

## Heart attack and failure in youth is a matter of concern: Dr Khandelwal

**Udaipur:** Common people are not severe about heart disease; they take advice from the doctor when the problem increases.

Due to the modern lifestyle and poor diet, heart diseases are increasing along with other conditions. The heart can be kept healthy by adopting a balanced lifestyle.

Cardiologists expressed this opinion in a seminar under the joint aegis of Heart and Rhythm Society, API Chapter and Paras Health Udaipur under the leadership of



Chairman Dr Amit Khandelwal.

More than 150 experts and doctors from across the country participated in the Cardiovascular Metabolic Symposium at Lakecity to discuss the increasing number of

heart patients, heart disease and its treatment, options and innovations.

Organizing Chairman Dr Khandelwal said that it is a matter of concern that heart disease is now affecting young people and children.

Keynote speakers Dr Arun Kochhar, Dr Piyush Jain, Dr G.L. Sharma, Dr Piyush Mathur, Dr S.K. Kaushik, Dr Jai Chordia and Dr Sanjay Gandhi shared experiences in research and ideas.

On how to reduce bleeding in older patients in atrial

fibrillation cases, Dr Arun Kochhar said that our heart works continuously without stopping. We should take care of it. The seminar started with a question-answer session based on this topic.

On the use of the latest stents and state-of-the-art medicated and soluble stents in complex angioplasty, Dr Amit said that these stents should be made familiar so that every patient is benefited from them.

A panel discussion was held on the current heart failure status in which Dr Amit

Khandelwal was the moderator. In cases of heart failure with reduced ejection fraction, Dr G.L. Sharma said that in case of heart failure, patients and relatives get very scared, but now its diagnosis is possible.

Dr Piyush Jain talks about the consequences of non-statin lipid-lowering drugs in cardiovascular.

The event was inaugurated by the President of the API Chapter, Dr B.S. Bamb

in the end, Dr Vikram Singh Chauhan, Director of Paras Health, expressed gratitude.

## Save Bird campaign launched by Bikaner Technical University



"Save the Birds Annual Campaign" was established by the NSS team of Bikaner Technical University. In this great campaign, arrangements were made for food and water for

the birds at various places on the university campus, and birds were kept.

In this campaign, under the joint aegis of Karma Bai Jat Mahila Sanstha and Nature Environment and Wildlife Society Tal Chhaphar, under the "Save the Sparrow" campaign, houses for birds have been established in the safe, protected places.

Some houses were distributed among the university personnel and students, and an appeal was made to conserve the birds. University Vice Chancellor Prof. Ambrish Vidyarti said that this is an annual campaign. Under this great campaign, various programs to save birds, such as setting up bird-houses, Spreading Awareness

spreading awareness for not using Chinese thread while flying kites in festivals, etc., will be done. Professor Vidyarthi said that under this great campaign, activities related to the campaign would be done not only on the university campus but also in the homes of all personnel and students, hostels, other society parks etc.

NSS Pinky Coordinator Dr Mamta Sharma Pareek thanked the founder of Karma Bai Jat Mahila Sanstha, Mrs Alka Chowdhary, and her team and informed that various works had been done by the NSS team for awareness in different areas and in the future, women's safety will be done in the same way. Campaigns related to environmental protection, de-addiction, mental health etc., are to be run. Dr Ruma Bhadoria, Dr Alka Swami, Dr Hem Ahuja, Dr Anu Sharma, Abhishek Purohit, Natwar Kadwasara, Neelam Swami, Amit Purohit, other university personnel and students associated with the NSS team participated enthusiastically in the program.

## Person, personality and successful life



**Udaipur:** College dean Dr Meenu Srivastava inaugurated one day workshop on "Preparing a bright future through the development of multidimensional personality traits" by Placement Cell and Information Bureau of Maharana Pratap University of Agriculture and Technology, Udaipur, constituent Community and applied for science college.

As chairman in the session, she said personality is essential in a person's life, which

not only decides professional success but also determines his overall behaviour and outlook in his personal life. Our personality determines how we act or react to a particular thing and how we interact and respond to the world. She said three sessions would be organized during the workshop: communication skills, yoga and personality and cheerful personality.

Organizing Secretary Dr Gayatri Tiwari told the purpose of the program. It is to inform the participants about the need and importance of personality traits and to increase their knowledge of the participants towards the multidimensional aspects of personality traits. Personality development helps you get recognition and acceptance from society and the people around you.

It affects the development of a person throughout his life, which is the basis of his interpersonal and intra-personal relationships. If its importance is understood in student life, then the way for future happy professional and personal life is paved.

The first speaker, Mr Utkarsh, a Behavior Change and Communication Specialist of Jatan Sansthan, Udaipur, comprehensively discussed the communication journey from 1G to 5G through various activities. He said that communication skills help us build and maintain relationships with others. We can share our thoughts, ideas and feelings to understand better how we relate to each other. It is also important because it allows people who are not able to hear or speak to feel that they are part of society.

The second speaker, Dr Shubha Surana, a yoga instructor in Udaipur, threw light on personality development through yoga and said

that yoga is a great art and science. It brings emotional stability. It helps to control negative emotions. Yogic practices like yama, niyama, asana, pranayama, pratyahara and meditation help in emotional management. He made a reasonable practice of Pranayam.

The third speaker Prof. Vijay Laxmi Chauhan, Retired Professor & HOD - Department of Psychology, MLSU, Udaipur, explained about upbeat personality and said that when you develop a positive attitude, you will start feeling better. You will give yourself more respect and love, and this, in turn, will increase your confidence level and inner strength. You will face new challenges and come out of your self-limiting beliefs. The co-organizing secretaries of the program were Dr Sarla Lakhawat and Dr Hemu Rathod, and the technical assistants were Dr Sneha Jain and Mrs Rekha Rathod. About 67 students participated enthusiastically in this occasion.

## Villages will be economically strong with new agricultural techniques

**Bikaner:** Bikaner University organized a day workshop at Palana village, adopted by Bikaner University. This workshop was on new agricultural technology, in which the farmers were informed about the modern techniques of agriculture; its main objective was to improve the farmers' yield through new technology and increase the crop yield. Public Relations Officer Vikram Rathod said it was a cluster activity organized in collaboration with SKRAU, Bikaner.

Vice Chancellor Prof. Ambareesh Sharan Vidyarthi, in his message to the villagers, said that by using the latest and advanced agricultural techniques, farmers could establish new dimensions of development in their farming. There are many government schemes for the skill development and training of the farmer brothers, taking advantage of which they can become an integral part of the latest agricultural techniques. This workshop's chief guest and spokesperson were Dr Rajesh Verma, Deputy Director of Agriculture Extension, SKRAU, Bikaner. He said how innovative the use of nanotechnology is in agriculture. Information was given about the Government of India's initiative to promote mechanization in agriculture and about direct seeding of paddy for higher production with less cost. He told about the effective use of water and fertilizers through the fertigation system and explained to all the farmers in simple words how organic manure is made. Information was given about advanced technology methods used nationwide to irrigate crops. Farmers asked about problems related to pomegranate production and other vegetables and fruits, which he solved.

Dr Anu Sharma and Dr Preeti Pareek, the program's director, told all the farmers that we should adopt such methods to increase our production according to the weather here. He said that groundwater cultivation is done a lot here, for which a lot of water is required, the water level in our state is shallow, and the outbreak of heat is also very high. It is the prime country which gives economic strength to the country. Hence, this land is unsuitable for this cultivation, so we Farmers should cultivate crops according to their water level and environment. Apart from strengthening the family's economic condition, our farmers can also give a new direction to society through new agricultural techniques. Gram Panchayat Assistant Bajrang Dhaka gave the necessary support to make the program successful, and all the farmers participated enthusiastically in this program. This program also distributed organic fertilizers and seeds to all the farmers.

## "World Schizophrenia Day" reflection seminar

Agarwal Neuro-Psychiatry Center Kota organized a workshop on the information, symptoms, causes and public awareness of schizophrenia psychiatric disease at the hospital premises on Saturday.

Chief Guest Mahamandaleswar Shri 1008 Sant Ms Hema Saraswati was the guest of honour.

Dr M.L. Agarwal, the senior psychiatrist, said schizophrenia is incurable. With the latest anti-psychotic drug injections, modern technology, ECT, and modern magnetic therapy, treatment

has become more accessible, and the patient recovers and returns to work. Treat the patient on time and give him affection. It is necessary to see a doctor in time and get proper treatment.

Dr Agarwal explained through power point that one per cent of the population in India, about 14 million people suffer from this Disease. The Disease is also known as a young adult disease. It usually appears in men between 18 and 30 and women between 16 and 24. This Disease can affect a person of any race, religion or gender.

He said that early symptoms of the disease, such as loss of interest in work, decreased concentration and ringing in the ears, are the main symptoms. This Disease is mentioned in ancient texts and texts of the Ayurvedic department.

This Disease is caused by chemical changes in the brain, hormonal changes, and changes in the dopamine hormone. For the severity of the disease, family history of the patients, childhood compensation, development, pregnancy, childbirth, etc., a psychiatrist identifies it and gives advice. Treats him.

Every year we have been organizing seminars and public awareness programs on the causes and prevention of schizophrenia to inform people, relatives and social workers about the Disease. He introduced the chief guest.

The quiz winner held on this occasion was S.K. Mehta, Shobharam Shubham and Mrs Anita.

Guest of Honor Rotarians Ramgopal Agarwal, Dr RC Gupta, Dr Giridhar Gupta Ro. VC Jain Member Child Welfare Committee, Yagyadatta Hada Principal Director A.B. Kaushik Gayatri Parivar Borkheda, Secretary Ro. Nemichand Sharma inaugurated the seminar by offering worship to Lord Ganesh. Social workers.

## Successful surgery of a patient suffering from splenic hydatid cyst



**Udaipur:** At Pacific Medical College and Hospital, a patient suffering from a splenic hydatid cyst was successfully operated and given a new life to the patient. In this successful operation, the team of Gastro surgeon Dr Vikesh Joshi, Dr Prakash Audichya, Dr Vikram Singh and Anil Bhatt of the Anesthesia Department cooperation.

In fact, 21-year-old Niharika, a resident of Boheda, Badi Saddi, was feeling a lump in the upper abdomen along with pain for the past several days. Due to this, there was constant weakness due to loss of appetite. The relatives brought the patient to Pacific Medical College and Hospital, where he showed them to gastro surgeon Dr Vikesh Joshi, and on examination, the patient was diagnosed with a disease called splenic hydatid cyst, whose treatment was possible only by operation.

Gastro surgeon Dr Vikesh Joshi said that this disease is mainly a disease of sheep and cattle, but people whose main livelihood is sheep and animal husbandry are more likely to get this disease. Echinococcus granulosus, a tapeworm, cause

## MOTIVATIONAL INTER-ACTION WITH TOPPERS



An interactive session was organised between the toppers of CBSE Classes X & XII 2023 with the students of current classes X and XII of Army Public School, Jaipur at Swami Vivekananda Hall on 26 May 2023 at Jaipur Military Station.

The session aimed to provide an opportunity to the current batch to interact with the toppers to learn their strategy, techniques & methods to un-learn and also understand the life style and study schedule followed by the toppers.

The topper students shared valuable inputs to improve the performance; and recommended to keep in constant touch with the teachers and incorporate their suggestions, plan and study as per time table, believe in self and self-motivation, take care of physical as well as mental health and avoid distractions.

The session was well received and very fruitful in terms of motivating and encouraging the new batch of class X and XII of APS, Jaipur.

hydatid cysts. These usually occur in the liver. It is tough to detect its symptoms when it is in the spleen. Due to this, it becomes difficult for doctors to diagnose this disease. This operation was done through binoculars, and the patient's splenic (spleen) was saved. Dr Joshi explained that hydatid disease can be found in any part of the body, but hydatid cyst in splenic is very rare. It is seen in any four patients in one lakh.

The patient is now fully recovered and has been discharged. The patient has been treated free of cost under the government's Chiranjeevi scheme.

## Obsessive-compulsive disorder

"When any compulsion is put on a person, or he is tortured excessively by his near and dear ones, then he becomes obsessed and starts thinking more and is forced to repeat the same work again and again, due to which he worries for a long time. Doing this leads to depression, which is called OCD or obsessive-compulsive disorder. In this, due to being harassed by loved ones, thoughts and fears arise without reason, which turns into compulsive and sometimes obsessive behaviour. It is believed that it cannot usually be cured. This mental illness can last for years or a lifetime. This is often an obsession, and compulsion also comes into behaviour. The main reason for this is because of the disturbance in the biological and neurotransmitter balance of a person due to excessive thoughts.

**What are the symptoms of OCD?**

They start counting things repeatedly, washing hands frequently, cleaning often, keeping looking at the same thing etc. Symptoms of insomnia, depression, anxiety etc., can also be seen. It is a type of anxiety disorder. A person with this disorder feels the need to check the same thing over and over again, to do certain things over and over again, such as washing hands over and over again, or to repeat specific thoughts over and over again.

**Unani Medicine**

Obsessive Compulsive Disorder is completely cured in Herbal Unani Medicine, which gradually reduces and stops the medicine. There is no person of Unani medicines etc. Some Unani medicines like Dawa Ul Shifa, Majoona Najah, and Goli Jund are given. While in other therapy, the person becomes addicted to those medicines, and later, it becomes difficult to stop them.

## 5 students of DPS, Udaipur selected at the national level in various sports

Udaipur: Five students in Class XII of Delhi Public School, Udaipur, have been set nationally in multiple sports.



Hiren Nasa in Bikaner for shooting, Ashika Ramsnehi and Tejendra Singh in Kota for swimming and Kunal Chowdhary and Maulik Raj Sonwal in Ajmer for badminton. Based on the excellent performance of these players in this camp, they have been selected for national-level competition in SGFI Games.

## Launch of vaccination for control of the lumpy virus in animals

**Udaipur:** Under the joint aegis of Maharana Pratap University of Agriculture and Technology, Udaipur and the Animal Husbandry Department, Udaipur, a one-day livestock health camp was organized at smart village Madar and Brahmin ki Hunder. The program was organized by Honorable Vice Chancellor Dr Ajit Kumar Karnataka, Maharana Pratap University of Agriculture and Technology, Udaipur, who was the chief guest. In his address, he said that given the successful work done by the university in Smart Village Madar and Brahmins' Hunder, the Honorable Governor gave him a letter of appreciation. On this occasion, he inaugurated a vaccination program to control the Lumpy virus and distributed mineral mixture to 98 livestock farmers. Along with this, I appealed to adopt the new agricultural technology and innovation developed by the university.

At the beginning of the programme, Director Extension Education, Dr R.A. Kaushik, Welcoming all the guests; said in his address that the smart village Madar and Hunder of Brahmins were extended by the Honorable Governor for one more year so that the village could be developed all round.

Dr Shakti Singh, Joint Director, Animal Husbandry Department, Udaipur, told us how to keep animals safe in summer and provide the proper environment for them so that the health of animals can be kept healthy. He also said that it is necessary to get adequate vaccination done for diseases occurring in animals in the summer. Dr Singh said that last year also Lumpy virus was controlled, and this year also, the department is going door-to-door to vaccinate animals to prevent this disease. Along with these, Dr O.P. Sahu, Veterinary Officer, Animal Husbandry Department, Udaipur, said that brief information was provided to control external and internal parasites occurring in these animals.

In the camp, Dr P. Bhatnagar, Senior Scientist and Head of Krishi Vigyan Kendra, Badgaon, said there is a need to treat animal infertility. Krishi Vigyan Kendra is running a project to solve this problem.

Dr Siddharth Mishra, Head of the Department, Department of Animal Production, Rajasthan Agriculture College, Udaipur, while throwing light on animal management, said that it is proposed to distribute goats of the Sirohi breed to improve the species so that more production can be obtained by improving the breeds.

Dr Datradeya, Veterinarian, Bargaon, Udaipur, while highlighting the program's objectives, gave brief information about the diseases occurring in animals and also gave necessary guidelines for the prevention of infections occurring in animals. It was also informed that 320 large animals were treated in the camp, and 148 small animals were given anthelmintic medicines, which benefited 215 animal patients.

Dr R.S. Rathore, Smart Village Coordinator, M.P.C.R.P.U., Udaipur, conducted the program and thanked all the visitors.