

ROYAL HARBINGER

Reporting Fact of the Matter

Weekly



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"Cybercrime Free Rajasthan"...

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World Heart Day

Care! Control! Check!

World Heart Day is celebrated on 29th September of every year.

World is already suffering from a pandemic ie Covid- 19. People are dying due to this disease but still not learning to take precautions. We celebrate world heart day every year to aware people about heart diseases. On an average, more than 17 million people die from heart-related illnesses every year. In the time of COVID-19, heart patients are facing with a double-edged threat.

Do you seriously care about your heart?

Every person knows about healthy eating habits, exercises, gym, supplements etc. Many people have turned into fitness freaks. Mostly people give advise to fat people to avoid eating food in large quantities. Every other person you meet will give you free advise to cook food in desi ghee or olive oil. Many people are taking up this as a profession where MLM companies have been trying to convince you to take their products which are beneficial for your body.

At the end, are we safe?

Still people are dying from this disease. Covid has been spreading so fast that each and every corner of the earth is effected.

What should we do to avoid heart problems?

Life and death are inseparable. We can not avoid death but it does not mean that we should not follow certain rules.

Care! Control! Check! we must care about others. we must not talk ill or break hearts to fulfill our desires. We must control our tongues to speak ill or abusive language. We must check 9 times before we utter a single word.

How does it help to prevent us from heart problems?

These are simple tricks to avoid chaos and mess in your life. when you follow these rules, you will be able to live a peaceful life. Unnecessarily fights and quarrels must be avoided to keep your mind cool. when you do so, most of your problems will vanish.

Its a fact that heart is associated with mind and our brain controls every part of our body. It's good to understand the connection of each and every organ of our body. When you create troubles for others your own body absorbs the negativity and when time comes, it returns to you without giving information. You must learn to keep everything in it's proper place.

Deceiving others may give you benefits for sometime but in later years your body will give you punishment.

I know some people will oppose me but it hardly matters. I am writing this to make you understand the connection of everything

that exists on this planet of emotions. Emotions play a part to create good or bad environment around us.

It's good to run, jog or exercise but it is most important to avoid bad habits. Nothing will work for you if you are not happy from inside. Money can buy super rich food or organic items for you but it's a big lie that rich people do not die. Michael Jackson was super rich. He always used to sleep in Oxygen filled room with all modern equipments and luxury items were all around him but could all these things avoid death?

A labourer is much more healthy who works in heat / cold or rain and sleeps on floor. He does not face heart failures. We are surrounded by machines and lazy environment where we have full time to gossip about others. This causes danger to our hearts. Let's avoid fights! Let's not do bad to others! Let's not only make our lives beautiful, there are other living beings too !Covid - 19 will stop when you start caring about others. Heart diseases will minimize when you care about others. It's logical and analytical information. Keep reading good books but try to implement good thoughts which you read on social media daily.

On world's heart day, promise to care, control n check. After all it's your heart, make it healthy and live a good life.

- Ritu Sodhi

Hindustan Zinc commits to CEO Water Mandate

Udaipur: Securing water assets is of utmost importance to Hindustan Zinc and integral to its commitment towards sustainable development. The company understands the social, financial and ecological value of water and intend to adopt best practices for making cautious use of water and conserve it. Going with this philosophy, HZL has endorsed the commitment of water stewardship through the CEO Water Mandate, a special initiative of the UN Secretary-General and the UN Global Compact.

On this commitment Mr. Arun Misra, CEO, Hindustan Zinc said, "Our commitment to CEO Water Mandate not only aligns with our efforts and practices to Sustainable Development Goal 6 but also takes us closer to our vision of becoming 5 times water positive company and reducing freshwater consumption by 25% by 2025". CEO Water Management is a commitment platform for business leaders and learners to advance water stewardship. The endorsing companies commit to action across six key elements (Direct operation, Supply chain, collective action, Public Policy, Community Engagement and Transparency) and report annually on progress. With this commitment, Hindustan Zinc will be among 175 companies globally to be committed to advancing water stewardship. Hindustan Zinc focuses on reducing freshwater use through a number of strategies, including using less water intense technology, recycling wastewater, rainwater harvesting, and more. The company demonstrates its commitment to water stewardship by using water efficiently, maintaining water quality and engaging with communities to collaboratively manage a shared water resource throughout the life cycle.

DRUGS AND CELEBRITIES : A DANGEROUS COMBINATION

The suicidal reasons of film actor Sushant will be find out or not, but the fatal and tragic condition of drugs and drugs intoxication prevailing in the world of film and TV serials, which have come into light during the investigation of his suicide, has certainly raised concern. The Narcotics Control Bureau has summoned many famous film actresses as being victims of this drug intoxication. Drugs are being recovered from the homes of TV serial actors and actresses. Producers who produced the film 'Uda Punjab' against drug addiction also came under the grip of drugs. This disgusting form of faces and character made heroes and an ideal in society through films is not only ironic but also scary.

The whole film industry is contaminated due to the increasing usage of drugs, alcohol, tobacco, cigarette addiction and intoxicating substances. These so-called feel good substances are the only reasons for fatal diseases like cancer in film industry personnel. It is not new for well-known actresses to be drug addicted, but most of the actresses just crossed the age of being young and have a long career in front of them. Not only Bollywood, even the South Indian Film Industry is also involved in drug abuse. Many actresses from Bengaluru have been arrested due to drug intoxication. Not only the big and small screen, but the usage of drugs among people of the entertainment industry

is a bad stain on the country's identity and existence. Instead of fulfilling the responsibility of building the country, these celebrities are working to degrade the country then how and why can it be our ideal?

These so-called film personalities have led to a reputation rather than intoxication, crime and misconduct. Due to these film personalities, the new generation has been badly imprisoned in this trap. Today, every third person is addicted to drugs. The availability of small pouches of drugs to high level drugs and medicines which cause intoxication is the main reason for increasing this bad habit in youths. The media and the film world have deviated a lot to cover this craze. It is well known that the drug culture is misleading the younger generation.

India is a country of youth, growing of this trend means to cripple and degrade the reputation country. If this trend continues, healthy people will not be found by body and mind for the high positions of government, army and society. How can a drunken generation country achieve its former glory?

Many cine artists have either ended their lives or are ruined by the habit of intoxication. This environment of intoxication has consumed so many lives. These world-class talents have set records due to drug addiction, but have not left a healthy legacy for the new generation. Synthetic drugs are so stimulating that they

immediately cut off the users from the surrounding world, paralyze them and destroy their thinking abilities. This intoxication has become the main reason for many film artists becoming the death-bearer of untimely death.

The country is boasting of being progressive on the path of development on the strength of the youth, while the younger generation is now getting drunk, it should be a matter of concern. Strict action is required on those responsible for this frightening situation, because of this, the youth growing up towards drugs is becoming intellectually impoverished.

The significance of life is not measured only in terms of success. Success can also be achieved through wrong methods.

The real success is how you become a perfect example of civilian society. Criminal don Dawood Ibrahim in Mumbai succeeded in making the economic capital a drunken capital with the help of these film personalities, even though the D gang's network was largely demolished by the Maharashtra Police but with the political influence and support of the film personalities, the drug business cannot stop. Now the question is that the film world is guilty under the grip of drugs, if they are criminals, should they be boycotted or not? This question is in front of power and also in front of society.

Intensive investigation and rigorous action is neces-

sary, only after tightening these small targets and this lead to finding out the big rackets of drug intoxication. If a serious analysis of the fatal attack on the city of Mumbai is taken, then 80 percent of the population will find some form of intoxication. Alcohol consumption is also spreading rapidly among the youth, due to which women are also not untouched.

There has been a rapid increase in the number of women consuming drugs in the last two decades. Especially in upper and upper middle class women, it starts as a fashion and then gradually becomes a habit. Surveys conducted in relation to the increasing trend of alcohol consumption among women indicate that about 40 percent women have been caught. Some of these women openly and some covertly consume alcohol, cigarettes and other drugs. The habit of drugs is also increasing. It is becoming very common in working women and hostels in metros and big cities.

Not only terrorism in Punjab, the drug trade has made its reach on a wide scale, the consequences of which have been suffered by the entire country. Every day there are reports of deaths of youth from cities and rural areas. How many mothers lost their laps and the sticks of the support of the old fathers were broken. The drug trade has spread through the boundaries of the country. Drug smuggling is done through

Pakistan, Nepal, and Bangladesh. The glamor of intoxication in Bollywood and South India's film industry has created alarming situations. Drug parties, rave parties on TV channels and scenes of famous stars getting drunk on children have added to the problem. The scenes are telling of how spoiled the children of

the dark streets of crime.

Along with these film personalities, thousands and millions of people are engaged in drug trade for their profit and unfair earning and are playing with the character and health of the nation. Prime Minister Narendra Modi has also recently raised the aware-



the stars who have become ideal - themselves. These are just a few points of examples; otherwise, crores of people are living in their priceless bodies with a number of life-threatening diseases, including diseases of lungs and liver that leads to cancer.

On a medical basis, a person with drugs like opium, heroin, hashish, cocaine, and smack actually loses his mental balance and becomes insane and sleepy. These are the stimulant substances, under the influence of addiction, the person commits a crime. The case is not only related to health but also to crime. It has been said that life is precious. Due to the use of drugs, this precious life becomes a victim of prema-

ness of this nation's deadliest evil by talking about running a drugs-free India campaign. He expressed concern that the youth of our country are wasting away by getting drunk on gutka, charas, ganja, opium, smack, alcohol and cannabis etc. For this reason, they are leading to disability in economic, social, mental and spiritual fronts.

Some scholars have said that darkness has no existence. The lack of light is darkness. There is no need for any weapon to fade the darkness in the room; there is need only a ray of light which has power to demolish the whole darkness of negativity. For this, the Narcotics Control Bureau needs to be more active and empowered.

Dr. Harsh Vardhan Unveils ICMR's History Timeline

New Delhi (Neeti Gopendra Bhatt): Dr. Harsh Vardhan, Union Minister of Health and Family Welfare visited the headquarters of ICMR and unveiled a timeline depicting ICMR's historical achievements and inaugurated ICMR's mobile stroke unit and a COVID Vaccine and Clinical Registry portal to be hosted by ICMR. Dr. Balram Bhargava, Director General, ICMR, Dr. R. Hemalatha, Director, ICMR-NIN and other senior officials and scientists were also present.

Dr. Harsh Vardhan unveiled the history timeline of ICMR depicting 108 year journey of the India's premier Research Council since the day of its inception in 1911 when it used to be known as Indian Research Fund Association (IRFA). The timeline captures policy and program interventions by ICMR and its institutes to control diseases and its pioneering work in the fields of maternal and child health, HIV, cancer and nutrition, among others.

Expressing his happiness at the release of ICMR History Timeline spanning 108 years since its inception Dr. Harsh Vardhan said, "ICMR has always attempted to address itself to the growing demands of scientific advances in biomedical research on the one hand, and to the need of finding practical solutions to the health problems of the country, on the other." This moment will be remembered in the history where the glorious history of ICMR has been showcased in a sophisticated manner, he added. Unveiling the new exhibits, Dr Harsh Vardhan said "ICMR has always been in the forefront of health research in the country and is now leading the country in tackling the unprecedented pandemic through scientific rigour and innovation. It has contributed immensely towards the nation's welfare. Through these exhibits, people will take pride in knowing the contributions of ICMR and the country in the area of medical sciences."

The Union Health Minister also launched the Mobile Stroke Unit. He said, "It is disheart-

ening to see the susceptibility of people to heart disease and hypertension. Timely treatment can reduce fatality and prevent people from disability. In view of the large burden of stroke and absence of stroke care facilities in Assam, this initiative will go a long way in addressing the needs of the people in this area. The mobile unit, through tele-consultation ensures timely and appropriate treatment to people". He also lauded the healthcare personnel who are working selflessly to serve the people even at a time when the resources are limited due to COVID. He also launched the Vaccine Portal and portal on COVID Clinical Registry. While emphasizing on the importance of elaborate and transparent information on the status of vaccine development, he said, "The portal provides useful and important information related to vaccine development, ongoing clinical trials and progress made in this area locally and globally at regular intervals. Today, in the times of COVID, vaccine development is watched very closely.

Thus, it becomes important to showcase the status of vaccine development in the country. "On India's fight against COVID-19, Dr. Harsh Vardhan said, "India's continuously rising Recovery Rate and progressively falling Case Fatality Rate have proven the success of the COVID-19 containment strategy followed by all States and UTs. From having 1 lab to over 1800 labs today, we have come a long way in strengthening our capabilities. We have successfully ramped up our testing capacity which has touched 15 lakh daily tests."

Dr Harsh Vardhan also urged people to follow COVID appropriate behaviour. He reminded people about the Social Vaccine of wearing masks/face covers while in public, following hand hygiene and respiratory etiquette, and maintaining physical distancing or Do Gaz ki Doori to curb spread of the infection.

World Heart Day Message

World Heart Day is celebrated all over the globe on 29th September. The main idea is to decrease the burden of heart diseases by 25% by 2025, as heart diseases are responsible for 50% of deaths due to noncommunicable diseases. The theme of this year is Let your heart beat the heart disease and related morbidity and mortality. There are many modifiable and nonmodifiable risk factors responsible for heart diseases, some of these factors can be easily controlled and reduced thereby preventing occurrence of major cardiovascular event like heart attack and stroke.

Let us discuss the risk factors which can be controlled, like physical inactivity, tobacco use, unhealthy diet, cholesterol, blood pressure, obesity and overweight. All these are self understandable and controllable, two to two and half hours of physical activity in any form, yoga, dancing, cycling, gymming, gardening is effective in reducing the risk of heart disease by 50 percent, reducing high blood pressure, taking control of blood sugar, boosting your mood, having good sleep also help a lot. Tobacco use in any form smoking cigarettes, pipes, cigars or chewing is angers not only for lungs but also for heart. Even a single cigarette a day is dangerous. It increases blood pressure, increases clot formation in arteries, causes heart attacks and stroke. Unhealthy diet, rich in oils, fried things, less fibre in diet, diet containing high sugar and sweeteners also increases the risk of heart diseases, so one has to avoid these food items.

Less Sugar in diet, vegetables, fresh fruit juices, unsaturated fatty acids like vegetable oils are beneficial in increasing the good cholesterol that is HDL and decreasing the bad cholesterol like LDL and triglycerides. High blood pressure more than 140/90 is always dangerous and should be controlled, we should keep check by regular exercise, avoiding high salt in diet, and regularly checking it, If it is still high - then one needs to take medications also to control it. Obesity and being overweight makes the heart work more, Blood pressure and sugar levels are also high in this population. We have to maintain balance of diet and physical exercise to keep our weight in check. Some of our colleagues daily weigh themselves and avoid excessive eating. As far as type of oils are concerned, vegetable oils in moderate amount are considered good for heart. Diabetes mellitus where there is less production of insulin or resistance to insulin in our body results in high incidence of heart attacks, stroke, blindness, amputations etc. Regular check of blood sugar, glycosylated Hb and regular physical exercises, weight control, and regular medications are very important. Most importantly, now in Corona Pandemic heart patients are at high risk of developing more problems due to covid-19 because of poor cardiorespiratory reserve, all have to follow safety measures strictly like keeping social distancing, wearing masks, washing hands regularly with soap for at least 20 seconds, avoid touching your face and eyes, getting in touch with your physician if symptoms like fever, cough, breathing difficulty develop and treating yourself early in the disease is always better.

Use heart for society, yourself and our loved ones; and specially now we do not know where this covid-19 pandemic is going to take us, but we do know is taking care of our hearts right now is more important than ever. Use your heart to beat heart diseases and covid-19. (Courtesy - Ashok Mathur)



-Dr. Sanjay Gandhi
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