



ABHILASHI NEWSLETTER

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Visit by Dignitaries to Abhilashi Group of Institutions and Abhilashi University:

1. Shri G.S.Bali, Hon'ble Minister of Food and Civil Supplies and Technical Education, Government of Himachal Pradesh Inaugurated Tech Fest in Abhilashi Group of Institutions.



2. Prof. Timothy A. Gonsalves, Director, IIT Mandi (H.P.) was Chief Guest In Faculty Development Programme.



3. Prof. T.C. Bhalla, Emeritus Professor of Biotechnology, HPU Shimla (H.P.) delivered guest lecture at Abhilashi University.



4. Prof. Desh Raj Thakur, Deptt. of Bio Sciences, Himachal Pradesh University, Shimla visited Abhilashi University as a Resource person.



5. Mr. Harbinder Singh Sokhi of Bombay Stock Exchange (BSE) visited Abhilashi University and delivered the lecture on Financial Planning and Career Opportunity in India.



Celebration of World's Health Day

World's Health Day was celebrated on 7th April 2016 in the Multipurpose Hall of Abhilashi University, Chief Guest was Dr. R.K. Abhilashi the Chancellor of the University. This auspicious occasion of the celebration of World's Health Day whose Focal theme was-Halt the Rise: Beat Diabetes was celebrated with great enthusiasm. The students & staff participated the ceremony. The ceremony started with the Dhanvantri Pujan followed by the speech of Hon'ble Vice-Chancellor who emphasized the role of health of as person in the development of society. Dr. R.K. Abhilashi, Hon'ble Chancellor advised the staff and students to remain fit and understand the value of healthy body, healthy mind and healthy environment. Vote of thanks was given by the Dean of Studies, Dr. A.S. Guleria.

Thereafter, the technical sessions started



Abhilashi Ayurveda College & Research Institute celebrates World Health Day “AROGYAM 2016”

AROGYAM 2016- World Health day, was celebrated by Abhilashi Ayurvedic College & Research Institute on 7th April 2016. The focal theme was ‘Halt rise Beat Diabetes’ Hon’ble Chancellor, Abhilashi University, Dr.R.K. Abhilashi was the chairperson for AROGYAM. The disease, diabetes was discussed from various aspects like etiology, pathology, prevention and treatment. The following presentations related to diabetes were debated:

1. Pathophy-siological approach towards Diabetes by Dr. Vandana.
2. Etiological Approach towards Diabetes in Ayurveda by Dr. Prabodh.
3. Diet and life style guidelines for Diabetes-Evidence based Ayurvedic perspective by Dr. Rohit.
4. Investigation in Diabetes by Dr. A.K. Jha.
5. Complications of Diabetes by Dr. Vikas.
6. Role of Herbal drugs in the management of Diabetes by Dr. Vinod.
7. Panachkarma in Diabetes by Dr. Abhinav.



Sports Meet of the University

Sport Meet of the University was organized on 9th April 2016 in the University playgrounds, Er. Lalit Kumar Abhilashi, Hon’ble Pro-Chancellor was the Chief Guest. All the students and staff members were present in the playgrounds by 9.30 AM. The students participated actively in VolleyBall, Kabaddi, Table-Tennis, Badminton and Chess. Students also participated in the athletics

competition. There results of the different competition are as follows:

Sports Meet (Winners & Runners Up)



Students Playing different games in Abhilashi University Campus

Boys

Sr. no	Sports Activity	Winner	Runner
1	Volley Ball	B.Tech.+ Pharmacy	Poly. Diploma(CE)
2	Kabadhi	Poly. Diploma (CE)	B.Sc Agriculture
3	Badminton	Mukul & Guarav	Shubham& Pankaj
4.	Table Tennis	Phurdun LepchaPoly.(Diplom a)	Sherpa B.Tech.
5.	Chess	Dorgen Tamang (B.Sc. Agriculture)	Rapden Poly.(Diploma)
		1. Amit poly (Diploma) 2.Nirmal poly (Diploma) 3.Jitender (BAMS)	

Sr. no	Sports Activity	Winner	Runner
1.	VolleyBall	Nursing	BAMS
2.	Kabadhi	BAMS	GNM
3.	Badminton	Aishwarya & Anu	Ananya &

			Nitika
4.	TableTennis		
5.	Race(100 m)	1.Ananya and Sherpa 2.Vineeta 3.Sangay (B.Sc. Agriculture)	

Girls

Guest Lecture on Moral Values:

Lecture on Moral Values was delivered by Prof. J.N. Sharma (Hans.) Ph.D. D. Litt. at 3 PM on 11-04-2016 in the Multipurpose Hall of the University. Dr. R.K. Abhilashi Hon'ble Chancellor, Er. L.K. Abhilashi, Hon'ble Pro-Chancellor, Prof. H.S. Banyal, Hon'ble Vice Chancellor, Sh. B.R. Naik Director Abhilashi Institute of Pharmacy and Life Sciences Balt, Registrar, Dean of Studies, D.S.W. and Deans of all faculties, teaching and non- teaching staff members and students were present in the hall Dr. J.N Sharma, a former professor and director of the Nirankari Baba Gurbachan Singh memorial P.G. College of the Maharishi Dayanand University, Rohtak, Haryana & presently associated with the Akhil Bharti Ganga Dass Hindi Institution. Prof. Sharma is conferred the Indira Gandhi Award for his excellent academic and social works. Dr. R.K. Abhilashi, Hon'ble Chancellor of the University emphasized the importance of spiritualism in his speech giving the example of raising the Abhilashi Institution to the level of University with the will of Satguru Baba Hardev Ji Maharaj, the spiritual leader of Nirankari Mission. Prof J.N. Sharma, the Chief Speaker of the day differentiated between real and temporary entities. Real is what is permanent, which was existing in past time, existing in the present time and will exist in future whereas other is temporary. He further suggested that what is real is true. Only God is real and true. He said that any living thing is made of five elements which are air, water, earth, fire and space. In addition, soul is also present inside the living body as sixth element. This soul is called "JEEVATMA" and it is a part of big soul present outside the body of living organism called "PARAMATMA" (The Almighty God.). So all JEEVATMAS are the fragments of PARMATMA and, therefore, all JEEVATMAS are derived from PARAMATMA and are all alike and hence no question of hating one or other living organism arises. After the death of the living organism the JEEVATMA returns to the PARAMATMA.

Guest Lecture on Spiritualism by BrahamKumari Bhagwan

Welcome of BrahmKumaris in Abhilashi University



Lecture on spiritualism was delivered by Braham Kumari Bhagwan in the Multipurpose Hall of the University at 12.30 PM on 27/4/2016. Dean of Studies Dr. A.S. Guleria , Dean of Student Welfare Dr. S.C. Chauhan, other faculty Deans ,teaching and non-teaching staff members and students were present in the Hall. Braham Kumari Bhagwan stressed the way to enjoy tension free happy life.

Swachhata Abhiyaan and Health Awareness Programs in selected villages

Swachhta Abhiyan camp was held on dated 30th April, 2016 by Abhilashi University in which doctor team Dr. Vinod Katoch and Dr. Pankaj Saklani participated.



Abhilashi Ayurvedic College and Research Institute has adopted five Villages Naugrawn, Chail Chowk, Dari, Ganai and Bani.

Name of visiting Place Ganai (Roari)

A team of two doctors went to the Roari village in Ganai for health awareness programme on 17/06/2016. People were examined and advised regarding the common health problems, their mode of spread and common household measures for their management, people were also invited for the upcoming International Yoga Day on 21st June to Abhilashi University.

NATIONAL CONFERENCE: FRONTIERS IN PHARMACEUTICAL SCIENCES

The 1st National Conference “**Frontiers in Pharmaceutical Sciences**” was hosted by School of Pharmacy, at Abhilashi University on May 11-12, 2016. 180 delegates from different parts of the country attended this conference. The technical session started with the lecture by Dr. Uttam Singh Baghel from Amritsar, he discussed HPLC and its methodology. Dr A.S. Guleria discussed the Role of Pharmacist in community.



Dr. L. raju emphasized on importance of developing skills among students. Delegates presented their research work through posters in this session. Dr. R.K. Abhilashi, Chancellor, Abhilashi University, Er. L. K. Abhilashi, Pro-chancellor, Abhilashi university, Prof. H.S. Banyal, Vice-Chancellor, Abhilashi University were also present during this session.

NIRANKAR EXISTS AND PERSISTS by Dr. Promila Abhilashi

A Tribute-

“His Holliness” , Baba Hardev Singh Ji Maharaj was born on 23 Feb.1954 in Delhi, India. His father Baba Gurbachan Singh and mother Kulwant Kaur were famous religious leaders. He completed his elementary education from Yadvindra Public School, Patiala,Punjab.He completed his later schooling from Rosary Public School, Sant Nirankari Colony, Delhi. He graduated from Delhi. He married to Sawinder Kaur in 1975.His spiritual career began as a member of the Nirankari Seva Dal in 1971. His father Gurbachan Singh was heading the Sant Nirankari Mission. Sant Nirankari mission was established in 1929 by Baba Buta Singh who previously belonged to the Nirankari section. He was succeeded by Baba Avtar Singh. The Mission flourished after it shifted its base from West Punjab in1947 to Delhi. After the assassination of his father Baba Gurbachan Singh, Baba Hardev Singh succeeded as the chief

leader (Satguru) of the organization in 1980. In 2000, he established the Nirankari Museum in Sant Nirankari Sarovar Complex, New Delhi. At present, the organization has 2000 centers and million of followers all over the globe. Unfortunately, he met an road accident on 13 May 2016 at Montreal in Canada and sought Bhramleen on 13 May, 2016. Abhilashi Group of Institutions and Abhilashi University deeply mourned the sudden demise of Satguru Baba Hardev Singh Ji Maharaj and pray almighty to lay the departed soul at peace. Abhilashi Group of Institutions and Abhilashi University not only suspended its ongoing program and cultural functions, but closed all the institutions on 14th May, 2016. His memories will always remain and we continue blessed by the departed soul in all time to come as Abhilashi University and other Group of Institutions were founded by His Holiness Baba Hardev ji Maharaj. Baba ji in the NIRANKAR form is all around us. His existence and persistence not only we feel and observe but it will keep guiding and blessing all of us. Dhan Nirankar Ji.



HEALTHCAMP'S

Medical Health Camp was held dated 14 may, 2016 by Abhilashi University. at Balakameshwar Mandir near Nerchowk. Team of Doctors include: Dr. Baldev, Dr Vikas, Dr. Vandna, Dr. Rohit, Dr. Prabodh and Dr. Dhanversha at more than one hundred patients were treated at village Ner. People of the area were diagnosed and they were advised to visit hospital for free of cost services available at the Abhilashi Ayurveda College & Research institute Chailchowk.

Yogashraya 2016 : International Yoga Day-21st June 2016

International Yoga Day was celebrated by Abhilashi Ayurvedic on 21st June 2016. Hon'ble Vice - Chancellor, Abhilashi University, Prof. H.S. Banyal was the Chief Guest for Yogashraya. Assistant Professor, Dr. Prabodh Yerawar and his team of students demonstrated various *Asanas* and *Pranayamas* along with *Dhyan Sadhana*. A total of 110 students performed various *Asanas* and *Pranayamas*. Session begun with *Prarthana* followed by introduction to



Ashtang Yoga, warm-up session, *Asanas* (*Tadasana*, *vrikshasana*, *ardhchakrasana*, *trikonasana*, *bhadrasana*, *shanshankasana*, *ardhushtasana*, *gomukhasana*, *bhujangasana*, *shalabhasana*, *setubandhasana*, *pavanmuktasana*, *sarvangasana*, and *shavasana*), *Pranayama* (*anulom-vilom*, *kapaalbhati* & *bhramari*), *Dhyana*, *Sankalp* and ended with *Shantipatha*. Hon'ble Chief Guest explained the importance of the date 21st June to be celebrated as Yoga Day and shared his personal experiences of Yoga. A yoga competition was conducted in which Rahul stood first, Ankit was second and Pooja was third. Session ended with the vote of thanks by the Dean of Faculty of Ayurveda, Dr. D. K. Mishra.

Faculty Development Programme (FDP).

One week Faculty Development Programme on the theme "Teaching & Research Dynamics for Academic excellence and Societal Benefits" was inaugurated by Chief Guest Professor Timothy Gonsalves, Director, IIT Mandi today on 27th June 2016. The opening ceremony was performed with lightening of lamp and recitation of Sarswati Vandana.



Lightening of lamp by the Chief Guest Dr. Timothy Gonsalves, Director IIT Mandi

At the outset, Hon'ble Chancellor Dr. R.K. Abhilashi honored the chief guest and resource persons by presenting a cap, shawl and momentous. The Hon'ble Chancellor expressed his gratitude to the chief guest and stressed the need of imparting, updating and educating the participants to attain academic excellence. He welcomed the suggestions and constructive advice to built the Abhilashi Group of Institutions. The Hon'ble chief guest Prof. Timothy Gonsalves spoke on the theme "Innovation for a better India". He emphasized the role of innovations and technologies in transforming the society in general and agriculture, industry, health services, transport, academic and education sectors in particular. Further, Himachal has enough potential to harness by Abhilashi University to benefit the people of Himachal Pradesh. The chief guest and the Chancellor Dr. R.K. Abhilashi also released Abhilashi University Prospectus 2016-17 and the copy of News Letter. Hon'ble Vice-Chancellor Professor H.S. Banyal delivered his lecture on the topic "Biodiversity & Malaria". He highlighted the variability and diversity in medicinal, aromatic plants, animal drugs, natural products and various extracts there from. He further dwelled on methods to manage malaria via Vector Control, chemotherapy & Vaccination.



In the end, the co-coordinator of the Faculty Development Programme Professor A. S. Guleria provided the details and conceptual framework of the theme “Teaching & Research Dynamics for Academic Excellence and Societal Benefits” to be deliberated in the next six days. Professor Guleria also proposed a vote of thanks to the Chief Guest, Chancellor, Pro-Chancellor, Vice Chancellor, Organizers and the Participants.



Welcome address by Professor H.S.Banyal:-

In his welcome address, Prof. Banyal gave the back ground history of Abhilashi University and its establishment. He highlighted the various infrastructure facilities available to different staff, faculty members and students in respect of Laboratories, Library, Ayurveda Hospital, Agriculture farm, Transportation and Wi-Fi at the campus .He also informed the chief guest about the progress of various ongoing under graduate and post graduate programs such as B.Sc. Agriculture, B.Sc. Nursing, B tech &M tech, B. Pharmacy, B.A.M.S. and new P.G. Courses such as M.Sc., M.Phil., Ph.D. in Chemistry and Zoology respectively that are being introduced from the ensuing academic Sessions 2016-17. He further informed that a course in Bachelor of Physiotherapy (B.P.T) is also being introduced from the ensuing academic sessions and therefore, the present student strength of 600 hundred is likely to cross 1000 mark with the commencement of these new courses in the University. He also emphasized that teaching should not be confined only to class room and the teacher has also to play a vital and significant role in the society as he is considered to be the best one

for inculcating good moral values and building the career of students. He finally said that this faculty development program which is second in series will prove helpful in updating the knowledge and teaching skills of the teacher. He finally expressed his gratitude & thanks to the Chief Guest for his benign presence and to grace the occasion of inaugural session of faculty development program at the campus.

Address by Hon'ble Chancellor Dr. R.K. Abhilashi:



The Hon'ble Chancellor Dr. R.K. Abhilashi expressed his gratitude to the Chief Guest Prof. Timothy A. Gonsalves for visiting the University Campus. He said I am happy to share that it was our dream come true that this university has come up and established with the kind grace and blessings of Nirankari Baba Sri Hardev Singh ji Maharaja. Now the State Govt. of Himachal Pradesh has approved the "Abhilashi University" from the academic year 2014-15 and students from the H.P. as well as from other part of the states like Assam, Arunachal, Sikkim and U.P. are seeking quality education. He was confident that this faculty development program will be very fruitful in updating the knowledge of teachers and would be used to brighten up the future of students.

Key note address by Prof. Timothy A. Gonsalves Director IIT Mandi:

In the very beginning, Prof. Timothy pointed out that I am happy that the Abhilashi University has been established by a teacher from the State of Himachal itself and providing quality Education at the door step of the villages and rural areas located in Mandi District of the State. In his inaugural speech on topic "Innovation for better India "he highlighted the role of Engineer in our society i.e. Engineer and Engineering purpose. He further gave the definition of the Engineer that Engineer is one who help solve the problem of the society by doing innovation for their betterment. In his words; India is a land of contrast. For example in Himachal people are rich and rural population in H.P. is 90 percent whereas in other state it is 60-70 per cent. Therefore, bridging Rural-Urban divide is important. In United State only 5 percent is rural where as in India, Urban India and Rural India it is 20:1. There will be environmental disaster and as such there is need for sustainable rural development.. Finally innovation in Academia, new idea need to be tried one by students and to work closely with business entities to ensure commercial viability and also to learn from past failures is the key to the success. Dr. A.S. Guleria Dean of studies and Coordinator of the Faculty Development Program proposed the vote of thanks In the afternoon session of 27th June 2016, Vice Chancellor Prof. H.S. Banyal delivered his lecture on the most important topic "Bio-diversity and Malaria". He explained and elaborated that diversification of life is known as Bio-diversity. Therefore, Bio-diversity is variability within and between microorganism, Plant and Animals. In this regard our Grater Himalayan is very rich in medicinal and aromatic plants. He further explained that there would have been no life had there been no variability in this universe. He also explained different methods to manage Malaria via Vector control, Chemotherapy and Vaccination.



Participants of FDP with the guests.

