

Leukopenia : Understanding Its Causes and Precautions



What Are White Blood Cells?

The human body produces approximately 100 billion white blood cells (leukocytes) daily. These cells are essential for defending the body against intruders such as viruses and bacteria. Neutrophils are the first line of defense in the immune system, actively responding to infections.

Causes of Leukopenia
Leukopenia can result from several factors:

1. Cancer Treatments: Certain medications used in cancer therapy can lead to low white blood cell levels.
2. Bone Marrow Disorders: Conditions like multiple myeloma and aplastic anemia affect bone marrow function, impairing blood cell production.
3. Autoimmune Diseases: Disorders such as lupus and

rheumatoid arthritis can contribute to leukopenia due to malnutrition or vitamin deficiencies.

4. Infections: Chronic infections, particularly Human Immunodeficiency Virus (HIV), can also lead to decreased white blood cell counts.

Symptoms of Leukopenia

Symptoms may vary but can include:

- Fever and chills
- Swelling and redness
- Mouth sores or red/white patches in the mouth
- Sore throat
- Severe cough or shortness of breath
- Painful urination or foul-smelling urine
- Diarrhea
- Sores or lesions that ooze pus
- Abnormal vaginal dis-

charge or itching

Diagnostic Tests

To diagnose leukopenia, the following tests may be conducted:

1. Complete Blood Count (CBC): A blood test to measure white blood cell levels.
2. Urine Test: To identify potential sources of infection.
3. Chest X-ray: To check for conditions like pneumonia.

Unani Treatment Approaches

Unani medicine offers various treatments for leukopenia, including:

1. Khamirias: Herbal formulations aimed at combating infections.
2. Growth Factors: Such as Habbe Ambri Momiya, Arka Maul Lehama, and Habbe Marwarid to stimulate bone marrow production of blood cells.

3. Blood Disorders

Treatment: Remedies like Sharbat Faulad, Sharbat Unnao, and Habbe Musafi Khoon are commonly prescribed.

Precautions for Individuals with Leukopenia

To reduce the risk of infections, individuals with leukopenia should:

1. Wash hands frequently with soap or alcohol-based sanitizer.
2. Stay updated on vaccines, including flu and COVID-19 shots.
3. Avoid close contact with sick individuals or large crowds.
4. Prevent injuries by avoiding scratches, lacerations, or cuts and seek prompt care for any skin damage.
5. Wash fruits and vegetables thoroughly, keep meat separate from other foods,

and ensure proper food preparation and cooking.

6. Avoid sharing utensils, cups, food, or drinks with others.

7. Do not share towels, razors, or toothbrushes.

8. Wear gloves while gardening or working outdoors.

9. Avoid handling pet waste or changing newborn diapers.

10. Stay away from lakes, ponds, rivers, and hot tubs.

While leukopenia itself is not cancer, it can significantly impact health by increasing the risk of infections.

Awareness of its causes, symptoms, and necessary precautions is essential for individuals affected by this condition.

Through proper management and treatment, individuals can lead healthier lives.

-Dr. Liyaqat Ali Mansury

Happy Home School students Visit GITS for Educational Tour

Udaipur: students from the Science stream of Happy Home School embarked on an educational tour to the Geetanjali Institute of Technical Studies (GITS) in Dabok. The program was inaugurated by Director Dr. N.S. Rathore.

Present at the event were the college's Financial Controller Mr. B.L. Jangid, Admissions Head Mr. Piyush Sharma, and Assistant Professor Dharmendra Trivedi, who guided the students during their visit. Under the mentorship of Physics lecturer Robin Chaudhary and Scout Guide Urmila Kunwar from

Happy Home School, the students explored future opportunities in various engineering branches.

The students showed great interest in understanding the different laboratories available at GITS, including

Civil, Mechanical, Electrical, Electronics, and

Computer Science and Technology. During the visit, they also engaged in hands-on activities in the college workshop.

National Shooter Palak Gurjar Awarded Gold Medal

Udaipur: At the 32nd convocation ceremony of Mohanlal Sukhadia University, held under the chief guestship of President Droupadi Murmu, Udaipur's national shooter Palak Gurjar was honored with a gold medal for topping the university in Sociology Honors. The Vice-Chancellor of Mohanlal Sukhadia University, Prof. Sunita Mishra, congratulated Palak

on this remarkable achievement and wished her a bright future. Palak, daughter of social worker Kamini Gurjar, has not only excelled academically but has also made Udaipur proud with her outstanding performance in shooting sports, representing the city in various national and All India championships.

Skill Workshop on Intellectual Property Rights Held

Bhilwara: A skill development workshop focused on Intellectual Property Rights was organized under the joint auspices of the Skill and Entrepreneurship Department of Sangam University and the Swavalamban Bharat Abhiyan of the Swadeshi Jagran Manch, featuring a keynote address by Dr. Dhanpat Ram Agarwal.

The Vice-Chancellor of Sangam University, Professor Karunesh Saxena, delivered a welcoming address, emphasizing the importance of such initiatives for the holistic development of students. Professor Satish Acharya outlined the program's structure and introduced the keynote speaker.

Dr. Dhanpat Ram Agarwal, co-convener of the Swadeshi Jagran Manch, discussed various aspects of India's potential to emerge as a major global power in social, political, and economic spheres. He noted that India is rapidly becoming a significant economic force, surpassing several countries. He emphasized that the aware youth of India are now shifting from seeking jobs to creating job opportunities through their education.

Dr. Agarwal stated that a nation's youth, who channel their energy towards building the country's identity and integrity, will inevitably earn recognition on the global stage. The Deputy Vice-Chancellor, Professor Manas Ranjan Panigrahi, imparted lessons on self-reliance to the students and expressed gratitude for the successful organization of the workshop.

Registrar Professor Rajiv Mehta praised the value of such intellectual programs. Dr. Manoj Kumawat, Associate Director of Skills and Entrepreneurship at the university, highlighted that the event aimed to empower youth towards self-reliance.

Professor Satish Acharya served as a distinguished guest, while the program concluded with remarks from the organizer, Principal Dr. Jyoti Verma of Rupri Devi College, and Dr. Shankar Mali, who also addressed the central theme. Faculty members from Pharmacy, Management, and Law, including Professor K.K. Sharma, Dr. Praveen Soni, and Dr. Mukesh Sharma, attended the event, which was successfully conducted by Dr. Awadhesh Kumar Johari.

Dr. Gaurav, Dr. Rishi, and Dr. Atul Honored with I.A.C.M. Fellowship Award

Udaipur: Dr. Gaurav Chhabra, Dr. Rishi Kumar Sharma, and Dr. Atul Luhadiya, specialists in TB and Chest at Geetanjali Medical College and Hospital, have been awarded the I.A.C.M. Fellowship Award for their significant contributions to the field of TB and Respiratory Medicine. The awards were presented at the National Medical Conference held in Udaipur, organized by the Indian Association of Clinical Medicine.

The Chief Guest, Dr. Bipin Mathur, Principal and Controller of R.N.T. Medical College, Udaipur, conferred the fellowship awards upon the selected doctors.

Establishing Indian Values and Culture is Essential in the Current Context: Anil Saxena

Chittorgarh: A one-day workshop on culture and literature was held under the banner of the Youth Movement on Monday at the Shri Kalika Gyan Center Senior Secondary School, as part of the ongoing literary movement in Rajasthan.

Inaugurating the workshop, Anil Saxena, the pioneer of the Rajasthan literary movement, emphasized the deep connection between society, literature, and culture. He stated that any change in society is reflected in literature and culture, and that societal transformation brings about changes in these realms as well. He stressed the importance of establishing and developing Indian values and culture in the current context.

MoU Signed Between University of Science and Technology Meghalaya and Sangam University

Udaipur: A Memorandum of Understanding (MoU) exchange ceremony was held at the University of Science and Technology Meghalaya (USTM) between USTM and Sangam University, Bhillwara.

Key Figures in Attendance
The MoU was signed by Professor G.D. Sharma, Vice Chancellor of USTM Meghalaya, and Professor

Manas Ranjan Panigrahi, Pro Vice Chancellor of Sangam University. The event was attended by Professor Vinesh Agarwal from Sangam University, Dr. Monalisa Bora, Director of IQAC and Research Meghalaya, and various department heads.

Focus Areas of Collaboration
This MoU primarily focuses on student and faculty



exchange, research projects, research and publication, e-

content practicals, laboratory exposure, and joint research

programs. Professor G.D. Sharma discussed the significance of e-content development and academic programs delivered through digital and online media.

Implementation Plans for the MoU

To effectively implement the MoU, it is essential to establish a functional MoU concerning seminars, workshops, student and teacher

exchanges, etc.

Professor Manas Ranjan Panigrahi conducted an expert session on open education under the MoU, emphasizing the active role of students, teachers, and peer research programs. Professor Vinesh Agarwal shared insights on the contributions of Sangam University and the Moodle Learning Management System.

Clean Habits Foster Healthier Lives and Communities

"A Small Effort Towards Cleanliness Has a Significant Impact on the Quality of Our Lives" – Dr. Renu Rathore

Udaipur: Bhupal Nobles



University, a constituent unit of Bhupal Nobles Postgraduate College, organized a poster-making competition under the National Cadet Corps (NCC) wing as part of the 'Swachhata Hi Seva Abhiyan' initiative under the Swachh Bharat Mission. During the event, Dean Dr. Renu Rathore administered the cleanliness oath to all participating cadets, emphasizing the role of clean habits in fostering a healthier community and a cleaner planet. She noted that a clean and organized environment reduces negativity and enhances productivity, positively impacting the quality of life.

NCC Officer Lieutenant Shailja Ranawat provided details about the competition, stating that 22 cadets participated, contributing creative posters and slogans promot-

ing cleanliness. In addition, all participants took a pledge to fully embrace cleanliness in their daily lives.

University Chairperson Colonel Professor Shiv Singh Sarangdevot, Secretary Dr. Mahendra Singh Agaria, Managing Director Mohabbat Singh Rathore, and Registrar Dr. Niranjan Narayan Singh Khod sent messages to the participants, encouraging students to adopt personal clean-

ness as a means of promoting a more organized and fulfilling life. They highlighted that cleanliness not only benefits individuals physically and mentally but also fosters social unity and enhances the sense of civilization within society.

In attendance at the event were Associate Dean Dr. Ritu Tomar, Dr. Sangeeta Rathore, Dr. Manisha Shekhawat, and Dr. Kamini Gaur. The event was coordinated and facilitated by Public Relations Officer Dr. Kamal Singh Rathore, who shared this information with the university community.

This initiative reflects the institution's ongoing commitment to supporting the Swachh Bharat Mission and promoting awareness of cleanliness and hygiene as vital components of personal and societal well-being.

Paras Health Udaipur Hosts Walkathon for Heart Health Awareness

Udaipur: Paras Health Udaipur organized a successful walkathon at Fatehsagar Lake on World Heart Day, uniting the community, healthcare professionals, and supporters to raise awareness about heart health. With cardiovascular diseases causing over 26% of deaths in India, the event aimed to promote preventive measures and lifestyle changes essential for heart health.

K.K. Gupta, former mayor of Dungarpur, praised the turnout, emphasizing the need for awareness about heart diseases. Dr. Amit Khandelwal, Director of Cardiology at Paras Health Udaipur, highlighted the alarming statistics, especially regarding women's health, and encouraged healthier lifestyle choices.

Recent data from the National Crime Records Bureau revealed a rise in heart attack fatalities, underscoring the importance of such initiatives. Dr. Hitesh Yadav, Senior Consultant in Cardiology, reinforced the belief that community efforts can lead to meaningful change, while Dr. Abel George, Facility Director, emphasized the collective responsibility in fostering a culture of health.

The event saw participation from Udaipur residents, health experts, and the MyFM team, furthering the mission of promoting heart health. Through this walkathon, Paras Health Udaipur reiterated its commitment to education, preventive care, and community engagement, aiming to combat rising heart disease trends and ensure a healthier future for all.

Dr. S.K. Luhadiya Honored

Udaipur: Dr. S.K. Luhadiya, a specialist in Chest and TB diseases at Geetanjali Medical College and Hospital, was awarded the Lifetime Achievement Award for his significant contributions to the field of TB and Respiratory Medicine. The award was presented during the inauguration ceremony of the state chest conference, Rajpalmocon-2024, held in Jodhpur by the Rajasthan State Chapter of the Indian Chest Society. Each year, the society selects one TB and chest physician from across the state for this prestigious recognition.

The chief guest at the event was Dr. M.K. Aseri, Vice Chancellor of Marwar Medical University, Jodhpur. The conference brought together chest and TB specialists from throughout the state. Upon receiving this esteemed award, Dr. Luhadiya was congratulated by various members of the Geetanjali group, including Executive Director Mr. Ankit Agarwal, CEO of Geetanjali Hospital Mr. Rishi Kapoor, and Dean Dr. Sangeeta Gupta.

Rare Successful Surgery for Child at PIMS Hospital, Udaipur

Udaipur: Doctors at Pacific Institute of Medical Sciences (PIMS) Hospital, Umrada, have successfully performed a rare surgery on a seven-year-old boy. Pediatric surgeon Dr. Atul Mishra reported that the child, from Salumber, was admitted to the hospital due to a condition known as heteropagus parasitic twin. This condition involves twins that are physically connected, where one develops fully while the other remains underdeveloped. In these cases, part of the body, typically the lower part, is attached to the healthy twin. The parasitic twin lacks independent life and essentially remains attached like a large mass, relying on the healthy twin's blood vessels for sustenance. For the healthy child, this can present as a painful and disfiguring mass, which may be attached to the chest, abdomen, or hip. Dr. Mishra explained that this condition occurs due to complex abnormalities during pregnancy and is extremely rare, affecting approximately one in 500,000 to one million newborns. In this case, the parasitic mass was located near the anal region. The surgical procedure required careful attention to both the organs and blood vessels involved. The operation lasted nearly three hours, resulting in the successful removal of a 1.75-kilogram parasitic mass. The anesthesia team, including Dr. Kamlesh, Dr. Ganesh Gupta, and Dr. Tyagi, along with pediatric department specialists Dr. Vivek Parashar and Dr. Khatri, as well as staff members Arun and Kuldeep, played crucial roles in the procedure.

Global Summit 2024: Key Meeting on Education Collaboration



Abu Road, Rajasthan, October 7, 2024: During the ongoing Global Summit 2024 at Brahma Kumari Ishwariya Vishwavidyalaya, Prof. Amarika Singh, Pro Chancellor of NIMS University and former Vice-Chancellor of Mohanlal Sukhadia University, held a courtesy meeting with Prof. (Dr.) Ittikorn Wattana,

International Vice-Chancellor of Yoga-Sanskritam University, Florida, USA. The main objective of this meeting was to promote academic and cultural collaboration between the two prestigious institutions.

During the meeting, Prof. Amarika Singh extended an invitation to Prof. Wattana for the upcoming International IEA Conference hosted by NIMS University. Prof. Singh remarked, "This conference will not only serve as a platform for academicians but will also facilitate the global exchange of ideas."

Prof. (Dr.) Ittikorn Wattana accepted the invitation with enthusiasm, stating, "I look forward to attending this conference. It will be an important opportunity for us to discuss the significance of global education and yoga."

Both scholars agreed that global collaboration in education would provide students with enhanced opportunities and access to knowledge. This meeting marked the beginning of a new chapter of partnership between the two institutions, opening doors to further collaboration in the future.

The Global Summit 2024 is expected to feature many such important discussions and meetings that will pave the way for new directions in the fields of education and culture.

CPR - Your Learning, Someone's Lifeline' Campaign Launched by PMCH

Udaipur: Pacific Medical College and Hospital (PMCH) has launched a campaign titled 'CPR - Your Learning, Someone's Lifeline' to raise awareness about Cardiopulmonary Resuscitation (CPR) among the general public. The campaign was inaugurated by PMCH Chairman Rahul Agrawal, Executive Director Aman Agrawal, CEO Sharad Kothari, President of Pacific Medical University Dr. M.M. Mangal, Dr. Kapil Vyas, campaign in-charge Dr. Deepak Joshi, and Magilal Louhar.

Speaking on the occasion, PMCH Chairman Rahul Agrawal stated that starting from October 5th, the campaign will provide CPR and first-aid training to the general public at over 400 locations across Udaipur district over the next six months. The goal of this initiative is to educate people on life-saving techniques, enabling them to offer immediate assistance in emergencies. Rajasthan Governor Haribhai Kishanrao Bagde extended his best wishes for the campaign, praising the initiative for empowering ordinary citizens. He emphasized that such efforts not only improve healthcare services but also increase health awareness in society. Pacific Medical College's program marks a significant step towards bringing about a positive change in the healthcare sector.