

Youth India in the Grip of Diabetes – Rising Cases of Type 2 Diabetes : A Silent Danger



D iabetic patients have a doubled risk of heart diseases. High blood sugar damages the heart's blood vessels and nerves, increasing the risk of heart failure. For diabetic patients, the risk of develop-

ing heart disease at a young age is much higher. Elevated heart rate, even at rest, in type-2 diabetes patients increases cardiovascular risk. Chronic inflammation in the heart and blood vessels due to excessive sugar use raises blood

pressure and escalates the risk of heart diseases.

How to Prevent Heart Disease in Diabetes:

1. Exercise regularly.
2. Eat foods with less salt.
3. Lose weight if you are overweight or obese.
4. Keep blood pressure under control.
5. Include whole grains in your diet.

What Causes Silent Heart Attacks in Diabetic Patients?

Due to nerve damage, diabetic patients may not experience pain or discomfort in the chest, even during a heart attack. India, often referred to as the "Diabetes Capital of the World," has around 77 million people affected by this condi-

tion. Worryingly, nearly 50% of them are unaware of their condition. And the issue is no longer limited to the elderly—modern lifestyles, unhealthy diets, and a lack of physical activity have led to a rapid increase in Type 2 diabetes among young adults, which is a growing concern for the nation's future.

If diabetes is not identified early, it can lead to serious complications such as heart attack, stroke, blindness, kidney diseases, nerve disorders, and peripheral artery disease, which may even lead to limb amputation. Timely diagnosis and management of diabetes are crucial to avoid these risks.

Effective Diabetes

Management:

1. **Early Diagnosis:** The sooner diabetes is diagnosed, the sooner it can be controlled, preventing complications. Regular check-ups are essential, especially if there is a family history of diabetes or risk factors are present.

2. **Balanced Diet:** A nutritious and balanced diet helps in controlling diabetes. Include whole grains, fruits, vegetables, and protein-rich foods in your meals, and avoid excessive sugar and processed foods.

3. **Regular Physical Activity:** Exercise, such as walking, yoga, cycling, or light workouts, plays a key role in diabetes management. Aim for at least

150 minutes of physical activity per week.

4. **Lifestyle Modifications:** In Type 2 diabetes cases, adopting a healthy lifestyle and improving diet can increase the chances of remission (discontinuation of medication), reducing or eliminating the need for medication in some cases. A free Diabetes and Heart Disease Consultation Camp will be held on November 17th (Sunday) at Shreeji Hospital, C-163A, Road No. 5, Indraprasth Industrial Area from 12 PM to 2 PM. Dr. Parth Jethwani (Endocrinologist), Dr. Nishant Saxena, and Dr. Sameer Jain (Cardiologists) will offer their expertise and services.

Hindustan Zinc's Commitment to Education and Development

Hindustan Zinc, a global leader in zinc, lead, and silver production, is making a significant impact on education in Rajasthan. Through various initiatives, the company has touched the lives of over 200,000 children, providing access to quality education, nutrition, and healthcare. One of its key projects, the Bal Vikas initiative, collaborates with the Integrated Child Development Services (ICDS) to improve early childhood education, health, and hygiene in 14 Anganwadi centers across five districts. Additionally, Hindustan Zinc has transformed 3,292 Anganwadi centers into Nand Ghars, digital learning hubs equipped with modern facilities.



The company's Shiksha Sambal Program is currently benefiting over 8,000 students in 72 government schools, improving board exam results and offering extra coaching under Unchi Udaan for talented students aspiring to join engineering institutes. Hindustan Zinc also fosters sports development through the Zinc Football Academy, which has supported over 350 students.

Through the Jeevan Tarang Program, Hindustan Zinc provides education to children with disabilities, and it continues to invest in rural and tribal communities, improving infrastructure and educational facilities in over 3,700 villages across Rajasthan and Uttarakhand. These initiatives are shaping a brighter future for children, reinforcing Hindustan Zinc's commitment to social responsibility.

Dr. Shamim Khan Successfully Treats "Cervical Dystonia" – A Previously Untreatable Condition – Using Unani Medicine

Dr. Mohammad Shamim Khan, MD (Unani), Senior Medical Officer and In-charge at the Government Unani Dispensary in Masjid Gali, Bhimganj Mandi, Kota Junction, working under the Directorate of Unani Medicine, Rajasthan Government, has successfully treated a 64-year-old woman suffering from Cervical Dystonia for six years using Unani medicine.

The patient, Rehana, a resident of Vigyan Nagar, Kota, had been experiencing persistent neck pain, stiffness, and involuntary twisting of the neck since March 24, 2021. She had difficulty moving her head, her neck kept turning backward on

its own, and her balance had deteriorated. She found it increasingly difficult to walk or look forward. To support her neck, she had to wear a neck collar. Additionally, she had diabetes. Despite seeking treatment from neuro-specialists, including consultations at AIIMS Delhi, Jaipur, and Kota for over three years, her condition did not improve. Doctors had termed it an untreatable condition and had only been managing her symptoms.

Upon further examination of her medical history, it was found that six years earlier, the patient had undergone gallbladder surgery. Due to complications caused by her dia-

betes, the surgical wound did not heal properly and became infected with tuberculosis. She received continuous treatment with DOTS (Directly Observed Treatment, Short-course) drugs for eight months. During this period, the symptoms of cervical dystonia began to appear. By the end of the eight months, the condition had fully developed, suggesting that the side effects of the DOTS drugs were responsible for the onset of cervical dystonia.

Dr. Khan prescribed a specialized Unani treatment regimen for the patient, which included avoiding sour foods, and using natural Unani medicines formulated with herbs

such as Dafe-e-Tashannuj (for relieving muscle spasms), Muqavvi-e-Asab (for strengthening nerves), and Dafe-e-Samiyyat (for detoxifying the nervous system). After starting this treatment, the patient experienced relief from neck pain, stiffness, and spasms.

After one month of Unani treatment, the neck collar that the patient had been wearing for the past six years was no longer needed. Gradually, the symptoms of cervical dystonia began to reduce. By September 30, 2023, after continuous Unani treatment, all the symptoms—neck pain, stiffness, involuntary twisting, and tremors—disappeared



completely. The patient's neck became completely straight, and she regained balance and coordination. She could move freely and had no difficulty walking or performing daily activities. This case marks a significant milestone in medical history, as it is perhaps the first instance where a previously untreatable condition like cervical dystonia was completely cured using Unani medicine, without surgery or allo-

pathic drugs. Dr. Khan emphasized that Unani medicine not only helps improve the body's immune system but also aids in faster recovery from illnesses. Moreover, Unani treatments help protect vital organs like the liver and kidneys from the harmful side effects of conventional medicine.

Dr. Khan has previously treated several complex and chronic conditions successfully with Unani medicine, including paralysis, stroke, rheumatism, migraine, sciatica, frozen shoulder, post-traumatic cervical myelopathy, and other muscle and joint-related diseases.

Guru Nanak Jayanti Celebrated with Reverence

Udaipur: Guru Nanak Dev Ji's Prakash Utsav was celebrated with great enthusiasm at Central Public Senior Secondary School, New Bhupalpura. Giani Ji Shri Harvinder Singh Ji and Shri Amarjeet Singh Ji Chawla from Guru Arjan Darbar Gurudwara led the event. The ceremony included Ardas, Kada Prasad, and speeches on unity and respect for all faiths.

DPS Udaipur Students Selected for National Science Exhibition

Udaipur: Two students from Delhi Public School (DPS) Udaipur, Anay Vaish and Dhairya Purohit, have been selected for the National Science Exhibition in Delhi after showcasing their innovative "Waste Management" robot at the CBSE regional Science Exhibition in Jaipur. Guided by Ms. Shweta Soni, the project won first place among 70 teams. Principal Mr. Sanjay Narwaria and Vice-Principal Mr. Rajesh Dhabhai congratulated the students for their outstanding achievement.

Unity for Run and TLM Exhibition Organized by Faculty of Education

Udaipur: The Faculty of Education at Mohanlal Sukhadia University organized a TLM (Teaching Learning Material) exhibition and the "Unity for Run" event. The Chief

Guests included Professor Sunita Mishra, Vice Chancellor of Mohanlal Sukhadia University, Dr. Braj Bala Sharma, Principal of District Education Training Institute (DIET), Udaipur, Dr. Deepali Nagarkoti, Senior Lecturer at Government Higher Secondary School, Bujhraa, Dr. Shobha Ranawat, Senior Secondary School, Badi, Dr. Digvijay Bhatnagar, Head of the Faculty of Education, and Dr. Alpna Singh, Head of the Education Faculty.

The program commenced with the lighting of the lamp in front of Goddess Saraswati. Following this, first-year B.Ed and second-year Integrated Curriculum students conducted a mandatory practical session, showcasing their TLM models, replicas, charts, and other teaching aids. These materials help students grasp the subject better during lesson presentations.

The event also included a Unity for Run, where after the Vice Chancellor administered an oath, all participants, including students and faculty, participated in the run. In his address, the Vice Chancellor congratulated the students and emphasized the importance of advancing India's progress, particularly in education. The program was coordinated by Dr. Munmun Sharma, and was attended by all faculty members and students.

Robo-Fury Robo Race Organized by CTAE Robotics Club

Udaipur: The Electronics Department at CTAE, MPUAT, hosted a one-day Robo-Fury Robo Race event organized by the Robotics Club. Mr. Mohit Maheshwari, Founder of Nemo Labs, and Mr. Nitin Purohit delivered a lecture on STEM Education and Career

Development, encouraging students to apply their education in the industry and explore startups.

Dr. Navneet Agarwal, Head of the Department, highlighted the department's achievements and shared that two teams from CTAE had been selected for the Smart India Hackathon. The Robo Race featured 17 teams showcasing mini robots developed with microcontrollers. The top three teams were awarded trophies and certificates.

Dean Dr. Anupam Bhattnagar congratulated the winners, and the event concluded with a vote of thanks by Dr. Nitin Kothari. The program was hosted by Mokshada Upadhyay and Vartika Dadhich.

Dr. Medha Mathur Honored with Best Research Award at IAPSM RAJCON 2024

Udaipur: Dr. Medha Mathur, from the Department of Community Medicine at Geetanjali Medical College, Udaipur, was awarded the Best Research Paper Award at IAPSM RAJCON 2024, organized by RNT Medical College, Udaipur.

Out of 120 research papers, Dr. Mathur's study on 'Violence Against Healthcare Workers' stood out, addressing a critical and contemporary issue in healthcare. In addition, Dr. Mathur served as a resource faculty in the pre-conference workshop on 'Research and Publication in the British Medical Journal.' She also chaired a session on 'Artificial Intelligence in Healthcare' during the state-level conference held in Udaipur.

Her contributions highlight the growing significance of research in healthcare and its

impact on improving the healthcare ecosystem.

Pacific University Hosts Weightlifting & Powerlifting Championship

Udaipur: Pacific University's Faculty of Pharmacy organized the Inter-College Weightlifting, Powerlifting, and Best Physique Championship from November 15-17, 2024, culminating in a grand closing ceremony at Vishwaiswaraiya Hall. The event saw the presence of distinguished guests, including Dr. Hemant Kothari, President of the University Sports Council, and Dr. Vipin Mathur, Director of the Management College, among others.

The two-day competition showcased remarkable performances in various categories. In Powerlifting (Men's), the top spots were claimed by Dinesh Chauhan, Karan Jangid, Jayesh Kamaya, and Jayesh Nagda, while in the Women's category, Prachi Vyas and Mamta Tanu emerged victorious. In Weightlifting (Men's), the winners included Mohit Bhati, Dinesh Chauhan, and Farhan Khan, with Prachi Soni securing first place in the Women's category.

Prachi Soni, Jayesh Nagda, and Karan Jangid were recognized as the Best Lifters of the University for their exceptional performances. The event was organized by Assistant Professors Shri Anukraman Singh and Shri Rajeev Sen, with Dr. Gunjan Jadon overseeing the event.

University Chairman Mr. Rahul Agarwal and Registrar Mr. Sharad Kothari congratulated the winners, celebrating their dedication and athletic excellence, further enhancing the university's sports reputation.

Paras Health Udaipur Surpasses 100 Robotic Knee Surgeries, Honoring Dr. Ashish Singhal

Udaipur: Paras Health Udaipur celebrated a remarkable achievement by successfully performing over 100 robotic knee surgeries, honoring Senior Surgeon Dr. Ashish Singhal for his contributions. This milestone has empowered patients with faster recovery through minimally invasive and precise surgeries.

The event was graced by dignitaries such as ACB DIG Rajendra Prasad Goyal, Chief Medical Officer of North-Western Railway Dr. Mahesh Chand Meena, President of Maharana Pratap Senior Citizens' Institute Bhanwar Seth, and Chairman of Kumawat Senior Citizens Trust Harishankar Kumawat.

Dr. Singhal highlighted that robotic knee surgery offers greater precision, reduced pain, and quicker recovery, enhancing implant alignment and providing lasting benefits to patients. "Our goal is to deliver customized and effective treatment for long-term positive outcomes," he remarked. Applauding Paras Health's efforts, Dr. Mahesh Chand Meena said, "Paras Health's innovation in orthopedic care and its commitment to improving patients' mobility and independence is commendable."

Facility Director of Paras Health Udaipur, Dr. Abel George, praised Dr. Singhal's work, stating, "Our mission is to provide healthcare that prioritizes patient wellness and long-term recovery. Dr. Singhal's achievements elevate our commitment to this mission, and we look forward to setting new standards in accessible, high-quality care."

With robotic-assisted surgery, Paras Health aims to provide Udaipur residents with innovative treatment options focused on rapid recovery and personalized care. Serving needs across orthopedics, cardiology, neurology, oncology, and more, Paras Health continues to advance in quality, precision, and patient satisfaction with each milestone.

GMCH Inspiring Orientation Program for First-Year MBBS Students

Udaipur: Geetanjali Medical College & Hospital (GMCH) hosted an inspiring orientation program for its first-year MBBS students, marking the beginning of their journey into the medical profession. The program witnessed the participation of 250 new students and their parents, symbolizing the start of their medical careers.

The event began with Dr. Manjinder Kaur, Additional Principal of GMCH, providing academic guidance. She introduced the students to the academic framework and emphasized the importance of hard work and dedication in their studies. Following this, Medical Superintendent Dr. Harpreet Singh gave an overview of the hospital's structure and medical facilities, which will aid in the practical education of the students.

Dr. Jitendra Jinger, Professor and Head of the Psychiatry Department, addressed the issue of ragging, highlighting GMCH's strict anti-ragging policy, which fostered a sense of safety and respect among the students.

GMCH Dean Dr. Sangeeta Gupta and Vice Chancellor Dr. Rakesh Vyas congratulated the new students and welcomed them into the institution and the medical profession. Dr. Vyas emphasized the importance of compassion, empathy, and service in the medical field. Chairman Mr. J.P. Agarwal addressed the students, stressing the development of good habits for life, career, and profession. He emphasized the need for discipline, consistency, empathy, and communication skills as essential qualities for becoming a successful medical professional.

The event concluded with an enthusiastic White Coat Ceremony, where professors formally inducted the new students into the medical profession by draping them in white coats. This ceremony served as a source of inspiration for the students to move forward on their path of dedication and service in the medical field.

The orientation program was an unforgettable and inspiring experience for the students, marking a positive beginning to their academic journey.

Inter-Generational Bonding Workshop Organized with Support from Ministry of Social Justice

Bhilwara: On the occasion of Children's Day, Sangam University's Entrepreneurship and Skill Development Center in Bhilwara organized a one-day Inter-Generational Bonding Workshop. Sponsored by the National Institute of Social Defense, Government of India, and the Ministry of Social Justice and Empowerment, the event aimed to foster understanding between the elderly and youth in support of Mission Developed India 2047.



In his welcome address, Dr. Manoj Kumawat highlighted how the synergy of youth energy and elder wisdom can guide society. Vice-Chancellor Professor Karunesh Saxena noted that the growing gap

between generations is a cause for concern and urged students to respect and learn from the experience of elders in their lives. Deputy Vice-Chancellor Professor Manas Ranjan Panigrahi emphasized that this workshop offers students a unique opportunity to apply elder wisdom in their career pursuits.

The event featured activities to build mutual understanding and trust between generations. Elders spoke on the significance of the workshop, and as a mark of respect, youth presented them with plants, symbolizing the bond that grows across generations. Registrar Professor Rajeev Mehta, faculty members, and students organized the event, with Dr. Sanjay Kumar delivering a closing vote of thanks.

Expert Session on Digital Transformation at Sangam University

Bhilwara: The Faculty of Management at Sangam University organized an expert session to educate students on digital transformation and current business trends. Dr. Mukesh Sharma, Associate Dean, welcomed the attendees, while Vice Chancellor Prof. Karunesh Saxena emphasized the importance of digital change. Pro Vice Chancellor Prof. Manas Ranjan Panigrahi encouraged students to integrate the knowledge into their strategies for future success. Registrar Prof. Rajeev Mehta stressed the value of such sessions for students' holistic development. The keynote speaker, Prof. Nitesh Bhatt from Nirma University, discussed the innovations emerging from digital transformation. Dr. Neha Sabberwal coordinated the event.

