

Combating Corona

These are the testing times and India seems pretty comfortably positioned to deal with the virus. The Coronavirus has become an endemic in many developed nations and on that count, it scares more than anything. But, the way, India has got proactive and careful, it seems and will remain contained before it becomes a bad history.

This time around, we see that the government and the people, both have risen to the situation and declared that the virus will have no impact here. In fact, we are not allowing it to spread and that's the best and strongest measure. While the government has closed down all public gatherings and the safety precautions are being advertised, people have also started taking evasive action and have shunned the visits to any crowded places. Social media, which is better known to spread rumors more than facts, has been used judiciously and carefully by the people. You only see useful and safety messages and nothing like rumors.

The government has also been sharp on target and is keeping a close eye on any false messages.

The fact of the matter is cleanliness. The need of the hour is to keep yourself and others clean. Washing hands multiple times and ensuring you

use proper sanitizers is the key.

While the government is well prepared to fight the virus head-on, it's time for people to show their heroic. And this time you do not need to do anything, just stay indoors as much as possible and avoid any gathering or travel. People who are infected accidentally or are not aware of it could cause you trouble. There are people who are either totally unaware or are just ignorant. These few people are dangerous, and you just need to keep yourself away from them.

The rule is pretty simple – when you can't see the enemy, hide and ensure it does not see you. And while you are covered, you can plan and get rid of the enemy. The first and foremost thing is to stay healthy and fit so that you can not only save others but also help to fight the virus.

Once again, we see that the deadliest viruses have simple cures. Just wash your hands and stay fit. It cannot get simpler than that. Now, the need is to ensure everyone back in your family and in the office follows the rule. The habit of washing hands after every meal or using any facility where others might have left their germs can be protecting and life-saving at times.

Once you are done with it, the next step must be to boost your immunity. A stronger body can take any challenges easily. Being fit, today's times when our food is contaminated and the air is polluted is no more a hobby, but it is a necessity. A healthy diet and workout are what you must include in your daily routines to ensure, you never fall prey to any viruses, ever.

Editorial

AIRTEL TO POWER YOUTH-FIRST DIGITAL PLATFORM FOR FITNESS CONTENT

Airtel acquires strategic stake in Specta.com, the newest offering from the creators of the Devils Circuit, under the Airtel Start-up Accelerator Program

Udaipur: Bharti Airtel ("Airtel"), India's integrated telco, has acquired a strategic stake in Specta.com Global Pvt Ltd ("Specta.com") under the Airtel Start-up Accelerator Program, which focuses on supporting growth of early stage Indian start-ups. Specta.com, which has been conceptualised to produce path breaking digital content that allows people across languages, geographies and fitness levels to connect with each other and explore innovative health & fitness training programmes, is the brainchild of Adnan Adeeb and Zeba Zaidi, the creators of the highly popular Devils Circuit military-style obstacle races. Specta.com will also carry the exclusive digital rights for the promotion of all content for brand Devils Circuit, including

the new seasons of its popular shows – The College Frenzy & The Corporate Challenge. A digitally connected world is witnessing increased awareness around Health & Fitness, with a growing tribe of young Indians taking up physically demanding X sports such as obstacle racing, Devils Circuit, which pioneered obstacle racing in India, has already built a community of two million followers. It is India's largest sports property of its kind with presence in eight cities.

And given India's vast young population of approx. 600 mn under the age of 25 years, there is a massive opportunity to make available Health & Fitness based platforms that connect fitness enthusiasts deeper and wider across the country.

Airtel will work closely with Specta.com to help increase awareness and adoption of its cutting age Health & Fitness platform and encourage individuals to overcome mental barriers and achieve their full



potential. Specta.com will cater to India's growing interest in staying fitter and healthier by creating training and nutrition videos along with live extreme sporting events.

Airtel will help Specta.com to deliver this exciting exclusive digital content through its platforms Airtel Xstream and Wynk Music directly into the homes and smartphones of hundreds of millions of Indians. This deep digital distribution reach will allow Airtel cus-

tomers, including youth in small towns and villages, to discover this high octane content and make the fitness movement a part of the mainstream.

Says Adarsh Nair, Chief Product Officer, Bharti Airtel: "We believe that X Sports, which are all about fitness, aligns beautifully with our brand. Thanks to the deep penetration of mobile internet in India, the potential to grow the adoption of Devils Circuit style X Sports amongst India's

youth is immense. This also fits into Airtel's strong focus on connecting with the youth and providing them digital platforms to fulfil their aspirations. We look forward to collaborating with Specta.com on this exciting journey." Adnan Adeeb, co-founder, Specta.com, echoed this thought and added that "As India is becoming a younger nation, it is also becoming a fitter one.

Through our collaboration

with Airtel, we aim at not just reaching millions with bespoke offerings around Health & Fitness but also give the fitness enthusiasts from around the country, a platform to shine! We have always believed that the real hero is the ordinary guy who overcomes extraordinary challenges and this will be reflected in all our offerings. We are very excited at partnering with Airtel and look forward to bringing innovative content to life". Specta.com is the second company to join the Airtel Start-up Accelerator Program.

It allows start-up leveraged Airtel's robust ecosystem, including its core strengths in data, distribution, networks and payments. This includes access to a vast online and offline distribution network that touches 300m+ customers, deep market understanding and platform of global strategic partners. Further, start-ups also get access to advisory services from Airtel's executive team.

Cervical cancer is the second largest cause of death in women - Dr. Sheetal Kaushik

The most common cause of death after breast cancer in Indian women. According to cervical cancer statistics, cervical cancer is becoming the second largest cause of death among women aged between 15 and 44 years due to lack of timely treatment. But this disease can be cured.

Cervical cancer is the cause of 11.1 percent of all cancer-related deaths. This situation gets worse because only 3.1 percent of women in the country are screened for this condition. There is a high risk of two types of cancer in women. The

above views were expressed by Dr. Sheetal Kaushik, a woman, and obstetrician of Paras JK Hospital. In the program organized for women in the hospital, information related to cervical cancer, Dr. Kaushik pointed out that cervical cancer can often be prevented by vaccination and modern screening techniques that detect anterior changes in the cervix. Treatment of cervical cancer depends on many factors, such as cancer. Status, other health problems. Surgery, radiation, chemotherapy, or all three can also be used. She suggested some tips to pre-

vent cervical cancer. Identify regular pap smears and pre-cancerous changes, have safe sex, get a pap test done every three years because early screening will only lead to a diagnosis, quit smoking, because Nicotine and other components in cigarettes pass through the bloodstream. All of this accumulates in the cervix, where they inhibit the growth of cells. Smoking can also suppress the immune system. Eat healthy foods rich in fruits, vegetables, and whole grains, but stay away from obesity, avoid multiple sexual relationships.

Little ones knew to save water, escape from Corona

Udaipur: Dr. PC Jain, who was engaged in water conservation among young children, advised them not to, on the



tap while brushing and washing hands and said that this water-piggy would be empty forever. Showing the children water and money, Doctor asked

if they want water or money. They said that they want water and not money. "When we get so much water from the sky, why do we save every drop"? Save the water and put it in the tube well

Initially, to prevent corona virus, wash your hands, keep a handkerchief to avoid sneezing cough, etc. was taught by Jain. Dr. PC Jain was welcomed by Mrs. Kiran Soni Director, The Vision Divine Academy, where the event took place.

Women's Achievement of the Year - 2020 Award to Devyani

Udaipur: Divyani has been honored with the Women's Achievement of the Year 2020 award at the Amalatas Platinum Fashion Show in Jaipur on the occasion of World Women's Day. Along with the award ceremony, Holi Milan celebrations and fashion shows were also organized. In which women and young women from



many parts of the country were honored who have made a name for themselves in the whole country and the world by achieving better positions in education, sports, literature, administrative service, modeling sector, and others.

Devyani received this award by the event organizer Pankaj Leela, Beti Bachao - Director of Beti Padhao Foundation Raj Sharma, Miss International Tanushree, Shabana Azmi, Sharmila, and youngest Rajasthan's youngest casting director and received two National Awards in the year 2019.

It is worth mentioning that Dewani has so far won many titles like Global Excellence Award, India Fashion Icon Award, Woman Achievement Award, Miss Lakcity, Miss Fiesta, Miss Diva of Udaipur she is currently studying in BAMS though she belongs to Dungarpur, she is in Udaipur for the last ten years.

National Conservative and Endodontic Day organized

Rangoli Design, e-poster 1, and e-poster 2 competitions at a departmental level on the occasion of National Conservative and Endodontic Day by the Department of

Conservative Dentistry and Endo-Dentists, Geetanjali Dental and Research Institute, Udaipur was held. First, second, and third-year students took part in poster 1 and final year students and interns participated in e-Poster 2.

In Rangoli Design, the group of final year students in the first place, the group of third-year students in second place, and the group of first-year students got third place. With this, Rishita Vyas stood first in Abhi e-Poster 1, Abhishek Vaishnava second, and Anantham Mudgal third. In e-Poster 2, Shraddha Jain stood first, Ishita Dhadha second and Maitri third.

In this event, all the winners were awarded by Mr. Bhupendra Mandalia, Registrar of Geetanjali University, Dr. Nikhil Verma, Principal of the institute, Dr. Manoj Hans, Head of Department and Dr. Saujanya collectively.

Joint Replacement Camp held, 100 patients, examined

Udaipur: A joint replacement camp was organized under the leadership of Replacement Surgeon Dr. Atit Sharma in the Mahavir Sadhana Swadhyaya Samiti located in front of the Ambamata Police Station on behalf of KD Hospital Ahmadabad.

In the camp, more than 100 patients were examined joint and advised for treatment. In the camp, Dr. Chirag Patel, Dr. Amir Sanghvi, Dr. Hemang Ambani, also rendered his services.

"Posture Aero genomics"

Udaipur: A one-day program on "Posture ergonomics" was organized at Geetanjali Institute of Pharmacy, Udaipur, on the occasion of World Women's Day, by Dr. Udichi Kataria. The exercises were also demonstrated by Dr. Jyoti Solanki and Dr. Neha Mann with lecturing on the importance of posture in jobs and studies as guest speaker. Mrs. Santosh Keetawat conducted the program.

Under this, 200 girls from various faculties of Geetanjali University were present.

28 women honored for outstanding work

Udaipur: The Aravalli Foundation organized the grand event at Hotel Radisson on International Women's Day, in which 28 women who excelled in various fields were honored. Program co-sponsor was R.K. IVF And BNI & Parshvakalla. Mrs. Shakuntala Swrupriya conducted the operation. The chief guest Dr. Anand Gupta, Dr. Tarun Agarwal, and Anil Chhajed inaugurated the program by lighting the lamp. Alpesh Lodha welcomed everyone with bouquets and mementos.

Dr. Tarun Agarwal thanked the guests and winners. Dr. Anand Gupta appreciated the contribution of women and highlighted the importance of their participation in every field at present with men shoulder to shoulder. He highlighted the specific work of women to be honored and emphasized the need for such programs.

Vinita Bohra (IAS), Dr. Shakuntala Pawar of Shakuntalam, Alka Sharma of CPS School, Pushpa Singh of Mahila Shrimadhi Bank, Advocate Ragini Sharma, Noted poetess and litterateur Vimala Bhandari, Dr. Kahani Bhanawat, Kiran Khatri, Shikha Saxena, Ladakwar Lohar, Erika Ibrahim of Animal Aid, Rita Bahin of Brahmakumari, Chandrakala Chaudhary of Kathak Ashram, Shubha Surana in Yoga Zone, Dainik Bhaskar's Nivedita Manish, Surbhi Jain, Raksha Rakesh Gumosa, badminton player Maya Chawat, GD Goenka Schools Priyanka Sharma, Sarla Mundra, Vijayalakshmi Galundiya, Pyari Rawat, Manisha Bhatnagar, Sarita Sunaria, Surbhi Dhing, Shanu Lodha of IIM Udaipur, Saroj Sharma of

Kala Ashram, Shikha Purohit, and Dr. Ritu Mehta were felicitated

Successful treatment of heart disease in PIMS

Udaipur: Physicians at the Pacific Institute of Medical Sciences (PIMS), Umrada have successfully treated heart disease. PIMS Chairman Ashish Agarwal said that Anwar Hussain (51) was troubled by breathing problem, chest pain, and blood pressure for the last three years. He showed many doctors but could not get rest. Recently, the patient came to the Pacific Hospital, Umrada, and consulted Senior Cardiac Consultant and Director Cardiology Dr. Amit Khandelwal. Dr. Khandelwal and the cardiac team underwent complex angioplasty of the patient's main artery. The patient is still fully healthy and is happy with the treatment

Common people should be aware of their health - Prof. Sarangdevot

Free counseling camp tested over 200 patients
Udaipur: Janardan Rai Nagar Rajasthan Vidyapith University's constituent Homeopathy Hospital Dubok on



Sunday, on the occasion of World Women's Day organized a medical checkup camp for the common people.

The Vice-Chancellor Prof. Ss Sarangdevot of Udaipur asked villagers that they must be aware of their

health and also have to check up from time to time so that disease does not arise, which will save time, labor and money.

Dr. Amia Goswami informed that more than 200 citizens of Dabok, Nandvel village in Shivvir were examined and distributed free medicines. Professor Sarangdevot distributed masks and homeopathic medicines to all to protect the coronavirus as well

In camp, X-Ray, blood sugar, skin disease, female-related diseases, blood samples, knee and back pain, etc. were investigated. On this occasion, Dr. Lily Jain, Dr. Rajan Sood, Dr. Babita Rasid, Dr. AP Gupta, Dr. Manoj Royal, Dr. Anil Tomar, Dr. Kirti Singh served in the camp.

Dipti Duggal Wins "WOMEN ICON of the year 2020" Award



March 2020 by Vine Arora (Vinay Arora), Managing Director of the Paper Stone Productions and Director Gurudev Aneja.

New Delhi: The National Gratitude Awards - 2020 was successfully organised at Radisson Blue Hotel, Paschim Vihar, New Delhi on 7

On the occasion, the people associated with politics, religious and social activities and business were felicitated at the hands of noted actress Sonali Bendre, who was the chief guest on the occasion. Mrs Dipti Duggal has been awarded with "WOMEN ICON of the year 2020" through National Gratitude Awards. Earlier, she has also won the title of Mrs Iconic Eyes and Mrs Chandigarh 2019.

Dipti hails from a place with diverse culture i.e. Hong Kong, with deep roots attached to Chandigarh. Being a mother of two children, she stands independent to take the challenges of life. She is a software engineer by profession, a passionate writer and blogger by compassion.

She is a founder of likhtidipti.com. On winning the award she said, "I live with my dreams and make them happen to become true. I want to become a role model for all other women who are working hard without any appreciation. I hold the vision of love, peace and prosperity for everyone."

She also helps the community by participating in different social work events along with UNESCO and other ethnic communities. She has been appreciated with Silver Award for being a PEACE AMBASSADOR in UNESCO HK.

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~launches a special scheme to sell cars anywhere in Rajasthan in no time ~
Offers cash bonus of upto Rs 11,000

"Hukum Jahaan Pe Gaadi Bikegi wahaan Se"
Jaipur: CarDekho.com, India's leading full-stack auto-tech company, has launched an attractive offer for customers to sell pre-owned cars from anywhere (either home or office) within the state.

This offer is valid across Rajasthan where CarDekho Gaadi has its store presence. Now people can book an appointment on cardekho gaadi store mobile application to get the car inspected at their home or office. They will instantly be offered best price of the vehicle once the inspection is done.

The company has also launched limited period cash bonus offer of upto Rs 11,000. The scheme further helps sellers with fast RC transfer, providing the easiest car sale experience available.

Rajasthan has been growing in terms of pre-owned car sales through organized channels. CarDekho Gaddi stores present in the region are also adding to the growth of pre-owned car sales from this area. The company has stores in Jaipur, Jodhpur and Udaipur and has been in the growth trajectory hence it designed this new campaign.

CarDekho has launched a 360-degree marketing campaign including print, radio, outdoor activities across Rajasthan. Apart from this, the company will run commercials in movie theatres for a week; hold VAN activities in main as well as satellite cities and towns to reach more remote areas.