



RAS BIHARI BOSE
SUBHARTI
UNIVERSITY
Dehradun

Approved by Uttarakhand Government by Act No. 35 of 2016

Subharti puram, Phase-I, Kotda Santaur, Aamwala Road, P.O.- Chandanwadi,
Nanda ki Chowki Premnagar, Dehradun, Uttarakhand, Pincode: 248007
www.rbbsu.edu.in | researchsubhartiddn@gmail.com

Subharti Chronicles

A Quarterly E-News letter

— Ras Bihari Bose —
Subharti University

January- March 2025

Volume 2 - Issue 1

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Hon'ble Founder Chairman,
Subharti Group of Institutions
Visionary: 'SAU-BHA-GYA' & 'SAFON'



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Dr Pratibha Juyal, HOD, Physics

Dr Hemlata Negi, HOD, Economics

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Ms Diksha Mamgain

Mr Shubham Yadav



The Hon'ble Governor of Uttarakhand and Madam Governor applauded the creation of the students of Dr. Mukti Bhatnagar Subharti College of Fine Arts and Fashion Design during the Vasant Mahotsav 2025.

Editorial



The reporting quarter (Jan-March, 2025) has been remarkably eventful & news worthy.

It is indeed an honour and privilege to be contributing to the editorial for the maiden issue of the quarterly e-newsletter of Ras Bihari Bose Subharti University in a rapidly evolving and developing academic and research milieu.

Academicians should not merely confine to create and disseminate knowledge, rather there should be a complete metamorphosis for holistic growth and development of an individual — engendering in the process a conducive and suitable environment so that everyone gets an opportunity to tap out their creative potential and pedagogical skills. There should be a sense of deep reverence for "Sanatan" legacy, nationalism. Showing respect to the martyrs and great souls of courage, their righteous strength, wisdom, resolve, sacrifice and spirit of nationalism. The main motto of Subharti group of institutions is education, values and service (Shiksha, Sewa, Sanskar). Big accolades / Big accolades to Dr. Atul Krishna, Founder, Chairman of Subharti Group of Institutions for his strong dynamic and pragmatic vision.

Ras Bihari Bose Subharti University, Dehradun has already set exemplary precedent as a hallowed place of learning; nurturing the burgeoning lives, moulding and shaping the careers of the students that is totally industry-oriented.

It is our great pleasure in chronicling and organizing various activities consisting of workshops, seminars, conferences and various entertainment programs involving all the faculties and students. So we all are the proud "SUBHARTIANS".

Handwritten signature

Envisioning a Dream Heritage: A 'SUBHARTI' Perspective



SAU - BHA - GYA SAMYUKTA BHARAT GANRAJYA

(Having Bharat - Pakistan - Bangladesh - Nepal - Bhutan -
each as Autonomous State)



SAFON SOUTH ASIA FEDERATION OF NATIONS

(Having Samyukta Bharat Ganrajya - Tibet - Myanmar - Laos - Thailand - Cambodia -
Vietnam - Malaysia - Indonesia - Sri Lanka - Maldives each as Autonomous Nation)



रास बिहारी बोस

25 मई 1886 - 21 जनवरी 1945



About Us

Ras Bihari Bose Subharti University, established by virtue of the State Act (UK Act No. 35 of 2016) and managed under the aegis of the Mahayana-Theravada-Vajrayana Buddhist Religious and Charitable Trust, Meerut, previously under the auspices of the erstwhile Dr. Jagat Narain Subharti Charitable Trust, Dehradun, is distinguished by its शिक्षा, सेवा, संस्कार एवं राष्ट्रीयता. The University has been a pioneer and exemplar in not only imparting value-based education but also training professionals with quality, need-based skill sets, and fostering aptitude in applied and field research. The University prioritizes community service in health, social welfare, and philanthropy.

With its excellent faculty, dedicated caregivers, a variety of technology-driven instructional facilities and aids, smart classrooms, state-of-the-art care facilities and laboratories, and libraries with an impressive collection of academic resources including e-learning supplements and tools such as full-text electronic journals and online databases, the University offers an ecosystem conducive to the holistic training of students. This environment aims to achieve a synergy of academic excellence, extracurricular prowess, and the development of social, moral, and ethical responsibility.



Constituent Faculty, Colleges/Departments & Programs Offered



Medicine

Gautam Buddha Chikitsa Mahavidyalaya

offers UG (MBBS) program

Shri Dev Suman Subharti Medical College

offers UG (BMLT, BMRIT, BOPT), PG (MSc in Anatomy, Biochemistry, Medical Microbiology, MPT in Physiotherapy) programs

Paramhansa Yogananda Subharti College & Hospital of Naturopathy & Yogic Science

offers UG (BNYS) program



Narayan Swami College of Nursing

offers UG (GNM, Post Basic Nursing, B.Sc Nursing) programs



Uttaranchal College of Education

offers UG (B.Ed., M.A. Education) programs



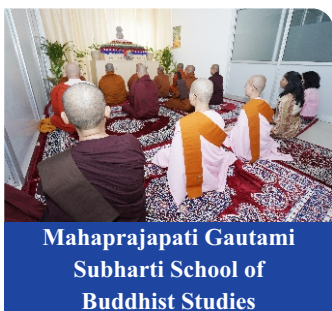
Keshri Chand Subharti Institute of Pharmacy

offers UG (D. Pharm, B.Pharm) programs



Major Durga Malla Subharti College of Hotel Management & Catering Technology

offers UG (BHM, B.Sc. HHA, Diploma/Certificate) programs



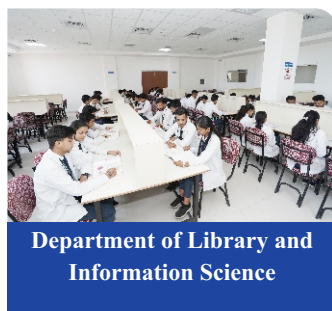
Mahaprajapati Gautami Subharti School of Buddhist Studies

offers PG (MA) program



Dr. Mukti Bhatnagar Subharti School of Fine Arts & Fashion Design

offers UG (BFA, BFD, BPA) PG (MFA) programs



Department of Library and Information Science

offers UG (B.Lib), PG (M.Lib) programs



Faculty of Arts & Social Science

offers UG (B.A), PG (M.A) programs



Faculty of Applied Sciences

offers UG (B.Sc. in PCM/CBZ), PG (M.Sc. in Chem., Botany, Zoology, Physics, Math) program



Faculty of Computer Applications

offer UG (BCA) program



Faculty of Commerce & Management Studies

offers UG (B.Com, BBA, BMS), PG (M.com) programs

Towards Excellence in Academics & Research

The University and its constituent units uphold the 'Subharti motto' through inclusive, well researched & need-based curricular content by creating, harvesting & sharing knowledge through informed academic exchange platforms/fora

Profile upto the Quarter (last 3 years)

- **Publications(indexed incredible databases: International (198), National (248), State (18), Books written/chapters contributed: 38**
- **National/State level Conference/ CME/Workshops/Seminars/Exhibitions held: 24**
- **Awards/felicitations received from distinguished agencies: 95**
- **Guest lecturers delivered/ Papers presented by University Resources: 24**
- **MOU signed with reputed International/National agencies: 10**
- **PhD students enrolled: 80**
- **PhD Thesis synopsis & PG dissertations approved by Research Degree Committee & Review Board (RDC & RB): 53**



• **Centre for Advanced Studies & Research (CASR)** established
Centre for Advanced Studies & Research (CASR) embodies the spirit, ethos & vision of RBBSU and aims to be the exemplar of & set enviable precedents in knowledge creation, banking & dissemination in advanced studies & research. The CASR effectively facilitates & oversees research at all levels of courses/ curricula including PhD programs, helping develop & review intra & extramural studies & projects along 'Thrust areas' as identified by agencies/ bodies that fund or sponsor research.



Intra/ Extramural Research Studies/ Dissertations/ Projects (Ongoing during the Quarter)

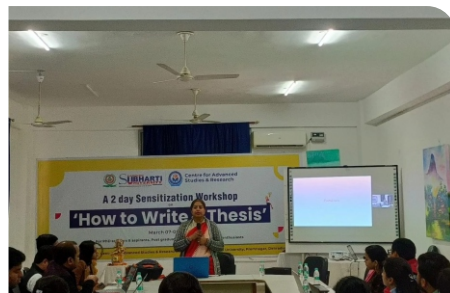
- *Linkage loss from ICTC to ART centers especially border areas of Uttarakhand (sponsored by NACO, multi-centric, Extra mural).*
- *To determine socio-epidemiological factors associated with non-initiation and non completion of TPT among household contacts(>05 years) of active TB cases in District Dehradun (OR proposal approved by NTI under NTEP, multi-centric, Extra mural).*
- *To Study barriers to access Opioid Substitution therapy among Injecting Drug Users (sponsored by NACO, multi-centric, Extra mural).*
- *Active case finding of Tuberculosis cases among vulnerable population of slums of district Dehradun (OR approved by State OR committee, NTEP, multi-centric).*
- *Knowledge and interpretation skills of ICDS (WHO modified) Growth Charts among grass root health managers (AWWs, ANMs, CHVs, ASHAs) from field practice areas of Narayan Swami College of Nursing, Ras Bihari Bose Subharti University, Dehradun (Intra-mural).*
- *Magnitude & socio-epidemiological correlates of intellectual disability- a pilot study with children & adolescents of field service area of Narayan Swami College of Nursing, Ras Bihari Bose Subharti University, Dehradun (Intra-mural)*
- *Socio-behavioral Influencers of Drug abuse and Effectiveness of In-facility De-addiction / Rehabilitation programs: A Facility based Observational study in District Dehradun (Shortlisted by UCOST).*

Publications: during the quarter

- AkshitaNautiyal, RekhaKotiyal, Deepak Kumar, KuldeepYadav. To Compare The Effectiveness of IASTM with Stretching Hot Fomentation with post isometric Relaxation in Piriformis Tightness in College Going Students, 53(3):497-509
- KapilLakhwara, Dr. VaibhavAgarwal, Dr. Abhishek Sharma, Deepali Pal .Analyzing Effects of Shat Device Training on Upper Limb Motor Recovery in Stroke Patients, 27(4S):10651-6
- MadhuriMaiti, Niraj Kumar, RekhaKotiyal, ArzooKumari. To Compare The Effect of Mulligan's BLR Technique Versus Mckenzie Technique in Subject with Mechanical Low Back Pain, 14(3), 1799-1809, ISSN:2251-6727.
- Sumita Agarwal. Anthropometric Measurements of External Ear Parameters and its Analysis with Sexual Dimorphism in Medical Students of Dehradun. International Journal of Life Sciences, Biotechnology and Pharma Research. Vol. 14, No. 1.
- Dr. Monika Kochhar. A Rare Case of Vaginal Myxoma Presenting as Acute Urinary Retention. International Journal of Medical Science and Current Research (IJMSCR). Volume 8, Issue 1 , Page No: 93-98.
- Swati Pant. Design, synthesis, in-vitro and in-vivo and in-silico evaluations of novel 1,3,4-thiadiazole derivatives as anti-conversant agents-2025-Frontiers in Chemistry. Frontier in Chemistry.
- Dr. Renu Singh. pravasi hindi sahityakar usha primvada ka yogadaan. Grima Shooth Sangam. Volume - 13 issue-2. Page Mo-197-199



The 5-Day National Workshop & Training Program on "Learning Labs for Life: Practical Applications in Modern Health & Allied Sciences", organized by the Faculty of Applied Science & CASR, RBBSU, in collaboration with DNA Lab, CRIS. The workshop commenced on 28th February, 2025 and continued till 4th March, 2025.



The Center for Advanced Studies and Research (CASR), RBBSU recently hosted a Two- Day Sensitization Workshop aimed at empowering researchers and post graduate students with essential academic writing and research documentation skills



Gautam Buddha Medical College organized a workshop on Neonatal Rehab Program (NRP) and basic ventilation on 19th February, 2025. Intensive training on vital skills to handle new born emergencies was given by Dr. B.P. Kalra, Dr. Sanobar Wasim

Profile: Resources, Subharti e-Connect Programme (Qtr Jan-March, 2025)



Prof. (Dr.) Ranjeeta Kumari
AIIMS, Rishikesh



(Dr.) Manish Kumar Singh
IAPSM UPUK



Prof. (Dr.) Chitra Joshi
GDMC, Dehradun



Mr. Peeyush Sharma
ICAI



Prof. (Dr.) Debabrata Roy
RBBSU, Dehradun

Centre for Advanced Studies & Research of the university in association with Indian Public Health Association, (IPHA) Uttarakhand hosted webinars in a series on 'Modalities of applied research & its correlates' during the quarter, namely, 'Predatory journalism', 'Essential of CBME and its alignment with National Education Policy (NEP)' on January 18 & March 29, 2025 respectively under the aegis of 'Subharti e-Connect' Program. The webinars were conducted by acclaimed & renewed public health & research stalwarts & E-lecture on Union Budget 2025



Ras Bihari Bose Subharti University in collaboration with Amar Ujala hosted and impactful multi-disciplinary workshop titled 'Personality Development Empowerment of Girls – Aprajita'.



The Faculty of Commerce & Management Studies of Ras Bihari Bose Subharti University organized an exciting and innovative activity titled 'Unique Product Making and Marketing'



A lecture on 'Cultural Collation' was delivered by Dr. Poonam Rajya Laxmi Rana, Associate Professor at the Central Department of Nepalese History, Culture and Archaeology.)





The NSS unit of RBBSU organized a one day camp to focus the attention to the problems confronted by the girl children particularly in the slum areas of Uttarakhand.



Students from the Faculty of Nursing participated in the National Obstetrics & Gynaecology Workshop in Haridwar on February 7 & 8, 2025 titled "Empowering Maternal Care- Hand- on Learning and Expert Guidance."



Prof. Dr. Saw Htut Sandar, along with student monks from Mahaprajapati Gautami School, visited important Buddhist sites, like Bodhgaya, Sarnath, Rajgir, Nalanda, Kushinagar, and Sarvasti, to practice meditation, chanting and study Buddhist history through on-ground exploration. These visits provided a deep experiential learning opportunity, reinforcing their theoretical studies with practical insights into Buddhist heritage. The student monks had the opportunity to visit these Buddhist Sites, engaging incanting sessions at sacred sites, observing relics, and reflecting on the historical significance of each location.



Gautam Buddha Medical College combined with Dr. K.K.B.M. Subharti Hospital, Jhajra collaboration with the Dehradun Police and conducted a Drug free Dev bhoomi Mission 2025 Public Awareness Rally from GBCM entrance to Suddhowala Chowk. Principal Dr.Desh Deepak and MBBS students strongly spread awareness about the damage drug can do. Jhajra's COE Mrs.Reena Rathore also supported.



The university's admission cell reached out to 5000 students and 200 academic institutions (Inter colleges) across the state and interacted with / counselled them on effective career planning & holistic development in keeping with 'Subharti' motto of 'शिक्षा, सेवा, संस्कार एवं राष्ट्रियता' besides, the students were also sensitized on burning issues like cyber security, cyber crime, staying away from drugs etc through workshops/seminars.



Mrs Akanksha Srivastava is the first PhD degree holder in Medical Biochemistry. She conducted her research under the kind supervision of Dr. Anuradha Bharosay.

The 'Subharti Sanskriti Vibhag'

Co-memmorating Valour, Sacrifice & Ethos of Great Exemplars of the Nation : Celebrating 'Subharti Days'

'Subharti' is unique & distinguished in celebrating as 'Subharti Days' the Birth Anniversaries of exemplary persona & stalwarts, namely, Swami Vivekanand, NetaJi Subhash Chandra Bose, Chatrapati Shivaji, Shahid Bhagat Singh, Maharana Sanga, Samrat Ashok, B.R. Ambedkar, Bhagwan Gautam Buddha, Great revolutionaries & leaders Ras Bihari Bose, Shri Dev Suman, Shri Ram Prasad Bismil, Major Durga Malla, Chandra Shekhar Azad, Garhwali Rajput warrior & folk heroin Teelu Rauteli, Dr. S. Radha Krishnan, Shri Lal Bahadur Shastri, Veer Kesri Chand and the Hero of Peshawar Revolt, Chander Singh Garhwali.

Sanskriti Vibhag of Ras Bihari Bose Subharti University have an archive of digital documentaries on our freedom fighters and social activities in a bid to immortalize them so they may not sink into oblivion.





The Republic Day was celebrated at RBBSU with great enthusiasm and fervour. The trustee of MTV Buddhist and religious charitable trust DR. Yashwardhan unfurled the tri-colour flag. Many dignitaries graced the occasion



A declamation contest entitled 'Ideal of India- Netaji Subhash Chandra Bose' was held at RBBSU on the occasion of his birth anniversary. Dr. Atul Krishna, President of MTV BMRT also paid glowing tributes to this revolutionary.



Shaheed Diwas Program was organized to honor the courageous freedom fighter Shaheed Bhagat Singh, Shaheed Shivaram Rajguru and Shaheed SukhdevThapar. A Blood Donation Camp was also held.



Basant Panchami was celebrated at University: 1st February, 2025.



A birthday celebration program was organized to commemorate two renowned spiritual leaders Swami Vivekananda and Paramhansa Yogananda by the Faculty of Naturopathy and Yogic Sciences as well as Sanskriti Vibhag of the University.



A heart left and moving program was organized to pay glowing tribute to Sanghmata, Dr. Mukti Bhatnagar Ji. Her legacy continues to inspire us.



A glowing tributes were paid to Chhatrapati Shivaji Maharaj by the Faculty of Fine Arts and Fashion Design and Sanskriti Vibhag of the University.

Conducting value based extracurricular initiatives for Holistic Growth & Developing Life Skill



Holding discourses on 'Panch sheela':

Participatory discourses on inculcating the Buddhist concept & practice of 'Panch Sheel' or 'Five moral precepts' in conducting life & livelihood of peace, contentment and meaning were conducted every Wednesday of the month in accordance with usual Subharti practice.



Movie Shooting at RBBSU





- Dr. Himanshu Aeran, Pro VC was the Guest Speaker in International Oral Cancer Conference 2025, a hybrid International Conference attended by renowned experts, researchers, academics, and clinicians from around the world including Turkey, Sri Lanka, USA, UK & India, 09th Feb., 2025.
- Dr. Himanshu Aeran, Pro VC was the Guest Faculty at Bridging the Gap between Education and Industry: A Vital Discussion. A programme organized by Collegedunia at Dehradun, 11th January, 2025.



Prof. Dr. Saw Htut Sandar, Faculty of Buddhist Studies attended the **International Conference at Bodhgaya, Bodh Mahotsava 2025**, where she presented a paper on **"Be a Lamp unto Yourself: A Buddhist Framework for Personal and National Self-Sufficiency"**, organized by Bihar Tourism and District Administration, Gaya and Bodhgaya Temple Management Committee: **February 1, 2025**. She also presented 26th & 27th, February 2025 the paper on, "Buddhist Ethics in Modern Diplomacy: A Path to Regional Stability for India-Nepal Ties", the International Conference on India- Nepal Ties, Neighbourhood Diplomacy, & Relevance of Buddha's Teaching, collaborated by South Asia Foundation, Embassy of India (Kathmandu), Embassy of Nepal (New Delhi), Indian Council of World Affairs & Lumbini Buddhist University, Lumbini.



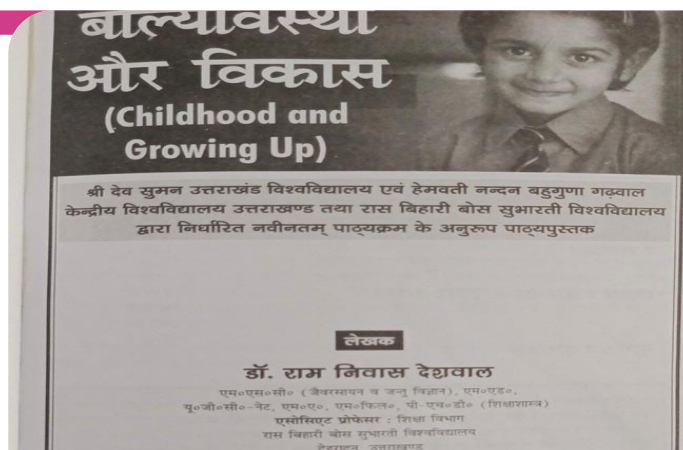
Dr. Nishat Anjum, Faculty of Science was given Best Speaker award in the 4th National Conference of Seabuckthorn Association of India on Seabuckthorn Technologies for Development of value chain and Environmental Conservation in Himalayas at Graphic Era University Dehradun on 5-6 March 2025



- Prof. (Dr.) Himanshu Aeran, Pro-Vice Chancellor was Guest Faculty in panel discussion “Facilitators and Barriers in Conducting Oral Health Research in India,” during the Global conclave on Oral Health Innovation & Research in New Delhi, 15th Feb., 2025.
- Prof. (Dr.) Himanshu Aeran Received the prestigious Dr.APJ Abdul Kalam National Award for Oral Health Innovation & Research: Lifetime Excellence in Innovation Award at New Delhi. This recognition is a testament to the passion for innovating and inspiring work in academics and community services, shaping the future of dentistry and healthcare services in India, 16th Feb., 2025.
- Prof. (Dr.) Himanshu Aeran Received Certificate of Appreciation by Director General, Uttarakhand State Council of Science & Technology & Hon'ble Vice Chancellor, VMSB Uttarakhand Technical University for my significant contribution, along with Subharti University Dehradun to the successful organization of the 5th Dehradun International Scientific & Technical Festival 2024, 11th March, 2025.
- Dr. Aeran represented Ras Bihari Bose Subharti University at 7th Convocation of HNB Uttarakhand Medical Education University, Dehradun, 26th March, 2025.



Ms. Nitika Kaushal Awarded Best Teacher Award and Global Icon Award by DNA lab CRIS centre for research and innovative studies Dehradun, Uttarakhand



A Book Published by Dr. Ram Niwas Deshwal, faculty of education.

FPP Dr. Renu Singh attended the Malaviya mission Teacher Training Program FDP on MEM 2020 orientation and sensitization JNV University & Jodhpur.





Dr Prashaant Kumar Bhatnagar, Faculty of Community Medicine and Head-Marketing & Publicity was invited as a resource person (speaker) at the prestigious Uttarakhand Healthcare Innovation Summit 2025 organized by Veloxx Media with the Department of Medical Health and Family Welfare, Govt of Uttarakhand & Supported by SIIDCUL on 'Non-Communicable Diseases (NCDs) Prevention & Early Detection-Importance of Public Awareness'.



Physiotherapy students awarded Appreciation for Participation in ITF Masters 400 International Tennis Tournament, Muzaffarnagar.



Spiritual Diplomacy, Ven. Adicca vamsa, Research Scholar, presented "The Role of Myanmar's Theravāda Buddhism in Strengthening India-Nepal Relations," and Ven. Candavara, Research Scholar, presented "The Legacy of Sitagu Sayadaw and the Spread of Theravada Buddhist Teachings in India and Nepal", the research papers, respectively.



the International Conference at Bodhgaya, Bodh Mahotsava 2025, Ven. Ku MarYa (Research Scholar) also presented a paper on the topic of "The Concept of Self-Reliance according to the Four Sampada Principle in Buddhism: A Perspective from India.



The students from the Faculty of Applied Science actively participated as volunteers in the 31st National Games organized successfully in Uttarakhand.



On 23rd February, Faculty of Applied Science students actively participated in the RG Marathon to promote health awareness. The marathon was organized by RG Hospital



Students of B.Sc. Nursing 2nd Semester honored with Best Group Award in 7 days NSS Camp conducted in Beehive Group of Institutions, Dehradun, Uttarakhand from 24th March-30th March 2025



Prof. (Dr.) Himanshu Aeran, Pro-Vice Chancellor was Guest of Honour at the National Conference on Youth Relationship, Ethics and Responsibilities on Digital Interaction, held at the Institute of Hotel Management in Dehradun, 28th March, 2025.



Prof. (Dr.) Himanshu Aeran, Chief Guest at the Annual Programme of Varishth Nagrik Kalyan Sanghathan Rishikesh and to release their magazine, Varishth Nagrik Darpan, 29th March, 2025.

GAUTAM BUDDHA CHIKITSA MAHAVIDYALAYA

Setting precedents: State-of-Art Diagnostics, Facilities of Care & Harvesting best Practices

Key Diagnostics and demand-driven services offered

- State-of-Art Diagnostics in Pathology, Hematology, Cytology, Biochemistry, Immunology, Microbiology, Serology
- Diagnostic Radiology (MRI, CT Scan, Digital x-Ray, Ultrasonography, C-Arm, OPG, RVG)
- Non-Invasive Cardiac Lab (ECG, ECHO, TMT, Holter monitoring & PFT)
- Upper and Lower GI Endoscopy



State of art, computerized radio-imaging facilities and assays constitute quality investigative/ diagnostic services regimen offered.



Observing/Celebrating key events & occasions in commemoration, sensitization, awareness generation, capacity building & growth:



On 4 February, 2025 cancer awareness was conducted to observe World Cancer Day, All the students, faculty members and medical experts were present.



International womens day had Dr. Heena Mittal and Sweta Arora adresssing 300 women workers.

They celebrate the strength, resilience, and achievements of women around the world. We acknowledge the vital role women play in shaping society, their contributions to various fields, and their tireless efforts in creating a better

24x7 Services available



Ambulance



Blood Bank



Diagnostic Radiology



Laboratory



Pharmacy



Emergency & Trauma Care

Cashless Surgery Under Ayushman & ESI

Knee & Hip Joint Replacement

Arthroscopy of Knee & Shoulder

Key Hole Surgery

Spine Surgery

Sport Injury & Ligament Surgery

Hand Surgery

Laparoscopy

Endoscopy

Minimal Invasive Surgery

भारती निरोग योजना

₹1 योजना

6 महीने के लिए ₹180/-*

*20/- पंजीकरण शुल्क अतिरिक्त (वार्डिंग)

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कैंडींग प्रयोगशाला जाँच	20% प्रॉट	अस्पताल शुल्क	
एक्स-रे एवं अल्ट्रासाउण्ड	20% प्रॉट	ओपी शुल्क	
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फार्मसी	दवाएँ रियायती दरों पर दी जायेगी	फार्मसी	दवाएँ रियायती दरों पर दी जायेगी

24 घंटे इमरजेंसी सेवाएं **24x7 Emergency Services**

सुभारती अस्पताल **8194007026**

एम्.टी.वी. बुद्धिस्ट सिंथेसिस एवं वैरिटेबल ट्रस्ट द्वारा स्थापित देहरादून ms@gbcm.in

सुभारतीपुरम, फेज-2, NH 72 जहाज, चक्राता रोड, देहरादून

Digital Marketing of Services

During the quarter January - March, 2025, Digital Marketing provided engaging content and event promotions

WORLD EPILEPSY AWARENESS DAY

1 in 100 people worldwide live with epilepsy, yet myths and stigma still surround this condition. It's time to spread awareness, understanding, and support!

Common Symptoms of Epilepsy:

- Seizures - Sudden, uncontrolled jerking movements or convulsions.
- Staring Spells - A person appears blank or unresponsive for a few seconds.
- Sudden Loss of Consciousness - Fainting or blackouts without explanation.
- Unusual Sensations - Tingling, dizziness, or experiencing.
- Repetitive Movements - Lip smacking, blinking, or hand movements.
- Memory Loss or Confusion - Temporary disorientation after an episode.

Dr.K.K.B.Memorial
Subharti Hospital

+91-8194007026 www.gbcm.in ms@gbcm.in subhartihospital@dcn.in

Subhartipuram, Phase 2, NH 72 Jhaja, Chakrata Rd, Dehradun, 248007

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सुभारती अस्पताल

सुरक्षित मातृत्व योजना

नि:शुल्क

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A plethora of demand driven services are provided through constituent colleges/ departments under Health sciences; besides quality physiotherapeutics, therapies/ counselling services for cognitive, behavioural & allied maladies including dependency disorders, namely, addiction/alcoholism, also services from alternative medicine/ naturopathy are also provided.

Reaching out: Sensitizing, Building Capacity and Servicing the Community & Outreach



- Organized 05 Blood Donation Camps; 192 units of blood collected.
- Organized 14 Free Health Camps at rural outreaches (Dehradun & neighbouring districts of UP & HP) providing services to about 2200 beneficiaries.
- As of the quarter, 50 villages and communities are covered under Subharti Gramin Swasthya Mitra scheme, each village having a local community representative facilitating villagers' access to health care at Subharti Hospital facilities.
- Patients provided essential health care services & referral through Subharti's peripheral charitable dispensaries.
- 450 students from 3 Schools provided basic health checkups & medical advice/counsel on caring for personal hygiene.



- A total of 16 health camps organised for the corporate sector outlets /factory & industrial workers; 1200 workers were provided essential health services & thoroughly checked for work-fitness.
- Organized 2 awareness seminars/workshops from January –March '25. These workshops and seminars spread awareness on various sensitive topics like substance abuse and de-addiction, depression and anxiety, menstrual hygiene, breast cancer, cervical cancer, occupational health etc.

During the quarter (January- March '25) free health camps providing primary & essential health care including eye, dental health services & blood donation drives were organized by Gautam Buddha Chikitsa Mahavidyalaya and associated Dr. K.K.B.M. Subharti Hospital of the University at key community outreach locations including Anganwadis', school/institutions, industries/ corporates etc, Free medicines, effective referral to Dr. K.K B.M. Subharti Hospital besides other secondary/tertiary facilities were provided to more than a median 100 beneficiaries/camp. The camps were mostly endorsed & sponsored by the community (panchayati raj institutions) and the corporate units /institutes. Besides, many workshops & seminars were conducted to spread awareness on various sensitive & relevant topics, namely, substance abuse, depression & anxiety, menstrual hygiene, breast & cervical cancer, occupational health, breast feeding practices, Health, sanitation & hygiene etc.

Upcoming Events

- A State Level Workshop on Chiropractic Techniques jointly organized by CASR & Paramhansa Yogananda Subharti College & Hospital of Naturopathy and Yogic Science.
- Faculty of Commerce and Management organizing a 4 days workshop on Stock Market in collaboration with Project GAURAV by Uttarakhand Govt. and NSE.
- Department of Performing Arts (Faculty of Fine Arts & Fashion Design) Utpatti - Kathak Workshop, themed "Kathak Rhythms in Dehradun Valley."
-

महिला दिवस के अवसर पर कार्यक्रम का आयोजन

स्वतंत्र चेतना

देहरादून। अंतर्राष्ट्रीय महिला दिवस के अवसर पर झाझरा स्थित गीतम बुद्ध चिकित्सा महाविद्यालय एवं डॉ. के.के.बी.एम. सुभारती अस्पताल द्वारा शनिवार को कंप्रेशन ओनली लाइफ सपोर्ट कार्यक्रम का आयोजन किया गया



इसका उद्देश्य सांस और दिल की धड़कन को फिर से शुरू करना और मस्तिष्क और अन्य महत्वपूर्ण अंगों तक ऑक्सीजन युक्त रक्त पहुंचाने का प्रशिक्षण देना है। इस कार्यक्रम का संचालन करते हुए डॉ. वी.पी. सिंह ने चेस्ट कंप्रेशन का महत्व बताते हुए अंतर्राष्ट्रीय महिला दिवस की बधाई दी। प्रधानाचार्य डॉ. देश दीपक ने नारी सशक्तिकरण के महत्व पर प्रकाश डालते हुए बताया कि कंप्रेशन-ओनली लाइफ सपोर्ट एक महत्वपूर्ण जीवन रक्षक तकनीक है जो आम लोगों को हृदय गति रुक जाने की स्थिति में मदद कर सकती है। उपप्रधानाचार्या डॉ. रूपा हंसपाल ने समस्त महिलाओं को इस अवसर की हार्दिक शुभकामनाएं दी। यह एक ऐसी तकनीक है जिसमें केवल छाती को दबाया जाता है, सांस देने की आवश्यकता नहीं होती है। इस अवसर पर सभी महिला नर्सिंग स्टाफ को एनेस्थीसिया विभाग की डॉ. आस्था श्रीवास्तव द्वारा (उदछर) का प्रशिक्षण दिया गया।

दो दिवसीय अग्नि सुरक्षा कार्यक्रम का आयोजन

स्वतंत्र चेतना

देहरादून। डॉ. के.के.बी.एम. सुभारती अस्पताल द्वारा अस्पताल परिसर में दो दिवसीय अग्नि सुरक्षा कार्यक्रम का आयोजन किया गया जिसमें सभी स्टाफ को अवानक आग लगने की स्थिति में बरतने वाली सावधानियां एवं आग बुझाने की सम्पूर्ण प्रक्रिया को बताया गया। प्रमुख-गुणवत्ता विभाग डॉ. अनुभा अग्रवाल ने कहा कि अग्नि सुरक्षा एक ऐसी प्रक्रिया है जिसमें भीषण आग बुझाने या किसी भी अप्रत्याशित समय में किसी इंसान या कोई भी जानमाल को आग से बचाने के लिए काम किया जाता है। वरिष्ठ पर्यवेक्षण अधिकारी जितेंद्र त्यागी ने सभी को आग लगने के विषय में जानकारी दी और बताया कि सभी को अग्नि सुरक्षा यंत्र का सुचारु रूप से प्रयोग करना आना चाहिए जिस से जानमाल के नुकसान से बचा जा सके। तत्पश्चात् सुरक्षा पर्यवेक्षक डम्बर चंद ने यंत्रों को कैसे प्रयोग में लाना है वह भी सीखाया। साल में कम से कम दो बार योजना का अभ्यास करने की हिदायत भी दी। अग्नि सुरक्षा कार्यक्रम



को आगे बढ़ाते हुए अग्निशमन विधियों से अवगत कराया गया। पानी से आग बुझाएं। लकड़ी और कामज जैसी आग को पानी से बुझाया जा सकता है, रेत के द्वारा भी आग को बुझाया जा सकता है, आग बुझाने के लिए अन्य उपकरणों का भी प्रयोग कर सकते हैं। अत्यंत भीषण आग बुझाने के लिए अलगाव और अग्निशमन को भी बुलाया जा सकता है। साब ही अग्नि सुरक्षा में बरतने वाली सावधानियों से अवगत कराया। कि वाहन खड़े करके आवागमन

बाधित न करें। भवन के अंदर पटाखे व डिस्कोटक वस्तुओं का प्रयोग न करें। आग लगने पर लिफ्ट का प्रयोग न करें। पानी की पर्याप्त उपलब्धता सुनिश्चित करें। कामज, कपड़े और ज्वलनशील तरल पदार्थ हीटर, स्टोव, खुले चूल्हों से दूर रखे जाने चाहिए। बवने के रास्ते सीढ़ियों को किसी भी तरह की रुकावट से मुक्त रखें। एक सॉकेट में सिर्फ एक ही बिजली का उपकरण इस्तेमाल करें। एलपीजी स्टोव को ऊंचे प्लेटफॉर्म पर रखें, कभी भी जमीन पर न रखें।

मृत्यु का दूसरा प्रमुख कारण है कैंसर



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देहरादून • शनिवार • 22 फरवरी, 2025

कुंजा गांव में आयोजित किया गया स्वास्थ्य शिविर

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सेलाकुई, 21 फरवरी (नवोदय राइस): झाझरा स्थित गीतम बुद्ध चिकित्सक महाविद्यालय एवं सम्पद डॉ. के.के.बी.एम. सुभारती अस्पताल द्वारा कुंजा ग्राम तथा ग्रामबासियों के लिए एक विशेष निःशुल्क स्वास्थ्य शिविर का आयोजन किया गया जिसमें सुभारती अस्पताल के चिकित्सकों की टीम ने 200 मरीजों का स्वास्थ्य परीक्षण किया।

कैम्प में वरिष्ठ चिकित्सक डॉ. कृष्ण पांडुरंग तथा महिला चिकित्सक डॉ. दीक्षा ने सभी मरीजों का स्टैटन चेकअप किया। कान, नाक, गले विशेषज्ञ डॉ. ईशान चौधरी ने मरीजों कान व गले में दर्द को समझा का निदान किया। दंत विशेषज्ञ डॉ. अपूर्व अन्याल ने दांतों को जांच की मरीजों में दांतों में दर्द को समझा पाने गये।

चिनिगोपेथेफिट डॉ. प्रिया द्वारा मरीजों को जोड़ों में दर्द, फ्लू, खसू के दर्द से निजात हेतु व्यायाम बताए, एवं चिनिगोपेथेफे भी की गयी। नैचुरोपेथी विशेषज्ञ डॉ. अभिलष द्वारा मरीजों को स्वस्थ जीवन शैली की सलाह दी गयी। नेत्र रोग विशेष के तकनीशियन पंकज द्वारा मरीजों की निःशुल्क आंखों की जांच भी की गई। चिकित्सकों ने सभी को स्वास्थ्य संकेत जानकारी दी तथा शीत



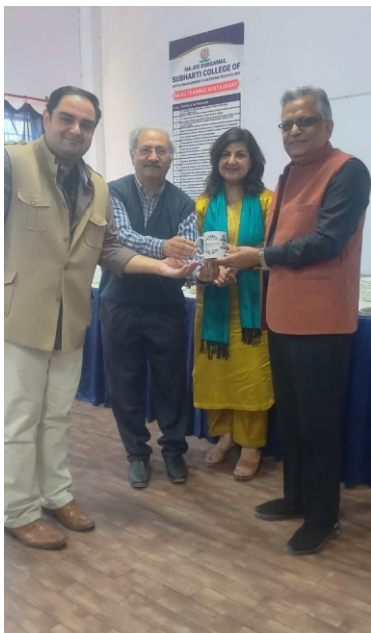
जल में बदलते मौसम से होने वाले रोगों से बचाव हेतु उपदेश बताए। जन्मांतर लोगों को बुखार, नजला, खांसी, सांस एवं पेट संबंधी रोग, कान चढ़ना व कान के पदों की शिकायत मिली।

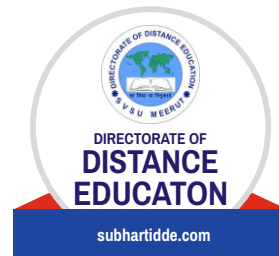
कैम्प में सुभारती अस्पताल द्वारा निःशुल्क दवा का वितरण किया गया। उच्चतरीय स्वास्थ्य परीक्षण एवं इलाज हेतु मरीजों को सुभारती अस्पताल संदर्भित किया गया। शिविर के आयोजन में अस्पताल के

प्रचार, प्रसार एवं मार्केटिंग प्रमुख एवं सहायक आचार्य डॉ. प्रशांत कुमार भटनागर का मार्गदर्शन रहा। नर्सिंग स्टाफ, प्रिया आर्वा, फर्मासिट, सविता ममता हॉस्पिटल एजीक्यूटिव सन्नी धोमान तथा अंशुल धोमान का विशेष सहयोग रहा। ग्राम कुंजा के समस्त ग्रामबासियों व स्थिति व चेति देवी ने एलडीओ मार्केटिंग आदित्य गौतम, व समस्त मेडिकल टीम का अभिनंदन एवं धन्यवाद ज्ञापित किया।









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