



Entrance fee will be charged at GulabBagh

Udaipur: At city's GulabBagh and Rajiv Gandhi Park, admission fee will be charged. Roughly five per person fee has been fixed, but it is yet to be utilized for the seal. People visit GulabBagh usually in the morning and evening, so before 10 o'clock in the morning and after 5 o'clock in the evening, no entrance fee will be charged. Last days, in a meeting chaired by the District Collector Rohit Gupta, Rajiv Gandhi Park GulabBagh unfolded that concentration has increased anti-social elements. Rajiv Gandhi Park in the entrance free of charge since then there have been increasing their number and damage to public property is also being extended. Later suggested that at both places, at the entry fee should be Rs 5. Now the consensus is yet to be utilized for the seal. Mayor Chandrasingh Kothari said GulabBagh admission charge per person over 5 is being worked out. The charging time for the entrance in GulabBagh will be placed in such a way that people who walk in the mornings and evenings may not be charged. In the period before 10 AM and after 5 PM, no admission fee will be charged.

Dr. Ashish Sisodia selected Education as coordinator

Udaipur: Board of Secondary Education, Rajasthan has elected Mohan Lal Sukhadia University's Assistant Professor of the Department of Hindi Dr. Ashish Sisodia as the Hindi course committee convenor. On behalf of the Board, this order was issued only this week. In conjunction with various members of the committee in his capacity as coordinator of the Sisodia Hindi topic content ratings, etc. will apply reset. Dr. Sisodia has been nominated for three years. The Committee's first meeting will be on May 28 in Ajmer.

Music presentations blew off mind

Udaipur: Arbuda Kala Mandir Sangeet Prashikshan Sansthan, situated in Surjpol Chauraha held a music competition on Monday in the Sushma Nikunj auditorium. On the occasion of the first music camp at the Institute monthly music competition and closing ceremony was held with great pomp. The chief guest and main actor was Lucknow's Mrs. Renu Srivastav. It was headed by activist and ophthalmologist Dr. Rajiv Aggarwal. The chief guest Srivastava musical finale today at the conclusion of the opportunity to provide information and ghazals well shingles were submitted. Harmonium student Deep Vyas who sang Ek Pyar Ka Nagma in the music competition was announced the winner.

Banswara's Niti Jain topped

Banswara: CBSE class XII examination results of the Faculty of Commerce had Banswara district's Niti Jain making a record by scoring 95 percent points and brought glory to the district. On Monday, the Commerce Faculty of CBSE class XII announced the exam results new look at the local central school student Ms. Niti Jain 95 percent marks in Class XII girls in the district is proud of the name. Made a unique record. Ms. Niti Jain CBSE Class XII examination results of the Faculty of Commerce also made a unique record by scoring 95 marks in all other subjects, which is quite unique.

Bhamashah Camp saw a huge crowd

Bhamashah Camp held on Monday at Government Higher Secondary School campus located in Bhillwara Suwanagram panchayat attracted a huge crowd of rural women. According to the information, during the camp, 126 Adhaar Cards and 190 Bhamashah cards were created. On this occasion, Panchayat committee chief Saroj Devi Gujar, sarpanch Durga Devi Jat, secretary Pawan Bagherwal, panchayat communications officer Dinesh Bhill, and several other dignitaries including former GSS head Jagdish Chaudhary were present.

Rotary Club Uday cleaned the railway station

Udaipur: Rail passenger consumer week celebrated by the railways started today. The Rotary Club Uday cleaned the grounds of the railway station at the City Railway Station and made it clean and tidy. Club chairman Dr. Ritu Vaishnav said that under the direction of project chairman Raghav Bhatnagar, Shalini Bhatnagar, Rajesh Chugh, Mohit Rameja cleaned the grounds and watered the plants and trees. Apart from this, the railway staff was provided with hand gloves, masks and polythene to be used in dustbins, so that the railway stations could be kept clean.

Queue of Swimming learners at Khelgaon

Udaipur: International swimming pool in Maharana Pratap Khelgaon is seeing swimming activities and they are at their peak. Four batches train here from morning till evening. Each batch gets 45 minutes of time. Senior instructor Mahesh Palwal gives lessons from 6 AM to 9:15 AM in the morning and from 4 PM to 7:15 PM in the evening in city's best swimming pool. For safety, six life guards have been stationed. It is informed that 4 senior citizens, 200 girls, 400 children and 135 adults have acquired admission. From 900 applications, 735 have been admitted. In addition to swimming, Maharana Pratap Khelgaon has also started courses in lawn tennis, basketball and archery.

Bus Conductor Shot in Udaipur

Udaipur: Tension gripped the Salumbar area of the district on Friday morning after unidentified men shot dead the conductor of a private bus. Police said Sohan Lal Meena (30), a resident of Gamdi village, was shot when he got down from the bus near his village to remove some boulders put up on the road, around 4.30 am. Meena, a police said, succumbed to bullet injuries. The bus was on way to Jagat from Ahmedabad to Jagat. A large number of villagers gathered on the spot after hearing gunshots, and the driver informed the police. Salumbar police station in charge Ved Prakash said the assailants had not been identified yet.

Santosh is New Director of Airport

Udaipur: Indian Airport Authority officer Santosh Kumar is the new director of Maharana Pratap Airport. He's been transferred from Ahmedabad Airport to Udaipur. Even working as director Anil Verma, ATC is in charge. The current ATC in-charge Vinay Dahima will now be airport's OSD.

Theater Workshop held at Astha Training Centre

Udaipur: Thirty rural youth of Kherwada block presented street plays on the Bedla Tiraha on Saturday evening as conclusion of five day Theater Workshop held at Astha Training Centre, Bedla, Udaipur.

The participants prepared six short plays based on social issues prevalent in the rural areas, such as Child marriage, Women safety and empowerment, Ill effects of consuming Alcohol, Cleanliness, superstitions and Child labor. The group leaders Girdhari Meena (village-Badla), Jamuna Patel and Neeraj Patel (village-Khantuwada), Kalyani Garasia (village-Salala), Mausam Kalal (village-Bhanda) and Rajesh Patel (village-Futala) along with their groups presented short plays with available stage properties and received positive response.

These short Nukkad Natak (Street plays) were the results of the 5 days workshop started on Tuesday. As a workshop director, I was to handle the rural youth who were never exposed to any training in theater was a challenge for me too. I started various theatrical exercises which were specially designed to enhance the flexibility of body and facial blow ups, voice modulation and concentration. Some



exercises help in broadening scope for creativity and other skills related to theater. Short plays were made in groups giving flavor of local scenario and dialect. The group as a whole was shy in the beginning but later picked up pace. Some of the girls were rather smarter than boys. The Mobilization training was meant for the rural youth of Kherwada Block. This was organized by Jatan Santhan, Udaipur and funded by UNFPA (United Nations Population Fund), Jaipur and supported by the Government of Rajasthan through

Vilas Janve

Anganwadis.

The proposal of workshop was initiated by young and enthusiast professional Charu Bhati, Youth Activity Coordinator of Jatan Sansthan, Udaipur who was assisted by Krishna Baldev.

Ankur Kachawa, Programme Manager, Jatan Sansthan said "the participants of the workshop have been selected from the TEEN CLUBS functions in Kherwada block.



Kailash Brijwasi, Director, Jatan Sansthan informed "these young participants from rural areas have never been exposed to formal training in theater. We intend to involve rural youth in such important social issues and give wide publicity as well as participation through theatrical activities. Looking at the limitations of resources we think Nukkad Natak would play a pivotal role."

The message of Irina Bokova, Director General of UNESCO, the World Theater Day (March, 27) said "Theater has the power to move,

inspire, transform and educate in way that no other art form can. Theater relates to both the extraordinary diversity of cultures and our shared human condition in all its vulnerability and strength."

Looking at this Street Theater workshop, One cannot expect miracle from these inexperienced youth but their enthusiasm and concern would lead to optimistic path. Involvement of rural youth in such projects is a welcome deed. It should go a long way with more intensive training and sustained follow-up.

Indigenous Medicine:

Dr. Hemendra Singh Chandalia

Healthcare is an essential field of human knowledge. It is as old as human civilization. Different countries follow different methods of healthcare. In most cases the healthcare and medicinal knowledge is codified and well documented. It is a full-fledged field of knowledge which has well documented texts to rely upon. In India the dominant healthcare system is the western Allopathic system of medicine while Ayurved and Homeopathy too exist as alternative systems.

Besides these, there are some other not so well organized systems. They rely most on the oral knowledge passed from one generation to another by the word of mouth. The indigenous people of the world practice such system and cater to their needs. Though they treat almost all the maladies which occur in their surroundings, the so called civilized society, with its excessive reliance on the written word, does not acknowledge their worth and little effort is made towards their growth and conservation. World Health Organization defines traditional medicine as, "Traditional medicine is the sum total of the knowledge, skills, and practices based on the theories, beliefs, and experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness."

Traditional approaches to healing are holistic and consider mind, body and spirit. Medicine is distinguished from healing, which goes beyond mere treatment of sickness. As Donald Warne points out, it is somewhat ironic that modern physicians say they provide health care when they really treat diseases.

India is rich in the indigenous medicine and healing systems. We have a huge variety of ethnic and cultural communities living in different parts of the country, especially in rural areas, which have their own ways of healing. There are people who perform as healers of several ailments. They are known by different names like Tribal doctors, Bare Foot Doctors, Herbal Doctors, Folk Healers, Vaidyaji, or Gunis. Except Vaidyaji in the Brahminic tradition, who practice the well organized system of Ayurved and are also trained in some way, most of the people included in the above cited list are illiterate or slightly educated. They are not trained as Doctors or Health workers. The Ayurvedic stream consists of a codified system of knowledge with sophisticated theories and well documented texts to help and guide the medical practitioners.



Commonly used plants by Gunies

Local Name	Hindi Name	Botanical Name
Aawali	Amalaka	Phyllanthus emblica
Nomal	Maamajaka	Enicostemma hissiophyllum
Gilori	Amruta	Tinospora cordifolia
Nahar kata	Shatavari	Asparagus racemosus
Sirmi	Gunja	Abrus precatorius
Neem	Nimba	Azadirachta indica
Tulsi	Tulasi	Ocimum sanctum
Choti Adusi	Vasa	Adhatoda vasica
Kalathu	Kulathu	Dolichos biflorus
Nimbu	Nimbuka	Citrus lemon
Billi	Bel/Bilv	Aegle marmelos
Karmela	Amaltas/Aargvad	Cassia fistula
Punvadiya	Pavaar	Cassia fora
mal kangni	Jotismati	Celastrus paniculatus
Dholi musli	safed musli	Chlorophytum borivillanum
Atedi	Marod fali	Helictis isora
Adusa	Vasa	Justicia adhatoda
Hingvo	Sahjana	Moringa oleifera
Bhurengdi	Kantkari	Solanum xanthocarpum
Negad	Negad	Vitex negundo

The other stream is a folk stream which relies on individual knowledge and experience passed on from one generation to the other orally. They have a local identity and are satisfied with serving the community in the region they reside. The state neither certifies them nor prevents from their practices. These people help the suffering people without any monetary ambitions. To them it is a divine gift which they should use in the service of people around them. This folk medicine is used by Four Thousand Six Hundred Thirty Nine ethnic communities in India. (Shanker & Manohar 99)

The tribes of Rajasthan follow this system of healthcare in which they use herbs and plants for curing the ailments of the people. Dr. R.K. Deshwal engaged in documenting the ethnic medicines used by the tribal community's talks about the distinction of this system. In an interview he told that the mainstream medicine systems focus on treatments while the ethnic system focuses on keeping a person healthy through precaution,

use of certain portions of plants of various species and even then if somebody falls ill, it provides for methods of curing the ailment. It focuses on sustainability.

Dr. Deshwal works with the traditional medicine practitioners called Gunis and documents their medicinal system after ascertaining their effectiveness through scientific investigation. The Gunis know the plants and the parts of plants which are used for curing the diseases. But they do not know the scientific names, measurement in terms of new measurement units, and prescription on the basis of investigations done in modern pathological laboratories. He has prepared a list of plants easily available in South Rajasthan which have medicinal use and also given their botanical names so that the scientific community also can examine the results in their own ways.

There are several other plants which have medicinal uses. Dr. Deshwal says that the tribes in South Rajasthan use more than one hundred and Fifty species of plants in

Gunis Bhagwanji and Pratapi Bai

Pratapi Bai is yet another Guni, a practitioner of traditional herbal medicine. She lives in village Karakali, post Uttharda, via Bambora; Tehsil Salumber. She has the distinction of having cured the former governor of Rajasthan Ms. Margaret Alwa. Margaret Alwa was suffering from Knee pain and her husband was also critically ill. Pratapi Bai was invited by the Raj Bhavan and stayed there for six months to treat the Governor and her husband. Ms. Margaret Alwa got relief from her knee-pain while her husband who was in a state of coma could not only walk but even danced when the treatment was complete. Margaret Alwa was so pleased with her that she not only sanctioned a sum of Rs. Five Lakhs for a centre for traditional medicine called Guni Centre in Pratapi Bai's village but came there to inaugurate it.

Pratapi Bai is an expert in treating a number of diseases, especially diseases related to women's gynecological issues. In an interview she told the researcher that she learnt her science from her maternal grandmother Ms. Gumani Bai, mother Amba Bai and father Lal Maharaj. She has such nimble fingers that by sheer touch she can find out where is the pain in a patient's body. She can cure dislocation of bones, particularly collar bone among children. She told that she has developed an herbal farm in ten Bighas of land and is engaged in the sacred task of delivering people from pain. It is interesting to note that while state government is not much interested in this genre of traditional medicine some NGOs and individuals have taken up the task of documenting this treasure of knowledge. In Udaipur an NGO called Jagaran Jan Vikas Samiti has taken up the task of organizing this unorganized sector. Mr. Ganesh Purohit, founder of JJVS Udaipur talks about his efforts. He told the researcher that JJVS has succeeded in building up a network of 1124 Gunis (Traditional Health Workers) and 502 Daiyees (Midwives) in eight states of the country. The NGO has succeeded in registering thirty six herbal drugs with the state department of Ayurvedic Medicine. It has also set up 1500 herbal gardens across eight states.

In aboriginal cultures the healing systems are not just curing an ailment. They are essentially an attitude, a way of thinking and a philosophy of life that rests on the relationship between men, man and Nature and Man and his self. It has much to do with the psyche of man. Traditional Aboriginal care recognizes many more routes to healing than does Western medicine. Seven routes are commonly mentioned: Talking, Crying, Laughing, Dancing, Sweating, Yawning, and Yelling (giving vent to your feelings, not yelling at someone!) The healing relationship is based on a series of virtues: respect; humility; compassion; honesty; truth, sharing, hospitality and divine love. Much traditional healing centers around group ceremonies, including prayers, the sharing of a meal, the use of traditional medicines and practices such as sweat lodges. Healing also involves feeling part of a shared culture, of being outdoors and in connection with the land and with nature. The Cree of James Bay, for example, emphasize the interconnections of people and animals; hunters feel respect and love for the animals; a feast is a communal way to express this respect. The traditional lifestyle naturally encourages healthy eating and exercise. (The biophilia hypothesis and ecopsychology hold that humans have an instinct to connect emotionally with nature and that dissociation from nature has caused disease and social pathologies). This has led to the idea of land-based healing programs that seek to put people back in touch with nature.

their medicinal system. They have other means of treatment like milk of cow, camel, sheep, and various types of soil and water therapies, drum therapy, heated wire and slate therapy, massage, chanting of holy mantras etc. But all this knowledge is the property of their community. The Bio-diversity Act 2006 of the Government of India also considers community as the rightful owner of this traditional knowledge.

The researcher had the occasion to meet two of the Gunis, practitioners of traditional medicine. These are people with little or no formal education. However, they practice the medicine which they learnt from their

forefathers. One of them is Bhagwanji son of Hemraj Ji. He lives at village Vaas, Post Uttarda, Tehsil Salumber. With his knowledge of ethnic medicine he claims to have treated several patients suffering from diseases like Gathia, Pathari (Stone), Dama (Asthma) and Piles. He uses syrups and powder of bark, roots and flowers of different plants like Ashwagandha, Sarjana, Gokharu, Narkundi Semal Khip, and Samar Bel etc. to cure the patients. Bhagwanji told the researcher that the Ghee (Butter) made from the milk of sheep is very effective in curing muscular pain. One needs to apply it gently on the part of the body aching.