

# IR & Much More

## An Incomplete Goodbye II

Kashish Sodhi

"Meet me at 7? Same place?"

"Ok! I'll come around 7:30 though." (Kritika replies to Abhay's text)

Abhay reaches the club early and waits for Kritika. After 50 minutes she arrives at the club. They greet each other and decide to go somewhere as Kritika wanted to talk and so did Abhay.

(Grandmama's Cafe)

"I'll order some white sauce pasta! good?" (Kritika asks Abhay)

"Yeah! whatever you feel like."

Kritika is dressed in a black pencil dress and is looking beautiful as always. Abhay tries to compliment her but keeps his voice to his throat. He thinks Kritika wants to talk but from past 5 minutes, she hasn't.

"Are we like on some fast or what? Will we speak? Will you speak? Why are we here?"

"See Abhay! I'm sorry for not texting you that day. I'm just sorry for everything that happened between us." (Kritika replies)

"Don't be sorry! I know I ruined things, got harsh on you and panicked a lot. I should be sorry and I am."

"No! don't make this date a sorry-sorry thing! I just wanted to confess that I realized I was so wrong."

"Date?" (Abhay raises his eyebrows)

"Uhh! Ya! a sort of date. okay?"

"Hmm.. Okay but see Kritika, I know things could have been very different right now but let's be fair. We both were wrong then."

"You cared a lot for me and I never accepted you and always humiliated you in front of my friends. You never hated me or never stopped loving me. Why? I was just so rude to you, all those 3 years."

"Because you are beautiful and I believed on my love that you will accept me one day. Your friends loved me and they always pushed you. You never got into the peer pressure thing and was adamant on your decision. You were you! and that's something I've always adored."

"You are just the same Abhay! You never listen, take all the blame upon yourself and make the other person beautiful. Duh!!" (Kritika while gobbling the pasta)

Abhay gestures, expressing his witty and diplomatic side. He focuses on the pasta which is seriously looking delicious and quite cheesy.

(after finishing the pasta)

"Do you think that we should give ourselves another chance?" (Kritika asks Abhay with a serious face)

Abhay is totally happy and stares at Kritika. (he drops the pasta and is shocked)

"Kritika, this is not a game please. I work here. I live here. I am happy to be this without you. You'll be leaving again in 6 months and I don't want myself to be in pain and desire of having you by my side after. Please don't"

"Look Abhay, I was never completely with you in that relationship. Most of it included you and your love. I was there when it was actually time for us to part. Now, I'm asking you to be with me. How many girls do this?"

"A few. But?"

"No wait! then what kind of game? I've realized everything and want us to give a chance. I know this time everything will be in our favor. I really feel it. We should move in together. It's up to you now Abhay."

"I think we should leave this place now!" (Kritika after a pause)

"I need to think Kritika, it's no more easy for me." (Abhay while getting up his seat)

"I appreciate you Kritika! It's great that we have finally talked over the past and the so called things are out of our minds. I will message you after I complete my work, but you don't forget to ping me when you reach. Thank you for coming to Mumbai." (Abhay smiles and calls a cab for her)

Abhay couldn't work the whole time that night. He also forgot to message Kritika which in turn made Kritika think that Abhay is not at all interested in her and is avoiding her. Kritika decided not to ping him and sleeps. Meanwhile Abhay is just recalling her words.

Why did he need some time to think? He had always waited for her. 7 years, not a cake walk though. One girl, one love. He prayed for Kritika to love her from the beginning and when it was actually happening, he was lost in his own world.

"I've waited for this moment always. I'd been crazy for this and I'd have done anything to have this. Then why am I thinking too much? She is ready to be with me, to love me then why? God help me!"

2 minutes later ...

"She is here for about 6 months. We parted cause of this. When I finally had her, I lost her. I don't want to lose her again. I'm scared [too much]. She might be mature than earlier but time and luck has not. It's just 6 happy months, who guarantees a future with her after these 6? No one!"

a minute later ...

"I can't let her in again. Nope. But my heart says 'Yes!' I do need her. Without her its incomplete. She completes me and its perfect. I won't let her go. I'm gonna call her and say it."

to be continued ....

## IIT-JEE Crash Course @Sojatia Science Academy



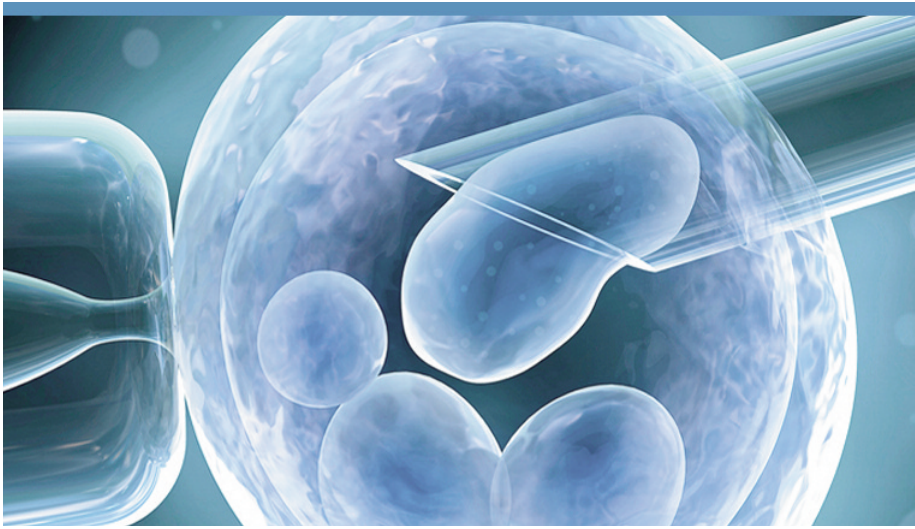
**Udaipur:** IIT-JEE Crash Course is in full swing in prestigious Sojatia Science Academy of Rajasthan. The enthusiasm of the students has made on the Crush course popular among aspirants. Students are being taught by class faculty teachers.

Group founder Prof. Ranjit Singh Sojatia said, Mukesh Shrimali, Alok Sahani, Amit Khandelwal, Jhalla Sir, Sharad Jain Dr. Gajendra Purohit, P.K. Rajneesh Goswami and Chemistry, Anil Sathavani, are teaching them all are the specialist in their subjects.

Children chance to learn short-code tricks - Dr. Sojatia said time Management is being taught to solve the paper. Students are being explained how to avoid negative marking.

IIT-JEE of last 15 years Mens and paper solutions of past years are being done. Dr. Sojatia informed that on 4th April at the Sojatia Science Academy, at Hiran Magri Sector-3 Branch, a three-hour examination for Main's Exam being organized for which the students Can get registration on Sojatia classes.

## FACTORS CRITICAL FOR IVF SUCCESS



Even though you know that it is the only chance of having a baby, it still takes a lot to get over the fears and worries and finally opting for In-Vitro Fertilization (IVF).

The first problem that you might face while planning a baby late in life is conception, which is caused due to low number of egg production and poor quality of eggs/sperms. As the age of woman increases, her egg quality and numbers also decreases, this may lead to infertility. Other driving factors to this can be low sperm count, male infertility, and medical conditions like PCOS etc. Even though the decline in fertility is gradual, but many medical providers consider the risks of chromosome abnormalities to be significant at the age of 35 or older. So, even if you conceive, there are probabilities of having difficulties in sustaining the pregnancy. According to the estimate of World Health Organization (WHO) about 8-10% of couples experience some form of infertility. A growing problem in India since the last decade, infertility is a complex and upsetting experience and people undergoing IVF often face more stress worrying about the success rate.

Are you planning for a late pregnancy? Is IVF the solution for you? Here, are some factors

which play the most important role in conceiving through IVF

- 1) Age: Your age plays an important role in your pregnancy, no matter planning naturally or through IVF. Yes, it is the most important success factor. As the women ages the quality of woman's eggs becomes poor and quantity also decreases. In fact, when it comes to success rate of IVF for women under 35, it is 40 percent. However, women who are over the age of 42, the success rate are just 4%. But it is not only about the women's age, age of the male partner also affects your chances of conceiving. The sperm quality of the man decreases with the age. With the increase of a man's age, the probability of

his partner to get pregnant decreases.

- 2) Embryo Quality: The quality of the embryo plays a crucial role in your IVF success. The decrease in success rates in IVF is because of the decreasing number of quality of sperms and eggs. There is an increased loss of the eggs and sperms after the age of 32-35 and the fertility declines significantly thereafter.

- 3) Type of fertility problems: Fertility problems whether it is in case of male or female, affects the success rates of IVF equally. Female Infertility problems like uterine abnormalities, exposure to DES or fibroid tumors decreases the likelihood of success with IVF. Factors like Ovarian dysfunc-

tion, high FSH levels which indicate a low ovarian reserve, can also reduce the IVF success rates.

- 4) Genetic disorders: Though genetic disorders may not directly affect your IVF success rate but it is important to consider the chances of disorders you might be passing on to your child. According to WHO, 10 in every 1000 live birth suffers from a genetic disorder. That's a huge number and you might pass on the same to your child. You can prevent them from passing it on by asking your IVF specialist for Preimplantation Genetic Diagnosis (PGD) in the embryos before implantation. PGD is performed on a small

embryo biopsy and identifies which embryos are not at increased risk of developing the disorder. PGD is done before the pregnancy is established and helps avoid difficult decisions and situations.

- 5) Lifestyle habits: It's time to change your lifestyle habits if you are planning for a baby! Women who are addicted to smoking, encounter more failure in IVF cycles. More IVF success factors to null over include losing weight if you are over-

the chances of chromosomal abnormalities in the embryos before implantation to ensure successful pregnancy and a healthy baby.

What is the solution, then? In order to avoid pregnancy with chromosomal abnormalities, Preimplantation Genetic Screening (PGS) from IGENOMIX can be performed. PGS is an early genetic screening of the embryo prior to its transfer to the uterus, and therefore before the estab-

lishment of pregnancy. PGS allows only healthy embryos to be transferred. IGENOMIX recommends that women of advanced maternal age, men with sperm problems

(Male factors), couple with repetitive implantation failures and recurrent pregnancy losses should undergo the PGS test for aneuploidy screening to avoid chromosomal abnormalities.

So if you are preparing to get pregnant, it is crucial that you get yourself examined thoroughly by your doctor and consider the above critical factors to assure a healthy child.

**Dr. Rajni Khajuria**  
Lab Director  
Igenomix



## Left forces pledge to fight the alliance of capitalists, ruling elite and communal forces



Dr. H.S. Chandalia

All the left and democratic forces in Udaipur took a pledge to fight the alliance of the capitalists, ruling elite and the communal forces to bring about real democracy based on equality, justice and international solidarity of the working class. On 23rd March the members of CPI (M), CPI, CPI (ML), AISA, SFI, DYFI, AIPWA and Shahadat Divas Samarth Samiti along with democratic and progressive people assembled at Sevashram and took out a "Mashaal Juloos" to mark the martyrdom of Shahid Bhagat Singh, Rajguru and Sukhdev who were hanged on this day by the British colonial government in India in 1931. Addressing the gathering on this occasion Comrade Rajesh Singhvi, Secretary of CPI (M) Udaipur City said that the ruling party in India is bent upon dividing the people on communal lines. It is playing to the fiddle of the capitalists like Adani and Ambani and is creating joblessness in the name of economic development. He said that even the fascist forces are trying to appropriate the legacy of Bhagat Singh by making all kinds of ritualistic offering on his statue. He said that had these people read the thoughts of Bhagat Singh they would never do this. Comrade D.S. Paliwal welcomed the people who had gath-

ered to pay a tribute to the martyrs and said that the ideals of Bhagat Singh have been let down by the governments of independent India. The youth are deceived in the name of opportunities which shall never come their way, the women fear atrocities and humiliation and the working class suffer the worst kind of exploitation in the present Union government. He appealed to the people of India to study the thoughts of Bhagat Singh and pledge to fight united against the fascist forces currently ruling India. On this occasion Secretary of Loktantrik Adhikar Evam Sadbhavna Manch Prof. Hemendra Chandalia said that the whole world today seems to be clearly divided between the rightist and the left democratic camps. In India too, the division is very clear. Both BJP and Congress represent the Right while the workers, peasants, labour, students and petty shopkeepers are the left forces. There is a need to unite the left and fight the right wing which is not just the ruling parties of India but the international corporate capitalists which set the agenda of the Indian government. He said that the divide between the haves and the have-nots has increased since 1947 and today 73 percent of the country's wealth is accumulated in the hands of just 1 percent of the population. This is going to increase further. Therefore there is a need to fight the global capitalism which even steals data to favour their favourite political stooges in elections.

A torch bearing march "Mashaal Juloos" was taken around in the Sevashram region and slogans were raised to commemorate the martyrdom of all the martyrs who laid down their lives for the nation. Shahid Bhagat Singh, Rajguru, Sukhdev and Avtar Singh Pash were named in particular.

Among those present included Shamsher Singh Nandwani, secretary CITU, Ashok Paliwal, former state secretary of DYFI, Comrade Birdi Lal Chhanwal of All India Kisan Sabha, Comrade Madhu Paliwal, Comrade Munavvar Khan, Javed Khan, Eklavya Nandwana, Prof. L.R. Patel, Comrade C.K. Verma and several other activists.

## Chole@Solar Cooker

Ingredients :

Soaked Chole – 1 cup  
Onion Paste- 3 tbs  
Green Chilli Paste – ¾ tbs  
Ginger Garlic Paste – 1 tbs  
Oil – 3 Tbl Spoon  
Red Chilli Powder – 2 tsp  
Coriander Powder – 1 tsp  
Shahi Jeera – ½ tsp  
Chole Masala 1 ½ tsp  
Salt – To Taste  
Whole Red Chilli 3-4  
Whole Coriander – ½ tsp  
Cinnamon- 2  
Bay leaves - 4  
Turmeric -1 tsp  
Small Cardamom- 2  
Mace – 2  
Clover – 3-4  
Big Cardamom- 1  
Black Pepper – 7-8  
Imli water – 1 ½ tbs  
Garam masala 1 ½ tsp  
Chopped Green Coriander Leaves - For garnishing  
**Method:** Put a pan on heat. Pour some oil and then give tadka of shahi jeera, whole coriander, big Cardamom, Cinnamon, Clover & bay leaves stir it well for a while then add



ginger garlic paste, green chilli paste, onion paste one by one & fry it well. Afterward add Mace, black pepper, Small Cardamom, red chilli powder, turmeric powder, coriander powder, garam masala powder and salt to taste. Stir it well and cook it for 7 min. when the oil starts oozing out and come on surface then add imli water, chole masala and soaked chole and then again cook for 7 min. Afterward turn the gas flame off. Let it cool down a bit and then garnish it with chopped green coriander leaves. Chole is ready now.

- Sulekha Shrivastava

## BMD of 72 on day one at GBH

**Udaipur:** Two day joints, bone and arthritic Disease training camp was organized at GBH American Hospital. On day one of camp calcium and density were examined in the bones of 72 people. Group director Dr. Anand Jha said that on the first day of the camp, gynecologists, Dr. Mohit

Goyal, treated 32 patients. Apart from this, osteopathy specialist Dr. Suryakant Purohit and Dr. Rahul Khanna consulted 85 patients. During the camp, 72 patients of calcium and density (BMD) of bones were examined on the advice of osteopathic specialists.

## Jamburi, Extra Fun and Music

**Udaipur:** Udaipur. M Square Events is bringing entertainment and extra fun for children in which the children can enjoy a lot of fun. There will be a festival parade for them and the Master and Miss Jamburi Prizes will be given. Mukesh Madhwani said that this Jamburi will have a tasty food of eating, drinking, recreational and sports resources for children. In this program, children will get an opportunity to show their hidden talent in the fashion parade. Mister and Miss Jambouri will be presented to the win-



ners. Sneha Chadha said that form will be available at Ashoka Bakery, Krienakshan, Kamal Digi Studios. The winner will be rewarded in the fair after the Luck Draw draws.

## 93 students, including 34 girl students donated blood

**Udaipur:** Blood donation camp organized in joint venture of Pacific Medical College and Hospital, Tirupati School and College of Nursing, and Pacific College of Physiotherapy recently Dr. Shiv Kumar Mudgal, Principal of Tirupati School and College of Nursing, launched the camp. In this camp, 93 students, including 34 girls students, donated blood.

This blood will be provided to the needy patients. Vice Principal Dignpal Singh Chudawat & Dr. Rakhi Goud Jaideep Joshi Harish Kumavat Haribala Paliwal Sanjay Nagda, Shankar Lal Sukhwai, Sunil Taylor, Ratan Sharma, Ankita Richard, Chanda Soni, Nikhil Dikshit, Khushal Singh etc contributed.

## Total Hip Replacement of traveler lady of England



**Udaipur:** Pain in knee and other parts of the body is common in old age but it becomes serious when a fracture in bone from an accident. Now it is possible to treat it in a state of the art medical system. The sufferers can walk in very short time. We are talking about a special case of British Traveller that has slipped from the stairs in the hotel a few days back. The woman, who was suffering from excessive pain, brought in the Fortis JK Hospital to the Structures. She was alone, only the hotel staff and the hospital were her support. There was no other family to look after him. Her hip was replaced BY Doctors team of Fortis within few hours she returned normal life. We are talking about the 79 years-old English lady Morin Kherson who came to India for the excursion. on feb 21st & The incident happened on 22 February & hip replaced on next day, after 12 hours she was able to discharge her normal daily work, the climbing stairs were also started.

Dr. Ashish Sigal said that implant was essential keeping in view of her age and need of the hour, in general, such operations are but essential in arthritis, avascular necrosis etc.

Implant final weapon

Transplantation is the only solution when the condition of the joint is worsened or the condition of the joint becomes worse. In this, the poor surface is replaced &, broken part is removed later artificial implant is applied. After changing the knee one can make a normal life. Transplantation is now possible with an easy and painless process, in less time, they are able to carry out their daily activities. There is no need of medicines after the operation. Cemented and uncemented total hip replacement is available in modern medicine.

Dr. Venu M George and Dr. Ashish Sigal, orthopedic surgeons in the press conference, discussed hip and joint replacement surgery in detail. Fortis JK Hospital, equipped with state-of-the-art resources, & the only hospital in South Rajasthan, where there is a symptomatic medical practitioner with all state-of-the-art facilities are available round the clock.