



Dear ladies!

Congratulations on March 3 - Mother's Day and March 8 - International Women's Day.

Wish you health, love, happiness, career success, self-realization, fun and peaceful life...



Holi is a popular ancient festival, also known as the "Festival of Spring," the "Festival of Colours" and the "Festival of Love." In 2024, Holi begins March 25. This festival marks the end of winter and the beginning of spring, symbolic of the triumph of good over evil. The Holi festival has a cultural significance among various Hindu traditions. It is the festive day to end past errors and conflicts, to forget and forgive.



Community gatherings, music, and food are important aspects of Holi celebrations. On the eve of the festival, people gather and perform rituals in front of a bonfire to ward off their internal evil. On the day of Holi, entire streets and towns turn red, green, and yellow as people throw colored powder into the air and splash them on others. Each color carries a meaning. Red, for example, symbolizes love and fertility while green stands for new beginnings. Later in the day, families gather together for festive meals. It is also common to distribute sweets among neighbors and friends. Holi is an Indian religious festival that has also become popular outside of India.



Another stream of students of the onelevel educational English-language program of the Faculty of Medicine completed their studies.

Professors, dean of the faculty of Medicine and head of the program congratulated the graduates. They thanked the academic and administrative staff for their dedication, which helped them to develop as individuals and professionals.



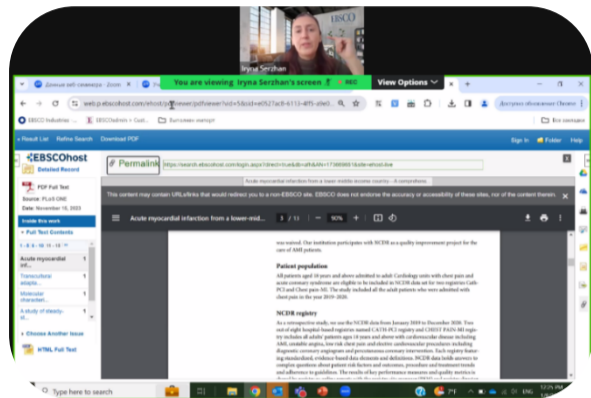
The ceremony ended with the throwing of hats and the taking of memorable photos. The ceremony ended with the throwing of hats and the taking of memorable photos.



On March 15th, 2024, with the initiative of Physical Medicine and Rehabilitation faculty, a seminar was held at University Geomedi, on the topic: "Problems in athletes' nutrition. Analysis, assessment, recommendations." The lecture was conducted by the vice president of Georgian Sports Medicine Associations, Nutritionist and professor Ketevan Beridze. The speaker talked about nutritional status and organized nutrition system, which is the main factor in determining the level of sports achievement. Also, she emphasized the role of nutrition in the life of athletes, because rational nutrition is the main factor in restoring sports performance and creates appropriate conditions for improving sports results.

Within the framework of the same seminar, the doctor - rehabilitologist of the university rehabilitation clinic - Jarji Buzariashvili presented a report: "Shock-wave therapy in ischial apophysitis." The speaker talked about such diseases as apophysitis, Osgood-Schlatter's, Sever's diseases and Sinding Larsen Johansson's syndrome. He also discussed effective treatment strategies for diseases.

At the end of the lecture, a discussion was held around the topics. The participants were awarded certificates.



An online webinar on: „Search for scientific medical information in full-text electronic journals and books, available at Teaching University Geomedi” was conducted at the University Geomedi by Iryna Serzhan, a representative of EBSCO electronic databases. The trainer discussed the following issues at the webinar:

- ✓ How to create a basic and advanced search strategy in EBSCO bases
- ✓ How to search for articles and download, cite, and export the results
- ✓ Features of downloading e-books, etc.

The students, academic, and library staff attended the webinar. Through the university library, the EBSCO package is available to readers both inside and outside the university, which allows the use of interdisciplinary, high-standard scientific materials and collections.



March 21 is International Down Syndrome Day, which was established on November 10, 2011, under the auspices of the United Nations. Since 2012, this day is celebrated every year in many countries of the world, including Georgia. The tradition of Lots of Socks is associated with this day, the purpose of which is to express mass solidarity in an original way.



As always, activities dedicated to this day were

held at University Geomedi.

The international organization DSI (Down Syndrome International) annually determines world slogans and holds conferences and events. This year DSI network has a new project called "Health Equity for People with Disabilities".

The purpose of establishing World Down Syndrome Day is to raise awareness of this issue, protect the rights of people with Down syndrome, and ensure their active participation in everyday life.



Another flow of residents completed the residency program at the University Dental Clinic. Graduates have successfully completed the Orthopedic Dentistry Program and the Specialization Course in Pediatric and Adolescent Therapeutic Dentistry. They were awarded certificates at the graduation event.

The administration of the university and dental clinic congratulates and wishes professional advancement and success.

Maha Shivratri is a famous Hindu festival celebrated in honour of Lord Shiva, the Hindu god of destruction and regeneration. In 2024 it is celebrated 8 March across India and in most states. It is observed by remembering Shiva and chanting prayers, fasting, and meditating on ethics and virtues such as honesty, non-injury to others, charity, forgiveness, and the discovery of Shiva. Unlike most Hindu festivals, the Maha Shivratri is celebrated at night and it is a solemn event.

It is an ancient Hindu festival whose origin date is unknown.

