



# Banswara Tribals Win With Simple Survival Tricks During COVID-19 Lock Down

**B**answara District of extreme Southern Rajasthan is forest covered inhabited by tribal communities, which include Ninama, Damor, Garasa, Kataria, Bhagor, etc. Their life is based on agriculture, cattle breeding and gifted legacy of ethnobotanical primitive healing methods that are still a part preserved amongst current generation coming from their long left ancestors. They do not get to know much about facilitated modern lifestyle, but, in this currently alarming time of COVID-19 pandemic these tribal people have developed amazing ways to stay protected by means of simple natural resources. They've mother nature's blessings that worked in this time and teaches many others to be aware of the basic modes of survival when you're in a crisis of isolation.



ducted to explore and study on the vast forest cover (approx. 100699.508 ha) of Banswara District, researchers identified various edible and medical plant species growing there in the best climatic condition available for them. Extending their scheme, when the researchers interviewed the locals, they knew that these people have deep idea about the benefits of these plants and they play major

role in the tradition, beliefs and rituals of these tribals.

They get food, fodder, fuel and medicine from this forest. Even more, they prefer these natural provisions over manufactured products sold in the market. This is certainly an asset for them to procure essentials during the difficult time of lockdown, when external supply is completely stopped.

**Factor 2:** They are forest dwellers and know a lot about ethno-medical use of the plants growing in the wild parts of their surroundings. Particularly, these tribal communities believe in herbal medicines prepared by their traditional healers. The herbal plants, such as, acacia, babool, spiny amaranth, neem, purple orchid, etc. growing in the area are large in amount as well as varied in species. They are medically tested to be effective for treating infection, stomach disorder, blood purification, cough, fever, rheumatism, hor-

monal disorders and many other health problems. Villagers of this area use these plants to treat domestic cattle too.

It may seem somewhat unconvincing, yet, as per Rajasthan's official covid patients' record, almost no COVID-19 cases were found amongst the Banswara tribal people.

Rajasthan Governor Kalraj Mishra, in a discussion with teachers and students of Govind Guru Tribal University, Banswara on challenges and possibilities of coronavirus infection, via webinar, has clarified about it on June 30, 2020.

**Factor 3:** Kitchen gardening is a traditional practice followed by the villagers living in Banswara region.

During lockdown, it helped the local people to gather and store their food easily using household methods they know and even feed the migrants who had to return homes from Gujarat after losing their jobs.

As they had filled storehouses of wheat crop harvested before lockdown, they managed with it while the markets were closed in curfew.

Food habit of these tribal community is based on vegetables and food grains grown locally that are rich in iron and dietary fibre. Also, Banswara villagers follow the food culture of eating freshly made warm food. In terms of nutrition, such simple diet is highly beneficial to stay healthy and strong and build antibodies for killing enemy germs.

**Factor 4:** Lifestyle of tribal communities in Banswara is an ideal model for COVID-19 prevention.

Banswara villagers are habituated to live apart as they do not follow joint family system.

They make small houses and young couples of their community live separately after getting married.

- Arkaprava Das

Certain factors of the tribal culture as seen in Banswara area proved to be valuable in India's nationwide lockdown in 2020

and checking the fast spread of this microbial infection:

**Factor 1:** As per previous survey con-

interviewed the locals, they knew that these people have deep idea about the benefits of these plants and they play major

## In Covid 19 it is even very crucial to safeguard your health to avoid fatal diseases

- Dr. Mahesh Gupta, CMD, Kent RO Systems Ltd.

We are in the midst of the unprecedented novel coronavirus disease (COVID-19) pandemic, and access to clean water has become even more crucial as it is one the key interventions in COVID-19 response plan.

WHO states, access to clean water and sanitation is not a reality for billions around the world. Around 2.2 billion people around the world do not have access to safely managed drinking water services, while 4.2 billion people do not have sanitation services and 3 billion lack basic hand washing facilities.

Moreover with the rainy season it is time to become even more alert. Despite the fact that the monsoon season is refreshing as the lower temperatures keep one at ease, it isn't a very healthy month for most. It is rather an alarming period as the change of season can lead to health worries; damp weather, high humidity and infections become a bane for one's health. Monsoons have always been recorded as a busy season for laboratories, clinics and hospitals all across the country as with



it arrives swarms of unwanted and harmful viruses and diseases that leave no stone unturned to reach out to the common man in various forms.

The common ailments which are widespread during monsoons are common cold, viral infections, influenza, pneumonia, malaria, dengue, diarrhoea, gastroenteritis, typhoid and hepatitis or jaundice. This happens mostly because of contaminated water and because 70% of our body is made up of water, it is highly recommended that we ensure continuous supply of safe and healthy drinking water in monsoons; and all the more now as it is integral in protecting human health during disease outbreaks like at present.

Moreover, moisture in the air, unhygienic conditions and not adhering to basic preventive measures builds up the risk factors.

Water borne diseases specifically are bound to find their way into our homes and attack our immunity levels resulting in most of these diseases. So, the monsoons require that we take extra care of our health. The change of weather can lead to infections if our immunity is not at its peak. However, water borne diseases can be controlled by paying attention to proper sanitation, personal hygiene and especially consuming water that is safe.

What one needs to understand is that microbial and organic contaminants cannot always be perceived by human senses. And traditional methods like boiling water or distilled water are just not enough to get rid of waterborne contaminants like aluminium, ammonia, arsenic and fluoride. More over how many days can one buy bottled water? So look for a long term solution.

Also no matter what steps the Government is taking to provide clean water to its citizens, you have to play your part and purify water at home using home water purifier. An extreme caution is to be taken with water you consume as it may be contaminated. Spread of infection can occur if this water is consumed by drinking, during cooking, washing or bathing.

You need to choose the right water purifier, by asking a water expert to suggest the right water-purification technology, depending on the kind of water that you get at your place. Unless the purifier is suited for the water, it will not be able to purify the contamination. There are technologies like RO + UV + UF which not only help in purifying water but also retain all the minerals such as calcium, magnesium and zinc etc.

So, take good care of yourself and your family members and be well equipped this monsoon in particular. Make that important decision about investing in a home water purifier for the safety of your loved ones; during the monsoon and every day.

13 Years, You Have Trusted Us To Deliver Quality Medical Services.

Now Tested and Certified by **QUALITY COUNCIL OF INDIA**  
An Institution Committed to Providing Quality Medical Services.

**1<sup>st</sup>** ACCREDITED

NABH National Accredited Board for Hospitals & Healthcare Providers

NABL National Accredited Board for Testing & Calibration Laboratories

**GMCH**  
GEETANJALI MEDICAL COLLEGE & HOSPITAL  
ONE AMONGST VERY FEW TEACHING HOSPITALS IN INDIA

FOR QUALITY MEDICAL FACILITY AND SERVICE

HONoured AND PRESENTED BY **QUALITY COUNCIL OF INDIA**

**COVID-19 TEST** CERTIFIED BY NABL  
NOW AVAILABLE IN **GEETANJALI HOSPITAL**

ALL MEDICAL TREATMENT UNDER ONE ROOF

TREATMENT WITH MODERN TECHNIQUES

EXPERIENCED AND SKILLED DOCTORS

TREATMENT AT REASONABLE COST

• Ayushman Bharat – Mahatma Gandhi Rajasthan Swasthya Bima Yojana (AB-MGRSBY) • Ex-servicemen Contributory Health Scheme (ECHS)  
• Employees' State Insurance Corporation (ESIC) • North Western Railway (NWR) • Hindustan Zinc Limited (HZL)  
• State Bank Of India (SBI) • Bharat Sanchar Nigam Limited (BSNL) • Airports Authority Of India (AAI) • Food Corporation Of India (FCI)  
• Rajasthan State Mines And Minerals Limited (RSMML) • Authorised By All Important Insurance And T.p.a.

0294 2500044  
National Highway –8 Bypass, Eklingpur, Udaipur (Raj.)

**FIRST RESPONDER** MOBIKE AMBULANCE 7300 111 555

I.C.U on Wheel and Emergency No. 8003 098 718

geetanjalihospital.co.in

## Gold medal at the International Art Exhibition to artist Subodh Ranjan-2020

**Udaipur:** "Immersion", the oil painting work of modern realist artist Subodh Ranjan Sharma, awarded with several international awards, will be awarded the Gold Medal in the International Art Exhibition-2020 to be organized by Fortune Gallery.

According to Fag Awards Director Dr. Prachi and Administrator Dr. Rani, Mrs. Nisha Luthra, this international art exhibition includes oil paintings, watercolors, artists from the United States, United Kingdom, Finland, Spain, Denmark, Germany and Singapore, including India. 52 art works like woodcut prints, graphics and acrylic have been selected. Subodh Ranjan will be given the award after the lock down is over.



## Ravindra Jain Should Get Awarded Bharat Ratna : FANS DEMAND

If there's one person who was, is and will remain exemplary in the Music Industry it is Late Music Composer cum Singer Ravindra Jain. The renowned music composer overcame his lifelong blindness and earned himself fame and fandom, memories of which are still etched in the minds of music lovers! But there's a sudden new surge of love that's stirred among Ravindra Jain's fans after the airing of '90s popular mythological shows Ramayan and Jai Shree Krishna, so much so, that the fans now want the Late composer/singer to be awarded with the prestigious Bharat Ratna Award.

Ravindra Jain who was awarded with Padma Shri, the fourth highest civilian award of India in 2015 for his contribution to arts has the credit of countless hits and classic numbers to his credit. His works include Saudagar, Chor Machaye Shor, Chitchor, Geet Gaata Chal, Fakira, Ankhion Ke Jharokhon Se, Dulhan Wahi Jo Piya Man Bhaye, Paheli, Do Jasoos, Pati Patni Aur Woh, Insaf Ka Tarazu, Nadiya Ke Paar, Ram Teri Ganga Maili and Henna. The late veteran star has not only made his mark in music, but also has been behind many literary works such as writing his own iteration of the Ramayan, the Geeta, the Quran and also Jain texts like Bal Bodh. While Ravindra Ramayan and Dil Ki Nazar Se (a book of ghazals) have already been released to the public by publishers Prabhat Prakashan, the Geeta and the Quran are soon to be released as well. He has also received a doctorate from Mahavir Jain University, Moradabad where he was given the title by Dr. A.P.J Abdul Kalam sahab.

He also composed and sung some of the really popular songs in Ramanand Sagar's mytho-dramas Ramayan and Jai Shree Krishna which even after his passing away during 2015 are lifting fans who won't stop championing the idea of getting Jain awarded the Bharat Ratna. Even Arun Govil, the actor who breathed life into the role of Ram says he is grateful for the music of Ravindra Jain, "His music was like Sanjeevani for our show Ramayan. Had it not been for his songs, the story of Ramayan wouldn't have moved ahead as beautifully as it did." The show Ramayan currently has over 77 million views on YouTube! Talking about this current phenomenon, Deevya Jain, wife of Late Ravindra Jain says, "Jain saab's popularity never ceases to exist. I keep a check on his YouTube page and even after this death, fans keep asking for more tracks to be released on the channel, even his older ones and the comments and reactions on his page have increased manifold after Ramanand Sagar Ji's shows started airing again. The tracks "Hum katha sunate hain", "Mangal bhawan amangal hari" or even "Shri Krishna Govind Hare Murari" are getting millions of views with comments stating people cried listening to these songs." It is rightly said, an artist may die but his art will live forever, and similar is the story of Ravindra Jain who is gaining popularity all over again with the songs he composed in the '90s.



Talking about the requests of Fans to Ravindra Ji to get Bharat Ratna award, Deevya says, "It would be pompous of me to make such demands or requests but it's the fans saying all this and that means a lot. Though, somewhere I do agree with Jain saab's fans, not as a wife but just as a music lover who has rejoiced in the works of Jain saab."

## Rare Operation: The woman had two baby girl, one removed

**Udaipur:** There were complaints of unbearable stomach pain during menstruation due to the birth of a young woman with two cervix. It was removed from pain in the Department of Women and Obstetrics at GBH American Hospital. This type of case is also rare because it is less than just .001 per cent in the world.

Recently, GBH American Hospital's female and obstetrician Dr Smita Baheti had reached the family with the girl. She complained of unbearable abdominal pain during menstruation. This was followed by his sonography and then MRI. It was found that the young woman has two ovaries, one developed and the other undeveloped. Usually, this uterus is the same. After intensive testing, it was found that during the menstruation of the woman, bad blood collected in the second ovary causing this problem. Being a virgin, it was appropriate for her to be operated at this time, but it was decided to do without tearing. For this, an additional uterus was removed from telescopic by the operation. According to Dr Smita Baheti, such cases have been found to be less than just .001 per cent of the operation of the uterus in the world. In this context, this has been a rare case whose operation was possible at GBH American Hospital. Now this case will be sent for reporting to WHO and publication in Medical General.