

Vigilance is essential for the prevention of diabetes



Udaipur: Health Talks were held at the Dream Palace Hotel on behalf of the Terrapanth Professional Forum. On Friday, Dr. Jay Chordiya, Endocrinologist of GBH American Hospital, informed about the interdisciplinarian glands, he said that by taking balanced diet and regular exercise and walking in the only way to check rather control diabetes. Dr. Jay said that caloric intake is very important in the diet. He called vigilance instead of

treating diabetes as necessary.

He further highlighted diseases related to thyroid, pattyuti, growth hormone, insulin etc. At the beginning of the program, the institution chairman Nirmal Dhakar welcomed all the guests and informed about the upcoming programs of the organization. Dr. RS Nainwati, Medical Superintendent of GBH American Hospital, informed about the institution and said that it is a leading institute of doctors, engineers, advocates who have been serving in different areas of the country.

Former Chief Commissioner of Income Tax, BP Jain, welcomed Dr. Chordia with the inspiration. free blood sugars and blood pressure checks were also done by the participating institution members GBH American Hospital. This information was released by Dr. Anand Jha Group director of GBH.

Every Indian Becomes A VIP From Today

New Dehi : Prime Minister Narendra Modi has said there is utmost need to remove the 'VIP culture' from people's minds. Referring to the ban on use of red beacons that comes to effect from May 1, PM Modi said, the move is aimed at removing the VIP culture from the minds of certain people and replace it with the concept of "Every Person is Important".

The PM said this during his Mann Ki Baat address on All India Radio on Sunday.

Earlier last month, the Union Cabinet had decided to ban the use of beacons. It will apply to all government vehicles, including those used by the Prime Minister, the Chief Ministers, central and state ministers and judges of the Supreme Court and High Courts.

BJP based on ideology: Amit

New Dehi : BJP Chief Amit Shah said that during last three years, Modi Govt has given new direction to the country.

Addressing intellectuals and prominent citizens in jammu, the bjp president said, Prime Minister Modi-led government has taken the country to new heights of development.

Highlighting the success achieved by BJP in elections recently, he said, it shows the programmes and policies of the Modi government have been well received by the people.

Successful Surgery of Skin Cancer in PIMS



Udaipur: In the Pacific Institute of Medical Sciences (PIMS), Hospital Umdada, skin specialist have successfully carried out a successful surgery of a woman suffering from skin cancer. Vice Chairman Ashish Agarwal told that Shantidevi, suffering from skin cancer, was admitted to PIMS last day. Skin specialist Dr Shivangi Sharma, after seeing the patient, diagnosed as a cancer of the skin.

It was spread on the face and neck of the woman. Apart from this, the female was suffering from diabetes, hypertension, thyroid etc. Looking at the condition of the woman, Dr. Shivangi immediately underwent surgery. Now the woman is completely healthy and her blood pressure, thyroid is fine.

World Dance Day celebrated in MMPS

Udaipur: Maharana Mewar Public School, under the aegis of Speak Mackay celebrated world dance day.

On Thursday, renowned kathak artist Divya Dixit Goswami presented the program by presenting Merao Pranam Meera Bhajan. After that, pure Kathak, Pahariahari Ghat and Dakshar Tihaiya received the attention of all the audience. Iqbal Hassan on harmonium, Anerudh Shukla on tabla and Ravindra Rajput on program, flute assisted the artisans on Friday, renowned artist Miranda Barthakur presented the classic Satiya dance with Vandana followed by Shiram Vijay of Shankardev. In this program, students received information related to their art from famous artists.

Second National Shooter Kalpaktivir



Udaipur: Kalpaktivir Singh Ranawat won the bronze Medal in the 60th National Senior Bore Shoot Championship in held in Delhi. Ranawat is the second national level shooter from udaipur, who participated in the national competition from the 21-year-old Rajasthan team, he was the captain of the Delhi University College of Indores shoot team.

He too won the prestigious Indian Public School Conferences

Competition and State Shooting Championship i in the singles and team events.

Managing Rural Health

With her bundle of joy, a tiny baby girl in her lap, Sunita Sandra's happiness was written large on her beaming face. The baby girl was born in Bijapur district hospital just two days back. Sunita had earlier gone through the pain of two miscarriages.

Earlier pregnancy cases with complications had to be referred to Jagdalpur hospital, 170 kms away from Bijapur as there were no facilities for handling them because of lack of both medical expertise and equipment. Many a times, it would result in the death of the unborn baby or the mother.

The district hospital till 2015 worked with a skeletal staff of just 3 to 4 doctors and half a dozen nurses and the OT too was ill equipped to handle major surgeries.

Budhiram recalls the ordeal he had go through some years back when his Chacha Paternal uncle had broken his foot. "The only mode of transport available to bring him to Bijapur district hospital from his village 30 kms away was a bullock cart. The hospital could not handle this case and we had no option but to hire a vehicle for Rs 3500 to take him to the hospital in Jagdalpur. A marginal farmer, Budhiram had to borrow money from his relatives to pay for the hiring of the vehicle.

This time when he came to the hospital earlier this month to get treatment for his ailing mother, he could not believe the transformation the hospital had undergone. The hospital today has the latest facilities that many big cities may want to have and more importantly the infrastructure is backed by near full strength of doctors and specialists and other staff. The hospital has a new 50 bedded Mother and

child Care unit 'Umang' and a 12 bedded Special Care Newborn Unit (SNCU) to handle critical newborn babies in addition to other medical facilities.

This has been possible thanks to some out of box thinking, political will, support from National Health mission in terms of funds and policies and UNICEF which facilitated implementation of various innovative strategies to reach out to the vulnerable and the marginalized in the district through its partnership with Public Health Foundation of India and EKAM. National Mineral Development funds in addition to other resources were also utilized for improving the health infrastructure for constructing both the hospital and residential facilities for the doctors.

The Collector of Bijapur district Dr. Ayyaj Tamboli, himself an MBBS even used social media to attract doctors to this remote district and the response was overwhelming. Dr Kushal Madhukar Sakure from Bhandara district of Maharashtra, one of the first to respond to the call said once he came to see the place, it took him no time to decide that this was the place that would give him the kind of exposure he was looking for in terms of handling cases and the medical infrastructure. He said that administration goes out of the way to meet their professional requirements without losing time. The added advantage, he said, is incentivized pay package and the fully furnished accommodation with AC and other household appliances, Mess and other facilities to make the stay of the doctors comfortable. Today there are over 20 doctors including nine specialists



and nearly fifty nursing staff.

A young doctor, Dr Sandeep posted at the Community Health Centre in Gangaloor village, in Bijapur district has come all the way from Hyderabad to serve in this remote village. He says on an average he handles 50 to 60 cases every day. Dr Sandeep says it gives him immense satisfaction to work in a region, where his services are required the most.

In another initiative temporary health kiosks with immunization and vaccinations kits, blood test and routine health checkup of women and children are set up at weekly village haats, where villagers in large numbers come for trading their goods. Also since many of the women and children visit the haat come from villages where the health workers have no access, it is here that they can avail of the facilities. Since the initiative started, 70 health kiosks have been set up at the weekly haats and there has been good response.

The Bijapur model has been replicated in Dantewada and Sukma and there is need to do so in other parts of Chhattisgarh where over 80 per cent of the posts of obstetricians, gynecologists, pediatricians, surgeons and anes-

thetics are vacant.

Although India has made considerable progress in the reduction of maternal and infant mortality, every year approximately 44000 women still die due to pregnancy-related causes and approximately 6.6 lakh infants die within the first 28 days of life. Many of these deaths are preventable and many lives can be saved if quality care is provided to pregnant women during their antenatal period and high risk factors such as severe anaemia, pregnancy-induced hypertension etc. are detected on time and managed well.

It is towards this end that Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA) was launched in June last year. The program aims to provide assured, comprehensive and quality antenatal care, free of cost, universally to all pregnant women on the 9th of every month.

PMSMA guarantees a minimum package of antenatal care services to women in their 2nd / 3rd trimesters of pregnancy at designated government health facilities. OBGY specialists, Radiologist and physicians from private sector are being motivated and encouraged to provide voluntary services at public health

facilities where government sector practitioners are not available or are inadequate.

Under the programme free tests for pregnant women include blood pressure, sugar level, tests for HIV, Syphilis, weight, hemoglobin test etc. Medicines such as IFA & calcium supplements are provided to pregnant women at government health facilities in both urban and rural areas. Under this novel scheme pregnant women are given Mother and Child Protection Cards and safe motherhood booklets. One of the critical components of the campaign is identification and follow up of high risk pregnancies. A sticker indicating the condition and risk factor of the pregnant women is added onto the MCP card for each visit. For example Green Sticker is for women with no risk factor and Red Sticker is for women with high risk pregnancy. This has been done so that doctors can easily detect the problem.

The Prime Minister Narendra Modi in his July 31st episode of Mann Ki Baat last year had asked doctors to dedicate 12 days in a year to Maternal Health.

More than 3750 private sector doctors have registered to volunteer for the programme

and provide free services to pregnant women across the country. Giving an update on the progress of the programme Dr. Dinesh Baswal, Deputy Commissioner Maternal Health, Ministry of Health and Family Welfare said that More than 11000 public health facilities are providing PMSMA services and more than 45 lakh antenatal checkups have been conducted so far across States and Union Territories. He said that more than 2.8 lakh high risk pregnancies have been detected.

India Newborn Action Plan (INAP)

The INAP programme launched in September 2014 is aimed at attaining Single Digit Neonatal Mortality Rate by 2030, five years ahead of the global plan. The focus of the Action Plan is on ending preventable newborn deaths, improving quality of care and care beyond survival, prioritizes those babies that are born too soon, too small, or sick as they account for majority of all newborn deaths.

The six pillars of interventions that are defined under the plan are Pre-conception and antenatal care, Care during labor and child birth, Immediate newborn care, Care of healthy newborn, Care of small and sick newborn and Care beyond newborn survival. INAP is to be implemented within the existing Reproductive, Maternal, Newborn, Child and Adolescent health (RMNCH+A) frame work of the National Health Mission (NHM).

Hopefully these programmes will help in reducing the IMR and MMR to the desired levels and improve the health of women and children in our country.

Dr. Nisha Singhvi : Ph.D. awarded

Udaipur: Ph.D. awarded to Researcher of the education faculty of the Pacific university Dr. Nisha Singhvi conducted research work on the study of the impact of scientific aptitude on the intellectual and educational achievement of tribal students in secondary school. By university Dr. Nisha completed his research work under the direction of Dr. Pankaj Pareek, Principal Mantra Teachers Training College.

Wave of mourn in Udaipur

Udaipur: Listening the news of the death of Vinod Khanna, a wave of mourning observed in the cinema industry in Udaipur. Expressing deep condolences over the demise Mukesh Madhvani of Rajasthan Line Producer said that Khanna sad demise is an irreparable loss for the Indian film industry.

Madhvani said that many artists from Udaipur had worked with Vinod Khanna, who were prominent personalities of Udaipur, among them late Bhavdutt Ji Mehta, in, My Mera Gaon Mera Desh Mukesh Madhvani, told that he had decided that whenever foundation stone of Udaipur Film city being laid down he will invite him in function as he had given recognitions to udaipur.



Sajjangarh Palace Road pavarization inaugurated



Udaipur: Home Minister Gulabchand Kataria on Friday inaugurated pavarization work of Sajjangarh Palace Road in Udaipur., the cost of construction of a road length of about 30 lakh

At this occasion, S Kataria said that Sajjangarh area has become a major center for the movement of tourists through various innovations and dedicated efforts by various departments to list Udaipur world map of tourism. where about 4.5 lakh tourists visited the last year. He expressed his happiness that with the special efforts of the other departments including the Forest Department, Municipal Corporation, UIT, this place is becoming a wonderful place of natural beauty. After coming here, tourists enjoy a pleasant experience.

Udaipur Rural MLA Phool Singh Meena talked about water supply problem in Sajjangarh area The function was also addressed by Chairman Ravindra Shrimali, Mayor Chandra Singh Kothari, Deputy Mayor Lokesh Dwivedi, Chief Forest Guard Rahul Bhatnagar

Home Minister Shri Gulabchand Kataria said that at Sajjangarh Mahal, 80 lakh for nature interpretation center while 50 lakhs for tribal cultural museum has been released.

Workshop for guides at City Palace held



Udaipur: On the occasion of World Heritage day, Maharana Mewar Charitable Foundation, organized a workshop to share right historical and ancient heritage of the city, along with various activities being done for conservation of heritage a, special workshop for local guides.

Was organized.

In the workshop, subject expert Dr Bashboe Bhatnagar inspired the guides to give information on the interest and intimacy of the tourists.

Bhupendra Singh Ouua, Chief Administrative Officer of Maharana Mewar Charitable

Foundation, Udaipur, informed that the subject specialist Dr. Bashboe Bhatnagar has specifically instructed the guide to mention the history as per the interest of the tourists and the spirit of the mind. Some tourists are interested in beauty, architecture, architecture, education, war skills. They should be given their information according to their interests, not the history of history should be imposed as a curriculum. Guides should match tourists so much that they keep talking about the history and memories of Mewar on their memories for life.

In her lecture Mrs Bhatnagar shared such interesting infor-

mation with guides. The occasion was graced by Digvijay Singh, Dharmendra Singh Bhati, Dinesh talk, Dinesh Goyal, Dinesh Rajput, Durga Shaktawat, Fazal Mahmood Sheikh Farid Ahmed, Gajraj Singh Chundawat, Giriraj Singh Rathore, Gopal Krishna Sukhwai, HR Untwal, Jolly Sharma, Harish Sukhwai, Harsh Vardhan Singh Chauhan, Hemant Kumar Choudhary, Hemant Kumar Shrimali, Hukam Singh Hada, Indrapal Singh Ran Auto, Life Solanki, Jitendra Singh Rathore, Jitendra Singh Bhati, Jitendra Soni, Jyotendra Singh Gaur, and other guides.

Motivation by Subsidy for Rain water Harvesting

Udaipur: Bharat Vikas Parishad "Subhash " branch of Udaipur under the Prantiya President Smt. Rajshree Ghandhi & Dr P.C. Jain Prantiya Prabhari for Water Harvesting & Nasha Mukti met both Mayor Chandra Singh Kothari & Chairman Of Urban Improvement Trust Ravindra Shrimali & requested them to give financial incentive to those who get the Rain water harvesting in their buildings done so that others are also motivated to do the same. In spite of our full lakes the underground water of the city is going down & down with the deterioration of the water quality leading to many water related diseases. Those present were L.C. Jain, elected president, Dr Arun samar (whose well is full due to rain water harvesting), satish Bhatnagar (state media In charge) Er.S.K.Gupta of parishad.

They also requested both the authorities to get it done before



this monsoon so that people can be motivated & save this monsoon rain water.

Udaipur : The Most Preferred Tourist Destination

Udaipur, the city of lakes attracting tourists from around the world has once again shown its superiority with its charm. In the online survey of Outlook Traveller magazine, Rajasthan has been stamped on the popularity and on the basis of online survey results the country and the foreign tourists has ranked as Udaipur the best city for tourism the best state as Rajasthan

The unique confluence of nature, culture and heritage makes Udaipur the preferred destination for all. According to Tourism Department Deputy Director Sun ita Saroch, the world-class facilities available here not only bring people here around the world here but



its beauty too counts

According to her, the beauty of the city is made in the evening more romantic itself. The works done by the local bodies on the banks of the lakes have thrown the beauty of the city. Visitors feel fresh seeing the sight, including City Palace, Sajjangarh, Saheliyon ki Bari, Fatahsagar, Pichola, Dudh talalai, Rope-Way,

Gulabbagh, Sajjangarh Biological Park, Badi talab, Moti Magri, Biodiversity Park, Purhition ka tala b, Shilgram, Rajiv Park, Pratap Gaurav Kendra.

According to, Saroch, tourists stay here due to a lot of sights around the radius of around hundred kilometres in and around Udaipur.

The tourism department is

constantly engaged in efforts to create an image of the city between indigenous and foreign tourists through fairs and various events. Under the smart city scheme efforts are being made to maintain the old form of inner city and to make it more attractive. According to District Collector Rohit Gupta, the steps being taken to restore the heritage buildings, cableless to the old city will further enhance the beauty of the city. Increasing facilities will make tourists more comfortable. With the protection of the lake, the various functions being done by the local bodies on continuous basis will prove to be a new dimension to the tourism point of view of Udaipur.