

Antardhwani, Indian Rheumatology Association form support group for Ankylosing Spondylitis patients in Udaipur

Udaipur: Antardhwani, in association with the Indian Rheumatology Association, has begun the Udaipur chapter of a patient support group for Ankylosing Spondylitis on September 4, Saturday.

The support group aims to bring together patients, expert doctors, physiotherapists, yoga trainers, and dieticians, who get exposure to common ailments related to the disease, and in turn, also aid patients, share new research and findings, and new medicines in this field. More than 150 Ankylosing Spondylitis patients in

Rajasthan are already connected with Antardhwani.

The Udaipur chapter was launched in the presence of Dr. Anand Gupta, President, Indian Medical Association, Udaipur, eminent rheumatologists Dr. Vishnu Sharma, Dr. Mohit Goyal and Ashish Joshi, Project Manager of Antardhwani and Associate Director of Hi-Tech Solutions.

"Antardhwani's mission is to connect doctors and patients and spread awareness about managing Ankylosing Spondylitis. Antardhwani already has chapters in

Ahmedabad, Surat, Vadodra, and Jaipur and has worked with over 2700 patients to date. We plan to form patient support groups in more cities of Rajasthan and other states in the coming months," Ashish Joshi said.

Ankylosing Spondylitis is a condition where all or some of the joints and bones of the spine fuse together like bamboo. It often causes inflammation in the backbone, and in severe cases, even affects the heart or eyes. Eight out of every 10,000 persons people are estimated to suffer from it.



It is an incurable ailment, but regular exercise and medical aid can provide relief. Characteristically, its first

symptoms are frequent pain and stiffness in the lower back and buttocks, which occur gradually over a period of time.

The pain is felt on both sides and persists for at least three months. It is usually worse in the mornings and at night, but light exercises or a warm shower can help improve the condition.

Males between the age of 20-30 are the most commonly affected by Ankylosing Spondylitis. The symptoms include lower back pain with early morning stiffness. Its exact cause is not known, but scientists believe the interplay between genetic, environmental, and immune systems triggers the symptoms.

Rheumatologists also recommend the consumption of food rich in calcium and Vitamin D, which help in preventing structural damage. Other common treatment regimes include medication, exercise, and possibly physical therapy, good posture practice, applying heat/cold to help relax muscles and reduce joint pain.

About Antardhwani: Antardhwani is an organization that provides a common platform to people suffering from Ankylosing Spondylitis with a support group, where patients can meet regularly to

improve their knowledge and ability to manage the condition. The group consists of rheumatologists, physical therapists, and patients with a diverse representation of participants. They support research into the causes, treatment, and prevention of Ankylosing Spondylitis and dissemination of information on research progress in this disease.

Their primary focus is on research, patient advocacy, education, support, and raising awareness about this disease.

Dr. PRABHAT SINGHAL Awarded By IFWJ



Kota: Dr. Prabhat Kumar Singhal Ex-Joint Director of IDPR Rajasthan Govt, Journalist and Writer honored on Sunday for his creative writing in the hadoti Prakar Advhiveton and samman programme organised by Indian Federation Of Working Journalist Kota branch at Radhika Resort, Kota. Ex MLA Kota Uttara Prasad Gunjal and Divisional Commissioner K.C. Meena and other guests honored Dr. Singhal by garlanding, shawl, memento and smman citation.

His writings are filled with knowledge and facts and the publication of his books has been of great importance. This is the only reason due to which he has been felicitated with the "HINDI SAHYITYA SAVI SAMMAN" award on Hindi Divas by the language and library department of Kota Mandal in year 2018. He has also been awarded as "SINIOR CITIZEN WRITER" on senior citizen day 2018. He has also been awarded with "VIYOSHREE SAMMAN" in year 2019.

Dr. Singhal was honoured

with the "HINDI SEVA SAMMAN" in Delhi at the 18th anniversary celebration of India's leading Hindi news portal Prabha Sakshi's held on 8th november 2019 at the constitution club, New Delhi. Minister of State for Health and Family Welfare, Uttar Pradesh Atul Garg, Tarun Vijay, Rajeev Ranjan, Shajiya Ilmi, Editor of Prabha Sakshi and other guests felicitated Dr. Singhal with shawl, a certificate and memento. He also felicitated with "Hadoti Gaurav Samman" on 5th January 2021 at Kota by A social organisation.

He has been conferred with these awards for his creative writing. Kota district administration also three times awarded citation and medal on the republic day and independence day while being his on officer rank for his outstanding service's.

He created 22 unforgettable

creations. Out of these 15 Books written in last four years. His various Articles, Features, Reports, Blog, successful stories on more than 10 thousand different subjects have been published in national, state and local newspaper and magazines. He also edited and published more than 100 souvenirs and official books. His journey still continues despite of all thick and thins.

Yet his works are the amalgamations of various renowned topics, like, historical monuments, buildings, religious shrines and magnificent spots of tourists interests, environments conservation, swachata, women empowerment, rural and city developments, tribal life, social challenges, but focus is mainly on tourism. His books have always proved beneficial for not only national but also inter-

national tourism lovers.

He also published fortnightly news paper "TODAY EYE" till two and half years just after his retirement. The newspaper was issued out of limited resources without any support. He started his job as Assistant Public Relation Officer from 1st March 1979 in the Department of Information and Public Relation, Govt. Of Rajasthan and got retired on 31st October 2013 as Joint Director. He also served in Swai madhopur, Bundi, Baran and Jhalawar districts as additional charge for a long time from Kota. He keenly observed the tribal life of Udaipur, Banswara, Dungarpur, Sirohi in the year 1986 during posting Tribal Development

- Department Udaipur - During his services he completed his "Postgraduate Diploma in Journalism in 1981

from University Of Rajasthan, Jaipur and

Docrate on "Rajasthan Me Police Prashasan 1858-1947" in history from Kota Open University, Kota in 1996 under the guidance of head of history Deptt. Dr. B.K. Dharma. He also done seven day's Training on " Cultural Heritage And Tourism Potential" in 1991 at HCMSTI Jaipur.

Now a days beside writing works he guide the students of research work and journalism. In the year 2021 he has been appointed as OSD (PR) in Urban Improvement Trust, Kota, but he left the job after three months due to his family reasons. Now he is writing a book on " PARYATIY PARYATAN : SPECIAL REFERENCE ARAWLLI" with his brother proffecor Pramod Kumar Singhal. His one book " PARYATAN AUR SANGRAHALAYA" is under printing.

Udaipur's first rare and fast-growing brain tumor removed

Udaipur: Doctors of Paras JK Hospital removed a rare tumor from the brain of a four-year-old child. There have been many modernizations that have reduced the risks to a great extent. But the challenges are increased if the patient is a very young child and the tumor is of a rare type that spreads rapidly. Recently a similar case was found in Paras JK Hospital. In fact, for some time, four-year-old Tanshu was suffering from severe headaches and constant vomiting and was brought to Paras JK Hospital. On doing MRI and other necessary tests, it was found that Tanshu has an 8 cm large atypical rhabdoid



teratoid tumor in his brain, A type of tumor that spreads very rapidly and is seen in about one in 1 million. This is the first case of its kind in Udaipur. This tumor was surgically removed under the experienced guidance of Dr. Ajit Singh, Consultant, Neuro and Spine Surgery, Paras JK Hospital, now Tanshu is fine.

Dr. Ajit Singh, Consultant, Neuro and Spine Surgery, Paras JK Hospital said, "Atypical rhab-

doid teratoid tumor spreads so rapidly that it doubles in size in just a few days. In this case, the first risk involved in the operation was the delicate age of the child, as anesthesia at this age was too high a risk, the second was the risk of bleeding, because of the large amount of blood involved in removing this type of tumor.

There is a risk of drifting and at such a young age, this situation could have created bigger challenges. Given this, some units of blood were arranged in advance during the operation, and the whole operation was done very carefully. Dr. Nitin Kaushik, Dr. Rajkumar Vishnoi also cooperated in this operation which lasted for three hours. I thank all the co-operative doctors, staff members for whose efforts Tanshu is now healthy.

In the context of brain tumors, most of the information among the common people is as much as the movies or serials have created. While its scope is very wide. The sooner treatment is started, the more likely the patient is to make a complete recovery. Never ignore the symptoms of persistent headache, and vomiting with the headache, get tested immediately.

Mr. Vishwajeet Kumar, Facility Director, Paras JK Hospital says, "This tumor and its treatment process was complicated and risky. We are delighted to see Tanshu free from a tumor and wish him a healthy life. Paras JK Hospital aims to provide high-quality and modern healthcare services to all the patients without the need to travel to metros.

Between Victory and Defeat: Panchayat Elections in Rajasthan

Panchayat Elections in Rajasthan have shown that though Congress could win more seats than BJP, the guts to get their candidate elected by hook or by crook lies with BJP alone. They have the money, power and strategy to get elected congress candidates rebel and join BJP despite the fact that Congress is in power in the state.

The ruling Congress was ahead of the BJP in the panchayat polls in six districts of Rajasthan, securing majority in four out of six zila parishad and bagging 670 of the 1,564 panchayat samiti seats. The Congress secured majority in Jaipur, Jodhpur, Sawai Madhopur, Dausa, while the BJP gained majority in Sirohi Zila Parishad. But despite majority seats Congress could not get its candidate elected as Zila Pramukh in Jaipur and its winning candidates defected to BJP which enabled BJP to get yet another Zila Pramukh elected on its symbol.

The BJP also emerged as the single largest party in Bharatpur Zila Parishad but fell short of a clear majority. Out of the 200 zila parishad seats in these six districts, the Congress won in 99, the BJP in 90 and the BSP in three seats. Eight Independents emerged victorious in zila parishad seats. Of the 37 seats in Bharatpur Zila Parishad, 17 went to the BJP, 14 to the Congress, four to Independents and two to the BSP. Of the total 1,564 seats in 78 panchayat samiti in six districts, results of 1,562 have been declared. The Congress has won 670 seats, the BJP 551, the RLP 40 and the BSP 11. As many as 290 panchayat samiti seats have been won by Independents.

His is a clear indicator that though the Congress in Rajasthan has improved its performance in Panchayatiraj elections, it needs to consolidate its poer in these areas to continue its lead in the forthcoming assembly elections also.

- Dr.H.S.Chandalia

The coconut piece stuck for 6 months was successfully removed without operation



The Department of Respiratory and Medical Diseases of Geetanjali Medical College and Hospital, Udaipur is equipped with all world-class facilities. Here patients are being given new life by continuously treating complex to complex cases. Due to the tireless efforts of Dr. Rishi Kumar Sharma, Dr. Vishal, Dr. Hamza, Dr. Divaksha, Technician Kamlesh of the Department of Respiratory and Medical Diseases, a 55-year-old resident of Udaipur was successfully treated and given a happy life.

What was the issue?

Dr. Rishi said that the patient was suffering from a persistent cough for the last 6 months, for which he was taking antibiotics, but he did not get any relief. After this, the patient was also treated for asthma, but there was no relief from that, the cough continued continuously. The patient went to the ENT specialist, patient's CT scan was done, in which the lungs were fine, but there was a possibility of foreign metal or mucus getting stuck in the left main bronchus. In such a situation, the patient was sent by the doctor to the Department of Respiratory and Medical Diseases of Geetanjali Hospital. Video bronchoscopy of the patient was done and the patient was suspected to have bound metal in the left main windpipe which was removed with the help of biopsy forceps without sedating the patient. This process took about 20 minutes. This outer metal was a piece of coconut about 2 cm in size. As soon as it came out, the patient's cough stopped completely. The patient told that he had eaten coconut about 6 months ago, only after that he started coughing. The patient is now completely healthy.

Won first place in national level football competition

Udaipur: In the national level football championship held in Gujarat, Step by Step High School and G. & R Sports Academy secured the first position while tying their heads of victory. Gafoor Khan, the coach of both the teams, told that the All India Deodar Football Championship was held in Gujarat from 28 to 30 August on behalf of Deodar Football Club. 26 teams participated in it. In the competition, Step by Step High School in the Under-14 football team and G&R Sports Academy secured the first position in Under-17. School Director Mamta Arora, Principal Pushpa Anchaliya, and Principal Neetu Sagar congratulated the team on the victory of both teams.

National Karate Championship: Udaipur dominated in Faridabad

Udaipur: National Karate Championship was organized by the National Karate Federation at Hotel Radisson, Faridabad in which 8 member players of Udaipur have won a total of 9 medals by participating in this tournament

In a release issued by the District Karate Association, it was told that the team of 8 members of Udaipur has won 9 medals while performing excellently in the competition. Vikram Sehgal has Gold Arnav Sehgal Akash and Bhavesh Silver Kushal and Himanshu Akash have won Bronze Medal.

AIPWA, AICC-TU and Kisan Mahasabha Leaders Participate in Convention at Shahjahanpur Border

- Dr.H.S.Chandalia

Udaipur: Leaders and members of All India Progressive Women's Association, Kisan Mahasabha and AICCTU from Udaipur and Jaipur participated in the farmers convention to stress their demand of roll back of

the three demonic farm laws, withdrawal of the four labour codes and the controversial Electricity bill. The delegation left for Shahjahanpur in the leadership of the state President of AICCTU Comrade Shankar Lal Chaudhary, Comrade Manjulata of AIPWA and Comrade Shantilal Trivedi, comrade Gautam meena and Comrade L.R. Patel of Kisan Mahasabha. The delegation is scheduled to participate in the convention and express their solidarity with the national movement of farmers for the repeal of the draconian farm laws.

Research paper of Prof. Bhanawat and Dr. Soni rewarded at international level

Udaipur: The 'International Research Award 2021' was announced by The Institute of Chartered Accountants of India, New Delhi at the award ceremony held in Ranchi, Jharkhand.

In this, the Head of the Department of Accounting and Professional Statistics, Mohanlal Sukhadia University,



Prof. Shoorveer Singh Bhanawat, and Dr. Monika Soni were jointly awarded the Silver Award in the taxation category for their research paper 'Accounting and Taxation Issues in Carbon Credit Transactions' for being the second-best paper internationally.

A commercial solution to the problem of climate change was suggested in the 1997 Kyoto Protocol. As a result, carbon credit transactions started all over the world. Prof. Bhanawat and Dr. Soni suggested the solution in their research paper. It was appreciated internationally. The honors were presented by the Chief Guest, Jharkhand Governor Ramesh Bess, and the President of ICAI.

CAAnuj Goyal, Chairman, Research Committee of ICAI said that 138 research papers from more than 15 countries including the USA were evaluated by jury members from five continents of the world.