

8-year-old Dystonia patient Neha cured in 8 hours



Udaipur: Neha is ok after just eight-hour treatment given by Dr. Vineet Bagga Neha Gawariya, daughter of Dev Prakash, who lives in Dobok, 15 km away from Udaipur, has been searching for life expectancy between life and death since 8 years because of neurological disorder. Due to Dystonia, she was almost confined to bed, since last eight years. Neha (Patient) told that the disease started in 2010, and sickness desecrated while crippling. After this, gradually the hands stopped working. At the same time, the face turned to the left side and the whole body went unnoticed, which made it difficult to walk even one step. In a press meet, Dr. Bagga told in details about the Dystonia

Dystonia is a movement disorder in which a person's muscles contract uncontrollably. The contraction causes the affected body part to twist involuntarily, resulting in repetitive movements or abnormal postures. Dystonia can affect one muscle, a muscle group, or the entire body. Dystonia affects about 1% of the population, and women are more prone to it than men.

Symptoms of dystonia can range from very mild to severe. Dystonia can affect different body parts, and often the symptoms of dystonia progress through stages. Some early symptoms include: A "dragging leg" Cramping of the foot, Involuntary pulling of the neck, Uncontrollable blinking

Speech difficulties, Stress or fatigue may bring on the symptoms or cause them to worsen. People with dystonia often complain of pain and exhaustion because of the constant muscle contractions.

If dystonia symptoms occur in childhood, they generally appear first in the foot or hand. But then they quickly progress to the rest of the body. After adolescence, though, the progression rate tends to slow down.

When dystonia appears in early adulthood, it typically begins in the upper body. Then there is a slow progression of symptoms.

Dr. Bagga told that Neha was examined in detail and adopted a state-of-the-art treatment. If the results of the treatment of a few hours will come to a results then the treatment was carried forward. Neha started recovering in just 8 hours and is emerging from this disease and doing her own work and she will be discharged from the hospital today in a healthy condition. This is not the case of Mewar, but it is also a matter of study in medical sciences that how much suffering from disasters from 8 years has been cured so quickly. Hospital's facility Director Harjit Singh Bhagat thanked all the media personnel.

Food for poor's



Udaipur: On the second day of the God Mahavir Birth Kalyanak Week, celebrated by Jain Jagrati Kendra womens wing has provided food to the poor at Manav Sewa Samiti at Maharana Bhupal Hospital premises. Center's conservationist Pinky Mandavat said that Lord Mahavir has described for the services of the poor as the biggest service and keeping this in view, in this week of celebration we will serve food to poor and neddy fellows. During the meal serving, Kusum Bhansali, Nina Doshi, Veena Mehta, Rekha Harpavat, Meena Sisodiya, Suman Jain, Kavita Bohra, Sangeeta Pagaria, Usha Harpavat etc. rendered their services.

Awareness rally in Debari and Sakroda organized



Udaipur: An awareness rally was organized on behalf of the PSM Department of Pacific Medical College and Hospital ton the occasion of World TB Day (March 24) This rally was flagged off by Dr. A.P Gupta the Principal and Controller of Pacific Medical College and Hospital. Gupta and district TB officer Dr. Dinesh Kothari, Dr. Dinesh Bhatnagar said that in the national program of TB eradication, there must be an active and positive role of all common citizens, voluntary organizations, school and college students, teachers etc., Only after this country and world TB Like this can get rid of this deadly disease. During the rally, the students of the Pacific Medical University raised awareness slogans about TB disease in Debari, Sakroda, and surrounding villages.

Hindustan Zinc highlights its Best Sustainable Practices in 'Digifest 2018'

Hindustan Zinc, India's only and world's leading integrated zinc producer has been the key initiator in adopting clean green practices. Chief Minister of Rajasthan, Smt. Vasundhara Raje visited the stalls and appreciated the efforts of Hindustan Zinc towards water consumption during the four-day IT festival, 'Digifest 2018', which was hosted by Department of Information Technology and Communication (DoIT&C) of the Government of Rajasthan from 19th - 21st March, 2018 in Jaipur. Hindustan Zinc demonstrated its best practices on Water and Waste Management in 'Digifest 2018' at Jaipur wherein the demo models on 'Effluent Treatment & Zero Discharge' and 'Waste to Wealth' were displayed in Happy City

arcade. Demo model on 'Effluent Treatment & Zero Discharge' highlighted the sustainable water management practices of Hindustan Zinc at Dariba Smelter Complex to recycle & reuse process water and optimize the water consumption in operations. Effluent generated from different sections of the plant is sent through closed circuit and treated in Effluent Treatment Plant followed by Double Stage Reverse Osmosis (RO) plant. The treated effluents confirm to the prescribed standards and are recycled in the process. To recover water from Reverse Osmosis, reject is treated in Multiple Effect Evaporator that effectively recovers all the water leaving behind the dissolved salts.

This facility adds to the conservation of water, thereby, further improving the environmental performance. Dariba Smelter Complex ensures 100% reuse and recycling of wastewater thereby maintaining 'Zero discharge'. Research & Development team of the Hindustan Zinc also showcased the Paver Block demo model. Pavers Blocks are manufactured from wastes like fly ash, bottom ash and other wastes. These are used in Hindustan Zinc as test patches and are found to provide the required strength. This is an excellent example of conversion of 'Waste into Wealth'. Mr. Pavan Kaushik, Head-CC said, "The mining and smelting operations of Hindustan Zinc are based on environment



friendly technologies that led the plant to conserve water and energy and the company has persistent focus on minimal

impact on environment and the company practices the policy of reduce, recycle, reuse, and reclaim." Mr. Ankit Mishra, Mr.

M.K Yadav, Mr. Sunder Sharan and Mr. Pradeep Singh from Hindustan Zinc were present the event.

The 6th convocation of IIM Udaipur

Udaipur: The 6th convocation of IIM Udaipur was held on 23rd March, 2018. This was the second convocation from their new campus. The occasion was graced by Mr. Pankaj Patel, CMD of Zydus Cadila, Chairman of Board of Directors, IIM Udaipur; Prof. Janat Shah, director of IIM Udaipur and Shri Sunil Kant Munjal, Chairman of Hero Enterprises as the chief guest for the event. Mr. Pankaj Patel, Chairman of the Board of Directors, IIM Udaipur congratulated the students for being the first respective batches at IIM Udaipur to be conferred degrees instead of diplomas. He mentioned that IIM Udaipur was ranked 3rd above other premier institutes like IIM Ahmedabad and IIM Calcutta in the rankings issued by UT Dallas for Indian Business schools regarding research papers published in the years 2013-2017.

He also acknowledged the presence of the part-time and full-time faculty members of IIM Udaipur to whom the students are indebted for their degrees. He also mentioned how IIM Udaipur was fostering management education in India with its exceptional courses- PGP, PGPM, MDP, FPM and Summer School for Future Leaders in Development.



The chief guest began his speech with a request to the students to thank their parents for making the sacrifices that were pivotal for the students

to be able to stand where they are today. He advised the students to embrace success and to learn from failures. He further advised them to keep trying new things and learn. He also stressed that students should maintain good relationships throughout their personal and professional life as humans are the ones who create a difference in the world and not technology or machines.

He ended his address with a focus on the need to empower women and to transform India from an agrarian economy to a developed nation. Gold medals were awarded to the rank holders of both the courses- with Saravan Mariappan from PGPM and Sakshi Babar from PGP, being the gold medallist students from the respective batches. Additionally, Rishabh Nagaich from the PGP batch was awarded with a gold medal for being the all-rounder for the year. The event concluded with an address by the director of the institute, Prof Janat Shah, who began his speech with a vote of thanks to the faculty for helping the students benefit from their decades of experience and enabling IIM Udaipur to present an amazing academic experience to the graduating batches. He also expressed confidence that the graduating students were now ready to take on the world.

Unique Blood donation camp by Namo Vichar Manch

Udaipur: Unique Blood donation camp by Namo Vichar Manch was dedicated to Shahid Bhagat Singh Sukhdev and Rajguru. Praveen Rattalia, State President of the Forum said that the target was donating 329 units under the 10th phase of the blood donation campaign to be held on Shaheed Divas. He said that if all three were alive then today they were of 329 years Bhagat Singh & Sukhdev were of 110 years each while Raj Guru was of 109 summing up their ages we have decided to collect 329 blood units Blood donation ran from 8 am to 2 pm in Vigyan Bhawan located in Ashok Nagar. District collector Bishnu Charan Malik and SP Rajendra Prasad Goyal also reached there as a guest.

Seeing the enthusiasm of blood towards blood donation Despite having works and exams, many youngsters they came to donate blood. It is note worthy that under the Bloodline campaign, the goal of collecting one lakh units of blood has been fixed and it is the 10th phase of this campaign. The blood donation app is also made when someone needs blood. So far 2100 patients have been benefited from this. This app can be downloaded and it is very easy to use. This application was created by Praveen Rattalia, who has been awarded the Youngest Social Activist of Asia Award in Dubai.

"Tracheo Esophageal Fistula Repaired Successfully of a neonate"



Udaipur: A baby boy, weighing only 1.8 kgs, born at 36 weeks of gestation, had choking, cyanosis, and seizures after the first feeding, 2 hours after birth. A tracheoesophageal fistula was identified in the infant and was surgically corrected by pediatric surgeon of Geetanjali Medical College & Hospital Dr. Atul Mishra. The operating team also includes Anesthetist Dr. Karuna and Dr. Anil, Pediatrician Dr. Subhash Bamnawat and Dr. Hartesh, OT Staff Nitin, Komal, Narendra and Noorjahan & nursing staff. The Tracheo Esophageal Fistula was also associated with other congenital anomalies namely anorectal malformation, which was again surgically corrected by the treating doctors. Baby of Sumitra, due to problems in taking feed & cyanosis was rushed to Geetanjali Hospital. On consultation & investigations of Chest

X-Ray it was found that the esophagus was not developed properly and was opening in trachea. This disease is called as Tracheo Esophageal Fistula (TEF). The TE fistula was then repaired & the connection between the esophagus and the trachea was closed in surgery which lasted for more than three hours. The baby was found to have a low birth weight of mere 1.8 kgs, but now the tiny toddler is recovering well and will grow like normal babies.

What is Tracheo Esophageal Fistula (TEF)? "Tracheoesophageal fistula is an abnormal connection in one or more places between the esophagus (the tube that leads from the throat to the stomach) and the trachea (the tube that leads from the throat to the windpipe and lungs). Normally, the esophagus and the trachea are two separate tubes that are not connected", quoted Dr. Mishra. This disease is associated with symptoms of frothy, white bubbles in the mouth, coughing or choking, frequent pneumonia, vomiting, difficulty in breathing etc. which need immediate intervention otherwise it may lead to high & sudden mortality, said the treating pediatric surgeon. "I have treated five neonates of tracheo esophageal fistula & they have been found healthy on follow-up", said Dr. Atul Mishra. He also said that to perform such surgeries it requires experienced & skilled pediatric surgeon, fully equipped NICU & modular operation theatre, which has been available with Udaipur's Geetanjali Hospital. Out of every three-four thousand babies only 1 have a complex & rare disease like this.

All Set for – Mahaveer Jayanti

MhaveerJanmaKalyanak, is one of the most important religious festival for Jains. Mahaveer Jayanti will be celebrated on March 29 and like every year, the occasion is expected to be celebrated with fanfare this time as well. It celebrates the birth of Mahaveer, the twenty-fourth and last Tirthankara of Avastarpi. Mahaveer was born into Ikshvaku dynasty as the son of King Siddhartha of Kundagrama and Queen Trishala. During her pregnancy, Trishala was believed to have had a number of auspicious dreams, all signifying the coming of a great soul. Digambara sect of Jainism holds that the mother saw sixteen dreams which were interpreted by the King Siddhartha. The idol of Mahaveer is carried out on a chariot, in a procession called rathayatra. On the way stavans (religious rhymes) are recited. Statues of Mahaveer are given a ceremonial anointment called the abhisheka. During the day, most members of the Jain community engage in some sort of charitable act. Many devotees visit temples dedicated to Mahaveer to meditate and offer prayers. Lectures by monks and nuns are held in temples to preach the path of virtue as defined by Jainism. Donations are collected in order to promote charitable missions like saving cows from slaughter or helping to feed poor people. Ancient Jain temples across India typically see an extremely high volume of practitioners come to pay their respects and join in the celebrations.

Broken Hip replaced and discharged next day



Udaipur: At GBH American hospital ,a 75-year-old woman's hip was replaced by Dr Surya kant Purohit & relieved next day. This lady is from the doctor's family of Ranakpur and she was unable to get up from bed for the last one month. Group director Dr Anand Jha told that Ummed kunwar (75), wife of Dr Ganga Singh Chauhan, , had fallen slippery on the floor last month. For this, X-ray was done in his Sadri Hospital and primary treatment was done there. Ummed kunwar had not been able to get out of the bed since then. Meanwhile, she was treated in Ahmedabad and many after places after which and operations were recommended everywhere. Dr. Ganga Singh discussed the X-ray report with Joint Replacement and Arthroscopic Surgeon Dr. Surya kant Purohit on mobile. The success of this operation was that Ummed kunwar was discharged on the next day.

Ayurveda helps to fight exams fever/ stress

When students prepare for their exam, at that time they feel pressure, it is called examination fever. It is a common phenomena when everyone tries their best to achieve their goals they will definitely feel stress due to extra hardwork. But sometimes students aren't able to cope up with their stress level in that situation they suffer with some psychosomatic problems like nausea, vomiting, acidity, headache, back pain, jaw pain, nervousness, IBS, insomnia, anxiety, depression etc. Ayurveda is very helpful in fighting exam fever in the following ways:-

- (1) follow ahaar, vihar and achaar according ayurveda. Ahaar :- eat balanced and nutritious food. With plenty of fruits
- (2) parents prepare their menus according their choice but junk food should be avoided.
- (3) breakfast, lunch and dinners are essential but eat less in chronological order.
- (4) drink plenty of water in different forms like lemon water , juices, lassi, shakes, coconut water with changing patterns.
- (5) during long time studies students feel exhausted ,at that time some energy giving items like ice cream, crushed ice lemonade which we can we prepare at home are great cooling agents to reduce stress level.
- (6) drink milk with munakka, ashwagandha, Brahmi and rose to keep the mind cool.

Vihara:-

- (1) take deep breaths between study intervals
- (2) stretch muscles
- (3) walk 10 to 15 minuets during study break
- (5) do meditation early in the morning and at bed time.
- (6) listen to favourite music
- (7) talk to your good friend to exchange problems and solutions
- (8) surya namaskar is also very beneficial to reduce stress level
- (8) activities like dancing, jumping are also helpful to reduce stress level.

Aachaar:-

- (1) Dont be tense
- (2) always smile
- (3) speak softly
- (4) pray to God
- (5) get blessings of elders
- (6) Think positive
- (7) work hard and give your best.
- (8) Never forget ur personality is not judged by your marks but it's judged by your behaviour.
- (9) early to wake up early to rise makes a man healthy, wealthy and wise

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