



सर्वे भवन्तु सुखिनः

स्वास्थ्य कल्याण

देदीप्य



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 ।

सूर्यकान्त त्रिपाठी "निराला"





(28 जून, 1925 से 27 नवम्बर, 2001)

कर्मधन्य युगपुरुष

श्री कल्याणप्रसाद अग्रवाल (सूतवाले)

संस्थापक : पूरणमल फूलादेवी ट्रस्ट, जयपुर

कदम मिलाकर चलना होगा

बाधाएं आती हैं आयें, घिरें प्रलय की घोर घटायें,
पावों के नीचे अंगारें, सिर पर बरसों यदि ज्वालायें,
निज हाथों में हंसते- हंसते, आग लगाकर जलना होगा।
कदम मिलाकर चलना होगा।

हास्य-रूदन में, तूफानों में, असंख्यक बलिदानों में
उद्यानों में, वीरानों में, अपमानों, सम्मानों में
उन्नत मस्तक, उभरा सीना,
पीड़ाओं में पलना होगा।
कदम मिलाकर चलना होगा।

अटल बिहारी वाजपेयी
पूर्व प्रधानमंत्री, भारत





सत्यमेव जयते
राजस्थान सरकार

एफ-21, लोटस स्ट्रीट, 4 ऐवेन्यू
लालबहादुर नगर, (पश्चिम)
जे.एल.एन. मार्ग, जयपुर-18

दूरभाष: 0141-272444, 2724852 (फैक्स)

मोबाईल: 09829066531, 09013869343

रामचरण बौहरा

सांसद, जयपुर शहर

सदस्य स्थाई समिति शहरी विकास

सदस्य परामर्शदात्री समिति-रेल्वे

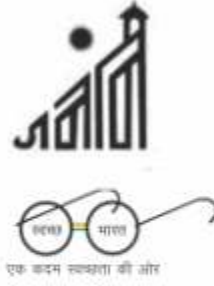
सन्देश

मुझे यह जानकर बेहद प्रसन्नता हो रही है कि श्री पूरणमल फूला देवी मैमोरियल ट्रस्ट द्वारा सन् 1980 में स्थापित स्वास्थ्य कल्याण ग्रुप का संचालन किया जा रहा है। जिसका उद्देश्य शैक्षिक, प्रशैक्षिक, चिकित्सा, ब्लड बैंक, सामाजिक सेवा एवं मानव धर्म की सेवा है। इस वार्षिक संस्था विशेषांक 'दैदीप्य' के प्रकाशन से संस्था के अग्रणी बुद्धिजीवी चिकित्सक, शिक्षक, छात्रों द्वारा विभिन्न विषयों पर किये गये शोध एवं गुणवत्ता पूर्ण आलेखों से आमजन लाभान्वित होगा।

मैं इस वार्षिक संस्था विशेषांक 'दैदीप्य' के सफल प्रकाशन के लिये स्वास्थ्य कल्याण परिवार को आभार एवं शुभकामनाएं प्रेषित करता हूँ।

हार्दिक बधाई एवं शुभकामनाओं सहित।


(रामचरण बौहरा)

कार्यालय :


पं.दीनदयाल उपाध्याय भवन
लाल कोठी, टॉक रोड, जयपुर-302015
फोन : 0141-2741242 (ऑफिस)

डॉ. अशोक लाहोती
महापौर, नगर निगम जयपुर

सन्देश

मुझे यह जानकर अत्यन्त प्रसन्नता हुई है कि “स्वास्थ्य कल्याण ग्रुप” के तत्वावधान में वार्षिक संस्था विशेषांक ‘द्वैदीप्य’ का प्रकाशन किया जा रहा है। यह वर्ष का विषय है कि शिक्षा के विभिन्न क्षेत्रों (सोम्योपैथिक, पैनामेडिकल, फिजियोथैनेपी, नर्निंग, इंजीनियरिंग, पॉलीटेक्निक, आई.टी.आई., योग एवं प्राकृतिक चिकित्सा) तथा चिकित्सा एवं ब्लड बैंक सेवाओं में विगत 20 वर्षों से भी अधिक समय से कार्यरत स्वास्थ्य कल्याण ग्रुप के द्वारा वार्षिक संस्था विशेषांक ‘द्वैदीप्य’ का प्रकाशन किया जा रहा है। इसमें संस्था के अग्रणी एवं बुद्धिजीवी चिकित्सक, शिक्षक एवं छात्रों के विभिन्न विषयों पर गुणवत्तापूर्ण आलेख शामिल रहेंगे तथा संस्था के द्वारा चलाई जा रही सामाजिक गतिविधियों की सम्पूर्ण जानकारी भी रहेगी।

‘द्वैदीप्य’ के प्रकाशन की सफलता के लिये मेरी ओर से स्वास्थ्य कल्याण ग्रुप को हार्दिक शुभकामनाएं।


(डॉ. अशोक लाहोती)



From the Chairman's Desk



Dr. S.S. AGARWAL

CHAIRMAN, SWASTHYA KALYAN GROUP
IMA NATIONAL PRESIDENT-2016

I congratulate to the team and contributors of "दैदीप्य" for their endeavour in making the group magazine. I am confident that these type of activities have a long term effect in the overall development of their horizon.

Quality is never an accident; it is rather a result of pursuit towards perfection. We strongly advocate and pursue the policy of excellence in higher education. Since past 32 years, **SWASTHYA KALYAN GROUP** is unequivocally imparting quality education and healthcare services to empower and heal the diverse socio-economic sections of our country. The vision of our group is clear "**PROVIDING SUSTAINABLE, AFFORDABLE & QUALITY HEALTH & EDUCATIONAL SERVICES**".

We are aware of the lack of creative stimulation imparted to the students in the country. To counter this, we have developed a team of highly positive academicians who are driven to guide the students to excavate their creativity. The motive is to counter the challenges that every youngster faces in today's world. We hope that this effort shall bridge the technical & creative divide and make the youth of the country future entrepreneurs .

We are also aware of the constant developments in the field of healthcare. We make sure that each and every healthcare specialist passing from our institutions is well in tune with these developments and undertakes a modern clinical approach. Through round the year development programs, visits to hospitals and seminars, we make it sure that our students are well equipped to serve the modern population. We also look to develop a sense of responsibility in our students towards the sick and the impoverished through various social programs and involvements throughout the year. We hope & we endeavour that our belief guides us to contribute handily in developing modern India.

"दैदीप्य" is a collaborative effort of bringing together the intellectual minds of all the institutions of Swasthya Kalyan. We have been wanting to bring together a collection of articles and write-ups across various fields written by our dynamic faculty and students. We encourage everyone who is associated with us to share their knowledge and stories across our various platforms and we hope that we continue to share their stories with as many people as we can.


(Dr. S.S. Agarwal)



From the CEO Desk



Dr. SARVESH AGARWAL

CHIEF EXECUTIVE OFFICER
SWASTHYA KALYAN GROUP

Over the years, we have built a tradition of excellence at Swasthya Kalyan. We take pride in being a place where every student can find an avenue for success, in being a community where everyone strives to find the best in themselves and others, and in being citizens who can contribute meaningfully for the progress of us as a nation. We have much to be proud of at Swasthya Kalyan for doing that work and I look forward to continuing this tradition in our community.

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 the 2018-2019 academic year, I feel immense pride on seeing the collaborative work of all our team members – the students, the faculty, and the staff in bringing this book together. This book illustrates our organization value of collective collaboration at its finest. I would like to congratulate everyone associated with this effort and would like to thank you for being such an amazing group of people to be around.

Sarvesh
(Dr. Sarvesh Agarwal)



From the Editor's Desk



SHRADDHA AGARWAL

HEAD OPERATIONS
SWASTHYA KALYAN GROUP

I am the most recent entrant in this marvellous organisation. One of the first task that I was assigned was the editing and launch of our magazine "दैदीप्य". Before me coming in, the articles in this magazine was collated by RJ Neetish Goyal and I would like to give him my heartfelt thanks for setting up a good base for me to take this ahead. Mid-way through editing and designing a pile of articles which I was nose deep in and with the thoughts of the zillion things that 'JUST HAD TO BE DONE'; I pulled at my hair for the very first time. This was the first of many such moments (hours)! Putting a magazine together was no cake walk. I along with my editorial team members have spent days to make this magazine stand out. So here you have "दैदीप्य", the long awaited magazine of Swasthya Kalyan for the year 2018-2019. The name of the magazine, "दैदीप्य" may seem difficult, but it just means "Shinning". This magazine gives an insight into the Swasthyaites' way of life, their creativity and activities.

This magazine is a platform that exhibits the literary skills and innovative ideas of teachers and students. "दैदीप्य" presents the hard work and dedication of students and contributions of teachers. I would like to thank all my editorial team members for helping me pull this through. I express my considerable appreciation to all the authors of the articles in this magazine. These contributions have required a generous amount of time and effort. It is this willingness to share knowledge, concerns and special insights with fellow beings that has made this magazine possible.

A handwritten signature in black ink, which appears to read "Shraddha". The signature is fluid and cursive.

(Shraddha Agarwal)



Editorial Team



SHRADDHA AGARWAL
CHIEF EDITOR



SUNIL CHATURVEDI
EDITOR HINDI LANGUAGE



HEMANT JHA
EDITOR ENGLISH LANGUAGE



ANTIMA JADON
Magazine Designer



NIDHISH GOYAL
COORDINATOR



SAURABH SHANDILYA
COORDINATOR



VENU GOPALAN
STUDENT AND FACULTY COORDINATOR



RATAN RAM PATEL
STUDENT AND FACULTY COORDINATOR



ASHOK SINGH SOLANKI
STUDENT AND FACULTY COORDINATOR

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.



ABOUT POORANMAL PHOOLA DEVI MEMORIAL TRUST

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



Founder and Beacon Light
28 June 1925 to 27 November 2001





OUR VISION

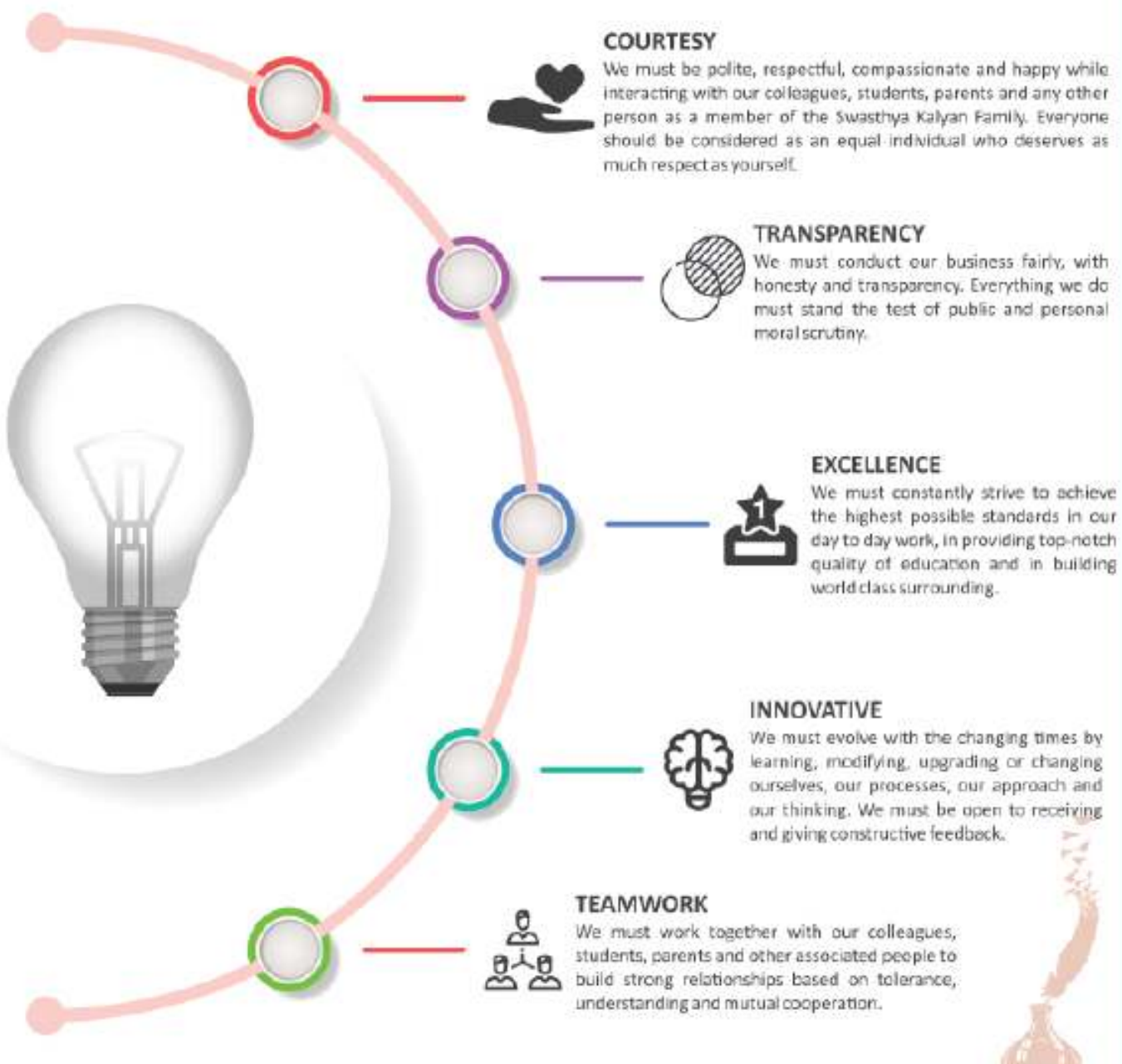
To provide sustainable, affordable & quality education and medical services



OUR MISSION

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

OUR VALUES



OUR SERVICES



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

BLOOD BANKS

- Swasthya Kalyan Blood Bank
- Agrasen Swasthya Kalyan Blood Bank
- Sevayatan Swasthya Kalyan Blood Bank
- Apex Swasthya Kalyan Blood Bank

HOSPITALS

- Rajasthan Hospital Private Limited
- Swasthya Kalyan Hospital



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

1997



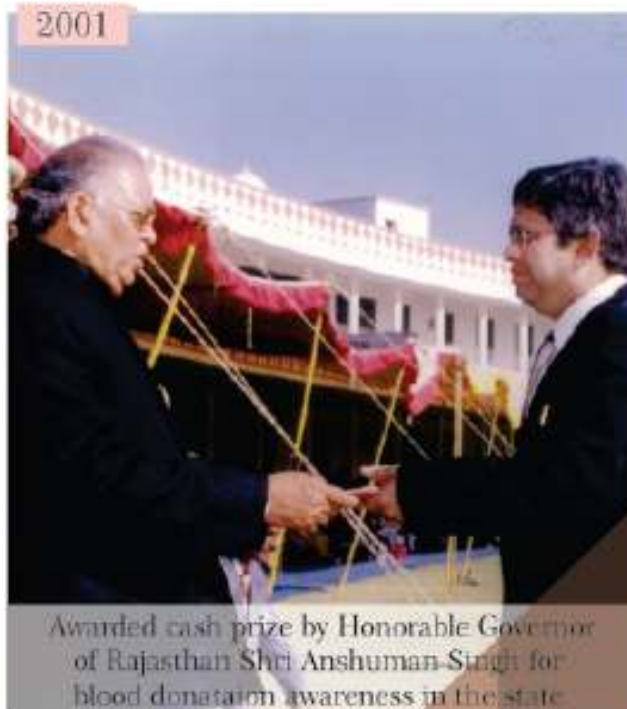
First Nuclear Imaging Gamma Camera of Rajasthan inaugurated by Honorable Governor of Rajasthan Shri Bali Ram Bhagat

1988

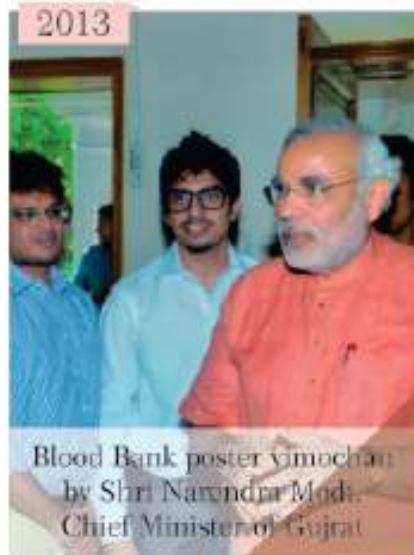


First private ambulance services in Rajasthan, launched by Shri Lal Krishan Advani and Shri Ghanshyam Tiwari

2001



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





6 INSTITUTES



14 COURSES



2805 ALUMINI



5 BLOOD BANK

BLOOD DONATION

Number of Camps: 197379

At Blood Bank: 442253

Total Units Served: 839491



1807

ACTIVE STUDENTS

SWASTHYA KALYAN GROUP AT A GLANCE



889491 NUMBER of UNITS DONATED



4655

SINGLE DONOR PLATELETS PROCEDORES



2 HOSPITALS



SWASTHYA KALYAN TIMELINE



Key Persons in Swasthya Kalyan Journey



Mr. G. D. AGARWAL
Trustee



Mr. R. S. AGARWAL
Trustee



Mr. S. B. AGARWAL
Trustee



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. ANAND AGARWAL
Director, Swasthya Kalyan Blood Bank



Dr. RAMMOHAN GUPTA
Director, Swasthya Kalyan Homoeopathic
Medical College



Dr. PANKAJ SHARMA
Director, Swasthya Kalyan
Homoeopathic Medical College



Mr. B. L. GUPTA
(Rtd. I.A.S.)
C.O.O., Swasthya Kalyan Group



Prof. Ashutost Pant
Advisor & Former, Additional Director

College Leadership



Dr. SATISH AVASTHI
Principal



Mrs. NITISHA SHARMA
Principal (GNM)



Mr. MAHESH SHOU
Principal



Dr. YOGESHWARI GUPTA
Principal



Dr. ANKESH SINGH
Principal



Dr. K. K. MISHRA
Principal



Dr. MAHESH ARORA
Principal



Mr. ARVIND SHARMA
Vice Principal



Mr. SATYAPRAKASH TIWARI
Vice Principal (GNM)



Mr. ANKIT SHARMA
Vice Principal



Dr. TANUJ RAJWANSHI
Vice Principal



Dr. RAMBABU PATLURI
Vice Principal



Mr. GOPAL SHARMA
Vice Principal



Courses Offered

Swasthya Kalyan Homoeopathic Medical College & Research Centre

- | | |
|---|--|
| • Bachelor in Homeopathic Medicine (BHMS) | 4.5 year programme + 1 year internship |
| • MD (Materia Medica) | 3 year post graduate programme |
| • MD (Repertory) | 3 year post graduate programme |
| • MD (Paediatrics) | 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 + 6 months internship |
| • Post Basic B.Sc. Nursing | 2 year programme |
| • Master of Science (M.Sc.) in Nursing | 2 year programme |

Swasthya Kalyan College of Physiotherapy

- | | |
|-----------------------------------|--------------------|
| • Bachelor in Physiotherapy (BPT) | 4.5 year programme |
|-----------------------------------|--------------------|

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

- | | |
|---|--|
| • Bachelor of Naturopathy and Yogic Sciences (BNYS) | 4.5 year programme + 1 year internship |
|---|--|

Swasthya Kalyan Institute of Paramedical Technology

- | | |
|--|------------------|
| • Diploma in Medical Lab Technician (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 Lab Technician (DMLT) | 2 year programme |
| • Diploma in Radiation Technology (DRT) | 2 year programme |
| • Diploma in Ophthalmology (D. Ophtho.) | 2 year programme |



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.





सर्वे भवन्तु सुखिनः

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

Campus Facilities



HOSPITAL



HOSTEL



TRANSPORT



CANTEEN



SPORTS GROUND



LABORATORIES



CONFERENCE HALL



LIBRARY



TRAINING HALLS



AUDITORIUM



MIND



Strength does not come from physical capacity, It comes from an indomitable will .

- Mahatama Gandhi -

वर्तमान परिप्रेक्ष्य में गुरु की प्रासंगिकता

“बहुत गुरु भे जगत् में, कोई न लागे तीन
अबै गुरु बढि जाएंगे, जाग्रत गुरु कवीन”

लगभग 5000 वर्ष पुरानी, भारतीय संस्कृति विश्व की सबसे प्राचीन संस्कृति है। यहां उत्सवों, पर्वों तथा त्यौहारों का भरपूर भण्डार है। इन त्यौहारों, पर्वों व उत्सवों में समाहित सम्पूर्ण जीवन-दर्शन हमारा मार्गदर्शन भी करता है। भारतीय पर्वों की इस श्रृंखला में एक पर्व “गुरु पूर्णिमा” भी है। यह पर्व गुरु के प्रति श्रद्धा व समर्पण का पर्व है। यह सत्य है कि मनुष्य कितने भी आध्यात्मिक ग्रन्थ पढ़ ले किन्तु यदि उसे गुरु का सानिध्य न मिले तो वह इस रहस्यमयी संसार को समझ नहीं पायेगा।

“गुरु के बिना कोई ज्ञान नहीं, ज्ञान के बिना कोई मखन नहीं,
भटक जाता है जब इन्जान, तब गुरु ही देता है ज्ञान”

इसी जागृति को धार्मिक अनुष्ठान के रूप में एक निश्चित दिन तय कर दिया गया है, जो “गुरु-पूर्णिमा” है। आषाढ शुक्ल पक्ष की पूर्णिमा को गुरु- पूर्णिमा का पर्व पूरे देश में मनाया जाता है। गुरु का हमारे जीवन में बहुत महत्व है। ‘गु’ का अर्थ है - ‘अज्ञान’ तथा ‘रु’ का अर्थ है- ‘ज्ञान’ अर्थात् गुरु हमें अज्ञान रूपी अंधकार से ज्ञान रूपी प्रकाश की ओर ले जाता है। गुरु के प्रति श्रद्धा रखने से गुरु अपने संकेतों तथा दृष्टि द्वारा सहायता देकर आध्यात्मिक-यात्रा पर अग्रसर करता है।

“अज्ञानतिमिनान्धन्य ज्ञानाजलशलाकया
चक्षुरुन्मीलित येन तन्मै, श्री गुरुवे नमः”

इसी सन्दर्भ में एक प्रसंग मुझे आज तक स्मरण है। एक शिष्य ने गुरुजी से पूछा कि “ गुरुजी कुछ लोग कहते हैं कि जीवन एक संघर्ष है, कुछ अन्य लोग कहते हैं कि जीवन एक खेल है, और कुछ जीवन को एक उत्सव की संज्ञा देते हैं।” अब आप ही बताएं कौन सही है ?

गुरुजी ने कहा- “ पुत्र जिन्हें गुरु नहीं मिलता, उनके लिए जीवन एक संघर्ष है। जिन्हें गुरु मिल गया, उनका जीवन एक खेल है और जो लोग गुरु द्वारा बताए गये मार्ग पर चलने लगते हैं, मात्र वे ही जीवन को एक उत्सव का नाम देने का साहस जुटा पाते हैं।” जीवन में सशरीर गुरु का होना आवश्यक नहीं है। अध्ययन, मनन, चिंतन और श्रवण विधि से भी ज्ञान प्राप्त किया जा सकता है। स्वयं एकलव्य ने गुरु द्रोणाचार्य का स्मरण कर ही धनुर्विद्या सीखी थी। यही कारण है कि समाज के लिए शिक्षकों द्वारा किए गये योगदान की पावनता को रेखांकित करने के लिए एक प्रतीक के रूप में “शिक्षक दिवस” मनाया जाता है।

भारत में शिक्षक दिवस प्रतिवर्ष 5 सितम्बर को मनाया जाता है। इस दिवस बाबत् भारत के दूसरे राष्ट्रपति डॉ, सर्वपल्ली राधाकृष्णनजी ने कहा है कि -

"Instead of celebrating my birthday, it would be my proud privilege if 5th September is observed as Teacher's Day"

सत्य ही कहा गया है -

"The true teachers are those who help us think for ourselves"



B. L. GUPTA
C.O.O.
SWASTHYA KALYAN GROUP OF INSTITUTIONS



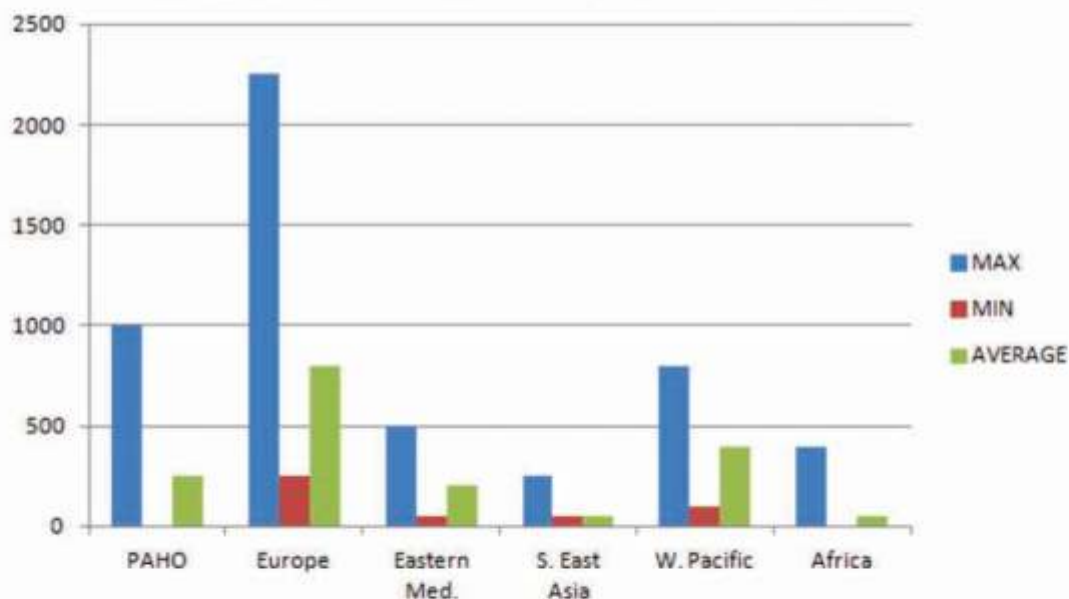
The Global Shortage of Registered Nurses

The world has entered a critical period for human resources for health. A nursing shortage is not just an organisational challenge or a topic for economic analysis; it has a major negative impact on health care. Failure to deal with a nursing shortage - be it local, regional, national or global - is likely to lead to failure to maintain or improve health care.

A Global Overview

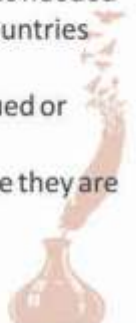
- There is a huge variation in the nurse: population ratios throughout the world.
- At the country level, the reported nurse: population ratio varies in different countries from less than 10 nurses per 100,000 populations to more than 1,000 nurses per 100,000, a variation of more than one hundredfold.
- The average ratio in Europe, the region with the highest ratios, is 10 times that of the lowest regions -Africa and South East Asia.
- The average ratio in North America is 10 times that in South America.
- The average nurse: population ratio in high-income countries is almost eight times greater than in low-income countries.
- The low availability of nurses in many developing countries is exacerbated by geographical maldistribution

MIN, MAX AND AVERAGE BY WHO REGION



Nursing Shortages and Critical Challenges

- Whilst there is no universal definition of a nursing shortage, there is increasing evidence of nurse supply/demand imbalances in many countries.
- Supply of nurses in many low-income and high-income countries is failing to keep pace with increasing demand.
- One recent estimate is that sub-Saharan African countries have a shortfall of more than 600,000 nurses needed to meet the Millennium Development Goals. OECD reports that many of its (high-income) member countries have increasing problems of nursing shortages.
- Gender-based discrimination continues in many countries and cultures, with nursing being undervalued or downgraded as "women's work".
- Violence against health workers persists in many countries, with nurses often taking the brunt because they are in the forefront of the direct delivery of care.
- There is a link between adequate nurse staffing levels and positive care outcomes.



- Three critical challenges related to nursing shortages are:
 - the impact of HIV/AIDS;
 - internal and international migration of nurses;
 - achieving effective health sector reform and reorganisation.

Policy Interventions Framework

The framework components and associated policy interventions are interdependent. Effective policy intervention requires leadership and stakeholder involvement. Policy interventions must be appropriate to the country context and objectives. The components of a policy framework to address nursing shortages are:

1. Workforce Planning

- The health service implications of the demographics and health needs of the client population, the services for which there is expressed demand, and the profile and dynamics of workforce "supply", should assess the extent to which a balance of demand and supply can be achieved.
- If there is a disconnect between planning, education providers and the registration system, there can also be additional time delays.
- Effective workforce planning is a pre-requisite for sustained improvement in nurse recruitment and retention. Aligning or integrating planning across the health professions will also support the attainment of effective skill mix and deployment of staff.

2. Recruitment and Retention

- Nurses are attracted to, and retained at, their work because of the opportunities to develop professionally, to gain autonomy and to participate in decision-making, whilst being fairly rewarded.
- Employers need to take a whole-career perspective of the nurses' motivations, incentives and career plans. Career structures, the provision of lifelong learning, and workforce planning must take account of this dynamic process.

3. Deployment and Performance

- Healthcare is a 24-hour, 365-day industry and its nursing resources have to be deployed to match continuous, but changing, demand.
- Quality assurance is often an integral part of the process of performance management in many countries.

4. Utilisation and Skill Mix

- Longer-term decisions on the best mix of staff and skills are a key element in dealing with staffing problems
- If new roles or new workers are to be introduced into the health system, the pay and career structure, and associated terms of employment, will have to be responsive to this change.

A whole system perspective is required to achieve clarity of roles and a better balance of registered nurses, physicians, other health professionals, and support workers. The evidence base on skill mix is developing, and studies highlight scope for effective deployment of clinical nurse specialists and nurse practitioners in advanced roles and for improving the effectiveness of skill mix across different occupations and within nursing

Without effective and sustained interventions, global nursing shortages will persist, undermining attempts to improve care outcomes and the health of nations.



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Delusion and Homoeopathic Repertory

Definition of Delusion - Delusion, false belief based upon a misinterpretation of reality. It is not, like a hallucination, a false sensory perception, or like an illusion, a distorted perception. Delusions vary in intensity, and are not uncommon among substance abusers, particularly those who use amphetamines, cocaine, and hallucinogens. They also occur frequently among individuals who have been diagnosed with Alzheimer's disease, Huntington's disease, or schizophrenia, and during the manic stage of bipolar disorder

Diagnostic and Statistical Manual of Mental Disorders defines a delusion as a false belief based on incorrect inference about external reality that is firmly sustained despite what almost everybody else believes and despite what constitutes incontrovertible and obvious proof or evidence to the contrary.

Different types of delusion

1. Grandeur: A person with this type of delusional disorder has an over-inflated sense of worth, power, abilities, knowledge, or identity. The person might believe he or she has a great talent or has made an important discovery. Sometimes, the individual may actually believe that he or she is a famous person (for example, a rock star or Christ). More commonly, a person with this delusion believes he or she has accomplished some great achievement for which they have not received sufficient recognition. These types of delusion are seen in delirium tremens.

2. Persecutory delusions: These are the most common type of delusions and involve the theme of being followed, harassed, cheated, poisoned or drugged, conspired against, spied on, attacked, or obstructed in the pursuit of goals.

3. The delusion of reference: The person believes that people, things, events, etc., refer to him in a special way. He believes that even strangers in the street are looking at him and are talking about him, or items on the radio or newspapers are referring to him.



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4. The delusion of infidelity: A person with this type of delusional disorder falsely believes that his or her spouse or lover is having an affair & believes that his or her sexual partner is unfaithful. The patient may follow the partner; check text messages, emails, phone calls etc. in an attempt to find "evidence" of the infidelity.

5. The delusion of self-accusation: This is a false feeling of remorse or guilt of delusional intensity. For example, a person may believe that he or she has committed some horrible crime and should be punished severely. Another example is a person who is convinced that he or she is responsible for some disaster (such as fire, flood, or earthquake) with which there can be no possible connection.

6. Nihilistic delusion: A delusion whose theme centres on the nonexistence of self or parts of self, others, or the world. A person with this type of delusion may have a false belief that the world is ending.

7. Hypochondriacal delusion: A person with this type of delusional disorder believes that he or she has a physical defect or medical problem. Usually, the false belief is that the body is somehow diseased, abnormal, or changed. An example of a somatic delusion would be a person who believes that his or her body is infested with parasites.

8. Religious delusion: Any delusion with a religious or spiritual content. These may be combined with other delusions, such as grandiose delusions (the belief that the affected person is a god or chosen to act as a god)

9. The delusion of poverty: The person strongly believes that he is financially incapacitated.

10. Erotomania: A delusion in which one believes that another person, usually someone of higher status, is in love with him or her. It is common for individuals with this type of delusion to attempt to contact the desired person (through phone calls, letters, gifts, and sometimes stalking).

11. Mixed: People with this type of delusional disorder have two or more of the types of delusions listed above.



Improving Mental and Emotional Health



People who are emotionally healthy are in control of their emotions and their behaviour. They are able to handle life's challenges, build strong relationships, and recover from setbacks. But just as it requires effort to build or maintain physical health, so is with mental and emotional health.

What is mental health or emotional health?

Mental or emotional health refers to your overall psychological well-being. It includes the way you feel about yourself, the quality of your relationships, your ability to manage feelings and deal with difficulties and how much meaning and joy you derive from life.

Tips to Improve mental and emotional health:

Connect face - to - face with others

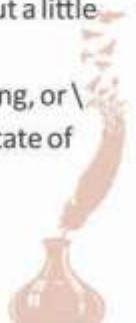
- Face-to-face social interaction with someone who cares about you is the most effective way to calm your nervous system and relieve stress. Interaction with another person can quickly put the brakes on defensive stress responses like "fight-or-flight." It also releases hormones that reduce stress, so you'll feel better even if you're unable to alter the stressful situation itself.
- The key is to find a supportive relationship with someone who is a "good listener" - someone you can regularly talk to-in person; who will listen to you without a pre-existing agenda for how you should think or feel. A good listener will listen to the feelings behind your words, and won't interrupt the judge, or criticize you.
- Reaching out is not a sign of weakness and it won't mean you're a burden to others. The truth is that most people are flattered if you trust them enough to confide in them.
- If you don't feel that you have anyone to turn to, there are good ways to build new friendships and improve your support network.

Get moving

- Regular exercise can have a positive impact on mental and emotional health problems such as depression, bipolar disorder, anxiety, trauma, and ADHD.
- Exercise also relieves stress, improves memory, and helps you to sleep better
- You don't have to be a fitness fanatic to reap the benefits. Even modest amounts of exercise can make a big difference to your mental and emotional health.
- Exercise is something you can engage in right now to boost your energy and outlook and help you regain a sense of control.

Manage stress

- Engage your senses. Does listening to an uplifting song make you feel calm? Or smelling ground coffee? Or maybe petting an animal works quickly to make you feel centered? Everyone responds to sensory input a little differently, So experiment to find what works best for you.
- Use relaxation techniques to relieve stress. Techniques such as mindfulness meditation, deep breathing, or \ progressive muscle relaxation can put the brakes on stress and bring your mind and body back into a state of balance.
- Manage your emotions. Understanding and accepting emotion---- especially that unpleasant one.



Let your diet support your brain



Food that adversely affects mood

- Caffeine Trans fats or anything with "partially hydrogenated" oil
- Alcohol Foods with high levels of chemical preservatives or hormones
- Sugary snacks Refined carbs (such as white rice or white flour)
- Fried food

Foods that Boost Mood

- Avocados Fatty fish rich in Omega - 3s such as salmon, herring, mackerel, anchovies, sardines, tuna
- Flaxseed Nuts such as walnuts, almonds, cashews, peanuts
- Beans Leafy greens such as spinach, kale, Brussels sprouts Fresh fruit such as blueberries



Mr. PEEKESH KUMAR
LECTURER
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Education



Education refers to the art of receiving and giving knowledge that brings about the holistic development of an individual. Holistic is an umbrella term that covers moral values, ethos, spiritual and intellectual aspects. If education cannot make one civilized, it has not solved its purpose. This saying defines the need of educationalist to be skilful to share it in a balanced form. I deliberately choose the word SHARE over imparting/deliver the knowledge as it comes with the sense of belongingness. I share with others, what I have learned along with learning from them. These beautify the essence of education.

"A child is born with human values and a teacher just needs to uncover them." Definitely, a teacher is a sculptor that frames the best out of an individual by nurturing the values. We must explore the hidden zeal. Impossible!!! No Use!! Waste of time!!! Did that word arise in your mind? Why? Due to the present scenario!!! I do agree, that time has changed and so are the way dedication, devotion and respect for the teacher. But does that affect the spirit of a Guru or teacher? If yes, then please give your work a second thought. To expect something in return is termed as labour and I guess a teacher has surpassed this term. A teacher is here to wake a student up from the slumber. A bigger dream of the beautiful and stress-free world is what lies inside a discipline, which only a Guru can see.

In words of Albert Einstein, " we owe a lot to the Indians who taught us how to count without which no worthwhile scientific discovery could have made."

Indeed a refined education system that has excerpts of ancient India in a perfect balance with modern technology can set an example. First, explore the interiors of every individual that seek knowledge and encourage all as equal. Next big thing is a need of specially designed curriculum which inculcates our educational, cultural, historical and spiritual richness. And to share this we would have to build a stress-free environment where a student can blossom in its full potential by regular practice of pranayama, meditation and yoga. Also, fostering methods from the ancient education system in Gurukul like listening, deliberation, contemplation, illustration and project method in every field following a 'strict discipline' will do wonders. DISCIPLINE being the keyword /or the magic spell can shape the character by bringing austerity and humbleness like that we see in defence training. Do not we wish those sparkling personality in each child, yes we do!! But parents have to second this effort of the teacher as they are the first school, every child enjoys. They are the reason for being here. First, parents need to abide by full faith in teacher or institution. Next, they had to regularly be in touch with the progress of their ward and discourage any sort of misconduct. And at the same time teacher has to be righteous and choose with a moral and ethical way to deal with sensitive issues. The upbringing of an individual plays an important role in the way they lead their life. Respecting the law, the dignity of elder n females of all age group has to be nurtured well in time by parents. The love and devotion from families and peers encourage cooperation, compassion, friendliness, etc. to manifolds. Keeping in mind, not to enforce unfulfilled dreams or percentage game, carrier particulars as a child can succumb to expectations. A simple expression that, THEY are your dreams, your happiness and your world, no matter what they choose to be will relieve stress. And that's what we wish.

Education should be able to turn mirrors in the window which opens in a new dimension. Once creativity dawns, let them be the creators of a beautiful world full of innovation, peace, harmony and belongingness.



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The Homoeopath Journey

Homoeopathy is derived from nature,

In the first year, Anatomy gives knowledge about the structure,
In Physiology, we learn about normal function,
Pharmacy teaches us about potentisation
Organon gives knowledge about Similia Similibus Curentur,
Materia Medica let us know about medicine and its keynote feature,

In the second year, we learn about Pathology,
Which gives knowledge about the disease and its etiology,
FMT teach us legal procedure and poisoning,
Organon let us know about case taking and drug proving
MM teaches us about Psora King (Sulphur)

In the third year, we study surgery
Which gives knowledge about the surgical procedure
Gynaecology let us know about the female reproductive structure
Obstetrics teaches us normal delivery,
Organon gives knowledge about the specific remedy
In MM one of the best remedies is Belladonna
As we know Homoeopathy is discovered from Cinchona

In final year
Materia medica and repertory have communication
PSM gives knowledge about prevention
In PM we study about management of various disease
Organon informs us about three philosophies



MAHIMA DEWANI
BHMS (BATCH 2013-14)
SWASTHYA KALYAN HOMOEOPATHY MEDICAL COLLEGE & RESEARCH CENTER



कन्या भ्रूण हत्या

भारत में कन्या भ्रूण हत्या एक महत्वपूर्ण विषय है। माँ के गर्भ से गर्भविस्था के 18 हफ्तों बाद स्वस्थ कन्या के भ्रूण को हटाना कन्या भ्रूण हत्या है। महिलाओं को भारतीय समाज में अपने परिवार और समाज के लिए एक अभिशाप के रूप में देखा जाता है। चिकित्सा के क्षेत्र में उन्नत होते हुए भी भारत में बहुत वर्षों से कन्या भ्रूण हत्या की प्रथा चल रही है।

1990 के आरम्भ में लिंग निर्धारण परीक्षण के केन्द्र अल्ट्रासाउंड तकनीक का विकास हुआ। अल्ट्रासाउंड तकनीक के आने के साथ ही कन्या भ्रूण हत्या की शुरुआत हो चुकी थी। लगभग सभी माता-पिता जन्म से पहले शिशु के लिंग को जानने के लिए लिंग की जाँच का इस्तेमाल करते थे और लिंग में लड़की होने पर गर्भपात निश्चित होता था। आंकड़ों के अनुसार पुरुष और स्त्री का अनुपात 1961 में 102.4 पुरुष पर 100 महिलाएं, 1981 में 104.1 पुरुषों पर 100 महिला, 2001 में 107.8 पुरुषों पर 100 महिला और 2011 में 108.8 पुरुषों पर 100 महिला है। यह आंकड़ा दिखा रहा है कि पुरुषों का अनुपात हर बार बढ़ रहा है।

कन्या भ्रूण हत्या का मुख्य कारण भारतीय समाज में लड़कियों को लड़कों से कम सम्मान और कम महत्व दिया जाना है। क्योंकि पुत्र आय का मुख्य स्रोत होता है और लड़कियां केवल उपभोक्ता के रूप में होती हैं। समाज में ये गलतफहमी है कि लड़के अपने अभिभावक की सेवा करते हैं। और लड़कियां पराया धन होती हैं। दहेज प्रथा होने के कारण भारत में अभिभावकों के सामने एक बड़ी चुनौती है। जो लड़कियां पैदा होने से बचने का मुख्य कारण है। अभिभावक मानते हैं कि पुत्र समाज में उनके नाम को आगे बढ़ायेगा और लड़कियां घर संभालने के लिए होती हैं। गैर कानूनी लिंग परीक्षण और बालिका शिशु की समाप्ति के लिए भारत का दूसरा बड़ा कारण गर्भपात की कानूनी मान्यता है। तकनीकी उन्नति ने भी कन्या भ्रूण हत्या को भी बढ़ावा दिया है।

महिलाओं के भविष्य के लिए कन्या भ्रूण हत्या एक अपराध और सामाजिक आपदा है। लैंगिक भेदभाव की वजह से ही मुख्यतः कन्या भ्रूण हत्या होती है। इसको नियंत्रित करने के लिए कानूनी शिकंजा होना चाहिए। भारत के सभी नागरिकों को इससे संबंधित नियमों का सख्ती से पालन करना चाहिए और इस क्रूरतम अपराध के लिए सजा मिलनी चाहिए। चिकित्सकों को इसमें शामिल होने पर उनका स्थायी तौर पर लाइसेंस रद्द होना चाहिए। गैर कानूनी परीक्षण और गर्भपात के लिए खासतौर से मेडिकल उपकरणों के विपणन को रोकना चाहिए। उन अभिभावकों को भी दण्डित करना चाहिए जो अपनी बेटी को मारना चाहते हैं। महिलाओं का सशक्तिकरण होना चाहिए। जिससे वे अपने अधिकारों के प्रति अधिक सचेत हो सकें।

लिंग चयनात्मक गर्भपात से लड़ने के लिए लोगों के बीच में अधिक जागरुकता की जरूरत है। 'बेटियां अनमोल होती हैं'। जागरुकता बढ़ाने के लिए टीवी पर आमिर खान के द्वारा चलाए गए एक प्रसिद्ध कार्यक्रम 'नृत्यमेव जयते' में कमाल का काम किया है। लड़कियों के अधिकार के संदर्भ में जागरुकता कार्यक्रम जैसी 'बेटी बचाओ बेटी पढ़ाओ' वा 'बालिका न्यूनशिक्षा अभियान' आदि बनाए गए हैं।

आओ धन-धन अलख जगाओ/
कन्या अंतान को गले लगाओ//



MEGHA MATHUR

B.SC. (BATCH 2013-14)

SWASTHYA KALYAN INSTITUTE OF MEDICAL TECHNOLOGY & NURSING EDUCATION



BODY



Blessed are they whose bodies get
destroyed in the service of other

- Swami Vivekanand -

How homoeopathy can deal with surgery ?

Introduction

Surgery represents the tremendous technical achievements of orthodox medicine on one side. On the other side it demonstrates the inability to cure, especially chronic diseases.

Homeopathy considers diseases primarily as a disturbance in the vital force (life force). If this disturbance persists for long and the body is not able to overcome the condition, it may lead to a state that may or may not come back to normalcy with internal medications. Such conditions, at times, create disease products such as over growth, tumor, cysts, prolapse, and stones and so on. These residual products become foreign to the body which turn out to be an obstacle to cure. In such situation recovery may not be possible without removal of the maintaining cause. Surgery, in such cases, eliminates the disease products or residues immediately and helps the vital force to recover faster.

"A homoeopathic surgeon is one who adds to his knowledge of surgery, a special knowledge of Homoeopathic therapeutics and practices his calling in conformance with that knowledge." (W.A. Dewey)

One of the most important duties of the homeopath is to recognize what is curable and what is not curable by our medicines. In cases where pathology has been formed, our duty is to pause with surgery, if there is a totality of symptoms, or even if there are no current symptoms present but the patient can remember them. This will allow the homeopath to recognize the original totality of symptoms of the case, and in these cases the job of the true homeopath is always to find the chronic remedy first. The case is not hopeless as the symptom totality is the only condition for the choice of the indicated remedy according to the Law of Similar. The elimination of all perceptible signs and symptoms means the removal of the inner modifications of the vital force which underlie them and thereby destruction of the whole disease, and when disease is destroyed health is restored.

Scope of homeopathy in surgical conditions

Homeopathy: often avoids Surgery, prevents complications – pre, during & post.

Homoeopathic surgery is that form of treatment where the so-called surgical cases can be averted, managed completely or helped in the pre-operative & post-operative stages with homeopathic medicines only. Surgery, at best, is an unpleasant process. Not only does the surgical wound cause pain, but general anesthesia causes its own side effects. Once it is established that surgery is necessary, homeopathic remedies can play a vital role in reducing any complications that may arise as well as accelerating healing and recovery. Homeopathic medicines used before and after surgery have been found to protect the patient from shock, pains, bleeding or other effects of surgical intervention. Homeopathy is able to eliminate the unpleasant effects of anesthesia. Regaining consciousness after surgery often evokes nausea, vomiting, lack of appetite, dizziness or headaches. The homeopathic remedies bring quick relief in such cases. Homeopathic remedies can also help in reducing fear and anxiety prior to surgery with medicines like *Aconitum Napellus*, *Gelsemium* etc., Excessive bleeding during surgery and if surgery poses the potential for a large loss of blood or undergoing intravenous (IV) therapy-*Arnica Montana*, etc., to stop postoperative bleeding- *Cinchona officinalis*, *Ipecacuanha*, *Secale cornutum*, etc. Recovery of digestive function following surgery like nausea and vomiting- *Phosphorus*, *Ipecacuanha*, *Arsenicum*, etc., for constipation- *Arnica*, *China Rapanus*, etc., For swelling, stiffness, pain, bruise and soreness- *Ledum palustre*, *Rhus toxicodendron*, *Arnica*, *Calendula*, etc. For gynecological surgery like abortion or miscarriage- *Ignatia*, etc., caesarean section or episiotomy- *Staphysagria*, *Bellis perennis*, etc., hysterectomy- *Causticum*, etc.



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प्राकृतिक चिकित्सा एवं योग

अच्छे स्वास्थ्य मनुष्य को प्रकृति द्वारा दिया गया सबसे अच्छे उपलब्ध है। लेकिन आज के समय में व्यक्ति अपनी यात्रिक जीवन शैली में इतना व्यस्त होता जा रहा है कि अपने स्वयं की प्रकृति से बिल्कुल विमुख बन गया है। अच्छे स्वास्थ्य से उन्मुख होने के कारण आज कम उम्र के लोगों में ही मोटापा व अन्य बीमारियाँ देखने को मिल रही हैं। ऐसी स्थिति में हम स्वयं को प्राकृतिक चिकित्सा एवं योग के द्वारा स्वस्थ बन सकते हैं।

आइए जानते हैं कुष्ठयोग और नैचुरोपेथी के बारे में।

योग और प्राकृतिक जीव चिकित्सा जीवन की गुणवत्ता को बढ़ाने के साथ-साथ आधुनिक युग में होने वाली बीमारियों जैसे - हृदय घात, कैंसर, मधुमेह, गठिया आदि से बचाते हैं।

प्राकृतिक चिकित्सा एक ऐसा चिकित्सा दर्शन है जिसका इतिहास उतना ही पुराना है जितना स्वयं प्रकृति। प्राकृतिक चिकित्सा का लक्ष्य प्रकृति में प्रचुर मात्रा में उपलब्ध तत्वों (मिट्टी, जल, धूप हवा और आकाश) के उचित इस्तेमाल द्वारा रोग का मूल कारण समाप्त करना है। प्राकृतिक चिकित्सा के अंतर्गत अनेक पद्धतियाँ हैं जैसे - जल चिकित्सा, मिट्टी चिकित्सा, सूर्य चिकित्सा, मालिश चिकित्सा, उपवास चिकित्सा, एक्यूपंचर, खाद्य चिकित्सा आदि।

जलचिकित्सा:- जल प्रकृति का अनुपम और अनमोल उपहार है यदि धरती पर जल नहीं होता तो आज जीवन संभव नहीं होता। जल केवल प्यास बुझाने की वस्तु मात्र नहीं है अपितु जीवनदाता है। हमारे शरीर में 70 प्रतिशत जल का भाग है। इसकी कमी अनेक रोगों का कारण बनती है। जलचिकित्सा में जल का प्रयोग आंतरिक व बाह्य रूप से विविध प्रकार से किया जाता है। इसके अंतर्गत कठिनायन टब स्नान, फुट बाथ, वाष्प आदि का प्रयोग उदर रोग, अम्लपित्त, गर्भाशय आदि के रोगों में किया जाता है।

सूर्य चिकित्सा :- सूर्य चिकित्सा के अनुसार रोगोत्पत्ति का कारण शरीर में रंगों का घटना बढ़ना है। सूर्य चिकित्सा के अनुसार अलग-अलग रंगों के अलग-अलग गुण होते हैं। इन रंगों का लाभ रंगीन किरणों या रंग द्वारा चार्ज पानी या तेल के सेवन से लिया जा सकता है।

अथर्ववेद में कहा गया है कि सूर्योदय के समय सूर्य की लाल किरणों के प्रकाश में खुले शरीर बैठने से हृदय रोगों तथा पीलिया के रोग में लाभ होता है। प्राकृतिक चिकित्सा में आंतरिक रोगों को ठीक करने के लिए भी नंगे बदन सूर्य स्नान कराया जाता है।

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

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

हमारा भोजन 20 प्रतिशत आमलिक और 80 प्रतिशत क्षारीय होना चाहिए, लेकिन आधुनिक समय में लोग 20 प्रतिशत क्षारीय और 80 प्रतिशत आमलिक भोजन करते हैं। जिसके वजह से ज्यादा से ज्यादा लोग पेट की बीमारियों से ग्रसित हैं। जोकि अन्य सभी भयंकर बीमारियों का मूल कारण है। हिप्पोक्रेट्स से भी कहा है कि “आहार ही औषधि है और औषधि ही आहार”

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

मालिश चिकित्सा :- मालिश चिकित्सा का प्राकृतिक चिकित्सा में बहुत अधिक महत्व है। मालिश रक्त संचार के प्रवाह को नियमित कर शरीर के दूषित पदार्थों को अनेक रास्तों से बाहर निकालती है और अनेक रोगों को ठीक करती है। जैसे पेट और पैरों की मालिश से पाचन क्रिया सक्रिय होती है। इससे आंतों में फंसा मल बाहर निकल जाता है और गुदों की कार्यशक्ति बढ़ जाती है। इससे पेशाब के रास्ते खून में से विषैले पदार्थ निकल जाते हैं।

एक्यूपंचर एवं एक्यूप्रेशन :- एक्यूपंचर चीन की परंपरागत चिकित्सा पद्धति है यह दर्द से राहत दिलाने या चिकित्सा प्रयोजना के लिए शरीर के विभिन्न बिंदुओं में सूई चुभाने और हस्तकौशल की प्रक्रिया है। "एक्यू" चीनी भाषा का शब्द है, जिसका मतलब है पाइंट, यानी अगर शरीर के कुछ खास पाइंट पर सूई से छेद कर इलाज किया जाए तो एक्यूपंचर कहलाता है और अगर पाइंट्स पर हाथ से दबाव डाला जाए तो एक्यूप्रेशर कहलाता है। एक्यूपंचर के कुल 365 पाइंट्स में से कुछ ऐसे हैं जो काफी असरदार होते हैं, और कई तरह की बीमारियों से राहत दिलाते हैं। जैसे डिप्रेशन, सिरदर्द, माइग्रेन, चक्कर और हमारी ज्ञानेन्द्रियों से जुड़े रोगों जैसे लकवा, दिमागी असंतुलन में भी लाभकारी है।

योग :- योग भारत की प्राचीन संस्कृति का गौरव है। योग की वजह से भारत सदियों तक विश्व गुरु रहा है। योग की उत्पत्ति संस्कृत शब्द (युज) से हुई है, जिसका अर्थ है जोड़ना। योग शब्द योग्य की क्रियाओं से स्पष्ट होता है - योग में यौगिक क्रियाओं द्वारा शरीर, मन और आकार के बीच संयोग स्थापित होता है। जिससे अत्मिक संतोष प्राप्त होता है।

योग केवल व्यायाम भर ना होकर अपने आप से तथा विश्व व प्रकृति के साथ तादम्य को प्राप्त करने का माध्यम है। यह हमारी जीवन शैली में परिवर्तन लाकर तथा हममें जागरुकता उत्पन्न करके जलवायु परिवर्तन से लड़ने में सहायक होता है। साथ ही अनेक बीमारियों से निदान दिलाता है। योग प्रतिरक्षण प्रणाली को मजबूत बना कर जीवन में ऊर्जा का संचार करता है।

वर्तमान में प्रदूषित वातावरण में योग एक ऐसी औषधि है, जिसका शरीर पर कोई विपरीत प्रभाव नहीं होता। बल्कि योग के अनेक आसन जैसे कपालभाति, श्वासन, भ्रामरी प्रणायाम, वक्रासन, शलभ आसन, ताड़ासन अनेक रोगों जैसे उच्चरक्चाप, कमर और गर्दन दर्द, गठिया आदि से छुटकारा दिलाते हैं। योग के माध्यम से मधुमेह तथा एल डी एल कोलेस्ट्रॉल को नियंत्रित किया जा सकता है। योग गर्भवती महिलाओं में प्रसव में होने वाली कठिनाइयों से भी बचाता है।

५ 21 जून को अंतर्राष्ट्रीय योग दिवस के रूप में मनाने से लोग पहले से ज्यादा योग के प्रति जागरुक हो रहे हैं।



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Rising Career Horizons in Nursing



The nursing field has seen explosive growth in recent years, and this should continue for the foreseeable future. In reality, there actually is a nursing shortage in many specialties. The Bureau of Labor Statistics states that nurses generally will see a 19% increase in demand by 2022. This demand could edge even higher for some specialties, the most popular of which are listed below. Our top 20 specialties were selected by our staff due to their high demand, good salary, and work setting.

Nursing Career Specialties

Neonatal Nurse

A neonatal nurse works with premature babies, most often in an intensive care setting. They provide extensive care for premature infants who usually have a variety of health problems.

A nurse midwife is a type of advanced practice registered nurse who provides and coordinates patient care for mothers and expecting mothers.

Nurse Midwife

Clinical Nurse

A clinical nurse diagnoses and treats patients who have more serious health problems in most cases. They usually work with these patients in a hospital in a clinical setting.

A critical care nurse works most often in the intensive care unit or ICU. Many hospitals now have ICUs for specific health problems, including burns and heart/lung problems. Critical care nurses may work in a hospital, nursing home or hospice.

Critical Care Nurse

Dialysis Nurse

A dialysis nurse works with patients who have kidney problems and who must receive dialysis on a regular basis so that they can survive. When people have kidney problems, their kidneys are no longer able to filter the blood of waste products, which is then eliminated through urination. They also work with patients who recently had a kidney transplant.

A nurse practitioner (NP) today is a very important part of most family medicine offices. These professionals work under the eye of a doctor, and they do patient exams, diagnose various illnesses and prescribe drugs in foreign countries

Nurse Practitioner



Health Policy Nurse

A health policy nurse does not work with patients in a clinical setting. This type of nurse actually works at an administrative level in various public and private organizations to come up with policies that will make people in society healthier.

An informatics nurse collects, interprets and analyzes important medical data that comes into a health facility every day. An informatics nurse also often trains other nurses in the hospital on any new technology that is being introduced.

Informatics Nurse

Nurse Anesthetist

This field is in high demand and requires a high level of education, training and experience. Nurse anaesthetists provide anaesthesia to patients who are going into surgery.

A nurse educator teaches other professionals to become nurses. You can work in many areas of nursing education. You might be an instructor at an associates', bachelor's or master's degree program.

Nurse Educator

Nurse Advocate

The role of this nursing professional is to represent the interests of the family and the patient in a clinical care setting.

A nurse researcher works closely with various medical organizations and research organizations to do clinical studies related to health. This professional is basically a type of scientist that studies issues that specifically deal with nursing

Nurse Researcher

Pain Management Nurse

A pain management nurse is a type of advanced nursing profession that will give you a great deal more responsibility, more skills and a higher salary. Pain management is such a vital part of the medical field because alleviating chronic pain is so important to improving the quality of life of patients.

A psychiatric nurse has a high degree of expertise in mental health, crisis intervention and therapy that they use to help patients deal more effectively with mental illness.

Psychiatric Nurse



Trauma Nurse

A trauma nurse will just about always see a high level of demand. They usually work in ERs, trauma facilities, and urgent care centres. This is a high demand, high-stress profession, and it is not for every personality.

A travel nurse usually works for a nursing or healthcare agency that covers a certain area of the US, or possibly the entire country. These types of healthcare organizations provide nursing services to hospitals and medical facilities to fill a short-term need.

Travel Nurse

Pediatric Nurse

A pediatric nurse works with young children, most often in a clinical or intensive care setting. These nurses provide children with specialized care. Children often have special health needs that differ somewhat from those of adults, and you will be trained in how to deal specifically with children.

A geriatric nurse works with elderly patients in a hospital or nursing home in most cases. These nursing professionals are specially trained to work specifically with the elderly and to handle the challenges that these types of patients have.

Geriatric Nurse

Public Health Nurse

A public health nurse is a bit different from many other nurses, in that the public health nurse cares for an entire population of people, whereas a regular nurse takes care of one patient at a time. Public health nurses generally focus on preventative medicine.

An oncology nurse provides specialized care for cancer patients and needs to administer chemotherapy and implement different types of cancer treatments and monitor the progress of patients overall.

Oncology Nurse

Nursing is the medical profession for administration and taking care of the patient with the help of healthcare science.



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Physiotherapy: The Importance to your Health



Physical therapy, mostly known as Physiotherapy, is a primary care speciality medical field that, by using mechanical force and movements, manual therapy, exercises therapy, electrotherapy and various physical therapies. Physiotherapist (PT) practices evidence-based treatments, remediates impairments and promotes mobility, function, and quality of life through examination, diagnosis, prognosis, and physical intervention.

Physical therapy attempts to address the illnesses or injuries that limit a person's abilities to move and perform functional activities in their daily lives. PT uses an individual's history and physical examination to arrive at a diagnosis and establish a management plan and, when necessary, incorporates the result of laboratory and imaging studies like X-rays, CT-scan, or MRI findings. Electrodiagnostic testing may also be used. Physiotherapy management commonly includes the prescription of or assistance with specific exercises, manual therapy and manipulation, mechanical devices such as traction, education, physical agents which includes heat, cold, electricity, sound waves, radiation, assistive devices, prostheses, orthoses and other interventions. In addition, PT works with individuals to prevent the loss of mobility before it occurs by developing fitness and wellness-oriented programs for healthier and more active lifestyles, providing services to individuals and populations to develop maintain and restore maximum movement and functional ability throughout the lifespan.

Physical therapy is a professional career which has many specialities including musculoskeletal, sports, neurology, wound care, EMG, cardiopulmonary, geriatrics, orthopaedics, women's health, and paediatrics.

Sports : PT is closely involved in the care and wellbeing of athletes including recreational, semi-professional (paid) and professional (full-time employment) participants. This area of practice encompasses athletic injury management under 5 main categories: Acute care, Treatment, Rehabilitation, Prevention and Education

Community Physiotherapy : At present community-based Physiotherapy, rehabilitation are the main areas where specially trained physiotherapists intervene in disability conditions and rehabilitation. They act as agents of change in Community setups by educating and transferring the basic skills & knowledge, giving treatments in the management of chronic & acute diseases/disabilities, rehabilitating them, coordinating group efforts and taking administrative roles in Community Based Rehabilitation.

Women's health : Women's health physical therapy mostly addresses women's issues related to the female reproductive system, childbirth, and post-partum. Manual physical therapy has demonstrated an increase in the rate of conception in women with infertility in multiple studies.

Back pain treatment

Physiotherapy is scientifically proven to be one of the most effective ways to treat and prevent pain and injury. It strengthens muscles and improves function.

It not only reduces or removes pain for a short time but also reduces the risk for future back-pain re-occurrence.

Physical therapists also practice in the non-patient care roles such as health policy, health insurance, and health care administration and as healthcare executives.



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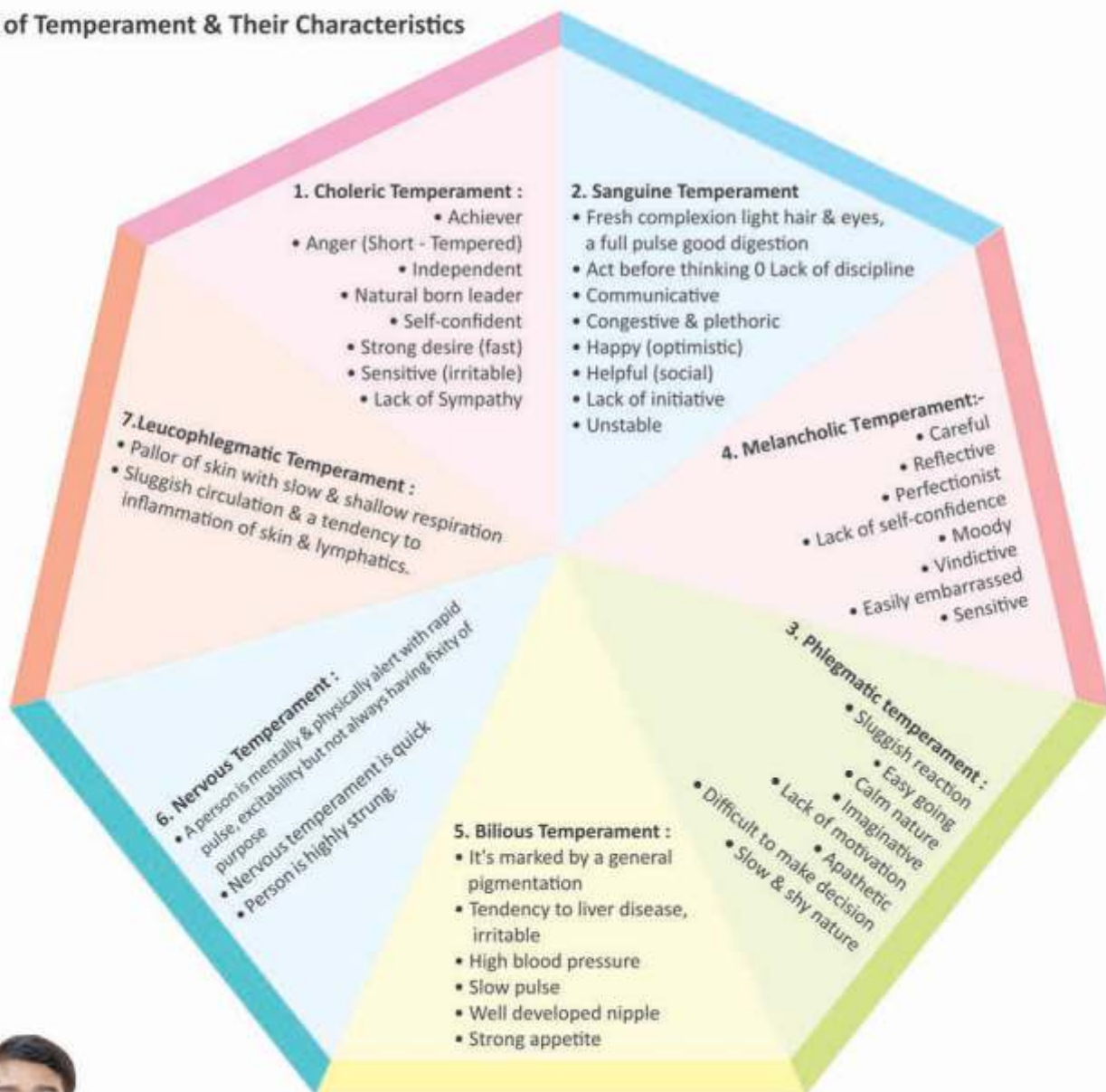
Various types of Temperament

Hahnemann considers mental disease as one-sided diseases of the chronic type affecting the whole psychosomatic entity, the mind and body are not two absolutely separate entities but they form an indivisible whole, inseparable in fact but distinguishable by the mind for easy understanding. Hahnemann was the first to point out the fallacy of misplaced concreteness in matters medical. There are no diseases but only diseased individuals. The conception of diseases is a convenient mental abstraction for the facility of our understanding, the economy of expression and communication of our thoughts to others. The homoeopathic school attempts to study 'the patient that has the disease i.e. diagnosis of the person. Hahnemann has studied the individual and the disease, with an individualistic approach the person. Temperament is an individual factor to determine the person.

What is Temperament?

The manner of thinking, behaving or reacting characteristic of a specific person is temperament or the combination of mental, physical & emotional traits of a person - natural predisposition is temperament.

Types of Temperament & Their Characteristics



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Hero of Our Cell ~ Magnesium



Essential to life, necessary for good health, and a vital component within our cells, magnesium's benefits help our body maintain balance, avoid illness, perform well under stress, and maintain a general state of good health. Recently re-discovered as an overlooked key to good health, the current recommendations - to ensure protection from diseases such as osteoporosis and hypertension.

Magnesium works within our cells - the powerhouses, factories and regulators of the body's systems. It regulates electrolyte balance and prevents cell mutations. This is a necessary part of hundreds of biochemical reactions occurring constantly inside our cells. Magnesium's presence or absence affects the brain, the muscles, heart and blood vessels. Studies have shown a linkage of low magnesium intake to chronic disease. Learn how this miracle mineral performs so many functions in the healthy human system

How Magnesium works in the body

- Magnesium is an important factor in muscle relaxation and heart health. Allows nerves to send messages in the brain and nervous system
- Aids and regulates the body's use of calcium and other minerals. Assists in bone and teeth formation
- Regulates the metabolism of nutrients such as protein, nucleic acids, fats and carbohydrate, and cholesterol production and helps modulate insulin sensitivity
- Assists in energy production, DNA transcription and protein synthesis
- Maintains the structural health of cell membranes throughout the body

What Conditions Can Benefit from Magnesium

Magnesium is known to reduce muscle tension, lessen pain associated with migraine headaches, improve sleep, and address neurological disorders such as anxiety and depression.

Conditions linked to magnesium levels include:

Pain	Mental Health and Sleep	Other Conditions
Headaches	Anxiety	Psoriasis, Acne and Eczema
Muscle Spasms and Muscle Cramps	Depression	Asthma
Fibromyalgia	Autism and ADD	Blood Pressure
	Restless Leg Syndrome (RLS)	Diabetes
	Insomnia	Osteoporosis
	Tics	

Healthy magnesium levels have been linked to:

- Lowered blood pressure
- Reduced incidence of type II diabetes
- Emergency migraine treatment
- Reduced symptoms of asthma
- Improved memory

Low magnesium intake has been linked to risk factors for:

- Osteoporosis
- High blood pressure
- Issues of heart health
- Diabetes
- Asthma

Category	Recommended Dietary Allowance
14-18 year	360 mg./day
19-30 year	310 mg./day
31 year and over	320 mg./day
Pregnant	Under 19 year: 400 mg./day 19 to 30 year: 350 mg./day 31 and above: 360 mg./day



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Benign prostatic hyperplasia & Homoeopathy

Benign prostatic hyperplasia (BPH) is the condition that occurs when the prostate gland is increasing in size without there being any malignant cause. As the prostate enlarges it leads to compression and then obstruction of the urethra, which in turn affects urinary flow. The symptoms include urinary frequency, urinary urgency, hesitancy in urination, poor stream and incomplete bladder emptying. A partial obstruction can ultimately become complete causing acute urinary retention and the urgent requirement for a bladder catheter. BPH is not, however, a pre-malignant condition.

An old age problem that happens in almost all old males is the enlargement of the prostate gland. It is also known as Benign Prostatic Hypertrophy (BPH). This enlargement is to be differentiated from the cancerous type. In BPH, there is no cancer. It is just a benign enlargement. Benign means that there is no evidence of cancer; it does not mean that it will not cause any symptoms.

The prostatic enlargement impinges on the urethra. This causes the usual symptoms like frequency of urination, the urgency of urination, a feeble stream of urine, inability to start urination and dribbling of urination after finishing urination. In some cases, there may be complete inability to urinate which is known as retention of urine. It is often a dire situation requiring immediate medical attention. Pain may also be present in some patients though it is not always the case. Some patients may report of burning sensation while urinating or after urinating.

The 5 best homoeopathic medicines for prostate enlargement or BPH are

1. **Baryta Carb-** for prostate enlargement in old people
2. **Digitalis-** for a prostate problem with heart trouble
3. **Staphysagria** - for BPH with painful urination
4. **Conium-** for prostate enlargement with frequent urination
5. **Sabal Serrulata** - for prostate gland enlargement in homoeopathy

These medicines have been used on the basis of recorded symptoms as given in the homoeopathic materia medica and corroborated by clinical practice. One can easily find the mention of these medicines in the homoeopathic repertories and the homoeopathic materia medicas. I don't claim to have invented any of these medicines. They were introduced into the homoeopathic lexicon by stalwarts of Homeopathy like Dr Hahnemann, Dr Hering, Dr Kent and Dr Allen. I just put these medicines to use on my patients after studying them in the books written by these great homoeopaths. They are mentioned in almost all the books of homoeopathy and any homoeopath can find them with a careful study of the literature.



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The doctor is second to God



The relationship between two people in any profession is merely given and take. If one is a vendor other is a customer. But there is one profession which does not stop there but continues beyond i.e healthcare. Personally, I feel doctors are next only to God. Hence we have slogans like "Vaidyo Narayanao Harih" (Doctor is Narayana Himself).

Doctors in India since Vedic time have been equated to God. This has continued even today after the modern medicine has taken over. No other profession whether it is a priest, lawyers, judges, politicians, occupies the same status as that of the medical doctors. The medical profession is the noblest profession.

The role of a doctor is to remove the miseries and save the life of a person and that is one reason most of us think that a medical doctor has been given designation equivalent to that of God. The doctor works to prevent the spread of the epidemics. Every now and then dangerous diseases grab the humanity. It is the doctor who finds the cure. Sometimes it may take years of painstaking work and research to find the cure, but ultimately the success is achieved. As a result, we find that the fields of medicine and surgery have advanced beyond imagination. A damaged organ can be transplanted, in today's medically advanced world.

A doctor's life is hard. Often, he has to visit the patient at off hours foregoing his rest, sleep and even food. Sometimes the doctor has to work throughout the day and night attending to serious patients or victims of war, epidemic or major accident. He has to always treat his patients with a smile and cheer. He motivates and encourages a sick person. He is a source of hope and strength. Even in distress, his duty is first towards his patient. Always remembering the famous Hippocratic Oath, he pledges his life in alleviating the sufferings of the patients.

A doctor can save a person after a cardiac 'arrest'. He can restart a heart. He brings a new life on Earth. He feels the pain of his patients. He helps a person without considering his gender, colour, race, caste, creed etc. He is never greedy. Without considering the money and the work environment, he works without any "ifs and buts". He gives a healthy life. A doctor should respect his profession. He should never ever get indulged in human trafficking and should offer his services selflessly to the one who is in need. A doctor shouldn't be the prisoners of their education and shackled by their profession.

A trained qualified medical doctor who has his understanding based on the mind, body and soul has nearly the same characteristics. He overcomes miseries, mystifies his presence as soon as he touches the patient, gives immediate relief which starts at the time he gives a healing touch to the patient, his decision often is considered final and whose decisions are almost predictable to 100%.

God is the person on whom one has blind belief and faith. At the time when a person is sick or in an acute emergency, the same belief and faith are seen in doctors. A common man's perspective of God is a force that can do and undo anything, for whom nothing is impossible, who is the final decision maker, whose decision cannot be challenged, who can give an instantaneous relief, who can punish and reward and he who overcomes miseries. He can also answer the unknown as he is supposed to know everything. In Bhagwad Gita and other Vedic texts, GOD is equated to consciousness, a network of energized information, a force which cannot be burnt by fire, wet by water, dried by air or cut by weapon; a force which is omnipotent, omnipresent and omniscient and still ever-pervading.



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Diagnostic Radiology



In medicine, diagnosis is the process of identifying a medical condition or disease by its signs and symptoms, and from the results of various procedures, the conclusion is reached.

Diagnostic Radiology is the branch or speciality of medicine that deals with the study and application of imaging technology like x-rays to diagnose the disease.

Originally radiology was the aspect of medical science dealing with the use of electromagnetic energy emitted by X-ray generators or other such radiation devices for the purpose of obtaining visual information as part of medical imaging. The modern-day radiological imaging is no longer limited to the use of x-rays, and now includes technology-intensive imaging with high-frequency sound waves, magnetic fields and radioactivity.

Other modalities in Diagnostic Radiology:

- Computed Tomography (CT-Scan)
- Ultrasound Scan
- Magnetic Resonance Imaging (MRI)
- Positron Emission Tomography

Computed tomography or CT scan (previously known as CAT scan, the "A" standing for "axial") uses a high amount of ionizing radiation (in the form of X-rays) in conjunction with a computer to create images of both soft and hard tissues. These images look as though the patient was sliced like bread ("tomography"-- "tomo" means "slice").

Ultrasound is a sound wave of frequency more than the hearing ability of human beings. Ultrasonography is the imaging modality used for diagnosing organs or internal structures with the help of ultrasound frequency. Sound beams used in diagnostic imaging have frequencies from 1 MHz to 20 MHz. Sound waves are produced by a device known as a transducer.

MRI is a computer-based cross-sectional imaging modality which can provide both anatomic and physiologic information non-invasively, without the use of ionizing radiation.

Positron emission tomography (PET) is a nuclear medicine imaging technique which produces a three-dimensional image or picture of functional processes in the body. The system detects pairs of gamma rays emitted indirectly by a positron-emitting radionuclide (tracer), which is introduced into the body on a biologically active molecule. Only those radiations are detected in this system which is emitted at oppositely in coincidence.

Radiation Technologists (Radiographer) are responsible for performing many of the various types of radiology examinations, including X-rays, computed tomography (CT) scans, MRI Scans, mammograms and USG procedures. Technologists can work in a radiology department, surgery, emergency room and at a patient's bedside using mobile equipment.



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Urinary Tract Infection (UTI) in Women

Women are at greater risk of UTIs for several reasons. In women, the urethra is closer to the rectal area making it easier for bacteria to get to the bladder. Pregnancy increases a woman's risk because the growing baby presses on the bladder, which may prevent it from completely emptying. Menopause also increases UTI risk because lower estrogen levels lead to thinning of the urinary tract, making it easier for bacteria to enter. Sexual intercourse is the most common cause of UTI in women ages 20 to 40. During sex, bacteria can be pushed from the rectal area toward the vagina and can then enter the urethra and ascend into the bladder.

Women are not alone with this health problem. According to the American Urological Association, 12 percent of men will experience at least one symptomatic UTI during their lifetime. Those with an enlarged prostate, diabetes, or cancer and those under stress are at increased risk.

The typical treatment of a UTI most often involves antibiotic therapy. Side effects of antibiotics may include nausea, diarrhoea, gas, stomach cramps and increased risk of secondary infections. Plus, the overuse of antibiotics is now recognized as a major factor in the development of antibiotic resistance-the bugs are becoming stronger than the drugs, leaving people vulnerable to attack by dangerous bacteria. While antibiotics may be necessary for acute treatment, when UTIs are recurrent it's important to address the underlying causes and adopt preventative measures.



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Stand Tall - A Perfect Posture

Your spine is a collection of 24 main joints with associated ligaments, cartilage and muscles, and is designed to absorb shock, withstand pressure and allow your back to bend and twist. It also forms a bony arch to protect your spinal cord, which passes messages from your brain to the rest of your body. So, it is not surprising that most people have back pain from time to time. Mild to moderate back pains or spasms sometimes occur for no apparent reason, and a surprising number of these go away by themselves. Even if you're concerned enough to see a doctor, it is not unusual after an exam and x-rays to be told there's nothing to worry about. Take it easy for a couple of days maybe take medicine, or your doctor may prescribe a muscle relaxant, and soon you're as good as new. In spite of this, there are also a number of specific injuries you can get, and some structural changes that occur as you age. A good posture and muscle balance help your back.

Some of the day to day good posture techniques are:

- Standing, your shoulders should line up with your hips, and pull in your abs.
- Sitting, keep your lower back in contact with the chair and both feet resting on the floor
- Get up by pushing with your arms and legs, and keep your back straight and vertical.
- Sleep on your side with your knees toward your chest.
- Get out of bed by rolling to one side then sit up sideways by pushing with your arms.
- When you bend forward, keep your back straight.
- To lift safely, bend your knees and squat instead of bending forward from your hips. Keep loads close to your body when you lift them. Avoid twisting your body.
- To rise, put one foot in front of the other and use your leg muscles to stand.



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Build Muscle, Burn Fat

In contrast to aerobics, resistance training builds muscle, and it's the muscle that is going to help you burn most of the fat. Not only should you want to build muscles, you should also want to turn on the muscles that you already have. Turn them on? Yes, your muscles can actually be tuned up to become more efficient at burning fat. The right type of exercise can help you accomplish that.

Why are muscles so important? Muscles constitute the metabolic engine of the body. The more muscle you carry on your frame, the higher your basal metabolic rate (BMR), which refers to how many calories are produced during rest. And the more active these muscles are, the more you burn your fat-24 hours each day.

So if you're really serious about losing the only weight that matters-fat, then start incorporating resistance exercise in your program at least three times each week.



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The Aerobics myth

Walking for miles and yet the pounds just didn't seem to budge. The question is why?

By far, the most common physical activity recommended for weight loss is aerobics. We've seen them: those spandex-clad cuties moving and shaking to the music, inviting us to get out on the dance floor and boogie with them. We've also seen the testimonials from those who have succeeded by adding various kinds of aerobics to their weight-loss program. But the fact is that for every person who has won the war against fat by only using aerobics; there are 50 others who have not. The success rate when it comes to permanent fat loss via pure aerobics is not very high at all.

Many of us have tried aerobics ourselves. By aerobics, I mean any exercise that increases our body's need for oxygen. Most of us have gone running, spent what seemed to be hours on a treadmill or stationary bike, jerked our bodies to the music of an aerobics class or home video, and maybe even tried a Zumba class or two.

The truth is, many aerobic workouts are long, and the fat burned during the workout is minimal. As in dieting and fasting, the engines that actually burn the fat-muscle tissue-are burned up too, and the increase in the amount of fat burned before the next workout is almost zip. Hardcore aerobics is anti-muscle-athletes such as elite 10,000-meter runners or marathon participants carry very little muscle mass. Research confirms that excess aerobics causes overtraining and muscle wasting, with a subsequent reduction in fat burning.

Aerobics proponents have recognized this flaw, and many aerobic classes at gyms and health clubs these days also incorporate some sort of resistance training (high impact training) using steps, small hand weights or elastic cords. But these attempts at making up for the deficiencies of most aerobic exercises are weak at best. Aerobic exercises-although they do have a role in your fitness regimen-are just not the most efficient fat-burning exercises.



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Focus 70 Percent Efforts on Nutrition and 30 Percent Efforts on Exercise

It is true that your exercise efforts will not produce the fat loss results that you desire unless a significant emphasis is placed on nutrition. Your efforts would not be wasted in that there are so many benefits associated with exercise alone. For example, decreased risk of disease, increased muscle strength and endurance, increased bone mineral density, increased energy levels, improved distribution of blood, oxygen and nutrients throughout the body, improved functioning for activities of daily living...the list goes on. However, should your primary objective be fat loss, very few people will achieve this goal through exercise alone?

I propose a few changes to the areas of focus that are required in order to achieve sustained fat loss for the majority of people. You may already have one or two of these areas in check so therefore you can focus on those that require the biggest improvements. The focus is as follows:



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Homoeo-Pathy First Aid Kit

Aconite-Nap

This remedy is great for shock such as from bad news or from having a fall. It is also very effective for treating conditions which come on suddenly like a sudden sore throat or headache.

Apis

This remedy is used to treat insect bites or stings and allergic reactions which can be caused by these affected areas will be red, hot and swollen and the pain will be described as stinging.

Arnica

This is the classic remedy for trauma, injury and bruising. The typical arnica patient will tell you that they're fine and avoid attention but may well still be in shock.

Arsenic-Alb

This is your go-to remedy for food-poisoning. A keynote of this remedy is anxiety and the patient is likely to be very cold. Pains might be described as burning.

Belladonna

The words red, hot and swollen are keywords for this remedy. This is a great remedy for fever, sunstroke, and for a skin conditions such as boils.

Calendula

Calendula can be taken as a pill or as a solution to bathe wounds. This remedy can be used for old sores, mouth ulcers, cuts or burns.

Hepar Sulph

Very painful and infected wounds and abscesses respond well to this remedy.

Nux Vomica

It also works well for stomach upsets and headache which were caused by overindulgence in food and or alcohol. A Keynote of this remedy is irritability.

Rhus Tox

This is a versatile remedy which can be used to treat bruised and sore muscles and joints. It is sometimes used to relieve the pain of arthritis.



Khushbu Kachhawa

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दें दृष्टिहीनों को आँख नैत्रदान महादान

“मनता हैं शरीर, अमन हैं आत्मा,
नैत्रदान न मिलता है, नवयं पनमात्मा ॥

शरीर जलकर राख हो जाता है, साथ ही नैत्र भी जलकर नष्ट हो जाते हैं ऐसे में हमारी अथवा हमारे प्रियजन की आँखें किसी अन्य के काम आवे तो ऐसा दान, कर के मृतक की आत्मा को शांति दी जा सकती है। जीते जी हम यह तय करें -

दो चुटकी नख या दो दृष्टिहीनों को आँख

सभी धर्मों में दया परोपकार जैसी मानवीय भावनाएँ सिखाई जाती हैं। यदि नैत्रदान करके मरणोपरांत किसी की निष्काम सहायता कर सके तो हम अपने धर्म का पालन करेंगे और क्योंकि इसमें कोई भी स्वार्थ नहीं है इसलिए ये महादान माना जायेगा।

यह केवल भ्रान्ती है कि जो इस जन्म में आँख दान कर देते हैं तो अगले जन्म में बिना आँख के पैदा होंगे। आजकल जीते जी पित्ताशय, किडनी, बच्चेदानी इत्यादि ऑपरेशन से निकालनी पड़ती हैं तो क्या अगले जन्म में यह अंग नहीं होंगे ?

नैत्रदान से सम्बंधित कुछ बातें जाने, इस महादान की आसानी को समझें

- नैत्रदान मृत्यु बाद ही होता है जो मृत्यु से पूर्व 6-7 घंटों में होना चाहिए।
- मृतक की केवल कॉर्निया (आँख की पुतली के उपर पारदर्शी झिल्ली) ही निकली जाती है अतः नैत्रदान के बाद चेहरा कुरूप नहीं होता है।
- आयु अथवा आँख का ऑपरेशन, चश्मा, ब्लड प्रेशर, शुगर आदि इसमें बाधा जनक नहीं हैं।
- मृत्यु पूर्व संकल्प पत्र जिसने भरा हो उसके प्रियजन नैत्रदान के लिए नजदीक के आई बैंक को फोन/सुचित करें।
- शव को अस्पताल ले जाने की जरूरत नहीं पड़ती है। वही/घर आकर कॉर्निया निकाला जाता है।

साथियों धर्म के चार अंग हैं—दान, शील, तप और भावना। जिसमें दान को सर्व प्रथम स्थान दिया है। जब कोई नैत्रदान करता है तभी किसी दृष्टिहीन का कॉर्निया प्रत्यारोपण संभव है, तभी वह दुनिया को देख पायेगा और वह भी आपकी नजर से।



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डॉक्टर: एक साधना

पृथ्वी पर माता पिता के समकक्ष भगवान का जो प्रतिरूप हम देखते हैं वह एक चिकित्सक (डॉक्टर) होता है। इस धरातल पर भगवान के बाद हम सभी के लिए भगवान होता है डॉक्टर। हमारे शारीरिक व मानसिक दुख से लड़ने का व उससे बाहर निकलने का उपाय प्रस्तुत करता है एक डॉक्टर। लेकिन डॉक्टर को भी एक कठिन साधना से गुजरना होता है तब जाके वह विश्वास और वह शिफा प्राप्त हो पाती है जिससे कि मरीज को आत्म शांति व सुकून का अहसास होता है जिससे कि उसे ताकत मिलती है अपनी बीमारी से लड़ने की। इस साधना को समझने के लिए हमें एक साधु के गुणों के बारे में जानना आवश्यक है। क्योंकि अपनी पूरी जिंदगी में वह साधना के सत्व को ही तो पाता है। यहां हम बात करेंगे एक व्याख्यान की जो नारद जी व भगवान श्री राम के मध्य का है। नारद जी ने भगवान श्री राम से पूछा कि प्रभु एक साधु के क्या गुण होने चाहिए। तो नारद जी की उत्सुकता को देखते हुए भगवान श्री राम बोले।

“सावधान मानद मदलीना, धीन धर्म धुनि पन्मप्रवीणा”

जिस तरह एक साधु को हर वक्त सावधान रहना है कि उसका एक भी क्षण बिना हरि भजन के ना बीत जाए या इस माया संसार में कोई पाप कर्म ना हो पाए। ठीक उसी तरह एक डॉक्टर को भी अपने हर केस में हर मरीज में सावधानी से काम लेना चाहिए ताकि वह अपने अंतरिम लक्ष्य (मरीज को मर्ज मुक्त करने का) को प्राप्त कर सके।

डॉक्टर को साधु की तरह ही सम्मान की अपेक्षा अपनी श्रेष्ठ विद्या के अहंकार से विरत होकर उसका सही दिशा में उपयोग करना चाहिए। न कि इस अहंकार के भाव से कि मैं ही हूँ जो ये कर सकता हूँ। डॉक्टर के लिए मर्ज का महत्व होना चाहिए फिर रोगी या रोग किसी भी दर्जे का हो, उसे रोग मुक्त करने का प्रयास ही समाधान की प्रथम सीढ़ी है।

धैर्य और धर्म दोनों शब्दों की विशाल परिभाषा है परंतु एक समानता है कि हमें दोनों का पूरी तन्मयता से पालन करना होता है, और अंततः हमें धैर्य और धर्म सफलता की ओर अग्रसित कर देते हैं।

किसी भी काम में साधना से सिद्धि प्राप्त होती है। और इसमें सिद्धहस्त व्यक्ति तभी होता है जब वो अपने क्षेत्र में प्रवीण हो। अर्थात् अपने काम का व अपने विषय का विशाल ज्ञान रखता हो। यहाँ जिक्र किया जा रहा है परम प्रवीण का जिसका शाब्दिक अर्थ हमें बताता है कि अपने विषय और क्षेत्र में पूरी तरह निपुण हो। इस निपुणता को प्राप्त करने के लिए हमें धुनी होना जरूरी है। मतलब कि एक काम में यदि लग जाएं तो उसे पूरा करके ही दम लें।

नामचरित मानस की एक चोपाई है जिन्में ठनुमान जी कहते हैं.....

‘नाम काज कीन्हे बिना मोठे कळ विश्राम’?

अर्थात् भगवान श्री राम का काम सम्पूर्ण किये बिना मुझे किसी भी परिस्थिति में विश्राम नहीं करना है और मुझे कहां इजाजत है विश्राम की। निस्वार्थ भाव से लोक कल्याण के लिए किया गया कार्य ही राम काज है। फिर इसमें विश्राम कहाँ, यह तो अनवरत बहने वाली धारा है। उपर्युक्त कथन से हम ‘धुनि’ शब्द की व्याख्या को समझ सकते हैं।

ठीक इसी तरह हमें अपने काम में पूरी धुन और तन्मयता से लगना चाहिए ताकि उसके परिणाम हमें आशातीत मिल सकें।

डॉक्टर महज एक इज्जतदार पद ही नहीं एक जिम्मेदारी है पूरे समाज की, एक अहसास है असीम सुख का, किसी दर्द भरे शरीर को जब हम ठीक करते हैं तब जाके जो मुस्कराहट हम देखते हैं शायद ही दूसरा कोई अहसास हो जो इतना सुकून दे सके।



VENU GOPALAN

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रक्तदान करें जीवन बचाएँ

वे युवा /युवती बधाई के पात्र हैं, जिन्होंने अपने रक्त से जीवनदान दिया है और जो दे सकते हैं।

रक्तदान जीवनदान है। हमारे द्वारा किया गया रक्तदान कई जिन्दगियों को बचाता है। इस बात का अहसास हमें तब होता है जब हमारा कोई अपना खून के लिए जिन्दगी और मौत के बीच जूझता है। उस वक्त हम नींद से जागते हैं, उसे बचाने के लिए खून के इंतजाम की कोशिश करते हैं। बीमारी का शिकार हममें से कोई भी हो सकता है। आज हम सभी शिक्षित व सभ्य समाज के नागरिक हैं। जो केवल अपनी नहीं बल्कि दूसरों की भलाई के लिए भी सोचते हैं। तो क्यों नहीं हम रक्तदान के पुनीत कार्य में अपना सहयोग प्रदान करें और लोगों को जीवनदान दें।

ऑकड़ों के अनुसार देश में हर साल 4 करोड़ यूनिट खून की आवश्यकता होती है। लेकिन मुश्किल से 40-50 लाख यूनिट रक्त ही ब्लड डोनेशन के द्वारा एकत्रित हो पाता है। ऐसे में हर दिन 38000 ब्लड डोनर की जरूरत है, लेकिन Blood Donation को लेकर समाज में फैली भ्रांतियों और जागरुकता के अभाव में लोग ब्लड डोनेट करने के लिए आगे नहीं आते हैं।

भारत में 7 प्रतिशत लोगों का ब्लड नेगेटिव है तथा भारत में सिर्फ 0.4 प्रतिशत लोगों का ब्लड ग्रुप एबी है। इस ब्लड ग्रुप के प्लाज्मा का उपयोग किसी भी ब्लड ग्रुप के लोगों को इमरजेन्सी में लगा सकते हैं। आंकड़ों के मुताबिक 25 प्रतिशत से अधिक लोगों को अपने जीवन में खून की जरूरत पडती है।

ब्लड डोनेशन कौन कनसकता है:

- आपकी उम्र 18-60 साल के बीच हो तथा आपका वजन 45 किलोग्राम या ज्यादा हो।
- ब्लड से हीमोग्लोबिन (एच बी) की मात्रा 12.5 प्रति ग्राम से ज्यादा हो।
- पुरुष 90 दिन तथा महिला 120 दिन के बाद दोबारा ब्लड डोनेट कर सकती हैं।

ब्लड डोनेशन कौन नहीं कनसकता:

- वह व्यक्ति जो पूर्ण रूप से स्वस्थ नहीं हो।
- पिछले ब्लड डोनेशन के समय चक्कर या थकान महसूस की हो।
- जिसे कोई इग एडिक्शन हो।
- मासिक रक्तस्राव के समय ब्लड डोनेशन नहीं करें।
- 24 घण्टे के भीतर शराब का सेवन किया हुआ व्यक्ति नहीं हो।
- एचआईवी पोजिटीव हैं तो रक्तदान नहीं कर सकते हैं।

ब्लड डोनेशन के फायदे:

- ब्लड डोनेशन से हार्ट अटैक और केन्सर होने की आशंका कम हो जाती है तथा शरीर में कोलेस्ट्रॉल की मात्रा घट जाती है।
- वेट लोस करने वालों के लिए फायदेमंद है क्योंकि एक बार ब्लड डोनेशन करने से 650 कैलोरी खर्च होती है।
- ब्लड डोनेशन करने वाले में हृदय रोग की आशंका 33 प्रतिशत कम हो जाती है।
- मानव शरीर ब्लड डोनेशन के रूप में किये गए रक्त की मात्रा की पूर्ति 24 घण्टे में और कोशिकीय भाग की पूर्ति 1 से 2 माह के अन्दर पूरा कर लेता है।
- इससे शरीर की कार्यक्षमता और रोग प्रतिकार शक्ति बढ़ती है।
- ब्लड डोनेशन से शरीर पर कोई कुप्रभाव नहीं पडता है और न ही किसी प्रकार की हानि होती है।
- रक्तदान, महादान है। रक्त दान करने पर मिलने वाली खुशी और संतोष को शब्दों में बयां नहीं कर सकते हैं।

‘आपका रक्त दूसरों का जीवन है’ इन्ना बात को ठीक से समझते हुए आज ही रक्तदान करने का संकल्प लें और जनरलमर्दों की सखयता करने की ठन संभव कोशिश करें



Dr. BIKHARAM KUMAWAT

M.D. (BATCH 2016-17)

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SOUL



I slept and dreamt that life was joy, I awoke and saw that life was service. I acted and behold service was joy.

- Rabindranath Tagore -

स्वास्थ्य की कुंजी-आपका मन, आपका दिमाग

एक स्वस्थ शरीर में एक स्वस्थ मस्तिष्क रहता है आप सभी लोग इस कहावत से सहमत भी होंगे परन्तु मैं नहीं। मैं आपको बताना चाहता हूँ कि एक स्वस्थ मन या दिमाग में ही स्वस्थ शरीर रह सकता है। इसी संदर्भ में आपसे एक प्रश्न चाहता हूँ, मनुष्य कौन है ?

यह जो स्थूल, नश्वर शरीर या फिर वो अदृश्य मन जिसको मनुष्य आत्मा कहता है। यह वर्षों से वैज्ञानिकों एवं चिकित्सकों के सामने एक पहेली बनी हुई है इसी के संदर्भ में यहां संक्षेप में प्रकाश डालना चाहूंगा। मनुष्य के शरीर में होने वाली हर प्रक्रिया, गतिविधि का संचालन मुख्य रूप से उसका मतिष्क करता है। उदाहरण के लिए जब मतिष्क में किसी तरह की चोट लगने या किसी और कारणवश खून का थक्का मतिष्क में बन जाता है तो मतिष्क का वह भाग जिस अंग को नियंत्रित करता है वह अंग काम करना बन्द कर देता है। उसे लेकवा हो जाता है। जब उस थक्के को किसी दवा या शल्यक्रिया, द्वारा हटा दिया जाता है तो लकवाग्रस्त अंग फिर से सुचारु रूप से कार्य करने लग जाता है। इसका मतलब साफ है कि इस स्थूल शरीर की प्रत्येक गतिविधि मतिष्क के द्वारा ही संचालित होती है।

अब प्रश्न उठना स्वभाविक है कि जब सारा मतिष्क के द्वारा नियंत्रित होता है तो फिर मतिष्क को कौन संचालित एवं नियंत्रित करता है ? इस प्रश्न का उत्तर जो मैं यहां देने जा रहा हूँ हो सकता है आपको यह कुछ अजीब लगे, परन्तु सच्चाई यही है। मतिष्क का नियंत्रण उस अदृश्य शक्ति से होता जिसको मनुष्य मन, दिमाग या आत्मा कहता है।

अब दूसरा प्रश्न उठता है कि अदृश्य शक्ति जिसको मनुष्य मन या दिमाग या आत्मा कहता है। क्या वाकई में इसका कोई अस्तित्व है या केवल अंधविश्वास है ? इसको समझने के लिए मैं यहां दो तरह के उदाहरण दे रहा हूँ, जिससे आप स्वतः ही समझ जाएंगे इसकी हकीकत।

उदाहरण-1 जब आपके मन में किसी बेहद तीखी या खट्टी चीज जैसे इमली वगैरह का विचार आता है तो आपके मुंह में तुरन्त लार का स्रावण हो जाता है। आपने उस चीज को न देखा और न ही खाया परन्तु केवल विचार मात्र से ही मुंह में पानी आ गया। ऐसा क्या हुआ ? ऐसा इसलिए हुआ -कि जो विचार आपने उस चीज में आया जो कि अदृश्य है। वहां से यह विचार मतिष्क के सबसे महत्वपूर्ण भाग जिसको चिकित्सा भाषा में Grey mater (श्लकाय और गायरय) कहते हैं, पर प्रसारित होता है। यहां से संदेश मतिष्क के द्वारा पीयूष ग्रन्थि को भेजा जाता है। पीयूष ग्रन्थि इस संदेश को लार ग्रन्थि पर भेजती है। लार ग्रन्थि से लार का स्रावण होता है और आपके मुंह में पानी आ जाता है। ये सब केवल सोचने मात्र से हुआ।

उदाहरण-2 कभी आपने अंधेरे में किसी झाड़ की टहनी या किसी लकड़ी या रस्सी पड़ी देखी होगी। जब तक आपके मन में यह विचार था कि यह पेड़ कि टहनी है या लकड़ी या रस्सी है। तब तक कुछ नहीं हुआ। परन्तु जब आपके मन में अंधेरे में टहनी देखकर विचार आया कि ये कोई प्रेत या इन्सान तो नहीं है या लकड़ी और रस्सी देखकर विचार आया कि यह सर्प तो नहीं है। इन दोनों ही स्थिति में आपके मन या दिमाग में डर का विचार आया। आपके रोंगटे खड़े हो गये, आप पसीने-पसीने हो गये। शरीर कांप उठा। ऐसा क्यों हुआ ?

इस बार डर का जो विचार आपके दिमाग में आया वो सबसे पहले मस्तिष्क पर हुआ मस्तिष्क ने इस संदेश को पीयूष ग्रन्थि पर भेजा पीयूष ग्रन्थि ने एड्रीनल ग्रन्थि पर भेजा। एड्रीनल ग्रन्थि से एड्रीनेलीन हॉर्मोन का स्रावण हुआ इसी हारमोन के स्रावण की वजह से आपके रोंगटे खड़े हो गये, आप पसीने-पसीने हो गये। शरीर कांप उठा।

अतः; मस्तिष्क का कार्य मन के विचारों को उसी के संदेशानुसार शरीर के अलग-अलग अंगों पर भेजना है। इस तरह मनुष्य के मन में आने वाले विचार जैसे गुस्सा, चिड़चिड़ापन, चिंता परेशानी, स्वार्थ, लोभ-लालच, अहंकार, अपने पराये का विचार, न जाने कितने सैकड़ों तरह के विचार मनुष्य के मन में आते हैं। जिससे अनेक तरह कि बिमारीयों का जन्म होता है। जैसे बी. पी. बढ़ना, शुगर, क्षयकारक बिमारीयां और वृद्धिकारक बिमारीयां जैसे अंगों का फेल होना (kidney Failure, Heart Failure) जैसे गांठे और कैंसर और न जाने कितनी बिमारीयां हैं। जिनको लिखने की जरूरत नहीं है।

अतः; मनुष्य के शरीर में होने वाली असाध्य एवं पुरानी प्राकृतिक बिमारियों का जन्म उसके मन में आने वाले विचारों और उसकी प्रकृति पर निर्भर करता है। यही वजह है कि साधु-सन्यासी लोग बहुत कम बिमार पडते हैं और गृहस्थी जीवन जीने वाले लोग बहुत ज्यादा। अतः; अपने शरीर को स्वस्थ रखना है तो पहले अपने दिमाग (मन) को स्वस्थ रखना होगा, मन को पवित्र रखना होगा। इस तरह आपके स्वस्थ मन आत्मा में एक स्वस्थ शरीर रह सकता है। अतः; हर तरह की पुरानी असाध्य बिमारियों से बचने के लिए आपको हमेशा शांत, निर्मल, अहंकाररहित, काम, कोध, मद, लोभ-लालच एवं मोह माया रहित रहना होगा। तभी आप हमेशा स्वस्थ रह पाएंगे।



DR. JAI RAM CHOUDHARY

PROFESSOR

SWASTHYA KALYAN HOMOEOPATHIC MEDICAL COLLEGE & RESEARCH CENTRE



Happiness comes from within ~ It is an Inner Journey

“It is not how much we have, but how much we enjoy, that makes happiness.”- Charles Spurgeon
In philosophy, happiness translates the Greek concept of eudaimonia, and refers to the good life, or flourishing, rather than simply an emotion. In psychology, happiness is a mental or emotional state of well-being which can be defined as, positive or pleasant emotions ranging from contentment to intense joy. The United Nations declared 20 March the International Day of Happiness to recognize the relevance of happiness and well-being as universal goals.

Each person has their own way of defining happiness. Philosophers, actors, politicians, and everybody in between have all weighed in on their own view of happiness. Nobody is immune to life's stressors, but the question is whether you see those stressors as moments of opposition or moments of opportunity.

So what is Happiness?

We can find a lot of different definitions of Happiness; in fact, Happiness can have a different meaning for any of us. If we look for a definition in a dictionary, we find something like: "the state of being happy". In fact, the happiest people don't have the best of everything; they just make the best of everything. Happy people focus on what they have while unhappy people focus on what's missing.

One can be stronger because of his hard times, wiser because of his mistakes and happier because of his sad experiences. Be a happy person, live a happy life, it doesn't mean we will not encounter problems in our lives and we are happy 24 X 7, that's quite impossible. The most important thing is to learn not to dwell on problems so we can spend most of the time with a happy state of mind.

Life is full of habits; let's make Happiness one of them.

How can we be happy?

Happiness and suffering only exist within the mind. In reality, however, all of our problems arise from our own mind. But if we take the time to investigate deeply we will discover this truth for ourselves. When we respond to life's difficulties with a positive and peaceful mind, we may come to view them as exciting challenges for personal and spiritual growth. Problems only really arise when we adopt a negative state of mind in response to a difficult or unexpected situation. So if we want to free ourselves from all our problems, we must gain control of our mind.

It is true that this modern world continues to discover new knowledge and develop new ways to influence our surroundings. Progress marches on! But if we look carefully, we will find that suffering around the world has not decreased. Happiness and suffering only exist within the mind, and in order to really achieve permanent happiness and freedom from all suffering, we must first achieve a thorough understanding of the mind.

Why is it so hard to maintain a continually happy and peaceful mind if we have all this potential for peace and happiness within us? The answer is because we habitually succumb to deluded thoughts that consume our mind and destroy our inner peace.

As long as one prepared to take action, take charge of his life, stop blaming other people and realize that he is the only one responsible for his life, Happiness become a habit.



Dr. ARVINDRA KUMAR GARG
ASSISTANT PROFESSOR
SWASTHYA KALYAN HOMOEOPATHIC MEDICAL COLLEGE & RESEARCH CENTER



एक अच्छा डॉक्टर है हमारी हँसी



हंसी (Smile) हमें प्रकृति की ओर से मिली एक अनमोल तोहफे (Gift) की तरह है तथा यह कई समस्याओं का निराकरण भी करती है।

आनन्दमय जीवन जीने के लिए आपके चेहरे पर मुस्कराहट होनी अतिआवश्यक है। इससे आप स्वयं प्रसन्नचित रहेंगे एवं दूसरों को भी प्रसन्न रख पाएंगे। रोजाना 10 से 15 मिनट की हंसी से 20 प्रतिशत हार्ट रेट बढ़ जाती है, और इतनी उर्जा मिलती है जितनी सुबह 1 किलोमीटर Walk करने से मिलती है।

मेडिकल विज्ञान के अनुसार हंसने से हमारे शरीर में एन्डोमोर्फिन नाम के एक हार्मोन का स्राव होता है जो हमें खुशी और नई ऊर्जा का संचार करता है। हंसीनुमा माहौल में रहने वाले व्यक्ति को डॉक्टर के पास जाने की जरूरत नहीं पड़ती है। हंसी से दुश्मनी खत्म होती है और सकारात्मक सोच आती है।

हंसी के फायदे:-

1. रक्तचाप सामान्य रहता है।
2. फेफड़े मजबूत होते हैं और उनकी क्षमता में वृद्धि होती है।
3. हृदय की क्षमता बढ़ती है।
4. रक्त प्रवाह संतुलित हो जाता है।
5. डायबिटीज का स्तर भी कम हो जाता है।
6. शरीर के किसी भी दर्द को भूल जाते हैं क्योंकि हंसने से स्ट्रेस हार्मोन कम हो जाते हैं।
7. रोग प्रतिरोधक क्षमता बढ़ती है।
8. रक्त वाहिकाओं में खून का प्रवाह बढ़ता है जिससे ऊतकों को अधिक ऑक्सीजन (O₂) मिलती है।
9. हमारे मूड में तेजी से बदलाव आता है जिससे आत्मविश्वास बढ़ता है।
10. शारीरिक विकास में सहायक है।



MAHENDRA SALODIA
NURSING OFFICE INCHARGE
SWASTHYA KALYAN INSTITUTE OF MEDICAL TECHNOLOGY & NURSING EDUCATION



Laughter Dose



An old man went to a doctor and complained, " Doctor, doctor, I develop so much belly gas, but I cannot pass any gas." The doctor pinched his nose, gave him some tablets and told him to come back after a week. The patient returned a week afterwards with a sad face. He said, "Thank you, doctor. Now I can pass gas, but it stinks a lot. Can you please take care of that?" The doctor replied with a sickened look on his face, "Well, now that I have treated your nose, I can get started with treating your stomach."

The patient's family gathered to hear what the specialists had to say, "Things don't look good. The only chance is a brain transplant. This is an experimental procedure. It might work, but the bad news is that brains are very expensive, and you will have to pay the costs yourselves. "Well how much does the brain cost?" asked the relatives. "For a male brain, US\$500,000, for a female brain, US\$200,000." All the men nodded in understanding; a few actually smirked. Then the patient's doctor asked, "Why the difference in price between the male brain and female brain?" A standard pricing practice" said the head of the team. " Women's brains have to be marked down because they are used."

Patient: "Doctor, I have a serious memory problem. I can't remember anything."

Doctor: "So, since when did you have this problem?"

Patient: "What problem?"

Doctor: "Nurse, how is that little boy doing, the one who swallowed ten quarters?"

Nurse: "No change yet."

Patient: "Doctor, what should I do if my temperature goes up a point or more?"

Doctor: "Sell"

Patient: "I'm worried about the outcome of this operation, doc. What are the chances?"

Ophthalmologist: "Don't worry, you won't be able to see the difference."



Dr. GITANJALI MATHUR

R.M.O., I.P.D. INCHARGE

SWASTHYA KALYAN HOMOEOPATHIC MEDICAL COLLEGE & RESEARCH CENTER



सामाजिक प्रारूप एक मानसिक समस्या

सामाजिक स्तर में समय - समय पर बदलाव होते आये हैं। रीति - रिवाज परम्परा, जीवन जीने के तौर - तरीके और रहन - सहन इत्यादि वक्त के साथ एकजुट होकर समाज की नई परिभाषा देते रहे हैं। आज के समाज में अमानवीयता की एक ऐसी झलक देखने को मिलती है। जो जीवन को सभी छोर से प्रभावित करती है। सामाजिक प्रारूप मनुष्य को एक मीठे जहर की भांति मार रहा है। जिसके प्रमाण आज सभी जगह देखने को मिल रहे हैं। सामाजिक प्रारूप एक तूफान की तरह सभी तरह के लोगों को मानसिक समस्याओं की ओर धकेल रहा है।

नारी को देवी की तरह पूजने वाला समाज आज उसको कोसता है, उसके सपने कोख में ही दफन कर दिये जाते हैं।

बच्चे जो देश की भविष्यनिधि होते हैं उनके साथ जानवरों जैसा व्यवहार हो रहा है। अक्सर चौराहों और दर्शनीय स्थल पर बच्चों और महिलाओं की बड़ी तादाद भीख मांगती हुई नजर आती है। उद्योग धंधों और रेस्तरां में छोटू नाम की आवाज मानवता को चीरकर देश के हृदय में करुणा उत्पन्न कर रही है। बाल शोषण, यौन शोषण, महिला उत्पीडन, भ्रष्टाचार, गरीबी इत्यादि मानसिक समस्याओं का एक विकराल रूप धारण कर रही है। देश की उन्नति में अक्सर कहे जाने वाले युवा, इन समस्याओं को परदे पर चल रहे दृश्य की भांति देख रहे हैं। सियासी दांव पेच युवाओं को मानसिक जाल में धकेल रहे हैं। आज लोकतंत्र सिर्फ भीडतंत्र बनकर रह गया है। प्रसिद्ध चीनी दार्शनिक 'लाओ तुज' ने कहा है। 'हजारों कोसों की यात्रा एक कदम से शुरू होती है। तो इन समस्याओं का निराकरण तब तक नहीं होगा जब तक इनके सम्मुख खड़े होकर इनके विरुद्ध कदम ना बढ़ाया जायेगा।

लाखों मोमबत्तियों जब एक मकसद के लिए एक साथ जल उठेगी तो समाज का प्रारूप बदल सकेगा।

पन्नक्ति जो जीता है, पन्नक्ति जो मन्नता है।।

उन्नका छन आंनू नमायण है, प्रत्येक कर्म छी गीता है।।

श्री गुरुजी



ASHISH KUMAR SHARMA

B.SC. (BATCH 2013-14)

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Who: RAJENDRA KUMAR SUREKA, SWASTHYA KALYAN HOMOEOPATHIC MEDICAL COLLEGE & RESEARCH CENTRE

What: 737 PEOPLE

Where: INDIA (JAIPUR)

When: 23 MARCH 2017

The largest epilepsy training session had 737 participants, and was achieved by SWASTHYA KALYAN HOMOEOPATHIC MEDICAL COLLEGE & RESEARCH CENTRE and Rajendra Kumar Sureka (both India), in Jaipur, India, on 23 March 2017.

World epilepsy day is celebrated every year on the second Monday of February

*All records listed on our website are current and up-to-date. For a full list of record titles, please use our Record Application Search. (You will be need to register / login for access)



About Dr. Shyam Sunder 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 centre in 1997 and first 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 Hospitals Private Limited.

In 2016, Dr. Agarwal was nominated by His Highness, Hon'ble President of India as a member of the managing body of Indian 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.

His credentials include more than 100 awards including lifetime achievement awards given at national, state and regional level through various government and private bodies for his inspirational work in the field of education and 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 also an honorary fellow of American College of Physicians (FACP).

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

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 December 2016
- Guest of Honor at Delhi Medical Association's 102 Foundation Day function on 21 August 2016
- Distinguished speaker at Raktamani Samman Samaroh Kotputli held on 4 Jan. 2016
- Guest of Honor at Delhi Medical Association's IMA Women Health Conference on 6 March 2016
- Felicitated with 'Certificate of Excellence for outstanding meritorious services of the highest order towards the cause of Humanity' by Indian Medical Association & MAMCOS on 20 Feb. 2016
- Felicitated with 'Rashtriya Gaurav Samman' on being elected as National President IMA, by Jaipur Medical Association
- Felicitated on Doctors Day 1 July 2016, by Jaipur Medical Association & Medical Practitioners Society
- Felicitated by IMA Jharkhand on being elected as National President Indian Medical Association
- Distinguished guest at opening of Ultra Modern Facility of Maharaja Agrasen Hospital program on 3 July 2016 by Agrasen Medical Relief & Research Society
- Distinguished guest at GPCON 2016-Annual National Conference of IMACGP & Illrd 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 RA Poddar Institute of Management during Blood Donation Camp for 70th Independence Day on 13 Aug. 2016
- Felicitated with Distinguished Services Award on International Nurses Day celebration 2016 by Indian Medical Association, The Trained Nurses Association of India & Heart Care Foundation of India
- Felicitated with 'HONORIS CAUSA' award by Pacific Medical University Udaipur on 22 Sept. 2016
- Felicitated with 'International Achievement Award for Extra ordinary Contribution Globally at PGHTNCON-2016 by Society of Pediatric Gastroenterology Hepatology Transplant & Nutrition on 11 Feb. 2016
- Felicitated by IIMR University Jaipur at 21st Annual Conference Pradnya 2016 as speaker in session on SMART Health Care of India
- Felicitated at ICON 2016-IMA CGP International Conference of Family Medicine by IMA Mumbai West Branch on 25 June 2016
- Felicitated at President Installation Ceremony of IMA Mumbai Branch as Chief Guest on 10 April 2016

2015

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

2014

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

2013

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

2012

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

2011

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



2010

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

2009

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

2008

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

2006

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

2004

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

2003

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

2001

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

2000

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



वन्दे मातरम् ।

वन्दे मातरम् अजलां अफलां मलयजशीतलाम् शन्यशामलां मातरम् ।
शुभ्रज्योत्स्नापुलकितयामिनीं फुल्लकुसुमितद्रुमदलशोभिनीं अुलानिनीं
अुमधुन भाषिणीं अुनवदां वनदां मातरम् ॥ १ ॥

वन्दे मातरम् ।

कोटि-कोटि-कण्ठ-कल-कल-निनाद-कञ्जले कोटि-कोटि-भुजैर्धृत-अ्वनकनवाले,
अबला केन मा एत बले ।

बहुबलधारिणीं नमामि तारिणीं निपुदलवारिणीं मातरम् ॥ २ ॥

वन्दे मातरम् ।

तुमि विद्या, तुमि धर्म तुमि हृदि, तुमि मर्म त्वं हि प्राणारू शरीरे बाहुते तुमि मां शक्ति,
हृदये तुमि मा भक्ति, तोमानई प्रतिमा गडि मन्दिने-मन्दिने मातरम् ॥ ३ ॥

वन्दे मातरम् ।

त्वं हि दुर्गा दशप्रह्वणधारिणी कमला कमलदलविहारिणी वाणी विद्यादायिनी,
नमामि त्वाम् नमामि कमलां अमलां अतुलां अजलां अफलां मातरम् ॥ ४ ॥

वन्दे मातरम् ।

श्यामलां अनलां अुनिमतां भूषितां धरणीं भरणीं मातरम् ॥ ५ ॥

वन्दे मातरम् ॥

Bankim Chandra Chattopadhyay



Contact Us



CORPORATE OFFICE

Swasthya Kalyan Gamma Bhawan

- 📍 Swasthya Kalyan Bhawan, 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

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

- 📍 RIICO Institutional Area, Tonk Road, Sitapura, Jaipur, Rajasthan – 302022
- ☎ 0141-2770514

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

- 📍 RIICO Institutional Area, Tonk Road, Sitapura, Jaipur, Rajasthan – 302022
- ☎ 9214488810

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

- 📍 RIICO Institutional Area, Tonk Road, Sitapura, Jaipur, Rajasthan – 302022
- ☎ 9261813100

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- 📍 10- A RIICO Institutional Area, Tonk Road, Sitapura, Jaipur, Rajasthan – 302022
- ☎ 0141-2771578

Swasthya Kalyan College of Paramedical Technology

- 📍 4A, Institutional Area, Inside Samachar Jagat Lane, Opp. Vidyashram School, JLN Marg, Jaipur, Rajasthan – 302017
- ☎ 0141-2712012

HEALTHCARE

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
- ☎ 0141-2335569

Apex Swasthya Kalyan Blood Bank

- 📍 G139/C, Second Floor, Malviya Industrial Area, Malviya Nagar, Jaipur, Rajasthan
- ☎ 0141-2751870

Rajasthan Hospitals Limited


- 📍 Limited Opp Jaipuria hospital, Milap Nagar, JLN Marg, Jaipur -18(Rajasthan)
- ☎ 0141-2720020

Swasthya Kalyan Hospital


- 📍 5449. Prem Bhawan K.G.B. Ka Rasta. Johari Bazar. JAIPUR-302 003
- ☎ 0141- 2567375





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