

Intolerance: A social evil

Intolerance is the most discussed issue these days. What is intolerance? When a child stops listening to his or her parents or teachers, when someone hits your car and you shout and misbehaves with him, that's called intolerance. Road rage, rape and acid attacks are extreme actions and unfortunately these incidents have become popular these days. In 80s and 90s Indian cinema portrayed an image of angry young hero who fought with social evils and imposed his ideas of intolerance. In 21st century Indian cinema has changed. Our society has faced many challenges since then. The worst is Intolerance.

Our country gives us the power to speak, to share our thoughts in a positive way but intolerance against speech is an alarming sign. When Malala was shot in the head by Taliban or Nirbhaya was raped brutally in a moving bus, humanity cried and intolerance won. Behavior study and research reveals that violent behavior is genetically programmed into human nature. Human brains are more destructive than nuclear bombs. War is caused by instinct or any single motivation. Hitler was a dictator and his intolerance against a particular religion caused two world wars. Aggressive behavior sometimes does severe damage to social system. People of different cultures and religions live in this world. Diversity must be respected. It makes our life richly meaningful. Unfortunately we have witnessed many violent confrontations over water, land and other resources in daily life. World is shrinking and so are our patience and tolerance against each other. What we achieve at the end is destruction.

All of us dream to work in Europe or America but we can't tolerate their religion and easily comment on their food or culture. There is no harm in eating non-vegetarian food. Its personal choice what one should eat or which religion one should follow. I have heard the funniest comment when a female said that non vegetarians cannot think positive. I cannot take her name here but this really made me think that we are living in our own worlds where we easily assume about anything we don't like. Intolerance starts from here.

We teach our children to stay away from those who eat non-vegetarian food. How will these children learn to tolerate other religions and food habits? Food has the power to divide us. We can easily learn from other cultures and religions but our intolerance and hatred stop us from evolving. Poverty is not a problem to the developing world. Lack of patience and intolerance are major issues. No one can become a suicide bomber or a terrorist in a day. Attitude and atmosphere play major roles to turn a human being into monster. Differences of cultures and religions that could enrich our life instead become the target of attack.

Today I woke up and turned on a news channel and I saw images of Paris attack. Humanity is killing humanity. Buddha said that what we think we become. A child who bullies other children while playing or a female commenting on another female's character is creating destruction. When intolerance becomes madness, terrorism occurs. Terrorists learn to kill others who come in their way. They have been taught to disrespect other religions. They learn to destroy humanity and motto of their life is to take life.

War, terrorism and destruction are not the permanent solutions. Legacies of history teach us that peace and resilience can create a better world. King Ashoka took the path of peace and became immortal. Kalinga war left a blur on his name but correct vision and tolerance made him a King in true meaning. Arrogance and ego should be avoided in daily life. A damaged car can be repaired but relationships cannot be repaired. Sorry and forgiveness give us peace of mind. Learn to respect others personal lives and choices. This makes our life easy and worthy.

Diwali get-together held at UCCI

Udaipur: "Deepawali Sneh-Milan Karyakram" was organized by Udaipur Chamber of Commerce and Industry. Honorary Secretary General Mr. Jatin Nagarsaid that Deepawali Sneh-Milan Karyakram has been organized for UCCI members at UCCI's environment park. Members of UCCI attended the ceremony with their family and wished each other a happy Diwali. On this occasion, new members who joined UCCI were greeted. In the summer program, specialized in industrial and commercial companies and organizations that achieved the honor on behalf of the UCCI, including Hindustan Zinc, Birla Corporation, Shriram Rayons, Aravali Minerals, corporate channels, Advay Solutions, Sisodia Manure Mills, Udaipur Marble Processors Committee, PIL Italica Lifestyle Ltd., Workspace Metal Solutions, KS Automobiles, SS College of Engineering etc were honoured.

MMPS shines in DST



Udaipur: Science and technology department of Udaipur had organized a district level science model making competition on November 3. Ad Maharana Mewar's Shivani Moondara of class 10th stood first while Anik Chakraborty of class 11 stood second in individual category. In the Group category, Yash Talesra and Adit Chhapparwal of class 10 stood second. Rakhi Trivedi who is a teacher of physics also participated in Teaching Ad competition and won the first prize. All these winners will also participate in state level competition to be held next month.

PremRatanDhanPayo' seen by local artists

Udaipur: Shot in Udaipur, SurajBarjatya directed and Salman Khan starrer PremRatanDhanPayo' was seen by 150 local, who also worked in the film, on the first day first show on Friday and appreciated their art and talent. Rajasthan line producer MukeshMadhwani and Anil Mehta informed that from this family film, many of the local artists were linked directly and indirectly who evidently worked really hard and showcased their talents. SurajBarjatya and the whole team was invited for the screening but since being busy at Mumbai, they could not attend the event.

"SUR PRABHAT" Spellbind Listeners ...

At the dawn of Sunday, the 15th November, music lovers of the city got together in Gulab Bagh for the second edition of "SUR PRABHAT", the monthly early morning music concert. Shri Partha Sarkar, young flutist from Ahmedabad showcased his remarkable talent rendering the Raga 'Lalit' and 'MangalaBhairav'. Disciple of Padmavibhushan Pandit Hari Prasad Chaurasia and Guru Pandit Ulhas Kashalkar (noted vocalist), Partha has a wonderful command on his flute. Using his perfect amalgamation of melody and rhythm Partha mesmerized his audience.

The second half of the concert showcased classical guitar recital by Shri Shah Nawaz Ahmed Khan, another young talent from New Delhi. At very young age, Shah Nawaz has made his place amongst the most creative and talented musician of his age. He designed his guitar himself by modifying its form, inspired by Sitar and 'Gayaki Ang'. He played Raag 'Nat Bhairav' and 'Miyani Toddi' with utter professionalism. He imbibed all the elements of Gayki of Kirana Gharana on his string instrument. It was a treat to listen to these young musicians of India. Pandit Ram Krishna Bose, a senior exponent of Udaipur accom-



panied them on tabla. Pandit Bose with his vast experience and fine grip on Tabla added to the great sound that echoed in the Gulab Bagh's lush green lawns.

As scheduled the program started at 6.45 and enthralled the audience for two hours. Honorable Home Minister of Rajasthan, Shri Gulab Chand Kataria graced the occasion and congratulated the organizers of 'Sur Prabhat'. This was also a rare opportunity to see the Mayor, Shri Chandra Singh Kothari with three of



his predecessors, Smt. Rajani Dangi, Shri Ravindra Shrimali and Shri Yudhishtir Kumawat. Speaking on the occasion, Shri Anand Kekre, Founder Director and CEO of Creanara.Com informed that the suc-

cess of "Sur Prabhat - Ahmedabad" and the whole hearted support of Udaipur Municipal Corporation energized Creanara.Com to start this noble activity in Udaipur. Shri Ankit Arora, the Co-director of Creanara informed that the objective of such morning musical concert is to spread the positive energy and harmony in the society through the inherent power of music and arts.

The concert was attended by many musicians of Udaipur besides the masses. The Mayor, Shri Chandra Singh Kothari was pleased with the success of the event and congratulated Creanara.Com to organize such an activity. However, he announced that the next "Sur Prabhat" would take place at Fateh Sagar's Pal to increase its visibility and give more people the opportunity of enjoying such musical mornings.

As the host of the show I am delighted to be part of such an inspiring initiative. It gives me opportunity to interact with new artists and to share the joy of listening to music with Udaipur's residents. It was only the second edition of 'Sur Prabhat' and it has already found a respectable place in the hearts of Udaipur's connoisseurs of music.

Irregularity in Menstrual cycle is not right : Kshitiz Murdia

There are three stages in every woman's life that are most important. The first is when the menstrual cycle begins, the second is when she becomes a mother and the third is when the menstrual cycles becomes irregular and stops. It is concerned with the three-phase cycle. Irregular menstrual cycles can result to physical as well as mental and emotional problems.

What is menstrual cycle?

The menstrual cycle is the monthly series of changes a woman's body goes through in preparation for the possibility of pregnancy. Each month, one of the ovaries releases an egg—a process called ovulation. At the same time, hormonal changes prepare the uterus for pregnancy. If ovulation takes place and the egg isn't fertilized, the lining of the uterus sheds through the vagina. This is a menstrual period. The beginning of this process happens from 11 to 15 year and the first menstrual cycle is called menarche and the last menstrual cycle is called menopause.

Normal menstrual cycle

The menstrual cycle, which is counted from the first day of one period to the first day of the next, isn't the same for every woman. Menstrual flow might occur every 21 to 35 days and last two to seven days. For the first few years after menstruation begins, long cycles are common. However, menstrual cycles tend to shorten and become more regular as you age.

Menstrual cycle disorder

These irregularities may be related to the menstrual cycle.

- Polimenorrea: periods at an interval of 21 days
- Hypomenorrea: less than two



days of bleeding during periods • Metrorrhagia: bleeding after periods which is called the intermenstrual bleeding • Amenorrhoea: an abnormal absence of menstruation • Oligomenorrhoea: irregular or infrequent menstrual periods with intervals of more than 35 days • Menorrhagia: excessive bleeding during menstrual cycle

Menstrual cycle irregularities can have many different causes, including:

- Hormone imbalance
- Tension
- Pregnancy or abortion
- Uterine fibroids
- Eating disorders, extreme weight loss or excessive dieting
- Polycystic Ovarian Syndrome (PCOS)
- Pelvic inflammatory disease (PID), an infection of the reproductive organs can cause irregular menstrual bleeding
- Structural problems such as uterine or polyps fibroids
- Bleeding Disorder such as leukemia, platelets associated smearing and ghosting artifacts
- Liver Disease
- Endometriosis
- Adrenal gland or ovary tumors

How to track menstrual cycle?

To find out what's normal for you, start keeping a record of your menstrual cycle on a calendar or with the help of a smartphone application. Begin by tracking your

start date every month for several months in a row to identify the regularity of your periods.

If you're concerned about your periods, then also make note of the following every month:

- End date: How long does your period typically last? Is it longer or shorter than usual?
- Flow: Record the heaviness of your flow. Does it seem lighter or heavier than usual? How often do you need new sanitary protection?
- Abnormal bleeding: Are you bleeding in between periods?
- Pain: Describe any pain associated with your period. Does the pain feel worse than usual?
- Other changes: Have you experienced any changes in mood or behaviour? Did anything new happen around the time of change in your periods?

Complications related to menstrual cycle:

Women who have irregular menstrual cycle may have polycystic ovarian syndrome, polyps and uterine fibroids which can cause health problems. If timely treatment is not provided, then endometrial hyperplasia, lower bone density, iron deficiency and other health problems may occur, if • Your periods suddenly stop for more than 6 months and you're not pregnant • Your periods become erratic after having been regular • You bleed for more than seven days • Your periods are less than 21 days or more than 35 days apart • You bleed between periods

Excessive bleeding can lead to iron deficiency which then leads to anemia, fatigue, paleness of skin, lack of energy, breathlessness, in which case you must contact a doctor immediately. Remember, tracking your menstrual cycle can help you find out what's normal for you and what isn't. If you have questions or concerns about your menstrual cycle, talk to your health care provider.



Acharya Tulsi's new dimension to mankind

Udaipur: Acharya Tulsi has contributed a lot in his lifetime. Acharya Tulsi has worked for the moral awakening. The idea this morning on the occasion of the birth centenary celebrations of Acharya Tulsi Terapanth situated at Anuvrat Chowk, swetambar Terapanth Bhawan gathering organized by the Jain temple in the Synod expressed by the people of the society. On this occasion, Acharya Rishiraj's disciples descended Mohanlal Bamb was greeted at the 35 fasting penance. Rakesh Muni said that the figure of 11 was very important in the life of Mr.

Acharya. Esoterically at the age of 11 at the age of 22 was elevated to the post of the Acharya. Then the monk-nun-made source of education in the Union. Acharya Mahapragya got them as allies. From the outside to the inside as opposed suffered and Shiv drinking poison. This day was also the beginning of Shramana initiation. Prince Ftawad chairman Acharya Tulsi had brief life. Deep Kumar Muni, Muni Sudhakar Terapanth Youth Council Chairman Deepak Singhvi, Mahila Mandal's deputy president Suman Dagla also expressed their thoughts.

Mind-blowing presentations in Dance Evening

Udaipur: Dance Evening was organized at Celebration Mall. The city's Sumit Academy of Dance Arts (Sada Group) presented dance performance and people enjoyed to the fullest. The group danced to Yo-Yo Honey Singh's famous 'Blue eyes, hypnotize terikartihai menu..' along with 'yehmoh-mohkedhaage..' 'lat lag gayilaggayi..' 'haale dil..' 'mainkamli..' 'bismilbismil..' etc. During this, this program became the main attraction for people shopping in the mall. Dance group members one by one on the hit dance numbers ever fusion, contemporary and sometimes hip-hop and Bollywood dance style ever presented by the children were thrilled by the large. The dance group included Kavish, Pranay, Nutan, Bharat, Rani, Dhananjay, Lavi and Sonu. The group also presented Zumba.

Leave Addiction & Save Nation "11 F" of Addictions : Dr P.C.jain

Udaipur: For Two days plays and presentations on awareness on De addiction were shown to the Boys & Girls of N.C.C. cadets of National Integration Camp which was organized by 10 Raj. Bt Of NCC at Padam Pad Singhania University, Bhatewar. 600 Girls & boys of different states of the country attended the 12 days camp. Dr.P.C.Jain a senior Medical Practitioner who is active in de-addiction of the drugs, alcohol, tobacco, etc & Roof Top Rain Water harvesting since last two decades gave his presentation on both days & two small Plays (Lagu Natika) Nashadi Ki Maut (Death of an Addict) is the play in which the family is so fed up by the addict daily nuisance that at the time of his death they garlanded his body

with Malas made of Bidis, Tobacco pouches, Empty bottles of wine, Gutkha, Cigarettes while weeping on his death. Posters of different kinds of addictive substances were shown to the cadets to be aware of these substances which damages every part of their body. Participants in the play were 8 girl cadets & two boys among the 300 cadets attending this first day de-addiction aware programme. They sung a Nasha Geet "Roga ro sankat awawa walo re nasha ne chodo re "while dancing.

He gave the example of his college time when one morning he heard the noise of some body vomiting in the bathroom ,when he went & saw that his one of the class fellow is down in the basin of bath room full

of blood, he called his other colleagues .Then he was taken to the medical college hospital, where all staff & students did their best to save his life. we all classmates donated 22 units of blood including Dr.P.C.jain but could not save his life .He expired after 22 days of struggle with life. Most probable reason for his uncontrollable bleeding from mouth was excessive alcohol consumption at a time which may lead to such bleeding leading to death. He advised not to get prey to any addiction promoted either by Family, Friends, fashion, Fun, Frustration, Free, freedom, Festival, faith fear, Films, the 11 "F" of addiction. Don't please others for their pleasure & spoil your own life .

He advised to cadets to save first

himself then others by saying "No" to any kind of addiction .On second day a "Living Exhibition" was shown to another group of 300 cadets in this 20 girls cadets were given different posters on various addictions ,their bad effects on the body , in the family etc. Every cadet came to dias and shown this to audience with explanation .Then Dr P.C.Jain who himself acted the role of Dada of the family conducted a play "Me nasaadi se shadi nahi karungi "in this the girls first like the boy & agree to date with him but when she come to know that he is alcoholic ,smoker ,chews Tobacco ,she refuses to even get engaged with him. She comes crying after dating and hury to her mother & says I will not marry this addict

boy, then the whole Boys family apologues but request to give their girl as they like her & there are no girls available now .they promise that their son will be de addicted ,till then please don't give your daughter to any one else. At the end of this Lagu Natika another Nasha Geet with Nasha Nritya was played by all the participant cadets, Miss Sweta, Savita, Pooja, Pinki, Neha, Saloni Mr Tushar, Pankaj, Sarjeet took part in this play & Nritya natika.

They all took pledge in writing that they will not become addict & save others also from addiction. Mr Girish Tivadi assisted in this programme.

Col. Rajesh Sharma & Col Sandeep Gupta facilitated Dr P.C.Jain for his presentations & Plays.