



Lifestyle Changes Key to Preventing Constipation Over Medication, Says Dr. Shobhalal Audichya



Especially, those who reduce their physical activity or have sedentary jobs are more likely to suffer from constipation.

The Main Causes of Constipation

Udaipur: Constipation, increasingly common in today's fast-paced lifestyle, is wreaking havoc on the well-being of individuals, but according to renowned Ayurvedic specialist Dr. Shobhalal Audichya from Udaipur, partial improvements in lifestyle could help prevent it. He pointed out that constipation is affecting many people nowadays, primarily due to irregular eating habits, inadequate water intake, excessive stress, and sedentary behavior in modern lifestyles.

Dr. Audichya explained that consuming excessive junk food and fast food exacerbates constipation. Other factors include inadequate water intake, drinking water immediately after meals, excessive consumption of tea, coffee, alcoholic beverages, excessive consumption of dry fruits, staying awake late at night, stress, fear, lack of physical exercise, irregular eating habits, overeating, indigestion, fever, anemia, hemorrhoids, and habitual retention of stool.

Identifying Constipation Symptoms

He further explained that delaying defecation during bowel movements, hard stool with a foul odor, the presence of lumps in stool, difficulty passing stool, feeling of heaviness in the abdomen, bloating, flatulence, mild abdominal pain, laziness, insomnia, and headaches (migraines) are symptoms associated with constipation.

Diagnosis of Constipation

Dr. Audichya mentioned that in children, habits such as feeding while watching mobile phones, feeding children packaged foods, not instilling the

habit of timely bowel movements in children, and even restraining children from defecating due to fear when they go to school are major reasons as well. He also stated that in constipation, the power of evacuating feces becomes weak.

Prevention Measures: Dr. Audichya recommended avoiding excessive, long-cooked food, consuming potatoes, peas, wheat roti, puri, kachori, chips, chaat, patties, pasta, burger, pizza, and cold drinks, as these contribute to constipation.

What to Consume

He advised consuming according to one's constitution ghee from cow's milk, aloe vera juice, and amla, moong masoor

dal, spinach, pumpkin, wheat roti, green vegetables, coriander chutney, mango, papaya, orange, grapes, melon, guava, fig, raisin, dates, currants, yogurt, green vegetables, bottle gourd, bitter gourd, pointed gourd, pumpkin. These items can help alleviate constipation.

Treatment of Constipation

Dr. Audichya suggested yoga therapy such as Pawanmuktasana, Halasana, Trikonasana, Mandukasana, Shashankasana, Gomukhasana, Vakrasana, Paschimottanasana, Halasana, Shalabhasana, Matsyasana, Utkatasana, Ardhamatsyendrasana, and Pranayama such as Agnisar,

Kapalabhati for constipation relief. He also mentioned Ayurvedic medicines such as Udavartahar Churna, Panchsakar Churna, Taruni Kusumakar Churna, Triphala Churna, Haritaki Churna, Kalamagh Churna, Bhoomyamalaki Churna, Abhyarista, Kumaryasava, Drakshasava, which could be helpful. Similarly, in Panchakarma treatment, Abhyanga, Swedana, Nabhi Basti, Niruha Basti, Anuvashan Basti, Virechana could be helpful. Moreover, in natural therapies, he recommended hot water fomentation on the abdomen, abdominal mud packs, hot-cold fomentation on the abdomen, abdominal wrapping, and enema. These natural therapies could help in the treatment of constipation.

Environmentalism Raman Kant Tyagi Addresses Water Conservation

Rivers never forget their course, no matter the obstacles in their way. While their banks might change due to floods or human interference, rivers never forgive alteration of their natural flow. This sentiment was expressed by River Man of India and Chairman of the Indian Rivers Association, Raman Kant Tyagi, during a seminar organized by the Udaipur Water Forum at Vidya Bhavan Polytechnic.



Speaking at the symposium titled "The Role of Society in the Conservation of Surface and Groundwater Resources," held on the 129th birth anniversary of Vidya Bhavan's founder, Dr. Mohan Singh Mehta, Tyagi emphasized the formidable memory of rivers. He stressed that rivers never forget their past or their natural course. Any unscientific interference or exploitation of rivers is met with swift reprisal, often in the form of floods or other natural calamities.

Tyagi lamented the disappearance of many small rivers due to neglect and emphasized the need for communities, especially the youth, to rediscover and restore these water bodies. He also highlighted the efforts of the River Authority to develop the India River Observation Portal. This platform allows citizens to contribute information about their local rivers and access scientific and technical data related to rivers.

Western Sydney University researcher Susmina Gajurel, a resident of Nepal, presented her work on the Marwi Subjugation Plan in Udaipur's Bhinder-Hinta region, focusing on groundwater cooperatives. Gajurel advocated for the adoption of scientific management practices for groundwater resources, suggesting that this model could be replicated worldwide.

Addressing the symposium, Polytechnic Principal Dr. Anil Mehta criticized the current trend of treating rivers and lakes merely as channels for water flow or recreational spots. He argued that such an approach is not only unscientific but also environmentally unsustainable, leading to the degradation of these natural ecosystems.

Prof. Seema Jalan, Head of the Geography Department at Sukhadia University, emphasized the importance of preserving mountainous regions as vital geographical and environmental structures to maintain the stability of water flow and storage systems. Dr. Bhagwati Ahir and Dr. Farzana highlighted the need for community participation in the conservation of water resources, echoing sentiments shared by scholars and students from Sukhadia University and Maharana Pratap Agriculture University who also participated in the event. The program was coordinated by Dr. Yogita Dashora.

Historic Roadshow by HM Amit Shah



Udaipur: In a remarkable show of solidarity, the Bharatiya Janata Party (BJP) conducted a monumental roadshow in Mevad in support of their parliamentary candidate, Shri Mannalal Rawat. Led by the senior leader and Union Home Minister, Shri Amit Shah, the procession aimed to resonate with the ethos of prosperity, security, and grandeur for the nation.

Starting from Jodhpur and culminating at Udaipur, the roadshow witnessed a massive turnout of supporters who fervently pressed the lotus button, symbolizing their commitment to fortify Prime Minister Narendra Modi's leadership.

Accompanied by Rajasthan's Chief Minister, Shri Bhajan Lal, Shah's convoy traversed through the streets, resonating with chants of "Jai Shri Ram" and enthusiastic cheers from the crowd. The BJP, through this spectacle, reiterated its ambitious goal of surpassing the 400-seat mark and forming the government once again under Modi's leadership.

The roadshow, a visual spectacle, featured various party leaders and workers, including Dr. Ambedkar Mandal's activists, who passionately welcomed Shah with banners and slogans. The journey continued with vibrant displays of cultural heritage, including folk dances and religious processions, showcasing the unity and diversity of India.

Addressing the gathering at the culmination of the roadshow, Chief Minister Bhajan Lal Sharma expressed gratitude to the people of Udaipur for their enthusiastic participation, expressing hope that Mevad and Wagad regions would overwhelmingly support the BJP across all 25 constituencies in the upcoming Lok Sabha elections.

Shah, in his address, thanked the crowd for their overwhelming support and assured them of Modi's unwavering commitment to the nation's progress and security. He emphasized the importance of each vote, highlighting how it would contribute to India's growth and development. Taking a dig at the opposition, Shah underscored the transformative initiatives undertaken by the Modi government, contrasting them with the inertia of the Congress.

As the sun set on Mevad, the roadshow left a lasting impression, symbolizing the BJP's unwavering resolve to steer the nation towards prosperity and security under Modi's leadership.

Gopendra Nath Bhatt featured in India Today's Coffee Table Book

Gopendra Nath Bhatt has been featured in India Today's Coffee Table Book, highlighting the life journeys of 28 prominent personalities from Rajasthan. As a senior media consultant and press attaché to the Chief Ministers of Rajasthan, Bhatt's remarkable journey from struggles to success is showcased in this publication. Originally from Dungarpur in southern Rajasthan, Bhatt currently resides in New Delhi and is actively involved with various migrant social organizations and media groups. Additionally, he serves as the esteemed political editor of a Sunday group.

Multi-Colored Week Commences with the Message of 'We Will Dance, Sing and Vote'

Udaipur: In adherence to the goal set by the Chief Electoral Officer for achieving a 75 percent voter turnout in the Lok Sabha elections, a multi-colored week commenced across all sub-district headquarters and booth levels in the district, starting Wednesday under the theme 'We Will Dance, Sing, and Vote'. Under the direction of the District Election Officer (Collector) Arvind Poswal, various innovative sweep activities are being organized continuously in the district to raise awareness among voters.



During these sweep activities, through the medium of the multi-colored week, every eligible voter will be encouraged to participate in democracy. The District Election Officer has instructed the concerned departments to ensure the fulfillment of the objective of this program.

Sweep in-charge and Chief Executive Officer, Mrs. Kirti Rathore, informed that various creative activities were organized on Wednesday throughout the district under the theme 'We Will Dance, Sing, and Vote' to inspire the general public to take out time on polling day and fulfill their duty towards democracy.

Mrs. Rathore further explained that during this week, on April 18, there will be a musical band performance and voter oath-taking ceremony under the theme 'Mark the Nation on Your Finger'. On April 19, there will be an inclusive hackathon on the duty path for the nation's welfare under the theme 'We Are Capable, So is the Nation'. April 20 will witness a tricycle rally under the theme 'Active Nation, Active Citizens'. On April 21, there will be a voter rally and flash mob under the theme 'Exercise Your Voting Rights, Rally for Votes'. April 22 will see a women's rangoli and women's march under the theme 'I Will Vote, I Will Rise'. And on April 23, there will be a program of 'Vote Tree and Lamp Lighting' under the theme 'Think Wisely, Vote Wisely'.

Discussion and Exhibition Held at Thar Heritage Museum

Jaisalmer: On World Heritage Day, a discussion and exhibition on heritage was organized at the Thar Heritage Museum.

Addressing the gathering, Santosh Kumari, the Chief Administrator of the District Industries and Commerce Center, emphasized that heritage is the capital of our ancestors, which embodies our culture and civilization. She highlighted the importance of preserving heritage from a historical perspective, stressing the need for its conservation for future generations.



The main guest of the program, Hemaram Jarmal Rajvika Officer, shed light on the tradition of postcard writing regarding the significance of heritage.

At the beginning of the event, the founder of the museum, Lakshminarayan Khatri, conducted a tour of the museum for the students of Karni Bal Mandir Vidyalaya and explained the significance of the displayed folk heritage. Khatri discussed various historically significant artifacts such as snake charmer paintings, Jaisalmer coins, portraits of kings, traditional leather containers, artistic kitchen utensils, locks, ledgers, pottery, weighing scales, Ajrakh prints, musical instruments, and birth certificates.

The students participated in the discussion by reciting couplets, poems, and sharing experiences related to heritage.

The program coordinator, Lakshmi Narayan Shrimali, welcomed all the guests and provided detailed information about heritage tourism sites in Jaisalmer. The prestigious event was conducted by Ghanshyam Khatri, the State Secretary of the Youth Hostel Association.

Among the attendees were Chayan Khatri, Jeevan Khatri, Ramesh Maheshwari, Anil Bhargav, Chandan Singh, Mohammad Rafiq, Damodar Garg, Suresh Harsh, and Prem Kumar Sheetal Sharma, teachers at Karni Bal Mandir.

Congress Candidate Tarachand Meena Lambasts BJP, Highlights Developmental Track Record

Udaipur (Shabnam Bano): In a fiery press conference held at Hotel Kajri in the Udaipur Lok Sabha constituency, Congress candidate Shri Tarachand Meena launched a scathing attack on the Bharatiya Janata Party (BJP), highlighting Congress's developmental achievements and criticizing BJP's empty promises. Meena, backed by a team of Congress leaders, addressed various issues ranging from infrastructure development to bureaucratic delays.

During the press conference titled "Congress Candidate Exposes BJP's Hollow Promises," Meena emphasized Congress's legacy of development since independence, underscoring the party's commitment to grassroots initiatives such as road construction, school building, and healthcare infrastructure in rural areas. He lambasted the BJP for chanting slogans of victory while failing to deliver tangible progress, stating



that BJP's claims of winning 400 seats would fall flat in the upcoming elections.

Meena didn't shy away from addressing his personal grievances, particularly regarding the delay in granting him a Voluntary Retirement Scheme (VRS) by the state government. He contrasted the swift approval of VRS for BJP candidate Mannalal Rawat with the prolonged delay in his own case, accusing the BJP of playing favorites.

In a bid to bolster support for his candidacy in the Udaipur Lok Sabha constituency, Congress nominee Shri Tarachand Meena held a

strategic meeting with party workers in the Jhadol Vidhan Sabha area.

The gathering, titled "Congress Rally Galvanizes Grassroots Support," saw Meena rallying the party faithful and outlining Congress's vision for inclusive development. Meena, flanked by a cadre of Congress leaders, addressed the assembled workers, reiterating Congress's commitment to propelling the nation forward with a comprehensive vision for progress. He contrasted Congress's substantive policy proposals with what he described as the BJP's

superficial rhetoric, urging voters to make an informed choice in the upcoming elections.

During the rally, Meena laid out a roadmap for maximizing voter turnout on April 26, emphasizing the importance of grassroots mobilization and voter education. He called upon party workers to disseminate Congress's manifesto in their respective communities, aiming to debunk BJP's hollow promises and secure victory for the Congress party. Garnering Local Support, Urges Voter Awareness - Congress candidate Shri Tarachand Meena intensified his campaign efforts in the Udaipur Lok Sabha constituency, rallying local support and urging voters to prioritize informed decision-making in the upcoming elections. In a meeting with party workers held in the Jhadol Vidhan Sabha area, Meena, accompanied by a cohort of Congress leaders, mobilized grassroots support and emphasized the significance of voter education.

Foundation Stone Laying Ceremony at Heartfulness Meditation Center, Udaipur

Udaipur: on the auspicious occasion of Shri Ram Navami, the foundation stone laying ceremony of the ashram building was conducted at the premises of the Heartfulness Meditation Center in Udaipur. The event took place at 11:00 AM, with Shri Kamlesh D. Patel, the global guide of the Heartfulness Meditation Organization, participating online from the headquarters, Kanha Shanti Vanam, Hyderabad. Prior to the ceremony, he also conducted a meditation session.



Expressing his joy, Shri Patel remarked on the significance of laying the foundation of the Udaipur ashram on the revered occasion of Lord Navami. He emphasized Lord Shri Ram's exemplary character and stated that just as Lord Ram is revered by all,

the Heartfulness organization endeavors to guide all seekers towards becoming complete human beings. He further announced that with the grace of the Divine, the birth anniversary of Shri Ram Chandra Maharaj, the founder of the Shri Ram Chandra Mission, will be celebrated on April 30, 2025, at the new ashram building of the Heartfulness Udaipur Center.

Coordinator Dr. Rakesh Dashora mentioned that on this occasion, the chief guest, Shrimati Nivrutti Kumari Mevada, laid the foundation stone of the Udaipur Heartfulness Ashram. He highlighted her significant contribution, as she herself practices Heartfulness meditation, and praised her for this notable achievement for Udaipur. Shri Mukesh Patel, a Heartfulness trainer and deputy secretary of Raj Bhavan, informed that Shri Daji has named the Udaipur ashram "The Wisdom Center," underscoring Daji's pivotal role in the allocation of

the ashram land. He also expressed gratitude to the Rajasthan government for providing the ashram land at concessional rates.

Special guests, including Shri Vijay Bhai Vyasa, chief architect of the Heartfulness headquarters, Kanha, and Shri Vijay Vyasa, chief architect, who came from Kanha, described the project as Daji's dream project. The five-story building, estimated to cost approximately 6.72 crore, will be funded through financial contributions received from the headquarters and donations from practitioners. Architect Shri Amit Khandelwal from Rajasthan revealed that the ashram building will feature amenities such as parking areas, a meditation hall, a children's center, a lobby, a kitchen area, a dining hall, as well as office space, dormitories, and accommodation rooms. Rajasthan's regional facilitator, Shrimati Madhu Mahata, welcomed the construction committee chairman, Narendra Mahata, and other members, and extended gratitude to all present after the program's conclusion.

Fire Safety Awareness Program Conducted in Kaladwas Industrial Area

Udaipur: On the third day of National Fire Service Week, an awareness program was conducted in the Kaladwas industrial area. Led by Chief Fire Officer Babulal Choudhary, Assistant Fire Officer Navdeep Singh Bagga, and firefighters Dinesh Meghwal, Sanjay Meena, Sanjay Mali, Akash Rodidas, Kailash, Vijendra, Rakesh Meena, Kailash Yadav, and the team provided information about fire safety and prevention measures regarding the security meters in Kaladwas. They also explained the technical aspects. During the session, all officers, managers, staff, and technicians of industrial units, IT factories, and industrial workshops were briefed on fire classification, fire expansion, fire chemical chain, fire extinguishment, kitchen fire safety, prevention methods for LP gas cylinder fires, various types of accidents, and relief efforts such as first aid methods during road accidents, building collapse prevention.