

## Congress Strengthens Its Resolve in Rural District Meeting

**Udaipur:** A crucial meeting of the Udaipur Rural District Congress Committee was held today at the Savina Subsidy Center office to review the results of the recent assembly elections and strategize for the upcoming Lok Sabha elections. Dr. Sanjeev Rajpurohit, the spokesperson for the Rural District Congress Committee, issued a press statement outlining the key discussions and resolutions of the meeting.

Addressing the gathering, Suresh Suthar, the Secretary of the State Congress Committee, expressed confidence that despite the setback in the assembly elections, the party would regain the trust of the people. He emphasized the need for unity among party workers and pledged to strengthen the organization for the upcoming Lok Sabha elections. Jagdish Raj Shrimalli, former deputy chairman of the

Labor Commission, highlighted the importance of engaging with grassroots workers to identify areas of improvement for the upcoming elections. He emphasized the need for effective communication and collaboration with workers at the ground level.

Puskar Lal Dangi, the newly elected MLA from Mavli constituency, assured the workers that there was no need for disappointment despite the



less-than-desired results in the state assembly elections.

He called for unity among Congress workers and urged them to focus on defeating the opposing forces in the upcoming Lok Sabha elections.

Kachru Lal Choudhary, the President of the Rural District Congress Committee, emphasized the importance of empowering booth-level workers. He announced plans to conduct meetings with booth-level workers soon and implement suggestions provided by

them. Choudhary stressed the need to strengthen the Congress party at the grassroots level to ensure success in the forthcoming elections.

The meeting also featured discussions on various strategies, including booth management, engaging with workers at the Mandal and Block levels, and conducting timely visits to constituencies. The Congress leaders expressed optimism about overcoming

challenges and achieving positive results in the upcoming Lok Sabha elections.

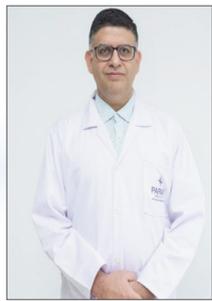
The meeting was attended by various prominent leaders, including Pushkar Lal Dangi, Dr. Mangilal Garasia, Jagdish Raj Shrimalli, and Kachru Lal Choudhary, among others. The leaders discussed the way forward to re-establish the party's strength and connect with the people for the Lok Sabha elections.

## Exercise Caution to Prevent Serious Sports Injuries Dr. Rahul Khanna Emphasizes Mindful Physical Activity for Athlete Well-being

In the pursuit of a healthy and active lifestyle, athletes are urged to exercise caution to prevent potentially serious sports injuries, according to Dr. Rahul Khanna, Senior Consultant in Sports Medicine, Arthroscopy, and Joint Replacement at Paras Health, Udaipur.

### Understanding Sports Injuries

Sports injuries, defined as injuries occurring during exercise or sports activities, can significantly impact an athlete's



future well-being. The term

encompasses a range of musculoskeletal issues, including sprains, strains, fractures, and dislocations.

### Balancing Health and Fitness

Dr. Khanna emphasized the importance of exercise and sports for maintaining good health and fitness. However, he cautioned against avoiding physical activities altogether. Instead, he highlighted the need for athletes to be mindful of certain factors during sports and exercise to prevent

injuries.

### Key Preventive Measures

1. **Exercise Mindfully:** Athletes are advised to pay close attention while exercising and create a well-rounded fitness plan.

2. **Diversify Workouts:** Engaging in alternative exercises for different muscle groups and allowing for rest days between workouts is crucial.

3. **Warm-Up Routine:** Performing warm-ups before sports activities helps prepare

the body for physical exertion.

4. **Hydration and First Aid:** Staying adequately hydrated is essential. In case of sudden sports injuries, the R.I.C.E. technique (Rest, Ice, Compression, Elevation) should be applied to alleviate pain and swelling.

### Effective Treatment Approaches

Dr. Khanna outlined various treatment approaches for sports-related injuries, including immobilization using splints, plaster, or braces, medication

and injections for pain relief, physiotherapy, and surgical intervention if necessary.

### Listen to Your Body

In conclusion, taking a break from sports might be challenging for athletes, but neglecting sports-related injuries can lead to prolonged periods of being sidelined or even prevent further participation in sports. Dr. Khanna advises athletes to listen to their bodies, exercise caution, and seek medical advice when needed.

## Pacific University Hosts Two-Day International Conference

**Udaipur:** Pacific University organized the 11th International Science Congress on Sustainable Development and Global Awareness on December 8-9, 2023, in collaboration with the International Science Community Association and Pacific University, Udaipur. The inaugural ceremony on December 8, 2023, witnessed a welcome address by the Conference Chair, Prof. Deepak Sharma. He provided insights into the objectives of the conference and shared details about the participants from across the country.

The chief guest of the event was Dr. A. P. Gupta, Chancellor of Pacific Medical University, Udaipur. Dr. Gupta delivered a lecture on global awareness for human welfare. Prof. K. K. Dave, President of Pacific University, also graced the occasion and emphasized the need for positive energy in research work aimed at serving the nation. The distinguished guest, Prof. S. C. Ameta, Professor Emeritus at Pacific University, highlighted the impact of global warming and focused on controlling carbon emissions and waste disposal. Dr. Hemant Kothari, Dean of Pacific University, presented the current challenges on a global scale, such as climate change, pandemics, and cultural sensitivity. The keynote speaker, Prof. S. C. Ameta, discussed the future implications of global warming and drew attention to carbon control and its degradation. Prof. Ashish Sharma from Christ University, Delhi, announced the awards given by the International Science Community.

Prof. N. K. Varma conferred the International Lifetime Achievement Award to Pacific Medical University, Udaipur, and Prof. S. K. Varma presented the International Lifetime Achievement Award to recognize contributions to global science. Prof. S. K. Varma and Dr. N. Bhojak were the main speakers of the event. Prof. S. K. Varma discussed Gandhi's perspective on nutrition and food science. In the third session, participants presented posters and oral research papers. Dr. Neha Mathur discussed the use of benzothiazole in contemporary applications. Mr. Apishishth focused on management. Dr. J. E. Das explained the use of radish in inhibiting global warming. Dr. N. Vishnoi, from King George's Medical University, Lucknow, presented a Gandhian perspective on nutrition and food science.

The conference saw active participation with 112 participants from four different countries – Nigeria, Nepal, Bhutan, and Sri Lanka – along with 15 states of India, contributing research papers. International Scientist Awards were given for outstanding oral and poster presentations to Sushmita Pandya, Janvi Panchal, Falguni Mathur, Ramesh Gani, Neetu Jhala, Ravindra Kohli, Vaishnavi Sharma, Pankaj Suthar, Surbhi Gaur, Sameen Shafi, Varsha Vishwakarma, Kalpana Patidar, Atul Gupta, Nisha Aryad, and Neha Rathore.

The program was efficiently conducted by Deepika, Deepti, and a vote of thanks was extended by Dr. Asha Aroda and Khatoun Aftab Kathawala.



## DPS Udaipur's Jay Khatri Tops National Law Admission Test CLAT-2024

**Udaipur:** A diligent and talented student from Class 12 Commerce at Delhi Public School, Udaipur, has achieved unprecedented success by securing the first rank at the national level in the Common Law Admission Test (CLAT-2024). Jay Khatri, who has been studying at DPS Udaipur since 2017, has brought great honor to the entire school community.

Jay has consistently excelled in both academic and extracurricular activities under the skilled guidance of the school's teachers. He has participated in various Olympiad exams and other competitive exams, winning numerous national and international medals and cash prizes. In the 2022 CBSE Class 10 exams, Jay topped the school with 99% in the first session and 97.80% in the second session, scoring 100% in Mathematics and Science.

In the CLAT-2024 exam, Jay scored an impressive 108 out of 118 total marks, securing the first position across the country. His remarkable success is a result of his unwavering hard work, dedication, and commitment. Jay serves as an inspiration to other students, embodying the values of perseverance and dedication.

On this momentous achievement, the school's Vice Chairman, Mr. Govind Agrawal, Principal Mr. Sanjay Narvaria, Vice Principal Mr. Rajesh Dhabhai, and all the teachers congratulated Jay and extended heartfelt wishes to him and his parents. Jay's success is a beacon of inspiration that will undoubtedly illuminate the paths of many aspiring students.



Girls Mahavidyalaya, Bhillwara, as the chief guest, who emphasized the profound significance of art as a reflection of society and time. Dr. Sinha encouraged the young talents of the Faculty of Arts and Humanities to dedicate themselves to the art, fostering a deeper connection between art and society. He hailed the inauguration of the gallery as a historic moment in the realm of art, a testament to Prof. Karunesh Saxena's forward-thinking vision. Vice Chancellor Prof. Karunesh Saxena stressed that true artists are those who contribute to society, reflecting its essence and values. He highlighted the crucial role of art in mirroring the spirit of society and the nation.

Prof. Manas Ranjan Panigrahi, the Vice Chancellor, appreciated the efforts put into the gallery and urged local faculty and intellectuals to support artists. He emphasized the need for recognition of artists, ensuring they receive the acknowledgment they deserve. Registrar Prof. Rajeev Mehta congratulated Aditi Narediya and her student team for their outstanding work, expressing the belief that the gallery would serve as a platform for future exhibitions by university artists.

The gallery showcased a variety of paintings, each telling a unique story. One notable piece depicted three women playing musical instruments in a garden, capturing the essence of Indian music and celebration. Another painting showcased an elephant, symbolizing power and prosperity in Indian culture. The event also featured a Rajasthani painting style exhibition, highlighting the distinctive features of art from different regions, such as Mewar, Bundi, and Jaipur. The paintings, meticulously created in traditional styles, reflected the use of natural colors and detailed craftsmanship.

The Faculty of Arts and Humanities aims to provide a transformative educational experience, nurturing informed contributors, career-ready learners, and global citizens. The newly inaugurated art gallery is poised to be a cultural hub, promoting the artistic talents of the university's students and contributing to the cultural enrichment of the entire community. In conclusion, the Sangam University Art Gallery stands as a testament to the institution's commitment to fostering creativity, celebrating heritage, and creating a vibrant space for artistic expression within the academic realm.

## Life Time Achievement Award for Research to Dr. Verma

**Udaipur:** Dr. S.K. Verma, President of the Society for Microvita Research and Integrated Medicine, Udaipur working as Professor Emeritus, Department of Medicine, Pacific Medical College, Bhillon ka Bedla, Udaipur has been honored with "International Life Time Achievement Award – for Research (Dr.N.C.Jain Award)" for his thirty-five years of excellent research work. The award was given in the 11th International Science Congress - 2023 organized by the International Science Community Association at Pacific University, Udaipur on Friday, 08 December 2023. Professor



Emeritus Dr. S.K. Verma, was honored with "Life Time Achievement Award for Research", under which he was given a citation and a check of Rs. 5,000. More than 125 research papers of Dr. Verma have been published in international and national journals which have been cited more than 3200 times. On this occasion, as the keynote speaker, he addressed the seminar with a concise lecture on the topic 'Comprehensive treatment of global epidemic heart disease'. He explained in simple language the prevention and treatment of heart disease in an integrated manner from the perspective of yogic medicine, modern allopathic medicine, bio-psychology, herbal medicine and microvita science.

## Invitation to Every Home with Akshat from Ayodhya

### Deepawali Celebration Called for on January 22, 2023

**Udaipur (Dr. Munesh Arora):** A program for the distribution of consecrated Akshat Kalash (sacred rice) from the birthplace of Lord Rama, Ayodhya, was held. These Kalashes were distributed in the 11 subdivisions of Udaipur city in the presence of revered saints, including Sant Mahant Amar Giri Ji Maharaj, Mahant Tanmay Giri Ji, Mahant Rasbihari Ji Maharaj, Mahant Sunder Das Ji Maharaj, Mahant Dayaram Ji Maharaj, Mahant Narayan Giri Ji Maharaj, Mahant Radhika Sharan Ji Maharaj, and Pushkar Das Ji, among others. These Kalashes were further distributed to 73 colonies and 113 villages, constituting the entire Udaipur district.



Sundar Kataria, Chief of the Ram Mandir Pran Pratishtha Abhiyan Chittorgarh Pradesh Yatra, shared that between January 1 and January 10, a plan has been devised to contact four lakh families in fifteen thousand villages of Chittorgarh Pradesh. To facilitate this, a team of seventeen thousand workers, including 350 from Udaipur, will be formed to conduct

door-to-door visits. The head of each household will receive Akshat and materials for distribution. As part of this initiative, an invitation for a sacred visit to Lord Rama in Ayodhya will also be extended, accompanied by a picture of Lord Rama's temple and informative pamphlets related to the Ram Mandir.

Additionally, a fervent appeal will be made to all sections of society to celebrate a grand festival on January 22. On this day, a program of consecration in the temples of their respective colonies in the afternoon, followed by a collective devotional song, Aarti, and distribution of prasad, will be organized. In the evening, everyone is encouraged to light lamps in their homes, transforming the day into a Diwali celebration. Press conferences and distribution programs saw the participation of Sundar Kataria, the campaign leader, along with Urban Coordinator Ashok Prajapati, Assistant Urban Coordinator Kapil Chittorgarh, and Shambhu Singh Asoliya.

## Geetanjali Hospital's Successful Treatment of High-Risk Cardiac Patient Through Innovative TMVR Procedure

**Udaipur:** Geetanjali Medical College and Hospital in Udaipur achieved a medical breakthrough by successfully treating a 64-year-old cardiac patient from Jaisalmer with a high-risk condition. Despite being turned away by several renowned hospitals, Geetanjali Hospital utilized a rare Transcatheter Mitral Valve Replacement (TMVR) procedure, providing the patient with a new lease on life. The cardiac team at Geetanjali Hospital, led by Dr. Ramesh Patel, Dr. Dilip Jain, Dr. Jay Bharat, Dr. Gaurav Mittal, Dr. Sanjay Gandhi, Dr. Gurpreet Singh, Dr. Anubhav Bansal, Dr. Ayush Richariya, and anesthesiologist Dr. Anil Bhimal, collaborated to successfully perform the TMVR procedure on the patient.

### Detailed Information:

The 64-year-old patient, a resident of Jaisalmer, had a history of diabetes and underwent

angioplasty and mitral valve repair surgery in Ahmedabad in 2016. After experiencing weakness and heart function issues for almost a month following the surgery, the patient was admitted to the ICU. Subsequently, she faced leakage issues in the valve over the past six months, causing symptoms such as breathlessness and nocturnal suffocation.

Upon referral to Geetanjali Hospital, the patient underwent a thorough examination, revealing that the previously operated valve was experiencing leakage again. The medical team presented two options: open-heart surgery or the innovative TMVR procedure, a non-invasive alternative. Considering the patient's history of high-risk surgery and her family's preference to avoid open-heart surgery, TMVR was recommended. Dr. Sanjay Gandhi explained that the patient faced challenges due to the rigid nature of the previously repaired ring, making TMVR a complex procedure. The Geetanjali cardiac sciences team successfully addressed this issue by initially using a balloon to open the rigid ring and then reshaping it to match the valve. The valve was then implanted without the need for open-heart surgery, preserving the patient's overall cardiac health. TMVR procedures are rare in India, and their success requires the expertise of a highly skilled and experienced team, often found in quaternary care centers. Geetanjali Hospital's achievement not only reflects local pride but also showcases the hospital's commitment to delivering advanced and world-class healthcare services.

Geetanjali Hospital has been consistently providing exceptional medical facilities for the past 17 years, catering to various healthcare needs and offering services to those in need.

## "Government Encouragement Needed to Boost Children in Sports," Says Harmeet Kaur

**Udaipur:** On the culmination of the annual sports festival "Udaan" at Rockwoods School, Indian athlete and Asian Games silver medalist, Harmeet Kaur Bains, participated in the event to inspire children towards sports. Bains emphasized the importance of government support to enhance children's interest in sports and cultivate diverse interests in various games. She highlighted the holistic benefits of sports, promoting both physical and mental well-being among youngsters. Vikramjeet Singh Shekhawat, the Co-Director of the institution, explained that the festival included various races for pre-primary and classes one and two on the first day. The second day witnessed different races for students from class three to twelve, featuring events such as ring races, fish races, pyramid races, and relay races. The enthusiastic participation of children showcased their skills, with parents actively cheering on their young athletes.

The event commenced with a vibrant march past, accompanied by the rhythmic beats of the school band. Distinguished personalities from the sports world, including Ms. Anjali Surana and special guest Ms. Alka Sharma, graced the occasion along with Director Deepak Sharma and A.D.M. City Rajiv Dwivedi. Winning participants received accolades from Principal Anjali Sharma, Dr. Vasudha Neel Mani, Vice-Principal Jay Singh, and Vice-Principal Renu Rathore.

### National athletes need more encouragement - Harmeet Kaur

Harmeet Kaur Bains, the running queen storming the track like a whirlwind, shared her life experiences during her visit to Rockwoods School in Udaipur. She expressed the challenges she faced in her career as an athlete, where initial rejections fueled her determination. Bains emphasized the need for greater support and encouragement for national athletes to excel in their respective sports.