

NEO CONNECT

IN TOUCH - IN TUNES



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CAMPUS HEAD'S DESK

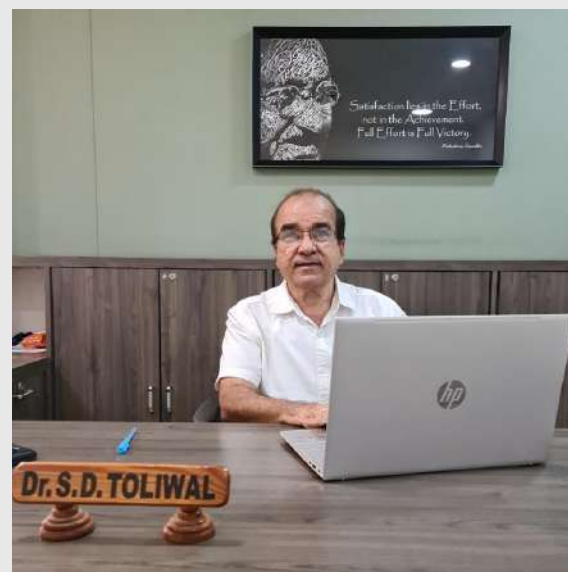
By :

Dr. Shreeram D. Toliwal
Campus Head

All academic pursuits require continuous and consistent efforts, discipline and skills so as to grow, develop and get better.

We all, at Neotech campus strive, work and experiment besides academics, to offer learning platforms and opportunities to our students and staff and encourage them to undertake new and novelty work and showcase their creativity .

We also believe that wisdom should not only accumulate knowledge but its application for welfare of community makes it more relevant and purposeful. In this context, we are coming up with Newsletter volume 02, which presents true record and audit of different activities of our campus. I congratulate all the contributors and creators of this News letter and wish that every edition of it will change the face of the campus across physical, spiritual and intellectual dimensions. Let it bring enrichment in all of us so that we grow, develop and become wiser professionals for betterment of society.



Editorial Board

From Editor-in-chief's Desk...

It is a great honour and privilege to present the second volume of our E Newsletter "Neo Connect" after receiving an overwhelming response from everyone for our first volume. "Neo Connect" is a dynamic document of the campus carrying patchwork of intellectual contributions, activities, events, seminars, guest lectures, sports week and much more. I would



also like to appreciate all the efforts done by our Editors (Dr.Tanvi, Dr.Pooja) and Designers (Kunj, Kinjal, Pooja) as well as supporting team and advisory committee. I hope the hard work put into this E Newsletter shall prove to be the best source to know more about Neotech Campus and readers will read it with lively interest.

Dr. Nipa Desai
Principal, NIT

TEAM BEHIND E-NEWSLETTER:

EDITORS



Dr. Tanvi Patel
[NIP]



Dr. Pooja Soni
[NIP]

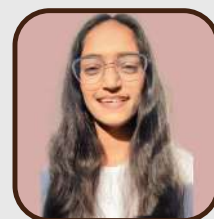
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Nirali Bukel (Asst.Prof.,NSN)
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Roshni Thakkar (Principal., NSN)
Vandana Garasiya (Principal., NIPS)
Dr. Mayank Bapna (Principal, NIPH)

Special Thanks

HODs and Faculties of All Institutes
Rachit Bhitre (2nd Year NIT) Soham Shukla (2nd Year NIT)





INDEX

WHAT'S IN THIS VOLUME?

- EVENTS AND ACTIVITIES
- ACHIEVEMENTS
- ALUMNI SPEAK
- CLUB ACTIVITIES
- MANAGEMENT LESSONS: LEARNINGS FROM BEST PRACTICES
- HEALTH AND NUTRITION
- MEMES
- CREATIVE CORNER



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Events & Activities

• VICE CHANCELLOR OF SHRI GOVIND GURU UNIVERSITY AT NEOTECH CAMPUS



It is with great delight that I join the “OATH CEREMONY” organized by Neotech School of Nursing. May I take this opportunity to congratulate all our Nursing students and faculties who support and motivate all the students and best wishes to all institutes of Neotech Campus.

Honorable ~DR. PRATAPSIKH CHAUHAN
(V.C., S.G.G.U.)

• FIELD VISIT: AUTOMOBILE-CENTRE OF EXCELLENCE

Degree engineering students were taken for a visit to automobile Centre of excellence, Gandhinagar, a joint venture of Maruti Suzuki India Limited and Gujarat Government where they learnt about manufacturing process. The visit was held in the month of September 2022.



• SRO VISIT

Neotech Institute of Technology students Visited Vikram Sarabhai Space Exhibition (VSSE), Mini ISRO, Ahmadabad on 23rd November, 2022. Students gained knowledge on the significant advancements and achievements made by Indian Space Research Organization (ISRO).



Events & Activities

- **STARTUP AND INNOVATION WORKSHOP**

Students of Neotech Institute of Technology had attended a workshop on the legal aspects of start-ups organized by GTU Innovation & Startup Center Vadodara.



- **INDUSTRIAL VISIT**

Students of Neotech Institute of Technology were taken to the Amul factory in Anand, the leading force of White revolution in India. They were given a tour around the production unit and were made familiar with the various stages and machineries involved in the production of various category of AMUL products. They were also made familiar with the history of the factory and the events that led to white revolution in India.



- **MOTIVATIONAL SPEECH**

As we know Dr. JC Bose was a great scientist in Indian history. So, as part of this, NIT in Collaboration with Vigyan Gurjari (VIBHA) organized a motivational session by Prof. Prakash Patel and introduction to Vigyan Gurjari session, on 30 Nov 2022.



Events & Activities

• HEALTH CHECK UP

Neotech Faculty of Diploma Engineering along with Neotech Institute of Physiotherapy organized a medical health check-up camp under National Service Scheme (NSS) for the students and faculty members of Neotech Campus on 26th August 2022.



• THALASSEMIA SCREENING CAMP

Neotech Faculty of Diploma Engineering and Neotech School of Nursing along with Indian Red Cross Society jointly organized Thalassemia Screening Camp for the 1st year students. This activity was conducted so as to check whether the students are suffering from the crippling lifelong blood disorder.



Events & Activities

• PHYSIOTHERAPY DAY

Neotech Institute of Physiotherapy celebrated "World Physiotherapy Day" which marks the unity and solidarity of the global physiotherapy community. It is an opportunity to recognize the work that physiotherapists do for their patients and community. Students celebrated it this year's celebration joyfully with faculty members.



• YOGA DAY

Neotech Institute of Physiotherapy organized Yoga day celebration at Neotech Campus. Yoga is a group of Physical, mental and spiritual disciplines which originated in ancient India.



• PHYSIOTHERAPY AWARENESS CAMP

Community service is an integral part of physiotherapy curriculum, so our Physiotherapy Interns and 8th semester students visited in primary health center at Virod and Bajwa for general health camp related to Physiotherapy management under the guidance of our faculties, Dr.Pooja Soni, Dr.Sai Iyer and Dr. Himani Parikh.



Events & Activities

• UPSC AWARENESS PROGRAMME

Neotech Institute of Physiotherapy organised successful seminar on UPSC awareness which was conducted by Sardar Patel Institute Of Public Administration on 30th June, 2022.



• INTERNATIONAL NURSE'S DAY

Nurses are life-savers. Because doctors often specialize in one area, nurses are able to coordinate the care for all aspects of a patient's overall health. today, they are equally responsible for the overall care of the patient. Neotech school of nursing celebrated nurse's day on May 12th, in the honor of Florence nightingale.



• NUTRITION PROGRAMM-2022

Neotech School of nursing arranged a nutritional program on September 6th, 2022 to make people aware of healthy food and diet that they can follow to live a healthy life. Our faculties guided everyone for the specific diets to include at the program like renal diet, diabetic diet, infant diet, adult diet, low sodium diet etc.



Events & Activities

• HEALTH CHECKUP CAMP

Paramedical students from Neotech campus has organized a Health Checkup Camp at Virod Health Center on 2nd December 2022. More than 100 villagers were provided free check up for B.P. and Diabetes.



Our faculties aware them about benefits of regular check-ups.

• WORLD DIABETES DAY

Poster making competition was organized by Physiotherapy, Nursing and Paramedical department on 14th November.



• CPR TRAINING

Dr. Vihang Shah chief from Pranayam hospital gave training to the students for the CPR with the use of AV AIDS like model and they gave the students a chance to perform practically on the dummy. Students gained the knowledge very well.



• WATER ROCKETRY COMPETITION

It is a proud moment for Neotech Institute of Technology, that our students secured first, third, fourth and fifth position in competition of Water Rocketry during GTU Tec fest 2022 on 12 Oct 2022. Held at Rajkot.

• CENTER OF EXCELLENCE

It is matter of proud and an immense pleasure to share that the Neotech Institute of Technology has received the "Center of Excellence" on Emerging Technology in our Campus with a funding support for 20 i5 core processor computers, projectors, SAP license version for 20 computers and professional mentor trainer support. It was received under code "Unnati program" which is fully sponsored by AMUL, L&T and SAP funding.



• DEVANG MEHTA AWARD CEREMONY



It was a proud moment for Neotech Institute of Technology that students Parvarth darshini, Rachit Bhitre, Vaibhav Panase, Jaiswal Shivani, Vaiyata Divyesh, Rucha Patel, Abhishek Raval, Dixit Vinayak and Khuswaha

Received academic excellence award from "Devang Mehta Foundation Award". For securing Top ranks in Computer Engineering Branch"

• HOSTING OF GTU KABBADI TOURNAMENT

Neotech Institute of Technology has organized Zone-3 Kabaddi Tournament (Men/Women) in GTU Sports Spirit 2022-23 on 13th August 2022 at SAG, Waghodia Sport Complex.



• POWERLIFTING CHAMPIONSHIP

It is a proud moment for NFDE that our 3rd sem (Mechanical) Student Yash. S. Chavan secured 1st position (Gold Medal) in Gujarat State Powerlifting Championship 2022 held at Ahmedabad.



• CRICKET IN UNDER 19 CATEGORY

It is a proud moment for NFDE that On May 29, 2022; Our student, Apurva S Nene of 3rd sem (Computer) selected and played cricket in under-19 category at BCA (Baroda Cricket Association). She is popular player in BCA team and playing since 2018.



• SWIMMING COMPETITION

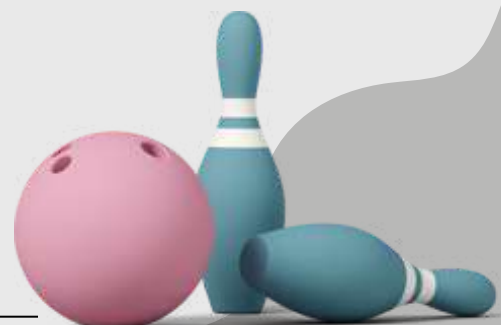
It is a proud moment for NFDE that Hemangi Rana of Computer 1st sem participated in All India Sea Swimming Competition which was held at Porbandar for covering a distance of 1 km with a timing of 00:37:43.



• INTER PHYSIO COLLEGE CRICKET TOURNAMENT



Students of Neotech Institute of Physiotherapy won runner up trophy in Inter-Physio College cricket tournament. It was organized by Shree Ghantakaran Mahaveer Physiotherapy college (SGMPC), Godhra





ACHIEVEMENTS

PATENT PUBLICATION ON TITLE: A STATE OF THE ART METHOD AND SYSTEM FOR IMPLEMENTING INTERNET OF THINGS (IOT) IN AN AUTONOMOUS VEHICLE FRAMEWORK FOR EFFECTIVE MANAGEMENT OF TRAFFIC in Official Journal of The Patent Office Journal with No. 49/2022 Dated 09/12/2022.

The invention provides a method and system for implementing IOT in autonomous vehicle framework for effectively managing traffic. The method and system comprise plurality of IOT sensors, a memory, a processor coupled with the memory, wherein the IOT sensors within the autonomous cars communicate with one another to control a vehicle chosen from the group consisting of an autonomous vehicle, an overweight vehicle, a vehicle transporting special goods, a scheduled vehicle, a delivery vehicle, and an emergency vehicle.

Prof. Neeta Chudasama
Head of Computer Engineering Department
Neotech Institute of Technology





Piyush Prajapati faculty from Neotech Institute of Technology, appointed as a Team Manager of GTU Chess (Men) team for AIU west zone Chess tournament held at Indira Gandhi National Tribal University, Amarkantak, Madhya Pradesh (15-19 November 2022)

Damini Prajapati faculty of Neotech School of Nursing got 2nd rank in Final year in S.G.G.U Examination [M.Sc. Nursing (OBG)].





ACHIEVEMENTS



DR.TANVI PATEL, faculty of NIP, published a paper on "COMPARING QUALITY OF LIFE OF POSTMENOPAUSAL WOMEN RESIDING IN RURAL AND URBAN COMMUNITIES OF VADODARA- AN OBSERVATIONAL STUDY" in volume no.10, issue 11, November 2022. UGC approved journal number 49023(18).



DR.SUBHAM PARMAR, Faculty of NIP, published a paper on "POST OPERATIVE PHYSIOTHERAPY REHABILITATION OF HOFFAS FRACTURE" A case series in international journal of advanced research and publication, volume number 5, issue number 6, June 2022; it is covered by index Copernicus , Google scholar, BASE, Pedro (Australia).





OUR TOPPERS

IN UNIVERSITY

SHREE GOVIND GURU UNIVERSITY



Anita Jangid

**3rd Rank in 2nd year with 77.20%
Neotech Institute of Physiotherapy**



Pooja Balwant Chavan

**Rank 4th with 82%
Post Graduate Diploma In Medical
Laboratory Technology**



Saikh Fizza Imran

**Rank 9th with 75%
Post Graduate Diploma In Medical
Laboratory Technology**



OUR TOPPERS

INSTITUTE TOPPERS

Neotech Institute Of Technology

Computer



DALAL HASYA

8.23 SPI 2nd sem



AMANKUMAR PATEL

8.3 SPI 4th sem



DIXIT VINAYAK

9.3 SPI 6th sem



AGRAWAL VISHRUTI

10 SPI 8th sem

CIVIL



MAKWANA ABHISHEK

7.35 SPI 4th sem



JIYANI SUKETU

8.39 SPI 6th sem



UTTEKAR VISHAL

9 SPI 8th sem

ELECTRICAL



RAVAL ABHISHEK

9.3 SPI 4th sem



PENDHARKAR ABHISHEK

9.19 SPI 6th sem



PATHAN SHAHIN

10 SPI 8th sem

MECHANICAL



SALAT RISHI

8 SPI 2nd sem



RAJPUT VRUNDKUMAR

8.7 SPI 4th sem



PRANAV PANDIT

8.81 SPI 6th sem



SHAH MEET

10 SPI 8th sem



OUR TOPPERS

INSTITUTE TOPPERS

Neotech Faculty of Diploma Engineering



Bhoi Aniket
9.77 SPI



Soni Yug
9.87 SPI

Neotech School of Nursing



**Sansarkar
Aarti**
72.71%



**Prajapati
Rashmika**
69.86%

Neotech Institute of Physiotherapy



Diksha Joshi
1st Rank
3rd year with 70.13%



Hetaxi Patel
1st Rank
4th year with 74%

Diploma in Sanitary Inspector



Parmar Sahilkumar
Rank 11th with
76.40%



Damor Narayanbhai
Rank 12th with
73.80%



ALUMNI SPEAK

JASANI KASHYAP

(Currently working as Project lead engineer at MG Motors, Halol)



“Studying at NIT was a life changing experience for me. The faculties here renewed my interest in studying by their wonderful way of teaching. Also, the various events and activities held at NTC improved my personality and made me a better person. The exposure that I got during my time in the institute is invaluable. The guidance that I received from faculties like Nikhil sir and our principal Dr. Nipa Desai made me who I am today.”

JIGNESH MAHENDRABHAI VAGHELA

[Working as a Technician in Radhikale Engineering Private Limited]

I joined Neotech Faculty of Diploma engineering college in 2020 and during my 2 years of engineering I have learned a lot. The faculty members were very supportive and motivated me to participate in curricular and extra-curricular activities. This institute has trained us in a manner that we become ready to work in the practical world. Industrial visits, expert lectures, summer internships are a few highlights that has helped me in my learning and overall development. I am grateful to my college for giving me the opportunity and resources to excel in my career.





ALUMNI SPEAK

DR. KUNJAL PARDESHI

[Pursuing MPT in Musculoskeletal in VNSGU]



Physiotherapy combines my love for science, working with people, and physical activity. This has just become possible because of Learning Skills taught in NEOTECH INSTITUTE OF PHYSIOTHERAPY. The passionate and experienced staff challenge and inspire your best. Providing an unparalleled quality of education and an incredible sense of personal accomplishment. Being a part of the

"Physiotherapy Family" has created an engaging and supportive learning environment, where help and care is always available when needed. The college has prepared me to become the most skillful and knowledgeable physiotherapist I can possibly be.

[Currently pursuing M.Sc at United Kingdom.]

RAJVI PATEL

I studied B.Sc Microbiology from Neotech college of applied science and research. It was an amazing experience to gain the best knowledge given by our faculties. The support of each and every professor played a crucial role during those 3 years of my studies and is still helping me for my career growth. Currently, I am studying M.Sc in disease mechanism and therapeutics in United Kingdom in a well known university with the support of my teachers. I am very thankful to Neotech college for giving me overall knowledge. The extra activities like visiting the science fair and Neo-fest provided much required practical experience.





CLUB ACTIVITIES



ROBOTICS CLUB

An orientation program was organized for the robotics club, where a team from Wissensquelle technologies gave the students an overview about various sensors, how they are used practically in daily life and how they can be used in new innovative ways.

UDAAN AEROMODELLING CLUB

Chuck glider making event organized by Udaan Aeromodelling Club at NTC on 26 Aug 2022. More than 20 teams participated in the workshop and made gliders and got hands on experience in flying and practice session. The event was also enriched by the talk given by Mr. Joshua Finn, co-owner of J & H Aerospace.



FITNESS CLUB



As everyone wants good health today, our Physiotherapy students took energetic session of Aerobics and Zumba in our campus. Which was guided by our 2 Aerobics and Zumba instructor Dr.Tanvi Patel and Dr. Pooja Soni.



CLUB ACTIVITIES

RHYTHM CULTURAL CLUB

RHYTHM Cultural Club organized Diwali Celebration at Neotech Campus For All Staff Members & Students. As a part of celebration we arrange Rangoli Making & Diya Decoration Competetion for all students & staff members.



Seniors of Neotech Campus welcomed freshers by organizing Fresher's Party. This was a perfect event to increase their friendship with their colleagues as well as their seniors. Because this place is not just about education and training but also about building a personality, an attitude, a character, and a versatile person.

FRESHER'S PARTY





CLUB ACTIVITIES

SPORTS CLUB



Neotech Campus believes that Sports is an important part of education and is something that makes us free from troubles, concerns, and tensions of daily lives.

Neotech Campus organizes different Indoor and Outdoor sports activities for students and from different departments they took part enthusiastically in every

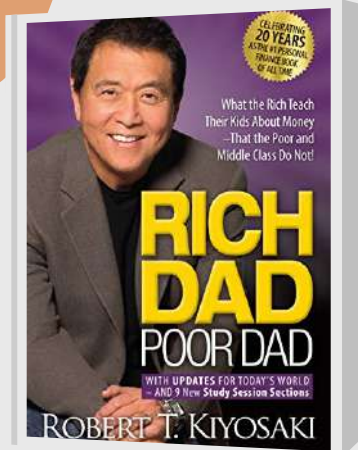
sports activity like Chess, Carrom, Kabaddi, Race, Lagori etc. In addition, sports help them to develop self-confidence and courage. Also, they become active and swift. And success fills them with motivation and eagerness. Over, the year the interest of students in sports have increased many folds.

"Because victory is having done your best, if you have done your best, you have won."



MANAGEMENT LESSONS: LEARNINGS FROM BEST PRACTICES

RICH DAD POOR DAD



Compiled by:
Shreejith Rajeev (Asst.Prof,NIT)

The author beautifully explains the concept of how the rich become richer while the poor and the middle class tend to remain the same. The important factor to make more money is financial literacy. The main difference which separates the rich from the middle class is their basic understanding of the word “Asset”. Poor generally tends to include things that they buy, like a house or a vehicle or expensive furniture, in the category of assets not realizing that the things which they consider to be assets are actually “liabilities”. The rich understands that

assets are the things which gives you money in return. They understand that their assets are items where the money that they have invested work as an employee for them. They diminish their liabilities and increase their assets to such an extent that the return that they get from their assets tend to take care of their monthly expenses. While the poor and the middle class increase their liabilities and don't spend on increasing their assets.

LEARN FROM THE MISTAKES OF OTHERS. YOU CAN'T LIVE LONG ENOUGH TO MAKE THEM ALL YOURSELVES.

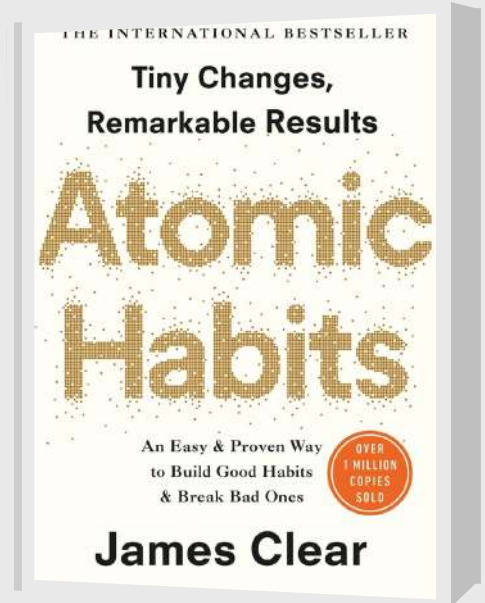
In essence, this particular piece of advice talks about understanding factors that govern the market through not only market research but also through case studies and market analytics. A thorough understanding of the market is critical as it prevents the top management of an organization from losing their precious time to market and also their resources to unfruitful endeavors. This also conveys a sense that every endeavour has to be backed by a solid understanding of the business opportunity and risks associated with it. ~CHANAKYA

Compiled by:
Nirali Bukel (Asst.Prof,NSN)

MANAGEMENT LESSONS: LEARNINGS FROM BEST PRACTICES

ATOMIC HABITS

- Small increments in your habits done daily tend to create a notable and significant change in your behavior and life in the long run.
- Change your identity- believe that whatever you want to become, you are already that. Whatever you believe yourself to be, that is what you will become.
- Understand the 4 steps which make up your behavior- cue, craving, response and reward. For example, cue- waking up, craving -you want to feel alert, response-you drink a coffee and reward-you satisfy your craving to feel alert. Hence drinking coffee becomes associated with waking up. This can be used to break old habits or make new habits.



Complied by:
Shreejith Rajeev (Asst.Prof,NIT)





HEALTH AND NUTRITION

HEALTH BENEFITS OF AMLA



Complied by:
Binal Chauhan (Asst.prof. [NSN])

Amla is low in sugar and high in vitamin A, vitamin C, vitamin E, iron, and calcium. Which Boosts immunity, Lowers blood sugar levels, Improves mental health, Nourishes hair, Maintains healthy skin, Improves digestive health, Benefits the eyes, Improves heart health, Strengthens the bones, Helps manage iron deficiency anemia.

BENEFITS OF DRY FRUITS

Almonds are beneficial for a sharp memory. Dried dates are rich in dietary fibre, which helps keep you satiated and suppress your cravings. One incredible health benefit of cashews is their scientifically proven effects on type 2 diabetes. Walnuts are also an excellent source of plant-based Omega-3s, an essential nutrient. Hazelnuts help increase the low-density lipoprotein levels, which can help to lower blood cholesterol levels. Raisins have very high iron content. Anjeer have very high fibre content, both soluble and insoluble.



Complied by:
Shubhangi Joshi (Asst.Prof,NIT)



HEALTH AND NUTRITION

DATES:

BENEFITS OF HAVING DATES WITH MILK:-

Developing muscle strength, Stronger the memory power, Addressing skin concerns, Easy way of digestion, Restoration of energy levels, Relieves from joint pain, Facilitates weight gain.

Dates with Milk Recipe:- **INGREDIENTS:**

1. 1 mug of milk.
2. Chopped dates.
3. Chopped Nuts (almonds, cashew, walnut, pistachio).
4. Dry coconut powder.
5. 1 table spoon Cardamon /Elaichi powder.
6. Sugar



COOKING PROCESS:

1. In a pan, heat the milk.
2. When the milk starts having a little boil add the chopped dates.
3. Let boil the milk with dates for 2 min afterward with the spoon, mess the dates in milk and give a continuous stir.
4. After good boiling add half spoon of sugar/ can skip the sugar which dates itself having lots of natural sugar contain.
5. Add chopped nuts, Cardamon /Elaichi powder and coconut powder.
6. Boil it for 1 min and turn off the gas.
7. Sever it hot. Enjoy your winter with good immunity.

Complied by:
Sherin Christian (Asst.Prof,NFDE)

Nutrition and health

Great Wealth



Health' is the most integral part of our life. According to our conventional knowledge, the term health is only limited to being disease-free but it has a broader perspective. WHO has approved that health is determined by mental, physical, social, reproductive, and emotional fitness.

As a result mental illnesses such as depression, anxiety, and stress have become a major part of life. Not only these but lifestyle health issues like obesity, and diabetes, are taking the graph up in spite of having more health facilities.

Health is not a destination it is a journey to improve the quality of life.

"We are what we eat"

Nutrition is a branch of science that deals with the study of nutrients. It studies how our body uses the food and water we intake for our health, wellness, and growth. We are aware of the term balanced diet which includes the right amount of nutrients (Carbohydrates, proteins, fats, vitamins, and lipids) required by our body. We need water for the metabolic process and to prevent us from being dehydrated.

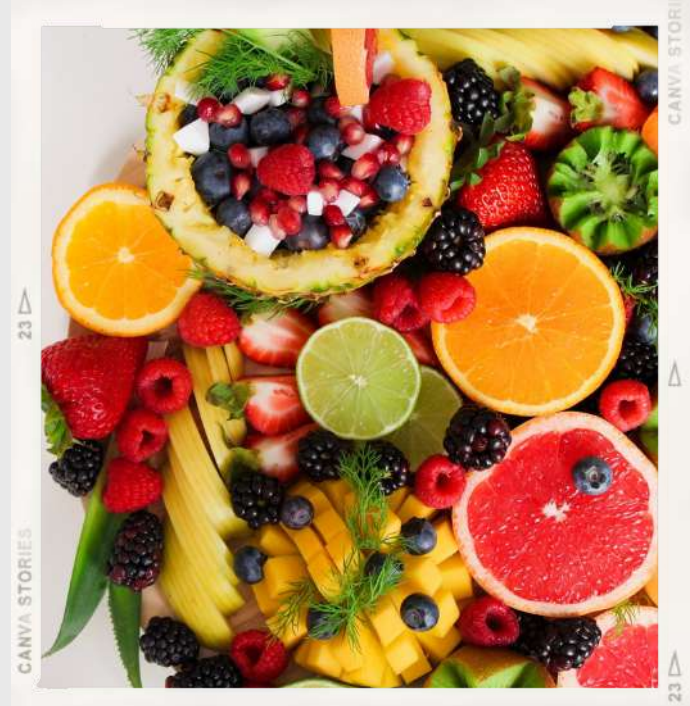
Nutrition and health are inter-related.

Nutrition and health

Great Wealth

The nutrition which will nourish our body will also help in building our immunity and will make us disease free. Eating the right food keeps the right mood. Proper nutrition keeps us energetic to work all day long with better focus.

It provides natural radiant skin, shiny hair, greater metabolism, slows down ageing, and keeps lifestyle disorders at bay. Without proper nutrition, our body doesn't run at a normal level.



Lack of nutrition results in malnutrition, premature ageing, fatigue, stress, mental retardation, etc. Especially women need to take proper care of nutrition during menses because of blood loss and during pregnancy as it helps the foetus grow.

95% of diseases can be prevented with proper nutrition. It also helps in weight loss, Diabetes, heart health, immunity, digestion, stress etc.

These were just some of the benefits of nutrition which has a great impact on us.

Think what if we follow all consistently the quality of our life will be...!

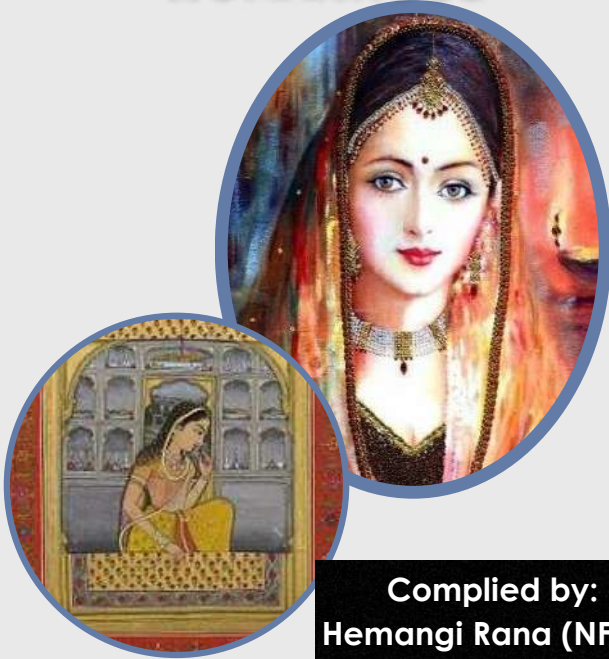
" Health is the greatest wealth'...

Complied by:
Salome Patel (NIP)



ANCIENT INDIA

RANI PADMINI (PADMAVATI) **EPITOME OF BRAVERY AND PRIDE OF INDIAN WOMANHOOD**

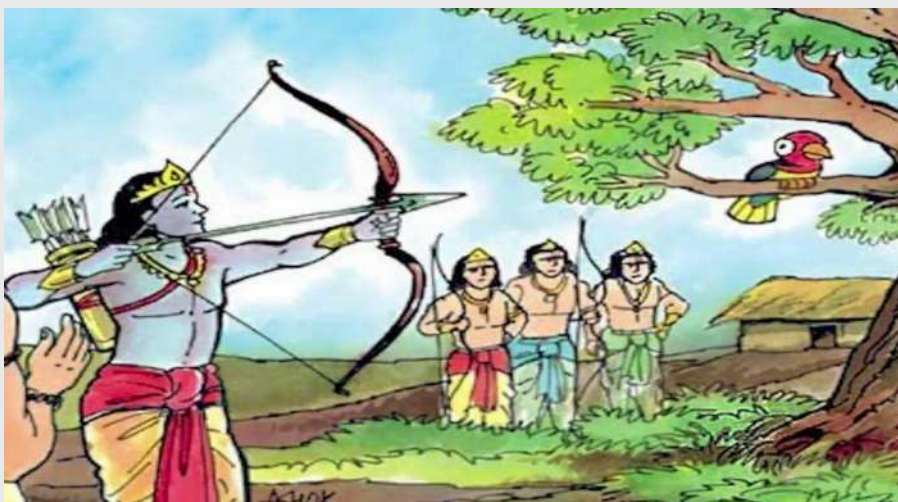


Compiled by:
Hemangi Rana (NFDE)

Rani Padmini, also known as Padmavati, was a 13th–14th century Rani (queen) of the Mewar kingdom. Padmavati was an exceptionally beautiful princess of the Sinhalese kingdom (in Sri Lanka). Rani Padmini spent her life under the care of her father Gandharvsena and mother Champavati. She truly brought up as a brave Hindu girl, she had mystery on all forms of weaponry skills. Rani Padmini had unbelievable courage to protect her satitva, also she was as magnificent as this picture. She was the true example of bravery and honesty.

“GORA BADAL” the poem written by Rani Padmini will replace blood with fire in our veins.

ARJUNA WINS GURU DRONACHARYA WITH DEDICATION



Dronacharya was the Guru of weapons for the Pancha Pandavas. Like every day, the Pandavas were practicing archery with Guru Dronacharya. The Guru placed a wooden bird on a branch of a

ANCIENT INDIA

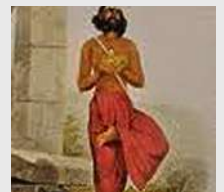
tree and asked them to hit the eye of the bird. But before that, he asked every brother what they could see. Somebody said tree, someone replied sky, and so on. But when it was Arjuna's turn, Guruji asked the same question to him as well. But Arjun's reply was different. He stated that he could only see the eye of the bird and then shoot the arrow and it hits the eye of the bird. Guru Dronacharya was pleased.

Compiled by –Nirali Bukel (Asst.Prof, NSN)

Moral – If you want to be successful, you must focus on the target.

IMPORTANCE OF YOGA SINCE ANCIENT TIMES

Yoga is connected with Indian culture since Ancient times when it was taught by Gurus named as: Adi Shankaracharya (788 AD), Abhinavagupta (950-1016 AD), Sri Ramakrishna Paramahansa (1836-1886), Sri Aurobindo (1862-1950). According to research, Yoga can benefit those suffering from diseases like tuberculosis, cancer, heart disease, sleeplessness, multiple sclerosis, back pain, and multiple sclerosis.



Yoga has been demonstrated to promote strength, flexibility, and balance as well as immune function, lower blood sugar and cholesterol levels, and enhance psychological well-being overall. Yoga helps to manage issues like long-lived back pain, depression, diabetes, epilepsy, heart disease; lower cholesterol levels and blood pressure; and heal respiratory organ diseases, irritable internal organ syndrome, migraine headaches, and many more!

Compiled by –Nidhi Parikh (Asst.Proof,B.SC)

ANCIENT INDIA

SUBASH CHANDRA BOSE

Subash Chandra Bose was a great nationalist: people know him for his country's love. He was born on 23rd of January in 1897 and his participation in the Independence movement took place by the Civil Disobedience movement. He was also a member of the Indian National Congress. He moved to Japan and started the formation of the Indian National Army in 1943.



When we hear the name Subash Chandra Bose, the one thing that comes to our mind is the slogan he delivered while fighting against the British Rule:

He was also called Netaji and considered to be the prominent freedom fighter of the country. He was known for his untamed personality and was highly regarded and followed by many in India. The entire world celebrates the birthday of Subhas Chandra Bose on 23 January 1897.



His father's name was Janakinath Bose, and his mother's name was Prubhubhati Bose, and he was the ninth kid in his family. He belonged to an affluent family where his father was a successful and wealthy legal advisor and attained the title of "Rai Bahadur". Subhash Chandra Bose was a brilliant student who possessed exemplary skills. He completed his graduation from Calcutta University and studied Philosophy from the Presidency College in Calcutta.

"Netaji" was admired and loved by all for his outstanding contribution and robust energy. He will always be remembered for the love he had for his country.

Give me blood and I will give you freedom

Compiled by –
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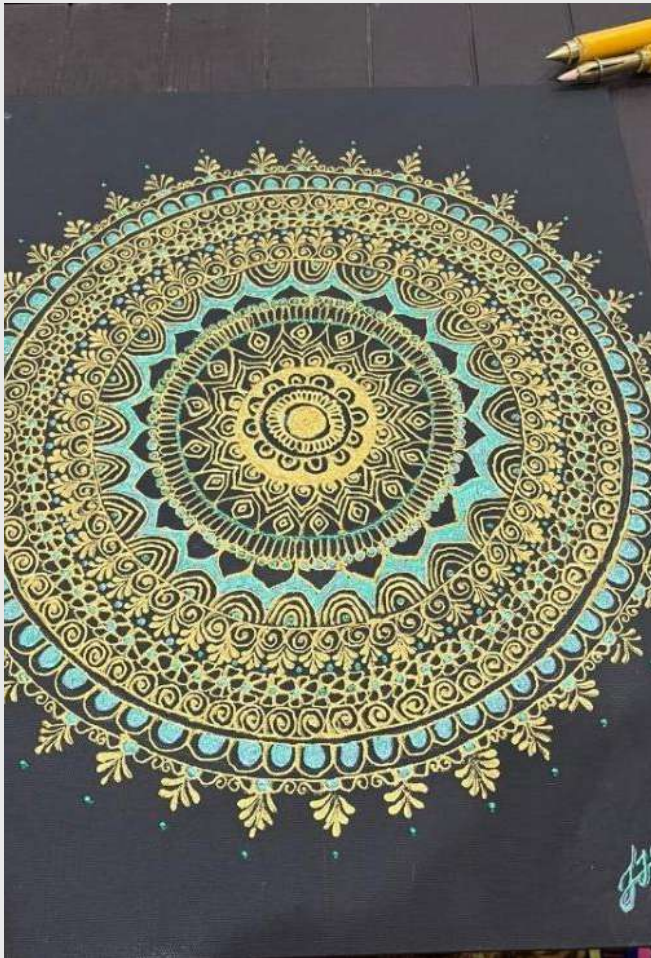


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