

# National Seminar on the New National Education Policy 2020

**Udaipur:** On the occasion of the third anniversary of the New National Education Policy 2020, a national seminar was organized at Maharana Pratap Agriculture and Technology University (MPATU) to discuss the possibilities of entrepreneurship and employment through millets processing and value addition. The program was attended by the Vice-Chancellor of the university, Prof. Ajeet Kumar Karnatak, the Assistant Director-General of ICAR, Dr. S. K. Sharma, and the Registrar, Dr. Meenu Srivastava, along with subject matter expert Prof. Mukta Agrawal.

During the opening of the event, Dr. Srivastava welcomed

the guests. In his keynote address, Vice-Chancellor Prof. Ajeet Karnatak highlighted the third anniversary of implementing the New Education Policy and celebrating this year as the International Millet Year. He emphasized the immense potential of entrepreneurship and self-employment in marketing millets and value-added products. He stated that the New Education Policy (NEP) aims to prepare students for jobs, starting from vocational education to school education and higher education. Vocational training and agricultural education will include practical sessions, industry exposure, and internships, preparing students for

specific trades and enhancing their technical skills necessary for employment.

Prof. Karnatak stressed the inclusion of millet in daily diets as it helps strengthen the body's immune system. Millets are rich in all essential nutrients, providing the nutrition necessary for maintaining good health. They also play a role in preventing and managing type-1 and type-2 diabetes. Nowadays, most of the consumed cereals like wheat and rice are considered negative cereals. Millets contribute significantly to fat reduction and weight management. Bajra (pearl millet) contains high fibre and tryptophan (amino acid). When millets are incor-



porated into the main meal, they aid in slow digestion due to the presence of fiber and tryptophan, making individuals feel fuller for longer periods, thus assisting in weight management.

Dr. S. K. Sharma from ICAR

explained that the New Education Policy was approved by the Central Cabinet on 29th July 2020. It is the most significant educational reform in India after 34 years. The new policy aims to provide a structured and

phased approach to transforming India's education system, replacing the National Education Policy 1986. Its vision is to provide an education system that will transform India into a vibrant knowledge society and offer high-quality education to all sections of society. The National Education Policy focuses on access, equity, quality, affordability, and accountability as its foundational pillars. Its objective is to prepare students for high-quality, world-class education. The NETF (National Education Technology Forum) will be established as an autonomous body to provide a rich platform for free exchange of ideas on the use of technology, which

would be supportive for learning, assessment, planning, and administration.

Prof. Mukta Agrawal discussed the possibilities of producing various value-added food products from millets, which can benefit the body's health and serve as a good source of income through self-employment. She suggested that millets can be included in daily meals and can be used in various festivals and events. Millets can help regulate glucose levels in the body. They contain essential nutrients such as magnesium and potassium, which help control cholesterol levels and maintain blood pressure, thus promoting a healthy heart. Millets also have antiox-

idants that reduce the impact of free radicals in the body, protecting against cancer.

In conclusion, the seminar shed light on the potential of millets in promoting entrepreneurship, improving health, and creating opportunities for self-employment. The New Education Policy was appreciated for its focus on providing a diverse and flexible curriculum, offering multiple exit options, and promoting a dynamic learning environment for students to pursue their interests. Integrating technology in education is seen as a crucial step in preparing the youth for global challenges and making India a knowledge superpower.

## Neurobics: A Discussion on Training the Brain

**Udaipur:** Under the auspices of the Scientific Think Tank of Udaipur University, Dr. Maheep Bhatnagar, former professor of Zoology and patron of the Science College, conducted a seminar on how to train one's brain. The seminar, held at Sukhadia University, delved into the intricate workings of the brain and emphasized the need for specialized exercises to keep it active and prevent conditions like dementia, Alzheimer's, or Parkinson's.

**Understanding Neurobics:** Dr. Bhatnagar provided a comprehensive overview of

the brain's structure and the functioning of neural cells. He emphasized that to keep the brain agile and avoid neural degeneration, certain exercises called "Neurobics" were crucial. These exercises were named by neuroscientist Lawrence Katz, and they are designed to stimulate both hemispheres of the brain for optimal performance. For example, simple actions like brushing one's teeth with the non-dominant hand or engaging in new activities help establish new connections among brain cells.

**The Importance of Hippocampus:**



Dr. Bhatnagar highlighted the significance of the hippocampus, the part of the brain responsible for learning and memory. Neurobics exercises help strengthen the connections between new neural

cells and existing ones in the hippocampus, thereby enhancing learning and memory functions. Incorporating Neurobics into one's daily routine can benefit both children and adults by boosting cogni-

tive abilities.

**Neurobics for Brain Enhancement:**

Dr. Bhatnagar also explained that learning new skills like musical instruments, languages, or engaging in creative processes like painting, solving Sudoku, jigsaw puzzles, crosswords, etc., keeps the brain active and mentally agile. Additionally, consuming foods rich in resveratrol (found in black grapes or blueberries), healthy fats, vitamin E, vitamin B12, and omega-3 fatty acids nourishes the brain and strengthens the neural networks.

The seminar on Neurobics

organized by the Science Think Tank was an eye-opener, revealing the remarkable capabilities of the human brain and the significance of maintaining its health. The insights provided by Dr. Mahip Bhatnagar and the ensuing discussion among the participants underscored the importance of adopting

Neurobics exercises and making brain-boosting dietary choices to lead a mentally vibrant life. The presence of esteemed citizens and the celebration of Munish Goyal's birthday further enhanced the camaraderie and enthusiasm at the event.

## CPS organized a three-day Road Safety Survival Training

**Udaipur:** Central Public School organized a three-day Road Safety Survival Training Camp from 19th July to 21st July in collaboration with Honda Motor and Aadhaar Foundation. The primary objective of the camp was to address the increasing rate of road accidents and educate children about road safety.



Mr. Jatinji from Honda Motors conducted the training, where the children were given detailed explanations about safe driving practices, traffic rules, pedestrian responsibilities, and how to respond to live traffic signals. The training also included practical activities to reinforce the concepts, and the children actively participated in question-answer sessions with prizes distributed to encourage their engagement.

Shri Narayan Chowdhary from Aadhaar Foundation emphasized the importance of such training for children and appreciated the participation of all the students. The school's Chairperson, Mrs. Alka Sharma, consistently emphasizes the importance of following traffic rules, wearing helmets, and using seat belts to both students and teachers. The school has also implemented special rules to ensure compliance with these safety measures.

The school plans to organize similar mega events in the future to raise awareness about road safety and education among children. The aim is to instill a sense of responsibility and adherence to traffic rules in the children, so they become cautious and responsible road users when they grow up.

The Principal Poonam Rathore, expressed that such events benefit the children immensely. After participating in such training, children become proactive in advising their parents and teachers to follow safety measures like wearing helmets and taking care on the roads. The program is seen as a valuable step in promoting road safety and instilling responsible behavior among the young generation.

## Precision Meets Innovation: Robotic Surgery Enhances Success Rate in Knee Replacements

**Udaipur:** Aided by cutting edge technology, the field of surgery is experiencing a significant impact, especially robotic assisted procedures. A recent report, titled 'Robotics in Medical Devices - Thematic Intelligence' reveals that every segment of the medical robotics market is set to grow over the next decade, driven by the demand for high-volume procedures. It is expected to grow at an annual growth rate (CAGR) of 8 percent from \$8.6 billion in 2022 to \$15.8 billion in 2030.

Knee replacement surgeries are most common for patients suffering from osteoarthritis. It is the most



prevalent in India, occurring in around 22 to 39 percent of the population. In Delhi alone, 22-39% patients suffer from osteoarthritis. In the case of orthopaedic surgeries, use of

robotic equipment has set a benchmark in knee-replacement surgeries in India. Total knee replacement (TKR) is a surgical procedure that involves replacing a damaged or worn-out knee joint with an artificial joint made of metal and ultra-high molecular weight polyethylene. Through the use of robotic assisted orthopaedic surgeries, the success rate is close to 98%.

Dr. Atul Mishra Director & HOD, Fortis Hospital says "Thanks to technical and robotic improvements, total knee replacements may now be planned based on a patient's specific anatomy, and this approach has been success-

ful in treating patients with severe osteoarthritis. While the use of robotic equipment during surgery helps the surgeons, the success of any TKR procedure ultimately hinges on how knowledgeable and skilled the orthopaedic surgeon is.

The blending of technology and human experience has been linked to fewer post-operative issues, a quicker recovery, better joint stability, and improved overall knee function."

With high-resolution 3D Computed Tomography Scan (CT scans) of the affected joint, surgeons can now make pre-operative customised

plans to suit to the patient's anatomy allowing for a more precise bone cut and implant placement. Robotic-assisted knee surgery (RAS) provides precise placement and alignment of knee implants, reduces tissue damage and blood loss, speeds up recovery, shortens hospital stays, and potentially lowers post-operative complications.

More than 2.5 lakh people undergo total knee replacement in India every year, which is 2.5 times the number of such procedures conducted annually about five years ago. It is important to understand that the need for knee replacement surgeries annually is 7-8 times

higher than the current number in India.

Arthritis may not yet have a cure, but new treatment strategies are improving their ability to provide long-term comfort. Traditional techniques of treatment are effective, but introducing robots into operations allows patients to obtain more precise and accurate results. The advancement in medical technology, robotics and precision tools has greatly improved the outcomes of traditional surgery.

Therefore, one should not delay treatment and reach out to their medical profession for more details to ensure timely intervention and treatment.

## The oath-taking ceremony



presence of the chief guest, Mr. Ravindra Ahlawat, Commanding Officer Unit 3 Rajputana Rifle, along with Mr. Sanjay Dutta. The school principal, Arun Rajpurohit, and headmistress, Jhumur Gehlot, also participated in administering the oath to the students.

During the ceremony, the students pledged to work diligently, maintain discipline, be organized, and remain determined in their efforts towards the betterment of the school. The program commenced with a prayer to Mr. Ekling Nath, followed by various performances including songs, poems, and dances presented by the students.

Hemank Audichya was appointed as the Head Boy, and Arshiya Chakraborty was chosen as the Head Girl to lead the student council.

The ceremony symbolized the students' commitment to fulfilling their responsibilities and contributing to the upliftment and progress of Maharana Mewar Vidya Mandir. The event was filled with enthusiasm and excitement, marking the begin-

ning of a new academic year with motivated student leaders ready to take charge of their roles.

## PMCH successfully saved the life of lady bitten by a snake

**Udaipur:** The doctors at Pacific Medical College and Hospital (PMCH) in Udaipur successfully saved the life of a woman who was bitten by a snake. The incident occurred in the rainy season when snakebite cases are on the rise. The patient, Ghisibai, a 31-year-old woman from Ramkheda, Chittorgarh, was working in the fields when she was bitten by a snake.

Her family immediately rushed her to PMCH's emergency unit when they noticed her condition worsening. The hospital's team of doctors, led by Dr. Nilesh Patira from the Department of General Medicine, acted promptly and admitted her to the Intensive Care Unit (ICU).

Dr. Nilesh Patira explained that the first hour after a snakebite is crucial, and the patient should receive anti-snake venom injection during this period. Unfortunately, many people fall into the trap of superstitious beliefs or seek traditional remedies first. In non-venomous snakebites, these treatments might work, but in the case of venomous snakebites, delay in seeking medical help can be life-threatening. He emphasized that immediate medical attention is essential for snakebite victims, as those who go directly to the hospital after the incident have a higher chance of survival.

The patient received timely treatment, including tetanus immunoglobulin and other necessary medications. Her condition improved, and she fully recovered under the care of the medical team at PMCH. The hospital provided her with the required treatment free of cost.

As snakebite incidents increase during the rainy season, it is essential to create awareness about the importance of seek-

ing immediate medical attention and avoiding superstitions or traditional remedies in such situations. Timely treatment can save lives and prevent complications from venomous snakebites.

## Initiated an induction program

**Udaipur:** The Pacific Academy of Higher Education and Research University's College of Hotel Management initiated an induction program for their freshman students. The program aimed to welcome the new students and familiarize them with the university and college environment. The chief guest for the event was Sandipan Bose, General Manager of ITC Mementos, Udaipur, and Pranjal Srivastava, Learning and Development Manager at ITC Mementos, was the special guest.

Mr. Vinod Kumar Singh Bhadauria, the College Director, extended a warm welcome to the chief guest and addressed the incoming students, providing them with information about the university and the college management, which boosted their enthusiasm.

The induction program spanned a week and included various activities. The students were taken on a visit to Udaipur and were provided with insights into the hotel industry through an industry visit. Additionally, they were exposed to management games and had the opportunity to interact with professionals from the industry.

On the first day of the induction, the newcomer students were given comprehensive information about the college. The coordination of the program was managed by Shailesh Kumar Mathews and Dr. Mehndi Sharma.

The induction week was designed to ease the transition of the new students into college life, acquaint them with the hospitality industry, and foster a positive and encouraging learning environment.

## Organized an exhibition showcasing models of medical instruments

**Udaipur:** Geetanjali College and School of Nursing, under its Medical Surgical Nursing department, celebrated World Hepatitis Day by organizing an exhibition focused on medical instruments. The event aimed to provide comprehensive knowl-



edge to nursing students about various medical tools and their applications. The exhibition's inauguration took place with the lighting of the ceremonial lamp by Chief Principal, Dr. Yogeshwar Puri Goswami. The event was graced by esteemed personalities, including Prof. Dinesh Sharma, Principal of Geetanjali School of Nursing, Mr. Kamlesh Joshi, Academic In-Charge of Geetanjali College and School of Nursing, and Mr. Piyush Jain, Head of the MSN Department, along with other faculty members.

The primary objective of this exhibition was to familiarize nursing students with a wide range of medical instruments and their uses in healthcare services. The event provided a platform for students to gain practical insights into handling these instruments and learning about their functionalities.