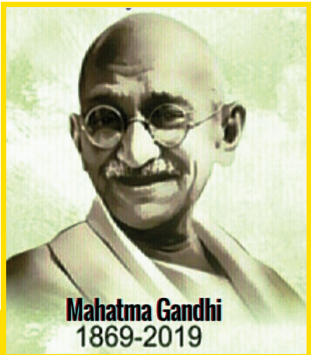


ROYAL HARBINGER

Reporting Fact of the Matter

Weekly



Mahatma Gandhi
1869-2019

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"Talkathon-2019" to Celebrate
Gandhi's 150th Birth....**

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The Nine Days of Devotion and Joy



Navratri is an Indian festival of joyful celebration and devotion which is observed by Hindus as well as by some other religious communities. It spans nine nights and is celebrated every year in the Indian Calendar month of Ashwin, from Ashwin Shukla Ekam to Ashwin Shukla Navmi. This year it begins on 29th September and shall continue up to 8th October, 2019. It is celebrated for different reasons and in different ways

in different parts of the country. Navratri comes four times a year but the one that comes after monsoon is called Sharada Navratri and is celebrated with much gusto and enthusiasm.

During Navratri ardent prayers are offered to Goddess Durga which has several forms and is named differently in different parts of the country. Goddess Durga is worshipped and several religious texts are recited in her devotion. People seek

her blessings. These are very auspicious days for meditation, performance of rituals, Tantrik Anushthans and self-realization. Many people observe fast all these nine days and eat once a day or eat only fruit.

They perform ritual worship, chant holy rhymes called mantras and observe celibacy during all these nine days. They pray for wealth, prosperity and wisdom. We get all the positive energy in the process.

Commercialization of Navratri In the present times the festivities of Navratri have taken a commercial form. The younger generation does not know about the religious significance of the festival. They want only entertainment and enjoyment.

Commercial firms and companies join the dance events as sponsoring agencies and the whole event becomes a commercial enterprise. The Garba dance which was a devotional practice has become an event of fun and frolic. The

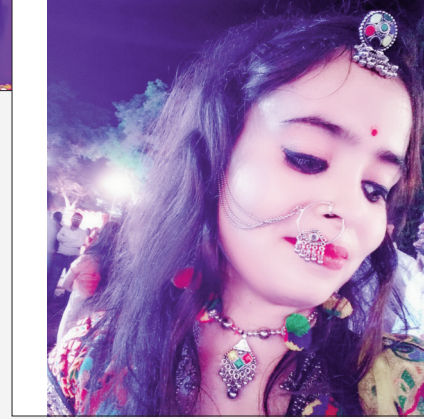
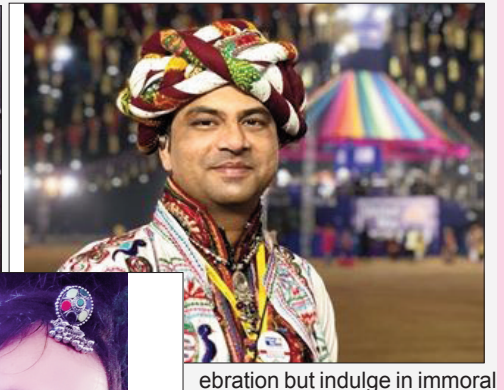
traditional Garba which helped to imbibe divine qualities and bestow bliss is nowhere to be seen. Sometimes the entry fee of Rs. 1500-2000 is also charged and people make money out of such events.

Vulgar exhibition of wealth and lust

The Garba performances have become a vulgar exhibition of wealth and lust. Young boys and girls wear gaudy costumes; indulge in drinking and enjoying company of the opposite sex.

Apart from some hymns related to Goddess Amba, several film songs are played and the participants dance to those tunes.

After the dance boys and girls meet outside and sometimes engage in lustful activities. Such youngsters leave their homes under the pretext of religious cel-



celebration but indulge in immoral acts.

As a matter of fact the purpose of Garba is to acquire the grace of Goddess through her worship. So we should all be aware of the growing undesirable practices. Parents should keep a watch over their children and check their participation in such undesirable practices.

- Ms. Jagrati Banti

WAKE UP INDIA – "YOUNG" INDIA



HEART MATTERS—Above all else, guard your heart for it is the wellspring of the life.

Cardiovascular disease was once considered an old-age ailment but has now become a common lifestyle concern. Statistics show that the rate of heart diseases in India is double that of the national averages of the western world. Cardiovascular diseases would be the largest cause of death and disability in India by 2020 as per a World Health Organisation (WHO) report. "In the next five to 10 years around 20 percent of the Indian population would be affected."

The precious asset of our nation is its young population; ironically, it is becoming the most vulnerable to CAD and myocardial infarction (MI).

Four people die of heart attack every minute in India and the age group is mainly between 30 and 50.

Twenty-five per cent of heart attack deaths occur in people less than 40.

Nine hundred people under 30 die due to heart disease in India every day.

While a person's genetic disposition and family history remain as the most common and uncontrollable risk factors, majority of heart diseases may be caused due to controllable factors like blood pressure, diabetes, smoking, sedentary lifestyle, unhealthy diet, stress and weight issues.

In today's scenario, our lifestyle emerges as the biggest risk factor especially in the young population and this brings the focus to create a heart-healthy environment by ensuring that people are able to make heart-healthy choices wherever they live, work and play" i.e. for Everyone and Everywhere – so we need to be vigilant all the times.

Let us look at the common Risk Factors being attributed to heart attack in young persons.

Smoking

What begins as a fashion statement in college days later turns out to be an indispensable addiction. It is the single largest risk factor for a young individual developing MI. Smokers not only develop MI earlier but are at a two-fold increased risk compared to non-smokers and at a four-fold-increased risk of sudden death due to MI. The corresponding risks are higher in smoking women.

Not only smoking, all forms of tobacco consumption are equally dangerous. Once a person quits smoking, it will take approx. three years for the body and heart to recover from the effects of tobacco, so you can imagine the consequences of the person continuing to smoke.

High cholesterol levels

While some cholesterol is necessary for good health, too much cholesterol is bad. Excess cholesterol deposits enter the inner lining of the coronary arteries gradually, building from tiny crystals into larger deposits making the arteries narrower and consequently blood supply to the heart gets obstructed leading to MI. Though the total cholesterol levels are a predictor of heart disease, many Indians who develop MI have normal cholesterol levels. This is because even though their total cholesterol levels are normal, they have low levels of good cholesterol (HDL cholesterol) and a very unique, dangerous type of bad cholesterol (LDL) which has a higher blood clot forming tendency.

Diabetes Mellitus

The rampant rise in the incidence of diabetes is a major factor in youngsters developing MI. Compared to non-diabetics, a diabetic with myocardial infarction develops a large MI (a larger portion of the heart is affected), has the risk of sudden cardiac death, responds poorly to treatment and has a higher risk of developing re-infarction.

People with diabetes, and/or those over the age of 75 may experience a "silent heart attack". This is one that occurs with no pain at all.

Hypertension

Changing food habits leading to increased salt consumption, stress and a sedentary lifestyle have all contributed to the rise of young hyper-tensives. Most of us grab snacks such as namkeens and samosas between meals when hungry... not only do they have a high salt content but they are also sources

of trans-fat.

Obesity

We are in the grip of an obesity epidemic. Obesity is a combination of poor physical activity, stress and an unhealthy food culture. With obesity comes the risk of developing diabetes, high blood pressure and high cholesterol.

Unhealthy food habits

Junk food joints have become hang-outs for college students and young professionals. We are always under the impression that Indian food is healthy because Indians are largely



vegetarians. However, the Indian vegetarian recipe calls for liberal use of milk, ghee, oil and decreased intake of fruits and vegetables, leading to a higher intake of refined carbohydrate, saturated fat and trans-fat.

Physical inactivity

Physical inactivity not only causes heart disease but also hypertension, diabetes and obesity. Physical inactivity starts from school as modern day teaching hardly stresses the importance of physical education.

Eighty per cent of our young population is physically inactive; the remaining 20% that frequents the gyms concentrates on muscle building rather than aerobic training.

Stress

Many studies reveal that the recent stress in personal or professional lives leads to MI. With most of the work happening from the desk and at unearthly working hours and due to poor sleep quality, young IT professionals and BPO employees have high stress and run the risk of developing heart diseases if they also possess any of the above mentioned risk factors.

Genetics

Indians are genetically prone to heart disease – genetically metabolically inflamed. Even NRIs living abroad for many generations continue to have the risk because of their genes. Indians have relatively small coronary arteries, making them more vulnerable to the disease even with less severe atherosclerotic disease than our western counterparts. The gene, if any, that is responsible for CAD is yet to be decoded.

Other Risk factors

Homocysteine
C-reactive protein (CRP)
Fibrinogen
Lipoprotein (a)
Lack of awareness

The rural and urban poor are more susceptible because they tend to ignore the disease due to poor access to health care, high cost of treatment, social stigma and illiteracy. Seeking treatment will also mean missing wages and reduced productivity. In case of a heart attack, it has been seen that the lack of knowledge often causes a delay in handling the situation, which could aggravate the damage and in some cases prove to be fatal. Let us understand the symptoms of a heart attack and suggest precautionary steps that can be taken while waiting for medical help.

Identifying the Early Symptoms

1. The most common symptom of a heart attack is sharp and constricting pain in the centre of the chest, which radiates to the left side of the body, particularly the left arm, and also to the back and between the two shoulder blades. The pain may also come up to the chin and cause jaw discomfort.

2. The person may sweat profusely. When you experience

sharp pain certain hormones are released, your blood pressure and heart rate go up and it leads to sweating.

3. In case of diabetic patients sweating, feeling light headed and momentary black outs are more common than feeling sharp pain and so explaining to the diabetic patients that they have suffered heart attack is many a times very challenging.

4. Breathlessness, dizziness and losing consciousness are some other symptoms.

5. Discomfort in the upper part of the abdomen and a burning sensation, which can sometimes be confused with acidity or heartburn.

6. A strong feeling of nausea is another symptom in disguise, which may also be confused with gastric problems like indigestion.

7. Other warning signs can include unexplained fatigue, paleness, palpitations and anxiety.

What Can You Do When a Heart Attack Occurs?

1. The first thing to do is to call for emergency medical help. It is important to say this because in most cases you may try to resort to self-administered treatments, which can worsen the situation.

2. Make the person lie down flat on a firm surface and loosen clothing.

3. Clear the airway and allow him to take a few deep breaths.

4. The pulse should be checked not on the wrist but on any one side of the neck. When the blood pressure is low, wrist pulse may be absent. Therefore, check for the regularity of the neck pulse.

5. If the person is breathless, try giving him oxygen.

6. If the patient feels nauseous, turn him to one side and allow him to throw up so as prevent the expulsions from entering other parts of the body like the lungs.

7. Raise both the legs of the patient to improve the supply of blood to the heart.

8. If the person is unconscious, perform cardiopulmonary resuscitation (CPR). If you don't know CPR, you can still help. The American Heart Association (AHA) recommends a simplified version of CPR called Hands-Only CPR.

What Not To Do During a Heart Attack

1. The famous self-administered treatment of coughing repeatedly is unlikely to help and is more of an urban legend.

2. Thumping and pumping the chest without knowing the heart rhythm should be avoided.

3. Do not try to feed the patient anything and it is best to avoid oral medication.

It is important to note that most lifesaving medications that help in recovering from a heart attack work best when given within one or two hours of experiencing the first symptoms, when the cardiac damage is limited. Therefore, in such situations time is most crucial. Recognizing the early symptoms and immediate medical attention can save many lives.

We ask you to take the help of the following tips:-

1. Quit smoking.
"If you think you are smoking the cigarette, you are mistaken, it's actually the other way round"
2. Go for the healthy food options :-
• A healthy diet low in saturated fats & salts but rich in fruits & vegetables helps preventing heart diseases.
• Avoid soft drinks and junk foods.
• Rotate the oils/mixture of oils.
3. Active lifestyle :- Just 30 to 45 minutes of exercise / activity on most-if not all-days of the week can prevent heart attacks. Family's should limit the amount of the time spent in front of the TV to less than one to two hours per day.

"What fits your busy schedule better- exercising one hour a day or being dead 24 hours a day?"

4. Routine Healthcheckups
• Visit your doctor who can measure your BP, Blood sugar, blood cholesterol level, waist hip ratio or body mass index (BMI)

• Once you know your overall risk for heart diseases, you can develop a specific plan of action to improve your heart health. There is a proverb which says - Misfortunes always come in by a door that has been left open.

So be Vigilant and Active.

TAKE CARE OF YOUR HEART

Dr. Amit Khandelwal, DM (Cardiology), Consultant Interventional Cardiologist

Parking facility in Lake City

- Ashok Mathur

A big black blot on the beautiful moon like face of Udaipur is the perennial parking problem. Not difficult it is to find reason for this chaotic condition. One of the main ones is the fact that the city has the largest number of vehicles per person in the whole of the state. In the streets that are narrow the problem becomes more acute. The situation worsens when we act in an irresponsible manner and Park our vehicles in the wrong place in an improper way. One finds it very difficult to enter place like big banks and hospitals as the way to enter is often blocked by vehicles.

A most modern parking space is to be provided Tonga Stand, Surajpole that will cost 8.80 crore.

This six-level mechanical parking is to have space for about 100 four -wheelers.

The parking space at Chandpole that has now one level will have multi level parking facility. It will cost 3.63 crore.

The efforts of the local bodies to ease traffic problems by providing parking facilities are praiseworthy. However, on the other hand the public itself, creates problem. On either side of the 100-ft Road from University Road to Shobhagpura there are a large number of stalls on the footpath and big food court has sprung up. The newly built Link Road



from Mewar Motors to Shaktinagar is being used for parking. On the newly built Roadways bus stand to Sikh colony Road can be seen vehicles parked on either side. Shaktinagar is no exception and the road has become a parking space in spite of the fact that there are parking facilities in the nearby Nagar Nigam campus. The story is not different in the case of place like Bapu Bazar etc.

However, now it seems that the local authorized have woken up to face the problem of parking especially in areas with narrow streets and heavy traffic according to Kamar Chaudhary, CEO, Smart City Company, the work of providing parking facility at different place and improving and updating them is going on. The focus is on hightech traffic management and on solving traffic problems in inner areas of the city. If the work progress property it will be possible to complete it before The Tourist season next year. The survey work is going on for the last several months. The process of tendering has already been started and the technical bids are open by the end of this month. Then work orders are to be given.

There has been a long standing demand for parking near Saheliyon ki badi. An underground parking is to be search built under state Council of Education on training Campus at the cost of 54.80 lac. Tourists and businessmen will be able to park their vehicles here instant of the road that causes frequent traffic jams.

For the benefit of the public and shopkeepers, a multilevel parking is to be built at Nadakhada at the cost of 7.62 crore. It is one of the most crowded areas in the City. A parking at the cost of 5.71 crore is to be built in the RNT Medical College Campus as there is no parking area in the vicinity that has important officers like collectorate. Government MB Hospital the biggest one in the division where a large number of patients from distant area as also from MP come for treatment is going to have parking facilities at the cost of 4.81 crore. It will be a big relief also for doctors and other staff.

President met SGI delegates

On September 23, President of India Ram Nath Kovind meets a Soka Gakkai delegation from Japan led by Soka Gakkai President Minoru Harada. On welcoming the group to the President's Estate, President Kovind said, "I wholeheartedly welcome you all." The Indian president praised the grassroots efforts of the Soka Gakkai International (SGI) and Bharat Soka Gakkai toward the creation of a culture of peace based on dialogue and urged the continuation of such efforts. The Japanese delegation was accompanied by Bharat Soka Gakkai (BSG) Chairperson Vishesh Gupta and included Soka Gakkai Senior Vice President Yoshiki Tanigawa, Women's Division Leader Kimiko Nagaishi and Youth Division Leader Akiasu Shiga.