



Ask for Zinc ZINC, the Anti-Ageing Miracle Mineral



Present in the top layers of the skin, Zinc assists antioxidants by preventing new free radicals from damaging the skin, and essentially prevents wrinkle formation at the molecular level. It strengthens the cell membranes and brings new youthful cells to the surface. The regulation of cell turnover depends on Zinc.



Due to Zinc's anti-ageing properties, it is incorporated into supplements and used as an additive in anti-ageing cosmetic products. Responsible for specific aspects of cellular metabolism functions, protein synthesis, cell division and cellular repair, Zinc's benefits and effectiveness for ageing skin cannot be overstated.

While we cannot control the process of ageing but we can certainly slow down the process by ensuring the intake of those nutrients that our body needs for reducing damage and supporting tissue repair.

Anti-ageing skin supplements can be divided into five categories - Vitamins, Minerals, Omega-3s, Phytonutrients and Probiotics.

According to studies, one of the major minerals that acts as an antioxidant and is essential for collagen formation is Zinc. It promotes efficient healing of skin infections, is important for tissue strength & repair and helps normalize sebum production.

As one ages, the turnover time of the skin cells becomes a lot slower. Zinc is in fact present in the skin and gives the primary protection in case of damage or inflammation in the skin. It also brings new youthful cells to the surface. The regulation of cell turnover depends on Zinc.

Zinc also strengthens the cell membranes and may help protect from unwanted cellular invasions from toxins or harmful cells. Zinc stays on the top layers of the skin and helps prevent UVB sun damage. It assists antioxidants by preventing new free radicals from damaging the skin. This means Zinc is essentially preventing wrinkle formation at the molecular level.

Zinc deficiency is a known trigger of ageing and chronic illnesses. It can develop with age and lead to a weakened immune system, increased inflammation and can also lead to heart disease, cancer and diabetes.

According to studies by National Center for Biotechnology Information, remarkable parallels have been drawn in the immunological changes during ageing and Zinc deficiency. These include a reduction in the activity of the thymus and thymic hormones, a shift of the T helper cell balance toward T helper type 2 cells, decreased response to vaccination, and impaired functions of innate immune cells. Most of these studies do not classify the majority of elderly as Zinc deficient, but even marginal Zinc deprivation can affect immune function. Consequently, oral Zinc supplementation demonstrates the potential to improve immunity and efficiently downregulate chronic inflammatory responses in the elderly.

A study by Tufts University found that improving Zinc levels in elderly adults did appear to boost T-cell numbers and immune response activity.

Zinc also discourages bacterial, viral, and fungal growth in the body. The importance of these functions of Zinc, in relation to encouraging healthier skin, is that Zinc can help prevent pimples, acne and infections. These are often nasty reminders that what we are doing isn't working for our skin, usually a combination of the wrong skin care products, poor nutrition, hormonal changes or various types of systemic inflammation.

Consuming foods rich in Zinc is beneficial for proper nutrition and prevention of ageing skin. Animal food sources are the primary source of Zinc. Whole-grain breads, cereals and beans contain trace levels of Zinc, but the presence of phytates in these foods bind Zinc and inhibit its absorption, which is why vegetarians may have a harder time getting enough Zinc in their daily nutrition regimes. Meats such as oysters, Angus beef, crab legs, lobster and roast chicken provide an abundant source of Zinc. Other sources of Zinc include legumes, nuts, oats, spinach, avocado, mushrooms, peas, garlic, pomegranate, dark chocolate etc.

Ideally, the food we consume provides us with all the nutrients. However, many of our diets lack the much needed fruits & vegetables due to poor produce or improper intake. Since we are unable to consume these key sources of vitamins, minerals and antioxidants on a regular basis, intake of nutrient supplements can help fill these gaps in the diet.

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A Two-Day Conference On Corneal Transplant Surgery Held

Udaipur: Advance Lamellar Keratoplasty has brought a new revolution in the world of eye surgery. This surgery has given the entire medical world the ability to offer a new thought that the lost eyesight can be regained without complete cornea transplantation. This revolutionary medical intervention was performed in a two-day National Conference on Corneal Transplant Surgery in joint consultation with Alakh Nayan Eye Hospital Pratap Nagar and Udaipur Ophthalmology Society in Udaipur on 17th March Saturday and 18th March Sunday. Dr. L. S. Jhala, Medical Director, Alakh Nayan Eye Institute said during the conference that there was a training session with live surgeries at Alakh Nayan Eye Hospital & Institute's Pratap Nagar Centre held on Saturday, in which the five famous surgeons of the

country performed live surgeries of eight-year-old child in a Live Surgery Workshop. The child got his vision again and a ray of happiness filled his heart. In the Live Surgery session, eminent faculty performed various corneal surgeries in front of the doctors of various hospitals of Udaipur, including renowned eye surgeon from across the country. He said that until now the complete cornea was transplanted to restore the lost eyesight, but now the only required layer of the cornea is implanted, instead of completely transferring the cornea. There are many benefits of this. One that the Cornea is saved and other that it can be used for more than two people. This medical practice is being practiced in the US and UK. It is being successfully used in selected metropolitan cities and after Jaipur in Rajasthan this facility is available only at



Alakh Nayan Eye Institute. Dr. Nitish Khatoria, Cornea Specialist of Alakh Nayan Eye Hospital, told that one million people need a corneal operation. We have to increase the awareness of eye donation. There were question-answer sessions on this occasion. Dr. K. K., Siddharthan (Coimbatore) Dr. Vikas Mittal (Ambala), Dr. Jatin Asher of Mumbai, Dr. Ashish Nagpal of Ahmedabad, Dr. Nitesh Khatoria shared their views among participants. New advanced methods and technologies were discussed. With the increase in use of computers and mobiles, there is an increase in a disease called Dry Eyes or Computer Vision Syndrome. Therefore, regular mobile and computer users must take a break at regular intervals while working and should give rest to eyes. With prolonged usage it damages the Cornea. This idea was

expressed on Sunday by expert doctors on concluding day of two-day National Conference on Corneal Transplant Surgery in joint consultation with Alakh Nayan Eye Hospital and Udaipur Ophthalmology Society on Sunday. Experts from across the country discussed changes in ophthalmic medicine, latest methods of treatment, new equipment and medical practices. In particular, the exchange of views on Chemical Injury Management, Dry Eyes, Interesting Cases of Corneal and Anterior Segment, Emergency Management etc. were discussed.

Felling Lenin, Eulogizing Bhagat Singh: Weapons of Mass Confusion

Dr. H.S. Chandalia

Come 23rd March and we see all hues of political organizations singing eulogies in the name of Bhagat Singh. Even those who are have taken pride in felling the statue of Lenin in Tripura will be seen washing the statues of Bhagat Singh with cow milk. This is how they try to sanitize the ideas of Bhagat Singh and make them adaptable to their cow-worshipping crowds. Every year they come in small groups and smear the statues with all kind of patriotic paste and raise slogans in the name of mother India "Bharat Mata Ki Jai". This would be all right had they shown a little respect to the ideas of Bhagat Singh too. Felling the statue of Vladimir Ilich Lenin and eulogizing Bhagat Singh cannot go on simultaneously. In fact, this is a weapon of mass confusion used by the Hindutva brigade in order to misguide the idealistic youth of the country in the name of hyped nationalism.



There are several instances in the accounts of the life of Sardar Bhagat Singh written by his biographers which prove his interest in the Soviet Revolution and the leadership of Lenin. The formation of Hindustan Socialist Republican Association was itself a clear evidence that freedom for Bhagat Singh was a complete transformation of the Indian nation into a country free from class exploitation where the tiller of the land and the producer of goods in the industry get the full reward of their labour. On June 6, 1929, the statement of Bhagat Singh and Dutta also referred to the two Bills. Their explanation of the term "Revolution" would be pertinent in this respect. Revolution is not necessarily connected with a bloody struggle. It has no place for personal

grievances. Nor is it a game of bombs and pistols. Every-one has a birth right to independence. Ajoy Ghosh, a colleague of Bhagat Singh who later became the General Secretary of the Communist Party of India, wrote that Bhagat Singh spent most of his time in prison studying socialist literature and during this time came very close to the communist ideology. Gopal Tagore, another biographer of Bhagat Singh, relates that a few days before his death when asked what was his last wish, he replied that he was studying the life of Lenin and he wanted to finish it before his death. (Bhagat Singh—The Man and His Ideas, p. 30) When he was in prison he wrote two hundred pages of notes regarding capitalism, socialism, the origin of state, communism, religion, sociology, and also many facts regarding India, the French Revolution, Marxism, governmental structures, family, Communist International etc. (Shahid Bhagat Singh—A Biography, p. 30) The essay Why I am an Atheist shows that Bhagat Singh was very clear in his stand on religion. It is also seen in one of his letters written to his friend Joydeb that he requested him to send books like Civil War in France by Marx, Left Wing Communism and Collapse of

the Second International by Lenin. (Ibid., pp. 29-30) It is further known from Ajoy Ghosh that Bhagat Singh and his colleagues sent a telegram to the Soviet Union on November 7, 1930, greeting the Great Revolution. In January 1930, to commemorate "Lenin Day", they entered the Court Room wearing red scarfs and demanded that their greetings should be intimated to the President of the Third International. (Ibid., pp. 69-70) The present day rulers and their front organizations have tried to appropriate our national icons and used them selectively to aid their propaganda of Hindutva and achieve their goal of making India a Hindu Rajya. This is what they want to do with Bhagat Singh too. In the wake of their victory not only Lenin's statue was demolished, they demolished the statues of Periyar, Ambedkar and Gandhi too. So, it not just communism which is their target, it is every one who threatens their agenda of imposing the Brahminic varnashram system which is the basis of the formation of RSS which has been led by Maharashtrian Brahmins in the major part of its existence. The appropriation of Bhagat Singh and other icons is a weapon of mass confusion to further the agenda which is driven by narrow nationalism. The people of India should be cautious of this as we remember our martyrs in this month of March.

Iqbal Sakka sets another world record through his gold miniature artwork

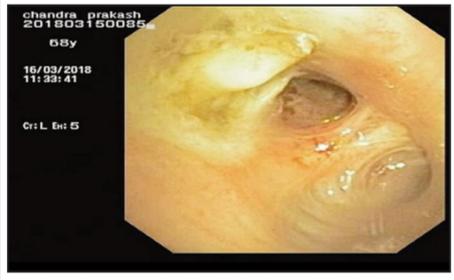
Udaipur: (Arushi Vyas) A renowned face on national as well as the international platform for the miniature artwork of gold Mr. Iqbal Sakka made the smallest quill, nib, inkpot and a paper of gold and made the city and country proud of him. This creation by Mr. Sakka is one of the first of its own kind in the world and the smallest too. Pen stands just of 4 millimeters, inkpot 1 millimeter, nib 1 millimeter, and paper 3x2 millimeter. With the use of a single ink drop, Mr. Sakka also wrote 3 alphabets on the paper from the pen and outcasted his unbelievable artwork.

Mr. Iqbal is all set with his astounding artwork to get another world record star in his crown. He surprised the world by making the tiniest dying out quill and inkpot and gave a wonderful message of preserving them. Mr. Iqbal's previous work was recognized at various levels and he owns more than 20 world records for his gold miniature art as well. His artwork which holds a history of more than half a century can be adored at the International Gold Miniature Art Museum.

Sojatia CA-FINAL-Mahakumbh in swing

Udaipur: For CA Final Exam to be held in November 2018, Sojatia classes have organized a five-day exclusive coaching for students in Maha Kumbh 158 students are getting intensive coaching from renowned subjects experts. For the Direct Tax Law CA. Bhanver Borana's face-to-face free classes are being organized. There is a great enthusiasm among the students. Founder Prof. Ranjeet Singh Sojatia told that CA Bhanver Borana is a prominent faculty of India in CA-FINAL's DIRECT TAX LAW subject. Dr. Mahendra Sojatia, Director of the Institute informed that for the Strategic Financial Management, Tarun Mahajan, CA for Advanced Auditing and Professional in Ethics Asim Trivedi, CA for Financial Reporting Ashok Pahwa, CA for Advanced Management Accounting Anil Nahata, Corporate and Allied Laws for Self-Destination Swapnil Patni C.A. for Indirect Joint Farooq Haq's classes have been completed before teaching the Direct Taxes.

Successfully removed cancer lump@PIMS



Udaipur: Doctors at the Pacific Institute of Medical Sciences (PIMS) Hospital, Umardada have successfully conducted an operation of cancer lump by a telescope method. This is the first case claimed in Mewar. PIMS Chairman Ashish Agrawal informed that Chandra Prakash (60) resident of Girwa had been suffering from cough for a long time. Pneumonia was diagnosed in X-ray the cancerous lump is detected in his lungs in them. Dr. Ashok Kunal and his team removed the entire lump with the use of telescopic means Electrocautery for Coagulation and Wound Complications in Caesarean Sections. The condition of the patient is fully improved and will be discharged after an observation. Ashish Agarwal said that this is the first case of Udaipur division in which lung cancer has been treated by use of telescopic means. Electrocautery for Coagulation.

I.T. industry should get Transferred in white category: Hansraj Chaudhary

Udaipur: "In the rules issued by the Department of Pollution Control, the IT industry has been kept in the Orange category, which is irrelevant. In any IT industry, there are only computers and printers in the name of plant and machinery. So it should be transferred to the white category. The report will soon be sent to the headquarters of the Pollution Control Department on behalf of the UCCI." this information was shared among members by President Shri Hansraj Chaudhary in Samasya Samadhan Shivir held in UCCI. Udaipur Chamber of Commerce and Industry has organized the monthly Industrial and Business Problems Solutions Camp at Chamber Bhawan under the joint venture of District Industries department. The camp was chaired by Mr. Vipul Jani, joint director. Initially, the President, Mr. Hansraj Chaudhary welcomed the officials of different government departments and the entrepreneurs and businessmen participating in the campus. Chairman, Mr. Hansraj Choudhary presented the problems of the entrepreneurs to the concerned department officials. During the camp, infrastructure related problems in the Sukher, Amberi and Gudli industrial areas were kept by the entrepreneurs, RICO Officers assure to resolve it in time frame work in the end, Vice President Shri Ramesh Singhvi thanked various government departments officers and participating participants in the camp.



Organizing an Import Export Business Certification Program

Udaipur: A two-day certification program was organized on 'How to Start and Run Import Export Business' at the Faculty of Management of Pacific University. Teachings by experts in various sessions in the program, will help the students to start the international business and successfully. Dean Prof. Mahima Bidla said that such programs are being organized from time to time for the students in which the students get an opportunity to get practical info in addition to the knowledge of books. Program Coordinator Dr. Kulwinder Kaur informed that various sessions were organized during the program in which P.P. Bhattacharya, Pawan Talasira, Dr. Rahul Vyas and Dr. Hina Purohit told participants about establishing international ventures and running it successfully. During the workshop participants were explained in detail about the identities of international markets, ways to get admission, details of import-export, documents related to import-export, Exim policy framework, packaging and cargo handling and payment gateways etc. A total of 43 students from different colleges participated in the certification program.