



# Care Educational News

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**स्कोलरशिप के हैं कई मौके,  
कर सकते हैं आवेदन**

**पढ़िये, बढ़िये**

**Via स्कालरशिप**

उच्च शिक्षा हर मेधावी का सपना है लेकिन पढ़े जाएं और पढ़ाई पर पैसा दूसरे का सपना, ऐसा कम होता है। स्कालरशिप ऐसा ही रास्ता है। पढ़ाई की लगभग हर स्टीम में स्कालरशिप है। पर दिक्कत यह कि इसके बारे में जानकारी कम होती है। कुछ स्कालरशिप सरकार देती है तो कुछ संस्थानों के जरिये मिलती है। कुछ मेधावी के लिए होती तो कुछ आर्थिक रूप से कमजोर छात्रों के लिए। कुछ स्कालरशिप के लिए एजाम भी कराया जाता है। ज्यादातर स्कालरशिप के लिए आवेदन का समय है। तो इस समय आप किन स्कालरशिप में अर्जित कर सकते हैं।

### किशोर वैज्ञानिक प्रोत्साहन योजना

किशोर वैज्ञानिक प्रोत्साहन योजना, डिपार्टमेंट ऑफ साइंस एंड टेक्नॉलजी, सर्वेंट ऑफ इंडिया द्वारा साइंस में रिसर्च के करियर को प्रोत्साहन देने के लिए हर साल आयोजित की जाती है।  
शुरुआत: 9 जुलाई - साइट डेट: 23 अगस्त - एजाम डेट: 29 अक्टूबर  
वेबसाइट: [www.kvpy.jse.ernet.in](http://www.kvpy.jse.ernet.in)  
अप्लीकेशन मोड: ऑनलाइन  
स्टाइपेंड: 7000 रुपये  
एलिजिबिलिटी: इंटर, ग्रेजुएशन 1 इयर, पोस्ट ग्रेजुएशन 1 इयर बैसिक साइंस  
सिलेक्शन प्रोसेस: एडिटेड यूथ टैलेंट इंटरव्यू  
ऐसे करें अर्जित: वेबसाइट पर जाकर ऑनलाइन आवेदन करें।

### स्टैनफोर्ड बायो डिजाइन इनोवेशन

स्टैनफोर्ड बायो डिजाइन इनोवेशन फेलोशिप 2017 उस स्टूडेंट्स को दे दी जाती है। जो मेडिसिन बायोसाइंस, इंजीनियरिंग, कंप्यूटर साइंस से है। और अपना बिजनेस शुरू करना चाहते हैं।  
साइट डेट: 17 अगस्त  
वेबसाइट: [www.biodesign.stanford.edu](http://www.biodesign.stanford.edu)  
एलिजिबिलिटी: ग्रेजुएशन  
स्टाइपेंड: 50000 डॉलर लैपटॉप  
अप्लीकेशन फीस: 95 डॉलर  
ऐसे करें अर्जित: वेबसाइट पर जाकर ऑनलाइन आवेदन करें। ऑनलाइन प्रोसेस से फीस जमा करें।

### नैशनल स्कालरशिप एजाम

साइट डेट: 30 सितंबर, एजाम डेट: 17 दिसम्बर  
वेबसाइट: [www.niceedu.org](http://www.niceedu.org), [www.niceedu.org](http://www.niceedu.org)  
एजाम फीस: 350 रुपये से 50 रुपये लेट फीस। ऑनलाइन मोड के लिए आप नोट बैंकिंग डेविड कार्ड से और ऑफलाइन में डिमांड ड्राफ्ट से फीस सबमिट कर सकते हैं।  
मोड ऑफ एजामेन: ऑनलाइन  
नैशनल स्कालरशिप एजामिनेशन पास करने वाले कैंडिडेट को एनएससी के सर्टिफिकेट के साथ-साथ 10 से 50 प्रतिशत का प्राइवेट इंस्टिट्यूट / कॉमिंग में डिस्काउंट भी मिलता है।  
ऐसे करें अर्जित: वेबसाइट के होम पेज से फार्म डाउनलोड कर सकते हैं। डिटेल्ड फॉर्म परकर डॉक्यूमेंट भेजें।  
पता: महाराष्ट्र ई सर्विस, नैशनल इंस्टिट्यूट ऑफ करियर एजुकेशन, कौशल्या सदन बाई पिन-421102, महाराष्ट्र

### ऑनलाइन मलाला युसुफजई

ऑनलाइन मलाला युसुफजई स्कालरशिप उन औरतों की आर्थिक रूप से सहायता करती है जो आर्ट एंड डिजाइन में अपना करियर बनाना चाहती हैं।  
साइट डेट: 1 दिसम्बर - वेबसाइट: [www.onlinelogomaker.com](http://www.onlinelogomaker.com)  
एलिजिबिलिटी: विभिन्न  
सेलेक्शन प्रोसेस: निबंध लेखन के जरिये  
स्कालरशिप अर्जाई: 1000 डॉलर  
ऐसे करें अर्जित: इस स्कालरशिप के लिए अंग्रेजी भाषा में अपने जीवन की कठिन परिस्थितियों का वर्णन, कैसे उसमें सामना किया व कैसे बाहर निकल पाईं, वे सब 500 से 1000 शब्दों में कंप्यूटर पर लिख कर साइट डेट पहले भेज दें।

### विद्याधन स्कालरशिप प्रोग्राम

विद्याधन स्कालरशिप प्रोग्राम सरोजनी दामोदरन फाउंडेशन की तरफ से फिजिकली चैलेंज और आर्थिक रूप से कमजोर छात्रों को दे दी जाती है। दो साल में एक बार दी जाने वाली स्कालरशिप का अमाउन्ट 10,000 से लेकर 60,000 रुपये तक है। जो अपेक्षा 6000 रुपये मासिक है।  
वेबसाइट: [vidyadhan.org](http://vidyadhan.org)  
सालाना 2 लाख से कम हो और तमिलनाडु या पुडुचेरी की निवासी के साथ हाईस्कूल में 90 प्रतिशत या A+ ग्रेड मिला हो।  
सेलेक्शन प्रोसेस: एकेडमिक परफॉर्मंस के बैसिक पर स्टूडेंट को शार्ट लिस्ट किया जाएगा।  
शार्ट लिस्टेड स्टूडेंट्स को इंटरव्यू के लिए बुलाया जाएगा।  
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### स्वीन्स डिजिटल मार्केटिंग

स्वीन्स डिजिटल मार्केटिंग स्कालरशिप, गुगल ट्यूटोरियल डिजिटल मार्केटिंग लंदन बैस एजेंसी है। जो इंडियन बी-स्कूल के एमबीए या बीबीए कर रहे स्टूडेंट्स के लिए है। डिजिटल मार्केटिंग की श्रेय बढ़ाने के लिए इस प्रोग्राम को आयोजित किया जाता है। डिजिटल मार्केटिंग में करियर बनाने में इच्छुक 50 सेलेक्टेड को 60 घंटे की ऑनलाइन डिजिटल मार्केटिंग ट्रेनिंग फ्री ऑफ कास्ट मिलेगी। अप्लीकेशन अर्जाई: वेबसाइट पर जाकर ऑनलाइन आवेदन करें।  
अर्जाई मनी: 25000 रुपये  
वेबसाइट: [www.sweans.com/sweans-digital-marketing-scholarship-india](http://www.sweans.com/sweans-digital-marketing-scholarship-india)

## A secular ethics for our times

**E**ducation can contribute to inner disarmament. It must instill human values that promote compassion, warmth and an appreciation of the necessity of dialogue.

TIME IS ALWAYS moving forward and no force can stop it. At every moment, we have the option of using our time constructively or negatively. The choice we make will determine whether our world becomes a peaceful one or continues to be engulfed in conflict and tension.

All human beings are basically the same, whether Easterners or Westerners, Southerners or Northerners, rich or poor, educated or uneducated, from their religion or that, and whether they're believers or not. Emotionally, mentally and physically (except for minor secondary differences in appearance), we are the same. We all have the same potential to undergo both positive and negative experiences. Common sense shows us that negative actions always bring pain and sorrow while constructive action brings us pleasure and joy. Therefore, it is important to recognise that each of us has the potential to transform ourselves into a better, happier person, leading to a better and happier society.

The way such a transformation can take place is through adopting a positive mental attitude. We need a new way of thinking that includes provisions for developing our inner world. For centuries, humanity has invested greatly in developing society in material terms, on the basis of science and technology. This has resulted in remarkable improvements in the living standards of people throughout the world. Despite these scientific and technological achievements, however, many problems remain as people continue to cherish an outdated mental attitude.

In the field of international relations, for example, even countries that cherish freedom, democracy and liberty still rely greatly on force and violence. Using force may seem attractive and decisive, but it is counterproductive in the long run. For one thing, violence is unpredictable. Your initial intention may be to use limited force, but once you have committed violence, the consequences are unpredictable. Violence always creates unexpected complications and a violent response.

Violence is also not realistic in today's world, since every being is so intertwined. Under these circumstances, to destroy your neighbour is actually destruction of oneself.

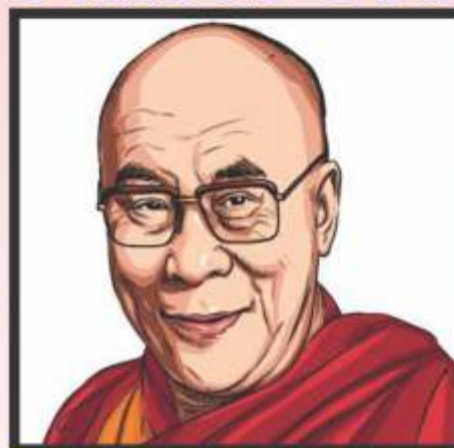
In order to solve a problem, you have to appreciate what is at stake for your opponents. You have to take care of their interests as well as you can, and in that light, try to find a solution. What we need is a kind of inner disarmament. If we cultivate that and an awareness of the effects of violence, then the very notion of military activity will become outdated. We can then think seriously about how to physically disarm. Fortunately, on the issue of nuclear weapons, there are already programmes for dismantling nuclear warheads. We could go further and seek the total destruction of nuclear weapons. Then, the long-term target could be to aim for a demilitarised world.

There is also the mistaken belief that economic growth alone might result in a happier society. But current inequalities in economic development, resulting in a huge gap between the rich and the poor across the globe, as well as within nations, is a source of tensions and practical problems.

Unfortunately, not many of us are able to see the reality of our situation, and as a result a great difference separates our perception from reality. On the basis of our misconceptions, we adopt attitudes that compound the problems in society.

The future of humanity depends on the adoption of a positive mental attitude by the current generation. This is why education is so important. Knowledge is like an instrument, and whether that instrument is put to use in a constructive or a destructive way depends on motivation. Modern education is very sound, but it seems to be based on a universal acceptance of the importance of developing the brain. Not enough attention is given to the development of the person as a whole, and to encouraging a clear sense of values and a warm heart.

My hope is that our educational systems will pay more attention to the development of human warmth and love. It is important to



**IN GOOD FAITH  
THE DALAI LAMA**

address moral questions related to the whole life of an individual, including his or her role in the society and in the family. All the way from kindergarten up to university. Through this, there is the potential to make oneself a happy person, to have a happy family, and to live in a happy society.

Parents have a special responsibility to introduce their children to the benefits of basic good human qualities such as love, kindness, and a warm heart. It would also be very useful to introduce children to the idea that whenever they are faced with a conflict, the best and most practical way of resolving it is through dialogue, not violence. If we introduce the idea of dialogue to children at an early age, through their schools, we can train students to discuss different views. In this way, the concept of dialogue will gradually be instilled in them. This is important because there will always be

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conflicts and disagreements in human society, and dialogue is the appropriate, effective and realistic method of truly resolving them. Through such education, we can foster the idea that human beings are social creatures, that our individual interests rest on society and that it is in our own interest to be warm-hearted good neighbours to each other. This relates directly to what I think of as basic human values - that is, a sense of caring, a sense of responsibility, and a sense. Unfortunately, not many of us are able to see the reality of our

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Through such education, we can foster the idea that human beings are social creatures, that our individual interests rest on society and that it is in our own interest to be warm-hearted good neighbours to each other. This relates directly to what I think of as basic human values - that is, a sense of caring, a sense of responsibility, and a sense

of forgiveness, based on a commitment to the oneness of humanity. We could call these basic human values "secular ethics", since they do not depend on religious faith. And by "secular" here I mean that whether we embrace religion or not, which is a personal matter, these values still hold true. The very purpose of life is to find happiness, so there is no point in neglecting those very values that are directly related to making us happy.

There is good reason to develop these basic human values, because I believe that human nature is basically gentle. I believe that we are only occasionally aggressive and that generally our lives are very much involved with love and affection. Even the cells in our body work better if we have peace of mind. An agitated mind usually provokes some physical imbalance. If peace of mind is important for good health, that means the body itself is structured in a way that accords with mental peace. We can therefore conclude that human nature is more inclined to gentleness and affection.

On the mental level, too, we find that the more compassionate we are, the greater our peace of mind. In my brief lifetime, I have found that the more I meditate on compassion and think about the infinite number of sentient beings who are suffering, the more I develop an immense feeling of inner strength. As our inner strength and self-confidence grow, fear and doubt are reduced, and this automatically makes us more open. Then we can communicate more easily, because when we are open, others respond accordingly. On the other hand, when we are filled with fear, hatred or doubt, the door to our heart is closed and we relate to others with suspicion. The sad thing about this is that you can develop the impression that other people also harbour suspicions about you, and the distance between you and them increases. This ends in loneliness and frustration.

Younger generations have a great responsibility to ensure that the world becomes a more peaceful place for all. This can happen so long as our modern educational system involves educating the heart along with the brain.

The writer is a Tibetan spiritual leader

### ये भी हैं मौके

ललित कला अकादमी स्कालरशिप  
वेबसाइट: [lalitkala.gov.in](http://lalitkala.gov.in)  
इसमें 10 लाख रुपये स्कालरशिप के रूप में एक साल तक उन आर्ट्स स्टूडेंट्स को मिलती है जो ललित कला अकादमी में पढ़ रहे होंगे।

### यूनिवर्सिटी ग्रांट कमिशन

वेबसाइट: [www.ugc.ac.in](http://www.ugc.ac.in)  
स्कालरशिप फार्म की प्रक्रिया जनवरी से शुरू हो जाती है। क्लास 8 से लेकर रिसर्च तक के स्टूडेंट्स के लिए स्कालरशिप फार्म निकाले जाते हैं।

### इगर्की भी ले सकते हैं हेल्प scholarship.up.in

[www.indiaeducation.net/scholarships/www.scholarship.gov.in](http://www.indiaeducation.net/scholarships/www.scholarship.gov.in)  
[www.successcds.net/scholarship/www.buddy4study.com](http://www.successcds.net/scholarship/www.buddy4study.com) scholarship  
इसके अलावा प्ले से आप इन ऐप्स को भी डाउनलोड कर सकते हैं।

### m-scholarship: यूजर रेटिंग: 4.9

10वीं/12वीं या इंजीनियरिंग के बाद की स्कालरशिप की लेटेस्ट जानकारी आपको इस ऐप्स से मिलती रहेगी।

**Scholarship** : यूजर रेटिंग: 3.9 डेली बैसिक पर आपको स्कालरशिप की लेटेस्ट अपडेट के साथ ही रिसर्च स्कालरशिप की लिस्ट मिलेगी।

### Free scholarship

यूजर रेटिंग: 4.2  
यह ऐप भी स्कालरशिप के अलावा डॉक्टर, पोस्ट ग्रेजुएट, ग्रेजुएट, अंडर ग्रेजुएट स्कालरशिप के बारे में जानकारी देता है।



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# Docs: They take care of us

This Doctors' Day, let us thank the living gods who have relentlessly made efforts to sustain life of their patients, against all odds. De, the very prefix, is awe inspiring and fills you with immense respect and admiration. There have been a breed of engineers, chartered accountants, educators and scientists but being a medicine man is in itself a capacity which earns love and belongingness. Be it wee hours of the morning or stark silence of midnight, God forbid, if health trouble knocks your door, we too knock the door of the 'medical man'. Not thinking of his/her privacy, we tend to disturb them and in return we have nothing more than blessings to offer. Well, money cannot actually match the service rendered by them. That's the greatness of this profession. We owe our life, "literally to them. In fact one cannot imagine life without them. Saluting living angels of our human world, July 1 is observed as Doctors' Day in honour of the renowned physician and former chief minister of West Bengal, Dr. Bidhan Chandra Roy. Recipient of Bharat Ratna award, Dr Roy was literally the son of soil, guru of the nation. He worked for upliftment of thousands of patients and was instrumental in starting various institutions and hospitals across India. In 1976, BC Roy National Award was instituted in his memory. The award is presented every year on July 1, by the President of India. Raj at Arora, a professional states, "We as a society owe a debt of gratitude to our doctors as human suffering can be an ordeal hard to deal with. This hour put in by the doctors it is time we consider them as humans with no magical capacities. "It is very banishing when a section of



my patients pay a visit to me just to greet and extend good wishes," says, Dr Gopal. "The flowers in their hand say it all. We as professionals feel that the onus of alleviating pain and improving quality of life is mandated on us and so the hard work and "A dedication shall continue," he added. So, tell your dear doctor how extremely grateful the entire community is to their tireless efforts, dedication, love, care, patience and support.

# वसा कोशिकाओं को नियंत्रित कर मोटापे को भी रोकेगा ...तो हल्दी से कम होगा मोटापा

वैश्विक स्तर से ही हल्दी के गुणों से हम सब परिचित हैं। इस लिए भारत में इसे धर्मन का अलग शिल्प बनाया गया। आयुर्वेद में इसे औषधि का वर्णन होता है। आम तौर पर इसका प्रयोग सुख बुर करने व कई विकारों के लिए किया जाता है। अब वैश्विक अंतरिक्ष अनुसंधान संस्था 'इंस्टीट्यूट ऑफ स्पेस एंड एरोनॉटिक्स' ने हल्दी में ऐसे तत्वों को खोज निकालने का दावा किया है जो वसा कोशिकाओं को घट कर वसा व अकार को नियंत्रित करते हैं। हल्दी में पाए जाने वाले कर्कशकारक तत्व कर्कशयुग्मिन को पाकर करने वाली प्रक्रिया को चलाते हैं। अब इस इलाज के शोध द्वारा हल्दी से मोटापे कम करने की औषधि तैयार होने का दावा किया जा रहा है। हल्दी में पाए जाने वाले कर्कशकारक तत्व कर्कशयुग्मिन एक तो बहुत पानी घास में होता है। और शरीर में पहुँचने पर इसका बहुत खराब असर हो शरीर द्वारा एक्सक्रेट किया जाता है। सोडियमसल्फेट को वैश्विक अंतरिक्ष अनुसंधान संस्था ने खोज निकाला है। वैश्विक अंतरिक्ष अनुसंधान संस्था ने कर्कशयुग्मिन में कुछ कर्कशकारक तत्वों को खोज निकाला है जो ना केवल शरीर में अच्छी तरह एक्सक्रेट होता है बल्कि कोलेस्ट्रॉल को भी नियंत्रित करता है और शरीर की वसा कोशिकाओं की



हल्दी में कार्बोप्रोटैक्टिव गुण भी होते हैं साथ ही इसके न्यूरोप्रोटेक्टिव गुणों की पहचान की गई है। कर्कशयुग्मिन की वायोआयोलिजोसिटी बढ़ाने संबंधी शोध में सफलता मिलने के बाद लैक्टिक एसिड की विभिन्न बीमारियों के लिए पानी डबल में प्रयोग तैयार हो सकेगी।  
- डॉ० मधु दीक्षित, निवेक, सोडियमसल्फेट

हल्दी में पाए जाने वाले तत्व कर्कशयुग्मिन में एंटी एंटीऑक्सीडेंट एक्टिविटी वसा कोशिकाओं के की संख्या व आकार को नियंत्रित करती है और डी-लिपिडिक एक्टिविटी शरीर में कोलेस्ट्रॉल को बाहर करने वाली प्रक्रिया को बढ़ाती है।  
- अनिल एन. मायकायाड, वैश्विक अंतरिक्ष अनुसंधान संस्था, सोडियमसल्फेट

हल्दी का उपयोग ज्वरनाशक, कफनाशक, श्वास संबंधी रोग, रक्तशुद्धक, प्रतिरक्षक क्षमता बढ़ाने के साथ मूत्रान को दूर करने व दर्द निवारण के लिए किया जाता है। लेकिन वसा को कम करने संबंधी गुण की विशाल आयुर्वेद में जानकारी नहीं मिलती।  
- डॉ० शिव शंकर त्रिपाठी, आयुर्वेद विशेषज्ञ एवं चिकित्सक, राजधानी

# दाने ही नहीं अनार की पत्तियां भी हैं काम की



सहत के लिए फायदेमंद होने के साथ ही अनार हमारी त्वचा के लिए भी रामबाण है। रोज एक अनार खाने से इम्यून सिस्टम तो मजबूत होता है साथ ही त्वचा संबंधी कोई समस्याएं भी दूर होती हैं अनार में पाए जाने वाले गुण त्वचा में निखार लाते हैं। इससे ग्रीन टी और संतरे की तुलना में तीन गुना एंटीऑक्सीडेंट होते हैं। जो सीधे तौर पर त्वचा को फायदा पहुंचाते हैं।

**मुंहसे से गिजात**  
अगर आप मुहासे की समस्या से परेशान है तो अनार को फलों का फेस्ट अपने लिए फेस्ट है। इसके अलावा अनार के दानों को पीसकर भी मुहासे पर लगवाया जा सकता है और अनार का जूस पीकर भी मुहासे से छुटकारा पाया जा सकता है।

**कोशिकाएं हल्दी स्टेंगी**  
अनार त्वचा की कोशिकाओं को जकड़ रखने में मददगार है। अनार का तेल त्वचा को बेहतर देकर चमक लाता है। अनार की पत्तियों को चबाया भी जा सकता है। पत्तियों और से कोशिकाओं को दुबला करने का काम करती है।

**झुर्रियां हॉली अलन**  
आयुर्वेद और अतिरिक्त आयुर्वेद के चाले लोगों के चमके लाने को कई तरह की त्वचा संबंधी परेशानियां हो रही हैं। जिस लोगों को उन से पहले ही एंटी एंटीऑक्सीडेंट की सलाह दी जाती है या फिर जो लोग झुर्रियों के चलते ज्यादा उम्र के दिखते हैं। उनके लिए अनार की पत्तियों का फेस्ट बहुत फायदेमंद है। इससे नियंत्रित लक्षण से झुर्रियां दूर हो सकती हैं।

**इसलिए फायदेमंद हैं पत्तियां**  
एक नई रिपोर्ट में कहा गया है कि केवल अनार ही नहीं बल्कि उनकी पत्तियों से भी हमें कई तरह के फायदे मिलते हैं। अनार की पत्तियों का फेस्ट लाने से त्वचा बेहतर होती है साथ ही त्वचा के रोग भी दूर होते हैं।

**“अनार मुहासे दूर करने में मददगार है। एक अनार रोज लेने से हीमोग्लोबिन तो बढ़ता ही है। साथ ही वह त्वचा के लिए भी असरदार है।”**  
डॉ० मनीष शुक्ला  
अधीशक, बीआरडी, महानगर

# Ultrasound at village health centres soon

**Lucknow:** Screening of high-risk pregnancy cases in rural UP is set to become easier with the state government extending ultrasound service to 50 community health centres. The ultrasound service is being provided under public-private partnership model as part of Pradhan Mantri Surakshit Matritva Abhiyan. The service would be dedicated to public by chief minister Aditya Nath Yogi in about a week. Health experts said the facility will reflect in maternal and child health indicators. 'Average age of first pregnancy in India is 19.6 years and it is a few months lesser in UP. This is two years short of the ideal biological age for having a baby (21 years). Also, a shorter body frame, inherent anaemia and malnutrition predisposed pregnancy complications which contribute to maternal mortality can be countered only through monitoring of the foetus,' said health activist Dr Neelam Singh. HP's maternal-mortality rate is 285 per 1 lakh live births against the national average of 167. State Innovations in Family Planning Services Project Agency consultant Dr Aruna Narain said, "Congenital abnormalities will be screened in time in order to check still births," she said. UP's infant mortality rate is 50 per 1,000 live births while nationally it is 40. Principal secretary health and family welfare, Prashant Trivedi has issued relevant orders to expand the ultrasound centres. He has also sanctioned Rs 7.45 crore for the purpose.



The scheme covers 40 districts in state. The centres registered with the local chief medical officer's will be engaged in the project. To ensure convenience, centres no further than 2km from the CHC will be selected. Health officials claimed pregnant women in villages travel to district headquarters for ultrasound. "A need assessment paved the way for the service and it will come handy to specialists/doctors who examine pregnant women in the second and third trimester," said Alok Kumar, mission director, national health mission, UP.

# Of docs and quacks



**Manpower for medical services has been described as the heart of health system. It is one of the most important aspects and a critical component of health policies.**

Even after decades of efforts geared towards providing better health care services across the nation, India still faces an acute shortage of qualified health care professionals. National Doctors' Day, which was observed on July 1, throws light on the inequalities in distribution of health workers. This, coupled with an acute shortage of qualified professionals and specialists, impedes progress towards the achievement of a healthier future for all. According to the World Health Organisation (WHO) report, "The Health Workforce in India" published last year, the nation faces a crisis in human resources for health. The report further stated that in 2001, the density of doctors (allopathic, ayurvedic, unani and homeopathic) was 80 doctors per 1,00,000 people and nurses were 61 per 1,00,000 people. Further, almost one-third (31%) of those who claimed to be allopathic doctors in 2001 were educated only up to secondary school while 57% did not have any medical qualification. The worrisome report on India's healthcare workforce has set alarm bells ringing. Most states face a scarcity of training institutes as well. This is the reason the skill of many healthcare workers is not optimal. It is uncertain how many specialist doctors are there in the country. This vacuum of health care professionals, especially in rural India, has given rise to pseudo professionals and quacks. "These so-called doctors are people who have worked as assistants to doctors, or inherited the use of traditional systems of medicine (ayurveda and homeopathy) from their parents. Even worse, there are some who were compounders or lab technicians and later started practising as doctors," said Dr AK Singh, former President, Indian Medical Association (IMA), of a chapter. He

adds that these are smart entrepreneurs, who have picked up bits and pieces of medicine through informal apprenticeships and built up a practice. Rural India has a substantial number of these so-called doctors. Quacks remain the go-to people for medical care, despite legal provisions to prosecute them. Not just in rural areas, quacks have thriving practices in poor urban regions as well. This is despite the presence of an adequate public health infrastructure here. "Although these areas have trained doctors, quacks with no qualification also thrive here. Lack of clarity amongst state governments, legislature, and judiciary, coupled with contradictory government and court orders have compounded the problem of quacks," informs Dr Dinesh Singh, President IMA of a chapter. We need to find a common meeting ground, where these philosophically divergent practices can come together, evolve, bind and gain from their mutual strengths. After all, we do have modern medicine practitioners recommending yoga, which is part of AYUSH. Also, traditional practitioners do write out modern pills in their prescriptions. The way forward seems to be an integrated mix of the various schools of medicine.

*The way forward seems to be a mix of various schools of medicine including Ayurveda, Unani, Siddha, Homeopathy and Naturopathy*

# MORE VEGGIES A DAY CUT EARLY MENOPAUSE RISK

A single daily serving of vegetable protein from foods such as whole grains, soy and tofu may protect women from early menopause and could prolong their reproductive function, researchers say. Early menopause - the cessation of ovarian function before the age of 45 - affects about 10% of women globally and is associated with higher risk of cardiovascular disease, osteoporosis and early cognitive decline. The study, appearing in the American Journal of Epidemiology, showed that women consuming approximately 6.5% of their daily calories as vegetable

protein had a significant 16% lower risk of early menopause compared to those whose intake was approximately four per cent. "A better understanding of how dietary vegetable protein intake is associated with ovarian ageing may identify ways for women to modify their risk of early onset of menopause and associated health conditions," said lead author Maegan Boutot from the University of Massachusetts. For the study, the team evaluated the relationship between the diet and the risk of early menopause among 1,16,000 women aged between -25-42 years.





# गंगा जस की तस, पाँच राज्य सरकारों और तीन केन्द्रीय मंत्रालयों की कोशिशों भी हो रही नाकाम गंगा किनारें ही गंदगी तो कैसे स्वच्छ होगा देश

स्वच्छ भारत मिशन शुरू हुए तीन साल होने को है, लेकिन ग्रामीण क्षेत्रों की हालत में बहुत सुधार नहीं हुआ है। गंगा के किनारों पर गंदगी को स्वच्छ बनाने की योजना पूरी तरह सफल नहीं हुई है। इस सम्बन्ध में पाँच राज्यों और केंद्र के तीन मंत्रालयों की कोशिशें नाकाम साबित हो रही हैं। दस्तावेजों में बनी योजनाओं को गंवाते तक पहुंचाने में सरकार और प्रशासन के पक्ष में छूट रहे हैं।

स्वच्छता और पेयजल मंत्रालय पर इस पूरे अभियान को सफल बनाने का दायित्व है। वर्ष 2019 के दो अक्टूबर तक देश के सभी खाड़ी-उप-खाड़ी क्षेत्रों को पूर्ण स्वच्छ बनाने का लक्ष्य है, लेकिन अभियान की गति बेहद धीमी है। स्वच्छता मंत्रालय के साथ संबंधित राज्य सरकारों की हालत भी कभी-कभी एक जैसी ही है। बंगाली प्रदूषण से मुक्त बनाने में जहाँ पंचायत राज मंत्रालय प्रयास कर रहा है, वहीं हर प्रदेश में जल संसाधन मंत्रालय का न्यायि में मिशन जोर बना रहा है। चरखे की तरह सड़कों की गंदगी और खुले में शौच से गंगा के लिए पेयजल और मंत्रालय को लक्ष्य बना है। वहीं मंत्रालय पर अभियान को सफल बनाने के फेर में भी है।

गंगा किनारों की 1,651 ग्राम पंचायतों के 5,169 गांवों को स्वच्छ बनाने का एलान बड़े जोर-शोर से किया गया। गंगा के ये पाँच राज्यों उत्तराखण्ड, उत्तर प्रदेश, बिहार, झारखण्ड और पश्चिम बंगाल में फैले हुए हैं, लेकिन किसी भी राज्य जल प्रदूषण को नियंत्रित नहीं कर पाया है। सरकारी कोशिशें नाकाम साबित हुई हैं। इन गांवों के स्वच्छ बनाने की लक्ष्य कई चर तय की गई और फिर आगे बढ़ाई गई, लेकिन अभी तक वह कार्य सफल नहीं हो सका है। स्वच्छता अभियान की इस गति से हमसे दो घातों में समूचे देश को स्वच्छ बनाना

आसान नहीं होगा।

इसके विपरीत प्राथमिक विकास, पेयजल और स्वच्छता मंत्रालय के आगे एक अलग कदमी कदमे है। देश के पाँच राज्य पूरी तरह खुले में शौच मुक्त हो चुके हैं। इनमें हरियाणा, उत्तराखण्ड, सिक्किम प्रदेश, त्रिपुरा और केरल प्रशिद्ध हैं, लेकिन इनमें कोई बड़ा राज्य आज तक शामिल नहीं हो सका है। स्वच्छता के प्रचार-प्रसार पर भले ही काफी जोर दिया जा रहा है, लेकिन उनके मुकाबले जमीन हकीकत कुछ और भी है। स्वच्छता मंत्रालय शिर्षक राशियों को धन आवंटित कर अपनी जिम्मेदारी से मुक्त नहीं हो सकता। राज्य सरकारें, संबंधित मंत्रालयों और विभिन्न एजेंसियों के बीच बेहतर सहयोग से ही यह संभव है।

## स्वस्थ समाज

- दस्तावेजों पर बनी योजनाओं को गांवों तक पहुंचाने में छूट रहे पसीने।
- जल संसाधन मंत्रालय का नामित गंगे मिशन को लक्ष्य रहा पलीता



स्वच्छ भारत एक कदम स्वच्छता की ओर

# Why We need to be more responsible now

As technology empowers us, and a self-serving philosophy pampers us with a sense of entitlement, who is keeping an eye on the moral gauge?

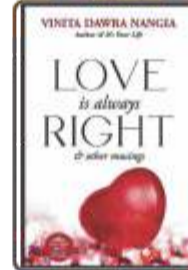
It has never been easier to escape reality - or to escape your own self. Technology offers easy distractions and escape routes, while self-help gurus give easy fixes to everything that goes wrong. In short, you can let yourself off the hook so easily today that it's scary. Entertainment, the greatest distractor, is available at the click of a button. You no longer have to wait to watch a movie of your choice. Your favourite programmes and movies are available at your convenience and on the device of your choice. If technology has its way, soon enough you won't need to lift a finger for anything! The insidious advance of technology into every avenue of our lives has also majorly blurred the distinction between right and wrong, good and bad, work and leisure. So while you tweet or text, no-body knows whether is official or personal. Who is to know what kind of WhatsApp messages or mails are being received and shot off? Are you sending those romantic emojis to your spouse or to an illicit romantic stowaway? So long as the sin and guilt relationship is between you and the instrument in your hand, all seems well. In such a scenario, disassociated from reality as you are, morality or a code of ethics becomes a shaky bystander. And if by any chance, you feel guilty about that, dick through to the many self-serving philosophies that so many Gurus spout all day long on TV

channels and social accounts. Self-help books and mantras make it easy to love and forgive yourself anything. There are easy fixes to everything, easy forgiveness too. You can beguile yourself into believing all is well. In a culture that promotes individuality rather than a community feeling, selfishness and self-serving choices are encouraged.

Do you wonder then at the depravity, increased incidents of terrorism and rampant inhuman acts? As technology empowers people, and a heightened sense of entitlement and self-worship blurs morality and ethics, the world is bound to go morally berserk and uncaring of other lives - plant, animal or human. In such a scenario, it is incumbent on us to take on more responsibility than the world is lulling us into believing. We need to be extra alert about the choices we make and the examples we set - be it in the care of self, those we love, or the planet we dwell in. Our net of responsibility needs to be cast far wider into areas we



Nobody but your own self... Follow your intuitive sense of right and wrong. Force yourself away from easy temptations and chart your own course. Figure out what matters most to you and work towards that. Keep aside time for work and leisure; purposeful driving and cruising - don't let one eat into the other. Accept your reality, and while always aiming for beyond what you think is your capability, do not lose touch of your weak spots. Own responsibility for more than you ever did! Not every author can be a bestseller; every businessman does not make it to the Forbes Wealthiest List. Not every man can be handsome, nor every woman pretty. But yes, everyone can certainly be a good, responsible human being who takes onus not just for his own acts, but also for those of people and the world around, and can help ensure all live a balanced, happy existence - to the extent possible. That would be a life well lived indeed! THE OPINIONS EXPRESSED IN THIS COLUMN ARE THE PERSONAL VIEWS OF THE WRITER



Love is Always Right - a sequel to the bestseller Best of O-zone - it's Your Life! by Vinita Dawra Nangia. Available at leading bookstores and online shopping portals.

“Do you wonder then at the depravity, increased incidents of terrorism and rampant inhuman acts?”

haven't ever thought of as our concern. All changes begin at a micro level and when more people get responsible at an individual level, the ripple effect is bound to change the bigger picture for the better. This is no easy task. In a world of make-believe where we have led ourselves to believe our photo-shopped selves, reality has taken a hard hit. To make matters worse, idols and role models fall off pedestals almost as soon as they are set up! Who do you believe then?

THIS IS THE time for the youngsters who have passed the board examinations to enter the domain of higher learning, and think of their career options and associated life-projects. However, this journey is not smooth because the perplexed young minds confront a social landscape, which through the dynamics of peer pressure, parental expectations, existing knowledge economy and the middle class striving for economic stability, puts enormous pressure on them and causes immense fear of any risk-taking venture. No wonder, it becomes exceedingly difficult to hear one's inner call and choose what one is truly interested in. Because of this conditioning and restrained horizon, the academic culture of the liberal arts and humanities has suffered a great deal. With the rise of neo-liberal global capitalism, as it is said, nothing remains free from the instrumental rationality of the market. This "colonisation of the lifeworld", as Jurgen Habermas would put it, has shaped the discourses of higher education in a big way. For example, the growing corporatisation of higher education, the insistence on "market-friendly" self-financing courses, the measurement of the success of a professor in terms of the bigness of the project he/she manages to get from the industry or the corporate lobby, and the simultaneous assertion that knowledge is primarily the mastery of "skills"—technical, financial and managerial. One sees these disturbing trends all over the world. Moreover, in a highly stratified country like ours with uneven distribution of cultural capital or an aspirational society with reckless competition and survival anxiety, the problem becomes rather severe. For instance, for a large section of middle or lower middle-class parents and their children, the ultimate salvation, it seems, lies in the courses that promise to fetch jobs immediately and assure social mobility. It is, therefore, not surprising that we see the enormous growth of private institutions offering courses—heavily corn-modified and packaged - in information technology, fashion designing, hotel

# A society that forgets its poet

Devaluing study of liberal arts and humanities could damage the fabric of civilization

management business administration, biotechnology and clinical psychology. Even public universities are finding it difficult to resist this trend. This has led to the devaluation of social sciences, liberal arts and humanities. Generally, in the popular imagination these branches of knowledge are seen as "soft", "easy", "ideological" and even "feminine"—not very useful for the "practical" world. A bleak future in terms of career options is also associated with them. It would not be an exaggeration to say that in this utilitarian age these disciplines are often stigmatised. Another factor unique to India — the logic of UPSC civil service exams — has further devalued these disciplines. Doctors, engineers, science/commerce graduates—anyone, it is popularly believed, can take sociology/psychology/political science/Hindi literature as an "easy" paper that needs just guide books and a series of lectures



(or "success assuring" notes) by a bunch of tutors in the coaching centres. Social sciences die because in these education shops Tagore and Marx, Foucault and Hobsbawm, Ashis Nandy and Rajni Kothari cannot exist. As a teacher with some sensitivity to critical pedagogy, I dare to see beyond this dominant practice, and argue that we would cause irreparable damage to the fabric of our civilisation if we keep devaluing the significance of the liberal arts and humanities. What these knowledge traditions give us is something beyond the temporal value of the market. We gain a sense of history - history as the interplay of culture and nature, technological innovation and social uprising, and human creativity and political transformation; we acquire the hermeneutic skills for entering the symbolic universe of cultural artifacts, mythologies and civilisational memories; and above all, we begin to think critically and cultivate emancipatory urges for

rescuing us from the principle of domination, surveillance and media-simulated seduction. We should not forget that a society which forgets its poets, philosophers and artists is a decadent society. It is bound to crumble. No wonder, as liberal arts and humanities decline, we see youngsters—technically skilled, but culturally impoverished; corporate professionals — wealthy, but devoid of a deep philosophy of life. Authoritarianism, as we are realising, emerges in the absence of critical thinking, humanistic temper and liberal values. However, I believe that as teachers we have a great responsibility. Yes, despite this ugly politics of knowledge economy, some students will join liberal arts and humanities. How do we sensitise them, educate them and in the process, get ourselves educated? I see two major obstacles. First, we kill the critical spirit the curiosity of a learner, and are almost compelled to equate knowledge with a set of "objective" facts (ora bundle of discrete pieces of information) needed for utterly non-creative public examinations like the National Eligibility Test And second, in the name of "scholarship", as the reading list of DU undergraduate courses like sociology would suggest we transform a learner into a tired/exhausted parrot using only borrowed words and theories with no space for meditative thinking and engaged social practice. The real challenge, I believe, is a life-affirming pedagogy that, to use the feminist vocabulary, generates an "ethic of care", sensitivity to the relationship between the "self and the "world", a profound way .of seeing things, and the unity of theory and practice. With this dream, can we welcome the new generation of learners and take them to the enchanting world of theory and poetry, anthropology and history, literature and philosophy? The writer is professor at the Centre/or the Study of Social Systems, JNU, New Delhi



# कलपक्कम रिएक्ट बनेगा भारत का अक्षय ऊर्जा पात्र

इस साल फास्ट ब्रीडर रिएक्ट से व्यापारिक उत्पादन शुरू कर रूस के बाद भारत बनेगा दूसरा देश।

व्यवसायिक परमाणु ऊर्जा उत्पादन की दिशा में भारत ऐतिहासिक उपलब्धि हासिल करने जा रहा है। वेनई के फास्ट कलपक्कम में स्थित प्रोटीडर फास्ट ब्रीडर रिएक्ट (पीएफबीआर) को इस साल शुरू करने की योजना है। यह ऊर्जा का उस स्थान तक अक्षय पात्र की तरह होगा। जिसमें कभी कभी खाल खी नहीं होता है। इस रिएक्ट ने अन्वयत ऊर्जा पैदा होने लगेगी। यह पारंपरिक परमाणु ऊर्जा संयंत्रों और रिएक्टर्स से उत्पन्न है। अभी फास्ट न्यूक्लियर रिएक्ट एफबीआर विश्व स्तर में है। जापान, फ्रांस, अमेरिका और चीन जैसे देश एफबीआर क्षेत्र में भारत से पीछे हैं।

## फायदे ही फायदे

- पारंपरिक परमाणु ऊर्जा संयंत्रों की अपेक्षा 70 प्रतिशत अधिक बिजली उत्पादन
- कई गुना सुरक्षित
- रेडियोधर्म अवशिष्ट कम निकलेंगे

## तकनीक से क्या अक्षय पात्र

परमाणु रिएक्टर्स में यूरेनियम के दो प्रकार यू-235 और यू-238 ईंधन के रूप में इस्तेमाल होते हैं। शुद्ध यूरेनियम में यू-235 कम मात्रा में होता है। यू-238 परमाणु अभिक्रिया लगातार जारी नहीं रह पाती है। एफबीआर में अत्यधिक तेज न्यूट्रॉन इस अपशिष्ट यू-238 से मिलते हैं। और इसे उपचोषित ईंधन का संशोधन में बदलते हैं। इसलिए इसे अक्षय पात्र कहा जा रहा है।

## रूस में उत्पन्न पीएफबीआर

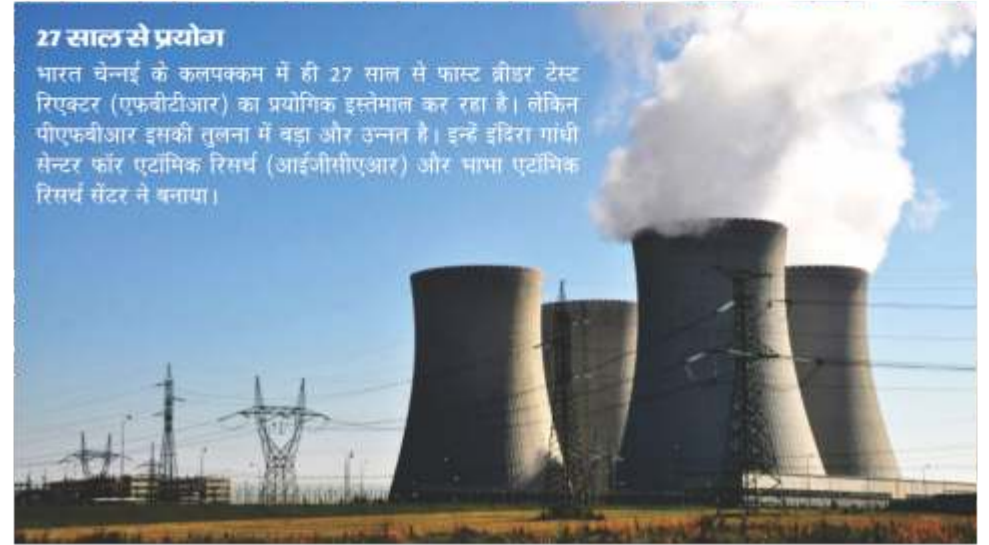
पीएफबीआर रूस के एफबीआर से जलम और उत्पन्न है। इसमें यूरियम की खास रॉड का इस्तेमाल हो रहा है। तेज न्यूट्रॉन के सम्पर्क में आने पर ये रॉड यू-235 उत्पन्न करते हैं। इसमें यूरियम प्रचुर मात्रा में हो कर हो, लेकिन भारत सार्वजनिक परिवहन बंदर के क्षेत्र में दूसरा बड़ा देश है।

## रूस पहला देश

व्यवसायिक ऊर्जा उत्पादन करने वाला दुनिया का एकमात्र एफबीआर रूस के वेरोवॉर्क न्यूक्लियर पावर प्लांट में है। वहां 1980 से यूरैण-600 नामक एफबीआर का संचालन हो रहा है। 2016 में इससे भी बड़ा वीएन-800 शुरू किया गया। इससे 800 मेगावाट बिजली उत्पन्न होता है।

## 27 साल से प्रयोग

भारत वेनई के कलपक्कम में ही 27 साल से फास्ट ब्रीडर टेस्ट रिएक्टर (एफबीटीआर) का प्रयोगिक इस्तेमाल कर रहा है। लेकिन पीएफबीआर इसकी तुलना में बड़ा और उन्नत है। इन्हीं इंदिरा गांधी सेंटर फॉर एटॉमिक रिसर्च (आईजीसीएआर) और माभा एटॉमिक रिसर्च सेंटर ने बनाया।



## Citizens set up Roti Bank so that 10 one sleeps on empty stomach

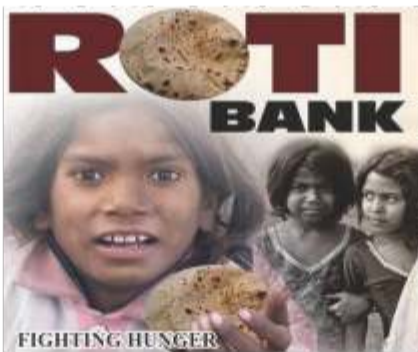
Lucknow: A citizen-driven Rity Bank' which collects leftover food and distributes it the poor is bringing smiles on the faces of the hungry in city.

The initiative was started by Gomtinagar residents Ashutosh Chaturvedi, Pinki Goswami and Shobha Thakur, who came up with the idea after noticing that a lot of food was wasted in their own home every day. "First, we decided to collect leftover food from our house and fed the hungry people around our locality. Gradually, we started going door-to-door to all houses in our locality, and the Roti Bank was born," said Chaturvedi.

"Initially, people were re-luctant to join us. But after we took to social media and posted some photographs on In-stagram and Facebook, we got a lot of supporters. Our aim is to ensure that no one in Lucknow goes to sleep hungry," she said, adding that the group is now collecting clothes, medicines, and other essentials too.

For Shobha Thakur, the small gesture of feeding the hungry brought a lot of satisfaction. "After Gomtinagar, we are extending our services to areas like Rajajipuram. We are also in process of establishing one centre in every corner of the city to help the needy," Thakur said.

According to the members, free distribution of food during Ramzan was a great experience. "We stood outside different mosques and I fed the hungry." The poor ones who had no reason to celebrate were overjoyed when we gave them some clothes too," Chaturvedi said.



## 460 Indian language journals in new UGC list; Pali, Prakrit make it too

JOURNALS IN at least 15 Indian languages have made it to a recently released list of research journals approved by the University Grants Commission (UGC). Of these, there are at least two languages, Pali and Prakrit, that are not among the 22 listed in the Eight Schedule of the Indian Constitution. The present list follows a list of 35,000 UGC-approved journals released last year. That list, however, had only English or foreign language publications. Following demands and protest by teachers of other languages, the UGC recently released a revised list of 47,026 journals that has 460 journals in Indian languages. The process is still on and more journals are likely to be included.

At the time of appointment or promotion of faculty in colleges and universities, the UGC allocates certain credits to every applicant on the basis of articles and other pieces published in its approved journals.

"This is the first time the journals in Indian languages or I being included in the list of UGC approved research journals. To evaluate any journal is a very complex issue. We called expert of various fields and took their advice," VS Chauhan, UGC acting chairperson, told The India Express.

Of the 460 journals, Hindi has the maximum number of journals at 210, followed by Urdu (67), Sanskrit (64), Bengali (37) Pali (25), Punjabi (14), Marathi



(11), Tamil (10), Gujarati (5), Prakrit (5), Odiya (4), Nepali (3), Telugu (2), Santhali (1) and Kannada (1). While welcoming UGC's move to "enhance research and writings in these languages", teachers said that in its rush to get journals in Indian languages in the list, the UGC had included many "substandard" ones. "We had been fighting for this cause and it's good that they have given space to Indian languages. Par unhone jo mila usko dual diya (they have included whatever they got). They should have also considered the quality of journals," said Prabhakar Ranjan, fiction writer and Assistant Professor of Hindi at Delhi University. "You cannot guarantee the quality of candidates who

apply for promotion or appointments on the basis of their publications in these journals."

Manoj Kumar Rai, Assistant Professor, Mahatma Gandhi International Hindi University, pointed out that "the first major change in assigning credits for promotion and appointments on the basis of publications came in 2010, when the UGC mandated that credits would be assigned only for articles published in journals with ISSN number".

"Since ISSN numbers were soon given to all and sundry, the UGC then decided to release a list of its approved journals," said Rai.

He welcomed the inclusion of Indian language journals in the UGC list but said "they have ignored quality standards".

Some of the prominent Hindi journals in the list include Sahitya Akademi's publication Samkalin Bharatiya Sahitya, BHU Hindi Department's journal Sakhi, Mahatma Gandhi International Hindi University's journal Hindi Samay, Bharatiya Jnanpith's Naya Gyanodaya, Bharat Bhavan's Purvagrah, besides literary journals run by writers including Hans, Samaas and Pahal. Tamil journals include Tisai Ettum, Puthiya Panuvai and Puthuppanai; Aranyakam and Sagarika are among the Prakrit journals. Kabyaloka and Janasthba (Odiya); Adilok anr Shabd Srushti (Gujarati); Ebongjalarka, Oitihask (Bengali).

## शुगर इंडस्ट्री की गन्ना किसानों के लिए बनाने की डिमांड

शुगर इंडस्ट्री ने कहा है कि गन्ना किसानों को सरकार की ओर से तय फेवर एंड रिफ़ून्डरेंटिव प्रोग्राम (FRP) और रेवेन्यू शेयरिंग कॉन्सिल के अन्वयत वी वाली कीमत के अंतर का मुक़ाबला करने के लिए सरकार को एक प्राइवेट एवैल्यूएशन फंड (PSF) बनाना चाहिए। रेवेन्यू शेयरिंग कॉन्सिल के सदस्य किशोरी और सीपी मिलों के बीच 70:30 की रोलॉउट में रेवेन्यू साझा किया जाना है।

यूएच एण्ड सर्विसेज टैक्स (GST) के लागू होने के बाद शुगर डिमलेपमेंट फंड के जारी रहने को लेकर स्थिति स्पष्ट नहीं है।

लेकिन शुगर इंडस्ट्री (PSF) को लेकर गंभीर इंडियन शुगर मिल्स एसोसिएशन (ISMA) ने कम्प्लेन फार एग्ज़िक्यूटिवल क्यूरेट एण्ड प्रोसेस (CACA) को सामने यह मांग रखी है। 2018-19 के लिए FRP के बारे में स्टैकहोल्डर्स की एव जल्द के लिए CACP की मीटिंग हुई है।

ISMA की प्रेसिडेंट टी शरिता रेड्डी ने कहा है कि इसे किसानों को FRB का भुगतान करने में कोई मुश्किल नहीं है। लेकिन लेकिन नहीं है। लेकिन हम प्रत्यक्ष एवैल्यूएशन फंड चाहते हैं। चीनी की किमतें गिरने पर FRP और रेवेन्यू शेयरिंग

कॉन्सिल के तहत विद्ये जाने वाले प्रदाय में भुगतान इस फंड से किया जाना चाहिए रेड्डी ने बताया कि CACP ने FRP बढ़ाने के साथ ही सरकार से रेवेन्यू शेयरिंग कॉन्सिल लागू करने और PSF बढ़ाने की सिफारिश की थी लेकिन सरकार ने केवल FRP बढ़ाने के लिए कदम उठाया है। शुगर इंडस्ट्री का मानना है कि सरकार से FRP बढ़ाया जा रहा है। उल्टे किसानों के लिए गन्ने की खेती साफ़ी अक्षयक हो जावेगी, लेकिन गन्ने से बनने वाली चीनी की अधिक मात्रा को आपाजत मुश्किल होगा। टी शरिता रेड्डी ने कहा है कि वेज की शुगर इंडस्ट्री एक्सपोर्ट

नहीं कर सकेगी क्योंकि भारत में चीन की प्रॉडक्शन कॉस्ट 2,956 रुपये प्रति मीट्रिक टन है, जबकि क्यूरेट, ब्राजील और ऑस्ट्रेलिया में प्रॉडक्शन कॉस्ट क्रमशः 1,968 रुपये और 1,858 रुपये और 1,496 रुपये प्रति मीट्रिक टन है। ISMA ने सरकार से चीनी पर लगाने वाले 5 परसेंट के GST में से तीन परसेंट का इस्तेमाल PSF के लिए करने का सुझाव दिया है। अभी चीनी पर एवैल्यूएशन फंड 71 रुपये प्रति मीट्रिक टन की है, जो लगभग 2 परसेंट है।

## Free Edu for 3rd gender at IGNOU

Lucknow: For transgender candidates aspiring to pursue a course in tourism or psychology, help is at hand. Encouraging the third gender to pursue higher studies, the Indira Gandhi National Open University (IGNOU) will provide them free education from its July session. The move is aimed at bringing universalisation and democratisation in education. So far, IGNOU has been providing free education to sex workers, jail inmates and weavers.

According to the university's Lucknow region director Manorama Singh, free education to transgender will be provided across the country. There are over 3,000 study centres and 54 regional centres in India, in UP, there are close to 150 study centres. "We have sought help from transgender activists and our target is to enroll at least five this time. The idea is to promote education among the third gender," said Singh. Officials said there is hardly any provision for transgender to pursue a regular bachelors course in any university. Even if there is an option in the admission form for transgender, they are turned away for lack of formal documents. Transgender enrolled to IGNOU for higher studies will have the advantage of not needing to provide transfer or migration certificates or other such. Their identity can be verified by documents like Aadhaar, or any certificate issued by Central or state government, a medical officer or any other competent authority. IGNOU offers 228 academic and professional courses in psychology, social sciences, sciences, tourism, education, management, rural development and others.

Admissions to IGNOU for July session are under way. The last date to apply for certificate programmes is July 16 while for other programmes, the last date is July 31.

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इंडियन शुगर मिल्स एसोसिएशन ने कमीशन फॉर एग्रीकल्चरल कॉस्ट्स एंड प्राइसेज के सामने यह मांग रखी है।



## माँ

ममता से हर पल भरी रहती है, माँ  
श्रद्धा, भक्ति की मूल है, माँ  
क्रोध में भी ममता से छलकती है, माँ  
परिवार रूपी आँगन में फूलों सी महकती है, माँ  
रिस्तों के परिवार के सूत्र में बाँधती है माँ  
दुःखों की भीड़ में भटकती है  
जब कभी मैं सुखों की परछाई बन जाती है,  
जब कभी मैं सुखों की परछाई बन जाती है, माँ  
पत्थर को भी पिघलाकर, मोम बना देती है, माँ  
बच्चों पर जौं निछावर करती है माँ  
सब कुछ देकर भी, धनवान बनी रहती है, माँ  
ममता से हर पल भरी रहती है, माँ  
भगवान का रूप लेकर भी, सिर्फ औरत  
हूँ कहती है, माँ  
ममता से हरपल भरी रहती है, माँ

- Rajni

## वाह रे टमाटर

मारा-मारा जो फिरता था,  
गलियों में चारो ओर।



वही टमाटर हो गया, देखो सोना मोल।।  
सड़कों पर फेका गया जैसा कोई अनाथ ।  
नहीं टमाटर आ रहा, आज किसी के हाथ ॥

जब सड़ते थे टमाटर, तब न समझा इनका मोल।  
आज टमाटर हो गया है, सबके किंचन से गोल।।

भाव टमाटर का हुआ, अब अस्सी के पार।  
अच्छे-अच्छे देखकर, टपका रहे है लार।।

बिना टमाटर के लगे घर का फ्रिज बेकार।  
बिना टमाटर की बनी, सब सब्जी बेकार।।

आनन्दित हो आप सब, देख टमाटर लाल।  
बिना टमाटर खाइये, अब अरहर की दाल।।

- Abhilasha

## कविता

बारिश का ये मौसम सुहाना।  
सड़कों का वही हाल पुराना।।  
कहीं गढ़ें, नाली सड़ जायें।  
कहीं घरों में, पानी भर जायें।।  
सभी जगह है, बुरा हाल।  
शासन भी है, खस्ता हाल।।  
अनदेखा ना करो इसे ।  
बारिश तो आयेगी फिर से।।

- Anshu



## महात्मा जी की बिल्ली

एक बार एक महात्माजी अपने कुछ शिष्यों के साथ जंगल में आश्रम बनाकर रहते थे, एक दिन कहीं से एक बिल्ली का बच्चा रास्ता भटककर आश्रम में आ गया। महात्माजी ने उस भूखे प्यासे बिल्ली के बच्चे को दूध-रोटी खिलाया। वह बच्चा वहीं आश्रम में रहकर पलने लगा। लेकिन उसके आने के बाद महात्माजी को एक समस्या उत्पन्न हो गयी कि जब वे सायं ध्यान में बैठते तो वह बच्चा कभी उनकी गोब में चढ़ जाता, कभी कन्धे या सिर पर बैठ जाता। तो महात्माजी ने अपने एक शिष्य को बुलाकर कहा देखो मैं जब सायं ध्यान पर बैठू, उससे पूर्व तुम इस बच्चे को दूर एक पेड़ से बांध आया करो। अब तो यह नियम हो गया, महात्माजी के ध्यान पर बैठने से पूर्व वह बिल्ली का बच्चा पेड़ से बांधा जाने लगा।

एक दिन महात्माजी की मृत्यु हो गयी तो उनका एक प्रिय कविल शिष्य उनकी गद्दी पर बैठे। यह भी जब ध्यान पर बैठता तो उससे पूर्व बिल्ली का बच्चा पेड़ पर बांधा जाता। फिर एक दिन तो अनर्थ हो गया, बहुत बड़ी समस्या आ खड़ी हुयी कि बिल्ली ही खत्म हो गयी। सारे शिष्यों की मीटिंग हुयी, खबरे विचार विमर्श किया कि बड़े महात्माजी जब तक बिल्ली पेड़ से न बांधी जाये, तब तक ध्यान पर नहीं बैठते थे। अतः पास के गाँवों से कहीं से भी एक बिल्ली लायी जाये। आखिरकार काफी दूँढने के बाद एक बिल्ली मिली, जिसे पेड़ पर बांधने के बाद महात्माजी ध्यान पर बैठे।

विश्वास मानें, उसके बाद जाने कितनी बिल्लियाँ मर चुकी और न जाने कितने महात्माजी मर चुके। लेकिन आज भी जब तक पेड़ पर बिल्ली न बांधी जाये, तब तक महात्माजी ध्यान पर नहीं बैठते हैं। कभी उनसे पूछो तो कहते हैं वह तो परम्परा है। हमारे पुराने सारे गुरुजी करते रहे, वे सब शकल तो नहीं हो सकते। कुछ भी हो जाये हम अपनी परम्परा नहीं छोड़ सकते।

यह तो हुयी उम महात्माजी और उनके शिष्यों की बात। पर कहीं न कहीं हम सवने भी एक गद्दी अनेकों ऐसी बिल्लियाँ पाल रखी हैं। कभी गौर किया है इन बिल्लियों पर? सैकड़ों वर्षों से हम सब ऐसे ही और कुछ अनजाने तथा कुछ चन्द स्वार्थी तत्वों द्वारा निर्मित परम्पराओं के जाल में जकड़े हुए हैं।

जरूरत इस बात की है कि हम ऐसी परम्पराओं और अंधविश्वासों को अब और ना पनपने दें, और अगली बार ऐसी किसी चीज पर यकीन करने से पहले सोच लें की कहीं हम जाने-अनजाने कोई अन्धविश्वास रुपी बिल्ली तो नहीं पाल रहे ?

## जब तक है जान

1. ज्ञान की बातें लेना सीखें।
2. ज्ञान वाटेंना सीखें।
3. दुःख में मुस्कुराना सीखें।
4. मदद के लिए हाथ बढ़ाना सीखें।
5. परिस्थितियों से लड़ना सीखें।
6. किसी को कठिनाईयों से निकालना सीखें।

क्योंकि, जान में जान तभी आती है,  
जब हम कोई अच्छे कर्म करते है।

- Anshu



## बोले हुए शब्द वापस नहीं आते

एक बार एक किसान ने अपने पड़ोसी को भला बुरा कह दिया, पर जब बाद में उसे अपनी गलती का एहसास हुआ तो वह एक संत के पास गया। उसने संत से अपने शब्द वापस लेने का उपाय पूछा।

संत ने किसान से कहा, "तुम खूब सारे पंख इकट्ठा कर लो, और उन्हें शहर के बीचो-बीच जाकर रख दो।" किसान ने ऐसा ही किया और फिर संत के पास पहुंच गया। तब संत ने कहा, "अब जाओ और उन पंखों को इकट्ठा कर के वापस ले आओ" किसान वापस गया पर तब तक सारे पंख हवा से इधर-उधर उड़ चुके थे, और किसान खाली हाथ संत के पास पहुंचा। तब संत ने उससे कहा कि ठीक ऐसा ही तुम्हारे द्वारा कहे गए शब्दों के साथ होता है, तुम आसानी से इन्हें अपने मुख से निकाल तो सकते हो पर चाह कर भी वापस नहीं ले सकते।



## सबसे कीमती चीज

एक जाने-माने स्पीकर ने हाथ में पांच सौ का नोट लहराते हुए अपनी सेमीनार शुरू की। हाल में बैठे सैकड़ों लोगों से उसने पूछा, "ये पांच सौ का नोट कौन लेना चाहता है?" हाथ उठना शुरू हो गए।

फिर उसने कहा, "मैं इस नोट को आपमें से किसी एक को दूंगा पर उससे पहले मुझे ये कर लेने दीजिये।" और उसने नोट को अपनी मुट्ठी में धिमोड़ना शुरू कर दिया। और फिर उसने पूछा, "कौन है जो अब भी यह नोट लेना चाहता है?" अभी भी लोगों के हाथ उठने शुरू हो गए।

"अच्छा" उसने कहा, "अगर मैं ये कर दूँ?" और उसने नोट को नीचे गिराकर पैरों से कुचलना शुरू कर दिया। उसने नोट उठाई, वह बिल्कुल चिमुड़ी और गन्दी हो गयी थी।

"क्या अभी भी कोई है जो इसे लेना चाहता है?" और एक बार फिर हाथ उठने शुरू हो गए।

"दोस्तों, आप लोगों ने आज एक बहुत महत्वपूर्ण पाठ सीखा है। मैंने इस नोट के साथ इतना कुछ किया पर फिर भी आप इसे लेना चाहते थे क्योंकि ये सब होने के बावजूद नोट की कीमत घटी नहीं, उसका मूल्य अभी भी 500 था।

जीवन में कई बार हम गिरते हैं, हारते हैं, हमारे लिए हुए निर्णय हमें मिटटी में मिला देते हैं। हमें ऐसा लगने लगता है कि हमारी कोई कीमत नहीं है। लेकिन आपके साथ चाहे जो हुआ हो या भविष्य में जो हो जाए, आपका मूल्य कम नहीं होता। आप स्पेशल हैं, इस बात को कभी मत भूलिए।



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# Tindas on your terrace are good business for startups

Gardening startups are helping city slickers grow their own organic veggies and herbs

Cooking with fresh produce like, tomatoes fresh off the stalk, tender coriander leaves or small succulent bhindi is a rare joy in our urban existence. But who has the time or space to set up a kitchen garden, let alone an organic garden. The easier option is to go down to the colony gate and shop for shiny, chemical-laced, days-old veggies stacked on pushcarts. But now, a few startups havemade terrace gardening literally a walk in the park. And they do this through technology that minimises the fuss and mess of cultivation. Anuradha Yusuf, a Mumbai resident, has eight gardening units on her terrace. Each unit is 4x4 feet wide and 1 foot deep, has a green mesh canopy, and can grow food sufficient for one adult. At Rs 33,900 a piece, this smart garden unit developed by Greentech Life, lets people grow fresh homegrown food, without chemical fertilisers and pesticides, and with minimum maintenance. It only needs to be watered once a month. "I grow seasonal vegetables like bhindi, karela, doodhi, as well as staples like potatoes and onions. We grow enough for our family of four and have extra left over to share with friends and family," says Yusuf, who started growing her own food three years ago as she wanted to utilise the space available on the terrace of her sea-facing bungalow in Mumbai. Neha Deshpande does not have a spacious terrace overlooking the Arabian Sea but her balcony in a Hyderabad apartment is ample enough for a 15-square-foot edible garden unit that

grows lemon grass, sorrel leaves and Malabar pinna. "The first batch of spinach will be ready next week and we are so looking forward to cook it," says Deshpande who now wants to buy another unit and expand her garden catalogue. Deshpande purchased this unit from Homecrop, a Hyderabad-based startup that started operations in January this year and aims to cover a minimum of 5,000 square feet of rooftops and balconies with kitchen gardens by the end of the year. CEO and founder Manvitha Reddy uses a proprietary soil formula that needs 60 to 70% less water and can hold moisture, releasing it slowly. It's a concept imported from Cuba. "With the collapse of the Soviet Union, Cuba was forced to become self-reliant in food production. They developed a system of urban organic farming, called organoponics, that uses small planting units, little water and organic manure," says Reddy, who is currently operating only in Hyderabad. Her clients can choose from basic and premium plans that include plants, planting unit, green mesh cover, drainage mat, bio-enrich-ers and fertilisers. The prices start at Rs 1,800 a unit. Better taste, convenience and the satisfaction of knowing that their food is not contaminated with harmful chemicals is pushing people to turn urban farmers. Arijit Mitra, 39, CEO and founder of Bengaluru-Based Greentech Life, explains how current farming practices are rendering vegetables tasteless and low in nutrition. "Commercial farmers use

NPK—nitrogen; phosphorus, potassium— fertiliser to grow everything. NPK just makes vegetables bigger, blander and poorer in nutrition. This, and rampant use of pesticides, is contributing to the spread of lifestyle diseases. People are slowly realising this and hence want to grow their own food," says Mitra. Priyanka Amar Shah, CEO of iKheti, adds that growing your own food also reduces your carbon footprint. "Vegetables you buy in the market are transported over long distances and stored in cold storage; this uses up a lot of energy," says Shah who has helped more than 5,000 people start balcony/terrace gardens in Mumbai and around. "We offer gardening and composting consultancy, priced between Rs 1,500 and Rs 2,000," says Shah who started this service as a college project while doing an MBA in 2012. In Delhi Edible Routes, provides end-to-end support—containers, weed mats, drain trays, potting mix, seeds, manure, and organic pest-control solutions — to create and manage



organic landscapes and edible gardens. "Most people are scared to start gardening, they don't know what to grow and how. We help them overcome these challenges," says Kapil Mandawetwala, Founder-CEO. To set up a small balcony garden, Edible Routes charges around Rs 5,000, while converting a large rooftop into a mini farm costs over Rs 1 Lakh. The startup has completed more than 300 projects in Delhi-NCR, Meerut and Jodhpur.

<p><b>SMART GARDENERS</b></p> <p><b>iKheti</b> Mumbai : Gardening and composting consultancy. COST : Rs 1,500-2,000</p>	<p><b>GREENTECH LIFE</b> Bengaluru : Smart gardening unit that requires watering just once a month. COST : Rs 33,900 Per Unit</p>	<p><b>Homecrop</b> Hyderabad: Using the Cuban concept of organoponics, it makes garden units that use 60-70% less water. COST : Rs 1,800+ per unit for balconies</p>	<p><b>Edible Routes</b> Delhi: Provides material and knowledge support to create kitchen gardens. COST : Rs 5,000 for a small balcony garden.</p>	<p><b>FOOD FACTORY</b> A garden developed by Edible Routes, which has completed around 300 projects in Delhi-NCR which has completed around 300 projects in Delhi-NCR</p>
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## आध्यात्मिक विकास के लिए मनुष्यता से जुड़ा रहना जरूरी है।

एक बार एक प्यासा आदमी एक दुकान पर गया और पानिक से बोला, सेठजी प्यास लगी है थोड़ा पानी पिला दो। सेठ ने कहा कि अभी उसके पास कोई आदमी नहीं है और फिर अपने मोबाइल पर लग गया। प्यासा आदमी पानी की तलाश में आसपास गया पर कहीं पानी नहीं मिला। कुछ देर बाद उसी दुकान पर सेठ आया और दुकान के पानिक से बोला, सेठजी मधुमूत्र प्यास लगी है। थोड़ा पानी पिला तो सेठजी ने कहा कि अभी बोला था कि कोई आदमी नहीं है। प्यासे आदमी ने कहा कि थोड़ी देर के लिए आप ही आदमी बन जाइये न। इस वृष्टान्त को कई बार पढ़ने का अवसर मिला। हर बार वृष्टान्त ने मनुष्य होने पर सोचने को मजबूर किया। प्राचीन ग्रन्थों में जगह जगह लिखा है मनुष्य, अर्थात् मनुष्य बन क्या हम मधुमूत्र मनुष्य नहीं है। यदि हम मनुष्य नहीं हैं तो मनुष्य बनने का क्या उपाय है।

मनुष्य मानव में अपने कर्मा अथवा कार्यों से जाना जाता है। जैसे कर्म वैसा मनुष्य। यह भी अनिवार्य है कि मनुष्य कर्म करे, अकर्मण्य न रहे। तो भी उपयोगी हो। कर्म निष्काम हो तो हमसे तो अच्छी कोई बात नहीं। मनुष्य में जब इन विशेषताओं का हास होता है तो उसकी मनुष्यता ही प्रकटित होती है। हम प्रायः अपनी हैसियत के मुताबिक अपने कर्मा को निश्चित कर लेते हैं। हम किसी बड़े पाप पर आती

अथवा बहुत बिलम्ब हो जाने है तो सोचते हैं कि छोटे-मोटे कार्य करना हमारे लिये सम्मानजनक नहीं। लेकिन कुछ कार्य निश्चित रूप से ऐसे होते हैं जो बेशक छोटे दिखते हैं लेकिन छोटे होने नहीं है। इनक कार्यों को हमारे लिए अन्य कोई कर भी नहीं सकता। क्या हमारे बदन में हमारी जगह कोई किसी से प्रेम कर सकता है। सम्भव ही नहीं। वैसा भी विकास तो प्रेम करने वालों का ही होता है। जब पानी पिलाने की बात ही नो लीजिए। किसी को एक गिलास पानी दे देना कोई बड़ी बात नहीं लेकिन किसी प्यासे को पानी पिलाने से बड़ा कोई धर्म नहीं है। इस कार्य को करने से जो मनुष्य पिलती है वो अधितीय होती है। यदि हम यह कार्य किसी और से करवाते हैं तो अच्छा नहीं करते है तो हम उस आनंद से वंचित हो जाते है। जो भी अच्छे कार्य होते है अथवा धार्मिक होने का भाव निहित रहता है वो मानव में मनुष्य के स्वर्ग के उन्मुख के लिये होते है। हम उस कार्य की उपेक्षा करके करने को तो हम मानवता से वंचित हो जाते है। लेकिन मानव में अपने आध्यात्मिक विकास को ही अवसर कर लेते है। यदि हम काल्पनिक प्रतिष्ठा को कामना से रहित सेकर फोरन किसी से मदद करने का संकल्प में लें तो न केवल अधिक मानवीय हो सकते हैं अपितु हमारा आध्यात्मिक विकास भी सम्भव हो सकेगा।

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# Fun Time

## A FARM CROSSWORD PUZZLE

**Across:**

1. Yield of a planted field
4. A kind of tree, like oak
5. This machine digs up fields
8. A place where animals and crops are raised
9. Opposite of stand
10. Sack to carry feed in
12. An animal to ride on
14. A long-necked bird which honks

**Down:**

1. A baby horse
2. A baby dog
3. An animal that gives milk
6. A baby sheep
7. Animals that chase mice
8. A kind of evergreen tree
9. Word that rhymes with go
11. Animal with horns
12. Another word for pig
13. What we see with

**जानलेवा मंहगाई**  
अरे-अरे...बाबूजी आप तरकारी का भाव सुनके किलमिला काहे गये..?

**FIND 7 DIFFERENCES IN THE PARK**



# Fill in your diet with exercise regimen for best results

Exercise and nutrition are two peas in a pod. The quality of nutrition impacts performance, recovery, immunity, hormones and even the results we are striving for. The most common mistake people commit is considering food as a reward, forgetting that 70 per cent results depend on nutrition and the remaining 30 per cent on exercise, sleep or the lack of them and your level of stress. To give you an example: While eating that cupcake might seem harmless, eating processed sugar post workout triggers somatostatin release that blocks the human growth hormone (necessary for lean muscle), thereby defeating the purpose of exercising. Any form of exercise increases the metabolic demands of the body and puts it into a catabolic state. If nutrition is not in alignment with your workouts, the body will start eating up its own reserves, hence causing nutrient loss. This can lead to nutritional deficiencies. Muscle wasting is one typical case where the body breaks down muscle tissues to derive energy leading to muscle loss. This is how different nutrients affect fitness:



**1. Carbohydrates:** Being the first source of fuel for the body, carbs are needed both before and after workouts. Pre-workout: The right kind of carbs help us last the session without running out of energy. For short workouts

(HUT or sprints), eat simple carbs that digest quickly (read fruits, dates, potatoes). Longer workouts or endurance sports need a combination of carbs, fat and/or protein for sustained energy release. You could try combinations like: Fruit + nuts, fruits + nut + butter or sweet potato + coconut

oil. Post workout: Higher GI carbs work best to replenish glucose (read banana, chikoo, dates).

**2. Proteins:** Workouts create micro tears in muscles. Good quality proteins consumed 30-60 mins after a workout can help body recover better. Satio, eggs, whey, get absorbed into blood and reach muscles quicker. Slower digesting proteins like rice, beans, lentils, chicken or fish can be included in the meals as well.

**3. Fats:** The good ones only! From recovery, fat burn to hormone balance, good fats have lots to offer. Omega 3 also helps recovery, is anti-inflammatory and maintains cardiovascular health. Eat nuts, seeds, fatty fish for that.

**4. Vitamins & Minerals:** This is where micro-nutrients shine! Vitamins A & C protect from negative stress workouts and create and boost immunity. Vitamin D maintains bone health and immunity which goes a long way if you are into heavy training. B complex vitamin helps metabolising carbs, fat, proteins and Vitamin E is a potent antioxidant.

**Minerals:** Common ones are iron, zinc, magnesium and calcium. Other minerals like sodium, chloride and potassium are particularly necessary for individuals with high sweat losses. Coconut water is the best natural sports drink you can take.

## Happiness is about caring, being positive



**ANIKETH JAIN**  
CEO & Co-Founder of Solutions Infiniti

**BALANCING WORK-LIFE:** Work-life balance is an art of managing time. Channelising your time by setting priorities can ensure you strike the right balance. As an entrepreneur, one constantly thinks about work. It's an integral part of our lives - like a fresh cup of morning tea. We work all around the year, but also ensure that we spend quality time with family.

**A HAPPY AND FIT STATE OF BEING:** Being fit is all about carrying yourself well in body and mind. Few activities like running and yoga keep me fit, gives me peace and a lot of patience to get going. **HAPPINESS HIGH:** Solving complex problems gives me high energy. Happiness to me is about caring, expressing myself and being positive.

**YOUR DARE QUOTIENT:** I'm a risk-taker, it keeps me excited.

**YOUR SPIRITUAL DIET:** It lies within yourself; in your heart and mind. I constantly have conversations with myself and that helps me understand myself better. When you know yourself, you become sure of how to respond to external stimulus.

**TACKLING LIFE CHALLENGES:** I read in one of the books that the road to success is through commitment, and one needs strength to drive through that commitment when the going gets rough. Managing crisis is also about spontaneity, you go by your instincts and as an entrepreneur, you learn over the years to drive your team while in crisis.

**DE-STRESS MANTRA:** It's a very personalised experience. I indulge in playing my favourite sport - cricket.

ऊर्जा

# तनावमुक्ति

आधुनिक जीवन की सबसे बड़ी विमारी तनाव है। इस विमारी का शिकार व्यक्ति चाहकर भी सुख और आनंद का अनुभव नहीं कर सकता है। डॉक्टर और मनोचिकित्सक कहते हैं कि तनाव तमाम विमारी का कारण है। फिर भी आदमी तनाव में जाने से स्वयं को नहीं बचा पाता। जीवन में इसान ना चाहते हुए भी बार-बार तनाव में घला जाता है। कभी परिवर्तनों की अपेक्षा के कारण, कभी समाज और कार्य क्षेत्र के कारण, कभी शिक्षा और रोजगार के कारण कुछ लोग तो इतना झल्ला जाते हैं कि जीवन को ही समाप्त कर देने की ठान लेते हैं। तनाव को तीन भागों में विभक्त कर सकते हैं। शारीरिक तनाव, मानसिक तनाव और भावनात्मक तनाव। शारीरिक तनाव कभी-कभी परिस्थितियों में लाभदायी भी हो सकता है। कोई काम अवश्य रूप से करना है। वह नहीं हो पा रहा है तो आदमी तनावग्रस्त होकर उसे चुनौती मान लेता है। और अपनी सारी ऊर्जा उससे लगाकर वह काम संपन्न कर लेता है। व्यवसाय आदि की स्थिति में मासपेशियों को तनाव देना पड़ता है इन सब स्थितियों में तनाव लाभदायी हो सकता है। किन्तु अत्यधिक शारीरिक तनाव भी हानिकारक सिद्ध होता है। शरीर को तनाव उतना ही दिया जाये जितना जरूरी है। तनाव को नियंत्रित करने और संतुलित जीवन के लिए हमने खुशी परिवार अभियान के अन्तर्गत प्रभावी ध्यान और साधना के उपक्रम किये हैं। मानसिक तनाव कभी भी इष्टि से उपादेय नहीं। यह भीतर ही भीतर आदमी को पूरी तरह से खोखला कर देता है। मन का तनाव शरीर पर पर्याप्त असर डालता है। आदमी की शारीरिक और मानसिक स्थिति बहुत डावांडोल हो जाती है। सबसे ज्यादा खतरनाक भावनात्मक तनाव होता है। यह आदमी को विक्षिप्ततावस्था में पहुँचा देता है। यह जल्दी से दूर नहीं होता है। इसका असर दीर्घकालिक होता है। शरीर और मन का तनाव भावों तक पहुँच गया तो समझिये कि विमारी अपनी विमारी अपनी अन्तिम स्टेज में पहुँच गई है। आत्महत्या करने वाले भावनात्मक तनाव से ग्रस्त होकर ही ऐसा कदम उठाते हैं। अब आप स्वयं अनुमान लगा लें कि बार-बार क्रोध के कारण अपनी आयु को कितना क्षीण कर रहे हैं? बार-बार क्रोध आने वाले अपने दिल को इतना कमजोर बना लेते हैं कि वह दबाव को झेलने में असमर्थ हो जाते हैं।



# 8 books on science Bill Gates wants you to read

The Microsoft founder has recommended several books over the years - some about the environment, some on the cosmos, and some on diseases. Here are his picks

**THE VITAL QUESTION**

by Nick Lane  
Nick Lane might not be a household name, but Gates wants to change that. The book seeks to resolve unanswered questions about how life formed on earth, and raises thoughtful questions about where solutions for disease may come from.

"Even if the details of Nick's work turn out to be wrong," Gates said, "I suspect his focus on energy will be seen as an important contribution to our understanding of where we come from."

**SUSTAINABLE MATERIALS WITH BOTH EYES OPEN**

by Julian Allwood and Jonathan Cullen  
On the heels of the 2015 Paris climate summit, Gates wrote on his blog that Sustainable Materials With Both Eyes Open struck him because so few environmental books talk directly about "how we make stuff".

The book is a dense, diagram-filled read about the value in lengthening the shelf-life of everyday products by using materials that can be reup-cycled and reused.

**HOUSE ON FIRE: THE FIGHT TO ERADICATE SMALLPOX**

by William Foege  
Foege is widely credited as the driving force behind the eradication of smallpox in the 1970s. In a 2014 blog post, Gates remarked on Foege's mentorship to both him and Melinda as they were getting their start in philanthropy.

Foege's 2012 book recounts how the eradication began, delves into his personal and professional life as an epidemiologist, and shares stories of people affected by the disease.

**INFECTIONS AND INEQUALITIES: THE MODERN**



**PLAGUES**

by Paul Farmer  
One of the world's premier epidemiologists, Paul Farmer, helped bring sustainable health care to millions in Haiti. Though it came out more than 15 years ago, Infections and Inequalities has stuck with Gates because it reminds the public how much deadlier diseases like AIDS, TB, and malaria can be to people without access to vaccines or treatment.

**SAPIENS: A BRIEF HISTORY OF HUMANKIND**

by Yuval Noah Harari  
According to Harari, we weren't-always the only species of human beings on Earth. Roughly 100,000 years ago, there were

actually six varieties of people, but homo sapiens were the only ones who made it to today. He also looks toward a future in which genetic engineering and artificial intelligence make our definition of "human" even more fluid. From Gates: "I would recommend Sapiens to anyone who's interested in the history and future of our species."

**THE FEVER: HOW MALARIA HAS RULED HUMANKIND FOR 500,000 YEARS**

by Sanita Shah  
Malaria has become one of the Gates Foundation's top priorities over the past several years. Gates calls Shah's book "probably the best choice" if you only have time to read one book on the subject.

**SEVENEVES**

by Neal Stephenson  
After a science-fiction dry spell of more than a decade, in 2016, Gates picked up Seveneves on a friend's recommendation, and he says he's grateful for it. "The plot gets going in the first sentence, when the moon blows up," he wrote.

**THE GENE: AN INTIMATE HISTORY**

By Siddhartha Mukherjee  
Genome science can hardly be considered a topic of mainstream interest, but Gates says Mukherjee manages to capture its relevance to people's daily lives. He seeks to answer big questions concerning our personalities and what makes us, us.

Mukherjee is what Gates calls a "quadruple threat". He's a practicing physician, teacher, researcher, and author.



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## Nourishing Your Mind With Positive Thoughts

**W**e are what we eat and so it is with our mind: we are what we think, depending on how you feed your mind, is what you are going to experience in your life. You can have a positive mind or you can have a negative mind, what makes the difference between one and the other is the choice you make when you feed it and what you decide to consume every day.

**Like:**  
What we eat and drink through our mouth on a daily basis has consequences in our body, either short-term or long-term:

We can eat spoiled food and feel sick right away or after a few days, or we can get very sick after eating unhealthy food on a daily basis for a long period of time. We can also eat fresh food one day and feel great, or we can eat healthy food daily for a long period of time and feel better and better every day.

Well, with the mind is exactly the same, what we consume on a daily basis through our eyes and ears has consequences in our mind, heart and spirit, either short-term or long-term:

We can consume negativity either hearing or watching a self-destructive situation and feel bad right away.

If we consume so much negativity we can get very sad and depressed for a long period of time in our lives.

We can also consume positivity one day and feel awesome, or we can consume positivity on a daily basis for a long period of time and feel happier every day.

Nourishing your mind with positive thoughts, it is as important as nourishing your body with

fresh and healthy food, because if we fail to nourish our mind with positive thoughts, affirmations and beliefs we are putting our whole existence on this planet in danger.

It's not because we will die. But for sure something we cannot avoid, And what was that?

We run the risk of not leaving truly lived while we could, and you can never truly live if you carry a negative mind through your lifetime.

In order to nourish your mind, it is necessary avoiding contaminating your spirit with negativity. It can seem harmless, but most of the time it is not. Any negativity you consume every day, regardless of the amount, can have a huge impact in your mind, and if you are not aware of it, you will consume it day after day without realizing the damage that is causing you, and the result will be catastrophic, it will take over your mind, and it will rule your life and you will suffer from all the side effects: depression, sadness, anger and anguish.

### Giving you five Ways to Nourish Your Brain

1. Reduce your stress levels by practicing mindfulness meditation.
2. Get your blood pumping through exercise.
3. Use it, so you don't lose it, by engaging in mental stimulation.
4. Nourish your body and brain with balanced nutrition.
5. Stay positively connected to yourself and others by socializing.

Let us know if this article is beneficial to you.....

Prachi  
Counsellor

## BELL'S PALSY

Bell's palsy is the Sudden onset unilateral idiopathic form of peripheral facial paralysis [weakness] having no known cases it is the most common neurological disorder of the cranial nerves especially the incidence increase during the winter. In majority of cases the unilateral involvement occurs however very rarely bilateral involvements can occur.

### CAUSES

The exact cause the bells palsy is not known however the following condition may put the facial nerve to undergo temporary & irreversible inflammation of the Bells Palsy & therefore have to ruled out.

- > Otitis Media.
- > Rupture of Eardrum.
- > The infection in Ear Canal.
- > Viral infection Such as Rubella, Mumps, Herpes.
- > The Surgery in the Ear or Throat region.
- > Cardio Facial Syndrome (Lower Lip Palsy).

### TREATMENT

- (1.) PROPER EYE CARE.
- (2.) EXERCISE FOR FACIAL MUSCLES.



- > Look surprise & frowning.
- > Close tight & open wide Eyes.
- > Fill air Mouth.
- > Say words like "OH, WE" & "YOU".
- > Hold straw in mouth to perform the sucking juice.
- > Blow of the Candle.
- > Fill the Balloons with mouth.

### (3.) ELECTRICAL STIMULATION

- > While the recovery is still underway the Artificial Electric Stimulation is advised to preserve the contractibility of the muscles & the excitability of Nerve.
- > The intermittent galvanic with the small periods of frequent stimulation may be recommended.
- > The prolonged stimulation of localized region should be avoided as it may lead to the chemical or electrical burns.
- > Facial massage with gentle Effleurage strokes is helpful to prevent the Edema of the Facial Muscles.

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