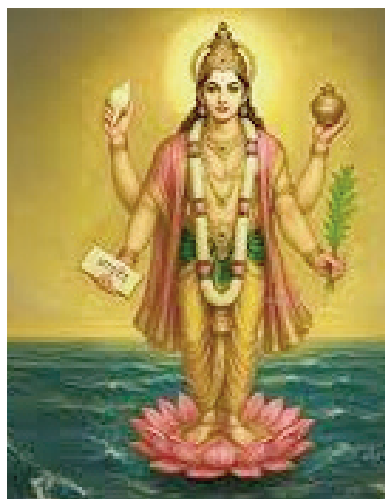


Dhanvantari Jayanti – A Divine Celebration of Ayurveda



Udaipur: Bharat, the land of wisdom and spirituality, has always been a cradle for sciences intertwined with dharma and philosophy. Among its timeless treasures is Ayurveda, often hailed as the

"Veda of Life." This ancient science of healing finds its divine origin in Lord Dhanvantari, the celestial physician of the gods. His birth is celebrated as Dhanvantari Jayanti, a day that inspires not just the medical community but humanity at large.

According to sacred texts, during the legendary Samudra Manthan, Lord Dhanvantari emerged carrying the Amrit Kalash, becoming the divine healer of the universe. His teachings in Ayurveda were not merely about curing diseases but about attaining health, longevity, and harmony in life. This auspicious day falls on Kartik Krishna Trayodashi, two days before Diwali, and is also observed as Ayurveda Day.

Lord Dhanvantari symbolizes the balance of life—body, mind, and soul. The foundational principle of Ayurveda, "Sama doshaḥ, samaagniḥ, samadhātu mala kriyāḥ, prasannaātmendriyamanah,

svasthāyabhidhiyate," reflects this equilibrium. By following this wisdom, humans can achieve complete health and well-being. Ayurveda, born alongside humanity, is not merely a treatment for diseases but an art of living. It teaches how seasons, diet, sleep, lifestyle, and herbs can maintain harmony between mind and body. Lord Dhanvantari emphasized that illness arises when humans live against the laws of nature. In today's fast-paced modern life, where stress, pollution, and irregular routines create new health challenges, Dhanvantari Jayanti serves as a timely reminder:

"Swasthya prakriti mein hai, aushadhiuskeanukaran mein."

Since 2016, the Government of India has declared this day as National Ayurveda Day to promote Ayurveda, strengthen public confidence, and encourage preventive healthcare. Across the country, Ayurveda hospitals, institutes, and uni-

versities organize special Dhanvantari poojas, awareness rallies, swarnaprashan ceremonies, Panchakarma camps, and exhibitions to celebrate this divine occasion. Lord Dhanvantari's message transcends borders. He taught that every individual is the physician of their own life. His guidance reads:

"Nityam hita haravihārasevi, samānacittāḥ, nityaparyatakāḥ. Satyapriyodharmaparayanaśca, rogānnavidatyayurvedavit."

Those who follow balanced diet, ethical living, truthfulness, and dharma are naturally protected from diseases.

In today's world, scientific advancements coexist with stress, irregular food habits, and lifestyle disorders. Here, Dhanvantari's principles of holistic health are more relevant than ever. True health, he emphasized, is not just medicine but a balanced lifestyle. On Dhanvantari Jayanti, purity, discipline, and sattvik

practices take center stage. Ayurveda prescribes deepdan, tailabhyanga, sacred baths, use of fragrant herbs, donation of medicines, and Brahmin puja to harmonize the tridoshas and uplift the mind.

Mewar has a rich legacy of Ayurveda. Royal physicians, rasashastris, and vaidyarajas historically connected Ayurveda with community well-being. Even today, in Udaipur, numerous Ayurveda centers, Panchakarma clinics, and herbal dispensaries celebrate Dhanvantari Jayanti with devotion, conducting Swarna Prashan, medicine distribution, and health camps to continue this sacred tradition.

Dhanvantari Jayanti reminds us that medicine is not merely a profession but a service to humanity. An Ayurveda practitioner becomes a channel of Lord Dhanvantari's blessings when they restore balance and health in a patient's life.

This auspicious day invites all of us to pledge: to embrace Ayurveda in daily

life, follow a natural lifestyle, and walk in the path of Lord Dhanvantari. Dhanvantari Jayanti is not just a festival but a revival of health culture, awakening the inner healer, balance, and compassion in every individual.

On this divine occasion, let us pray:

"Om Namo Bhagavate Vasudevaya Dhanvantaraye, Amritkalashahastaya Sarvamayavinashanaya, Trailokyanathaya Shrimahavishnave Namah."

May this Dhanvantari Jayanti bring health, peace, and longevity to all of humanity.

Reported by: Dr. Shobhalal Audichya



Udghavan 2.0 Entrepreneurship Festival Concludes



Bhilwara: The two-day entrepreneurship and innovation festival, Udghavan 2.0, organized by Sangam TBI and CSED, concluded successfully on October 6–7 at Sangam University. The event encouraged creativity, idea development, and entrepreneurial skills among over 200 participating students. After initial screening, 34 teams from institutions including JECRC University, Banasthali Vidyapeeth, and MLV Textile & Engineering College showcased innovative startup ideas.

Inaugurated by Prof. Karunesh Saxena, Vice-Chancellor, with guests including Shri Abhyuday Goyal and Dr. S.P. Mathur, the festival featured online sessions by startup mentors and live talks by entrepreneurs sharing industry insights. Best Presentation Awards were given to Banasthali Vidyapeeth (1st), MLV Textile College (2nd), and Sangam University (3rd). Coordinated by Ananya Babel, Nikita Rathore, Nishant Parik, and the student team, the event highlighted Sangam University's commitment to fostering student innovation and bridging academia with industry.

Sangam Group Celebrates Diwali and Felicitates Employees



Bhilwara: Sangam Group celebrated Diwali with a grand Get-Together and Felicitation Ceremony, marked by lamp lighting, festive greetings, and camaraderie among team members. CHRO Manish Swami highlighted the group's achievements and new initiatives over the year. Outstanding employees were recognized across categories, including Employee of the Year, Salesperson of the Year, and Leader of the Year. Awards were presented by Vice Chairman Dr. S.N. Modani and Chairman Rampal Soni, with Vikas Jain receiving the Leader of the Year award. Managing Director Anurag Soni, Executive Director V.K. Sodani, and CEO Pranali Modani congratulated all awardees. The celebration concluded with fireworks and music, creating a memorable festive experience.

Pacific Institute Observes Mental Health Week

Udaipur: The Department of Psychiatry at Pacific Institute of Medical Sciences (PIMS) marked Mental Health Week under the WHO theme, "Access to Services – Mental Health in Disasters and Emergencies." The program began with a lamp lighting ceremony attended by Dean Dr. Suresh Goyal, Dr. Praveen Khairkar, and senior faculty members. Students participated enthusiastically in rangoli, poster-making, speech, and poetry competitions, highlighting the importance of mental health services during disasters.

Hosted by Dr. Divya Chaddha, the event saw active contributions from faculty members, including Drs. Sajjan, Aditi, Neel, Archish, Priyanka, and Manish. The initiative successfully promoted awareness, creativity, and social responsibility among students and staff, reinforcing the significance of accessible mental healthcare.

Dr. G. L. Dad Receives Lifetime Achievement Award



Jodhpur: Dr. G. L. Dad, Principal of Paramedical Sciences at Geetanjali Hospital, was honored with the "Lifetime Achievement Award" by the Rajasthan Academy of Forensic Medicine and Toxicology (RAFMT) for his outstanding contributions to medical science and forensic medicine.

The award was presented during RAJFMTCON-25 at Vyas Medicity Medical College & Hospital by Cabinet Minister Shri Joga Ram Patel, Dr. Deepali Pathak, and Dr. P. C. Vyas. Celebrated for his knowledge, discipline, and dedication, Dr. Dad has inspired numerous students and set high standards in medical education and research. Geetanjali Hospital congratulated him on this prestigious recognition.

Dr. Ajeet Kumar Karnataka Honoured with "National Consumer Pride Award-2025"

Udaipur: Dr. Ajeet Kumar Karnataka, Vice-Chancellor of Maharana Pratap University of Agriculture and Technology, Udaipur, has been honoured with the prestigious "National Consumer Pride Award-2025" by the Consumer Protection Organization, New Delhi, in recognition of his exemplary leadership, innovative initiatives, and community-focused service.

In a ceremony held at the Vice-Chancellor's Secretariat, Dr. Rajshri Gandhi, National President of the Consumer Protection Organization, and Hemant Jha, State President, presented him with the award and a citation. They highlighted that under the expert guidance of Dr. Karnataka, the university has achieved remarkable progress in agricultural and technical education. His efforts have integrated education, research, and outreach services with societal needs, bringing innovative initiatives and quality improvements for the benefit of farmers, consumers, and students.

Dr. Karnataka received this award in recognition of his dedicated academic, administrative, and humanitarian contributions. The event was also attended by the organization's National General Secretary, Shirish Nath Mathur, along with several other members.

MPUAT Bids Farewell to Dr. Ajit Kumar Karnataka

Udaipur: Maharana Pratap University of Agriculture and Technology (MPUAT) organized an emotional farewell for Vice-Chancellor Dr. Ajit Kumar Karnataka on completing his three-year tenure. Attended by key dignitaries, including Registrar Ashok Kumar, Finance Controller Darshana Gupta, and Vice President L.N. Salvi, Dr. Karnataka was honored with a citation, shawl, memento, and traditional gifts. Speakers praised his exemplary administration, leadership, and dedication, highlighting his management of three universities simultaneously. Dr. Karnataka acknowledged the staff's support and expressed confidence in MPUAT's potential to excel

nationally. The ceremony concluded with thanks from Welfare Committee President Dinesh Sukhwai.

State-Level Science Seminar Highlights Quantum Era at Paaher University

Udaipur: Paaher University, in collaboration with DST Udaipur, organized a state-level seminar on "The Dawn of the Quantum Era: Opportunities and Challenges." The event focused on the latest developments in quantum technology, its applications, and emerging challenges.

Presiding over the program, Prof. Hemant Kothari, President of Paaher University, emphasized the transformative potential of quantum technologies in sectors ranging from healthcare to cybersecurity and encouraged students to pursue careers in this domain. Chief Guest Prof. Dilendra Hiran highlighted the shift of quantum mechanics from theoretical concepts to experimental science driving technological innovation.

Keynote sessions by Mr. Kailash Mishra (DST Jaipur) and Mr. Manish Jain (DST Udaipur) covered quantum computing, cryptography, and their role in national development. The seminar, conducted under Prof. Seema Kothari and Dr. Shikha Verma, included student presentations with interactive Q&A sessions.

Winners of this state-level contest will represent Rajasthan at the National Science Seminar on October 30, 2025, at Bengaluru's Visvesvaraya Industrial and Technological Museum.

PMCH ENT Specialist Dr. Shiv Kaushik Honored with 'Young Achiever' Award

Udaipur: At the 43rd Annual Conference of Rajasthan Otolaryngologists of India (RAOICON-25), Dr. Shiv Kaushik, ENT specialist at PMCH, was awarded the prestigious "Young Achiever" Award. The conference was held from 3–5 October 2025 at Man Singh Palace Hotel & Resort, Jhalawar.

Dr. Kaushik received this state-level recognition for his outstanding contribu-

World Mental Health and Palliative Care Awareness Programs at Geetanjali Institutions

Udaipur: Geetanjali Nursing College and Geetanjali Hospital organized special programs to mark World Mental Health Day and World Palliative Care Day, respectively, focusing on awareness, care, and compassion.



At Geetanjali Nursing College, students and faculty participated in sessions led by Dr. Jitendra Jeengar, Head of Psychiatry, and Acharya Dr. Manu Sharma, highlighting that mental illnesses affect individuals irrespective of age, background, or status, and require timely medical consultation. Discussions also addressed myths, substance abuse, mobile addiction, and psychiatric medication usage, emphasizing the role of nursing professionals in mental health promotion.

to the field of Otolaryngology. Through his dedicated work, he has made a mark not only in Rajasthan but across India. The award acknowledges his commitment, expertise, and innovative approach in ENT care.

The event, organized by the Rajasthan Otolaryngologists of India, brought together leading ENT specialists from across the country. Discussions focused on various aspects of Otolaryngology, including the latest research and treatment methodologies.

Conference organizers congratulated Dr. Kaushik on this achievement and expressed confidence that his continued contributions will have a significant impact on advancing ENT care in India.

Harshaditya Singh Wins Gold at 69th State-Level Swimming Competition



Udaipur: Harshaditya Singh Ranawat, a class 8 student of Maharana Mewar Public School (MMPS), Udaipur, showcased his exceptional swimming skills at the 69th State-Level Swimming Competition held in Jodhpur from 30 September to 5 October. He won gold medals in the Under-14 category for both the 100-meter backstroke and the 200-meter individual medley (I.M.), bringing pride to his school and city. The school's Honorary Director, Satish Kumar Sharma, congratulated Harshaditya Singh for this remarkable achievement.

De-addiction Meditation Session at Vidya Bhawan

Udaipur: As part of the Nasha Mukti Bharat Abhiyan and De-addiction Week, a special awareness and meditation session was organized at Vidya Bhawan Teacher Training College by the Heartfulness Meditation Institute. The program aimed to encourage B.Ed. students to lead drug-free lives. Dr. Rakesh Dashora informed that students took an oath against addiction, while Dr. Rekha Soni explained the harmful effects of intoxicants. Trainers Mrs. Asha Sharma and Mrs. Madhu Mehta guided students through meditation techniques for detoxification and mental balance. Principal Dr. Farzana Irfan and faculty members were also present.

Indian Knowledge Tradition Exhibition Held

Udaipur: Lokmanya Tilak Teacher Training College, Rajasthan Vidyapeeth, hosted an exhibition on Indian knowledge systems, inaugurated by Prof. Shrivin Sarangdevot and Chancellor Bhawarlal Gurjar. Organized by B.A.-B.Ed. and B.Sc.-B.Ed. students, the event highlighted Ashtanga Yoga, root chakras, Panchangitis, tilaks, Vedic symbols, Om, Mahavidyas, and sixteen sanskars, blending scientific and spiritual perspectives. Students also presented Mandala art, quilling, mirror work, and eco-friendly cotton bags. Prof. Sarangdevot appreciated the effort for promoting creativity, cultural awareness, and scientific thinking. Dr. Indu Bala Acharya and Dr. Lakshman Rewadi coordinated the exhibition.

Gaurav Mandot Receives Ph.D. Degree

Udaipur: Gaurav Mandot, a research scholar from the Faculty of Commerce at Mohanlal Sukhadia University, has been awarded a Ph.D. for his thesis titled "Impact of Disinvestment on Financial Performance of Public Enterprises: A Case Study of Selected Units." The research was successfully conducted under the guidance of Dr. G. Soral.

MMPS Interact Club Promotes Education Awareness

Udaipur: The Interact Club of Maharana Mewar Public School (MMPS), City Palace, conducted an educational and hygiene awareness visit to the Government Primary School in Sonaria, Lakhawali. Led by Club In-Charge Mrs. Vibha Sharma and Dr. Richa Gaur, 25 members participated. Students performed a short play highlighting girls' education and a dance promoting dental hygiene. As part of the charitable initiative, village children received toothbrushes, face wash, stationery, and biscuits. Satish Kumar Sharma, honorary director, praised the visit for fostering social awareness and encouraging students to positively engage with their community.

DPS Udaipur Excels in District Athletics

Udaipur: Delhi Public School (DPS) students showcased impressive performances at the 69th District-Level Athletics Competition held from 8th to 12th October 2025. In the Under-14 category at Bhinder, Arna Chouhan (Class 7) won bronze in the 100-meter race, while the 4×100 meter relay team of Yoshita Suthar, Rakshita Sharma, Prisha Jain, and Arna Chouhan claimed silver. In the Under-17 category at Bhuvana, Devendra Singh (Class 9) secured bronze in the 200-meter race. The school management, including Vice-Chairman Prof. Govind Agrawal, Principal Sanjay Narwaria, and Vice-Principal Rajesh Dhabhai, congratulated the athletes and their par-

PIMS Psychiatry Residents Shine at RajPsychon 2025

Udaipur: The 40th Annual Conference of the Indian Psychiatric Society (Rajasthan State Branch), RajPsychon 2025, was successfully organized in the educational hub of Kota. The conference highlighted the crucial theme of "Community Mental Health, Wellbeing, and Togetherness", emphasizing the growing need to strengthen mental health services across the country through education and community interventions. The event witnessed participation from leading psychiatrists and mental health professionals across India. Chairman Mr. Ashish Agrawal, Executive Director Mr. Naman Agrawal, Dean Prof. Suresh Goyal, and Medical Director Dr. Kamlesh Shekhawat congratulated Prof. Praveen Khairkar, Head of the Department of Psychiatry at PIMS, and his dynamic team for their outstanding scientific presentations. Dr. Divya Chadha received widespread applause from over 500 attendees for her paper on "Psychiatric Vulnerability Biomarkers in Disenfranchised Grief among Pregnant Mothers." Dr. Neilanka Ghosh won the Best Poster Award for his research on "Transdiagnostic Perspective on Wernicke Encephalopathy in Alcohol Use." Dr. Aditi Jain also presented her scientific poster on "Methotrexate-Induced Hypoactive Delirium in Psoriatic Patients." This proud achievement marks a significant milestone for the PIMS Psychiatry Department, where technology meets teaching to inspire the next generation of mental health professionals.