

The Damp Heart

New Delhi:(Arkaprava Das)

Darkness was crowding from all around, both outside and inside me. The climate too, was getting worse and worse as time passed. I was looking outside, but could not think properly what to look for. Still, I had to wait and look for, whatever was visible. Since, that was the only way of getting slight comfort and hope. The comfort to see him coming back at any moment and the hope of getting out of this stifling stagnancy. I shivered as I felt the wind blowing with the rain. Rain drops spattered on my face. I shivered more and felt so weak.

"Hold yourself. He hasn't returned yet. You've seen that with your own eyes just now," my consciousness came ahead in command over my anxious mind. I retracted and pulled myself up to face the situation keeping myself perfectly strong to bear anything to come. I went inside and stood beside her bed. She was lying still showing no sign of life coming back in her body. I sat down, held her arm and felt something to console myself. I could not think of doing anything but just to gaze her constantly as long as I could. I could not transform my helplessness into the last thing that

I sought at that moment. The thing that arose in my mind was the few lines that he scribbled on a piece of paper before leaving.

"Father....Mom is not talking. I'm going to take the doctor. Stay at home."

There was nothing else. But I needed much more now. I could not think how much more, but far much more than what he conveyed. Kisha was asleep and so her weeping had stopped. I saw her huddled at the bottom of the bed clutching the laces of her saree. Kisha won't be able to give me any better answer than the note. And I could not find any better option to do except waiting in the dark. Rain continued to pour outside in the same way without stopping.

I shook a little when I noticed a feeble quiver on her lips. I leaned more towards her. A flash of hope made me take a deep breath as I found her awaking. She moved slowly and a faint sound came out of her mouth as she did that. I was becoming desperate but forcefully controlled my impulses and watched her silently. As she showed more signs of aliveness, I touched her forehead gently and called her. With some effort, she half-opened her eyes.

"Kisha....Preet....Where are they?" she heaved.

I could not give any prompt reply but kept on watching her.

"....Where are they?" she asked again.

"They're all right. Stay calm and rest. Here, have this," I said and brought a glass of water near to her mouth. She refused.

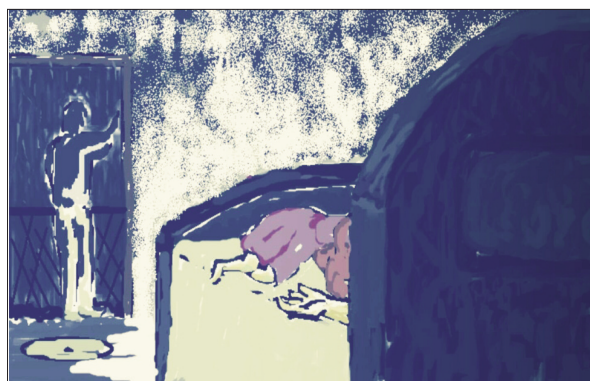
"I want to see them," she urged. Her eyes were looking straight at me without changing the question. There was nothing that I could find to rub out the question from her eyes. Suddenly I wished to laugh to my loudest voice to make her forget everything. But, I could not. I could not think any means to make her satisfied. Her eyes went on staring at me. They were tired yet they were still waiting for a reply.

"What happened to you? Both of them were so scared when I returned," I picked one of several other silly questions to stop her.

"Nothing. Never worry," she said.

"Can you please bring them near me?" she asked the question that I was thinking her to repeat.

I was now prepared and quietly said that they're asleep. I added a few more statements so that she believed me. I was



watching her eyes. Certainly, they were not contented with whatever I said. But, I kept trying. "Please try to sleep now. Preet has some important classes for tomorrow. I asked him not to panic and prepare well for them. He is tired and gone to bed. And you know it well how crazy Kisha is. It became difficult for me to comfort her. Somehow, I managed and was waiting for the doctor to come. He will be coming at any moment. Sleep now," I recited all these words in the most natural way as I could and never cared if she listened to them or not.

"Never say anything to them if I pass tonight," she said slowly after remaining silent for sometimes.

"I do not need anything else."

I heard her words but was

in them.

"Why are you so eager to see the kids?"

"They're born from me," her eyes were closing as she spoke. I rushed close to her to assure that she was not losing her consciousness once again. She was awake but was lying stiffly. For a moment, I made up my mind to tell her the truth but soon reverted back to my silence. I admit that I was not a perfect man to know her thoroughly. I never faced any serious problems before because of such ignorance. Now, I was feeling stupidly puzzled. I was unable to decide what would I say to her.

"So....?" I muttered. She was not willing to talk at all but responded me weakly, "I want them to live and grow."

Those words made me overwhelmed.

"They're growing well Nimmi... You can take my words. Now, please make yourself easy or how will you see them growing?" I said them not knowing what all I was saying exactly. I just tried to remain trusted to her. I saw a gentle smile to flow across her face and she took a deep breath.

"Why can't you spare me?" she posed a strange question. I felt very much irritated but I

never revealed it. I grazed my hands over her forehead. She kept on taking slow deep breaths. She said no other words.

"Don't you know how they love you? They need you more than me. Don't you love that?" I spoke up since I was hating her silence. She remained stiff, voiceless. I watched her and waited again. I was a regular man leading a routine life. Differences never attracted my eyes. I even skipped them deliberately with no such rigid reasons. I wondered how much different she could be than me. It was a fearful thought. I wished her to get me out of that miserable state but she never helped. Instead, she was becoming more and more obscure before me. I could not stand any more and rose up. I needed to sort the matter as soon as possible. I could not let her become stiffer and aloof. I could not leave my son to go missing in the dark rainy night. I needed my peace back at once. I rushed outside. There too, I saw no light. Night became darker illuminating the obstreperous might of one single entity that was roaring with fun before me - the Rain. I braced myself for the struggle. I looked up to observe numerous rain drops that were

falling down from an unknown height where I could not reach myself.

"Will you stop if I beg?" I was screaming inside.

"What wrong have I done that I'm dragged into this ugly torture?" At that moment, there was no one else to whom I could confide my last appeal. I cried for help to the sky and didn't know how long I did so. I was terribly scared to leave to anywhere else since that was where I obtained some solace.

I heard her voice calling me. I could not move at once in response. At last, I pushed myself hard to come inside. I saw her sitting up and looking at the place where Kisha laid. She remained silent and steady. I was about to say her everything but she spoke again.

"Bring him to me," she said.

"Do not try to give me any false satisfaction. I do not need it. Just bring him to me," her voice reached me clearly. It satisfied me more than anything.

"Of course, I'll," I answered her. And there was a knock on the door. It was clear and I rushed without feeling how or where I stepped.

"Nimmi, will you be able to come and see him?" I shouted and called her as I saw him in front of me.

The successful operation of a newborn in Geetanjali Hospital

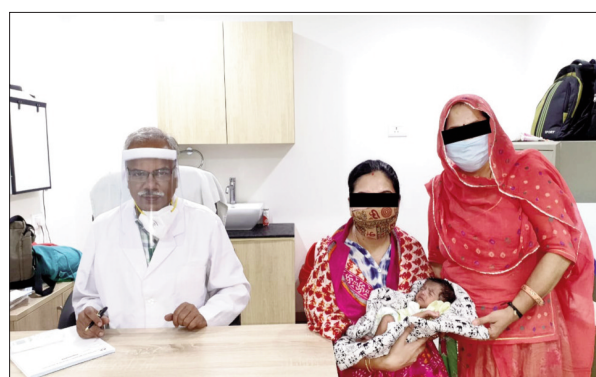
Udaipur: In Geetanjali Medical College and Hospital, Udaipur, even during the corona period, continuous complex operations are being carried out by skilled doctors keeping in mind all the prescribed medical standards (ICMR and MoHFW). Recently, the neonatal patient (32 months) complex surgery of food pipe was successfully carried out in Geetanjali Hospital. The team of skilled doctors included Pediatric Surgeon Dr. Atul Mishra, Dr. Karuna, Dr. Alka, Dr. Priyam, Dr. Gaurav, Dr. Dhiraj Diwakar (Neonatal Specialist), Dr. Sarin, Head of Department of Pediatric Medicine, Feroz and Kamna in the Doctors and Staff of Pediatric Intensive Care Unit Played an important role.

The father of a newborn patient Supriya (changed name),

resident of Udaipur, told that his daughter had a problem of food pipe since birth, and by X-ray, the doctor told that the operation of the baby is the only cure.

Pediatric surgeon Dr. Atul Mishra said that the patient had a food pipe disorder since birth, which was not maintained properly, this disease is called * tracheoesophageal fistula *. It can happen to anyone in every three to four thousand newborns.

Apart from the risk of major surgery of this newborn patient, there was also the problem of premature birth and low weight of the child. The neonatal patient underwent surgery for about 3 hours. After the operation, the patient is in health, and in the future, it is expected that she will be able to live her life well.



Swabhiman is still alive

Amid lockdown, tribals in Sirohi and Jalore districts of the division refused to take free ration. This tribal class, who calls Maharana Pratap his ideal, is determined to lose his life but will not do freebies. When the officials, along with the Collector, arrived to persuade, they said that they would eat only after working hard. Sirohi collector



Bhaagwati Prasad Kalal and Jalore collector Himanshu Gupta pledged to these tribals that work is also being arranged for

them, so that they can get rations anyway.

Giving information about this, CWC member and former MP Raghuveer Meena said that Swabhiman is still alive. The poor tribals refused to take the free ration kit and asked for work in return. While they have no choice. But it did so while following the tradition of generations. In such a situation, through the media, I would like to urge all of them to accept the ration being given by the government for the sake of their children and family during the time of this epidemic. The government is distributing ration for the safety of your family, and it is also the responsibility of the government. It is fulfilling it, and it is your right as well. You build the country with your blood and blood. Trust the government will also provide employment opportunities for you.

Dharmanarayan Joshi expressed anger over the increase in petrol and diesel

Udaipur: Mawali MLA Dharmanarayan Joshi has expressed outrage over the rise in the state government's tax on farmers by two percent and the increase in VAT on petrol by two percent and one percent on diesel during the Covid-19 epidemic. In a letter to Chief Minister Ashok Gehlot, MLA Joshi has said that this decision of the state government will increase the burden on the people. The state government is increasing the burden of taxes on them instead of giving relief to the people in this odd period. Joshi has said that after March 21 and April 15, the state government has increased the weight for the third time, with this the VAT on petrol has risen to 38 percent and 28 percent on diesel.

MLA Joshi has condemned the use of force on the people of the state and the use of force on the people in the state border. He said that the government should issue a pass after seeing the situation of the area, it would be right, but to keep the people out of the state government's permission in the hot sun without the system is a sign of insensitivity.

"Nurses"- A Voice to lead, nursing the world to Health

The year 2020 dawned with disaster all across the globe for mankind. The dreaded microbe has selectively chosen- 'Humans' as its prey and made them fall on its back foot. The species trying to conquer the "Universe" has now believed and understands its shelter as "Universe". Insult that mother nature has been experiencing for decades has halted, giving it a chance to mend, heal, rejuvenate & rejoice itself for a better tomorrow. Nature has shown us a glimpse of its supremacy and warned not to meddle with its loss. As nature is healing itself, there are some human beings- 'The Nurses' who are lending a healing hand to the prey of this deadly virus. Loaded with layers of protective gears, standing tall, unexhausted amidst all odds & untoward conditions and Nurse- is nursing the world to health.

Rising above all caste and creed, putting all untiring efforts with no selfish motive. A Nurse is delivering hope, health, a smile and life to the present world and suffering Mankind. In this scenario where humans are in lock down nurses have unleashed themselves for humanity. Their selfless sacrifice, the contagious smile of hope and help for all those in pain and suffering has made people and all the people the world understand and realise the true value of Nurses.

I salute - The Nurses- modern day nightingales for the supreme dedication, godly gifted healing touch, continuous hard work soulful passion and ultimate motto to serve humanity.

- Dr. Tarun Vyas, GM-MS GMCH, Udaipur



Lost Food

Mothers Day Special

CUMIN AND BEETROOT REFRESHMENT

Ingredients

For cumin Water
Cumin seed: 2 Tbs
Water: 500 MI
For Beetroot syrup
Beetroot: 500 Gm
Water: 1.25 Lit
Honey 2 Tbs
Lemon: 2 Lemon Juice
Chopped Mint Leaves: A few
Black Salt: ½ Tsp

Procedure

Step 1

1. Boil cumin seed in water for 20 minutes in low flame.
2. Reduce it to half.
3. When it gets cool, grind coarsely with water at keep it in refrigerator.

Step 2

1. Pill, wash and cut beetroot into small dices.
2. Boil beetroot for 25 Minutes or till it gets tender.
3. Take out from fire, stain it and keep aside.
4. When beetroot juice gets cool add cumin mixture, black salt, lemon Juice mint leaves chopped, honey and some crushed ice.
5. Pour it into long stem glass and garnished with lemon and Mint Leaves.

Chef Satish Tips:

1. All root vegetable should be boiled from cold water
2. Cumin water can be stored in refrigerator for 1 weak; you can use it whenever you want to make refreshment.
3. Beetroot can be replaced with cucumber, carrot, only mint leaves, orange etc.
4. Cumin is highly antioxidant and boost digestive system. Beetroot helps in blood purification and immunity booster.



Health advice from Narayan Seva sitting at home

Udaipur: Due to the Udaipur lockdown, Narayan Seva Sansthan has decided to provide medical counseling at home. Institute President Prashant Agarwal said that due to the lockdown, it is not easy to go to the hospital for every minor and physical problem; hence the institute is starting a live session keeping in mind the dilemma of the common man. In which medical advice can be obtained by sharing your problem with specialist physicians. He said that it would be broadcast on Facebook - Narayan Seva Sansthan and Youtube- Nssudaipur from 10 am.

He said that on May 10, astrologer Dr. Ankit Chauhan, on 11, Naturopathic Dr. Deepa Shukla, on 12 would be able to talk to Dr. Manas Ranjan Sahu about counseling for disabled persons. Similarly, Dr. Vijay Sharma on 13 and Physiotherapist Dr. Karan Singh Deora on May 14 will be consulted by sharing their problems.

Online seminar held on "Importance of Meera"

Udaipur: An online seminar on "Importance of Meera" was organized by Udaipur / Rajasthan Sahitya Academy under the online dialogue series.

Prof. of Udaipur Dr. Pallava, 'Banas Jan' editor, interacted in the seminar with From Madhav Hada, Delhi, and discussed the topic of "Meera's Importance." Dr. Hada said that Meera has been written and read a lot in the field of literature, but there has not been a widespread discussion. Meera's research should be viewed keeping in mind the cultural landscape of a region. Harinarayan Purohit has done scientific work on Meera. In the present scenario, a female discourse has brought Meera to the center, which is also relevant. Meera can be talked about in many dimensions, while Meera has been made a limited image by a particular society, which can only be called injustice to them. Meera is a self-conscious and self-supporting woman. He has also been richly educated. It is unjust to address Meera with words like Pagli, Prem Diwani, etc. Dr. Madhav Hada said that Meera was a saint to honor devotees. She did not follow any religion, scripture, sect, creed, back. Meera was neither a disciple nor did he make anyone his disciple. Meera's literature was self-contained. Meera does not postpone her impulses but expresses more of the desire. At the beginning of the program, Academy Secretary Md. Furqan Khan welcomed and Ramdayal Mehra, the in-charge of the Academy function, thanked. This program was seen and heard by literature lovers on Facebook and YouTube.

Study of prof Doshi in the social area is remarkable GNM

Udaipur: Due to the lockdown, Professor SL Doshi's lecture was organized online by Professor PC Jain and Shashank Jain. Speaking from the post of Chairman of the conference, historian Professor Girish Nath Mathur, while giving lectures on the topics and prospects of tribal development, said that the studies in the field of sociology done by Professor SL Doshi were relevant in today's context.

Giving the above information, Shirish Nath Mathur said that in conversation in Professor B. K. Nangal from Delhi prof SL Sharma from Jaipur, Dr. Anup Kumar Singh from Kanpur, Dr. C. K. Rai from Hyderabad. Prof. S. c Razora of Chittoor. Prof. Mohan Advani, Prof. S. s. Chaudhary, Dr. Manoj Raiguru, Dr. Rajat Bhatnagar from Udaipur also expressed their views. Sociologist Professor on this occasion. Paid tribute on lamenting the tragic demise of Yogendra Singh on May 10.



For Royal Harbinger Call

Mangi Lal Purohit - 9024311494
Bharat - 7597908870