



&amp; Much More

### Tired and Angry: Dont give up, just move on!



Its not really easy to keep yourself motivated all the time. Everyone is busy with some or the other important work these days. Intolerance to other's thoughts have been increased in past few years. People are not ready to accept their faults easily. Old age people were happy because ego and arrogance were not there. They had the power of tolerance and patience which are missing in us.

I was talking to my mother yesterday who told me not to get affected by the behaviour of immature people. She gave me an important mantra to keep my mind cool in adverse situations. She told me to smile and ignore stupid people. From last few years I have been trying to learn to be calm and cool with stupid people. I can't tolerate nonsense and stupid behaviour. It's my weakness. But this world is full of stupid people who come into your environment and disturb you with their poor knowledge and teasing behaviour. I don't want to get indulged but unfortunately sometimes they start arguing on an issue and drag you into a situation which could be easily avoided.

My mother made me think over this problem. I have fought with her many times to give answer to those who deserve to be treated like this. After spending 44 years on this planet, I came to know that intolerance and anger are the biggest enemies of correct understandings. We can't compel others to be disciplined and lovable. If someone has decided not to learn good things, you can't teach them. Its their problem and we must never try to preach them. Tired and angry, Dont give up, just move on. My mother says this quite often but I could not understand the true meaning before. Yesterday I was talking to someone who started arguing with me on an issue. After keeping the phone down I tried to forgive her by remembering my mother's words. I don't know how much she got affected but I always get affected by such behaviour. I had spent nights scolding others for their incorrect behaviour. But the very next moment I decided to let go and move on, my life became peaceful. I am a different human being and its not possible to make others realize my importance. Whenever I try to help others, I get hurt at the end to see their selfishness. Its okay to help others but expecting them to be good with you is another foolishness. Human beings treat others selfishly and expect from others to be cool and calm. People don't remember your hundred good deeds but they remember your one bad word. Its pointless to be angry on their behaviour. Give space to others and don't try to change their style of thinking. We should learn the art to master our minds in any bad situation. Let others do what they want to do. Keeping anger in mind for them is like holding a burnt coal in our hand. These people can't change their nature but you can ignore them to make your life easy and peaceful. Learn the art of living with peace and patience. Old age people are the best examples who had spent meaningful life on earth and left their experiences for us. I will try to be more calm and cool in future, though it's not easy. But everytime when I fall, I will get up and move on.

### LOST FOOD

**Endure Pitha (rice cake in turmeric leaves)**

**For the outer cover**

1. Skinless split black gram : 200 g (Soaked overnight)
2. Rice (raw) : 200 g (Soaked overnight)

**For the inner stuffing**

1. 1 cup grated coconut
2. Jaggery :100g
3. Chena or Cottage cheese :1/2 cup
4. Cardamom powder: 1 tsp
5. salt to taste

Turmeric leaves to be used as mould.

**Procedure:**

**Pre-Cooking Preparation**

¢ Make smooth paste of soaked black gram and rice separately. Add salt to the black gram batter and beat it through hand. Now mix the rice and black gram batter. Make the batter sit for 3 hours. It will allow the batter to ferment.

¢ Put a heavy bottomed pan in the gas and add jaggery to it. When the jaggery starts frothing, add grated coconut and chenna into it. Lower the flame and mix it thoroughly with a spatula. Switch off the flame & let it cool. Add 1 tsp of cardamom powder to this stuffing. You can also replace jaggery with sugar.

¢ Take the turmeric leaves and rinse them in water. Cut the base stalk of the leaves. Now from the middle, slice the leaf into two parts without breaking it. Press the middle vein while doing so. Preparing the pithas

¢ Now, put a scoop of batter in the leaf and evenly spread it. Put some stuffing in the middle of the leaf. Now gently fold the leaf horizontally and press the edges to seal it. It was a very cumbersome and tedious to do. With invention of modern day steamers, the steaming technique has become very simple. Arrange the rolled leaves in the steamer in such a way that they don't overlap. Cover the lid in a way that the vapors don't escape. It will take approximately 15-20 mins to get the steamed pithas.

**Chef Satish Comments**

Don't overcook. It makes the pitha hard and dry.

### JOURNEY OF INDIA'S PHILATELY



**With Vinay bhanawat**  
As not a single Stamp was issued in the year 1955.

In the year 1956 department of post of government of India issued three postal stamps. The first two stamp was issued on 24 may on occasion of 2500th Buddha jayanti of 2 Anna's with bodhi tree picture and of 14 Anna's with picture of round parasol and bodhi tree.

Another stamp on famous Indian patriot and journalist Bal Gangadhar Tilak's Birth centenary with price of 2 Anna's was issued on 23 July 1956. All these stamps were printed at India security press Nasik.

## Vice President of India, Acharya Lokesh, Maurya with Religious Leaders inaugurated Ahimsa Diwas Samaroh at Vigyan Bhawan

**New Delhi:** Vice President of India Shri Venkaiah Naidu inaugurating Ahimsa Diwas Samaroh said that Ahimsa Vishwa Bharti organisation in the leadership of Acharya Dr. Lokesh Muni has been making remarkable efforts towards establishing Non-violence, Peace and Harmony, promoting humanitarian values, national character building not only in India but in different parts of the world. Program was organised on the 13th Foundation Day of Ahimsa Vishwa Bharti organisation. Chairman and Editor-in-Chief of India TV Shri Rajat Sharma, Chairperson of Varishth Nagarik Kesari Club Smt. Kiran Chopra graced the event as honourable guests. With Jain Religious Guru Acharya Dr. Lokesh Muni, Ambassador of Sikhism in USA Bhai Satpal Singh Khalsa gave the message of Non-violence, Peace and Harmony on the occasion. Chief Minister of Bihar in written message gave greetings to the organisation. Vice President of India congratulating Ahimsa Vishwa Bharti for completing 12 successful years of working said that Ahimsa Diwas Samaroh is also important because peace and harmony can be established in the society only with non-violence.

We need peaceful and harmonious atmosphere in the society for development. Violence cannot solve any problem; violence gives rise to counter violence. All problems can be solved through dialogue based on the principle of Unity in Diversity. Therefore Government of India made announcement to solve Kashmir issue through dialogue. India is a very large democracy, there is no place for violence in democracy.

Acharya Lokesh Muni said that Ahimsa Vishwa Bharti Organisation was founded with the objective to spread the message of Peace, Harmony, Non-Violence, and Brotherhood, to encourage human values worldwide. We aim towards associating religion with social world and work for welfare of society and nation. We work for National character Building, education, health and medicine, means of livelihood for the less privileged and for enhancing spiritual experience in their lives through our branches in India and Abroad. He to all the workers to take the campaigns against social evils like Female Foeticide, Alcoholism, Child Labour and Environment Pollution run by Ahimsa Vishwa Bharti in different parts of India. Indian has

pluralist culture. Unity in diversity is its unique feature. Inter religion harmony is key to this unity. Non-violence, peace and harmony begin from here. Shri Nitish Kumar in his written message said that Acharya Dr. Lokesh Muni has done appreciable work for enhancement of human values, national character building. In the leadership of Acharya Dr. Lokesh Muni, Ahimsa Vishwa Bharti is running national campaigns against alcoholism, female foeticide, environment pollution. I congratulate Ahimsa Vishwa Bharti for organising 'Ahimsa Diwas Samaroh' on completing 12 successful years of dedicated working. The organisation works with the aim to promote non-violence, peace and harmony in India and abroad.

Shri Rajat Sharma said that presently there is a need for Religious Leaders, Social Workers, Political Leaders and Industrialists to make efforts towards establishing World Peace from one platform. We welcome the effort made by Ahimsa Vishwa Bharti in this direction. We appeal to the media friends to take this work of social welfare to the masses. He said many great leaders such as Bhagwan Mahavir, Bhagwan Buddha, Mahatma



### On 13<sup>th</sup> Foundation Day of Ahimsa Vishwa B

Gandhi gave great emphasis to non-violence. Today not only India but world should adapt the path of Ahimsa.

Smt. Kiran Chopra said world population faced with nuclear war and terrorism can be saved by the philosophy of Non-violence and Peace. Ahimsa Diwas Samaroh has been organised at the time when there is an atmosphere of unrest in the whole world. When world is facing many global challenges and we are looking towards solution to such problems, Non-violence and Peace are very important. Time has come when we adapt this philosophy to find solution for contemporary problems.

Bhai Satpal Singh Khalsa said that all religions tell us to live

together with brotherhood and harmony in the society. There is a need that along with following our religion we should adapt the path of Non-violence and Peace in our daily life. We are pleased that Acharya Lokesh Ji is working for spreading Bhagwan Mahavir philosophy in the whole world. He is not only spreading Jain religion but Indian culture internationally. Many global problems can be solved by adapting the philosophy of Ahimsa. Problems like environment and nature degradation, violence due to war and terrorism, religious intolerance and economic exploitation can be solved by Ahimsa.

Dr. Akit Gupta was honored with Ahimsa Health Care Award,

Shri Kashi Murarka wil Ahimsa Social Work Award and Shri Mahavir Goyal with Ahimsa Value Education Award. Gurudev Namr Muni Dikshati Sister were honoured with shawl and nariyal by Vice President, Acharya Lokesh Muni, Rajat Sharma and Kiran Chprha honored Chairman of the organising committee Dr. Ajeet Gupta, Shri Manish Shah, President Shri Raj Kumar Oswal, Convener Shri Subash Oswal, Secretary Shri Manoj Jain also addressed the gathering.

School students in the presence of eminent people from India and abroad presented National Anthem and Peace song. Ahimsa Vishwa Bharti magazine 'Aahwaan' was released on the occasion.

### Vinaya Bhanawat felicitated

**Udaipur:** Bhanawat felicitated in a function held in New Delhi at Siri Fort auditorium in presence of all the record holders by chief editor Dr. Vishvdeep Roy of India Book of records Bhanawat holds 27 world records under various categories of collection of currencies and coins. He has a vast collection of fancy number and special series notes Bhanawat has 92 thousand bank notes ending with '786' worth 11,33,595 rupees which he collected during February 2008 to September 2012. He had beaten the world records created earlier by Dubai's Mohammed farooq (32600 notes), Pakistan's mamnoon Hasan (60000 notes) and that of Bangladesh's 'M' Mohammed rakibullah khan (78000 notes) in the category.



### Leena Sharma is new president

**Udaipur:** As per guidelines of the Para Sports Association of Rajasthan, the Executive Committee of Udaipur District Para Sports elected unopposed. Leena Sharma is new president while Mukesh Madhavani & Sweety chhabra will hold the responsibilities of vice president the rest officials elected unopposed are Secretary Govind Singh Rathore, Joint Secretary Laxmilal Dangi & Ambalal teli Treasurer Bharat kumavat, Member. Vijay Kurdia, Karu Lal Kumavat, Kamlesh Vaishnav, Tulsiram Lohar, Gopaldas Charan, Binu Kunwar Shekhawat this information was shared in a press meet held at Ashoka Palace in Udaipur. It was decided in the meeting of the Executive that under the banner of Para Sports Association of Rajasthan, Udaipur District Para Sports Association will organize 8th state level Para Athletics Championship from December 24, 2017 to 27 December 2017. Convenor of Para Sports Association of Rajasthan and Treasurer of Paralympic Committee of India, Dinesh Kumar Upadhyay said that in this competition, the Divya players from almost all the districts of Rajasthan will participate, on the basis of their Divinity. Will be divided into different classes. Balloon in this competition. District Para Association Secretary Govind Singh Rathore said that in this competition, the unstructured Divyang, visually impaired and mentally special people will participate and the last date for registration of this competition is kept on December 15.

### World Pancreatic Cancer Day

**Udaipur: (DR. SACHIN JAIN)** 16th November 2017 is world pancreatic cancer day. Pancreatic cancer often grows and spreads silently before it's discovered. A few risk factors for pancreatic cancer have been identified, but many people who get pancreatic cancer have no risk factors. Cigarette smoking is one controllable risk factor for pancreatic cancer. People who smoke are about twice as likely to get pancreatic cancer as are non-smokers. Key Facts about pancreatic cancer by European Cancer Patient Coalition:

1. Pancreatic cancer has the lowest survival rate of all cancers - just 3-6% of those diagnosed survive for five years.
2. During World Pancreatic Cancer Day, 905 people across the globe will die from pancreatic cancer.
3. Survival has improved for most cancers over the last 40 years but not for pancreatic cancer.
4. Early diagnosis is key: If patients are diagnosed in time for surgery, their chance of surviving 5 years or more increases ten-fold.
5. Pancreatic cancer is the twelfth most common cancer in the world, with 338,000 new cases diagnosed in 2012.
6. Pancreatic cancer is the 7th most common cause of cancer death across the world.
7. Pancreatic cancer is more common in developed countries but it is on the rise in developing countries like Africa and India.
8. Pancreatic cancer is nearly always diagnosed too late with 80% of pancreatic cancer patients having terminal disease with an average life expectancy of a mere 4-6 months.
9. Symptoms of pancreatic cancer can be very vague and depend on whether the tumour is in the head, body or tail of the pancreas. Abdominal pain is a symptom in about 70% of pancreatic cancer cases and jaundice (also known as icterus) occurs in about 50% of cases.
10. Studies show that Exercising, keeping a healthy weight, not smoking and avoiding alcohol intake can reduce the risk of

## A new revolution: CDBRP in Udaipur

**Udaipur.** On World Diabetes Day, the Alakh Nayan mandir, Udaipur is going to introduce a new revolution in the field of ophthalmology. In this project Door to Door free eye screening, diabetes investigation and treatment camps in the colonies will begin.

On Tuesday 14th November at 11 am The program will be inaugurated by Bollywood actor Neil Nitin Mukesh. While Madan Palival, MD of the Miraj Group will preside the ceremony. This information was given by Dr. Lakshmi Jhala, Managing Trustee of Alakh Nayan Mandir in the press. Press conference held Dr. Lakshmi Jhala said that the project, called the Community Based Diabetic Retinopathy Project (CDBRP), will be implemented by Alkan Nayan Mandir with the assistance of, Operation eye sight Universal Canada, & Mirage Group.

Dr Jhala told that due to diabetes the damage to the eyes causes diabetic retinopathy disease. Its treatment is possible with laser, operation, injection or medicines. This project has two motives. Examining one's eyes, measuring the effect of diabetes by diagnosis evaluation & best medical arrangements. Many times patients are not aware

that they have diabetes. Under this project, this was revealed in a trial pilot camp in Udaipur city. During the eye examinations, people came to know that they had serious levels of diabetes.

Dr. L. S. Jhala said that after the age of 40, everybody should have regular checkup of eye examinations and levels of diabetes if have.. Diabetic patients, especially in the last 20 years, 60% of non-insulin diabetic patients have problems with diabetic retinopathy, and Diabetic patients who are dependent on insulin may have retinal problems in almost all patients.

According to the latest data released under national blindness program, 6.2 crores of people are suffering from Diabetes in India. According to the WHO report, by 2025, there will be one of the world's most diabetic patients, around 5 million to 70 million. According to the recently launched program 'Community Based Diabetic Retinopathy Project-CDRP' of Canada-based NGO-Operation Eye site, 10.91 out of 40 years of age people are suffering from diabetic retinopathy. 35 percent of these people need urgent treatment. Most of these diabetic patients also do not know that there is a problem of untreated retina



in their eyes, due to which their eyesight can be fully affected Retina consultant Dr. Saket Arya said that considering all the above facts and urgent requirements, Canada-based NGO 'Operation Eye Site Universal' has come up with a global program for all sections of society called 'Community Based Diabetic Retinopathy Project (CDBRP)'. The project is a fundamental way to provide fundamental Diabetes Retinopathy services under which components of prevention, incentive, safety and treatment of quality DR are included. The CDBRP was conceived by Canada-based NGO 'Operation Eye Site Universal', which is doing innovative and innovative programs for the prevention of blindness in India, Nepal and African countries, Kenya, Java and Ghana.

**Signs and Objectives of CDBRP:**

Implementation of Community Based Diabetes and Diabetic Retinopathy Project. Facilitate

the treatment of diabetic retinopathy in the Alkan Nayan Mandir Eye Institute so that the patients of DR patients get better and safe treatment. For this, make every section of the society aware by providing information through the door-to-door survey. Involve every nursing home, medical store, medical center, laboratories and diabetic screening centers in the project providing medical services. Systematically organize all stored data so that they can be analyzed and used when needed. Screening programs will be organized on the basis of the collected information which will be held every Sunday at the society identified by the Alkan Nayan Temple Eye Institute, Nursing Home, Medical Centers and Laboratories. In this, women and children of more than 40 years of age, whose diabetic disease in their family.

### "A Milestone in Medical History"

## World's Largest (Giant Myxoma) Cardiac Tumor Removed Successfully



Udaipur, A 53-year-old man with a 4-year history of a very large; giant myxoma measuring 11.5 centimeters, which was consistent with severe mitral valve obstruction was operated successfully by Geetanjali Medical College & Hospital; Geetanjali Cardiac Centre's Cardiac Thoracic & Vascular Surgeon Dr. Sanjay Gandhi. He survived fighting all odds to be the first case in Medical History of the world. Texas Heart Institute at St. Luke's Episcopal Hospital reported a similar case where the myxoma measures 11 centimeters long making it the first successful cardiac tumor (giant myxoma) removal surgery.

Tararam (53 years) hailing from Sirohi (Raj.) was presented in emergency with complaints of breathlessness and weakness. He was on medications since 4 years in a nearby hospital of the town. On investigations of Echocardiography by Cardiologist, a giant mass was seen, filling the entire left atrium, lying on the mitral valve and almost totally obstructing blood flow. Coronary

Computed Angiography was performed to evaluate the patency of the coronary arteries before surgery, which was normal. Given the embolic potential of myxomas, surgical excision was the best treatment option. As patient was sick, was having low cardiac output, severe pulmonary hypertension and low ejection fraction; timely intervention and immediate assistance was required hence, the team of surgeons and anesthetists including Dr. Sanjay Gandhi & Dr. Surendra Patel, Dr. Ankur Gandhi, Dr. Kalpesh Mistry, Dr. Manmohan Jindal & Dr. Dharamchand Jain operated on emergency basis.

The operation lasted 4 hours. During surgery the tumor, smooth surfaced, giant mass filling the entire left atrium, was removed together with its pedicle cautiously; as even a small part of tumor (if left out in heart) could cause brain stroke leading to death of the patient. The patient was then shifted to CTVS ICU and then weaned from ventilator support the very next day. The patient was operated free of cost under the flagship scheme of Rajasthan Government's Bhamashah Swasthya Bima Yojana (BSBY).

"Tumors in the heart are very uncommon as compared to other organs of the body", said Dr. Gandhi. Myxoma is the most prevalent primary cardiac tumor. They are the benign tumors as they do not spread from one part of the body to another. Once a cardiac myxoma is diagnosed, surgical excision should be performed without delays because of the risk of thromboembolic events. Generally, surgical treatment is definitive and recurrence is uncommon. Intracardiac tumors are rare, 75% are benign and 50% of them are myxomas with an incidence of 0, 0017% in the population, quoted Dr. Gandhi.