

## Village Girl From Naxal Affected Kanker Dist Selected As A Software Engineer In UK



Born in a remote village Bande in Kanker district of Chhattisgarh, Moushumi Mandal, has been selected as a "Software Engineer" in a world-famous institution like "The United Kingdom Atomic Energy Authority" (UKAEA). Her father, Sri Sukhdev Mandal runs a small cycle store in Bande itself and her mother Seema is a housewife.

Moushumi started her education from a small school in Bande and later completed her Secondary education at a private school

"Vidyasagar Vidyaniketan" in Bande. After this she completed her studies up to class XII in mathematics from "Saraswati Shishu Mandir School" in Pakhanjur. Due to her interest in mathematics and engineering, after 12th, Moushumi took the CGPET exam. In this she did not get a good rank. Moushumi could not get admission to an engineering college, and then Moushumi enrolled in B.Sc. Mathematics in a government college in Raipur. However, Moushumi did not give up and worked even harder to fulfill her engineering dream.

Moushumi gave the AIEEE exam and secured good ranks at the state level. This time Moushumi got admission to the IT branch in CIT College, Rajnandgaon. Due to the weak financial condition of the family, Moushumi wanted to do a job after Bachelor of Engineering

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(BE) but Moushumi's mother wanted her daughter to get a master's degree. She used to say, "Daughter will earn money for life, but first she must complete her studies".

Moushumi decided to pursue a master's degree only at the behest of her mother, but meanwhile, a mountain of financial crisis broke on her family. Moushumi's father had six of his discs collapsed in his spinal cord. Moushumi was completely broken, mentally and financially by her father's illness and the expenses incurred in his treatment. Moushumi's family did not have money left for her admission to a master's degree. But then Moushumi's elder maternal uncle came into her life as a messiah. He not only helped Moushumi financially for her further studies but also continued to encourage Moushumi's family.

Moushumi once again got a chance to fulfill her dream but this time, not at the expense of the family but

determined to complete her studies by attaining scholarship. This resulted in Moushumi getting admission on a scholarship at Allahabad IIIT, one of only six IIITs established in the entire country. Moushumi also got the Excellence Award for her performance in studies in college. From the time she was in the final year of her master's degree, job offers from many big multinational companies had come to Moushumi. After a master's degree, Moushumi worked in a multinational company for 3 years as a "software engineer". During this time, Moushumi herself started bearing the entire expenses of her sisters' education including her family. Moushumi is also getting one of her sisters to study MBBS in a private college.

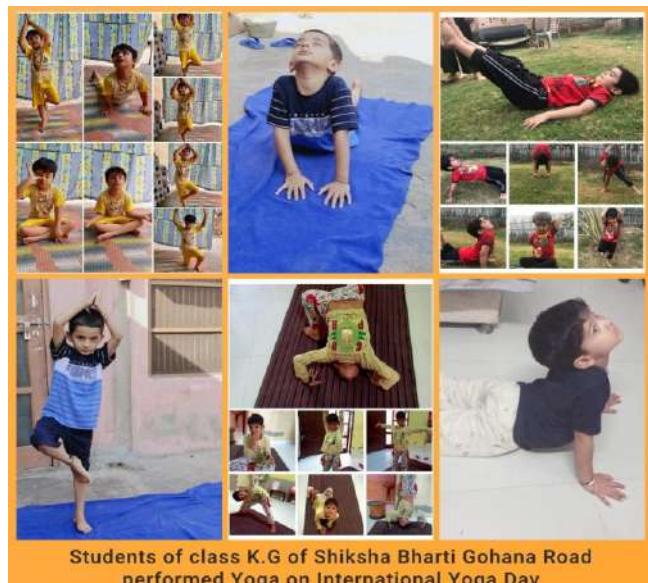
Moushumi never stops dreaming, due to which she passed 8 difficult examinations. Today, by doing a job in a big organization in UK on a package of lakhs of rupees,

she is making her parents, family and all in the area proud. Moushumi says "Whatever I am today is because of my parents, my teachers, and my family. It is important for every parent to understand that daughters are not burdens but like a son, a daughter can, not only bring laurels to her parents and family in society, but can also feed her family when the time comes."

Indeed, society should learn from this entire journey of Moushumi, that today even daughters are no less than sons. Daughters are not a burden for the family but the strength of the family. This journey of Lalgarh's daughter to reach London is an inspiration for the whole society. At the same time, taking lessons from the parents of Moushumi, all the parents are encouraged to come forward and encourage their children. also need to support them. Only then can this society really move forward in the direction of women empowerment.



International Day of Yoga 2021 was observed by Gamadi Vidya Bharati School, Dhansiripar; Heraka Vidya Bharati School, Jalukie B and Janjati Shiksha Samiti, Dimapur



Students of class K.G of Shiksha Bharti Gohana Road performed Yoga on International Yoga Day



# **“Vidya Bharati in Uttar Banga”**

## **Sarada Vidya Mandir, Putimari, Uttar Banga- Extending 'Education' In Its Truest Form**

An ideal school is not only about imparting academic knowledge to its students, but is responsible for the moral growth and character development among the young children. It should be able to develop socially conscious citizens and become a harbinger of social progress.

Since its inception all Vidya Bharati schools collectively have been working towards a similar ideal and Sarada Vidya Mandir, Putimari is a shining example of the same.

Located at about two hours distance from Siliguri, in the village of Putimari, Sarada Vidya Mandir was established in 1998. Starting with mere 35 students, the school within a few years has become one of the most well-known education institutions in the area. The journey has not been easy and the school committee witnessed a lot of



struggles in its initial phases.

Presently it has thousand plus students with more than 40 teaching staff. There are separate divisions for Hindi and Bengali medium. It has classes from Primary till 12th standard and boasts of all modern amenities like well-equipped libraries, science and computer labs, game rooms and a large playing ground.

Speaking about the educational method followed by the school, Karyalaya Pramukh Shri Subodh Pal, who has been associated with the school since its inception, pointed out that in

Sarada Vidya Mandir, the students are not only given top notch academic knowledge by the teachers, but the overall personality development is looked after as well. The student receives essential 'Sanskars' along with in-depth cultural knowledge. They are encouraged to participate in sports, arts, yoga and different kinds of extracurricular activities. The school makes it a point to celebrate important cultural and national events.

As the school ideology is heavily influenced by the teaching





of Swami Vivekananda, each year on his birth anniversary art exhibitions is held. For the young students, each Saturday, 'Kishor Sabhas' are held where they are encouraged to show their talents.

The students are encouraged to become socially responsible from an early age and each year, during the

monsoons the school children help the nearby villagers to clean surrounding jungles and overgrowth in order to reduce disruptions during heavy rains and storms. Recently during the ongoing Covid 19 pandemic older students and teachers organised safety awareness campaigns in the villages as well as provided food to approximately 300

families during lockdown.

Sri Subodh Pal proudly stated that over the years the alumni, the students, teachers and the parents have become like a family, always ready to help each other in need. Many of the alumni have become well settled in life, but they always make it a point to stay connected with the school.



**Children of Shishu Vatika, Saraswati Vidya Mandir, Ganga Nagar, Meerut, celebrated this week as save birds through the motto of "दाना डालो, पानी पिलाओ, पक्षी बचाओ" and gave a message to everyone that it is our duty to protect animals and birds**



# “Vidya Bharati Alumni” “Interview”



Dr. Manish Goutam

## Dr. Manish Goutam Shares the Same Feelings, Fears, And Happiness as His Patients While He Treats Them with All His Heart

A broad mind, a generous heart, an unflinching will, a quiet steady determination, an inexhaustible energy and a total trust in one's mission—this makes a perfect doctor. The chief role of the doctor is, by various means, to induce the body to recover. His job is not just to treat his patients, but also to give him the courage to recover. Dr. Manish Goutam, not only offers a medical remedy to his patients, but, by all his heart he instills the will to fight in them. He goes beyond his duties to share the same feelings, fears and happiness as his patients often working for incredibly long hours, getting little rest to save lives.

Dr. Goutam is an alumnus of Saraswati Shishu Vidya Mandir, Barganda, Giridih, where he studied till the 5th standard, before his father got transferred to another city. After completing his 12th class examination, he went to Kota for medical entrance coaching. From Kota he cleared the medical entrance and took admission in People's College of Medical Sciences & Research Centre, Bhopal to earn his Bachelor's Degree in Dental Surgery. He then

cleared the Madhya Pradesh Dental/Medical Admission Test (MP DMAT) and completed his Masters of Dental Surgery from Bhopal.

Dr. Goutam has a specialization in Maxillofacial Prosthodontics, which is a specialty of dentistry that deals with the rehabilitation of patients with acquired and congenital defects of the head and neck region. These range from minor to major functional disabilities combined with cosmetic disfigurement. He currently works at RIMS (Rajendra Institute of Medical Sciences) Medical College in Ranchi, Jharkhand.

Often he has to deal with cancer patients who are in a very critical state. “A cancer patient who had come to me was on a liquid diet for as long as 2 to 3 years. He had a surgery done, after which he could only consume liquid food through a pipe inserted through his nose to his throat. We did a prosthetic surgery of his nose and





mouth and he was able to consume solid food after so many years”, recalled Dr. Goutam.

Dr. Goutam also gets involved in a number of social activities. He runs regular medical camps in remote areas to help people quit smoking. "We organize health camps as well as run no tobacco campaigns, tobacco cessation training, cancer awareness camps, general awareness campaigns on health, and campaign on lady doctor security in remote areas", mentioned Dr. Goutam.

Tobacco is one of the main causes of cancer in India. Dr. Goutam not only offers pharmacological treatment to help people quit smoking, but also does a lot of counseling, often by sharing live cases of cancer patients. “When people see someone suffering, they quit smoking out of fear. This is helping people a lot to stay away from

tobacco", shared Dr. Goutam. He also rehabilitated many patients who lost their jaws, tongue and facial parts due to surgical treatment with prosthetic replacement to make their quality of life better.

The Covid times have been very challenging for all. RIMS being one of the largest hospitals of Ranchi, it has to deal with a number of Covid patients daily. These patients often come from remote villages and are almost always accompanied by their families. Dr. Goutam saw that due to the lockdown these people were not getting food. His deep empathy towards unprivileged sections of society led him to start a self-funded food distribution program throughout the lockdown for the families of the patients who were admitted at RIMS. This humanitarian service of Dr. Goutam became so popular that he was appreciated and thanked by the Health Minister

of Jharkhand on social media platform twitter.

Dr. Goutam is also an accomplished researcher and has published numerous papers in world's top medical journals. "Stepping ahead in Dental science I have accomplished academic research and published 30 international research papers till now in journals like Journal of Prosthetic Dentistry which is the official journal of American society of Prosthodontics", mentioned Dr. Goutam. Dr. Goutam is also the youngest doctor in India till date to have published a paper in the journal. "I published a paper on a patient whom I had treated. A 15 year old boy had come to me who in an accident had lost one of his eyes. I placed an artificial eye which would move, with the help of muscles, just like a normal eye", recalled Dr. Goutam, who is also the editor in chief of Journal of Applied Dental and Medical Sciences.

Dr. Goutam also offers free treatment to people of poor background or children and senior citizens who are not economically sound. He does all the treatment and bears the lab cost by himself to help this unprivileged section of society. Further, he along with his wife, Dr.Madhavi Singh, organizes free medical camps, where they offer free medical checkup and distribute free medicines to the needy since long back. Madhavi Singh is also a Dental Surgeon and owner of Dentica Dental clinic and Implant centre.

# डॉ मनीष गौतम द्वारा जनहित में ब्लैक फंगस से जुड़े कुछ अहम तथ्य



डॉ मनीष गौतम  
बीडीएस, एमडीएस  
भवित्वस्तोकेशियल

ପ୍ରାଚୀନତାଙ୍କୁ, ଶାଖା, କାନ୍ଦିଳା

जन अवधारणा: यह मानव  
पौरम दोनों इतिहासों के वर्णन पर  
स्थानिक संक्षेप के बाबत है जो स्वयंस्वयं के प्रति  
सामाजिक घटनाएँ के बदलाव के  
सिंह लक्षणात्मक वर्णन होते हैं।  
पूरे कोरोना काल में मरीजों की  
मृत्यु करते हुए सुन्दर कोरोना संक-

प्रति दूसरे अंतराल कहाने के बीच से लगातार प्रति दूसरे अंतराल में जारी होते हैं।

विशेष कई विद्युत से लैटरों में इन विशेष गैरिमा से जुड़कर फैलने को लेकर अपना दूसरा और अपना चौथा किया जिसको लेकर उद्देश्य वह उजासी की मात्रा करने का विद्यर बनाया। अपनी एक विद्या एवं कामान ब्रॉडबैग के बाहर छोड़ दी गई गैरिमा में लेकर फैलने वाली विशेषता देखती जा सकती है।



# “Vidya Bharati Alumni in Social Service”



## Dr. Satyajit Sabat

**A**longside doctors and nurses, physiotherapists have played a key role in the care and treatment of COVID-19 patients in hospitals and often after patients are discharged. Physiotherapy is by its very nature a caring profession. Physical contact and one-on-one interaction are two important tools to help patients with their injuries and movement problems during the pandemic.

Dr. Satyajit Sabat, an alumnus of Saraswati Shishu Vidya Mandir, Ramharinagar, has been relentlessly working to help people come back to normal life post Covid. “Once a patient is admitted to a hospital with a critical illness, they remain sedated for a couple of days until they start showing recovery symptoms and are gradually improved. The patient often finds it difficult to move after lying down on a hospital bed for days. The role of a physiotherapist is thus very important to rehabilitate the patient”, explained Dr. Sabat. Physiotherapists will help patients to the edge of a bed, sit

in a chair and stand up from a seated position. Simple exercises also help patients to breathe a little harder and strengthen a patient's respiratory system.

Dry cough is one of the main symptoms of COVID-19 and Dr. Sabat uses manual techniques to help people breathe better. “We do gentle clapping on their chest or on the back, like you pat a baby after meal”, mentions Dr. Sabat.

Dr. Sabat had completed his Bachelor of Physiotherapy from National Institute for Locomotor Disabilities, Kolkata after clearing the Common Entrance Test with a 102 rank. He then went on to study Masters in Physiotherapy (NEUROLOGY) MIHFA.

Beside his regular practice, Dr. Sabat is also the Founder-cum-Managing Director of Satyajits Foundation for Health Education and Welfare. The charitable organization was started by him in January 2020 to help the underprivileged section of the society to get free therapeutic support. Dr. Sabat has done several charitable works under

**Dr. Satyajit Sabat -  
A Vidya Bharati Alumni  
Is Taking  
Physiotherapy  
to The Next Level During  
The Pandemic**

this organization from organizing free Physiotherapy Camps to offering hands on workshops and also spreading the importance of health and wellness through physiotherapy.

When we are unwell we take medicine and after sometime we start recovering. But we don't realize that an extra care is needed to keep our muscles moving, the organs working and the blood flowing. Dr. Sabat explained why Physiotherapy is crucial in post Covid rehabilitation:

“Physiotherapy is needed right from the time we fall unwell and should be continued even after we recover to:

- Enhance your health
- Help you to return to your full potential physically and help you to return to work and daily activities by managing fatigue and muscle pain
- Improve your respiratory muscle function and relieve breathlessness
- Teach you appropriate techniques to manage fatigue and be functional and independent while performing daily activities



- Especially for older patients with diabetes, hypertension, recovering from pneumonia etc. physiotherapy serves as a solution to improve – lung function, recondition, improve endurance, balance and participate in their social environment”

Dr. Sabat always wanted to serve the people in need. Following this dream of his life he chose to become a physiotherapist. “My father, Mr. Santosh Kumar Sabat is my biggest inspiration who is working as District Social Security Officer (DSSO) in Balasore District. The other

people who relentlessly support me are my mother, elder brother, elder sister and other family members. Besides them, I will ever remain indebted to my school and all the teachers of Vidya Bharati for the values they instilled in me”, adds Dr. Sabat.



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School Name: LNRH Memorial Sankardev Shishu Vidya Niketan , Silapathar  
Pranta - Uttar Assam

Self registered: 02 June 2021 at 20:05 pm





# *“Vidya Bharati In Media”*



Tarun Dhillon, an alumnus of Mahashay Chuni Lal Saraswati Bal Mandir Sr Sec School, Hari Nagar, New Delhi has been selected to represent India in Badminton at the **Paralympics Tokyo2021**.

Tarun met with an accident when he was 8 years old while playing football and seriously injured his right knee resulting in his movement getting restricted despite two surgeries. At the age of 11, Tarun has crowned India's number one shuttler in the physically challenged category for juniors. He won his first international medal (gold medal) at the World Championships in 2013 in the Singles event.



**Shaili Singh is an alumni of Saraswati Vidya Mandir Parichha Jhansi, affiliated to Vidya Bharati**

*In Interstate athletics championship in patiala, she broke a 21 years old record by 6.48m long jump*

*Once ran barefoot with blisters on feet, today Shaili Singh is World No.1 u-18 long jumper*

*At the age of 16, she also qualified for the Junior World Championships, which is for under-20 athlete*

## **शिव तारा सरस्वती विद्या मंदिर की श्रेया को मिला प्रथम स्थान**

**आजाद सिंहाही संवाददाता**

कोडरमा। विद्या भारती संस्कृति शिक्षा संस्थान कुरुक्षेत्र की ओर से आयोजित अखिल भारतीय छात्र निबंध प्रतियोगिता का परिणाम, किशोर वर्ग कक्षा नवम में शिव तारा सरस्वती विद्या मंदिर, झुमरीतिलौया की बहन श्रेया कुमारी ने प्रथम स्थान प्राप्त

किया। इस निबंध प्रतियोगिता का विषय था- स्वावलंबी - स्वाभिमानी देश बनाएँ। राष्ट्रीय स्तर की प्रतियोगिता में प्रथम स्थान प्राप्त करने पर विभाग प्रमुख हजारीबाग ओमप्रकाश सिन्हा, विभाग सह प्रमुख तुलसी प्रसाद ठाकुर,



विद्यालय के सचिव सुभाष प्रसाद वर्णवाल, अध्यक्ष वीरेन्द्र कुमार सिंह, उपाध्यक्ष राम रत्न महर्षि, डॉ अशोक अभिषेक, कोषाध्यक्ष कैलाश चौधरी ने बहन श्रेया की उपलब्धि पर बधाई देते हुए उज्ज्वल भविष्य की कामना की है। विद्यालय के प्रधानाचार्य उमेश प्रसाद ने कहा कि अखिल भारतीय निबंध प्रतियोगिता का उद्देश्य विद्यार्थियों में भारत की महान अध्यात्मिक संस्कृति व श्रेष्ठ परम्पराओं का ज्ञान देना है। निबंध प्रतियोगिता की तैयारी में हिन्दू विषय आचार्य श्रीमती रिंकी सिंह की भूमिका सराहनीय रही। यह प्रतियोगिता हिंदी भाषा के अतिरिक्त अन्य भाषाओं में भी आयोजित हुई।





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[www.vidyabharatialumni.org/donation](http://www.vidyabharatialumni.org/donation)

We have launched the Donation Page ([www.vidyabharatialumni.org/donation](http://www.vidyabharatialumni.org/donation)) in the Vidya Bharati Alumni portal and Vidya Bharati Main Website (<http://www.vidyabharti.net/>). Your support will help Vidya Bharati schools and students.

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