



Remembering Dr. Rajendra Prasad: A Beacon of Confidence and Simplicity

3rd December marks the birth anniversary of Dr. Rajendra Prasad, India's first President, a man of unwavering confidence and humble roots. Born on 3rd December 1884 in Ziradei village, Chapra district, Bihar, he displayed remarkable determination and brilliance even as a young student, paving the way for his iconic leadership in independent India.

A Lesson in Confidence
An incident during his school days exemplifies his strong belief in himself. After an examination, a teacher was announcing the results of successful students. Rajendra's name was not read out. Confident, he addressed the teacher, saying, "Guruji, you've missed my name. I must have passed."

The teacher, aware that Rajendra had missed several months of school due to malaria, dismissed his claim and reiterated that he had failed.

Rajendra refused to accept the verdict and insisted on a recheck, stating firmly, "It is impossible that I haven't passed."

The teacher grew irritated and warned him to sit down, eventually imposing a fine that grew to five rupees—an amount of significant value in those days. Yet, Rajendra remained resolute.

Finally, a peon arrived with a paper from the principal's office. It revealed that Rajendra had not only passed but had scored the highest marks. The

teacher was astonished, and the entire class applauded as Rajendra's confidence was vindicated. This young boy, steadfast in his belief, would grow up to lead India as its first President.

A Life of Service and Simplicity

Dr. Rajendra Prasad was an exceptional student who went on to excel in law. However, inspired by Mahatma Gandhi, he left his legal prac-

lice at the age of 33 to join the Champaran movement for India's independence.

Known for his simple living and high thinking, he served as India's President with dignity and humility. Despite opposition from Prime Minister Nehru, he participated in the reinstatement ceremony of the Somnath Temple, showcasing his commitment to India's cultural heritage. Dr. Prasad was conferred the Bharat Ratna, India's highest civilian honor, in recognition of his selfless service. Post-presidency, he

chose to live in his modest home, Sadaqat Ashram, in Patna, instead of a government residence in Delhi.

He passed away on 28th February 1963, but his legacy lives on. His birth anniversary, 3rd December, is celebrated as Advocates' Day across the country in honor of his contributions to law, governance, and the nation.

Dr. Rajendra Prasad's life remains an inspiring tale of confidence, dedication, and humility, reminding us of the values that truly define greatness.

JRNU : Honored as Best Deemed University in Education and Research

Udaipur: Janardan Rai Nagar Rajasthan Vidyapeeth (Deemed-to-be University) has been awarded the prestigious title of "Best Deemed University in Education and Research" at the IIRF Impact Awards 2025. This accolade recognizes the institution's exceptional contributions to academic excellence and research, solidifying its position as a leader in India's higher education sector.

The award was presented at the university's Pratap Nagar campus by Shiv Shankar Sharma, a representative of the Indian Institutional Ranking Framework (IIRF). The honor was received on behalf of the university by Vice-Chancellor Prof. Col. S.S. Sarangdevot and Kul Pramukh B.L. Gurjar.

Prof. Sarangdevot expressed gratitude to IIRF, stating, "This award is a testament to the relentless efforts of our faculty, researchers, and students. It reaffirms our commitment to providing world-class education and fostering a culture of innovation. At Rajasthan Vidyapeeth, we blend traditional education with modernity to ensure our academic and research endeavors make meaningful contributions to society."

B.L. Gurjar highlighted the university's legacy, emphasizing its dedication to holistic education and transformative research since its inception. "This recognition reflects our enduring mission to advance knowledge, innovation, and social development," he added.

Dr. Chandresh Chhatlani, the program coordinator, remarked on the rigorous evaluation process of the IIRF Impact Awards, which celebrates institutions excelling in academic standards, research output, industry collaboration, and social impact. Rajasthan Vidyapeeth's innovative research, robust academic programs, and impactful community engagement were pivotal in securing this honor.

The ceremony witnessed the presence of Registrar Dr. Tarun Shrivastava, Controller of Examinations Dr. Paras Jain, Dr. Chandresh Chhatlani, Dr. Aparna Shrivastava, Dr. Yagya Ameta, Private Secretary Krishnakant Nahar, Jitendra Singh, Vikas Dangi, and other dignitaries.

"One-Day Inter-Generational Relationship Encouragement Workshop Organized"

Bhilwara: A one-day inter-generational relationship encouragement workshop was organized by the Entrepreneurship and Skill Development Center of Sangam University, with financial support from the National Institute of Social Security and the Ministry of Social Justice and Empowerment, Government of India. This was the second workshop in a series, focusing on the theme of "Empowering Family Structure through the Cultural Heritage of Yoga and Financial Literacy," with the main objective of promoting inter-generational relationships.

The Vice-Chancellor of the University, Professor Manas Ranjan Panigrahi, stated that yoga and asanas give life momentum. This workshop provides an opportunity for the youth to understand economic and social values, strengthen their family and nation, and establish their own identity. In his welcome address, Dr. Manoj Kumawat emphasized that the combined efforts of the energy of youth and the experiences of the elderly could guide society toward a new direction.

Patanjali Yoga Institute instructor, Shri Yogendra Saxena, praised the significance of Indian yoga and explained that yoga is the art of disciplining life. He also demonstrated various yoga postures, including Surya Namaskar, Tadasana, Halasana, and Pranayama, which infused the youth with a renewed sense of vitality.

In the second session, financial expert Dr. Mukesh Sharma discussed financial literacy and investment strategies in an engaging manner, presenting the 50:30:20 formula for managing finances. Dr. Shweta Bohra, the coordinator of the National Service Scheme, honored the participating youth with certificates of appreciation, reinforcing the workshop's objective.

Faculty members Dr. Lokesh Tripathi, Dr. Tanuja Singh, Dr. Rameshwar Raikwar, Dr. Rituraj Singh, and Dr. Kanika Chaudhary provided active support for the workshop. The registration and event management were handled by university students Sufiya, Priyanshu, and Abhinav. At the end of the workshop, Dr. Sanjay Kumar expressed gratitude to all the guests for their participation.

Successful Surgery Restores Vision for Patient with Complex Cataract at PMCH

Udaipur: The Department of Ophthalmology at Pacific Medical College and Hospital successfully restored the vision of a 65-year-old patient by performing a complex cataract surgery. This patient, a resident of Kishangarh, Ajmer, had been able to see with only one eye since birth, but eventually, cataracts led to complete vision loss in that eye as well. After struggling with this issue for several years and consulting numerous local doctors, he was advised to seek treatment at a higher-level medical center due to the complexity of the condition and the risks associated with surgery.

The patient consulted Dr. Rajendra Chaudhary, an ophthalmologist at Pacific Hospital in Bhilwara, who diagnosed the complex cataract after thorough examination. The decision was made to perform surgery, and the patient was also informed about the potential risks. The surgical team, including ophthalmic surgeon Dr. Rajendra Chaudhary, anesthesiologist Dr. Prakash Audichya, Dr. Vijay Chahar, Dr. Saloni Singh, Harish Prajapat, and Heeralal, played a crucial role in the successful operation.

Dr. Rajendra Chaudhary explained that the case was so complex that there was a significant risk of damaging the eye's structure during surgery, potentially leading to complete vision loss. However, with the advanced facilities and the expertise of the medical team at PMCH, the surgery was successfully performed. Dr. Chaudhary emphasized that timely treatment is crucial in cataract cases. If patients seek timely consultation and appropriate medical care, many complications can be avoided. The patient and his family expressed their gratitude to the hospital management, doctors, and the entire team for their care and support.

Constitution Day Celebrated with Grandeur at Vikrant University, Gwalior

Gwalior, Vikrant University, Gwalior, observed Constitution Day with great enthusiasm and reverence. The event witnessed active participation from students, faculty, and staff. Vice Chancellor Prof. Amarika Singh illuminated the audience with an insightful discussion on the significance of the Indian Constitution and its role in shaping democratic India. The program began with the reading of the Preamble to the Indian Constitution by

Prof. Amarika Singh, who described it as the cornerstone of India's democracy. She paid special tribute to Dr. B.R. Ambedkar, the chief architect of the Constitution, recognizing his pivotal contributions. Prof. Singh emphasized how the Constitution guarantees equality, liberty, and fraternity to every Indian citizen and serves as a framework for the nation's socio-political and legal systems.

Highlighting the six fundamental rights recognized by the

Constitution, she elaborated on the principles of protection, education, freedom, religion, and equality. She also underscored the importance of constitutional duties, urging students to honor and uphold the Constitution, fulfill their responsibilities as citizens, and strive to eradicate social inequalities.

The event concluded with a pledge by students to uphold the values of the Constitution and actively contribute to nation-building. Various dignitaries, including Pro-



Chancellor of Vikrant University, Mr. Vikrant Singh Rathore; Dean of the School of Legal Studies, Dr. Veer Narayan; Joint Director, Dr. Sultan Singh; and former

with heads of various departments, faculty members, and students, graced the occasion.

The celebration served as a platform to educate attendees about the Constitution's principles, its historical significance, and the duties of citizens. Vikrant University's observance of Constitution Day was not only inspirational but also a significant step toward promoting constitutional awareness among students.

Constitution Day Quiz Program Organized at the Faculty of Education

Udaipur: The Faculty of Education at Mohanlal Sukhadia University celebrated Constitution Day with an engaging quiz program. The event was graced by the Chief Guest, Dr. Alpna Singh, Head of the Faculty, along with faculty members Dr. Kumud Purohit and Dr. Sapna Mawatwal.

The program began with the lighting of a lamp in front of Goddess Saraswati, followed by the first round of the quiz, which was open to all participants. In this round, all trainees participated, and six of them emerged victorious, advancing to the second round. The second round was a Visual Round, where students were shown images and had to provide the correct answers related to them. The final round was the traditional quiz round, in which the second group emerged as the winners. During the event, Dr. Alpna Singh, Head of the Faculty of Education, emphasized the importance of the Constitution, stating, "We must read and understand the Constitution, and integrate its values into our lives." Dr. Kumud Purohit and Dr. Sapna Mawatwal also addressed the audience, encouraging students to recognize the significance of the Constitution.

The event was conducted by Harshita, a first-year student from the integrated program. The program's organizers, Dr. Munmun Sharma, Dr. Nisha Sharma, and Mrs. Kiran Ranawat, extended a warm welcome to all the participants. The event was attended by faculty members and students from the integrated courses of the first, second, third, and fourth years, as well as B.Ed. and M.Ed. first-year students.

Overall, the Constitution Day Quiz program successfully raised awareness among students about the Constitution and its values, fostering respect and understanding.

How the Risk of Brain Stroke Increases During Winter

Udaipur: While the winter season may seem comfortable, it can be hazardous to heart and brain health. Cold temperatures can raise blood pressure and thicken the blood, increasing the risk of brain strokes. A stroke occurs when blood flow to the brain is disrupted, either due to a blockage in the arteries (ischemic stroke) or a blood vessel rupture (hemorrhagic stroke). Cold weather causes blood vessels to constrict, forcing the heart to work harder to pump blood, and this increased pressure can lead to a stroke.

Dr. Tarun Mathur, Senior Consultant Neurophysician & Stroke Specialist at Paras Health Udaipur, says, "The risk of stroke increases in winter, especially for patients who already have conditions like high blood pressure. Cold temperatures cause blood vessels to constrict, raising blood pressure and putting more pressure on the heart. Additionally, cold weather causes the blood to thicken, increasing the risk of clot formation. To prevent stroke during winter, it is essential to regularly check your blood pressure and stay active." Dr. Mathur recommends adopting a healthy lifestyle during the colder months, including regular exercise, a balanced diet, and monitoring blood pressure. He also advises limiting alcohol consumption and taking medications regularly.

Studies show that stroke cases tend to rise in winter. Cold weather can also lead to dehydration, which thickens the blood, further increasing the risk of stroke. A decrease in physical activity, weight gain, and elevated cholesterol levels are additional risk factors. Moreover, thickened blood during winter increases the likelihood of clot formation, which often leads to ischemic strokes, the most common type of stroke. Additionally, cold temperatures can cause reduced physical activity, leading to weight gain, increased cholesterol, and higher blood pressure. Dehydration in winter also thickens the blood, further elevating the stroke risk.

Apollo Cancer Centre Leads the Way with India's First LungLife Screening Program to Combat Lung Cancer



Udaipur: Apollo Cancer Centres (ACCs), a leader in cutting-edge cancer care, has launched India's first LungLife Screening Program for early detection of lung cancer. This groundbreaking initiative aims to combat lung cancer, which accounts for 5.9% of all cancers and 8.1% of cancer-related deaths in India. Early detection aids in better treatment outcome and enhances the survival rate. The LungLife Screening Program aims at individuals who have the highest risk for lung cancer such as: (i) people between the age group of 50 and 80 years, (ii) asymptomatic (no signs or symptoms of lung cancer), (iii) individuals with a significant history of smoking and (iv) people with family history of lung cancers.

Dr. Rahul Jalan, Consultant Interventional Pulmonology, Apollo Hospitals, Ahmedabad, said, "Lung cancer remains one of the deadliest cancers globally, but early detection notably enhances survival chances. Through our Lung-Life Screening Program, we aim to identify high-risk individuals early, using advanced low-dose CT technology, which minimizes radiation exposure while maximizing diagnostic precision. This program is particularly impactful for individuals with a history of smoking, passive smoking exposure, or a family history of lung cancer. By detecting lung cancer at a treatable stage, we empower patients with better treatment outcomes and build a renewed hope for a healthier future."

Dr. Akash Shah, Consultant Medical Oncology, Apollo Hospitals Ahmedabad, said, "The introduction of Apollo Cancer Centre's Lung-Life Screening Program marks a pivotal step in addressing the alarming rise of lung cancer in India. With this comprehensive screening program, we focus on early-stage detection, where the chances of effective treatment and recovery are exponentially higher. The program leverages state-of-the-art low-dose CT scans, ensuring accurate diagnoses while prioritizing patient safety. Together, we are not just treating cancer but transforming lives through timely interventions and holistic care tailored to individual needs." Dr. Rushit Shah, Consultant Medical Oncology, Apollo Hospitals, Ahmedabad, said, "Lung cancer is a silent threat, often detected only when it has advanced, thereby, making early detection a critical intervention. With the launch of the Lung-Life Screening Program, Apollo Cancer Centre is revolutionizing the approach to lung cancer care. This program combines precision diagnostics with patient-focused care to detect it early, significantly improving survival rates. Our initiative demonstrates that proactive healthcare can save lives, offering patients the best chance for recovery and reinforcing our commitment to redefining excellence in cancer treatment."

Bhavika Shrivastava Wins Poster Making Contest

Udaipur: Aishwarya College held a poster-making competition on National Constitution Day, with students showcasing the significance of the Indian Constitution and Dr. B.R. Ambedkar's contributions. Bhavika Shrivastava secured first place, while Jagdish Kumar and Rahul Meena took second and third positions. Diksha Suthar delivered a lecture on Dr. Ambedkar's role in the Constitution's creation. Principal Dr. Rashi Mathur congratulated the participants and emphasized the Constitution's importance. Exceptional students were awarded certificates of recognition for their efforts.

Vidya Bhawan Polytechnic Sports Week Concludes

Udaipur: Playing sports and focusing on academics not only ensure a healthy and disciplined lifestyle but also contribute to the development of

a multifaceted personality. This approach is essential to steer clear of digital distractions.

These thoughts were expressed by Principal Dr. Anil Mehta during the closing ceremony of the Sports Week at Vidya Bhawan Polytechnic. Dr. Mehta emphasized the growing addiction to social media and mobile usage, which is adversely affecting mental, emotional, and physical health. He advocated for participation in activities like sports, music, and painting as effective means to counteract such distractions.

Sports coordinators Hemant Menaria and Bherul Prajapat informed that various indoor and outdoor competitions, including athletics, cricket, and kabaddi, were organized during the week. Both male and female students participated with great enthusiasm. Winners were honored with medals to celebrate their achievements.

Jyoti Patel Awarded PhD for Research

Udaipur: Jyoti Patel has been awarded a PhD by Janardan Rai Nagar Rajasthan Vidyapeeth for her research on "Rural Women's Entrepreneurship and Health." Guided by Dr. Rani Prabha Solanki, Jyoti's study high-

lighted the lack of education in rural areas, revealing that many women were unaware of government schemes and health issues. Her research aims to enhance women's health and entrepreneurship in rural regions.

Blood Donation Camp Organized at MPUAT

250 Units of Blood Donated at MPUAT Camp
Udaipur: A large-scale blood donation camp was organized at the Department of Entomology, Rajasthan Agricultural College, by the Directorate of Student Welfare, MPUAT, and the District Red Cross Committee. A total of 250 units of blood were donated during the camp. The event was graced by Honorable Vice Chancellor of MPUAT, who was welcomed by Dr. Manoj Mahla, Officer-in-Charge of Student Welfare. Dr. R.B. Dubey, Dean of the College of Agriculture, presided over the ceremony, with special guests including Dr. Lokesh Gupta, Dean of Dairy College, and Shri Khamesra from the Society.

Dr. Mahla emphasized the health benefits of blood and organ donation in his wel-

come speech. The Vice Chancellor shared his 30-year association with the Red Cross Society, highlighting the significance of blood donation and its life-saving potential. Dr. Gupta outlined precautions for safe blood donation.

The program concluded with Dr. Dhriti Solanki, Dean of the College of Community Science, thanking all participants and attendees, including faculty and students.

Vaibhavi Mehta Wins Silver Medal



Udaipur: Vaibhavi Mehta, a student of St. Mary's New Fatehpuria, made history by winning a silver medal at the 68th National School Basketball Championship held in Patiala, Punjab, from November 22 to 26. This marks the first time the Rajasthan Girls' Basketball Team has secured a silver medal. Coach Narendra Singh Chouhan's guidance was crucial to their success. Principal Sister Jyotsna and the school faculty congratulated Vaibhavi for her remarkable achievement and wished her a bright future.