

This Sitala Saptami Perform Customs With A Noble Mind

Today I read this quote mentioned on the TCS's pantry's white board saying that, "Take all you can eat, but eat all you take. Yesterday's wastage was 45 KGs which can feed 180 people."

"It is an irony to the educated people like us who do not understand just a simple thing. Take as much as you can eat, it is not a rocket science. In one office the total food wastage was 45 KG. Imagine how much in altogether around the world must be each day."



Himani Khanna

On the occasion of Sitala Saptami, I would like to drag your attention towards the custom we perform in the temple of Sitala Mata, form of Katyayani and avatar of Goddess Durga. Since my childhood I have seen women offering food to the deity. This ritual is performed under the Sacred Fig (peepal) tree where the one day old stale food is offered to the deity.

When the custom is over, women leave the food under the tree and come home. Instead of doing so, buy air tight plastic bags and put food in it and then offer to the god, so that it may possibly be used by the needy. Or make sure stray animals finish them.

Do not throw stones while they are eating it.

Plus, very next day of the festival, the leftover food is thrown away.

I am not saying every household does the same. But if you are also one of those who just throw away the food, please stop doing so. Apply the same rule, take as much as you can eat and donate remaining to the needy. Send it to the ashrams or institutes where poor families and kids could be fed. Your little effort will fill the empty stomachs.

Throwing away food also reminds me an incident. Once upon a time, one of my Aunts was travelling from the bus. After finishing her food, she threw leftover out of the window.

A girl sitting next to her went to the bus driver and asked to stop the bus. She came to my aunt and asked her to pick up the garbage she threw. It was so embarrassing to be insulted by a teenage girl in front of passengers.

Today's generation is more sensible and responsible towards the nation.

Consider this small request. It is really not a rocket science.

Congress party reduce 25% liquor shops from Punjab every year - Anita Sharma



Ludhiana - The National President of Belan Brigade Ar. Anita Sharma has told that liquor is the root cause of all kinds of drug addictions because first a man drinks alcohol and when he becomes an addict, the alcohol fails to satisfy his needs. After that he tries to have marijuana, smack or cocaine, etc.

She told that Belan Brigade started fight against drug abuse in 2014 during the parliamentary elections. However, unfortunately, the drug abuse has become more prevalent in Punjab and the youth are much into it.

Anita Sharma asserted that it has been proved by a survey of UNO that alcohol consumption is the root cause of all the drug abuse. Government liquor shops are doing business openly at every nook and corner of urban as well as countryside areas. Such liquor shops are outside the houses in almost every street and locality. People can buy liquor easily from these shops. According to Excise Department nearly 8 crore & 40 lacs bottles of English whiskey, 5 crore beer bottles and 27 crore local brew bottles have been consumed in Punjab in 2016. And, there are no limits to the illegal and smuggled liquor bottles from the other states of India.

Anita Sharma said that it is quite obvious from the consumption of liquor that it seems like a 6th river of alcohol has begun to flow in Punjab due to the state government's liquor policy. The poor and the daily wage workers are falling prey to dangerous health conditions like kidney problems, liver problems, heart problems and blood pressure, etc. after drinking alcohol from such liquor shops. Anita Sharma told that congress party had announced before state elections that if they won the elections they would reduce the number of liquor shops by 5% and eradicate the drug abuse entirely in 4 months. Now Belan brigade demanded from congress party to reduce 25% liquor shops from Punjab every year so that the poor and slums areas laborers may take relief from government liquor shops.

Cost And Quality Are Part In Partial Of Construction

Udaipur: Mr. Sushil Sharma shared his views of awareness of Z technology.

In joint collaboration with UCCI & India institution materials management was organized at Vigyan Samiti to create awareness on Z certification Mr. Sharma while sharing his views said that the products developed by N entrepreneur should be zero defeat so that it can compete globally in technology used 70% part in production is of raw material that why to maintain quality and cost effective price roll of material management is important. Mr. Avinash Bhatnagar, V.P. Rathi, K.S. Mogra shared their views as per press release 50 Participants were present in conference. This conference was convened by Mrs. Manisha Agarwal & votes of thanks were delivered by Mr. Rajesh Jain.

Due to Seepage in Akodara Dam

Udaipur: The reserve water is being transfer via Sisarma river to Pichola lake the present gauge of Pichola Lake is 90 feet 6 inches with upcoming water through Sisarma river it is expected to get it overflowed in a period of 10 days later. It is expected that fatehsagar will observed overflow status at a time Mewar festival.

It may be recall that the Akodara Dam gates were not properly functional and reserve water could not be checked by officials irrigation officer informed that the leakage can only be repaired when it is totally empty. Leaping in View the reserve water is being transferred to Pichola and lake Fatehsagar in March.

Students, Beware : 23 Universities, 279 Technical Institutes In India Are Fake

Delhi is the fake Capital with 66 colleges - the highest for any state in India - offering engineering and other technical courses without the regulator's permission. There are 279 such technical institutes in the country. Simply put, these schools don't have the authority to grant degrees. Education certificates issued by such colleges are nothing but a piece of paper. The Capital also has seven of the country's 23 fake universities, the University Grants Commission has said. In an annual review, the UGC and All India Council for Technical Education (AICTE) last month put out a list of such fake institutes on their websites, warning students ahead of the new academic session that kicks in next month. "We send the list of unapproved and unregulated technical institutions to concerned state authorities for taking appropriate action against such institutions," an official said.

UGC WARNING -

"UGC says there are 279 fake technical colleges and 23 fake universities in India."

"UGC and AICTE put out a list of fake institutes, warning students ahead of the new academic session that kicks in next month."

"Minister Mahendra Nath Pandey told RS the state governments had been asked to investigate and register police complaints against fake universities."

"To know about fake universities and fake technical insti-

tutes, log on to UGC website www.ugc.ac.in and AICTE website www.aicte-india.org Telangana, Uttar Pradesh, West Bengal, Maharashtra also have a sizable number of fake technical institutes. To ensure students don't apply to such colleges, the technical education regulator, the AICTE, has also issued notices to these schools for not taking its approval.

"Public notices are also published in newspapers cautioning the students not to take admission in such unapproved institutions," the official said. Minister of state for human resource development Mahendra Nath Pandey told the Rajya Sabha recently that the ministry had written to state governments to investigate the matter and register police complaints against fake universities.

State-wise List of fake Universities as on September, 2016

1. Bihar- 1. Maithili University/ Vishwavidyalaya, Darbhanga, Bihar.
2. Commercial University Ltd., Daryaganj, Delhi.
3. United Nations University, Delhi.
4. Vocational University, Delhi.
5. ADR-Centric Juridical University, ADR House, 8J, Gopala Tower, 25 Rajendra Place, New Delhi - 110 008.
6. Indian Institute of Science and Engineering, New Delhi.
7. Viswakarma Open University for Self-Employment, Rozgar

Sewasadan, 672, Sanjay Enclave, Opp. GTK Depot, Delhi-110033.

Karnataka 8. Badaganvi Sarkar World Open University Education Society, Gokak, Belgaum, Karnataka.

Kerala 9. St. John's University, Kishanattam, Kerala.

Maharashtra 10. Raja Arabic University, Nagpur, Maharashtra.

West Bengal 11. Indian Institute of Alternative Medicine, Kolkatta.

12. Institute of Alternative Medicine and Research, 8-A, Diamond Harbour Road, Builttech inn, 2nd Floor, Thakurpurkur, Kolkatta - 700063

Uttar Pradesh 13. Varanaseya Sanskrit Vishwavidyalaya, Varanasi (UP) Jagatpuri, Delhi.

14. Mahila Gram Vidyapith /Vishwavidyalaya, (Women's University) Prayag, Allahabad, Uttar Pradesh.

15. Gandhi Hindi Vidyapith, Prayag, Allahabad, Uttar Pradesh.

16. National University of Electro Complex Homeopathy, Kanpur, Uttar Pradesh.

17. Netaji Subhash Chandra Bose University (Open University), Achaltal, Aligarh, Uttar Pradesh.

18. Uttar Pradesh Vishwavidyalaya, Kosi Kalan, Mathura, Uttar Pradesh.

19. Maharana Pratap Shiksha Niketan Vishwavidyalaya, Pratapgarh, Uttar Pradesh.

20. Indraprastha Shiksha



Parishad, Institutional Area, Khoda, Makampur, Noida Phase-II, Uttar Pradesh. 21. Gurukul Vishwavidyalaya, Vidranvan, Uttar Pradesh. Odisha 22. Nababharat Shiksha Parishad, Anupurna Bhawan, Plot No. 242, Pani Tanki Road, Shaktinagar, Rourkela-769014.

23. North Orissa University of Agriculture & Technology, Odisha.

Fate of 4,000 students uncertain as 32 private colleges fail Medical Council of India test

Nearly 4,000 medical students in 32 new private colleges might find their institutes disqualified as these have failed to pass standard checks. These are among 34 colleges approved by a Supreme Court-appointed oversight committee in May 2016, but debarred by the country's medical education regulator for failing to meet required standards. The committee, headed by retired judge

RM Lodha, had overruled the Medical Council of India's (MCI) decision with the condition that if these colleges fail another inspection, they cannot admit students for two years.

Subsequently these colleges admitted their first batch - 3,957 students - last summer. These students had cleared the national eligibility cum entrance test (NEET). Rules stipulate that these students - studying for their bachelors of medicine (MBBS) - should be moved to other medical colleges if their institutes get disqualified. But experts feel such an effort will be challenging.

"You can't stretch facilities to accommodate so many students in other approved colleges. This will hamper studies of the students," said KK Aggarwal, national president of the Indian Medical Association. "If the oversight committee accepts the MCI report, it will have to address the concerns of students admitted to these colleges."

The MCI and the oversight committee didn't respond to requests for comments.

Trouble began for the students after the MCI conducted another round of inspection in those 34 colleges in November and December. Only two colleges - Maheshwara Medical College in Andhra Pradesh's Chitkul, and Amaltas Institute of Medical Sciences at Dewas in Madhya Pradesh - met the regulator's benchmark. In most of the institutes, the MCI found shortage of faculty and resident doctors, locked intensive care units (ICU) and emergency wards, and vacant general wards. Some of the colleges forged documents to show adequate faculty or lined up fake patients for MCI inspectors. It is found similar shortfalls. Empty ICUs, no faculty, locked operation theatres, and under-construction departments and buildings awaiting students in many of the institutes approved by the oversight committee.

Best Innovative Idea Competition at GITS



Udaipur: Thursday March 16, Geetanjali Institute of Technical Studies, Udaipur had organized an event which started with the Inaugural of Entrepreneur Development Cell (EDC) along with Best Innovative Idea Competition. Director Prof. Dr. K.N. Sheth shared the Dias with Chief

Guest Mr Rahul Mehta, CEO Khetan Green Group IRAJ Evolution Design Co Pvt Ltd. and Finance Controller Mr B.L. Jangid. Function started with the Address speech by the GITS Director, in which he told about the EDC and various startups which the student can start and how can they be

benefited with such startups.

He discussed about the uploading of projects of students and will encourage industries to buy the projects either employ or nurture the students and can promote the project so that the student can become an entrepreneur. Then our Chief guest Addressed the students and motivated them with his inspirational speech, he said that we all are entrepreneur, we all need to understand the power inside us. Responsibility comes along with power.

He said to become an entrepreneur we should ask question to ourself why we should do this. We should believe in something and transform it into action. He said that to be

a better version of myself than I am today.

After various students presented their ideas, two teams stood third Nilesh Ganchi and his team and Shipra Mogra and her team their idea was regarding Capsule Hotel and Shishu Raksha. Jay surana and his team stood second whose idea was regarding solar car. Nitesh Sharma and his team won first prize whose idea was regarding Kheloindia.com

The EDC convener, Mr. Arvind Singh Pemawat, delivered the Vote of Thanks.

GITS Director Prof Dr K.N. Sheth Congratulated the students who won the competition and wish them for their better future.

Pacific Hotel Management roared in AMITY University

Udaipur: The students of Pacific Hotel Management participated in AMITY university Jaipur in a leaders fest competition and returned as a winner. This competition was based on a theme on Indian religion cuisine mainly on cake making, chaapati making and mocktails.

A director of Pacific Institution of Hotel Management Mr. Vinod Kumar Singh informed that in urban chef competition Rajeev Singh, Sherya Phadia and Pankaj ranked one. In another competition of making chappatis Antima and Seema Tanwar took first.

NSS special camp inaugurated

Udaipur: Constituent College of MPUAT - College of Dairy & Food Science a seven day NSS inaugurated jointly by prof. Suman Singh, L.K. Murdia & N.K. Jain.

Prof. Suman Singh said that mission of NSS can only be achieved by serving as deprived society the importance of dairy and their products be spread in society so that common man can utilized it in best way. In function ceremony was convened by Rhythm Ameta.

Super food Secrets for a Long and Healthy Life

Eat, drink, and live longer!

Some things about life and how long we get to enjoy it are out of our control. But emerging nutrition science research, as well as data collected from people in their 90s and beyond, shows what, when, and how we eat has a profound influence on how long we live. Want to eat for a long and healthy life?

Broccoli, grapes, and salad start with the scientific consensus: A diet rich in fruits and vegetables, high in nutrients and low in calories, is your best bet for a long life.

Need specifics? Eat more broccoli, grapes, and salad: Researchers have found that compounds in these three foods pack extra life-extending benefits.

Berries

These bite-sized fruit favorites are check full of antioxidants, known to boost immunity and stave off life-threatening disease. At least one serving of blueberries or two servings of strawberries each week may reduce the risk of cognitive decline in older adults.

Garlic

At a Pennsylvania banquet celebrating centenarians last spring, Nancy Fisher, 107, attributed her long life to her faith... and her passion for garlic.

Fisher may be on to something, however: Studies have found that photochemical in

garlic can halt the formation of carcinogenic chemicals in the body, and that women who eat more garlic have lower risk of certain colon cancers.

Olive oil

As delicious as it is healthy, this monounsaturated "good fat" is well known for its heart-health and longevity benefits. Studies also show that olive oil may also be linked to brain health and cancer prevention. Aim for two tablespoons a day

Bok choy

Studies suggests that cruciferous vegetables like this one contain nutrients, such as fiber, vitamin C, and folate, that can help you cheat death. And that's likely the case even if you've already had a close call

Avocado

How to prevent heart disease, the largest killer in the United States, according to the latest report from the National Center of Health Statistics? Eat more foods that help keep your heart healthy, like avocados and others already on this list, and improve your odds of a long life. Avocados can lower your LDL "bad" cholesterol while raising your HDL "good" levels, and they help your body absorb heart-healthy vitamins like beta-carotene and lycopene.

Tomatoes

Lycopene is also an important nutrient in the fight against cancer-the second leading cause of death in the United States. And there's no better

source than rosy red tomatoes. Eating them cooked, in pasta sauce, tomato soup, or chutney, actually increases the amount of carotenoid-fighting carotenoids your body is able to absorb.

Beans

Beans, beans, are good for your... life? In a 2004 study conducted on elderly people in Australia, Japan, Sweden, and Greece, researchers found that participants had a 7% to 8% reduction in death for every 20 grams of legumes they consumed daily.

Grains and seeds

Getting more fiber-specifically by switching from refined bread and pasta to whole grains-can reduce your risk of death from any cause by 22%, according to a 2011 study published in the Archives of Internal Medicine.

Experts say that fiber can protect against diabetes, heart disease, some cancers, and obesity, and can reduce cholesterol, blood sugar, and blood pressure.

Booze, in moderation

Several studies have suggested that small amounts of alcohol-no more than two drinks a day for men and one drink a day for women-can have heart-health benefits, and that moderate drinkers tend to live longer than heavier imbibers or teetotalers. A 2012 Harvard Medical School study also found that moderate drinking may also reduce men's risk of

death in the two decades following a heart attack.

No booze

If you want first-hand advice on longevity, listen to Tomoji Tanabe. The world's oldest man from 2007 until his death at 113 in 2009 often told interviewers that his lifelong abstinence from alcohol was the key to his longevity. Tanabe's favorite foods were miso soup with clams and fried shrimp. Surprise: he also drank milk every day.

Ok, a spot of whiskey

Raymonde and Lucienne Wattelade, who were certified as the world's oldest twins in 2010 at age 98 (then later dethroned when an older pair emerged), say their drinks of choice keep them feeling young: Whiskey for Raymonde, and pastis, an anise-flavored liqueur, for Lucienne. The sisters, who were on the French gymnastics team in the 1930, also credit their good health to regular exercise, like dancing.

Pureh tea

A strong immune system is an important part of living to a ripe old age, and for that you need lots of disease-fighting antioxidants. Health nutrition expert Frances Largeman-Roth, RD, swears by pureh tea - an earthy, rich variety that contains even more antioxidants than its better-known green counterpart. Steep a pureh tea bag for three to five minutes and serve with lemon and honey.

Coffee

In April, 106-year-old Ethel Engstrom told the Pasadena Star News that she stays healthy by eating well and drinking about 12 cups of black coffee a day. You may not need that many to cheat death, however: A 2008 study from researchers at Harvard University found that, compared with non-coffee drinkers, women had an 18% lower risk of dying if they drank two to three cups a day, and 26% lower if they drank four to five cups a day. Those who drank six or more a day decreased their risk by 17%.

Chocolate

Eat chocolate, add a year to your life. Men who ate modest amounts of chocolate up to three times a month lived almost a year longer than those who didn't in a 1999 Harvard study of more than 8,000 people. And in a 2009 study from the Karolinska Institute in Stockholm, patients who had survived a heart attack were 44% less likely to die over the next eight years if they ate chocolate up to once a week, versus none at all. Other types of candy did not seem to have any effect on longevity. Preliminary studies have identified the most beneficial part of chocolate: flavonols, the antioxidant found in cocoa beans. To get the most flavonols, say researchers, stick with dark chocolate.

More nuts

Another more recent study, this one out of Harvard in March, also found that red meat consumption is linked with a greater risk of death from cancer, heart disease, and all causes. This one, however, also looked at the benefit of substituting healthier protein sources, such as fish, poultry, nuts, and legumes. Of all the swaps studied, the researchers found that trading a serving of beef or pork for one of nuts could reduce a person's risk of death during middle age by 19%.

Corn, beans, and pork

Eat like a Costa Rican and you might boost your chances of living a long, healthy life. A 60-year-old man in Costa Rica is about twice as likely to reach age 90 as compared with men in the United States, France, or even Japan, according to author Dan Buettner and his research on blue zones around the world.

Costa Ricans have a very active life and a strong work ethic, he says, as well as a diet that largely consists of corn, beans, pork, garden vegetables, and fruit they've grown themselves.

Bananas The world's oldest triathlete is still going strong at age 91, recently completing his 41st race in June.

Arthur Gilbert, of Somerset, England, says he follows a balanced diet high in fruits and vegetables.