

MU Celebrated 18th Foundation Day

Teachers and Staff Honored for Excellence



Mangalayatan University, which has made its unique identity in the field of education and research, celebrated Teachers' Day with great pomp along with its 18th Foundation Day. During this, the university celebrated its achievements and honored the professors and staff who did excellent work. The cake was cut by the Vice Chancellor, Registrar, Dean Academic and Finance Officer. The students made the program memorable by presenting cultural programs.



Webinar to Empower Data Engineers

Mangalayatan University's Training and Placement Cell and TCS ION organized a webinar on "Transforming Data into Intelligence: Mastering Data Engineering" to empower future data engineers. The aim of the webinar was to equip students with the necessary knowledge and skills in the field of data engineering. In the webinar, a panel of experts shared their valuable insights on the latest trends, techniques and best practices in data engineering. Agnimitra Biswas, Chief Executive Officer, Institute of Data Engineering, Analytics and Science, gave detailed information regarding the work of data engineering in the field of machine learning and artificial intelligence.

हिंदी भाषा नहीं, हमारी पहचान है

हिंदी भाषा के महत्व को समझाने और इसके संवर्धन के लिए विद्यार्थियों को जागरूक करने के उद्देश्य से मंगलायतन विश्वविद्यालय में हिंदी दिवस पर संगोष्ठी का आयोजन किया गया। राष्ट्रीय सेवा योजना द्वारा आयोजित कार्यक्रम में प्राध्यापकों व विद्यार्थियों ने हिंदी भाषा पर अपने विचार साझा किए। एनएसएस की समन्वयक डा. पूनम रानी ने हिंदी की प्रगति, साहित्यिक योगदान और वैश्वीकरण के इस दौर में हिंदी की भूमिका पर चर्चा करते हुए अपने अनुभवों और चिंताओं को साझा किया। उन्होंने कहा कि हिंदी भाषा नहीं, हमारी पहचान है। कार्यक्रम अधिकारी डा. सोनी सिंह ने हिंदी भाषा के संरक्षण और विकास की आवश्यकता पर जोर देते हुए, हिंदी भाषा को समर्पित होने का आग्रह किया। संगोष्ठी का समापन डा. मनोज वाशर्णेय के धन्यवाद ज्ञापन के साथ हुआ। उन्होंने हिंदी को नई दिशा देने और बढ़ावा देने में महत्वपूर्ण भूमिका निभाने की बात कही। इस अवसर पर कार्यक्रम अधिकारी लव मित्तल, डा. सौरभ मिश्रा आदि थे।

Disha: A workshop to Sensitise Students against Ragging



A one-day workshop titled 'Disha: was organized at Mangalayatan University. The aim of the workshop was to guide the students on the importance of avoiding indiscipline and ragging and choosing the right direction in life. At the beginning of the workshop, Proctor and Nodal Officer of Anti-Ragging Dr Kishan Pal Singh said that by staying away from negative activities like ragging, students must take positive decisions for their future. The keynote speaker of the program was Registrar Brigadier Sumar Vir Singh.

Poster Competition held on Ozone Day

Ozone Day was celebrated by the Department of Institute of Applied Sciences at Mangalayatan University, Aligarh. A poster competition was organized on this occasion. The objective of the competition was not only to explain the importance of protection of the ozone layer, but also to provide an opportunity to the students to increase awareness towards the environment. The chief guest was Prof. Devdutt Chaturvedi of Mahatma Gandhi Central University Bihar.



बॉडी पोस्चर बनाए रखने में होती है फिजियोथेरेपिस्ट की सलाह अहम



फिजियोथेरेपी पैरामेडिकल का ऐसा फील्ड है जो बगैर दवाओं के शारीरिक गतिविधियों को सुचारु तौर पर चलाने के लिए प्रतिबद्ध है। इसी को ध्यान में रखते हुए मंगलायतन विश्वविद्यालय में विश्व फिजियोथेरेपी दिवस मनाया गया। कार्यक्रम का आयोजन इंस्टीट्यूट ऑफ नर्सिंग एंड पैरामेडिकल साइंस और पैरामेडिकल इंस्टीट्यूट ऑफ वोकेशनल एजुकेशन के संयुक्त तत्वावधान में किया गया था। जिसका उद्देश्य फिजियोथेरेपिस्ट के महत्वपूर्ण योगदान और फिजियोथेरेपी के प्रति जागरूकता को बढ़ावा देना था। इस वर्ष की थीम पीठ दर्द की समस्या और इसके समाधान में फिजियोथेरेपी के महत्व को बताने के लिए बहुत महत्वपूर्ण रही। क्विज प्रतियोगिता में प्रगति, ज्योति, निधि व पोस्टर मेकिंग प्रतियोगिता में दीक्षा व मोली ने प्रथम स्थान प्राप्त किया। विद्यार्थियों ने नाट्य व सांस्कृतिक प्रस्तुतियां दी।



Teachers Will Have to Bring Changes in Teaching : Prof. Mittal



An induction program was organized for new professors and employees at Mangalayatan University. The purpose of this program was to make the new employees aware of the culture, rules and regulations and academic environment of the university. Prof. Pankaj Mittal, General Secretary of the Association of Indian Universities, said that in today's technological era, the level of the student, their thinking, understanding and scope of knowledge has become very wide. From this point of view, teachers will have to change their way of thinking and teaching methods. This is necessary for the professional development of students as well as teachers. She also said that teachers also need to know the National Education Policy. Addressing the new members, Vice Chancellor Prof. PK Dashora said that all of you have become an integral part of the university, with your hard work and efforts we will take the university to new heights.

DOCTOR OF PHILOSOPHY DEGREE AWARDED					
S.No.	Name of Ph.D. Student	Name of Supervisor	Title of Ph.D	Subject	Department/Institute
1	Madhubala Sheokumar Shukla	Dr. Haider Ali	Changing Parameters in Land Acquisition Laws with Perspective of Maharashtra State	Law	Faculty of Law - ILSR
2	Shilpy Kumari	Dr. Aruna Kumari	उच्च शिक्षा व्यवस्थाओं में महिलाओं की भूमिका एवं सहभागिता का अध्ययन	Education	Faculty Of Humanities - IER
3	Joohi Prakash	Dr.Mamta Rani	Surrogacy in India: Law, Policy and Perspectives	Law	Faculty of Law - ILSR
4	Anuradha Paul	Dr. Harish Saraswat	Arsenic Metal Analysis at Selective Region of West Bengal	Chemistry	Faculty Of Science - IAS
5	Mayabini Das	Prof. Dharemendra Singh	Effect of District Institute of Education and Training on Development of Teacher Competency at Elementary Level in Odisha	Education	Faculty Of Humanities - IER
6	Sudama Jee	Prof. Dharemendra Singh	वैदिक कालीन तथा बौद्धकालीन शिक्षा का तुलनात्मक अध्ययन तथा राष्ट्रीय शिक्षा निति 2020 के सन्दर्भ में शिक्षा व्यवस्था में इसकी उपयोगिता	Education	Faculty Of Humanities - IER
7	Tapaswini Mohapatra	Prof. Dharemendra Singh	Status of Foundational Literacy and Numeracy in Odisha: A Study of Perspectives and Practices	Education	Faculty Of Humanities - IER
8	Priyabrata Priyadarshi Behera	Prof. Dharemendra Singh	Evaluation of Ecce Based Interventions on Holistic Development of Early Grade Learners in Odisha	Education	Faculty Of Humanities - IER
9	Pooja Gautam	Dr. Sarvesh Kumar	A Study of Digital Literacy among Selected National Institute of Technology's Library Users	Library & Information Science	Faculty Of Humanities - Library and Information Sciences
10	Sanjay Kumar Gupta	Prof. Saurabh Kumar	Rural Consumer Buying Behaviour Towards Consumer Durable Goods in India with Special Reference to Gorakhpur Division	Management	Faculty Of Management and Commerce - IBMC

RECRUITMENTS					
S.No.	Name	Gender	DOJ	Designation	Faculty/Institute/Department
1	Prof. Ved Ratan	Male	24-09-2024	Professor	Department of Agriculture
2	Sobhit Kumar Singh Rajput	Male	03-09-2024	Associate Professor	Mangalayatan Institute of Pharmaceutical Education Research
3	Vandana Kushwaha	Female	02-09-2024	Assistant Professor	EEE, IET
4	Arshil Noor	Male	04-09-2024	Assistant Professor	CS, IET
5	Vishnu Kumar	Male	04-09-2024	Assistant Professor	Civil Engg.
6	Vineet Kumar	Male	10-09-2024	Assistant Professor	EEE, IET
7	Mohd Faizan	Male	17-09-2024	Assistant Professor	Department of Arts
8	Hemant Bhardwaj	Male	17-09-2024	Assistant Professor	MAMCRC
9	Ramanand Kumar Mishra	Male	23-09-2024	Assistant Professor	T&H, IBM
10	Syed Asghar Raza	Male	26-09-2024	Assistant Professor	ILSR
11	Jitendra Kumar Singh	Male	02-09-2024	Lecturer	CS, IET
12	Ajay Mudagal	Male	03-09-2024	Tutor	INPS
13	Payal Yadav	Female	04-09-2024	Tutor	INPS
14	Dhurv Tripathi	Male	10-09-2024	Assistant Manager - International Admissions	MU Marketing
15	Dheerendra Kumar	Male	17-09-2024	Site Supervisor	Construction
16	Sparsh Kulshrestha	Male	17-09-2024	Executive Accounts	Accounts
17	Preeti	Female	02-09-2024	Executive Accounts	Accounts
18	Akshay Kumar	Male	09-09-2024	Store Executive	General Store

ATTENDED/PARTICIPATED AS AN EXPERT				
S.No.	Name	Department	Role/Reason	Organized by
1	Dr. Ramkrishna Ghosh	DVPA	To Participated in National Conference cum FDP on Spiritual Wisdom for better living at Gurugram	Raj Yoga Education & Research Foundation New Delhi
2	Dr. Vikas Sharma	ILSR	Attended Manuputra Estern Conelove 2024	NLU, Odisa
3	Ankita Lal	INPS	Workshop on Integrated new born care	ST. Mary's College of Nursing & Paramedical Institute

PUBLICATIONS				
S.No.	Title of paper	Name of the author/s	Name of journal	ISSN No.
1	Impact of NPA Management on Profitability Analysis of Indian Commercial Banks	Manoj Kumar Sahoo, Shabana Bano, Anurag Shakya, Neha Kumari, Ishwer Singh, Somya Bansal	International Neurourology Journal	2093-6931
2	Adapting to Unprecedented Times: A Comprehensive Review of Consumer Behavior Shifts in the Direct Selling Industry Amidst the COVID-19 Pandemic	Shabnam Ghouse, Md. Saifullah Khalid, Ashok Kumar Purohit, Chiging Yamang, Swati Saxena	International Neurourology Journal	2093-6931
3	Lip Print Analysis: An Initial Study Concerning the Female Population in Jharkhand	Madona Mathew, Jaseel Abdul Kader V, Soni Singh, Aamarpali Roy	International Neurourology Journal	2093-6931
4	Smart city vehicle accident monitoring and detection system Using IoT	Ajay Kumar, Love Kumar, Md. Amir Khusr Akhtar, Abhishek Pandey, Ravi Prakash Srivastava, Sandip Kulkarni	International Neurourology Journal	2093-6931
5	Internet of Things (IoT) and big data for industry 4.0	Ajay Kumar, Umesh Chandra Sharma, Ravi Prakash Srivastava, Md. Amir Khusr Akhtar, Abhishek Pandey, Sandip Kulkarni	International Neurourology Journal	2093-6931
6	Review Study On The Orodispersible Tablet	Sujata Kumari, Archana Sahu, Firuza Begum, Chamta Gurung	International Neurourology Journal	2093-6931
7	A Review on Challenges and Advances in On-Chip Antenna Design for Millimeter Wave Applications	Shivam Upadhyay, Rajesh Kumar Upadhyay, Abhishek Pandey	International Neurourology Journal	2093-6931
8	Technical and Vocational Education in Context of G20 Declaration	Ram Kumar Pathak, Deepshikha Saxena, Rajesh Kumar Upadhyay, Vinay Singh	International Neurourology Journal	2093-6931
9	National Education Policy 2020 for Open and Distance Learning Using ICT Technical and Vocational Education in Context of G20 Declaration	Sanjay Pal, Ashok Kumar Upadhyay, Arvind Hans, Prakash D. Achari	International Neurourology Journal	2093-6931
10	Perception of Karma Theory in Sankhya Philosophy	Sanjay Pal, Ranjana Singh, Shimpi Kumari Chaturvedi, Vinay Tripathi, Vipul Jain, Ashutosh Saxena	International Neurourology Journal	2093-6931
11	Investigating Adults' Experiences with Slow Learner Reading as a Pedagogical Methods	Sanjay Pal, Swati Agarwal, Anupama Verma, Jagriti Upadhyay, Prakash D. Achari	International Neurourology Journal	2093-6931
12	Virtual Learning: The Parents Perspective	Yatendra Pal, Kavita Sharma, Shasanka Dev Bhuyan, Prakash Divakaran, Swati Saxena	International Neurourology Journal	2093-6931
13	Technological Advancements and Innovations in Education	Yatendra Pal, Kavita Sharma, Bechan Singh, Nyarik Geyi, Ankit Khare	International Neurourology Journal	2093-6931
14	Identification of various factors associated with in-vitro fertilization treatment in infertility cases	Rakesh Kumar Sharma, Soni Singh, Rojalini Samanta, J. Rukumani, Hishey Lamu Bhutia	International Neurourology Journal	2093-6931
15	Business Intelligence Framework for Educational Institutes	Sani Kumar, Javed Wasim, Md. Amir Khusr Akhtar, Sheetal Choudhary, Dinesh Mishra, Vishal Khatri	International Neurourology Journal	2093-6931
16	Pre and post test clinical trial to assess the efficacy of tila (sesamum indicum linn .) Rasāyana in osteoporosis	Deepa J. G., Anandaraman P. V., Prathibha C. K., Senthil T., D. Regina Rebello	International Neurourology Journal	2093-6931
17	Some Instructional Techniques for Effective L2 (Second Language) Learning	Farhana Farooqi, Sujit Kumar Singh, Shimpi Kumari Chaturvedi, Vineeta Kaur Saluja, Shaifali R. Puri	International Neurourology Journal	2093-6931
18	The Absence of History in Samrat Upadhyay's Arresting God in Kathmandu	Sujit Kumar Singh, Farhana Farooqi, Preeti Pankaj Gupta, Shimpi Kumari Chaturvedi, Shaifali R. Puri, Vineeta Kaur Saluja	International Neurourology Journal	2093-6931
19	Role of Teachers In Creating Participative Learning Environment	Deepshikha Saxena, Rajesh Kumar Upadhyay, Arvind Hans, Prakash D. Achari	International Neurourology Journal	2093-6931
20	A Review on Forecasting Household Energy Consumption	Amit Kumar Upadhyay, Manoj Varshney, Pankaj Varshney	Boletin de Literatura Oral	2173-0695

PUBLICATIONS

S.No.	Title of paper	Name of the author/s	Name of journal	ISSN No.
21	Protection of Human Rights of Women- International and National Perspective - A Study	Haider Ali, Tulika Sinha, Neeraj Rai, Pankaj Choudhury	Boletin de Literatura Oral	2173-0695
22	Gender-Discriminatory Criminal Laws in India: A Critical Analysis	Jitendra Yadav, Mamta Rani, Pankaj Choudhury, Pratishtha Mishra, Singh, K.	Boletin de Literatura Oral	2173-0695
23	Legal Protection of Women and Judicial Response to Misuse	Mamta Rani, Jitendra Yadav, Amarnath Gupta, Laishram Malem Mangal, Shivangi	Boletin de Literatura Oral	2173-0695
24	A Comprehensive Study on Cruelty against Males in Contemporary Society	Mamta Rani, Jitendra Yadav, Laishram Malem Mangal, Amarnath Gupta, Shivangi Chouhan	Boletin de Literatura Oral	2173-0695
25	An in-Depth Analysis of the Misuse of Laws by Women	Jitendra Yadav, Mamta Rani, Pankaj Choudhury, Pratishtha Mishra4, Singh, K.	Boletin de Literatura Oral	2173-0695
26	Analyzing standby leakage current in CMOS circuits using the sleepy approach	Shivam Upadhyay, Rajesh K. Upadhyay, Dheeresh Upadhyay, Nanda Shakti	Boletin de Literatura Oral	2173-0695
27	Contribution of Language and Literature in the Creation of Culture	Manisha Upadhyay, Ashok Kumar Upadhyay, Shahnaaz Zabi	Boletin de Literatura Oral	2173-0695
28	Innovative Methods Adopted to Hindustani Music Training: From Guru-Shishya Tradition to the System of Open and Distance Learning - An Analytical Study	Debasis Chakraborty, Vilas Palkhe, Bechan Singh, Prakash Chandra Panda	Boletin de Literatura Oral	2173-0695
29	Concept on Immunology: A Review	Gunjan Rani, Dashrath Singh, Rojalini Samanta, Barun Ranjan Sarkar, Tashi Choden Lepcha	International Neurourology Journal	2093-6931
30	Implementation of Skill-Based Education in the Context of NEP-2020	Ram Kumar Pathak, Rajesh Kumar Upadhyay, Bechan Singh, Aamarpali Roy, Jai Anand Shukul	Boletin de Literatura Oral	2173-0695
31	Is Art Imitation? Imagination? Intuition? Expression?	Ramkrishna Ghosh, Vilas Phalke, Sandip Paul, Vineeta Kaur Saluja	International Neurourology Journal	2093-6931
32	Geometrical Conception in Folk Art: Madhubani Painting of Bihar	Prem Lata, Poonam Rani, Roshni Kumari	Boletin de Literatura Oral	2173-0695
33	Enhancing the Flexure Behavior of Single and Double Layer High Strength Reinforced Concrete Beam	Nasim, Mahesh Kumar, Rahul Kumar Gupta, Talkeshwar Ray	Boletin de Literatura Oral	2173-0695
34	The investigation focused on the mechanical properties of recycled concrete aggregate when subjected to various curing conditions	Nasim, Mahesh Kumar, Kabita Kashyap, Rahul Kumar Gupta	Boletin de Literatura Oral	2173-0695
35	Synthesis of A Novel Organoantimony and its Antibacterial Studies	Dinesh Kumar Sharma, Ravi Kant, Jagesh Kumar Ranjan, Aamarpali Roy, Amit Kumar	Boletin de Literatura Oral	2173-0695
36	Role of Adaptive Neural Network in the Stabilization of Non-Linear System	Dheeresh Upadhyay, Rajesh Kumar Upadhyay, Lokesh Kumar	Boletin de Literatura Oral	2173-0695
37	Synthesis and Antitumor Studies of Novel Organic Derivatives of Antimony	Dinesh Kumar Sharma, Ravi Kant, Jagesh Kumar Ranjan, Nitin Jaiswal, Aamarpali Roy	International Neurourology Journal	2093-6931
38	Synthesis of Novel Organoarsenic and Their Antitumor Efficacy Against Mcf-7 And Evsa-7 Tumor Cell Lines	Dinesh Kumar Sharma, Ravi Kant, Debaprasad Dev, Jagesh Kumar Ranjan, Vinesh Kumar	International Neurourology Journal	2093-6931
39	Portrayal of string instruments in Ragamala paintings-a depiction of musical practices: An in-depth study	Debaditya Chakraborty, Poonam Rani	International Neurourology Journal	2093-6931
40	Relevance of Inscription and Coins in Indian History: An Overview	Sagufta Parveen, Roshni Kumari, Laishram Malem Mangal	Boletin de Literatura Oral	2173-0695

Planning Board Meeting held at Mangalayatan University



A Planning Board meeting was held at Mangalayatan University on 25.09.2024. It was chaired by the Vice Chancellor Prof. PK Dashora. The purpose of the meeting was to discuss the academic and development plans of the university, so that the level of education can be raised even higher. In the meeting, the Vice Chancellor, while assessing the current status of the university, discussed in detail the outline of future plans. He said that continuous change and innovation is necessary to make the academic environment better and better.

There Are Better Career Opportunities in the Field Of Medical Coding



National Pharmacovigilance Week was organized under the joint aegis of Mangalayatan University's School of Pharmacy, Mangalayatan Institute of Pharmaceutical Education and Research and Department of Pharmacy from 23.09.2024 to 29.09.2024. Several programs were organized under the guidance of Principal Dr. Abdul Wadud Siddiqui. The program aimed at raising awareness about the importance of pharmacovigilance. Medical coding workshops were held in the series of events, in which Manisha Rao, CEO and Founder of CodeEVO Academy, New Delhi, discussed in detail about the process, importance, scope and career opportunities in the emerging field of medical coding in India.

Rangoli, poster and quiz competitions were held on 24.09.2024, in the series of events. Hina Sharma and Bhumi Gupta stood first in the poster competition, Vanshika Singhal and Prayanshu Pathak came second, Rishabh Kumar and Mayank Raj came third. In the quiz competition, Hrithik, Vishnu Kaushik, Lalit Kaushik came first, Harsh Kumar, Abhi Dubey came second, Saurabh Saraswat, Md. Kaleem, Bharat Sharma came third. In the rangoli competition, Diksha Kumari, Palak Kumari, Ravish Raj, Swapnish came first, Mayank, Nitya, Adarsh, Piyush came second, Saif Alam, Abhishek, Maunu, Naeem Khan came third.



दस लक्षण सभी प्राणियों की आत्मसाधना का है पर्व



जैन अल्पसंख्यक का दर्जा प्राप्त मंगलायतन विश्वविद्यालय में जैन धर्म के अनुयायियों के लिए विशेष महत्व रखने वाला दस लक्षण महापर्व धूमधाम से मनाया गया। जैन मंदिर में विशेष पूजा-अर्चना की गई। जिसमें पूजा-पाठ के साथ भजन-कीर्तन का आयोजन हुआ। जैन मंदिर में जैन विद्यार्थियों द्वारा अभिषेक, पूजन व विधान किया गया। जिसमें जैन धर्म के साथ ही अन्य श्रद्धालुओं ने भी भाग लिया। कुलपति प्रो. पीके दशोरा ने प्रसन्नता व्यक्त करते हुए कहा कि दस लक्षण महापर्व केवल एक धार्मिक अनुष्ठान नहीं है। दस लक्षणों को अपने जीवन में उतार कर हमें बेहतर इंसान बनने और समाज में सकारात्मकता लाने का प्रयास करना चाहिए।

'Kar Lo Safalta Muthhi Mein' Organized for Personality Development



"Kar Lo Safalta Muthhi Mein" program was organized at Mangalayatan University under the aegis of National Service Scheme and Department of Computer Engineering and Applications on 10.09.2024. The event was sponsored by Dainik Jagran and Gillette Guard. The objective of the program was to make the students aware of employment, career and higher education opportunities.

Vishwakarma Jayanti Celebrated



Vishwakarma Jayanti was celebrated with great joy in the Mechanical Engineering Department of Mangalayatan University on 17.09.2024. On this occasion, Lord Vishwakarma was worshipped with flowers, incense and naivedya in front of his picture. Registrar Brigadier Sumar vir Singh and Director Prof. Kishan Pal Singh performed the havan puja as the host. The worship was Performed with chanting of mantras.

World Heart Day Celebrated



On the occasion of World Heart Day, a program was organized at Mangalayatan University on 30.09.2024 with the aim of increasing awareness about heart health. In which the students actively participated to understand the importance of heart health. In the program organized in the main auditorium, the students participated in the poster making competition in which they presented the importance of heart health, diagnosis of diseases and healthy eating through their art skills.

मंगलायतन अस्पताल की सफलता की कहानी —



मंगलायतन अस्पताल के डॉक्टरों ने गंभीर रूप से संक्रमित छोटी आंत का सफल ऑपरेशन किया। मरीज की स्थिति चिंताजनक थी, लेकिन चिकित्सकों की विशेषज्ञता और समर्पण से ऑपरेशन सफल रहा। अस्पताल के चिकित्सा दल ने मरीज की सेहत में सुधार के लिए हर संभव कदम उठाए।



सुमंगलम छात्रावास विस्तार परियोजना

मंगलायतन विश्वविद्यालय, अलीगढ़ ने गोमती सुमंगलम छात्रावास के लिए एक महत्वपूर्ण विस्तार परियोजना शुरू की है। इस परियोजना में मौजूदा संरचना में चार नई मंजिलें जोड़ना, रहने की स्थिति में सुधार के लिए आधुनिक सुविधाएँ शामिल करना शामिल है। यह विस्तार परिसर में आवास की बढ़ती मांग को पूरा करने और छात्रों के लिए बेहतर अनुभव प्रदान करने के लिए डिजाइन किया गया है।

Iron Deficiency Anemia: Causes, Symptoms and Prevention

Iron deficiency anemia (IDA) is a prevalent condition among students, characterized by a shortage of iron in the body. Iron is a critical mineral necessary for producing hemoglobin, a protein in red blood cells responsible for transporting oxygen throughout the body. When iron levels are insufficient, the body cannot produce enough healthy red blood cells, leading to fatigue, weakness, and other health issues. This condition can significantly affect students' physical health, cognitive function, and overall academic performance.

Causes of Iron Deficiency Anemia in Students

1. Poor Dietary Habits
2. Increased Nutritional Needs During Adolescence
3. High Levels of Physical Activity
4. Socioeconomic status

Symptoms of Iron Deficiency Anemia

- Fatigue and Weakness
- Pale Skin
- Shortness of Breath
- Dizziness and Headaches
- Poor Concentration Difficulty focusing
- Cold Hands and Feet feeling unusually cold due to poor blood circulation.

Impact on Academic Performance and Well-being

Iron deficiency anemia can have a profound effect on students' academic and social lives:

- Cognitive Impairment Iron is essential for brain function. A deficiency can lead to decreased attention span, impaired memory, and slower cognitive processing, affecting learning and test performance.
- Reduced Physical Stamina Fatigue can lead to decreased participation in physical education, sports, and other extracurricular activities.
- Emotional and Behavioral Changes Students may experience mood swings, irritability, and social withdrawal, impacting their interactions with peers and teachers.
- Increased Absenteeism Frequent illnesses due to a weakened immune system may cause students to miss school, leading to academic challenges.

Strategies for Prevention and Management

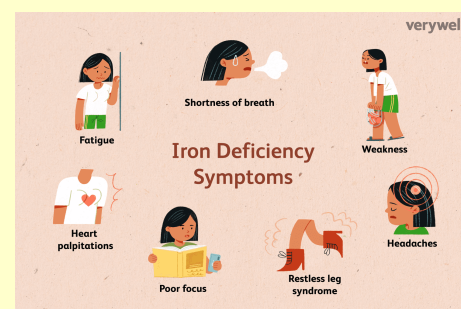
Improving Diet : Encourage a diet rich in iron, such as lean meats (chicken, fish), beans, lentils, tofu, spinach, and iron-fortified cereals.

Promote the consumption of vitamin C-rich foods (like oranges, tomatoes etc).

Iron Supplements : In cases of confirmed iron deficiency anemia, healthcare providers may recommend iron supplements. These should be taken under medical supervision. Encourage students to take iron supplements with vitamin C-rich drinks.

Regular Health Screening : Schools can implement regular health checks to identify students at risk of anemia, especially girls, athletes, and those with dietary restrictions.

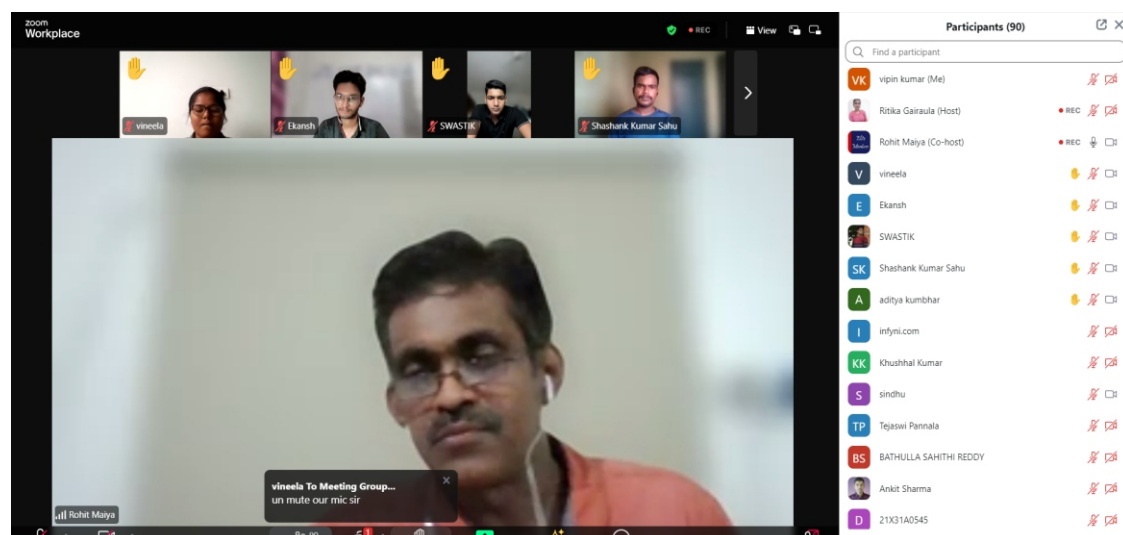
Educational Programs : Schools and communities can organize workshops. - Nutrition education



Authors : Deeksha Rawat, Bharat Upmanyu

Students Were Trained to Excel in Group Discussions at Mangalayatan University, Aligarh

The Training and Placement Cell of Mangalayatan University organized a two-day online workshop on Group Discussion Strategies. The aim of the workshop was to equip the students with the skills and techniques required to excel in group discussions. In the workshop, expert trainers provided valuable information on the nuances of group discussions. Keynote speaker Rohit Maiya discussed in detail topics such as effective communication and listening skills, language and non-verbal cues, leadership, teamwork, consensus building and decision making.



Two-day National Seminar Organized by the Department of Visual and Performing Arts



A two-day national seminar sponsored by the Indian Council of Historical Research has been organized by the Department of Visual and Performing Arts at Mangalyatan University. The aim of the national seminar organized on the topic of the role of Indian visual and performing arts in preserving traditional heritage was to understand the interrelationship between art, culture and society and to encourage innovation through discussions. Art experts, researchers and students from all over the country were invited to the seminar and they shared their views and experiences.

The chief guest at the seminar was Prof. Lovely Sharma, recipient of the Kala Bhushan Award and former Vice Chancellor of Raja Mansingh Tomar Music University. The keynote speaker was Prof. Pankaj Mala Sharma, recipient of the Music Service Award, special guest was Director of Mewar University Prof. Chitrlekha Singh, special guest was National Award winner Dr. Rambali Prajapati. Guests in the second day's session were Mr. Awadhesh Pratap Singh, ICHR Coordinator Dr. Ved Prakash Singh and Dr. Arka Dev Bhattacharya. During this, Co-Director of ICHR Dr. Vinod Kumar was present. Dr. Poonam Rani was the coordination of the event.



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