

## Labourers' son Krishna Kumar cracks NEET

**Kota (KM ABBASY)** Krishna Kumar, 18-year-old, boy got all Indian rank (AIR) 911 in the NEET 2018, is happy that he did not let down his parents, dream of becoming a doctor.

Kumar is the only person in Sakhwarapanchayat of Dholpur district to clear the National Eligibility cum Entrance Test. His parents said they wanted him to unshackle himself out of the misery they had faced in life.

"My long-awaited dream has come true... I am proud my son would be the first doctor in my panchayat," said Munna Lal, who has studied till Class 5. Kumar's mother Rambodhi Devi is illiterate. "My father has 10 big agricultural land in the village, but he and my mother worked as MGNREGA labourers when family faced financial crunch to support my education," says Kumar.

Since there was no senior secondary school in the village Kumar had to travel 20 km daily to continue his studies after Class 10. "The power supply in the village was not round-the-clock and often there was no light in the night time, I would study under kerosene lamp," Kumar says.

The 18-year-old moved to Kota, a city more than 300 km away from his home, which has a number of coaching institutes, in 2015 to prepare for the entrance test.

"I returned to my village after spending 4-5 months in Kota. But my parents gave me courage to continue with my coaching, after which I returned to Kota," he said. Kumar found success on his third attempt, securing an All India rank of 3,099 in the recently held NEET.

He said he wants to contribute to develop health facilities in rural India, possibly because he does not want other students to struggle with limited resources as he had in his preparation. "I want to be a cardiac surgeon after completing MBBS. I have heard a lot about shortage of cardiologists in the country," Kumar said.

Naveen Maheshwari, director of Allen Career Institute in Kota where Kumar studied, said the young boy's success in cracking the NEET was a result of his unyielding determination and hard work. "That is why despite having failed in his first two attempts he never gave up and eventually succeeded."

Maheshwari said Kota institutes have paved the way to medical and engineering colleges for thousands of students from rural areas.

A total of 13.36 lakh candidates had registered for this year's NEET. However, 12.69 lakh candidates appeared for the test, of whom 7.14 lakh cleared the test.

## Education Directorate cracks down on Private Tuition

Directorate of Education has come down heavy on teachers taking private tuition away from school. All teachers plying tuition centers away from school will need to take permission from their principal institution. If the employer declines the application, the teacher cannot run tuition classes.

Citing that tuition were an unwarranted phenomenon, the Director of Secondary Education said that teachers should take remedial classes in school instead of tuition, so that the children's virtues and merits improve.

If it is found that the teacher is only focusing on tuition, and the quality of pedagogy in school is deteriorating, then the Directorate will dismiss the permission accorded by the principal institution and take appropriate action against the teacher. A formal application format requesting for conducting tuition has also been provided by the Directorate of Secondary Education.

Directives are as follows: Many teachers do not fulfill their duties diligently since they are also giving private tuition. This causes deterioration in the quality and discipline for the student. Director Nathmal Didel has issued strict instructions that the Principal of the school will monitor the performance of each teacher on an yearly basis. Mandatory emphasis has also to be given to completion of course material within the given stipulated time.

Children with poor grasping qualities need to be taken through remedial classes in school itself. Classes need to be taken as per the approved Time Table. Results of the interim and quarterly and half yearly examinations need to be made available immediately.

There is a tendency for tuitions in subjects like Accounts, Math, Sciences and English in both higher secondary and senior secondary classes. If the teacher meets the student and parents on a regular basis, this additional burden on the student can be avoided. Teachers also need to submit a regular report on the completion status of the course material

## "Run away bride" arrested for duping people

There have been a lot of cases of run-away brides. These are the females who deceive people in the name of marriage and run away with cash and hunt for another targets. One such bride has been recently arrested from Dungarpur.

20 year old Maitravathi Madivalya has been arrested from Dungarpur who came into news after duping a man from Jawar Mines area. This was the 3rd marriage for Maitravathi in last three years. She robbed three families after marriage and collected around 10 lakh rupees in the process. Investigations reveal that she hails from a small village in Karnataka where most of the females are in this "business".

These females extract money from families and run away. They then get married a number of times and keep stealing money and other expensive jewellery. Maitravathi married Ashok Jain of Jawar Mines and ran away after a short span of married life. Then she contacted her agent and got married to another man from Dungarpur for which she got a sum of 4.5 lakh rupees. She ran away from there, too, and was about to marry for the third time but could not succeed in her mission. Police was already searching for her after a complaint was filed by Ashok Jain of Jawar Mines.

When interrogated, she revealed that her mother introduced her to this 'marriage business'. Initially she was married at the age of 17 in her own community but the marriage did not last long and she got divorced. After this her mother got her connected to agents as per which she used to steal the respective family's money after marriage. She used to go to Karnataka every time to give the robbed money and valuables at home and the entire modus operandi would re-start with the agent's help.



**Dr. MANJEET KAUR**

According to 2017 report from the American Heart Association High BP is the most common cardiovascular disease. Expecting more than 54% of US adults, ischaemic heart disease and stroke are the world's biggest killers. In India the global burden of disease study for 2016 shows that heart diseases have remained the leading cause of death in India for more than two decades, fuelled by unhealthy diets, smoking, inactivity and obesity leading to high blood pressure.

Blood pressure is the force exerted by the flow of blood

# How we can maintain our Blood pressure...?

on the walls of blood vessels. When this blood pressure is persistently high in the arteries then this elevation of pressure is called hypertension. In Ayurveda it is not mentioned as a disease separately, but we can say it is raktavata or rakatgatvat, which is due to vitiation of Rakta and vitiation of Vata. When a person doesn't follow his lifestyle according to Dinacharya (Daily routine including diet, exercise, sleep and Aachharasayan (activities which give us mentally relaxing and peace), Ritucharya (follow regime according to seasons) and Bharhamcharaya, it creates imbalance between dosha and dhatva. Vitiation of tridosha and rakta are responsible for hypertension. Especially five types of vata,

pachak, saadhak and alochakpitta, avlambhakkapha are responsible for its aetiology. Ideal blood pressure is 120/80 mmHg. It should be low under 140/90 mmHg. Higher than 160/100 mmHg is medical emergency. For control of high blood pressure we should change our life style in following way:-

1 Diet (2) exercise (3) sleep (4) medication (5) meditation (yoga and pranayama) according to ritucharya and dinacharya.

Diet: - Eat plenty of fruits and vegetables. Including poultry food, fish, nuts and legumes. Spices which are easily available in our kitchen ginger, dalcini, als (flex seed), shunthi, garlic and jaggery are very use-

ful to maintain high blood pressure.

**Take low sodium in diet** Avoid fried diets like chips, fries, pizza, burger, samosa, kachori etc. as these contain too much salt and fat in its. Avoid sweets, cold drinks and packed juices as they contain high calories in its.

Amla juice, giloy juice, lime juice, pomegranate juice, can berry juice and coconut water and banana is also beneficial to control high blood pressure. Banana and coconut water are rich sources of potassium and potassium is very useful to control high blood pressure. Exercise: - Walking, Jogging, Swimming and Cycling are good for body fitness but a person who is suffering from heart disease or kidney problem

should take advice from his doctor which exercise will be better for him.

**Sleep:-** Take at least 6 to 7 hours sleep for physical and mental relaxation as we know heart and mind are place of manna according to Ayurveda. So if we are mentally puzzled it will definitely affect our heart.

It may be due to anxiety, depression, stress or any other grievances. So good sleep is necessary to keep our mind cool and calm.

**Medicine:-** There are many medicines in Ayurveda which can control high blood pressure.

Arjunaarishat, draksharishat, Prawalpishiti, Muktavati, prabhakervati, shilajitvadivati, sarapgangadhavanvati, lah-

sunadivati, sootshakheras, vasantkumakerras, triflagugulu, gokshshurguggulu, abhaguggul and shudhuggul are very useful for hypertension. Panchkarma especially virechana, basti, shirodhara, (including milk, butter milk (takra) and oil), jalokaavcharan are very useful to control high blood pressure.

Meditation yoga and pranayama are scientifically proven to control high blood pressure.

So, as mentioned above, these activities are good for physical and mental health.

Obesity, alcohol, smoking, tobacco and high salt intake are high risk factors for hypertension, so we should avoid them to keep high blood pressure in control.

## Baby Feeding Booth at Udz



**Udaipur:** Home Minister Gulabchand Kataria said that a machine costing Rs 5 crore would be installed in MB Hospital from MLAD fund, that would benefit the patients of the division. With this machine stones in kidney be removed without any operation. Addressing the function organized by Mahaveer International after the inauguration of the 16 benches of granite and Baby

Feeding Booth on City Railway Station. Minister said that in order to make the green Udaipur, in the rainy season, 1 lakh saplings will be planted with the help of city, corporation, urban development trust and other institutions. Kataria said that in this fiscal year, out of 11 crores of MLA Kota, 5 crores would be given to MB Hospital, apart from the machine, 6 crores rupees will be spent on environment protection and greenery of the city. He said that a plan of Rs 23 crore has been proposed for the development of the city. Mayor Chandra Singh Kothari Chairman Ravindra Shirmali shared their views initially. Mahaveer International President Veer B.L. Khamsera demanded land allotment before the Home Minister for various works. Khamsera said that Ahsampuri Mokshadham will be rejuvenated in collaboration with Mahaveer International Municipal Corporation. Its DPR is being prepared. He said that after the inauguration of the Benches and Baby Feeding booth will be the benefit of the common man.

## Udaipur youth wins in 10 ka Dum

**Udaipur:** Television series 10 ka Dum has become very popular among masses. A youth from Udaipur won 20 thousand rupees in 10 ka Dum. Abhishek Garg, Sales Manager in Kotak Mahindra, Udaipur won 20,000 rupees in the first episode of 10 ka Dum-2018. He has decided to donate this amount to an orphanage. As informed by Abhishek, he downloaded the app, kept answering questions and cleared 42 levels. He couldn't

believe when he received a phone call from the team of 10 ka Dum. Initially, he hung up the call. But he was called back by the team. This time, the calling person introduced himself as a team member of 10 ka Dum and informed Abhishek that he was selected for the ground audition of the show. 2800 out of 17 lakh people got selected for the audition. He became the first participant of this show and is happy to have met Salman Khan as well.

## Pramod Chaudhary is new Chairman

**Udaipur:** Senior member of Lions club Pramod Chaudhary is unanimously elected as Chairman while KV Ramesh and Rahul Jain, elected as Secretary and finance secretary for the year 2018-19. The new executive will RESUME office from July 1.

## Best Permanent Project Award for Rotary Udaipur



**Udaipur:** In the Singhal Auditorium of UCCI, Rotary District 3054 Rotary Club, Udaipur, organized an Thanksgiving event for the

year 2017-18. In which Prantpal felicitated rotary presidents for various service activities being done during year of Gujarat and Rajasthan clubs.

Prantpal Mullin Patel felicitated clubs for various types of service functions in Gujarat. Rotarians not only helped flood victims but participated actively in Community Services, Vokesh Null Service, Environment Protection, Sanitation Campaign, including the creation of Happy Schools activities, along with Rotarian setan example for working in society in personal capacity.

Rotary Club Udaipur President Dr. N.K. Ding was among few who was honored for rendering services of permanent in society.

## 11-day religious moral education with colorful presentation concluded



**Udaipur:** The 11th day of 15th religious moral rituals organized in Devendra Dham by Shri Janaacharya Devandar Mahila Sansthan culminated in Devendra Dham. On completion of the occasion, 105 children who have learned different types of activities in Shiveir, presented colorful presentation of dance, drama, qawwali etc.

The chief guest of the ceremony was former Mayor Rajni Dangi, Ex-District Education Officer Dharmachand Nag oiri, Kantilal Jain, Suresh Badala, Shashi, Pragana Bhandari, Pooja Bhandari, Anil Chittora, Shyamalal, Sangeeta Jain, Gokhuru, Basantilal Kothifoda.

In the beginning, Dr. Sudha Bhandari, President of the institute welcomed the guests and said that more than 3 thousand children have benefited in 15 studies camps so far.

Institute's Minister Mamta Ranka said that in the last ten days, the children were exhibited in the form of goatee kur-

tas, blouses, textile products, envelopes, cards etc. In the end Mamta thanked the members of the institute.

## After the Hip Replacement, started a new life

**Udaipur:** Jagdish Salvi, a resident of Kanji, 41, was suffering from bilateral avascular necrosis for 11 years, was successfully operated. Together, both of the couples transplanted and in two days. Due to long disease, left leg was also reduced to 6 cm and the calf bone was completely damaged. Jagdish said that for 11 years, sometimes there was a light pain, which was treated by many doctors. A pedestal of life passed through pain, but this pain started to be unmanageable for the past 6 months and consulted hospitals of many big cities for treatment. Where transplants are the only treatment described. Jagdish lives alone with his mother, the family who lived through pension was not able to dare to go to other cities to take such risk and take more money. Jagdish, who came for counselling at Fortis JK Hospital, was told about hip replacement, operation procedure and



expenditure on treatment.

Dr. Ashish Signal, orthopedic surgeon of Fortis JK Hospital, said that due to poor & bad lifestyle, he had effect on the heart has caused the attachment to spoil the joints. It was decided to do the hip replacement in Fortis JK Hospital. Looking at the patient's young age, unceremonious implant was tested in two days after successful transplantation of both the clans and the patient stood on his feet. After operation, walking without support, daily work, getting ready to climb up the ladder, is able to live normal life. Jagdish, now living a normal life, started a new chapter in life.

## Get online refund for cancelled trains

Indian Railways has come up with good news for passengers. If a train gets cancelled for any reason, the passengers will get online refund for the fare paid. So this means that passengers need not worry about their refund any more.

For the convenience of passengers, Indian Railways has decided to provide full online refund to passengers in case of cancellation of train. Prior to this, passengers had to wait for long to get back their ticket money. As per new rules, PNR will get automatically cancelled when a train is cancelled. Amount will be refunded to the account of the payer.

Indian Railways has taken some new steps for its passengers. As per new steps for the benefit of passengers, TATKAL tickets will now be available faster than before. Passengers can also book tickets through app IRCTC Rail Connect as per which they must book their tickets a day prior to travel. Booking time slot for AC coaches is 10 a.m. and that for general is 11 a.m.

## Recruitment of GITS student

**Udaipur:** During the campus recruitment drive held at Geetanjali Institute of Technical Studies (GITS) Dabok, world's leading construction equipment manufacturer company LiuGong India pvt. Ltd selected 01 Automobile student for

Trainee engineer profile. The Training and placement head Mr. Arvind Singh Pemawat of organization informed that LiuGong, officially Guangxi LiuGong Machinery Co. Ltd., is a Chinese multinational construction machinery manufacturing company headquartered in Liuzhou, China.

The Vice President, Senior HR Manager Mr. Rohitkumar Jain and Manager Mechanical Engineering Mr. Robin Gadwe brief about the company profile and their job profile through power point presentation. Nikhil Jain B. Tech AE Student was selected as a Trainee Engineer profile after a round of Written Test, Technical interview and HR Interview.

## Kidney Stones removed

**Udaipur:** Urologists serving in renowned hospital saved a 23 years old female patient suffering from stones in kidney by performing a successful Retrograde Intra-Renal Surgery. The team of doctors includes Urologist Dr. Vishwas Baheti & Dr. Pankaj Trivedi, Anesthetist Dr. Uday Pratap, Nursing Staff Pushkar, Jayprakash, Avinash, Chandrakala & Praveen.

Bhilwara resident, Shehnaj, age 23 years, also suffering from congenital deformity of Osteogenesis Imperfecta was suffering abdominal pain on right side, vomiting & urinal problems since long. The patient's height is approximately 2 feet with a weight of less than 15 kgs. On a routine consultation to urologist Dr. Vishwas Baheti, the ultra sound sonography investigations confirmed the presence of two stones measuring 1.5 centimeters & 8 millimeters in size in right kidney. Osteogenesis Imperfecta, also known as brittle bone disease, is a group of genetic disorders that mainly affect the bones. It results in bones that break easily. Other symptoms may include a blue tinge to the whites of the eye, short height, loose joints, hearing loss, breathing problems and problems with the teeth. Complications may include cervical artery dissection and aortic dissection. Due to this deformity it was really difficult to perform an open surgery in the patient. Even blood pressure was monitored by invasive arterial line as both the upper & lower limbs were broken & fractured. So, it was decided by the treating surgeons to treat the patient by a laser procedure instead of open surgery.

## Brain Tumor Treated

**Udaipur:** Radiation Oncologist & Neuro-Surgeon working in Udaipur saved a 61 years old lady suffering from acoustic neuroma by performing successful Radiation Therapy through Radio Surgery. The team of doctors includes Radiation Oncologist Dr. Ramesh Purohit & Neuro-Surgeon Dr. Uday Bhaumik.

Banswara resident, Kanku Bai, Age 61 years, was suffering from ringing in the affected ear, unsteadiness, loss of balance, dizziness & headache since long. She was on medications but it was all vain as they were not helping much in recovery. On a routine consultation, she visited Geetanjali Hospital where she consulted Neuro Surgeon Dr. Uday Bhaumik. MRI investigations confirmed the presence of two centimeters tumor on the main (vestibular) nerve leading from the inner ear to brain. This is usually termed as Acoustic neuroma, also known as vestibular schwannoma. There are three ways of treatment for acoustic neuroma. One is observation, second is surgery & third is Radiation Therapy. As surgery may lead to permanent hearing loss; and the size of tumor in this patient was less than 3 centimeters she was thus referred to Radiation Oncologist for further treatment by Dr. Bhaumik.

Radiation Oncologist Dr. Ramesh Purohit then decided for a Single fraction stereotactic Radio Surgery (SRS), in which many hundreds of small beams of radiation are aimed at the tumor in a single session. "State-of-the-art delivery techniques make it possible to send high doses of radiation to the tumor while limiting exposure and damage to surrounding tissue. It works by causing tumor cells to die. The procedure lasted one hour.