

Suggestions from Dr. Jain



Udaipur: Suggestions from Indo Australia in National work shop on Ground water Recharge, Ahmedabad for ground water sustainability (30-31 May 17.)

1. No wall to wall construction of roads so that UG recharge continue during every rain.
2. All foot paths be left for UG recharge, no cementing be done on it, foot with slope towards road.
3. Proper Road Drain holes, net, apertures be there so no water logging take place and no erosion of road takes place.
4. All pipes of RWH be concealed with cementing so that no body can break them as well as no whether effect will be there, thus enhance the life of system.
5. Another opening over the existing opening should be there or leave alternate out let as they will work as safety outlet during heavy intensity of rain.
6. No dug well or Borwell be allowed without recharge system installed.
7. Plants which uses large amounts of UG water should be banned, eucalyptus.
8. Plants whose roots retain water like, tamarind, semal, shishan, neem should be planted around water sources so that at the time need like summer they release this stored water.
9. Increase the surface water by increasing the depth and area of the source so that UG water is maintained.
10. Concept of UG water bank and water insurance, save water, how to save Roof top rain water should be taught to the students/contractors & involved in RWH.
11. City BJ bhujon jankar is must.
12. Prestige of institution in RWH.

First State Level Biodiversity Conference

Udaipur: Awardee of Swachh Rajasthan Award- 2016, Youth group, Pukaar presented their work and plans to protect our environment at the first state level biodiversity conference organized in Jhalawar. The chief guest of the program were Mr. Rajiv Tyagi, president of Biodiversity Board, along with other forest officials, office-bearers, environmentalists accompanied by more than 100 students.

Founder Bhuvnesh Ojha, while addressing the various issues related to the environment, said that how the young warrior's army has devoted more than 160 Sundays for giving life to 'lifeless' public parks, protecting urban biodiversity and also nurtured 1600 plant saplings in various public parks. In the end of presentation, pledge to plant a sapling and ensuring nurtures for 2 years was given by Mr. Ojha to resolve the success of Environment day.

Closing on 17 of Puppet and Dance Training Camp

Udaipur: The summer puppet and dance training camp going on from Devi Lal Samar Lok Art Training Center of the Indian Folk Arts Center will conclude on June 17 at 7.30 pm on the stage of Assistant Director, Govardhan Samar said that cultural events will be organized along with presentations of candidates who join various arts in the annual training camp.

Faculty Development Program Start

Udaipur: The Faculty Development Program launched Quality Assurance in Higher Education with Special Reference to Self Financing Institution (QHH-017) in Aishwarya College of Education Institute on 8 June 2017

In the inaugural session Aishwarya College Group Director Prof. a. N. Mathur gave detailed information about the Faculty Development Program. During the program, 25 sessions are mainly through NAAC, NBA, Process and Assessment Outcome Based Education System, Quality Parameters, SSR. Information will be provided in detail with Planning and Documentation, Post Accreditation Measures, Evaluation Process Improvement, Quality Cell and Feedback, Learning Process and other topics will be organized. In this program, around 30 academicians from different universities and colleges are participating.

Vedic Brahma Sammelan and Brahma Pratibha Award ceremony on June 14

Udaipur: Under the organizational program annually by the National Brahmin Yuvajan Sabha, this year, on 14th June, 2017, the Vedic Brahma Sammelan and Brahma Pratibha Samman will be held in the auditorium of the State Fateh School, Udaipur. In a press conference organized by the National Organization of the Council, Shri Chandrashekhar Joshi, on Sunday, in a press conference held on Sunday, said the Organization has organized such conferences in various states of India every year in order to keep the unbounded tradition of Sanatan Vedic culture. This year also, this program is being organized in Uttar Pradesh, Himachal Pradesh, under the guidance of National President Ashutosh Pandey, now in Rajasthan, the land of spirit and Spirituality is going

to be in Udaipur. In the transitional situation of the present, where the disintegration forces are striking at national integrity and social harmony, in such a situation, the organization with a sacred purpose to force the spirit of social awakening and unity and harmony efforts. Joshi explained that during the Vedic Brahma Sammelan by National President Ashutosh Pandey, will clear the stand on various issues including Gau Raksha, Ved Prakashan, Ram Janmabhoomi, Parashuram Jayanti Holidays, Adi Shankaracharya Board in Rajasthan, Parasuram University, statue of Deities and GST on worship material. Gumama Addressing the press conference, State President Akshay Joshi said that the conference will start with the chanting of Gayatri's Aarti, Ved Pathi Purohit Ved Mantra. The

On World Environment Day, 'Coalition against Tobacco' urges the Hon. Prime Minister

New Delhi: Keeping the World Environment Day as the backdrop, the newly formed 'Coalition Against Tobacco' wrote to the Indian Prime Minister, highlighting the environmental dangers and degradations at multiple levels due to the activities of production and processing of tobacco.

The 'Coalition Against Tobacco' is a representative body formed by the collaboration of more than 40 NGOs and many eminent citizens. It has initiated an active campaign for mass education and awareness of the ill-effects of tobacco consumption.

Keeping with its pro-active stance of nipping the trouble of tobacco in the bud, the Coalition has now written an open letter to the Indian Prime Minister, Shri Narendra Modi, on the occasion of World Environment Day. The letter elucidates clearly and con-

cisely the negative environmental impacts of tobacco cultivation and processing. In the submissions made before the PM, the letter states that cigarette and bidi butts are concentrated toxic and non-biodegradable waste, which are heavy contaminants, whether they accumulate in landfills or get washed away into water bodies. Apart from polluting air, they also are a potential fire hazard. Commenting on the letter written to the PM, Dr Pankaj Chaturvedi an active member of the Coalition said "tobacco cultivation leads to deforestation, soil depletion, loss of nutrients and soil degradation by excessive agrochemical usage. Given that tobacco is a cash crop, farmers are lured by the immediate financial gain and risk all the above dangers to their land." Tobacco cultivation needs soil



with high levels of fertility, which again results in clearing of land and getting new land under cultivation, prompted by the high financial returns. It is estimated that four lakh hectares suffer deforestation every year on account of this cultivation, which is the size of New Delhi.

What is also worrisome is the environmental cost of curing (processing) tobacco. The process needs huge amounts of fuel wood, which again causes deforestation, and conse-

quential issues like air pollution, soil erosion, degradation, loss of organic matter. The option of fuel wood is straw and crop residue, which has similar issues. The industry estimates, on a conservative basis, that 8 kg of wood is required for curing each kg of tobacco, which means that this industry burns 24 lakh kg of wood every year just for this purpose. The other use of wood is in the cigarette paper, and in packing material. A cigarette manufacturing machine uses four

miles of paper each hour in rolling and packaging cigarettes. As per this calculation, it is estimated that every 300 cigarettes represent one hacked tree.

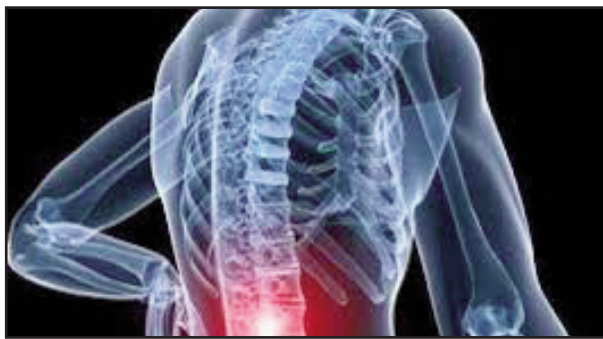
Commenting on the dangers to the environment posed by tobacco curing Dr Badwe, Director Tata Memorial Hospital, Mumbai said "that it is, by itself, a significant source of carbon-dioxide emissions and air pollution. The 2010 Indian cigarette production figure of 10 billion units translates, at a conservative estimate, into 6,750 tonnes of CO2. This again does not consider any side-effect impacts, like historical emission and mitigation ability."

"The World Environment Day is an excellent mechanism to raise awareness and sociopolitical momentum about enervating factors like ozone depletion, carbon emission,

deforestation and desertification, toxic chemicals and global warming. In fact, it is well-known that the World Bank has, since 1991, refused to invest or extend loans to projects involved in tobacco production, processing and marketing," said Sanjay Seth, COO, Sambandh Health Foundation an active member of the Coalition.

The Coalition has highlighted these dangers to the environment at a significant juncture, where recently 195 nations have put their seal of approval and commitment on the historic Paris Agreement which mandates them to enhance implementation efforts to cut down on emissions. The risk - from rising oceans and depleting glaciers - are too well-known and the Paris Agreement reiterated the risk to farmers, rivers and indeed civilization as we know it.

SLIP DISC- CAUSES, SYMPTOMS AND TREATMENT



Dr. Kalpesh Purbia

Mankind has made awesome advances in several fields of life. However, at the same time he has become a victim of several diseases that have made his life miserable. Back pain that at times turns into slip disc is one of them.

Spine that supports the whole body can be divided into three parts- cervical vertebrae, thoracic vertebrae and lumbar

vertebrae. There is a soft cushion between them that is called disc.

The soft jelly like part comes out and begins to put pressure on the nerves and this causes problems like pain and numbness. Generally, persons between 30 to 50 years suffer from slip disc.

The main causes of this problem are wrong posture, long sitting in front of computers, lift-

ing heavy weight, and driving for long periods. Lack of physical exercise or walking also weakens the muscles. Falling, slipping or injuries in accident might cause this problem.

According to specialists, the problem can become severe among young men between 20-25 years who sit for long hours and drive bikes very fast. The common symptoms caused by pressure on the nerves are back pain, numbness in the heel, fingers and toes and feeling of pain while walking and bending. Doctors can diagnose slip disc by physical examination, X-ray or MRI.

In most cases there is relief after proper rest and physiotherapy. In the beginning of physiotherapy treatment paraspinal muscles are softened through hot pack and

ultrasonic sound waves. When the pain lessens, techniques like stretching and isometric exercises are used. In advance physiotherapy technique the tender points are released through dry needling and passive M.F.R. To increase the flexibility of the spine, spinal McKenzie exercise, passive manipulation and mobilization therapy are given. For sacroiliac joint, muscles energy technique and movement with mobilization therapy is employed. After complete physiotherapy sessions posture a ergonomic advice is also given.

Pain due to faulty posture and various spinal deformities (Kyphotic hump, Hyperlordosis) are corrected by advance OSTEOPATHIC and CHIROPRACTIC technique.

Organizing Microwave Cooking Workshop

Udaipur: One-day microwave cooking workshop was organized at the Pacific Hotel Management Institute, Pacific University. Chief Dr. Sangeeta Dhar and Chef Ashana Rathod taught women and students to make Cup cakes, Paneer Makhani, White Sosa Pasta, Pizza. The 3-day workshop concludes. On this occasion Institution director Vinod Kumar Singh Bhadauria encouraged the participants. In this three-day workshop, students from abroad did not participate in extra-curricular activities. They were apprised of the unlimited possibilities of creating a career in the Hotel and Tourism area.

Plantation on World Environment Day

Udaipur: Planting was done on Monday in GBH American Hospital on World Environment Day. Board of Director Dr. Surabi Porwal, Finance Director Nitin Jain, Group Manager Operations Nikhil Jain, Deputy Medical Superintendent Dr. Rakesh Arora and other management officials and staff members were present in Plantation Program.

Mission Water Conservation Reaching the Village

Udaipur: Water conservation is the responsibility of every person and class. If we want to keep our future safe, then we have to understand the importance of water and save it and prevent its misuse. The above views were shared by Udaipur District Development Manager, Rashtriya Grameen Vikas Bank (NABARD), while addressing the 'Water Conservation Dialogue' program organized at Gatod Gram Panchayat headquarters of Sarada Panchayat Samiti.

Master Trainer Dr. Shailendra Pandiya and expert of the campaign "Water is life" informed that water conservation is being monitored by NABARD in selected 100,000 (one lakh) villages through India. Under which "water conservation research", rally and various cohorts discussions are being organized in 500 villages of Udaipur. Water samvaad was done in village Gatod, Saratia, Upla Fala, Gangapur, Chapar Thori etc. At the end of the program everyone took a resolution for water conservation. On this occasion, Subhash Joshi and Ramesh Kumar Meena explained the condition of water sources of the village through Maps. This campaign will be run in all 500 villages till 15th June 2017. Workers from the Gayatri Seva Sanstha, including members of local, public representatives, women from the ASSO, members of Krishak Club, were present in the program.

Rotary Club Udaipur honored 10 senior citizens



Udaipur: Rotary Club of Udaipur organized senior civil felicitation ceremony in Rotary Bajaj Bhavan, in which 10 senior citizens of the city were honored. Chief Guest of the ceremony was former Chief Conservator of Forests SK Verma. The president of club Manik Nahar, Secretary Anil Chajed chief guest S.K. Verma, Prantpal Ramesh Chaudhary, Rotary Service Trust chairman Virendra Siroya, former Prantpal Nirml Singvi, program coordinator Laxmansinh Karnavt honored jointly to senior former speaker Shantilal Chaptol, chartered accountants OP Chaptol, Kundal Samar, Ramswrup Pancholi, Hanumt Kumar Hussein Balmwala, Kanhaiya Lal Sharma, Gneshlal Kavdiya, Hemraj Bantia, by offering garland, citations and uparna.

Successful operation of kidneys in PIMS

Udaipur: In the Pacific Institute of Medical Sciences (PIMS) Hospital, Umarda, doctors have successfully conducted the operation of both kidneys of a young man. Chair man Ashish Agarwal, PIMS told that 32-year-old Ramesh from Udaipur was brought to PIMS when both of his kidneys stopped working and the kidneys were full of water. The patient was immediately shown to urologist Dr. Vikas Gupta and Dr. Buckul.

The doctors immediately examined him and put on dialysis, and the obstruction in kidneys was removed. Now the patient's kidneys are working normal.

GITS students waved in the field of automobile

Udaipur: Students of GITS, Automobile Engineering Branch have developed a unique racing car of 125 cc Runs from Single cylinder.

The car made by 16 students of GITS ranked the first in state and stood 51th in the national level final round among 364 teams Director Prof. Dr. K. Seth said that the top speed of this car made by the students is 90 km / hour and the specialty of this car is that the Ground Clearance 25 mm in this car is there. The car which is so treacherous that the car does not change even after sketching at speeds of 90 km / h FA Mr. B. L. Jangid said that during the exhibition the car was on the top in the test of scraping 1,900 kg of scraps. And this car is a prototype. It has been built keeping in view the needs of the future.



first session will be the main guidance of National President Ashutosh Pandey in which he will also give lectures on the roles of the organization, including the various organizational issues, including events falling in the current national scene. In the program, the functionaries and members of Vedanta Girish Joshi, renowned social activist and

Brahma Sutra thinker T. R. Joshi, Dinesh Bhatt, Dr. Jindendra Shastri and various Mandalis will be present. Naresh Sharma, District President of the organization said that in the second session, the Brahmin talent scoring more than 80% marks the Class X of Rajasthan and Central Board of Education will be honored.

National President will come on February 13 - Naresh Sharma said that Ashutosh Pandey, National President of National Brahmin Yuvjan Sabha will reach Udaipur on June 13 to attend the conference.

On his arrival warm welcome will be given officials and worker at various places.