



सर्वे भवन्तु सुखिनः

स्वास्थ्य कल्याण

ददीप्य



स्वास्थ्य कल्याण भवन

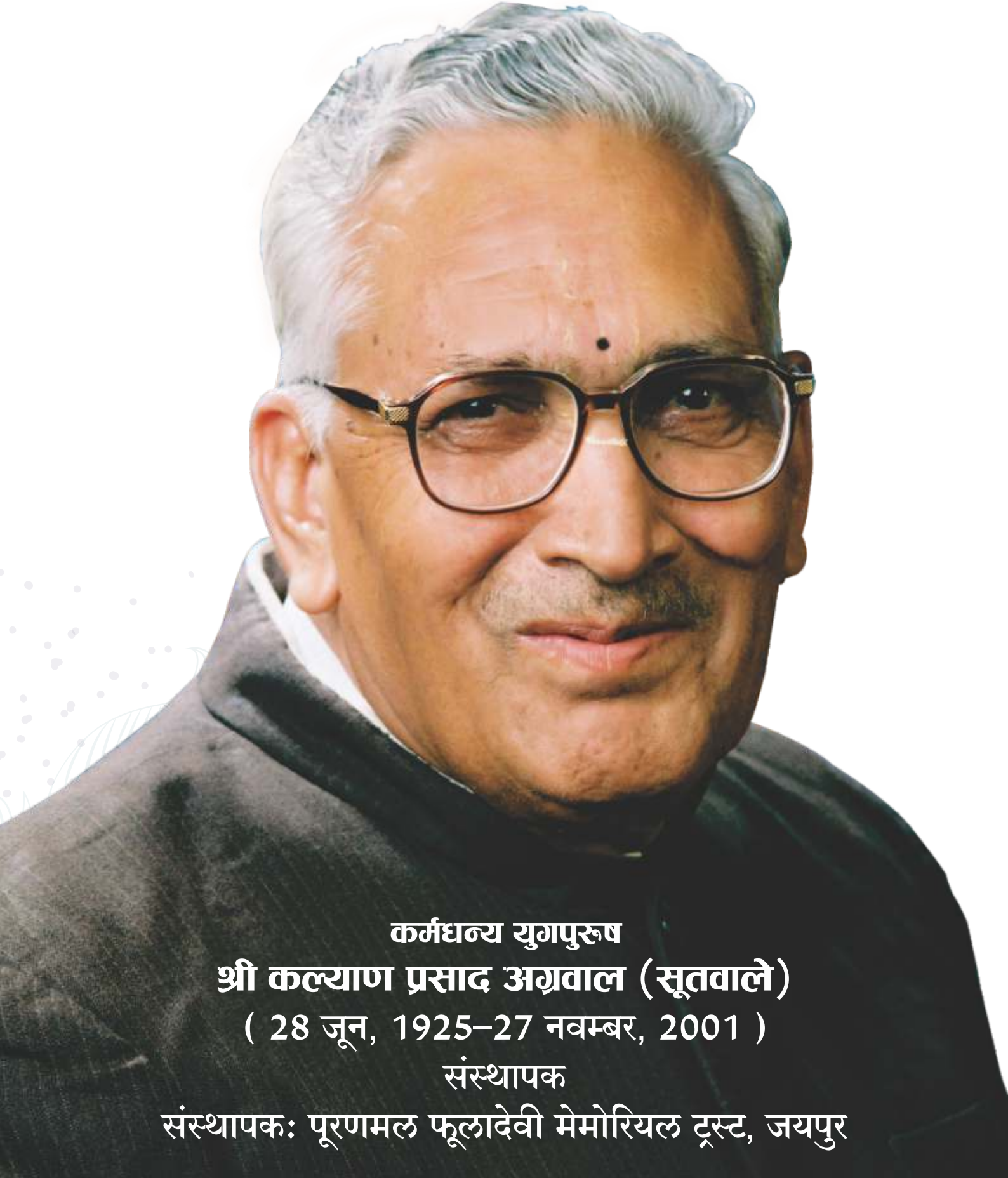




वर दे, वीणावादिनी वर दे ।

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

महाकवि सूर्यकान्त त्रिपाठी निराला



कर्मधन्य युगपुरुष
श्री कल्याण प्रसाद अग्रवाल (सूतवाले)
(28 जून, 1925–27 नवम्बर, 2001)

संस्थापक

संस्थापक: पूरणमल फूलादेवी मेमोरियल ट्रस्ट, जयपुर



सत्यमेव जयते
राजस्थान सरकार

राजभवन
जयपुर - 302006

कल्याण सिंह
राज्यपाल, राजस्थान

शुभकामना संदेश

मुझे यह जानकर प्रसन्नता हुई है कि "स्वास्थ्य कल्याण ग्रुप", जयपुर द्वारा "दैदीप्य" स्मारिका का प्रकाशन किया जा रहा है।

प्रकाशन के लिए शुभकामनाएं





सत्यमेव जयते
राजस्थान सरकार

अशोक गहलोत

मुख्यमंत्री
राजस्थान

शुभकामना संदेश



मुझे यह जानकर प्रसन्नता है कि स्वास्थ्य कल्याण ग्रुप, जयपुर द्वारा वार्षिक संस्था विशेषांक – 2019 “दैदीप्य” का प्रकाशन किया जा रहा है।

यह शुभ है कि संस्था पिछले दो दशकों से चिकित्सा, नर्सिंग, इंजिनियरिंग, योग, प्रौक्तिक चिकित्सा क्षेत्र में कार्य कर रही है।

आशा है संस्था के इस प्रकाशन में आमजन के लिए स्वास्थ्य, अभियान्त्रिकी, योग एवं प्रौक्तिक चिकित्सा के क्षेत्र में की जा रही सेवाओं को अधिकाधिक व्यापक बनाने पर सार्थक सामग्री का समावेश हो सकेगा।

मैं संस्था के वार्षिक विशेषांक “दैदीप्य” के प्रकाशन की सफलता के लिए अपनी शुभकामनाएं प्रेषित करता हूँ।



सत्यमेव जयते
राजस्थान सरकार

कार्यालय: 5101, मुख्य भवन, शासन सचिवालय
निवास: 18, सिविल लाइन्स, जयपुर

डॉ. रघु शर्मा

मंत्री, चिकित्सा एवं स्वास्थ्य,
आयुर्वेद एवं भारतीय चिकित्सा,
चिकित्सा एवं स्वास्थ्य सेवाएं, (ईएसआई) एवं
सूचना व जन सम्पर्क विभाग, राजस्थान सरकार

शुभकामना संदेश

मुझे यह जानकर प्रसन्नता है कि स्वास्थ्य कल्याण ग्रुप द्वारा वार्षिक संस्था विशेषांक—2019
“दैदीप्य” का प्रकाशन किया जा रहा है।

मुझे विश्वास है कि इस विशेषांक में स्वास्थ्य संबंधित विषयों पर विशेषज्ञ चिकित्सकों, बुद्धिजीवी शिक्षकों एवं चिकित्सा विद्यार्थियों के गुणवत्तापूर्ण आलेख प्रकाशित किए जाएंगे। साथ ही इस विशेषांक में स्वास्थ्य कल्याण ग्रुप द्वारा संचालित विभिन्न सामाजिक गतिविधियों का विवरण भी प्रकाशित किया जाएगा।

मैं इस विशेषांक के सफल प्रकाशन के लिए शुभकामनाएं प्रेषित करता हूँ।



एफ-21, लोटस स्ट्रीट, 4 एवेन्यू
लालबहादुर नगर, (पश्चिम)
जे.एल.एन. मार्ग, जयपुर-18
दूरभाष: 0141-272444, 2724852(फैक्स)
मोबाईल: 09829066531, 09013869343

रामचरण बोहरा

संसद सदस्य (लोक सभा) जयपुर
सदस्य: शहरी विकास संबंधी स्थायी समिति
सदस्य: परामर्शदात्री समिति, रेल्वे

शुभकामना संदेश

मुझे यह जानकर बेहद प्रसन्नता हो रही है कि शिक्षा के विभिन्न क्षेत्रों (मेडिकल, नर्सिंग, इंजीनियरिंग, योग एवं प्रोतिक चिकित्सा) में विगत 21 वर्षों से कार्यरत "स्वास्थ्य कल्याण ग्रुप" द्वारा वार्षिक संस्था विशेषांक – 2019 "दैदीप्य" का प्रकाशन किया जा रहा है। इस विशेषांक में इस संस्था के अग्रणी एवं बुद्धिजीवी चिकित्सकों, शिक्षकों एवं छात्रों के विभिन्न विषयों पर गुणवत्तापूर्ण आलेखों का समावेश एवं संस्था द्वारा चलाई जा रही विभिन्न सामाजिक गतिविधियों के संदर्भ में महत्वपूर्ण जानकारियों का प्रकाशन होने से समाज के सभी वर्ग एवं विशेषरूप से चिकित्सा एवं शिक्षा क्षेत्र में कार्यरत युवावर्ग लाभान्वित होगा।

इस वार्षिक संस्था विशेषांक 2019 "दैदीप्य" के सफल प्रकाशन के लिए "स्वास्थ्य कल्याण ग्रुप" के सभी पदाधिकारियों, कार्यकारणी सदस्यों, एवं कार्यकर्ताओं का आभार व्यक्त करता हूँ।

हार्दिक बधाई एवं शुभकामनाओं सहित।



London, UK

Dr. Anand Arya

MS(Orth), MChOrth, FRCS(Tr & Orth)
Consultant Orthopaedic & Upper Limb/Elbow Surgeon, King's College Hospital, London
Ex-member, Council of Governors, King's College Hospital NHS Trust, London
Vice President, Overseas Friends of BJP(UK)

It gives me immense pleasure to contribute to the 'Dedipya', the magazine of the Swasthaya Kalyan Group. I am aware of the various institutions of the group and has visited them on several occasions. I am impressed with the organisational set up and the dedication with which the students are taught and looked after so they can excel not only in their studies but can also develop their personality as a whole. It is particularly important for students of Swasthaya Kalyan group as they are being trained to help in the healing of sick and unwell people.

Healing of the sick people is not just treating their physical ailments. Lately, it is being increasingly realised by the scientists that body's wellbeing is irreversibly linked to mental health. Add to this the ancient Bhartiya wisdom that 'soul' is also intricately linked with body and mind. Thus the troika of 'body' 'mind' and 'soul' completes the picture of human body. Hence, the healing process should look after the mind and soul along with physical ailment of the body.

Thus it would be good to remember that, as a part of medical teams, whenever one gets the opportunity to treat a sick or suffering person, it's not just the body but the mind and soul should also be dealt with.

I wish the students and faculty of Swasthya Kalyan group of institutions, their very best in the life and hope that they would be able to live unto the motto of the proud institution, they have been a part of.



Tampa, USA

Dr. Jawahar Taunk

MD, FACC
President
Advanced Gastroenterology Associates
Palm Harbor, Florida, USA
Advisor, Swasthya Kalyan Group

I had an opportunity to visit the multi speciality hospital under Swasthya Kalyan Group - Rajasthan Hospital during my visit to India. Although it's still under construction, I was extremely impressed by the outstanding services it provides while still maintaining excellent quality, transparency and cost.

This hospital is on par with the best hospitals in the United States, uniquely combining allopathic medicine along with holistic approaches. "Heal naturally with holistic medicine" is a century old concept as it targets the core issue of health, healing a person as a whole - body, mind, spirit, and emotions. I have seen many patients recover miraculously with the help of holistic medicine. Many times holistic medicine facilitates health outcomes if used in conjunction with allopathic medicine.

Rajasthan Hospital offers these services meticulously and it is a world-class facility that provides the latest cutting edge treatments.



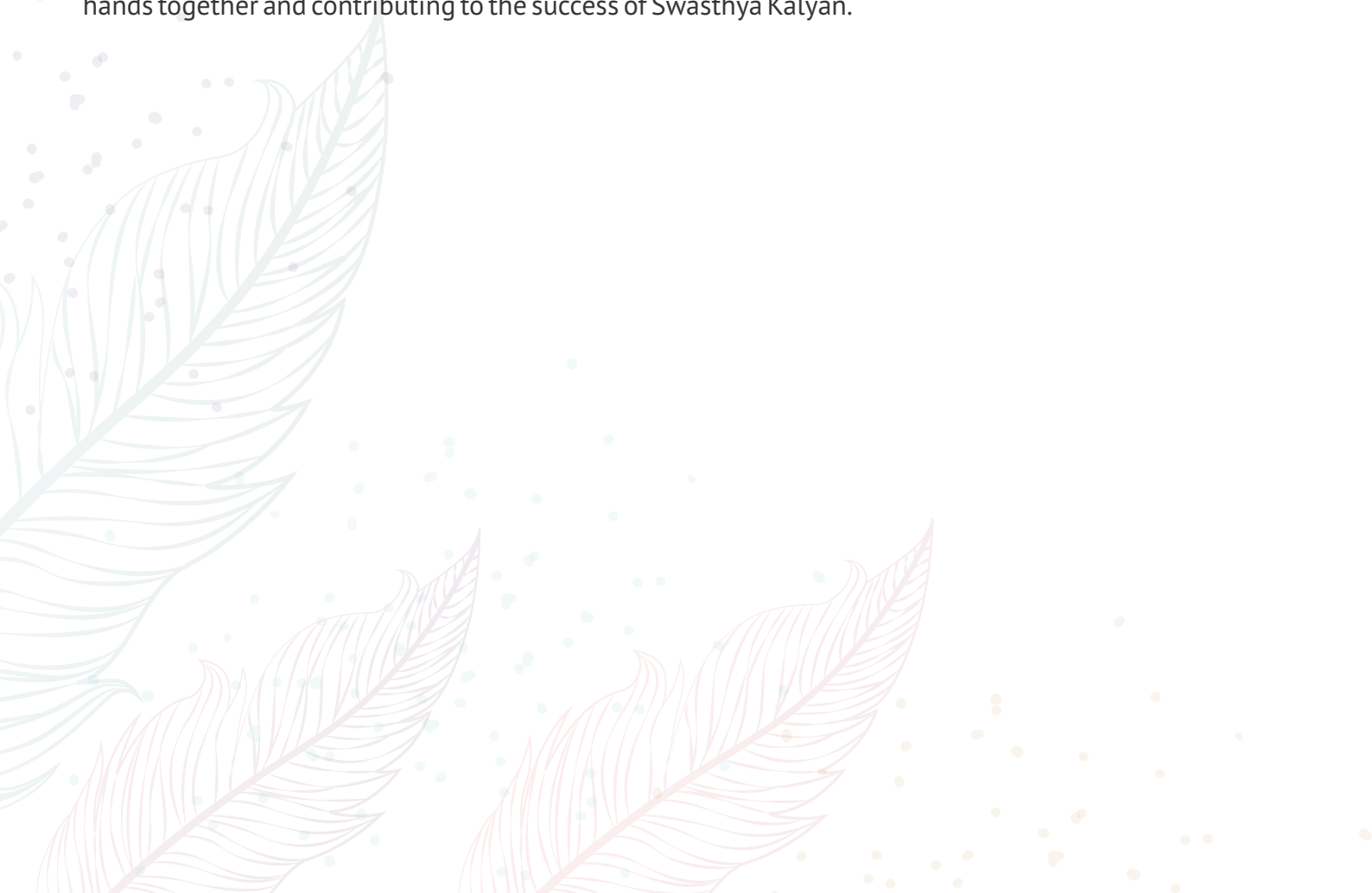
Jaipur, Rajasthan

Dr. Virendra Singh

President, Rajasthan Hospital
Chairman, Asthma Bhawan

It gives me immense pleasure to congratulate Swasthya Kalyan Team for bringing “Dedipya” magazine together. I have known Dr. S S Agarwal right from our college days and it is matter of immense pride to what he has achieved with Swasthya Kalyan Group while servicing the people of Rajasthan.

I congratulate and convey my best wishes to the contributors - the young & the experienced for joining hands together and contributing to the success of Swasthya Kalyan.




From the Chairman's desk



Dr. S.S. AGARWAL

Chairman, Swasthya Kalyan Group
Chairman, Rajasthan Hospital

 @drssagarwal

 @drssagarwal

Swasthya Kalyan Group is unequivocally imparting quality education since past 32 years, through our value 'TEACH' i.e. Teamwork, Excellence, Authenticity, Creativity, Humbleness. The Group's healthcare services are committed to empower and heal the diverse socio-economic sections of our country with our vision 'to provide quality healthcare at affordable cost'.

Quality is never an accident; it is rather a result of pursuit towards perfection. Towards this, it is pleasure to enlighten you that Mahavir Jaipuriya Rajasthan Hospital at JLN Marg Jaipur is our new venture. It is fully functional with state of the art infrastructure, equipped with par excellence facilities. Our value TEACH will help our students to overcome the challenges of survival and thereby attain sustainability and employability.

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

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

Good wishes for happy reading

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

From the CEO desk



Dr. SARVESH AGARWAL

CEO, Rajasthan Hospital
CEO, Swasthya Kalyan Group

At Swasthya Kalyan we believe in excellence. 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 2019-2020 academic year, I yet again 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 organisation 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 work with.

From the Editor's desk



SHRADDHA AGARWAL

Head Operations, Swasthya Kalyan Group
HR Consultant, Rajasthan Hospital

Last year, after the launch of our first ever “Dedipya”, we collectively decided to make this a regular ritual wherein it will primarily be led by the faculty and students of the 6 institutes within Swasthya Kalyan Group. I am glad that this year, we had a core team for the magazine led by Dr. Shuchita and Dr. Dhaya and comprising of our students to bring this magazine together with their new ideas and creativity.

They say that journey is more beautiful than the destination, and I would agree that the lessons and moments we got to experience while creating this magazine, has been enriching our management skills. It has also bought in a new avenue for the faculty and students beyond their daily academic routine. This year we have introduced new sections in Dedipya like the creative corner, alumni speaks and student achievements, to broaden the scope of its contents.

The year 2018 for all of us was a year of celebration as now we have our very own hospital, Rajasthan Hospital (Apna hospital, Rajasthan Hospital). It is a state of the art, multi speciality, 350 bed hospital carving a path of learning, research and career for our faculty and students of Swasthya Kalyan.

A big thank you to my editorial team without whom this wouldn't have been possible. And also to all the principals, students and other staff for their consistent support and cheer!



Dr. Shuchita Chattree
EDITORIAL TEAM LEAD



Shraddha Agarwal
CHIEF EDITOR



Dr. Dhaya G.
EDITORIAL TEAM LEAD



Dr. Ruchira Sharma
CONTENT EDITOR - ENGLISH



Sunil Chaturvedi
CONTENT EDITOR - HINDI

Editorial team



Antima Jadon
MAGAZINE DESIGNER



Hemant Jha
COORDINATOR



Priyanshi Jain
COORDINATOR



Saurabh Shandilya
PICTURES & PRINTING COORDINATOR



STUDENT COORDINATORS (Left to right):

Back row - Mudit Sharma (SKINYS), Shivam Viliya (SKIMTNE), Rohit Bhardwaj (SKIMTNE Pm. Div.), Karan Chandoliya (SKIMTNE)
Front row - Himani Shah (SKHMC), Anuja Anand (SKINYS), Harima Rathore (SKCP), Aman Namdev (SKIMTNE)

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About Swasthya Kalyan group

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



ABOUT POORANMAL PHOOLA DEVI MEMORIAL TRUST

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



Founder and Beacon Light
28 June 1925 to 27 November 2001



OUR VISION

To provide sustainable, affordable & quality education and medical services



OUR MISSION

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

BRAND VALUES

T



TEAMWORK

Better together

E



EXCELLENCE

Stay curious and strive for the best

A



AUTHENTICITY

Transparency and clear communication

C



CREATIVITY

Adapt to change; Innovate for growth

H



HUMBLENESS

Respect each other



EDUCATION

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



HEALTH CARE

HOSPITALS

- Rajasthan Hospital Private Limited
- Swasthya Kalyan Hospital

BLOOD BANKS

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

PHARMACY

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



6 INSTITUTES
14 COURSES



2 HOSPITALS



3385 ALUMINI



सर्वे भयन्तु सुखिनः

SWASTHYA KALYAN GROUP at a glance



1807
ACTIVE STUDENTS



5 BLOOD BANKS
Number of Camps 4105



4,82,641 NUMBER of
UNITS DONATED

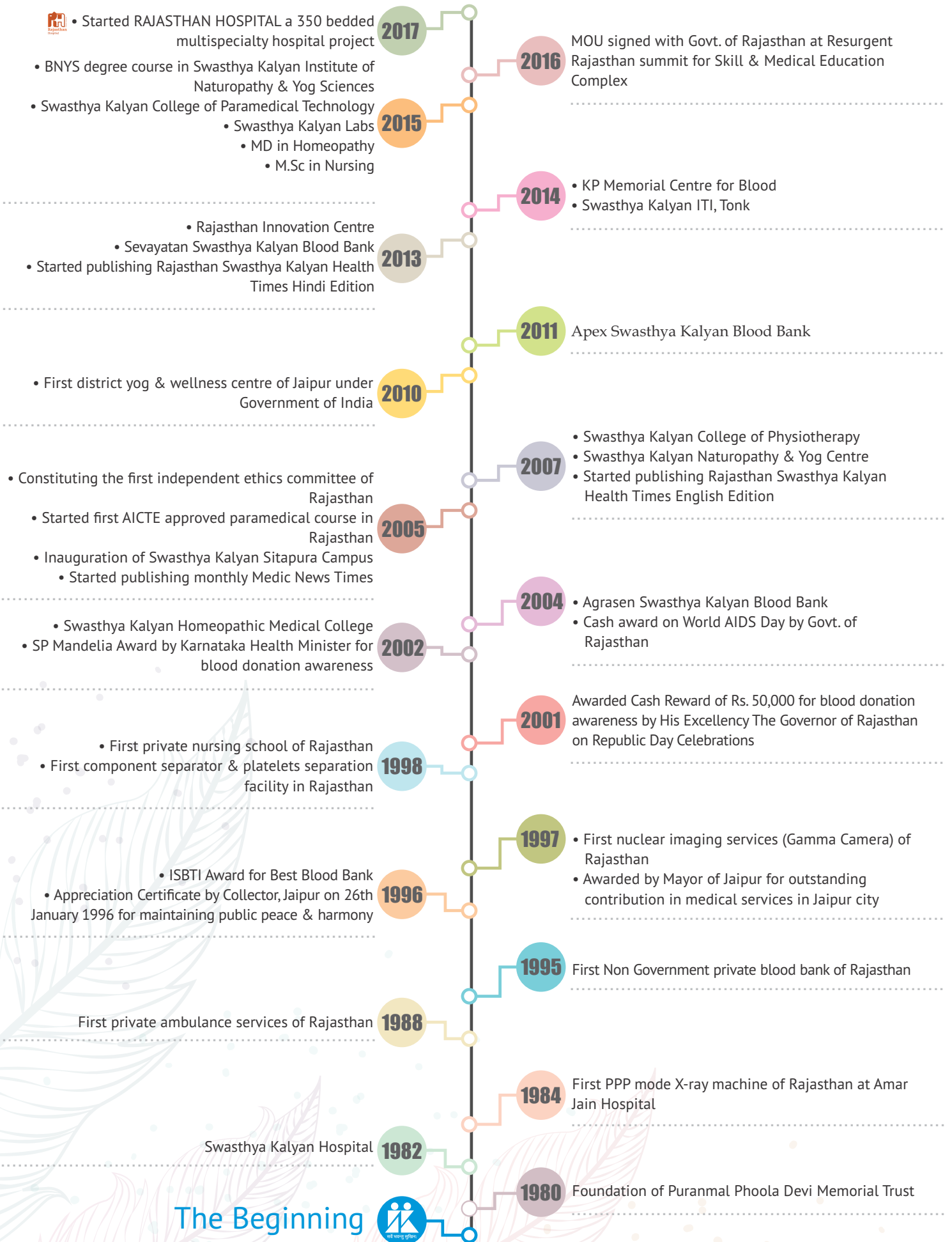


3 PHARMACIES



9,42,31 NUMBER of
UNITS ISSUED

SWASTHYA KALYAN TIMELINE



About Dr. S.S. Agarwal

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



 @drssagarwal

 @drssagarwal

Key persons in Swasthya Kalyan journey



Mr. G. D. AGARWAL
(Former Chairmen of Trust)



Mr. R. S. AGARWAL
Trustee



Mr. S. B. AGARWAL
Trustee Advisor



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)



Late 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

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

1998



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

1995



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

2005



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

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

2018



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

2015



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

2019



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

2018



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

2018



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

2013



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

Education



Courses offered

Swasthya Kalyan Homoeopathic Medical College & Research Centre

- Bachelor in Homeopathic Medicine (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) 5 year programme + 6 months 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

College Leadership



Dr. YOGESHWARI GUPTA
Principal



Swasthya Kalyan
Homoeopathic Medical College
& Research Centre

सर्वे भद्रान्तु सुखिनः



Dr. TANUJ RAJVANSHY
Vice Principal



Dr. SATISH AVASTHI
Principal



Swasthya Kalyan
Institute of Medical Technology
& Nursing Education

सर्वे भद्रान्तु सुखिनः



Mr. ARVIND SHARMA
Vice Principal



Mrs. NITISHA SHARMA
Principal (GNM)



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

सर्वे भद्रान्तु सुखिनः



Mr. SATYAPRAKASH TIWARI
Vice Principal (GNM)



Dr. MAHESH SHOU
Principal



Swasthya Kalyan
College of Physiotherapy

सर्वे भद्रान्तु सुखिनः



Dr. ANKIT PACHORI
Vice Principal



Dr. ANKESH SINGH
Principal

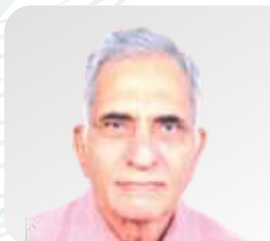


Swasthya Kalyan
Institute Of Naturopathy And Yogic Sciences

सर्वे भद्रान्तु सुखिनः



Dr. RAMBABU POTLURI
Vice Principal



Dr. K. K. MISHRA
Principal



Swasthya Kalyan
College of Paramedical Technology

सर्वे भद्रान्तु सुखिनः



Mr. GOPAL SHARMA
Vice Principal



Dr. MAHESH ARODA
Principal



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

सर्वे भद्रान्तु सुखिनः

Life at campus

Hands on Learning

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



Research & Innovation

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



Diversity

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



Entrepreneurship

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



Employability

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



Holistic Development

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

Campus facilities



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



CANTEEN



HOSTEL



TRANSPORT



**SPORTS
GROUND**



LABORATORIES



LIBRARY



HOSPITAL



**CONFERENCE
HALL**



AUDITORIUM



**TRAINING
HALLS**

Health care



About Swasthya Kalyan blood banks

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

Swasthya Kalyan Blood Bank & Thalassaemia Research Centre was the first licensed Blood Bank in Rajasthan in year 1995. The blood bank continued its pioneering work in the field by introducing the first platelet apheresis machine of the state in 1999 and getting the first cryoprecipitate licence of the state in 2000. For its work, the blood bank was awarded with a state award of **Rs. 51,000 by His Highness The Governor of Rajasthan** in 2001. Since then, Swasthya Kalyan Blood Bank has continued to dedicate itself in ensuring that no one in the state suffers from a lack of blood or its components, by opening more blood banks for the same cause.

Our blood banks:

1. Swasthya Kalyan Blood Bank
2. Sevayatan Swasthya Kalyan Blood Bank
3. Agrasen Swasthya Kalyan Blood Bank
4. Apex Swasthya Kalyan Blood Bank
5. Swasthya Kalyan Institute of Transfusion Medicine

Our Services:

1. Whole Blood
2. Packed Red Blood Cells
3. Fresh Frozen Plasma
4. Platelet Concentrate
5. Cryoprecipitated Antithrombin Factor
6. Single Donor Platelet
7. Blood Donation Camps
8. Blood Donation Vehicles
9. Blood Storage Centre for Hospitals

Blood bank team

Swasthya Kalyan Blood Bank

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

Agarsen Blood Bank

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

Sevayatan Swasthya Kalyan Blood Bank

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

Apex Swasthya Kalyan Blood Bank

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

Swasthya Kalyan Institute of Transfusion Medicine (SKITM)

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

Blood banks activities

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

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

Number of campus

Name of Branches	2018-19	2019-20 (Till May)
Swasthya Kalyan Blood Bank	247	55
Agrasen Blood Bank	74	07
Sevayatan Swasthya Kalyan Blood Bank	57	06
Apex Swasthya Kalyan Blood Bank	26	02
Total	404	70

Blood Collected Details (in units)

Name of Branches	2018-19			2019-20 (Till May)		
	Replacement	Voluntary Donation	Total	Replacement	Voluntary Donation	Total
Swasthya Kalyan Blood Bank	4405	13373	17778	423	2712	3135
Agrasen Blood Bank	870	6283	7153	185	661	846
Sevayatan Swasthya Kalyan Blood Bank	468	3241	3709	50	330	380
Apex Swasthya Kalyan Blood Bank	1765	1004	2769	314	46	360
Total	7508	23901	31409	972	3749	4721

Blood Issue Details (in units)

Name of Branches	2018-19	2019-20 (Till May)
Swasthya Kalyan Blood Bank	48794	7949
Agrasen Blood Bank	16219	2183
Sevayatan Swasthya Kalyan Blood Bank	8383	777
Apex Swasthya Kalyan Blood Bank	8662	1120
Total	82058	12029



Anuja Anand
BNYS 4th year
Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

22516
No. of units collected
in Camps

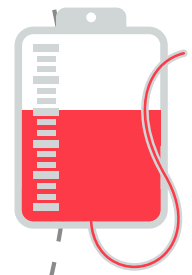


351
Single donor
platelets

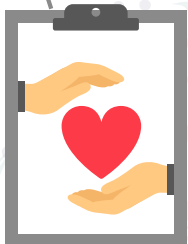


सर्वे भवन्तु सुखिनः

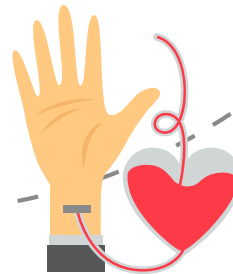
Blood Bank activities at a glance (2018-19)



81707
No. of
units issued



404
No. of camps



31409
No. of units collected
(including camps)

From dream to reality!

Rajasthan hospital is a 350 bedded multi-speciality hospital project with current bed strength of 150 beds. It's more of a healing home than just a hospital, where every patient receives the best quality of care. To know how this dream of mega hospital turned into reality, I met **Dr. Sarvesh Agarwal, CEO of Rajasthan Hospital** and unearthed some interesting facts about this venture. Journey was long and tedious but the destination was all that they could see... Here I am sharing the glimpses of what Dr. Sarvesh unveiled about this project.



Dr. Sarvesh Agarwal graduated MBBS from Mahatma Gandhi Medical College, Jaipur in 2012 and then after a year of practicing medicine, went on to do his MBA in Finance & Health Sector Management from the prestigious Duke University, USA. Dr. Sarvesh Agarwal has keen interest in data analytics driven healthcare which he believes could answer the perennial challenges of accessibility, quality and cost associated with healthcare. Dr. Sarvesh Agarwal is a national level hockey player and is very passionate about world history & politics.



Dr. Sarvesh Agarwal

CEO, Rajasthan Hospital

- Vice President at Rajasthan Hospital, Jaipur since 2017
- Senior consultant at Swasthya Kalyan Group since 2017
- Project Manager of Clinical Operations at Cardinal Health, a fortune 21 company, at their head office in Dublin, Ohio, USA, 2016
- At Duke University, 2015-2017- President of Student Life in the MBA Association, International Affairs Lead in the Healthcare Club, Duke Quality & Innovations Scholar (QISP) with publication in US national journals, Admissions Co-ordinator for the incoming students with assessment of more than 100 student applications
- Executive Member of the Indian Medical Association, Rajasthan State Body
- Founder and Executive Member of Raktadan Parisangh

Dr. Shuchita: Sir, who were the key people involved in with the conception of the idea of this Hospital?

Dr. Sarvesh: My father, Dr. S. S. Agarwal and his close friend Dr. Virendra Singh had seen a dream together of opening a hospital that caters to the needs of the public of the state at a cost that is affordable while never compromising on quality. This vision was laid down 25 years back and they waited for that long so that when they execute their vision, it is done the right way. It is their vision that you see in brick and mortar today, ready to serve the citizens of Rajasthan.

Dr. Shuchita: What is the guiding philosophy of the hospital?

Dr. Sarvesh: Whenever you explain the value of healthcare, you explain it from the trifecta of **Accessibility, Affordability & Quality**. Without access, quality and cost will not be utilized. Without affordability, good quality and access cannot be justified. Without good quality, access and affordability will not have required effect on the outcome. This is the guiding philosophy of Rajasthan Hospital. To create an institution, an organization, a service, that **provides quality health for all at affordable prices**. This is our guiding vision and mission.

Dr. Shuchita: How important are “affordable health care services”, in the current scenario?

Dr. Sarvesh: Let me provide you with some stats; in western countries government pays for close to 90% of total healthcare expenses. Most South Asian economies do the same. But here in India, 70% of the total healthcare expense comes through the pocket of the patient. That is an alarming statistic. In fact it is estimated that close to 20% of the population seeking treatment for chronic illnesses fall below poverty line annually in India as a result of heavy healthcare bills. With the sheer size of our population, providing a government sponsored healthcare welfare system to all is not practical. So we as the professionals involved in this segment, have to take the responsibility to improve this statistic.

Dr. Shuchita: And how would you go about doing that?

Dr. Sarvesh: That's an interesting question, we can reduce the cost of treatment following very basic and justifiable measures like by **stopping over use of medicines, reducing unnecessary lab tests, setting better standards to reduce the period of admission**, in short practicing the kind of medicine that is optimal and not “over” or “under”.

Dr. Shuchita: Sir, creating such a huge project must have been a herculean task, can you share how long it took to complete it and also any obstacles that you faced?

Dr. Sarvesh: It definitely was a big ask, but this is just like writing the script of the film. Even if the script is brilliant, it needs to have good direction, cinematography, music, production, marketing, and finally access to screens to become a success. What we have done so far is just the start. This project is a culmination of a lifetime of planning and hence its really difficult to put a timestamp to it. But essentially we increased our speed multi-fold in late 2016 and have since gone with an escalated pace to achieve the dream. There were obstacles, but they were more like learning curves and each obstacle taught us how to do things better.

Dr. Shuchita: That's great sir. Now a very simple question, every company small or big carries some values which are its foundation stone, what are those values at Rajasthan Hospital?

Dr. Sarvesh: An apple never falls far from the tree. Essentially Rajasthan Hospital is the sister body of Swasthya Kalyan Group, so its core values are quite similar to the ones there are at Swasthya Kalyan. We believe in the values of **Courtesy, Excellence Transparency and Teamwork**. These values are not just for namesake and are very important to us as an organization to achieve our mission.

Dr. Shuchita: Indeed, each one must ingest these values. Sir, when I entered the hospital its architect is not that of typical hospitals - would you elaborate the thinking behind the design?

Dr. Sarvesh: Good observation Shuchita! That's exactly what we were going for. To create a place that is less of a hospital and more of a healing home.

Our construction is based upon the concept of healing inherited from ancient texts as well as affirmed through modern research. We consider sun as the ultimate source of energy and life for everyone and hence we have made sure that all we get plenty of natural light everywhere in the hospital. In fact, all the beds in the hospital have natural sunlight access which you will not find in most of the hospitals.

Dr. Shuchita: Great! When I took a visit to see the indoors of the hospital, I saw some unique designs – could you tell us what that symbolises?

Dr. Sarvesh: Correct. Most of the designs and structures in the hospital have a story behind it. **Central lobby** has a **neuronal cell** structure on the floor that symbolises it as the prime junction of the hospital. Axons coming out of it denote the spread of the hospital operations from this single point. **Dome** of the central lobby represents the **human cell**, indicating how a cell encompasses the functions necessary to sustain life. The front elevation represents the seamlessness of pulse rate with its smooth ups and downs. We have tried to build an artistic story through the design to help us identify ourselves as a place where human life is studied and revered.

Dr. Shuchita: Alright. I heard that Rajasthan Hospital has developed a Department of Integrative Medicine, could you explain a bit more about it?

Dr. Sarvesh: Our Department of Integrative Medicine is first of its kind in the country where holistic treatment modalities from various pathies are studied, researched and implemented in a scientific manner. What we are trying is to make sure that the healing of a disease is done by complementing allopathy with other pathies such as Ayurved, Yoga, Naturopathy, Homeopathy, etc., to create a holistic treatment plan for the patient. We are also making sure that we do it in a manner where results and treatment plans can be documented and analysed in a scientific manner so that we can gauge the actual value of such treatments.

Dr. Shuchita: Thank you sir for giving your valuable time, lastly your message to our readers.

Dr. Sarvesh: Rajasthan Hospital carries the spirit of Swasthya Kalyan in her heart. And Rajasthan Hospital carries the passion to revolutionize healthcare, much like how Swasthya Kalyan did. Lastly, I would like to quote that one phrase which we here at Rajasthan Hospital always have on our lips “**Apna Aspatal, Rajasthan Aspatal.**” Thank you.



Dr. Shuchita Chattree

Assistant Professor

Swasthya Kalyan Homoeopathic Medical College and Research Centre

Rajasthan Hospital team

Leadership



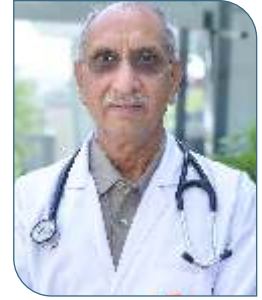
Dr. S.S. Agarwal
Chairman



Dr. Virender Singh
President



Dr. Sarvesh Agarwal
VP, Strategy & Operations



Dr. Vijay Saraswat
Chief Operating Officer

Consultants

Dr. P.C. Ranka
Senior Consultant & Director, Medicine

Dr. Veena Acharya
Senior Consultant, Obstetrics & Gynaecology

Dr. Radha Mohan Batwara
Senior Consultant, Radiology

Dr. Pankaj Verma
Consultant, Medicine

Dr. Tarun Dusad
Senior Consultant, Orthopedics - Spine Surgery

Dr. Sharad Daga
Assistant Consultant, General & Laparoscopic Surgery

Dr. Deep Chand Khandelwal
Consultant, Pediatrics

Dr. Mahima Sharma
Assistant Consultant, Anesthesiology

Dr. Nikhil Soni
Assistant Consultant, ENT

Dr. Tarun Goklani
Consultant, Cardiology - Clinical

Dr. Arun Sharma
Assistant Consultant, Physiotherapy

Dr. Narendra Rungta
Senior Consultant, Critical Care

Dr. Pawan Mehta
Senior Interventional Cardiologist
Cardiology - Interventional

Dr. Anil Kumar Kothiwala
Consultant, Neurosurgery

Dr. Deepak Sharma
Consultant, Medicine

Dr. Deepak Khurana
Senior Consultant, Orthopedics - Pediatric Orthopedics

Dr. Priyanka Sharma
Consultant, Obstetrics & Gynaecology

Dr. Alka Parashar
Assistant Consultant, Pediatrics

Dr. Khushbu Umarwal
Assistant Consultant, Anesthesiology

Dr. Vibha Khare
Senior Consultant, Ophthalmology

Dr. Garima Sharma
Consultant, Pathology

Dt. Neha Dua
Assistant Consultant, Nutrition & Dietetics

Dr. Dinesh Mathur
Senior Consultant, Dermatology

Dr. Shyam Sunder Soni
Senior Consultant, Orthopedics - Joint Replacement & Arthroscopy

Dr. Madhur Joshi
Consultant, Respiratory Medicine

Dr. S.K. Gupta
Senior Consultant, Orthopedics - Trauma

Dr. K. C. Gupta
Senior Consultant, General & Laparoscopic Surgery

Dr. A A Pathan
Senior Consultant, Pediatrics

Dr. Neetika Soni
Consultant, Critical Care

Dr. Hemant Garg
Consultant, Emergency Medicine

Dr. Navneet Godara
Senior Consultant, Dentistry & Maxillofacial Surgery

Dr. Mahesh Sahu
Consultant, Physiotherapy

Management

Mr. Vijendra Kumar Sharma
Nursing Superintendent

Dr. Gargi Sharma
Quality Control Manager

Ms. Shaily Bohra
Insurances & TPA Consultant

Mr. Gyanish Chandra
Front Office Manager

Mr. Manoj Goyal
Infrastructure Manager

Mr. Abhishek Dave
Pharmacy Manager

Mr. Deepak Gupta
Chief Biomedical Engineer

Mr. Arvind Mishra
Accounts Manager

Dr. Swapnil Singhal
Projects Manager

Ms. Suniti Peswani
Human Resource Manager

Mr. Mahesh Kumar Saini
IT Manager

Writers Corner



Happiness is being in love with living

Many people talk about happiness but have a vague idea of what is happiness. Various definitions suggest that happiness is when all your physical, mental, emotional and spiritual needs have been met. **Happiness is being in love with living.** It may be said that happiness is how a person likes the life he or she leads.

One has to work to find happiness as it does not walk up to you. You have to walk to find it. Some psychologists believe that happiness is tied to a steady flow of small joys in our life. **Happiness is directly related to the degree of optimism that you possess in all walks of life.** If you want to be truly happy, you need to focus on what is happening now. This may seem difficult but once you learn how to forget the past, your life will be full of joy and happiness.

Materialistic happiness is the type of happiness that you get from having things like house, motor car, mobile, jewellery, clothes and such other material things. Other type of happiness is in cultivating pleasure situations; this could be listening music, pursuing hobby like games, swimming, enjoying good food / drinking etc. Another type comes from success, self esteem, status, power, praise etc. But power and praise brings ego based happiness and joy which is short lived. **Helping others is another way to help yourself.** All your kindness and large heartedness will revisit you in some way or the other. Kindness never goes unnoticed. Happiness in life comes from making others happy and not from being self centered.

Giving provides an opportunity to look beyond our own small world. When we step out of our own world and venture into the world of other people, our worries and challenges may not seem as significant as compared to those of others.

The act of giving enhances self-esteem. Giving is one of the best investments you can make for achieving genuine happiness. True giving comes from heart and has no expectation of reciprocation. The more you give, the more you will receive. There is the Chinese proverb which says, **“If you always give, you will always have.”** Giving enhances our inner joy. Giving has its own reward. It fills your life with happiness. Mahatma Gandhi said, **“To find yourself, lose yourself in the service of others.”**

Happiness is within oneself, which brings peace, cheerfulness, good health, high spirits, generosity, joyfulness and thus reduces stress and combats negative mental activity. If you start thinking like a champion, acting like a champion, performing like a champion, you become a champion. Develop a swollen heart and not a swollen head. A wise man said, **“You do not sing because you are happy; you are happy because you sing.”** It is also said that we do not stop working and playing because we grow old. We grow old because we stop working and playing. So continue working, produce results and serve society as long as you have enthusiasm and energy.

Feeding the brain is as important as feeding the body. Achievers say, “I have to learn more,” and the defeatist says, “I have no time.” It is desirable that people should fill their head more and more with useful information and not with garbage. Our mind acts on what we feed it. **Change the attitude and eliminate the negative thoughts. Fill up your mind with optimism.**

If you want happiness, your main aim in life should not be about becoming the richest person in the world or the most popular one, instead, you should live your life to fullest and grasp all of the positive things that come along.



B. L. Gupta
C.O.O.
Swasthya Kalyan Group Of Institutions

Evolution of Homoeopathy

In 19th Century, Homoeopathy spread in the world and people began to accept it as a reliable system of healing. Today Homoeopathy is 2nd largest medical system in the world according to WHO. Homoeopathy used by over 800 million people worldwide. Around 25% of people are using Homoeopathy medicines in India. Homoeopathy well practiced in more than 86 countries. It has legal recognition as an individual system of medicine in 42 countries and is recognized as part of Complementary and Alternative Medicine (CAM) in 28 countries. Homoeopathy is the most frequently used CAM therapy for children in Europe.

Homoeopathy is officially recognised in:

- Central and South American countries-Brazil, Chile, Columbia, Costa Rica, Cuba, Ecuador, Mexico.
- European countries-Belgium, Bulgaria, Germany, Hungary, Lithuania, Portugal, Romania, Russia, Spain, United Kingdom.
- Asian counties-India, Nepal, Pakistan, Sri Lanka, Bangladesh.
- Homoeopathy is integrated into mainstream healthcare in: Brazil, India, Pakistan, Sri Lanka, Mexico, Bangladesh, and UK.

Homoeopathy in India:

History of Homoeopathy in India can be traced back to the early 19th century when Dr. John Martin Honigberger treated Maharaja Ranjit Singh of Punjab, suffering from the paralysis of the vocal cords with swelling of feet by prescribing Dulcamara. Homoeopathy treatment began in India by a group of missionaries who started practicing in Kolkata. Homoeopathy got recognition in 1937 when the first Resolution moved by Mr. Ghias-ud-Din, was adopted by the Bengal Legislative Assembly.

Homoeopathy Central Council Act was passed in Parliament in 1973. Central Council of Homoeopathy (CCH) was formed in 1974, to regulate Homoeopathic education and Homoeopathic practice in India. Regulations relating to education for Diploma, Degree & PG courses in Homoeopathy.

Homoeopathic Pharmacopoeia Laboratory (HPL):

A statutory laboratory, established in 1975, Under Ministry of AYUSH, Government of India, at Ghaziabad, to lay down principles and standards for preparation of Homoeopathic drugs; to lay down standards to identity and for purity of Homoeopathic drugs; testing of samples of Homoeopathic drugs for purity and quality.

Central Council for Research in Homoeopathy (CCRH), an autonomous body of ministry of AYUSH, Government of India, was established in 1978, to undertake, coordinate, develop, disseminate and promote research in Homoeopathy.

Homoeopathy Health Care in India

- Homoeopathy services included in health care delivery system, at all levels: primary, secondary and tertiary.
- Homoeopathy healthcare service providers: State Governments and Municipal bodies; Central Government-Ministry of AYUSH, Ministry of Labour and Ministry of Railways.
- Government of India launched National Rural Health Mission (NRHM) in 2005 to mainstream India systems of medicine and homoeopathy to facilitate health care through these systems.
- National AYUSH Mission (NAM) was launched in 2014 by Government of India to focus health care delivery through AYUSH systems.

With introduction of centralised NEET, admissions to Homoeopathy institutions are channelised, made admission more transparent and easy with constitution of the Board of Governors to discharge the functions of the Central Council of Homoeopathy under the HCC Act, 1973.



Dr. Yogeshwari Gupta

Principal

Swasthya Kalyan Homoeopathic Medical College and Research Centre

Origin of Homoeopathy in India

1810

Introduced in Calcutta, by German Physician and Geologist.

1810

Dr. Muller of London Missionary Society distributed Homoeopathic medicines in Bhowanipur, Calcutta.

1839

Dr. J.H. Honigberger, treated Ruler of Punjab, Maharaja Ranjeet Singh with "Dulcamara" for paralysis of vocal cords.

1846-1847

Surgeon Samuel Brookling retired medical officer, dispensed Homoeopathic medicine at Tanjore in Tamil Nadu.

1861

Babu Rajendra Lal Dutt (Father of Indian Homoeopathy), laid foundation of Homoeopathy in India by treating virulent epidemic of malarial fever.

1864

Dr. P.C. Majumdar of Calcutta, started practicing Homoeopathy.

1885

Laid foundation of Calcutta Homoeopathic Medical College. Dr. S. C. Ghosh proved many Indian Drugs and published book named "DRUGS OF HINDUSTAN".

1867

Banaras Homoeopathic Hospital was established and Shree Loknath was physician incharge. Mr. Moti Lal Nehru took treatment and was impressed and started dispensing Homoeopathic medicine himself at Anand Bhavan.

1937

Central Legislative Assembly gave Homoeopathic treatment and colleges same status and recognition as conventional treatment.

1952

Homoeopathic Adhoc Committee was constituted which advice government on all matters of Homoeopathy namely education, research, dispensary and hospitals etc.

1962

Homoeopathic Pharmacopeia Committee was established to lay down standards for Homoeopathic drugs under chairmanship of Dr. B.K. Sarkar.

1969

Autonomous council for developmental of Indian system of medicine and Homoeopathy was established.

Government established:

1. 1974-CCH (Central Council of Homoeopathy)
2. 1978-CCRH (Central Council for Research in Homoeopathy)

References –

- Lectures on Organon of Medicine, Dr. Manish Bhatia
Comprehensive study of Organon, Dr. Nagendra Babu



Reema Karal
BHMS, Final Year
Swasthya Kalyan Homoeopathic Medical College & Research Centre



Rishika Agarwal
BHMS, Final Year
Swasthya Kalyan Homoeopathic Medical College & Research Centre

Origin of Naturopathy in India

Naturopathy is one of the Indian systems of medicine, which aims at prevention, promotion and management of health condition. It is a distinct system of primary care medicine that blends western heading traditions with modern medical theory. The profession defines itself as a system of primary health care, an art, science and philosophy and practice of diagnosis, treatment and prevention of illness.

Naturopathy as defined by Indian Naturopathy system is as follows:

“Naturopathy is a rational & evidence based system of medicine imparting treatments with Natural elements based on the theories of vitality, toxemia and self healing capacity of body as well as principles of healthy living”.

1885

The actual term Naturopathy was first coined by a German Homoeopath **Johan Scheel** who practiced methods of European **hydrotherapy** (developed by kneipp & Kuhne) at his New York sanatoriums. In India it was first introduced by **Shri D.Venkatachalpaty Sharma**.

1894

Dr. Venkatachalpaty Sharma translated the Louis Kuhne book **“The new science of healing”** into Telugu and popularized it in South India.

1904

Shri Shrotri Kishan Swaroop propogated the system in North India translating book into Hindi & Urdu.

1920-21

Dr. Dinshah K.Mehta developed techniques of Naturopathy in Maharastra.

1925

The India college of Naturopathy was established by Dr.Shibvnath Ray in Kolkata.

1929

Dr.Dinshah started sanatorium at Tadiwala road, Pune.

1930

Naturopathy movement was peak in various states of India.

1932

Dinshah K.Mehta & Mahtama Gandhi paved the way for permanent future for Naturopathy in India.

1936

At Lucknow another college was established under the aegis of **Nature Cure Research Association of Lucknow** named English Naturopathy College which was later renamed **Bhartiya Nature Cure College 1969**.

1920s-1960s

Pucho Venkata Ramaiyah & Vegi Raju Krishnam Raju conducted many courses as 'Gurukul' in Andhra.

1950s

Dr. Venkat Rao (student of Vegi Raju Krishnam Raju) started imparting education in Hyderabad at Nisargopachar trust.

1969 – 70

A four year diploma programme was started in Hyderabad named Nature Cure College under the financial assistance of government of India which was recognised by government of Andhra Pradesh in 1973.

1978

The college was affiliated to Osmania University which awarded regular Diploma in Naturopathy (ND) four and half year of study. This gave Naturopathy education an equal status with other medical system.

1989

Later, this programme was upgraded to five and half year degree in **Bachelor of Naturopathy & Yogic Science (BNYS)** at Ujire in Karnataka & Hyderabad in Andhra Pradesh.

Currently 19 colleges imparting BNYS and post graduate courses (MD) in India. Colleges are spread across the country in different state like Telangana, Tamil Nadu, Karnataka, Gujrat, Madhya Pradesh, Rajasthan, Chattisgarh, UP etc. affiliated to their state medical universities.



Dr. Dhaya G.
BNYS, M. Sc. Psy
Lecturer, Medical Officer
Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

Origin of Nursing education in India

In the ancient era, until 17th century, formalised nursing was not traced. Every village had a dai/ traditional birth attendant to take care of maternal and child health needs of the people.

17th century

Military nursing was the earliest type of modern nursing introduced by the Portuguese.

1861- Florence Nightingale

Nightingale was the first woman to have great influence over nursing in India and brought reforms in military and civilian hospitals.

1867

St. Stevens Hospital at Delhi was the first one to begin training Indian women as nurses.

1871

Government General Hospital at Madras was started with **the first school of nursing for midwives with four students.**

18th and 19th century

Many nursing schools were started in different states of India, mostly by missionary hospitals, which trained Indians as nurses. At this time there was no uniform educational standards followed in nursing schools.

1908

The trained nurses association of India was formed to uphold the dignity and honour of the nursing profession.

1918

Training schools were started for health visitors and dais, at Delhi and Karachi. Two English nurses Griffin and Graham were appointed to give training and to supervise the nurses.

1926

Madras State formed the first registration council to provide basic standards in education and training.

1946

The first four-year bachelor's degree programme was started at the College of Nursing in Delhi and the Christian Medical College and Hospital (CMCH) in Vellore.

1947

After India's independence, the community development program and the expansion of hospital service created a large demand for nurses, auxiliary nurses, health visitors, midwives, nursing tutors and nursing administrators.

The Indian Nursing Council was passed by 31st December.

1949

The council was constituted.

1956

Adrenwala was appointed as the Nursing Advisor to Government of India.

1960

The first 'Master's degree course, a two-year postgraduate program launched at the Rajkumari Amrit Kaur College of Nursing, Delhi.

1963

The School of Nursing in Trivandrum, started the first two-year post certificate bachelor's degree program.

Today associations such as the International Council of Nurses, The Nurses Auxiliary of the CMA of India, T.N.A.I. Indian Nursing Council and State Level Registration Council



Shivam Viliya

M.Sc. (Nursing), Final Year

Swasthya Kalyan Institute of Medical Technology and Nursing Education

Origin of Physiotherapy in India

Physiotherapy has its roots since 460BC.

1851

The 1st use of physiotherapy is found in German language as the word "Physiotherapie" by a physician "Dr. Lorenz Gliech".

1813

Physiotherapy was discovered by **Per Henrik Ling** also known as Father of Swedish Gymnastics, who founded the **Royal Central Institute of Gymnastics (RCIG)** for manipulation and exercise.

1951

The World Confederation of Physical Therapy (WCPT) was founded, since then World Physiotherapy Day is celebrated on 8th September. The day is a chance for physiotherapists from all over the world to raise awareness about the critical contribution the profession makes a good, mobile and independent.

1952

In India Physiotherapy was first started back in 1952 with the outbreak of polio in Mumbai. Today it has completed 65 years in India as a full-fledged medical profession.

1953

The very next year, India's first school and centre for physiotherapy was started in Mumbai itself, with the support of government and World Health Organization (WHO).

1962

The Indian Association of Physiotherapists (IAP) was set up.

1983

Prof. Ashok Kumar Patil worked for the Government of India's first Community-based Rehabilitation (CBR) project in Thane district of Maharashtra.

2007

Prof. Ashok Kumar Patil became the Principal and Professor at Smt. Kashibai Navale College of Physiotherapy in Pune, India.

Today there are large number of government approved colleges which are providing graduate and post graduate degree to students.



Chinmay Kanjolia

B.P.T., 3rd year

Swasthya Kalyan Institute of Medical Technology and Nursing Education

Origin of Radiation technology in India

It is difficult to be sure as to when and where the first X-ray machine was installed in India. According to an article published in **Indian Journal of Radiology & Imaging** by late **Dr. K. P. Mody (1956)**: The first X-ray machine was imported in India by a chemist in 1902, that was only 7 years after the discovery. (i.e. 1895)

1918

First X-ray machine was installed in Delhi installed at Lady Hardinge Hospital

1923

A chair in radiology was established at the Lady Hardinge Medical College & Hospital.

After world war I, the government established a dispensary with X-ray facilities somewhere near **Jama Masjid**.

1931

Dr. Ajit Mohan Bose and Dr. Subodh Mitra founded the **Indian Radiological Association** in Kolkata. It used to meet as a section of the Indian Medical Association. In the late 80s the name was changed to **Indian Radiology & Imaging Association**.

1932

Rai Bahadur Hari Ram started private practice in Radiology along with his general practice.

1933

Dr. S. C. Sen started exclusive radiology practice, who later became a founder member of the Indian Radiology Association (IRA).

1935

Dr. S. C. Sen started **deep X-ray therapy** in New Delhi with a 180KV machine and started group practice.

Radiology in North India further evolved at the time of partition in 1947, when a large number of medical practitioners including radiologists migrated to Delhi from Pakistan. Dr. D. C. Agarwal had been one of the leading radiologists in Lahore since 1927. This remarkable man laid down the foundation of a modern X-ray clinic in Delhi. Similar advancements were taking place in the southern, western and eastern parts of India and Chennai, Mumbai and Kolkata grew in stature. **The Barnard Institute of Radiology** was established in Chennai and many radiologists, who could not go abroad for training, went to Chennai for their post-graduate studies.

1937

The IRA was registered with the registrar of Joint Stock Companies, Bengal with 24 members. (Presently it has more than 3500 members)

1946

The association took a firm hold and started as a coherent, cogent and cohesive association. Since then there has been no looking back and the IRA has grown from strength.

1947

The Indian Journal of Radiology & Imaging was started.

THE INDIAN COLLEGE OF RADIOLOGY & IMAGING- College purely dedicated to the teaching of radiology in country and spread knowledge. Late Dr. P. K. Haldar and late Dr. K. N. Kamdar were primarily responsible for evolving the concept and 100 senior members were chosen to be founder fellows. The college evolved its constitution, rules and regulations and strict criteria for membership and fellowship.

Reference: Articles by Major General S. K. Dhawan.



Vishesh Vedi

DRT, 1st year

Swasthya Kalyan Institute of Medical Technology and Nursing Education

Research challenges in Homoeopathy

Homoeopathy is one of the most popular systems in India, in fact a close second among AYUSH services. Still critics of homoeopathy points to the fact that Homoeopathic medicines are so highly diluted that there is nothing in them. Although laboratory experiments have demonstrated that they are not just sugar pills.

Need for Homoeopathic Research:

1. Lack of evidence-based clinical studies, especially Level I/II
2. Lack of plausibility
3. Lack of reproducibility
4. Lack of funding
5. Lack of drug standardisation studies
6. Lack of drug proving
7. Lack of drug validation/clinical verification studies
8. Lack of studies that support various concepts in Homoeopathy philosophy
9. Last but not the least; SKEPTICS who deny/reject the existence of evidence of any form that favours' Homoeopathy.

How to overcome these challenges?

- 1. Linking research with education** – As recommended by CCRH linking research with education would mean strengthening medical colleges' laboratories, developing skillfulness of faculty, and so on so forth. With research oriented mentorship, those students who are future practitioner can develop much required critical thinking and can make significant contribution to research.
- 2. Linking research with clinical practice** – There are three hundred thousand Homoeopathic medical practitioners treating million of patients with Homoeopathy everyday. But these cases are largely unrecorded in scientific manner. These lack means data is unavailable for publication. Various tools and techniques for finer case recording are promoted by CCRH, such as HOMCASE guidelines, HPUS guideline for data collection, CONSORT and SPIRIT. These tools and mechanisms permit presentations and publication even of single case.

Keep going you have a challenging job in your hand!

Reference – Manchanda .R. Linking education and clinical practice with research. 2019.

Available from whdccrh.in



Dr. Sonia Tuteja

Assoc. Professor

Department of Materia Medica

Swasthya Kalyan Homoeopathic Medical College & Research Centre

Research arena & lacunae in Naturopathy

Naturopathy is a traditional system of medicine that believes in the body's innate capacity to heal itself. It has its own concepts of health & disease and principles of treatment. This system lays more importance on the preventive health rather than curative one.

The main objectives of Naturopathy are:

- To change the unhealthy living habits of people
- To teach people the healthy and positive lifestyle in accordance to the laws of Nature. This can be achieved more effectively with the help of different Naturopathy modalities (modes of treatment). Naturopathy system is found very effective in the management of various disorders where there is no cure in modern medical system. These are the main reasons that Naturopathy system is gaining popularity day by day.

Recognising & realising the need for developing naturopathy system on the basis of its own principles, the government of India established **Central Council for Research in Yoga & Naturopathy (CCRYN) New Delhi, and National Institute of Naturopathy (NIN) Pune, Maharashtra.**

Objective – To explore the Indian perspective of Naturopathy in terms of philosophy, practice, regulatory issues, challenges and future directions.

Main challenges

1. Lack of appropriate regulatory bodies.
2. Uniformity in practice
3. Adequate support from government
4. Paucity of proper research work

Limitations

1. Lack of specific guidelines
2. Improperly designed protocols
3. Poor research methodologies
4. Lack of trained man power
5. Lack of solid evidence for many of its modalities

How to overcome these challenges?

- 1. Adequate researches**-Adequate research training to professionals to assist them in building an evidence based practice.
- 2. Central regulatory body**-The standardisation of Naturopathy can only happen by forming central regulatory council.
- 3. Educational standards**-Calibrating education standards with respect to traditional philosophies.
- 4. Depth clinical studies**-In Naturopathy depth of clinical studies are required to establish its efficacy in prevention and management of diseases.
- 5. Approach to the common people**-Survey, awareness and education related to Naturopathy.

References

1. 2009 (Yoga & Naturopathy CCRYN Publication)
2. Lindlahr H. (1990) Philosophy & Practice of Nature Cure, New Delhi, India.
3. Rajiv Rastogi: Article on current approaches of Research in Naturopathy.



Dr. Hirdesh Bharti

Lecturer, Medical officer

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

Terminologies for scientific writing

Title

- Title of each article should be brief, continuous (broken/hyphenated title are not accepted and informative (not suspicious or dubious or double standard or more mixed).
- It should not contain abbreviations, formulas, jargons.
- Avoid title which have sensational words like novel work, miracle result, etc. as well as waste words like investigations, observations, etc.

Abstract

- Summary, zip, mini map, compressed and short that is or abstract is the mini version of the article and it may be written in structured form (within maximum 300 words limit) or unstructured form (within 250 words).
- Abstract should be brief and indicate the scope and significant results of the paper.
- It should be highlight the principal findings and conclusions.
- References should not be cited for the Abstract.

Keywords

- A set of suitable keywords (up to 3-7) should be provide at the end of the abstract. The keywords or terms should be significant as per the text of the article and only those keywords should be listed which are specific and essential for retrieving information about the article.

Cohort / Cohort Study

- A cohort study is a particular form of a study that sample a cohort (a group of people who share a defining characteristic, typically those who experienced a common event in a select period, such as birth, death and others, etc., performing in a given, certain and through time to time period.

Peer / Peer Review / Peers

- A process by which a scholarly work (such as a paper or a research proposal) is checked by a group of experts in the same field to make sure it meets the necessary standards, rules, norms and all measures before it published or accepted.
- Peers: Is the evaluation of work by one or more people of similar competence to the producers of the work (peers). It constitutes a form of self-regulation by qualified members of a profession within the relevant field.

Plagiarism

- Plagiarism ranges from the unreferenced use of others' published and unpublished ideas, including research grant applications to submission under "new" authorship of a complete paper, sometimes in a different language.
- It may occur at any stage of planning, research, writing, or publication. It applies to print and electronic versions also.

Research Misconduct

- Fabrication is marking up data or results and recording or reporting them.
- Falsification is manipulating research materials, equipments, processes, changing, omitting data or result.

Such that the research is not accurately represented in the research record.

(Latin word plagiarium means kidnapper)

All of above mentioned terms are scientific and can be used for various scientific writings, research related journals, books and publications etc. related to it.

Fraud and misconduct

- Fraud has been defined as “deliberate fabrication or falsification of evidence with the intention to deceive or misinform peers and other audiences of scientific knowledge.”
- This definition has been criticised and the word “fraud” has been replaced with “Scientific Misconduct,” which has been defined as “fabrication” falsification, plagiarism, or other practice that seriously deviate from those that are commonly accepted, conducting and reporting research.’
- More recently, in USA, the Office of Research Integrity (ORI) has replaced the term “Scientific Misconduct with ‘Research Misconduct.’”

Research Misconduct

- Fabrication is marking up data or results and recording or reporting them.
- Falsification is manipulating research materials, equipments, or processes, or changing or omitting data or result such that the research is not accurately represented in the research record.
(Latin word Plagiarius means kidnapper).



Dr. Rajeev Saxena

Professor

Department of Repertory

Swasthya Kalyan Homoeopathic Medical College & Research Center

स्वास्थ्य के आयाम दें तुरंत आराम

जहां कहीं भी आपको, काँटा कोई लग जाय। दूधी पीस लगाइए, काँटा बाहर आय।।

पुदीना और इलायची, लीजै दो-दो ग्राम। खायें उसे उबालकर, उल्टी से आराम।।

गाजर का रस पीजिये, आवश्यकतानुसार। सभी जगह उपलब्ध यह, दूर करे अतिसार।।

भून मुनक्का शुद्ध घी, सौंथा नमक मिलाय। चक्कर आना बंद हो, जो भी इसको खाय।।

रस अनार की कली का, नाकबूंद दो डाल। खून बहे जो नाक से, बंद होय तत्काल।।



Drishti Saini

BNYS, 4th year

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

Curing by understanding

Philosophers and psychologists have long debated the nature of emotions. Neuroscience suggests that it is the brain that generates emotions via combination of cognitive appraisal and bodily perception.

Below categories broadly classify patients' emotions and every homoeopath must sub classify them to reach deeper levels. In homoeopathy, there are medicines for each individual which suits his/her emotional plane and approaches to cure ailments from the root cause.



Happiness is showing or causing feelings of pleasure and enjoyment. It is the evaluation that your goals are being satisfied; similarly sadness is the evaluation that your goals are not being satisfied and anger is the judgment aimed at whatever is blocking the accomplishment of your goals.

Alternatively, William James (Philosopher) has argued that emotions are perceptions of changes in your body such as heart rate, breathing rate, perspiration, and hormone levels. On this view, happiness is a kind of physiological perception not a judgment. Other emotions such as sadness and anger are mental reactions to different kind of physiological stages.

Anger is "an emotional state that varies in intensity from mild irritation to intense fury and rage." Like other emotions, it is accompanied by physiological and biological changes. When you get angry, your heart rate and blood pressure goes up, as do the levels of your energy hormones, adrenaline, and noradrenalin. It can be caused by both external and internal events. You could be angry at a specific person (such as a coworker or supervisor) or event (a traffic jam, a canceled flight), or your anger could be caused by worrying or brooding about your personal problems. Memories of traumatic events can also trigger enraging feelings.



Sadness (also called heavy-heartedness) is emotional **pain** associated with, or characterized by feelings of disadvantage, loss, despair, helplessness, disappointment and sorrow. An individual experiencing sadness may become quiet or lethargic, and withdraw themselves social networks or activities.

Disgust is an emotional response of rejection or revulsion to something potentially contagious or something considered offensive, distasteful, or unpleasant. In "The Expression of the Emotions in Man and Animals", Charles Darwin wrote that disgust is a sensation that refers to something revolting.



Surprise is a brief mental and physiological state, as a result of an unexpected event. Surprise can have any valence; that is, it can be neutral / moderate, pleasant or unpleasant, positive, or negative. Surprise can happen in varying levels of intensity ranging from very-surprising, which may induce the fight-or-flight response, or little-surprise that elicits a less intense response to the stimuli.

Fear is a feeling induced by perceived danger or threat that occurs in certain types of organisms, which causes a change in metabolic and organ functions and ultimately a change in behavior, such as fleeing, hiding, or perceived traumatic events from freezing. Fear in human beings may occur in a particular stimulus occurring in the present, or in anticipation or expectation of a future. The fear response arises from the perception of danger leading to confrontation with or avoiding the danger (also known as the fight-or-flight response), and in extreme cases of fear (horror and terror) there can be a freeze response or paralysis.



Dr. Arvind Sharma

Professor

Department of Repertory

Swasthya Kalyan Homoeopathic Medical College And Research Centre

जीवन का सार

प्रकृति के संचार से, नव - जीवन का प्रारम्भ है,
प्रकृति ही है आदिशक्ति, प्रकृति ही महान है!
प्रकृति की अर्चना बिन जीवन दिव्यांग है!
पंचतत्त्वों से निर्मित पुरुषत्व ही सत्य ज्ञान है!
ईश्वरीय देन से यह युग हमें प्राप्त है!

यह प्राकृतिक - चिकित्सा मनुष्य के जीवन की नींव और स्वास्थ्य ही पहचान है!
प्रकृति के स्पर्श में ममत्व का एहसास इसी से जीवन की आस है!
रोगों का करे, पूर्णतः विनाश है!

प्राकृतिक - चिकित्सा एक युगों - युगों चलती मिसाल है, इसकी अपनी शान है!
सभी चिकित्साओं में सर्वप्रथम इसका स्थान है, आखिर यह प्रकृति हमारी माँ समान है
यह धात्री और हम इसकी सन्तान है!

प्रकृति का करना अनुसरण यही हम चिकित्सकों का
संकल्प और जीवन का सार है!



Pallavi Dave

BNYS, 4th year

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

गुरु का महत्व

जब मैं छोटा था तो प्यार से अ, आ कहना सिखाया है आपने
हां आज का काम आज ही नहीं, बल्कि अभी करना सिखाया है आपने
अरे अधेरो में तो उजाला हर कोई कर देता है,
पर अधेरो में भी चलना सिखाया है आपने ।

हर मुश्किल से भी मुश्किल चीजों का हल बता देते हैं
जिंदगी में क्या सही है और क्या गलत ये फर्क बता देते हैं,
हां कभी डांट दिया होगा तो कभी गुस्सा भी कर लेते हैं,
पर फिर भी एक दोस्त की तरह हर बार प्यार से समझाया है आपने

हां जब मैं छोटा था तो प्यार से अ, आ कहना सिखाया है आपने
अरे अधेरो में तो उजाला हर कोई कर देता है,
पर अधेरो में भी चलना सिखाया है आपने।

अगर आप ना होते तो शायद मैं आज ये लिख नहीं पाता,
आप ना होते तो शायद मैं सही से बोल भी नहीं पाता
हर वक्त याद करूंगा आपकी हर एक डांट को
क्योंकि हर डांट में एक नया आशीर्वाद दिया है आपने

हां जब मैं छोटा था तो प्यार से अ, आ कहना सिखाया है आपने
अरे अधेरो में तो उजाला हर कोई कर देता है,
पर अधेरो में भी चलना सिखाया है आपने।

जिंदगी की कोई भी मंजिल अब ऐसी नहीं होगी जिसे मैं पा नहीं सकता
क्योंकि हर राह पर चलना सिखाया है आपने
अब मैं, मेरे कितने भी बड़े, सपने से नहीं डरता
क्योंकि हर सपना सच करने की सहूलियत को सिखाया है आपने

हां जब मैं छोटा था तो प्यार से अ, आ कहना सिखाया है आपने
अरे अधेरो में तो उजाला हर कोई कर देता है,
पर अधेरो में भी चलना सिखाया है आपने।

ज्यादा कुछ नहीं बस आपका नाम रोशन करना चाहता हूँ,
अरे मेहनत करना तो कोई आपसे सीखे,
क्योंकि रात में जागकर फिर हर सुबह कुछ नया सिखाया है आपने

हां जब मैं छोटा था तो प्यार से अ, आ कहना सिखाया है आपने
अरे अधेरोँ में तो उजाला हर कोई कर देता है,
पर अधेरोँ में भी चलना सिखाया है आपने।

मैं जिंदगी में कितना भी बड़ा बन जाऊँ, कितने ही खिताब जीत लूँ
पर मेरी हर एक जीत में आपका भी हाथ होगा
क्योंकि गिर-गिर के संभलाना और
हार-हार के जीतना सिखाया है आपने

हां जब मैं छोटा था तो प्यार से अ, आ कहना सिखाया है आपने
हां आज का काम आज ही नहीं, बल्कि अभी करना सिखाया है आपने
अरे अधेरोँ में तो उजाला हर कोई कर देता है,
पर अधेरोँ में भी चलाना सिखाया है आपने।



Manoj Ambesh

DRT, 1st year

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

होम्यो कविता

हर डर की दवा, दवा खाओ, निडर बन जाओ !

अगर मिली ना मुझे दवाई, जग से हो जाएगी मेरी विदाई।

इसका डर दूर भगाओ, ऐकोनाईट इसे खिलाओ।

आ गया है मेरा बुलावा, लेता हूँ सबसे विदाई, अब कोई काम की नहीं दवाई।

इसकी घबराहट- बैचेनी कम करनी है बस आर्सेनिक इसको देनी है।

सड़क पर चलना आसान नहीं भाई, कहीं ये इमारत मेरे सिर पे आई,

अर्जेटम तेरा डर भगाएगी, तुझमें तेरा खोया कॉन्फिडेन्स लौटाएगी।

अकेलापन खाता है, मन मेरा घबराता है,

रहे कोई मेरे आस पास, आए खुली हवा में साँस,

बस कर रोना, खुल के जीना, पलसेटीला बस एक बूँद पीना।



Deepak Bakoliya

BHMS, 3rd year

Swasthya Kalyan Homoeopathic Medical College & Research Centre

संस्कृत

संस्कृत विश्व की प्राचीनतम एवं सर्वाधिक परिष्कृत भाषा रही है। संस्कृत को न केवल एक भाषा के रूप में अपितु इसे सम्पूर्ण मानव समुदाय की दिव्य संदेश संवाहिका के रूप में भी माना जाता है। यद्यपि संस्कृत व्यवहार की भाषा नहीं रही थी, फिर भी संस्कृत के विद्वानों ने इसकी सृजनधारा को अवरुद्ध नहीं होने दिया।

भारत वर्ष में राजस्थान ही ऐसा प्रदेश है, जहां संस्कृत शिक्षा आरम्भ से ही पल्लवित रही है। देश के शीर्षस्थ रचनाकारों को चुन- चुनकर लाना तथा यहां की पावन तपःस्थली पर रह कर किया गया उनका अवदान वस्तुतः अभिनन्दनीय है।

इसका उपलब्ध वाङ्मय अपरिमेय है। सहस्र शताब्दियों से समृद्ध होती हुई भारतीय ज्ञान की परम्परा को दर्शाने वाली इस भाषा का मूल “वेद” से माना जाता है। “वेद” समस्त ज्ञान का स्रोत हैं तथा उससे ही सम्पूर्ण लौकिक विषयों की सिद्धि होती है। संस्कृत में वेदों के पश्चात लिखे गये ब्राह्मण ग्रन्थों, आरण्यकाओं, उपनिषदों में वैदिक ज्ञान का विहंगम प्रस्तुतिकरण हुआ। इसके पश्चात वेदांगों के माध्यम से संस्कृत का पल्लवन हुआ। कालान्तर में आयुर्वेद, ज्योतिष, पुराण, धर्मशास्त्र, अर्थशास्त्र, कामशास्त्र, दर्शनशास्त्र, अध्यात्म आदि के माध्यम से संस्कृत के ज्ञान भण्डारगृह को विस्तृत होने का अवसर मिला।

पुराणों के अवतरण के पश्चात रामायण एवं महाभारत की रचना के साथ ही काव्य, नाटक, कथा, गीता, गाथा, कोष आदि विधाओं में साहित्य- सृजन का मार्ग भी प्रशस्त हुआ। इतना ही नहीं, योग शब्द की उत्पत्ति भी संस्कृत शब्द “यजुर” से हुई है। जिसका अर्थ है - जोड़ना। चाहे आयुर्वेद हो या सिद्धा चिकित्सा पद्धति, सभी का जनक संस्कृत को माना है। यथा-

“समदोषः समाग्निश्च समधातु मलक्रियाः
प्रसन्नात्मेन्द्रियमनाः स्वस्थः इत्यभिधीयते”।

इसके अतिरिक्त चरक संहिता, जो कि स्वयं चिकित्सा- पद्धति पर लिखा गया संस्कृत ग्रन्थ है। वह भी वैदिक- काल में प्रचलित आथर्वण दैवचिकित्सा के अतिरिक्त परीक्षा- विधियों द्वारा सर्वात्मना सर्वथा रोग- परीक्षण कर रुग्ण की प्रकृति आदि का विचार कर एवं प्रत्येक पुरुष के दोष- देश आदि का सम्यक् अध्ययन कर उसके अनुकूल युक्तिव्यपाश्रय चिकित्सा का प्रावधान करता है। यही कारण है कि न केवल संस्कृत एक भाषा है, अपितु संस्कृत का माहात्म्य चिकित्सा के क्षेत्र में भी स्वयं - सिद्ध है।



Dr. Rashmi Gupta

Asst. Professor

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

Health benefits of cycling

Cycling is mainly an aerobic activity, which means that heart, blood vessels and lungs all get workout. Person will breathe deeper, perspire and experience increased body temperature, which will improve **overall fitness level**. Cycling can help to protect human body from serious diseases such as stroke, heart attack, cancer, depression, diabetes, obesity and arthritis. Riding a bike is healthy, fun and a low-impact form of exercise for all ages. Cycling is easy to fit into one's daily routine by riding to the shops, park, school or work.

Diabetes and cycling:

The rate of type 2 diabetes is increasing and is a serious public health concern. Lack of physical activity is thought to be a major reason why people develop this condition. Large scale research in Finland found that people who cycled more than 30 Minutes per day had a 40 percent less risk of developing diabetes.

Cardiovascular disease and cycling:

Cardiovascular disease include stroke, heart attack, high blood pressure. Regular cycling stimulates and improves functioning of heart, lungs and circulation thus reducing risk of CVD. Cycling improves muscle strength, lowers resting pulse rate and also reduces fat levels in blood.

Arthritis and cycling:

Cycling improves street balance and coordination. Riding a bike is an ideal form of exercise in cases of arthritis, because it is a low impact exercise that places little stress on joints.

Mental illness and cycling:

Mental health conditions such as depression, stress and anxiety can be reduced by regular cycling.

Hand cycling and health:

Hand cycles are similar to recumbent tricycles, but they are powered with hand instead of foot pedals. Velcro straps can be used to secure the hand to the pedals if necessary this style of tricycle allows amputees people with spinal injuries and those recovering from certain conditions such as stroke to cycle as a form of exercise and recreation. Hand cyclists get cardiovascular and aerobic benefits similar to those of other cyclists.

Relieves stress

Reduces risk of heart disease

Boosts metabolism

Gives you legs of steel

Strengthens your immune system

Reduces high blood pressure & risk of diabetes

Helps you lose fat, build muscle

Improves coordination



Laxmi Bairwa

GNM, 1st year

Swasthya Kalyan Institute of Medical Technology & Nursing Education

मधुमेह और स्वास्थ्य

“मधुमेह” एक अत्यंत प्रचीन रोग है, आज से हजारों वर्ष पूर्व चरक और सुश्रुत संहिता में भी इसका उल्लेख मिलता है। “मधुमेह” नाम महर्षि सुश्रुत ने दिया है तथा अंग्रेजी में इसे ‘डायबिटीज- मेलिटस’ कहते हैं। भारत में 20 से 25 प्रतिशत लोग इस बीमारी से पीड़ित हैं। मधुमेह रोग अत्यंत घातक और असाध्य रोग माना जाता था, परन्तु प्राकृतिक चिकित्सा के द्वारा इस रोग से छुटकारा पाया जा सकता है। जब शरीर में चीनी का पाचन नहीं हो पाता तो खून में चीनी जमा होने लगती है और अंत में पेशाब के साथ बाहर निकल आती है। इसी का नाम मधुमेह या डायबिटीज है। मधुमेह एक चपापचय सम्बन्धित रोग है।

आमतौर पर मनुष्य के रक्त में शक्कर की मात्रा प्रति 100 मि.ली. में 80 से 120 मि.ग्रा. होती है। जब रक्त में शक्कर की मात्रा अधिक हो जाती है, यानी 180 मि.ग्रा. के ऊपर हो जाती है तो मूत्र परिक्षण में भी दिखायी देती है। यदि खालीपेट शक्कर की मात्रा प्रत्येक 100 मि.ली. में 120 मि.ग्रा. से अधिक और खाने के दो घण्टे के पश्चात 100 मि.ली. रक्त में 150 मि.ग्रा. से अधिक होने से उक्त व्यक्ति को मधुमेह है यह समझ सकते हैं। ग्लूकोज टॉलरेंस से बात निश्चित करवानी चाहिए। ऐसी शर्करा बढ़ने का मुख्य कारण है शरीर में इंसुलिन की मात्रा कम होना या बिल्कुल नहीं होना। इंसुलिन पेन्क्रियाज नामक ग्रन्थि से स्रावित होता है। मधुमेह को वंश परम्परागत रोग कहा गया है, क्योंकि पैतृक विरासत में यह रोग प्राप्त होता सकता है।

मधुमेह के मुख्य लक्षण:

1. अधिक भूख या प्यास लगना।
2. दिन हो या रात पेशाब का बार-बार आना।
3. चोट या घाव जल्दी पकना और विलम्ब से ठीक होना।
4. त्वचा पर बार-बार फोड़ा-फुंसी होना।
5. पैरों का सुन्न होना।
6. हृदय घात, पक्षाघात।
7. गैंगरीन रोग का होना।
8. आँखों की रोशनी कम होना।

मधुमेह में सहायक प्राकृतिक आहार

1. मैथी:- एक चम्मच मैथी को रात्रि को भिगोकर सुबह-शाम खाली पेट पानी सहित लेना चाहिए।
2. जामुन:- जामुन में ‘जम्बोलिन’ पदार्थ पाया जाता है, जो प्रभावकारी है। यह स्टार्च को शर्करा में बदलने से रोकता है।
3. आंवला:- सूखा आंवला तथा जामुन की गुठली का चूर्ण एक चम्मच सुबह-शाम लें। इसमें कैल्शियम, फॉस्फोरस भी पाये जाते हैं।
4. करेला:- करेले में मौजूद पोलिपेप्टाइड- पी जो कई एमिनो एसिड्स से मिलकर बना है। जिससे रक्त शर्करा नियंत्रित होती है।
5. लहसुन:- लहसुन के सेवन से रक्त का क्षारीयकरण होता है। इसमें मौजूद तत्व इंसुलिन के निर्माण में सहायक होते हैं।
6. सदाबहार व बेल की पत्ती:- दोनों पत्तियों के नियमित सेवन से रक्त शर्करा एवं मूत्र शर्करा कम होती है।
7. नीम गिलोय:- नियमित 3 से 5 ग्राम नीम गिलोय का रस भोजन से पहले लेने से मधुमेह में लाभकारी है।
8. हरी पत्तेदार सब्जियां, छाछ, सूप, खट्टे फलों का भरपूर सेवन करना चाहिए। सोयाबीन का दूध, अंकुरित अनाज का सेवन करना भी हितकारी है।

आहार में पर्याप्त मात्रा में ऊर्जा हो, साथ ही ऐसे पोषक तत्व हों जिससे रक्त शर्करा भोजन करने के बाद न बढ़े। भोजन अल्प मात्रा में सहायक होता है। मधुमेह रोगी को आहार सम्बन्धित नियमों का पालन करना चाहिए। शाकाहार सर्वोत्तम आहार है। शरीर शोधक आहार, प्राकृतिक चिकित्सा द्वारा मधुमेह से छुटकारा पाया जा सकता है।



Gaurav Gupta

BNYS, 4th year

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

Effective physiotherapy program

Most of the people think physiotherapy is related only with joints' problem but its sphere of action is vast. Today, physiotherapist improves the quality of life of patients with advance therapies and good counselling. Diabetes is a multisystem disorder where role of physiotherapy is parallel to medication. Many diabetics are overweight, have joint/cardiovascular issues. **Effective exercise programs** helps to improve their ability to move, perform daily activities, reduce their pain, and possibly lower their blood glucose level. Physical therapy treatments also can help people with diabetes heal any associated skin problems faster than they would without treatment.

Physiotherapy has certain specific exercise to improve the bodily functions and glycemic control. Use of specific exercises, manual therapy to target specific musculo-skeletal problems common to diabetics provides help beyond physical activity:

- **Skin management** - Counsel the patients on skin/wound (e.g., blister/ulcer) care, pressure point avoidance, spotting trouble signs, provide wound management for ulceration.
- **Foot care** - Blisters, loss of feeling, ill-fitting shoes can cause ulceration. Physiotherapists assess/advise on proper footwear and walking retraining to alleviate pressure on feet.
- **Pain management** - Diabetics often have pain from nerve impairment. Electrical stimulation, sensory desensitization and targeted exercise help manage pain and let patients perform physical activity.

Treatment program can help improve:

- Motion
- Strength
- Flexibility
- Endurance
- Balance and coordination
- Walking ability
- Pain levels
- Blood glucose levels
- Healing of sores
- Ability to perform daily and work activities



Dr. Ankit Pachori

Associate Professor
Department of Neurophysiotherapy
Swasthya Kalyan Institute of Physiotherapy

जीत की राह

तू बस चलता रह
किसने कहा तू कमजोर है कमजोरी भी तो प्रगति पद पर अग्रसर है।
तू बस चलता रह
तू चलता रह तेरे स्वाभिमान के लिए तू चलता रह तेरे सम्मान के लिए।
तू साथ किसका दूँदता है तू चल तेरी सम्मानित परछाई तेरे साथ है।
तू जहाँ में अकेला आया था अकेला जाएगा।
चार दिन की जिन्दगी में तू कहा इतना गम झेल पाएगा
तू चलता रह तेरी एहमियत तेरा वक्त बताएगा।
एक दिन ऐसा आएगा जब हर जगह तू ही छाएगा
बस तू चलना मत छोड़ना बस तू लड़ना मत छोड़ना।।



Rohit Bhardwaj

DRT, 1st year
Swasthya Kalyan Institute of Medical Technology & Nursing Education - Paramedical Division

Leucorrhoea and its treatment

The natural excessive secretion of white fluid from cervix occurs only during ovulation days to lubricate vagina. This means from 14th to 28th day of menstrual cycle, over secretion of WBC rich fluid is natural but if this continues for an extended period; it can be termed as Leucorrhoea (because fluid is rich in leucocyte or white blood cell). The white mucus-like moisture secreted inside the female vagina is an inalienable part of female's immune system.

There are multiple reasons of leucorrhoea and the most common amongst those is the increased level of oestrogen. Others are infection in cervix, swelling in cervix and injury in cervix. The most marked objective symptom of a patient suffering from leucorrhoea is shadowed face. Most of the time the patient is first medicated for the shadow or dullness of face and then later diagnosed with leucorrhoea. This is because the most common reason behind leucorrhoea is increased oestrogen level which directly reflects on patient's face.

Pale earthy face is the marked objective symptom. The important symptoms to note in leucorrhoea are the subjective symptoms which comprises of duration of over secretion, smell of secretion, colour of secretion, texture and thickness of secretion, pain or prolapse of uterus etc. Initially, to confirm the fluid as leucorrhoea secretion; the sample must be checked for WBC count. The leucorrhoea fluid will be WBC rich as it is a biological defensive fluid. Its WBC count will be much more than the normal blood count (4,500 - 10,000).

After confirming leucorrhoea, some tests are performed to find the cause of leucorrhoea like:

- **USB adnexa (ultra sound lower abdomen)**
- **Biopsy test**
- **Test of fluid for pathogen presence**

- **Treatment:**

One of the root causes of imbalance of oestrogen in body is improper functioning of liver. Liver is the site of oestrogen degeneration. When liver starts developing problems, the degeneration of oestrogen reduces which resultantly increases the body oestrogen level. So, to treat leucorrhoea treating liver is the smallest necessity.

- **Modern medicine** treatment includes oral antibiotics, local washes and applications.
- In **Homeopathy** the medicine is prescribed on bases of similarity between medicinal symptoms and patient's symptom, so patient should take medicines under physician's guidance.
- **Ayurveda** considers leucorrhoea is caused by vitiation of Kapha; it occurs commonly in weak and anaemic women. They usually prescribe Chandrapravati, Dry Amla, Mulethi, Pradrantak laugh etc. which should be taken when prescribed by Ayurvedic doctor.
- **Naturopathy** treats patient by eliminating the toxins from the body by using abdominal mud pack, full mud bath, luke warm neem water vaginal wash, cold hip bath, intake of soaked fenugreek water.
- For general care patient is advised to maintain personal hygiene, take proper rest and do regular exercise, take nourishing diet and avoid fried, spicy food and maintain regularity of bowel movements.



Saurabh Singh

BHMS, 1st year

Swasthya Kalyan Homeopathic Medical College and Research Centre

ग्वारपाठा- एक संजीवनी

ग्वारपाठा देखने में यह अवश्य अजीब सा पौधा है लेकिन इसके गुणों का कहीं कोई अंत नहीं।

वनस्पतिक नाम- सीवलाबारबाइन सिंसमिल्लर व ऐलोवेरा

इस पौधे की पहचान 16वीं शताब्दी में अफ्रिका और अमेरिका में हुई। पौधे निरीक्षकों ने इसे मेडिकल प्लांट कहा है।

ग्वारपाठा के रस के नियमित प्रयोग से हम अपने शरीर को ज्यादा स्वस्थ व फुर्तीला बना सकते हैं। हर आयु के लोग इसका प्रयोग कर सकते हैं। ग्वारपाठे का सेवन आप किसी भी चिकित्सा पैथी, यथा ऐलोपैथी, आयुर्वेद, होम्योपैथी आदि की औषधियों के साथ कर सकते हैं। ग्वारपाठा के अनेक गुण हैं जैसे त्वचा में गहराई तक असरकारक, नये कोषों का निर्माण व मृत कोषों को हटाना, एन्टिबायोटिक जैसा कार्य करना, शक्तिवर्धक, विष नाशक पोषक, त्वचा में नमी लाना इत्यादि।

ग्वारपाठे की शरीर पर क्रिया-

ग्वारपाठे के सेवन से मल शुद्धि होती है और शरीर में संचित रोग जनक तत्व निष्कासित होते हैं। यह जठराग्नि तेजकर पाचन व्यवस्था को नियमित करता है। ग्वारपाठे का आन्तरिक सेवन करने से असंक्राम्य विधि से शरीर में रोगाणुओं, वायरल संक्रमण से लड़ने की शक्ति पैदा होती है।

क्षय किरणों से नष्ट त्वचा को ठीक करने में सहायक -

ग्वारपाठा से बनाई गई जैल का प्रयोग क्षय किरणों से नष्ट हुई त्वचा पर किया गया। इस शोध उपरांत उन्होंने पाया कि ग्वारपाठे का प्रभाव इतना अच्छा है कि यह त्वचा में वर्ण को वापस ला देता है, एवं वहां की रोग-प्रतिरोधक शक्ति को हमेशा के लिए उत्पन्न कर मजबूत बना देता है।

क्रोनिक सोराइसिस को ठीक करता है। ग्वारपाठा और शेष खनिज तेल मिलाकर तैयार की गई जैल को यदि सोरायसिस वाली जगह पर लगाया जाए तो यह चार सप्ताह में ही हमेशा-हमेशा के लिए रोग मुक्त कर देती है।

आंत्रगत बीमारी को ठीक करता है-

भयंकर विषजन्य आंत्रगत सूजन हो जाने पर प्रयोग किया गया। ग्वारपाठे का जूस दिन में 3 बार 7 दिनों तक देने मात्र से 2 सप्ताह में आंत्रगत शोध, संक्रमण खत्म हो गए।

मधुमेह नाशक ग्वारपाठा -

ग्वारपाठे के प्रयोग द्वारा मधुमेह रोगी के रक्त में शर्करा का प्रतिशत कम किया जा सकता है।

गठिया जन्य शोध का नाशक -

गठिया में आने वाली सूजन, ऊतकों का नाश, मवाद होने पर रोजाना 4 चम्मच ग्वारपाठा रस दिया जाए तो 3 सप्ताह में रोग ठीक हो जाता है। ग्वारपाठा अनेक कई व्याधियों में उपयोगी है, जैसे ऐच. आई. वी., कैंसर, महिलाओं में होने वाले प्रदर रोग इत्यादि।

वर्तमान समय में ग्वारपाठे पर नवीन शोध (अनुसंधानात्मकदृष्टिकोण)-

वह पौधा जिसमें आश्चर्यजनक रोग निवारण के गुण मौजूद हैं- ऐलोवेरा ज्यूस, यही है सच्चे स्वास्थ्य की कुंजी।

यह शरीर में लीवर एवं किडनी के कार्यों का सुचारु रूप से कार्य करने में मदद करता है एवं शरीर में से टोक्सिक पदार्थों को निकालने में सहायता करता है। ग्वारपाठे में विटामिन्स, मिनरल्स, एन्जाइम्स सभी उपयुक्त मात्रा में मिलते हैं।

अपनी चिकित्सा आप करें-

सभी रोगियों को डॉक्टर, अस्पताल की सुविधाएं प्राप्त नहीं होतीं। सभी रोगी उच्चस्तर की चिकित्सा सुविधाओं को प्राप्त करके भी ठीक नहीं होते। रोग को असाध्य बताकर डॉक्टर अपने दायित्व की इतिश्री कर लेते हैं। ऐसी स्थिति में रोगी प्रकृति और परमात्मा की शरण में समर्पित होकर प्राकृतिक चीजों से अपनी चिकित्सा करे तो आरोग्यता का रास्ता बन जाएगा।



Simran Mittal

BNYS, 2nd year

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

7 Strategies to change your life, your lifestyle & you

07

SHINE: Feel proud of being what you are, who you are. Do not get affected by what others say and think. Devote yourself to your family and yourself. You are worth it for who you are one in a million.

06

EMBODY: Imagine yourself in the shoes of someone who represent what you want.

05

GALVANISE: Start moving towards your goal. Take the first step, however small and don't stop. Have a passion for the change. Excitement comes. "Be open to possibilities". Look for people who will boost your morale.

04

NEGOTIATE: Get rid of the fear of what if, "or what if not".

03

AFFIRM: Not allowing others to run your life for you. "I will do it. I must do it".

02

HARMONISE: Focus and develop a vision for what you want. Day dream about it. Don't wait.

01

CLARIFY: Recollect your dreams and aspirations. How close you are to them? You still can if you decide to change your lifestyle. Just remove the clutter. Decide what you don't want and discard it, in your lifestyle, your work.



Priyanka Sen

BPT, 1st year
Swasthya Kalyan Institute of Physiotherapy

जीवन में जिंदगी की शिक्षा जरूरी

जीवन मिलता नहीं है, निर्मित करना होता है। जन्म मिलता है, जीवन निर्मित करना होता है।

इसलिए मनुष्य को शिक्षा की जरूरत है

शिक्षा का एक ही अर्थ है कि हम, जीवन जीने की कला सीख सकें।

हमारी सारी शिक्षा स्मृति पर केंद्रित है और इसलिए अक्सर ऐसा हुआ है कि विश्वविद्यालय जिन्हें गोल्ड मैडल देता है, जिन्दगी उन्हें मिट्टी के मैडल भी नहीं दे पाती। वे जो विश्वविद्यालय में चमकते हुए सितारे थे वे जिन्दगी में बुझ जाते हैं और राख हो जाते हैं।

कुछ कारण हैं- जिन्दगी मांगती है बुद्धिमता, इन्टेलिजेंस, विज्जम।

जिंदगी में सिर्फ स्मृति काफी नहीं है और बड़े मजे की बात यह है कि ज्यादा स्मृति होना अनिवार्य रूप से बुद्धिमान होने का लक्षण नहीं है। आमतौर पर उल्टा होता है। बहुत बुद्धिमान व्यक्ति की स्मृति कमजोर होती है। बहुत बुद्धिमान व्यक्ति भुलक्कड़ होते हैं। हमारी परीक्षाएं स्मृति की परीक्षाएं हैं, बुद्धिमता की नहीं, इन्टेलिजेंस की नहीं। हम परीक्षाओं में सिर्फ इन बातों की जानकारी कर लेना चाहते हैं, कि कौनसा व्यक्ति ठीक से दौहरा सकता है। लेकिन ठीक से दौहराने वाला व्यक्ति जिन्दगी में खो जाता है क्योंकि जिंदगी रोज नये सवाल उठाती है।

शिक्षा में क्रान्ति का पहला अध्याय होगा, स्मृति को केन्द्र से हटाएं और बुद्धि को केन्द्र पर रखें। बंधे- बंधाए उपलब्ध ज्ञान को देना बहुत सरल है, लेकिन नये ज्ञान की खोज की क्षमता और प्यास पैदा करना बहुत कठिन है। नये ज्ञान की खोज में भूल होना अनिवार्य है। जो व्यक्ति रोज नई भूल कर सकता है उसकी प्रतिभा निरंतर विकसित होती है। इसलिए बंधी हुई लकीरों में ना घूमकर निरंतर सर्वाधिक भूल करने के लिए तत्पर रहना चाहिए।



Divya Swarnkar

BHMS, 1st year

Swasthya Kalyan Homeopathic Medical College and Research Centre

देसी - दवाई दोहे

तुलसी का पत्ता करें, यदि हरदम उपयोग !
मिट जाते हर उम्र में, तन के सारे रोग !

प्रातः काल फल रस लो, दुपहर लस्सी - छाछ !
सदा रात में दूध पी, सभी रोगों का नाश !

घूट- घूट पानी पियो, रह तनाव से दूर !
एसिडिटी या मोटापा, होवें चकनाचूर !

उर्जा मिलती है बहुत, पिं गुनगुना नीर !
कब्ज खतम हो पेट की, मिट जाए हर पीर !



Bhawna Sagar

BNYS, 3rd year

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

Health and fitness

Health and fitness is the key to a long, active and enjoyable life. It is correctly stated that health is the actual wealth that a person can retain. Students need to realize the importance of staying healthy and fit. Also, being the future generation, they can play a vital role in creating awareness and maintaining a stable health regime.

Health can, generally, be measured on major three parameters: Physical, psychological and nutritional. Physical health means the physical appearance of a person; nutritional health means the presence of essential nutrients in the body to fight diseases with immunity. Psychological health means the ability in a person to maintain patience, calm and composure in all circumstances of life.

Health professionals consider cancer, diabetes and several other mental and physical health issues such as depression, lethargic attitude, etc to deficiencies in fitness and well-being of a person. Unhealthy and unfit lifestyle of a person also results in premature death. Obesity and lack of physical fitness in young generation sets the stage for diabetes, heart disease, and other serious health problems.

Walking, running, cycling, playing, swimming, gardening, skipping, weight-lifting and yoga are some of the important activities which help us maintaining and healthy lifestyle. A person who is fit both physically and mentally is strong enough to face the ups and downs of life, and is not affected by any drastic changes in the circumstances.

Healthy habits improve your physical appearance, mental stability, ability to perform activities in a better way, which help you to lead a stress-free lifestyle, maintaining happy moods, high energy levels, etc. Each individual should take of one's health on a priority; no single day should be skipped for making efforts on maintaining physical and mental fitness. Being happy is directly related to boosting your mental strength and health, so happiness can be considered as the result of healthy and fit lifestyle.

To conclude, health is the most important thing that a person should take care of. Leading a healthy lifestyle leads to happiness, success and achievements.



Sachin Dusad

BPT, 1st year

Swasthya Kalyan College of Physiotherapy

**Exercise not only changes your body.
It changes your mind,
your attitude and your mood.**

तनाव से पायें मुक्ति

आजकल की प्रतिस्पर्धा वाली जिन्दगी में लोगों का जीवन तनाव भरा है। हर दूसरा व्यक्ति किसी न किसी समस्या से ग्रसित है।

मानसिक रोग क्या है ?

विशेषज्ञों का कहना है कि जब एक व्यक्ति ठीक से सोच नहीं पाता, उसका अपनी भावनाओं और व्यवहार पर काबू नहीं रहता, तो ऐसी हालत को मानसिक रोग कहते हैं।

तनाव को किसी ऐसे शारीरिक, रासायनिक या भावनात्मक कारक के रूप में समझा जा सकता है, जो शारीरिक तथा मानसिक बैचेनी उत्पन्न करे और वह रोग निर्माण का एक कारण बन सकता है। संवेग सकारात्मक हो या नकारात्मक ये मूलतः मनोवैज्ञानिक एवं जैवकीय होते हैं। जिसके फलस्वरूप हमारा मस्तिष्क हार्मोन्स व रसायनों को मुक्त कर हमें उत्तेजना की स्थिति में ला देता है। हाल के अनुसंधान से पता लगता है कि दीर्घकालीन संचित नकारात्मक सोच हमारी जीव का क्षय कर हमें अनेकानेक मनः शारीरिक संतापों, यथा – अल्जाइमर्स, हृदय रोग, मधुमेह, उच्च रक्तचाप आदि से घेर कर हमारे जीवन की गुणवत्ता के क्षय का कारण बनते हैं।

कैन्ट की यूनिवर्सिटी के न्यूरोलॉजी विभाग के डॉ. डेविड स्नोडन व उनके सहयोगियों ने यह निष्कर्ष निकाला है कि जो व्यक्ति दुश्चिंता, घ्रणा, भय आदि में लिप्त रहते हैं अपने मन व काया दोनों का ही सर्वनाश करते हैं।

“प्रफुल्ल चित्त से किया हुआ कार्य सदा सुखदायी होता है।” नए-नए विचार प्रफुल्लित होते हैं। चिन्तन में स्वस्थता आती है। वह झगडालू नहीं होता। तनाव रहित होता है। तनाव, व्यक्ति की सोच को खा जाता है। सुख और शांति को खा जाता है। साथ ही वह व्यक्ति अपने आसपास के वातावरण को भी तनावयुक्त बना देता है।

चिंता यानि तनाव:- तनाव – चिंता दोनों एक दूसरे के प्रेमी, एक ही सिक्के के दो पहलू। क्रोधादि संवेग यह स्वाभाविक होते हुए भी यदि अधिक समय तक बने रहे तो स्वयं के प्रति विश्वास में कमी लाकर हमारे जीवन को दयनीय बना देते हैं। जीवन के प्रति उत्साह को कमजोर बना देते हैं।

वेदांत के अनुसार –

नकारात्मक संवेगों का कारण, भय और चिंता हमारे चातुर्य के पहलपन का दमन कर बुद्धिमता पर प्रहार कर मानसिक क्षीणता लाते हैं।

नाडी-मण्डल पर टाक्सेमिया का अत्यधिक भार संग्रह होने के नाडी- मण्डल की शक्ति घट जाती है। शौच, गुर्दे, त्वचा और फेफडे द्वारा विषाक्त (टॉक्सिन्स) पूरी रूप में शरीर से बाहर नहीं निकल पाते इससे अंग पूरी क्षमता से कार्य नहीं कर पाते और व्यक्ति रुग्ण हो जाता है।

तनाव से मुक्ति के उपाय –

मेडीटेशन- शरीर, मन और आत्मा को एक- दूसरे से जोडने के लिए किया जाता है। इसके द्वारा मस्तिष्क में मौजूद सभी प्रमुख ग्रंथियां अपना कार्य सुचारु रूप से करती हैं और हार्मोन्स उचित मात्रा में स्त्रावित होते हैं। अल्फा तरंगों की गतिविधियां बढ़ जाती हैं।

- **विश्राम चिकित्सा-** व्यापारी शिथिलन की आदत डाल सकता है। Autogenic training विश्राम चिकित्सा की एक पद्धति, जिसमें आत्म प्रेरणा कार्य करती है।
- **भ्रामरी प्राणायाम-** यह प्राणायाम क्रोध, चिन्ता, अनिद्रा को दूर करता है, रक्तचाप में कमी, शरीर के उत्तकों को शीघ्र स्वस्थ बनाता है।
- **योग निद्रा-** यह शारीरिक और मनोवैज्ञानिक प्रणालियों को शिथिलीकरण की अवस्था में पहुंचाता है। मानसिक अवरोधों को दूर करता है।



Nikita Jain

BNYS, 4th year

Swasthya Kalyan Institute of Naturopathy & Yogic Sciences

Yoga the regiment of health

Yoga is derived from Sanskrit word “YUG” means “to unite”.

It is a practice that connects the individual soul with the spiritual soul. It includes physical postures, breathing exercises, and meditation to improve overall health. It regularizes the body, mind and, soul. It regularizes the functioning of organs and protects the body and mind by not getting affected by unhealthy lifestyle. It helps in maintaining the physical mental and overall inner peace.

Regular practice of the yoga in the morning maintains the equilibrium of both outer and inner body environment by keeping away from the countless ailments that disturbs the physical and mental level. Practicing postures or asanas strengthens the body and mind as well as creates the feeling of well being. It sharpens the human mind, improves intelligence and help in high level of concentration by steadying the emotions and feelings. Practicing meditation helps in focusing on our goals, clarity of mind and most importantly calming effect to mind that leads to sagacity. Yoga is like a practical philosophy which develops self-discipline and self awareness within us through regular practice.

Yoga is irrespective of age, religion, or health circumstances. It teach as us the discipline and sense of power and harmonious life. We cannot count the benefits of yoga, we can just accept the truth of nature that is a boon to the human fraternity by the God. It maintains physical fitness, reduces stress, control emotions, feelings, control negative thoughts, feeling of general well being, improves mental clarity, enhances self-understanding, connect us to the nature and much more. **This tradition is so perfect that it expounds in modern scientific terminology instead of simply evaluating it in terms of current concepts of science.**



Dhananjay Rajawat

BNYS, 1st year

Swasthya Kalyan Institute of Naturopathy & Yogic Science

स्वास्थ्य की कुंजी - योग।

योग केवल शारीरिक क्रिया नहीं, अपितु मन को शांत चित्त करने, ध्यान शक्ति बढ़ाने का एकमात्र सटीक उपाय है। आज के दौर में हर व्यक्ति, बच्चे से लेकर वृद्ध तनाव से ग्रस्त है। योग वह प्रणाली है जो हमारे संपूर्ण जीवन शैली में परिवर्तन लाता है। योग में केवल आसन ही नहीं अपितु प्राणायाम, ध्यान, बन्ध, मुद्रा यह सभी योग के एक महत्वपूर्ण अंग हैं, जिनसे सोचने- समझने, तर्क-वितर्क करने की क्षमता का विकास, शांत चित्त होता है। हर परिस्थिति में शांत मन से, भली प्रकार से सोचकर किसी निर्णय लेने की क्षमता में वृद्धि होती है। व्यक्ति किसी बीमारी के पश्चात ही दवाई का उपयोग करता है।

योग वह पद्धति है, वह कला है जिसे किसी बीमारी के समय ही नहीं, अपितु अपने स्वास्थ्य के लिए, स्वास्थ्य को बनाए रखने के लिए बिना किसी दुष्प्रभाव के, अपनी जीवन शैली में एक स्थान दे सकते हैं। जिसका पालन पूरी निष्ठा, नियम, तथा अनुशासन से किए जाने पर शांति की प्राप्ति होती है एवं किसी प्रकार की क्षति नहीं होती है। योग से हमारे न केवल शारीरिक स्वास्थ्य में सुधार होता है अपितु मानसिक स्वास्थ्य भी बना रहता है।



योग है स्वास्थ्य के लिए लाभकारी, रखे रोग मुक्त जीवन के लिए गुणकारी।

Priyanshi Maheshwari

BNYS 4th year

Swasthya Kalyan Institute of Naturopathy & Yogic Science

Holistic treatment of Psoriasis

What is Psoriasis?

An autoimmune disorder, involving skin sometimes involves nails and joints (psoritic arthropathy), here focus is on skin psoriasis only. Most of the people initially consider this as a minor skin rash and apply local lotions and common medicines but this disease has deeper pathology and needs proper medical care and treatment.

What happens in this disease?

In skin psoriasis, life cycle of skin cells speeds up leading to extra cells growth over previously present cells these new extra cells forms typical silvery scales that appears like dandruff and cause itching when patient scratch red patches appear underneath, leaving inflamed raw areas. It commonly starts from elbows, knees, scalp, lower back, palms and/or soles and 15% of cases suffer from inflammation and pain in joints.

Any known cause and aggravating factors

This disease has no known cause apart from some genetic factors. To understand this in more simpler terms it is disturbance of our immune system and every year 10 million cases are diagnosed only in India.

Some factors which usually make the condition worse are winters, infection, any sort of tension, injury and some medicines. That's why it is always said that one should always consult doctor before taking any medicine.

Treatment:

This is a chronic auto immune disorder, though can be controlled with help of regular treatment in modern medicine and response towards the specific therapy depends upon spread of disease and intensity of disease. Treatment could be local ointments to reduce the irritation and inflammation and internal medicines to control the disorder and basic aim is to control the growth of cells.

Different options of treatment apart from modern medicine

Homoeopathy: Homoeopathy treats the individual on basis of symptom similarity. It treats the patient not the disease (by name) and each individual is different from other so every patient suffering from psoriasis will need different medicine which will help in curing him. Homoeopathy enhances the inner curative power of sick to overcome the disease therefore treatment time varies from person to person as each individual has his/her own threshold level to respond towards treatment. (Ref. Organon of Medicine, Dr. C.F.S. Hahnemann)

Ayurveda: Ayurveda emphasise a balance of three elements which are defined as person's universe, body's constitution (PRAKRITI) and dosha. Ayurveda cleanses and detoxifies the body via various herbs, basamsa and most common topical preparations used in treatment of ayurveda contain turmeric. **Dr. Satyapal (BAMS), Medical Officer, SMS Hospital, Jaipur.**

Yoga Meditation and Naturopathy: Yoga and naturopathy are rejuvenators of cells, it not only treat the ailments but balances the whole body system by eliminating the toxins from the body. Meditation helps in reducing stress and calms anxiety and Naturopathy treatments like steam, various scientific manipulative therapy and enema etc. are planned according to individual's need, Diet is also planned accordingly along with therapy.

In yoga there are various asanas which are helpful in stimulating immunity and bring back homeostasis in body thus helping in treating psoriasis and much helpful in psoriatic arthropathy. Different Pranayama like Kapal bhati have good impact on body and helps in reducing the spread of psoriasis. **Dr. Ashish Kasana, (BNYS) Lecturer, SKINYS, Jaipur**

Diet: Person should have healthy nutritious diet and avoid too much carbohydrates and diet containing gluten (like bread, pasta etc.). Person suffering from psoriasis should avoid too salty /sour / Acidic /spicy food. Fibre intake is beneficial and is given as per condition of patient. One must consume colourful diet like fruits and vegetables which contain antioxidants and vitamins like A, C and E which helps in stopping spread of disease. Early morning sunlight provide ample of Vit. D which also has a healing effect. Fish (sea food) and flaxseed is rich in Omega 3 fatty acid which is helpful in treating psoriasis. **Dietician Amita Agarwal, Senior dietitian and diabetes educator, Jaipur.**

Holistic approach to any treatment provides early recovery and long term health benefits to patient and vision for judicial plan of treatment.



Ravi Kumar Yogi

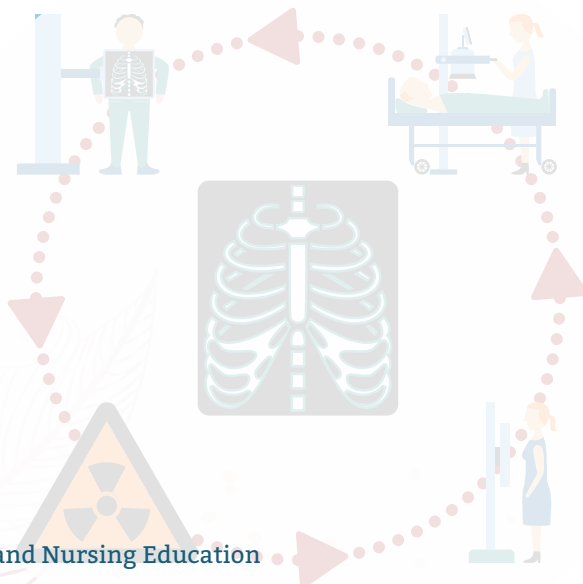
BHMS, 3rd year

Swasthya Kalyan Homoeopathic Medical College & Research Centre

Discovery of X-rays

X-rays were discovered by **W. C. Roentgen** the German physicist in **1895 on Nov. 08**. When he was investigating the conduction of electricity through gases at low pressure in glass tube, he noticed that the +ve electrodes in the tube gave off invisible rays that caused fluorescent screen (**Barium plation cyanide screen, kept near the tube**) to glow and that fogged photographic plates.

The rays were highly penetrating; they passed through black paper and even thicker objects. They were not deflected in a magnetic field. As their nature was not known, he called them **X-rays**. **Roentgen** received the **Nobel Prize** in physics in **1901 (first Nobel Prize)** for his discovery.



Priyanka Yadav

DRT, 1st year

Swasthya Kalyan Institute of Medical Technology and Nursing Education

Yoga and Naturopathy treatment for depression

Depression is a common and serious medical illness that negatively affects how you feel that way you think and how you act. Fortunately it is also curable. Depression cause feeling or sadness and /or a loss of interest in activities once enjoyed; it can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home.

Symptoms of depression:

1. Feeling of emptiness, hopelessness, despair and sadness irritability, anxiousness.
2. Feeling of exhaustion, severe tiredness.
3. Suicidal thought or attempts of suicide.
4. Sleep disturbance, sleeping too much or too little, insomnia.

Causes of depression:

There are a number of factors that may increase the chance of depression, including the following:

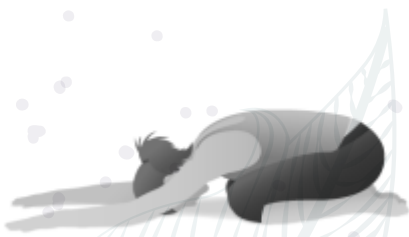
Abuse - Past physical, sexual or emotional abuse can increase the vulnerability to clinical depression latter in life.

Conflict - Someone who has the biological vulnerability to develop depression may result from personal conflict or disputes with family member or friends.

Serious illness - Sometimes depression co-exists with a major illness or may be triggered by another medical condition.

Treatment of depression by yoga:

Asanas:



Shashank Asana



Shavasana (corpse pose)



Setubandhasana (bridge pose)



Uttanasana



Janu sirsasana

Mudras :

- Shambhavi mudra
- Nasikagra mudra.

Role of Naturopathy in Depression

Hydrotherapy- Treatment is given by water at different temperature:

- Immersion Bath
- Arm & Foot Bath

Chromo therapy- Treatment is given by different colours:

- Blue colour charged water & oil.

Massage therapy- Skilful action made upon the body tissues.

- Full Body Massage (Specially Head Massage)

Aroma therapy- Use of aromatic materials for therapeutic purpose:

- Jasmine & Lavender Aroma.

All above therapies are safe and should be taken under supervision of expert.



Lalit Sankhla

BNYS, 3rd year

Swasthya Kalyan Institute Of Naturopathy & Yogic Sciences



Saloni Jain

BNYS, 1st year

Homoeopath's recipe

Take one spoon full measure of dedication

Add plenty of passion

A desire to learn, be curious and grow

Pour it all in good philosophical understanding

Stir in depth understanding of health and disease

Season with knowledge of remedies

Sweeten with love and compassion

Cook in a hot analytical oven

Leave to stand in calm, reflective space

Serve and savour every patient.



Tejaswani Sharma

BHMS, 4th year

Swasthya Kalyan Homoeopathic Medical College And Research Centre

Metaphysics of diseases

Metaphysics of disease are the causative modalities,
That shows how emotions affect individual's personality.
Metaphysics of disease help to understand the reason behind ailments,
Its aspects deal with subtle body involving psycho-spiritual constituents.

Outbreaks of acne denotes eruptions, pent up with emotions,
Arthritis is rooted in self criticism and self rejections.
Bed wetting is a systemic suppression of child by over dominate parents,
Indecision and worries are the metaphysics behind diarrheal events.

PMS is a result of unwilling to flow with beauty of nature,
Spiritual meaning of depression is disappointment and emotional pressure.
Hypothyroidism is caused by fear of responsibilities and selfishness,
Hyperthyroidism is a result of feeling repress and hopelessness.

Long standing resentment of emotional wound and past are related to cancer,
Spiritual meaning of stye is suppressed anxiety and suppressed anger.
Headache is usually due to self criticism and internal conflicts,
Metaphysics of diabetes are lack of sweetness, rejection and guilt.

Spiritual cause of kidney stones is unresolved grief that you holding on,
Heart disease may be due to self worth and fear of being alone.
Circulation represents ability to feel and express emotions in positive way,
Cholesterol shows clogging the channels of joy and fear of accepting gay.

Thus by exploring the metaphysical meaning of disease,
We can apply holistic approach involving body, mind and soul with ease.



Farheen Akhtar
BHMS, 4th year
Swasthya Kalyan Homoeopathic Medical College And Research Centre

Meaning of “ॐ”

अ - तमस (अंधकार , अज्ञान)
उ - रजस (जुनून , गतिशीलता)
म - सत्व (शुद्धता , प्रकाश)

अ - ब्रह्मा (निर्माता)
उ - विष्णु (परिरक्षक)
म - शिव (विध्वंसक)

अ - वर्तमान
उ - भूत
म - भविष्य

अ - जगे होने की स्थिति
उ - स्वप्न देखने की स्थिति
म - गहरी नींद की स्थिति



Divyashree Swami

BNYS, 2nd year
Swasthya Kalyan Institute of Naturopathy & Yogic Science

अपने सपने

बच्चे दौड़ते इस दुनियां की भीड़ में, दूढ़ने अपने कल चले
इन राहों पे चलते-चलते, ना जाने कहां खो गये
कुछ बैचैन से कुछ परेशान से, खोजते अपने कल को
कुछ को मिले सपने, कुछ के धुले सपने, पर ना मानी हार, ना छोडा साहस
बढ़ते रहे आगे, चलते रहे रुके भी, गिरे भी फिर उठ हुए खडे
क्योंकि सपने थे उनके बडे, मुशकिलें आई बडी
लेकिन सपने थे उनके बडे, लेकिन सपने थे उनके सच्चे
इसलिए बढ़ते रहे, आगे चलते रहे, दोस्तो ये जिन्दगी बहुत अनमोल है और
सपने पूरे करने के लिए सपने देखते जाएं, बिना रुके बस बढ़ते जाएं।



Aashi Khandelwal

BPT, 3rd year
Swasthya Kalyan College of Physiotherapy

Fascinating facts about Homoeopathy

- H - Holistic approach given by Dr. Hahnemann
- O - Only system based on principle "like cures like"
- M - Medicine act dynamically
- O - Only prove on healthy human beings
- E - Exact observation
- O - Originated in Germany
- P - Potentised remedies are used
- A - Art and science
- T - Treat the patient not the disease
- H - Highest ideal of cure
- Y - Youngest and second largest system of medicine

Shubhi Gupta
Intern

Swasthya Kalyan Homoeopathic Medical College And Research Centre



Profession to passion

For success; don't do what you like, but like what you do. Sharing incidence that changed my vision towards my profession. Though there are quite a few incidents in my life which showed the excellent effectiveness or curing power of homoeopathic medicines but I personally experienced one incident which made me a firm believer of Homoeopathy.

During my M.D. (Hom.) part I, one day I had severe headache in the evening. Usually my headaches are very severe and unbearable so I generally prefer taking painkillers in order to get fast relief, but that day I did not have any medicine with me. I asked my friends and they too did not have any medicine for headache. In the mean while, one of my friend noticed that I was saying **"Once I vomit, my headache will be fine!"** again and again. She told me, **"This is a typical Nux, vom. (Homoeopathic Medicine) symptom, why don't you take a dose of Nux vom.** I too realised it and took a dose of NV 200, within 5 minutes, my headache was completely gone. It was no less than a miracle for me on that day because previously I had tried many homoeopathic medicines for headache but was never satisfied with the result it gave me. This incident made one thing very clear to me that if the remedy is chosen correctly it will definitely give wonderful and quick results.

This incident really boosted me in practising Homoeopathy and made it a passion for me.



Dr. Shobha Teterwal

Asst. Professor

Department of Paediatrics

Swasthya Kalyan Homoeopathic Medical College And Research Centre

passion!
never fails!

योग और मानव स्वास्थ्य

योग ने युग को अच्छा स्वास्थ्य दिलाया, अच्छे स्वास्थ्य ने खूब हंसाया।
भारत को पहचान दिलाया, दुनियां को योग का लोहा मनाया।

अफसर हो, चपरासी हो, या हो कोई आया, योग ने सभी को अपना जादू दिखाया।
अस्वस्थ इस निर्जर शरीर को महकाया, महकाए इस शरीर में जान वो ले आया।

आसन हो या प्राणायाम का साया, कूदने, फांदने से व्यायाम हो पाया।
बीमारी गायब, तन तनाव मुक्त हो पाया, मुस्कुराहट से चेहरा निखर आया।

नियमित योग ने इन्सान को चलाया, योग ने वादा क्या खूब निभाया।
कुछ मिनटों की कसरत ने पूरे दिन को चमकाया, चमके हुए उस दिन ने पूरे जीवन को सजाया।



Gunjan Samriya

BNYS, 4th year

Swasthya Kalyan Institute of Naturopathy & Yogic Science

जीवन जीओ सदा संग योग

मिला मनुष्य जन्म का है ये उपहार, इक-इक दिन जैसे है त्यौहार।
ना बिगाड़े इसे व्यसन और भोग, जीवन जीओ सदा संग योग।
योग से होते हैं अनेक फायदे, लेकिन इसमें भी हैं अनेक नियम कायदे।

योग के भी हैं कई प्रकार, अनुलोम, विलोम, ताडासन, प्राणायाम।
जो दे आपके जीवन को सही आकार, जीवन जीओ सदा संग योग।
जो अपनाए अपने जीवन में योग, उसके दूर हुए सब प्रकार के रोग।

जो बनाए आपको चुस्त-दुरुस्त, उस जीवन को जीने की कला है योग।
ये वो वरदान है, जो देश की जान है, योग का जहां जन्म हुआ वो भारत महान है।
प्रकोप से जिसके कांपे थर - थर सारे रोग, आओ सभी! स्वस्थ जीवन जीए संग योग।



Komal Khandelwal

BNYS, 4th year

Swasthya Kalyan Institute of Naturopathy & Yogic Science

Benefits of exercise on brain functioning

One should always follow a healthy lifestyle which includes a nutritious diet, sufficient sleep and regular exercise. Exercise not only keeps person physically fit but is also essential for healthy brain so here are some interesting facts about exercise, that how it is beneficial in keeping brain active and young.

- While doing exercise, the temporal lobe gets activated, which is responsible for storing sensory memories.
 - Daily physical workout improves learning and mental performance.
 - It helps preventing debilitating diseases such as dementia, Alzheimer's and delays aging of brain.
 - It reduces stress levels, thus reduce depression and anxiety.
 - It increases the levels of Brain Derived Neurotrophic Factor (BDNF) which actually maintains and regenerates adult nerve cells.
 - It improves the functioning of brain cells thus reduces the in-coordination related with Parkinsonism.
 - While exercising pituitary gland release endorphins, which are mood elevators.
- So get drenched in sweat and stay happy, healthy and fit.

Shivpal Gurjar

BHMS, Final Year

Swasthya Kalyan Homoeopathic Medical College and Research Centre



Healthy habits countdown



Madhurya Mahirchandani

BHMS, 4th year

Swasthya Kalyan Homoeopathic Medical College and Research Centre



Jokes

An old man had few hairs on his head. He went to a barber shop. Barber angered and asked, "Shall I cut or count?"

Old man smile and said, "Please colour it!"

Life is to enjoy with whatever you have with you

Girl buy medicine from medical store and said to storekeeper of medical store to give her sugar also.

Store Keeper: I do not sell sugar,

Girl: I am not mad, I had completed the graduation in Arts, I am literate; it is written on medicine "sugar free".

Doctor: You should take 10 Glasses of water in a day.

Patient: It is impossible.

Doctor: Why?

Patient: As I have only 4 glasses at my home.



Rachit Bhardwaj

B.Sc Nursing 1st Year

Swasthya Kalyan Institute of Medical Technology & Nursing Education

शायरी

1. वक्त अच्छा हो या बुरा, गुजर जाता है, हर बुरा वक्त कुछ ना कुछ सिखा जाता है।
सफलता वही इन्सान पाता है, जो वक्त को अपना बना पाता है।

2. लोग तेरी अच्छाइयों से ज्यादा तेरी बुराई को देखते हैं, वही तेरी नाकामयाबी पर हंसते हैं।
मिल जाये गर तुझे कामयाबी, वही लोग तेरी कामयाबी से जलते हैं।

3. समुद्र की लहरों से पतवार रुकते नहीं, तूफानों से साहसी कभी डरते नहीं।
जो चलते हैं राही हौसले लेकर, मंजिल की ओर वो राही कभी रुकते नहीं- रुकते नहीं।

4. जो रह गया है पीछे तेरे बस उसे रहने दे, तू बढ़ अपने लक्ष्य की तरफ, लोग कहते हैं तो कहने दे।
तू भर अपने हौसलों की उडान, लोग तुझसे जलते हैं तो बस उन्हें जलने दे।



Vijay Kumar Jangid

DMLT 1st Year

Swasthya Kalyan Institute of Paramedical Technology

Campus events 2018-2019

Alumini



Blood Donation & Health Camps



Conference



Hands-on Training



Campus events 2018-2019

Cultural Program



Sports Activity



Others Activity



Alumni speaks





Dr. Sameer Bhardwaj
Homoeopathic Medical Officer
Government of Rajasthan

Dr. Sameer Bhardwaj is Homoeopathic Medical Officer to Government of Rajasthan. He is from first batch of **Swasthya Kalyan Homoeopathic Medical College**. He cracked RPSC twice, first in 2008 but was an internee that time then cracked in 2011. He shared some of his beautiful memories related to our college.

Here ambience is such that students have their holistic development, college leads not only in studies but in cultural and social activities, which help in building their confidence and develop practical approach for career and life as well. Faculty is phenomenal, they are stern regarding discipline and compassionate when students need them.

The environment of Swasthya Kalyan at our times was such that the bond that built between the teachers and juniors with us is so strong that still exists and will remain forever. There are many good memories but the first Teacher's Day that we celebrated and the first Cultural Week of the college, **Dynamis** are unforgettable. In fact this word Dynamis was suggested by our batch.

One message I would like to give to the aspiring doctors is that, "Hardships and difficulties are part of one's life. What better example could be than Dr. Hahnemann sir himself? One had to infuse his life with action without waiting and will see good results before you. Remember failure will never overtake you if your determination to succeed is strong enough. **I'm deeply in debt to all my respected teachers for grooming us so well.**"



Mahima Dewani
Intern
Swasthya Kalyan Homoeopathic Medical
College & Research Centre



Dr. Deepak

Assistant Professor, Sardar Patel University
Mahemdavad, Gujarat,

Dr. Deepak is settled in Mahemdavad, Gujarat, working as an assistant professor at Sardar Patel University. He is a **graduate** from **Swasthya Kalyan College of Physiotherapy, Jaipur**. Later done his post graduation in musculoskeletal & sports. He is also certified Yoga instructor, Theraband & Ball trainer, certified Dry Needling Therapist, certified kinesiotaping Practitioner, certified Neuro developmental theory practitioner. He is member of Indian association of physiotherapy, Member of Indian association of fitness training, registered under Gujarat state council of physiotherapy. He shared words of gratitude for his mother institute.

During my student life apart from regular studies I participated in various extracurricular activities which groomed my personality as a whole. I have attended many conferences and represented our college at various platforms. My college provided an environment to learn new techniques and explore my hidden talent. For all this I would like to thank all the faculty of Swasthya Kalyan especially Dr. Mahesh Shou sir & Dr. Manish Rajpurohit sir who were always ready to help their students 24 X 7 in any manner. The faculty was stupendous, teachers were strict towards rules for students and kind to solve their problems which makes difference between others and SKCPians.

In august 2013 Dr. Mahesh sir gave me an opportunity to join college as faculty, that was the best moment of my life. As a faculty I learned so many things which are helping me to upgrade my clinical as well as academic knowledge. I left college in September 2017 with heavy heart. I recommend Swasthya Kalyan as a best college of Jaipur which is not possible without your great, hard working faculty. I feel proud being an **alumnus** of Swasthya Kalyan. This institute has given me a lot which cannot describe in words.

Lastly I would like to request Principal sir to start research activities in physiotherapy department.

Chetna
BPT, 4th year
Swasthya Kalyan Institute of Physiotherapy





Pawan Kumar Choudhary
Managing Director
Care Taker Sir Umed Memorial Trust
Jaipur

सुप्रभात

मैं पवन कुमार चौधरी इंस्टिट्यूट ऑफ मेडीकल टेक्नोलॉजी एंड नर्सिंग एज्युकेशन का विद्यार्थी रहा हूँ और ये मेरे लिए अति गौरवान्वित होने का विषय है। संस्थान से अपना शैक्षणिक एवं प्रायोगिक प्रशिक्षण पूर्ण करने के उपरान्त मैं केयर टेकर सर उम्मेद मेमोरियल ट्रस्ट में मैनेजिंग डायरेक्टर के पद पर कार्यरत हूँ।

मेरे लिए स्वास्थ्य कल्याण समूह का पूर्व विद्यार्थी होना गर्व की बात है। आज कुछ ही संस्थान शिक्षा के क्षेत्र में उच्च गुणवत्ता को लिए हुए हैं जिनमें से स्वास्थ्य कल्याण एक है। बच्चों के समग्र विकास के लिए अवसर भरपूर मात्रा में उपलब्ध करवाना, यहाँ सुनिश्चित किया जाता है। मुझे इस संस्थान में अध्ययन करते हुए, सीखने के उम्दा अवसर मिले, जिनकी छाप आज भी मेरे व्यक्तित्व में देखने को मिलती है। संस्थान के शिक्षकगण अध्यापन का लम्बा अनुभव रखते हैं जिसका विद्यार्थियों को लाभ समय समय पर मिलता रहता है। छात्र छात्राओं के समग्र विकास के लिए संस्थान बहुआयामी गतिविधियों को भी प्रोत्साहन देता रहा है जिसके परिणामस्वरूप संस्थान के विद्यार्थी आज विभिन्न क्षेत्रों में जाकर सफलता पूर्वक कार्य कर रहे हैं। संस्थान समय समय पर विभिन्न प्रायोगिक विशेष कक्षाओं का आयोजन करवाता रहा है। हर वर्ष खेल कूद प्रतियोगिताओं का आयोजन संस्थान के विद्यार्थियों के लिए रुचिकर एवं पारस्परिक प्रतिस्पर्धा को सद्भाव के साथ बढ़ाने वाला है। विद्यार्थियों के प्रोत्साहन के लिए अब्बल आने पर पुरुस्कार दिये जाते हैं जिससे विद्यार्थी जोश से भरे रहते हैं और बहुआयामी व्यक्तित्व के धनी बन पाते हैं।

इस संस्थान में अध्ययनरत होते हुए मैंने एम. एस. सी. नर्सिंग सत्र 2016-17 में राजस्थान स्वास्थ्य विज्ञान विश्वविद्यालय में पूरे राजस्थान में दूसरा स्थान प्राप्त किया। ये मेरे लिए बेहद गौरव महसूस करने का अवसर था। संस्थान के शिक्षकगण इस सफलता के श्रेय के अधिकारी हैं। मेरे द्वारा एम. एस. सी. नर्सिंग में बाल शोषण पर अनुसंधान किया गया जिसका सामाजिक दृष्टिपटल पर सुप्रभाव देखने को मिले हैं। इस विषय पर अनुसंधान करना बेहद चुनौतीपूर्ण था परन्तु मेरे शिक्षकगणों के सहयोग एवं मार्गदर्शन से, ये सब सफलता पूर्वक सम्पन्न हो पाया। मैं श्रीमान अरविन्द शर्मा जी एवं श्रीमान रविन्द्र चौधरी जी का आभारी हूँ कि आप जैसे सहृदय शिक्षकों से मुझे पढ़ने का अवसर मिला है।

Karan Chandoliya
B.sc. N., 4th year
Swasthya Kalyan Institute of Medical
Technology & Nursing Education



Faculty and Student Achievements



Articles published by faculty (2018-2019)

Name	Topic of Article Published	Details of Articles (Name of Journal, Date, ISSN No., Impact Factor)
Dr. Yogeshwari Gupta (Materia Medica) BHMS, MD (Homeo.)	1. "Primary dysmenorrhea & its homoeopathic therapeutics"	International Journal of Homoeopathic Science E-ISSN: 2616-4493, P-ISSN: 2616-4485 Vol.3 Issue 2, Published in 2019 , Page 77-79.
	2. "PCOS and lesser known homoeopathic Medicines"	International Journal of Homoeopathic Science E-ISSN: 2616-4493, P-ISSN: 2616-4485 Vol.3 Issue 2, Published in 2019 , Page 80-82.
	3. "Lesser known medicines in Homoeo.-A Literary Review"	WWW.Homoeopathy360.Com in 20th May 2019, Online
	4. "Polycystic Ovarian Syndrome (PCOS) –A Case Study with Constitutional Homoeopathic Treatment"	International Journal of Homoeopathic Science, Published in Jan 2019, Vol. 3 Issue 1, Page No 22-24, Impact Factor 4.8
	5. Hyponatremia: A case study with Homoeopathic Treatment	International Journal of Homoeopathic Science, Published in 2018, Vol. 2 Issue 3, Page No 11-14, Impact Factor 4.8
Dr. Sonia Tuteja (Materia Medica) PHD. (Homeo.)	1. Randomized placebo controlled parallel group study to evaluate efficacy of Homoeopathy in RA	Journal of Homoeopathy University April 2018, ISSN No. 24568562
	2. Role of Homoeopathy in surgery	09 October 2018, Ayush expo 2018 Gujrat (Paper presented in Ayush)
	3. Deworming in children by homoeopathy Allergies in children: it's alarms for worm infestation and Homoeopathy is the only solution	Souvenir (Udaipur), October 2018 ISBN: 978-93-8505-308-5
Dr. Shuchita Chattree (Materia Medica) BHMS, MD (Homeo.)	The Guiding Symptoms of our Materia Medica by Dr. Constantine Hering-A must have book in library of each Homoeopath.	Souvenir (Udaipur), October 2018 ISBN: 978-93-8505-308-5
Dr. Ruchira Sharma (Pharmacy) BHMS, MD (Homeo.)	1. Evaluating the association between iron deficiency and simple febrile seizure in children aged 6 months to 5 years: A case control study.	International Journal of Contemporary Pediatrics, April 2018.
	2. PCOS diathesis!! It's an Alarm	The Homoeopathic Heritage, Sept. 2018.
	3. A Positive role of homoeopathy in treatment of PCOS: A case report	International Journal of Homoeopathic Sciences 2019 Issue 3 Vol. 3 E-ISSN: 2616-4493
Dr. Anshul Practice of Medicine BHMS, MD (Homeo.)	Tobaccosis and Tobacco Related Health Problems	Souvenir (Udaipur), October 2018 ISBN: 978-93-8505-308-5.
Dr. Keerti Pathak BHMS, MD (Homeo.)	" Role of constitutional homoeo. treatment in primary dysmenorrhea : A case report"	"International Journal of Homoeopathic Sciences" Vol-3, Issue- 3, year 2019, Page no- 05-08.
Dr. Keerti Pathak, Dr. Charu Jain BHMS, MD (Homeo.)	"Addition of Lesser Known remedies to armamentarium"	The Homoeopathic Heritage" Vol 45, No. 03, June 2019, Page no-33 & 34.

Articles published by students (2018-2019)

Name	Topic of Article Published	Details of Articles (Name of Journal, Date, ISSN No., Impact Factor)
Dr. Bhanu Sharma M.D.(PGR), 1st year	1. Infantile diarrhea diagnosis of exclusion	Homoeopathy for Everyone Vol-15 Issue-3, ISSN No.-2581-5644, March 2018
	2. A Case of bell's palsy	Homoeopathy for Everyone Vol-15 Issue-3, ISSN No.-23581-5644, Sep. 2018
Dr. Vikrant Tripathi M.D.(PGR), 2nd year	Characteristic Keyonote Prescription in Homoeopathic	Homoeopathic Information Bulletin Date-July 2018, Vol 4, Issu-4,ISSN No. -2394-8116;RNI-Raj Eng 2014/65017
Dr. Ankita Achariya M.D.(PGR), 2nd year	Homoeopathic therapeutic of dermatophytosis by cross repertorizaion	Vital informer Vol-26, No. -10 Oct. 2018
Dr. Bharat Sharma M.D.(PGR), 2nd year	1. A Case Study For Treatment Of Psoriasis	Vital Informer. Vol 26, No. 9, Sep. 2018,Pg. 23,17
	2. A Case Of Melasma Treated With Homoeopathy	Vital Informer. Vol 26, No. 11, Nov. 2018,Pg. 02
	3. A Case Of Melasma Treated With Homoeopathy	Vital Informer. Vol 26, No. 12, Dec. 2018,Pg. 20

Books published by students

Name	Book	Description
Priyanka Rajpurohit BHMS, 4th year	Enwreathing Thoughts (ebook)	Both of her books unveil the shades of human feelings which she observed and scribbles in her words.
	Withal Wings	
Mehak Yadav BHMS, 4th year	The Clinch Story	This book is about medical school where students are going through the whirlwind of emotions in journey to earn prestigious degree.

University Rank Holders – 2018-2019

Naturopathy & Yogic



Meenu
1st Year
University Rank 1st
75.06%



Shubhangi Chauhan
2nd Year
University Rank 1st
76.20%



Simran Deep Kaur
3rd Year
University Rank 1st
74.80%

Homoeopathy



Ramchanran Choudhary
1st Year
University Rank 1st
72.80%



Sanskriti Chopra
2nd Year
University Rank 1st
75.11%



Farheen Akhtar
3rd Year
University Rank 1st
70.28%

Physiotherapy



Harima Rathore
1st Year
University Rank 1st
85.18%

Campus Rank Holders – 2018-2019

Homeopathic Medicine and Surgery

3rd Year Batch 2014-2015	1st Rank	Farheen Akhtar	70.28%
	2nd Rank	Tejaswani Sharma	69.64%
3rd Year Batch 2015-2016	1st Rank	Deepika Gulwani	77.17%
	2nd Rank	Arpit Agarwal	76.58%
2nd Year Batch 2016-2017	1st Rank	Sanskriti Chopra	75.11%
	2nd Rank	Parth Awasthi	74.55%
1st Year Batch 2017-2018	1st Rank	Ramchanran Choudhary	72.80%
	2nd Rank	Prerna Garg	72.10%

Medical Technology & Nursing Education

B.Sc. Nursing

4th Year Batch (2014-2015)	1st Rank	Himanshu Sharma	82%
3rd Year Batch (2015-2016)	1st Rank	Gautam Saini	81.46%
2nd Year Batch (2016-2017)	1st Rank	Indra Kumar Pandey	74.61%
1st Year Batch (2017-2018)	1st Rank	Jai Singh Padihar	73.46%

GNM

3rd Year Batch (2014-2015)	1st Rank	Rahul Sharma	84%
	1st Rank	Ankit Yadav	84%
2nd Year Batch (2015-2016)	1st Rank	Rajni Choudhary	79%
1st Year Batch (2016-2017)	1st Rank	Sona Yadav	76%

M. Sc. (N)

Final Year (2016-2017)	1st Rank	Pawan Kumar Choudhary	82.33%
Pre. Year Batch (2017-2018)	1st Rank	Indira Yadav	77%

Post Basic B Sc (N)

Final Year (2016-2017)	1st Rank	Khushboo Goyal	72%
Pre. Year Batch (2017-2018)	1st Rank	Savita Mehra	72.23%

Paramedical Technology (Vidya Ashram)

DRT Batch (2015-2016)	1st Rank	Umesh Kumar Soothwal
	2nd Rank	Alok Garg
	2nd Rank	Prakash Kaswan
DMLT Batch (2015-2016)	1st Rank	Pintu Ram Saini
	2nd Rank	Mukesh Kumar

Campus Rank Holders – 2018-2019

Physiotherapy

4th Year Batch 2014-2015	1st Rank	Divya Sharma	72.4%
	2nd Rank	Sanjay Sharma	69.2%
3rd Year Batch 2015-2016	1st Rank	Saumya	74.77%
	2nd Rank	Simran Parwez	73.11%
	2nd Rank	Lakshmi	73.11%
2nd Year Batch 2016-2017	1st Rank	Nidhi Sharma	72.4%
	2nd Rank	Chetna Narang	70.23%
1st Year Batch 2017-2018	1st Rank	Harima Rathore	85.18%
	2nd Rank	Poornima Soni	76.80%

Naturopathy & Yogic Sciences

4th Year Batch 2014-2015	1st Rank	Mudit Sharma	73.80%
	2nd Rank	Kamlesh Kumar Mandal	71.20%
3rd Year Batch 2015-2016	1st Rank	Simran Deep Kaur	74.80%
	2nd Rank	Gunjan Samariya	74.60%
2nd Year Batch 2016-2017	1st Rank	Shubhangi Chauhan	76.20%
	2nd Rank	Shreya Sinha	76%
1st Year Batch 2017-2018	1st Rank	Meenu	78.20%
	2nd Rank	Disha Kulhari	77%

Paramedical Technology (Sitapura)

DRT 1st Year Batch 2017-2018	1st Rank	Mukesh Bhamu	69.60%
	2nd Rank	Ajay Kumar Sharma	69.40%
DRT 2nd Year Batch 2016-2017	1st Rank	Abhay Pratap Choudhary	66.80%
	2nd Rank	Tanwar Jeetendra Vikram Singh	66.26%
DMLT 1st Year Batch 2017-2018	1st Rank	Rahul Sharma	68.24%
	2nd Rank	Harshita Gadwal	67.53%
DMLT 2nd Year Batch 2016-2017	1st Rank	Shri Ram Sharma	79.68%
	2nd Rank	Jyoti Bhagwani	74.58%
D. Ophtho. 2nd Year Batch 2016-2017	1st Rank	Amit Gupta	63.33%
	2nd Rank	Devendar Saini	63.06%

Creative Corner



Albert Enstien said “Creativity is the intelligence having fun.” Yes, big dreams are created with heart and build with mind. Mind which is free from boundations and explore infinite will surely gain success. For having long lasting effective energy levels one must develop certain hobbies which are creative and let you think beyond your circumference. Here we are sharing the special work of students who are filling their pots of dreams along with their career goals.

Students who are gifted with artistic skills they can dip their imaginations in colours and give them majestic shapes on paper.



Tanya Jain
BNYS, 2nd year



Aditi Joshi
BHMS, 2nd year



Srishti Sharma
BNYS, 4th year



Adivarna Pareek
BNYS, 4th year

Our students are excellent photographers they love their studies and enjoy nature photography which they have learned. Here we are sharing the photographs they have clicked.

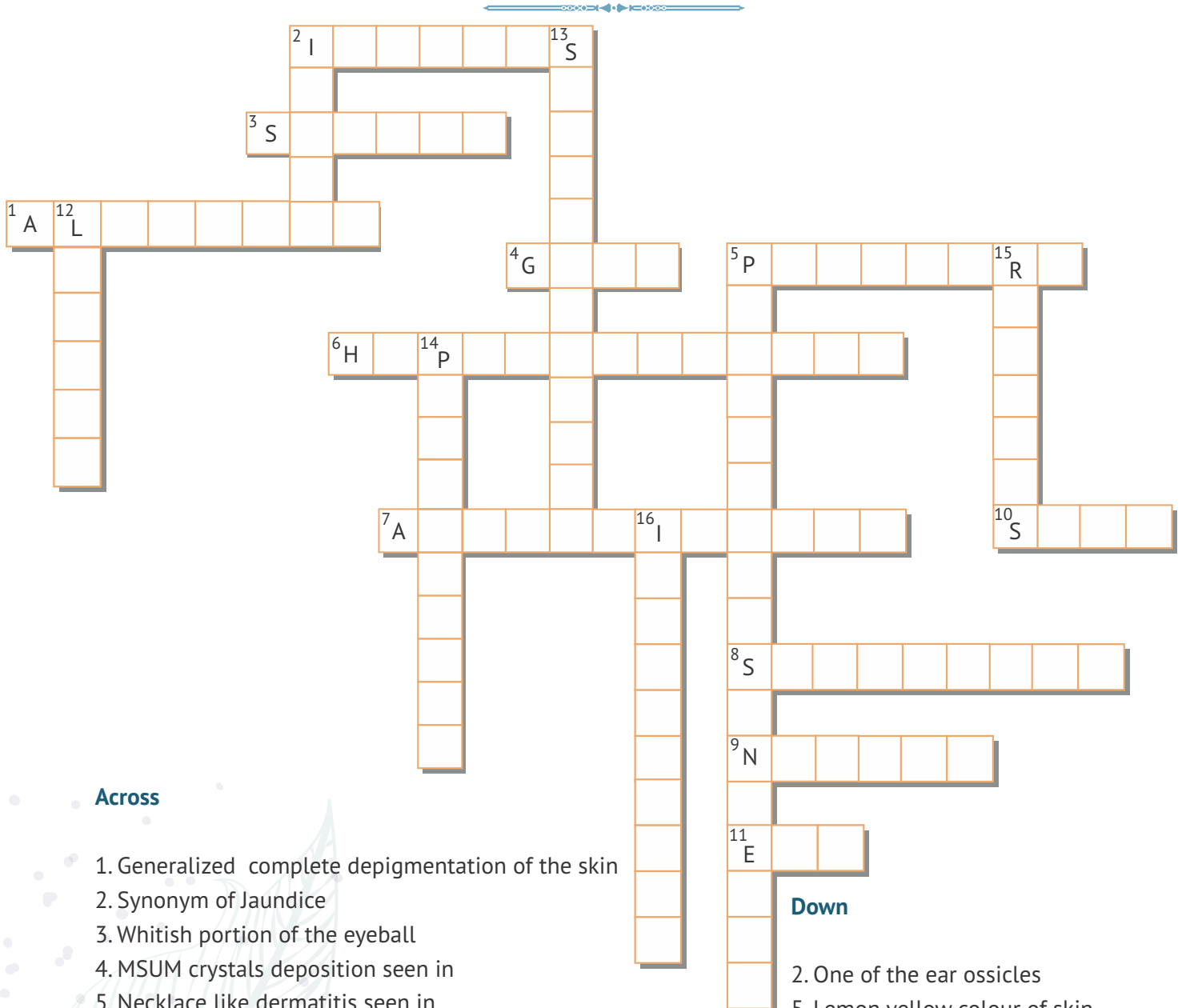


Harshit Jangid
BHMS, 3rd year



kartikey Shukla
BHMS, 3rd year

General medical science crossword puzzle



Across

1. Generalized complete depigmentation of the skin
2. Synonym of Jaundice
3. Whitish portion of the eyeball
4. MSUM crystals deposition seen in
5. Necklace like dermatitis seen in
6. Widely spaced eyes
7. Murphy's triad seen in
8. Longest muscle in human body
9. Chemical name of Vitamin B3
10. Largest external organ of the human body
11. Senses of hearing

Down

2. One of the ear ossicles
5. Lemon yellow colour of skin
12. One of the carpal bones
13. Delta cells of pancreas secrete
14. In emphysema
15. Deficiency of Vitamin D in children
16. Excessive dry, scaly skin

1. Albinism 2. Icterus 3. Sclera 4. Gout 5. Pellagra
6. Hypertelorism 7. Appendicitis 8. Sarcotriax 9. Niacin
10. Skin 11. Ear

2. Incus 5. Pernicious anaemia 12. Lunata
13. Somatostatin 14. Pink Puffer 15. Rickets
16. Ichthyosis

Across

Down



Dr. Keerti Pathak

Asst. Prof. Dept. of Practice of Medicine
Swasthya Kalyan Homoeopathic Medical College & Research Center

Contact Us

www.swasthyakalyan.org | www.rajasthanhospita.in

CORPORATE OFFICE

Swasthya Kalyan Gamma 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 📱 @skhmcjpr

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

📍 RIICO Institutional Area, Tonk Road, Sitapura, Jaipur, Rajasthan – 302022 📞 0141-2770514 📱 @imtne

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

📍 RIICO Institutional Area, Tonk Road, Sitapura, Jaipur, Rajasthan – 302022 📞 9214488810 📱 @imtnepd

Swasthya Kalyan Institute of Naturopathy and Yogic Sciences

📍 RIICO Institutional Area, Tonk Road, Sitapura, Jaipur, Rajasthan – 302022 📞 9261813100 📱 @skionys

Swasthya Kalyan College of Physiotherapy

📍 RIICO Institutional Area, Tonk Road, Sitapura, Jaipur, Rajasthan – 302022 📞 0141-2771578 📱 @skcophy

Swasthya Kalyan College of Paramedical Technology

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

HEALTHCARE

Hospital



Rajasthan Hospital

📍 Opp. Jaipuria hospital, JLN Marg, Jaipur, Rajasthan 📞 0141-2720020 📱 @rajasthanhospital

Swasthya Kalyan Hospital

📍 5449. Prem Bhawan K.G.B. Ka Rasta. Johari Bazar, Jaipur, Rajasthan 📞 0141-2567375

Blood Bank

Swasthya Kalyan Blood Bank

📍 125, Milap Nagar, Tonk Road, Jaipur, Rajasthan - 302017 📞 0141-2721771, 0141-2545293

Sevayatan Swasthya Kalyan Blood Bank

📍 Plot No. 3, Ajmer Rd, Siddharth Colony, Mittal Colony, Sodala, Jaipur, Rajasthan - 302006 📞 0141-2220290

Agrasen Swasthya Kalyan Blood Bank

📍 Maharaja Agrasen Hospital, Sector No-7, Vidyadhar Nagar, Jaipur, Rajasthan - 302023 📞 0141-2220290

Apex Swasthya Kalyan Blood Bank

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

Pharmacy

Pradhan Mantri Janaushadhi Kendra, Rajasthan Hospital

📍 Rajasthan Hospital, JLN Marg Jaipur 📞 0141-2720020

Swasthya Kalyan Pharmacy

📍 Rajasthan Hospital, JLN Marg Jaipur 📞 0141-2720020

Pradhan Mantri Janaushadhi Kendra, Milap Nagar

📍 125, Milap Nagar, Tonk road, Jaipur 📞 0141-2721771



🌐 www.swasthyakalyan.org

✉ info@swasthyakalyan.org ☎ 9982836836 | 0141-2573935

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