



Annual Conference on Psychiatry organised



Udaipur: Geetanjali Medical College & Hospital's Psychiatry Department organized 41st Annual Conference of Indian Psychiatric Society North Zone 2016 at Geetanjali Auditorium. More than 300 psychiatrists from all over India shared their voices in the conference.

The organizing secretary of the conference Dr. Jeetendra Jeengar informed that Symposium on "Child and Adolescent Depression" was presented. The key speakers were Prof. Savita Malhotra, Prof. Rajeev Sagar & Prof. Chittaranjan Andrade and the session was jointly Dr. G Prasad Rao, Dr. C.S. Sushil & Dr. Ranjive Mahajan.

Later, Dr. D M Mathur, Hod-Dept. of Psychiatry GMCH welcomed the guests. Former President Indian Psychiatric Society North Zone Dr. Rajesh Rastogi said that every child is the father of the nation and improvements in mental health are essential for the society development. Dr. G Prasad Rao in his speech said that sooner all health insurance policies will be including psychiatric problems for claims as well. Dr. R.K. Nahar talked about the changes in medical & health sciences and also such conferences & researches lead to useful action in psychiatric issues.

During the conclave Dr. R.C. Jiloha was elected new president of Indian Psychiatric Society North Zone later he was congratulated all the team members Chief Guest, Chairman of Geetanjali Group J P Agarwal said that lack of awareness is the key problem which in turn is giving a rapid growth in psychiatric problems. In Status symbol in society is creating a peer pressure on adolescents leading to psychiatric problems. More awareness programs, seminars, public lectures for society need to be organized to eradicate the problem of psychiatric related issues. Counseling of parents and stress releasing programs are a must for the solution of the problems.

It may recall that The program was inaugurated by Chief Guest J P Agarwal, Guests of Honor Indian Psychiatric Society Dr. G Prasad Rao & Vice-Chancellor Geetanjali University Dr. R.K. Nahar by sarasvati vandana and lightning of lamp. Secretary, Treasurer & Editor of Indian Psychiatric Society North Zone Dr. Sandeep Goyal, Dr. Abdul Maaji & Prof. Rajeev Mathur and Vice Chairman Geetanjali Group Kapil Agarwal & CEO Geetanjali Medical College & Hospital Dr. Kishor Pujari were also present.

The program was anchored by students of 3rd year MBBS & vote of thanks was given by organizing secretary of the conference Dr. Jeetendra Jeengar.

Exhibition of items from North East Region held

Udaipur: An exhibition showcasing exhibits from artisans from the North East region is currently ongoing at the Lakeway estate on Saheli Marg.

In this exhibition, handicraft work from Manipur artisans including Manipuri cotton and silk sarees, Naga shawl and jacket are available to select and buy in addition to that Flower pots made from bamboo cane, fruit tray, traditional moga silk, cotton saree, traditional mekhla two-piece saree, paat silk, jute mat, tiffin cover, tea, cane furniture and bamboo fan have been put on display by the Assamese artisans.

An exhibition showcasing exhibits from artisans from the North East region is currently ongoing at the Lakeway estate on Saheli Marg. Flower pots made from bamboo cane, fruit tray, traditional moga silk, cotton saree, traditional mekhla two-piece saree, paat silk, jute mat, tiffin cover, tea, cane furniture and bamboo fan have been put on display by the Assamese artisans. Bamboo basket and lamps from Tripura are also been well appreciated during the exhibition.

Freshers party organised

Udaipur: Students Union of University College of Social Science and Humanities organised a freshers' party to welcome the new batch. Students Union President Jitesh Khatik informed that the function was organised in the Vivekanand auditorium in the campus.

The freshers' party had solo and group song, solo and group dance and Mr. and Ms. Fresher competitions organised. Mustakin Khan was chosen as Mr. Fresher and Raini Jain was selected as Ms. Fresher.

Naresh Yadav won the first prize in the solo song competition whereas Yuktta Sharma and Vinay Sharma won the second and third prizes respectively. Deepak Nath won the first prize in the solo dance competition whereas Krishna Kharwal and Pooja Rawat won the second and third prizes respectively. Ritu Lohar and Naina Bhatnagar won the first prize in the group dance competition.

Zero Hunger Run by Cambridge

Udaipur: Cambridge students of Seedling celebrated World Food Day-A Day of Action Against Hunger.

World food Day celebrates the creation of the Food and Agriculture Organization of the United Nations on October 16, 1945 in Quebec, Canada. First established in 1979, World Food Day has since then been observed in almost every country by millions of people. On October 16, people around the world come together to declare their commitment to eradicate hunger in our lifetime because when it comes to hunger, the only acceptable number in the world is zero. Cambridge students gave a presentation on World Food Day and also participated in the Zero Hunger Run which was flagged off by the Director, Hardeep Bakshi.

Diwali Celebration by Little Toddlers of Witty

Udaipur: Little Wittians of Pre-Primary came beautifully dressed in traditional attire.

They enjoyed making Rangoli with flowers and further decorating it with wax Diyas brought by them. Kids enjoyed dancing with peers and also the festive snacks brought by them. Children were wished a happy and safe Diwali.

Indian Railways: A Journey towards Swachh Bharat

With its green initiatives, Indian Railways is reinforcing its commitment to environmental sustainability and steadily proceed on a greener path. Indian Railways has taken several initiatives which reaffirm its obligation towards minimizing the impact of its operations on the environment.

Bio-Toilets in trains
In order to contribute to 'Swachh Bharat' mission launched by Prime Minister, Ministry of Railways have taken up a mammoth task of providing human waste from trains on to the ground would be completely stopped which in turn would help in improving cleanliness and hygiene. Indian Railways have already provided 40,750 bio-toilets in its coaches till middle of this year and in the current financial year, it plans to fit additional 30,000 bio-toilets. After extensive research and field level experimentation, Indian Railways have introduced Bio-toilets in trains that will contribute cleaner, environment friendly and more efficient discharge of human waste. The under slung tanks below the coach toilets have specially developed inoculums which continuously keep on decomposing the waste and regenerate itself. As a result no replenishment of bacteria is required and toilets are totally maintenance free.

The technology has been developed jointly by Indian Railways and Defence Research & Development Organization (DRDO) for railway passenger coaches. This environment friendly, low cost and robust technology, is the first of its kind in Railway

Systems in the world **First Green Train Corridor**
To mark the beginning of this journey towards 'Swachh Bharat', Ministry of Railways recently started 114 Kms long First Green Train Corridor - Rameswaram-Manamadurai track, free from human waste discharge from trains. Accordingly, 10 passenger trains consisting of 286 coaches moving over this section have been provided with bio-toilets.

After Rameswaram-Manamadurai, Okha-Kanals Junction (141 Kms), Porbandar-Wansjaliya (34 Kms) and Jammu-Katra (78 Kms) would also be taken up for making them free from human waste discharge from trains. For this around 35 trains consisting of nearly 1110 coaches would be further provided with bio toilets and the work is underway. These sections and stations were chosen, because the number of trains originating and terminating at these stations and sections are few, thus making it operationally easier and faster to make them human-discharge free.

In order to carry out efficient disposal of waste, Indian Railways has decided to provide separate dustbins for collection of biodegradable (wet waste) and non-biodegradable (dry waste) on the platforms and all passenger interface areas in A1 & A category stations apart from vending stalls. Zonal Railways will train the staff engaged in cleaning duties at railway stations for separate collection and further handling for final disposal of segregated dry and wet waste from the dustbins.

Indian Railways had already instructed for efficient disposal of waste arising out of pantry car services and static units as also to provide adequate dust-



bins on platforms and by the side of stalls at all railway stations for environment friendly disposal of waste. Indian Railways will provide different coloured dustbins and polythene liner bags for biodegradable and non-biodegradable waste viz. Green for bio-degradable and Black for non-biodegradable. In the first phase, Zonal Railways will ensure provision of separate dustbins for segregated collection of garbage at all A1 category stations immediately, followed by 'A' category stations on or before the end of this year.

Countrywide mass mobilization activities on cleanliness

To commemorate the second anniversary of the country's Swachh Bharat Mission, countrywide mass mobilization activities were carried out on cleanliness and for Open Defecation Free communities. In keeping pace with the programme, Indian Railways undertook intensive cleanliness drives on all stations. All stations wore the ceremonial look with posters and banners spelling the message loud and clear to the travelling public that the Railway is their travelling

home. Railway officer and staff donned the ceremonial caps interacting with the travelling public and conducting inspections at station premises. Anti-littering slogans were posted at various locations. Dustbins for garbage were provided and awareness programmes were undertaken. All major stations on the Northern Railway were inspected by all levels of hierarchy from top executives and supervisory cadres. A drive on garbage handling and disposal was also undertaken at railway stations, Trains and Depots. Tree plantation ceremonies were held at various places. Earmarking each day with specific focus area for spruce-up, the cleanliness programme has certain defined themes like Swachh Stations (Clean Stations), Swachh Rail Gaadi (Clean Train), Swachh Neer (Clean Water), Swachh Parisar (Clean Complex), Swachh Samarpan (Dedication for ensuring Cleanliness), Swachh Aahar (Clean Food) etc. Indian Railways is committed to continue this Cleanliness drive on sustained basis. The Indian Railways has been constantly appealing to all rail users to express their solidarity through greater public support and an

active public co-operation to make the Railways a place of pride and rail journey a pleasant experience.

Evaluation & Green rating of industrial units of Railways

A Memorandum of Understanding between Ministry of Railways and Confederation of Indian Industry (CII) to evaluate the Green Initiatives and rate the performance of Industrial Units of Indian Railways which are pursuing environmentally sustainable practices was signed in July this year. CII will extend technical co-operation for various Green initiatives in three Railway's Industrial establishments, with an objective to make Indian Railways, as a leading Government organisation in the field of Environment.

Increased reliance on renewable sources of energy

Indian Railways envisages sourcing at least 10% of its energy requirements through new and renewable energy sources, achieving 15% enhanced energy through improved energy efficiency in both traction as well as non traction use.

Towards this end, solar panels at stations, level crossing

gates, are being installed. A 10 MW windmill has been set up at Integral Coach Factory (ICF), Chennai which is expected to earn about 20,000 CERs (Carbon Emission Reduction) per annum. Two more windmill plants of 10.5 MW capacity have been sanctioned for Southern and North Western Railways through Public Private Participation.

In addition, new trains introduced in Mumbai suburban section with IGBT based propulsion system have been equipped with regenerative braking features which have recorded energy regeneration while braking to the tune of 35-40% of energy used for hauling these trains.

An alternative fuel - Bio-diesel

Bio-diesel is an environment friendly, fuel used to replace Petro-diesel. This viable and indigenous alternative to fuel the railways is derived from multi feed stock like fresh and used vegetable oils of both non-edible & edible types, animal fats, grease etc. Indian Railways have decided to use bio-diesel extensively in its diesel locomotives and road vehicles. This environment friendly oil is free from sulphur and does not emit any sulphur dioxide. Its combusts completely releasing very little carbon monoxide.

Free distribution of CFLs

Indian Railways has also brought in annual reduction of 0.14 million tonnes of CO₂ emissions through free distribution of 26 million CFLs (4 CFLs per family) to Railway employees in replacement of energy inefficient incandescent lamps. The project is entirely financed with the carbon credits earned under CDM framework.

- H.C. Kunwar
(www.pib.nic.in)

"Neurotherapy Dwara Swasth Jivan" presented

New Delhi: Acharya Ram Gopal Dixit, Founder President of Aarogya Peeth & Author of "Neurotherapy Dwara Swasth Jivan" presented the first copy Book authored by him to His Excellency Shri Pranab Mukharjee President of India at Rashtrapati Bhawan in auspicious presence of Acharya Dr. Lokesh Muni (Founder President Ahimsa Vishwa Bharti), Shri Shyam Jaju (Senior National Vice President, Bhartiya Janta Party), Shri Shamlal Mittal, Smt. Santosh Gupta, & Smt. Kusum Dixit all member of Aarogya Peeth

About Book :- This book based on scientific & vaidik research of Indian Traditional

science Neurotherapy. Neurotherapy is Indian Traditional Wellness technique based on naval setting. It is a pressure therapy in which pressure is given on different parts of the body at different angles for specific period of time which rejuvenate and detoxify the body. The therapy includes therapeutic massage for body rejuvenation and detoxification. It relaxes the body and mind.

It also maintains the homeostasis level of the body by balancing acid and alkaline level in the body. It is a very effective technique which provide physical and mental wellbeing as it alleviate physical and mental stress.

Gaurdian board of Curious Kids School came forward

Udaipur: Gaurdian board of Curious Kids School, located at Ashok Nagar, has recently proved all allegations on school principal Abhay Jain of beating up a child baseless. Guardian board put another aspect of the whole issue in front of the media. A press conference was held by the guardian board of school where Vinit Bohra informed the journalists that the allegation put on the school principal Abhay Jain by the mother and uncle of class 1 student Rudraksh Jain have been made due to personal issues. The parents of the child had issues with the rules and regulations made for the welfare of the children because of which they had a

lot of arguments with the school management. Many a times, at parents meeting, teachers also put emphasis on Rudraksh's educational activities. A medical examination was also done on the child after the parents' accusations. The mother and uncle of Rudraksh Sen, a student of Class 1 of Curious Kids School, filed a police complaint on 17th October at Surajpol Police Station about beating up of the child by the Principal Abhay Jain, after which the child welfare association and district education officer interrogated school staff and students and sent the report to senior officers. The Guardian board put its case after 5 days.

Eco-tour to Deewair by Forest Department

Udaipur: Forest department is organising an eco-tour for environment lovers on Oct 26, 2016. The tour is being organised to Deewair, situated in Todgarh-Raoli wildlife sanctuary.

Steel Minister Inaugurates The International Galvanizing Conference



The 2nd International Galvanizing Conference was inaugurated by Union Minister of Steel - Shri Chaudhary Birender Singh in Delhi. The conference saw global participation from Zinc and Alloy Industries.

Speaking on the occasion, the CEO of Hindustan Zinc - Sunil Duggal spoke about expanding Zinc market in India and the scope of Zinc in automobile industries, fertilizers, rebars, as a nutrient and towards galvanizing the rail tracks. He spoke about the ancient history of Zinc and India being pioneering country giving Zinc to the world. Sunil Duggal said "Hindustan Zinc is ready to meet 100% die-casting requirement in India. For meeting 1% of GDP through mining, Indian mining industry needs to grow 27% and Hindustan Zinc at-least 50%. Delhi's Lotus Temple structure built lasts for 1000 years. HZL has been approached to provide Zinc for Krishna's temple in Vrindawan, since the focus is on building corrosion free structure." The Chief Guest of the

Conference, Shri Chaudhary Birender Singh - Union Minister of Steel ensured industries of full support from the government and also how Zinc will play an important role towards building infrastructure for the nation.

He said "Like an ant can kill an elephant, you need Zinc coating to make Steel corrosion free. To achieve long life in bridges, India needs galvanized steel structures. Consumption of Zinc is directly related to Steel market. India needs to grow on the basis of USA's metal industry. Whatever produced, needs to be consumed. Coastal area structures are prone to corrosion incurring loss of over 1000 crores every year. The structures built on 8000 Km coastal line of India needs to be protected by choosing galvanized bar. Prime Minister - Narendra Modi's Smart City project will be built on reformed structures that will promote usage of Steel and Zinc. We need to focus on Research & Development and Exploration." Mr. Stephen Wilkinson - Executive Director of

International Zinc Association said, "Car makers in Europe, North America, Korea and Japan have been using galvanized steel for body panels for decades. These car companies provide anti-corrosion and perforation warranties for a minimum of 10 years. But there is no such protection for most cars made for the Indian consumers. Here, the customers are advised to pay for extra coatings to protect the body of the car after purchase. More than 60% of the cars in India have surface rust which reduces steel strength and the life of the car."

The CEO of Hindustan Zinc, Sunil Duggal said, "India loses around 4-5% of GDP annually on account of corrosion losses. Western countries, which are far ahead of us in terms of Infrastructure, mandate the use of Galvanizing for the Steel Structures used for bridges, highways, public utility, Airports, Metro Stations, Railways stations, etc. and that is how they are able to preserve long-lasting and robust structures. For instance, Athens Bridge Pennsylvania & Curtis Road

Bridge Michigan are structures that utilize Galvanized Steel rebars and have much longer life-span than the conventional bridges built with normal black steel rebar, as galvanized rebar can withstand chloride concentration at least four to five times higher than the black steel rebar and remains passivated at lower pH levels, substantially slowing the rate of corrosion. The country is going through the phase of urbanization and in the upcoming Infrastructure boom, Galvanizing, indeed plays a very important and irreplaceable role."

The Steel Minister also launches the new product of Hindustan Zinc - 'HZDA' (Hindustan Zinc Die-Casting Alloy). The new product was launched as part of inauguration ceremony. The unique product is produced using Primary Zinc and pure aluminium.

'HZDA' will cater to the need of the die-casting sector for applications in automobile components, house hold appliances, sanitary-ware and defence. Company will also start production of the Toning Alloy series for consumption in steel galvanizing sector for precise control of aluminium in galvanizing bath. On the occasion, Sunil Duggal - CEO, HZL also said "The launch of 'HZDA' is in line with the support of Prime Minister's flag-ship program 'Make in India' and is expected to replace the imported zinc alloys and to cater to the need of Auto and Steel Industry. Hindustan Zinc is ready to meet 100% die-casting requirement in India."