



Swasthya Kalyan Group

# Newsletter

April 2025

# Traditional New Year Celebrated with Enthusiasm at SKHMC

***02-Apr-25***

On April 2, 2025, Swasthya Kalyan Homoeopathic Medical College (SKHMC) celebrated "Bhartiya Nav Varsh" with cultural zeal and traditional fervor. The event included a special address by Mr. Aman Singh, who enlightened the audience on the historical and cultural significance of the Indian New Year. Students participated in cultural performances that reflected the rich heritage of Indian traditions. Faculty members and guests joined in marking this auspicious beginning with positive affirmations, folk music, and an environment of festivity that resonated with unity and Indian ethos. The event emphasized the integration of cultural awareness in academic institutions.



# Overseas Education Seminar Enlightens Future Physiotherapists

**04-Apr-25**

Swasthya Kalyan College of Physiotherapy, Jaipur, in collaboration with Edwise International, hosted an exclusive seminar on “Scholarships to Study Abroad” for final-year physiotherapy students. The session aimed to offer valuable insights into global higher education opportunities. Ms. Manmeet Kaur, Branch Manager at Edwise International, provided expert advice on scholarship options, application timelines, and admission processes for top destinations like the UK, Canada, Australia, and the USA. Students actively participated and availed free one-on-one consultations, empowering them to make informed decisions about their academic futures abroad.



# Maternal Health and Awareness on World Health Day

**04-Apr-25**

IMTNE Paramedical celebrated World Health Day focusing on “Maternal Health” to spread awareness about the importance of caring for pregnant women and mothers. The event featured colorful posters, model exhibitions, and health-themed poems by students. Key topics like nutrition, regular checkups, vaccination, mental health, and newborn care were highlighted through street plays and presentations. Organized under the guidance of Shraddha Agarwal, CEO of Swasthya Kalyan Group, the event saw participation from around 150 DMLT and DRT students and faculty. Gynecologist Dr. Veena Acharya was the chief guest, with Dr. Neelam from the Red Cross presiding and Principal Charu Pundir welcoming all.



# Health Awareness Session on Urinary Tract Infections at Poornima Institute, Jaipur

***05-Apr-25***

A health awareness session focusing on Urinary Tract Infection (UTI) was held at Poornima Institute of Engineering and Technology, Jaipur on April 5, 2025. The session, attended by 80+ students and faculty, was led by urology expert Dr. Anjali, under the guidance of Dr. Yogeshwari Gupta and Dr. Puja Chajer. Dr. Anjali discussed early symptoms, hygiene practices, and treatment methods for UTIs. She also debunked common myths, encouraged awareness among young women, and stressed preventive care. The event was interactive, with active participation and queries from attendees, enhancing their understanding of women's health issues.



# Dr. Satish Avasthi Addresses Stress, Performance & Resilience at Udaipur

## 05-Apr-25

On 5th April 2025, Dr. Satish Kumar Avasthi, Principal of Swasthya Kalyan College of Nursing, was invited as a distinguished speaker at Pacific Medical University, Triputi College of Nursing, Udaipur. He delivered an engaging and impactful session titled “REJUVENATE – STRESS TO DE-STRESS: Stress Affects, Academic Performance, and Resilience.” Dr. Avasthi emphasized the significance of building personal resilience and self-care for academic and personal well-being. He debunked common myths, shared strategies for overcoming challenges, and discussed the importance of creating a self-care routine. The session aimed to motivate participants to implement these practices in daily life.



# Dr. Aklavya Bohra Honored as Guest of Honour at National Workshop on Research Methodology

## 07-Apr-25

Prof. (Dr) Aklavya Bohra, Principal of SKINYS and Dean of Yoga & Naturopathy at DSRRAU, Jodhpur, was invited as the Guest of Honour at a National Workshop on Research Methodology held on April 7, 2025. Organized at SMS Medical College, Jaipur, by the Central Council for Research in Yoga & Naturopathy (CCRYN) and DSRRAU, this significant event focused on enhancing research quality in Yoga and Naturopathy. Dr. Bohra addressed the gathering on innovation in scientific research and urged the academic community to integrate evidence-based practices in their research, promoting interdisciplinary collaboration.



# World Health Day Webinar Encourages Healthier Futures

**07-Apr-25**

On the occasion of World Health Day (W.H.O. Day), a webinar was organized at Swasthya Kalyan College with the theme "INC – Healthy Beginning, Hopeful Futures." The event was held on 7th April 2025 at Fusion Hall and was attended by all students and faculty members. The session aimed to raise awareness about the importance of a healthy lifestyle and its impact on long-term well-being. Experts discussed practical ways to enhance physical and mental health, stressing the need for preventive care. The interactive format encouraged dialogue and inspired the audience to commit to a healthier, more hopeful future.



# SKINYS Students Gain Research Exposure at National Workshop in Jaipur

## 07-Apr-25

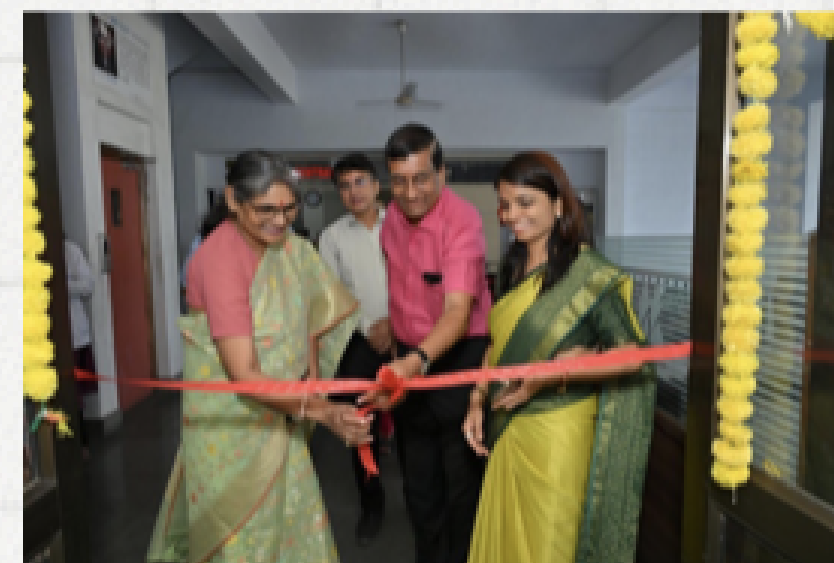
Students from SKINYS actively participated in the National Workshop on Research Methodology organized on April 7, 2025, at SMS Medical College, Jaipur. Hosted by CCRYN under the Ministry of AYUSH, the event offered insights into research design, data analysis, and publication ethics. Experts from across India shared knowledge on enhancing research quality in Yoga and Naturopathy. Students engaged in discussions, attended technical sessions, and broadened their perspective on evidence-based healthcare. Their participation reflected SKINYS' emphasis on promoting a research-oriented mindset among its students and preparing them for future academic and clinical challenges.



# Grand Celebration of Hahnemann Day at SKHMC with Awareness Camps

**10-Apr-25**

On April 10, 2025, SKHMC commemorated the birth anniversary of Dr. C.F.S. Hahnemann, the founder of homeopathy, with grandeur. The Chief Guest, Dr. Archana Sinha, Deputy Director, Akashvani, addressed the gathering. Senior faculty including Prof. Arun Chougale (Dean), Prof. Dr. Yogeshwari Gupta (Principal), and others graced the event. Highlights included a blood donation drive, free health check-up camp, and an award ceremony recognizing academic excellence. Students showcased their talents through cultural programs, while expert talks reinforced the values of homeopathy. The day symbolized a blend of homage, learning, and community service.



# Faculty Members of SKHMC Participate in World Homeopathy Day Celebration in Gujarat

**11-Apr-25**

On April 11, 2025, faculty members of SKHMC including Principal Dr. Yogeshwari Gupta, Vice Principal Dr. Tanuj Rajvanshi, and others participated in the World Homeopathy Day celebrations held at Mahatma Mandir Convention Centre, Gandhinagar. The event was a tribute to Dr. Hahnemann and focused on showcasing global advancements in homeopathic research. Attendees benefited from panel discussions, expert lectures, and interactive sessions aimed at strengthening clinical application and policy integration of homeopathy. This participation highlighted SKHMC's commitment to academic excellence and national collaboration in the field of alternative medicine.



# SKHMC Rank Holders Felicitated by HMAI, Ajmer on World Homeopathy Day

## 11-Apr-25

On April 11, 2025, top-performing students from SKHMC were honored by the Homoeopathic Medical Association of India (HMAI), Ajmer unit. The felicitation took place during World Homeopathy Day. Awardees from various batches –Jitendra Sharma (2022-23), Sneha Samadhiya (2021-22), Anamika Gupta (2020-21), and Pooja Purshottam and Pooja Vijayvargiya (2019-20)—received shields, certificates, books, and cash prizes. Pooja Vijayvargiya also received a Gold Medal and the prestigious Hahnemann Award with a ₹10,000 cash prize. This event recognized their academic achievements and underscored the institution's focus on nurturing excellence.



# Bollywood Bash Fresher's Party Welcomes Batch of 2024–2025 with Glamour and Joy

## 12-Apr-25

The Department of Physiotherapy organized a grand Bollywood-themed fresher's celebration on 12th April 2025 to warmly welcome the incoming batch of 2024–2025. Spearheaded by senior students and supported by faculty, the event was a lively extravaganza filled with dazzling costumes, engaging skits, captivating dance performances, and a glamorous fashion walk. Principal Prof. Dr. Dhruv Taneja addressed the gathering, applauding the freshers' enthusiasm and commitment. The evening concluded with a vibrant DJ session and refreshments, leaving new students with fond memories and a strong sense of belonging in their academic community.



# SKHMC's Dr. Samriddhi Sharma Wins National Award for Dissertation in Homeopathy

## 14-Apr-25

On April 14, 2025, Dr. Samriddhi Sharma, an MD student at SKHMC, was honored with the prestigious Quality MD Dissertation Award in Homeopathy 2024-25. Her research, titled "A Prospective Observational Study to Assess the Role of Individualized Homeopathic Medicine in Alopecia," was supervised by Dr. Anshul Chahar. The award, presented at World Homeopathy Day in Gandhinagar, included a certificate and a cash prize of ₹2,35,000. This accolade not only marks academic excellence but also brings national recognition to SKHMC's research-oriented approach and its contributions to evidence-based homeopathic practice.



# Community Health Exposure Visit for Final-Year BHMS Students at CHC Vatika

*15-Apr-25*

On April 15, 2025, final-year BHMS students (Batch 2021-22) of SKHMC visited the Community Health Centre (CHC) in Vatika. The students interacted with healthcare professionals, gaining first-hand insights into rural healthcare practices including antenatal care, vaccination drives, dental hygiene, and disease surveillance. Guided by faculty, the visit aimed at bridging classroom learning with on-field exposure, thereby enhancing their understanding of the public healthcare delivery system. The visit encouraged students to recognize their role in community health and emphasized the importance of preventive and primary care in real-world scenarios.



# Field Visit to Saras Dairy Plant Enhances Student Understanding of Public Health

*17-Apr-25*

On April 19, 2025, BHMS final-year students from the 2021–22 batch visited the Saras Dairy Milk Pasteurisation Plant and Wastewater Treatment Facility. The visit, organized by Principal Dr. Yogeshwari Gupta and coordinated by the Department of Community Medicine, aimed to educate students on the pasteurization process, waste management, and environmental health. Dr. Rajkriti Dhakad and Dr. Anushree Nagar guided the students through the operations, including sludge treatment and water quality monitoring. This hands-on experience deepened the students' understanding of hygienic food processing and the significance of sanitation in public health.



# Abroad Scholarship Session Empowers Pharmacy Students at SK College

*21-Apr-25*

On April 21, 2025, Edwise International conducted an informative session at Swasthya Kalyan College of Pharmacy, guiding D. Pharmacy students on global higher education opportunities. Topics included application processes, university selection, visa procedures, and scholarship options. Students interacted with experts on how to prepare for academic challenges abroad and make strategic decisions about their career path. The session inspired many to consider international education, and reinforced the college's commitment to broadening student exposure to global academic environments.



# Health Check-Up Camp Conducted Under 'Poshan Pakhwada' Scheme at Brain Power School

## 22-23 Apr-25

On April 22-23, 2025, a comprehensive health camp was held under the Poshan Pakhwada initiative at The Brain Power School, Vatika Road. Organized by SKHMC's Community Medicine Department, the camp addressed child health issues such as anemia, malnutrition, obesity, and menstrual hygiene. Students underwent height, weight, eye checkups, and received personalized diet counseling. The initiative, led by Principal Dr. Yogeshwari Gupta and coordinated by Dr. Anushree Nagar with assistance from PGs, interns, and final-year students, emphasized holistic child wellness and preventive health strategies through community outreach.



# State-Level Inter-College Quiz Unites Physiotherapy Talent Across Rajasthan

## 26-Apr-25

Swasthya Kalyan College of Physiotherapy, in collaboration with the Rajasthan Physiotherapy Clinicians Association (RPCA), successfully hosted a Grand Quiz on Physiotherapy on 26th April 2025. The event, themed "Fundamental to Advanced Practice," brought together students from 7 esteemed universities and 7 RUHS-affiliated colleges. Hosted in the seminar hall, it showcased academic excellence, critical thinking, and teamwork. Top performers were awarded certificates and prizes. The event highlighted the college's leadership in academic collaboration across Rajasthan, with enthusiastic participation from institutions contributing to its tremendous success.



# Dr. Nikhat Shah Spreads Awareness on Nutrition and Naturopathy at Jai Club, Jaipur

*27-Apr-25*

On April 27, 2025, Dr. Nikhat Shah, Assistant Professor at SKINYS, delivered an engaging lecture on "Naturopathy and Nutrition" at Jai Club, Jaipur. She emphasized the vital link between food and healing, shedding light on naturopathic principles that encourage a harmonious balance between mind, body, and nature. Her talk covered detox diets, mindful eating, and lifestyle modifications. The event drew health enthusiasts and professionals, reinforcing how natural methods can complement modern treatments. Dr. Shah's insights inspired many to adopt holistic and sustainable health practices.



**“Be the change that you wish to see in the world.”**

**[www.swasthyakalyan.org](http://www.swasthyakalyan.org)**

**Feedback/Queries: [info@swasthyakalyan.org](mailto:info@swasthyakalyan.org)**