष प्रदीप अग्रवाल ने ट्रस्ट द्वारा सामाजिक सरोकार के लिए किये जा रहे प्रकल्पों की सराहना की एवं सभी आगंतुओं का धन्यवाद ज्ञापित किया।

नेशनल साइंस डे के उपलक्ष्य में एक दिवसीय वेबीनार का आयोजन

जयपुर, समाचार जगत न्यूज। वैज्ञानिक प्रेरकता को बढ़ावा देने के लिए मानव सेवा ट्रस्ट राजस्थान ने सीतापुरा स्थित स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज एंड रिसर्च सेंटर जयपुर के संयुक्त तत्वावधान में अंतर्राष्ट्रीय महिला दिवस के उपलक्ष्य में नारी सम्मान समारोह का आयोजन किया गया।



कार्यक्रम की सफलता डॉ. सौरी अग्रवाल, प्राचार्य आरंभमोहन शर्मा, प्राचार्य के.के. वर्मा, प्रिंसिपल डॉ. अशुल चाहर, डॉ. सोनिया टुटेजा, डॉ. वंदना शर्मा, डॉ. बिंदु श्रीवास्तव, डॉ. राजकृति धाकड़, डॉ. आभा अग्रवाल, डॉ. शुचिता, डॉ. रुचिरा शर्मा, डॉ. पिरा सिंह, डॉ. अंशुल चाहर, डॉ. ममता शर्मा शामिल रही। अतिथियों की ओर से महिलाओं को प्रमाण-पत्र एवं मोमेंटो से नवाजा गया। इस अवसर पर ट्रस्ट एम.डी. के.के. वर्मा ने कहा कि ट्रस्ट ने महिला सशक्तिकरण एवं बेटी बचाओ, बेटी पढ़ाओ का बीड़ा हाथ में ले रखा है जिसके लिए ट्रस्ट द्वारा निःशुल्क स्किल ट्रेनिंग्स, आत्मरक्षा प्रशिक्षण, शिक्षा आदि प्रदान की जा रही है। प्राचार्य प्रो. डॉ. योगेश्वरी गुप्ता ने कहा कि महिलाओं के सम्मान व सुरक्षा से ही सशक्त समाज का निर्माण होता है क्रम महिलाओं को समाज में समान अधिकार दिए जाने चाहिए जिसके लिए हम सभी को मिलकर समाज में जनजागरण करना चाहिए।

विश्व होम्योपैथी दिवस पर सीतापुरा कैम्पस में मनाई डॉ. रेगुमल्लु हेनीमेन जयंती

एसकेजी एल्युमिनाईज को वितरित की गई डिग्रियाँ

जयपुर, समाचार जगत न्यूज। स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज एवं रिसर्च सेंटर सीतापुरा, जयपुर में विश्व होम्योपैथी दिवस 10 जून के उपलक्ष्य में एक दिन का कार्यक्रम आयोजित किया गया।



कार्यक्रम में डॉ. रेगुमल्लु हेनीमेन की जयंती मनाई गई। डॉ. रेगुमल्लु हेनीमेन की जयंती मनाई गई। डॉ. रेगुमल्लु हेनीमेन की जयंती मनाई गई।

कार्यक्रम में डॉ. रेगुमल्लु हेनीमेन की जयंती मनाई गई। डॉ. रेगुमल्लु हेनीमेन की जयंती मनाई गई। डॉ. रेगुमल्लु हेनीमेन की जयंती मनाई गई।

कार्यक्रम में डॉ. रेगुमल्लु हेनीमेन की जयंती मनाई गई। डॉ. रेगुमल्लु हेनीमेन की जयंती मनाई गई। डॉ. रेगुमल्लु हेनीमेन की जयंती मनाई गई।

कार्यक्रम में डॉ. रेगुमल्लु हेनीमेन की जयंती मनाई गई। डॉ. रेगुमल्लु हेनीमेन की जयंती मनाई गई। डॉ. रेगुमल्लु हेनीमेन की जयंती मनाई गई।

संस्कृत में नई नवाचारों का आयोजन



कार्यक्रम में डॉ. रेगुमल्लु हेनीमेन की जयंती मनाई गई। डॉ. रेगुमल्लु हेनीमेन की जयंती मनाई गई। डॉ. रेगुमल्लु हेनीमेन की जयंती मनाई गई।

भारत सरकार के आयुष विभाग के सेंट्रल काउंसिल ऑफ रिसर्च के साथ हुआ एमओयू

होम्योपैथी पर रिसर्च के क्षेत्र में काम करेगा स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज

Nav Xpress
होम्योपैथी के जनक डॉ. सीएचएस हैनिमैन की 264वीं जयंती पर सीतापुरा स्थित स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज को रिसर्च सेंटर का दर्जा मिला है। इसके लिए स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज के डायरेक्टर डॉ. पंकज शर्मा और प्रिंसिपल डॉ. योगेश्वरी गुप्ता ने नई दिल्ली में हाल ही में भारत सरकार के आयुष विभाग के अधीन सेंट्रल काउंसिल ऑफ रिसर्च के साथ एक समझौता पत्र पर हस्ताक्षर किया। बुधवार को



सीतापुरा स्थित स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज एवं रिसर्च सेंटर में डॉ. हैनीमेन

जयंती समारोह आयोजित किया गया जिसमें यह जानकारी दी गई। इस अवसर पर विभिन्न क्षेत्रों में अंतर्राष्ट्रीय योगदान देने वाले कॉलेज के छात्र-छात्राओं को सम्मानित भी किया। समूह के चेयरमैन डॉ. एसएस अग्रवाल ने इस अवसर पर विचारधारा को संघर्षित किया। इस दौरान कॉलेज परिसर में स्वास्थ्य कल्याण क्लब बैंक के सहयोग से रक्तदान शिविर का आयोजन भी किया गया। शिविर में बढ़ती संख्या में छात्र-छात्राओं और फैकल्टी मेंबर के साथ मरीजों के परिजनों ने भी रक्तदान किया। शिविर में 130 यूनिट रक्त एकत्र किया गया।

होम्योपैथी एक टारगेटेड थेरेपी, बीमारी को जड़ से करती है खत्म

योग, नेचुरोपैथी के साथ होम्योपैथी कोरोना से बचाव में कारगर : डॉ. पंकज शर्मा



जयपुर, समाचार जगत न्यूज़। स्वास्थ्य कल्याण होम्योपैथिक कॉलेज के डायरेक्टर प्रो. डॉ. पंकज शर्मा का कहना है कि योग और नेचुरोपैथी के साथ यदि प्रारंभिक लक्षणों के साथ ही होम्योपैथी का प्रयोग किया जाए तो कोरोना जैसी बीमारी से काफी हद तक बचा जा सकता है। डॉ. पंकज शर्मा शनिवार को कनकघाटी आमेर रोड़ स्थित वायुसेना विद्यालय द्वारा 'पोस्ट कोविड एवं फंगस

-होम्योपैथिक चिकित्सा' विषय पर वेबिनार को संबोधित कर रहे थे। उन्होंने बताया कि होम्योपैथी एक प्रकार की टारगेटेड थेरेपी है, जो बीमार व्यक्ति के लक्षणों और स्वभाव आदि के बारे में समस्त जानकारी लेकर सिंगल दवा का चयन करके मरीज को देकर उसकी बीमारी को जड़ से खत्म करती है। विद्यालय मीडिया प्रभारी घनश्याम शर्मा ने बताया कि वेबिनार के प्रारंभ में डॉ. शर्मा का विद्यालय के एक्ज्यूक्यूटिव डायरेक्टर विगकमांडर के जे एम रेड्डी एवं विद्यालय प्राचार्या सीमा भाटी ने स्वागत किया। वेबिनार में डॉ. पंकज शर्मा ने कोविड, पोस्ट कोविड एवं फंगस से बचाव के लिए शरीर की रोग प्रतिरोधक क्षमता बढ़ाने प जोर

दिया। इसके लिए उन्होंने होम्योपैथी की दवा आर्सेनिकअलबम 30 के प्रयोग करने का सुझाव दिया। कोरोना से बचने के लिए डॉ. पंकज ने प्रतिदिन खाली पेट एक चुटकी कलौजी का गरम पानी के साथ प्रयोग करने पर भी बल दिया। वेबिनार में पत्रकारों के कोरोना वैक्सीन से संबंधित सवाल के जवाब में उन्होंने कहा कि वैक्सीन का निर्माण होम्योपैथी के सिद्धांत पर ही होता है। उन्होंने कहा कि जिस प्रकार वैक्सीन मनुष्य के शरीर में रोग से लड़ने की शक्ति यानि रोग प्रतिरोधक क्षमता का विकास करती है उसी प्रकार होम्योपैथी में भी कई दवाएं हैं जो नियमित अंतराल में ली जाएं तो रोग प्रतिरोधक क्षमता को बढ़ाती हैं।

कोरोना वायरस से बचाव व रोग प्रतिरोधक क्षमता बढ़ाने के लिए होम्योपैथिक दवा का वितरण किया



जयपुर, समाचार जगत न्यूज़। कोरोना वायरस से बचाव एवं रोग प्रतिरोधक क्षमता बढ़ाने के लिए आरोग्य संस्थान द्वारा जारी माइक्रोवाइन के अलावा स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज एण्ड रिसर्च सेंटर, जयपुर द्वारा इन्स्टीट्यूट ऑफ होम्योपैथिक और ऑर्गेनिक एजेंट्स (असेसिनिक एजेंट्स 30) का वितरण भी किया जा रहा है। यह सब कॉलेज द्वारा गैर लिवर व किडनी के अलावा गर्भवती महिलाओं के लिए किया जा रहा है। कार्यक्रम का शुभारंभ डॉ. एमएस अग्रवाल ने बताया कि चिकित्साओं व चिकित्सकसहित, कुशल धार, साफ़ने वाली, सैब, सूप डेबरी, साह, रबो एवं कॉलेज द्वारा गैर लिवर व किडनी के अलावा गर्भवती महिलाओं के लिए किया जा रहा है। कार्यक्रम डॉ. योगेश कुमार गुप्त, डॉ. जय एम चौधरी, डॉ. प्रवीण साहने, डॉ. अरविन्द कुमार शर्मा द्वारा कॉलेज के इंटर कांजी को बंद से किया जा रहा है। कार्यक्रम डॉ. योगेश गुप्त ने बताया कि कोविड-19 के बचाव व रोग प्रतिरोधक क्षमता बढ़ाने के लिए होम्योपैथिक दवा आर्सेनिक एजेंट्स 30 के 13 हजार किट वितरण किया गया। कॉलेज द्वारा अलग-अलग विस्तार को कोविड के बचाव व उपचार के अनुसंधान हेतु प्रस्ताव भी भेजा गया है। संतुष्ट महिने पर इस दिना में काम किया जायेगा। अलग-अलग व राज्य सरकार द्वारा जारी माइक्रोवाइन के अलावा कोविड-19 के बचाव व रोग प्रतिरोधक क्षमता के लिए कॉलेज द्वारा 20 हजार किट वितरण किया जाने का लक्ष्य है। यह वितरण अगामी दिनों तक जारी रहेगा।

होम्योपैथी में स्पेशलाइजेशन के लिए रिसर्च वर्क जरूरी: डॉ. अग्रवाल



जयपुर, समाचार जगत न्यूज़। स्वास्थ्य कल्याण होम्योपैथी मेडिकल कॉलेज एण्ड रिसर्च सेंटर सीतापुरा जयपुर में शनिवार को को विपरीत इंटरनेट पर ऑनलाइन रिसर्च वर्क के माध्यम से आयोजित इस कार्यक्रम में प्रमुख के निदेश, डॉ. अग्रवाल ने कहा कि होम्योपैथी में रिसर्च की अपार संभावना है। उन्होंने रिसर्च में डॉटा कलेक्शन का उपयोग करते हुए होम्योपैथी में एंटीपैथी को ही तक स्पेशलाइजेशन के लिए रिसर्च करने की आवश्यकता बताई। डॉ. अग्रवाल ने प्रतिभागियों से इस संबंध में मिले अनुभवों को भी अपने रिसर्च में अपनाने पर जोर दिया। इंस्टीट्यूट ऑफ एजेंट्स स्टेटिस्टिक्स द्वारा प्रायोजित इस कार्यक्रम को डॉ. पद्म सिंह रिसर्च एण्ड डेवलपमेंट स्कीम, आईसीएमआर आई दिल्ली के अतिरिक्त प्रोफेसर एवं नेशनल कोऑर्डिनेटर डॉ. सुभद्रा चौधे ने संबोधित किया। उन्होंने बताया कि इस प्रकार की यह राजस्थान में पहली कार्यक्रिम है। उन्होंने होम्योपैथी में रिसर्च को लेकर जैव सांख्यिकी का उपयोग करने पर जोर दिया। इस अवसर पर मेडिकल कॉलेज के डायरेक्टर डॉ. पंकज शर्मा, प्राचार्य डॉ. योगेश गुप्त, विद्यार्थी अतिथि डॉ. गुलाब सिंह एवं कॉलेज के जय प्रकाश डॉ. सतुज राजवती ने प्रतिभागियों को प्रयास पूरा वितरित किया।

रोग प्रतिरोधक क्षमता को मजबूत बनाने में कारगर होम्योपैथी

सवाईराधोपुर @ पत्रिका। स्वास्थ्य कल्याण होम्योपैथी मेडिकल कॉलेज सीतापुरा जयपुर, दादा परिवार और नवीन सोनियर सेक्टर में स्थित सवाईराधोपुर के संयुक्त तथाकथान में शनिवार को 'पोस्ट कोविड और ब्लैक फंगस में होम्योपैथी विकिरण विषय पर वेबिनार हुआ। वेबिनार को स्वास्थ्य कल्याण होम्योपैथी मेडिकल कॉलेज के डायरेक्टर और केन्द्रीय होम्योपैथी परिषद के सदस्य डॉ. पंकज शर्मा और कॉलेज की प्राचार्या डॉ. योगेश्वरी गुप्त ने संबोधित किया। उन्होंने बताया कि कोरोना वायरस, कमजोर इम्यून सिस्टम वाले लोगों पर अटैक करता है। ऐसे में अपने इम्यून सिस्टम को मजबूत बनाए रखने के लिए अहार, विहार, योग, व्यायाम के साथ होम्योपैथी इन्सुमिटी

प्रो. पंकज होम्योपैथी फैकल्टी के डीन
जयपुर @ पत्रिका. डॉ. सर्वपल्ली राधाकृष्णन राजस्थान आयुर्वेद युनिवर्सिटी जोधपुर के कुलपति प्रो. अभिमन्यु कुमार ने डॉ. पंकज शर्मा को विश्वविद्यालय की होम्योपैथी फैकल्टी का डीन नियुक्त किया है। डॉ. पंकज जो स्वास्थ्य कल्याण होम्योपैथी मेडिकल कॉलेज एवं रिसर्च इंस्टीट्यूट, सीतापुरा, जयपुर के डायरेक्टर हैं।



'SPORTY 2022' में आईएमटी एंड एनई के स्टूडेंट्स ने दिखाई प्रतिभा

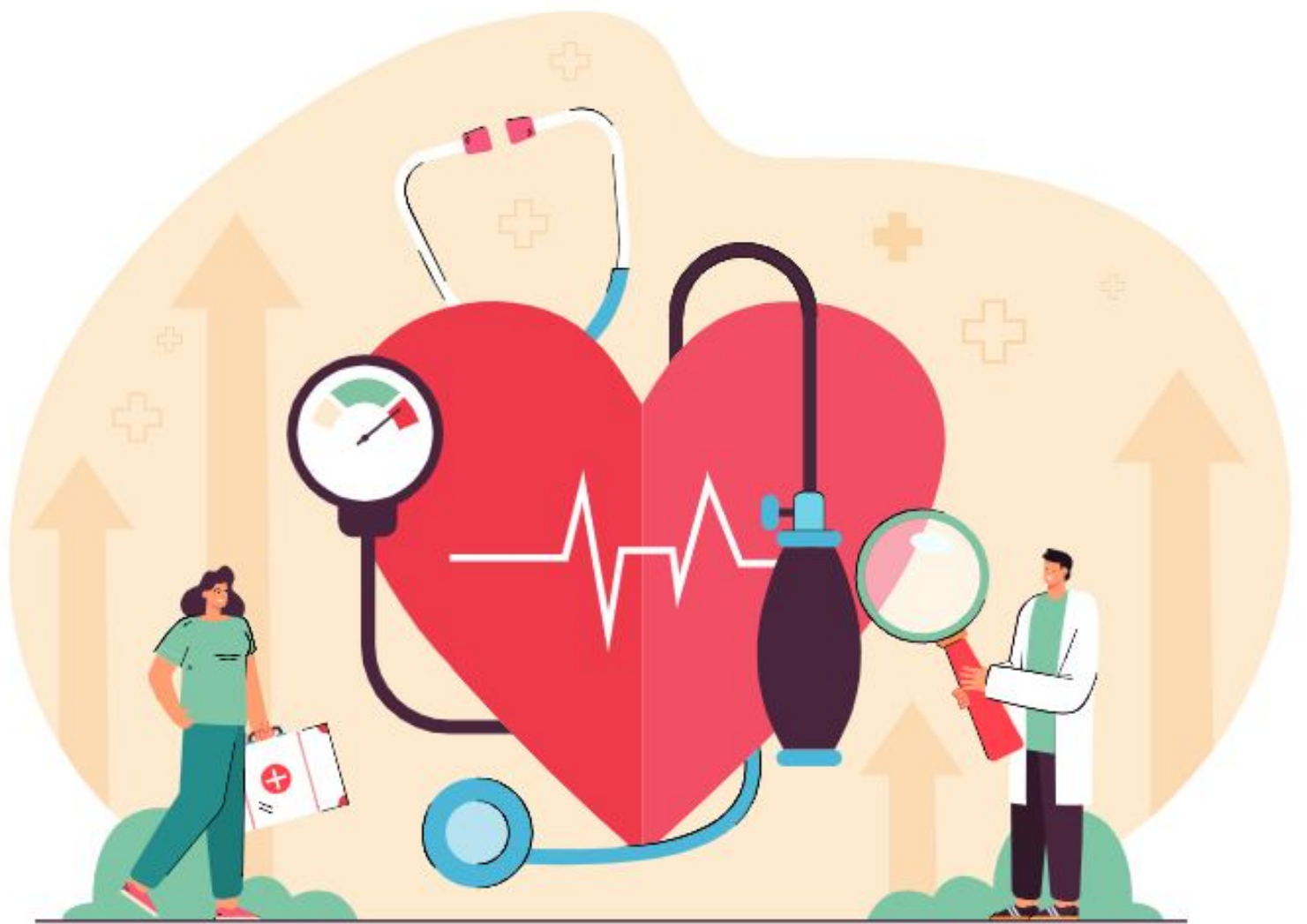


जयपुर, समाचार जगत न्यूज़। स्वास्थ्य कल्याण होम्योपैथी मेडिकल कॉलेज एण्ड रिसर्च सेंटर, जयपुर में कोरोना से बचाव के लिए जन जागरूकता पोस्टर का विमोचन किया गया। कॉलेज की प्रिंसिपल डॉ. योगेश्वरी गुप्त एवं कॉलेज चिंसिपल ने किया कोर्टोना जागरूकता पोस्टर का विमोचन

स्वास्थ्य कल्याण होम्योपैथी मेडिकल कॉलेज ने चलाया कोरोना के खिलाफ जागरूकता अभियान



जयपुर, समाचार जगत न्यूज़। स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज एण्ड रिसर्च सेंटर, जयपुर में कोरोना से बचाव के लिए जन जागरूकता पोस्टर का विमोचन किया गया। कॉलेज की प्रिंसिपल डॉ. योगेश्वरी गुप्त एवं कॉलेज चिंसिपल ने किया कोर्टोना जागरूकता पोस्टर का विमोचन



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 last year we also 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 Agrasen Blood Bank
- 3 Apex Swasthya Kalyan Blood Bank
- 4 Swasthya Kalyan Institute of Transfusion Medicine



Services Available

- 01 Whole Human Blood
- 02 Packed Red Blood Corpuscles
- 03 Platelet Concentrate
- 04 Fresh Frozen Plasma
- 05 Cryoprecipitate
- 06 Plateletapheresis by using Cell Separator
- 07 Plasmapheresis by using Cell Separator
- 08 Saline Washed Red Cells
- 09 Leucodepleted Red Cells
- 10 Packed Red Cells Aliquot
- 11 Platelet Rich Plasma
- 12 Pooled Platelets
- 13 Blood Donation Camps
- 14 Blood Donation Vehicles
- 15 Blood Storage Centre for Hospitals

Key Highlights

Established in 1995
Serving for 26+ years



1st Non Government
Blood Bank of Rajasthan

1st licence of Platelet
Apheresis

29542
Donation (2020 till date)



57589
Issue (2020 till date)

Partner Hospitals
27+



Hospitals
400+

Storage Centre
6



Mobile Blood
Collection Van

18856
Camps (2020 till date)



1500+
NGO Associated

Sister Units
• Agrasen Blood Bank
• Apex Swasthya Kalyan
Blood Bank



> 82%
Voluntary Donation

Blood Bank Team Members



Dr. S S Agarwal

MBBS, MD Medicine
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
Director



Dr. Sarvesh Agarwal

MBBS, MBA
Chief Strategy Officer



Dr. Richa Gupta

DNB (Transfusion Medicine),
Apollo Delhi
Consultant, Transfusion Medicine



Dr. O P Gupta

MBBS
Senior Medical Officer



Dr. Om Prakash Gupta

MBBS
Medical Officer



Dr. S P Bhargava

MBBS
Medical Officer

Blood Bank Gallery (1/2)



25th Foundation day ceremony



Rajasthan Blood Banks Society - Poster Release



Thanks to voluntary blood donors



World Blood Donors' day at RHL Campus



Independence day celebration



Blood donation camp on the 28th Foundation day

Blood Bank Gallery (2/2)



'Drive for life' campaign for blood donation awareness



Raktdaan Mashal welcomed at JLN marg



'The Tour Bicycle' Maha rally for health & Voluntary donation



Women Blood Donors Award Ceremony at Birla Auditorium



Voluntary donation drive by friends of Blood bank



Republic day celebration

रक्तदान शिविर में 60 यूनिट रक्त एकत्र



महानगर संवाददाता

जयपुर। समग्र सेवा के संयोजक डॉ. ज्ञानेश हल्दिया और स्वास्थ्य कल्याण ब्लड बैंक के सुभाष शर्मा के तत्वावधान में शनिवार को हल्दियों का रास्ता जौहरी बाजार में स्वैच्छिक रक्तदान शिविर का आयोजन किया गया। शिविर में 60 यूनिट ब्लड एकत्र किया गया। कार्यक्रम में विधायक आमीन कागजी, पूर्व चेयरमैन अजय यादव, पार्षद कुसुम यादव, पार्षद शोएब मुबारक, हल्दियों के रास्ता व्यापार मंडल के सुरेन्द्र बज, डॉ. एस. एस. अग्रवाल, दिनेश शर्मा, सुभाष शर्मा, सुरेंद्र कश्यप, विमल शर्मा, हीरालाल, जय किशन गुआलानी आदि लोग शिविर में उपस्थित रहे।

कोरोना काल में स्वैच्छिक रक्तदान और प्लाज्मा दान की ज्यादा जरूरत : डॉ. एस एस अग्रवाल

राष्ट्रीय रक्तदान दिवस पर लोगों से किया आगे आने का आह्वान

जयपुर, समाचार जगत न्यूज़। राष्ट्रीय रक्तदान दिवस पर 1 अक्टूबर को स्वास्थ्य कल्याण ब्लड बैंक मिलाप नगर जयपुर, रक्तदान परिसर एवं राजस्थान हॉस्पिटल के संयुक्त तत्वावधान में जयपुर में विगत वर्षों में अनेक आयोजन किये गए हैं, लेकिन इस वर्ष कोरोना

महामारी के चलते सामूहिक रक्तदान द्वारा 1 यूनिट रक्तदान करने वाला व्यक्ति तीन जिंदगियों को नया जीवनदान दे सकता है। वहीं 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, जिसकी उम्र 18 से 60 वर्ष तक हो, जिसका वजन 50 कि.ग्रा हो, वह हर 15 दिन में प्लाज्मा दान करके कोरोना के गम्भीर मरीजों को जीवनदान दे सकता है।

सीएमई में ब्लड ट्रांसफ्यूजन के दौरान रखी जाने वाली सावधानियों की दी जानकारी

स्वास्थ्य कल्याण ब्लड बैंक में ब्लड ट्रांसफ्यूजन पर सीएमई में जुटे नर्सिंगकर्मी

जयपुर (कर्म)। स्वास्थ्य कल्याण ब्लड बैंक की ओर से आयोजित की गई ब्लड बैंक परिसर में 'ब्लड ट्रांसफ्यूजन पर ट्रेडिंग काल' शिविर पर सीएमई का आयोजन किया गया। सीएमई में राजस्थान हॉस्पिटल प्रभार जयपुर शहर के विभिन्न अस्पतालों के 40 नर्सिंग कर्मचारियों ने हिस्सा लिया। शिविर के प्रारंभिक सत्रों के मुख्य अतिथि कोविड हॉस्पिटल ब्लड बैंक के प्रभारी डॉ. विमल शर्मा और राजस्थान हॉस्पिटल के डॉ. विमल शर्मा ने नर्सिंग कर्मचारियों को सावधानियां बताते हुए कहा कि ब्लड ट्रांसफ्यूजन में डॉक्टरों के अलावा नर्सों का भी अत्यंत महत्व है। उन्होंने कहा कि नर्सिंग कर्मचारी ट्रांसफ्यूजन के प्रोटोकॉल को ध्यान से पढ़ें। डॉ. विमल शर्मा ने नर्सों को निर्देश दिए हुए ट्रांसफ्यूजन से पहले मरीज का पूरा ब्लड ग्रुप रखाते हुए अंतरा पूरा ध्यान रखना होगा। उन्होंने बताया कि ट्रांसफ्यूजन के दौरान लंबी सी पी को रोकने के लिए जागरूक रहना हो सकता है। इस अवसर पर निदेशक अरुण अग्रवाल, सहायक निदेशक राजेश कुमार, डॉ. के. निधि, ब्लड बैंक के मेडिकल ऑफिसर डॉ. ओ. पी. गुप्ता, डॉ.



श्रेयसप्रकाश गुप्ता, अग्रवाल ब्लड बैंक की मेडिकल ऑफिसर दम्बाई डॉ. गेजू केशिया उपस्थित रहे। स्वास्थ्य कल्याण ब्लड बैंक की कंसल्टेंट, ट्रांसफ्यूजन मेडिसिन डॉ. निधि गुप्ता ने विद्युत्कृत परम भन्ने, ब्लड सेल्फिंग और रिसीविंग पर प्रस्तुतिकरण किया। सहायक निदेशक अरुण अग्रवाल ने

ब्लड की मेडिकल ऑफिसर दम्बाई डॉ. उर्मिल धुनिया ने ट्रांसफ्यूजन प्रोटोकॉल और प्रत्येक शिविर पर प्रोटोकॉल दिया। ब्लड बैंक की एच और मैनेजर गुरुदेव शर्मा ने स्वास्थ्य कल्याण ब्लड बैंक के लक्ष्य, उद्देश्य एवं गुणवत्ताओं के बारे में बताया। ब्लड बैंक के ट्रेनिंग काल सुपरवाइजर कल्प अग्रवाल ने रक्त की जांच एवं रक्त शुद्धि के बारे में जानकारी दी। अग्रवाल ब्लड बैंक के ट्रेनिंग काल सुपरवाइजर शोएब शर्मा ने रक्त कटकों के उपयोग के बारे में विस्तार से बताया तबकि रक्त के सभी कटकों पर अनुपयोग हो सके। सीएमई के समापन कार्यक्रम के मुख्य अतिथि नर्सिंग कर्मचारियों के निदेशक डॉ. भनन्धु मंगल ने ब्लड ट्रांसफ्यूजन के दौरान रखने वाली सावधानियों की जानकारी दी। इससे पहले सीएमई में खुले इन्टरनेट सत्र में मरीजों को ब्लड बैंक से रक्त अदायगी ले जाने में अनेक सावधानियों के बारे में भी नर्सों को गयी जिससे ब्लड बैंक से अदायगी में अपनी जागरूकता बढ़ेगी। सवागत के समापन में प्रतिभागियों को प्रमाण पत्र वितरित किये गये।

ब्लड डोनेशन के लिए आगे आने की जरूरत : डॉ. एसएस अग्रवाल

जयपुर/ब्लड।। स्वास्थ्य कल्याण ब्लड बैंक के मानव संसाधन और प्रशासनिक ब्लड बैंक कोषाध्यक्ष के अध्यक्ष डॉ. एस. एस. अग्रवाल ने कहा है कि कोरोना काल के दौरान अनेक ही नर्सों को रक्त दान करने में अनेक बाधाएं हैं। ऐसे में नर्सों को रक्त दान करने के लिए अनेक बाधाएं हैं।

राजस्थान हॉस्पिटल में नर्सों के रक्त दान को बढ़ावा देने के लिए अनेक बाधाएं हैं। अनेक नर्सों को रक्त दान करने में अनेक बाधाएं हैं। अनेक नर्सों को रक्त दान करने में अनेक बाधाएं हैं।

ब्लड बैंक को भी पूरी निष्ठा है। इसका कारण यह है कि राजस्थान को कोरोना से प्रभावित नहीं किया जा सकता है। अनेक नर्सों को रक्त दान करने में अनेक बाधाएं हैं। अनेक नर्सों को रक्त दान करने में अनेक बाधाएं हैं।

सीएमई में नर्सों को रक्त दान करने के लिए अनेक बाधाएं हैं। अनेक नर्सों को रक्त दान करने में अनेक बाधाएं हैं। अनेक नर्सों को रक्त दान करने में अनेक बाधाएं हैं।



डॉ. एस. एस. अग्रवाल ने कहा है कि कोरोना काल में रक्त दान करने की जरूरत है। अनेक नर्सों को रक्त दान करने में अनेक बाधाएं हैं। अनेक नर्सों को रक्त दान करने में अनेक बाधाएं हैं।

15 दिन में प्लाज्मा दान कर सकता है। ऐसे में वह हर 15 दिन में दो नर्सों को जान बचा सकता है। राजस्थान हॉस्पिटल के मेडिकल ऑफिसर डॉ. एस. एस. अग्रवाल ने कहा है कि कोरोना संक्रमण से सुरक्षित रहना जरूरी है। अनेक नर्सों को रक्त दान करने में अनेक बाधाएं हैं। अनेक नर्सों को रक्त दान करने में अनेक बाधाएं हैं।

राजस्थान हॉस्पिटल के मेडिकल ऑफिसर डॉ. एस. एस. अग्रवाल ने कहा है कि कोरोना संक्रमण से सुरक्षित रहना जरूरी है। अनेक नर्सों को रक्त दान करने में अनेक बाधाएं हैं। अनेक नर्सों को रक्त दान करने में अनेक बाधाएं हैं।

राजस्थान हॉस्पिटल के मेडिकल ऑफिसर डॉ. एस. एस. अग्रवाल ने कहा है कि कोरोना संक्रमण से सुरक्षित रहना जरूरी है। अनेक नर्सों को रक्त दान करने में अनेक बाधाएं हैं। अनेक नर्सों को रक्त दान करने में अनेक बाधाएं हैं।

राजस्थान हॉस्पिटल के मेडिकल ऑफिसर डॉ. एस. एस. अग्रवाल ने कहा है कि कोरोना संक्रमण से सुरक्षित रहना जरूरी है। अनेक नर्सों को रक्त दान करने में अनेक बाधाएं हैं। अनेक नर्सों को रक्त दान करने में अनेक बाधाएं हैं।

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

माजरा प्रवेश प्रध्यास डॉ. रमेश पुनिया ने किया स्वीच्छक रक्तदान आन्दोलन के पोस्टर का रिलीज



माजरा प्रवेश प्रध्यास डॉ. रमेश पुनिया ने किया स्वीच्छक रक्तदान आन्दोलन के पोस्टर का रिलीज। डॉ. अग्रवाल ने कहा कि हमें स्वीच्छक रक्तदान को बढ़ावा देने और एतज में रक्तदान को बढ़ावा देने के लिए हमें अपने रक्तदाताओं को रक्तदान करने के लिए प्रेरित करना चाहिए।

डॉ. अग्रवाल ने कहा कि स्वीच्छक रक्तदान को बढ़ावा देने के लिए हमें अपने रक्तदाताओं को रक्तदान करने के लिए प्रेरित करना चाहिए। डॉ. अग्रवाल ने कहा कि स्वीच्छक रक्तदान को बढ़ावा देने के लिए हमें अपने रक्तदाताओं को रक्तदान करने के लिए प्रेरित करना चाहिए।

आवश्यकता का 80 प्रतिशत रक्त स्वैच्छक रक्तदान से मिल रहा



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

संभवतः राज्य और देश में पहली बार ऐसा कार्यक्रम

पूर्व संसद एवं पूर्व भाजपा प्रदेशप्रभु डॉ. योगेश शर्मा ने कहा कि समारोह में महिलाओं का सम्मान दर्शाते हैं कि वे समाज के किसी भी क्षेत्र में किसी से भी कम नहीं हैं।

असम के राज्यपाल जगदीश मुखी ने कहा कि एक रक्तदाता एक नए रक्तदान कर लेना लेने की विलंबी बचत है। रक्तदान के प्रति जागरूकता लगाते रहें। आज देश में रक्त की आवश्यकता का 80 प्रतिशत रक्त स्वैच्छक रक्तदान से प्राप्त हो रहा है।

स्वास्थ्य कल्याण ब्लड बैंक के कनद सचिव डॉ. हनुमत् झावतल ने कहा कि स्वीच्छक रक्तदान के अभाव में देश में रक्त की आवश्यकता का 80 प्रतिशत रक्त स्वैच्छक रक्तदान से प्राप्त हो रहा है।

पूर्व संसद एवं पूर्व भाजपा प्रदेशप्रभु डॉ. योगेश शर्मा ने कहा कि समारोह में महिलाओं का सम्मान दर्शाते हैं कि वे समाज के किसी भी क्षेत्र में किसी से भी कम नहीं हैं।

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

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

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

मंडे काजिटिव

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 जिंदगी... एक ही खडकी... पर किरादा अलग-अलग... ..किरी की खडकी खंडित करने के लिए रक्तदान करना फिर भी को ज़रूरत तो कई आयु की डोरावा से रक्तदान के लिए जुट

अजयु। रक्तदान की एक खडकी को इन प्रतिभागों ने खड़ा किया था। एक खडकी को एक जिंदगी... एक ही खडकी... पर किरादा अलग-अलग... ..किरी की खडकी खंडित करने के लिए रक्तदान करना फिर भी को ज़रूरत तो कई आयु की डोरावा से रक्तदान के लिए जुट



डॉ. अग्रवाल ने कहा कि एक वजह से एक अक्टूबर को सामूहिक रक्तदान का कार्यक्रम नहीं होगा, लेकिन आयोजकों ने अपने स्तर पर स्वैच्छक रक्तदान को बढ़ावा देने के साथ-साथ कोराना मरीजों के इलाज के लिए प्लाज्मा दान के लिए जागरूकता का आह्वान किया है।

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 Hospitals, 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 anioqram, 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.
- As 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, Swasthya Kalyan Group
& Rajasthan Hospital



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

Management

Vijendra Kumar Sharma
Nursing Superintendent

Dr Shruti Sureka Agrawal
Quality Head

Shaily Bohra
Insurance & TPA Consultant

Gyanish Chandra
General Manager Hospitality

Manoj Goyal
Infrastructure Manager

Abhishek Dave
Pharmacy Manager

Dr. Lokesh Yadav
Head - Non medicals Operations

Devkinandan Jhawar
Accounts Manager

Dr Swapnil Singhal
Project Manager

Mahesh Kumar Saini
IT Manager

Suniti Peswani
General Manager People Operations

RHL Doctor's Team



RHL Doctor's Directory



Bone, Joint & Orthopedics

Dr. S S Soni, Sr. Consultant

Dr. Jeetesh Jain, Consultant

Dr. Rahul Upadhyay, Consultant

Dr. R. K. Verma, Consultant



Brain Center

Dr. Vikram Bohra, Sr. Consultant Neurology

Dr. Anil Kothiwala, Consultant
Neurosurgery



Critical Care & Anesthesiology

Dr. Narendra Rungta, Sr. Consultant

Dr. Neetika Soni, Consultant

Dr. Khusboo Umarwal, Consultant

Dr. Ranu Surana, Consultant



Lung Center of Excellence

Dr. Virendra Singh, President & Sr. Consultant

Dr. Sheetu Singh, Director & Chief
Interventional Pulmonologist

Dr. Madhur Joshi, Consultant



ENT

Dr. Pankaj Singh, Sr. Consultant



Eye Center

Dr. Karishma Goyal, Assistant Consultant



Heart Center Cardiology

Dr. Ravinder Singh Rao, Chief Interventional
Cardiologist & Chairman, RHL Heart Centre

Dr. Kailash Chandra, Sr. Consultant

Dr. Govind N Sharma, Consultant

Heart Center Cardiac Surgery (CTV)

Dr. Budhaditya Chakraborty, Sr. Consultant
Director & Head

Dr. Nirupam Sekhar Chakraborty
Consultant (CTVS)

Dr. Rakesh Kumar Bhargava, Consultant



Gastric Sciences

Dr. Naveen Yadav, Consultant



Surgical Sciences

Dr. Sharad Daga, Consultant



Interventional Radiology

Dr. Manish Rajput, Consultant

Dr. Ragunath Nagvekar, Consultant



De Addiction Psychiatry

Dr. Raghav Shah, Director & Chief
Consultant, De Addiction Psychiatrist



Dental Sciences

Dr. Navneet Godara, Sr. Consultant



Medicine

Dr. P. C. Ranka, Director & Sr. Consultant

Dr. Ashok Dutt Mathur, Sr. Consultant

Dr. D K Jain, Sr. Physician & Consultant



Mother & Child

Dr. Veena Acharya, Sr. Consultant
Obstetrics & Gynaecology

Dr. Priyanka Sharma, Consultant
Obstetrics & Gynaecology

Dr. Shilpa Gupta Jetwani, Assistant Consultant
Obstetrics & Gynaecology

Dr. Deep Chand Khandelwal, Consultant
Pediatrics & Neonatology



Physiotherapy & Rehabilitation

Dr. Mahesh Shou, Sr. Consultant

Dr. Arun Kumar Sharma, Assistant Consultant



Radiology & Imaging

Dr. Radha Mohan Batwara, Chief Consultant

Dr. Perna Singh Saharan, Consultant

Dr. Apar Mathur, Consultant

Dr. Ruchika Mehla, Consultant



Diabetes Center

Dr. Arvind Gupta, Head & Sr. Consultant

Dr. Priyashri Katewa, Consultant



Renal Sciences

Dr. Ajay Singh, Head & Sr. Consultant
Nephrology



Skin Center

Dr. Dinesh Mathur, Sr. Consultant



Dr. Raghav Shah

MBBS, M.D. (Psychiatry), DM – Addiction Psychiatry
Addiction Psychiatrist
Psychiatrist
15 years' experience

Dr Raghav Shah has an overall experience of more than 9 years in psychiatry. He is the first super specialist de-addiction expert practising in Rajasthan with a DM in Addiction Psychiatry (PGI, Chandigarh). He did his MD in Psychiatry from SMS medical college, Jaipur and has worked there for more than 5 years.

He is specialized in treatment of all psychiatric disorders including anxiety, depression, bipolar disorder, schizophrenia, stress related problems, sexual problems and others.

He has a good experience of psychotherapy too and draws on an eclectic approach which also involves cognitive behavioural therapy, mindfulness and spirituality.

Dr. Riya: Hello sir, it's a pleasure talking to you. Can you throw the light over the common teenage problems in this cut throat competitive world?

Dr. Raghav: Hello Dr. Riya! Yeah I really want to talk to parents, guardians and all adults of our society on this topic as youth is our future and we must be very much careful about their mental health in their growing years. Stress and anxiety are common, but too much of it is a point to worry as it affects one's not only mental but physical health. The most common reason for stress in teens is about their future and simultaneous hormonal changes in their bodies. Sources of stress could be school pressure, negative thoughts, health issues, peer pressure, parents' discord or separation, family expectations, financial problems, betrayal from friends, and relationship issues & addictive behaviours and substance use. In such conditions youngsters start feeling detached and alone from their family and friends, and such feelings are very natural at this age. This stress not only makes us feel alone, but it also brings along anxiety, depression, suicidal thoughts & self-harming, personality disorders, and many other psychological issues. Teenagers often feel stress due to the myriad changes in their lives both internal and external that come with growing up. Simply explained, a growing mind exposed to excessive stress affects the brain & lays down a template for lifelong mental health issues

Dr. Riya: Alright sir, as you mentioned suicidal thoughts I too think it's a big problem. Being overwhelmed with negative thoughts at such a young age isn't normal! So, what do you think is the reason behind such thoughts and what is teen suicide?

Dr. Raghav: Today's teen face unusually high and often unreasonable expectations for themselves that result in depression and other mental health concerns. Every adolescent before trying to take their own life face turmoil of thoughts which are inching them towards death. This is what we call suicidal ideation. We may observe that such teens are focused on doing things that can cause harm to selves ranging from non suicidal self injury to completed suicide.

Dr. Riya: What's your opinion that why do teens think about suicide?

Dr. Raghav: We see suicidal thoughts and actions as being different although they are on a continuum. Suicidal thoughts are actually more common than many people think. And so, you may say something like: "I know you've been struggling. If a young person is thinking of suicide, it's important to know whether their

thoughts are passive – “I wish I weren't here anymore! What would life be like without me?” Or active – “I'm going to kill myself.” To know this, it's best to ask them directly by saying something like- Are your thoughts like “I just don't want to be here anymore” or are they more specific, like “I want to kill myself” or “I'm going to kill myself?” It's important to be as clear as possible because your next action could be different depending on the response you receive and you don't want to make any assumptions.

As professionals, we take all thoughts of suicide seriously. However, active suicidal thoughts increase the risk of someone taking action. After learning that young person is thinking of suicide, it's important to ask them the question of whether they intend to act on their thoughts. Consider asking: “Have you ever thought about acting on your thoughts?”

Dr. Riya: How do you know a teen is at the risk of committing suicide?

Dr. Raghav: The most important thing to know about someone's risk of dying by suicide is that risk is always changing. It's possible that a person will be committed to life one hour and in complete despair the next. So, conversations about suicide have to be ongoing, especially if you know the child has struggled in this way. Talking about suicide does NOT give people ideas. Instead it allows for open conversations. We just need to be non judgemental and an active listener.

Dr. Riya: What makes teens vulnerable to suicide?

Dr. Raghav: Being young and like an unguided ship in middle of an ocean, teens have trouble coping with the stress, such as dealing with rejection, failure, breakups and family turmoil. They might also be unable to see that they can turn their lives around and that suicide is a permanent response, not a solution, to a temporary problem.

Dr. Riya: What are the risk factors for teen suicide?

Dr. Raghav: Definitely, there are many triggering factors that affect teenagers and each of the points should be considered while talking to them. Few points which I would mention at top are that teen might feel suicidal due to certain life circumstances such as, having a psychiatric disorder, including depression, loss of or conflict with close friends or family members, history of physical or sexual abuse or exposure to violence, problems with alcohol or drugs, physical or medical issues, for example, becoming pregnant or having a sexually transmitted infection, being the victim of bullying, being uncertain of sexual orientation, exposure to the suicide of a family member or friend, being adopted, family history of mood disorder or suicidal behaviours.

Dr. Riya: Ok sir. So are there any signs in a teen to know he/she might be suicidal?

Dr. Raghav: Of course! Parents' relatives and friends must pay attention in any behavioural changes and content of their conversation for example; Talking or writing about suicide — for example, making statements such as “I'm going to kill myself,” or “I won't be a problem for you much longer”. Withdrawing from social contact, having mood swings, use of alcohol or drugs as a habit, feeling trapped or hopeless about a situation, changing normal routine, including eating or sleeping patterns, doing risky or self-destructive things, developing personality changes or being severely anxious or agitated when experiencing some of the warning signs listed above. Identifying the signs of suicide risk can be challenging because many can be attributed to normal adolescent behaviour.

Dr. Riya: Those are enough points to understand any teen's behavioural pattern but what a person can do if he/she suspects that teen is depressed and can commit suicide?

Dr. Raghav: If you think any teen is in immediate danger, call your local emergency number or a suicide hotline number such as India suicide helpline number 9152987821. Don't wait & seek medical help for the teen as early as possible. Teens who are feeling suicidal usually need to see a psychiatrist or psychologist

experienced in diagnosing and treating children with mental health problems. The doctor will want to get an accurate picture of what's going on from a variety of sources, such as the teen, parents or guardians, other people close to the teen, school reports, and previous medical or psychiatric evaluations. In addition if you conclude that a teen is at risk of an imminent suicidal attempt you can break the confidentiality and inform caregivers or parents.

Dr. Riya: What steps a family may take to help their child?

Dr. Raghav: As I mentioned earlier family, relatives and friends play a major role in teens life as they spend most of their time with them, therefore they can help them with simple steps. For example, if one finds teen struggling or anxious, ask what's wrong and offer your help, don't wait for him/her come to you. Pay attention towards any warning signs, listen carefully what he/she is saying and watch how he/she is acting. Never shrug off threats of suicide as melodrama. Always encourage him/her to spend time with family and friends. Help him/her to rebuild his/her confidence. Help him/her to eat well, do regular exercise, and regular sleep. And don't be shy to seek help of clinical psychologist or psychiatrist. In a nutshell, one should take any mental health problem of a teen seriously because mental problems may progress and leads to self harm behaviours.

Dr. Riya: Thank you sir for enlightening our readers about this serious issue prevailing in our society this really offers a great help to our young readers as well.



Dr. Riya Gupta

M.D. P.G.R Part I, Department of Materia Medica
Swasthya Kalyan Homoeopathic Medical College and Research Centre

राजस्थान हॉस्पिटल में हुई ऑस्टियो आर्थराइटिस के लिए जेनिव्यूलर आर्टरी एम्बोलिजेशन



जयपुर।

प्रदेश में पहली बार जयपुर के राजस्थान अस्पताल में घुटने के ऑस्टियो आर्थराइटिस के लिए जेनिव्यूलर आर्टरी एम्बोलिजेशन किया गया। 63 वर्षीय महिला को घुटने घुटने के ऑस्टियो आर्थराइटिस की समस्या थी। इस घुटने दर्द को रोकना इस बात से संभव था क्योंकि है कि उन्हें हर रोज घुटने घुटने के जोड़ों में असह्य दर्द रहता था। एक बार में खड़े होने में वे असमर्थ महसूस करती थीं क्योंकि ऑर्थोपेडिक सर्जिकल के अनुसार उनका कम के एल डेड - 3 का था। उन्हें दोषी घुटने का टोटल री रिप्लेसमेंट करवाने की सलाह दी गई थी।

राजस्थान अस्पताल के इंटरवैन्सुल रीडायोलॉजी टीम के मुखिया डॉ. रघुचंद्र शर्माकर एवं डॉ. मनीष शर्मा ने जेनिव्यूलर आर्टरी एम्बोलिजेशन का विचार प्रस्तुत किया। डॉ. मनीष शर्मा ने बताया कि महिला यह चाहती थी कि ऑपरेशन नहीं हो। डॉ. शर्मा के टीम जब यह देख कि महिला के हड्डि में कोई विकृति नहीं है तब इस विचार को प्रोत्साहन मिला। डॉ. रघुचंद्र शर्माकर ने जानकारी देते हुए कहा कि, इस प्रक्रिया में एम्बोलिजेशन द्वारा घुटने के वास्कुलैचियर को एक पतुकेन वाली जेनिव्यूलर आर्टरी से एक पतुका कम कर दिया जाता है। ऐसा करने पर घुटने के जोड़ों को घुटन कम हो जाती है, जिससे दर्द में आराम मिलता है, वह भी लंबे समय के लिए। यहाँ कई सफलताएँ रकने हो रही हैं पर निष्कर्ष यह सामने आया कि जिनोलेजिनी की भी मरीज एक साथ एक ऑपरेशन टाल सकता है। इस प्रक्रिया पर निश्चित इन्वेसिव प्रोसीजर किया गया।

अस्पताल के डॉ. एस. एस. अस्पताल ने बताया कि हमारे यहाँ घुटा डॉक्टरों की टीम नया बनाने में अत्यधिक उत्साह नहीं छोटी है, मेरेसमेंट भी अपनी अचोरेडेशन ट्रेनिंग पॉलिनी के तहत उन्हें प्रोत्साहित करता है।

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

जामरूकता के लिए एक पोस्टर का विमोचन

जयपुर, सप्ताहवार जयपुर। जयपुर के जिनोलेजिनी डॉ. दिनेश माथुर ने सोरायसिस बीमारी से निवारण के लिए एक पोस्टर का विमोचन किया। डॉ. दिनेश माथुर ने बताया कि सोरायसिस एक ऐसी बीमारी है जो एक जीवित जीवाणु द्वारा फैलती है और इसका इलाज नहीं हो सकता है। डॉ. दिनेश माथुर ने बताया कि सोरायसिस एक ऐसी बीमारी है जो एक जीवित जीवाणु द्वारा फैलती है और इसका इलाज नहीं हो सकता है। डॉ. दिनेश माथुर ने बताया कि सोरायसिस एक ऐसी बीमारी है जो एक जीवित जीवाणु द्वारा फैलती है और इसका इलाज नहीं हो सकता है।



भारत में तीन करोड़ से ज्यादा सोरायसिस से पीड़ित हैं। डॉ. दिनेश माथुर ने बताया कि सोरायसिस एक ऐसी बीमारी है जो एक जीवित जीवाणु द्वारा फैलती है और इसका इलाज नहीं हो सकता है। डॉ. दिनेश माथुर ने बताया कि सोरायसिस एक ऐसी बीमारी है जो एक जीवित जीवाणु द्वारा फैलती है और इसका इलाज नहीं हो सकता है। डॉ. दिनेश माथुर ने बताया कि सोरायसिस एक ऐसी बीमारी है जो एक जीवित जीवाणु द्वारा फैलती है और इसका इलाज नहीं हो सकता है।

सोरायसिस से निवारण के लिए एक पोस्टर का विमोचन किया गया। डॉ. दिनेश माथुर ने बताया कि सोरायसिस एक ऐसी बीमारी है जो एक जीवित जीवाणु द्वारा फैलती है और इसका इलाज नहीं हो सकता है। डॉ. दिनेश माथुर ने बताया कि सोरायसिस एक ऐसी बीमारी है जो एक जीवित जीवाणु द्वारा फैलती है और इसका इलाज नहीं हो सकता है।

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

जयपुर | राजस्थान अस्पताल जयपुर में पहली बार स्पोर्ट्स इन्जीनियरिंग डॉ. जितेंद्र जैन ने एलोग्राफ्ट से घुटने की सफल सर्जरी कर उपचार में सफलता हासिल की है। जैन ने बताया कि आराम के 15 वर्षों पुराने घुटने के लीगामेंट की एलोग्राफ्ट द्वारा सर्जरी की गई है। घुटने के घुटने के घुटने के लीगामेंट को मरत पहले एम्बोटेट में टूट गया था। इस वजह से घुटने में दर्द में परेशानी हो रही थी। तीन बार ऑपरेशन के बावजूद घुटने को किसी प्रकार का आराम नहीं मिलता। पौडन घुटने की सर्जरी के लिए टिप्पू बैंक बैंगलूर में घुटने 90 डिग्री पर टैडन एलोग्राफ्ट को हटाया गया से संस्थापन गया। सर्जरी बैंक से प्राप्त लेने के बाद 24 घंटे में ही वे डॉक्टर ऑपरेशन करना शुरू हो गए। ऑपरेशन पूरी तरह से सफल साबित हुआ। जैन के अनुसार इस तरह के केस में सर्जरी के जरूर में ही टैडन लेबर लिगामेंट बनाना जरूरी है, लेकिन पूर्व में तीन ऑपरेशन को वजह से घुटने के सर्जरी में काम आने वाले सर्जरी के घुटने टैडन द्वारा दो घुटने को लीगामेंट में सर्जरी के उपचार के लिए एलोग्राफ्ट लिगामेंट लिगामेंट सर्जरी ही एक मात्र विकल्प था। ऐसे ऑपरेशन में घुटने वॉशिंग के टैडन को सर्जरी के सर्जरी में लिगामेंट बनकर लगाना जाता है।



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।

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 सब्र, लंबे संघर्ष के बाद फिर से पाई जिंदगी

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

जयपुर, सप्ताहवार जयपुर। राजस्थान अस्पताल में 4 कोविड मरीजों का चर्चा होना और स्वस्थ होकर डिस्चार्ज होना रोचकता का स्रोत है। घुटने एक ही समस्या से जलन, लक्षण एक ही लक्षण दिखने की जटिलताओं और लम्बे संघर्ष के बाद एक ही दिन डिस्चार्ज होना जैसा सुखद संयोग बनता है तब एक अस्पताल के लिए सौभाग्य से जगह चुनती का दिन होता है।



छात्रों, बरगला हुआ ऑस्टियोमा लेबर, किटनी हाई जैसि अर्जी पर संक्रामक का उत्तर, इन सबके बिना इन मरीजों को आईसीयू में और लम्बे समय तक वेंटिलेटर पर भी रखा गया। इस सब के बीच एक चीज जो जलन पाये वह है मरीजों की हिम्मत और परेशानों का धैर्य। इन सबने ना केवल डॉक्टरों पर विश्वास रखा, बल्कि यह

विचार भी बनाया रखा कि 'दुख जगिया से दौर भी लरा रात सब रात, गम भी सब ओकरत है, जब जीवन लुके सोकरत है'।

राजस्थान अस्पताल की चोपे इन्टरवैन्सुल पल्मोनोलॉजिस्ट, डॉ. दिनेश आरिण्डो एवं कोविड विशेषज्ञ डॉ. दिनेश आरिण्डो ने बताया कि डिस्चार्ज हो रहे मरीजों में से एक 30 वर्षीय महिला कोविड का रीटी स्कोर 25/25 था। वह 36 दिन आईसीयू में रहे लेकिन उन्हें केवल 5 दिन ही वेंटिलेटर पर रखा गया।

इस प्रकार घुटने मरीज 31 वर्षीय वरुण शर्मा का रीटी स्कोर 24/25 था, वह 40 दिन आईसीयू में और 32 दिन वेंटिलेटर पर रहे। डॉ. दिनेश आरिण्डो ने बताया कि तीसरे मरीज डॉ. रंजित शर्मा में लान्जम में रहे, इनका रीटी स्कोर 16/25 था, जो 35 दिन आईसीयू में और 33 दिन वेंटिलेटर पर रखा

गया। इसी प्रकार सभसे ज्यादा लंबे समय, जिसका रीटी स्कोर 23/25 था, जो 30 दिन आईसीयू और 27 दिन वेंटिलेटर पर रखा गया।

इन मरीजों में से लोगों को कोविड के साथ अन्य असाधारण बीमारियाँ भी रही, जिनके कारण इनका इलाज काफी कठिन रहा। राजस्थान अस्पताल के चिकित्सकों डॉ. एस. एस. अस्पताल ने कहा कि जोतने के लम्बे के साथ साथ अगर सर्जिकल और अल्ट्रा साउण्ड का सहित के साथ मरीजों को बेहतर इलाज मिले तो सफलता का प्रतिफल बढ़ जाता है।

मरीजों और उनके परिजनों का कहना है कि राजस्थान अस्पताल में प्रबंधन और चिकित्सकों का व्यवहार ही है जिसने हमारी हिम्मत बनाकर रखी। इन सबका व्यवहार पर के वॉशिंग जैसा रहा। डॉ. दिनेश आरिण्डो ने बताया कि तीसरे मरीज डॉ. रंजित शर्मा भी लक्षण उनके संघर्ष में रहे। यही सब कारण रहे कि हम आज स्वस्थ होकर घर लौट रहे हैं।

राजस्थान अस्पताल | एयर एंजुलैस से उभय मरीज टावी तकनीक से बिना चीरफाड़ के बदला हृदय का एओर्टिक वाल्व

जयपुर | चिकित्सा एवं स्वास्थ्य के क्षेत्र में जयपुर अस्पताल (एचएच) ने जयपुर शहर का सबसे बड़ा रोगी का राजस्थान अस्पताल में टावी तकनीक से बिना चीरफाड़ के हृदय का एओर्टिक वाल्व बदल दिया। अस्थमा में शोध के लिए उन्हें प्रशस्ति पत्र और 25 हजार रुपये के पुरस्कार से सम्मानित किया गया।

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

आरएचएल के सीएआरटी का स्थापना दिवस मनाया

जयपुर, सप्ताहवार जयपुर। आरएचएल सेंटर फॉर एडवेंसुल रिचर्च (सीएआरटी) के स्थापना दिवस पर नरेश से मुक्ति का युवा मरीजों ने अपने अनुभूति अनुभव साझा किए। इस अवसर पर दिखाने गई डॉ. दिनेश आरिण्डो ने बताया कि सीएआरटी के स्थापना दिवस में नरेश से मुक्ति मरीजों की परत और निरा का विचार किया गया। सेंटर के डॉ. दिनेश आरिण्डो ने बताया कि सीएआरटी के स्थापना दिवस में नरेश से मुक्ति मरीजों की परत और निरा का विचार किया गया। सेंटर के डॉ. दिनेश आरिण्डो ने बताया कि सीएआरटी के स्थापना दिवस में नरेश से मुक्ति मरीजों की परत और निरा का विचार किया गया। सेंटर के डॉ. दिनेश आरिण्डो ने बताया कि सीएआरटी के स्थापना दिवस में नरेश से मुक्ति मरीजों की परत और निरा का विचार किया गया।



है। कारण अनेक हैं, परन्तु इसे एक सार्वजनिक बीमारी के तौर पर परिचित कर लेना होगा। क्योंकि ऐसे मरीजों को पारिवारिक मरीजों में खेचकर से इलाज की जरूरत होती है। डॉ. एस. एस. अस्पताल के डॉ. दिनेश आरिण्डो ने बताया कि सीएआरटी के स्थापना दिवस में नरेश से मुक्ति मरीजों की परत और निरा का विचार किया गया। सेंटर के डॉ. दिनेश आरिण्डो ने बताया कि सीएआरटी के स्थापना दिवस में नरेश से मुक्ति मरीजों की परत और निरा का विचार किया गया। सेंटर के डॉ. दिनेश आरिण्डो ने बताया कि सीएआरटी के स्थापना दिवस में नरेश से मुक्ति मरीजों की परत और निरा का विचार किया गया।

घुटने और नरेशों के समाधान, इन्वेसिग लेने वाले मरीज सहायक एडिक्शन को लेने में आते हैं, जिससे जगह संस्था में युवा प्रवर्धित है। पैरल डिस्चार्ज के दौरान जलने वाले मरीजों को विशेषज्ञ डॉ. आरिण्डो गुल, डॉ. दिनेश शर्मा, डॉ. अमित ताम्बी, डॉ. अश्विनी जैन शामिल रहे। इस दौरान मरीजों को विशेषज्ञों ने बताया कि सीएआरटी के स्थापना दिवस में नरेश से मुक्ति मरीजों की परत और निरा का विचार किया गया। सेंटर के डॉ. दिनेश आरिण्डो ने बताया कि सीएआरटी के स्थापना दिवस में नरेश से मुक्ति मरीजों की परत और निरा का विचार किया गया। सेंटर के डॉ. दिनेश आरिण्डो ने बताया कि सीएआरटी के स्थापना दिवस में नरेश से मुक्ति मरीजों की परत और निरा का विचार किया गया।



baat karke ton dekho
#Chonatakoventigna

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

A young, hard-working man in his 20s 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 criticising 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.

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

बिना सर्जरी के बच्चों में आँख के कैंसर का है इलाज

दिल्ली राधु

जसुर राजस्व अस्पताल में अल्ट्रासोनिक आइटी कोमोसिटिवेशन का ओ ए सी प्रोसेजर से चार बच्चों एक साल के अर्थात् के परे के कैंसर, रिटिन्वोपेस्टोस का इलाज किया गया। इसके लिए सीधे को अस्पताल एम्बेडेडडोस दिया गया था। इसे केवल एक दिन के एडमिशन के बाद अस्पताल से छुट्टी दी गई। (इस मामले में कैसर का पता, तीन बच्चों पहले ही चला था। राजस्व अस्पताल के इंटरनेशनल रेडियोलॉजी विशेषज्ञ डॉ. संदीप रासगुल और डॉ. एलुबन नारायणर को टीम ने यह प्रोसेजर किया। इसके साथ ही राजस्व अस्पताल, देश के उन चुनिच केंद्रों के जलो में जुड़ गया है जो वाइ इलाज उपलब्ध है।) रीटिन्वोपेस्टोस का वाइ इलाज बिना चीर काटने से होता है। इस तकनीक का प्रयोग बच्चों के लिए किया है, परन्तु इसके अति विकसित करने में अमेरिका का बड़ योगदान है। यौन के दिखाने के समय इस तकनीक पर चुनौती व्यक्त करती हुए रॉडो डॉ. रमेश अग्रवाल के नेतृत्व में अस्पताल की नर्सिंग, रेडियोलॉजी, डेन्टिगल स्टफ ने काम का जवाबदेही किया। डॉ. नारीप रासगुल ने बताया कि सामान्य। इस इलाज का धर्म-रहित से चार लड़कें अपने शरीर है, परन्तु सामक संकल्प परदेडोस व राजस्व अस्पताल के संयुक्त स्वास्थ्यकर्मियों में इस तकनीक का इलाज नियुक्त किया गया। डॉ. एलुबन नारायणर ने बताया कि प्रोसेजर मात्र में बच्चों को एडवर्ड कोच स्थान पर खड़े हो एक अनुभवी टीम ही कर पाती है, सीधे का अत्यंत है कि एडवर्ड विषय, काल

असह्य तक अति प्रियतमों में नहीं जात। इस तकनीक की सीध को एम्बेडेडडोस प्रोसेजर-काल सुट में करते समय इस तकनीक के चार प्रयोग किए गए। केरिडेट आइटी के जलिय अधिभोग्यक आइटी में तक खूबसा रसा और बर्त सुविधिगत स्थान पर एडवर्ड पूर्ण निर्धारित मात्रा में डोजबूद की गई। (विशेषज्ञों ने बताया कि जब इस तकनीक का एम्पुल फॉलोअप जल्दी है। इस तकनीक के बच्चों में अजीबों की विशेष देखभाल करनी होती है जिससे कि कोई जटिल सिद्धि विकसित हो, हमसे पहले ही उसे निर्धारित किया जा सके।)

हार्ट वॉल्व अपडेट कॉन्फ्रेंस में जुटे प्रदेशभर के स्पेशलिस्ट

टावी तकनीक से हार्ट रिफ्लेक्समेंट-रिपेयर की तकनीक की ली जानकारी



डा. अनिल कोठीवाल ने डॉ. सी. सी. कोरवार के अध्यक्षता में आयोजित हार्ट वॉल्व अपडेट 2022 विषय पर कॉन्फ्रेंस का उद्घाटन किया गया। डॉ. कोरवार ने जसुर हॉस्पिटल के सभी सिविल और सर्जरी अस्पतालों के साथ प्रदेशभर के अस्पतालों और डॉ. सिविल के करीब 150 कार्डियोलॉजिस्ट और कार्डियक सर्जनों ने भाग लिया। डॉ. कोरवार ने विशेषज्ञों को ट्रांसकैटेटर, ऑर्टिकल क्लॉप इम्प्लांटेशन तकनीक और ट्रांसकैटेटर मधुसूत क्लॉप रिपेयरमेंट के साथ मधुसूत क्लॉप के बारे में जानकारी को विशेष जानकारी के साथ जानकारी देता है।

अस्पताल डॉ. सिविल के नेचरियन डॉ. सिविल सिविल ने बताया कि अस्पताल में सिविल एक घण्टा में कुल 85 लोगों के ट्रांसकैटेटर के प्रयोग में शामिल हो गईं। सिविल सिविल ने बताया कि यह तकनीक को देना के विषय विशेषज्ञों को यह इलाज करने के लिए 1000 से अधिक डॉ. इसी एक तकनीक को अपडेट कर रहे हैं।

Docs implant wafers in brain for chemotherapy

Intohab.AB @timesgroup.com

Jaipur: Chemotherapy is most often given as an infusion into a vein (intravenously). However, in one of the rare cases, city doctors implanted, medicated, wafers (Gliadel) right into brain. These wafers contain carmustine, a chemotherapy drug which is directly delivered to tumour bed.

Everything was like normal till last one month for a 40-year-old who is serving in Delhi police. His whole world came crashing down when he developed frequent headaches and MRI (brain) with spectroscopy was done, revealing that he was suffering from brain tumour, Glioblastoma, an aggressive type of cancer form in the brain or spinal cord.

After removing the tumour, medicated wafers were directly delivered to tumour bed. "With time, these wafers dissolve naturally and gradually release chemotherapy drug into tumour bed. It's a form of brachytherapy which avoids systemic side effects when administered orally or intravenously route along with better delivery of chemotherapy to target area bypassing blood brain barrier," said Dr. Anil Kothiwala neurosurgeon at a private hospital in Jaipur.

Following implanting medicated wafers, radiotherapy was given to destroy additional tumour cells and to prevent regrowth. "So this multifaceted approach of maximum safe resection with carmustine wafers placement with radiotherapy have been proven to improve overall survival in patients," said Kothiwala.

A decade ago, the diagnosis of glioblastoma meant 10-15 days of weeks or few months. But the picture is changing. Researchers have developed tools to advance the understanding of pathophysiology which in turn helping neurosurgeon in treatment and prolonging the survival in brain cancer patients.

Glioblastoma is most aggressive and deadly because the tumour cells replicate exponentially and cross their own blood vessels which helps in its further rapid growth. Standard approach for glioblastoma is surgery followed by radiotherapy and adjuvant chemotherapy.

June 8 is observed as World Brain Tumour Day with aim of raising awareness about it and treatment options. As per the National Health Portal (NHP), brain tumour cases are rising in India. The NHP also mentions patients die within 18 months after diagnosis of malignant brain tumour and only 3% survive beyond 3 years.



Medicated wafers implanted into the brain for chemotherapy

कोविड हिप बोन डेथ के लिए एलोजेनिक कॉर्ड ब्लड स्टेम सेल्स का इस्तेमाल

परीक्षण में पहली बार आरएचएस में उपनाई गई इलाज की राह प्रकाश में

जसुर, स्वास्थ्य केंद्र मज्जा। अक्टूबर के 30 वर्षीय युवक को बर्नियट और स्टीरॉयड की वजह से हिप बोन डेथ आर्जेंट एम्बेडेडडोस रिपेयरिंग के बजाए पहले में परंपरागत तरीके को रिड 3 एम्बेडेडडोस रिपेयरिंग में शामिल किया। हिप रिपेयरमेंट ही एकमात्र उपचार होता है। परीक्षण या अधिभोग्य नहीं चाहता था। ऐसे में राजस्व अस्पताल के ऑर्थोपेडिक सर्जन डॉ. अजित जैन ने कोर डिफिजिटल सर्जरी के साथ टैंगेन सेल ट्रांसप्लांट का निर्माण किया। अभी तक इस तरीके में यौन के खुर के कोमोसिट से सेल लेवेल रीज सेल का प्रयोग है, परीक्षण में किसे और के सेल लेवेल डालना। उन्होंने कहा कि इस तरह के सेल को इम्प्लान्ट करने के बाद ही वजह से इसे दुबरे तरीकों में बिना रिस्क के ट्रांसप्लांट किया जा सकता है। इसके साथ ही स्टेम सेल्स की मात्रा भी अधिक मिल जाती है तो बेहतर परिणाम मिलते हैं। डॉ. जैन ने बताया कि यह प्रयोग में पहली बार एम्बेडेडडोस टैंगेन सेल्स का इस्तेमाल हिप बोन डेथ के लिए किया गया है। 6 घण्टों के बाद जब यौन के टैंगेन सेल को हिप बोन नेक्रोसिस करती है। तकनीक को चुनने की वजह से यह तकनीक ही चुनी गई। परीक्षण अब बिना रफ के चल रहा है। सर्जरी के पूर्व और 6 घण्टों बाद के परीक्षण से पहले की बच्ची की रिपेयरिंग सेल प्रसार देखा जा सकता है।



वेस्ट केपिटल की नई बांच का शुभारंभ

राजस्व अस्पताल

जसुर। वेस्ट केपिटल की नई बांच का शुभारंभ को यौन में उपलब्ध किया गया। वेस्ट केपिटल के एडवर्ड अलग बर्नियट ने बताया कि वेस्ट केपिटल लक्षण नई उपकरणों को चुन रहा है। अब सामान्य वेस्ट में नई बांच बनाने में डॉ. बांच का उपलब्ध सेल बर्नियट और एम्बेडेडडोस सेल है। इस उपकरण पर एम्बेडेडडोस सर्जरी, इन्फिजिटल सर्जरी, क्लॉप रिपेयरिंग, सिविल सिविल सर्जरी तकनीक में शामिल हो चुका है। इसी तरीके

Swasthya Kalyan Group - Hospitals (1/2)

Swasthya Kalyan Homoeopathic Medical College and Research Centre

Situated in Sitapura institutional area, established in year 2002, provides prime indoor and outdoor patients' treatment facilities. The main aim of the hospital is to provide complete holistic health care to needy one. This privately run hospital employs a team of accomplished Homoeopathic doctors and nurses quipped with all desirable curative and diagnostic techniques.



Swasthya Kalyan Homoeopathic Hospital Pharmacy

Homeopathic medicines to patients only on a Homoeopath's prescription. These medicines are given to treat common & complex disorders in adults & pediatric patients.



Swasthya Kalyan Group - Hospitals (2/2)

Swasthya Kalyan Institute Yog and Naturopathy Hospital

Situated in Sitapura institutional area is one of the biggest yoga and naturopathy hospital in Jaipur, here patients can experience some exclusively developed techniques and therapies under the guidance of experienced doctors and therapists in a hygienic, eco-friendly environment. We offer a fusion of, Naturopathy (the ancient Indian art of healing), Yoga (mind body balance), and Dietary therapies.



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

Scope after graduation in homoeopathy

What can I do? What will I do? What should I do? Thoughts just after BHMS!

Introduction: Nowadays every person who is studying in current mode of education ultimately wants to make good, stable and desirable career and for this they make continuous efforts. Homoeopathy is a well developed mode of medicine which has its own principles and rich system of education all around the world. India has good infrastructure, resources, organizations and governing bodies to promote this mode of treatment. Like other students belonging to other subjects even beyond the medicine, Homoeopathic students also take care and think about their career after being trained or passed out from the prevailing mode of education of Homoeopathy.

But as there is a quote, **"I have the ability & potential to do something but to utilize it; I should have a perfect path and a good objective."** So, this article will enlighten us about the path & objectives through which we can utilise our full abilities and potentials to accomplish our career.

Current Global & Indian Scenario: The Homoeopathic market is getting more than 30% annual growth, covering more than 263 billion's industry all around world. France is the largest contributor in it. **According to W.H.O Homoeopathy is the second largest system of medicine in the world, the annual sale of homoeopathic drugs accounts more than 52k crore.** W.H.O adds that homoeopathy is practiced in 70 countries. India has largest infrastructure for Homoeopathy have more than 283840 registered homoeopaths with 245 UG colleges (18880 admissions) and 51 PG colleges (1370 admissions) per year, 7560 government homoeopathic clinics, 700 licensed pharmacies and more than 400 hospitals. Recently, the Maharashtra government has decided to provide outdoor patient department (OPD) facilities for Homoeopathy in state-run rural government hospitals. Accordingly a total of 1,405 homoeopathic OPDs will be set up in the government facilities.

Union Health Ministry officials say there are more than 20 crore people who use Homoeopathic treatment and more than 100 million Indians depend solely on Homoeopathy. Indian Homoeopathy industry covered almost 3000cr of market value 2014-15 and in 2022-23 it is expected to reach 25000 cr. There are 1.5 crore patients in India who take online Homoeopathic consultancies and its world wide connectivity is in more than 95 countries. It is interesting as well as sad to know that India has got 2102 homoeopaths per crore populations. This figure is much lower than other systems, so India needs more homoeopaths. There are more than 450 Homoeopathic manufacturing units all around India. In India there is a separate ministry- AYUSH which deals its regulation and functioning. Currently, only 4.5% AYUSH mode of treatment is present in PHCs. In 2022-23 more than 3050 cr. rupees were allotted for this ministry in annual budget. These data are showing how Homoeopathy is getting flourished in India. Homoeopathy is also helpful to maintain National Economy. It is effective, safe, simple to administer, cost effective and affordable.

Job opportunities in India:

- Government (State/Central/Local)/Private hospitals and Dispensaries
- ESIC, Railways, NTPC, Coal India, ONGC
- Nursing homes/Clinics/Health departments
- Homeopathic Medical colleges and training institutes as teachers in UG/PG.
- Research Officers(Scientist) in Central, State, Private Institutions & medical colleges
- Banking
- Third Party Administrators in Health
- Insurance sector
- Homeopathic Specialty Centre
- National AYUSH Mission

- National Health Mission/NRHM
- Content editors in Homeopathic Journals
- Software developers for Homeopathic Software
- Private practice/self employment
- Management and administration (Government and Private)
- Drug manufacturing units (Government, Private, Autonomous, Cooperative)
- Drug Control organizations (State and Central Government)
- Homeopathic Pharmaceutical Companies
- Clinical Trials (Pharmaceuticals)
- NGOs
- Civil/Administration services

Opportunities in Abroad: UAE, Oman, Bahrain, Qatar, Saudi Arabia, USA, UK, Australia and European Countries.

Higher education after BHMS: There is a list of PG courses after BHMS, depending on student interest and need for their practice.

• **MD Homoeopathic courses:**

- Repertory
- Organon of medicine
- Materia Medica
- Practice of Medicine
- Homeopathic Pharmacy
- Psychiatry
- Pediatrics

• **PhD after MD**

Now a days higher studies are necessary to live in competitive world. Modern Medical world is now heading towards Integrated and Holistic method of treatment, for that a physician should have knowledge in different medical and allied Health Sciences.

Give something to Homeopathy... Homeopathy will give you much more! - Carol Dunham



Prof. Dr. Yogeshwari Gupta

Principal

Swasthya Kalyan Homoeopathic Medical College and Research Centre

Relevance of yoga in the modern age

Yoga is a science of living. It needs to be incorporated into daily life. It works on the physical, mental, emotional, social and spiritual levels of human beings. Yoga helps in improving the quality of life. For example, yoga teaches us how to think, behave and grow to become fully mature people. Yoga brings harmony between body and mind. It is an art and science for healthy living. The word 'yoga' is derived from the Sanskrit word '**Yuj**', meaning to join, to yoke, and to unite. It is an ancient system of self-development and the natural process of evolution of human beings.

Nowadays, the word yoga has a strong impact on human life. The ultimate purpose of yoga is the attainment of human growth. Yoga has been established as a new field in the education system. It helps in achieving a higher state of consciousness on the evolution of an individual's development. It is the discipline of body and mind. People face too much stress in their surroundings such as in home, workplace, society etc. Due to this stress, they have many problems on physical, mental and emotional level. When these health hazards create problems for long, they lead to psychosomatic diseases and social unrest. All these problems originate due to an imbalance between our physical, mental and spiritual levels. They are closely related to the materialistic way of life.

Attachment and endless ambitions are the two primary causes of our suffering. According to the Upanishads, yoga is a higher state of consciousness and a process to ease the mind and manifest wisdom. Yoga establishes the activities of a healthy state of body, mind, and harmonious interpersonal relationships. Due to an unhealthy lifestyle, the overall growth of a person ceases and it leads to ill health. Yoga works on various aspects of the human body and mind and helps to improve self-awareness, self-control, relaxation, concentration, flexibility, and coordination.

Swasthya Kalyan Group is determined to fill the gap between the demand and supply of quality education in yoga practice. The group is focused on the welfare of people through education and healthcare services. The aim of our **Institute of Naturopathy & Yogic Sciences** is to train students in the technical aspects of Yoga along with its philosophical and physiological background to be able to provide holistic healing to the community.



Prof. (Dr.) Saurabh Shandilya

General Manager

Swasthya Kalyan Group

Mission and functions of governing body in homoeopathy

National Commission for Homoeopathy Act, 2020 which came into force on 05.07.2021 by gazette notification dated 05.07.2021 by Govt. of India.

Mission and vision

The aims of National Commission for Homoeopathy (NCH) are to

1. Improve access to quality and affordable medical education in Homoeopathy
2. Ensure adequate & high quality Homoeopathy medical professionals in all parts of the country
3. Promote equitable and universal healthcare that encourages community health perspective and makes services of Homoeopathy medical professionals accessible and affordable to all the citizens
4. Promotes national health goals
5. Encourage research among Homoeopathy medical professionals
6. Objectively assess medical institutions periodically in a transparent manner
7. Maintain a Homoeopathy medical register for India
8. Enforce high ethical standards in all aspects of medical services
9. Have an effective grievance redressal mechanism.

Functions of National Commission for Homoeopathy

1. Lay down policies for maintaining high quality & standards in Homoeopathy & frame regulations
2. Lay down policies & make regulations for regulating institutions, research & make professionals
3. Develop a road map for meeting the requirements of healthcare - human resources & infrastructure
4. Frame guidelines, policies & regulations for functioning of Commission, Boards & State Councils
5. Ensure co-ordination among the Autonomous Boards
6. Take measures for, compliance by State Councils in respect of effective functioning under this Act
7. Exercise appellate jurisdiction with respect to the decisions of the Autonomous Boards
8. Make regulations to ensure professional ethics & promote ethical conduct in care by practitioners.
9. Frame guidelines for determination of fees & other charges in institutions and deemed to be universities under the Act
10. Exercise such other powers and perform such other functions as may be prescribed.



Kanaklata

4th Year, BHMS

Swasthya Kalyan Homoeopathic Medical College and Research Centre

Biochemic & cell salts key to cure of diseases

Twelve basic cell salts are the base of the biochemical treatment. They were developed by Dr. Schuessler in 1873. It is based on the "LAW OF DEFICIENCY". Biochemic tissue salts are minerals, such as rock salt, that have been prepared using the homeopathic method. Dr. Schuessler propounded the theory that disease is caused by the insufficiency of organic salts in the tissues/cells of the body and their intake cure diseases by restoring mineral deficiency. A normal balance of these vital mineral salts could be re-established with the administration of the deficient mineral salt in a readily assimilated form, which would pass rapidly into the bloodstream and body cells.

Twelve Biochemic & there action

S. No.	Biochemic	Physiological action	Action	Part of body
1	Calcium fluoratum (Calc. fluor.)	Elasticity	Connective tissue, skin, joints	Dental glaze, bone, epidermis, tendons
2	Calcium phosphate (Calc. phos.)	Bone Salt / General Conditioner	Bones and teeth	Bones, in all cells
3	Calcium sulphate (Calc. sulph.)	Blood purifier	Joints, pus	Cartilage, liver, bile
4	Iron phosphate (Ferrum phos.)	Oxygen carrier	Immune system	All cells, hemoglobin, red blood cells, 1ststage of inflammation
5	Potassium chloride (Kali. mur.)	Glandular tonic	Mucous membranes	All cells, red blood cells, 2ndstage of inflammation
6	Potassium phosphate (Kali. phos.)	Nerve nutrient	Nervous system	Nerves, brain, muscles, blood
7	Potassium sulphate (Kali. sulph.)	Skin balance	Metabolism	Skin, mucous membrane, 3rdstage of inflammation
8	Magnesium phosphate (Mag. phos.)	Relaxation remedy anti-spasmodic tissue salt	Muscles	Bones, muscles, nerves, red blood cells, thyroid, liver, (pains and cramps)
9	Sodium chloride (Nat. mur.)	Water distributing tissue salt	Water regulation	External-cellular liquid, bone, cartilage, stomach, kidneys (burning)
10	Sodium phosphate (Nat. phos.)	Deacidification remedy, acid neutraliser	Metabolism	Brain, nerves, muscles, bandage fabrics, red blood cells
11	Sodium sulphate (Nat. sulph.)	Laxative, Glauber salt	Purification (detoxify)	Interstitial fluid
12	Silica (Silicea)	Surgeon's Knife, cleanser & eliminator	Connective tissue strengthening	Connective tissue, skin, hair

Fifteen additional cell salts

The other mineral salts which are available as so-called additional cell salts were discovered one after the other by the followers of Dr Schuessler. These additional salts are applied like the basic cell salts, but for special uses.

In the meantime, there are 15 additional cell salts, by which twelve are quite well known especially in Germany.

S. No.	Additional Biochemic	Action	Part of body
13	Potassium arsenite (Kali. ars.)	Skin, vitality	Weakness states, menstrual discomfort, skin illnesses
14	Potassium bromide (Kali. brom.)	Nervous system, skin	Hormonal glands
15	Potassium iodide (Kali. iod.)	Metabolism, psyche	Thyroid, kidney, liver, stomach, spleen, skin
16	Lithium chloride (Lith. mur.)	Rheumatism, nerves	Lungs
17	Manganese sulphate (Mang. sulph.)	Formation of blood, nervous system, metabolism, anemia	Blood, cartilage
18	Calcium sulphide (Calc. sulph.)	Vitality, body weight, detoxify, metabolism	Skin, muscles, mucous membranes
19	Copper arsenite (Cuprum ars.)	Digestive system, kidneys, immunodeficiency, asthma, Heavy metal poisoning	Liver, gall bladder
20	Potassium aluminium sulphuricum (Kali alum. sulph.)	Digestive system, nervous system, flatulence, irritant cough	Skin, muscles
21	Zinc chloride (Zinc. mur.)	Metabolism, womb, nerves	Cells, immune system
22	Calcium carbonate (Calc. carb.)	Vitality, anti aging	Bones, lymphatic system
23	Sodium bicarbonate (Nat. bicarb.)	Purification, body acid balance	Liver
24	Arsenic iodide (Ars. iod.)	Metabolism	Lymphatic knots, lungs, skin, allergies
25	Aurum chloratum natronatum (Aurum mur. nat.)	Day & night rhythm disturbances, (gynaecological) disorders	Pineal gland, heart, liver
26	Selenium (selenium)	Metabolism, cell protection	Liver, blood vessels
27	Potassium dichromate (Kali. dichrom.)	Blood, sugar metabolism	Liver



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Laws for homeopathic medicines and pharmacies

Homeopathy a mode of treatment which was introduced by Dr Christian Fredrick Samuel Hahnemann. Homeopathy is defined by various ways, like it can be called medicine of likes.

It is based on fixed principal- SIMILIA SIMILIBUS CURENTURE (let likes be treated by likes). Homeopathy individualise the patient, the medicine and treat the patient as a whole not the disease. Homeopathic medicines are prepared from different sources like plants, animals, minerals, nosodes (from morbid secretions or parts affected with disease), sarcodes (healthy secretions), imponderabilia and finally, the action of drug are proved on healthy human beings.

Drugs/medicines are the backbone of medical system to maintain such a vast system regularisation is essential to keep check on various aspects from manufacturing to retailing. We should have knowledge of laws that regulates the Homeopathic medicine and pharmacies.

In India, Homeopathic pharmacy legislation is mainly under Drug and cosmetic act 1940 and Drug and cosmetic rules 1945.

Homeopathic pharmacy legislation is under three aspects:

1. MANUFACTURE
2. IMPORT
3. SALE AND DISTRIBUTION

All three are regulated by

1. Drugs and Cosmetics Act, 1940 (Act 23 of 1940) and its amendments
2. Drugs and Cosmetics Rules, 1945 and its amendments
3. Narcotic Drugs and Psychotropic Substances Act and Rules, 1985 (Act 81 of 1985)
4. Drugs and Magic Remedies (Objectionable Advertisements) Act, 1954 (21 of 1954)
5. Drugs and Magic Remedies (Objectionable Advertisements) Rules, 1955
6. Medicinal and Toilet Preparations (Excise Duties) Act, 1955 (Act 16 of 1955)
7. Drugs (Prices Control) Order, 1995 and 1971.

Laws mentioned in Drugs and Cosmetics Rules, 1945

PART VI-A: SALE OF HOMEOPATHIC MEDICINES

- RULE 67A** (1) Licensing authority appointed by State Govt.
- RULE 67B** Power to sign licenses and such other powers to any person under the control of licensing authority with the approval of the State Govt.
- RULE 67C** Forms of licenses to sell drugs Licence issued in Form 20C / 20D
- RULE 67D** Sale at more than one place Application for an issue of separate licence in respect of each place.
- RULE 67E** Duration of licence 5 yrs. from the date it is granted / renewed

**RULE
67EE**

Certificate of renewal Application for renewal of Form 20C and 20D Licence issued in Form 20E

**RULE
67F****Conditions to be satisfied before a licence granted;**

1. Premises are clean and the sale premises are in charge of a person who has been dealing in Homeopathic Medicines
2. Any person, if aggrieved by the Licensing authority may within 30 days from the grant of the receipt of such order appeal to the State Govt.

**RULE
67G****Conditions of licence.**

1. Premises for sale of medicines clean
2. Sale to be conducted under the supervision of a person competent to deal in Homeopathic medicines
3. To permit an Inspector to inspect and furnish such information as he may require.
4. To maintain records of purchase and sale of Homeopathic medicines containing alcohol with names and addresses of parties.
5. To maintain records of purchase and sale of Homeopathic medicines containing alcohol over 30ml for potent medicines and 60ml for Qs (Quantum satis -Mother tincture).
6. To maintain an Inspection Book in Form 35 to enable an Inspector to record his impressions.

**RULE
67GC**

Additional information to be furnished Documentary evidence in respect of the ownership / occupation on rental / other basis of the premises.

**RULE
67H****Cancellation and suspension of licenses.**

1. Licensing authority may, after issuing a show- cause notice, cancel / suspend licence for a certain period.
2. Appeal to State Govt. within 3 months, whose decision is final.

PART VII – A: MANUFACTURE FOR SALE OF HOMEOPATHIC MEDICINES**RULE
85A**

Manufacture on more than one premises Application for an issue of separate licence in respect of each place.

**RULE
85B****Application for licence to manufacture.**

1. Application for grant/renewal of licenses to be made in Form 24C to the Licensing authority appointed by the State Govt.
2. Application in Form 24C shall accompany
 - A fee of Rs.200/- for the manufacture of Homeopathic Qs and potent medicines and an inspection fee of Rs.100/- for 1st inspection and Rs.50/ in case of inspection for renewal.
 - A fee of Rs.200/- for the manufacture of Homeopathic potent medicines and an inspection fee of Rs.100/- for 1st inspection and Rs.50/ in case of inspection for renewal.
 - A fee of Rs.200/- for the manufacture of potent medicines from back potencies of pharmacies already licensed and an inspection fee of Rs.100/- for 1st inspection and Rs.50/ in case of inspection for renewal.
3. Application for renewal after expiry but within 6 months with a fee of:- □ Rs.200/- + Rs.100/- per month and an inspection fee of Rs. 50/ for the manufacture of Homeopathic Qs and potent medicines.
 - Rs.200/- + Rs.100/- per month and an inspection fee of Rs. 50/ for the manufacture potent Medicines
 - Rs.200/- + Rs.100/- per month and an inspection fee of Rs.50/ for the manufacture of potent medicines from back potencies of pharmacies already licensed.
4. A fee of Rs.50/- to be paid for the duplicate copy.
5. To manufacture additional items a fee of Rs.50/- to be paid for each additional item.

**RULE
85C**

Application to manufacture New Homeopathic Medicine 85-C

1. No New Homeopathic Medicine shall be manufactured unless it is approved by the Licensing authority mentioned in Rule 21.
2. To produce documents and evidence when applying to the Licensing authority for assessing the therapeutic efficacy of the medicine including the minimum proving carried out with it.
3. To produce evidence when applying to the Licensing authority that the New Homeopathic Medicine has already been approved

**RULE
85D**

Form of licence to manufacture Homeopathic Medicine Licence issued in Form 25C.

**RULE
85E**

Conditions for grant / renewal of licence.

1. Manufacture shall be conducted under the direction and supervision of at least one full time competent technical staff.
2. Factory premises shall comply with the requirements & conditions specified in Schedule M-I.
3. The applicant for manufacture of Homeopathic mother tinctures shall either
 - Have arrangements for identifying raw materials and for testing Qs (Quantum satis).
 - Make arrangements with some institution approved by Licensing Authority (LA).
4. Premises shall be distinct and separate from the residential area.
5. Shall not manufacture Homeopathic Medicine simultaneously with drugs of other system.
6. Make arrangements for proper storage.

**RULE
85EA**

Inspection before grant/renewal of licence. To inspect premises, plant, appliances, process of manufacturing, standardizing, testing and professional qualification.

**RULE
85EB**

Report by Inspector shall forward a detailed report to LA.

**RULE
85EC**

Grant / refusal of licence

1. Granted if LA is satisfied
2. If not satisfied LA shall reject the application and inform the applicant of the reasons

**RULE
85ED**

Further application after rejection Within 6 months from the rejection one can apply after fulfilling the conditions with deposit of Rs.250/- as inspection fee.

**RULE
85EF**

Appeal to the State Govt. Aggrieved person may within 90 days apply

**RULE
85F**

Duration of licence 5 yrs. from the date it is granted / renewed

**RULE
85G**

Certificate of renewal Application for renewal in Form 25C Licence issued in Form 26C

**RULE
85H**

Conditions of licence.

1. To provide and maintain staff and premises as specified in Rule 85E.
2. To allow an Inspector to inspect the premises and take samples
3. To allow an Inspector to inspect registers and records and supply such information as he may require
4. To maintain an Inspection Book in Form 35 to enable an Inspector to record his impressions
5. The licensee shall comply with the following conditions in respect of mother tinctures manufactured(Qs):

- to identify crude drugs and keep record of identification for 5 yrs
 - to determine total solids of Qs and keep record for 5 yrs
 - to determine alcohol content of Qs and keep record for 5 yrs
 - to use clean, neutral glass containers
 - to maintain hygienic condition during the process of manufacture, storage and handling
6. To add no color to any Homeopathic Medicine
7. To maintain records of Homeopathic Medicines containing alcohol and the qtys. with names and addresses of parties for 5 yrs.

RULE 85HH Additional information to be furnished Documentary evidence in respect of the ownership / occupation on rental / other basis of the premises

RULE 85-I **Cancellation and suspension of licenses.**

1. Licensing authority may, after issuing a show-cause notice, cancel / suspend licence for a certain period.
2. A licensee may apply with in months of the date of order against that order to the State Govt.

PART IX – A: LABELLING and PACKING OF HOMEOPATHIC MEDICINES

RULE 106A Manner of labelling of Homeopathic Medicines. To appear following particulars either printed or in indelible ink in a conspicuous manner on the label of the innermost container and any other covering of the packing;

1. The words 'Homeopathic Medicine'
2. Name of the medicine- for drugs included in pharmacopoeias the name specified in particular pharmacopoeia and for other drugs, the name descriptive of the real nature of the drug.
3. Potency of the Homeopathic medicine either in decimal, centesimal or millesimal system. In case of Homeopathic medicine containing two/more ingredients, the name of each ingredient with its potency and proportion in metric system.
4. Name and address of manufacturer / seller (v) alcohol in % by volume, if the container is 30ml /more.

In addition to the above label shall display the following;

- A distinctive batch number by the words "Batch No." or "batch" or "Lot Number" or "Lot No." or "Lot" or any distinguishing prefix.
- And manufacturing licence number by the words "Manufacturing Licence Number" or "Mfg. Lic. No." or "M.L."
- No Homeopathic medicine containing a single ingredient shall bear a proprietary name.

RULE 106B Prohibition of quantity and percentage No Homeopathic medicine containing more than 12% alcohol v/v shall be packed and sold in packing more than 30ml except to hospitals / dispensaries in packing not more than 100ml

Certificate allowed to be issued: By Doctors for administrative requirements.



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Importance of pathology in life of health care provider

"Your practice of medicine will be as good as is your understanding of pathology"

Sir William Osler (Father of modern medicine)

All living organisms get sick or go through bodily suffering. But why? As a human and as a medical professional we must be curious to know the reasons behind them and for all such questions, Pathology is the answer. For the student of any system of medicine, the discipline of pathology forms a vital bridge between initial learning phase of preclinical sciences and the final phase of clinical subjects.

To begin with we must have clear understanding of its meaning. Pathology is derived from two Greek words **Pathos (meaning suffering)** and **logos (meaning study)**. So that would combine to define pathology in general, as the '**study of suffering**'. With time, this has evolved mainly to refer to the '**study of diseases**'. **Rudolf Virchow** (father of pathology) was the first known person who studied the disease changes at cellular level around 100 years back. This helped physicians to find out what anatomic changes occurred in patient, and he could make much more proper diagnosis of the disease.

Therefore, pathology becomes the first step into the actual battlefield of countering illnesses. Subjects like Anatomy, Histology, Physiology and Biochemistry – all of which introduces the concept of **normal** structure and function of the human body. Pathology is the first subject that shows us what **abnormality** implies.

Pathology guides the differential diagnosis of any patient. To a layman, a severe headache or a fever are considered an illness. But to a physician, a headache can be due to anything from a migraine to a case of meningitis. So without knowing what causes what, a physician would be walking blind.

Pathology studies each disease in its entirety. Starting from how a subtle alteration in the molecular level occurs, to how it evolves to impact a gross macroscopic/microscopic disfigurement or dysfunction – or the journey of an internal calamity – everything is outlined in pathology. Also it helps us to understand each sign and symptom the patient shows, and hence empathize with the patient's suffering.

On this account, we can say pathology is a milestone subject that forms the basis of our expertise as a healthcare provider.



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Understanding the type of research

In this advance time, an ingenious efforts are required to discover the underlying treasures and for that we all require research. Research is a scientific and systematic search for pertinent information on a specific topic. In fact, research is an art of scientific investigation.

The **Advanced Learner's Dictionary of Current English** lays down the meaning of research as "A careful investigation or inquiry especially through search for new facts in any branch of knowledge." **Redman and Mory** define research as a "Systematized effort to gain new knowledge." Some people consider research as a movement, a movement from the known to the unknown. We all possess the vital instinct of inquisitiveness, when the unknown confronts us, we wonder and our inquisitiveness makes us probe and attain a fuller understanding of the unknown. This inquisitiveness is the mother of all knowledge & obtaining the knowledge of whatever the unknown, can be termed as research.

Types of research

The basic types of research are as follows

<p>Descriptive</p> <ul style="list-style-type: none"> • Descriptive research includes surveys and fact-finding enquiries of different kinds. The major purpose of descriptive research is description of the state of affairs as it exists at present. In social science and business research we quite often use. • The term Ex post facto research for descriptive research studies. Ex post facto studies also include attempts by researchers to discover causes even when they cannot control the variables. 	<p>Analytical</p> <ul style="list-style-type: none"> • Analytical research, on the other hand, the researcher has to use facts or information already available, and analyze it. • This is to make a critical evaluation of the material.
<p>Applied</p> <ul style="list-style-type: none"> • Applied research aims at finding a solution for an immediate problem. • Research is to identify social, economic or political trends that may affect a particular institution or the copy research (research to find out whether certain communications will be read and understood) or the marketing research or evaluation research are examples of applied research. 	<p>Fundamental</p> <ul style="list-style-type: none"> • Fundamental research is mainly concerned with generalizations and with the formulation of a theory. • "Gathering knowledge for knowledge's sake is termed 'pure' or 'basic' research." • Research concerning some natural phenomenon or relating to pure mathematics are examples of fundamental research.
<p>Quantitative</p> <ul style="list-style-type: none"> • Quantitative research is based on the measurement of quantity or amount. • It is applicable to phenomena that can be expressed in terms of quantity. 	<p>Qualitative</p> <ul style="list-style-type: none"> • Qualitative research, on the other hand, is concerned with qualitative phenomenon, i.e., phenomena relating to or involving betterment of quality.
<p>Conceptual</p> <ul style="list-style-type: none"> • Conceptual research is that related to some abstract idea(s) or theory. • It is generally used by philosophers and thinkers to develop new concepts or to reinterpret existing ones. • We can also call it as experimental type of research. 	<p>Empirical</p> <ul style="list-style-type: none"> • Empirical research relies on experience or observation alone, often without due regard for system and theory. • We can also call it as experimental type of research.

Some other types of research

1. One-time research or longitudinal research: In the former case the research is confined to a single time-period, whereas in the latter case the research is carried on over several time-periods.

2. Field-setting research or laboratory research or simulation research: Depending upon the environment in which it is to be carried out.

3. Exploratory: The objective of exploratory research is the development of hypotheses rather than their testing, whereas formalized research studies are those with substantial structure and with specific hypotheses to be tested. It may be formalized.

4. Historical research: The objective of exploratory research is the development of hypotheses rather than their testing, whereas formalized research studies are those with substantial structure and with specific hypotheses to be tested. It may be formalized.

5. Clinical or diagnostic research: Clinical or diagnostic research follows case-study methods or in-depth approaches to reach the basic causal relations. Such studies usually go deep into the causes of things or events that interest us, using very small samples and very deep probing data gathering devices.

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Impact of electromagnetic radiations on bird diversity

Electromagnetic field and radiations that are invisible to human eye are omnipresent. Amongst the various anthropogenic sources, cellular mobile base stations are the major contributors to the electromagnetic field and radiations in the immediate environment.

Since the introduction of wireless technology, the spread of electromagnetic field has increased massively in the surrounding air. Before the cell phones came into existence, electromagnetic radiation emission was sporadic from a few radio or television transmitters only.

It must be noted here that the radio/television transmitters transmit a weak radiofrequency (above 10 MHz) field while all the electrical appliances transmit a low frequency (upto 300 Hz) electromagnetic field or intermediate frequency (300 Hz- 10 MHz) electromagnetic field. On the other hand, cellular phones and the mobile base stations transmit a strong electromagnetic field. The strength of electromagnetic field and radiations is maximum close to the towers, which decreases with the increase in distance from these towers.

Impact on India's Biodiversity - India is very well known for its biodiversity. It is one of the seventeen mega diverse countries in the world with only 2.4 % of the world's land area that accommodates about 7-8 % of overall species found around the world. Like in different parts of the world, Indian cities have observed a decline in the overall abundance in birds in various parts of the country. Bird population and density declined closer to the cellular phone base stations. Birds are known to be sensitive to magnetic radiation. Increasing number of cell phone towers in cities apparently are bringing down bird population. The microwaves (300 MHz to 300 GHz) emitted by cell phone towers and handsets has been found to be responsible for damaging eggs and embryos of sparrows. The most probable cause of the decline in overall population in birds owing to mobile and cell phone base stations is the effect on reproductive success in birds.

In the state of Punjab, birds of different species were observed to have lowered breeding success close to cell phone base stations. Similar observations were made in the town of Bijapur in the state of Uttar Pradesh. A reduction in bird population was recorded in ten species of the birds commonly found in the city.

To conclude one must understand that cellular phones are essential to our lives for all the communications. However, their extensive usage and upgraded services continue to threaten the species diversity and the lives of different birds in the region. While the cellular phones cannot be completely wiped out of our lives, it is important to find an alternative technology that can keep the wireless communication strong but do not pose any risk to the lives of these little creatures around us. Bird diversity is important to keep the plant diversity and all the researchers must try to begin looking for alternative technology for safe surroundings.

Reference - International Journal of Avian & Wildlife Biology



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Aim for successful life

An aimless life is practically no life. A man without aim is like a ship without a rudder or an engine without steam. His ambition puts him into action. Likewise, if we also don't have an aim in life, we won't know where to reach. Thus, to achieve it one has to overcome many obstacles and setbacks from time to time. This process leads to learning that helps in growth of an individual's personality and life.

We must, therefore, have some definite aim in life that is we must choose a profession. One who choose no profession possess a life full of chaos.

"RIGHT CHOICE IS THE KEY SUCCESS". Choosing a right profession for oneself is a big task and necessary as well, because one's whole future depends on this decision. The questions of choosing a subject later profession was not very serious in the past. The son generally followed the profession of his father. It is not possible now. Time have changed. Talent and tastes differ.

Every profession can't suit everyone, so while choosing a profession, we should keep in mind certain things that could help in decision making

- Natural taste that is to say your field of interest.
- Physical fitness, means does your health allow you to take up a profession which needs lots of efforts
- Guidance, yes in case of confusion don't hesitate to take guidance from family, teachers or experts.
- Future prospects that will give you the bigger vision about your decision and will can have not certain but brief idea about your life.

Therefore, one must have aim in life and plan career accordingly.



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Impact of Covid-19 on students' life

I being a student, I want to share my experience of Covid-19 Lockdown and afterwards on student's life. During this coronavirus time students especially who are pursuing professional courses have faced a lot, this period provided many opportunities as well as have put us way behind in many ways.

Every student, as I met many of them in my circle was initially happy as there was a lockdown across country so no school, no colleges and all enjoyed sitting in comfort of home eating delicacies made by mothers, enjoying family time, playing with siblings, watching movies and everything we dreamt of being free from burden of studies. But, then came a time when this was no more fun we felt locked up in homes couldn't meet friends, hang out with them in restaurants or visit any place. College classes, bunks, canteen we all started missing them.

Gradually, online classes started which helped to break the monotony and there was a complete change in the situation of the class's atmosphere it kept us updated but what a practical training can provide can't ever be compared with online classes. Finally came to know that this virus is not a blessing to students but a foreshadow of the student's further life to adjust the online mode of education.

Few of the advantages and disadvantages during the Covid-19 pandemic.

Advantages: There are no significant advantages because there is a huge loss in jobs, lives, and the economy of the country. But speaking about the children, there were some advantages.

- Many students used this time as opportunity to explore their interests. Spending time in the house by not going out and enjoy watch movies and do some craftwork.
- Students who were out of their homes for years for studies had best time with grandparents, parents and other relatives as they could stay home without tension of attending classes. This provided them ample of time to talk about their career goals with parents and their views on same.
- Students who always thought they lack time for self-studies in rush of routine work got more time for the self-study.

Disadvantages: Main disadvantages for students

- Online classes, the adoption rate was around 50-60% whereas in the classroom the adoption rate is always higher. Online classes affected the eyes of the students due to long hours in front of the blue screen.
- Lots of poor students do not have access to laptops and computers and students who are living in remote areas; this system was out of their reach thus they lagged behind.
- Whole examination system was affected, those who did hard work and those who did nothing all stood at equals. This may impact their career in the future.



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Safety measures in medical laboratory

A career in laboratory technology is exciting, challenging and rewarding, all at the same time. But, MLTs are always at a risk of acquiring infections through the use of contaminated or infected equipment or chemicals or wrong handling of samples or equipment. The foremost reason for lab safety education lies in the fact that laboratories are filled with dangerous tools and the professionals like MLTs have to keep themselves and others safe while performing any experiment or procedure. The need for mandatory workplace-specific training is further augmented by the emergence of highly infectious diseases. These lab safety guidelines mainly comprise basic common-sense rules, safety equipment, proper signage, and safe use of laboratory equipment in case of emergencies.

1. Wearing a sterile uniform

- Use sterile apron, mask, head cap, gloves, shoe, eye wear to protect from harmful aerosols, bacteria, contamination to prevent the spread and transmission of diseases.

2. Handling the specimens

- Use mechanical device or bulb every time instead of pipetting orally.
- Unsterilized syringes or needles should not be used for collecting specimens.
- Open cuts and wounds on the skin should be covered with waterproof bandages.

3. Handling Chemicals

- The best way to know what is in a container is to label it, so get in the habit of making a label for glassware before adding the chemical.
- No chemicals or even specimens should ever be smelled directly as these can be dangerous or even deadly.
- If you have to dispose of chemicals, always use the appropriate waste containers.

4. Proper disposal of lab waste

- One important laboratory safety rule is to know what to do with your experiment when it is over.
- All potentially contaminated trash should be disposed of in biohazard labelled containers.
- Incinerators are preferable to process waste without endangering the health of patients and staff.

5. Handling the equipment

- It is important that when using different lab equipment, they should be handled with care.
- Microscopes should be held with both hands, one underneath and one on the arm.
- When handling glassware it should be held with both hands when possible.
- If something is hot, then make sure to use tongs.
- Improper or defective equipment should not be used.

6. No eating or drinking in the lab

- you should not eat or drink on lab tables as it may have uncleaned chemicals stuck on them.
- Do not store food next to chemicals in the lab as that could lead to contamination in food

7. Attention to detail

- Be aware of the location of fire extinguishers, fire blankets, eyewash stations & safety shower.

8. Hand hygiene

- The working professionals must wash their hands properly before starting any work and after leaving the lab.

9. Prevention of spread of infection

- Special precautions should be taken when handling patients suffering from infectious or transmissible diseases like HIV- AIDS, Hepatitis, and others.

Just a little care and knowledge helps avoid major mishaps.



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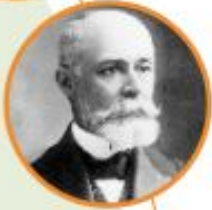
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Pioneers and Noble laureates in field of radiology

Radiology is one of the most important fields of medicine. Radiology works in both diagnosis and in treating ailments and disease found throughout the body. Here you will learn about the pioneers in field of radiology, their contribution in bringing this field to top branch of medical science and their achievements in the journey.



1. Wilhelm Conrad Roentgen (1845-1923): He was a German physicist who first discovered the X-Rays on 8 November 1895. Considered as the father of diagnostic radiology. He observed that this new ray was capable of passing through different materials including the human body. From his experiment, he forged the way for modern radiology including X-Rays. W.C. Roentgen was awarded the Noble prize in physics in 1901 for discovery of X-Rays.



2. Antoine Henri Becquerel (1852-1908): He was French scientist. He was awarded Noble prize for physics in 1903 for his discovery of radioactivity. He experimented on uranium salts concluding energy was emitted without any extrinsic excitation. The SI Unit for radioactivity, **Becquerel** was named in his honor.



3. Marie Curie (1867-1934): She was Polish-born, French scientist. She coined the term radioactivity working alongside with Henri Becquerel and Pierre Curie. She became the first woman to be awarded the Noble prize in physics in 1903 and first ever woman to win two Noble prizes another in 1911 (chemistry) for the discovery of polonium and radium.



4. Godfrey Hounsfield and Allen Cormack (born on August 28, 1919): Both were electrical engineers who invented the X-Ray Computed Tomography (CT) scan in 1971. The CT scan uses combination of X-Rays and computer software to create highly detailed images of specific areas of the body.



5. Michael E Phelps (born August 24, 1939): He was a professor and an American biophysicist. He invented Positron Emission Tomography (PET) scanner. PET is a molecular imaging technique that provides in vivo images of biological processes such as blood flow, metabolism, cell communication systems, DNA synthesis, gene expression & drug interactions.



6. Paul C Lauterbur (1929-2007): He was an American chemist who shared Nobel Prize in Physiology or Medicine 2003 with Peter Mansfield for his work which made the development of MRI possible. He realized that the information from NMR signals could be recovered in the form of images.



7. Raymond Vahan Damadian (born March 16, 1936): He is an American physician of Armenian descent, a medical practitioner. The inventor of the first magnetic resonance (MR) scanning machine. He was the first to perform a full-body scan of a human being in 1977 to diagnose cancer.



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Radiation all around us

Radiation is naturally present in our environment as well as can be artificially produced. The common use of radiation in medical field is seen as x-rays and CT scans etc. and in homes like microwaves for cooking. The various forms of radiation can be either beneficial or harmful, depending on their use and control.

Natural background radiation sources

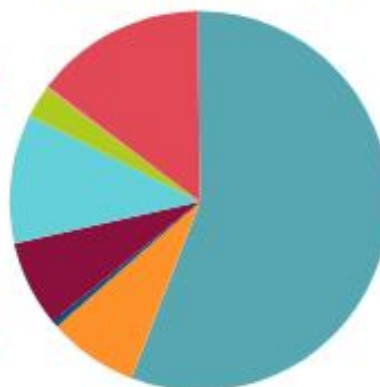
Cosmic Radiation	Terrestrial Radiation	Internal Radiation
<p>Originates in outer space and is composed of penetrating ionizing radiation.</p> <p>The sun and stars sends a constant stream of cosmic radiation to earth.</p>	<p>The earth itself is a source of radiation.</p> <p>Radioactive materials exists naturally in soil and rock like uranium, thorium, and radium</p>	<p>Human body contain radioactive potassium-40 and carbon-14 from birth. Some food and drinks also contain radioactive material which on ingesting regularly, contribute to our own radiation dose.</p> <p>Example: brazil nuts, banana.</p>

Man - made radiation sources

Medical Exposure	Other Sources
<p>Major source of man-made radiation.</p> <p>Include x-rays and radionuclides used in diagnosis and treatment.</p> <p>Example: radiology department, nuclear medicine department, radiation oncology department.</p>	<p>Nuclear fuel cycles</p> <p>Consumer products</p> <p>Smoke detectors</p> <p>Ophthalmic glass used in eyeglasses</p> <p>Ceramics</p> <p>Nuclear power plants, etc.</p>

Sources of Exposure

- Medical 53 mrem (15%)
- Nuclear Fuel Cycle 0.05 mrem (0.014%)
- Consumer Products 10 mrem (3%)
- Natural Radio Nuclides in body 39 mrem (11%)



- Inhaled Radon 200 mrem (55%)
- Terrestrial 28 mrem (8%)
- Cosmogenic 1 mrem (0.3%)
- Cosmic 27 mrem (7%)

Total Effective Dose Equivalent = 360 mrem



Damini Sharma

1st Year, DRT

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'Yoga' the rejuvenator of health

Health is the result of a perfect balance between man and his environment i.e. internal milieu or internal body environment and universal milieu which includes our external environment. Any disturbance or conflict between these two is expressed in the form of various diseases. This leads to lowered survival of cells and further the human body. All researches by modern science is in the direction of remaining healthy with focus on maintaining the internal milieu. Our body under the control of our mind is a single unit and it maintains the internal environment. Our mind makes contact with external environment through our senses. The nervous and endocrine systems together receive & then transmit the information obtained from external environment. This sequence is responsible for modifying the activities of local factors like autacoids. Thus our mind controls all the cells of our body. This means that soundness or health of our mind is must for health of our body. This is achieved by means of the internal & external milieu and is fed by our senses.

Vrittis & Yog: our five senses work under the influence of various forms of our mind called vrittis so, we need to have a process by which we could purify our senses, could control vrittis so as to be able to perceive the world as it exists. This is possible only by making a contact with the power that has manufactured our external as well as internal environment. This process of making contact by controlling our senses and vrittis is called YOG. It is to be stressed that health is a byproduct and not the ultimate aim of this process. The word Yog originates from yuj – TO CONNECT, yuj also means 'samadhi' (a connected state of our soul). Connected, but to what? It is the connection with the formless the 'nirakar' the 'eternal' the 'param' this can't be achieved only with 'aasanas'. Amritnaadopnished has no mention of aasanas as part of 'Yog. "Pratyahaar, Dhyaan, Praanayam, Dhaarana, Tark and Samaadhi, practice comprise the six parts of Yog" . Yog is one of the aastik philosophies of Hinduism which was meant to cleanse oneself so as to know who we are. Maharishi Patanjali says in his Yog sutra, "Yog controls various forms of 'Chitta' so that, we can see our true self."

Chitta: 'Chitta' is a very unique word which can't be exactly translated into English. In our ancient texts also the term is used in different context but in 'Yog sutra' it is accepted that it is composed of 'Mann', Budhhi' and 'Ahankar'. Going deeper in our ancient text, we find that Yog was proposed to be a part of everyday life for the people including our seers. Yog was a way of living a life full of content doing things perfectly so as to get blissful results. As lord Krishna says in Srimad Bhagwad Gita, "We would work while situated in Yog. Should break all the attachments with results, should be unaffected when something good or bad happens with us, this detachment to different situations of life is called Yog". Yog is not the perfection in doing things, as Lord Krishna explains "Yog itself is perfection and higher we are situated in Yog, greater would be the perfection. If we analyze the Yog as described in Kathopnished, we find that the stress is on controlling our senses and mind for attaining the higher state as, "When all the five senses, i.e. eyes, ears, nose, tongue and sex organs are in full control of mind. That is under full control of intellect and when intellect is in concentration. This state is called highest state." In the next shloka, it is explained that this highest state is known as Yog. Shvetaashvataropnished, says that when all the five elements of body - air, earth, water, fire, and sky are in a state of perfect equality and conscious is also in a state of bliss; such people are not affected by disease, weariness or death. So let us not be confused that this is the aim of Yog. On one hand Rejuvenation or Good health is an achievement of Yog and at the same time a good health is must for practicing Yog else we won't be able to concentrate and will keep on thinking all the time about our sick and painful body.



Dr. Sunita Sahish

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Interpersonal relationship between nurse and patient

The therapeutic nurse–patient relationship is a mutual learning experience and a corrective emotional experience for the patient. It is based on the humanity of the nurse and patient, mutual respect, and acceptance of sociocultural differences. In this relationship the nurse uses personal qualities and clinical skills in working with the patient to effect insight and behavioural change. Most importantly, the core of mental health nursing is providing hope for a better future to patients and their families. Nurse and patients go through various phases of therapeutic relationship. It helps them to understand each other, identify the problems of the patient, and the problem is solved through mutual understanding. It also increases patient's satisfaction and reduces anxiety during a hospital stay.

Characteristics of the Relationship

The goals of a therapeutic relationship are directed toward promoting the patient's growth and well-being and include; Enhanced self-realization, self-acceptance, and self-respect. A clear sense of personal identity and an improved level of personal integration. The ability to form intimate, interdependent, interpersonal relationships with a capacity to give and receive love. Improved functioning and increased ability to satisfy needs and achieve realistic personal goals.

Phases of therapeutic nurse patient relationship

- 1. Pre interaction phase** - The Pre interaction phase starts when the nurse is given the responsibility to start a therapeutic relationship with a patient. It also includes the thought process, planning, and feeling of a nurse before the first meeting with the patient. The role of a nurse here is to become well known about own feelings, fear, and fantasies, Analyse professional strengths and weaknesses, Collect information about the patient like demographic data, occupational data, and prepare a plan based on the data before meeting.
- 2. Introductory/Orientation Phase:** It is the first meeting of the nurse with her client (patient). In this phase, the main goal of nurses is to find out the cause of patients seeking help. A Nurse's responsibility is to establish rapport, gain trust and create a familiar situation in which the patient accepts the nurse, initiate effective communication, collect all the data about clients' feelings, emotions, strengths, and weaknesses, identify major areas of the problem and plans for the interventions and discuss with the client how to solve the problem and mutually set treatment goals.
- 3. Working Phase:** Most of the therapeutic interventional activities carried out in this phase. Nurse and patient act as a team to identify stressors of the patient and promote the development of insight. During this phase he/she gathers more and more data of the patient to explore the stressors, help patient to promote coping mechanisms and develop insight, let the patient understand his behavioural change by evaluating himself & facilitate individual functioning and desired modifications.
- 4. Termination Phase** - It is the most important phase of the relationship. The main aim of this phase is to bring a therapeutic end to the clinical rapport. To terminate this aspect he /she puts reality of separation in front of the patient and mutually explore the feelings, emotions and related behavior; This phase involves evaluation of the effectiveness of therapy and achievement of goals and discussion of future plans for meetings if required.



Shabnam Khan

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प्राकृतिक चिकित्सा एवं योग – एक परिचय

प्राकृतिक चिकित्सा का इतिहास उतना ही पुराना है जितना स्वयं प्रकृति। औद्योगिकीकरण और टेक्नोलाजी के चलते लोगों ने अपने स्वास्थ्य पर ध्यान देना बिल्कुल छोड़ दिया है जबकि अच्छा स्वास्थ्य पाने के लिए सालों का प्रयास, आत्मनियंत्रण और इच्छाशक्ति चाहिए। स्वास्थ्य के प्रति लापरवाह होने का नतीजा यह है कि आज कम उम्र के लोगों में ही मोटापा हृदय घात, कैंसर, मधुमेह, गठिया आदि बीमारियाँ देखने को मिल रही हैं। ऐसी स्थिति में आइए जानते हैं कि प्राकृतिक चिकित्सा एवं योग के द्वारा हम अपने आप को कैसे स्वस्थ रख सकते हैं।

प्राकृतिक चिकित्सा का लक्ष्य प्रकृति में प्रचुर मात्रा में उपलब्ध तत्वों (मिट्टी, जल, धूप हवा और आकाश) के उचित इस्तेमाल द्वारा रोग का मूल कारण समाप्त करना। प्राकृतिक चिकित्सा के अंतर्गत अनेक पद्धतियाँ हैं जैसे – जल चिकित्सा, मिट्टी चिकित्सा, सूर्य चिकित्सा, मालिश चिकित्सा, उपवास चिकित्सा, एक्यूपंचर, आहार चिकित्सा आदि।

जलचिकित्सा: प्रकृति का अनुपम और अनमोल उपहार है जल। हमारे शरीर में 70 : जल का भाग है। इसकी कमी अनेक रोगों का कारण बनती है। जलचिकित्सा में जल का प्रयोग आंतरिक व बाह्य रूप से विविध प्रकार से किया जाता है। इसके अंतर्गत कटिस्नान फुट बाथ, भाप स्नान आदि का प्रयोग उदर रोग, अम्लपित्त, गर्भाशय आदि के रोगों में किया जाता है।

सूर्य चिकित्सा: इस चिकित्सा में रोगोत्पत्ति का कारण शरीर में रंगों का घटना बढ़ना है। सूर्य चिकित्सा के अनुसार अलग – अलग रंगों के अलग – अलग गुण होते हैं। इन रंगों का लाभ रंगीन किरणों या रंग द्वारा चार्ज पानी या तेल के सेवन से लिया जा सकता है। अथर्ववेद में कहा गया है। कि सूर्योदय के समय सूर्य की लाल किरणों के प्रकाश में खुले शरीर बैठने से हृदय रोगों तथा पीलिया के रोग में लाभ होता है। प्राकृतिक चिकित्सा में आंतरिक रोगों को ठीक करने के लिए भी नंगें बदन सूर्य स्नान कराया जाता है।

मिट्टी चिकित्सा: शरीर से विजातीय तत्वों को बाहर निकालने के लिए मिट्टी का स्नान, लेप, पट्टी का इस्तेमाल किया जाता है। यह विशेष रूप से उच्चरक्तचाप, तनाव, सिर दर्द, चिंता, कब्ज, उदर और त्वचा विकार आदि रोगों के लिए किया जाता है।

आहार चिकित्सा: हिप्पोक्रेट्स ने कहा है कि “आहार ही औषधि है और औषधि ही आहार।” प्राकृतिक आहार सभी प्रकार के रोगों को जड़ से नष्ट करता है तथा शरीर को पूर्ण रूप से स्वस्थ एवं निरोग बनाता है। इसलिए खाद्य चिकित्सा हमें बताती है कि हमें क्या, कैसे, कब, और कितना आहार लेना चाहिए। आहार चिकित्सा के अनुसार रोगियों को उनकी बीमारी के अनुसार आहार दिया जाता है जोकि तीन तरह का होता है – रेचक आहार, रचनात्मक आहार, शक्तिदायक आहार।

उपवास चिकित्सा: एक निश्चित समय तक सभी प्रकार के आहार का त्याग करके शरीर के विविध अंगों एवं उनकी प्रक्रियाओं को आराम देकर और उनकी शुद्धि होना ही उपवास कहलाता है। यह कई तरह से किया जाता है जैसे रस उपवास, फल उपवास, जल उपवास, अर्द्धदिवसीय उपवास आदि। इस चिकित्सा से विभिन्न प्रकार के रोगों का उपचार भी होता है जैसे उदर रोग, गुर्दे के रोग, यकृत के रोग, जोड़ों के दर्द, मोटापा आदि। उपवास के दौरान भोजन पचाने के कार्य से अवकाश मिलता है तब शरीर की शक्ति आंतरिक शुद्धि में लग जाती है और जमें हुए मल को बाहर निकाल फेंकती है। फलस्वरूप हमारे स्वास्थ्य तथा शक्ति की अच्छी तरह वृद्धि होती है।

मालिश चिकित्सा: मालिश चिकित्सा का प्राकृतिक चिकित्सा में बहुत महत्व है। मालिश रक्तसंचार के प्रवाह को नियमित कर शरीर के दूषित पदार्थों को अनेक रास्तों से बाहर निकालती है और अनेक रोगों को ठीक करती है। जैसे पेट की और पैरों की मालिश से पाचन क्रिया सक्रिय होती है जिससे आँतों में फसा मल बाहर निकल जाता है और गुर्दों की कार्यशक्ति बढ़ जाती है। जिससे पेशाब के रास्ते खून में से विषैले पदार्थ निकल जाते हैं।

एक्यूपंचर एवं एक्यूप्रेशर : एक्यूपंचर दर्द से राहत दिलाने में चिन्हित बिंदुओं में सुई चूभाने का हस्तकौशल है वहीं शरीर पाइंटस पर हाथ से दबाव डाला जाए तो एक्यूप्रेशर कहलाता है। एक्यूपंचर के कुल 365 पाइंटस में से कुछ ऐसे हैं जो काफी असरदार होते हैं और कई तरह की बीमारियों से राहत दिलाते हैं जैसे डिप्रेसन, सिरदर्द, माइग्रेन, चक्कर और हमारी ज्ञानेन्द्रियों से जुड़े रोगों जैसे लकवा, दिमागी असंतुलन में भी लाभकारी है।



Dr. Arun Shrivastava

Administrator

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Management of PCOS with yoga

PCOS: A psychosomatic disorder-treatment by yoga

Introduction: Introduction: Polycystic ovarian syndrome, an emerging lifestyle disorder involving multiple systems, occurring among 5-10% of the Indian adult female population in their reproductive period. It is a psychosomatic disorder with uncertain etiology characterized by obesity, hirsutism, abnormal menstrual pattern, pregnancy related complications.

How stress and obesity responsible for PCOS?

There is a strong relation between stress, obesity and PCOS. Approximately, 50-60% of women with PCOS are obese. Obesity and stress disturbs normal Hypothalamo - Pituitary - Ovarian Axis, leads to insulin resistance produce stage of hyper androgenism due to which somatic symptoms of PCOS like hirsutism, weight gain, abnormal menstrual cycle etc occur. Due to stress cortisol level becomes high and it is one of the major cause of increase fat storage and weight gain.

How can yoga reduce stress and obesity?

Yoga which simply means to unite, can help us in wriing disease which are really tough to fight. Salutations to the sun is the best morning dose, which is comprised of 12 magnificent pose. Routine yogasanas, pranayamas, and kriyas prescribed in yoga help to tone up the whole system. Daily yoga for 30 minutes with 4 asanas, 4 pranayamas, meditation and shavasana helps in weight reduction and stress management which ultimately stabilize the normal function of Hypothalamus - Pituitary- Ovarian Axis and there by balancing whole system. So, it is time to acknowledging the role of yoga as safe and effective treatment of PCOS. Although it is impossible to completely eliminate stress from our day to day life, we can surely build up our capacity to deal with it this is where yoga and meditation helps. Reasons that yoga might help the weight loss process include 1. Effective stress management reducing the likelihood of stress eating. 2. Increased body awareness specifically relation to hunger and satity.

How yoga is beneficial for women with PCOS?

- Holding weight bearing poses builds muscle strength.
- An active yoga practice increases heart rate, providing cardiovascular workout and leading to weight loss.
- Asanas & pranayamas promotes hormonal balance and deep relaxation helping to bring adrenal and cortisol levels of stressed out PCOS minds and bodies in check.
- Yoga philosophy, describe certain poses as stimulating energy systems within the body that may be stagnant in women with PCOS as a means to bring the body into balance.

The first step in management of PCOS is to get rid from obesity & stress. Integrating yoga and meditation at an early age can keep body and mind healthy.

Recommended Asanas for PCOS are

1. Badhokonasana
2. Suptabadhakonasana
3. Chakkichallasana
4. Padmasana
5. Few rounds of Surya namaskar.



Dr. Ritu Sharma

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Profession to Passion

In modern world of rat race some people find solace in pursuing their passion and make it their profession. Not all are blessed with such luck but as it is said don't do what you love but love what you do! Yes, that's true. "Why not to convert my profession into my passion?" The thought was continuing moving in my mind.

I would like to share an incident which pushed me towards naturopathy. My mother was suffering from backache after delivering two of us, me and my sibling. Pain was increasing in intensity and gradually became a regular feature which hampered her routine work. She took many painkillers overall result was temporary relief along with side effects so she opted Naturopathic regime and lifestyle under the guidance of expert physician which helped her not only in relieving pain but also made more active. This story was shared by her on dining table while we were having dinner, this story was a king of real inspiration for me and boosted me to serve humanity in nature's way. That's why I now call myself Young Yogi.



Drishti Saini

BNYS, Batch -2015-16

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

बस एक कदम और

बस एक कदम और इस बार किनारा होगा
बस एक नजर और इस बार इशारा होगा।

अम्बर के नीचे उस बदली के पीछे कोई तो किरण होगी
इस अंधकार से लड़ने को कोई तो किरण होगी।

बस एक पहर और इस बार उजाला होगा
बस एक कदम और इस बार किनारा होगा।

जो लक्ष्य को भेदे वो कहीं तो तीर होगा
इस तपती भूमि में कहीं तो नीर होगा।

बस एक प्रयास और अब लक्ष्य हमारा होगा
बस एक कदम और इस बार किनारा होगा।

जो मंजिल तक पहुंचे वो कोई तो राह होगी
अपने मन को टटोले कोई तो चाह होगी।

जो मंजिल तक पहुंचे वो कदम हमारा होगा
बस एक कदम और इस बार किनारा होगा।

बस एक नजर और इस बार इशारा होगा



Jyoti Verma

3rd Year, BNYS

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

एक राह

एक राह

राह का आरंभ है पूर्णतः, अंतिम छोर पर है एक आश।
वो उजयारा है एक शामियाने का, वो बसेरा है खुशहाली का।
हजारो दुःखो का ठिकाना है, पार उन्हे कर जाना है।
खिलखिलाहट को पाने के लिए, गर्मों को अपनाना है।

यह एक राह है,

राह का आखरी और शुरुआत है एक।
यह पहिया है जीवन का, उसूल है इस राह का।
हमें बस चले जाना है, कर्म करते रहना है।
क्योकि यह सिर्फ एक राह है।

एक राह

जो शून्य है समय के साथ,
फिर भी थामे है हम इस का हाथ।
अपने अस्तित्व से सींचा है इसे, खुद के वजूद से जोडा है इसे,
परन्तु यह एक है राह सिर्फ एक राह



Renu Yadav

BNYS, Batch 2018-19

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

हम बस है राहगीर इसके, गुजर जाएंगे एक दिन,
छोड़ अपनी मोहर, चल पडेंगे, दुबारा उसी
एक राह पे।।

माँ तो आखिर माँ होती है

माँ तो आखिर माँ होती है,
माँ से बढ़कर इस दुनिया में,
कोई चीज कहाँ होती है,
माँ तो आखिर माँ होती है।।
जब हम बुरवार में तपते हैं,
हमसे ज्यादा वो तड़पती है,
दवाई कभी, कभी ठण्डी पट्टी,
कभी रब से दुआएं मांगती है,
खुद कितनी भी हो बीमार लेकिन,
कुछ नहीं बेटा कहकर टालती है,
हमारे हर इम्तिहान में,
वो साथ हमारे जागती है।।

दर्द हमें जब भी होता है,
मुँह से हर पल माँ निकलता है,
क्यूंकि बच्चों के दुःख से,
माँ का दिल तड़प उठता है।



Simran Deep Kour Dhonkal

Final Year, BNYS

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

सच कहते हैं लोग सयाने,
माँ तो ठण्डी छाँव होती है,
वो रब हर जगह नहीं रह सकता,
इसलिए उसने माँ बनाई,
माँ महाशक्ति है,
माँ तो ईश्वर की भक्ति है,
अपने बच्चों के खातिर,
माँ कुछ भी कर सकती है,
माँ की तारीफ भला,
किन्हीं लफजों में कहा होती है
माँ तो आखिर माँ होती है।

माँ बिना ऐसे लगता है,
इस जीवन में भला क्या रखा है,
झूठा प्यार है लोगों का,
इक माँ का प्यार ही सच्चा है,
माँ के बिना यह जिन्दगी,
बेरंग – तन्हा – सजा लगती है,
माँ तो आखिर माँ होती है।

निश्चय

देखो वहां था शांत चमन,
देखो वहां था नीला गगन,
वहां थी बहती कल-कल कहती नदियाँ,
देखो ऐसा था कल तक ये मेरा वतन।।

पर अचानक आज बदला है समां क्यूँ,
कि ये गगन आज है काला यूँ।
क्यूँ हर तरफ छाई है चुप्पी,
कि ये नदियाँ हँसना भूल गई।

अचानक छाई ये उदासी क्यूँ,
कि मेरे वतन को आंखो मे आए आसूँ यूँ।
चलो आओ तुम्हे ले चलूँ
वहां देखो उस तरफ उठता काला धुआं है कैसा?
अरे भाई आज यहां क्या हुआ है ऐसा?
इस घर मे आखिर छाया ये मातम् किस तरह,
कि जुटी भीड़ की आंखे हैं नम इस तरह
देखो उस बूढ़े बाप ने खोया है अपना जवान बेटा,
माँ की सुनी आंखो मे देखो है खून के आंसू,
उस बहन ने खोया अपना वीर भाई है क्यूँ,
कल तक खिलखिलाती वो नई तुल्हन आज बेजान है क्यूँ
उस वीर शहीद की शहादत की ये सब मिसाल है यूँ।

सुना है कुछ कायरों ने पीठ पर था वार किया,
सामने से न कर सकते थे वो जो, धोखे से बम से बस पर प्रहार किया।
इस तरह की कायरता को उन्होंने कुछ यूँ जेहाद का नाम दिया
मानवता सो गई आज क्या शैतान फिर से जाग गया।

आज इस गगन को काले साए ने घेरा है,
नदियो के कलकाते जल पर काली छाया का फेरा है
मेरे इस शांत वतन पर फैला काले आंतक का डेरा है।

पर देखो उधर वो वीर जवान है, जो रोशनी के है साथ खड़े,
कब तक रोक पाएगा अंधेरा, आना तो फिर सवेरा है।
जागना होगा लेकिन हमे भी, नही तो होना यूँ ही अंधेरा है,
इसी तरह उठेंगे हर रोज धूए फिर,
उजड़ना हर बसेरा है।

अब नही सहेगें हम भी , करना यही इरादा है,
खत्म करेगें आंतकवाद, भारत माँ ये वादा हमारा है।

जय हिन्द, जय जवान



Sinduja Meena

Final Year, BNYS

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

प्राकृतिक चिकित्सा

1. नियमित सुबह ठण्डे पानी का कटिस्नान 15 से 20 मिनट के लेने के बाद तेजी से टहले, अगर कमजोरी लगे तो कंबल ओढकर आराम करना चाहिए। पेट को स्वस्थ रखने के लिए कटिस्नान सही उपाय है।
2. प्रतिदिन सुबह-शाम पेदू (पेट) पर ताजा मिट्टी की पट्टी 30 मिनट के लिए जरूर रखना चाहिए।
3. कोष्ठबद्धता की हालत में सप्ताह में एक बार गर्म पानी के साथ नींबू का रस डालकर एनिमा अवश्य लेना चाहिए।
4. प्रतिदिन सूर्योदय के पहले आधा घंटा अवश्य टहलना चाहिए। नियमित सुबह धूप का सेवन करना इस रोग के लिए रामबाण औषधि का काम करता है।
5. स्वच्छ गुनगुने पानी से घावों को धोकर ठंडे पानी की गीली पट्टी पलटकर बांध देने से शीघ्रता से घाव ठीक हो जाता है।
6. पूरे शरीर की सप्ताह में तीन दिन मालिश करें, मालिश से मांशपेशियों एवं ऊतकों में ताकत आती है।
7. गर्म पादस्नान सप्ताह में दो बार करें।
8. सप्ताह में दो दिन भापस्नान अवश्य लेना चाहिए ताकि शरीर के विकार पसीने के साथ बाहर निकल सकें।
9. सर्वांग गीली चादर लपेट और रीढ़स्नान सप्ताह में एक दिन लेना चाहिए।
10. तौलिये को गीला करके पूरे शरीर का घर्षणस्नान नियमित करना चाहिए।

आसन, प्राणायाम व ध्यान:

लम्बी गहरी श्वास के साथ तेजी से टहलना, धीरे-धीरे दौड़ना, नृत्य करना, साइकिल चलाना, तैरना, एरोबिक्स करना मधुमेह ठीक करने में सहायक है। यथाशक्तिनुसार शरीर के जोड़ों के तनाव को सूक्ष्म आसन द्वारा कम करना चाहिए।

1. ताड़ासन
2. तिर्यक्ताड़ासन
3. सूर्य नमस्कार
4. पश्चिमोत्तानासन
5. सर्वांगासन
6. मत्स्यासन
7. योगमुद्रा
8. धनुरासन
9. मंडूकासन
10. जानुशीरासन
11. वज्रासन एवं
12. शिथिलीकरण का रोज अभ्यास करना चाहिए।



Aadiwarna Pareek

Final Year, BNYS

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

Subconscious mind therapy

Our Subconscious mind is 20,000 times more powerful than the conscious mind. It already knows the answers of our problems & knows how to heal us. So we have to just send the positive affirmation to the subconscious mind.

Table of few problems with tips for self- healing

• Problems related with pituitary gland (MASTER GLAND)

My mind & body are in perfect balance. I control my thoughts.

• Headache/Migraine

I relax into the flow of life & let life provide all that I need easily & comfortably. Life is for me.

• Problems related with eyes

My eyes are divine ideas & they are always functioning perfectly.

• Problems related with ears

I hear the truth. I love the truth, I know the truth. My ears are god's perfect ideas, functioning perfectly at all times.

• Problems in nose

I recognize my own intuitive ability.

• Problems related with mouth

I nourish myself with love. I welcome new ideas, new concepts & prepare them for digestion & assimilation.

• Neck problems

I am becoming flexible & ease. I see all sides of an issue.

• Thyroid problems

I am allowing myself to express freely & creatively.

• Diabetes mellitus

I choose to experience the sweetness of life. This moment is filled with joy.

• Bone problems

I stand up for myself & life supports me in unexpected loving ways.

• Problems related with anus

I easily & comfortably release that which I no longer need in life.

• Gynaecological problems

I am flowing beautifully in the rhythmicity of the universe.

• Problems related with male genitalia

I love & approve of myself. I accept my own power. I am forever young in spirit.

• Blood pressure related problems

I joyously release the past. I am at peace. I am enjoying the life.

• **Cancer**

I lovingly forgive & release all of the past. I choose to fill my world with joy. I love & approve myself.

• **Problems affecting Left side of the body**

My feminine energy is beautifully balanced.

• **Problems affecting Right side of the body**

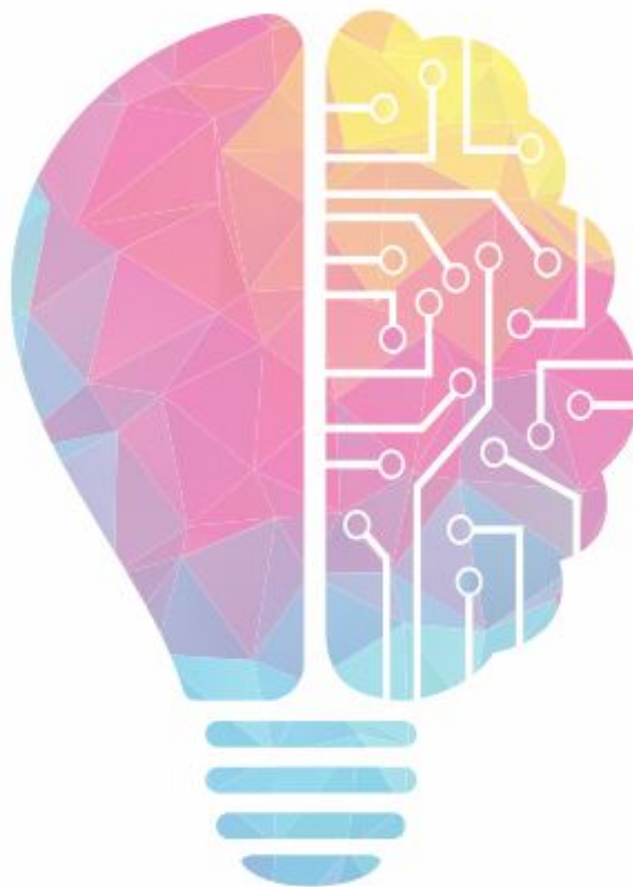
I balance my masculine energy easily & effortlessly.

• **In diseased condition**

The Infinite Healing present in me now transforming every cell into a perfect cell in the body & I am becoming healthy.

To be mentally & physically healthy one should tell the subconscious mind "My mind & all parts of the body are functioning in perfect manner". Instead of thoughts with anxiety, worry, fear, anger, guilt etc. feed the subconscious mind with thoughts of health, love, peace & harmony.

NOTE- These positive affirmations with feelings/ imaginations must be repeated 7 time before going to sleep at night & after rising in the morning. Try this Therapy & see the MIRACLES!



Dr. Digvijay Agnihotri

Assistant Professor

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

Use of transformer in radiology

A transformer is a passive electrical device used to transfer electrical energy from one circuit to another, via the phenomenon of electromagnetic induction. It is fundamental in the modulation of voltage and current in the x-ray generator.

Components

- **Primary coil** - a set of insulated wires attached to the input current
- **Iron core** - the conduit for the changing magnetic field
- **Secondary coil** - a set of insulated wires attached to the output current

The primary and secondary coils both have winding turns which will vary in number with respect to each other depending on the type of transformer (see below):

Types

- **Step-up transformer**: secondary coil has more turns than the primary coil ($N_s > N_p$)
- **Step-down transformer**: secondary coil has less turns than the primary coil ($N_s < N_p$)

Laws

First law of transformers: The secondary voltage (V_s) is related to the primary voltage (V_p) by the number of ratio of the number of turns (N) in each coil, such that: $V_s/V_p = N_s/N_p$

Second law of transformers: The product of voltage (V) and current (I) in the two circuits are equal (thereby meeting the Conservation of Energy principle). $V_p I_p = V_s I_s$

This means that a voltage increase in one circuit must result in a proportional decrease in current (and vice versa).

Applications in radiology : In the high-voltage circuit of the X-ray generator, step-up transformers are used to convert the mains voltage (120 - 240 V) to the high voltages (20,000 - 150,000 V) required for x-ray production.

In the filament circuit of the X-ray generator, step-down transformers are used to increase the heating current applied to the filaments of the cathode for thermionic emission.



Shreya Sinha

5th Year, BNYS

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

Times of Ayurveda to present Naturopathy time

Naturopathy medicine is a distinct system of medicine for the diagnosis, treatment prevention of human disease and impairment in which neither surgical nor medical agents are used or administered. The core ideology is that all remedies are based around natural sources. The term Naturopathy originates from 'Natural' (Latin root for birth) and 'paths' (Greek root for suffering) to suggest "natural healing". Naturopaths claim the ancient Greek father of Medicine, "Hippocrates", as the first advocate of naturopathic medicine.

Naturopathy is a very old science depicted by a number of reference in our Vedas and other ancient texts. The morbid matter theory, concept of vital force and other concepts upon which naturopathy is based are already available in old texts. The practice of nature cure is not new to the Indians, many of the practices are part of Indian lifestyle and an inseparable entity of Indian tradition and culture. The origin of naturopathy could be traced right to Vedic period.

Dietary disciplines and principles of health, described in Ayurveda have branched out and developed in the form of today's naturopathy. During Vedic period; there was clear concept about medicinal value of water, earth etc. for example - among rivers, Ganga's water was considered as instrumental one in curing heart disease and arthritis. In Rigveda, fasting was considered as supreme medicine to eliminate accumulated toxins in different systems of human body. Manu smriti has prescribed rules about the personal hygiene. Bhagvat Gita elucidated the varieties of food and its effect on human body and mind. Athapasnana and Bhugarbha Chikitsa are also practiced since ancient times, the revival of nature cure started in India by translation of Louis Kuhne's book "New Science of Healing". Shri D. VenkatChelapati Sharma translated the book in Telugu. Shri ShrotiKishan Swaroop translated this book into Hindi and Urdu languages. Gandhiji influenced by the book "Return to nature" written by Adolf Just; included naturopathy in his constructive programs, in India. Nature cure movement started mainly in states of Andhra Pradesh, Uttar Pradesh, Bengal, Gujarat etc.



Shreya Sinha

5th Year, BNYS

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

How to find time for learning

1. Only have one project

A simple rule I follow is to only have one project at a time.

In practice, sequentially pursuing projects doesn't limit your breadth. I think the resistance may be more owing to the fact that learning is hard, and by failing to commit to any one project, it's easier to fantasize about the idea of learning it. Committing to doing one project first before another prevents this escape, but also allows you to make real progress.

2. Make learning frictionless

If you have limited time to learn, you need to make learning as easy as possible to get started. One way you can do this is by setting up your environment so you can get started immediately.

Some ways you can make learning frictionless are:

- **Have materials on you at all times.** If you're reading, always carry a book or Download materials on your phone so they're ready when you are.
- **Set up your working area so starting is instantaneous.** If you're studying for an exam, keep the practice questions open on a desk, ready to start—even if just for ten minutes.
- **Batch all the tedious starting work.** Sometimes you need to do something unpleasant and tedious before you can get to the real work of learning. Setting aside time to do this specifically will make it easier to take advantage of fifteen minute chunks you find to make progress.

3. Integrate learning with your life

Many projects fall off our schedule because, ultimately, they don't align with the other sources of meaning in our life. Something that fits within your existing work, social or family pursuits may require some effort at first, but eventually it becomes something that's hard not to do.

If you need to learn something for work, for instance, a good starting point is to ask yourself how you can make it mandatory for you to learn it. If you can get assigned a project where the skill is required, then it will be easier to learn than if the learning part needs to be done first, before any responsibilities are assigned. When learning is disconnected from other things we care about, it tends to fall away.

4. Remove time-wasting alternatives

What makes reading hard is that Netflix is always a click away. What makes doing a studying hard is that you could be playing video games instead. What makes speaking a new language hard is that your native language is also an option. A useful strategy is to temporarily suspend any of the activities you normally spend time on: television, phones, games and social media. After a month, see which ones you want to reintroduce and keep off the ones you don't miss.

Conclusion

Finding time for learning is, ultimately, a question of motivation. I don't think it can come about because there's stuff you feel you should learn, or because you feel guilty for not reading enough books. Instead, I think the motivation to learn has to come from something that excites you instead—the idea of speaking another language, learning a new sport, mastering a difficult topic or being a better person has to interest you enough to make it worth it.



Dr. Mahesh Kumar Shou

Principal

Swasthya Kalyan college of Physiotherapy

Why aren't we motivated to exercise?

There are lots of reasons we may not be as motivated to exercise as we used to be. Some of these things are actually barriers or obstacles we have to overcome, such as:

- **Sedentary jobs and lifestyles:** Most of us spend much of our day on the computer and in the car, meaning less walking and more sitting. The more we sit, the more we get used to sitting, and the harder it is to get the body moving.
- **Being overweight:** If you're overweight, it's harder to exercise. You might have physical issues like joint pain or injuries and it's hard to move a larger body, making exercise more intimidating and uncomfortable.
- **Busy lifestyles:** We are busier than ever and that becomes a great excuse to skip exercise.
- **Stress:** While exercise is supposed to reduce stress, exercise is also a kind of stress on the body. If you feel stressed out, working out may be the last thing you want to do, even though it's probably the best thing for you.
- **Access to workout facilities:** If you don't have a gym or community centre nearby, that may influence whether you work out on a regular basis.
- **Neighbourhood safety:** If you have safe places to walk, run, or cycle, you're much more likely to do so, especially if you see other people doing the same thing.
- **Scare to start:** Exercise can be scary, especially if you haven't done it in a while or you're trying something you've never done before. Sometimes it seems easier to skip the whole thing than end up hurting yourself or looking like an idiot.
- **Confused:** How much exercise do you need and how do you fit it all in? Sometimes we don't know where to start and we get paralyzed. Then we end up doing nothing.
- **Initial Pain and Suffering:** Exercise is physical exertion and, as such, it can cause some discomfort, feel more like pain and suffering, another reason we may skip exercise.
- **Easily get Bored:** There are plenty of boring exercises out there and, too often, that's all we've been exposed to.
- **Get easily Frustrated:** Many people work out to lose weight, only to realize progress is very, very slow, reason to quit before we ever really see any progress.
- **Don't like exercise:** You may believe you hate exercise that really means is you haven't yet found the form of exercise that you will enjoy.



Dr. Deepak Rajpurohit PT

Vice Principal

Swasthya Kalyan college of Physiotherapy

Role of physiotherapy in mental health

Introduction

Mental health is a topic of growing interest in society. Various mental health organizations are engaged in the prevention, treatment and rehabilitation of persons with mental health problems and disorders. Unfortunately, physiotherapy is not always considered to be a significant profession within mental health because the role and the added value it offers can remain unclear among patients and other health care providers. However, physiotherapy is a recognized conventional profession within health care and can offer an extensive range of physical approaches (physical activity, exercise, movement, relaxation techniques and body and movement awareness). These approaches are aimed at symptom relief, the enhancement of self-confidence and the improvement of quality of life.

Mental health

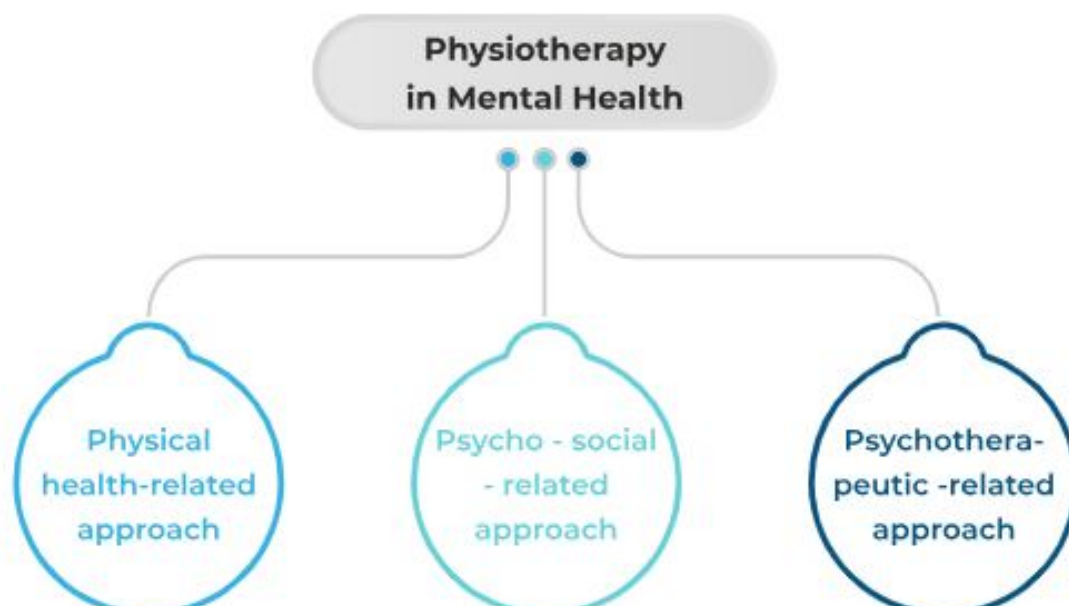
Mental health refers to cognitive and/or emotional well-being. More concretely, it refers to how a person thinks, feels and behaves. Mental health can affect daily life, relationships, the ability to enjoy life and even physical health. Mental health involves finding a balance between life activities and efforts to achieve resilience. According to the World Health Organization (WHO), mental health is 'a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community'. Mental health is not merely the absence of a mental disorder. It exists on a continuum to include flourishing mental health, very good mental health, mean mental health, decreased mental health, mental health problems and mental health disorders.

Mental health problems and disorders

It is important to distinguish between mental health problems and mental health disorders. A mental health problem is a negative mental experience that is part of everyday life and interferes with emotional and/or social abilities. A mental disorder is defined as a syndrome characterized by a clinically significant disturbance in an individual's cognition, emotion regulation or behavior.

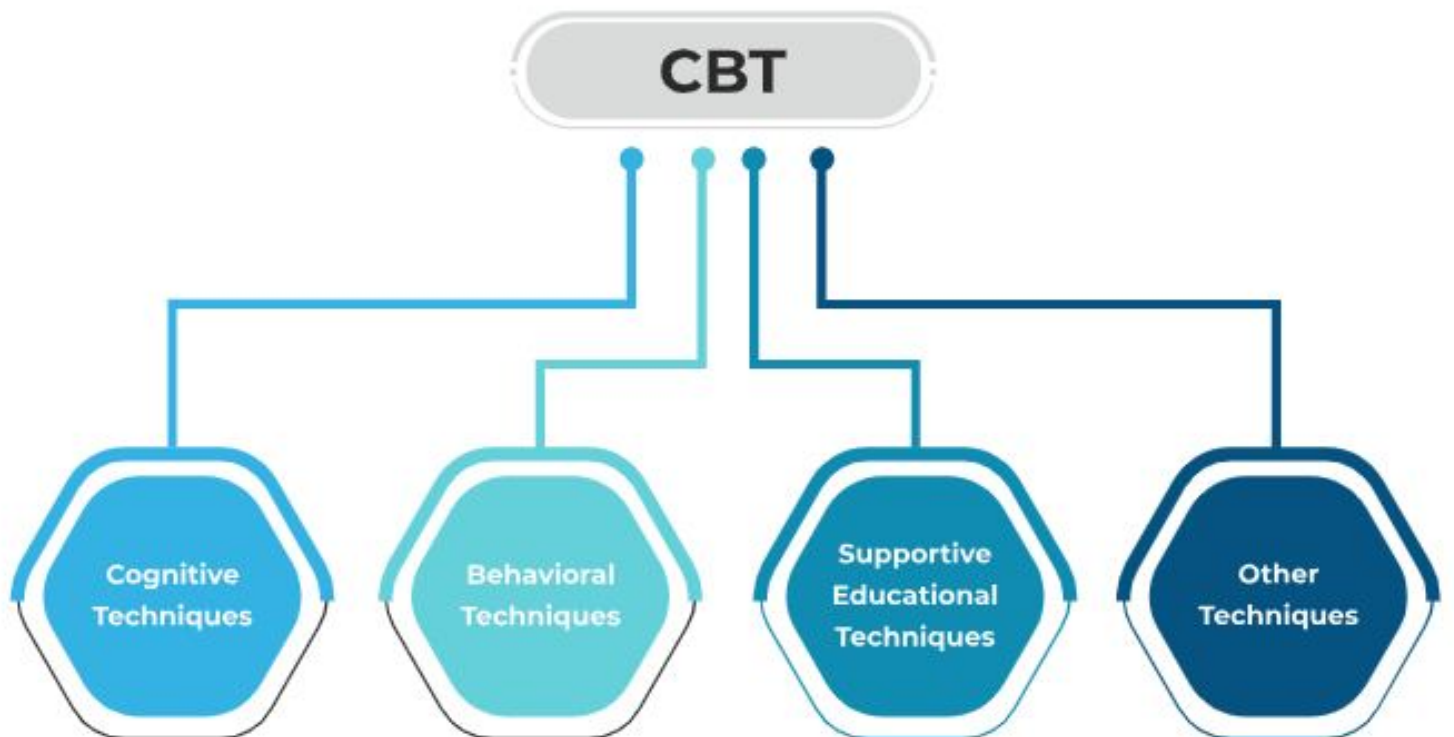
Mental health and physiotherapy

The importance of the implementation of physiotherapy in both common and severe mental health disorders and psychiatry is underestimated, even if there is a tradition of more than 50 years in some countries. The main goal of this subgroup is to bring the different physiotherapy interventions in mental health and psychiatry together to clarify the role of physiotherapy in this field.



The scope of physiotherapy in mental health

Depending upon the problem, the story of the patient, and the results of the observation/evaluation, the patient's treatment goals will be established, and the physiotherapist can choose a more health-related approach or psychotherapeutic physiotherapy. The physical health-related approach aims to improve the global physical health of patients with psychiatric disorders. The psychotherapeutic-related approach uses the body in movement as a gateway to ameliorate the social affective functioning of an individual. When using this approach, the physiotherapist creates a setting that favors the initiation and development of a process in the patient by employing specific working methods that aim to help patients to access their inner workings.



Cognitive restructuring: direct challenge to alter irrational thoughts and/or reducing fear of physical activity, Cognitive functional training.

Problem solving: defining problems, planning responses, trying out solutions, evaluation of success

Relaxation skills: mindfulness based stress reduction

Pacing: changing physical activity structure, breaking up the activity in small chunks

Behavioral activation: graded physical activity, enjoyment, reduce avoidance

Psycho education: provision of information, etiology & treatment

Support: motivational interviewing, encouragement, continued monitoring

Bio-feedback: awareness of physiology using objective devices, movement & body awareness

Relapse prevention: self monitoring, discussing triggers, coping skills



Dr. Ankit Pachori

Professor

Swasthya Kalyan College of Physiotherapy

Physiotherapy in modern times – Need vs Necessity

Physiotherapy is a noun used to describe traditionally the treatment of disease, injury, or deformity by physical methods such as massage, heat treatment, and exercise rather than by drugs or surgery. In the **Cambridge Medical Dictionary**, it is described as the treatment of muscle stiffness, pain, and injury by rubbing and moving the sore parts. Physiotherapy is also known as **Physical therapy** and is one of the allied health professions, is now an emerging and a dynamic profession which is more focused on evidence based studies and by using mechanical force and movements [Bio-mechanics or Kinesiology], manual therapy, exercise therapy, and electrotherapy, remediates impairments and promotes mobility and function. Its extensive clinical application in various health care systems and it helps in preserving, maintaining and promoting optimal physical function of a person. Physical therapy is used to improve a patient's quality of life through examination, diagnosis, prognosis, and physical intervention. It is performed by physical therapists (known as physiotherapists in many countries). Physiotherapists are well trained to do an assessment, diagnose and rehabilitate any kind of movement dysfunction and disabilities that may be the outcome of any disease, disorders or injuries.

Why do we need physiotherapy?

Our modern lifestyle with all perks and benefits has started showing its results on our body by providing neck & back strain and knee pain on every day basis and many more on list but this is just not restricted to adults even kids are affected with our modern lifestyle. Physiotherapy is playing a wonderful role in managing pains and disabilities in some common lifestyle diseases. Also, people are coming to physiotherapists as they want to take control of their health and stay well.

Mentioned below is the role of physiotherapy and physiotherapist in conditions like

Cancer

Cancer rehabilitation is emerging because of cancer survivorship. Therapist works on lymph edema management, pain management, individualized strength training and functional management.

Obesity

India ranks second with obese citizens and numbers are increasing every year according to National Family Health Survey. Physiotherapy is an ideally placed profession to provide the physical exercises after assessment for weight management and rehabilitation after bariatric surgeries.

Diabetes (Type II)

Type II Diabetes is a condition where body fails to produce enough insulin or body is not utilizing it properly. Researchers have proved that physiotherapy exercises are helping people to maintain their insulin level.

Cardiovascular diseases

This refers to a group of conditions affecting heart, blood vessels and circulatory system. Physiotherapists works on patient's endurance, cardiac output and arterial blood flow by providing aerobic exercises specifically designed according to person's need. Stroke rehabilitation is completely a different segment which is a boon for a patient who is suffered from stroke in all possible aspects.

Pulmonary diseases

As a therapist they help in prevention and rehabilitation people affected with pulmonary diseases. Pre & post-surgical rehabilitation is improving quality of life.

Women's health

Physiotherapists helps during pregnancy phase, post-partum care, breast feeding, pelvic floor dysfunctions, and loss of bladder and bowel control.

Geriatric health care

They are providing evidence based therapies to manage or prevent age related problems like osteoporosis, arthritis, frequent falling because of poor balance, urine incontinence.

Pediatric care

Pediatric physiotherapists are providing care from NICU till the kids are grown up. Pre terms babies, delayed milestone, cerebral palsy, autism and many other pediatric conditions are taken care efficiently.

Orthopedic conditions

They help in prevention or managing acute or chronic musculoskeletal disorders like neck and back pain, sports injuries, post surgical management after fractures, Total Knee Replacement, etc.

Neurological Conditions

Patients with severe brain or spinal cords damage are seeing major change after following up with physiotherapy exercises. Physiotherapists are able to improve quality of life in patients who are suffering from stroke, Parkinson's disease and many other neurological conditions.

Sports management

Sports physiotherapists are in high demand as they help in prevention, diagnosing and treating sports injuries on field.

Collaborative Practice is blooming from long time where different health care professionals synchronize together to deliver the highest quality of medical care required to a patient and physiotherapists holds a good position in collaborative practice due to wide spectrum of practice . This practice is very commonly seen now days in all multidisciplinary hospitals and health care centers.

Few examples of collaborative practice are as following

- A team of orthopedic and physiotherapist in managing musculoskeletal conditions.
- Neurologist, psychologist, speech therapist, occupational therapist and physiotherapist in managing neurological conditions.
- Neonatologist, pediatrician, NICU trained nurses, surgeons and pediatric physiotherapist in NICU set up.
- Cardiovascular surgeons and physiotherapists in managing cardiovascular conditions.
- Gynecologists and physiotherapist for providing the best care during and after pregnancy.



Kavita Singhal

4th Year BPT

Swasthya Kalyan College of Physiotherapy

The role of physical therapy in HIV & AIDS

AIDS stands for Acquired Immune Deficiency Syndrome. AIDS is the most advanced stage of HIV disease. HIV causes AIDS by attacking CD4 cells, which the immune system uses to protect the body from disease. When the immune system loses too many CD4 cells, you are less able to fight off infections and can develop serious, often deadly, infections. These are called opportunistic infections (OIs). When someone dies of AIDS, death is usually due to OIs or other long-term effects of HIV. AIDS refers to the weakened state of the body's immune system, which can no longer stop opportunistic infections.

What is the Difference Between HIV and AIDS?

You do not have AIDS as soon as you acquire HIV. You can live with HIV (be HIV+) for many years with no signs of disease, or only mild-to-moderate symptoms. People living with HIV and taking HIV drugs as prescribed have a very low risk of progressing to AIDS. But without treatment, HIV will eventually wear down the immune system in most people to the point where they have few CD4 cells and develop opportunistic infections.

Physical Therapy Management

Physical Therapists play an important role in treating conditions that limit the patient's movement and function.

- Goals will be set to improve the quality of life and keep the patient active in both his/her life and in the community.
- Patients with HIV develop many of the functional limitations that any other patient may have, such as sports-related injuries or arthritis. In addition to managing impairments, these patients may have problems with the disease process, infections, and/or side effects of the medication.
- A physical therapist will develop a plan of care to help the patient improve his/her ability to do daily activities, improve heart health, improve balance, reduce pain, and maintain healthy body weight.
- Performing constant or interval training for at least 20 minutes at least 3 times per week for at least 5 weeks appears to be safe & may lead to significant improvements in cardiopulmonary fitness (maximum oxygen consumption) body composition (leg muscle area, percent body fat) and psychological status.
- Progressive resistance exercise (PRE) appears to be safe and may be beneficial for medically-stable adults living with HIV.
- PRE or a combination of PRE and aerobic exercise may lead to statistically significant increases in weight and arm and thigh girth.
- Low to moderate intensity exercise does not alter CD4 cell counts or viral load, nor does it increase the prevalence of opportunistic infections.
- Higher intensity aerobic exercise training has been effective at improving Functional Aerobic Capacity.

In addition to progressive resistance exercise and aerobic exercise, physical therapist may also perform the following interventions to treat any impairment the patient may present with:

- Stretching
- Soft tissue and Joint mobilization
- Gait and Balance training
- Functional Electrical Stimulation/Neuromuscular Electrical Stimulation
- Proprioceptive Neuromuscular Facilitation
- Desensitisation Techniques.



Vikas Sharma

3rd Year BPT

Swasthya Kalyan Institute of Physiotherapy

हम फिजियोथैरेपिस्ट

किसी की बीमारी से बुरा हाल है,
तो किसी को हादसे ने कर दिया बेहाल है,
हम इंसान को उसके दर्द से उठाते हैं,
इसलिए हम फिजियोथैरेपिस्ट कहलाते हैं।

कोई चलने में सक्षम नहीं,
किसी के शरीर में हिम्मत नहीं,
हम इन सारी कठनाइयों से उसे बाहर लाते हैं,
इसलिए हम फिजियोथैरेपिस्ट कहलाते हैं।

हजारों यहा बेड पर पड़े है,
कोई लकवा, कोई दुर्घटना, तो कोई बीमारी से घिरे है,
हम इनका हाथ थाम कर ,
इनकी आत्माओं में भी जान भरके दिखाते है,
इसलिए हम फिजियोथैरेपिस्ट कहलाते हैं।

जब छोड़ देता है हर कोई साथ,
नहीं लगती जब जीने और सही होने की आस,
हम उस आस पे खड़े होके दिखाते है,
इसलिए हम फिजियोथैरेपिस्ट कहलाते हैं।



Lakhan Khandelwal

BPT Final Year

Swasthya Kalyan College of Physiotherapy

Rajasthani culture

The art and culture of Rajasthan can be enjoyed in various forms. One can experience the charm of traditional dance forms by joining in the festivals and fairs of Rajasthan while to appreciate the craftsmanship, one can head towards markets or rural areas where a lot of handcrafted items are at sale. One can also explore the making process of handicrafts there.

Folk Music and Dance

Rajasthan has varied forms of folk music and dances. One of the few folk music groups include Manganiyars, Langas, Banjaras, Mirasis and Jogis. These groups are divided because of geographical diversity and follow their own set of beliefs which are reflected in the music and performing styles. Famous dancing styles belonging to this state are Tejali, Ghoomar, Chang, Bhopa and Kathipuli. Most of these performances revolve either around sagas of bravery or love

Famous Cuisine

· Dal baatichurma

This is the state's classic signature dish. Baati is hard, unleavened bread cooked in the desert areas of Rajasthan. Baati is prized mainly for its long shelf life, plus it requires hardly any water for its preparation. It is always eaten with dal . The dal is made of lentils while churma is a coarsely ground wheat mixture crushed and cooked in ghee and jaggery or sugar.

· Gatte Subzi

· Laal Maans

· Ker Sangri

· Papad Subzi

· Bajraroti with Lasun Chutney

· Raab

· Onion Kachori

· Panchkuta

· Ghevar

Clothing and attire

The conventional attire that the women of Rajasthan wear comprises the long exuberant skirt called Ghagra. The top garment is called Choli or Kurti. Along with this, they also cover their head or drape around their shoulders the long, light fabric called Odani. The Ghagra has gorgeous embroidery, is full-length, and pleated. Usually made of silk, cotton, crêpe, or georgette, it is available in a variety of bright colors and intricate patterns. The most predominant style of printing techniques is the bandheni, Laharia, Tie-and-Dye, Mothra, and Chundri. The ghagra often has flourishing borders and Gota-Patti work which impart a regal elegance to the garment.

The Choli, kurti, or Kanchli are equally elaborately styled, as per the requirements of the wearer. Mirror-work into the embroidery adds an attractive quality. Especially when teamed with beads, sequins, and coral shells. All such decorations embellish the garment with the signature of its ethnic originality.



Mansi Rajpurohit

3rd Year, BPT

Swasthya kalyan college of physiotherapy

"Yoga in daily life" in Physiotherapy

Yoga is a supreme harmonisation of physical, vital, mental, psychological & spiritual aspects of an individual.

Meaning: "YUJ" means to Join – Yoga means to join individual with supreme consciousness.

History: Yoga was firstly started in ancient India by Patanjali, he is also known as father of Yoga. Evidence that yoga was practiced as early as 5,000 years ago. Primal drawings on walls of caves in the Indus Valley in Northern India.

AIM: The aim of Yoga is to bring balance into the body physically, mentally and emotionally. By connecting to ourselves through the breath, we can bring our bodies from a state of turbulence to a place of health.

Importance: Yoga shows the pathway to self realization. Yoga is practical approach to achieving ultimate goal of life. Yoga alleviates man's sufferings. Yoga is a science of personality development. Yoga shows the pathway to self realization. Yoga is practical approach to achieving ultimate goal of life. Yoga alleviates man's sufferings. Yoga is a science of personality development.

Forms of Yoga: Four basic forms of Yoga

1. Karma Yoga (right attitude towards work)
2. Jnana Yoga (pursuing knowledge)
3. Bhakti Yoga (devotion)
4. Raja Yoga (mastering the mind)

Contribution of India in feild of Yoga: Our honourable PrimeMinister Mr.Narendra Modi with the help of other 90 countries considered 21 June as International Yoga Day.

Relation of yoga and physiotherapy:- Physiotherapy has its origin in Yoga. The basic postures of body known as fundamental or starting positions for initiating therapeutic exercises are same as starting postures or asanas in Yoga.

· For e.g. Tadasana corresponding to standing, shavasana corresponding to supine lying, bhujangasana similar to hyper-extension stretch to spine.

Yoga as applied to Physiotherapy: Shavasana is ideal for total relaxation of the body after continuous exercise sessions. Intermittent practice of meditation is ideal for better concentration of mind. Integration of certain Yoga postures facilitate movement control by reducing selective postures.

Therapeutic benefits of physiotherapy: Improve strength, endurance and flexibility of the muscles, Facilitate neuro-muscular co-ordination, Restore function or to provide maximum functional independence, Build up vicarious movements or trick movements to compensate for the permanent loss of movements.

Yoga as applied to physiotherapy: Shavasana is ideal for total relaxation of the body after continuous exercise sessions. Intermittent practice of meditation is ideal for better concentration of mind. Integration of certain Yoga postures facilitate movement control by reducing selective postures.

· Pranayama and other kriyas can be added to chest physiotherapy. Modified asana postures can be effective in common musculoskeletal disorders.



Mahendra Gora

3rd year, BPT

Swasthya Kalyan College of Physiotherapy

Evolution of radiation therapy in india

Radiation therapy is application of various form of radiation to shrink and kill cancer cells. It has been an effective tool for treating cancer for more than 100 years.

- **January 25, 1910:**
First department of Radiotherapy at Calcutta Medical College Hospital by the Countess of Minto
- **Mid 1920s:**
Started radium brachytherapy and use of x-ray in the treatment
- **Early 1940s:**
Establishment of at least 4 radium institutes
- **1941:**
Establishment of first Radon plant at Tata Memorial Hospital, Bombay by Dr. Ramaiah Naidu
- **Early 1950s:**
Deep x-ray units were available for teletherapy
- **1956:**
First cobalt-60 teletherapy unit(Eldorado A) commissioned at cancer institute, Madras
- **1958:**
First isotope teletherapy unit was a Theratron Junior installed in Tata Memorial Hospital , Bombay
- **1962:**
Cancer institute, Chennai developed 1st telecaesium unit in collaboration with Atomic Energy, Trombay
- **1965:**
19 institutions possessed either cobalt or caesium teletherapy units
- **1976:**
First linear accelerator, Clinac-4 machine installed at Cancer Institute, Madras.
- **1977:**
Association of Radiation Oncologists of India (AROI) was established
- **1978:**
Christian Medical College, Vellore installed the high energy particle accelerator
- **1990:**
First indigenously developed Linear Accelerator called Jeevan- Jyoti was installed at PGIMER, Chandigarh

References: Case JT Buschke F. History of radiation therapy. New York: grune and Stratton; 1958:13-41



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1st year DRT

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विश्व कैंसर जागरूकता दिवस एवं नर्सिंग देखभाल

कैंसर जैसी खतरनाक और जानलेवा बीमारी को डिटेक्ट करने, रोकने और इसकी रोकथाम करने और जागरूकता फैलाने हेतु हर वर्ष अंतर्राष्ट्रीय स्तर पर 4 फरवरी को वर्ल्ड कैंसर डे के रूप में मनाया जाता है। वर्ल्ड कैंसर डे की स्थापना यूनियन फॉर इंटरनेशनल कैंसर कंट्रोल (UICC) के द्वारा की गयी, जिसका उद्देश्य सन 2008 में लिखे गये वर्ल्ड कैंसर डिक्लेरेशन को सपोर्ट करना है। वर्ल्ड कैंसर डे मनाने का प्राथमिक उद्देश्य कैंसर पीड़ित व्यक्तियों की संख्या में कमी करना और इसके कारण होने वाली मृत्यु दर में कमी लाना है।

वर्ल्ड कैंसर डे मनाने का लक्ष्य यह है कि हम कैंसर के संबंध में फैली गलत धारणाओं को कम कर सकें और इसके संबंध में सही जानकारी को अधिक से अधिक मात्रा में लोगों तक पहुँचा सकें। यही वजह है कि वर्ल्ड कैंसर डे उन लोगों के प्रति किये जा रहे अच्छे प्रयासों को प्रकट कर सकें और उन्हें सपोर्ट कर सकें, जो कि इस जानलेवा बीमारी से पीड़ित हैं और इससे लड़ रहे हैं। इस ओर एक बहुत ही अच्छा प्रयास था “नो हेयर सेल्फी (No Hair Selfie)”, यह वैश्विक स्तर पर चलाया गया अभियान था, जिसमें लोगों ने अपने बाल कटवाए और सोशल मीडिया पर इसे शेयर किया, ताकि वे कैंसर पीड़ित लोग, जो इसका इलाज लेने के दौरान साइड इफेक्ट के कारण अपने बाल गँवा बैठे हैं, उन्हें इससे कुछ तसल्ली मिल पाए और वे स्वयं को अन्य लोगों से अलग न समझे और उनका मनोबल भी बढ़े। इस अभियान के अलावा क्षी को प्रयास किये गये हैं।

लक्ष्य

विश्व कैंसर दिवस का मुख्य उद्देश्य पुरे विश्व में कैंसर के प्रति जागरूकता फैलाना है। बीमारी के प्रति लोगों तक सही शिक्षा पहुँचाना इसका मुख्य उद्देश्य है। इस महाविनाशकारी बीमारी के खिलाफ, इस पहल के द्वारा पूरा विश्व एक साथ एकजुट होकर खड़ा रहता है। कैंसर की बीमारी से कोई देश अछुता नहीं है, पुरे विश्व को इसने जकड़ा हुआ है। इस श्रयानक बीमारी से जीत पाने के लिए सभी को पूरी ताकत के साथ एक साथ खड़े होकर इसका सामना करना होगा।

वर्ल्ड कैंसर डे कब मनाया जाता है?

इस दिन को हर वर्ष अंतर्राष्ट्रीय स्तर पर 4 फरवरी को वर्ल्ड कैंसर डे के रूप में मनाया जाता है।

वर्ल्ड कैंसर डे का इतिहास

सबसे पहले वर्ल्ड कैंसर डे सन 1933 में जिनेवा, स्विट्जरलैंड में यूनियन फॉर इंटरनेशनल कैंसर कंट्रोल (UICC), द्वारा कुछ अन्य प्रमुख कैंसर सोसाइटी के सपोर्ट द्वारा, रिसर्च इंस्टिट्यूट द्वारा, ट्रीटमेंट सेंटर और पेशेंट ग्रुप की सहायता से इसका आयोजन किया। रिपोर्ट के अनुसार यह तथ्य सामने आये कि 12.7 मिलियन लोग कैंसर से पीड़ित थे और हर साल 7 मिलियन लोग कैंसर के कारण अपनी जान गँवा रहे थे। इस दिवस को हर वर्ष मनाने का उद्देश्य यह था कि हजारों जिंदगियों को बचाया जा सकें, लोगों में कैंसर के लक्षणों को पहचान पाने के लिए प्रयास किये जा सकें और इस महामारी से लोगों को बचाया जा सकें।

कैंसर अवेयरनेस डे कैसे मनाया जाता है

कैंसर जैसी बीमारी की रोकथाम करने के लिए और इसके प्रति जागरूकता लाने के लिए बहुत सी सरकारी और गैर – सरकारी संस्थाओं द्वारा विभिन्न कैंप, रैली, लेक्चर और सेमिनार, आदि चलाये जाते हैं। इन कार्यक्रमों में सामान्य जनता की ओर फोकस किया जाता है और उन्हें मुख्य रूप से इसमें शामिल किया जाता है ताकि इस दिवस को मनाने का उद्देश्य सफल हो सके। इन कार्यक्रमों में किसी विशेष थीम का प्रयोग किया जाता है ताकि ये प्रोग्राम और क्षी अधिक प्रभावशाली रूप से सफल हो सकें। इसमें कैंसर होने के कारण भी बताये जाते हैं, जैसे:

- तंबाकू सेवन करना,
- ज्यादा वजन होना,
- सब्जियों और फलों का सेवन कम करना,
- शराब का सेवन करना,
- शारीरिक क्षमता वाले काम न करना अथवा कम करना,
- शहरों में प्रदूषण होने के कारण,
- आनुवंशिक संक्रमण,
- सूर्य की अल्ट्रा वोल्टेज किरणों [UV rays] के कारण, आदि.

इसके अलावा लोगों में फैली विभिन्न गलत धारणाओं को दूर करना, इनमें से कुछ श्रान्तियां निम्नानुसार हैं .:

- कैंसर पीड़ित व्यक्ति को छूने से कैंसर फैलता है,
- कैंसर पीड़ित व्यक्तियों को सामान्य व्यक्तियों को सामान्य व्यक्तियों की तरह समान अधिकार प्राप्त नहीं होते, आदि।

मरीज की देखभाल के लिए ऐसी हो नर्सिंग केयर

मरीज की ऐसी स्थिति जिसमें वह चलने-फिरने, बैठने-उठने या अपने नियमित कार्य करने में असमर्थ होता है, तो उसे विशेषज्ञ नर्सिंग केयर लेने की सलाह देते हैं। मरीज की देखरेख करने के लिए एक सही नर्सिंग प्रोफेशन की आवश्यकता होती है। बीमारी के दौरान कुछ गतिविधियां मरीज के लिए जरूरी होती हैं जो उसका ध्यान रखने वाले को पता होनी चाहिए। आइये जानते हैं इस बारे में विस्तार से...

उपस्थिति महसूस कराना

रोगी को असहज महसूस होने पर अपने पास कोई चाहिए होता है ताकि अपनी परेशानी व जरूरत जैसे खाने की चाह या दवा के बारे में बात कर सके। व सही समय पर मरीज को ये चीजें आसानी से मिल सके।

स्पर्श

परिवारजन या नर्स के सपोर्ट के लिए छूने से रोगी सकारात्मक व सुरक्षित महसूस करता है। इस दौरान होने वाले आई कोन्टैक्ट से मरीज अपनी बात केयर करने वाले के आसानी से बता देता है।

बात सुनना

अक्सर परिवारजन रोगी की बातों को सुनकर भी अनसुना कर देते हैं। लेकिन नर्सिंग केयर में उसकी बातों को सुनने से वह खुद को रिलैक्स महसूस करता है।

पेशेंट को जानें

परिवारजन या देखभाल के लिए रखी गई नर्स को अपने पेशेंट को जानना जरूरी है ताकि सेहत में हो रहे बदलावों को पहचानकर उपचार में बदलाव कर सकें।

सकारात्मक सोच

कई शोधों में सामने आया है कि ईश्वर में विश्वास रखना व सकारात्मक सोच रखने से रोगी की शारीरिक और मानसिक स्थिति में काफी सुधार हो सकता है।

अपनी बात रखना

रोगी की देखभाल के दौरान नर्स इस बात को ध्यान में जरूर रखे कि वह रोगी और उसके परिवार के सदस्यों से उसकी सेहत से जुड़ी अहम बातों को न छिपाए।

गोपनीयता

सेहत में सुधार लाने के लिए जरूरी है कि मानसिक या शारीरिक रूप से आघात पहुंचाने वाली बातों को कुछ समय के लिए रोगी से गोपनीय रखे।

अतः कैंसर के प्रति लोगों को जागरुक करके इस बीमारी के बढते हुये विकराल रूप को कम किया जा सकता है तथा अच्छी नर्सिंग केयर से पीड़ित व्यक्तियों के जीवन कि गुणवत्ता को बढाया जा सकता है।



Dr. Satish Kumar Avasthi

Principal

Institute of Medical Technology and Nursing Education



Scope of paramedical education in India

Due to development in the Health Care sector, it is witnessing a significant gap between the availability and need of skilled Paramedics. In such a situation, it's important to know where the future of Paramedical Education in India stands. The current system of health care/ medical education in India has not been able to keep up with the increased demand for healthcare professionals across the country. In the modern world, Paramedical Science has emerged as an integral part of the health care sector in India. This branch of medical science deals with the diagnosis and treatment of various health problems and diseases using diagnostic tools, clinical labs, ultrasound, X-ray, etc.

The globalisation of education in India is promoting its privatisation and non-governmental organisations (NGOs) to fulfil the need of medical job-oriented training and courses. Hence, the need for efficient and skilled personnel has increased in the Paramedical sector. India is a developing country, every city of the country is witnessing a growth in hospitals to cater to the medical demands of this vast population. As a consequence, the health care sector is witnessing a significant gap between the availability and need of skilled Paramedics. Therefore, the scope of Paramedical Education in India is immense.

Shortage of paramedical work force in India

Despite the Indian Government adopting measures to bridge the skill gap in this sector, the shortage of paramedical workforce in India remains ubiquitous. The growing number of hospitals in the country are complaining about the manpower crunch in the healthcare sector. A study by the Public Health Foundation of India in 2012 stated that India faced a shortage of 1.27 lakh optometrists and ophthalmologists, 8.5 lakh anaesthetists, 61,000 medical laboratory technicians, 18 lakh rehabilitation specialists, 7400 speech-language specialists and audiologists, 19,000 radiographers and about 2.3 lakh medical technology workers.

What is the way forward to a better future?

In the year 2015, a spot survey was conducted to elicit the suggestions of medical students and teachers, which are summarised below.

- The medical training should be made more patient-centred.
- Redundant information from the curriculum should be excluded.
- Presently, the entrance exams divert students' focus by promoting a parallel curriculum. They should be modified.
- Improve the health care delivery by empowering future physicians to usher towards the changes.
- Medical education needs to be more diverse.
- The concept of a 'Medical School Without Walls' should be introduced by including MOOC (Massive Open Online Courses).
- The outcome-based approach must be implemented efficiently to shorten student training.
- Teach new content in the health care delivery sciences & encourage graduates to comprehend how the systems work.
- Support effective and efficient learning by creating technology solutions.

Few Top Paramedical Colleges

- SMS Medical College
- Swasthya Kalyan College Of Paramedical Technology
- SN Medical College
- JLN Medical College
- Kota Government Medical College
- RNT Medical College



Manoj Ambesh

2nd Year DRT

Swasthya Kalyan College Of Paramedical Technology

Michael Faraday and Electromagnetic Induction

The phenomenon called electromagnetic induction was first noticed and investigated by **Michael Faraday**, in 1831. Electromagnetic induction is the production of an electromotive force (EMF) in a conductor as a result of a changing magnetic field about the conductor and is a very important concept.

Faraday discovered that

- Whenever the magnetic field about an electromagnet was to grow and collapse by closing and opening the electric circuit of which it was a part, an electric current could be detected in a separate conductor nearby.
- He also investigated the possibility that a current could be produced by a magnetic field being placed near a coiled wire & just placing the magnet near the wire could not produce a current.
- He discovered that a current could be produced in this situation only if the magnet had some velocity. The magnet could be moved in either a positive or negative direction but had to be in motion to produce any current in the wire. The current in the coil is called an induced current, because the current is brought about or induced by a changing magnetic field. The induced current is sustained by an **electromotive force** (emf). Since a source of emf is always needed to produce a current, the coil itself behaves as if it were a source of emf. Thus, a changing magnetic field induces an emf in the coil, and the emf leads to an induced current.
- He also found that moving a conductor near a stationary permanent magnet caused a current to flow in the wire as long as it was moving as in the magnet and coiled wire set-up.
- Faraday visualized a magnetic field as composed of many lines of induction, along which a small magnetic compass would point. The aggregate of the lines intersecting a given area is called the **magnet flux**. Faraday attributed the electric effects to a changing magnetic flux. The necessity of motion to produce a current is due to the fact that electromagnetic induction involves a time-varying magnetic field. The same effects can be produced by moving the coil toward and away from a motionless magnetic source. In either case, the key to producing the current is certainly the motion of the magnet or the wire. The magnet lines of the magnetic field must pass through a loop of the coiled wire.



Pinky Tanwar

1st Year DRT

Swasthya Kalyan College of Paramedical Technology

Events 2021-2022 (1/2)

Celebrations



Farewell



Neo Feista



Sports Week



Nutrition Week



Physio Fest



Republic Day



Women's Day



Fresher's Day



Tree Plantation



Induction Program



World Yoga Day



World Cancer Day



Graduation Ceremony



Doctor's Day



Medical Laboratory Day

Events 2021-2022 (2/2)

Awareness Programme



Breast Feeding



Yoga & Naturopathy



Blood Donation



Road Safety



Nutrition



Health Hygiene



Save Water



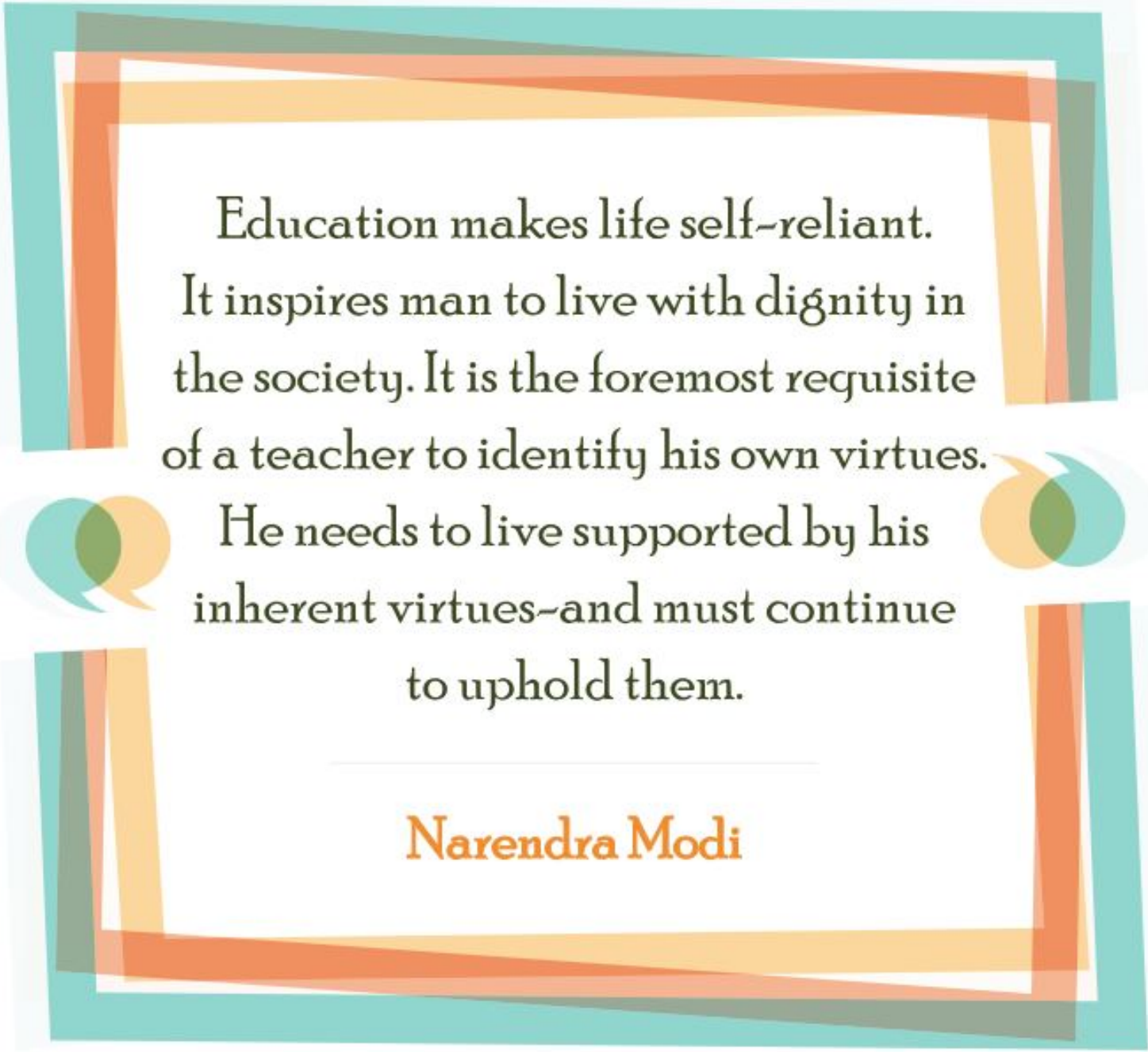
No Tobacco Day





Ayush Seminar

Camps





Education makes life self-reliant.
It inspires man to live with dignity in
the society. It is the foremost requisite
of a teacher to identify his own virtues.



He needs to live supported by his
inherent virtues—and must continue
to uphold them.

Narendra Modi



Research & Publications

Research & Publications by

Prof. Arun Chougule, Dean and Chief Academic Officer

Name	Topic of Article Published	
Prof. Arun Chougule	1. Medical physicists in radiology – present status in AFOMP region	Health Technol. (2021) https://doi.org/10.1007/s12553-021-00521-1
	2. Radiation safety aspects for decommissioning of decayed cobalt-60 radioactive source & depleted uranium used in teletherapy machine.	https://www.iaea.org/sites/default/files/2012/cn-279_book_of_abstracts.pdf . 415- 416, 2021
	3. Radiation monitoring of patients and personnel for dose optimization and risk estimation during endoscopic retrograde Cholangio-Pancreatography	https://www.iaea.org/sites/default/files/2012/cn-279_book_of_abstracts.pdf . 417-418, 2021
	4. Measurement of radiation doses from various radiological procedures in a tertiary care public medical college and hospitals.	https://www.iaea.org/sites/default/files/2012/cn-279_book_of_abstracts.pdf . 419-420, 2021
	5. Assessment of radiation dose to eye lens during RapidArc treatment of Head and Neck cancer patients	Journal of radiation Protection 2021
	6. Guidelines for the certification of clinically qualified medical physicists	IAEA-TCS-71, 2021
	7. Status of medical physics education and training in AFOMP region	Phys Eng Sci Med (2021). https://doi.org/10.1007/s13246-021-00984-6
	8. Monitor Unit verification for irregular fields in radiotherapy based on Clarkson method combined with in-house shaper software	Radiation Measurements 2021 Journal of Biomedical Physics & Engineering 2021
	9. Evaluation and analysis of entrance surface air kerma of the thyroid gland during breast cancer screening mammography	Radiation Medicine and Protection 2021 https://doi.org/10.1016/j.radmp.2021.03.001
	10. Online webinars a new learning solution in the pandemic times: An evaluation of AFOMP initiative of monthly webinar series	MEDICAL PHYSICS INTERNATIONAL Journal, vol.9, No.1, 2021
	11. Relevance of serum vitamin C levels in cancer patients undergoing radiotherapy treatment	Gynecol Oncol. 2021;4(2): 1055
	12. Assessment of radiation dose to eye lens during RapidArc treatment of Head and Neck cancer patients	IRPA 15 IRPA15, S. Korea
	13. Dosimetry procedure to verify dose in brachytherapytreatment of cancer patients: a systematic review	Physica Medica 96 [2022] 70 -80
	14. Current status of medical physics education & workforce in the AFOMP region	Iran J Med Phys 2022; 19: 167-174, .22038/IJMP.2021.56941.1956
	15. The International Organization for Medical Physics – a driving force for the global development of medical physics	Health and Technology https://doi.org/10.1007/s12553-022-00685-4
	16. Medical physicist certification & training program accreditation	Health and Technology volume 12, 663–670, 2022

Research & Publications by

Prof. Arun Chougule, Dean and Chief Academic Officer

Name	Topic of Invited Talk / Papers Presented	
Prof. Arun Chougule	1. Recent advances in CT Technology Diagnostic Reference Levels-DRL	Virtual Symposia organized by Brainware University, Kolkata on Recent Technological Advances in Diagnostic Radiology, 15 – 25 January 2021
	2. Recent advances in radiotherapy & cancer control program	Virtual symposium on "Emerging trends and clinical challenges in cancer treatment" organized by DY Patil University Kolhapur during 4- 5 February 2021 on the occasion of World Cancer Day
	3. IOMP activities in Medical Physics education and training	ICARO3, IAEA, 16-19 February 2021
	4. Advances in CT scan Technology	Virtual Symposium on Advances in Diagnostic Radiology & Radiation Protection, 19 – 20 February 2021
	5. Minimum curriculum of radiation hazards and protection for Interventional procedurist	IAEA expert task group meeting, 8 – 10 March 2021, IAEA, Vienna, Austria
	6. Myths and facts about health hazards due to mobile tower radiation	Outreach workshop on Electromagnetic Exposure from Telecom Towers & Related Public Concerns, Department of Telecommunications, Govt. Of India, 9 March 2021, Karim Ganj, Assam
	7. Radiobiology from radium to Particle Therapy	Virtual 2021 MEFOMP Medical physics Conference, 5 – 7 April 2021
	8. 'Medical Physics- Education, Certification, and accreditation	IMPW -AFOMP Virtual webinar. 28 April 2021
	9. Accreditation of Medical Physics Education & certification of Medical Physicists- special reference to AFOMP region	Annual Conference of Chinese Society of Medical Physics [CSMP2021] Wuhan, china, 21- 23 May 2021
	10. Validation of Geant4 Monte Carlo model of 60Co high dose rate BEBIG Brachytherapy source	International Conference on Multidisciplinary Approaches in Science 2021
	11. Measurement and comparison of various dosimetric characteristics for in vivo dosimetry systems	ECMP 2021
	12. Online Survey & Evaluation of Paramedical Radiation Physics using Internet-Based E-learning Education during the COVID-19 Pandemic	SCMPCR July 2021
	13. Entrepreneurship in paramedical sciences	International conference by Brainware university, Kolkata, 19 June 2021
	14. Mobile tower radiation health hazards : myths and facts	Bengal LSO, Kolkata, 30 July 2021 DOT, Ahmedabad, 22 March 2022
	15. Keynote address "Low Dose radiotherapy for COVID19 Pneumonia	Assam Downtown University, Guwahati. 5 August 2021
	16. Keynote address -Low dose radiotherapy for COVID19 Pneumonia- practicability and feasibility" International E-Conference on Echoes of Covid-19 on Human Health: Present & Future Therapeutic Landscape	NASI- Rajasthan 11 – 12 August 2021

Research & Publications by

Prof. Arun Chougule, Dean and Chief Academic Officer

Name	Topic of Invited Talk / Papers Presented	
Prof. Arun Chougule	17. Plenary talk; The new age of radio-imaging technology & its future endeavors	School of Health Sciences, Sushant University Gurgaon, 23 August 2021
	18. Medical Physicists- Challenges as health professional panel discussion moderator " Extends of the frontiers of Medical Physics in Diagnostic Radiology, Nuclear Medicine & Radiotherapy: Current Issues and Way Forward	virtual conference on radiation application in medicine, 7 – 8 November 2021, CMC, Ludhiana
	19. Experimental validation of TG-43 brachytherapy dose calculation formalism for HDR Co-60 brachytherapy	IRPA15, S. Korea
	20. Plenary talk - Medical Physics education and professional status in AFOMP region- role of international organisations and way forward Education and Training of Medical Physicists - AFOMP Initiatives	AOCMP2021 during 10-12 December 2021, Dhakka, Bangladesh
	21. Cancer prevention, early detection & treatment- Indian scenario	World cancer Day conference, 4 February 2022, Swasthya Kalyan Group, Jaipur
	22. Prof L. S. Ramaswamy Memorial award Oration " Recent advances in radiotherapy for preservation of fertility in cancer patients treated by radiotherapy	International Conference on infertility- ISSRF2022, 11- 13 February, 2022
	23. Science research past present & future-Indian scenario	National Science Day Conference, 28 February 2022, Swasthya Kalyan Group, Jaipur
	24. Overviews of medical physics education courses, accreditation, & certification in the world	JSMP2022 during 14-17 April 2022, Yokohama, Japan
	25. Medical Physics for Sustainable Healthcare- need of Structured Medical Physics Education	International Conference on Physics in Medicine, 26-27 May 2022, Dhaka, Bangladesh
	26. Global Medical Physics Scenario & need in India	IMPW , 10 May 2022
	27. Global Medical Physics Scenario & need for interdisciplinary approach	Sydney University, 9 June 2022
	28. Medical Physics Education, certification, and recognition of profession in AFOMP region Collaboration and cooperation in Medical Physics and Biomedical Engineering in terms of education and training of medical physicists - AFOMP initiatives	World Congress on Medical Physics and Biomedical Engineering- WC2022, 12- 17 June 2022, Singapore
	29. Challenges and realities of Medical Physicists around the world	AAPM Townhall meeting 13 May 2022, USA

Research Paper Published

1. Homeopathy for Everyone

ISSN: 2581-5644

Volume 19, Issue 6, June 18, 2022

Nephrolithiasis with Hydronephrosis Treated with individualised Homoeopathic Medicine: A case Study



Dr. Yogeshwari Gupta



Dr. Piryanka Singh

Abstract: Kidney stones (also called renal calculi or nephrolithiasis or urolithiasis) are hard deposits made of minerals and salts that form inside the kidneys.[1] A 35-year-old lady came to OPD with sonography report showing left side renal calculi 5.6 mm with hydronephrosis and frontal headache for 6 months.

All symptoms are aggravating after motion. Berberis vulgaris was the simillimum which was selected on the basis of symptom similarity. After prescribing 2 doses of Berberis Vulgaris 1M, there were no longer any complaints and the patient was cured in 3 months.

Keywords: Homoeopathy, Renal Calculi, Renal stone, Berberis vulgaris, Repertorization, Individualization, Nephrolithiasis, Synthesis Repertory Radar10.

2. International journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

www.homoeopathicjournal.com

IJHS 2020; 4(4): 31-33

Received: 24-07-2020

Accepted: 28-08-2020

Tinosporacordifolia: A fountain of life force



Dr. Tanuj Rajvanshy



Dr. Jasmeet Patel

Abstract: Medicinal Plants are known for their bioactive compound which is responsible for various beneficial characters. TinosporaCordifolia is one the important as well as very popular medicinal plant spread across the tropics; it is an esteemed medicinal plant whose uses and application with reference to human benefit have been praised to indescribable heights in various Ayurvedic and Vedic scriptures.

Keywords: Tinosporacordifolia, Giloy, Gulancha, Guluchi, heart-leaved

Research Paper Published

3. Know Homoeopathy

Polycystic Ovarian Syndrome & its Homoeopathic Therapeutics



Dr. Stuti Rastogi



Dr. Mansi Sharma

Abstract: High testosterone levels, irregular menstrual periods, and/or small cysts on one or both ovaries are all symptoms of polycystic ovarian syndrome (PCOS). In PCOS individuals, the levels of luteinizing hormone (LH) and gonadotropin-releasing hormone (GnRH) have been shown to be greater.

Keywords: PCOD, GnRH, LH, SHBG, Cyst.

4. International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

www.homoeopathicjournal.com IJHS 2021; 5(3): 05-08

Received: 18-05-2021

Accepted: 04-07-2021

Constitutional treatment of SCH in homoeopathy: A case report



Dr. Shweta Sharma



Dr. Parul Singh

Abstract: Hypothyroidism, also called underactive thyroid, is when the thyroid hormones do not meet our body needs. The world health organization (WHO) estimates that about 2 billion people are iodine deficient, based on urinary excretion data. It is characterized by weight gain, sluggishness, cold intolerance, dryness of skin, constipation and bradycardia. A case of SCH treated with individualized homoeopathic medicine is presented and the improvement was significant showing reduction in the TSH level with overall improvement in health.

Keywords: Subclinical hypothyroidism, individualisation, homoeopathy

Articles Published by Faculty (2020-2021)

Name	Topic of Article Published	Details of Articles (Name of Journal, Date, ISSN No., Impact Factor)
Dr. Tanuj Rajvanshy	1 Lesser Known Homoeopathy Medicines Utility in Functional Dyspepsia, A Modern Life Style Disorder	International Journal of Ayush March-April 2021 Volume 10, Issue 2 ISSN : 2349 7025
	2. Aspidosperma "The Diditalis of Lung"	GFNPSS – International Journal of Multidisciplinary Research January 2022 Volume – 3, Issue – 1 ISSN : 2582-693 X
Dr. Yogeshwari Gupta	3. "Dysthymia and Art of Rapid Prescribing"	International Journal of AYUSH Ayurveda, Yoga, Unani, Siddha & Homoeopathy, ISSN: 2349-7025, Vol-10, Issue 06, Page No. 71-75, Nov.-Dec.2021.
	4. "A Case of Pityriasis Alba Treated with Lachesis Mutus"	Internal Journal of AYUSH Ayurveda, Yoga, Unani, Siddha & Homoeopathy, ISSN: 2349-7025, Vol-10, Issue 06, Page No. 76-81, Nov.-Dec.2021.
	5. "Aspidosperma in Pulmonary Hypertension: A Case Study"	International Journal of AYUSH, ISSN: 2349-7025, Vol -10, Issue 6, Page No. 42-47, Nov-Dec.2021.
	6. "Migraine and Homeopathic Management"	Tantia University Journal of Homoeopathy and Medical Science, E-ISSN: 2581-8899, P-ISSN: 2581-978X, Vol-04, Issue 3, July-Sept. 2021.
	7. "Effectiveness of Homoeopathy in Tinea corporis & Tinea curis-A Prospective, Longitudinal Observational Study"	Internal Journal of Advanced of Ayurveda, Yoga, Unani, Siddha & Homoeopathy, ISSN: 2320-0251, Vol -10, Issue 1, Page No. 618-628, 12 March 2021.
	8. "Importance of mother tinctures and issue remedies in the management of tumours"	The Homoeopathic Heritage, ISSN: 9070-6038 Vol-46 No. 11, Feb. 2021.
	9. Homoeopathy for all "Hymenoptera: A Quick Review"	ISSN: 0973-9823, Published in August 2022 Vol.-24 No. 08
	10. Homoeopathy for all "An outlook on COVID-19 with Homoeopathic Perspective"	ISSN: 0973-9823, Published in July 2022 Vol.-24 No. 07
	11. Tantia University Journal of Homoeopathy & Medical Science, "Obesity & Homoeopathy-A Case Study"	E-ISSN : 2581-8899 P-ISSN: 2581-978X Published in Volume 5 Issue 2 Apr.-June 2022
	12. KNOW Homoeopathy Journal, "Message from Editor-in-Chief"	E-ISSN: 2583-2158, Published in March 2022 Volume 2 Issue 1 Page No. 4-5
	13. KNOW Homoeopathy Journal, "Inaugural Message from Editor-in-Chief"	E-ISSN: 2583-2158, Published in October 2021 Volume 1 Issue 1 Page No. 3
14. Tantia University Journal of Homoeopathy & Medical Science, "Homoeopathic Management In Osteoarthritis"	E-ISSN : 2581-8899 P-ISSN: 2581-978X Published in Volume 4 Issue 1 Jan.-Mar. 2021	
Dr. Ruchira Sharma	1 "A Correlation Study Between Transcutaneous Bilirubin And Total Serum Bilirubin Levels Among Neonates"	Asian Journal of Pharmaceutical and Clinical research, March 2022 -under publication
	2. Homoeopathic approach in Tinea Cruris: A Case report	International Journal of Creative Research Thought, ISSN: 2320-2882, Vol.10, issue 2, 17 February 2022

Articles Published by Faculty (2020-2021)

Name	Topic of Article Published	Details of Articles (Name of Journal, Date, ISSN No., Impact Factor)
Dr. Pranjli Agarwal	1. Adhesive capsulitis & its homoeopathic management	International Journal of Homoeopathic Sciences, E-ISSN: 2616-4493 P-ISSN: 2616-4485, Vol. 5, Issue 1 Part-B, Page No. 71-74, Certificate No. 4-4-44, 2021
	2. Heel pain - a systematic review with homoeopathic management	International Journal of Homoeopathic Sciences, E-ISSN: 2616-4493 P-ISSN: 2616-4485, Vol. 5, Issue 1 Part-C, Page No. 132-137, Certificate No. 4-4-64, 2021
	3. Homoeopathic approach in the management of anxiety disorders	International Journal of AYUSH ISSN No.: 2349-7025, Vol 10, Issue 1, Page No. 9-17, Certificate No. 1721, January-March 2021
	4. Homoeopathic management of overweight and obesity in paediatrics age group.	Tantia University Journal of Homoeopathy and Medical Science Review Article, E-ISSN: 2581-8899, P-ISSN: 2581-978X, Vol.4, Issue 2, April-June 2021
	5. Homoeopathic management of hypothyroidism : A case report	International Journal of AYUSH ISSN No.: 2349-7025, Vol 10, Issue 1, Page No. 92-99, Certificate No. 1745, January-March 2021
Dr. Shuchita Chatterjee	A case report on melasma treated with Homoeopathic medicine	Journal of Emerging technologies And Innovative Research (JETIR), an International Scholarly Open Access Journal, Peer Reviewed, Refereed Journal. Journal no. 63975, ISSN: 2349-5162, Impact Factor- 7.95, Volume- 8 Issue- 1, November-2021, Date of Publication 17-11-21.
Dr. Subhash Chand Yadav	1 A case report of tinea corporis treated by individualized homeopathic medicine	International journal of Homoeopathic sciences, Date 22.01.2021, E-ISSN 2616-4493, P-ISSN 2616-4485 Vol. 5, Issue-1, Year 2021, Page No. 79-81
	2. Corn Treated with homoeopathic medicine: A case study.	International journal of Homoeopathic sciences, Date 24.02.2021, E-ISSN 2616-4493, P-ISSN 2616-4485 Vol. 5, Issue-1, Year 2021, Page No. 234-236
	3. Molluscum contagiosum treated with homoeopathic medicine A Case Study.	International journal of Homoeopathic sciences, Date 15.05.2021, E-ISSN 2616-4493, P-ISSN 2616-4485 Vol. 5, Issue-2, Year 2021, Page No. 42-45
Dr. Bharat Sharma	Importance of mother tinctures and tissue remedies in the management of tumours.	Journal- Homoeopathic Heritage Volume- 46 No. 11 Year- FEB 2021 Page- 21-24 ISSN- 9070-6038
Dr. Anshul	A case report: Pityriasis amenable to individualized homoeopathy	International Journal of Homoeopathic Sciences, 2021, 26164493
Dr. Vinod Kumar	1. Homoeopathic management of hypothyroidism : A case report	International Journal of AYUSH ISSN No.: 2349-7025, Vol 10, Issue 1, Page No. 92-99, Certificate No. 1745, January-March 2021
	2. Adhesive capsulitis & its homoeopathic management	International Journal of Homoeopathic Sciences, E-ISSN: 2616-4493 P-ISSN: 2616-4485, Vol. 5, Issue 1 Part-B, Page No. 71-74, Certificate No. 4-4-44, 2021
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	2. Aspidosperma "The Diditalis of Lung"	GFNPSS – International Journal of Multidisciplinary Research January 2022 Volume – 3, Issue – 1 ISSN : 2582-693 X
Dr. Saurav Deb	Effect of sacroiliac joint manipulation on the hip range of motion and the muscle strength in normal healthy individuals: A double blinded (Two group pretest post test non randomized controlled trial.	
Dr. Pritam Singha	Effect of Shoulder Internal Rotators Strengthening Versus Muscle Energy Technique for Shoulder External Rotators on Bowling Speed Among Fast Bowlers Playing Cricket- A Quasi-Experimental Study	
Dr. Pritam Singha Dr. Mahesh Shou Dr. Kamalika Bhattcharjee	Comparative Study of Contralateral Cervical Lateral Glide and Neural Sliders in Athletes with Cervicobrachial Pain Syndrome.	
Dr. Kamalika Bhattcharjee Dr. Mahesh Shou	Additive Effects of Brunnstrom Approach in Combination with Mechanical Vibration and Mirror Neuron Training on Upper Limb Function in Patients with Subacute Stroke- A Single Blinded Randomized Controlled Trial.	
Dr. Varsha Sharma	1. Homoeopathic management of hypothyroidism : A case report	International Journal of AYUSH ISSN No.: 2349-7025, Vol 10, Issue 1, Page No. 92-99, Certificate No. 1745, January-March 2021
	2. Adhesive capsulitis & its homoeopathic management	International Journal of Homoeopathic Sciences, E-ISSN: 2616-4493 P-ISSN: 2616-4485, Vol. 5, Issue 1 Part-B, Page No. 71-74, Certificate No. 4-4-44, 2021
	3. Heel pain - a systematic review with homoeopathic management	International Journal of Homoeopathic Sciences, E-ISSN: 2616-4493 P-ISSN: 2616-4485, Vol. 5, Issue 1 Part-C, Page No. 132-137, Certificate No. 4-4-64, 2021
	4. Homoeopathic approach in the management of anxiety disorders	International Journal of AYUSH ISSN No.: 2349-7025, Vol 10, Issue 1, Page No. 9-17, Certificate No. 1721, January-March 2021

Book Published

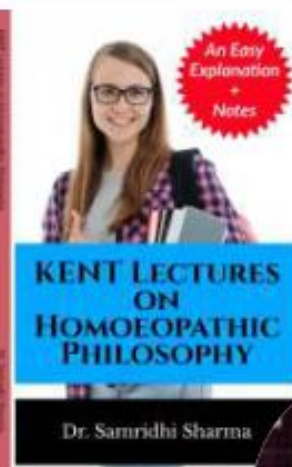
Book Name	Coherent Materia Medica
Author	Hemant Sharma 4th BHMS, Batch – 2018-19 SwasthyaKalyan Homoeopathic Medical College and Research Centre



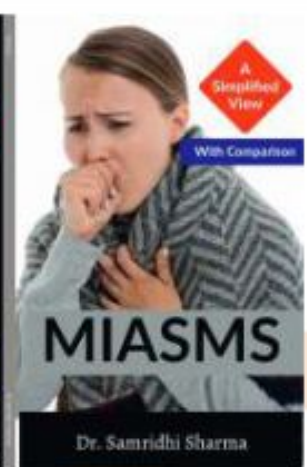
Hemant Sharma

Book Name	MIASMS
Author	Samridhi Sharma 4th BHMS, Batch – 2018-19 SwasthyaKalyan Homoeopathic Medical College and Research Centre

Book Name	Kent Lectures on Homoeopathic Philosophy
Author	Samridhi Sharma 4th BHMS, Batch – 2018-19 SwasthyaKalyan Homoeopathic Medical College and Research Centre



Samridhi Sharma



Dr. Samridhi Sharma



Academic Performance

Campus Rank Holders – 2020-2021 (1/3)

Homoeopathic Medical College and Research Centre

BHMS

4th Year Batch (2016-2017)	1st Rank	Sanskriti Chopra	75.73%
	2nd Rank	Khushi Yadav	73.02%
3rd Year Batch (2018-2019)	1st Rank	Gulnaz Khan	75.91%
	2nd Rank	Ruby Jain	75.25%
2nd Year Batch (2019-2020)	1st Rank	Simran Beg	77.33%
	2nd Rank	Pooja Vijayvergiya	76.88%
1st Year Batch (2020-2021)	1st Rank	Anamika Gupta	75.08%
	2nd Rank	Pragati Mathur	73.01%

Naturopathy & Yogic Sciences

BNYS

5th Year Batch (2016-2017)	1st Rank	Adivarna Pareek	76%
	2nd Rank	Rashmi Gupta	74.3%
4th Year Batch (2017-2018)	1st Rank	Shreya Sinha	77.6%
	2nd Rank	Shubhangi Chauhan	77.5%
3rd Year Batch (2018-2019)	1st Rank	Diksha Jain	73%
	2nd Rank	Meenu Chaudhary	71%
2nd Year Batch (2019-2020)	1st Rank	Ayushi Mudgal	77.9%
	2nd Rank	Prachi Priya Pandey	72.5%
1st Year Batch (2020-2021)	1st Rank	Geetanjali Pareek	71.2%
	2nd Rank	Ashana Jangid	70%

Physiotherapy

BPT

4th Year Batch (2017-2018)	1st Rank	Soniya Soni	83%
	2nd Rank	Harima Rathore	81.7%
3rd Year Batch (2018-2019)	1st Rank	Kavita Singhal	80%
	2nd Rank	Prachi Jain	77.8%
2nd Year Batch (2019-2020)	1st Rank	Khushi Mahor	75.7%
	2nd Rank	Harshita Malinda	71%
1st Year Batch (2020-2021)	1st Rank	Shreyanshi Parwal	79.1%
	2nd Rank	Kritika Somani	73.1%

Campus Rank Holders – 2020 - 2021 (2/3)

Medical Technology & Nursing Education

B.SC. (NURSING)

4th Year	1st Rank	Nitin Kr. Agrawal	81.85%
Batch (2016-2017)	2nd Rank	Ruchi Tyagi	78.14%
3rd Year	1st Rank	Soni Sah	81.20%
Batch (2017-2018)	2nd Rank	Jai Singh Padihar	80.80%
2nd Year	1st Rank	Ashish Kr. Garg	71.84%
Batch (2018-2019)	2nd Rank	Vishal Gahlot	71.23%
1st Year	1st Rank	Balram Dhakar	78.53%
Batch (2019-2020)	2nd Rank	Bindu Choudhary	75.86%

M.SC. (NURSING)

2nd Year	1st Rank	Amanpreet Kaur	81.33%
Batch (2019-2020)	1st Rank	Priya Choudhary	81.33%
	2nd Rank	Simaran Gill	78.33%
1st Year	1st Rank	Monika Kumari	80.57%
Batch (2019-2020)	2nd Rank	Jinumon M.S	76.28%

Post Basic (NURSING)

2nd Year	1st Rank	Vishnu Sahu	77.29%
Batch (2019-2020)	1st Rank	Jitendra Singh Rajawat	75.64%
	2nd Rank	Gopesh	74.70%
1st Year	1st Rank	Kavita Jat	73.30%
Batch (2020-2021)	2nd Rank	Grema Kanwar	70.60%

Post Basic (NURSING)

2nd Year	1st Rank	Vishnu Sahu	77.29%
Batch (2019-2020)	1st Rank	Jitendra Singh Rajawat	75.64%
	2nd Rank	Gopesh	74.70%
1st Year	1st Rank	Kavita Jat	73.30%
Batch (2020-2021)	2nd Rank	Grema Kanwar	70.60%

GNM

3rd Year	1st Rank	Ankur Sharma	63.20%
Batch (2016-2017)	2nd Rank	Urmila Prajapati	57.00%
2nd Year	1st Rank	Rinku Kumari	86.71%
Batch (2017-2018)	2nd Rank	Vaibhav Kr. Sharma	82.85%
1st Year	1st Rank	Rinku Kumari	79.60%
Batch (2017-2018)	2nd Rank	Vaibhav Kr. Sharma	75.60%
1st Year	1st Rank	Abhay Sharma	75.60%
Batch (2018-2019)	2nd Rank	Satyendra	75.40%

Campus Rank Holders – 2020 - 2021 (3/3)

Paramedical Technology (Sitapura)

DMLT 2nd Year Batch (2018-2019)	1st Rank	Vikash Samota	80.64%
	2nd Rank	Meenakshi Kanwar	80.58%
DMLT 1st Year Batch (2019-2020)	1st Rank	Ankita Choudhary	72.26%
	2nd Rank	Pawan Kumar Yogi	69.91%
DRT 2nd Year Batch (2018-2019)	1st Rank	Nitin Kumar Sharma	74.10%
	1st Rank	Vishakha Solanki	74.10%
	2nd Rank	Priyanka Yadav	73.70%
DRT 1st Year Batch (2019-2020)	1st Rank	Astha	68.16%
	2nd Rank	Aarti Solanki	67.66%
D.OPHTHO 2nd Year Batch (2018-2019)	1st Rank	Sonu	78.10%
	2nd Rank	Vishal Dadhich	77.40%
D.OPHTHO 1st Year Batch (2019-2020)	1st Rank	Gunjan Nathawat	74%
	2nd Rank	Vikas Sharma	73.17%

Paramedical Technology (Vidhyashram)

RADIATION

1st Year (2018-2019)	1st Rank	Kushi Sharma
	2nd Rank	Mithalesh Sharma
1st Year (2019-2020)	1st Rank	Akshya Shukla
	2nd Rank	Prachi Sharma

LABORATORY

1st Year (2018-2019)	1st Rank	Kadam Mishra
	2nd Rank	Fareen Khan
1st Year (2019-2020)	1st Rank	Rupal Saini
	2nd Rank	Anjali Choudhary

BLOOD BANK TECHNOLOGY

1st Year (2018-2019)	1st Rank	Seema Bai
	2nd Rank	Gaurav Goyal
1st Year (2019-2020)	1st Rank	Khemlata Poonia
	2nd Rank	Naresh Saini



Speaks

Alumni Speaks (1/2)



Dr. Dhaya G

Faculty Alumni
Wellness Expert, Coimbatore, Tamilnadu
Ex. Faculty
Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

I joined Swasthya Kalyan in the year of 2018

It was a very nice experience. My whole staff members, seniors, colleagues, principal sir every one so kind and helpful towards me. I was a south indian but language was not such a barrier in Swasthya Kalyan. Every person welcomed me and made me feel just like a family. Swasthya Kalyan being a corporate institution always made me feel like just a big family. Every person and worker helps each other to grow. The students here are so lovely and warm. They are enthusiastic to learn new things.. They give proper respect and always follow your guidance. As a teacher, doctor and as a human being I learned a lot from the Swasthya Kalyan institution. It also helped to develop my personality and open new ways for my better career ahead.



Dr. Mudit Sharma

Student Alumni
Batch 2014-15
Medical Officer Yog & Praktik, Govt. of Rajasthan, Jaipur
Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

I joined Swasthya Kalyan as a student. As a student I always felt a very humble and positive atmosphere in our college. The teachers and staff were very cooperative and supportive. They supported me very well throughout my college journey. My Principal Dr Ankesh Singh was very cooperative he gave me every possible exposure. The clinical atmosphere was also nice. My college also take a very well care of my physical and mental health. College organise various health camps, yoga camps, sports and cultural activities time to time. They also organise the future counseling and carrer session. It also conducted national level seminar and webinar time to time. There was strict discipline and code of conduct in my college there was so many committee such as anti ragging and discipline committee to maintain good decorum. From a carrer point of view, I had very nice my juniors who supported me on what to do after my graduation.

Recently a state level medical officer examination was held in Rajasthan, so many students of our college qualified for that exam in their first attempt. Overall It was a very nice experience throughout my college journey it really polished and helped me to develop my personality.

Alumni Speaks (2/2)



Dr. Priyanshi

Faculty Alumni
Lab Technician State Govt. Rajasthan
Ex. Faculty Swasthya Kalyan College of Paramedical Technology

In the beginning of my career I didn't wanted to be an educator, until I realized that teaching was something I was interested in. I was incredibly nervous on my first day of teaching at SKCPT, Jaipur. It was difficult for me to figure out what I should do for every day, but with time, the process got a little bit easier just because of motivation and guidance which I was getting from Dr K. K. Mishra sir (Principal, SKCPT, Jaipur) a person who always inspires me to improve each day. His belief in me helped me to choose the right path and become what I am today. My teaching experience in this institution taught me a lot about what it means to be a teacher and a lot who always inspires me to improve each day. This belief in me helped me to choose the right path and become what I am today. My teaching experience in this institution taught me a lot about what it means to be a teacher and a lot about myself. SKCPT had given in new opportunities for self learning and development, like working as a coordinator in Dedipya was in itself a new area of exploring my hidden skills. Lastly, all I want to say, Teach like it is your last day today! Try to give and share your knowledge so that knowledge can grow and expand to an extent where novelties can bloom and be implemented in order to exercise them for bridging up the loopholes which exist in our societies today.



Dr. Siddharth Panchal

Student Alumni
Batch 2004
Medical Officer Govt. of Rajasthan, Kushalgar Dist. Banswara
Swasthya Kalyan Homeopathic Medical College and Research Centre

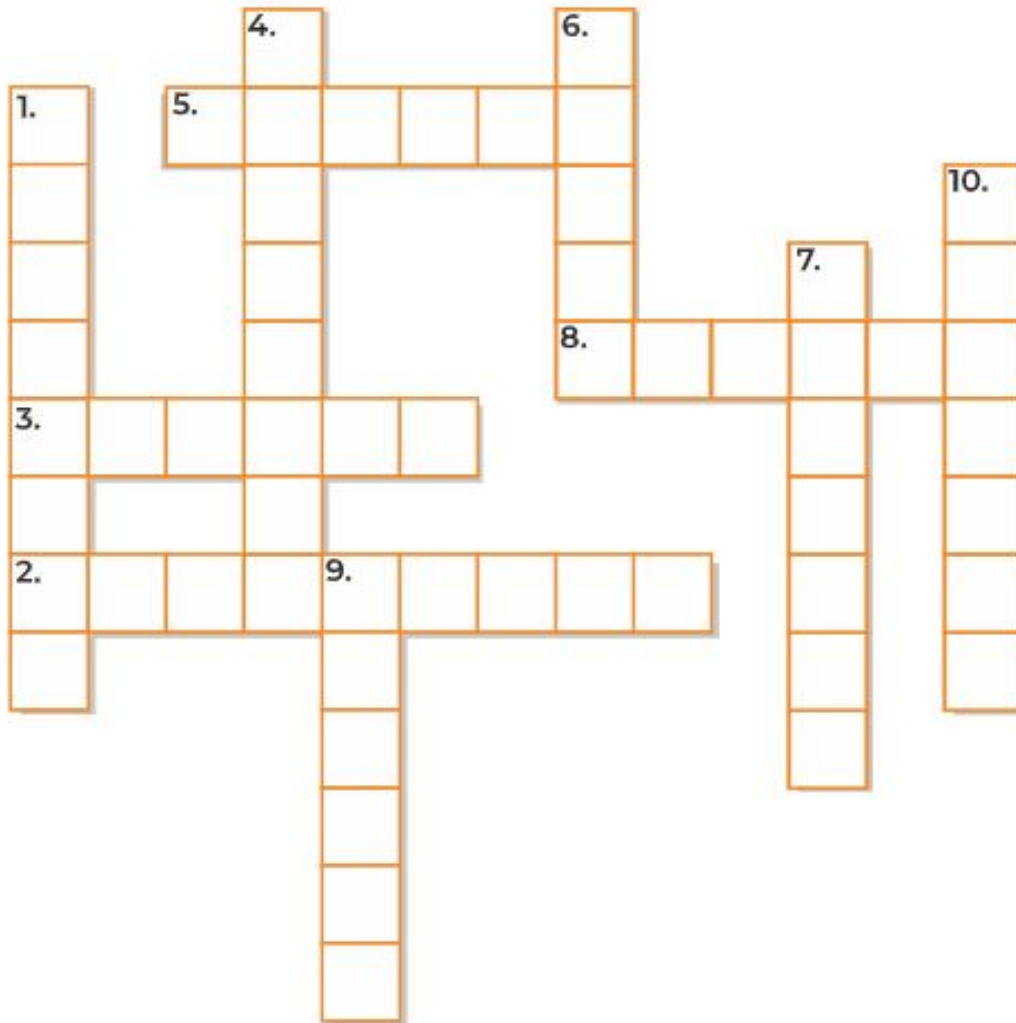
आदरणीय गुरुजनों व प्रिय मित्रों सभी को सादर प्रणाम, स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज एण्ड रिसर्च सेंटर, जयपुर के प्रबन्धान द्वारा मुझसे मेरे विद्यार्थी जीवन के अनुभव साझा करने का जो अवसर प्रदान किया गया उसके लिए मैं कॉलेज प्रबन्धान व मेरे सभी गुरुजनों का अभारी हूँ।

मेरे स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज एण्ड रिसर्च सेंटर, जयपुर में व्यतीत किये गये विद्यार्थी जीवन की कुछ अविस्मरणीय यादें अपने मन में संजोये हूँ। आँखें बन्द करते ही वह खट्टे मीठे पल पुनः मस्तिष्क पटल पर चित्रित हो जाते हैं, जैसे तो काफी सारी यादें जुड़ी हैं। परंतु मोटे तौर पर कहूँ कॉलेज प्रबन्धान का अनुशासन मुझे आज भी याद है। शायद उसी अनुशासन के कारण मैं आज एक सफल चिकित्सक हूँ।

मैं मेरे गुरुजनों की जितनी तारिफ करूँ उतनी कम है। सभी शिक्षकों का मार्गदर्शन व ज्ञान आज भी मेरा पथ प्रदर्शक है। इसी कम में मुझे मेरे वरिष्ठ विद्यार्थी (Seniors) याद आते हैं। उसका समर्पण व सहयोग काफी मददगार रहा। शुरुआती दौर काफी मनोरंजक रहा, खासकर फ्रेशर पार्टी में मुझे मिस्टर फ्रेशर चुना गया था। वो पल आज भी मेरी स्मृति में ताजा है। अतः मेरे सभी साथी, सहपाठी, व मित्र उनकी बहुत याद आती है। कुछ सम्पर्क में हैं व काफी से सम्पर्क नहीं रहा। कुल मिलाकर सभी के साथ व्यतीत किया गया वो समय काफी यादगार रहा।

Crossword puzzle

Homoeopathy at glance



ACROSS

1. I'm the traditional source of medicine.
2. Disease product used as medicine.
5. With my help you can get objective symptoms and I also provide medicine products.
8. Latin word _____ means psora.

DOWN

1. Hahnemann's M.D. degree - _____ university
4. Drug substance that counteract the effect of other?
6. I cover major part of pharmacopoeia!
7. Hi! It's me Bible of Homoeopathy?
9. I'm the second best medicine!
10. The Latin meaning of me is "To please"



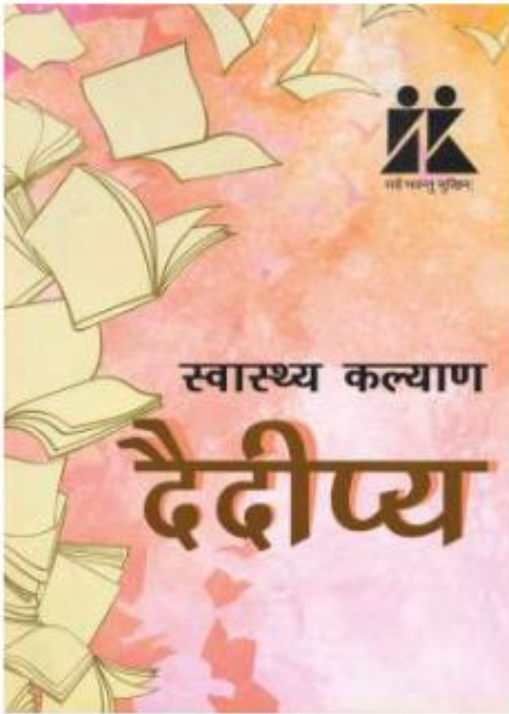
Pooja Vijayvargiya

3rd year BHMS, Batch 2019-20

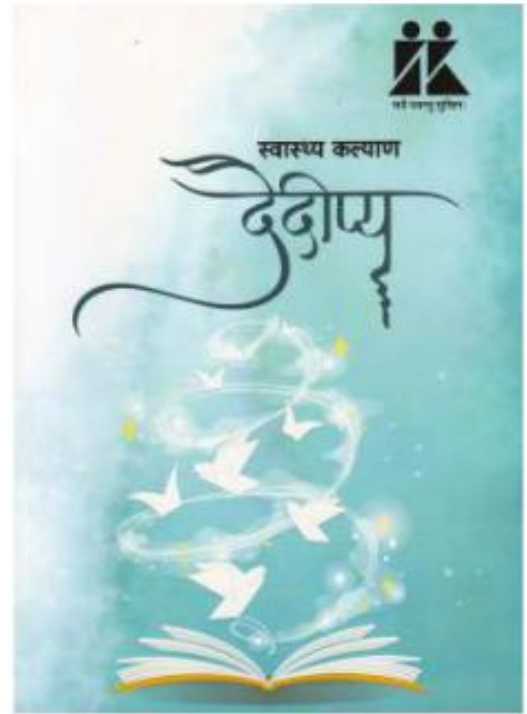
Swasthya Kalyan Homoeopathic Medical College and Research Centre

Answers
1. Erlangen
2. Empirical
3. Nosode
4. Antidote
5. Animal
6. Plant
7. Organon
8. Tsora
9. Rubrum
10. Vitellin

Dedipya Previous Editions



Volume 1st | Year 2018



Volume 2nd | Year 2019



Volume 3rd | Year 2020

Contact Us

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📍 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

HEALTHCARE

Hospital

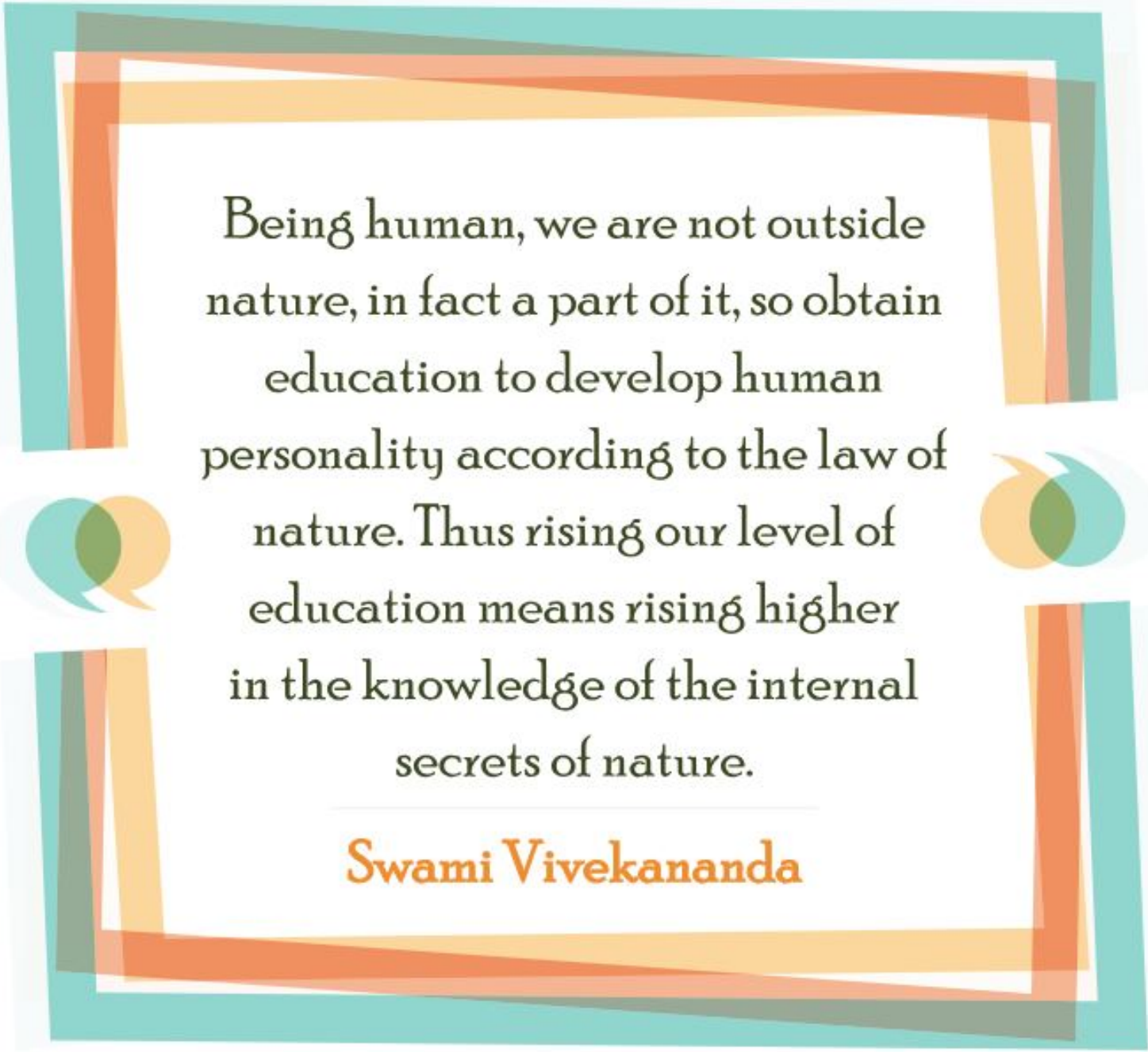
-  Rajasthan Hospitals Limited www.rajasthanhospital.in
📍 Opp. Jaipuria Hospital, JLN Marg, Jaipur, Rajasthan 📞 0141-2720020 📱 @rajasthanhospital
- Swasthya Kalyan Hospital
📍 5449. Prem Bhawan, K.G.B ka Rasta, Johari Bazar, Jaipur, Rajasthan 📞 0141-2567375

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



Being human, we are not outside nature, in fact a part of it, so obtain education to develop human personality according to the law of nature. Thus rising our level of education means rising higher in the knowledge of the internal secrets of nature.

Swami Vivekananda



🌐 www.swasthyakalyan.org

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📍 Swasthya Kalyan Bhawan, RIICO Institutional Area Sitapura, Tonk Road, Jaipur, Rajasthan