



सर्वे भवन्तु सुखिनः

स्वास्थ्य कल्याण

दृढाय

# स्वास्थ्य कल्याण भवन





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

सूर्य कान्त त्रिपाठी-निराला



कर्मधन्य युगपुत्र

**श्री कल्याण प्रसाद अग्रवाल (सूतवाले)**

( 28 जून, 1925–27 नवम्बर, 2001 )

संस्थापक

संस्थापक: पूरणमल फूलादेवी ट्रस्ट, जयपुर



## From the Chairman's desk

**Dr. S.S. AGARWAL**

Chairman, Swasthya Kalyan Group  
Chairman, Rajasthan Hospital

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

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

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

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

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

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

I wish you all well!



## From the CEO desk

### Dr. SARVESH AGARWAL

CEO, Rajasthan Hospital  
CEO, Swasthya Kalyan Group

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

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

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

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

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

As we enter a new academic year with many uncertainties, I continue to be positive about the future of our students and the future of our organization. There is a lot to learn through these trying times, and I am sure that our students, faculty and staff will continue to collaborate together in a meaningful way to make amazing things happen. I congratulate the team involved in bringing this book together by working mostly through electronic communication during the lockdown and I feel indebted towards your passion and enthusiasm towards Swasthya Kalyan.

Hope to have a great year ahead!



## From the Editor's desk

### SHRADDHA AGARWAL

Head Operations, Swasthya Kalyan Group  
HR Consultant, Rajasthan Hospital

The beginning of a new decade, a year of never seen before challenges and a year of never done before ways of teaching. Like every year, this year started with a great cheer and enthusiasm to achieve newer goals with zeal and zest. By end of feb, a new challenge was waiting for the world, a challenge that was seen a century ago and a challenge that was a beginning of a new world. The challenge was called COVID-19. By mid march, India was in lockdown along with several other countries in the world, bringing everything to a stand still. This lockdown was the need of the hour and our only way to fight the challenge. This sudden standstill made it challenging for each one of us mentally, physically, emotionally and spiritually. We all were finding ways to keep us going.

In such times, leaders, be it in the family, community or at work place, have a moral responsibility for their people, to ensure that they are well, provide them with assistance and most importantly provide them with guidance to deal with such times. Swasthya Kalyan Parivaar, prides itself in being a family and looking after each one of its members. For the personal well being of people, we started with a helpline number at our hospital, Mahavir Jaipuria Rajasthan Hospital for people to call and seek assistance if they need any. For their physical well being and also for the entire city of Jaipur, our hospital also started a social service initiative of complementary tele-consultation with doctors from their respective homes. For helping them channelise their productivity and motivation, for the first time in the history of Swasthya Kalyan, we started with E-Learning.

We were among the first in our domain of teaching in the city, to come up with e-learning. At our campus, we have different age group of faculty and office bearers. While for the younger age group, it was easier to learn and adapt to use technology to continue teaching, the older age group, had to fight their own inner fears of learning new ways and delivering on them. Through constant support and guidance to each one of them by our college leaders and management, I can proudly say that most of them were able to adapt to the e-teaching format very soon than expected. They were coming up with innovative ways of teaching and also ways to assess students and assign them study work.

These last few months had a breath of fresh air with new energy, new ideas and new enthusiasm amongst all of us and the students. Our this year's Dedipya magazine was also engulfed in this new wave and the entire process of ideation, curation and designing of the magazine was completely through online mode of coordination and means. I am so proud of our editorial team for having pull this through so beautifully. I am hoping with utmost positivity, that our readers will thoroughly enjoy and appreciate reading our yearly magazine.

# Editorial Team



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EDITORIAL TEAM LEAD



**SHRADDHA AGARWAL**  
CHIEF EDITOR



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# Contents

1	About Swasthya Kalyan Group	11-4
2	Swasthya Kalyan Timeline	1-4
3	About Dr. S.S. Agarwal	1-4
4	Key Persons of Swasthya Kalyan Journey	1-4
5	Photo Gallery	1-4
6	Swasthya Kalyan Group of Institutions	1-4
7	Swasthya Kalyan Group – Health Care Sector • Blood Banks • Rajasthan Hospital	1-4
8	Media Coverage	1-4
9	Writers Corner	1-4
10	Alumni Speaks	1-4
11	Faculty & Student Achievements	1-4
12	Creative Corner	1-4
13	Contact Us	1-4

## About Swasthya Kalyan Group

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



Founder and Beacon Light

28 June 1925 to 27 November 2001

## About Purnamal Phoola Devi Memorial Trust

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



## 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

**T**



**TEAMWORK**

*Better together*

**E**



**EXCELLENCE**

*Stay curious and  
strive for the best*

**A**



**AUTHENTICITY**

*Transparency and  
clear communication*

**C**



**CREATIVITY**

*Adapt to change;  
Innovate for growth*

**H**



**HUMBLENESS**

*Respect each other*



### EDUCATION

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



### HEALTH CARE

#### HOSPITALS

- Rajasthan Hospital
- Swasthya Kalyan Hospital

#### BLOOD BANKS

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

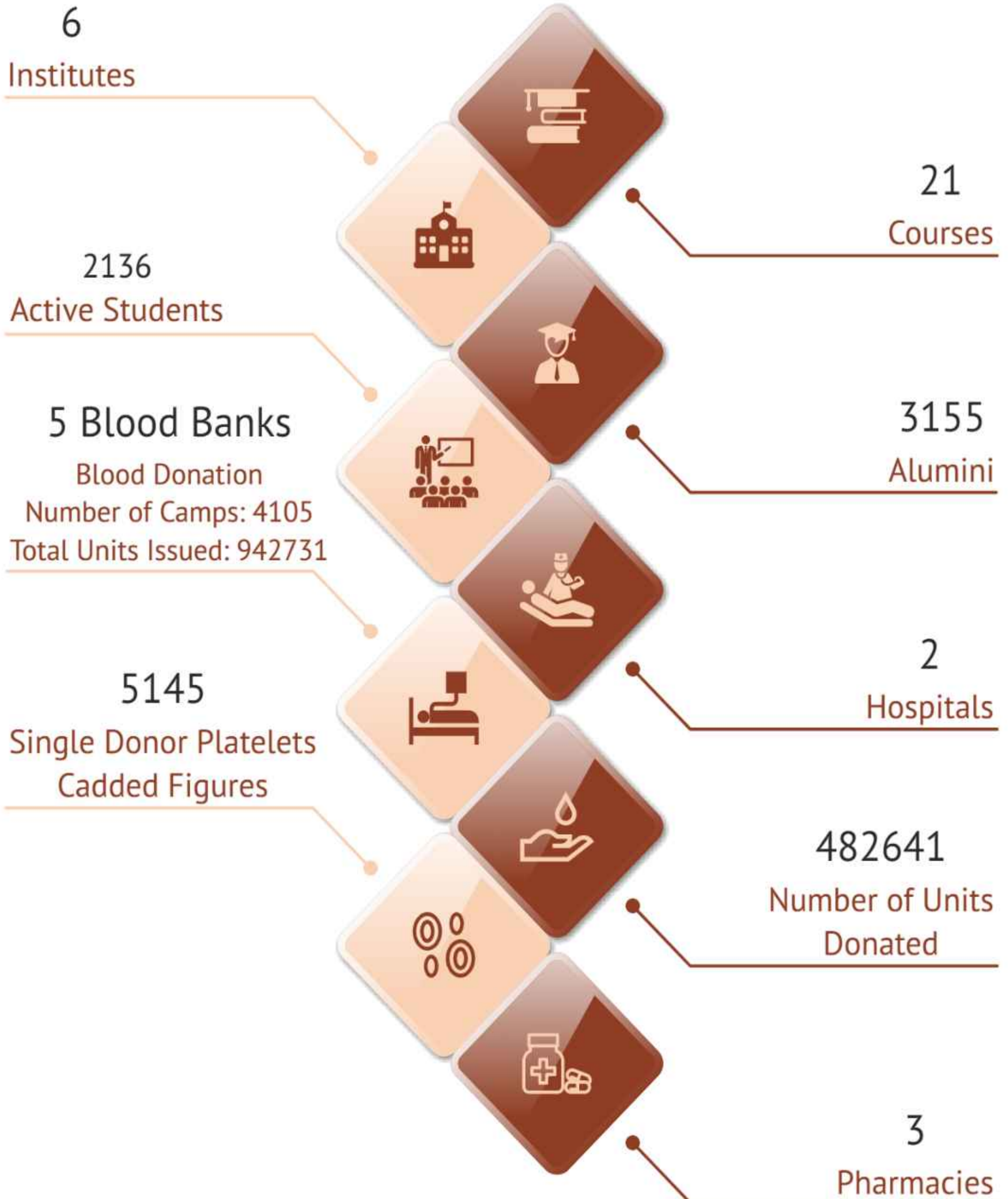
#### PHARMACY

- Pradhanmantri Jan Aushadi Kendra (2 location)
- Swasthya Kalyan Pharmacy



# SWASTHYA KALYAN GROUP

## AT A GLANCE



# Swasthya Kalyan Timeline

- 2017**
- Started RAJASTHAN HOSPITAL a 350 bedded multispecialty hospital project
- 2016**
- MOU signed with Govt. of Rajasthan at Resurgent Rajasthan summit for Skill & Medical Education Complex
- 2015**
- BNYS degree course in Swasthya Kalyan Institute of Naturopathy & Yog Sciences
  - Swasthya Kalyan College of Paramedical Technology
  - Swasthya Kalyan Labs • MD in Homeopathy • M.Sc in Nursing
- 2014**
- KP Memorial Centre for Blood
  - Swasthya Kalyan ITI, Tonk
- 2013**
- Rajasthan Innovation Centre
  - Sevayatan Swasthya Kalyan Blood Bank
  - Started publishing Rajasthan Swasthya Kalyan Health Times Hindi Edition
- 2011**
- Apex Swasthya Kalyan Blood Bank
- 2010**
- First district yog & wellness centre of Jaipur under Government of India
- 2007**
- Swasthya Kalyan College of Physiotherapy
  - Swasthya Kalyan Naturopathy & Yog Centre
  - Started publishing Rajasthan Swasthya Kalyan Health Times English Edition
- 2005**
- 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
- 2004**
- Agrasen Swasthya Kalyan Blood Bank
  - Cash award on World AIDS Day by Govt. of Rajasthan
- 2002**
- Swasthya Kalyan Homeopathic Medical College
  - SP Mandelia Award by Karnataka Health Minister for blood donation awareness
- 2001**
- Awarded Cash Reward of Rs. 50,000 for blood donation awareness by His Excellency The Governor of Rajasthan on Republic Day Celebrations
- 1998**
- First private nursing school of Rajasthan
  - First component separator & platelets separation facility in Rajasthan
- 1997**
- First nuclear imaging services (Gamma Camera) of Rajasthan
  - Awarded by Mayor of Jaipur for outstanding contribution in medical services in Jaipur city
- 1996**
- ISBTI Award for Best Blood Bank
  - 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

# ABOUT

## DR. S.S. AGARWAL



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

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

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

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

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

## Achievements (2019-2020)



2020

Dr. Harshvardhan - Minister of Health GOI released IVF's 2020 calendar

Nominated State President Rajasthan - International Vaish Federation (IVF)



2020

Shri Subodh Kant Sahay - National President, Mahasabha & Ex. Minister, Govt. of India with Shri Mahesh Joshi Chief Whip & MLA of Raj.

Felicitated by Kayasth General Assembly

2020

- Member, Institute Body AIIMS Jodhpur - Nominated by Govt. of India 2020
- Distinguished speaker for VCs on COVID - 19 awareness & management aspects, with Shri Amit Shah-Union Home minister, Dr Harshvardhan - Union Health minister and on platforms of IMA, IVF, Patrika TV etc.
- Provided Ration & ready food to distressed public in initial phase of corona along with State social & National organizations 2020



2019

25th Foundation day of Swasthya Kalyan Blood Bank at Rajasthan Hospital



2019

Presenting Daidipya 2019 to Shri Kalraj Misra - Hon'ble Governor Rajasthan

2019



Shri Rajnath ji saw & appreciated the video presentation on Rajasthan Hospital, its world class infrastructure & facilities.

# Achievements Timeline

## 2020

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

## 2019

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

## 2018

- Awarded "Vashisht Chikitsa Ratan" for his outstanding contribution to the medical profession and the society on Doctors day function by Delhi Medical Association
- Felicitated by Credent TV with Shikshak Ratna Samman at a public function
- Felicitated by SMS Medical College for excellent public services at Science of Life Exhibition on 7th April 2018
- Organizing Chairman of Doctors Day Celebration & award ceremony 2018 of Rajasthan Medical Council
- Distinguished guest at Samarpan Santha's 5th शिक्षा सहायता एवं समर्पण समाज 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 Main Conference hall, State Secretariat Jaipur
- Program Convener भाजपा प्रबुद्ध नागरिक सम्मेलन at Birla Auditorium Jaipur; Shri Amit Shah National President BJP was the distinguished speaker
- Secretary, Reception Committee for 10th National Convention of Saksham
- Distinguished guest at Bengali Samaj Durgapuja mahotsav 2018 at Jaipur
- Honored with Double Helical 'National Health Award' by Dr C P Thakur-MP & Ex Health Minister, Govt. of India at New Delhi on 18th November 2018
- Nominated by Govt. of India on Board of Governors in supersession of Medical Council of India WEF 6th November 2018

## 2017

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

## 2016

- Felicitated as Distinguished alumnus of SMS Medical College at Seven Decade celebration ceremony 28 Dec. 2016
- Guest of Honor at Delhi Medical Association's 102 Foundation Day function on 21 August 2016
- Distinguished speaker at Raktamani Samman Samaroh Kotputli held on 4 Jan. 2016
- Guest of Honor at Delhi Medical Association's IMA Women Health Conference on 6 March 2016
- Felicitated with 'Certificate of Excellence for outstanding meritorious services of the highest order towards the cause of Humanity' by Indian Medical Association & MAMCOS on 20 Feb. 2016
- Felicitated with 'Rashtriya Gaurav Samman' on being elected as National President IMA, by Jaipur Medical Association
- Felicitated on Doctors Day 1 July 2016, by Jaipur Medical Association & Medical Practitioners Society
- Felicitated by IMA Jharkhand on being elected as National President Indian Medical Association

## Achievements Timeline

- Distinguished guest at opening of Ultra Modern Facility of Maharaja Agrasen Hospital program on 3 July 2016 by Agrasen Medical Relief & Research Society
- Distinguished guest at GPCON 2016-Annual National Conference of IMACGP & IIIrd SWC Meeting of IMA U.P at hapur on 3 Sept. 2016
- Distinguished Guest for 'Women's Day Celebration' by IMA Tumkur Karnataka on 10 March 2016
- Felicitated with Patron's Award by Husan Ara Trust
- Distinguished guest at South Kolkata Medical Conference & IMA HBI-NABH accreditation sensitization Seminar on 3 July 2016
- Felicitated at Mega Blood Donation Camp by Uday India Knowledge Tree on 20 Aug. 2016
- Distinguished guest at 71st BIMACON-2016 by IMA Bhagalpur on 7 Aug. 2016
- Life Time Achievement Award by JMA & Medical Practitioners Society on Doctors day 1 July 2016
- Felicitated by R A Poddar Institute of Managment during Blood Donation Camp for 70th Independence Day on 13 Augu. 2016
- Felicitated with Distinguished Services Award on International Nurses Day celebration 2016 by Indian Medical Association, The Trained Nurses Association of India & Heart Care Foundation of India
- Felicitated with 'HONORIS CAUSA' award by Pacific Medical University Udaipur on 22 Sept. 2016
- Felicitated with 'International Achievement Award for Extra ordinary Contribution Globally at PGHTNCON-2016 by Society of Pediatric Gastro enterology Hepatology Transplant & Nutrition on 11 Feb. 2016
- Felicitated by IIHMR University Jaipur at 21st Annual Conference Pradnya 2016 as speaker in session on SMART Health Care of India
- Felicitated at ICON 2016-IMA CGP International Conference of Family Medicine by IMA Mumbai West Branch on 25 June 2016
- Felicitated at President Installation Ceremony of IMA Mumbai Branch as Chief Guest on 10 April 2016

### 2015

- Awarded for exemplary Services by Vaidhya Kanhayilal Mishr Smriti Ayurved Sansthan & Janhit Manch
- Represented FANS-Rajasthan Chapter at New Delhi for National Seminar on Border States Security of Forum for Awareness of National Security on 1 Aug. 2015
- Felicitated on International Yoga Day 21 June 2015 at Swami Anandanand Yog & Naturopathy Chikitsalaya
- Distinguished guest at National Homoeopathy Conference of Research Society of Homoeopathy on 14 March 2015
- Felicitated at Shri Shyam Gungaan Mahotsav 2015 by Shri Shyam Seva Sangh, Mansarovar
- Distinguished speaker at Swami Vivekanand 152nd Birth Anniversary on 'Drug Free, Environmental India' by ABVP tonk on 27 July 2015
- Distinguished guest at UFYLC 'Model United Nations' a mock debate at Law College Raj University
- Felicitated at State Executive Meeting by Vaishy Sammelan Tonk District. On 26 Sept. 2015
- Felicitated by Jai Club Jaipur on election as National President IMA
- Chief Guest & Speaker at Program of Institute of Company Secretaries of India (ICSI)
- Felicitated by Rajasthan Pradesh Vaish Mahasammelan, Shrimati Govindi Devi Indarlal Derewala Trust & Eternal Hospital at Free Heart, Angiography-Plasty, Handicap assistance, Diabetes Check up & Consultation Ca
- Felicitated as Guest of Honor on Doctors Day Celebration by Delhi Medical association on 5 July 2015
- Felicitated as Guest of Honor at IMA UP State 2nd State Working Committee meeting & EVOLVE 2015 a multi specialty CME on 7 June 2015
- Felicitated as Guest of Honor at 55th Maharashtra State Annual Scientific Conference MASTACON-2015 by IMA Mumbai West
- Felicitated as Guest of Honor on Annual day 2015 of Vikas Vidhya Mandir Sr Sec. School

### 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

# Achievements Timeline

## 2013

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

## 2012

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

## 2011

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

## 2010

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

## 2009

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

## 2008

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

## 2006

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

## 2004

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

## 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

# Achievements Timeline

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

## 25 वर्ष से रक्तदान जिसका मिशन है



**जयपुर स्थित स्वस्थ कल्याण ग्रुप**

डॉ. आनंद कुमार, स्वस्थ कल्याण ग्रुप के चेयरमैन और डॉक्टर एस एस अग्रवाल ने बताया कि रक्तदान एक ऐसी हीरोईन है जो हमारे जीवन को बचाती है। हमारे मिशन में 25 वर्षों से रक्तदान को बढ़ावा देना है।

डॉ. आनंद कुमार ने कहा कि रक्तदान एक ऐसी हीरोईन है जो हमारे जीवन को बचाती है। हमारे मिशन में 25 वर्षों से रक्तदान को बढ़ावा देना है।

## स्वास्थ्य कल्याण समूह ने प्राने कॉलेजों में मेडिकल स्टूडेंट्स के लिए शुरू की ई-तन्त्रिम

**प्राने में स्वास्थ्य कल्याण ग्रुप ने शुरू की ई-तन्त्रिम**

जयपुर, 15 अक्टूबर: स्वास्थ्य कल्याण ग्रुप ने प्राने कॉलेजों में मेडिकल स्टूडेंट्स के लिए ई-तन्त्रिम शुरू की है। यह पहल डॉ. आनंद कुमार और डॉ. एस एस अग्रवाल के नेतृत्व में की गई है।

डॉ. आनंद कुमार ने कहा कि रक्तदान एक ऐसी हीरोईन है जो हमारे जीवन को बचाती है। हमारे मिशन में 25 वर्षों से रक्तदान को बढ़ावा देना है।

## नई तकनीक में मिर्गी का इलाज संभव



डॉ. आनंद कुमार ने बताया कि नई तकनीक में मिर्गी का इलाज संभव है। यह पहल डॉ. आनंद कुमार और डॉ. एस एस अग्रवाल के नेतृत्व में की गई है।

डॉ. आनंद कुमार ने कहा कि रक्तदान एक ऐसी हीरोईन है जो हमारे जीवन को बचाती है। हमारे मिशन में 25 वर्षों से रक्तदान को बढ़ावा देना है।

## स्वास्थ्य कल्याण समूह रोज बांट रहा 1100 खाद्य पैकेट



जयपुर: स्वस्थ कल्याण ग्रुप रोज 1100 खाद्य पैकेट बांट रहा है। यह पहल डॉ. आनंद कुमार और डॉ. एस एस अग्रवाल के नेतृत्व में की गई है।

डॉ. आनंद कुमार ने कहा कि रक्तदान एक ऐसी हीरोईन है जो हमारे जीवन को बचाती है। हमारे मिशन में 25 वर्षों से रक्तदान को बढ़ावा देना है।

## कैंपस को क्वॉरिंटाइन सेंटर बनाने का प्रस्ताव

जयपुर (कांस)। स्वास्थ्य कल्याण ग्रुप ऑफ इंस्टीट्यूट्स के सीतापुरा कैंपस के एक भवन को क्वॉरिंटाइन सेंटर बनाने का प्रस्ताव राज्य सरकार को भेजा गया है।

डॉ. आनंद कुमार ने कहा कि रक्तदान एक ऐसी हीरोईन है जो हमारे जीवन को बचाती है। हमारे मिशन में 25 वर्षों से रक्तदान को बढ़ावा देना है।

## मिर्गी मस्तिष्क की बीमारी, इसका इलाज संभव: डॉ. सुरेखा

### एसकेएचएमसी में एपीलेप्सी पर ब्याख्यान



जयपुर, कांस। स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज में अंतर्राष्ट्रीय मिर्गी जागरूकता दिवस का आयोजन किया गया। कार्यक्रम में डॉ. आर. के. सुरेखा, न्यूरोलॉजिस्ट ने मिर्गी रोग के बारे में बताया कि ये एक मस्तिष्क की बीमारी है तथा इसका इलाज संभव है।

डॉ. आनंद कुमार ने कहा कि रक्तदान एक ऐसी हीरोईन है जो हमारे जीवन को बचाती है। हमारे मिशन में 25 वर्षों से रक्तदान को बढ़ावा देना है।



## Key Persons in Swasthya Kalyan Journey



**Mr. G. D. AGARWAL**

Former Chairman of Trust  
Pooran Mal Phoola Devi Memorial Trust



**Mr. R. S. AGARWAL**

Trustee  
Pooran Mal Phoola Devi Memorial Trust



**Mr. S. B. AGARWAL**

Trustee Advisor  
Pooran Mal Phoola Devi Memorial Trust



**Late Dr. VINOD ARORA**

Advisor  
Swasthya Kalyan Group



**Dr. K.K. MISHRA**

Advisor  
Swasthya Kalyan Group



**Late Dr. H N MANGAL**

Director Technical  
Swasthya Kalyan Blood Bank



**Dr. R. L. AJMERA**

Advisor  
Swasthya Kalyan Group



**Mr. PRADEEP AGARWAL**

Director Infra  
Swasthya Kalyan Group



**Mr. MANOJ KHEMKA**

Head Finance & Accounts  
Swasthya Kalyan Group



**Mr. ANAND AGARWAL**

Director  
Swasthya Kalyan Blood Bank



**Late Dr. RAMMOHAN GUPTA**

Director, Swasthya Kalyan  
Homoeopathic Medical College



**Dr. PANKAJ SHARMA**

Director, Swasthya Kalyan  
Homoeopathic Medical College



**Dr. SWAPNIL SINGHAL (Ph.D.)**

Manager Project  
Swasthya Kalyan Group



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

C.O.O.  
Swasthya Kalyan Group



**Prof. ASHUTOSH PANT**

Advisor & Former Additional Director  
Swasthya Kalyan Group

## Gallery



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



2015

Dr. S S Agarwal with Dr. Harsh Vardhan - Union Minister for Health & Family Welfare



2016

Blood Bank Inaugurated by Honorable Governor of Rajasthan Shri Bali Ram Bhagat



1998

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



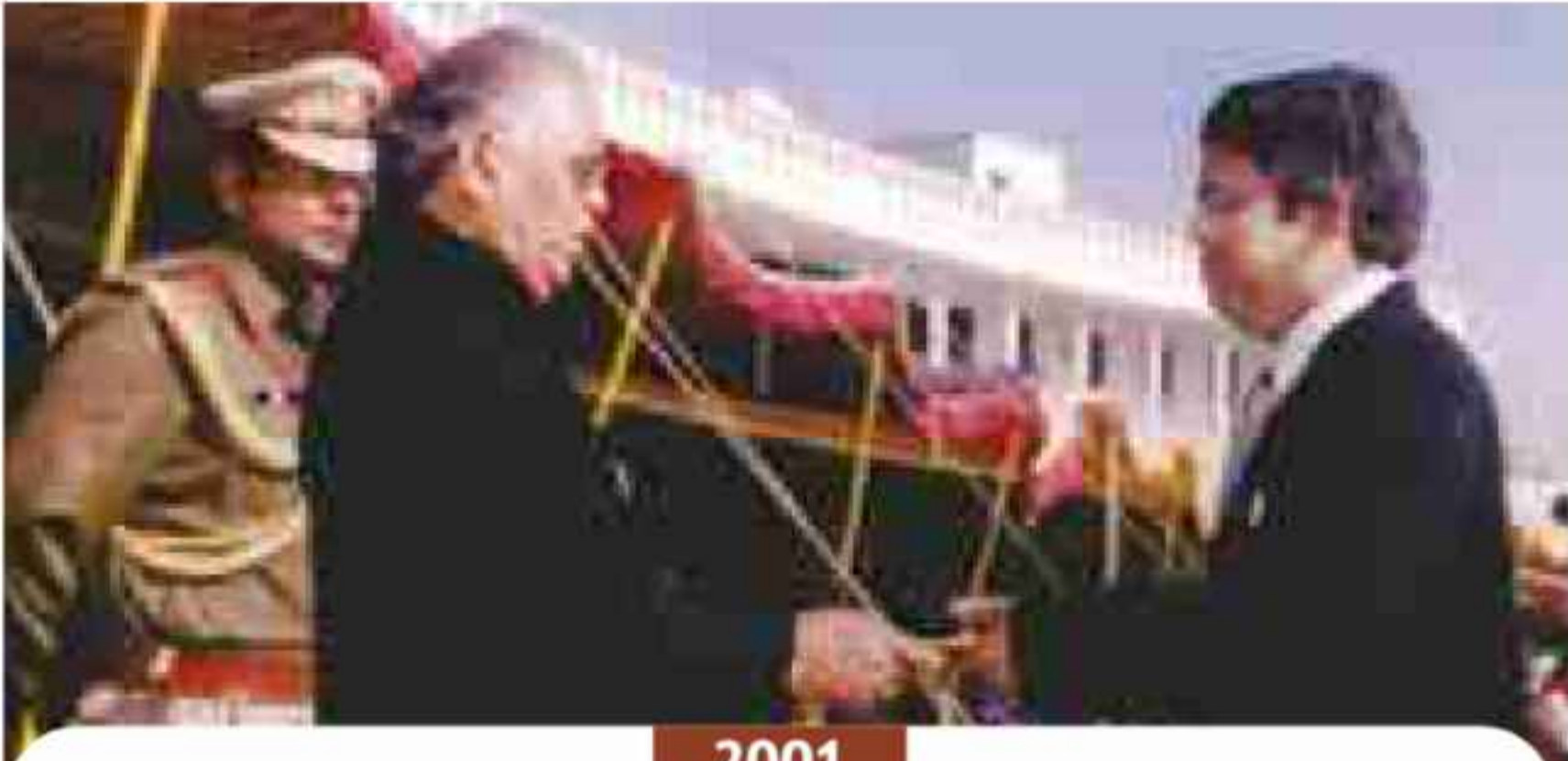
2005

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



2016

Dr. S S Agarwal with Shri J P Nadda, National Working President BJP



**2001**

Awarded cash prize by Honorable Governor of Rajasthan Shri Anshuman Singh for blood donataion 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 and Yogic Sciences inaugurated by Shri Shripad Yesso Naik, AYUSH Minister of India and Shri Rajendra Rathore, Health Minister of Rajasthan



**2019**

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



**2018**

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



**2018**

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



**2013**

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

# Education



## Courses Offered

### Swasthya Kalyan Homoeopathic Medical College & Research Centre

• Bachelor in Homeopathic 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

### Swasthya Kalyan Institute Of Medical Technology & Nursing Education – Nursing Division

• Diploma in General Nursing & Midwifery, GNM	3 year programme + 6 months internship
• Bachelor of Science (B.Sc.) in Nursing	4 year programme
• Post Basic B.Sc. Nursing	2 year programme
• Master of Science (M.Sc.) in Nursing	2 year programme

### Swasthya Kalyan College of Physiotherapy

• Bachelor of Physiotherapy (BPT)	4 year programme + 6 months internship
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### Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

• Bachelor of Naturopathy and Yogic Sciences (BNYS)	5 year programme + 6 months internship
• Post Graduate Diploma in Yoga Therapy (PGDYT)	1 year programme

### Swasthya Kalyan Institute of Paramedical Technology

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

### Swasthya Kalyan Institute Of Medical Technology & Nursing Education – Paramedical Division

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

# College Leadership



**Swasthya Kalyan**  
Homoeopathic Medical College  
& Research Centre

**Dr. YOGESHWARI GUPTA**  
Principal

**Dr. TANUJ RAJVANSHY**  
Vice Principal



**Swasthya Kalyan**  
Institute of Medical Technology  
& Nursing Education

**Dr. SATISH AVASTHI**  
Principal

**Dr. ARVIND SHARMA**  
Vice Principal



**Swasthya Kalyan**  
College of Physiotherapy

**Dr. MAHESH SHOU**  
Principal

**Dr. ANKIT PACHORI**  
Vice Principal



**Swasthya Kalyan**  
Institute Of Naturopathy And Yogic Sciences

**Dr. ANKESH SINGH**  
Principal

**Dr. RAMBABU POTLURI**  
Vice Principal



**Swasthya Kalyan**  
College of Paramedical Technology

**Dr. K. K. MISHRA**  
Principal

**Mr. GOPAL SHARMA**  
Vice Principal



**Swasthya Kalyan**  
Institute Of Medical Technology & Nursing  
Education: Paramedical Division

**Dr. MAHESH ARORA**  
Principal



**Swasthya Kalyan**  
Institute of Medical Technology  
& Nursing Education  
(School of Nursing)

**Mr. SATYAPRAKASH 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.



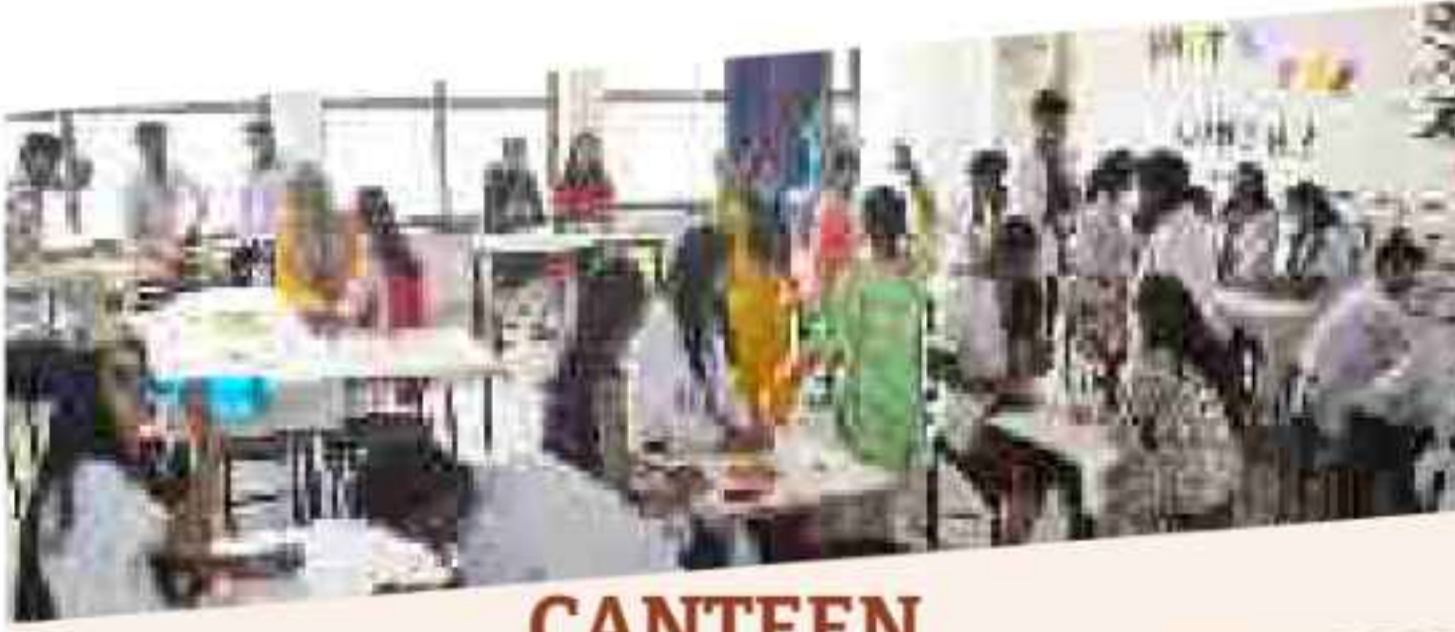
## Holistic Development

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

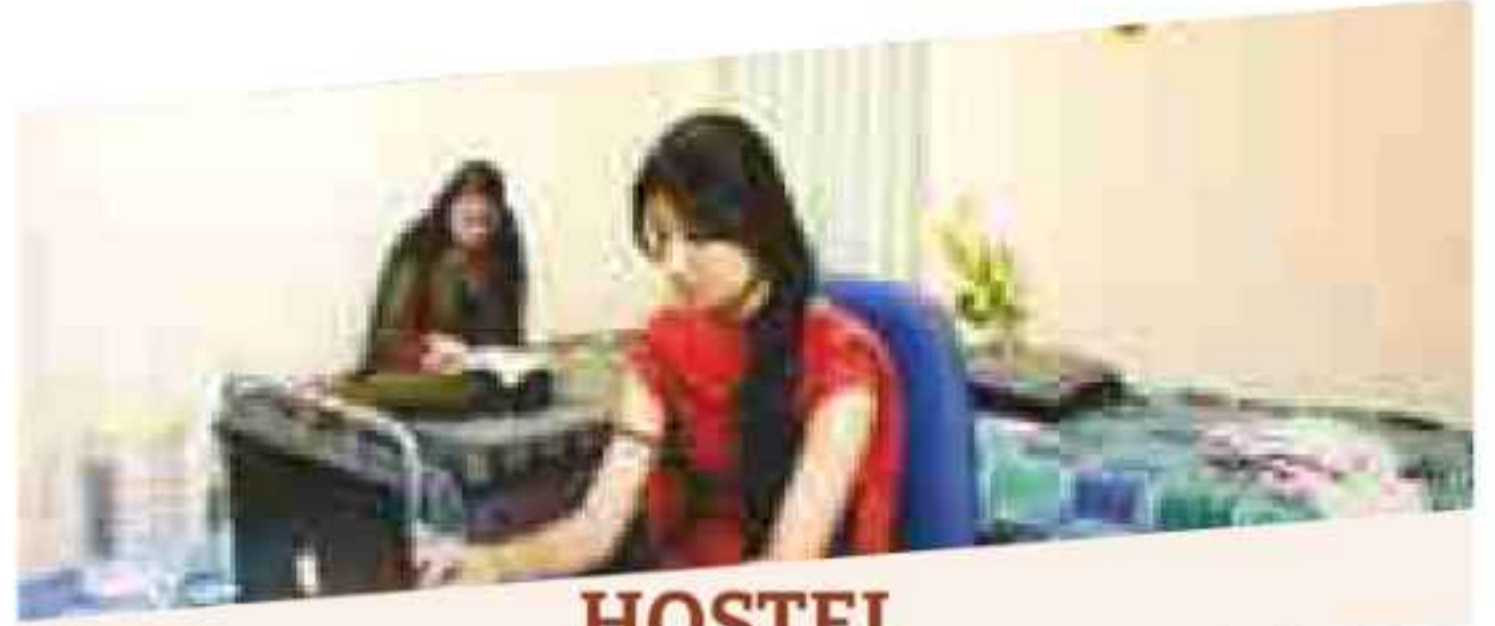
# Campus Facilities



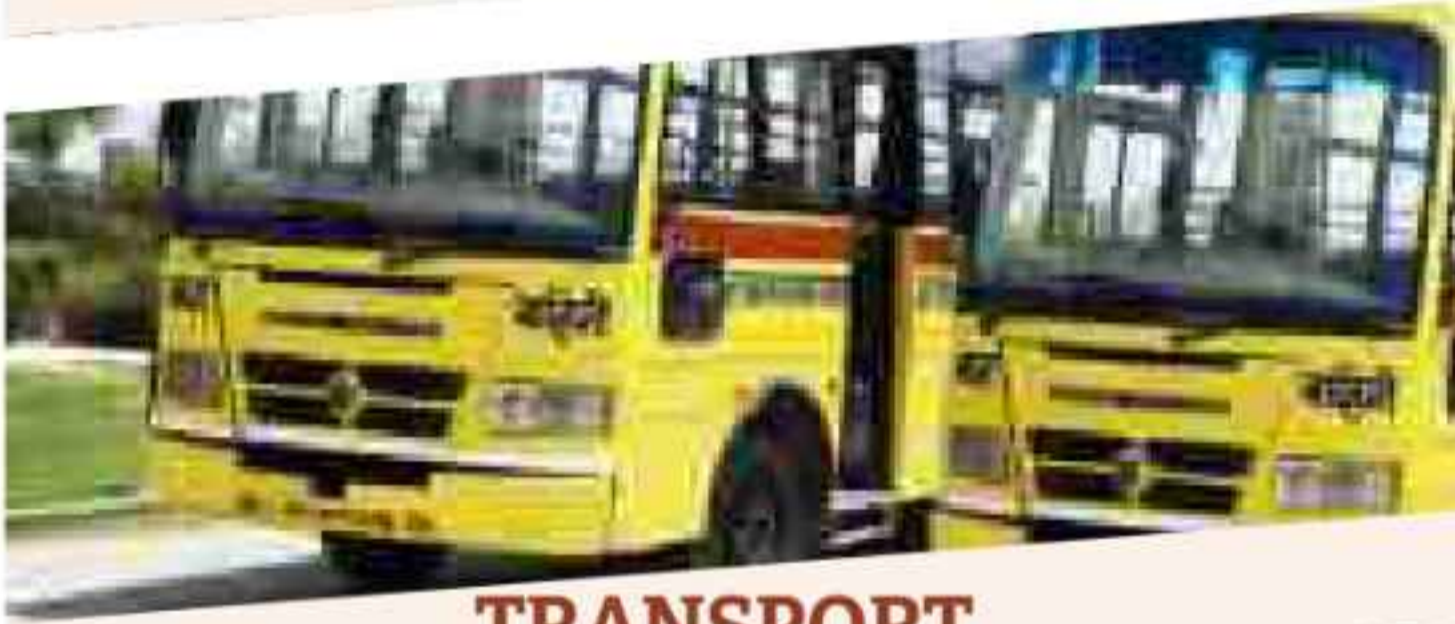
Our campus is based in the educational hub of Jaipur with infrastructure that is conducive to learning & development.



**CANTEEN**



**HOSTEL**



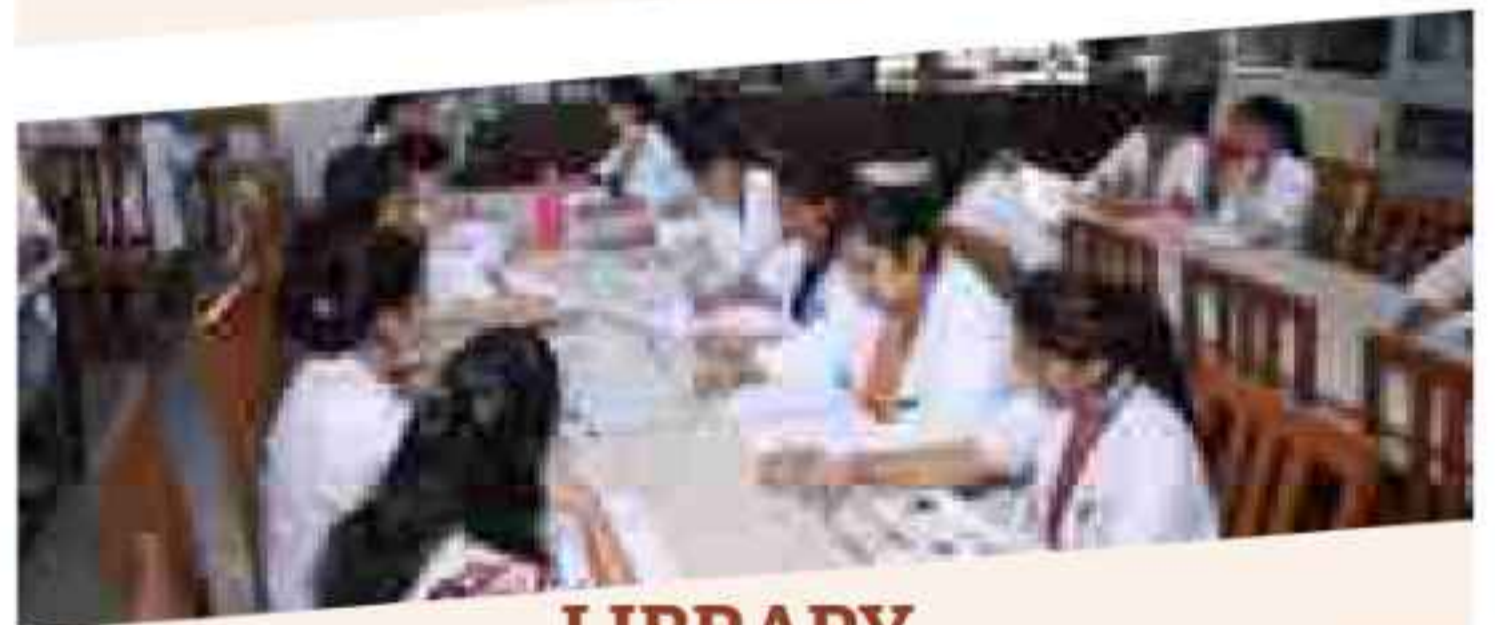
**TRANSPORT**



**SPORTS GROUND**



**LABORATORIES**



**LIBRARY**



**HOSPITAL**



**CONFERENCE HALL**



**AUDITORIUM**



**TRAINING HALLS**

## स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज में खेलकूद प्रतियोगिता 2019

स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज में खेलकूद प्रतियोगिता 2019 का समाचार समाचार न्यूज। स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज में खेलकूद प्रतियोगिता 2019 का समाचार समाचार न्यूज। स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज में खेलकूद प्रतियोगिता 2019 का समाचार समाचार न्यूज।

## स्वास्थ्य कल्याण समूह ने मनाया 73वां स्थापना दिवस

जयपुर, राज। स्वास्थ्य कल्याण ग्रुप ऑफ इंस्टीट्यूट्स में 73वां स्थापना दिवस उत्सव कार्यक्रम से मनाया गया। जयपुर स्थित कैम्प में पूजा, अर्घ्य, स्वागत कार्यक्रम ग्रुप के चेयरमैन डॉ. राम राम अग्रवाल ने धरतीपूजा किया। इस अवसर पर विभिन्न जिनसी इन्टरनेट, अग्रणी स्वास्थ्य कल्याण ग्रुप के सी.ई.ओ. डॉ. मनो अग्रवाल व योगी श्याम अग्रवाल उपस्थित रहे। समारोह को अध्यक्षता स्वास्थ्य कल्याण ग्रुप के सी.ओ.ओ. डॉ. राम राम ने की। इस अवसर पर स्वास्थ्य कल्याण ग्रुप को 'देशिक' 'देशिक-2019' का विजेता किया गया। समारोह के अंत में टिप्पणीकार-समिति को शिवाजी डॉ. श्रीकांत गुला ने शोभा प्रकट किया। इसी अवसर समूह के अन्य संस्थापक स्वास्थ्य कल्याण ग्रुप, गिरधरपुर में सुभा अर्घ्य डॉ. प्रवीण रामसुमित्र डॉ. डा. रंग भूषण ने, चिकित्सक बनेक, कालिका नर्सों में ट्यूब प्रसंगी अग्रवाल और अग्रवाल डॉ. सोम मिश्र, अग्रवाल, कल्याण ग्रुप फंड में डॉ. चक्रवर्ती ने धरतीपूजा किया।

## रोग प्रतिरोधक क्षमता बढ़ाने के लिए होम्योपैथिक दवा का वितरण



जयपुर (समाचार समाचार न्यूज)। स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज एण्ड रिसर्च सेंटर, जयपुर द्वारा रोग प्रतिरोधक क्षमता बढ़ाने के लिए होम्योपैथिक दवा का वितरण। आयुष मंत्रालय भारत सरकार के निर्देशानुसार रोग प्रतिरोधक क्षमता बढ़ाने वाली उल्लेखित एण्ड 30 दवा का वितरण किया गया। स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज एण्ड रिसर्च सेंटर, जयपुर की प्राचार्या डॉ. योगेश्वरी गुला व सहायक प्राचार्या डॉ. चिमोद कुमारा सेन ने बताया कि यस्तु जैसे लक्षण में, यह दवा रोग प्रतिरोधक क्षमता बढ़ाने में सहायक रही।

स्वास्थ्य कल्याण इंस्टीट्यूट्स ऑफ होम्योपैथिक मेडिकल कॉलेज की ओर से आयोजित जयपुर में होम्योपैथिक चिकित्सा शिविर कार्यक्रम में प्राचार्या डॉ. योगेश्वरी गुला और सहायक प्राचार्या डॉ. चिमोद कुमारा ने शोभा प्रकट किया।

## होम्योपैथिक दवा वितरित की

जयपुर, 1 जन 20। स्वास्थ्य कल्याण में स्वास्थ्य के लिए होम्योपैथिक दवा का वितरण किया गया। आयुष मंत्रालय भारत सरकार के निर्देशानुसार रोग प्रतिरोधक क्षमता बढ़ाने वाली उल्लेखित एण्ड 30 दवा का वितरण किया गया। स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज एण्ड रिसर्च सेंटर, जयपुर की प्राचार्या डॉ. योगेश्वरी गुला व सहायक प्राचार्या डॉ. चिमोद कुमारा सेन ने बताया कि यस्तु जैसे लक्षण में, यह दवा रोग प्रतिरोधक क्षमता बढ़ाने में सहायक रही।

## होम्योपैथिक चिकित्सा शिविर सम्पन्न

जयपुर में आयोजित होम्योपैथिक चिकित्सा शिविर कार्यक्रम में प्राचार्या डॉ. योगेश्वरी गुला और सहायक प्राचार्या डॉ. चिमोद कुमारा ने शोभा प्रकट किया।

### होम्योपैथिक दवा वितरित की



कोरोना महामारी से निवारण और रोग-प्रतिकारक क्षमता बढ़ाने के लिए स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज द्वारा निम्नलिखित दवाओं के वितरण कार्यक्रम का आयोजन किया गया है।

जयपुर, (रा.सं.)। कोविड महामारी से निवारण और रोग-प्रतिकारक क्षमता बढ़ाने के लिए स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज द्वारा निम्नलिखित दवाओं के वितरण कार्यक्रम का आयोजन किया गया है।

### पुरुषोत्तम मिस्टर और स्मृति शर्मा मिस हाँयनामिस रहे

जयपुर, (रा.सं.)। स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज द्वारा निम्नलिखित दवाओं के वितरण कार्यक्रम का आयोजन किया गया है।

### पोषण की जानकारी दी



जयपुर, (रा.सं.)। स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज द्वारा निम्नलिखित दवाओं के वितरण कार्यक्रम का आयोजन किया गया है।

### 'जयपुर हेल्थ फेस्टिवल' में होम्योपैथी पर कक्षा



जयपुर (रा.सं.)। स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज द्वारा निम्नलिखित दवाओं के वितरण कार्यक्रम का आयोजन किया गया है।

### एसकेएचएमसी में स्पोर्ट्स व कल्चरल वीक का आगाज



जयपुर (रा.सं.)। स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज द्वारा निम्नलिखित दवाओं के वितरण कार्यक्रम का आयोजन किया गया है।

### डॉ. विनोद स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज व स्मरण संस्था की सुमित्रा पाल द्वारा इम्युनिटी बूस्टर दवा वितरित की।



जयपुर (रा.सं.)। स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज द्वारा निम्नलिखित दवाओं के वितरण कार्यक्रम का आयोजन किया गया है।

### स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज में खेलकूद एवं सांस्कृतिक कार्यक्रम

जयपुर (रा.सं.)। स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज द्वारा निम्नलिखित दवाओं के वितरण कार्यक्रम का आयोजन किया गया है।



जयपुर (रा.सं.)। स्वास्थ्य कल्याण होम्योपैथिक मेडिकल कॉलेज द्वारा निम्नलिखित दवाओं के वितरण कार्यक्रम का आयोजन किया गया है।





**पहली नजर**

संस्दन कार्यक्रम के दौरान दार्जी के साथ विजेताओं की तस्वीर।

**योग एवं प्राकृतिक चिकित्सा को जीवन में अपनाएं**

जयपुर, (पंजाब केसरी) - सीतापुर स्थित स्वास्थ्य कल्याण इंस्टीट्यूट ऑफ नेचुरोपैथी एंड योगिक साइंस का वार्षिक समारोह 'संस्दन-2019' शनिवार को समाप्त हुआ। समारोह के मुख्य अतिथि राष्ट्रीय आयुर्वेदिक संस्थान के निदेशक प्रोफेसर संजोव शर्मा थे। अपने संबोधन में उन्होंने निरोग और स्वस्थ रहने के लिए योग एवं प्राकृतिक चिकित्सा को जीवन में अपनाने की सलाह दी। उन्होंने कहा कि यह ऐसी पैथी है जिसमें कोई साइड इफेक्ट नहीं, बल्कि बीमारों बीमारियों सहित कई क्रोनिक बीमारियों से भी दूर रखा जा सकता है। डॉ. एमएस अग्रवाल ने कहा कि योग जीवन जीने की एक कला है और नेचुरोपैथी एक धर्म है, जिसे अपनाने से व्यक्ति निरोग रह सकता है। कार्यक्रम के दौरान विभिन्न प्रतियोगिताओं में विजेताओं को पुरस्कार प्रदान किए गए।

**'संस्दन-2019' में दिया निरोगी रहने का संदेश**

प्राकृतिक चिकित्सा को जीवन में अपनाने की ही सलाह



जयपुर (जयपुर) - सीतापुर स्थित स्वास्थ्य कल्याण इंस्टीट्यूट ऑफ नेचुरोपैथी एंड योगिक साइंस का वार्षिक समारोह 'संस्दन-2019' शनिवार को समाप्त हुआ। समारोह के मुख्य अतिथि राष्ट्रीय आयुर्वेदिक संस्थान के निदेशक डॉ. संजोव शर्मा ने निरोग और स्वस्थ रहने के लिए योग एवं प्राकृतिक चिकित्सा को जीवन में अपनाने की सलाह दी है। इसके अलावा डॉ. अजिता सिंह के अध्यक्ष डॉ. अतीश कुमार जाट, डॉ. केशी सिंह आदि शामिल थे।

**अंजलि और दृष्टि ने योग लीग में जीता गोल्ड**

पंजाब केसरी

जयपुर - सीतापुर स्थित स्वास्थ्य कल्याण इंस्टीट्यूट ऑफ नेचुरोपैथी एंड योगिक साइंस के द्वारा आयोजित 'संस्दन-2019' कार्यक्रम में आयोजित 'योग लीग' में अंजलि अग्रवाल, दृष्टि अग्रवाल और अंजलि अग्रवाल ने स्वर्ण जीता है। स्वास्थ्य कल्याण इंस्टीट्यूट ऑफ नेचुरोपैथी एंड योगिक साइंस के द्वारा आयोजित 'संस्दन-2019' कार्यक्रम में आयोजित 'योग लीग' में अंजलि अग्रवाल, दृष्टि अग्रवाल और अंजलि अग्रवाल ने स्वर्ण जीता है। स्वास्थ्य कल्याण इंस्टीट्यूट ऑफ नेचुरोपैथी एंड योगिक साइंस के द्वारा आयोजित 'संस्दन-2019' कार्यक्रम में आयोजित 'योग लीग' में अंजलि अग्रवाल, दृष्टि अग्रवाल और अंजलि अग्रवाल ने स्वर्ण जीता है।



**योग विद्यार्थियों ने दिया निरोग रहने का संदेश**

जयपुर, (पंजाब केसरी) - सीतापुर स्थित स्वास्थ्य कल्याण इंस्टीट्यूट ऑफ नेचुरोपैथी एंड योगिक साइंस का वार्षिक समारोह 'संस्दन-2019' शनिवार को समाप्त हुआ। समारोह के मुख्य अतिथि राष्ट्रीय आयुर्वेदिक संस्थान के निदेशक प्रोफेसर संजोव शर्मा ने निरोग और स्वस्थ रहने के लिए योग एवं प्राकृतिक चिकित्सा को जीवन में अपनाने की सलाह दी। उन्होंने कहा कि यह ऐसी पैथी है, जिसमें कोई साइड इफेक्ट नहीं, बल्कि बीमारों बीमारियों सहित कई क्रोनिक बीमारियों से भी दूर रखा जा सकता है। डॉ. एमएस अग्रवाल ने कहा कि योग एक कला है और नेचुरोपैथी एक धर्म है, जिसे अपनाने से व्यक्ति निरोग रह सकता है। कार्यक्रम के दौरान विभिन्न प्रतियोगिताओं में विजेताओं को पुरस्कार प्रदान किए गए।

# Health Care



## About Swasthya Kalyan Blood Banks

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

Swasthya Kalyan Blood Bank and Thalassemia Research Centre is the first licensed blood bank in Rajasthan which was set up in 1995 and last year we also celebrated 25th foundation day of Swasthya kalyan blood bank. The blood bank has continued its pioneering work in the field by introducing the first platelet apheresis machine of the state in 1991 and getting the first cryoprecipitate license of the state in 2000. For its work, the blood bank was rewarded with a state reward of Rs. 51,000 by His Highness The Governor of Rajasthan in 2001. Since then, Swasthya Kalyan Blood bank has dedicated itself in ensuring that no one in Jaipur or anywhere else suffer from the paucity of blood and /or its components. **Blood is issued without taking any testing and processing charges from poor and thalassemia patients. The same facility is available for its employees and their dependents.**



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

### Our Blood Banks:

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

### Services Available:

- Whole Blood
- Packed RBCs
- Random Donor Platelets (RDP)
- Single Donor Platelets (SDP)
- Fresh Frozen Plasma (FFP)
- Cryoprecipitate

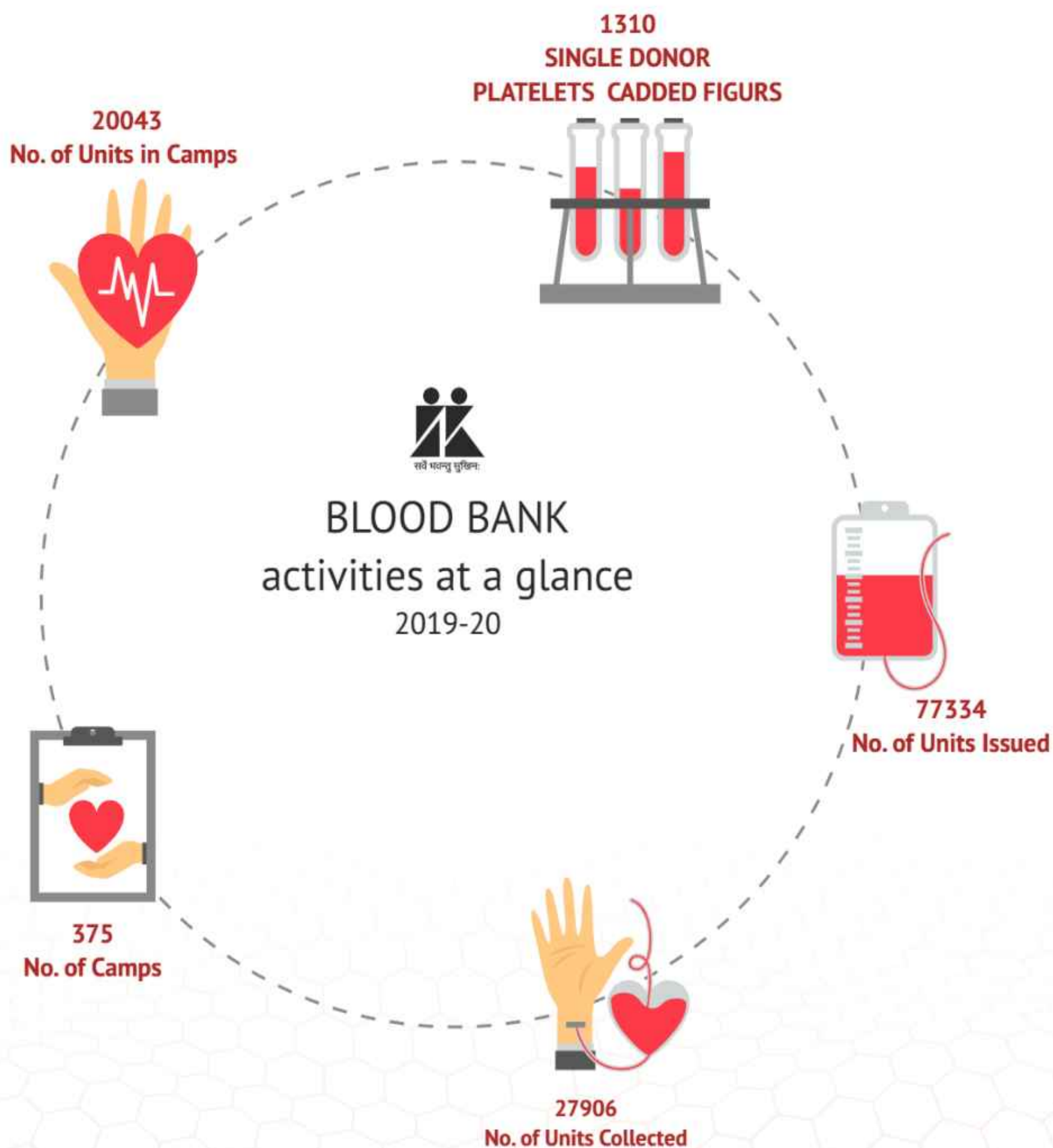
Camps are organized to reach distant villages and bring awareness in common man about blood donation.

**Areas covered by camps:** Jaipur, Didwana, Chomu, Bassi, Sikar, Kuchaman, Ajmer, Nawa, Sambhar, Bagru, Dudu, Shahpura, Kothputli, Virat Nagar, Khairthal, Bhilwara, Dausa, Bandikui, Behror.

Name of Branches Details	Swasthya Kalyan Blood Bank	Agrasen Blood Bank	Sevayatan Swasthya Kalyan Blood Bank	Apex Swasthya Kalyan Blood Bank	Total
No. of camps 2018-19	247	74	57	26	404
No. of camps 2019-20 (Till May)	239	58	50	28	375
Blood Issue details (in units) 2018-19	48794	16219	8383	8662	82058
Blood Issue details (in units) 2019-20 (Till May)	48250	14297	7704	7083	77334

# About Swasthya Kalyan Blood Banks

Blood collected details (in units) Name of Branches	2018-19			2019-20 (Till May)		
	Replacement	Voluntary Donation	Total	Replacement	Voluntary Donation	Total
Swasthya Kalyan Blood Bank	4405	13373	17778	3630	13856	17486
Agrasen Blood Bank	870	6283	7153	645	4794	5448
Sevayatan Swasthya Kalyan Blood Bank	468	3241	3709	378	2468	2844
Apex Swasthya Kalyan Blood Bank	1765	1004	2769	1206	922	2128
<b>Total</b>	<b>7508</b>	<b>23901</b>	<b>31409</b>	<b>5866</b>	<b>22040</b>	<b>27906</b>



# Blood Bank Team

## Swasthya Kalyan Blood Bank

Name	Designation
Mr. Anand Agarwal	Director
Dr. K. K. Mishra	Consultant Transfusion Medicine
Dr. Richa Gupta	Consultant Transfusion Medicine
Dr. O. P. Gupta	Medical Officer
Dr. Om Prakash Gupta	Medical Officer (Mobile Van)
Mr. Karan Agarwal	Technical Supervisor
Mr. M.D. Bhojwani	Camp Coordinator

## Agarsen Blood Bank

Name	Designation
Dr. Renu Kedia	Medical Officer In-charge
Mr. Gopal Sharma	Technical Supervisor
Mr. Om Prakash Sharma	Camp Coordinator

## Sevayatan Swasthya Kalyan Blood Bank

Name	Designation
Dr. Urmil Dhuria	Medical Officer In-charge
Mr. Rajat Dev Kudesiya	Technical Supervisor

## Apex Swasthya Kalyan Blood Bank

Name	Designation
Dr. T. N. Mishra	Medical Officer In-charge
Mr. Satyendra Gupta	Technical Supervisor

## Swasthya Kalyan Institute of Transfusion Medicine (SKITM)

Name	Designation
Dr. Om Prakash Gupta	Medical Officer In-charge



**Anuja Anand**

BNYS 5th year, Batch: 2015-16

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

# Blood Bank Media Coverage

## 'ब्लड बैंकों को रक्तदाता आत्मनिर्भर बनाएं, ताकि एबज में रक्तदान ना करना पड़े'



ब्लड बैंकों को रक्तदाता आत्मनिर्भर बनाएं, ताकि एबज में रक्तदान ना करना पड़े।

एबज में रक्तदान करने वाले लोगों को रक्तदान करने के लिए प्रोत्साहित किया जा रहा है।

एबज में रक्तदान करने वाले लोगों को रक्तदान करने के लिए प्रोत्साहित किया जा रहा है।

## सीए विनीत जैन स्मृति शिविर में 164 यूनिट रक्त दान

### राजस्थान पुलिसिबल मेडिकल कॉलेज, जयपुर



राजस्थान पुलिसिबल मेडिकल कॉलेज, जयपुर में सीए विनीत जैन स्मृति शिविर में 164 यूनिट रक्त दान किया गया।

राजस्थान पुलिसिबल मेडिकल कॉलेज, जयपुर में सीए विनीत जैन स्मृति शिविर में 164 यूनिट रक्त दान किया गया।

## देश का पहला ब्लड बैंक वॉलेट हुआ जारी



देश का पहला ब्लड बैंक वॉलेट हुआ जारी।

देश का पहला ब्लड बैंक वॉलेट हुआ जारी।

## देश के पहला ब्लड बैंक वॉलेट शुरू



देश के पहला ब्लड बैंक वॉलेट शुरू।

देश के पहला ब्लड बैंक वॉलेट शुरू।

## Now, a mobile app to store details of blood transaction

Now, a mobile app to store details of blood transaction.

Now, a mobile app to store details of blood transaction.

## स्वैच्छिक रक्तदान से ही दूर की जा सकती है ब्लड की कमी

### रक्तदान के प्रति लोगों में आब भी है भ्रम, एक बार रक्तदान से बच सकते हैं तीन जानें



स्वैच्छिक रक्तदान से ही दूर की जा सकती है ब्लड की कमी।

स्वैच्छिक रक्तदान से ही दूर की जा सकती है ब्लड की कमी।

# ऐसी मिसालें, जिन्होंने हजारों से बनाया 'खून का रिश्ता'



**वर्षा बरत डोंगर है जगत**  
**संरक्षक को छात्रों जितना**  
**का अभिमान**  
**अभियंताओं के साथ बरत**  
**खिलाफ को दिन खड़ा**  
**करीब 300, 400 वीरों**

## बैठ खान, वो से पैसा और 35 हजार फुल

करीब 300, 400 वीरों के साथ... (The text continues with details about the event and the number of donors, mentioning a total of 35,000 units of blood collected.)

## रक्त दाना 365 दिन, 100 से ज़्यादा

रक्त दाना 365 दिन, 100 से ज़्यादा... (The text discusses the importance of regular blood donation and the impact of the camps.)

### रक्त दानों के आवाजें

- राजस्थान में रक्त दान - 100
- उत्तर प्रदेश में रक्त दान - 100
- महाराष्ट्र में रक्त दान - 100
- कर्नाटक में रक्त दान - 100

राज्य	रक्त दानों की संख्या
राजस्थान	100
उत्तर प्रदेश	100
महाराष्ट्र	100
कर्नाटक	100

### रक्तदानों के लिए

रक्तदानों के लिए... (The text provides information about the benefits of blood donation and how to participate.)



रक्तदानों के लिए... (Additional text about the importance of blood donation and the role of donors.)

## ब्लड बैंक के स्थापना दिवस पर रक्तदाताओं का सम्मान

ब्लड बैंक के स्थापना दिवस पर... (The text describes the inauguration ceremony and the honor given to donors.)



रक्तदानों के लिए... (Text about the significance of the event and the support from the community.)



## देश का पहला ब्लड बैंक वॉलेट हुआ जारी

देश का पहला ब्लड बैंक वॉलेट हुआ जारी... (The text explains the concept of a blood bank wallet and its importance for donors.)



रक्तदानों के लिए... (Text about the launch of the blood bank wallet and the encouragement for more donors.)

## स्थापना दिवस पर रक्तदाताओं का हुआ सम्मान



जयपुर, स्वास्थ्य कल्याण ब्लड बैंक के पच्चीसवें स्थापना दिवस पर रविवार को मालवीयनगर स्थित निजी अस्पताल में रक्तदान शिविर लगाया गया। अध्यक्ष डॉ. एसएम अणुवाल ने कहा कि रक्तदान करने वाला किसी योद्धा से कम नहीं होता। वहीं, पत्रकार सत्येन्द्र पौरवाल सहित रक्तदान से जुड़े अन्य लोगों को

'रक्तदान योद्धा' का प्रशस्ति पत्र देकर सम्मानित किया। इस मौके पर ब्लड बैंक वॉलेट का लोकार्पण किया गया। आयोजकों ने दावा किया कि यह देश का ऐसा प्रथम वॉलेट है, जिससे रक्तदाताओं को काई रखने की जरूरत नहीं होगी। रक्त देने ही वह वॉलेट में जुड़ जाएगा तथा जरूरत के समय रक्त लिया जा सकेगा।

# कोविड 19 पहचान

**डॉ. सरस्वती:** नमस्ते ! आप सभी जानते हैं कि आजकल एक महामारी है जिसका नाम कोरोना है जो कि बेहद घातक बीमारी है इसलिए हम इसी के बारे में कुछ प्रश्नों का जवाब विख्यात चिकित्सक डॉ. वीरेन्द्र सिंह, जो कि भारत ही नहीं एशिया के जाने माने श्वास रोग के विशेषज्ञ हैं, आप पूर्व में एस. एम.एस अस्पताल के अधीक्षक रह चुके हैं, आप वर्तमान में राजस्थान हॉस्पिटल व अस्थामा भवन के अध्यक्ष हैं, से पायेंगे।

**डॉ. वीरेन्द्र सिंह:** नमस्ते! आप सभी का धन्यवाद।

**डॉ. सरस्वती:** सर ! नोवेल कोरोना वायरस क्या है?

**डॉ. वीरेन्द्र सिंह:** नोवेल कारोना वायरस (COV) एक ऐसा वायरस है जो पहले मनुष्य शरीर में पहली बार पाया गया है। इस वायरस का आकार 0.3 माइक्रोन होता है। यह कितना सूक्ष्म है कि यह इस बात से अन्दाजा लगाया जा सकता है, आपका एक बाल 75 माइक्रोन व्यास का होता है। इसे कोविड-19 के नाम से भी जाना जाता है। कोविड-19 श्वास रोग के नाम से सम्बंधित बीमारी है। यह बीमारी सृष्टि में बिल्कुल ही नयी है।

**डॉ. सरस्वती:** सर, कोविड-19 का संक्रमण किस तरह से होता है?

**डॉ. वीरेन्द्र सिंह:** कोविड 19 बीमारी एक व्यक्ति से दूसरे व्यक्ति को फैलती है। कोरोना वायरस, संक्रमित व्यक्ति के खाँसने, छिकने व थूकने से फैलता है। एक संक्रमित व्यक्ति के एक बार सांस लेने में लगभग 20 वायरस निकलते हैं, बोलने में लगभग 200 वायरस व खाँसने व छींकने में लगभग 200 मिलियन से अधिक वायरस निकलते हैं। संक्रमित व्यक्ति के नजदीक जाने पर ये विषाणुयुक्त कण साँस या मुँह के रास्ते आपके शरीर में प्रवेश करते हैं। पहले यह माना जाता था कि कोविड वायरस केवल सतह पर ही रहता है, परन्तु नए शोध में यह पता चला है कि यह हवा में भी कुछ समय तक रहता है, अतः अब और भी ज्यादा एहतियात रखने की आवश्यकता है।

**डॉ. सरस्वती:** सर, इस रोग के लक्षण क्या हैं?

**डॉ. वीरेन्द्र सिंह:** कोविड-19 अलग-अलग लोगों को अलग-अलग तरीके से प्रभावित करता है। अधिकांश संक्रमित लोग हल्के से मध्यम, बीमारी का विकास करेंगे और अस्पताल में भर्ती हुए बिना ठीक हो जाएंगे।

सामान्य लक्षण	कम सामान्य लक्षण	बेहद गंभीर लक्षण
 बुखार	 दर्द एवं पीड़ा	 सांस लेने में कठिनाई या सांस की तकलीफ
 सूखी खाँसी	 गले में खराश	 सीने में दर्द या दबाव
 थकान	 दस्त	 बोलने और चलने फिरने में परेशानी
	 आंख आना	
	 सरदर्द	
	 स्वाद या गंध में बदलाव	

**डॉ. सरस्वती:** सर, अगर व्यक्ति कोरोना संक्रमित है तो वो कितने वक्त में ठीक हो जाता है?

**डॉ. वीरेन्द्र सिंह:** व्यक्ति का ठीक होना उसके लक्षण पर आधारित है जानकारी के अनुसार जिस व्यक्ति को सामान्य लक्षण हैं वह दो सप्ताह में और तीन-छः सप्ताह में बेहद गंभीर लक्षण वाले मरीज ठीक हो जाते हैं।

**डॉ. सरस्वती:** सर, इस महामारी में किस व्यक्ति को क्वारेंटाइन किया जाता है?

**डॉ. वीरेन्द्र सिंह:** क्वारेंटाइन का अर्थ है कि ऐसा स्वस्थ व्यक्ति जो कि कोविड-19 संक्रमित रोगी के सम्पर्क में आया है, परन्तु उसमें किसी प्रकार के लक्षण नहीं पाए गए हैं और उसे अन्य व्यक्तियों से अगल कर दिया जाता है। क्वारेंटाइन का समयकाल चौदह दिन निश्चित किया गया है।

**डॉ. सरस्वती:** सर, क्या कोविड-19 का टीका उपलब्ध है?

**डॉ. वीरेन्द्र सिंह:** आप सभी जानते हैं अगर कोई नया रोग अस्तित्व में आता है तब उसका कोई टीका नहीं होता। अभी तक कोविड-19 का टीका या वैक्सीन उपलब्ध नहीं है।

**डॉ. सरस्वती:** क्या कोरोना बीमारी का इलाज संभव है?

**डॉ. वीरेन्द्र सिंह:** कोरोना बीमारी के लिए कोई विशेष इलाज उपलब्ध नहीं है परन्तु उसके लक्षणों के आधार पर रोगी की अवस्था देखकर उनका इलाज किया जाता है।

**डॉ. सरस्वती:** सर, कोरोना से रक्षण के क्या उपाय हैं?

**डॉ. वीरेन्द्र सिंह:**

- किसी भी काम के लिए घर से निकलने से लेकर घर वापस आने तक टाइट फिट मास्क का इस्तेमाल करना आवश्यक है।
- अपने हाथों को हैंडवॉश और पानी से कम से कम 20 सैकेण्ड तक धोएं या सैनिटाइजर का इस्तेमाल करें।
- आप बाहर से घर वापस आएँ, तो बार-बार अपने हाथ धोएं।
- अगर आप घर से बाहर है तो सैनिटाइजर का उपयोग करें।
- किसी भी व्यक्ति से बात करते समय कम से कम 6 फीट की दूरी बनायें अर्थात् सामाजिक दूरी का पालन करें।
- अपने नाक, आँख और मुँह को ना छुएं।
- घर पर रहें, सुरक्षित रहें।

**डॉ. सरस्वती:** सर, कोरोना का परिक्षण कहाँ किया जाता है?

**डॉ. वीरेन्द्र सिंह:** कोरोना परिक्षण के लिए सरकार द्वारा अनुमोदित संस्थानों द्वारा (Secretion) नाक एवं गले से सेम्पल लिया जाता है।

**डॉ. सरस्वती:** डॉ. वीरेन्द्र सिंह सर आपका बहुत धन्यवाद। हमारे दैदिप्य के पाठकों को इतने सरल शब्दों में आपने इतनी महत्वपूर्ण जानकारी दी।



**Dr. Saraswati M. Sharma**

Assistant Professor

Swasthya Kalyan Homoeopathic Medical College & Research Centre

# Rajasthan Hospital Doctor's Team



अपना अस्पताल - राजस्थान अस्पताल



# Doctor's Directory



## Bone, Joint & Orthopedics

**Dr. S S Soni**, Sr. Consultant  
Joint Replacement & Arthroscopy

**Dr. Jeetesh Jain**, Consultant  
Sports Medicine & Joint Replacement

**Dr. Rahul Upadhyay**, Consultant  
Ankle & Foot Surgery



## Brain Center

**Dr. Anil Kothiwala**, Consultant  
Neurosurgery



## Critical Care & Anesthesiology

**Dr. Narendra Rungta**, Sr. Consultant  
Critical Care Medicine

**Dr. Khusboo Umarwal**, Consultant  
Anesthesia

**Dr. Neetika Soni**, Consultant  
Critical Care Anesthesia

**Dr. Rakesh Kumar Bhargava**, Consultant  
Cardiac Anesthesia



## Lung Center of Excellence

**Dr. Virendra Singh**, President & Sr. Consultant  
Allergy, Asthma & Respiratory Medicine

**Dr. Madhur Joshi**, Consultant  
Pulmonology & Sleep Medicine



## ENT

**Dr. Nikhil Soni**, Assistant Consultant  
ENT



## Eye Center

**Dr. Vibha Khare**, Sr. Consultant  
Ophthalmology

**Dr. Karishma Goyal**, Assistant Consultant  
Ophthalmology



## Geriatric Medicine

**Dr. Rishav Bansal**, Consultant  
Geriatric Medicine



## Heart Center

**Dr. Saurabh Jaiswal**, Head & Sr. Consultant  
Cardiothoracic & Vascular Surgery

**Dr. Pawan Mehta**, Sr. Consultant  
Interventional Cardiology

**Dr. Prashant Kothari**, Consultant  
Cardiothoracic & Vascular Surgery

**Dr. Tarun Goklani**, Consultant  
Clinical Cardiology



## Interventional Radiology

**Dr. Manish Rajput**, Consultant  
Interventional Radiology

**Dr. Ragnath Nagvekar**, Consultant  
Interventional Radiology



## Laboratory Medicine

**Dr. Garima Sharma**, Consultant  
Pathology



## De Addiction Psychiatrist

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



## Dental Sciences

**Dr. Navneet Godara**, Sr. Consultant  
Dentist



## Medicine

**Dr. P C Ranka**, Director & Sr. Consultant  
General Medicine

**Dr. D K Jain**, Sr. Physician & Consultant  
General Medicine

**Dr. Pankaj Verma**, Consultant  
General Medicine



## Mother & Child

**Dr. Veena Acharya**, Sr. Consultant  
Obstetrics & Gynaecology

**Dr. Priyanka Sharma**, Consultant  
Obstetrics & Gynaecology

**Dr. A A Pathan**, Sr. Consultant  
Pediatrics & Neonatology

**Dr. Deep Chand Khandelwal**, Consultant  
Pediatrics & Neonatology



## Physiotherapy & Rehabilitation

**Dr. Mahesh Shou**, Sr. Consultant  
Physiotherapy



## Radiology & Imaging

**Dr. Radha Mohan Batwara**, Chief Consultant  
Radiology

**Dr. Kalyani Agarwal**, Consultant  
Radiology



## Skin Center

**Dr. Dinesh Mathur**, Sr. Consultant  
Dermatology



## Surgical Sciences

**Dr. Sharad Daga**, Consultant  
General & Laparoscopic Surgery

## घर बैठे निःशुल्क मिल सकेगी सभी विशेषज्ञ चिकित्सकों की सलाह

**कोटावा से स्वास्थ्य के लिए राजस्थान अस्पताल की आनंदी पहल**

**आज तक** कोटावा के निवासियों को घर बैठे ही विशेषज्ञ चिकित्सकों की सलाह मिल सकेगी। राजस्थान अस्पताल की आनंदी पहल के तहत कोटावा से स्वास्थ्य के लिए राजस्थान अस्पताल की आनंदी पहल शुरू की गई है। इस पहल के तहत कोटावा के निवासियों को घर बैठे ही विशेषज्ञ चिकित्सकों की सलाह मिल सकेगी।

**आज तक** कोटावा के निवासियों को घर बैठे ही विशेषज्ञ चिकित्सकों की सलाह मिल सकेगी। राजस्थान अस्पताल की आनंदी पहल के तहत कोटावा से स्वास्थ्य के लिए राजस्थान अस्पताल की आनंदी पहल शुरू की गई है। इस पहल के तहत कोटावा के निवासियों को घर बैठे ही विशेषज्ञ चिकित्सकों की सलाह मिल सकेगी।

## राजस्थान अस्पताल ने की हाउसिंग बोर्ड में निःशुल्क स्क्रीनिंग

**आज तक** राजस्थान अस्पताल ने कोटावा के हाउसिंग बोर्ड में निःशुल्क स्क्रीनिंग की है। इस पहल के तहत कोटावा के निवासियों को घर बैठे ही विशेषज्ञ चिकित्सकों की सलाह मिल सकेगी।



## राजस्थान अस्पताल ने की हाउसिंग ...

स्क्रीनिंग का काम अखिल आनंदी पहल अरोहण की स्क्रीनिंग के साथ शुरू हुआ। एक-एक करके सभी अधिकारियों और कर्मचारियों की स्क्रीनिंग की गई। सभी की रिपोर्ट सामान्य बरतई जा रही है। इस अवसर पर अधिकारियों को सैनेटाइजर और मास्क आदि सुरक्षा सामग्री का वितरण भी किया गया।

## नेजोफेरिजियल वॉश रोक सकते हैं कोरोना इन्फेक्शन: डॉ. शीतू सिंह

**अंतरराष्ट्रीय संरक्षक 'सैन डीविड' के शीव में मुद्रा लघुसम्मेल**

**आज तक** डॉ. शीतू सिंह ने कहा कि नेजोफेरिजियल वॉश कोटावा के निवासियों को घर बैठे ही विशेषज्ञ चिकित्सकों की सलाह मिल सकेगी। राजस्थान अस्पताल की आनंदी पहल के तहत कोटावा से स्वास्थ्य के लिए राजस्थान अस्पताल की आनंदी पहल शुरू की गई है। इस पहल के तहत कोटावा के निवासियों को घर बैठे ही विशेषज्ञ चिकित्सकों की सलाह मिल सकेगी।



## बच्चों में होने वाले कैंसर में दूसरे नंबर का सर्वाधिक कैंसर है ब्रेन ट्यूमर

**आज तक** बच्चों में होने वाले कैंसर में दूसरे नंबर का सर्वाधिक कैंसर है ब्रेन ट्यूमर। राजस्थान अस्पताल की आनंदी पहल के तहत कोटावा से स्वास्थ्य के लिए राजस्थान अस्पताल की आनंदी पहल शुरू की गई है। इस पहल के तहत कोटावा के निवासियों को घर बैठे ही विशेषज्ञ चिकित्सकों की सलाह मिल सकेगी।



## सफेद दाग की बीमारी से भारत की 2 फीसदी आबादी ग्रसित : डॉ. माथुर

**आज तक** सफेद दाग की बीमारी से भारत की 2 फीसदी आबादी ग्रसित है। राजस्थान अस्पताल की आनंदी पहल के तहत कोटावा से स्वास्थ्य के लिए राजस्थान अस्पताल की आनंदी पहल शुरू की गई है। इस पहल के तहत कोटावा के निवासियों को घर बैठे ही विशेषज्ञ चिकित्सकों की सलाह मिल सकेगी।



## 'ब्लड बैंकों को रक्तदाता आत्मनिर्भर बनाएं, ताकि एबज में रक्तदान ना करना पड़े'

**आज तक** ब्लड बैंकों को रक्तदाता आत्मनिर्भर बनाएं, ताकि एबज में रक्तदान ना करना पड़े। राजस्थान अस्पताल की आनंदी पहल के तहत कोटावा से स्वास्थ्य के लिए राजस्थान अस्पताल की आनंदी पहल शुरू की गई है। इस पहल के तहत कोटावा के निवासियों को घर बैठे ही विशेषज्ञ चिकित्सकों की सलाह मिल सकेगी।



## मेटाबोलिक डिऑर्डर्स पर सीएमई का आयोजन



**बनपुर।** इंडियन डाक्टरेटिक्स एसोसिएशन, रामस्वयं चैप्टर को महान हैल्थनुर्तन इंटीग्रेशन एंड मेडिकल एजुकेशन। आयुर्वेद के अनुसंधान के अंतर्गत अर्थात इन सभी का जोड़ है जो हम खाली है। अर्थ का समग्रता का ही सिद्ध है जो हमारे पास है और वे ही टूटने का कारण बनता आम बात है। अर्थात् दिनचर्या के बारे में हमें सही ध्यान देना है जो ही संतुलित जीवन को है। पोषण एक ऐसा विज्ञान है जिससे हम हमारे दिनचर्या और जीवन के बारे में सही निर्णय ले सकते हैं। इसी बातों को ध्यान में रखते हुए - मेटाबोलिक डिऑर्डर्स पर सीएमई का आयोजन रामस्वयं हॉस्पिटल एवं इंडियन डाक्टरेटिक्स एसोसिएशन, रामस्वयं चैप्टर के संयुक्त संयोजन में शनिवार को मेटाबोलिक डिऑर्डर्स पर सीएमई का आयोजन किया गया। इसमें श्रीम पद्मसेन के अध्यक्ष डाक्टरेटिक्स ने भाग लिया। कार्यक्रम की अध्यक्षता नेहा दुआ, चीफ डाक्टरेटिक्स, रामस्वयं हॉस्पिटल ने सौजन्य की आयोजन करने का लक्ष्य मेटाबोलिक डिऑर्डर्स में पोषण से सम्बंधित आयुर्वेदिक पहलुओं के द्वारा डाक्टरेटिक्स के ज्ञान और जीवन को अर्थ देने की जानकारी दी। प्रथम टैक्निकल सेशन में डॉ. अश्विनी शुक्ल ने मेटाबोलिक डिऑर्डर्स में डाक्टरेटिक्स और पोषण के बारे में जानकारी दी। विषयों की समीक्षा करके और डॉ. मधुसेन शर्मा, चैप्टर अध्यक्ष रहें। दूसरे सेशन में डाक्टरेटिक्स नेहा दुआ ने डाक्टरेटिक्स और पोषण पर महत्व एवं अर्थ के बारे में जानकारी दी। इसमें चैप्टर अध्यक्ष डाक्टरेटिक्स प्रीति विजय और डॉ. नमिता पनवारिया रही। तैकरी सेशन में डाक्टरेटिक्स शशि शर्मा ने वायरल ने पोषण का ध्यान रखना जिसमें डॉ. प्रीति पनवार और डॉ. अश्विनी शर्मा ने सलाह दी। अंतिम सेशन में इंडियन डाक्टरेटिक्स एसोसिएशन, रामस्वयं चैप्टर की अध्यक्ष डॉ. निखिल सिंह ने आभार और एकरसमयभार के बारे में बताया जिसमें डॉ. अश्विनी चैप्टर अध्यक्ष के रूप में रही। कार्यक्रम में इंडियन डाक्टरेटिक्स एसोसिएशन, रामस्वयं चैप्टर की सहयोगिता के साथ मेटाबोलिक डिऑर्डर्स पर सीएमई का आयोजन किया गया। कार्यक्रम में पद्मसेन के अध्यक्ष डाक्टरेटिक्स ने भाग लेने में भाग लिया। कार्यक्रम में पद्मसेन के अध्यक्ष डाक्टरेटिक्स ने भाग लेने में भाग लिया।

कोविड-19 से बचाव में योगदान के लिए

## विशेषज्ञ चिकित्सकों ने कोरोना से बचाव के लिए दैनिक दिनचर्या में बदलाव पर दिया जोर

**बनपुर।** कोरोना से बचाव के लिए विशेषज्ञ चिकित्सकों ने दैनिक दिनचर्या में बदलाव पर जोर दिया। विशेषज्ञ चिकित्सकों ने कोरोना से बचाव के लिए दैनिक दिनचर्या में बदलाव पर जोर दिया। विशेषज्ञ चिकित्सकों ने कोरोना से बचाव के लिए दैनिक दिनचर्या में बदलाव पर जोर दिया।



विशेषज्ञ चिकित्सकों ने कोरोना से बचाव के लिए दैनिक दिनचर्या में बदलाव पर जोर दिया। विशेषज्ञ चिकित्सकों ने कोरोना से बचाव के लिए दैनिक दिनचर्या में बदलाव पर जोर दिया। विशेषज्ञ चिकित्सकों ने कोरोना से बचाव के लिए दैनिक दिनचर्या में बदलाव पर जोर दिया।

विशेषज्ञ चिकित्सकों ने कोरोना से बचाव के लिए दैनिक दिनचर्या में बदलाव पर जोर दिया। विशेषज्ञ चिकित्सकों ने कोरोना से बचाव के लिए दैनिक दिनचर्या में बदलाव पर जोर दिया। विशेषज्ञ चिकित्सकों ने कोरोना से बचाव के लिए दैनिक दिनचर्या में बदलाव पर जोर दिया।

## राजस्थान हॉस्पिटल में हर्षोल्लास के साथ मनाया गणतंत्र दिवस

**बनपुर।** राजस्थान हॉस्पिटल में गणतंत्र दिवस के अवसर पर कार्यक्रम आयोजित किया गया। कार्यक्रम में हर्षोल्लास के साथ मनाया गया। कार्यक्रम में हर्षोल्लास के साथ मनाया गया। कार्यक्रम में हर्षोल्लास के साथ मनाया गया।



राजस्थान हॉस्पिटल में गणतंत्र दिवस के अवसर पर कार्यक्रम आयोजित किया गया।

**विशेषज्ञ चिकित्सकों ने कोरोना से बचाव के लिए दैनिक दिनचर्या में बदलाव पर जोर दिया।**

## Gargling and nasal wash may prevent infection, says study

**बनपुर।** A study has found that gargling and nasal wash may prevent infection. The study was conducted in a hospital setting. The researchers found that gargling and nasal wash can help reduce the risk of infection. The study was published in a medical journal. The researchers found that gargling and nasal wash can help reduce the risk of infection. The study was published in a medical journal.

## सबको मिले सुरक्षित और बिना एवज के रक्त : डॉ एस एस अग्रवाल

**बनपुर।** डॉ एस एस अग्रवाल ने कहा कि रक्त दान करना एक सुरक्षित और बिना एवज के तरीका है। डॉ एस एस अग्रवाल ने कहा कि रक्त दान करना एक सुरक्षित और बिना एवज के तरीका है। डॉ एस एस अग्रवाल ने कहा कि रक्त दान करना एक सुरक्षित और बिना एवज के तरीका है।



**बनपुर।** डॉ एस एस अग्रवाल ने कहा कि रक्त दान करना एक सुरक्षित और बिना एवज के तरीका है। डॉ एस एस अग्रवाल ने कहा कि रक्त दान करना एक सुरक्षित और बिना एवज के तरीका है। डॉ एस एस अग्रवाल ने कहा कि रक्त दान करना एक सुरक्षित और बिना एवज के तरीका है।

### श्री जगन्नाथ के विशाल मण्डप का विमोचन किया

**बनपुर।** श्री जगन्नाथ के विशाल मण्डप का विमोचन किया गया। श्री जगन्नाथ के विशाल मण्डप का विमोचन किया गया। श्री जगन्नाथ के विशाल मण्डप का विमोचन किया गया। श्री जगन्नाथ के विशाल मण्डप का विमोचन किया गया।

## Patient Testimonial

### Ms. Bharti Meena

I came to this hospital to get my operation done by the ENT surgeon Dr. Nikhil Soni. I am very satisfied with the treatment and care provided by the Doctor & nursing staff. Dr. Soni took special care & cleared all my doubts before & after surgery. The hospital was very neat & clean, the guards were also very helpful."

### Mrs. Rekha Sharma

The nursing care is very good here they are very prompt and take care like family, Doctor came to see me regularly & explained everything in details. Very good hospitality & good food. Keep up the clean environment."

### Mr. Liyakat Khan

I would like to thank Dr. Pankaj Verma from the core of my heart. It is because of him we had come here and are highly satisfied with his treatment. He is an amazing Doctor. The hospital is well built all are very hardworking even the ground staff are very courteous and helpful."

### Mrs. Ram Beti - The Son writes

Dr. Virendra Singh is the best Doctor we have ever come across. He has given a new life to my mother. Thanks a lot for all the best care provided by the expert nursing staff who took very good care of her creating a friendly environment in the hospital. Thanks alot..!"

### Mr. Lal Chand

ICU care was very good here, staff is very experienced, caring and prompt. Ward nursing care was also very satisfactory, everyone was very well behaved & ready to help. Medicines management for patients was very well taken of. We are very satisfied with the treatment & services."

### Mrs. Shikha Dadhich

I had got my delivery done here, I was so much mentally & physically relaxed as I was taken care of excellently by Madhu Sister in the ward, she was just like a mother who took care of me & my baby. Dr. Veena & Dr. Priyanka had built up the trust in me that I was under safe hands. Thanks a lot to all of you!"

**Mr. Jagdish Singh**

We are grateful to have such a best quality treatment over here. We are fully satisfied with all the services provided to the patient as well as the attendant. Thank you for the best services. Keep it up!

**Mr. Hemraj Singh**

I would appreciate the nursing staff for their pleasant & compassionate services to all the patients they attend, they have made me feel homely during my stay in the hospital. one of the best care providers."

**Mr. Loveena Gajwani**

Had a very good experience in the hospital. The nursing staff are very kind and takes proper care. The incharge is very helpful and the food served for the patient was also very good.

**Preeti Khawad**

My husband was admitted for a surgery and we had a very stress-free stay during his admission. The environment is very positive and it does not feel like hospital. Staff was very friendly as well.

**Mr. Moti Lal Banshiwal**

Dr. Anil Kothiwala is a very down to earth & amazing personality. He has treated my Father like a family member. Lots of blessings to him & the hospital from my father."

**Mr. Mani Ram**

I am highly satisfied with the hospital management, cleaning & doctor's behaviour with patients. Everyone are very responsible & hard working. Keep up the good work."



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# Writers Corner

# Happiness - A Habit

Viktor Frankl the Austrian neurologist, psychiatrist and holocaust survivor said that "Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way." Meaning thereby no matter what life throws towards you it is your choice whether to accept it happily or to create conflicts. You may face hardships but you may look at them as if they are here to teach you and not to embarrass you. It is only when we face hardships bravely that we exercise our choice as said by Frankl.

Success and failure are two parts of the same coin and every one of us has to suffer failures and enjoy successes. We are humans and have been awarded this life simply to enjoy whatever it provides us. Lord Krishna said in The Bahgwad Gita that we can only have control over our actions and not on the results they will bear. Thus in order to attain peace of mind one needs to inculcate the habit of perfection of action meaning thereby that you simply do your best and never to bother about the result. Once you have done your part to the best of your abilities you are relieved of the burden of the result your actions will bring.

We are responsible for what we are and we have the power to make ourselves whatever we wish ourselves to be. Everyone on this planet is a wonder of this world. Everyone of us is a hero in some way or the other. Everyone of us has the potential for extraordinary achievement, happiness and lasting fulfillment. All it takes are small steps in the direction of our dreams.

Like the Taj Mahal, a life overflowing with wonders is built day by day, block by block. Small victories lead to large victories. Tiny incremental changes and improvements will create positive habits which will create positive results. And these positive results will inspire you towards greater personal change.

Begin to live each day as if it were your last. Starting today, learn more, laugh more and do what you truly love to do. Always remember, what lies behind you and what lies in front of you matters little when compared to what lies within you.



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

C.O.O.

Swasthya Kalyan Group

# Role of Homoeopathy In Covid-19

## Introduction

Homoeopathy is a distinctive medical specialty being practiced across the world. The system has blended well into the roots and traditions of many countries and plays an important role in providing health care to a large number of people. It is widely used as a first line of treatment in many illnesses including even in few surgical cases like renal calculi. It is also a primary care option for several serious illnesses through expert medical consultation.

But, the strength of Homoeopathy lies in its evident effectiveness on certain clinical conditions for which there is less treatment options in other systems. Homoeopathy takes a holistic approach towards the sick through promotion of inner balance at mental, emotional, spiritual and physical levels. Therefore, during this pandemic of COVID-19, Homoeopathy can provide an effective medical care with some very useful medicines when prescribed on basis on symptom similarity following essential medical protocol.

Major sign & symptom	Investigations	Precautions
<ul style="list-style-type: none"><li>• Continuous high fever with running nose</li><li>• Acute Chest Pain with difficulty breathing</li><li>• Throat infection with (Dry Cough), hoarseness</li><li>• Loss of taste and smell</li><li>• Diarrhoea, Headache</li></ul>	<ul style="list-style-type: none"><li>• Throat and nasal Swab</li><li>• Blood Examination</li><li>• X-Ray Chest</li><li>• Measuring Oxygen Level</li><li>• Urine Examination</li></ul>	<ul style="list-style-type: none"><li>• Social distancing</li><li>• Washing hands with soap under running water for 20 seconds</li><li>• Wearing mask &amp; gloves</li><li>• Avoid gathering in public places</li><li>• Proper Sanitization</li></ul>

## Leading Medicines

**Antimonium Tartaricum:** Hoarseness with great rattling of mucus in chest but very little expectoration. Velvety feeling in chest; burning sensation in chest which ascends to throat. Rapid short, difficult breathing seems as if he would suffocate. Pulse is rapid; weakness trembling dizziness with pain in chest and larynx. Vertigo alternates with drowsiness.

**Arsenic Album:** Headache relieved by cold while other symptoms are worse. Hemicrania with icy feeling in scalp & great weakness. Patient is unable to lie down as he fears suffocation. Asthma is worse in midnight there is burning sensation in chest, darting pain through upper third of right lung, and wheezing respiration. He has continuous high temperature; patient is restlessness with cold sweat. Drink small quantity of water at short intervals. Modalities- Aggravation- after midnight, from cold, cold drinks. Amelioration- heat, warm drinks. patient is restlessness with cold sweat. Drink small quantity of water at short intervals. Modalities- Aggravation- after midnight, from cold, cold drinks. Amelioration- heat, warm drinks.

**Aspidosperma:** Remove temporary obstruction to the oxidation of the blood by stimulating the respiratory centre, increasing oxidation and excretion of carbonic acid. It stimulated the respiratory centre and increases the oxygen in the blood. "Want of breathe" is the guiding symptom.

**Bromium:** Headache, worse from heat of sun & by rapid motion. Whooping cough, dry cough with hoarseness. Spasmodic cough with rattling of mucus in the larynx, suffocative. Burning pain behind sternum. Difficult & painful breathing and every inspiration provokes cough with spasmodic constriction.

**Bryonia:** Vertigo, nausea, faintness on rising. Confusion, bursting and splitting headache as if everything would be passed out. Headache gets seated in occiput. Hoarseness worse in open air, dry hacking cough from Irritation in upper trachea. There is dry cough at night and patient must sit up; cough is worse after eating or drinking. High fever with rapid pulse and stitching pain in chest. Chill with external coldness. Drink large quantity of water at long interval of time. Modalities- Aggravation- motion, eating, exertion. Amelioration- Rest, cold, things, pressure.

**Camphora:** Vertigo, tendency to unconsciousness, feeling as if he would die. Occipital throbbing synchronous with the pulse. Praecordial distress; suffocation, dyspnoea, asthma. Violent dry hacking cough, breath cold suspended respiration and palpitations. Pulse is weak slow. Icy coldness of the whole body. Cold perspiration.

**Carbo Vegetabilis:** Disintegration and imperfect oxidation is the keynote of this remedy. Body becomes blue, icy cold. Cough with itching in larynx, spasmodic with gagging and vomiting of mucus. Wheezing and rattling of mucus in chest. Cough with burning in chest worse in evening and open air. Spasmodic cough bluish face, offensive expectoration, neglected pneumonia.

**Eupatorium Perfoliatum:** Coryza with sneezing; hoarseness in chest; chronic loose cough; chest sore, worse at night. Cough relieved by getting on hands and knees. Throbbing pain in head; pressure as if a cap of lead pressed over the whole skull. Vertigo with sensation of falling towards left. Vomiting of bile. Occipital pain after lying down with sense of weight. Perspiration relieves all symptoms except headache, chill between 7 and 9 am, preceded by thirst with great soreness and aching of bones.

**Gelsemium Sempervirens:** Patient complaints of slowness of breathing with great prostration and oppression about chest. Dry cough with sore chest and fluent coryza. Respiration is quickened in spasmodic affection of lungs and diaphragm. vertigo spreading from occiput and heaviness of head. Feels Chilly every evening and cold knees at night. Hectic fever with small quick pulse; viscid night sweats profuse perspiration.

**Phosphorus:** Hoarseness worse evening; larynx very painful. Violent tickling in larynx while speaking which gets worse in evening with rawness. Cough from tickling in throat worse cold air. Sweetish taste in mouth. Difficult coughing with congestion of lungs and burning pain; heat and oppression of chest. Tightness across chest as of great weight ; sharp stitches in chest. Vertigo of the aged; burning pain and chronic congestion of head. Brain fag with coldness of occiput; vertigo with faintness.



**Dr. Pankaj Sharma**

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# Scope After Graduation in Homoeopathy

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

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

**Current Global & Indian Scenario:** The Homoeopathic market is getting more than 30% annual growth, covering more than 263 billion's industry all around world. The France is the largest contributor in it. According to WHO Homoeopathy is the second largest system of medicine in the world, the annual sale of homoeopathic drugs accounts more than 52k crore. WHO adds that homoeopathy is practiced in 70 countries. India has largest infrastructure for homoeopathy having more than 250000 qualified homoeopaths with 163 UG colleges (12371) and 51 PG colleges (1149 admissions) as per year 2018-19, 7560 government homoeopathic clinics, 700 licensed pharmacies and more than 400 hospitals. There is a separate regulation for UG and PG only in India. Union health ministry officials say there are more than 20 crore people who use Homoeopathic treatment and more than 100 million Indians depend solely on homoeopathy. Indian homoeopathy industry covered almost 3000cr of market value 2014-15 and in 2019-20 it was expected till 15000 cr. There are 1.5 crore patients in India who takes online Homoeopathic consultancies and homoeopathy connectivity worldwide is more than in 95 countries. It is interesting to know that India has got 2102 homoeopaths per crore populations. This figure is much lower than other systems, so India needs more homoeopaths. There are more than 450 Homoeopathic manufacturing units all around India. In India there is a separate ministry-AYUSH who deals its regulation and functioning. Currently, only 4.5% AYUSH mode of treatment is present in PHCs. In 2015-16 more than 2700 crore rupees were allotted for this ministry in annual budget. These data are showing how Homoeopathy is getting flourished in India. Homoeopathy is also helpful to maintain National Economy. It is effective, safe, simple to administer, cost effective and affordable. The ever increasing cost of conventional & Ayurveda reducing the ability of the poor to access quality health care.

## Job opportunities in India

There are many opportunities which are as-

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

- Private practice/self employment
- Management and administration(Government and Private)
- Drug manufacturing units (Government,Private,Autonomous,Cooperative)
- Drug Control organizations (State andCentral Government)
- Homeopathic Pharmaceutical Companies
- Clinical Trials (Pharmaceuticals)
- NGOs
- Civil/Administration services

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

**Higher education after BHMS:** Our knowledge and Wisdom enhanced by different Post graduate courses offered by different Universities in India. Now a day higher studies are necessary to live in competitive world. In Modern Medical world there is a concept developing Integrated and Holistic method of treatment, for that a physician should have knowledge in different medical and allied Health Science. So here is a list of PG courses after BHMS, depending on student interest and need for their practice.

- MD Homoeopathic courses:
- Repertory
- Organon of medicine
- Materia Medica.
- Practice of Medicine
- Homeopathic Pharmacy
- Psychiatry
- Pediatrics
- PhD after MD

**Websites that update about jobs/Scopes after BHMS:**

www.homoeobook.com  
 www.hpathy.com  
 www.fresherworld.com  
 www.shine.com  
 www.naukari.com  
 www.similia.com  
 www.freelancer.com  
 www.monsterindia.com  
 www.fresherlive.com  
 www.indeed.com

Give something to Homeopathy... Homeopathy will give you muchmore



**Dr. Yogeshwari Gupta**

Principal

Swasthya Kalyan Homoeopathic Medical College & Research Centre



**Dr. Chandrabhan M Sharma**

Assistant Professor

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# Hypertension and Homoeopathy

Hypertension (HTN or high BP) is the by-product of modern civilization & it has become a "Silent killer" due to our modern stressful life.

**HTN = B.P > 140 / 90 mm of Hg**

STAGES		
Category	Systolic BP	Diastolic BP
Mild	140-150	90-100
Moderate	150-160	100-110
Severe	>160	>110

**TYPES**- Related on etiological basis, there are two type of HTN.

**ESSENTIAL OR PRIMARY HTN (90-95%)**

Some risk factors as:

- Addictions like smoking, excessive alcohol consumption etc.
- Nervous factors like temperament, emotional stress etc.
- Increased NA<sup>+</sup> intake or High fat intake
- Obesity ; Hypercholesterolemia ; lack of physical activity

**SECONDARY HTN**

Generally develop secondary to some disease condition.

- Renal disorders – Chronic renal disease, Polycystic kidney disease, hydronephrosis, Renal artery stenosis, tumors etc.
- Endocrine disorders – Thyrotoxicosis, Acromegaly, Cushing's syndrome.
- Neurogenic disorders – Brain tumor, CVA etc.
- Others – Atherosclerosis, Polycythemia, Toxemia of pregnancy .

## CLINICAL FEATURES

- Thrombic headache
- Giddiness
- Faintness
- Sleeplessness
- Angina pectoris
- Decreased exercise intolerance
- Epistaxis

## COMPLICATIONS

- Left ventricular failure
- Congestive cardiac failure
- Myocardial infraction
- HTN retinopathy
- Uremia

## INVESTIGATIONS

- Urinalysis & Kidney function to detect proteinuria , hyaline casts, haematuria
- Hyper-lipidemia – Plasma creatinine, plasma cholesterol (LDL ; HDL )
- ECG & Chest X-ray - Left Ventricular hypertrophy

## GENERAL MANAGEMENT

- Avoid stress smoking , oily & fatty food
- Decreased alcohol consumption
- Common salt less than 3 gm / day
- Regular physical exercise
- Weight loss

## HOMOEOPATHIC MANAGEMENT

Belladonna, Glonoinum, Ignatia, Natrum mur, Staphysagria, Passiflora, Rauwolfia, Crataegus

ABBREVIATION	
HTN	Hypertension
B. P	Blood Pressure
Na+	Sodium



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# Digital Addiction

Digital addiction is now one of the major addictions in all age groups. You need detoxification if you have any of these-

- You can't leave your home without phone.
- You feel compelled to check your phone constantly (for no particular reason)
- You eat with your phone on the table.
- You are obsessed over sending or receiving a text or posting a comment.

**Reason behind addiction:** Dopamine positive neurotransmitter is secreted when we see social media, so we do it more often. Technology addiction or addiction of nicotine, cocaine, and gambling purposefully targets our natural dopamine response. It creates pleasure and action repeatedly leading to addiction. Addictive pleasure isn't the same as true happiness.

Internet is a double edged sword; it is both affordable and accessible. There is constant influx of information, constantly changing our brain. Our brain converts in "pop corn brain" that means our brain constantly search for new experiences on internet to get a dopamine shot.

Studies have shown that in India, people's maximum (40%) screen time is on social media, what's app , instagram, 30% on entertainment and 30% on other categories (gaming, browser, news etc). So, whenever you feel desire to use mobile then ask yourself, "Is this really productive or necessary to use mobile this time?"

On an average people switch tasks and self interrupt themselves every 3 to 5 minutes. For that, they have to give switching penalty, i.e. not giving time to your brain to focus on one particular task and switching it to another task. Studies have shown that we need 23 minutes to get focused again this called as Switching Penalty. With this people do complete their task but get stressed, pressurised and frustrated.

Now days due to internet addiction people do almost all their works with mobile in their hands. There is catastrophic effect on relations at every level because of this digital technology, due to easy and affordable availability of internet despite of having TV at home every member is using his/her screen as separate TV, therefore bonding between family members is constantly decreasing thus creating Internet Paradox – a phenomenon whereby online relationships lead to a decline in real-life relationships and an increase in depression and loneliness. Different studies have shown there is a direct link between internet and depression.

Sad truth of today's people is that they have forgotten the art of deep learning due to digital technology. Now days excess use of smart phone is affecting our health also, smart phone's light ruins sleep schedule, this leads to all kinds of health problems. So, today each one of us really needs digital detoxification. There is India's first digital de-addiction centre opened in Delhi and at Rajasthan Hospital, Jaipur.



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# Observation of Inner Mind

What the man/woman /human speak is always true? He speaks the truth, just not always. Why a physician does tend to believe what the patient tells / answers? This is the reason why we never reach the result or answer we want to achieve after tedious process. The physician needs to be cautious and not blindly believe what the patient says, considering it to be true he needs to examine the behavior of the patient to come to a conclusion. So, the work of physician while taking the case not only includes noting the words of patient but his observations as well i.e the objective symptoms of body. Therefore, the physician who has learned to read this observation can cure the patient completely.

According to Homoeopathy, mental and emotional disturbances are more serious than physical illnesses primarily because they can themselves cause physical disease. High stress levels and the emotions such as anger, anxiety, and irritability may cause or exacerbate the condition.

When the patient is telling his history, always watch his body language to see if it matches his words. The clenched fists may betray tension when the words sound emotionless; besides this the objective symptoms are a great guide about the internal malady. They are the external manifestations of internal illness. Inflections of voice, facial expressions and attitude may betray important clues to the meaning of the symptoms to the patient. In listening to the history, physician discovers not only something about the disease, but also something about the patient.

NON VERBAL BEHAVIOR	INTERPRETATION
Brisk, erect walk	Confidence
Standing with hands on hips	Readiness, aggression
Sitting with legs crossed, foot kicking slightly	Boredom
Sitting, legs apart	Open, relaxed
Arms crossed on chest	Defensiveness
Walking with hands in pockets, shoulders hunched	Dejection
Hand to cheek	Evaluation, thinking
Touching, slightly rubbing nose	Rejection, doubt, lying
Rubbing the eye	Doubt, disbelief
Hands clasped behind back	Anger, frustration, apprehension
Locked ankles	Apprehension
Head resting in hand, eyes downcast	Boredom
Rubbing hands	Anticipation
Sitting with hands clasped behind head, legs crossed	Confidence, superiority
Open palm	Sincerity, openness, innocence
Pinching bridge of nose, eyes closed	Negative evaluation
Tapping or drumming fingers	Negative Impatience
Steeling fingers	Authoritative
Patting/fondling hair	Lack of self-confidence; insecurity
Tilted head	Interest
Stroking chin	Trying to make a decision
Looking down, face turned away	Disbelief
Biting nails	Insecurity, nervousness
Pulling or tugging at ear	Indecision

So it is very important that if the doctor knows to read the patient, then all these thing can be effective in correcting it.



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# Corona v/s Flu, Seasonal Allergies and Common Cold

The new corona virus causing COVID-19 has led to more than 2,089,236 illnesses and more than 134,780 deaths worldwide till date 15/4/2020. For comparison in the U.S.A. alone 644,348 cases and 28,554 deaths and in India, active cases are 10,477 and 414 death till 15/4/2020 according to the Centres for Disease Control and Prevention (CDC).

This means COVID-19 is something of a wild card in terms of how far it will spread and how many deaths it will cause. Scientists have studied seasonal flu for decades. So, despite the danger of it, we know a lot about flu viruses and what to expect each season. In contrast, very little is known about the new corona virus and the disease it causes, dubbed COVID-19, because it's so new.

As we all know when someone affected with symptoms like sneezing, cough, fever etc. are sufficient enough to raise fear in these days. So let's discuss some differentiating points to corona from common cold, seasonal allergies and flu.

For easy way to understand all these symptoms arrange in table form:

Symptoms	Corona virus	Flu	Seasonal allergies	Common cold
<b>Incubation Period</b>	1-14 days	1- 4 days	1- 7 days	1- 3 days
<b>Onset</b>	Gradual	Abrupt	Abrupt	Gradual
<b>When contagious</b>	Highest, before & during first week of symptoms	1 day before symptoms starts	No	1 day before symptoms starts
<b>Fever</b>	Common	Common	Sometime	Rare
<b>Cough</b>	Common (usually dry)	Common (usually dry)	Common	Mild
<b>Sneezing</b>	No	No	Common	Common
<b>Fatigue</b>	Sometime	Sometime	Common	Sometime
<b>Aches and pains</b>	Sometime	Common	No	Common
<b>Running nose</b>	Rare	Sometime	Common	Common
<b>Sore throat</b>	Sometime	Sometime	No	Common
<b>Diarrhoea</b>	Rare	Sometime in children	No	No
<b>Headache</b>	Sometime	Common	Sometime	Rare
<b>Nasal congestion</b>	Sometime	Sometime	Common	Common
<b>Shortness of breath</b>	Common	Sometime	Mild	Mild
<b>Respiratory issues</b>	Common	Sometime	Sometime	Sometime
<b>Loss of appetite</b>	Sometime	Common	Rare	Sometime

So what should do if have symptoms of COVID-19? Follow the steps below:

- **Isolate:** Plan to stay at home and limit your contact with others except to receive medical care.
- **Check your symptoms:** People with mild illness can often recover at home. However, keep an eye on your symptoms since they may worsen later in the infection.
- **Call your doctor:** It's always a good idea to call your doctor to let them know about the symptoms you're experiencing.
- **Wear a face mask:** If you're living with others or going out to seek medical care, wear a surgical mask (if available). Also, call ahead before arriving at your doctor's office.
- **Get tested:** Currently, testing is limited. Your doctor can work with public health authorities to determine if you need to be tested for COVID-19.
- **Seek emergency care, if necessary:** If you experience trouble breathing, chest pain, or blue face or lips, seek immediate medical attention.

**"STAY HOME, STAY SAFE."**



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# Importance of E-Learning in Higher Education

Learning conducted via-electronic media, typically on the Internet is known as e-learning.

The spread of COVID-19 has led to the closure of educational institutions all over the world. Such closure accelerated the development of the online learning environments within those institutions so that learning would not be disrupted.

Online learning is also beneficial because it is useful during times of crises such as work absences or pandemics. Though pandemics often result in people staying home for long periods of time, work has not stopped during the coronavirus pandemic. This is largely due to the implementation of telework by large and small companies alike. As with jobs, educational pursuits should not cease because of the pandemic. It is not necessary, especially since there are tools, such as video conferencing systems, that can ensure the continuity of classes.

In this digital era, the education sector is undergoing a massive transformation. Students and universities across the world are not relying on the age-old, uni-dimensional, chalk and board methods of learning anymore. Instead, they have started to embrace a variety of online tools in order to facilitate, simplify and contextualize the entire learning process like bringing in e-learning in higher education.

Today, the use of web to teach and learn is inevitable for both teachers and students. Online courses are becoming more and more necessary for education to and for knowledge spread. Thus, teachers should consider this trend in education and get prepared technically and pedagogically to take online teaching in consideration.

## Advantages of online learning

- 1. Online learning accommodates everyone's needs:** The online method of learning is best suited for everyone. This digital revolution has led to remarkable changes in how the content is accessed, consumed, discussed, and shared.
- 2. Offers access to updated content:** A prime benefit of learning online is that it makes sure that you are in synchronization with modern learners. This enables the learner to access updated content whenever they want it.
- 3. Better results:** E-learning in higher education has been known to improve productivity, augment focus and thereby, provide better academic results. In fact, as per a research, students can boost their retention rates by as much as 25-60% through e-learning. This is because audio-visual learning coupled with a host of variable media formats, tend to cast a positive influence on the learner's ability to grasp and retain information.
- 4. Reduced Costs:** E-learning is cost effective compared to traditional forms of learning. The reason for this price reduction is because learning through this mode happens quickly and easily. A lot of training time is reduced with respect to trainers, travel, course material, and accommodation.
- 5. Less impact on environment:** As E-learning is a paperless way of learning, it protects the environment to a lot of extent. As per a study done on E-learning courses, it has been found that distance-based learning programs consumed around 90% less power and generated 85% less amount of CO2 emissions as compared to traditional campus-based educational courses. With E-learning, there is no need to cut trees for obtaining paper. Thus, E-learning is a highly eco-friendly way of learning.

Conclusion- Due to the wide set of benefits it gives to students, e-learning has become quite popular and appreciated among students all over the world.



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# Think Happy Stay Happy

Corona has affected people's life in many ways. Like, Isolation, Loss of some near and dear one within family or friends, Financial loss, Uncertainty about future in terms of health/ wealth and social pleasure. All factors have affected people's life on mental level also. Many studies throughout the world has shown same evidence of a rise in psychological symptoms, elevated feelings of depression and anxiety. People are getting anxious and depressive and it is a matter of serious worry for health professionals.

Loneliness, is one of the feeling thousands of people experiencing during these lockdowns, specifically for those who are staying away from their families. Prolong loneliness again leads to depression. So it is essential for all of us to find ways to remain happy and connected.

## 7 Ways to Remain Happy

- 1. Stay in touch:** As we don't have option to visit others personally, so find an alternative to call or video chat with family and friends, to be in touch with them.
- 2. Stay busy:** Our schedules have been changed we have much leisure time but don't sit idle, use this available time to do something peaceful and creative.
- 3. Do something for yourself:** We all were running in rat race to prove ourselves, but now it is an opportunity to find purpose of life, so listen to your heart, and do something for yourself.
- 4. Exercise at home daily:** Give shape to your body and strengthen your muscles, do yoga or aerobics at home , stay fit and stay healthy.
- 5. Focus on the small things:** We wait for big life changes to happen for happiness but remember it is small things that have the biggest effect in our life, so don't underestimate them. Big things happen from small strides. when you feel "off, when your mood dips all small actions like a small cup of coffee, or someone's smile or a small quote of motivation etc, that when taken on their own, brings a big change in your life.
- 6. Make adjustments:** When something isn't going your way, figure it out, find the solution and if required re-tune your energy by making adjustments.
- 7. Don't ruminate:** Low self esteem is one cause of obsessed thought or rumination. Habit of rumination can be dangerous to mental health. You can deal with rumination either by questioning your own thoughts or by distracting yourself from by choosing something else like reading a book or drawing a picture or watching a movie etc.



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# Post Corona World - A New Reality

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“Sometimes you have to let life turn you upside down, so you can learn to live the other side up, which might be the right side!” We are all caught in a moment and period where history is being re-written and all of us are knowingly or unknowingly writing it. The whole world, every nation, be it rich or poor, developed or developing, is on the same page, going through the similar health and financial crisis and fighting the same invisible enemy!

For some of us who are privileged, what started as a story of gloom and doom is slowly emerging as a journey of joy and memories of hope with our closed ones and families. We will never be so close to our families, kids and life ever again! While we are all inside, nature is also healing, we have statistical proof of significant improvement in the pollution levels globally.

On the other hand, millions of migrants are stuck away from home with very limited or no access to food or shelter. Daily wage workers and BPL population have no means to meet their daily needs. The Indian government is trying its best to contain the virus as the current medical situation in the country is literally incapable to deal with the slightest of an outburst.

With so much happening all around, we'll definitely see some irreversible shifts in human behaviour, habits and how businesses operate. Digital transformation has happened rapidly in the last decade, but now it'll happen exponentially fast.

Experiences and operations that looked difficult to be completely online will suddenly look normal, businesses that focus on solving essential consumer needs will get more attention, entertainment sector will no longer be the same, people will find comfort operating from home, and a lot more will change forever.

To start off with, I believe that global health organizations, governments, corporations, VC/PE and hedge funds will start pouring tons of money into improving health and medical infrastructure, worldwide. This involves producing great doctors and highly skilled medical personnel to the well-equipped hospitals and research labs. More tech companies would emerge into medical equipment, diagnosis, on-demand consultation, research and get the required financial and legal support to operate effectively. Startups innovating into healthcare, telemedicine for video consultations to avoid the crowd at hospitals will see huge investments coming in from global funds.

Next, let's talk about travel. Even after lockdown is lifted, domestic leisure travel will see a huge drop in the short term and international travel might be completely off for at least next 12-18 months. Business travel will also be largely curtailed, as people have realized that video calls are almost as effective as a face-to-face meeting and in fact, saves huge time & monetary costs. Everyone in the travel and hospitality industry needs to think about a major pivot or even change the business completely in certain cases.

China has seen the post corona days to some extent. In Wuhan, post lockdown people are not eating out even though restaurants and shopping malls have opened up. This part of the entertainment sector shows a clear indication of a slowdown in the short-term.

Other public places like bars, cafes and cinema halls will also see a huge loss in numbers, most might shut.

Digital infrastructure will strengthen worldwide. E-commerce penetration is set to happen, people will want to order everything online - it'll become an irreversible behavioural change. How we shop is set to change with doorstep deliveries becoming the norm - from essentials like groceries to fashion products.

Might sound a little disappointing, but even concerts and music festivals like Tomorrow land might start happening remotely on video calls. Online gaming and e sports will see a huge spike, we are witnessing this with certain games even during the lockdown! The subscriber base of OTT platforms like Netflix will increase as it'll become one of the

primary sources of entertainment.

And above all this, what looks like will change permanently is the education sector. Ed tech companies are already seeing a huge increase in demand for online classes to be conducted from schools, colleges, universities and coaching institutes. Exams and evaluations will also shift online. A lot of ed tech startups have started offering free courses in the fiercely competitive environment to acquire the consumers at the earliest. Online education will witness huge money infusion and definitely become big.

Well, that's not it, a lot more might happen in how people socially interact, public places like restaurants and cafes maintaining hygiene levels, consumer buying habits, FDI rules, globalization of jobs and education, so on and so forth. We all can only speculate of what might be a new normal but eventually, that'd be all just a guess! I believe that we have already had a trailer of how little we can be prepared with all our analysis, so let's all be positive and be flexible to embrace the new reality!

I would end with this beautiful quote:

“You are never more alive than when things get turned upside down”



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# Our Career Our Choice

Student's life is just another name of fun and complications. Earlier, the world of a student revolved mainly around studies! All he/ she was asked to learn the lessons which were preached to him/ her. With the advancements in educational system, as we say, a coin has both heads and tails; similarly students are supported as well as pressurised. Now, a question clicking in your brain; if advancement is to support them then why and how come the pressure?

A simple answer to this is that if we are more tech-savvy then syllabus is sure to increase with more work load on teachers and students, that too with increased competition. Students today are not only pressurised in studies but more over they have to maintain themselves in every possible field. They are not leading a life of their will, but a life with the ideas of parents and social norms. They are not allowed to pursue their dreams and passions rather are asked to follow the most trodden pathway which is accepted by the society.

What if they want to stand out from the rest? They are not expected to do so due to the questions of happiness and status of parents. This not only stops them but strangle their dreams and hopes. This all leads them to grow in aggressive, restless and impatient adults. This is the one of the root cause which is more often overlooked by people for aggressiveness and impatience in youth. I think it's pretty much clear how this vicious cycle starts and how the societies are immersing in it. But, the solution to it lies here too.

What if, at the first place these young tulips are being made responsible for their passion and future with the true support of their teachers and parents? They must have all the possible guidance to choose the best for themselves. Students both in school and at college level must be free to express their thoughts and explore their dreams in varied fields, (as we are bounded to seek few professions only) we need the whole bunch of ideas for overall development. This is where parents have to modify their thoughts to give children their mind rooms so that these blooming flowers can grow into beautiful ones. This certainly doesn't give them rights to do everything with their accordance (we can't always be right!). One need to learn, observe and understand with proper guidance and then choose the best. It's not the responsibility of one or two but of the whole society that they should give young generation the best learning.

**All the students out there be yourself, trust yourself and give your best!**



**Shivani Agrawal**

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# Myths About Homoeopathy

There are lots of myths about Homoeopathy due to which many people still don't have faith in it. But in many countries and even in our country the people are turning towards Homoeopathy and are getting best results.

According to W.H.O. Homoeopathy is used by 50 million people worldwide, making it the second most widely used alternative medicine in the world. In England, France, Germany and Netherlands Homoeopathy is included in National Health Services.

So, here I'm going to clear some common myths prevailing about Homoeopathy.

**MYTH-** Homoeopathy is slow acting, it takes long time to cure or relieve the pain.

**FACT-** Homoeopathy is not a slow acting system, but the cure and relief depends upon at which stage of disease the patient is approaching for homoeopathic treatment. In case of chronic diseases with suppressions, it will take a course of time. Earlier the approach, faster will be the relief.

**MYTH-** People with Diabetes mellitus cannot take Homoeopathic medicines as they are sweet.

**FACT-** Homoeopathic medicines are made of a complex sugar called Lactose, (which is present in a very small amount) and isn't harmful.

**MYTH-** There are many food restrictions when taking homoeopathic medicines.

**FACT-** Some patients are asked to abstain from raw onion and garlic, strong coffee, tobacco, as these substances may interfere with the action of certain homeopathic medicines.

**MYTH-** Homeopaths administer the same white pills to all the patients for all kinds of diseases.

**FACT-** Homeopathic doctors prescribe different medicines depending on the diseases. The sugar pills just act as a transport which helps the medicine reach inside the body.

**MYTH-** Homeopathy only treats chronic diseases. It is not a medicine of acute diseases or emergency.

**FACT-** Homeopathic remedies also gives quick relief in acute conditions like fever, cold and cough, pneumonia, diarrhoea, migraine, injuries etc. But the true reason for this perception is people mostly turn to Homeopathy later, after years of treatment with conventional medicine, often when an illness becomes chronic.

**MYTH-** One cannot take conventional medicines while taking Homeopathic treatment.

**FACT-** Most conventional medicines can be taken along with Homeopathy. If there is any interaction with the medication, Homeopathic physician will give the instructions as to how much time interval should be given between both the medicines.



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# Dr. C.F.S Hahnemann - From 1755 to Forever

We, the Homeopaths want to revive,  
The birth of our founder on 10th April 1755.

At Meissen in Germany where you were born,  
Mother, Johanna Christiana and father, Christian Gottfried Hahnemann.

A genius who can learn faster and easily comprehend,  
Wrote the essay, "The wonderful construction of human hand".

Did medical study at Leipzig University and MD from Erlangen,  
This way practice at Hettstedt began.

Got married first on 17th November 1782 with Henriette Kuchler,  
And soon became disenchanted with inhuman medical procedure.

Left medicine, but to feed family and having a practical outlook,  
Started translating various works and books.

In 1790 during William Cullen's Materia medica translation,  
Got unconvinced; by Cinchona specific in malaria due to stomach tonic action.

Father told; never believe blindly on whatever you see,  
First experiment and comprehend, then only agree.

Not accepting anything as may,  
Took four drams of good china twice in a day.

He observed symptoms broadly similar to malaria solving a riddle,  
Came forward with a medical principle!

"Similia similibus curantur," he said not anything lengthy,  
This became the axiom of our Homoeopathy .

As knowledge should be passed to everyone,  
thus, described principles in Organon.

"The physician's high and only mission is to restore the sick to health, to cure, as it is termed!"  
Is itself the essence of Homoeopathy in aphorism one summed.

Standing between the inorganic and the organic world, front and behind,  
Each one of us pay tribute to **master Hahnemann**, the benefactor of mankind.



**Shivangi Tiwari**

BHMS, 4th year, Batch: 2016-17

Swasthya Kalyan Homoeopathic Medical College & Research Centre

# Take Care of Your Mental Health

Today, with so much mayhem of a hard and fast life we often forget to take care of our minds or let's say, we are losing control over what attacks our mind suddenly whenever we observe something. In the era of technology and when human race is attempting an ultra marathon in order to become feelingless we've become even highly sensitive to our environment and it succeeds persuading high antiphon. "A thought can change everything." Yes, regardless of the positive and negative degrees to it. It can help someone to sprout like anything and can also lead to cumulative depredation and destruction.

We all have heard and knowingly or unknowingly faced anxiety, stress, and depression or may be some of us have evidenced severe mental health disorder. Worst than having any issue is staying mum about it. Just because we were not sick enough, or thin enough, or had enough dark circles to come up as a mental health patient and the consequences goes far beyond than bad. It starts impacting everything from losing confidence to stopping participating in life at all. My point is all of us had been there. We can help each other by exchanging the portions of what threatens us. There are medical helps out there of which homoeopathy is a shot to try for. Feeding yourself positive - be it your thoughts, your food or the people who you spent your time with. Develop a hobby, start yoga, music and meditation and much more. We have a beautiful world full of options. But the key is; only you know which one suits you the best. One step could change life. It might be you, friend, family or a complete stranger. After all it's all mental.



**Bhawana Sharma**

BHMS, 3rd year, Batch: 2017-18

Swasthya Kalyan Homoeopathic Medical College & Research Centre

## The Art of Loving Yourself

We all have a point of time in our life, probably the childhood when we forget, who we are? I too followed the same path. I started seeing myself through other's eyes. Shutting my own voice, listening others and fitting myself into the moulds made by others. Nobody called out my name and neither did I. So like this I, we, and all lost our names. Indeed, yesterday I was full of mistakes, but yet I am still the way I am. Today, I am the one who is accepting me with faults.

Love yourself instead of loving the idea of other people loving you. No matter who you are, what is your skin colour, how you look and your gender embrace yourself heartily. "A person is identified by his thoughts and his position, not by his appearance and clothes", my father told me once. Trying to be perfect on others eyes will end up making you lose yourself. Find your name and find yourself by speaking to yourself. Like all humans, I have made many mistakes, have lot of flaws and fears; still I am, trying to overcome them, having failed countless time, shaking myself in and out.

But you know right- **"The greatest glory is not in never falling, but rising every time you fall."**  
I accept myself for who I am. Will you? Speak to yourself!



**Divya Swarnkar**

BHMS, 2nd year, Batch: 2018-19

Swasthya Kalyan Homoeopathic Medical College & Research Centre

# Learn The Art of Reading Books

**"When you learn to read you will be born again & you will never be quite so alone again." -Rumer Godden**

Have you ever thought why reading is so important? Reading a book will not only give you story but after completing an article, a book, you have a bigger treasure of words to express your feelings & more other ways to explain your real self. Life is too short to learn everything from our own mistakes so better read some from books and learn from them. A lot of books are waiting out there for a good reader; lots of stories are there to be explored. Good books help you to escape the world and sometimes escaping is good idea!

Reading good literature not just provides viviers to your brain but it confers courtesy to your tongue, spark of intelligence to your face and smartness to your body. It sets your mind open to accept new things. We as medicos have always something to learn and a medical person with reading habit is definitely the best combination. We all know knowledge is never too heavy to carry.

Reading gives us an opportunity to peep into the past, to speculate in the future, the power of introspection and lots of things which are just beyond our imagination. A good book not just leaves you with a good story but also with perspectives, indelible philosophies, nevertheless various remarkable characters. Science has new discoveries every day, world has new stories every day and your brain definitely deserve a treat every day. Enlightening your brain every now and then is pretty amazing.

With all these advantages of reading if you give one position to your '**closet five**'. As it has been rightly said, "Our character is the averaged out sum of 5 closest habits in our lives!" We must add reading in the list and make it a superlative. Just start reading with any book, with any story or just with any page. Happy reading!



**Ravina Goswami**

BHMS, 3rd year, Batch: 2017-18

Swasthya Kalyan Homoeopathic Medical College & Research Centre

## My Girl

Lightening in the sky,  
Why you feel so shy?  
You are house of light,  
Don't hold your feeling tight!  
Show the world what you can pull off,  
Show the capacity you are full off!  
Don't be reserved,  
Fight against the world,  
Never say bitter,  
Shine always like glitter.



**Pooja Purshottam**

BHMS, 1st year, Batch: 2019-20

Swasthya Kalyan Homoeopathic Medical College & Research Centre

# Hallucinogens and Its Ill Effects on The Human Body

## What are hallucinogens?

A group of drugs that affect our sense of hearing, smell, vision, taste or perception through hallucination

## How do hallucinogens work?

They act on neural circuits of the brain that use the neurotransmitter serotonin. Some of their most prominent effects occur in the prefrontal cortex - an area involved in mood, cognition, and perception.

## Naturally occurring hallucinogens

- Mescaline (primary active ingredient of the peyote cactus)
- Psilocybin and psilocin (active ingredients of psilocybin mushrooms)

## Synthetic hallucinogens

- Lysergic acid diethylamide (LSD) also known as acid, trips, microdots, dots, blotters, mellow
- Dimethyltryptamine (DMT) diethyltryptamine (DET)
- Phencyclidine (PCP) also known as angel dust, peace pill
- Methylene-dioxyamphetamine (MDMA) also known as E, ecstasy, love
- Methoxy-amphetamine (MDA)

## Immediate Effects

The effects of hallucinogens begin within half an hour of taking the drug, are strongest in three to five hours, and last for up to 12 hours. These include:

- Seeing, hearing, touching or smelling things in a distorted way or that don't exist (you usually know that what you are sensing is not real)
- Intense sensory experiences (e.g. colors become very bright, sounds become sharper);
- Mixing of the senses (e.g. you 'hear' colors or 'see' sounds);
- Changed sense of time (e.g. minutes can seem as slow as hours, or you can 're-live' something that happened a long time ago);
- Space becomes distorted strange bodily sensations (e.g. as though you are floating or being pulled down by gravity, or that you are becoming part of another object);
- Changed and intense thoughts emotional swings (e.g. change from intense happiness to deep sadness).

## Long-term effects

1. Psychological dependence
2. Cross-tolerance - the need for increasing amounts to feel effects; covers various substances, not just those someone, has used
3. Depression
4. Anxiety
5. Increased risk of developing schizophrenia or psychotic episodes
6. Miscarriages
7. Birth defects
8. Fatal liver damage if the wrong mushroom is ingested.
9. Flashbacks
10. Hallucinogen Persisting Perception Disorder (HPPD) -- trailing images, spots, auras, and other visual disturbances; depression, or panic attacks; long after use or perhaps permanent
11. Phencyclidine/PCP is the most hazardous and damaging of the hallucinogens. Users often injure themselves or others, cause property damage, or become dangerously ill.

12. Elevated blood pressure
13. Psychosis or catatonia
14. Low blood pressure
15. Depressed breathing and heart rates
16. Nausea and vomiting
17. Blurred vision
18. Rapid eye movements
19. Drooling
20. Dizziness, loss of balance
21. Seizures
22. Coma
23. Accidental injuries
24. Suicide attempt
25. Death



**Dr. Satish Kumar Avasthi**

Principal

Swasthya Kalyan Institute of Medical Technology & Nursing Education

# Nine Awesome Benefits to Pursue A Career in Nursing

The career of nursing is a highly respected field and there is a great demand for highly skilled nurses around the globe today. If you are considering this exciting, growing and rewarding field, you should consider these many awesome reasons to pursue a career in nursing:

- 1. There is a major nursing shortage:** According to the Bureau of Labor Statistics, there will be a shortage of about 800,000 nurses by 2020. The population of the world is living much longer and will need to have more medical care. So, hospitals and medical facilities are always looking for nurses.
- 2. Job flexibility is high:** There are few jobs that have the flexibility of nursing. You can work when you want and where you want. Do you want to work part time, full time or as a temporary hire? You can do all of them. You can take time off from work and find work fast when you want to come back to the field. You can work three days in a row and have four days off, and be full time employed, too.
- 3. Enjoy strong personal satisfaction:** The field of nursing is one of the most respected fields in the world. Nurses are the key link between doctors and patients. Every situation is different but many times the patient will interact great deal more with the nurse than the doctor. Many nurses find that this is one of the most personally rewarding fields they can imagine.
- 4. Work in many locations:** By becoming a nurse, you can find work just about wherever you like. You may work in a city hospital, in the suburbs or in a rural area. You can work in any state and any country in the world. If you become a freelance consulting nurse, you can travel to work in most cities in America for a few days, weeks or months, and then move on to another place. You will find there is nursing work available wherever you go.
- 5. Enjoy career mobility:** After you become an RN, you can go in many directions in your career. You can work in the justice system as a legal nurse consultant or in trauma care or wound care. You might work as a writer, teacher or a researcher. There are no end of options when you become a nurse.
- 6. High salaries:** The median wage for nurses is almost \$50,000 according to BLS. If you become a nurse practitioner, you can earn over \$60,000 in median pay. You also can earn time and a half for working on holidays and weekends. Nurses who work in advanced practice can earn up to \$90,000.
- 7. Good as a second career choice:** Nursing is one of the most popular second careers. There are many professionals who retire from their first career and continue to work part time as a nurse to supplement their income.
- 8. Many nursing specialties:** There are more than 200 nursing specialties in which you can earn a special certification. This will certify that you are an expert in that particular specialty. This will often cause you to earn a higher salary and to increase the demand for your services. Whatever your interest in nursing, you can probably find a specialty that interests you.
- 9. Work in many different patient populations:** If you like to work with a certain type of patient, you can do it as a nurse. Some of the most common patient populations include pediatric, gerontology, pain management, wound and burn management, psychiatric and chemical dependency. Being a nurse means being well paid, in demand and able to enjoy many awesome benefits. Make sure to check out all of the educational programs near you that lead to becoming a registered nurse.



**Nitisha Sharma**

Principal, GNM

Swasthya Kalyan Institute of Medical Technology & Nursing Education

# माँ मुझे आने दो

माँ मुझे आने दो, माँ मुझे आने दो  
क्यों करती हो आनाकानी?  
क्यों देती हो जन्म से पहले मौत?  
एक बार सहलाओ तो,  
माँ मुझे आने दो, माँ मुझे आने दो

माँ मैं समझती हूँ, तुम्हारी पीड़ा,  
तुम चाहती हो बेटा, इसमें मेरा क्या है दोष?  
मैं भी तो तुम्हारे ही रक्त से, कोंख में पल रही।  
तुम मुझे प्यार दो, माँ मुझे आने दो, माँ मुझे आने दो।

तुम सोचती होंगी मैं लड़की हूँ,  
शादी के बाद क्या मैं तुम्हारे साथ नहीं रह सकती?  
क्या तुम मेरे साथ नहीं रह सकती?  
एक बार मुझे भी मुस्कुराने दो।  
माँ मुझे आने दो, माँ मुझे आने दो।

माँ तुम घबराओ मत,  
मैं भी बनूँगी तुम्हारे बुढ़ापे का सहारा,  
अर्थी को दूँगी कंधा, मुखानि भी दूँगी मैं।  
मैं तो एक ही बहुत हूँ तुम्हारे लिए,  
बस अब, बस करो, माँ मुझे आने दो, माँ मुझे आने दो।

माँ तुम मत करो चिंता मेरे दहेज की,  
इधर उधर जाने की, कल्पना चावला की तरह आकाश को करूँगी स्पर्श।  
मत रोको, तुम मुझे मत रोको, माँ मुझे आने दो, माँ मुझे आने दो।

तुम मानती हो बेटा होता है कुल दीपक,  
लेकिन, क्या बेटा वंश नहीं चलाती?  
क्या मैं कुल दीपक नहीं बन सकती?  
मैं भी तो रोशन कर सकती हूँ नाम तुम्हारा।  
बस एक बार तुम्हारी छाँव दो,  
माँ मुझे आने दो, माँ मुझे आने दो।

तुम्हारी तरह गर और भी घोंट दें गला गर्भ में बेटियों के  
तो वंश चलाने के लिए पुत्र कहाँ से आयेंगे?  
थम जायेगा सृष्टि का चक्र, सृष्टिकर्ता भी रुष्ट हो जाएंगे।  
इसीलिए कहती हूँ माँ मत ऐसा होने दो,  
माँ मुझे आने दो, माँ मुझे आने दो।



**Mrs. Aditi Agarwal**

HOD (Department of Obstetrics)

Swasthya Kalyan Institute of Medical Technology & Nursing Education

# Understanding The Human Fabric

Human being is not only a physical entity but he also has a psychological wing added to him which makes him float in mental plane. He is a psycho physiological being with certain other subtler aspects added to him.

But unfortunately, in the crux of the advanced technology he himself overshadowed the fact that he is psychological too and neglected to take care of his own psychological content that he engulfed from the society.

Every individual is born afresh with a genetic imprint of his father, forefathers and ancestors. He carries certain types of structural and typical behavioral patterns inbuilt in his genetic coding. When a child starts to grow, he is taken care of by his parents according to the identification patterns of his parents to which they are identified with; such as, likes and dislikes, what food to eat, what not to? What activities to do, what not to? Where to go? Which sport to participate? What career to choose? And many more and soon the child grows enough to cultivate a discriminatory belief pattern of what is good and what is bad?

Amidst of all this, soon the child infiltrates with imposition of certain facts, ideas, belief systems, thought patterns, collected over certain period of years, either consciously or unconsciously. As a teenager, individual starts practicing his belief system and acts accordingly, which he has gathered through his audio-visual sense apparatus (i.e. eyes and ears) unconsciously. He behaves in cyclic compulsion of his own thought patterns and also pays for it for years, unknowingly in the hope of success and glory. He doesn't even realize, that the thought pattern running in his mind, is just merely a symptom of his past accumulation.

Thoughts are the symptoms and manifestation of 5 etiological agents- eyes, ears, nose, tongue, and touch. Our way of thinking depends upon the quality of content, by which we feed our brain with the help of these 5 tributaries of energy. The age of 15-25yr is crucial, in which the child shifts to become youth energy. Youth means, bursting of emotions and energy. Emotions are certain types of chemical compositions, which depend upon various fundamental aspects, but highly on the food pattern that we eat. It is like an accelerator of our body machine, which flows inside our blood apparatus, in those tiny little vessels. The blood vessels are like the railway tracks to various neuroendocrine stations. The quality and stability of these emotions depends fundamentally upon the quality of the fuel the machine feeds in both psychophysiological aspects. May it could be air, water or food for physicality or it might be the psychological content of the mind. But unfortunately, the modern era, Alas! Every person, sitting next beside you, is trying to impose a new information, just like popups in mobile screen. Millions of information is transposed in the human system manipulatively, via social media, and undefined assumptional world. And this soon becomes a living reality which ultimately leads to draining of emotions and vital life energies.

Youth is a very large bunch of people living his journey of his own making. Youth means the child enters in his college for pursuing his career. But unfortunately, we can't deny the fact that till he reaches in his college stage he has already become a heap of impositions of overloaded ideas, draining thought patterns and deteriorating compulsive behaviors. Along with that, youth is a special time of life, in which we have the sufficient and efficient power to transform from lower self to higher self. Hence it is very much important to be aware about the quality of thoughts and energy, our brain we are feeding with.

At last, an important question I want to leave an imprint of; in the minds of dignitaries, is that- what type of young generation will we produce for the world after next 10 to 20 years? Would they simply be the professional puppets, suffering their own information and memory, without understanding the real perspective of life? Or will we mould the fluidity of youth by guiding them like a live road map in an unknown territory? In which they have never been before. It's time now for all the elite ones to come forward and add a spiritual gravy in the core education of the children which should not be limited in the context of worshipping God but to seek the truth and wisdom for understanding the human fabric and to enhance the fundamental human mechanics that how it functions at its full potential.



**Subroto Bhattacharya**

HOD - Anatomy & Clinical Instructor

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# कोरोना और डॉक्टर, नर्सज

जब से कोरोना वायरस से युद्ध शुरू हुआ है ।  
तब से डॉक्टर और नर्सज का फिर सम्मान शुरू हुआ है ॥

कोरोना एक जानलेवा वैश्विक महामारी बन गई है ।  
बीमारियों से लड़ना, अब हमारी आदत बन गई है ॥

रोजाना कोरोना मरीजों के सम्पर्क में आ रहे हैं।  
कई हफ्तों से डॉक्टर, नर्सज,अपने घर नहीं जा रहे हैं ॥

दिन रात लगे रहते हैं, इमरजेंसी और ओटी में ।  
कभी ओपीडी, कभी वार्ड, कभी आइसीयू ड्यूटी में ॥

बस फोन पर ही बातें होती हैं दोस्तों, घरवालों से।  
ऐसे हालतों में, निकल नहीं पाते हैं अस्पतालों से ॥

ना खाने पीने का टाइम, ना सोने जागने का रूटीन ।  
सोने के लिए ड्यूटी रुम, खाने-पीने के लिए कैन्टीन॥

बहुत सारे डॉक्टर, नर्सज कोरोना पॉजिटिव आ रहे हैं ।  
जान खतरे में डालकर, ड्यूटी को निभा रहे हैं ॥

जब तक, कोरोना वायरस को हरा नहीं देंगे ।  
तब तक हम डॉक्टर, नर्सज चैन की सांस नहीं लेंगे ॥

कभी मास्क, कैप, ग्लव्स तो कभी पीपीई पहना ।  
यही अस्त्र शस्त्र, यही कोरोना योद्धाओं का गहना ॥



**Nitesh Kumar Sain**

M.sc. (Nursing) Final year, Batch: 2018-19

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# रक्तदान महादान

वे लोग बधाई के पात्र हैं जो रक्तदान करते हैं और दूसरों को जीवनदान देते हैं हमारे द्वारा किया गया रक्तदान कई लोगों की जिंदगियों को बचाता है। हमें इस बात का तब अहसास होता है, जब कोई हमारा अपना बीमार होता है, और उसे रक्त की आवश्यकता होती है। उस वक्त हम नींद से जागते हैं। आज हम सभी लोग शिक्षित व सभ्य समाज के नागरिक हैं, जो अपनी नहीं दूसरों की भलाई के लिए भी सोचते हैं तो क्यों नहीं रक्तदान जैसे पुण्य कार्य में अपना सहयोग प्रदान करें और लोगों को जीवन दान दें।

## रक्तदान कौन कर सकता है

- जिसकी उम्र 18 से 60 साल के बीच हो तथा आपका वजन 45 किलोग्राम से ज्यादा हो ।
- रक्त में हीमोग्लोबिन (एचबी ) की मात्रा 12.5 प्रतिग्राम से ज्यादा हो।
- पुरुष 90 दिन तथा महिला 120 दिन बाद दोबारा रक्तदान कर सकते हैं।

## रक्तदान के फायदे

- रक्तदान से हार्ट अटैक और ब्लड कैंसर होने की आशंका कम हो जाती है।
- रक्तदान करने वालों में हृदय रोग की आशंका 33 प्रतिशत कम हो जाती है।
- इससे शरीर में कोलेस्ट्रॉल की मात्रा घट जाती है।
- रक्तदान से शरीर पर कोई कुप्रभाव नाही पड़ता और नही किसी प्रकार की हानि होती है।
- रक्तदान महादान है रक्तदान करने पर मिलने वाली खुशी और संतोष को शब्दों में बयान नही कर सकते हैं।

## रक्तदान कौन नहीं कर सकता

- वह व्यक्ति जिसे किसी प्रकार की बीमारी हो ।
- गर्भवती महिला रक्तदान नहीं कर सकती है ।
- एचआईवी पोजिटिव व्यक्ति नहीं कर सकता है ।
- जिसे ड्रग एडिक्शन हो वो नहीं कर सकता ।

आपके द्वारा किया गया रक्तदान किसी को जीवनदान देता है इसलिए रक्तदान अवश्य करें।



**Surender Singh Gurjar**

M.Sc. Nursing Previous Year, Batch: 2019-20

Swasthya Kalyan Institute of Medical Technology & Nursing Education

# E-learning in Lockdown

E-learning (also called **electronic learning**) is any type of learning that takes place through or with a computer and is primarily facilitated through the Internet but can also be accomplished with DVDs, streaming audio or video and other media. The purpose of e-learning is to allow students to learn for personal accomplishment or to earn a professional degree without physically attending a traditional university or academic setting. Applied for all levels of schooling from grade school to graduate degrees, e-learning is versatile enough to accommodate all learning styles.

E-learning allows students with limited mobility or inflexible schedules to take courses and study at times that are convenient for them. E-learning also allows students to learn at different rates; one student could go through a certain course and finish it in half the time of another student. Since the students can take these courses anywhere and at any time, it makes college degrees a reality.

Through e-learning students can access classes from home/ hostels in time of crisis like lockdown. Swasthya Kalyan Group has also taken an initiative in this field by conducting classes via electronic media; all texts, notes, assignments are provided to students through power-point presentations, pdfs and audio visual aids, also tests are undertaken using various online platforms, thus, there is no loss of studies.



**Kushal Sharma**

M.Sc. Final year, Batch: 2018-19

Swasthya Kalyan Institute of Medical Technology & Nursing Education

## Basic Preventive Measures for COVID-19

WHO announced novel corona virus as pandemic emergency in the world. Scientists and doctors are doing continuous research for treatment and vaccination against this virus. But to combat this infectious disease WHO and MoHFW India encourages the people to follow some important preventive measures.

### **Avoid touching MEN to stop the spread of COVID 19**

- M- Mouth
- E- Eyes
- N- Nose

### **Follow WOMEN to prevent COVID 19**

- W- Wash your hand regularly with soap
- O- Obey government direction
- M- Move away from crowded place and wear mask
- E- Exercise regularly
- N- No hand shake only namaste



**Anil Kumar Sharma**

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# Motor Learning Therapy in Parkinson

Motor learning is generally defined as a set of processes aimed at learning and refining new skills by practicing them. Motor learning processes strictly depend on the structural integrity and functional activity of the cortico-striatal loop and cerebellum. Considering the above mentioned functional alterations occurring in the brain networks, Parkinson's patients may have difficulties in motor learning that can impact their motor performance.

According to consolidated theories, motor learning consists of three main phases: **cognitive, associative and autonomous**. In the **first phase**, the subject needs to receive instructions about how to perform a movement and continuously integrates online feedbacks provided by an instructor; it is a declarative process in which errors and high variability of the performance are allowed. The duration of this phase depends on the complexity of the task and commonly a high attentional demand is required. The **second phase** consists of consolidation of the motor performance: the subject is more confident with the movement and the practice becomes more accurate, refined and less error-prone. Finally, in the **third phase**, after long time practicing, the task is learnt and becomes almost automatic: the performance is faster, precise and fluid and little attentional resources are needed to control movements.

Different brain activity patterns usually characterize motor learning phases: in the early phase frontal and parietal areas are overactive because of the high attentional request (Marinelli et al., 2017); then, automatism is associated with an optimized activity of cortical and subcortical motor areas and lesser reliance on attention-executive networks. Motor learning processes are altered since the early phases of PD because of the early basal ganglia alteration. Because of the striatum-cortical network failure, PD patients show difficulties in consolidation and automatization and usually exhibit a continuous over reliance on cognitive areas activation, i.e., the frontal-parietal and occipital networks. A dual-task gait training program in patients with mild to moderate Parkinson's improve gait performance, probably enhancing divided attention abilities during walking.

Motor learning and the formation of motor memories can be defined as an improvement of motor skills through practice, which are associated with long-lasting neuronal changes. They rely primarily on the primary motor cortex, premotor and supplementary motor cortices, and cerebellum, thalamus, and striatal areas. Motor learning and memory take a special place within the memory domain and have been studied extensively. However, procedural memories build on sub processes similar to those of non-motor memories: they are divided into encoding, consolidation and long-term stability, retrieval.

In summary, motor learning is a complex process relying on cortico-striatal circuits that are usually impaired in Parkinson's patients at early stage of the disease are able to compensate and learn new skills, but worse than healthy subjects. The progression of the disease is associated with a failure in retaining practiced tasks and a motor learning training may help PD patients to improve ability to consolidate practiced new motor skills. Motor learning is an essential part of human behavior, but poorly understood in the context of walking control.



**Dr. Mahesh Kumar Shou**

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# Pneumatic Compression Therapy

Vascular compression from PCD (**pressure compression device**) may stimulate the release of endothelial mediators that modulate symptoms. Additionally, PCDs may improve local perfusion by enhancing venous and lymphatic drainage with consequent relief of mild, otherwise subclinical ischemia (Christopher et al, 2008).

**Pneumatic compression device** has inflatable garments for leg/arm and an electric pump that fills the garment with compressed air. The garment can be inflated and deflated in various cyclic modes. This therapy is used to provide the external pressure so as to counteract the venous hypertension by facilitating venous return towards the heart, improving venous return and lymphatic drainage. It reduces edema by increasing local hydrostatic pressure and lowering superficial venous pressure, preventing the leakage of fluids and macromolecules, improving cutaneous blood flow, and aiding fibronolysis (Montori et al, 2002).

**External Pneumatic compression (EPC)** therapy involves the application of pressure from the external source, the pneumatic (Air) assisted pressure generating device. It is used to reduce venous stasis by compressing the superficial veins and forcing blood into the deep veins, which then return it to the heart. EPC uses air as a compression medium. EPC devices are sleeve – or boot – shaped chambers that fill with air and electrical pumps/gauges that provide intermittent compression to the lower extremities. EPC therapy is also known as **intermittent pneumatic compression (IPC) therapy**. Other possible alternatives for the compression therapy include elastic stockings, elastic bandage, and Unna boots.



**Dr. Ankit Pachori**

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# Aqua-Aerobic Exercise A Tool for Rehabilitation

Water aerobics are great low-impact workout that will get your heart rate pumping and helps to improve your flexibility. The resistance of the water helps toning muscles and builds strength. This is a fitness activity, not a sport. Water exercise can even put you in a better frame of mind.

Each water aerobics session includes a warm-up, cardio and strength-training exercises, and a cool down.

## Areas it targets

**Core:** Include lunges, side leg lifts, and other moves that work your abs and other core muscles.

**Arms:** Underwater bicep curls will work the arms. Pool noodles and kickboards can also be used for added resistance.

**Legs:** Walking, jogging, jumping jacks, and underwater kicks are popular in water aerobics workouts.

**Gluts:** Squats, lunges, and high knee kicks help tone your glutes.

**Back:** Low-impact water workouts can help strengthen back muscles and ease back pain.

## Is it good for me if I have a health condition?

Water aerobics is a great way to improve your **heart health**. It can lower your blood pressure and your “bad” LDL cholesterol while raising your “good” HDL cholesterol.

In **diabetes**, water aerobics can help you shed extra pounds while you stay cool in the pool. Like other aerobic exercises, it will help keep your blood sugars under control. But it is easier on the feet than most other exercises. This is important because diabetes can cause problems with the nerves and blood flow to feet, making – person more likely to get injured. Keep your **medical alert** jewellery on when you’re in the pool.

Exercising in water is great if you have arthritis or problems with your knees or back. You will put less pressure on those aching joints, and be able to spend more time working out. It can help your joints move better and hurt less.

It will also help you lose extra weight, so you can be more joint-friendly even out of the water.

There are many water-based exercise programs for people with disabilities as well.

If you are pregnant, exercising in water takes a load off your back, legs, and feet. You will feel as light as you did months ago while getting some activity. As long as you have been active before becoming pregnant and stay healthy, you will likely be able to continue at the same fitness level.



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# Primordial Dwarfism (PD)

It is a form of dwarfism that results in a smaller body size in all stages of life beginning from before birth. More specifically, primordial dwarfism is a diagnostic category including specific types of profoundly proportionate dwarfism, in which individuals are extremely small for their age, even as a fetus. Most individuals with primordial dwarfism are not diagnosed until they are about 3–5 years of age. Medical professionals typically diagnose the fetus as being small for gestational age or as showing intrauterine growth restriction when an ultrasound is conducted. Typically, people with primordial dwarfism are born with very low birth weights. After birth, growth continues at a much slower rate, leaving individuals with primordial dwarfism perpetually years behind their peers in stature and in weight.

Most cases of short stature are caused by skeletal or endocrine disorders. The five subtypes of primordial dwarfism are among the most severe forms of the 200 types of dwarfism.

There are as yet no effective treatments for primordial dwarfism. It is rare for individuals affected by primordial dwarfism to live past the age of 30. In the case of microcephalic osteodysplastic primordial dwarfism type 2 (MOPDII), there can be increased risk of vascular problems, which may cause premature death.



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## बेटी बचाओ – बेटी पढ़ाओ

जन – जन की पहचान है बेटी , खुशियों का अरमान है बेटी  
आँखों में कुछ सपने लेकर जीवन का निर्माण है बेटी ।

जगत विजेता था तू मानव बनता जाता क्यों रे दानव  
नन्ही बिटिया का मोल न जाना, कैसा तेरा ताना बानाघ  
कल की चिड़िया के दो पंख लगाओ।

बेटी समाज का नया सवेरा, अन्धकार ने उसको घेरा  
नयी किरण की आशा लेकर अंध कुरीतियों को दूर भगाओ घर घर में अभियान चलाओ।

जब जब अत्याचार बढे है, बेटी ने इतिहास गढे है  
कन्या भ्रूण हत्या कर तू बनता अंजाना बेटी तेरे सूनेपन के होठो का अफसाना  
भारत के कोने कोने से कानो में अब शंख बजाओ।

पढ़ेगी बेटी बढ़ेगी बेटी नए शिखर पर चढ़ेगी बेटी  
नव नूतन के अग्रिम पथ पर, कदम मिलाकर बढ़ेगी बेटी  
घर की खुश हाली है बेटी महकी फुलवारी है बेटी  
जीवन का आधार बनाओ, बेटी बचाओ बेटी पढ़ाओ।



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# Analysis of Panchkosha Principle of Yoga Philosophy

Yoga is an ancient Indian science and way of life which brings about relaxation and also induces a balanced mental state. Yoga practices intended to act at physical, emotional, intellectual and even at spiritual levels. This Yoga program is derived from principles in ancient texts like Patanjali Yoga Sutras and Taittreya Upanishad, which emphasize that Yoga should promote health at all levels. According to Taittreya upnishad our body is made up of five layers these layers are called panchkosh.

## The 5 interconnecting sheaths are

1. Annamaya Kosha
2. Pranamaya Kosha
3. Manomaya Kosha
4. Vijnanamaya Kosha
5. Anandamaya Kosha

## What is Kosha ?

Kosha is referred to as "sheath", one of five coverings of the Atma or Self according to Vedantic philosophy. According to the Kosha system in Yogic philosophy, the nature of being human encompasses physical and psychological aspects that function as one holistic system. The Kosha system refers to these different aspects as layers of subjective experience. Layers range from the dense physical body to the more subtle levels of emotions, mind and spirit. Atma is wrapped inside Panchakosha

## Understanding of Panchakoshas

**Annamayakosha:** The outermost of the koshas is called the sheath of food, or Annamaya kosha. This is the gross, physical body. Annamaya Kosha is matter in the form of physical body sustained by intake of food.

Annamaya Kosha is materialistic realization through this layer man identifies himself with a mass of skin, flesh, fat, bones, and filth. This is considered as cage of flesh and blood in terms of spiritual world. Purification, Annamaya Kosha is balanced by Yogic postures, Shatkarmas, Upwas, Natural diet.

**Pranamaya Kosha:** Pranamaya Kosha (the life force) is the sheath composed of prana, the vital principle or the force that holds together the body and the mind. Its physical manifestation is the breath. As long as this vital principle exists in the organisms, life continues. Even though the form of this sheath is subtle, it is very similar to the form of the physical body. Three of them are important - Ida, Pingala, and Susumna. Susumna is the most important because Kundalini passes through this Nadi only. This kosha can be balanced by practicing pranayamas, acupuncture, reiki etc.

**Manomayakosha:** Manomaya means composed of manas or mind. The mind along with the five sensory organs taste, smell, vision, hearing and touch, is said to constitute the Manomaya kosha or "mind-sheath".

The Manomaya Kosha is the mental faculty that receives all the sensory inputs, interprets them as good or bad and desires the good. This Kosha is much more powerful than the preceding two Koshas and governs them and is, in turn, governed by the two Koshas superior to it. It is thus central to human existence. This kosha can be balanced by practicing Bhakti Yoga (Yoga of devotion), Mantra Yog, Aroma therapy, Music therapy etc.

**Vijnanamaya kosha:** Vijnanamaya means composed of vijnana, or intellect, the faculty which discriminates, determines or wills. It is the sheath composed of more intellection, associated with the organs of perception. This knowledge sheath cannot be the supreme self for the following reasons; it is subject to change, it is insentient, it is a limited thing, constantly present. The feeling of 'me' and 'mine', and the faculty of intelligence and reasoning constitute the Vijnanamaya Kosha.

This kosha can be balanced by practicing of Jnana Yoga (Yoga of Knowledge), Yogic counseling, Meditation etc.

**Anandamaya kosha:** is the innermost Kosha in close proximity of the Soul. In Advaita Vedanta the Anandamayakosha is the innermost of the five koshas (Panchakoshas) or "sheaths" that covers the Atma.

Ananda means that it is ever joyful- full of pleasure in itself. It does not need any outside stimulus to be cheerful. Being joyful is a prominent characteristic of this Kosha.

### Conclusion

Ultimate goal of human life is to move away from the Annamaya kosha and remain in the Vigyanamaya kosha most of the times and progressively move into the Anandamaya Kosha (State of Blissful being), Development of all the five sheaths is necessary for man's complete spiritual evolution and ultimate union with the Divine.

In different stages of disease organic phase is marked by full manifestation of the diseased state, with pathological changes a healthy yogic diet, kriyas, loosening exercises and yogasanas are used to operate at the Annamaya Kosa level and to remove the physical symptoms of the ailments. The somatic phase is marked by disturbed function of organs. At this stage one begins to identify the diseased state. This phase can be correlated with pranamaya and the treatment of this kosha can be done by practicing pranayama. Psychosomatic phase includes an increase in symptoms including physiological symptoms are characterised in this phase. It can be correlated with manomaya and pranamaya koshas. In this phase, techniques of pranayama (energy control through breathing) are very effective. Phase of psychic manifestation of disease where yoga practice contribution is marked by mild but persistent behavioral symptoms of stress like irritability, disturbed sleep and other minor symptoms. This phase can be correlated with Vijnanamaya and Manomaya koshas. Practicing yoga techniques Aasana, Pranayama, Dharana, Dyana, Kriya, Mudra, Bandha) in this phase is very efficient. Health condition normalizes and sleep becomes regular, deep and refreshing. To bring the bliss of our causal body (Karana Sarira) called Anandamayakosa in all our actions is the key for a very happy and healthy life. This also brings our innate healing powers to affect, a complete cure of our ailments.



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# Ayurveda and Vyadhikshamatva

Ayurveda, a natural system of medicine, originated in India more than 3,000 years ago. The term Ayurveda is derived from the Sanskrit words ayur (life) and veda (science or knowledge). Thus, Ayurveda translates to knowledge of life. Our five senses serve as the portals between the internal and external realms, as the five basic elements found in the universe: space, air, fire, water, and earth dance the dance of creation around and within us.

Based on the idea that disease is due to an imbalance or stress in a person's consciousness, Ayurveda encourages certain lifestyle interventions and natural therapies to regain a balance between the body, mind, spirit, and the environment. When something disrupts this balance, you get sick. Ayurveda is not a mere healing system. It is a vast ocean of wisdom designed to help people stay healthy and vibrant, while realizing the full human potential. And this is beautifully explained by the term Vyadhikshamatv. The concept expounds both preventive medicine aspects, along with curative aspects of treatment elaborated by acharya Chakrapani in this respect, "vyadhibalaviroditvam" – Capacity of body to fight against the manifested diseases, "Vyadhiutpadakapradibandhakatvam" – Capacity of the body to resist the pathogenic process of forming diseases. In few words immunity in Ayurveda refers to prevention of disease and quick recovery from disease.

## As per ayurveda:

- Following easy diet rules
- Having water during the meals
- Having food with all tastes
- Taking food in freshly made and hot condition
- Maintaining tripods of life – Food (ahara), Sleep (nidra), Celibacy (bramacharya)
- Following code of conduct (sadvritha), Seasonal regimen (ritucharya), Daily regimen (dinacharya), all these contribute greatly to improve immunity.

## Immunity boosting herbs of ayurveda:

- Guduchi – *Tinospora cordifolia*
- Amalaki – Indian gooseberry
- Yastimadhu – Licorice
- Jyothismati – *Celastrus paniculatus*
- Shatavari – *Asparagus racemosus*
- Brahmi – *Bacopa monnieri*
- Ashwagandha – *Withania somnifera*

Ayurveda recommends a combination of good exercise routine, good choice of herbs, good food, good conduct, Yoga and Pranayama – all these, when done as per rules leads to boosting of immunity.

So, immunity treatment in Ayurveda, cannot be just done with just medicine or herbs. It needs a holistic, all encompassing approach.



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# Hot Stone Massage

It is a type of manipulative therapy that involves manipulation with smooth heated stones.

**History:** Both verbal and written confirm the Chinese used heated stones more than 2000 yrs ago as a means of improving the functions of internal organs. Stones were used for healing work in north and south America, Africa, Europe, Egypt, India. The traditions included laying stones in patterns on the body, carrying or wearing stones for health and protection, basically as a source of healing.

**Preparation:** The therapist heats the stones in a professional stone heater until they are within a precise temperature range typically between 110-130 degree F.

**Application:** Therapist places hot stones on specific points of the body and may also hold the stones while giving massage. The localized heat and weight of the stones warm and relax the muscles, allowing the massage therapist to apply deeper pressure to those areas without causing discomfort. Rubbing, kneading, stroking and rolling can be performed with stones on the affected areas, pressure will be given according to the condition of the patient. Mostly applied areas are, toes or forehead (smaller stones) and paraspinal muscles, palms, legs, arms, abdomen, feet (bigger stones).

The hallmark of the stone massage is the use of the heated stones, BASALT river rocks are used because they are smooth and have a marvelous heat retaining power.

**Duration:** 60-90 minutes.

## **Benefits:**

- It is deeply relaxing and comforting vasodilatation to muscles, which increases the blood flow, which eventually makes the increment in nutritional demand.
- Relieves muscle tension.
- Decrease stress and anxiety and promotes the sleep.
- Improve the texture and elasticity of the skin.

## **Additional tips:**

Do not eat before massage.

Stay hydrated.

Let your therapist know about warmth of the stones.

## **Literature review:**

**Boost immunity:** single session of HSM had a positive and acute impact on immunity (2010)

Rheumatoid arthritis; a study found that people with RA get benefit from moderate pressure massage (2013).

Post operative; who underwent abdominal colorectal surgery had less pain, tension and anxiety after receiving post operative massage.



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# जीवन के लिए आवश्यक-उपासना साधना और आराधना

आज के इस भौतिकवादी युग में संसार उलझता सा चला जा रहा है वहीं वर्तमान परिस्थितियों से हम सभी अवगत हैं। चारों ओर छल, कपट, शोषण और अत्याचार बढ़ता जा रहा है। प्रत्येक व्यक्ति अशांत और असंतुलित है, अत्याचारी भी और पीड़ित भी। प्रकृति और मानव दोनों की उग्रता चरम सीमा पर है। इसने व्यक्ति के आहार-विहार, विचार और व्यवहार बदल डाले हैं। मानव मूल्यों को लुप्त सा कर दिया है और जीवन जीने के उद्देश्य को ही तहस-नहस कर दिया है।

मुख्य समस्या को सुलझाने के निरंतर प्रयास किए जा रहे हैं। प्रत्यक्ष देखा जा रहा है, राष्ट्रीय और अंतरराष्ट्रीय स्तर की स्वयं सेवी संस्थाएं निरंतर प्रयत्न व प्रयास तो कर रही हैं पर कोई स्थायी समाधान निकलता नजर नहीं आ रहा है। इन सब का एक ही कारण है कि आज व्यक्ति प्रत्यक्षवादी एवं पूर्णतः भौतिकवादी हो गया है। आज मनुष्य, जीवन जीने की कला को भूलता जा रहा है। इन सब समस्याओं का एक ही हल नजर आ रहा है, वह है **“मानव मन का पुनर्निर्माण”**

इस कार्य के लिए वेदमूर्ति तपोनिष्ठ श्रीराम आचार्य ने “21” वीं सदी उज्ज्वल भविष्य के लिए तीन मूल सूत्र बताए हैं- **“उपासना, साधना और आराधना”**

**उपासना**- उपासना का अर्थ है, “पास बैठने से” व “निकट बैठने से”। जैसे- अग्नि के पास बैठने से तपन, बर्फ के पास बैठने से ठंडक और चंदन के पास बैठने से सुगंध प्राप्त होती है, उसी प्रकार हमें अपने इष्ट व देवी देवताओं के समीप प्रतिदिन 5 से 10 मिनट अवश्य बैठना चाहिए। अपने इष्ट के निकट बैठकर उनके गुणों व कार्यों को धारण करना चाहिए। जैसे- भगवान श्री राम के पास बैठकर भाइयों के प्रति प्रेम व आदर्श पुत्र जैसी भावना अपने आप में विकसित होती है। उपासना करने से आत्म शांति व आत्म बल की वृद्धि होती है। इसे नियमित करने से व्यक्ति का निर्माण होता चला जाता है।

**साधना** - साधना का अर्थ है, “साधकर रहना”। आध्यात्मिक क्षेत्र में इसका अर्थ “जीवन को साध कर रखना” है। व्यक्ति के विचार, भाव और कर्म ही तो हैं जो अच्छे-बुरे संस्कारों एवं जीवन का निर्माण करते हैं। इन तीनों स्तर को नीचे ना गिरने देना ही साधना है। साधना करने हेतु चार संयम का पालन किया जाता है, जो निम्न हैं-

- 1. इंद्रिय संयम** - इसमें पांच कर्मेन्द्रियों व पांच ज्ञानेन्द्रियों को संयमित किया जाता है। इसके लिए ब्रह्मचर्य का पालन अनिवार्य है।
- 2. अर्थ संयम** - “अर्थ जो व्यर्थ ना हो” इसमें धन को ईमानदारी, जिम्मेदारी, समझदारी पूर्वक लगाया जाता है। अर्थ को मुख्यतः चार भागों में बांटा जा सकता है। एक भाग स्वयं व परिवार के लिए। दूसरा भाग भविष्य के लिए। तीसरा भाग समाज कल्याण के लिए और चौथा भाग ईश्वर के लिए होता है। इस प्रकार अर्थ, व्यर्थ होने से बचेगा और अर्थ संयम होगा।
- 3. विचार संयम** - आज कल के व्यक्ति के विचार शुद्ध होने की जगह अशुद्ध होते जा रहे हैं। व्यक्ति में ईर्ष्या, द्वेष व जलन की भावना की वृद्धि होती जा रही है। व्यक्ति अचिंत चिंतन करने लगा है। अन्न अशुद्ध हो रहा है। कहा जाता है कि जैसा खाओगे अन्न, वैसा होगा मन। शुद्ध व सात्विक अन्न खाने से मन शुद्ध होता है। मन शुद्ध होने से विचार शुद्ध होते हैं। इसलिए सात्विक अन्न का सेवन आवश्यक है। इस प्रकार विचार संयम किया जाता है।
- 4. समय संयम** - ईश्वर द्वारा प्राप्त 24 घंटे में से प्रति दिन एक या आधा घंटा समय ईश्वर के लिए एवं एक घंटा समय समाज कल्याण व सेवा हेतु निकालना चाहिए। समाज कल्याण जैसे वृक्षारोपण, दीन-दुखियों की सहायता इत्यादि द्वारा समय संयम किया जाता है। इन चारों संयम को साधने के बाद व्यक्ति में तेजस, ओजस और वर्चस्व की वृद्धि होती है। तत्पश्चात व्यक्ति के तर्क में विचार शक्ति प्रबल होती जाती है। स्वयं के अन्दर मन को निर्मल करने का नाम साधना है। साधना से परिवार का निर्माण होता है।

**आराधना** - भगवान की आराधना करना चाहिए। प्रकृति को ही भगवान कहा जाता है जो कि प्रत्यक्ष रूप में दिखाई देती है। “भगवान” का शाब्दिक अर्थ है - “भ-भूमि, ग-गगन, व-वायु, अ-अग्नि और न-नीर”। इसमें प्रकृति की सेवा के मार्ग चुने जाते हैं। जिस प्रकार उपासना, साधना के द्वारा जीवन का नवनिर्माण किया जा रहा है, वैसे ही अपने परिचितों, जनसमूह को भी इस मार्ग पर चलाने का प्रयास करवाएं। अपने दीप से दूसरों के दीप भी जलाएं। यह परोपकारी भाव और सेवा ही ईश्वर की आराधना कहलाती है। अपने समय, श्रम और प्रतिभा इन सब को लोकमंगल के लिए नियुक्त करने का नाम आराधना है। जिस माटी ने हमें जन्म दिया, जिस माटी में हम खेले, इस प्रकृति की ही सेवा करना, लोकमंगल के रास्ते पर चलना आराधना कहलाती है।



**Ojusvi Bhart**

BNYS, 4th year, Batch: 2016-17

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

# Naturopathy and Indian Traditions

## Why we do not sleep with head facing towards North?

**MAGNETO THERAPY** - Our body includes magnetic field and Earth is a giant magnet, which means when we sleep by keeping our head towards North, body's magnetic field gets completely uneven to Earth's magnetic field which further creates several disorders in our body.

## Why do we do Namaskar?

**ACUPRESSURE** - While joining our palms together, we join the tips of our all fingers together which further create pressure on points of ears, eyes and mind, helping us to remember that person for long time. This also ensures that people do not get germs while greetings (It is one of the COVID-19 safety measure to be taken).

## Why do we fast?

**FASTING THERAPY** - Fasting gives rest to our body and mainly to our digestive system; therefore the energy required for digestion is used in removing the accumulated toxins of our body.

## Why do we worship Idol?

**YOGA THERAPY** - According to the concept of dharna in Astanga Yoga, meditation can be practiced by focusing on an object or an idol at initial levels of meditation.

## Why do we sit on floor while eating?

**YOGA THERAPY** - "Sukhasana", one of the important postures practiced in Yoga immediately brings a sense of calmness, enables blood flow towards stomach and facilitates better digestion and assimilation of nutrients.



**Harsha Jain**

BNYS, 4th year, Batch: 2016-17

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

# Lifestyle Medicine

Changes in disease pattern, growing medical expenses and morbidity due to lifelong diseases such as diabetes, hypertension, cardiovascular disease, arthritis and many other syndromes require lifestyle change in order to effectively address these problems.

The word '**Lifestyle Medicine**' was first used by Dr James Rippe in 1989. In 1999 Rippe stated that lifestyle medicine involves the integration of lifestyle practices into the modern practices of medicine both to lower the risk factor for chronic disease and if disease is already present, serve as an adjunct in its therapy. It deals with; not only treating disease but also promoting good health.

Lifestyle medicines look at the life of an individual (in all dimensions) and suggest modifications accordingly. Physicians and surgeons need to work with psychologist, physiotherapist, nutritionists, yoga/exercise therapists and so on. For, lasting results patients and family members may be active partners rather than passive recipients.

Lifestyle factors such as lack of physical exercise, consumption of alcohol, tobacco use, and unhealthy dietary practices and known modifiable risk factors. They are not only responsible in precipitating complications but are cause of concern for the treatment to be effective.

Thus, lifestyle factors have become key factors in the modern healthcare industry. Lifestyle medicine is also defined as “the application of environmental, behavioral, medical & motivational principles for management of lifestyle”.

**Lifestyle medicine focuses on 6 areas to improve health.**

- Increased physical activity
- Healthful eating of whole plant-based food
- Develop strategies to manage stress
- Cessation of tobacco
- Improves sleep
- Form and maintain relationships



**Komal Khandelwal**

BNYS, 5th year, Batch: 2015-16

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

# Benefits of Stretching

- The standing forward bend reduces stress, anxiety, depression and fatigue, calms mind, relieves tension in spine neck & back and also activate abdominal muscles.
- Ushtra Asana stretches the entire front of the body and ankles, thighs and groin. The pose also stretches the abdomen, chest, throat and the deep hip flexors; it strengthens the back muscle, improves posture and stimulates the organs of the abdomen and neck.
- Setu Bandha Asana stretches your back, neck and chest and relaxes your body, it helps to strengthen muscle of the back. This also helps in relieve the stress.
- The pillow stretch opens the neck, shoulder and back by compressing the abdomen, it massages and tones the digestive organs which improve detoxification.
- The child's pose helps to stretch the hips, thigh and ankles, while reducing stress and fatigue, this pose also teaches proper breathing.
- Parvat asana calms mind ,relieve stress, and mild depression, can be therapeutic for high blood pressure asthma, flat feet, sciatica and sinusitis.
- Seated side twist stretch relieves symptoms of backache, fatigue, menstrual discomfort and sciatica.
- Shashankasana increases body awareness with breathing, calms mind, relieve tension around neck, activates thyroid glands keeps hormonal control and activates digestive system.
- Seated forward bend induces relaxation, relieves stress and lifts mood, stretches the spine, shoulder, lower back, stimulates organs, intestines, kidney, liver, ovaries and uterus, relieves symptoms of menstrual discomfort.



**Sakshi Gupta**

BNYS, 1st year, Batch: 2019-20

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

# Muscles Song

The skeletal muscle system is ready to contract, It's there when you need to fight and also to react.

You have around **640**, but there is no fear, We'll cover all the main ones from your front to your rear.

There's the **Trapezius** muscle from your neck down your back, This muscle has three portions, so, let us discuss that Superior, Middle, Inferior; that's what they're called, And around your shoulders where they are sprawled.

The **Deltoid** top the shoulders and he splits into three, Anterior, Lateral, Posterior fibers as you can see. These muscles help you lift your arms up into the air, So, you can wave your arms around like you don't even care.

The **Biceps** is a flexor made up of two sections, The short and the long heads almost like reflections. That **Triceps** is an extensor with three bits as you can see, These are the lateral long and the medial heads actually.

Your two **Pecs** help you move your arms and they are on your chest, Know that these muscles come in pairs like weights that are bench pressed.

The **Pectoralis major** lets you move your humerus, The Minor muscle lifts your ribs as you'll know if you're studious.

The **Rhomboid** on your upper back lets you dance your best, The minor up of major remember for your tests. Your **lats** can be seen behind always by your side, Of all of your back muscles, these are the most wide.

The **Obliques** help you rotate and are found along besides, Beneath the external the internal oblique hide. The **Rectus Abdominus** which are often called your abs, Everyone has a six-pack though sometimes under flab.

**Glutes** are the largest muscles located on your rear, your glutes help you to climb stairs without any fear. The three gluteal muscles are Maximus, Medius, Minimus, So, make sure when you study that you are not oblivious.

The **Quadriceps** has four muscles, which help extend your knee, It's found a top the femur on it as you can see Vastus lateralis, intermedius, medialis. Together with the fourth called rectus femoris.

The **Hamstrings** are leg flexors, and they have three muscles, Biceps femoris, Semitendinosus and Semimembranosus. Finally your calf muscles the **Soleus and Gastrocnemius**, With lateral and medial heads which find cycling strenuous.



**Tanya Jain**

BNYS, 3rd year, Batch: 2017-18

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

# मनुष्य जीवन में अमृत तुल्य पदार्थ है शहद

प्रभुप्रद मधु (शहद) एक अमृतुल्य पदार्थ है। वह प्राणियों के कल्याण के लिए दिव्य देन है। जिस प्रकार यह जगत प्रसिद्ध मान्यता है कि गंगाजल कभी सड़ता नहीं है, बल्कि पाचक व रोग नाशक है। डॉक्टर डब्लू जी सेकट ने एक प्रयोग के तहत रोग कीटाणुओं को शहद में रखा तो यह कीटाणु शीघ्र ही मर गए, इसमें टाइफाइड और पेचिश पैदा करने वाले कीटाणु भी थे।

शहद में सड़न को रोकने और कीटाणुओं का नाश करने की जो शक्ति विद्यमान है उसने उसे भोजन में सर्वोत्तम (सर्वश्रेष्ठ) और पवित्र स्थान दिया है। हमारे पूर्वज शहद के गुणों से परिचित थे। इसलिए उन्होंने शहद को पंचामृत का अंग माना है।

प्राकृतिक चिकित्सकों ने तो चीनी को सफेद जहर माना है। चीनी के सेवन से आंतों में सड़न व अल्सर पैदा होता है। साथ ही अम्लपित्त (तेजाब) की उत्पत्ति होती है। इसके सेवन से सभी आयु के व्यक्तियों के यकृत खराब हो जाते हैं और उन्हें बहुत शीघ्र जुकाम होने लगता है।

इसी प्रकार छाती में निमोनिया आदि रोगों की उत्पत्ति होती है और गले की ग्रंथियां सूज जाती हैं। इसके खाने से शरीर में कैल्शियम की कमी हो जाती है। चीनी में पोषक तत्व नहीं हैं। चीनी और मधु में उसी प्रकार का भेद है जैसा दूध और शराब में होता है। दूध अमृत है जबकि शराब विष है। इसी प्रकार मधु अमृत है और चीनी विष है।

आप आश्चर्य में आ जाएंगे यदि मैं कहूं कि शहद मुंह में रखने के साथ ही रक्त में मिलना शुरू कर देता है। उसे हमारी भोजन नलिका के रास्ते अमाशय तक पहुंचने का इंतजार नहीं करना पड़ता।

प्रायः अधिकतर लोगों में यह बड़ा भारी भ्रम है कि शुद्ध शहद जमता नहीं है। किंतु अधिक सर्दी से शुद्ध शहद भी जम जाता है। शहद का जमना शुद्धता की कसौटी नहीं होती। शहद को थोड़े गर्म पानी में रखकर तरल किया जा सकता है। क्योंकि शुद्ध शहद में शक्कर, चीनी, ग्लूकोज आदि की मिलावट भी हो सकती है। अतः शुद्धता के बारे में संतुष्टि कर लेनी चाहिए।

शहद की एक और विशेषता है कि यह वर्षों तक पड़ा रहने पर भी खराब नहीं होता क्योंकि इसमें जीवाणु नाशक शक्ति होती है।

- अगर किसी घाव से रक्त बंद नहीं हो रहा हो तो मधु का लेप लगाने से रक्त तुरंत बंद हो जाता है।
- यह एक शुद्ध रोग नाशक मीठा पदार्थ है, जो पुष्प व फलों के प्राकृतिक मिठास का गुणकारक, सम्मिश्रण है।
- आधुनिक खोजों से भी इस बात का पता चला है कि मधु में शरीर के पोषक विटामिन में से विटामिन ए और बी पाए जाते हैं।
- विटामिन ए इसमें कुछ कम मात्रा में रहती है। मगर विटामिन बी इसमें प्रचुर मात्रा में पाया जाता है। इस विटामिन बी के प्रभाव से रक्त शुद्ध होता है। रक्त विकृति और रक्त की अल्पता दूर होती है और आंखों की ज्योति बढ़ती है। विटामिन बी के अभाव से पैदा होने वाले प्रसिद्ध बेरी-बेरी नामक रोग में भी शहद का प्रयोग बहुत सरलता पूर्वक किया जाता है।
- शहद पेट के अंदर जाकर आंतों की बिगड़ी हुई क्रिया को सुव्यवस्थित करके उनके अंदर जमे हुए विजातीय द्रव्यों को दूर कर देता है। आंतों की तरह आमाशय और पक्वाशय पर भी इसकी क्रिया बड़ी संतोषजनक होती है। यदि बहुत अधिक समय तक प्रकृति विरुद्ध और भारी भोजन करने की वजह से आमाशय और पक्वाशय में खराबी हो जाए तो मधु का स्वतंत्र रूप से या किसी दूसरी अनुकूल औषधियों के साथ सेवन से आमाशय की रस ग्रंथियां क्रियाशील होकर अधिक पाचक रस निकालना प्रारंभ कर देती हैं, जिससे सूजन दूर हो जाती है। जठराग्नि तीव्र हो जाती है और भूख अधिक लगने लग जाती है।



**Gitanjali Pareek**

BNYS, 1st year, Batch: 2019-20

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

# Riddles

“

I have a 9 letter word, 123456789. If I lose it, I die. If I have 234, I can 1234. If I have 56, I am very sick. 235 is the same as 789. What is the word?

”

HEARTBEAT

“

I have forests but no trees. I have lakes but no water. I have roads but no cars. What am I?

”

MAP

“

I have keys without locks. I have space without rooms. You can enter but you cannot go outside. What am I?

”

KEYBOARD



**Divyashree Swami**

BNYS, 3rd year, Batch: 2000-00

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

# The Ultimate Guru-Dakshina

## Ajmer: early 1970s

A Basketball match was being played by my JLN medical college. We were ordered by our seniors, to bunk classes for the day, and reach GCA grounds. The match was against the best team of the district and the state. A mere glimpse of the opponent team was awe inspiring. 6 feet tall, athletically built and body language of champions. The match started; expectedly our team was no match, for this champion team. The whole match was dominated by the opponent team. One more thing that we witnessed with curiosity was a strongly built man of medium height, salt & pepper hair and rich bushy moustaches, who was commanding each and every action of the opponent team. This was, Shri Bhagwan Singh, coach of the team. He was respectfully addressed by everyone as Guruji.

## Mid 1990's - 2002: St. Xavier School, Jaipur

Admission for children in a good school in Jaipur had become quite a task and, in my case, the only school I wanted to get my son admitted was St. Xavier. For the next 10 years my late afternoons and evenings were spent, in Xavier's lovely sporting campus. One day, I was talking to the basketball coach, Bijli sir (was employed with electricity department). I was telling him about my medical schooling in Ajmer and having the opportunity to watch the great basketball coach Guruji.

Mr. Hari Mohan (Bijli sir's real name), a national player himself, had represented India under Guruji. On mere mention of Guruji, his eyes lit up with pride and respect, started narrating stories about him. Bijli sir also told me about, Mr. Vikram Singh Shekhawat, another national player who had learnt his basketball from Guruji.

My office (Indian Red Cross) was coming up with a souvenir and I thought it would be a good idea to get more information about Guruji and write an article about him. I did prepare that article with help of Mr. Shekhawat, but for reasons I cannot recollect now, that article became a forgotten unpublished story.

## March 2020

We have been having a nice couple, visiting us, almost monthly, for the past, six months.

The husband and I were having a conversation when topic came of a person who had represented India in Basketball - his name Vikram Singh Shekhawat - the person I had interviewed all those years back regarding Guruji.

I felt that the story of Guruji needed to be told after so many years so I met again with Mr Shekhawat to complete the story!

## Shri Bhagwan Singh aka Guruji

Born in Rajgarh village, near Ajmer. After finishing his studies, he joined Govt. College Ajmer (GCA), one of the oldest & the most famous college in our state, as Physical Instructor, eventually becoming the Director of Physical Education.

Basketball was his life, and his single-minded goal, was to produce quality basketball players who could make India proud. To achieve this, he used to scout for raw talents and be sculpted them into champion players. He got these prodigies admitted to GCA, provided they leave everything else and focus on the game.

GCA team was winning all kinds of tournaments and started making headlines at the national university games as well. Soon, the GCA trainees, started getting selected into the Indian team and there was a time when more than half the Indian team comprised of Guruji's trainees. GMCAjmer had become the nursery of Indian Basketball.

Guruji produced over a dozen and a half international stars in his illustrious career, eventually becoming the head coach of Indian team.

## THE CROWNING GLORY

1980 Moscow Olympics, were boycotted by various US allies due to cold war. This gave Indian basketball team once in a life time opportunity to participate in the Olympics. When this Olympic bound team, left Indian shores, three of the team members were Guruji's disciples, including, the captain Paramjeet Singh! Indian team, despite losing matches, was

noticed by other teams as a fighting team. One Indian player, Hanuman Singh, a trainee of Guruji from GCA made it to the world eleven chosen post Olympics.

### **Guruji sudden death**

GCA was playing an interstate tournament at Sikar when Guruji suffered, a sudden severe heart attack. He was rushed to the hospital but could not be saved. Guruji's young son had already passed away tragically at the age of 24 due to a road accident. He was survived by wife and two daughters. Guruji's trainees decided to pay their homage, respect and gratitude in a very special way - a basketball match with proceedings going to Guruji's family. The game was an emotional affair with grateful trainees touching Guruji's wife's feet and paying homage to Guruji.

Later when the daughters of Guruji got married, Guruji's trainees came for her marriage and got actively involved with preparations to ensure everything goes smoothly. They were present to shower flower petals on the bride during kanyadaan, giving tearful blessings to the beloved daughter, of their Guru ji.

This was the ultimate Guru Dakshina paid by Guruji's trainees to him.



**Dr. Mahesh Arora**

Principal

Swasthya Kalyan Institute of Medical Technology & Nursing Education - Paramedical Division

# Computed Tomography

Computed tomography (CT) of the body uses sophisticated x-ray technology to detect a variety of diseases and conditions. CT scanning is fast, painless and accurate in emergency cases, it can reveal internal injuries and bleeding quickly enough to help save lives. Using specialized equipment and expertise to create and interpret CT scans of the body, radiologists can more easily diagnose problems such as cancer, cardiovascular disease, infectious disease, appendicitis, trauma and musculoskeletal disorders.

**Understanding CT Scanning of the Body:** The cross sectional images generated during a CT scan can be reformatted in planes. They can even generate three-dimensional images. These images can be viewed on a computer monitor, printed on film or by a 3D printer, or transferred to CD or DVD. CT images of internal organs, bones soft tissue and blood vessels provide greater detail than traditional x-rays particularly of soft tissues and blood vessels.

**Procedure of CT scanning:** With CT scanning, several x-ray beams and electronic x-ray detectors rotate around you. These measure the amount of radiation being absorbed throughout your body. Sometimes, the exam table will move during the scan, so that the x-ray beam follows a spiral path. A special computer program processes this large volume of data to create two-dimensional cross-sectional images of your body. These images are then displayed on a monitor.

CT imaging is sometimes compared to looking into a loaf of bread by cutting the loaf into thin slices. When the image slices are reassembled by computer software, the result is a very detailed multidimensional view of the body's interior.

Refinements in detector technology allow nearly all CT scanners to obtain multiple slices in a single rotation. These scanners, called multi-slice or multi-detector CT, allow thinner slices to be obtained in a shorter amount of time. This results in more detail and additional view capabilities. (128 slice CT scan machine established in RAJASTHAN HOSPITAL).

**Contrast Materials:** A special dye called contrast material is needed for some CT scan to help highlight the areas of your body being examined. The contrast material blocks x-rays and appears white on images, which can be help, emphasize blood vessels or other structures.

**Contrast material might be given to you**

**By mouth-** if your esophagus or stomach is being scanned, you may need to swallow a liquid that contains contrast material. This drink may taste unpleasant.

**By injection-** A contrast material may be inserted in your rectum to help visualize your intestines. This procedure can make you feel bloated and uncomfortable.

## Benefits

- CT scanning is painless, noninvasive and accurate.
- A major advantage of CT is its ability to image bone, soft tissue and blood vessels all at the same time.
- Unlike conventional x-rays, CT scanning provides very detailed images of many types of tissue as well as the lungs, bones, and blood vessels.
- CT examinations are fast and simple; in emergency cases, they can reveal internal injuries and bleeding quickly enough to help save lives.
- CT has been shown to be a cost-effective imaging tool for a wide range of clinical problems.
- CT is less sensitive to patient movement than MRI. No radiation remains in a patient's body after a CT examination.
- X-rays used in CT scans should have no immediate side effects.



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# Primary Health Care

In 1978, the World Health Organization {WHO} adopted the primary health care approach as the basis for effective delivery of health services. Primary health care should not be confused with Primary care or Primary nursing. Primary care is a medical concept referring to a situation where in the physician provides diagnosis, treatment and follow-up for a specific disease or problem.

The Primary health care approach is both a philosophy of health care and an approach to providing health services.

Primary health care types-

- Promotive
- Preventive
- Curative
- Rehabilitative
- Supportive/Palliative

In delivering each type of health care, under the primary health care approach, the focus is on preventing illness and promoting health.

## Principles of primary health care

- **Accessibility**- means that the five types of health care are universally available to all people regardless of geo-graphic location.
- **Public Participation**- means clients are encouraged to participate in making decision about their own health, in identifying the health needs of their community and in considering the merits of alternative approaches to addressing those needs.
- **Health promotions**- involve health education, nutrition, sanitation, maternal and child health care, immunization, prevention and control of endemic disease. The goal of health promotion is to reduce the demands for curative and rehabilitative care.
- **Inter-sectoral cooperation**- recognizes that health and well-being is linked to both economic and social policy. The adoption of the principle of intersectoral cooperation will ensure the providers from different disciplines collaborate and function interdependently to meet the needs of health care consumers and their families.



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# Reasons Behind Wearing White Coat in Medical Profession

The white coat has served as the pre-eminent symbol of physicians for over 100 years. A child's earliest memory of a doctor is the person in the white coat. Patients expect to be treated in a doctor's office, hospitals and clinics by an individual wearing white. The white coat doctors wear; started with Dr. Arnold P. Gold, who used the coats to welcome new doctors into the fold. Prior to the introduction of white coat for doctors, they were in black clothing.

72% of all hospital doctors and medical students wear white coat and most wear them greater than 75% of the time. This is also to show the cleanliness and psychologically to assert they are free from germs and are hygienic. They are functional, the big pocket can hold a stethoscope, ophthalmoscope, paper, pen, and so on. The white coat also protects clothes from a common on-the-job hazard as well.

Clothing influences how we are perceived and how we perceive ourselves. The white coat screams out "official," "brainy" and "in charge." White is the colour of hope and the white coat the symbol of the healer.

White was chosen with good reason as the new standard of the medical profession. This colour, representing purity, is a visual reminder of the physician's commitment to do no harm. White represents goodness. Moses, Jesus, and the Saints, for example, are often described as being clad in white.

"When you take off that white coat in the sacred presence of those for whom you will care – in the sacred presence of people just like you – when you take off that white coat, and, tower not over them, but join those you serve, you become a healer in a world of fear and fragmentation, an 'aching' world, as your chaplain put it this morning, that has never needed healing more."



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# Meditation

Meditation is a precise technique for resting the mind and attaining a state of consciousness that is totally different from the normal waking state. Meditation has been practiced since antiquity in numerous religious traditions, often as part of the path towards enlightenment and self realization.

It is the means for fathoming all the levels of ourselves and finally experiencing the centre of consciousness within. Meditation is not a part of any religion; it is a science, which means that the process of meditation follows a particular order, has definite principles, and produces results that can be verified.

In meditation, the mind is clear, relaxed, and inwardly focused. When you meditate, you are fully awake and alert, but your mind is not focused on the external world or on the events taking place around you. Meditation requires an inner state that is still and one-pointed so that the mind becomes silent. When the mind is silent and no longer distracts you, meditation deepens and learning to be calm and still should not become a ceremony or religious ritual; it is a universal requirement of the human body.

Meditation is very therapeutic. It not only leads to inner balance and stability, it also exposes your inner complexes, your immaturities, your unproductive reflexes and habits.



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## कोरोना - एक युद्ध

कोरोना जिसके नाम के अर्थ में स्वयं 'मुकुट' विराजमान हो, वो मानो लगातार अपने आप को अंधकार का राजा समझ समस्त देशों के मुकुट को ललकार रहा हो, मानो मानवता के सूर्य को अपने विषैले शस्त्र से अपनी बाहों में जकड़ना चाहता हो, मानो अपनी आकृति बतला रहा कि जिस प्रकार सूर्य ग्रहण के समय चंद्रमा सूर्य को ढक लेता है और सूर्य की किरणें जिस प्रकार चंद्रमा में चारों ओर नजर आती हैं, शायद इस तुलनात्मक छवि से कहना तो आसान हो सकता है, कि ये किरणें इस संसार के वो तमाम देश हैं जिनको इसने जकड़ लिया है।

तो अब सवाल है कि क्या मृत्यु का नाच इसी तरह हमारी आंखों के सामने होता रहेगा, या आज फिर स्वयं श्री राम जन्म लेके शत्रु संहारक शस्त्र से शत्रु का विनाश करेंगे। क्या हमें फिर से सतयुग की उन परंपराओं का निर्वहन करने की आवश्यकता है, जिसे हमने आज के दौर में 'देहाती कल्चर' नाम से प्रचलित करके, किनारे पर रख दिया है। शायद इस मानव संहारक वायरस का इतने बड़े पैमाने में इंसानियत से सामना पहली दफा हो रहा हो और शायद इसीलिए हमारे पास इससे लड़ने के लिए रोग प्रतिरोधक क्षमता ना हो और ना ही हमारे पास इससे निजात पाने के लिए कोई वैक्सीन मौजूद है।

तो जाहिर सी बात है मानवीय जीवन पर संकट के बादल मंडरा रहे हैं। विश्व के सभी राष्ट्र संकल्पों से बना करते हैं। आज हमारा राष्ट्रीय ध्वज इस बात का संकेत दे रहा है कि चाहे हार हो या जीत हो, उत्सव हो या त्रासदी हो, आज हमारे देश के लोगों की अभिन्नता, सामूहिकता इस बात का प्रतीक है कि 130 करोड़ लोग कंधे से कंधा मिलाकर इस जंग को जीतने के लिए खड़े हैं। जब जब हम सामूहिकता के इस संकल्प को साधने के लिए समय समय पर अपने वैचारिक या धार्मिक मतभेदों से ऊपर उठ जाते हैं उस दिन हम इस सम्पूर्ण देश की एकजुटता का परिचय देते हैं। उम्मीद है वो दिन जल्दी आएगा, जब भारत का प्रत्येक नागरिक 56 इंच का सीना दिखलाएगा, पूरे विश्व को बतलाएगा 'भारत विश्व गुरु बन जाएगा'। 'मेरा भारत विश्व गुरु बन जाएगा'।



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# Career As Radiation Technologist

Radiation Technologists are **backbone of hospitality department**. They are healthcare professionals who perform diagnostic imaging procedures, such as x-rays examination, Magnetic Resonance Imaging (MRI), and Computed Tomography (CT) scans. Some of them specialize in specific technique such as Cardiovascular-Interventional Radiography, Mammography or Sonography. Radiologic technologists are responsible for accurately positioning of patients and ensuring that a quality diagnostic image is produced. They work closely with Radiologist, the physicians who interpret medical images, to either diagnose or rule out disease or injury.

Radiation technologists are educated in anatomy, patient positioning, examination technique, radiation safety ,radiation protection and patient care.

According to 2005 survey of Radiologic Technologists the top reasons professional entered this field were that they wanted on interesting career and they wanted to work in a profession that helps people.

**Working conditions:** Most full time radiologic technologist work about 40 hours a week; they may have evening, weekend or on-call hours. Opportunities for part-time and shift work are also available.

**Earning:** Technologists who work in specialty; such as a CT or MRI typically earn more.



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## हौसला और विश्वास

हौसले से भर तू उड़ान, तेरा विश्वास तेरे साथ है।

रखना पैर जमीन पर ही, बस इतनी सी दरख्वास्त है।

आएंगी मुश्किलें भी, हार ना मानना तू।

मंजिल पर पहुंचकर ही, रुकने की ठानना तू।

रोकेंगे तुझे लोग यहां, बाधेंगे बंदिशों में, सुनना तू अपने दिल की, भटकना ना गरदिशों में।

निराशाओं के भंवर भी आएंगे, ना फसना तू उनमें।

आशाओं की बुलंदी को छूना, वह हौसला है तुझमें।

तेरे हाथ में है नसीब तेरा, कर्म कुछ ऐसा करना है।

कि इतिहास बन जाए, कुछ ऐसा कर गुजरना है।

जुड़े रहना अपनी मातृभूमि से, पूरा करना हर सपना।

हर फर्ज, हर धर्म, पूरा करना अपना हौसला बरकरार रखना।

उसके हाथों में तेरा हाथ है, हौसले से भर तू उड़ान; तेरा विश्वास तेरे साथ है।



**Gaurav Priya Mishra**

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# Unlock Your Hidden Creative Genius

The creative process is the act of making new connections between old ideas or recognizing relationships between concepts. Creative thinking is not about generating something new from a blank slate, it's rather about taking what is already present and combining those bits and pieces in a way that has not been done previously. Being creative isn't easy, nearly all great ideas follow a similar creative process. In 1940, an advertising executive named James Webb Young published a short guide titled, A Technique for Producing Ideas. Young believed the process of creative connection always occurred in five steps.

While we often think of creativity as an event or as a natural skill that some people have and some don't, researchers actually suggest that both creativity and non-creativity are learned. According to psychology professor **Barbara Kerr**, "Approximately 22 percent of the variance [in creativity] is due to the influence of genes." This discovery was made by studying the differences in creative thinking between sets of twins.

Claiming that, "I'm just not the creative person!" is a pretty weak excuse for avoiding creative thinking. Certainly, some people are primed to be more creative than others. However, nearly every person is born with some level of creative skill and the majority of our creative thinking abilities are trainable. In any creative endeavor, you have to **give yourself permission to create junk**. There is no way around it. Sometimes, you have to write 4 terrible pages just to discover that you wrote one good sentence in the second paragraph of the third page. Creating something useful and compelling is like being a gold miner. You have to sift through pounds of dirt and rock and silt just to find a speck of gold in the middle of it all. Bits and pieces of genius will find their way to you, if you give yourself permission to let them use. No single act will uncover more creative genius than forcing yourself to create consistently. Practicing your craft over and over is the only way to become decent at it. The person who sits around theorizing about what a best-selling book looks like will never write it. Meanwhile, the writer who shows up every day and puts his butt in the chair and his hands on the keyboard, he is actually learning how to do the work!

If you want to do your best creative work, then don't leave it up to chance. Don't wake up in the morning and think, "I hope, I feel inspired to create something today." You need to take the decision making out of it. Set a schedule for your work. Genius arrives when you show up enough times to get the average ideas out of the way.



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# Surprising Health Benefits of Smiling

Whether you call it a grin, smirk, beam or smile, there's no denying the feel-good power of this happy facial expression. We are born with the ability to smile, yet as we age, we smile less often. Research shows that children smile an average of 400 times per day, compared to the average happy adult who smiles 40-50 times per day and the typical adult who smiles only 20 times per day.

Why is smiling important? Smiling not only offers a mood boost but helps our bodies release cortisol and endorphins that provide numerous health benefits, including:

- **Reduced blood pressure**
- **Increased endurance**
- **Reduced pain**
- **Reduced stress**
- **Strengthened immune system**

Furthermore, Studies show that people who smile appear more likeable, courteous and competent. People who smile tend to be more productive at work and make more money.

Want to increase your daily smile average to take advantage of these benefits? The first step is easy, start your day with a smile. Smiling is infectious and when we smile we activate neurons in the brain that fire a synchronizing feature. You'll notice that one smile will lead to additional smiles not just for you but for those around you. World smile day is celebrated on first Friday of October.

To start flexing your smile muscles more often, try one of these fun smile challenges at home or work

- **Post-it notes:** Gather 10-20 colourful post-it notes and write down people, places or things that make you smile. Stick the post-it-notes some place you'll see every morning to start your day.
- **Social media smile collage:** Create a smile collage and post it on social media; include your picture smiling with your friends, a picture of an activity or place that makes you smile.
- **Waiting:** Catch yourself in a moment where you are waiting; whether it's in traffic or at the grocery store. Stop and smile, see if others smile back.

**Smiling fact: Scientists have calculated that there are 19 types of smiles.**



**Monika Banshiwal**

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# How to Boost Immunity Naturally

Why we should improve immunity? Because, there is no medicine to improve our immunity! Immunity boosting is not overnight job. Boosting of immunity requires a plenty of time. It will take a month or a year to improve.

When you have good immunity power you will not be infected with any kind of viruses and if you will be infected you will recover fast.

There are certain food items which can improve our immunity level. These are actually very beneficial to boost immunity.

- All fruits (particularly citrus fruits are rich in Vitamin-C. Vitamin-C provides prolong time of Immunity. Vitamin-C is required in a very low amount in our body) and vegetables
- Ginger, garlic, cloves.
- Turmeric is an excellent immune booster. It acts as an antibiotic agent.
- Honey with lemon juice also helps to improve our immunity.

Good lifestyle is also a plays a key role in enhancing our immunity like-

- **Walking:** Walking and jogging is very important. 30 minutes of walk is sufficient for a day.
- **Sleeping:** Adequate sleep is essential. 6-8 hours of sleep is best for health.
- **Timings:** Eating, sleeping, rise should be in balanced.
- **Eating:** Small meals in multiple gaps are beneficial. Not only to boost our immunity but overall healthy being.

These are the normal approaches which all are to be followed in routine. If we follow these adjustments continuously for half or one year we can see the good results in our immune system.



**Hemant**

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# परिवार

अपनेपन की बगियाँ हैं, खुशहाली का द्वार,  
जीवन भर की पूँजी है, एक सुखी परिवार ॥

माँ की ममता में बसता है बच्चों का संसार,  
जीवन का रस्ता दिखलाए बापू की फटकार ॥

दादा-दादी की बातों में है जीवन का सार,  
भाई-बहना का रिश्ता है रिश्तों का आधार ॥

घर की लक्ष्मी बनकर पत्नी देती है घर को आकार,  
बहु जहाँ बन जाए बेटी होता स्वर्ग वहाँ साकार ॥

नाजुक डोरी रिश्तों की मांगे बस थोड़ा सा प्यार  
अहम छोड़ कर गर झुक जाएँ, बना रहेगा घर संसार ॥

टूटेगा हर सपना अपना अगर बिखरता है परिवार  
साथ अगर हो अपनों का तो होगा खुशियों का अम्बार ॥

आओ करें कामना ऐसी बिखरे ना कोई परिवार  
मिल झुल कर सब साथ रहें हर दिन हो जाए त्यौहार ॥

अपनेपन की बगियाँ हैं, खुशहाली का द्वार,  
जीवन भर की पूँजी है, एक सुखी परिवार ॥



**Ayush Gupta**

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# Understanding ERP and Its Use

Today the way the knowledge gets imparted to students and how the colleges manage their administration has undergone a significant change. The cost, speed, and accuracy are measured in Colleges performances every now and then. It decides the ranking and successful run of an educational institution.

## Why ERP in the education sector?

The importance of an **Enterprise Resource Planning Software** is well advocated and demanded all service sectors be it the manufacturing, trading, accounting, customer relations or human resource. The most significant feature that holds ERP, a supreme choice among the customers is their self-sufficient capacity to automate and integrate every industry-related activity.

In educational industry/institutions, an ERP comes with automation and integration of both academic and administrative functions. For an educational institution, the ERP platform comes as a comprehensive suite of application which can automate every activity of a colleges right conducting the student admission, managing their attendance, fees and examination, employee payroll and their recruitment and much more. In short, an ERP provides colleges with an ample number of choices to streamline their educational institute and related activities. ERP provides the colleges with an overview of their running task or in other words, an ERP gives a bird's eye view of the real-time colleges activities happening in the premise.

## What is the role played by an ERP in education institutions?

1. Integrate every colleges functions. It stores, monitor and provides real-time access to information such as registration, finance, and human resource.
2. Facilitate the information flow within an educational institution.
3. Track every institutional activity helping in bringing improvements in the current system, also facilitating the working of future plans.
4. Improving and organizing the portfolio of teachers, students, and staff.
5. Simplifying the process of student management.
6. Maintaining good relationships with both parents and stakeholders.
7. Improving the organization of teachers, students, lectures, etc.
8. Systemizing various educational processes
9. Simplifying student management
10. Reducing expenses, saving energy and time
11. Organizing the data in the order you need and want.

## Tools in ERP or features of ERP:

1. **Timetable management system** enables creation of both manual and automatic timetables. It guarantees timely updates on faculty substitution and assists in superior management of rooms, resources and faculty.
2. **Financial accounting module** takes care of accounts receivable and payable, general ledger, taxation, income/expense and reconciliation statements as well as other documents needed for accounting purposes. This module also offers a robust and multifarious portfolio of reports.
3. **Admission management system** helps to control pre-admission selection and screening of students, short listing of applications, online registration, identification cards registration and sending/receiving electronic alerts.
4. **Grades and exam operation system** gives the ability to conduct offline and online examinations, consider student performance, differentiate book management, generate report cards, hold mass competitive/entrance exams as well as provide the students with the results.

5. **Hostel management module** streamlines arrangement and reservation of rooms in teacher accommodations and student hostels. It helps track student outings and visitor records thus ensuring discipline. It also assists to control room facilities, room shifting and interchanging processes, and provides other important logistic support.
6. **Asset and inventory management program** provides stock and inventory management for multiple positions. It allows increasing significantly operational effectiveness and categorising the assets. This program also helps to conduct the wise search of assets location.
7. **Budget and cost control module** helps in accurate and quick budgeting. It provides efficient costing and performance evaluation, and assists distinguish between unavoidable and controllable costs.
8. **Recruitment operation system** helps the students get the view of the whole situation and make use of pre-placement opportunities. This program provides exhaustive resume search and allows the students receive or send interview letters or e-mails without encumbrance.
9. **Biometrics payroll management module** provides the user with a defined classification for integral reporting. This program can make up a flexible payroll processing stage, cost centers and control the biometric system as well.
10. **Fees management system** helps the user create a special fee structure according to which fees can be paid weekly, monthly or annually, as the student wishes. This module has a function of automatic generation of defaulter lists, fine structures and scholarship rewards schedules.

### When does your college need ERP?

College development often focuses on goals that coincide with a college's short-term and long-term growth, as well as analyzing potential Education Sector's challenges. Conducting a regular analysis of systems and processes helps identify when a College/ Business may need to integrate an ERP system.

An ERP solution should be taken into consideration when existing systems and processes are:

- No longer function or function inefficiently (throttling/bottlenecking)
- No longer support the growth of the college
- Lack current security requirements to mitigate risk

Identifying broken processes is important for growth and finding areas of improvement. Here are a few examples of opportunities that may signal a process is no longer supporting growth:

- Use/relying heavily on separate databases/spreadsheets/programs that require manual processes for data management and fall out of sync regularly
- Information and analytics are difficult to access and/or out of date
- Day-to-day processes are difficult or overly time consuming, such as paper-based results, timetable, assignments, tests, information of student, accounting, financial reporting, etc.
- Education and students/parents experience are suffering due to inaccurate or incomplete data and cause poor reputation for reliability and services
- Inefficient/complex/complicated IT processes. Current systems have bad scalability, fragmented systems legacy solutions.
- IT time is spent fixing/patching legacy systems to try and keep up with growth
- Does not support new and advanced technologies like IoT, artificial intelligence, etc.

Once broken processes are identified, businesses can take the next steps to overcome these Education Industry's challenges and supporting growth.



**Dr. Saurabh Shandilya**

Central Administration  
Swasthya Kalyan Group

# डॉ.एस.एस.अग्रवाल - एक सोच

जन कल्याण है जिसका नारा  
वो है स्वास्थ्य कल्याण हमारा,  
नींव रखने वाला शख्स है महान  
दिया है जिसने शिक्षा का वरदान।

जन-जन को सचेत किया  
रक्तदान के लिए प्रेरित किया।  
रक्तदान है महादान,  
देता है जो जीवनदान।

लाखों जिन्दगियों को बचाया है  
भारतवर्ष में एक नया मुकाम बनाया है,  
जहाँ सोचना हो अंशुभव,  
वहाँ से आरम्भ किया  
हर नवविचार को जीवन में,  
एक सपने का रूप दिया  
स्वयं के सपनों को संजोकर  
सबके सपनों को पूरा किया।

है आग दिल में कुछ कर गुजरने की,  
मुश्किलों से लड़कर आगे बढ़ने की।

हौंसलों के आगे मुश्किले भी घबरा जाती हैं  
बस ठान चुके हैं हर डगर अब चलने की।

जीवन संघर्षों से भरा है  
मगर इनका हौंसला कब डरा है  
हर डर को परास्त कर आगे बढ़ जाते हैं।

ऐसे शख्स के सामने तो आंसू भी झुक जाते हैं।



**Rakesh Sitlani**

Assistant Professor

Swasthya Kalyan Institute of Medical Technology & Nursing Education

# Famous & Useful Quotes



1. Meditation is the best medication to all your agitations.

2. Kindness is a language, deaf can hear, blind can see.

3. Remain healthy by maintaining a simple diet of pure feelings, good wishes and positive thought.

4. Pain and pleasure are like light and darkness, succeed each other.

5. Minds are like parachutes, they won't function unless opened.

6. When you laugh, the world laughs with you but when you cry, you cry alone.

7. What the mind can conceive and believe it can achieve.

8. Great minds – discuss ideas,  
Average minds – discuss events,  
Small minds – discuss people.

9. It is possible to cure a diseased body but not a diseased mind.

10. Grey hair is a sign of age not of wisdom.



**Ishika Parihar**

BPT, 2nd year, Batch: 2018-19

Swasthya Kalyan College of Physiotherapy

# Research Paper

## Problem statement

**“A study to evaluate the effectiveness of a self-instructional module (SIM) on knowledge regarding blood transfusion among staff nurses working in selected hospital at jaipur”**

## Author:

Arvind Kumar Sharma (Professor, Swasthya Kalyan Institute of Medical Technology and Nursing Education, Jaipur, Rajasthan)

## Key Words

Effectiveness, self-instructional module (SIM), Staff nurses, blood transfusion, knowledge

## Introduction

Blood transfusion is the IV administration of whole blood or a component such as plasma, packed red cell, or platelets. The objectives of blood transfusion include increase circulatory blood volume after surgery, trauma or hemorrhage, to increase RBC or hemoglobin levels in clients with severe anemia and provide selected cellular components as replacement therapy. Blood transfusion is the nursing procedure. It is nurse's responsibility to assess the client before and after the transfusion and for regulation of transfusion.

Blood transfusion is generally the process of receiving blood or blood products into one's circulation intravenously. Transfusions are used for various medical conditions to replace lost components of the blood. Early transfusions used whole blood, but modern medical practice commonly uses only components of the blood, such as red blood cells, white blood cells, plasma, clotting factors, and platelets. This involves two procedures – the collection of blood from the donor and the administration of blood to the recipient.

## Objectives

1. To assess the level of knowledge regarding blood transfusion among staff nurses working in selected hospital.
2. To assess the effectiveness of self-instruction module regarding blood transfusion among staff nurses by comparing pre and post-test knowledge.
3. To find out association between pre-test knowledge scores regarding blood transfusion with selected demographic variables.

## Hypothesis

H1: There is a significant association between pre-test knowledge scores regarding blood transfusion with selected demographic variables.

H2: There is a significant difference between the pre-test and post-test knowledge scores regarding blood transfusion among staff nurses.

## Research methodology

### Research approach

The research approach adopted for this study was an evaluative approach. Evaluative approach helps to explain the effect of independent variable on the dependent variable.

### Research design

Pre-experimental one group pre-test post-test research design without control group was selected as the research design for the present study.

### Variables

#### Independent variable

In this study independent variable refers to self-instructional module.

### **Dependent variable**

In this study, knowledge of staff nurses regarding blood transfusion is the dependent variable.

### **Research setting**

This study was undertaken in Bhandhari Hospital, at Jaipur, Rajasthan.

### **Population**

The population for the study were the staff nurses working in Bhandhari hospital at Jaipur, Rajasthan.

### **Sample size**

Sample size comprises of 60 staff nurses working in Bhandhari hospital at Jaipur.

### **Sampling technique**

In the present study 60 samples were selected using convenient sampling technique.

### **Sampling criteria**

#### **Inclusion criteria**

- Staff nurses working in selected hospitals.
- Staff nurses present at the time of data collection.

#### **Exclusion criteria**

- Staff nurses who were not willing to participate in the study
- Student nurses either post basic nursing or m.sc .nursing
- Nurses not working in the hospital
- M.sc.nursing and ANM

### **Results**

The mean post-test knowledge score ( $X_2 = 20.55$ ) was higher than the mean pre-test knowledge score ( $X_1 = 15.23$ ). The mean percentage knowledge score of pre-test was maximum in the area that related to blood donation (61.25%) and minimum in the area related to anatomy and physiology of blood (46.6%) whereas the mean percentage knowledge score of post-test was maximum in the area that related to blood donation (71.67%) and less in the area that related to blood transfusion (67.84%). The mean Percentage score of post-test (68.55) and the mean Percentage score of pre-test (50.77) knowledge score was lower than post –test knowledge. There was highly significant association of pre-test knowledge score with selected demographic variables received at 0.05 level of significance.

### **Conclusion**

The study had shown that majority of the staff nurses had inadequate knowledge regarding blood transfusion. However the knowledge has significantly improved after the administration of SIM; hence it is concluded that self-instructional module was an effective teaching strategy in improving the knowledge of staff nurses regarding blood transfusion in hospitals.



**Arvind Kumar Sharma**

Vice Principal

Swasthya Kalyan Institute of Medical Technology & Nursing Education

# Research Paper

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## **Problem statement**

**“Assessment of the level of knowledge regarding Pentavalent vaccine among staff nurses working in selected hospital at Jaipur, Rajasthan”**

## **Author:**

1. Mukesh Chand Garg (Assistant Professor, Deptt. of Community Health Nursing, Swasthya Kalyan Institute of Medical Technology and Nursing Education, Jaipur, Rajasthan)
2. Amogh Bibra (Assistant Professor, Deptt. of Community Health Nursing, Swasthya Kalyan Institute of Medical Technology and Nursing Education, Jaipur, Rajasthan)

## **Key Words**

Staff nurses, Knowledge, Pentavalent vaccine and Hospital.

## **Introduction**

The Government of India has decided to introduce Pentavalent vaccine in the national immunization programme in selected states. Pentavalent vaccine provides protection to a child from 5 life-threatening diseases – Diphtheria, Pertussis, Tetanus, Hepatitis B and Hib. DPT (Diphtheria + Pertussis + Tetanus) and Hep. B are already part of routine immunization in India; Hib vaccine is a new addition. Together, the combination is called Pentavalent. Hib vaccine can prevent serious diseases caused by Haemophilus influenzae type b like pneumonia, meningitis, bacteremia, epiglottitis, septic arthritis etc. Giving Pentavalent vaccine reduces the number of pricks to a child, and provides protection from all five diseases.

## **Objectives**

1. To assess the knowledge of staff nurses regarding Pentavalent vaccine.
2. To find out the association between level of knowledge of staff nurses regarding Pentavalent vaccine and selected demographic variable.
3. To develop a health education module regarding the prevention of 5 life-threatening diseases – Diphtheria, Pertussis, Tetanus, Hepatitis B and Hib.

## **Hypothesis**

H0: There is no significant relationship between knowledge of staff nurses regarding Pentavalent Vaccine and selected demographic variables.

## **Assumption**

1. Staff nurses play an active role in preventing childhood infections by Immunization of children.
2. Staff nurses will have some knowledge regarding Pentavalent Vaccine.
3. Health education module will help the staff nurses to gain knowledge regarding importance of Pentavalent Vaccine.

## **Methodology**

### **Research Approach**

Descriptive experimental approach helps to explain the effect of independent variable on the dependent variable. It includes manipulation, control and randomization.

### **Research Design**

Descriptive experimental design is used to assess the level of knowledge regarding Pentavalent vaccine among staff nurses working in selected hospital at Jaipur, Rajasthan.

## Variables

### Independent variables:

The Independent variable of the study refers a view to develop on a health education module regarding the prevention of 5 life-threatening diseases – Diphtheria, Pertussis, Tetanus, Hepatitis B and Hib.

### Dependent variables:

The dependent variables are the knowledge of staff nurses regarding Pentavalent vaccine.

### Demographical variable:

The demographic variables are age (in years), gender, educational qualification, Experience (in years), area of working, Source of information regarding knowledge of Pentavalent vaccine.

### Sampling Technique:

Samples were selected by using Non-probability convenient sampling method.

### Sampling Criteria:

The following criteria are set to select samples:-

### Inclusion Criteria

The study includes

- Who are available at the time of the study?
- Staff nurses who are working selected hospitals at jaipur.
- Staff nurses who are willing to participate in the study.
- Staff nurses who can follow the instructions.

### Exclusion criteria

The study excludes

- Staff nurses who are not available at the time of data collection.
- Staff nurses who are not willing to participate in the study.
- Staff nurses who have attended workshops or seminars on Pentavalent vaccine.

### Results Major findings of the study

Staff nurses had moderate knowledge were 12.59, overall mean knowledge regarding Pentavalent vaccine. Knowledge level of respondents on Pentavalent vaccine showed that 26.66 percentages of staff nurses had inadequate knowledge, 51.67 percentage staff nurses had moderate knowledge and 13 percentage staff nurses had adequate knowledge.

The chi square value indicates that there is significant association between Age, Gender, Education, qualification, Experience, Area of working and Source of information and Knowledge level of respondents regarding Pentavalent vaccine.

### Interpretations and Conclusion

The study revealed with the assumption of the study that the knowledge of staff nurses regarding pentavallet vaccines moderate.



**Mukesh Chand Garg**  
Assistant Professor

Swasthya Kalyan Institute of Medical Technology & Nursing Education



**Amog Bibra**  
Assistant Professor

# Events 2019-2020

## Swasthya Kalyan Homoeopathic Medical College & Research Centre

Blood Donation Camp



Sports & Cultural Week Opening Ceremony

World Thyroid Day – Camp At Mathurawala



World Homoeopathy Day



Induction Program

International Women's Day Exhibition



## Swasthya Kalyan Institute of Paramedical Technology

Republic Day



International Society of Blood Transfusion Conference at AIIMS, Jodhpur

International Yoga Day



Orientation Program



Tribute to our soldiers of Pulwama attack

Blood Donation Camp



# Events 2019-2020

Swasthya Kalyan Institute Of Medical Technology & Nursing Education – Nursing Division

Sports Week Opening Ceremony



Sports Week Closing Ceremony

Lamp lighting



Seminar on Road Safety Awareness



Tribute to our soldiers of Pulwama attack

Breast Feeding Week Celebration



## Swasthya Kalyan College of Physiotherapy

Conference 2019-2020



Physio Fest

Sports Taping Workshop



Fresher-2019-2020



Sports 2019-2020

Physio Fest Culture Function 2019-2020



# Events 2019-2020

Swasthya Kalyan Institute Of Medical Technology & Nursing Education – Paramedical Division

Annual Function



Hepatitis Day



Induction Program



Cord Blood Awareness



Freshers Function



State Conference for Medical Technologist  
at SMS Medical College, Jaipur



## Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

Fresher 2019-2020



Annual Day 2019-2020



Induction Program



Sports 2019-2020



Nutrition Exhibition



International Yoga Day





### Dr. Alka Jain

Associate Professor

H.O.D

Dept.of Community Medicine

Jyoti Vidya Peeth Women's University, Jaipur

Alumni of Swasthya Kalyan Homoeopathic Medical College & Research Centre

### मेरा स्वास्थ्य कल्याण कॉलेज और मैं

23 जनवरी 2013 का दिन मेरे लिए बहुत मायने रखता है। यह मेरा स्वास्थ्य कल्याण कॉलेज में और जीवन में कहीं भी जॉब का प्रथम दिन था। जैसा कदाचित सभी के साथ होता होगा, कुछ आशंकाओं और कुछ आशाओं के साथ मैंने कार्य आरंभ किया। जैसे जैसे समय बीतता गया मेरी आशंकाएँ निर्मूल सिद्ध हुई और आशाएँ सही सिद्ध हुई।

कॉलेज का वातावरण आदरणीय, प्रतिबद्ध, अनुभवी और दूरदर्शी डॉ. श्री एस एस अग्रवाल सर के सानिध्य में पारिवारिक सा रहा। यहाँ पर जहाँ एक ओर शिक्षा, समयबद्धता पर बल दिया जाता है तो दूसरी ओर शिक्षक और विद्यार्थियों का भी समुचित ध्यान रखा जाता है। शिक्षक दिवस से जुड़ी कुछ अविस्मरणीय यादें सदैव मेरे साथ रहेंगी।

डॉ. एस एस अग्रवाल सर, डॉ.दिनेश गोयल सर, डॉ.योगेश्वरी मैडम और डॉ. तनुज सर के योग्य मार्गदर्शन में मैंने अपनी शिक्षण योग्यता को सँवारा। वंदना मैडम, बिंदु मैडम, डॉ. वत्सला, डॉ. राजकृति, डॉ. जयराम, डॉ. शुचिता और सभी साथीगण (सभी का नाम नहीं लिख पाने के लिये क्षमा) का मेरे प्रति सदैव सहयोगी और स्नेहिल भाव रहा।

मेरी सदा कामना रहेगी कि स्वास्थ्य कल्याण कॉलेज सदा प्रगति के पथ पर रहे और सफलता के नए आयाम स्थापित करे।

धन्यवाद।



### **Dr. Mahima Dewani**

Batch 2013-14

Resident doctor

Jaipur

Alumni of Swasthya Kalyan Homoeopathic Medical College & Research Centre

Swasthya Kalyan Homoeopathic Medical College is exceptional in its region. Discipline is like in its atmosphere. I'm so pleased to be a part of this college, as in all fields, including culture, literature, and many more, there are many chances to grow one's personality. SHKMC&RC has always kept the best of my encounters, beginning with the encouraging words of our Principal mam and the small sweet scolding of our beloved teachers, as I always stood at first place every year, except in the second year.

Achievements-applauds, opportunities-thoughts, this is what I gained from my college. Life never gave me anything for granted, I trained tirelessly and I conquered everything, by obtaining my best accomplishment as Dr. Malati's Allen Noble Award from Dr. G.P. Sarkar. In addition to this, I won numerous other honors throughout the journey of BHMS. I was out from my realm of experience when I went to college, but with my mentors and collaborators tremendous encouragement I was able to surpass all the issues. I've always trusted myself because the commitment makes the difference to the outcome of the day.

Apart from excellent academic experience, I also gained the benefits of being a part of "Dynamis" along with having the curiosity in "brief educational event" during which I had a wealth of expertise in many fields. It was a really important and beautiful point of my career. The experience here shaped me into a curious and experienced individual and now I am working as a resident doctor in the private hospital and preparing for Post graduation simultaneously.

SKHMC&RC's environment was very pleasant just like a family. The teachers were like a backbone for me, friends were the reason for my smile, and juniors were like younger siblings. With open doors, everyone has always appreciated my abilities. Finally, I would like to give a note to upcoming doctors that there is no justification for fear of the wind when roots are strong. The more grounded we are, the more we rise in life.



### **Dr. Ganpat Lal Verma (PT)**

Batch 2007-08

Director & Consultant Physiotherapist

Radha-Swami Physiotherapy Center

Sawaimadhopur

Alumni of Swasthya Kalyan College of physiotherapy

At present, I am based in Sawaimadhopur, Rajasthan, working as Director & Consultant Physiotherapist at Radha-Swami Physiotherapy Center. I graduated from Swasthya Kalyan College of Physiotherapy, affiliated by Rajasthan University of Health Sciences, Jaipur.

I feel proud of being an alumnus of Swasthya Kalyan . This institute had given me a lot which cannot be described just by words. During my student life the college gave me an opportunity to gain immense knowledge of the field I was interested in and an opportunity to explore and polish my skills and talent to the required extent for the field.

I had attended many conferences and represented our college. This college gave me the enthusiasm to learn new techniques that in turn helped me to pursue and completed post graduation in Orthopedic and become a certified Yoga Instructor, certified Dry Needling Therapist, certified Kinesiotaping Practitioner, certified MFR Practitioner.

I am a member of Indian association of physiotherapy because of my experience and exposure that I got from this college. For all the milestones I have achieved till now and for more to come I give my cordial thanks to all the faculty of Swasthya Kalyan especially Dr. Mahesh Shou sir and my classmates, who were always ready to help me 24 X 7 in any manner. The faculty of Swasthya Kalyan were awesome, they were strict to make their students follow rules and were kind to solve our problems which makes difference between others and SKCPians. Swasthya Kalyan helped me to upgrade my clinical knowledge. I recommend Swasthya Kalyan as a best college of Jaipur which is not possible without your great, hardworking faculty.



### Mr. Sumit Sharma

Batch 2014-15

Assistant Radiographer,

Rajeev Gandhi Government General Hospital

Alwar

Alumni of Swasthya Kalyan Institute of Medical Technology &  
Nursing Education - Paramedical Division

### स्वास्थ्य कल्याण संस्थान मेरी नज़र में

मेरी नज़र में स्वास्थ्य कल्याण ग्रुप की शिक्षा कुछ खास है, क्योंकि मेरा सफ़र छात्र एवं शिक्षक के रूप में इस समूह से रहा है। यहां मेरे सफ़र की शुरुआत एक छात्र के रूप में हुई, छात्र जीवन में मैंने जो अनुभव एवं आनंद यहां प्राप्त किया वह मैं व्यक्त नहीं कर सकता। किन्तु एक शिक्षक के रूप में यहां के छात्रों से अपने अनुभव साझा करने का प्रयास किया है।

जो administration planning यहां की है, वह मैंने आज तक अपने जीवन में कहीं नहीं देखी। बल्कि सरकारी सेवा में आने पर भी नहीं देखी। इस संस्था का mangement बहुत ही उत्तम है।

ऐसा नहीं है कि यहां सिर्फ पढाई पर ही जोर दिया जाता है। बल्कि इसके साथ साथ extra activity पर भी बहुत ध्यान दिया जाता है। जैसे- Sports, Workshop, Cultural Activities etc- परन्तु पहली प्राथमिकता शिक्षा ही रही है। इस संस्थान ने शिक्षा के साथ साथ विभिन्न प्रकार के Conferences, Seminars, Workshops में हमें सम्मिलित करवाया एवं modern education से भी रुबरु करवाया।

सम्पूर्ण समूह पूर्ण रूप से CNE को support करता है, एवं छात्र-छात्राओं को उसमें भाग लेने के लिए प्रेरित करता है। हमने यहां से बहुत से उच्च गुणवत्ता वाले चिकित्सालयों में प्रायोगिक अध्ययन संस्थान के द्वारा प्राप्त किया। जब मैं इस समूह में एक शिक्षक के रूप में जुड़ा, उस समय यह संस्थान उत्तम रहा, क्योंकि administration का staff के प्रति लगाव अपने परिवार जैसा रहा।

धन्यवाद।

# Faculty and Student Achievements



## Articles Published By Faculty (2019-2020)

Name	Topic of Article Published
<b>Dr. Yogeshwari Gupta</b> (Materia Medica) BHMS, MD (Homeo.)	1. "Essential Hypertension & its Homoeopathic Therapeutics"
	2. "Lesser known medicines in Homoeopathy-A Literary Review"
	3. "Primary dysmenorrhea & its homoeopathic therapeutics"
	4. "PCOS and lesser known homoeopathic Medicines"
	5. "Polycystic Ovarian Syndrome (PCOS) –A Case Study with Constitutional Homoeopathic Treatment"
<b>Dr. Rajeev Saxena</b> (Repertory)	1. Urticaria - A Case Study
	2. Delusion and Repertory
	3. A case of migraine treated with constitutional homoeopathic medicine with the help of vithoukaskas expert system
	4. A Homoeopathic View of Dysmenorrhoea by Cross Repertorisation
<b>Dr. Arvind Sharma</b> (Repertory)	1. Teaching troubles children kits homoeopathic management.
	2. A Case report of pyrexia treated by Homoeopathic
	3. Allergic rhinitis and its homoeopathic therapeutics
<b>Dr. Ruchira Sharma</b> (Pharmacy)	1. Incidence of culture proven neonatal sepsis, pattern of antibiotic sensitivity and clinical course in neonatal intensive care unit in tertiary care center in North India
	2. "A positive role of homoeopathy in treatment of PCOS: A case report".
<b>Dr. Sonia Tuteja</b> (Materia Medica)	1. Sambucus nigra in asthma: A case report
	2. A case report on renal cyst and homoeopathic management -
<b>Dr. Charu Jain</b> (Physiology)	Addition of lesser known remedies to armamentarium
<b>Dr. Keerti Pathak</b> (Practice of Medicine)	Dictionary of eye disorders in reference with Knerr's repertory
<b>Dr. Pranjali Agarwal</b> (Paediatric)	Efficacy of homoeopathic medicines in case of acute Diarrhea in pediatric age group.
<b>Dr. Abha Agarwal</b> (Obst. & Gynae.)	A Case of Multiple stones in urinary system treated with hydrangea

## Articles Published By Students (2019-2020)

Name	Topic of Article Published
Dr. Sonal Sinha	1. A Case of PCOS
	2. Menopause & Homoeopathy
	3. A Homoeopathic View of Dysmenorrhoea By Cross Repertorisation
Dr. Shalini Tomar	Concept of susceptibility, its role in health, disease and cure
Dr. Rakesh Kumar Meena	A Case Report of Pyrexia Treated by homoeopathy
Dr. Kanchan Atoliya	ADHD( Attention deficit hyperactivity disorder)& Its Homeopathic Therapeutics
Dr. Yogeshwari Gupta Dr. Priyanka Shreemal	A Case Report of Pyrexia Treated by homoeopathy
Dr. Yogeshwari Gupta Dr. Bhikharam Kumawat	Essential Hypertension and Its Homoeopathic Therapeutics
Dr. Saket Kumar Singh Dr. Ritu Sharma	A case of worm infestation treated by homoeopathic medicine
Dr. Humani Sharma	Functional dyspepsia: a case improved by curcuma longa
Dr. Bhanu Sharma	A Case of Hand, Foot and Mouth Disease

## Book Published By Students

Student Name	Book Name	College
Samridhi Sharma ( Internee )	ख्याल आपका जुबान मेरी Year of publishing - 2019	Swasthya Kalyan Homoeopathic Medical College & Research Centre
Dr. Prashant Shukla ( PGR )	Realization Publishing Year - Jan 2019	Swasthya Kalyan Homoeopathic Medical College & Research Centre
Anjali Ashika ( Internee )	Tumhara Intazaar Publishing Year - Jan 2020	Swasthya Kalyan Homoeopathic Medical College & Research Centre

## Other Achievement By Students

Liqua Mohammad DRT 1st Year	Captain of Football team in his College Awarded with Various Trophys 4 Gold Medals, selected in Top 30 footballers of Rajasthan for Santosh trophy
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# Campus Rank Holders – 2019-2020

## Homeopathic Medicine and Surgery

3rd Year Batch (2015-2016)	<b>1st Rank</b>	<b>Sanskriti Chopra</b>	80.76%
	<b>2nd Rank</b>	<b>Minakshi Naruka</b>	75.5%
2nd Year Batch (2016-2017)	<b>1st Rank</b>	<b>Ramcharan Choudhary</b>	75.11%
	<b>2nd Rank</b>	<b>Prerna Garg</b>	73.88%
1st Year Batch (2017-2018)	<b>1st Rank</b>	<b>Ruby Jain</b>	79%
	<b>2nd Rank</b>	<b>Hemant Kumar Sharma</b>	77%

## Medical Technology & Nursing Education

### B. Sc. Nursing

4th Year Batch (2014-2015)	<b>1st Rank</b>	<b>Himanshu Sharma</b>	82%
	<b>2nd Rank</b>	<b>Kirti Choudhary</b>	81%
3rd Year Batch (2015-2016)	<b>1st Rank</b>	<b>Goatam Saini</b>	81.47%
	<b>2nd Rank</b>	<b>Soniya Thapa</b>	79.87%
2nd Year Batch (2016-2017)	<b>1st Rank</b>	<b>Indra Kumar Pandey</b>	74.61%
	<b>2nd Rank</b>	<b>Jaya Jangid</b>	72.61%
1st Year Batch (2017-2018)	<b>1st Rank</b>	<b>Jai Singh Padihar</b>	73.46%
	<b>2nd Rank</b>	<b>Anam Khan</b>	72.66%

### GNM

Internship Batch (2014-2015)	<b>1st Rank</b>	<b>Rahul Sharma</b>	92%
	<b>1st Rank</b>	<b>Ankit Yadav</b>	92%
	<b>2nd Rank</b>	<b>Ayushman Sharma</b>	90%
3rd Year Batch (2015-2016)	<b>1st Rank</b>	<b>Jitendra Singh Rajawat</b>	82%
	<b>2nd Rank</b>	<b>Pooja Kunhare</b>	81%
1st Year Batch (2017-2018)	<b>1st Rank</b>	<b>Rinku Kumari</b>	80%
	<b>2nd Rank</b>	<b>Vaibhav Kumar</b>	76%

### M. Sc. Nursing

Final Year Batch (2017-2018)	<b>1st Rank</b>	<b>Irfan Elahi</b>	83.66%
	<b>2nd Rank</b>	<b>Indira Yadav</b>	82.50%
Previous Year Batch (2018-2019)	<b>1st Rank</b>	<b>Nitesh Kumar Sain</b>	77%
	<b>2nd Rank</b>	<b>Anil Kumar Sharma</b>	72.85%

### Post Basic B.Sc. (N)

Final Year Batch (2017-2018)	<b>1st Rank</b>	<b>Savita Mehra</b>	72.23%
	<b>2nd Rank</b>	<b>Mahalaxmi Sharma</b>	71.88%
Previous Year Batch (2018-2019)	<b>1st Rank</b>	<b>Khushaboo Goyal</b>	72%
	<b>2nd Rank</b>	<b>Mukesh Baijiya</b>	70.80%

## Naturopathy & Yogic Sciences

5th Year Batch (2014-2015)	<b>1st Rank</b>	<b>Mudit Sharma</b>	70.2%
	<b>2nd Rank</b>	<b>Kamlesh Kumar Mandal</b>	67%
4th Year Batch (2015-2016)	<b>1st Rank</b>	<b>Adivarna Pareek</b>	76.1%
	<b>2nd Rank</b>	<b>Simran Deep Kaur Dhonkal</b>	74.2%
3rd Year Batch (2016-2017)	<b>1st Rank</b>	<b>Shreya Sinha</b>	73.1%
	<b>2nd Rank</b>	<b>Harsha Jain</b>	72.2%
2nd Year Batch (2017-2018)	<b>1st Rank</b>	<b>Meenu</b>	73.4%
	<b>2nd Rank</b>	<b>Megha Sain</b>	72.5 %
1st Year Batch (2018-2019)	<b>1st Rank</b>	<b>Prachi Priya Pandey</b>	78.7%
	<b>2nd Rank</b>	<b>Ayushi Mudgal</b>	77.9 %

## Paramedical Technology (Sitapura)

DMLT 2nd Year Batch (2017-2018)	<b>1st Rank</b>	<b>Harshita Gadwal</b>	84.11%
	<b>2nd Rank</b>	<b>Kusumlata Sindal</b>	83.76%
DMLT 1st Year Batch (2018-2019 )	<b>1st Rank</b>	<b>Vikash Samota</b>	85.76%
	<b>2nd Rank</b>	<b>Giraj Sharma</b>	85.52%
DRT 2nd Year Batch (2017-2018)	<b>1st Rank</b>	<b>Ananya Singh</b>	68%
	<b>2nd Rank</b>	<b>Ajay Kumar Sharma</b>	67.80%
	<b>2nd Rank</b>	<b>Krishan Kumar Sharma</b>	67.80%
DRT 1st Year Batch (2018-2019 )	<b>1st Rank</b>	<b>Vishakha Solanki</b>	71.00%
	<b>2nd Rank</b>	<b>Anuj Kumar Gautam</b>	68.40 %
D.OPHTHO. 1stYear Batch (2017-2018)	<b>1st Rank</b>	<b>Sonu</b>	80%
	<b>2nd Rank</b>	<b>Vishal Dadhich</b>	79.40%

## Physiotherapy

4th Year Batch (2015-2016)	<b>1st Rank</b>	<b>Sohan Lal Kumawat</b>  <b>University Rank</b>	75.06%
	<b>2nd Rank</b>	<b>Jyotsana Vyas</b>	73.86%
3rd Year Batch (2016-2017)	<b>1st Rank</b>	<b>Nidhi Sharma</b>  <b>University Rank</b>	79.55%
2nd Year Batch (2017-2018)	<b>1st Rank</b>	<b>Harima Rathore</b>  <b>University Rank</b>	84.33%
	<b>2nd Rank</b>	<b>Soniya Soni</b>  <b>University Rank</b>	82.22%
1st Year Batch (2018-2019)	<b>1st Rank</b>	<b>Kavita Singhal</b>  <b>University Rank</b>	81.5%
	<b>2nd Rank</b>	<b>Prachi Jain</b>  <b>University Rank</b>	78.3%

## Paramedical Technology (Vidhya Aashram)

<b>DRT</b> Batch (2016-17)	<b>1st Rank</b>	<b>Pooja Meena</b>
	<b>2nd Rank</b>	<b>Tarun Sharma</b>
<b>DMLT</b> Batch (2016-2017)	<b>1st Rank</b>	<b>Khushboo Jangid</b>
	<b>2nd Rank</b>	<b>Priyanka Sukhadiya</b>
<b>DRT</b> Batch (2017-2018)	<b>1st Rank</b>	<b>Om Prakash Choudhary</b>
	<b>2nd Rank</b>	<b>Nikhil Bhardwaj</b>
<b>DMLT</b> Batch (2017-2018)	<b>1st Rank</b>	<b>Disha Saini</b>
	<b>2nd Rank</b>	<b>Abhishek Sharma</b>

# Creative Corner



# Creative Corner



**Mahipal**  
**BNYS**

**Harshita Malinda**  
**BPT**



**Shubhangini Shrama**  
**BPT**

**Ojusvi Bhart**  
**BNYS**



**Dheeraj Saini**  
**BNYS**

# Creative Corner



**Kanika  
BHMS**

**Rahul Pratap Bansiwal  
BPT**



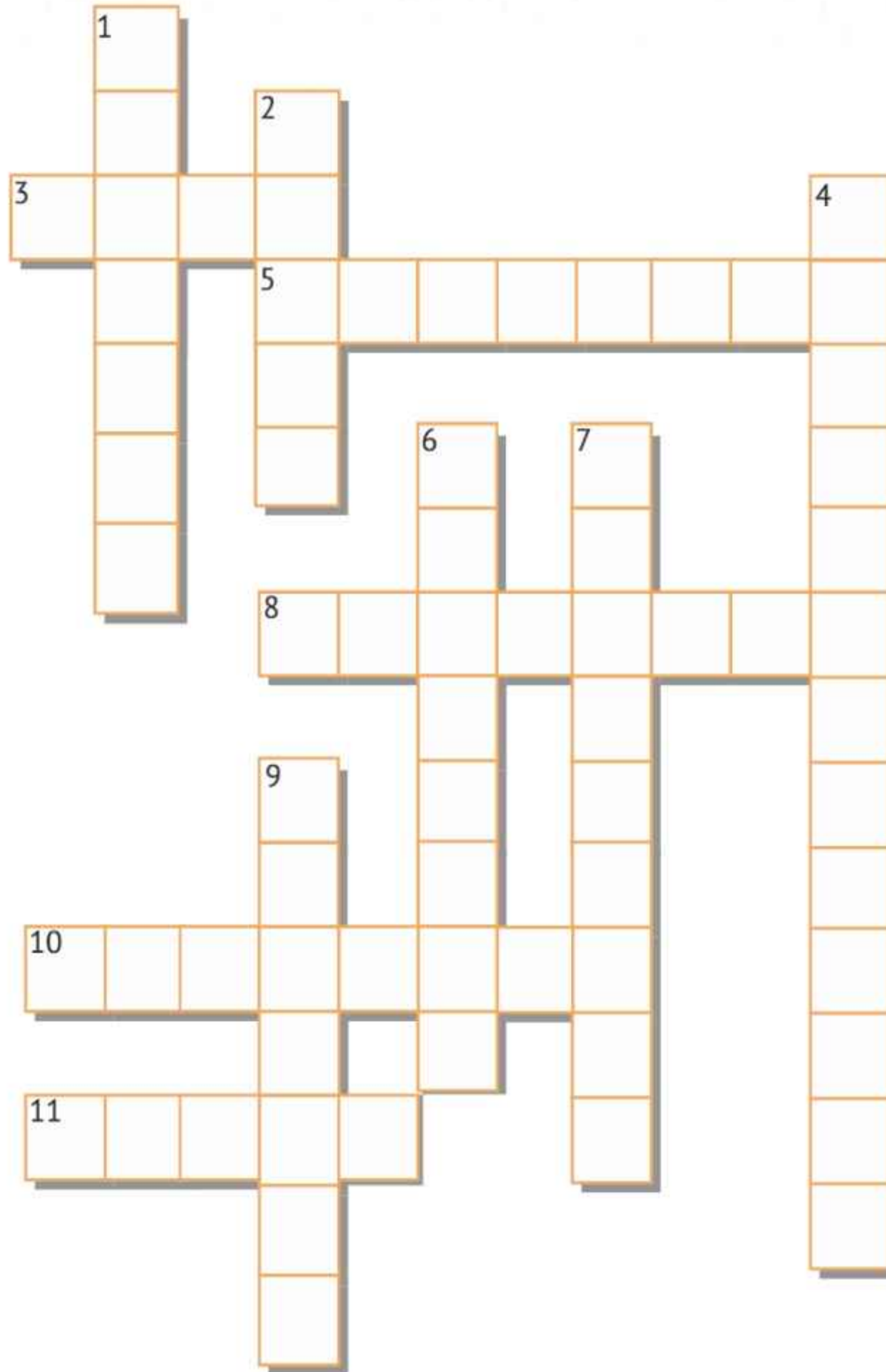
**Shahrukh Khan  
BHMS**

**Shahzad  
BHMS**



**Payal Poddar  
BHMS**

# What About Bones?



## Across

- 3 You could not do this without your bones
- 5 What bone helps you chew food?
- 8 What are the bones in your Spinal Cord?
- 10 All of your bones together make up your
- 11 Your skull protects your \_\_\_\_\_

## Down

- 1 Your bones \_\_\_\_ your organs
- 2 The \_\_\_\_ is the longest bone in the body
- 4 Your ribs protect your \_\_\_\_ and \_\_\_\_
- 6 Your skeleton gives you \_\_\_\_
- 7 How much milk do you need everyday?
- 9 Your bones made out of \_\_\_\_\_

1. Protect 2. Femur 3. Move 4. Heart and Lungs 5. Mandible 6. Strength  
7. 3 Servings 8. Vertebrae 9. Calcium 10. Skeleton 11. Brain



**Pooja Vijayvergiya**

BHMS, 1st year, Batch: 2019-20

Swasthya Kalyan Homoeopathic Medical College & Research Centre



**Yashi Shrivastava**

BHMS, 1st year, Batch: 2019-20

Swasthya Kalyan Homoeopathic Medical College & Research Centre

# Contact Us

## CORPORATE OFFICE

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📍 Narain Singh Road, Near Trimurti Circle, Jaipur, Rajasthan – 302004

☎ 0141-2560874, 0141-2573935

## EDUCATION

**Swasthya Kalyan Homoeopathic Medical College & Research Centre**

📍 RIICO Institutional Area, Tonk Road, Sitapura, Jaipur, Rajasthan-302022

☎ 0141-2771778

📱 @skhmcjpr

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📱 @imtne

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📱 @imtnepd

**Swasthya Kalyan Institute of Naturopathy and Yogic Sciences**

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☎ 9261813100

📱 @skionys

**Swasthya Kalyan College of Physiotherapy**

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☎ 0141-2771578

📱 @skcophy

**Swasthya Kalyan College Of Paramedical Technology**

📍 4A, Institutional Area, Inside Samachar Jagat Lane, Opp. Vidyasharam School, JLN Marg, Jaipur, Rajasthan -302015

☎ 0141-2712012

## HEALTHCARE

### Hospital



**Rajasthan Hospitals Limited**

[www.rajasthanhospital.in](http://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

**Sevayatan Swasthya Kalyan Blood Bank**

📍 Plot No. 3, Ajmer Rd, Siddharth Colony, Mittal Colony, Sodala, Jaipur, Rajasthan-302006

☎ 0141-2220290

**Agrasen Swasthya Kalyan 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

**Pradhan Mantri Janaushadhi Kendra, Rajasthan Hospital**

📍 Rajasthan Hospital, JLN Marg Jaipur

☎ 0141-2720020

**Swasthya Kalyan Paharmacy**

📍 Rajasthan Hospital, JLN Marg Jaipur

☎ 0141-2720020

**Pradhan Mantri Janaushadhi Kendra, Milap Nagar**

125, Milap Nagar, Tonk Road, Jaipur

☎ 0141-2721771



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