

# IR & Much More

## DIABETES CARE: TIPS ON SNACKING



It is impossible to maintain blood sugars within normal range and prevent long term complications without conscious snacking. Here are few ways to do it:

Snack sensibly and be focused: Savour each bite, pay attention to the food, notice the flavour and texture. Focus on the food instead of checking mails or messages while consuming it. This will make you feel full and satisfied.

Don't snack and socialise: Social snacking at the workplace is often mindless and automatic. We don't pay attention to what and how much we are eating. If everyone else is eating, sip on flavoured water that you get from home. Resist peer pressure and slowly people will come around to accepting your preferences.

Mind the portions: Never eat directly from a box or bottle. Measure out your portions using snack size plastic bags to prevent over snacking or have a single serve container or use a small serving bowl. A snack should not be the same size as a meal. It should have less than 30 grams of carbohydrates and be less than 200 calories.

Time: Allow at least two hours between eating a snack and the next meal.

Choose wisely: Choose nutrient rich foods from the grains, fruits, vegetables, dairy and protein food groups. Snacks can boost your energy between meals and supply essential vitamins.

Snack only when you are hungry: Skip the urge to nibble when you are bored, frustrated or stressed. Feed the urge by involving yourself in some work or recreational activity.

Plan snacks ahead of time: Keep a variety of nutritious ready to eat supplies on hand such as roasted murrums, roasted chana, roasted makhane, whole grain crackers or roasted khakras.

**Dr Deepti Jain**  
Fortis JK Hospital



### I AM.....

I am Awesome  
It take many things to make us who we are  
Yet I am Awesome  
Awesome like Blossom.  
I get Depressed  
Yet I Smile  
My Smile is my Lifestyle.  
I do Cry  
Yet I Laugh  
My Laugh is my Autograph.  
Wishing you all Awesome & Prosperous New Year 2018.  
It's your time to be You.

**- Mehzeen Sadrilwala**  
The Activator & Motivator

### Mann ki Baatein

Mann Ki baatein mann hi Jane  
Mann ko kaun samjhaye  
Mann hi mann se dwand Kare  
Aur mann hi mann ko samjhaye  
Mann hi soche gam bahut hai  
Mann hi dhoond k khushiya laye  
Mann jo zidd per aaye to  
Jo chahe wo paye  
Mann hi hai wo sachcha dost  
Jo sahi raah dikhaaye  
Aur mann hi hai wo baawra  
Jo vichalit bhi kar jaaye  
Jeet bhi Mann se  
Haar bhi Mann se  
Mann se hi mandir aur Madina  
Honslo ki udaan bhi Mann hai  
thaan le Mann to haar kabhi na  
Mann se chalti duniya sari  
Tham jaaye sab gar mann ho bhari  
Bana lo gar is mann ko manmmauji  
Hogi duniya muthhi mein sari

**- Neetu Sidana**

## D.P. S. Celebrated colorful Christmas carnival



**Udaipur:** DPS Udaipur organized colorful and entertaining Christmas carnival at school. This carnival was inaugurated by the chief guest, of carnival was IG police Anand Kumar Shrivastav. On this occasion, many distinguished personalities of the city including Ranu Sharma, Brajesh Soni, Arjun Lal Meena, Naresh Dangi graced the function. In Carnival, the students of school, parents took part in celebrations and enjoyed. Students in Carnival gave diverse performances of music and dance. On this occasion, several stalls of traditional and modern tasty dishes were stalled where the people enjoyed the delicious and delicate recipes.

Entertaining game horse riding, camel ride, taro card and dance floor were the highlight of the carnival. On this occasion, Mr. Govind Agarwal, Pro Vice Chairman of the School and members of the Management Committee were present. Professor in charge Shri Sanjay Narwariya and Headmaster Mr. Rajesh Dabai congratulated all the staff members of the school on the success of Carnival.

## Together with me : Celebrate New Year 2018

Hi friends,  
Sorry for being lost in the world of Engineering. I missed writing but could not help it due to studies.

I know many of us are ready to make resolutions for the new year which we will generally break by the end of February. My friends and I are struggling to find appropriate jobs.

I want to celebrate this year as the new beginning of my career. When we take up jobs to serve

our companies, most of us lose interest in creativity.

Many people live life to please their appetite of earning more n more without any particular aim.

We don't give importance to our families who have given everything to see us on holding good positions in society.

We don't give a damn thought to those whom we have been seeing since our childhood, finding trash on roads. We never



thought to work for poor after achieving success.

Some of us spend nights in pubs with beautiful girls, sipping vodka

or may be whiskey. Is this the final destination what we have been dreaming off?

Can you celebrate this year in an orphanage or old age home with homeless? Have you ever given a thought to those who need shelter?

When the whole city will be enjoying to welcome a new year which comes every year with a bash, some eyes will be searching food outside that resort. I don't want to be a part

of this new year celebration. I don't want to make false promises to anyone.

I am not a superhero who can save lives of others but I can wipe tears from at least one single person's eyes who can not celebrate new year like most of us.

Achieving our goals are important and enjoying our lives is absolutely okay.

We must not make it a dead end from where we can go

nowhere.

I play football and go to new places to enjoy my holidays but some part of my life can be spent on those who need our support. I want to dig the hidden jewel of empathy and polish it regularly to do something better each day. I am trying to learn this art and teach my friends as well.

You can also join & do this to make our world better, together with me.

### Jaipur lifts Wonder: Saath 7 Cricket trophy

**Udaipur:** In a thrilling finale of the 2017 edition of the Wonder Cement: Saath 7 Cricket Mohatsav, SSC Club - Jaipur won the championship by defeating PCA 11 - Ahmedabad by 23 runs. In the women's category, Pace Maker - Udaipur defeated SS Jain Subodh Girls PG College of Jaipur by 5 wickets and won the title. Wonder Cement: Saath 7 Cricket Mohatsav is the world's largest consumer engagement event through Cricket. The journey, which was kicked off on the 1st November 2017, was played out in the states of Rajasthan, Gujarat and Madhya Pradesh with around 5000 matches being played covering different stages over 45 days and more than 48,000 people participating. Exclusive Women teams also participated in the competition with enthusiasm with more than 60 women teams registered with around 1000 women participated in the games. Former Indian captain Kapil Dev, Cabinet Minister Shreekhanda Kripalani, MP Arjunlal Meena, Municipal Corporation Mayor Chandra Singh Kothari, Vimal Patni Vice Chairman of Wonder Cement, Vivek Patni Director of Wonder Cement, Joint Managing Director Vikas Patni, HRH Group Lakshya Raj Singh Mewar, Superintendent of Police Rajendra Prasad Goyal witnessed the final match held at Udaipur. Vivek Patni, Director, Wonder Cement said, "Wonder Cement Saath 7 Cricket Mahotsav 2017 has set a new precedent globally by being the first of its kind tournament in its scale, reach and participation." I am glad that the goal of having this journey has been largely achieved with the huge participation across the states and I hope that the sporting spirit generated through this event sustains and benefit the states and the nation (Revised)

## Para Athletics and Power Lifting Meddlers Felicated

**Udaipur:** The winners of eighth state level para athletics and power lifting championships were honored by the office bearers of Udaipur district para sports association.

UDPSA president Mrs. Leena Sharma said that 5 out of the 6 medal winners were fielded for the first time without any training in just 2 days practice.

Rishi Raj Singh Rathore has returned after receiving the medal for the young Asian

Games. Mrs Leena Sharma announced that from February 2018, para players, will get regular, free fee therapy and training from experts in evening on regular basis.

Secretary, UDPSA, Mr. Govind Singh Rathore assured the players that they would provide necessary facilities for all the upcoming events for promoting enthusiasm in players.

In this program, Mr. Yashwant Kothari has given blessings to

all winners.

Mr. Bharat Kumavat welcomed and congratulated everyone.

It was also announced in this program that a documentary will be made by Mukesh Madhavani M Square Production and Rajiv Surti Dance Factory, in which para players who won the Arjuna Award & international medals will be included.

Felicated players Rishi Raj Singh Rathore, Ambala Teli, Jamna Devi Suthar, Lokesh



Chaudhary, Kamlesh Vaishnav and Tulsu Ram Chauhan, will participate in the upcoming National Para Athletics.

## Silver Glitters in My Medicine...



### Pavan Kaushik

Silver has been known since ancient time. It was one of the first five metals to be discovered. Mankind learned to separate silver from lead back in 3000 BC. Silver objects have been found dating back before 4000 BC. It is believed the element was discovered around 5000 BC. Silver has been revered by the medical community since a long time. Hippocrates, "The Father of Medicine", knew of its healing and anti-disease properties. In World War I, before the widespread use of antibiotics, it was imperative on the battlefield. Silver foil was wrapped around wounds to help them heal.

Silver, a germicidal, kills bacteria and other lower organisms. Silver ions act as a catalyst by absorbing oxygen, which kills bacteria by interfering with their respiration. This antibiotic property, along with its non-toxicity, has given Silver an essential role in medicine for thousands of years.

In medicine, Silver is incorporated into wound dressings to treat external infections and also used as an antibiotic coating in medical devices. It is also used in some medical applications, such as urinary catheters (where tentative evidence indicates it reduces catheter-related urinary tract infections) and in endotracheal breathing tubes (where evidence suggests it reduces ventilator-associated pneumonia). The Silver ion (Ag+) is bioactive and in sufficient concentration readily kills bacteria in vitro. Silver is also used in other medical instruments and is a key part of the technology behind X-rays. It has also been used in eye drops and in dental hygiene to cure and prevent infection. Silver Sulfadiazine is especially useful for burn victims because it kills bacteria while also allowing the skin to regrow. Silver ion treatments can heal bone infections and allow regeneration of damaged tissue. Today, the presence of antibiotic-resistant superbugs increases the demand for Silver in hospitals. Small amounts of Silver can coat hospital surfaces and medical equipment to prevent the spread of pathogens.

Silver and Silver nanoparticles are also used as an antimicrobial in a variety of industrial, healthcare, and domestic applications.

Indeed ... this White Gold glitters more than Gold...!!! Silver!!!



## Yet another mile stone for vinay Bhanawat : Miracle World Record of England

**Udaipur:** The name of Vinay Bhanawat of LackCity, had registered among top 100 world record holders in the Miracle World Records in England.

Vinay has collected 92,000 currency notes and achieved a milestone globally by collecting notes of Muslim sacred no 786. Vinay bhanawat gave a message of national integrity in the world.

T Ravindra, head of India's World Heritage World Record, congratulated Bhanawat and handed over the gold medal and certificate.

### McDonald At Udaipur Shut Down

**Udaipur:** The Global Burger flavour was brought to Udaipur in the form of McDonald's, which had been the flagship store at The Celebration Mall, Udaipur since 2011. Now, McDonald's at Udaipur will cease to exist, at least for some time, if the spat between the global food giant and its Indian partner Connaught Plaza Restaurants Pvt Ltd (CPRL) doesn't get sorted out soon. Udaipur might no longer be able to retain its McDonald's store. Over the last 45 days since the issue came to light, the 169 North and East Indian outlets of McDonald's have affected due to the termination of the franchise agreement between CPRL and McDonald's India Pvt Ltd (MPL).

## Don't Worry about paying hospital bills?

### Convenient TPA/Insurance option include

#### Empanelled List of Insurance Co. & TPA's

Star Health	Paramount Health TPA	Ericsson TPA	Future General
Park Mediclaim TPA	East West Assist TPA	Rothshield TPA	Sunrise Medcorp Soutlion Pvt. Ltd.
Meera Rescue	ARMS Asia Rescue	Health Meter	Vidal Health TPA
Anyuta TPA	Genins TPA	Religare Health Insurance	Star Allied Health Insurance (for Diagnostic)
			Max Bupa

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