



Music – An Ultimate Healer

We all live a super busy life. All of us race from one job to the other every day. A family errand could be followed by crisis at office. We are always trying to mentally rearrange our schedule to insert a new requirement popping ever minute. 24 hrs is no longer good and we are left with a feeling that there aren't enough hours in a day. Leading a hectic life is a part of our chosen lifestyle and practically not much can we do about it. The flip side to this is stress, anxiety and a host of other mental and physical issues. Is there something that can help us recoup from certain illnesses effortlessly? Well, there is an answer to all this in Music. Do you

know that music is a natural healer? Modern science permits music as a therapy - to treat chronic and terminal diseases painlessly. Let's delve a bit more into this and see if knowing this can help!

Music is a clear reflection of the sum totality of human behavior. It is a part of a man's ethnicity, customs and social legacy. Music was born in the Indian sub-continent with the advent of the Vedas Samaveda to be specific. Haridas Swami - guru of Tansen helped recuperate one of Akbar's queens with a particular raga. The musical trinity of India, Saint Thyagaraja, SyamaSastri and MuthuswamiDikshitar brought a dead person back to life, cured stomach aches of many and also used music to pray for good health for mankind in general. It was done through certain ragas in Indian classical, all of which are formed with hand-picked notes to work on certain neurons

of the human body. These Ragas are curate to belong to a particular time slot in a day and they work best when heard or sung then. Elements in parent raga's control more than 100 nerves in the body and their ascending (aahro) and descending (avroh) notes govern moods and mobility that play an important role in the therapeutic prowess of our own music. Music therapy is often used to aid improvement in multiple areas of brain function deficit and to improve quality of life, as well as facilitating physical healing. Below is a list of ragas that help cure ailments. Some of the ragas are widely known and which can be used to treat a host of other ailments

For Hypertension

Raga Bageshri, Malkauns, Todi, Pooriya, AhirBhairav and Jaijayanti. Raga Malkauns is specifically used to treat low blood pressure. Raga Todi and

AhirBhairavis a miracle pill for High BP patients and as a medication can be heard any time in the day.

Mind: Anxiety and Stress and Intellectual Excellence

Raga Kaafi and Darbaari, for mental strength and stress, Raga ShivaRanjani - for intellectual excellence, Raga Khamaj particularly for Hysteria and Raga Sahana for control over anger and inner violence. Raga Darbari helps with relieving stress if heard late night and Raga Bhimpalasi if heard in the noon.

Overall stomach, Acidity, constipation, intestinal gas and fever due to stomach infections

Raga PooriyaDhanasri and Deepak for Acidity, Raga Jaunpuri and Gunkali for constipation, Malkauns for intestinal gas and fever. BasantBahar cures Gall Stones. Raga Pooriyais also known to cure colitis and anemia if heard in the evening.

Heart Problems

Sarang family raga's, Kalyani and Charukesi work amazingly well for heart blockages and other heart diseases.

Headaches

Raga Asaveri, and Poorvi are drugs to get rid of headaches. Raga Todi is necessary for headache due seasonal colds, while Raga Asavari also holds good for psychological disorders. Raga Bhairavi helps cure headaches for Sinusitis.

Diabetes

Raga Bageshri and Raga Jaijayanti for diabetes whether you are at a borderline or on insulin.

Oncology

Raga Bhairavi and Raga Lalit are played particularly during chemotherapy sessions. Patients taking music therapy are believed to recuperate much faster than those only on chemical drugs.

Asthma

Raga Malhar, MiankiMalhar and DarbariKanada are known for their healing properties for chronic asthma.

Blood Purification and Skin Issues

Raga Hindol and Marwa not only purify blood and help maintain the best of skin possible, but also cures high fevers caused due to Malaria and Dengue.

Hormonal Problems and PCODs

Slow songs at a lower to medium octave as in Bhajans help in relaxation. They lead to favorable hormonal changes and cures PCODs. Shiv Shambhujhbjans have helped cure back pain and slip discs, Ganpatibhajans have evoked confidence and dispelled fear, Krishna Bhajans have been used to treat depression and stress, Raga Hanswadhani has helped to regenerate cells and bring back energy.

Article by: - Ms. RunkiGoswami, is noted Singer & Music Composer. She is also a Corporate Leader

Jallianwala Bagh Massacre staged

On 13 April 2019, exactly 100 years back India suffered a hard wrenching encounter in one of its major state, Punjab. It was the well known JallianwalaBagh Massacre in which hundreds of people were killed. There were thousands and lakhs of people all around the Nation were in deep torment. But what did happen? That such an exorbitant bloody event took place? Why Brigadier-General Reginald Edward Harry Dyer ordered to fire upon the peaceful procession of unarmed Indians. Many among them had come to enjoy the Baisakhi fair?

On this distressful day of the 100th anniversary, artists of Natyansh Society of Dramatic and Performing Arts presented an improvisational act named 'Dastan-e-JallianwalaBagh' at Natyansh's workplace, Sadri Haveli. The act aimed at acknowledges the audience, who would know the consequences that led to the massacre.

Play began with Dyer's trial by Hunter committee who questioned him about the massacre where he simply states that what he did was 'Merciful though Horrible'. The play then takes us little back in time before the incident, when some people of Amritsar planned a strike against Rowlatt Act under the leadership of Dr. Saifuddin Kitchlew and Dr. Satyapal. They both got arrested and were sent to Dharamshala (a place in Himachal Pradesh) on 10th April 1919. The news of their arrest evoked the people of Amritsar. They went to meet the then

Lieutenant Governor General of Punjab Sir Michael Francis O'Dwyer, who refused to meet people. The angry mob started attacking government building, banks, and railway stations, etc. killing some British people and even assaulting British females one of whom was Marcella Sherwood. To take the situation under control O'Dwyer called Brigadier General Reginald Edward Harry Dyer from Jalandhar. Dyer arrived in Amritsar on 11 April and implemented Martial Law in Amritsar on 12 April and restricted meeting more than 3 persons in a single place. Baisakhi is a sacred festival of Sikhs and every year a Baisakhi fair was being organized in JallianwalaBagh. Unaware of Martial law many people from various places of Punjab visited this fair. Also, thousands of Hindus and Muslims gathered to discuss demolishing Rowlett act and freeing their leaders Satyapal & Kitchlew from Britishers. When Dyer came to know about the gathering, he went to fair and started firing on people without prior warning.

Play started developing the point of climax when the massacre was enacted and it ended with bodies of innocent people lying everywhere. The artists' faces turned from sudden shock and terror to nothingness. At last, one after the other questions were raised by the artists leaving the audience in an inevitable cycle of thoughts rooting from "Have we in a true sense been able to achieve freedom?"



Rang Samwad, an interaction with the audience was organized after the play in which they expressed concern over the current situation in the country and said that aware youth can lead our country on the right path, so they must come forward for discharging responsibilities.

Isha Jain, Mayank Jain, Harsh Pandey, Rekha Sisodia, Irshith Sharma, Mahesh Joshi, RaghavGurjargaur, KumudDwivedi, JatinBharwani and Disha enacted various characters in the play. Backstage support was provided by Abdul Mubin Khan, Ashfaq Noor Khan, Mohammed Rizwan, AmitShrimali, AkankshaDwivedi and Yogeeta Sisodia.

11th convocation of JRNAU Organized

Udaipur Whenever the Governor of the country goes to the meeting of President Kovind, the President repeats the same thing, say, the concept of social responsibility should start in Universities. In its implementation, we will soon introduce the concept of social responsibility in Universities. So, there are no distances in society and universities, and society should think about higher education about society. This information was given by Gujarat Governor OP Kohli as the chief guest at the 11th convocation of Janardan Nagar Rajasthan Vidhyapeeth

The former member of UGC New Delhi, IM Kapahi, said that education makes humans virtuous and virtuous. Therefore, there is currently a need to set up the Guru's reputation. Disseminate knowledge

Vice-Chancellor Prof S.S. Sarangdevot aid that girls in higher education are growing up, it is a matter of joy. Researchers should continue to research even after obtaining a degree in Ph.D. Moolchand Sharma said that the students receiving the degree should take part in their participation in connecting education to the country and



University Udaipur. Governor Kohli said that we are entering in 75 years of independence, but even today we are kept in the same category of developing countries. Our youth is responsible for the development of India from the developing world in the category of developed countries.

It was told that in the convocation, 50 Ph.D. holders of different subjects were awarded degrees. It contained 12 computer science, 2 social work, 12 education, 4 polytechnics, 7 in history, 4 in geography, 1 economics, 1 Sanskrit, 1 Hindi, 3 management, 3 accounts, and 3 Ph.D. holders in medicine Governor OP Kohli, Chancellor Prof HC Pareekh, Vice Chancellor Prof SS Sarangdevot and Former Chairman of the Law Commission, Prof. Moolchand Sharma and Kulpramukh Bhanwarlal Gurjar gave gold medals and awards.

the villagers with their knowledge. Chancellor Prof. HC Pareekh said that the University, established in 1937, has today embodied the form of the University.

Today students from foreign countries also come to study at the university through the exchanges program. It is also important to connect every section of society and students with higher education.

Deepshikha Ranawat, JhamkuDangi, Aishwarya Sharma, DikshapuriGoswami, Prakash Jain, NupurKumari, Nidhi Sharma, Dayavanti Parihar, Manvi Sharma, Kavita Arora, Ayushu Bhatnagar, Palak Jain, Emotion Manaria, Sheena Wahid, Neelam Ghoghra, Tatti Dave, ShivangiSoni, Preeti BalaTripathi, Disha Vyas, Sonia Rao, Ranjana Yadav and Priyanka Sharma were awarded Gold Medal.

Organized workshop on Financial Accounting in Pacific



Udaipur Certificate program on Financial Accounting with Tally ERP 9 was organized at the Faculty of Management of the Pacific University. The aim of the program was to give participants training to Tally Software, Invoicing, voucher Entry and Financial Statement related to GST. Dean, Prof. Mahima Birla told that in MBA Various certificate programs are organized on various useful topics under the curriculum for the students studying in. This workshop was organized in the same order. This certificate program will be helpful in students profile. A total of 44 students participated in the workshop.

"2.5 Kgs Spleen Successfully Operated at Geetanjali"

Udaipur Friday 5th April, A team of Gastroenterologists, GI Surgeon & Neuro Vascular Interventional Radiologist of Geetanjali Medical College & Hospital - Udaipur were able to successfully operate a twenty one years young girl with an enlarged spleen measuring 25 centimeters & weighing 2.5 kilograms. She had a potentially life-threatening condition called, Extra Hepatic Portal Vein Obstruction (EHPVO), blocking the blood flow between the intestines and liver. She was then operated by removing the enlarged spleen by performing surgery named "Proximal Spleno Renal Shunt with Splenectomy (PSRS)". The team of successful surgery comprised of Gastroenterologists Dr. Pankaj Gupta & Dr. Dhawal Vyas and GI Surgeon Dr. Kamal Kishore Bishnoi. The team was assisted well by Neuro Vascular Interventional Radiologist Dr. SiataranBarath, Anesthetist Dr. S S Jaitawat, Dr. Lalita & Dr. Bhagwant and OT In charge HemantGarg.

GI Surgeon Dr. Kamal Kishore said that, "Patient PriyankaSalvi (Age 21 years) Dungarpur Resident, reported at Geetanjali Hospital with weakness and acute stomach ache. On investigations of Ultrasound, Endoscopy & CT Scan she was confirmed with Extra Hepatic Portal Vein Obstruction. This disease is common in young patients and shows with symptoms like blood in vomits, weakness, growth retardation etc."

"With only 6 grams hemoglobin and a low TLC count & platelets she was recommended for surgery. As the spleen was enlarged to such an extent, the hepatic portal vein transporting blood containing vital nutrients from intestines, where food is broken down, to the liver for further digestion was blocked. Blockage or reduced blood flow through this major vein can lead to malnutrition, bleeding and death. This blockage leads to initiation of small veins to carry blood into liver with high pressures. This medical condition is termed as Asymptomatic Portal Biliopathy," said the treating GI surgeon Dr. Kamal.

"A corrective procedure was then alleviated in which the artery of spleen was closed. As soon as the artery was closed, the blood in the whole body was circulated through splenic vein which made the hemoglobin raise up to 11 grams and the surgery was carried without any blood transfusion. This vein was then transplanted into renal vein and normal blood flow was reestablished allowing the blood to

flow normally between the intestine and liver. The patient recovered well and will have normal growth without any complications of Jaundice, Bleeding in any part of body and the pressure on bile duct will also be reduced."

CEO Geetanjali Medical College & Hospital Mr. PrateemTamboli congratulated the whole team over such a complicated yet successful procedure. He also said that, "Geetanjali Medical College & Hospital is a hospital having all the super-specialty services available under one roof where such procedures can be done successfully. This case required a Multi-Disciplinary approach which was handled by the team of experts saving the life of a young girl. It's indeed a matter of great pride & We wish a bright future and good health to the young girl."

National Executive of AIFUCTO met on 6-7 April in Udaipur



Udaipur AIFUCTO demands 10% of GDP for Education, RUCTA demands implementation of VII pay in all institutions from 1/1/2016

Dr.H.S.Chandalia, The National Executive Council of the representative body of the teachers of higher education All India Federation of Universities and College Teachers Organizations met on 6-7 April, 2019 in Udaipur. This meet was accompanied by a National Seminar on " Present Scenario of Higher Education in India and Future Prospects". The two day programme was hosted by Sukhadia University Teachers Association and Rajasthan Universities and College Teachers Association (RUCTA). The Executive meeting of RUCTA also took place on the evening of 6th April. NEC members from all over the country participated in the seminar and the meeting. The seminar on 6th April was chaired by the Vice Chancellor of M.L.Sukhadia University Prof. J.P.Sharma while the NEC meeting of AIFUCTO was chaired by the President of AIFUCTO Prof. Keshab Bhattacharya. The issues like autonomy of institutions of higher education, implementation of VII Pay commission recommendations uniformly all over the country, recruitment of regular teachers, pension scheme for teachers, research and development grants, check on saffronization of syllabi and the creation of the post of professor in the colleges of Rajasthan, regularization of Ad

hoc, contractual and guest faculty teachers were taken up in the two day event.

The NEC resolved that the outlay for education in the country should be 10% of the GDP. It was also resolved that the VII pay recommendations should be implemented in all states including the state of Rajasthan from 1/1/2016. General Secretary of Rajasthan Universities and College Teachers Association (RUCTA) Dr. Vijay Ary said that RUCTA will demand the implementation of VII Pay Commission recommendations in all the institutions of Higher Education of the state from 1/1/2016.

The two day event was inaugurated by Prof. IndravardhanTrivedi, former Vice Chancellor of Mohan LalSukhadiaUniversity. In his address he said that the access, excellence and approach of education are three factors which need to be taken care of. Despite repeated demands of the universities the permission to recruit teachers is not given by the state governments, he complained. The inaugural session was chaired by Prof. J.P.Sharma, Vice Chancellor of M.L.Sukhadia University, Udaipur. In his address he stated that the higher education institutions are facing inspector Raj. A number of agencies have been made to evaluate universities but the universities are denied funds to meet their expenses. He said that students should equip themselves with the necessary knowledge and skills which can enable them to find a place in the job market. Prof. Dariyav Singh Chundawat, former president of Sukhadia University Teachers Association described the contribution of teachers organizations in upholding the values of education and fulfilling the aspirations of the teaching fraternity.

The key note speaker Prof. Rajib Ray, President of Delhi University Teachers Association and also of FEDCUTA talked on length about the present scenario of higher education in the country and expressed concern over the policy of the union government to privatize and corporatize higher education. He said that the budget for higher education has been reduced from 0.67% to 0.45%. The government is promoting private sector at the cost of public institutions. 60% of the Gross Enrolment Ratio is in the private sector. The fees hike in IIT from 40 thousand to 2 lakhs in last few years is a sign that higher education is being reserved for the elite class. President of All India Federation of Universities and College Teachers Association Prof. Keshab Bhattacharya said that the scenario of higher education in the country is very bleak. About 2,34,000 teaching posts have been reduced in the last five years and out of 180 new universities 129 have been started in private sector. There is a massive attempt to privatize,

commercialize and corporatize higher education in India which is alarming. Prof. ArunKumar, General Secretary of AIFUCTO there is deep anguish in the higher education world which is a reflection of the anguish in the society. He said that if we have to save universities we will have to fight to save the constitution. There has been a 50% slash down in the budget of UGC and now the Union government is planning to change the very system of grants replacing it by the system of loan. This will ultimately destroy public funded education and pave way to complete privatization of higher education in India.

Organizing Secretary of the event Dr. Devendra Singh Rathore, President SUTA, president of AIFUCTA Dr. G.N.Ghasia, Zonal Secretary of AIFUCTO Prof. PradeepParashar, former Vice President Dr. Ghasi Ram Chaudhary, secretary of SUTA Dr. Giriraj Singh, Joint Secretary Dr. Harish, Dr. NadeemChisty, Dr. PraveenPandya, General Secretary of RUCTA Dr. Vijay Ary, Prof. G. Parthasarthy, President, Retired Teachers Association and delegates from different states participated in discussions and highlighted various issues of higher education in India. On this occasion former Zonal Secretary of AIFUCTO Prof. H.S.Chandalia, former Vice President of AIFUCTO Dr. Ghasi Ram Chaudhary and Prof. G.Parthasarthy, President, Retired Teachers Association were felicitated for their contribution to teachers movement in the country.

Free water supply scheme

Udaipur With the encouragement of the Rotary Club, the free water supply scheme will be launched from the tankers in the surrounding villages. In the next 3 to 4 days, the plan will take a concrete shape. Chairman of the scheme BH Bapna said that due to very low rainfall in the city and surrounding villages last year, there is a severe problem of drinking water. In view of this, the Rotary Club formed a committee with MahendraTaya and Virendra Siroya as joint the Chairman of the committee. committee met the district collector and requested her for the list of such villages where acute problems of drinking water are existing at this hour and informed about the scheme. The district collector gave a list of villages in one hour.

Bapna said that arrangements have been made to supply 70 tankers daily for three months. The villages of Girwa and Kura bad tehsil have been included. 6-7 corporate of the city came forward for this noble cause namely choksi Heraeus Harmony Plastics, TempsonPyrotech Group, Arcgate, Aravali Mineral, Arihant Tiles, etc.

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