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KC Chronicle Magazine

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Keeping Your life Organised

Editor
Prof. Dr. Rashmi Gujrati

Patrons

Mr. Prem Pal Gandhi
Chairman
KCGI

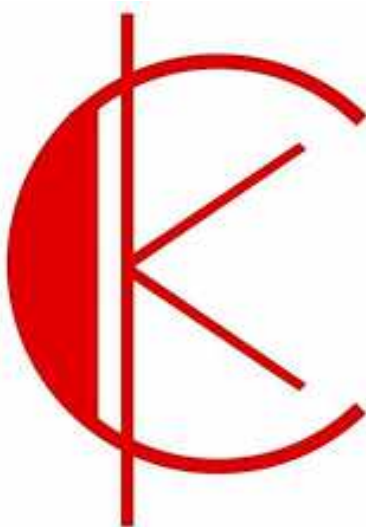
Mr. Hitesh Gandhi
Vice Chairman
KCGI

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Prof. Dr. Rashmi Gujrati
Campus Director
KCGI

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Message of Chairman

Education has always been important to any democratic country but, perhaps never more than today in man's history. In a world based on science and technology, it is education that determines the level of prosperity, welfare, and security of people and serves as a powerful instrument of social, economic, and cultural transformation necessary for realizing national goals.

We feel proud to open the door of endless possibilities for our new generations. Our mission is to provide a learning environment to the students in which they are enlightened with the world of knowledge and are ready to prove themselves in the tearing competition. We help them to develop their behavioral and managerial skills which will help them at their workplace and enable them to confront the emerging challenges of the future. We believe in the complete development of our students and encourage them by providing the best of exposure in terms of knowledge, technology, and infrastructure, we have very dedicated faculty to guide the student in the right direction in all fields of education and co-curricular activities. I take pleasure to introduce you to KC Group of Institutions, dedicated towards social welfare and to the contribution of enlightened individuals to fulfill the surging social necessity of qualitative manpower in the technological and Healthcare sector.

Apart from serving society in the way of providing quality education KCGI is also actively involved with the service of society in the field of medicine and healthcare through KGM Ayurvedic College and Hospital of 100 beds in Nawanshahr . Best treatment and medicines are provided to all the patients in the hospital. These efforts are to help the society and KCGI accomplishments to do its best for the improvement of the nation and the society.

In a nutshell, KCGI aims at not only educating the young to be successful Technocrats, Managers and Doctors but also shape them into becoming socially responsible human beings.

I convey my best wishes to all the students, their parents and congratulate them with regard to their excellent decision for good education and successful future.

Shri. Prem Pal Gandhi
Chairman
KCGI, Nawanshahr

Message of Vice Chairman



KC Group of Institutions encompasses vibrant, modern learning community with quality teaching, an excellent reputation for applicable academics and state of the art facilities, plus outstanding student's reports.

The KCGI has long and well established legacy of providing high quality education. It is all about pursuing academic excellence, value based education and providing a conducive environment for overall personality development of students. The academic programmes offered by KCGI are comprehensive and are continuously being updated to keep pace with latest developments and innovations and associated disciplines with necessary blend of technology. We have a perfect blend of academic, undying spirit, team leadership and dynamic environment to motivate our faculty, staff and students to deliver their best. We have very competent and core faculty team.

Our objective is to create a class of qualified, innovative and dynamic professionals. We are committed to provide leadership and support to the students and help them in their professional development. In the last decade we had inspired uncountable individuals to believe in their ability and become more than what they expected to be. We welcome you to KC group of institutes and assure you that education would be as enterprising experience as you expect. KC group of institutes recognize the value of combining theory and performance. KCGI provides rigorous education blended with liberal arts and professional programmes of study. Learning at KCGI extends beyond the classroom encompassing a broad range of professional and extracurricular opportunities.

We inspire our students to learn and develop in all aspects: intellectually, physically and emotionally. We inspire students to continue learning throughout life following the kaizen approach. We prepare and empower students to be successful by helping them develop knowledge, skills and abilities needed to enter or progress in work force and to adapt and thrive in our increasingly diverse world.

Mr.Hitesh Gandhi
Vice Chairman
KCGI Nawanshahr

Message of Campus Director



Education is the most powerful tool which can transform a person into better human being, who in turn is a positive change in society. As education passes from one generation to another, it takes the nation onto the path of growth and development. We at the KC group of the institute are proud of providing quality education to our students and they are playing an important role in nation-building.

Our responsibility as privileged human beings is to pay back for the opportunities we have received. These precious values are diminishing in our society and here in this great institution, we endlessly strive to retrieve and inculcate these life-building values among our students.

We feel proud of our quality education which is equipping our students with skills, confidence and a positive approach with an all-around development. The KC group of institution is relentlessly striving to perceive and maintain academic excellence at the same time, encourage the students to participate in co- curricular, extracurricular and sports activities . Our group of institutions offer many courses and subjects to fulfill the needs of all. These include engineering, polytechnic, commerce, MBA, Hotel Management, Pharmacy, Education and Agriculture. We are also looking forward to adding a few more courses with every passing year. The institution can easily boast of attracting students from more than 11 states and from every caste, religion and economic group. All of them are provided equal opportunities and facilities. Our progressive management is striving hard to make these institutions 'The Institutes of Excellence'.

Prof. Dr. Rashmi Gujrati
Campus Director
KCGI, Nawanshahr

International Yoga Day

Yoga is an ancient and complex practice, rooted in Indian philosophy. It began as a spiritual practice but has become popular as a way of promoting physical and mental well-being. We at KC Group of Institutions celebrate International Yoga Day every year on 21st June .

Research suggests that yoga may:

- Help improve general wellness by relieving stress, supporting good health habits, and improving mental/emotional health, sleep, and balance.
- Relieve low-back pain and neck pain, headaches and knee osteoarthritis.
- Help people quit smoking.
- Help people manage anxiety or depressive symptoms associated with difficult life situations.
- Help people with chronic diseases manage their symptoms and improve their quality of life.



World Environment Day

KC Group of Institutions, Nawanshahr organized World Environment Drive from 05-30 June 2022, to support UN Sustainable Development Goal -15 Life on Land : “Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss” On the last day of the valedictory session students and faculties of Engineering, Management, Pharmacy, and Hotel Management presented the work they did in the last fifteen days.

International Speakers of UN Prof Dr. Burhan Ozkan Director of Akdeniz University, Antalya and Prof Dr. Henrietta Nagy, Professor from Kodolanyi Jonas University, Hungary attended the seminar and appreciated the students for their support to work on UN Sustainable Development Goal -15 life on Land. At last, Prof. Dr. Rashmi Gujrati through her speech conveyed the message to save the environment with the least action possible by every individual.

In 1972, the UN General Assembly designated 5 June as World Environment Day (WED). The first celebration, under the slogan “Only One Earth” took place in 1974. In the following years, WED has developed as a platform to raise awareness on the problems facing our environment such as air pollution, plastic pollution, illegal wildlife trade, sustainable consumption, sea-level increase, and food security, among others. Furthermore, WED helps drive change in consumption patterns and in national and international environmental policy. The World Environment Day 2022 global campaign #OnlyOneEarth calls for transformative changes to policies and choices to enable cleaner, greener, and sustainable living in harmony with nature. It will focus on the need to live sustainably in harmony with nature, and our possibilities for shifting to a greener lifestyle through both policies and individual choices. “Only One Earth” was the motto for the 1972 Stockholm Conference. 50 years on, the motto is as pertinent as ever – this planet is our only home, and humanity must safeguard its finite resources.



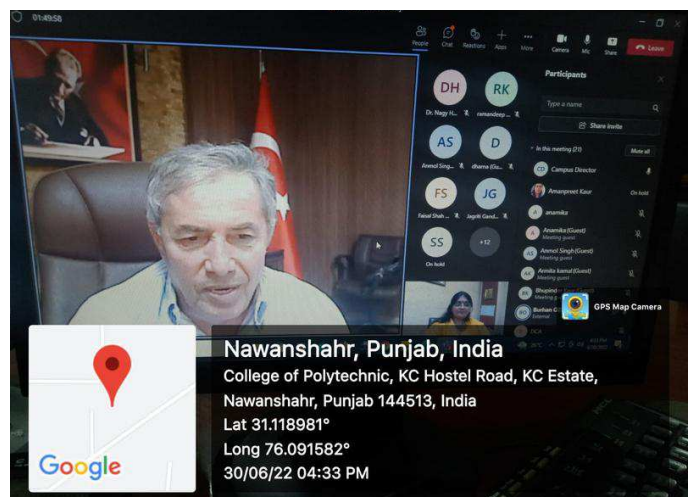
KC GROUP OF INSTITUTIONS
KARYAM ROAD NAWANSHAHR PUNJAB
www.kcinsttutes.com

World Environment Drive
05-30 June, 2022
with association
Tradepreneur Global Academic Platform, UN
30 June, 2022
1500 -1700 PM

15 LIFE ON LAND

 Dr. Henrietta Nagy Associate Professor Kodolanyi Janos University Budapest, Hungary	 Prof. Dr. Burhan Ozkan Director Akdeniz University Antalya, Turkiye	 Prof. Dr. Rashmi Gujrati Campus Director KC Group of Institutions Nawanshahr, India
 Dr. Enkeleda Lulaj Professor Assistant University Haxhi Zaka Peja, Kosovo	 Dr. Monika Gebka Warsaw University SGGW Warsaw, Poland	 Chef. Vikas Kumar Principal KC College of Hotel Management Nawanshahr, India

<https://bit.ly/3brXGAq>



Traffic Awareness Programme

KC Group of Institutions is aware of different traffic safety issues. We believe that educating the youth about these concerns is very important. A traffic safety awareness program was organized with the same goal and purpose.

The program was held at KCGI premises and had the participation of around 200 students. This program was conducted in one shift.



The main objective of the program was to spread awareness about the traffic rules and regulations. The guest speaker of the program was respected (Traffic police Inspector). The program was very informative and educational for the students of KCGI.



Teacher's Day Celebration

Every year Teacher's Day is celebrated all over India on 5th September. It is because Dr. S. Radhakrishnan was born on this day. Dr. S. Radhakrishnan who later became a great government dignitary, was an outstanding teacher. He taught in India and later in England. He was greatly loved by his pupils for his scholarship and affable manners. KCSMCA students celebrated Teacher's Day where all the teachers were invited by the students through artistic invitation cards. A cultural programme especially prepared for the teachers was held. In this programme, skits, songs, dances, mimicry and parodies were presented by the students. The teachers were parodied in a light vein without giving any of them an occasion for being displeased.



Trevani Pooja on International Tree Day

The last Sunday of July was celebrated as Tree Day. The first step was taken by the Founder

Er Ashwani Joshi, Navy Merchant in Nawashahar, Punjab. Now it is Recognised as an International Tree Day. At KC Group Of Institutions, there is an International Landmark where Triveni was installed in 2010. Triveni Consists of 3 Trees namely Peepal, Bohar and Neem.

Bohar Tree was Planted By Sant Seechewal Ji (Renowned Environmentalist), Peepal tree was planted by Our worthy Chairman Mr Prem Pal Gandhi (Chairman KCGI), Neem Tree by Er Ashwani Joshi (Global President GGIO). KCGI celebrated International Tree day.



FIT INDIA

KC School of Management & Computer Applications organized sports activities on the occasion of National Sports Day. 75 students participated in different activities like lemon race, push-ups, 100 and 200 meter race. The events were based on FIT INDIA slogan. In this sports meet 75 students participated with great zeal in various sports activities namely- lemon race, push-ups and 100 meter race. The Incharge of FIT INDIA club Assistant Professor Yaman Kumar congratulated the winners. In lemon race Akriti conquered first place, Rama and Heena got second and third position respectively. The staff members of KCSMCA College also participated in these activities. Apart from this, in 100 meter boy's race Harman held first position, Samay and Mehmood got second and third places. In girl's 100 meter race first place was conquered by Rama, second by Akriti and Heena got third place. Moreover, in 200 meter race first and second positions were held by Kavikant and Mahdood individually. In Push-Ups Kavikant grasped first and Mahdood hold second place.

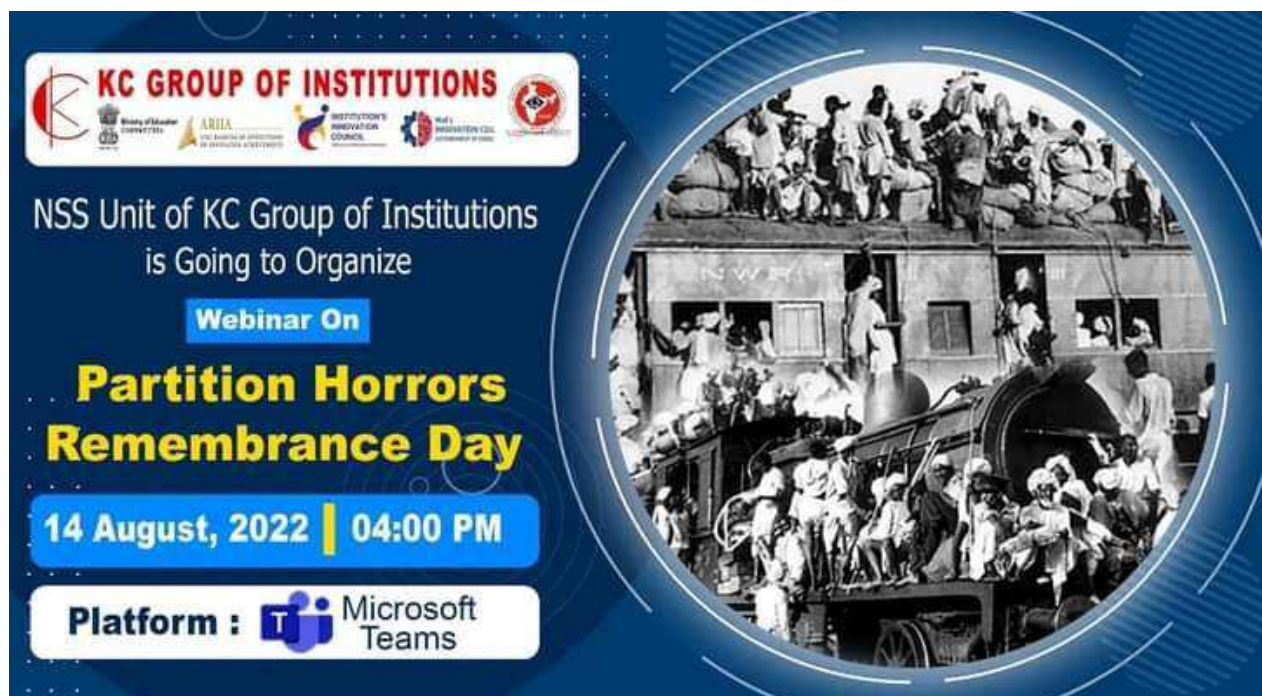
Principal Mr. Ankush Nijwan said that this event has been celebrated to give tribute to the legendary hockey player Major Dhyan Chand, he also threw light on the aim of conducting such kind of activities i.e. to raise awareness about the value of sports, discipline, perseverance, sportsman spirit, teams work and to encourage to stay fit and healthy by participating in such kind of activities.



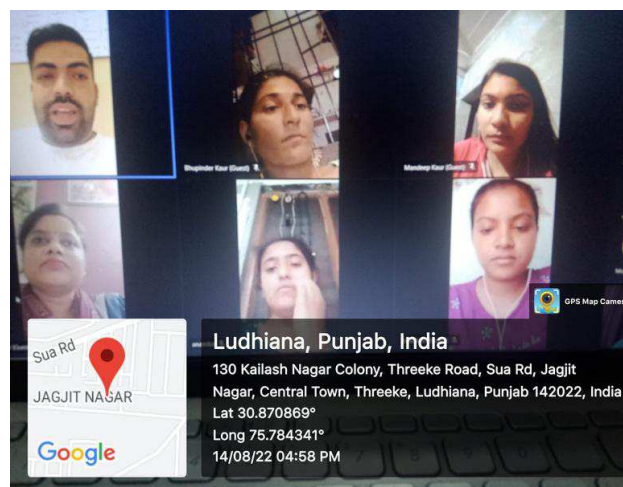
Webinar on Partition Horrors Remembrance day

14th August is to be observed as Partition Horrors Remembrance Day. The affliction of partition can never be forgotten. Millions of our sisters and brothers were displaced and many lost their lives due to mindless hate and violence. In memory of the struggles and sacrifices of our people, 14th August is observed as Partition Horrors Remembrance Day.

The purpose of organising such event was to make the young generation acknowledge the pain and sufferings of the people during partition. Pakistan was carved out as a Muslim country after the division of India by the British colonial rule in 1947, and millions of people were displaced and lakhs of them lost their lives as large scale rioting broke out.



May the Partition Horrors Remembrance Day keep reminding us of the need to remove the poison of social divisions, disharmony and further strengthen the spirit of oneness, social harmony and human empowerment.



Independence Day Celebration

KC Group of Institutions celebrated AZADI KA AMRIT MAHOTSAV, as India has completed 75 years of Independence. On August 15, 1947, India earned freedom from 200 years of British colonial control. On this auspicious day, we honor the memory of the great warriors and freedom fighters who sacrificed their lives to make India an Independent nation. Initially, India was described as “Sone ki Chidiya” but the British government took away everything by implementing the “Divide and Rule” policy. The first struggle for independence was in 1857.

Freedom fighters like Mahatma Gandhi, Subhash Chandra Bose, Rani Lakshmi Bai, Mangal Pandey, Shaheed Bhagat Singh, Chandra Shekhar Azad including a lot more, sacrificed their lives to free India from slavery. Since its independence, India as a democratic country has achieved many milestones. In the last 75 years, we all have witnessed the greatest events of all time, making us proud citizens of this country, like the Indian Constitution, Green Revolution, Polio Eradication, Powerful Defence, Removal of article 370 from Kashmir, Development in Space and Technology and many more. India is the only nation where people of different religions, castes, languages, and cultures stay together happily under one roof. The Unity in diversity cannot be seen anywhere in the world. This day has plethora of emotions, it reminds us of the pain of being enslaved; of the strength in unity; it defines sacrifice, it makes us value and cherish the freedom we have today. It is our responsibility, as proud citizens of this country, to sincerely perform our duties and progress together for growth and development of our country. We have completed 75 years of independence, but India is still a developing nation. Let us have a dream and vision for a developed nation in near future and let's collectively work to make our dream come true. Keeping the sacrifices of our ancestors in mind, we should take an oath, to carve a better future for our motherland. JAI HIND! VANDE MATRAM!



Remembering Almighty on the Beginning of the Session

To mark the beginning of the new session 2021-22 at KCGI and to seek blessings of the Almighty, a Havan Ceremony was performed amidst enchanting mantras and yagna of holy fire. Campus Director Dr. Rashmi Gujrati and all faculty members along with old students and the new entrants participated in this Havan Ceremony - an annual feature. The campus Director not only welcomed the students in the new session but also encouraged them to pray for the social and economic welfare of the nation.

Every academic session of the college begins on a traditional note with a Havan Yajna Ceremony in the college itself. This ceremony is attended by the students, staff members, and members of the Committee. The chanting of the Vedic Prayers is always followed by exhortations by the members of the Governing Body and the Principal. Students are motivated to work for the resurgence of cherished and time-tested human values.

"The havan was organized for a pure and pristine commencement of the academic session and to induce the true spirit of the college amongst the newcomers where tradition and excellence go hand in hand,"



Youth Festival sponsored by Nehru Yuva Kendra Ministry of Youth & Sports Affair

KC Group of Institutions organized youth festival “YUVA-22” on 28-29 June 2022 with the vision and mission to encourage the multi-talented youth of the group. The youth festival “YUVA-22” was aimed to propagate the concept of communal harmony, brotherhood, courage, and adventure amongst the youth by exhibiting their cultural prowess on a common platform. A youth festival typically is a themed event that has a wide variety of activities for young people. It was an annual festival of the youth, for the youth and by the youth.

The activities of Youth festival included competitive and non-competitive cultural events, intellectual discourses, Giddha, Bhangra, Still Photography, Drama, Mime, Debates, Declamation, Fine Arts activities etc. The center of the festival focuses on cultural aspects along with a number of other programmes covering a wide variety of activities, which not only reflect the spirit of youth but also peace and development. Besides all, this festival provided an exposure to the youth for the expression and fulfillment of their cultural talents and aspirations. Youth festivals refresh the minds of youngsters and provide an opportunity to show their talent.



International Webinar with Peel College of Professional Studies , Canada

KC Group of Institutions organized an International webinar with the collaboration of Peel College of Professional Studies Canada on Global Client Management.Webinar. No one sets out in life to fail. But the reality is that too many do fail.Why do some prosper while others struggle just to exist? There is no simple answer to this question.In this webinar speakers highlighted and focused on Ladder of success .



KC Group of Institutions *Presiding*
A Virtual Webinar On
THE GLOBAL CLIENT MANAGEMENT
The Ladder of Success...

Dr Rashmi Gujrati
Campus Director
KC Group of Institutions
India

INSIGHTS OF WEBINAR:

- ✓ Client journey from cold to hot
- ✓ Walking in clients' shoes
- ✓ Client-centred approach
- ✓ Understanding clients' basic needs
- ✓ Steps of building relationships
- ✓ Client profile management
- ✓ Three EGO states of communication
- ✓ The importance of client retention
- ✓ Live Examples

DETAILS:
Date :10th Sept 2022
Time : 7.30p.m IST
Duration : 1.15hr

WHO CAN ATTEND?

- ✓ Client journey from cold to hot
- ✓ Any education department
- ✓ Students, Staff and Top Management
- ✓ Any industry – IT & NON-IT, Management, Hospitality, Medical, Business & Marketing, Customer Services etc.

PEEL COLLEGE
OF PROFESSIONAL STUDIES
PROUD MEMBER
Career Colleges Ontario

Naira Velumyan, Ph.D., RP
Registered Psychotherapist,
Forbes Council Member, Coach,
International Speaker, Entrepreneur and
Etiquette Expert, Canada

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Peel College of Professional Studies
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Workshop

An entrepreneur is someone who organizes, manages, and assumes the risks of a business or enterprise. An entrepreneur is an agent of change. Entrepreneurship is the process of discovering new ways of combining resources. When the market value generated by this new combination of resources is greater than the market value these resources can generate elsewhere individually or in some other combination, the entrepreneur makes a profit. An entrepreneur who takes the resources necessary to produce a pair of jeans that can be sold for thirty dollars and instead turns them into a denim backpack that sells for fifty dollars will earn a profit by increasing the value those resources create. This comparison is possible because in competitive resource markets, an entrepreneur's costs of production are determined by the prices required to bid the necessary resources away from alternative uses. Those prices will be equal to the value that the resources could create in their next-best alternate uses. Because the price of purchasing resources measures this opportunity cost—the value of the forgone alternatives—the profit entrepreneurs make reflects the amount by which they have increased the value generated by the resources under their control.

 **17 September, 2022 | 11:00 AM**

 www.kcinstances.com

KC college of Hotel Management organized webinar on "Entrepreneurship and Innovation as career Opportunity" on 10th September 2020 at 12noon. Mr. Puneet Sethi, Chairman & Managing Director, Kaara Hotels & Resorts was the guest speaker. He wonderfully explained the different career opportunities and skills required in the field of Hotel Management

KC Group of Institutions Organized Webinar on Entrepreneurs & Innovation as Career Opportunity

Prof. Dr. Rajkumar professor and Dean of Management from

School of Management sciences explained that entrepreneurship is a rewarding career which gives you the opportunity to wear different hats. He further added that it not only gives you pride and satisfaction but also constant growth and development.

 **10 September, 2022 | 12:00 PM**

UAS International Award Function

Dr. Rashmi Gujrati, an international visiting professor in various countries across the globe, added another feather to her cap by receiving an International Award for Best International Speaker by the UAS International Group Ltd. in an International Awards Function. The Chairman of AICTE presented her the award. Prof Dr. Rashmi Gujrati is a President of Tradepreneur and an Ambassador of UN . She is supporting voluntarily in the agenda of UN Sustainable Development Goals 17 . She keeps on spreading awareness of goals and support gender equality , women empowerment. She also organized summit with Tradepreneur Global Academic Platform UP partner of UN SDG .



Attended National Conference on NEP-2022

NEP stands for “National Education Policy 2020” - A Policy that brings wonders in the Education Fundamentals. It creates a drastic transformation in the life of many schools and college students by introducing creativity, learning, experiments, visualization, and art in the education sector. Campus Director Dr. Rashmi Gujrati attended National Conference on NEP-2022. The Policy has plethora of benefits.

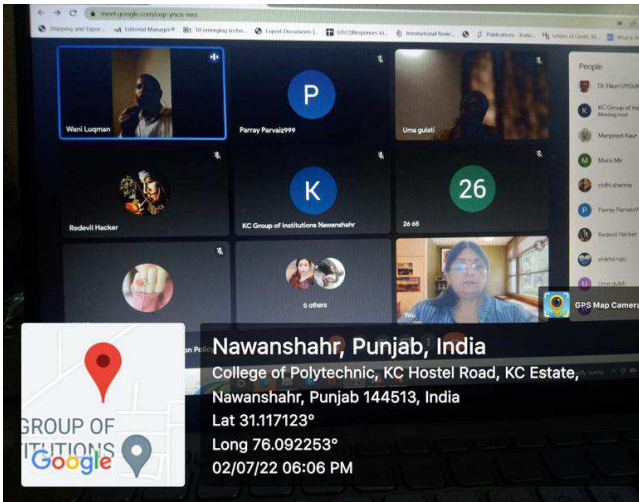
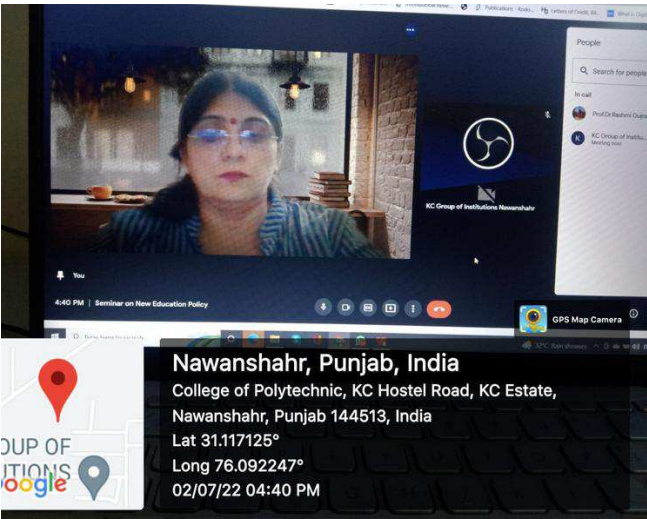
Benefits of NEP 2020

- Implementation of skills, understanding and new learning methods in every child.
- More focus on practical learning rather than theoretical learning.
- Every student can get quality education no matter caste, gender or any disability.
- Different learning techniques and experiments used by the teachers.
- Freedom of choosing any subjects/streams with no boundations.
- Giving importance to the Indian Languages and Ethics.
- Equality in Caste, Gender and Category.
- Overall Development of the Education System.



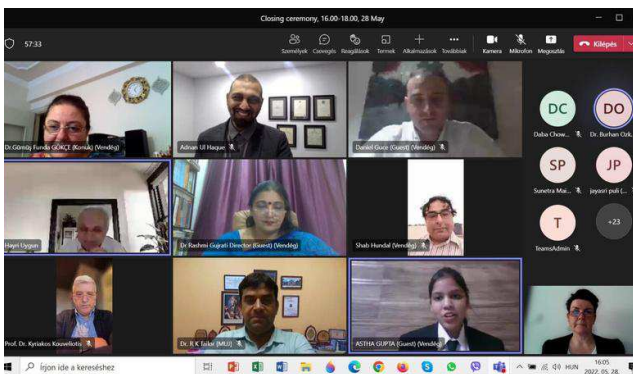
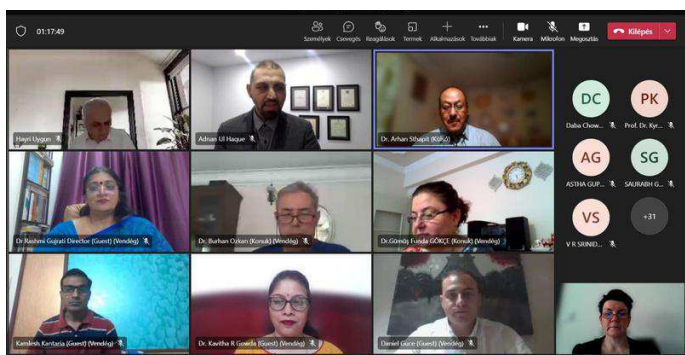
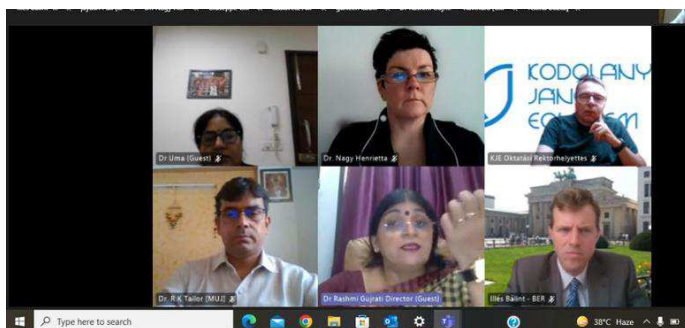
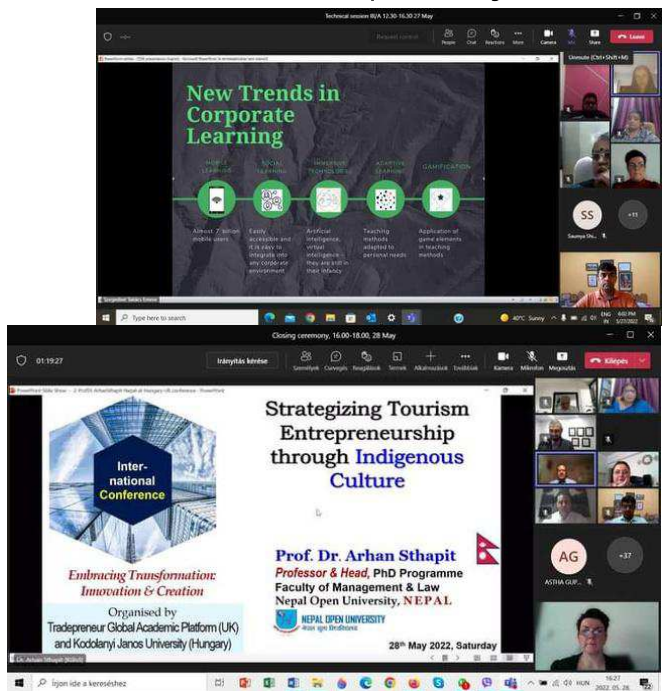
Seminar On New Education Policy -2022

The National Education Policy envisions an education system rooted in Indian ethos that contributes directly in transforming India sustainably into an equitable and vibrant knowledge society, by providing high-quality education to all, and thereby making India a global knowledge superpower. The Policy envisages that the curriculum and pedagogy of our institutions must develop among the students a deep sense of respect towards the Fundamental Duties and Constitutional values, bonding with one’s country, and a conscious awareness of one’s roles and responsibilities in a changing world. The vision of the Policy is to instill among the learners a deep-rooted pride in being Indian, not only in thought, but also in spirit, intellect, and deeds, as well as to develop knowledge, skills, values, and dispositions that support responsible commitment to human rights, sustainable development and living, and global well-being, thereby reflecting a truly global citizen.



International Conference with Kodolayani Jonas University, Hungary

7th International conference was organized by Tradepreneur Global Research Organization in collaboration with Kodalanyi Janos University, Hungary & KC Group of Institutions, India. Excellent research work was presented by the authors from Europe, US, UK & Asia. 20 speakers from around 30 countries shared their expert views. Around 280 papers were received amongst which 100+ selective papers were presented. 8 technical sessions ran parallelly in both days.



National Ayurveda Day

As per the Hindu calendar, the birthday of Dhanwantri is celebrated on Kartika Krishna Trayodashi usually in the month of October or November. It is believed that on this day, Lord Dhanwantari emerged with Amrita Kalasa. Bhagwan Dhanvantari is often depicted as Vishnu with four hands, holding Shankha, Chakra, Jalouka (leech) and a pot containing Nectar. He is conferred with the virtues of granting health and wealth.

Ayurveda is considered to be one of the oldest medical systems in the world. The main aim of Ayurveda is prevention of disease and promotion of health. Bhagwan Dhanwantari is known as the God of Ayurveda and believed to be one of the incarnations of Lord Vishnu. Dhanwantri is the physician of the devas in Hinduism, also regarded to be an avatar of Vishnu. He is mentioned in the Puranas as the God of Ayurveda. To seek the blessings of Lord Dhanwantri, a pooja was organised in KC College of Ayurveda on National Ayurveda Day. All the rituals were performed in the presence of all the faculty members.



Diwali Festival in KCCHM

Diwali is India's biggest and most important day of the year. The festival gets its name from the row of clay lamps that Indians light to symbolize the inner light that protects from spiritual darkness. Students and faculty members of KCCHM organised an event to celebrate this big day where everyone enjoyed a lot. Various stalls were installed in the campus having delicious eatables and games. It was a day filled with joy and happiness.



Halloween In KCCHM

KC Group of Institutions HOTEL MANAGEMENT Students organized Halloween Party. The word "Halloween" comes from All Hallows' Eve which means "hallowed evening." The history of Halloween dates back to a pagan festival called Samhain. Hundreds of years ago, people used to dress up as saints and go door-to-door, which is the origin of Halloween costumes and trick-or-treating. Halloween is celebrated to marks the eve of the christian feast of All Hallow's Day (Feast of all the Saints), which lasts for three days and concludes with All Souls' Day. In much of Europe and most of North America, observance of Halloween is largely nonreligious.





KC Group of Institutions

Nawanshahar (PB) & Pandoga (HP)

MHRD'S INNOVATION CELL

GOVERNMENT OF INDIA

Ministry of Education

GOVERNMENT OF INDIA

ARIIA

ATAL RANKING OF INSTITUTIONS ON INNOVATION ACHIEVEMENTS

INSTITUTIONS INNOVATION COUNCIL

GOVERNMENT OF INDIA

TRICK OR TREAT

COSTUME PARTY

03 | 12

NOV | PM

VENUE: KCCHM

WWW.KCINSTITUTES.COM



A group of people, including a man in a black turban and a woman in a pink jacket, posing outdoors in a garden area.

Two women in costumes, one wearing a white face paint and black makeup, posing outdoors.

Two women in costumes, one wearing a white face paint and black makeup, posing outdoors.

Fresher Party In KCSMCA

To welcome new students into the campus, a Fresher's Party was organised by KCSMCA. Students showcased their talents through spectacular performances on stage. The whole party was very well organised where every student got a chance to participate and perform on a big stage of college. Campus Director, Dr. Rashmi Gujrati welcomed all the students and wished them a great year ahead.



Cricket Tournament

Keeping in view the importance of sports in student's life a Cricket Tournament was organized in the college campus. Students from KC College of Nursing, Management, Polytechnic, Hotel Management, Pharmacy, Education and Engineering participated enthusiastically. A tough competition was seen amongst the teams and the students of KC College of Nursing came out to be the winners of the tournament.



Parkash Purab of Shri Guru Nanak Dev Ji

Shri Guru Nanak Dev Ji is the founder of Sikhism. He became the first Sikh Guru and his spiritual teachings laid the foundation on which Sikhism was formed. He travelled far and wide to spread his teachings. Through his teachings he urged to lead a spiritual life by serving others and being honest. On the pious occasion of Parkash Purab, Path of Sri Sukhmani Sahib Ji followed by spiritual kirtan was done in the college campus in the presence Sri Guru Granth Sahib Ji. All the students and faculty members prayed for a successful session.



Run for Unity

KC Group of Institutions, Nawanshahr organized a "Run for Unity" event on 31st October, 2022. It was started from Deputy Commissioner's Office Nawanshahr to KC Group of Institutions, Nawanshahr with the collaboration of Ministry of Youth Affairs & Sports, Government of India on the occasion of the Birth Anniversary of Sardar Vallabh Bhai Patel, Former Deputy Prime Minister of India known as Lohpursh (Iron Man of India). All the staff members and students took part in this event.



International conference by Central European Congress of Economic History

Campus Director Dr. Rashmi Gujrati was invited as a Keynote speaker in International Conference which was organized by University of Rzeszow Poland. She highlighted on the topic The role of technology in the support of Economic Development.

Economic growth has been lackluster for more than a decade now. This has occurred at a time when economies have faced much unfolding change. What are the forces of change, how are they affecting the growth dynamics, and what are the implications for policy? A recently published book, “Growth in a Time of Change,” addresses these questions.

Three basic ingredients drive economic growth—productivity, capital, and labor. All three are facing new challenges in a changing context. Foremost among the drivers of change has been technology, spearheaded by digital transformation.



Faculty Development Program

To awake the new faculty members about the purpose of their profession, to foster technological advancements and to instill effective research methodology, KC Group of Institutions conducted one day Faculty Development Program under the leadership of Prof. Dr. Rashmi Gujrati, Campus Director KC Group of Institutions where detailed information regarding research projects was given to all the faculty members .



KC Group of Institutions IOAC
Nawanshahar (PB) & Pandoga (HP)

MHRD'S INNOVATION CELL GOVERNMENT OF INDIA
Ministry of Education Government of India
ARIIA ATEL RANKING OF INSTITUTIONS FOR INNOVATION ACHIEVEMENTS
INSTITUTIONS' INNOVATION COUNCIL

How to Take right decision for your Research project ?

3 Dec, 2022
02:00 PM
Hybrid

Prof. Dr. Rashmi Gujrati
Campus Director
KC Group of Institutions
Nawanshahr, India

LEARN MORE

www.kcinstances.com



World AIDS Day

To spread awareness on HIV/AIDS, KC College of Nursing organised an event on World AIDS Day. Students delivered speeches, showcased presentations, charts on the causes and treatments of HIV/AIDS. A skit was performed by the students to showcase the sufferings of the patients. Campus Director, Dr. Rashmi Gujrati appreciated the staff and students for organising this much needed event.



International Summit in collaboration

with

Akdeniz University Vocational School of Social Sciences Antalya, Turkey
On UN Sustainable Development Goal-09

KC Group Of Institutions Nawanshahr organised International Summit in collaboration with Akdeniz University Vocational School of Social Sciences Antalya, Turkey and Tradepreneur Global Academic Platform Partner of UN on UN Sustainable Development Goal 9 Industry Innovation and Infrastructure on 12-13 Nov, 2022 . On the inauguration day the speakers were from Turkey, Eyptr,Russia And USA



**KC Group of Institutions**

**MHRD'S INNOVATION CELL**
(GOVERNMENT OF INDIA)

**Ministry of Education**
(GOVERNMENT OF INDIA)

**ARIA**
ATL RANKING OF INSTITUTIONS
ON INNOVATION ACHIEVEMENTS

**INSTITUTION'S INNOVATION COUNCIL**

**Akdeniz University**
Vocational School of Social Sciences Antalya, Türkiye



**Türkiye**

**India**

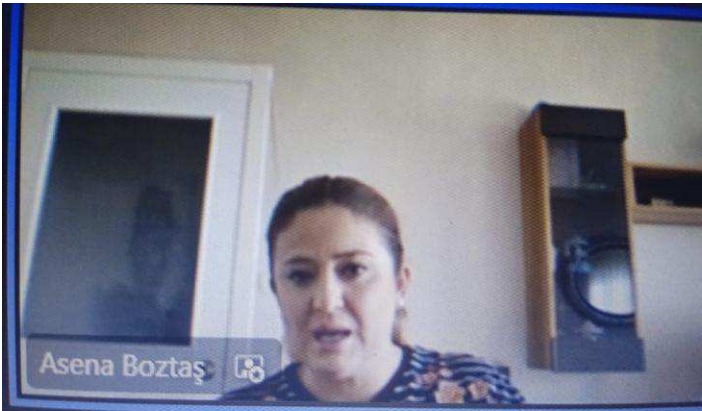
**Russia**


**USA**

**Egypt**

**Türkiye**

International Seminar - UN SDG-09
Industry, Innovation & Infrastructure
Online
12-13 Nov, 2022
13:00 PM (IST)



**UNITED NATIONS' SUSTAINABLE DEVELOPMENT GOALS SDGs**

**The Sustainable Development Goals SDGs**

**Are a call for action by all countries – poor, rich and middle-income – to promote prosperity while protecting the planet**



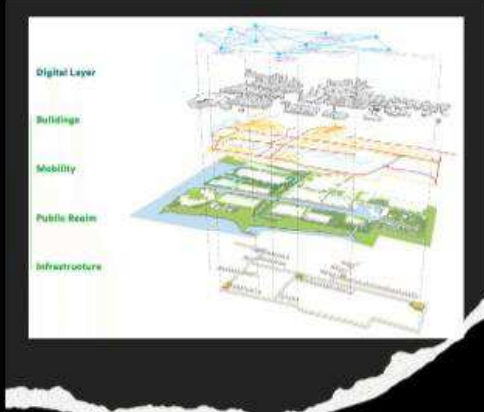
Innovation Industries and Infrastructure
SDG-09
Smart cities

Ms. Jagriti Gandhi

Jagriti Gandhi presented a paper in Vivek High School on GOAL 9 Smart Cities. In the paper she presented her view on how with the innovation and digitalization Building Infrastructure, Industries are changing .

Emerging technologies can do wonders for city life. Researches reveal that by 2050, it is expected that around 60% of the population will live in cities. To handle such a large number of people we need to make our surroundings capable of that.





DIGITAL SHADOW

Just imagine a city where thousands (or even hundreds of thousands) of sensors record information about air quality, temperature, traffic, energy consumption in buildings, smog, garbage production, or humidity. The data is continuously uploaded to the cloud, creating a digital image of the "behavior" of the city, available online at every moment. This digital shadow is possible because of the latest achievements in connectivity, especially the Internet. The definition above is broad, as it tries to convey the wide range of global initiatives. However, there are some common points. The most important one is the so-called **digital shadow**. It is a prerequisite for any Smart City to create a raw input of data about the city, coming from an interconnected network of sensors, devices, and other digital services and products. of Things, a set of technologies that connect "intelligent" objects through the Internet, adding another layer of data.

4

HOW DOES INNOVATION BUILD SMART CITIES

- A city is considered to be smart when it's able to evolve by using the best tools to make the lives of its residents easier on several levels. A smart city uses **technology collaboration** to make public utilities like parking, transportation, and waste management, emergency services, street lighting, security, etc., more efficient and optimized. When someone is smart, he or she knows how to use available information to make the most out of it.
- **Digital and communication tools** connected via an intelligent network, collecting and using data. Huge amounts of data. **Smart city technology** relies mainly on IoT to create an **information-driven, connected base**. Internet of Things tech ties everything together, mainly via sensors, enabling the gathering of data that will serve everybody to make the city function better. **Robotic process automation** and **artificial intelligence** are clearly at the **core of future cities**. To upgrade old school habits and to give birth to completely new possibilities

5



EXAMPLE OF A SMART CITY

In San Diego, the city of smart lights, there are 3000 LED streetlights all connected by a WiFi signal. In that way, they are remotely controlled, they last longer, reduce maintaining costs, and save energy. Soon, there will be more intelligent streetlights that will oversee parking spots, check for illegal activity or even measure air humidity thanks to built-in sensors, cameras, microphones, WiFi, and Bluetooth. People will be able to check via smart city applications on their phones if there is an available parking place in the street they are headed to.

Yes, it would save them so much time, and there would be less congestion, fewer cars circling the streets, and consequently reduced pollution! You could check when your bus arrives because public transportation is also a part of a smart network system by providing data about its location.

In Australia, the buses are a priority in the rush hour, so the traffic lights adapt in those periods to make sure public transport runs smoothly. Moreover, if an emergency room gets data about a traffic accident via a smart app, they could send their vehicle faster.



Thank You

Blood Donation Camp

Once a blood donor is always a lifesaver

It is said that blood is one of the most priceless gifts one can give to another. Blood is essential for a person to stay alive. Many times due to accidents or any other serious ailments, a person might require blood. And in those times, people who step up to donate their blood are real-life superheroes. Under the guidance of Youth Affairs and Sports, Government of India and Yuva Kendra, a voluntary blood donation camp was organized by Shri Krishna Youth Club on the occasion of Victory Day at Kamal Gandhi Memorial Ayurvedic College and Hospital.

Vice Chairman of KC Group of Institutions inaugurated the camp by donating his blood. Haemoglobin of 40 students and faculty members were tested and 25 units of blood was collected with the assistance of BDC Blood Centre. Campus Director Prof. Dr. Rashmi Gujrati while addressing said that our Institution keeps on organising such noble events time to time to inculcate a sense of social responsibility amongst students.



International MOU

CANADIAN INSTITUTE OF MASS COMMUNICATION Ottawa, Canada

To promote international research and training in convergent mass media communication technologies, develop educational strategies that keep pace with the contemporary new-media revolution, and meet the diverse communication needs of an ever-evolving world community a MOU was signed between CIMC and KC Group of Institutions.

Through the **Certified Mass Communication Professional** (CMCP) program, the Canadian Institute of Mass Communication offers formal recognition to professionals who provide evidence of practical knowledge and significant work experience in any field of Mass Communication.

Our Students will now be able to do listed certified Value Added Courses along with their regular degree and diploma which will help them enhance their skills and make them profession ready.

MASS COMMUNICATION

ARTIFICIAL INTELLIGENCE IN ENTERTAINMENT

PUBLIC SPEAKING & PRESENTATION SKILLS

MINDFULNESS IN COMMUNICATION

SALES MASTERY PROGRAM



MOU with International University

It's a great opportunity for KC Group of Institutions Nawanshahr students to get a Dual degree study from National & International University. Under New Education policy there is ABC (Academic Base Credit) and Dual degree opportunity. MOU has been signed Between KC Group of Institutions and The Technical University Philippines. An international cooperation protocol was signed between both the Technical organizations. Technical University, Philippines President Dr. Manuel. M.MUHI and Campus Director KC Group of Institutions Prof.Dr.Rashmi Gujrati highlighted about their University and Institutions' courses and focused on the specialization of their University programmes. They also disclosed the plan to give opportunities to the University Students –an international exposure, global experience, short term courses and students exchange program, research and development, Joint publication, attending and presenting International conference, Seminar, Workshops, Entrepreneurship summit, Conclave etc.

KCGI is running Engineering, Management, Hotel Management, Pharmacy, Polytechnic Bsc Nursing, Education and Ayurvedic Medical science college and The Polytechnic University is running Engineering Management, Education Tourism and Hotel Management, Art& science. Students can do any course from either of the Organisations.



MOU with International University

MOU with Masa university will bring an education that will go beyond the limits of physical expectations. An education that fits the trends of information technology opens avenues for achieving a dream, a goal, an ambition – a world of opportunities at the tip of your fingers!

Students will get the opportunity for Internship Training

The project, Semester exchange program

Research opportunity, Students Exchange Programme, Faculty will get the opportunity to attend conferences, seminars, workshops, Guest lectures from both sides, Management Development Programme, Faculty Development Programme for the development of faculty, students & staff. Nursing students will get the opportunity of Internship in the University.



Memorandum of Understanding between

MAHSA UNIVERSITY, MALAYSIA

&

**KC GROUP OF INSTITUTIONS
NAWANSHAHR, INDIA**

www.kc-institutes.com

Kamal Gandhi Memorial Ayurvedic Hospital and College



SHIRODHARA Treatment

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Kgmayurveda@kcinstitutes.com

SHIRODHARA

Shirodhara comes from the two Sanskrit words “shiro” (head) and “dhara” (flow). It’s an Ayurvedic healing technique that involves having someone pour liquid – usually oil, milk, buttermilk, or water – onto your forehead. It’s often combined with a body, scalp, or head massage.

SHASHTISHALI PIND SWEDAN

Benefits :

- 1.The procedures correct the morbidity associated with the Vata, and Pitta Dosha.
2. It enhances flexibility and movements of the joints, Improves blood circulation in the skin and hence improves its complexion and color
- 3.Prevents degeneration of the tissues of joints and wasting of muscles
- 4.The therapy induces sweating, brings out a feeling of lightness in the joints and helps in detoxification of the body

Book Now



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KATI BASTI

It strengthens the muscles and improves flexibility of joints and reduces stiffness. It is beneficial in disorders of lumbosacral region, other spinal problems, cervical problems, Arthritis etc.

GREEVA BASTI.

Greeva Basti is a soothing neck therapy where a generous quantity of herbal oils are retained on the neck to relieve occasional pain, inflammation, and stiffness. The warm herbal oil allows absorption into muscles, ligaments, and tendons, thereby relaxing the neck and healing any underlying conditions, calming pain and stiffness. The therapy additionally de-stresses the entire body.

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KATI BASTI
&
GREEVA BASTI
Treatment

GET STARTED

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- | | |
|---------------------------------|------------|
| Janu basti | Indication |
| •Osteoarthritis of knee joints | |
| •Osteoporosis | |
| •Arthrosis of knee joints | |
| •Chronic pain of the knee joint | |

Education Innovation Summit

Campus Director Prof. Dr. Rashmi Gujrati was invited for Panel Discussion on 'Evolving Role of Edtech in Higher Education :The Future of Learning and Skilling' held at The Lalit, Chandigarh on December 15, 2022. The event named Education Innovation Summit was organized by elets. She bagged the Best Speaker Award for her enriching insights and was also honored for being an Outstanding Leader in Higher Education.



Dr. Sunil Paswan
Head of Department
KC College of Engineering & IT



Industrial Automation

Industrial automation is the use of robotics and computer software to enable autonomous systems to control equipment and procedures used in a variety of industries. Industries use automation to boost output, lower labour costs, employee benefits costs, and other related costs while improving precision and flexibility. Mechanization, which was a result of the Industrial Revolution, led to the production of cheaper and more plentiful commodities. In general, mechanical processes in industries produced things more quickly and in larger quantities, but they still needed experienced personnel. Machines needed operators, and when mistakes were made, they wasted supplies, interfered with production, and even broke things. Control loops were added to machine functioning with the advent of automation.



Figure 1. Industrial Automation (<https://www.maiervidorno.com/industry-expertise/industrial-automation-industry/>)

These can be fully automated closed loops or open control loops that accept input from humans. Locally and remotely located monitoring and control are possible with industrial control systems (ICS). Industries are able to function around-the-clock because to these increasingly sophisticated control methods. The quality has improved, errors have decreased, and productivity has grown. Automation does, however, have significant drawbacks, such as expensive startup costs, decreased employment of workers, and the removal of some morally upstanding human control. These occurrences may rise as automation develops more and becomes more common in emerging industries. Flexibility and quality are the two main areas of recent industrial production automation breakthroughs. More product kinds are possible thanks to flexible manufacturing, and customers can purchase automatically manufactured customized goods.

Chef Mirza Shazan Beg
Head of College
KC college of Hotel Management



Hospitality

The Guest Is God, No less

Offering hospitality is fundamental in Hindu culture and providing food and shelter to a needy stranger is a traditional duty of the householder. The unexpected guest is called the *atithi*, literally meaning “without a set time.” Scripture enjoins that the *atithi* is treated as God. It was especially important to extend hospitality towards brahmanas, sannyasis and other holy people. There are many stories regarding the benefits of offering a suitable reception and the sins that accrue from neglecting one’s guests. Tradition teaches that, no matter how poor one is, one should always offer three items: sweet words, a sitting place, and refreshments (at least a glass of water). The flower garland is offered to special guests and dignitaries, as a symbol of loving exchange. Perhaps, the one thing that is going to take you by surprise and also deeply touch you on your India tour is the warm hospitality of Indians. A ready smile on the face, always willing to go out of the way to help somebody, exuding genuine happiness upon meeting a person - these are some of the common traits you will find in maximum Indians. The Sanskrit adage, "Atithi Devo Bhava," meaning the guest is truly your god dictates the respect granted to guests in India. So it's understandable why the tourists visiting India want to come back again & again.

The hospitality industry in India is, thus, very strong. Even if you choose to stay in a hotel, all care will be taken by the management to make you feel at home. However, if you wish to know what real Indian hospitality is, then it will be better if you stay at the house of a native. If you already have a friend or an acquaintance in India, it's all the more better. Indians like to serve various types of tasty mouth-watering local cuisines to their guests. So it shouldn't be surprising if right upon entering a house you get aroma of sizzling vegetables.

Most Indians live in a joint family so often you will find the in-laws, uncles, cousins and others staying together. Saying Namaste to a guest is integral to guest hospitality in India and you can expect every member to greet you this way only. The womenfolk form the backbone of traditional hospitality. Apart from taking full care of all their family members, they never ever let a guest go away unfed or unhappy from their home. Indian women are great cooks and can scurry up delectable dishes in no time.

As soon as the guest arrives, the women of the house serve him water and then ask any preferences for food or drink. In fact, you will be surprised to find that even strangers on the road are so friendly and hospitable if you ask them where a certain shop or place is located, chances are people will not only give you the direction, but also accompany you your destination, especially when the place is nearby. Indian people feel that their guests must be given proper warm hospitality, which certainly requires extreme care and attention.

Er. Zaftar Ahmad
HOD Electrical Engineering,
KC Polytechnic College



Smart factories for a World in Transition

For supply chains and industrial operations that want to be competitive and robust in the 2020s, digital transformation has been increasingly obvious to corporate leaders over the past few years. The pandemic revealed more flaws in the world's supply chains and industry risks. The manufacturing sector should already be aware of what COVID-19 has shown, according to an article in Forbes magazine. Traditional industrial ecosystems and supply chains are ineffective, so we need to switch to a more flexible, agile approach that is fully digitally connected.

The future factory and the development of smart industrial technologies are also being influenced by consumer expectations. Consumer demand for next-day delivery has been increasing steadily and quickly, and this trend is known as the "Amazon Effect."

"For better or worse, the U.S. economy and the global economy are in the throes of the Amazon Effect," declared Entrepreneur magazine in 2019. There is little sign that consumer expectations are diminishing, and e-commerce competitors are under increasing pressure to match Amazon's efficiency and speed. The need for smart industrial technology has increased significantly as a result of this development, as outmoded systems are unable to manage the amount of transportation and warehousing required to keep up with this phenomenon. As they work to reduce their reliance on foreign partners, manufacturers and supply chain managers confront increased risk and operational interruption.

The reliance on foreign suppliers and manufacturers can be reduced with the use of smart factory solutions like on-demand production and virtual inventory. It is, however, more straightforward to say than to do, as Harvard Business Review notes in a 2020 article. Manufacturers have resorted to specialists and subcontractors who are highly specialized in a single field, and even those specialists must rely on numerous other specialists. Additionally, just as the globe has grown dependent on various locations for natural resources like iron ore or lithium metal, so too has it done so for regions where these experts are located. While increasing domestic production can undoubtedly lower costs and supply chain risk, it doesn't necessarily mean that the need for foreign partners or the overall number of links in the chain will be eliminated. Therefore, having digital industrial technology in place is more important than ever for maximizing productivity and visibility.

Er. Akanksha Thakur
AP KCCEIT



WOMEN EMPOWERMENT

Embrace a woman with love, respect, and education!

The word 'Women Empowerment' itself implies that women are not powerful enough - they need to be empowered. This painful truth has been in existence for a long time. It is in recent years that noticeable work started beginning to lift women out of the abyss of insignificance and powerlessness. The patriarchal society suppressed women's freedom across the world. Women were not allowed to vote or even put forward any opinion. Women were confined to their homes. As time progressed, they realized that their life meant much more than just serving in the household. As more and more women started crossing man-made barriers, the world began to witness the rise of women. Unlike men, women never try to stifle the voice of their opposite gender. They hold the hands of all the downtrodden people - men and women both - and they pull them out of misfortune as they try to improve their lives.

Women empowerment is when women have the freedom and choice to make their own decisions. They have the most potent right in deciding what's right for them and what's wrong for them. Women have suffered through the decades because they didn't have any rights. They suffered in the hands of their male counterparts. In earlier centuries, they were treated as almost non-existent. As if all the rights belonged to men even something as basic as voting. As times evolved, women realized their power. There on began the revolution for women empowerment.

As women were not allowed to make decisions for them, women's empowerment came in like a breath of fresh air. It made them aware of their rights and how they must make their own place in society rather than depending on a man. It recognized the fact that things cannot simply work in someone's favor because of their gender. However, we still have a long way to go when we talk about the reasons why we need it.

Need for Women's Empowerment

Almost every country no matter how progressive has a history of ill-treating women. In other words, women from all over the world have been rebellious to reach the status they have today. While the western countries are still making progress, third world countries like India still lack behind in Women Empowerment.

In India, women's empowerment is needed more than ever. India is amongst the countries which are not safe for women. There are various reasons for this. Firstly, women in India are in danger of honor killings. Their family thinks it's right to take their lives if they bring shame to the reputation of their legacy.

Moreover, the education and freedom scenario is very regressive here. Women are not allowed to pursue higher education; they are married off early. The men are still dominating women in some regions like it's the woman's duty to work for him endlessly. They do not let them go out or have freedom of any kind.

**DR.NIVEDITA
(BAMS)**

**Kamal Gandhi Memorial Hospital and college
Nawanshahr, India**



Janu Basti

What is Janu Basti Therapy?

Janu Basti is a special Ayurvedic therapy, using which the problem of pain in the knee joints can be overcome. 'Jaanu' means knee joint, while the word 'Basti' means to hold. Thus the literal meaning of Janu Basti is to hold the pain in the joints of the knees.

In Janu Basti Ayurvedic therapy, hot oil prepared from medicines like Narayan, Vishgarbha and Bala is used. The use of oil rich in medicinal properties provides relief from the pain in the knee joint to a great extent.

Process of Janu settlement

The following type of procedure is followed for Janu Basti -

- First the patient is made to lie on his back on the therapy table.
- After this, gram flour is kneaded with sufficient amount of water and a mold is prepared by giving this gram flour in the shape of a ring.
- Now this ring-shaped mold prepared from gram flour is placed on the area around the knees. There is a bowl-shaped part inside this ring of gram flour, in which hot oil containing medicines like Narayan, Vishgarbha, Bala is slowly poured.
- It is allowed to remain filled in a bowl-like part till the oil remains hot. When the oil present in the ring cools down, then this oil is replaced by hot oil.
- This whole process is done for 20-45 minutes. Usually the process of this therapy is completed in 1 to 3 sessions, but if needed, the doctor can also advise 5 to 7 sessions.

In Ayurveda, joint pain occurs due to Vata dosha. In Janu Basti, hot medicated oil is kept fixed on the knees, so that it can reach deep into the tissues of the knees and pacify the vata dosha. Due to this, there is lubrication in the knee joint, new life comes to the tissues and the damage to the tissues is also cured.

Benefits of Janu Basti Therapy

Janu Basti Ayurvedic therapy is very beneficial to remove pain in the knee joint. Apart from this, this therapy can be effective in removing many other problems, such as stiffness and swelling in the joints etc. Come, know about some other benefits of Janu Basti therapy -

- Janu Basti therapy removes stiffness in the knee joints.
- Osteoarthritis, inflammation and age-related disorders are of great benefit by taking this therapy.
- This therapy of Ayurveda can be effective in providing strength and energy to the joints.
- This therapy can prove to be helpful in promoting the ability to bear weight.
- It is helpful in providing mobility to the knees.

DR.ARJUN SEHGAL (BAMS)
Kamal Gandhi Memorial Hospital and college
Nawanshahr, India



Greeva Basti

In Sanskrit, 'Greeva' means neck and 'Basti' means to retain.

Greeva Basti comprises two words. Greeva and Basti. In this Greeva stands for neck and Basti is to hold somewhere. Therefore it translates into to hold something on the neck. This is oil what is held on the neck. The similar procedure is- Kati Basti also, in which we hold oils on the lower back.

Greeva Basti is an age-old treatment used to address acute and chronic neck conditions. In the modern-day, sedentary lifestyle involving sitting hours in front of computer screens can cause neck pain and other conditions, Greeva Basti effectively addresses neck pain and related painful conditions, providing long term benefits.

Basically greeva basti is all about- snehana and swedana. Snehana means- oleation and sudation – to sweat. These both come under purvakarma of the panchakarma therapies. Thus greeva vasti helps to work on the local muscles. Because when it comes to the neck. Neck is almost 90% muscles on the back side. The spinal vertebrae are very small in size. When these muscles are strained excessively. It leads to the problems with the vertebrae.

The pressure caused by the strain, reduces space between two vertebrae. This leads to lack of blood supply to the spinal discs. Once blood supply is not proper, it causes degeneration in the spinal disc. This degeneration can lead to any condition of the spinal disc- herniated disc, bulged disc, protruded disc or disc extrusion in the cervical region. Thus it is important to maintain the normal tone of the muscles and ligaments. Only after that we can expect normal spinal discs.

Benefits Of Greeva Basti

Greeva Basti is a soothing neck therapy where a generous quantity of herbal oils are retained on the neck to relieve occasional pain, inflammation, and stiffness. The warm herbal oil allows absorption into muscles, ligaments, and tendons, thereby relaxing the neck and healing any underlying conditions, calming pain and stiffness. The therapy additionally de-stress the entire body.

Helps relieve occasional neck pain and inflammation

Heals past injuries, inflammation, and recurring neck pain, gently and effectively.

Improves flexibility

The medicated oil enhances flexibility and promotes the smooth movement of the neck.

Lubricates joints

Greeva Basti lubricates the joints of the necks and helps address stiffness, allowing smooth movement.

Softens rigidity

Helps relieve the burden of stress and congestion in nerves, bones, and muscles, relaxes and rejuvenates them

Improves blood circulation

The therapy enhances active blood circulation around the neck and strengthens the spine.

Helps heal compression fractures and frozen shoulders Greeva Basti addresses underlying conditions like compression fractures and frozen shoulders.

DR RUCHIKA THAKUR (BAMS)
Kamal Gandhi Memorial Hospital and college
Nawanshahr, India



Kati Basti

Sanskrit, 'Kati' means lower back and 'Basti' means to retain. In the modern world, the sedentary lifestyle coupled with hours of spending time sitting in front of digital devices leads to the back losing strength from stress, poor posture, physical trauma, and poor diet. Its main purpose is to cure the disease quickly by giving relief to the afflicted area.

Through this, lubrication of the affected area and quenching of Vata by sweating. According to Ayurveda, Kati is considered to be the main place of Vata.

Therefore, by quenching Vata, effective treatment of severe diseases is Basti.

Process of Kati Basti

- In the Kati Basti, a circle is made by kneading urad flour to allow proper lubrication to that place.
- And the use of oil containing Ayurveda medicines in it, according to the disease, doctors choose at their discretion.
- Mainly, Mahanarayana oil, Mahavishagarbha oil, Prasarani oil, Mahamash oil, Balaakshadi oil, Dashmool Bala oil, etc., are used in the form of a mixture of one, or two, or three oils.
- In this process, after heating the oil to the prescribed temperature, it is filled in the circle made on the waist with the kneaded dough of urad dal made at the prescribed place on the waist.
- And in between, keep changing the oil by heating it to the prescribed temperature, this process is done for about 30 to 45 minutes.

Benefits

Kati Basti is a soothing lower back treatment where a generous quantity of herbal oils are retained on the back to heal pain, inflammation, and stiffness. The warm herbal oil allows absorption into muscles, ligaments, and tendons, thereby relaxing the back and healing any underlying conditions, calming pain and stiffness. The treatment additionally de-stress the entire body.

Sooth Pain in Lower Back & Limbs

The herbal oil penetrates deeply into the muscles and helps address pain in the lower back.

Relieves Stiffness in Lower Back & Limbs

In addition to relieving stiffness, the therapy helps restore the alignment of the spine.

Strengthens Lower Back

The herbs in the medicated oil have healing properties that strengthen the back from within.

Soothes Nerves

The oil and the massage that follows have a therapeutic effect that soothes the nerves

Enhances Blood Supply

Promotes better circulation by removing stagnant blood, fluids, and toxins from the lower back area.

Improves Movements

Musculoskeletal therapy aids in promoting cellular memory of the muscle tissue thus improving movements.

Kati Basti should be taken only under the supervision of a qualified and experienced Ayurveda doctor.

Ms. Manisha
HR-Manager
KCGI



Assistant Professor Job Description

Learn about the key requirements, duties, responsibilities, and skills that should be in an assistant professor job description

Assistant Professor Job Description

Assistant professors are employed at universities or colleges where they teach and conduct research. They assist full professors, guide and supervise graduates, and spend time conducting investigations and studies.

Special features of Assistance Professor

The assistant professor's responsibilities include teaching a requisite number of classes, providing guidance and supervision to graduate students, participating in departmental meetings, and providing academic support to Professors and other faculty members.

They should be able to pace their lessons and publish articles regularly.

To be successful as an assistant professors, they should thrive in a fast-paced, highly competitive environment and be able to respond to criticism maturely.

Outstanding candidates are able to learn from senior staff as well as students and are constantly expanding their subject knowledge.

Assistant Professor Responsibilities:

Assisting with various departmental duties and providing academic support to Professors and other staff.

Recruiting, training, and mentoring new faculty and other junior staff.

- Conducting research and publishing papers in academic journals.
- Representing the university at conferences and delivering presentations when necessary.
- Teaching and supervising undergraduate and graduate students.
- Providing demonstrations and supervising experiments and investigations.
- Answering questions in class or via email or telephone.
- Providing Professors and Department Heads with feedback on student progress.
- Writing proposals to secure funding for research.
- Attending faculty and departmental meetings and voicing concerns or providing suggestions for improvement.
- Quality of Assistance Professor
- Published works would be advantageous.
- Strong analytical, observational, and problem-solving skills.
- A good record of attending conferences and academic events.
- Excellent research, writing, and interpersonal skills.
- A passion for teaching and engaging with students.
- Patience, understanding, and willingness to help.

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Entrepreneurship In The Digital Age

Anyone can become an entrepreneur in this day and age. With fast access to information, resources, networks, and support, it's almost literally as easy as ordering business cards. Yet while becoming an entrepreneur has never been easier, actually succeeding as an entrepreneur has never been harder.

So just how do you find success as an entrepreneur in this digital age?

Being an Entrepreneur in the Digital Age

Choosing to become an entrepreneur is a difficult and risky career move at any time. But, within the ever-changing digital landscape, breaking into the world of entrepreneurship has additional risks that you should consider before trying to make it on your own. Though starting your own business is certainly a challenge, it can be a very rewarding feat, especially if you succeed in your endeavor.

Before quitting your day job, be sure that you're aware of the challenges associated with being your own boss as well as the outside factors that can affect your business. Every entrepreneur experiences failures and struggles at the beginning, but motivation and preparation go a long way toward overcoming obstacles.

The digital world is constantly changing.

One of the most difficult aspects of being an entrepreneur in modern times is the never-ending developments that take place across the digital landscape. When you're running your own business, you're the CEO, the receptionist and everything in between, which means you're responsible for staying on top of changes in trends, laws and processes.

It can be overwhelming to learn about everything from accounting and eCommerce store management to social media campaigns and analytical data when you're just starting out. Expect to feel overwhelmed, and try to add the right people to your team once you have the means. Many entrepreneurs succeed because they stay resilient and adjust well to change.

Professional values and ethics

Prof. Dr. Rashmi Gujrati

Doing a job is not just carrying out the assigned task, it is a work culture that is the base of the profession. Professional values and ethics are beliefs and principles that an individual possesses to guide oneself to evaluate what is right and wrong in a professional environment. In short, it is the imaginary moral line that one would have internally to uphold professional actions.

These values are usually an extension of one's personal values such as honesty, responsibility, and integrity and are unique to each person based on one's family, culture, environment, religion, and ethnicity (Poorchangizi et al., 2017).

Many teachers find it challenging to assess professional values because they find it hard to determine a baseline. Professional values and ethics are often evaluated by observation of their own practices, students' and colleagues' opinions, work appraisal reports, etc.

However professional values are the core values that are very important in workplace as it showcase how successful one is. These values include soft skills and behaviors that are necessary for career advancement. As what you show in the workplace in form your conduct affects how others view you and interact with you.

Professional values and ethics that one must possess are:-

- Strong work ethics:- It is one's ability to work hard, overcome challenges and offer support to your colleagues. It also means having understanding of what is expected of you and staying motivated to achieve your professional goals and targets.
- Responsibility:- It is very important to understand that what are your responsibilities and one needs to demonstrate it by meeting objectives, completing tasks on time and ensuring that you are performing to the best of your abilities.
- Integrity:- Having integrity means being trustworthy and committed to carry out our abilities to which one is responsible.
- Honesty:- Being honest and open in communication with colleagues and supervisors is highly important in workplace.
- Reliability:- Being reliable means being punctual, being on track with work objectives and always following through on commitments.
- Adaptability:- It is one of the most important and necessary quality required at workplace. One must have the ability to adapt to different situations, ability to change approach and strategy to overcome different problems.
- Accountability:- Being accountable means taking responsibility for one's actions and conduct.
- Self-motivation:- In order to stay satisfied with one's job it is necessary to motivate oneself and to find meaning in your daily activities.
- Confidence:- Focusing on professional development and improving your professional skills through updating your knowledge helps to be confident in the workplace. It helps you grow and succeed in your career.
- Loyalty:- It means to perform your job for the benefit of your team, supervisor and employers. It is exhibited in form of commitment to support your organization's growth and development.
- Compassion:- Being compassionate means supporting each other, and offering help to others when it's necessary. It is a trait that helps one to build meaningful relationships. It helps in resolving conflicts, giving and receiving constructive feedback and solving problems.
- Patience:- Being patient at the workplace is highly important to overcome challenges, find solutions to problems and to complete work accurately and completely.
- Positivity :- Having positive attitude, being open minded leads to more satisfaction at work and also boost your self-motivation. In order to have job satisfaction and to be productive in workplace one must inculcate these traits .

HOW TO START (AND COMPLETE) A RESEARCH PAPER

Prof. Dr. Rashmi Gujrati

You are a re-entry student and it's been fourteen years since you've written a paper. You coasted through high school on your charm and good looks and never actually wrote a research paper. You have written research papers, but every time is like the first time, and the first time was like a root canal. How do you start? Here is a step-by-step approach to starting and completing a research paper.

1. Choose a topic.
2. Read and keep records.
3. Form a thesis.
4. Create a mind map or outline.
5. Read again.
6. Rethink your thesis.
7. Draft the body.
8. Revise.
9. Add the beginning and end.
10. Proofread and edit.

You may read this TIP Sheet from start to finish before you begin your paper, or skip to the steps that are causing you the most grief.

1. Choosing a topic: Interest, information, and focus

Your job will be more pleasant, and you will be more apt to retain information if you choose a topic that holds your interest. Even if a general topic is assigned ("Write about impacts of GMO crops on world food supply"), as much as possible find an approach that suits your interests. Your topic should be one on which you can find adequate information; you might need to do some preliminary research to determine this. Once you have decided on a topic and determined that enough information is available, you are ready to proceed. At this point, however, if you are having difficulty finding adequate quality information, stop wasting your time; find another topic.

2. Preliminary reading & record keeping

Gather some index cards or a small notebook and keep them with you as you read. First read a general article on your topic, for example from an encyclopedia. On an index card or in the notebook, record the author, article, and/or book title, and all publication information in the correct format (MLA or APA, for example) specified by your instructor. (If you need to know what publication information is needed for the various types of sources, see a writing guide such as SF Writer.) On the index cards or in your notebook, write down the information you want to use from each identified source, including page numbers. Use quotation marks on anything you copy exactly, so you can distinguish later between exact quotes and paraphrasing. (You will still attribute information you have quoted or paraphrased.)

Some students use a particular index card method throughout the process of researching and writing that allows them great flexibility in organizing and re-organizing as well as in keeping track of sources; others color-code or otherwise identify groups of facts. Use any method that works for you in later drafting your paper, but always start with good record keeping.

3. Organizing: Mind map or outline

Based on your preliminary reading, draw up a working mind map or outline. Include any important, interesting, or provocative points, including your own ideas about the topic. A mind map is less linear and may even include questions you want to find answers to. Use the method that works best for you. The object is simply to group ideas in logically related groups. You may revise this mind map or outline at any time; it is much easier to reorganize a paper by crossing out or adding sections to a mind map or outline than it is to laboriously start over with the writing itself.

4. Formulating a thesis: Focus and craftsmanship

Write a well-defined, focused, three- to the five-point thesis statement, but be prepared to revise it later if necessary. Take your time crafting this statement into one or two sentences, for it will control the direction and development of your entire paper. For more on developing thesis statements, see the TIP Sheets "Developing a Thesis and Supporting Arguments" and "How to Structure an Essay."

5. Researching: Facts and examples

Now begin your heavy-duty research. Try the internet, electronic databases, reference books, newspaper articles, and books for a balance of sources. For each source, write down on an index card (or on a separate page of your notebook) the publication information you will need for your works cited (MLA) or bibliography (APA) page. Write important points, details, and examples, always distinguishing between direct quotes and paraphrasing. As you read, remember that an expert opinion is more valid than a general opinion, and for some topics (in science and history, for example), more recent research may be more valuable than older research. Avoid relying too heavily on internet sources, which vary widely in quality and authority and sometimes even disappear before you can complete your paper.

Never copy and paste from internet sources directly into any actual draft of your paper.

6. Rethinking: Matching mind map and thesis

After you have read deeply and gathered plenty of information, expand or revise your working mind map or outline by adding information, explanations, and examples. Aim for balance in developing each of your main points (they should be spelled out in your thesis statement). Return to the library for additional information if it is needed to evenly develop these points, or revise your thesis statement to better reflect what you have learned or the direction your paper seems to have taken.

7. Drafting: Beginning in the middle

Write the body of the paper, starting with the thesis statement and omitting for now the introduction (unless you already know exactly how to begin, but few writers do). Use supporting detail to logically and systematically validate your thesis statement. For now, omit the conclusion also.

For more on systematically developing a thesis statement, see TIP sheets "Developing a Thesis and Supporting Arguments" and "How to Structure an Essay."

8. Revising: Organization and attribution

Read, revise, and make sure that your ideas are clearly organized and that they support your thesis statement. Every single paragraph should have a single topic that is derived from the thesis statement. If any paragraph does not, take it out, or revise your thesis if you think it is warranted. Check that you have quoted and paraphrased accurately, and that you have acknowledged your sources even for your paraphrasing. Every single idea that did not come to you as a personal epiphany or as a result of your own methodical reasoning should be attributed to its owner.

For more on writing papers that stay on-topic, see the Sheets "Developing a Thesis and Supporting Arguments" and "How to Structure an Essay."

9. Writing: Intro, conclusion, and citations

Write the final draft. Add a one-paragraph introduction and a one-paragraph conclusion. Usually, the thesis statement appears as the last sentence or two of the first, introductory paragraph. Make sure all citations appear in the correct format for the style (MLA, APA) you are using.

10. Proofreading: Time and objectivity

Time permitting, allow a few days to elapse between the time you finish writing your last draft and the time you begin to make final corrections. This "time out" will make you more perceptive, more objective, and more critical. On your final reading, check for grammar, punctuation, correct word choice, adequate and smooth transitions, sentence structure, and sentence variety.

Founder's Day

KC Group of Institutions is founded by Sh. Prem Pal Gandhi in the memories of his father Sh. Khushal Chand Gandhi.

24th Dec is laying the foundation day. KC Group of Institutions celebrated this day with their Staff there were Hawan and Prayers from all religions.

School, College is a places where all religious students get an education. On foundation day we Invited preachers of all religions for prayer.





New education policy refers to ancient Indian knowledge and seeks to instill pride in the country

"It says the rich heritage of ancient and eternal Indian knowledge and thought has been a guiding light for this policy"

The NEP seeks to instill in students a rootedness and pride in India, and its “rich, diverse, ancient and modern culture and knowledge systems and traditions”. “The vision of the policy is to instill among the learners a deep-rooted pride in being Indian, not only in thought, but also in spirit, intellect, and deeds, as well as to develop knowledge, skills, values, and dispositions that support responsible commitment to human rights, sustainable development and living, and global well-being, thereby reflecting a truly global citizen,” says the document. It also says the rich heritage of ancient and eternal Indian knowledge and thought has been a guiding light for this policy.

“The pursuit of knowledge (Jnan), wisdom (Pragya), and truth (Satya) were always considered in Indian thought and philosophy as the highest human goal,” it says.

The aim of education in ancient India was not just the acquisition of knowledge but a complete realization and liberation of the self, it outlines.

World-class institutions of ancient India such as Taksha-Shila, Nalanda, Vikramshila, and Vallabhi set the highest standards of multidisciplinary teaching and research and hosted scholars and students from across the world, it stresses. Indian culture and philosophy have had a strong influence on the world.

“When the country became independent, it was our responsibility to revive the pride of India in the field of education, but under the pressure of the mentality of slavery, the governments did not do anything in that direction,”

“Education will play a crucial role in the development of New India. Be it educational infrastructure or the New Education Policy, we are transforming the education sector at a rapid pace.”

Referring to the Indian tradition of treating knowledge as the highest pursuit of life, when other parts of the world were identified with their ruling dynasties, Indian identity was linked with its gurukuls.

“Our Gurukuls have been representing equity, equality, care, and a sense of service for centuries”.



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