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SEX EDUCATION NOT A WESTERN CONCEPT

The Supreme Court has recently come down heavily on a few Indian states that have banned sex education in schools, noting that sex education isn't a western concept incompatible with traditional Indian values as it is perceived to be.

A bench comprising of Chief Justice of India DY Chandrachud and Justice JB Pardiwala said that such illogical thinking that has resulted in opposition to sex education is coming in the way of launching comprehensive sexual health programs, driving adolescents to seek knowledge online, where they often encounter inappropriate and misleading content.

In the judgement, the court ruled that even storing child sexual exploitation and abuse material (child pornography) on laptops and mobile phones signals and intent to transmit the material. Moreover, even watching such material without downloading amounts to possession of such material under the Protection of Children from Sexual Offences (POCSO) Act of 2012.

Furthermore, the apex court also ordered the government to amend the POCSO Act, replacing the term "child pornography" with "Child Sexual Exploitative and Abuse Material (CSEAM)."

Sex education, the court said, is grossly misunderstood in India, with the belief that is only covers the education of the biological aspects of reproduction, whereas it covers a wide range of subjects such as healthy relationships, consent, gender equality and respect for diversity. These

topics are vital for reducing sexual violence in the country, it said.

The challenges aside, the court highlighted successful sex education programs in the country, such as Jharkhand's Udaan initiative that demonstrates the importance of community involvement, transparency, and government support to overcome resistance to sex education.

About misconceptions surrounding sex education in India, the court said that parents and teachers often view discussions on sex as "inappropriate, immoral, or embarrassing." The stigma results in reluctance to address sexual health issues, leading to irresponsible behavior among the country's youth.

The court also referenced research, showing that sex education delays the onset of sexual activity and encourages safe sex, contrary to popular notion that teaching teenagers about sex increases sexual activity among them.

Research supports the idea that sex education reduces risky sexual behavior, enhances knowledge, helps delay sexual activity, decreases the number of sexual partners, and increases the use of contraceptives, the court said.

It further highlighted the urgent need to remove misconceptions surrounding sex education, which is crucial for improving sexual health outcomes and reducing sex crimes in India.

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Registered Office

Flat No. 103, UGF, Plot No. G-84, Sector-7,
Dwarka, New Delhi-110077 Phone: 011-25086952

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Printed and Published by Shiv Shankar Sharma on behalf of SAT SUKRIT MEDIA PVT. LTD.
Printed at All Time Offset Printers, F-406, Sector-63, Noida-201301 and published from Flat No. 103, UGF, Plot No. G-84, Sector-7, Dwarka, New Delhi-110077

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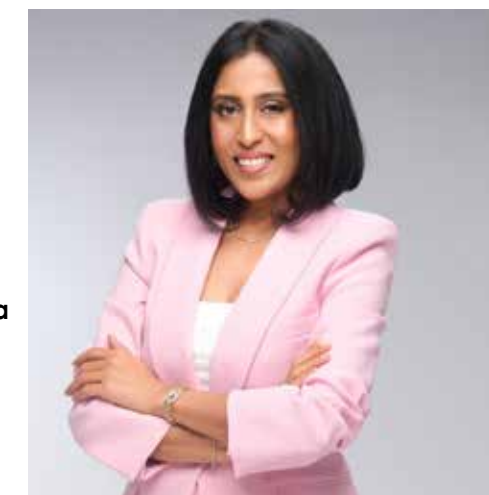
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A New Democratic Republic Constitution for India

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Dr. S.S. Lohchab

Director

Post Graduate Institute of Medical Sciences (PGIMS), Rohtak

PGIMS ROHTAK SET TO BECOME CENTER OF EXCELLENCE IN HEALTHCARE

Dr. S.S. Lohchab, Director of Rohtak's Post Graduate Institute of Medical Sciences (PGIMS) shares his vision for the institution's future with **Education Post's Prabhav Anand**. He emphasized the importance of digitalization, expanding facilities, and introducing new specializations to enhance healthcare delivery. Dr. Lohchab is dedicated to fostering international collaborations and strengthening community health initiatives, particularly in rural areas.

Cardiothoracic Surgery course in 2011 and the B.Sc. Perfusion course in 2013. My work has earned international recognition, and I was nominated for the EACTS Techno College Award in 2013.

In 2021, I was appointed Director of PGIMS, Rohtak. Under my leadership, the institution has consistently ranked among India's top 50 medical colleges. I also serve as President of the North Zone Association of Cardiothoracic Surgeons and am a member of the National Executive of IACTS.



Could you please start by sharing a bit about your background and journey in the medical field, leading up to your current role as the Director of PGIMS Rohtak?

I began my medical journey at Medical College, Rohtak (now PGIMS) in 1981, where I completed my MBBS, followed by an MS in General Surgery and an MCh in Cardiothoracic Surgery at GB Pant Hospital, Delhi. In 1997, I established the Department of Cardiac Surgery at PGIMS, introducing open-heart surgery to Haryana in 1999. I further advanced cardiac care by starting beating-heart coronary artery bypass grafting (CABG) in 2002 after training at Massachusetts General Hospital, Boston, USA.

Over the years, I launched several pioneering programs, including India's first surgical treatment of atrial fibrillation using Cryo technology in 2009 and a comprehensive Mitral Valve Repair program in 2008. I also introduced the MCh

PGIMS has recently established a state-level organ transplant center. What were the challenges you faced during its setup and the impact it has had on patient care?

The establishment of a state-level organ transplant center involved logistical, regulatory, and financial challenges. Ensuring access to specialized staff and equipment, building public trust in the facility, and managing ethical considerations around organ donation were key considerations. However, with the start of Renal Transplant Program its impact was transformative, significantly improving patient outcomes and reducing the need for patients to travel out of state for such procedures. Renal transplant services are being provided free of cost under MMMIY. Now we are moving ahead with start of Liver & Heart Transplant Program.

With your specialization in cardiac surgery, how do you plan to enhance the cardiology department at your institution in terms of research, training, and patient care?

With a specialization on cardiac surgery, our goals include advancing cardiology services by expanding research initiatives, improving training programs for young doctors,



and upgrading clinical care to address the increasing burden of cardiovascular diseases. In 2021, we introduced DM Cardiology and DM Cardiac Anesthesia courses at PGIMS, Rohtak. We have established collaborations with national and international institutions, and in 2022, we began performing transcatheter Aortic valve replacement. Renowned Pediatric Cardiologist Prof. Anita Saxena from AIIMS, New Delhi, initiated pediatric cardiology services when she joined as Vice-Chancellor, UHS Rohtak in 2021. We also initiated surgery for complex congenital heart defects in collaboration with AIIMS, New Delhi. Our next step is to launch a Heart Transplant program at PGIMS, Rohtak.

Research is a critical component of any medical institute. What are the current research priorities at your institution, and how are you fostering a culture of innovation?

At PGIMS Rohtak, we are focusing on cutting-edge research in areas like cardiovascular diseases, organ transplants,

infectious diseases, and medical education. To foster innovation, we provide extensive resources and create an environment that encourages both faculty and students to engage in meaningful research.

We've initiated several research grant programs through our Research and Development cell. Faculty and postgraduates receive intramural grants, while undergraduates can participate in the University Undergraduate Research Scheme (UURS), similar to ICMR's STS program, to get hands-on experience with research. Our laboratories are equipped with the latest technology to support high-level research.

Additionally, PGIMS is one of the selected centers for clinical trials under the ICMR INTENT initiative. We actively promote interdisciplinary collaborations, partnering with global research institutions, public health organizations, and biotech firms to enhance research impact. With a budget of Rs. 5 crore under the Research and Development Grant, we ensure financial backing for innovation.

To further encourage research, we organize an annual Research Conclave, where postgraduates and undergraduates present their work, and faculty members are recognized with awards for the best published papers. This has helped create a vibrant research culture across our institution.

In your opinion, are Indian medical institutions providing enough support and opportunities for research and innovation? What steps can be taken to enhance this?

PGIMS Rohtak has made significant strides in fostering research, with well-established policies for extramural and intramural grants, supporting faculty, postgraduates, and undergraduates. As a recognized ICMR center for clinical trials, we played a crucial role in COVID-19 vaccine development, including COVAXIN trials, and we are actively involved in research on the dengue vaccine and cancer through ICMR's Project DIAMOND. We are also engaged in the NCDC's projects on infectious diseases and antimicrobial resistance.

In the last five years, we've built a dynamic research environment with MOUs signed with other research organizations and universities, and we've launched a PhD program to promote advanced research. Our Multidisciplinary Research Unit (MRU), under the Department of Health Research, Government of India, has been instrumental in driving innovation. It has approved 56 projects, of which 16 are completed, and it continues to train hundreds of participants through workshops and seminars. We've also completed several important extramural projects, including studies on the cost-effectiveness of health services like Ayushman Bharat and Pradhan Mantri Bhartiya Janaushadhi Pariyojana.

While Indian institutions are advancing in research, there's still much to be done. Improved infrastructure, more funding, and greater involvement from both government and private sectors are crucial. Encouraging interdisciplinary studies and fostering international collaborations will further elevate the research capabilities of Indian medical institutions.

To better prepare students for modern medical challenges, we need to incorporate more hands-on training, simulation exercises, and exposure to advanced technologies. The success of a student depends on multiple factors beyond the type of institution. The curriculum, institutional environment, and, most importantly, the individual's motivation to learn play a crucial role.

What are your thoughts on the current state of mental health among students in India, and what measures can be taken within educational institutions to better support their mental well-being?

We acknowledge the growing mental health issues that students face. We stress the significance of offering mental health support through counseling services, reducing academic pressure, and encouraging a balanced lifestyle for medical students. The institution provides counseling for medical students and faculty daily at the Institute of Mental Health. Additionally, the NMC has shared the report of the National Task Force on Mental Health and Well-being of Medical Students, and we are actively considering its recommendations for implementation.

Do you believe the current medical curriculum adequately prepares students for real-world medical challenges? What improvements would you suggest?

While Indian medical education is comprehensive, there is room for improvement, particularly in offering more practical, real-world experience. To better prepare students for modern medical challenges, we need to incorporate more hands-on training, simulation exercises, and exposure to advanced technologies. Our curriculum committee regularly revises the syllabus, but there are a few key areas where improvements could be made:

1. Enhanced Clinical Exposure:

Increasing early and consistent clinical rotations would help bridge the gap between theoretical knowledge and practical skills.

2. Integrated Learning:

Interdisciplinary programs that blend medicine with technology, management, and public health should be encouraged to meet the evolving healthcare landscape.

3. Soft Skills Training:

Emphasizing communication, empathy, and teamwork is essential for preparing students for patient-centered care.

4. Research and Innovation:

A research-driven curriculum will promote critical thinking and problem-solving, essential skills for modern healthcare professionals.

5. Local Context Relevance:

Incorporating modules on rural health, preventive care, and public health issues relevant to India and Haryana will better equip students to handle the unique healthcare challenges they will face in practice.

These changes would provide students with a more holistic, hands-on approach, aligning education with the realities of healthcare today.

There is often criticism regarding the shortage of qualified faculty and resources in medical colleges. How can this issue be addressed effectively?

The shortage of qualified faculty is a common challenge in medical colleges. One possible solution could be to incentivize faculty positions through better compensation, provide opportunities for professional development, and create an attractive work environment to retain talent. For example, we could enhance the salary of Renal Transplant Surgeons and Physicians to kickstart our Renal Transplant Programme.

What are the major differences you observe between public and private medical institutions in India, and how do these differences impact the quality of education?

Public institutions like PGIMS Rohtak, while often facing resource constraints, offer more affordable and accessible healthcare education. On the other hand, private institutions usually have better infrastructure but come with significantly higher costs. The balance between affordability and infrastructure is a key factor in determining the quality and accessibility of medical education.

However, I believe that the success of a student depends on multiple factors beyond the type of institution. The curriculum, institutional environment, and, most importantly, the individual's motivation to learn play a crucial role.



Here are the main differences between public and private medical institutions in India:

1. Funding and Resources:

Public institutions are government-funded, often leading to limited resources, whereas private institutions have more funds due to higher fees.

2. Fee Structure:

Public institutions have lower fees, making education more accessible, while private institutions are typically more expensive.

3. Faculty and Teaching Quality:

Public institutions generally attract more experienced faculty, thanks to job security and reputation, while private institutions may struggle with faculty retention.

4. Patient Load:

Public hospitals deal with a higher patient load, giving students more clinical exposure. Private institutions may have fewer patients, limiting hands-on learning opportunities.

5. Research Opportunities:

Public institutions often emphasize research, while private institutions may focus more on clinical teaching and infrastructure development.

These differences directly affect the quality of education by shaping the depth of clinical experience, research exposure, and the financial burden on students.

How do you think Indian medical education stands in comparison to global standards? What can be done to make Indian medical graduates more competitive internationally?

Indian medical graduates are widely recognized for their technical skills, but there's room to enhance their global competitiveness by aligning with international standards. While India has made great strides in medical education,

our graduates often have less exposure to advanced technologies, interdisciplinary approaches, and global healthcare practices compared to their international counterparts.

To make Indian medical graduates more competitive on the global stage, we need to focus on the following:

- 1. Curriculum Modernization:** Update the curriculum to incorporate global best practices and emerging fields such as artificial intelligence, genomics, and public health.
- 2. Research Focus:** Boost research opportunities by providing more funding, mentorship, and improved infrastructure for research-driven education.
- 3. Clinical Exposure:** Broaden clinical experiences by integrating newer technologies and encouraging international exchange programs to expose students to diverse healthcare settings.
- 4. Soft Skills:** Place greater emphasis on communication, teamwork, and leadership skills to better prepare graduates for patient-centered care.
- 5. Global Partnerships:** Foster collaborations with international institutions to promote knowledge exchange, training opportunities, and exposure to cutting-edge medical trends.

These steps can help Indian medical education reach a more competitive level internationally while enhancing the skills and global preparedness of our graduates.

The recent incidents of NEET exam paper leaks have raised serious concerns. What measures do you believe should be implemented to prevent such occurrences and ensure the integrity

of medical entrance examinations?

To address these issues, we need to implement much stricter security protocols for medical entrance exams. One effective approach would be to shift towards fully digital and encrypted systems for exam administration. This would minimize the chances of paper leaks. Additionally, involving third-party auditors to oversee the handling and security of exam papers could add an extra layer of accountability. We must enforce severe penalties for anyone found involved in malpractice to deter such incidents from happening in the future.

As the Director of PGIMS Rohtak, what are your primary goals and vision for the institute in the next five years?

My vision for PGIMS Rohtak is to establish the institution as a center of excellence in research, patient care, and medical education. Over the next five years, we aim to fully digitalize all services, streamlining both patient care and administrative operations for enhanced efficiency and accessibility.

Expanding our facilities is another key goal, as it will enable us to accommodate a larger number of patients and students, ensuring that we continue to provide top-notch healthcare and education.

Additionally, we are focused on introducing new specializations and super-specializations to meet the evolving needs of modern medicine. International collaborations are also on the horizon, as they will allow us to bring global expertise and research opportunities to our institution.

Lastly, I am committed to strengthening our focus on community health, particularly in rural areas, to improve healthcare delivery and outcomes across Haryana and beyond. These goals reflect our ambition to elevate PGIMS Rohtak's role as a leader in the medical field both regionally and nationally.



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Dr. Mickey Mehta
A celebrated social influencer, holistic health expert, and dynamic orator

In a world where the demands of modern life often overshadow the pursuit of health and well-being, Dr. Mickey Mehta stands as a beacon of holistic health and mindfulness. A celebrated social influencer, holistic health expert, and dynamic orator, Dr. Mehta's philosophy is grounded in the belief that true wellness is achieved through the harmonious balance of body, mind, and spirit.

In this exclusive interview with Education Post's Prabhav Anand, Dr. Mehta talk about the essence of holistic living, sharing practical insights and transformative practices that empower individuals to cultivate a healthier, more balanced lifestyle amidst the chaos of daily life.

From the power of deep breathing and mindful eating to the rejuvenating effects of nature and laughter, Dr. Mehta offers a comprehensive guide to integrating holistic principles into everyday routines. His approach transcends traditional health advice, emphasizing the interconnectedness of our environment, emotions, and physical health.

As he succinctly puts it, "To achieve true health, one must not only nurture the body but also feed the soul. It's about aligning ourselves with the natural rhythms of life, embracing simplicity, and finding joy in the small things."

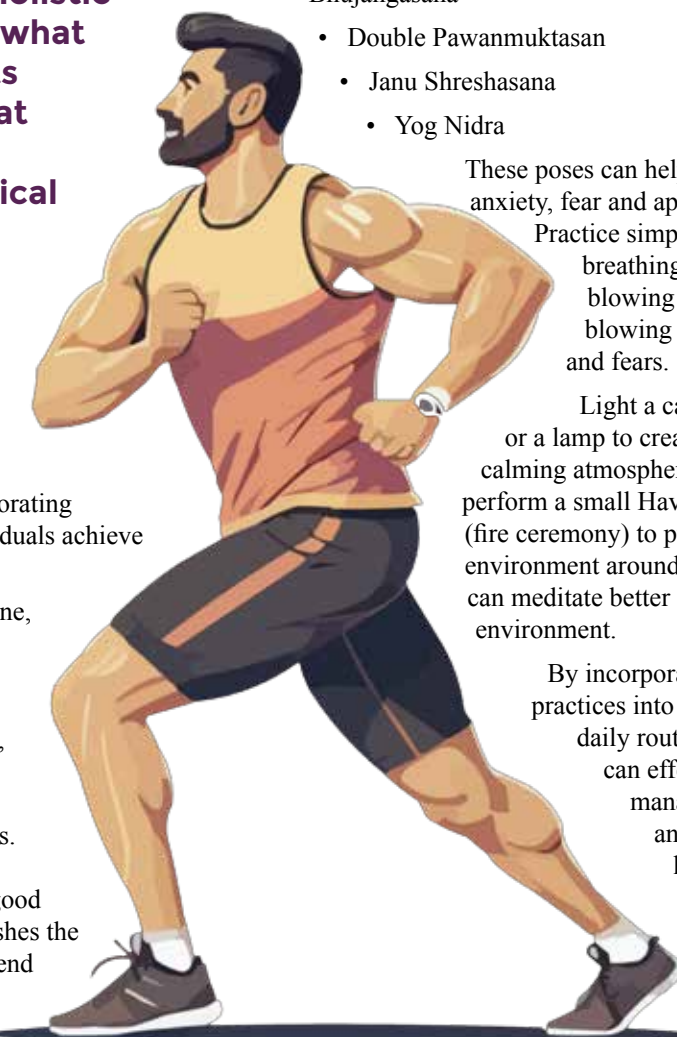


Many people struggle with maintaining a balance daily routine. From your holistic health perspective, what are the key elements of a daily routine that can help individuals achieve better physical and mental health?

Can you provide specific practices that can be easily incorporated into a busy schedule?

In our busy lives, it's important to have a daily routine that supports both physical and mental well being. Incorporating holistic health elements can help individuals achieve better physical and mental health.

Appreciate nature's beauty- sunshine, sky, stars, moon, water bodies, garden, trees and more. Practicing oneness with nature and stay connected to the nature. Do outdoor activities, exercises, workouts and fresh air. Spend time in nature to rejuvenate and reduce stress. Practice deep breathing exercises. Maintaining healthy eating habits and enjoying foods which makes you feel good such as fruits, nuts and dry fruits nourishes the body. Ensure you get enough sleep. Spend quality time with family, friends and loved ones. Add a lot of laughter in life which help to reduce stress.



Stress and anxiety are common problems that many people face daily. What holistic approaches do you recommend for managing stress and anxiety through daily routines? Are there specific exercises, breathing techniques, or mindfulness practices that can help alleviate these issues.

Exercising regularly can help alleviate stress and anxiety. Try incorporating the following yoga poses:

- Bhujangasana
- Double Pawanmuktasan
- Janu Shreshasana
- Yog Nidra

These poses can help relieve anxiety, fear and apprehension.

Practice simple deep breathing exercises, blowing out air as if blowing out worries and fears.

Light a candle or a lamp to create a calming atmosphere. Or perform a small Havan Kund (fire ceremony) to purify the environment around you. One can meditate better in such environment.

By incorporating these practices into your daily routine, you can effectively manage stress and anxiety, leading to a more peaceful and balanced life.

Poor sleep quality is a significant issue affecting overall well-being. How can individuals improve their sleep hygiene through Ayurvedic and holistic practices? What are some evening routines or rituals that you suggest for promoting better sleep?

Long walks in the evening, stretches in the evening, spending time outdoors, really helps to relieve all the stress. Swimming, sitting close to trees, lawns, or gaze at greenery to calm down. Look deep into the open blue skies while sitting on a bench to end anxiety. Come home and wind up with dim lights. Have early dinners, preferably sattvic (pure and natural) food. After a couple of hours, have chamomile tea with Cinnamon for warmth and comfort. A little bit of saffron for relaxation and calmness. Just before sleeping sit in silence for a while which will really help.

By following this evening routine, you can effectively relieve stress and anxiety, leading to a more peaceful and balanced life.

Diet and nutrition play a crucial role in achieving a better life. What dietary guidelines or habits do you recommend for maintaining optimal health? Can you share specific examples of how certain foods can impact energy levels, mood, and overall well-being?

Nourish your body with creative and curative nutrition. Follow the principles of creative and curative nutrition to cleanse, regulate, and fortify your body. Incorporate curative herbs that promote overall well-being. Focus on consuming creative foods that cellularly regenerate and rejuvenate your

body. Include superfoods like sprouts, seeds, fresh fruits, nuts, dry fruits. These foods will help you stay younger and become younger. When you eat well, you'll feel, more energy, improved overall health and a youthful glow. A balanced diet is key to maintaining optimal health and well-being.

With the rise of sedentary lifestyles, maintaining physical fitness has become a challenge for many. What daily exercise routines do you suggest for individuals who have limited time but still want to stay fit? Are there particular types of exercises that you find most effective?

Don't have time to exercise? Try these quick and effective routines: Spot jogging: Jog in place for 5-10 minutes, Surya Namaskar (Sun Salutation), Double Pawanmuktasan (Wind-Relieving Pose), Bhujangasan (Cobra Pose), Naukasan (Boat Pose), Uta Naukasan (Inverted Boat), climb up and down on a couch or chair, step up and down on a couch or chair, stretch your legs against a wall. Some Breathing Exercises Yog Nidra (Guided Deep Relaxation), and end with Anulom Vilom (Alternate Nostril Breathing).

Remember, every bit counts! Even 10-15 minutes of exercise a day can make a big difference.

Mental clarity and focus are essential for productivity and success. How can holistic health practices enhance cognitive function and mental sharpness? Are there specific routines or activities that you

recommend for improving concentration and mental performance?

Holistic health practices can significantly enhance cognitive function and mental sharpness. Using sensory and physical stimulus everyday helps you boost the convolutions and firing of neurons at an optimal speed. Exercises using balls, cross training, Pilates, yoga, dancing, meditation can help.

Herbal remedies like Brahmi and Ashwagandha are good for mental function.

Lifestyle Changes:

Get enough sleep (7-8 hours). Eat a balanced diet with plenty of fruits, nuts, and whole grains. Reduce stress and anxiety through relaxation techniques. A healthy body and mind are essential for mental clarity and focus. Incorporate these practices into your daily routine to improve your cognitive function and mental sharpness.

Immunity has become a major concern, especially in light of recent global health challenges. What daily habits or practices can individuals adopt to strengthen their immune systems? Are there particular Ayurvedic remedies or lifestyle changes that you find particularly effective?

Adopt these daily habits and Ayurvedic remedies to strengthen your immune system:

Ayurvedic Medicines

- ◆ Ashwagandha
- ◆ Giloy
- ◆ Aloe Vera
- ◆ Amla



- ◆ Dashmularishta
- ◆ Amrit
- ◆ Shilajit extracts
- ◆ Tulsi (Holy Basil)
- ◆ Lemongrass
- ◆ Neem extracts
- ◆ Mint leaves
- ◆ Mulethi (Licorice)
- ◆ Wheatgrass

Other than these, drink warm water with lemon and honey. Drink kadha, green tea and get enough vitamin D through sunlight.

A strong immune system is key to overall health and well-being. Incorporate healthy habits and remedies into your daily routine to boost your immunity.

Balancing work and personal life is a common struggle. How can holistic health principles help individuals achieve a better work-life balance? What strategies or routines

do you recommend for maintaining this balance and preventing burnout?

Maintaining work and personal life equilibrium is not impossible to achieve. We first have to focus on our lifestyle habits, fix the wrong habits, adopt healthy habits, eat well balanced, nutritious clean and green foods, fruits and veggies, keep the vitamins in check. When bogged down by sugar cravings, we should opt for naturally healthy sweets such as til-gud laddoo, rajgira chikki, raisins, dates or a spoonful of honey to feel good and avoid chocolates, candies and processed sweets as much as possible. Alternatively, splashing your eyes with water, taking a bath can also alleviate your moods. So also smelling of some fruits such as oranges and limes.

One essential component of holistic health is awareness of your own requirements and limitations. Self-awareness can help you know when to create healthy limits and take time out for yourself.

A holistic approach merges work and personal life, recognizing that both are important for your general well-being and pleasure, rather than seeing them as distinct entities.

Many people experience chronic pain or discomfort due to poor posture and sedentary habits. What daily routines or exercises can help alleviate these issues and promote better musculoskeletal health? Are there specific postural corrections or practices that you advise?


To reduce chronic pain and discomfort from poor posture and sitting too much, stretch regularly, do exercises that strengthen your core and back, and make sure to sit and stand with good posture. Take breaks to move around, set up your workspace to promote good posture,

and practice mindful movement like yoga. Remember to engage your core muscles and use proper body mechanics when lifting or bending. Regular exercise like cardio and strength training can also help. You can improve your musculoskeletal health and reduce pain and discomfort.

Longevity and healthy aging are goals for many. What holistic practices do you suggest for promoting longevity and maintaining vitality as we age? Can you share some daily routines or habits that contribute to aging gracefully and staying youthful in body and mind?

Holistic practices for promoting longevity and healthy aging include a balanced diet, regular exercise, stress management, and social connections. Focus on consuming whole, plant-based foods, and engage in physical activities that bring joy. Prioritize sleep, practice mindfulness, and cultivate meaningful relationships to support mental and emotional well-being.

Daily routines that contribute to aging gracefully include starting the day with a morning stretch or meditation, followed by a nutrient-dense breakfast. Incorporate activities that challenge the mind, such as reading or learning a new skill, solving puzzle and make time for relaxation and self-care. Stay hydrated, limit screen time, and engage in activities that bring purpose and fulfilment.

Additional habits that support youthful vitality include practicing gratitude, getting enough vitamin D with lots of sunshine from nature, fresh air and taking breaks to move and stretch throughout the day. Prioritize activities that promote laughter and joy, and make time for nature and outdoor activities. By incorporating these habits into daily life, individuals can support their overall health and well-being, leading to a more graceful and youthful aging process. 

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YOUR KITCHEN HOLDS THE KEY TO IMPROVED DIGESTIVE HEALTH



Dr. Dimple Jangda

A celebrated Ayurvedic practitioner and social influencer

In today's fast-paced world, the ancient wisdom of Ayurveda offers a holistic approach to health and wellness, emphasizing harmony between the mind, body, and spirit. **Dr. Dimple Jangda**, a celebrated Ayurvedic practitioner and social influencer, sheds light on how we can seamlessly integrate Ayurvedic principles into our modern lifestyles to combat prevalent health issues such as stress, fatigue, and poor digestion. Through her profound knowledge and practical advice, Dr. Jangda elucidates the timeless relevance of Ayurveda in addressing

contemporary health challenges in an exclusive interview with **Education Post's Prabhav Anand**.

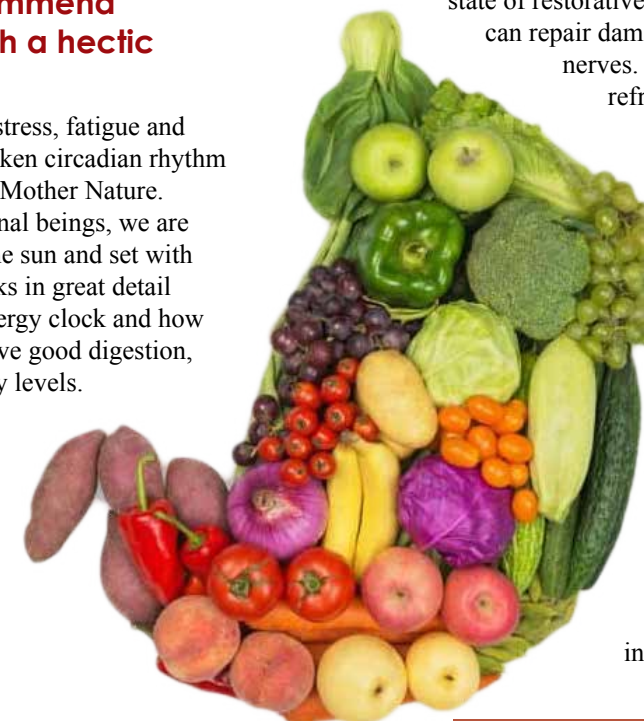
Ayurveda, often referred to as the "science of life," emphasizes the importance of aligning our daily routines with nature's rhythms. Dr. Jangda highlights the importance of the Ayurvedic energy clock, recommending practices like eating meals in sync with the sun's position and maintaining a consistent sleep schedule to enhance digestion and overall vitality.

She advocates for a diet enriched with carminative and digestive spices, which

Q With the increasing complexity of modern lifestyles, how can Ayurveda be effectively integrated into daily routines to address common health issues like stress, fatigue, and poor digestion? What specific Ayurvedic practices would you recommend for someone with a hectic schedule?

The root cause of stress, fatigue and poor gut health is a broken circadian rhythm which is not sync with Mother Nature. Human beings are diurnal beings, we are designed to rise with the sun and set with the sun. ayurveda speaks in great detail about the ayurvedic energy clock and how to tap into this to achieve good digestion, metabolism, and energy levels.

The first challenge is getting to bed on time, address your sleep quality. Aim to finish dinner before sunset, latest by 7pm so the food can get completely digested,



absorbed and assimilated in your body before you go to bed. Give your body a minimum 3 hour gap between dinner and bedtime. Your Gut or digestive system, is the largest set of organs starting from your mouth, oesophagus, stomach, intestines, colon, and the organs that contribute to your digestion and detoxification – liver, gall bladder and kidneys. When you finish your meal before sunset, you are allowing your digestive organs also complete rest at bedtime. This allows you to go into a deep state of restorative sleep where your body can repair damaged tissues, muscles and nerves. You will wake up feeling refreshed and energized.

Aim to wake up 45 minutes before sunrise so you can engage in meditation, silence, gratitude and manifestation exercise. This sets the tone for the day. Size your meal based on the position of the sun – have a small breakfast, big lunch and a small dinner before sunset. Ayurvedic energy clock is one of the main rituals you must incorporate in your lifestyle.

can significantly improve gut health and reduce bloating. Moreover, she emphasizes the benefits of consuming cooked foods to ease the digestive process and maximize nutrient absorption.

One of the standout aspects of Ayurveda, as Dr. Jangda explains, is its holistic approach to managing stress. She recommends a balanced plant-based diet, regular physical activity, and adequate sleep as foundational practices for stress reduction. Her advice extends to using specific herbs like Ashwagandha and Shatavari, known for their adaptogenic properties, to boost immunity and resilience against stress. Additionally, she underscores the

importance of maintaining a positive social environment and avoiding harmful habits like smoking and drinking. A pivotal quote from Dr. Jangda encapsulates her philosophy: "The root cause of stress, fatigue, and poor gut health is a broken circadian rhythm. Aligning our lifestyle with nature's rhythm can lead to profound health benefits, allowing us to wake up feeling refreshed and energized." This insight not only highlights the essence of her Ayurvedic teachings but also offers a practical roadmap for those seeking to enhance their well-being through ancient wisdom.

Many people struggle with dietary problems such as bloating, indigestion, and unhealthy eating habits. How does Ayurveda address these issues? Could you elaborate on specific Ayurvedic dietary guidelines that can help improve digestive health?

There are plenty of remedies in your kitchen to help improve digestive health. Include carminative spices like cumin, fennel, and coriander seeds in your cooking. You can also boil these seeds in water, filter and sip warm to reduce bloating. You can consume almost 4-6 cups of CCF tea through the day. Include warm spices in your diet such as cinnamon, cardamom, clove, ginger, black pepper, star anise, to help stimulate agni, the digestive fire and thus your metabolic rate as well.

You can also include spices like fenugreek seeds, carom seeds to help purify blood. Seeds like pumpkin seeds, papaya seeds, and cucumber seeds help with deworming which you can include in your diet from time to time. Ensure to include only cooked foods in your meal to improve your digestive health. When you eat raw foods, your digestive fire – agni – has to work harder to digest these foods. Remember plants don't want to be eaten, and release gases when eaten raw, as a defense mechanism



which causes bloating and gases for many. Cooking your food helps stimulates digestive enzymes and improves the bio-availability of nutrients. Fruits can be consumed raw, as when they have ripened they are pre-digested and will soon begin the process of decay.

Chronic stress is a prevalent problem in today's fast-paced world. What Ayurvedic techniques or remedies can help in managing and reducing chronic stress effectively? Are there particular herbs or practices you suggest for this purpose?

Ensure your diet helps cope with stress levels... a balanced, whole food plant based diet is advised by American heart association, American cancer society and some of the leading health education institutes like Harvard and Stanford as these reduce the risk of cardiovascular diseases, diabetes, cancer, obesity and other co-morbidities. Plant based foods allow adequate intake of vitamins, nutrients, minerals, phytonutrients, and amino acids when you have a wide variety of rainbow-colored foods.

Ensure to consume at least 8 servings of fruits and vegetables in your diet, along with a handful of nuts and seeds. Ensure to presoak all your nuts and seeds overnight. A healthy diet, consistent physical activity through the day, deep sleep helps reduce stress from within. Externally, surround yourself with positive people and focus on building positive social connections that enhances your mental and emotional health. Refrain from falling prey to negative habits like smoking, drinking as these will only weaken your immune system and positivity.

Sleep disorders, including insomnia, are common problems affecting overall health. How can Ayurvedic principles and remedies improve sleep quality? Can you provide specific examples of Ayurvedic treatments for insomnia and other sleep-related issues?

The main cause of stress is a broken circadian rhythm. When we sleep late and wake up late or sleep less hours, our body's ability to cope with stress gets damaged. It is important to get adequate sleep of 7-9 hours each night. Switch off your electronics by 9pm in order to stimulate production of melatonin hormone which is produced in response to darkness. This allows your brain to switch off slowly, and put your body into a deep state of restorative sleep.

You can also boil a pinch of nutmeg in 1 cup of water for five minutes, and then add any plant-based milk, some turmeric and clarified butter to drink at bedtime. This helps improve sleep and reduce stress. You can also massage hands and feet with warm sesame oil before going to bed, to improve blood circulation and keep your body warm. Ensure to draw your curtains and sleep in a dark, cozy, cool room with no noise or distractions. When you wake up in the morning, express gratitude, journal and manifest from a place of clarity. This allows you to set a tone for the rest of the day and reduce stress levels.

The imbalance between work and personal life is a major issue for many individuals. How can Ayurveda help in achieving a better work-life balance? What daily Ayurvedic practices can individuals incorporate to maintain this balance?

Divide your day into three parts of eight hours each. You spend 8 hours each day working on your career

or your home and children if you are a home maker. You will spend 8 hours sleeping and improving your repair and rejuvenation of the body. The remaining 8 hours must be divided into 3 parts again – one part is for nutrition, for cooking, cleaning and eating your food in a calm nourishing environment. The second part is for self-cleansing and maintenance activities like bathing, exercising, meditating, chanting. The last part of the 8 hours is for family and community time, where you spend time investing in your relationships.

Strengthening the immune system is crucial, especially in the face of ongoing global health concerns. How does Ayurveda propose to enhance immune health? What are some key Ayurvedic herbs or practices that can boost immunity?

There are a lot of ayurvedic herbs and spices that help boost immunity. Ashwagandha is an adaptogenic herb that helps improve stamina, immunity and health. Shatavari helps improve hormonal health and immunity again. You can have pungent spices like cinnamon, cardamom, clove, grated ginger, peppercorns, star anise, turmeric, bay leaf to improve immunity and your body's ability to fight disease. You can also include one teaspoon of Chyavanprash in your diet everyday as this is a rich jam made with all essential herbs and spices, especially the Indian gooseberry which is also called as Amla. Amla is a rich source of Vitamin C and takes care of your primary immunity requirements.

Skin issues such as acne, eczema, and premature aging are common concerns. How can Ayurveda provide solutions to these skin problems? What specific Ayurvedic treatments and dietary recommendations do you suggest for healthy skin?

One of the main triggers of skin issues like psoriasis, eczema and acne is due to improper diet, oily foods, processed and packaged foods, and wrong combination of foods which is called as Viruddha Ahaar in Ayurveda.

Do not mix fruits with any dairy products, as these become toxic due to the reaction of Vitamin c found in fruits with lactic acid and animal protein found in milk.

When we repeatedly eat wrong combinations of foods, the undigested metabolic waste from the reaction gets deposited in the intestine and can erode the gut mucosa, and cause leaky gut syndrome. This can further trigger toxins and undigested metabolic waste to get released in the blood stream and deposit under the skin triggering skin disorders. Leaky gut syndrome has been linked with most of the skin ailments we suffer.

Obesity and metabolic disorders are widespread problems today. How can Ayurvedic principles help in managing weight and improving metabolism? Are there particular diets or herbal supplements in Ayurveda that you find particularly effective?

The most important rule to follow for weight loss is to limit your eating window to 8 hours and do fasting for 16 hours from sunset until next morning. This allows your body to fully digest all foods and eliminate toxins effectively, while tapping into your fat reserves for energy. Exercise is the second most important pillar that you cannot neglect. Ensure to work out for at least 20-30 minutes every single morning to improve movement of fluids in your body. ensure to cut out animal-based foods and consume whole food plant-based diet, which is primarily farm to table.

Mental health problems, including anxiety and depression, are on the rise. How does Ayurveda approach mental health care? What are some Ayurvedic practices or treatments that can support mental well-being?

Ayurveda has a separate branch that studies psychosomatic health. Ensure you are eating sattvic foods that are cooked fresh – fresh fruits, vegetables, grains, pulses, legumes, nuts and seeds. Refrain from tamasic foods like overnight fermented foods, onion, garlic, animal-based protein from meat, sea food and eggs.

Tamasic foods increase tamasic energy in the body which can lead to further aggravation of anxiety, stress and depression. Remember animals get cancer, blood pressure, diabetes, complex lifestyle diseases and release cortisol in their body when slaughtered. Where does the disease and stress from the cortisol go when you consume the meat? Inside your body. adopt a whole food plant-based diet and consume foods cooked fresh in the morning and complete it within the same day. Do not store cooked foods in the refrigerator overnight as they collect mold which is invisible to the naked eye, but can cause brain fog, anxiety and other neurological disorders.

Many people are looking for natural ways to promote longevity and delay the aging process. How does Ayurveda contribute to anti-aging and longevity? Could you share some Ayurvedic secrets or practices that help in maintaining youthfulness and vitality?

Ayurveda has a therapy called Kaya Kalpana, which helps delay ageing process and in fact helps reverse the ageing process. You can commit to a yearly panchakarma treatment where they use a series of ayurvedic therapies like abhyangam, poultice massage, swedana, nasyam, vaman, virechanam, basti and rakta mokshan to release toxins from the body and thus reverse diseases and the ageing process. 📖



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In an era where mental health challenges among students are reaching unprecedented levels, globally recognized yoga guru **Dr. Hansaji Yogendra**, Director of Mumbai-headquartered The Yoga Institute, offers a beacon of hope. In a candid conversation with **Education Post's Prabhav Anand**, Dr. Yogendra shares her profound insights into how yoga and meditation can serve as powerful tools to combat the growing stress, anxiety, and depression faced by today's youth. Her approach is not just about physical fitness but about achieving holistic well-being—balancing the body, mind, and spirit.

Dr. Yogendra says that yoga is far more than a series of physical postures; it is a transformative practice that helps individuals connect with their inner selves. She underscores the importance of integrating yoga and meditation into daily routines, particularly for students burdened by academic pressures and societal expectations.

One of the standout moments from the interview is when Dr. Yogendra articulates, "Yoga is not just about bending your body; it's about stretching your mind and reaching new levels of inner peace. When students find this balance, they are equipped to handle life's challenges with resilience and grace." This quote encapsulates the essence of her teachings and the powerful impact yoga can have on mental health, making it an essential practice for anyone looking to thrive in today's demanding world.



Q Given the rising concerns about student mental health issues such as stress, anxiety, and depression, how do you believe yoga and meditation can specifically address these challenges? What are the most effective techniques for alleviating these problems?

It's really becoming a grave concern to see young students deal with mental health issues. Yes, yoga and meditation can really bring a change. Firstly, yoga and meditation aren't just about sitting still or stretching your body. It's more about getting in touch with your inner self, and that can be a lot of fun and very rewarding.

When you practice yoga, you're not only making your body stronger and more flexible, but you're also calming your mind. Poses like Matsyasana or Makarasana are perfect for releasing tension and relaxing. And when you add breathing exercises like Bhramari, you really start to feel that stress and anxiety go away. For dealing with depression, there are uplifting yogasanas like Dhanurvakrasana and there are also some cleansing practices called kriyas which help to cultivate enthusiasm.

Meditation is another powerful technique. It's not just for sadhus. Students can definitely benefit from a few minutes of daily meditation. Meditation helps you focus and stay present. It makes your mind sharper and better at handling the challenges of school and daily life. I believe that yoga and meditation help you find balance. You get a broader vision about yourself and your life.

Meditation and yoga make you physically fit, and everyone wants to be fit these days. Yoga is a big trend now. This is very good because it means more students are open to trying it and getting its benefits.

Q In your experience, what common mental health issues do students face, and how do these impact their academic performance and daily life? How can yoga and meditation practices be tailored to these specific issues?

Over the years I have observed that students often deal with stress because of parental or peer pressure. Some of them are overwhelmed by the academic workload. This causes anxiety and could lead to depression if they do not meet certain expectations. And depression is on rise in recent times. These issues can seriously affect their performance, concentration, and motivation.

To help with these problems, yoga and meditation techniques can be adjusted by focusing on short sessions that fit into a busy student's schedule. They can be taught simple breathing exercises that they can do to manage stress before exams. A daily practice of a few minutes of meditation and pranayama can make a big difference to their academic performance and to their life in general.

What are some of the main barriers that prevent students from integrating yoga and meditation into their daily routines and how can these obstacles be overcome to promote greater accessibility and participation?

Actually, the biggest obstacle to practicing yoga for most students is lack of time. Then there is also the lack of awareness about how yoga and meditation can help them. Sometimes, lack of motivation is the issue. To overcome these, it is important to raise awareness about the benefits of yoga and meditation through special events, workshops and seminars in schools and colleges. Integrating short yoga and meditation sessions during breaks can make these practices more accessible to them. Providing online resources and apps that offer guided practices that students can do anytime can also benefit them.

Since we started celebrating the International Day of Yoga, we find that there is definitely more awareness about yoga. We find a growing interest among schools and colleges to celebrate this day by organizing special yoga awareness events. However, institutions should include yoga and meditation into their daily schedules for students.

As a part of the curriculum, institutions can also offer courses that include yoga and meditation. Secondly, setting up dedicated spaces for yoga and meditation on campus can provide a peaceful environment for practice. Regular workshops and classes with certified yoga instructors can also help students deal holistically with any mental health issues they may be going through.

How can educational institutions and universities effectively incorporate yoga and meditation into their programs to support students' mental health? What practical steps can they take to implement these practices successfully?

You have a significant social media presence. How can platforms like Instagram and YouTube be used to educate and inspire students about the benefits of yoga and meditation for mental health? What kind of content tends to be most impactful?

I find that social media has a great scope to reach students and educate them about the benefits of yoga and meditation. In recent times,

in the media we find that it is very fashionable to practice yoga to become physically fit. However, not many are aware that yoga goes beyond the physical level – it is about your body, mind and soul.

To be more effective, social media needs to include short videos, such as quick tutorials and guided sessions that also emphasize the holistic aspect of yoga and stress its mental benefits. Sharing success stories from other students can also be inspiring. Hosting live yoga and meditation sessions engages students in real-time, making the experience interactive. Informative posts about the benefits of different practices and tips for fitting them into daily life can also be motivating.

What evidence or success stories can you share that demonstrate the positive impact of yoga and meditation on students' mental health? How can these examples be used to advocate for broader adoption of these practices in educational settings?

Students learn from examples. So inspiring stories make a big difference in educating young minds about the benefits of yoga for mental health. For example, if we share case studies of students who have improved their academic performance through these practices, then students listen with attention.

Apart from this, pointing to research that shows the effectiveness of yoga and meditation in reducing stress and anxiety provides solid evidence which they can believe. There are also statistics about successful outcomes from schools and universities that have implemented yoga programs which can advocate for adoption of these programs in educational institutions.

How do incidents like paper leaks and academic dishonesty impact students' mental health, and what steps can be taken to address these issues and mitigate their negative effects on students?

For students who already have mental health issues such as anxiety, such incidents are extremely disturbing. In fact, incidents like academic dishonesty creates a stressful academic environment for all students, impacting their mental health negatively. To address these issues, it is essential to improve the moral fabric of the society. We need to provide an education set-up that promotes integrity and accountability. Introducing students and staff to moral values and spiritual texts that teach about the right way to do one's duty can eventually lead to a clean and morally pure environment in our temples of learning.

In what ways can yoga and meditation complement traditional mental health interventions such as counseling and therapy? How can these practices be integrated with conventional methods to provide a holistic approach to mental well-being?

With its holistic approach, yoga can complement traditional mental health interventions in several ways. It can enhance therapy by using mindfulness and relaxation techniques to support therapeutic processes. We can have integrated programs that combine counseling with yoga and meditation sessions to provide a more comprehensive approach. In this way, we



can have a more holistic view of mental health that includes physical, mental, and emotional well-being of students. This will ensure a more rounded approach to mental health.

Q What role can parents and guardians play in supporting students' mental health through yoga and meditation? How can they be encouraged to participate and support their children in these practices?

In a student's life, parents and guardians can lead by example by practicing yoga and meditation themselves, setting a positive example for their children. Encouraging family yoga sessions creates a supportive environment at home. Educating themselves about the benefits and practices of yoga and meditation is also important. Maintaining open communication with their children about mental health and wellness helps in providing the necessary support.

Q How can yoga instructors and mental health professionals collaborate to create specialized programs that address the unique mental health needs of students? What should be the focus of these collaborative efforts?

Yoga instructors and mental health professionals can organize joint workshops that combine yoga practices with mental health education. This will provide students with a more holistic support. They can come together and develop programs that can resolve specific issues like anxiety and depression among students in particular. Regular assessment and monitoring of student progress can ensure the effectiveness of these programs.



Q Looking ahead, what do you see as the future of yoga and meditation in addressing student mental health? Are there any emerging trends or innovations in this field that you find particularly promising?

I find that digital integration, such as the use of apps and online platforms, makes yoga and meditation more accessible to students. We also offer a wellness app with an exclusive section for kids, designed to address their specific challenges and provide them with practical exercises. This innovative use of technology holds great promise. Also, the inclusion of holistic health education in schools is another positive trend. 📱



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Pravesh Dudani
Chancellor and Founder
Medhavi Skills University (MSU)

In an era where traditional education often lags behind industry demands, Medhavi Skills University (MSU) is charting a new course by seamlessly blending academic rigor with hands-on experience. **Pravesh Dudani**, Chancellor and Founder of the university, shares his visionary approach to reshaping higher education in India in an insightful interview with **Education Posts's Prabhav Anand**.

With a rich academic background from IIT Kharagpur and Stanford University, and over two decades of experience in skill development, Dudani has pioneered a unique educational model at MSU that bridges the gap between academia and industry. His innovative strategies, deeply aligned with the National Education Policy (NEP) 2020, aim to equip students with the practical skills and knowledge required to excel in today's dynamic job market.



With your background from IIT Kharagpur and Stanford University, and your experience in skill development and education, how have these experiences influenced your approach to founding and leading Medhavi Skills University?

I see industry-oriented skill development for youth as a solution to many of India's challenges. At IIT Kharagpur, I was immersed in a vibrant community that extended learning beyond the classroom through rich extracurricular activities. This experience underscored the importance of holistic education and the integration of industry experience in academia. Later, my time at Stanford University further broadened my perspective on innovative and practical approaches to learning.

Over the past two decades, I have been dedicated to transforming education through various ventures including the Medhavi Foundation, focusing on practical, outcome-based learning. The introduction of the

National Education Policy (NEP) 2020 which emphasizes these very principles, resonated deeply with my vision for education. This alignment led to the establishment of the Medhavi Skills University. At MSU, we strive to blend academic rigor with practical skills by incorporating significant industry involvement in our curriculum. This approach ensures that our students are not only prepared for their careers but also equipped to become future leaders and innovators.

How do institutions like MSU contribute to the Skill India Mission, and what specific impact have such contributions had on the employability of graduates?

MSU has been a key player in the Skill India Mission, focusing on imparting practical, hands-on learning and industry-relevant training. It partners with various industries to ensure its curriculum is up-to-date and tailored to the job market demands. Students gain real-world experience through on-the-job training in internships, apprenticeships, and live projects. The university's faculty, mostly from industry backgrounds, provide valuable insights. This results in the creation of highly sought-after graduates with practical skills, industry exposure, and readiness to tackle real-world challenges.

By fostering innovation, entrepreneurship, and skill excellence, the university empowers individuals to contribute meaningfully to the economy and society.

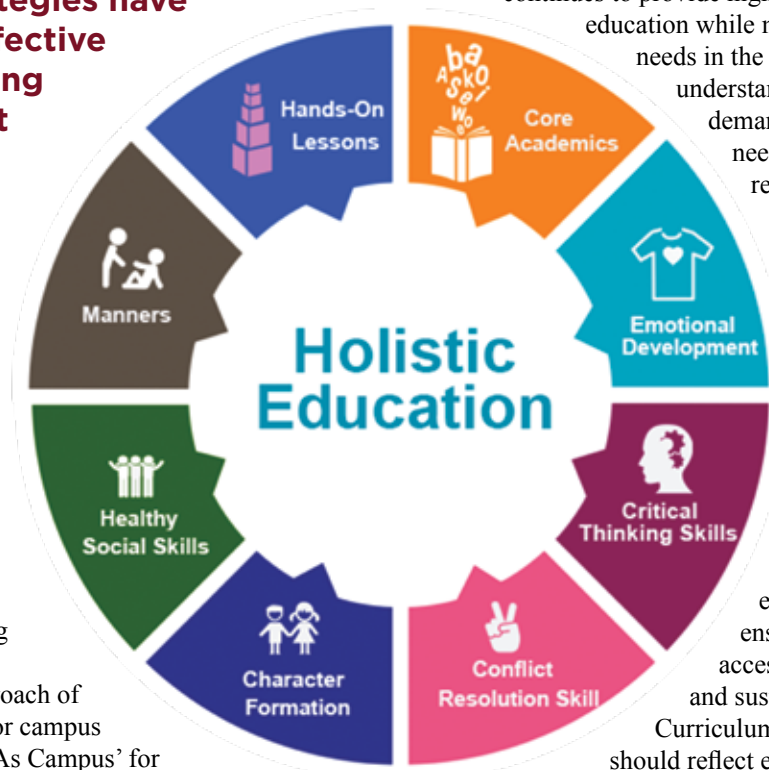
What are some best practices for designing a curriculum that effectively integrates input from industry stakeholders to enhance student employability?

MSU curates its courses with the goal of enhancing students'

employability. We utilize our industry connections and partnerships to engage in regular consultations with industry stakeholders to understand their needs, emerging trends, and skill gaps. As a skills university, practical learning forms an important part of our curriculum. We utilize simulations, labs, and industry-standard tools to provide students with hands-on experience on the campus. In industry settings, our students thrive by learning from real-life experiences.

What strategies have proven effective in improving placement rates for graduates from skill-based education institutions?

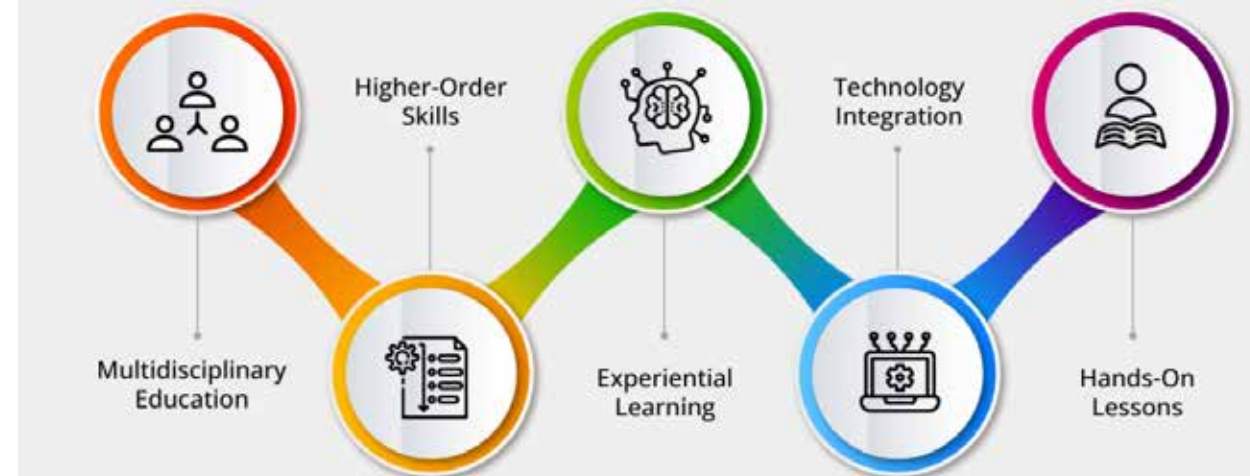
MSU is revolutionizing higher education by integrating industry-relevant skills with academic learning, aligning with the NEP 2020. As India's leading skills university, it has innovated the dual approach of 'Industry in Campus' for campus students and 'Industry As Campus' for students under MSU's WISE (Work-integrated Skill-based Higher Education) initiative. By connecting industries and students at an early stage and offering students avenues of paid work throughout the course, MSU is reinventing the placement drive model altogether. MSU has partnered with over 150 industry players for on-the-job training of its students. Many of our students currently working as apprentices and interns are getting placed in their respective industries. MSU has empowered 15,000+ students through various work embedded degree/diploma/certificate programs. Along with skills, we promote our students' critical thinking, networking, problem-solving, and analytical skills for holistic development.



What factors should be considered when planning the expansion of a university to ensure it continues to meet educational quality and student needs?

When planning the expansion of a university, it's crucial to focus on multiple factors to ensure the institution continues to provide high-quality education while meeting student needs in the long run. First, understanding market demand and industry needs is essential, requiring in-depth labor market analysis and strong industry partnerships to align programs with job opportunities. Infrastructure and resources must support modern learning environments, ensuring accessibility and sustainability. Curriculum development should reflect emerging trends, offering flexible and relevant programs. Faculty recruitment is key, with an emphasis on hiring experts in expanding fields. Additionally, student services must be enhanced to support academic advising, mental health, and financial aid. Integration of robust technology and adherence to accreditation standards ensure compliance and quality. Financial planning and stakeholder engagement are also vital, alongside long-term strategic planning that aligns with the university's vision. Lastly, risk management strategies are necessary to navigate potential challenges while maintaining educational excellence.

Unpacking NEPs Approach to Holistic Learning



How can educational institutions identify emerging fields and incorporate them into their departmental offerings to stay relevant in a rapidly changing job market?

With the advent of AI and machine learning, the requirements of the industry 5.0 era are dynamic and ever evolving. To keep pace with the developments, universities carry out intense market research, analyze industry and government reports, perform needs assessment and refer to job surveys. This data-centric analysis helps universities plan their courses better. Recently, Medhavi Skills University has undertaken numerous initiatives to address such gaps. For example, with Ahalia group, MSU has launched India's first UG Degree Program in Virtual Reality Production, with the IGJ Institute of Gems and Jewelry), MSU has launched India's first Gems and Jewellery Industry Centre of Excellence and Research Centre for Gems, Jewellery and Gemology. Understanding the dearth

of audiography courses of international standards in India, MSU in collaboration with Windmill Lane Recording Studios, Ireland and NHQ Studios launched a futuristic media and entertainment school in Sikkim.

How are educational institutions adapting to the NEP 2020, and what changes are being implemented to align with its objectives?

For institutions to transition towards NEP 2020, from syllabus to assessments, everything needs to be transformed technologically. Initiating the necessary paradigm shift will also demand significant dedication and resources. From curriculum design to evaluation methods, a comprehensive technological overhaul is required. Higher education establishments should prioritize continuous assessment, utilize tools like quizzes, projects, and practical experiences. A wider array of courses and opportunities for skill-based grading is essential. Embracing a credit-

based curriculum structure, as advocated in the NEP2020, is crucial. The priority remains, empowering students to acquire essential skills that are industry relevant. We at MSU are trying to make Medhavians ready for the future.

What are the typical objectives and outcomes of MoUs between universities and industry partners, and how do these collaborations benefit students?

To take skill-based higher education beyond classrooms, Medhavi Skills University has devised the innovative Work-integrated Skills-based Higher Education (WISE) initiative. MSU, through WISE, signs MoUs with industry leaders to upskill, fresh skill and re-skill learners and make them future-ready. With the 'Industry as Campus' proposition, MSU in consultation with industry partners designs industry-relevant certified, outcome-based courses.

WISE's 'Learn and Earn' model offers degrees with salary propositions to learners to enhance their employability. While individuals benefit from industry experience, peer support, and advanced application ecosystems, industries see a decrease in attrition rate and increased productivity.

With the WISE initiative, MSU moves closer to achieving the objective of bridging the skills gap. This out-of-the-box idea paves the way for a mutually beneficial proposition for individuals, industries and academia. Moreover, our partnerships emphasize life skills, digital skills, and adaptability, preparing students to thrive in a dynamic, technology-driven world. These collaborations ensure that our graduates are not only employable but also capable of making a positive impact on society.

How do universities track and respond to trends in student demographics and enrollment to better tailor their programs and services?

MSU analyzes the admissions data and application trends to understand and identify shifts in interests across different UG and PG programs. We carry out student surveys for needs assessment. With our data-driven approach, we develop high-in demand courses and tailor their curriculums as per industry needs. MSU strives to create a highly responsive educational environment for all its students. In recent times, a trend we have noticed among students is that they are looking for skill-centric courses for better job prospects. Our goal is to cater to this emerging need with our industry-aligned curriculum.

What are some effective methods for ensuring that skill training programs remain relevant and up-to-date with current industry standards?

To ensure our skilling programs remain relevant we ensure a data-driven approach. We are in regular consultation with our industry partners for identifying areas that require upgrading. MSU reviews its curriculum regularly to incorporate emerging trends and future technologies. We have also organized feedback and grievance redressal mechanisms to collect reviews to improve our courses. In addition to curriculums, MSU ensures reviewing parameters for competency-based programs, assessment, and certification. Moreover, MSU focuses on training its faculty, instructors and trainers to ensure they stay updated with the latest industry requirements.

MSU aligns its courses with the National Credit Framework (NCrF) to leverage its dynamic nature, recognition, and adaptability for evolving the skill training programs.

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SIHS - College of Physiotherapy was awarded the **Best Institute of Health Sciences** in Maharashtra during Navbharat Education Awards 2023 Summit at the hands of Hon'ble Cabinet Minister Shri Mangal Prabhat Lodha ji and Honble Lt Gen Madhuri Kanitkar, Vice Chancellor Maharashtra University of Health Sciences (MUHS) Nashik, on 29th July 2023



RYAN BAIDYA
Author

A NEW DEMOCRATIC REPUBLIC CONSTITUTION FOR INDIA

The Constitution of India, often hailed as a remarkable achievement of post-colonial governance, stands as a testament to the nation's commitment to democratic principles. However, the passage of time and the complexities of modern governance have revealed both the strengths and the limitations of this revered document.

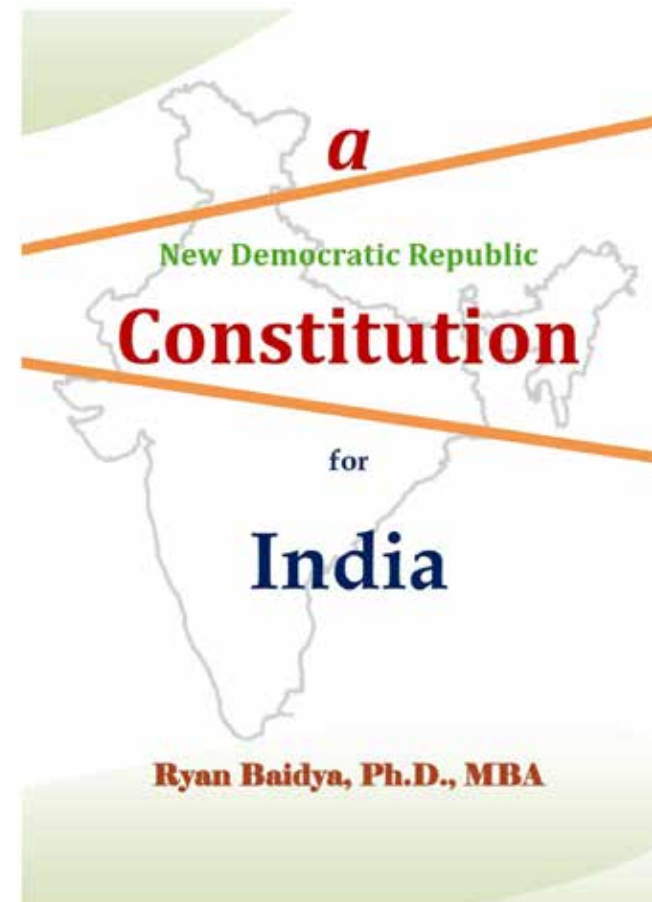
This book is not just an academic critique; it is a passionate call for a re-evaluation of the foundations upon which India's governance is built. It argues that for India to move forward, it must

shed the remnants of its colonial past and embrace a constitutional framework that is genuinely rooted in its history, culture, and values.

As you embark on this journey through the pages of this book you will find a compelling case for constitutional reform. Whether you agree or disagree with the conclusions drawn, one thing is certain: this book will make you think deeply about the future of India's democracy and its place in the world.

DeColonize India:

A New Freedom Day, A New Constitution, A New Penal Code, and A New Bharat.



This book originates from a larger project "DeColonize India:

A New Freedom Day, A New Constitution, A New Penal Code, and A New Bharat." The work is designed to provoke critical thought and inspire meaningful change within India's governance structure.

Rethinking Sovereignty:

A Critical Examination of India's Constitution offers a comprehensive analysis of India's constitutional framework, challenging the notion that it adequately serves the nation's evolving needs. The author investigates the historical context of the Constitution, arguing that its colonial underpinnings have hindered its ability to fully realize the principles of democracy, secularism, and social justice.

A central thesis of the book is the need for a substantial overhaul of the Constitution. By examining judicial rulings,

constitutional amendments, and socio-political developments, author attempted to demonstrate the necessity for a constitution that more accurately reflects India's true values and contemporary challenges. The proposed new Constitution would prioritize sovereignty, equality, and justice for all citizens.

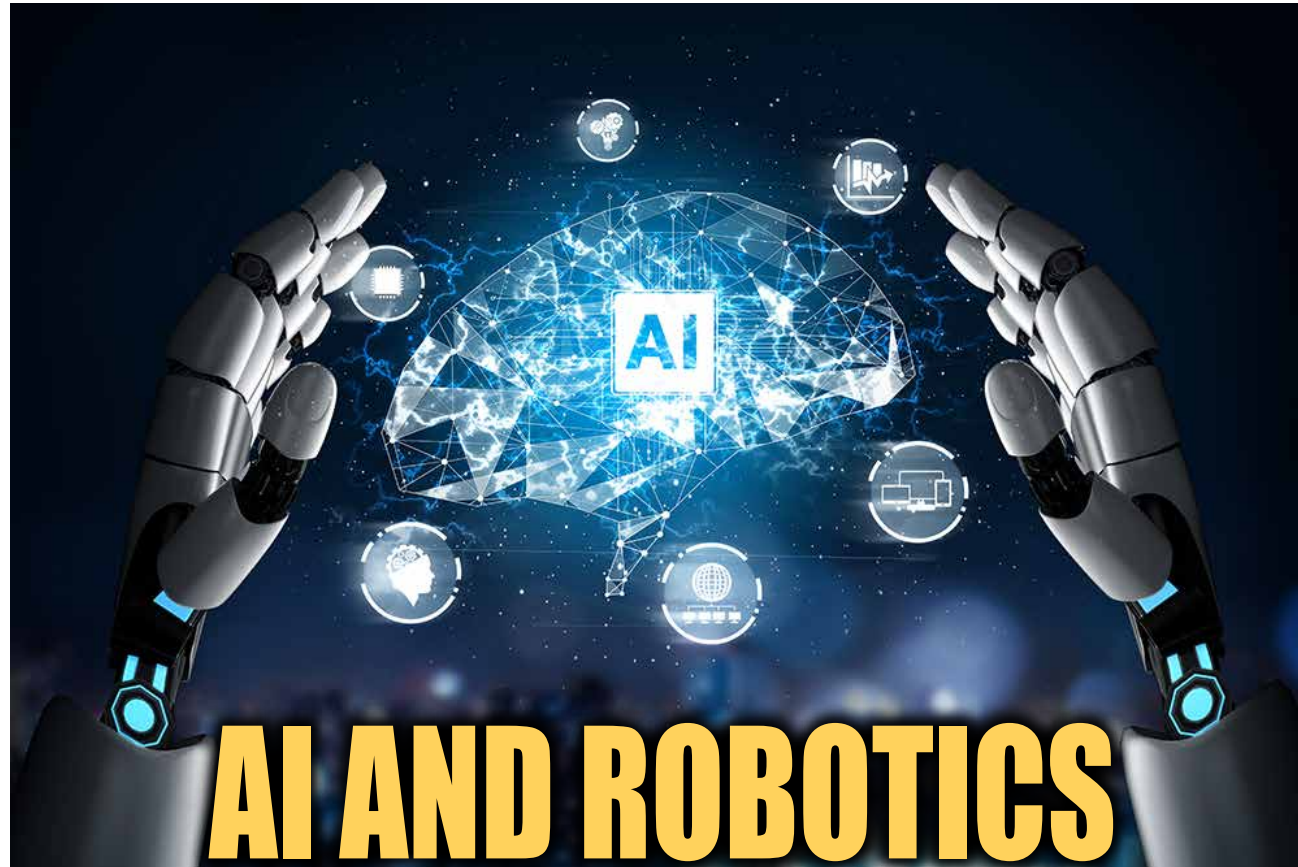
Inside of the book:

I have identified significant differences between India and other democracies, particularly when comparing their respective constitutions. My focus has been on identifying the anomalies in the principles and practices of the Indian Constitution and exploring the underlying causes of these issues. These topics are thoroughly examined in Chapters IV through XX. Following this analysis, I discuss the necessity of constitutional reform and a complete overhaul in Chapters XXI to XXII. Finally, I propose a new constitution, accompanied by a critical analysis, in Chapters XXIII to XXVI.

Chapters II, XI to XIII delve into the importance of understanding the origin of the Indian Constitution and related issues, and what were missed. This awareness provides stability to the nation's collective psychology, upon which the principles of the constitution can be effectively executed.

A nation's laws and order stem directly from its constitution. Given my proposal for a new constitution, I also advocate for comprehensive reforms in the legal and order systems, detailed in Appendices II to IV. A democracy is only as strong as its electoral process; hence, I propose a new election process, particularly focusing on the criteria for determining winners, which is discussed in Chapter XXV (page 121) and Appendix V.

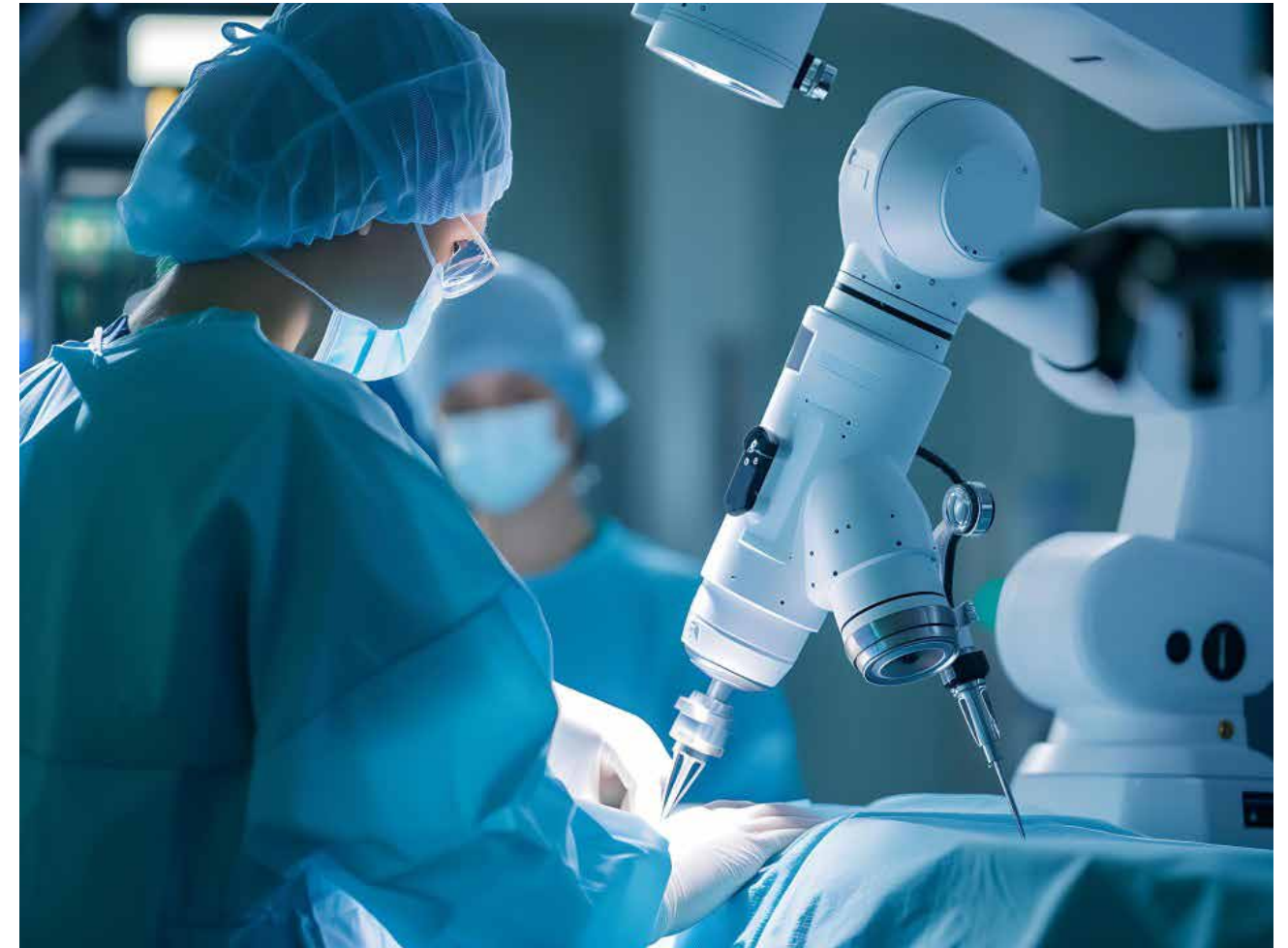
Additionally, I have included an appendix (Appendix I) on the importance of connecting to one's roots through history, as a sound social structure and societal harmony are often achievable when members of society recognize their interconnectedness. This understanding enables them to uphold the Constitution and fulfill their duties and responsibilities while enjoying the rights granted by it.



AI AND ROBOTICS ARE REVOLUTIONIZING HEALTHCARE

Artificial Intelligence is redefining healthcare with advanced capabilities in data processing, pattern recognition, and decision support, helping clinicians achieve earlier and more accurate diagnoses **Education Post's Prabhav Anand** finds out.

In today's world, technology transcends traditional roles to become a pivotal force in transforming medical practices. Innovations such as Artificial Intelligence (AI), robotics, and machine learning are spearheading this evolution, reshaping the way healthcare professionals diagnose, treat, and manage patient care. These advancements are not only redefining medical practices but also significantly enhancing patient outcomes, showcasing the profound impact of modern technology on healthcare.



At the cutting edge of healthcare innovation, AI is proving to be a game-changer, particularly in the realm of medical diagnostics. AI systems are adept at analyzing massive volumes of medical data, enabling healthcare providers to identify diseases with greater precision and at earlier stages. The ability of AI algorithms to process and interpret complex datasets with remarkable speed and accuracy is revolutionizing how diagnoses are made.

A prime example of AI's impact is in the field of medical imaging. Advanced machine learning algorithms are capable of scrutinizing radiological images—such as MRIs, CT scans, and X-rays—spotting minute irregularities that might elude the human eye. This enhancement in diagnostic accuracy not only facilitates quicker treatment planning but also reduces overall healthcare costs by minimizing the need for repetitive testing and enabling more targeted interventions.

AI's role extends beyond diagnostics to predictive analytics, which is transforming

patient care management. By analyzing comprehensive patient data—including genetic information, lifestyle factors, and historical medical records—AI can forecast disease progression and identify individuals at high risk of developing certain conditions. This proactive approach allows for the customization of treatment plans, optimization of medication regimens, and prediction of potential adverse events, thereby enabling timely and personalized medical interventions.

Predictive analytics powered by AI enables healthcare providers to anticipate complications before they arise, significantly improving patient outcomes and enhancing the efficacy of medical treatments. This shift towards personalized medicine ensures that care is tailored to each individual's unique health profile, ultimately leading to better management of chronic conditions and more effective disease prevention strategies.

The integration of robotics into surgical procedures marks another groundbreaking advancement in MedTech. Robotic surgical systems, equipped with sophisticated sensors and precision-engineered robotic arms, enable surgeons to perform complex operations with unprecedented accuracy and control. These systems facilitate minimally invasive procedures by providing enhanced maneuverability and high-definition visualization of the surgical field.

Robotic-assisted surgeries offer numerous advantages over traditional open surgeries. Surgeons can navigate difficult-to-reach anatomical areas with greater ease, execute intricate movements with steadiness, and reduce the risk of human error. Consequently, patients benefit from reduced pain, shorter recovery times, and less postoperative discomfort. The growing capabilities of surgical robotics are pushing the boundaries of what can be achieved in medical interventions, offering new possibilities for treating complex conditions.

Machine learning, a crucial subset of AI, plays a vital role in enhancing real-time patient monitoring and clinical decision-making. In intensive care units (ICUs) and other critical care settings, machine learning algorithms continuously analyze vital signs, laboratory results, and other clinical parameters. This real-time data analysis enables early detection of deteriorating patient conditions and provides healthcare providers with actionable insights for timely interventions.

Furthermore, machine learning contributes to the advancement of precision medicine by tailoring treatment strategies to individual patient profiles. By integrating genetic data, biomarkers, and previous treatment responses, machine learning models can refine treatment plans, reduce adverse drug reactions, and improve overall therapeutic outcomes. This level of precision in patient care ensures that interventions are not only effective but also aligned with each patient's specific health needs.

While AI, robotics, and machine learning are central to discussions about the future of MedTech, several other technologies are also making significant contributions. Wearable devices and remote monitoring technologies allow for continuous health tracking outside conventional clinical environments. These innovations empower patients to actively manage their health and enable healthcare providers to respond promptly to emerging health issues based on real-time data.

Virtual Reality (VR) and Augmented Reality (AR) are also transforming medical education and training. By creating immersive simulations of surgical procedures, anatomical structures, and complex medical scenarios, VR and AR enhance learning experiences, improve surgical skills, and better prepare healthcare professionals for challenging clinical situations. These technologies are redefining how medical training is conducted, providing a more interactive and effective learning environment.

Despite the remarkable advancements, the integration of technology into MedTech brings several challenges that need addressing. Data privacy and security remain critical concerns, as the vast amount of sensitive patient information handled by AI and other technologies requires robust protection measures. Additionally, regulatory complexities and interoperability issues must be navigated to ensure seamless integration of new technologies into existing healthcare systems.

Ethical considerations surrounding the use of AI and robotics in patient care also warrant careful attention. Establishing clear guidelines and frameworks that prioritize patient safety, confidentiality, and equitable access to technological advancements is essential for fostering trust and ensuring the responsible use of these technologies.

Collaboration among healthcare providers, technology developers, policymakers, and regulatory bodies is crucial to overcoming these challenges. By working together, stakeholders can develop solutions that address concerns and facilitate the effective implementation of technological innovations in healthcare.

The integration of advanced technologies such as AI, robotics, and machine learning is profoundly transforming the field of MedTech. These technologies are not merely enhancing existing practices but are fundamentally changing the way medical care is delivered. From improving diagnostic accuracy and enabling personalized treatment to advancing surgical techniques and enhancing medical training, the impact of these innovations is far-reaching.

As we continue to explore and embrace technological advancements in healthcare, the future promises a more efficient, effective, and patient-centered approach to medical practice. By addressing challenges and fostering collaborative efforts, we can harness the full potential of technology to empower healthcare professionals, enhance patient care, and ultimately improve health outcomes on a global scale. 🌐

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A NEW DAWN IN INDIA'S PHARMACEUTICAL LANDSCAPE GOVERNMENT WAIVES LOCAL CLINICAL TRIALS

The Indian government's groundbreaking decision to waive local clinical trials for certain drugs already approved in top-tier global markets is a milestone that promises to revolutionize healthcare in India. This policy targets critical medical needs, including rare diseases, advanced therapies, and drugs crucial during pandemics, potentially accelerating access to life-saving treatments for millions of Indian patients.

PRABHAV ANAND



It was a humid afternoon in New Delhi when I first heard the news—a change so profound in the world of medicine that it could reshape the entire pharmaceutical landscape in India. As I sat in my small study, the sound of the fan creaking above, I couldn't help but think about the countless lives that would be touched by this decision.

The Government of India had just announced a waiver of the requirement for local clinical trials for certain drugs, provided they had already been approved in countries with stringent regulatory environments like the US, UK, Japan, Australia, Canada, and the EU. It felt like the beginning of a new era, one that I knew I had to explore deeply, for it wasn't just a policy shift—it was a story of hope, innovation, and the promise of better health for millions.

The announcement wasn't just a bureaucratic update; it was a lifeline for patients and a beacon of hope for healthcare providers. I remember the conversations with doctors and pharmaceutical experts who had long advocated for such a change. For years, the process of bringing new drugs to India had been mired in delays—delays that could mean the difference between life and death for patients in desperate need of advanced treatments. This new policy, grounded in Rule 101 of the New Drugs and Clinical Trial Rules, 2019, was designed

to cut through the red tape and bring critical medicines to the market faster.

As I delved into the details, it became clear that this wasn't just about speeding up drug approvals. The policy was meticulously crafted to target specific, high-need areas. Orphan drugs for rare diseases, gene and cellular therapies, new drugs required during pandemics, and those developed for special defense purposes were all included. It was a strategic alignment that recognized the urgent need for these therapies in India.

It was during this time that I had the opportunity to speak with Anil Matai, the Director General of the Organisation of Pharmaceutical Producers of India (OPPI). I had met him once before at a conference, but this time our conversation was different. There was a sense of accomplishment in his voice, tempered with the knowledge that the real work was just beginning.

"We've been advocating for this for years," Matai told me over a cup of tea in his office. The room was filled with papers, reports, and a whiteboard full of notes—evidence of the tireless work that had gone into making this policy a reality. "The notification under Rule 101 is not just a policy shift; it's a game-changer. It will allow us to bypass the lengthy local clinical trial process for drugs that have already proven their efficacy and safety in other well-regulated markets."

Matai's enthusiasm was palpable. He spoke of how this decision would not only benefit multinational pharmaceutical companies but also domestic manufacturers. "It's about creating a level playing field," he said. "Domestic companies will now have the opportunity to bring innovative therapies to the market more quickly, which is crucial for meeting the healthcare needs of our population."

But what did this all mean for the average patient? I thought of the people I had met over the years—families battling rare diseases, patients waiting for the next breakthrough in cancer treatment, and communities devastated by pandemics. For them, this policy could be the difference between life and death.



I remembered a woman I had met in Mumbai, whose young son had been diagnosed with a rare genetic disorder. The treatment he needed was available in the United States, but it was out of reach for them due to the slow approval process in India. “If only we could get the medicine here faster,” she had said to me, her voice tinged with desperation. This policy, I realized, could bring hope to families like hers across the country.

The waiver wasn’t just a blanket approval; it was a targeted, strategic decision aimed at addressing the most pressing medical needs. Orphan drugs, which are treatments for rare diseases that often lack financial incentives for development, were a key focus. The policy also included gene and cellular therapies, which represent the cutting edge of medical science. These are not just drugs; they are personalized treatments that can offer a cure rather than just managing symptoms.

Then there were the drugs for pandemic situations. The COVID-19 pandemic had laid bare the vulnerabilities in our healthcare system, particularly the delays in accessing new treatments. By including these drugs in the waiver, the government was ensuring that India would never again be caught unprepared.

Matai’s words echoed in my mind: “This is just the beginning. We need to expand these waivers to other therapeutic categories as well.” It was a reminder that while this policy was a significant step forward, there was still much work to be done.

As the conversation turned to the future, Matai spoke of the need for continued collaboration between the government and the pharmaceutical industry. “We’re committed to working with the government to ensure that Indian patients have access to the latest advancements in medicine,” he said. “But we also need to maintain a balance between safety, efficacy, and speed. It’s not enough to just get the drugs to market quickly; they have to be the right drugs, used in the right way.”

It was a delicate balance—one that required not just regulatory oversight, but also a commitment to patient education and healthcare provider training. Matai emphasized the importance of defining what constitutes a “significant therapeutic advance” over the current standard of care. This, he believed, was crucial for recognizing and adopting breakthrough therapies that could offer superior clinical benefits.

As I left Matai’s office, I felt a renewed sense of purpose. The policy change was a monumental shift, but it was also just the first step in a long journey. The true impact of this decision would be seen in the years to come, as new drugs entered the market and patients began to receive treatments that were once out of reach.

I thought about the challenges ahead—ensuring that the drugs reaching the market were not only effective but also accessible to those who needed them most. The cost of these advanced therapies could be prohibitive, and there was a real risk that only a small segment of the population would benefit. This was a concern that the government and the pharmaceutical industry would need to address together.


In the weeks that followed, I continued to follow the story closely. Reports began to emerge of new drugs being fast-tracked for approval, and there was a growing sense of optimism within the healthcare community. Doctors I spoke to were cautiously optimistic, recognizing the potential benefits but also aware of the challenges.

One evening, I found myself reflecting on the journey that had brought us to this point. India’s pharmaceutical industry had come a long way, from being heavily reliant on imports to becoming a global leader in generic drug production. Now, with this policy change, the country was poised to take the next step—becoming a leader in innovative therapies as well.

But progress, I realized, was not just about policy changes and new drugs. It was about the people who would be affected by these decisions—the patients, the doctors, the families. It was about ensuring that every Indian, regardless of their circumstances, had access to the best possible healthcare.

As I sat down to write this piece, I thought about the journey that lay ahead for India’s healthcare system. The waiver of local clinical trials was a significant step forward, but it was also a reminder of the work that still needed to be done. It was a story of hope, but also of responsibility—responsibility to ensure that this new policy truly benefited those who needed it most.

In the end, this wasn’t just a story about a policy change; it was a story about people. People like the woman in Mumbai, waiting for a treatment that could save her son’s life. People like the doctors and healthcare providers, who work tirelessly to provide the best care possible. And people like Anil Matai and the team at OPPI, who have spent years advocating for change.

I know this will continue to unfold in the years to come. It is a story of progress, of hope, and of the unwavering commitment to better healthcare for all. And it is a story that I was proud to be a part of, as India took its place on the global stage as a leader in pharmaceutical innovation. 



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SILENT THREAT

IMPACT OF VIOLENT ONLINE GAMES ON CHILDREN'S HEALTH

PRABHAV ANAND

In recent years, the digital revolution has transformed every aspect of our lives, particularly how we entertain ourselves. Online gaming, once a niche activity, has now become a global phenomenon, engaging millions of players across different age groups. However, a growing concern has emerged regarding the impact of violent online games on children's health and development. This concern is not unwarranted, as studies and incidents have begun to reveal

the potential dangers associated with prolonged exposure to such content.

The allure of online gaming for children and adolescents is undeniable. These games offer immersive experiences, a sense of community, and the thrill of competition. Games like "PlayerUnknown's Battlegrounds (PUBG)," "Call of Duty," "Grand Theft Auto" (GTA), and the infamous "Blue Whale Challenge" have garnered immense popularity among youngsters. These games are designed to captivate users with realistic graphics, complex storylines, and engaging gameplay. However, alongside the

excitement, these games often feature intense violence, aggressive themes, and other content that may not be suitable for children.

Numerous studies have highlighted the potential negative effects of violent video games on children's mental and emotional well-being. One of the most significant concerns is the development of aggressive behavior. Research suggests that children who are frequently exposed to violent content in video games may become desensitized to violence, leading to an increase in aggressive thoughts, emotions, and behaviors. For instance, a study published in the journal *Pediatrics* found that children who played violent video games were more likely to exhibit physical aggression over time.

Furthermore, the immersive nature of these games can blur the line between reality and fiction for young players. This can result in children mimicking the violent actions they observe in games, believing that such behavior is acceptable or even necessary in certain situations. The cognitive development of young minds is at a crucial stage, and repeated exposure to violent content can impair their ability to differentiate between right and wrong.

Psychological Effects

Beyond aggression, violent video games have been linked to various mental health issues in children. Anxiety, depression, and phobias are among the psychological effects that have been observed in children who spend excessive time playing these games. The graphic and often disturbing content in games with gore and violence can lead to nightmares, heightened anxiety, and in extreme cases, post-traumatic stress disorder (PTSD).

One particularly tragic incident underscoring these dangers occurred in Pune, where a 15-year-old boy reportedly took his own life after being influenced by a video game. This is not an isolated case; similar instances have been reported globally, raising alarms about the potential for video games to contribute to suicidal ideation, particularly in vulnerable children.

Addiction and its Consequences

The addictive nature of online gaming exacerbates these issues. Many online games are designed to keep players engaged for extended

periods through mechanisms like rewards, leveling up, and social interactions within the game. This can lead to gaming addiction, where children prioritize gaming over other essential activities like studying, socializing, and even sleeping.

The consequences of gaming addiction are far-reaching. Academically, children may suffer from declining grades and reduced academic performance due to the time spent gaming. Socially, they may become isolated, as their interactions with peers and family members diminish in favor of virtual relationships within the gaming world. This isolation can further contribute to mental health issues, as children lose the real-world connections that are vital for emotional support and well-being.

Moreover, excessive gaming has been linked to physical health problems, including obesity, eye strain, and sleep disorders. The sedentary lifestyle associated with prolonged gaming sessions can lead to a host of health issues, including poor posture, carpal tunnel syndrome, and in extreme cases, deep vein thrombosis.

Need for Regulation

Recognizing these concerns, there is a growing call for regulatory measures to mitigate the impact of violent online games on children. NCP Rajya Sabha member Fauzia Khan recently raised this issue during the Zero Hour in the Upper House, urging the government to take action. Khan pointed out that India currently lacks specific legislation to regulate video games and has limited judicial focus on this subject. She emphasized that while parents play a crucial role in monitoring their children's gaming activities, the government must also step in to regulate the content accessible to children.

Khan's concerns are echoed by various child psychologists and educators who have long advocated for stricter regulations on video game content. They argue that just as there are age restrictions and content warnings for movies and television shows, similar measures should be in place for video games. A dedicated division could be established to oversee and categorize video game content, ensuring that inappropriate material is not easily accessible to minors.

Global Perspective

India is not alone in grappling with the regulation of online gaming. Countries around the world have begun to implement measures to address the impact of violent games on children. For instance, China has introduced strict regulations limiting the amount of time minors can spend playing online games. The Chinese government also requires game developers to remove content deemed inappropriate or violent.

In the United States, the Entertainment Software Rating Board (ESRB) provides a rating system that categorizes games based on their content, helping parents make informed decisions about which games are suitable for their children. However, despite these efforts, the effectiveness of these regulations is often questioned, as children can still easily access violent games through various online platforms.

Role of Parents and Educators

While government regulations are essential, the role of parents and educators in protecting children from the negative effects of violent online games cannot be overstated. Parents need to be vigilant about the games their children are playing, setting clear boundaries and time limits for gaming activities. They should also engage in open discussions with their children about the content of these games, helping them understand the difference between virtual violence and real-world consequences.

Educators, too, play a crucial role in addressing this issue. Schools can incorporate lessons on digital literacy, teaching children about the potential dangers of online gaming and how to engage with digital content responsibly. By fostering a healthy relationship with technology, educators can help children develop the skills needed to navigate the digital world safely.

To fully grasp the impact of violent online games on children's health, it is essential to consider the data and statistics available on this subject. According to a report by the World Health Organization (WHO), gaming disorder is now recognized as a mental health condition, characterized by impaired control over gaming, increasing priority given to gaming over other activities, and continuation or escalation of gaming despite negative consequences.

In the United States, a survey conducted by the Pew Research Center found that 97% of teens aged 13 to 17 play video games, with a significant number reporting exposure to violent content. The American Psychological Association (APA) has also published research indicating that violent video games are

associated with increased aggression in players, particularly among children and adolescents.


A study by the National Institutes of Health (NIH) further supports these findings, showing that children who play violent video games for more than three hours a day are more likely to exhibit symptoms of depression and anxiety. The study also found that these children were more likely to have difficulty sleeping and experienced increased stress levels.

In India, the situation is equally concerning. A study conducted by the National Institute of Mental Health and Neurosciences (NIMHANS) in Bengaluru revealed that nearly 10% of school-aged children are addicted to online gaming, with many showing signs of aggressive behavior and declining academic performance. The study also highlighted the lack of awareness among parents about the potential dangers of online gaming, emphasizing the need for greater education and regulation.

It is important to recognize that not all online gaming is harmful. Many games offer educational value, improve cognitive skills, and provide a platform for social interaction. However, the key is to strike a balance between entertainment and safety. By implementing appropriate regulations, fostering parental involvement, and promoting digital literacy, we can ensure that children enjoy the benefits of online gaming without being exposed to its harmful effects.

As the digital landscape continues to evolve, the impact of violent online games on children's health is a pressing issue that demands attention. The evidence is clear: prolonged exposure to violent content in video games can lead to aggressive behavior, mental health issues, and addiction. While the responsibility of protecting children lies with both parents and the government, it is essential that all stakeholders work together to address this growing concern.

Regulation, education, and awareness are the cornerstones of a comprehensive approach to this issue. By taking proactive steps to regulate the content of online games, providing parents with the tools they need to monitor their children's gaming habits, and educating children about the potential dangers of violent games, we can create a safer digital environment for the next generation. The well-being of our children depends on it.

In summary, while online gaming can be a source of fun and learning, it is crucial to be aware of the risks associated with violent content. As we navigate this digital age, let us prioritize the mental and physical health of our children, ensuring that they can enjoy the benefits of technology without compromising their well-being. 

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PRABHAV ANAND

In today's tech-driven era, seeing a doctor is no longer a simple task. What used to be a straightforward visit has transformed into a digital odyssey, complete with online bookings, endless forms, and the ever-present challenge of mastering technology.

As I sit here, reflecting on the simple days of my childhood, I can't help but feel a pang of nostalgia. There was a time when a visit to the doctor was as easy as taking a walk down the street. I remember those impromptu trips to the local clinic, where my mother would whisk me off at the slightest hint of a cough or fever. The clinic, which we affectionately called the "doctor shop," was a modest place, with a single doctor who seemed to know every patient by name.

The doctor, an elderly man with a warm smile and a stethoscope

permanently draped around his neck, would greet us with a friendly nod. My mother, in her usual way, would launch into a detailed account of my symptoms, some real, others the result of her overactive imagination.

The doctor, ever patient, would listen intently, occasionally nodding in agreement. He would then perform a quick examination, jot down a prescription on a small notepad, and send us on our way. The entire process was swift, efficient, and most importantly, personal. A quick exchange of a few rupees sealed the deal, and off we went.

Fast forward to the present day, and the experience of visiting a doctor has undergone a drastic transformation. What was once a simple, straightforward affair has now become a meticulously planned operation, one that requires careful

preparation, digital know-how, and a considerable amount of patience.

Gone are the days when you could simply walk into a clinic without a prior appointment. Today, seeing a doctor requires a series of carefully orchestrated steps, beginning with the seemingly innocuous task of booking an appointment.

Booking an appointment in the digital age is no small feat. The once familiar act of picking up the phone and speaking to a receptionist has been replaced by online patient portals. These portals, while convenient for some, are a source of anxiety for the technologically challenged. Navigating the myriad options, deciphering medical jargon, and ensuring that all the required fields are filled out correctly can feel like an insurmountable task. For those who struggle with technology, there are even tutorial videos available to guide them through the process. But let's be honest, how many of us actually watch those?

Once the appointment is booked, the onslaught of digital communication begins. Your phone, once a tool for casual conversation, now becomes a portal of incessant reminders and instructions. A barrage of text messages and emails flood your inbox, each containing a new piece of information about your upcoming visit. The messages range from the practical—directions to the clinic, parking instructions, and a detailed map of the building—to the perplexing. You find yourself reading and re-reading these messages, trying to make sense of why a simple visit to the doctor requires such extensive preparation.

And then come the forms. Oh, the forms. What used to be a quick signature on a consent form has now turned into an online questionnaire marathon. You're asked to disclose every detail of your medical history, from your childhood vaccinations to the medications you took during last year's flu season. There are questions about your mental health, your family's medical history, and even your

travel habits. In today's world, it seems, the doctor needs to know everything about you before you even set foot in the clinic.

But the forms don't stop there. You're also required to upload proof of your medical insurance, which means dusting off your insurance card and attempting to take a clear photo with your smartphone. If you're anything like me, this task can take multiple attempts, as you struggle to get the lighting just right and avoid any glare on the card. Once the photo is finally uploaded, you breathe a sigh of relief, thinking that the worst is over. But little do you know, the real challenge is yet to come.

As the day of the appointment approaches, the reminders become more urgent. Daily alerts prompt you to confirm your attendance, reminding you that failure to do so could result in the cancellation of your appointment. These alerts, while intended to be helpful, only add to the growing sense of anxiety. You find yourself double-checking your calendar, setting multiple alarms, and making contingency plans in case something goes wrong. The pressure to make it to the appointment on time is palpable.

On the day of the appointment, you arrive at the clinic, having followed the detailed instructions to the letter. You've parked in the designated area, taken the correct elevator, and found your way to the right door. But as you step into the clinic, you're met with a familiar scene: a waiting room full of patients, all staring at their phones, waiting for their turn. The sense of déjà vu is overwhelming, as you realize that despite all the digital advancements, some things never change.

At the check-in desk, you're greeted by a friendly yet harried receptionist who asks you to verify your information. You can't help but feel a sense of frustration as you're asked to repeat the same information you painstakingly entered online just days ago. You try to point out that you've already filled out the forms, but your protests are met with a

dismissive wave of the hand. “That’s a different system,” the receptionist explains, as if that makes it any less frustrating.

Finally, after what feels like an eternity, you’re ushered into the doctor’s office. The doctor, who seems just as overwhelmed by the digital age as you are, greets you with a quick smile before turning to his computer. As he asks about your symptoms, you can’t help but notice that he’s typing away furiously, inputting your answers into yet another set of forms. The sense of connection that once defined the doctor-patient relationship has been replaced by a clinical detachment, as both you and the doctor navigate the complexities of the modern healthcare system.

As the appointment comes to a close, the doctor hands you a printed prescription, and you’re finally free to leave. But just as you step out of the office, your phone buzzes with yet another message. This time, it’s a customer satisfaction survey, asking you to rate your experience. You can’t help but laugh at the irony. After all the digital hoops you’ve jumped through, you’re now being asked to evaluate the very system that caused you so much stress.


As I reflect on my journey through modern healthcare, I can’t help but feel a sense of loss. The simplicity and personal connection that once defined the doctor-patient relationship have been replaced by a complex web of digital processes. While technology has undoubtedly brought many benefits to the healthcare industry, it has also created new challenges, particularly for those who struggle with the digital world.

I long for the days when a visit to the doctor was a straightforward affair, free from the complexities of online portals, endless forms,

and incessant reminders. I miss the personal touch of a doctor who knew me by name, who listened to my concerns without the distraction of a computer screen. But I also recognize that the world has changed, and with it, the way we access healthcare.

In this new digital age, seeing a doctor has become a project in itself, one that requires careful planning, patience, and a willingness to embrace technology. For some, this transition has been smooth, a welcome change that offers convenience and efficiency. But for others, like myself, it has been a journey fraught with frustration and a sense of alienation.

As I navigate this new landscape, I find myself constantly adapting, learning to embrace the digital tools that have become an integral part of modern healthcare. I’ve come to accept that the days of the simple doctor’s visit are behind me, replaced by a more complex, albeit more efficient, system. And while I may never fully embrace this new way of accessing healthcare, I’ve learned to make peace with it, finding comfort in the knowledge that, at the end of the day, the goal remains the same: to ensure that I receive the care I need, when I need it.

In conclusion, the journey through modern healthcare is a reflection of the times we live in, a blend of progress and nostalgia, convenience and complexity. As we continue to navigate this ever-changing landscape, we must remember to find a balance between embracing the benefits of technology and preserving the human connection that lies at the heart of the doctor-patient relationship. After all, no matter how advanced our tools become, the essence of healthcare will always be about caring for one another, a timeless principle that transcends the digital age. 



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4	National Institute of Mental Health & Neuro Sciences	Bengaluru	Karnataka	1	South	2
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6	Madras Medical College and Hospital	Chennai	Tamil Nadu	2	South	4
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23	Govt. Medical College, Kozhikode (Calicut Medical College)	Kozhikode	Kerala	4	South	9
24	Medical College Baroda	Vadodara	Gujarat	1	West	1
25	All India Institute of Medical Sciences, Patna	Patna	Bihar	1	East	3
26	Lady Hardinge Medical College & Associated SSK & KSC Hospitals	New Delhi	Delhi	4	North	13
27	University College of Medical Sciences & Guru Teg Bahadur Hospital	Delhi	Delhi	5	North	14
28	Kasturba Medical College	Manipal	Karnataka	3	South	10
29	Institute of Post Graduate Medical Education & Research	Kolkata	West Bengal	2	East	4
30	All India Institute of Medical Sciences, Bhopal	Bhopal	Madhya Pradesh	1	Central	1
31	All India Institute of Medical Sciences, Raipur	Raipur	Chhattisgarh	1	Central	2
32	The Gujarat Cancer & Research Institute	Ahmedabad	Gujarat	2	West	2
33	Grant Govt. Medical College and Sir J.J Group of Hospitals	Mumbai	Maharashtra	1	West	3

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34	Government Medical College & ESIC Hospital	Coimbatore	Tamil Nadu	3	South	11
35	Patna Medical College	Patna	Bihar	2	East	5
36	Calcutta National Medical College	Kolkata	West Bengal	3	East	6
37	Government Medical College, Surat	Surat	Gujarat	3	West	4
38	R. G. Kar Medical College and Hospital	Kolkata	West Bengal	4	East	7
39	Sri Ramachandra Institute of Higher Education and Research	Chennai	Tamil Nadu	4	South	12
40	Maulana Azad Medical College	New Delhi	Delhi	6	North	15
41	Dr. D. Y. Patil Medical College, Hospital And Research Centre, Pimpri	Pune	Maharashtra	2	West	5
42	Siksha 'O' Anusandhan	Bhubaneswar	Odisha	2	East	8
43	Bharati Vidyapeeth Medical College	Pune	Maharashtra	3	West	6
44	Mahatma Gandhi Medical College and Research Institute	Puducherry	Puducherry	2	South	13
45	Dr. Chandramma Dayananda Sagar Institute of Medical Education and Research	Ramanagara	Karnataka	4	South	14
46	Sri Lakshmi Narayana Institute of Medical Sciences	Puducherry	Puducherry	3	South	15
47	Institute of Liver & Biliary Sciences (ILBS)	New Delhi	Delhi	7	North	16
48	Ramaiah Medical College	Bengaluru	Karnataka	5	South	16
49	JSS Medical College	Mysuru	Karnataka	6	South	17
50	Saveetha Institute of Medical and Technical Sciences	Chennai	Tamil Nadu	5	South	18

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF MEDICAL COLLEGE/ UNIVERSITY	CITY	STATE	STATE RANK	ZONE	ZONE RANK
51	Jawaharlal Nehru Medical College	Belagavi	Karnataka	7	South	19
52	Jamia Hamdard	New Delhi	Delhi	8	North	17
53	Aligarh Muslim University	Aligarh	Uttar Pradesh	4	North	18
54	K J Somaiya Medical College & Research Centre	Mumbai	Maharashtra	4	West	7
55	Bhaarith Medical College & Hospital	Chennai	Tamil Nadu	6	South	20
56	Kasturba Medical College	Mangaluru	Karnataka	8	South	21
57	Topiwala National Medical College and Bai Yamunabai Laxman Nair Charitable Hospital	Mumbai	Maharashtra	5	West	8
58	Maharishi Markandeshwar	Ambala	Haryana	2	North	19
59	Vinayaka Mission's Kirupananda Variyar Medical College & Hospitals, Salem	Salem	Tamil Nadu	7	South	22
60	LN Medical College & Research Centre	Bhopal	Madhya Pradesh	2	Central	3
61	Sawai Man Singh Medical College	Jaipur	Rajasthan	2	North	20
62	St. John's Medical College	Bengaluru	Karnataka	9	South	23
63	Armed Forces Medical College	Pune	Maharashtra	6	West	9
64	Chettinad Hospital & Research Institute	Kanchipuram	Tamil Nadu	8	South	24
65	Government Medical College	Srikakulam	Andhra Pradesh	1	South	25
66	Vinayaka Mission's Medical College and Hospital	Karaikal	Tamil Nadu	9	South	26
67	Stanley Medical College	Chennai	Tamil Nadu	10	South	27



RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF MEDICAL COLLEGE/ UNIVERSITY	CITY	STATE	STATE RANK	ZONE	ZONE RANK
68	PSG Institute of Medical Sciences & Research	Coimbatore	Tamil Nadu	11	South	28
69	Meenakshi Medical College Hospital and Research Institute (MMCHRI)	Kanchipuram	Tamil Nadu	12	South	29
70	Aarupadai Veedu Medical College & Hospital	Puducherry	Puducherry	4	South	30
71	Datta Meghe Institute of Higher Education & Research	Wardha	Maharashtra	7	West	10
72	Adichunchanagiri Institute of Medical Sciences	B.G Nagara	Karnataka	10	South	31
73	SRM Institute of Science & Technology	Chennai	Tamil Nadu	13	South	32
74	Gauhati Medical College and Hospital	Guwahati	Assam	1	North East	1
75	Annamalai University	Annamalai Nagar	Tamil Nadu	14	South	33
76	Kalinga Institute of Industrial Technology	Bhubaneswar	Odisha	3	East	9
77	Sri Muthukumaran Medical College Hospital & Research Institute	Chennai	Tamil Nadu	15	South	34
78	Sardar Patel Medical College	Bikaner	Rajasthan	3	North	21
79	Netaji Subhash Chandra Bose Medical College	Jabalpur	Madhya Pradesh	3	Central	4
80	Jawaharlal Nehru Medical College	Ajmer	Rajasthan	4	North	22
81	Integral Institute of Medical Sciences & Research (IIMSR)	Lucknow	Uttar Pradesh	5	North	23
82	Rabindra Nath Tagore Medical College	Udaipur	Rajasthan	5	North	24
83	Smt. NHL Municipal Medical College (A.M.C Medical Education Trust)	Ahmedabad	Gujarat	4	West	11

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF MEDICAL COLLEGE/ UNIVERSITY	CITY	STATE	STATE RANK	ZONE	ZONE RANK
84	Sri Venkateswara Institute of Medical Sciences	Tirupati	Andhra Pradesh	2	South	35
85	Sophia Institute of Medical Science	Gwalior	Madhya Pradesh	4	Central	5
86	Amala Institute of Medical Sciences	Thrissur	Kerala	5	South	36
87	Tirunelveli Medical College	Tirunelveli	Tamil Nadu	16	South	37
88	Gajra Raja Medical College	Gwalior	Madhya Pradesh	5	Central	6
89	Maharaja Krishna Chandra Gajapati Medical College & Hospital	Berhampur	Odisha	4	East	10
90	Adesh Institute of Medical Sciences and Research	Bathinda	Punjab	2	North	25
91	Dr. Sampurnanand Medical College	Jodhpur	Rajasthan	6	North	26
92	Jubilee Mission Medical College & Research Institute	Thrissur	Kerala	6	South	38
93	Parul University	Vadodara	Gujarat	5	West	12
94	Teerthanker Mahaveer University	Moradabad	Uttar Pradesh	6	North	27
95	Regional Institute of Medical Sciences	Imphal	Manipur	1	North East	2
96	Krishna Vishwa Vidyapeeth	Karad	Maharashtra	8	West	13
97	B.J. Medical College	Ahmedabad	Gujarat	6	West	14
98	Rajasthan Unani Medical College & Hospital	Jaipur	Rajasthan	7	North	28
99	Pravara Institute of Medical Sciences	Ahmednagar	Maharashtra	9	West	15
100	Sri Guru Ram Das Institute of Medical Sciences & Research	Amritsar	Punjab	3	North	29

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF MEDICAL COLLEGE/ UNIVERSITY	CITY	STATE	STATE RANK	ZONE	ZONE RANK
101	Sri Aurobindo Institute of Medical Sciences	Indore	Madhya Pradesh	6	Central	7
102	Maharashtra Institute of Medical Education & Research	Pune	Maharashtra	10	West	16
103	North Bengal Medical College & Hospital	Siliguri	West Bengal	5	East	11
104	Seth Gordhandas Sunderdas Medical College and King Edward Memorial Hospital	Mumbai	Maharashtra	11	West	17
105	Darbhangha Medical College	Darbhangha	Bihar	3	East	12
106	Mahatma Gandhi Medical College & Hospital	Jaipur	Rajasthan	8	North	30
107	K S Hegde Medical Academy	Mangaluru	Karnataka	11	South	39
108	BLDE (Deemed to be University)	Vijayapura	Karnataka	12	South	40
109	KMCT Medical College	Kozhikode	Kerala	7	South	41
110	KPC Medical College & Hospital	Kolkata	West Bengal	6	East	13
111	Indira Gandhi Technological And Medical Sciences University	Ziro	Arunachal Pradesh	1	North East	3
112	People's College of Medical Sciences & Research Cen tre	Bhopal	Madhya Pradesh	7	Central	8
113	Faculty of Medicine, Khaja Bandanawaz University	Kalaburagi	Karnataka	13	South	42

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- TEACHING LEARNING RESOURCES & PEDAGOGY (TLRP)
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- FUTURE ORIENTATION (FO)
- EXTERNAL PERCEPTION & INTERNATIONAL OUTLOOK (EPIO)
- ROI

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RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF DENTAL COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
1	Maulana Azad Institute of Dental Sciences	New Delhi	Delhi	1	North	1
2	Pt. B D Sharma Post Graduate Institute of Dental Sciences	Rohtak	Haryana	1	North	2
3	SDM College of Dental Sciences & Hospital	Dharwad	Karnataka	1	South	1
4	Manipal College of Dental Sciences, Manipal	Manipal	Karnataka	2	South	2
5	Faculty of Dental Sciences, King George's Medical University	Lucknow	Uttar Pradesh	1	North	3
6	Christian Dental College	Ludhiana	Punjab	1	North	4
7	Sri Ramachandra Institute of Higher Education and Research	Chennai	Tamil Nadu	1	South	3
8	Faculty of Dental Sciences, BHU	Varanasi	Uttar Pradesh	2	North	5
9	Faculty of Dentistry, Jamia Millia Islamia	New Delhi	Delhi	2	North	6
10	Government Dental College and Hospital	Mumbai	Maharashtra	1	West	1
11	JSS Dental College & Hospital	Mysuru	Karnataka	3	South	4
12	Saveetha Institute of Medical and Technical Sciences	Chennai	Tamil Nadu	2	South	5
13	Amrita School of Dentistry	Kochi	Kerala	1	South	6
14	Meenakshi Ammal Dental College & Hospital	Chennai	Tamil Nadu	3	South	7
15	Dr. D. Y. Patil Dental College & Hospital	Pune	Maharashtra	2	West	2
16	Dental College and Hospital, Pune (Bharati Vidyapeeth)	Pune	Maharashtra	3	West	3
17	Government Dental College	Thiruvananthapuram	Kerala	2	South	8
18	D Y Patil University, School of Dentistry, Navi Mumbai	Navi Mumbai	Maharashtra	4	West	4
19	Institute of Dental Sciences, Siksha 'O' Anusandhan	Bhubaneswar	Odisha	1	East	1
20	Dayananda Sagar College of Dental Sciences	Bengaluru	Karnataka	4	South	9
21	Government Dental College & Hospital	Nagpur	Maharashtra	5	West	5

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF DENTAL COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
22	SRM Dental College	Chennai	Tamil Nadu	4	South	10
23	Datta Meghe Institute of Higher Education & Research	Wardha	Maharashtra	6	West	6
24	Bapuji Dental College & Hospital	Davangere	Karnataka	5	South	11
25	Manav Rachna Dental College	Faridabad	Haryana	2	North	7
26	Manipal College of Dental Sciences, Mangalore	Mangaluru	Karnataka	6	South	12
27	KLE Vishwanath Katti Institute of Dental Sciences & Hospital	Belagavi	Karnataka	7	South	13
28	A B Shetty Memorial Institute of Dental Sciences	Mangaluru	Karnataka	8	South	14
29	Maharishi Markandeshwar University	Ambala	Haryana	3	North	8
30	Ramaiah University of Applied Sciences	Bengaluru	Karnataka	9	South	15
31	Yenepoya Dental College	Mangaluru	Karnataka	10	South	16
32	Kalinga Institute of Industrial Technology	Bhubaneswar	Odisha	2	East	2
33	Aligarh Muslim University	Aligarh	Uttar Pradesh	3	North	9
34	Tamil Nadu Government Dental College & Hospital	Chennai	Tamil Nadu	5	South	17
35	College of Dental Sciences	Davangere	Karnataka	11	South	18
36	Nair Hospital Dental College	Mumbai	Maharashtra	7	West	7
37	Government Autonomous College of Dentistry	Indore	Madhya Pradesh	1	Central	1
38	Vinayaka Mission's Sankarachariyar Dental College, Salem – Vinayaka Mission's Research Foundation (Deemed to be University)	Salem	Tamil Nadu	6	South	19
39	Army College of Dental Sciences	Secunderabd	Telangana	1	South	20
40	Chettinad Dental College & Research Institute	Chennai	Tamil Nadu	7	South	21
41	Ranjeet Deshmukh Dental College & Research Centre, (Formerly, VSPM Dental College and Research Centre)	Nagpur	Maharashtra	8	West	8

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF DENTAL COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
42	School of Dental Sciences, Krishna Vishwa Vidyapeeth	Karad	Maharashtra	9	West	9
43	Government Dental College and Research Institute	Bengaluru	Karnataka	12	South	22
44	Dr. Harvansh Singh Judge Institute of Dental Sciences & Hospital, Panjab University	Chandigarh	Chandigarh	1	North	10
45	School of Dental Sciences (Sathyabama Institute of Science and Technology)	Chennai	Tamil Nadu	8	South	23
46	Parul University	Vadodara	Gujarat	1	West	10
47	Sinhgad Dental College & Hospital	Pune	Maharashtra	10	West	11
48	Mathrusri Ramabai Ambedkar Dental College & Hospital	Bengaluru	Karnataka	13	South	24
49	Karpaga Vinayaga Institute of Dental Sciences	Chengalpattu	Tamil Nadu	9	South	25
50	Dr. M.G.R Educational And Research Institute	Chennai	Tamil Nadu	10	South	26
51	Govt. Dental College & Hospital	Aurangabad	Maharashtra	11	West	12
52	Pacific Dental College & Hospital	Udaipur	Rajasthan	1	North	11
53	RVS Dental College & Hospital	Coimbatore	Tamil Nadu	11	South	27
54	Nanded Rural Dental College and Research Center	Nanded	Maharashtra	12	West	13
55	Maharashtra Institute of Dental Sciences & Research (Dental College)	Latur	Maharashtra	13	West	14
56	Sri Siddhartha Dental College	Tumkur	Karnataka	14	South	28
57	Sri Venkateswara Dental College and Hospital	Chennai	Tamil Nadu	12	South	29
58	Dr. G. D. Pol Foundation's Y. M. T. Dental College and Hospital	Navi Mumbai	Maharashtra	14	West	15
59	Bharati Vidyapeeth (Deemed to be University) Dental College & Hospital, Sangli	Sangli	Maharashtra	15	West	16
60	Priyadarshini Dental College and Hospital	Pandur	Tamil Nadu	13	South	30



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- TEACHING LEARNING RESOURCES & PEDAGOGY (TLRP)
- RESEARCH (RS)
- FUTURE ORIENTATION (FO)
- EXTERNAL PERCEPTION & INTERNATIONAL OUTLOOK (EPIO)
- ROI

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RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF NURSING COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
1	College of Nursing, Christian Medical College, Vellore	Vellore	Tamil Nadu	1	South	1
2	St. Stephen's Hospital College of Nursing	Delhi	Delhi	1	North	1
3	College of Nursing, Christian Medical College, Ludhiana	Ludhiana	Punjab	1	North	2
4	College of Nursing, Tata Main Hospital	Jamshedpur	Jharkhand	1	East	1
5	St. John's College of Nursing, Vellore	Vellore	Tamil Nadu	2	South	2
6	SDM Institute of Nursing Sciences	Dharwad	Karnataka	1	South	3
7	St. John's College of Nursing, Bengaluru	Bengaluru	Karnataka	2	South	4
8	Holy Family College of Nursing, New Delhi	New Delhi	Delhi	2	North	3
9	Post Graduate College of Nursing, Bhilai	Durg	Chattisgarh	1	Central	1
10	Bishop's College of Nursing	Dharapuram	Tamil Nadu	3	South	5
11	GITAM Institute of Nursing (GIMSR)	Visakhapatnam	Andhra Pradesh	1	South	6
12	JSS College of Nursing (JSS Mahavidyapeetha)	Mysuru	Karnataka	3	South	7
13	School of Nursing and Allied Health Science, Utkal university	Bhubaneswar	Odisha	1	East	2
14	College of Nursing Sciences, Dayananda Sagar University	Bengaluru	Karnataka	4	South	8
15	Datta Meghe College of Nursing	Nagpur	Maharashtra	1	West	1
16	PSG College of Nursing	Coimbatore	Tamil Nadu	4	South	9
17	Siksha 'O' Anusandhan (SOA)	Bhubaneswar	Odisha	2	East	3
18	College of Nursing Sri Ramakrishna Institute of Paramedical Sciences	Coimbatore	Tamil Nadu	5	South	10
19	Department of Nursing, Janardan Rai Nagar Rajasthan Vidyapeeth	Udaipur	Rajasthan	1	North	4

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF NURSING COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
20	St. Mary's College of Nursing & Paramedical Institute	Lucknow	Uttar Pradesh	1	North	5
21	Sri Ramachandra College of Nursing (SRIHER University)	Chennai	Tamil Nadu	6	South	11
22	Arulmigu Meenakshi College of Nursing (AMCON)	Kanchipuram	Tamil Nadu	7	South	12
23	Institute of Nursing, Bangalore Baptist Hospital	Bengaluru	Karnataka	5	South	13
24	Bharati Vidyapeeth College of Nursing, Pune	Pune	Maharashtra	2	West	2
25	Manipal College of Nursing (MAHE)	Manipal	Karnataka	6	South	14
26	Bhaarith College of Nursing (BIHER)	Chennai	Tamil Nadu	8	South	15
27	School of Nursing (D Y Patil University)	Navi Mumbai	Maharashtra	3	West	3
28	Nizam's Institute of Medical Sciences	Hyderabad	Telangana	1	South	16
29	Kasturba Gandhi Nursing College	Puducherry	Puducherry	1	South	17
30	S.N.D College of Nursing, Babhulgaon	Nashik	Maharashtra	4	West	4
31	St. Gregorios College of Nursing, Parumala	Thiruvalla	Kerala	1	South	18
32	Kalinga Institute of Nursing Sciences (KINS), KIIT	Bhubaneswar	Odisha	3	East	4
33	Venkateswara Nursing College	Chennai	Tamil Nadu	9	South	19
34	M S Ramaiah Institute of Nursing Education and Research	Bengaluru	Karnataka	7	South	20
35	Chitkara School of Health Sciences, Chitkara University	Patiala	Punjab	2	North	6
36	Symbiosis College of Nursing (SCON), Symbiosis International University	Pune	Maharashtra	5	West	5
37	Department of Nursing, Banasthali Vidyapith	Banasthali	Rajasthan	2	North	7
38	St. John College of Nursing, Warangal	Warangal	Telangana	2	South	21



RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF NURSING COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
39	Smt. Sindhutai Eknathrao Vikhe Patil College of Nursing (Pravara Institute of Medical Sciences), Loni	Ahmednagar	Maharashtra	6	West	6
40	Bapuji College of Nursing, S.S. General Hospital	Davangere	Karnataka	8	South	22
41	Maharishi Markandeshwar College of Nursing, Ambala	Ambala	Haryana	1	North	8
42	Faculty of Nursing, Dr. M.G.R Educational and Research Institute	Chennai	Tamil Nadu	10	South	23
43	Adichunchanagiri College of Nursing, Adichunchanagiri University	B.G.Nagara	Karnataka	9	South	24
44	Teerthanker Mahaveer University	Moradabad	Uttar Pradesh	2	North	9
45	VSPM Madhuribai Deshmukh Institute of Nursing Education	Nagpur	Maharashtra	7	West	7
46	BMS Hospital Nursing College	Bengaluru	Karnataka	10	South	25
47	Saveetha College of Nursing (Saveetha Institute of Medical and Technical Sciences)	Chennai	Tamil Nadu	11	South	26
48	Faculty of Nursing, Parul University	Vadodara	Gujarat	1	West	8
49	R V College of Nursing	Bengaluru	Karnataka	11	South	27
50	Ashoka Institute of Nursing	Patiala	Punjab	3	North	10
51	BLDEA's Shri B M Patil Institute of Nursing Sciences	Vijayapura	Karnataka	12	South	28
52	Holy Cross College of Nursing, Kottiyam	Kollam	Kerala	2	South	29
53	Army Institute of Nursing	Guwahati	Assam	1	North-East	1
54	K J Somaiya College of Nursing	Mumbai	Maharashtra	8	West	9
55	L N Nursing College, LNCT University	Bhopal	Madhya Pradesh	1	Central	2
56	Al-Ameen Fathima School of Nursing	Bengaluru	Karnataka	13	South	30

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF NURSING COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
57	Karpagam Nursing College	Coimbatore	Tamil Nadu	12	South	31
58	Shri Sathya Sai College of Nursing (SBV Chennai Campus)	Chengalpattu	Tamil Nadu	13	South	32
59	Dr. D. Y. Patil College of Nursing	Pune	Maharashtra	9	West	10
60	Christian College of Nursing	Bengaluru	Karnataka	14	South	33
61	Vinayaka Mission's Annapoorana College of Nursing, Salem	Salem	Tamil Nadu	14	South	34
62	National Institute of Nursing	Sangrur	Punjab	4	North	11
63	KIMS College of Nursing	Hyderabad	Telangana	3	South	35
64	D Y Patil College of Nursing	Kolhapur	Maharashtra	10	West	11
65	Arunachal University of Studies	Namsai	Arunachal Pradesh	1	North-East	2
66	Batra Hospital & Medical Research Centre	New Delhi	Delhi	3	North	12
67	Royal Institute of Nursing and Medical Sciences	Kanksa	West Bengal	1	East	5
68	Nitte Usha Institute of Nursing Sciences	Mangaluru	Karnataka	15	South	36
69	Dr. John's School & College of Nursing	Bengaluru	Karnataka	16	South	37
70	St. Thomas College of Nursing	Alappuzha	Kerala	3	South	38
71	Shimla Nursing College	Shimla	Himachal Pradesh	1	North	13
72	Vinayaka Mission's College of Nursing, Puducherry	Puducherry	Puducherry	2	South	39
73	Dr. B R Ambedkar Institute of Nursing	Bengaluru	Karnataka	17	South	40
74	KLE Society's Institute of Nursing Sciences, Belagavi	Belagavi	Karnataka	18	South	41
75	St. Luke's College of Nursing	Visakhapatnam	Andhra Pradesh	2	South	42



RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF NURSING COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
76	College of Nursing Public Khalsa College For Women	Hoshiarpur	Punjab	5	North	14
77	Aurovindo College of Nursing	Bhopal	Madhya Pradesh	2	Central	3
78	Vinayaka Mission's College of Nursing (Vinayaka Mission's Research Foundation)	Karaikal	Puducherry	3	South	43
79	Father Muller College of Nursing	Mangaluru	Karnataka	19	South	44
80	City College of Nursing & Institute of Nursing	Mangaluru	Karnataka	20	South	45
81	College of Nursing, Pt. Deen Dayal Upadhyaya University of Health Sciences	Karnal	Haryana	2	North	15
82	SRM College of Nursing (SRM Institute of Science & Technology)	Kattankulathur	Tamil Nadu	15	South	46
83	St. Joseph's College of Nursing, Hoshangabad	Narmadapuram	Madhya Pradesh	3	Central	4
84	Kasturba Nursing College, Sevagram	Wardha	Maharashtra	11	West	12
85	Christian Nursing College	Kullu	Himachal Pradesh	2	North	16
86	Oriental Institute of Nursing, Lalburra	Balaghat	Madhya Pradesh	4	Central	5
87	Karnataka College of Nursing (Karnataka College Group of Institutions)	Bengaluru	Karnataka	21	South	47
88	St. Joseph's Nursing College, Mysuru	Mysuru	Karnataka	22	South	48
89	Mother Teresa College of Nursing, Aurangabad	Aurangabad	Maharashtra	12	West	13
90	Sree Balaji College of Nursing	Chennai	Tamil Nadu	16	South	49
91	Seva Mandal Education Society's Smt. Sunanda Pravin Gambhirchand Institute of Nursing and Paramedical Sciences	Mumbai	Maharashtra	13	West	14
92	Peerless Institute of Nursing, Peerless Hospital	Kolkata	West Bengal	2	East	6

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF NURSING COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
93	Annai Veilankanni's College of Nursing	Chennai	Tamil Nadu	17	South	50
94	Sister Florence College of Nursing	Kolkata	West Bengal	3	East	7
95	Presidency College of Nursing	Bengaluru	Karnataka	23	South	51
96	Apollo College of Nursing, Hyderabad	Hyderabad	Telangana	4	South	52
97	Gayathri College of Nursing, Bengaluru	Bengaluru	Karnataka	24	South	53
98	Sacred Heart Nursing College	Madurai	Tamil Nadu	18	South	54
99	Siddaganga Institute of Nursing Sciences & Research	Tumkur	Karnataka	25	South	55
100	Annai Meenakshi College of Nursing	Coimbatore	Tamil Nadu	19	South	56
101	Baba Farid College of Nursing	Faridkot	Punjab	6	North	17
102	Faculty of Nursing, Desh Bhagat University	Fatehgarh Sahib	Punjab	7	North	18
103	Rufaida College of Nursing, Jamia Hamdard	New Delhi	Delhi	4	North	19
104	IIMT College of Medical Sciences (Nursing)	Meerut	Uttar Pradesh	3	North	20
105	Shri Guru Ram Dass College of Nursing	Hoshiarpur	Punjab	8	North	21
106	Rajiv Gandhi College of Nursing, Bengaluru	Bengaluru	Karnataka	26	South	57
107	Institute of Nursing Science Studies and Research, ITM University	Gwalior	Madhya Pradesh	5	Central	6
108	Carmel College of Nursing	Ernakulam	Kerala	4	South	58
109	Florence College of Nursing & Physiotherapy	Bengaluru	Karnataka	27	South	59
110	Faculty of Nursing, SGT University	Gurugram	Haryana	3	North	22
111	St. George College of Management, Science & Nursing	Bengaluru	Karnataka	28	South	60
112	Shaheed Udham Singh Post Graduate College of Nursing	Fatehabad	Haryana	4	North	23



RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF NURSING COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
113	Miranda College of Nursing	Bengaluru	Karnataka	29	South	61
114	Holy Spirit Institute of Nursing Education	Mumbai	Maharashtra	14	West	15
115	School of Health Sciences, RIMT University	Mandi Gobindgarh	Punjab	9	North	24
116	Uttaranchal (P.G.) College of Bio-Medical Sciences & Hospital	Dehradun	Uttarakhand	1	North	25
117	Sikkim Manipal College of Nursing (SMCON)	Gangtok	Sikkim	1	North-East	3
118	Holy Cross School of Nursing	Kamagere	Karnataka	30	South	62
119	St. Joseph's College of Nursing, Kothamangalam	Kothamangalam	Kerala	5	South	63
120	Medwin College of Nursing	Hyderabad	Telangana	5	South	64
121	Smt. Radhikabai Meghe Memorial College of Nursing (DMIHER University)	Wardha	Maharashtra	15	West	16
122	Combined (P.G.) Institute of Medical Sciences & Research	Dehradun	Uttarakhand	2	North	26
123	Apollo College of Nursing, Chennai	Chennai	Tamil Nadu	20	South	65
124	Adarsh College of Nursing	Patiala	Punjab	10	North	27
125	Lala Lajpat Rai Institute of Nursing Education	Jalandhar	Punjab	11	North	28
126	Heartland College of Nursing	Bengaluru	Karnataka	31	South	66
127	PES Institute of Medical Sciences & Research	Kuppam	Andhra Pradesh	3	South	67
128	BM Birla College of Nursing	Kolkata	West Bengal	4	East	8
129	Mother Teresa College of Nursing, Durg	Durg	Chattisgarh	2	Central	7
130	College of Nursing, Kurji Holy Family Hospital	Patna	Bihar	1	East	9
131	Mahatma Jyotiba Fule College of Nursing	Jaipur	Rajasthan	3	North	29

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF NURSING COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
132	St. Joseph's College of Nursing, Guntur	Guntur	Andhra Pradesh	4	South	68
133	Woodlands College of Nursing	South 24 Parganas	West Bengal	5	East	10
134	Aragonda Apollo College of Nursing	Chittoor	Andhra Pradesh	5	South	69
135	East West Nursing Institution	Bengaluru	Karnataka	32	South	70
136	Vrundavan Institute of Nursing Education	Bardez	Goa	1	West	17
137	Chinmaya Institute of Nursing	Bengaluru	Karnataka	33	South	71
138	Smt. Nagarathnamma College of Nursing (Acharya Institutes)	Bengaluru	Karnataka	34	South	72
139	C.H.M. Shah Nursing College	Gandhinagar	Gujarat	2	West	18
140	Bharathi College of Nursing	Tumkur	Karnataka	35	South	73
141	Oxford College of Nursing Sciences	Bengaluru	Karnataka	36	South	74
142	Srinidhi Institute & College of Nursing	Bengaluru	Karnataka	37	South	75
143	Florence College of Nursing	Ranchi	Jharkhand	2	East	11
144	Sri Aurobindo College of Nursing, Indore	Indore	Madhya Pradesh	6	Central	8
145	Bishop Benziger College of Nursing	Kollam	Kerala	6	South	76
146	MGM MMC College of Nursing	Pathanamthitta	Kerala	7	South	77
147	Holy Family Institute of Nursing Education	Mumbai	Maharashtra	16	West	19
148	Indira Nursing College	Mangaluru	Karnataka	38	South	78
149	Bharati Vidyapeeth, College of Nursing, Navi Mumbai	Navi Mumbai	Maharashtra	17	West	20
150	Cauvery College of Nursing	Mysuru	Karnataka	39	South	79
151	St. John's College of Nursing, Idukki	Idukki	Kerala	8	South	80



RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF NURSING COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
152	Holy Family College of Nursing, Thodupuzha	Thodupuzha	Kerala	9	South	81
153	Sardar Patel College of Nursing	Ratlam	Madhya Pradesh	7	Central	9
154	Baby Memorial College of Nursing	Kozhikode	Kerala	10	South	82
155	Ruckmoni College of Nursing	Thiruvananthapuram	Kerala	11	South	83
156	Reynolds Memorial Hospital, Nazarene Nurses Training College (NNTC)	Washim	Maharashtra	18	West	21
157	KIMS College of Nursing, Trivandrum	Thiruvananthapuram	Kerala	12	South	84
158	Amity College of Nursing, Gurgaon (Manesar)	Gurugram	Haryana	5	North	30
159	Bharati Vidyapeeth, College of Nursing, Sangli	Sangli	Maharashtra	19	West	22
160	Amaltas Institute of Nursing Sciences	Dewas	Madhya Pradesh	8	Central	10
161	RajaRajeswari College of Nursing	Bengaluru	Karnataka	40	South	85
162	Matoshri College of Nursing	Nashik	Maharashtra	20	West	23
163	Manjushree School & College of Nursing	Bengaluru	Karnataka	41	South	86
164	Lingaya's Institute of Health Sciences, Nursing	Faridabad	Haryana	6	North	31
165	Dr. B. R. Ambedkar College of Nursing	Gandhinagar	Gujarat	3	West	24
166	St. Joseph College of Nursing, Eluru	Eluru	Andhra Pradesh	6	South	87
167	Archana College of Nursing	Pathanamthitta	Kerala	13	South	88
168	St. Joseph's College of Nursing, Anchal	Kollam	Kerala	14	South	89
169	Manonidhi Institute of Nursing (Manonidhi Institutions)	Chamarajanagar	Karnataka	42	South	90
170	MGM New Bombay College of Nursing	Navi Mumbai	Maharashtra	21	West	25
171	G.S.Mandal's MIT Nursing College	Aurangabad	Maharashtra	22	West	26

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF NURSING COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
172	Amrita College of Nursing (Amrita Vishwa Vidyapeetham)	Kochi	Kerala	15	South	91
173	Apollo Institute of Nursing	Ahmedabad	Gujarat	4	West	27
174	KLE'S Institute of Nursing Sciences, Hubli	Hubli	Karnataka	43	South	92
175	Yamuna Institute of Nursing	Yamuna Nagar	Haryana	7	North	32
176	Sri Vinayaka College of Nursing	Bengaluru	Karnataka	44	South	93
177	Shankersinh Vaghela Bapu Institute of Nursing (SVBIN)	Gandhinagar	Gujarat	5	West	28
178	Manjunatha College of Nursing	Bengaluru	Karnataka	45	South	94
179	Mother Teresa Group of College (Nursing, Science, MLT)	Mehsana	Gujarat	6	West	29
180	Metas Adventist College	Ranchi	Jharkhand	3	East	12
181	Mother Teresa Nursing Institutions	Bengaluru	Karnataka	46	South	95
182	Sadhu Vaswani College of Nursing	Pune	Maharashtra	23	West	30
183	Mangalore College of Nursing	Mangaluru	Karnataka	47	South	96
184	Maharishi Markandeshwar College of Nursing, Solan	Solan	Himachal Pradesh	3	North	33
185	Athena Institute of Health Sciences, Athena College of Nursing	Mangaluru	Karnataka	48	South	97
186	St. Mary's College of Nursing	Chitradurga	Karnataka	49	South	98
187	Shri Balaji Institute of Nursing, Shri Balaji Hospital	Raipur	Chattisgarh	3	Central	11
188	Rajiv Gandhi College of Nursing, Jammu	Jammu	Jammu & Kashmir	1	North	34
189	Shivalik Institute of Nursing	Shimla	Himachal Pradesh	4	North	35
190	Woodland Institute of Nursing	Shillong	Meghalaya	1	North-East	4
191	Mother Mary's Institute of Nursing	Hoshiarpur	Punjab	12	North	36



RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF NURSING COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
192	Josco College of Nursing (Josco Institutions)	Bengaluru	Karnataka	50	South	99
193	Smt. Bakul Tambat Institute of Nursing Education	Pune	Maharashtra	24	West	31
194	Biju Pattnaik Nursing Schools & College	Baripada	Odisha	4	East	13
195	Sitabai Nargundkar College of Nursing For Women	Nagpur	Maharashtra	25	West	32
196	Mohali Nursing College and Charitable Hospital	Fatehgarh Sahib	Punjab	13	North	37
197	College of Nursing, Pondicherry Institute of Medical Sciences	Puducherry	Puducherry	4	South	100
198	Integral Institute of Nursing Sciences & Research, Integral University	Lucknow	Uttar Pradesh	4	North	38
199	Khalsa College of Nursing	Amritsar	Punjab	14	North	39
200	Gian Sagar College of Nursing	Patiala	Punjab	15	North	40
201	Shri Guru Arjun Dev College of Nursing	Gurdaspur	Punjab	16	North	41
202	Paavai College of Nursing and Research	Namakkal	Tamil Nadu	21	South	101
203	Padmasree College of Nursing	Kanchipuram	Tamil Nadu	22	South	102
204	Shija Academy of Nursing, Shija Hospitals & Research Institute Pvt. Ltd.	Imphal	Manipur	1	North-East	5
205	Mahatma Gandhi Nursing College	Jaipur	Rajasthan	4	North	42
206	Sri Guru Harkrishan Sahib College of Nursing	SAS Nagar	Punjab	17	North	43
207	Navodaya College of Nursing	Mahabubnagar	Telangana	6	South	103
208	Sri Aurobindo College of Nursing, Karur	Karur	Tamil Nadu	23	South	104
209	Guru Gobind Singh College of Nursing	Barnala	Punjab	18	North	44
210	SRM Trichy College of Nursing	Tiruchirappalli	Tamil Nadu	24	South	105

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF NURSING COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
211	Nursing College, Hindu Mission Hospital	Chennai	Tamil Nadu	25	South	106
212	Dhanbad School of Nursing	Dhanbad	Jharkhand	4	East	14
213	Zyudus College of Nursing (Zyus Hospital)	Anand	Gujarat	7	West	33
214	VISWASS College of Nursing	Khordha	Odisha	5	East	15
215	The Yash Foundations College of Nursing and Medical Research Institute	Ratnagiri	Maharashtra	26	West	34
216	Jyoti College of Management, Science and Technology	Bareilly	Uttar Pradesh	5	North	45
217	KLE'S Institute of Nursing Sciences, Ankola	Ankola	Karnataka	51	South	107
218	Apollo Gleneagles Nursing College	Kolkata	West Bengal	6	East	16
219	St. Xavier's Catholic College of Nursing	Kanyakumari	Tamil Nadu	26	South	108
220	Arawali College of Nursing	Sikar	Rajasthan	5	North	46
221	Biyani Institute of Scence & Management (For Girls)	Jaipur	Rajasthan	6	North	47
222	St. Andrew's College of Nursing	Pune	Maharashtra	27	West	35
223	Sinhgad College of Nursing (SCON)	Pune	Maharashtra	28	West	36
224	Kailash Institute of Nursing and Para-Medical Sciences	Greater Noida	Uttar Pradesh	6	North	48
225	American NRI College of Nursing	Visakhapatnam	Andhra Pradesh	7	South	109
226	HIMCAPES College of Nursing	Una	Himachal Pradesh	5	North	49
227	Jaya College of Nursing	Warangal	Telangana	7	South	110
228	College of Nursing, Hindu Rao Hospital	Delhi	Delhi	5	North	50
229	Dr. J.P. Sharma Memorial School & College of Nursing	Yamuna Nagar	Haryana	8	North	51
230	Balaji Institute of Nursing	Warangal	Telangana	8	South	111



RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF NURSING COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
231	Shrinidhi College of Health Sciences and Research	Sivaganga	Tamil Nadu	27	South	112
232	Aadarsh Nursing College	Dhar	Madhya Pradesh	9	Central	12
233	RIMS College of Nursing	Raipur	Chattisgarh	4	Central	13
234	Sir H.N. Hospital and Research Centre College of Nursing (C/o Reliance Industries)	Mumbai	Maharashtra	29	West	37
235	Patliputra College of Nursing	Patna	Bihar	2	East	17
236	College of Nursing, CMC Vellore, Chittoor Campus	Chittoor	Andhra Pradesh	8	South	113
237	Mayo College of Nursing	Bhopal	Madhya Pradesh	10	Central	14
238	Holy Cross Nursing College	Ambikapur	Chattisgarh	5	Central	15
239	Maharashtra School & College of Nursing	Latur	Maharashtra	30	West	38
240	Manav Nursing School & College	Visnagar	Gujarat	8	West	39
241	Droan College of Nursing	Udham Singh Nagar	Uttarakhand	3	North	52
242	Ahmedabad Institute of Nursing Science (AINS)	Ahmedabad	Gujarat	9	West	40
243	Maharaja Agrasen College of Nursing, Agroha	Hisar	Haryana	9	North	53
244	Chinmaya Advance Research Education (CARE)	Haridwar	Uttarakhand	4	North	54
245	School of Nursing, Sister Nivedita University (SNU)	Kolkata	West Bengal	7	East	18
246	Kolkata Institute of Nursing	Kolkata	West Bengal	8	East	19
247	St. Martha Institute of Nursing	Guwahati	Assam	2	North-East	6
248	Mahatma Gandhi College of Nursing	Junagadh	Gujarat	10	West	41
249	Gayatri College of Nursing, Baripada	Baripada	Odisha	6	East	20

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF NURSING COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
250	Doon Institute of Medical Sciences	Dehradun	Uttarakhand	5	North	55
251	School of Nursing, Galgotias University	Greater Noida	Uttar Pradesh	7	North	56
252	Sri Krishana Institute of Nursing Education and Research	Salem	Tamil Nadu	28	South	114
253	Faculty of Medical Sciences, Rabindranath Tagore University	Raisen	Madhya Pradesh	11	Central	16
254	Sri Sai Institute of Nursing Sciences (Mansarovar Global University)	Bhopal	Madhya Pradesh	12	Central	17
255	Red Crescent College of Nursing	Kozhikode	Kerala	16	South	115
256	St. Barnabas Hospital College of Nursing	Ranchi	Jharkhand	5	East	21
257	Rayat Bahra College of Nursing	Mohali	Punjab	19	North	57
258	College of Nursing, Synod Hospital	Aizawl	Mizoram	1	North-East	7
259	Hoskote Mission Institute of Nursing	Bengaluru	Karnataka	52	South	116
260	Maa Kalawati Institute of Health Education and Research Center (YBN University)	Ranchi	Jharkhand	6	East	22
261	Avadh Institute of Medical Technology & Hospital	Lucknow	Uttar Pradesh	8	North	58
262	Medical & Technological Institute of Nursing (MTIN)	Jaipur	Rajasthan	7	North	59
263	College of Nursing, East Coast Institute of Medical Sciences (EIMS)	Puducherry	Puducherry	5	South	117
264	AKG Institute of Nursing	Lucknow	Uttar Pradesh	9	North	60
265	Sri Guru Ram Das College of Nursing	Amritsar	Punjab	20	North	61
266	Christian Institute of Health Sciences and Research, College of Nursing College	Chumoukedima	Nagaland	1	North-East	8
267	Sree Rama Krishna College of Nursing	Kanyakumari	Tamil Nadu	29	South	118

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF MEDICAL COLLEGE/ UNIVERSITY	CITY	STATE	STATE RANK	ZONE	ZONE RANK
268	International Institute of Nursing & Research	Kalyani	West Bengal	9	East	23
269	Department of Nursing, Graphic Era University	Dehradun	Uttarakhand	6	North	62
270	Jagannath Gupta Institute of Nursing (JINS)	Kolkata	West Bengal	10	East	24
271	Kalawati Nursing & Paramedical Institute	Kasganj	Uttar Pradesh	10	North	63
272	Kalka College of Nursing (Kalka Group of Institutions)	Meerut	Uttar Pradesh	11	North	64
273	St. Francis College of Nursing (SFCN)	Indore	Madhya Pradesh	13	Central	18
274	NEMCARE Institute of Nursing (NEMCARE Group of Institutions)	Kamrup	Assam	3	North-East	9
275	Rohilkhand College of Nursing	Bareilly	Uttar Pradesh	12	North	65
276	Institute of Nursing, Brainware University	Kolkata	West Bengal	11	East	25
277	Dhanalakshmi College of Nursing	Kannur	Kerala	17	South	119
278	M S Institute of Nursing, M.S. Hospital and Research Center	Lucknow	Uttar Pradesh	13	North	66
279	St. Luke's Hospital, College of Nursing	Shrirampur	Maharashtra	31	West	42
280	Tehmi Grant Institute of Nursing Education, Pune	Pune	Maharashtra	32	West	43
281	Dr. Vithalrao Vikhe Patil Foundation's College of Nursing, Ahmednagar	Ahmednagar	Maharashtra	33	West	44
282	Jyoti Hospital Nursing College	Prayagraj	Uttar Pradesh	14	North	67
283	Berhampur University & Odisha University of Health Science (OUHS), College of Nursing, Berhampur	Berhampur	Odisha	7	East	26
284	Aarohant Institute of Nursing, Swarnim Startup & Innovation University	Gandhinagar	Gujarat	11	West	45
285	Mercy College of Nursing	Kottarakkara	Kerala	18	South	120

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RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF PHARMACY COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
1	National Institute of Pharmaceutical Education and Research (NIPER), Hyderabad	Hyderabad	Telangana	1	South	1
2	National Institute of Pharmaceutical Education and Research (NIPER), Mohali	Mohali	Punjab	1	North	1
3	National Institute of Pharmaceutical Education and Research (NIPER), Ahmedabad	Gandhinagar	Gujarat	1	West	1
4	Jamia Hamdard	New Delhi	Delhi	1	North	2
5	Institute of Chemical Technology (ICT)	Mumbai	Maharashtra	1	West	2
6	Birla Institute of Technology & Science (BITS Pilani)	Pilani	Rajasthan	1	North	3
7	National Institute of Pharmaceutical Education and Research (NIPER), Kolkata	Kolkata	West Bengal	1	East	1
8	National Institute of Pharmaceutical Education and Research (NIPER), Raebareli	Lucknow	Uttar Pradesh	1	North	4
9	National Institute of Pharmaceutical Education and Research (NIPER), Guwahati	Guwahati	Assam	1	North-East	1
10	Delhi Pharmaceutical Sciences & Research University (DPSRU)	New Delhi	Delhi	2	North	5
11	Manipal College of Pharmaceutical Sciences	Manipal	Karnataka	1	South	2
12	Madras College of Pharmacy, Avadi	Chennai	Tamil Nadu	1	South	3
13	Sri Ramachandra Faculty of Pharmacy, Sri Ramachandra Institute of Higher Education and Research	Chennai	Tamil Nadu	2	South	4
14	SVKM's Narsee Monjee Institute of Management Studies	Mumbai	Maharashtra	2	West	3
15	School of Pharmacy, Amrita Vishwa Vidyapeetham	Kochi	Kerala	1	South	5
16	BITS Pilani, Hyderabad Campus	Hyderabad	Telangana	2	South	6

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF PHARMACY COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
17	JSS College of Pharmacy, Ooty	Udhagamandalam	Tamil Nadu	3	South	7
18	Department of Pharmacy, Janardan Rai Nagar Rajasthan Vidyapeeth	Udaipur	Rajasthan	2	North	6
19	Panjab University	Chandigarh	Chandigarh	1	North	7
20	Jadavpur University	Kolkata	West Bengal	2	East	2
21	Chitkara University	Rajpura	Punjab	2	North	8
22	JSS College of Pharmacy, Mysuru	Mysuru	Karnataka	2	South	8
23	Banasthali Vidyapith	Banasthali	Rajasthan	3	North	9
24	Dayananda Sagar University School of Pharmaceutical Sciences	Bengaluru	Karnataka	3	South	9
25	Lovely Professional University (LPU)	Phagwara	Punjab	3	North	10
26	School of Pharmacy (Bharath Institute of Higher Education and Research)	Chennai	Tamil Nadu	4	South	10
27	Central University of Punjab	Bathinda	Punjab	4	North	11
28	Bombay College of Pharmacy	Mumbai	Maharashtra	3	West	4
29	Birla Institute of Technology (BIT Mesra)	Ranchi	Jharkhand	1	East	3
30	KLE College of Pharmacy, Belagavi	Belgaum	Karnataka	4	South	11
31	PSG College of Pharmacy	Coimbatore	Tamil Nadu	5	South	12
32	Amity University, Noida	Noida	Uttar Pradesh	2	North	12
33	Dr. D. Y. Patil Institute of Pharmaceutical Sciences & Research	Pune	Maharashtra	4	West	5
34	SDPGIPS College of Pharmacy, Pandit Bhagwat Dayal Sharma University of Health Sciences	Rohtak	Haryana	1	North	13
35	Central University of Rajasthan	Kishangarh	Rajasthan	4	North	14
36	SVKM's Dr. Bhanuben Nanavati College of Pharmacy	Mumbai	Maharashtra	5	West	6



RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF PHARMACY COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
37	Vinayaka Mission's College of Pharmacy, VMRF (DU), Salem	Salem	Tamil Nadu	6	South	13
38	SRM Institute of Science & Technology	Chengalpattu	Tamil Nadu	7	South	14
39	LNCT University, School of Pharmacy	Bhopal	Madhya Pradesh	1	Central	1
40	The Maharaja Sayajirao University of Baroda	Vadodara	Gujarat	2	West	7
41	Vishnu Institute of Pharmaceutical Education & Research (VIPER), Narsapur	Medak	Telangana	3	South	15
42	Punjabi University	Patiala	Punjab	5	North	15
43	Goa College of Pharmacy	Panaji	Goa	1	West	8
44	Nirma University	Ahmedabad	Gujarat	3	West	9
45	School of Health & Medical Sciences, Adamas University	Kolkata	West Bengal	3	East	4
46	Ramaiah University of Applied Sciences	Bengaluru	Karnataka	5	South	16
47	Bharati Vidyapeeth's College of Pharmacy	Navi Mumbai	Maharashtra	6	West	10
48	National Institute of Pharmaceutical Education and Research (NIPER), Hajipur	Hajipur	Bihar	1	East	5
49	Guru Jambheshwar University of Science & Technology	Hisar	Haryana	2	North	16
50	Sam Higginbottom Institute of Agriculture, Technology and Sciences	Prayagraj	Uttar Pradesh	3	North	17
51	Shoolini University	Solan	Himachal Pradesh	1	North	18
52	Poona College of Pharmacy (Bharati Vidyapeeth)	Pune	Maharashtra	7	West	11
53	Teerthanker Mahaveer University	Moradabad	Uttar Pradesh	4	North	19
54	Sri Venkateswara College of Pharmacy (Autonomous)	Chittoor	Andhra Pradesh	1	South	17

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF PHARMACY COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
55	Parul University	Vadodara	Gujarat	4	West	12
56	Babasaheb Bhimrao Ambedkar University	Lucknow	Uttar Pradesh	5	North	20
57	Annamalai University	Annamalai Nagar	Tamil Nadu	8	South	18
58	NGSM Institute of Pharmaceutical Sciences	Mangaluru	Karnataka	6	South	19
59	Dibrugarh University	Dibrugarh	Assam	2	North-East	2
60	Sri Adichunchanagiri College of Pharmacy	B G Nagara	Karnataka	7	South	20
61	Acharya & BM Reddy College of Pharmacy	Bengaluru	Karnataka	8	South	21
62	Y. B. Chavan College of Pharmacy	Aurangabad	Maharashtra	8	West	13
63	NSHM Institute of Health Sciences, NSHM Knowledge Campus	Kolkata	West Bengal	4	East	6
64	Progressive Education Society's Modern College of Pharmacy	Pune	Maharashtra	9	West	14
65	A.U. College of Pharmaceutical Sciences, Andhra University	Visakhapatnam	Andhra Pradesh	2	South	22
66	Lloyd School of Pharmacy, Lloyd Institute of Management and Technology	Greater Noida	Uttar Pradesh	6	North	21
67	R. C. Patel Institute of Pharmaceutical Education & Research	Shirpur	Maharashtra	10	West	15
68	Arulmigu Kalasalingam College of Pharmacy	Virudhunagar	Tamil Nadu	9	South	23
69	L. M. College of Pharmacy	Ahmedabad	Gujarat	5	West	16
70	Dr. D. Y. Patil College of Pharmacy, Akurdi	Pune	Maharashtra	11	West	17
71	ISF College of Pharmacy	Moga	Punjab	6	North	22
72	Suryadatta College of Pharmacy, Healthcare and Research	Pune	Maharashtra	12	West	18

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF PHARMACY COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
73	Department of Pharmaceutical Sciences, Acharya Nagarjuna University (ANU)	Guntur	Andhra Pradesh	3	South	24
74	Chalapathi Institute of Pharmaceutical Sciences	Guntur	Andhra Pradesh	4	South	25
75	Rashtrasant Tukadoji Maharaj Nagpur University	Nagpur	Maharashtra	13	West	19
76	Sri Padmavathi Mahila Visvavidyalayam	Tirupati	Andhra Pradesh	5	South	26
77	Maharishi Markandeshwar University	Ambala	Haryana	3	North	23
78	Vels Institute of Science, Technology & Advanced Studies (VISTAS)	Chennai	Tamil Nadu	10	South	27
79	Raghavendra Institute of Pharmaceutical Education and Research (RIPER)	Anantapur	Andhra Pradesh	6	South	28
80	Arihant School of Pharmacy and Bio Research Institute	Gandhinagar	Gujarat	6	West	20
81	Maharshi Dayanand University	Rohtak	Haryana	4	North	24
82	Guru Nanak Institute of Pharmaceutical Science & Technology	Kolkata	West Bengal	5	East	7
83	Smt. Kishoritai Bhoyar College of Pharmacy, Kamptee	Nagpur	Maharashtra	14	West	21
84	HIMT College of Pharmacy	Greater Noida	Uttar Pradesh	7	North	25
85	Yavatmal Zilla Vikas Samiti's Pataldhamal Wadhvani College of Pharmacy, Yavatmal	Yavatmal	Maharashtra	15	West	22
86	College of Pharmacy, Sri Ramakrishna Institute of Paramedical Sciences	Coimbatore	Tamil Nadu	11	South	29

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DISCIPLINE SURVEY HEALTH SCIENCES

COURSE ASSESSED PHYSIOTHERAPY

PARAMETERS

- TEACHING LEARNING RESOURCES & PEDAGOGY (TLRP)
- RESEARCH (RS)
- FUTURE ORIENTATION (FO)
- EXTERNAL PERCEPTION & INTERNATIONAL OUTLOOK (EPIO)
- ROI

FOR METHODOLOGY

VISIT

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RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF PHYSIOTHERAPY COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
1	Pandit Deendayal Upadhyaya National Institute for Persons with Physical Disabilities	New Delhi	Delhi	1	North	1
2	Institute of Medical Sciences, Banaras Hindu University	Varanasi	Uttar Pradesh	1	North	2
3	Postgraduate Institute of Medical Education and Research (PGIMER)	Chandigarh	Chandigarh	1	North	3
4	SDM College of Physiotherapy	Dharwad	Karnataka	1	South	1
5	National Institute for Empowerment of Persons with Multiple Disabilities (Divyangjan)	Chennai	Tamil Nadu	1	South	2
6	Pt. B.D. Sharma Post Graduate Institute of Medical Sciences	Rohtak	Haryana	1	North	4
7	Sri Ramachandra Institute of Higher Education and Research	Chennai	Tamil Nadu	2	South	3
8	Sanjay Gandhi Institute of Trauma & Orthopaedics	Bengaluru	Karnataka	2	South	4
9	BITS Institute of Physiotherapy	Vadodara	Gujarat	1	West	1
10	Madras Medical College	Chennai	Tamil Nadu	3	South	5
11	Pt. Deendayal Upadhyay Memorial Health Sciences and Ayush University of Chhattisgarh	Naya Raipur	Chhattisgarh	1	Central	1
12	St. John's National Academy of Health Sciences	Bengaluru	Karnataka	3	South	6
13	Jamia Hamdard	New Delhi	Delhi	2	North	5
14	Guru Gobind Singh Indraprastha University	New Delhi	Delhi	3	North	6
15	Hemwati Nandan Bahuguna Uttarakhand Medical Education University	Dehradun	Uttarakhand	1	North	7

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF PHYSIOTHERAPY COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
16	Regional College of Paramedical Health Sciences	Guwahati	Assam	1	North-East	1
17	Jamia Millia Islamia	New Delhi	Delhi	4	North	8
18	Swami Vivekanand National Institute of Rehabilitation Training and Research (SVNIRTAR)	Cuttack	Odisha	1	East	1
19	College of Physiotherapy, Dayananda Sagar University	Bengaluru	Karnataka	4	South	7
20	Manipal Academy of Higher Education (MAHE)	Manipal	Karnataka	5	South	8
21	JSS College of Physiotherapy	Mysuru	Karnataka	6	South	9
22	National Institute of Health Education & Research (NIHER)	Patna	Bihar	1	East	2
23	D Y Patil University, Navi Mumbai	Navi Mumbai	Maharashtra	1	West	2
24	Government Medical College & Hospital	Nagpur	Maharashtra	2	West	3
25	Maharaja Agrasen Medical College, Agroha	Hisar	Haryana	2	North	9
26	Ramaiah College of Physiotherapy	Bengaluru	Karnataka	7	South	10
27	Janardan Rai Nagar Rajasthan Vidyapeeth	Udaipur	Rajasthan	1	North	10
28	Sri Guru Ram Das University of Health Sciences, Sri Amritsar	Amritsar	Punjab	1	North	11
29	Ahmedabad Institute of Medical Sciences (AIMS)	Ahmedabad	Gujarat	2	West	4
30	Sapthagiri Institute of Medical Sciences & Research Center	Bengaluru	Karnataka	8	South	11
31	Father Muller College of Physiotherapy	Mangaluru	Karnataka	9	South	12



RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF PHYSIOTHERAPY COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
32	Suryadatta Institute of Health Science (SIHS) College of Physiotherapy	Pune	Maharashtra	3	West	5
33	Datta Meghe Institute of Higher Education & Research	Wardha	Maharashtra	4	West	6
34	Apollo College of Physiotherapy	Durg	Chhattisgarh	2	Central	2
35	Vinayaka Mission's College of Physiotherapy	Salem	Tamil Nadu	4	South	13
36	Annamalai University, Annamalai Nagar	Annamalai Nagar	Tamil Nadu	5	South	14
37	Goa Medical College & Hospital	Bambolim	Goa	1	West	7
38	Acharya Institute of Health Sciences	Bengaluru	Karnataka	10	South	15
39	MGM Institute of Physiotherapy	Aurangabad	Maharashtra	5	West	8
40	College of Physiotherapy and Medical Sciences, PEWS	Guwahati	Assam	2	North-East	2
41	Shree Guru Gobind Singh Tricentenary University (SGT University)	Gurugram	Haryana	3	North	12
42	Institute of Post Graduate Medical Education and Research (IPGME&R) - SSKM Hospital	Kolkata	West Bengal	1	East	3
43	Guru Nanak Dev University	Amritsar	Punjab	2	North	13
44	Meenakshi College of Physiotherapy (MAHER)	Chennai	Tamil Nadu	6	South	16
45	KLE Academy of Higher Education and Research Institute of Physiotherapy	Belgaum	Karnataka	11	South	17
46	Dr. APJ Abdul Kalam College of Physiotherapy (PIMS), Loni	Ahmednagar	Maharashtra	6	West	9
47	Integral University	Lucknow	Uttar Pradesh	2	North	14

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF PHYSIOTHERAPY COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
48	Dr. D. Y. Patil College of Physiotherapy, Pimpri	Pune	Maharashtra	7	West	10
49	Punjabi University	Patiala	Punjab	3	North	15
50	Nizam's Institute of Medical Sciences	Hyderabad	Telangana	1	South	18
51	Doon Institute of Medical Sciences	Dehradun	Uttarakhand	2	North	16
52	Maharishi Markandeshwar University, Kumarhatti - Solan	Solan	Himachal Pradesh	1	North	17
53	Chhatrapati Shahu ji Maharaj University	Kanpur	Uttar Pradesh	3	North	18
54	Maharashtra Institute of Physiotherapy	Latur	Maharashtra	8	West	11
55	Mother Teresa Saket College of Physiotherapy	Panchkula	Haryana	4	North	19
56	Tilak Maharashtra Vidyapeeth-Lokmanya Medical College of Physiotherapy	Navi Mumbai	Maharashtra	9	West	12
57	College of Physiotherapy of Peerless Hospital and B. K Roy Research Centre	Kolkata	West Bengal	2	East	4
58	MAEERs Physiotherapy College, Talegaon Dabhade	Pune	Maharashtra	10	West	13
59	Lovely Professional University (LPU)	Phagwara	Punjab	4	North	20
60	Jayoti Vidyapeeth Women's University	Jaipur	Rajasthan	2	North	21
61	Sharda University	Greater Noida	Uttar Pradesh	4	North	22
62	Dr.N.T.R University of Health Sciences	Vijayawada	Andhra Pradesh	1	South	19
63	School of Physiotherapy, AVMC Campus	Puducherry	Puducherry	1	South	20



RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF PHYSIOTHERAPY COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
64	Dr. M.G.R Educational and Research Institute	Chennai	Tamil Nadu	7	South	21
65	JDT Islam College of Physiotherapy	Calicut	Kerala	1	South	22
66	Galgotias University	Greater Noida	Uttar Pradesh	5	North	23
67	Chaitanya Medical Foundation's College of Physiotherapy, Chinchwad	Pune	Maharashtra	11	West	14
68	NIMS College of Physiotherapy & Occupational Therapy	Jaipur	Rajasthan	3	North	24
69	Parul University	Vadodara	Gujarat	3	West	15
70	Teerthanker Mahaveer University	Moradabad	Uttar Pradesh	6	North	25
71	Abhilashi University	Mandi	Himachal Pradesh	2	North	26
72	Adesh University	Bathinda	Punjab	5	North	27
73	K J Somaiya College of Physiotherapy	Mumbai	Maharashtra	12	West	16
74	Baba Farid University of Health Sciences	Faridkot	Punjab	6	North	28
75	Medical Trust Institute of Medical Sciences (MTIMS)	Ernakulam	Kerala	2	South	23
76	Hi-Tech College of Physiotherapy	Bhubaneswar	Odisha	2	East	5
77	Topiwala National Medical College And Bai Yamunabai Laxman Nair Charitable Hospital	Mumbai	Maharashtra	13	West	17
78	KG College of Physiotherapy	Coimbatore	Tamil Nadu	8	South	24
79	Swami Rama Himalayan University	Dehradun	Uttarakhand	3	North	29
80	PES Institute of Medical Sciences & Research	Kuppam	Andhra Pradesh	2	South	25

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF PHYSIOTHERAPY COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
81	Shree Swaminarayan Physiotherapy College, Kadodara	Surat	Gujarat	4	West	18
82	Narayana College of Physiotherapy	Nellore	Andhra Pradesh	3	South	26
83	Shri Guru Ram Rai University	Dehradun	Uttarakhand	4	North	30
84	Haldia Institute of Health Sciences	Haldia	West Bengal	3	East	6
85	KTG College of Physiotherapy	Bengaluru	Karnataka	12	South	27
86	BLDE (Deemed to be University)	Vijayapura	Karnataka	13	South	28
87	K M Patel Institute of Physiotherapy	Anand	Gujarat	5	West	19
88	V.S.P.M.'s College of Physiotherapy	Nagpur	Maharashtra	14	West	20
89	L N Paramedical College, LNCT University	Bhopal	Madhya Pradesh	1	Central	3
90	Indore Institute of Medical Sciences	Indore	Madhya Pradesh	2	Central	4
91	Bengal Institute of Pharmaceutical Sciences	Nadia	West Bengal	4	East	7
92	Garden City University	Bengaluru	Karnataka	14	South	29
93	Little Flower Institute of Medical Science & Research (LIMSAR)	Ernakulam	Kerala	3	South	30
94	Ramakrishna Mission Seva Pratishthan	Kolkata	West Bengal	5	East	8
95	Madhya Pradesh Medical Science University	Jabalpur	Madhya Pradesh	3	Central	5
96	Indian Spinal Injuries Centre (ISIC) Institute of Rehabilitation Sciences	New Delhi	Delhi	5	North	31
97	Bareilly International University	Bareilly	Uttar Pradesh	7	North	32

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF MEDICAL COLLEGE/ UNIVERSITY	CITY	STATE	STATE RANK	ZONE	ZONE RANK
98	Rajasthan University of Health Sciences	Jaipur	Rajasthan	4	North	33
99	The SIA College of Health Sciences, College of Physiotherapy	Thane	Maharashtra	15	West	21
100	IIMT University	Meerut	Uttar Pradesh	8	North	34
101	MGM College of Physiotherapy, Vashi	Navi Mumbai	Maharashtra	16	West	22
102	Lokmanya Tilak Municipal General Hospital and Lokmanya Tilak Municipal Medical College, Sion Mumbai	Mumbai	Maharashtra	17	West	23
103	Netaji Subhash Chandra Bose Medical College	Jabalpur	Madhya Pradesh	4	Central	6
104	KMCT College of Allied Health Sciences	Kozhikode	Kerala	4	South	31
105	Terna Physiotherapy College	Navi Mumbai	Maharashtra	18	West	24
106	Krishna Vishwa Vidyapeeth	Karad	Maharashtra	19	West	25
107	Banarsidas Chandiwala Institute of Physiotherapy	New Delhi	Delhi	6	North	35
108	School of Physiotherapy, Puducherry	Puducherry	Puducherry	2	South	32
109	MVP'S College Of Physiotherapy, Nashik	Nasik	Maharashtra	20	West	26
110	Venus Institute of Physiotherapy, Swarnim Startup & Innovation University	Gandhinagar	Gujarat	6	West	27
111	Shanmuga College of Physiotherapy	Karaikal	Puducherry	3	South	33
112	Jaipur National University	Jaipur	Rajasthan	5	North	36
113	Mahatma Gandhi Physiotherapy College	Jaipur	Rajasthan	6	North	37



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COURSE ASSESSED PUBLIC HEALTH

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RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF PUBLIC HEALTH COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
1	Jawaharlal Institute of Postgraduate Medical Education & Research (JIPMER)	Puducherry	Puducherry	1	South	1
2	Jawaharlal Nehru University (JNU)	New Delhi	Delhi	1	North	1
3	Tata Institute of Social Sciences (TISS)	Mumbai	Maharashtra	1	West	1
4	All India Institute of Medical Sciences, Jodhpur	Jodhpur	Rajasthan	1	North	2
5	Rajiv Gandhi University of Health Sciences	Bengaluru	Karnataka	1	South	2
6	All India Institute of Medical Sciences, Rishikesh	Rishikesh	Uttarakhand	1	North	3
7	National Institute of Mental Health and Neuro Sciences (NIMHANS)	Bengaluru	Karnataka	2	South	3
8	National Centre for Disease Control	New Delhi	Delhi	2	North	4
9	All India Institute of Hygiene and Public Health	Kolkata	West Bengal	1	East	1
10	Manipal Academy of Higher Education (MAHE)	Manipal	Karnataka	3	South	4
11	NSHM Institute of Health Sciences, NSHM Knowledge Campus	Kolkata	West Bengal	2	East	2
12	Indian Institute of Public Health, Gandhinagar	Gandhinagar	Gujarat	1	West	2
13	Sri Ramachandra Institute of Higher Education and Research	Chennai	Tamil Nadu	1	South	5
14	The School of Public Health & Health Sciences, Savitribai Phule Pune University	Pune	Maharashtra	2	West	3
15	Indian Institute of Public Health - Delhi (IIPH-D)	Gurugram	Haryana	1	North	5
16	ICMR - National Institute of Epidemiology	Chennai	Tamil Nadu	2	South	6

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF PUBLIC HEALTH COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
17	Institute of Public Health, Kalyani	Kalyani	West Bengal	3	East	3
18	JSS Medical College	Mysuru	Karnataka	4	South	7
19	D Y Patil University (School of Public Health), Navi Mumbai	Navi Mumbai	Maharashtra	3	West	4
20	Symbiosis Institute of Health Sciences	Pune	Maharashtra	4	West	5
21	Karnataka State Rural Development & Panchayat Raj University, Gadag	Gadag	Karnataka	5	South	8
22	Dr. D. Y. Patil Medical College, Hospital & Research Centre	Pune	Maharashtra	5	West	6
23	Faculty of Life and Allied Health Sciences, Ramaiah University of Applied Sciences	Bengaluru	Karnataka	6	South	9
24	School of Health Sciences, Dayananda Sagar University	Bengaluru	Karnataka	7	South	10
25	Kerala University of Health Sciences	Thrissur	Kerala	1	South	11
26	Maulana Azad University, Jodhpur	Jodhpur	Rajasthan	2	North	6
27	IIHMR University, Jaipur	Jaipur	Rajasthan	3	North	7
28	Amity University, Gurugram	Gurugram	Haryana	2	North	8
29	Centre for Professional and Advanced Studies, School of Medical Education (SME)	Kottayam	Kerala	2	South	12
30	Shree Guru Gobind Singh Tricentenary University (SGT University)	Gurugram	Haryana	3	North	9
31	Sam Higginbottom University of Agriculture, Technology and Sciences (SHUATS)	Prayagraj	Uttar Pradesh	1	North	10
32	Krishna Vishwa Vidyapeeth	Karad	Maharashtra	6	West	7
33	Martin Luther Christian University	Shillong	Meghalaya	1	North-East	1

RANK* (SURVEY & PERCEPTIVE BASED)	NAME OF PUBLIC HEALTH COLLEGE	CITY	STATE	STATE RANK	ZONE	ZONE RANK
34	School of Public Health and Social Medicine (SPHSM), Pravara Institute of Medical Sciences, Loni	Ahmednagar	Maharashtra	7	West	8
35	Yenepoya Medical College	Mangaluru	Karnataka	8	South	13
36	University of Hyderabad	Hyderabad	Telangana	1	South	14
37	Sree Chitra Tirunal Institute for Medical Sciences and Technology, Trivandrum	Thiruvananthapuram	Kerala	3	South	15
38	University of Lucknow	Lucknow	Uttar Pradesh	2	North	11
39	SRM School of Public Health, SRM Institute of Science & Technology	Chengalpattu	Tamil Nadu	3	South	16
40	Amity University, Noida	Noida	Uttar Pradesh	3	North	12
41	Department of Public Health, Faculty of Medicine (Parul University)	Vadodara	Gujarat	2	West	9
42	K S Hegde Medical Academy	Mangaluru	Karnataka	9	South	17
43	Vinayaka Mission's Research Foundation	Salem	Tamil Nadu	4	South	18
44	Sri Devaraj Urs Medical College (Sri Devaraj Urs Academy of Higher Education and Research)	Kolar	Karnataka	10	South	19
45	Global Institute of Public Health	Thiruvananthapuram	Kerala	4	South	20
46	Dr. Ram Manohar Lohia Avadh University	Ayodhya	Uttar Pradesh	4	North	13
47	Institute of Clinical Research India (ICRI), New Delhi	New Delhi	Delhi	3	North	14
48	Eternal University, Sirmour	Sirmour	Himachal Pradesh	1	North	15

LNCT Group: Empowering youth with quality education

Steadfastly committed to **“Working towards Being the Best”**, LNCT Group is driving excellence in education and holistic development by making world-class higher education easily accessible through its expansion spree comprising several multi-disciplinary campuses in various cities of Central India.



Dr. Anupam Chouksey
Chancellor, LNCT Professional University
Secretary, LNCT Group of Colleges

Madhya Pradesh's distinguished educational conglomerate, Lakshmi Narain College of Technology (LNCT) University, a private university, and its affiliated colleges, vividly illustrate the pivotal role of passion, compassion and its visionary leadership is proudly committed in shaping the youth's lives and prosperous future by empowering them through quality education.

Dr. Anupam Chouksey – a youth icon, Secretary of the LNCT Group and the visionary successor to Lakshmi Narain College of Technology (LNCT) Group's Chairman's position – assuming the mantle of leadership within the LNCT Group, marks the beginning of a new era for the premier institution. He is leading a revolutionary transformation, hallmarked by a pioneering global vision, while upholding the esteemed legacy of his father, Jai Narain Chouksey, the founder of the renowned LNCT Group.

Since being founded in 1994 in the City of Lakes, Bhopal, Lakshmi Narain College of Technology has gone from strength to strength over the decades while attaining milestones galore and successfully navigating many challenges. Dr. Chouksey succinctly encapsulates the remarkable journey of growth in his words, *“It goes without saying that my father had challenges in the journey of building LNCT, but he surmounted them all with his resolute passion, sweat and toil, and a clear vision of the road ahead, that has made LNCT a pioneering technical institution of Central India.”* With its 12 campuses situated in Indore, Bhopal, Jabalpur and Bilaspur, LNCT Group presently runs as many as 28 Engineering Colleges, 2 Medical Colleges, 2 Dental Colleges and 3 Universities that provide a nurturing environment for learning and paving the way for the students' for a promising future.

LNCT Group, boasting ISO-9001 certification alongside NBA accreditation for several



of its engineering and pharmacy courses, has emerged as a leading force, the most preferred choice and the premier educational destination in Central India for countless students aspiring to pursue education in the coveted fields of Engineering, Medical, Management, and Pharmacy. With Dr. Anupam Chouksey establishing new campuses replete with state-of-the-art facilities and dedicated to the study of multi-disciplinary subjects in the state's key commercial centers, the move has been instrumental in empowering bright minds with quality education while advancing economic progress by fostering the development of skilled manpower.

From providing a nurturing academic environment where students can thrive and are



The Legacy continues... **Shri. Jai Narain Chouksey, Smt. Poonam Chouksey, Dr. Shweta Chouksey, Anant & Jayant**

encouraged to pursue extracurricular activities alongside their studies to offering diverse courses, outstanding faculty, world-class infrastructure, highly sought-after campus placements and a plethora of facilities driving excellence in education, LNCT has left no stone

turned to foster holistic development of students.

LNCT Group's driving force

Dr. Anupam Chouksey's remarkable trajectory intertwines deeply with the brand LNCT and its exemplary growth spanning burgeoning businesses in different sectors – Health-care, Power, IT, Pharmaceutical, Construction, Skill Development, Retail and Petrochemicals. From his early days as a college student at LNCT, Dr. Anupam immersed himself actively in the workings of the illustrious Group while pursuing his engineering degree. This hands-on, immersive approach was strategic and forward-thinking, allowing him to grasp the intricacies of campus life firsthand, discern its needs, and assess the impact of the existing policies while gaining invaluable insights into the grassroots challenges inherent to the education sector. Leveraging his understanding through his educational experience, Dr. Chouksey overhauled several policies to ensure that LNCT delivers easily accessible and engaging education more effectively to its students from various parts of the country and abroad.

Demonstrating unwavering support akin to a steadfast partner, Dr. Shweta Chouksey stands as a formidable asset for the LNCT Group. With a doctoral degree in Computer Science Engineering and serving as the Director of the Group, her contributions have been integral to the Group's success. With their visionary leadership, the dynamic power couple is taking forward the grand legacy and vision of the founder of the LNCT Group, Jai Narain Chouksey.

The leadership of Dr. Anupam, who is active in the political arena as well, stands out remarkably not just within the realm of education but also across various industries within the Group. He has spearheaded numerous ventures across different sectors, strategically positioning the prestigious Group as a trusted brand synonymous with quality and reliability, both nationally and internationally. As a voracious reader, who favors fiction and is fond of traveling, Dr. Anupam has ushered in an unprecedented phase of steady growth for LNCT Group marked by many celebratory milestones and phenomenal achievements.

Lying at the heart of the inspiring success story of LNCT Group is his purpose-driven vision and astute leadership that has propelled the Group on an exceptional growth trajectory across dimensions, services and content. The Group's impressive growth has emerged as a formidable contributor to India's economic landscape, playing a pivotal role in advancing India's ambitious goal of achieving a \$5 trillion economy by 2027-2028.

LNCT GROUP

EDUCATION INSTITUTIONS BHOPAL

- LNCT University
- JNCT Professional University
- Lakshmi Narain College of Technology
- L.N. Medical College & J.K. Hospital
- Lakshmi Narain College of Technology & Science
- L.N. College of Ayurveda
- School of Legal Studies
- L.N. Nursing School & College
- Lakshmi Narain College of Pharmacy
- Lakshmi Narain College of Technology & Excellence
- School of Agriculture Studies
- Jai Narain College of Technology
- Jai Narain College of Nursing
- JNCT College of Pharmacy
- Jain Narain College of Paramedical Sc.
- JNCT College of Arts, Commerce & Science
- Rishiraj College of Dental Science.
- LNCT World School

INDORE

- LNCT Vidhyapeeth University
- LNCT Medical College & Sewakunj Hospital

- School of Pharmacy, LNCT
- SAFE School of Nursing
- School of Legal Studies
- LN Paramedical
- LNCT (BPL) Indore Campus
- LNCT Institute of Pharmacy
- Modern College of Dental Sc.

Bilaspur

- Chouksey Engineering College
- Chouksey College of Sc. & Commerce
- Chouksey College of Pharmacy
- School of Pharmacy, CEC
- Institute of Pharmaceutical Sc.

Jabalpur

- Lakshmi Narain College of Technology
- LNCT College of Arts, Commerce & Science

OTHER VENTURES

- Kalchuri Contractors Ltd.
- Parvati Sweetners & Powers Ltd.
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- Ananjay Construction Pvt. Ltd.
- Ananjay Pharmaceutical Pvt Ltd.
- Kalakunj Foundations
- LNCT Education Foundation
- Kalchuri Incubators

MATHEMATICS CHALLENGE

CMT - SERIES PROBLEMS - by GANIT MATH (गणित मठ)

CMT-2020/ 58 :

For $x, y \in R$,

$$\text{if } x^{16} + y^{16} + 216x^2y^2 - 180x^4y^4 + 48x^6y^6 - 2x^8y^8 = 81$$

then,

$$x^{12} + y^{12} + 54x^2y^2 - 27x^4y^4 + 2x^6y^6 = ?$$

- composed by -
Teachers' Teacher , Maths Wizard



श्री श्री १००८ गणित गुरु गणितानन्द जी महाराज
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... must practise from

MENTAL MATHS
Work Book of Algebra
Volume - 0001A
for
Speed and accuracy
If $x^2 + y^2 = \alpha$ and $xy = \beta$,
then find the value of :
 $x^{16} + y^{16}$, $x^{15} + y^{15}$, and ,
 $x^{12} + y^{12}$ in terms of α and
 β in the simplest form.
...a part of Ganitanand-Facts
<http://www.ganitmath.in/Books.aspx>

CMT-2020/ 59 :

$$\text{If } m = \left\{ \left(\frac{x\sqrt{x}}{1 - \sqrt{\frac{y}{x+y}}} \right) + \left(\frac{y\sqrt{y}}{1 + \sqrt{\frac{x}{x+y}}} \right) \right\};$$

$$n = x^3 \div (1 - y \div \sqrt{x^2 + y^2}) + y^3 \div (1 + x \div \sqrt{x^2 + y^2});$$

$$\text{and, } \frac{n}{m} = p (x\sqrt{x} - x\sqrt{y} + y\sqrt{x} - y\sqrt{y}) + Q$$

$$= p (y\sqrt{y} - y\sqrt{x} + x\sqrt{y} - x\sqrt{x}) + R ;$$

(where $x \neq 0$, $y \neq 0$)

$$\text{then, } \{m (Q + R)\} \div (2np) = ?$$

ANSWERS : CMT-2020/56: 51 ; CMT-2020/57: 1

Answers will be published in the next issue . You can ask any queries and send your solution to

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