

Business & Entertainment

World Ground Water Day

Friends, just a few days back, it was 10 June, which we celebrated as World Ground Water Day. It was started in India by Uttar Pradesh Samajwadi Party chief Mulayam Singh Yadav. He started this day on 10 June in Jhansi. It was done in 2005. He is also called the "Son of the earth". It is said that India has the highest consumption of water in the world and Uttar Pradesh state has the highest consumption in India. After that, his son, Akhilesh Yadav, announced to celebrate this day for a week.

After all, what is World Ground Water Day? Let's see. The water between the rocks below the surface of the earth is called underground water. This is the only natural resource of fresh sweet water. Man uses it by extracting water using tube wells. The taste and color of underground water vary from country to country due to differences in place, circumstances, and climate. If a man makes good use of it, it is available in sufficient quantity. But if it is misused, its deficiency is inevitable. Negligence, unplanned industrialization, increased pollution, depleting deserts and glaciers, declining water levels of rivers, and destruction of the environment are the main reasons. Due to the irregularity of the monsoon in India, there is heavy rain at times or no rain at all. According to the Geologists, a study has concluded that the water present in the ground goes down one meter every year. And all this is the result of playing indiscriminately with nature.

Various positive steps are being taken to deal with this formidable problem, such as:-

1. Drought Early Warning System (DWS) has been created; according to the study's findings, positive changes are being brought in this system.
2. Madhya Pradesh, a state in India, will bring the Right to Water Act.
3. It is an ambitious plan of the new ministry named Jalshakti that by the year 2024, piped water should be made available to all the houses in the country.
4. On 28 July 2010, the United Nations recognized clean water and sanitation as a human right and considered it as essential as the attainment of other human rights. Access to water for citizens, legislative intervention is needed says, Water Man Rajendra Singh.
5. In 2017, the civil society group Jan Jal Jodo Abhiyan (JJN) released a draft of the Water security bill at a press conference. JJN is a nationwide campaign to motivate society, through a water literacy campaign, through community participation. Water security to conserve ponds, rivers, lakes, etc. It was initiated in 2013, and the first draft of the proposal for the Civil Society's Water Security Bill was published in 2014. The aquifer (porous rock through which groundwater circulates) can be recharged and stored. Striking a balance between discharges is a critical feature of the Act on which the proposed Water Security Bill is based. It states that all local authorities should publish maps of water bodies in their jurisdiction within four months of the Act's passage and keep their records safe. The Bill seeks to provide guidelines for groundwater extraction and recharge, as well as prohibit the misuse of water sources and water bodies. The draft bill makes all endangering activities for water bodies a cognizable offense. Such activities should be banned. The maximum punishment has been provided under the Indian Penal Code. It states that the failure of local authorities to discharge their responsibilities will also be considered a crime. The solution to this nationwide crisis is possible only when it is collectively taken seriously. Efforts should be made. This is the only solution to this impending crisis. Therefore, the need was felt to create awareness among the people about the importance and conservation of groundwater by celebrating Ground Water Day on 10 June.

- Sulekha Srivastava

Concern expressed over alleged beautification of Ayad river

Udaipur: The lake lovers have condemned the construction of tiling and park-like buildings in the river belt in the Subhash Nagar part of the Ayed river, shortening the river route and making a drain. Lake lovers have described this work as damaging the surface and groundwater system of the river.

This alleged beautification also violates the directions of the Rajasthan High Court. The lake lovers have demanded to remove it immediately and restore the river belt's original form and width. By doing Shramdaan at Amarkund of Pichola, lake lovers took out floating polythene, rotten food items in bags, bottles of liquor, vapors, and aquatic grass from the water area. Lake lover Drupad Singh, Director of Abhinav Sansthan Kushal Rawal, Ex.member of LDA Tej Shankar Paliwal, and Gandhi Human Society Director Nand Kishore Sharma participated in Shramdaan.

Chief Minister flagged off Child Protection Sankalp Yatra

Jaipur: On Friday, Chief Minister Shri Ashok Gehlot flagged the Child Protection Sankalp Yatra at the Chief Minister's residence. Earlier in his address, the Chief Minister said that through this yatra in 140-gram panchayats of seven districts, the programs being run by the state government for child protection would be explained in detail so that awareness about child rights could be brought to the villages. And no child should be deprived of the welfare schemes of the government. The Chief Minister addressed a program organized by Child Empowerment Department, UNICEF, and Pink City Cycle Rickshaw Driver Association. Shri Gehlot said that children are our invaluable heritage, and our social responsibility is to protect children and their social, educational, and health development. The state government is committed to eradicating child sexual violence, child marriage, and child labor. Children's fair will be organized every 20 days under Child Protection Sankalp Yatra, in which all departments will participate. During the village tour in the fair, the applications identified to benefit the eligible persons from the schemes will be disposed of on the spot. The government is running important schemes for child protection and welfare. The Chief Minister said that for the education and protection of the children of the state government, Chief Minister Corona Assistance Scheme, Vatsalya Yojana, Utkarsh Yojana, Goradhai Group Child Care Scheme, Bal Mitra Scheme, Palanhar Scheme, Chief Minister Skill Development Scheme, Palanhar Residential Hostel Scheme, Children's Home, Are running ambitious schemes like Udaan Yojana, Shiksha Setu Scheme.

Importance of OWN Eggs Pregnancy in the Parenthood Journey through IVF "

The University of California estimates that about 15% of couples worldwide have trouble conceiving. Globally, 48.5 million couples experience infertility. In the year 2019, 9% of men and 10% of women between the age of 15 to 44 years reported infertility problems in the United States. Furthermore, a report by World Health Organization (WHO) estimates that 1 out of every 4 couples experience infertility in developing countries. Nearly, 27.5 million Indian couples are actively trying to conceive because of infertility.

The worldwide data rises a growing concern about infertility. The alarming rates of infertility throw light on the sudden change in the social and interpersonal lifestyle. The societal stress, financial independence, and unhealthy eating habits mess up the hormonal balance and result in infertility. As a matter of fact, in many corners of the country, women are still regarded responsible for infertility. The value and rights of a woman are still bound to the birth of a baby. A woman unable to bear a child or finding it difficult to give birth is frowned upon. Moreover, male infertility is a grave concern as compared to female infertility. Research has shown that 30% of Indian men have normal semen characteristics that cause problems

in conceiving for women. The societal stigma attached to the alarming concern is another reason for its rampant growth. Couples hesitate to speak about their reproductive issues and shy away from such conversations. Surprisingly, a lot of couples are not even aware of the available infertility treatments.

Science has proved that infertility is not gender-specific. Both men and women are equally responsible for the pregnancy. A variety of medical conditions or hormonal changes may impact the reproductive health of both genders. Recently, the world is seeing a surge in numbers due to a lethargic lifestyle. A lifestyle devoid of any physical activity causes obesity which is directly linked to infertility. Obesity affects the semen quality in men and causes polycystic ovarian syndrome in women. Obesity and additive factors such as using mobile phones for hours, job pressure, pollution, and conscious decision to avoid pregnancy are changing the hormonal balance. Moreover, unprotected sex, sexually transmitted infection and overuse of emergency contraception also trigger infertility in the long run.

It is important to note that infertility whether male or female can be treated. The sci-



ence has not only broken the gendered specific taboo but also paved a way for couples to enjoy parenthood. Assistive reproductive techniques (ART) are one of these technological advancements that are helping thousands of couples across the nation. In this procedure, the egg and sperm from couples are fertilized in a laboratory. Once the egg is fertilized or converted into an embryo, it is implanted into the woman's womb.

Current Donor Egg V/S OWN Egg Scenario

The woman can either use her egg or a donor egg for the fertilization process. The baby, however, wouldn't be biologically similar to the woman. In several cases, the doctor might recommend donor eggs to couples. The couples should, however, know that a donor egg is only indicated in the cases of premature ovarian failure, menopause, low AMH levels,

age above 42 years, and autosomal dominant genetic disease in women. Dr Nisha Agarwal, IVF Expert and Centre Head, Udaipur states "The unstructured and fragmented Indian IVF market is deadly. More than 60% of couples visiting us are recommended donor egg fertilization. The couples are not even aware that they can get pregnant with their eggs." She adds "This occurs due to wrong diagnosis, lack of knowledge and interpretation of AMH levels. The couples, thus, do not receive the right guidance and fall for donor egg IVF."

Why Pregnancy with OWN Gametes is Important?

Pregnancy is a beautiful process. The would-be parents dream to see a reflection of them in their child. The joy of raising their own child and watching him grow is surreal. The doctors at WINGS IVF Hospital, Udaipur understand

why getting pregnant with your OWN gametes is important.

Dr Nisha Agarwal, IVF Expert and Centre Head, Udaipur states "Egg donation is not even required in the majority of cases. The primary goal of an IVF expert is to reduce the cycle attempts. This can easily reduce the need for donor eggs. Furthermore, it will also reduce the financial and physical impact on the woman."

Why WINGS IVF for OWN Egg Pregnancy?

Owing to the prevalent third-party donation, Dr Nisha Agarwal, IVF Expert and Centre Head, Udaipur focuses on bringing a solution. She says "IVF lab is the soul of the process. A well-maintained lab with meticulous quality control and quality assurance is paramount to maintaining the air quality of the lab. A standardized lab can greatly increase the conversion of the quality

embryo from even a small number of eggs. In this way, the mothers can get pregnant with high-quality embryos developed from their OWN eggs."

At WINGS IVF Hospital, we focus on reducing IVF cycle attempts to avoid third-party donations. Our advanced AHU lab with microfiltration closed system, and close time-lapse incubators add up to our IVF process. These advanced methods ensure the formation of qualitative embryos per egg. This improves embryo formation even in extremely difficult situations such as low AMH, advanced maternal age, and recurrent IVF failure which are the main reason why people are been explained for donor eggs. In India, infertility is no longer a private sorrow. The ever-increasing numbers show us that the problem is growing steadily. In such a dire situation, we consider it a privilege to bring you closer to parenthood.

At our hospital, we receive several patients with varied reasons for infertility. We take it as our responsibility to diagnose and treat them effectively. Our mission to bring joy into our patient's life with their OWN gametes sets us apart from others. We put our best foot forward with advanced technology to let you enjoy your parenthood.

ExxonMobil launches next-gen Mobil Super range of lubricants

Udaipur: ExxonMobil Lubricants Pvt Ltd today announced the launch of its next-generation passenger vehicle lubricants - 'Mobil Super', in new, improved packaging with refreshed labels. The improved packaging offers a new QR-code-based anti-counterfeit feature on the bottles for consumers to verify the authenticity of the products.

With the launch of the new packaging, ExxonMobil has renamed its Mobil Super 3000

series as the Mobil Super All-In-One Protection series. Mobil Super 1000 series as the Mobil Super Friction Fighter series, and Mobil Super HP as the Mobil Super Everyday Protection. This next generation synthetic passenger vehicle lubricant offers superior technology that meets the latest BS-VI specifications and provides fuel economy benefits with its Mobil Super All-In-One Protection series. Additionally, the Mobil Super Friction Fighter series delivers

better engine wear protection and cleanliness. ExxonMobil is leveraging their Tokyo Olympics Gold Medalist brand ambassador, Padma Shri Neeraj Chopra, to communicate the change. Commenting on the launch, Vipin Rana, CEO, ExxonMobil Lubricants Pvt. Ltd., said, "As a technology leader, ExxonMobil is always exploring new ways to serve customers better and bring a positive change to their lives. This also resonates with our brand campaign 'Farak

Laakar Dekhiye.' Keeping consumer needs in mind, our product formulations are based on proven technologies and are optimized for various driving styles and conditions. The new ergonomic pack design will help consumers handle our products efficiently and the refreshed label designs add to the visual appeal. The new Mobil Super range will also lead to better fuel economy for our consumers and offer an enhanced experience to their everyday.



Tribal Commissionerate organized a special sports workshop

Udaipur: The department is doing continuous innovations for the overall development of the students of tribal areas. In this sequence, a unique sports workshop was organized by the Tribal Commissionerate on Monday for the students of tribal



hostels, sports hostels, schools and MAA-bari centers. Divisional Commissioner Rajendra Bhatt presided over this workshop. District Collector Tarachand Meena, departmental education officers, physical teachers, and other departmental officers and trainers were associated with this workshop.

Divisional Commissioner Bhatt said that sports are necessary for the overall development of the students. He described this online workshop as very useful and said that tribal talents are being encouraged in sports and studies through such innovations. He said that during this type of workshop or training, tribal students could be motivated by making them compete. He also noted that students who are proficient in training should be given opportunities in various sports competitions in the department so that they can showcase their skills and move forward.

He talked about providing training in sports like hockey, kabaddi, badminton, archery, etc., and said that we could start it with chess from the point of view of the mental development of children. He said that in such workshops, through intelligent boards, we can give exciting and helpful information related to sports to the experts, which will benefit the students. We can provide useful information about sports through videos and CDs, YouTube, etc., associated with Olympics or other sports through various skilled trainers in all 120 places connected with the department where TV and other necessary resources are available.

District Collector Tarachand Meena told all the departmental officers, personnel, and other trainers associated with the workshop that every student interested in sports should benefit from these workshops. He said that children should

be encouraged by making videos motivating them and information about multiple sports achievements, rules, provisions, etc.

Successful operation of rare cervical Tarlov cyst in Paras JK Hospital

Udaipur: Another achievement has been achieved by the Neurosurgery team of Paras JK Hospital, Udaipur. A group of surgeons from the hospital, led by Dr. Ajit Singh, Senior Consultant Neuro and Spine Surgeon, recently successfully operated on a 41-year-old patient for a rare cervical Tarlov cyst. Aruna Rajput, 41, a resident of Udaipur, has been suffering from numbness in her extremities and difficulty walking for the last 4-5 months. Due to this, she came to Paras JK Hospital for consultation and examination. The patient's history showed an MRI in which the cyst was diagnosed. A Cervical Tarlov cyst is a rare disease, given which the doctor advised the patient to have an operation.

Dr. Ajit Singh, Senior Consultant Neuro and Spine Surgeon, Paras JK Hospital, said that, due to the cyst, the spinal cord along with the vein was also pressing, due to which the patient was feeling numbness and difficulty in walking. Tarlov cysts are found mainly in the lower part of the spine and rarely in the cervical region. Symptoms that cause discomfort are also rare. Chronic pain is joint with Tarlov cysts. Cyst pain can affect the lower back, significantly below the waist, and spread to the legs. Sitting or standing can increase pain in some people while lying down can relieve the pain. The pain can also affect the upper back, neck, arms, and hands if the cysts are located in the upper part of the spine. Tarlov cysts affect the nerves causing weakness and numbness in the legs. According to the available reports of Tarlov cysts, only five such cases have been reported worldwide. The successful Rare Cervical Tarlov Cyst Operation at Paras JK Hospital will be sent to be published in International Journal to raise awareness among people across the world.

"Salaam e Mehfil" program organized on World Music Day

In the "Salaam-e-Mehfil" program organized

on the World Music Day at Bharatiya Lok Kala Mandal, Udaipur, the artists enthralled the audience with their scintillating performances.

Director of Bharatiya Lok Kala Mandal, Dr. Laique Hussain, said that on World Music Day, Bharatiya Lok Kala Mandal, Udaipur and 94.3 MY FM - "Salaam-e-Mehfil" program was organized under the joint aegis.

On this occasion, Dr. Laique Hussain, the Director of the Bharatiya Lok Kala Mandal, welcomed the artists by wearing shawls and garlanding them; after that, in his welcome address, he said that on this day, programs related to music and yoga are organized in many countries of the world including India. is being managed. And in this sequence, the said program is being collected today. He said that listening to music, understanding, and applying it to our inner soul is also yoga, and we are also celebrating Yoga Day through this musical evening.



Lag Ja Gale..... The performances of .. captivated the audience. In the program, Udaipur's Ghazal singers Bhupendra Panwar and Marisha Dixit sang Mehndi Hassan's "Rajneesh Hi Sahi...", Ghulam Ali Sahab's "Kaha make rukne the...." Rashid Aage Jab Tum O Sajna of Khon Sahab....."

Dr. Swaraj Joshi was on the tabla, and Sonu was on the keyboard in the program. Nirbhay Shankar Dixit, Rajesh Tandon, Ramnarayan Bhanawat, famous Ghazal singer Wasim Jaipuri, etc., were present on this occasion.

Collecting rainwater as the only solution for water scarcity: Virtual talk by Dr. Vartika

Women's Welfare Department (WWD), Delhi sector organized a virtual talk on "Water Conservation: The Need of the Hour" on

Monday, 27th June 2022 on the Zoom platform and the keynote speaker was Dr. Vartika Jain, Assistant Professor, Dept. of Botany, Govt. Meera Girls College who is also serving as Secretary, Society for Microvita Research and Integrated Medicine (SMRIM), Udaipur. She was introduced to the audience by the moderator of the program, Smt. Meera Singh from New Delhi.

Dr. Vartika discussed the need of water conservation and measures to be adopted for the same. She said that scarcity of water and contamination of existing water are two major reasons why there is a need for extensive water conservation and not only humans but Plants and Animals are also affected hugely by water scarcity and water-borne diseases leading to life-threatening.

Dr. Vartika explained the concept of water-friendly plantation around water reservoirs as given by Shri P.R. Sarkar which is a two-phased program incorporating plantation of both fast and slow-growing plants.

Through this approach, the water level is retained in the reservoirs even in the dry seasons as the roots of the plants slowly release water to keep the water flowing throughout the year.

She emphasized that Rain Water Harvesting (RWH) is the only system through which we can save the water for future generations and improve the quality of water by reducing total dissolved solid content and making the heavy metals in permissible limits. Dr Jain gave some practical examples of implementing RWH in schools, govt, and private buildings and also for recharging public handpumps, tube-wells, wells, step-wells, etc.

Further, she said we will have to change our consumption-oriented lifestyle and start practicing 'Aparigraha' in order to avoid wastage made due to fast-changing fashion. Mulching of plants using coconut husk and water-less shaving using natural Aloe vera gel were some other examples given for conservation of water.

The program was attended by participants from all over the country and appreciated by all. Dr Jain also resolved the queries of the participants. In the end, Sectorial Women Welfare Secretary, Avdhutika Ananda Chittaprabha Acarya extended heartfelt thanks to Dr. Vartika for giving an excellent talk on such a relevant topic and requested her consultation regarding RWH to be implemented in various places of the country.