

RI & Much More

Dr. Arvinder Singh Selected as National Speaker

Udaipur: Dr Arvinder Singh, CEO of Arth Diagnostic, Udaipur, conferred with an honor by the Association of Practicing Pathologists (India) at a conference held at JW Marriot, Mumbai. He was selected as the National Speaker at the Conference.

Speakers from across the nation were selected on the basis of their specialization, research and merit. Dr. Arvinder was the only one to

be selected thus, from Rajasthan.

Dr Arvinder presented his paper on Reticulocytes, a type of Blood Cell. His paper explained how reticulocytes in its various forms can give information on Anemia and Bone Marrow, leading to treatment and results in 3-4 days, as compared to the earlier 20-30 days lead time. This does not require a puncture to the bone and is a painless diagnosis.

Two papers have already been published on this in International Journals, by Dr Arvinder earlier.

Health secretes

Lose weight through Keto Diet

Hritu sodhi : Shaping up your body once again is not easy. Every month I come across thousands of adds on social media about losing weight in few weeks.

I have tried many diets and reduced weight three times in my short lived life. But every time weight and fat came back.

Suddenly I came across Keto diet that is getting popular worldwide. Ketogenic diet is a high fat, adequate protein, low carbohydrate diet. The diet forces the body to burn fats rather than carbs. Normally, the carbohydrates contained in food are converted into glucose which is then transported around the body and is particularly important in fueling brain- function.

However, if there is very little carbohydrate in the diet, the liver converts fat into fatty acids and ketone bodies. The ketone bodies pass into the brain and replace glucose as an energy source. An elevated level of ketone bodies in the blood, a state known as ketosis. A great deal of research is being done on ketosis as it relates to disease, because ketone bodies have some very beneficial effects on the human body. Increasing the rate of metabolic ketogenesis is an effective treatment for many disease conditions, because the presence of ketone bodies in the blood improves our health at the cellular level, specifically in the function of cellular energy pathways and mitochondrial health. Ketogenic diets are now being used to treat medical conditions such as diabetes, epilepsy, autism, Alzheimer's, cancer, thyroid and other problems and much of the success of these treatments is rooted in these cellular effects. Ketosis is simply a normal metabolic pathway in which the body cells utilize ketones to make energy, instead of relying on sugar or carbohydrate. In fact, humans developed an evolutionary ability to burn ketones as an adaptation to periods of time when food was unavailable. Many studies show that this type of diet can help you to lose weight and improve health. The ketogenic diet (keto) is a low-carb, high-fat diet. It lowers blood sugar and insulin levels, and shifts the body's metabolism away from carbs and towards fat and ketones. There are several versions of the ketogenic diet. The standard ketogenic diet (SKD) is the most researched and most recommended. Infact, research shows that the ketogenic diet is far superior to the recommended low fat diet. One study found that people on a ketogenic diet lost 2.2 times more weight than those on a calorie-restricted low-fat diet. Triglyceride and HDL cholesterol levels also improved.

The ketogenic diet can boost insulin sensitivity and cause fat loss, leading to drastic improvement for type 2 diabetes and prediabetes. Aketogenic diet may provide many health benefits, especially with metabolic, neurological or insulin-related diseases.

Foods to avoid while following Keto diet.
In short, any food that is high in carbs should be avoided. Sugar, fruits except small amount of strawberries, all grains and starches, pulses, kidney beans, chick peas, peas, root vegetables (potato etc), unhealthy fats (vegetable oils and mayonnaise etc), juices, alcohol and sugar free tablets.

Food to eat:
You must be thinking that everything is prohibited in this diet so what should we eat to maintain health and energy. Don't panic as Keto diet gives you many healthy options. You can have meat, chicken, fatty fish, turkey, whole eggs, butter, cream, unprocessed cheese, healthy oils (coconut oil, avocado oil, extra virgin olive oil, fish oil etc), nuts and seeds (almonds, walnuts, chia seeds, pumpkin seeds, flax seeds), green leafy vegetables, bell peppers, tomatoes, onions, mushrooms and, healthy herbs, spices, salt and peppers.

You have many options whether you are non vegetarian or vegetarian.

Always try to rotate the vegetables and meat over the long term, as each type provides different nutrients and health benefits.

Tips for eating out on a Keto diet:
Most restaurants offer some kind of meat or fish-based dish. Order this, and replace any high-carb food with extra vegetables. Egg-based meals are also a great option, such as an omelet or eggs. You can have bunless burger and replace fried potatoes with green vegetables or healthy salads. For dessert, ask for a mixed cheese board or double cream with berries.

A ketogenic diet can also change the water and mineral balance of your body, so adding extra salt to your meals or taking mineral supplements can help.

Have plenty of water while on Keto diet. You can have lime water with salt as prescribed by your dietitian.

It's really important to understand your body and consult a good dietitian or doctor before starting this.

My article contains general information about Keto diet and it is based on information collected from various sources.

A ketogenic diet can be great for people who are overweight, diabetic or looking to improve their metabolic health.

It may be less suitable for elite athletes or those wishing to add large amounts of muscle or weight. And, as with any diet, it will only work if you are consistent and stick with it in the long-term.

A Powerful Play

Vilas Janve

Mewar is known as the land of Maharana Pratap, but it also a land of creative artistes who have deep regards for Maharana Pratap. Out of their profound respect towards the phenomenal personality of Maharana Pratap, they prepare and present events on various inspiring aspects of Maharana Pratap. Recently a play 'Pranveer Pratap' was staged by 'Madan Leela Parivar' and 'Naadbrahm' at Mohan Lal Sukhadiya University auditorium. The play was written by Pandit Girharilal Shastri and Moolshankar Manishankar Yagnik and the script was further improvised by Mahesh Ameta and Shivraj Sonwal. They clubbed Digital and theatrical aspects by putting LED Screen in the middle of the stage. Scenes of Akabar's court and palace were shot and mixed with visuals of battles while others scenes were enacted by the actors on sug-

gestive sets. Concept Designer and Director, Shivraj Sonwal used symbolic sets with realistic costumes and get up. It revealed his depth in subject and hard work. He skillfully managed to control the screen and stage. The technical and back stage workers did commendable job.

The contents of the play were much known; hence involvement of audience was at very high level. Spectators occasionally heralded the slogans, "Jay E Kling Nath" and "Maharana Pratap ki Jay" giving tribute to the great beloved Maharana. Acting wise Naveen Jeengar, protagonist Maharana Pratap was very expressive. His physique suited for the role. Satish Ashi as Akabar and Bheem Singh Dodia was too impressive in both the roles displaying emotions with full accuracy. Mahesh Ameta as Prithviraj Rathor displayed versatile talent. Fateh Singh Rathor as Bhilu Rana did his best despite leg injury. Ramesh

Pranveer Pratap



Nagda show cased his talent in two roles of Mansingh Songara and Bhama Shah. Ravi Sen as Amar Singh and Amit Vyas as Shakti Singh exhibited their good gestures. Vijay Singh Gurjar as Jhala Maan and Hari Krishna Siyal as Raja Man Singh lived their characters considerably. Kajal Verma as Rani Ajabde Panwar, Ghanshyam Singh Solanki as Krishna Singh, Gajendra Singh as Rajput Sardar, Shibli Khan as Khankhana, Kushagra Saruparia as Jait Singh along with other actors like Parth

Pandya, Sachin Bhandari, Yash Naruka and Prakash Dhakad justified their roles. Cinematography and editing was done carefully by Kailash Paliwal and it left impact on viewers. Art direction and stage decor was done by Sandeep Sen which helped actors to move smoothly. Hemant Menaria could not do much with his limitations. The auditorium may be fit for musical concerts where the artistes keep mike close to their mouth, but for drama the acoustics are not suitable. The important dialogues were

missed by the audience. Similarly the depths of the stage become hindrance for proper lighting. If actors had movements and dialogues at down stage either they were in dark or their shadows were covering faces of co actors. Mahesh Ameta is a brilliant artist who proved his worth in improvising script, costume, make up and music but handling many forts in running drama has some drawbacks also which reflected in his singing. Handling such a big caste requires high level of patience and cooperation for

which Nad Brahm team is better known. But such plays with big caste require more than 3 rehearsals on stage with light and sound effects. The hall of MLSU can accommodate more persons but does not provide good sound quality. Better it would have been to stage 3 shows at Darpan auditorium of Shilpgram instead. Theatre lovers of Udaipur can pack the hall for even more shows if the quality is good. Big cities have many repeated performances of various plays. Such practice can be adopted by the becoming smart city.

Newborn gets life at PIMS

Udaipur: Pacific Institute of Medical Sciences (PIMS), Hospital Umarda doctors and nursing workers gave a new lease of life to a new born.

Ashish Agrawal, vice-chairman of PIMS informed that Lasadiya (Udaipur) resident Devilal's one and a half month old son Laxman on not getting mother's breast milk after she suffered a serious illness caused malnutrition, infection and affected kidneys and was brought to PIMS on the last days of May 30 in a critical condition. Even fam-

ily members of the child had left the hope of the child living. After admitting the child in PIMS, Dr Vivek Parisar, Rahul Khatri and team spread the word, immediately began treatment. Gradually eliminate child infection and kidney function has come to undo. When the child was admitted and her weight was 1.6 kg and 2.6 kg, has now increased weight gain during treatment. According to them the child is still healthy even only when fully healthy that the baby will be discharged from the hospital.

Udaipur Planning Golden History Of Water Self-Sufficiency

Udaipur: (Pavan Sharma) Udaipur district chief in ongoing operations under water self drive speed, depending on the nature and quality of agriculture, drinking water, irrigation, tourism and industrial development of the new chapter is being written.

New foundation for development is getting readied

Chief Minister Smt. Vasundhara Raje divine and, as a result of many years of thinking unusable during the rainy season every year again flows in the oceans have absorbed large amounts of storage in the form of nectar waters of the sacred sacrifice of growth is completed and a new story to write used to be.

Rising from the lap of Aravali in Udaipur district in the flow of large amounts of water and

move away from the past several years, farmers faced acute scarcity condition. Not here for years due to lack of water and the ground water level has gone down several meters despite the availability of resources for irrigation farmers helplessly endured the wait for the next rainy season helplessness are common.

Minister of Water district 11 thousand 490 self-help campaign accepted a large number of diverse water conservation works in the minds of every class, has given new hope. The far-reaching and pleasant consequences in the upcoming rainy season will be in front of everyone.

District Collector Rohit Gupta and Chief Executive Officer Avichal Chaturvedi of the guidance and tireless efforts

Pooled campus drive organised

Udaipur: Aravali Institute of Technical Studies organized a pooled campus drive at its campus for students who completed their degrees and diplomas. This drive saw heavy participation of students from Udaipur, Bhilwara, Kota and Durgapur.

4 prominent companies: Tech Mahindra, Jindal Electricals, CMS IT Services and ARN Infotel took part in this pooled drive. Candidates were selected on the basis of their personal interviews.

7 thousand 756 works have been completed in the district, and 1 thousand 726 jobs are set to be completed before the monsoon rains.

Every section in the campaign associated with the development of the district farmers, representatives, officers and employees, student, businessman, entrepreneur and the inspiration of the resolution related to the welfare of the masses connected to the government's involvement in meeting the unique ritual welfare Nazir is offered.

Surrounded by mountain ranges and humid agricultural land Udaipur district is an area of land availability. This drive towards a rainwater collection will surely set a new precedent.

Dealers and press meet of Poly Cab held in Udaipur



Udaipur: Leading company in Wires and cables manufacturing play cab organized a press meet and later dealers conclave in Udaipur at Ambience hotel. . More than 200 attended the dealers meet where the officials not only interacted but able to understand company's products and future plans .

On this occasion, the company's chief executive Bhusan Sahni, said the company is committed for providing all with quality products in

this competitive era of the market . he further added that

"With the launch of this campaign we intend to take our brand promise 'Connection Zindagi Ka' to the next level. In this campaign we have taken an everyday scenario in a family where the head of family is trying to save. Today safety is hygiene and what consumers expect beyond safety is savings. Also in the face of escalating electricity costs the consumer stands benefitted by using Polycab wires."

Refresher Course at Rajasthan Vidyapeeth

Udaipur: Janardanrai Nagar Rajasthan Vidyapeeth operated Anganwadi worker training center operated by the six-day refresher training organized by the end of Saturday was chaired by the chief Bhanwar Lal. District in-charge Kunwar Nanda Pratapgarh district in-charge of the center, said the camp's small Saddi, Arnaud, Peepkunt, Deogarh, Dhariavd project total 40 women took part in this training camp. Chairing Bhanwar



Lal Gurjar said Anganwadi worker as a strong female social worker and consultancy work in the village, and the children related to education

and related activities organized at Anganwadi children try to increase the number. He said that the women of the village Anganwadi women Environmental Protection, Clean India, household latrine and May the information on their rights. Guests at the ceremony certificates were distributed to women. Kunwar Nanda ceremony conducted the ceremony and vote of thanks was given by Smt. Sarita Vasita.

By the way :The power of Good Anger is incognito

Anger is powerful. With the best use of anger, women can clarify their objectives and anger can guide us to safety. However, in the worst use, it takes a toll on our health, happiness, and affects our loved ones in negative ways. Women need to learn to utilize anger for its benefits and understand its biological and emotional roots.

Our society dont accept women who seem to be angry or loud but on the contrary society seems to accept men who tend to be more aggressive to be protective. Many people can ignore a man who explodes with anger, but women who voice their anger are frowned on.

Are we hypocritical?
People dont want to get associated to highly irritable and destructive persons.

But my point of view is slightly different from common people. Anger can be used as a good weapon against those men who try to sexually abuse a woman.

I have seen many people who take advantage of soft hearted females. They are easily being targeted and

approached with clumsiness of mind.

Madhu joined a multinational company. Within a week she became friends with half of her team mates. Saurabh, her colleague, took her open nature as an invitation and tried to be over friendly with her. Madhu did not understand his intentions and agreed to accompany him to a late night party. Saurabh mixed some drug into her drink and raped her in a hotel's room.

Now what would you say?
I know destruction and aggressive behaviour is not good for anyone but for a woman it can be a safeguard in many situations. Most of the males dont understand that women have equal rights to show their emotions and those who talk with a smile are not sexual and easy targets. Here anger can help a woman to keep these type of males away.

The philosopher Aristotle certainly thought that anger was good for a person. In the "Nicomachean Ethics," he wrote, "The man who is angry at the right things and with the right people, and further, as he ought, when he ought, and as long as he

ought, is praised." Aristotle is right. Anger can be good for you because it's designed to protect us, our relationships and our way of seeing the world. In the everlasting battle between right and wrong, the bodily effects of anger are meant to tell us that something's wrong. Think of anger as your own personal police force or sheriff, riding into town when injustice has been done. It is the best weapon to be used against injustice.

Anger is best viewed as a tool that helps us read and respond to upsetting social situations. Research overwhelmingly indicates that feeling angry increases optimism, creativity, effective performance and research suggests that expressing anger can lead to more successful negotiations, in life or on the job.

How to manage good anger?
Caution around anger is certainly smart, as is the knowledge that it should not be overused, or used with everyone. With these reservations, the expression of authentic anger can be entirely appropriate with certain people in certain situations. The question is how you do that without

letting it go too far. What is the right way to get mad?

Keep checking yourself by asking, Is my anger harmful or helpful to deal with a particular situation?

There is lot of difference between anger and rage. Good anger can save you from indulging in bad situations while rage or bad anger can make you devil.

It is important to make a distinction between healthy anger that propels you to action for your safety and promotes growth, and the anger that is gratuitously destructive. When anger is used to feel powerful, to control and to humiliate just so you can feel superior, that is neither useful or satisfying for very long. Anger is useful if it comes as a signal to alert you, that you are being used, taken advantage of.

Ria found herself getting furious when family and friends expected her to do things for them and never considered her feelings. Her rage would be out of proportion to the trigger that sparked it. She ended up scaring those around her and came on conclusion that her family members



stopped using her unnecessarily.

Recognizing healthy anger and getting benefits are really important. Anger is good when you find yourself swallowing your feelings when a loved one, or one in authority imposes their views and demands on you or when you get sick and tired of giving priority to the needs and wants of someone else, in the vain hope that they will reciprocate.

Always remember to keep fine line between good and bad anger. Honour yourself with good anger and dont bully weaker persons. I hope my article showed a different perspective of anger. Now women of modern world can use this weapon without feeling guilty.