

Grand first convocation of Sai Tirupati University



142 MBBS and B.Sc Nursing students got degree

- Toppers were awarded gold and silver posts
Success is never final, it is a journey, not a final stop: Dr. Lakhan Poswal

Udaipur: The grand first convocation ceremony of Sai Tirupati University was held on Friday in the university campus Umrda. The chief guest was Dr. Lakhan Poswal, Principal and Controller of RNT Medical College. The special guest was the Vice Chancellor of Govind Guru Tribal University Banswara Prof. Indravardhan Trivedi.

Founder Trustee Bholaram Agarwal, Chairperson Ashish Agarwal, Smt. Sheetal Agarwal, S Vice Chancellor

Prof. Inderjit Singh Singhvi, Registrar Devendra Agrawal, Dean Dr. Madhu Singhal, members of Academic Council and BOM, Deans, Faculties, Officers, Students, Parents and other dignitaries graced the convocation

The convocation ceremony began with the academic process. After the national anthem, Dr. Inderjit Singhvi, President (VC) announced the inauguration of the first convocation by symbolic playing of drums.

In the ceremony, the guests presented degrees and medals to the initiators amidst the sound of chanting, their faces blossomed. Professor Anatomy Dr. Monali Sonawane administered the oath to all the degree holders.

Degrees were awarded to 142 MBBS first batch (2015-16), & B.Sc Nursing first batch

(2017-18), in the convocation ceremony. Gold medal in MBBS was given to Anisha Sharma while gold medal in B.Sc Nursing was given to Umar Sharif Khande. Silver medals were awarded to Ayush Chaplot in MBBS, Silver medals were awarded to Saima Chaudhary in B.Sc Nursing.

Special guest Prof. IV Trivedi said that unless you accept the challenges of the real world then a degree is just a piece of paper. Doctors are warriors, they have many challenges in front of them. Seeing the happy faces of the degree holders of Sai Tirupati University, it seems that our future is bright. The most important thing for a doctor is that he should be skillful, settled in the real world.

Chief guest Dr. Lakhan Poswal thanked Ashish Agarwal for the convocation and said that I have never done convocation in RNT, I will get the convocation done next time after taking inspiration from you. Reciting many illustrations and shares, Dr. Poswal taught the initiating doctors to always have a positive attitude in life, to be comfortable in every situation and to be ready to serve the patients. He said that after MBBS, do not think only

about PG and other goals, keep in mind that your services are desperately needed in villages and poverty-stricken areas. Junior Resident seats are also vacant in RNT Medical Colleges, they can serve the patients by working there.

Dr. Poswal said that at present the trend in medical studies is going bad. Faculty of renowned doctors is going to teach but students come less in classes, we have to change this pattern. NMC has also now become CVME i.e. Competition Based Medical Education. Unless you know how to do patient examination, how to make differential diagnosis, whether there are relevant investigations, how to talk to a patient, then no matter how much you read, it is of no use.

Medical education never ends. The challenge of the present day cases of scrub typhus, dengue, malaria, covid cannot be accepted without practical knowledge. Nowadays, in NEET exam also questions come from clinical scenario. Unless you have seen the patients, it will be difficult to solve the questions. Never stop learning. Success is never final, it is a journey, not a final stop. Attend seminars, webinar conferences. Those who have not appeared in NEET,

they should work in the field instead of preparing from home. Medical Science is Learning by Doing. Some skills are learned by observing, witnessing.

Dr. Poswal said that one should not take too much load in life, one should keep going according to the circumstances that arise. Keep working according to the best opportunity you get. It is not necessary that we get whatever we want. Be positive, have leadership quality. Think about patients' interest with a sincere heart, sacrificing your selfishness and comfort. You have seriously attended the patient, served you with all your heart, did good counseling and even after that, if any untoward happened, then I claim that there will be no uproar. Society will forgive your mistakes. Knowledge in medicine keeps updating very quickly, so keep updating the knowledge.

Chairperson Ashish Agarwal congratulated the students and wished them a bright future. He said that I am happy to inform that more than half of the students of PIMS have qualified NEET PG which is a matter of pride for all of us.

While welcoming and felicitating the guests who attend-

ed the first convocation ceremony of Sai Tirupati University, Chairperson Sheetal Agarwal said that the university has entered its fifth year of establishment. In these five years, we have seen many ups and downs and the university is on the path of continuous progress. Students of first session MBBS and Nursing are getting their initiation today, congratulations to them from the university family and best wishes for a bright future. It is

ity education in the fields of Medical Sciences, Nursing, Pharmacy, Physiotherapy and Fashion Technology. The university has got the approval of UGC Section 2(f). Soon the university is going NAAC accreditation and NIRF ranking. The degree awarded by the University is approved under Section 2(f) of the UGC Act. The university has successfully inspected the state government committee to amend schedule two of its act and there

that our medical graduates are eligible to sit the eligibility test to practice in the US and Canada. Nursing graduates have got 100% placement locally in our own hospital as well as in Indira IVF and JK Paras Hospital and are working with great efficiency and efficiency.

The university plans to introduce Post Basic B.Sc Nursing, Degree and Diploma in Paramedical Sciences, MBA in Hospital Administration in the



expected that the students will increase the fame of the university. Dr. Indrajit Singhvi said that the Sai Tirupati University was established in April 2016 and since inception has gained a reputation for imparting qual-

are only two universities in Rajasthan to do so.

Our constituent medical college PIMS has been named in the World Directory of Medical Schools list and sponsorship note from ECFMG so

next academic session. The university will be expanded multidimensionally with the introduction of various courses. Registrar Devendra Jain performed the ceremony of thanks.

Book Review - Think Like A Monk



The genre of non-fiction prose has become very popular in the past two decades. If one were to go by a rough estimate twenty first century is an era of non-fiction prose just as twentieth century was an age of fiction and nineteenth

century was an age of poetry. Think Like A Monk is a book of non-fiction prose which aims at motivating the readers to lead a life guided by the sermons of the texts which we consider as scriptures. In a world driven by a limitless urge of accumulating wealth, power and prestige the ideas published in the book provide a soothing respite. The best thing about this book is that it gives practical solutions to the problems of modern life. Jay's way of explaining and presenting a concept is fascinating. This book is a blend of wisdom from scriptures, other ancient texts and facts drawn from scientific

research. The way he uses examples, facts, theories, studies, quotes and researches is astounding. Teachings and wisdom of ancient texts, scriptures, monks are woven together by Jay in this book. This book is a step by step guide on how to use that wisdom from ancient texts and scriptures in present context. Book is written in easy to understand language with Jay's good sense of humor. This book is unputdownable! "When you give yourself space and stillness, you can clear the dust and see yourself, not through others' eyes, but from within." Thoughts like

this are commonly expressed while talking about the way people have got engaged in their daily chores having little time for reflection. The book reminds them that there is a need to stop for a while and think about them. There are quite a good number of sentences which look like quotable quotes. They sound too good to the ears but often they are not practicable. However, some of these quotes are worth noting: "The four motivations - fear, desire, duty and love." "I think everybody should get rich and famous and do everything they ever dreamed

of, so they can see that it's not the answer". - Jim Carrey "Material gratification is external, but happiness is internal". To live intentionally, we must dig to the deepest why behind the want. This requires pausing to think not only about why we want something but also who we are or need to be to get it, and whether being that person appeals to us. These quotes suggest that one should think like a monk if one needs to get rid of many problems of the material world. However, the truth is that it is easy said than done. The practical problems of communal hatred, imperialist and capi-

talist exploitation, poverty, hunger, unemployment, state oppression, suppression by fundamentalist organizations, lack of stability and security, pandemic and its aftermath etc., career development and family matters burden individual and collective consciousness of people in the society today. This book provides sources which we can fall back upon in our time of need. Think Like A Monk: Train Your Mind for Peace and Purpose Everyday, Jay Shetty, HarperCollins UK, 2020, ISBN - 0008355576, 9780008355579, Pages 352, Price-UK £9.99

LOST FOOD BY CHEF SATISH

Gahat ki dal is popularly known as kolath or Horse Gram is very nutritive and benefits are as follows:

Nutritive Benefits of Horse Gram

- Cholesterol control
- Conjunctivitis
- Skin rashes and boil
- Piles
- Diarrhoea
- Ulcers
- Urinary discharge
- Kidney stone
- Constipation
- Leucorrhoea
- Menstrual disturbance



GAHAT KI DAL (KULATH) RECIPE

Gahat: 200 Gm
Turmeric Powder: 1tsp
Rice Paste: 30 Gm
Coriander Powder: 1 Tsp
Red Chilli Powder: 1 Tsp
Refined Oil: 40 Ml
Ginger: 20 Gm
Asafoetida: A Pinch
Garlic: 5 To 6 Flakes
Cumin: ½ Tsb
Gandherin A Small Pieces

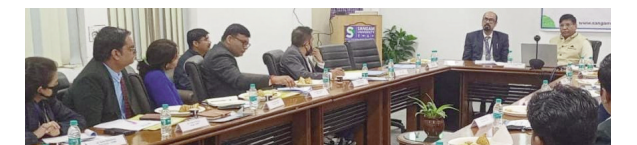
GAHAT KI DAL METHOD -

- Boil Gahat Dal Along With Ginger, Garlic, Turmeric, Coriander, Chilli Powder And Salt.
- Once The Dal Boiled To 80% Add Rice Paste And Cook For Some More Time.
- Temper The Cooked Dal With Refined Oil, Asafoetida, Cumin And Gandherin.
- Boil For Some Time And Take Out From Fire.
- Gahat Ki Dal Can Be Eaten With Rice or Chapatti.

Chef Satish Comments - Soak Gahat ki dal overnight drink the stained water (very good for person having stone in bladder). Soked dal can be used for GAHAT KI DAL (KULATH) RECIPE.

Academic council meet concluded

Bhilwara: Academic Council Meet was held at the local Sangam University First, the Vice-Chancellor of the University,



Prof. Karunesh Saxena gave his views on the National Education Policy 2020! After this the new course and subject were approved by the academic members! Approval was given on new courses like Fire Safety Course, BBA Logistic Course, Skill Council for Mining Sector, etc., which have already been negotiated with Sangam University. Welcoming the expert members and told them about the upcoming meeting agenda. In view of future employment, today's requirement etc., the syllabus of all the departments and subjects were updated and approved.

Research in the meeting, department budget, convocation etc. Prof. Neeraj Sharma, Head Sanskrit Department, MLSU, Prof. Basudev Malhotra, Mechanical Department Head JC Boss Institute Faridabad, Prof. Sabayasachi Mukhopadhyay, IIM Udaipur, Dr. S. R. Malu, MPUAT Udaipur were present in the meeting. Deans, Deputy Deans, Assistant Deans, Heads etc. of all departments of Sangam University were present.

Name Change

I have changed my name from **Minesh Luhar** to **Minesh Panchal**. In future I should be known by this name. Minesh Panchal s/o Late Gangaram Luhar, Village/Post Khalil Teh. Aspur District Dungarpur, Rajasthan -314023

Maheshwari Samaj's free national introduction conference

Bhilwara: A free national introduction conference of the society under the aegis of South Rajasthan Regional Maheshwari Sabha organized by Bhilwara District Maheshwari Sabha is going to be held in Mahesh Hostel for two days on 25th and 26th December in which 156 youths and girls degree holders of various professional courses through mutual coordination session. Assembly Minister Devendra Somani told that from 6 states, including Uttar Pradesh, Madhya Pradesh, Rajasthan, Gujarat, Maharashtra, Karnataka, a large number of professional unmarried young men and women are participating in the introduction conference of Maheshwari Samaj, in which MBA, BBA Engineer, MTech, B Tech, CA, CS Doctor, Professor, PhD, Doctor, MPhil, MCA, ICWA, PGDCA, BEd, Postgraduate etc. Educated in various professional courses, and young girls will choose their life partner in the introduction conference.

Publicity in charge Mahavir Samdani said that in the two-day introduction conference, the detailed bio-data of all the professional and other unmarried young men and women would be included in the e-Parivartan conference magazine. tax will be released

In the national introduction conference, 300 unmarried young men and women will participate in the platform introduction conference made by the society.

Admission of professional young men and women coming from 6 states will be done through registration. Registration in-charge Madhusudan Bagla said that the admission of all married youth would be done only after the card is issued.

Introduction Conference in-charge Laxmi Narayan Kabra, Sampat Maheshwari, Pramod Dad, to finalize the preparations for the unmarried young woman introduction conference to be organized at the national level, a meeting was convened today in Mahesh Shiksha Sadan under the chairmanship of Speaker Deendayal Maru, in which Devkanar Gaggad, Kailash Kothari, Radheshyam Somani, Radheshyam Chechani, Prahlad Laddha, Jagdish Somani,

Satyendra Birla, Suresh Kacholia, Omprakash Gatiyani, Satyanarayan Mundra, Rajesh Baheti, Ramesh Rathii, Satyanarayan Manvdora, Rajendra Bhadada, Prahlad Laddha, Kakani K. 35 in-charge and city in-charge were present.

BJP Kisan Morcha submitted a memorandum to the Chief Minister

Bhilwara: Today, under the aegis of BJP Kisan Morcha, a memorandum was handed over to ADM City NK Rajoura to remove the shortage of urea in the name of the Chief Minister. BJP district media in-charge Mahaveer Samdani said that due to acute shortage of urea in the area of Bhilwara district since last one month, the crop of farmers is getting spoiled due to shortage of fertilizer in the area of Bhilwara district.

Long lines are being seen, under the leadership of Kisan Morcha District President Tejendra Gurjar, the time of irrigation is going on for the crops of the farmers. Therefore, urea should be supplied to the farmers on time by arranging for urea. If there is no timely supply of urea, there will be a fierce agitation by the farmers at each tehsil level of the district, District Vice President Ambalal Sharma, IT in-charge Dilip Rao, Pratap. Mandal President Kuldeep Gurjar, former Mandal President Ramprasad Laddha, Convener Avinash Rathod were present

Five-day Faculty Development Program launched at Sangam University

Bhilwara: A five-day faculty development program was launched under the aegis of the Department of Internal Quality Assurance Cell (IQAC) of the local Sangam University.

Director of IQAC Prof. Preeti Mehta said that the purpose of this five-day program is to "upgrade knowledge, skills and provide opportunities.", Aditya Bajoria, Preksha Narayaniwal were present! The program was started with



the University Kulgeet, after which Registrar Professor Rajeev Mehta appreciated this initiative and sent best wishes for the significance of the program. Professor Saxena said that "For him, the student is the primary, the teacher is at the second level, the colleague is at the third level, he is himself at the fourth level." The program was launched on 20 December 2021 with a motivational lecture by Heartfulness trainer Sangeeta Bansal on the topic Heartfulness a Path to Health Peace and Happiness! How can it be worthwhile?" In the next series of this program, there will be the Presidential Address by the Vice-Chancellor of Sangam University on UGC A.P.I Regulations on 21 December 2021.

On 22 December 2021, there will be a keynote address by the Vice-Chancellor, Professor Karunesh Saxena on AQ and IQ: What is More Important and How to Develop Silent. On 23 December 2021, there will be a speech by Vice-Chancellor Karunesh Saxena on the subject of Impact of National Education Policy 2020 on Higher Education and on Learning from Shrimad Bhagwat Geeta, Professor of Sanskrit Department of Mohanlal Sukhadia University, Process Neeraj Sharma will address and on 23 December itself In What Professor Vasudev Malhotra will speak on In Teaching Learning Pathology in Higher Education.

Professor Raghuvir Singh, Vice-Chancellor Tirthankar Mahaveer University, Moradabad (Uttar Pradesh), will address on 24 December 2021 the topic Overview on Learning Outcome Curriculum Framework, and the program will also conclude on the same day. Dr. Nidhi Bhatnagar conducted the inaugural session.

Sarva Dharma Sadbhavna Samvay Seminar organized under the aegis of Anuvrat Samiti in Shahpura

Shahpura (Moolchand Peswani): Under the aegis of Anuvrat Samiti Shahpura, Sarvadharm Sadbhavna Samvay was organized at Lord Swadhyaya Bhawan in Ramnagar today.

In this Sarvadharm Sadbhavna Samvay organized under the guidance of Acharya Mahashraman, the leader of non-violence journey, Acharya Mahashraman, the speakers emphasized on imbibing the principles of the Anuvrat movement, while appreciating the communal harmony of Shahpura. Dinesh Bunt started the program by reciting a composition based on communal harmony. Poet Bunt presented the composition when Aarti and Ajan are made, when temples and mosques are built when both God and Iahi are the same, my brother, what is the dispute of what matters.

Muni Suresh Kumar Harnawa said that we had attained the human being by virtue. Not everyone gets such a good opportunity. Due to our virtuous deeds, we are doing this ritual today with a great spirit. Rare creatures worship as a character. We should not worry only about the world. Take care of yourself and your soul. Move on to self-reflection. Think about how our souls became divine and how much time is left in our time. There is no place for the moment. Man is the one in whom humanity comes. Anuvrat only develops society. Truth and non-violence have been given a place in all religions.

Muni Sambodh Kumar Medhansh said that if there is anything important in life, then you have to make yourself God. Give time for the soul that I want to be God. Beautify your bhava for the welfare of your life. Imagine becoming a God with Bhava. Therein lies the joy of life. Every soul has the power to become God. The principle of Anuvrat is to make a good person. If there is love in the heart of a person, then heaven will come down here.