



Celebrating Kota : The Rising Star in India's Tourism Landscape

Aspectacular transformation is unfolding in Kota, Rajasthan, destined to propel the city into the limelight as a prominent tourism destination. Nestled along the enchanting banks of the Chambal River, Kota is on the cusp of becoming an extraordinary getaway, offering a myriad of captivating experiences to tourists. Kota, known for its vibrant culture and rich heritage, now aspires to become a tourism hub capable of luring travelers from around the globe.

At the heart of this transformation lies a year-long promotional campaign with the captivating theme, "If you haven't seen Kota, what have you seen?" This campaign, set to commence on September 13, is graced by Bollywood icons Deepika Padukone and Ranveer Singh, who have

been chosen as the brand ambassadors for Kota's tourism push. In partnership with the Rajasthan Urban Development Department, this collaboration aims to introduce Kota to the world as a must-visit destination.

The Chambal Riverfront, the epicenter of this newfound tourism splendor, boasts an array of alluring attractions. Tourists can immerse themselves in the tranquil waters of the Chambal River, embark on exhilarating speedboat rides, indulge in aquatic adventures at the water park, or test their skills on the golf course. Gourmets can savor delectable cuisines from India and abroad, and shoppers can delight in retail therapy. Accommodations are no less extraordinary, with a Swiss tent city offering a unique and comfortable stay amidst

nature's beauty. Green spaces, gardens, man-made waterfalls, and musical fountains add to the city's allure, making it an irresistible tourist destination.

On September 12, the grand inauguration of this ambitious project is scheduled, featuring Chief Minister Ashok Gehlot, his cabinet, and distinguished guests. The highlight of this momentous occasion will be the first-ever Aarti, a sacred Hindu ritual, performed at the statue of Chambal Mata, the river's patron goddess.

For the eager travelers of the future, the journey commences at the Kota Barrage Sakatpura on the western bank, leading to the revered statue of Chambal Mata on the eastern bank. Crossing the Kota Barrage via the newly constructed bridge from



Sakatpura offers an awe-inspiring view of the colossal face of Jawaharlal Nehru, the largest rock-carved face in the world. The pilgrimage continues with a visit to Geeta Ghat, adorned with murals depicting Lord Krishna imparting the profound teachings of the

Bhagavad Gita, along with verses inscribed on pristine white marble. Further along, Adrishya Yogi, the ethereal Nataraja, captivates visitors in a graceful dance pose. Roshan Ghat showcases architectural marvels akin to Jaipur's Hawa Mahal and a mosque

reminiscent of Amer Fort's architecture.

As one ventures forward, they encounter the Hadoti Gate, a showcase of palaces from Jodhpur, Jaipur's Hawa Mahal, the majestic Ganesh Pol from Amer Fort, Sargasuli, and the imposing forts of Jodhpur and Jaisalmer. This gate pays homage to the Hadoti region.

Continuing along the eastern bank of the Chambal River, visitors will be enchanted by the "Padharo Mharo Des" theme, featuring Thai gardens reminiscent of the Jugu Ghat. Here, they'll encounter elephant statues, each gracefully spouting water to represent the twelve months of the year. The journey unfolds with the sight of Fatehpur Sikri's grand Buland Darwaza. Eventually, visitors arrive at the Swiss Tent City, a place of respite,

framed by five horse sculptures, arch designs, and a symbol of good luck, Shubhankar.

The voyage proceeds, unveiling two captivating artificial fountains and star-shaped designs. Sambhal Ghat holds hidden messages etched into 128 stones. Next comes the Music Fountain and a stage shaped like a grand piano. Kanak Ghat mesmerizes with its golden idols, four domes, a water park for children and adults, and exquisite sculptures. Vishnu Ghat reveals splendid statues of Vishnu's twelve avatars and a serene Tulsi garden with over five hundred plants. Finally, at the Peace Ghat, tourists will marvel at the towering statue of Chambal River Mata, standing at an impressive 252 feet, two enchanting artificial waterfalls, and the world's largest

musical fountain made entirely of brass. This transformation is not just a dream but a tangible vision that Kota is diligently working to realize. With the invaluable contributions of brand ambassadors and the forthcoming introduction of the Palace on Wheels tourist train, Kota is poised for takeoff. Furthermore, the city is set to benefit from the convenience of air travel services, cementing its position as an irresistible tourism destination for travelers seeking a remarkable experience. Kota's ascension in tourism is nothing short of a remarkable success story, embodying the city's unwavering commitment to preserving its rich heritage while embracing a promising future as a captivating tourism hotspot.

Dr. Prabhat Kumar Singhal, Kota

Successful Treatment of Split Cord Malformation in Udaipur at Paras Health

Udaipur: Chanchal Kanwar, a 20-year-old resident of Udaipur, had been grappling with persistent lower back pain and uncomfortable tingling sensations radiating down her legs for several years. Despite the family's relentless efforts to find a solution, her condition remained undiagnosed and untreated. Frustration and despair grew until the family decided to seek medical guidance at Paras Health in Udaipur, a decision that would ultimately change Chanchal's life forever.

Upon arrival at Paras Health, the family consulted with Dr. Ajit Singh, a distinguished senior neurosurgeon

renowned for his expertise in complex spinal surgeries. Dr. Singh immediately ordered a magnetic resonance imaging (MRI) scan to delve deeper into Chanchal's condition, a decision that would prove to be pivotal.

The MRI results revealed an exceptionally rare medical anomaly known as "split cord malformation." This condition occurs in a mere 1 out of 5500 births, making it an extraordinary occurrence in its own right. What made Chanchal's case even more remarkable was that this condition had manifested itself at the age of 20, a rarity that added to the complexity of her situation.

Left untreated, this condition could potentially lead to severe complications, including paralysis and the loss of bladder and bowel control.

Dr. Ajit Singh meticulously explained the intricacies of the condition to Chanchal's family. In this unusual disorder, a bony septum had developed within the spinal cord, effectively dividing it into two distinct sections. Moreover, this septum had adhered to the underlying nerve structures, exacerbating Chanchal's discomfort and pain.

Given the gravity of the situation, Dr. Singh recommended surgery as the most suitable course of action. What

followed was a marathon surgical procedure lasting six grueling hours, during which the spinal cord was carefully separated and the obstructing bony septum removed. This intricate surgery demanded the use of advanced surgical techniques, including microscopic visualization and neuro-monitoring to safeguard Chanchal's delicate nervous system.

Remarkably, Chanchal experienced an almost immediate alleviation of her debilitating pain and discomfort post-surgery. The day following the procedure, she embarked on the journey to recovery by regaining the ability to walk.

It is worth noting that such surgeries are fraught with complexity and inherent risks, including the potential for stroke. Traditionally, these procedures were exclusive to metropolitan hospitals, but Paras Health in Udaipur has now firmly established itself as a center of excellence in handling such intricate surgical interventions.

Following her recovery, Chanchal Kanwar and her family expressed profound gratitude towards Dr. Ajit Singh and Paras Health's medical team. Chanchal shared that the surgery had given her a new lease on life, a hope that had dwindled over the years. She



extended her heartfelt thanks to Dr. Ajit Singh. She conveyed her immense appreciation to the entire hospital staff for their dedication and expertise that had restored her health and well-being.

moment of great pride for him and his family.

Working as a physiotherapist in Bihar and collaborating with soldiers has been a source of immense pride for Dr. Rajiv Kumar Singh. He considers himself fortunate to have the opportunity to serve his country. He went on to say that this award is a matter of great pride for his field and for the state of Bihar. He mentioned that he has successfully treated hundreds of soldiers through his physiotherapy treatments and remains committed to serving the nation in the future.

Dr. Rajiv also highlighted the effectiveness of physiotherapy in treating various medical conditions such as arthritis and spinal injuries without any side effects. He stressed the importance of integrating physiotherapy into everyday life, as it has become an essential component of a healthy and active lifestyle. Many people tend to discontinue their physiotherapy sessions prematurely, which can hinder the full benefits of the treatment. Dr. Rajiv encouraged everyone to complete all the recommended sessions to ensure long-term benefits.

In today's fast-paced life, physiotherapy has gained tremendous importance, as it can often eliminate many illnesses without the need for medication. Dr. Rajiv Kumar Singh's dedication to the field of physiotherapy and his commitment to improving the health and well-being of his patients have earned him this well-deserved Gold Medal from the Bihar Regiment Center, Danapur.

Empowering Women for Positive Change- Dr. Rajshree Gandhi

Udaipur: A one-day program on the subject of "Positive Transformation for Women's Empowerment" was organized by the Brahma Kumaris Ashram, Abu Road. The event was chaired by Rajyogini BK Chakradhari, President of the Women's Wing of Brahma Kumaris, and featured keynote speaker BK Aditi Singhal, a renowned Raj Yoga teacher from Delhi. Dr. Rajshree Gandhi Verma, the National President of the "Consumer Protection Organization" and a retired bank officer, also graced the occasion as a special guest.

Addressing the audience, Dr. Gandhi said, "I have made up my mind to make a small difference. I believe in it wholeheartedly, and I have accepted every challenge in life." This program highlights the presence of over 5000 women, representing half of India, dedicated to fostering positive change for women's empowerment. She emphasized that any positive transformation in society is not possible without the determination and hard work of the women, as they constitute half of the nation's strength. She reminded the audience that a woman's voice and her thoughts influence her personality and, in turn, impact the values of her family.

Dr. Gandhi mentioned that to witness the empowerment of women globally, one only needs to look at Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, which is a living example of it. She acknowledged the presence of thousands of empowered women who have come from all over India to participate in this event. She reiterated that societal progress or development is impossible without active participation or collaboration from women because they represent the power and strength of half the population. She added that women's participation and partnership are vital, as every society's progress or development depends on it. She asserted that women and nature are endowed with multiple qualities, and they both play their roles in both destruction and creation.

Dr. Gandhi highlighted the various projects undertaken by the Brahma Kumaris to build character and emphasized the importance of character education in society. She further stated that women need to be educated and cultured, as they are the ones responsible for shaping the future of the nation. She urged women to be prepared to save their daughters, educate them, and empower them so that they can contribute to their family's economic well-being. Dr. Gandhi emphasized the need to save and educate daughters and make arrangements for their well-being in the future. She stressed that women need to cultivate values and principles in their families.

In conclusion, Dr. Gandhi expressed pride in being on a platform connected to a cultural service organization. She acknowledged that such organizations preserve and nurture our social values and traditions, and when it comes to the purpose of BK, it aligns with the preservation and enhancement of our social values and beliefs. She expressed heartfelt gratitude and admiration for such organizations working towards the upliftment of India's pride.

Vision 2030: Rajasthan's Water & Environment

Udaipur: In a recent event held at the Women's Polytechnic College in Pratap Nagar, Rajasthan, Dr. P.C. Jain, a water expert and environmental advocate, outlined a comprehensive plan to make Rajasthan free from substance abuse and promote sustainable water and environmental practices. His vision for the year 2030 includes a series of seven key initiatives aimed at addressing various challenges facing the state.

Dr. Jain's plan to combat substance abuse envisions making every individual suffering from addiction free from their dependency. He believes that by actively involving the public in a campaign to eliminate substance abuse, Rajasthan can make significant progress in this area.

Furthermore, his vision for 2030 includes ensuring the availability of clean and pure water while efficiently utilizing greywater for various purposes, particularly in toilets. This strategy aims to prevent water scarcity issues in the state.

Dr. Jain also emphasized the importance of reducing plastic usage and avoiding the disposal of sanitary pads in sewage systems. Instead, he encouraged the adoption of organic sanitary napkins as a healthier and eco-friendly alternative, citing the potential health risks associated with plastics, including infertility and cancer.

Addressing the issue of air pollution, Dr. Jain recommended an increased use of electric vehicles and a significant boost in tree plantation efforts. These measures, he believes, will contribute to both water conservation and air quality improvement, aligning with his overarching goal of creating a healthier and more sustainable environment.

The program was attended by several notable individuals, including Principal Khurshida Bano, Monica Bhanavat, Kavita Mathur, and Rishabh Chauhan, who expressed their gratitude to Dr. P.C. Jain for his valuable insights and guidance.

Dr. Jain's vision for a substance-free Rajasthan and a sustainable, eco-friendly future is not only ambitious but also crucial for the well-being of the state's residents and the preservation of its natural resources. His initiatives, if implemented effectively, can pave the way for a brighter and cleaner Rajasthan by the year 2030.

World Suicide Prevention Day 2023

Udaipur: Geetanjali College and School of Nursing, Geetanjali University, Udaipur, organized a program on "World Suicide Prevention Day 2023". On this occasion, the faculty of the Mental Health Nursing Department first delivered lectures on various aspects of suicide. Subsequently, a rally was organized to raise awareness among the general public about suicide prevention. The rally was inaugurated by Prof. (Dr.) Vijaya Ajmera, the Dean of Geetanjali College and School of Nursing, Principal Prof. (Dr.) Yogeshwar Puri Goswami, and Prof. Dinesh Kumar Sharma.

Following the rally, the Mental Health Nursing Department arranged a poster exhibition at Geetanjali Hospital to further educate people about suicide prevention. After the exhibition, Dr. Jitendra Jinagar, the Head of the Department of Psychiatry at Geetanjali Hospital, provided information on suicide prevention. At the end of the program, the winners of the poster competition, Ms. Sushmita Patel and Ms. Jeth Kanwar, were felicitated. The program was conducted by Prof. Jayesh Patidar, the Head of the Mental Health Nursing Department, Mrs. Brinshi Babu, Assistant Professor, and Mr. Harendra Gahlot, Associate Professor. This initiative aimed to spread awareness about the importance of mental health and suicide prevention in the community, and it brought together educators, healthcare professionals, and the public to work towards reducing suicide rates and promoting mental well-being.



Anita Puniya, Secures Admission to Rutgers University

Udaipur: Anita Puniya, Former Student of B.N. Institute of Pharmaceutical Sciences, Secures Admission to Rutgers University for a Master's Degree in Drug Safety and Pharmacovigilance. Udaipur: Anita Puniya, a former student of B.N. Institute of Pharmaceutical Sciences, has been admitted to Rutgers University for a master's degree program in Drug Safety and Pharmacovigilance. Rutgers, founded in 1766, is the eighth-oldest institution of higher education in the United States.

Rutgers is ranked among the top 25 public universities in the United States and among the top 100 universities in the world by U.S. News & World Report. This information was shared by the University's Public Relations Officer, Dr. Kamal Singh Rathore.

The institution's Executive Chairman, Prof. Colonel Shiv Singh Sarangdevot, Secretary Dr. Mahendra Singh Agariya, Managing Director Shri Mohabbat Singh Rathore, Pharmacy Dean Dr. Y.S. Sarangdevot, and Principal Dr. Chetan Chauhan expressed their joy and congratulated Anita on this achievement, wishing her a bright future.

Leadership Development Workshop for 12 School Educators at SPSU

Udaipur: Promoting academic excellence, fostering research and entrepreneurship Sir Padampat Singhania University, Udaipur organized a Leadership Development Workshop for 12 School Educators on September 6, 2023. The Honourable President and Vice Chancellor, SPSU Prof. (Dr.) Padmakali Banerjee in the opening remarks accentuated the rich Legacy of the JK cement and their contribution towards Nation Building. She drew attention to the nation's prowess and technological achievements such as the historic Chandrayaan 3 mission, the Aditya L1 Mission and India's placement in G20 Summit. Prof. Banerjee applauded the efforts of the educators in nurturing young minds, briefed about the implementation of NEP 2020, innovative teaching learning pedagogy, mental health, wellbeing and the importance of optimism quotient for the holistic development of the students. An insightful session on 'Empowering K-12 Education: Integrating Cutting Edge Technology into the Curriculum for Future Technocrats' emphasizing on Skill development, Industry 5.0, Block Chain, Artificial Intelligence was conducted by Dr. Darpan Anand, Associate Dean and HoD, CSE. A psychometric profiling identifying the optimism index, a predictive tool for success was steered by Dr. Bhavana Adhikari, Dean Academics and supported by Ms. Sanchita Ghosh. The profiling revealed the spectrum of optimism levels (OO) which is the seventh sense. More than 60 school principals and faculty across the state participated enthusiastically with the workshop. Mr. DK Gupta Faculty Liberal Studies, Mr. Virendra Gupta Director Admissions and Outreach organized the workshop. Dean School of Management Prof. (Dr.) Sadananda Prusty, Registrar Dr. Naveen Kumar, Dr. DS Chouhan, Dr. Shibani Banerjee and eminent faculty too attended the illuminating sessions.



Dr. Rajiv Singh, the Director of Sai Health Care Wellness Center in Patna and a renowned physiotherapist, has been honored with a Gold Medal by the Bihar Regiment Center in recognition of his outstanding contributions to the field of medical treatment. This prestigious award was presented to Dr. Rajiv Kumar Singh during a grand ceremony held at the Bihar Regiment Center in Danapur on the occasion of World Physiotherapy Day.

Dr. Rajiv is a highly acclaimed physiotherapist who has provided his services to numerous individuals, including actors, politicians, and cricketers, both within India and abroad. He expressed his gratitude for the honor and reflected on his journey from a humble village to achieving such recognition. He emphasized that this year's World Physiotherapy Day would always hold a special place in his heart, as receiving a Gold Medal for his contributions to the medical field is a