

Rashtriya Lokneeti Party will bring forward new thinking and leadership in a new perspective

New Delhi: Pandiya Rashtriya Lokneeti Party started for the reconstruction of the nation. Rashtriya Lokneeti Party will bring forward new thinking and leadership in a new perspective. Today we envisage a society and nation where even the last person of the society realizes that he also has an important role and stake in every development of the country. The euphoria of democracy and the emancipation of its sweat in the upliftment of the nation, only then the Ram-state of Lokshahi will be established in the true sense. A society that guarantees respect for elders, protection of women and golden future of navigators with transparent leadership, modern technology and noble intentions was to said Deepak Pandiya, Rashtriya Lokneeti Party's Convener. He said that where the government is not in the ego of the donor and the public as the petitioner, But the government should discharge its responsibility and ensure that all the



necessary facilities are available to the doorstep of every citizen. On the occasion of the launch of the Rashtriya Lokneeti Party, the national officials of the Rashtriya Lokneeti Party were unanimously selected, including Brigadier B. K. Khanna as Chief Convener, Deepak Pandia as Convener, Admin, renowned financial expert and former Sr. Public sector banker Sh. M.K. Sharma as Convener Finance, Dr. L. C. Sharma as Convener Media Relations. The party's National Advisory Board includes renowned Election Technology provider ELECTION AWAAZ's Managing Editor J. P. Singh, Sr. Media Correspondent and Ex Director ALL INDIA CONSUMER COUNCIL Sh. Alok Kumar, IAS Retired Gautam Marwah, Padma Shri Bharat Bhushan Tyagi and Brigadier Vinod Dutta. Brigadier Khanna is an international personality, he has rendered his services to the country by staying in the army. M. K. Sharma said that today's conditions have changed so much that all areas including education, health, administration, agriculture, industry, including individuals, family, society, have become completely new and different. In such a situation, politics based on our age-old administrative structure has proved completely meaningless. The aim of our party is to bring door to door services with new reforms in Health, Agriculture, Horticulture, Education and all other divisions so that people can function with 100 percent capacity in their services, employing 15 people from the same area in each Panchayat. Those who will provide every service at home, uniform arrangements, fee structure and other facilities in government and private schools are also to be made equal. It is a big truth that India is the largest democratic republic in the world, which we are also proud of. But a country should be considered democratic only when there is good governance established through democracy, otherwise it would be a daydream. J. P. Singh said that if the system is changing then why should we not change, along with the leaders, the rating of citizens should also be fixed, when other countries can do it, why should we not. The party's agenda is absolutely right, it is going to set a new direction. He gave the example of Prashant Manti Bhartoya Janaushdhi Pariyojana which is lacking mass acceptance in the country due to doctors not prescribing Generic drugs due to large multi-national drug companies mafia like hold and inducements prevalent through their system. This is gross violation of Supreme Court directions to Medical Council of India, the regulator of doctor's practicing certificate. JP Singh further stressed on the usage of IT and artificial intelligence methods to be implemented right from the beginning as effective utilization of data which is already existing with the govt.



Prioritise human growth

For a nation to mark all stages of development, it's important for its citizens to reach that level on the personal front, says RAJYOGI BRAHMAKUMAR NIKUNJ JI

It has been increasingly realised over the past five decades that for all kinds of development, it is important for human beings to be developed at a personal level. Even if a country is industrially, economically or technologically considered as a developed country, it cannot, in real terms, be considered as "developed" or "advanced" if the human beings dwelling in that nation are backward. As a result, the term - Human Resource Development (HRD) - was coined, which defines that 'human development is essential for development of all resources'. This has become an integral part of every industry, business, administrative services, etc., as it provides them with opportunities and avenues for the development of their staff and service personnel who, in turn, brings the benefit of their development to the organisation. This aspect of development has now become so popular that in many countries, the ministry of education has been renamed as the Ministry of Education & Human Resource Development. However, during the last one decade, it was felt by many that human beings are not a resource in the sense as natural and other resources are. Hence, they are not to be considered as a means for economic development and the latter need not be considered as the goal. Because development of human beings is, in itself, a goal and not a resource or a means. Thus, the development of human beings need not be for some economic or other material or extraneous gains but it is, in itself, a gain. It is an end rather than a resource. There is no doubt in the fact that development of human beings would bring, in its wake, other kinds of developments and benefits. Hence, considering human beings to be a resource would mean that we are reducing their dignity and value. Off lately, this kind of argument or perception or philosophical objection has been gaining more strength so much that during the last decade or more, some thought that it would be wise to change the term from Human Resource Development to 'Human Response Development'. Perhaps, the school of thought is that while this term does away with the objectionable word, 'resource' retains the initials of the whole term that has now gained currency and popularity. In this replacement, though the emphasis is on the term, 'response', and also on 'human,' which also gives the sense of 'humanity', the complete term, however, does not convey the actual concept or philosophy and it falls short of giving expression to the necessity and the importance of this new discipline. However, most of the corporate gurus feel that it's necessary to have a proper term for it because this is an age in which we all are talking of some kind of development, be it industrial, urban, social or economic, etc. Hence, it becomes very important that this term should distinguish itself from all these kinds of developments. If we call it 'Human Capabilities Development', then it would have almost the same meaning as 'The Development of Human Potential'. In that case, it would be better and simpler to name it something like 'Human Development' for human beings have capabilities or potential for good as well as for bad but we do not intend to develop the potential for the negative. The term, 'Self-Development' would also be appropriate because unless the human being himself or herself makes effort for his or her own development, no salubrious change in a human being can occur. Keeping aside all this discussion about what the term should be called, one thing that is undeniable and is acceptable to all is that the development of human beings themselves is the most essential, for, else, the society suffers from illiteracy, crime, ill-health, undignified treatment to one another and so many problems that arise from lack of observance of human and moral values. So, as it is said, 'What's in the name?' What we as a society need to focus is on a holistic and an all-round development of a human being, whereby s/he achieves her/his highest potential while helping others to achieve the same.



Are you dealing with the stressful symptoms of PCOS? Be it missed periods, excessive hair growth on the face or body, weight gain, acne and fertility issues. The pandemic made it all the more difficult to consult our doctor face-to-face to deal with these problems, but digital healthcare platforms have made it easier for women dealing with such queries to consult the right doctor.

The COVID-19 pandemic may have accelerated the shift towards digital healthcare practices in India, but its adoption among women in 2020 - especially in non-metro cities - has been significant. Registering an overall growth of more than 212 per cent from the previous year, online consultations emerged as one of the preferred modes of consulting doctors by women in India, according to data from Practo. According to Practo, more women in non-metro cities opted for online consultations in 2020 - growing at an average rate of 550 per cent, compared with 400 per cent recorded among women in metro cities. This means that even as the majority (65 per cent) of the total number of online consultations done by women in 2020 were from metro cities, there has been a steady increase in the percentage of women from non-metro cities adopting telemedicine. In fact, this trend has been developing over the past three years.

PCOS, skin allergy, weight loss, thyroid, depression, hair-fall, and UTI were some of the most discussed queries by women from non-metro cities last year, says the health platform.

Change your circumstances

Dealing with stressful symptoms of PCOS? Here is what women can do about it



(PCOS) is a condition that prevents the ovaries from functioning properly. PCOS is also a red flag for the inception of type 2 diabetes, explains Prabha Acharya, Homeopath, who also consults on Practo. Women with PCOS have numerous cysts in their ovaries, caused by an overproduction of hormones called androgens. Polycystic ovary syndrome

For few women, gaining weight can influence their hormones. If you're obese or overweight, this might help get your hormones back to normal. Losing 10 per cent of your body weight may help your menstrual cycle become more predictable. This should help you get pregnant. Therefore, weight loss prior to conception helps improve live birth rate in obese women with or without PCOS. In simple words, living a healthy lifestyle and following diet, with regular exercise, no smoking, less stress, and control of diabetes and other medical conditions prescribed by your doctor should improve your fertility odds. To lose weight on a PCOS diet, re-frame your thinking to eating to live, not living to eat.

- ◆ Eat more fruits and vegetables for good fiber intake. Fiber helps promote healthy estrogen metabolism which aids in the reduction of elevated levels of androgens. E.g. whole grains, apples (with skin), green leafy vegetables, etc.
 - ◆ Eat small frequent meals in a day and avoid skipping any meal and especially the first meal of the day i.e. breakfast.
 - ◆ Include lean protein in your diet. E.g. lean chicken, fish, egg, nuts, legumes, pulses, low fat dairy products, skimmed milk, etc.
 - ◆ Eat healthy Omega-3 fats in diet. Sources: fatty fish, olive oil, walnuts, flax seeds, etc. And avoid foods that are high in saturated fat, such as meats, cheeses, and fried foods.
 - ◆ Get some sun rays for 10-15 minutes for your Vitamin D requirement. Great food sources of vitamin D are cod liver oil, eggs, salmon, etc.
 - ◆ Exercise daily. Exercise plays a huge role by keeping weight in check, this helps regulate the hormones and increases chances of ovulation. Distress yourself. Try yoga.
 - ◆ Avoid drinking aerated drinks. Avoid processed, junk food, quit smoking and alcohol. Regular visit to doctor for follow up.
- Follow your plan and most importantly believe in yourself because only you have the potential to change your circumstances!

“ We generate fears while we Sit. we overcome them by action. —Dr Henry Link ”

HEAD INJURIES WORSEN COGNITIVE DECLINE
People who experienced head injuries in their 50s or younger score lower than expected on cognitive tests at age 70, a new study suggests. The findings of the study indicated that head injuries did not appear to contribute to brain damage characteristic of Alzheimer's disease, but might make people more vulnerable to dementia symptoms. "Here we found compelling evidence that head injuries in early or mid-life can have a small but significant impact on brain health and thinking skills in the long term," said lead researcher Sarah-Naomi James from the University College London (UCL). "It might be that a head injury makes the brain more vulnerable to, or accelerates, the normal brain ageing process," James added.

CANCER CELLS MAY EVADE CHEMOTHERAPY
Cancer cells can dodge chemotherapy by entering a state that bears similarity to certain kinds of senescence, a type of "active hibernation" that enables them to weather the stress induced by aggressive treatments aimed at destroying them, a new study suggests. The findings, published in the journal Cancer Discovery, indicated that this biologic process could help explain why cancers so often recur after treatment. "Acute myeloid leukemia can be put into remission with chemotherapy, but it almost always comes back, and when it does it's incurable," said senior author Ari M. Melnick from Weill Cornell Medicine. In the study, the researchers found that when AML cells were exposed to chemotherapy, a subset of the cells went into a state of hibernation, or senescence, while at the same time assuming a condition that looked very much like inflammation.

HEALTHY DIET LINKED TO LOWER STROKE RISK
Consuming higher amounts of healthy plant-based foods and lower amounts of less healthy plant-based foods may reduce the risk of stroke, according to a new study. The study indicated that healthy plant-based diets - defined as rich in foods such as leafy greens, whole grains, and beans, and including lower levels of foods like refined grains, potatoes and added sugars - may lower overall stroke risk by up to 10 per cent. "Our findings have important public health implications, suggesting that future nutrition policies to lower stroke risk should take the quality of food into consideration," said first author Megu Baden from Harvard T.H. Chan School of Public Health. The researchers found that a healthy plant-based diet - in addition to being linked with 10 per cent lower overall stroke risk - was associated with a modest reduction in risk of ischemic stroke, the most common type of stroke, which occurs when blood flow to the brain is blocked.

1 IN 3 WOMEN EXPERIENCE VIOLENCE GLOBALLY
One in three women, around 736 million, are subjected to physical or sexual violence by an intimate partner or sexual violence from a non-partner in their lifetime, says a World Health Organisation (WHO) report. According to the report, this violence starts early - one in four young women (aged between 15-24 years) who have been in a relationship will have already experienced violence by an intimate partner by the time they reach their mid-twenties. Intimate partner violence is by far the most prevalent form of violence against women globally, affecting around 641 million. However, six per cent of women globally report being sexually assaulted by someone other than their husband or partner, the report said. Given the high levels of stigma and under-reporting of sexual abuse, the true figure is likely to be significantly higher.

COVID-19 CAN AGGRAVATE KIDNEY PROBLEMS
While the effect of COVID-19 is well known on cardiovascular diseases or lungs, health experts on Thursday warned that COVID-19 patients with kidney problems need to be highly cautious too, or it may damage their kidneys. According to the experts, many individuals who develop COVID-19 experience kidney damage or acute kidney injury (AKI), also known as acute renal failure (ARF). AKI is a sudden episode of kidney failure or kidney damage that happens within a few hours or a few days. It causes a build-up of waste products in the blood and makes it hard for kidneys to keep the right balance of fluid in the body. It can also affect other organs such as the brain, heart and lungs. "Kidneys get affected in cases where COVID-19 infection is severe. It further causes AKI in about 10 to 20 per cent of hospitalised patients," Deepak Kalra, Additional Director-Nephrology, Fortis Hospital, Shalimar Bagh, said.

