

EMOTIONAL BALANCE – HONOUR THE REALITY OF YOUR EMOTIONS



"When we are no longer able to change a situation, we are challenged to change ourselves"

By - ViktorFrankl

There are some people who are naturally empathetic—meaning; they are more instinctively inclined to step into another person's shoes.

These are the listeners, the feelers, and the ones you turn to in times of trial. People with strong empathy skills are able to step outside of their own experiences and understand what you're saying, thinking, and feeling.

Empathy is a trait that anyone can learn, but natural empathists have a unique ability to go below the surface and see your soul, and accept you where you are.

If you fall into this category, chances are you've felt the weight of the world on your shoulders. By becoming the person that everyone turns to, you suddenly know the depths of everyone around you, and often, it's heavy stuff.

Steps to Find an Emotional Balance

1-Set Boundaries with Others

There are only so many thoughts and feelings that can exist inside your head and heart. Limit the amount that comes from other people by accepting that you are human and that you can't be all things for all people.

When someone wants to use you as a sounding board to process his or her divorce, layoff, or loss, set a time limit. This isn't done out of lack of love; it's done so that you can offer support the best way you know how.

2-You need to be above your worries.

You should never put yourself below what you fear. To find emotional balance, we need to have a good grasp on reality.

Needing to be above our worries is simple. It means we need to develop a clear perception of the world around us. We need to take control of the situation.

3-Develop your decisiveness

We need to be active participants in life, not just spectators. We need to learn to make decisions for ourselves. If we don't, our self-esteem, emotions, dignity, and values will be easily shattered.

Being out of balance emotionally usually involves either not allowing yourself to experience your feelings as they evolve by avoiding or suppressing them, or being so attached to and identified with them that your feelings are all-consuming. Emotional balance occurs when we allow ourselves to feel whatever comes up, without stifling or being overwhelmed by it, and learn to accept our feelings without judgment.

Most people try to avoid emotional as well as physical pain. After all, who wants to be in pain? Our wishful thinking tells us that if we can just avoid the pain, it won't affect us. Ironically, efforts to keep painful thoughts, feelings, and physical sensations at bay may work temporarily, but in the long run only prolong those experiences and intensify the suffering connected to them. Suffering is a function of how people think and feel about the emotional and physical pain they experience, and the beliefs they attach to it. There is a direct correlation between the amount of effort expended to avoid pain and the degree of suffering experienced—the harder someone works to avoid pain, the greater his or her suffering tends to be.

In the same way that lightning always finds a path to ground, feelings—including those that are uncomfortable and painful—always find a path to expression. If we don't allow ourselves to feel them and, as necessary talk about them, if we avoid or suppress our feelings, then they invariably come out "side-ways"—in indirect forms via our behavior. When feelings are expressed through behavior, they typically operate unconsciously, outside of our awareness and ability to steward. When this happens we're on autopilot, often doing things we don't want to do and that we know don't work for us, and we have no idea why we keep doing them.

If you have a goal and you know what it stems from, nothing can stop you. You know where you are going and have your principles. The psychological and emotional balance that this brings is very significant.

- DR. MEHZBEEN SADRIWALA

HINDUSTAN ZINC AWARDED WITH STATE LEVEL 24th BHAMASHASH AWARD

Udaipur: 4 units of Hindustan Zinc, RampuraAgucha Mine, RajpuraDariba Mine, Zawar Mines and Zinc Smelter Debari, were honored with 24th Bhamashah Award on 28th June, 2018, at Birla Auditorium Jaipur, for its contribution in the field of Education during FY 2017-18.

The award was presented by the Hon'ble Assembly Speaker – Mr. KailashMeghwal, State Education Minister - Prof. VasudevDevnnani, Session Secretary – Mr. Naresh Pal



Gangwal, Director Secondary Education – Mr. NathmalDedail and Director Primary Education Bikaner - Mr. Shyam Singh Rajpurohit. Education officers and other esteemed guests were also present during the event. On behalf of Hindustan Zinc the awards were received by Mr. Dalapat Singh Chauhan & Ms. RuchikaNareshChawla from RampuraAgucha Mine, Colonel K.G.K. Choudhary & Mr. AbhayGautam from RajpuraDariba Mine, Mrs. ArunaCheeta & Ms. NairuthiSanghvi from Zawar Mines and Mr. BudhiPrakashPushkarna&Zarnain Fatima from Zinc Smelter Debari.

The company under its Community Service Initiatives for Education has been providing additional classes of Maths, English and Science for subjects under its ShikshaSambal program, coaching for IIT exams under UnchiUdaan program, organizing sponsorship programs, supporting students to get education from Ringus College, construction of NandGhars, aiding KhushiAnganwadiCentres, setting up infrastructures & safety devices for libraries and laboratories, providing books & study material for teachers & students, arranging workshops for teachers, organizing summer training camps for the students, to name a few.

A NEW LEASE OF LIFE TO THE VALVULAR HEART DISEASE PATIENTS

Heart valve replacement has conventionally been done by an open Heart surgery for several decades. The patients had to undergo major surgery on heart lung machine and the chest had to be opened in the mid breast bone with a long cut. The patient took almost 3 months to recover from the surgery and be on life-long blood thinners. Today the science and innovation has evolved so much that, the Heart valves can be changed by catheter based technique similar to angioplasty and stenting. India has a huge population of heart patients and aortic stenosis (narrowing of aortic valve) is a common valvular heart disease which can afflict the people from birth due to congenitally abnormal valve, could afflict the aging population because of aging and calcification or due to rheumatic affection. 30 to 40 % of these patients were found to be unfit for surgery and they would die early. It doesn't need any more to open and the patient is ready to go home fit and fine by the third day. Thanks to the percutaneous valve (through puncture in skin) replacement technology. Transcatheter Aortic Valve Replacement (TAVR) is one such catheter based easily done treatment by which the valve replacement is done. In TAVR, the artificial heart valve is mounted or loaded on the tip of the catheter (tube) and is inserted through a small puncture in the groin. The catheter is taken to the area of heart where the original disease valve has to be replaced. The artificial valve is released and implanted at the place. The

old valve is crushed and stays behind the new valve. The new valve starts functioning immediately. The puncture site is sealed by preplaced special sutures. The patient stays one night in the recovery and is fit to be discharged by the third day. All this is done without general anesthesia under conscious sedation. TAVR has brought new revolution in the field of valve therapy and especially, a great option well established for elderly population who are unfit for open heart surgery, those would do not want an open heart surgery, people who have had their previous open heart surgeries and can't have a second surgery or have many comorbidities that make them high risk for an open heart surgery. TAVR is a boon for people who are unfit for surgery. Now the trend is changing and intermediate surgical risk patients can also have this treatment done for them. TAVR has brought new revolution in area of minimally invasive technique of non-surgical valve replacement and enough scientific data supports its safety, efficacy, benefits. Recent trials have shown good results in low and intermediate surgical risk patients as well and it appears that TAVR may very soon replace surgical valve replacement in the coming years. Fortis escorts heart institute is a Centre of excellence for Valve therapy and highest number of TAVR cases have been done. The first in human study was done by Dr Ashok Seth, the chairman of cardiovascular sciences in 2004. The TAVR program was

approved by the government of India from 2016 and from then onwards numerous patients have benefited out of this procedure. The oldest patient who underwent successful TAVR is 95 years gentle man and is doing well. Several patients of different ages have undergone the procedure successfully and speak their stories about the happy experience they had and their miserable life transforming to a healthy active life after simple easy non-surgical technique of TAVR. A 66 years gentle man recently was taken up by the cardiac surgeon to do aortic valve replacement but after opening the chest, surgeon found difficulty to change his valve. He closed his open chest, abandoned surgery and referred us for TAVR. The patient was mentally traumatized because of his chest getting opened without the valve getting replaced. Thanks to TAVR technique, his valve was replaced in the next few days and happily he went home the third day. The happiness was limitless. Another patient underwent surgical valve replacement in 2003 and 15 years later he was 76 years old with recurrence of his old symptoms, so symptomatic that he was unable to completely eat his breakfast because of breathlessness. The previous valve had actually degenerated and spoiled. He had already an open heart surgery done in past and could not afford to have his chest opened again because of many other illness catching up with age. He got a new "Valve in

Valve" implanted by TAVR. After TAVR, the next day he exclaimed Wow! I ate my complete breakfast and walked around. TAVR began his life fresh again. Also, 56 years man had morbid obesity asthma, home dependent oxygen support and an aortic valve disease compounded his bad medical condition. No surgeon or anesthetist was ready to touch him for valve replacement. TAVR was done without general anesthesia, just simply by conscious sedation and his condition improved remarkably. There are many more happy stories of patients who have undergone TAVR. The procedure is simple, safe, non-surgical, done under conscious sedation or very short GA, does not require life-long anticoagulation and has excellent durability. It has been approved by every international regulatory authorities including the FDA, CE and the India's DCGI. The little risk of procedure is similar to that of an angioplasty. Summarily, it can be said that TAVR is safe standardized procedure being done across the world with well supported clinical data and our Indian patients should not be devoid of availing this procedure for treating their valve condition if required. Fortis escorts Heart institute takes its pride in being the first in human study for TAVR under Dr Ashok Seth, chairman cardiovascular sciences. Dr Ashok Seth and Dr Vijay Kumar, Principal Consultant, Interventional Cardiology are running the Valve clinic and have created Fortis escorts heart institute as a Center of

excellence for TAVR -procedure for the patients and also teaching TAVR technique to the budding interventional cardiologists of the future. The Heart Team for TAVR has imaging specialists, cardiac surgeon, anesthetist, nurses, technicians who are all especially dedicated for TAVR.

The success rate of this therapy is 100%. "We have replaced valves successfully by this new technique for patients who were 80 plus and 90 plus and had severe narrowing of aortic valves. They never dared to have an open heart surgery at this fragile age or they were



Dr Vijay Kumar, Principal Consultant & Head TAVR Program, Fortis Escorts Heart Institute, Okhla, New Delhi said: "Transcatheter Aortic Valve replacement (TAVR) is a revolutionary, well established innovation in the field of Interventional Cardiology where by new valve can be implanted in place of the diseased valve with the help of a valve mounted catheter delivery system inserted through the groin artery. It does not involve anymore an open heart surgery to change the aortic valve. Patients, who are unfit or stand a high risk for an open heart surgery, can now have new valves inserted by TAVR, which is a simple technique similar to angioplasty and stent. There is no need of long hospital stay and recovery after the procedure.

declared high risk or inoperable by the surgeons due to several other medical illnesses and major organs not functioning properly. Some of the patients who had previous by-pass surgeries and experienced the three long months of recovery, were just not wanting to have a second surgery for their valve problem catching up late in life. Today, TAVR has also brought a new lease and happiness of getting a second valve in the patients who were operated a decade back and their valves have failed. This procedure has been done for more than 5 Lakhs patients globally. TAVR procedure would also be a great boon for the Indian patients as well especially the ones who were deemed unfit for open heart surgery."

Women the main pillar of social empowerment



Udaipur: Active participation and awareness of women is essential for the empowerment of Indian culture and social system. With the awakening of women, the future generations will not only be well-cultured but also will be well-educated. It will also play a part in strengthening the country. This idea was expressed by the Gita Tai Ghundae, in her inaugural session address at Women's Summit held in Udaipur of Chittor province. Rajni Dangi, Head Chittor province, said that a comprehensive plan for training of all women at the Central level will be prepared to add and groom the motherhood more and more.

In the first session, Dr. Bhagwati Prasad Sharma, while describing the effective role of women's contribution in the financial sector, said that coordination with the family leads to economic progress only, and the experience of women is very useful in this system. In particular, from a rural perspective, women also engage in agriculture, cooperatives, etc. In the social system as well, so that social equality is also important for women. Gita Tai, Rajni Dangi and Bhagwati Prasad enlightened lamp before the image of Bharat Mata. In the welcome address, Rajni Dangi said that the framework for future programs was decided in the meeting. The meeting was conducted by Kusum Bordia and Dhara Gupta.

700 people run to protect the lakes and nature

Udaipur: More than 700 children, youths, elderly aged, Udaipurites participated 9 km run from Rani road to bring public awareness towards health & save the lakes, greenery and nature. On this occasion 1100 plants were disbursed to cover the bees with greenery. The starting & finishing point of the race was Rajiv Gandhi Park located on Rani Road, SonalRathi told that certificates were provided to all participants participating in the race. After the race, VP Rathi, P. S. Talesra many others including SheelaTalasera, NarendraMaru distributed 1100 plants to the people.

Organized posting function of Rotary Club Meera



Udaipur: The posting function of Rotary Club Meera,

(2018-19), was organized today at Rotary Bajaj Bhawan. The Chief Guest and Posting Officer of the function was Colonel NeerajSogani, Prantpal of Rotary District 3054, while NirmalSinghvi, the Senior Guest, and Assistant Provincial AshishChordia. Graced the function

Addressing the function, Prantpal Sogani said that Rotary's Teach Program has now caught the momentum and if everyone is supported by the motive then, rotary women will achieve the milestone.

At this juncture newly appointed President PreetiSogani along with Secretary Smt. BrijrajRathore, elected president HarsaKumavat, outgoing president MamtaDhupia, LataPaliwal, Bulletin Editor AasamMurdia, Club Trainer MadhuSareen, Advisor ShradhaGattani, VeenaSanadhaya, VandanaMutha, Monika Singhitwada, Dr. SweetChhabda, Rotary Foundation Director, Pushpa Kothari, International Service Director Rajkumari Gandhi, Ratan Pamacha, SushmaKumavat, Kavita, VijayalakshmiGulandia, KavitaModi, KalpanaNaalwaya, MeenuMajumdar, Sheetal Malik, Dr. Urmila Jain, BinaMurdia, SnehlataSabra, ManjuSinghvi, SangeetaMudanda, PoonamLadia, ManyaBagga, DevikaSinghvi, KaminiSethi administrated the oath as per rotary norms. Speaking on this occasion President PratibhaSogani presented her work plan and said that the club will develop its own house in Tiger Hills in this session. Apart from this, there will be several public works related to the upliftment of women and their problems as women's clubs.

GST: Misunderstandings should be removed

Udaipur: CII has organized a workshop at UCCI Udaipur auditorium in joint venture with Finance and Commerce Tax Department, Rajasthan Government and Udaipur Chamber of Commerce and Industry (UCCI), on GST, e-way bills & job work. Mr. Praveen Gupta, Finance Secretary, Government of Rajasthan was the Chief Guest in the program and Mr. Alok Gupta, the Commerce Tax Commissioner was a special guest in the program.

Speaking at this occasion State Finance Secretary Shri Praveen Gupta said "There has been a change in the manner of doing business with GST. The role of tax department, businessman and tax adviser etc. is appreciable in making this change successful. It is the GST's biggest achievement to put together the laws of seventeen types of tax laws in a single law." the misunderstanding about it should be removed. In the beginning of the program, Chairman, Mr. HansrajChoudhary welcomed and informed that around forty seminars related to GST have been organized by UCCI. Entrepreneurs and businessmen of Udaipur were given advance guidance on GST have been and action was taken for immediate resolution of their problems. Last year, the Vocational Training Center was established and through this, more than 460 GST Accountants were provided employment by chartered accountants. Mr. Anil Sabu, President of CII Rajasthan State Council, presented the introduction of participants of panel discourse on GST. In his address, ShriAlok Gupta, Commerce Tax Commissioner, told that more than one lakh e-way bills are being generated every day in the state with the help of traders and transporters. In the seminar, State Chief of the Confederation of Indian Industry (CII) ShriNitin Gupta described the provision of input tax credits in GST as the biggest benefit of this system. Subject specialist ShriPankajGhia, with the power point presentation, underlined some discrepancies in the tax system by giving GST and giving important suggestions regarding their neu-

tralization. Commissioner of Commerce Tax Department Shri C.K. Jain highlighted the important points of GST and after Independence, it is the biggest revolution in the financial world. Mr. C.K. Jain told that the tax department's attempt is that the honest taxpayer has no problem. During the program, Smt. MinalBhonsle discusses entrepreneurs' e-way bills and problems related to GST. During the open discussion with entrepreneurs and businessmen, CGST Commissioner Shri C.K. Jain, Chairman of UCCI Mr. HansrajChoudhary, CII Rajasthan State Council President Mr. Anil Sabu, Director, ShriNitin Gupta answered the questions kept by the participants. Ms. Pragya KewalRamani, Deputy Commissioner, Commercial Tax Department also addressed the participants. UCCI's patron ShriArvindSinghal also kept the views. Over 250 participants attended the seminar. At the end of the program, Honorary General Secretary Shri K. Azhar Ali thanked everyone.

Geetanjali Hospital's Pediatric Surgeon's Successful Attempt

Udaipur: Geetanjali Medical College & Hospital's Pediatric Surgeon Dr. Atul Mishra successfully operated a 6 years old kid suffering from a congenital deformity named duplication cyst. The teams of doctors including Dr. Mishra were,



Anesthetist Dr. Sunanda Gupta, Dr. Lalita & Staff K a m n a , M a h e n d r a , Sarita & Feroz. Banswara resident Ajay, age 6 years, was suffering from breathlessness since long time. A ball type tumor could be seen developing near esophagus. On a routine consultation to Geetanjali Medical College & Hospital's Pediatric Surgeon Dr. Atul Mishra & investigations of CT Scan confirmed the presence of a tumor attached to esophagus, & creating a pressure on wind pipe. Since, the tumor was big so was decided to perform the surgery. "Further investigations of the tumor confirmed it as a duplication cyst. Esophageal duplication cysts are the second most common duplication cysts following small bowel duplications cysts, accounting for approximately 10-15% of gastrointestinal duplication cysts. The prevalence of esophageal duplications cysts is 0.0122%. Being a very complicated procedure, the surgery lasted 5 hours but the cyst was removed successfully", said the treating doctor Dr. Atul Mishra. He also further said that, "Patients with esophageal duplication cysts are usually asymptomatic but can develop symptoms (such as dysphagia or chest pain) due to compression of surrounding structures." Dr. Atul Mishra from last two years, have performed successful surgeries in neonates suffering from stomach, urinary, kidney, chest deformities in Geetanjali Hospital.

Udaipur's 7 year old girl is a knowledge bank

Udaipur: A 7 year old innocent little girl can shock you with her responses. This girl is a fantastic knowledge bank and can answer any question within a snap. ManyaBhansali is just 7 years old. You would be shocked to see how her brain functions at this tender age. She can answer the toughest of questions within snap, questions which make any person sweat during competitive exams.