



सर्वे भवन्तु सुखिनः

स्वास्थ्य कल्याण

दृष्टि

Volume 6



“I dream of a society that is continuously creating knowledge, where each individual is a part of this creation, where youngsters can pursue courses with freedom of choice, where technology is used for universal access of education and yet the importance of the Guru is retained.”



Honourable Prime Minister
Shri Narendra Modi

“हम राजस्थान को ऐसा राज्य
बनाना चाहते हैं जहां विकास,
संस्कृति और संवेदना तीनों
का सुंदर संगम हो”



Chief Minister of Rajasthan
Shri Bhajan Lal Sharma

सर्वे भवन्तु सुखिनः



“

Preferred by Parents,
Proven for Students

”

कर्मधन्य युगपुरुष

श्री कल्याण प्रसाद अग्रवाल (सूतवाले)

(28 जून, 1925 – 27 नवम्बर, 2001)



संस्थापक

पूरणमल फूलादेवी मेमोरियल ट्रस्ट, जयपुर

From the Chairman's desk

Dr. S. S. AGARWAL

Chairman, Swasthya Kalyan Group
Chairman, Rajasthan Hospital

 @drssagarwal  @drssagarwal



Lighting the Path of Knowledge. Healing. Legacy.

As Swasthya Kalyan Group completes **45 transformative years**, we do more than mark time - we celebrate a legacy of purpose, perseverance, and profound impact.

We began this journey in 1980, with a mission: to make **quality healthcare accessible to all**. But we soon realized that infrastructure alone could not fulfill this vision - we needed skilled, compassionate, and ethical professionals. And so began the second chapter of our journey - one that built **institutions of learning to strengthen institutions of healing**.

Today, I look around with deep pride at **thousands of accomplished alumni**, & a future shaped by **over 25 healthcare programs** ranging from diplomas to doctoral degrees. However numbers don't define us - our **values do**.

At the heart of everything we do is **"TEACH"** -

Teamwork. Excellence. Authenticity. Creativity. Humbleness.

These are not mere words. They are the foundation of every classroom, every clinic, every life we touch.

Healthcare today demands more than knowledge - it demands ethical, adaptability, conviction, wisdom and empathy. Our institutions are committed to producing not just professionals, but **torchbearers of trust and transformation**. To our **students**, I say **"you are the architects of India's healthcare future"** - Let the training be not just by skills but by sincerity. To our **faculty**, I offer my gratitude: your dedication shapes minds, saves lives, and silently builds a stronger nation.

I reaffirm our promise to our community by asserting that: we will continue to elevate standards, evolve with time, and educate with heart.

This edition of **"Dedipya"** is more than a magazine - it is a mirror to our collective consciousness. A space where science meets thought, where creativity meets compassion, where knowledge meets reflection. It brings together the voices of students and teachers, dreamers and doers - all united in their pursuit of better healthcare, and a better world.

My sincere appreciation to the **Editorial Board** for curating this intellectual and creative mosaic. May Dedipya continue to shine - just as its name suggests - as a lamp of learning, lit from one mind to another.

With pride in our past and faith in our future, I send my best wishes to every member of the Swasthya Kalyan family. Let us heal, lead, and illuminate - together.





श्री हरिभाऊ किसनराव बागडे

राज्यपाल, राजस्थान



शुभकामना संदेश

मुझे यह जानकर प्रसन्नता हुई है कि शिक्षा और स्वास्थ्य के विभिन्न क्षेत्रों में कार्यरत 'स्वास्थ्य कल्याण ग्रुप' द्वारा संस्था का वार्षिक विशेषांक 'दैदीप्य-2025' का प्रकाशन किया जा रहा है।

दैदीप्य का अर्थ होता है—प्रकाशमान। सेवा और परमार्थ के कार्य ही जीवन का आलोक पथ है। यह जानना सुखद है कि पिछले 22 वर्षों से मेडिकल, नर्सिंग, योग और प्रौक्तिक चिकित्सा जैसे क्षेत्रों में आपकी संस्था काम कर रही है।

शिक्षा और स्वास्थ्य की बेहतरीन दशाओं से ही जीवन को सार्थक किया जा सकता है। सरकार के साथ निजी प्रयासों के आलोक में निरंतर कार्य हों—तभी भविष्य में 'विकसित भारत' के स्वप्न को हम साकार कर पाएंगे। विश्वास है, आपकी संस्था भविष्य में भी शिक्षा स्वास्थ्य और सेवा में समर्पण भाव से काम करती रहेगी।

मेरी हार्दिक शुभकामनाएं हैं।


(हरिभाऊ किसनराव बागडे)



सत्यमेव जयते

श्री ओम प्रकाश माथुर

माननीय राज्यपाल, सिक्किम
सदस्य – सामान्य प्रयोजन समिति
सदस्य – वाणिज्य समिति
सदस्य – पेट्रोलियम एवं प्राकृतिक गैस समिति



शुभकामना संदेश

मुझे यह जानकर अत्यंत हर्ष की अनुभूति हो रही है कि 'स्वास्थ्य कल्याण ग्रुप' द्वारा शिक्षा के विविध आयामों मेडिकल, नर्सिंग, इंजीनियरिंग, योग एवं प्रौक्तिक चिकित्सा, फिजियोथेरेपी तथा ब्लड बैंक से सम्बद्ध वार्षिक संस्था विशेषांक 'द्वैदीप्य-2025' का प्रकाशन किया जा रहा है।

विगत 22 वर्षों से यह संस्था शिक्षा और स्वास्थ्य के क्षेत्र में जिस समर्पण और सामाजिक उत्तरदायित्व के साथ कार्यरत रही है, वह प्रशंसनीय ही नहीं, अनुकरणीय भी है। आज यह संस्था एक सशक्त वटवृक्ष के रूप में समाज को ज्ञान, सेवा और जागरूकता की छाया प्रदान कर रही है।

'द्वैदीप्य-2025' के माध्यम से अग्रणी बुद्धिजीवियों, वरिष्ठ चिकित्सकों, शिक्षकों एवं प्रतिभाशाली छात्रों द्वारा प्रस्तुत विषयवस्तु निःसंदेह समाज में शिक्षा और स्वास्थ्य के प्रति जागरूकता को सुदृढ़ करेगी। मुझे विश्वास है कि यह विशेषांक न केवल ज्ञान का स्रोत होगा, अपितु भावी पीढ़ियों के लिए दिशा-सूचक भी सिद्ध होगा।

इस प्रेरणादायक प्रयास के लिए 'स्वास्थ्य कल्याण ग्रुप' से जुड़े सभी समाज बन्धुओं को मैं अपनी हार्दिक शुभकामनाएं देता हूँ। संस्था के निरंतर विकास और 'द्वैदीप्य-2025' के सफल प्रकाशन हेतु मेरी मंगलकामनाएं सदैव आपके साथ हैं।

ओम

(ओम प्रकाश माथुर)



श्री गुलाब चंद कटारिया

माननीय राज्यपाल, पंजाब एवं चण्डीगढ़
(केन्द्र शासित प्रदेश)



शुभकामना संदेश

मुझे यह जानकर अत्यंत प्रसन्नता हुई कि स्वास्थ्य कल्याण ग्रुप द्वारा वार्षिक विशेषांक 'दैदीप्य-2025' का प्रकाशन किया जा रहा है। इस विशेषांक के सफल प्रकाशन हेतु हार्दिक बधाई और शुभकामनाएँ प्रेषित करता हूँ।

यह गर्व का विषय है कि इस संस्था द्वारा शिक्षा एवं स्वास्थ्य के विविध क्षेत्रों जैसे मेडिकल, नर्सिंग होम्योपैथी, योग एवं प्राकृतिक चिकित्सा फिजियोथेरेपी तथा ब्लड बैंक में विगत 22 वर्षों से उत्कृष्ट सेवाएँ प्रदान की जा रही हैं जो कि निस्संदेह सराहनीय पहल है।

मुझे विश्वास है कि इस विशेषांक में सम्मिलित प्रबुद्ध चिकित्सकों, शिक्षकों और छात्रों के गुणवत्तापूर्ण आलेख न केवल ज्ञानवर्धक होंगे, बल्कि समाज को स्वास्थ्य एवं शिक्षा के क्षेत्र में नई दिशा भी प्रदान करेंगे। साथ ही संस्था द्वारा संचालित सामाजिक गतिविधियों का इसमें समावेश समाजहित में आपके निरंतर प्रयासों को और अधिक प्रखर रूप से सामने लाएगा।

मैं स्वास्थ्य कल्याण ग्रुप के सभी सदस्यों को इस विशेषांक के सफल प्रकाशन हेतु पुनः बधाई और शुभकामनाएँ प्रेषित करता हूँ। मुझे विश्वास है कि 'दैदीप्य-2025' समाज में जागरूकता, प्रेरणा और सेवा-भावना के प्रसार में महत्वपूर्ण योगदान देगा।

(गुलाब चंद कटारिया)



श्री भजन लाल शर्मा
मुख्यमंत्री, राजस्थान



शुभकामना संदेश

मुझे यह जानकर प्रसन्नता है कि स्वास्थ्य कल्याण ग्रुप द्वारा अपने वार्षिक विशेषांक 'दैदीप्य-2025' का प्रकाशन किया जा रहा है।

भारतीय संस्कृति प्राचीन काल से ही सेवा, सहयोग और संवेदनशीलता की अद्भुत परंपरा से ओत-प्रोत रही है। जरूरतमंदों की सहायता करना और मानवता के प्रति संवेदनशील रहना हमारी जीवन शैली का मूल तत्व रहा है। हमारी संस्कृति में निहित 'सेवा परमो धर्मः' की भावना हमें यह प्रेरणा देती है कि प्रत्येक व्यक्ति के सुख-दुख में सहभागी होना हमारा कर्तव्य है। इसी भावना के अनुरूप स्वास्थ्य कल्याण ग्रुप मेडिकल, नर्सिंग, होम्योपैथी, योग एवं प्राकृतिक चिकित्सा, फिजियोथेरेपी और रक्तदान जैसे क्षेत्रों में सेवाएं देकर सराहनीय कार्य कर रहा है।

स्वास्थ्य कल्याण ग्रुप का यह विशेषांक चिकित्सकों, शिक्षकों और विद्यार्थियों को अपने विचारों की अभिव्यक्ति के लिए एक मंच प्रदान करेगा। यह सभी पाठकों का ज्ञानवर्धन करने के साथ ही संस्था द्वारा संचालित सामाजिक एवं जनकल्याणकारी गतिविधियों से पाठकों को अवगत कराएगा। मुझे विश्वास है कि यह प्रकाशन स्वास्थ्य और शिक्षा के महत्व के प्रति समाज को जागरूक करने के साथ ही सेवा, समर्पण और सहयोग की भावना को और अधिक सशक्त बनाएगा।

मैं इस वार्षिक विशेषांक की सफलता के लिए अपनी हार्दिक शुभकामनाएं प्रेषित करता हूँ।

(भजन लाल शर्मा)



सत्यमेव जयते

डॉ. प्रेमचन्द बैरवा

उप मुख्यमंत्री, राजस्थान



शुभकामना संदेश

मुझे यह जानकर हार्दिक प्रसन्नता है कि स्वास्थ्य कल्याण ग्रुप, राजस्थान हॉस्पिटल जयपुर द्वारा विशेषांक 'दैदीप्य-2025' का प्रकाशन किया जा रहा है। स्वास्थ्य कल्याण ग्रुप शिक्षा एवं स्वास्थ्य के विभिन्न क्षेत्रों यथा मेडिकल, नर्सिंग, होम्योपैथी, योग एवं प्राकृतिक चिकित्सा, फिजियोथेरेपी, ब्लड बैंक आदि में विगत कई वर्षों से कार्यरत है। संस्था के इस विशेषांक में संस्था के अग्रणी एवं बुद्धिजीवी चिकित्सक, शिक्षक एवं छात्रों के विभिन्न विषयों पर गुणवतापूर्ण आलेख सम्मिलित किए हैं तथा साथ ही संस्था द्वारा चलाई जा रही सामाजिक गतिविधियों की जानकारी प्रकाशित होगी।

मैं स्वास्थ्य कल्याण ग्रुप, राजस्थान हॉस्पिटल जयपुर के विशेषांक 'दैदीप्य-2025' के सफल प्रकाशन के लिए स्वास्थ्य कल्याण ग्रुप, राजस्थान हॉस्पिटल जयपुर को हार्दिक बधाई एवं शुभकामनाएं प्रेषित करता हूँ।

(डॉ. प्रेमचन्द बैरवा)



श्री वासुदेव देवनानी

अध्यक्ष
राजस्थान विधानसभा



शुभकामना संदेश

मुझे यह जानकर अत्यंत प्रसन्नता है कि स्वास्थ्य कल्याण समूह द्वारा शिक्षा एवं स्वास्थ्य सेवा के क्षेत्र में निरंतर उत्कृष्ट योगदान दिया जा रहा है। पिछले दो दशकों से भी अधिक समय से यह संस्था चिकित्सा, नर्सिंग, होम्योपैथी, योग एवं प्राकृतिक चिकित्सा, फिजियोथेरेपी तथा रक्तदान जैसे विविध क्षेत्रों में सराहनीय कार्य कर रही है।

संस्था द्वारा प्रकाशित होने वाला वार्षिक विशेषांक 'द्वैदीप्य-2025' संस्था की उपलब्धियों का दर्पण है। यह विद्यार्थियों, अध्यापकों एवं विशेषज्ञों के विचारों का मंच भी है। इस विशेषांक में प्रकाशित लेख और आलेख निश्चित ही समाज को नई दिशा प्रदान करेंगे। साथ ही शिक्षा और स्वास्थ्य के क्षेत्र में नए आयाम भी जोड़ेंगे।

'द्वैदीप्य-2025' विशेषांक के लिये मेरी हार्दिक शुभकामनायें।

(वासुदेव देवनानी)



श्रीमती वसुन्धरा राजे

पूर्व मुख्यमंत्री, राजस्थान
विधायक, झालरा पाटन



शुभकामना संदेश

मुझे यह जानकर प्रसन्नता हुई कि स्वास्थ्य के क्षेत्र में विगत 22 वर्षों से कार्यरत 'स्वास्थ्य कल्याण ग्रुप' वार्षिक संस्था विशेषांक 'दैदीप्य-2025' का प्रकाशन करने जा रहा है, जिसमें संस्था के बुद्धिजीवी चिकित्सकों, शिक्षकों एवं छात्रों के आलेखों का समावेश होगा। इस प्रकाशन में संस्था द्वारा चलाई जा रही गतिविधियों की भी जानकारी दी जाएगी।

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

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

'दैदीप्य' की सफलता के लिए हार्दिक शुभकामनाएं।

वसुन्धरा राजे
(वसुन्धरा राजे)



श्री गजेन्द्र सिंह शेखावत

संस्कृति मंत्री एवं पर्यटन मंत्री भारत सरकार



शुभकामना संदेश

मुझे यह जानकर अत्यंत प्रसन्नता हो रही है कि 'स्वास्थ्य कल्याण ग्रुप' शिक्षा स्वास्थ्य के विभिन्न क्षेत्रों (मेडिकल, नर्सिंग, होम्योपैथी, रोग एवं प्राकृतिक चिकित्सा, फिजियोथेरेपी, ब्लड बैंक) में विगत 22 वर्षों से कार्य कर रहा है। इस संस्था द्वारा वार्षिक विशेषांक 'दैदीप्य-2025' का प्रकाशन किया जा रहा है। इसमें संस्था के अग्रणी एवं बुद्धिजीवी चिकित्सक, शिक्षक एवं छात्रों के विभिन्न विषयों पर गुणवत्तापूर्ण आलेख शामिल रहेंगे। मुझे आशा है कि इस संस्था द्वारा किए जा रहे सामाजिक कार्यक्रम अत्यंत सराहनीय हैं।

इस कार्यक्रम की सफलता के लिए मैं वार्षिक विशेषांक 'दैदीप्य-2025' के लिए बहुत-बहुत शुभकामनाएँ प्रेषित करता हूँ।

Gajendra

(गजेन्द्र सिंह शेखावत)



श्री अर्जुन राम मेघवाल

विधि एवं न्याय राज्य मंत्री
(स्वतंत्र प्रभार) व
संसदीय कार्य राज्य मंत्री



शुभकामना संदेश

अत्यंत प्रसन्नता का विषय है कि विगत 22 वर्षों से मेडिकल, नर्सिंग, होम्योपैथी, योग एवं प्राकृतिक चिकित्सा, फिजियोथेरेपी एवं ब्लड बैंक के माध्यम से शिक्षा एवं स्वास्थ्य के विभिन्न क्षेत्रों में गुणवत्तापूर्ण सेवाएं उपलब्ध करा रहे स्वास्थ्य कल्याण ग्रुप द्वारा अपना वार्षिक विशेषांक 'दैदीप्य-2025' का प्रकाशन कराया जा रहा है।

इस विशेषांक में संस्था के अग्रणी बुद्धिजीवियों, चिकित्सकों, शिक्षकों एवं छात्रों द्वारा प्रस्तुत किए गए बुद्धिमत्तापूर्ण एवं ज्ञानवर्धक आलेखों को शामिल किया जाएगा। इसके साथ ही संस्था द्वारा समाज के समग्र कल्याण हेतु किए जा रहे विभिन्न क्रियाकलापों के संबंध में भी इस विशेषांक में जानकारी उपलब्ध कराई जाएगी।

मैं मानवता की सेवा के लक्ष्य के साथ विभिन्न विशिष्टताओं में उन्नत और उच्च स्तरीय स्वास्थ्य सेवा प्रदान करने के लिए समर्पित इस संस्था द्वारा किए जा रहे मानव कल्याण कार्यों की सराहना करता हूँ तथा संस्था के वार्षिक विशेषांक 'दैदीप्य-2025' के सफल प्रकाशन के लिए अपनी शुभकामनाएं व्यक्त करता हूँ।

(श्री अर्जुन राम मेघवाल)



सत्यमेव जयते

श्री भागीरथ चौधरी

कृषि एवं किसान कल्याण
राज्यमंत्री भारत सरकार



शुभकामना संदेश

मुझे यह जानकर अत्यंत प्रसन्ता हुई कि "स्वास्थ्य कल्याण ग्रुप" द्वारा विगत 22 वर्षों से शिक्षा एवं स्वास्थ्य क्षेत्र में उत्कृष्ट सेवाएँ प्रदान की जा रही हैं और इस अवसर पर 'दैदीप्य-2025' वार्षिक संस्था विशेषांक प्रकाशित किया जा रहा है।

इस विशेषांक के माध्यम से न केवल संस्थान की उपलब्धियाँ और गतिविधियाँ सामने आएँगी, बल्कि यह चिकित्सा, नर्सिंग, होम्योपैथी, प्राकृतिक चिकित्सा, फिजियोथेरेपी और स्वास्थ्य सेवाओं के क्षेत्र में कार्यरत विद्वानों एवं विद्यार्थियों के लिए प्रेरणादायी सिद्ध होगा।

इस अवसर पर मैं स्वास्थ्य कल्याण ग्रुप परिवार को हार्दिक बधाई एवं शुभकामनाएँ प्रेषित करता हूँ। मुझे विश्वास है कि यह विशेषांक समाज में स्वास्थ्य एवं शिक्षा क्षेत्र के प्रति चेतना जगाने में सहायक होगा।

मैं स्वास्थ्य कल्याण ग्रुप परिवार की भावी योजनाओं की सफलता के लिए शुभकामनाएँ देता हूँ तथा कामना करता हूँ कि संस्था निरंतर समाज सेवा में अग्रसर रहे।

म.स.चौधरी

(श्री भागीरथ चौधरी)



श्री जोगाराम पटेल

संसदीय कार्य विभाग, विधि एवं विधिक
कार्य विभाग व विधि परामर्श कार्यालय
एवं न्याय विभाग, राजस्थान सरकार



शुभकामना संदेश

मुझे अत्यंत प्रसन्नता है कि स्वास्थ्य कल्याण ग्रुप गत 22 वर्षों से शिक्षा एवं स्वास्थ्य जैसे महत्वपूर्ण क्षेत्रों में निरंतर सक्रिय रहकर समाज की सेवा कर रहा है। मेडिकल, नर्सिंग, होम्योपैथी, योग एवं प्राकृतिक चिकित्सा, फिजियोथेरेपी तथा ब्लड बैंक जैसे विविध क्षेत्रों में संस्था का योगदान उल्लेखनीय है। यह प्रयास न केवल आमजन के जीवन स्तर को बेहतर बना रहा है, बल्कि आने वाली पीढ़ियों को भी स्वस्थ एवं जागरूक समाज की ओर अग्रसर कर रहा है।

संस्था द्वारा प्रकाशित होने वाला वार्षिक विशेषांक '**दैदीप्य-2025**' निश्चित ही एक ज्ञानवर्धक एवं प्रेरणादायक प्रकाशन होगा। इसमें विद्वान चिकित्सकों, शिक्षकों और विद्यार्थियों के गुणवत्तापूर्ण आलेख समाज को नई दृष्टि प्रदान करेंगे। साथ ही, संस्था की सामाजिक गतिविधियों और उपलब्धियों का समग्र विवरण पाठकों को संस्था के निरंतर जनकल्याणकारी प्रयासों से अवगत कराएगा।

मेरा विश्वास है कि '**दैदीप्य-2025**' भविष्य की पीढ़ी के लिए मार्गदर्शक सिद्ध होगा तथा पाठकों को शिक्षा और स्वास्थ्य दोनों क्षेत्रों में जागरूक करने में सहायक बनेगा।

स्वास्थ्य कल्याण ग्रुप को इस सार्थक पहल के लिए हृदय से बधाई देता हूँ और वार्षिक विशेषांक के सफल प्रकाशन की मंगलकामनाएँ प्रेषित करता हूँ।

(जोगाराम पटेल)



श्रीमती मंजू शर्मा
संसद सदस्य (लोकसभा)
जयपुर



शुभकामना संदेश

मुझे यह जानकर अत्यंत प्रसन्नता हुई है कि स्वास्थ्य कल्याण ग्रुप द्वारा शिक्षा एवं स्वास्थ्य के विभिन्न क्षेत्रों (मेडिकल, नर्सिंग, होम्योपैथी, योग एवं प्रकृतिक चिकित्सा, फिजियोथेरेपी, ब्लड बैंक) में विगत 22 वर्षों से कार्यरत है। इस संस्था द्वारा वार्षिक विशेषांक 'द्वैदीप्य-2025' का प्रकाशन किया जा रहा है। जिसमें संस्था के अग्रणी एवं बुद्धिजीवी चिकित्सक, शिक्षक एवं छात्रों के विभिन्न विषयों पर गुणवतापूर्ण आलेख शामिल रहेंगे तथा संस्था के द्वारा चलाई जा रही सामाजिक गतिविधियों की सम्पूर्ण जानकारी भी रहेगी।

मैं स्वास्थ्य कल्याण ग्रुप के चेयरमैन डॉ. एस. एस. अग्रवाल जी एवं समस्त कार्यकारी सदस्यों का आभार व्यक्त करते हुए उनके उज्ज्वल भविष्य की कामना करती हूँ।

हार्दिक बधाई व शुभकामनाओं सहित।

(श्रीमती मंजू शर्मा)



डॉ. आभिजात सेठ

अध्यक्ष, एनबीईएमएस



शुभकामना संदेश

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

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

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

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

डॉ. आभिजात सेठ

(डॉ. आभिजात सेठ)



डॉ. रमेश अग्रवाल

क्षेत्रीय संघचालक राष्ट्रिय
स्वयंसेवक संघ, राजस्थान
सीनियर कंसलटेंट ऑर्थोपेडिक्स



शुभकामना संदेश

अत्यन्त हर्ष का विषय है कि स्वास्थ्य कल्याण ग्रुप द्वारा संचालित स्वास्थ्य क्षेत्र के विभिन्न प्रकल्पों की जानकारी हेतु वाणषक संस्था विशेषांक 'दैदीप्य-2025' का प्रकाशन किया जा रहा है।

विगत 22 वर्षों से यह संस्था चिकित्सा शिक्षा द्वारा लोक सेवा का महती कार्य सम्पन्न कर रही है। हाणदक बधाई स्वीकार करें।

'दैदीप्य-2025' में भारत के यशस्वी प्रधानमंत्री जी द्वारा विरासत के गौरव-भाव के प्रकटीकरण के रूप में भारतीय ज्ञान परम्परा (स्वास्थ्य एवं चिकित्सा के सन्दर्भ में) की जानकारी हेतु सामग्री चिकित्सा जगत की नई पीढ़ी के लिए समायोजित करना उपयोगी रहेगा।

मैं इस ग्रुप की विभिन्न संस्थाओं तथा वार्षिक संस्था विशेषांक 'दैदीप्य-2025' के सफल प्रकाशन की श्री परमेश्वर के श्रीचरणों में विनम्र प्रार्थना करता हूँ।

सभी को हार्दिक शुभकामनाएँ !!


(डॉ. रमेश अग्रवाल)



श्री रामचरण बोहरा

पूर्व सांसद जयपुर लोकसभा



शुभकामना संदेश

मुझे यह जानकर अत्यन्त हर्ष हो रहा है कि स्वास्थ्य कल्याण समूह द्वारा वार्षिक संस्था विशेषांक 'दैदीप्य-2025' का प्रकाशन किया जा रहा है। यह विशेषांक न केवल संस्था की शैक्षणिक, चिकित्सकीय एवं सामाजिक उपलब्धियों का दर्पण है, बल्कि भावी पीढ़ियों के लिए मार्गदर्शक स्वरूप भी सिद्ध होगा।

स्वास्थ्य एवं शिक्षा के क्षेत्र में संस्था द्वारा किए जा रहे उत्कृष्ट प्रयास समाज के लिए प्रेरणास्रोत हैं। मुझे विश्वास है कि यह विशेषांक पाठकों को उपयोगी जानकारी प्रदान करेगा तथा समाज में स्वास्थ्य – जागरूकता के क्षेत्र में नई दिशा देने में सहायक सिद्ध होगा।

मैं इस अवसर पर स्वास्थ्य कल्याण समूह के चैयरमैन डॉ. एस. एस. अग्रवाल एवं उनकी टीम को बधाई एवं शुभकामनाएँ प्रेषित करता हूँ।

हार्दिक बधाई एवं शुभकामनाओं सहित।


(रामचरण बोहरा)



सत्यमेव जयते

प्रो. (डॉ.) प्रमोद येवले

वाइस चांसलर,
राजस्थान यूनिवर्सिटी ऑफ़ हेल्थ साइंसेज
(RUHS), जयपुर



शुभकामना संदेश

मुझे स्वास्थ्य कल्याण ग्रुप को वार्षिक मैगज़ीन 'दैदीप्य-2025' के पब्लिकेशन पर दिल से बधाई देते हुए बहुत खुशी हो रही है।

पिछले 22 सालों से, स्वास्थ्य कल्याण ग्रुप एजुकेशन और हेल्थ साइंसेज के फील्ड में बहुत अच्छी सेवा दे रहा है, काबिल हेल्थकेयर प्रोफेशनल्स को तैयार कर रहा है और समाज की भलाई में अहम योगदान दे रहा है। आपकी लगातार कोशिशें, दूरदृष्ट्या लीडरशिप और एकेडमिक एक्सीलेंस के लिए कमिटमेंट तारीफ के काबिल है।

मैं स्वास्थ्य कल्याण ग्रुप के चेयरमैन डॉ. एस. एस. अग्रवाल के गाइडेंस और डेडिकेशन की बहुत तारीफ करता हूँ, जिनकी लीडरशिप ने इतने सालों में ग्रोथ, इनोवेशन और कम्युनिटी सर्विस को इन्स्पायर किया है।

इस खुशी के मौके पर, मैं आपके नेक कामों की लगातार सफलता के लिए अपनी शुभकामनाएं देता हूँ। 'दैदीप्य-2025' नए आइडिया, अचीवमेंट्स और उम्मीदों को रोशन करता रहे, और स्टूडेंट्स, फैकल्टी और हेल्थकेयर प्रोफेशनल्स को और ऊंचाइयों की ओर मोटिवेट करता रहे।

बहुत-बहुत शुभकामनाओं के साथ


(प्रो. (डॉ.) प्रमोद येवले)



सत्यमेव जयते

प्रो. (वैद्य) गोविन्द सहाय शुक्ल

कुलगुरु

डॉ. सर्वपल्ली राधाकृष्णन् राजस्थान
आयुर्वेद विश्वविद्यालय, जोधपुर



शुभकामना संदेश

स्वास्थ्य, सेवा और सामाजिक चेतना के क्षेत्र में सतत् कार्यरत स्वास्थ्य कल्याण ग्रुप द्वारा प्रकाशित वार्षिक पत्रिका 'दैदीप्य' के आगामी वार्षिक संस्करण के प्रकाशन के पावन अवसर पर मैं हार्दिक प्रसन्नता व्यक्त करता हूँ।

यह पत्रिका अपने नाम के अनुरूप ज्ञान, स्वास्थ्य एवं सकारात्मक चिंतन की ज्योति को समाज के विभिन्न वर्गों तक प्रसारित करने का सराहनीय कार्य कर रही है। स्वास्थ्य जागरूकता, मानवीय मूल्यों, सेवा-भाव तथा सामाजिक उत्तरदायित्व को सद्बुद्ध करने में 'दैदीप्य' की भूमिका अत्यंत महत्वपूर्ण है। इस प्रकार के प्रयास न केवल समाज को स्वस्थ दिशा प्रदान करते हैं, बल्कि युवाओं एवं स्वास्थ्यकर्मियों को रचनात्मक और सेवा-प्रधान कार्यों के लिए प्रेरित भी करते हैं।

मैं पत्रिका के संपादक मंडल, लेखकों एवं स्वास्थ्य कल्याण ग्रुप से जुड़े सभी सदस्यों को इस उत्कृष्ट प्रयास के लिए हार्दिक बधाईयाँ देता हूँ। साथ ही, मैं यह आशा करता हूँ कि 'दैदीप्य' का यह अंक भी पाठकों के लिए उपयोगी, प्रेरणादायी एवं ज्ञानवर्धक सिद्ध होगा।

ईश्वर से मेरी मंगलकामना है कि स्वास्थ्य कल्याण ग्रुप निरंतर इसी उत्साह, निष्ठा एवं सेवा-भाव के साथ समाज हित में कार्य करता रहे और 'दैदीप्य' निरंतर प्रगति एवं उत्कृष्टता के नए आयाम स्थापित करे।

हार्दिक शुभकामनाओं सहित।


(प्रो. (वैद्य) गोविन्द सहाय शुक्ल)



सत्यमेव जयते

प्रो. वैद्य प्रदीप कुमार प्रजापति

निदेशक

अखिल भारतीय आयुर्वेद संस्थान
(एआईआईए), नई दिल्ली



शुभकामना संदेश

'तस्मात् प्रयत्नमातिष्ठेद्भिषक् स्वगुणसंपदि' चिकित्सा विज्ञान में चिकित्सक एवं शिक्षक को निरन्तर एक विद्यार्थी के गुणों से युक्त रहकर अपने ज्ञान का अभिवर्धन करना होता है क्योंकि चिकित्सा विज्ञान में दिन-प्रतिदिन हो रहे नवीन अनुसंधानों के ज्ञान से युक्त चिकित्सक एवं शिक्षक भी श्रेष्ठ चिकित्सा करने एवं विद्यार्थियों के ज्ञान का संवर्द्धन करने में सफल होते हैं क्योंकि 'न ह्यमानज्ञो दोषादीनां भिषक् व्याधि निग्रहो समर्थो भवति' अल्प एवं अपरिष्कृत ज्ञान वाले शिक्षक एवं चिकित्सक विद्यार्थी व शोधार्थियों को उनके क्षेत्र में प्रोत्साहन नहीं कर पाते हैं।

मेडिकल, नर्सिंग, होम्योपैथी, योग एवं प्राकृतिक चिकित्सा के क्षेत्र में विगत 22 वर्षों से कार्यरत स्वास्थ्य कल्याण ग्रुप द्वारा चिकित्सा एवं शिक्षा के क्षेत्र में किये गये नवीन अनुसंधानों एवं नवाचारों को शिक्षा एवं चिकित्सा के क्षेत्र में विशेषज्ञता प्राप्त अग्रणी एवं बुद्धिजीवियों द्वारा लिखे गये आलेखों को 'दैदीप्य-2025' पत्रिका के माध्यम से चिकित्सा जगत के होनहार विद्यार्थी एवं जिज्ञासु चिकित्सकों तक पहुंचाने का पुनीत कार्य किया जा रहा है। कृत्स्नं शास्त्रमधिगम्य शास्त्रस्य दृढतायामभिधानस्य सौष्ठवे र्थस्य विज्ञाने वचनशक्तौ च भूयो भूयः प्रयतेत् सम्यक्।' विद्वतवृन्दों के नवीन खोजों एवं अनुभवों से युक्त आलेखों से विद्यार्थी, चिकित्सक एवं शिक्षक अपने ज्ञान को परिष्कृत कर प्रतिपादित करेंगे, जिससे सम्पूर्ण जनमानस एवं चिकित्सा जगत में नवीन ज्ञानपिपासुओं की जिज्ञासाओं का शमन होगा।

प्राप्त आलेखों में से उत्कृष्ट आलेखों का चयन कर प्रकाशन करना एक श्रमसाध्य एवं दुरूह कार्य है। इस कार्य को सम्यक रूप से सम्पादित करने वाले स्वास्थ्य कल्याण ग्रुप को मैं शुभकामनायें देता हूँ। साथ ही वार्षिक विशेषांक 'दैदीप्य-2025' के प्रकाशन की बधाई प्रेषित करता हूँ।

(प्रो. वैद्य प्रदीप कुमार प्रजापति)

From the Vice Chairman's desk

**BAIJAYANTI MALA
AGARWAL**

Vice Chairman, Swasthya Kalyan Group



Celebrating a Journey of Purpose, Progress, and People

It fills me with immense joy and pride to share that the Swasthya Kalyan Group is preparing to release the **6th volume** of our much-loved publication, “**Dedipya**”, at a moment when we are also celebrating **over four decades of institutional excellence**.

As I reflect on our journey, what stands out is not just how far we have come - but **how we have grown**. Through every challenge and triumph, our strength has been built on the foundation of **bright minds, dedicated hearts, and a shared sense of purpose**. This institution is not just a group of colleges and hospitals - it is a collective of dreams being realized, skills being sharpened, and values being lived every single day.

Each edition of “**Dedipya**” is more than a magazine. It is a reflection of who we are - a celebration of the **creativity of our students**, the **commitment of our faculty**, and the **spirit of our community**. It gives me great satisfaction to witness the growing literary, intellectual, and artistic excellence that these pages continue to showcase.

I have always believed that success is rooted in **clarity of purpose**. When one reflects inward and aligns their ambitions with a larger cause, their path becomes both clear and powerful. In that sense, education is not merely a system - it is a living force. A force that defines the strength of any nation, whether it’s embedded in the wisdom of our ancient Indian knowledge systems or at the frontier of modern disciplines like **Artificial Intelligence**.

At Swasthya Kalyan, our institutions stand at the confluence of both tradition and innovation. By nurturing a **skilled healthcare workforce**, we are directly contributing to the evolving demands of the healthcare sector. Our students, guided by the core values of “**TEACH**” - *Teamwork, Excellence, Authenticity, Creativity, and Humbleness* - are not only becoming qualified professionals but also **purpose-driven citizens**.

Our **teachers** remain the true gravitational force of this ecosystem. They don’t just deliver education - they shape character, mentor aspirations, and model the ideals they teach. Their influence endures far beyond classrooms, and it is through their guidance that our students are becoming contributors to the nation's growth.

As we turn the page on another successful academic cycle and release this year’s *Dedipya*, I extend my heartfelt gratitude and congratulations **to every member of the Swasthya Kalyan family** - our principals, faculty, staff, officers, students, and trainees. Your passion, dedication, and belief in our collective mission are the pillars of our progress.

May the year ahead bring new energy, new achievements, and deeper purpose to everything we do.

Baijayantimala

From the President's desk

**Dr. SARVESH
AGARWAL**

CEO, Rajasthan Hospital
President, Swasthya Kalyan Group



Leading with Vision. Growing with Purpose.

It is with immense pride & optimism that I welcome you to another extraordinary year at **Swasthya Kalyan Group** - a collective powered by ambition, values, & a shared mission to strengthen the healthcare ecosystem of our nation.

Each day, I witness the **energy, determination, & integrity** that define our students, faculty, & staff. This community is not merely participating in healthcare education - **it is actively shaping the future of healthcare in India.**

At Swasthya Kalyan, excellence is **not a destination - it is a culture.** A culture reflected in the resilience with which our students pursue success and the adaptability with which our faculty embrace innovation. In a time of rapid transformation, their collective response has been nothing short of inspiring. Whether adapting to new methods of teaching or embracing technology-driven learning, our community has shown that when purpose meets passion, progress is inevitable.

Our strength lies in **partnership** - the dynamic bond between educators & learners, between leadership and frontline staff. Mutual trust and respect have been the cornerstones of our journey, and they will continue to guide us as we move forward with clarity and conviction.

We believe every student is a universe of potential. That is why we've created a learning environment that not only celebrates **academic rigor** but also encourages **creativity, critical thinking, social responsibility, and emotional intelligence.** Our vision is to prepare every graduate not just for a career, but for a life of meaningful contribution.

Beyond the classroom, we continue to foster vibrant platforms for **sports, wellness, leadership, and service** - building a generation that is as competent as it is compassionate. The goal is not just employability, but leadership in action - in clinics, hospitals, communities, and the world beyond.

As we enter this new academic year, I am filled with confidence. The world is changing fast, and healthcare is at the forefront of that transformation. I am certain that our students, guided by committed mentors and supported by a dedicated team, will not just keep pace - they will lead the way.

This edition of **Dedipya** captures the spirit of our institutions - reflective, creative, determined, & forward-looking. My heartfelt congratulations to editorial team for weaving voices that represent the soul of Swasthya Kalyan.

To every student, faculty member, & staff - thank you for your passion, your perseverance, and your purpose. Let us continue to dream big, work hard, and make this year one of **remarkable impact & enduring excellence.**

A handwritten signature in black ink, appearing to read 'Sarvesh Agarwal', located in the bottom right corner of the page.

From the CEO & Editor's desk

CA SHRADDHA AGARWAL

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



A Canvas of Thought. A Celebration of Voice.

It is with immense joy and pride that I welcome you to the **6th edition of “Dedipya,”** the annual magazine of the Swasthya Kalyan Group. This edition is more than just a compilation of words - it is a **celebration of spirit, creativity, and collective memory.** Within these pages lie the cherished stories, reflections, and imaginative expressions of our vibrant campus life.

Dedipya continues to be a platform where creativity is not instructed - it is **unleashed.** I have always believed that a mind, much like a parachute, functions best when open - and this magazine serves as that open space. A space where our students can write, reflect, and create with freedom, authenticity, and boldness.

This issue stands as a **testament to the passion, perseverance, and talent** of our students. Every poem, essay, and article speaks of **unfiltered thought and honest effort.** Our young contributors have poured their hearts into these pages - and in doing so, they have created a literary experience that is both joyful and thought-provoking.

Our goal with *Dedipya* has always been two-fold: to celebrate creativity and to foster **holistic development.** In this edition, you will find voices that are bold, curious, reflective, and wise beyond their years. It is my sincere belief that every reader will find within these pages **a spark - an idea, a memory, a moment - that resonates.**

As Helen Keller once said, *“The world is moved not only by the mighty shoves of its heroes, but also by the aggregate of tiny pushes of each honest worker.”* This magazine, a labor of love, is the result of countless such honest efforts. I extend my deepest gratitude to the **Editorial Board,** whose relentless dedication brought coherence and shine to this mosaic of ideas. Sifting through hundreds of entries, they worked with sensitivity and care to ensure every voice found its rightful place.

I also wish to thank our **Principals, faculty members, and the entire Swasthya Kalyan family** for encouraging and nurturing this culture of expression. A special note of thanks to the **dignitaries** who graciously shared their messages and blessings, enriching this edition with their wisdom.

To all our readers - students, teachers, alumni, and well-wishers - I offer my heartfelt best wishes. May *Dedipya* continue to inspire critical thought, joyful reading, and boundless imagination in all who turn its pages.

Let this not be the end of expression, but the beginning of many more voices rising.

A handwritten signature in black ink, appearing to read 'Shraddha', written in a cursive style.

From the Chief Academic Officer desk

Prof. ARUN CHOUGULE

DRP, Ph.D., FAMS, FIOMP, FUICC, FICTP, FACSU, MSRP,
FCMPI, FTWAS

Former Sr. Professor, Department of
Radiological Physics
SMS Medical College & Hospital, Jaipur
Ex-Pro-Vice Chancellor, RUHS



Dear Readers of *Dedipya*,

It is both a privilege and a pleasure for me to write this message for *Dedipya*, Swasthya Kalyan Group colleges magazine that stands as a beacon of youthful energy, thoughtful expression, and academic excellence.

In an era defined by rapid transformation and innovation, Swasthya Kalyan Group remains steadfast in nurturing not just well-informed graduates, but responsible, reflective, and forward-thinking individuals. *Dedipya*, which means “that which radiates light,” the illumination of young minds bright with ideas, alive with imagination, and brimming with potential which beautifully symbolizes the brilliance of our students, faculty, and academic community.

In the journey of education, it is not merely the accumulation of knowledge that defines true learning, but the ability to think deeply, write meaningfully, and ignite curiosity that fuels lifelong growth. *Dedipya*, aptly named after the radiance of light, it beautifully embodies.

It reminds me of a quote by Nobel Laureate Scientist Albert Einstein that “Education *is not the learning of facts, but the training of the mind to think*”

A college magazine is far more than a collection of articles; it is a reflection of a thinking and igniting creativity in the campus. It captures the pulse of the institutions, its dreams, debates, discoveries, & diversity. Through essays, stories, poems, reflections, and academic insights, *Dedipya* gives our students & faculty a canvas to explore the art of expression and the science of reasoning.

As an academician and Dean, I have always believed that writing refines thoughts. When a young mind begins to articulate experiences, challenge ideas, or envision solutions on paper, it is the beginning of transformation from passive learning to active engagement. This habit of reflective writing nurtures not just academic growth, but character, confidence, and clarity.

I am heartened to see sixth edition of *Dedipya* as it continues to evolve into a platform where intellect meets emotion, & creativity meets purpose. It encourages our students to move beyond textbooks to observe, to question, to dream, and to contribute. Academic excellence is not limited to classroom performance; it also stems from critical thinking, innovation, & the courage to question and explore. The pages of *Dedipya* mirror this spirit and serve as a testimony to the vibrant intellect that we strive to cultivate. I am proud to see our students and faculty contributing insightful articles, literary pieces, & creative expressions that transcend disciplines and boundaries.

I congratulate the editorial board, student writers, faculty mentors, and all those whose hard work has made this edition possible. I take this opportunity to thank the visionary and proactive leadership of the Swasthya Kalyan Group for giving utmost importance to value-based education and training. The management provide all the platforms so that the students are mentored in all aspects of education and training. Its testimony that many of our students got awards on various platforms for their skills and creativity. Let this magazine not just record our achievements, but spark conversations, kindle thoughts, and inspire every reader to think more deeply, write more freely, and live more purposefully.

May *Dedipya* continue to shine, and may it keep igniting minds for many generations to come.

Best wishes,

Arun Chougule

Editorial Team



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About Swasthya Kalyan Group

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



About Pooranmal Phoola Devi Memorial Trust

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

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

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



Founder and Beacon Light

28 June 1925 to 27 November 2001

Why Choose Swasthya Kalyan?

Where Purpose Meets Excellence in Education and Healthcare

At Swasthya Kalyan, we don't just educate — we empower. We don't just treat — we transform. Here's why thousands trust us as their launchpad for meaningful healthcare careers:



Unmatched Academic Ecosystem

With 7 prestigious institutions offering **25+cutting-edge courses**, we span the full spectrum - from diplomas to doctoral programs. Whether you're stepping into healthcare for the first time or scaling academic heights, our diverse curriculum is built to match the demands of a rapidly evolving medical world.



Healthcare Excellence You Can Trust

We operate **advanced hospitals, licensed blood banks, and modern pharmacies**, all backed by expert clinicians and state-of-the-art technology. Our infrastructure doesn't just support learning - it saves lives and shapes future-ready professionals through hands-on exposure.



Guided by Values. Driven by Purpose.

At the heart of Swasthya Kalyan lies a deep commitment to our core values:

Teamwork | Excellence | Authenticity | Creativity | Humbleness.

These aren't just words - they define how we teach, how we serve, and how we lead.



Future-Proof Skill Development

From simulation labs to clinical rotations, our programs are designed to **learn real-world skills** with precision. We bridge the gap between knowledge and action, preparing you not just to pass exams - but to lead in operating rooms, clinics, and communities.



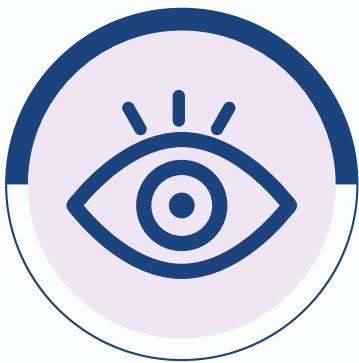
Join the Swasthya Kalyan Movement

By choosing us, you become part of a legacy - one that is building a **healthier, more ethical, and empowered India**. You're not just earning a degree - you're stepping into a lifelong mission of healing and humanity.

*Your Journey Starts Here.
And It Starts Here With Purpose.*

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



TEAMWORK

Better together



TEACH

EXCELLENCE

Stay curious and strive for the best



HUMBLENESS

Respect each other



CREATIVITY

Adapt to change; Innovate for growth



AUTHENTICITY

Transparency and clear communication

What do we offer



Education

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



Health Care

HOSPITALS

- Rajasthan Hospital
- Swasthya Kalyan Homoeopathic Hospital
- Homoeopathy Peripheral Dispensaries

BLOOD BANKS

- Swasthya Kalyan Blood Bank
- Apex Swasthya Kalyan Blood Bank

PHARMACY

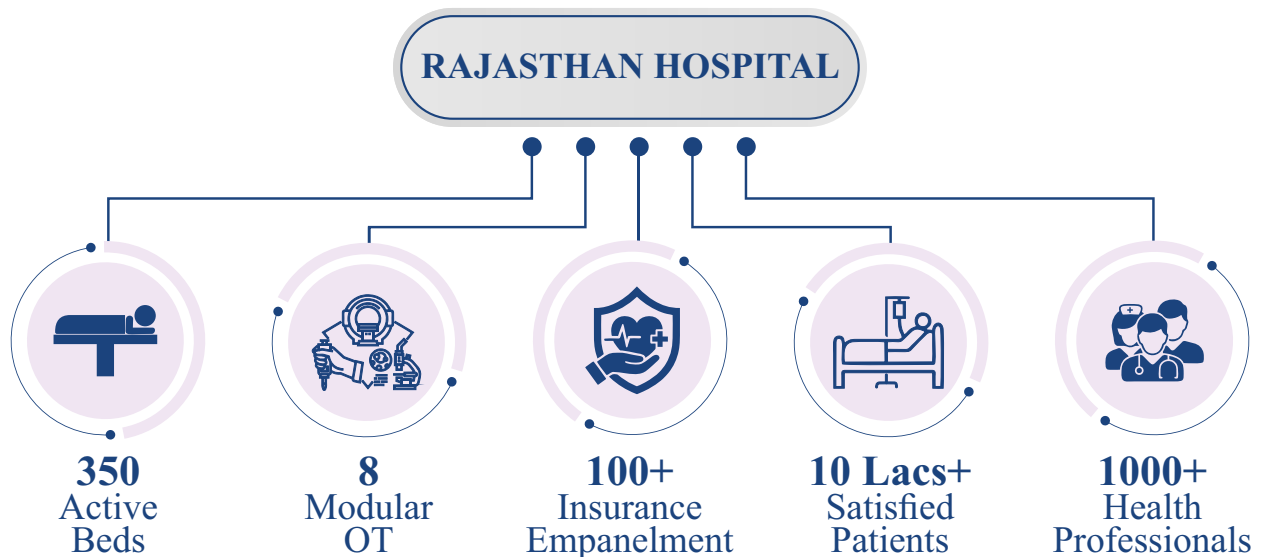
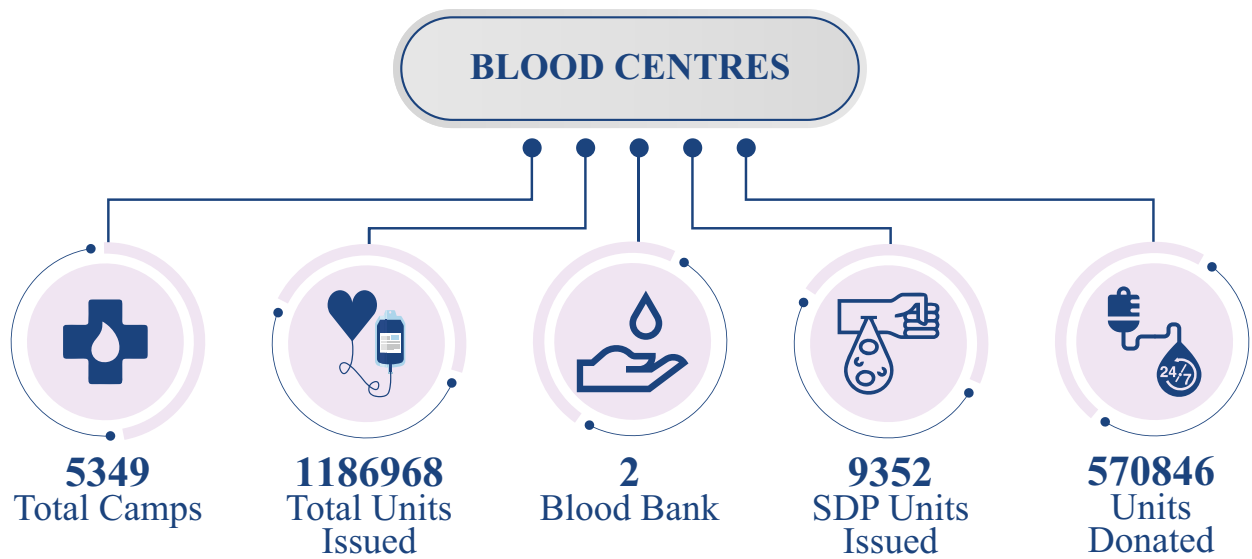
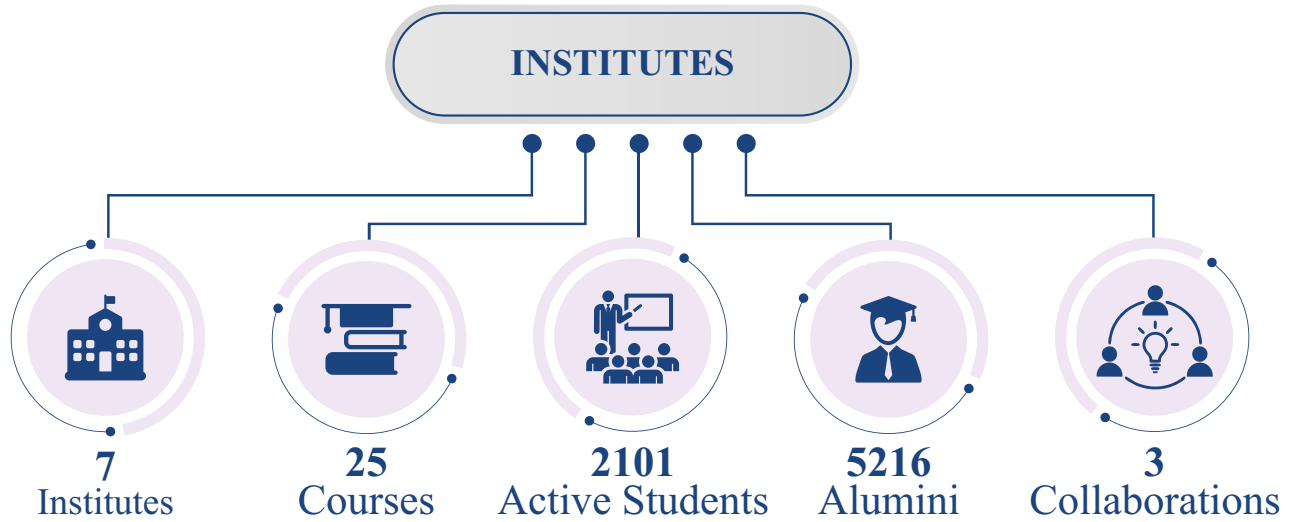
- Pradhanmantri Jan Aushadi Kendra
- Swasthya Kalyan Homoeopathic Pharmacy



सर्वे भवन्तु सुखिनः

Swasthya Kalyan Group

at a glance



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

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

2007

2005

- B.Sc Nursing in IMTNE
- Swasthya Kalyan College of Physiotherapy
- Swasthya Kalyan Naturopathy & Yog Centre
- Started publishing Rajasthan Swasthya Kalyan Health Times English Edition

2004

2002

ISBTI Award for Best Blood Bank

2001

- Agrasen Swasthya Kalyan Blood Bank
- Cash award on World AIDS Day by Govt. of Rajasthan

2000

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

1998

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

1997

Awarded Cash Reward of Rs. 50,000 for blood donation awareness by His Excellency The Governor of Rajasthan on Republic Day Celebrations

1996

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

First private ambulance services of Rajasthan

1995

Swasthya Kalyan Hospital

1988

First Non Government private blood bank of Rajasthan

1984

1982

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

1980

The Beginning



Foundation of Puranmal Phoola Devi Memorial Trust

First district yog & wellness centre of Jaipur under Government of India

2008

- B.Sc Nursing & Post Basic Nursing in IMTNE

2010

- Rajasthan Innovation Centre
- Sevayatan Swasthya Kalyan Blood Bank
- Started publishing Rajasthan Swasthya Kalyan Health Times Hindi Edition

2011

Apex Swasthya Kalyan Blood Bank

2013

2014

- Started RAJASTHAN HOSPITAL a 350 bedded multispecialty hospital project 

2015

- MOU signed with CCRH, New Delhi
- MD (Homoeo) Practice of Medicine, Psychiatry, Pharmacy, Organon of Medicine

2016

- KP Memorial Centre for Blood
- Swasthya Kalyan ITI, Tonk

2017

MOU signed with Govt. of Rajasthan at Resurgent Rajasthan summit for Skill & Medical Education Complex

- BNYS degree course in Swasthya Kalyan Institute of Naturopathy & Yogic Sciences
- Swasthya Kalyan College of Paramedical Technology
- Swasthya Kalyan Labs
- MD (Homoeo) Materia Medica, Repertory, Pediatrics
- M.Sc in Nursing
- Bhartiya Pradhanmantri Jan Aushadhi Kendra

2019

- PhD (Hom) MM, Repertory & PM
- NABH accreditation to RHL
- SKHMC Institute Ethics Committee Registration

2021

- MOU with NIA (National Institute of Ayurveda)
- MOU signed with Lincoln University College, Malaysia

2022

- First Edition of Journal of Classical Homoeopathy Published

2023

2024

- Started Swasthya Kalyan College of Pharmacy
- CCRH Signed MOU with SKHMC&RC

2025

- NABH Accreditation for RHL Emergency Department Excellence in Nursing Silver Level in Digital Health
- BNYS expanded to 100 seats



Dr. S. S. AGARWAL

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

A Visionary Leader in Health & Education

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

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

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

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

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

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

Achievements Timeline

2025

- Honoured by RAAJMAI - A US doctors' association at Miami, USA
- Inaugurated the CODFICON 2024 (Contact & Occupational Dermatoses Forum of India) at RIC, Jaipur

2024

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

2023

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

2022

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

2021

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

2020

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

2019

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

2018

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

2017

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

2016

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

2015

- Awarded for exemplary Services by Vaidhya 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 on 'Drug Free, Environmental India' by ABVP Tonk - 27 July 2015
- Distinguished guest at UFYLC 'Model United Nations' a mock debate at Law College Raj University
- Felicitated at State Executive Meeting by Vaishy Sammelan Tonk District. On 26 Sept. 2015
- Felicitated by Jai Club Jaipur on election as National President IMA
- Chief Guest & Speaker at Program of Institute of Company Secretaries of India (ICSI)
- Felicitated by Rajasthan Pradesh Vaish Mahasammelan, Shrimati Govindi Devi Indarlal Derewala Trust & Eternal Hospital at Free Heart, Angiography-Plasty, Handicap assistance, Diabetes Check up & Consultation Ca
- Felicitated as Guest of Honor on Doctors Day Celebration by Delhi Medical association on 5 July 2015
- Guest of Honor at IMA UP State 2nd State Working Committee meeting & EVOLVE 2015 - CME on 7 June 2015
- Guest of Honor at 55th Maharashtra State Annual Scientific Conference MASTACON-2015 by IMA Mumbai West
- Felicitated as Guest of Honor on Annual day 2015 of Vikas Vidhya Mandir Sr Sec. School

2014

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

2013

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

2012

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

2011

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

2010

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

2009

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

2008

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

2006

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

2004

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

2003

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

2001

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

2000

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

1998

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

1997

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

1996

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

1995

- First Non Government private blood bank of Rajasthan

1988

- First private ambulance services of Rajasthan

1984

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

1982

- Swasthya Kalyan Hospital

1980

- Foundation of Purnamal Phoola Devi Memorial Trust

Swasthya Kalyan Gallery (1/3)



1996

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



1984

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



1998

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



2016

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



2005

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



2022

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



2021

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

Swasthya Kalyan Gallery (2/3)



1996

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



2018

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



2015

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



2018

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



2018

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



2021

Meeting Smt Smriti Irani Union Minister of Women & Child development



2009

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



2019

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

Swasthya Kalyan Gallery (3/3)



2023

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



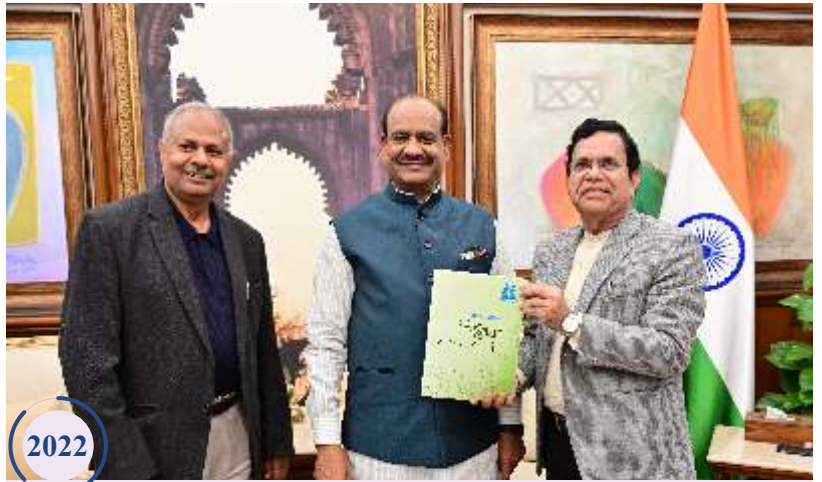
2023

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



2021

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



2022

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



2024

Prof. Pradeep K Prajapati VC - SRRAU, Dr. Premchand Bairwa Dy. Chief Minister & Minister for Health Raj. at Convocation Ceremony



2023

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



2023

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



2024

युवाओं की हुंकार by Shehzad Poonawalla in distinguish presence of Dy. CM Raj. Ms. Diya Kumari

Key Persons in Swasthya Kalyan Journey



Ms. Baijayanti Mala Agarwal

Trustee
Pooran Mal Phoola Devi Memorial Trust



Mr. G. D. AGARWAL

Former Chairman of Trust
Pooran Mal Phoola Devi Memorial Trust



Mr. R. S. AGARWAL

Former Trustee
Pooran Mal Phoola Devi Memorial Trust



Mr. S. B. AGARWAL

Former Trustee
Pooran Mal Phoola Devi Memorial Trust



Dr. K. K. MISHRA

Advisor
Swasthya Kalyan Group



Dr. R. L. AJMERA

Former Advisor
Swasthya Kalyan Group



Mr. PRADEEP AGARWAL

Director Infra
Swasthya Kalyan Group



Mr. MANOJ KHEMKA

Head Finance & Accounts
Swasthya Kalyan Group



Mr. ANAND AGARWAL

Managing Director
Swasthya Kalyan Blood Bank



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



Late Dr. VINOD ARORA

Advisor
Swasthya Kalyan Group



Late Dr. H. N. MANGAL

Director Technical
Swasthya Kalyan Blood Bank



Late Dr. RAMMOHAN GUPTA

Director, Swasthya Kalyan
Homoeopathic Medical College



Education

Courses Offered

Swasthya Kalyan Homoeopathic Medical College & Research Centre

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

Institute of Medical Technology & Nursing Education – Nursing Division

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

Swasthya Kalyan College of Physiotherapy

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

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

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

Swasthya kalyan College of Paramedical Technology

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

Institute Of Medical Technology & Nursing Education – Paramedical Division

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

Swasthya Kalyan College of Pharmacy

- Diploma in Pharmacy (D Pharma) 2 year programme

College Leadership



Dr. Yogeshwari Gupta
Principal



Swasthya Kalyan
Homoeopathic Medical College
& Research Centre

सर्वे भद्रान्त्सु सुखिनः
@skhmcjaipur

Dr. Tanuj Rajvanshy
Vice Principal



Prof. (Dr.) Aklavya Bohra
Principal



Swasthya Kalyan
Institute Of Naturopathy And Yogic Sciences

सर्वे भद्रान्त्सु सुखिनः
@skinysyoga

Dr. Rambabu Potluri
Vice Principal



Prof. (Dr.) Dhruv Taneja
Principal



Swasthya Kalyan
College of Physiotherapy

सर्वे भद्रान्त्सु सुखिनः
@skocphy

Dr. Deepak Rajpurohit
Vice Principal



Dr. Charu Pundhir
Principal



Institute of Medical
Technology & Nursing
Education: Paramedical Division

सर्वे भद्रान्त्सु सुखिनः
@imt.ne.paramedical.division

Dr. Mahesh Arora
Professor Emeritus



Dr. K.K. Mishra
Principal



Swasthya Kalyan
College of Paramedical Technology

सर्वे भद्रान्त्सु सुखिनः
@swasthyakalyancollege

Mr. Gopal Sharma
Vice Principal



Dr. Satish Avasthi
Principal
Nursing College & GNM



Institute of Medical
Technology & Nursing Education

सर्वे भद्रान्त्सु सुखिनः
@swasthyakalyannursingcollege

Mr. Jitendra Sharma
Vice Principal-Bsc



Miss. Garima Dadhich
Principal



Swasthya Kalyan
College of Pharmacy

सर्वे भद्रान्त्सु सुखिनः
@skcop.jaipur

Mr. Sathya Prakash Tiwari
Vice Principal-GNM



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

Celebrating Student Placements





Glimpses of Media Coverage

एसकेएचएमसी में मनाया विश्व होम्योपैथिक दिवस



जयपुर. जयपुर के सीतापुरा स्थित स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज और रिसर्च सेंटर में विश्व होम्योपैथिक के अवसर पर होम्योपैथी के प्रतिष्ठित संस्थापक डॉ. सीमुअल हेनिमैन को श्रद्धांजलि दी गई। कार्यक्रम में कॉलेज के प्रिंसिपल, संकाय और छात्रों की भागीदारी रही। कॉलेज की प्रिंसिपल डॉ. योगेश्वरी गुप्ता ने बताया कि संकाय सदस्यों और छात्रों के साथ, होम्योपैथी के क्षेत्र में उनके महत्वपूर्ण योगदान को सराहा गया। साथ ही सामूहिक रूप से डॉ. हेनिमैन को सम्मान दिया गया। विशिष्ट अतिथि डॉ. अरुण चोगले और डीन होम्योपैथी आयुर्वेद विश्वविद्यालय जोधपुर डॉ. पंकज शर्मा ने मुख्य अतिथि के रूप में शोभा बढ़ाई। उन्होंने डॉ. हेनिमैन की विरासत को मनाने और होम्योपैथिक चिकित्सा के सिद्धांतों को आगे बढ़ाने के महत्त्व को रेखांकित किया। होम्योपैथिक पद्धति में निहित परोपकारिता की भावना के अनुरूप, स्वास्थ्य कल्याण बलड बैंक टीम की ओर से रक्तदान शिविर का आयोजन किया गया, जिसमें डॉ. ओ पी. गुता, एम.डी. भोजवानी, सहित जोशी और रजत कुदेशिया शामिल थे। इस पहल का उद्देश्य जीवन बचाने और समुदाय की भलाई को बढ़ावा देने के नेक काम में योगदान देना है। रक्तदान कार्यक्रम समन्वयक डॉ. अजय यादव, डॉ. अपूर्वा दीक्षित और डॉ. पूर्णिमा ने मानवता की सेवा में कॉलेज के सहयोगात्मक प्रयास पर प्रकाश डालते हुए, फल की सफलता सुनिश्चित करने में महत्वपूर्ण भूमिका निभाई। इस अवसर पर इन्फार्मेटिक भाषाओं की एक श्रृंखला आयोजित की गई, जिसमें कॉलेज की प्रिंसिपल डॉ. योगेश्वरी गुप्ता, डॉ. पंकज शर्मा, डॉ. अरुण चोगले और डॉ. श्रद्धा अग्रवाल ने अस्ट्रैटिस्ट साइंस की। उनके ज्ञान और प्रोत्साहन के शब्दों ने दर्शकों को होम्योपैथिक अभ्यास और अनुसंधान में उत्कृष्टता के लिए प्रयास जारी रखने के लिए प्रेरित किया।

जैव सांख्यिकी, अनुसंधान प्रस्ताव और पेपर लेखन पर कार्यशाला



जयपुर. समाचार जगत न्यूज, स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज सोलापुर व राष्ट्रीय मिशन अकादमी, भारत (राजस्थान पैटर) के संयुक्त तत्वाधान में नृत्यकार को अनुसंधान पद्धति तथा जैवसांख्यिकी एवं अनुसंधान प्रस्ताव एवं पेपर लेखन पर एक दिवसीय राष्ट्रीय कार्यशाला का आयोजन किया गया। कार्यक्रम में डॉ. विष्णु कटोच ने अनुसंधान पद्धति और जैवसांख्यिकी, डॉ. एनके लोहिया अनुसंधान प्रस्ताव, डॉ. अरुण चोगले, डॉ. विनोद कुमार एसबी, डॉ. अरुण खन्ना ने पेपर लेखन एवं डॉ. जेपी सिंह तथा डॉ. अरुण चोगले व विद्यान स्टडी पर विस्तृत जानकारी दी। अतिथि प्रचारकों डॉ. योगेश्वरी गुप्ता ने सभी बकवासों का स्वागत किया।

एसकेएचएमसी की तीन छात्राएं दिल्ली में सम्मानित



जयपुर. समाचार जगत न्यूज, स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज और रिसर्च सेंटर, सीतापुरा, जयपुर की तीन छात्राओं को छात्रावृत्ति से सम्मानित किया गया। कॉलेज प्राचार्य डॉ. योगेश्वरी गुप्ता ने बताया कि इनमें साक्षी यादव (बैच 2018-19), कनिष्का मेहरा (बैच 2018-19) और प्रमोद भास्कर (बैच 2020-21) को 10 और 11 अक्टूबर 2024 को नई दिल्ली के द्वारका में पारोर्गुंध, द्वितीय इंटरनेशनल कन्वेंशन और एकादश दिनों में विश्व होम्योपैथी दिवस 2024 के अवसर पर होम्योपैथी कार्यक्रम प्रस्ताव में अत्यंत उत्कृष्टता के लिए छात्रावृत्ति से सम्मानित किया गया। एकादश दिनों के प्रिंसिपल डॉ. योगेश्वरी गुप्ता, निदेशक डॉ. पंकज शर्मा और उनके संशोधन मार्गदर्शक (डॉ. शोभा लेखरवाल, डॉ. अरुण चोगले और डॉ. विष्णु कटोच) छात्रों के साथ गवर्नर महारथ, कर रहे हैं। उन्होंने एकादश दिनों के छात्रों को इस उपलब्धि के लिए बधाई दी।

स्वतंत्रता दिवस: वक्ताओं ने स्वतंत्रता की महत्ता पर विचार रखें 'दैदीप्य' के पंचम संस्करण का विमोचन



जयपुर. स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज एवं रिसर्च सेंटर सीतापुरा के प्रांगण में 78 वें स्वतंत्रता दिवस हार्बोल्लास से मनाया गया। महाविद्यालय प्राचार्य डॉ. योगेश्वरी गुप्ता ने बताया कि इस अवसर पर वार्षिक पत्रिका 'दैदीप्य' के पंचम संस्करण का विमोचन किया गया। मुख्य अतिथि राजस्थान विश्वविद्यालय के कुलसचिव अवधेश सिंह ने ध्वजारोहण कर, समारोह में उपस्थित महाविद्यालय के कर्मचारियों एवं विद्यार्थियों को सम्बोधित करते हुए स्वतंत्रता की महत्ता प्रकाश डाला। कार्यक्रम में स्वास्थ्य कल्याण ग्रुप के प्रबंध निदेशक डॉ. सर्वेश अग्रवाल, सीईओ श्रद्धा अग्रवाल, डीन एकेडीमिक डॉ. अरुण चोगले, डीन राजस्थान आयुर्वेद विश्वविद्यालय डॉ. पंकज शर्मा ने अपने विचार रखे। स्वास्थ्य कल्याण बलड बैंक में डॉ. के के मंगल, डॉ. डी एस मलिक, आनंद अग्रवाल सहित अन्य गणमान्य ने ध्वजारोहण किया। गामा भवन नारायण सिंह स्कूल में मनोज खैरमा, राकेश शौतलानी एवं अन्य ने ध्वजारोहण किया।

तीसरे दिन उमड़ी भीड़, रोगियों को निःशुल्क परामर्श व औषधियां



तीसरे दिन उमड़ी भीड़, रोगियों को निःशुल्क परामर्श व औषधियां

स्वास्थ्य कल्याण होम्योपैथी और योगा मेडिकल कॉलेजों का दीक्षांत समारोह निरोग रहने के लिए दिनचर्या सुधारें, करें योग : डिप्टी सीएम अब तक 150 स्टूडेंट पासआउट



जयपुर. डॉ. सर्वपल्ली राधाकृष्णन राजस्थान आयुर्वेद यूनिवर्सिटी जोधपुर से सम्बद्ध स्वास्थ्य कल्याण समूह के दो महाविद्यालयों, स्वास्थ्य कल्याण होम्योपैथी मेडिकल कॉलेज एण्ड रिसर्च सेंटर और स्वास्थ्य कल्याण इंस्टीट्यूट ऑफ़ नेचुरोपैथी एण्ड योगिक साइंसेज के दीक्षांत समारोह में दोनों महाविद्यालयों के 302 स्टूडेंट को डिग्री और मेडल प्रदान किए गए। उप मुख्यमंत्री डॉ. प्रेमचंद बैरवा एवं अन्य अतिथियों ने 295 स्टूडेंट को स्नातक और 17 स्टूडेंट को स्नातकोत्तर की डिग्रियां बांटीं। सीतापुरा जयपुर स्थित स्वास्थ्य कल्याण कैम्पस में रत्निका को आयोजित समारोह में मुख्य अतिथि के रूप में प्रदेश के उप मुख्यमंत्री एवं आयुष मंत्री डॉ. प्रेम चंद बैरवा ने चिकित्सा पद्धतियों के प्रोत्साहन के लिए डॉ. एसएस अग्रवाल की सराहना की। उन्होंने कहा कि इलाज से पहले और बाद में भी व्यक्ति को स्वस्थ रखने में योगा का अहम योग होता है। उन्होंने इस बात पर जोर दिया कि निरोग रहने के लिए दिनचर्या को सुधारें और प्रतिदिन योग करें। डॉ. बैरवा ने नए चिकित्सकों को सेवा भावना के साथ काम करने का आह्वान किया। समारोह के विशिष्ट अतिथि डॉ. सर्वपल्ली राधाकृष्णन राजस्थान आयुर्वेद यूनिवर्सिटी जोधपुर के कुलपति प्रो. प्रदीप कुमार प्रजापति ने कहा कि जयपुर में स्वास्थ्य कल्याण योग और होम्योपैथी कॉलेज सरकार के मापदंडों पर तैयार रहकर काम कर रहे हैं। ऐसे में सरकार भी होम्योपैथी और योग के विस्तार को लेकर प्रतिबद्ध है और इस पर काम कर रही है। समारोह को अध्यक्षता करते हुए एसएमजे के अध्यक्ष और राजस्थान हॉस्पिटल एवं स्वास्थ्य कल्याण समूह के चेयरमैन डॉ. एस एस अग्रवाल ने कहा कि अपने माता-पिता से मिले सोच के संस्कारों को लेकर यह प्रबंध से ही प्रदेश में चिकित्सा क्षेत्र में नवाचार करते रहे हैं। निजी क्षेत्र की एम्प्लोयर्स, स्टैंड अलॉग बलड बैंक, बलड कम्पोजेंट

अब तक 150 स्टूडेंट पासआउट
यहाँ स्वास्थ्य कल्याण इंस्टीट्यूट ऑफ़ नेचुरोपैथी एवं योगिक साइंसेज में बीएसवएसएस डिग्री परीक्षाफल जारी कर प्रिंसीपल डॉ. योगेश्वरी गुप्ता ने कहा कि अब तक 150 स्टूडेंट पास आउट हुए हैं। इस वर्षीय परीक्षा के 2015-16, 2016-17 और 2017-18 बैच के कुल 108 स्टूडेंट्स को डिग्री प्रदान की गई। सीईओ सीए सीटी बलड अग्रवाल ने अतिथियों का धन्यवाद ज्ञापित किया। समारोह में समूह की सहस्र निदेशक श्रीमती वैजयंतीका अग्रवाल, इंदिरा अग्रवाल, डीन अश्विनीका, डॉ. अरुण चोगले, राजस्थान आयुर्वेद यूनिवर्सिटी जोधपुर के होम्योपैथी डीन डॉ. प्रकाश शर्मा, योग डीन डॉ. एकलव्य शर्मा, होम्योपैथी मेडिकल कॉलेज की प्राचार्य डॉ. योगेश्वरी गुप्ता एवं डीन सीटी अग्रवाल डॉ. रामभद्र सहित स्वास्थ्य कल्याण कैम्पस विस आनंद सहस्र निदेशक डॉ. प्रदीप एवं फिजिशियन के अलावा अन्य प्रतिनिधियों की उपस्थिति में।

सेपरेसन, गामा इन्फेक्शन कैम्पस से लेकर अनेकस्थानेक चकल चिकित्सा क्षेत्र में की है। स्वीडिश रक्तदान के क्षेत्र में पहल करते हुए अजयनन में जागरूकता के माध्यम से ब्लड की डिमांड और सत्यापन में अंतर को डिमांड और सत्यापन में अंतर को ध्यान में रखा है। उन्होंने स्टूडेंट को इमानदारी और मेहनत से अपनी सरलता का इतिहास लिखने के लिए प्रेरित किया। स्वास्थ्य कल्याण समूह के एमडी डॉ. सर्वेश अग्रवाल ने संस्था की ओर से किंग्स का डॉ. अश्विनीका प्रणोय को जनसमर्थन दे। उन्होंने कहा कि स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज एवं रिसर्च सेंटर को स्थापित वर्ष 2002 में हुई थी। इसके बर्तमान में कोयलाखण के अतिथि 7 विच्छेदों में एमडी और पीएचडी परीक्षाओं में संलग्न हैं। इस वर्षीय परीक्षा के 2015-16, 2016-17 और 2017-18 बैच के कुल 108 स्टूडेंट्स को डिग्री प्रदान की गई। इनमें 17 स्टूडेंट को स्नातकोत्तर की डिग्री प्रदान की गई।

विश्व एंड मिस्टर डॉयनामिस रहे असा एवं अभिनव

वार्षिक, स्पोर्ट्स एवं कल्चरल वीक, 'डॉयनामिस 24' का रंगारंग समापन

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जयपुर, स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज एण्ड रिसर्च सेंटर, सीतापुरा, जयपुर के वार्षिक कार्यक्रम 'डॉयनामिस 24' स्पेक्ट्रम एवं कल्चरल वीक में असा एवं अभिनव विधा एण्ड मिस्टर डॉयनामिस रहे। समापन समारोह को सम्बोधित करते हुए प्रुप डॉ. चेत्यरमैन डॉ. एस.एस. अग्रवाल ने कहा कि केवल किताबी ज्ञान से अलग बेहतर नहीं बनाया जा सकता, इसके लिए आवश्यक है योग्यतापूर्ण प्रदर्शन। डॉ. अग्रवाल, डॉ. चेत्यरमैन और डॉ. अग्रवाल ने कहा कि केवल किताबी ज्ञान से अलग बेहतर नहीं बनाया जा सकता, इसके लिए आवश्यक है योग्यतापूर्ण प्रदर्शन।



मेरे प्यार की धुन, को सुन्दर प्रस्तुति से सभी को मंत्रमुग्ध कर दिया। डिफरेंट थीम पर स्टूडेंट्स के रैप वॉक ने दर्शकों को रोमांचित किया। कार्यक्रम में पूरे सप्ताह चले खेल और सांस्कृतिक प्रतियोगिताओं के प्रतिभागियों और विजेता तथा उप विजेताओं को डॉ. एस.एस. अग्रवाल, चेत्यरमैन स्वास्थ्य कल्याण ग्रुप के साथ सभी अतिथियों, डॉ. योगेश्वरी गुप्ता प्राध्यापक, डॉ. अरुण शर्मा, डॉ. राजीव गुप्ता, डॉ. ओ.पी. गुप्ता, डॉ. जगदीश प्रसाद शर्मा व डॉ. राजकृति धाकड़ आदि उपस्थित रहे।

होम्योपैथी में बहुत अच्छे रस्कोप : राजरानी

कार्यक्रम की मुख्य अतिथि होम्योपैथी निदेशिकाएं, जयपुर की निदेशिका डॉ. राजरानी यादव ने कहा कि बच्चे, हर एजेंट में ही प्रवेशीय होने से रिजल्ट को 100 प्रतिशत ही मिलेगा। उन्होंने आश्चर्यजनक रूप से कहा कि सरकारी प्रथा से ज्यादा नर्सों को निकालने का प्रयास कर रही है, जिससे बच्चों को जैव मिल सके, लेकिन जो सरकारी नौकरी में नहीं जा सके, उनके लिए ही होम्योपैथी में बहुत अच्छे रस्कोप है। उन्होंने पारंपरिक और आधुनिक स्वास्थ्य के लिए दोनों में ध्यान देने का आग्रह किया।

विश्व होम्योपैथी दिवस; 51 सदस्यों के दल ने की शिरकत



जयपुर। हैनिमन की 269वीं जयंती और विश्व होम्योपैथी दिवस के अवसर पर भारत सरकार, आयुष नज्दत, सी.सी.आर.एच. व अन्य संस्थाओं के समूहिक प्रयास के तहत कोयंबूर, झारका दिल्ली में 2 दिवसीय भव्य सम्मेलन में जयपुर के स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज के 51 सदस्यों के दल ने शिरकत की। दल में 6 छात्र

दिल्ली में होम्योपैथी दिवस पर कार्यक्रम स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज का दल हुआ शामिल



जयपुर, समाचार जगत न्यूज, हैनिमन की 269वीं जयंती व विश्व होम्योपैथी दिवस के अवसर पर भारत सरकार, आयुष नज्दत, सी.सी.आर.एच. व एन. तहत यशोभूमि, झारका दिल्ली में 2 दिवसीय आयोजित समारोह में स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज के 51 सदस्यों के दल ने शिरकत की, जिसमें 6 संकाय सदस्य व 45 पीजीआर/पीएचडी/प्रशिक्षु चिकित्सक व विद्यार्थियों ने अपनी भागीदारी व उपस्थिति दर्ज करवाई। कार्यक्रम का उद्घाटन राष्ट्रीय द्रोपदी मुर्मू ने किया व समस्त होम्योपैथिक चिकित्सकों को शुभकामनाएं व

स्वास्थ्य कल्याण कैंपस में स्वच्छता ही सेवा अभियान का आयोजन

समाचार जगत न्यूज

जयपुर, स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज और रिसर्च सेंटर, सीतापुरा, जयपुर में 'स्वच्छता ही सेवा' अभियान का सफल आयोजन किया गया। राष्ट्रीय होम्योपैथी आयोग की ओर से निर्देशित इस अभियान में बीएचएमएस द्वितीय व फाइनल ईयर के छात्रों ने सक्रिय भागीदारी दिखाई। अभियान के दौरान छात्रों ने कॉलेज कैंपस के भीतर और बाहर के परिसर के साथ ही आसपास की सड़कों की भी सफाई की। इस



अवसर पर कॉलेज की प्रिंसिपल डॉ. योगेश्वरी गुप्ता ने छात्रों को संबोधित करते हुए स्वच्छता के महत्त्व पर जोर दिया। उन्होंने कहा कि स्वच्छता न केवल स्वास्थ्य के लिए आवश्यक है, बल्कि यह समाज में जागरूकता और जिम्मेदारी का प्रतीक भी है। डॉ. राजकृति धाकड़, सहायक प्रोफेसर, सामुदायिक चिकित्सा विभाग ने छात्रों का मार्गदर्शन प्रदान किया। छात्रों की ऊर्जा और उत्साह ने इस अभियान को सफल बनाने में महत्वपूर्ण भूमिका निभाई। कॉलेज प्रशासन ने इस पहल के माध्यम से न केवल स्वच्छता को बढ़ावा दिया, बल्कि छात्रों में सामाजिक जिम्मेदारी की भावना भी विकसित की।

जीवन में सकारात्मक सोच रखने के लिए किया प्रोत्साहित



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जयपुर, स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज एण्ड रिसर्च सेंटर के गैर-शिक्षण कर्मचारियों के लिए ऋत्विज्यकारी संस्था के सहयोग से स्वास्थ्य कल्याण परिसर में 'सकारात्मक सोच' पर प्रशिक्षण कार्यक्रम आयोजित किया गया। सहन बोकें शैली और कहन वोकें शैली ने सकारात्मक सोच के महत्त्व और दैनिक जीवन में

इसे कैसे प्राप्त किया जाए, इस पर सभी को संबोधित किया। कार्यक्रम में 31 गैर-शिक्षण सदस्यों ने भाग लिया। एसकेएचएमएस एंड आरसी के सहायक प्रोफेसर डॉ. अपूर्व दीक्षित और डॉ. कनिका अग्रवाल के संयोजन में आयोजित इस कार्यक्रम में स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज की प्रिंसिपल डॉ. योगेश्वरी गुप्ता ने जीवन में सकारात्मक सोच रखने के लिए प्रोत्साहित किया।

अभिनव मिस्टर तो अक्षा मिस डॉयनामिस बर्नी

सिटी रिपोर्टर | मेरे डोलना सुन..., मेरे प्यार की धुन... गीत पर प्रस्तुति देकर स्टूडेंट्स ने दर्शकों का मनोरंजन किया। रैप वॉक ने दर्शकों को रोमांचित किया। अवसर था 'डॉयनामिस 24' का। जहां कल्चरल के साथ-साथ स्पोर्ट्स एक्टिविटीज हुईं। अभिनव मिस्टर और अक्षा मिस डॉयनामिस चुनी गईं। कार्यक्रम स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज एण्ड रिसर्च सेंटर सीतापुरा के एनुअल डे पर आयोजित किया गया। समापन समारोह को संबोधित करते हुए ग्रुप के चेत्यरमैन डॉ. एस.एस. अग्रवाल ने कहा कि केवल किताबी ज्ञान से अपना कैरियर नहीं बनाया जा सकता।

वित्तीय धोखाधड़ी और ऑनलाइन फ्रॉड से बचने के लिए किया जागरूक



जयपुर, समाचार जगत न्यूज, स्वास्थ्य कल्याण ग्रुप सीतापुरा कैंपस में स्थित इन्स्टीट्यूट ऑफ मेडिकल टेक्नोलॉजी एण्ड नर्सिंग एजुकेशन में सेवी जयपुर के सहयोग से आयोजित कार्यशाला में वित्तीय धोखाधड़ी, ऑनलाइन ठगी एवं साइबर फ्रॉड से लोगों को बचाने के लिए जागरूक किया गया। कार्यक्रम के मुख्य व्याख्यान डॉ. गिरीश गोयल ने ऑनलाइन धोखाधड़ी के तरीके और उससे बचने के बारे में विस्तृत जानकारी दी। सभी को ऑनलाइन फ्रॉड करने वाली से सावधान रहने के टिप्स दिए। स्वास्थ्य कल्याण ग्रुप के डीन एवं चीफ एकेडमिक डॉ. अरुण वैगेल ने अपने भाषण में अपने विचार प्रकट किये। कार्यक्रम के संयोजक नर्सिंग कॉलेज के प्राचार्य डॉ. सतीश अवस्थी ने बताया कि कार्यशाला का मुख्य उद्देश्य सभी शिक्षकों को एवं आम नागरिकों को ऑनलाइन फ्रॉड से बचने के लिए जागरूक करना है। कार्यक्रम में डॉ. योगेश्वरी गुप्ता प्राचार्या होम्योपैथिक मेडिकल कॉलेज कॉलेज, डॉ. विकास अग्रवाल प्राचार्य फार्मसी कॉलेज, डॉ. महेश अरोरा प्राचार्य, डॉ. चारु पुंडिर प्राचार्य पैरामेडिकल कॉलेज, डॉ. रामबाबु प्राचार्य योगा कॉलेज एवं नर्सिंग कॉलेज के सभी अध्यक्ष उपस्थित थे।

अंतरराष्ट्रीय नर्सस सप्ताह के तहत हुआ पैनल डिस्कशन



जयपुर, समाचार जगत न्यूज. अंतरराष्ट्रीय नर्सस सप्ताह के अन्तर्गत गुरुवार को जयपुर के स्वास्थ्य कल्याण ग्रुप के सीतापुरा स्थित इन्स्टीट्यूट ऑफ मेडिकल टेक्नोलॉजी एण्ड नर्सिंग एजुकेशन में बी. एस. सी. नर्सिंग चतुर्थ सेमेस्टर एवं जी.एन.एम द्वितीय वर्ष के विद्यार्थियों के साथ पैनल चर्चा का आयोजन रखा गया। कार्यक्रम में पेंलटीष्ट आर.एच.एल नर्सिंग सुपरिंडेंट विजेन्द्र शर्मा, कालेज के प्राचार्य डॉ. सतीश अवस्थी, जितेन्द्र शर्मा, महेश कुमार सोनी, शीला शर्मा एवं संस्था की फैक्टलीज मीजूद रहे। पैनल चर्चा के आयोजन में विद्यार्थियों ने उत्साह और रुचि दिखाई। पैनल चर्चा का विषय इम्यूनिंग वर्किंग कंडीशन एण्ड एड्रेसिंग वर्नाआउट रहा। आर.एच.एल नर्सिंग सुपरिंडेंट विजेन्द्र शर्मा, संस्था के प्राचार्य डॉ. सतीश अवस्थी, महेश कुमार सोनी व शीला शर्मा ने नर्सिंग थीम के साथ इस संदर्भ में चर्चा की तथा सभी विद्यार्थियों को पैनल डिस्कसन के माध्यम से नर्सज के योगदान के बारे में अवगत कराया। संस्था के प्राचार्य डॉ. अवस्थी ने पैनल चर्चा में उपस्थित होने वालों को धन्यवाद व शुभकामनाएं दी। शुक्रवार को डोनेट ब्लड सेव लाइफ थीम पर रक्तदान शिविर का आयोजन किया जाएगा। 10 मई को नर्सज डे थीम पर विजय कम्पटीशन होगा। 11 को डिवेट कम्पटीशन और 12 मई को नर्सिंग डे सेलिब्रेशन होगा।

विजय और वाद-विवाद प्रतियोगिता में स्टूडेंट ने दिखाई प्रतिभा



समाचार जगत न्यूज

जयपुर, स्वास्थ्य कल्याण ग्रुप ऑफ इन्स्टीट्यूट ऑफ मेडिकल टेक्नोलॉजी एण्ड नर्सिंग एजुकेशन, सीतापुरा में इन्टरनेशनल नर्सस वीक के चौथे दिन विजय प्रतियोगिता एवं वाद विवाद प्रतियोगिता का आयोजन किया गया। "Are Single Use Plastics a Sustainable Solution or a Growing Health Threat?" थीम पर आधारित वाद विवाद प्रतियोगिता एवं Nursing Knowledge for Better Tomorrow थीम पर विजय प्रतियोगिता पर आधारित रही विद्यार्थियों को संस्था के प्राचार्य

डॉ. सतीश कुमार अवस्थी ने शुभकामनाएं दी। वाद विवाद एवं विजय प्रतियोगिता के माध्यम से बी.एस.सी. नर्सिंग एवं जी.एन.एम विद्यार्थियों के द्वारा "Single Use Plastic" के फायदे एवं नुकसान बताने गये। कार्यक्रम में बी.एस.सी. नर्सिंग एवं जी.एन.एम के सभी विद्यार्थी एवं शिक्षकगण उपस्थित थे। वाद विवाद प्रतियोगिता में विजेता बी.एस.सी. नर्सिंग व उपविजेता जी.एन.एम रही एवं विजय प्रतियोगिता में विजेता बी.एस. सी. नर्सिंग तृतीय वर्ष व उपविजेता बी.एस.सी. नर्सिंग तृतीय सेमेस्टर रही। विजेता व उपविजेता वैच को संस्था के डीन डॉ. अरुण चौगले ने सम्मानित किया।

आईएमटीएनई में इंटरनेशनल नर्सस दिवस मनाया



जयपुर, समाचार जगत न्यूज। स्वास्थ्य कल्याण ग्रुप ऑफ इन्स्टीट्यूट ऑफ मेडिकल टेक्नोलॉजी एण्ड नर्सिंग एजुकेशन, सीतापुरा में इन्टरनेशनल नर्सस दिवस का आयोजन किया गया। "हमारी नर्स, हमारा भविष्य नर्सों की देखभाल से अर्थात्स्वस्था मजबूत होती है" थीम पर आयोजित इस कार्यक्रम में संस्था के डीन डॉ. अरुण चौगले ने नर्सिंग प्रोफेशन के दौरान परिष्कृत में महत्ता के बारे में बताया। डॉ. योगेश्वरी गुप्ता प्राचार्य होम्योपैथिक कॉलेज ने नर्सिंग सेवा को मातृ सेवा के समान बताया एवं डॉ. ध्रुव तनेजा प्राचार्य फिजियोथेरेपी ने ग्रीकसी के प्रथम को नर्सिंग सेवा को जोड़ते हुए कर्म पर ध्यान देने के लिए सभी को प्रेरित किया। संस्था के प्राचार्य डॉ. सतीश कुमार अवस्थी ने सभी फैकल्टीज और विद्यार्थियों को अपने कर्म के प्रति समर्पण भाव रखने की बात कही। इस दौरान रविन्द्र वैधवी ने थीम पर आधारित नर्सज की महत्वापूर्ण भूमिकाओं को बताया। महेश कुमार सोनी, जितेन्द्र शर्मा, अमित कुमार, अरुण चौगले के बारे में बताया। कार्यक्रम के अंत में धन्यवाद प्रार्थना उपकरणों पर जी. तिवाारी ने दिया। इस अवसर पर डॉ. एकलव्य बोरहरा (प्राचार्य योगा कॉलेज), उषाचाराय जितेन्द्र शर्मा, प्रोफेसर रविन्द्र वैधवी, मोहश किष्क, अमित कुमार जागिड़ सहित सभी फैकल्टी मेम्बरों एवं छात्र-छात्राएं उपस्थित थे।

विश्व स्तन पान सप्ताह पर सेमिनार

बताए स्तन पान के फायदे

जयपुर, समाचार जगत न्यूज. स्वास्थ्य कल्याण ग्रुप के इन्स्टीट्यूट ऑफ मेडिकल टेक्नोलॉजी एण्ड नर्सिंग एजुकेशन में विश्व स्तनपान सप्ताह का आयोजन किया जा रहा है। आयोजन को विषय स्तनपान संरक्षक के दौरान एक्टिविटीज सेमिनार का आयोजन किया गया। सेमिनार में बी.एस.सी. नर्सिंग-चतुर्थ वर्ष के विद्यार्थी प्रदीप चौधरी, अदिति सैनी, जितेन्द्र शर्मा, रेणु प्रजापत एवं भवना साहसवत ने स्तनपान के फायदे तथा इसके तरीके एवं संरक्षण के बारे में अवगत कराया। कार्यक्रम वादविवाद प्रतियोगिता के विजेता डॉ. अदिति अवस्थी,



समयम को और सुशी रीत के सम्बन्धन में आधारित किया गया। जितेन्द्र कुमार शर्मा उपस्थितों ने फेडरेशन में सुधरे बच्चों को किस तरह से स्तनपान करना चाहिए के बारे में अवगत कराया। डॉ. अदिति अवस्थी ने मातृओं को स्तनपान के सही तरीकों के बारे में बताया। इस अवसर पर संस्था में पोस्टर प्रतियोगिता व प्रश्नोत्तरी भी रखी गई,

नर्सज वीक में किया रक्तदान



जयपुर, समाचार जगत न्यूज. स्वास्थ्य कल्याण ग्रुप ऑफ इन्स्टीट्यूट ऑफ मेडिकल टेक्नोलॉजी एण्ड नर्सिंग एजुकेशन, सीतापुरा में इन्टरनेशनल नर्सस वीक का आयोजन किया गया। स्वास्थ्य कल्याण ब्लड बैंक के तत्वाधान में डॉ. ओ.पी. गुप्ता, एम. डी. भोजवानी एवं उनकी टीम के नेतृत्व में आयोजित इस अवसर पर ब्लड डोनेशन कैम्प की शुरुआत डॉ. अरुण चौगले तथा कॉलेज के प्राचार्य डॉ. सतीश अवस्थी ने की। कॉलेज छात्र-छात्राओं और फैकल्टी ने इस अवसर पर 44 यूनिट रक्तदान किया। साथ ही युवाओं ने हर साल रक्त दान का भी संकल्प लिया। स्वास्थ्य कल्याण समूह के चेयरमैन डॉ. एस. एस. अग्रवाल ने अपने संदेश में रक्त दान के मानव समाज की सेवा में महत्वपूर्ण योगदान को उद्घृत किया एवं सभी को नर्सस वीक एवं इंटरनेशनल नर्सज डे की शुभकामनाएं प्रेषित की। समूह के वाइसचेयरमैन डॉ. सर्वेश अग्रवाल और सीईओ श्रद्धा अग्रवाल ने अपने संदेश में छात्र-छात्राओं रक्त दान जुड़ी खुशियों को बताते हुए युवाओं को रक्तदान के लिए प्रेरित किया। इस अवसर पर डॉ. अरुण चौगले (संस्था के डीन), डॉ. योगेश्वरी गुप्ता (प्राचार्या होम्योपैथिक कॉलेज), डॉ. महेश अरोरा, डॉ. चारु पुंडिर (प्राचार्य पैरामेडिकल कॉलेज), डॉ. ध्रुव तनेजा (प्राचार्या फिजियोथेरेपी कॉलेज), डॉ. एकलव्य बोरहरा (प्राचार्य योगा कॉलेज), उषाचाराय जितेन्द्र शर्मा और एस.पी. तिवाारी सहित फैकल्टी मेम्बरों एवं छात्र-छात्राएं उपस्थित रहे।

मनोविकित्सीक डॉ. राधव शाह ने कहा

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

समाचार जगत न्यूज

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



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

जीवन में उतारने के लिये जागरूक किया। इस अवसर पर स्वास्थ्य कल्याण ग्रुप के विभिन्न कॉलेजों के फैकल्टी एवं विद्यार्थी उपस्थित थे। कार्यक्रम के अंत में शीला शर्मा (एग्जिक्यूटिव प्रोफेसर) ने कार्यक्रम के लिए योग, ध्यान, अध्यात्म के साथ सकारात्मक सोच और कई तरह के आलग-आलग तरीकों को अपने

नर्सिंग स्टूडेंट्स के लिए पोस्टर प्रतियोगिता का आयोजन

लेम्प लाइटिंग के साथ शपथ ग्रहण समारोह

जयपुर, समाचार जगत न्यूज. अंतरराष्ट्रीय नर्सस सप्ताह के तत्वाधान में बुधवार को जयपुर, के स्वास्थ्य कल्याण ग्रुप के सीतापुरा स्थित इन्स्टीट्यूट ऑफ मेडिकल टेक्नोलॉजी एण्ड नर्सिंग एजुकेशन में बी. एस. सी. नर्सिंग प्रथम सेमेस्टर एवं जी.एन.एम प्रथम वर्ष के विद्यार्थियों को लेम्प लाइटिंग सेरेमनी के साथ शपथ ग्रहण करवाई गई एवं पोस्टर प्रतियोगिता का आयोजन भी रखा गया। कार्यक्रम में सी.ई.ओ श्रीमती श्रद्धा अग्रवाल, कॉलेज के प्राचार्य डॉ. सतीश अवस्थी अन्य



कॉलेज के प्राचार्य एवं संस्था की सभी फैकल्टीज मीजूद रहे। पोस्टर प्रतियोगिता प्रथम स्थान तनिष्का तिवाारी, द्वितीय एस्थर जीजू थॉमस एवं तृतीय

प्रियांषी वर्मा को पुरस्कार दिया गया। प्राचार्य डॉ. सतीश कुमार अवस्थी ने प्रतियोगिता में भाग लेने वाले सभी विद्यार्थियों को शुभकामनाएं दी।

फिजियोथेरेपी कैंप में 60 से ज्यादा मरीजों ने ली विशेषज्ञों से सलाह



जयपुर, समाचार जगत न्यूज। स्वास्थ्य कल्याण कॉलेज ऑफ फिजियोथेरेपी में शनिवार को संपन्न निःशुल्क फिजियोथेरेपी कैंप में 60 से ज्यादा मरीजों ने विशेषज्ञों से सलाह ली और उपचार करवाया। कैंप का उद्घाटन संस्थान की हेड ऑपरेशनस श्रद्धा अग्रवाल ने किया। मुख्य अतिथि के रूप में डॉ. एसएस अग्रवाल, डॉ. सर्वेश अग्रवाल विशिष्ट अतिथि, प्रदीप अग्रवाल, डॉ. अरुण चौगुले, डॉ. योगेश्वरी, डॉ. सतीश अवस्थी, डॉ. एकलव्य बोहरा, डॉ. गरिमा पाठक, डॉ. अरुण कुमार शर्मा, डॉ. तनुज राजवंशी उपस्थित रहे। प्राचार्य डॉ. ध्रुव तनेजा के सानिध्य में आयोजित कैंप में कई तरीके की बीमारियों जैसे लकवा, पार्किंसन, गठिया, कमर दर्द, गर्दन दर्द, घुटने की समस्या, एडी एवं क्रोजन शोल्डर जैसी बीमारियों का इलाज लेजर, मुल्लिंग्स, मैटलेंडिस, मैकेजी, अल्ट्रासाउंड इत्यादि स्पेशलाइज्ड तकनीक के माध्यम से किया गया। इस कैंप के माध्यम से विद्यार्थियों को प्रैक्टिकल ट्रीटमेंट अप्रोच का भी अच्छा अवसर प्राप्त हुआ।

फिजियो वीक में रक्तदान शिविर 52 यूनिट रक्त संग्रहित

जयपुर, समाचार जगत न्यूज। स्वास्थ्य कल्याण कॉलेज ऑफ फिजियोथेरेपी में फिजियो वीक का आयोजन गया। इस अवसर पर शुक्रवार को आयोजित रक्तदान शिविर में 52 यूनिट रक्त संग्रहित किया गया। स्वास्थ्य कल्याण ग्रुप के चेयरमैन डॉ. एस.एस. अग्रवाल ने महाविद्यालय के इस सराहनीय कार्य के लिए अपने संदेश में धन्यवाद दिया। शिविर में महाविद्यालय के छात्रों व कर्मचारियों द्वारा उत्साह के साथ रक्तदान किया गया। शिविर में स्वास्थ्य कल्याण ब्लड बैंक से डॉ. ओ.पी. गुप्ता व कैम्प इंचार्ज एम.डी. भोजवानी ने टीम के साथ रक्त संग्रहित किया।

स्किल्स टेस्ट में चयनित छात्र-छात्राओं को किया सम्मानित



जयपुर, समाचार जगत न्यूज। स्वास्थ्य कल्याण कॉलेज ऑफ फिजियोथेरेपी में आयोजित लाइव रिस्कल्स ट्रेनिंग क्लास में सम्पन्न स्किल्स टेस्ट में चयनित छात्रों का परिणाम शनिवार को घोषित किया गया। कार्यक्रम में स्वास्थ्य कल्याण ग्रुप की सी ई ओ श्रद्धा अग्रवाल, डीन डॉ. अरुण चौगुले, कॉलेज के प्रिंसिपल डॉ. ध्रुव तनेजा, योगा कॉलेज के प्रिंसिपल डॉ. एकलव्य बोहरा, स्किल्स ट्रेनिंग के को-ऑर्डिनेटर राकेश शीतलानी एवं क्लास कोऑर्डिनेटर मनाली उपस्थित रहे। इस अवसर पर श्रद्धा अग्रवाल ने स्टूडेंट्स को प्रोफेशनलिज्म के बारे में समझाया। डीन डॉ. चौगुले ने प्यूचर आस्पेक्ट्स के बारे में बताते हुए लाइव क्लास की महत्ता से अवगत कराया, प्रिंसिपल डॉ. ध्रुव तनेजा ने परेंट्स के सपनों को पूरा करने का संकल्प दिलाया एवं प्रिंसिपल डॉ. एकलव्य बोहरा ने अनुशासन से जीने के लिए प्रेरित किया। कार्यक्रम के दौरान स्किल्स टेस्ट में चयनित छात्रों को प्रमाण पत्र एवं ट्राॅफी देकर सम्मानित किया गया। फिजियोथेरेपी के फर्स्ट ईयर के चयनित छात्र अक्षिता, अंजली भूमिका, हर्षित, हर्षिता, खुशबू, मीरा, मोनू, पूजा, पिकी, प्रियंका, रैन, राम्या, रितिका, संगीता, वीरेंद्र एवं यशदेव रहे। सभी छात्रों का प्रशस्तित पत्र देकर मनोबल बढ़ाया। छात्रा राम्या को उनके उत्कृष्ट कार्य हेतु प्रमाण पत्र, ट्राॅफी एवं मेडल देकर सम्मानित किया गया। आखिर में राकेश शीतलानी ने ग्रुप के चेयरमैन डॉ. एस एस अग्रवाल के जीवन को संघर्ष एवं सपनों का इंसान बताते हुए छात्रों को अपने सपनों के बारे में फिर से सोचने एवं समझ कर पूरा करने के लिए स्वास्थ्य कल्याण परिवार की प्रगति से प्रेरित किया।

डॉ. ध्रुव तनेजा बने आर्यूएएस फिजियोथेरेपी संकाय के डीन

बाढ़ाप्रदमपुरा। रामस्थान स्वस्थ विद्यान विश्वविद्यालय के कुलपति डॉ. प्रमोद वैकले ने एक अतिरिक्त जगह करते हुए डॉ. ध्रुव तनेजा को फिजियोथेरेपी एवं व्यावसायिक फिजिकला संकाय का डीन नियुक्त किया है। डॉ. तनेजा वर्तमान में स्वास्थ्य कल्याण फिजियोथेरेपी कॉलेज सिलापुरा के प्रचार्य हैं। यह नियुक्ति कक्षाएं प्रभाव से संपन्न होगी। कार्यक्रम अगले अगस्त तक या तीन वर्ष तक, जो भी पहले हो, प्रभावी होगा। डीन बनने के साथ ही डॉ. तनेजा विश्वविद्यालय की रोजगार परिषद के सदस्य भी होंगे।

नॉलेज कार्निवाल; 400 डॉक्टरों ने की इनोवेशन टेक्नीक और रिसर्च पर बात



डॉ. रंजीता, डॉ. अरुण, डॉ. ध्रुव, डॉ. मालीराम

फिजियो वीक मनाया

जयपुर, समाचार जगत न्यूज। स्वास्थ्य कल्याण कॉलेज ऑफ फिजियोथेरेपी, जयपुर में सोमवार को 'लो बैक पेन' विषय पर आधारित फिजियो वीक मनाया गया। इस आयोजन में पोस्टर प्रेजेंटेशन, सेमिनार, विवज, और रक्तदान शिविर हुए। डॉ. भूपेश गोयल (प्रिंसिपल, वीजीयू, जयपुर), डॉ. अंकित पचौरी (एसोसिएट प्रोफेसर, वीजीयू, जयपुर) तथा डॉ. अदिति सिंह (प्रिंसिपल, जगन्नाथ यूनिवर्सिटी, जयपुर) ने अपना समय दिया तथा पुरस्कार वितरण किया। समापन टॉक शो में डॉ. अजीत कुमार सहारण (पीटी) प्रिंसिपल, निम्स कॉलेज ऑफ फिजियोथेरेपी एंड ऑर्थोपेडिक्स वेरेपी, जयपुर, ने 'डेली लाइफ में फिजियोथेरेपी की भूमिका' और डॉ. गौरव अग्रवाल (पीटी) हेड, डिपार्टमेंट ऑफ फिजियोथेरेपी, सुरेश ज्ञान विहार यूनिवर्सिटी, जयपुर ने 'न्यूरो रिहैबिलिटेशन में तकनीकी उन्नति' पर बात की।

अंतर्राष्ट्रीय महिला दिवस 2025 : महिला स्वास्थ्य के महत्वपूर्ण मुद्दों पर जागरूकता कार्यक्रम महिला दिवस लैंगिक समानता को बढ़ावा देने का एक महत्वपूर्ण अवसर : डॉ. अग्रवाल

जयपुर, समाचार जगत न्यूज। अंतर्राष्ट्रीय महिला दिवस को पूरे संसार पर डीन महिला समिति आयोजित करती है। इस अवसर पर डॉ. अग्रवाल ने कहा कि अंतर्राष्ट्रीय महिला दिवस पर, हम सभी महिलाओं के स्वास्थ्य और समता के लिए एकजुट होकर काम करेंगे। 'Accelerate Action' को थीम के तहत हमें...



महिलाओं को बीमारी का कारण और रोकने के तरीके बताने हैं। कार्यक्रम को मुख्य अतिथि के रूप में डॉ. अरुण चौगुले और डॉ. योगेश्वरी डॉ. अरुण चौगुले ने संबोधित की। कार्यक्रम में डॉ. अरुण चौगुले ने कहा कि लैंगिक समानता को बढ़ावा देने के लिए हमें एकजुट होकर काम करना होगा। कार्यक्रम में डॉ. अरुण चौगुले ने कहा कि लैंगिक समानता को बढ़ावा देने के लिए हमें एकजुट होकर काम करना होगा। कार्यक्रम में डॉ. अरुण चौगुले ने कहा कि लैंगिक समानता को बढ़ावा देने के लिए हमें एकजुट होकर काम करना होगा।



छात्राओं को नारी सशक्तिकरण की कला सिखाई। डॉ. अरुण चौगुले ने कहा कि लैंगिक समानता को बढ़ावा देने के लिए हमें एकजुट होकर काम करना होगा। कार्यक्रम में डॉ. अरुण चौगुले ने कहा कि लैंगिक समानता को बढ़ावा देने के लिए हमें एकजुट होकर काम करना होगा।

कैंसर, किडनी और लीवर रोगों में भी योग थैरेपी कारगर : डॉ. कनक सोनी

जयपुर, समाचार जगत न्यूज, स्वास्थ्य कल्याण इंस्टीट्यूट ऑफ़ नेचुरोपैथी एंड योगिक साइंसेज में शनिवार को सेमिनार का आयोजन किया गया।



सेमिनार में डॉ. कनक सोनी (मुख्य चिकित्सा अधिकारी, पतंजलि वेलनेस सेंटर, हरिद्वार) अतिथि वक्ता के रूप में शामिल हुईं। डॉ. सोनी ने कैंसर, किडनी और लीवर रोगों जैसी पुरानी स्थितियों के इलाज में अपना व्यापक अनुभव साझा किया। उन्होंने बीएनवाईएस शिक्षा के दायरे पर भी चर्चा की और जीवनशैली में बदलाव और आप जो उपदेश देते हैं उसका अभ्यास करने के महत्व पर जोर दिया। सेमिनार का समापन डॉ. रामबाबू (प्रभारी प्राचार्य) के धन्यवाद ज्ञापन के साथ हुआ।

योग के प्रचार-प्रसार पर जोर दिया



स्वास्थ्य कल्याण इंस्टीट्यूट ऑफ़ नेचुरोपैथी एण्ड योगिक साइंसेज, सीतापुरा, जयपुर में 10वें अंतर्राष्ट्रीय योग दिवस का आयोजन किया गया। कार्यक्रम में अतिथि के रूप में रामचरण बोहरा पूर्व सांसद, बी.जे.पी ने योग के प्रचार-प्रसार पर जोर दिया। स्वास्थ्य कल्याण ग्रुप के चैयरमैन डॉ. प्रस.एस.अग्रवाल ने योग के माध्यम लोगों को निरोग रहने के लिए इसे दैनिक जीवन में उतारने और स्वस्थ भारत की परिकल्पना

को साकार करने का आह्वान किया। उन्होंने कहा कि योग द्वारा व्यवहार को, मन को एवं शरीर को अनुशासित किया जा सकता है। क्योंकि मन, शरीर और व्यवहार में अनुशासन लाने से ही संस्कार आते हैं, और हर व्यक्ति चाहे पुरुष हो या महिला का स्वस्थ विकास हो सकता है। इस आयोजन में महाविद्यालय के छात्र छात्राओं द्वारा म्यूजिकल योग आसनों की प्रस्तुती दी गई। डॉ. सर्वेश अग्रवाल ने सभी को धन्यवाद दिया।

स्वास्थ्य कल्याण होम्योपैथी और योगा मेडिकल कॉलेजों का दीक्षांत समारोह निरोग रहने के लिए दिनचर्या सुधारें, करें योग : डिप्टी सीएम

जयपुर, 17 अक्टूबर (समाचार जगत न्यूज) - स्वास्थ्य कल्याण होम्योपैथी और योगा मेडिकल कॉलेजों का दीक्षांत समारोह शनिवार को आयोजित किया गया। कार्यक्रम में अतिथि वक्ता के रूप में डिप्टी सीएम डॉ. कनक सोनी शामिल हुईं। उन्होंने लोगों को निरोग रहने के लिए दिनचर्या सुधारने और योग करने की सलाह दी।

आयुर्वेद विवि में दो दिवसीय फैकल्टी डेवलपमेंट प्रोग्राम का समापन

दिल्ली एक्सप्रेस

जोधपुर। डॉ. सर्वपल्ली राधाकृष्णन् राजस्थान आयुर्वेद विश्वविद्यालय के योग एवं प्राकृतिक चिकित्सा महाविद्यालय में आयोजित दो दिवसीय फैकल्टी डेवलपमेंट प्रोग्राम का समापन हो गया है। यह कार्यक्रम आयुर्वेद विश्वविद्यालय, राष्ट्रीय प्राकृतिक चिकित्सा एवं योग विज्ञान संस्थान पुणे और फौल्स फाउंडेशन नई दिल्ली के सहयोग से आयोजित किया गया। कुलपति प्रोफेसर (वीड) प्रदीप कुमार प्रजापति, पीएस फाउंडेशन के निदेशक प्रो बीएन झा, प्राचार्य प्रो महेन्द्र कुमार शर्मा,

विभागाध्यक्ष प्रो गोविंद सहाय शुक्ला, योग नेचुरोपैथी के संकल्प अधिष्ठाता प्रो एकलव्य बोहरा के आतिथ्य में समापन समारोह का आयोजन हुआ। कुलपति प्रोफेसर (वीड) प्रदीप कुमार प्रजापति ने कहा कि इस तरह के कार्यक्रम आयुर्वेद और प्राकृतिक चिकित्सा के क्षेत्र में शिक्षकों की क्षमता को बढ़ाने के लिए अत्यंत आवश्यक हैं। उन्होंने कहा कि छात्रों को गुणवत्तापूर्ण शिक्षा एवं चिकित्सा व्यवस्था के लिए यह कार्यशाला उपयोगी रहेगी। उन्होंने सभी उपस्थित शिक्षकों से कहा कि वे इस तरह के प्रशिक्षण कार्यक्रमों का अधिकतम लाभ उठाएं और अपने ज्ञान को लगातार अध्यापन करते रहें। प्राचार्य



प्रोफेसर एकलव्य बोहरा ने कहा कि इस प्रकार के आयोजन नेचुरोपैथी एंड योगिक साइंसेज के समुचित के लिए शिक्षकों के साथ-साथ छात्रों के लिए भी समय-समय पर करवाए जाने चाहिए। समापन समारोह के प्रारंभ में प्राचार्य डॉ. चंद्रभात शर्मा ने दो दिवसीय कार्यक्रम का प्रतिवेदन प्रस्तुत किया।

प्रोफेसर एकलव्य बोहरा ने कहा कि इस प्रकार के आयोजन नेचुरोपैथी एंड योगिक साइंसेज के समुचित के लिए शिक्षकों के साथ-साथ छात्रों के लिए भी समय-समय पर करवाए जाने चाहिए। समापन समारोह के प्रारंभ में प्राचार्य डॉ. चंद्रभात शर्मा ने दो दिवसीय कार्यक्रम का प्रतिवेदन प्रस्तुत किया।

प्रोफेसर एकलव्य बोहरा ने कहा कि इस प्रकार के आयोजन नेचुरोपैथी एंड योगिक साइंसेज के समुचित के लिए शिक्षकों के साथ-साथ छात्रों के लिए भी समय-समय पर करवाए जाने चाहिए। समापन समारोह के प्रारंभ में प्राचार्य डॉ. चंद्रभात शर्मा ने दो दिवसीय कार्यक्रम का प्रतिवेदन प्रस्तुत किया।

निरोग रहने के लिए दिनचर्या सुधारें और प्रतिदिन योग करें- उप मुख्यमंत्री, डॉ. प्रेम चंद बैरवा

स्वास्थ्य कल्याण होम्योपैथी और योगा मेडिकल कॉलेजों का दीक्षांत समारोह, 295 स्टूडेंट को स्नातक और 17 स्टूडेंट को बांटी स्नातकोत्तर की डिग्रियां

डॉ. प्रेम चंद बैरवा (उप मुख्यमंत्री) ने स्वास्थ्य कल्याण होम्योपैथी और योगा मेडिकल कॉलेजों का दीक्षांत समारोह में भाग लिया। उन्होंने लोगों को निरोग रहने के लिए दिनचर्या सुधारने और प्रतिदिन योग करने की सलाह दी।



उप मुख्यमंत्री डॉ. प्रेम चंद बैरवा ने स्वास्थ्य कल्याण होम्योपैथी और योगा मेडिकल कॉलेजों का दीक्षांत समारोह में भाग लिया। उन्होंने लोगों को निरोग रहने के लिए दिनचर्या सुधारने और प्रतिदिन योग करने की सलाह दी।

उप मुख्यमंत्री डॉ. प्रेम चंद बैरवा ने स्वास्थ्य कल्याण होम्योपैथी और योगा मेडिकल कॉलेजों का दीक्षांत समारोह में भाग लिया। उन्होंने लोगों को निरोग रहने के लिए दिनचर्या सुधारने और प्रतिदिन योग करने की सलाह दी।

स्वास्थ्य कल्याण कैंपस में किया प्रकृति परीक्षण



जयपुर, समाचार जगत न्यूज. आयुष मंत्रालय की ओर से एनसीआईएसएम के सहयोग से भारत सरकार द्वारा प्रकृति परीक्षण अभियान का आयोजन किया जा रहा है। इस अभियान का महत्व लोगों के स्वास्थ्य में जागरूकता लाना और उनकी जीवन शैली में सुधार करना है। इसी क्रम में राष्ट्रीय आयुर्वेद संस्थान जयपुर से डॉ. महेंद्र प्रजापति एवं उनके सहयोगियों ने बुधवार को स्वास्थ्य कल्याण इंस्टीट्यूट ऑफ़ नेचुरोपैथी एवं योगिक साइंसेज के छात्र-छात्राओं का प्रकृति परीक्षण कर उनको अच्छी जीवन शैली अपनाने के लिए प्रेरित किया।

सभी चिकित्सा पद्धतियों को साथ मिलकर कार्य करने की आवश्यकता है : प्रोफेसर प्रजापति

टाइम्स ऑफ़ न्यू सिटी



जोधपुर। डॉ. सर्वपल्ली राधाकृष्णन राजस्थान आयुर्वेद विश्वविद्यालय जोधपुर के योग एवं प्राकृतिक चिकित्सा महाविद्यालय में आयुर्वेद विश्वविद्यालय, राष्ट्रीय प्राकृतिक चिकित्सा एवं योग विज्ञान संस्थान, पुणे एवं पीपल्स फाउंडेशन के सहयोग से दो दिवसीय फैकल्टी डेवलपमेंट प्रोग्राम का आयोजन किया गया। कार्यक्रम का उद्घाटन कुलपति प्रोफेसर (वैद्य) प्रदीप कुमार प्रजापति, राष्ट्रीय प्राकृतिक चिकित्सा संस्थान, पुणे की निदेशक डॉ. के. सत्यालक्ष्मी, पीपल्स फाउंडेशन के प्रेसिडेंट वी एन झा, श्रीमान मनीष व्यास (चेयरमैन), व्यास मेडिसिटी एंड मेडिकल कॉलेज, जोधपुर) और डॉ. प्रियंका गोदार (प्रबंधन निदेशक, एस एल बी एस ग्रुप ऑफ़ इंस्टीट्यूट), कार्यवाहक कुलसचिव श्री मंगलाराम विश्नोई के आतिथ्य में हुआ।

कार्यक्रम के उद्घाटन के अवसर पर सभी गणमान्य अतिथियों ने अपने विचार साझा किए। कुलपति प्रोफेसर (वैद्य) प्रदीप कुमार प्रजापति ने योग और प्राकृतिक चिकित्सा के महत्व पर प्रकाश डाला और कहा कि आज के समय में इन विधियों को अपनाना अत्यंत आवश्यक है। उन्होंने बताया कि ऐसे फैकल्टी डेवलपमेंट प्रोग्राम के माध्यम से राज्य के शिक्षकों को योग और प्राकृतिक चिकित्सा के क्षेत्र में नवीनतम शोध और तकनीकों की जानकारी दी जाएगी।

राजधानी में यहां भी आयोजन



कनक घाटी आमेर रोड स्थित वायुसेना विद्यालय में योग दिवस मनाया गया। स्कूल मीडिया प्रभारी घनश्याम शर्मा ने बताया कि इस अवसर पर स्वास्थ्य कल्याण प्राकृतिक एवं योग विज्ञान संस्थान से डॉ. रोशनी दुबे, डॉ. ज्योति वर्मा, डॉ. जाह्नवी सिंह, डॉ. संकेत निगम और डॉ. अमित गुर्जर ने विद्यार्थियों को योग एवं प्राणायाम के बारे में महत्वपूर्ण जानकारी दी।

बीएनवाईएस पाठ्यक्रम नवीन छात्रों का इंडक्शन प्रोग्राम

युवा, नेचुरोपैथी एवं योग चिकित्सा पद्धति में अवसर तलाशें

जयपुर, समाचार जगत न्यूज. स्वास्थ्य कल्याण इंस्टीट्यूट ऑफ़ नेचुरोपैथी एंड योगिक साइंसेज के द्वारा सत्र 2024-25 के बी.एन.वाई.एस पाठ्यक्रम में नवीन छात्रों के अगमन पर इंडक्शन प्रोग्राम का आयोजन किया गया।



कार्यक्रम की शुरुआत भारतीय परम्परा अनुसार गायत्री मंत्र के साथ की गई। कार्यक्रम में अतिथि के रूप में हमारे महाविद्यालय के पूर्व में अध्यक्ष रह चुके डॉ. रहित शर्मा, डॉ. श्रेया एवं पूर्व में फैकल्टी के रूप में कार्यरत रही डॉ. दिव्या खडिल उपस्थित रहे। उन्होंने अपना अनुभव नवीन छात्रों के समक्ष प्रस्तुत किया। छात्रों ने अपने अनुभव को साझा करते हुए बताया कि नेचुरोपैथी एवं योग चिकित्सा पद्धति को हम कैसे आगे बढ़ा सकते हैं। साथ ही हम अपनी इस भारतीय चिकित्सा पद्धति का उपयोग करके हमारे आस पास के लोगों को किस प्रकार से एक स्वस्थ जीवन प्रदान कर सकते हैं। कार्यक्रम में स्वास्थ्य कल्याण

ग्रुप के डॉन एवं चीफ अकेडमिक ऑफिसर डॉ. अरुण खेगले भी उपस्थित रहे। डॉ. अरुण खेगले ने नवीन छात्रों को स्वास्थ्य कल्याण ग्रुप के बारे में समूची जानकारी दी। डॉ. एकलव्य बौरा ने प्राकृतिक चिकित्सा की महत्ता और सरकारी संस्थानों के अलावा जीव अवसरों के बारे में जानकारी दी।

दाक्षात समारोह आज, 302 स्टूडेंट्स को मिलेगी डिग्री

जयपुर | डॉ. सर्वपल्ली राधाकृष्णन राजस्थान आयुर्वेद यूनिवर्सिटी जोधपुर से सम्बद्ध स्वास्थ्य कल्याण समूह के दो महाविद्यालयों का दीक्षांत समारोह शनिवार को मनाया जाएगा। समारोह में दोनों महाविद्यालयों के 302 स्टूडेंट को डिग्री और मेडल प्रदान किए जाएंगे। सीतापुरा जयपुर स्थित स्वास्थ्य कल्याण होम्योपैथी मेडिकल कॉलेज एण्ड रिसर्च सेंटर और स्वास्थ्य कल्याण इंस्टीट्यूट ऑफ़ नेचुरोपैथी एण्ड योगिक साइंसेज के इस दीक्षांत समारोह के मुख्य अतिथि उप मुख्यमंत्री डॉ. प्रेम चंद्र बैरवा होंगे। समारोह के विशिष्ट अतिथि डॉ. सर्वपल्ली राधाकृष्णन राजस्थान आयुर्वेद यूनिवर्सिटी जोधपुर के कुलपति प्रो. प्रदीप कुमार प्रजापति होंगे।

आयुर्वेद विवि में दो दिवसीय फैकल्टी डेवलपमेंट प्रोग्राम का समापन

गुणवत्तापूर्ण शिक्षा एवं चिकित्सा के लिए यह कार्यशाला रहेगी उपयोगी: प्रोफेसर प्रजापति

दैनिक बदलत कलार

जोधपुर। डॉ. सर्वपल्ली राधाकृष्णन राजस्थान आयुर्वेद विश्वविद्यालय, जोधपुर के योग एवं प्राकृतिक चिकित्सा महाविद्यालय में आयोजित दो दिवसीय फैकल्टी डेवलपमेंट प्रोग्राम का समापन समारोह संपन्न हुआ। यह कार्यक्रम आयुर्वेद विश्वविद्यालय, राष्ट्रीय प्राकृतिक चिकित्सा एवं योग विज्ञान संस्थान, पुणे और पीपल्स फाउंडेशन नई दिल्ली के सहयोग से आयोजित किया गया। कुलपति प्रोफेसर (वैद्य) प्रदीप कुमार प्रजापति, पीपल्स फाउंडेशन के निदेशक प्रो वी एन झा, प्राचार्य प्रो महेंद्र कुमार शर्मा, विभागाध्यक्ष प्रो रंजित सहज सुक्ता, योग नेचुरोपैथी के संकाय अधिष्ठाता प्रो एकलव्य बौरा के आतिथ्य में समापन समारोह का आयोजन हुआ।

समापन समारोह के अवसर पर सभागार में संबोधित करते हुए कुलपति प्रोफेसर (वैद्य) प्रदीप कुमार प्रजापति ने कहा कि इस तरह के कार्यक्रम आयुर्वेद और प्राकृतिक चिकित्सा के क्षेत्र में शिक्षकों की क्षमता को बढ़ाने के लिए अत्यंत आवश्यक है। उन्होंने कहा कि छात्रों



को गुणवत्तापूर्ण शिक्षा एवं चिकित्सा व्यवस्था के लिए यह कार्यशाला उपयोगी रहेगी। उन्होंने सभी उपस्थित शिक्षकों से कहा कि वे इस तरह के प्रशिक्षण कार्यक्रमों का अधिकतम लाभ उठाएं और अपने ज्ञान को लगातार अद्यतन करते रहें। प्राचार्य पोस्ट ग्रेजुएट इंस्टीट्यूट ऑफ़ आयुर्वेद प्रोफेसर शर्मा ने कहा कि आयुर्वेद चिकित्सा पद्धतियों को बढ़ावा देने में इस प्रकार के कार्यक्रम महत्वपूर्ण योगदान देंगे।

रस शास्त्र विभाग के विभागाध्यक्ष एवं पूर्व कुल सचिव प्रोफेसर सुक्ता ने अपने विचार साझा किए और कहा कि इस कार्यक्रम का मुख्य उद्देश्य शिक्षकों को प्रशिक्षण देकर उनके कौशल को उन्नत करना रहा ताकि वे छात्रों को आयुर्वेद और प्राकृतिक चिकित्सा के क्षेत्र में बेहतर शिक्षा दे

सकें। स्वास्थ्य कल्याण नेचुरोपैथी एवं योगिक साइंसेज के प्रोफेसर एकलव्य बौरा ने कहा कि इस प्रकार के आयोजन नेचुरोपैथी एंड योगिक साइंसेज के समुचित के लिए शिक्षकों के साथ-साथ छात्रों के लिए भी समय-समय पर करवाए जाने चाहिए। समापन समारोह के प्रारंभ में प्राचार्य डॉ. चंद्रधान शर्मा ने दो दिवसीय कार्यक्रम का प्रतिवेदन प्रस्तुत किया।

कार्यक्रम के दूसरे दिन विभिन्न वैज्ञानिक सत्रों के अंतर्गत प्रथम सत्र में डॉ. हिरदाराम योग एवं नेचुरोपैथी के डॉ. गुलाब राय शिवाजी ने 'योग एवं नेचुरोपैथी चिकित्सा में निजी प्रैक्टिस के लिए सहायक तंत्र', द्वितीय सत्र में एम्स जोधपुर के आयुष चिकित्सक डॉ. दीपा सुक्ता ने 'प्राकृतिक चिकित्सा

में अंत के स्वास्थ्य पर जोर' तृतीय सत्र में डॉ. कानल गुल, पीपल्स फाउंडेशन नई दिल्ली ने 'व्यवसायिक शिक्षा एवं प्राकृतिक चिकित्सा के अभ्यास में टीसीएस एम्प्लॉयर' तथा राष्ट्रीय प्राकृतिक चिकित्सा एवं योग विज्ञान संस्थान पुणे के डॉ. सात्विक ने 'ओजोन थेरेपी के साथ प्रकृति चिकित्सा को आगे बढ़ाना' विषय पर राजस्थान के राजकोष एवं निजी नेचुरोपैथी योगिक साइंसेज के संकाय सदस्यों के लिए उपयोगी अतिथि व्याख्यान दिए। प्राचार्य डॉ. चंद्रधान शर्मा ने सभी अतिथियों एवं प्रतिशिक्षार्थियों को नेचुरोपैथी एवं योगिक साइंसेज के क्षेत्र में योगीयता को बढ़ावा देने के लिए प्रेरित किया। अंत में सभी अतिथियों एवं प्रतिशिक्षार्थियों को प्रमाण पत्र देकर सम्मानित किया गया। प्रतिशिक्षार्थियों ने अपने फीडबैक देकर के अपने अनुभव साझा किये। समापन समारोह को पूर्व संस्था पर योग नेचुरोपैथी महाविद्यालय के छात्रों द्वारा सांस्कृतिक संस्था के अलावा मनमोहन सांस्कृतिक प्रदर्शनवादी भी गई। पीपल्स फाउंडेशन के वी एन झा ने धन्यवाद ज्ञापन किया। डॉ. संजय श्रीमान ने बंधन प्रस्तावित किया।



Health Care

About Swasthya Kalyan Blood Banks

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

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

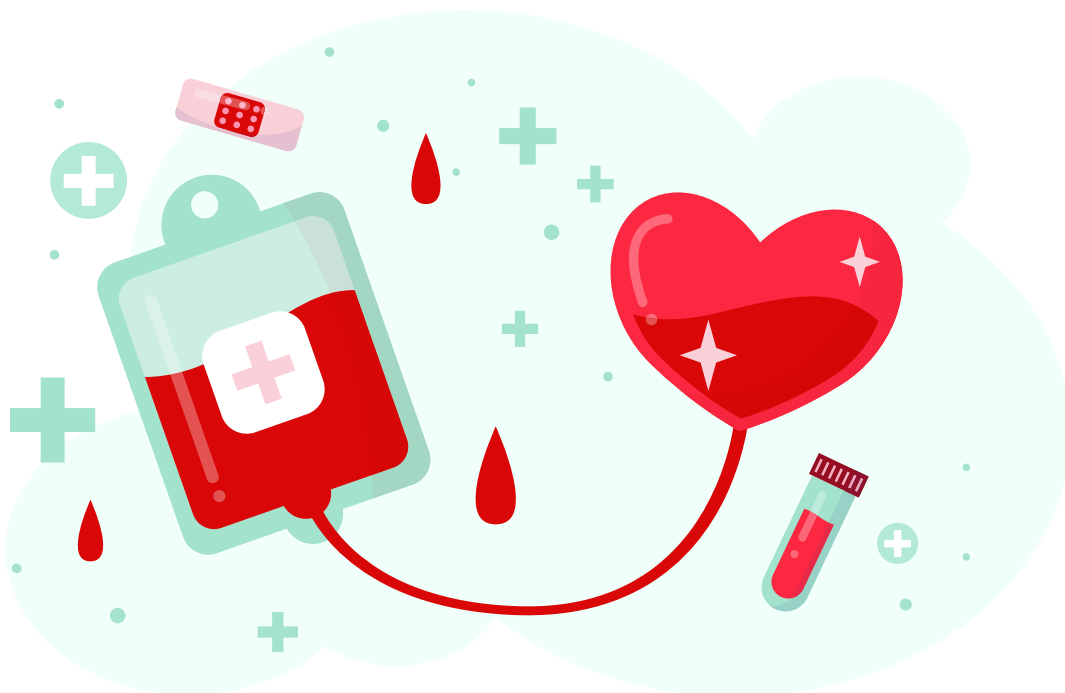
Blood is issued without taking any testing and processing charges from poor and thalassemia patients. The same facility is available for its employees and their dependents.

SWASTHYA KALYAN BLOOD WALLET

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

Our Blood Banks

- 1 Swasthya Kalyan Blood Centre
- 2 Apex Swasthya Kalyan Blood Centre



Services Available

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

Key Highlights

Established in 1995
Serving for 30+ years



1st Non Government
Blood Bank of Rajasthan

1st licence of Platelet
Apheresis

1st  NABH Accrediated stand
alone Blood Centre in Rajasthan

570846
Donation (till March 2025)



1186968
Issue (till March 2025)

Partner Hospitals
30+



Hospitals
400+

2 Storage Centre
• Global Heart & General
Hospital, Jaipur
• Bombay Hospital,
Jagatpura, Jaipur



Mobile Blood
Collection Van



India's first Donor
E-Wallet App

5349
Camps (till March 2025)



1645+
NGO Associated

Sister Unit
• Apex Swasthya Kalyan
Blood Bank



302692
Voluntary Donation
(till March 2025)

Blood Bank Team Members



Dr. S S Agarwal

MBBS, MD Medicine, FACP
Managing Trustee



Dr. K K Mishra

MBBS, MD Pathology & Microbiology
Consultant, Transfusion Medicine /
Medical Officer Incharge



Mr. Anand Agarwal

MBA
Managing Director



Dr. Sarvesh Agarwal

MBBS, MBA
Director



Dr. Urmil Dhuria

MBBS, DIHBT
Senior Consultant, Transfusion Medicine



Dr. O P Gupta

MBBS
Senior Medical Officer



Dr. Om Prakash Gupta

MBBS
Medical Officer
Apex Swasthya Kalyan Blood Centre



Dr. Anil Saini

MBBS
Medical Officer

Blood Bank Gallery (1/2)



Mega Blood Donation Drive Marks CM Bhajan Lal Ji's Birthday



Republic Day Celebration



Celebrating 30th Foundation Day



Lamp Lighting by Dr. Premchand Bairwa

Blood Bank Gallery (2/2)



CME, in association with ISBTI, Rajasthan Chapter



Staff Training Programme



Blood Bank & Raktadan Parisangh Seminar



युवाओं की हुंकार by Shehzad Poonawalla



Organised Youth Engagement Event Graced By Dy. CM of Raj. Diya Kumari Ji and Session Speaker Shazada Poonawalla



Poster Competition Award Ceremony

Blood Bank Camps (1/2)



Blood Bank Camps (2/2)



About - Rajasthan Hospital (RHL)

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

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

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

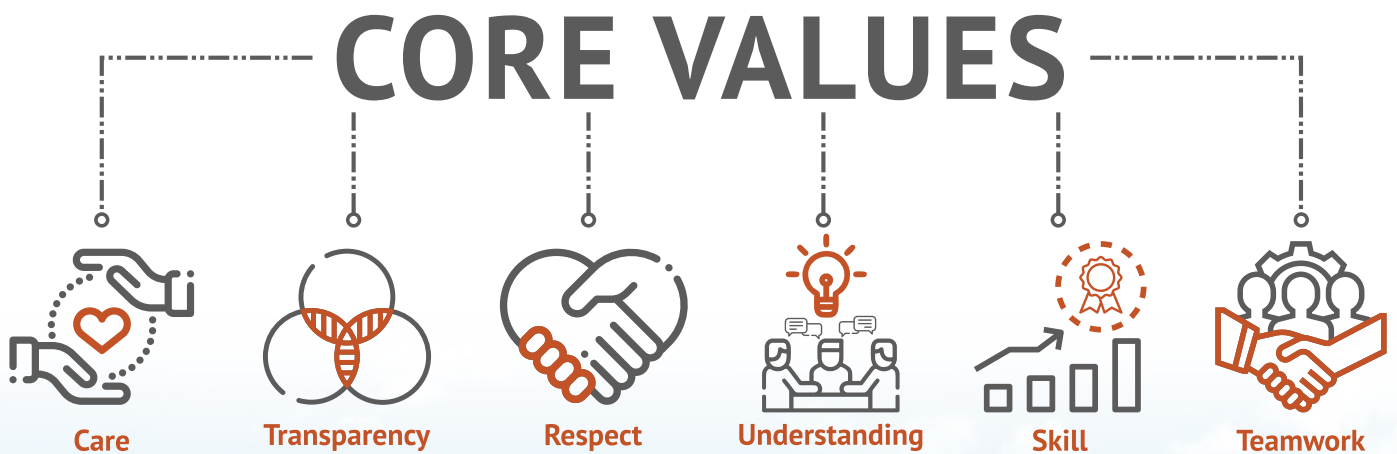
Vision and Mission

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

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

Organization Values

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



RHL Leadership



Dr. S S Agarwal

Chairman, Rajasthan Hospital & Swasthya Kalyan Group



Dr. Virendra Singh

President
Rajasthan Hospital



Dr. Sarvesh Agarwal

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



Dr. Vijay Saraswat

Chief Operating Officer
Rajasthan Hospital



Dr. Raghav Shah

Director & Consultant CARE



Dr. Ravinder Singh Rao

Vice Chairman, Rajasthan Hospital
Chairman, RHL Heart Centre



Dr. Sheetu Singh

Director & Chief Interventional
Pulmonologist, RHL Lung Center

Management

Vijendra Kumar Sharma
Nursing Superintendent

Dr. Shruti Sureka Agrawal
Quality Head

Shaily Bohra
Insurance & TPA Consultant

Gyanish Chandra
General Manager Hospitality

Dr. Swapnil Singhal
Project Manager

Devkinandan Jhavar
Accounts Manager

Suniti Peswani
General Manager People Operations

Mahesh Kumar Saini
IT Manager



Dr. Virendra Singh
President, RHL
Sr. Consultant, Respiratory



Retd. Maj. Gen.
Dr. Vijay Saraswat
Chief Operating Officer
Sr. Consultant



Dr. Ravinder Singh Rao
Chairman, RHL Heart Centre
Head - Complex Angioplasty-TAVI Program
Heart Center - Center of Excellence



Dr. Raghav Shah
Director & Consultant
Psychiatry & Deaddiction



Dr. Sheetu Singh
Director I/D & Pulmonary Rehab Clinic
Chief Interventional Pulmonologist



Dr. Dinesh Mathur
Sr. Consultant
Dermatology



Dr. Manish Chomal
Medical Director Sr. Consultant
& Head - Radiation Oncology



Dr. Veena Acharya
Sr. Consultant
Obstetrics & Gynaecology



Maj Gen
Dr. Ashok D Mathur
Senior Consultant (Medicine)



Dr. Budhaditya Chakraborty
Director & Head - Cardiothoracic
& Vascular Surgery (CTVS)



Dr. Govind N Sharma
Consultant
Heart Center



Dr. Kailash Chandra
Sr. Consultant
Heart Center



Dr. Abhishek Pareek
Sr. Consultant &
Head - Surgical Oncology



Dr. Sharad Daga
Consultant
General Surgery



Dr. Jitesh K Jain
Consultant, Joint Replacement
& Sports Injury



Dr. Rahul Upadhyay
Consultant, Foot & Ankle
Reconstruction & Orthopedic Trauma



Dr. Surendra Dhayal
Sr. Consultant
Neurosurgery



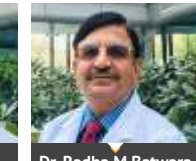
Dr. Vikram Bohra
Sr. Consultant, Neurology
& Chief Interventional Neurologist



Dr. D K Jain
Sr. Consultant
Internal Medicine



Dr. Raghunath A N
Consultant
Interventional Radiology



Dr. Radha M Batwara
Chief Consultant Radiologist



Dr. Sanjay Jain
Sr. Consultant, Psychiatry
& De addiction - CARE



Dr. Arvind Gupta
Head & Sr. Consultant
Diabetes, Obesity & Metabolic



Dr. Sandeep Bhaskar
Consultant
Oncology



Dr. Ananya Pareek
Medical Oncology



Dr. Deepchand Khandelwal
Consultant
Paediatrics



Dr. Pankaj Singh
Sr. Consultant
ENT



Dr. Nutan Katewa
Consultant
Interventional Medicine



Maj Gen
Dr. Apar Mathur
Sr. Consultant, Radiology



Dr. M L Gupta
Sr. Consultant
Pediatrics



Dr. Priyanka Sharma
Consultant
Obstetrics & Gynaecology



Dr. Madhur Joshi
Consultant
Respiratory Medicine



Dr. Navneet Godara
Sr. Consultant
Dentistry



Dr. Rahul Temani
Consultant
Orthopaedics & Spine Surgery



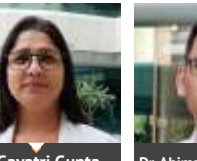
Dr. Rohit Sureka
Sr. Consultant
Gastroenterology & Hepatology



Dr. Apoorva Saraswat
Consultant,
Pathology



Dr. Hemant Gupta
Consultant Non-Invasive
Cardiology



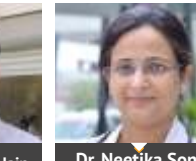
Dr. Gayatri Gupta
Consultant
Non Invasive



Dr. Abimanyu Chaudhary
Sr. Consultant
Neonatology



Dr. Prashant Varshney
Consultant, Cardiac
Anesthesiologist



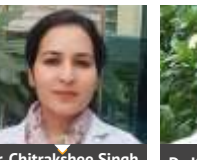
Dr. Dr. Rajkumar Jain
Consultant
Renal Sciences



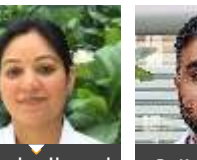
Dr. Karishma Goyal
Consultant
Ophthalmology



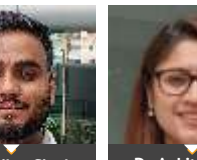
Dr. Shilpa Gupta Jetwani
Consultant Obstetrics & Gynaecology



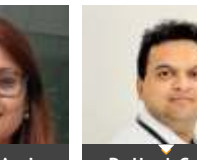
Dr. Chitrakshree Singh
Consultant
Department of Psychiatry



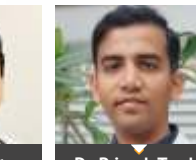
Dr. Khusboo Umarwal
Asstt. Consultant
Critical Care & Anaesthesiology



Dr. Kartikey Singh
Asst. Consultant
ENT



Dr. Ankita Aneja
Consultant
Endocrinologist



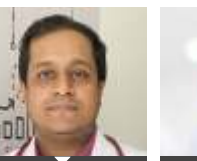
Dr. Harsh Gupta
Consultant
Gastric Sciences



Dr. Priyash Tambi
Consultant
Nephrology



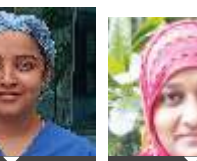
Dr. Jitendra K Bairwa
Associate Consultant
Lung Centre



Dr. Aniket Mondal
Associate Consultant
Lung Centre



Dr. Mamta Saini
Consultant
Geriatric Medicine



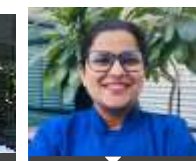
Dr. Suchi Mathur
Consultant
Anaesthesia



Dr. Sana
Consultant, Critical



Dr. Parul Banveer
Consultant
Pediatrics



Dr. Shaily Garg
Consultant
Pathology

RHL Doctor's Directory



Bone, Joint & Orthopedics

Dr. S S Soni

Dr. Jitesh Jain

Dr. Rahul Upadhyay

Dr. Rahul Temani



Brain Center

Dr. Surendra Dhayal, Neuro Surgery

Dr. Vikram Bohra, Neurology



Critical Care

Dr. Narendra Rungta

Dr. Neetika Soni

Dr. Sana



Anesthesiology

Dr. Khushbu Umarwal

Dr. Sheila Gautam

Dr. Sohan Lal Yadav



Lung Center of Excellence

Dr. Virendra Singh, President

Dr. Sheetu Singh, Director

Dr. Madhur Joshi

Dr. Aniket Mondal

Dr. Jitendra Bairwa



Emergency Care

Dr. Rakesh Sharma



ENT

Dr. Pankaj Singh

Kartikey Singh Chauhan



Eye Center

Dr. Karishma Goyal



Heart Center Cardiology

Dr. Ravinder Singh Rao, Vice Chairman, RHL

Dr. Kailash Chandra

Dr. Govind N Sharma

Dr. Prashant S K Varshney

Dr. Sunil Kumar Jain

Heart Center Cardiac Surgery (CTV)

Dr. Budhaditya Chakraborty

Dr. Rakesh Kumar Bhargava



Gastric Sciences

Dr. Rohit Surekha

Dr. Harsh Gupta



Surgical Sciences

Dr. Sharad Daga



Skin Center

Dr. Dinesh Mathur



Interventional Radiology

Dr. Rangunath Nagvekar



De Addiction Psychiatry

Dr. Raghav Shah, Director - RHLCARe

Dr. Sanjay Jain

Dr. Chitrakshree Singh



Dental Sciences

Dr. Navneet Godara



Medicine

Dr. P. C. Ranka

Dr. Ashok Dutt Mathur

Dr. D K Jain

Dr. Nutan Katewa



Mother & Child

Obstetrics & Gynaecology

Dr. Veena Acharya

Dr. Priyanka Sharma

Dr. Shilpa Gupta Jetwani

Pediatrics & Neonatology

Dr. M L Gupta

Dr. Deep Chand Khandelwal

Dr. Abimanyu Chaudhary



Physiotherapy & Rehabilitation

Dr. Arun Kumar Sharma



RHL Renova Cancer Centre

Dr. Manish Chomal

Dr. Abhishek Pareek

Dr. Sandeep Bhaskar

Dr. Ananya Pareek

Dr. Vijay Singh

Dr. Sarjeet Saini



Radiology & Imaging

Dr. Radha Mohan Batwara

Dr. Prerna Singh Saharan

Dr. Apar Mathur



Diabetes & Endocrinology

Dr. Arvind Gupta

Dr. Ankita Aneja



Renal Sciences

Dr. Priyash Tambi, Nephrology

Dr. Rajkumar Jain, Urology



Geriatric Medicine

Dr. Mamta Kumari Saini

EXPERT INSIGHTS ON DIABETES



Dr. Arvind Gupta
HOD & Sr. Consultant
Diabetes, Obesity & Metabolic Disorder
at Rajasthan Hospital, Jaipur

Dear readers,

Good evening, Dr. Gupta. It's an absolute honor to have you with us today. You're a leading voice in diabetes research, with over 34 years of experience as a consultant physician and senior diabetic specialist at Rajasthan Hospital. Before we get into the nitty-gritty of research methods and study design, we'd love for you to tell us a little about your journey—what inspired you to choose this field, how your focus on research developed over the decades, and what keeps you motivated in your work?"

Aayush Singhal: Dr. Gupta, can you explain what diabetes is and how we diagnose it?

Dr. Arvind Gupta: Diabetes mellitus is a persistent, long-standing disease where utilization of carbohydrates, fats, and proteins by the body is disturbed leading to high blood glucose levels or hyperglycemia. This occurs due to:

1. Inability of the body to produce enough insulin (due to decreased functioning of beta cells in pancreas)
2. Inability of the body to use insulin effectively (insulin resistance)

We diagnose it when fasting blood glucose is $\geq 126\text{mg/dl}$ or 2-hour post-glucose (75g) level is $\geq 200\text{mg/dL}$."

Aayush Singhal: How many types are there, and how do they differ?

Dr. Arvind Gupta: There are four main categories:

1. Type 1—Usually occurs before age 14. Patients have zero insulin production and require lifelong insulin.
2. Type 2—Develops after age 30–35. Patients have either insufficient insulin or insulin resistance.
3. Gestational Diabetes (GDM)—Occurs or is first recognized during pregnancy.
4. Secondary Diabetes—Caused by long standing use of drugs like (e.g., steroids, diuretics, new anti-psychotic medicines) or endocrine disorders (e.g., acromegaly).

There's also young-onset diabetes (age 15–25), which includes MODY (maturity-onset diabetes of the young) & LADA (latent autoimmune diabetes in adults), often with genetic causes.

Aayush Singhal: Which factors increase the risk of developing diabetes?

Dr. Arvind Gupta: The main risk factors are:

1. Family history of diabetes
2. Obesity and sedentary lifestyle
3. High calory Fast foods and High stress levels

These individuals are at higher risk and should monitor their health closely.

Aayush Singhal: How can someone tell if they might have diabetes?

Dr. Arvind Gupta: Common symptoms include:

1. Unquenchable thirst & frequent urination
2. Sudden weight loss
3. Blurred vision
4. Recurring infections (skin, urinary, genital)
5. Slow-healing wounds
6. Persistent fatigue

Because these can be subtle, screening is recommended from age 25–30 using blood sugar, blood pressure, and cholesterol tests.

Aayush Singhal: Can you walk us through the diagnostic thresholds?

Dr. Arvind Gupta: Sure:

1. Normal: Fasting <100mg/dL; 2-hr <140mg/dL
2. Prediabetes: Fasting 100–125mg/dL; 2-hr 140–199 mg/dL
3. Diabetes: Fasting \geq 126mg/dL; 2-hr \geq 200mg/dL

Aayush Singhal: What are the main health concerns with untreated diabetes?

Dr. Arvind Gupta: There are two complication categories:

1. Micro vascular – Affect small blood vessels: retinopathy (eye), nephropathy (kidney), neuropathy (nerves).
2. Macro vascular – Affect larger vessels: heart attacks, angina, peripheral arterial disease (which can lead to gangrene).

Aayush Singhal: How do you recommend people manage their diabetes effectively?

Dr. Arvind Gupta: We focus on four pillars:

1. Lifestyle – 30–45 min daily exercise, including brisk walking, YOGA
2. Diet – Calorie intake at 25–30 kcal/kg/day for adult;
3. 4–5 small meals in a day; break fast counts for $\frac{1}{3}$ of total daily calories. Rest of the meals divided into lunch, evening snacks and early dinner
 - Most fruits are OK (avoid chikoo, banana, grapes due to their high glycemic index and load),
 - Must include green vegetables and salads for fiber (25–30g/day), protein 20–25% (0.6g–0.8g/kg/day), carbohydrates 60–65%, fats-15% and water (\geq 2.5L/day).
 - Use Mustard oil (due to its high omega 3 content) for cooking (you may blend different oils regularly from mustard, soya and other)
 - soak 1 tsp (5gms) fenugreek seeds overnight, drink the water in the morning and chew the seeds with breakfast which is rich in omega 3 fatty acids and fibers.
4. Use oral medications as per instruction of the treating physician. Some newer medications like SGLT 2 Inhibitors and GLP 1 RAs are very useful and heart/ kidney friendly. Newer human insulins & human insulin analogs are needed for type 1 diabetes patients and some type 2 diabetes patients also.
5. Myths & Misconceptions
6. Avoid artificial sweeteners- most artificial sweeteners are not good for health as per WHO)
7. Insulin once started will be needed for ever- It is not true, don't fear about insulin (it can be for temporary use in some patients who are undergoing surgery, in ICU, in emergencies etc & once blood sugar are well controlled, insulin can be withdrawn.
8. Intermittent fasting is indicated only for stable and well controlled diabetes patients (not for unstable and uncontrolled ones),
9. Fasts should be avoided as far as possible and especially long fast must be avoided

Aayush Singhal: Is there any potential to reverse diabetes?

Dr. Arvind Gupta: There's no cure yet. But remission, living drug free is possible in early stage or mild diabetes, this is possible when a person loses significant weight (more than 15% of their existing weight)

Aayush Singhal: We've heard about new obesity drugs what's your take?

Dr. Arvind Gupta: GLP 1 RA drugs like semaglutide and tirzepatide are very effective, generally safe and FDA approved, though very expensive. Common side effects are typically Gastro - intestinal like nausea, diarrhea, lack of appetite etc. but they remain for a short time and disappear with continuous use. Please use these drugs under doctor's supervision only.



Aayush Singhal

Intern

Batch 2020-21

Swasthya Kalyan college of Physiotherapy

CAI की ओर से जीवन रक्षक तकनीकों पर जागरूकता सत्र जीवन बचाने के साथ ही लोगों को फर्स्ट रेस्पोंडेंट भी बनाती है B.L.S.



जागरूकता सत्र में सीपुलर टीमें (दुर्घटनाएं) डीकेए प्रसार विभागों में शामिल

बैलाघाट, जयपुर
बैलाघाट सत्रांगण (बीएनएम) तकनीकी क्षेत्र में आयोजित कार्यक्रम में, सीपुलर और सीपुलर के साथ ही लोगों को फर्स्ट रेस्पोंडेंट भी बनाती है B.L.S. (Basic Life Support)। कार्यक्रम में सीपुलर और सीपुलर के साथ ही लोगों को फर्स्ट रेस्पोंडेंट भी बनाती है B.L.S. (Basic Life Support)। कार्यक्रम में सीपुलर और सीपुलर के साथ ही लोगों को फर्स्ट रेस्पोंडेंट भी बनाती है B.L.S. (Basic Life Support)।



जीवन रक्षक तकनीक का अधिष्ठाता (सीपुलर) टीमें प्रशिक्षित कर रहे हैं

400 से अधिक पुलिसकर्मी को मिला लाभ
सौराष्ट्र में आयोजित कार्यक्रम में 400 से अधिक पुलिसकर्मी को मिला लाभ। कार्यक्रम में सीपुलर और सीपुलर के साथ ही लोगों को फर्स्ट रेस्पोंडेंट भी बनाती है B.L.S. (Basic Life Support)। कार्यक्रम में सीपुलर और सीपुलर के साथ ही लोगों को फर्स्ट रेस्पोंडेंट भी बनाती है B.L.S. (Basic Life Support)।

प्रशिक्षित पुलिसकर्मी आपात स्थिति में बचा सकते हैं जान
प्रशिक्षित पुलिसकर्मी आपात स्थिति में बचा सकते हैं जान। कार्यक्रम में सीपुलर और सीपुलर के साथ ही लोगों को फर्स्ट रेस्पोंडेंट भी बनाती है B.L.S. (Basic Life Support)। कार्यक्रम में सीपुलर और सीपुलर के साथ ही लोगों को फर्स्ट रेस्पोंडेंट भी बनाती है B.L.S. (Basic Life Support)।

सर्वाइकल कैंसर के प्रति जागरूकता कार्यक्रम

व्यूरो,नवज्योति, जयपुर। सर्वाइकल कैंसर की जागरूकता के लिए राजस्थान अस्पताल में शुक्रवार को जागरूकता कार्यक्रम का आयोजन किया गया। कार्यक्रम में जयपुर विभागीय सोसायटी, नारचो, ईसाई के सदस्यों ने भी भागीदारी की। समारोह के मुख्य अतिथि डॉ. विनोद सिंह, अध्यक्षता में जयपुर जनरल विजय सारस्वत और विशाल अतिथि डॉ. सर्वेश अग्रवाल थे। डॉ. विनोद सिंह ने कहा कि सर्वाइकल कैंसर जैसी विषाधिकारों से निपटने के लिए उचित जानकारी बहुत महत्वपूर्ण है और सभी चिकित्सकों को कैंसर जैसी भयानक बीमारियों के बचाव के लिए पूर्ण रूप से कार्य करना चाहिए।



समय पर रोगी के रोग की जानकारी नहीं मिल पाती है और इलाज मिलना मुश्किल हो जाता है। डॉ. आचार्य ने बताया कि सर्वाइकल कैंसर ऐसा कैंसर है जिसकी टीकाकरण से बचाया जा सकता है। एचपीवी वैक्सीन भारत वर्ष में उपलब्ध है और हाल ही में भारत में स्वदेशी वैक्सीन भी उपलब्ध है इसके लगाने की सही अनु 9 से 14 वर्ष की किशोर अवस्था है। इस अवस्था में सबसे ज्यादा लाभदायक है।

इलाज राजस्थान अस्पताल में नवजात शिशु में दुर्लभ बीमारी की पहचान दो दिन के बच्चे की खून बदलकर बचाई जान

व्यूरो,नवज्योति, जयपुर। दो दिन के बच्चे की खून बदलकर बचाई जान। राजस्थान अस्पताल में नवजात शिशु में दुर्लभ बीमारी की पहचान दो दिन के बच्चे की खून बदलकर बचाई जान। राजस्थान अस्पताल में नवजात शिशु में दुर्लभ बीमारी की पहचान दो दिन के बच्चे की खून बदलकर बचाई जान।



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विश्व सोराइसिस दिवस पर जागरूकता के लिए पोस्टर का विमोचन



व्यूरो, नवज्योति, जयपुर। विश्व सोराइसिस दिवस पर जागरूकता के लिए पोस्टर का विमोचन। कार्यक्रम में सीपुलर और सीपुलर के साथ ही लोगों को फर्स्ट रेस्पोंडेंट भी बनाती है B.L.S. (Basic Life Support)। कार्यक्रम में सीपुलर और सीपुलर के साथ ही लोगों को फर्स्ट रेस्पोंडेंट भी बनाती है B.L.S. (Basic Life Support)।

अस्थमा रोगी 'आई लव वलीन एयर' की रविवार को करेंगे मांग बिरला सभागार में अस्थमा रोगी करेंगे प्रार्थना आज

समाचार जगत न्यूज
अस्थमा रोगी 'आई लव वलीन एयर' की रविवार को करेंगे मांग बिरला सभागार में अस्थमा रोगी करेंगे प्रार्थना आज। कार्यक्रम में सीपुलर और सीपुलर के साथ ही लोगों को फर्स्ट रेस्पोंडेंट भी बनाती है B.L.S. (Basic Life Support)। कार्यक्रम में सीपुलर और सीपुलर के साथ ही लोगों को फर्स्ट रेस्पोंडेंट भी बनाती है B.L.S. (Basic Life Support)।

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एड्स दिवस पर पोस्टर विमोचन और चर्चा कार्यक्रम हुआ आयोजित



व्यूरो,नवज्योति, जयपुर। एड्स दिवस पर पोस्टर विमोचन और चर्चा कार्यक्रम हुआ आयोजित। कार्यक्रम में सीपुलर और सीपुलर के साथ ही लोगों को फर्स्ट रेस्पोंडेंट भी बनाती है B.L.S. (Basic Life Support)। कार्यक्रम में सीपुलर और सीपुलर के साथ ही लोगों को फर्स्ट रेस्पोंडेंट भी बनाती है B.L.S. (Basic Life Support)।

चिकित्सा अधिकारियों ने राजस्थान हॉस्पिटल में किया बेस्ट प्रैक्टिसेज का अध्ययन



व्यूरो, नवज्योति, जयपुर। चिकित्सा अधिकारियों ने राजस्थान हॉस्पिटल में किया बेस्ट प्रैक्टिसेज का अध्ययन। कार्यक्रम में सीपुलर और सीपुलर के साथ ही लोगों को फर्स्ट रेस्पोंडेंट भी बनाती है B.L.S. (Basic Life Support)। कार्यक्रम में सीपुलर और सीपुलर के साथ ही लोगों को फर्स्ट रेस्पोंडेंट भी बनाती है B.L.S. (Basic Life Support)।

मानसिक स्वास्थ्य पर हुआ व्याख्यान



जयपुर के राजस्थान अस्पताल में विश्व महिला दिवस की 2022 की थीम महिलाओं के मानसिक स्वास्थ्य देखभाल पर आधारित है। इस थीम पर महिला रोग विशेषज्ञ डॉ. वीणा आचार्य ने एक व्याख्यान माला का आयोजन किया, जिसमें उन्होंने बताया कि व्याख्यान माला में 6 अधिक महिलाओं ने भाग लिया और एसएमएस अस्पताल की डॉ. सीमा मेहता एवं मानसिक रोग विशेषज्ञ डॉ. अनार्जा पापरीवाल ने महिलाओं के स्वास्थ्य संबंधित विभिन्न पहलुओं पर प्रकाश डाला। राजस्थान अस्पताल के डॉ. एसएम अग्रवाल ने डॉ. वीणा आचार्य की अगुवाई में एक विशेष महिला को भी स्थापना की।

डॉ. वीणा आचार्य सम्मानित

अंतरराष्ट्रीय महिला दिवस पर जयपुर में एसएमएस अस्पताल की लेडी डॉक्टरों की ओर से कार रैली का आयोजन किया गया। कार्यक्रम में वरिष्ठ महिला डॉक्टर वीणा आचार्य को सम्मानित किया गया।



आरएचएल में आईपीसी-एमआर कॉन्क्लेव का आयोजन

स्वच्छता अपनाकर संक्रमण और घातक एंटीबायोटिक से बचा जा सकता है



स्वच्छता अपनाकर संक्रमण और घातक एंटीबायोटिक से बचा जा सकता है। डॉ. वीणा आचार्य ने बताया कि स्वच्छता को बढ़ावा देने के लिए हमें अपने आसपास की पर्यावरण को स्वच्छ रखना चाहिए।

त्वचा रोगों पर देश-विदेश के विशेषज्ञों ने किया मंथन

चिकित्सा नैतिकता, प्रेरणा और त्वचा की गहरी समझ पर विशेष चर्चा। डॉ. वीणा आचार्य ने बताया कि त्वचा रोगों का निदान और उपचार में नैतिकता और प्रेरणा का महत्व है।



डॉ. वीणा आचार्य ने बताया कि त्वचा रोगों का निदान और उपचार में नैतिकता और प्रेरणा का महत्व है। उन्होंने कहा कि त्वचा रोगों का निदान और उपचार में नैतिकता और प्रेरणा का महत्व है।

होली पर बरतें ये सावधानियां

होली पर बरतें ये सावधानियां। डॉ. वीणा आचार्य ने बताया कि होली के दिनों में सावधानियों का बंधन है। उन्होंने कहा कि होली के दिनों में सावधानियों का बंधन है।

विश्व स्वास्थ्य दिवस मनाया



जयपुर। जयपुर के राजस्थान अस्पताल में शुक्रवार को विश्व स्वास्थ्य दिवस मनाया गया है। डॉ. वीणा आचार्य ने बताया कि विश्व स्वास्थ्य दिवस का महत्व है।

संपर्क एक्जिमा में पैच टेस्ट करने पर जोर दिया



संपर्क एक्जिमा में पैच टेस्ट करने पर जोर दिया। डॉ. वीणा आचार्य ने बताया कि संपर्क एक्जिमा का निदान और उपचार में पैच टेस्ट का महत्व है।

मेन्स्ट्रुअल हाइजीन दिवस पर वक्ताओं ने रखे विचार



मेन्स्ट्रुअल हाइजीन दिवस पर वक्ताओं ने रखे विचार। डॉ. वीणा आचार्य ने बताया कि मेन्स्ट्रुअल हाइजीन का महत्व है।

अंतर्राष्ट्रीय महिला दिवस 2025 : महिला स्वास्थ्य के महत्वपूर्ण मुद्दों पर जागरूकता कार्यक्रम

महिला दिवस लैंगिक समानता को बढ़ावा देने का एक महत्वपूर्ण अवसर : डॉ. अग्रवाल

आज का दिन अंतर्राष्ट्रीय महिला दिवस है। यह दिन महिलाओं के अधिकारों को बढ़ावा देने और लैंगिक समानता को सुनिश्चित करने के लिए है। डॉ. अग्रवाल ने कहा कि महिलाओं को लैंगिक समानता के लिए अधिकारों को बढ़ावा देने और लैंगिक समानता को सुनिश्चित करने के लिए है।



आज का दिन अंतर्राष्ट्रीय महिला दिवस है। यह दिन महिलाओं के अधिकारों को बढ़ावा देने और लैंगिक समानता को सुनिश्चित करने के लिए है।

प्रतिक्रिया: बजट-2024 पर विभिन्न संगठनों के प्रतिनिधियों की राय

सुदृढ़ होगी प्रदेश की चिकित्सा एवं स्वास्थ्य सुविधा

राजस्थान के बजट-2024 पर विभिन्न संगठनों के प्रतिनिधियों की राय सुदृढ़ होगी प्रदेश की चिकित्सा एवं स्वास्थ्य सुविधा।



राजस्थान के बजट-2024 पर विभिन्न संगठनों के प्रतिनिधियों की राय सुदृढ़ होगी प्रदेश की चिकित्सा एवं स्वास्थ्य सुविधा।

विश्व स्तनपान सप्ताह पर आयोजित जागरूकता कार्यक्रम में बोली डॉ. वीणा आचार्य

बच्चे के विकास के लिए जरूरी है मां का दूध

बच्चे के विकास के लिए जरूरी है मां का दूध। डॉ. वीणा आचार्य ने कहा कि मां का दूध बच्चे के विकास के लिए जरूरी है।



बच्चे के विकास के लिए जरूरी है मां का दूध। डॉ. वीणा आचार्य ने कहा कि मां का दूध बच्चे के विकास के लिए जरूरी है।

सर्वाइकल कैंसर से मुक्ति अभियान के तहत कार्यक्रम

सर्वाइकल कैंसर से मुक्ति अभियान के तहत कार्यक्रम।



सर्वाइकल कैंसर से मुक्ति अभियान के तहत कार्यक्रम।

रोगियों को मिलेगा इलाज

रोगियों को मिलेगा इलाज। डॉ. रवि सिंह ने कहा कि रोगियों को मिलेगा इलाज।



रोगियों को मिलेगा इलाज। डॉ. रवि सिंह ने कहा कि रोगियों को मिलेगा इलाज।

जमवारामगढ़। राजस्थान राज्य महिला नीति 2021 के तत्वावधान में जमवारामगढ़ महाविद्यालय और पीएम श्री राजकीय उच्च माध्यमिक विद्यालय जमवारामगढ़ और महात्मा गांधी राजकीय उच्च माध्यमिक विद्यालय जमवारामगढ़ के संयुक्त तत्वावधान में सार्थक मानव कुष्ठ आश्रम और नेशनल एंथ्रोपॉलॉजिकल इंस्टीट्यूट ऑफ इंडिया की अंभिनव पहल सर्वाइकल कैंसर मुक्त जमवारामगढ़ अभियान कार्यक्रम का आयोजन किया गया।

कार्यक्रम में सार्थक मानव कुष्ठ आश्रम के अध्यक्ष सुरेश कौल, लेबन ओहने लेग्रा जर्मनी की अध्यक्ष एस्ट्रिड मकली, कर्सटॉन एंजेलिका आईसीएमसीएच की चेयरपर्सन और महिला रोग विशेषज्ञ डॉ. वीणा आचार्य मुख्य समन्वयक ने मुख्य भूमिका निभाते हुए सर्वाइकल कैंसर से संबंधित विस्तृत जानकारी दी। महाविद्यालय के प्राचार्य प्रोफेसर दिनेश चंद मीणा ने कहा कि यह अभियान निश्चित ही सर्वाइकल कैंसर के समाधान में अहम भूमिका निभाएगा। डॉ. वीणा आचार्य ने रोग उत्पन्न होने से पहले वैक्सिन से एचपीवी इन्फेक्शन को रोकने एवं लक्षण प्रकट होने से पहले रोग की पहचान करने एवं स्क्रीनिंग द्वारा प्राथमिक लक्षणों की पहचान एवं उनका उपचार और सर्वाइकल कैंसर में बढ़ने से पहले बीमारी का प्रारंभिक चरण में जो इलाज है। उसकी रोकथाम के लिए विशेष रूप से जानकारी दी। कार्यक्रम में महाविद्यालय के चरित्र संकाय सदस्य प्रोफेसर मनोज गौतम, राजस्थान राज्य महिला नीति की नोडल प्रोफेसर शेहमा खान व सदस्य डॉ. रामेश्वरी मीना सहित अन्य कई लोग मौजूद थे।

राष्ट्रीय सम्मेलन बरिच स्त्री रोग विशेषज्ञ डॉ. वीणा आचार्य ने बताया

सर्वाइकल कैंसर के भारत में 16 फीसदी मामले

सर्वाइकल कैंसर के भारत में 16 फीसदी मामले। डॉ. वीणा आचार्य ने बताया कि सर्वाइकल कैंसर के भारत में 16 फीसदी मामले हैं।



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विटिलिगो रोग जीवन के लिए घातक नहीं पर हो सकता है तनावपूर्ण, उपचार संभव

विटिलिगो रोग जीवन के लिए घातक नहीं पर हो सकता है तनावपूर्ण, उपचार संभव।



विटिलिगो रोग जीवन के लिए घातक नहीं पर हो सकता है तनावपूर्ण, उपचार संभव।

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

Dispenses 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

ARTIFICIAL INTELLIGENCE (AI) IS TRANSFORMING NURSING AND ALLIED HEALTH EDUCATION



Prof. Arun Chougule

PhD, FAMS, FIOMP

Dean and Chief Academic officer

Artificial Intelligence refers to computer systems designed to perform tasks typically requiring human intelligence, such as learning, reasoning, problem-solving, and decision-making.

Artificial Intelligence (AI) is revolutionizing various sectors of healthcare, and education is no exception. AI is transforming education systems worldwide, including nursing and allied health education. Traditional methods of educating these professionals have relied heavily on classroom-based instruction, hands-on clinical training, and paper-based assessments. However, the integration of AI is shifting this paradigm by introducing smart technologies into the learning process.

In nursing and allied health education, AI technologies are reshaping the way students learn, practice, and apply knowledge in clinical settings. This transformation is leading to more personalized, efficient, and interactive educational experiences, ultimately preparing a more competent and adaptable healthcare workforce. As India aims to modernize its healthcare and education sectors, **AI presents both tremendous opportunities and complex challenges.**

In nursing and allied health education, AI is used for:

- Adaptive learning platforms
- Simulation-based training
- Virtual patients and clinical scenarios
- Automated assessments
- Chatbots and virtual tutors

AI applications in Nursing and Allied Health Education provide personalized learning Platforms.

AI-powered platforms analyse individual learning styles, strengths, and weaknesses to deliver customized educational content. By using algorithms that adapt in real-time, students receive tailored lessons and feedback, which enhances understanding and retention.

Virtual Simulation and Augmented Reality (AR)- AI-driven simulations provide realistic, risk-free environments where students can practice clinical procedures and decision-making.

Intelligent tutoring systems- AI-powered tutors can assess a student's performance in real time, identify gaps in knowledge, and offer personalized guidance.

AI in clinical decision-making education- AI tools can be used to teach diagnostic reasoning and treatment planning. These tools simulate real-life case scenarios where students interact with AI-driven decision trees and diagnostic tools.

Automated assessment and feedback- AI tools can automate the grading of assignments, quizzes, and even subjective assessments like case analyses.

There are many benefits of AI in Nursing and Allied Health Education such as

1. Efficiency- Speeds up learning through automation and adaptive content delivery

2. Consistency- Offers standardized learning experiences across institutions

3. Accessibility - Provides 24/7 access to learning resources, especially useful for remote areas

4. Engagements- Interactive tools keep students motivated and involved

5. Data driven insight- Allows educators to monitor student progress and intervene early

However, there are many challenges in implementing AI driven education and training in nursing and allied healthcare as mentioned below

A. Infrastructure gaps

- Many institutions lack high-speed internet, modern computing systems, and simulation labs
- There is a rural-urban divide, with rural colleges struggling with even basic digital infrastructure

B. Faculty capacity

- There is limited AI literacy among educators/faculty
- Most faculty are not trained to use AI tools or interpret AI-generated learning analytics

C. Curriculum limitations

- AI and digital literacy are not formally integrated into the syllabi of nursing or allied health programs
- Focus is still on rote learning (memorizing information without necessarily understanding it) and examination-driven instruction

D. Cost and accessibility

- AI-based platforms and simulations are often expensive and inaccessible to government or low-cost private institutions

If we want to harness the benefits of AI in education and training of nursing and allied health professionals following steps towards preparedness are required to be taken

1. Curriculum reform

- Indian Nursing Council (INC) and Allied Health Councils should integrate AI and digital health topics into undergraduate and postgraduate syllabi

2. Faculty development

- Launch “AI for Educators/faculty” programs to train nursing and allied health faculty
- Leverage national platforms like SWAYAM (<https://swayam.gov.in/>) and NPTEL (<https://onlinecourses.nptel.ac.in/>) to offer AI education courses

3. Public-Private Partnerships (PPP)

- Collaborate with ed-tech companies or Indian startups for cost-effective AI platforms

4. Government investment

- Increase funding for simulation labs, AI-integrated skill centers, and smart classrooms, especially in government colleges

Conclusion

AI is dramatically transforming nursing and allied health education by making it more personalized, efficient, and adaptive to the changing demands of healthcare. While challenges remain, the benefits far outweigh the drawbacks, especially when implemented thoughtfully and ethically. As AI continues to evolve, educators and institutions must embrace its potential to prepare the next generation of healthcare professionals with the skills they need to thrive in an increasingly complex and tech-driven clinical environment.

AI offers powerful solutions to long-standing challenges in health education, like faculty shortages, uneven access, and outdated pedagogies. However, it can also reinforce inequality, ethical concerns, and depersonalization of care if applied without context.

For India, a **carefully planned, inclusive, and phased adoption of AI** can harness its benefits while mitigating the risks. The goal should be to use AI to **augment human educators/faculty**, empower students, and ultimately produce more competent and compassionate healthcare professionals.

The role of AI in healthcare education is expected to grow rapidly in the coming years. However, India is not yet fully prepared for widespread AI adoption in nursing and allied health education, but the building blocks are in place. With targeted reforms in policy, curriculum, infrastructure, and capacity building, India can harness AI to modernize healthcare education, bridge urban-rural divides, and produce future-ready health professionals.

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REINVENTING HOMEOPATHY: HOW THE NATIONAL COMMISSION FOR HOMOEOPATHY ACT, 2020 IS TRANSFORMING THE SYSTEM



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The National Commission for Homoeopathy (NCH) Act, 2020, marks a significant milestone in the evolution of homeopathic education and practice in India. By replacing the earlier Central Council of Homoeopathy (CCH), the Act introduces a paradigm shift in governance, regulation, and the standardization of homeopathy, aligning it more closely with the mainstream medical education framework. This article delves into the core reforms of the Act and evaluates its potential to reshape the future of homeopathy in India.

HISTORICAL BACKGROUND

Before the enactment of the NCH Act, the regulation of homeopathic education and practice in India was governed by the Homoeopathy Central Council Act, 1973. Over the years, however, the need for a more transparent, accountable, and performance-based regulatory mechanism became evident. The NCH Act was introduced to meet this demand and to foster the development of a more modern, efficient, and quality-driven homeopathic medical education system.

KEY FEATURES AND REFORMS INTRODUCED BY THE NCH ACT, 2020

1. Uniform Entrance and Exit Examinations

One of the most ground breaking reforms is the implementation of a standardized testing system:

- NEET (National Eligibility-cum-Entrance Test) is now mandatory for undergraduate admission in BHMS course, ensuring that only deserving and capable students enter the system.
- A Post-Graduate National Entrance Test is also mandated for PG admissions in Homeopathy.
- The National Exit Test (NEXT) will serve as a licensure examination, regulating the quality of graduating homoeopathic practitioners.
- National Teachers' Eligibility Test (NTET) To raise the standard of homoeopathic education, the Act introduces the NTET for post graduates aspiring to become educators. This ensures that faculty members have a high level of competence and are equipped with pedagogical skills, thereby enhancing the quality of teaching in homeopathic colleges.

These examinations aim to improve the overall quality of homeopathic professionals by bringing in uniformity and rigor at the entry and exit points.

3. Creation of Autonomous Boards

The NCH Act provides for the constitution of three key boards:

- Homoeopathy Education Board: Responsible for setting curriculum, academic standards, and the training framework.
- Medical Assessment and Rating Board for Homoeopathy: Evaluates institutions and provides ratings based on performance metrics.
- Board of Ethics and Registration for Homoeopathy: Maintains a national register of licensed practitioners and enforces ethical standards.

4. Promotion of Medical Pluralism

A standout provision in the Act is its emphasis on integrative medicine. It mandates annual joint sittings with commissions from other systems of medicine, such as allopathy, Ayurveda, Siddha, and Unani. This promotes cross-disciplinary learning, collaborative research, and integrated patient care—a progressive move in the direction of holistic healthcare.

IMPACT ANALYSIS

Educational Reforms

The introduction of standardized exams and NTET is expected to eliminate inconsistencies across institutions and elevate the academic standards. Students and institutions alike will now have to meet higher benchmarks, fostering a competitive and merit-based environment.

Institutional Accountability

Through the Medical Assessment & Rating Board, institutions are now subject to periodic assessments & ratings. It will incentivize infrastructure development, better clinical exposure, & improved teaching quality.

Ethical Regulation

By maintaining a national register and setting ethical guidelines, the Board of Ethics and Registration aims to prevent malpractices, thereby restoring public faith in homeopathic practitioners.

Enhanced Interdisciplinary Collaboration

With structured interaction between different medical systems, homeopathy stands to gain from research opportunities, interdisciplinary practices, and collaborative treatments. This can elevate its credibility and application in public health.

CHALLENGES AND CONCERNS

While the Act is a step in the right direction, its success hinges on efficient implementation. Key concerns include:

- Transition difficulties for institutions accustomed to the older regulatory model.
- Faculty shortages, particularly those qualified to clear NTET.
- Resistance to integrative practices from conservative practitioners.

Addressing these concerns through continuous stakeholder engagement, capacity-building initiatives, and financial support mechanisms will be crucial.

CONCLUSION

The National Commission for Homoeopathy Act, 2020, is a bold reformative step that aligns homoeopathic education and practice with contemporary healthcare needs. By embedding transparency, standardization, and integration at its core, the Act is poised to elevate homoeopathy from a parallel system to a complementary and credible medical discipline. As India continues to explore holistic approaches to healthcare, the NCH Act serves as a blueprint for the modernization and mainstreaming of alternative medicine.



ALTRUISM



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Introduction:-

Altruism is when people act for the well-being or happiness of others without expecting a reward. It's a recognized phenomenon in humans but has been observed to some degree in other species, such as monkeys and insects. Altruism is also known as selflessness, and it's a valued trait in many cultures.

Definition:-

Altruism is a selfless, voluntary action typically driven by compassion or empathy for others or defined as "living for others. There are several forms of altruism, which are performed without an expectation of personal gain or recognition.

What is altruism and where does it come from?

When people perform selfless acts for the benefit of others, they're engaging in altruism.

The origins of altruism could be rooted in human evolution. Because we're a social species, we do best when living in close community with others. Caring for each other is proven to strengthen relationships and reduce conflict, so by behaving altruistically, ancient humans improved their communities' chances of long-term health and survival. This biology-driven theory of altruism is just one of many theories, as altruism has been studied in other fields such as science, philosophy, sociology and so on.

The term "altruism" was likely coined by Auguste Comte, a French philosopher who is often called "the father of sociology." Born in the late 18th century, Comte developed the theory of "positive philosophy," which posited that a combination of logic, math and sensory experiences could help people understand human relationships and behavior. For Comte, altruism, which he defined as "living for others," was a vital part of living an ethical life and creating a good world. Empathy and altruism are not the same. While empathy often leads to altruism, it's a cognitive and emotional trait. Altruism refers to behavior. Altruism can also be motivated by a sense of moral duty or a desire to serve the greater good; people don't need to feel empathy to be altruistic.

What should everyone know about altruism?

Altruism is a simultaneously fascinating and bewildering phenomenon that philosophers, scientists, sociologists and others have studied for years. Here are the five facts everyone should know:

1. There are different types of altruism

At its core, altruism is about doing good things without expecting a reward, but there are different types. Experts have identified four main categories: kin, reciprocal, cultural group and pure. Kin altruism is directed toward family members and friends, and while there's no guaranteed benefit, it often occurs because tight-knit communities frequently help each other. Reciprocal altruism is similar as it consists of trading altruistic acts back and forth. You help someone, but there's an understanding that they are likely to help you in return at some point. Cultural group altruism is altruism that occurs within the same ethnic and/or social groups, while pure altruism is performed knowing there's no benefit to yourself.

2. There are benefits to altruism

Altruism refers to actions done without expectation of reward or praise, but there are benefits to seemingly "selfless" acts. According to research, altruistic feelings and behaviors are connected to greater well-being, better health and a longer life. There are a handful of reasons, such as stronger community ties. When people are altruistic, they bond better with others, which has been shown time and time again to improve mental and even physical health. Research also shows that helping others releases chemicals like dopamine and serotonin in the brain. This phenomenon is called "the helper's high."

3. Animals can exhibit altruistic behaviors.

Scientists have studied animals for years trying to learn how (and if) altruism occurs outside of the human species. There has been some evidence, especially for animals within the same groups. As an example, insects like ants and bees frequently sacrifice their lives for members of the colony. They have an evolutionary drive to protect the colony, and if sacrificing themselves accomplishes that, they'll do it without any emotion attached to the action. Therefore, while altruism is present in other species, human altruism seems to be distinct.

4. Altruism may be contagious

Does the altruism of one person make a difference? It does for that specific situation, but research suggests helping others is contagious. This is because humans influence each other, and seeing someone else act generously encourages others to do the same. According to one study, a single act of kindness tripled in value because others gave more afterward. In the long term, altruism becomes more normalized, and because humans naturally want to live in connection and community with one another, altruism can become a societal norm.

5. Some people think there's no such thing as true altruism

If altruism has so many benefits and serves a biological need for connection and community, can altruism really exist? Some philosophers and psychologists believe there is no such thing as "true" altruism because, at the very least, your brain rewards you. However, a person's intent should matter, as well. If you aim to help others without expecting a reward, the act shouldn't stop being altruistic because of a chemical reaction you can't control. It's also extremely challenging to fully understand a person's motives when they do something nice for others. Even those who act altruistically may never know their true motivations.

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PHYSIOTHERAPY: A MEMORY BOOSTER



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Physiotherapy can indirectly contribute to improved cognitive function, including memory, in several ways:

- **Increased blood flow:** Exercise and physical activity promoted by physiotherapy can enhance blood flow to the brain, potentially improving cognitive function.
- **Neuroplasticity:** Physiotherapy can stimulate neuroplasticity—the brain’s ability to adapt and change—which may help improve cognitive function.
- **Reduced stress and anxiety:** Physiotherapy can help reduce stress and anxiety, both of which can negatively impact memory and cognitive function.
- **Improved sleep:** Regular exercise and physical activity can help improve sleep quality, which is essential for memory consolidation.
- **Enhanced mood:** Physiotherapy can release endorphins, improving mood and reducing symptoms of depression, thereby potentially benefiting cognitive function.

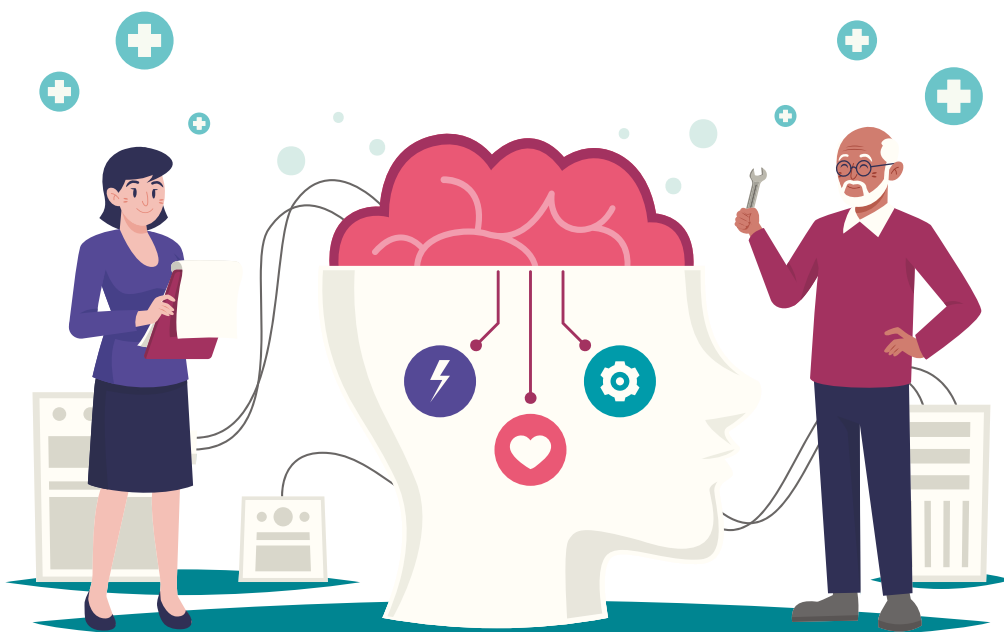
Physiotherapy Techniques Beneficial for Cognitive Function

Some physiotherapy techniques that may support cognitive function include:

- **Aerobic exercise:** Regular aerobic exercise has been shown to improve cognitive function and promote neuroplasticity.
- **Balance and coordination exercises:** These exercises challenge the brain and help promote cognitive function.
- **Functional activities:** Physiotherapy can focus on functional activities that engage cognitive processes such as problem-solving and multitasking.

Important Note

While physiotherapy can offer indirect benefits for cognitive function, it is important to note that it is not a replacement for specific cognitive training or memory interventions.



INNER PEACE, OUTER IMPACT: YOGA AND NATUROPATHY FOR A SUSTAINABLE TOMORROW



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Health issues have changed in the modern era of invention and fast satisfaction. Today, lifestyle diseases, chronic stress, and a growing disconnection from natural rhythms abound. Although traditional medicine provides fast fixes, many people are looking for more sustainable, deeper approaches to bring equilibrium. This has elevated ancient systems like Yoga and Naturopathy—not as substitutes but rather as fundamental bases for long-term health.

These two holistic sciences emphasize prevention, self-discipline, and harmony between the body, mind, and environment—making them especially relevant in today’s fast-paced world.

Why Naturopathy and Yoga Are Crucial Today

1. Holistic and Preventive Care: Naturopathy addresses the underlying cause of disease rather than merely the symptoms. Aligning with the five elements of nature—earth, water, fire, air, and space—it helps the body to heal naturally. Yoga enhances energy flow through planned physical, mental, and spiritual practices, calms the mind, and tones internal systems. Together, they provide an effective preventative wellness approach that minimizes medication dependency and enhances quality of life.

2. Non-Invasive and Sustainable: Both Naturopathy and Yoga are non-invasive, drug-free, and environmentally friendly, in contrast to invasive procedures or drawn-out drug cycles. Their methods are low-risk and encourage lifestyle modifications that promote ecological balance and individual well-being.

3. Applicable to All – Healthy and Diseased: Whether you are healthy and wish to maintain vitality, or managing a chronic condition, these systems are universally beneficial. They build resilience, immunity, and mental clarity, offering therapeutic support for conditions like hypertension, diabetes, anxiety, obesity, and insomnia.

Daily Practices for Lifelong Wellness

1. Dinacharya: The Power of Daily Rhythm

One of the pillars of natural living is the idea of Dinacharya, or daily routine. Observing the cycle of nature aids in balancing mental and biological rhythms.

Daily routine may include:

- Waking up early (before sunrise or Brahma Muhurta)
- Drinking warm water.
- Practicing oral cleansing (oil pulling, tongue scraping)
- Performing oil Massage to whole body
- Engaging in Yoga and breathing practices
- Perform spiritual practise such as Meditation and Prayer
- Consuming light, nutritious, and seasonal meals
- Prioritizing early, restful sleep

Yogic Practices for Physical and Mental Balance

Yoga is much more than just exercise. With its roots in Ashtanga Yoga, or the Eight Limbs of Yoga, it provides a comprehensive framework for introspection.

Key Yogic Practices and Their Significance:

Yama & Niyama (Ethical Disciplines)

- Encourage mindful, ethical living (truthfulness, non-violence, cleanliness, self-discipline)
- Promote mental clarity and social harmony

Asana (Postures)

- Enhance muscular strength, posture, and flexibility.
- Enhance organ function and circulation
- Prevent and manage lifestyle diseases

Pranayama (Breath Regulation)

- Balances the nervous system
- Reduces stress, anxiety, and fatigue
- Increases oxygen supply and mental alertness

Dhyana (Meditation)

- Cultivates inner calm and emotional resilience
- Improves focus, memory, and decision-making
- Supports mental health and reduces burnout

By embracing these ideas, Yoga becomes a tool for responsible living, personal growth, and health.

Naturopathic Therapies for Daily Use

There are numerous easy-to-use naturopathic modalities that can be incorporated into everyday life:

- **Hydrotherapy:** Using water for detoxification and circulation (cold showers, hip baths)
- **Mud Therapy:** Cooling and cleansing through mud packs
- **Sunbathing:** Natural Vitamin D and mood enhancement
- **Diet Therapy:** Consuming sattvic (pure, plant-based) foods
- **Fasting and Detox:** Periodic cleansing to support digestion and immunity

These practices support digestion, detoxification, and mental relaxation, creating a **stable foundation for healing and longevity.**

Conclusion: Health as a Way of Living

Yoga and Naturopathy encourage us to slow down, pay attention, and cultivate health from the inside out in a world that frequently looks for quick fixes. They are conscious lifestyles rather than merely therapeutic approaches.

Instead of serving as a means of escape, inner peace serves as the basis for deliberate action. A community that is founded on the peace of Yoga and the knowledge of Naturopathy is more likely to act sensibly, deliberately, and effectively. As we envision a sustainable future, let's remember that internal change is the first step towards lasting change.

One breath, One step, and One thoughtful decision at a time, by embracing these tried-and-true methods, we not only safeguard ourselves against illness but also help create a more sustainable and healthy society.



THE ROLE OF PHARMACISTS IN EVOLVING HEALTHCARE IN INDIA



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Introduction

India's healthcare landscape is rapidly transforming due to a growing population, rising prevalence of chronic conditions, and expanding medical infrastructure. In this dynamic environment, pharmacists are transitioning from traditional roles to becoming essential pillars of accessible, safe, and cost-effective healthcare delivery.

Traditional Responsibilities of Pharmacists

Historically, pharmacists in India have been primarily responsible for dispensing medications.

Their core duties included:

1. Accurately dispensing prescribed drugs
2. Managing pharmaceutical inventories
3. Interpreting and verifying prescriptions

However, the increasing complexity of healthcare demands has prompted an expansion of their roles.

Clinical and Patient-Focused Responsibilities

Today, pharmacists in India are increasingly engaged in patient-centered care, with responsibilities such as:

1. **Medication Therapy Management (MTM):** Ensuring optimal drug therapy by monitoring efficacy, minimizing adverse effects, and tailoring treatments
2. **Patient Education:** Guiding patients on proper medication use, potential side effects, and lifestyle changes
3. **Adherence Support:** Assisting patients with chronic conditions, such as diabetes or hypertension, to maintain consistent medication regimens

Contributions to Public Health and Prevention

Pharmacists play a pivotal role in public health initiatives, including:

1. **Immunization Campaigns:** Supporting vaccination drives, notably during pandemics like COVID-19
2. **Health Screenings:** Providing services such as blood pressure and glucose monitoring
3. **Community Education:** Promoting awareness about nutrition, hygiene, smoking cessation, and responsible medication use

Bridging Gaps in Rural and Primary Healthcare

In rural India, where access to physicians is limited, pharmacists serve as critical healthcare providers by:

1. Acting as initial points of contact for medical care
2. Managing common ailments
3. Facilitating referrals to specialists

Embracing Technology and Digital Healthcare

The rise of digital health in India has transformed pharmacist's roles through:

1. **E-Pharmacies:** Enabling online consultations, medicine delivery, and adherence monitoring
2. **Telemedicine Collaboration:** Partnering with physicians to provide remote healthcare services
3. **Health Apps:** Leveraging technology to track patient health data and manage prescriptions

Advancements in Pharmacy Education

Pharmacy education in India is evolving to meet modern demands, with:

1. **Pharm.D Programs:** Introducing clinically oriented training to prepare pharmacists for collaborative roles with healthcare teams
2. **Focus on Practical Skills:** Emphasizing clinical pharmacology, communication, and ethical practices
3. **Hands-On Training:** Incorporating internships and hospital-based experience

Challenges and Future Directions

Despite their expanded roles, pharmacists in India face obstacles such as:

1. Limited recognition as integral healthcare providers
2. Underutilization in clinical settings
3. Need for stronger regulatory frameworks and standardized education

To address these, future efforts should focus on:

1. Integrating pharmacists into multidisciplinary healthcare teams
2. Implementing policy changes to broaden their scope of practice
3. Raising public awareness about their evolving contributions

Conclusion

Pharmacists in India have transcended their traditional role as medication dispensers to become vital healthcare partners. By enhancing patient care, promoting rational drug use, and advancing public health, they are instrumental in building a healthier, more equitable India.



PROTEIN ENERGY MALNUTRITION IN INDIA



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Protein Energy Malnutrition (PEM) is a major public health problem in India. This affects the child at the most crucial period of time of development, which can lead to permanent impairment in later life. **PEM is measured in terms of underweight (low weight for age), stunting (low height for age) and wasting (low weight for height).** The prevalence of stunting among under five is 48% and wasting is 19.8% and with an underweight prevalence of 42.5%, it is the highest in the world. Under nutrition predisposes the child to infection and complements its effect in contributing to child mortality.

Introduction - According to World Health Organization, protein energy malnutrition (PEM) refers to “an imbalance between the supply of protein and energy and the body's demand for them to ensure optimal growth and function”. It is a major public health problem in India. It affects particularly the preschool children (<6 years) with its dire consequences ranging from physical to cognitive growth and susceptibility to infection. This affects the child at the most crucial period of time of development which can lead to permanent impairment in later life.

Under nutrition makes the child susceptible to infection and complements its effect in contributing to child mortality. This accounts for 22% of the burden of disease in India and adversely affects the economic growth of the country with an estimated adult productivity loss of 1.4% of gross domestic product (GDP)

Determinants of PEM

1. Socio-cultural factors affecting feeding practices.
2. Inappropriate feeding practices are closely related to cultures and beliefs.
3. Maternal nutritional status has a direct relation to the child's nutritional status.
4. The vicious cycle of infection and under nutrition go hand in hand.
5. The gender inequality of male preference over female among the care givers is responsible for the difference in prevalence of under nutrition.
6. Mother's literacy status.
7. Poverty and income

The prevalence of under nutrition is higher in rural than urban children in all states. **According to the National Family Health Survey (NFHS) 2019-21, the 5th in the series India has seen no significant improvement in health and nutritional status among its population.** The latest data shows, 7.7% of children are severely wasted, 19.3% are wasted and 35.5% are stunted.

Rate of malnutrition in India: In India 44% of children under the age of 5 are underweight. 72% of infants and 52% of married women have anemia. Research has conclusively shown that malnutrition during pregnancy causes the child to have an increased risk of future diseases, physical retardation, and reduced cognitive abilities.

According to the report, **Maharashtra** had the highest number of malnourished children at 6,16,772, followed by **Bihar** (4,75,824) and then **Gujarat** (3,20,465). Other states with a high number of malnourished children are **Andhra Pradesh** (2,67,228), **Karnataka** (2,49,463), and **Uttar Pradesh** (1,86,640).

Current status of nutrition in India: Despite the status, 14 per cent of India's population is undernourished, according to 'The State of Food Security and Nutrition in the World, 2020' report. The report states 189.2 million people are undernourished in India and 34.7 per cent of the children aged under five in India are stunted.

YOGA FOR EMOTIONAL TURBULENCE



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Emotional imbalance occurs when the body's stress response is triggered, releasing stress hormones like cortisol and adrenaline. These hormones can disrupt the body's natural equilibrium, leading to emotional instability. Additionally, factors such as genetics, environment, and lifestyle choices can also contribute to emotional imbalance.

Yoga offers a comprehensive approach to addressing emotional instability by combining physical postures, breathing techniques, and meditation. Here are some ways yoga can help:

1. Reduces Stress Hormones:

Yoga has been shown to decrease cortisol levels, helping to alleviate stress and anxiety.

2. Balances the Nervous System:

Yoga's emphasis on breathwork and relaxation calms the nervous system, reducing feelings of overwhelm and emotional reactivity.

3. Increases Self-Awareness:

Yoga encourages self-reflection and introspection, allowing individuals to better understand their emotions and thought patterns.

4. Enhances Mood:

Yoga stimulates the release of endorphins—also known as “feel-good” hormones—which help reduce symptoms of depression and anxiety.

5. Fosters Mindfulness:

Yoga teaches presence in the current moment, reducing worries about the past or future and promoting emotional balance.

Yoga Practices for Emotional Balance

1. Hatha Yoga: A physical practice that focuses on balancing the body's energy and calming the mind through deliberate postures and breath.

2. Yin Yoga: A slow-paced, meditative style targeting the deeper connective tissues of the body, promoting relaxation and emotional release.

3. Kundalini Yoga: A spiritual practice centered on awakening inner energy and spiritual growth, aiding in emotional healing and mental clarity.

4. Restorative Yoga: A gentle practice using props to support the body in restful postures, fostering deep relaxation and emotional restoration.

5. Pranayama: A breathing technique that helps to calm the nervous system, reduces stress, and support emotional regulation.

PADMASANA THE LOTUS POSE





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भाल पर लगा, सिन्दूरी – सिन्दूर, सुहाग का सिन्दूर धो गया, है भगवान मेरा क्या दोषथा, जो ये दारुण दुख दे गया।

अभी तो मेहदी फीकी भी नहीं पड़ी थी, और पूरे जोश से हिन्दू बेटियाँ, वीर बन कर लड़ी थी।

देख संत्रास तबाही, हर कोई जार-जार रो गया, दुर्भाग्य, दुश्मन फिर से सिन्दूर थो गया, हाय ये कैसी शत्रुता जो फिर विसा बीज बो गया।

त्राहिमाम, त्राहि मच गई अपने, अपनो को खो गया, मानवता ऐसी मरी की इंसान दरिंदगी ओढ़ कर सो गया।

सिन्दूरी-सिन्दूर की सौगन्ध जो हमने खाई है, 'अभियान सिन्दूर' ने अब की उनकी भरपूर कुटाई है।

घुन-घुन कर सबको मारा है, नौ से ज्यादा ठिकानो को पूरी तरह संहारा है, एक वार भरपूर किया व अच्छी तरह हराया है, सभी आतंकवादियों को अच्छा सबक सिखाया है।

सुहाग तो वापिस नहीं ला सके पर तारीफ खुशियों का संसार फिर से महकाया है, वीरता, शौर्य के ध्वज को पूरे विश्व में फहराया है।

भारतीय सेना का प्रचण्ड प्रहार कि हिन्दू सैनिकों को पूरा प्यार, दुश्मनों की हो गई हार, विश्व में मचा हाहाकार।

नाम, नमक, माटी-निशान, समस्त वीरों की यही है पहचान, दुश्मनों को ये हो गया भान कि भारत की है जग में शान, और मेरा भास्त महान और फिर से हुआ महान।

सम्मुख/सामने लड़ ना सके, पीठ पीछे से किये वार, ठहर ना माये युद्ध में और एक फिर हो गई हार।

अब मत रो ओ हिन्दू की बेटी युद्ध में हो गई उनकी हार, पाँव उखड़े उनके और शत्रु को वापिस लौटा दिया, जो लुट ले गये थे मेरा सुहाग, उन्हें उनके अंजाम तक पहुँचा दिया।

दुश्मन की ज़मीं पर अब खून उनका बहा है, हर चीख, खौफ, आँसू और दुख का अब हिसाब पूरा हुआ है।

तू थरथरायेगा एक नाम से की हे 'भारत' और ओ 'भारत', और तेरे सपनों में भी हम तुझे देंगे ये सौगात और फिर एक बार लाएंगे स्वाभिमान की बारात।

युद्ध से नहीं हुआ किसी का भला, कृष्ण कहते रहे पर युद्ध ना टला, एक बार फिर से दिखा दिया कि कोई दांव शत्रु का नहीं चला, धोखे से हमको छला मगर हमने भी लिया खूब बदला।

तिरंगे ध्वज की भाषा व हरेक रंग की पट्टी अब गुनगुनाएगी द विजय क्रांति के गीत गाएगी, प्रेम, विश्वास व शांति की भागा बोल चुके हैं, अब तो प्रतिशोध की भास्त्रा ही तुम्हारे समझ में आयेगी।

छल से जो भी आया रण में, अंजाम उसका विकट होगा, 'भारत' की इस पवित्र धरा पर अंत उसका निकट होगा, अगर फिर से तुने फन उठाया तो न्याय तेरा झटपट होगा।

ये सही है कि एक वार भरपूर होना चाहिए, दुश्मन चकनाचूर होना चाहिए, बात तो माफी मांगने में नहीं, मजा तो तब है जब वो घुटनों पर मजबूर होना चाहिए।

अभी तो ली अंगड़ाई है, आगे तो पूरी लड़ाई है, सुधर जा अभी भी दुश्मन, वरना तुझ पर पूरी चढ़ाई है।

'सफल है, भारत का अभियान सिन्दूर', शत्रु पर हो रहे प्रहार भरपूर, या तो लौट जा अपने दड़बे में वापिस, वरना चोट पर चोट होती रहेगी बदस्तूर।

भारत एक बार फिर सुर्ख रूह हुआ षाजीव, और पुनः लौटा दिया सबका नूर, हे शत्रु तू बच के रहना और ध्यान रखना जरूरजरूरजरूर।

DECEITFUL (FRAUD) - HOMOEOPATHIC UNDERSTANDING AND REPERTORIAL APPROACH



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Some people don't deserve your trust. We all want to trust the people in our lives, but sometimes that trust can be misplaced. Here are 10 red flags that indicate someone may not be worthy of your trust. If you have ever found yourself questioning whether someone in your life is trustworthy:

Red Flags to Identify Untrustworthy Individuals:

1. Lack of consistency – If someone is constantly changing their story or acting differently around different people, it can be a sign that they are not being truthful.
2. Constantly breaking promises – Someone who consistently makes promises they can't keep or breaks commitments may not be reliable.
3. Blaming others for their mistakes – A person who refuses to take responsibility for their actions and consistently blames others may not be trustworthy.
4. Unreliable communication – If someone is always hard to get ahold of or does not respond to messages in a timely manner, they may not be reliable in other areas as well.
5. Lack of empathy – Someone who consistently disregards others' feelings or needs may not be trustworthy.
6. Suspicious behaviour – If someone is constantly evasive or secretive, it can be a sign that they are hiding something.
7. Dishonesty in small matters – If someone lies about small things, it can be a sign that they are not trustworthy in bigger matters as well.
8. Lack of respect for boundaries – Someone who consistently crosses your boundaries may not be trustworthy.
9. Gossiping or spreading rumours – Someone who spreads rumours or gossip may not be trustworthy with sensitive information.
10. Prioritizing their own interests – If someone consistently puts their own interests above others, they may not be trustworthy.

These are just a few of the signs that someone may not be deserving of your trust. Remember, trust is earned, and it's okay to be cautious with who you choose to trust. If you have noticed any of these red flags in someone in your life, it may be time to evaluate the level of trust you place in them.

Other Synonyms: Adulterous, Charlatan, Corrupt, Delusions-lie, Dishonest, Hypocrisy, Intriguer, Liar, Manipulative, Perfidious, Slander, Unreliable, Untruthful, Fraudulent, Perjured, Untruthful, Insolent, Rude, Impolite, Deception

Repertory References:

- Kent's Repertory Page Number - 17: Arg-n., Bufo, Chlol., Coca, Dros.
- Boenninghausen's Characteristics Materia Medica & Repertory by C.M. Boger
Mind Page Number - 197

Homoeopathic Remedies & Mental Symptoms:

1. **Argentumnitricum** – Hidden irrational motives for action. Distraction. Taciturn.
2. **Buforana** – Feeble minded, howling; impatient; nervous; imbecile.

3. **Chloralumhydratum** – Fears insanity or losing senses. Forgets names and persons. Night-terrors
4. **Drosera** – Fears being alone and is suspicious of his friends. Restlessness, discouragement, great mistrust, delusions of persecution.
5. **Agaricusmuscarius** – Loquacity, fearless, delirium with singing, shouting and muttering; rhymes and prophecies.
6. **Anacardium** – Fixed ideas, hallucinations, maliciousness, suspicious, senile dementia, absence of moral restraint.
7. **Belladonna** – Violent delirium, hypochondriacal depression, peevishness, desire to escape.
8. **Cuprummetallicum** – Vanishing senses, spiteful, malicious insanity, attacks of raving madness.
9. **Hyoscyamusniger** – Loquacious insanity, shamelessness, jealousy, buffoonery, furious rage, melancholy.
10. **Lachesis** – Insane jealousy, mistrustful, spiteful, despair, satiety of life.
11. **Nuxvomica** – Zealous, fiery temperament, malicious, reproachful, insanity of drunkards.
12. **Opium** – Placidity, imbecility, delirium with visions, grief, spasms, somnolency.
13. **Veratrumalbum** – Madness with shamelessness, melancholy, despair, hypochondriacal mood, alternating insanity.

References:

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- Boenninghausen's Characteristics Materia Medica & Repertory with Word Index by Dr. Cyrus Maxwell Boger M.D. (Reprint Edition June 2014)
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IMPORTANCE AND ROLE OF PRACTICE OF MEDICINE SUBJECT IN HOMOEOPATHY



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The Practice of Medicine subject in Homoeopathy plays a crucial role in shaping the competence and effectiveness of homeopathic practitioners. It integrates various elements of medical knowledge with homeopathic principles, helping navigate the complex task of diagnosing, treating, and managing a wide range of diseases. Below is an explanation of the importance and role of this subject in Homoeopathy

1. Foundation of Clinical Skills

- **Practical Application of Knowledge:** The practice of medicine subject equips Homoeopathy students with the essential clinical skills needed to apply their theoretical knowledge in real-world settings. It helps students bridge the gap between theory and practical application.
- **Clinical Diagnosis:** Although Homoeopathy focuses on treating the person as a whole rather than just the disease, understanding clinical diagnosis is still essential. Homoeopathy practitioners need to recognize symptoms and assess clinical presentations in the context of homeopathic treatment protocols.

2. Holistic Approach to Patient Care

- **Comprehensive Case Taking:** The subject emphasizes the importance of holistic case taking, which is the cornerstone of homeopathic practice. Students learn how to gather detailed information about the patient's physical, emotional, & mental state, along with their lifestyle and history of ailments.
- **Mind-Body Connection:** Homoeopathy views diseases as a result of imbalances in the body's vital force. The practice of medicine subject teaches students how to look beyond just the physical symptoms & consider the psychological and emotional aspects of health, which is crucial for selecting the most appropriate remedy.

3. Practical Knowledge of Materia medica and Repertory

- **Remedy Selection:** The practice of medicine subject is integral to understanding how to select the right homeopathic remedy for a given condition. It teaches how to correlate symptoms with remedies in the Materia medica and repertory (the systematic compilation of homeopathic remedies).
- **Potency and Dosing:** Homoeopathy requires individualized remedy selection not only for symptoms but also for the patient's temperament and overall constitution. This subject guides students on choosing the correct potency (strength) of remedies, how often to administer them, and when to adjust the treatment, depending on the patient's response.

4. Understanding Pathology and Disease Mechanisms

- **Insight into Pathophysiology:** While Homoeopathy emphasizes treating the whole person rather than the disease, it still requires an understanding of the disease process and pathology. The practice of medicine subject helps students recognize pathological changes, the progression of disease, and the different stages of illness in patients.
- **Differentiation of Diseases:** Homeopaths need to differentiate between various diseases and their symptoms, not just based on conventional medicine's view, but according to how the patient's vital force is manifesting the disease. This requires clinical judgment and practical understanding of disease.

5. Patient Management and Follow-Up

- **Monitoring Treatment Progress:** In Homoeopathy, treatment progress is assessed through follow-up visits, where practitioners observe how the patient responds to remedies over time. The practice of medicine subject trains students to manage patient progress effectively & make necessary adjustments to treatment.
- **Managing Chronic and Acute Conditions:** The practice of medicine includes a focus on both acute and chronic conditions. While Homoeopathy excels in treating chronic illnesses by addressing the root causes of illness, it also provides relief in acute conditions. Practitioners must be adept at handling both types of cases, often working to stabilize acute symptoms while planning long-term care for chronic issues.

6. Ethical and Professional Practice

- **Professionalism and Ethics:** The practice of medicine subject imparts the ethical principles that govern medical practice, ensuring homeopathic practitioners operate within the boundaries of their competence and with integrity. It teaches the importance of patient confidentiality, informed consent, and professional boundaries.
- **Clinical Responsibility:** Practitioners must be responsible for making sound clinical decisions, guiding patients on treatment options, and referring to other medical professionals when necessary. Understanding when Homoeopathy is appropriate and when it might need to be complemented with other forms of care is a key part of medical practice.

7. Integration with Conventional Medicine

- **Complementary Role:** While Homoeopathy is a distinct system of medicine, practitioners often encounter situations where the conventional medical approach is needed, such as in acute emergencies or certain diagnostic situations. The practice of medicine subject prepares homeopaths to recognize when referral to conventional doctors or collaboration with other healthcare professionals is required.
- **Understanding Modern Medical Advancements:** The subject also helps homeopaths stay informed about the advances in conventional medicine, allowing them to incorporate relevant diagnostic tools, lab tests, & medical technologies into their practice when needed. This ensures they can offer comprehensive care to patients.

8. Critical Thinking and Clinical Judgment

- **Developing Clinical Judgment:** Homeopathic practitioners need to cultivate strong clinical reasoning skills. The practice of medicine subject encourages critical thinking and the ability to make sound judgments based on the symptoms presented by the patient. This is especially important when dealing with complex or multifactorial health conditions.
- **Decision-Making Skills:** Homeopaths must be able to decide which remedy is best suited for a particular case, which potency to choose, and how to manage the treatment plan over time. Clinical practice helps students develop these skills in a controlled, supervised setting.

9. Patient-Centered Approach

- **Empathy and Compassion:** One of the most vital roles of the practice of medicine subject is to emphasize the importance of empathy and patient-centered care. In Homoeopathy, a compassionate, patient-centered approach is essential because the treatment process requires not only clinical skills but also an emotional connection with the patient.
- **Building Therapeutic Relationships:** Homeopathic treatment often involves extended interactions with patients, where the practitioner's ability to form a positive therapeutic relationship is crucial for the patient's healing process. This subject fosters the development of good communication skills and the ability to build trust with patients.

10. Preventive and Supportive Care

1. **Focus on Prevention:** The practice of medicine subject also covers how homeopaths can help patients prevent future illnesses by strengthening their constitution and vitality. By addressing imbalances early on and tailoring preventive strategies, homeopaths can help reduce the risk of chronic diseases.

KNOWLEDGE ON CERVICAL CANCER



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1. Introduction

Cervical cancer is cancer that starts in the cells of the cervix. The cervix is the lower, narrow end of the uterus (womb). It connects the uterus to the vagina (birth canal). Cervical cancer usually develops slowly over time. Before cancer appears, the cells of the cervix go through changes known as dysplasia, in which abnormal cells begin to appear in the cervical tissue. Over time, if not destroyed or removed, these abnormal cells may become cancerous and start to grow and spread more deeply into the cervix and surrounding areas. The organs in the female reproductive system include the uterus, ovaries, fallopian tubes, cervix, and vagina. The uterus has a muscular outer layer called the myometrium and an inner lining called the endometrium.

The cervix has two main parts:

A. Ectocervix (Exocervix):

The outer part of the cervix that can be seen during a gynecologic exam. It is covered with thin, flat cells called squamous cells.

B. Endocervix:

The inner part of the cervix that forms a canal connecting the vagina to the uterus. It is lined with column-shaped glandular cells that produce mucus.

2. Types of Cervical Cancer:

- 2a) Squamous Cell Carcinoma 2b) Adenocarcinoma

3. Risk Factors

- A. Started having sex before the age of 18 or within a year of starting menstruation
- B. Having multiple sexual partners (increases exposure to HPV)
- C. Long-term use of birth control pills (especially over 5 years)
- D. Smoking cigarettes
- E. Weakened immune system (less able to fight infections)
- F. Having a sexually transmitted disease (STD)
- G. Not vaccinated against HPV
- H. Having had three or more pregnancies
- I. Exposure to DES (Diethylstilbestrol) in the womb — a drug given between 1948 and 1971 to prevent miscarriage (rare risk factor)
- J. Obesity (can make diagnosis more difficult)
- K. Low income or lack of medical insurance (less access to screening)

Unchangeable Risk Factors:

- **DES Exposure:** A hormonal drug used between 1938 and 1971; increases risk if your mother took it during pregnancy
- **Family History:** Genetic factors may play a role in cervical cancer

4. Signs and Symptoms

General Signs and Symptoms

- A. Watery or bloody vaginal discharge (may be heavy with a foul odor)

- B. Vaginal bleeding after intercourse, between menstrual periods, or after menopause
- C. Menstrual periods may be heavier or last longer
- D. Pain during sexual intercourse
- E. Unusual vaginal bleeding (e.g., after sex, between periods, after menopause, or after a pelvic exam)
- F. Vaginal discharge that is watery, bloody, and/or has a strong odor

Advanced Symptoms (if cancer has spread):

- A. Pelvic pain
- B. Difficulty urinating
- C. Swollen legs
- D. Kidney failure
- E. Bone pain
- F. Weight loss and loss of appetite
- G. Fatigue
- H. Backache
- I. Abdominal pain

5. Diagnosis

- A. Pap Smear
- B. HPV DNA Test
- C. Colposcopy
- D. Biopsy:
 - a) Punch Biopsy
 - b) Loop Electrosurgical Excision Procedure (LEEP)
 - c) Cone Biopsy

6. Management and Treatment

- Radiation Therapy
- Chemotherapy
- Surgery

7. Prevention

HPV Vaccination:

- A. Gardasil 9 Vaccine:** Approved for use in both males and females aged 9 to 45 years
- B. Gardasil:** Targets four strains of HPV (6, 11, 16, and 18); licensed in India since 2008; priced between Rs 2,000 to Rs 4,000 per dose
- C. Cervavac:** The first Indian-made HPV vaccine by the Serum Institute of India; approved for boys and girls aged 9 to 26; available at approximately Rs 2,000 per dose (two-dose vial for Rs 4,000)

ALCOHOL AND DOMESTIC VIOLENCE: A DEEP-ROOTED SOCIAL CRISIS



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Introduction: Domestic violence is a pervasive global issue that affects individuals regardless of age, gender, socioeconomic status. While various factors contribute to domestic abuse, alcohol consumption is widely recognized as one of the most significant correlating factors. Although alcohol does not cause violence directly, it can act as a catalyst, intensifying aggressive behaviors and impairing judgment, thereby increasing the risk of violent acts in the household.

Understanding Domestic Violence: Domestic violence refers to abusive behavior in any relationship used by one partner to gain or maintain power and control over another. It can be physical, emotional, psychological, sexual, or economic in nature. Victims often suffer long-term consequences, including physical injuries, trauma, mental health issues, and disrupted social and economic stability.

Alcohol as a Contributing Factor

1. Psychological and Neurological Impacts: Alcohol affects the brain's neurotransmitters, particularly those involved in impulse control, decision-making, and emotional regulation. Intoxicated individuals are more likely to misinterpret social cues, react aggressively, and engage in risk-taking behaviors.

- Disinhibition theory suggests that alcohol lowers inhibitions, making violent impulses more likely to be acted upon.
- Cognitive disruption due to alcohol impairs the ability to resolve conflicts peacefully.

2. Alcohol Dependency and Abuse Patterns: In households where chronic alcohol abuse exists:

- There is often a pattern of control and coercion.
- The risk of recurrent violence increases.
- Victims, particularly women and children, may be economically and emotionally dependent on the abuser, complicating their ability to leave the situation.

Statistical Evidence and Case Studies : According to the **WHO**, approximately **55% of domestic abuse perpetrators** were under the influence of alcohol during the incident. In **India**, the **National Family Health Survey** reveals that over **30% of women** who experienced physical or sexual violence reported that their partners were often drunk.

Legal and Policy Frameworks

1. Laws Against Domestic Violence

2. Alcohol Regulation and Public Health Measures

Addressing the Problem: A Multi-Pronged Approach

- **Integrated Intervention Programs**
- **Support Systems for Victims**
- **Awareness and Education**
- **Stricter Enforcement**

Conclusion: Alcohol and domestic violence are deeply interlinked social issues requiring urgent and sustained attention. Addressing them in isolation is often ineffective. A holistic, multidisciplinary approach that combines legal, medical, and social strategies is essential to break the cycle of abuse and foster safer homes and communities.

MULTISYSTEM INFLAMMATORY SYNDROME IN CHILDREN



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Introduction - Multisystem inflammatory syndrome in children (MIS-C), also known as pediatric multi-system inflammatory syndrome temporally associated with SARS-CoV-2, is a rare but serious condition that occurs in children following COVID-19 infection. It involves widespread inflammation affecting multiple organs. Many children present symptoms similar to toxic shock syndrome or Kawasaki disease, including coronary artery involvement. Common features include heart inflammation, rash, red eyes, low blood pressure, and gastrointestinal issues.

Etiology - The exact cause of MIS-C remains unclear. It is believed to be linked to an exaggerated immune response following COVID-19 infection. Antibodies or immune cells triggered by the virus may contribute to this excessive inflammation. Genetic predisposition may also play a role, as not all children with COVID-19 develop MIS-C.

Clinical Features - Symptoms can vary, but key signs include a persistent fever, fatigue, rash, red eyes, abdominal pain, vomiting, diarrhea, or reduced appetite.

Specific features include:

- **Skin/Mucous membrane:** Rash, bloodshot eyes, red/swollen hands and feet, inflamed mouth, cracked lips, strawberry tongue.
- **Shock/Heart symptoms:** Cold or clammy skin, very low blood pressure, shortness of breath, dizziness, very high or irregular heart rate.
- **Gastrointestinal:** Diarrhea, vomiting, or abdominal pain.
- **Respiratory:** Cough and shortness of breath.
- **Neurological:** Headache, neck pain, confusion, tingling, or seizures.

Diagnosis - Diagnosis is based on a recent history of COVID-19 and clinical symptoms affecting multiple organs, particularly heart and gastrointestinal systems. Lab tests help detect inflammation. Imaging may include: Echocardiogram, Chest X-ray, Abdominal ultrasound, CT scan

Differential Diagnosis - Kawasaki disease, Toxic shock syndrome

Management - Hospitalization is required, with some children needing intensive care.

Treatment focuses on supportive care and reducing inflammation to protect vital organs. This may include:

Supportive care

- IV fluids
- Blood pressure support medications
- Anticoagulants like aspirin or heparin
- Oxygen therapy
- Ventilator support if needed
- Rarely, ECMO (heart-lung machine)

Anti-inflammatory treatment

- Antibiotics
- Intravenous immunoglobulin (IVIG)
- Steroids
- Cytokine-targeted therapies

Prevention - The best prevention is avoiding COVID-19 infection:

- COVID-19 vaccination
- Avoiding touching face
- Physical distancing
- Wearing face masks
- Frequent handwashing
- Disinfecting surfaces regularly

Prognosis - Most children with MIS-C recover fully with timely medical care. However, in rare cases, it can become life-threatening. Long-term effects are still under study.

AGROHOMEOPATHY: REVOLUTION AND BEYOND NATURES REMEDIES FOR HEALTHY CULTIVATION



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Agrohomeopathy is a branch of homoeopathic science where medicines are used in agriculture—on crops, plants, trees, and soil—to cure their illnesses using the principles of homoeopathy. It is a new and emerging field in agricultural research. Agrohomeopathy is harmless, non-toxic, and can make plants resistant to diseases and pests by strengthening their immunity naturally.

Vaikunta Das Kaviraj, a Dutch homeopath, pioneered Agrohomeopathy. He authored **Homeopathy for Farm and Garden**, in which he shared successful cases like:

1. Belladonna for apple tree rust.
2. Helix tosta to control snails and slugs.
3. Silicea to improve soil's water and nutrient retention.

His work prompted scientific exploration of Agrohomeopathy. Earlier, in 1923, Kolisko and Kolisko, inspired by Rudolf Steiner, initiated the idea of agrohomeopathy. In France, Nitien et al. demonstrated detoxification in green pea plants with Cuprum sulphuricum 15CH, previously exposed to salt stress. In India, Khanna and Chandra introduced Agrohomeopathy with promising results, using Kali iodatum 149CH and Thuja occidentalis 87CH to control tomato rot in pre- and post-harvest stages. Their studies confirmed its practical, economic, curative, and preventive potential.

Need of Agrohomeopathy

Nearly 70% of India's population lives in rural areas and depends on agricultural income. Food security relies on growing enough cereals, fruits, vegetables, and milk to meet increasing demand. To ensure income growth and food security, agriculture faces immense pressure.

Role of Homoeopathy in agriculture

Globally, agrohomeopathy is being explored as a sustainable alternative to toxic chemical inputs. Homoeopathy uses diluted substances that produce similar symptoms in healthy organisms, promoting natural healing. It treats the whole organism, enhancing resistance and eliminating disease by stimulating internal balance.

This holistic approach aligns with organic farming ideals. Research shows that homoeopathy supports seed germination, plant growth, and controls infections, pests, and diseases effectively.

Following Kolisko's (1923) early efforts inspired by Steiner (1920), numerous experiments have been conducted to evaluate the effects of homoeopathic dilutions on plants. These studies aim to establish experimental models for assessing the efficacy of different potencies.

Comprehensive reviews by King (1988), Righetti (1988), and Majerus (1990) highlight these works. Among the most reproduced is the experiment involving ultra-diluted arsenic and its protective effect on maize seeds against toxic arsenic exposure.

Agrohomeopathy thus offers a promising, eco-friendly, and economical alternative to chemical-based farming practices, with significant potential to support sustainable agriculture in India and worldwide.

Conclusion: Agriculture, being the primary livelihood for 58% of India's population, heavily relies on chemical fertilizers and pesticides to boost production. However, their overuse harms soil health, reduces fertility, and poses risks to human health through food contamination. Organic farming presents a sustainable solution, and homoeopathy offers a promising, non-toxic approach within it. Studies have shown homoeopathy's potential in improving plant health, soil quality, and disease resistance. To establish its role firmly, further research and field trials are essential.

DENGUE – “FIGHT THE BITE, BEAT DENGUE” WITH ITS HOMOEOPATHIC MANAGEMENT



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Introduction

Dengue fever is an acute viral infection, very common, arboviral disease that spreads through the bite of an infected female Aedes mosquito and causes a flu-like illness. Dengue is pronounced as Den ‘gee. It is a widespread condition in India, mainly from the rainy season to the winter season.

Epidemiology

- 1998: Pandemic attack in 56 countries.
- Fatalities double among children in South East Asia Region (SEAR).
- Endemic in SEAR countries: Bangladesh, India, Indonesia, Maldives, Myanmar, Sri Lanka, and Thailand (~1.3 billion people).
- Tropical and subtropical regions affecting urban and peri-urban areas.

Epidemiological Determinants

- Causative agent: Aedes aegypti and Aedes albopictus.
- Host: Humans of all ages. More likely in persons who have recently travelled to affected areas.
- Environmental factor: Urban places, uncontrolled population growth without appropriate water management.

Magnitude of the Problem

In India, the first epidemic occurred in Vellore District of Tamil Nadu in 1956. Dengue fever is an emerging public health problem in India with cyclical epidemics. The prevalence of Dengue Fever is mainly due to industrialisation, urbanization, eruption of slums, and lack of sanitation in and around housing areas.

Route of Transmission

- Mosquitoes suck blood from an infected person.
- Mosquitoes now carry the dengue virus.
- Mosquitoes spread the virus to another healthy person by biting.

Clinical Features

- Asymptomatic: No signs and symptoms.
- Symptomatic: Undifferentiated viral fever syndrome.
- Classical Dengue Fever: Sudden onset of high fever for up to 7 days, severe headache, severe muscular and joint pain (‘Break bone fever’), retrobulbar pain, bleeding from nose, gums and easy bruising.
- Dengue Hemorrhagic Fever (DHF) without shock.
- Dengue Shock Syndrome (DSS).

Investigations

- Platelet count less than 100,000 cells/mm³ (Thrombocytopenia).
- Hematocrit value raised by 20% or more.
- NS1: Detection of dengue antigen (non-structural protein) in the serum by ELISA test within the first 5–7 days of symptom onset.

RT-PCR: To detect the viral genome.

Complications

- Hypocalcemia
- Hypoglycemia
- Hyperglycemia
- Lactic acidosis
- Hyponatremia (frequently related to prolonged shock)

Prevention

- Avoid travel to or visits in affected areas.
- Empty stagnant water from old tires, trash cans, flower pots, etc.
- Stay in air-conditioned or well-screened and ventilated housing.
- Wear protective clothing.
- Use mosquito repellents, coils, and electric vapor mats during the day as well.
- Focus more on vector control programs.

Homoeopathic Management

1. **EupatoriumPerfoliatum** – Best for severe muscle, bone, and joint pains with high fever ('bone set' remedy). Also relieves pain in eyeballs, headache, nausea, and vomiting. Sweat often brings relief.
2. **RhusTox** – Relieves body pain that worsens with rest and improves with movement. Alternating heat and chill, followed by shivering.
3. **ArsenicAlbum** – Manages weakness, internal chills, anxiety, and restlessness. Thirst for small sips of water at short intervals. Nausea worsens from smell or sight of food.
4. **Bryonia Alba** – Relieves pain that worsens with any motion and improves with complete rest. Fever with chills and dry mouth. Thirst for large quantities of water.
5. **Ipecac** – Useful for persistent nausea and vomiting, even after vomiting. Cutting pain in abdomen with watery vomiting.



HOMOEOPATHIC VIEW ON AUXILIARY MEASURES



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Introduction

The word Auxiliary means “assist, help, support,” linked to auctus, past tense of augere — “to expand.” Measurement is the act of measuring something, whereas auxiliary refers to providing additional or supplemental support and help to the mainstream of care. Supplemental measures include things like a diet plan, exercise, counseling, cleanliness, hygiene, and medical attention. Auxiliary measures are used to both prevent and advance health. Reputable activities in this area include dietary and behavioral changes, environmental improvements, and health promotion.

In acute diseases

In cases of acute illnesses, patients’ needs and wants should be watched. The patient’s family or friends should be advised by the doctors to keep them free from any mental stress, strain, emotional difficulty, etc.

In chronic diseases

“We should find, during the use of the other medicines in chronic (psoric) diseases, that the best selected homoeopathic (antipsoric) medicine in the suitable (minutest) dose does not affect an improvement, this is a sure sign that **THE CAUSE THAT KEEPS US THE DISEASE STILL PERSIST.**”

Dr. Hahnemann says: “Objects of anger, sadness or anxiety, passion for play, overexertion of mind or body, especially after a meal. Emotional stress is the greatest aggravator of chronic disorders and degenerative diseases.”

When one’s emotional life is in turmoil, even the best methods have a hard time working. To achieve the best result, the patient must take care of his emotional and mental well-being as the treatment progresses.

Auxiliary Methods of Treatment in the Organon (§286 – §291)

286 – GALVANISM & ELECTRICITY

- It is a palliative method, mostly given for paralysis.

287 – MAGNETISM (MINERAL MAGNETISM)

288–89 – ANIMAL MAGNETISM & MESMERISM

- Also termed as Mesmerism (introduced by Mesmer).
- It acts in part by replacing the sick vital force within the organism, which is deficient here and there, and in part, also in other parts where the vital force has accumulated too much and keeps up irritating nervous disorders.
- It turns it aside, diminishes and distributes it equally and in general extinguishes the morbid condition of the life principle of the patient and substitutes in its place the normal life force of the mesmerist acting powerfully upon him.

Used for: Old ulcers, Amaurosis, Paralysis of single organs

Types of Mesmerism

- Positive Mesmerism – Process of replacing deficient vital force in the patient by the mesmerizer.
- Negative Mesmerism – Process of distributing the over-accumulated vital force equally throughout the body.

Process

- Either by Rapid Pass or Slow Pass
- From head to toe or on the affected area

Precautions

- Both the patient and mesmerizer should not wear anything silk on the body.
- Never do repeated passes at frequent intervals to delicate patients, especially negative passes.

290 – MASSAGE

- The mesmeric influence of this procedure is the chief feature.
- Must not be used to excess in patients still hypersensitive.

291 – BATH

- **Lukewarm Water Bath** – Helpful for frozen, drowned people.
- **Cold Water Bath** – Can cure homoeopathically chronic diseases with deficient vital heat.

IMPORTANCE OF PHYSIOLOGY IN LEARNING HOMOEOPATHY



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Swasthya Kalyan Homoeopathic Medical College & Research Centre

Physiology is the study of body functions, their mechanisms and regulations in all living organisms. Human physiology is the study of functions of various cells, organs, and organ systems of human body. It encompasses the integration and control of organ systems that help in smooth functioning of body systems as a single unit.

Medical physiology is the application of knowledge of human physiology in the management of dysfunctions and diseases in human beings. It involves the application of the knowledge of physiological properties to restore core stability.

Homeopathy is a holistic way of medicine that treat patients by taking into account their physical(body), emotional, and mental states . Human physiology, on the other hand, focuses on the co ordination of functions of various systems within the body, explaining how they maintain homeostasis and respond to external and internal changes

Integrating homeopathic education with the study of human physiology allows practitioners to deepen their understanding of disease origins, pathology, and healing mechanisms, resulting in more effective and individualized patient care.

As per principles of Homoeopathy, Health is harmonious play of mind, body and soul and same way physiology teaches us how Harmonious play of life is going on by synchronizing different life. By Integrating homeopathy and human physiology one can easily understand disease processes.

SPECIFIC DEVELOPMENTAL DISORDER OF SCHOLASTIC SKILLS AND HOMOEOPATHY



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Introduction:

Specific Developmental Disorder of Scholastic Skills (SDDSS) is a group of neurodevelopmental disorders that significantly impact a child's ability to read, write, spell, or perform mathematical calculations. These challenges are not indicative of a lack of intelligence but rather of the brain processing information differently. The prevalence of SDDSS is estimated to be between 5% and 15%. Despite this, societal awareness remains alarmingly low, often leading to delayed diagnosis and inadequate support.

The 10th edition of the International Classification of Diseases (ICD-10) refers to this category as "Specific developmental disorders of scholastic skills." In the latest edition of the International Classification of Diseases (ICD-11), the term "Developmental Learning Disorder" has been introduced, and it has been further categorized into subtypes based on specific areas of impairment. While the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) calls this "Specific Learning Disorder" (SLD)

Materia Medica - Homoeopathic Classification of Mental Disease

- **Agaricus Muscarius-** Children who cannot remember, make mistakes and are slow in learning. Nervous patients who on going over their manuscript find out their mistakes in writing and spelling.⁷
- **Ammonium Carbonicum-** Tendency to make mistakes in speaking, in writing or in calculating. Great absence of mind and weakness of memory.
- **Apis Mellifica-** Cannot concentrate mind when attempting to read or study
- **Baryta Carbonica-** Aversion to play (in children). Incessant activity. Great weakness of memory. Inattention to studies in children. Deficient memory (children cannot remember and learn).
- **Calcarea Carbonica-** Great weakness of memory and of conception, with difficulty
- He cannot add and subtract even in simplest forms.
- **Calcarea Phosphorica-** Great depression, slow comprehension, cretinism. Children are peevish and fretful, difficulty in performing intellectual operations.
- **Causticum-** Weakness of memory, absence of mind, tendency to make mistakes when speaking.
- **Chamomilla-** Omits words while writing and speaking.
- **Conium Maculatum-** Slow grasp, difficult understanding. Difficulty in understanding what he is reading. Weak memory. Unable to sustain mental effort. No inclination to business or study, indolent, indifferent, takes no interest in anything.
- **Graphites-** Forgetfulness with misapplication of words in speaking and writing.
- **Kalium Bromatum-** Writing almost unintelligible from omissions of words to the parts of the words; words repeated or misplaced. Mentally dull, torpid; perception slow answers slowly.
- **Kalium Carbonicum-** Loss of memory, misapplying words and syllables.
- **Lachesis Mutus-** Mistakes are made in speaking and writing as well as in the hours of the day and days of the week. Weak memory. Mistakes are made in writing and speaking.
- **Lycopodium-** Weak memory, confused thoughts. Dyslexia, spells or writes wrong words and syllables. Cannot read what he writes. Fatigue from intellectual exertion, and incapability of devotion to mental labour. Inability to express oneself correctly, misapplication of words and syllables.
- **Medorrhinum-** Difficulty in concentrating his thoughts on abstract subjects

EMBRYOLOGY OF HUMAN HEART AND IT'S CORRELATED CONGENITAL ANOMALIES WITH SCOPE OF HOMOEOPATHIC REMEDIES



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The embryology of the human heart is a complex and tightly regulated process involving the coordination of multiple cell types, tissues, and signaling pathways. The cardiovascular system is among the first body systems to develop in the embryo, beginning around the third week, when diffusion alone becomes insufficient to meet the nutritional needs of the growing embryo. Initially, nutrients are delivered by diffusion, but as the embryo enlarges, a vascular system becomes essential.

Cardiac development is governed by intricate molecular communication that ensures correct structural formation and spatial configuration. Disruptions—genetic or environmental—during this process can lead to congenital heart diseases (CHDs). The heart originates from mesodermal tissue and begins forming near the embryo's head in the cardiogenic region. Here, cardiogenic cords form endocardial tubes, which fuse to become the primitive heart tube. Progenitor heart cells, located in the epiblast near the primitive streak, migrate to the splanchnic layer of the lateral plate mesoderm, creating the primary heart field (PHF), a horseshoe-shaped cell cluster cranial to the neural folds.

CHDs arise when normal heart or vessel development is disrupted early in gestation, often before pregnancy is even detected. These defects include abnormal development, structural misplacement, or rhythm disturbances. They range from minor issues like septal defects (& quot; holes & quot; in heart chambers) to severe anomalies such as the absence of valves or chambers.

CHDs affect nearly 40,000 births annually. While many children with simple defects reach adulthood with few limitations, complex CHDs often lead to lifelong challenges, including developmental and learning difficulties.

Here's an overview of the major stages and events:-

Stage & Weeks	Key Events	Details
Early Heart Development (Weeks 3–4)	Cardiac progenitor cells Heart tube formation	Cells migrate from splanchnic mesoderm to form a linear heart tube with endocardial and myocardial layers.
Heart Tube Looping (Weeks 4–5)	Heart tube elongation Rightward looping	The linear tube loops into an S-shape, establishing the heart's right-sided position.
Chamber Formation (Weeks 5–8)	Atrioventricular canal Septation	Heart divides into four chambers; septa form to separate atria and ventricles.
Valve Formation (Weeks 6–8)	Atrioventricular valves Semilunar valves	Mitral and tricuspid valves form from endocardial cushions; aortic and pulmonary valves from outflow tract.
Outflow Tract Development (Weeks 7–8)	Outflow tract Aorticopulmonary septation	Conotruncal region divides into aortic and pulmonary trunks.

Coronary Vasculature (Weeks 8–10)	Coronary arteries and veins	Arteries form from epicardium; veins develop from sinus venosus.
Fetal Heart Development (Weeks 10–38)	Growth and maturation	Continued development includes conduction system and cardiac skeleton formation.

There are several congenital heart defects that can occur due to abnormalities during heart development:-

Defect	Description	Symptoms
Aortic Valve Stenosis (AVS)	Narrowing of the aortic valve, restricting blood flow from the heart.	Fatigue, palpitations, swelling in lower limbs, chest pain, shortness of breath, dizziness, fainting.
Atrial Septal Defect (ASD)	Hole in the septum between the atria due to improper formation.	Underweight, growth delay, respiratory infections, arrhythmias, fatigue, trouble breathing.
Coarctation of the Aorta (CoA)	Narrowing of the aorta, obstructing blood flow.	Fast pulse, fatigue, pale skin, heavy sweating, irritability (especially in infants).
Complete Atrioventricular Canal Defect (CAVC)	Large central hole affecting all four chambers of the heart.	Breathing issues, poor weight gain, frequent lung infections.
Transposition of the Great Arteries (TGA)	Aorta and pulmonary artery are switched and connected to wrong heart chambers.	Cyanosis, breathing difficulty, weak pulse, poor feeding, grayish/bluish skin.
Ebstein's Anomaly	Malformation of the tricuspid valve.	Rapid breathing, shortness of breath, slow weight gain, swelling in legs/abdomen/eyes.
Hypoplastic Left Heart Syndrome	Underdeveloped left side of the heart.	Rapid breathing, weak pulse, bluish skin, feeding difficulties.
Patent Ductus Arteriosus (PDA)	Failure of ductus arteriosus to close after birth.	Rapid breathing, dyspnea, sweating during feeds, fatigue, poor growth, fast heart rate.
Pulmonary Atresia	Pulmonary valve is absent or severely narrowed.	Bluish skin, fatigue, poor feeding, rapid breathing, irritability.
Pulmonary Valve Stenosis	Narrowing of the pulmonary valve, restricting blood	Cyanosis, fatigue, chest pain, shortness of breath, fainting, failure to thrive to the lungs.

Single Ventricle Defect	Only one functional pumping chamber in the heart.	Cyanosis, breathing difficulty, fatigue, feeding issues.
Tetralogy of Fallot	Four combined defects including VSD and pulmonary stenosis.	Bluish skin, fatigue, trouble feeding/gaining weight, fainting, 'tet spells'.
Total Anomalous Pulmonary Venous Connection (TAPVC)	Pulmonary veins connect to wrong heart chamber.	Cyanosis, fast breathing, difficulty feeding, low oxygen levels.
Tricuspid Atresia	Absent or blocked tricuspid valve.	Cyanosis, fatigue, trouble breathing, feeding difficulties.
Truncus Arteriosus	One large artery instead of separate aorta and pulmonary artery.	Cyanosis, rapid breathing, poor feeding, heart failure signs.
Ventricular Septal Defect (VSD)	Hole between lower chambers (ventricles), allowing blood mixing.	Fast breathing, sweating during feeds, poor weight gain, frequent lung infections.

ROLE OF HOMOEOPATHY IN CHD

Homeopathy provides a holistic approach to managing congenital diseases by stimulating the body's natural healing mechanisms. Homeopathic treatments focus on uncovering and addressing the root causes. In cases of congenital diseases, it involves examining the pregnancy timeline to identify disruptions in fetal development. Homeopathy considers the specific periods during pregnancy when developmental issues may have occurred. Through a thorough evaluation, stressors or underlying factors impacting organ formation are identified. Tailored homeopathic remedies are then prescribed to address these disruptions, promoting overall well-being and recovery.

HOMOEOPATHIC MEDICINES IN CHD

- | | |
|-------------------------|------------------------|
| 1. Latrodectus | 2. Aurum metallicum |
| 3. Aconitum | 4. Cactus grandiflorus |
| 5. Crataegus oxyacantha | 6. Digitalis |
| 7. Kalmia latifolia | 8. Glonoinum |

CONCLUSION

Congenital heart disease (CHD), a significant cause of morbidity and mortality in children, necessitates early diagnosis and timely intervention. While modern techniques improve survival, lifelong care is often required. Risk factors include advanced parental age, bad obstetric history, febrile illness during pregnancy, and folic acid deficiency. Injudicious drug use during pregnancy should be avoided.

NOISY KNEES – HOW COMMON IS IT AND DOES IT MATTER?



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Introduction

Knee crepitus, the audible crackling or grinding noise during knee joint movement, is observed in individuals across different age groups. Some research suggests that knee crepitus is a benign phenomenon, others associate it with early structural changes in the knee joint, particularly osteoarthritis.

International guidelines recognize crepitus as a clinical sign of knee OA, yet it is also found in individuals without pain or structural pathology.

From a physiotherapy perspective, knee crepitus impacts patient behavior, as many individuals experience fear and avoidance of physical activity. Patients commonly hold catastrophic beliefs about crepitus, affecting their engagement in rehabilitation and daily activities. Additionally, healthcare consultations about crepitus are often perceived as unhelpful, reinforcing negative perceptions.

Methodology

This study followed the Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA) guidelines. The authors conducted a systematic review and meta-analysis, evaluating:

- The prevalence of knee crepitus in various populations.
- Its association with structural knee pathology, as seen on medical imaging.

Key Findings

The study reviewed 103 studies involving 36,439 participants (42,816 knees) and found that:

- Knee crepitus is common, occurring in:
 1. 41% of the general population
 2. 36% of uninjured, pain-free individuals
 3. 81% of individuals with knee OA
 4. 35–61% of those with other musculoskeletal knee conditions
- Crepitus is associated with a more than three-fold increased risk of radiographic knee OA.
- It correlates with structural OA markers, such as osteophytes, cartilage damage, bone marrow lesions.

Physiotherapy Implications

1. Patient Education & Reassurance

2. Exercise Prescription & Rehabilitation

3. Clinical Examination & Management

Key take aways for physiotherapists

Knee crepitus is present in nearly half of the general population and over one-third of individuals without knee injury.

- It is most common in OA but also occurs in other knee conditions.
- Although associated with radiographic OA, crepitus is not necessarily a cause for concern. Physiotherapy management should focus on patient reassurance, movement optimization, and functional rehabilitation rather than solely on the presence of crepitus.

प्लास्टिक प्रदूषण का अंत: समय की पुकार



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प्रस्तावना: प्लास्टिक प्रदूषण एक गंभीर वैश्विक समस्या है। प्लास्टिक के अत्यधिक उपयोग ने न केवल पर्यावरण को क्षति पहुँचाई है, बल्कि मानव स्वास्थ्य, जलीय जीवन और पारिस्थितिकी तंत्र पर भी गंभीर प्रभाव डाला है। प्लास्टिक सस्ता, टिकाऊ और सुविधाजनक होने के कारण जीवन के हर क्षेत्र में शामिल हो चुका है, परंतु यही गुण इसे विनाशकारी भी बनाते हैं, क्योंकि यह सैकड़ों वर्षों तक नष्ट नहीं होता।

प्लास्टिक प्रदूषण क्या है : प्लास्टिक प्रदूषण वह स्थिति है जब प्लास्टिक उत्पाद पर्यावरण में पहुंचकर मृदा, जल और वायु को प्रदूषित करते हैं। ये प्लास्टिक वस्तुएं जैसे पॉलीथीन बैग, बोतलें, पैकेजिंग सामग्री आदि जब उपयोग के बाद खुले में फेंक दिए जाते हैं, तो वे प्रकृतिक रूप से विघटित नहीं होते और लंबे समय तक पर्यावरण में रहते हैं। इससे मिट्टी की उर्वरता घटती है, नदियाँ और समुद्र प्रदूषित होते हैं, तथा जीव-जंतुओं के जीवन को खतरा होता है।

प्लास्टिक प्रदूषण के स्रोत

1. घरेलू अपशिष्ट: उपयोग के बाद फेंके गए प्लास्टिक बैग, बोतलें, पैकेट, कंटेनर आदि।
2. औद्योगिक अपशिष्ट: फैक्ट्रियों से निकलने वाला प्लास्टिक स्क्रेप, रसायनों से दूषित प्लास्टिक।
3. कृषि क्षेत्र: प्लास्टिक की मलिंग शीट, पेस्टिसाइड्स के कंटेनर आदि।
4. व्यापारिक और व्यापारिक पैकेजिंग: प्लास्टिक रैपिंग, थर्मोकॉल, डिस्पोजेबल आइटम्स।
5. समुद्री स्रोत: मछली पकड़ने वाले जाल, समुद्री जहाजों से गिरने वाला प्लास्टिक कचरा।

प्लास्टिक प्रदूषण के प्रभाव

1. पर्यावरण पर प्रभाव: प्लास्टिक मिट्टी की गुणवत्ता को बिगाड़ देता है और जलधाराओं को अवरुद्ध करता है।
2. जलीय जीवन को खतरा: समुद्री जीव प्लास्टिक को भोजन समझकर निगल जाते हैं जिससे उनकी मृत्यु हो जाती है।
3. मानव स्वास्थ्य पर प्रभाव: माइक्रोप्लास्टिक के रसायन हमारे शरीर में कैंसर, हार्मोन असंतुलन जैसी बीमारियाँ कर सकते हैं।
4. जलवायु परिवर्तन में योगदान: प्लास्टिक निर्माण और नष्ट करने की प्रक्रिया में भारी मात्रा में ग्रीनहाउस गैसों निकलती हैं।

प्लास्टिक का विकल्प

1. कागज के उत्पाद: बैग, स्ट्रा और पैकेजिंग के लिए कागज का प्रयोग किया जा सकता है।
2. जैविक वस्तुएँ: बांस, नारियल के खोल, केले के पत्ते आदि से बनी चीजें।
3. कांच और धातु के कंटेनर: बोतलों और डिब्बों के लिए बेहतर विकल्प।
4. बायोडिग्रेडेबल प्लास्टिक: जो प्राकृतिक रूप से जल्दी विघटित हो सके।

सरकार द्वारा उठाए गए कदम

भारत सरकार ने प्लास्टिक प्रदूषण को नियंत्रित करने के लिए कई पहलें की हैं।

- 2022 से सिंगल-यूज प्लास्टिक पर प्रतिबंध।
- स्वच्छ भारत मिशन के अंतर्गत प्लास्टिक अपशिष्ट प्रबंधन पर जोर।
- प्लास्टिक अपशिष्ट प्रबंधन नियम, 2016 में संशोधन कर अधिक कठोर प्रावधान जोड़े गए।
- जन जागरूकता अभियान जैसे प्लास्टिक मुक्त भारत

समाधान

1. जनजागरूकता बढ़ाना: लोगों को प्लास्टिक के हानिकारक प्रभावों के बारे में जानकारी देना।
3. शिक्षा प्रणाली में विषय जोड़ना: स्कूलों में प्लास्टिक प्रदूषण के प्रति जागरूकता लाना।
4. स्थानीय नवाचारों को बढ़ावा देना: ग्रामीण क्षेत्रों में पारंपरिक विकल्पों का प्रयोग।
5. समुचित अपशिष्ट प्रबंधन: प्लास्टिक अपशिष्ट को अलग करके उसका पुनः उपयोग।

SCOPE OF HOMOEOPATHY



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Every science has its scope and limitations in disease treatment, and Homoeopathy is no exception. It is recognized as the world's second-leading system of treatment. People worldwide benefit from homoeopathic remedies. It is grounded in science, experiments, and logical application of drug knowledge to disease.

1. CURATIVE ASPECT

- **Holistic approach:** Homoeopathy treats the totality of symptoms rather than isolated complaints, ensuring permanent cure and preventing recurrence or suppression.
- **Radical cure:** Chronic diseases resulting from miasmatic forces are treated through anti-miasmatic dynamic medicines something rarely achievable through material medicines.
- **Fixed principle:** Based on similia similibus curentur, homoeopathy uses remedies that produce similar symptoms in healthy individuals to cure diseases.
- **Law of cure:** Healing follows a natural pattern—top to bottom, inside out, from more vital to less vital organs, and in reverse order of symptom appearance.
- **Material cause essential:** While modern medicine emphasizes material causes like pathogens, homoeopathy focuses on causa occasionalis and fundamental miasms.
- **Unknown diseases treatable:** Where pathology is unclear, homoeopathy treats based on symptom similarity, often yielding better results than symptomatic allopathic care.
- **Harmless treatment:** Potentized remedies in minimal doses are free from side effects when selected correctly, unlike many allopathic drugs that may lead to complications.
- **Painless administration:** Medicines are usually administered orally or topically, with no pain or bad taste, making treatment more patient-friendly.
- **Surgical diseases:** Conditions like fibroids, warts, whitlow, and benign tumors may respond well to homoeopathy, avoiding surgery in many cases.
- **Veterinary use:** Homoeopathy is also effective in treating animals, making it a versatile system.

2. PREVENTIVE ASPECT

- **Chronic disease prevention:** Treating couples before conception or children in early life with anti-miasmatic remedies helps prevent hereditary and chronic diseases.
- **Epidemic prevention:** Genus epidemicus can prevent the spread of epidemic diseases.
- **Prevention of acute diseases:** Addressing latent psora helps prevent the onset of individual acute illnesses.
- **Early intervention:** Homoeopathy can treat diseases in their functional stages, thus preventing full development, which modern medicine cannot do without a complete diagnosis.
- **Pregnancy care:** Proper treatment before, during, and after pregnancy can prevent complications and postpartum issues.
- **Prevention of sequelae:** Acute diseases may awaken latent psora; timely antipsoric treatment helps prevent their long-term effects.

3. ECONOMIC ASPECT

- **Cost-effective remedies** • **Affordable infrastructure** • **Minimal dose** • **Limited diagnostics**

4. ECOLOGICAL & ENVIRONMENTAL ASPECT

- **Eco-friendly**

5. SOCIAL ASPECT

- **Accessible to all**

- **Public health integration**

HIDDEN COSTS OF SOCIAL MEDIA



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Social media has become an integral part of our daily lives, connecting us with friends, family, and global communities. However, as we embrace its benefits, we must also acknowledge its downsides. This edition of our newsletter focuses on the disadvantages of social media and how we can navigate its challenges responsibly.

1. Mental Health Concerns

Excessive social media use has been linked to anxiety, depression, and low self-esteem. Constant comparison with others, exposure to unrealistic beauty standards, and cyber bullying can negatively impact mental well-being.

Tip: Limit your screen time and engage in offline activities to maintain a healthy balance.

2. Privacy and Security Risks

Many social media platforms collect and store personal data, making users vulnerable to data breaches, identity theft, and hacking. Inappropriate sharing of personal information can also lead to serious security threats.

Tip: Adjust your privacy settings, use strong passwords, and avoid sharing sensitive information online.

3. Addiction and Reduced Productivity

Social media can be highly addictive, leading to procrastination and reduced work or study efficiency. Scrolling through feeds for hours can take away valuable time from productive tasks.

Tip: Set daily usage limits and use productivity apps to stay focused on essential activities.

4. Misinformation and Fake News

Misinformation spreads rapidly on social media, influencing public opinion and leading to confusion or panic. Fake news can have serious social and political consequences.

Tip: Always verify information from credible sources before believing or sharing it.

5. Negative Impact on Relationships

Social media can sometimes replace real-life interactions, leading to miscommunication and weakened personal relationships. Constant engagement online can also create conflicts in friendships and romantic relationships.

Tip: Prioritize face-to-face communication and schedule quality time with loved ones.

Conclusion

While social media is a powerful tool, its disadvantages should not be ignored. By using it mindfully, setting boundaries, and being aware of its impact, we can enjoy its benefits without compromising our well-being.

Stay safe and stay informed!

THE IMPACT OF MOBILE PHONE USE ON MENTAL HEALTH



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1. Introduction

Mobile phones have revolutionized communication, access to information, and daily productivity. However, their increasing use has raised concerns about their potential impact on mental health, especially among youth and working adults.

2. Positive Impacts

- Connectivity and Social Support- Staying in touch with friends, family, and online communities can reduce feelings of isolation.
- Mental Health Apps- Guided meditation, therapy chatbots, and mood trackers can support self-care and well-being.
- Access to Information- Quick access to health resources and emergency support.

3. Negative Impacts

- Sleep Disruption
 - Blue light from screens interferes with melatonin production.
 - Excessive use at night leads to poor sleep quality and insomnia.
- Increased Anxiety and Stress
 - Constant notifications and social comparisons on social media can lead to anxiety.
 - Fear of missing out (FOMO) and online pressure can elevate stress levels.
- Depression
 - Heavy social media use is associated with low self-esteem, especially among adolescents.
 - Cyberbullying and negative online interactions increase the risk of depression.
- Addiction and Dependency
 - “Nomophobia” (fear of being without a mobile device).
 - Compulsive checking disrupts daily routines and productivity.

4. Impact on Youth

- Greater vulnerability to peer pressure and online validation.
- Increased risk of developing anxiety and depressive symptoms.

IMPACT OF MOBILE PHONE USE ON MENTAL HEALTH

◆ NEGATIVE EFFECTS

- Sleep Disruption** (Sleeping face icon) Late-night scrolling affects sleep quality (Sad face icon)
- Anxiety & Depression** (Circular arrow icon) Social comparison and FOMO increase stress
- Addiction** (Down arrow icon) Compulsive phone use reduces real-life connections
- Low Attention Span** (Lightbulb icon) Constant notifications interrupt focus (Sad face icon)
- Cyberbullying** (Speech bubble icon) Online harassment causes emotional trauma

◆ POSITIVE USES

- Meditation & wellness apps** (Meditation icon)
- Staying connected with loved ones** (Handshake icon)
- Access to mental health resources** (Book icon)

TIPS FOR HEALTHY USAGE

- Set screen-time limits
- Take regular digital detoxes
- Avoid phones before bedtime
- Prioritize face-to-face interactions
- Seek help if overwhelmed

✦ Use your phone - don't let it use you! ✦

C. Disrupted face-to-face social skills.

5. Workplace and Adult Concerns

A. Burnout from constant availability.

B. Difficulty disconnecting from work, leading to chronic stress.

C. Reduced attention spans and productivity.

6. Tips for Healthy Mobile Use

A. Set screen time limits and use “Do Not Disturb” modes.

B. Schedule phone-free times, especially before bed.

C. Curate social media feeds to avoid toxic content.

D. Use apps that promote mindfulness and digital well-being.

7. Conclusion

A. Mobile phones are valuable tools, but awareness and moderation are essential to protect mental health.

B. Encouraging balanced digital habits can lead to healthier, more mindful use.



IT'S TIME TO PRIORITIZE MENTAL HEALTH IN THE WORKPLACE



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Mental health in the workplace is a critical issue that affects not only employees but also organizations as a whole. This document highlights the importance of prioritizing mental health in the workplace, the benefits of doing so, and strategies for implementation.

Introduction

In today's fast-paced and increasingly demanding work environments, mental health has become a critical concern that can no longer be ignored. The workplace plays a significant role in our overall well-being, and it essential we prioritize mental health to create a healthy, productive, & supportive environment for all.

On this World Mental Health Day, let us come together to recognize the importance of prioritizing mental health in the workplace and commit to creating a healthier, more supportive work environment for all. It is time to break the stigma surrounding mental health and make it a priority in our workplaces.

The State of Mental Health in the Workplace

- 1 in 4 people will experience a mental health issue each year.
- 60% of employees have experienced mental health issues in the past year.
- 30% of employees have considered leaving their job due to mental health concerns.

Benefits of Prioritizing Mental Health

1. Improved productivity and performance
2. Enhanced employee engagement and retention
3. Better work-life balance
4. Reduced absenteeism and presenteeism
5. Improved overall well-being and quality of life

Strategies for Prioritizing Mental Health

1. **Create a Supportive Work Culture:** Encourage open conversations, Reduce stigma around mental health
2. **Provide Mental Health Resources:** Employee Assistance Programs, Mental Health Days
3. **Foster a Healthy Work-Life Balance:** Flexible work arrangements, Discourage overwork, self-care
4. **Lead by Example** Managers should prioritize their own mental health
5. **Take Action**

Implementation Plan

1. Conduct a mental health survey to assess employee needs
2. Develop a mental health policy and procedures
3. Provide mental health training for leaders and managers
4. Launch employee assistance programs and resources
5. Monitor and evaluate progress

Conclusion

Prioritizing mental health in the workplace is essential for creating a healthy, productive, and supportive work environment. By implementing the strategies outlined in this document, organizations can improve employee well-being, reduce absenteeism and presenteeism, and ultimately drive business success.

We hope this knowledge-sharing document helps you improve mental health at your workplace

GLOW MODE : YOUR ULTIMATE SUMMER SKIN REGIME



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As the sun blazes brighter and the days stretch longer, summer arrives not just as a season—but as a lifestyle shift. With soaring temperatures and rising humidity, our bodies, skin, and energy levels crave a fresh routine that aligns with nature’s rhythm. **Thrive Naturally with Skin care, Satvik Foods & Cleansing Rituals.**

As the mercury rises and the days become warmer, our body’s needs change dramatically. Nature has already provided us with everything we need to stay radiant, cool, and vibrant this season

Glowing Naturally: Skin Care with Kitchen Ingredients:

• **Cucumber & Aloe Vera Gel** • **Rose Water Mist** • **Gram Flour (Besan) & Curd Pack:**

Sandalwood & Turmeric:

Tip: Avoid heavy creams and oil-based products. Opt for light, breathable skincare.

Eat Light, Eat Right: The Satvik Way - A sattvic diet not only balances your body but also keeps your mind calm—essential during the high-energy summer season.

Category Recommendations:

Fruits: Watermelon, muskmelon, pomegranate, mangoes (in moderation), and citrus fruits hydrate and energize.

Vegetables: Bottle gourd, cucumber, ash gourd, ridge gourd, and leafy greens are cooling and easy to digest.

Whole Grains & Millets: Choose barley, rice, and millets like jowar and bajra for light meals. Natural Sweeteners Replace refined sugar with jaggery or honey (in small amounts).

Cooling Spices: Use fennel, coriander, mint, and cumin to balance pitta (heat element).

Cleanse from Within: Daily Detox & Body Cleansing Techniques: Cleansing your internal system is crucial to eliminate summer-induced sluggishness and heat toxins.

• **Oil Pulling** • **Triphala at Night** • **Lemon & Rock Salt Flush:**

Foot Soaks & Cold Showers: Help cool the body, relieve fatigue, and improve blood circulation.

Optional Weekly Ritual: A self-massage (Abhyanga) using coconut oil followed by a cool bath draws out excess body heat and soothes nerves.

Avoid: Excessively spicy, fried, fermented, and processed foods.

Hydration the Ayurvedic Way: Detox Waters & Herbal Infusions Plain water is good, but infused waters are better during summer to replenish lost electrolytes and boost detoxification.

Coriander Seed Water: Soak 1 tsp overnight in water, strain in the morning, and drink for cooling and digestive benefits.

Mint & Cucumber Water: Keeps you cool, freshens breath, and improves digestion.

Fennel & Tulsi Infusion: Soothes the stomach and mind.

Amla Juice: Rich in vitamin C, supports immunity, skin health, and digestion.

Remember: Drink room temperature or cool (not ice-cold) water to avoid shocking the system.

Mindful Practices for a Balanced Body & Mind

• **Yoga** • **Meditation** • **Rest**

“This summer, let wellness be your style glowing skin, nourished body, and a soul soaked in sunshine.”

NATUROPATHY IN THE MODERN WORLD: BRIDGING TRADITIONAL WISDOM WITH SCIENTIFIC EVIDENCE



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Introduction: In an era where chronic diseases and lifestyle disorders are on the rise, there's a growing interest in holistic and preventive healthcare approaches. Naturopathy, an age-old system of medicine.

Understanding Naturopathy

- **The Healing Power of Nature:** Belief in the body's inherent ability to heal itself.
- **Identify and Treat the Cause:** Focus on addressing the root causes of illness rather than just alleviating symptoms.
- **First Do No Harm:** Utilize the most natural, least invasive methods.
- **Doctor as Teacher:** Educate patients and encourage self-responsibility for health.
- **Treat the Whole Person:** Consideration of physical, mental, emotional, genetic, environmental.
- **Prevention:** Emphasis on overall health, wellness, and disease prevention.

These principles guide naturopathic practitioners in developing individualized treatment plans that may include Fasting and Nutrition therapy, Yoga, Hydrotherapy, Acupuncture.

Reviving Wellness: The Modern Relevance of Naturopathy

1. Rise in Lifestyle Diseases: Modern habits have led to a sharp increase in non-communicable diseases. Naturopathy targets these root causes through dietary correction, physical activity, and stress management.

Evidence: A 2018 randomized controlled trial published in Journal of Alternative and Complementary Medicine found that naturopathic care significantly reduced.

2. Mental Health Epidemic: Rising levels of anxiety, depression, and burnout demand holistic, drug-free support. Naturopathic therapies like yoga, mindfulness, and nutritional counselling are gaining recognition.

Evidence: A 2020 systematic review in Frontiers in Psychiatry reported that yoga and mindfulness-based interventions significantly reduced symptoms of anxiety and depression.

3. Antibiotic Overuse & Drug Resistance: The overuse of pharmaceuticals has led to issues like antimicrobial resistance. Naturopathy emphasizes natural immunity boosters and infection prevention, which reduces unnecessary antibiotic use.

Evidence: A study in Integrative Medicine Research (2019) noted that naturopathic treatments, including herbal medicine and immune-enhancing strategies, contributed to reduced antibiotic use without compromising outcomes.

4. Cost-effective Public Health: In low-resource settings, naturopathy offers preventive and low-cost interventions that help avoid expensive chronic disease management later.

Evidence: An economic evaluation published in PLoS ONE (2014) found that naturopathic care was cost-effective in reducing cardiovascular disease risk and overall health expenditure in the workplace setting.

5. Global Sustainability: Naturopathy encourages minimal reliance on synthetic drugs and promotes ecofriendly practices, resonating with sustainable healthcare models.

Evidence: A 2021 report in Global Advances in Health and Medicine highlighted how naturopathic practices promote ecological balance.

Conclusion: Naturopathy offers a valuable perspective in the modern healthcare landscape, emphasizing prevention, holistic care, and the body's natural healing abilities. By bridging traditional wisdom with scientific evidence, it provides effective strategies for managing lifestyle diseases and enhancing overall well-being.

5. Teach safe sit-to-stand strategies: Ensure feet are wide apart and firmly on the floor, with the patient sitting near the edge of the chair/bed. Ankles should be slightly behind the knees. In the absence of hand support, patients should extend arms to about 90 degrees on both sides for balance.
6. Avoid dual tasking.
7. Do not stand directly in front of the patient, as it can act as a visual block, exacerbating bradykinesia and freezing.
8. Avoid confined spaces for exercise.
9. Provide visual cues (e.g., laser beam, colored tape, patterned carpets) and auditory cues for rhythm and pacing.
10. Encourage exercises that follow rhythm, patterns, or beats using auditory cues.
11. Emphasize "BIG STEPS" and large, free body movements.
12. For turning, teach patients to imagine a clock (e.g., turning from 12 to 2, 4 to 6).
13. Focus on heel-toe-off gait patterns.
14. Recommend and train patients to use appropriate, properly fitted walking aids. Strengthen upper limbs and ensure supportive, well-fitted footwear.
15. Encourage consistent physical activity, especially walking.
16. Incorporate relaxation techniques to reduce anxiety and fear of falling.
17. Refer patients to specialists for non-motor symptoms that may require further evaluation.

Effective physical interventions may also include:

1. Yoga
2. Boxing for PD
3. Water aerobics
4. Tai Chi
5. Pilates
6. LSVT BIG
7. Dance for PD

These have shown benefits in improving QOL and managing symptoms.

Exercises

Below are a few basic home exercises to be performed with support. These exercises can be done at any time of day, taking into account the effect of medications.

(Image 1 – Balance and strength exercises)

The exercise program should include:

1. Balance training
2. Strength training
3. Aerobic exercises
4. Flexibility training

A minimum of 150 minutes of moderate to vigorous intensity exercise per week is recommended, including strength training at least two days per week.

Environmental Factors for Fall Prevention

(Image 2 – Home safety setup)

The environment should be:

1. Quiet and relaxing
2. Equipped with non-skid floors and minimal distracting patterns
3. Well-lit with reduced shadows
4. Free of clutter with wide walking paths

5. Fitted with handrails on stairs and chairs with armrests and increased seat height
6. Free of loose rugs or tripping hazards
7. Beds should allow feet to touch the floor when seated
8. Bright and accessible night lighting is essential

Conclusion

Physiotherapists play a vital role in the holistic management of Parkinson's Disease. Fall prevention significantly enhances quality of life—not only through physical benefits but also by reducing fear of falling and improving functional independence.

This affirms the age-old saying:

“Physiotherapists Add Life to Years.”

Image Credits:

Fall Prevention booklet by Parkinson Canada (2020).

By Authors - Nichole Acerra, Michael McCarthy, Skyla Burden.



Small Squats

- 1) Stand with feet apart
- 2) Bend knees as if to sit
- 3) Keep your heels on the floor
- 4) Hold for 5 seconds



The Bird

- 1) Face counter and hold on with one hand
- 2) Stand with feet apart
- 3) Shift your weight to one side
- 4) Reach sideways as far as you can with free hand
- 5) Switch hands and reach to the other side
- 6) Hold for 5-10 seconds



Marching on the Spot

- 1) Stand straight
- 2) Lift one leg and raise the knee toward your chest
- 3) Hold the position, then slowly lower
- 4) Repeat with other leg



On Your Toes

- 1) Stand on tiptoes
- 2) Hold for 5 seconds
- 3) Slowly lower and rock back onto the heels, lifting up the toes
- 4) Hold the position for 5 seconds



Side Leg Raise

- 1) Stand with feet apart
- 2) Lift one leg to the side
- 3) Keep your toes pointing forward
- 4) Hold position for 5 seconds, then slowly lower
- 5) Repeat with other leg



Walk the Line

- 1) Place one foot directly in front of the other
- 2) Hold position for 10-30 seconds
- 3) Repeat with other foot
- 4) Progression: walk heel to toe along length of the counter

DETOXIFICATION THROUGH NATUROPATHY AND YOGIC PRACTICES: A PREVENTIVE HEALTHCARE APPROACH



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Introduction

In the modern era, the human body is continually exposed to toxins—environmental pollutants, processed foods, emotional stress, and sedentary lifestyles all contribute to the burden on our detoxification systems. Over time, these toxins can impair organ function, disrupt hormonal balance, and contribute to chronic diseases. Both Naturopathy and Yogic Sciences emphasize periodic detoxification as a means to prevent disease and promote longevity.

What is Detoxification?

Detoxification refers to the process of neutralizing and eliminating toxins from the body. The major organs involved include:

- **Liver:** Metabolizes and processes toxins.
- **Kidneys:** Filter blood and excrete waste.
- **Skin:** Eliminates toxins through sweat.
- **Lungs:** Expel volatile compounds.
- **Colon:** Removes digestive waste and supports gut health.

In holistic health, detoxification also addresses mental and emotional residues such as stress, anger, and fear.

- **Fasting Therapy:** Intermittent and Juice, Fasting, Rest for digestive system, encourages autophagy, reduces inflammation, improves insulin sensitivity, promotes longevity
- **Hydrotherapy:** Hot & Cold Showers, Enemas, Steam Baths, Improves circulation, opens pores, stimulates lymphatic drainage.
- **Mud Therapy:** Mud Packs and Baths, Absorbs toxins, reduces inflammation, helpful for skin and joint issues
- **Diet-Based Detox:** Whole, plant-based foods, avoiding refined sugars, trans fats, caffeine, alcohol, Provides fiber, antioxidants; alkalizes the body; avoids common dietary toxins
- **Herbal Remedies:** Triphala, Neem, Aloe Vera Supports liver function, digestion, and gut detox
- **Shatkarma (Yogic Cleansing) :** Kunjal Kriya, Neti, Trataka, Basti, Removes impurities, balances doshas
- **Asanas (Postures) :** Ardha Matsyendrasana, Paschimottanasana, Massages internal organs, promotes circulation, improves digestion
- **Pranayama (Breath Regulation):** Kapalabhati, Bhastrika Expels wastes, energizes body, enhances oxygenation and cellular respiration
- **Meditation and Mind Detox:** Yoga Nidra, Mindfulness, Meditation, Reduces mental clutter, restores clarity and calm



WHY MEETHI WATER IS THE PUREST CHOICE FOR YOUR BODY?



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Water is life, but not all water nourishes the same. In South Asia, “Meethi Water” refers to fresh, clean, soft water that’s naturally low in salts and free of pollutants. Meethi water stands out as one of the purest and healthiest choices for the human body.

Here’s why:

1. **Deep Cellular Hydration** – Meethi water hydrates your body without burdening it. It absorbs quickly, helping your cells function efficiently by transporting nutrients and flushing out waste with ease.
2. **Natural Detox** – Meethi water supports smooth filtration, helps eliminate toxins, and reduces the risk of kidney stones by keeping mineral concentrations in check.
3. **Digest Better** – From breaking down food to absorbing nutrients, Meethi water helps every step of digestion, keeping your energy steady and aiding in healthy weight balance.
4. **Great for Circulation and Heart** – With little to no sodium, Meethi water is a heart-friendly option. It supports balanced blood pressure, maintains smooth circulation, and reduces the strain on your cardiovascular system.
5. **Clears Skin** – Hydrated skin is healthy skin. Meethi water improves skin texture, reduces breakouts, and delays signs of aging by keeping your skin cells plump, elastic, and nourished from the inside.

Conclusion

Meethi water refreshes, heals, and supports your body from the inside out. It’s a gentle healer for your entire system. From organ support to glowing skin, its benefits are wide-ranging.



UNDERSTANDING MIASMS FOR AN EASY CLINICAL APPROACH IN HOMOEOPATHY



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Introduction: The concept of miasms is a cornerstone of classical homeopathy, introduced by Dr. Samuel Hahnemann to explain the deep-seated, recurring, and inherited nature of chronic diseases.

What is a Miasm?: A miasm is a chronic disease tendency or diathesis that lies beneath the surface symptoms of illness. It represents a deeper energetic disturbance in the vital force, which can be inherited or acquired.

The Three Fundamental Miasms (Classical View)

1. Psora – Deficiency and Struggle

- Mental/Emotional
- Physical: Dry skin, itching, functional disorders, fatigue
- Themes: Lack, struggle, effort, insecurity

2. Sycosis – Excess and Accumulation

- Mental/Emotional: Guilt, fixed ideas, secretiveness
- Physical: Warts, asthma, thick discharges, obesity
- Themes: Suppression, overgrowth, retention

3. Syphilis – Destruction and Breakdown

- Mental/Emotional: Despair, suicidal thoughts, violence
- Physical: Ulcers, bone destruction, deformities
- Themes: Decay, collapse, hopelessness

Why is Miasmatic Understanding Clinically Important?

- Deeper Case Analysis
- Miasms help uncover the root of chronic disease beyond the presenting symptoms.
- Improved Remedy Selection
- Many remedies carry strong miasmatic indications (e.g., Mercurius – syphilitic).
- Better Follow-up and Evaluation
- Understanding miasmatic layers aids in interpreting remedy action, aggravations, suppression.
- Prevention of Relapse
- Miasmatic prescribing strengthens constitutional health and promotes long-term healing.
- Insight into Inheritance
- A family history of such as tuberculosis, diabetes, or mental illness dominant inherited miasms.

Blended or Mixed Miasms in Practice

In clinical reality, patients rarely exhibit a single, pure miasm. Most cases present as mixed or layered miasmatic states. For example, a child with eczema (psora), a history of warts (sycosis)

Conclusion

Understanding miasms goes far beyond theoretical knowledge—it is a powerful clinical tool. It adds depth to case-taking, aids in accurate remedy selection, and promotes lasting healing. By identifying and addressing miasmatic tendencies, the homeopath is better equipped to treat the person as a whole—not merely the disease.

CHILD ADDICTION TO MOBILE PHONES: A GROWING CONCERN



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Introduction

What comes to your mind when you hear the term “mobile addiction in children”? Is it just about playing games, watching cartoons, or spending hours on YouTube? Or is it something deeper—something that’s quietly replacing childhood curiosity with screen dependency?

Mobile addiction refers to the compulsive and uncontrolled use of smartphones, often leading to behavioral, emotional, and social issues in children. It is not just about playing games—it includes excessive use of social media, video streaming, and constant texting.

Signs of Mobile Addiction in Children

1. Irritability when the phone is taken away
2. Lack of interest in outdoor activities or studies
3. Sleep disturbances
4. Poor concentration and memory
5. Eye strain and headaches
6. Social withdrawal

Why Is It Concerning?

Excessive mobile use affects a child’s brain development, academic performance, and emotional well-being. It can lead to aggression, poor communication skills, and even mental health issues like anxiety and depression.

Conclusion

Mobile phones are powerful tools—but in young hands, uncontrolled use can become harmful. It is the responsibility of parents, educators, and society to guide children in using technology wisely and maintaining a healthy digital balance.



GOOGLE VS DOCTOR: WHOM SHOULD YOU TRUST WITH YOUR HEALTH?



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Introduction

In today's digital era, patients often turn to search engines before stepping into a consultation room. While the internet—especially Google—provides easy access to health-related information, it raises a critical concern: Can a search engine replace the clinical reasoning and diagnostic expertise of a qualified physician?

Why Do People Google Their Symptoms?

- Immediate access to health content
- Avoidance of consultation costs or hospital visits
- Anxiety-driven curiosity
- Desire for second opinions or instant reassurance
- Overconfidence in information availability

Clinical Risks of Relying on Google

1. Inaccurate Self-Diagnosis

Symptoms fatigue, pain, non-specific and dozens of differentials to life-threatening conditions.

2. Excessive Health Anxiety (Cyberchondria)

Reading about rare, severe illnesses can panic or irrational fear, worsening psychosomatic complaints.

3. Delayed Medical Attention

Trusting online “remedies” may result in missed early detection of serious diseases.

4. Unverified Treatments

Following non-medical blogs, forums, or influencers lead to inappropriate drug use or herbal toxicity.

5. Lack of Clinical Context

Google does not consider a patient's age, medical history, comorbidities, or mental state all of which are essential for holistic case management.

Why Doctors Are Irreplaceable in Clinical Decision-Making

1. Clinical Judgment

Physicians apply evidence medicine, consider diagnoses, and interpret lab/imaging data conclusions.

2. Individualized Assessment

In homeopathy or psychiatry, understanding the patient's mental, emotional & physical is crucial.

3. Experience with Case Patterns

A doctor epidemiological trends, red flags, and rare presentations through real-world patient exposure.

4. Follow-Up and Prognosis

Doctors treatment response, assess aggravation or suppression, and guide long-term health planning.

5. Accountability & Ethics

Medical professionals clinical protocols, privacy laws, & ethical responsibilities unlike search engines.

Conclusion

While Google may provide initial health awareness, it can never substitute a physician's clinical expertise, diagnostic skill, and emotional understanding. Patients must use online health content cautiously.

Trust the doctor—not the data cloud

VITAL FORCE: THE CORNERSTONE OF HOMOEOPATHIC HEALING



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In the world of Homoeopathy, where the unseen often holds greater value than the seen, the concept of the Vital Force stands as a fundamental pillar. It is not merely a theoretical idea, but the very essence that gives meaning and direction to the practice of Homoeopathy. The Vital Force is the invisible dynamism that animates the body, maintains harmony, and combats disease.

What is the Vital force? Dr. Samuel Hahnemann, the founder of Homoeopathy, introduced the idea of the Vital Force in his revolutionary work Organon of Medicine. He described it as the “spiritual, dynamic power that governs the human organism.” This force is responsible for all physiological functions from circulation to digestion, from thought to sensation.

It is non-material, yet its presence is evident in the way the body maintains balance and reacts to external stimuli. When this force is disturbed, the individual falls into a state of disease. When it’s restored to balance, health is re-established.

Vital force and disease - Homoeopathy sees disease not just as a collection of symptoms, but as a disturbance in the Vital Force. This is why two individuals with the same pathology say, migraine may receive entirely different remedies. It is not the name of the disease, but the individual’s expression of the disturbed Vital Force that guides the homoeopath.

Symptoms are not enemies; they are messengers of the Vital Force trying to communicate its distress. Understanding this message with empathy and precision is the true skill of the homoeopathic physician.

Modern relevance of the concept - While the term “Vital Force” may seem abstract in an age of molecular biology and genetics, it aligns with modern holistic principles. The mind-body connection, the role of energy medicine, and the emphasis on individualized care are gaining recognition even in mainstream health sciences.

In fact, the resurgence of interest in integrative medicine proves that people are beginning to see the human being as more than a body as a dynamic whole.

Conclusion: healing begins with belief -

True healing doesn’t come from pills or procedures alone it begins with a belief: a belief in the body’s intelligence, in nature’s rhythm, and in the subtle yet powerful Vital Force that sustains life. To believe in the vital Force is to accept that we are not machines, but living, feeling beings dynamic and ever-changing. Homoeopathy doesn’t fight the body; it listens to it. And it is only when we trust this inner current this unseen healer within us that real, lasting transformation can take place. The Vital Force doesn’t just keep us alive; it gives meaning to health, emotion to illness, and depth to recovery. When we honour the Vital Force, we stop treating diseases and start healing human beings gently, holistically, and with faith in the wisdom of life itself.

HOLISTIC NURSING: TREATING MIND, BODY AND SPIRIT



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In today's fast-paced medical world, holistic nursing offers a refreshing, human-centered approach. It sees patients not just as bodies with symptoms but as whole beings—with emotional, mental, social, and spiritual needs.

Holistic nursing is both a philosophy and a practice. While traditional nursing focuses on treating illness, holistic nursing aims to promote wellness and healing from within. It is officially recognized by the American Holistic Nurses Association (AHNA) and is growing in popularity globally.

A holistic nurse not only administers medications or monitors vital signs but also provides emotional support, listens actively, and respects the patient's personal beliefs and life story. Key techniques often include therapeutic communication, guided imagery, aromatherapy, meditation, and even spiritual counseling—when appropriate.

Holistic nursing also emphasizes nurse self-care, believing that a centered and well-balanced caregiver can provide better care to others.

Imagine a patient undergoing chemotherapy. A holistic nurse may offer soothing music, teach deep breathing, or simply hold space for the patient's fears. These actions can reduce stress, enhance recovery, and bring comfort.

Research supports this approach: holistic interventions like **mindfulness-based stress reduction (MBSR)** and therapeutic touch have shown positive outcomes in pain control, anxiety reduction, and faster healing.

In countries like India, where Ayurveda and yoga blend with modern medicine, holistic nursing is a natural fit. Hospitals are beginning to adopt integrated care models, with nurses playing a leading role.

Ultimately, holistic nursing brings back the heart of healthcare—seeing the patient as a person first, not just a diagnosis. By treating the mind, body, and spirit, nurses help foster true healing and human connection.



HEALING THE HEALERS: THE ROLE OF PEER SUPPORT AND MENTAL HEALTH SERVICES IN NURSING



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Nursing is often described as a calling—one rooted in compassion, resilience, and sacrifice. It is a profession that demands immense emotional labor, intellectual acuity, and physical endurance. Nurses stand at the frontline of patient care, providing comfort, advocating for safety, and often making life-saving decisions under pressure. Yet, behind the professionalism and composed demeanor, many nurses silently grapple with emotional fatigue, anxiety, and trauma. The cumulative toll of long shifts, high patient acuity, exposure to death and suffering, and the relentless pace of care delivery places nurses at heightened risk for mental health challenges.

Despite their vital role in healthcare systems, nurses are frequently overlooked when it comes to their own well-being. The very qualities that make them exceptional caregivers—empathy, perseverance, and a strong sense of duty—also make them vulnerable to compassion fatigue and burnout. This has become especially evident in recent years, as global health crises like the COVID-19 pandemic further intensified the mental and emotional burden on nursing professionals. In this landscape, peer support and accessible mental health services have emerged not merely as options, but as essential lifelines.

Peer support programs are among the most effective interventions to bolster the mental health of nurses. These initiatives offer a safe, non-judgmental space where individuals can share experiences, express emotions, and find solidarity with colleagues who understand the unique pressures of the job. Whether through structured debriefing sessions, mentorship programs, or informal support circles, these platforms provide critical validation. Hearing the words, “I’ve been there too,” can foster a deep sense of connection and reassurance.

These peer-based interventions normalize emotional distress and challenge the notion that struggling is a sign of weakness. Instead, they affirm that vulnerability is part of the human experience, especially in emotionally charged environments. They also allow experienced nurses to mentor newer staff, helping them build emotional resilience, set boundaries, and develop coping strategies from the start of their careers.

However, while peer support plays a vital role, it must be complemented by access to professional mental health services. Institutions that integrate such resources into their infrastructure show a clear commitment to staff well-being. Onsite counselors, confidential helplines, and employee assistance programs are increasingly seen as essential components of a supportive work environment. These services help nurses process trauma, manage stress, and address conditions like depression or PTSD.

To truly transform healthcare culture, we must address the stigma surrounding mental health. Many nurses hesitate to seek help due to fears of judgment or career repercussions. Leadership must foster openness and normalize help-seeking behavior. This includes training managers to recognize signs of distress and respond with empathy. Leaders should also model self-care and mental wellness as key aspects of clinical competence.

Creating spaces where nurses can reflect and recharge—physically and emotionally—must be a priority. Wellness initiatives, mindfulness sessions, stress reduction training, and relaxation rooms are not luxuries but necessary investments in a workforce that carries immense responsibility.

Ultimately, healing the healers is not just about preventing burnout. It is about honoring the humanity of those who care for others. When mental health support and peer connection are embedded into healthcare culture, we affirm that the well-being of caregivers is as important as the care they provide.

VIOLENCE AGAINST WOMEN IN INDIA: IT'S NOT ABOUT THE DRESS, IT'S ABOUT THE MINDSET



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Sexual violence is not just a crime against an individual—it is a brutal reminder of the deeply rooted flaws in our societal mindset. India, with its rich culture and long-standing traditions of reverence for women, finds itself battling a grim reality where crimes against women are rising at an alarming rate. The National Crime Records Bureau reported 31,677 such cases in 2021 alone—an average of 89 cases per day. Yet, instead of questioning the perpetrators, society often turns to judge the victims.

The narrative is all too familiar. When an incident of sexual assault is reported, discussions immediately shift to what the girl was wearing, where she was, or why she was alone. The burden of responsibility is wrongfully placed on the survivor instead of the criminal. I came across a reel recently about a 12-year-old girl in Agra who was harmed in this way. Instead of outrage directed at the offender, many comments criticized the girl for her clothing and questioned why she was alone. She was just a child. How is this even a question?

If attire was the cause of assault, how do we explain the 8-month-old baby girl violated by her own cousin in a hospital? What was she wearing that invited such brutality? Or the 12-year-old girl abducted and assaulted while sleeping inside her own home? What about the 67-year-old bedridden woman violated by a worker in Delhi? Or the young doctor, clad in professional attire, who was attacked despite dedicating her life to saving others? These harrowing incidents prove that it's not about the clothes—it never was.

The uncomfortable truth is that such acts stem not from what a woman wears but from the way society views women. It stems from a mentality that objectifies, dehumanizes, and blames rather than protects. It is time we stop justifying crime by blaming victims and start holding the perpetrators accountable.

To bring real change, we must shift our collective mindset. Schools should incorporate gender sensitivity and respect into their curriculum. Parents must teach their sons that women are not objects of desire but individuals worthy of respect and equality. Media must stop sensationalizing crimes and instead focus on stories that empower and educate. Most importantly, we must create an environment where victims are supported, not shamed.

We must begin to respect every woman the same way we respect our mothers, sisters, and daughters—not based on what they wear, but because they are human beings deserving of dignity and safety. Only then can we hope for a society where women are truly free—not just legally, but mentally, emotionally, and physically.

The solution doesn't lie in changing the way women dress—it lies in changing the way we think.

Author's Note - This article has been written and edited with the intention of raising awareness about gender-based violence and the urgent need for societal change. The sensitive nature of the subject has been handled with care, and every effort has been made to communicate responsibly. The author takes full responsibility for the thoughts expressed herein, which are aimed at promoting education, empathy, and reform.



LEARNING BEYOND MUSCLES WHY PHYSIO STUDENTS MUST GO DIGITAL



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When you hear the word “physiotherapy,” what comes to mind? Muscles? Movement? Exercise balls? Probably not spreadsheets or artificial intelligence, right? But here’s the truth: physiotherapy is stepping into the digital age, and we—the next generation of physios—need to keep up!

Why Do Physio Students Need Computer or AI Knowledge?

Let’s break it down. You don’t need to become a computer genius or a software engineer. But knowing basic computer skills and a little bit about AI tools can actually make your studies, internships, and future clinic life so much easier.

1. Keeping Track of Patients Made Easy - You’ll be dealing with a lot of patients one day—names, conditions, treatment plans, exercise routines etc. it’s a lot to remember! Instead of messy paper notes, imagine tracking everything neatly in Excel or an online patient record system. Want to show a patient how much their muscle strength improved? Make a graph! It looks clean, professional, and shows you're serious about their progress.
2. Better Projects and Presentations - Whether you’re making a PowerPoint for a seminar, writing a case study, or submitting a research paper, tech makes it better.

- Use Canva, ChatGPT, Google Scholar

That boring old Excel Sheet? It can help you analyze data, calculate averages, & even make your thesis look super smart!

3. AI is Not Just Sci-Fi it’s in Clinics Too - Yes, AI is already being used in physiotherapy, and it’s amazing. Ever heard of:
 - Virtual rehab sessions for stroke patients?
 - Gait analysis software that shows how someone walks, step by step?
 - Posture apps that correct your form during exercises?

These use artificial intelligence to help patients heal better—and we need to understand how to use them.

4. Smarter You = Better Therapist - Knowing tech gives you an edge. Imagine you’re doing your internship and your senior asks, “Can you make a report of this patient’s progress?” And you're like:

“Yes! I’ll make a graph, write a summary, and email it by evening.” Boom instant impression. That’s the power of blending physio knowledge with tech skills.

So What Should I Learn?

Start simple. No need for coding or high-level stuff. Here’s a mini checklist:

- Basic Excel – for making tables and charts
- PowerPoint or Canva – for presentations and posters
- Using ChatGPT or AI tools – for writing help or brainstorming
- How to Google smartly – yes, even that is a skill!
- Try making your own digital patient form or log sheet

Real Talk: The Future is Digital - The future of physiotherapy isn’t just about what you feel with your hands—it’s also about what you do with your mind and tech tools. Digital rehab, online consultations, AI-powered analysis - these are becoming part of our daily practice. And we, the students of today, are the future of this profession.

Final Words: Be the Physio Who Knows Both Muscles and Machines - So let’s not be afraid of tech. Let’s learn it, use it, and grow with it. Because the best Physiotherapists of tomorrow will be the ones who can combine healing hands with a smart digital brain.

कॉलेज के वो सुनहरे पल

— ❦ —



Rashi Dhanetwal

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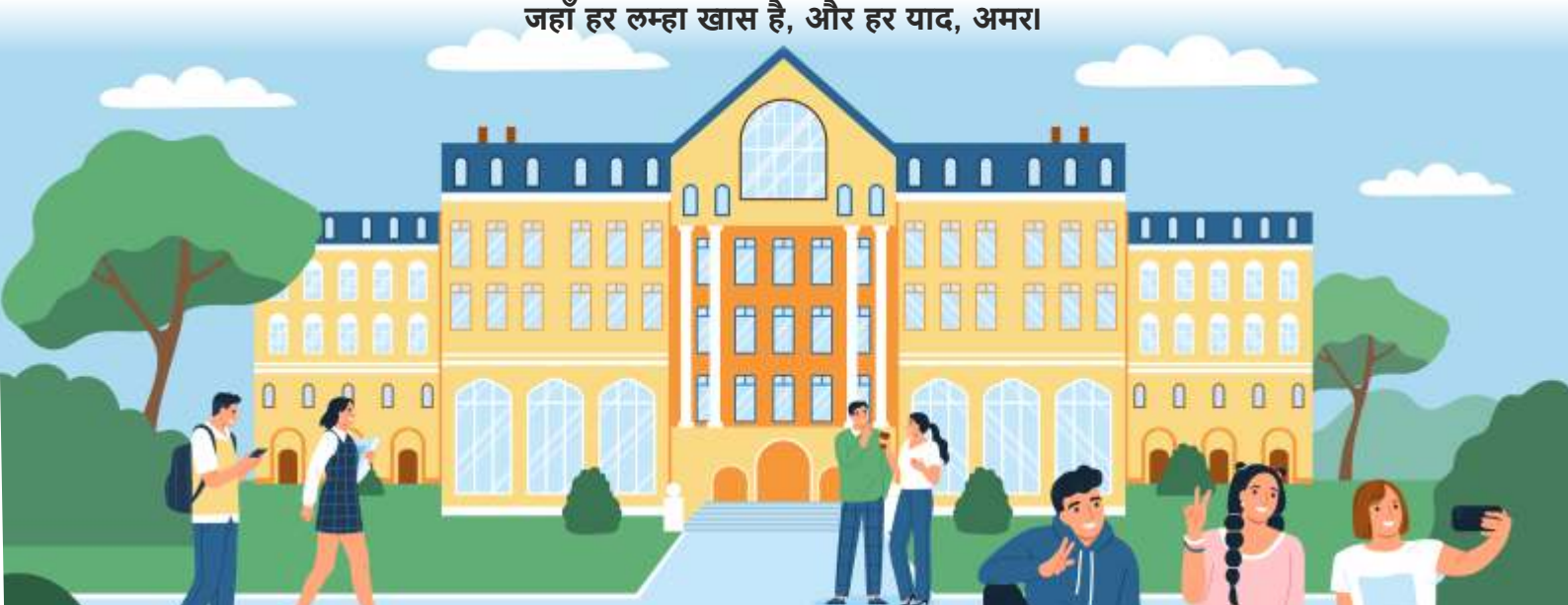
सुबह-सुबह की लेक्चर अलार्म से हार गई,
कंबल के नीचे फिर से दुनिया सवार गई,
क्लासरूम की खिड़की से जो देखे थे सपने,
वो कैटीन की चाय में हर दिन उबाल गए।

नोट्स किसी और के, एग्जाम हमारा,
पास हो जाँ बस, यही था सहारा।
फ्रेशर्स की मस्ती, फेयरवेल के आँसू,
यादों की डायरी में, सजे हैं सब कासू।

क्लास की वो बातें, जो कल हँसी बन जाएँगी,
पढ़ाई की वो रातें, जो कल कहानी बन जाएँगी।
दोस्ती की दीवारों पर जब सपने लिखे जाएँगे,
वो गोल्डन डेज़ याद बहुत आएँगे।

लाइब्रेरी में बैठकर व्हाट्सऐप चलाना,
लेक्चर में टीचर की बातों को हवा में उड़ाना।
फेयरवेल की वो शाम, आँखों में नमी,
याद आएँगे ये दिन, जब छूटेगी ये गली।

ये काफलेज की दुनिया, सपनों का सफर,
जहाँ हर लम्हा खास है, और हर याद, अमरा।



THE PANCHAKOSHA

THE FIVE SHEATHS OF HUMAN EXISTENCE



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“The Self is hidden in the five sheaths (koshas). Only by piercing through these layers can one realize the true Self.”— Taittiriya Upanishad

Introduction

Yoga teaches us the intricate relationship between the body, mind, and soul through the concept of Panchakosha Viveka, which means the knowledge of the five layers or sheaths of human existence. Vedanta delves into human individuality by exploring five distinct layers. It reveals the fundamental elements that form the framework of both the macrocosm and the microcosm. Each element is identified, its function understood, and its relationship with the others clarified.

The analysis of these five layers is primarily based on the **Taittiriya Upanishad**.

The Five Koshas (Sheaths)–

1. Annamayakosha – The Physical Body

- Annamayakosha is composed of the five elements (Panchamahabhutas): Earth, Water, Fire, Air, and Space.
- It is nourished by the gross food we consume and represents the physical frame of the body.
- It is the **grossest** of all five sheaths, constituting our anatomy—a conglomeration of subtle particles.
- A healthy body is essential for maintaining homeostasis and supporting the functioning of the other sheaths, especially the **Pranamayakosha**.

2. Pranamayakosha – The Vital Body

According to the Prashna Upanishad, all that exists in the three worlds is sustained by Prana. Just as a mother protects her children, Prana protects us and grants us vitality and awareness.

Prana flows through subtle energy channels called **Nadis**.

The five primary dimensions of Prana, which drive various physiological functions, are known as the **Pancha Pranas**:

- a) **Apana** – Responsible for elimination functions such as defecation, urination, menstruation, ejaculation, and childbirth.
- b) **Prana** – Governs the respiratory system and the act of breathing.
- c) **Udana** – Supports upward-moving activities like vomiting and speech.
- d) **Samana** – Aids digestion and balances both Prana and Apana.
- e) **Vyana** – Regulates peripheral activities like nerve impulses, blood circulation, and cellular processes.

3. Manomayakosha – The Mental Body

Manomayakosha is the dimension of the mind that processes perceptions and experiences through:

1. **Manah (Mind)** – Actively receives impressions from the five senses (sight, sound, smell, taste, touch).
2. **Buddhi (Intellect)** – Stores and interprets sensory inputs in the Chitta (subconscious mind).
3. **Ahamkara (Ego)** – Claims these impressions as personal experiences, forming the identity and the sense of “I” in relation to the external world.

This sheath governs emotional responses, thoughts, and desires, and is heavily influenced by one’s environment and experiences.

4. Vigyanmayakosha – The Intellectual Body

Vigyanmayakosha is the seat of inner wisdom, conscience, and discernment. It constantly guides the Manomayakosha and helps refine one’s actions and decisions.

- It governs our ability to differentiate right from wrong and supports self-awareness.
- Techniques such as self-analysis, mindfulness, and ethical introspection enhance this sheath.
- Mastery over this kosha aids in controlling primal instincts such as fear, sleep, and desire.

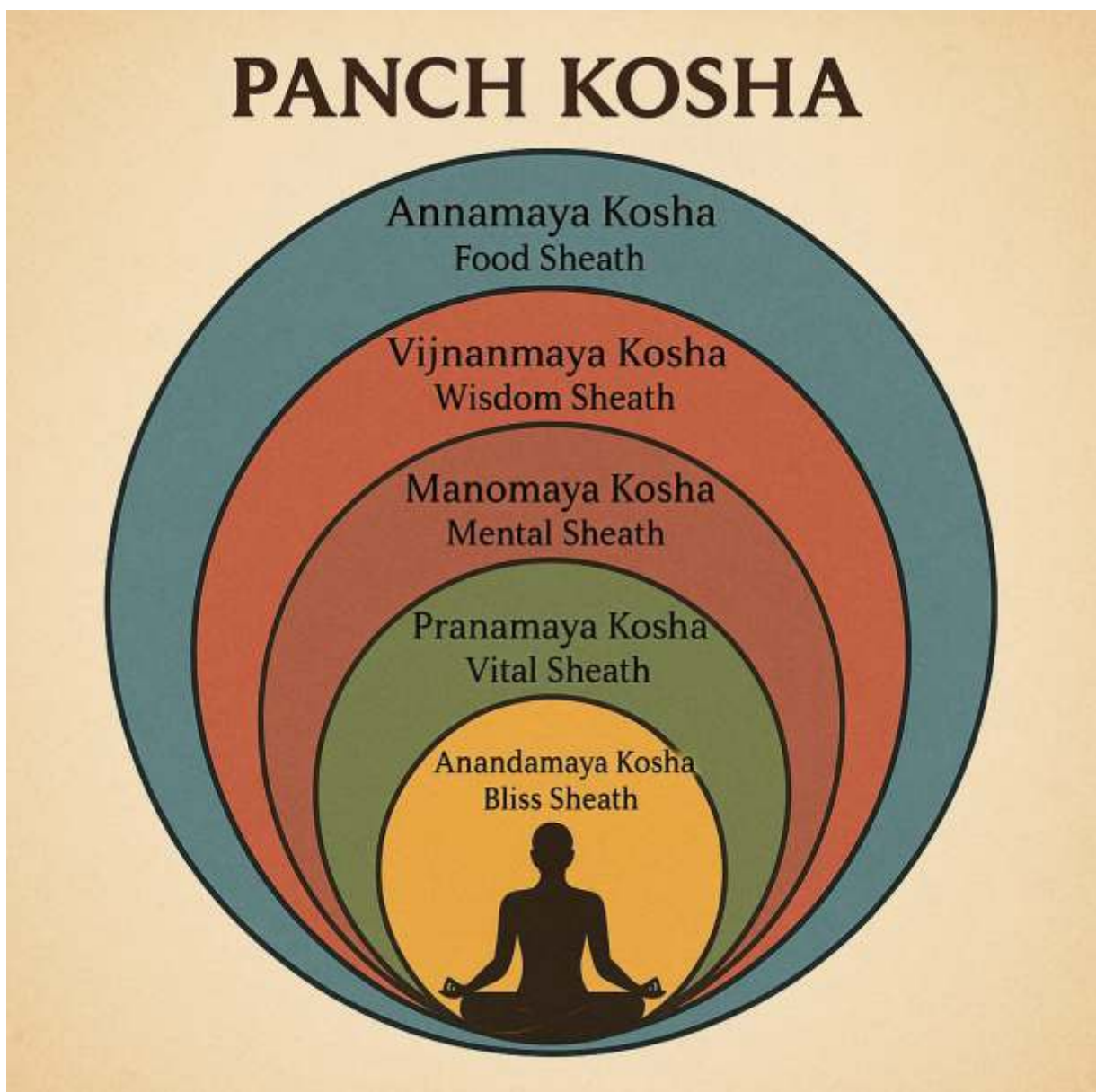
5. Anandamayakosha – The Blissful Sheath

The **Anandamayakosha** is the innermost layer, associated with a deep sense of joy and spiritual bliss.

- Scriptures state that true happiness comes from conquering the mind through knowledge.
- This sheath represents the state of inner silence, peace, and contentment that exists beyond the intellect.
- Bliss is not derived from external sources but is the natural state of the Self when all outer sheaths are transcended.

Conclusion

The Panchakosha model provides a profound framework for understanding human existence beyond the physical. Each sheath plays a critical role in holistic well-being. Through self-inquiry, yogic practices, and spiritual discipline, one can move inward—from the physical to the subtle—to ultimately realize the true Self (Atman) that lies beyond all sheaths



THERAPEUTIC APPLICATIONS OF GUNJI TURMERIC IN THE MANAGEMENT OF SKIN DISEASES: A CRITICAL REVIEW



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Skin diseases continue to impose a considerable health burden worldwide, affecting millions of individuals both physically and psychologically. Common conditions such as eczema, psoriasis, acne, fungal infections, and hyperpigmentation present unique therapeutic challenges. While modern medicine offers a wide range of treatments, many come with side effects, fostering a growing interest in traditional remedies. One such remedy, widely recognized in some Asian cultures, is Gunji turmeric—a blend of turmeric (*Curcuma longa*) and rice (*Oryza sativa*) powder. This article critically reviews its therapeutic potential, evaluating the pharmacological actions of its components and their possible roles in dermatological care.

Understanding Common Skin Diseases

- **Eczema**- also known as atopic dermatitis, is marked by chronic inflammation & compromised skin barrier function.
- Psoriasis is characterized by rapid skin cell turnover due to immune dysregulation, resulting in scaly plaques.
- Acne arises from clogged pores, excess sebum production, and bacterial growth, mainly involving *Cutibacterium acnes*.
- Fungal infections like dermatophytosis affect keratinized tissues.
- Hyperpigmentation disorders stem from excess melanin production, often worsened by UV exposure or hormonal changes.

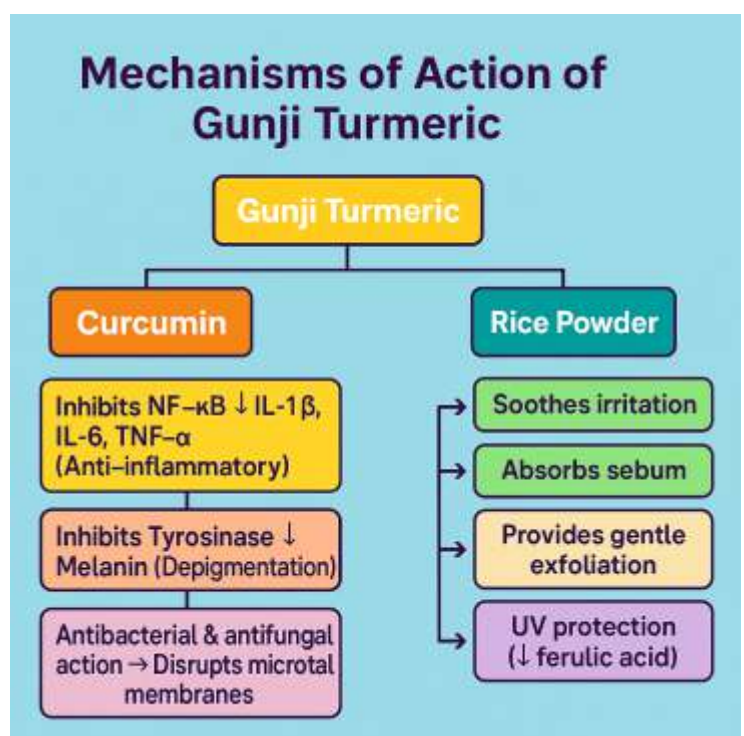
Pharmacological Properties of Gunji Turmeric

Turmeric (*Curcuma longa*)

Turmeric's bioactive compound, curcumin, is renowned for its anti-inflammatory capabilities, chiefly through the inhibition of NF- κ B and COX-2 pathways. Its antimicrobial effects span bacteria, fungi, and viruses, which is significant in conditions like acne and fungal infections. Furthermore, curcumin's antioxidant properties counteract oxidative stress, a common factor in chronic skin disorders. Importantly, curcumin inhibits tyrosinase, offering a scientific basis for its role in reducing hyperpigmentation.

Rice Powder (*Oryza sativa*)

Often underestimated, rice powder contains ferulic acid, phytic acid, and allantoin. These compounds collectively provide soothing, anti-inflammatory, and mild exfoliating effects. Notably, ferulic acid acts as a UV protectant and antioxidant. Rice powder's oil-absorbing qualities make it especially useful for acne-prone skin, while its fine texture supports gentle exfoliation and skin renewal.



Mechanisms of Action

The therapeutic benefits of Gunji turmeric arise from the synergistic interaction between turmeric and rice powder:

1. Anti-Inflammatory Effects- Curcumin effectively reduces inflammatory cytokines, benefiting eczema and psoriasis sufferers. Rice powder's soothing qualities enhance this anti-inflammatory effect.

2. Antimicrobial Action- Curcumin exhibits broad-spectrum antimicrobial activity, targeting bacteria such as *Staphylococcus aureus* and *Cutibacterium acnes*, as well as fungi. Rice powder assists by maintaining a drier skin environment, reducing fungal growth potential.

3. Wound Healing- Curcumin promotes fibroblast activity and collagen deposition, speeding up wound healing. Rice powder helps by stabilizing moisture balance, supporting skin barrier repair.

4. Pigmentation Control- Both turmeric and rice powder interfere with melanin synthesis, providing a dual-action approach to treating hyperpigmentation.

Evidence and Reflections: Research validates many of these claims. For instance, a clinical trial by Vaughan et al. (2018) reported significant improvement in psoriasis symptoms with curcumin gel application over 12 weeks. Similarly, in vitro studies (Lee et al., 2019) confirmed curcumin's antimicrobial efficacy. Ethnobotanical evidence further supports Gunji turmeric's long-standing use, although formal clinical studies specifically on this formulation remain limited.

From a practitioner's perspective, while traditional wisdom offers compelling insights, **standardization and rigorous clinical testing are essential** before full-scale clinical integration.

Pathophysiology of Common Skin Diseases	
Condition	Pathogenesis
Eczema	Barrier dysfunction, Th2 immune response, chronic inflammation, itching, erythema
Psoriasis	Aberrant Th1/Th17 response, keratinocyte hyperproliferation, persistent inflammation
Acne Vulgaris	Excess sebum, follicular plugging, <i>C. acnes</i> colonization, local inflammat
Dermatophytosis	Fungal invasion of keratinized tissues; scaling, erythema, and annular lesions
Hyperpigmentation	Overproduction of melanin; triggered by UV exposure, stress, or inflammation

REMOVING TOXINS FROM THE BODY, CONNECTING IT WITH NATUROPATHY AND YOGA



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In today's fast-paced world, our bodies are increasingly exposed to environmental pollutants, processed foods, and chronic stress. These factors contribute to the accumulation of toxins—harmful substances that can disrupt bodily functions and lead to fatigue, digestive issues, skin problems, and even chronic illness. Traditional practices like naturopathy and yoga offer time-tested, holistic approaches to detoxification—supporting not only the body's physical health but also mental and emotional well-being.

Understanding toxins and the body's natural detox mechanisms - The body naturally eliminates toxins through organs such as the liver, kidneys, intestines, lungs, and skin. But when overwhelmed by poor diet, pollution, and stress, these systems may become sluggish. This can result in symptoms like fatigue, poor digestion, headaches, skin breakouts, and brain fog. Enhancing the body's detox processes through lifestyle changes and holistic practices can help restore vitality.

Naturopathy: nature's way to cleanse the body - Naturopathy is a natural system of healing that helps the body heal itself. It emphasizes detoxification through hydration, diet, herbal remedies, and lifestyle changes.

- **Hydration:** Drinking plenty of water, especially warm water with lemon in the morning, supports kidney function and digestive cleansing.
- **Detox diet:** Emphasis on fresh fruits, vegetables, whole grains, and lean proteins while avoiding sugar, caffeine, alcohol, and processed foods.
- **Herbal remedies:** Herbs like milk thistle, dandelion root, neem, and burdock help purify the liver and blood.
- **Hydrotherapy:** Using hot and cold water therapies to boost circulation and eliminate toxins through the skin.
- **Fasting and juice cleanses:** Supervised short-term fasting or juice diets can give the digestive system rest and support internal cleansing.

Yoga: detoxifying body, mind, and spirit - Yoga enhances physical detox while also addressing mental and emotional toxins.

- **Twisting poses:** Twists like Ardha Matsyendrasana stimulate digestion and support waste elimination.
- **Inversions:** Poses like Sarvangasana improve lymphatic flow and blood circulation, aiding detox.
- **Pranayama:** Breathing techniques such as Kapalabhati and Bhastrika improve oxygenation and remove carbon dioxide and metabolic wastes.
- **Dynamic sequences:** Practices like Surya Namaskar generate heat, stimulate sweat, and eliminate impurities.
- **Meditation:** Regular meditation reduces stress, anxiety, and negative thought patterns, promoting mental clarity.

Integrating naturopathy and yoga for optimal detox - Combining both disciplines offers a complete detox approach. A typical day may begin with lemon water and breathing exercises, followed by yoga focused on twists and inversions. Light meals, herbal teas, and evening meditation further support the detox journey.

Conclusion: In a toxin-laden world, naturopathy and yoga offer a natural, holistic path to cleansing and renewal. By activating the body's innate detox systems and nurturing the mind and spirit, these practices help us move toward balance, energy, and well-being. Detoxification is not just about removing the harmful, but also about embracing practices that allow health, joy, and vitality to flourish.

TRATAKA THE YOGIC GAZING PRACTICE



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Introduction

Trataka, from the Sanskrit word "त्राटक" meaning "to gaze steadily," is a classical yogic cleansing technique (Shatkarma) mentioned in Hatha Yoga texts. It involves fixing the gaze on a single object—like a candle flame, black dot, or symbol—without blinking until tears form. This practice purifies the eyes and trains the mind for better concentration.

How to Practice Trataka

Sit in a comfortable meditative posture such as Padmasana or Sukhasana. Place a candle or chosen object at eye level, about 2–3 feet away. Gaze steadily at the flame or object without blinking until tears begin to form. Then gently close the eyes and focus on the after-image.

Duration

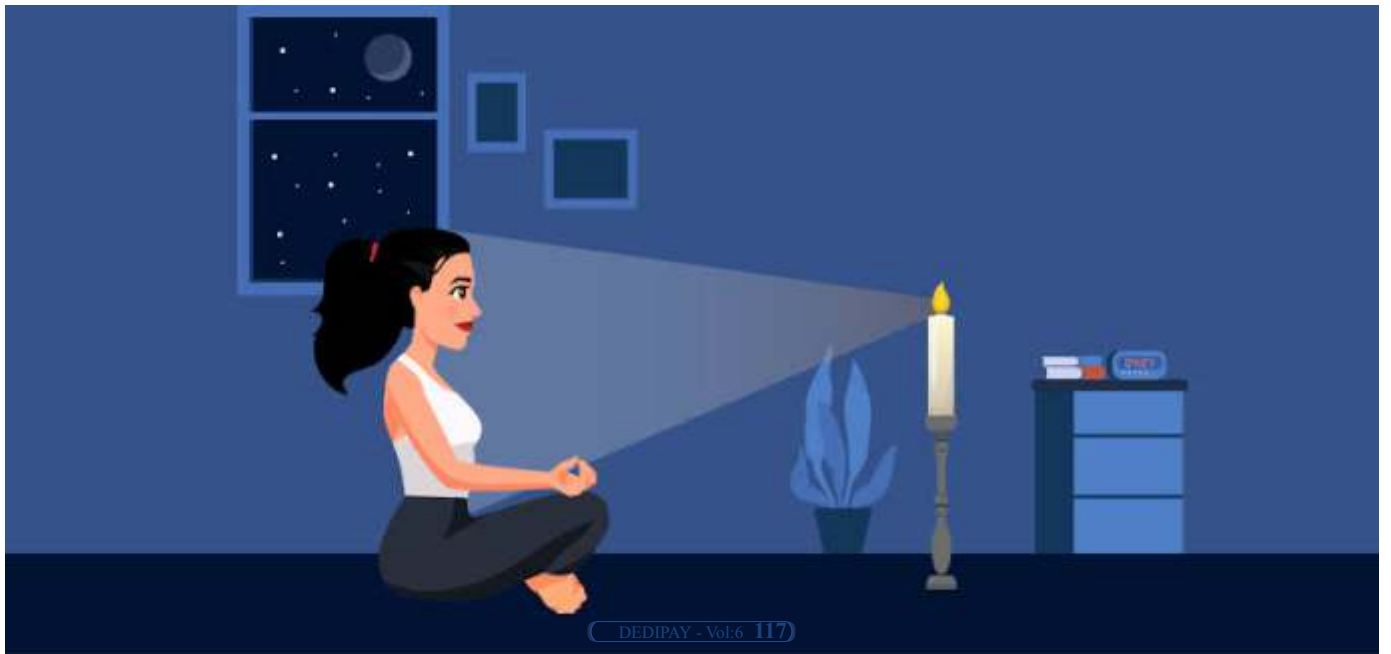
Begin with 2–5 minutes and gradually increase to 10–15 minutes.

Scientific and Yogic Benefits

- Improves concentration and memory
- Reduces stress and anxiety
- Supports eye health and vision
- Boosts visualization and imagination
- Strengthens willpower and emotional stability

Precautions

Rub palms together and place over closed eyes (palming) after practice. Avoid if you have active eye infections or severe mental health conditions. Do not strain your eyes. Practice in a dim room with the object at eye level and 2–3 feet away. Avoid practice when emotionally disturbed. Do not use digital devices as focal objects.



ART MEDITATION



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Introduction

In our fast-paced, often chaotic world, finding moments of calm and self-reflection can be a challenge. While traditional forms of meditation have gained widespread popularity as tools for mindfulness and emotional well-being, a lesser-known but equally powerful practice is Art Meditation.

Rooted in both ancient traditions and modern therapeutic techniques, art meditation offers a unique path to self-discovery, creativity, and emotional healing. In this article, we will explore what art meditation is, its historical origins, the benefits it offers, and practical ways to incorporate it into your daily life.

History of Art Meditation

The history of art meditation is deeply rooted in the longstanding connection between art and spiritual practices. Its ancient origins include:

1. Prehistoric Art and Rituals

Early humans used cave paintings and carvings as tools for spiritual expression and rituals. These artistic practices likely had meditative aspects, as they focused on repetitive patterns and symbolic imagery to connect with the divine or their inner selves.

2. Eastern Traditions

In cultures like India and China, art was intertwined with meditation and spiritual practices. Mandalas in Hinduism and Buddhism, for example, have been used for centuries as meditative tools. Creating or focusing on a mandala helps calm the mind and evoke a sense of unity with the universe.

3. Iconography and Religious Art

Christian art, particularly during the medieval period, included intricate iconography designed for contemplation and meditation, guiding the viewer toward a deeper spiritual experience.

Definition of Art Meditation

Art meditation is a practice that combines artistic expression with mindfulness techniques to foster relaxation, self-awareness, and inner peace. It involves creating or engaging with art in a way that focuses on the present moment, allowing participants to immerse themselves in the process rather than the outcome.

Types of Art Used in Meditation

Art meditation can involve a variety of art forms, each offering unique benefits and experiences. Some of the common types include:

1. Visual Arts
2. Painting and Coloring
3. Mandala Art
4. Collage Making
5. Digital Arts
6. Sculptural Arts
7. Clay Modeling / Pottery
8. Textile and Fiber Arts
9. Performing Arts
10. Literary Arts

REMOVING TOXINS FROM THE BODY THROUGH HYDROTHERAPY IN NATUROPATHY



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Introduction

Our bodies naturally remove waste and toxins through organs like the liver, kidneys, lungs, skin, and digestive system. However, modern lifestyle factors—processed food, pollution, stress, and lack of physical activity can overwhelm these systems. Naturopathy, a healing system that supports the body’s natural ability to heal, uses hydrotherapy (water-based treatments) to assist detoxification. This article explains how hydrotherapy helps eliminate toxins, explores its different methods, and outlines its overall health benefits.

What Are Toxins?

1. Chemical pollutants in air and water
2. Pesticides and food additives
3. Alcohol, caffeine, and processed foods
4. Medications and drugs
5. Metabolic waste produced within the body

When toxin levels become too high, they can disrupt normal bodily functions and cause symptoms like fatigue, skin problems, headaches, digestive issues, and reduced immunity.

What is Hydrotherapy?

Hydrotherapy is the use of water in various temperatures and forms—hot, cold, steam, or ice—to promote healing, enhance circulation, and support detoxification. In naturopathy, hydrotherapy is employed to stimulate the body’s natural cleansing processes. Hot water opens pores and relaxes muscles, while cold water tightens tissues and boosts circulation. Alternating between hot and cold water further enhances lymphatic drainage and toxin removal.

How Hydrotherapy Helps Remove Toxins

1. Improves Blood Circulation

By alternating hot and cold water, hydrotherapy enhances blood flow, which helps carry toxins from tissues to the bloodstream for filtration by the kidneys and liver.

2. Stimulates the Lymphatic System

Hydrotherapy activates the lymphatic system, especially through contrast baths and wraps. This enhances the removal of cellular waste via lymphatic drainage.

3. Enhances Sweating

Methods like steam baths and saunas open skin pores and promote sweating, which releases toxins such as heavy metals and chemicals through the skin.

4. Promotes Kidney and Liver Function

Proper hydration through water therapy supports kidney filtration and liver detoxification. These organs work more efficiently when the body is well-hydrated.

5. Supports Digestive Cleansing

Colon hydrotherapy helps cleanse the large intestine of waste, mucus, and toxins. This boosts digestive health and reduces harmful bacteria buildup.

6. Relieves Stress and Balances Hormones

Stress can increase toxin load and disrupt hormones. Hydrotherapy calms the nervous system and helps restore hormonal balance, aiding in the detox process.

Common Hydrotherapy Methods in Naturopathy

1. Steam Bath and Sauna

Encourages sweating to expel toxins through the skin, while also relaxing muscles and improving respiratory function.

2. Hot and Cold Compress

Used to relieve pain and inflammation. Alternating temperatures enhances blood circulation and toxin elimination from localized areas.

3. Colon Hydrotherapy (Colonic Irrigation)

A gentle infusion of warm water cleanses the colon, removing waste and improving bowel health.

4. Foot Bath or Sitz Bath

Immersing feet or lower body in warm/cold water relieves pelvic pain, improves circulation, and aids waste elimination.

5. Wrap Therapy (Wet Sheet Pack)

Involves wrapping the body in a wet sheet followed by dry blankets. It helps draw out toxins and soothes the nervous system.

6. Immersion Bath or Whirlpool Bath

Full-body soaking in warm or cold water stimulates detox organs and enhances both physical and mental well-being.

Precautions and Safety

While hydrotherapy is generally safe, it's important to follow these precautions:

- Consult a naturopathic doctor, especially if you have heart issues or high blood pressure.
- Stay hydrated before and after treatments.
- Avoid extreme temperatures or long exposure to hot water.
- Pregnant women should avoid saunas and hot tubs.

Benefits of Hydrotherapy for Detoxification

- Non-invasive and natural way to support internal cleansing
- Reduces fatigue, bloating, and skin problems
- Improves mood, mental clarity, and sleep
- Strengthens immunity through organ support
- Can be performed at home or in a naturopathic center

Simple Hydrotherapy Detox Routine at Home

1. Start the day with warm lemon water to stimulate digestion.
2. Take alternating hot and cold showers to boost circulation.
3. Use Epsom salt foot soaks to relax and remove toxins.
4. Drink 2–3 liters of water daily to aid detoxification.

Hydrotherapy is a safe and effective naturopathic tool for detoxification. By using water in various forms, it supports the body's natural elimination processes, boosts circulation, reduces stress, and enhances overall health. When practiced regularly and with proper precautions, it becomes a valuable part of natural healing and healthy living.

काली अदरक: एक रामबाण औषधि



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वैसे तो हम सभी जानते हैं कि अदरक हमारे शरीर के लिए कितनी फायदेमंद होती है और हम सभी अपने दैनिक जीवन में इसका उपयोग करते हैं। यह हमें कई गंभीर रोगों से लड़ने में मदद करती है, जैसे कि हृदयाघात जो कि आजकल अधिकतर लोगों में देखने को मिल रहा है।

अदरक के सामान्य लाभों के बारे में तो अधिकतर लोगों को जानकारी है, लेकिन काली अदरक के बारे में बहुत कम लोग जानते हैं। यह सामान्य अदरक की तुलना में कहीं अधिक लाभकारी होती है।

काली अदरक के प्रमुख लाभ:

1. शारीरिक आकर्षण और फिटनेस बढ़ाए:

- यदि आप अपनी फिटनेस को लेकर सतर्क हैं तो काली अदरक आपके लिए बेहद लाभकारी हो सकती है।
- यह शारीरिक प्रदर्शन (Physical Performance) को बढ़ावा देती है और मांसपेशियों को मजबूत बनाती है।

2. यौन स्वास्थ्य को बढ़ावा दे:

- काली अदरक का सेवन यौन स्वास्थ्य में सुधार करता है।
- प्राचीन काल से इसे कामेच्छा (libido) बढ़ाने के लिए उपयोग किया जाता रहा है।
- यह विशेष रूप से पुरुषों में यौन समस्याओं को दूर करने में सहायक मानी जाती है।

3. कील-मुँहासों से राहत:

- आजकल अधिकतर लोग मुँहासों से पीड़ित हैं।
- काली अदरक में मौजूद पोषक तत्व त्वचा के लिए फायदेमंद होते हैं और यह मुँहासों को दूर करने में मदद करती है।
- यह पाचन तंत्र को भी दुरुस्त रखती है, जो त्वचा की सेहत के लिए आवश्यक है।

4. कैंसर से लड़ने में सहायक:

- काली अदरक में मौजूद तत्व कैंसर रोधी (Anticancer) गुण रखते हैं।
- एक अध्ययन के अनुसार, यह कैंसर के पहले और दूसरे चरण में प्रभावशाली हो सकती है।
- यह प्राकृतिक रूप से रोग प्रतिरोधक क्षमता को बढ़ाती है।

क्या आप जानते हैं ?

- वर्तमान में काली अदरक की कीमत 4500 रुपये प्रति किलो है।
- विदेशों में इसकी भारी मांग है, जबकि भारत में अभी भी बहुत कम लोग इसके बारे में जानते हैं।
- यदि आप इसका उत्पादन शुरू करते हैं, तो यह आपके लिए एक लाभकारी व्यवसाय बन सकता है।

काली अदरक एक ऐसी रामबाण औषधि है

जो आपके शारीरिक स्वास्थ्य के साथ-साथ आपके व्यवसायिक विकास में भी मददगार हो सकती है।

यदि आप इसका नियमित सेवन करें, तो यह आपको कई बीमारियों से बचा सकती है। वहीं, यदि आप इसका व्यवसायिक उत्पादन करें, तो यह आपको अच्छा मुनाफा भी दे सकती है।



CANCER AND INHERITANCE



Hitanshu Garg

2019-2020

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Today, I want to share some information about cancer and its connection with inheritance. It's a topic that affects many lives and is often misunderstood.

What is Cancer? Cancer is not just one disease, but a group of diseases where cells in the body grow and divide uncontrollably. Sometimes, this growth forms visible lumps or tumors. Tumors can be of two types:

- Benign tumors, which stay at the place where they started and usually don't spread.
- Malignant tumors, which are cancerous and can spread to other parts of the body, often through the lymph nodes.

In some cases, like leukemia, there may not be any visible tumors, but abnormal cell growth still happens.

There are many possible causes of cancer, and some of them are preventable. Common risk factors include: Smoking, excessive alcohol intake, being overweight, lack of physical activity, poor diet and consumption of food with high preservatives. These lifestyle factors can increase the chance of developing cancer, but not all cancers are caused by them.

Is Cancer Inherited? While cancer is usually an acquired disease that develops during one's lifetime, it can also have a genetic link in some cases. Here's what that means:- Cancer itself cannot be directly passed from parents to children. The genetic changes in cancer cells stay within the person who has the disease and do not transfer to the next generation. However, if a person carries faulty genes in their sperm or egg cells, those can be inherited by their children. But this type of inherited cancer risk is rare—only about 5% of all cancers are linked to inherited gene mutations.

Why Is This Important? Cancer is now the second leading cause of death worldwide. Over the past 15 years, the number of people diagnosed with cancer has risen significantly. For example, in the United States alone, around 1.9 million new cancer cases were diagnosed in 2021, and more than 600,000 people died from it.

If you know that cancer runs in your family, it's very important to talk to your doctor. Early detection and treatment can make a big difference.



LIFE SKILLS AND TRAINING: EMPOWERING EDUCATORS & PROFESSIONALS FOR LASTING IMPACT



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In a rapidly evolving world defined by digital transformation, economic uncertainty, and social complexity, the true measure of success is no longer limited to technical expertise or academic performance. Today, the ability to adapt, communicate, lead, and grow—both personally and professionally—hinges on one's life skills. For educators and professionals alike, these competencies are not merely tools for individual achievement; they are the foundation for empowering others, strengthening institutions, and building resilient communities.

Understanding Life Skills: More Than Soft Skills

Life skills are often referred to as "soft skills," but that term hardly does them justice. These are core human abilities that support sound decision-making, emotional balance, social connection, and lifelong learning. Key life skills include:

- **Critical Thinking and Problem-Solving** – Essential for navigating complex challenges in both classrooms and corporate settings.
- **Communication and Collaboration** – Crucial for teamwork, effective teaching, conflict resolution, and leadership.
- **Emotional Intelligence (EQ)** – The ability to understand and manage emotions, build empathy, and maintain strong interpersonal relationships.
- **Adaptability and Resilience** – The capacity to handle change, recover from setbacks, and manage stress effectively.
- **Self-Awareness and Self-Management** – Recognizing one's strengths and areas for improvement to enhance personal and professional performance.

While technical and academic skills may open doors, life skills determine how effectively we walk through them.

Why Life Skills Training Matters in Education

Educators today are not just knowledge providers—they are mentors, role models, and facilitators of lifelong development. Equipping students with life skills ensures they are prepared not only for exams but for real-life challenges.

1. **Student-Centered Learning:** Incorporating life skills into lesson plans fosters engagement, critical thinking, and real-world problem-solving.
2. **Behavior and Well-being:** Training in emotional regulation and interpersonal communication helps reduce bullying, anxiety, and behavioral issues.
3. **Career Readiness:** Competencies like teamwork, time management, and public speaking are essential for employability.
4. **Civic Responsibility:** Life skills such as empathy, ethical reasoning, and collaboration help cultivate responsible, socially aware citizens.

Educators can foster life skills through project-based learning, group work, open discussions, peer mentoring, and reflective exercises.

The Role of Life Skills in Professional Development

In the workplace, life skills often differentiate good employees from great leaders. For professionals at all levels, life skills training offers transformative benefits:

1. **Enhanced Leadership:** Strong communication, empathy, and conflict resolution make leaders more effective and respected.
2. **Team Synergy:** Improved collaboration & reduced misunderstandings lead to more cohesive, high performing teams.
3. **Workplace Adaptability:** Life skills empower professionals to navigate technological changes, role transitions, and organizational restructuring.
4. **Customer and Client Relations:** High emotional intelligence builds trust, improves service, and strengthens professional relationships.
5. **Lifelong Learning:** A growth mindset and learning agility allow individuals to stay relevant in dynamic industries.

Organizations that invest in life skills development often experience higher employee satisfaction, lower turnover, and greater innovation.

Effective Life Skills Training: Best Practices

To ensure impactful training, educators and organizations should apply the following strategies:

- **Needs Assessment:** Identify the specific life skills most relevant to your group or institution.
- **Interactive Learning:** Use simulations, role-play, storytelling, and group activities for engaging, hands-on experiences.
- **Blended Approaches:** Combine workshops, online, coaching, and peer learning for a comprehensive approach.
- **Assessment and Feedback:** Track progress through self-assessments, feedback loops, and real-world application challenges.
- **Sustainability:** Create a culture of continuous learning with regular follow-ups, mentoring, and long-term support systems.

In schools, life skills can be integrated into curricula or infused across subjects. In workplaces, they can be incorporated into onboarding programs.

Challenges and Opportunities

Despite growing recognition, life skills training is often underprioritized due to budget constraints, time limitations, and a traditional emphasis on quantifiable outcomes like test scores or KPIs. However, visionary leaders and institutions understand that life skills are critical to unlocking human potential.



सात्विक जीवनशैली: एक अच्छे और लंबे जीवन के लिए

ॐ



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प्रकृतिक जीवनशैली को अपनाकर हम लगभग सभी प्रकार की बीमारियों को दूर कर सकते हैं। इसके लिए हमें अपनी दिनचर्या और खान-पान की आदतों में बदलाव लाना होगा और माँ प्रकृति के अनुसार जीवन जीना सीखना होगा। माँ प्रकृति ने हमें जो खाद्य पदार्थ प्रदान किए हैं, उनका सेवन उसी प्रकृतिक रूप में करना चाहिए।

हमें मृत (प्रकृतिक रूप से निष्क्रिय) भोजन जैसे नमकीन, मैदा युक्त सामग्री, शीतल पेय, अचार आदि का सेवन कम से कम करना चाहिए। प्रकृतिक चिकित्सा के कुछ सरल चरणों को अपनाकर हम अपने शरीर को अनेक बीमारियों से मुक्त रख सकते हैं। ये चरण निम्नलिखित हैं:

प्रथम चरण: जूस, सफेद पेठा, नारियल पानी और दो मौसमी फल आदि का सेवन करें।

द्वितीय चरण: सुबह 8 से 11 बजे के बीच अपने वजन का दस गुना फल बिना छिलके के सेवन करें।

तृतीय चरण: मध्या भोजन करते समय दो प्लेट (तश्तरी) का उपयोग करें। पहली प्लेट में अपने वजन का पाँच गुना सलाद और दूसरी में नियमित भोजन (जैसे चावल, रोटी, दाल, सब्जी आदि) लें।

चतुर्थ चरण: शाम का भोजन रात 8 बजे से पहले कर लेना चाहिए। इसमें भी चरण तीन की तरह दो प्लेटों का उपयोग करें।

सकारात्मक बातें:

1. सूर्योदय की धूप कम से कम 40 मिनट लेनी चाहिए।
2. ताजे फल, सूखे मेवे और नारियल का सेवन करना चाहिए।
3. नियमित योग और प्राणायाम करना चाहिए।

नकारात्मक बातें:

1. पैकड फूड और फास्ट फूड का सेवन नहीं करना चाहिए।
2. पशु उत्पाद जैसे— मांस, अंडा, दूध आदि से परहेज करना चाहिए।

निष्कर्ष: प्रकृतिक जीवनशैली को अपनाकर हम अपने जीवन को स्वस्थ, संतुलित और खुशहाल बना सकते हैं।

सात्विक जीवनशैली: एक आध्यात्मिक दृष्टिकोण: सात्विक जीवनशैली गहराई से आध्यात्मिक सिद्धांतों में निहित है, जो शुद्धता, सत्य और सौम्यता पर आधारित जीवन को दर्शाती है। यह जीवन शैली मुख्य रूप से सत्त्व गुण के प्राधान्य पर आधारित होती है, जो मानसिक, भावनात्मक और आध्यात्मिक स्वास्थ्य को प्रोत्साहित करती है।

सात्विक जीवनशैली की मूल विशेषताएँ हैं: प्रेम, सहानुभूति, त्याग और भक्ति। इन गुणों को अपनाने से व्यक्ति अपने और दूसरों के साथ एक गहरा और सच्चा संबंध स्थापित करता है, जिससे जीवन अधिक सार्थक और आनंदमय बनता है। त्याग और अनासक्ति सात्विक जीवन के दो महत्वपूर्ण स्तंभ हैं। त्याग का अर्थ केवल संसार से दूरी बनाना नहीं है, बल्कि उन भौतिक इच्छाओं और आसक्तियों से मुक्ति पाना है जो आत्मविकास में बाधा बनती हैं। इसी प्रकार, अनासक्ति का भाव हमें सफलता, असफलता और भौतिक संपत्तियों के प्रति संतुलित दृष्टिकोण अपनाने की प्रेरणा देता है। इन दोनों गुणों से व्यक्ति अहंकार, लालच और स्वामित्व की भावना से मुक्त होता है, जिससे जीवन में शांति और संतोष की अनुभूति होती है।

भक्ति, सात्विक जीवन का एक और प्रमुख अंग है। यह केवल धार्मिक अनुष्ठानों तक सीमित नहीं है, बल्कि यह उस आंतरिक भाव और समर्पण को दर्शाती है, जो व्यक्ति को ब्रह्मांडीय चेतना से जोड़ता है। भक्ति में विनम्रता, कृतज्ञता और दिव्य शक्तियों के प्रति समर्पण का भाव होता है। यह जीवन की चुनौतियों को संतुलन और शांति के साथ स्वीकार करने की शक्ति देती है।

पहला सुख निरोगी काया, दूजा सुख धन और माया।



CANCER PREVENTION AND TREATMENT



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Cancer is one of the leading causes of death worldwide. However, many forms of cancer can be prevented by adopting a healthy lifestyle. Prevention and early treatment play a crucial role in reducing cancer risk and improving overall well-being.

Cancer Prevention

1. Healthy Diet - Eating a balanced diet rich in fruits, vegetables, whole grains, and lean proteins helps strengthen the immune system and support the body's ability to repair and recover. Good nutrition is a key factor in reducing the risk of many types of cancer.

2. Regular Physical Activity - Regular exercise helps maintain a healthy weight, boosts the immune system, and reduces inflammation. These factors collectively contribute to a lower risk of cancer. Aim for at least 120 minutes of moderate aerobic activity per week.

3. Avoid UV Exposure - Ultraviolet (UV) radiation from the sun is a major cause of skin cancer. Protect yourself by using sunscreen, wearing protective clothing, and avoiding excessive sun exposure, especially during peak hours.

4. Regular Screening and Vaccination - Early detection through screenings such as mammograms, colonoscopies, and Pap smears can identify cancer at an early and treatable stage. Vaccines like HPV and hepatitis B help protect against viruses that cause cancer.

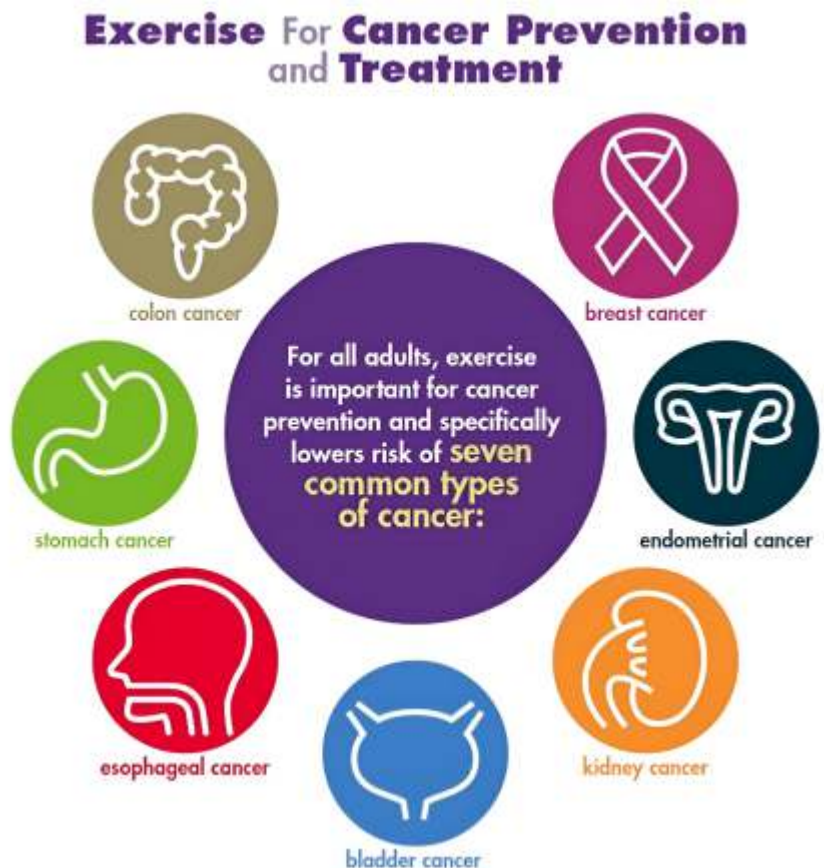
Cancer Treatment

1. Medical Treatments - Cancer treatment varies based on the type and stage of cancer and may include surgery, chemotherapy, radiation therapy, immunotherapy, or a combination of these. Early detection often leads to more effective treatment outcomes.

2. Supportive Care - Supportive care includes pain management, nutritional support, mental health counseling, and physical therapy. These measures help improve the quality of life for cancer patients during and after treatment.

3. Lifestyle Adjustments - Maintaining a healthy lifestyle during treatment can enhance recovery and strengthen the body. This includes a nutritious diet, gentle exercise, adequate rest, and avoiding alcohol and tobacco.

There we conclude cancer prevention and treatment involve a combination of healthy living, early detection, and effective medical intervention. By staying informed and proactive, individuals can significantly lower their risk and improve their chances of successful recovery.



THE EXPANDING ROLE OF PHARMACISTS IN PUBLIC HEALTH



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Pharmacists play an increasingly vital role in advancing public health. Traditionally known for dispensing medications, pharmacists now serve as accessible and trusted healthcare professionals who provide expert guidance on the appropriate use of medications, support the management of chronic diseases, and educate patients on the importance of adhering to prescribed therapies. Beyond these responsibilities, pharmacists are actively involved in a broad spectrum of public health initiatives—ranging from educating communities on drug abuse prevention to developing and implementing medication safety protocols.

Key Outcomes of Pharmacists' Public Health Contributions

Improved Access to Healthcare Services: Pharmacists significantly enhance healthcare accessibility, especially in rural and underserved areas, where they often serve as the most readily available healthcare providers.

Enhanced Patient Education and Adherence: Through effective communication and education, pharmacists help patients understand their treatment plans and the importance of medication adherence, leading to more successful therapeutic outcomes.

Reduced Burden on Healthcare Systems: By providing preventive care and early interventions, pharmacists contribute to a decrease in emergency room visits and hospital admissions, ultimately reducing strain on the overall healthcare infrastructure.

Better Chronic Disease Management: Pharmacists support patients in managing chronic conditions through consistent follow-ups, medication adjustments, and lifestyle counseling—leading to improved long-term health and quality of life.

Detailed Contributions -

Medication Management: Pharmacists ensure the accurate and safe preparation, dispensing, and monitoring of medications. They play a critical role in identifying potential drug interactions, contraindications, and adverse effects. By evaluating medication regimens, pharmacists make necessary adjustments in collaboration with physicians to optimize patient outcomes and ensure therapeutic safety.

Patient Education: Effective patient education is a cornerstone of pharmaceutical care. Pharmacists provide clear, personalized instructions on how to properly take medications, manage side effects, and recognize signs of complications. This empowerment helps patients make informed decisions and promotes better adherence to treatment plans.

Chronic Disease Management: Pharmacists are essential partners in managing long-term health conditions such as diabetes, hypertension, asthma, and hyperlipidemia. They conduct regular medication reviews, monitor patient progress, and offer lifestyle and dietary advice. Their involvement ensures that therapy remains effective and aligns with the evolving needs of the patient.

Public Health Initiatives: Pharmacists actively contribute to public health through community engagement and education programs. They lead health promotion campaigns, participate in disease prevention initiatives, and collaborate with local health authorities to design and implement policies aimed at improving community health outcomes.

Preventive Health Measures: Prevention is a key focus of pharmacists' expanding responsibilities. They advocate for timely immunizations, provide hygiene education, and promote awareness of preventive strategies for communicable and non-communicable diseases. Pharmacists also play a critical role in outbreak control and health emergency preparedness.

Screening Programs: In addition to dispensing medications, pharmacists provide frontline health screening services. These include monitoring blood pressure, blood glucose, and cholesterol levels. They also assess immunization status and help identify individuals at risk of developing chronic diseases, referring them for further evaluation and care when needed.

Advocacy and Policy Development: Pharmacists collaborate with public health organizations and governmental bodies to influence health policy and legislation. Their insights into medication use and healthcare delivery enable them to contribute meaningfully to policy frameworks that enhance the quality and accessibility of care.

Digital Health Integration: With advancements in digital healthcare, pharmacists are incorporating technology to support patients more effectively. Through the use of mobile health apps, tele-pharmacy services, electronic health records, and wearable health monitors, pharmacists assist patients in self-managing their conditions and adopting healthier lifestyles. These tools improve engagement and enable more personalized, data-driven care.

Pharmacists' evolving roles underscore their significance as integral members of the healthcare system. Their proactive involvement in patient care, education, disease prevention, and policy advocacy positions them as key agents in shaping a healthier future for communities worldwide.



DIMENSIONS OF HEALTH



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Health is a broad and complex concept that includes many aspects of a person's life. In 1948, the World Health Organization (WHO) defined key areas that help measure a person's complete well-being.

Initially, only Physical, Mental, and Social dimensions were recognized. Over time, Emotional, Spiritual, and Environmental dimensions were also added to give a more complete understanding of health.

1. Physical Health

Physical health refers to the proper functioning of the body. It means that all organs and systems of the body are working normally and efficiently. Maintaining physical health involves eating a balanced diet, getting regular exercise, having proper rest.

2. Mental Health

Mental health is the ability of an individual to think clearly, make decisions, and cope with the stresses. A mentally healthy person is free from serious inner conflicts, can handle emotions well, and adjusts easily to changing situations. They understand their personal needs and problems.

3. Social Health

Social health is the ability to build and maintain healthy relationships with others and interact positively within society. A person with good social health is able to form friendships, cooperate with others, and contribute to group or community activities. They are respectful, helpful.

4. Spiritual Health

Spiritual health refers to a person's beliefs, values, and sense of purpose in life. It is a personal and individual experience that gives meaning to life and helps in finding peace within oneself.

A spiritually healthy person often feels connected to something greater than themselves, whether it is religion, nature, or a higher purpose. This connection brings inner calm, hope, and strength, especially during difficult times. Spiritual health encourages kindness, forgiveness, and living a meaningful and balanced life.

5. Emotional Health

Emotional health was once seen as part of mental health, but now it is recognized as a separate dimension. While mental health relates to thinking and reasoning, emotional health deals with the ability to feel, express, and manage emotions in a positive way. Emotional health helps in maintaining healthy relationships and achieving overall life satisfaction.

6. Environmental Health

Environmental health is about how our surroundings affect our well-being. It includes the quality of air, water, food, and the overall cleanliness and safety of the places where we live, work, and spend our time.

A healthy environment supports good health by providing clean air to breathe, safe drinking water, proper waste disposal, and low levels of pollution and noise. Access to parks, clean housing, and safe public spaces also contribute to good environmental health.

महिला सशक्तिकरण: समाज की एक बुनियादी आवश्यकता

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कल्पना कीजिए कि कोई पक्षी केवल एक पंख से उड़ने की कोशिश कर रहा है। वह संघर्ष करेगा, चक्कर लगाएगा और कभी भी सही मायनों में उड़ान नहीं भर पाएगा। ठीक उसी प्रकार, एक ऐसा समाज जो अपनी महिलाओं को सशक्त नहीं बनाता, वह भी उस पक्षी के समान है धीमा, असंतुलित और अपने पूर्ण सामर्थ्य तक पहुँचने में असमर्थ।

महिला सशक्तिकरण केवल समानता का प्रश्न नहीं है; यह एक प्रगतिशील और संतुलित समाज की बुनियादी आवश्यकता है।

महिला सशक्तिकरण का तात्पर्य

महिलाओं को सशक्त बनाने का अर्थ है उन्हें अपनी जिंदगी से जुड़े निर्णय स्वयं लेने का अधिकार देना। इसका मतलब है उन्हें शिक्षा, रोजगार, सुरक्षा, अवसर, नीति निर्माण में भागीदारी व एक ऐसा वातावरण देना जहाँ हिंसा और भेदभाव से मुक्त रह सकें। महिला सशक्तिकरण का वास्तविक अर्थ उन्हें आत्म-सम्मान और आत्मनिर्भरता की दिशा में अग्रसर करना है।

शिक्षा : सशक्तिकरण की पहली कुंजी

एक शिक्षित महिला न केवल आत्मनिर्भर होती है, बल्कि वह अपने परिवार और समाज को भी सशक्त बनाती है। वह रोजगार प्राप्त कर अपनी आर्थिक स्थिति सुधारती है, और अपने बच्चों को भी बेहतर भविष्य दे सकती है। शिक्षित महिला अपने अधिकारों के प्रति सजग होती है और उनके लिए आवाज़ उठाने का आत्म-विश्वास रखती है। जब एक लड़की शिक्षित होती है, तो एक पूरा परिवार, गाँव और देश शिक्षित होता है।

आर्थिक सशक्तिकरण : विकास की रीढ़

अध्ययनों से यह स्पष्ट होता है कि गरीबी की स्थिति में महिलाएं आर्थिक निर्णयों में भाग नहीं ले पाती हैं। महिलाओं को आर्थिक रूप से सशक्त बनाना केवल उनके लिए ही नहीं, बल्कि पूरे समाज के लिए लाभकारी होता है। उनकी आर्थिक भागीदारी से सामाजिक, आर्थिक और राजनीतिक क्षेत्र में सकारात्मक बदलाव आते हैं। जब महिलाएं नीति निर्माण और निर्णय प्रक्रिया में भाग लेती हैं, तो समाधान सामने आते हैं।

समाज में बदलाव की आवश्यकता

महिला सशक्तिकरण केवल स्त्रियों की भलाई तक सीमित नहीं है, बल्कि यह समावेशी और संतुलित समाज के निर्माण की दिशा में एक आवश्यक कदम है। इसके लिए आवश्यक है कि उन्हें उच्च शिक्षा तक पहुँच मिले, कार्यस्थल पर भेदभाव समाप्त हो।

ठोस उपायों की आवश्यकता

समाज के समग्र विकास के लिए आवश्यक है कि महिला सशक्तिकरण को बहुआयामी दृष्टिकोण से देखा जाए। इसके अंतर्गत निम्नलिखित बिंदु शामिल होने चाहिए:

- महिलाओं के अधिकारों की रक्षा करने वाले कानूनों का निर्माण और सख्ती से क्रियान्वयन।
- शिक्षा और स्वास्थ्य सेवाओं में निवेश।
- कार्यस्थलों पर समान अवसर और सुरक्षित वातावरण।

जब महिलाएं सशक्त होती हैं, तो वे न केवल स्वयं के लिए, बल्कि पूरे समाज के लिए बदलाव की वाहक बनती हैं। इस यात्रा में उन्हें निरंतर समर्थन और मार्गदर्शन की आवश्यकता होती है। एक संतुलित और समावेशी समाज के निर्माण हेतु पुरुषों और महिलाओं दोनों की समान भागीदारी अनिवार्य है। महिलाओं में किया गया निवेश समग्र मानवता में किया गया निवेश होता है।

FURUNCLE TREATED BY THERAPEUTIC MEDICINE MYRISTICA Q: A CASE REPORT

ॐ



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HOD & Professor
Department of Pathology

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Dr. Riya Gupta
Assistant Professor
Department of Pathology

Introduction:

A deep infection of the hair follicle called furunculosis causes an abscess to grow, accumulating pus and necrotic tissue. Furuncles manifest as tender, swelling and red nodules on body areas that bear hair. Staphylococcus aureus is the most prevalent infectious agent, but other bacteria might potentially be the cause.¹ Myristica has strong antibacterial properties as a treatment. Compared to Hepar or Silica, it works more frequently and more potently, shortening the length of suppuration. frequently discourages using a knife.² To show the effectiveness of Myristica Q in case of boil this case has been chosen.²

Signs and symptoms:

1. Clinically, furuncles present as red, swollen, and tender nodules of varying size and at times with an overlying pustule.¹
2. If several adjacent follicles are infected, they may coalesce and form a larger nodule, known as a carbuncle.¹
3. Chill, fever, Pain and inflammation.¹

Diagnosis

FURUNCLE (ICDCODE: L02.92)

Clinically diagnosed case of furuncle.

CASE – STUDY

A 42-year-old female visit with the complaint of boil at back. Having unbearable pain with intolerance touch of cloth.

History of presenting complaints

She presented with the complaint of redness with pustular growth of eruption with severe pain and great difficulty in sleeping at back for 3 days.

Physical generals

- **Appetite:** normal, 2- 3 meals/ day, (2 chapatti/ meal) Thirst: 2- 3 liters/ day.
- **Desire:** Not specific (as per patient) Aversion: Not specific.
- **Stools:** Satisfactory (D1)
- **Urine:** Clear. (D5-6) (N0-1: if sleep disturbed) Perspiration: in armpits (summers)
- **Sleep & Dreams:** Disturbed due to pain and can't lying on the back.
- **Thermal:** Ambithermal

General Examination

GENERAL – APPEARANCE: lean, thin and ectomorphic built.

SKIN: Unhealthy GAIT: Normal HEIGHT: 166 cm WEIGHT: 60 Kg

Prescription: MYRISTICA SEBIFERA Q/ APPLIED EXTERNALLY (1 time a day) RUBRUM 30/ T.D.S x 3 DAYS. After 3 days of medicine, complaints resolved and boil treated successfully with Myristica Q.

Conclusion

Myristica is a gentle treatment for skin conditions like boils that may unquestionably be accomplished with the aid of homoeopathic medicine.

Annual Celebrations Calendar

Holidays

Events

MARCH	APRIL	MAY
Holika Dahan Dhulendi		Summer Vacation (16th May-20th June)
International Women's Day World Glaucoma Day World Lab Technician's Day World Tuberculosis Day	World Health Day Hahnemann Day World Malaria Day	World Hand Hygiene Day International Nurses Day World Hypertension Day Anti-Tobacco Day
JUNE	JULY	AUGUST
		Raksha Bandhan
World Environment Day World Blood Donor's Day International Yoga Day	National Doctors' Day International Tiger Day	Breast Feeding Week World Organ Donation Day Independence Day
SEPTEMBER	OCTOBER	NOVEMBER
Ganesh Chaturthi	Vijayadashami Diwali Gowardhan Puja Bhai Dooj	
Teacher's Day Physiotherapy Day Nutrition Week	World Mental Health Day World Food Day	World Radiography Day World Diabetes Day National Epilepsy Day
DECEMBER	JANUARY	FEBRUARY
Winter Vacation (25th Dec - 1st Jan)	Makar Sankranti	
World AIDS Day	Republic Day Celebration Cultural and Sports Week	World Cancer Day World Pulses Day



SKG Events

SKHMC&RC Events 2023-24



CPR Awareness



Doctor Day



**Guest Lecture on
Basics of Homoeopathy**



**Evidence Based Research
in Homoeopathy**



Sports Week



**Court Visit of BHMS 2 Year from
Forensic Department SKHMC**



Faculty Development Programme



Fire Safety Training



Homoeopathic Camp



Induction Program



Jaipur Tiger Festival



**NDIA Scientific Heritage &
Advancement Seminar**



School Health Check Up Camp



Vidhan Sabha Visit



**World Homoeopathic Day
Celebration**

SKCP Events 2023-24



Workshop of Women Health



Manali Trip



Student Achievement in IMPULSE International Sports Rehabcon



Physiotherapy Camp



Fresher's Welcome



College Competition



Physiotherapy Camp



Sports Day



Mashal March



Blood donation Drive



Faculty Achievement



Student Induction Programme At RHL



Seminar on Foreign Education Scholarship



Participated as Speaker in IMPULSE International Sports Rehabcon



Physiotherapy Camp

SKCPT Events 2023-24



World Organ Donation Day



Republic Day



Blood Donation Camp



Blood Donation Camp



Jaipur Tiger Festival



Award Ceremony for Sports Week



Sports Week



National Medical Laboratory Professional Week



Student Academics



Run for Rajasthan Rally

IMTNE - Paramedical Division Events 2023-24



Fresher's Welcome



World Radiography Day



World Organ Donation Day Rally



Fresher's Welcome



World Health Day



Industrial visit at RHL Hospital



Jaipur Visit



Life Skill Training & Attitude Development Programme



Educational Tour- Science Park



Ganesh Sthapna Celebration



Sports & Games Competition



Annual Function - Champions Arena

IMTNE - Nursing Division Events 2023-24



Sports Week Inauguration



Snake Biting Training Programme



Fresher's Welcome



Sports Day



Induction Programme



Faculty Development Programme



Blood Donation Camp

SKINYS Events 2023-24



Nutrition Week



Fresher Party



Sports Competition



Annual Function



**Central Institute of Petrochemical
& Technology Camp**



Independence Day Celebration



Prakriti Parikshan Abhiya



Patrika Gate Camp



Cricket Competition



Convocation Day

SKCP - Pharmacy Events 2023-24



Art of Living Program



Industrial visit at RHL Hospital



Blood Donation Awareness Visit at WTP



Research & Publications

Research Abstracts

IMPACT OF FIBROMYALGIA SEVERITY ON PATIENTS MOOD, SLEEP QUALITY AND QUALITY OF LIFE

Authors:



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ABSTRACT

Fibromyalgia syndrome (FMS) causes persistent widespread pain, significantly impairing quality of life (QOL). This cross-sectional study evaluated 100 adults diagnosed per ACR 2010 criteria to assess the association of sleep and mood with FMS severity and QOL. Assessments included the PSQI (sleep), SF-36 (QOL), VAS and GPS (pain), DASS-21 and PHQ-SADS (mood), and FIQR (FMS severity). Mean VAS and GPS scores were 6.80 ± 1.58 and 54.10 ± 14.33 , respectively; FIQR averaged 50.62 ± 13.68 . Poor sleep (PSQI: 9.30 ± 3.88) and elevated depression, anxiety, and stress scores were noted. With increasing FMS severity, sleep quality and mood worsened, and QOL declined across all domains. These findings highlight the need to address comorbid mood and sleep disturbances to improve overall outcomes in FMS patients.

Keywords:

Fibromyalgia, Sleep, Quality of life, Depression, Chronicpain, Anxiety

EFFICACY OF PILATES EXERCISE FOR LOW BACK PAIN IN ADOLESCENTS

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ABSTRACT

Background:

Non-specific type of LBP is common in adolescent and is also a disabling condition as they grow. There are many techniques of physiotherapy as well as others associated therapy such as yoga etc but there efficiency is unknown. Pilates was proposed as the best treatment strategies to improve muscle strength and endurance along with flexibility, posture and balance in non-specific type of LBP in adolescent. Methodology: Study design: experimental study design. (Pre-test, Post-test). Sampling Technique: Stratified Random Sampling. This study included 30 subjects (15 males 15 females) with LBP full-filing inclusion criteria and willing to participate. The subjects were treated with Pilates swimming and teaser exercise for 30mins per day for 5days in a week for 4 weeks. Pre and post treatment assessment for pain in VAS and quality of life by using MODQ were noted and analysed. Result: The data (total number 30, male-15, female-15) was analyzed by Wilcoxon Signed Rank Test and Mann-Whitney Test etc. The results stated that there was decreasing in pain in vas and improvement in quality of life of the subjects following above interventions. Conclusion: The objective was to find out effectiveness of Pilates in adolescent with LBP. This study results showed that Pilates had significantly decreased pain and improved quality of life in adolescent. Pilates produced highly significant improvement in reducing pain (VAS score) and improvement in function (MODQ ore) at the 4th week when compared to baseline values in subject with non-specific type of LBP.

Keywords:

LBP in Adolescent, Pilates, Swimming, Teaser.

Research Abstracts

FINDING COMFORT IN HOMOEOPATHY- AN APPROACH TO ARTHRALGIA MANAGEMENT

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ABSTRACT

Arthralgia (from Greek word 'arthro' which means - joint and 'algos' which means - pain) denotes joint pain. [1][2] More specifically, arthralgia is a symptom of any accident, infection, disease (especially arthritis), or drug allergy.

The term arthritis should be used when the condition is inflammatory, and arthralgia should only be used when the condition is non-inflammatory, according to MeSH. [3] It is a significant complaint among individuals of all ages, impacting their quality of life and functionality i.e., DALYS (Disability Adjusted Life Years).

When treating an illness, homoeopathy takes a holistic approach, treating the patient as a whole and isolating certain organs or tissues. Taking into account the patient physical, mental, and emotional complaints, it heals the patient rapidly, gently, and safely.

This abstract provides a comprehensive review of arthralgia, covering its epidemiology, etiology, pathophysiology, clinical manifestations, diagnosis, and its homoeopathic management.

KEYWORDS:

Arthralgia, DALYS, Homoeopathy, Holistic approach

AN OVERVIEW OF RIGHT OVARIAN HEMORRHAGIC CYST WITH ITS CONSTITUTIONAL HOMOEOPATHIC MANAGEMENT: A CASE REPORT

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ABSTRACT

Ovarian hemorrhagic cysts are frequently encountered benign gynecological conditions in reproductive-aged women, often presenting with acute abdominal pain and bleeding. While conventional management typically focuses on symptomatic relief and, in complicated cases, surgical intervention, classical homoeopathy offers a holistic, individualized therapeutic approach. This case report details the constitutional homoeopathic management of a 24-year-old unmarried female diagnosed with a right ovarian hemorrhagic cyst. The patient presented with chronic right iliac fossa pain, irregular menses, and premenstrual symptoms, alongside significant emotional trauma stemming from a recent family conflict and subsequent emotional isolation. Guided by the principles of classical homoeopathy, a comprehensive symptom totality was established, encompassing both physical manifestations and profound mental-emotional states, particularly deep grief, aversion to consolation, and suppressed anger. Drawing insights from German New Medicine (GNM), the ovarian pathology was correlated with a "loss conflict" experienced by the patient. Based on the simillimum principle, Ignatia 200C was prescribed. The patient demonstrated remarkable improvement, with significant reduction in pain within a week, regularization of menstrual cycles, and complete emotional and physical resolution, including the disappearance of the cyst, within six weeks. This case underscores the efficacy of mind-body pathologies like ovarian hemorrhagic cysts by targeting the underlying emotional disturbances, and highlights the synergistic understanding offered by GNM in such cases.

Keywords:

Ovarian hemorrhagic cyst, Homoeopathy, Ignatia, Emotional grief, Loss conflict, Constitutional remedy

Research Abstracts

A STUDY ON THE EFFECT OF FIBROMYALGIA SEVERITY ON SLEEP QUALITY USING INFLAMMATORY MARKERS

Authors:



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ABSTRACT

Fibromyalgia syndrome (FMS) is a widespread musculoskeletal pain, often accompanied by fatigue and sleep disturbances. Poor sleep exacerbates inflammation and pain, potentially increasing levels of inflammatory markers. This study explored the effect of FMS severity on CRP levels, sleep quality and pain intensity. 89 FMS individuals were explored for FMS severity, pain and sleep quality. CRP levels in blood and erythrocyte sedimentation rate (ESR) were measured to assess inflammation. An increase in FMS severity was associated with an increase in CRP and ESR levels, pain intensity and sleep disturbances. However, a positive correlation between CRP levels and sleep quality indicates that Poor sleep quality in FMS may contribute to elevated CRP levels. Addressing sleep quality may mitigate the severity of FMS and its associated symptoms.

KEYWORDS:

Fibromyalgia severity and pain intensity, fibromyalgia and C-reactive protein, sleep quality and fibromyalgia syndrome, fibromyalgia severity and inflammatory markers, sleep disturbances and inflammatory markers.

IMPACT OF FIBROMYALGIA SEVERITY ON PATIENTS MOOD, SLEEP QUALITY AND QUALITY OF LIFE

ABSTRACT

The application of ionizing radiation in medicine has immensely revolutionized healthcare. However, the knowledge of radiation protection is of utter importance for those involved or assisting in medical radiological procedures in order to ensure patient and staff safety. The present study attempted to assess knowledge of radiation protection among nursing faculty and practicing nurses. A questionnaire based online survey was performed among nursing faculty and staff in the state of Rajasthan of India. Total 88 nursing faculty and practicing nurses completed the online radiation protection survey google form. Fifty percent of the participants in the survey were relatively young and were in the age group 28-37 years. Majority of responses were received from males (N = 58, 66%). The outcome of present work revealed that the knowledge of radiation protection is very limited among nursing faculty and practicing nurses in Rajasthan state, India and needs appropriate corrective measures. The Government, regulatory bodies, nursing associations and institutes should take effective measures to bridge the gap that exists in radiation protection education among faculty and practicing nurses in India.

KEYWORDS:

Radiation Protection, Nurses, Awareness, Survey

Research Paper



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Title: Sub mental intubation in Maxillo facial trauma

Abstract: Complex maxillofacial injuries require sharing of airway between the surgeon and the anaesthesiologist. Nasal Intubation is precluded when there is associated injury of base of skull. Oral Intubation is not appropriate for the airway management for mandibulomaxillary fixation Sub mental intubation is safe and useful alternative to tracheostomy in such scenario for short term intraoperative and postoperative airway management of patient with pan facial trauma.

Introduction: Sub mental Intubation has been used in establishing the airway in patient with maxillofacial injuries and known to be the safe and cost effective with no major postoperative complications. Here we describe the patient undergoing sub mental intubation posted for Interdental wiring and maxillalomandibula fixation.

Case Report: A 35 yr. old male patient with history of road traffic accident following vehicle collision was posted for Interdental wiring and Maxillo mandibular fixation because of having multiple fractures of bones of face along with fracture of base of skull were present in his CT Scan report. Initially airways get secured by oral Intubation. After application of standard monitors and preoxygenation, slow inhalation induction. Patient was kept on Spontaneous breathing. After controlled intravenous induction, direct laryngoscopy with Macintosh 3 size blade was performed. The proximal endotracheal tube connector was replaced with half size smaller tube connector and it was inserted orally and secured temporarily. A small incision was made in sub mental region. A curved haemostat was inserted through the skin incision to gain the access to the floor of the mouth on lingual surface. The proximal connector was removed and endotracheal tube was pulled out through skin incision and once the proximal connector was reattached to endotracheal tube, it was sutured and secured. So, oral intubation was followed with sub mental intubation by using 7.5 mm flex metallic endotracheal tube. Throughout the procedure, adequate general anaesthesia was maintained by inhalation and opioids drugs. There was no compromise on respiratory parameters throughout the surgery and it was provided adequate surgical field. After completion of procedure, endotracheal tube was pulled back into oral cavity and sub mental incision was sutured. The patient was extubated awake without any post-operative complications.

Results: There was no compromise on respiratory parameters throughout the surgery and it was provided adequate surgical field. After completion of procedure, endotracheal tube was pulled back into oral cavity and sub mental incision was sutured. The patient was extubated awake without any post-operative complications. As a result, we can prevent number of major complications like infection, prolonged hospital admission and tracheostomy care expenses.

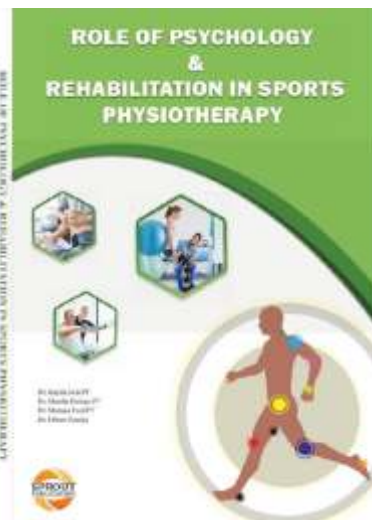
Conclusion: Submental intubation demands some technical skills but is a simple, effective, safe and reliable method of short term airway management of patient with complex facial trauma with skull base fracture. This may avert tracheostomy and its consequent complication in several such patient.

References

1. Lima SM Jr et al. A retrospective analysis of submental intubation in maxillofacial trauma patients. J Oral Maxillofac Surg. 2011;69(7):2001-2005
2. Junior JM et al. Submental Endotracheal Intubation as an alternative to tracheostomy in selected cases of facial fractures: literature review and technique report. Ulus Travma Acil Cerrahi Derg. 2012;18(6):545-548

Book Published

Book Name	1. Role of psychology & Rehabilitation in sports Physiotherapy 2.The notebook of exercise Therapy : Chapter 03
Author	Prof.(Dr.)Dhruv Taneja



Patents



The novelty resides in the shape and configuration of the "WAX COATED TOWEL SQUEEZING DEVICE FOR PHYSIOTHERAPY TREATMENT" as illustrated.

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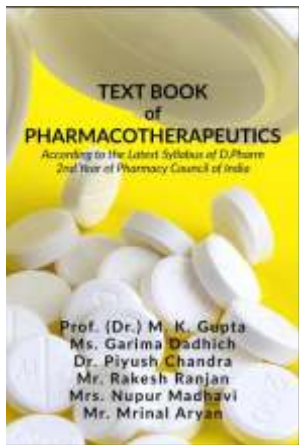
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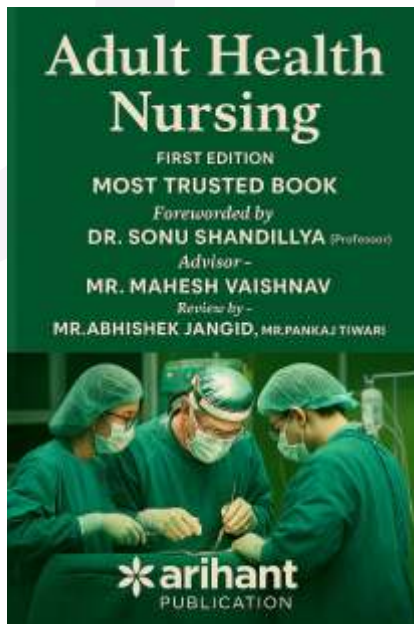
Book Published

Book Name	Textbook of Pharmacotherapeutics
Author	Mr. Garima Dadhich



Miss. Garima Dadhich

Book Name	A textbook of Adult Health Nursing B.Sc. NURSING IIIth & IVth SEMESTER
Author	Dr. Sonu Shandilya, Mr. Mahesh Kumar Vaishnav, Mr. Abhishek Jangid, Mr. Pankaj Tiwari



Dr. Sonu Shandilya



Mr. Mahesh Kumar Vaishnav



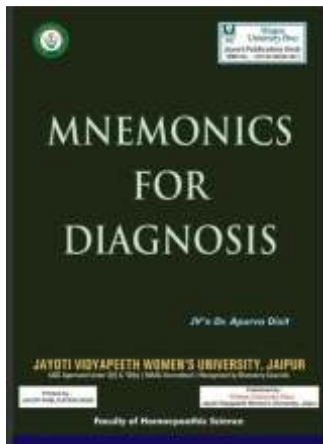
Mr. Abhishek Jangid



Mr. Pankaj Tiwari

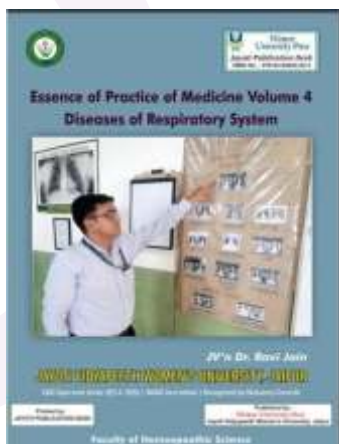
Book Published

Book Name	Mnemonics for diagnosis
Author	Dr. Apurva Dixit



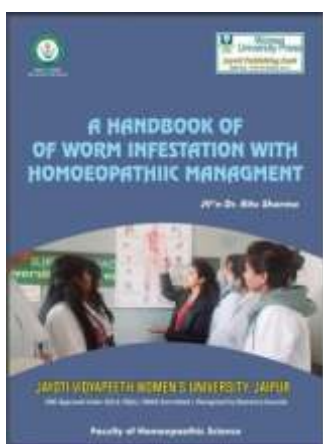
Dr. Apurva Dixit

Book Name	Essence of Practice of Medicine Volume 4 Diseases of Respiratory System
Author	Dr. Ravi Jain



Dr. Ravi Jain

Book Name	A Handbook of Worm Infestation
Author	Dr. Ritu Sharma



Dr. Ritu Sharma

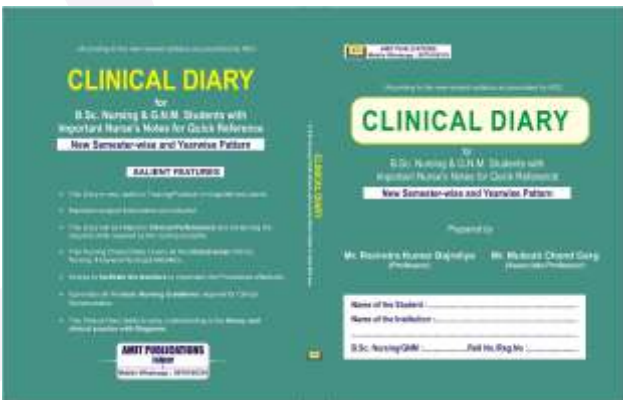
Book Published

Book Name	Vehicle
Author	Dr. Pushpa Kumawat



Dr. Pushpa Kumawat

Book Name	Clinical Diary
Author	Mr. Ravindra Kumar Bajroliya, Mr. Mukesh Chand Garg

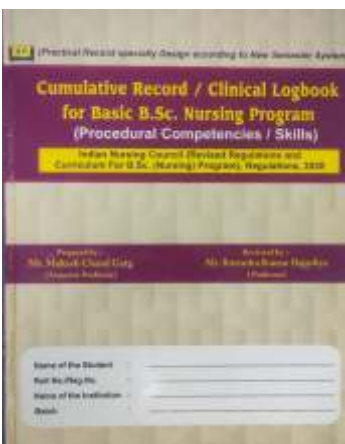


Mr. Ravindra Kumar Bajroliya



Mr. Mukesh Chand Garg

Book Name	Cumulative Record /Clinical Log Book (B.Sc Nursing Semester Programme)
Author	Mr. Mukesh Chand Garg



Mr. Mukesh Chand Garg

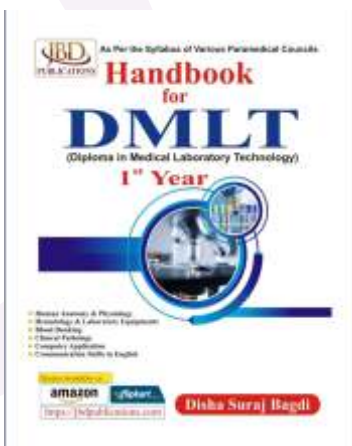
Book Published

Book Name The Impact of Plateletpheresis (Paper Published In ICMLS 2024)
Author Mr. Gopal Sharma



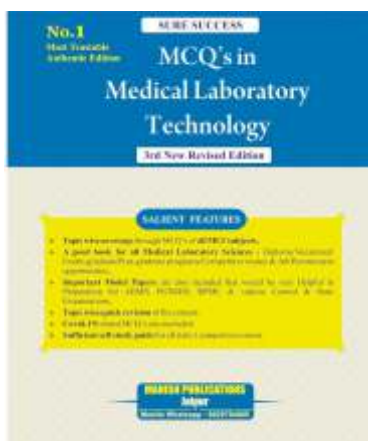
Mr. Gopal Sharma

Book Name Handbook For DMLT 1st Year (Diploma In Medical Laboratory Technology)
Author Mr. Disha Suraj Bagdi



Disha Suraj Bagdi

Book Name MCQ'S In Medical Laboratory Technology Easy & Accurate Solutions
Author Mr. Pooja Meena, Mr. Prem Sukh Mehta



Mr. Pooja Meena

Articles Published by Faculty

S. No.	Complete Name of College	Name of Faculty/Student (Designation / Departments)	Title of Article	Date of Publication	Name of Journal ISSUE VOL ISSN NO. PAGE NO.
1	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Yogeshwari Gupta Principal, Professor & HoD Department of Materia Medica	Usefulness of Individualized Homoeopathic Medicine in Androgenetic Alopecia – An Evidence Based Case Series	January, 2024	Advancements in Homoeopathic Research ISSN:2456-3668 VOL.9 ISSN NO. 4 Pg- 33-43
			The Impact of Solanum Xanthocarpum in Resolving Bilateral Renal Calculi: A Case Study in Homeopathy	December 2024	Comprehensive Advanced Specific Summarised Studies-For Homoeopathy Science (CASSStudies) Vol-7 ISSUE-2 Pg:1-9
			Prevalence of migraine among undergraduate students of homoeopathic medical colleges in Rajasthan: A cross-sectional study	October, 2024	KNOW Homoeopathy Journal E-ISSN:2583-2158 Vol-4 ISSUE-2 Pg::21-31
			Ethical Violations in Scientific Research Writing: Identifying Unethical Practices	October, 2024	KNOW Homoeopathy Journal E-ISSN:2583-2158 Vol-4 ISSUE-2 Pg:5-6
			Obsessive compulsive disorder and it's homoeopathic management	October, 2024	Homoeopathy for All ISSN:0973-9823 VOL.26 ISSN No.10 Page:35-37
			Eczema Cured by Calcarea Carb- A Case Report	June, 2024	Materia Novum -The Journal of Homoeopathy ISSN:2583-4398 Vol 8 ISSUE 2
			A Review on Panic Disorder with Associated Comorbidites and Its Miasmatic Correlation With Homoeopathy	August, 2024	Advancements in Homoeopathic Research ISSN:2456-3668 VOL.9 NO. 3 pg.43-46
			Alopecia areata treated with Homoeopathy	August, 2024	International NJH – National Journal of Homoeopathy; ISSN: 0971-3247 Volume1 ISSUE 5 Pg:76-79
			The Role of Indian Systems of Medicine and Homoeopathy (ISM &H) Policy 2002 in	July, 2024	Homoeopathy for All ISSN:0973-9823 VOL.26 ISSN No.07
			A Cross Sectional Survey to Assess Application of an Integrated & Advanced Approach to Learn Fundamentals of Homoeopathy: Value Added Post Graduate Homoeopathic Medical Education	July, 2024	International Journal of Research and Analytical Reviews (IJRAR) E-ISSN 2348-1269 P- ISSN 2349-5138) Volume 11 ISSUE 3 Pg: 884-897
			Mesenteric Adenitis Treated By Individualised Homoeopathic Medicine Calcarea Carb : A Case Report	June, 2024	Homoeo Tarang (Journal of Homoeopathy) ISSN:2582-2144 Vol. 6 ISSUE 2 Pg:23-24
			Androgenetic Alopecia treated with Homoeopathy: A Case Report	June, 2024	International Journal of Homoeopathy (Formerly NJH – National Journal of Homoeopathy; ISSN: 0971-3247 VOL. 1 ISSUE 2 Pg:17-21
			A Case Report Of Cannabis Induced Anxiety Disorder Treated With Homeopathy	June, 2024	International Journal of Creative Research Thoughts(IJCRT) ISSN:2320-2882 VOL. 12, ISSUE 6
			A Case Report Of Cannabis Induced Anxiety Disorder Treated With Homeopathy	June, 2024	International Journal of Creative Research Thoughts (IJCRT) ISSN:2320-2882 VOL. 12, ISSUE 6
Ammi Visnaga – A Potential Drug in Field of Homoeopathy	May, 2024	Homoeopathy for All ISSN:0973-9823 VOL.26 ISSN No.05 Pg:40-42			

Articles Published by Faculty

S. No.	Complete Name of College	Name of Faculty/Student (Designation / Departments)	Title of Article	Date of Publication	Name of Journal ISSUE VOL ISSN NO. PAGE NO.
1	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Yogeshwari Gupta Principal, Professor & HoD Department of Materia Medica	A Case Report of Management of PCOS through single individualized homoeopathic medicine	June, 2024	Journal of Classical Homoeopathy Vol.1 Issue. 1 Pg:41-50
			Homoeopathic Approach to Individualized Low Back Pain Management	June, 2024	Comprehensive Advanced Specific Summarised Studies-For Homoeopathy Science (cassstudies) VOL-7 ISSUE-1 Pg:1-5
2	Institute of Medical Technology & Nursing Education	Dr. Satish Kumar Avasthi Principal	A survey on radiation protection awareness about the radiation hazards and self practice among the nursing faculty and staff in rajasthan india.	2024	Medical physics international journal (vol. 12/ issue no. 2/ page no. 126)
3	Swasthya Kalyan College of Physiotherapy	Prof. Dr. Dhruv Taneja Principal	Physiotherapy equipment for hand and wrist therapy	December 2024	Patent Office: IN Patent number 413328-001, Application number 413328-001
			Effect of pa central mobilization in management of acute low back pain	October 2024	Indian journal of psychology, volume 99, issue-4, page 55-57
			Effectiveness of progressive resistive exercises on gait performance and balance in stroke	September 2024	International journal of integrative studies, Volume 1, issue 1, page no 1-7,
			Effect of balance diet versus low carb diet in improving pain in knee osteoarthritis	September 2024	International journal of integrative studies, volume 1, issue1, page no 8-16
			Effect of breathing exercise along with huffing coughing in removal of secretions in the subjects of asthma	August, 2024	International journal of creative Research thoughts, volume -12, issue 8
			Effect of ankle joint mobilization in the subjects of acute ankle sprai	July, 2024	Indian journal of psychology, volume 99, issue 4, page no 39-54
			Immediate effect of thoracic thrust on diaphragmatic excursion in subjects with forward head posture - a pre-test and post-test experimental design	May, 2024	International journal of science and research ,volume-13, issue-9, pages -1318-1323
			Effect of mulligan mobilization in overcome the cervicogenic dizziness	January, 2024	Indian journal of psychology, volume -99, issue-4, page 29-38
			Effect of iastm release technique along with cervical mobilization in subjects of acute neck pain	2024	Journal of the maharaja sayajirao university of baroda, volume-58, issue-183-199
			The integration of ankle mobilization alone with rehabilitation protocol in the recovery of ankle sprain	2024	Journal of the maharaja sayajirao university of baroda, volume-58, issue-1
			Effect of mulligan snags along with spine stabilization exercise in subjects of mechanical low back pain	2024	Journal of the maharaja sayajirao university of baroda, volume-58, issue-1 page -148-162
			Hydraulic operated physiotherapy hand exercise equipment	February 2024	Patent office: in patent number 408459-001, application number 408459-001
Wax coated towel squeezing device for physiotherapy treatment	March, 2024	Patent office: in patent number 411579-001, application number 411579-001			
4	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Satyam Patel MD Scholar Department of Materia Medica	Finding Comfort in Homoeopathy- An Approach to Arthralgia Management	May, 2024	International Journal of Research Publication and Reviews (IJRPR) VOL 5 ISSUE 5
			Effective Management of Arthralgia Using Individualized Remedy: A Case Study with Homoeopathic Approach to Pain Relief	May, 2024	International Journal of Research Publication and Reviews (IJRPR) VOL 5 ISSUE 5
			Arthralgia and Homeopathy: A Comprehensive Review	Jan-Mar 2024	Materia Novum - The Journal of Homoeopathy VOL 8 ISSUE 1

Articles Published by Faculty

S. No.	Complete Name of College	Name of Faculty/Student (Designation / Departments)	Title of Article	Date of Publication	Name of Journal ISSUE VOL ISSN NO. PAGE NO.
5	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Neelima Singh Associate professor, Department of Pharmacy	Pharmacovigilance: Scope, Need, Clinical aspects and challenges in homoeopathy	July, 2024	International journal of Research Publication and Reviews
6	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Gitanjali Mathur Assistant professor, Department of Organon of medicine	A clinical study to compare the role of Natrum mur. and Kali mur. Cases of Sinusitis	July, 2024	Journal of Classical Homoeopathy VOL. 1 ISSUE 1
7	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Tanmay Singh MD Scholar Department of Case Taking and Repertory	A Case Of Atopic Dermatitis On Face Treated With Homoeopathy	August, 2024	World Journal of Pharmaceutical Research ISSUE-16 VOL.-13
8	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Prakash MD Scholar Department of Homoeopathic Pharmacy	Diabetes Mellitus, its Complications & Homoeopathy	March, 2024	International Journal of Research Publication and Reviews ISSN 2582-7421 VOL 5 ISSNNo 3 PP- 5158-5161
			Scope of Homeopathic Medicine in Pneumonia – A Review	April, 2024	International Journal of Research Publication and Reviews ISSN 2582-7421 VOL 5 ISSNNo 4 PP- 941-945
			Depression and its Homoeopathic Management	April, 2024	International Journal of Research Publication and Reviews ISSN 2582-7421 VOL 5 ISSNNo 4 PP- 946-950
			Homoeopathy for behavioral Problems in Children	April, 2024	International Journal of Research Publication and Reviews ISSN 2582-7421 VOL 5 ISSNNo 4 PP- 1088-1092
			Pharmacovigilance: scope, need, clinical aspects And challenges in homoeopathy	July, 2024	International Journal of Research Publication and Reviews ISSN 2582-7421 VOL5 ISSUE 7 PP – 3186-3189
9	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Tanmay Singh MD Scholar Department of Repertory and Case Taking	A Case of Atopic Dermatitis On Face Treated With Homeopathy	November 2024	World Journal of Pharmaceutical Research ISSN 2277–7105 VOL13 ISSUE 16
10	Institute of Medical Technology & Nursing Education	Mr. Ravindra Bajroliya	An overview of the origin current situation and method of managing hospital acquired infection.	January 2024	Universe international journal of interdisciplinary research (vol. 4/ issue no. 8/ pageno. 206)

Articles Published by Faculty

S. No.	Complete Name of College	Name of Faculty/Student (Designation / Departments)	Title of Article	Date of Publication	Name of Journal ISSUE VOL ISSN NO. PAGE NO.
11	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Pavitra Gaur MD Scholar Department of Materia Medica	Homoeopathy for urticaria: A case report	May, 2024	International Journal Of Research Publication & Reviews ISSN- 2582-7421 VOL 5 ISSUE-2
			A review on panic disorder with associated comorbidities and its miasmatic correlation with homoeopathy	Aug - Oct 2024	Advancement in Homoeopathic research VOL1 9 ISSNNo 3 ESSN- 2583-5661 ISSN- 2456-3668
			An Overview On Guttate Psoriasis With Its Constitutional Homoeopathic Treatment: A case Report	April 2024	Journal Of Classical Homoeopathy VOL 1 ISSUE 1
			The impact of solanumx anthocarpum in removing B/L renal calculi	July - Dec 2024	Comprehensive advanced specific summarized studies for homoeopathy science VOL 7 ISSUE 2 ISSN-2581-6403
			Homoeopathy a boon in cases of Gaucher disease – a case report	April, 2024	Journal of homoeopathy university ISSN22456-8562 VOL 8
12	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Anjali MD Scholar Department of Materia Medica	An Overview On Guttate Psoriasis With Its Constitutional Homoeopathic Treatment: A case Report	April, 2024	Journal Of Classical Homoeopathy VOL 1 ISSUE 1
13	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Nimisha Singh MD Scholar Department of Materia Medica	An Overview On Guttate Psoriasis With Its Constitutional Homoeopathic Treatment: A Case Report	April, 2024	JOCH VOL 1 ISSUE 1
			Finding Comfort in Homoeopathy- An Approach to Arthralgia Management	May 2024	IJRPR VOL 5 ISSUE 5
			Effective Management of Arthralgia Using Individualized Remedy: A Case Study with Homoeopathic Approach to Pain Relief	April 2024	IJRPR VOL 5 ISSUE 5
14	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Tapash Sangwan MD Scholar Department of Materia Medica	A Study To Enlighten The Efficacy Of Homoeopathic Medicine In Management Of Conjunctivitis	May, 2024	Hahnemann Ki Aawaz ISSNNo 5
15	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Nitiksha Sharma MD Scholar Department of Materia Medica	Review of Natrium Sulphuricum as a Preventive Medicine for Asthma	February 2024	International Journal of Research Publication & Reviews VOL 5 ISSNNo 2 PP- 1190-1192 ISSN 2582-7421
			Effect of constitutional medicine on migraine: A case study.	March, 2024	Hopathy (homoeopathy for everyone) VOL 21 ISSUE 3 ISSN No. 2581-5644
			Exploring the secrets of periodic table: Row 3rd	March, 2024	Know homoeopathy journal. VOL4 Issue-1 E- SSN No. 2583-2158.
			Homoeopathy for urticaria: A Case report	March, 2024	International Journal of Research Publication and Reviews VOL5 ISSUE 2 PP-248-255 ISSN No. 2582-7421
			Anaemia treated by therapeutic medicine lecithinum Q: A case report	October 2024	Know homoeopathy Journal VOL4 ISSUE-2

Articles Published by Faculty

S. No.	Complete Name of College	Name of Faculty/Student (Designation / Departments)	Title of Article	Date of Publication	Name of Journal ISSUE VOL ISSN NO. PAGE NO.
16	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Nitiksha Sharma MD Scholar Department of Materia Medica	A survey on migraine on homoeopathic undergraduate students among all over rajasthan	February 2024	Know homoeopathy Journal
			Mesenteric adenitis treated with individualized medicine calcarea carb: A case report	September 2024	HomoeoTarang
			Eczema cured by calcarea carb: A case report	September 2024	Materia novum- A journal of homoeopathy
17	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Riya Gupta MD Scholar Department of Materia Medica	Exploring The Secrets Of Periodic Table: ROW 3rd	March 2024	Know Homoeopathy Journal VOL4 ISSUE 1
			Anaemia treated by therapeutic medicine lecithinum Q: A case report	October 2024	Know homoeopathy Journal VOL4 ISSUE 2 ISSN (O): 2583-2158
			Mesentric Adenitis Treated By Individulised Homoeopathic Medicine CalcareaCarb : A Case Report	June 2024	Homoeo Tarang VOL6 ISSUE 2 ISSN: 2582-2144
			Homoeopathic Management of Anaemia With Rare Homoeopathic Mother Tincture Lecithinum Q : A Case Series	July 2024	IJRAR VOL5 ISSUE 3 ISSN 2349-5138
18	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Ankita Sharma MD Scholar Department of Organon of medicine	Asthma and its homeopathic management	February 2024	International Journal of Research Publication and Reviews ISSN NO. 2582-7421 PP-1010-1014
			The calacreas and their scope in homeopathy	February 2024	International Journal of Research Publication and Reviews ISSN NO.2582-7421 PP-1957-1959
			Diabetes mellitus, its complications and homeopathy	March 2024	ISSN NO.2582-7421 PP-5158-5161, 2024
			Scope Of Homoeopathy Medicine In Pneumonia-A Review	April 2024	International Journal Of Research Publication & Reviews ISSN NO.2582-7421 PP-941-945,
			Depression and its homeopathic management	May 2024	International Journal of Research Publication and Reviews ISSN NO.2582-7421 PP-946-950
			Homeopathy for behavioral Problems in Children	August 2024	International Journal of Research Publication and Reviews ISSN 2582-7421 PP-1088-1092
			Autism and its homoeopathic management	August 2024	International Journal of Research Publication and Reviews ISSN 2582-7421 PP-8237-8239
			Evidence based case report on homoeopathic treatment of corn	September 2024	Know Homoeopathy JOURNAL VOL.-4 ISSUE-2
19	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Sonu Choudhary MD Scholar Department of Organon of medicine	Asthma and its homoeopathic management	January 2024	International Journal of Research Publication and Reviews VOL5 ISSNNo 1 PP-1010-1014
			The calcareas and their scope in homoeopathy	February 2024	International Journal of Research Publication and Reviews VOL5 ISSNNo 2 PP-1957-1959

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S. No.	Complete Name of College	Name of Faculty/Student (Designation / Departments)	Title of Article	Date of Publication	Name of Journal ISSUE VOL ISSN NO. PAGE NO.
20	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Sonu Choudhary MD Scholar Department of Organon of medicine	Scope of homoeopathic medicine in pneumonia	April 2024	International Journal of Research Publication and Reviews VOL5 ISSNNo 4 PP-941-945
			Depression and its homoeopathic management	April 2024	International Journal of Research Publication and Reviews VOL5 ISSNNo 4 PP- 946-950
			Homoeopathy for behavioral problems in children	April 2024	International Journal of Research Publication and Reviews VOL5 ISSNNo 4 PP- 1088-1092
21	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Kanak Chaudhary MD Scholar Department of Organon of medicine	Asthma And Its Homoeopathic Management	January 2024	International Journal of Research Publication and Reviews ISSN NO: 2582-7421
			The CalcareaAnd Its Homoeopathy	February 2024	International Journal of Research Publication and Reviews ISSN NO: 2582-7421
			Homoeopathy For Urticaria: A Case Report	February 2024	International Journal of Research Publication and Reviews ISSN NO. 2582-7421
			Scope Of Homoeopathic Treatment In Typhoid Fever – A Review	March 2024	Know Homoeopathy Journal ISSN NO. 2583-2158
			Diabetes Mellitus Its Complications And Homoeopathy	March 2024	International Journal of Research Publication and Reviews ISSN NO. 2582-7421
			Scope Of Homoeopathic Medicine In Pneumonia – A Review	April 2024	International Journal of Research Publication and Reviews ISSN NO. 2582-7421
			Depression And Its Homoeopathic Management	April 2024	International Journal of Research Publication and Reviews ISSN NO. 2582- 7421
			Homoeopathy For Behavioral Problem In Children	April 2024	International Journal of Research Publication and Reviews ISSN NO. 2582-7421
22	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Vinod kumarmeena MD Scholar Department of Paediatrics	Management Of Acute Cough With Homoeopathy	February 2024	IJCRT VOL. 12
			Autism and Its Homoeopathic Management	May 2024	IJRPR VOL. 5
23	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Deepti Sharma MD Scholar Department of Paediatrics	Craving for what is not food- Pica and its Homoeopathic approach	April 2024	The Homoeopathic Heritage VOL. 50 ISSNNo 1

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S. No.	Complete Name of College	Name of Faculty/Student (Designation / Departments)	Title of Article	Date of Publication	Name of Journal ISSUE VOL ISSN NO. PAGE NO.
24	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Ravi Kumar Yogi MD Scholar Department of Practice of Medicine	Homoeopathic treatment for chronic contact dermatitis : an integrative case study approach	November 2024	International Journal of Research Publication and Reviews ISSN NO.2582-7421 VOL5
25	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Prachi Khuteta MD Scholar Department of Practice of Medicine	Systemic Review of Homoeopathic Approach for Chronic Suppurative Otitis Media	May 2024	International Journal of Research Publication and Reviews VOL5 ISSNNo 5
			Evaluation of Homeopathic Treatment for Molluscum Contagiosum: A Comprehensive Review and Analysis	May 2024	International Journal of Research Publication and Reviews VOL5 ISSUE- 5 Page – 8988-8992
26	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Kartikeya Shukla MD Scholar Department of Practice of Medicine	Evaluation of Homeopathic Treatment for Molluscum Contagiosum: A Comprehensive Review and Analysis	May 2024	International Journal of Research Publication and Reviews VOL5 ISSUE 5 Page – 8988-8992
			A Homoeopathic Approach For Pruritus With Homoeopathic Medicine	February 2024	International Journal of Homoeopathic Sci. E-ISSN: 2616-4493 P-ISSN: 2616-4485
			A Homoeopathic Approach For Hypothyroidism With Homoeopathic Medicine	March 2024	International Journal of Homoeopathic Sciences VOL. 8
27	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Rohan Badgujar MD Scholar Department of Practice of Medicine	A Homoeopathic Approach For Pruritus With Homoeopathic Medicine		International Journal of Homoeopathic Sciences E-ISSN: 2616-4493 P-ISSN: 2616-4485
			A Homoeopathic Approach For Hypothyroidism With Homoeopathic Medicine	March 2024	International Journal of Homoeopathic Sciences VOL. 8
28	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Meha MD Scholar Department of Psychiatry	Integrative Approaches in Learning Disorders: The role of Homoeopathy in Specific Developmental Disorders of Scholastic Skills	December 2024	International Journal of Research Publication and Reviews VOL5 ISSN NO. 12
29	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Kanika Singh MD Scholar Department of Psychiatry	Obsessive-Compulsive Disorder: An Indian Perspective	July 2024	International Journal of Research Publication and Reviews ISSN NO. 2582-7421
			The Stigma Of Mental Health In India AndThe Role Of Homeopathy In Mental Illness	July 2024	International Journal of Research Publication and Reviews ISSN NO. 2582-7421
30	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Nimishi Sisodia MD Scholar Department of Psychiatry	Defence Mechanisms And Alcohol Use Disorders: An Interconnected Dilemma	August 2024	International Journal of Research Publication and Reviews VOL-5 ISSUE-8 Page: 4343- 4344, ISSN: 2583-7421
31	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Vaishali Burhanpurkar MD Scholar Department of Repertory and Case Taking	Insomnia And Its Homoeopathic Management	July 2024	International Journal of Homoeopathic Sciences VOL5 ISSUE 7
			Treatment Of Dengue Fever By Homoeopathic Medicine.	August 2024	International Journal of Homoeopathic Sciences VOL5 ISSUE 8

Articles Published by Faculty

S. No.	Complete Name of College	Name of Faculty/Student (Designation / Departments)	Title of Article	Date of Publication	Name of Journal ISSUE VOL ISSN NO. PAGE NO.
32	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Jagdish Thebar, Professor & Hod Department of Practice of Medicine	A homoeopathic approach for Pruitus with homoeopathic medicine	March, 2024	International Journal of Homoeopathic Sciences VOL-8 ISSUE -1 Pg: 47-51
			A homoeopathic approach for hypothyroidism with homoeopathic medicine	June, 2024	International Journal of Homoeopathic Sciences VOL-8 ISSUE-2 Pg:240-243
			Evaulation of homeopathic treatment for molluscum Contagiosum	June, 2024	International Journal of Research Publicion and Reviews VOL -5 ISSUE-5
			Exploring Homeopathic Interventions in Hypothyroidism: A Patient Case Analysis	April, 2024	IJRAR E-ISSN -2348-1269
			Homeopathic Treatment for Chronic Contact Dermatitis: An Integrative Case Study Approach	November 2024	International Journal of Research Publication and Reviews ISSN 2582-7421 VOL -5 ISSUE No-11
			Understanding Homeopathic Management Of G6pd Deficiency	February 2024	International Journal of Research Publication and Reviews ISSN 2582-7421 VOL -6 ISSUE No-2
33	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Shobha Teterwal Professor & HOD Department of Paediatric	Craving for what is not food- Pica and it's Homoeopathic approach	April, 2024	The Homoeopathic Heritage
			Autism and it's homoeopathic management	May, 2024	International Journal of Research Publication and Reviews
34	Swasthya Kalyan Homoeopathic Medical College & Research Centre	Dr. Harish Jabdoliya Associate Professor, Department of Organon of medicine	Asthma and its homoeopathic management	January, 2024	International Journal of Research Publication and Reviews VOL-5 ISSN No.1 Pg: 1010-1014
			The Calcareas and their scope in homoeopathy	February 2024	International Journal of Research Publication and Reviews VOL-5 ISSN No. 2 Pg: 1957-1959
			Diabetic Mellitus- Its complications and Homoeopathy	March, 2024	International Journal of Research Publication and Reviews VOL-5, ISSN No. 3 Pg: 5158-5161
			Scope of homoeopathic medicine in pneumonia	April, 2024	International Journal of Research Publication and Reviews VOL-5 ISSN No. 4 Pg: 941-945
			Depression and its homoeopathic management	April, 2024	International Journal of Research Publication and Reviews VOL-5 ISSN No. 4 Pg: -946-950
			Homoeopathy for behavioral problems in children	April, 2024	International Journal of Research Publication and Reviews VOL-5 ISSN No. 4 Pg: 1088-1092

SKG Representation



Dr. Yogeshwari Gupta
at AYUSH Mela



Dr. Yogeshwari Gupta
Shiksha Ratan Award 2024



Dr. Yogeshwari Gupta
Paper Presentation at HMAI



Dr. Yogeshwari Gupta Penalist
at Vivekanand Global University
& Manav Seva Trust



Dr. Rajeev Saxena
International Kayastha Ratan Samman



Dr. Rajeev Saxena
Munshi Premchand Sahitya Ratan Samman



Dr. Satish Avasthi at
State level workshop Udaipur



Dr. Shuchita Chattree
Paper Presentation at AIPGHS 2024



Dr. Apurva Dixit
7th National Materia
Medica Motivator Award



Dr. Apurva Dixit
8th National Materia
Medica Motivator Award



Dr. Nitiksha Sharma
Research Paper Presentation at AHML



Scholarship, STSH 2024
Kanika Mehra, Chakshi Yadav, Pragati Mathur



Academic Performance

University Gold Medalist

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences



Dr. Meenu
2017-18



Dr. Diksha Jain
2017-18



Dr. Ayushi Mudgal
2018-19



Dr. Prachi Priya Pandey
2018-19



Dr. Megha Khandal
2018-19

Swasthya Kalyan Homoeopathic Medical College & Research Centre



Ramcharan Choudhary
2017-18



Gulnaz Khan
2018-19

Swasthya Kalyan College of Physiotherapy



Kavita Singhal
2018-19

Campus Rank Holders 2023-24

Swasthya Kalyan Homoeopathic Medical College & Research Centre

BHMS

IVth Year Batch (2019-2020)	1st Rank	Pooja Vijayvergiya	79.33%
	2nd Rank	Pooja Purshottam	76.47%
	3rd Rank	Simran Beg	76.13%
IIIrd Year Batch (2020-2021)	1st Rank	Anamika Gupta	77.83%
	2nd Rank	Tanu Sharma	74.25%
	3rd Rank	Sunil Yadav	73.25%
IIIrd Year Batch (2021-2022)	1st Rank	Sneha Samadhiya	78.50%
	2nd Rank	Disha Parmar	74.91%
	3rd Rank	Mokshita Pandit	74.25%
IIInd Year Ist Year Batch (2021-2022)	1st Rank	Sneha Samadhiya	76.22%
	2nd Rank	Ritika Katariya	71.22%
	3rd Rank	Disha Parmar	70.56%
Ist Year Batch (2022-2023)	1st Rank	Charu Verma	74.64%
	2nd Rank	Surbhi Sharma	73.07%
	3rd Rank	Shruti	73.00%

Swasthya Kalyan College of Physiotherapy

BPT

IVth Year Batch (2017-2018)	1st Rank	Anwar Husain	78.13%
	2nd Rank	Somya Sharma	77.46%
	3rd Rank	Shreyanshi Parwal	76.93%
IIIrd Year Batch (2021-2022)	1st Rank	Shivani Agarwal	78.33%
	2nd Rank	Jyoti Sharma	77.55%
	2nd Rank	Rekha Yadav	77.55%
	3rd Rank	Yashi Dayma	77.33%
IIInd Year Batch (2022-2023)	1st Rank	Aniket Lakshkar	79.44%
	2nd Rank	Lalit Saini	76.77%
	3rd Rank	Harshita Joshi	75.44%
Ist Year Batch (2023-2024)	1st Rank	Sakshi Chopra	78.82%
	2nd Rank	Komal	77.64%
	3rd Rank	Akshita Saini	75.76%

Campus Rank Holders 2023-24

Institute of Medical Technology & Nursing Education – Nursing Division

B.Sc. Nursing IVth Year (2019-2020)	1st Rank	Ankit Meena	80%
	2nd Rank	Surendra Kumar Dixit	79.42%
	3rd Rank	Om Shankar Yadav	78.25%
	3rd Rank	Sushil Mishra	78.25%
B.Sc. Nursing IIIrd Year (2022-2023)	1st Rank	Sonam Kumari	84%
	2nd Rank	Aryan Yadav	82.85%
	3rd Rank	Khushi	80.57%
B.Sc. Nursing IIIrd Year (2020-2021)	1st Rank	Renu Prajapat	85.20%
	2nd Rank	Sachin Kumar Bairwa	84.13%
	3rd Rank	Ankit Chaudhary	82.40%
	3rd Rank	Pallavi Sharma	82.40%
B.Sc. Nursing IInd Year (2023-2024)	1st Rank	Priyanka Saini	82%
	2nd Rank	Ankita Verma	78.50%
	3rd Rank	Suraj Kumar	78%
B.Sc. Nursing IInd Year (2021-2022)	1st Rank	Janvi Bhankar	77.69%
	2nd Rank	Deekshita Jangid	78.50%
	3rd Rank	Gourav Avasthi	72.30%

Swasthya Kalyan Institute of Paramedical Technology

DMLT (2021-2022)	1st Rank	Vishaka Saini	73.20%
	2nd Rank	Vikas Sharma	68.50%
DRT (2021-2022)	1st Rank	Alok Dubey	64.20%
	2nd Rank	Neeraj Jangid	63.20%
DBBT (2021-2022)	1st Rank	Yaduraj	66.40%
	2nd Rank	Yashu Sharma	61.50%

Campus Rank Holders 2023-24

Institute of Medical Technology & Nursing Education – Paramedical Division

DMLT – IInd Year (2020-2021)	1st Rank	Saniya Suiwal	69.33%
	2nd Rank	Gulnishad	66.07%
	3rd Rank	Khushi Sharma	64.14%
DMLT – Ist Year (2021-2022)	1st Rank	Palak Sharma	70.52%
	2nd Rank	Kirti Bisht	66.95%
	3rd Rank	Jahnvi Mudgal	65.21%
DMLT – Ist Year (2022-2023)	1st Rank	Neha	70.00%
	2nd Rank	Ankit Sharma	69.47%
	3rd Rank	Akshay Sahu	68.78%
DRT – IInd Year (2020-2021)	1st Rank	Vikram Rathore	67.16%
	2nd Rank	Varsha Mali	64.66%
	3rd Rank	Priyanshu Meerwal	62.00%
DRT – Ist Year (2021-2022)	1st Rank	Manisha Tejwani	69.00%
	2nd Rank	Navdeep Singh Rathore	64.83%
	3rd Rank	Ummed Singh Solanki	63.00%
DRT – Ist Year (2022-2023)	1st Rank	Unnati Gaur	71.16%
	2nd Rank	Vinay Badsara	65.50%
	3rd Rank	Nikita Gurjar	63.83%
DOPT – IInd Year (2020-2021)	1st Rank	Saniya Suiwal	69.33%
	2nd Rank	Gulnishad	66.07%
	3rd Rank	Khushi Sharma	64.14%
DOPT – Ist Year (2021-2022)	1st Rank	Rahul Kumar Saini	67.33%
	2nd Rank	Nitesh Sharma	65.00%
	3rd Rank	Teena Kumawat	64.16%
DOPT – Ist Year (2022-2023)	1st Rank	Nisha Sharma	66.00%
	2nd Rank	Rahul Choudhary	58.83%
	3rd Rank	Sajid khan	53.50%

Campus Rank Holders 2023-24

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

Vth Year Batch (2018-2019)	1st Rank	Ayushi Mudgal	79.5%
	2nd Rank	Prachi Priya Pandey	78.5%
	3rd Rank	Megha Khandal	75.7%
IVth Year Batch (2019-2020)	1st Rank	Gitanjali Pareek	77.04%
	2nd Rank	Aasna Jangid	75.09%
	3rd Rank	Harshita Yadav	69%
IIIrd Year Batch (2020-2021)	1st Rank	Samta Singh	78.8%
	2nd Rank	Ankit Shukla	76%
	2nd Rank	Siddhi Fauzdar	76%
	3rd Rank	Sakshi Sharma	72.64%
IIInd Year Batch (2021-2022)	1st Rank	Anushka Saraswat	69.5%
	2nd Rank	Vanshika Khandelwal	69.4%
	2nd Rank	Kumkum	69.4%
	3rd Rank	Kiran Sharma	67.6%
Ist Year Batch (2022-2023)	1st Rank	Deepak Saini	79.85%
	2nd Rank	Sapna Yadav	78.59%
	3rd Rank	Avinash	79.1%

Voices of The Alumni



Voices of **The Alumni**



Dr. Sunita Sahish

Assistant Professor, Associate Dean
SGT University Gurugram Haryana

I feel privileged to share my work experience at **Swasthya Kalyan Institute of Naturopathy & Yogic Sciences, Jaipur, Rajasthan**. I began my professional journey with the Swasthya Kalyan Group in 2018 as a Lecturer, and over the past six years, this institution has played an instrumental role in shaping my career and professional values.

During my tenure, I had the opportunity to work under the guidance of experienced mentors like **Dr. Ankesh Singh Sir** and **Dr. Aklavya Bohra Sir**, who have always guided me with their wisdom and support. I would also like to extend my heartfelt gratitude to our esteemed **Chairman, Dr. S. S. Agarwal Sir**, for his humble nature, Visionary leadership, and unwavering dedication towards the growth of this institution have always inspired me and many others to strive for excellence. I also express my sincere gratitude to **CEO, Mrs. Shraddha Agrawal Mam**, whose constant motivation and encouragement have inspired me to give my best.

What sets Swasthya Kalyan Institute apart is its unique blend of traditional wisdom and modern scientific approaches in teaching Naturopathy and Yogic Sciences. My time at Swasthya Kalyan Institute will always be cherished, and I am proud to be associated with an institution that is committed to shaping the future of Naturopathy and Yogic Sciences in India. I wish the Swasthya Kalyan Institute continued success and growth in its mission to nurture competent and compassionate Naturopathy professionals for the betterment of society.



Dr. Sonia Tuteja

Former Associate Professor
Department of Materia Medica
Swasthya Kalyan Homoeopathic Medical
College & Research Centre

I, Dr. Sonia Tuteja, had the privilege of working as an Associate Professor at SKHMC and PG coordinator. My experience at the institution has been extremely fulfilling, both professionally and personally.

I am deeply appreciative of the supportive academic environment, the well-structured curriculum, and the collaborative spirit among the faculty. The college fosters a culture of continuous learning, innovation, and student-centric education, which truly aligns with the evolving needs of modern healthcare education.

I would like to extend my gratitude to the management, my colleagues, and the administrative staff for their cooperation, encouragement, and professionalism throughout my tenure. The college's commitment to academic excellence and holistic development of students is commendable, and I am proud to have been a part of such an institution.

I wish SKHMC continued success and growth in all its future endeavors.

Warm regards

Voices of **The Alumni**



Dr. Divya Chandil

Yoga and Naturopathy Medical Officer
Government of Rajasthan

As I reflect on my professional journey, one name shines brightly in every chapter — Swasthya Kalyan Institute of Yoga and Naturopathy Sciences, Jaipur. This institution serves as more than simply my alma mater; it is the cornerstone of my identity as a practitioner of yoga and naturopathy.

My association with Swasthya Kalyan started out as a student but developed into something much more over time, a professional and emotional connection that still serves as a guide for me now.

I had the opportunity to witness the true meaning of yoga and naturopathy in clinical settings during my internship at the institution. I had never really grasped what it meant to apply what I had learned in the classroom to patient care before.

Life gave me the honour to return to Swasthya Kalyan as an Assistant Professor cum Medical Officer. It was not just a job — it was a responsibility to contribute back to the institute that had given me so much.

Representing the system and ideology in which I received my training makes me proud.



Manish Kumar Sharma

Former Assistant Professor
Institute of Medical Technology and Nursing
Education Sitapura Jaipur

I feel cherished and proud to be an alumnus of such a reputed and honorable institution. The knowledge and experience I gained here have always been, and will continue to be, immensely helpful. I feel privileged to have been chosen as a member of the Swasthya Kalyan Group, and I am thankful to all its members for their continuous efforts and support.

Apart from the excellent academic experience, there is so much more to say about the goodness of this institution. It not only provided me with the best teaching experience ever, but also gave me the opportunity to learn about different cultures, beliefs, and perspectives. These experiences have greatly contributed to my success in my career after my time with the Swasthya Kalyan Group. I would like to give special thanks to **Dr. Satish Awasthi, Principal** of the Institute of Medical Technology and Nursing Education. I have learned a great deal from him, and his guidance has been invaluable.

Regards

Voices of **The Alumni**



Stuti Rastogi

MD, PGR, Department of Materia Medica
Swasthya Kalyan Homoeopathic Medical College
& Research Centre

I had the privilege of studying at Swasthya Kalyan Homoeopathic Medical College, Jaipur, where the Department of Materia Medica played a pivotal role in shaping my academic journey. I sincerely thank the esteemed faculty members—Dr. Yogeshwari, Dr. Tanuj Rajvashny, Dr. Shuchita, and Dr. Priyanka—for their unwavering support and guidance. I am also deeply grateful to Dr. J.P. Singh, Dr. Swarupananda Sarkar, and Dr. Chandrabhan for their invaluable mentorship and encouragement.

Their expertise not only enriched my learning but also enabled me to contribute to two research projects beyond my dissertation and publish over a dozen articles in reputed journals. The knowledge, discipline, and inspiration I gained during this time will always remain a base of my professional development. I'm grateful for the opportunities and experiences that enriched my academic journey.



Naveen Sharma

Nursing Officer, AIIMS Guwahati
Institute of Medical Technology and Nursing Education

Heartfelt Gratitude to My Beloved College – Institute of Medical Technology and Nursing Education

Dear Respected Faculty, Mentors, and Staff of **Institute of Medical Technology and Nursing Education**.

With immense joy and deep gratitude, I write this message to express my heartfelt thanks to you all for shaping my journey and helping me achieve my dream of securing a seat at AIIMS Guwahati as nursing officer. This remarkable milestone in my life would not have been possible without the unwavering support, guidance, and world-class education I received at our esteemed institution.

From the very first day, the college nurtured me with exceptional academic training, hands-on practical exposure, and the confidence to aim high. The dedication of my teachers, the rigorous curriculum, and the motivating environment pushed me to strive for excellence. Every lecture, lab session, and word of encouragement played a pivotal role in my success.

I am forever grateful for the values of discipline, perseverance, and compassion instilled in me—qualities that not only helped me crack one of the toughest medical entrance exams but also molded me into a better healthcare professional. The foundation you provided has set me on a path to serve society with knowledge and empathy.

Thank you once again for believing in my dreams. My success is a reflection of your hard work and commitment.

Voices of **The Alumni**



Dr. Amrit Kumar

Junior Physiotherapist, Medanta - The Medicity, Gurugram
Swasthya Kalyan Institute of Physiotherapy

My name is **DR Amrit Kumar (PT)**, and I'm currently working at **Medanta – The Medicity, Gurugram**, as a physiotherapist. Looking back, I feel immense gratitude for the journey that began at **Swasthya Kalyan College of Physiotherapy**.

Those college years were more than just academic learning—they were the foundation of who I am today, both personally and professionally. From early morning lectures to late-night study sessions, practical labs to field postings, every moment was a step toward growth. I still remember the friendly faces of my batch mates, the constant support from our faculty, and the spirit of learning that filled our classrooms.

This college not only gave me knowledge but also taught me **discipline, empathy, and the value of patient care**. I owe a great part of my professional journey to the guidance and nurturing environment I received here.

Thank you, Swasthya Kalyan College, for being the foundation of my career and for filling my life with lifelong friendships and meaningful memories.

With heartfelt gratitude.



Dr. Khushboo Pandey

MD, PGR, Department of Materia Medica
Swasthya Kalyan Homoeopathic Medical College
& Research Centre

As an alumna who has completed both UG and PG from this esteemed institution, I can truly say that the knowledge and values instilled here have been deeply applicable in my professional journey.

The practical wisdom, clinical approach, and critical thinking taught by our beloved teachers continue to guide me every day in the field. I carry with me not just lessons from the books, but the mentorship and inspiration that shaped me. Forever grateful to my college and the dedicated faculty who made it all possible.

Being a PG alumna of Swasthya Kalyan Homeopathy College has been transformative experience. Where learning becomes lifelong passion

Celebrating Years of Service



"It has been an honour to serve as Principal of this esteemed institution since 07/07/2007. Over these 18 years, I have witnessed its remarkable growth from diploma courses to postgraduate programs in Nursing, built on academic excellence, discipline, and teamwork. I sincerely thank Dr. S. S. Agarwal, Chairman, and the Management for their unwavering support and collaborative spirit."

Dr. Satish Kumar Avasthi

Principal
Year of experience - 18 years

IMT&NE (Nursing) Jaipur



I am privileged to serve as Principal of Swasthya Kalyan Homoeopathic Medical College and Research Centre, a centre of excellence in homoeopathy dedicated to quality education, clinical training, and holistic development. I am proud to lead a committed team that strives to uphold high standards in teaching, patient care, and research, and I look forward to contributing to the institution's continued growth and success.

Dr. Yogeshwari Gupta

Principal
Professor (Department of Materia Medica)
Year of experience- 23 years

Swasthya Kalyan Homeopathic
Medical College and Resarch Centre



"I feel privileged to serve as Vice Principal of Swasthya Kalyan Homoeopathic Medical College and Research Centre, a beacon of excellence in homoeopathy where education, research, and holistic healthcare come together. It has been a rewarding journey, and I remain committed to the institution's growth and success. With the support of our dedicated team and leadership, we strive to uphold the highest standards of education and care. My blessings to all faculty and students."

Dr. Tanuj Rajvanshi

Vice Principal
Professor (Department of Materia Medica)
Year of experience- 23 years

Swasthya Kalyan Homeopathic
Medical College and Resarch Centre



"Being part of this esteemed institution has been truly fulfilling. The college promotes a disciplined and dedicated academic environment focused on Homoeopathic education and research. With supportive management & modern infrastructure, I'm proud to contribute to a place that values both knowledge and growth. My sincere thanks to the college for fostering learning and innovation."

Dr. O.P. Sharma

Professor (Dept. Organon of Medicine)
Year of experience - 23 years

Swasthya Kalyan Homeopathic
Medical College and Resarch Centre



"I have been working here since 2005, inspired by the organization's vision and mission, which align with my own values. The chairman's dedication to community health and innovation motivates me to continuously improve. I sincerely thank the organization for providing a supportive and collaborative work environment."

Dr. Bindu Srivastava

Associate Professor
(Dept. Forensic Medicine and Toxicology)
Year of experience- 20 years

Swasthya Kalyan Homeopathic
Medical College and Resarch Centre



"I have been serving as Associate Professor at Swasthya Kalyan College of Physiotherapy since 2015. Over the years, I've contributed to clinical training, mentoring, & community outreach. The college's strong infrastructure & excellent placement record, including internships at Medanta and Fortis, make me proud. Being part of this inspiring environment gives me immense satisfaction."

Dr. Manali Sharma (PT)

Associate professor
Year of experience- 10 years

Swasthya Kalyan College
of Physiotherapy

Celebrating Years of Service



इस प्रतिष्ठित संस्थान से मेरा जुड़ाव सिर्फ एक कर्मचारी के रूप में नहीं, बल्कि एक परिवार के सदस्य की तरह रहा है। यहाँ का शैक्षणिक वातावरण, अनुशासन, और प्रबंधन की पारदर्शिता इस क लेज को विशेष बनाते हैं। अपने कार्य अनुभव के दौरान मैंने देखा है कि क लेज निरंतर गुणवत्ता की शिक्षा देने, छात्रों के सर्वांगीण विकास और आधुनिक स्वास्थ्य सेवाओं में योगदान के लिए प्रतिबद्ध है। कॉलेज में कार्य करना मेरे लिए गर्व की बात है, और मैं स्वयं को सौभाग्यशाली मानता हूँ कि मुझे इस संस्थान का हिस्सा बनने का अवसर मिला।

Mr. Sitaram Yadav

Office Superintendent
Year of experience - 21 years

Swasthya Kalyan Homeopathic
Medical College and Research Centre



इंस्टिट्यूट ऑफ मेडिकल टेक्नोलॉजी एण्ड नर्सिंग एजुकेशन (पैरामेडिकल डिवीजन), स्वास्थ्य कल्याण ग्रुप ऑफ इंस्टिट्यूट्स में 13 वर्षों की सेवा मेरे लिए गर्व की यात्रा रही है। 2012 में ऑफिस इंचार्ज के रूप में यह सिर्फ एक नौकरी थी, लेकिन आज यह संस्था मेरे जीवन का हिस्सा बन चुकी है। प्रशासनिक कार्यों के साथ-साथ मैंने समर्पण, अनुशासन और सेवा भाव के साथ काम किया। तकनीकी और शैक्षणिक परिवर्तनों ने मुझे निरंतर सीखने का अवसर दिया। इस संस्था से जुड़कर मैंने पेशेवर और व्यक्तिगत रूप से भी प्रगति की है, और खुद को सौभाग्यशाली मानता हूँ।

Mr. Pramod Kumawat

Office Superintendent
Year of experience - 13 years

Institute of Medical Technology &
Nursing Education – Paramedical Division



मैं पिछले 15 वर्षों से हमारे फिजियोथैरेपी क लेज में ऑफिस स्टाफ के रूप में कार्य कर रहा हूँ। इस लंबे सफर में मैंने न केवल एक कर्मचारी के रूप में, बल्कि इस परिवार के एक सदस्य के रूप में खुद को पाया है। कॉलेज के हर उतार-चढ़ाव में साथ रहकर मैंने यहाँ अपार सीख और अनुभव प्राप्त किया है। इस महान संस्था के विकास में अपना योगदान देना मेरे लिए गर्व और सौभाग्य की बात है।

Mr. Suraj Kumawat

Office Staff
Year of experience - 12 years

Swasthya Kalyan College
of Physiotherapy



मैं पिछले 23 वर्षों से हमारे फिजियोथैरेपी कॉलेज में कार्यालय सहायक के रूप में कार्य कर रहा हूँ। यह मेरे जीवन का एक महत्वपूर्ण हिस्सा रहा है। यहाँ कार्य करते हुए मैंने न केवल अपनी जिम्मेदारियों का पालन किया, बल्कि इस संस्था को अपने निजी परिवार की तरह माना है। कॉलेज के विकास और छात्रों की तरक्की देखकर मुझे हमेशा गर्व महसूस होता है। आगे भी पूरी निष्ठा और ईमानदारी के साथ अपनी सेवाएँ देता रहूँ, यही मेरी सच्ची इच्छा है।

Mr. Ramesh Chand Sharma

Peon
Year of experience - 23 Years



इस क लेज से पिछले कई वर्षों से जुड़ा हूँ और यहाँ काम करना मेरे लिए गर्व की बात है। इस संस्थान का वातावरण बहुत ही अनुशासित, सहयोगी और प्रेरणादायक है। यहाँ सभी लोग प्राचार्य, शिक्षकगण, स्टाफ और छात्र आपसी सम्मान और सहयोग की भावना से काम करते हैं। मुझे यहाँ काम करते हुए यह अनुभव हुआ है कि यह कॉलेज सिर्फ शिक्षा का मंदिर नहीं है, बल्कि यह एक ऐसा स्थान है जहाँ हर व्यक्ति को सम्मान और आत्मीयता मिलती है, चाहे वह किसी भी पद पर क्यों न हो। मैं इस संस्था की निरंतर प्रगति और उज्वल भविष्य की कामना करता हूँ।

Mr. Ganga Sahay

Peon
Year of experience - 23 Years

Celebrating Years of Service



SKHMC कॉलेज में कार्य वातावरण सहयोगपूर्ण, सम्मानजनक और सकारात्मक है। कॉलेज परिसर साफ-सुथरा और व्यवस्थित रहता है। यहाँ सभी कर्मचारी एक-दूसरे की मदद करते हैं। यहाँ काम करना मेरे लिए गर्व की बात है और मुझे अपने काम पर गर्व महसूस होता है।

Mrs. Naina

Peon at SKHMC
Year of experience - 11 Years



यहाँ का कार्यस्थल वातावरण बहुत ही सहयोगपूर्ण और सम्मानजनक है। सभी शिक्षक, कर्मचारी और छात्र आपसी सम्मान और समझदारी से व्यवहार करते हैं। मुझे अपने काम की सराहना मिलती है, जिससे आत्मविश्वास बढ़ता है। कॉलेज परिसर साफ-सुथरा और व्यवस्थित रहता है, और हर कोई अपने कार्य के प्रति जिम्मेदार है। यहाँ काम करना मेरे लिए गर्व की बात है। मुझे यहाँ एक परिवार जैसा माहौल मिलता है, जहाँ हर दिन कुछ नया सीखने को मिलता है। यह स्थान मेरे लिए प्रेरणा का स्रोत है।

Mrs. Sushila

Peon at SKHMC
Year of experience - 12 Years



2001 से इस कॉलेज में मैं ड्राइवर के रूप में सेवा दे रहा हूँ। मेरी जिम्मेदारी रही है समय पर गाड़ी चलाना, बच्चों और स्टाफ को सुरक्षित उनके गंतव्य तक पहुँचाना। कलेज में कोई भी कार्यक्रम हो, बाहर दौरे हों या आपातकालीन स्थिति, मैं हमेशा तैयार रहा हूँ। मुझे गर्व है कि मैं इस संस्था का भरोसेमंद हिस्सा हूँ।

Mr. Shambu Singh

Driver
Year of experience - 25 Years

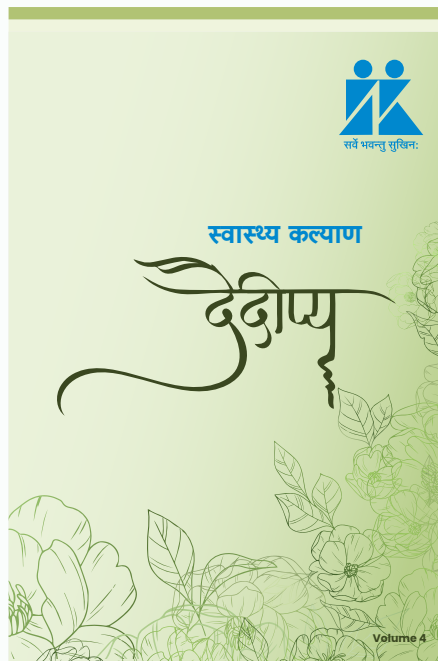
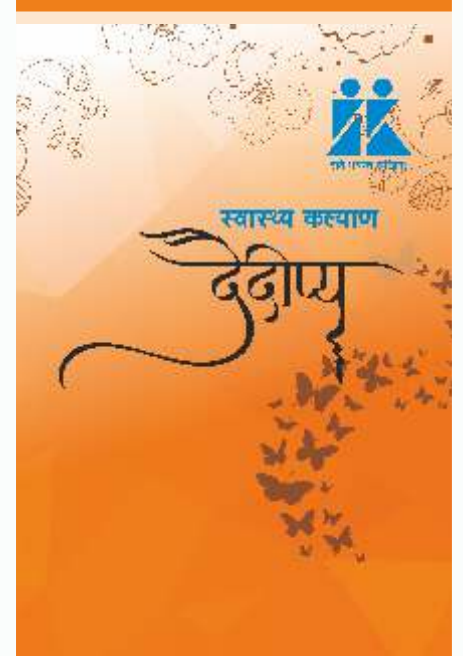
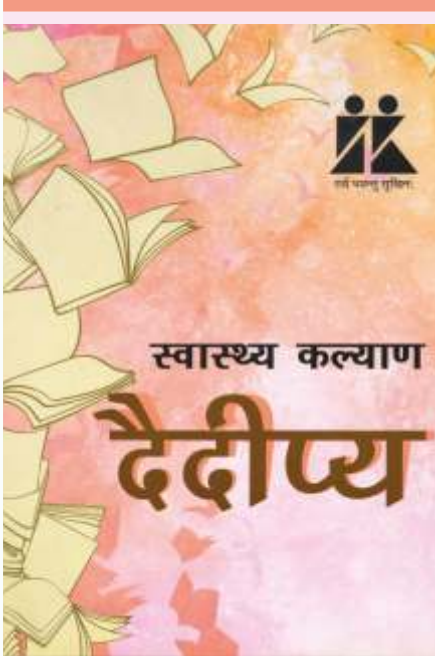


मैं 2003 से इस कॉलेज में ड्राइवर के रूप में सेवा दे रहा हूँ। मैंने एंबुलेंस, बस और वैन चलाई हैं। मेरी हमेशा यही कोशिश रही है कि समय पर, सुरक्षित और जिम्मेदारी के साथ अपना कार्य करूँ। चाहे छात्रों को ले जाना हो, स्टाफ को लाना हो या मेडिकल इमरजेंसी में एंबुलेंस चलाना, हर ड्यूटी को मैंने पूरी निष्ठा से निभाया है। मुझे गर्व है कि मैं इतने वर्षों से इस संस्था का एक जिम्मेदार हिस्सा हूँ।

Mr. Devendra Singh

Driver
Year of experience - 23 Years

Dedipya Previous Editions



Contact Us



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☎ 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 📱 @skcopy

Swasthya Kalyan College of Paramedical Technology
📍 4A, Institutional Area, Inside Samachar Jagat Lane,
Opp. Vidyasharam School, JLN Marg, Jaipur, Raj -302015 ☎ 0141-2712012

Swasthya Kalyan College of Pharmacy
📍 RIICO Institutional Area, Tonk Road, Sitapura, Jaipur, Raj. -302022 ☎ 0141-2992919



HEALTHCARE

Hospital



Rajasthan Hospital - RHL 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



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