



# Elixir



A Monthly Newsletter of Podar College Alumni Association

29.11.2023

[alumni.podarcollege@gmail.com](mailto:alumni.podarcollege@gmail.com)

Wednesday

## A Two Day Seminar on Mental Health The keynote speaker of the seminar was Ms. Vedika Podar, Trustee of the Anandilal Podar Trust.

### पोदार कॉलेज में मानसिक स्वास्थ्य पर दो दिवसीय सेमिनार का आयोजन



27 November 2023

A two day seminar was organized on Mental Health in Seth Gyaniram Bansidhar Podar College, Nawalgarh which is run by the Anandilal Podar Trust, Nawalgarh. The chief guest of the seminar was Shri Rajeev K. Podar, Chairman of the Anandilal Podar Trust and special guest was Dr. Rajendra Kumar, C.O.O. of the Anandilal Podar Trust. The keynote speaker of the seminar was Ms. Vedika Podar, Trustee of the Anandilal Podar Trust.

The seminar started with garlanding of the statue of goddess, Saraswati and lighting of lamp by the guests. Dr. Vinod Kumar Saini, programme coordinator and Vice-Principal gave welcome address to the guests. Expressing his views on the work being done by Ms. Vedika Podar on mental health, he said that Ms. Vedika Podar is playing the role of a change maker and social entrepreneur to empower the young generation, bring about change in them, inspire and develop them and is also working towards mental health and well-being. Along with being a passionate advocate and ambassador, she is doing a remarkable work as a young health healer, active listener, suicide gatekeeper and soft skills trainer. Dr. Vinod Kumar Saini further said about Ms. Vedika Podar that she was honored with the prestigious Diana Award by the British Government for her remarkable work in the social sector.

Keynote speaker, Ms. Vedika Podar said that in today's era, 3 out of every 5 people are suffering from mental health, mental health is like oxygen in human life, and it is an important part of life. Hence it is necessary to have mental health. Ms. Vedika Podar further said that in today's time, mental health related problems are increasing in cities as well as in rural areas. Thus we should avoid them. One should try to remain free from pressure and stress. A person should not have negative thoughts.

Principals, department heads and staff members of all educational institutions of the Anandilal Podar Trust were present on this occasion. Prof. Chetan Dadhich expressed gratitude to the keynote speaker and the guests for organizing the seminar. Prof. Shantilal Joshi moderated the stage in this programme. Shri M.D. Shanbhag, Executive Director of the Anandilal Podar Trust and Dr. Satyendra Singh, the Principal expressed happiness for organizing the seminar.

# Unveiling of Statues of Former Chairman and Visionary of Podar Trust

## पोदार ट्रस्ट के पूर्व चेयरमैन और ट्रस्टी की प्रतिमाओं का अनावरण

न्यूज सर्विस/नवज्योति, नवलगढ़। कस्बे के दी आनन्दीलाल पोदार ट्रस्ट, नवलगढ़ के पूर्व चेयरमैन स्व. डॉ. रामनाथ ए. पोदार, स्व. कान्तिकुमार आर. पोदार व स्व. स्नेहलता पोदार की प्रतिमा का अनावरण पोदार कॉलेज परिसर में किया गया। समारोह के मुख्य अतिथि पोदार ट्रस्ट के चेयरमैन राजीव के. पोदार, विशिष्ट अतिथि ट्रस्टी वेदिका पोदार, सी.ई.ओ. वेदान्त आर. पोदार, रिषिका गुप्ता, अधिशाषी निदेशक एम. डी. शानभाग व सचिव प्रो. एम. सी. मालू रहे।

अतिथियों की ओर से समारोह का शुभारम्भ सर्वप्रथम गांधी पार्क में पौधारोपण के साथ किया गया, इसके बाद पोदार कॉलेज परिसर में एन.सी.सी. कैडेट्स द्वारा गार्ड ऑफ ऑनर, जी.पी.एस. स्कूल बैण्ड एवं कॉलेज छात्राओं द्वारा स्वागत गीत गायन द्वारा अभिनन्दन किया गया। सर्वप्रथम डॉ. रामनाथ ए. पोदार सभागार के सम्मुख पोदार ट्रस्ट के



पूर्व अध्यक्ष डॉ. रामनाथ ए. पोदार की प्रतिमा का अनावरण किया गया। इसके बाद कॉलेज के मुख्य द्वार पर स्व. कान्तिकुमार आर. पोदार, स्व. स्नेहलता पोदार की प्रतिमा का अनावरण हुआ। इस अवसर पर डॉ. अखिल शुक्ला, सलाहकार, दी आनन्दीलाल पोदार ट्रस्ट, रविन्द्र पुरोहित, पोदार ट्रस्ट के सी.ओ.ओ. डॉ. राजेन्द्र कुमार, पोदार कॉलेज प्राचार्य डॉ. सत्येन्द्र सिंह, पोदार टी.टी. कॉलेज प्राचार्य डॉ. दुर्गा भोजक, पोदार जी.पी.एस. प्राचार्य जिन

सी.के., पोदार आई.टी.आई. कॉलेज प्राचार्य एस.एस. बक्शी, पोदार जी.पी.एस. बेरी प्राचार्या रेजुला देवसी, टायनी टोडलर प्राचार्या सुमनलता, पोदार हिन्दी मीडियम प्राचार्या डॉ. पूजा पेंवार, बी.सी.ए. डीन डॉ. नन्दकुमार मिश्रा सहित सभी विभागध्यक्ष एवं पोदार शिक्षण संस्थान के सभी स्टाफ सदस्य उपस्थित रहे। कार्यक्रम संयोजक एवं पोदार कॉलेज उप-प्राचार्य डॉ. विनोद कुमार सेनी ने अतिथियों का आभार व्यक्त किया।

**27 November 2023**

Late the former Chairman of The Anandi Lal Podar Trust, Nawalgarh of the town. Dr. Ramnath A. Podar, Late. Kantikumar R. Podar and Late. The statue of Snehlata Podar was unveiled in the Podar College campus. The chief guest of the function was Podar Trust Chairman Rajeev K. Podar, Special Guest Trustee Vedika Podar, C.E.O. Vedant R. Podar, Rishika Gupta, Executive Director M.D. Shanbhag and Secretary Prof. M. C. Malu remained. The function was first started by the guests with the plantation of saplings in Gandhi Park, followed by NCC in Podar College campus. Guard of Honor by Cadets, G.P.S. The school band and college students were greeted by singing a welcome song. First of all Dr. Ramnath A. Podar Trust in front of Podar Auditorium

Former President Dr. Ramnath A. Podar's statue was unveiled. After this, Late at the main gate of the college. Kantikumar R. Podar, the statue of late Snehlata Podar was unveiled.





**22 November 2023**

Welcome of Honourable Home Minister, Shri Amit Shah at Nawalgarh



**16 November 2023**

Courtesy meeting with the chief editor of the Rajasthan Patrika

## Our Upcoming Movements:

**SETH GYANIRAM BANSIDHAR PODAR COLLEGE**  
NAWALGARH, JHUNJHUNU (RAJASTHAN) 333042  
ACCREDITED WITH 'A' GRADE (B04 CGPA) BY NAAC-UGC

**ORGANIZED**  
**INTERNATIONAL GROUP OF CONFERENCES**  
**'ARAVALLI'**  
**16<sup>th</sup> to 18<sup>th</sup> December, 2023**

IN COLLABORATION WITH OTHER COLLABORATORS

**16 December 2023**

An International Group of Conferences will be organized in Seth Gyaniram Bansidhar Podar College, Nawalgarh from 16th December 2023 to 18th December 2023 to enhance the research work among the students.