

IRL & Much More

Respect women, Respect Periods

Yes! It's a PAD.
Don't swipe or ignore this. Give this a shot. Because my friend @paint_my_thought painted this on a pad. She is not ashamed of it and neither am I.

What's up with this pad, we all know. But the problem is not known to all. Either they don't have sisters/daughters/mothers or they are unaware about the whole process.

Just by reading about menstruation in your school books, doesn't make you knowledgeable enough. Never! Have you ever spoken about it to a girl?

Have you ever asked a girl about the pain?

Imagine yourself being in the same scenario and you're being asked to stay away from household things, religious beliefs and practices...

This is something which needs to be changed. Periods are natural. Just like men are proud to call some of their hormonal changes natural; Understand, periods are the same. A girl goes through 5 tough days.

A lot of you might have disliked the movie 'padman' or may have been amused with the concept. (@padmanthefilm) but it surely was a ray of hope in the change towards PERIODS.

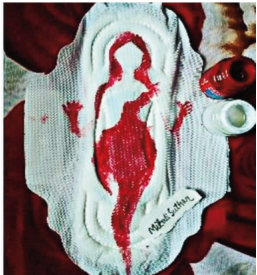
Respect women.

Respect Periods.

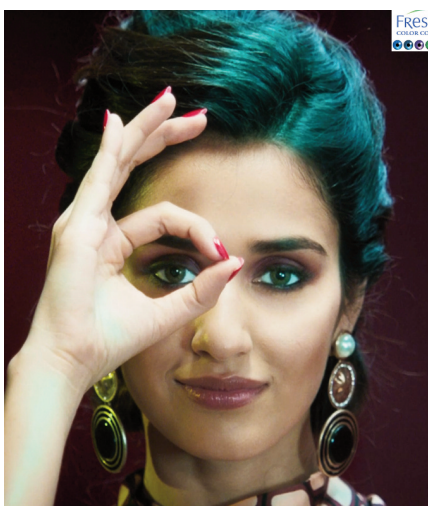
If you can't share the pain with a girl, even if she is not known to you. Its natural. Accept, understand and be the support they need.

They need your support and love in these days not your ignorance and weird behaviour through the phase.

- Kashish Sodhi



Disha Patani, Signed on as New Face of Fresh Look Color Contact Lenses



Fresh look the colour contact lenses from the global eye care leader Alcon, a division of Novartis, has signed the Bollywood Actress Disha Patani as their brand ambassador. The brand offers a wide palette of refreshing colours. The

colour-blend technology ensures that whichever be the colour chosen, the effect is elegant and enchanting. Your eyes are the first thing people notice about you. Alcon's FreshLook colour contact lenses will give your face an instant lift. Contact lenses are a trendy fashion fun accessory to let a woman express herself in a myriad of ways. Just pop in a colour from the wide range of FreshLook color lenses to enliven any outfit by changing your eye colour to blue, grey, green, pure hazel, amethyst, turquoise and sparkling brown.

Disha Patani, the face of FreshLook said, "I am known for my fresh and fun approach to life and FreshLook gives me the most comfortable wearing experience while enchanting my glamour quotient."

Speaking about the Brands association with Disha, Ms. Panchali Upadhyaya, Alcon Vision Care, Business Unit Head, said that "We all love Disha's delightfully fresh sense of style." These colour contact lenses are Disha's choice because they add glamour and charm to her naturally effervescent personality. She loves the ease with which FreshLook can rev up her style quotient.

FreshLook one day colour contact lenses are available across India in a box containing 10 lenses with a recommended selling price of Rs.900/- per box and FreshLook Colour blends monthly disposable colour contact lenses are available in a box containing 2 lenses with a selling price of Rs.995/-.



JOURNEY OF INDIA'S PHILATELY WITH VINAY BHANAWAT

In the year 1973 the department of post of government of India issued 34 stamps.

The first stamp was issued on Indipex Exhibition at New Delhi followed by stamp on 25 anniversary of India's independence. Other than this issues various stamps were issued on Jai Bangla, Kumaran Asan, Homage to martyrs and Dr B R Ambedkar.

A set of four stamps was issued on Indian Miniature Painting featuring radhakishangarh, kathak dance duet, dhola and maru and elephant being tamed by prince jehangir's reign. A miniature sheet was issued on the occasion of indipex 73 on indipex emblem, ceremonial elephant and independence and peacock. The last issue of this year were on Ncc and on death anniversary of C Rajgopalchari.

Miraculous Survival of Tiny Twin Babies



Udaipur: The frightening dream transformed to reality for couple ShobhaKunwar and Ganpat Singh, when their twin baby boys, born weighing just 475 grams and 617 grams, fought for four months to survive a stormy course in the neonatal ICU of a Children's Hospital, Udaipur. These ultra micro-preemies are among the smallest twins

ever survived in India. Born to couple ShobhaKunwar and Ganpat Singh from Jalore, Rajasthan married for 27 years and conceived after IVF technique. "She started premature labour pains at 26 weeks of her pregnancy. As the survival of babies was getting compromised was taken up for emergency caesarean section". Twin babies were

born weighing just 475 grams and 617 gms at birth on 20th January 2018. These twins were barely larger than a human hand and were very precious and the only hope for the family. They required artificial breathing support to regularize her breathing and then quickly transferred to neonatal ICU of. Sheltered in a closed incubator and in the

midst of tubes, circuits, central lines, probes, dressings, eye pads, etc. Babies were virtually invisible in the initial days. These tiny twins were managed & looked after at Jivanta Neonatal ICU under precise care of Neonatologist Dr. Sunil Janged, Dr. Nikhilesh Nain, Dr. Kapil Shrivastava & trained nursing staff. At beginning babies were struggling to breathe, so were put on ventilator & given surfactant to expand tiny immature lungs. Babies had infection in blood, heart functions and pumping was poor. Their gut was immature & could not be fed, so babies were put on TPN which means giving all essential nutrients such as protein, carbohydrate by blood. Regular screening of heart & brain were performed to rule out any bleeding in brain. Due to brain immaturity baby used to forget to breathe, we call it as apnea of prematurity. Babies required ventilatory support for 70 days and multiple blood

transfusions.

In all he was in NICU for 126 days, on discharge their weight was 1.7 Kg and 1.95kg. By far their progress in NICU is satisfactory. Brain is structurally normal, eyes are developing normally. It was long & tough journey for me & my team. At the best of centres, only 10-20% of such babies born this weight. Most doctors do not even attempt to save such babies, as the possibility of healthy survival is low. It is the latest technology, high end expertise of our NICU team, which has pulled this off," said Dr. Sunil Janged, Chief Neonatologist at Jivanta Children Hospital. Father Ganpat Singh said "We are grateful for everything the team Jivanta did for our tiny twins. We had full faith on Doctors and our babies have survived even with all troubles where chances of survival were very less."

Dr Pradeep Suryawanshi Senior Neonatologist from



Pune] added, "This story highlights the fact that ultra micro preemie born in developing countries not only have a chance, but also the right to survive and live a normal life. Sophisticated neonatal care and teamwork could make that happen. Intact survival of such micro preemies may be a daunting task, but not impossible."

- Dr Sunil Janged
Director & Chief
Neonatologist

Raje In Command As Party Delays Naming State Chief

Jaipur: With Rajasthan unit BJP remaining headless for close to two months, chief minister Vasundhara Raje has emerged as party's face having shifted into campaign mode months before state goes to polls this year end.

Raje, seemingly spurred by bypoll defeats, has visited more than 50 assembly constituencies across 16 districts in last four months to conduct Jan Samvad (public interaction). More such meetings are planned in the coming days. Besides, Raje has also been taking feedback from the party workers and meeting intellectuals and religious heads. She has also been announcing development projects during her visits that last two to three days. On some occasions, she has also ordered action against government officials for negligence or corruption on receiving specific complaints during Jan Samvad.

After BJP lost the bypolls to two Lok Sabha and one assembly constituencies earlier this year, there was talk of a cabinet reshuffle and a major

overhaul in the state organisation. Raje had then planned to launch a 'Vikas Yatra' from tribal-dominated Udaipur to cover all the 200 constituencies, but subsequently it was cancelled. Instead, Raje has been shuttling between Jaipur, where she chairs government and party meetings, and different constituencies.

So far, she has covered three to four constituencies each in Sikar, Jhunjhunu, Sriganganagar, Pali, Chittorgarh, Jhalawar, Kota, Banswada, Sawai Madhopur, Nagaur, Karauli, Dholpur, Jodhpur, Kota, Udaipur, and Ajmer districts. "In the coming days, she will be visiting more districts and the aim is to cover nearly all the 200 constituencies before the model code of conduct comes into effect," a BJP leader close to Raje said. Assembly elections are likely to be held in November or December. Raje followed up a populist budget she presented in February with further concessions to different sections of the society during her reply to the Appropriation Bill in March.

Since then, she has met party officebearers

from different districts to understand the impact of the announcement and take feedback on the government functioning. Raje's public meetings are evoking good response as apart from announcing development works, she is also distributing freebies.

During her last Jan Samvad in Sawai Madhopur on Wednesday, she announced development works worth Rs 147 crore. She also announced to increase the minimum wage rates for labourers. The CM also met the beneficiaries of different welfare schemes and distributed laptops and two-wheelers among the meritorious students. A section of beneficiaries met Raje in person and she took feedback about health insurance scheme. Raje also met the

girls who were the beneficiaries of Rajshri



scheme. Under this scheme, parents of girl child get paid a fixed amount in installments, right from the time when the girl child is born to when she clears class 12. In 2013 Assembly elections, the BJP secured a landslide victory winning 163 out of 200 seats while its vote share climbed to 46.03% from 34.27% in the previous assembly polls. The vote share of Congress fell by 3.14% to 34%, which translated into a decrease of 75 seats with party managing to win only.

'BJP has made life miserable for all'

Jodhpur: Senior Congress leader Ashok Gehlot Saturday launched a scathing attack on BJP and Prime Minister Narendra Modi saying they have failed to fulfil their promises and have created a state of indecision in the country.

Delivering the inaugural address of the 'Mera Booth Mera Gaurav' campaign at Jodhpur, the former Rajasthan chief minister said the prime minister has made life miserable for the common man, traders, and all other classes.

"The peasant community is in deep sorrow as none of the promises made by the BJP government has been fulfilled. They are losing and the insurance companies are minting money out of crop insurance," Gehlot said.

"The kind of atmosphere that has been prevailing today is very disappointing and dangerous with trust among the people at stake. It never happened ever earlier. There is a state of indecision in the country today," he added.

Dogma free society is Dogma free society - R.U. Concept

Udaipur: A meeting on the topic "Traditions and Modernization" was jointly organized by Society for Microvita Research and Integrated Medicine (SMRIM) and Renaissance Universal Club (RU), Udaipur held at Hotel Vishnu Priya, Udaipur. Program was inaugurated by garlanding the picture of Shrii P.R. Sarkar, Founder president of RU as well as Propounder of Microvita and lighting the lamp. A Prabhat Samgiit 'Maanush Sabaa Aapan.' was sung by Taponistha Rathore and after that President of RU & SMRIM, Dr. S.K. Verma welcomed the intellectuals present in the meeting and gave a brief introduction to RU. Secretary, SMRIM Dr. Vartika Jain highlighted the historical activities of Society since its inception in 2008.

Keynote speaker and Guest of Honor of the program Shrii Harananda, Retd. Principal Chief Security Commissioner, gave his talk about role of eminent personalities such as Shiva, Krishna, Buddha, Mahavir, Kabir, Karl Marx etc. in develop-

ment of various cults such as Shaivism, Saurism, Vedic era and discussed about concept of Neo-humanism and Prout given by Shrii P.R. Sarkar and their relevance in present time. He told that a dogma free society is ideal for holistic development of this planet and for that a spirituality based lifestyle should be followed.

Chief guest of the program Shrii G.L. Verma, Retd. Dept. Director, NIRDR, Govt. of India told that a proper understanding of historical events and to take everybody together towards a common objective is must to remove various anomalies of society.

Shrii Harananda was felicitated by honorary life membership of SMRIM by Dr S K Verma, Dr Vartika Jain and Shrii Dinesh Sharma. In the end, after the question-answer session, Shrii O.L. Sharma, Secretary, RU gave thanks to all the participants and guests of the program.

PMO in action for Film city

Udaipur: In response to a letter written by the Rajasthan Film City Committee to the Prime Minister few days back regarding the creation of filmcity in Udaipur, the Prime Minister's Office wrote a letter to the secretary of Rajasthan in this regard. The report has been asked to be given to the Prime Minister's Office within ten days. Committee spokesman Dinesh Gonthal said that in the letter written by the chief of the committee, Mukesh Madhavani, in the letter written to the Prime Minister, he mentioned that more than 500 films including Rajasthan, Bollywood and Hollywood have been shot in Udaipur. If this film is created, then the state government will not only get about 500 crores annually as a revenue, but this will get employment for thousands of people every day.

Udaipurites shown talent the International Olympiad

Udaipur: International Olympiad organized by the Science Olympiad Foundation in 2017-18, the student of MPPS Aditya Singhal, Class XII student of Udaipur illuminated the city by getting the international rank. For which he received Bronze Medal and fifty thousand cash. Founder and Director of SOF Mahabir Singh said that in this Olympiad exam, millions of students from 45,000 schools from 1400 cities of 30 countries were involved. 23112 students from Udaipur participated in this Olympiad examination. Apart from India in Olympiad examinations, students from Singapore, Dubai, UAE, Malaysia and Japan also participated. 55000 students of 5850 schools were honored for getting state level top rank. In addition, more than 8,00,000 students were awarded the Medal of Excellence for getting top rank in their schools. On this occasion, 1500 principals and teachers were honored for their contributions to education.

WE BELIEVE IN CUSTOMER DELIGHT!!!

Udaipur: Customer delight is achieved when you go above & beyond to not only meet but exceed the expectations of a customer. When expectations are met, you have customer satisfaction but when expectations are exceeded, you achieve customer delight. Fortis JK Hospital has a Patient Experience Department which looks after the issues and concerns of the customers and tries to resolve them as soon as possible. It's very important for customers to know that they have someone they can come to with concerns or comments. Daily rounds by Patient Experience personnel inwards and ICU also helps in understanding what more needs to be done and what good practices need to be continued. The Patient Care Services Department is focusing on enhancing Quality of services by focusing on patient safety through monitoring OPD Fall & Patient Identification. We also track various Quality Indicators by conducting audits (e.g., OPD waiting time, Total time taken for discharge) which help to collect data which is analyzed by the team of professionals and corrective actions are taken to keep the process in place and reduce loopholes and correct deficiencies. We also take continuous feedbacks which are valuable tools to identify gaps and help rectify them thus, preventing the future recurrence. It is ensured that the feedbacks are transparently transferred to senior management. In our journey of Clinical Excellence and Quality Patient Care, we ensure that patients' rights and responsibilities are protected and hence we move a step closer towards achieving.... "CUSTOMER DELIGHT".

Awarded artworks of Artist Subodh Ranjan from Udaipur

Udaipur: The 2nd International Group Art Exhibition from 4th

June to 7th June, in the Gandhi Art Gallery, New Delhi organized by the Shorong Art Group, titled 'Mother' of Udaipur's Modern Reality Artist, Subodh Ranjan received the best painting award at International level.

The award was given to Artist Subodh Ranjan by President of Art Group Muhammad Jafar (Sri Lanka). The program's chief guest Naveen Kumar Jaggi (Kaunsellor, Advocate, Supreme Court, New Delhi), Special guest Bhupinder Singh Nanda (artist), Dalip Salutary (Director, Shantha Art Gallery) Qazi M Ragib (Art Director, film and TV, Australia), Vinod Jain (Director Gandhi Art Gallery), Muhammad Rehmat Ullah (Deputy Director, Sorong Group), Sandeep letter V (Photographer), Nibhar Arjun (Film and TV serial actor), Bigan Vishwas, Haripal Singh Chaudhary, Hari Singh, Laxman Kumar, Sunaina Thakur, Mukesh Gupta and Bharat Bedi. The program was conducted by Shorong Group Director Nargis Soma (Bangladesh) and Asha Chadha (Artist). 63 selected art pieces have been displayed by the various artists from India, Bangladesh, France, Nepal, Italy, Nigeria, Ukraine etc. Along with this, the Artistic Creation Group has also organized the exhibition from May 24 to May 30, at the National Gallery of Art exhibition in New Delhi in the same Art Gallery, where Subodh Ranjan's artwork 'The Untitled' was recognised with the Gold Medal by the Art Director Vinod Jain. A solo exhibition of their art works will be organised in the US next year.

Udaipur model finishes runner-up in national competition

Udaipur model, Divyani Katara did the city proud by emerging as the runner-up in the K-mystery Miss and Mrs 2018 competition held in Delhi. The competition organised by Virus Films and Entertainment saw participation of models from across the country. The show was directed by founder of Virus Films, Yash Gupta. A number of Bollywood celebrities were also present